ABSTRACT
This article traces the professional historical trajectory of promoting health and well-being through investigations and interventions in environmental health, associated with education for university, intersectoral and interdisciplinary sustainability based on the vitalist philosophy of Samuel Hahnemann and determinations established by the Brazilian Ministry of Health . Scientific initiation activities developed rational skills for thinking aimed at solving local problems regarding sustainability with raw plant extracts and ultra-diluted and energized solutions for animal welfare. In parallel, there was the construction of competence in environmental ethics in line with the concept of

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environmental health, the new Brazilian code of medical ethics and the concept of one health. We declare that there are no conflicts of interest.

**Keywords:** Environmental health; environmental ethics; one health; homeopathic philosophy; animal welfare.

**RESUMO**

O presente artigo traça a trajetória histórica profissional de promoção à saúde e bem estar através de investigações e intervenções em saúde ambiental, associados à educação para sustentabilidade universitária, intersectorial e interdisciplinar fundamentada em filosofia vitalista de Samuel Hahnemann e determinações estabelecidas pelo Ministério da Saúde do Brasil. Atividades de iniciação científica desenvolveram habilidades racionais para um pensar voltado à solução de problemas locais quanto à sustentabilidade com extratos vegetais brutos e soluções ultradiluídas e dinamizadas para o bem estar animal. Em paralelo, houve a construção de competência em ética ambiental em consonância ao conceito de saúde ambiental, ao novo código de ética médica brasileiro e ao conceito de saúde única. Declaramos não haver conflitos de interesse.

**Palavras-chave:** Saúde ambiental; ética ambiental; saúde única; filosofia homeopática; bem estar animal.

**RESUMEN**

Este artículo traza la trayectoria profesional histórica de la promoción de la salud y el bienestar a través de la investigación y las intervenciones en salud ambiental, asociadas a la educación universitaria, intersectorial e interdisciplinaria de la sostenibilidad basada en la filosofía vitalista de Samuel Hahnemann y las determinaciones establecidas por el Ministerio de Salud de Brasil. Las actividades de iniciación científica desarrollaron habilidades de pensamiento racional orientadas a la resolución de problemas locales de sostenibilidad con extractos vegetales crudos y soluciones ultradiluidas y dinamizadas para el bienestar animal. Al mismo tiempo, se construyeron competencias en ética ambiental en consonancia con el concepto de salud ambiental, el nuevo código brasileño de ética médica y el concepto de salud única. Declaramos no tener conflictos de intereses.

**Palabras clave:** Salud ambiental; ética ambiental; salud única; filosofía homeopática; bienestar animal.

**1. Background**

The environment can be related to health in different ways, that is, with the various environments that can be: natural, artificial, cultural, work and genetic heritage; such as the house, the rural and the urban, the forests, the rivers and the oceans. The environment contains life support, such as air, food, water for human use and consumption, fuels, biochemical compounds, climate, soil; and also the non-material benefits obtained from ecosystems, such as leisure, cultural aspects, among others. All human action has, to a greater or lesser extent,
positive and negative impacts on the environment (BR, MS, 2022).

Environmental Health comprises the area of public health related to the interaction between human health and factors in the natural environment and the environment altered by human activities that determine, condition and influence it, with a view to improving the quality of life of human beings, from the point of view of sustainability (BR, MS, 2022).

The term “one health” emerged in the early 2000s. However, the perception that there is a close relationship between human, animal and environmental health comes from ancient civilizations. In Latin America, for example, the perception of health in humans, animals and the environment, as well as the recognition of their interconnection, can be attributed to the traditional knowledge of indigenous peoples. Following the global movement, Brazil established, through law no. 14,792, of January 5, 2024, the National One Health Day (synonymous with One Health), to be celebrated annually on November 3, with the objective of raising awareness in society about the inseparable relationship between animal, human and environmental health (BR/GOV/MS, 2024).

