



Victor Andreevich Skumin

(born in 1948)

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Victor Andreevich Skumin

- (Russian: В'иктор Андр'еевич Ск'умин, born 30 August 1948) is a scientist, philosopher, writer, poet and composer. He described a new disease, the *Skumin syndrome*. He introduced a method of self-improvement based on optimistic autosuggestion for psychological rehabilitation of cardio-surgical patients.
- He was a professor of psychotherapy at the Medical Academy of Post-graduate Education. Skumin held positions as chaired professor of psychology and pedagogy, and of physical education and health life at the State Academy of Culture. He was elected to the post of the President-founder of the World Organization of Culture of Health (Moscow). In 1995, Skumin became the first editor-in-chief of the journal *To Health via Culture*. He is known for inventing a popular term "Culture of Health".

Biography:

- Victor Skumin was born on 30 August 1948 in Penza Oblast, Russia, where his father – Andrew Skumin (Russian: Андрéй Ску́мин, – was an officer of Ministry of State Security of the USSR.
- After graduating from the Medical University, he became a psychotherapist in the Institute of Cardiovascular Surgery. In 1978, he described a new disease, the Skumin syndrome. He introduced a method of self-improvement based on optimistic autosuggestion for psychological rehabilitation of cardiosurgical patients (1979).
- From 1980 to 1990, he was professor of at the Medical Academy of Post-graduate Education. The main result of his scientific activity was the discovery of the "syndrome of the neurotic phantom of somatic disease" and a "concept of the mental constituent of a chronic somatic disease".

Biography:

- From 1990 to 1994, Skumin held positions as chaired professor of psychology and pedagogy, and of physical education and health life at the State Academy of Culture. In 1994, he was elected to the post of the President-founder of the *World Organization of Culture of Health* (Moscow). In 1995, Skumin became the first editor-in-chief of the journal "To Health via Culture". He is known for inventing a popular term "Culture of Health".
- Skumin writes on healthy lifestyle, Yoga, and philosophy. He co-authored series of illustrated books and articles on Roerichism, and New Age. He wrote books of fiction and lyrics for several songs



Contribution to medicine

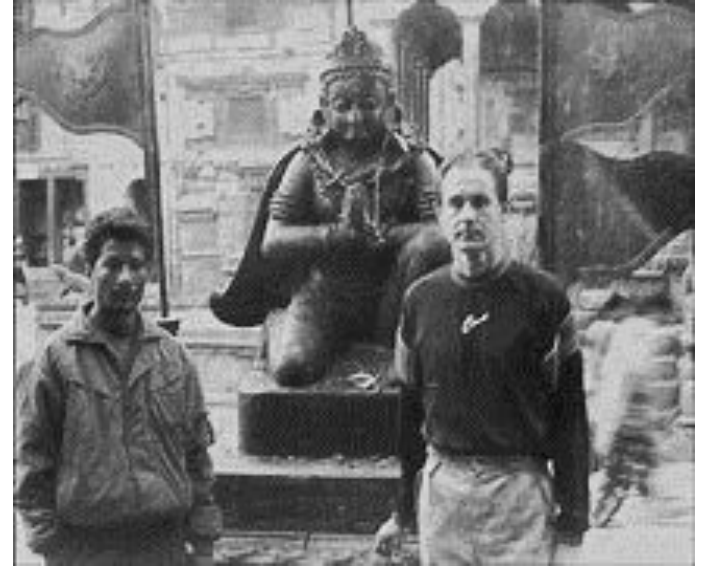
- Skumin researched from 1976 to 1980 to the psychological and psychiatric problems of cardiac surgery under the leadership of Nikolai Amosov, who was the founder and first director of the Kiev Institute of Cardiovascular Surgery.
- *Skumin syndrome* (Russian: *Синдром Скумина*) was described by Skumin in 1978 as a *cardioprosthesis psychopathological syndrome* ,^[20] associated with mechanical heart valve implant and manifested by irrational fear , anxiety , depression and sleep disorder . This syndrome is usually accompanied by asthenia .
- The methods and the principles of such therapy and neuropsychological rehabilitation are described and its efficacy has been demonstrated.

Contribution to medicine

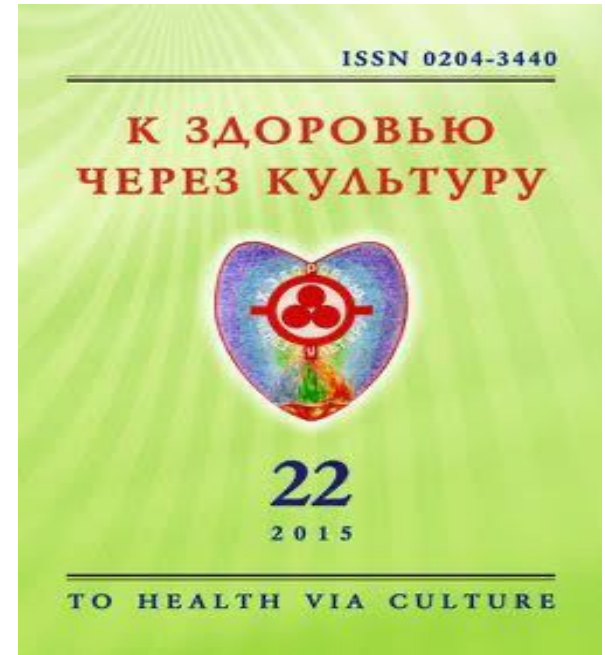
- Skumin proposed mixture after named after him. Skumin's mixture (Russian: *Мукстура Скумина*) is a medicine with a sedative effect, affecting the central nervous system . It is used to treat skumin syndrome, light forms of heart failure, anxiety and sleep disorders, and asthenia. The medicine is known to be well tolerated, with no contra-indications, except sensitivity.
- Skumin created a special modification of mind control method for psychological rehabilitation of patients. This method is based on autogenic training , it involves a daily practice of sessions that last around 15 minutes, usually in the morning, at lunch time, and in the evening. During each session, the practitioner will repeat a set of visualisations that induce a state of relaxation.



- From 1980 to 1990, he worked as professor of psychotherapy at the Kharkiv Medical Academy of Post-graduate Education. During this period Skumin investigated mental health disorder in chronic diseases of the digestive system in children and adolescents. From 1990 to 1994, Skumin held positions as Professor by the Chair of Psychology and Pedagogy, and Professor by the Chair of Physical Education and Health life at the Kharkiv State Academy of Culture.



- Victor Skumin wrote many books and articles on a variety of medical and spiritual topics advocating a holistic approach to health. He is the author or co-author of a series of illustrated books on the culture of health, yoga, and Roerich's philosophy.





Conclusion :

- Skumin was included in "Russia team on medicine"
- He was important in the Western transmission and revival of Theravada Buddhism.



THANK YOU