
A.L. Chizhevsky about rhythm as a general biological and philosophical principle

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Exploring the solar-terrestrial relations, the great Russian scientist-biophysicist A.L. Chizhevsky showed that the radiant energy of the sun is a powerful biological actor and fluctuations in its amount cause changes in the Earth's organic nature, including intellectual and social life of a man and society. He was the first to give a justification of life as a cosmic phenomenon, to point to the leading role of the philosophical principles of harmony and rhythm in the knowledge of the Universe, to apply such concepts as cycle, period, and rhythm for describing the phenomena both of a cosmic order, and at the deepest level of atomic and molecular processes occurring in the human body, he laid the foundations of rhythmodynamics.

Keywords: A.L. Chizhevsky, life as a cosmic phenomenon, harmony and rhythm, rhythmodynamics.

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