In this context, the One Health approach offers possibilities for developing and implementing programs, public policies, legislation and research, in which different sectors and disciplines collaborate to achieve better results in human, animal, plant and environmental health strategies. By working to implement joint responses to health problems, the One Health approach makes it possible to carry out and improve integrated actions that collectively contribute to:

- Surveillance, prevention and control of zoonoses and neglected tropical diseases and vector-borne diseases (GOMES et al., 2023, a);
- Qualification of prevention, preparation and response to epidemics and pandemics (LAFFH, 2021; MACHADO/Duigó-TUKANO et al., 2023; 2024);
- Promotion of food security and transformation of agri-food systems (OLIVEIRA et al., 2019; DELAUNAY DE SOUZA et al., 2023, a)
- Combating resistance to antimicrobials (CAZUMBÁ et al., 2023);
- Control of chemical, biological and physical contaminants (KATHAR et
al., 2023; FREIRE SOUZA SILVA et al., 2023; HANSEL-MARTINS et al., 2023);
- Protection of biodiversity and improvement of ecosystem management (GASPAR et al., 2023)
- Coping with and adapting to climate change (BORSATO et al., 2021; WASIM et al., 2021; GASPAR et al., 2022);
- Awareness about the relationships between human, animal, plant and environmental health (CRUZ FILHO et al., 2023; HANSEL-MARTINS et al., 2023);
- Among other themes (MUSMANNO et al., 2020; 2023).

“One Health” is based on transdisciplinarity and multisectorality. Thus, all professional activities and all sectors (public and private) that have a relationship - directly or indirectly - with human, animal, plant and/or environmental health, can be included in the One Health approach; whether at the local, regional, national or global level. Furthermore, any citizen can adopt practices based on the One Health perspective, incorporating healthy and sustainable actions into their daily lives, as also discussed by MACHADO/Duigó-TUKANO et al. (2023; 2024).

Professor Marcus Zulian Teixeira (2021, pg 18) commented on his study on the thought of Samuel Hahnemann: “in the same reference, [Hahnemann] makes clear the identity of the “vis medicatrix” with the vital force, “instinctive, irrational, unreflective, subject to the organic laws of our body”, so keeping the body’s conditions in balance as long as it is healthy, and causing revolutionary disorders when health is disturbed. He further clarifies the issue, citing the conceptualization of vis medicatrix according to Hippocrates, brought by Leduár De Assis Rocha in his work Aphorismos.

Hippocrates is thus a watershed, as said by prof. Clementino Fraga: “In organic intimacy, the main pillar of defense, guaranteed by protective mechanisms, is the vis medicatrix, which the oldest of us all, our holy master Hippocrates, had already perceived in the mystery of vital reactions, guardian of individual defense!” (APHORISMS, p. 27 In ZULIAN TEIXEIRA, 2021).

With this understanding, since 1995 we have sought to work with ultra-diluted and energized solutions in addition to homeopathic medicines to solve
well-defined environmental problems. In addition to chemical markers, we sought to identify pathogenic markers (KUSTER & FERRO, 2003) for the development of appropriate laboratory and field investigations for the plant kingdom with high ultra-diluted and dynamized solutions (HUD), using the Hahnemannian method of multiple flasks and their respective controls. A challenging and complex study in itself, due to its necessary multifactorial and interdisciplinary approach, initially guided by repertorial and constitutional studies (APOLINÁRIO et al., 2000; VARRICCHIO, 2001; both in HANSEL-MARTINS et al., 2023).

After these trials, health education work focused on sustainability and diversity was developed. Basically focused on neglected chronic and parasitic diseases, by the Environmental Health, Parasitology, Bioethics Project of the Laboratory of Immunoparasitology and Toxicological Analysis of the Faculty of Pharmacy of the Federal University of Rio de Janeiro. For this reason, it was necessarily necessary to address preventive health and animal welfare issues, in an interdisciplinary and intersectoral manner. Here, the joint participation with the Homeopathy Service of the 7th Ward of the Hospital Geral Santa Casa da Misericórdia in Rio de Janeiro/Brazil will be mentioned.

