

Homoeopathic management versus counseling with Homoeopathic placebo in age group 17-25 years in medical students in cases of homesickness- A Randomized control trial

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Abstract:

Background: Home sickness is the distress or impairment caused by an actual or anticipated separation from home. Symptoms of both depression and anxiety are frequently reported by sufferers, along with withdrawn behavior and trouble focusing on things unrelated to their homes. In its mildest form, homesickness drives positive attachment behaviours, such as reestablishing contact with loved ones, and encourages the development of coping mechanisms (1). Homesickness may place individuals at risk for poor adjustment outcomes, such as emotional and social difficulties (1)

In the present study we take approach to examine weekly levels of homesickness and to study the effectiveness of homoeopathic management against counseling alone in cases of homesickness. The present study also addresses two main questions. First do homeopathic medicines reduces symptoms across 24 weeks? Also, how counseling reduces symptoms of Homesickness over 24 weeks. The current study extends previous work in several ways. We will examine individual homesickness using assessment (Questionnaire for homesickness)

The present study advances the past work on homesickness by using a comparative method of study to find out the effects of homoeopathic management in contrast to counseling alone. Objectives:1) Primary objective-To access the comparison of homoeopathic management versus counseling with placebo in Homesickness.

2) Secondary objective– To evaluate the reduction of symptoms using John archer questionnaire scale of homesickness

Materials and Methods: A Randomized control study was conducted after approval from the ethical committee. Patients were divided into two groups. One group was given Homoeopathic management and the other group was given Placebo with counseling. The study period was 24 weeks. An outcome measure was done using John Archer Homesickness questionnaire score. Data was analyzed using paired t-test. Result: A total of 46 patients completed the study out of which 61% were female and 39% were male. The patients where between the age group of 17-25 years. In group consisting of patients with homoeopathic management showed 100% improvement and group consisting of patients with counselling with placebo showed 86.95% improvement whereas 13.04% patients are improving.

Conclusion: We concludes that homoeopathic management is more effective over counseling in cases of homesickness.

Key Word: Homesickness, Counselling, John archer homesickness questionnaire, Homoeopathy

INTRODUCTION

The discomfort or impairment brought on by a real or expected separation from home is known as homesickness. Symptoms of both depression and anxiety are frequently reported by sufferers, along with withdrawn behaviour and trouble focusing on things unrelated to their homes.

Homesickness can put people at risk for negative adjustment outcomes, like emotional and social problems. (1) Missing one's family and home while yearning for them (2)

When you are homesick, you are miserable because you are not at home and you greatly miss your family, friends, and home (3).An absence from one's home that is accompanied by a yearning for it (4). Displeased with being away from home (5). Anxiety, depression, and sadness brought on by missing home or loved ones (6). When someone leaves their house and home and finds oneself in a strange and foreign surroundings, they frequently experience homesickness.

With the exception of severe cases, where symptoms are continuously felt, homesickness comes and goes in periodic intervals. When exposed to a stressor, homesickness may affect a seasoned traveler event someone who leads a pleasant life away from their home country rather quickly and unexpectedly. (7) Depending on the demographic being examined and how homesickness is measured, there are wide variations in the prevalence of homesickness. Homelessness prevalence can be thought of as a function of severity. Being away from home, almost everyone misses something, therefore homesickness is extremely common, typically manifesting in mild forms.

1) Approximately 20% of college students and young campers rate their level of homesickness as being at or above the midpoint on numerical rating scales.

2) And only 5–7% of students and campers experience profound homesickness linked with significant symptoms of anxiety and sadness.

3) However, severe homesickness is much more common in uncomfortable or painful settings, such as the hospital or the battlefield.

4) In one study, 50% of kids rated their level of homesickness as being at or above the midpoint (compared to 20% of kids at summer camp).

Homesickness is classified as an adjustment disorder (F 43.2) in the ICD-10 system of disease categorization.

Homesickness is a typical emotion. Everyone has an innate understanding of homesickness and how it feels. Everyone has an innate understanding of homesickness and how it feels. The Bible

contains the first recorded instances of homesickness in Psalm 137, which reads, "By the rivers of Babylon there we sat, wept when we remembered Zion," and in Homer's story of Ulysses, who was weeping and rolling on the ground when he thought of home. Homelessness has been the subject of systematic (case) research since the 17th century, however there aren't many of them. (14)

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Hypothesis: -Homoeopathic management may be more effective than counselling in cases of Homesickness.

Null Hypothesis: - Homoeopathic management may not be effective over counselling in cases of Homesickness.

