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MANIFESTO ON THE NEW PARADIGM IN MEDICINE

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PREAMBLE

New discoveries in physics, biology, epigenetics, neuroscience, psychology, and psychosomatic theory require that medical science, which has so far offered only a fragmented picture of the living world, search for a new paradigm to unify the various disciplines beginning with the connection of the physical universe with the living world, and of the living world with human society and culture.

Recent discoveries in the natural sciences lead us to affirm that everything that exists in the universe is based on precise information. Information is the basis for the emergence of particles and atoms, and of the molecules and molecular systems that in their diverse configuration constitute living systems.

The new informational paradigm in science suggests a thorough transformation of our understanding of life and consciousness, with major implications for medicine and its diagnostic and therapeutic methods.

THE PRIMACY OF INFORMATION IN THE UNIVERSE AND IN THE LIVING WORLD

The new paradigm emerging in the sciences recognizes that the universe is not random; evolution is a multidimensional and quasi-universal process, and human beings, the same as all forms of life, are an integral part of it. Information is a major factor throughout the universe. The classical idea of inert matter moving mechanically in passive and empty space has been transcended. The phenomena we observe are not mechanistic aggregates of their elements but integral, intrinsically dynamic entities connected throughout space and time.

The dynamic processes of cosmic, biological, human, and social-cultural evolution are neither deterministic nor random: they exhibit a level of order and coherence that suggests the presence of an underlying logic. Understanding the nature of this logic is the perennial task of science and philosophy, as well as of religion and spirituality (Einstein remarked that achieving this understanding would be “like reading the mind of God”). Without a logic underlying the processes of the universe, space would be populated by a random concourse of particles, time

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would not enter into the processes, and the complex systems we recognize as living could not have appeared. Living systems can only appear in a highly coordinated universe, where the laws and constants of nature are finely tuned to the emergence of coherence and complexity.

Living systems are remarkably complex and coherent. Their parts and components are quasi-instantly and multidimensionally coordinated, enabling the systems to maintain themselves in the physically improbable state far from thermal and chemical equilibrium where the entropy generated by irreversible processes is compensated by the transport of negative entropy from the environment. The coordination and coherence of living systems suggests the presence of precise information, coding and governing every part of the systems, as well as the systems as a whole.

INFORMATION IN LIVING SYSTEMS: IMPLICATIONS FOR THE MEDICAL SCIENCES

A recognition of the paramount role of information in the world of life holds major implications for medical science.

Traditionally, the branches of medicine have been dedicated to the maintenance of health as much as to the cure of disease. Contemporary mainstream medicine is focused above all on the cure of disease. It attempts to correct cellular and organic malfunctions mainly by biochemical means. Its remarkable achievements have prolonged human life expectancy and eliminated, or produced cures for, a plethora of diseases. However, mainstream medicine is more accomplished in curing or eliminating diseases than in ensuring that the living system persists in a condition of health and vitality. Unlike in traditional societies, in the modern world physicians are called in to cure diseases in their patients rather than to maintain them in a state of wellbeing.

Enhancing health and preserving vitality call for complementing the philosophy of mainstream medicine with a more natural and holistic approach. There is a need to take into account the flows and balances that ensure health and vitality in the whole organism, rather than concentrating mainly on the causes of malfunction in a part. The realization that information is a major factor in the functioning of the whole organism offers a basis for extending the focus of attention to the whole system, without neglecting the part.

Information governs the processes of life in every part of the organism, in the whole organism, as well as among organisms in a milieu. The role of information cannot be radically segmented in the living system: the information that governs the whole cannot be reduced to the information that governs the part. A disease surfacing as a cellular or organ malfunction in a part implies a flaw in the information that regulates processes in the whole organism, as well as among sets of organisms in their environment. However, mainstream medicine attempts to re-balance vital processes in the part by imparting corrective information to that part. It conveys corrective information by the administration of molecular compounds primarily of synthetic origin. This offers a successful cure to many diseases, but in itself fails to ensure the sustained vitality of the whole.

