

Effectiveness of Naturopathy Therapy in Treating Cardiac and Diabetic Patients: Perceptions of Medical Practitioners

Samiksha Bhandakkar^{1*}; Samiksha Kachewar²; Ajay Pise³

^{1;2;3}Dadasaheb Balpande College of Pharmacy, Besa, Nagpur (MH), India

Corresponding Author: Samiksha Bhandakkar^{1*}

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Abstract: Naturopathy therapy is a holistic idea of health that not only helps to prevent illness but also cure the disease. According to the case study, a qualified medical practitioner looks for serious ailments to be prevented and seeks Naturopathy not as an alternative to allopathic treatment but as an adjunct to it. The medical practitioners provided great insight through interviews and surveys. The research examined the perspectives of medical practitioners on the gains and drawbacks of naturopathy therapy, as well as the type of diseases for which it can be useful. Moreover, the challenges posed by using naturopathy therapy in mainstream disease management were also examined. As a result of this study, the naturopathy therapy can be practiced along with the conventional medical therapies which will improve the quality of care for the patients.

Keywords: Perception Analysis, Naturopathy Therapy, Medical Practitioners.

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I. INTRODUCTION

➤ Perception:

Perception is a process of interpreting the stimuli that we receive from our environment. Medical practitioners can come across differently based on their experience, expertise, bedside communication and manner.

➤ Perception Analysis:

Perception analysis of medical practitioners of naturopathy therapy while treating patients refers to the assessment of the viewpoint of medical practitioners towards the use of naturopathy therapy while treating patients. You can find out what residents are thinking about or want for the community through various means.

➤ Surveys:

Collecting data on a large scale is commonly done using survey method. They can be allocated online, via mail, or in person. Surveys usually ask participants to rate their opinions on Naturopathy therapy on a scale of 1 to 5, whereby 1 refers to strongly disagree and 5 to strongly agree.

➤ Interviews:

Interviews provide a more comprehensive means of perception data collection. They enable researchers to ask additional questions and gain more information about many aspects. Interviews can be undertaken face-to-face, over the phone, or via video chat.

➤ Focus Groups:

Focus groups, a type of interview, involve a group of people who are brought together to discuss a specific topic. This strategy helps to receive different perspectives on the subject matter at hand.

➤ Listening Sessions:

Research studies are in-depth qualitative interviews that interactively examine an issue. All the participants are only required to express their views on a specific subject. By taking away the money, we will help people to get a real feel of things.

➤ Medical Practitioners

A medical practitioner is a healthcare expert who's possesses the capacity to practice medicine medical professional that is who studied, diagnosed, prognosis, and treated any disease. In India, any person whose name is found in any state medical register of any state and who

possesses the requisite medical qualifications is a registered medical practitioner.

Medical professionals work in hospitals, clinics, private practices and other healthcare facilities. They assess patients' health problems and help them treat and cure them. Most of the doctors also work in coordination with each other to provide useful advices.

In carrying out perception analysis, healthcare professionals can be trained to observe a patient carefully, including their face, body and voice. Moreover, they may ask open-ended questions and encourage patients to express their thoughts and feelings.

➤ *Naturopathy:*

Naturopathy is a system of medicine that helps the body heal itself. It uses natural means, such as herbs and diet, in a holistic way. "It is an alternative form of medicine and stresses natural healing methods." The incorporation of plants, supplements, and lifestyle modifications is possible, including diet and workout routine.

The views of medical practitioners on naturopathy therapy can be affected by various factors which may include their beliefs, training and exposure to treatment methods. Naturopathy, also known as Naturopathic Medicine, is a medical system that evolved from the amalgamation of an array of traditional practices and health care approaches that were common in Europe. Naturopathic Practitioners are visited by people for primary care, wellbeing or illness.

➤ *Types of Naturopaths*

There are three main types of naturopaths:

- Licensed naturopathic doctors (NDs): NDs must attend a four-year naturopathic medical school and pass a licensing exam. They are considered primary care providers and can diagnose and treat a wide range of health conditions.
- Traditional naturopaths: Traditional naturopaths do not have a license, but they may have years of experience practicing naturopathic medicine. They may use a variety of natural therapies, including herbs, dietary supplements, and lifestyle changes.
- Other healthcare professionals: Some healthcare professionals, such as dentists, may use naturopathic methods in their treatment plans. However, they are not considered naturopaths.

