

On the development of integrative medicine and music therapy
at the present stage
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It has been 7 years since the 1st World Congress on Integrative Medicine, organized by the International Academy of Integrative Medicine, took place. Scientists from different countries and different specialties: doctors, biologists, psychologists, philosophers and representatives of the fundamental sciences gathered then in Cyprus to discuss the issues of interpenetration of the main directions of medicine and related sciences, to outline the trends of integration processes and the strategy of their coordination.

Skeptics, who did not want to really understand the meaning of what was being discussed, asked what kind of "next" medicine is this? The subtext of such questions was clear: again, they say, they invented something opportunistic, or what kind of business they were starting from scratch. Although it is quite obvious that it was not at all about the declaration of some extraordinary method or direction, but about the first attempt to scientifically assess the objectively existing intramedical and intersectoral integration processes and about the desire to substantiate possible models of combination, synthesis of the most promising areas of medicine, natural sciences and art ...

By the way, the first interdisciplinary scientific center "Integrative medicine" was organized back in 1993 on the basis of the Russian Scientific Center of Surgery of the Russian Academy of Medical Sciences. At that time, there was still no order from the Ministry of Health to introduce a new medical specialty as a reflexologist, but the management of the Center of Surgery took a bold step by those standards, creating a medical structure where, in parallel with conventional methods of treatment, Chinese acupuncture, or reflexology in the modern sense, was used.

Interpretation of integrative medicine, how synthesis Chinese traditional and modern medicine is still found today. Thus, in September 2002, the II World Congress of Integration of Chinese Traditional and European Medicine was held in Beijing. It brought together over 800 participants from 22 countries. The Congress was held under the auspices of the World Integration Association Chinese traditional and European medicine and Ministries health care of the PRC.

However, it was in 1997, on I The international congress on integrative medicine in Cyprus, there has been a significant expansion of the concept of integrative medicine. It was defined as a dynamic multicomponent technological system of treatment and health care, based on the intersection of the following sciences, methods and technologies: modern scientific clinical and experimental medicine, biophysics and other natural sciences, traditional medicine (including acupuncture), manual therapy, homeopathy, art therapy, natural healing systems, psychology, art and modern computer technology. At the same time, the main task of such a system is the preservation and restoration (in case of loss) of integral human health, as well as prevention, multi-level diagnosis and treatment of diseases.

The historical merit of the I International Congress on Integrative Medicine lies precisely in the formation of a new philosophy interdisciplinary integration, when the main value and object of protection is proclaimed the psychophysical health of a person as a whole, and an indispensable attribute of the methodological base, in addition to biomedical sciences, are art, psychology and, most importantly, new synthetic, integrated technologies for diagnosis, rehabilitation and treatment that meet modern requirements.

In 1998, the next International Congress was held, at which the document developed by us was adopted as the basis - the Doctrine of Integrative Medicine, a treatise of theory and practice, which largely determined the further development of this direction.

We are undoubtedly pleased that the subsequent period was characterized by the rapid spread of our ideas by the creation of appropriate structures, centers, laboratories literally all over the world. So in Canada is established internationally center for training specialists in integrative medicine.

Several similar centers already operates in the USA (Universities of Arizona, Los Angeles, CA, USA, etc.), in Australia (Swinburne University of Technology).

Since 1998, the IMT clinic (integrative medical technologies) has been established and successfully operated at the International Academy of Integrative Medicine, which in 2004 was nominated by the World Marketing Organization and the Organization of Honorary Marketing Professionals. Communication and Culture of America and Europe for the highest Gold Star of Excellence in Management award, given to organizations for excellence in service or product quality.

In 1999, in St. Petersburg and Moscow began work National Institute of Health - state educational institution additional professional education with Faculty of Natural Medicine and Integrative Medicine.

Associations, large clinics of integrative medicine have been created in Australia, USA, Mexico, Europe, Israel, Brazil and Russia.

But in this process, both positive and negative sides have been outlined.

For example, in Ukrainian print appeared next publication: "It is significant that it is in Odessa of the clinic has already been created and is functioning integrative medicine.

The Clinic of Integrative Medicine is based on the fundamental developments of the Academy of Integrative Medicine "AECCAPT" - AstroExternal Healing and Cardinal AstroPsychoTherapy "... ..

This is far from the only attempt on the part of various healers to hide behind some direction in medicine. Previously, traditional medicine was chosen for these purposes, then valeology, now integrative medicine. There is no need to engage in substitution of concepts and infringe on copyright. I consider it unacceptable that enterprising and often poorly educated people (at least from the point of view of medical education) who call themselves healers, in general, from any side, deal with the treatment of people. I want to emphasize that integrative medicine relies only on science, tradition and culture in its research, without having parascientific

currents have nothing in common.

In a number of publications, one has to deal with a misunderstanding of the main provisions of integrative medicine. For example, one author wrote: "Integrative medicine is homeopathy, so we.... etc."

Let us recall that the concept of primary sources of integrative medicine has been defined, i.e. sciences and directions that feed it. It should be understood that the same homeopathy or reflexology separately are independent and, to a certain extent, self-sufficient disciplines. Integration begins with their combinations, or rather, with the creation of synthetic technologies.

Here are some examples. One of the truly integrative technologies is the diagnostic and treatment method proposed by the German researcher R. Voll and later named after him - EAV. It is known that this method is a synthetic version of Chinese acupuncture, modern physiology, anatomy and pathology, instrumental diagnostics and homeopathy.

The vegetative resonance test is also close to it. Any of these technologies in combination with bioresonance and a "transfer" system (transfer of medical or diagnostic information to a carrier) gives an integrative model of a higher order, which has found practical implementation in the form of hardware and software complexes of the company "IMEDIS".

Modern music therapy, as a combination of various methods and technologies, is a synthetic product of several sciences and directions: restorative medicine, acoustics, neurophysiology, the basics of musicology, classical singing, psychology, traditional Chinese medicine, modern clinical diagnostics and phoniatrics.

The integrative technologies themselves can be combined with each other, mutually potentiating the healing effects, forming a kind of supersystems. For example, there are numerous data on the high clinical effectiveness of the combined use of music therapy with bioresonance and homeopathy.

It becomes obvious that the number of combinations and combinations of methods can be huge, and the process of synthesis and integration itself is endless. The main thing is to understand the basic principle of the model of an integrative system: 1) its constituent medical and diagnostic methods must be simultaneously addressed to the psyche, intellect and soma; 2) methods should not duplicate each other; 3) the methods must be rationally combined.

The creation of multidisciplinary centers for integrative medicine is only the first step. The most important thing is that the real development of integrative medicine will begin when a sufficient number of general practitioners of a new formation, who have undergone special training, appear (will be trained). Today, the closest to this are doctors of a new specialty - restorative medicine, whose training includes a number of methods and disciplines, including music therapy. At the same time, the Ministry of Health of Russia approved a manual for doctors "Methods of music therapy", as well as a training cycle for 72 hours. The first course of training starts on May 17, 2004 and will continue to be held only twice a year: in autumn and spring. It will train both specialists wishing to work as music therapists, as well as doctors of various specialties, psychologists and nurses,

who understand the importance of art treatment. A huge number of studies have shown the effectiveness of the use of music, painting, poetry in the treatment of various pathologies, as well as in the general development of the personality and healing of the soul, without which real health is impossible.

This is our concrete contribution to the development of integrative medicine.

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