

# PATIENTS ATTITUDE TOWARDS INDIAN SYSTEMS OF MEDICINES IN COIMBATORE

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## **ABSTRACT:**

Indian Systems of Medicine have gained confidence of many people throughout the World. Allopathic form of medicine is considered to be the most trusted form of medicine by many because of its specialties and many sub specialties available. But still people have started focusing on Complementary and Alternative Medicines (CAM) for most of the Chronic diseases especially for the diseases like Cancer. When talking about Complementary and Alternative Medicine, most of which include the Indian Systems of Medicine like Acupuncture, Massage, Music therapy, Usage of herbs, a healthy and nutritious diet and so on. Though Indian systems of Medicine is given much importance, it is still far behind the Allopathic medicine in terms of reach. As per the NSSO Survey, about 90% of the people prefer using Allopathic medicines for their ailments and only 5 to 7% use Indian Systems of Medicine (AYUSH) [Source: Times of India, July 8 2015]. So it is necessary for the providers of AYUSH to trace out what the users of these medicines actually feel about. So the researcher aims at finding the attitude of the users of Indian Systems of Medicine.

**Index terms: Complementary and Alternative Medicine (CAM), Indian Systems of Medicine, Patients, Attitude**

## **I. INTRODUCTION:**

A study has been conducted to understand the Awareness on Ayurvedic System of Medicine in Chennai city by DR. MU. Subrahmanian<sup>1</sup>. The study focused on the men working in IT industries. It has been inferred that more than 75% of the respondents are aware that ayurveda gives better healing and also believe that Ayurveda is a Medical Science.

Traces of Ayurvedic medicine are found in Indian history veiling since Ramayana and Mahabharata. Atharvanaveda is considered as the base for Ayurvedic treatments. CharakaSamhita, the first Indian text book on Medicine compiled by Charaka and Sushruta Samhita, the first Indian text book on Surgery compiled by Sushruta dates back to 400 to 600A.D. It is surprising that the Sushruta Samhita also describes 20 sharp and 101 blunt surgical instruments, methods of preparation for major surgery and native methods of anesthesia and its administration.

The other form of Medicine 'Siddha' which is a native of Tamil Nadu is a Gift to the human through the Siddhars. Siddha also has a lot of remedies for many ailments. Though the practitioners of Siddha are found less in comparison to Ayurvedic and other practitioners, Siddha has formed a strong base by the entwined remedies with cooking practices of Tamil community. Both Ayurveda and Siddha concentrate on healing through diet and therapy.

Yunani and Homeopathy are the forms which have been brought into India by the Muslim and foreign invaders. Being harmless and of lesser side-effects, these forms of medicine are also being preferred by many. Additionally, Acupuncture which is again an indigenous form of Chinese is also being widely practiced these days. Acupuncture therapy also includes the other interesting therapies like seed therapy, heat therapy, therapy with the use of colours etc.,

## **II. REVIEW OF LITERATURE:**

The review of Literature shows that people use some or the other form of indigenous medicine such as use of herbs, massage, applying oils etc., along with their actual form of treatment. An article entitled "The prevalence of complementary and alternative medicine use among the general population: a systematic review of the literature" by P. Harris in the Journal Complementary Therapies in Medicine Volume 8, Issue 2, June 2000, Pages 88-96 mentions that use of indigenous medicine has substantially increased among the general population. Another research entitled "Knowledge, attitude, and practices toward Ayurvedic medicine use among Allopathic Resident Doctors: A cross-sectional study at a tertiary care hospital in India" by Suchita R. Gawde, Yashashri C. Shetty, and Dattatray B. Pawar says that about 68% of the Doctors feel that Ayurveda, a form of Indigenous medicine need to be integrated with Allopathic medicine. There are many other researches which have tried to study the use of Indigenous medicines among different groups of sample.

## **III. AIM OF THE STUDY:**

To study the Patients' Attitude towards Indian Systems of Medicine (AYUSH) in Coimbatore.

#### IV. RESEARCH FRAMEWORK:

A study was conducted among the users of AYUSH with a sample size of 50. A structured questionnaire was designed by the researcher to find out the attitude on AYUSH. The research design used for the study is Descriptive research design. The study aimed at describing the attitude which is prevailing in the minds of the patients. The patients who are availing services from the AYUSH doctors of Coimbatore city constitute the population of the study. The patients who avail services of all 5 types of AYUSH namely Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy constitute the Sampling unit of the study. The sampling technique used for the study is Non-probability Convenient sampling technique. Many patients who avail services from AYUSH hospitals do not have any registration done. The actual number of patients is infinite. So, Non-probability convenient Sampling was used for the study. The study was conducted from the patients of Indian systems of medicine. The Primary data is collected through the questionnaire prepared by the researcher from the AYUSH clinics and hospitals.

