

A Theory Towards a Measurable Definition for Health: Introducing Two Variables

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The attempt to define health has a long history since antiquity. Prior to Hippocrates, health was considered as a divine gift. Hippocrates brought forth a new definition of health and moved away from divine notion to observation. Hippocrates' definition was built upon balanced diets. He theorized health as a balance of four body fluids including yellow bile, blood, black bile and phlegm (1).

In modern medicine varieties of definitions have been suggested. For instance, Sarachi defines health as "a condition of well-being, free of disease or infirmity, and a basic and universal human right" (2), Bricher defines health as a "dynamic state of well-being characterized by a physical and mental potential, which satisfies the demands of life commensurate with age, culture, and personal responsibility" (3). The most commonly accepted definition of health has been formalized by the World Health Organization (WHO): "a complete state of physical, mental and social well-being, and not merely the absence of disease or infirmity" (4).

Current modern definitions of health have been built upon well-being and disease. In WHO definition the concept of health is dependent to well-being and disease, in this case, there is a need to define well-being and disease as well. This indicates that concepts of health and disease have remained the occult.

Science is an endless search for truth, current modern medicine has defined human body system as a composition of multitude of cells and molecules, and it is not well capable of defining health status precisely. But how about taking atomic and subatomic aspects of body molecules into consideration? Recently we have proposed the idea of post-modern medicine aimed at circumventing myriad of pitfalls of current modern medicine (5). The idea of postmodern medicine has further tempered enthusiasm for a novel definition of noun "health". What would be "health" in the post-modern medicine?

Albert Einstein in his special theory of relativity,

expressed the mass-energy equivalence, indicating that in a physical system the proportionality between energy and mass is equal to the velocity of light squared, which has been described by the equation : $E=m.c^2$ (6). Einstein introduced the special theory of relativity as a general law of nature. We postulated that human body system as a part of nature has two properties called energy and mass. The idea behind post- modern medicine is that human body system has been composed of countless of atomic and subatomic particles and the energy levels of energy photons of subatomic particles deemed to be critical in designing human body characteristics and conformations and play a pivotal role in the state of being healthy or not (5). Based on the general law of nature, energy and mass are always both present in the same proportion to one another, which is equal to the velocity of light squared (6).

If we consider human body system as a physical body in the nature, we would define health as: "a status in which the whole amount of body energy- which is a total energy levels of energy photons of subatomic particles of body system- and body mass present in the same proportion to one another and it is equal to the velocity of light squared, in such a circumstances human body system would be aligned with cosmological harmony, such an alignment with cosmological harmony in human being could be introduced as health status". Based on laws of quantum physics the total energy of subatomic particles of body system are measurable, and the body mass could be measured as well. Any alteration in the proportion of total energy and total body mass would be considered as disease and by exposing a form of energy toward specific atom or subatomic particles we would be able to return back the health status to the body system, which we have recently introduced it as a post-modern medicine in details (5).

Any representation of reality we develop is partial, there is only deeper understanding, and science has no

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finality. Scientific advance is evolving novel representations superseding older ones, either because the novel representation is more powerful or because the older one has run its course. The future of medical sciences would be built upon developing on-paper calculable medical science, there is a time for such a shift in medical science and define variables for human body system, as a part of nature, hoping to make fundamental concepts including health and disease, measurable.

References

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