

## To study the role of indicated homoeopathic medicine & indicated homoeopathic medicine along with kali phos 6x biochemic medicine in students (age group 15 to 30 years) with poor performance in academics - randomized controlled trial.

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### Abstract –

**Background:** Cognitive psychology investigates the mental processes involved in knowledge acquisition, including thinking, knowing, remembering, judging, and problem-solving. It is divided into hot and cold cognition, with hot cognition involving emotion-based learning and cold cognition involving non-emotional processes like working memory.

### Objective:

**1. Primary objective** - To study the action of kali phos 6x in poor academic performance of students with help of academic performance scale.

**2. Secondary objective** - What are similimum & frequently used homoeopathic medicine of poor performance in academics of students?

**Materials and Methods:** This study includes a Randomized control trail of 20 cases prescribed Constitution medicines and biochemic medicine Kali phos 6X on homoeopathic principles basis. The study was conducted in Motiwala (National) Homoeopathic Medical College and Motiwala Physiotherapy College, Nashik. Unpaired t test was done to analyze the result statistically.

**Results:** Out of 20 cases 11 cases were improved in both groups and 09 cases were not improved in both groups.

**Conclusion:** Indicated homoeopathic medicine & indicated homoeopathic medicine along with Kali phos 6x biochemic medicine is effective in increasing poor performance of medical students.

### INTRODUCTION

Learning involves cognitive processes like memory, perception, and thought. Memory encodes, stores, and retrieves information, while perception allows people to sense and interact with the world. Thought is crucial for decision-making, problem-solving, and higher reasoning.

**Kali phosphoricum or the phosphate of potassium (K<sub>2</sub>HPO<sub>4</sub>)** is a homeopathic medication that is dispensed in the form of small round pills or diluted solutions. It has widespread usage in homeopathy, including its use as a tonic for nerves and the brain.

Kali Phosphoricum Biochemic Tablet 6X aids in the reduction of mental stress and

anxiety. It helps to increase stamina, improve nerve function, relieve menstrual discomfort, and manage urological issues.

**Assists with:** Nervous anxiety, diarrhoea from emotional upsets, Fretfulness, Nervous exhaustion and inability to concentrate during exams, Nervous headache, Poor concentration, Neuralgia, Fatigue, Loss of appetite, Insomnia/too tired to sleep & nightmares, Mental alertness

**Follow up:** To be taken after every 15 days of interval.

**METHODOLOGY****Study design and study setting:**

Randomized controlled study was done on 20 cases satisfying the inclusive criteria with medicine. Constitution medicines and biochemic medicine Kali phos 6X on homoeopathic principles basis. Which was conducted in Motiwala (National) Homoeopathic Medical College and Motiwala Physiotherapy College, Nashik.

**Duration of study:** 6 months.

**Study subject:** Individuals who are between the age group of 15 - 30 years of age group and scale of poor academic performance less than 55% were selected for the study of each sex . Participants who were with mental disorders and students unwilling to participate for the same were excluded. Student below 14 years of age & above 31 years were excluded from the study as well.

**Sample size and Technique:** 20 patients were included in study using Convenience sampling technique.

**Randomization:** Randomization in two groups

- Group A - Indicated homoeopathic medicine (constitution medicine)
- Group B - Indicated homoeopathic medicine (constitution medicine) + kali phos 6x (biochemic medicine).

**Statistical analysis:** Using unpaired t test, the collected data was analyzed. The t value was 1.71 degree of freedom (df) was 18. Which when put into p-value calculator gave the value of 0.1039 at 95% significance hence proving the study to be not statistically significant. Hence we reject the Null hypothesis and accept the Hypothesis. <sup>[18]</sup>

**Ethics and Consent:**

Returns inform consent was received from all the volunteers prior to enrolment in the study, after providing the detailed information about the study.