#### V. RESULTS AND DISCUSSION

Table 1 Descriptive Statistics of Patients Attitude Towards Indian Systems of Medicine

|  | N  | Minimum | Maximum | Mean   | S.D     |
|--|----|---------|---------|--------|---------|
| Modality of treatment is trustworthy                             | 50 | 3.00    | 5.00    | 4.3200 | .68333  |
| Doctors are efficient  | 50 | 3.00    | 5.00    | 4.4000 | .67006  |
| Doctors are professionally qualified                             | 50 | 2.00    | 5.00    | 4.2400 | .84660  |
| Medications involved are effective                               | 50 | 3.00    | 5.00    | 4.4400 | .54060  |
| Outcome of the treatment is beneficial                           | 50 | 2.00    | 5.00    | 4.1200 | .84853  |
| Hospital is reliable   | 50 | 2.00    | 5.00    | 3.9000 | .86307  |
| Care is based on scientific system                               | 50 | 1.00    | 5.00    | 3.8400 | 1.01740 |
| Provides a wholesome care  | 50 | 1.00    | 5.00    | 4.1800 | .84973  |
| Causes nil/less side effects compared to Allopathy               | 50 | 2.00    | 5.00    | 4.4600 | .81341  |
| AYUSH uses natural way of healing which is better than Allopathy | 50 | 1.00    | 5.00    | 4.4200 | .78480  |
| A better form of medicine than Allopathy                         | 50 | 3.00    | 5.00    | 4.3800 | .63535  |
| Ensures Physical, Mental and Social well being of a person       | 50 | 2.00    | 5.00    | 4.4000 | .69985  |

The respondents were asked to express their opinion on a 5 point rating scale constructed to measure the attitude of the respondents towards AYUSH medicines. The scale consisted of 12 items on a five point rating scale with options given as 5 – Strongly believe; 4 – To a great extent; 3 – Somewhat; 2 – To a lesser extent; 1 – To the least. The respondents were asked to give ratings for the items which are closer to their attitude towards AYUSH medicines. The mean ratings were found out for each item and are given above. The mean rating shows that for most of the items the mean ratings are above 4. That is, they believe in the AYUSH type of medicines to a great extent for most of the items. The Standard Deviations are below one for most of the items which are within the limits. The items ‘Hospital is reliable’ and ‘Care is based on scientific system’ were found to have mean ratings below 4 but above 3. That is, on average, for these two statements the respondents’ attitude fall between ‘Somewhat’ and to ‘a great extent’.

The Attitude scores were further analysed based on the demographic variables included in the study.

Table 2 Attitude by Age

|     |          | Attitude Score |      |     |
|-----|----------|----------------|------|-----|
|     |          | Mean           | S.D  | No. |
| Age | Below 20 | 43.25          | 7.85 | 4   |

|  |           |       |      |    |
|--|-----------|-------|------|----|
|  | 20-30     | 51.89 | 4.38 | 18 |
|  | 30-40     | 50.60 | 5.15 | 15 |
|  | 40-50     | 48.50 | 3.70 | 4  |
|  | 50& above | 55.00 | 5.72 | 9  |

The mean scores were found out for different age groups and presented in the above table. The lowest mean score is 43.25 found for respondents below 20 years and the highest score is 55 found for the respondents in the age group of 50 and above. The older respondents are found to have higher belief or more positive attitude towards AYUSH medicines. In order to find whether the mean attitude scores differ significantly among the different age groups the following hypothesis was framed and tested.

Hypothesis(Ho.). The mean Attitude scores towards AYUSH medicines do not differ significantly among the age groups

Table 3 ANOVA for Attitude Score by Age

|                | Sum of Squares | Df | Mean Square | F     | Sig. |
|----------------|----------------|----|-------------|-------|------|
| Between Groups | 425.372        | 4  | 106.343     | 4.038 | **   |
| Within Groups  | 1185.128       | 45 | 26.336      |       |      |
| Total          | 1610.500       | 49 |             |       |      |

Interpretation:

Oneway ANOVA was applied to find whether the mean attitude scores differ significantly among the age groups. The calculated value of F-ratio (4.038) was found to be significant at 1% level and it is inferred that the mean attitude scores differ significantly among the age groups. Hence the hypothesis is rejected.

Table 4 Attitude by Gender

|       |        | Attitude Score |      |     |
|-------|--------|----------------|------|-----|
|       |        | Mean           | S.D  | No. |
| Sex   | Male   | 50.00          | 6.45 | 16  |
|       | Female | 51.62          | 5.39 | 34  |
| Total |        | 51.10          | 5.73 | 50  |

The mean scores were found out for male and female respondents and are given in the table presented above. The female respondents have mean score of 51.62 which is higher than the male respondents score of 50.00. This shows that female respondents on average have comparatively more positive attitude towards AYUSH medicines than male respondents. In order to find whether the mean attitude scores differ significantly between male and female respondents the following hypothesis was framed and tested.

