

# Dimensions of Health: Locating conceptions of health and causation

Will Varey <sup>1</sup>

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**ABSTRACT** – This article contains further refinements in the process of definition of apithological systems. It introduces a methodology for discerning conceptions of health and wellbeing by identifying two major dimensions within which qualities of consciousness operating can be located and described. A methodology for discerning conceptions of health using central reference points of the perceptions of normalcy and the proximity of effects, is outlined. Different conceptions of health are then described by the span of system perception operating around self-defining normative events. This approach provides a means to define the location of different systemic conceptions of health objectively while also allowing for an appreciation of the perception that is operating subjectively, to privilege neither subjective nor objective dualities. In conclusion, three definitive qualities applicable to four frames of reference are proposed for the practitioner’s use.

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## INTRODUCTION

One major difficulty in the determination of the conceptions of health and wellbeing operating in social systems is the absence of any objective and common reference point. In examining a plurality of subjective perceptions coherence declines as diversity increases. While one approach might be to establish accepted median norms for a single society, inter-societal comparisons then become problematic, limiting the widespread application of any measures systemically. A methodology that provides for greater scope and

precision in the definition of different perceptions of health is required if complementary conceptions of health and wellbeing are to be meaningfully enacted for large scale social systems change. By using two distinct dimensions, being the conceptions of health and the perception of systems of causality, the potential of a social system’s capacity to generate health and wellbeing outcomes can be identified. The assumptions that ground this assessment process are worth stating to inform the understanding of what such an assessment discloses and why this degree of definition might be significant in the practice of apithology.

## ASPECTS OF HEALTH

An apithological inquiry is one which considers the potential for generative health in a social system. It uses four main orientations of health as one of five dimensions in an initial analysis. These four aspects are described as: *pathology* (p.), *antipathology* (p+), *apathology* (a\_) and *apithology* (a^)<sup>1</sup> (see Figure 1).

apathology <b>a_</b> preventative	apithology <b>a^</b> generative
antipathology <b>p+</b> palliative	pathology <b>p.</b> restorative

Figure 1 : The Four Aspects of Health - (Article Continues ...)