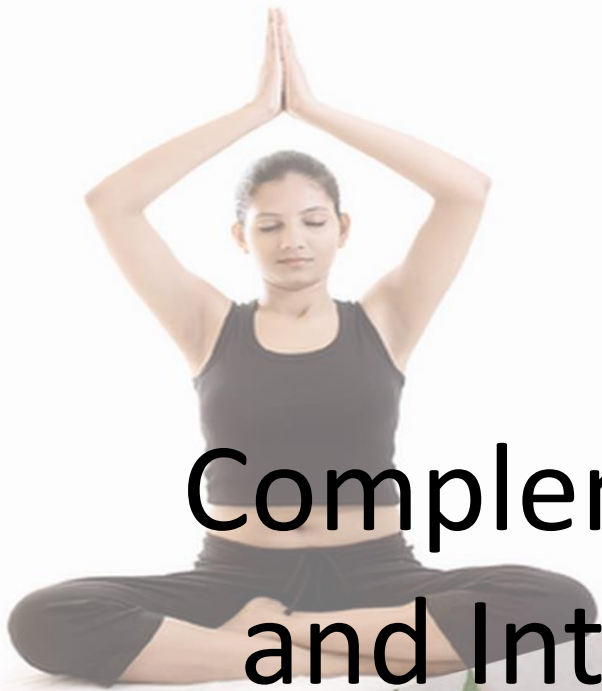




**HAPPY
NEW YEAR
2021**

Good Afternoon





Complementary, Alternative and Integrative Medicines

OLLI Spring 2020 Semester



Néstor A. Ramírez, MD, MPH 大德

Plan for the Course

- Session 1: Definitions of Health and Disease.
- Session 2: Different types of “medicines”.
- Session 3: Ancient Asian medical traditions.
- Session 4: Faith/religious healing traditions.
- Session 5: Food as Medicine.
- Session 6: Energy therapies.
- Session 7: Diverse unconventional therapies.
- Session 8: Osher Foundation Integrative Centers.

Session 1

Health, Illness and Disease

Definitions and Perceptions

January 26, 2021

Plan for Session 1

- Analyze patients' and physicians' disillusionment.
- Define health and some of its determinants.
- Survey issues of illness and disease.
- Explore types of healers in different cultures.
- Review evolution of concepts of disease causes.

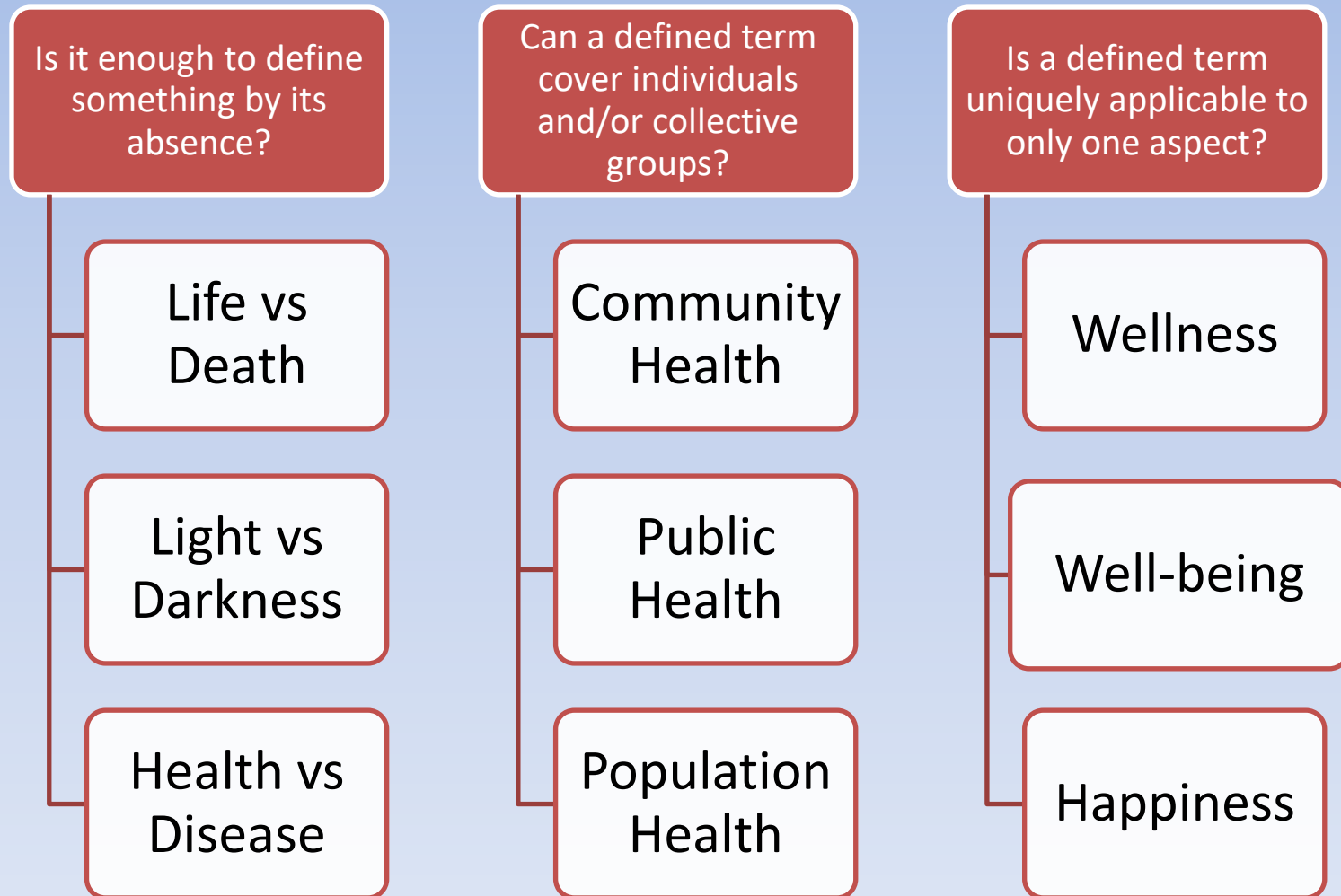
A Word About Definitions:

- I am going to be defining some terms which might have multiple variations and many possible interpretations.
- You will be getting definitions distilled from many sources that I have consulted.

Humpty Dumpty in *Through the Looking Glass* said in a rather scornful tone:

“When I use a word, it means just what I choose it to mean - neither more nor less.”

Definitions and their Meaning



Ramírez 2019

Definitions of Health (1)



DEFINITIONS OF HEALTH (2)



Definitions of Health ⁽³⁾

- 1860, Florence Nightingale : “Health is being well and using one’s power to the fullest extent.”
- 1975, Murray & Zentner : “Health is a purposeful, adaptive response, physically, mentally, emotionally and socially to internal and external stimuli to maintain stability and comfort.”
- 1989, Rogers : “Health is symbolic of wellness, a value term defined by a culture or an individual.”

Definitions of Health (4)

The “BIG One”

World Health Organization (WHO) 1948, 1986 and 2008 :

- **Health is a state of *complete* physical, mental and social well-being and not merely the absence of disease or infirmity.**
- Mental health describes either a level of cognitive/emotional well-being or the absence of a mental disorder.
- Health is a resource for everyday life, not the objective of living.
- Health is a positive concept emphasizing social and personal resources, as well as physical capacities.

Definitions of Health (5)

Objections & Criticisms to the WHO definition¹

Populations are becoming older,
with chronic diseases.

The term “complete” is neither
operational nor measurable.

Most of us would be unhealthy
most of the time.

Fails to consider person’s age, culture,
values and ability to cope in life.

Blurs the health - disease transitions and could
lead to an oxymoronic state of 'healthy disease'.

1. M. Huber et al BMJ 2011;343:d4163

Definitions of Health ⁽⁶⁾

Possible Modification of WHO Definition

Health is a dynamic state of being well characterized by a physical, mental, and social *potential* which satisfies the demands of life, commensurate with age, culture, and *personal responsibility* for maintaining one's wellbeing.

Bircher (2005) modified by Ramírez 2020

Definitions of Health ⁽⁷⁾

- Essentially, health and wellbeing are states of delicate balance, while illness and disease are states of harmful imbalance.
- Both of these states are in constant flux and can vary significantly, often without warning.
- Individuals try to modify this impermanence with their personal involvement and efforts.

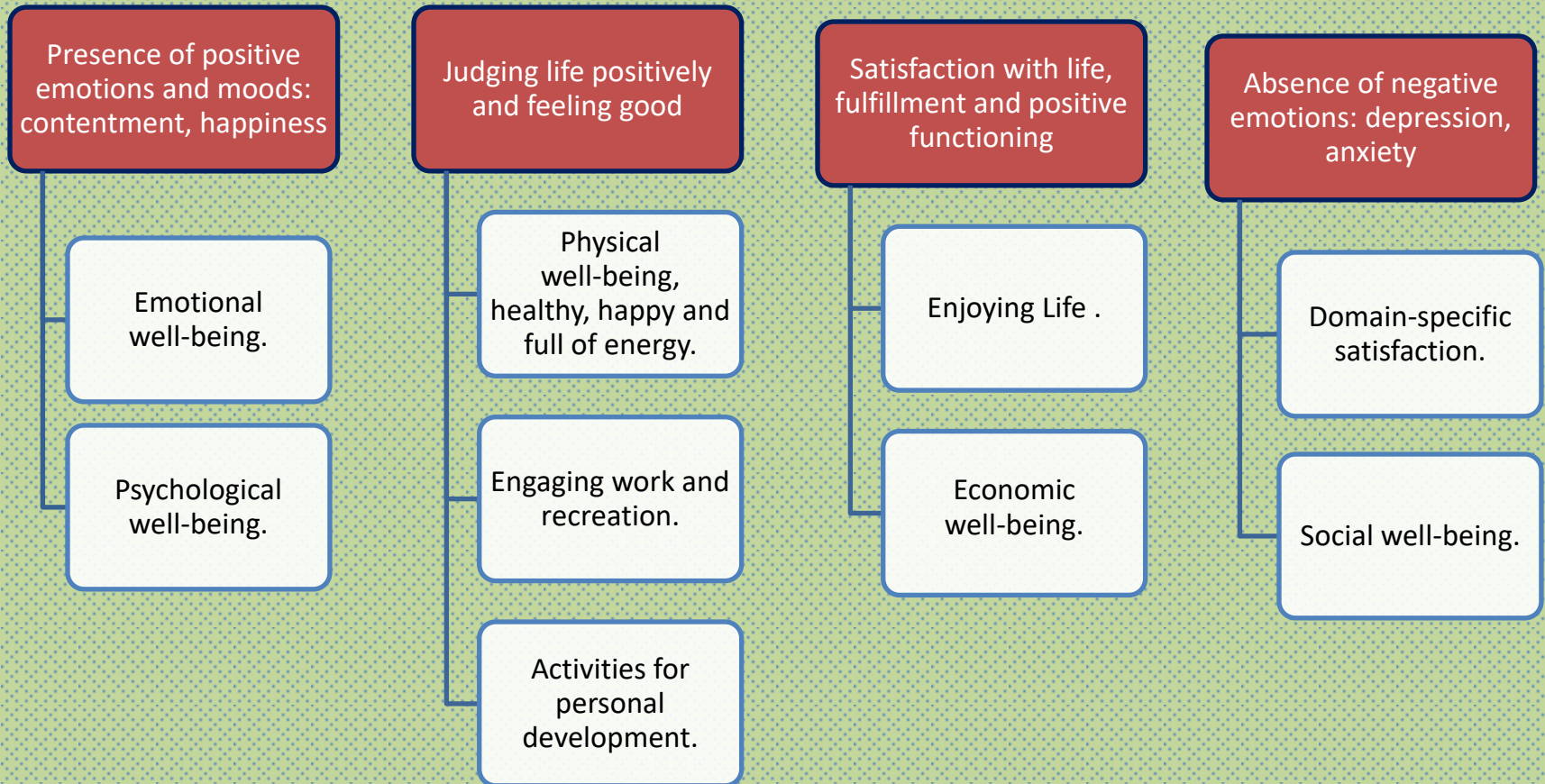
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Definitions of Health ⁽⁸⁾

