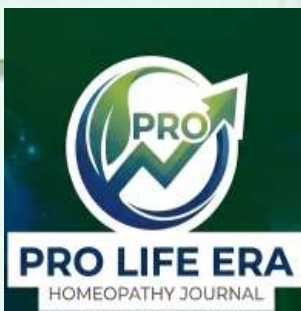




Importance of Placebo in Homoeopathy

Abstract-Placebo is a Latin word which means "I shall please" or "I please". In our day to day homoeopathic practice some of the forms in which placebo is employed like- Sugar of milk, cane sugar globules or tablets or cones, alcohol. Many Scientific and clinical studies have shown Sac lac possessed of very great diuretic powers when given in full doses. placebo could trigger the release of Endorphins (the body's natural painkillers), just as certain active drugs do.

Keywords- Sac lac, Placebo, Medicine, Amelioration, Aggravation.

Introduction-Placebo is the second-best remedy without which no good homoeopathist could long practice medicine. In the day-to-day practice certain situation arise which lead us to prescribe placebo like if patient came after taking other mode of treatment, into middle of treatment and in condition of Homoeopathic aggravation.^[1] Placebo is an agent employed in medical practice with the primary aim of gratifying the patient. These effects are the psychological state of the individual at the time of its administration. Saccharum lactis is a remedy introduced by Dr. Swan many years ago. It was his "Fatigue powders", the accuracy of which I have verified by Dr.W.Yingling.^[2]

Use as placebo-Placebo is the second-best remedy in Homoeopathy. In the day-to-day practice certain situation arise which lead us to prescribe placebo. Certain disease conditions like Artificial Chronic Disease, Pseudo chronic Disease, Mental diseases of emotional origin, Indisposition, Hypochondriac

patients demand placebo.

The *placebo effect* refers to the phenomenon where a patient experiences an improvement in symptoms after receiving an inactive substance or intervention, simply due to their belief in its therapeutic effects. It highlights the complex relationship between the mind and body and underscores the importance of psychological factors in the healing process.

It plays a significant role in clinical trials and can lead to improvements in subjective measures such as pain, mood, and overall well-being.

Placebo is administer to particular patient when no necessary to give medicine In the meantime, between first and second prescription.^[4]

Hahnemann and placebo-Hahnemann was the first physician who systematically used Placebo. Dr.Hahnemann clearly explains his view about administration of placebos through his Organon of medicine in Aphorisms - 91,96, and 281.

In *Aphorism 91*- Hahnemann says when the disease is of chronic character then physician can leave him some days quite without medicine or with Placebo.

Foot note to Aphorism 96-In case of hypochondriacs, when pure fabrication of symptoms comes, Hahnemann advises the physician "gives them nothing at all, or Placebo.

Hahnemann usually marked placebos with the paragraph symbol (§). The sign might have been imbued by the abbreviation for sugar in pharmaceutical literature which is 'ff'.

In the period between 1833 and 1835 more than half (54%) of Dr Hahnemann's prescriptions was placebo.^[8]

Use of Placebo in Homoeopathy Practice- In case *chronic disease* character and patient has been taking medicine up to the time he is seen, the physician can leave him some days quite without medicine or with Placebo.^[9]

In case of *hypochondriacs*, when pure fabrication of symptoms comes, Hahnemann advises the physician not to give anything or leave them on Placebo

In case of *Improvement* begins ,placebo administered.^[4]

To please the impatient patient who was used to frequent medications in allopathic medicine

In the homoeopathic treatment of serious chronic pathology, if the remedy is correct usually a strong initial aggravation take place.

Utility of placebo-When improvement begins it is necessary to stop the medicine prescribed. Here indicated medicine may be substituted by placebo.^[1]

Reduce the levels of stress and anxiety by taking placebo help to release adrenalin.

The placebo may increase a person's motivation and change in behaviour that plays an important role to take better care of themselves.

Placebo shows activation of some areas in brain. High placebo responses link with dopamine activity.

During homoeopathic aggravation: symptoms are worse, but the patient says that mentally he feels better. So wait and watch and prescribe only Placebo.

At the end of treatment few drug symptom remain these symptoms disappear within few days, meanwhile the patient may be given only powder of sugar of milk.

The antipsoric medicine are repeated in long intervals and to fill up gaps, sugar of milk may be given every day at the usual time and usual manner.^[4]

Conclusion-Since its inception, there has been criticism against homoeopathy that Homoeopathy is nothing but a placebo. Placebo acts better in large pills than small pills, coloured pills work better than white pills. Patients who have firm confidence in the honesty and skill of their physician, will have no hesitation to be satisfied with a dose of sugar of milk.

Modern research in medical field arose the value of the placebos both in therapeutics and in clinical investigation..Placebo is a gift for homoeopathy that it act psychologically on patient. In today advance stage of medical practice remedial power of Sac lac should we repeatedly reposed and to know their whole pathogenetic action.

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