

USE OF HOME MEDICATIONS AGAINST COVID 19 IN ARKILLA AREA, SOKOTO, NIGERIA

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Abstract

The Coronavirus Disease of 2019 (COVID-19) affects the entire world. Over 200 million people were infected globally: more than 200,000 were from Nigeria, and about 1000 were from Sokoto State as of 30th November 2021. Despite these figures, people believed that home remedies could prevent and cure COVID-19, which drew the attention of researchers. Therefore, the focus of this study is on the effectiveness of home medications in combating COVID-19. The Health Belief Model (HBM) is adopted as a theoretical paradigm. Also, a quantitative methodology was employed. Systematic random sampling was adopted to select the study population, while 356 questionnaires were dispensed and analyzed using Statistical Package for Social Sciences (SPSS) software (version 22). The findings revealed that one-fifth of respondents (21.1%) patronized medicine stores without knowing their sickness. Respondents were aware of COVID-19 (95.2%), believed in its existence (84.0%) but perceived it as man-made (64.3%). COVID-19 also is regarded as deadly (60.7%). Less than half of the respondents observed all preventive measures (35.4%). The mode of transmission of COVID-19 was known (52.5%). Respondents preferred hospital patronage (67.4%). However, a significant number of respondents (60.1%) considered home medication appropriate. Home remedies used were ginger (29.5%), Senna occidentalis (25.8%), black seed (24.2%), holy water (21.3%), and staying home (31.2%). The study recommended building mutual trust between the government and the people. There is also a need to improve healthcare relations with people, integrate traditional and Western medicine, test home remedies with laboratory tests, and recommend further research.

Keywords: COVID-19, Home Medications, Health Beliefs, Nigeria,