Hypothesis (Ho.). The mean Attitude scores towards AYUSH medicines do not differ significantly between male and female respondents.

Table 5 t-test for Equality of Means

| T     | Df | Sig. |
|-------|----|------|
| 0.929 | 48 | Ns   |

Interpretation: t-test for Equality of Means was applied to find whether there is significant difference between male and female respondents in the average attitude scores. The calculated t-test value is 0.929 which is found to be not significant and it is inferred that there is no significant difference between male and female respondents in their mean attitude scores. Hence the hypothesis is accepted.

Table 6 Attitude by Residence

|           |            | Attitude Score |      |     |
|-----------|------------|----------------|------|-----|
|           |            | Mean           | S.D  | No. |
| Residence | Rural      | 51.36          | 7.19 | 14  |
|           | Urban      | 50.82          | 5.68 | 28  |
|           | Semi-Urban | 51.63          | 2.97 | 8   |
| Total     |            | 51.10          | 5.73 | 50  |

The mean scores for the people from different place of residence is given in the above table. People who live in Semi-urban (51.63) and Rural (51.36) areas have a higher mean score value than those of Urban (50.82). This shows that the people residing in Semi-Urban areas have a more positive attitude towards the AYUSH medicines. In order to find whether the mean attitude scores differ significantly between the respondents residing at different areas the following hypothesis was framed and tested.

Hypothesis (Ho.). The mean Attitude scores towards AYUSH medicines do not differ significantly between the people of different residence.

Table 7 ANOVA for Attitude Score

|                | Sum of Squares | Df | Mean Square | F    | Sig. |
|----------------|----------------|----|-------------|------|------|
| Between Groups | 5.304          | 2  | 2.652       | .078 | NS   |
| Within Groups  | 1605.196       | 47 | 34.153      |      |      |
| Total          | 1610.500       | 49 |             |      |      |

Interpretation:

Oneway ANOVA was applied to find whether the mean attitude scores differ significantly among the groups of different residence. The calculated value of F-ratio (0.078) was found to be not significant at 1% level and it is inferred that the mean attitude scores do not differ significantly among the groups of different residence. Hence hypothesis is accepted.

Table 8 Attitude by Educational Qualification

|                           |                    | Attitude Score |      |     |
|---------------------------|--------------------|----------------|------|-----|
|                           |                    | Mean           | S.D  | No. |
| Educational Qualification | Illiterate         | 49.00          | 8.50 | 7   |
|                           | Finished schooling | 47.93          | 2.53 | 14  |
|                           | Diploma holder     | 51.73          | 6.45 | 15  |
|                           | Graduate           | 55.09          | 3.73 | 11  |
|                           | Post-graduate      | 53.00          | 2.00 | 3   |
| Total                     |                    | 51.10          | 5.73 | 50  |

The mean score for the Graduates was highest 55.09 and for the respondents who have finished schooling is 47.93. This shows that the people who are educated have a more positive attitude towards the AYUSH medicines. In order to find whether the mean attitude scores differ significantly among the different Educational Qualification groups the following hypothesis was framed and tested.

Hypothesis(Ho.). The mean Attitude scores towards AYUSH medicines do not differ significantly among the groups of different Educational Qualification.

Table 9 ANOVA for Attitude Score

|                | Sum of Squares | Df | Mean Square | F     | Sig. |
|----------------|----------------|----|-------------|-------|------|
| Between Groups | 363.729        | 4  | 90.932      | 3.282 | *    |
| Within Groups  | 1246.771       | 45 | 27.706      |       |      |
| Total          | 1610.500       | 49 |             |       |      |

Interpretation:

Oneway ANOVA was applied to find whether the mean attitude scores differ significantly among the groups of different Educational Qualification. The calculated value of F-ratio (3.282) was found to be significant at 5% level and it is inferred that the mean attitude scores differ significantly among the groups of different Educational Qualification. Hence the hypothesis is rejected.

Table 10 Attitude by Monthly Income

|                |                | Attitude Score |      |     |
|----------------|----------------|----------------|------|-----|
|                |                | Mean           | S.D  | No. |
| Monthly Income | Not disclosed  | 48.13          | 7.90 | 8   |
|                | < Rs.10000     | 49.75          | 5.20 | 8   |
|                | Rs.10001-25000 | 52.24          | 4.83 | 21  |
|                | Rs.25001-50000 | 53.22          | 6.16 | 9   |
|                | Above Rs.50000 | 49.00          | 3.83 | 4   |
| Total          |                | 51.10          | 5.73 | 50  |

The mean score was highest for the group earning monthly income of Rs.25001-50000. In order to find whether the mean attitude scores differ significantly among the groups of different Monthly income the following hypothesis was framed and tested.

