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THE MAIN COMPONENTS OF HEALTH. ESSENTIAL ELEMENTS OF HUMAN HEALTH, SPIRITUAL WELL - BEING AND HARMONIOUS DEVELOPMENT: MENTAL, PHYSICAL, SOCIAL. NATURAL HEALTH FACTORS. MECHANISMS OF HEALTH RESEARCH

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Health is the natural state of the body, which is characterized by its balance with the environment and the absence of any morbid changes.

Human health is determined by a complex of biological (hereditary and acquired) and social factors. The latter are so important in maintaining health or in the occurrence and development of disease that the preamble of the WHO statute states: Health is a state of complete physical, psychological and social well-being, and not just the absence of disease and some physical defects. This very definition of health, which is approved by the World Health Organization, is enshrined in the foundations of the legislation of Ukraine on health care. But many domestic and international scientists insist on another, modern definition of this term, namely, health is the process of preserving and developing mental and physiological functions, optimal working capacity and social activity with maximum life expectancy.

Since this concept has many aspects and is determined by many factors, it requires a complex approach for its solution.

People's health belongs to the number of both local and global problems, i.e. those that are vitally important for every person, every state, and for all humanity, where there is an aggravation of contradictions generated by current and expected future situations, where disproportional states have reached or may reach catastrophic consequences in the future.

In order to, correctly understand the relationship between health indicators and the interaction of environmental factors in the "human-health-environment" system, three interrelated levels of health are defined - social, group and individual.

The first level - social - characterizes the state of health of the population in general and reveals a holistic system of material and spiritual relations that exist in society. The second is group health, determined by the specifics of life activities of people of a given work or family group and the immediate environment in which its members are. The third is the individual level of health, which is formed both in the conditions of the entire society and group, and on the basis of the physiological and mental characteristics of the individual and the unique lifestyle that each person leads.

Individual health is an absolute and unique value, which is at the highest level of the hierarchical scale of values, as well as in the system of such philosophical categories of human existence as interests and ideals, harmony, content and happiness

of life, creative work, program and rhythm of life. Every specialist, every member of society should have knowledge about health as a biological, spiritual, social category in order to be able to assess and analyze their health status, on the one hand, and to solve current and prospective tasks related to the protection and strengthening of public health. me, from another.

Natural health factors.

Human health cannot be considered as something independent, autonomous. It is the result of the influence of natural, anthropogenic and social factors. Giant rates of industrialization and urbanization under certain social conditions can lead to a violation of the ecological balance and cause degradation not only of the environment, but also of people's health.

Natural factors can have both positive and negative consequences for human health:

- natural environment (healing and recreational properties of landscapes, forests, groundwater, etc. (positive factors);
- atmospheric air pollution by stationary and mobile sources, surface and underground water, radiation pollution, inefficient waste management, etc. (negative factors).

Each group of factors can have a different degree of manifestation of positive and negative signs in certain regions.

All mechanisms of human adaptation to the environment characterize adaptation, which includes:

- genetic level – genetic natural selection that ensures the preservation of the population;
- phenotypic level – individual adaptation to new conditions of existence due to the hierarchical system of adaptive mechanisms;
- changes in metabolism (metabolism), maintaining the stability of the body's internal environment (homeostasis);
- immunity, that is, the body's insensitivity to infectious and non-infectious agents and substances that enter the body from the outside or are formed in the body under the influence of certain factors;
- regeneration, i.e. restoration of the structure of damaged organs or body tissue (healing of wounds, etc.);
- adaptive unconditional and conditioned reflex reactions (adaptive behavior).

Among the various environmental factors that affect the health of the population, the most obvious is the microbial one, which is of great importance in the occurrence of infectious diseases. The presence of a specific pathogen in the environment, the elements of which are not only air, water, soil, food products, but also plants and animals, is a necessary condition for the spread of the disease.

In the process of life and production activity, a person inevitably brings certain changes to the environment that surrounds him, which concern both the chemical and biological state of the environment, and the conditions of human existence. These changes affect climate parameters, especially in areas with a high concentration of population and production, and lead to a change in the composition of the atmosphere.

According to the World Health Organization, chemical and biological pollution of air, water, soil, noise, anthropogenic climate change and ecosystem change are among the factors that directly affect human health. By drinking polluted water, consuming products grown on polluted lands, breathing polluted air every day, a person receives doses of various dangerous substances that accumulate and negatively affect his body.

In the last decade, the number of allergic diseases, acute respiratory viral infections, and flu diseases has increased. The main reason is atmospheric pollution.

Modern industrial production pollutes the environment with gaseous, solid waste, heat emissions, electromagnetic fields, ultraviolet, infrared, light, vibroacoustic and ionizing radiations, radioactive substances and other physical and chemical hazards.

The negative impact of environmental factors on the human body can manifest itself in the form of inflammation, dystrophic changes, allergic conditions, impaired fetal development, and damage to the cell's hereditary apparatus. 70-80% of all cancer cases are caused by chemical carcinogens. Even now, about 4% of newborns have genetic defects that lead further to pronounced hereditary diseases.

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