



Amalgamation Of Gemstones and Health Well-Being : The Placebo Effect

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Abstract:

This study examined the relationship between belief systems, gemstone therapy, and perceived health benefits. We surveyed 65 individuals who wore gemstones, analysing their beliefs, experiences, and perceived improvements in health. The findings revealed a significant correlation between belief in gemstone therapy and reported health benefits. Approximately 55% of respondents strongly agreed that gemstones positively impacted their health, mirroring their strong belief in the practice. Further analysis explored the specific effects of different gemstones. Participants wearing pearls reported improvements in mental health, while those wearing diamonds and emeralds mentioned relief from respiratory issues and blood pressure management. However, inconsistencies arose, with some individuals not experiencing any benefits despite wearing gemstones for extended periods. The study acknowledged the potential influence of the placebo effect, with 58% of respondents familiar with the concept. This suggests that psychological factors may contribute to perceived benefits, warranting further investigation into the underlying mechanisms. Interestingly, 60% of respondents believed gemstone therapy could complement or even replace conventional medicine for certain conditions. This highlights the potential for integrative healthcare approaches that combine traditional and alternative methods. Finally, the importance of professional guidance emerged, with 72% of respondents seeking advice from gemmologists or experts before using gemstones. This emphasizes the need for specialized knowledge and expertise in navigating the complexities of alternative therapies. In overall, this study sheds light on the intricate interplay between belief, perceived benefits, and the multifaceted role of gemstone therapy in health and well-being. Further research into the psychological and physiological mechanisms underlying these dynamics is crucial for effectively integrating alternative therapies into comprehensive healthcare practices.

Key Words: Gemstones, Health well-being, Placebo effect

1. Introduction:

It is understandable that alternative therapies like gemstone healing have gained popularity because many people use them to feel grounded, reduce anxiety, and relieve stress during difficult circumstances. The idea of utilizing gemstones for healing has been around for centuries, but in recent years it has become more popular as a result of public statements made by stars like Victoria Beckham and Miranda Kerr endorsing the practice. Social media has been a major factor in its appeal, as it is with most trends that re-enter the zeitgeist. The majority of gemstone healing benefits that have been theorized revolve around mental health, including improved focus, tranquility, and optimism as well as improved immunity and natural pain relief. Individual gemstones are also believed to possess unique energies of their own that can connect with various aspects of your life. This effect is influenced by the type of gemstone as well as its form and color. Although some research indicates they might have a placebo effect, gemstones have often been rejected as pseudoscience.

Any healing effects attributed to gemstones, according to an older study that was presented at conferences in 1999 and 2001 but was not published in a peer-reviewed journal, were probably the product of the power of persuasion. For instance, a study from the University of Waterloo in Canada from 2005 Trusted Source revealed that a person's mind may have considerably more healing ability than is often recognized. However, some individuals think it extends beyond that. According to a study from 2008, "quartz can act as a flint to start a fire or generate electricity." Gemstones can be used for their metaphysical and healing properties. Health dangers for humans have increased dramatically during the past several years. As the entire world battles these pandemic-related effects, COVID-19 emphasizes the need to address and resolve a variety of health-related difficulties such as respiratory problems, immunity-related disorders, and minor infections. We all desire for a healing touch in such a trying situation. According to Vedic Astrology, we can rely on the beneficial energies of different gemstones to push disease-causing energy out of the body. Such is the ages-old belief in and enduring appeal of jewels. The popularity of the gemstone healing therapy has increased recently. So, here is how you may boost your inner self and general wellness using the wonder jewels. There are various kinds of gemstones beneficial in aspect of health, like – Amber, Amethyst, Aquamarine, Citrine, Garnet, Moonstone, Pearl, Rose Quartz. According to the International Gem Society (IGS) (2020), a number of precious stones are beneficial for mental, physical health-wellbeing.

