

Role of demographic Variables in Patients motivations towards Home Remedies: A Cross Sectional Study

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Abstract

The use of home remedies is a widespread practice among patients seeking to alleviate various health issues. Nevertheless, the underlying reasons driving this practice remain poorly comprehended, particularly in regards to the impact of demographic factors. The purpose of this study, conducted in an urban area, was to explore the interplay between demographic factors and the underlying reasons that prompt patients to resort to natural remedies. Data was gathered through surveys administered to patients in various healthcare facilities, focusing on their demographic characteristics and rationale for employing natural remedies. The research accentuates the importance of examining demographic factors when analyzing patients' utilization of natural remedies. Healthcare practitioners can leverage these findings to provide more tailored care and guidance to their patients, while considering their individual demographic attributes and incentives for employing natural remedies.

Keywords: Patient Treatment, Natural Health Remedies, Demographic Factor in Treatment

Introduction

The use of home remedies has experienced a surge in popularity in contemporary times, with numerous patients turning towards organic treatments in lieu of traditional medicinal remedies. The rationale underpinning this trend has been the subject of extensive research, with diverse factors identified as contributing to the adoption of household panaceas by patients. One pivotal set of variables that have been observed to play a part in patients' inclination towards household panaceas is the demographic variables.

Revealed that demographic variables pertain to the characteristics of a populace that are quantifiable and can be analyzed, such as age, gender, income, education, and ethnicity. These variables have been found to exert a considerable influence on health behaviors, including the utilization of domestic remedies. For instance, research has evinced that females are more

inclined to resort to domestic remedies compared to their male counterparts, and that the employment of such remedies is more prevalent amongst the elderly than the young (**Bishop, Yardley, & Lewith, 2007**).

One conceivable explication for the demographic disparities noted is that individuals who are female and of advanced age may be predisposed to persistent health maladies that are not fully mitigated through conventional medical remedies. Consequently, they may be inclined to pursue alternative interventions, such as home remedies, in order to alleviate their symptoms. Additionally, women may be more inclined to utilize home remedies as they frequently assume caregiving responsibilities and may be accountable for managing their family's well-being.

Kusurkar et al., (2011) found that studies have ascertained a demographic variable, education, that correlates with the usage of home remedies. According to the research, those with higher levels of education are more likely to incorporate home remedies into their health regimen than those with lower levels of education. A probable rationale for this discovery is that individuals with more advanced education may possess a superior understanding of the potential advantages of home remedies, leading them to be more inclined to experiment with unconventional treatments.

The utilization of home remedies has been discovered to have an association with ethnicity, an important demographic variable. Research has indicated that people belonging to specific ethnic groups, particularly Hispanic and African American individuals, exhibit a greater tendency towards the application of home remedies in comparison to those of other ethnicities. This phenomenon is possibly due to cultural beliefs and customs that emphasize the implementation of natural remedies as a solution to healthcare concerns.

Individuals residing in rural areas have been discovered to have an increased propensity for utilizing home remedies when compared to their urban counterparts. This is attributed to the potential limited access to medical care in rural locales. Furthermore, those with lower incomes are more likely to utilize home remedies, as financial constraints can restrict access to traditional medical treatment options. These variables, in addition to demographic factors, have been observed to play a role in the utilization of home remedies.

The investigation of demographic variables' influence on patients' inclination towards home remedies constitutes a crucial field of study with implications for public health. Through discerning the factors that contribute to patients' choice to utilize home remedies, healthcare practitioners can personalize their treatments to meet patients' specific requirements and inclinations. Furthermore, it is plausible to create public health initiatives to encourage the secure and efficient use of home remedies, particularly among vulnerable populations.

Literature review

In recent times, the utilization of domestic cures has garnered tremendous acclaim among patients who opt for natural remedies as opposed to orthodox medical interventions. The reasons that have propelled this movement have been scrutinized, and several factors have been pinpointed as the impetus behind patients' inclination towards home remedies.

Jin et al., (2008) found that patients' perceptions of traditional medical treatments can be significantly influenced by demographic variables, including income and education. Patients with reduced financial means may perceive traditional medical treatments as prohibitively expensive and may seek alternative remedies such as home-based treatments. They may not have access to insurance or other forms of financial assistance, and as a result, may find the cost of medical treatments too exorbitant. This is especially accurate for patients with chronic conditions that necessitate ongoing medical care and treatment. On the other hand, patients with higher levels of education may exhibit greater skepticism towards the pharmaceutical industry and the medical establishment.

