

Effectiveness of individualized homoeopathic medicine in ailments from homesickness for professional course students: a case series study

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ABSTRACT

Homesickness is known as “mini grief”. It is defined as “a negative emotional state primarily due to separation from home and attachment of persons, characterized by a longing for home and with difficulties in adjusting to the new place. **Objective:** To evaluate the impact of most similar homoeopathic medicines in treatment of after effects of homesickness. **Materials and methods:** A prospective study was carried out within the duration of 6 months at Motiwala National Homoeopathic Medical College, Nashik. Patients between 19-25 years of age staying away from home for study, were screened with John Archer et al, 1998 questionnaire scale. The most similar medicines after case taking and repertorization were prescribed and followed up for 6 months. Outcome for treatment was assessed with before and after questionnaire provided. **Result:** After analyzing 45 patients, 6 cases (13%) were improved, 36 cases (80%) are improving and 3 cases (7%) were not improved. This research concluded that homoeopathic individualized medicines are effective in treatment of ailments from homesickness in professional course students. Significant difference ($t=0.05=2.014$, $t=17.2$) using paired t-test was observed at the end of study. Natrum muriaticum, Pulsatilla, Phosphorus, Ignatia were found to be the most useful medicines in treating after effects of homesickness. **Conclusion:** This study concludes that individualized homoeopathic medicines are effective in cases of ailments from homesickness.

Keywords: Homoeopathy, homesickness, ailments from homesickness, professional course students, homesickness scale

Introduction: Homesickness is an emotional state primarily due to separation from home and attachment of persons, characterized by a longing for home and often with difficulties adjusting to the new place.⁽¹⁾⁽¹¹⁾ Homesickness can hurt different areas of psychological functioning such as cognitive, emotional, behavioral, physical, and social ones.⁽¹⁾⁽²⁾⁽⁹⁾ The symptoms of homesickness mainly include depression and anxiety and may lead to a state of lack of interest, loneliness, nervousness, and insecurity.⁽¹⁾⁽⁸⁾ Sufferers complain of gastric and intestinal pains, lack of sleep, headache, feeling of tiredness and some eating disorders.⁽⁵⁾ These effects range from psychological disruptions to physical manifestations and has its impact on work performance.⁽⁵⁾⁽⁶⁾ Homesickness may lead to decrease in academic performance as this may result to fear of thinking what might happen to them being away from the guidance of their loved ones.⁽⁶⁾ Homesickness is a frequently occurring phenomenon accompanying relocation, known also to go hand-in-hand with trouble adapting to a new environment and with related mental and physical health problems.⁽⁷⁾ Homesickness refers to the commonly experienced state of distress among those who have left their house and found themselves in a new and unfamiliar environment.⁽³⁾⁽⁴⁾ Homesickness is generally accompanied by a depressive mood and a variety of somatic complaints.⁽⁴⁾ As a whole homesickness or sense of being away from home felt by the students admitted in college causes anxiety, grief and anger⁽⁶⁾. Fisher in 1989 found considerable agreement about homesickness on

Fig 1: Commonly used medicines in A/F Homesickness

Table 1: Commonly used medicines in A/F Homesickness

Homoeopathic medicines	Used in number of cases
Natrum Muriaticum	11
Pulsatilla	6
Phosphorus	5
Ignatia	4

