

Research Article

Preference Profile of Homeopathic Versus Allopathic Treatment

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ABSTRACT:

Objective: to study the preference profile of homeopathic treatment to allopathic treatment.

Study design: Description Study

Place and duration of study: Homeopathic clinic at one unit chowk, from March 2017 to April 2017.

Study and Methods: Patients who came to homeopathic clinic for check-up, by pre-designed questionnaire.

Methodology: As of 2017, medical students of Quaid-e-Azam Medical college, Bahawalpur spent two months in the study of preference profile of homeopathic medicine. At the end of one month, students filled a pre- designed questionnaire of 23 questions to assess the level of preference of homeopathy compared to allopathy. Data of questionnaires was collected by simple random sampling (100 questionnaires) after taking consent. Patients of both gender who were willing to give data were included in study and those unwilling were excluded. Data was analysed manually, frequency calculated and graphs were made.

Result: in this study, a sample of 100 people from homeopathic clinic was taken. The result showed that there was 72% male predominance in homeopathy users among 85% people who preferred homeopathy over allopathy. 29% were first users. 35% people were those who would go to homeopathic treatment when allopathy does not work. 92% said homeopathy eventually cures the disease. out of 63% who had received vaccination, 9% had received homeopathic vaccine. 26% were aware of what the drugs are made of. 22% used homeopathic medicine because it had no side effect, 44% because of its effectiveness, 9% because its cheap, 24% said it has better taste and the rest 24% used it because of all these reasons.

Conclusion; most people prefer homeopathy because its safe, has no side effects and is also cheap. A prevalent factor is because of adverse side effects of allopathic medicine.

INTRODUCTION:

Homeopathy is a therapeutic system that uses small doses of substances to stimulate auto-regulatory and self-healing process (1). Homeopathy was introduced by a German doctor Samuel Hahnemann 200 years ago. It is based on law of similar described by him as “let likes be cured by likes” and so named it homeopathy. His philosophy was minimal doses can relieve disease in those who have symptoms similar to those created by strong and potent doses of drugs (2). Herbal medicine has been in use since time in

memorial and has remained a pillar content in health care system for the treatment of a range of diseases. Over the past decade, interest in drugs delivered from plants has greatly increased. It is estimated that 25% of all modern medicines are directly or indirectly delivered from plants. (3). Approximately 80% of world’s population relies on herbal medicine to fulfill their daily health needs (Marshall, 1998). According to WHO, because of poverty and lack of access to modern medicine, about 65-85% of world’s population

which lives in developing countries depends on plants for primary health care (Akerele at al. 1993) and seemingly represent an important pillar of disease management. (3).

The world has very long, safe and continuous usage experiences of many herbal drugs in the officially recognized alternative system of health, Ayurveda, Yoga, Saaaha, Homeopathy and Naturopathy. (4). Effects of Homeopathy were more than a placebo response. It has good rate of recovery, effective, considered cheap, less side effects, patient's satisfaction and length of consultation. (5). So most people use this therapy and this is referred to as complementary and alternative medicine or traditional medicine.

WHO represents that traditional herbal preparation is popular in China which accounts for 30-50% of total medicine consumption. (6). Furthermore, homeopathy is used for various viral illness, acute chronic conditions and many other skin ailments, cancer treatment, disease caused by Trypanosomacruzi, diabetes, menstrual irregularities and other conditions like upper and lower respiratory tract allergies and ear complaints. Thus it's considered Pseudoscience. (8). Moreover, in synthetic drug usage, public seems to be fed up due to only symptomatic relief, completion of Rx, increase rate of side effects and high cost whereas in homeopathy, there is ease in administration of dose, high acceptability, best effectiveness and no side effects. (9).

Literature Review:

Homeopathy is a therapeutic system that uses small doses of substance to stimulate auto-regulatory and self-healing process that has been for 200 years based on three principles similarity, minimum doses and symptomatic totality. WHO define CAM as the general continuation of types of health care that are not part of tradition of a country and that are not interrogated into the dominant health care system (1). In a study conducted in Brazil and prevalence of the use of homeopathy by the population of Monte carlos, Minas Gerais, Brazil, the main health problems found in this group, hypertension (9.4%), allergy

(5.4%) and bronchitis (5.4%) followed by depression, sinusitis and hypercholesterolemia. The main reason to seeking was conventional treatment did not have any side effect cost is reasonable and 73% satisfied. (1). Another research conducted in Kenya "Factors associated with the use of Herbal medicine among patients in herbal clinic in Gucha district, Kenya shows that majority of respondents (58.3%) had completed secondary school while (34.7%) were farmer and (38.3%) retail traders. (3). In the study conducted in Malaysia the use of complementary and alternative medicine among patients with chronic disease at out-patient clinics that a large number of patients were married (85%) had children (90.7%). The other type of CAM used by the patients was herbal drugs (24.9%), Yoga (2.8%), traditional chinese medicine (3.4%), tai chi (2.5%), prayer healing (18.7%), qigong (1.56%) and medication (0.93%) etc.

