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## NATALIA R. KARELINA IS AN OUTSTANDING SOVIET AND RUSSIAN ANATOMIST

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**Abstract.** In November 2023, Natalia R. Karelina, Doctor of Medical Sciences, Professor, Head of the Department of Human Anatomy of the St. Petersburg State Pediatric Medical University of the Ministry of Health of Russia, member of the Board of the Scientific Medical Society of Anatomists, Histologists and Embryologists of Russia, turned 80. Natalia Rafailovna is a graduate of the Leningrad Pediatric Medical University. Since 1967 he has been working as a pediatrician, and since 1970 as an assistant at the Department of Human Anatomy. In 1980 successfully defends his dissertation for the degree of Candidate of Sciences, and in 1994, Doctor of Sciences. From 1995 to 2000 Natalia Rafailovna holds the position of Professor of the Department of Morphology of the Institute of Medical Education at the Novgorod University Yaroslav the Wise, from 2000 to 2003 in charge of it. The activity of Professor Karelina at that time was not limited to the department: from 1995 to 1997. She is the vice-rector for Science, and from 1997 to 2000 — Dean of the Medical and Dental Faculties. In 2003 She was elected to the position of Head of the Department of Human Anatomy of the St. Petersburg Pediatric Medical Academy. In the period 2013–2014 he holds the post of Dean of the Faculty of Additional and Vocational Education. N.R. Karelina is the supervisor of nine PhD dissertations, scientific consultant of two doctoral dissertations. N.R. Karelina is the scientific supervisor of nine PhD theses, scientific consultant of two doctoral theses, author of more than 300 scientific publications. The founder and president of the St. Petersburg Symposium on Morphology, Biochemistry, Normal and pathological Physiology of the child, whose goals are to popularize medical science. The University Administration, the Academic Council, the St. Petersburg Branch of the Scientific Medical Society of Anatomists, Histologists and Embryologists, the Editorial Board of the journal “Russian Biomedical Research”, the staff of the Department of Human Anatomy and students cordially congratulate Natalia Rafailovna, wish her good health, inexhaustible energy and creative success for the benefit of her beloved science and her native university.

**Key words:** Natalia Rafailovna Karelina; Professor N.R. Karelina; St. Petersburg State Pediatric Medical University; human anatomy; morphology.

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## КАРЕЛИНА НАТАЛЬЯ РАФАИЛОВНА — ВЫДАЮЩИЙСЯ СОВЕТСКИЙ И РОССИЙСКИЙ УЧЕНЫЙ-АНАТОМ

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**Резюме.** В ноябре 2023 г. исполнилось 80 лет Наталье Рафаиловне Карелиной — доктору медицинских наук, профессору, заведующей кафедрой анатомии человека ФГБОУ ВО «Санкт-Петербургский государственный педиатрический медицинский университет» Минздрава России, члену правления Научного медицинского общества анатомов, гистологов и эмбриологов России. Наталья Рафаиловна — выпускница Ленинградского педиатрического медицинского университета. С 1967 г. работает врачом-педиатром, а с 1970 г. — ассистентом кафедры анатомии человека. В 1980 г. успешно защищает диссертацию на соискание ученой степени кандидата наук, а в 1994 г. — доктора наук. С 1995 по 2000 г. Наталья Рафаиловна занимает должность профессора кафедры морфологии Института медицинского образования в составе Новгородского университета им. Ярослава Мудрого, с 2000 по 2003 гг. заведует ею. Деятельность профессора Карелиной на тот период не ограничивается кафедрой: с 1995 по 1997 г. она является проректором по науке, а с 1997 по 2000 г. — деканом лечебного и стоматологического факультетов. В 2003 г. избрана на должность заведующей кафедрой анатомии человека Санкт-Петербургской педиатрической медицинской академии. В период 2013–2014 гг. занимает пост декана факультета дополнительного и профессионального образования. Н.Р. Карелина является научным руководителем девяти кандидатских диссертаций, научным консультантом двух докторских диссертаций, автором более 300 научных публикаций. Создатель и президент Санкт-Петербургского симпозиума по морфологии, биохимии, нормальной и патологической физиологии ребенка, в цели которого заложена популяризация медицинской науки. Администрация Университета, Ученый совет, Санкт-Петербургское отделение Научного медицинского общества анатомов, гистологов и эмбриологов, редакция журнала «Российские биомедицинские исследования», сотрудники кафедры анатомии человека и студенты сердечно поздравляют Наталью Рафаиловну, желают ей крепкого здоровья, неиссякаемой энергии и творческих успехов на благо любимой науки и родного университета.

