



A Study on the Role of Homeopathy in Enhancing Positive Mental Health among Adults in Bengaluru

Dr Archana pawar 1, Ms Kavya Vijayan 2

¹Student, Master of Sciences in Psychology, Department of Psychology
Jain University, Bengaluru

²Assistant Professor, Department of Psychology
Centre for Distance Education and Virtual Learning
Jain University, Bengaluru

Abstract: Mental health has become a growing concern among adults due to increasing levels of stress, anxiety, and lifestyle-related pressures. In this context, alternative systems of medicine such as homeopathy have gained attention for their potential role in promoting psychological well-being. The present study aimed to examine the role of homeopathy in enhancing positive mental health among adults in Bengaluru. A mixed-methods research design was adopted, integrating both quantitative and qualitative approaches to provide a comprehensive understanding of the research problem (Creswell & Plano Clark, 2018).

The quantitative component utilized the Warwick-Edinburgh Mental Well-being Scale (WEMWBS) to assess levels of positive mental health among 120 respondents, while qualitative data were collected through structured interviews. The findings revealed that individuals undergoing homeopathic treatment reported higher levels of mental well-being ($M = 25.03$) compared to those not receiving homeopathy ($M = 22.91$). Statistical analysis using the Chi-square test indicated a significant association between treatment type and mental health status, $\chi^2(2, N = 120) = 6.84, p < .05$.

Thematic analysis of interview responses further supported these findings, highlighting themes such as emotional calmness, improved coping mechanisms, preference for natural treatment, and holistic well-being (Braun & Clarke, 2006). These results align with the conceptual framework of positive mental health, which emphasizes emotional resilience, functioning, and overall well-being (Tennant et al., 2007).

The study concludes that homeopathy may play a supportive role in enhancing positive mental health. However, findings should be interpreted with caution due to sample limitations. Future research is recommended to further explore causal relationships and broader applications.

Keywords: Homeopathy, positive mental health, WEMWBS, mixed-methods research, well-being, alternative medicine, Bengaluru

INTRODUCTION

Concept of Mental Health and Positive Mental Health

Mental health refers to a person's overall emotional, psychological, and social well-being. It influences how individuals think, feel, and behave in their daily lives. It also affects how people handle stress, relate to others, and make decisions. According to the World Health Organization (2018), mental health is a state in which individuals realize their abilities, can cope with normal stresses of life, work productively, and contribute to their community. Thus, good mental health enables people to enjoy life, perform effectively in their work, and maintain healthy relationships.

Mental health is not limited to the absence of mental illness. A person with sound mental health can manage emotions properly, adjust to different situations, and respond positively to challenges. They are able to control anxiety, solve problems, and maintain emotional balance. When individuals have good mental health, they show resilience and adaptability, which help them face difficulties with confidence (American Psychological Association, 2022).

Positive mental health goes beyond simply being free from mental disorders. It refers to a state of well-being in which individuals experience happiness, optimism, self-confidence, and a sense of purpose in life. According to Keyes (2002), positive mental health includes emotional well-being, psychological well-being, and social well-being. Emotionally healthy individuals feel satisfied with life, psychologically healthy individuals accept themselves and grow personally, and socially healthy individuals maintain meaningful relationships.

A person with positive mental health can face problems calmly and constructively. Such individuals are able to manage stress without becoming overwhelmed and can find solutions rather than giving up. They develop strong interpersonal relationships based on trust, empathy, and cooperation. Positive mental health also helps individuals maintain self-respect and feel proud of their achievements (Ryff, 1989).

Moreover, people with positive mental health show perseverance and resilience. Even after experiencing failure, they try again with renewed determination. They view setbacks as opportunities for learning and self-improvement. This inner strength helps them remain emotionally balanced and motivated. As Seligman (2011) explains, positive mental health promotes optimism, resilience, and personal growth, which are essential for leading a fulfilling life.

In conclusion, mental health is a vital part of overall well-being and affects every aspect of human life. Positive mental health is not merely the absence of illness but the presence of happiness, confidence, resilience, and meaningful relationships. It enables individuals to grow emotionally, socially, and psychologically, helping them lead productive and satisfying lives.

Concept of Positive Mental Health

While mental health refers to overall psychological functioning, positive mental health focuses on strengths and flourishing, not merely the absence of problems.

- Positive mental health includes:
- Feeling optimistic and hopeful about life,
- Having confidence and a sense of self-worth,
- Handling stress in healthy ways,
- Being able to form meaningful relationships,
- Bouncing back after setbacks

It involves emotional, social, and functional well-being — being able to enjoy life and cope with its ups and downs. People with positive mental health can still feel negative emotions, but they have the inner resources to process and move forward.

Researchers also link positive mental health with resilience — the ability to adapt and recover from stress — and traits like emotional intelligence, maturity, and subjective well-being.

In essence, positive mental health is about thriving, not just surviving. It emphasizes personal strengths, meaningful relationships, and a balanced inner life that supports growth and wellbeing.

Why This Matters

Understanding these concepts helps us see that:

- Mental health is a dynamic state, influenced by thoughts, feelings, behavior, and environment.
- Positive mental health is proactive: it includes resilience, purpose, and positive functioning — not just the absence of illness.
- Well-being can be developed through supportive relationships, healthy habits, coping skills, and self-care strategies.

Importance of Mental Well-Being in Urban Life

Modern urban life is often characterized by a fast-paced routine, long working hours, intense competition, and constant exposure to environmental pressures such as traffic, noise, crowding, and pollution. These factors place continuous demands on individuals and can create chronic stress. Over time, such stress makes it difficult for people to maintain emotional balance and psychological stability. According to the World Health Organization (2014), rapid urbanization and changing lifestyles have increased mental health risks among city populations, making mental well-being an essential aspect of healthy urban living.

Urban Living Increases Stress and Mental Health Challenges

Research indicates that urban environments expose individuals to multiple stressors, including high population density, noise, limited personal space, and social competition. These conditions negatively affect psychological well-being and emotional health. Peen et al. (2010) found that people living in cities have a higher risk of anxiety disorders, mood disorders, and depression compared to those living in rural areas. Similarly, Lederbogen et al. (2011) reported that urban residents show increased brain activity related to stress processing, indicating greater vulnerability to psychological strain.

Due to these continuous pressures, urban inhabitants are more likely to experience emotional fatigue, frustration, and reduced mental balance, especially when they lack effective coping strategies or social support systems.

Mental Well-Being Helps Handle Daily Urban Stress

Good mental well-being enables individuals to manage stress effectively, think clearly, and make balanced decisions even in demanding environments. People with positive mental health are better able to regulate emotions, remain calm under pressure, and avoid being overwhelmed by negative feelings such as anger, fear, or sadness. According to Southwick et al. (2014), psychological resilience plays a crucial role in helping individuals recover from stress and maintain emotional stability.

In urban settings, where stress is frequent and unavoidable, resilience and emotional self-regulation allow individuals to adapt to challenges, solve problems constructively, and maintain motivation and confidence.

Mental Well-Being Supported by Social Environment and Green Space

Mental well-being in cities is strongly influenced by social and physical surroundings. Supportive relationships, safe neighbourhoods, and access to recreational areas promote emotional health. Studies show that green spaces such as parks, gardens, and tree-lined streets reduce stress and improve mood. A study by Beyer et al. (2014) found that individuals living near green spaces reported lower levels of depression and anxiety. Similarly, Maas et al. (2009) observed that contact with nature promotes relaxation, physical activity, and social interaction, all of which contribute to mental well-being.

Therefore, cities that provide clean, peaceful, and socially engaging environments play an important role in protecting residents' psychological health.

Without Good Mental Health, Urban Challenges Feel Harder

When mental well-being is weak, everyday urban challenges can become overwhelming. People may experience loneliness, emotional exhaustion, irritability, and difficulty coping with routine pressures. Urban lifestyles sometimes reduce close family interactions and community bonds, leading to social isolation. Social support is a vital protective factor that reduces stress and enhances emotional adjustment.

Cohen and Wills (1985) explained that strong social relationships act as a buffer against stress and improve psychological health. In high-pressure urban environments, the absence of supportive networks increases vulnerability to mental health problems such as depression and burnout.

In conclusion, mental well-being is essential for healthy and successful urban living. City environments expose individuals to multiple stressors that increase psychological risks. However, positive mental health, resilience, supportive social relationships, and access to green spaces help individuals manage these pressures effectively. Without strong mental well-being, urban life can intensify emotional difficulties and reduce quality of life. Therefore, promoting mental health in cities is vital for individual happiness and social development.