17.6% had family history, patients having adult children that are using their resources by income that influences parents to start CAM. The patients with chronic diseases (63.9%) are using CAM. In a study conducted in Karachi, Pakistan, "Concept of homeopathy among general population in Karachi, Pakistan" shows that females were in slight majority (53.5%) than males (46.5%). among them 70% were married with muslim predominance. more than half of the respondents were either housewives or were related to teaching profession with a highest number in age group between 31-45 yrs. mostly income of patients was between Rs.5000-15000. out of 135 patients who had homeopathic treatment in past, half of them had homeopathic treatment on advice of others and 24.4% had it because it was preferred in the family. a majority of participants (41.5%) preferred homeopathy for chronic disease followed by 24.4% for GIT, LIVER, UTI while 13.3% preferred homeopathy for acute illness.

Objectives of study:

The objective of study was to:

Determine the preference profile of Homeopathic versus Allopathic treatment.

Operationalization:

Homeopathy:

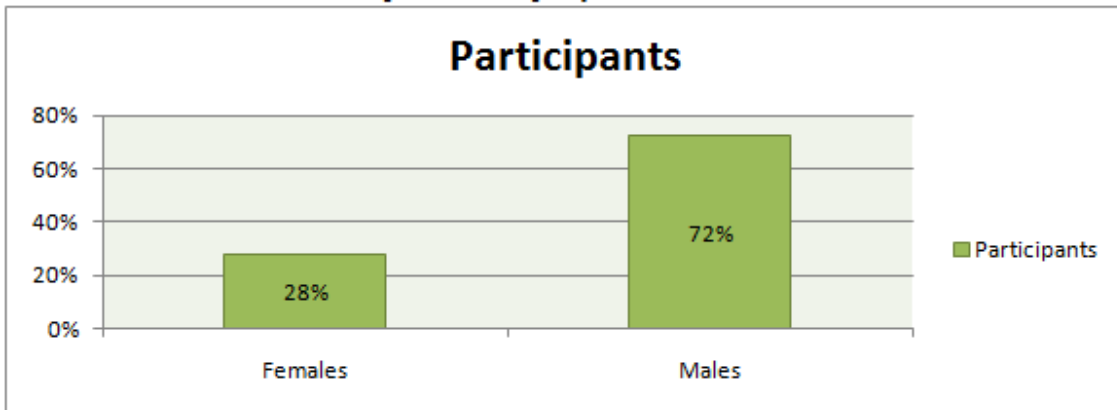
A system of complementary medicine in which ailments are treated by minutes doses of natural substances that in large amount would produce symptoms of ailments.

Research Methodology:

The design of study was Descriptive study. The study setting selected was Homeopathic clinic at one unit chowk, Bahawalpur. The duration of study was from March 2017 to April 2017. Subjects were the patients who came to homeopathic clinic for check-up and the method adopted was by pre-designed questionnaire. A sample of 100 patients was selected and sample was collected by simple Random Sampling

method. As of 2017, medical students of Quaid-e-Azam Medical College spent two months in the study of preference profile of homeopathic medicine. At the end of first month period, students filled a pre-designed questionnaire of 23 questions to assess the level of preference of homeopathy compared to allopathy. Data of questionnaires was collected by simple random sampling (100 questionnaires) after taking consent. Patients of both genders who were willing to give data were included in study and those unwilling were excluded. Researcher translated and then retranslated the form and added answers for convenience of subjects. Data was analyzed manually, frequency calculated and graphs were made.

