

Report

# Awareness about Homoeopathy among University students

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## Abstract

Homoeopathy is an alternative medical treatment developed in Germany by Dr. Samuel Hahnemann. He proposed two theories about homoeopathy: "Like cures Like" and the "Law of Minimum Dose". The objective for this study was to evaluate the level of awareness about homoeopathic medical treatment among university students. A Questionnaire was developed containing five basic questions related to homeopathic medical sciences. 500 students from Bahauddin Zakariya University, Multan, Pakistan were selected for this study. The only 5% university students used homoeopathic medicines in their life. From our research, it was concluded that awareness about homoeopathy among students is not up to the mark. While, homoeopathy awareness may make the world a healthier, and happier place.

**Keywords:** Homoeopathy, Awareness, University students

## Introduction:

Homoeopathy, also known as homoeopathic medicine, is an alternative medical treatment developed in Germany at the end of 18<sup>th</sup> century by Dr. Samuel Hahnemann (Ernst, 2000). He proposed two theories about homoeopathy: "Like cures Like" the notion that a disease can be cured by a substance that produces similar symptoms in healthy people and the "Law of Minimum Dose" the notion that lower the dose of the medicine, the greater is its effectiveness (Merrell and Shalts, 2002). Dr. Hahnemann named this new healing science by the

combination of two Greek words "homoeo" meaning "same" and "pathy" meaning "disease". This is a natural treatment as this remedy is derived from substances that come from plants, animals or minerals e.g. medicine named "Tobaccum" is made from Tobacco. This is the best way to cure both acute and chronic diseases right from fever, cold, cough to asthma, diabetes, skin diseases and cancer. This medical treatment is effective on animals too (Cucherat *et al.*, 2002).

The objective for this study was to evaluate the level of awareness about homoeopathic medical treatment among university students.

## Methodology:

A Questionnaire was developed containing five basic questions related to homeopathic medical sciences (Table 1). 500 students from Bahauddin Zakariya University, Multan, Pakistan were selected for this study. Inclusion criteria were the university students of BS/MSc Level, not

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**Table 1** Questionnaire about Awareness about Homoeopathy

1. Use of Homoeopathy in your life?	a) Always	b) Rarely	c) Never
2. Do you think homoeopathy is a natural treatment?	a) Yes	b) No	
3. Homoeopathy is based on the idea that ‘like cures like’, do you agree with this idea?	a) Yes	b) No	
4. Do you think homoeopathic medicines have any side effects on human body?	a) Yes	b) No	
5. In your opinion, why homoeopathy is not famous in Pakistan?			
<b>Answer:</b> _____.			

were excluded. Students of M Phil and PhD were also excluded from the study.

**Results & Discussion:**

Use of homeopathy in the life of university students is given in table 1. Only 5% students said that they always use, 60% rarely use and 35% never used homoeopathic medical treatment in their live. Knowledge about homeopathy among university student is given in table 2. 69% students thought that homeopathy is a natural treatment while 31% did not think homoeopathy, a natural treatment. 53% of students agreed with the idea of “like cures like”. Only 28% students thought that homoeopathy has some side effects on human body. Reason for why homoeopathy is not famous in Pakistan is given in table 4. Different ratio of

students had different answers about why homoeopathy is not famous in Pakistan, like 11% thought that it’s a long treatment, other 11% thought that it’s a slow procedure, 27% thought that due to lack of awareness about homoeopathy, 40% gave miscellaneous answers and the remaining 11% not responded to the question.

**Table 2:** Use of Homeopathy?

Question	Always	Rarely	Never
Use of Homoeopathy in your life?	5%	60%	35%

**Table 3:** Knowledge about Homeopathy?

Questions	Yes	No
Do you think homoeopathy is a natural treatment?	69%	31%
Homoeopathy is based on the idea that “like cures like”, do you agree?	53%	47%
Do you think Homoeopathic medicines have any side effects on human body?	28%	72%

**Table 4:** Why homoeopathy is not famous?

Question	Long treatment	Slow process	Lack of Awareness	Not responded	Miscellaneous
In your opinion, why homoeopathy is not famous in Pakistan?	11%	11%	27%	11%	40%

The university students are familiar with the benefits as it is a medical philosophy and practice based on the idea that the body has the ability to heal itself but still only 5% students used homoeopathic medicines in their live. This percentage is too low because homoeopathy is not supported by the Government; there is also lack of organized attempts in fundamental research in field of homeopathy, and last but not the least reason is that the choice of treatment also depends on the psyche of the patient as today’s man want to get everything in couple of seconds so they mostly prefer Allopathic medicines (Reilly, 2001). While, homoeopathy awareness can make the world a healthier, and happier place. From our research, it was concluded that awareness about homoeopathy among students is not up to the mark.

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