

ARTICOLE DE FOND**THE PROBLEM OF PSYCHIC HEALTH AND WAYS TO SOLVE IT – SOME APPROACHES**

**Furdui F. T., Ciochină V. C., Furdui V. F., Glijin A. Gh.,
Vrabie V. Gh., Șeptițchi V. A.**

Institute of Physiology and Sanocreatology

The problem of health, including mental health, has been confronting humanity since the development of consciousness in *Homo sapiens*. Although it has acquired crucial importance over time, it has not yet been resolved. During this time, various attempts have been made to influence emotional status and behavior, the psyche and mental health in general. This was due to the need to create social cells, to organize joint activities for hunting, and then producing food, protection from the attacks of neighbors and natural adversity.

Attempts were made to maintain the spiritual balance of the man, to heal from mental suffering and to manifest such qualities as compassion, empathy, etc.; however, human society is still suffering from all sorts of disorders and mental illnesses, not to mention somato-visceral diseases and that a significant portion of the world's population continues to die prematurely. Moreover, according to WHO forecasts, in the near future, the morbidity of the population will not decrease; on the contrary, it will increase, and such mental illness as depression will come out on top in the structure of chronic diseases. In addition, according to the data of the Institute of Physiology and Sanocreatology of Moldova (1998, 1999), there is a premature general biological and mental degradation of society. It should be noted that, despite the undoubted success of medicine and pharmaceuticals in the treatment of various diseases and in the prevention of various epidemics, modern society is sick, and people die from diseases, not from old age. In short, the problem of health, in particular, mental, is far from being resolved. There are many reasons for this. In our opinion, the main are the following three: 1) the formation of mental health, like somato-visceral one, occurs spontaneously, without taking into account the conditions and factors in which the future person will have to live and work; that's why health, as such, cannot be maintained on a sanogenic level under the aggressive pressure of modern human life activity conditions; 2) the irresponsible attitude; if more, the disinterest of leading political and state leaders to solve the population's health problem, believing that it is possible to stop the demographic explosion of the world population's growth due to high morbidity, premature general biological, mental degradation and high mortality, thereby solving crucial, threatening the existence of society, problems: the impending famine, environmental, energy, water issue, etc.; 3) stressful, improper lifestyle, which is the etiopathogenetic factor of premature diminution and degradation, the development of various disorders and diseases.

What awaits us if human health continues to be formed spontaneously, and if the problem of mental health, like somato-visceral, remains out of sight of political

and state leaders, in terms of refusing to create it spontaneously in favor of its directed formation and maintenance, to ignore the gradual transformation of Homo sapiens, who has become obsolete, into Homo santoscreatimus - the healthy and creative man of the future?

The first is the complete physiological, structural and mental degradation of society. This is due to the fact that Homo sapiens, having survived in the process of evolution, having become, in essence, the master of its life and environment and having achieved fantastic successes in various areas of its activity, did not pay due attention to its health, which, despite sharp changes in the conditions of its life activity, continued to be created spontaneously. That's why it can not withstand the pressure of the modern lifestyle; as a result, naturally, all sorts of functional and metabolic disorders of vital organs and systems occur and the premature general biological and mental degradation develops. These processes, undoubtedly, with increasing aggressiveness of the impact of the social and ecological environment, will intensify over time. As a result, civilization will become physiologically and mentally deficient and will gradually become extinct.

The second is a manifestation of crises, bankruptcies, defaults, and impoverishment. If states and elites do not recognize the priority and do not focus their financial and other capabilities on solving the health problem through its directed formation and maintenance, including the mental one, believing that their intellectual and production needs will be met by robots, network algorithms, etc., undoubtedly, they will be accompanied by frequent crises, bankruptcies, defaults because only physiologically and mentally healthy people with special creative and prophetic abilities can find the most reasonable solutions of arising problems in the conditions of exhaustion of natural material resources used in manufacturing. People with outstanding abilities, especially intellectual ones, according to psychosanoecreatology, are not born, but become as a result of their directed formation. Undoubtedly, states, nations, corporations, concerns, firms, etc., with healthy and creative people, so-called geniuses, will dominate, otherwise, crises, bankruptcies, failures and a decrease in the effectiveness of their activities will certainly await them.

The third is the aggravation of the hunger problem and the population's large part coverage by it. This expectation is due to the forecast of the world population's morbidity increase in the near future, the demographic explosion of the population's growth and depletion of soils fertility because of their intensive exploitation, which will become insurmountable obstacles for the working population to produce the appropriate amount of various foods for balanced alimentation. That does not exclude the possibility of local wars on the redistribution of fertile areas and water sources.