Graph no. 1: Male to Female ration who prefer Homeopathy



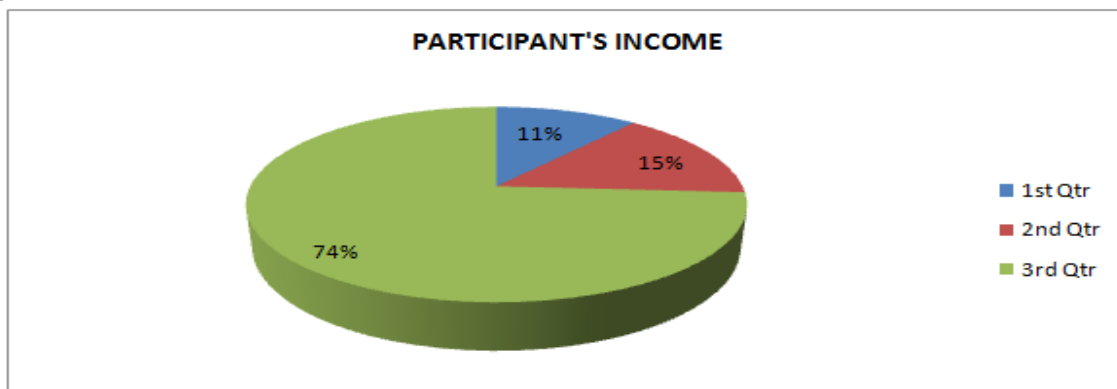
A: females 28%

B: males 72%

Where a=28% females who prefer homeopathy

And b=males who prefer homeopathy

Graph no.2: Income Status of Patient.



a: RS<5000 11%, b: RS.5000-10,000 15%, c: RS.>10,000 74%

Where a =74% people had income of RS<5000

b =15% people had income of RS5000-10,000

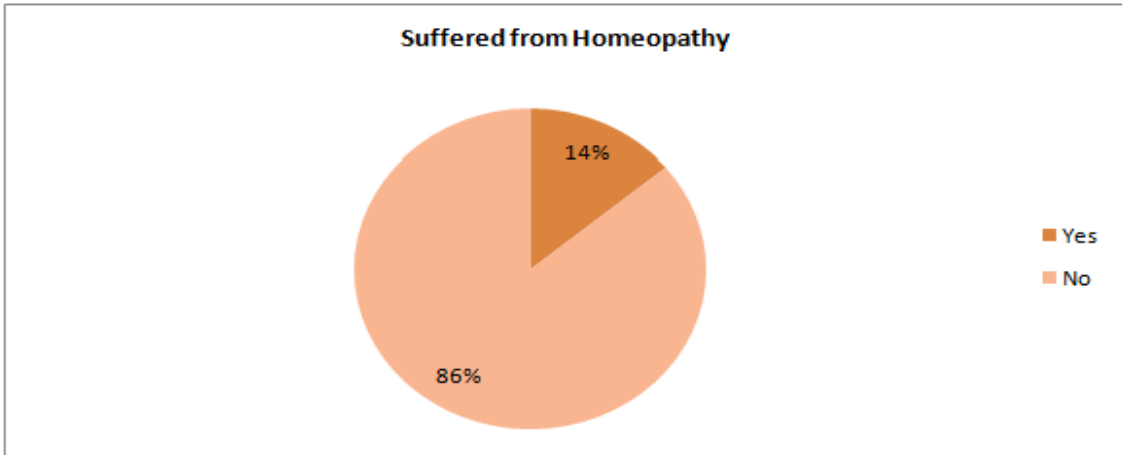
c =74% people had income of RS>10,000

a: I'm sick 65%

b: Allopathy doesn't work 35%

where, a=65% patients go to homeopathic clinic when they're sick and b=35% patients go to homeopathic clinic when allopathy doesn't work

Graph no.6: Have you or any family member ever suffered from Homeopathy?

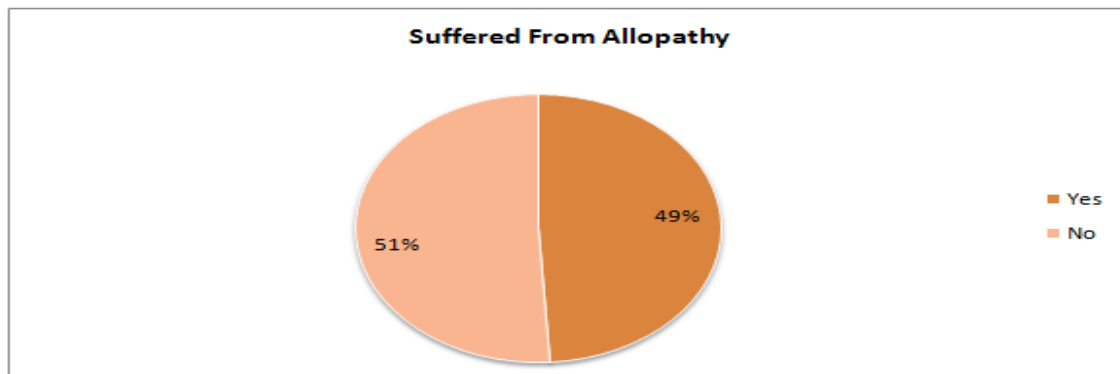


a: Yes 14%

b: No 86%

Where, a= 14% patients said that they or their family member suffered from homeopathy and b=86 % patients said that they or their family member never suffered from homeopathy