2. Objectives

Trace the historical path of scientific investigations for research with plant extracts and ultra-diluted solutions energized by the Hahnemannian method, and teaching ethics in research and environmental ethics exemplified through Care and Primary Health Care for animals.

3. Methodology

Case study (report of the process over the years – VENTURA, 2007).

4. Results

As proposed by MALLAVADHANI et al. (2006), we sought to establish plant chemical markers using HPLC/UV as markers of toxicity, potential adaptogenic pharmacological activity and action on the reticulo-endothelial system, aiming for subsequent correlation with illness patterns for homeopathic
pathophysiology and semiology. Results of preliminary analysis of chronic toxicology tests by weighing the liver and spleen of healthy mice, with histopathological analysis and the peripheral behavior of leukocytes, found relevant differences and, in some aspects, even contrary to the observations of Klein and collaborators in 1995 (VARRICCHIO, 2008; VARRICCHIO et al., 2008a, b). Therefore, they brought information that helped in the development of new classic acute and chronic toxicology protocols, in accordance with the recommendations of the Health Surveillance Agency - MS/ANVISA - (WASIM et al., 2020; MUSMANNO et al., 2020).

Based on the National Curricular Guidelines (2014), the New Code of Medical Ethics (2018) and existing public policies, over the years we have developed teaching via the hidden curriculum of Homeopathy and plant extracts in basic research; of Bioethics in Research and Clinical Bioethics at the Interethnic and Intercultural Clinic. Since 2018, Environmental Ethics has been taught in the Homeopathy Service located in the 7th Ward of the Hospital Geral Santa Casa da Misericórdia in Rio de Janeiro (MUSMANNO et al., 2020; 2023).

It is important to clarify that in Brazil, both research methodologies, using crude plant extracts and ultra-diluted and energized solutions, do not require patent applications or sophisticated techniques (VARRICCHIO & LAGE, 2020). Including because many belong to traditional regional knowledge (SERVIÇO DE HOMEOPATIA 2020; 2021, a, 2022; HANSEL – MARTINS et al., 2023). By not exhibiting a conflict of financial interest, the trials offered a lot of agility in the returns made, reaching some of the sustainable development objectives previously recommended by the international society of psychiatry (PATEL et al., 2018; MUSMANNO et al., 2023).

Furthermore, to Environmental Health and Environmental Ethics, the committed performance of veterinarians stands out for the effective promotion of the concept of single health and for the promotion of animal well-being. Both through research upon high ultra-diluted and dynamized solutions (HUD), evocative of adaptogenic responses and as well as over the years when courses, lectures, meetings in hybrid format for philosophical (inter) cultural coffees, events, journeys, publications were held, already gathered by MUSMANNO et al. (2020) and CRUZ FILHO et al. (2023).
As for the different activities aimed at animal welfare carried out from 2020 onwards, they are shown in Table 1:

<table>
<thead>
<tr>
<th>Authors/Speakers</th>
<th>Theme/Event/Year</th>
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Source: Environmental Health, Parasitology, Bioethics Project Website – Immunoparasitology and Toxicological Analysis Laboratory of the Faculty of Pharmacy of the Federal University of Rio de Janeiro. Ilha do Fundão Campus (https://sites.google.com/view/lipat/sapb).

5. Discussion

Environmental Health is described as part of Public Health that deals with forms of life, substances and conditions around man that can exert some
influence on his health and well-being. Vulnerability to diseases, environmental exposure and their effects on health are distributed differently depending on individuals, regions and social groups, and are related to poverty, the model of social and economic development, culture, the organization of the territory and the educational level, for example (BR/MS, 2022).