The fourth, attempts to solve the problem of mental health and its premature degradation through artificial intelligence, bioengineering, moving the human brain or its digital copy into an artificial body, „recipes of immortality” and other informational-technical technologies will not prevent a sharp deterioration in mental health, continuation of its degradation, loss of life quality, loss of interest in self-realization, constant experiencing of suffering. The fact is that, according to psychosanoecreatology, mental health is not inherited, but is created in ontogenesis under the influence of social and other psychogenic factors and has a dynamic character. In addition, it is unique, and the so-called average „health norm” does not reflect the patterns of individual mental

health levels. Therefore, digital modeling of mental health does little for the theory and practice of preventing mental disorders and its premature degradation. This also applies to attempts to solve the overall problem of mental health through the creation of artificial intelligence, bioengineering, all kinds of robotics, network algorithms, etc.

At the same time, these studies are undoubtedly justified, since they are aimed at solving specific problems of creating artificial organs, bioprotheses, robots, etc., to facilitate human life, however, they are not directly related to the creation of mental health and the prevention of its degradation. „Recipes of immortality”, which, according to their authors (D. Itskov, Aubrey de Gray, Ray Kurzweil), are intended to ensure immortality by 2045, have no scientific basis and should be attributed to an impracticable fancy.

And what awaits us if human health will be recognized as a priority problem, and the formation and maintenance of the psyche and mental health will be directed?

The main thing is awareness of the fact that there is no other way to solve the problem of health and its premature degradation, except for the directed formation and maintenance of the psyche and mental health, and they will be formed and maintained purposefully. Only then will the maximum realization of mental and social potential become possible, and the psyche, mental health and creativity will become the driving force of human evolution. In this case, the sooner it is understood by those who manage the fate of people and the finances of society, the more likely it is to prevent the coming total general biological and mental degradation and premature atrophy of vital organs and systems. In addition, it will be possible to decide on directional actions in order to gradually transform *Homo sapiens* into *Homo santoscreatimus*, physically, physiologically, mentally and socially healthy and creative rational man.

Thus, the problem of mental health is one of the most urgent scientific and practical problems, and by its significance it should be recognized as crucial, because, in essence, everything created by humanity is a result of the realization of sanogenic mental reactions and processes.

These findings, as well as the experience of the Institute of Physiology and Sanocreatology in the development of sanocreatology, made it possible to establish that today, in essence, we have a physiologically and mentally “sick society”, which is generally biologically and mentally prematurely degrading, predetermined the vector of research and development of scientific and practical bases of directed formation and maintenance of the psyche and mental health.

In the study of the causes and factors that determine mental disorders, it has been shown that among those leading, along with a stressful lifestyle, it is necessary to recognize the spontaneous formation of mental health, because of which, naturally, the psyche of a modern person cannot withstand the daily pressure of everyday life; as a result, psychodissano- and psychopathogenies, the neurotization of the organism develop.

Analysis of our data and the evidence in the literature on ways to solve the problem of mental health has shown that there is only one such way - the rejection of the spontaneous formation of the psyche and mental health in favor of their purposeful formation in accordance with the future conditions of human life. The following very convincing evidence of the possibility to form and maintain the psyche and mental

health shows that the above is feasible: 1) mental health, like the psyche as a whole, is not inherited, but is formed during ontogenesis under the influence of social factors, learning, creative activity, etc., although the prerequisite for its formation is the genetic program of the organism's development; 2) the ability to directionally influence the psyche and mental health through suggestion, hypnosis, meditation, etc.; 3) directional education in terms of training suicide bombers, kamikazes, cyborgs, zombies, etc.; 4) achieving a therapeutic effect and a certain mental state through psychotherapy and psycho-training; 5) underdevelopment or delay of psycho-speech development and social behavior in conditions of deprivation or limitation of the sensory contact of the subject with the social environment; 6) all daily human activities (vertical walking and behavior pattern, controlled realization of physiological and mental needs, communication, ability to think, creativity, building social relationships, imprinting and adhering to the laws of morality, ethics, etc.) are the result of the development of mental status in ontogenesis; 7) scientific and practical results of more than a decade of research of the Institute of Physiology and Sanocreatology of the Academy of Sciences of Moldova on the development of psychosanocreatology, which were presented and highly appreciated at the 8th, 9th, 10th, 11th, 12th, 13th, 14th International Interdisciplinary Congresses "Neuroscience for Medicine and Psychology" (2012, 2013, 2014, 2015, 2016, 2017, 2018) and the I, II, III, IV and V Congresses of physiologists of the Commonwealth of Independent States (CIS) (2005, 2008, 2011, 2014, 2016), and organizing special symposia at these Congresses on sanocreatology and psychosanocreatology.

