

SYSTEMIC APPROACH OF INTEGRATIVE MEDICINE

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Article

Modern medicine does not try to understand the very nature of a holistic organized System. You can try to study individual components of the entire System: digestive, nervous, cardiovascular and other systems, but they will not contain a unifying principle or quality of the whole. Usually, medicine works only with the patient's physical body. Its impact is aimed at a particular organ of the physical body, in the functioning of which disturbances have arisen (on the "sore spot"), to eliminate visible symptoms of the disease. The doctor (traumatologist, cardiologist, neurologist, gastroenterologist, ... and others) treats the organ in which symptoms of the disease have appeared, without taking into account the often negative impact of the prescribed treatment on other systems of the body. Nowadays, many doctors understand that such a method of treatment is, at the very least, ineffective and can lead to the consolidation of painful conditions and the chronicity of diseases.

Currently, humanity is experiencing an era of significant transformations, dictated by the natural course of events, which in turn is driven by Universal Purposefulness. The energy of Universal Wholeness manifests in the process of reproducing ordered conscious phenomena within society. Confucius asserted, "...One must constantly hear the Voice of Heaven because God always chooses the best world in time...". The "best world" refers to a reality that corresponds to the Law of Being, which is an element of it and in which the civilizational aspects are controlled and defined by Culture—the spiritual priority of Human Being. Culture represents a form of Spiritual existence that determines the Dignity of Man, while civilization defines its value.

The level of understanding must exceed the horizons of knowledge. A person is a vessel of all that exists, from the root causes of diseases to the highest transcendental possibilities that they can evoke within themselves. At their discretion, they can either invoke any disease or naturally connect with the higher Forces of Nature, while it is essential to recognize the inseparability of their connection with the Universe. A person is a direct participant in the evolution of the planet.

In the modern age, humanity faces numerous health-related challenges, including an increase in diseases, the emergence of new infections, epidemics, and a rise in mental disorders caused by environmental pollution and other factors. The question of true health raises important aspects: is it rooted in the stability of bodily mechanics or in the psycho- and thought sphere of our being? What are the true causes of diseases, and can a person independently maintain their health? What is the role of a physician in assisting the sick, and in what direction should modern medicine develop?

Spiritual health is the foundation of physical well-being. The state must care for the health of its citizens. However, physicians often avoid studying the health of healthy individuals, which represents an invaluable source of information. Scientists must free themselves from conventional limitations to open new horizons. It is crucial to understand that a person is a microcosm in the fullest sense of the word, with each microcosm being unique and unrepeatable.

Observations by physicians indicate that the same medications produce varying effects on patients. The lower nature extracts only the lower from substances, whereas each soul connected to the Higher can perceive the higher. This law can be articulated. It is necessary to consider the individual characteristics of the organism to effectively combat diseases. Mental phenomena also require understanding in their full individuality; both in the microcosm and the macrocosm, the significance of individuality must be recognized.

The state of illness can activate the work of a person's spirit. Often, illnesses prove to be a blessing, as they bring the spirit closer to the Subtle world. The phenomenon of modern civilization is that individuals with mental and physical deviations often exhibit abilities to perceive the Subtle world, while "healthy" and prosperous individuals frequently remain impervious to subtle perception. In conditions of spiritual suppression, many diseases can be viewed as a blessing, as they facilitate the spirit's connection to the subtle world.

It is essential to expand the consciousness of the physician, who must be able to recognize and explain various aspects of diseases, such as the thirst for greed, anemia of self-importance, stones of betrayal, or the itch of gossip. The phenomena of diseases should be viewed as manifestations of universal human nature. Individuals

with developed consciousness are also susceptible to illnesses, but their nature is different—they are linked to the imbalance of mental centers. These individuals, like sponges, absorb the excesses of humanity.

The number of diseases associated with negative thoughts continues to grow. Previously, negative thinking was primarily linked to mental disorders; however, it can now be asserted that a range of physical diseases is also generated by negative thoughts.

The modern informational toolkit represents a bidirectional mechanism, possessing the potential both to amplify positive informational narratives and to create a highly negative environment. In this context, the importance of a social state with a conscious health policy becomes undeniable. It should not only protect the health of citizens but also actively contribute to the formation of a health-promoting environment.

