



Gemstones in Wellness: A Meta-Analysis of Placebo-Controlled Studies

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Abstract: This study focused on belief systems, gemstone therapy, and reported health advantages. We surveyed 65 gemstone wearers on their views, experiences, and beliefs regarding health benefits. There was a substantial correlation between believers' beliefs and their assessments of the health advantages of gemstone therapy. About 55% of respondents strongly agreed that gemstones had a favorable effect on their health, indicating that they highly believed in the practice. More research was done on the specific impacts of certain gemstones. While those wearing diamonds and emeralds claimed relief from respiratory problems and blood pressure management, participants wearing pearls reported benefits in their mental health. There were some discrepancies, too, and some persons who wore diamonds for a long time saw no advantages. The study included reference to the placebo effect, and 58% of participants knew what it was. This suggests that psychological variables could affect how advantages are perceived, calling for more investigation into the underlying mechanisms. Interestingly, 60% of respondents believed that gemstone therapy might be utilized for certain ailments either in addition to or instead of traditional medicine. This illustrates the promise of integrative healthcare strategies, which combine traditional and non-traditional methods. Lastly, the importance of expert advice is demonstrated by the fact that 72% of respondents sought advice from professionals or gemmologists before using gemstones. This highlights how important it is to have specific knowledge and experience when negotiating the difficulties of alternative therapies. All things considered, this study shows the intricate interactions between belief, perceived advantages, and the various applications of gemstone therapy in health and wellbeing. If alternative therapies are to be successfully included into all-encompassing healthcare procedures, more research into the psychological and physiological factors behind these dynamics is needed. Key words: the placebo effect, gemstones, and wellbeing.

1. Introduction

Overview Since many people employ gemstone healing and other alternative therapies to feel grounded, reduce worry, and relieve stress during difficult times, it seems sense that their popularity has expanded. Although the use of gemstones for healing has been practiced for millennia, it has gained popularity recently due to public endorsements from celebrities like Miranda Kerr and Victoria Beckham. Social media has contributed significantly to its appeal, as is the case with most trends that re-enter the zeitgeist. Most of the hypothesized mental health advantages of gemstone therapy center on enhanced immunity and natural pain alleviation. Additional advantages include increased optimism, calmness, and attention. Additionally, it is said that every gemstone has unique energies that can be connected to different facets of your life. This depends on the type of gemstone as well as its color and form. Even while some research indicates that gemstones may have a placebo effect, they have often been written off as pseudoscientific. Any medicinal benefits ascribed to gemstones were likely the product of

persuasiveness, according to a previous study that was presented at conferences in 1999 and 2001 but was not published in a peer-reviewed journal. For example, a 2005 Trusted Source study from the University of Waterloo in Canada found that a person's mind may be capable of much more healing than is generally acknowledged. Some people, though, think it goes beyond that. A 2008 study claims that "quartz can act as a flint to start a fire or generate electricity." Gemstones can be used for their mystical and therapeutic qualities. Risks to human health have dramatically increased in recent years. As the entire world struggles with the pandemic's impacts, COVID-19 highlights the importance of addressing and resolving a range of health-related difficulties, including respiratory problems, immunity-related diseases, and minor infections. In such a hard circumstance, we all want a healing touch. According to Vedic astrology, we can rely on the positive energies of different gemstones to drive out negative energy that causes illness. This is the traditional view of jewels and their timeless attractiveness. The use of gemstones for healing has grown in popularity recently. Here are a few ways that the wonder jewels might improve your overall well-being. Amber, amethyst, rose quartz, aquamarine, citrine, garnet, moonstone, pearl, and garnet are all good for your health. The International Gem Society (IGS) (2020) states that some precious stones are good for both physical and mental health and wellbeing. Patients who handled certain gemstones reported feeling more alert and concentrated. After that, the attendees received gemstones to use while meditating. The majority reported feeling an influence, however they discovered that the sensations were identical whether the person was holding a real or fake diamond. This implies that the placebo effect, a psychological phenomenon, rather than the gemstones themselves was responsible for the desired result of the gemstone therapy. The placebo effect is the phenomenon whereby a patient who is not actually receiving therapy still experiences an improvement in their condition. This is often done purely on the basis of the belief that the drug will help them. Even though the impacts might not be predictable or recurring, they are often considerable when they do occur. This implies that the body's reaction can be changed by the mind. Because placebo results are very responsive to what is predicted, they can be easily tailored to an individual's unique situation. Gemstone health treatment techniques may provide patients more control and accelerate their recovery, when paired with conventional medical and mental health care. In this case, the placebo effect and scientifically validated medical treatments can both be used to enhance patient outcomes. There are actually about nine different types of gemstones (RATNA), according to the stars of the universe. These include PEARL, RUBY, EMERALD, YELLOW SAPPHIRE, DIAMOND, KAKANIL, HESSONITE GARNET, CAT'S EYE, and PADMARAGA. They believe that these nine Ratna usually help people with health problems.