Convinced that the directed formation and maintenance of the psyche and mental health is the only way to solve the problem of health, premature general biological and mental degradation, naturally, we took up elaborating the scientific bases for creating and maintaining mental health, i.e., developing a separate scientific discipline of sanocreatology - psychosanocreatology. It was necessary. The development of this discipline is due to the need of practice not only to mentally enhance modern society, but also to prevent depression from reaching the first place in the structure of the population's general morbidity, and to realize at the most the biological and mental potential of the subject.

The subject matter and the scientific methodological principles and methods, the basic notions and tasks of psychosanocreatology are specific, unique, which have not been formulated or solved by other sciences or their respective scientific fields.

Of course, the scientific foundations of psychosanocreatology set forth are a „road map” of directed formation and maintenance of the psyche and mental health; undoubtedly, in the process of their introduction into practice they will be improving.

The elaboration of the scientific bases of the directed formation and maintenance of the psyche and mental health implied the need to determine, first of all, what was meant by the „psyche” and „mental health” phenomena, since the existing differences in the definitions of these mental phenomena did not allow them to be used in our research. Therefore, from the position of sanocreatology, on the role of mental health in an adequate perception and reflection of the state of the organism's internal and external environment in order to properly organize the activities to adapt to the environment, survive and realize the biological and mental potential, we had to elaborate our own views regarding the concepts and mechanisms of their essence and manifestation.

At that, we proceeded from the fact that, although the psyche and mental health are genetically determined, they are formed under the influence of various social and other psychogenic factors, and that they are the resultants of multidimensional functional activity of the neuropsychic components of the CNS that form the psyche and mental health and exteriorize themselves through a relatively stable set of subjectively experienced conscious and unconscious reactions, processes and phenomena with personal characteristics.

The elaborated concepts not only reveal the essence of the „psyche” and „mental health” phenomena, indicate the neuropsychic structures and factors that form them, but also point out ways of their directed formation and maintenance.

Another important issue that needed to be addressed was the establishment of a benchmark for measuring mental health. The fact is that the notion of „*mental norm*” used in modern literature cannot be used in psychosano-creatology since the psyche and mental health are individual, unique mental phenomena. This was the basis for recognizing the individual level of mental health for each person and, instead of the unauthorized notion of „*mental norm*”, proposing the notion of „*mental health exteriorization level*” with an emphasis on the predominance of psychosano-, psychodissano-, psychopatho- or psychotogenies as the standard for measuring mental health state.

The proposed standard for the first time allows assessing the state of mental health, taking into account its components (psychosano-, psychodissano-, psychopatho- or psychotogenies).

Considering that mental health is not inherited, but is formed in ontogenesis, naturally, it was necessary to clarify the matters concerning psychosanogenic, psychosanoprotective, psychodissanogenic and psychopathogenic factors. Particular attention was paid to psycho-health-forming and psycho-health-supporting factors, the requirements and conditions for the directed formation and maintenance of mental health.

Studies in the field of mental health implied the need to structure its general state in accordance with the predominance of the phenomenology of psychosano-, psychodissano-, psychopatho- and psychotogenies, as well as on the basis of the phenomenology which directly exteriorizes the functional activity of the structural components (the neuropsychic blocks and the neurophysiological block) forming mental health, into 18 most frequently encountered levels of mental health exteriorization with an emphasis on the predominance of psychosano-, psychodissano-, psychopatho- or psychotogenies. To identify individual levels of mental health, on the basis of representative psychoindicators reflecting mental reactions and processes that form mental health, a special algorithm for determining the state of mental health was developed. The algorithm includes four stages.

An analysis of the state of health and morbidity of modern society shows that we essentially have a sick society that is prematurely degrading, and, despite the outstanding advances in medicine and pharmaceuticals, no one dies of old age, people die of diseases. Along with the above, the disappointing prognosis of an increase in morbidity for the near future says that *Homo sapiens* have become obsolete. Therefore, from the point of view of psychosano-creatology, it is very logical to make a judgment about the need to transform *Homo sapiens* into *Homo santoscreatimus*, because only

thanks to the man with good health and abilities to be creative in their personal activities and in public affairs can mankind ensure its quality life and progressive evolution.

So, the above indicates that the problem of mental health is crucial and can be solved. According to psychosanoecreatology, the only way to solve it is to abandon the existing strategy of spontaneous formation and maintenance of the psyche and mental health in favor of their directed formation and maintenance. We believe that this path will be reigning over the minds of not only specialists who are interested in and solving the problem of mental health, but also of important political and state leaders who, according to the will of the people, control the fate of people and the finances of society.