The diversity of disease causes requires deep analysis and scientific reflection. It is important to consider not only physical aspects but also spiritual currents that may influence health. A paradox is observed where the best representatives of society, possessing high sensitivity and spiritual acuity, often become victims of diseases, especially in the context of epidemics. This underscores the necessity to investigate not only physical but also psycho-emotional factors that contribute to the onset of illnesses.

Diseases such as oncology may be a result of prolonged depletion of psychic energy. The longer this process continues, the more malignant the disease becomes. The medical community stands on the brink of significant transformation, which implies a shift from explaining diseases solely through physical phenomena to a deeper understanding of their nervous and psychological origins. Common colds, tuberculosis, and other illnesses should be viewed as manifestations of nervous tension rather than merely as consequences of infectious agents.

Particular attention should be paid to states of confusion and irritation, as it is in these moments that the sources and causes of diseases can be identified. A true physician should strive to extract the spiritual causes of illnesses, recognizing that many diseases arise from a lack of mutual care and consideration within society. The environment in which a person lives plays a crucial role in shaping their health.

Contemporary physicians are already capable of delving into the analysis of disease causes, predicting their emergence, and offering recommendations for neutralization through lifestyle changes and mental state adjustments. In light of the emergence of new diseases, it is essential to pay close attention to unusual manifestations and classify them at a systemic level. The causes of such diseases may be new condensed energies that influence a person's psycho-emotional state.

The thinker rightly stated, "Do not allow malice – it is the source of diseases." This assertion emphasizes the importance of a person's inner state as a factor contributing to their health.

For further progress in science, it is necessary to expand the categorical apparatus, as the existing language of science does not always adequately reflect reality and may hinder the development of civilization. Human life is a complex phenomenon that encompasses both material and metaphysical elements. The metaphysical aspect related to the soul is defining for the essence of human existence. Understanding this element allows for a deeper comprehension of the meaning of existence and the role of humanity within the context of Universal Wholeness.

The labor of the soul, directed toward self-creation and development in Spirit, makes a person a conscious participant in the realization of the meaning of Being, which, in turn, underscores the significance of morality as the non-empirical foundation of human existence, independent of knowledge and time.

A holistic perception of a person is characteristic of many ancient healing traditions (traditional Chinese medicine, reflexology, Ayurveda, Tibetan medicine, herbal medicine, hirudotherapy, osteopathy, psychotherapy, aromatherapy, etc.). These methods of non-drug medicine are characterized by the perception of a person as a single system, manifested at several levels: physical, psycho-emotional, bioenergetic and even spiritual. At the end of the 20th century, their effectiveness gradually began to be increasingly recognized by the formal doctrine of medical science.

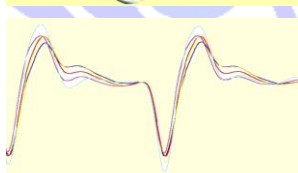
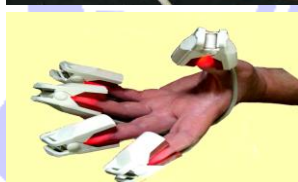
It is necessary to treat not the disease, but the person, that is, it is impossible to treat one organ, ignoring the condition and reaction to treatment of other organs and systems of the person. Based on the integrative functional approach, the patient's body is considered as an integral system, a unification of interacting functions. Integrative medicine is a new direction of modern medicine, which is developing on the basis of the integration of three directions - academic, folk and traditional medicine, it is not reduced to the sum of various approaches and methods. It is based on a holistic consideration of a person and his health. In addition to the methods of official medicine, it uses a number of methods of acupuncture, aromatherapy, hypnotherapy, homeopathy, massage, reflexology and other methods.



Our practice is based on a number of methods and devices, including devices improved in our approaches, on the basis of which original diagnostic and treatment methods have been created.

SCENAR (Self-Controlled Energy Neuro Adaptive Regulator) restores self-healing mechanisms and adaptive reactions of the body, contributing to homeostatic and system-forming processes, in numerous functional and even organic diseases. In this case, recovery is an active process of changing and rebuilding damage by the body's own reactions, and is not the result of "treatment".

