

# Dialectics and Systematic Approach in Medicine

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**Received:** 12 February 2025; **Accepted:** 13 March 2025; **Published:** 10 April 2025

**Abstract:** This article examines dialectical methods that play an extremely important role in medicine, especially the study human body in its functional state.

**Keywords:** Medicine, dialectics, psychosomatic system, biosocial system.

**Introduction:** Even ancient philosophers expressed the idea that the surrounding world The world represents an unusually complex, unified and a large-scale organism in which all elements are inextricably linked with each other and are in constant change, development. But the confession the infinite variability of all forms of being and the cognition of their dynamic states are not an easy task for human consciousness. Concepts, which our thinking relies on are static and discrete compared to the reality they characterize. Therefore, the path from Heraclitus's "Everything flows, everything changes" to the dialectic of Hegel and the modern systemic approach was long and quite complex.

Dialectics is a special type of understanding of the world, a specific way. thinking based on considering the connections and interactions of the studied objects and phenomena, their changes and development. Academician I. T. Frolov gives the following example, proving the significance of the dialectical approach in cognition: "When studying an organism by the preparation method from the researcher may miss its live functioning. Likewise to understand the world, we need methods that allow us to adapt to "beating the pulse" of the real world."

The dialectical approach to cognition plays an extremely important role for medicine. Perhaps, in no other scientific discipline does the integrity and unity of the studied processes and phenomena have such an important significance as when studying the human body in a working state. The doctor studying the patient's health problems must identify the nature of the pathological process and establish the connection

between the symptoms of the disease and internal changes in the body.

## METHOD

One of the fundamental principles of dialectics is recognition and cognition of contradictions as the basis of any change and development. The law of unity and interaction of opposites applies to three basic laws of dialectics. From a medical point of view, this law demonstrates the interdependence and unity of the human organism with its internal driving forces of development and the environment, conditions vital functions of this organism. Environment can affect heredity, genetics, lead to mutations, pathologies, etc.

It should be noted that any process characteristic of the human body, is a hidden or apparent example implementation of the law of unity and interaction of opposites. So, inflammatory process that has begun in the body can represent both pathogenic and protective (positive and beneficial for organism) reaction. But at any moment, the protective nature of inflammation can become pathological, i.e., opposite in nature.

The second law of dialectics - the law of the transition of quantitative changes to qualitative ones - is also extremely important for medicine. An amazingly accurate and deeply "pharmaceutical" description of this law is the phrase of the medieval physician Paracelsus: "Everything is medicine, everything is poison - only the dose is important." One of the serious methodological problems in medicine is the problem of quality. Each disease has its own qualitative characteristics that allow for its diagnosis and classification. If a doctor possesses the methods for

determining the qualitative specifics of a disease, their thinking will be non-standard, flexible, and their work will be more effective and successful.

The third law of dialectics - the law of negation of negation - is evident. demonstrates continuity in the development of organisms, combination in hereditary and individual properties of the organism, evolution not only physiological, but also pathological processes. Thus, the dialectical approach plays a crucial role in medicine and the activities of each specific doctor and medical employee. The doctor's awareness and constant attention are of particular importance. application by him of the fundamental dialectical position about universal connections and interdependencies of all processes and phenomena.

It should be noted that the application of the dialectical method becomes possible with the presence of systemic thinking and a systematic approach. The New Philosophical Encyclopedia defines the systemic approach as direction of philosophy and methodology of science, special-scientific cognition and social practice based on the study of objects as systems. At the same time, the integrity should be revealed during the research. objects and mechanisms ensuring this integrity, and also identified various types of connections of this object and the creation of a unified picture of them interaction [2, p. 559]. The basis for justifying the systemic approach is the principle of systematicity, consisting in the universal affirmation according to which all objects and phenomena of the world are systems of a certain degree of integrity and complexity

By system, it is necessary to understand an ordered set. interconnected elements, having a certain structure and organization. In modern medicine, the systemic approach has become the philosophical and methodological foundation of its development. The object of study in medicine is the human body, which is absolutely necessary. to consider as a complex living system.

Indeed, the human body is an extremely complex system, which, in turn, consists of smaller systems (subsystems) interacting and closely interconnected with each other. These same systems are composed of certain elements. Therefore, the study human body, like any other system, is only possible in the complex of all its subsystems and elements. On the other hand, each element can only be studied in conjunction with all other parts of a given organism.

The study of the human body can be brought to the level of consideration. its smallest structural elements - molecules or cells more complex components of the body's general system are formed - tissues, muscles,

individual organs and body parts. However, a doctor who relies on on dialectical laws and using a systematic approach, it will always be understand that all these elements are firmly and inseparably connected with each other. Therefore, if any "failure," "malfunction" occurs with one of the of these elements, this will definitely be reflected to a greater or lesser extent on the entire organism-system. With the most negative developmental variant events such changes can eventually transform into a disease affecting the entire body.

Modern medical scientists agree that every day the progressive development of medicine leads to the understanding that local diseases are often only local manifestations of the general condition.

state of the organism. For example, various skin diseases - This is a manifestation of any internal illness, often associated with disorders of general metabolism or disorders of nervous activity

systems.

For the application of a systematic approach in medicine, it is necessary be guided by several important principles. First of all, the organism must be considered as a collection of small systems, with on the one hand, and a holistic, coordinated system, on the other. It is always necessary to consider that a person is a psychosomatic system, in body and soul exist in inseparable unity. Therefore the patterns of life activity and development of such a system are impossible. reduce solely to somatic changes.

Another one the most important postulate of a systematic approach in modern medicine is the desire to combine scattered medical data and form a general theory of pathology, which should be based on modern medical science

## CONCLUSIONS

Thus, dialectics and a systematic approach serve as the foundation. development of medicine at present. Rational and effective a doctor's activity is only possible if they know and take into account the general human body functioning patterns and considering man as a complex biosocial system.

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