➤ *Treatment Approaches*

Naturopathic practitioners use a variety of treatment approaches, including:

- Dietary and lifestyle changes: Naturopathic practitioners may recommend altering diet, exercise and stress management. Making these changes will no doubt improve your health and well-being and manage certain diseases.

- Herbs and other dietary supplements: Practitioners of naturopathy often make use of natural herbs or other dietary supplements for health. Although supplementing with herbs is natural, one has to bear in mind that they interact with prescribed drugs. Thus, one must consult a healthcare specialist before taking any supplements.
- Homeopathy: In homeopathy system of medicine, a patient with particular ailment is treated with very small amount of natural substances, which go on to create similar effect in healthy people.
- Hydrotherapy: Hydrotherapy is a medical treatment employing water for the treatment of disease. This encompasses baths, showers, steam, and cold plunges.
- Manipulative therapies: Massage and chiropractic therapies might be used to enhance circulation, alleviate pain and increase ease of movement.
- Psychotherapy: The naturopathic doctor may recommend treatment to help patients with emotional issues.
- Exercise therapy: A good exercise program lets chronic illness patients feel better with ease. The safety of our surgery depends on the outcome of the trial. Naturopathic doctors may develop exercise regimens for patients to improve cardiovascular fitness, promote weight control, and reduce stress.
- Practitioner-guided detoxification: Detox diet programs detoxify the body to remove toxins from patients' body and also prevent disease. Such procedures may include fasting, special diets, or herbal or natural cleansing.

➤ *Principles and Beliefs of Naturopathy*

Naturopathy is based on the following principles:

- Self-healing: The body is capable of healing itself and you can assist this with the help of a naturopath.
- Underlying causes: Naturopathic practitioners believe that there can be an imbalance of the body causing the symptoms. The intention is to heal these imbalances.
- Harmlessness: Naturopathic therapies ought to be harmless and non-invasive.
- Holistic: Naturopathic practitioners believe in a holistic approach to health which takes into account one's physical, mental and emotional health.
- Education: Naturopathic practitioners inform their patients about their health and how to be healthy in life.
- Prevention: According to naturopathic practitioners, preventing illness is better than treating it. They assist patients in making healthy lifestyle decisions to prevent disease.

➤ *Naturopathy for Cardiac and Diabetic Patients*

In the treatment of cardiac and diabetic patients, naturopathy may prove beneficial, and patients can try. Nevertheless, naturopathy therapy should be used as an adjunctive therapy rather than a replacement for conventional medical treatment. Cardiac and diabetic patients can benefit from naturopathy therapies such as the following.

- Nutrition: A healthy diet is essential for heart and diabetes patients. Guidance on dietary changes to

improve blood sugar control and reduce the risk of heart disease can be provided by naturopathic doctors.

- Herbal medicine: Garlic and guggul might help in managing cholesterol levels and blood sugar levels. Using herbal supplements may sound tempting, but knowing that they can interfere with prescription medications is a must. Consulting your healthcare provider before taking any herb is crucial.
- Exercise: Exercise is necessary for cardiac and diabetic patients regularly. Naturopathic doctors can guide safe and effective exercise programs that may enhance cardiovascular health and assist in blood sugar control.
- Stress reduction: Stress is bad for heart and diabetes patients. Naturopathic doctors can help you learn relaxation techniques like meditation and yoga to reduce stress and improve your overall state of well-being.
- Acupuncture: According to early research, cardiac patients may receive pain relief from acupuncture, which may potentially improve cardiovascular functioning, along with a similar effect for diabetic patients.

➤ *Naturopathic Doctors:*

Naturopathic doctors might have varied licenses. Because states aren't uniform in their licensing requirements, checking a naturopathic doctor's credentials before a first visit can be wise. The government does not regulate naturopathy in India, so it is essential to research before choosing a naturopathic practitioner.