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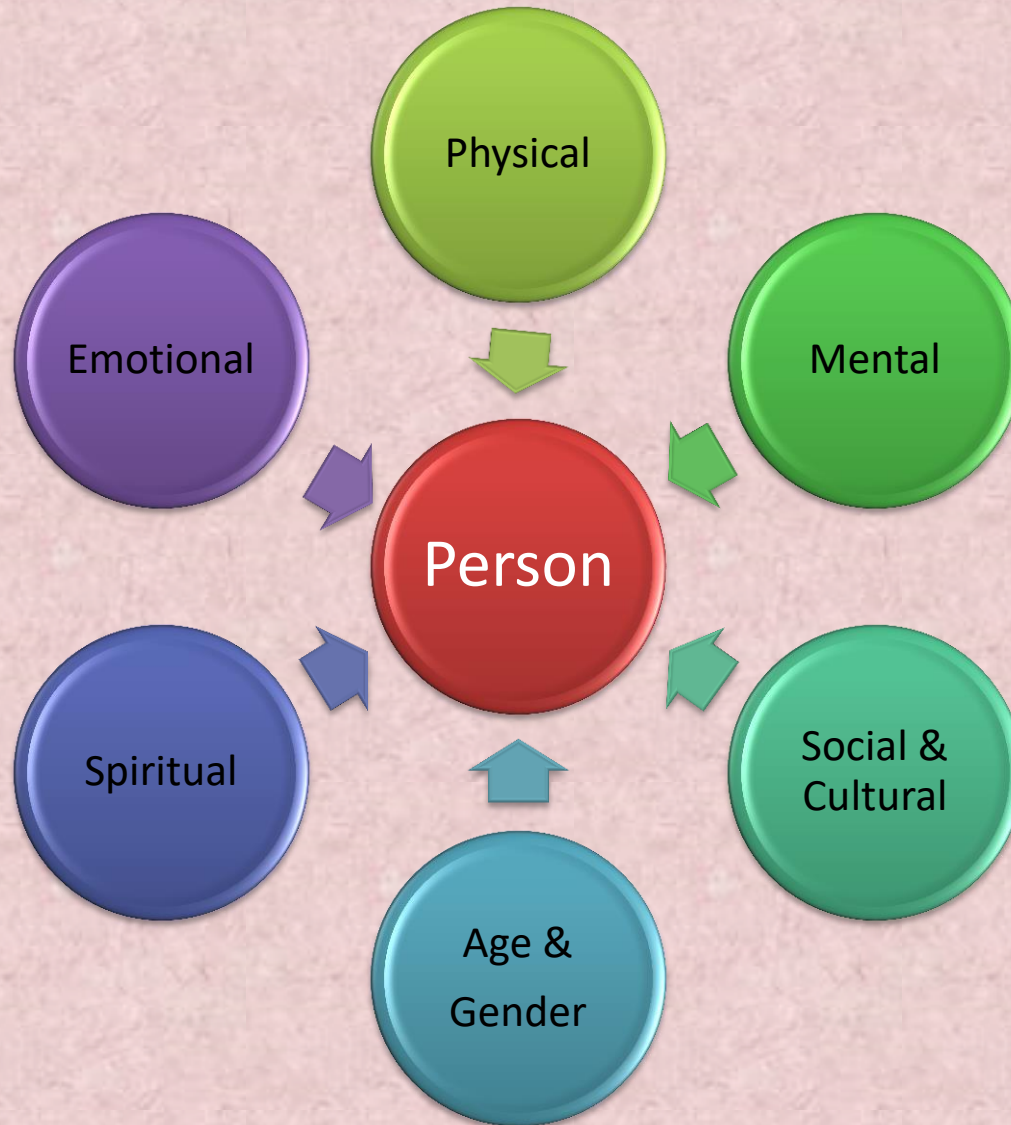
Dimensions of Well-being



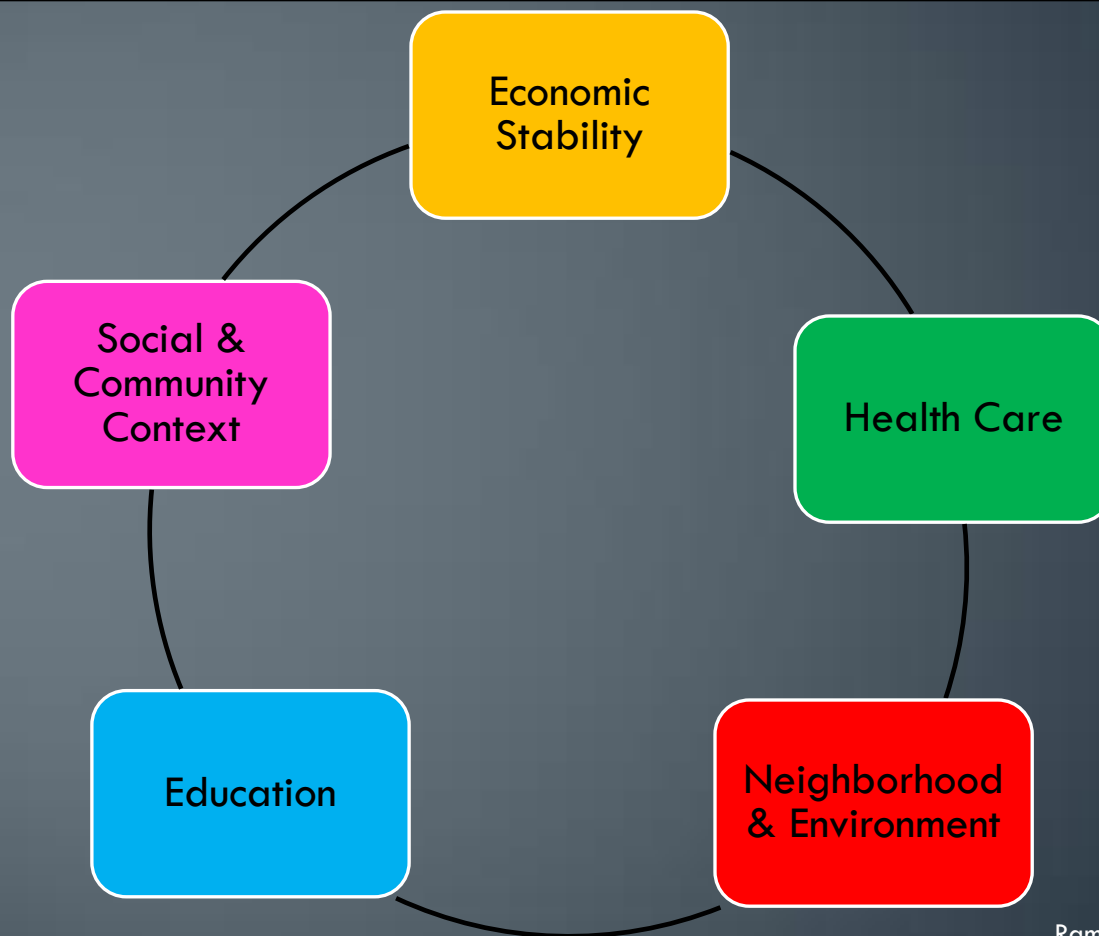
Ramírez 2019

DIMENSIONS and DETERMINANTS of HEALTH

Dimensions of Health



Social Determinants of Health



Ramírez, based on WHO 1986

Social Determinants of Health

(Summary of Vital Components)

Economic Stability	Healthcare	Neighborhood & Environment	Education	Social & Community Context
Economic Harmony	Availability	Safe & Adequate Housing	Literacy	Community Resources
Concentrated Poverty	Accessibility	Parks & Playgrounds	Funding	Recreation & Leisure Activities
Job Training & Availability	Affordability	Ambulatory Ability and Ease	Elementary Education	Transportation Options/Costs
Availability of Food	Health Literacy	Segregation, Discrimination	Higher Education	Incarceration
Affordable Housing	Insurance	Social Norms and Support	Libraries	Safety
Stresses of Poverty	Provider Adequacy	Worksites	Technology	Trash, Toxins, Hazards

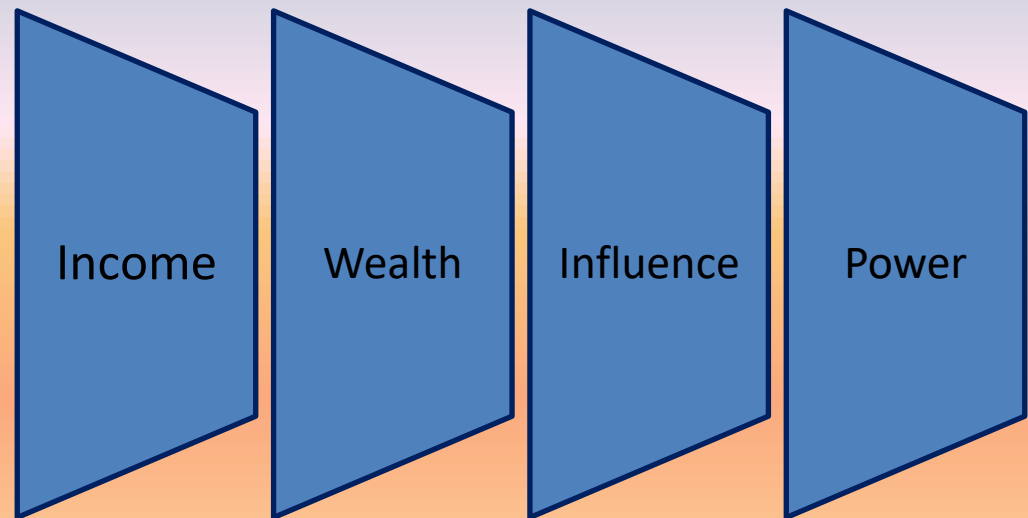
Ramirez 2019

Health-Promoting Determinants

(WHO 2008)

- Health status is *positively* determined by health-promoting economic and social conditions that influence individual and group differences.

- Collective factors found in person's living and working conditions:

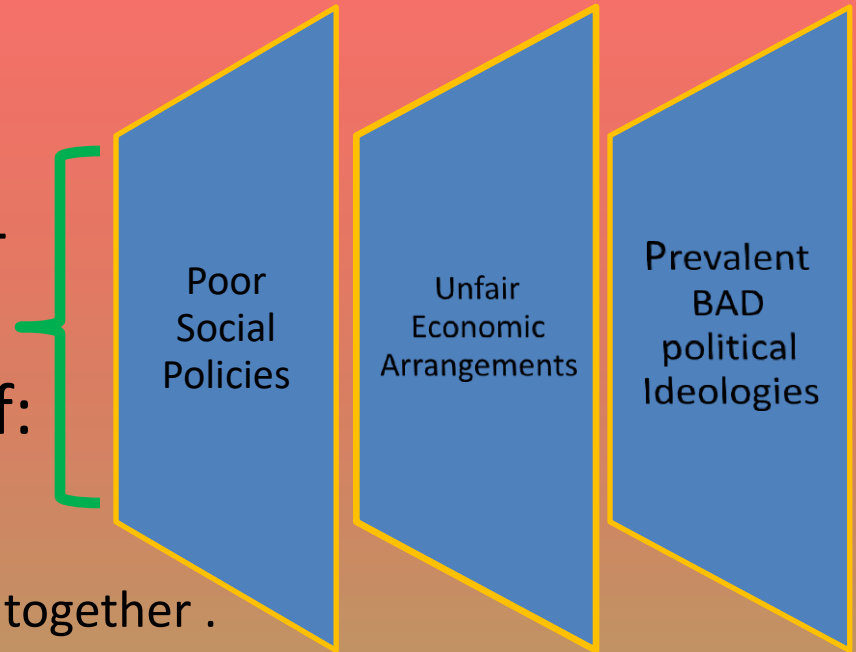


- They are in contrast with individual factors that influence the risk for disease or vulnerability to illness/injury.

Health-Damaging Determinants

(WHO 2008)

Unequal distribution of health-damaging experiences is the result of a *toxic* combination of:



- Damaging **determinants** tend to cluster together .
- Those living in poverty experience a larger number of negative health issues.
- The well-off become even richer and healthier and the poor become even poorer and sicker.

HEALERS and HEALING

Why do People Seek a Healer's Help?

They want help in dealing with a health issue.

Do not understand their illness or misfortune.

Want to accept symptoms of their suffering.

They fear chronicity, disability or death.

Need to communicate apprehensions.

Need to get questions answered.

They need someone to LISTEN to them!

Ramírez 2019 inspired by Kleinman 1978

Healers and Healing (1)

Names for Healing Individuals

Tribal Healer*

Shaman*

Medicine man*

Holy Man

Wise elder

Charmer/Enchanter/Dancer*

Spiritual
Connector/Channeler

Priest/Priestess

Witch/Spellmaker

Doctor*

Ramírez 2018

Healers and Healing (2)

Tribal Healer/Medicine Man

Autosuggestion and collective belief **both** play a significant role in the cure's efficacy.

Tribal healer must be confident about their own aptitude in enacting a cure.

Patient must believe that the healer has the requisite skills to succeed.

Patient must believe that the procedure will lead to a total restoration of their health & wellbeing.

All who have gathered to observe the ritual must unconsciously accept that the procedure will succeed.

The collective thought form at work here is blind faith, explicitly, blind faith in the tribal medicine healing.

Healers and Healing ⁽³⁾

Shamans ⁽¹⁾

- Most cultures have a tradition of the origin of the “first shaman”.
- This shaman was either sent from the gods above, or in some cases, sprang from below, from mother Earth.
- Shamans were given knowledge and power, both good and evil.
- They were divine beings with supernatural gifts.

Healers and Healing ⁽⁴⁾

Shamans ⁽²⁾

- Mid-Paleolithic humans possessed a belief in an afterlife and a concern for the dead that transcends daily life.
- Upper Paleolithic humans were the first people to believe in a pantheon of gods or supernatural beings.
- Neanderthal societies may also have practiced the earliest form of totemism or animal worship, in addition to their (religious?) burial of the dead.