Holding particular gemstones caused patients to feel more energized and focused. They then provided gemstones for participants to use during meditation. Even though the majority of individuals reported experiencing an impact, they discovered that the experiences recorded were the same whether the participant was holding a real gemstone or a fake one. This suggests that the placebo effect, a psychological phenomenon, rather than the gemstones themselves, was what caused the gemstone therapy to have the desired effect. When a patient who is not really getting therapy nonetheless sees improvement in their condition, this is known as the placebo effect. Frequently, this is predicated solely on the hope that the medication may improve their condition. The effects are frequently significant when they do occur, even if they may not be predictable or repeatable. This suggests that the mind has the ability to change how the body reacts. Placebo outcomes are quite susceptible to what people are told would occur and are therefore very adaptable to a person's particular circumstances. Practices like gemstones health healing can help patients feel in control and may speed up the healing process.

When used in conjunction with conventional medical and psychiatric therapy. In this situation, the placebo effect and scientifically supported medical procedures can coexist together to improve patient results.

Genuinely, there are around nine different kinds of gemstones- RATNA according to the stars in the universe, including PEARL, RUBY, EMERALD, YELLOW SAPPHIRE, DIAMOND, KAKANIL, HESSONITE, GARNET, CAT'S EYE, PADMARAGA.

Typically, these nine Ratna, help people for their health issues in their belief usually. This is described below that how each stone helps to heal different kinds of health problems and how these stones affect human systems:

Table1:

NAME	EFFECT BODY SYSTEM	HEALTH BENEFITS
Pearl (moon)	Nervous system, blood circulation system	Curing depression, mental disorders, improving memory and maintain blood pressure
Ruby (mars)	Blood circulation system	Protect the heart, improve blood circulation, maintain chakras
Emerald (mercury)	Nervous and Integumentary system	Cure problem related to brain, blood and skindisorders
Yellow sapphire (Jupiter)	Integumentary and immune system	Reduce body fat, heal ailments related to skin and throat, maintain strongimmune system
Diamond (Venus)	Digestive and urinary system	Cure liver, asthma, throat, sexual disorders, and urinary tract infection
Kakanil (Saturn)	Nervous system	Cure mental illness,malignancies and neurological disorders
Hessonite garnet (Rahu)	Sensory, integumentary and musculoskeletal system	Reliefs from ailments like epilepsy, allergies, eyesinfection, sinus and hemorrhoids.
Cat's eye (Ketu)	Immune and nervous system	Helps in healing cancer, eye disorders, boost memory and regulating blood pressure
Padmaraga (sun)	Immune system	Cure anxiety, improve confidence and boost energylevel of the body

The piezoelectric impact of gemstones could raise the body's energy level and make people more energetic. If the wearer is a believer, the healing process will flow more easily and respond to the body better, especially when the stone is in contact with the body. Although, even non-believer also gets same benefit from these stones but the thing is they do not notice because they really don't feel that if it is caused by the stones or not.

2. Research Gap:

Although, no scientific evidence is there to show positive impact of crystal healing on one's health and wellbeing. There is no any such kind of research studies to prove the same. No study provides knowledge on clinical trial data to support the therapeutic claims of gemstone therapy. Therefore, a research gap exists in terms of conducting well-designed clinical trials to evaluate the efficacy and safety of gemstone therapy.

3. Objectives:

✚ To study the relationship of selected gemstone and health well-being.

4. Literature Review:

According to **International Gem Society, IGS**, Gems are used by some individuals as a component of their spiritual rituals. They use gems in ceremonies to heal energy fields, achieve calm, and foster safety and love. The majority of gems are completely secure to use as jewelry stones. However, a very small number of gems, such as Realgar and Ekanite, may contain radioactive or heavy metals in concentrations that could be harmful if worn. Any potential health advantages would presumably be outweighed by extended, close exposure to such stones. However, it is strictly stated that healing and cure have a huge difference in which gemstones healing gives hope to cure by changing the mindset of patients in regard to positivity and patience to relax.

As stated by Heid, (2017): The therapeutic powers of crystals and gemstones are widely recognized. Crystals and gemstones are naturally occurring minerals that have existed for millions of years. People have long believed that each stone contains health advantages, particularly for depression, blood circulation and anxiety. Additionally, it emits the wearer's energy. Some psychologists and neurologists disagree with the efficacy of the healing crystal's qualities, though. Meanwhile they stick to the effect of placebo effect.

