

The Efficacy of Home Remedies against Common Cold/Influenza

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ABSTRACT

The following is on traditional medicine and whether or not home remedies can lessen the effects of the common cold. There have been numerous studies performed trying to prove whether or not they can. The overall findings do not entirely conclude proving if natural treatments are as useful as modern medicine. However, there is evidence that many participants value the use of home remedies. Culture and home values can heavily influence a person's choice in tackling a cold, as many of the prescriber of the participants' use of home remedies is themselves. Not to mention, some of these remedies have been used since ancient times and this may influence a person's choice in traditional or modern medicine as well. This topic calls for further research in determining the efficacy, and also determining how traditional medicine interacts with the human body and the safe dosage.

QUESTION & HYPOTHESIS

Since the start of Covid and masking in effect, the community's immunity has suffered. Moving forward in the pandemic has resulted in unmasking, which has reintroduced colds and other illnesses, such as Influenza. I wanted to research whether or not home remedies are able to help prevent or lessen the effects of the Common cold/Influenza. Additionally, I wanted to further knowledge on the topic through my research and hopefully prove my hypothesis that home remedies are beneficial and effective for the majority of the population.

METHODS

Phase One:

- Read research articles on topic
- Create Literature Review

Phase Two:

- Continue researching outside information
- Create plan for the testing stage
- Make survey using Microsoft Forms

Phase Three:

- Research proposal
- Get approval for research study

Phase Four:

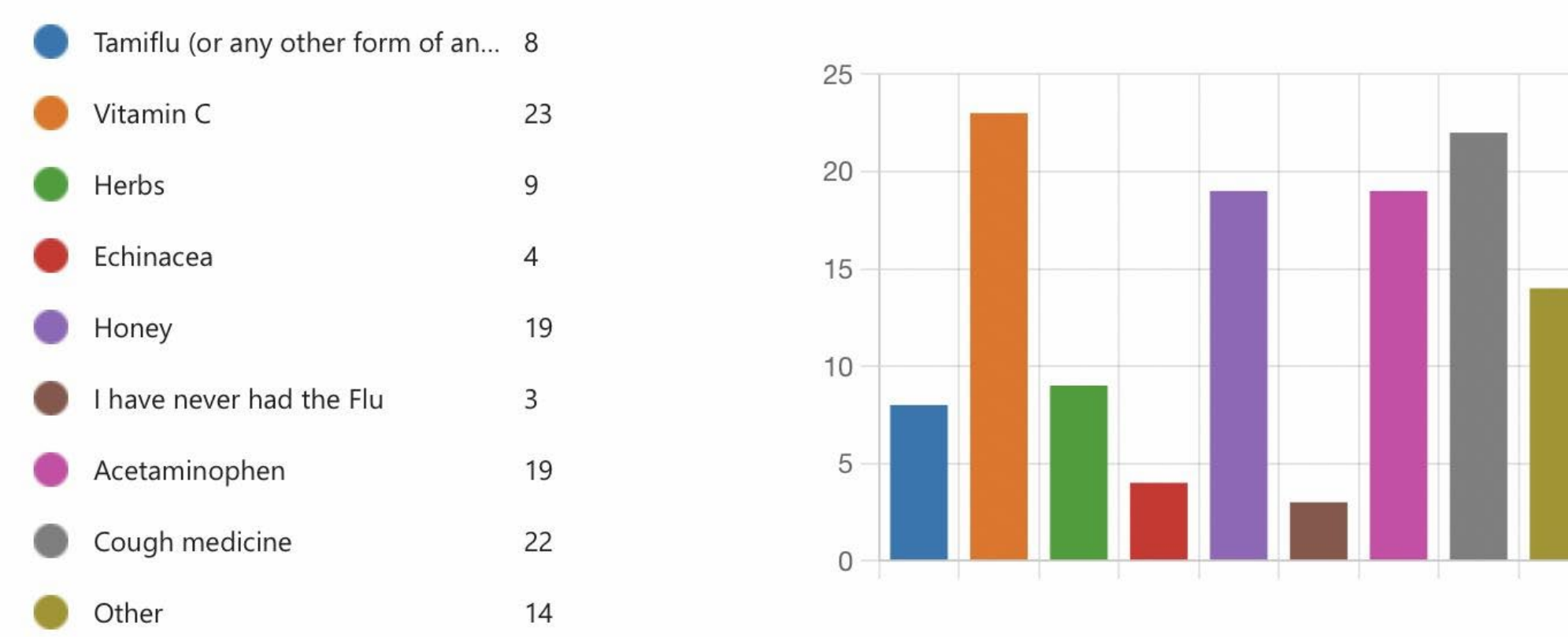
- Send out school-wide survey
- Send out emails calling for participants