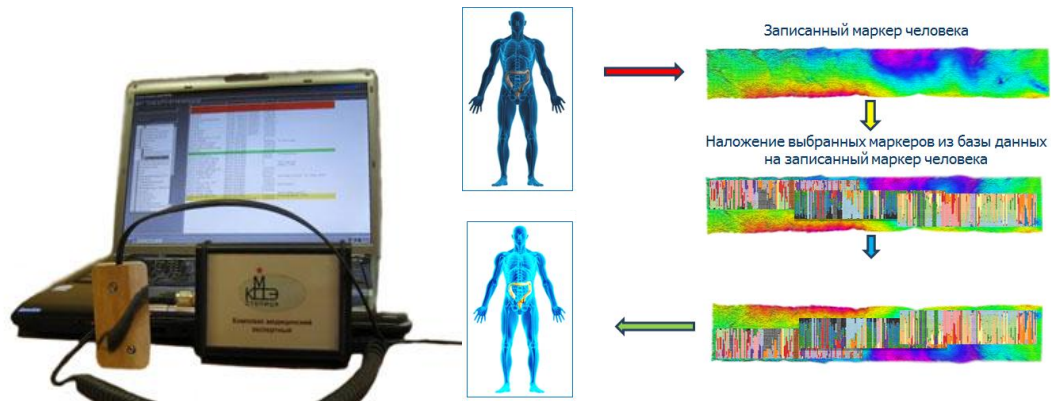
The **pulse-hemoindication complex** provides a method of diagnostics and non-invasive therapy, which implements the principle of a systemic approach in medicine. This method of diagnostics and therapy allows you to get a qualitative and quantitative assessment of the functional state of a person as a whole, assess the adaptive capabilities of the body, analyze the dynamics of the patient's condition during treatment, and also allows you to create an optimal treatment cycle: diagnostics-therapy-diagnostics.



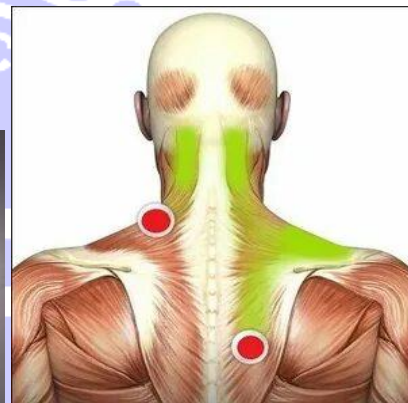
Протокол исследования							
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Г-инд	А-инд	Д-инд	Пульс	У-инд	Латинское название	Русское название	Раздел
26	10.31	-2.50	60	7.63	Disci intervert. (lumbalis) D3	Межпозвонков...	Позвон...
33	9.92	-1.49	61	6.63	Colon D3	Толстая кишка	Желудоч...
33	9.91	-0.09	61	7.56	Hepar D3	Печень	Печень, ...
34	9.94	+2.02	64	7.41	Фон		
34	11.56	-2.94	67	1.96	Renex D3	Почки	Мочепол...
34	13.19	-0.93	68	8.73	Vertebra lumbalis D3	Поясничные поз...	Позвон...
35	11.39	-1.97	64	0.75	Arteria coronaria D3	Коронарная арт...	Сердце, ...
36	10.90	-0.35	68	8.16	Disci intervert. (cervicalis) D3	Межпозвонковы...	Позвон...
41	11.67	-0.35	65	6.14	Jejunum D3	Тощая кишка	Желудо...
41	10.38	+1.76	60	8.20	Medulla spinalis (cervicalis)...	Шейный отдел...	Черепн...
41	11.43	+0.54	64	8.11	Medulla spinalis (lumbalis) ...	Поясничный о...	Черепн...
41	10.73	-0.89	65	0.80	Pulmo D3	Легкие	Дыхате...
41	10.63	-1.07	64	6.71	Vesica fellea D3	Желчный пузы...	Печень...
43	12.22	-3.49	61	8.28	Medulla spinalis (thoracica)...	Грудной отде...	Черепн...
43	11.60	-0.86	65	8.01	Tunica mucosa coli D3	Слизистая об...	Желудо...
49	11.68	-0.59	64	12.95	Vertebra cervicalis D3	Шейные позво...	Позвон...



