

IMMUNOMODULATION, ENVIRONMENT AND ETHICS: HEALTH AND HUMANITIES



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ABSTRACT

Neglected and chronic-degenerative diseases can be of environmental origin and over time usually compromise immune responses. For this reason, our group studies the type of immune response that is evoked by the ultradiluted and dynamized solutions obtained by the classical Hahnemannian method of multiple vials and also by phyto-adaptogenic herbal extracts, aiming to evaluate the immunomodulation triggered through the adaptive immune responses of the hosts. Thus, through the qualitative methodological analysis of the case study, a retrospective of the first records and their objectives at that time was carried out, and later new studies and new multidisciplinary participations were added. However, the world panorama with several wars and climatic uncertainties that culminate in socio-environmental disasters triggers panic syndrome, hopelessness and chronic illnesses and others, such as immunodeficiencies by parasites, viruses, neoplasms. In this context, it

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was inevitable that we would encounter complexity and study new methodological and technological approaches for the preliminary scientific investigation of solutions at the local level, understanding the multidimensional concept of health in its integrality (and singularity) as well as in its transversality. The present study, although not yet concluded, represents evolutionary steps in the understanding of the basic immunology of hosts in its depth, and its communication is considered useful, especially in the face of wars and climatic uncertainties that we are facing at the beginning of the twenty-first century. It is hoped that the circulation of these learnings can favor several other groups that deal more closely with these destructive and serious situations around the planet.

Keywords: Environmental diseases. Immunomodulation. Phyto-adaptogens. Ultradilute and dynamic solutions. Climate uncertainties.

INTRODUCTION

In the face of climatic uncertainties, various conditions affect the physiology of plants, vertebrates, non-human animals and humans. In the same way, materials that persist in nature in excess and without a viable immediate solution act as pollutants and their harmful effects have already begun to be recorded in academic works (Nagamatsu et al., 2017; Wasim et al., 2021; Hansel-Martins et al., 2022).

This issue is complex, of recent emergence and we are all adapting to live with these conditions and to track them in order to avoid the installation of damage and sequelae to society. The theme has been thought about by traditional and ethnic communities and by native peoples (Machado/Duigó - TUKANO et al., 2019; LAFFH, 2021; Hansel-Martins et al., 2023).

In general, with the exception of epidemiologists with extensive knowledge of population demography and related topics, the fact is that clinicians (physicians and undergraduates) do not usually have training that integrates them directly into the areas of environmental knowledge. Although they deal daily with the repercussions in the face of the evident increase in respiratory allergies, new viruses, parasitic diseases, and blood pressure fluctuations in the face of extremes of temperature, they often maintain their discussions in the multidisciplinary territory, which is very valid, but the complexity of the situation increasingly requires the association of professionals other than those with training in the health area (Delaunay; Rangel, 2019; Borsato et al., 2021; Hansel-Martins et al., 2023).

It represents a contemporary professional demand to have access to knowledge in a rational and safe way, through the presentation of scientific experiments that guide the methods, since, in general, they have no notion of the types of publications in basic and clinical research on the subject, a fact that obscures their critical capacity to choose complementary treatment aimed at the metabolic regulation of the host, that can be effectively applied to users as well as examples of strategic actions, as a starting point, for primary health care (Cruz Filho et al., 2023).

This article informs about the potential of these measures taken in specific situations and at the local level, presented here objectively, aiming to help the general practitioner to deal with the idea of complementarity in order to mitigate the clinical effects triggered by environmental processes (Cruz Filho et al., 2023).

This record presents the practical teaching in a clinical outpatient clinic in a territorialized service directed to basic information on the correlations between health, environment and humanities to undergraduate trainee students, resident physicians and graduate students who interned with us, seeking to provide continuous learning on studies of environmental problems, environmental awareness and environmental ethics, in the face of dramatic prospects of emerging climate change in the country and in the world (Hansel-Martins et al., 2022; 2023; Cruz Filho et al., 2023).

Such predictable and unpredictable changes have serious repercussions on Environmental Health, the branch of Public Health, as well as on the Health of urban and rural Collectives (Hansel-Martins et al., 2023). The aim was to encourage general practitioners to deal effectively with the intersections between the sanitary health model adopted for the establishment of situational diagnoses, for environmental tracking, in addition to the understanding that there are indicators at the local level that have already been developed consistently, activating tools such as DATA-SUS and other epidemiological indicators provided by INCA, FIOCRUZ, PAHO, WHO aiming at promoting the health of populations (Vacite et al., 2023).

