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**EVOLIUCINĖ MEDICINA:
ŽMOGAUS RAIDOS PERSPEKTYVOS IR SVEIKATA
BESIKEIČIANČIOJE APLINKOJE**

**EVOLUTIONARY MEDICINE:
PERSPECTIVES ON HUMAN DEVELOPMENT AND HEALTH
CONSEQUENCES IN A CHANGING ENVIRONMENT**

Rengėjas:

Vilniaus universiteto Medicinos ir sveikatos mokslų
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Organized by

the Doctoral School of Medicine and Health sciences
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THE ORIGINS OF AUXOLOGY AT VILNIUS UNIVERSITY 220 YEARS AGO: ANDRZEJ SNIADOCKI'S INSIGHTS INTO CHILD DEVELOPMENT AND THEIR RELEVANCE TODAY

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A. Sniadecki (1768–1838) was one of the most prominent scientists of the late 18th and early 19th centuries, known for his interdisciplinary and holistic approach to human development. He is regarded as the founder of Lithuanian auxology. In his book "On the Physical Education of Children", he examined children's physical and mental development, emphasising the influence of environmental, social, and cultural factors, viewed human growth through a broad, interdisciplinary lens.

Many of his ideas anticipate modern concepts such as epigenetics and developmental programming. A. Sniadecki analysed child development from parental health, marriage, and pregnancy through infancy, childhood, and puberty, identifying critical growth periods and stressing the long-term impact of early-life conditions on health. He emphasised the unity of physical and mental development, but stressed that physical activity should dominate in early childhood, while intensive intellectual development should begin later. A. Sniadecki described the importance of nutrition, breastfeeding, sleep, hygiene, emotional well-being, and physical activity. He observed that unfavourable living conditions could contribute to early puberty and increase later health risks (what a modern and contemporary approach). His views on disabled children and their individualised care were remarkably progressive. A. Sniadecki advocated support, inclusion, and equal opportunities for all children, making his humanistic ideas relevant even today.

In this lecture, insights into child development and their relevance today will be analysed based on the main chapters of Andrzej Sniadecki's book, the content of which may be completely relevant even for a modern auxology textbook: What to consider when building a marriage; On the care of pregnant women; Rearing Babies; Childrearing from weaning to the end of the seventh year; Raising children after the age of seven or the eruption of permanent teeth; Nurturing maturing youth; Treating children who are naturally weak or sick.

Keywords. Andrzej Sniadecki, growth and development, physical education, Lithuanian auxology, 220 years history