

I. P. PAVLOV

**PSYCHOPATHOLOGY  
AND PSYCHIATRY**

# I. P. PAVLOV

## **PSYCHOPATHOLOGY AND PSYCHIATRY**

### SELECTED WORKS

COMPILED BY PROF. Y. POPOV,  
MEMBER OF THE U.S.S.R. ACADEMY OF MEDICAL SCIENCES,  
AND PROF. L. ROKHLIN

FOREIGN LANGUAGES PUBLISHING HOUSE

TRANSLATED FROM THE RUSSIAN  
BY D. MYSHNE AND S. BELSKY

TO THE READER

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## FOREWORD

The formation of scientific psychiatry at the end of the eighteenth century and its progress in the nineteenth century were determined, in the main, by the enormous influence of materialist philosophy and developing natural science.

In France, as a direct effect of the ideas of the French materialist Enlighteners, psychiatry was developed on a materialist basis by such prominent physicians of that time as Philippe Pinel and Jean-Étienne Esquirol.

Wilhelm Griesinger, the founder of German scientific psychiatry, averred that mental diseases were diseases of the brain and held that mental activity was reflex activity.

Interpreting mental activity, in both its normal and pathological manifestations, from the materialist point of view, Henry Maudsley, a well-known British psychiatrist, elaborated, in application to psychiatry, Charles Darwin's ideas of the evolution of the organic world.

Last, but not least, it should be observed that Benjamin Rush, the founder of American psychiatry, progressive scientist and one of the signers of the Declaration of Independence, was even persecuted for his materialist views in the field of psychiatry.

Developing along these materialist lines, scientific psychiatry at the end of the nineteenth century joined general medicine in interpreting and classifying mental disorders. Thanks to the studies of the outstanding German

psychiatrist Emil Kraepelin and the eminent Russian psychiatrist Sergei Korsakov, psychiatry was able, like general medicine, to adopt the clinico-nosological principle of dividing the mental disorders into separate clinico-nosological unities. On a broad biological basis and by various general clinical, as well as clinico-laboratory, methods (biochemical, pathoanatomical, etc.) of studying mental patients, different mental diseases, well known to modern psychiatrists, were identified and comprehensively described. Side by side with the materialist tendencies in psychiatry there were also idealist trends. Of the latter, the theory of psychoanalysis developed by the Viennese physician Sigmund Freud acquired particular importance, especially since this conception had been exported at the turn of this century to the United States of America.

In our days the Freudian idealist interpretation of the causes and mechanisms of mental disorders has been modernised in the form of various trends of psychodynamic, "depth" psychology. This "depth" psychology finds different manifestations in different countries. In the U.S.A., in addition to psychoanalysis formulated in its initial form by Freud himself, Neo-Freudian "socio-cultural" conceptions of Horney, Sullivan and Fromm have of late gained particular currency. Side by side with Carl Jung's "depth" psychology, existential analysis, particularly vigorously propagandised by L. Biswanger, has won great influence in West Germany and, especially, in Switzerland. In France the psychiatrists Pierre Aboulker,<sup>\*</sup> Ch. Brisset, L. Chertok, M. Sapir et al., grouped around the journal *Revue de médecine psychosomatique* and the Society of Psychosomatic Medicine, are developing the Neo-Freudian conceptions of the psychosomatic and "socio-cultural" trend of American psychiatry.

The proponents of Neo-Freudism and individual "depth" psychology also actively oppose the application of the clinico-nosological principle in psychiatry. The prevalence of the afore-mentioned idealist, subjective-psychological prac-

tices in modern psychiatry is responsible for the deep ideological crisis experienced by psychiatry in Western Europe and the U.S.A. today. A very brief analysis of this ideological crisis warrants the following conclusions.

There is a clear discrepancy between the aforesaid trends in modern psychiatry and its practice, especially in the field of therapy of mental diseases.