Dispenza, (2014) stated that every human being influences their mind and physical by using their perception, emotion, aims and even their spirituality.

Micke et al., (2010) explained that the hope of cure in consumers and conditioning affects the treatment process positively. Natural stones are widely used to try to heal emotional, mental and physical problems.

Hatipoğlu et al., (2018) studied that natural stones/ Ratna's are regarded as sign of beauty, power and social status. Meanwhile, these are also believed to be source of healing because of their eye-catching colors.

Steven D'Alessandro et al., (2012) stated under his hypothesis, that it can be defined that people prefer to buy gems for therapeutic purposes because they are hopeful that using the gemstones will solve their problems and make them feel interesting as well. The behavioral strategies and marketing strategy are governed by rumor and advertisements, used by the seller (the place strategy), whereas the buyer's privacy and security practices influence a buyer's perceived risk to purchase gemstones.

Y.A Kutlu et al. (2022) studied that Ratna's are marketed as "healing tools," which successfully moves people's preferences for them in the hopes of finding a cure. There is a great relation between hope & healing and placebo. Placebo effect is the influence in respect to words of mouth, psychosocial force, mindset that surrounds medical treatment. Regardless of their shape or color, individuals employ natural stones that have been presented as medicines in the hopes of being healed. The stones with striking colors and shapes, on the other hand, are only used for jewelry and are not favored for therapeutic purposes. It strongly concurs that the term "Healing," which is favored in the promotion of natural stones, be legally prohibited in order to avoid disturbing and manipulating the medical treatment process.

Astin JA ; Micke O, Büntzel J, (2008) stated that Gemstone healing has no known negative side effects, it is risk-free. Nevertheless, it is strongly advised against using healing stones and crystal healing in serious conditions, as they are occasionally marketed as actual, workable choices for treating cancer. Instead, these unproven products, which are entirely worthless against cancer, attract patients with unreal, even illogical, claims of a simple treatment. Oncology presents a particular challenge because postponing therapy reduces the likelihood of remission and cure. Additionally, cancer patients frequently invest a lot of time, money, and hope in such fruitless efforts, missing a significant chance for an accurate and truthful understanding of their illness.

B. Thakor, (2021) studied that in this era, the public has a widespread belief in gemstone healing. Instead of being founded on current scientific theories and advancements, it is a historical concept similar to that of charm-stones. The strong placebo effect, or believers wanting it to be true and seeing only things that support that, can be blamed for the positive feelings or apparent successes of crystal healing. However, it is important to remember that some crystals, especially gemstones like diamonds, have a practically mystical appeal to people, particularly women. Most of the buyers for gemstones are married, women.

Spence L. Et al. (2012) studied that Diamonds have allegedly had a number of magical abilities throughout history.

E. Atodaria et al., (2017) stated that According to science, gemstones affect every part of our body, including the mind, heart, and chakras. We may become more conscious of our psychological, spiritual, and emotional selves with the aid of gemstones. However, it seems that the color or composition of the stone has often indicated its suitability for a certain ailment in situations with many healing qualities, and that much of this has developed over many generations. One wonders if crystal treatment is only a placebo effect given how long it has been around, how many different nations practice it, and how popular it has become.

Micke, Schönekaes, Mücke et al., (2010), made a research that Although gemstone healing is widely utilized among the general public and among tumor and cancer patients, there is no scientific evidence to support its beneficial effects on health when compared to traditional therapy. Despite the fact that this medication is usually thought to be safe and non-toxic, cancer patients shouldn't be advised to have it. By doing this, patients might avoid squandering money, time, and hope on a futile course of treatment, or worse, delaying the essential care for this fatal illness and worsening their prognosis. These kinds of gemstone therapies can be effective even if it can be considered a patient's beliefs are the emotional support and to attract positive throughout medical treatment.