Graph no.7: Have you ever suffered because of allopathy



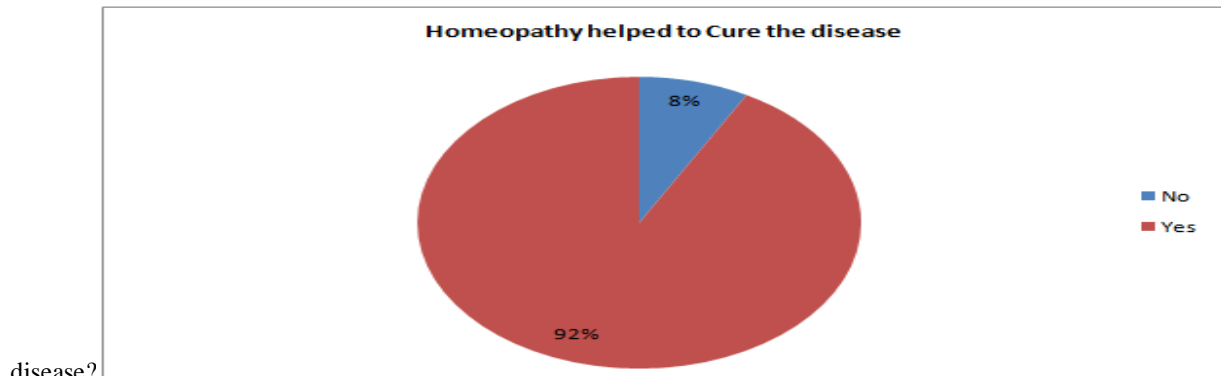
A: Yes 49%

b: No 51%

Where, a=49% patients said they suffered because of allopathic treatment

And b=51% patients said they never suffered because of allopathic treatment

Graph no.8: Did Homeopathy eventually help cure the



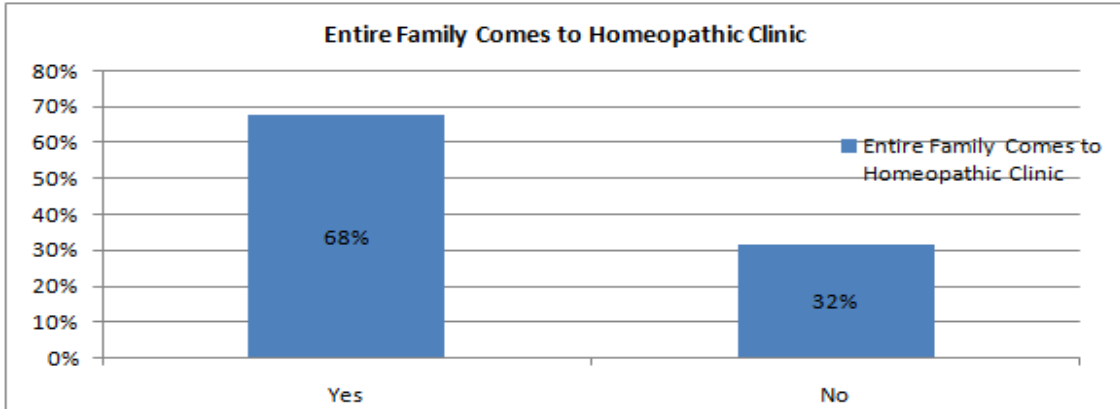
disease?

a: Yes 92%

b: No 8%

Where, a=92% patients said homeopathy eventually help cure the disease and b=8% patients said homeopathy didn't help cure the disease

Graph no.9: Does your Entire Family come to Homeopathic clinic for Treatment?