➤ *Aim of Study:*

The aim of the study was to analyze the perception of medical practitioners on the effectiveness of naturopathy therapy as an adjunct therapy in disease conditions.

➤ *Objectives:*

- The aim of the study is to assess the advantages and disadvantages of naturopathy therapy.
- To investigate what conditions the doctor thinks would be helped by naturopathy therapy in 20 words.
- To study the difficulties in the amalgamation of naturopathy therapy with conventional medicine.

➤ *Study Design:*

The research design of this study will be qualitative. Participants are medical practitioners with experience in naturopathy therapy. Data will be collected through semi-structured interviews. Analysis of Interview Transcripts Using Thematic Analysis.

➤ *Expected Outcomes:*

The study's findings are expected to provide the insight into the perception of medical practitioners in respect of effectiveness of naturopathy therapy. The study's results may also assist with the establishment of guidelines for integrating naturopathy therapy into traditional medicine.

➤ *Need for Research*

Naturopathy is a growing field of medicine and it has gained a lot of popularity in recent years which has been reflected in the increasing demand for these services in

Toronto. Nonetheless, there is a shortage of evidence regarding the effectiveness of naturopathy therapy, and there is a need to examine the opinion of doctors regarding the effectiveness of naturopathy therapy.

Doctors play a practical role in disease treatment which affects their thinking ability. May Naturopathy therapy depends on practitioner skill. To start with, physicians control which treatment patients can get, and they can say whether the patient needs the therapy or not. Additionally, doctors have wide experience on the different types of treatments. Thus, their comments can be important to see how effective naturopathy therapy is. Physicians can also help incorporate Naturopathy therapy into conventional medicine, as they're in a position to do so.

Besides needing to study the opinion of the physician on the effectiveness of Naturopathy therapy, we need to study the mechanism of body activation of self-healing by Naturopathy therapy. The principle behind Naturopathy therapy is that the body has the ability to heal itself and that naturopathic therapies can help to support the body's own natural healing process. However, not much is known about the way that naturopathy therapy works and we need to do more research to understand how it can activate the self-healing mechanism of the body.

II. PLAN OF WORK

The following is a plan of work for the study:

- Literature Review: The Information regarding the efficacy of Naturopathy therapy on Cardiac and Diabetic patients is collected by literature review. A wide variety of sources, including peer-reviewed journals, government websites, and professional organizations were used.
- Questionnaire Preparation: A questionnaire was designed to gauge the opinion of medical practitioners on the efficacy of the naturopathy therapy when used as an adjuvant therapy with conventional therapy in cardiac and diabetic patients. The questionnaire asked open-ended physical rehabilitation and therapy questions and closed-ended neurological and psychiatric questions.
- Interviews: Medical professionals were engaged in interviews. The interviews were semi-structured. They focused on practitioners' perception of the merits and limitations of naturopathy therapy. Also, the problems of using naturopathy therapy with conventional medicine were observed.
- Data Analysis: Thematic analysis was used to analyze the data gathered from literature review, questionnaire and interviews. Thematic analysis is a qualitative research method used to analyze a data set.
- Conclusion: The study's findings were summarized and discussed in the conclusion. The discussion in summary also highlighted the importance of naturopathy therapy; thus, introducing it into conventional practices.

III. RESULTS AND DISCUSSION

On average, cardiologists receive 18 patients, while endocrinologists also have 18 patients per day. These patients belong to poor, middle or elite status. Each category represented the following percentage of patients.

