139 -

Various topics

Antonovsky, Hahnemann and the dynamics of disease and health

Kiefer P.-M.¹, Endler P.C. ¹

¹Interuniversity College for Health and Development, Graz / Castle of Seggau, Austria

Objective

To juxtapose the core statements made by Aaron Antonowsky and Samuel Hahnemann on salutogenesis (the genesis of health).

Introduction

In his concept of *salutogenesis* Aaron Antonovsky expounded the ability of an individual situated at some point on a continuum between health and disease to move towards the health pole or to maintain his or her state of health. An important factor here is the person's *sense of coherence*, i.e. his or her ability to perceive the demands of life as *meaningful*, *manageable* and *sufficiently comprehensible*. Samuel Hahnemann developed the healing art of homeopathy on the basis of the empirical correspondence between medicinal proving symptoms provoked in healthy subjects and treatable symptoms in diseased persons. His concept was expanded by Marcello Candegabe and Hugo Carrara in their "Method of pure homeopathy".

Methods

This work is based on a study of the original writings of Antonovsky, Hahnemann and Candegabe / Carrara.

Results

Both Antonovsky and Hahnemann viewed disease and health not as dichotomous opposites but as two poles of a continuum. Both authors described pathogenetic as well as salutogenetic processes. They both assumed that the stability and equilibrium of the human organism is maintained by an interplay between the conscious self and the physical self. The dynamics of this interplay is basic to an individual's ability to maintain his equilibrium and not always to fall ill in response to stressors. Hahnemann's concept of "vital force" appears well represented by Antonowsky's "salutogenetic factors". Candegabe and Carrara distinguish between reactive and weak vital energy, which they associate with high and low "motivation" (one aspect of Antonowsky's sense of coherence).

Generally speaking *meaningfulness*, as used by Antonowsky, can be associated with the homeopathic *principle of similar* ("to correspond"), *manageability* with the organism's *ability to resist and respond* stressors and *comprehensibility* (if interpreted inversely) with the organism's manner of *producing symptoms as a means of articulating itself*.

Conclusion

Antonovsky's and Hahnemann's concepts show parallels which could inspire interdisciplinary discussion.

1 von 1 14.06.2010 22:29