

Problematic issues of traditional medicine. The role and significance of intuition in
medical practice

A.P. Dubrov

(Institute of Reflexology of the Federal Scientific Clinical and Experimental
Center for Traditional Methods of Diagnostics and Treatment of Roszdrav, Moscow)

SUMMARY

The paper provides fundamental scientific information about intuition as an extrasensory phenomenon. The role and importance of intuition in medical practice, including the directions of traditional medicine, and its theoretical foundations are considered. Provides detailed information on the importance of intuition in various types of professional medical activity.

Key words: intuition, the meaning of the phenomenon in medicine, scientific analysis concepts, the role of the unconscious and its theory.

Introduction

This work is a continuation of the epistemological study of the role and significance of Consciousness in various areas of traditional medicine, where "... there are many scientific and scientific-methodological issues that require their solution. They relate to both the theoretical foundations of traditional medicine and the direct refinement and improvement of the methods of diagnosis, therapy and consideration of factors that contribute to the optimal treatment of patients "[1]. The effectiveness of treatment in traditional medicine depends on many factors and, first of all, on a deep understanding and knowledge by doctors of the initial foundations of the action of the most important factors of treatment, no matter what methods are used - hirudotherapy, reflexology, manual therapy, homeopathy, herbal medicine, apitherapy, and other methods treatment. Despite the great differences in the methods, methods and approaches to treating patients, the main character in all methods, methods and procedures was, is and remains the doctor who conducts the treatment. It is on his professional knowledge, skill, experience and intuition that the success and duration of patient treatment depends.

In modern medical practice, much attention is paid to hardware diagnostics and special methods of treatment based on biophysical mechanisms of therapeutic action, including bioresonance therapy [2]. The physician's task is reduced to the correct assessment of the diagnostic signs and characteristics of the course of the disease in the patient and the choice of therapeutic procedures and medicinal homeopathic remedies in the required dilutions [3]. From the above it follows that in modern medical practice, thanks to the improvement of technical equipment, traditional methods and methods of treatment are being replaced, since the diagnosis is simplified and a wide range of drugs and treatment methods are presented. But any specialist who knows modern methods of diagnosis and treatment or ancient

methods of traditional medicine (zhen-chiu, tai-chi, Su-jok therapy, etc.), raises the main question - how to approach each specific case of treating a sick person. And here his personal extrasensory ability comes to his aid - intuition based in each person on the important role of his own Consciousness and Thought [5].

The importance of a doctor's intuition in medical practice has long been actively discussed and considered both in domestic and foreign literature and does not cease to be relevant in our time, despite the huge success of evidence-based medicine in prevention and treatment [6]. This interest in the problem of intuition is understandable, since the direction and duration of treatment, as well as the prescribed procedures, drugs and the corresponding financial costs of medical institutions and the patients themselves, depend on the correct primary diagnosis.

Intuition

To such concepts as intuitionism (lat. introspectare - look inside), considering intuition the most valuable source of knowledge, and intuition (lat. intueri - watch carefully), as an innate feeling, which is different depending on from areas of scientific research, you can approach from different positions of natural science - philosophy, medicine, linguistics, mathematics, technology and art [7-10]. Distinctive features of intuition are the urgency of solving any problem, its semantic connections, causality and rationality, due to which intuitive thinking is considered as a cognitive activity that comes automatically, explaining the problem or situation that requires an immediate response [11].

Experts in various fields of knowledge believe that in science and technology, intuition is recognized as an essential source of innovations and discoveries [11-15]. The famous American scientist, author of fundamental books on extrasensory perception D. Radin quotes the words of the famous philosopher Bertrand Russell that science needs both intuition and logic: the first of them in order to create and understand ideas, and the second for evaluation their correctness [12]. Everywhere a special quality of intuition is noted - it represents knowledge without explaining where and how it arises [13]. Psychologist M. Polani called premonition and intuition by the term "tacit knowledge" in order to define a source of information received by a person that cannot be expressed in words [14]. Intuition is called "... the scientifically recognized ability of human thinking to achieve knowledge,

Professor V.M. Zaporozhets, known for his fundamental works in the field of natural science and extrasensory perception, notes: "The highest form of intuition is considered to be insight - a sudden comprehension of new truths unknown to people, as well as the creation of high poetic and musical images. The ability to enlightenment is considered the defining trait of genius "[15. P. 48; my italics. HELL.]. Intuition is a natural subtle understanding, penetration into the very

the essence of something, flair [16] and spontaneous, immediate comprehension of truth without substantiation [17a], insight, knowledge based on observations that defy verbal expression [17b].