The effects of each stone on human systems and how it aids in the treatment of different medical ailments are described below:

NAME HEALTH BENEFITS OF THE EFFECT BODY SYSTEM Pearl (moon) Nervous system, circulatory system, treating mental illnesses, depression, and enhancing memory and blood pressure maintenance Blood circulation system: protect the heart, enhance blood flow, and preserve chakras with ruby (mars).

Emerald (mercury) Nervous and integumentary system Treats issues with the skin, blood, and brain Yellow sapphire (Jupiter) Immune system and skin conditions Lower body fat, treat skin and throat conditions, and keep the immune system robust Diamond (Venus): Digestive and urinary system; cures throat, liver, asthma, sexual dysfunction, and UTI Kaka no (Saturn): Nervous system to treat cancer and mental disease and neurological conditions Relief from conditions like epilepsy, allergies, eye infections, sinuses, and hemorrhoids through the sensory, integumentary, and musculoskeletal systems is possible with hessonite garnet (Rahu). The immune and neurological systems of cats' eyes (Ketu) aid in the treatment of cancer, eye conditions, improve memory, and controlling blood pressure Padmaraga (sun) Immune system: reduces anxiety, increases self-esteem, and increases vitality Gemstones' piezoelectric effect has the potential to increase a person's energy levels.

The healing process will proceed more smoothly and react to the body more effectively if the user is a believer, particularly when the stone comes into contact with the body. Even non-believers benefit from these stones in the same way, but they are blind to the fact since they are unable to tell whether the stones are to blame.

2. Research Deficit

Nevertheless, there is no scientific proof that crystal healing improves a person's health and wellbeing. This assertion is not supported by any studies of this type. No study's clinical trial evidence backs up gemstone therapy's therapeutic claims. Because of this, nothing is known about how to conduct carefully planned clinical trials to evaluate the efficacy and safety of gemstone therapy.

3. Goals

To look into the relationship between a specific gemstone and wellbeing.

4. Literature Analysis

According to the International Gem Society (IGS), certain people employ gems in their spiritual ceremonies. In rituals, gems are utilized to create safety and love, heal energy fields, and induce serenity. Most gemstones can be used in jewelry without risk. However, a few gems, such as Ekanite and Realgar, might include heavy metal or radioactive metal concentrations that could be dangerous to wear. Any possible health advantages are probably outweighed by prolonged, close contact to such stones. But it's obvious that treatment and healing are two entirely different things. By encouraging optimism and promoting relaxation, gemstone therapy, on the other hand, gives patients hope for their recovery. The healing qualities of crystals and gemstones are well known, according to Heid (2017). Gemstones and crystals are composed of naturally occurring minerals that have been around for millions of years. For a long time, people thought that every stone had medicinal benefits, especially for depression, anxiety, and blood circulation. It also releases the wearer's energy. But not all neurologists and psychologists