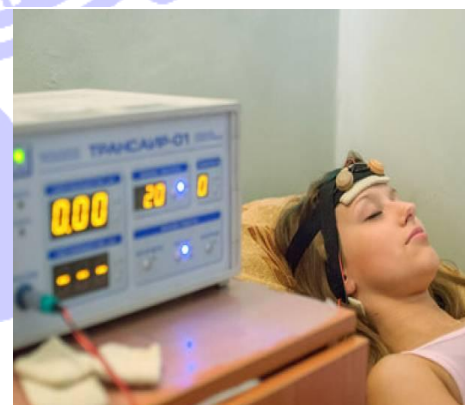
The **Medical Expert Complex** provides organ-tissue diagnostics, systemic diagnostics, environmental diagnostics, etiological diagnostics, selection of individual complementary agents, as well as compensatory correction of the activity of pathological processes.



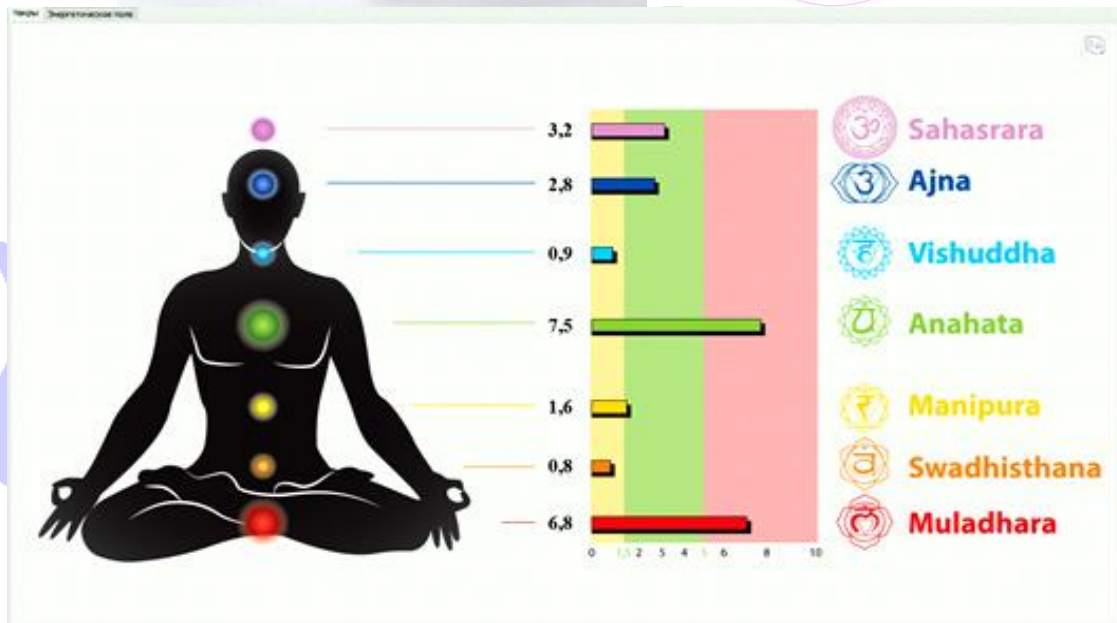
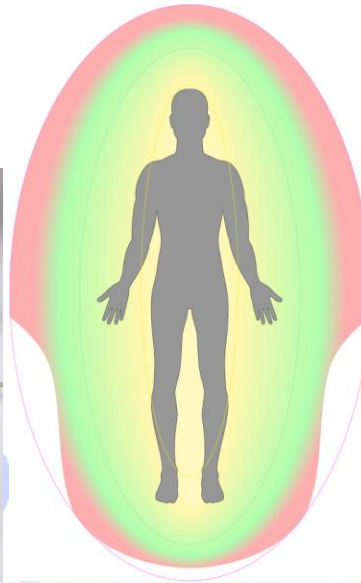
We use the **UHF**-therapy method in a number of areas: cardiology (in the treatment of stable and unstable angina, myocardial infarction, hypertension), neurology (in the treatment of cerebral circulation, osteochondrosis of the spine, neuritis), pulmonology (in the treatment of bronchial asthma, bronchitis) and other areas.