Klemens, (2002); Pal, (2002); Shakeel et al., (2011), stated in their research that the color of the gemstones may have had some bearing on how they were used, at least in part, because some medical signs corresponded with their hue. It goes without saying that using stones to heal or prevent illness is an esoteric practice. The numerous illnesses that were either cured or purportedly avoided included both medical ailments and other types of life disruptions that might result in mental stress, which can then cause physical illness or psychosomatic disorders. There are no logical explanations for the therapeutic qualities of stones; instead, ideas about their effects on a person's life mostly center on the planets, stars, and zodiacal signs. Nonetheless, gem treatment has a long history and is referenced in Indian Ayurvedic literature from antiquity. The oldest traditional medical system currently in use on the Indian subcontinent is Ayurveda, and gem treatment is a significant part of this system.

S. Seraj et al., (2011), The healers advocated wearing the stones in a finger ring, which was often fashioned of gold or silver. They said that each stone had the ability to both prevent and cure the specific illness for which it was indicated. By definition, a gemstone is a valuable or semi-precious stone, which is a kind of mineral and is typically used to create jeweler or other accessories.

E. Petrerson et al., (2022) stated that "There is no evidence that crystal healing works over and above a placebo effect," French told Live Science. "That is the appropriate standard to judge any form of treatment. However, one's perspective on placebo effects determines whether or not they believe that crystal therapy or any other type of complementary and alternative medicine is completely useless." Put another way, even if there is no scientific evidence linking the usage of crystals during a therapy to improved feelings, a person may nevertheless feel better after receiving a crystal healing procedure. At the British Psychological Society's Centennial Annual Conference in Glasgow in 2001, French and his associates gave a paper summarising their research on the effectiveness of crystal healing.

S. Ishaque et al., (2009), researched that Beliefs about how gemstones affect health are linked to a person's inclination to utilise them. People's inclination to utilise gemstones appears to be mostly influenced by their friends and family. Superstitions and, to a lesser degree, religion still influence people's beliefs about the use of gemstones in treatment.

5. Research Methodology:

4.1 Research Design: Cross-Sectional Research Design

- We will employ a cross-sectional research design by observing individuals who are wearing gemstones and assessing their reported experiences and feelings after wearing them.
- This design allows for simultaneous assessment of patient's exposures and outcomes.
- It is a cost-effective and straightforward approach, suitable for obtaining preliminary evidence.

4.1.1 Measurements:

- We will observe the beliefs and intentions of patients in the gemstones for their health.

- This will allow to know about what is happening in current chosen population looking into prevailing characteristics in given population.

4.2 RESEARCH APPROACH: *Quantitative Research Approach*

4.2.1 Objective Analysis: Quantitative research relies on logical and statistical findings to draw conclusions. We will collect data from random people wearing gemstones for health well-being.

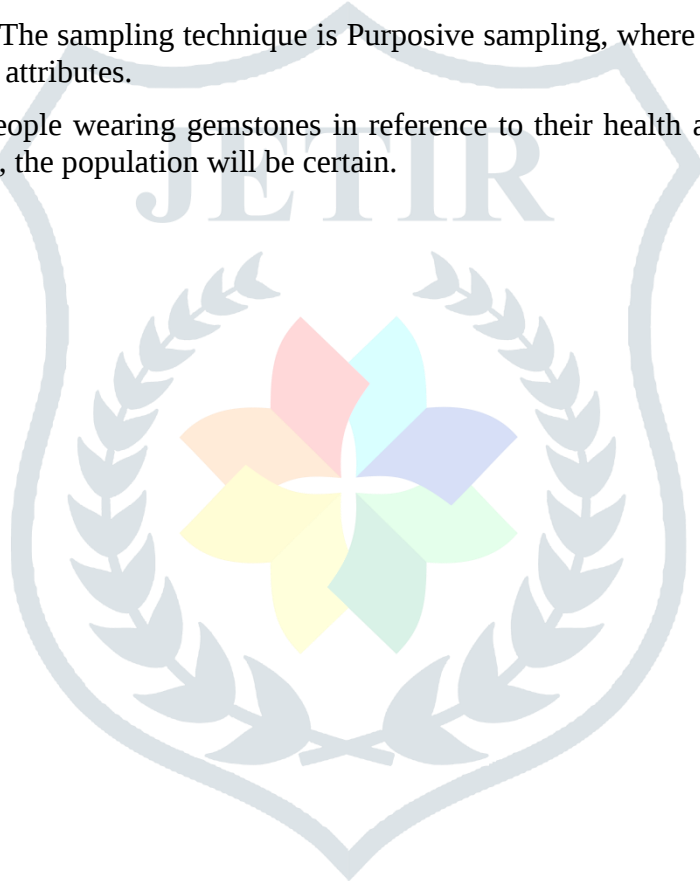
4.2.2 Comparisons and Generalizations: By quantifying responses, we can compare different groups or subgroups within our sample population, facilitating comparisons based on cultural & religion, gemstone types, or reported health conditions. This allows us to make generalizations and draw conclusions that are representative of a larger population.