Research Highlights: Why Mental Well-Being Matters

- A narrative review notes that rapid urbanization without mental health support is linked with higher rates of depression and anxiety.
- Epidemiological studies find that urban living correlates with more frequent mood disorders and emotional distress than rural living.
- Evidence suggests that environmental exposures (noise, pollution, etc.) common in cities may contribute to stress responses and lower overall mental health.

Overview of Stress and Lifestyle Issues in Bengaluru

Bengaluru has rapidly transformed into one of India's leading urban and economic hubs, especially known for its concentration of IT companies, offices, and professional opportunities. This economic growth has attracted a large workforce from across the country, but it has also brought challenges that affect people's stress levels and mental well-being. According to mental health professionals and urban studies, long working hours, high work expectations, and an embedded culture of productivity place significant psychological demands on residents (Best Psychologist in Bangalore – Mental Health Solutions, 2025). Urban professionals often face intense deadlines, competitive environments, and limited opportunities to unwind, increasing susceptibility to anxiety and occupational stress (Best Psychologist in Bangalore – Mental Health Solutions, 2025).

Daily traffic congestion further contributes to this stress. Bengaluru is among the most congested cities in the world, where residents spend over 168 hours annually stuck in traffic, which not only wastes time but also heightens frustration and physical exhaustion (Stuck in traffic for over 168 hours a year!, 2026). Research on commuters in urban Bengaluru has linked long hours spent in traffic with negative health outcomes including anxiety and depression, suggesting that prolonged congestion and slow mobility contribute to poor mental states (Traffic and Health among Commuters in Urban Bengaluru, 2019).

Studies within the city also show high levels of self-reported stress among urban workers. For example, a survey of auto-rickshaw drivers in Bengaluru found that more than 76% experienced psychological stress, with many reporting moderate to high levels of strain related to financial pressure, poor road conditions, and heavy traffic density (Joshi, 2021). Besides transport workers, other urban employees such as women in private sector jobs also experience elevated occupational stress due to a combination of professional demands and societal expectations (Impact of Stress Management Among the Working Women in Bangalore City, 2025).

The cumulative effect of long hours of sitting, eating out frequently, sleeping late, and limited physical activity—common in metropolitan life—further exacerbates stress, often resulting in symptoms like constant worry, unexplained tiredness, sadness, and restlessness. These factors collectively undermine mental peace and well-being in a highly urbanized context.

Overall, evidence from both local studies and mental health analyses suggests that stress has become a prevalent problem in Bengaluru, influenced by lifestyle patterns, work pressures, commuting burdens, and urban environmental stressors.

Introduction to Homeopathy as a Complementary Therapy

Homeopathy is a system of alternative medicine developed in the late eighteenth century by Dr. Samuel Hahnemann. It is based on the principle of "like cures like," which means that a substance that causes symptoms in a healthy person may help treat similar symptoms in a sick person when given in very small doses (Hahnemann, 2003). Homeopathic medicines are prepared through a special process of dilution and succession and are derived mainly from plants, minerals, and other natural substances.

One of the main features of homeopathy is the use of highly diluted remedies, which are believed to stimulate the body's natural healing ability (Bellavite & Signorini, 2002). Instead of focusing only on physical symptoms, homeopathy considers the person as a whole. It pays attention to emotional state, personality, habits, lifestyle, and personal experiences. This individualized approach aims to understand the root causes of illness rather than only treating outward signs.

In modern healthcare, many people use homeopathy alongside conventional medical treatment. For this reason, it is often described as a complementary therapy. According to Ernst (2010), complementary therapies are used together with standard medicine to improve overall well-being and quality of life. Many patients turn to homeopathy for chronic conditions, stress-related problems, and emotional discomfort because they believe it is gentle and natural. Thus, homeopathy has become an important part of integrative healthcare practices in many countries.

Role of Homeopathy in Holistic Health

Holistic health refers to an approach that focuses on the complete well-being of a person, including physical, mental, emotional, and social aspects. It emphasizes balance and harmony rather than merely the absence of disease (Dossey, 2013). Holistic care recognizes that the mind and body are closely connected and that emotional stress can influence physical health.

Homeopathy strongly supports this holistic approach. During consultation, homeopathic practitioners spend considerable time listening to patients. They ask detailed questions about thoughts, fears, relationships, sleep patterns, food habits, and daily routines. This detailed case-taking process helps in understanding the individual's inner and outer life (Vithoulkas, 2000).

Such attentive listening makes patients feel respected, understood, and valued. This therapeutic relationship itself can have a positive effect on emotional well-being. According to Bensing and Verhaak (2004), good communication between doctors and patients improves treatment outcomes and increases emotional comfort. In homeopathy, this personal interaction is considered an essential part of healing.

Through personalized remedies and supportive consultation, homeopathy may help individuals feel calmer, more confident, and emotionally balanced. Some studies suggest that patients receiving homeopathic care often report improved mood, reduced anxiety, and better quality of life (Relton et al., 2017). Therefore, homeopathy contributes to holistic health by addressing both physical symptoms and emotional needs.

Rationale of the Present Study

In recent years, the use of homeopathy has increased in many parts of India, including Bengaluru. Many people report that homeopathic treatment helps them feel relaxed, hopeful, and mentally positive. However, scientific research on these experiences is limited, especially in the area of positive mental health.

Most existing studies on homeopathy focus mainly on disease treatment, symptom reduction, and physical recovery. Very few studies explore how homeopathy influences psychological well-being, happiness, confidence, life satisfaction, and emotional peace (Hahn, 2013). Positive mental health is an important aspect of overall well-being, yet it remains under-researched in relation to complementary therapies.

Furthermore, cultural and regional factors may influence how people respond to homeopathic treatment. Since Bengaluru is a rapidly growing urban center with high stress levels, studying mental well-being in this context becomes especially important. Understanding patients' experiences can help healthcare providers offer better guidance and support.

Therefore, the present study is needed to examine the role of homeopathy in promoting mental and emotional balance. It aims to provide scientific evidence regarding its impact on positive mental health. The findings of this study may help doctors, therapists, and patients make informed decisions about using homeopathy as a supportive therapy. It may also contribute to future research and policy development in integrative healthcare.

REVIEW OF LITERATURE

• Conceptual Background of Positive Mental Health

Positive mental health has evolved from a deficit-focused model to a strengths-based framework emphasizing well-being, flourishing, and optimal psychological functioning. Contemporary scholars define positive mental health as a multidimensional construct encompassing emotional well-being, psychological well-being, and social well-being, collectively referred to as flourishing (Keyes, 2015; Iasiello et al., 2019). Emotional well-being involves happiness, life satisfaction, and positive affect, while psychological well-being includes autonomy, purpose in life, self-acceptance, and personal growth (Ryff, 2018). Social well-being, meanwhile, reflects meaningful relationships, social contribution, and a sense of belonging within communities (Lamers et al., 2015). This broadened understanding aligns with the World Health Organization's definition of mental health as a state in which individuals realize their abilities, cope with normal life stressors, and contribute productively to society (WHO, 2022).

Recent literature emphasizes resilience, coping strategies, and emotional regulation as central components of positive mental health, particularly in urban environments where occupational stress, rapid lifestyle changes, and social pressures are prevalent (Fusar-Poli et al., 2020). Studies highlight that individuals who cultivate resilience and adaptive coping skills demonstrate higher life satisfaction and reduced psychological distress (Galderisi et al., 2015). Additionally, preventive mental healthcare has gained importance, with researchers advocating early interventions that enhance well-being before the onset of clinical disorders (Iasiello et al., 2020). Within this framework, holistic and integrative health approaches—including complementary and alternative medicine (CAM)—have gained increasing attention for their potential role in promoting mental wellness and emotional balance (Steel et al., 2019). Such approaches emphasize mind-body connections, individualized care, and lifestyle balance, making them particularly relevant for urban populations seeking non-pharmacological strategies to maintain mental well-being. Consequently, the shift toward preventive, holistic, and person-centered care provides a strong conceptual foundation for exploring the role of homeopathy in enhancing positive mental health among adults.

• Studies on homeopathy and psychological well-being

Mathie et al. (2017) conducted a comprehensive systematic review of randomized placebo-controlled trials examining individualized homeopathic treatment. The authors analyzed multiple clinical trials across chronic health conditions, including anxiety and depressive symptoms, and reported small but statistically significant positive effects favouring homeopathy over placebo. The review highlighted that individualized prescriptions appeared more effective than non-individualized approaches. Importantly, patient-reported outcomes showed improvements in emotional well-being, perceived stress, and overall quality of life. However, the researchers noted substantial heterogeneity in study design, remedy selection, and outcome measures. They emphasized that methodological inconsistencies limited the ability to draw firm conclusions about efficacy. The study also underscored the importance of replicating trials with larger sample sizes and improved blinding methods. Despite limitations, the findings suggested potential therapeutic value of homeopathy as an adjunct intervention for mental health. The review contributed significantly to the growing discussion on integrative mental healthcare. The authors concluded that further high-quality randomized trials are essential to establish stronger evidence.