**Ключевые слова:** Наталья Рафаиловна Карелина; профессор Н.Р. Карелина; Санкт-Петербургский государственный педиатрический медицинский университет; анатомия человека; морфология.

Tho' much is taken, much abides; and tho'  
We are not now that strength which in old days  
Moved earth and heaven, that which we are, we are,-  
One equal temper of heroic hearts,  
Made weak by time and fate, but strong in will  
To strive, to seek, to find and not to yield.  
*Alfred Lord Tennysson*

In November 2023 Natalia Rafailovna Karelina, Doctor of Medical Sciences, Professor, Head of the Department of Human Anatomy of the St. Petersburg State Pediatric Medical University of the Ministry of Health of Russia, member

of the Board of the Scientific Medical Society of Anatomists, Histologists and Embryologists of Russia, turns 80.

Natalia Rafailovna is an outstanding Soviet and Russian scientist-anatomist, beloved teacher of many generations of graduates of our university (Fig. 1).

Career of Professor N.R.Karelina began from her student days in Leningrad Pediatric Medical Institute (LPMI), which she entered after finishing secondary school in 1961 (Fig. 2).

After the very first classes at the Anatomy Department Natalia Rafailovna fell in love with the subject once and for all. And she could not help falling in love with anatomy being

taught by brilliant Grigory Ivanovich Korchanov (Fig. 3). He was a radiologist, surgeon, excellent lecturer, expert in teaching methodology, very well educated and intelligent. His high culture, amazing modesty and kindness earned him love and respect of the staff of the Department and students. Grigory Ivanovich gave classes on radiology and headed the study group on dissection where Natalia got her first skills on how to use a scalpel and forceps. She still cherishes the memory of her first teacher reminiscing him frequently.

After graduation in 1967, Natalia Rafailovna left her native Leningrad for Belarus for a career assignment, where she worked as a pediatrician for 3 years. In 1970 there was a turning point in the life of the future professor Karelina — she returned to Leningrad. And she faced the difficult choice of her future specialty — Shall she choose pharmacology (Head of the Department was professor I.V. Markova) or anatomy? Answering the call of her heart and her fate Natalia Rafailovna chose anatomy, where the young lecturer had enjoyed love and care of the same people who had supported her during her student years (Fig. 3): L.N. Korobkova, E.N. Dolgoplova, Z.V. Galtsova, V.N. Verbitskaya, and, of course, G.I. Korchanov. The Department of Anatomy of LPMI was headed by professor Georgy Filippovich Vsevolodov at that time (from 1964 to 1977). G.F. Vsevolodov received the classical anatomical education at academician V.N. Tonkov' school. As a lecturer and methodologist Vsevolodov was a unique person, his methods of presenting the subject were specified by his distinctive personality and



Fig. 2. N.R. Karelina — a student, together with her classmates at the cleaning of the territory (first on the right)

Рис. 2. Н.Р. Карелина — студентка, вместе с однокурсницами на уборке территории (первая справа)



Fig. 1. Professor Karelina Natalia Rafailovna, 2023

Рис. 1. Профессор Карелина Наталья Рафаиловна, 2023 г.



Fig. 3. Grigory I. Korchanov (in the center) in class with students, 1963

Рис. 3. Григорий Иванович Корчанов (в центре) на занятиях со студентами, 1963 г.



