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M. M. GUBERGRITS – A FAMOUS UKRAINIAN CLINICIAN TO THE 140TH ANNIVERSARY OF HIS BIRTH

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Marko Moiseyevich Gubergrits (1886-1851), academician of the Academy of Sciences of the Ukrainian SSR (1949), honored scientist of the Ukrainian SSR (1935), organizer of health care and higher medical school, was a famous clinician in the scientific environment of domestic medicine of Ukraine in the first half of the 20th century. M.M. Gubergrits was born in January 1886 in the city of Dorpat (now Tartu, Estonia) in the family of a doctor.

After graduating from high school, Marko Moiseyevich entered the medical faculty of Yuriev University. In 1905, he transferred to the medical faculty of St. Volodymyr's University in Kyiv, graduating with honors in 1911. He remained to work as a clinical resident in the faculty therapeutic clinic, which was headed by the famous therapist V. P. Obraztsov. Under his leadership M. M. Gubergrits initiated his academic research career, while still a student. The clinical worldview of a medical student is formed under the influence of famous medical lecturers V. P. Obraztsov, F. G. Yanovsky, M. M. Volkovich, L. A. Malinovsky.

At the suggestion of V. P. Obraztsov, M. M. Guburgits went to work in the laboratory of I. P. Pavlov in 1915, where for three years he conducted scientific research that formed the basis of his doctoral dissertation "The Most Advantageous Method of Differentiating External Stimuli". In 1918, he successfully defended his thesis at the Military Medical Academy. I. P. Pavlov highly valued the young scientist. Proof of this can be his offer to Mark Moiseyevich to work in the laboratory, but the future therapist was attracted by the clinic. Of course, scientific work and training under the guidance of a famous physiologist influenced the formation of the scientific worldview of the future scientist. Here M. M. Gubergrits was absorbed by the scientific and methodological principles of nervousness, the integrity of the organism, reflex theory, etc. Later, they write a joint publication "Reflex of Will".

The creative path of the talented clinician M. M. Gubergrits is an example of humanistic service to human health. After returning to Kyiv in 1918, Marko Moiseyovich first headed the infectious diseases department of the Kyiv Clinical Military Hospital and at the same time worked as a non-staff employee in the propaedeutic therapeutic clinic of the Kyiv Women's Medical Institute. In 1919, M. M. Gubergrits gave a series of trial lectures, after which, on the recommendation of V. P. Obraztsov, he was appointed associate professor at the Department of Internal Medicine at Kyiv University; in 1920, he became head of the Department of Private Pathology of Internal Diseases at the Medical Institute. In 1928, the two departments – the Department of Private Pathology of Internal Diseases and the Department of Diagnostics – were united. At the same time, a new department was created – Propaedeutics of Internal Diseases, which M. M. Gubergrits headed until the end of his life. Thanks to his efforts, the clinical base of the department was reorganized. First of all, he managed to provide the clinic and the department with the newest diagnostic equipment at that time, contributed to the creation of a biochemical and physiological laboratory. In addition, the number of beds was increased. In 1931–1934, M. M. Gubergryts headed the endocrinology clinic, and from 1930 to 1941 he headed the medical nutrition clinic, which was later transformed into the Institute of Nutrition. He also worked as a consultant to the Kyiv District Military Hospital for many years.

The scientist's scientific interests are quite multifaceted: physiology and pathology of the circulatory and digestive systems, pain problems, internal medicine, endocrinology, wartime diseases, autonomic nervous system issues, and HNA. While working at the clinic of V. P. Obraztsov, Marko Moiseyevich became interested in cardiology. First of all, he set a goal to have very great skill in advanced technique of electrocardiography. It should be mentioned that the first electrocardiographs in university centers of Ukraine (Kyiv, Kharkiv) appeared in the 1910–1920s, soon after their appearance in Europe. After the clinic of Kyiv University acquired an electrocardiograph, M. M. Gubergrits was sent abroad to the famous clinician F. Kraus to study the basics of cardiography. M. M. Gubergrits was one of the first in our country to apply this technique to study the activity of the heart. In addition, he was the first, who introduced the method of electrocardiography into the educational process for future doctors, which allowed the method to go beside the boundaries of scientific laboratories. The scientist described the presence of a healthy person's III heart sound, gallop rhythm, studied the effect of certain drugs on the heart, the mechanism of heart pain, angina pectoris, and the clinic of painless myocardial infarction. His well-known works are "On the question of the origin of pain in angina pectoris syndrome" (1930), "On the classification of angina pectoris syndrome" (1936), "Pathogenesis of pain syndrome in angina pectoris" (1949).