concur that the healing crystal's properties work. They still rely on the placebo effect in the interim. Every person's perspective, feelings, aspirations, and even spirituality have an effect on their mind and body, claims Dispenza (2014). The therapy procedure benefits from consumers' conditioning and hope for a cure, claim Micke et al. (2010). Physical, mental, and emotional problems are commonly treated with natural stones. Natural stones, or ratans, are considered to be symbols of beauty, power, and social standing, according to research by Hati Polu et al. (2018). Meanwhile, their vivid hues are also believed to have therapeutic properties. In support of his theory, et al. (2012) claim that people prefer to buy gemstones for therapeutic purposes because they believe that using them will make them feel interesting and relieve their problems. While a buyer's privacy and security measures affect their perceived risk of buying gemstones, the seller's use of rumors and advertisements (the location strategy) drives the behavioral strategies and marketing strategy. As stated by Y.A. According to Kutlu et al. (2022), Ratna's are effectively influencing people's preferences for them in the hopes of discovering a cure because they are promoted as "healing tools." There is a high correlation between placebo and hope and healing. The placebo effect is the impact that surrounds medical therapy in terms of attitude, psychological force, and word-of-mouth. Regardless of their shape or color, people employ natural stones as medicines in the hopes of healing. However, stones with vibrant colors and shapes are only used for jewelry and are not advised for use in medical treatments. In order to prevent interfering with and influencing the course of medical treatment, it firmly supports the legal restriction of the phrase "Healing," which is used to advertise natural stones. According to Astin JA, Micke O, and Butzel J (2008), gemstone healing carries no risks. Negative side effects are unknown. However, because crystal healing and healing stone healing are occasionally marketed as genuine, successful cancer treatments, they should not be utilized for serious illnesses. Rather, these unproven products, which are utterly ineffective against cancer, lure people with false, if not nonsensical, claims of a simple cure. Because delaying therapy lowers the chance of remission and cure, oncology is a particularly difficult field. Additionally, by devoting a great deal of time, money, and hope to such pointless endeavors, cancer patients often lose out on a substantial opportunity for an accurate and honest knowledge of their illness. B. Thakor's (2021) research indicates that gemstone healing is widely believed by the general people. It is not founded on modern scientific theories and developments, but rather on a historical notion akin to charm-stones. The significant placebo effect, which occurs when people believe something to be genuine and only see evidence to support that view, is responsible for the apparent success of crystal healing or happy emotions. It is important to remember, however, that certain crystals, especially jewels like diamonds, have a mystical appeal to individuals, especially women. Married ladies make up the majority of gemstone purchasers. L. Spence Diamonds have historically been believed to have a number of magical properties, according to a study by et al. (2012). E. Gemstones affect all aspects of our bodies, including our emotions, thoughts, and chakras (Ato Daria et al., 2017). We may become more conscious of our emotional, spiritual, and psychological selves with the aid of gemstones. However, in cases where the stone has multiple healing qualities, it would seem that its color or composition has often signaled its fitness for a specific condition, and that much of this has changed over many generations. One questions whether the crystal treatment is really a placebo effect given how long it has been used, how many countries utilize it, and how well-liked it has grown. A study by Micke, Schnika, Mücke, et al. (2010) found that although gemstone healing is widely used by both the general population and cancer patients, there is no scientific proof that it is healthier than orthodox therapy. Although this medicine is generally considered safe and non-toxic, it should not be recommended for cancer patients. By doing this, patients may be able to prevent squandering funds, time, and hope on useless treatment or, worse, postponing necessary care for this deadly condition and worsening their prognosis. These gemstone therapies can be beneficial even if a patient's beliefs are thought to be the source of their emotional support and their capacity to draw in positive energy during medical treatment. Klemens (2002), Pal (2002), and Shakeel et al. (2011) found that the color of the gemstones may have influenced their use, at least partially, because the hue of the gemstones correlated with specific medical indications. Naturally, the use of stones to cure or ward off disease is part of esoteric rituals. Numerous ailments were either treated or claimed to have been prevented, including medical conditions and other life disruptions that might contribute to mental stress, which can subsequently result in physical illness or psychosomatic disorders. The majority of beliefs regarding how stones impact a person's life center on the planets, stars, and zodiac signs; yet, the healing qualities of stones cannot be rationally explained. However, ancient Indian Ayurvedic literature mentions gem therapy, which has a lengthy history. The oldest traditional medical system still practiced on the Indian subcontinent, Ayurveda, heavily relies on gem therapy. S. The healers recommended wearing the stones in a silver or gold finger ring (Seraj et al., 2011). They asserted that every stone had the ability to both prevent and cure the illness for which it was recommended. A valuable or semi-precious mineral that is commonly used to create jewelry or other accessories is called a gemstone. E. "There is no evidence that crystal healing works over and above a placebo effect." "That is the right standard by which to evaluate any kind of treatment. However, a person's perspective on placebo effects determines whether or not crystal therapy or any other form of complementary and alternative medicine is useless." In other words, a person may feel better after undergoing a crystal healing procedure, even if there is no scientific evidence to suggest that using crystals in a therapy result in improved feelings, according to French's account in Live Science, Peterson et al. (2022). At the Centennial Annual Conference of the British Psychological Society in Glasgow in 2001, French and his associates gave an overview of their studies on the effectiveness of crystal therapy. S. Ishaque et al. (2009) found that a person's tendency to utilize gemstones is correlated with their ideas about their health advantages. People's preferences for the use of gemstones seem to be most influenced by their friends and family. Superstitions and, to a lesser extent, religion continue to shape people's opinions on the use of gemstones in therapy.