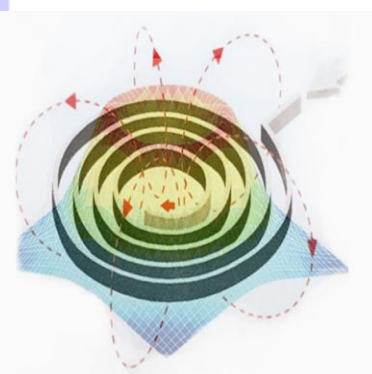
Methods of TES-therapy (transcranial electrical stimulation) provide, in particular, the following main effects of TES-therapy: effective pain relief, normalization of psychophysiological status, anti-stress and anti-depressant effects, restorative effect (accelerated healing of damage of various nature of all types of tissues, other effects).



Computer pulse diagnostics "VedaPulse" evaluates functional disorders in the organs and systems of the body, the state of energy of the twelve main meridians, the current physiological constitution of the patient, and also forms recommendations for the use of phyto-, aroma-, diet therapy and dietary supplements for various diseases based on the methods of Indian, Tibetan and Chinese medicine.



Electromagnetic stimulation represents a "non-electrode" electrical stimulation, in which the alternating magnetic field acts as a transmission link between the coil and the induced electrical currents in biological tissues. Electrical energy in the devices is accumulated in high-capacity capacitors. When the semiconductor switch is triggered, the capacitors discharge rapidly, creating a current in the inductor—a coil made of conductive material. As the current flows through the inductor, a magnetic field with a peak value of 2–3 Tesla is briefly generated, perpendicular to the direction of current in the coil. The magnetic field creates an electrical impulse in the tissues, facilitating the contraction of muscle fibers.



Innovative implementation in a contactless magnetic-wave trainer «Tesla+»

Subject ontologies. We have developed subject ontologies that model a living system (subject) in an abstract multidimensional space of states that are created by the afferent organs of the subject. Each state includes all the degrees of freedom characteristic of a given class of states. The subject can change these states by the activity of his body (efferent organs). The subject changes states in the direction of growth of his value measure. The activity of the subject acts as a trajectory in the space of these states. The physical-information model developed in this way serves as the main methodology of our approaches.

This is just a small part of the arsenal of a modern physician who understands the necessity of investigating not only physical but also psycho-emotional, energetic, and spiritual factors in the development of disease. From the perspective of holistic medicine, the physician heals the patient according to the principle of "do no harm!"

Proper thinking is the foundation for understanding the role and significance of humanity in the universe.

Thus, the integrative approach to medicine, which takes into account both the physical and spiritual aspects of health, opens new horizons in the understanding of human existence and allows for more effective responses to the challenges of modernity.

After all, the purpose of human life is to align with the Meaning of Universal Wholeness, of which a person is a part.

About the Author



Inessa Anatolyevna Minenko is Professor of the Department of Sports Medicine and Medical Rehabilitation, I. M. Sechenov First Moscow State Medical University (2018 - till date); Professor (since 2003) of the Department of Integrative Medicine/Department (doctoral student, Associate Professor) of Non-medical Treatment Methods and Clinical Physiology (1999 – 2018); Continuous private medical practice (1993 – till date); The experience of the chief physician in private centers of traditional medicine. EDUCATION: I.M. Sechenov First Moscow State Medical University Diploma in Medical Science Class of 1992; PhD thesis defense: Topic: "Non-medicinal treatment of post-traumatic stress disorders." (year 1999); Doctoral thesis defense Topic: "Non-medicinal correction of stress disorders of various origins" (year 2003), YORK University (USA); Training in the educational course "Alternative Medicine" (PHD), (year 2017); ADDITIONAL EDUCATION: Specialist Certificates: • Reflexology; • Psychotherapy; • Neurology; Additional training in the following areas (HSE): • Human resources management competencies", • She is the author of more than 350 scientific papers, seven monographs, 12 teaching aids, 14 patents for inventions and software products. 5 PhD and 5 doctoral dissertations have been defended under her personal scientific supervision.