Another relevant problem of internal medicine, which interested M. M. Gubergrits, was the digestive system disorders. The scientist paid special attention to study of the causes of peptic ulcer disease, diseases of the pancreas and duodenum. Among the key achievements of the clinic, that headed by M. M. Gubergrits, was the first in the country using of a thin probe to study of the functions of the stomach and the development of a technique for palpation of the gastrointestinal tract, the study of duodenitis is of great practical importance for medicine. Furthermore, he discovered a painful point under the xiphoid process. The concept of M. M. Gubergrits on the etiology and pathogenesis of peptic ulcer disease is based on the theory of nerve trophism. In his opinion, the cause of the development of peptic ulcer disease is changes in the trophic innervation of the stomach and the first part of the duodenum. There are a number of interesting studies devoted to the clinic of intestinal and liver diseases, in particular, his famous article is “Liver and Gastrointestinal Diseases and Their Interrelationship”(1942).

Under the leadership of Mark Moiseevich, the method for functional examination of the pancreas was developed. He justified the use of 0.5% hydrochloric acid solution as a secretion stimulant and detailed the clinical features of chronic pancreatitis. This technique was whole recognized by the medical community. It was also established in his clinic that the pancreas is both a secretory and excretory organ. The results of the research are detailed in his works, in particular in the monograph “Functional diagnostics of pancreatic diseases” (1932).

The scientist made a significant contribution to the study of visceral pain – a problem that remains in the focus of attention of clinicians today. In addition to research on pain in the heart, abdominal region, kidney region, etc., M. M. Gubergrits, together with his colleagues, studied the problems of pain in general, which is reflected in a number of works: “To the Problem of Pain” (1933), “On Pain” (1938), “Chemical Shifts in Pain” (1938), “On the Problems of Pain” (1941). According to the scientist’s concept of pain, along with changes in tissue functions and blood chemistry, pain involves changes in regulatory mechanisms, namely changes in hormonal levels and changes in the function of the autonomic nervous system. In turn, this contributes to pathogenic shifts in the function of internal organs. He emphasized the significant role of the CNS and higher brain centers in this process, which perceive pain. From this arises another of his thesis that “pain therapy is the therapy of a sick person”. The primary task of a doctor, in his opinion, is to minimize pain as a pathogenetic manifestation in the mechanisms of disease processes.

It is worth noting another aspect of M. M. Gubergrits’s scientific achievements, namely the study of the role of the ANS and the CNS in physiological and pathological conditions. In the article “On the problem of the vegetative system” he summarizes his views on the functioning of the autonomic and central nervous system. The method of ventriculography has been used to prove the influence of the central nervous system and subcortical centers on the concentration of electrolytes and the tone of the autonomic nervous system. It has been found that certain differences in the concentration of electrolytes are observed in healthy people and patients with various mental illnesses. This, according to M. M. Gubergrits, proves the influence of the CNS on the concentration of electrolytes in the internal environment. Such experiments were aimed at solving certain clinical problems, in particular, clarifying the causes of certain diseases, and also allowed us to monitor, understand and direct the effect of the external environment on the activity of the organism through influences on the CNS.

Several scientific works by M. M. Gubergrits are devoted to the history of domestic medicine. These are articles that highlight the scientific achievements of famous medical figures V. P. Obraztsov, I. P. Pavlov, S. P. Botkin, etc., as well as articles devoted to the achievements of medicine, in particular “Internal Medicine and Its Achievements in Ukraine” (1947).

M. M. Gubergrits was also known for his extensive public, scientific, and organizational activities. He served as a member of the Presidium of the Scientific Medical Council of the Ministry of Health of the Ukrainian SSR, and as deputy chairman of both the All-Union and the Ukrainian Societies of Therapists. For many years, he was a member of the editorial boards of journals such as “Likarska Sprava”, “Klinicheskaya Meditsina”, and “Terapevtichesky Arkhiv”. Under his editorship, numerous medical manuals, handbooks for physicians, research papers, collections, and both original and translated monographs were published, including M. Matthes’s “Differential Diagnosis Textbook”.

For his outstanding achievements to internal medicine, M. M. Gubergrits was awarded the title of Honored Scientist in 1935, and elected as an Academician of the Academy of Medical Sciences of Ukraine in 1949.

Thanks to his outstanding contributions, M. M. Gubergrits took a rightful place in the history of national medicine.