

Commonality in understanding the homeostasis of European medicine and the concept of yin-yang traditional chinese medicine

I.S. Tikhonov
(Moscow, Russia)

Modern clinical medicine has reached tremendous heights in understanding the etiopathogenesis of many diseases. Diagnostics and emergency therapy have been improved, and the possibilities of surgery and prosthetics have expanded. Psychosomatic medicine is increasingly revealing the relationship between mental and somatic disorders. But at the same time, the number of chronic diseases is growing. The ecological situation continues to deteriorate, which largely contributes to this.

The interest of Western doctors in traditional Chinese medicine (TCM) is growing every year. This is largely due to the effectiveness of the treatment of chronic diseases and the prophylactic focus of TCM, which is the weak side of the western direction of modern medicine. Currently, the PRC recognizes that the future of Chinese medicine lies in the combination of traditional Chinese medicine (TCM) and modern Western diagnostic and therapeutic methods. But if such a combination of medical directions is not a problem for Chinese doctors, then for Western doctors it presents a number of difficulties. This is due to the limited number of translated publications on TCM, which limits the awareness of Western doctors about TCM, with fundamentally different methodologies in the formation of medical thinking, in the difference between diagnostic and therapeutic approaches. But these two medical systems are united by a single goal - human health. Regardless of which specialist in what field of medicine the patient turns to, his body functions according to the same laws, has a similar topography of meridians and points.

The views on health and illness of Western doctors and BMT doctors do not fundamentally differ. What TCM and European medicine have in common is that they view health as a normal state of the body. The fundamental difference is that modern clinical medicine treats the cause of the disease as a particular one. BMT considers the imbalance of the body system to be the cause of the disease, taking into account external and internal factors, i.e. generally.

Morphology, pathogenesis in Western medicine is analyzed in more detail. As a consequence of this, fragmentation into many directions, nosological forms, as a result of which the patient's condition is not perceived as an integral, unified process. Since there are countless factors causing violations, the number of nosological forms is constantly growing. TCM does not consider the disease as a static state, but as a movement of the disease, as a change in the functional state of the body, as a system as a whole, as a spiritual-bodily integrity. TCM seeks not so much to defeat the disease as to help the human body restore the balance of forces that could withstand the disease, i.e. goes against modern methods aimed at combating the consequences of the disease.

Of course, now in Western medicine the psychosomatic unity of a person is more and more taken into account, and in Chinese medicine it is widely used

Western methods of diagnosis and therapy. Reasonable and adequate combination of the two directions seems to be a promising direction for the further development of medicine. It is necessary to start with the doctor's understanding not only of the differences, but also of the generality of concepts. Attempts to compare and combine concepts are difficult and unpromising. Especially when it comes to any nosological forms. It is more expedient to see the generality on the example of broad sense concepts. For example, the concept of homeostasis.

A living organism is an example of a system that constantly strives for a steady state, which is expressed in adaptation. Adaptation is the retention of an organism within physiological limits, despite changes in the conditions of existence. This holistic control of the biological system occurs due to homeostasis.

Homeostasis is self-regulation, the ability of an open system to maintain the constancy of its internal state through coordinated reactions aimed at maintaining dynamic balance.

The adaptability of the system, as well as its ability to adequately respond to constantly changing environmental conditions, is carried out due to the presence of feedback. There are two main types of feedback.

Negative feedback is expressed in the desire to change the state to the opposite. For example, when the concentration of carbon dioxide in the human body increases, the lungs receive a signal to increase their activity and exhale more carbon dioxide.

Positive feedback is expressed in the retention of the changed state. This connection has a destabilizing effect. Positive feedback is less common in natural systems, but it also has its uses.

Participate in the maintenance of life biochemical and biophysical Components. In nature, they balance each other and are complementary.

The biochemical component of homeostasis takes into account the maintenance of the pH of the environment, the composition of trace elements, vitamins, amino acids and requires replenishment of consumable substances. In biochemical reactions, this is expressed in the form of the production of adrenaline, catecholamine, bradykinin and other neurotransmitters and neurotransmitters.

Biophysical component homeostasis presented in the form of electromagnetic fields, membrane repolarization reactions. All these processes are aimed at maintaining the functions of the nervous, immune and endocrine systems. The biophysical component is a cybernetic model that assumes a feedback system. It includes

1. Element of stimulation (input of information).
2. Analysis of the response to exposure.
3. Regulation of the system of positive and negative feedback.
4. Proportional control.
5. Realization of this regulation in the form of creation or destruction.

Maintaining optimal homeostasis requires an adequate balance between biochemical and biophysical components, i.e. ::

Biochemical component / Biophysical component = NORM

The above reasoning expresses the Western European view of the maintenance of the body's vital functions.

But, long before Claude Bernard's discovery of homeostasis, oriental medicine used the concepts of Yin-Yang. The Yin-Yang theory is fundamental to TCM. The meaning of the Yin-Yang theory is that:

1. All Yin structures and Yang functions are interdependent.

2. All substances have the ability to transform. For example, the transformation of water into steam and back into water and ice, the transformation of coal into fire, and other changes in states of aggregation.

3. Yang contains Yin, and, conversely, Yin contains Yang.

4. Yang and Yin are able to mutually absorb and change their ratio.

5. Yang and Yin are able to mutually transform displacing each other. When Yin prevails, this leads to a decrease in Yang (i.e. excess Yin consumes Yang). When Yang is dominant, it leads to a decrease in Yin (i.e., excess Yang burns out Yin).

6. When Yin is weakened, Yang is in relative abundance, and when weakened Yang, then in a relative excess of Yin.

7. For the existence of energy, matter is required.

In the understanding of TCM, diseases arise when the balance between the structures of the human body is disturbed (for example, an inadequate ratio YIN YANG, or imbalance "Biochemical component / Biophysical component"), which are in a healthy state of dynamic equilibrium (homeostasis) are constant

In the understanding of homeostasis by Western and Eastern directions of medicine, we see not just a parallelism of views, but precisely a commonality of views, despite differences in terminology and approaches. And if, having begun the study of TCM, a doctor in the western direction of medicine will note not only the difference in views and approaches, but also try to see the general, he will be able to optimally develop his medical thinking in the future, combining the experience in a balanced way. Western medicine and TCM.

Conclusion: the laws functioning human organism, presented in Traditional Chinese Medicine are objective from the point of view of Western medicine.

I.S. Tikhonova Commonality in understanding the homeostasis of European medicine and the concept of yin-yang of traditional Chinese medicine // XVIII

"IMEDIS", 2012, v.2 - p.20-24