From the point of view of therapy psychoanalysis has clearly revealed its practical barrenness. Meantime, the 1920s-1930s saw the beginning of active biological therapy of psychoses. Its most important achievements have been insulin shock therapy (Sakel), prolonged sleep treatment (Kläsi et al.), and convulsive therapy (Bini, Cerletti and Meduna). Of late, so-called psychopharmacology has assumed particular significance. One of the most important landmarks in its development was the treatment of mental patients with neuroleptic agents by the French scientists Delay and Deniker in the beginning of the 1950s. The enormous successes and extensive spread of chemotherapy of mental diseases have increasingly shown the total untenability of the psychoanalytical conceptions which refuse to recognise mental disorders as a result of pathological changes in the brain.

Psychoanalysis has also been unable, in any of its varieties and modifications, to explain scientifically the mechanisms of therapeutic action of the "psychotropic" agents and to use these data for a theoretical interpretation of the origin and essence of mental disorders. In view of this, modern psychiatry has revealed a tendency to diverge from the idealist, subjective-psychological interpretations of mental pathology and to adopt a scientifically substantiated physiological explanation of the causes and essence of psychopathological phenomena. This has, naturally, enhanced the interest of progressive modern psychiatrists in studying and elaborating the ideas of the great Russian physiologist I. P. Pavlov in the field of pathophysiology of different mental disorders. Pavlov's

materialist teaching on higher nervous activity has made it possible to apply the objective method of research also to the field of psychiatry. It has paved the way to a consistent study of the material substrate of mental diseases and has enabled psychiatrists to discover the regularities underlying the mental disorders.

Individual, as well as groups of, psychiatrists who recognise Pavlov's physiological teaching on higher nervous activity as the theoretical basis of modern psychiatry have now appeared in a number of countries. The growing tendency to find a way out of the ideological crisis in modern Western psychiatry through a revision of the latter on the basis of Pavlov's physiological teaching on higher nervous activity has likewise found its reflection in the Pavlovian Conference called by the New York Academy of Sciences (October 1960).

However, many psychiatrists in West European countries and in the U.S.A. are unable to satisfy their interest in Pavlov's teaching and in his conceptions in the field of psychiatry and psychopathology. This is due, in particular, to the fact that no special editions of Pavlov's works on questions of psychiatry have been published in these countries. It is the aim of the present edition to make up for this deficiency.

The present edition of Pavlov's selected works dealing with problems of psychiatry is an English translation of the considerably enlarged collection of his works entitled *Psychopathology and Psychiatry* and published under the editorship of L. Orbeli by the U.S.S.R. Academy of Medical Sciences on the occasion of the 100th Anniversary of Pavlov's birth.

The book is a collection of Pavlov's papers written at different times and offering a physiological interpretation of various psychopathological symptoms, syndromes and mental diseases, especially so widespread a disease as schizophrenia. The book also contains Pavlov's articles which throw light on his teaching on types of nervous sys-

tems and experimental neuroses. These articles are very important for understanding the pathogenesis of various psychogenic disorders, reactive states, neuroses and psychopathias, i.e., problems of so-called borderline psychiatry.

Some of Pavlov's articles published in the present edition deal with various aspects of his physiological teaching on higher nervous activity, particularly his conceptions of inhibition, sleep and hypnosis, with which the reader must familiarise himself to gain a better insight into his point of view on the physiological bases of mental disorders.

Pavlov's articles published in this collection were translated from the Second Edition of his *Complete Works* (U.S.S.R. Academy of Medical Sciences Publishing House, Moscow and Leningrad, 1951). The works are arranged chronologically, as they appeared in print. This arrangement will enable the reader to trace the evolution of his views on the various questions treated in the book.

As an afterword the book contains two articles contributed by its compilers. Y. Popov's article gives a general appraisal of the significance of Pavlov's works in the field of psychiatry. L. Rokhlin's article deals with Pavlov's conception of schizophrenia.

The book is supplied with notes compiled by Rokhlin, which, in addition to bibliographical references and comments on Pavlov's works in the scientific press, include some of his statements made at "Pavlovian Wednesdays", the regular scientific conferences of his laboratory staffs ("Pavlovian Wednesdays", Volumes I-III, Moscow and Leningrad, 1949. Russ. Ed.).

The compilers of this edition hope that it will attract the attention of psychiatrists, neuropathologists, psychologists, physiologists and whoever else wishes to gain a deeper insight into the problems of psychiatry from the standpoint of the physiological teaching on higher nervous activity.

Y. Popov and L. Rokhlin



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