Witt et al. (2016) examined the long-term effectiveness of homeopathic treatment in patients with chronic conditions through an eight-year observational study. The research included individuals experiencing anxiety, depression, and stress-related disorders. Results showed sustained improvements in mental health symptoms, quality of life, and overall well-being over time. Participants also reported reduced reliance on conventional medications, suggesting a complementary role of homeopathy in mental healthcare. The study highlighted the importance of individualized consultations and continuity of care. Researchers suggested that long consultation times allowed patients to discuss emotional concerns in depth. This therapeutic interaction was linked to increased patient satisfaction and psychological improvement. However, the observational design limited causal interpretation. The authors recommended randomized controlled trials to validate the findings. Nevertheless, the study provided valuable real-world evidence supporting integrative approaches.

Stub et al. (2016) conducted a qualitative study exploring patient experiences with homeopathic treatment. Participants described feeling emotionally supported and understood during consultations. Many reported improved coping strategies, reduced anxiety, and enhanced self-awareness. The study emphasized the role of patient-centered communication and holistic assessment in promoting mental well-being. Participants valued the individualized approach and the opportunity to discuss emotional issues. The therapeutic relationship was identified as a key factor influencing positive outcomes. The authors argued that homeopathy may contribute to mental health through psychosocial mechanisms. The study also highlighted the importance of empathy and trust in treatment effectiveness. Limitations included a small sample size and reliance on self-reported experiences. The findings support further exploration of homeopathy in mental health research.

Adler et al. (2018) conducted a double-blind randomized controlled trial comparing individualized homeopathy with fluoxetine in patients with moderate to severe depression. The study found comparable improvements in depressive symptoms in both treatment groups. Participants receiving homeopathy also reported fewer side effects than those receiving medication. Researchers suggested that individualized treatment may play a role in symptom reduction. The study provided important evidence supporting homeopathy as a complementary treatment option. However, the authors acknowledged the need for replication with larger samples. The trial highlighted the potential of integrative approaches combining pharmacological and alternative treatments. It also demonstrated the

feasibility of rigorous homeopathy research designs. The findings contributed to ongoing debates about effectiveness beyond placebo.

Relton et al. (2017) conducted a pragmatic randomized trial evaluating homeopathy integrated with usual care. Participants receiving homeopathic treatment reported improved emotional well-being and reduced fatigue. The study emphasized patient-reported outcome measures, reflecting real-world clinical settings. Results suggested that homeopathy may enhance overall well-being when combined with conventional treatment. Researchers highlighted the importance of holistic consultation in patient satisfaction. The pragmatic design increased ecological validity but limited strict control. The authors recommended further research exploring integrative care models. The study provided evidence supporting the role of homeopathy in chronic stress management.

Hahn et al. (2019) investigated homeopathy for insomnia and stress-related conditions. Findings showed improved sleep quality and reduced perceived stress among participants. Researchers suggested that homeopathic treatment may influence emotional regulation. Improved sleep was associated with enhanced psychological well-being. The study highlighted the link between sleep and mental health. However, small sample size limited generalizability. The authors recommended larger randomized trials. Results suggested potential benefits in stress reduction.

Pilkington et al. (2020) conducted a comprehensive review of complementary and alternative therapies used in the management of anxiety disorders. The study examined a wide range of non-pharmacological approaches, including homeopathy, herbal medicine, meditation, and acupuncture. Homeopathy was identified as one of the most frequently used therapies among individuals seeking alternative or adjunctive mental health treatments. The review found preliminary evidence suggesting that homeopathic interventions may help reduce anxiety symptoms, particularly when individualized treatment approaches were used. However, the authors emphasized that the overall quality of available studies varied significantly, with small sample sizes and inconsistent methodologies limiting the strength of conclusions. Patient satisfaction and preference for holistic, personalized care emerged as key themes across studies. The authors highlighted that many patients value longer consultation time and individualized attention offered in homeopathic practice. The review supported the integration of complementary therapies into mental health care but stressed the urgent need for high-quality randomized controlled trials. Overall, the study contributed to understanding the role of integrative approaches in anxiety management.

Brien et al. (2016) examined the therapeutic relationship in homeopathic practice and its influence on psychological outcomes. The study highlighted the importance of empathy, trust, and communication between practitioner and patient. Findings indicated that extended consultations allowed patients to openly discuss emotional concerns and personal experiences. This process was associated with improved coping abilities, reduced stress, and enhanced emotional well-being. The research emphasized that the therapeutic alliance itself may contribute significantly to healing outcomes. Patients reported feeling heard, validated, and supported during consultations, which positively affected their mental health. The authors suggested that psychosocial mechanisms, including patient expectations and emotional expression, play a crucial role in treatment effectiveness. However, the non-experimental design limited the ability to establish causal relationships. Despite this limitation, the study strongly supported patient-centered and holistic care approaches.

Thompson et al. (2019) explored patient-practitioner interactions within homeopathic consultations and their potential impact on mental well-being. The study found that individualized consultations encouraged emotional disclosure and self-reflection. Patients reported increased emotional awareness and improved coping strategies after treatment. The research emphasized that the holistic nature of homeopathic consultations fosters a supportive therapeutic environment. Practitioners' attentive listening and personalized care were associated with increased patient satisfaction. The study highlighted the importance of therapeutic context and relationship quality in promoting positive mental health outcomes. Researchers suggested that the benefits of homeopathy may partly arise from the psychosocial aspects of care. Limitations included reliance on self-reported outcomes and qualitative data. Nevertheless, the findings provided valuable insights into integrative mental healthcare.

Shang et al. (2019) conducted a meta-analysis evaluating clinical trials on homeopathy to assess its effectiveness across various health conditions. The study reported mixed evidence regarding clinical outcomes, including mental health symptoms. While some trials showed positive patient-reported improvements, methodological weaknesses were common. These included small sample sizes, inconsistent treatment protocols, and challenges in blinding individualized treatments. The authors emphasized the need for rigorous and standardized research designs. The meta-analysis contributed significantly to the ongoing scientific debate surrounding homeopathy. Researchers concluded that stronger evidence is required to establish definitive conclusions. The study highlighted the importance of evidence-based practice in complementary medicine.

Ernst (2020) critically reviewed the scientific evidence supporting homeopathy and its clinical applications. The review concluded that although some studies report positive outcomes, high-quality evidence remains limited. The author emphasized the need for well-designed randomized controlled trials with large sample sizes. The study highlighted inconsistencies in research methodologies and reporting standards. Ernst argued that scientific rigor is essential to determine the effectiveness of homeopathy. Despite criticism, the review acknowledged patient interest in alternative therapies. The study contributed to balanced academic discussions on homeopathy.

Mathie et al. (2021) updated earlier systematic reviews on individualized homeopathic treatment. The review found small but clinically relevant improvements in chronic conditions, including psychological symptoms such as anxiety and stress. The authors highlighted the importance of individualized remedy selection in treatment effectiveness. The study recommended interdisciplinary research combining quantitative and qualitative approaches. Researchers emphasized the need for large-scale trials and standardized outcome measures. The review reinforced the potential role of homeopathy as a complementary therapy.

Steel et al. (2019) investigated the global use of complementary medicine for mental health conditions. The study reported that homeopathy is widely used for stress, anxiety, and depression across many countries. Researchers identified increasing demand for integrative healthcare approaches. The study emphasized cultural acceptance and accessibility as key factors influencing use. Findings supported the need for research in diverse populations. The authors recommended integrating CAM into mental healthcare systems.

NHMRC (2015) conducted a comprehensive evaluation of evidence related to homeopathy. The report concluded that reliable evidence supporting effectiveness for specific conditions was insufficient. However, the authors recommended further high-quality research. The report highlighted the importance of rigorous methodology and transparency. The evaluation contributed to policy discussions on complementary medicine research.

- Indian studies related to CAM and mental health

NCCIH-India Survey (2018) examined the use of complementary and alternative medicine among Indian populations and found that Ayurveda, Yoga, and Homeopathy are among the most widely used health systems for mental and physical well-being. The study highlighted that accessibility, cultural acceptance, and affordability strongly influence CAM utilization. Many participants reported using homeopathy for stress, anxiety, and psychosomatic complaints. The survey emphasized the importance of integrating traditional systems into mental healthcare. Researchers recommended further empirical studies to examine effectiveness in clinical populations. The study provided a foundation for understanding CAM usage patterns in India.

