



MENTAL HEALTH. PSYCHOSANOCREATOLOGY. NECESSITY OF SOCIETY IN ITS DEVELOPMENT

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The psyche and mental health are perhaps the most valuable asset formed in the biological and social evolution of *Homo sapiens*, through which the man not only survived, but also withstood competition with representatives of the animal world, adapted to the environment and took over the dominant position in the animal kingdom, creating, with this, the material, spiritual and other nature of the good for themselves. However, strange as it may seem, it should be pointed out that until now there is not even a generally accepted idea of the phenomenon of „psychic health” or “mental health”, not to mention the scientific and practical foundations of its directed formation and maintenance an issue that, in fact, was not even brought up.

Keywords: psyche, mental health, *Homo sapiens*, material and spiritual.

INTRODUCTION

Nothing else, but the psyche and mental health are the biological and social phenomena that not only predetermined the creation of all that surrounds us, and what we use, but also led to the destruction of much that has already been created, and to the underestimation of the significance and relevance of the solution of many momentous problems. With the directed formation and maintenance of health, they can become the driving force for the prosperity and sanogeny of society, progressive biological and social evolution, whereas if they are spontaneously developed, as they currently are, they can lead to complete general biological, mental and social degradation and disappearance of modern civilization, similar to those of other civilizations existed on our planet before.

A HISTORICAL VIEW

The twentieth century is the epoch of the heyday of genetics, pharmaceuticals, informatics, technologies and other fields of knowledge that promised unprecedented solutions to problems

of public concern. However, it ended with the manifestation of premature general biological degradation of a large part of the population, an upward trend in the population's general morbidity, monstrous exploitation of people, undernourishment and substandard nutrition of a large part of society. The twenty-first century began without optimism and confidence in the future, with the sharp tension in international relations, the growing material and financial costs of developing and creating new colossal destructive forces of warfare, the mass morbidity of the world's population and the forecast for further deterioration in the population's overall health, including mental health, and with the prognosis that one of its nosological disorders, depression, will take the first place in the structure of the general morbidity of society. In short, nothing good is expected that could solve the health problem. At the same time, taking into account its gravest crucial consequences, it is necessary for every person to perceive the special importance of the state of one's own health for the realization of one's and society's as a whole life mission, to urgently take effective measures to stop the premature general biological degradation of society. A confirmation of the severity of the health problem is the fact that

Homo sapiens as a biological species has outlived itself.

HEALTH: A PHILOSOPHICAL VIEW

The foregoing convincingly demonstrates that the state of health of modern human society has become one of the most acute global problems threatening the further existence of modern civilization, which, as we stated 30 years ago in the monograph „*Stress and Health*” (1990), at the present rate of changes of life conditions and their stressogenicity, is not able to adapt. „*That’s why, in some 500-900 years, it will become physiologically inferior and cease to exist*”. The only way to solve the health problem is to abandon the existing strategy of spontaneous formation and maintenance of health in favor of its directed development. This is what predetermined the creation of sanocreatology, which is designed to develop the theory and practice of directed formation and maintenance of health, sanogenic progeny reproduction and prevention of premature general biological degradation of the human organism. In addition, it is urgent to develop the scientific bases for the transformation of *Homo sapiens* into *Homo santoscreatimus* through the appropriate directed formation of a high life potential of the structures and functions of organs and systems, the organism as a whole, allowing the man to easily withstand the pressure of the habitat and the activity, to adapt to them and to ensure the manifestation of creative abilities, to have the sanogenic level of health, qualities of social orientation and other necessary abilities that allow them to create the appropriate conditions ensuring the conduct of a sanogenic lifestyle and progressive evolution as a biological-social species.