Energy informatics specialist A.S. Wool believes that the very concept of intuition has several meanings: 1) the connection to the conscious work of additional capabilities of the brain for solving limited problems, including the comprehension of information already available in the subconscious and overconscious; 2) awareness of information entering the subconscious (overconsciousness) from a source external to it; 3) going beyond the limits of accumulated knowledge and experience with persistent, intense work of consciousness; 4) direct connection to space information, direct knowledge [18]. But the mechanism of obtaining information itself is unknown and in homeostatics it is considered as a connection of individual consciousness with overconsciousness, population consciousness [19].

The generalized characteristic of intuition is designated in the well-known English encyclopedic dictionary by Webster and the Great Soviet Encyclopedia as: 1) an action or process leading to direct knowledge, without reasoning and rational thinking, deliberation; 2) the result of insight (insight) and spontaneous understanding, that is, the ability to learn without rational thinking; 3) the ability to achieve the truth by direct judgment without substantiation by means of evidence [20].

In the psychological dictionary, the term "intuition" is interpreted as a specific ability (artistic or scientific) and a mechanism of creative activity: "holistic coverage" of the conditions of a problem situation (author's italics. AD). The dictionary notes that "... for the concepts of intuitionism (A. Bergson, N.O. Lossky, Z. Freud), the interpretation of intuition as the root cause of the creative act hidden in the depths of the unconscious is characteristic" [21]. It should be noted that, to some extent, human intuition is close to the concept of sensation, which is an elementary act of consciousness [22], and, as the psychologist-hypnologist V.L. Raikov: "Feeling is the non-verbal assimilation of information and the primary response to it."

In this regard, he points out: "... the main part of the unconscious can be understood as what is called "emotional consciousness", as a kind of "specific emotional conceptuality, "when an animal or a person evaluates something intuitively and humanly unconscious at the level of emotional assessment "[23; my italics. HELL].

At the everyday level of communication, this finds its expression in sympathies and antipathies, manifested in the communication of people with each other or as an irresponsible attitude and assessment by them of this or that phenomenon and proposal. It should be emphasized that the intuition of a specialist in any scientific activity and the everyday experience of an ordinary person are completely different things. First of all, this is due to the fact that one of them is based on deep professional knowledge of the subject of research, and the other on ordinary everyday experience, guesses and sensations.

The famous scientist-psychologist V.M. Allakhverdov says: "When a psychologist works as a practitioner, he,

of course, he uses a well-known technology (for example, he is obliged to ask again and clarify what the client said: "If I understood you correctly, then you think that ... Did I really understand you correctly?"), but, above all, he acts intuitively "[24 ; author's italics].

Continuing his thought, the author explains: "In any case, when I have to deal with practical psychology as a consultant, psycho-trainer or mediator, I am guided not by theory, but by technology and intuition "[24; italics. HELL.]. Natural scientist A.A. Lyubishchev emphasized in one of his appearances in the press that the higher science stands, the more role intuition plays in it [25].

From the above, it follows that intuition is an important extrasensory component in the life of people and, in particular, in any medical practice: classical and evidence-based medicine based on rational thinking [21], as well as in traditional and integrative medicine [26]. The authors of the cited work emphasize the intuitive foundations of these progressive methods of treatment and restoration of impaired functions in humans: "In humans, intuitive and analytical principles are organically combined. This is a reflection of one of the laws of dialectics - the unity and struggle of opposites ...

Traditional medicine, which came to us from antiquity, is permeated intuitive and philosophical understanding of the essence of man, his physiology and pathology. This is undoubtedly the gold reserve of human wisdom that cannot be ignored or used. Osteopathy, like all traditional medicine, absorbs all the baggage of scientific and intuitive knowledge about a person. Her holistic (according to Hippocrates - holistic) approach to a person is consonant intuitively conscious and verified by centuries of experience approach traditional medicine "[26. P. 250-251; my italics. HELL.].

Specialists and scientists working on the problems of extrasensory perception emphasize the role of intuition in healing and, considering the informational interactions between the healer and the patient, they note: "This interaction is of a two-sided nature. And what is most striking is that all this happens unconsciously, intuitively, automatically ", and the peculiarity of extrasensory perception is the integrity of the intuitive reproduction of the image" [27, 28; my italics. HELL.].

The importance of intuition in medical practice

In the works of the medical profile, the problem of intuition is given an important place and great importance is attached to [29]. But its concept and significant role change depending on the areas of medical practice and are filled with different content in psychology, neurology, pediatrics, deontology [30]. Scientists note that the importance of intuition increases in acute cases of the disease, when the doctor faces the task of finding a quick way out of this difficult situation, and there is no time for reflection and detailed consideration of all aspects of its solution. It is then that the previously accumulated practical experience and intuition come to the rescue.