Materials &Method: -

A Randomized control study was conducted at the outpatient and Inpatient departments of Motiwala (National) Homoeopathic Medical College & Hospital, Nashik, Maharashtra, for a period of 24 weeks. Individuals in the age group of 17 to 25 who are suffering from Homesickness were included in the study. John Archer Homesickness questionnaire was used for screening of the individual presenting with Homesickness. Those individuals whose score on John Archer Homesickness questionnaire was between 70 and 112 were recruited in the study, Patients on Psychiatric drugs and immunocompromised conditions and with John Archer Homesickness questionnaire score of less than 70 were excluded from the study.

46 individuals suffering from Homesickness as per inclusion criteria were divided into group A and Group B comprising of 23 individuals in each group. Group A of even numbered patients according to their order of enrolment were given counseling and prescribed with Homoeopathic placebo. Group B of odd numbered patients according to their order of enrolment were given Homoeopathic individualized medicine based on their mental and physical complaints recorded at

the time of recruitment and during their follow-ups. John Archer Homesickness questionnaire was applied to individuals of both the groups during their recruitment and during the last follow-up after 24 weeks. The results were analyzed statistically using paired t-test and a logical and scientific conclusion was drawn at the end of the study.

RESULT:

In group consisting of patients with homoeopathic management showed 100% improvement and group consisting of patients with counseling showed 86.95% improvement whereas 13.04% patients are improving. 23 patients improved by individualized homoeopathic medicine and 20 patients were improved and 3 patients were improving with counseling and Homoeopathic placebo.

The mean score before treatment on John Archer questionnaire scale was 86.82, and mean score after treatment on John Archer questionnaire scale was 40.34 in individuals receiving Individualized homoeopathic medicine. The mean score before treatment on John Archer questionnaire scale was 86.17 and mean score after treatment on John Archer questionnaire scale was 43.5 in individuals receiving counseling with Homoeopathic placebo. The most common remedies used to treat homesickness in our study are Pulsatilla 19% and Ignatia 19%. Followed by Calcarea carb 14% and Phosphorus and Sepia 9% and followed by Belladonna, Lycopodium, Silicea, Bryonia, Sulphur and Arsenic Album 5%