Production activities, in particular, alter the environment in a more significant way, generating human exposure to possible negative health effects. Exposure to the conditioning and determining factors of the environment does not affect all people in the same way, causing adverse effects on health, which vary according to their individual characteristics (habits, predispositions, genetic characteristics, among others) and social (class social status, income, education, among others) (BR/MS, 2022).

Conditions of vulnerability result from social processes and environmental changes, which is called socio-environmental vulnerability, as they combine:

- Social processes related to precarious living conditions and social protection influenced by work, income, health and education, as well as aspects linked to infrastructure, such as healthy and safe housing, roads and sanitation, which make certain population groups vulnerable, especially women, children and low-income people (BR/MS, 2022);
- Environmental changes resulting from environmental degradation, such as occupied environmental protection areas, deforestation of slopes and riverbeds, pollution of water, soil and atmosphere, which make certain areas more vulnerable (BR/MS, 2022).

In summary, socio-environmental vulnerability results from socioeconomic structures that simultaneously produce precarious living conditions and deteriorated environments (BR/MS, 2022).

According to the World Health Organization (WHO), Environmental Health is all those aspects of human health, including quality of life, which are determined by physical, chemical, biological, social and psychological factors in the environment (FNS, 2020) and the strategies for damage reduction and environmental recovery are embedded there (HANSEL-MARTINS et al., 2023).

Environmental ethics is a branch of environmental philosophy dedicated to the investigation of ethical problems relating to non-human beings, or nature.
Environmental ethics focuses on promoting a careful and close relationship between human beings and the environment. It aims to provide equity and environmental and intergenerational balance. Furthermore, it is responsible for raising human consciousness with regard to the constructions and dependencies we have on natural resources, as well as animals and plants (MATA & CAVALCANTI, 2002; FREIRE SOUZA SILVA et al., 2023; CRUZ FILHO et al., 2023).

“One Health”, also known as “Single Health”, is the translation of the English term “One Health”. It refers to an integrated approach that recognizes the connection between human, animal, plant and environmental health. Implementing this approach fosters cooperation, from local to global levels, to address emerging and re-emerging challenges such as pandemics, antimicrobial resistance, climate change and other health threats. Thus, the One Health approach transcends disciplinary, sectoral and geographic boundaries, seeking sustainable and integrated solutions to promote the health of humans, domestic and wild animals, plants and the broader environment (including ecosystems) (BR/GOV/MS, 2024).

Conceiving health as something produced personally and collectively also requires a broader look at professional practice, the subject and their objective condition of living and producing the health they need. It allows us to understand that the complexity in which the health-disease process develops in society, suggests that this phenomenon does not only permeate the health sector and is not located only in the territory where individuals live, but in other spaces of coexistence and human construction, such as family, community associations, government policy decision-making spaces, public leisure facilities and facilities, streets, work and intersectoral relations, which, in this case, deal with the dialogue between health and education (BR/MS, 2022).

So, based on the Hahnemannian philosophical context and the Ministry of Health, promising results of trials to help patients with chronic oncological diseases investigated with HUD and natural product (HOBACA et al., 2020; DE SOUZA et al., 2023), in addition to neglected parasitic diseases due to the potential of products natural resources were already being communicated
(CARRUPT et al., 2023; CAZUMBÁ et al., 2023), associated with environmental awareness efforts based on the vitalist concept of the Law of Similarity besides paragraph 9 of the Organon of the Art of Healing by Samuel Hahnemann (ALMEIDA et al., 2022).

These intersectoral and interinstitutional educational movements were focused on the development of cultural and ethical competence, providing effective returns in primary care (FREIRE SOUZA SILVA et al., 2023). Therefore, results obtained from basic research naturally converged towards sustainable development objectives, providing local solutions against the impacts of global climate change, through intersectoral and interinstitutional partnerships (VARRICCHIO et al., 2022, a,b; CRUZ FILHO et al., 2023).

