

In Pursuit of Balance: Bridging Scientific Rigor and Subjective Dimensions in Hair Health

Ademir Carvalho Leite Júnior ¹

¹CAECI Editorial

*Correspondence: ademirjr@ademirjr.com.br

In 1973, Conducting a scientific journal is a challenge that requires methodological rigor, conceptual clarity, and alignment with international publication practices. This path is even more challenging for me as it unites two backgrounds that have shaped my perspective: medicine, with its scientific, quantitative, and materialist foundation, and clinical, analytical, and Jungian psychology, which taught me to value human subjectivity and the symbolic dimension of experience.

Carl Gustav Jung, in the Zofingia Lectures (1896-1899)¹, warned at the age of 21 about the risks of a science that limited itself to materialism. Jung argued that the critical and rigorous examination of scientific claims themselves paradoxically revealed the limits of purely material knowledge, pointing to dimensions of reality that transcend what can be immediately observed and measured. For him, true scientific investigation, when carried to its ultimate consequences, does not deny the immaterial, but reveals it.

In contrast, materialist thinkers such as Ludwig Büchner, in *Force and Matter* (Kraft und Stoff, 1855)², maintained that all valid explanation should remain within the realm of matter and natural laws. This tension remains alive today: between the need for objective evidence and the recognition of that which cannot be easily quantified.

Friedrich Albert Lange, in *"History of Materialism"* (1866)³, offered a balanced perspective on this debate. Adopting the Kantian standpoint that we can only know phenomena, Lange maintained that neither materialism nor any other metaphysical system has a valid claim to ultimate truth. For him, materialism, with its exact scientific methods, rendered valuable service to empirical phenomenal knowledge, but ideal metaphysics, though they fail in the inner truth of things, have value as the embodiment of high aspirations.

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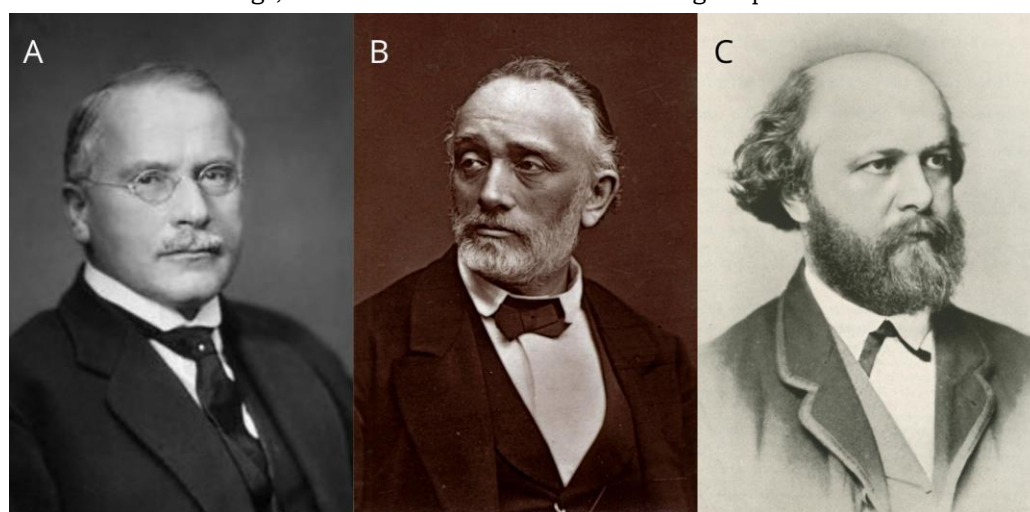


Figure 1: A – Carl Gustav Jung, B - Ludwig Büchner, C- Friedrich Albert Lange

It is fundamental to recognize that evidence-based science is not synonymous with reductionism. On the contrary: it is indispensable for ensuring quality, credibility, and real advancement in clinical practice and research. The risk arises when this same science is interpreted reductionistically, as if that which cannot be immediately measured has no value. On

the other hand, subjective experience, clinical intuition, and the symbolic dimensions of human existence cannot override objective data, but rather complement them, offering broader understanding of the health-disease phenomenon.

At the Brazilian Journal of Hair Health, we believe that understanding of health is enriched when scientific evidence and human experience engage in dialogue. Rigorous research methods ensure solidity and reproducibility; approaches that value subjectivity, meaning, and context broaden our understanding of the lived experience with disease and healing. As Lange observed, both rigorous empirical knowledge and aspirations that transcend the purely measurable have their legitimate place in the search for truth.

While this editor remains at the helm of BJHH, our role will be to harmonize these two perspectives. Not to establish winners or exclude viewpoints, but to bring together science and experience, evidence and meaning, method and symbol. The journal will continue faithful to the academic rigor that grants it recognition, but open to dialogue with dimensions that make hair health a living, complex, and profoundly human field.

Key Words: Medical Epistemology, Evidence-based Medicine, Clinical Subjectivity

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