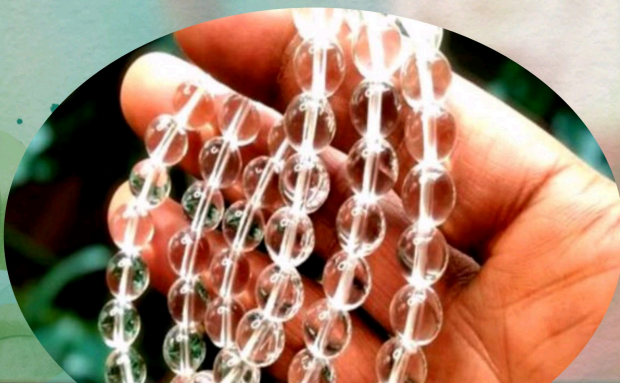


**SWAMY VIVEKANANDHA NATUROPATHY AND YOGA
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PLACEBO EFFECT OF GEM STONES (SPHATIK MALA)



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Introduction

For centuries, Sphatik Mala, or clear quartz mala, has been revered for its purported healing properties. Despite the scientific community's skepticism, many individuals report positive effects. This phenomenon can be attributed to the placebo effect, where belief and expectation influence physical and mental health.

Understanding the Placebo Effect

The placebo effect occurs when a person experiences real improvements after receiving a treatment with no therapeutic effect. This highlights the powerful psychological impact of belief and expectation on well-being.

Sphatik Mala and the Placebo Effect

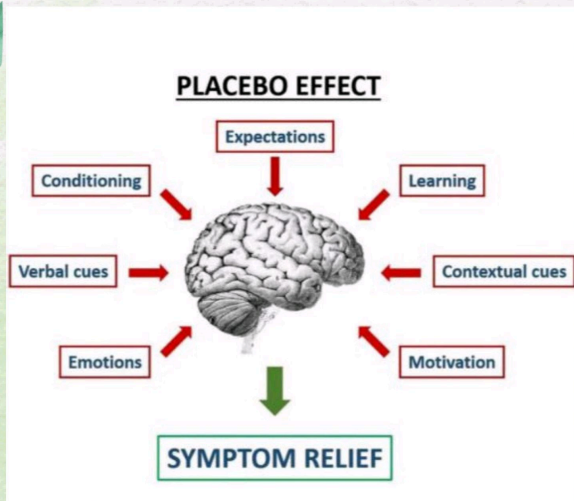
Sphatik Mala is believed to work through vibrational energy, aligning with the body's energy fields to promote healing. While scientific evidence is limited, the placebo effect offers a plausible explanation for reported benefits.

Mechanisms Behind the Placebo Effect


1. *Expectation*: Belief in Sphatik Mala's healing properties triggers the brain to release endorphins and other chemicals, fostering well-being.
2. *Conditioning*: Positive experiences with similar treatments condition the brain to respond favorably to Sphatik Mala.
3. *Psychological Comfort*: Holding or wearing Sphatik Mala provides comfort, reducing stress and anxiety.

Benefits Attributed to Sphatik Mala

- *Emotional Balance*: Users report feeling more emotionally balanced.
- *Stress Reduction*: Belief in calming properties leads to reduced stress.
- *Enhanced Focus*: Individuals find improved concentration.



- ***Scientific Perspective***
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- While Sphatik Mala lacks intrinsic healing properties, placebo effect highlights the mind-body connection. Belief plays a crucial role in healing.
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- ***Cultural Significance***
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- In Hinduism, Sphatik Mala is used for meditation and spiritual growth. Its cultural significance reinforces its psychological impact.
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- ***Traditional Uses***
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- - Meditation and prayer
- - Emotional balance and stress relief
- - Improved focus and concentration
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Sphatika Bhasma, also known as **Shubhra Bhasma** or **Fitkari Bhasma**, is a classical Ayurvedic formulation made from **potash alum** (Sphatika). It is widely used in naturopathy for its **hemostatic, anti-inflammatory, and antiseptic properties**. Here's how it helps in treating various ailments:

How Sphatika Bhasma Works:

- **Blood Purification**: Sphatika Bhasma is known for its blood-purifying properties, helping to cleanse the blood of toxins and impurities.
- **Anti-inflammatory**: Its anti-inflammatory properties help reduce inflammation and pain in conditions like arthritis and skin diseases.
- **Antiseptic**: The antiseptic nature of Sphatika Bhasma helps in preventing infections and promoting healing in wounds.
- **Hemostatic**: It helps in stopping bleeding and is used for conditions like menorrhagia (heavy menstrual bleeding) and metrorrhagia (irregular bleeding).

Common Uses in Naturopathy**:

- ****Skin Diseases****: Used for treating skin conditions like leucoderma, herpes, and vitiligo.
- ****Respiratory Issues****: Effective in treating chest pain due to pneumonia, bronchitis, and chronic cough.
- ****Bleeding Disorders****: Helps in managing conditions like menorrhagia, metrorrhagia, and hematemesis (blood in vomiting).
- ****Digestive Issues****: Used for chronic diarrhea and abdominal pain.
- ****General Health****: Promotes overall health by detoxifying the body and boost

****Cleansing and Charging****:

- ****Cleansing****: It's important to cleanse the Sphatik Mala regularly to maintain its energy. You can do this by placing it in saltwater, under moonlight, or smudging it with sage.
- ****Charging****: To enhance its energies, you can charge the mala by placing it under sunlight or moonlight for a few hours.

The Placebo Effect of Natural Stones: A Global Phenomenon

Background

- Global market size: \$443 billion (2022)
- Synthetic stones entering the market
- Placebo effect: recovery due to expectation and psychosocial forces

Theoretical framework

- Beecher's "Powerful Placebo" (1955)
- Brody's definition: effects beyond specific treatment outcomes
- Pavlov's classical conditioning theory: expectation and conditioning

Research

- - Online survey: 415 participants
- - Results: natural stones positively impact treatment progress due to medicinal properties and hope for recovery

Key findings

- 1. Expectation contributes to recovery process
- 2. Placebo effect mediated by learning, anticipation, and social cognition
- 3. Affects clinical and physiological outcomes

Hypotheses

H1: People use natural stones for therapeutic purposes due to their perceived healing properties.

H2: Hope of cure and conditioning positively affect treatment outcomes.

H3: Interest in natural stones contributes to their therapeutic use.

Methodology

1. Online survey using social media
2. 415 participants selected based on their familiarity with natural stones
3. Questionnaire technique to investigate perception of healing stones

Research goal

To understand the role of perception, hope, interest, and placebo effect in the therapeutic use of natural stones.

Conclusion

The placebo effect of natural stones highlights the significance of expectation and psychosocial forces in treatment outcomes. Further research can translate this understanding into improved patient care.

Reference

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THANK YOU