

New Paradigms in Health Sciences Research

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Abstract

The statistical models that have ruled scientific quest validation for decades have become like a dogma that seems impervious to new ways of exploring life. Their misuse as advocacy tools in advertising and opinion building need to be questioned and re-evaluated.

KEYWORDS: New Paradigm, Research, chaos

The annals of science have for ever been rife with, the chains of bigoted and staunch ideologies holding to ransom, the progress and evolution of what appeared to be revolutionary ideas, on an iron leash. This vice like grip has almost always needed a kind of courageous and non-conforming mindset to challenge and shatter the binds. Often times this had lead to the ostracization and rejection of these types of minds by the prevailing authorities and even to persecution of these bold men of science to whom we owe much of our current understanding and knowledge, of the way the world perceived by us performs its intricate functions.

In present times the power centre seems to have shifted to the so called scientific minds, which more often than not, use the garb of scientific validation supported by numbers, to give an absolute validation to the advertised concepts. Ironically, the vulnerability of the numbers to manipulation and the ominous tendency of scientific jargons being used as tools to further purely commercial interests, has constrained science itself, to the same shackles that it once struggled to break free from. It is time for rebellious, honest intellects to awaken again.

Thus far it has been the refuge of science to seek authorization of its predictions on designed ways of probabilistic distributions that have their foundations on the assumption of linearity in the occurrence of observations. Present mainstream research is based on the plain logic of reductionism wherein a specific sequence of observable events is seen leading to a specified outcome in a stepwise manner, these steps themselves being subject to the laws of statistical models based on assumptions of linearity. The variability in the steps is calculated by mathematical methods to give a sense of predictability for the occurrence of the outcome.

Dependence on this method has its limitations. With the inception of the ideas of quantum mechanics into the realm of medical science, there is an atmosphere created to question even long held scientific concepts which have found a deep root in the psyche of people who are involved in any kind of research. The fundamentals of quantum science do not pledge faith, to the linearity of the way, things are assumed to be. The invoking of non-linearity into the realm of health sciences research has already happened with the advent of the use of 'chaos theory' in behavioral sciences. Planning and reasoning

processes which form the hard ground of ‘behavior change communication’ models did not show to have an impact on attempts to quit smoking among participants in a study in United Kingdom. [1]. Other studies point out that the decision to engage in risk taking behavior including substance abuse seemed to be governed, less by analytical processes based on prior knowledge and information possessed, rather than on sudden and discrete events which may or may not have been related to the specific behavior in question. [2,3]. The non-linearity of human systems functionality has been borne out by studies in the fields of physiology [4], and psychology [5]

It is of consequence to note that, the very idea of, disorder being equated with disease, is being challenged by scientists. On the contrary, science is now considering, chaos, as the basis for health and adaptability. The idea of mathematical orderliness in human systems is being seen as a potential pathology and disease is being seen as an acute attack of orderliness. [6]. The very brain that is necessary for any exploration in science seems to depend on chaos for its creative powers. [7].

The time is now ripe for a metamorphosis into a new way of looking at the world and the life it sustains. It is beside the point whether these will subscribe to the currently revered statistical models which are kept on a high pedestal and bowed down to without any questioning. In fact a shattering of a few of these statistical deities or at least evaluating them in the light of a radically different way of looking at perception of observations, is what is likely to usher in the next big leap in evolution of human understanding of the world.

The role of belief in healing, the power of thoughts, how a placebo works in someone who gets healed by it’; these are a few questions that could serve as starting points to begin our exiting exploration. But doing it again on the lines of a statistical model based on linear assumptions would be unlikely to make any great breakthrough. It is time for some other method of analysis which bases its firmament more strongly on the quantum world. And one can sense that the time has arrived.

NB: The above content is not intended to demean or look down upon currently valuable methods in science but is an attempt to invoke an urge in inquisitive minds to defreeze these methods and subject them to the pure fire of inquiry, based on the radical and life transforming ideas of a new kind, that are already having an impact on various aspects of human civilization.

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