Wu et al., (2007) found that they may be more inclined to question the safety and efficacy of traditional medical treatments and may be more open to exploring alternative remedies. This skepticism may stem from various factors, such as exposure to negative media coverage or personal experiences with adverse reactions to medical treatments.

Patients who have inadequate access to medical care, such as those who dwell in remote regions or who are uninsured, may resort to homemade remedies as a more feasible option in lieu of customary medical treatments. One of the most crucial demographic factors that can affect patients' access to healthcare is their income. Those with lower incomes may experience obstacles in affording medical care, including insurance premiums, co-payments, and out-of-

pocket expenses. These hindrances can limit their capacity to obtain medical treatments and preventive care, thereby compelling them to resort to homemade remedies as a more reasonable and accessible alternative.

Patients' access to healthcare can be affected by a demographic variable known as education. Patients with a higher degree of learning are more likely to acquire knowledge about healthcare services, as well as develop proficiency in navigating the healthcare system. They possess a heightened propensity for seeking medical care when necessary and hold a superior comprehension of the advantages of preventive care. Conversely, patients with lower levels of education exhibit a deficiency in their knowledge of healthcare services and may not possess the know-how required to access them.

Mao et al., (2011) found that geographical situation represents a crucial aspect that can affect the capacity of patients to obtain medical attention. Individuals who reside in remote or rural regions may encounter impediments in acquiring healthcare due to the lack of medical infrastructure or transportation hurdles. Consequently, these patients might incline towards traditional remedies as a more accessible and convenient alternative to address minor health afflictions. Certain cultural groups may adhere to strong traditions that prioritize natural remedies as opposed to conventional medical treatments. An illustration of this is seen in traditional Chinese medicine, which heavily relies on the use of natural herbs and remedies with centuries-old usage in treating various health issues. Patients of Chinese origin may prefer using these natural remedies as a primary form of treatment, rather than seeking conventional medical treatments.

Nadkarni, (2007) found that in the same vein, many indigenous cultures have a rich history of using natural remedies for healing, and patients from these cultures may opt for traditional remedies as a means of preserving their cultural identity and maintaining a connection to their ancestors. Cultural convictions and customs that pertain to health can substantially impact patients' viewpoints on traditional medical therapies. Patients hailing from societies that lay great emphasis on natural remedies may exhibit less trust towards conventional medical treatments and instead, may opt for natural remedies. Conversely, patients from cultures that prioritize Western medicine may look upon natural remedies with doubt or even suspicion. Additionally, demographic parameters like race and ethnicity can be tell-tale signs of patients' access to healthcare that accommodates their cultural convictions and practices. Patients who

do not have access to healthcare providers who appreciate their cultural convictions and practices may find themselves less inclined to pursue medical attention when necessary. This can result in a reliance on home remedies as a way to deal with health concerns rather than resorting to conventional medical treatments.

Oluyemisi, Henry, & Peter, (2012) revealed that the impact of demographic variables on patients' caregiving role and use of home remedies is not to be underestimated. The conventional societal expectation that women should be primary caregivers has been a driving force behind their utilization of home remedies. In various cultures, women are responsible for managing their families' well-being, which includes providing meals, medication, and support for ill or injured relatives. This, in turn, may make women more inclined to resort to home remedies as a means of addressing minor health concerns that emerge within their households.

Modak et al., (2007) found that home remedies may be considered a practical and cost-effective way of caring for their loved ones without necessitating medical intervention. Understanding the significance of demographic variables in patients' employment of domestic cures is of paramount importance for healthcare practitioners. By acknowledging the cultural and societal factors that sway patients' health judgments, healthcare providers can refine their services to better cater to patients' necessities and predilections.

Horneber et al., (2012) found that this can encompass imparting knowledge regarding the safe and efficacious employment of domestic cures, as well as presenting conventional medical treatments when warranted. A vast number of people who have resorted to alternative medicine do not seem to have done so simply due to their dissatisfaction with conventional medicine.

Ekor, (2014) found that rather, their decision appears to have been largely influenced by their conviction that these healthcare alternatives are more in tune with their own personal values, beliefs, and philosophical inclinations regarding health and life. It is intriguing to note that this has created a discernible shift in the healthcare landscape, wherein patients are increasingly gravitating towards modalities that not only cure their maladies but also align with their individualistic approach to life. This trend underscores the need for healthcare practitioners to broaden their understanding of alternative medicine and provide a comprehensive and inclusive approach to healthcare that incorporates patients' individual preferences and beliefs.

Objective

To explore the role of demographic variables in patients' motivations towards home remedies

Methodology

In this study 240 respondents were surveyed to know the role of demographic variables in patients' motivations towards home remedies. The study was conducted with the help of structured questionnaire. Also, researcher used a convenient sampling method for collecting the primary data. The data was analysed and evaluated by mean and t-test, after the completion of the fieldwork.