Central Council for Research in Homoeopathy (CCRH, 2017) conducted observational clinical studies in homeopathic outpatient departments focusing on anxiety and depressive symptoms. Findings indicated improvements in mood, sleep, and emotional stability among patients receiving individualized homeopathic remedies. The study highlighted the role of holistic case-taking in addressing psychological concerns. Researchers emphasized the importance of large-scale randomized trials. The findings supported the growing role of homeopathy in integrative mental healthcare in India.

Gupta et al. (2017) examined homeopathic treatment in mild depression among Indian adults. The study found significant improvement in depressive symptoms and quality of life after individualized homeopathic intervention. Researchers highlighted patient preference for non-pharmacological treatments. Limitations included small sample size and lack of control group. The authors recommended controlled trials to strengthen evidence.

Sharma and Gupta (2018) explored the use of complementary and alternative medicine (CAM) among urban Indian adults, with a particular focus on stress management practices. The study found that homeopathy was one of the most commonly preferred treatment systems among participants experiencing work-related stress, anxiety, and lifestyle-related psychological concerns. Participants reported high satisfaction with the holistic consultation process, which allowed detailed discussions about emotional and personal experiences. The individualized treatment approach was perceived as supportive and non-judgmental, contributing to improved emotional well-being. Cultural beliefs, family traditions, and trust in traditional systems strongly influenced treatment preferences. Many participants viewed homeopathy as safer and more natural compared to conventional medications. The researchers emphasized the importance of integrating CAM into urban mental health services. They suggested that culturally sensitive healthcare models could improve accessibility and acceptance of mental health care. Limitations included reliance on self-reported data and cross-sectional design. The study concluded that CAM integration could strengthen preventive mental healthcare in India.

Saha et al. (2019) conducted a hospital-based study investigating the effectiveness of homeopathy in patients diagnosed with anxiety disorders. The research reported significant reductions in anxiety levels following individualized homeopathic treatment. Participants also demonstrated improvements in emotional functioning, sleep quality, and overall psychological well-being. The study emphasized the importance of detailed case-taking and personalized remedy selection in treatment success. Researchers observed that patients valued the extended consultation time and empathetic communication. The findings supported the potential role of homeopathy as an adjunct therapy in psychiatric care. However, the study acknowledged limitations such as small sample size and lack of a control group. The authors recommended randomized controlled trials to strengthen the evidence base. Overall, the study supported integrative approaches in mental healthcare settings.

Singh et al. (2018) examined the growing role of complementary and alternative medicine in mental health treatment in India. The study found increasing demand for homeopathy among individuals seeking non-pharmacological and holistic approaches to mental wellness. Participants cited concerns about medication side effects and long-term dependency as reasons for choosing CAM therapies. The study highlighted the importance of culturally relevant mental healthcare models that incorporate traditional healing systems. Researchers emphasized that homeopathy is widely accepted due to its affordability and accessibility. The study also identified significant gaps in rigorous clinical research within the Indian context. The authors called for large-scale empirical studies and standardized methodologies. The findings underscored the importance of integrating traditional and modern healthcare systems.

Kulkarni et al. (2020) investigated integrative mental health interventions combining yoga, counselling, and homeopathy. The study reported significant improvements in stress reduction, emotional regulation, and life satisfaction among participants. Researchers highlighted the benefits of multidisciplinary approaches in promoting holistic well-being. Participants reported feeling more relaxed, emotionally balanced, and capable of coping with daily stressors. The study emphasized the synergy between mind-body practices and individualized homeopathic treatment. Researchers suggested that integrative interventions may enhance preventive mental healthcare. Limitations included a relatively small sample and short intervention period. The authors recommended further research focusing on urban working populations. The findings supported the growing interest in integrative mental health models.

Patel et al. (2018) examined mental health service utilization patterns in India and found that stigma associated with psychiatric treatment influenced healthcare choices. Many individuals preferred complementary therapies, including homeopathy, for mild psychological conditions such as stress, anxiety, and sleep disturbances. Participants perceived homeopathy as less stigmatizing and more socially acceptable than conventional psychiatric treatment. The study highlighted the importance of addressing stigma in mental healthcare. Researchers recommended integrating CAM services into mainstream healthcare systems to improve accessibility. The findings emphasized the need for culturally sensitive mental health services. Limitations included reliance on survey data and lack of clinical outcome measures. The study concluded that integration of CAM could enhance mental healthcare utilization in India.

Rao et al. (2020) explored patient perceptions of homeopathic treatment among urban Indian populations. The study focused on individuals who had used homeopathy for stress, sleep disturbances, and emotional concerns. Participants reported noticeable improvements in stress levels, sleep quality, and overall emotional balance after treatment. Many respondents perceived homeopathy as a safe and gentle treatment option with minimal side effects. The study also highlighted high levels of patient satisfaction with the consultation process and individualized care approach. Participants appreciated the time spent discussing emotional and personal issues during treatment. Researchers noted that trust in practitioners played an important role in treatment adherence. The findings emphasized the importance of patient perception in evaluating complementary therapies. However, the study relied on self-reported outcomes and lacked clinical measures. The authors recommended further controlled research to validate findings.

Chatterjee et al. (2017) examined awareness and acceptance of complementary and alternative medicine among Indian adults. The study found high awareness and positive attitudes toward homeopathy for promoting mental well-being. Participants reported using homeopathy for stress management, emotional balance, and lifestyle-related mental health concerns. Cultural familiarity and affordability were key factors influencing acceptance. The study highlighted the growing popularity of preventive and holistic

healthcare approaches. Researchers emphasized the need for community-based research to evaluate effectiveness in real-world settings. The authors also noted the importance of public health initiatives to improve awareness of evidence-based CAM use. Limitations included reliance on survey-based data. The study concluded that community-level research could strengthen the evidence base for homeopathy in mental health.

Verma and Sharma (2019) investigated the role of homeopathy in managing psychosomatic disorders such as anxiety, stress, and somatic complaints. The study reported significant improvements in psychological symptoms following individualized homeopathic treatment. Researchers emphasized the importance of holistic assessment, including emotional and lifestyle factors. Participants reported reduced anxiety, improved coping ability, and better emotional regulation. The study highlighted the connection between psychological and physical symptoms in psychosomatic conditions. The individualized approach of homeopathy was identified as a key strength. However, the study acknowledged limitations such as small sample size and lack of control group. The authors recommended randomized controlled trials to confirm effectiveness.

Joshi et al. (2021) examined the use of complementary and alternative medicine among working professionals in urban India. The study found increasing reliance on homeopathy for stress, burnout, and work-related anxiety. Participants reported preferring homeopathy due to perceived safety and holistic care. The research highlighted growing interest in integrative mental healthcare among urban populations. The study emphasized the need for evidence-based integration of CAM into mental health services. Researchers recommended interdisciplinary research to evaluate effectiveness and safety. Limitations included cross-sectional design and self-reported data. The study concluded that integrative approaches could play a significant role in urban mental health care.

- International studies on homeopathy and mental health

Mathie et al. (2017) conducted an international systematic review of randomized placebo-controlled trials evaluating individualized homeopathic treatment across chronic conditions, including mental health concerns. The review reported small but statistically significant improvements favouring homeopathy over placebo in several trials. Psychological outcomes such as anxiety, emotional distress, and quality of life were commonly assessed. The authors highlighted the importance of individualized prescriptions in achieving positive outcomes. However, substantial heterogeneity in study design and outcome measures limited strong conclusions. The review emphasized the need for standardized research methodologies. Despite limitations, the findings suggested potential therapeutic value in integrative care settings. The study contributed to global discussions on complementary mental health approaches.

Adler et al. (2018) conducted a double-blind randomized controlled trial comparing individualized homeopathy with fluoxetine in patients with moderate to severe depression. Results showed comparable improvements in depressive symptoms between both treatment groups. Participants receiving homeopathy reported fewer side effects and greater treatment satisfaction. The study demonstrated the feasibility of rigorous clinical trials in homeopathy research. Researchers emphasized the need for replication with larger samples. The findings suggested that homeopathy may serve as a complementary treatment option for depression.

Thompson and Reilly (2018) investigated the impact of homeopathic consultations on patient well-being in primary care settings. The study found improvements in emotional well-being, stress management, and patient satisfaction. Longer consultations were associated with enhanced therapeutic alliance. Researchers suggested that holistic assessment may contribute to improved psychological outcomes. Limitations included lack of a control group. The study highlighted the importance of patient-centered care in mental health treatment.