Phase Five:

- Obtain results from survey
- Data analysis

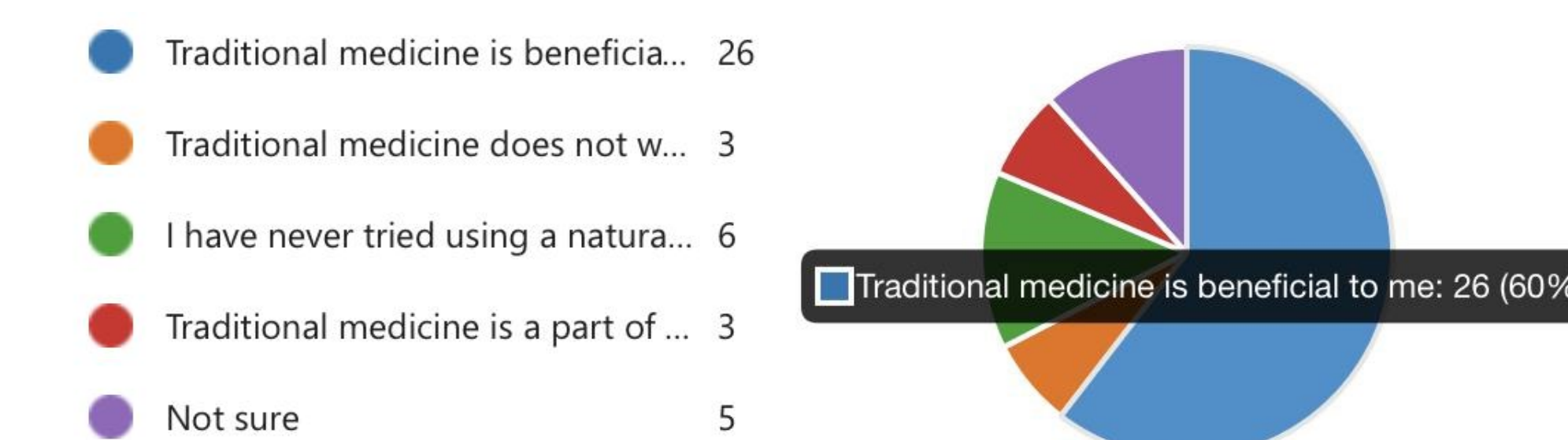
RESULTS

Figure 1:
When experiencing symptoms of the Common cold/Flu, what do you utilize to feel better?



- Figure 1 represents what participants used while experiencing cold or flu like symptoms. According to the graph, Vitamin C is reported to be used by over half of the 43 total participants. While cough medicine was used by 22 participants, honey was another commonly used home remedy among participants, with 19 reporting to utilize it. Altogether, home remedies had been chosen by the participants as there were 55 in total, compared to 49 for modern medicine including Tamiflu, Acetaminophen, and cough medicine. It is important to note that participants could select more than one answer for their response.

Figure 3:
What comes to mind when you think of the efficacy of traditional medicine and/or home remedies?