Findings

Table below is sharing respondent's general details in which it is found that in total 240 respondents males are 54.2% and females are 45.8%. 27.5% are of 25 – 30 years old, another 26.7% are 31 – 36 years of age, 23.8% are of 37 – 44 years and remaining 22.0% are above 45 years of age. 25.0% respondents are single, 54.2% are married with kids and remaining 20.8% are married without kids. Talking about their monthly income, 24.2% have monthly income between INR 25,000 – INR 50,000, 49.2% have monthly income between INR 50,001 – INR 75,000 and rest 26.6% have monthly income above INR 75,000.

Table 1 General Details

Variables	Respondents	Percentage
Gender		
Male	130	54.2
Female	110	45.8
Total	240	100
Age (years)		
25 – 30	66	27.5
31 – 36	64	26.7
37 – 44	57	23.8
Above 45	53	22.0
Total	240	100
Marital Status		
Single	60	25.0
Married with kids	130	54.2

Married without kids	50	20.8
Total	240	100
Monthly Income (INR)		
25,000 – 50,000	58	24.2
50,001 – 75,000	118	49.2
More than 75,000	64	26.6
Total	240	100

Table 2 Role of Demographic Variables in Patients’ Motivations Towards Home Remedies

S. No.	Statements	Mean Value	t value	Sig.
1.	Females are more inclined to resort to domestic remedies compared to their male counterparts	4.22	15.703	0.000
2.	Those with higher levels of education are more likely to incorporate home remedies into their health regimen than those with lower levels of education	3.12	1.554	0.061
3.	People belonging to specific ethnic groups, particularly Hispanic and African American individuals, exhibit a greater tendency towards the application of home remedies in comparison to those of other ethnicities	3.91	11.975	0.000
4.	Individuals residing in rural areas have been discovered to have an increased propensity for utilizing home remedies when compared to their urban counterparts	4.04	13.410	0.000
5.	Those with lower incomes are more likely to utilize home remedies	4.15	15.071	0.000
6.	Those may not have access to insurance or other forms of financial assistance, and as a result, may find the cost of medical treatments too exorbitant	3.77	9.921	0.000
7.	Exposure to negative media coverage or personal experiences with adverse reactions to medical treatments	3.25	3.252	0.001

8.	Certain cultural groups may adhere to strong traditions that prioritize natural remedies as opposed to conventional medical treatments	3.72	9.406	0.000
9.	Cultural convictions and customs that pertain to health can substantially impact patients' viewpoints on traditional medical therapies	3.98	12.649	0.000

Table above is showing the role of demographic variables in patients' motivations towards home remedies. The respondent says that females are more inclined to resort to domestic remedies compared to their male counterparts with mean value 4.22, those with lower incomes are more likely to utilize home remedies with mean value 4.15 and individuals residing in rural areas have been discovered to have an increased propensity for utilizing home remedies when compared to their urban counterparts with mean value 4.04. The respondent also believes cultural convictions and customs that pertain to health can substantially impact patients' viewpoints on traditional medical therapies with mean value 3.98, people belonging to specific ethnic groups, particularly Hispanic and African American individuals, exhibit a greater tendency towards the application of home remedies in comparison to those of other ethnicities with mean value 3.91 and those may not have access to insurance or other forms of financial assistance, and as a result, may find the cost of medical treatments too exorbitant with mean value 3.77. The respondent also says that, certain cultural groups may adhere to strong traditions that prioritize natural remedies as opposed to conventional medical treatments with mean value 3.72, exposure to negative media coverage or personal experiences with adverse reactions to medical treatments with mean value 3.25 and those with higher levels of education are more likely to incorporate home remedies into their health regimen than those with lower levels of education with mean 3.12. Further t-test shows that all the statements are significant (with the value below 0.05) except those with higher levels of education are more likely to incorporate home remedies into their health regimen than those with lower levels of education (*significance value 0.061*).

Conclusion

This cross-sectional study highlights the significant impact of demographic variables on patients' motivations towards home remedies. Factors such as income, education, ethnicity, and gender can influence patients' access to healthcare, cultural beliefs and practices, and role as

caregivers, which in turn affect their decision to use home remedies. Understanding these factors is crucial for healthcare providers to provide effective and patient-centered care, including education on the safe and effective use of home remedies, and offering traditional medical treatments when necessary. Further research is needed to explore the complex relationship between demographic variables and patients' motivations towards home remedies, in order to develop more tailored and effective healthcare strategies.

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