



**TREND OF KARACHITTIES TOWARDS HOMOEOPATHIC SYSTEM OF
TREATMENT: A CROSS-SECTIONAL STUDY**

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ABSTRACT

The purpose of the study was to evaluate the inclination of Karachi population towards homoeopathic system of treatment and to justify its safety and efficacy. Patients were interviewed and feedback forms were got filled from 1000 patients that visited different homoeopathic clinics. 489 males and 511 females (0-80 years age groups) participated in the study for the treatment of different diseases and were found to be highly satisfied with the treatment. The results of the study revealed that 80% people opted for homoeopathic treatment due to their faith that it cures completely and without side effects as compared to allopathic system of medicine. 10% of them turned towards it after getting disappointed from allopathic system of treatment, whereas, 10% of the population chose homoeopathic treatment as they could not afford expense of allopathic treatment. There is need to carry out well-designed clinical trial for homoeopathic medicines to validate the effectiveness of this miraculous system of medicine.

KEYWORDS: Traditional system of medicine, nanomedicine, adverse effects, health, illness, symptoms.

INTRODUCTION

Homeopathy is a natural source medicine that is commonly used around the world. It is not only curative but considered preventive and rehabilitative system of medicine. This system of medicine is based on certain basic principles. The one basic principle is that the substances that may cause any disease in one person may be used to cure the same disease in another person, which is the law of similar. Homeopathic medicines are prepared by taking a substance of plant, animals, minerals, metal, chemical, toxin, or nosode's origin and then diluting it in water or alcohol, then forcefully hitting the container against a hand or a surface. This process is repeated several times and is known as potentization. In homeopathy, the concept of minimum dose means that only the very minimum amount of medication should be given to elicit a response. This is the basis for using highly diluted and vigorously shaken potencies of homeopathic medications. The single remedy principle states that only one homeopathic medicine should be prescribed at a time that closely matches the totality of the patient's symptom picture should be used (Jain & Astin 2001; Ventola 2010; Eyles et al. 2011; Bornhöft et al. 2006).^[1,4]

According to World health Organization, Homeopathy is the fastest growing and second most widely used system of medicine in the world (Ref: World Health Report, WHO Global Atlas of Traditional, Complementary and Alternative Medicine, Map Volume, 2005).^[5]

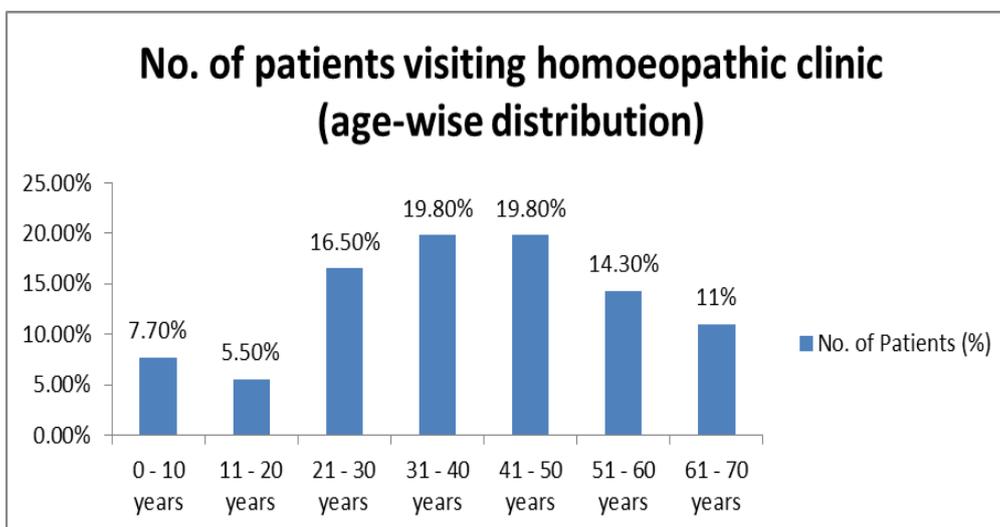
According to the WHO's report on Traditional medicine, it is proved and reestablished that the acceptance of homeopathy has amplified tenfold in the last few decades (Pan American Health Organization/WHO 2000, Traditional health systems in Latin America and Caribbean: Baseline Information, Technical project report).^[6] In Homeopathy draft issued by World Health Organization in 2003-2004 on controlled clinical trials data published over more than 40 years revealed that homeopathic medicines are better to placebo in placebo-controlled trials and is alike to conventional medicines in the cure of diseases, in both animals and human beings.

