

A Study on the Perceived Benefits of Homeopathy on Social Functioning and Psychological Well-Being among Adults

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Abstract: Homeopathy is increasingly a popular choice among CAM modalities, and a user group describing well-being gains beyond relief from physical symptoms has been reported. Homeopathy and its perceived beneficial effects, including those on psychosocial function (i.e., psychological well-being and social functioning), were the focus of the research in this group of adults. A quantitative descriptive correlational design, using data from 47 adults who received homeopathic treatment, was implemented to test specific relationships among psychosocial variables. Participants completed an online self-administered socio-demographic tool, a researcher-developed Perceived Benefits of Homeopathy Questionnaire, and Ryff's Psychological Well-being Scale. Data analyses using descriptive statistics, Pearson's correlation, regression analysis, independent-samples t-test, and Cronbach's alpha were conducted. Participants perceived positive outcomes, such as emotional stability, confidence and self-belief, enhanced quality of life, and social engagement. Some significant relationships between different perceived benefits, psychosocial wellbeing variables, and social functioning outcomes were detected. Regression models demonstrated significant, yet varied, explanatory capacity of these variables for life satisfaction ($R=0.394$) and motivation to interact ($R=0.827$). The Perceived Benefits of Homeopathy Questionnaire displayed strong internal consistency ($\alpha = 0.991$). These data, in themselves, describe the favourable psychosocial experiences of participants; they do not measure clinical efficacy.

Keywords: Homeopathy; Psychological well-being; Social functioning; Quality of life; Perceived benefits

1. Introduction

Health isn't just physical. Social relationships, daily tasks and functioning, and feelings about yourself comprise all of the aspects of your health. In terms of psychological health, wellness includes having contented relationships with emotions and handling stress well enough in your day-to-day life, as well as working effectively while handling personal relationships, having a productive role, and enjoying most of everyday life. Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity, as stated by the World Health Organization. Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community, according to WHO. The Definition Completely matches homeopathy principles, for its holistic approach. Health is the balanced state of body & mind of an individual maintaining equilibrium within itself and its environment. Maintaining equilibrium between one's mind and body is essential for maintaining a healthy state of mind. Man consists of an inseparable whole of mind and body. Any changes, whether in the external or internal environment, capable of producing alternations, will affect the whole man during healthy as well as in disease conditions.

A healthy individual can experience normal sensations and activities due to the balance maintained between their body and mind (homeostasis). There are several dimensions to being a human being: physical, psychological, emotional, spiritual, and social, and any little disruption in any of these dimensions has a ripple effect that can spread in any direction. Homeopathic health is considered a dynamic equilibrium.

Homeopathy can improve quality of life through its approach of individualization and improving lifestyle (Homeopathy as a Means to Improve Quality of Life by F. Fujino, Ana Paula Ribeiro, J. Armond, Patricia Colombo de Souza 2023). Socially, functioning covers how you manage your relationship skills and how well you interact within family, community, social, and work groups.

Individuals seek healthcare not only to relieve physical symptoms but also to improve their quality of life, emotional stability, interpersonal relationships, and ability to participate effectively in society. Homeopathy is a holistic system of medicine that emphasizes the treatment of individuals as whole persons, considering their physical, emotional, mental, and social wellbeing. According to Vithoulkas (2018), homeopathy's core philosophy treats individuals as a whole, that is, mind, body, and spirit. A significant portion of individuals use homeopathy as a complementary approach to health care, and some receive treatment for physical maladies, long-term chronic health issues, stress, anxiety, and other concerns. In addition to receiving an intervention, experiencing Homeopathic treatment often includes some communication with the practitioner, client expectations, beliefs, and the experience of being taken care of. In today's fast-paced society or community, stress, psychological discomfort, and isolation are very common; homeopathy can offer or enhance a better outcome of life expectancy. Homeopathy not only considers physical healing, but also emotional and social wellbeing. While its primary focus is on health improvement, the benefits of homeopathy extend beyond physical wellness, playing a vital role in shaping social interactions and life quality. Thus, not only do I examine perceived benefits regarding physical concerns, but

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also how participants describe changes in their daily functioning within other psychosocial areas as well.

Psychological wellbeing

Psychological well-being means good health on the psychological level, including emotional health and mental health. It plays a huge part in affecting how a person thinks, feels, acts, deals with stress, interacts with other individuals, and makes decisions in life. Psychological wellbeing involves leading a life which is full of meaning, balance and fulfilment, not merely feeling happy for a short period. It involves development and personal growth, positive relationships, competence, independence, and purpose, and scientific research has shown it has a powerful effect on both mental and physical health. It's not just a lack of stress, misery, or other emotional difficulties. A psychologically healthy person has an understanding and control of their emotions, can cope with challenges, sustain positive relationships, and feels their life is of value. Psychological wellbeing refers to people's thoughts, feelings, and daily lives. People will feel sometimes elated, content at times, anxious, frustrated, or stressed other times. Psychological health does not imply constant happiness but the ability of people to struggle through difficulties to recover a balance.