4.2.3 Statistical Inferences: Through quantitative data, we can apply statistical techniques to derive meaningful insights and draw reliable conclusions. This allows us to identify patterns, correlations, and potentially establish causal relationships between gemstone usage and health well-being.

4.3 Sampling Design: This study will employ a Purposive, Random Sampling design.

4.3.1 Sampling technique: The sampling technique is Purposive sampling, where a certain sample group will be targeted to have specific attributes.

4.3.2.1 Population – People wearing gemstones in reference to their health and hope of cure will be the target population. However, the population will be certain.



4.3.2.2 Sample size: The sample size will be 65 respondents. This will be a good size for meaningful results and have the probability values as well because we are using purposive sampling technique which says that minimum sample size is more effective.

4.3.2.3 Sample unit: People wearing gemstones for their health well-being.

4.4 Measuring Tool: Questionnaire

Our research focuses on examining the impact of gemstones on health well-being, specifically exploring the potential placebo effect. To conduct this study, we will select people, who wear gemstones, distinguishing between those who believe in their effects and those who wear them without belief. In order to gather data from our sample population, we have chosen an online Questionnaire as a Measuring Tool in this research.

4.4.1 Online Questionnaire:

An online questionnaire is a digital survey designed to collect specific information from patients. We have opted for this measuring tool due to its convenience, accessibility, and ability to efficiently collect data from a diverse group of patients and get the probability results. Snowball technique is used to capture the respondents and reach the maximum ground for gathering data.

4.4.2 Selection need of Online Questionnaire:

- Selecting an online questionnaire offers numerous advantages for our research. Firstly, it allows us to easily reach respondents, regardless of their geographical location or physical mobility. This ensures a broad representation of individuals in our study.
- Secondly, an online questionnaire provides a level of anonymity, which can encourage wearers to express their honest beliefs and experiences. This is particularly important when investigating subjective matters such as beliefs in gemstone effects and their impact on health well-being.
- Furthermore, using an online questionnaire ensures standardized data collection. By presenting the same set of questions to all participants, we will be able to minimize potential biases and ensure consistency in responses.

4.5 DATA ANALYSIS TECHNIQUE: MS-Excel.

The quantitative data collected by means of questionnaire will be analyzed by a simple technique (Pivot table and chart) from- MS-Excel as the questionnaire will be based on two group of people from the objectives and by analysis of the respondent's answers and title:

- The one will be the believers of gemstones, wearing gemstones.
- The other-one will be the respondents being the non-believers of these stones but still wearing them.

6. Findings & Analysis:

5.1 Survey Questionnaire :

- Username:
- Age:
- Gender:
- Location (city/state/country):
- Occupation:
- Name of the stone:
- Duration of wearing stone (years):