**Procedure:**

Study the role of indicated homoeopathic medicine & indicated homoeopathic medicine along with Kali Phos 6x Biochemic medicine in students (age group 15 to 30 years) with poor performance in academics - Randomized controlled trial in Motiwala (National) Homoeopathic Medical College & Motiwala Physiotherapy College, Nashik. As I was not able to get the proper assessment scale for the study, so made the Poor Academic Performance Scale under guidance of Dr. Swanand Shukla Sir & validity was done by around 240+ students of various streams & final approval from Statistician. After that Screening was done in Motiwala (National) Homoeopathic Medical College students of all years & Motiwala Physiotherapy College students of all years. Then,

20 students were selected randomly from all students having 55% or below in their last exam. Then, after in 2 groups randomly these students were divided Group - A -10 students [Constitution Medicine] & Group - B -10 students [Constitution Medicine along with Biochemic Medicine (Kali phos 6X)]. After proper that proper homoeopathic case-taking & repertorisation as given as per homoeopathic norms followed by 6 follow ups of each student with minimum interval of 15 days in between each follow up. Then finally assessment was done by poor academic performance scale after the study.

**RESULTS**

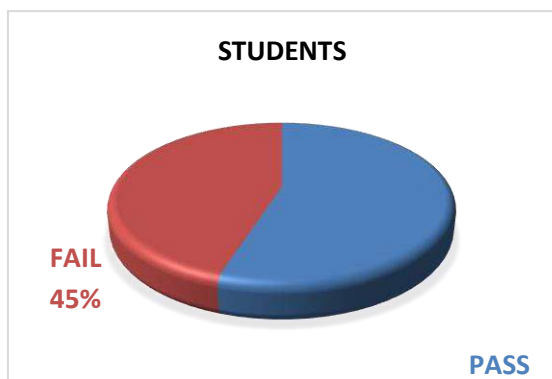
A total of 20 cases were studied in order to find the effectiveness of Constitution medicine and biochemic medicine Kali phos 6X. Following table shows the objective and its outcome in study.

Objectives	Result
<p><b>1.Primary objective</b> -To study the action of Kali Phos 6X in poor academic performance of students with help of Academic performance scale.</p> <p><b>2.Secondary objective-</b> What are Similimum &amp; frequently used Homoeopathic medicine of Poor Performance in academics of students?</p>	<p>1. As per results Constitution Medicine to Group - A in which 06 out of 10 students are improved by 60% and in 04 out of 10 students are not improved by 40%.</p> <p>- As per results Constitution Medicine along with Biochemic Medicine (Kali phos 6X) in Group - B which 05 out of 10 students are improved by 50% and 05 out of 10 students are not improved by 50%.</p> <p>- As per the percentage rate of students 50% of students are improved by Kali phos 6X in Poor Academic Performance.</p> <p>- To compare the result statistically we have use unpaired t test and calculated p value as per this test difference is considered to be not statistically significant.</p> <p>t value = 1.71 P value = 0.1039</p> <p>2.The frequently used Homoeopathic similimum in students with Poor Academic Performance are Natrum muriaticum (6-times), Arsenic album (3-times), Argentum nitricum (2-times), Lycopodium (2-times), Phosphorus (2-times) and sometimes used are Baryta carbonicum (1-time), Psornium (1-time), Causticum (1-time), Calcarea carbonica (1-time), Aurum metallicum (1-time).</p>

**GRAPHICAL REPRESENTATION**

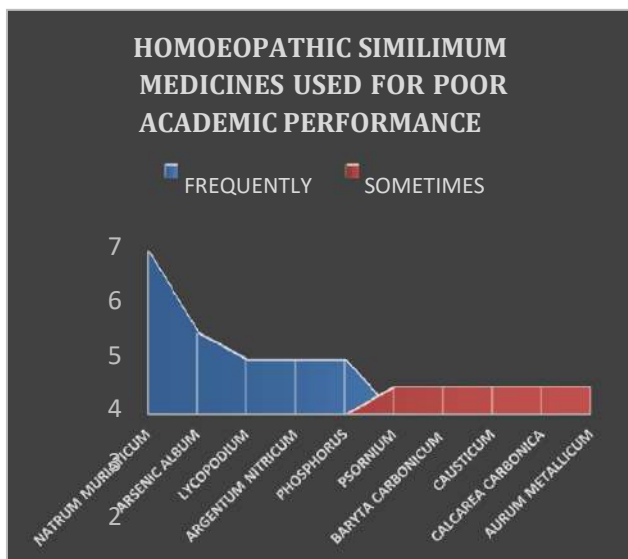
**1.Percentage of Students Pass and Fail in exams.**