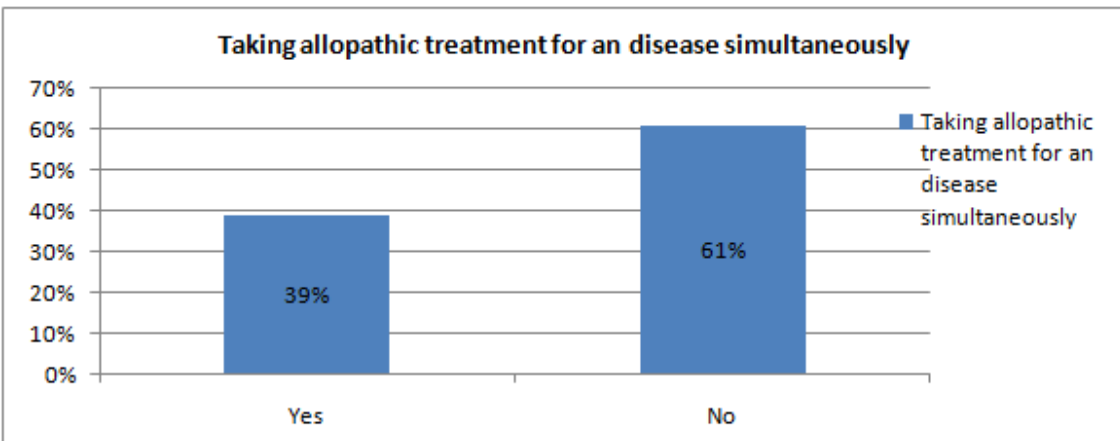


a: Yes 68%

b: No 32%

Where, a=families of 68% patients went to homeopathic clinic And b= families of 32% patients didn't go to homeopathic clinic

Graph no.10: Are you taking Allopathic treatment for any disease simultaneously?

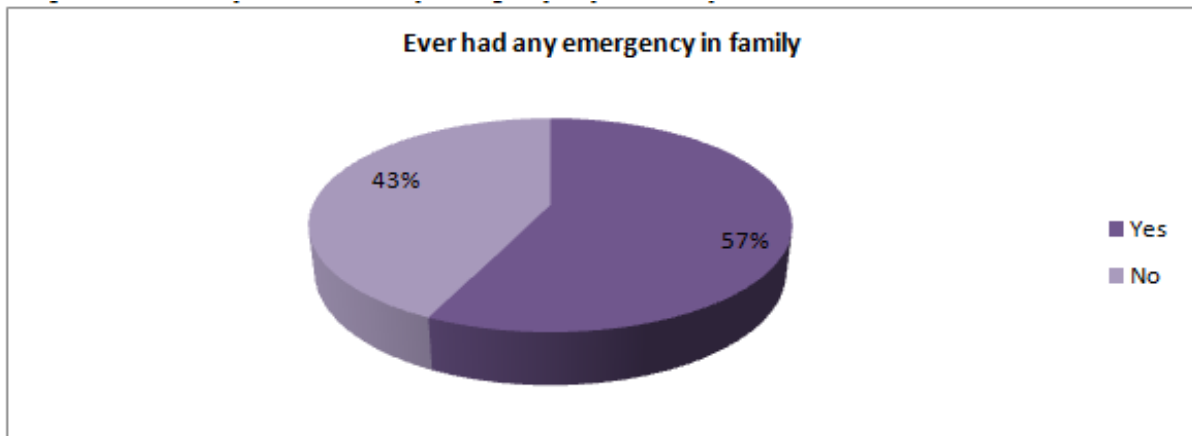


a: Yes 39%

b: No 61%

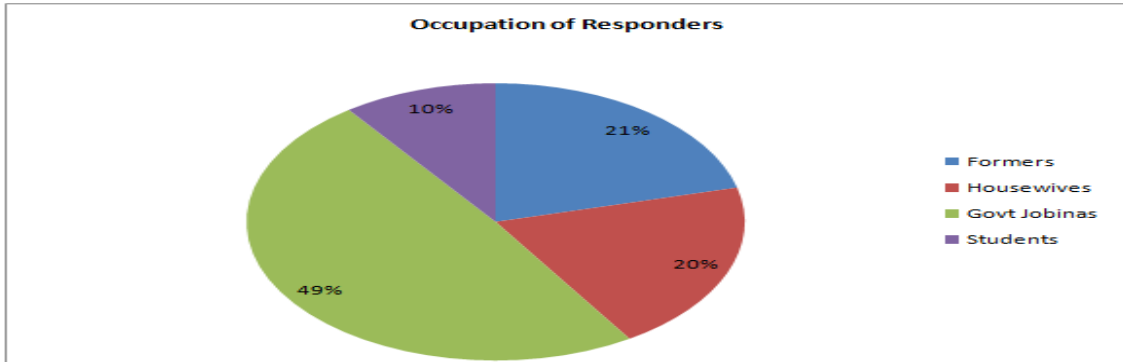
Where, a= 39% patients were taking allopathic treatment simultaneously And b=61% patients weren't taking any allopathic treatment simultaneously

Graph no.11: Have you ever had any emergency in your family?



