



# **Knowledge, Practice and Perception of Complementary and Alternative Medicines: A Descriptive Study Among residents of Sangam Vihar, New Delhi.**

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## **Abstract**

**Introduction:** Complementary and Alternative Medicines (CAM) are widely used worldwide for their perceived efficacy, safety and cultural acceptability. However, little is known about the attitudes, behaviours, and awareness of CAM use among Indian urban people, especially in Delhi.

**Aim:** The purpose of the study was to evaluate Delhi inhabitants' perceptions, practices, and knowledge regarding the use of CAM.

**Methodology:** The study used a descriptive survey design and a quantitative research methodology. Convenient sampling was used to choose 60 samples. A structured interview schedule for knowledge assessment, a practice assessment checklist, and a rating scale for perception assessment were the tools created for the study.