- h. “Gemstone selection”
- Did you consult a gemologist or expert for guidance? (Yes/No)
- i. How familiar are you with the concept of the placebo effect? (Strongly Disagree/ Disagree/ Neutral/ Strongly Agree/ Agree)
- j. Have you ever knowingly or unknowingly experienced the placebo effect in the context of a health treatment or intervention? (Strongly Disagree/ Disagree/ Neutral/ Strongly Agree/ Agree)
- k. How much you have noticed a placebo effect when using gemstones for health purpose (feeling better due to believes rather than the gemstone itself)? (Strongly Disagree/ Disagree/ Neutral/ Strongly Agree/ Agree)
- l. How often do you believe that gemstone amalgamation is a valid complimentary aur alternative approach to conventional medicine? (Strongly Disagree/ Disagree/ Neutral/ Strongly Agree/ Agree)
- m. How often do you believe in the power of gemstone therapy? (Strongly Disagree/ Disagree/ Neutral/ Strongly Agree/ Agree)
- n. Have they chosen a specific gemstone for its purported healing properties, if yes. then how much positively your health is affected? (Strongly Disagree/ Disagree/ Neutral/ Strongly Agree/ Agree)
- o. How often do you believe in the metaphysical properties of gemstone? (Strongly Disagree/ Disagree/ Neutral/ Strongly Agree/ Agree)
- p. How often you believe wearing the gemstone as jewelry or keeping it in close contact with their skin is also a trend? (Strongly Disagree/ Disagree/ Neutral/ Strongly Agree/ Agree)
- q. How much you notice any improvements in physical health condition?
- Are you using the gemstone for pain relief energy or other health related reasons?
- Is there anything else you would like to share about your experiences with gemstones and their impact on your health well-being?

5.2 Analysis:

5.2.1 Believers and Non- Believers:

About 55.3% people were analysed to be believers showing strongly agree and agree statement for belief in gemstone therapy (regarded as Believers), whereas 29.2% are on a neutral decision. However, 55.3% of respondents agree that they are getting positive health benefit. Whereas, only about 15.3% respondents disagree on this statement(regarded as Non-Believers). (Table2).

5.2.2 Effect of Gemstones on Health Well-Being:

About 1/3rd of the respondents (32.3%) wore Pearl, and commented to their healing as they overcome their mental health issues like, anger, depression, anxiety. Moreover, 9.2% respondents wore Emerald, stating that they got healed in purpose of headache, skin issues, blood pressure. About 21.5% of respondents were wearing Diamond, out of all of them only 15% were not getting any benefit out of those stones, meanwhile, others felt a great benefit in respect to their respiratory and blood thickening problems. However, 20% of respondents were wearing Ruby, as they benefited from this stone in terms of focus, blood pressure, healthy lifestyle, breathing problems. Although, some of the respondents wearing Ruby did not see any health benefits. Only 4.6% of respondents wore Sapphire, and they stated that they wore it for immunity buildup and got best of their benefits. Meanwhile, some stated that they wore it for other purposes like wealth, success as well. 6.1% respondents were wearing Kikanil, 3% respondents were wearing Padmarga, 3% respondents were wearing Cat's eye.

5.2.3 **Belief and Health Well-Being:**

However, 15.3% of respondents, who had not seen any benefits in their health well-being even after wearing stone for more than five years are having responses of “ disagree” by 60%, “neutral” by 20%, and “agree” by 20%, when asked about how much they agree to believe in gemstone therapy.

This shows a clear result that believe in gemstone have a great influence for helping in health well-being for people.

5.2.4 **Placebo Effect:**

58.4% of the respondents agree that they are familiar with the concept of Placebo Effect, meanwhile, 4.6% disagree and rest of 37% are neutral with this concept.

5.2.5 **Conventional Medicine:**

The 4.6% of the respondents disagree to the statement that gemstone therapy is a valid complimentary or alternative approach to conventional medicine. Although, 35.3% have neutral response and 60% of the respondents strongly agree to the same concept, stating that majority of the respondents believe that gemstones can be used and although they are using it as conventional medicine in various ways like; headache, blood circulation, mental health, immunity booster, etc.

5.2.6 **Suggestions by Respondents:**

Some of the respondents gave suggestions like, consulting a gemologist/expert, following the rituals before wearing the stone, having faith and trust.

It is also suggested that these stones should not be replaced by medicines although they could be used as complementary medicine.

5.2.7 **Guidance:**

Referring to Table3, it is clear that 72% of the respondents wore the gemstone with expert or gemmologist’s guidance or referral.