Healers and Healing (5)

Shamans (3)



Totems in Healing

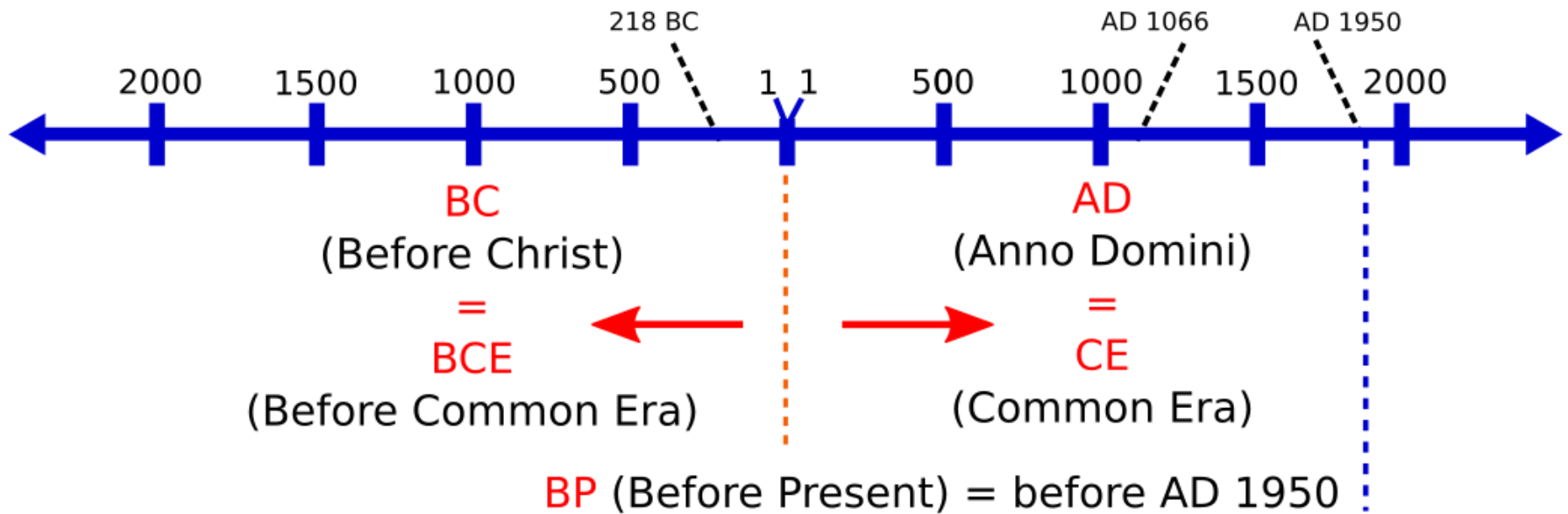
Healers and Healing ⁽⁶⁾

Shamans ⁽⁴⁾

- Earliest evidence of shamanic practices is in the early Upper Paleolithic era (c. 30,000 BP) in what is now the Czech Republic.
- In later periods, religious authorities, shamans, priests and medicine men were relatively common and integral to everyday life.
- Upper Paleolithic religions, believed in the existence of a *single creator deity* in addition to other supernatural beings such as animistic spirits.

Meaning of “BP”

BC - BCE and AD - CE Terms

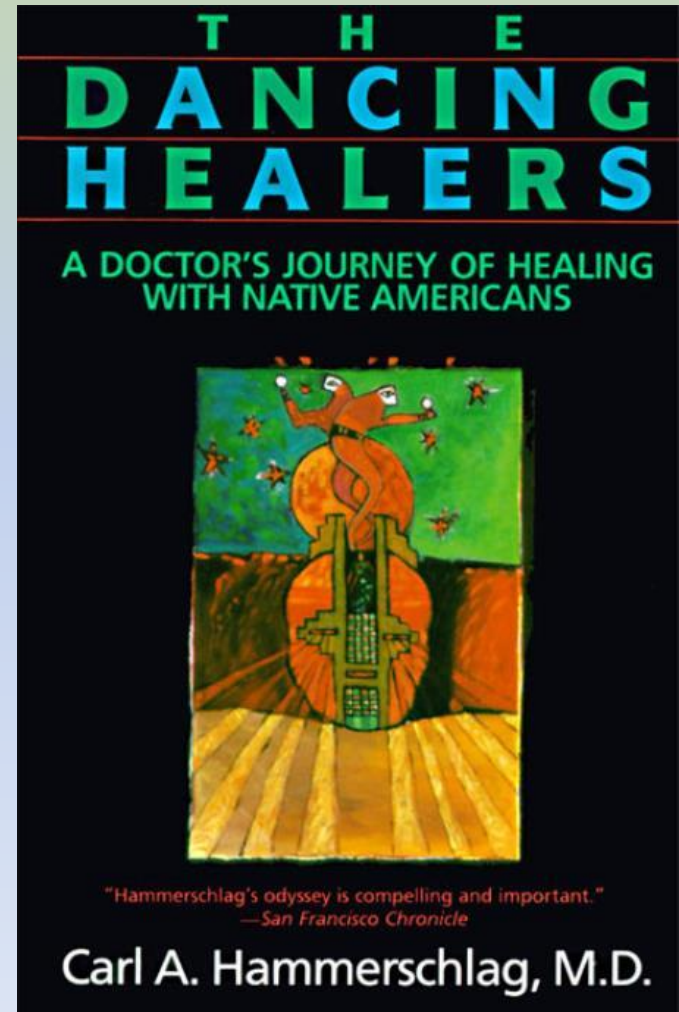


Healers and Healing (6)

Charmers/Dancers

- Santiago, a Pueblo priest and clan chief asked the author where he had learned to heal.
- Hammerschlag rattled off his medical school education, internship, and board certification.
- The old man said:

"Do you know how to dance?
You must be able to dance if you are to
heal people;
I can teach you my steps, but you will
have to hear your own music."



Healers and Healing ⁽⁷⁾

Doctors

“Doctors are persons who prescribe medicines of which they know very little, to cure diseases of which they know less, in human beings of whom they know nothing.”

Voltaire

Questions (?)

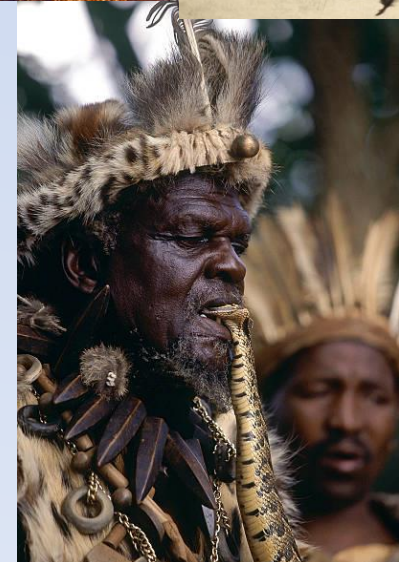


PRIMITIVE & PREHISTORIC MEDICINE

Primitive and Prehistoric Medicine (1)

Healers often wore feathers, furs, horns, tooth necklaces.

- From animals that were holy, special, or in contact with spirits.
- Wore masks/full robes.
- Drums, rattles, whistles.
- Aura of separateness and superiority.
- Interacted with live scary animals.
- Inspired **awe**, fear, respect, obedience.



Primitive and Prehistoric Medicine (2)

Disease is an undesirable condition:

- Comes from powers beyond the individual.
- Sent as *punishment* for some unacceptable deed.
- Meant as a test for sufferers.
- ***Illness has social, moral or spiritual functions.***

Healer does not concentrate on symptoms, but instead:

- Searches for signs to determine why deity sent the affliction.
- Treats to maintain or restore integrity.
- Wants to right the wrongs committed.
- Attempts to keep the faith and console the ill.

Ramírez 2019

Primitive and Prehistoric Medicine (3)



Healer was both medicine man and priest:

- Provided emotional support.
- Used rituals to summon spirits' help
- Requested absolution for patient.
- Herbals/nostrums as adjuncts.
- Treated fractures, injuries & trauma.
- Was a keen observer of nature.

Duffy, 1993

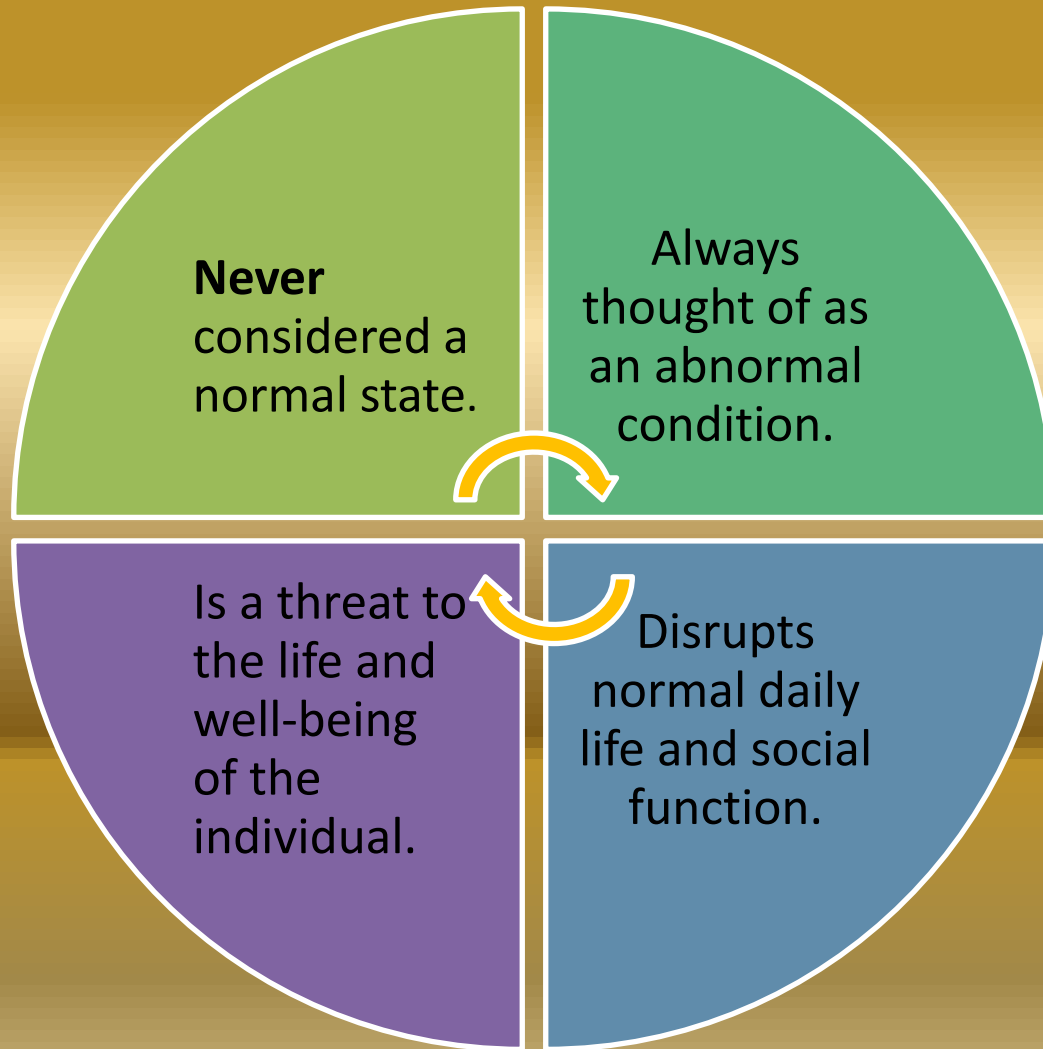
DISEASE AND ILLNESS

Characteristics of Disease

Every
disease is
an illness
but not
every
illness is a
disease.

- Person may have *symptoms* with no demonstrable *signs* of disease and vice-versa.
- Illness is a transient curable malady.
- Disease is a long-term manageable condition, not always curable.
- Physicians *treat* illness symptoms, use science to *evaluate* diseases and name them with eponyms or etiologies.

Disease



What is illness?

Impairment of a person's social, physical, physiological, emotional, or intellectual conditions.

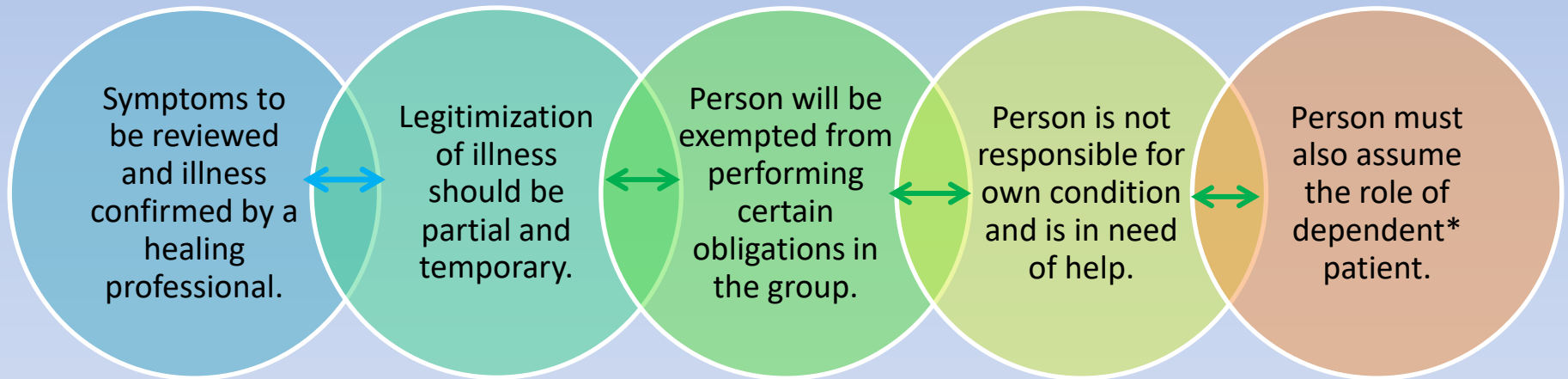
Highly personal perception of feeling or being unwell.

Ailment that affects part or all of an organism and its functions.

Acute illness differs from "everyday indisposition" which may be self-treated.

Illness is a social role of the individual.

The “Sick Role” Within the Social Group





*Healthy vs Unhealthy Dependency

Ramírez 2019 adapted from T. Parsons 1966

Healers and Healing ⁽⁶⁾

Sociocultural Issues

- Cultural shaping of illness is in itself part of the healing process:
 - Assists in effective control of the disease.
 - Provides personal and social meanings for the experience of illness.
 - Helps identify conflicts between therapeutic goals of healer and patient.
- Sickness is not just in the patient, it involves the family, which is also “sick”.
- Patient  Healer  Family = Cultural healing health *system* (social construct of its time and place).

Ramírez 2019 based on Kleinman 1978

You Are Not Alone

José Ortega y Gasset

- “I am me and my circumstance, and if I don’t save it, I cannot save myself.”

John Donne

- “No man is an island, entire of itself; every man is a piece of the continent, a part of the main.”