The present study examines perceived benefits, rather than measures of effectiveness. This concept is particularly important since, in a self-report study, I cannot assume homeopathy caused the changes. So, if a participant says after treatment that they "felt calmer", this can mean that the treatment, my rapport, or their own expectations (or even the combination thereof) contributed to this feeling. The goal here is only to study the participants' perceptions and the relationship among their responses. The Biopsychosocial Model guides this study and is integrated with Ryff's conceptualization of psychological wellbeing.

A questionnaire assessing psychological wellbeing, confidence to cope with daily problems, life Satisfaction, social anxiety, social performance, and participation in group social events will be developed and administered. The main focus of the present work, therefore, is to explore the perceived benefits of Homeopathic intervention with adults and their correlation with psychological wellbeing and social functioning.

2. Literature Survey

A literature review is a major component of research because it allows the researcher to search for and define areas of knowledge already established. It allows researchers to identify knowledge gaps in their area of inquiry, allow them to figure out their theoretical base, and identify where they can begin their own research.

1) Homeopathy and the Holistic Approach to Health

Homeopathy is built on the principles of 'similia similibus curentur' which translates to "like cures like." It's a holistic treatment approach focused on individualizing care, acknowledging the entire person rather than the diseased part or organ. Holistic in homeopathy means taking into account the physical, emotional, and psychological aspects of an individual. According to the latest literature, homeopathy's

utility for chronic diseases and psychosomatic ailments where emotions may be highly present is often observed. In a recent study (Maftei et al. 2024), authors emphasized therapeutic uses of homeopathy and expressed that patients sometimes report a global feeling of betterment of physical conditions, not solely, but as a balance with improvement in their emotional and daily life functioning. This is congruent with the theoretical foundation of the biopsychosocial model in psychology.

Witt, C.M., et al. (2005). A multicenter cohort study was conducted with 2851 adults and 1130 children in Germany and Switzerland using the SF-36 questionnaire for adults, KITA questionnaire for children between 1 and 6 years of age, and KINDL questionnaire for patients between 7 and 16 years of age for 3, 12, and 24 months. The results showed major improvements in the quality of life after homeopathic treatment.

Belinda Gousta (2017). A cohort study carried out on 3981 individuals with allergic rhinitis, headache, and atopic dermatitis, and the study revealed that there is an effective reduction in disease severity and improvement in quality of life.

da Costa Fujino et al (2025). (Homeopathy as a means to improve the quality of life. Homeopathy, 114(02), 138-141). Homeopathy considers the person as a whole, and an individualistic approach to treatment, which is the main principle of homeopathy. It highlights good health, a healthy lifestyle, and quality of life. Individualization is the key factor in homeopathic treatment. The foundation of homeopathy lies in this concept. It treats patients holistically while also considering the person's unique personality traits. Homeopathy takes a Holistic Approach to Treatment and not just the Symptoms: Homeopathy emphasizes treating the entire individual as the whole, including the physical, emotional, and cognitive components.

Lingeswaran, R., & Mohan, J. (2024). It explains how homeopathy works on the totality of the patient's health, including physical, mental, and environmental, lifestyle, diet, and occupation.

Gupta R (2023). By focusing on the whole individual and not just the symptoms or disease, this treatment can lead to better satisfaction and outcomes. Inclusion of conventional and CAM therapies can potentially lead to cost savings.

Justo, C. P., & de Andrea Gomes, M. H. (2008), A quantitative study with 20 adult patients was carried out in Santos, Brazil, with homeopathic treatment in both private and public sectors for 2 years. Semi-structured interviews were carried out and then analyzed. It was found that there was dissatisfaction with conventional treatment, and family influence was the reason for preferring homeopathic treatment. Patients continued treatment due to its positive approach and low cost.

Mercer, S. W., & Reilly, D. (2004). There were in-depth, semi-structured interviews with a purposive sample of 14 patients at the Glasgow Homoeopathic Hospital (GHH). A grounded theory approach was used for analysis. Patients

were selected on the basis of age, socioeconomic circumstances and enablement scores. Two categories were taken into account: first, outside the consultation, related to expectations formed initially from friends and family and then strengthened by ongoing attendance at GHH. And second – inside the consultation, length of consultations, whole-person approach, and being treated as an individual, and telling and having their “story” listened to in depth. Patients who visited GHH valued the holistic approach and whole person approach considered by the physician.

2) Homeopathy and Psychological Well-being

The idea of health includes six parts according to Ryff in 1989. These parts are being happy with yourself, having relationships with other people, being independent, being able to manage your environment, having a clear purpose in life, and growing as a person. The mentally healthy individual usually exhibits mental balance and happiness in life. They feel connected to other people. They manage challenges. Much research has been done in recent years on whether alternative medicine, especially homeopathy, can be linked to mental wellbeing.

