



# REIKI: OLD INDIAN THERAPY AS NEW METHODOLOGY.

<sup>1,2</sup>KULKARNI SACHIN S\*, <sup>2</sup>Dr. CHAVAN PRANATI R.

<sup>1,2</sup>Shivlingeshwar collage of pharmacy, Almala. Tq. AUSA. Dist. Latur. Maharashtra. India. Pin 413520.

## ABSTRACT:

Reiki is an ancient healing therapy, which was utilized at the time of the 19th century in India which helps to maintain the physical, mental, emotional, spiritual balances within a person's body. Reiki is an effective healing delivery system that addresses wonderful glowing radiances which passes through or around the biological systems. Reiki shows benefits also in reducing the side effect of chemotherapy and radiation therapy which are commonly utilized for the treatment of cancer. Reiki corrects some diseases by maintaining enzyme activity within the body like neurodegenerative disorders, anxiety, depression also show benefits into CVS minimizing all type of heart disease as like Hypertension, angina.

The principle of the reiki depends on the stimulation of chakra and aura within-person. We studied this topic about the role of this therapy on the body. Hormonal balance results due to stimulation of system shows benefit with control on mental and physical consequences. In one of the study, we found that therapy is very cost-effective and manage the disease state better than placebo effect commonly utilized for correction in neurodegenerative disorders. It minimizes exacerbation of diseases like cancer which can produce fatality and thus there is a need to utilize the therapy in the present era.

It is easy to learn and transfer. Completing a two-stage course from any reiki education center and practicing the therapy over the world affords low-cost consumption and increases the chances to minimize the deadly disease rapidly changing their form in India.

**KEYWORDS:** Reiki, healing, chakra, Aura, Neurodegenerative disorders, Cancer.

## INTRODUCTION:

### History And Origin Of Reiki:

Reiki is an old therapy which is based on both Japanese and Indian culture. The origin of reiki was done in Japan by Dr. Mikio Usai, who completed training in psychology and spiritual therapy. He was interested to find new therapy that isn't based on any religion. After completion of his training, he went for meditation purposes in caves located at Mount Kurama. With his twenty-first training, he found some miraculous symbols having Sanskrit origin which was discussed by the ancient saint of India.

From the study of symbols, he got information about chakra and aura phenomenon within the human body. He performed the study of symbols and postulated the new therapy which maintains the mental, physical, and spiritual well-being of an individual with the stimulation of symbols. In Tokyo in 1922, Dr. Usai started the clinic for providing such a wonderful healing therapy to other persons for spiritual and mental status well-being.

After some time another person named Dr. Hayashi took interest in a study that therapy. He had improved therapy providing the importance of hand position to cover all over the body. He was postulated that utilization of hand the spiritual energy should be transferred appropriately for stimulation and activation of chakra within person further all over world therapy practiced on these guidelines<sup>[3,4]</sup>

### Factors Evolving Reiki Therapy:

Chakra and Aura are the main factors involving reiki therapy which are postulated by ancient saints of India. These are symbols that lie within humans adequately regulate all body function and by its proper stimulation or activation, any problem over the biological system will correct adequately. These are energy tools of the body which regulate all secretary and hormonal function. Reiki is based on energy transport that chakra and aura within humans and regulate the biological function within him<sup>[8,16]</sup>