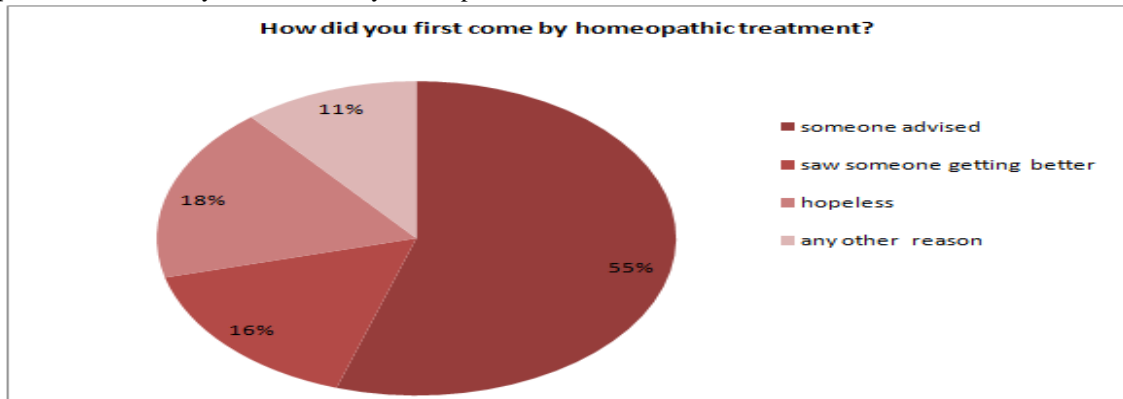
Where, a=60% said homeopathy is more accessible
 b=26% said allopathy is more accessible c=14% said both are accessible

Graph no.18: Occupation of Responders



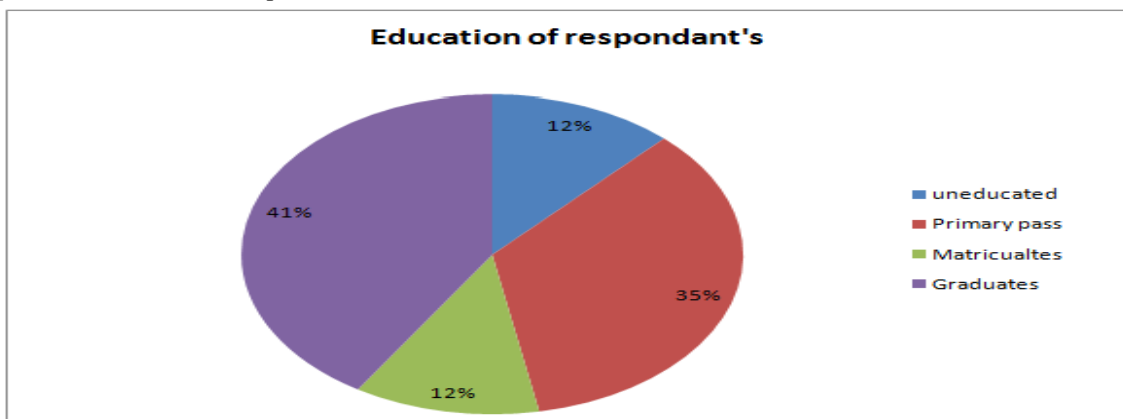
a: formers 21%, b:housewives 20%, c: Gov. jobs 49% and d: Students 10%
 Where, a=21% respondents were formers by occupation
 b=20% respondents were Housewives
 c=49% respondents had Gov. Jobs
 d=10% respondents were students

Graph no.19: How did you first come by homeopathic treatment?



a: someone advised 55%, b: saw someone getting better 16%, c: hopeless 18% and d:any other reason 11%
 Where, a=55% patients first come by homeopathic treatment when someone advised them
 b=16% when they saw someone getting better by treatment
 c=18% when they became hopeless from other treatment
 d=11% due to any other reason