METHOD

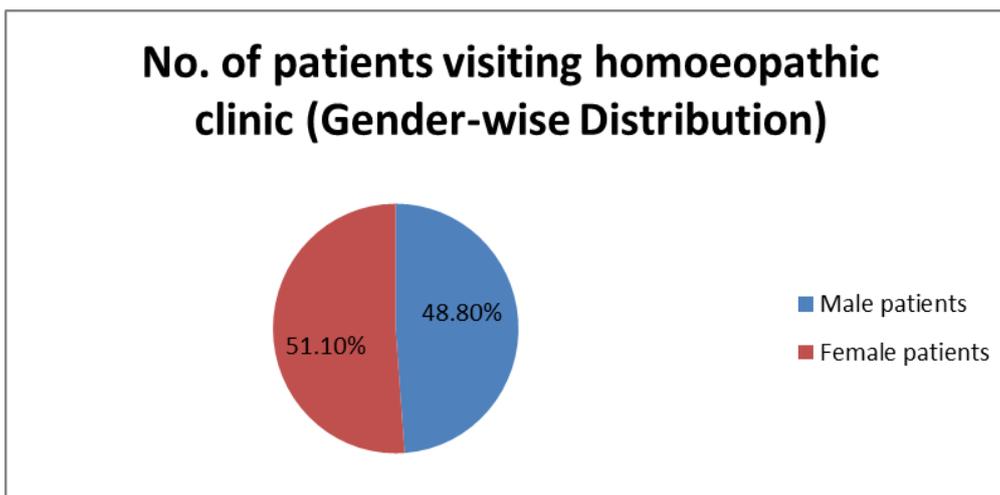
Patients were interviewed and feedback forms were got filled from 1000 patients visiting different homoeopathic clinics. For the proper data compilation patients were divided both according to gender and age group. Out of 1000 patients that participated in the study, 489 were

males and 511 were females. The number of patients participated in the study according to the age-wise grouping were as follows: 0 – 10 years = 77; 11 – 20 years = 55; 21 – 30 years = 165; 31 – 40 years = 198; 41 – 50 years = 198; 51 – 60 years = 143; 61 – 70 years = 110 and 71 – 80 years = 54. According to the patients' feedback 319 patients were taking allopathic treatment too along with the homoeopathic treatment. However, the rest of the studied population (n = 681) solely relied on homoeopathic medicines for their treatment. 800 patients were taking homoeopathic treatment due to their

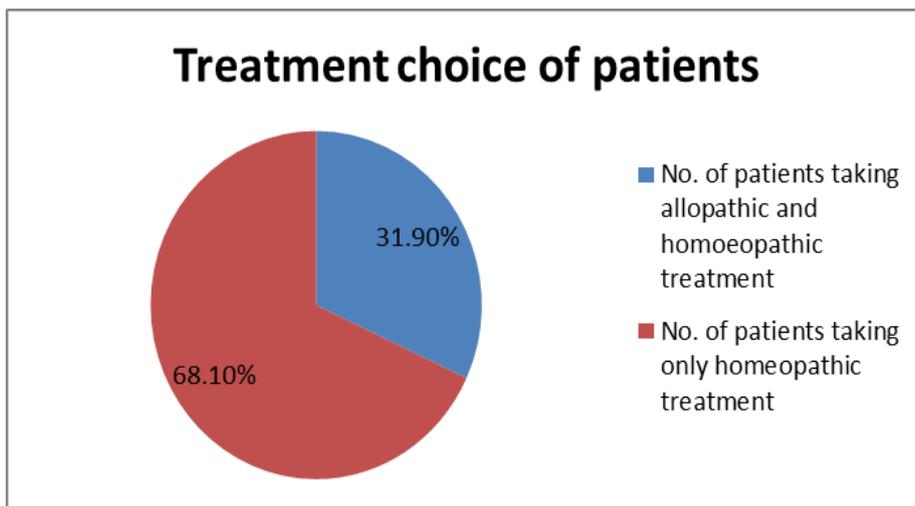
faith in this system of medicine. 100 patients were those who could not afford the expensive treatment of the disease that allopathic system offered. Whereas, the rest 100 patients visited the homoeopathic clinic after trying all treatment options that allopathic system of medicine may offer but did not get cured. The patients visited homoeopathic clinic for the treatment of diseases affecting different systems of human body, that is musculo-skeletal, renal, liver, respiratory, urino-genital, reproductive, cardiovascular, endocrine, gastro-intestinal, cancer, neuronal, skin and blood.