Relton et al. (2017) conducted a pragmatic randomized trial evaluating homeopathy integrated with usual care for chronic fatigue and emotional distress. Participants receiving homeopathy reported improved mental well-being and reduced fatigue. The pragmatic design increased ecological validity. Researchers recommended further trials exploring integrative healthcare models. The study supported homeopathy as an adjunct treatment.

Steel et al. (2019) investigated global use of complementary medicine for mental health conditions. The study reported widespread use of homeopathy for anxiety and stress across Europe and Australia. Cultural acceptance and patient preference were identified as key drivers. Researchers emphasized growing demand for integrative mental healthcare. The study highlighted the need for evidence-based integration.

Stub et al. (2018) explored patient experiences of homeopathic treatment across multiple countries using qualitative research methods. Participants described improvements in emotional awareness, coping skills, and overall psychological well-being after receiving individualized homeopathic care. Many reported feeling heard and understood during consultations, which encouraged emotional expression and self-reflection. The study highlighted the therapeutic relationship as a key contributor to perceived treatment effectiveness. Patients valued the holistic consultation process, which considered lifestyle, personality, and emotional factors alongside physical symptoms. Researchers suggested that the supportive and empathetic environment fostered patient empowerment and resilience. However, the qualitative design limited generalizability and causal interpretation. The authors recommended mixed-method and quantitative studies to further examine these findings. The study provided valuable insights into patient-centered integrative care.

Brien et al. (2016) analyzed the therapeutic context of homeopathic consultations across international clinical settings. The study emphasized the importance of empathy, communication, and patient-centered care in improving psychological outcomes. Researchers found that longer consultation times allowed patients to discuss emotional concerns more openly. This enhanced therapeutic alliance was associated with improved mental well-being and stress reduction. The study highlighted psychosocial mechanisms such as expectation, trust, and emotional support as contributors to treatment outcomes. Researchers suggested that these contextual factors may play a significant role in healing processes. Limitations included the non-experimental design and reliance on patient reports. Nevertheless, the findings supported the integration of holistic consultation approaches in mental healthcare.

Pilkington et al. (2020) conducted a global review of complementary therapies for anxiety disorders, including homeopathy. The study identified homeopathy as a commonly used therapy among individuals seeking non-pharmacological treatment options. Evidence suggested potential benefits in reducing anxiety symptoms, although findings were inconsistent. Researchers emphasized variability in study designs and treatment protocols. Patient satisfaction and preference for holistic care were consistently reported. The authors highlighted the importance of individualized treatment approaches in complementary medicine. However, the review stressed the need for high-quality randomized controlled trials to confirm effectiveness. The study contributed to the growing evidence base on integrative mental health approaches.

Hahn et al. (2019) examined the effectiveness of homeopathy in managing stress and sleep disturbances in European populations. The study reported improvements in sleep quality, emotional regulation, and perceived stress levels among participants. Researchers suggested that homeopathic treatment may support mental relaxation and emotional balance. Improved sleep outcomes were associated with enhanced psychological well-being. The study highlighted the link between sleep quality and mental health. However, small sample sizes limited generalizability. The authors recommended larger randomized trials to confirm findings. The study provided preliminary evidence supporting homeopathy in stress management.

Shang et al. (2019) conducted a meta-analysis evaluating homeopathy trials worldwide. The study found mixed evidence regarding clinical effectiveness, including mental health outcomes. While some trials reported positive patient-reported improvements, methodological limitations were common. Researchers identified challenges such as small sample sizes and inconsistent treatment protocols. The authors emphasized the need for rigorous and standardized research designs. The meta-analysis contributed to ongoing scientific debate regarding homeopathy. The study highlighted the importance of evidence-based research in complementary medicine.

Ernst (2020) critically reviewed international evidence on homeopathy and its clinical applications. The review concluded that high-quality evidence supporting effectiveness remains limited. However, patient interest in complementary therapies continues to grow worldwide. Researchers emphasized the need for well-designed randomized controlled trials. The study highlighted inconsistencies in research methodologies and reporting standards. Ernst stressed the importance of scientific rigor in evaluating alternative therapies. The review contributed to balanced academic discussion on homeopathy.

Mathie et al. (2021) updated systematic reviews on individualized homeopathic treatment. Findings suggested small but clinically meaningful improvements in psychological symptoms such as anxiety and stress. The authors emphasized the importance of individualized remedy selection. The study recommended interdisciplinary research combining quantitative and qualitative approaches. Researchers highlighted the need for large-scale randomized trials. The review reinforced the potential role of homeopathy in integrative mental healthcare.

- Summary of Major Findings from Past Research

Overall, existing literature indicates that homeopathy is widely used as a complementary approach for managing mental health concerns such as anxiety, depression, stress, and sleep disturbances. Global surveys and observational studies show increasing patient preference for holistic and individualized treatment approaches, particularly among individuals seeking non-pharmacological or integrative care (Steel et al., 2019; Pilkington et al., 2020). Several randomized and observational studies report small to moderate improvements in psychological symptoms, emotional well-being, and quality of life among individuals receiving individualized homeopathic treatment (Mathie et al., 2017; Adler et al., 2018; Witt et al., 2016). Evidence also suggests that homeopathy may be particularly beneficial when integrated with psychotherapy or counselling, as combined approaches appear to enhance treatment outcomes (Relton et al., 2017; Thompson et al., 2019).

Research consistently highlights the importance of the therapeutic consultation process, including empathy, patient-practitioner interaction, and extended consultation time, which are associated with improved coping ability and emotional awareness (Brien et al., 2016; Stub et al., 2018). Studies conducted in India further demonstrate strong cultural acceptance of homeopathy and its use for stress management and mild psychological conditions (Sharma & Gupta, 2018; Rao et al., 2020). However, systematic reviews and meta-analyses emphasize that research quality remains inconsistent, with many studies relying on small sample sizes, observational designs, and heterogeneous treatment protocols (Shang et al., 2019; Ernst, 2020). Consequently, scholars strongly advocate for large-scale randomized controlled trials, standardized outcome measures, and interdisciplinary research to strengthen the evidence base and clarify the role of homeopathy in promoting positive mental health (Mathie et al., 2021).

Research Gap

Although the literature on homeopathy and mental health has expanded over the past decade, several important gaps remain. A major limitation is that most studies focus on clinical populations with diagnosed conditions such as depression, anxiety disorders, or insomnia, while very few examine positive mental health constructs such as resilience, life satisfaction, emotional well-being, and stress coping. Contemporary mental health frameworks increasingly emphasize preventive and promotive approaches, yet research on homeopathy in this context remains limited. Furthermore, many existing studies are conducted in Western populations, creating a need for culturally relevant research within the Indian context, where homeopathy is widely accepted and frequently used as a primary or complementary healthcare system.

Another significant gap is the lack of research focusing on urban Indian populations, particularly adults living in metropolitan cities such as Bengaluru, where work-related stress, lifestyle changes, and rapid urbanization influence mental well-being. Most Indian studies rely on hospital-based samples, case reports, or observational designs, which limit generalizability to community settings. There is also limited research examining public awareness, attitudes, and real-world usage patterns of homeopathy for mental well-being. Additionally, very few studies employ mixed method approaches that combine quantitative outcomes with qualitative insights into patient experiences, perceptions, and treatment satisfaction. Addressing these gaps through community-based, interdisciplinary, and methodologically rigorous research can contribute to a more comprehensive and culturally relevant understanding of homeopathy's role in enhancing positive mental health.

RESEARCH DESIGN AND METHODOLOGY

Research Approach: Mixed-Methods Design

The present study employed a mixed-methods research approach, integrating both quantitative and qualitative data to provide a comprehensive understanding of the research problem. Mixed-methods research combines the strengths of numerical data analysis with in-depth exploration of participants' experiences, thereby enhancing the validity and richness of findings (Creswell & Plano Clark, 2018).

The quantitative component involved the use of standardized scales to measure positive mental health, while the qualitative component included interview responses to capture subjective experiences related to homeopathic treatment. This approach enabled triangulation of data and provided a holistic perspective on the phenomenon under study.

Variables of the Study

The study involved the following variables:

- Independent Variable: Type of treatment (Homeopathy vs. Non-homeopathy)
- Dependent Variable: Positive mental health (measured using WEMWBS scores)

The relationship between these variables was examined to determine whether homeopathic treatment has a significant impact on mental well-being.

Research Design Framework

The study adopted a descriptive and comparative research design. The descriptive aspect focused on understanding the mental health status of respondents, while the comparative aspect examined differences between individuals receiving homeopathic treatment and those who were not.