Fig. 4. N.R. Karelina is a young teacher with students at the Alma mater, in the center at the table  
 Рис. 4. Н.Р. Карелина — молодой преподаватель со студентами в Alma mater, в центре за столом



Fig. 5. Georgy F. Vsevolodov, staff of the Department of Human Anatomy and students of the FPC, 1971  
 Рис. 5. Георгий Филиппович Всеволодов, сотрудники кафедры анатомии человека и слушатели ФПК, 1971 г.

artistry. Bright lecturing temperament, pitch of his voice, diction, perfect knowledge of the lecture subject attracted listeners. This formed the young lecturer Karelina’s future style (Fig. 4).

Soon Georgy Filippovich Vsevolodov suggested Natalia Rafailovna a theme for her thesis within the framework of the Department’s research “Vascular System in Age-Related aspect” and referred her to the Faculty of Advanced Training of the Department of Anatomy of the Second Medical

Institute named after N.I. Pirogov to Academician Vassiliy Vassilyevich Kupriyanov (Fig. 5, 6).

At the laboratory of microcirculation and electron microscopy under the supervision of experienced staff and academician Kupriyanov himself Karelina acquired new techniques on how to produce preparations for research (Fig. 7).

In 1977 G.F. Vsevolodov retired having worked for LPMI for more than 20 years. From this moment, Margarita



Fig. 6. Academician V.V. Kupriyanov congratulates N.R. Karelina on being awarded the degree of Candidate of Medical Sciences

Рис. 6. Академик В.В. Куприянов поздравляет Н.Р. Карелину с присуждением ученой степени кандидата медицинских наук



Fig. 7. Students of Professor V.V. Kupriyanov at the IX Congress of Anatomists, Histologists and Embryologists (from left to right: V.V. Kulikov, V.N. Levin, N.R. Karelina, V.V. Banin)

Рис. 7. Ученики профессора В.В. Куприянова на IX съезде анатомов, гистологов и эмбриологов (слева направо: В.В. Куликов, В.Н. Левин, Н.Р. Карелина, В.В. Банин)

Alexandrovna Dolgova headed the Department (Fig. 8). Owing to Margarita Alexandrovna Natalia Rafailovna continued her study within her thesis work "Intra-organ small intestine blood stream in the early post-natal ontogenesis". The research was completed in 1979 and in 1980 N.R. Karelina successfully defended it in front of the Dissertation Committee at the Yaroslavl Medical Institute (Fig. 6).

Having won a Candidate degree Natalia Rafailovna did not rest: her scientific work gradually grew to a doctorate thesis on which Margarita Alexandrovna insisted. Thus, by M.A. Dolgova's idea and on academician V.V. Kupriyanov's proposal an agreement on scientific cooperation was concluded between the Department of Human Anatomy of the Leningrad Pediatric Medical Institute and the Department of Microcirculation and Electron Microscopy of the II Moscow Medical Institute. Natalia Rafailovna was attached to the department as a senior staff scientist at the Department of Microcirculation and Electron Microscopy in order to complete her doctorate research.

In 1993 N.R. Karelina was chosen for the position of a senior lecturer of the Department of Human Anatomy of the Leningrad Pediatric Medical Institute.

One year later, in 1994 Natalia Rafailovna successfully defended a doctorate thesis on "Morphogenesis, microscopic anatomy and ultrastructure of the small intestine villi (experimental-morphological study)" in the Dissertation Committee of the Russian State Medical University named after N.I. Pirogov [11, 12]. The thesis advisors were academician of RAMS, Doctor of Medical Sciences, Professor V.V. Kupriyanov and corresponding member of RAMS, Doctor of Medical Sciences, Professor A.A. Mironov.