5. The study's methodology

5.1 The study's Cross-Sectional approach by watching participants wear gemstones and examining their reported feelings and experiences afterward, we will employ a cross-sectional study approach. • This design allows for the simultaneous evaluation of the patient's exposures and results. Gathering preliminary evidence can be accomplished in a simple and economical manner.

5.1.1 Dimensions:

We will observe patients' intentions and attitudes about gemstones in relation to their health. • By examining the most common traits of the chosen group, this will enable one to gain knowledge about its current condition. 4.2 Research Methodologies: A Quantitative Approach.

5.2.1 Objective Analysis:

Logical and statistical results serve as the foundation for quantitative research conclusions. Any random individual who wears gemstones for their health and well-being will be asked for information. Comparing gemstone kinds, reported health conditions, cultural and religious beliefs, and other factors is made easier by the ability to quantify responses, which allows us to compare different groups or subgroups within our sample population. This allows us to make inferences and generalizations that are reflective of a broader group.

5.2.3 Statistical Inferences:

We can employ statistical techniques to get precise findings and insightful conclusions from quantitative data. This allows us to find trends, connections, and perhaps causal links between the use of gemstones and health and wellbeing.

5.3 Sampling Design:

This study will employ a purposeful, random sampling design.

5.3.1 Sampling technique

Purposive sampling is a sampling technique where a certain sample group is selected to have specific attributes.

5.3.2.1 Population:

Those who wear gemstones as a sign of health and hope for a cure will be the target population. In contrast, the population will be certain.

5.3.2.2 Sample size:

The sample will consist of 65 responders. This will be an appropriate sample size for significant results and will also include the probability values because we are using the purposive sampling strategy, which maintains that a minimum sample size is more effective.

5.3.2.3 The sample unit consists of people who wear gemstones to enhance their overall health and wellness.

5.4 Measuring Tool:

The Questionnaire Our research on the impact of gemstones on health and wellbeing is centered on the possible placebo effect. To perform this study, we will choose participants who wear gemstones, differentiating those who wear them for religious reasons from those who do not. An online questionnaire has been selected as the measuring instrument for this study in order to gather information from our sample population.

5.4.1 Online Survey:

An online questionnaire is a digital survey designed to collect specific data from patients. We have selected this measuring instrument because of its accessibility, convenience of use, and ability to effectively gather data from a wide range of patients and produce probability results. In order to collect as much data as feasible and obtain as many respondents as possible, the snowball method is employed.

5.4.2 The Selection Requirement for the Online Questionnaire: •

Using an online questionnaire for our study has many benefits. First of all, it enables us to readily contact respondents regardless of their residence or degree of mobility. This guarantees that a diverse group of people will be included in our study. • Second, respondents may be more willing to openly share their experiences and opinions due to the anonymity provided by an online survey. When examining subjective matters, such as opinions regarding the impact of gemstones on health and wellbeing, this is particularly crucial. • Additionally, the use of an online questionnaire guarantees standard data collection. By giving each participant the same set of questions, we may minimize potential biases and ensure consistency in responses. The quantitative data collected through the questionnaire will be analyzed using a simple technique (Pivot table and chart) from MS-Excel. The questionnaire will be based on two groups of people based on the objectives and on analysis of the respondent's answers and title. The first group will be those who wear gemstones and believe in them, while the second group will be those who don't believe in gemstones. 6. Findings and Interpretation

