

## Physiological and Psychological Retrogression of Mankind Theory by

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**Abstract:** This theory takes a look at the various changes, physiological, genetic, and psychological and others that Mankind and human race has been facing in modern history. This theory also explores the effect of global pollution, changing environmental conditions and the dramatic psychosocial changes on the future of Mankind. The natural abilities and the power of adaptation of the modern Mankind has declined dramatically. All indicators suggest that Mankind is heading towards speedy physiological and psychological retrogression in which Mankind has already started the journey of a retrogression phase, at the same time generating features in their physiological, psychological status that are progressing and threatening the existence of Mankind on the planet.

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The human anatomy, physiology and psychology has many unique features in comparison to other species. Many theories have stipulated the origin of mankind and human beings ranging from theories on a scientific basis, and those theories that are spiritually originated. The advancements in science have led to a greater understanding of evolution, yet to the date of writing this theory this controversy is still on going. There is also the theory of the intelligent hybrid, the origins of human beings, and this theory joins both the origin of mankind from both evolutionary process and the creation supported by different believes.

With the shifting environmental demands, chemical, biological, and other factors which have polluted the environment of earth and the effect of these factors, have led to many biological, psychological, genetic and social demographic changes in mankind over centuries. The changes in the environment and the effect of above mentioned factors have affected the power of adaptation of many species including that of mankind. Not forgetting the subsequent changes whether overt or recognised genetic mutation.

Evolution and extinction is a natural phenomenon which is applicable to all species. The response to changing environmental conditions, global pollution and the dramatic social changes will make the species to evolve or cause a retrogression. Our ancestors have gone through many changes in the physical appearance, psychological behaviour and changes of their natural adaptation. The scientific record have clearly indicated that over millions of years these changes were remarkable. On the other hand and especially in the last 200 years, there was a

great refinement and adaptation of mankind against the biological and environmental changes in the universe. It has become quite obvious that the decline in this power of adaptation with genetic mutation, and the effect of induced psychological factors such as the effect of the stresses of modern life and the prevalence of physical and psychological violence have led to many indicators that retrogression is a potential path for mankind.

Natural selection has shown the effect over millions of years on the collective DNA. This can cause a degradation can cause mutations which are more harmful than beneficial. These changes in the collective DNA over centuries will occur faster than previously believed.

The continuous onslaught of different factors mentioned above will eventually lead to more psychological variations, many physiological changes and epigenetic expression.

The progressing phenomena, noted in many species could have a negative directional effect on evolution. The new age changes in both biology and the environment, with the massive expansion of the number in the population all, along many factors naturally occurring by chance or by intention. These factors are not often controlled and this uncontrolled direction, with the genetic mutation which naturally occurs, will have a great influence on the retrogression of many species. During our lifetime these changes are slow and few to be observed but over hundreds or years the progression of these changes will be more noticeable.

There is much scientific evidence that clearly indicates the retrogression of mankind in terms of physical appearances and psychological behaviour.

Scientific research done in 2010 show that human skull and brain is growing smaller than our ancestors homo erectus, early human species have shown the measurement of the skull to be that 1.100 cc. This species lived millions of years ago in comparison cro magnonman which have a skull size that it is about 20% larger than the living mankind than human.

Antoiny Blazelu (2) (anthropologist) of the French museum of natural history noted on an initial assessment of co magnonman, this does support research indicating that brain has grown smaller over the past 10,000 years in overall size. Our ancestor had more muscular build up and thicker bones.

Other physiological and physical changes evident by the general reduction of the height, weight, physical endurance, muscular mass, muscular strength, mental and physical tolerance, ability of adaptation to environmental changes and to most of the environmental factors. These factors whether chemical, non-chemical, temperature and various elements of radiations within the earth atmosphere.

Given our creativity and developments in technology and other fields. The question to this answer is that our ancient history does prove that a great architectural structures and ingenious methods for use in many fields of life were thousands of years ahead of its time. In relation to what was available at the time, in the context of resources, education and technology, this clearly indicates that our ancient ancestor were more intelligent than humans of our time. Despite Their limited technology, they made historical breakthroughs which makes their accomplishments even greater. In modern times, the advances in technology makes life, and the use of such technology far easier than that available to our ancestors, arguably making it easier for modern discoveries and developments to be made. The scientific and literary achievements from the dawn of life started by the Sumerians civilization in Mesopotamia were absolutely remarkable. If you compare their accomplishments to ours, it is argued that our ancestors had a greater overall intelligence, ability for inventions and creativity of wonders is proof of their superiority. Until this day it is not possible to accomplish many of their feats. Their secrets of achievements have yet to be unravelled. The invention of language, the wheel, the mathematics, physics, science and the master pieces in art and literary like the epic of creation, Enuma Elish to the epic of Gilgamesh still remains to be one of the wonders of the world.