The main reason people go to homeopathic practitioners is not only for illnesses that affect the physical body, but also for emotional issues and symptoms of stress, anxiety, sadness, irritability, and sleep disturbance. The result in the above cases is still inconclusive, and research will be carried out to understand what causes such amelioration: whether it is due to the homeopathic medicine itself, the homeopathic consultation, the placebo effect, or a combination of them all. Mental wellbeing isn't just simply the absence of depression and/or anxiety; it means positive affect, high self-efficacy, quality social relationships, good social bonds, satisfying life experiences, effective handling of daily life issues and demands, autonomy of thought, etc.

According to Divya et al. (2024), homeopathy can be used to address various mental health problems, and studies have revealed that people who engage in homeopathic practices experience decreased levels of stress and depression. Homeopathy is based on individualized treatment and is patient-focused, considering the person as a whole, not just the symptoms. There is evidence based on clinical trials using remedies like *natrum mur*, *ignatia amara*, *pulsatilla*, *arsenicum album*, helps in emotional healing, help in managing or recovering better quickly, manage stress efficiently, and improve overall health.

Hellhammer, J., & Schubert, M. (2013). A randomized, double-blind, placebo-controlled single center study was conducted in Germany, including 40 women aged 30-50 yrs who experienced impaired well-being during stress. After homeopathic treatment, sleep quality was improved. Schyma, J. (2010). A study was conducted to analyze the effectiveness of homeopathic treatment in improving health and well-being in adults aged 55+. A mixed methodology study was chosen for the study, with 20 participants. The evidence showed that there is an improvement in health and well-being.

Mahida, D. H et all (2023), Homeopathy follows interrelatedness between mind, body, and emotion, and gives a unique perspective on mental health. In homeopathy, the

treatment is individualized, aiming to restore balance and takes into account the causes for anxiety, depression, stress, and insomnia. The homeopathic treatment supports the self-healing mechanisms and takes into account the main cause of mental health conditions, aiming to improve long-term healing.

Kuzeff, R. M. (1998) conducted a double-blind, randomized, placebo-controlled crossover study with 36 patients. Data were analyzed using Visual analogue scales (VAS) of “sensation of well-being” and CD4 levels. The results showed that patients receiving the homeopathic treatment had improved responses and improved “subjective well-being,” and also concluded that homeopathic medicines affect CD4 levels.

Frass, M (2015). The results showed that the global health status and the subjective well-being of cancer patients significantly improved when adjuvant treatment, which is classical homeopathy, was given in addition to conventional treatment. There is an improvement in global health status, which is stronger in the homeopathic group by 7.7, when it is compared to the control group.

Singh et al. (2025). Here, the article states that stress is a global health concern and chronic stress can lead to anxiety and depression. Homeopathy is a growing system of medicines and takes into account personality traits, emotional triggers, and constitution. Stress is not considered to be a disorder, but it causes disturbance in the whole individual. There is clinical evidence from a Randomized Controlled Experiment (RCT) in 2019 showing the effectiveness of homeopathic treatment in college students with stress. The study showed that there is a significant reduction in stress levels and improvement in mental well-being. A meta-analysis on homeopathic effectiveness showed gains in psychological wellbeing. In summary, homeopathic treatment takes a holistic, individualistic approach, treating both psychological and physical symptoms.

Sharma, N., & Sharma, S. (2024). Research on youth mental health found that adolescence is a crucial period in terms of physical, emotional, and social transformation. One in seven adolescents in the world lives with some type of mental illness, according to the World Health Organization; However, the majority do not get adequate treatment.

Anxiety, depression, and conduct disorder are the ones that most frequently affect young people; they alter their academic performance, personal relationship with family and friends, and their lifelong physical well-being.

To prove the severity of adolescent mental health problems, it's the 4th highest cause of death among the population aged 15 to 29 years old. Available research indicates that adolescent mental health has gradually become a critical problem of global proportions. Although traditional medical treatments remain of paramount importance to solve their condition, homeopathy has been researched as a complementary treatment. It has reported some success, but no extensive, high-quality studies are available to determine the real utility and safety of homeopathic treatment for the treatment of mental health in adolescents.

Sharma, A., & Verma, C. (2024). A randomized controlled trial was done to evaluate the effectiveness of homeopathic treatment on psychiatric conditions like anxiety, depression, and stress-related disorders and reduction in symptom severity, quality of life, and overall well-being with a treatment duration of six weeks. Participants were between the ages of 18 and 65 years and were selected through stratified random sampling. Data were collected using t-tests, ANOVA, or chi-squared tests. The study showed that their improvement in the severity of symptoms and overall well-being.

Brien, S. et al (2011) Brien and colleagues carried out an exploratory double-blind, randomized placebo-controlled trial on people suffering from rheumatoid arthritis in an attempt to see if the results were due to homeopathy itself or the process of consultation. It appeared that while the treatment prescribed did not seem to have a great deal of benefit, the consultation process did, possibly due to the increased role of consultation through the provision of extra and more empathetic and sympathetic communication of treatment; the RA patients in the study experienced pain relief as well as physical health effects (i.e., joint state and flexibility) and improved mood and overall health state.