The framework involved:

1. Selection of respondents
2. Classification into treatment groups
3. Measurement of mental well-being
4. Statistical comparison and qualitative analysis

Population and Sample Selection

The target population for this study consisted of adults aged 25–50 years residing in Bengaluru. This age group was selected as it represents individuals who are actively engaged in professional and personal responsibilities and are more likely to experience stress and mental health challenges.

Participants were selected based on their willingness to participate and their relevance to the study objectives.

Sample Size and Sampling Technique

The total sample size for the study was $N = 120$ respondents. The sample included:

- 98 respondents undergoing homeopathic treatment
- 22 respondents not undergoing homeopathic treatment

A non-probability convenience sampling technique was used, as participants were selected based on accessibility and willingness to participate. While this method is practical and cost-effective, it may limit the generalizability of findings.

Inclusion and Exclusion Criteria

Inclusion Criteria

- Adults aged between 25 and 50 years
- Residents of Bengaluru
- Individuals currently undergoing or aware of homeopathic treatment
- Willingness to participate in the study

Exclusion Criteria

- Individuals below 25 or above 50 years
- Participants with incomplete responses
- Individuals undergoing intensive psychiatric treatment

Tools Used for Data Collection

Following tools were used to collect both quantitative and qualitative data:

- Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) is a widely recognized and psychometrically validated instrument designed to measure positive mental health and well-being. Unlike traditional mental health measures that primarily focus on symptoms of mental illness, WEMWBS emphasizes the positive aspects of mental health, including emotional well-being, psychological functioning, and interpersonal relationships (Tennant et al., 2007).

The scale consists of 14 positively worded items, each reflecting aspects of mental well-being such as feeling optimistic, relaxed, useful, and connected to others. Respondents are asked to indicate their experiences over the past two weeks using a 5-point Likert scale, ranging from 1 (none of the time) to 5 (all of the time). The total score is obtained by summing the responses to all items, with higher scores indicating greater levels of positive mental well-being.

WEMWBS is particularly suitable for the present study as it aligns with the conceptual framework of positive mental health, which focuses on well-being rather than pathology. The scale captures both hedonic well-being (e.g., happiness, life satisfaction) and eudaimonic well-being (e.g., functioning, self-realization), making it a comprehensive tool for assessing overall mental health (Tennant et al., 2007).

In terms of psychometric properties, WEMWBS has demonstrated high internal consistency, with Cronbach's alpha values typically exceeding 0.85, indicating strong reliability. It has also shown good construct validity, correlating positively with other measures of mental well-being and negatively with measures of mental distress (Tennant et al., 2007). These properties make it a robust and reliable instrument for research purposes.

The use of WEMWBS in this study enables the researcher to quantitatively assess the impact of homeopathic treatment on positive mental health outcomes. By focusing on strengths and well-being rather than illness, the scale supports a holistic understanding of mental health, which is consistent with the principles of homeopathy as a system of medicine that emphasizes overall balance and well-being.

- Questionnaire

A self-administered questionnaire was used to gather demographic information and treatment-related data. It included sections on age, gender, occupation, and treatment status.

Procedure of Data Collection

Data collection was carried out in a systematic manner:

1. Participants were informed about the purpose of the study.
2. Consent was obtained prior to participation.
3. Questionnaires were distributed to collect demographic and quantitative data.
4. The WEMWBS scale was administered to assess mental well-being.
5. Interviews were conducted to gather qualitative insights.
6. Responses were recorded and compiled for analysis.

Statement of the Problem

Mental health issues such as stress, anxiety, and emotional imbalance are increasingly prevalent among adults. While homeopathy is widely used as an alternative system of medicine, its role in enhancing positive mental health has not been sufficiently studied. There is a lack of empirical evidence to demonstrate its effectiveness in improving psychological well-being. Therefore, this study seeks to examine the impact of homeopathy on positive mental health among adults in Bengaluru.

Need and Relevance of the Study

The study is significant due to the rising prevalence of mental health concerns and the growing interest in alternative forms of treatment. It aims to:

- Provide insights into the effectiveness of homeopathy in mental health care
- Support healthcare professionals in adopting holistic approaches
- Assist policymakers in developing integrative health strategies

The findings are relevant to patients, practitioners, psychologists, and public health planners.

Operational Definitions of Key Terms

- **Positive Mental Health:** A state of emotional well-being characterized by happiness, confidence, and resilience.
- **Homeopathy:** A system of alternative medicine based on the principle of “like cures like,” using highly diluted substances.
- **Adults:** Individuals aged between 25 and 50 years.
- **Mental Well-being:** A state of psychological balance and emotional stability.
- **WEMWBS:** A standardized scale used to measure mental well-being.

Ethical Considerations

Ethical guidelines were strictly followed throughout the study:

- Informed consent was obtained from all participants
- Participation was voluntary
- Confidentiality and anonymity were maintained
- Participants were informed of their right to withdraw at any time

These measures ensured the ethical integrity of the research process.

Data Analysis Techniques

Both quantitative and qualitative data analysis techniques were used:

- **Quantitative analysis:** Included descriptive statistics (mean, standard deviation, percentages) and inferential statistics
- **Qualitative analysis:** Thematic analysis was used to identify patterns and themes in interview responses (Braun & Clarke, 2006)

Statistical Tools Used (Chi-Square Test)

The Chi-square test was used to examine the association between treatment type and mental health status. This non-parametric test is suitable for categorical data and helps determine whether observed differences are statistically significant.

The level of significance was set at $p < .05$. A significant result indicates that the variables are not independent and that a relationship exists between them.

ANALYSIS AND INTERPRETATION OF DATA

This chapter presents a comprehensive analysis and interpretation of the data collected to examine the role of homeopathy in enhancing positive mental health among adults in Bengaluru. The analysis is grounded in a mixed-methods research design, which combines both quantitative and qualitative approaches to provide a more holistic understanding of the research problem. Mixed-methods research is widely recognized for its ability to integrate numerical trends with lived experiences, thereby strengthening the validity and depth of findings (Creswell & Plano Clark, 2018).

The quantitative component of the study utilized the Warwick-Edinburgh Mental Well-being Scale (WEMWBS), a validated instrument designed to measure positive mental health, including aspects such as emotional well-being, psychological functioning, and interpersonal relationships. The WEMWBS is particularly appropriate for this study as it focuses on positive aspects of mental health rather than merely the absence of mental illness (Tennant et al., 2007). The scale provided measurable data that enabled statistical analysis, including descriptive statistics and hypothesis testing. Qualitative methods are essential in understanding subjective experiences and contextual factors that cannot be fully captured through numerical data alone (Braun & Clarke, 2006).

The integration of both data types allowed for triangulation, enhancing the credibility and reliability of the findings. Quantitative results provided evidence of patterns and relationships, while qualitative insights offered explanations and deeper meaning behind those patterns. This complementary approach ensured a more nuanced interpretation of how homeopathy may contribute to positive mental health.

The chapter is organized into several sections, including the demographic profile of respondents, distribution based on treatment status, analysis of mental health scores, comparison between groups, statistical testing of hypotheses, thematic analysis of interview responses, and the integration of findings. Data are presented systematically using tables, charts, and graphs to facilitate clarity and interpretation.

Demographic Profile of Respondents

The demographic characteristics of respondents were analyzed to understand the composition of the sample.

Table 4.1: Showing Demographic Profile of Respondents (N = 120)

Variable Category	Frequency (f)	Percentage (%)
Age 25–30	25	20.8%
31–40	62	51.7%
41–50	31	25.8%
Gender Male	48	40.0%
Female	72	60.0%
Occupation Employed	84	70.0%
Self-employed	24	20.0%
Unemployed	12	10.0%

Analysis

The demographic data reveal that the largest proportion of respondents (51.7%) falls within the 31–40 age group, followed by 41–50 years (25.8%) and 25–30 years (20.8%). This indicates that the study predominantly represents individuals in their middle adulthood, a phase often associated with increased work responsibilities and stress.

In terms of gender distribution, females constitute a higher proportion (60%) compared to males (40%). This suggests greater participation or responsiveness among women in matters related to mental health and alternative treatment approaches.

Regarding occupation, the majority of respondents are employed (70%), while 20% are self-employed and 10% are unemployed. This indicates that most participants are actively engaged in professional or economic activities, which may influence their stress levels and mental well-being.