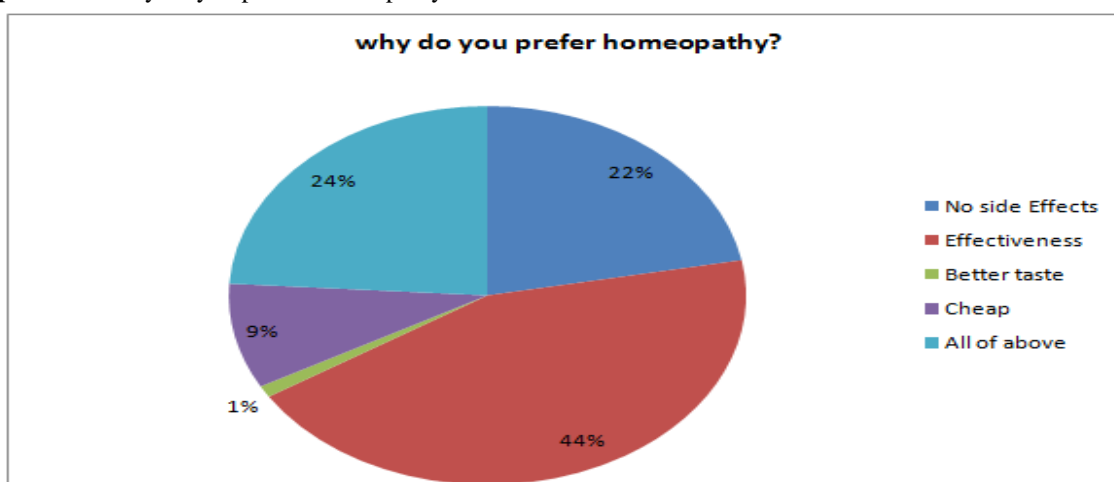
Graph no.20 Education of responders



A: uneducated 12%, b: primary pass 35%, c: Matricualtes 12%, d: Graduates 41%

Where, a=12% respondents were uneducated B=35% respondents were primary pass C=12% respondents were Matriculates D=41% respondents were Graduates

Graph no.21: Why do you prefer Homeopathy?



A:no side effects 22%, b: Effectiveness 44%, c: Better Taste 1%, d: Cheap 9%, e: All of the above 24%

Where: a= 22% patients prefer homeopathy because it had no side effect

B=44% preferred because of its effectiveness

C=1% preferred because of its better taste

D=9% preferred because it is cheap

E=24% preferred because of all these reasons

RESULT:

The research was about determining the factors associated with the preference of homeopathic treatment to allopathic treatment.

A sample of 100 patients was taken, all of them responded to the questions. Out of these, 28% were females and 72% were males (Graph no.1). 74% belong to the middle class having income more than RS10,000, 11% having less than RS 5000 and 15% having RS.5000-10,000 (Graph no.2). 12% were illiterate, 35% had primary school education, 12% matriculates and 41% graduates (Graph no.20).85% used homeopathy and 15% allopathy.(Graph no.3) 44% used allopathy because of its effectiveness, 22% preferred due to no side effect, 9% preferred due to its cheapness, 1% due to its better taste(Graph no.21). 71% didn't use homeopathy for the first time, 29% did use for the first time (graph no.5). 92% were cured from homeopathy and 8% weren't cured (Graph no.08) .Entire family of 68% of patients sought homeopathic treatment the family of remaining 32% didn't see homeopathy

treatment. 61% patients didn't use homeopathy and allopathy simultaneously (Graph no.10) 57% of patients had emergency in their family, 43% had not emergency in their family (Graph no.11).63% were vaccinated and 37% were not (Graph no.12); among them, 9% were using allopathic vaccine, 9% homeopathic (Graph no.13). According to this research, majority of patient didn't see any setback of using homeopathic treatment, 12% suffered (Graph no.14). Because of more effectiveness and satisfaction, 89%recommended homeopathy to others, 11% didn't. (Graph no.15)

Regarding occupation, 49% had government jobs, 20% house-wives and 10% students. (Graph no.18) 74% didn't know about composition of homeopathic drugs 26% had knowledge.(Graph no.16) The main reason of using homeopathic treatment was the easy accessibility; 60% for homeopathy, 26% for Allopathy, 14% for both (Graph no.17). 55% of the patients first came by homeopathic treatment by seeking advice from someone, 16% by seeing someone getting better

by this treatment. (Graph no.19) Among Homeopathic users, 86% never suffered from this treatment and 14% suffered. (Graph no.6) Among Allopathic users, 51% never suffered due to its usage and 49% suffered. (Graph no.7) 92% of the patients were cured due to homeopathic treatment and 8% didn't. (Graph no.8)

CONCLUSION:

Patients who are using homeopathic treatment with high percentage are with chronic diseases. Variables such as age group, education level, household income, large family, employment status of patient is significantly associated with homeopathic use. Patient belief and satisfaction are highly projecting people towards homeopathic treatment. The lack of effectiveness and drastic side effect of allopathy are causing patients to seek alternative ways of treatment.

