

Duchowość i Zdrowie Spirituality and Health

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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.

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.

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.

Author had elective courses “Contemporary civilization and culture” and “World civilization” for the first-year students of medical university. One of the big points of them was the idea of healthy way of life, philosophical concepts of the origin of human diseases, and valeological knowledge (preservation of health, optimal nutrition against overweight and obesity, physical culture against lack of exercise, and exactly, how to follow the spiritual evolution).

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 way of life and protection of human population from dangerous and incurable diseases.

Key words: spirituality, healthy way of life, valeological knowledge, overweight, obesity, sanitary-educational practice.