Maya Angelou

- “I came up with one thing, and I don’t believe I’m wrong: that nobody, but nobody, can make it out here alone.”

My Ill-being Affects
my Group's Well-being

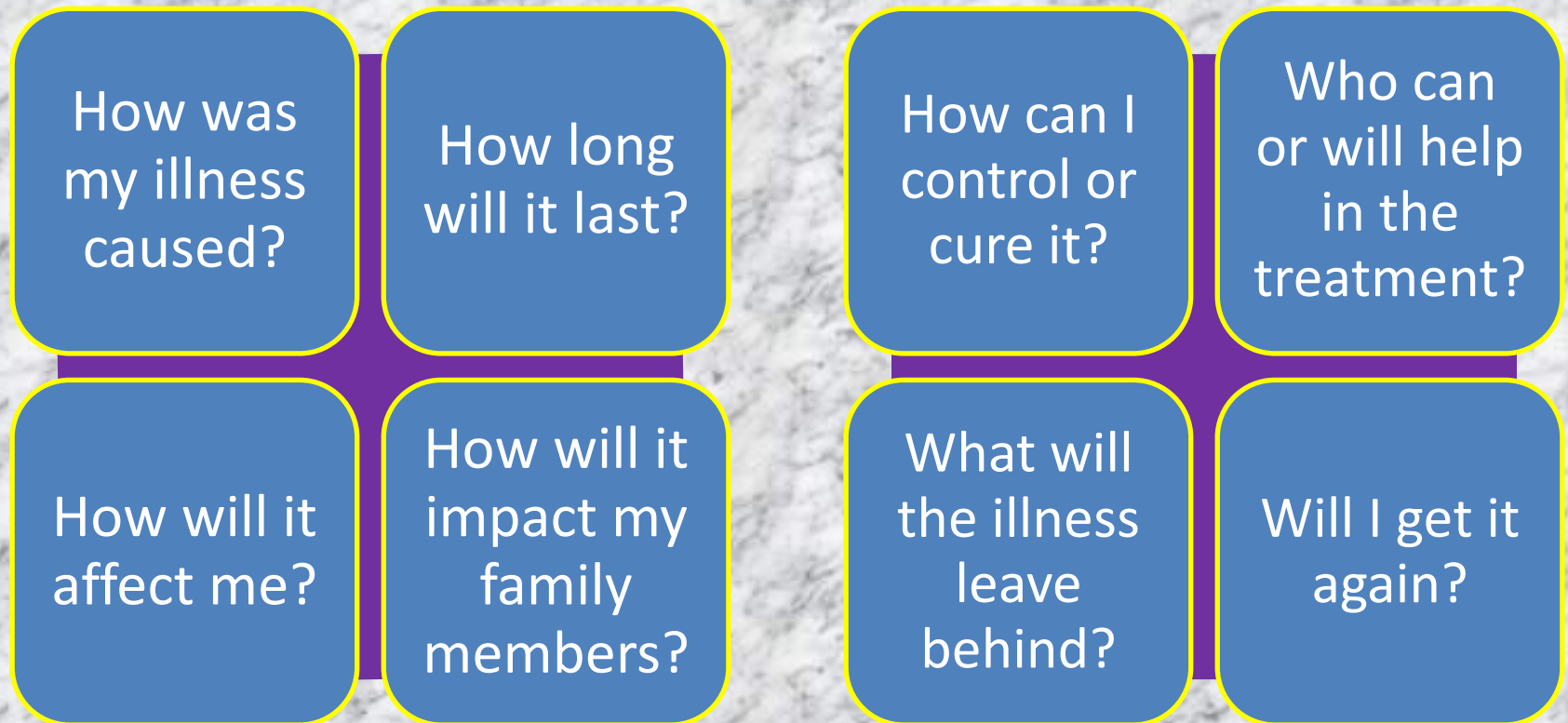
Ill-being

Well-being

Disease-Object Intrusion
Soul Loss
Spirit Intrusion
Breach of Taboo
Science

CONCEPTS OF DISEASE

Illness Perceptions ⁽¹⁾



Ramírez 2020

Illness Perceptions (2)

A doctor can make accurate diagnoses, but therapy will likely fail if it doesn't fit the patient's view of their illness.

Understanding illness perceptions and incorporating them into health care is critical to improve outcomes.

Asking patients how they view their illness gives physicians the opportunity to identify inaccurate ideas or beliefs.

If patient's perceptions of illness are clear, the physician can lead those beliefs towards better treatment and health outcomes.

Ramírez 2020 inspired by R. Nauert 2018

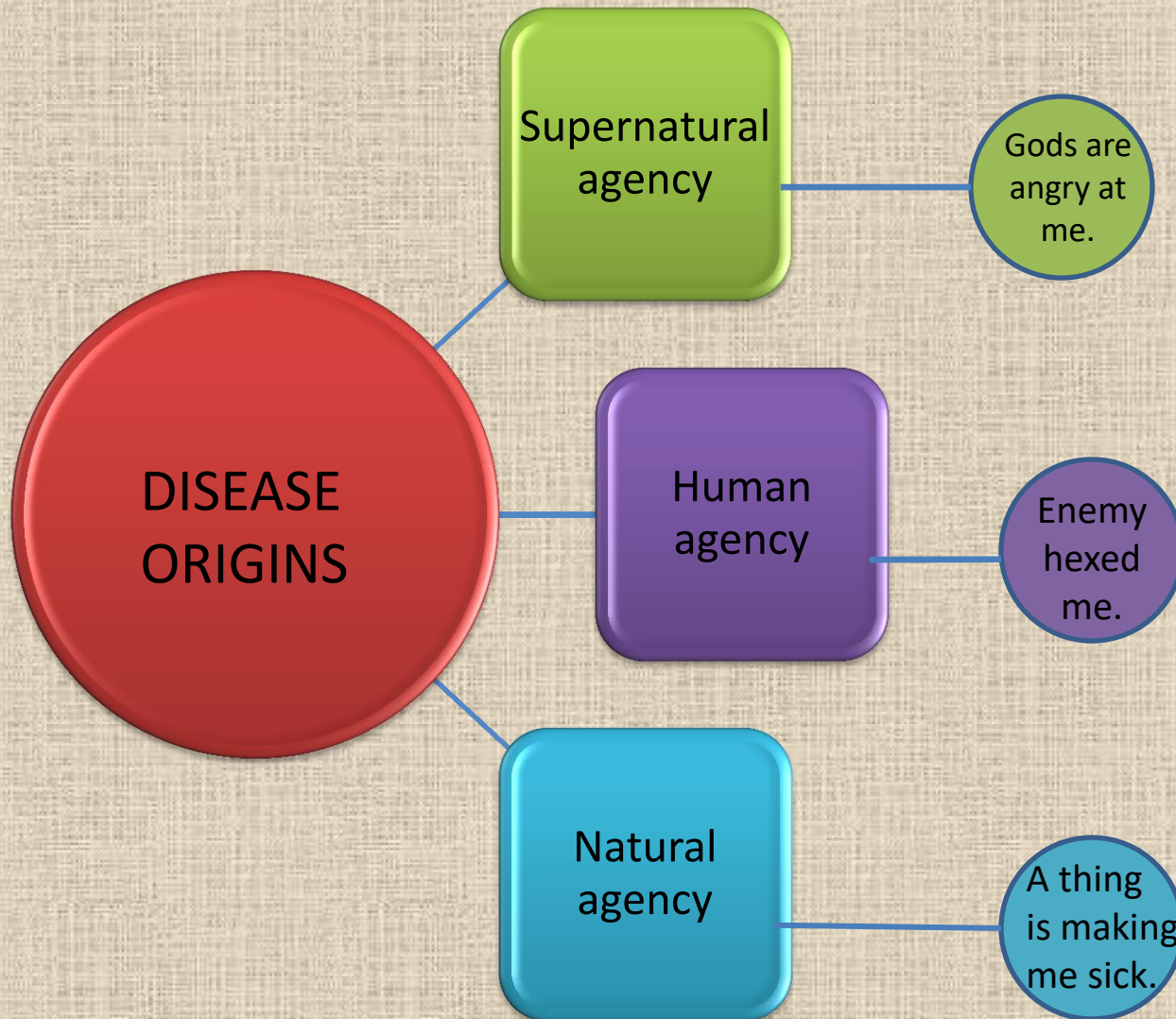
Illness Perceptions ⁽³⁾

- Our perceptions emerge out of our beliefs about illness and what illness means in the context of our lives.
- We might have beliefs about how an illness is caused, how long it will last, how it will impact us or our family members, and how we can control or cure it.
- Patients' perceptions of their illness guide their decisions about health.

Treatment outcomes depend more on illness perceptions than on having a competent physician.

R. Nauert 2018

Illness Perceptions (4)



Concepts of Disease



Disease
Object
Intrusion



Sorcery
and
Magic



Loss
of Soul



Soul
Intrusion
and
Possession



Breach
of Taboo



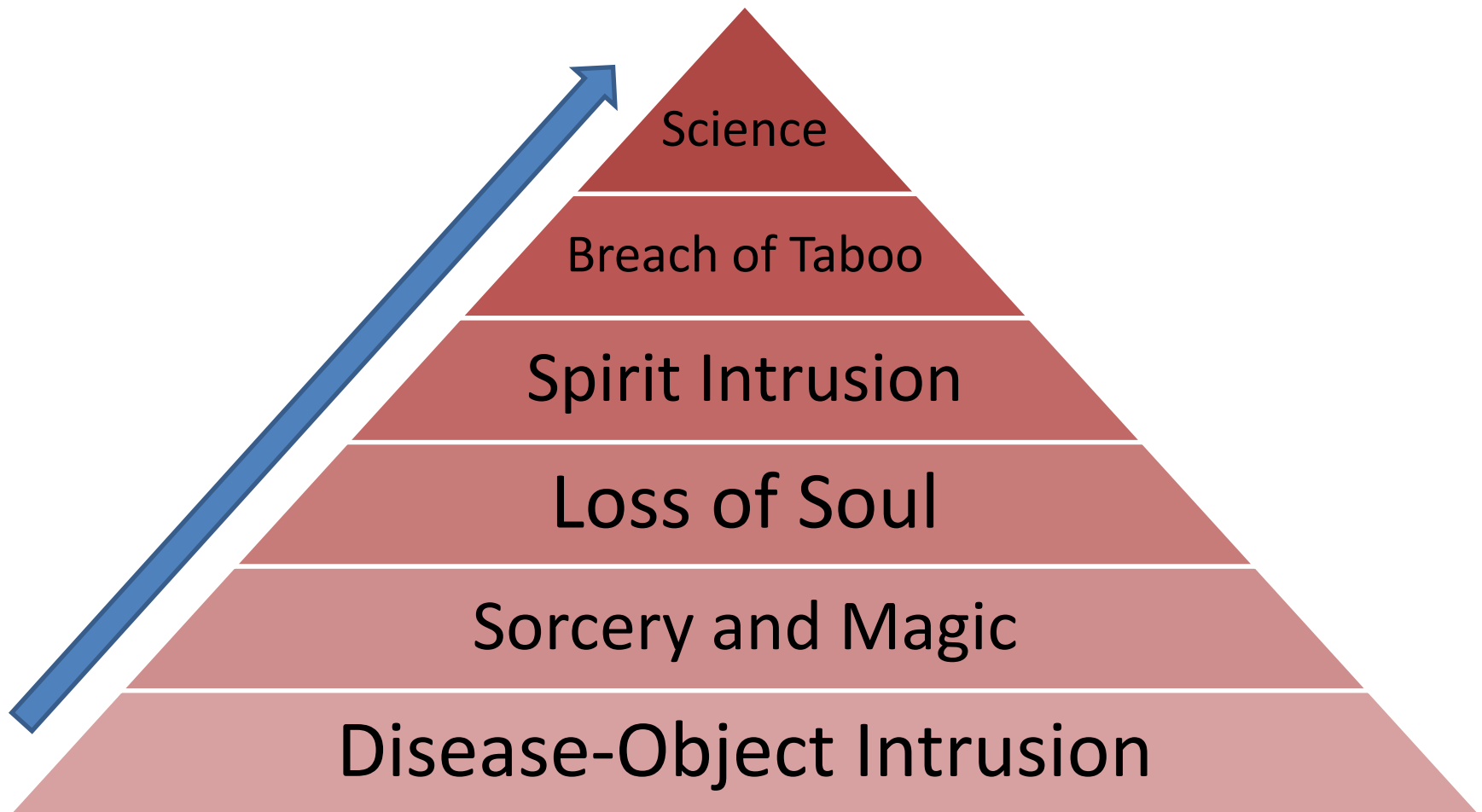
Science

Progression through time

Ramírez 2020 inspired by Clements 1932

Relative Antiquity of Disease Theories

Earliest at Base



Ramírez 2020 Based on Clements 1932

DISEASE-OBJECT INTRUSION

Intrusions

- Something outside of me is making me ill.
- It can be material or spiritual.
- It needs to be extracted and eliminated.
- Rituals are required to end all intrusions.

Disease-Object Intrusion ⁽¹⁾

- Probably the earliest of all theories of disease.
- Traces back to an Old World Paleolithic origin.
- The concept took its greatest importance in western North America and in Australia.
- In some areas, later disease concepts overlaid and submerged it.

Disease-Object Intrusion ⁽²⁾

- Disease is caused by the intrusion into the body of “magical darts” visible only to shamans.
- Enemies leave them on the ground so that they can embed themselves in your spirit when you walk over them.
- The disease is caused not by the object itself but by a harmful essence that emanates from it.