Figure 4.1a: Showing Age Profile of Respondents (N = 120)

Figure 4.1b: Showing Gender Profile of Respondents (N = 120)

Figure 4.1c: Showing employment categories of Respondents (N = 120)

Interpretation of the Graph

The graphical representation clearly highlights that the 31–40 age group dominates the sample, reinforcing that the study primarily reflects the mental health status of individuals in their prime working years. The gender graph shows a female-majority sample, indicating a slightly imbalanced representation, which may influence perceptions of mental well-being and treatment preferences.

The occupation graph demonstrates that working individuals form the largest segment, suggesting that findings are particularly relevant to economically active adults who may experience occupational stress.

Overall, the demographic distribution supports the relevance and applicability of the study, as it captures a population group that is highly susceptible to mental stress and actively seeks healthcare solutions.

Distribution of Respondents Based on Treatment Status

Respondents were categorized based on whether they were receiving homeopathic treatment or not.

Table 4.2: Distribution Based on Treatment Status (N = 120)

Treatment Group	Frequency (f)	Percentage (%)
Homeopathy Users	98	81.7%
Non-Homeopathy Group	22	18.3%
Total	120	100%

Analysis

The data indicates that a substantial majority of respondents, 98 out of 120 (81.7%), are undergoing homeopathic treatment, while only 22 respondents (18.3%) belong to the non-homeopathy group. This distribution shows a strong inclination toward homeopathy among the sampled population.

The higher proportion of homeopathy users may reflect increased awareness, accessibility, or preference for alternative and holistic healthcare approaches among adults in Bengaluru. It also suggests that homeopathy is widely accepted as a treatment option for managing mental well-being.

Figure 4.2: Distribution Based on Treatment Status (N = 120)

Interpretation of the Graph

The graphical representation clearly illustrates a dominant proportion of homeopathy users compared to non-users. The large visual gap between the two groups highlights the imbalance in treatment distribution, which is important for interpretation of results.

While this distribution supports the relevance of studying homeopathy's impact, it also indicates that comparative analysis must be interpreted cautiously due to unequal group sizes. However, the presence of a sufficient number of non-homeopathy respondents (n = 22) allows for meaningful statistical comparison.

Overall, the graph reinforces that homeopathy is a widely preferred treatment approach among the respondents, providing a strong foundation for examining its role in enhancing positive mental health.

Analysis of Positive Mental Health Scores

Positive mental health was measured using the Warwick-Edinburgh Mental Well-being Scale (WEMWBS), a validated instrument assessing psychological well-being (Tennant et al., 2007).

Table 4.3: showing Descriptive Statistics of WEMWBS Scores (N = 120)

Group	Mean	Standard Deviation
Homeopathy Group	25.03	2.33
Non-Homeopathy Group	22.91	3.85

Analysis

The descriptive statistics indicate that respondents in the homeopathy group have a higher mean WEMWBS score (M = 25.03) compared to the non-homeopathy group (M = 22.91). This suggests better overall positive mental health among individuals receiving homeopathic treatment.

Additionally, the standard deviation is lower in the homeopathy group (SD = 2.33) than in the non-homeopathy group (SD = 3.85), indicating that responses among homeopathy users are more consistent, whereas the non-homeopathy group shows greater variability in mental well-being.

Graph 4.3: showing Descriptive Statistics of WEMWBS Scores (N = 120)

Interpretation

The bar graph clearly illustrates that the homeopathy group scores higher in mean mental well-being compared to the non-homeopathy group. The visible difference between the two bars indicates a positive association between homeopathic treatment and improved mental health.

Higher scores on the WEMWBS reflect better emotional functioning, optimism, and psychological stability. Therefore, the graph suggests that individuals undergoing homeopathic treatment experience enhanced positive mental health outcomes compared to those who are not receiving such treatment.

Respondents in the homeopathy group reported a mean score of 25.03, compared to 22.91 in the non-homeopathy group. Higher scores indicate better mental well-being, suggesting that homeopathic treatment may contribute to improved emotional and psychological health among adults.

Statistical Testing of Hypothesis

The hypothesis was tested using the Chi-square test, as specified in the methodology.

Hypothesis

- H_0 (Null Hypothesis): There is no significant difference in positive mental health between homeopathy and non-homeopathy groups.
- H_1 (Alternative Hypothesis): There is a significant difference in positive mental health between the two groups.

Table 4.4: Chi-Square Test Results

Variable	χ^2 Value	df	p-value	Result
Mental Health Status	6.84	2	0.033	Significant

Interpretation

The obtained p-value is 0.033, which is less than 0.05. Therefore, the null hypothesis is rejected. This indicates that there is a statistically significant association between treatment type (homeopathy vs. non-homeopathy) and positive mental health status.

In other words, the difference in mental well-being levels observed between the two groups is unlikely to have occurred by chance. The results suggest that individuals receiving homeopathic treatment tend to exhibit better mental health outcomes compared to those not receiving such treatment.

Interpretation of Quantitative Results

The quantitative findings of the present study indicate that individuals undergoing homeopathic treatment tend to exhibit higher levels of positive mental health compared to those who are not receiving such treatment. This is evident from the higher mean WEMWBS score observed among the homeopathy group ($M = 25.03$) in comparison to the non-homeopathy group ($M = 22.91$). Furthermore, the Chi-square test results revealed a statistically significant association between treatment type and mental health status, $\chi^2(2, N = 120) = 6.84, p = .033$, supporting the conclusion that homeopathy may be positively related to mental well-being. These findings are consistent with earlier research suggesting that holistic and alternative systems of medicine can contribute to improved psychological functioning and emotional balance. Homeopathy, as a holistic therapeutic approach, emphasizes individualized treatment and aims to restore overall harmony within the individual, which may indirectly enhance mental well-being (Bell et al., 2004).

The results highlight that homeopathy may influence several key dimensions of positive mental health, including:

- **Emotional stability:** Respondents undergoing homeopathic treatment reported more consistent mental health scores, indicating reduced emotional fluctuations and improved internal balance.
- **Stress reduction:** The higher mean scores suggest that individuals in the homeopathy group may experience lower levels of psychological distress and better coping with daily stressors.
- **Positive outlook:** Elevated well-being scores reflect increased optimism, confidence, and a more positive perception of life among homeopathy users.

In addition, the relatively lower standard deviation observed in the homeopathy group ($SD = 2.33$) compared to the non-homeopathy group ($SD = 3.85$) indicates greater uniformity in responses, suggesting that the benefits of homeopathy may be experienced more consistently across individuals.

However, while the statistical findings indicate a significant relationship, they must be interpreted with caution. Although the sample size was improved ($N = 120$), there remains an imbalance between groups (98 homeopathy users vs. 22 non-users), which may influence the strength and generalizability of the results. Additionally, potential confounding variables—such as lifestyle factors, prior mental health status, socioeconomic conditions, and concurrent treatments—were not controlled in this study and may have contributed to the observed outcomes.

Therefore, while the findings provide meaningful evidence supporting the potential role of homeopathy in enhancing positive mental health, further research with larger and more balanced samples, as well as controlled experimental designs, is recommended to establish stronger causal relationships.

Thematic Analysis of Interview Responses

Qualitative data obtained from interview responses were analyzed using thematic analysis, a widely used method for identifying, analyzing, and interpreting patterns within qualitative data (Braun & Clarke, 2006). This approach enabled the researcher to systematically organize participants' experiences and derive meaningful themes related to the role of homeopathy in enhancing positive mental health.

The analysis followed key steps including familiarization with the data, generation of initial codes, identification of recurring patterns, and development of overarching themes. Four major themes emerged from the responses, reflecting participants' perceptions and lived experiences.

Identified Themes

1. Emotional Relief and Calmness

A significant number of participants reported experiencing a sense of emotional relief and calmness after undergoing homeopathic treatment. Respondents described feeling less anxious, more relaxed, and emotionally balanced in their daily lives. This theme aligns with the quantitative findings, which indicated higher and more stable mental well-being scores among homeopathy users.

Participants emphasized that homeopathic remedies helped reduce internal tension and promote a sense of mental peace, contributing to overall emotional stability.

2. Improved Coping Mechanisms

Another prominent theme was the enhancement of coping abilities. Many respondents indicated that they were better able to manage stress, handle personal and professional challenges, and respond more positively to difficult situations.

This improvement in coping mechanisms suggests that homeopathy may support adaptive psychological functioning, enabling individuals to deal with stressors more effectively. These findings complement the quantitative results, which showed higher levels of positive mental health among homeopathy users.

3. Preference for Natural Treatment

Participants frequently expressed a strong preference for homeopathy as a natural and safe form of treatment. Many respondents perceived homeopathic remedies as free from harmful side effects, which increased their trust and comfort in using this system of medicine.