Srikanth et al (2021). In this study, using Cross-sectional analysis of the data, the use of the AYUSH Sanjivani app helped to understand the use of AYUSH interventions by the Indian population during the COVID-19 pandemic. During the months of May to July 2020, more than 723,000 responses were studied. Approximately 85% were found to practice AYUSH measures, with Ayurveda and homeopathy being most commonly used, with around 90% reporting benefits. Many of them reported improved overall well-being, and individuals who practiced AYUSH for longer periods of time did not report positive results or show symptoms.

Teixeira M. Z. (2025) Subjective well-being was studied as a parameter of therapeutic intervention in homeopathy. There have been studies reporting subjective well-being in patients undergoing complementary therapies like positive psychology and meditation. This positive emotion is backed up by objective measures like electroencephalogram (EEG) and functional magnetic resonance imaging (fMRI). Neurophysiological changes have also been noted in patients following the intake of homeopathic drugs. It is therefore concluded that subjective well-being can be objectively measured, and neurophysiological changes may act as a biomarker for studying well-being in homeopathy.

3) Homeopathy and Social Functioning

Social functioning means how the person is in managing his life and his role in the social environment to relate to people and to manage his occupational and social lives to be as normal as possible. Health, wellbeing, physical health, mental health, and life satisfaction are all linked together with good and poor social functioning and vice versa.

Bell, I. R et al (2004) conducted a study, including Sixty-two (62) community-recruited patients with fibromyalgia (FM), to assess the association between global rating for classical homeopathic vital force and patient ratings on previously validated bio-psycho-social-spiritual questionnaires. Case

taking and interviews were carried out, and the patients' history and physical examination. Patients' vital force was rated on a Likert scale on their Clinical Global Impression (CGI) of the severity of illness. It was found that homeopathic vital force more truly depicted perceived energy, mental function, and positive dimensions of individuals.

Kundu, R et al (2017) carried out a study using a randomized sampling technique, including 100 parents of people with hemophilia (PWH) from 2014-2016 at the Homeopathy in Hemophilia Research Centre, Nashik. The Family Interview for Stress and Coping in Mental Retardation (FISC-MR) scale was used to measure stress in 10 different aspects of the lives of parents with PWH. The result showed that homeopathic medicines are effective in coping with stress in PWH. It considerably increased the social and interpersonal relationships. Sekar C et al. (2025). A case study was conducted on Childhood Apraxia of Speech (CAS) with individualized homeopathic treatment with Natrum muriaticum as a complementary treatment. There was marked improvement in fluency, articulation, social interaction, emotional well-being, and social confidence.

Sekar C et al. (2025) conducted a study on Childhood Apraxia of Speech (CAS) with individualized homeopathic treatment with Natrum muriaticum as a complementary treatment. There was marked improvement in fluency, articulation, social interaction, emotional well-being, and social confidence.

Chaudhary, R., & Chand, T. (2025). Widespread incorporation of digital media in the lives of young people and adolescents gains valuable educational and social opportunities, but has an impact on addiction. Behavioral issues can be noticed and can impact education, health, academic outcomes, social functioning, and also sleep quality. Homeopathic treatment considers individualized, holistic components of constitutional and miasmatic predispositions and reduces harmful behaviors and restores balance. After combining CBT, family participation can enhance outcomes.

Muscari-Tomaioli, G (2001). Describes the results which are obtained from patients suffering from headache/ migraine who are undergoing homeopathic treatment. According to the analysis, 60% of cases showed improvement in pain and the limitations which are caused by pain. Also, improvement in social activities and health in general.

4) Evidence from Systematic Reviews and Meta-Analyses

Hamre, H. J. et al. (2023). Conducted a systematic review of meta-analyses of randomized placebo-controlled trials of homeopathic treatment. Six trials included individualized homeopathy, non-individualized homeopathy, and all homeopathy. Trial samples ranged from 45 to 97 patients. The meta-analysis showed a positive effect of homeopathic treatment over placebo.

Mathie, R. T. et al. (2014). An individualized homeopathic treatment approach was implemented using homeopathic medicines in randomized controlled trials (RCTs). 24 medical conditions in total were studied, out of which 22 were

subjected to meta-analysis. Found that homeopathic treatment has effects greater than placebo.

5) Homeopathy in Depression and Anxiety

Viksveen P et al (2018). A cohort study of patients receiving homeopathic treatment reported improved depression. A significant proportion of patients reported significant improvement in depression after the homeopathic treatment. But further study is still needed for the efficiency of homeopathic medicines.

Grimaldi-Bensouda, L. (2016). A cohort study conducted with GPs in France, Patients consulting with ADDs (Anxiety and Depression Disorders) with conventional practice, were prescribed homeopathic treatment from a certified homeopath. Out of 1562 patients, 710 participated. After 12 months, participants observed improvements and less use of psychotropic drugs.