Disease-Object Intrusion (3)

- The spot where the sickness is located is identified by specific magical conjurations, invocations or other elaborate rituals.
- The shaman sucks on the spot, and seconds later spits out the embodied illness lodged in the sufferer's body:
 - a bloodied worm
 - a hairy caterpillar
 - pieces of glass
 - bone fragments
 - stones or metal pieces
- Shaman exhibits the objects saying that the foreign bodies were placed in the patient's body by evil spirits.

Object Extraction

Images of a Nepalese shaman
“extracting” an intruding evil object
from a patient’s body.

















Disease-Object Intrusion (4)



Any healing ritual that proves that the illness has been defeated works wonders on a patient's psychology.



Materialization of a disease-object separates the sick portion of an individual from the healthy part.



When a person sees a substance or object that has been interfering with their internal stability leave the body they feel a sense of reprieve.



This raises internal vibrations, releases **endorphins** in the brain, and stamps out discomfort, pain and malady.

Psychic Surgery (1)

In the Philippines, this scarless “surgery” is performed many times a day.

The “surgeon” palpates the body of the body to locate the site of the evil object.

He makes motions that simulate cutting, reaches into the body and bleeding happens.

Bloody tissues are pulled out and shown to the patient and the public.

No incision is found, and the “wound” has miraculously healed.



Psychic surgery (2)

- Watch James “The Amazing” Randi showing how it’s done on the Johnny Carson Show, December 1, 2009. (Available on You Tube)
- Remember, it’s all fake!
- Randi’s goal was to prevent Americans from wasting their money on false cures and false hopes.
- Randi died in October, 2020.

Psychic Surgery ⁽³⁾

- Following are a few scenes from Randi's appearance in the Tonight Show. (Realistic and Graphic!)
- I have no sound, but when you watch the YouTube video, make sure the sound is "ON".
- If you do not like the sight of blood, look away.
- I will call you back at the end of the segment.

























Did You See?

- Healed!
- No Scar!
- No Pain!
- Evil is out and gone!
- Everybody is happy!

Learn How it's Done

- Watch Brian Brushwood's Scam School on YouTube:

<https://www.youtube.com/watch?v=EEeqjapOuk8>

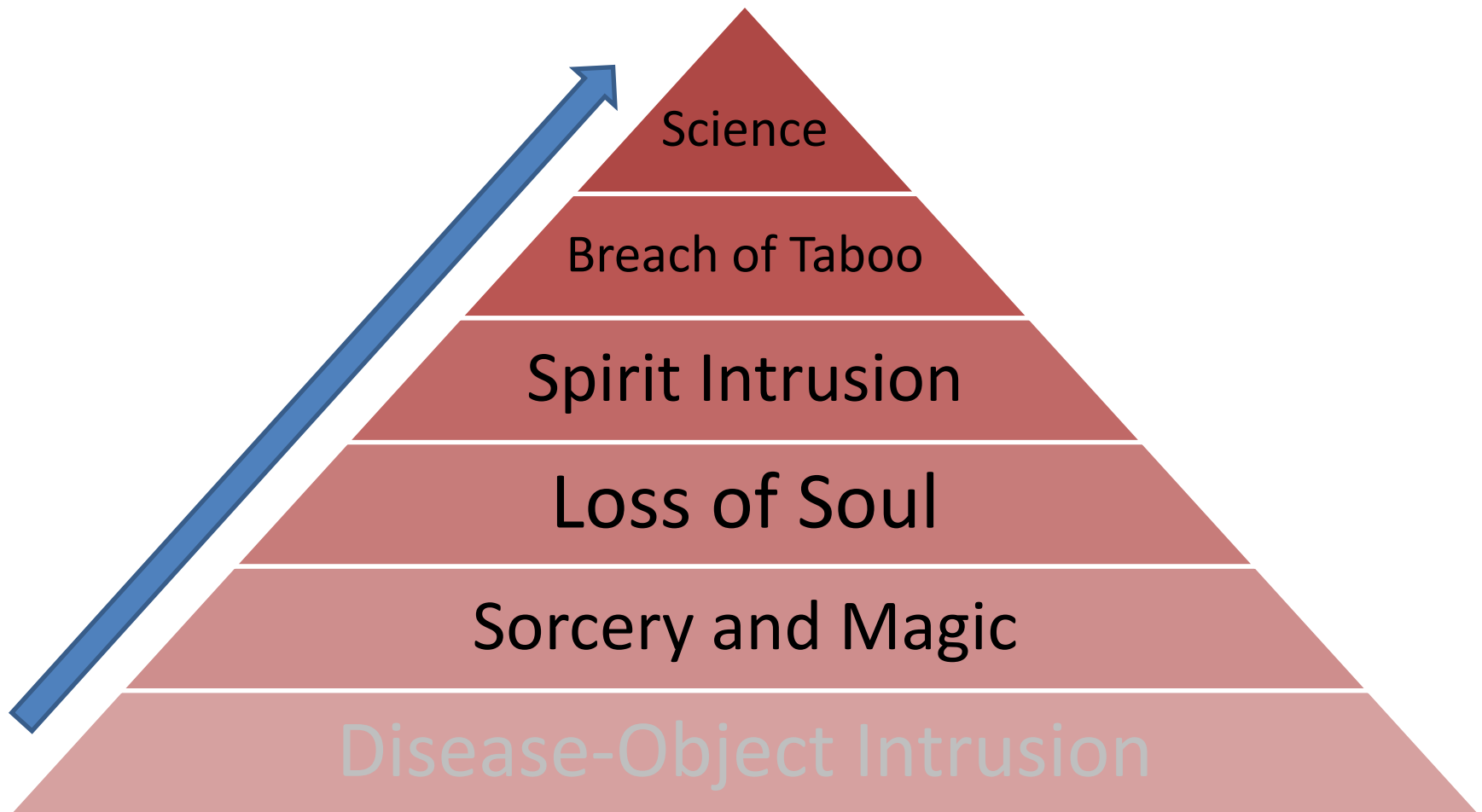
- It is totally fake and goofy but looks very real.
- It is as real as the “real authentic” frauds.
- Now you too can be a psychic surgeon!

Questions (?)



Relative Antiquity of Disease Theories

Earliest at Base



Ramírez 2020 Based on Clements 1932

SORCERY and MAGIC

Apotropaic magic

- From Greek *apos* = away + plus *tropos* = to turn, is magic intended to avert evil influences, as in deflecting misfortune or avoiding the evil eye.
- Apotropaic observances may also be practiced out of vague superstition or out of tradition:
 - Good luck objects (rabbit foot, buckeye).
 - Tokens on a charm bracelet.
 - Amulets or talismans.
 - Gestures (crossed fingers or knocking on wood).

Figurines



- Venus figurines representing Paleolithic sympathetic magic were used for success in hunting and to ensure fertility of the land and the women.
- Anthropomorphic half-animal figurines indicate shamanistic practices similar to those of contemporary tribal societies.

Sympathetic Magic

(Imitative Magic)

Law of Similarity: like produces like, or an effect resembles its cause.

- The magician infers that they can produce any effect desired merely by imitating it.

Law of Contact or Contagion: things which have once been in contact continue to act on each other distantly after the contact has stopped.

- Magician infers that what they do to an object will equally affect the person who had been in contact with the object.

Hexes and Curses

Hexes

- A specific evil spell cast over someone or something (bewitching).
- Only done by those who practice witchcraft.
- Always entirely evil.
- Short term with limited impact.

Curses

- Wish for bad luck /bad things to happen to someone or something.
- Done by most people not just by witches.
- Churches or holy persons may inflict them.
- Usually permanent, prolonged or with wide impact.

Both involve rituals and spells, and the power that causes them to take effect is attributed to supernatural beings.

Ramírez 2020

Interesting Story

Look in the Internet for

www.oocities.org/southbeach/lagoon/6958/candidat.html

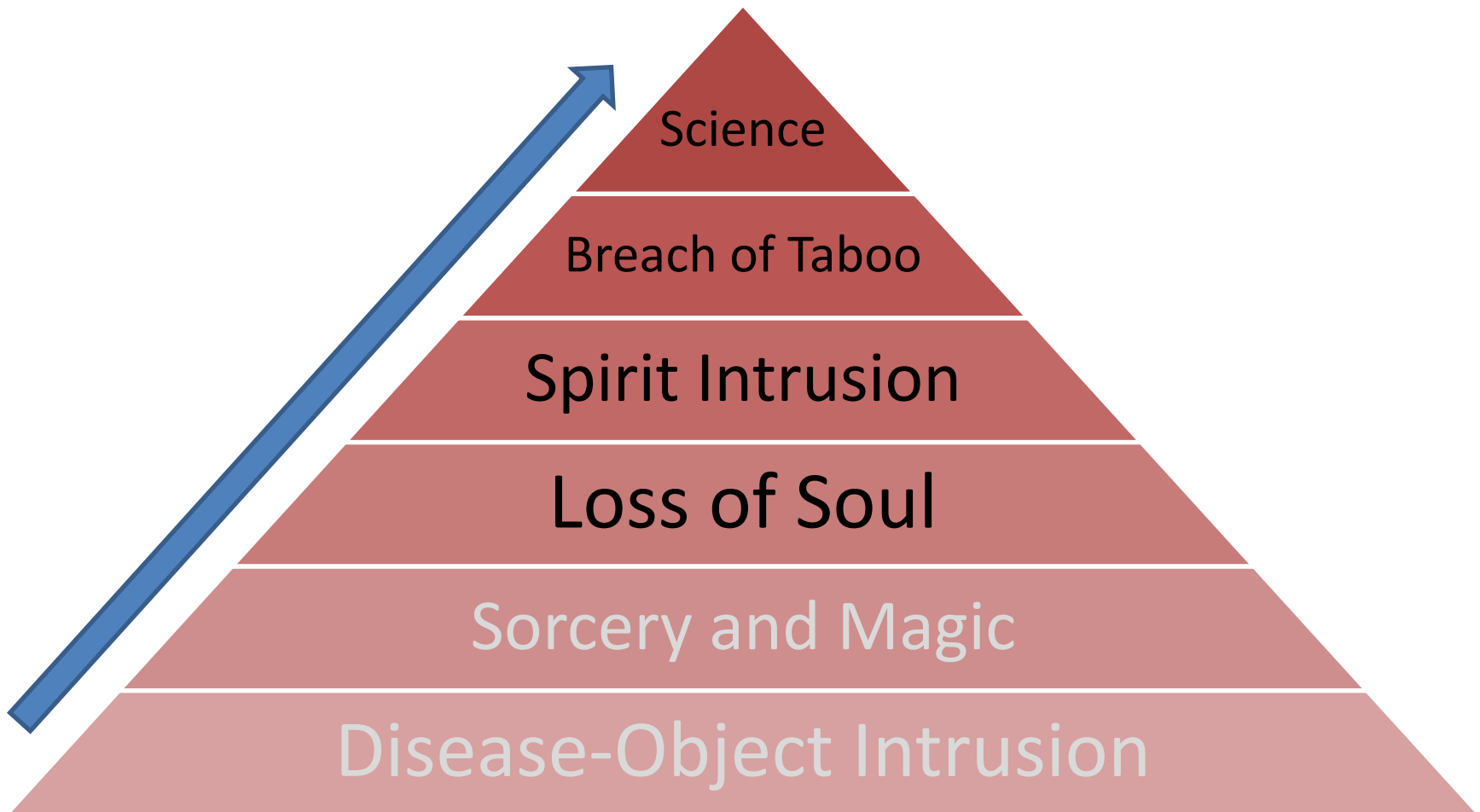
a 1961 short story called: *The Candidate*, by Henry Slesar.

- It is a fictional tale of the power of “negative prayer”, or many minds collectively wishing someone dead.
- On Vimeo, it is available as a 19-minute film, with a short cameo by Meghan Markle.

<https://vimeo.com/42934682>

Relative Antiquity of Disease Theories

Earliest at Base



Ramírez 2020 Based on Clements 1932



LOSS of SOUL

Loss of Soul ⁽¹⁾

- Ancient burial rites imply a belief in some notion of a “soul” which survives after death.
- The concept of soul-loss sickness developed a short time afterward.
- Originated in the upper Paleolithic.
- Some cultures believe each person has 2 souls: a “wandering” soul that experiences one’s dreams and a “life” soul that maintains one’s corporeal vitality.

Loss of Soul (2)

- The most dangerous instances involve malevolent witchcraft and the enticement and capture of a soul in order to cause harm to its owner.
- An owner can prevent the soul from wandering using ritual utterances, or by supernatural means, like wearing charms or ingestion of magical substances.
- If the soul's owner believes they have been bewitched, soul retrieval requires complex techniques and the services of a religious specialist.
- Most cures require the catching of the lost soul by a shaman and its reintroduction into the patient's body.

Loss of Soul ⁽³⁾

- World-wide concept traces to a single Old World origin (Siberia?).
- Derives from a belief in the soul and is associated with other ideas functionally related with it.
- Generic belief in a soul explains persistence of the soul-loss disease concept in higher cultures.

Loss of Soul (4)

- Can occur in anyone regardless of age, race, gender, or socio-economic standing.
- In many preliterate cultures soul loss is a primary cause of illness and death.
- Indigenous folks thought it was the result of fragmentation of the soul due to:
 - Unawareness of one's self.
 - A traumatic experience.
 - Severe shock to the body and/or mind.

Loss of Soul (5)

- Loss of soul occurs when part of the soul's energy drifts away into another reality and fails to return.
- Soul might leave or re-enter during a sneeze.
- Sometimes it becomes possessed by spirits or is simply repressed within the person.