Having got a Doctorate degree, in 1995 Natalia Rafailovna accepted the position of Professor of the Depart-



Fig. 8. From left to right: Assistant of the department N.R. Karelina and head of the department, Professor M.A. Dolgova discussing the topics of student works of the scientific circle of the department, 1980

Рис. 8. Слева направо: ассистент кафедры Н.Р. Карелина и заведующая кафедрой, профессор М.А. Долгова обсуждают темы студенческих работ научного кружка кафедры, 1980 г.

ment of Morphology of the Institute of Medical Education at the Novgorod University named after Yaloslav the Wise and moved to Veliki (the Great) Novgorod.

At the institute, created almost from scratch, there was a lack of highly qualified academic and teaching staff.

Academician Mikhail Romanovich Sapin recommended Natalia Rafailovna to the University management as a highly qualified, intelligent, active and smart employee. Actively working staff is being formed at the department with



**Fig. 9.** The staff of the Department of Human Anatomy together with the Vice-rector for Academic Affairs, professor V.I. Orel, 2021  
**Рис. 9.** Коллектив кафедры анатомии человека совместно с проректором по учебной работе, профессором В.И. Орлом, 2021 г.



**Fig. 10.** At the meeting of the St. Petersburg branch of the NMOAGE, 2023. From left to right: Associate Professor M.V. Tvardovskaya, Professor N.R. Karelina, Associate Professor E.V. Toropkova

**Рис. 10.** На заседании Санкт-Петербургского отделения НМОАГЭ, 2023 г. Слева направо: доцент М.В. Твардовская, профессор Н.Р. Карелина, доцент Е.В. Торопкова

intensive interaction of academician M.R. Sapin and professor L.E. Etingen: professor G.L. Bilich, professor N.R. Karelina, professor G.S. Katinas, associate professors L.R. Sapozhnikova, O.M. Semyonova, V.G. Kozhukhar and young employees — anatomists, histologists and operative surgeons.

In 1997 Natalia Rafailovna was awarded academic degree of Professor, and from 2000 she headed the Department of Morphology of the Institute of Medical Education.

Natalia Rafailovna devoted a lot of time and energy to creation of the Department of Anatomy museum together with associate professor Oksana Mikhailovna Semyonova. She carried out active methodological work and gave lectures at all faculties of IMO.

The activity of Professor Karelina at that time was not limited to the department: from 1995 to 1997 she is the vice-rector for Science, and from 1997 to 2000 — Dean of the Medical and Dental Faculties.

At that time N.R.Karelina cooperated actively with LPMI departments' staff involving them to deliver lectures and practicals.

In May 2003 she was elected to the position of Head of the Department of Human Anatomy of the St. Petersburg State Pediatric Medical Academics (SPbGPMA) and has headed it successfully for more than 20 years (Fig. 9). Without doubt, all these achievements would have been impossible without the greatest anatomical school that N.R.Karelina went through. She is a successor to anatomical schools of academician M.P. Sapin, V.V. Kupriyanov, and professors G.F. Vsevolodov and M.A. Dolgova. Natalia Rafailovna has a lot of experience in scientific, pedagogical, organizational and methodological work, which definitely helped her in her professional way.

Under N.R. Karelina's leadership, substantial tutorial alterations and additions were made in a lecture course, practicals and examination programme in accordance with new



Fig. 11. II St. Petersburg Symposium on Child Morphology, 2021  
Рис. 11. II Санкт-Петербургский симпозиум по морфологии ребенка, 2021 г.



Fig. 12. From left to right: Professor Radik M. Khairullin, professor Natalia R. Karelina, professor Ivan V. Gayvoronsky with 1st year students, 2022  
Рис. 12. Слева направо: профессор Радик Магзинурович Хайруллин, профессор Наталья Рафаиловна Карелина, профессор Иван Васильевич Гайворонский со студентами 1-го курса, 2022 г.

anatomical terms. Reorganization of educational process was performed.

Since 2005 studies on the complex theme "Morphological traits of human and experimental animal organism systems in ontogenesis, normal state, experiment and pathology" have been carried out on the department led by Natalia Rafailovna.