The solution of these and other tasks is possible due to sanocreatology, whose goal is also the transformation of the life and adaptive potential of *Homo sapiens* in accordance with the conditions of their life activity, the development of high creative abilities and other qualities that enable the society to perform their mission regarding social well-being ensuring, natural resources conservation, as well as creating conditions which correspond to the biological-social evolution of human society. These and previously mentioned tasks were not

set and not solved by other sciences; thus, sanocreatology assured its own place among related sciences. Its emergence was due to the crisis and the inability of medicine, despite exceptional successes in the diagnostics and treatment of many diseases, to ensure public and individual health of the population.

The practical need in the directed creation of the psyche and mental health determined the ramification of a new acid rapidly developing scientific branch from the sanocreatology stem, namely, psychosanocreatology, which elaborates scientific foundations, ways, methods, technique of directed formation and maintenance of the psyche and mental health, tasks that display its non-identity with either one theoretical or practical science — medicine, biology, psychology.

Its scientific foundations are based on the postulates on mental health, according to which, although it is genetically determined, it is not inherited and is formed in ontogeny under the influence of psychogenic factors in the process of socialization, mastering knowledge about the surrounding world and the own organism, learning, upbringing etc., which predetermines the adequacy of the brain's mental reflection of the external environment and the internal state of the organism; the social conditions of life activity and the real orientation and actions of the man in time, space and the environment, the manifestation of creativity and anticipation of events, which determines sanogenicity of mental health, behavior and daily activities of the organism

Studies in these fields of knowledge have already borne fruit; in particular, some regularities of health formation have been learnt, which made it possible to prepare for publication the second volume of „*The Treatise on the Scientific and Practical Bases of Sanocreatology*”. It presents the scientific foundations and ways of directed formation and maintenance of mental health, and in particulars the following: evidence of a threat to society of the current state of the mental health problem, an analysis of the relevant ideas on the natural essence of the psyche and mental health, a new vision of the phenomena of the psyche and mental health as the starting point of psychosanocreatology, new ideas about the standard of mental health, information on factors that determine the state of mental health, info on the phenomenon of creativity as the driving force of scientific and technological progress and the evolution of modern society, prerequisites,

conditions and ways of directed formation and maintenance of mental health, a classification of levels of mental health, algorithms for determining its various levels, etc.

A NEW CONCEPT

The creation of scientific foundations for directed formation and maintenance of mental health (postulates, concepts, generalizations, principles, patterns, etc.) had its own specifics — some were first formulated on the basis of analysis and synthesis of generally accepted scientific positions of physiology, neurophysiology, age physiology, neuroscience, medicine, psychology, psychiatry, genetics, morphology, biochemistry, etc., and longterm complex studies of the Institute of Physiology and Sano Creatology of the Academy of Sciences of Moldova, whereas others were rethought from the position of sano creatology.

There is no doubt that sano creatology and psychosano creatology, in terms of relevance and significance for the present and future of society, being able to create and enhance the health level of modern and future generations of people, will occupy a worthy place among the universally recognized sciences. This conviction is due to the fact that with the further development of human society, as is well known, the number and the action duration of dissanogenic psychogenic factors will increase, and the life of future generations will proceed not just in emotionogenic, but in very aggressive stressful situations, to which, with spontaneous formation and maintenance of integral, including mental, health and life potential, the man will not be able to psycho-functionally adapt. To this end, a great deal is now to be done to bring this science to a wide open space, so that the population's desired health to be a yard measure of its true value.

CONCLUSIONS

With the publication of volume 1 and volume 2 of „*The Treatise on the Scientific and Practical Bases of Sano Creatology*”, sano creatology received citizenship rights as an interdisciplinary science at the intersection of physiology, medicine, psychology, biology and other branches of knowledge.

One of the special features of these monographs is that the authors constantly had to invade the

arsenal of other sciences, sometimes far from their usual domain of study. We are aware of the fact that certain inaccuracies, shortcomings, omissions could leak imperceptibly into the monograph, for it does not consider some separate, though very important, scientific issues, but rather complicated, so little worked out complex problems at the junction of many sciences — the scientific foundations of directed formation and maintenance of mental health.

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