DISCUSSION:

The objective of our research was to determine the preference profile of homeopathic to allopathic treatment. A sample of 100 patients was collected from Saheed Homeo-clinic, satellite town, Bahawalpur. In this sample, age range was 6-60 years. In this research the number of males was greater than that of females. But in a similar study conducted in Karachi, females users were dominant (1); and in a study conducted in Kenya, males were dominant (3). According to this research, 88% didn't face any setback of homeopathic treatment and a similar research conducted in Brazil showed that majority of patients didn't face any setbacks (1). In this research majority of patients were graduates and according to another research carried out in Kenya, majority had completed their secondary school education (3)

Research showed that majority had government jobs and a study conducted in Kenya showed majority of patients was retail traders (3). Majority had income above RS10,000 and study conducted in Karachi showed that monthly income of majority of patients was in between RS 5000-

15000 (8) 55% of patient used homeopathy when someone advised them and according to study conducted in Karachi, Majority used on the advice of others (3). By this research majority were using homeopathic treatment because their family was taking same treatment and according to a study conducted in Malaysia. Majority was having positive family history (6). The main cause of using alternative medication than allopathy is its high cost, Lack of effectiveness, more side effects, lack of proper income and accessibility.

Limitation in this research:

The drawbacks in my research are following:

The sample size is not large enough to be applied on the whole population. Moreover, not all the preference factors responsible for the preference of homeopathy over allopathy are covered in this research.

Recommendations:

Educational status of community should be raised because literate people have better understanding of things. Socio-economic status of community should also be uplifted so that people can utilize better health facilities.

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Annexure:

Preference Profile of Homeopathic versus Allopathic Treatment.

Name: _____ Education: _____

Gender: _____ Age: _____ Occupation: _____

Address: _____

Income: (a) Rs. <5000 (b) RS. 5000-10000 (c) RS 10000 above

Name of clinic : _____

1- Which of the following treatment do you prefer?

(a) homeopathy (b) Allopathy

2- If homeopathy then why?

(a) it has no side effects (b) it is effective (c) it has better taste (d) it is cheaper
(e) all of the above

3- Is this the first time you are using homeopathy?

(a) yes (b) no

4- if no how long have you been taking homeopathic treatment?

_____ years /months/days

5- how did you first come by homeopathic treatment?

(a) Someone advised you (b) you saw someone getting better by this treatment
(c) You got helpless from allopathy (d) any other reason _____

6- When do you normally go for homeopathic treatment?

(a) Every time I'm sick (b) Every time Allopathy doesn't work

7- Did homeopathy eventually help you cure the disease?

(A) Yes (B) No

8- Does your entire family come to homeopathic clinic for treatment?

(A) Yes (B) No

9- Have you or your family member ever suffered from the following problem?

(A) Malaria (B) T.B (C) Diabetes mellitus (D) Asthma (E)Not mentioned above

10- If yes, how did you get it treated?

11- Are you taking allopathic treatment for any disease simultaneously?

(A) Yes (B) No

12- If yes, for which disease? _____

13- Have you ever had any emergency in your family?

(A) Yes (B) No

14- If yes, what was it? _____

15- What do you do in such situation?

(A) Go to allopathic clinic (B) Manage at home

(C) Go to homeopathy clinic

16- Have you taken vaccine for any disease?

(A) Yes (B) No

17- If yes, was the vaccine homeopathic or allopathic?

(A) Homeopathic (B) Allopathic

18- Do you think there are any setbacks of homeopathy?

(A) yes (B) No

19- If yes, what are they? (according to you)

20- Between allopathy and homeopathy, which one do you think is more accessible?

(A) Homeopathy (B) Allopathy (C) Both

21- Would you recommend homeopathy to others?

(A) Yes (B) No

22- Have you suffered because of homeopathy?

(A) Yes (B) No

23- Have you suffered because of Allopathy?

(A) Yes (B) No

24- If yes, (A) When? _____

(B) At which clinic? _____

(C) What was the disease? _____

25- Are you aware of what homeopathic drugs are made of?

(A) Yes (B) No