Table2:

Respondent	How often do you believe in the power of gemstone therapy	How much you notice any improvements in physical health condition? Are you using the gemstone for pain relief energy or other health related reasons?
1	Disagree	For anger issues. Controlled a lot.
2	Neutral	Very much
3	Agree	There was a major increase in my health and over-all mentality towards things.
4	Neutral	Using it for the chronic stomach infection
5	Disagree	no
6	Strongly Agree	Wellbeing and health
7	Neutral	For good future
8	Neutral	For health and study purpose

9	Disagree	no
10	Agree	for relief energy
11	Neutral	Yes, I feel improvement in health
12	Agree	Yes
13	Agree	Yes
14	Agree	Yes
15	Neutral	50%
16	Neutral	Yes
17	Agree	I had thick blood problem. But wearing this stone helped a lot and I am not on medicine now.
18	Agree	Overcome from my depression. Now m feeling happy.
19	Agree	I had severe headache conditions but wearing emerald recovered me over it
20	Agree	Yes
21	Agree	Pearl helps me to calm down my anger and bring myself towards positivity
22	Neutral	Help to improve from my breathing problems and help to improve my health.
23	Agree	Help to improve in my asthmatic problems.
24	Disagree	Not much
25	Agree	Help in curing my depression.
26	Agree	Help in curing my breathing problems.
27	Strongly Agree	It helped to maintain my blood pressure
28	Agree	Yes
29	Disagree	YES
30	Agree	It helped me with my anger issues and improved mental health
31	Agree	No
32	Agree	Yes, I am using a blue sapphire for other reasons, but it also gives me positive results in health-related issues.
33	Strongly Agree	I was suffering from severe headache and insomnia issues when my pandit ji suggested me to wear this stone, since that day to till now I wore it with whole belief and it affected me more than a medicine. I will never take it off
34	Agree	pukhraj helped me to build up my immunity as I was struggling from a viral disease. Although it calms me down and my brings positivity from my surrounding for my mental peace.
35	Strongly disagree	Nothing
36	Neutral	Much better
37	Neutral	Helped in my health and my blood pressure problems.
38	Neutral	none
39	Strongly Disagree	Little bit

40	Neutral	yes
41	Agree	For solving my respiratory issues
42	Agree	Yes
43	Agree	I used to wear pearl helped in reducing anger issues.
44	Neutral	Physical health
45	Strongly disagree	no
46	Agree	Helped to control my blood pressure
47	Neutral	Pain relieving
48	Strong disagree	Pain relief
49	Agree	yes
50	Strongly Agree	Yes
51	Agree	Yes
52	Agree	yes
53	Agree	Yes
54	Agree	Yes
55	Neutral	Yes
56	Neutral	Yes
57	Agree	No
58	Neutral	No
59	Neutral	Had helped a bit with skin issues and blood pressure management
60	Agree	Help to cure my BP and tension.
61	Agree	Cured my breathing problems and help to improve my health.
62	Agree	Protect from my heart problems and also improve my health and maintaining my healthy lifestyle.
63	Neutral	50%
64	Agree	Yes, I agree this kind of stone really works
65	Disagree	it helped just bit not much

Table3:**6 Discussion:**

The information provided reveals an intriguing relationship between belief systems, the advantages of gemstone treatment for health, and perceived health benefits. Much of the respondents—roughly 55.5% of them—strongly support gemstone therapy, which is consistent with the 55.5% of them who said it had improved their health. There may be a connection between someone's belief in gemstone treatment and the real health advantages they experience, as seen by the significant correlation found between believe and perceived benefits.

When the impacts of particular gemstones on health were examined, respondents who wore different stones reported varying outcomes. As one example, those who wore pearls—roughly 32.3% of respondents—talked about their experiences battling mental health conditions including anxiety, despair, and rage. In a similar vein, users of diamonds (21.5%) and emeralds (9.2%) claimed healing benefits for certain conditions such headaches, skin problems, high blood pressure, respiratory troubles, and thickening of the blood. Notwithstanding, significant inconsistencies surfaced in these data, as a portion of participants donning certain stones—most notably rubies—did not feel any health advantages, while others reported favorable effects on

concentration, blood pressure control, a healthy way of life, and breathing problems.