A revolutionary biologist, Ray Lancaster (3) mentioned the possibility of the process of natural leading to devolution. Lancaster also states that higher forms may have existed in the past, of which

degenerated into simpler forms. Anton Dohtn (4) indicated that there is a degenerative process of evolution based on his studies of vertebrates. Cordats were said to be degenerated because of their environmental conditions, and lampreys being degenerated fish. The reasoning for such is that there is no evidence their jawless state is a feature passed down through its ancestry, but is a product of the adaptation to the environment, specifically due to parasitism. Peter. J. bowler (5) advocated that devolution was taken seriously by supporters orthogenesis and believed that there was a direction in evolution.

Alpheus Hyatt performed extensive studies of fossils of invertebrates and believed that Ammonoids initially developed through regular stages. However, these Ammonoids dissented to a previous level due to unfavourable conditions. This was described as a form of Lamarckism.

Carl.H.Eigenmann (6) concluded that cave evolution was essentially degenerative. William.Morton.Wheeler and the Lamarckian Ernest MacBride supported degenerative evolution and according to Macbride, invertebrates were actually degenerative vertebrates. This logic was founded on the belief that crawling on the seabed was inherently less stimulating that swimming in water.

Global warming and the generally extraordinary chemical pollution, which has become more aggressive in the past 100 years, and has had a great influence on the retrogression of the human race. There is no doubt that any biological retrogression of mankind goes also in line with the psychological retrogression. Not only will chemical pollution have on effect on the psychology of human beings, but the new stresses of modern life violence, wars and the overcrowded population has, and certainly will be heading towards the retrogression of the psychology of mankind.

The instinct of survival become more dominant in controlling the behaviour of modern mankind, adding to that the behaviour resulted from psychological, social and the unrecognised psychiatric diseases and conditions has skyrocketed in modern life, especially those relating to behaviour and degradation of conscience. Many of these could indicate a changing in the biological and hormonal balance of mankind. In general, research suggests that physiological retrogression and general biological retrogression can be seen by comparing the modern human's physical capabilities to that of our ancestor. The shorter height, lower running speed and lower tolerance to environmental stimuli are examples of this. Biological diseases are also a factor, enzyme defects, and chemical pollutions, radiation which will lead to future and further genetic

mutation. Even the retrogression of psychological behaviour will effect gene memory which will be transmitted to offspring.

The other form of retrogression in human beings is that of linguistic retrogression. Our ancestors created great literary pieces, evident by great Sumerian pieces from the Gilgamesh epic. At a time where language was at its infancy, great poetry and other literary masterpieces were formed. Despite the progression of civilisation, it can be argued that these masterpieces is a wonder and a mystery which cannot be repeated by an educated modern humans. Given the advancement of these pieces, yet the timeline of which they were created would indicate the possibility that most mankind living and controlled by the instinct of survival and aiming for greed have fallen behind in the linguistic, creativity and intelligence. Social retrogression, evident in our modern time, which seems to carry the finger print of an early human tribal mentality. This mentality has escalated to the extent that it appears to exist in many aspects of modern life, and in what appears to be an increase in 'cult's culture'.

Psychological retrogression is also evident in our modern time, with the violent mentalities and aggression in modern human becoming wider spread among communities and gradually becoming accepted as a normal behaviour, even celebrated by some communities the almost accepted.

Language was invented 40,000 years ago and in a very short period of time, in comparison with the process of evolution, human beings has achieved a remarkable linguistic abilities evident by the Arabic poetry in the pre Islamic era. Master pieces in poetry of that time appear unmatched to any kind of poetry since the language was invented. The talent, creativity and celebration of human senses and intelligence evident by, the master pieces of art of Michael Angelo, Leonardo Da Vinci and other artists is also clearly unmatched to date. Music, such as master pieces of Beethoven, Mozart and Tchaikovsky and others is difficult to produce by modern humans. Great philosophers, i.e. Plato (8), Socrates (9), Ibin Sinaa (10), Voltaire(11), Averroes (Ibin Rushd) (12) and many others did shape and influence the evolution of the social makeup of civilisations.

### Conclusion:

In our modern time, the natural abilities and the power of adaptation of mankind has declined dramatically. All indicators suggest that if mankind continuously and strongly controlled by the instinct of survival with extensive exposure to environmental pollution, exposure to immense psychosocial stresses and barbaric violence in society, we are definitely heading towards speedy physiological and psychological retrogression of mankind. The manmade retrogression which has already started and if the above factors continues, it will speed up the phase of the retrogression. It's a matter of time, when most of mankind will be close to his ancestors in many physical features and psychological behaviour and the planet will end up almost non habitable.

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