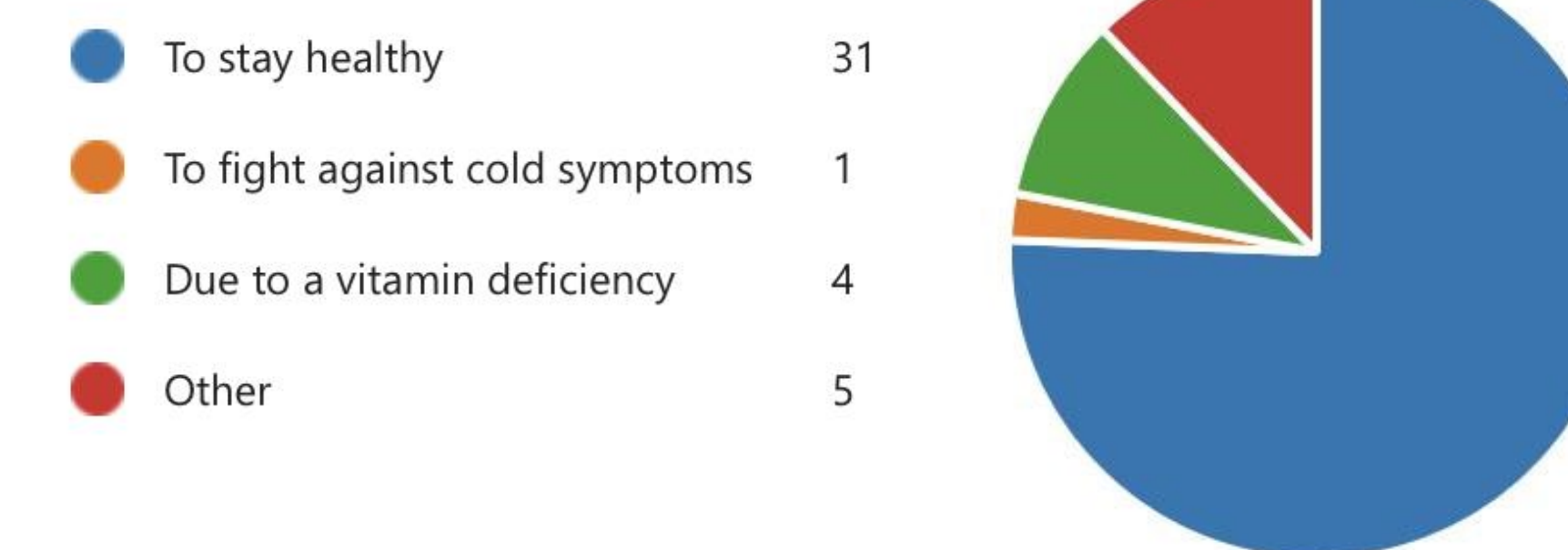


- 60 percent of participants agreed with the statement that traditional medicine was beneficial to them in their lives. Out of the 43 participants, 3 agreed that traditional medicine was important to them because it was a part of their culture. The remaining participants were either unsure, had never used natural remedies/traditional medicine, or agreed with the statement that traditional medicine does not work.