Remarkably, 15.3% of participants who had worn gemstones for more than five years without observing any health advantages continued to have differing opinions on gemstone therapy. This raises the possibility that there may be individual differences in how sensitive a patient is to gemstone therapy, even if belief is a significant factor in assigning health advantages to this treatment. The fact that 58.4% of respondents acknowledged the existence of the placebo effect highlights how difficult it is to attribute any apparent health advantages to gemstone treatment alone. This idea highlights the potential that some of the good benefits that have been recorded might be due to psychological factors rather than characteristics of the gemstones themselves. It encourages more research into the mental processes controlling how beneficial such alternative medicines are considered.

The majority of respondents (60%) firmly believe that gemstones may supplement or act as alternative techniques in healthcare when used in conjunction with traditional treatment. The fact that gemstones have been used for a variety of medical conditions, including headache alleviation, blood circulation improvement, mental health support, and immunity enhancement, lends credence to this belief. A minority (4.6%), however, adamantly rejects the notion that gemstone therapy is a legitimate supplemental or alternative treatment to traditional medicine, indicating a difference in opinions within the sample.

When using gemstone treatment, respondents stressed the value of following rituals, consulting a professional, and preserving faith. Interestingly, a sizable majority (72%) asked a gemmologist or expert for help when utilizing gemstones, highlighting the need for specialized expertise and demonstrating an understanding of the value of professional counsel in this area.

Ultimately, this examination presents a multifaceted image of the relationship between belief, perceived advantages, placebo effects, and the function of gemstone treatment in overall health and wellbeing. Individual experiences differ, even while belief seems to affect perceived advantages, therefore further research into the psychological and physiological mechanisms behind these events is necessary. Furthermore, the acknowledgement of the placebo effect and the integration of professional advice highlight the complex character of gemstone treatment in the context of holistic health approaches.

7 Importance of Paper:

This research paper has significance in many of the domains like;

- i. Examination of the Relationships Between Belief and Health: This study explores the complex relationship in gemstone treatment between belief systems and health results. It illuminates the complex relationship between thought and real health effect, offering insights into how personal beliefs might affect perceived health advantages.
- ii. Effects of Particular Gemstones: By examining various gemstones and the health implications associated with them, this research provides a thorough explanation of the range of results that people who wear particular stones may encounter. This thorough analysis deepens our understanding of the many health effects linked to certain gemstones.
- iii. Recognition of the Placebo Effect: It is important to recognise and investigate the placebo effect in the context of gemstone treatment. This study emphasises the importance of mental processes in healing and calls for more research into psychological elements that may contribute to the perceived advantages of alternative treatments.
- iv. Integration with traditional Medicine: According to this research, most respondents agreed that gemstone therapy may be used in addition to or as a substitute for traditional medicine. The complexity of holistic treatment and the requirement for synergy between conventional and alternative techniques are highlighted by this acknowledgment of a combined approach.

v. Importance of Professional Advice: The recommendation to see a gemmologist or other specialist before use gemstones emphasises how crucial professional advice is for alternative treatments. This feature sets this apart

	Guidance	Count of Respondents
study by	No	18
	Yes	47
	Grand Total	65

emphasising the need for specific training and experience in the efficient application of gemstone treatment.

8 Conclusion:

This study explores the complex interplay between gemstone treatment, belief systems, and reported health advantages. Results point to a relationship between the majority of respondents' claimed health benefits and their belief in gemstone treatment. Nonetheless, disparities arise in the impact of particular gemstones on well-being, with consumers reporting varying results. Significantly, participants' acknowledgement of the placebo effect suggests that psychological variables may influence reported benefits, necessitating more research into the underlying processes of complementary and alternative therapies.

Although everyone's experiences are unique, most people think gemstone treatment has the potential to be used in addition to or instead of traditional medicine. This emphasizes the necessity of a comprehensive strategy for healthcare that incorporates both conventional and non-traditional approaches. Expert advice is clearly important, as the majority of respondents sought advice from specialists prior to using gemstones. This highlights how crucial expert guidance is to the successful use of gemstone treatment.

Essentially, this study highlights the intricate relationship that exists between belief, advantages that are seen, and the function of gemstone treatment in general health. To properly incorporate alternative therapies into healthcare practices and get a deeper understanding of these dynamics, more study into psychological and physiological components is necessary.

9 Financial support and Sponsorship

NIL

10 Conflicts of Interest

There are no conflicts of interest.

11 References:

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