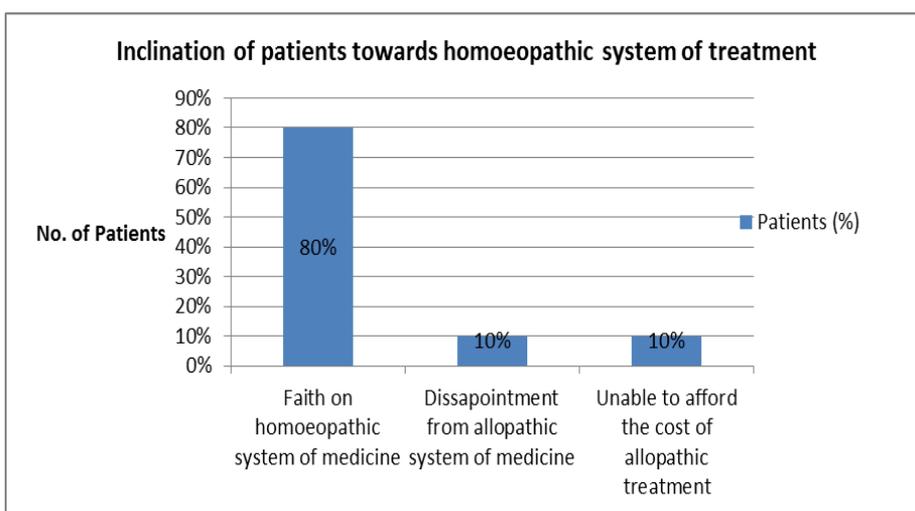
Graph 1: Age-wise distribution of patients visiting homoeopathic clinic.



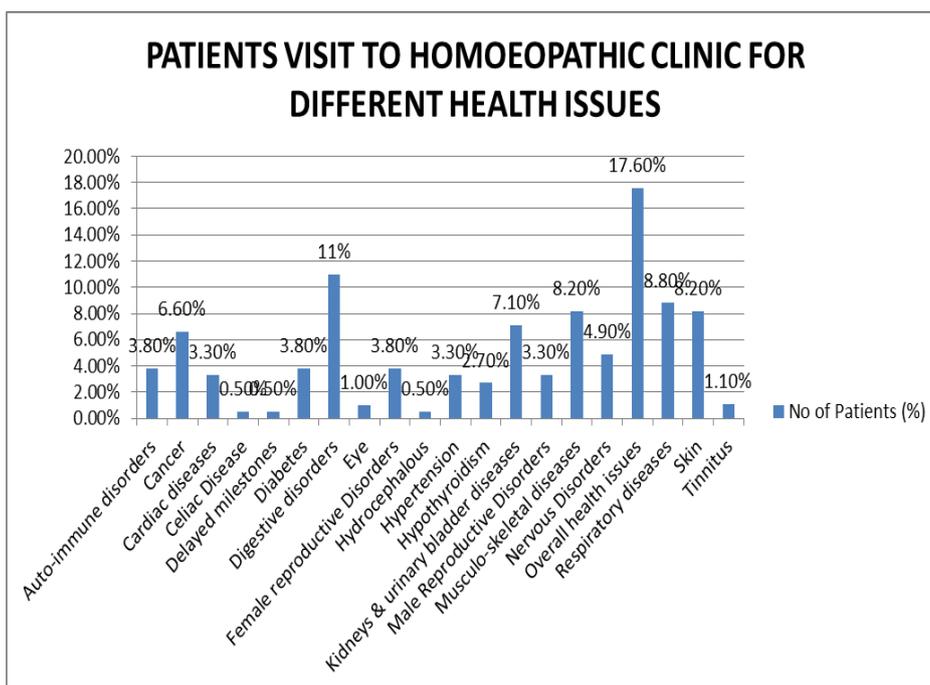
Graph 2: Gender-wise distribution of patients visiting homoeopathic clinic.