For more than 10 years Natalia Rafailovna was Scientific Secretary of the Dissertation Committee on specialties like "Human Anatomy" and "Cellular biology, cytology, histology", one of the most respected morphological committees of Russia. Dozens of theses from different regions passed through her hands, which should be carefully reviewed in order to decide whether to admit a thesis

to defense or to make serious corrections and improvements.

In 2013 Natalia Rafailovna was appointed Dean of the Faculty of Postgraduate and Additional Professional Education of SPbGPMA. During her work as dean N.R. Karelina carried out significant reorganization of the dean's office changing approaches and methods of its work.

N.R. Karelina is the scientific consultant of two doctoral theses [6, 21] and the scientific supervisor of six candidate (PhD) theses [2–4, 17, 28, 32]. Professor N.R. Karelina is the author of more than 300 scientific works [5, 7–9, 13, 14, 18–20, 22–27, 30, 31, 33, 36–44] including 8 patents for invention, 12 methodical recommendations, 36 tutorial guides [1, 16, 29], 5 textbooks [10, 15, 34, 35] and 3 dictio-



Fig. 13. N.R. Karelina is a young lecturer at the Department of Human Anatomy, 1972

Рис. 13. Н.Р. Карелина — молодой преподаватель кафедры анатомии человека, 1972 г.

naries [1]. She reviewed articles, dissertations, often is an opponent in candidate and doctoral thesis defense, active participant in the activity of the St. Petersburg Branch of the Scientific Medical Society of Anatomists, Histologists and Embryologists (Fig. 10).

Natalia Rafailovna Karelina is deputy editor-in-chief of the journal "Russian Biomedical Research" and a member of editorial board of journals "Morphology", "Pediatrician", "Periodontology", "Forcipe".

In 2020 N.R. Karelina together with professor R.M. Khayrullin founded and subsequently became president of the St. Petersburg Symposium on Morphology, Biochemistry, Normal and Pathological Physiology of the child, whose goals are to popularize medical science (Fig. 11).

Natalia Rafailovna pays much attention to rising a medical generation, willingly works with students within the framework of a Student Scientific Society, a dissection circle and the "Student-Teacher" project (Fig. 12). It is worth noting that N.R. Karelina headed the Student Scientific Society of the University for a long time. Nowadays as well as in times past she shares her experience, knowledge and wisdom with pleasure and eagerness. At present almost all young lecturers at the department are direct students of professor Karelina.

One cannot help noting Natalia Rafailovna's refined artistic taste, and it is not without reason, because she was

grown up in the family of artists. Apart from this, N.R. Karelina is marked with outstanding willpower, unyieldingness and brilliant organizational abilities, which she owes to her grandfather, Major General Ivan Ivanovich Chezlov. In 1939 he did a 400-kilometer march on the frozen Amur river to the construction site of the city of Komsomolsk-on-Amur without any loss among the soldiers which is a reason for proud in the whole family.

Natalia Rafailovna is a person of everburning energy, optimism and faith in the best, sometimes she can be emotional, strict, but at the same time she is always a very kind and fair, creative, beautiful and charismatic woman (Fig. 13). Whatever happens, she always knows how to help, what to say and what to do. Natalia Rafailovna inspires everybody with her sunny smile and helps to look into the future under new, not always visible angle.

Natalia Rafailovna has got a big and loving family. She is a grandmother, she has got three grandchildren and two great grandchildren, and dozens of devoted disciples for whom she is more than a teacher, who love and appreciate her.

The staff of the Department of Human Anatomy, The University Administration, the Academic Council, the St. Petersburg Branch of the Scientific Medical Society of Anatomists, Histologists and Embryologists, the Editorial Board of the journal "Russian Biomedical Research", and students cordially congratulate Natalia Rafailovna, wish her good health, inexhaustible energy and creative success for the benefit of her beloved science and her native university.

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