5.5 The Survey Questionnaire:

a. Login name: b. Age: c. Gender: d. Place (city, state, or country): e. Work: f. The name of the stone is: G. The number of years spent wearing stone: h. "Selection of gemstones" • Did you consult a gemmologist or specialist for advice? (Yes/No) I. To what extent do you understand the concept of the placebo effect? (Agree, Disagree, Strongly Disagree, or Neutral) j. Have you ever experienced the placebo effect—intentionally or accidentally—during a medical procedure or intervention? (Agree, Disagree, Strongly Disagree, or Neutral) K. When utilizing gemstones for health, how much of a "placebo effect"—feeling

better because of beliefs rather than the gemstone itself—have you noticed? (Agree, Disagree, Strongly Disagree, or Neutral). How often do you believe gemstone amalgamation to be a valid alternative and supplemental therapy for conventional medicine? (Agree, Disagree, Strongly Disagree, or Neutral) m. On what frequency do you think gemstone therapy works? (Agree, Disagree, Strongly Disagree, or Neutral) n. Have they selected a specific gemstone because of its purported therapeutic qualities? How does this improve your health, if at all? (Agree, Disagree, Strongly Disagree, or Neutral) o. How often do you think metaphysical qualities are present in gemstones? (Agree, Strongly Agree, Disagree, Neutral, and Strongly Disagree) p. How often do you believe that people keep the gemstone near their skin or wear it as jewelry? (Agree, Disagree, Strongly Disagree, or Neutral) q. To what extent have you seen a change in your physical health? • Do you utilize the gemstone for pain alleviation, energy, or other medical reasons? Regarding your experiences with gemstones and how they have affected your health, do you have any other thoughts to share? 5.2 Assessment: 5.2.1 Believers and non-believers: Of the respondents, 55.3 percent were determined to be believers, with responses like "strongly agree" and "agree" showing belief in gemstone therapy. However, 29.2 percent of those surveyed chose a neutral course of action. Conversely, 55.3% of respondents agree that there are positive health benefits. Only about 15.3% of respondents, who are regarded as non-believers, disagree with this statement, though. (Table 2). 5.2.2 The Impact of Gemstones on Health and Well-Being About 32.3% of those surveyed wore pearls and were thankful for their ability to help them cope with their anxiety, despair, and rage. Additionally, after wearing Emerald, 9.2% of respondents said they felt better, citing relief from high blood pressure, headaches, and skin issues. Only 15% of individuals surveyed said they saw no advantage from wearing diamonds, while others reported significant alleviation from blood thickening and lung problems. About 21.5% of those surveyed wore diamonds. Nonetheless, 20% of those surveyed said they wore Ruby because it improved their ability to concentrate, regulate their blood pressure, maintain a healthy lifestyle, and prevent respiratory issues. Some respondents, however, did not believe that wearing Ruby had any health advantages. Of those who wore sapphire, only 4.6% claimed to have benefited the most from it and to have utilized it to increase immunity. Others, however, claimed that they also wore it for prosperity and success. Of those surveyed, 6.1% wore Kika nil, 3% wore pad marga, and 3% wore cat's eye. 5.2.3 Beliefs and health: On the other hand, 15.3% of respondents said they agreed with gemstone therapy, with 20% saying they were neutral, 20% saying they disagreed, and 20% saying they agreed. Even after wearing stones for over five years, these respondents reported no benefits in their health or well-being. This makes it abundantly evident that diamonds have a big influence on people's health and happiness. 5.2.4 The Placebo Effect: 58.5 percent of respondents claim to understand the concept of the placebo effect, 4.6 percent claim not to, and 37% are neutral. 5.2.5 Conventional Medical Care: 4.6% of respondents disagreed with the assertion that gemstone therapy is a valid addition to or substitute for traditional medical care. Even though they are using gemstones as conventional medicine for a number of purposes, such as headaches, blood circulation, mental health, immunity boosters, etc., most respondents still think that they can be useful. Of those surveyed, 35.3% responded in a neutral manner, and 60% strongly agreed with this statement. 