In this regard, two well-reasoned works of doctors of different specialties should be highlighted. Physician-therapist Sultanov I.Ya. considers this issue in detail, including the role of "quick diagnoses by intuition" and laboratory and instrumental studies in the origin of diagnostic errors in the practice of doctors. The author points out directly: "Previous experience and work of thought - this is what lies in the foundation of intuition. In the diagnosis by intuition, a huge number of associations and information reserves accumulated in the doctor's thinking apparatus are realized. Intuition is on a par with logical thinking and therefore can be productively applied with a certain discipline of thinking, in particular, medical.

In medicine, intuition has the right to citizenship, but the diagnosis made on its basis necessarily requires practical verification. It must be remembered that intuition does not guarantee against mistakes, the doctor must have knowledge, experience, master the logical methods of thinking "[31].

The same question about the important role of intuition is considered in psychiatry [32-34]. Psychiatrist Polishchuk Yu.I. in his work on the role and significance of intuition in psychiatry, he notes the following: "Intuition manifests itself not only in the process of generating new knowledge. It can act as a quick and correct assessment (italics mine. A. D) of the recognition of this or that phenomenon on the basis of extensive experience. Medical intuition is well known as the ability to establish an accurate diagnosis at the first glance at a patient (italics by the author. AD). Outstanding physicians are the ones who have this intuition to the greatest extent. Of particular importance is intuition in the doctor's knowledge of the patient's personality, his experiences. It has been established that empathy in a situation of human communication (including a doctor-patient situation) contains the property of a cognitive function. The role and significance of intuition is increased by that it is necessary to go beyond the limits of existing knowledge to penetrate into the unknown "[32]. Psychiatrist L. Kraus gives the following definition of intuition: "By intuition we mean - in contrast to discursive, explanatory thinking - the direct perception of meaning or a complex of connections, the perception of meanings, awareness of the essence." Considering the importance of intuition in making a diagnosis and classification in modern psychiatry, the author notes the following: "Currently, we still have a dual orientation of psychiatrists - on intuitive and operational diagnosis. This problem is related to the question of what role intuition plays in the approval of traditional classifications and diagnosis in psychiatry, what we lose by giving up intuition and whether we can afford this loss "[34]. Psychiatrist L. Kraus gives the following definition of intuition: "By intuition we mean - in contrast to discursive, explanatory thinking - the direct perception of meaning or a complex of connections, the perception of meanings, awareness of the essence." Considering the importance of intuition in making a diagnosis and classification in modern psychiatry, the author notes the following: "Currently, we still have a dual orientation of psychiatrists - on intuitive and operational diagnosis. This problem is related to the question of what role intuition plays in the approval of traditional classifications and diagnosis in psychiatry, what we lose by giving up intuition and whether we can afford this loss "[34]. Psychiatrist L. Kraus gives the following definition of intuition: "By intuition we mean - in contrast to discursive, explanatory thinking - the direct perception of meaning or a complex of connections, the perception of meanings, awareness of the essence." Considering the importance of intuition in making a diagnosis and classification in modern psychiatry, the author notes the following: "Currently, we still have a dual orientation of psychiatrists - on intuitive and operational diagnosis. This problem is related to the question of what role intuition plays in the approval of traditional classifications and diagnosis in psychiatry, what we lose by giving up intuition and whether we can afford this loss "[34]. explanatory thinking - direct perception of meaning or a complex of connections, perception of meanings, awareness of the essence." Considering the importance of intuition in making a diagnosis and classification in modern psychiatry, the author notes the following: "Currently, we still have a dual orientation of psychiatrists - on intuitive and operational diagnosis. This problem is related to the question of what role intuition plays in the approval of traditional classifications and diagnosis in psychiatry, what we lose by giving up intuition and whether we can afford this loss "[34]. explanatory thinking - direct perception of meaning or a complex of connections, perception of meanings, awareness of the essence." Considering the importance of intuition in making a diagnosis and classification in modern psychiatry, the author notes the following: "Currently, we still have a dual orientation of psychiatrists - on intuitive and operational diagnosis. This problem is related to the question of what role intuition plays in the approval of traditional classifications and diagnosis in psychiatry, what we lose by giving up intuition and

Continuing the polemic with representatives of the orthodox point of view, psychiatrist L. Kraus considers it important to note the following: "Both the philistine and the medical justification for the conclusion that someone is sick is based not only on objective medical research, but also - or better to say, above all - on intuitive understanding. Modern classification and diagnosis in psychiatry is based on operational criteria and specific rules for their use (so-called algorithms). This largely involves the exclusion of intuition, which is seen as something subjective and individualistic and therefore unreliable from an interpersonal point of view.