Loss of Soul (6)

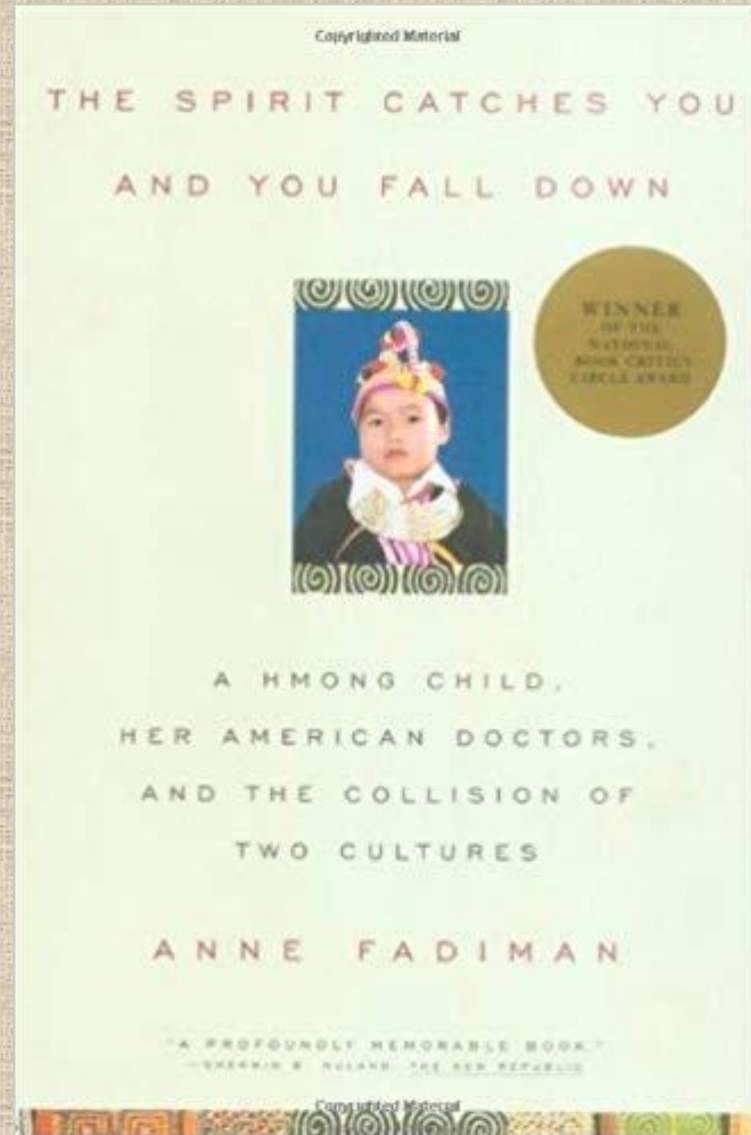
- Soul can leave the body during sleep in the shape of a small child or animal.
- Sleeping persons should not awakened because the returning soul might not be able to find its body.
- When this happens, the person is no longer complete and whole and becomes a “lost soul”.

Loss of Soul (7)

- Usually a temporary experience, that can be remedied through spiritual healing practices.
- Rarely it can last an entire lifetime.
- In babies, sudden fright may cause loss of soul through the fontanel (“*susto* or *pasmo*”)
- Healer will try to replace it through the fontanel.

Loss of Soul (8)

The story of Lia, a young Hmong girl who developed seizures, which were interpreted differently by her parents and her doctors.



Loss of Soul (9)

Hmong Culture

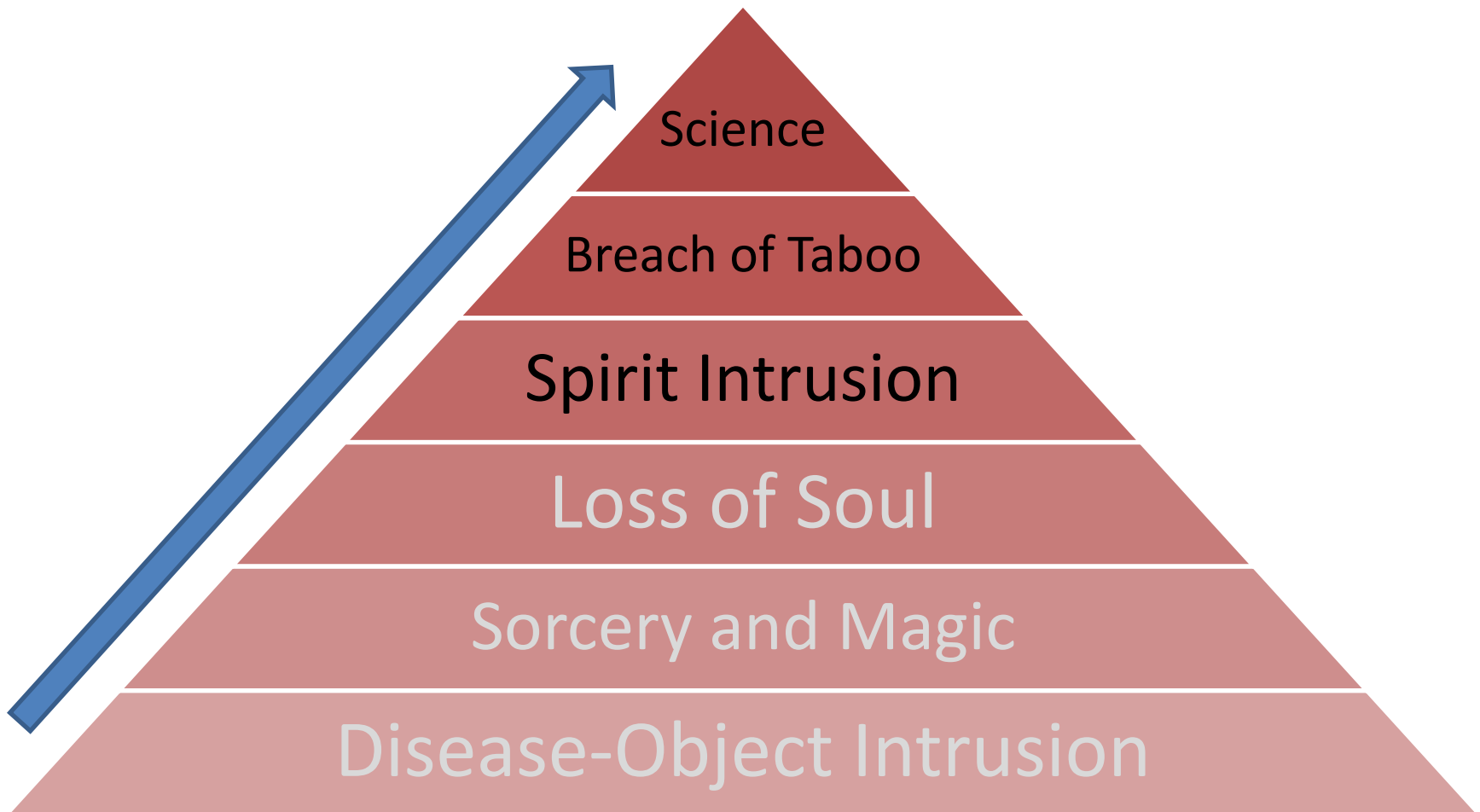
- Illness and healing are spiritual matters linked to the body and everything in the universe.
- Lia's parents called her illness, *qaug dab peg* (the spirit catches you and you fall down) and blamed it on her soul wandering because of sudden fright.
- Her parents used traditional healing, including animal sacrifices.

US Medical Culture


- US Medicine separates body and soul, and deals mainly with the body.
- Lia's doctors blamed her seizures on neurons misfiring and prescribed anticonvulsants with many side effects.
- Parents refused to give her medications.
- Social Workers and Public Health called it child abuse.

Relative Antiquity of Disease Theories

Earliest at Base



Ramírez 2020 Based on Clements 1932



Possession
Exorcism

SPIRIT/ENERGY INTRUSION

01/26/2021

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Geist developer n-Space publisher Ninterido

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Spirit/Energy Intrusion ⁽¹⁾

- Originated later than disease-object intrusion or soul loss.
- Generally connected with exorcism and demon transference.
- Transference to animals became associated with spirit intrusion after animal domestication.

Spirit/Energy Intrusion (2)



- Ill health or *dis-ease* is a state of disequilibrium or inner disturbance, usually arising from energy imbalance due to:
 - Spirit intrusion.
 - Soul loss.
- Shamans deal with the spiritual aspects of illness.
- Shamanic perception of wellbeing encompasses physical health in the mental sense and mental health in the psychiatric sense.

Spirit/Energy Intrusion ⁽³⁾

- There is no good energy or bad energy, energy is either in the right place or it is in the wrong place.
- Misplaced energy in the wrong place is an intrusion and causes disharmony in the body.
- The Shaman moves the energy to its right place and thereby restores a condition of harmony and well being.

Spirit/Energy Intrusion (4)

- If a person loses spiritual power, the body boundaries become weak and then spiritual or energy intrusions can invade and penetrate the weakened body.
- All localized pains, aches, illnesses and diseases including cancer are energy intrusions.
- Organ transplants are a type of energy intrusions: the transplanted organ carries the misplaced energy of the donor which is incompatible with the recipient's energy.
- This leads to a higher probability of early organ rejection.

Soaring Spirit website, 2020

Spirit/Energy Intrusion (5)

- Demonic possession is the consummate case of spirit energy intrusion.
- Exorcism rites by a religious figure are the required treatment.
- Most major religious faiths have exorcism rituals:
 - Christianity: Catholic, Lutheran, Church of LDS.
 - Hinduism.
 - Islam.
 - Judaism.
 - Taoism.
 - Buddhism.

Spirit/Energy Intrusion ⁽⁶⁾

Exorcism ⁽¹⁾

- From Greek *exorkismós* "binding by oath", is the religious or spiritual practice of evicting demons from a person that is believed to be possessed.
- May be done by causing the entity to swear an oath, perform an elaborate ritual, or by ordering it to depart in the name of a higher power.
- The practice is ancient and part of the belief system of many cultures and religions.

Spirit/Energy Intrusion ⁽⁸⁾

Exorcism ⁽²⁾

- Occurs with other methods of extracting demons but is influenced by organized religion.
- This tends to strengthen the spirit-intrusion concept of disease.
- True possession differs from the general spirit-intrusion idea and occurs widely in the Old World.
- It was absent among the more primitive peoples.

Spirit/Energy Intrusion (7)

Exorcism (3)



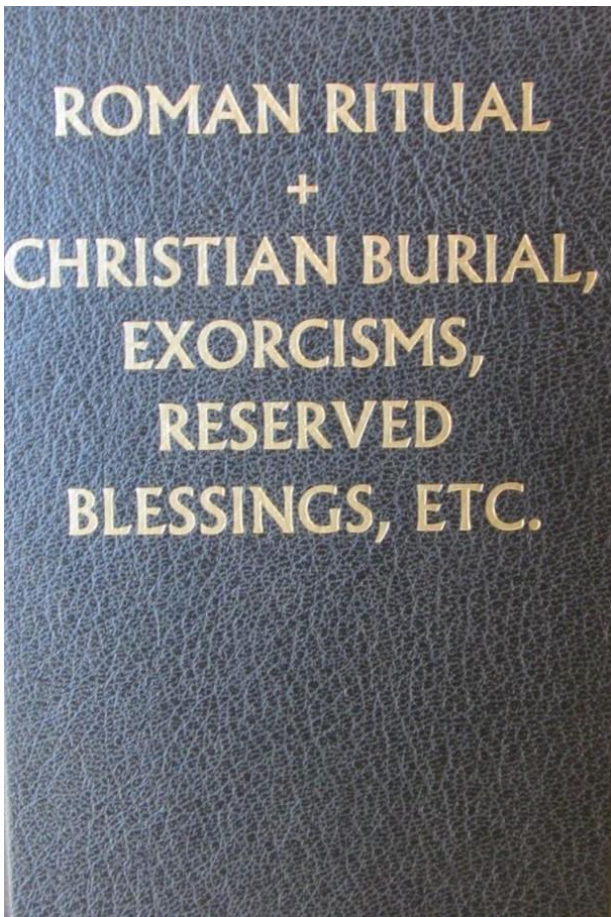
St. Francis Borgia, by Goya

Spirit/Energy Intrusion (9)

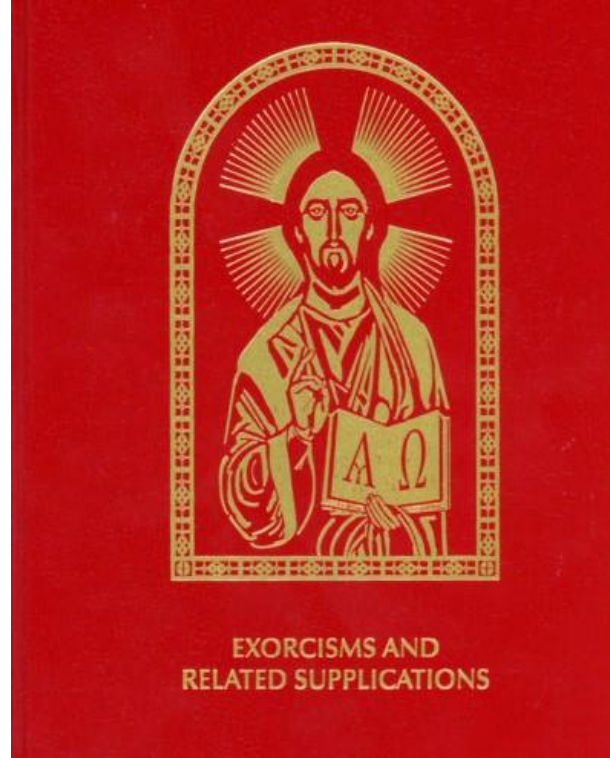
Exorcism (4)