Already proposed by the Homeopathy Service of the 7th Infirmary of HGSCM – RJ, those trials and actions in primary care could be replicated in a way that meets local needs by health professionals themselves with lato sense training in Homeopathy – a medical specialty governed by the Federal Council of Medicine, thus adding its local knowledge and resources to the regional demands of SUS users (MUSMANNO, 2020; BELLIZZI et al., 2022, a, b). But also for drainage, sanitary measures and ideas for environmental restoration to be carried out with the community participation (https://sites.google.com/view/lipat/sapb; MACHADO/Duigó-TUKANO et al., 2023).

When high ultra-diluted solutions and dynamized by the Hahnemannian method of multiple flasks are used, the biological effects are checked by discussing them based on the pathogenetic markers, in accordance with each experimental model used (HANSEL-MARTINS et al., 2024). Therefore, continuing the initial project of this group, investigations in basic research were resumed regarding the potential control of chronic-degenerative diseases (CAZUMBÁ et al., 2023) and neglected diseases, especially zoonotic parasitic diseases (GOMES et al., 2023, a).

The semiological and pathophysiological evaluation of the constitutions and patterns of illness (Psora, Sycosis, Syphyllis) cooperate in the detection of what animal patients were unable to overcome alone in the face of environmental noxia (such as epigenetic conditions - GOMES, 2002 In HOBAICA et al., 2020; MUSMANNO et al., 2020; VARRICCHIO et al., 2023; HANSEL-MARTINS et al.,...
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2022, *apud* HANSEL-MARTINS et al., 2024), as it was already better explained by Professor Marcus Zulian Teixeira (2021).

Contributed to education aimed at sustainability and health promotion through interinstitutional, intersectoral partnerships pro-public policies (LAFFH, 2021). Actions in environmental education built social values, knowledge, skills, attitudes and competencies aimed at conserving the environment, essential to quality of life and sustainability (GASPAR et al., 2022). There was a predominance of the use of medicinal plants with Brazilian anthropological roots, applicable to small spaces and small groups (GASPAR et al., 2022; 2023, a).

The implementation of our Primary Health Care Practice Service also corresponded to the interdisciplinary and innovative educational practice aimed at sustainability (MUSMANNO et al., 2022; 2023). However, it expresses a deeper meaning about eco-perception, such as the development of the notion of respect and care, perception of richness in the face of diversity, in addition to the development of cultural competence for professional practice towards all living beings in accordance with the New Code of Medical Ethics, especially those under conditions of vulnerability and risk (GOMES et al., 2023, a; CRUZ FILHO et al., 2023).

In this troubled period of climate change, earthquakes and wars, there was a demand for the dissemination of these works produced by students of different nationalities and origins who attended the Homeopathy Service, also directed to animal welfare (WASIM et al., 2021, a; 2022), and new productions related to the mitigation of environmental damage through phytoremediation (KATHAR et al., 2023) in addition to proposals for redirecting activities in the face of imminent environmental problems and accidents (GASPAR et al., 2022; 2023, a).

Educational videos have been gathered and are available to anyone who needs them for free online at the “XV SAPB-LIPAT/FF/DAC/UFRJ Project Event invites: Homeopathy Service of the 7th Ward of HGSCM-RJ & Brazilian Federation of Homeopathy for IV Intergenerational Meeting, Intercultural and Interethnic Humanities” (2023, Oct). By invitation, this educational product was shown at the National Health Week at Estácio de Sá University (CRUZ FILHO et al., 2023).
In summary, innovative interdisciplinary teaching practices were adopted by the Benoit Mure Care, Assistance, Research and Teaching Nucleus, which since 2018 has worked at Homeopathy Service of the 7th Ward of the Hospital Geral Santa Casa da Misericórdia in Rio de Janeiro/Brazil, aiming at interventions to Health Promotion through environmental actions and the design/insertion of health spaces, among them, an intercultural garden (HOMEOPATHY SERVICE – 7th Infirmary of HGSCM -RJ; 2020; 2021, a; 2022; GASPAR et al., 2022; 2023; HANSEL-MARTINS et al., 2024), where kinesitherapy (dog therapy) has been adopted for children with autism, those with neurological diseases and other patients.