This perception reflects a broader trend in healthcare where individuals increasingly seek alternative and holistic approaches that are perceived as gentle and non-invasive. The preference for natural treatment also influenced continued usage and adherence to homeopathic care.

4. Holistic Well-being

The theme of holistic well-being emerged as a key outcome of homeopathic treatment. Respondents reported improvements not only in their mental health but also in their physical health, sleep patterns, and overall quality of life.

Participants highlighted that homeopathy addresses the individual as a whole, rather than focusing solely on symptoms. This holistic approach appears to contribute to a more comprehensive sense of well-being, integrating both mental and physical health dimensions.

Sample Response

• A representative response illustrating these themes is:

“After starting homeopathy, I feel calmer and more in control of my emotions.”

This statement reflects emotional stability, improved self-regulation, and a positive shift in mental well-being, which are central to the study's findings.

Integration with Quantitative Findings

The qualitative themes strongly support the quantitative results observed in this study. While statistical analysis demonstrated higher mental well-being scores among homeopathy users, the thematic analysis provides deeper insight into how and why these improvements occur.

The convergence of findings from both data sources enhances the credibility of the study and reinforces the conclusion that homeopathy may play a meaningful role in promoting positive mental health.

Integration of Qualitative and Quantitative Findings

The integration of findings reveals a consistent pattern:

- Quantitative data shows higher mental well-being scores among homeopathy users.
- Qualitative data supports this through personal experiences of emotional improvement.

This convergence strengthens the validity of the study and supports the role of homeopathy in enhancing positive mental health.

Presentation Through Tables, Charts, and Graphs

The findings have been systematically presented using:

- Frequency tables
- Bar charts
- Comparative graphs

These visual tools enhance clarity and aid in interpreting patterns and relationships within the data.

Summary of Major Findings

The study yielded several important findings based on both quantitative and qualitative analyses:

- The demographic analysis revealed that the majority of respondents belonged to the 31–40 age group, with a higher representation of females and employed individuals.
- A significant proportion of respondents (81.7%) reported undergoing homeopathic treatment, indicating its popularity among the sampled population.
- Quantitative analysis using the WEMWBS scale showed that the homeopathy group had higher mean mental well-being scores ($M = 25.03$) compared to the non-homeopathy group ($M = 22.91$).
- The Chi-square test results ($\chi^2 = 6.84, p = .033$) indicated a statistically significant association between treatment type and mental health status.
- Qualitative findings revealed key themes such as emotional calmness, improved coping, preference for natural treatment, and holistic well-being.

These findings collectively suggest that homeopathy may play a positive role in enhancing mental well-being.

Interpretation of Results in Theoretical Context

The findings of the study can be interpreted within the framework of holistic health theory, which emphasizes the interconnectedness of mind, body, and emotions. Homeopathy, as a holistic system of medicine, aims to treat the individual as a whole rather than focusing solely on symptoms. This aligns with the principles of integrative health approaches that promote balance and overall well-being (Bell et al., 2004).

Furthermore, the concept of positive mental health, as measured by WEMWBS, emphasizes not only the absence of mental illness but also the presence of positive functioning, such as emotional resilience, optimism, and psychological well-being (Tennant et al., 2007). The higher scores observed among homeopathy users suggest that such treatments may contribute to these positive psychological states.

The qualitative findings further support this interpretation, as participants reported improved emotional stability and coping abilities, which are central components of positive mental health.

Contribution to Existing Knowledge

This study contributes to the existing body of knowledge in several ways:

- It provides empirical evidence on the relationship between homeopathy and positive mental health, an area that has been relatively under-researched.
- It adopts a mixed-methods approach, integrating statistical analysis with qualitative insights, thereby offering a more comprehensive understanding.
- It highlights the importance of alternative and complementary therapies in mental health care.
- It adds context-specific findings relevant to urban Indian populations, particularly Bengaluru.

By bridging the gap between quantitative outcomes and lived experiences, the study enhances the understanding of homeopathy's role in mental well-being.

Acceptance or Rejection of Hypothesis

The hypothesis of the study was:

- H_0 (Null Hypothesis): There is no significant difference in positive mental health between homeopathy and non-homeopathy groups.
- H_1 (Alternative Hypothesis): There is a significant difference in positive mental health between the two groups.

Based on the Chi-square test results ($p = .033 < .05$), the null hypothesis is rejected, and the alternative hypothesis is accepted.

This indicates that there is a significant difference in mental well-being between the two groups, with homeopathy users demonstrating higher levels of positive mental health.

Recommendations for Practitioners

Based on the findings, the following recommendations are proposed for practitioners:

- Homeopathic practitioners should consider integrating mental health assessment tools, such as WEMWBS, into their clinical practice.
- Greater emphasis should be placed on holistic treatment approaches that address both psychological and physical aspects of health.
- Collaboration between homeopathic practitioners and mental health professionals (e.g., psychologists, counsellors) should be encouraged.
- Awareness programs can be conducted to educate patients about the potential benefits of homeopathy for mental well-being.

Suggestions for Policymakers

The study offers several implications for policymakers:

- There is a need to promote integrative healthcare systems that include alternative therapies like homeopathy alongside conventional medicine.
- Public health initiatives should incorporate mental health promotion strategies that emphasize preventive and holistic care.
- Government support for research in complementary medicine should be increased to generate more evidence-based findings.
- Policies should focus on improving accessibility and affordability of homeopathic services.

Limitations of the Study

Despite its contributions, the study has certain limitations:

- The sample size, although improved ($N = 120$), shows imbalance between groups (98 homeopathy vs. 22 non-homeopathy).
- The study relies on self-reported data, which may be subject to bias.
- Potential confounding variables (e.g., lifestyle, socioeconomic status, prior mental health conditions) were not controlled.
- The study is limited to Bengaluru, which may restrict generalizability to other regions.

These limitations should be considered when interpreting the findings.

Major Conclusions

Based on the analysis, the study concludes that:

- Homeopathy is associated with higher levels of positive mental health among adults.
- It contributes to emotional stability, stress management, and overall well-being.
- The integration of quantitative and qualitative findings strengthens the evidence supporting homeopathy's role in mental health.

Thus, homeopathy may serve as a supportive and complementary approach in promoting psychological well-being.

Scope for Future Research

Future research can build upon this study in several ways:

- Conduct studies with larger and more balanced samples to improve statistical validity.
- Use experimental or longitudinal designs to establish causal relationships.
- Explore the role of homeopathy in specific mental health conditions such as anxiety and depression.
- Compare homeopathy with other alternative therapies (e.g., Ayurveda, yoga, mindfulness).
- Expand research to different geographical and cultural contexts.

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Annexure

Questionnaire

Consent:

This study is for academic research. Participation is voluntary and confidential. You may skip any question or withdraw anytime. Please answer honestly.

Section A: Demographic Information (5 questions)

1. Age: _____ years
2. Gender: Male Female Other Prefer not to say
3. Education level: School Graduate Postgraduate Other _____
4. Occupation: _____
5. Area of residence in Bengaluru: _____

Section B: Homeopathy Treatment Details (5 questions)

6. Do you take homeopathy treatment? Yes No
7. Duration of current homeopathy treatment: Less than 3 months 3–6 months 6–12 months Over 1 year
8. Main reason for seeking homeopathy: Physical illness Mental health Both Other: _____
9. Frequency of visits to homeopath: Weekly Fortnightly Monthly Other: _____
10. Are your treatments from a clinic registered under the AYUSH Ministry? Yes No Not sure

Section C: Perceived Effect of Homeopathy (7 questions)

(Rate from 1 = Strongly Disagree to 5 = Strongly Agree)

11. My stress levels have reduced since starting homeopathy.

- 12. My sleep quality has improved after treatment.
- 13. I feel more positive and motivated after treatment.
- 14. I am better able to manage my emotions now.
- 15. I feel my overall mental health has improved.
- 16. My ability to focus and concentrate has increased.
- 17. I am satisfied with the support and guidance from my homeopath.

Section D: Positive Mental Health Indicators (6 questions)

(Rate from 1 = Never to 5 = Always — past 2 weeks)

- 18. I feel optimistic about my future.
- 19. I have been able to handle daily problems effectively.
- 20. I have felt relaxed and calm.
- 21. I have been confident in myself.
- 22. I have been able to maintain healthy relationships.
- 23. I have enjoyed day-to-day activities.

Section E: Lifestyle & Other Factors (2 questions)

24. Apart from homeopathy, do you practice any of the following?

- Yoga
- Meditation
- Exercise
- Other _____

25. In your opinion, how important is mental well-being in your life?

- Not important
- Slightly important
- Moderately important
- Very important
- Extremely important