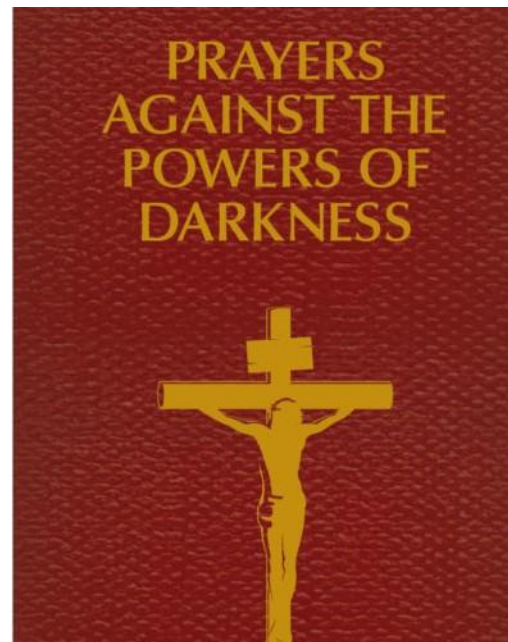
The Exorcist, Warner Bros. 1973



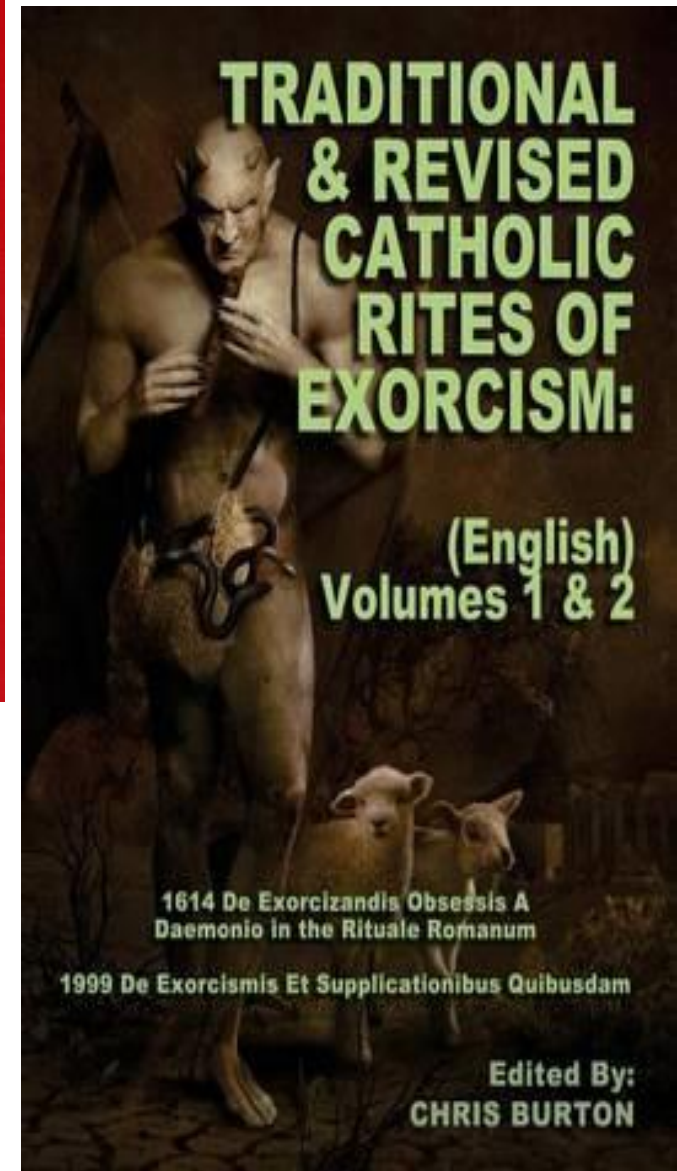
ROMAN RITUAL
+
CHRISTIAN BURIAL,
EXORCISMS,
RESERVED
BLESSINGS, ETC.



EXORCISMS AND
RELATED SUPPLICATIONS



PRAYERS
AGAINST THE
POWERS OF
DARKNESS



TRADITIONAL
& REVISED
CATHOLIC
RITES OF
EXORCISM:

(English)
Volumes 1 & 2

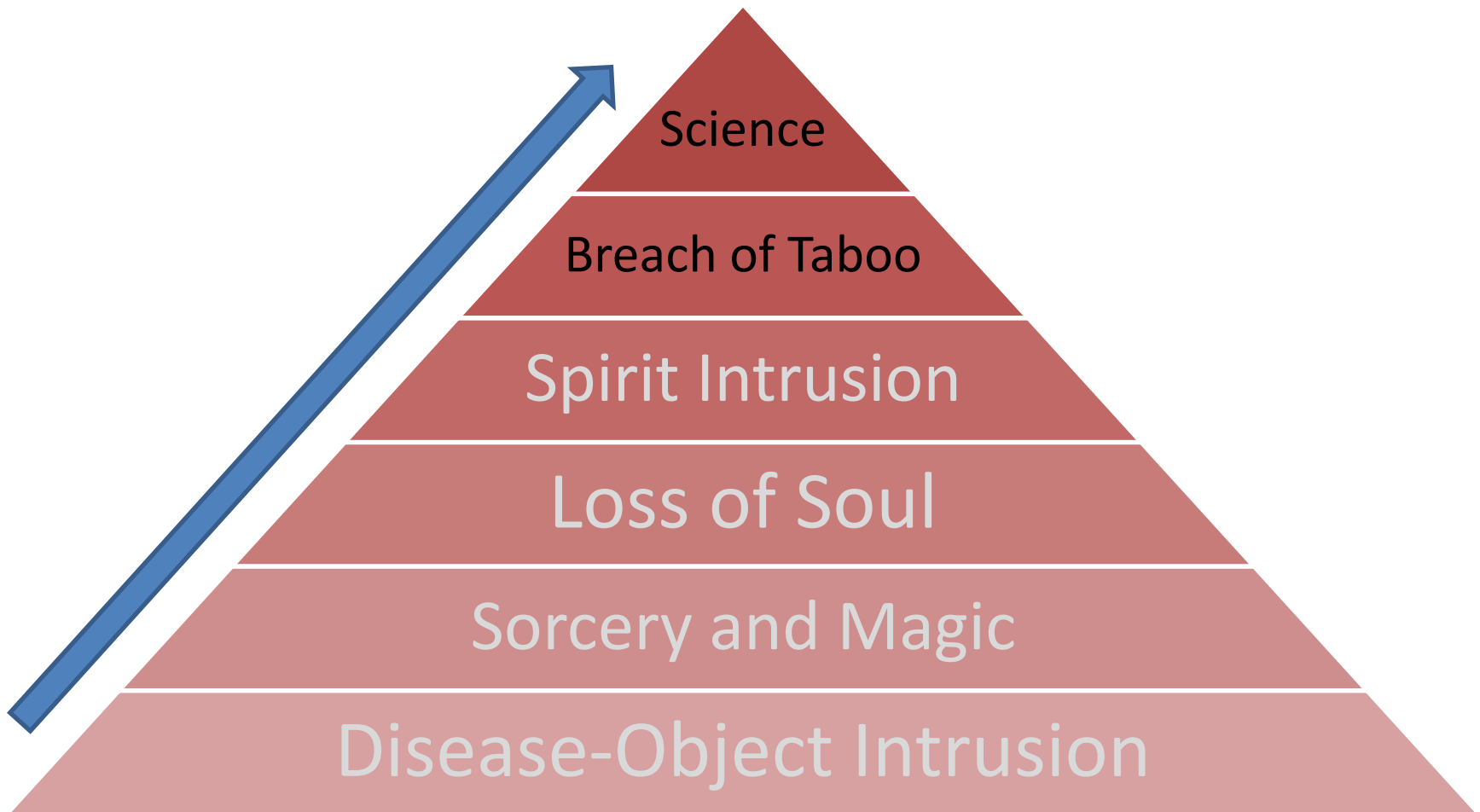
1614 De Exorcizandis Obsessis A
Daemónio in the Rituale Romanum

1999 De Exorcismis Et Supplicationibus Quibusdam

Edited By:
CHRIS BURTON

Relative Antiquity of Disease Theories

Earliest at Base



Ramírez 2020 Based on Clements 1932

BREACH of TABOO

Taboo ⁽¹⁾

- Vehement prohibition of an action too sacred or too accursed for ordinary individuals, under threat of supernatural punishment.
- Strong prohibitions relating to any area of human activity or custom based on moral judgment and/or religious beliefs.
- A moral or cautionary restriction placed upon certain actions by kings, priests, shamans, etc.) which will result in specific negative consequences if ignored.

TNW, The New Web, Netherlands 2006

Taboo (2)

Ritual restriction of something that is holy.

Social prohibition of something that is unclean.

Utterance or behavior that is excessively repulsive and/or too sacred for ordinary people.

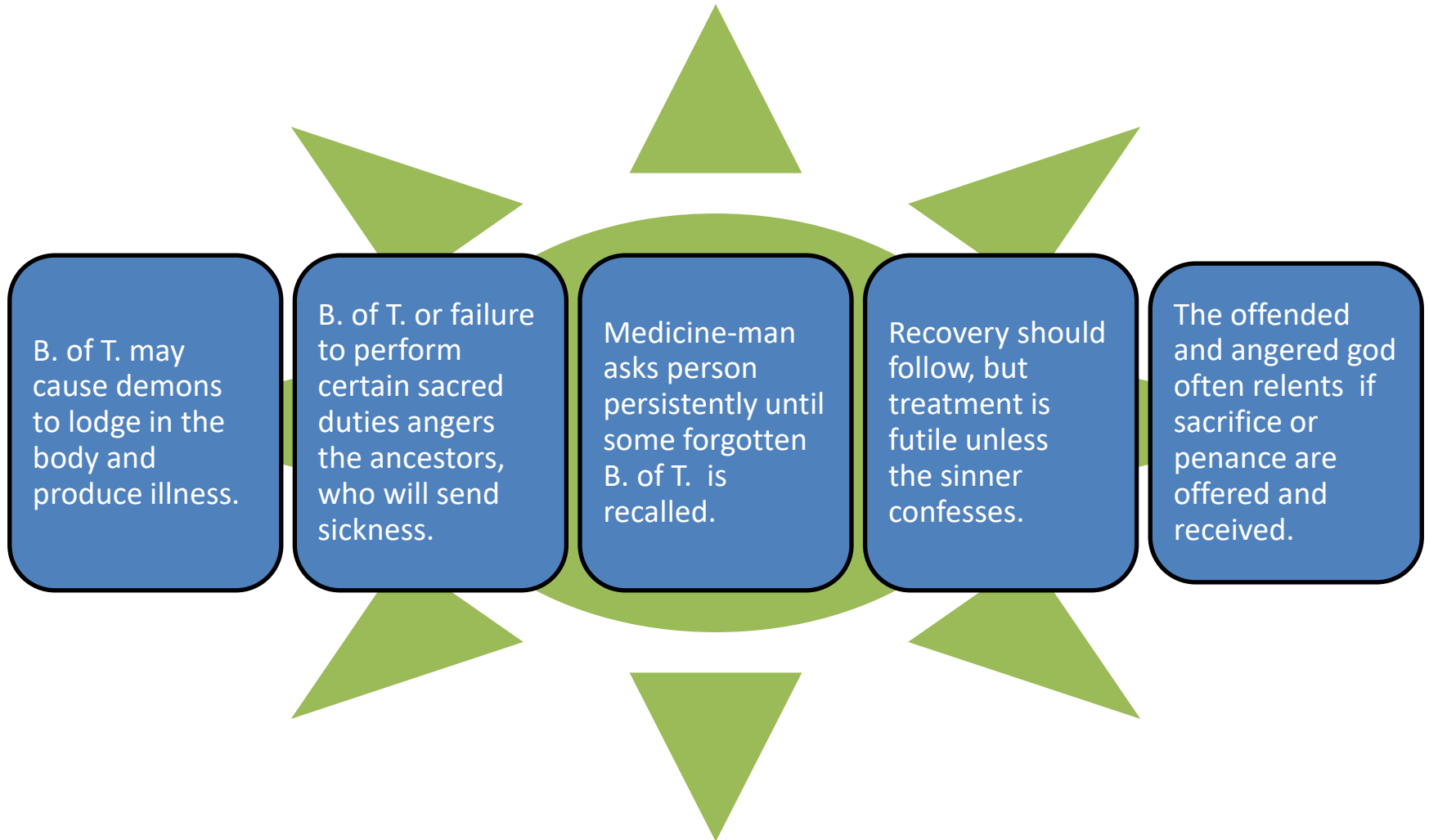
Action that is forbidden, disapproved of, prohibited or banned due to social, religious or other convention.

Breach of Taboo ⁽¹⁾

- Originated independently in Middle America, in the Arctic region, and in southern Asia.
- Development of the disease concept gave rise to the *confession treatment* in the regions of greatest expression.
- Preceded missionaries' confessions, but reinforced its usefulness and strength.

Breach of Taboo (2)

(B. of T.)



Breach of Taboo ⁽³⁾

- After confession and admission of guilt, a punishment is required.
- Penance, compensation and restitution are usual mechanisms.
- If offense was serious enough, sacrifice will be necessary.

Breach of Taboo (4)

- Inherent in a taboo is the idea that its breach or defiance will be followed by some kind of punishment to the offender:
 - Lack of success in hunting, fishing or crops.
 - Sickness.
 - Miscarriage.
 - Death.
 - Family misfortune.
- Obeying proscription is the only way to avoid this danger.
- Behavior of people when facing life events like parturition, marriage, death, and rites of passage generate common social taboos.

Common Social Taboos

Incest.

Patricide/Matricide.

Murder in general.

The dead and their graves.

Cannibalism.