- Lower income group: 20%
- Middle income group: 58%
- Elite: 22%

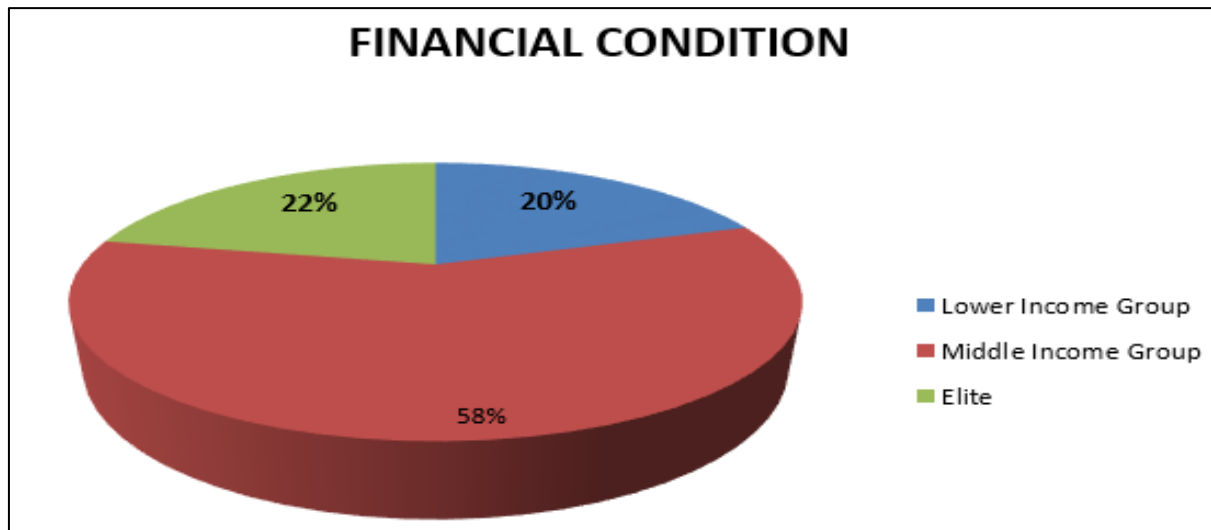


Fig 1 Financial Condition

➤ Discussion

The results of the study show that the majority of patients visiting cardiologists and endocrinologists are middle-income. This is likely due to the fact that middle-income individuals are more likely to have access to healthcare than poor or elite individuals. "The results also show that a significant minority of patients visiting cardiologists and endocrinologists are poor." This suggests that there is a need for more affordable healthcare options for poor individuals.

The results of the study have implications for the integration of naturopathy therapy into conventional medical practices. Since the majority of patients visiting cardiologists and endocrinologists are middle-income, there is a potential market for naturopathy therapy among this group. Naturopathy therapy could be a cost-effective way to improve the health of middle-income individuals.

However, it is important to note that the results of the study are based on a small sample size. Further research is needed to confirm the findings of the study and to determine the effectiveness of naturopathy therapy for cardiac and diabetic patients.

➤ Relevance of the Lifestyle of the Patient

The lifestyle of the patients was also categorized as stressed, urban, digital, active, or rural. The following percentages of patients were represented in each category:

- Stressed: 30%
- Urban: 28%
- Digital: 20%
- Active: 13.24%

- Rural: 9.06%

➤ Discussion

The results of the study show that the majority of patients visiting cardiologists and endocrinologists have an urban lifestyle. This is likely due to the fact that urban individuals are more likely to be exposed to environmental stressors, such as air pollution and traffic congestion. The results also show that a significant minority of patients visiting cardiologists and endocrinologists have a stressed lifestyle. This suggests that there is a need for more stress-management interventions for these individuals.

The results of the study have implications for the integration of naturopathy therapy into conventional medical practices. Since the majority of patients visiting cardiologists and endocrinologists have an urban lifestyle, there is a potential market for naturopathy therapy among this group. "Naturopathy therapy could be a way to help urban individuals manage stress and improve their overall health."

However, it is important to note that the results of the study are based on a small sample size. Further research is needed to confirm the findings of the study and to determine the effectiveness of naturopathy therapy for cardiac and diabetic patients.

➤ Graphical Representation

The graphical representation of the percentage of patients visiting physicians on the basis of lifestyle shows that the majority of patients with an urban lifestyle visit cardiologists and endocrinologists for treatment. This is followed by patients with a stressed lifestyle, digital lifestyle, active lifestyle, and rural lifestyle.

