

Waiting for an explanation

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In the field of medicine, both practitioners and researchers are faced with an apparently impossible challenge – to explain what is inexplicable or *resists* explanation. They are presented with symptom pictures that appears incomprehensible and do not conform to familiar natural laws and mechanisms known to medicine and biology. Despite the inexplicable character of symptoms and possible underlying diseases, symptoms are made an object of mapping, categorizing, differentiating and counting.

Due to these efforts, the scientific branch of medicine has invented *metadiagnosis*, or symptoms syndromes, such as Medically Unexplained Symptoms (MUS), Complex Symptoms Syndrome (CSS), Subjective Health Complaints (SHC) and even more *specific labels* concerning *non-specific conditions* like Chronic Fatigue Syndrome (CFS), low back pain (LBP), Irritable Bowel Syndrome (IBS) and Generalized Anxiety Disorder (GAD). Furthermore, and due to general knowledge following the bio-psycho-social model, one concludes that these multi-faceted syndromes are *multi-factorial*. A multitude of causal factors are involved. At the same time one is searching for the ‘one, isolated, underlying, causal mechanism involving the central nervous system’ – the *one-syndrome-hypothesis* (“root cause”).

The symptoms surely do not disclose themselves from “nowhere” or “nothing”. Nevertheless, investigating into the enigmatic landscape behind these medical constructs (metadiagnosis), we are reminded that the diagnostic labels have reference to ground conditions (terms) involving human existence. To an unknown extent, life issues like anxiety, fear, pain, unrest, tiredness/ fatigue, melancholy, loneliness, dependence and vulnerability are involved in these health imbalances.

We must therefore ask: Is it necessarily “causal mechanisms”, as far as we know them from medicine and biology, we should be looking for? Do we need to reconsider our fundamental understanding of causality in these cases – in order to at all be able to approach the domain of unexplainable symptoms? If the mentioned conditions somehow relate to human “ground conditions”, do we at all understand the conception “ground”?