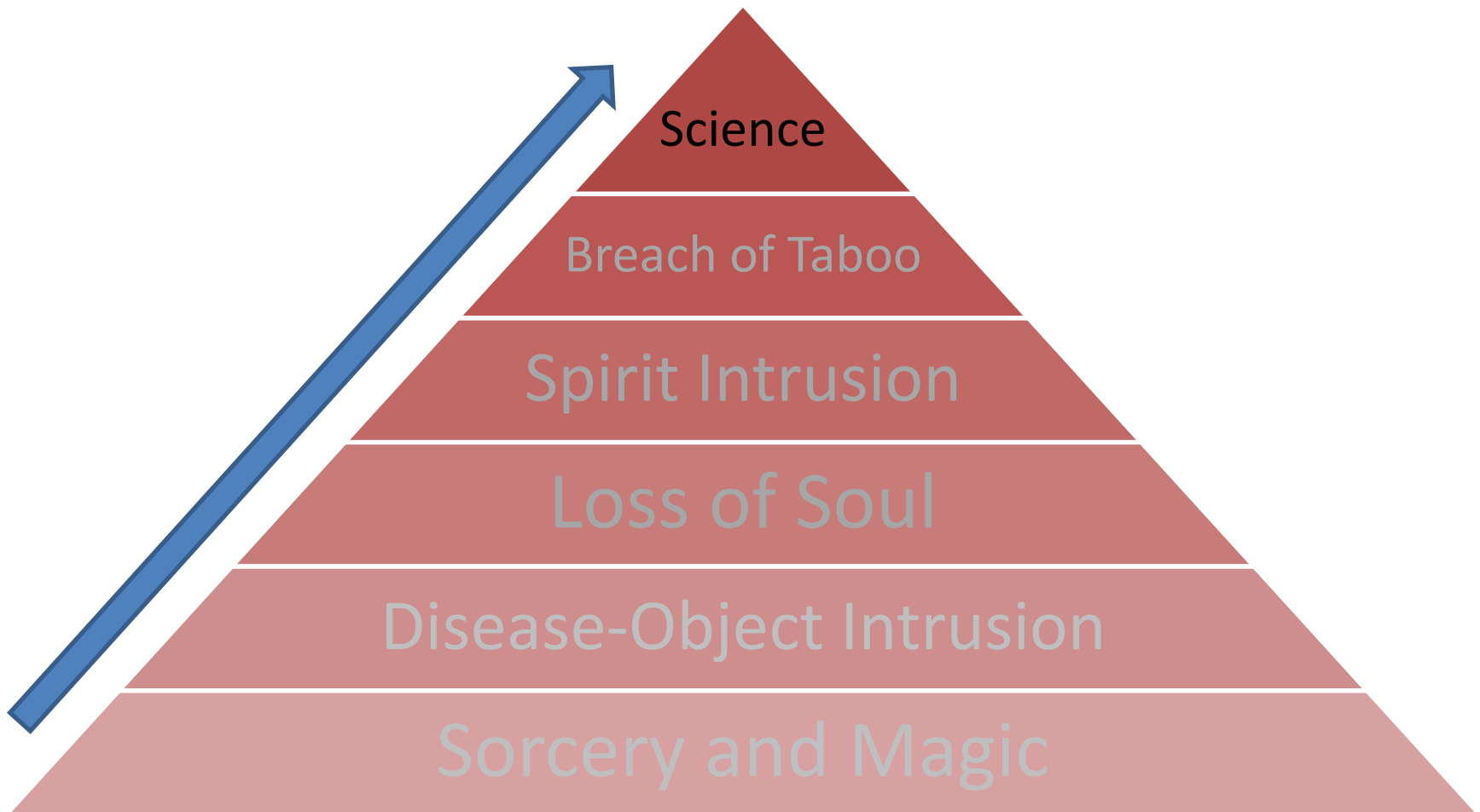
Dietary restrictions/prohibitions.

Defiling of sacred objects.

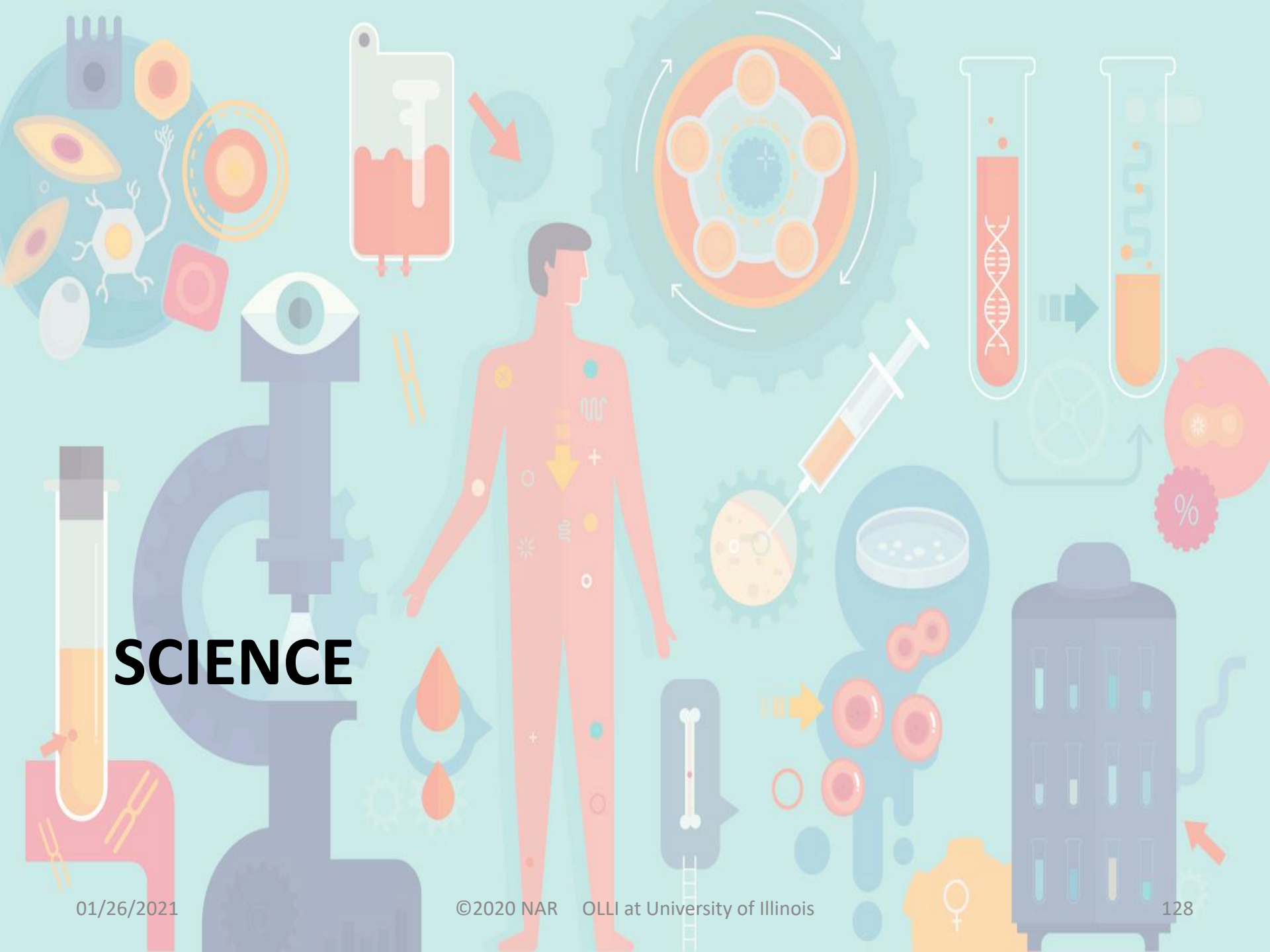
Uttering holy names or words.

Relative Antiquity of Disease Theories

Earliest at Base

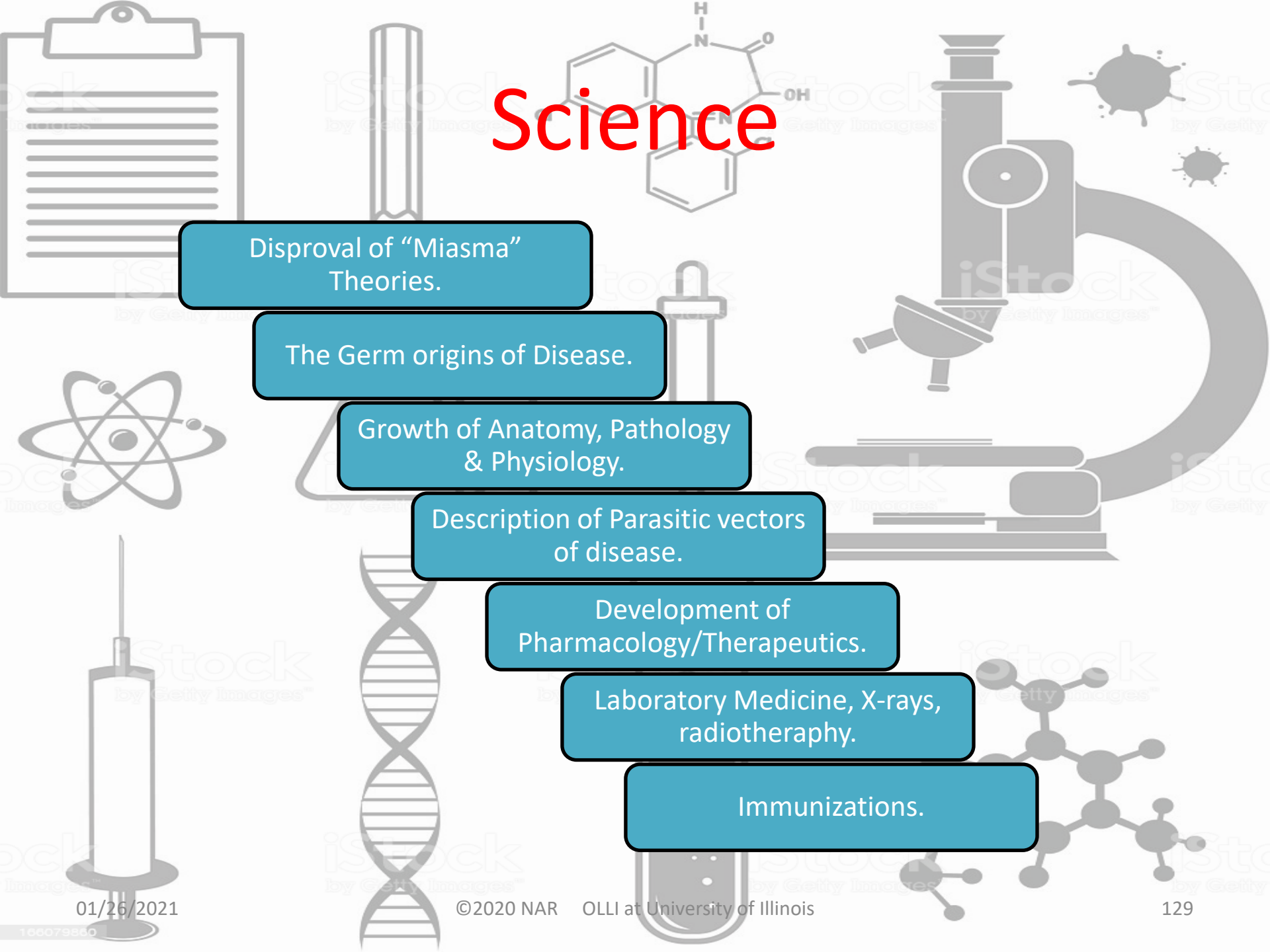


Ramírez 2020 Based on Clements 1932



SCIENCE

Science



Disproval of “Miasma”
Theories.

The Germ origins of Disease.

Growth of Anatomy, Pathology
& Physiology.

Description of Parasitic vectors
of disease.

Development of
Pharmacology/Therapeutics.

Laboratory Medicine, X-rays,
radiotherapy.

Immunizations.

Science (2)

- Progression and evolution of medical science eliminated the supernatural causes of disease.
- Humors and their imbalance were discarded.
- Bleeding, purgatives and toxic remedies like mercury and arsenic stopped.

Heroic Medicine



Recap of Session 1

- Health definitions, determinants & dimensions.
- Illness as a social construct.
- Types of Healers.
- Psychic healing.
- Evolution of belief of causes of disease.

Questions (?)



THANK YOU

What is Death?

- Death renders life either meaningless or meaningful.
- Technological immortality renders human life meaningless.
- Life can only attain its full meaning if death is overcome.
- “The dying is easy, it’s the living that defeats us.”¹

¹ The Shoes of the Fisherman, 1968

Recently, Stephen Colbert asked Keanu Reeves:
“What do you think happens when we die?”

Reeves responded simply with:
“I know the ones who love us will miss us.”

Animal Deity Worship



Ancient Greeks worshiped Pan, with hindquarters, legs and horns of a goat .



In Egypt, Anubis has a jackal head, Ra and Horus have falcon heads.



Mesoamerican peoples worshiped Quetzalcoatl, a feathered serpent.



Assyrians feared the serpent Goddess Tiamat and other winged beings.



In Japan, Kitsune the fox and Tengu the bird man are powerful shape-shifters who can transform into human or inanimate shapes to trick humans.

- The Greeks made offerings to the "averting gods" (apotropaioi theoi), chthonic deities and heroes who grant safety and deflect evil.
- Religion was possibly apotropaic and involved sympathetic magic.

Six Stages of Health

Primitive Medicines

- Avoid
- Learn
- Heal
- Stay well
- Adapt & accept
- Resume life & work

Modern Healthcare

- Prevention
- Promotion
- Therapy
- Maintenance
- Rehabilitation
- Recovery

Ramírez 2020