DISCUSSION

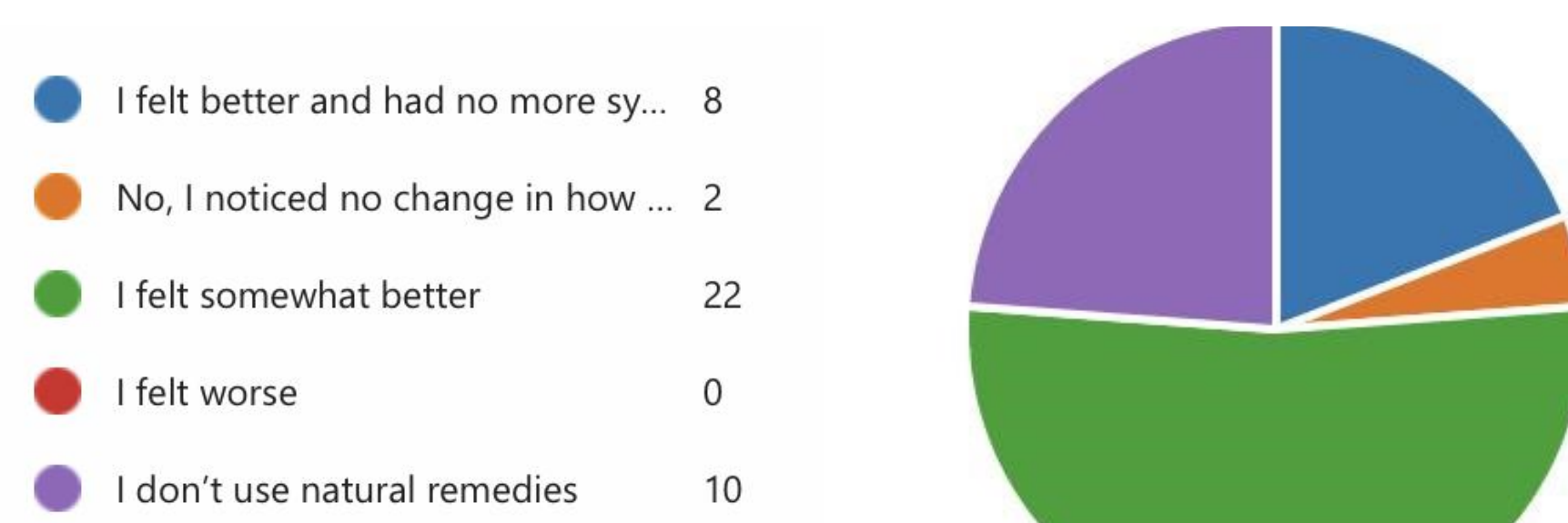
Overall, 43 participants with different understandings of traditional medicine and home remedies contributed to the study. With the information I discovered from the results, I realized that most participants have benefitted from the use of home remedies in the past while experiencing the common cold or Flu. A vast majority of these participants had different reasons for using home remedies. However, the study is inconclusive as participants are unsure whether or not home remedies are the leading cause for their recovery. Out of 43 participants, 41 have taken vitamins or some form of home remedy. When asked, "When you had the Common cold/Flu, which type of medical care did you seek?" 24 participants reported seeking no medical advice, which may mean that these same participants chose to use home remedies based on their own knowledge. The study neither proved nor disproved whether home remedies are capable of preventing cold-like symptoms.

Figure 2:
What is your reason for taking vitamins?



- In total, 41 participants reported having taken vitamins in the past. Out of these 41 participants, 31 of them reported taking vitamins to "stay healthy." The remaining participants out of the 41 who have taken vitamins, reported taking them due to a vitamin deficiency, fighting cold symptoms, or a reason not listed.

Figure 4:
If you have used traditional medicine/ at home remedies while having a cold/flu, have you noticed a change in how you feel?



- When asked this question, 8 participants reported feeling better with no remaining symptoms. 22 reported feeling somewhat relieved of their symptoms, while 2 noticed no real change in the way they felt. Although, 10 participants reported that they do not use natural remedies, 0 participants reported feeling worse after the use of home remedies. This is important data because modern medicine often has lingering side effects that may make a patient feel worse.

AREA OF IMPROVEMENT

Given more time or more participants, the quantitative results of the study could have been improved. Furthermore, a more intense dive into treatments and outcome could enhance the qualitative results to obtain a better understanding of the benefits or negative side effects of incorporating home remedies and traditional medicine into standard practices (modern medicine). The topic calls for further research as there are many unknowns when it comes to dealing with home remedies and traditional medicine. With further research, standard practices could be improved and patients could have a wider range of choices when it comes to medication.

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