**CULTURE OF HEALTH**

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Health is a part of general culture of each individual. Because of that the important task for today is the spread of approximately elementary knowledge of the evolution of human-being like spiritual-physical creature.

So, the author offers the educational course “Culture of Health”. One of the big points of it is the idea of healthy lifestyle, emotional and spiritual health of the individual. Among the topics for discussion there are philosophical concepts of the origin of human diseases, and valeological knowledge (ways of health preservation, optimal nutrition against overweight and obesity, physical culture against lack of exercise, and exactly, how to follow the spiritual evolution).

Topic of correlation of spirituality and health especially last decade became very important and actively debated not just by clergymen, but physicians and their patients. The interest, related to spirituality occupied many spheres of human life from arts up to science and medicine.

Problem of spiritual components of health is actively debated not just by clergymen, but also by physicians and their patients. *Physical diseases* have at the basis temporary or permanent changes in the structure of human tissues, leading to a change of the organs and systems (cardio-vascular, digestive, and others), so to the reduction or loss of ability to work. The treatment of such kinds of diseases is realized in clinics and hospitals. *Emotional diseases* are related to changes in the status of the human psyche that do not fit the generally accepted limits of human behavior and thinking. Diagnosis and treatment of this kind of diseases is the field of psychiatrists. *Spiritual diseases* are very specific. Human spirit and body are both suffering in such cases. Loss of ideals and sense of life are the first symptoms of these diseases.

Processes of meta-globalization and scientific-technical progress negatively affected spiritual, psychic and physical health of people. Because of that, spirituality is only the guarantor of health maintenance of the whole mankind.

This knowledge, our students (future physicians) can use in sanitary-educational practice with a population. They can give the popular lectures not only for specialists, but for ordinary people to form the basic skills of healthy lifestyle and protection of human population from dangerous and incurable diseases.