Result	Number of Students
SS	
IL	



**2.Homoeopathic similimum medicines used for poor academic performance.**

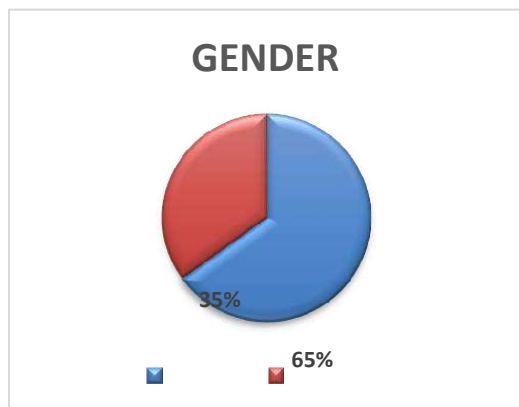
Medicines	Frequently used	Sometimes used
Natrum muriaticum	6 times	
Arsenic Album	3 times	
Lycopodium	2 times	
Argentum nitricum	2 times	
Phosphorus	2 times	
Psornium		1 time
Baryta carbonicum		1 time
Causticum		1 time
Calcarea carbonica		1 time
Aurum metallicum		1 time



Screening was done in Motiwala (National) Homoeopathic Medical College students of all years & Motiwala

**3. Gender distribution.**

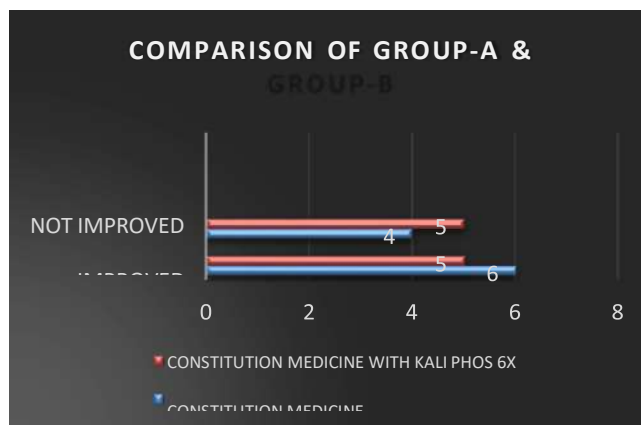
Gender	Number of Students
MALES	13
FEMALES	7



To study the role of indicated homoeopathic medicine & indicated homoeopathic medicine along with Kali Phos 6x Biochemic medicine in students (age group 15 to 30 years) with poor performance in academics - Randomized controlled trial in Motiwala (National) Homoeopathic Medical College & Motiwala Physiotherapy College, Nashik. As I was not able to get the proper assessment scale for the study, so made the Poor Academic Performance Scale under guidance of Dr. Swanand Shukla Sir & validity was done by around 240+ students of various streams & final approval from Statistician. After that

**4. Difference between Both Groups.**

Result	Number of students given	
	Constitution medicine	Constitution medicine with kali phos 6x (biochemic medicine)
Improved	6	5
Not improved	4	5
<b>Total</b>	10	10



**DISCUSSION**

Physiotherapy College students of all years. Then, 20 students were selected randomly from all students having 55% or below in their last exam. Then, after in 2 groups randomly these students were divided Group - A -10 students [Constitution Medicine] & Group - B -10 students [Constitution Medicine along with Biochemic Medicine (Kali phos 6X)]. After proper that proper homoeopathic case-taking & repertorisation as given as per homoeopathic norms followed by 6 follow ups of each student with minimum interval of 15 days in between each follow up. Then finally assessment was done by poor academic performance scale after the study.

**CONCLUSION**

- 1 As per results Constitution Medicine to Group - A in which 06 out of 10 students are improved by 60% and in 04 out of 10 students are not improved by 40%.
- 2 As per results Constitution Medicine along with Biochemic Medicine (Kali phos 6X) in Group - B which 05 out of 10 students are improved by 50% and 05 out of 10 students are not improved
- 3 Thus we conclude that our Hypothesis is accepted that indicated homoeopathic medicine & indicated homoeopathic medicine along with Kali phos 6x biochemic medicine is effective in Increasing Poor Performance of medical students by assessment by Poor Academic Performance Scale in students (age group 15 to 30 years).

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