

# Download Meaning, Medicine And The 'placebo Effect'

A placebo (/ p l ? ? s i ? b o ? / pl?-SEE-boh) is an inert substance or treatment which is not designed to have a therapeutic value. Common placebos include inert tablets (like sugar pills), inert injections (like saline), sham surgery, and other procedures. If you're plugged into the world of alternative medicine, you've probably heard about "crystals"—the name given to minerals (usually quartz) or fossilized resins that are believed to ... The word placebo was used in a medicinal context in the late 18th century to describe a "commonplace method or medicine" and in 1811 it was defined as "any medicine adapted more to please than to benefit the patient". Nearly everyone has experienced a placebo effect! The fact that you take a medicine tells me that on some level you must believe in it or expect it to work, or you believe in the doctor who prescribed it, or even in the improvement you've heard about in other people.