Zepeda-Quiroz, N. et al. (2021). A case study of 19 yr old with a history of TRD (Treatment resistant major depression) treated for depression from the age of 5 years. Individualized homeopathic treatment with Staphisagria, Nux vomica, Arsenicum album, and Lachesis trigonocephalus was started. Four-month treatment was carried out, and it was found that there was an improvement in mood and a decrease in depressive symptoms. After follow-up and 8 months of treatment, the patient is free of depression. Hence, it has been proven that individualized homeopathic treatment plays a major part in curing depression

6) Homeopathy in Psychiatric and Psychosomatic Disorders

Lathia, P. N. et al. (2025). An observational retrospective study was conducted, including 300 patients for a duration of 4 yrs which were chronic cases. Statistical analysis was carried out on the data. A significant improvement was observed.

Mullai, B. (2011) conducted a study to find various expressions of psychosomatic disorders and the role of potency, dosage, and repetition of the remedies in psychosomatic disorders. 30 cases with the totality of symptoms were taken into account in each case. The study found that in 26% of cases, depression and sadness were the main causative factors. Homeopathic treatment with 200 potency and repetition of the dose was found to be effective.

7) Homeopathy and Quality of Life Outcomes

Champs, N. S. et al. (2021). A prospective randomized controlled pragmatic trial was conducted with two groups of patients, one with homeopathic treatment and another without homeopathic treatment. 6 months of homeopathic treatment were given. The World Health Organization Quality of Life abbreviated questionnaire (WHOQOL-BREF) was used before and after treatment for over 6 months. Homeopathy showed an improvement in the quality of life after 6 months of treatment in chronic cases.

Fujino, F. M. S. D. C. (2025). Homeopathy treats the patient as a whole, that is, "individualization" and not just the symptoms or disease, thus improving the quality of life, which differs from person to person.

KUTLU, A. (2021). A descriptive cross-sectional study was conducted in İzmir, Turkey, with 180 participants receiving homeopathic treatment and counselling. The data were collected, and the World Health Organization Quality of Life Instrument was used to assess the outcome. The majority were females and found improvement in health and were satisfied with homeopathic treatment.

3. Problem Definition

Despite its use among adults with various health problems, few studies within the present project literature examine relationships between the use of homeopathy and social functioning, and psychological well-being. The majority of the studies focus on such things as symptoms, health-related quality of life or satisfaction among participants, and participants' own subjective description of emotional balance and social confidence/anxiety/participation in community. Consequently, the problem this investigation had to address was what participants perceive as positive effects, or benefits, that are produced by use of homeopathy, and if these perceived effects are related to psychological well-being and social functioning. The study does not claim to establish the clinical effectiveness of homeopathy.

4. Methodology / Approach

4.1 Research Design

A quantitative approach with a descriptive-correlational research design was used. The survey method was selected because the study examined participants' perceptions and relationships among variables without manipulating treatment.

4.2 Participants and Sampling

The target population consisted of adults aged 18 and above, having a history of homeopathic treatment or currently under homeopathic treatment. A sample of 47 subjects was taken by non-probability purposive (convenience & snowballing) sampling. The selection criterion for the sample subjects was: Must be 18 years and above the homeopathic treatment for at least the last 3 month Willing to be a part of the study. Exclusion criteria were: Age below 18 years, never having received homeopathic treatment, and subject with the illness with gross psychotic illness leading to admission to a mental health facility.

4.3 Data Collection Procedure

An online survey was carried out to collect data. Data collection took about 3 to 4 weeks. The Google Form was shared via WhatsApp, email, colleagues, and professional contacts. The participants were notified about the study with their permission to fill out the questionnaire. The data were collected voluntarily and kept confidential and anonymous. After collecting the responses, the data were coded and set up for analysis.

4.4 Tools Used

In the socio-demographic section, Information was sought on age, gender, marital status, education, work, and living situation. The homeopathy use questionnaire looked into time of treatment, purpose of treatment, frequency of visits, type of other treatments used, and satisfaction. There was a self-created Perceived Benefits of Homeopathy Questionnaire exploring domains including physical, emotional stability, stress management, coping capacity, self-image and social interactions. The form was answered using a five-point Likert scale; 1=strongly disagree, 2=disagree, 3=neutral, 4=agree, 5=strongly agree. The questions for psychological well-being were taken into account using ideas from Riff's Psychological Well-being Scale. Self-acceptance, personal relations, autonomy, purposes in life, and personal growth are concepts looked at in this dissertation, among others. This biopsychosocial model was used because it looks at physical, emotional, and social components together.