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The theoretical scientific foundations of intuition

The theoretical substantiation of the role and significance of intuition in medical practice can be based on various kinds of hypotheses, schemes and models developed by various scientists in different years. In particular, a great contribution to the study of intuition was made by the Russian biophysicist, philosopher E.Ya. Bauer, who prioritized intuition in his works; professor V.M. Zaporozhets, a prominent scientist-researcher in the field of natural science and psychic phenomena; Academician of the RAMS P.K. Anokhin, founder of the theory of functional systems. However, in our opinion, in any theory, the decisive difference between intuition as a phenomenon should be the recognition of its basic essence as a manifestation of the unconscious in the human psyche, and in this issue, the fundamental works of K. Jung have long been decisive [35]. Russian scientists-psychologists V.V. Kozlov and V.V. Maikov, considering the analytical psychology of K. Jung, they emphasize that "... From the standpoint of the attitude, Jung made the assumption that the conscious and unconscious do not oppose each other, but mutually complement and condition ... First of all, Jung's attempt to return the psychic as reality to science should be noted" [36 ; my italics. HELL.].

The authors of the cited work consider the main provisions of Jung's general psychology, which are directly related to the topic under consideration about the role and significance of intuition. Among them, they single out exactly those that are important for our consideration of the problem, namely: a) mental - an extremely complex phenomenon, therefore, at the present stage, an exhaustive theory is impossible; b) the mental is integrity; c) we can talk about psychic energy; d) an important role is assigned to the construction of typologies that allow preserving the "specificity" of the phenomena under consideration; e) in Jung's approach, the role of theory is understood in a different way: it is, rather, an instrument of analysis than a formalized system "[36].

However, for understanding the problem of intuition, not only the above general provisions of K. Jung in the theory of the mind are important, but also his typological characteristics of the personality, since the manifestation of intuition is a strictly individual quality and property. It is associated, first of all, with the personal dominant type of each person, in which mutually opposite polarities prevail - character traits and mental abilities - thinking or sensuality, as well as intuition (internal feelings) or mental qualities (external feelings), and in this regard subdivision of people into thinking, feeling, intuitive and mental personality types is carried out.

At the same time, a modern deep examination of the issue leads us, no matter how strange it may seem at first glance, to the fact that the problem of intuition is closely connected with chronosemantics, a scientific direction associated with the study of spatio-temporal relationships in the life of a living organism, developed in the works specialists in bioenergyinformatics - Yu.V.

Gotovsky, K.N. Mkhitaryan and other researchers of the problem [37–40].

In this discipline, the decisive role in the mental activity of a person is assigned to inner time. Scientists note the important role of a person's extraordinary ability to predict and predetermine results random process in which he is interested. Apparently, due to the indicated abilities, an experienced and talented doctor can change cause-and-effect patterns in the eventual reality of a patient [37]. This conclusion should not only be used as a theoretical basis for intuitive diagnosis and treatment in various traditional methods of healing and the important role of intuition in human activity in general, but also be the fundamental basis for a new understanding of the unconscious as the most important epistemological concept in science.

Let us consider in more detail the conclusion made about the most important role of chronosemantics in medical intuition. The basis of the concept of the above authors is the introduction of the concept and role of a person's internal time, which "is used by the body to implement and maintain chronosemantic homeostasis, which depends not only on the past time of the given organism, but also on its supposed future" [37; P. 14]. This work emphasizes the functional peculiarity of the organism in that ... "it stores the results of its advance reflection of reality in the form of an internal model of its physiological time, i.e. their inner time" [37; S. 3].

By virtue of the foregoing, the diagnostician, who aims to study the patient's latent ailments and strives to remove them, intuitively changes the patient's state in the direction desired for him, due to his specific ability to change the course and pace of his internal time. These are the possible deep scientific foundations of intuition in human life and its role in everyday medical practice.

The author expresses his sincere gratitude to Prof., MD. Blinkov I.L. and V.S. Katorgin for his advice in preparing the manuscript for publication.

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Author's address

Doctor of Biological Sciences, Professor A.P. Dubrov

FGU FNECETS TMDL of Roszdrav (Moscow).

1011931@gmail.com

Dubrov, A.P. Problematic issues of traditional medicine. The role and value of intuition in medical practice / A.P. Dubrov // Traditional medicine. - 2010. - No. 2 (21). - S. 57-62.

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