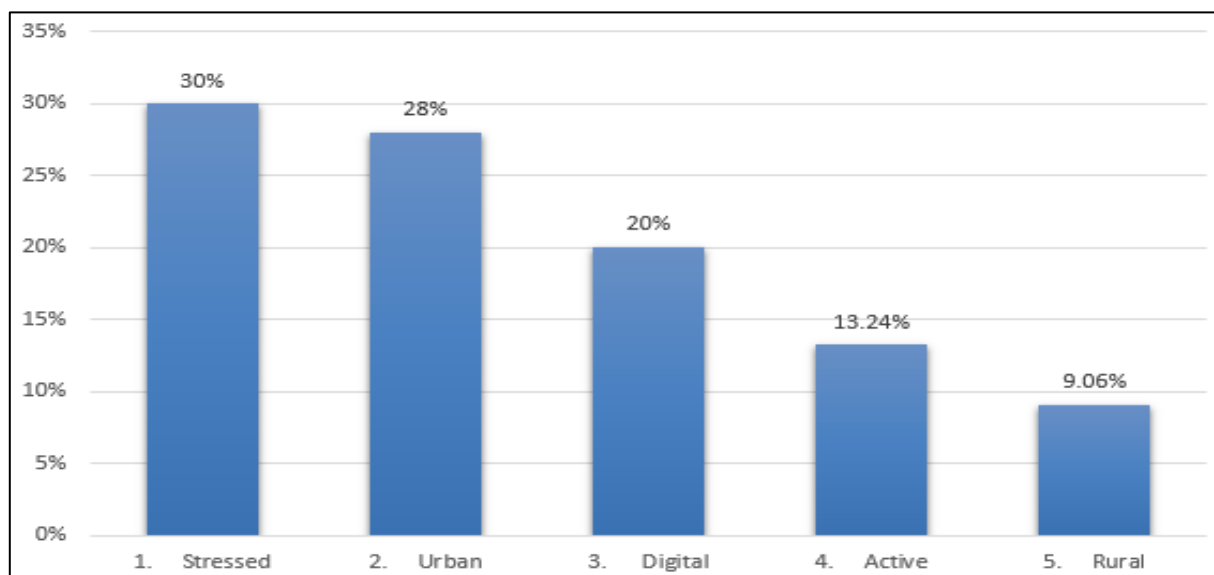


Fig 2 Graphical Representation

The results of the study suggest that lifestyle is an important factor in determining who visits cardiologists and endocrinologists. Further research is needed to determine the specific mechanisms by which lifestyle affects health and to identify effective interventions for improving the health of individuals with different lifestyles.

➤ *Effectiveness of Naturopathy and Yoga Therapy along with Conventional Medications*

The majority of physicians (86%) believe that naturopathy therapy and yoga therapy can enhance the outcome of treatment when used alongside conventional medications. They believe that naturopathy therapy can help patients recover from diseased conditions and reduce the side effects of regular medicines. Naturopathy can be used as a supplement to conventional medications for the treatment of diseases including diabetes, cardiac related diseases, and other chronic conditions.

The remaining 14% of physicians believe that naturopathy therapy may enhance treatment outcomes when used alongside treatment, but they are not entirely

convinced. They believe that more research is needed to confirm the effectiveness of naturopathy therapy.

The results of the study suggest that there is a high level of support among physicians for the use of naturopathy therapy alongside conventional medications. This is likely due to the fact that naturopathy therapy is a natural and holistic approach to health that can help to improve the overall well-being of patients.

➤ *Physicians' Recommendations*

The majority of physicians (84.37%) agreed that naturopathy and yoga therapy can be beneficial for patients' treatment and increase the chances of recovery with fewer side effects and self-healing (psychological, physical, and spiritual).

12.5% of physicians may recommend naturopathy and yoga to their patients, and roughly 3.12% possibly recommend naturopathy and yoga therapies along with their medications.