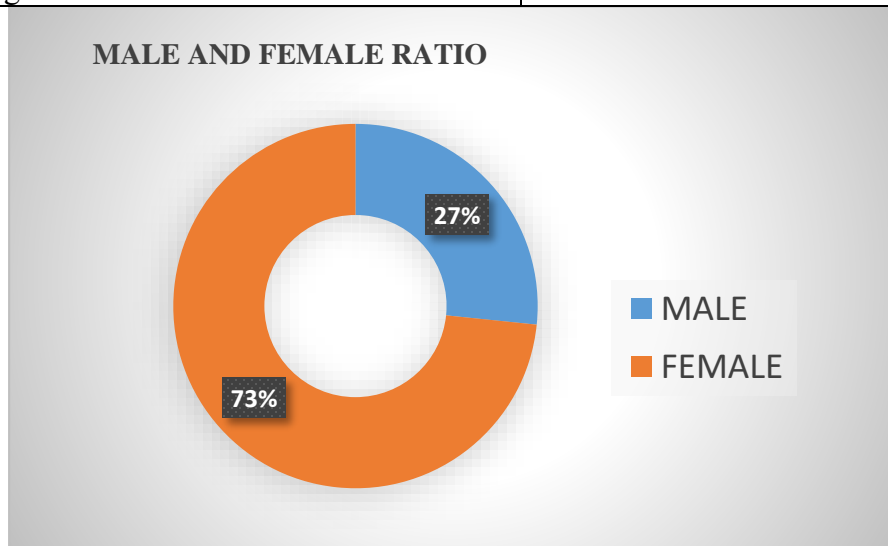


Fig 2: Represents the male and female gender distribution in the study

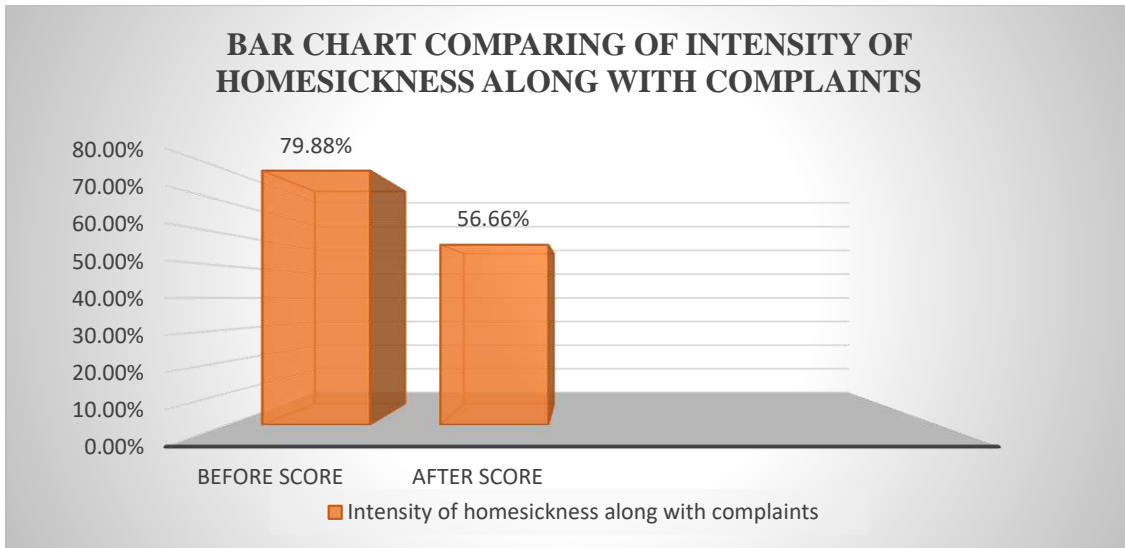


Fig 3: Bar chart comparing of intensity of homesickness along with complaints

Table 2: Intensity of homesickness along with complaints before and after

Before score	79.88%
After score	56.66%

Result: At the end of the study total number of cases was 45 out of which 6 cases (13%) are improved, 36 cases (80%) are improving, and 3 cases (7%) are not improved as shown in fig 4.

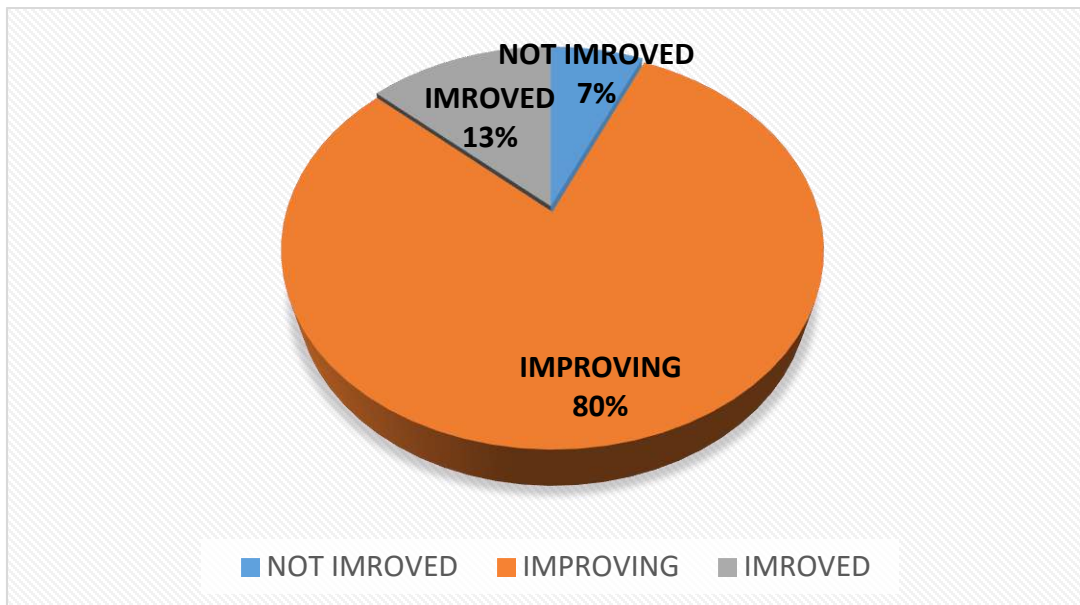


Fig 4: Result of the treatment

Discussion: In the present study, we found that homesickness is becoming the causative factor in students staying away from their home. The life of a student away from home or their loved ones is quite a struggle since several adjustment has to be done in order to survive in the new situation, they are in. Homoeopathic individualized medicines are effective in the treatment of cases where the cause is homesickness (Table 1). After carefully studying all the questionnaires, it was found that there were some agreed-upon questions that were common in all cases. Those questions were: I can't help thinking about my home; I can't concentrate on work because I am always thinking about my home; thinking of home makes me cry; I really feel empty inside; I dream about my old home; I can't seem to settle here; I feel restless here...

After analyzing all the cases and their before and after sets of questionnaires, it is deduced that there are significant changes in the scores of the agreed-upon questions of the homesickness questionnaire. It was found that the marking score of commonly agreed-upon questions, which are mentioned above, decreased in the after-score after six follow-ups.

In the present study, we have observed a case where a patient went from extremely homesick to not homesick according to a scale with the repetition of only one dose of individualized medicine. Homesickness seems to be relatively common, but individual differ in the intensity and duration of their homesickness as seen in figure 3. This research has good scope in future for better results by extending the duration of study.

Conclusion: This study concludes that individualized homoeopathic medicine is effective in cases of ailments from homesickness. The commonest individualized homoeopathic remedies used in treatment of ailments from homesickness in professional course students are Natrum muriaticum (24%), Pulsatilla (13%), Phosphorus (11%) and Ignatia (9%). Homoeopathic individualized medicine administered to our patients were impactful in its action by relieving all the complaints, mental, physical as well as particular symptoms along with the intensity of homesickness present within them before taking medicine was reduced after taking homoeopathic individualized medicine.

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