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### **Perspectives of traditional and alternative medicine in XXI century**

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**T**raditional and alternative medicine in the 21st century will remain under the strong pressure of expansive industrial Western medicine, but in my opinion, they will maintain their position despite the shrinking of natural resources for their medicines. The main health problem of the 21st century will be the activation of the biological and psychological mechanisms of self-destruction, associated with the rapidly increasing rate of activation of the extinction of the human species. Human extinction as part of the activation of the global extinction of species, currently the most visible within the Western civilization, will spread, to include other human cultural formations with the expansion of the extinction process to other regions of the world. The extinction of the human species is preceded by the extinction of other

elements of the biotope, the element of which is a human being, such as bacteria, animals and plants which, due to close functional connections with humans, are one common living organism. In the 21st century, the contrast between the offer of industrial Western medicine sustaining human life, which more and more resembles a cyborg, in the mechanical cocoon of life support devices, and the offer of traditional and alternative medicine trying to sustain ecological niches, in which man deriving resources from related elements of the biotope rebuilds health resources, will become more and more visible. The author will discuss in detail the atavistic mechanism of Thanatosis, along with associated depressive disorders, as one of mechanisms for the extinction of the human species.

### **Biography**

Bohdan Wasilewski complied specialization in psychiatry and received the title of Doctor of Medicine. He was continuing his research and didactic work at the University of Warsaw, and then at the Medical University for Postgraduate Studies in Warsaw. For two years he worked in the Psychiatric Clinic of the University of Munich, he also completed shorter research visits at the University of London, Harvard University and the University of Moscow. He is employed at the Psychosomatic Institute in Warsaw, as medical director and extraordinary professor. He has published 148 papers and he is the author or co-author of 47 book publications.

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