OBJECTIVES

Inform about drugs with immunomodulatory action through the metabolic pathway, to mitigate the effects of cancer treatment (chemotherapy and radiotherapy).

Inform about drugs with potential use for conditions that hurt human dignity due to the potential phytoadaptogen-like effect aimed at increasing the quality of life.

To offer information to health professionals in training on environmental issues that impact living beings in this context of uncertainty in order to develop knowledge, skill and competence for local mitigation of the consequence of the impact of civil and military wars, the need for environmental and climate refuges, for effective positive intervention in the rescue and promotion of mental health.

METHODOLOGY

The Case Study, a qualitative approach, is a type of research that consists of the systematic and detailed analysis of an individual or collective case, to investigate the phenomenon (object) of interest (here the sum of information on the evolutionary progression of our approach in research and teaching). Initially, this methodology was

proposed for psychotherapeutic research, but its use was extended to several areas of knowledge, due to the important descriptive and investigative potential of phenomenology inherent to the evolutionary process in epistemology (Ventura, 2007).

RESULTS

Through theoretical and practical classes with expositions of therapeutic possibilities focusing on the complementary therapeutic potential of Homeopathy in these specific cases (Aquino et al., 2008; Andrade et al., 2022). Through theoretical classes, with expositions of environmental problems such as waste management, effluents and air pollutants, in addition to active methodologies for discussions of resolutions taken in specific cases from official publications by the Virtual Health Library (VHL – Musmanno et al., 2023).

In this sense, two technical products (digital book and event) were launched to guide professionals in the area and students: Varricchio (2010) and the MEETING OF URBAN LEADERS IN THE HEALTH SPACE OF THE 7TH INFIRMARY (2022). They will be reflected below.

DISCUSSION

As for the digital book whose central theme is Homeopathy, Immunomodulation and Oncology, in Homeopathic Pathophysiology, the Pathophysiology of Chronic Diseases – Psora and Sycosis, Syphilis and Tuberculinism (Pustiglione; Carillo Jr., 1994) and the definition of Cancer-State – French School of Homeopathy (Vannier, 1931), as discussed by Varricchio (2010).

Currently, to complement this study material, the video lesson on Research and Homeopathy was suggested (Prof. Dr. Ricardo Kuster (2022) also available on the website of the Environmental Health, Parasitology, Bioethics Project (SAPB)/LIPAT/FF/UFRJ *In* Musmanno et al., 2023).

In view of the understanding of the existence of the Cancerine State, its Drainage/Mitigation precedes any medicalization and falls on Primary Health Care (Malfacini et al., 2024), and it is currently recommended to present the video Benign Breast Affections (Profa Solange Malfacini (2020) available on the website of the Environmental Health, Parasitology, Bioethics Project (SAPB)/LIPAT/FF/UFRJ).

The choice of the remedy in the *Materia Medica* before Constitutions (Henry Bernard): Prescription for phyto-adaptogenic simile and immunomodulatory action against paraeffects, clinical complications and immune disorders, such as *Euphorbium*, *Thuya occidentalis*, *Carbo Animalis*, *Apis mellifera*; *Natrum sulfur*; *Echinacea angustifolia* *Eupatorium perfoliatum* (Varricchio, 2010). Expanded understanding from the video lesson Homeopathy in Oncological Veterinary Medicine (Prof Nelson Bretas, 2019 available on the website of the Environmental Health, Parasitology, Bioethics Project (SAPB)/LIPAT/FF/UFRJ). All these studies can be complemented with the results of toxicological and immunological research (Santa Clara Júnior et al., 2017; Nagamatsu et al., 2019; Hobaica et al., 2020).

As for diseases of environmental origin that evolve with immunosuppression and the potential for complementary homeopathic therapy with a probable adaptogen-like effect discussed in the chapter on a serial clinical observation study of immunocompromised patients, this chapter is complemented with the studies by Andrade et al. (2022). The chapter on semiology and pathophysiology is updated with the video lesson: "Therapeutic complementarity in oncological diseases of the oral cavity" Profa. Rosana Ximenes Lins (2022), also available on the website of the Environmental Health, Parasitology, Bioethics Project (SAPB)/LIPAT/FF/UFRJ (Ximenes Lins et al., 2024).

