

## PHILOSOPHY

*Nataliya V. Omelaenko<sup>1</sup>, Olga E. Iatsevich<sup>2</sup>*

*(<sup>1,2</sup>Tyumen industrial university, Tyumen, Russian Federation)*

### **The Phenomenon of Health in Antiquity**

The formation of the phenomenon of health in ancient philosophy is considered. The health-saving concepts based on the diachronic approach, dialectical and hermeneutic methods are analyzed. The experience of the ancient philosophers of the Cnidus and Kos schools, who studied the causes and symptoms of diseases, vices and virtues of man, is summarized. Special attention is paid to the evolution of the doctrine of a healthy lifestyle. The conclusion is made about the contribution of ancient philosophers to the science of health conservation, which is gaining a new wave of popularity today.

**Key words:** medicine, vices and virtues, balance of energies, nutrition, treatment.

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