Hypothesis(Ho.). The mean Attitude scores towards AYUSH medicines do not differ significantly among the groups of different Monthly income.

Table 11 ANOVA for Attitude Score

|                | Sum of Squares | Df | Mean Square | F     | Sig. |
|----------------|----------------|----|-------------|-------|------|
| Between Groups | 170.760        | 4  | 42.690      | 1.334 | NS   |
| Within Groups  | 1439.740       | 45 | 31.994      |       |      |
| Total          | 1610.500       | 49 |             |       |      |

Interpretation:

Oneway ANOVA was applied to find whether the mean attitude scores differ significantly among the groups of different Monthly income. The calculated value of F-ratio (1.334) was found to be not significant at 1% level and it is inferred that the mean attitude scores do not differ significantly among the groups of different Monthly income. Hence the hypothesis is accepted.

Table 12 Attitude by Type of AYUSH medicine followed

|                                 |                    | Attitude Score |      |     |
|---------------------------------|--------------------|----------------|------|-----|
|                                 |                    | Mean           | S.D  | No. |
| Type of AYUSH medicine followed | Ayurveda           | 48.38          | 8.16 | 8   |
|                                 | Yoga & Naturopathy | 51.57          | 3.36 | 7   |
|                                 | Unani              | 51.67          | 5.13 | 3   |
|                                 | Siddha             | 50.59          | 6.19 | 17  |
|                                 | Homeopathy         | 52.80          | 4.65 | 15  |
| Total                           |                    | 51.10          | 5.73 | 50  |

The mean score was highest for Homeopathy 52.80. This shows that the respondents have more positive attitude towards Homeopathy. In order to find whether the mean attitude scores differ significantly among the groups of different AYUSH medicine, the following hypothesis was framed and tested.

Hypothesis(Ho.). The mean Attitude scores towards AYUSH medicines do not differ significantly among the groups of different AYUSH medicine.

Table 13 ANOVA for Attitude Score

|                | Sum of Squares | Df | Mean Square | F    | Sig. |
|----------------|----------------|----|-------------|------|------|
| Between Groups | 109.726        | 4  | 27.432      | .823 | Ns   |
| Within Groups  | 1500.774       | 45 | 33.351      |      |      |
| Total          | 1610.500       | 49 |             |      |      |

Interpretation: Oneway ANOVA was applied to find whether the mean attitude scores differ significantly among the groups of different AYUSH medicine. The calculated value of F-ratio (0.823) was found to be not significant at 1% level and it is inferred that the mean attitude scores do not differ significantly among the groups of different AYUSH medicine. Hence the hypothesis is accepted.

## VI. DISCUSSION:

From the Table 1.1 it is understood that the mean score is less for two items i.e., 'Hospital is reliable' and 'Care is based on Scientific system'. Though people feel positive about the medicinal system and the Doctor, most people are not comfortable with the Hospital. Many Doctors practice at small clinics or even at their own home which lead to the lesser scoring for the item 'Hospital is reliable'. People are not quite unaware that AYUSH is also science. They have a feel that the cure caused by AYUSH medicines is something beyond science.

## VII.SUGGESTION:

Indian systems of medicines need to be taken to the people who do not know about it. Researches based on Alternate medicines have to be promoted by the Ministry and more than which the results of the researches have to be made aware by all the people. As Allopathic medicine is being promoted by various means, Alternate medicines also need promotion to attract a large volume of patients. A better environment where the Doctors practice Alternate medicines may also attract patients and it will also add on to a better positive attitude of the people. As Arya Vaidya Pharmacy (AVP), Homeocare International Private

Limited have become big players in Alternate medicines, many other such players are also needed to promote Alternate medicines.

#### VIII. CONCLUSION:

Keeping all these aside, people have started moving towards the traditional system of medicine. With rising incidence and prevalence of lifestyle diseases among the population in India, the demand for alternative medicines has consistently enhanced. The additional advantage with alternative medicines is that they do not have much of side effects and can be consumed for preventions from various diseases. Health allocations to the health ministry and the Ayush ministry in the Union Budget 2017-18 have increased to Rs 50,283crore, which represents a healthy increase of about 27 per cent over the allocation of Rs 39,533crore in the previous Budget. Moreover, the strong government support and number of players entering in this segment has also contributed to the growth of the sector. Government along with AYUSH ministry has opened number of AYUSH institutes and AYUSH yoga institutes in various parts of the country. Though the statistics shows a slow increase in the choice of alternate medicines, the awareness among the people is on the rise. As the Organic shops have started gaining importance these days, very soon Alternate medicines would also take up the scene.

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