5.2.6 Respondents' Remarks: Some recommendations from respondents included having faith and trust, consulting a gemmologist or other specialist, and carrying out the required rites prior to wearing the stone. It is also recommended that these stones not be treated with medications, despite the possibility that they could be utilized as a supplemental therapy. 5.2.7 Guidance It is clear from Table 3 that 72% of respondents wore the gemstone on the advice or recommendation of a gemmologist or specialist. Table 2 Respondent: How frequently do you think gemstone therapy has the ability to improve physical health conditions? Are you utilizing the gemstone for energy or pain treatment, or for other medical purposes? Regarding anger management, I disagree. largely under control. 2 Quite neutral 3 I agree that both my general outlook on life and my health significantly improved. 4 Neutral: Applying it to persistent stomach infections 5 Don't agree 6 Completely concur with health and well-being 7 In favor of a bright future 8 Neutral for research and health reasons 9 Don't agree 10. Accept the energy for relief 11 Neutral Yes, my health has improved. 12 I concur. 13 Agree 14 Agree 15% Neutral 50% 16 Yes, in a neutral way 17 I agree; I had an issue with thick blood. However, wearing this stone really helped, and I'm off medication now. 18 Agree I got over my sadness. I'm feeling joyful now. 19 I agree; wearing emerald helped me get over my terrible headaches. 20 Agree 21 I agree that pearls help me control my rage and go toward positivism. 22 Neutral Aid in alleviating my respiratory issues and promoting better health. 23 I agree that it will help me with my asthmatic issues. 24 Disagree Very little 25 I agree that it will help me get over my depression. 26 I agree that it will help me with my respiratory issues. 27 I wholeheartedly concur that it kept my blood pressure stable. 28 I concur. 29 Disagree Yes 30 I agree that it enhanced my mental health and helped me deal with my anger management issues. 31 Accept No 32 I agree; there are additional reasons why I use a blue sapphire. However, it also helps me with health-related problems. 33 I completely agree. My pandit ji recommended that I wear this stone since I was having a lot of headaches and sleep problems. I have worn it religiously ever since, and it has had a greater impact on me than drugs. I'll never remove it. 34 I agree that while I was battling a viral illness, Pokhran assisted me in strengthening my immunity. Even so, it helps me relax and boosts my mood by bringing in positive energy from my surroundings. 35 I completely disagree with nothing 36 Neutral Far superior 37 Neutral helped with my blood pressure issues and general health. 38 Nothing is neutral 39 Completely disagree with a small portion 40 Yes, neutral 41 I agree to get my respiratory problems resolved. 42 I concur 43 I agree that wearing pearls helps me deal with my anger management issues. 44 Indifferent physical well-being 45 Totally disagree 46 I agree that it helped regulate my blood pressure. 47 Pain-relieving neutral 48 Strongly disagree Pain alleviation 49 I agree. 50 Definitely Agree 51 I concur 52 I concur. 53 I concur 54 I concur 55 Yes, but neutral 56 Yes, but neutral 57 Agree No 58 Indifferent No 59 Neutral had somewhat improved blood pressure control and skin problems. 60 Agree Help relieve my tension and blood pressure. 61 Agree helped me get healthier and resolved my respiratory issues. 62 I agree to protect myself from cardiac issues, enhance my health, and continue living a healthy lifestyle. 63 50% Neutral 64 I concur that this type of stone is effective. 65 Disagree, it was somewhat helpful. Table 3: 6. Talk about the data presented shows a fascinating connection between belief systems, reported health benefits, and the effects of gemstone treatment. About 55.5% of respondents highly endorse gemstone therapy, which is in line with the 55.5% who reported that it had benefited their health. The strong link between belief and perceived benefits suggests