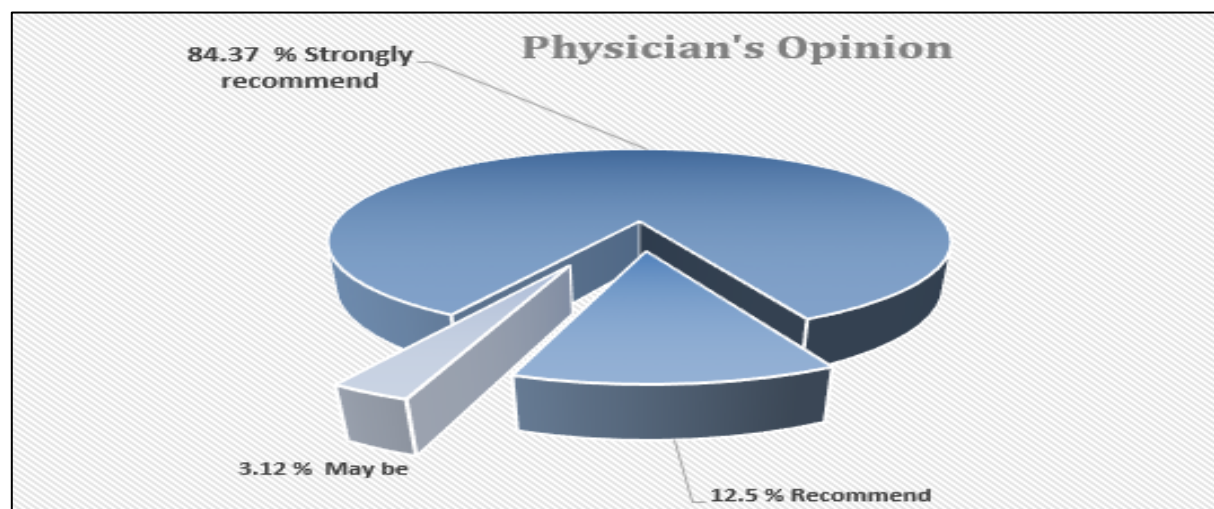


Fig 3 Physicians' Recommendations

➤ Discussion

The results of the study suggest that there is a high level of support among physicians for the use of naturopathy and yoga therapy as complementary therapies for cardiac and diabetic patients. This is likely due to the fact that naturopathy and yoga therapy are natural and holistic approaches to health that can help to improve the overall well-being of patients.

The results of the study also suggest that there is a range of opinions among physicians about the use of naturopathy and yoga therapy. Some physicians are more likely to recommend naturopathy and yoga therapy as complementary therapies, while others may be more hesitant to do so. This is likely due to a number of factors, including the physician's own personal beliefs about naturopathy and yoga therapy, as well as their training and experience with these therapies.

IV. CONCLUSION

According to the finding of the study, an inclusion of naturopathy therapy in the management of cardiac and diabetic patients may be beneficial. However, a small sample size is a limitation of the study; information from this model cannot apply to the population. In order to verify the findings of the report and to evaluate how effective is the naturopathy therapy for cardiac and diabetic patients, further study is needed.

According to Findings of study, there are various opinions of physicians as per the use of the naturopathy therapy. "This shows it is crucial for physicians to be aware of the advantages and disadvantages of such therapies to be able to recommend these to their patients."

The study also shows how much a person's lifestyle matters on consulting the cardiologist, endocrinologist, etc. In order to clarify how lifestyle affects health and to develop effective interventions for improving the health of people with different lifestyles, further research is required.

As a whole, this study concluded that naturopathy therapy may be a promising complementary therapy for cardiac and diabetic patients. These results indicate the benefits of the treatment; however, further studies would be required to be performed to prove their efficacy and best testing dosage combination used on the patients.

RECOMMENDATIONS

In light of the findings of this study, naturopathy therapy may be recommended as a complementary therapy in cardiac and diabetic patients. Patients may take Naturopathy therapy along with medications to improve their health and well-being.

It is crucial to conduct more research to confirm these findings further and the dosage and combinations of naturopathy therapies in these patients. However, the results of the current study indicate that naturopathy therapy is a

promising complementary therapy for cardiac and diabetic patients.

Specifically, the following recommendations can be made:

- It is important for physicians to be aware of the advantages and disadvantages of naturopathy therapy to recommend it to their patients accordingly.
- Patients must be encouraged that they can always discuss the use of this therapy with their physicians.
- Studies should be conducted to find out the effective dose and combination of Naturopathy therapies for cardiac and diabetic patients.

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