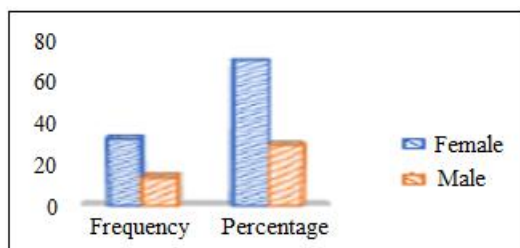
4.5 Data Analysis

The data were structured in Excel and analyzed using Jamovi. Descriptive statistics including frequency, percentage, mean, median, and standard deviation were used. Pearson correlation was used to observe relationships between selected pairs of variables. Regression was performed for selected predictive relationships. An independent-samples t-test was used to analyze the gender differences in the 'perceived quality of life improved' perception. Cronbach's alpha was used to assess the internal consistency of the questionnaire.

5. Results and Discussion

5.1 Participant Profile

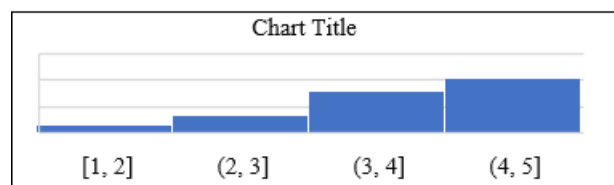
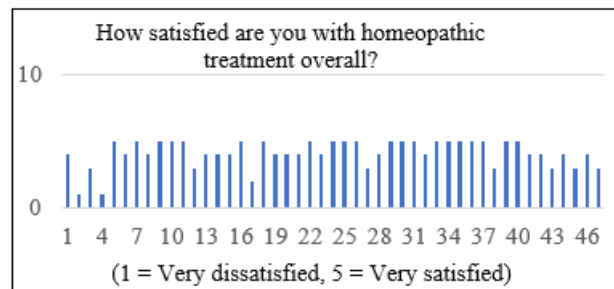
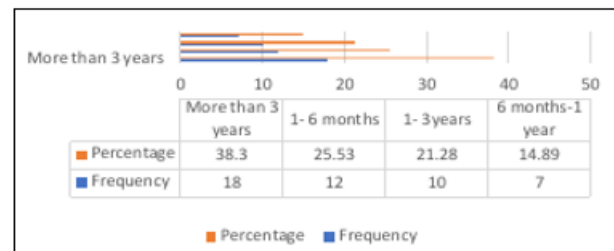
From a total of 47 individuals participating in the study, the gender makeup of the sample group was men and women at a (70%) and (30%). The highest percentage of age in this study was 36-45 years (31.9%), 18-25 (27.7%), 46-55 (17.0%), 26-35 (14.9%), and 56 years old (8.5%). Similarly, 80.85% of the study respondents were living in an urban area, followed by a semi-urban area (10.64%) and then in a rural area (8.5%). In the same way, 40.43% of the study respondents were self-employed, 21.28% were housewives, and student respectively.



5.2 Homeopathy Usage and Satisfaction

Long-term use was common: 38.3% had used or were using homeopathy for more than three years, 25.53% for one to three years, 21.28% for six months to one year, and 14.89% for one to six months. Physical health problems (53.3%) and

digestive issues (38.3%) were the most frequently reported reasons for treatment, followed by skin problems (21.3%), fear of side effects of allopathy (17%), chronic illness and stress/anxiety (14.9% each), allergy/respiratory problems (12.8%), and emotional issues (10.6%).



5.3 Descriptive Findings on Perceived Benefits

The average scores on some of the perceived-benefit questions ranged from 3.7 to 4.3, suggesting respondents selected most often agree or strongly agree. "Overall satisfaction" with a SD of .70 yielded a mean score of 4.12766, whereas improved appetite and digestion; and "feeling safer than other medications" each yielded means of 4.00, "perceived improved quality of life"; and "confidence in managing health problems" yielded means of 3.914 and 3.89, respectively, while the mean for perceived "improvement in immunity and resistance to illness" was 3.850. Based on these data, respondents seemed to hold a generally positive perception about their treatment experience and believed that their homeopathy experience was related to a wide range of issues beyond just a physical one, including but not limited to calm, confidence, and the quality of day-to-day life. Nonetheless, this was a subjective report of what participants may or may not be capable of assessing accurately or without subjective interpretation.

5.4 Correlation Findings

- 1) A positive correlation between the perception of overall health having improved and improved management of chronic health conditions was discovered using a Pearson correlation ($r = .796$). This can be translated to: the higher participants' perceptions of an increase in their general health, the better they felt they managed chronic health problems.

- 2) A very strong correlation between feeling at ease when socializing and a decrease in the perception of social anxiety was found using a Pearson correlation ($r = .874$). This can be interpreted as participants with lower perceived levels of social anxiety tended to feel at ease when socializing.
- 3) Improvement in perception of immunity to illnesses and resistance to illness was positively related to improvements in perceived energy levels and daily functioning ($r = .913$). Improvement in immunity to illness was also positively related to feeling mentally calm ($r = .831$) and to perceived quality of life ($r = .832$). Taken collectively, these may illustrate a trend in which perceiving physical well-being leads to perceptions of psychological well-being. Given that all measures are self-reports, the relationships presented indicate an association rather than demonstrating a causal relationship.
- 4) Positive correlations between emotional balance and reduced social anxiety were observed ($r = .732$). Perceived improvement in daily functioning and reduced social anxiety were related ($r = .750$). Reduced social anxiety was positively correlated with work and school performance ($r = .750$). In contrast, improvements in school and work functioning were positively correlated with increased participation in community and group activities ($r = .815$). This last finding is especially relevant as it links together individual beliefs about mental state and their levels of functioning in social situations, the major focus of this paper.

