PRINCIPLES IN THE VIEWS OF EASTERN THINKERS METHODOLOGICAL AND ETHICAL

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Abstract: This article analyzes the integration of medical and philosophical sciences, particularly the role of medical ethics and methodology in Ancient Eastern philosophical systems. The research reveals the practical significance of approaching human health not merely as a biological phenomenon, but as a complex socio-philosophical one.

Keywords: philosophy of medicine, bioethics, Eastern philosophy, methodology, history of medicine, human ontology.

Introduction Philosophy and medicine have been inextricably linked since ancient times. Ancient Eastern thinkers, particularly scholars such as Avicenna (Abu Ali ibn Sina) and Al-Farabi, studied the human body and psyche as an integrated

whole. In the era of modern medical advancement, the practical significance of the philosophy of medicine is increasingly growing in resolving complex ethical issues that arise in doctor-patient relationships, as well as in the overall treatment process. The purpose of this article is to investigate the importance of the philosophical approach in medical science and its role in the modern healthcare system.

In the scientific heritage of Eastern Renaissance thinkers, Abu Nasr al-Farabi and Avicenna, the integral connection between the human body (*jism*) and the psyche (*nafs*) occupies a central place. They interpreted the human being not merely as a biological mechanism consisting of a collection of separate organs, but as a complex psycho-physiological whole (a holistic system). Below, the approaches of these two great scholars regarding human nature and the philosophy of medicine are detailed:

Harmony of Body and Psyche in the Views of Abu Nasr al-Farabi In his socio-philosophical and medical-psychological works (such as *"The Virtuous City"* and *"On the Intellect"*), al-Farabi views the human being as a miniature model of the universe (a microcosm).

- **Centralized Control:** Al-Farabi compares the human body to a uniquely hierarchical state. According to him, the heart is the center of this system, providing natural heat and life to the body. The brain, meanwhile, is the "servant" of the heart, coordinating sensory and mental activities.
- **Mental Health and Society:** The scholar emphasizes that a person's mental health is directly linked to their place in society and their moral state. Physical diseases often arise as a result of mental unhealthiness, poor behavior, or injustices in the external social environment.
- **Stages of the Soul (Nafs):** Al-Farabi distinguishes between the vegetative, animal, and human (rational) souls. If an individual can control the animalistic needs of the body through their intellect and spiritual perfection, it leads to perfect health.

Avicenna and the Foundation of Psychosomatic Medicine In his works *"The Canon of Medicine"* and *"The Book of Healing"*, Avicenna empirically and theoretically proved the mutual interaction between the body and the soul. He is considered one of the founders of psychosomatics in the history of medicine.

- **Physical Impact of Emotions:** Avicenna argued that strong emotions such as intense fear, anger, grief, or passionate love have a direct and rapid impact on human physiology (heart rate, breathing, digestion).
- **Historical Experiment (The Wolf and the Sheep):** In one of the scholar's most famous experiments, he kept two sheep under identical conditions, but placed a wolf in a cage opposite the first sheep. Living in constant stress and fear upon seeing the wolf, the first sheep soon grew emaciated and died despite eating well. The second sheep continued to live healthily. Through this, he proved the devastating impact of psychological depression and fear on physical health.
- **Considering the Psyche in Diagnosis:** When diagnosing a patient, Avicenna paid attention not only to their pulse, urine, or physical appearance but also to their lifestyle, mental state, and emotions. Famous legends recount how he cured a young man suffering from the hidden pain of unrequited love simply by checking his pulse.
- **Treatment Methods:** Therefore, in treating diseases, Avicenna recommended first uplifting the patient's spirit, calming them, using music and fragrance therapy (aromatherapy), as well as exerting influence through comforting words and a positive attitude.

General Conclusions and Role in the Philosophy of Medicine These views of Eastern scholars are incredibly relevant to contemporary medical methodology. In their time, they understood human health as a **bio-psycho-social phenomenon**. That is:

1. **Ontological Unity:** The body is not a machine that operates independently, nor is the psyche an abstraction disconnected from the body. Both are a single ontological system in constant interaction.

2. **Treatment Methodology:** A physician must treat not only the diseased organ but the entire person, including their inner psychological world. Modern bioethics demands this exact principle—a personalized, humanistic approach to the patient. These philosophical approaches suggest that medical professionals must not only be masters of their craft but also profound psychologists capable of understanding the human psyche.

