Is Reiki an Effective Approach to Pain Management?

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Abstract
Reiki is believed to be an ancient healing practice that originated thousands of years ago. Reiki therapy has no side effects and is thought to provide harmony and balance to improve physical, emotional, mental, and spiritual well-being. Reiki is a form of energy therapy which will relieve pain and stress. So this article is written for answer the question of ‘is reiki an effective approach to pain management?’

Keywords: Reiki, Pain, Palliative Care

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Introduction
The National Center for Complementary and Alternative Medicine (NCCAM) describes Reiki as an energy-based touch therapy which is rebalancing natural energy flow. Energy through the practitioner’s hands to the body and spreads [1, 2].

“Reiki” is composed of two words – Rei, which means God’s Wisdom or the Higher Power, and Ki, which is life force energy [3, 4]. So Reiki means universal life energy [5]. Everything in the world is made up of energy, including the human body. When this energy decrease, it can cause illness or disease [6].

Reiki is believed to be an ancient healing practice that originated thousands of years ago in the Tibetan Sutras. The practice was lost until the 1800s when Dr Mikao Usui rediscovered it and began practicing and teaching Reiki [3, 4, 7]. Than Hawayo Takata brought Reiki to the West in 1938 and it is now implemented in the world [3, 7].

So now-a-days, 1.2 million adults and 161,000 children in the US had received one or more sessions of energy healing such as Reiki during the previous year, and 15% of American hospitals offer Reiki as a service of care [8]. In Turkey Reiki is a practice only recently started to be noticed. There are few practitioners and not too much research done about it.

Universal energy sources that can strengthen the body’s ability to heal itself, reduce inflammation, and relieve pain and stress. The practitioner sends to energy with or without light touch [6, 9, 10]. Reiki is thought to provide harmony and balance to improve physical, emotional, mental, and spiritual well-being [5, 11]. Reiki therapy has no side effects [4, 12]. So this article is written for answer the question of ‘is reiki an effective approach to pain management?’

Methods
Articles searched to Pubmed and Google Scholar. This review includes to randomised controlled trials. The following search limits were utilized: (a) English only; (b) random assignment, either placebo or control; (c) peer-reviewed journal; (d) abstracts; (e) full text. Only 9 articles met the established review criteria.

Results and Discussion
Research outcomes associated with relaxation, decreased anxiety, improved well-being, pain management, and...
healing [2]. The Reiki studies consisting mostly of descriptive studies, case reports and randomised controlled trials (RCTs) conducted with a small sample of participants. Authors of a recent systematic review concluded that current evidence is insufficient to suggest that Reiki is an effective treatment [13].

Olson et al. [14] conducted a control trial with one group of patients receiving Reiki and opioid medication and the control group receiving opioid medication and rest. The group that received Reiki plus the opioid reported a mean decrease of 1.2 points on the visual analogue scale compared with a mean decrease of 0.3 in the opioid plus rest group. No significant difference was found in the use of pain medication between the groups [14]. So in this study’s conclusion Reiki is not effective on pain.

Two studies showed no effect of Reiki in reducing pain in patients with fibromyalgia [15] and osteoarthritis [5]. Although, Dressin and Singg reported a significant reduction of pain, depression, and anxiety in chronically ill people who received Reiki treatments compared with sham Reiki [16]. And than a study which done with 118 patients receiving any kind of chemotherapy, demostered to reiki reduction of 50% in mean scores of pain after each treatment [4]. Wirth et al demonstrated significant postoperative pain reduction after tooth extraction in patients who received both Reiki and Lashan therapy [17].

A study demonstrated that Reiki significantly improved preoperative relaxation and reduced postoperative pain in women having hysterectomies. In this study control group received traditional nursing care, and the experimental group received traditional nursing care plus three 30-minute sessions of Reiki. The experimental group reported less pain and requested fewer analgesics [18]. Another randomised, double-blinded study showed that Distant Reiki had no significant effect on pain following an elective C-section [19]. These studies showing that Reiki reduce pain or not reduce pain. So there is no evidence to Reiki decrease pain’s level.

**Conclusion**

There is no conclusive evidence to Reiki is effective on pain. Reiki therapy has no side effects and reiki to suggest for reducing pain, fatigue, and other symptom management in a guidelines [20].

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