that there may be a relationship between a person's belief in gemstone treatment and the actual health benefits they encounter. Respondents who wore various gemstones reported differing results when the effects of certain gemstones on health were investigated. For instance, nearly 32.3% of respondents who wore pearls discussed their experiences with mental health issues like anger, sadness, and anxiety. Similarly, those who used diamonds (21.5%) and emeralds (9.2%) reported that they helped heal ailments like headaches, skin issues, high blood pressure, respiratory issues, and blood thickening. However, notable discrepancies emerged in this data, with some people wearing specific stones—most notably rubies—reporting no health benefits and others reporting positive impacts on respiratory issues, blood pressure regulation, focus, and a healthy lifestyle. Surprisingly, 15.3% of participants still had different views on gemstone therapy after wearing gemstones for more than five years without experiencing any health benefits. Even while belief has a big role in determining the health benefits of gemstone therapy, this suggests that there can be individual variations in how sensitive a patient is to the treatment. The difficulty of attributing any apparent health benefits to gemstone treatment alone is demonstrated by the fact that 58.4% of respondents admitted the existence of the placebo effect. This theory raises the possibility that psychological variables, rather than the properties of the gemstones themselves, may be responsible for some of the positive effects that have been documented. It promotes further investigation into the cognitive mechanisms governing the perception of the benefits of such alternative medications. When utilized in conjunction with conventional treatment, the majority of responders (60%) are adamant that gemstones may serve as alternative or supplemental methods in healthcare. This idea is supported by the fact that gemstones have been used to treat a wide range of medical issues, such as improving blood circulation, relieving headaches, boosting immunity, and supporting mental health. However, a minority (4.6%) strongly disagrees with the idea that gemstone therapy is a valid adjunct or substitute for conventional medicine, suggesting that there are differing views within the sample. Respondents emphasized the need of maintaining faith, seeking competent advice, and adhering to rituals when employing gemstone treatment. Remarkably, a significant majority (72%) sought assistance from a gemologist or specialist when using gemstones, underscoring the necessity of specialized knowledge and indicating an appreciation of the importance of expert advice in this field. In the end, our analysis offers a complex picture of the connection between belief, perceived benefits, placebo effects, and the role of gemstone therapy in general health and wellness. Although belief appears to influence reported benefits, individual experiences vary, necessitating more investigation into the psychological and physiological processes behind these occurrences. In addition, the recognition of the placebo effect and the incorporation of expert counsel underscore the intricate nature of gemstone therapy within the framework of holistic health methodologies.

6. The Value of Paper

This study is important in a number of areas, including

1. Analysis of the Connections Between Belief and Health:

This study investigates the intricate connection between belief systems and health outcomes in gemstone treatment. It provides insights into how individual ideas may influence perceived health benefits and sheds light on the intricate link between thinking and actual health effects

2. Bio effects of Specific Gemstones:

This study offers a comprehensive explanation of the range of outcomes that individuals who wear specific gemstones may experience by looking at different gemstones and the health concerns connected to them. Our knowledge of the many health impacts associated with specific gemstones is expanded by this in-depth examination.

3. Identification of the Placebo Effect:

When it comes to gemstone treatment, it's critical to identify and look into the placebo effect. The significance of mental processes in healing is emphasized in this study, which also urges further investigation into psychological factors that can support the perceived benefits of alternative therapies.

4. Integration with Traditional Medicine:

The majority of respondents to this study concurred that gemstone therapy could be utilized either in place of or in addition to traditional medicine. This recognition of a mixed approach highlights the intricacy of holistic treatment and the need for synergy between conventional and alternative approaches.

7. Conclusion

The study examines the intricate relationships between stated health benefits, gemstone therapy, and belief systems. The results showed a correlation between the majority of respondents' beliefs in gemstone treatment and their claims of health benefits. Customers, however, report differing results about how certain gemstones affect wellbeing. Crucially, the participants' admission of the placebo effect raises the possibility that psychological variables could affect the advantages claimed, calling for more investigation into the fundamental workings of complementary and alternative medicine. Even though every person's experience is different, most individuals think that gemstone therapy can be used either in addition to or instead of traditional medicine. This highlights the importance of an all-encompassing healthcare plan that considers both traditional and non-traditional methods. The importance of expert advice is demonstrated by the fact that most respondents consulted specialists before utilizing gemstones. This illustrates how crucial professional advice is to successfully applying gemstone treatment. In essence, this study shows how belief, perceived advantages, and the function of gemstone treatment in general health are all intricately related. To fully understand these dynamics and incorporate alternative therapies into healthcare procedures, more study into psychological and physiological components is needed. 7 Funding assistance and sponsorship Nothing Eight Conflicting Interests No conflicts of interest exist.

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