Methods During the research process, historical-philosophical analysis, comparative study, and epistemological (gnoseological) approaches were utilized. The philosophical works of Eastern thinkers related to medicine and modern bioethical principles were cross-compared based on hermeneutic analysis. Furthermore, ethical problems in medical practice were studied through the logical and deductive methods of scientific cognition.

These methodological approaches are the foundation of scientific research, and their role is invaluable, especially in studies conducted at the intersection of philosophy and the history of medicine. Below is detailed information on the scientific essence of these three research methods and how they are applied in practice:

Historical-Philosophical Analysis This method involves studying philosophical ideas, concepts, and doctrines throughout the process of their emergence, formation, and historical development. Ideas do not appear suddenly; they are the product of the social, cultural, and scientific environment of their time.

- **Essence:** Tracing a philosophical or medical-philosophical problem (e.g., human ontology, bioethics) from its historical roots to its evolution in the present day.
- **Role in Research (Example):** When studying Avicenna's views on human health, analyzing sequentially how these views were based on Ancient Greek (Hippocrates, Galen) traditions and how they reached perfection within the environment of medieval Islamic civilization.

Comparative Study (Comparativistics) The comparative method serves to identify the commonalities (similarities) and particularities (differences) by cross-comparing various philosophical systems, thinkers' views, eras, or cultures.

- **Essence:** Highlighting the specific advantages and disadvantages of two or more objects by analyzing them side-by-side. This method is one of the most effective ways to draw new conclusions in science.
- **Role in Research (Example):** Comparing the holistic approach (treating the patient's psyche and body together) in Ancient Eastern medicine with the modern Western biomedical model (treating only the diseased organ, narrow specialization). Or mutually comparing the doctrines of al-Farabi and Aristotle concerning the soul.

Epistemological (Gnoseological) Approach Epistemology is the branch of philosophy that studies the process of cognition, its possibilities, the criteria of truth, and the relationship between the subject (the knower) and the object (the known). The epistemological approach answers questions such as *how we know this* and *how reliable our knowledge is*.

- **Essence:** Analyzing the logic of scientific cognition, the paths to achieving truth (sensation, reason, experience, intuition), and the formation process of medical thinking.
- **Role in Research (Example):** Analyzing the physician's process of diagnosing a patient from an epistemological perspective. How does the physician (subject) recognize the disease (object) in the patient? How do observation (empirical knowledge), test results, clinical logic (rational knowledge), and the physician's intuition harmonize with one another? Demonstrating how logical reasoning (deduction and induction) functioned in Avicenna's medicine.

In summary, these three approaches complement each other in a scientific article. You demonstrate where the problem originated (*historical-philosophical analysis*), compare it with other approaches (*comparative study*), and scientifically

prove how the process of comprehending and knowing this problem occurs (*epistemological approach*).

Results Analyses indicate that in Eastern philosophy, the physician's primary task was not merely to eliminate the symptoms of a disease, but to restore the patient's psychological and social balance. The following main conclusions were drawn as a result of the research:

- **Ontological Approach:** Interpreting disease not simply as a physiological process, but as a result of an imbalance in a person's relationship with nature and society, holds significant practical importance.
- **Axiological and Ethical Norms:** In modern medicine, the application of high technologies must be strictly regulated by ethical norms (bioethics). The physician's responsibility, integrity, and respect for patient rights are fundamental factors that significantly increase the effectiveness of treatment.

Discussion The obtained results demonstrate the necessity of improving the teaching methodology of socio-humanitarian sciences, specifically the philosophy of medicine, in modern educational institutions. Studying philosophy equips future specialists with the essential skills to form clinical thinking, correctly analyze cause-and-effect relationships, and make sound ethical decisions in complex situations. This integration between medicine and philosophy serves to develop specialists not merely as "craftsmen physicians," but as deeply reflective intellectuals.

Conclusion: The philosophy of medicine serves as the methodological foundation for preserving human health. The ethical-philosophical views found in the legacy of Eastern thinkers are of urgent importance in resolving contemporary bioethical problems, making their deeper integration into medical education highly necessary.

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