FIG NO 1: BAR CHART REPRESENTING IMPROVEMENT IN BOTH THE GROUPS

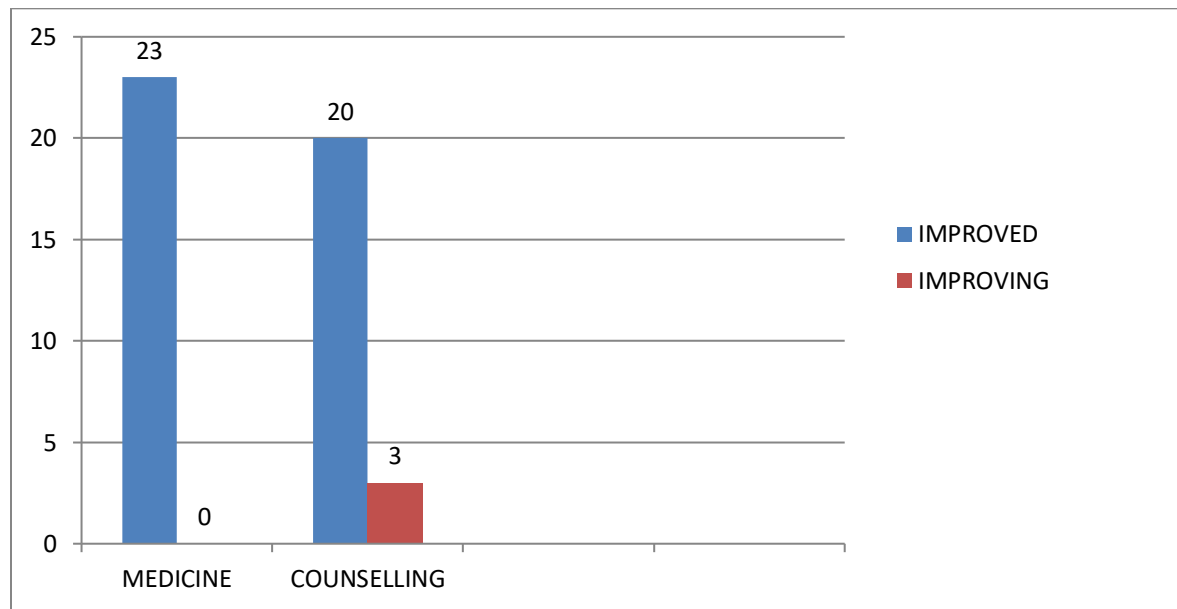


FIG.NO.2:BAR CHART REPRESENTING MEAN SCORE BEFORE AND AFTER TREATMENT IN STUDY GROUP

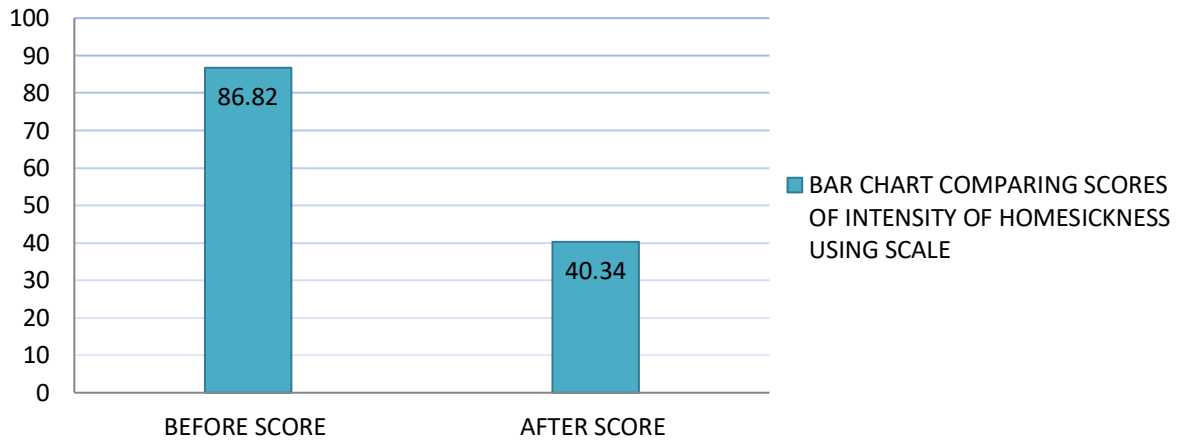
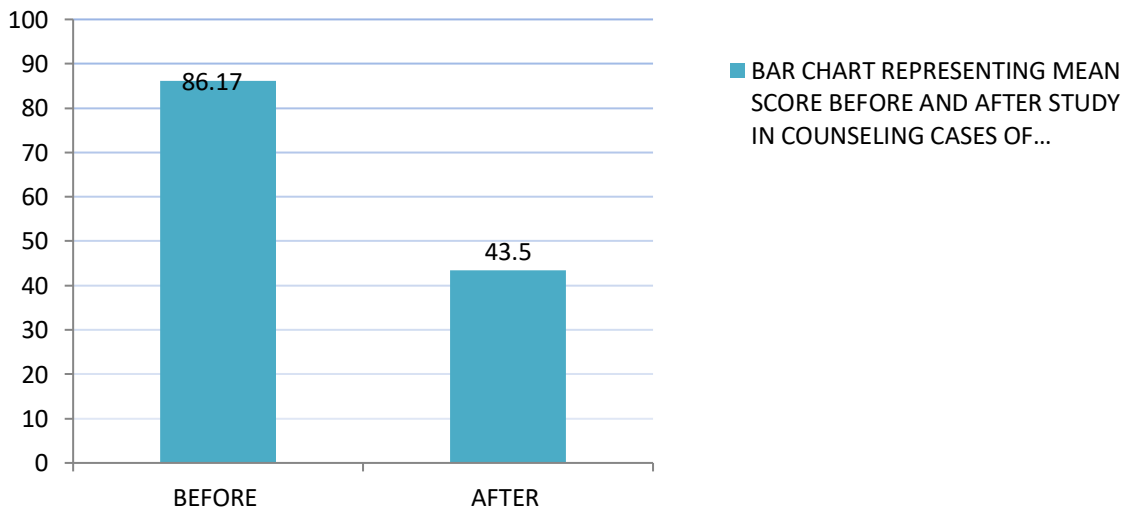
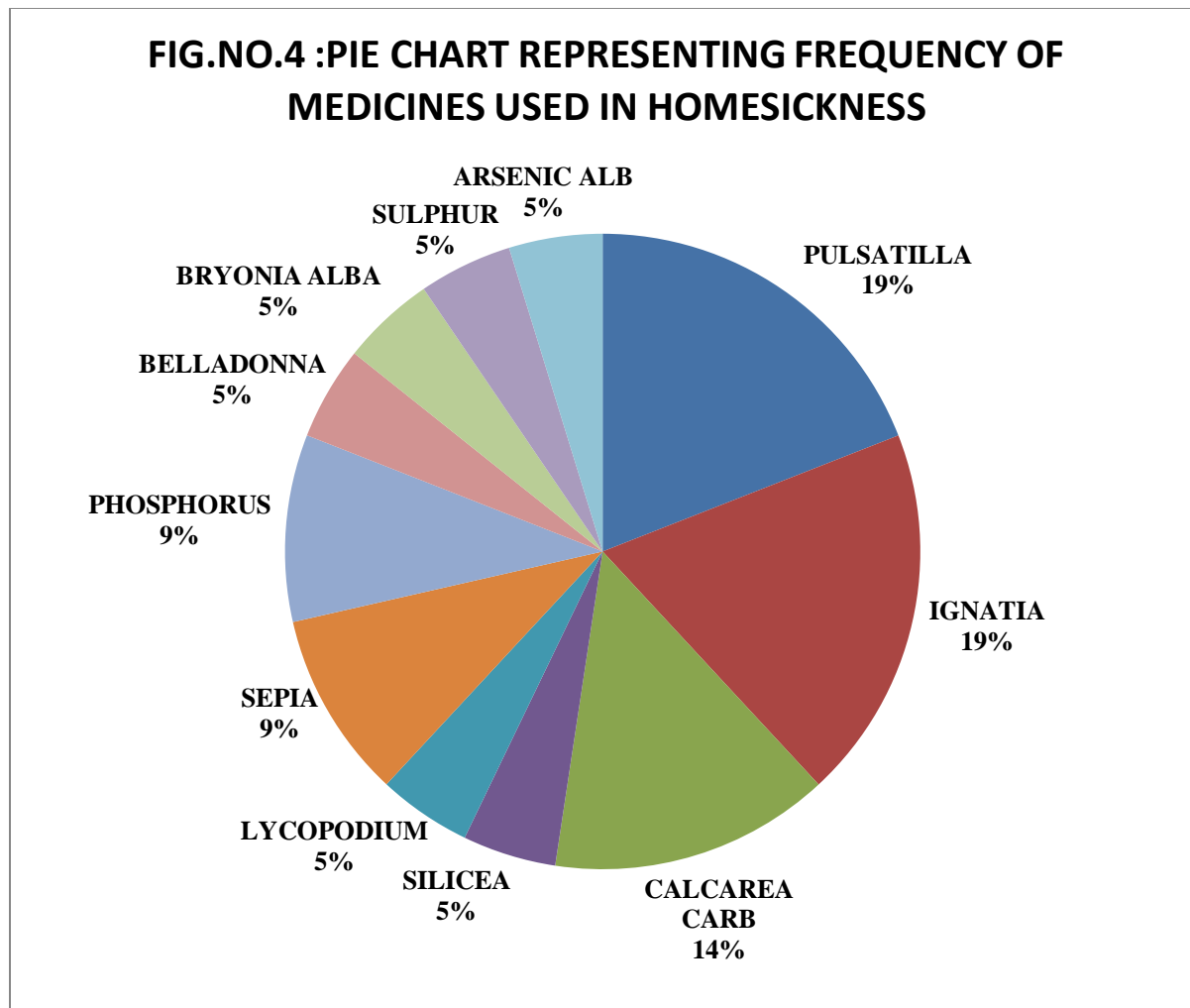


FIG NO.2 :BAR CHART REPRESENTING MEAN SCORE BEFORE AND AFTER STUDY IN CONTROL GROUP





DISCUSSION:

With the help of the John Archer homesickness questionnaire, this study was aimed to compare the benefits of homoeopathic individualized treatment versus counseling alone using a placebo in cases of homesickness. The results showed that all the individuals receiving Homoeopathic individualized Homoeopathic medicine improved, while individuals receiving Homoeopathic placebo and counseling have shown improvement of 86.95%. This shows that the Homoeopathic individualized medicines are more effective in treatment of Homesickness as compared to counseling alone. However significant improvement in patients receiving counseling shows that counseling also plays an important role in overcoming the Homesickness. For 24 weeks, both groups were monitored to gauge the severity of their symptoms. While the rate of homoeopathic management is higher than counseling with a placebo, the rate of progression is variable in both groups. The study also demonstrates that the counseling along with Homoeopathic individualized medication may be more effective in overcoming Homesickness.

CONCLUSION: In situations of homesickness, Homoeopathic management is more effective than counseling alone.

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