Graph 3: Treatment choice of patients.



Graph 4: Factors involved in inclination of patients towards Homoeopathic system of treatment.



Graph 5: Percentage analysis of patients that visited homeopathic clinic for different health issues.

Inclusion Criteria

All patients from 0-80 years, both the genders suffering from any chronic disease were included in the study.

Exclusion Criteria

Patients requiring immediate aggressive allopathic treatment or surgical intervention were not included in the study.

RESULTS AND DISCUSSION

Out of 1000 patients that give their feedback, 48.9% were males and 51.1% were females (See Graph 1). According to the age-wise grouping, the percentage of patients that visited homoeopathic clinic was as follows: 19.8% patients of 31-50 years; 16.5% patients of 21-30 years; 14.3% patients of 51-60 years; 11% patients of 61-70 years; 7.7% patients of 0-10 years; 5.5% patients of 11-20 years; 5.4% patients of 71-80 years (See Graph 2). 31.9% patients that visited homoeopathic clinic took allopathic medicines along with homoeopathic medicines. While, 68.1% exclusively used homoeopathic medicines (Graph 3). The study results revealed that 80% of the population took homoeopathic treatment as their first choice of treatment due to their faith in its effectiveness and safety. 10% of the population visited homoeopathic clinic as a last resort of hope, when allopathic system has completely failed in providing cure. While 10% visited as they simply couldn't afford allopathic treatment (Graph 4). 17.60% patients visited homoeopathic clinic for treatment of overall health issues. 11% went to homoeopathic clinic for the treatment of gastro-intestinal disorders. 8.80% for respiratory tract disorders; 8.20% for skin disorders; 7.10% for kidney and urinary bladder diseases; 6.60% for cancers treatment; 4.90% for disorders related to nervous system; for autoimmune disorders 3.80%, for female reproductive disorders 3.80%, for male reproductive disorders 3.30%; for cardiac diseases 3.30%; for hypertension 3.30%; for hypothyroidism 2.70%; tinnitus 1.10%; eye 1%; for celiac disease, delayed mile stone and hydrocephalous 0.50% respectively, visited the clinic (Graph 5).

According to the global homoeopathy product market 2017-2021, the rise was observed in patients and allopathic doctors' consideration of homeopathy for treatment; after encountering difficulty of antibiotic resistance, toxicity and drug interaction (Global homeopathy product market 2017-2021). Homoeopathy is considered as a complete system of treatment that considers all aspects of person's well-being for the prescription of medicine. It is a successful prolonged treatment option providing permanent cure for chronic health issues. The limitation of this treatment system is an acute medical emergency case that requires prompt surgical intervention. Currently researches in homoeopathy are being conducted to validate the effectiveness of diluted medicines, their mechanism of action and conduction of substantive clinical trials (Chikramane et al. 2007; Bell et al. 2004; Bell 2012;

Mathie et al. 2012; Linde et al. 1997; Möllinger et al. 2009; Brinkhaus et al. 2006; Righetti 2015; Zanasi et al. 2014). However, properly designed clinical trials need to be carried out to validate its effectiveness.

CONCLUSION

Our study exhibited the rise in embracing of homoeopathic system of treatment by Karachitties due to not only their faith in this system of medicine's safety and effectiveness but also seeing patients getting cured from different pathologies to which conventional practitioners have given up to treat.

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