

**Міністерство охорони здоров'я України
Харківський національний медичний університет**

**Громадське здоров'я в Україні:
проблеми та способи їх вирішення**

матеріали ІІІ науково-практичної конференції
з міжнародною участю

05 листопада 2020 року

Харків
2020

УДК 614.2(477)

Г86

Редакційна колегія: Огнєв В.А., Мельниченко О.А., Сокол К.М., Чужно І.А.,
Нестеренко В.Г, Мартиненко Н.М.

Затверджено вченою радою ХНМУ.
Протокол № 00 від 19.11.2020 р.

Г86 **Громадське здоров'я в Україні: проблеми та способи їх вирішення:**
матеріали ІІІ науково-практичної конференції з міжнародною участю,
05 листопада 2020 р. Харків, 2020. 122 с.

УДК 614.2(477)

© Харківський національний
медичний університет

Наукове видання

**Громадське здоров'я в Україні:
проблеми та способи їх вирішення**

матеріали III науково-практичної конференції
з міжнародною участю

м. Харків, 05 листопада 2020 року

Відповідальний за випуск проф. В.А. Огнєв

Формат А5. Ризографія. Ум.-друк. арк. 7,75

Тираж 100 прим. Зам. № 18-33665

Редакційно-видавничий відділ
ХНМУ, пр. Науки, 4, м. Харків, 61022
izdatknmu@mail.ru, izdat@knmu.kharkov.ua

Свідоцтво про внесення суб'єкта видавничої справи до Державного
реєстру видавництв, видавців і розповсюджувачів видавничої продукції
Серії ДК № 3242 від 18.07.2008 р.

are described, including amputations, stone crushing, hernia dissection; plastic surgery to restore the nose, ears, lips, described the method of rhinoplasty, and lens replacement surgery. Ayurveda is assigned a place as a subsidiary Veda (upaveda).

Ayurveda became a part of Indian National health care system. There are state clinics for Ayurveda across the country.

PECULIARITIES OF TRADITIONAL CHINESE MEDICINE

Martynenko N., KhNMU, Kharkiv

According to ancient Chinese medicine, the disease arose as a result of an imbalance between the two principles of Yang and Yin. The division of Yin and Yang in the human body was as follows: back – Yang, lungs – Yin, abdomen – Yin spleen – Yang, however, it should be taken into account that each organ is a composition of both elements. The most famous treatise on traditional Chinese medicine is Huang Di Nei Jing («Canon of the Yellow Emperor on the Interior»). According to it, normal functioning of the human body is the result of mutual opposition and balance in the unity of the interaction of Yin and Yang. And if the energy processes of the organism can be classified as Yang, the material basis in this is Yin, because it is matter that is the basis of energy. Ancient Chinese physicians believed that human being was a world in miniature and is a combination of five elements. These elements enter the body with food, which is digested, absorbed and finally converted into blood. This blood is cold, motionless, black, and is the passive principle of Yin until air from the lungs (Yang) enters it. Only after that the blood begins to move and becomes hot and lighter, flowing through the body nourishes it. The study of anatomy existed only in the early stages of ancient Chinese statehood.

In the «Book of Miracles» anatomy was considered a means of constantly replenishing knowledge about the structure of the human body. It was about the need to dissect the corpse and study the density of the heart, liver, lungs and other internal organs, the size of the stomach and intestines, the length of blood vessels, blood properties, pelvic volume, etc. However, with the transfer from monotheism to the development of paganism and philosophy, bans on the dissection of bodies began to be introduced. There were few mentions of anatomical research in Ancient China in the 4th century B.C. It was information about the governor of one of the provinces who allowed doctors to dissect 40 corpses of decapitated people for further study in the interests of science. In general, anatomical research in Ancient China was banned in the 2nd century B.C. in connection with the introduction of Confucianism, which forbade the dissection of the human body.

There was a big variety of diagnostic methods, such as examination of skin, examination of eyes and ears, examination of the mucous membranes and tongue,

examination of urine (even to taste), determination of odor, listening to sounds occurring in the human body, and pulse diagnostics. The theory of the struggle of the two opposites of Yin and Yang was the basis for the development of the principles of treatment: heat was treated with cold, work – with rest, sour – with sweet.

Acupuncture. This method in Ancient China was called zhen-jiu («zhen» means «injection with a golden needle», «jiu» means «cauterization»). In fact, it was stimulation of significant points on the human body. *Burning (warming)* was also a specific method of treatment, when special cigarettes from medicinal plants were used for longevity and disease prevention. *Massage and physiotherapy* («Wu Xing Shi» a game of five animals) were used as well as water procedures, sun rays, and breathing exercises. In conclusion, we have to underline that traditional Chinese medicine had mostly prophylactic character.

FROM THE HISTORY OF PUBLIC HEALTH

Kravchenko V., Astapova Ya., KNMU, Kharkiv
Pristyuk K., NTU «KhPI», Kharkiv

The history of public health and medicine is inextricably related to the development of humanity and medical knowledge. The first mention of the public health is found in the teachings of Hippocrates and Avicenna. Important aspects of the Hippocrates teachings include the requirements of cleanliness (for patients and doctors), moderation in food, living where the clean air is. Avicenna (Ibn Sina) used elements of sanitation and hygiene as the prevention and treatment of diseases. His best-known studies on public health are «the Book of Healing» and «the Canon of Medicine», which became textbooks for the study of medicine in medieval universities [1]. According to the definition, given by World Health Organization (WHO), health is a state of complete physical, mental and social well-being and not merely the absence of disease. Public health includes: protection of health, prevention of disease and promotion (preservation) of health, this is the prevention of disease, injury, disability and prolongation of life expectancy, under condition of healthy lifestyle.

The existence of the foundations of public health in the Ukrainian lands is confirmed by the information about the introduction of sanitary culture and hygiene among the population of Kievan Rus. One of the traditions of the Ukrainian people is to keep the house, yard, body, linen and clothes clean.

Among the many regulations in the field of public health, the WHO Declaration on Public Health, adopted at the International Primary Health Care Conference (September 12, 1987, Almaty) is important. The declaration pointed to the need for implementation of measures to protect and promote the health of the