Contextualizing these procedures within homeopathic philosophy, Professor Marcus Zulian Teixeira (2021) comments that, in a similar way to Hippocrates, Entralgo describes physis, a term often used to designate the instinctive and automatic strength of the organism, the healing nature of individuals (vis medicatrix naturae). The author considers clear the identification of the vis medicatrix naturae with the Hahnemannian vital force, which, as it is irrational and totally subject to the organic laws of the physical body, requires an intelligent command to act, in a coordinated and beneficial way, in the face of health changes. In the smaller work Value of Systems in Medicine, Hahnemann speaks of the property of the vital force to unite and animate the parts of the human body, distorting it from material nature through automatic actions, making it difficult to represent the vital force as “a being apart” from the living physical body (ZULIAN TEIXEIRA, 2021).

The author continues: We see that the instinctive and automatic vital force has the role of keeping the organism in balance, as long as the state of health prevails, not achieving the same when it is removed from it. In these attempts to keep life in balance, as it does not have the attribute of intelligence, it causes serious damage to the organism. The physical organism, without the vital force, is incapable of any sensation or activity, not even having the capacity for self-preservation, resulting in death and decomposition. The distinction between the vital principle (vitality) and the intelligent principle or spirit (intellectual force) has been clear since the beginning of his works, remaining until the sixth edition of the Organon. Hahnemann clearly differentiates the unity between the physical
body and the vital force (vitality of the organized body) from the rational spirit that directs it (intellectual force that acts within it). (Value of Systems in Medicine, 1808; Hahnemann’s Books, p. 135 In ZULIAN TEIXEIRA, 2021).

Samuel Hahnemann demonstrates admiration for natural philosophy, through the observation of the phenomena and manifestations of Nature, “infallible revelation of the wisdom, power and goodness of God” (ZULIAN TEIXEIRA, 2021, pg.102).

Therefore, due to extensive environmental contamination in water, soil and air, and deposition in rocks, putting animal health and their offspring at risk, research continues (CRUZ FILHO et al., 2023). In Brazil, because we work with raw products, there is no concern about patents, as there are no conflicts of interest (DELAUNAY DE SOUZA et al., 2023, a; GASPAR et al., 2023).

“In the individual's state of health, the non-material vital force (Autocratie) reigns absolutely, which animates the material body (Organism) as Dynamis, keeping all its parts in a vital process admirably harmonious in their sensations and functions, so that our rational spirit that inhabits it can freely use this living and healthy instrument for a higher objective of our existence.” (ORGANON, 6th ed.; § 9; IHFL In ZULIAN TEIXEIRA, 2021).

6. Conclusion

This work was, since its beginning (1994), organized into axes, thus being decentralized to complete stages, with its records cited here. It was possible to work with multi, inter and transdisciplinary teams. This was the meaning of bringing together the different multiplied efforts and the aforementioned essays: Report this journey historically so that it makes sense in its direction, since it corresponds to around 30 years.

The healthy role of peaceful dialogue in intercultural, interdisciplinary, intersectoral and interinstitutional activities is emphasized. This fact denotes the development of cultural and affective skills, and environmental ethics, during maturity in dealing with motivation and care for living beings, when promoting animal well-being.

The contact with animals (dogs and cats) provided by the veterinarians of
this group, also those from outside who occasionally collaborate with this health space - Intercultural Garden III, in several ways involve us in an atmosphere of tenderness and love that naturally uplifts vital energy of everyone involved.

Maybe this lifestyle seems to be our *vis medicatrix naturae*, acting as a natural path to well-being and health, especially to our users (of all ages) who participate: “One Health”.

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