		Overall Health Improved	Manages Chronic Conditions	Comfort in Social Gatherings	Reduced Social Anxiety
14	Overall Health Improved	0.796	-		0.725
21	Manages Chronic Conditions	0.796	0.771	-	0.766
32	Comfort in Social Gatherings		0.771	0.771	-
33	Reduced Social Anxiety			0.766	0.874

Correlation analysis of health improvement, chronic-condition management, social comfort, and social anxiety.

		Manages Chronic Conditions	Overall Health Improved	Improved Appetite & Digestion
21	Overall Health Improved	-	0.796	0.760
14	Manages Chronic Conditions	0.796	-	0.761
19	Comfort in Social Gatherings	0.760	0.761	-

Correlation of chronic-condition management, overall health, and appetite/digestion.

		Improved Immunity & Resistance	Better Energy & Functioning	Mental Calmness	Improved Quality of Life
17	Improved Immunity & Resistance	-	0.913	0.831	0.832
15	Better Energy & Functioning	0.913	-	0.867	0.811
27	Mental Calmness	0.831	0.867	-	0.804
29	Improved Quality of Life	0.832	0.811	0.804	-

Correlation analysis between immunity and resistance to illness, improvement in energy levels, and daily functioning, mental calm, and improved quality of life.

	Homeopathy helps me feel emotionally balanced.	Homeopathy has reduced my social anxiety.	My work/social performance has improved.	I participate more actively in community or group activities.
23. Homeopathy helps me feel emotionally balanced.	—			
33. Homeopathy has reduced my social anxiety.	0.732	—		
41. My work/social performance has improved.	0.557	0.75	—	
43. I participate more actively in community or group activities.	0.773	0.78	0.815	—

Correlation of emotional balance, social anxiety, social/work performance, and community participation.

5.5 Regression Findings

The first regression model shows the analysis $R=0.628$, $R^2=0.394$. Thus, 39.4% of the variance can be accounted for by life satisfaction. The levels 3 - greater satisfaction (0.922, $p=0.38$), 4 - greater satisfaction (1.133, $p=0.12$), and 5 - greater level of significant satisfaction (2.03, $P < 0.001$) overall show a greater significant outcome. This analysis also concludes that higher life satisfaction can be derived from better emotional balance.

Model Fit Measures				
	R	R ²		
Model 1	0.628	0.394		

Note. Models estimated using a sample size of N = 47.

Model Coefficients – 45. I feel satisfied with my life.				
Predictor	Estimate	SE	t	p
Intercept ^A	2.667	0.396	6.73	<.001
23. Homeopathy helps me feel emotionally balanced:				
2 – 1	0.833	0.627	1.33	.191
3 – 1	0.922	0.430	2.14	.038
4 – 1	1.133	0.434	2.61	.012
5 – 1	2.033	0.452	4.50	<.001

In terms of regression, the predictor variable significantly explains the variance in life satisfaction, with a moderate $R = .628$, $R^2 = .394$, and $N=47$. Agreement with believing homeopathy assists with life satisfaction. Using the baseline (1), the means were compared with respondents who agreed more strongly that homeopathy assists them to feel emotionally balanced to report greater levels of life satisfaction, which progressively increases to higher levels. With mild (3 vs 1, $p = .038$) and strong (4 vs 1, $p=.012$ and 5 vs 1, $p<.001$) effects of increasing the strength of believing in homeopathy assisting emotionally, but peaking in relation to higher levels of life satisfaction.

Model Fit Measures				
	R	R ²		
Model 1	0.909	0.827		

Note. Models estimated using a sample size of N = 47.

Model Coefficients – 40. I feel more motivated to socialize than before				
Predictor ^a	Estimate	SE	t	p
Intercept ^a	0.569	0.329	1.73	.092

28. Homeopathy improves my confidence in managing health problems,

2 – 1	0.569	0.320	1.73	.092
3 – 1	0.431	0.128	3.37	.002
4 – 1	0.638	0.500	1.28	.209
3 – 1	0.896	0.459	1.95	.058
5 – 1	1.421	0.511	2.78	.008
5 – 1	2.062	0.588	3.51	.001

The regression analysis that tested an attitude toward being motivated to socialize yielded a strong and significant association ($R = 0.909$, $R^2 = 0.827$, $N = 47$) and thus indicates that views of the role that homeopathy can play in increasing one's confidence in managing health conditions can account for substantial variance in motivation to socialize. Based upon the coefficients the greater the degree of agreement the higher one's motivation to socialize is anticipated to be, with significant predictors consisting of moderate and strong and moderate/strong support for the item being to a lesser (e.g., 2 = 1, $p>.05$) or a greater extent able to develop oneself in terms of confidence in one's ability to manage health conditions through the process of using homeopathy and in addition, having higher levels of motivation to socialize (as defined earlier) at least moderate (3 = 1, $p = .002$; 5=1, $p=.008$; $p=.001$). Some pairs had been omitted that may have yielded a high p value (4=1).