As for Homeopathic Anamnesis for chronic disease, acute complications and singularities, the evolution of thinking was also added in accordance with clinical experience and attention (Hansel-Martins et al., 2023; Bentes Lopes et al., 2023).

There was a need to develop environmental traceability indicators. It can be observed that investigations carried out through scientific initiations have suggested the potential of diluted and dynamized solutions in basic research, since they evoke biological responses in cell membranes (Hansel-Martins et al., 2023).

In this way, future physicians will be able to know in a rational and safe way, also through the presentation of data, scientific experiments that guide the methods of research applied to complexity, since, in general, they do not usually have access to these publications in basic and clinical research, throughout their undergraduate studies. This distancing from environmental problems is a fact that obscures their critical capacity when there is a demand to choose appropriate interventions in partnership with the affected community with which they will need to work together (Oliveira et al., 2019; Borsato et al., 2021; Wasim et al., 2021; Salomão et al., 2023).

Therefore, our multi, inter- and transdisciplinary practice communicated among peers will be able to cooperate and even support preliminary actions in Environmental Health, aiming at better outcomes both over time (Machado/TUKANO et al., 2023) and during climate accidents and devastating wars (Wasim et al., 2022; Machado/TUKANO et al., 2023a).

In fact, during the conceptual construction that prepared them to use One Health approach strategies (Gomes et al., 2023), learning focused on inter-epistemological dialogue took place. In view of the complexity of nature, it has fostered the development of environmental ethics (Cruz Filho et al., 2023; Gaspar et al., 2024, a) in addition to multi, inter- and transdisciplinary, enriching and humanizing work also based on some existing public policies (Delaunay de Souza et al., 2023; Nagamatsu et al., 2024, Ximenes Lins et al., 2024; Malfacini et al., 2024a).

In Philosophy, the Harmonic Unity of the Being, constitutions and the Laws of Healing under prognostic evaluation under study (Pustiglione et al., 2017), regarding chronic disease and the perspective of homeopathic treatment to modulate adaptive immunity, all situations led the group of professors-researchers to an assessment of environmental complexity, therefore, led to the notions in Environmental Health, Research and Humanities (Varricchio et al., 2022; Gaspar et al., 2024; Hansel-Martins et al., 2024; De Souza/XAVANTE et al., 2024; Gomes et al., 2024, a; Cler et al., 2024; De Almeida/TUKANO et al., 2024; Cavalcanti et al., 2024; Varricchio et al., 2024).

Currently, our studies are aimed at gathering scientific evidence to propose indicators for marking biological activities for tracking potential effects on environmental recovery.

LIMITS

This is a descriptive case study that has been described here since 2010, totaling fourteen years, but still restricted to the experience and intra-specific observation of a small group of researchers.

CONTRIBUTION

Information was offered to physicians and undergraduate medical students about diluted and dynamized drugs whose immunomodulatory potential (acting via metabolism

rebalancing) collaborates in the mitigation of drug paraeffects in chronic-degenerative diseases and increases quality of life.

As similar phyto-adaptogenic drugs, they can also be used in times of violence during wars, in climatic emergencies with abrupt displacements of populations under post-traumatic stress.

In this sense, information was offered on environmental problems where living beings are held hostage and in a state of great vulnerability and risk, thus aiming to develop the knowledge, skill and competence for the predominance of rational professional response at the local level to potential environmental issues brought in the territory of action (and outside it) as a strategy of psychosocial care and rescue/promotion of mental health.

CONCLUSION

Neglected and chronic-degenerative diseases over time often compromise immune responses. For this reason, the type of immune response that is evoked by the ultradiluted and dynamized solutions obtained by the classical Hahnemannian method of multiple vials and also by phyto-adaptogenic phytotherapeutic extracts is studied, always aiming to evaluate the adaptive immune responses of the hosts.

This study, although not yet concluded, represents evolutionary steps in the understanding of basic immunology in its complexity, especially in the face of wars and climate uncertainties that we are facing at the beginning of the twenty-first century, and its communication may favor several other groups that deal more closely with these serious situations around the planet.

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