Limitations inherent in the reductive approach of mainstream medicine can be overcome. This requires, first, that we pay due attention to the curative and health-preserving potentials of natural substances. These substances are produced in and by the organism or in its life-supporting environment, as the result of long chains of trial and error. They are likely to contain or complement the information needed to maintain the organism in a condition of health and vitality.

Another way to overcome the reductive limitations of mainstream medicine is by observing, measuring, and analyzing the wider interactions that maintain order and coherence in the organism as well as among organisms. There are flows of energy as well as of information that embrace the entire organism as well as its relations with other organisms, and are essential to its survival and development. Traditional medicine has concentrated on these flows and processes and has developed a wide range of practices to overcome blockages and malfunctions in them. These practices and remedies are mostly dismissed if not actually ignored by mainstream medicine. Yet many of them can be tested and rendered more precise and beneficial by the use of instruments that measure energy and information flows in the whole organism, as well as in a given part.

A further way to overcome the inherent reductionism of mainstream medicine is to extend attention to the interaction of mind and body. The reality of body–mind interaction is now rediscovered in the neurosciences: there is no radical separation between *psyche* and *physis* in living systems.

The rediscovery of the health-restoring and maintaining potentials of body–mind interaction is a major achievement of the neurosciences. The results need to form an integral part of the enlarged scope of modern medicine, correcting for its currently excessive concentration on the parts of the body considered as aggregates of molecular elements. The mind–body system is in fact an inseparable unit able to perceive and give a sense to the information that reaches the system in its environment and interact with it in a coherent manner. This ability to give sense to the information relevant to life and existence is what we call consciousness. Consciousness is a bearer of deep values for the human being, and these values are essential to endow science with a “soul” and to humanize the practice of medicine. Ignoring this factor gives rise to all kinds of abuses and manipulations in the human world, impairing also the vital balances of the environment.

Attention to the beneficial effects of natural substances and extending the scope of attention to the entire psycho-physical organism are consistent with the aims and mission of the medical sciences. They are not alternatives but complements to the current practices, making better and fuller use of the information that governs the organism and the world of life in general. They are a logical development in the advance of the medical sciences. A concrete example of informational therapy that can be associated with current medical practices is the reprogramming and renormalizing of cancer cells.

The most severe alteration of information and communication between cells occurs in tumors. Yet even in the case of tumors, where it becomes difficult to correct errors in information in regard to both the genetic code (mutations) and the epigenetic system (errors in turning on and off of sets of genes), Biava has

demonstrated that it is possible to correct errors by providing accurate information to the malfunctioning cells, viewed as mutant stem-cells.

CONCLUSIONS: NEW REQUIREMENTS FOR THE DEVELOPMENT OF THE MEDICAL SCIENCES

1. The need for a new dictionary, new terminology, and new definitions of pathology.
2. The need for a new model of the human being based on information and awareness, interpreting the individual as a complex information system going beyond the interpretation offered by Psychoneuroendocrineimmunology (PNEI). The required complex-system theory recovers the multidimensionality of the subject–object–environment relationship as the self-organization of information in interaction with the human unconscious. The PNEI model, no longer sufficient to interpret the complexity of the living system, needs to be integrated into a broader concept that views the human being as an informed psychosoma-system (Biava 2016).
3. In this context, disease can henceforth be regarded as indicating an informational imbalance. Thus there is a need for a new classification of diseases taking into account the dual mode of expression of the informed psychosoma that manifests information according to both semiotic and symbolic codes. The therapist needs to consider both levels, the semiotic as well as the symbolic. When decoded, these languages provide the correct information to be brought to the psychosoma; the information that can reestablish balance in its organic as well as environmental relations.
4. Based on this concept, there is a need for a therapist who can shift between the two kinds of logic (the symbolic and the semiotic), and create a combined diagnostic and interventional approach that takes account of both languages in the interaction of the psychosoma with the world around it. “Informational” therapies allow complex treatments in which pharmacological and non-pharmacological methods and approaches are complementary and act in harmony on the organism of the patient.
5. The need for medical schools that can elaborate a new and effective transdisciplinary integration capable of operating on the above outlined informational basis and prepare therapists to read the dual languages of symbolic and semiotic information in the organism.

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