5.6 Gender Comparison

Independent Samples t-Test		
Statistic	df	p
29. Homeopathy improves my quality of life.	Student's t	1.29 45.0
	1.29	45.0

Note: Models estimated using a sample size of $N = 47$

Group Descriptions					
Group	N	Mean	Median	SD	SE
Female	33	4.03	4.00	0.847	0.147
Male	14	3.64	4.00	0.847	.021
		3.64	4.00	0.115	.038
		2.062	0.308	3.51	.001

Comparisons were made between genders with regard to the rating on the extent to which homeopathy has improved the quality of life. It may be that genders have different perceptions of the value of homeopathy. There were no significant differences found between males and females on this aspect ($t = 1.29$, $df = 45$, $p > .05$). Descriptive statistics also illustrate this with women reporting a higher average score on this aspect ($M = 4.03$ $SD = .85$) than men ($M = 3.64$, $SD = .85$); both had the same median score (4.00), this suggests that while overall attitudes seem to remain constant across gender, there may be a slightly greater positive reception by women in this sample.

5.7 Reliability

Reliability Analysis	
Measure	Cronbach's α
Scale	0.991

In terms of the analysis of reliability, Cronbach's alpha value of 0.991 is of an extraordinarily high level; it illustrates that the questionnaire used in the survey shows excellent internal consistency. Internal consistency refers to a high correlation between the items on a scale, which signifies that the items collectively construct the scale in an extremely stable way and are good measures of the specific construct. A higher reliability index implies that the result derived through the scale is more accurate and credible.

6. Discussion

The analysis revealed overall positive experiences with homeopathy among the participants. The level of reported satisfaction and the relatively high mean scores would suggest that most participants felt that their treatment process with homeopathy was of assistance. This aligns with similar findings on quality of life and satisfaction in the literature review, but in the current study, more specific focus has been directed at emotional balance and social functioning. This area of functioning was highlighted due to its potential to correlate with other variables such as physical improvements in functioning. Understandably, one who feels an improved sense of emotional balance might feel less out of their comfort zone among others, and lowered levels of social anxiety would presumably lend themselves to an increased likelihood of experiencing participation in social events as accessible. All of these variables demonstrated a positive correlation within the sample of participants included in the current

study. The current results also align well with the Biopsychosocial model discussed in the dissertation. Indeed, individuals who reported an improvement in their physical functioning also tended to have higher levels of reported emotional and social functioning. Again, it must not be implied that physical changes cause psychological changes in the same manner; however, it can be inferred that it is perceived to interact in this manner by participants. In the second regression analysis, additional insight into the reported interactions can be further understood. For instance, the significant interaction of emotional balance with life satisfaction suggests that emotional wellness plays an instrumental role in life satisfaction, whereas in confidence in managing their health, the motivational aspects contributing to engagement in social interaction can further illuminate certain perceptions on the daily lives of these individuals. Nonetheless, it must be stressed that it is not possible to place an excessive amount of weight on the current results. The results are derived from a small number of subjects recruited via convenience and snowball sampling, all answers provided by individual participants are self-reported and individuals had varied and multiple health complaints and were likely to have been utilizing the services of other practitioners in addition to homeopathy, thus elements unrelated to homeopathy might have also contributed to some aspects of the participant's answers, and did not necessarily causally correlate with homeopathic intervention.

7. Conclusion

In general, the 47 adults perceive homeopathy in positive ways. Self-reports indicated very high overall satisfaction; increased emotional balance, self-assurance and quality of life, and social participation. We noticed a number of robust positive correlates, and our questionnaire had a very good reliability ($= 0.991$). There seems to be a connection among perceived positive outcomes of homeopathy in relation to psychological phenomena and social functioning experienced by study participants, which the questionnaire was reflecting, but these cannot be stated as evidence of clinical efficiency.

8. Future Scope

Future studies should involve larger and more representative samples, preferably with longitudinal and/or controlled designs. A comparative study of homeopathy and other health interventions might be relevant, and incorporate standard assessments for anxiety, depression, resilience, coping and social functioning. Mixed-methods studies could also explore participants' experiences in greater detail.

9. Limitations

We conducted a study based on questionnaires, and so some of the answers given could be influenced by individual judgement. The sample size of the study was small and may not be representative of the population as a whole. Homeopathy was used to treat a range of different illnesses, and participants may have taken other treatments which can account for changes attributed to homeopathy. Our study shows what people perceived.

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