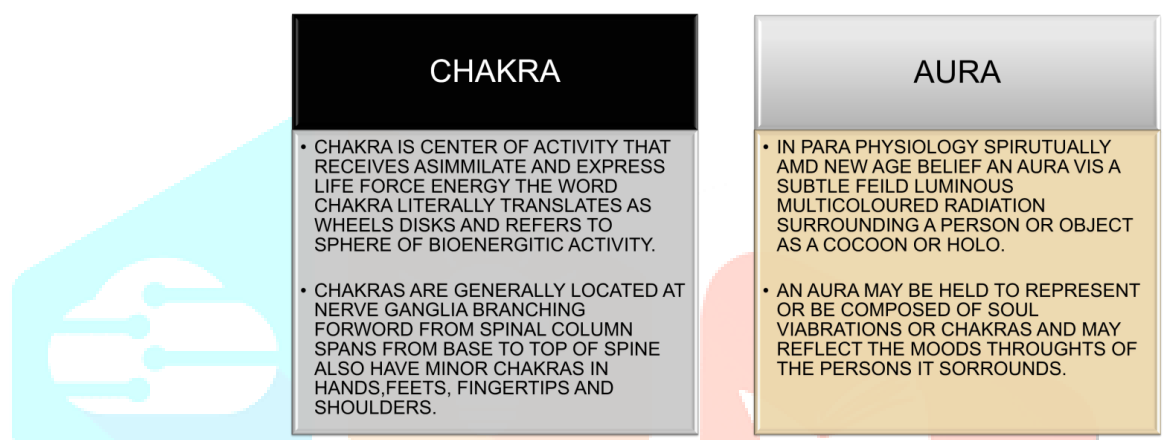


Fig. No. 1: Activity of Chakra and Aura.

### WHAT IS REIKI THERAPY:

Reiki is energy healing therapy with the utilization of universal energy within the person which is it lie. Reiki is one of physiotherapy in which the stimulation of Chakra and Aura lie within humans is performed by a practitioner who has done the qualified course. Primary energy healing is transferred to the person whom it requires. The energy healing results in a balance of hormonal changes and secretary defects within persons and disease exacerbation will be managed.

As per procedure, the practitioner follows the steps to give proper healing energy to the person it requires. It is effective physiotherapy having some miraculous results for minimization of death-causing disease. The mental, physical, spiritual well-being is the main objective behind reiki<sup>[1,2]</sup>

#### ❖ Some Reiki techniques:

1. centering.
2. clearing.
3. beaming.
4. extracting harmful energies infusing.
5. Smoothing and raking the aura.

The above list is of the techniques utilized for transferring reiki to another person. The practitioner will have to do a qualified course of reiki which is given in 1, 2 and master level format. The technique is discussed in deep undergoes reiki course and all practitioner are follows the steps which are discussed within<sup>[5]</sup>

❖ **Basic Factors Of Reiki:**

○ **Chakra Within Body:**

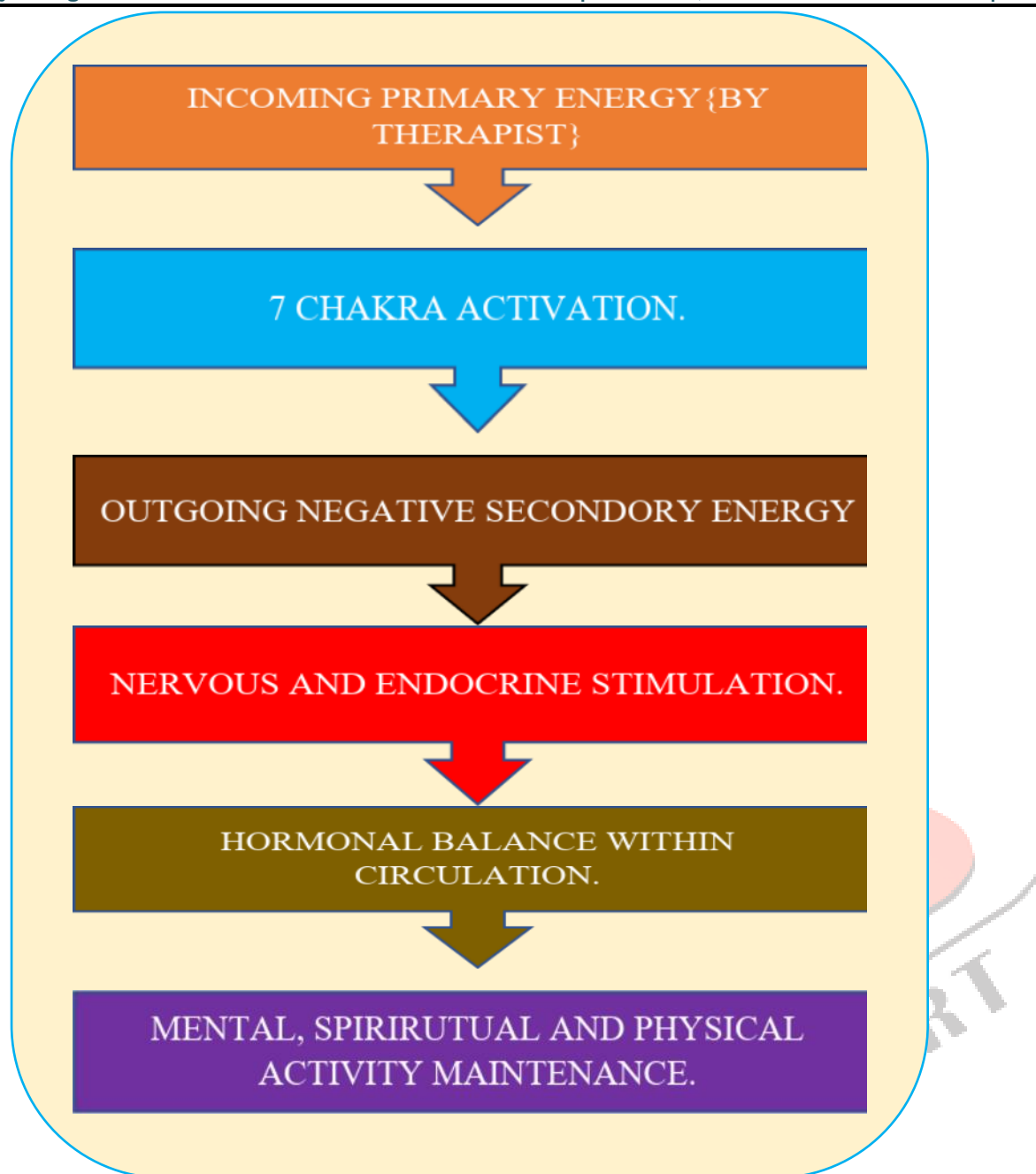
Chakras are the center of activity of human mental, physical, spiritual balances. 7 type of chakra are lie within a person's having different relative roles as given below:



**Fig. No.2: 7 Chakras Within Body.**

○ **Flow Of Reiki within Body:**

The main principle behind reiki depends on endocrine stimulation which results in hormonal balance. The Chakra center of activity carries the transport of primary energy obtained from the practitioner. Based on reiki touch, 1st 4 steps involve the crown, brow chakra which relates to the stimulation of the pineal gland, hypothalamus, and pituitary gland respectively. Further 4th hand position relates to throat chakra act by stimulation and regulation in the thymus, thyroid and parathyroid glands also have some role production in much more amount of white blood cells which prevent infection within the body. The adrenal gland is present at the lower back of a person which obtain healing from hand position 10 and position number 7 is relates to glycemic balance because it heals the pancreatic area. Reproductive systems possess various glands which are relatively healed by the reiki position number 8 and 10 given by practitioners<sup>[21]</sup>



**Fig.no.3: The flow of reiki within body.**

○ *The Systemic effect of reiki on the Human body;*



**Fig. no. 4 Systemic effects of reiki therapy.**

**PROCEDURE FOR REIKI IMPLIMENTATION:**

Reiki is transferred by a qualified practitioner to patients who have done the reiki therapy qualification course which is essential for transfer the healing to the patient.

Session of reiki healing is of a minimum of 30 min. in which one hand position is last for 2-3 min. as per the necessity of the patient.

There is no restriction to the consumer of this therapy only he has to relax deeply to acquire this therapy and feels the healing given by the practitioner.

**Step 1:** Place your hands together in the middle of the chest follows below to the chin. Breathing should be under control focus should be slow and deep in nature step is mainly done for the relation of mind. [1-2 min.]

**Step 2:** Place both hands at the top of the head breathing of patients should be deep and relax in nature tissue relaxation taken place by these processes so that circulation and the nervous supply should be maintained using this type of method. [2 min.]

**Step 3:** Follow the hand position on the eyes as well as breathing by the patient should be continued a focus of patient will be on eyes which are covering the patient's eye by the practitioner hands and the relaxation of eye muscles regulate the secretion and the circulation regulation will be done. [2 min.]

**Step 4:** Place the right hand gently on the throat and left hand on the heart associated with maintaining the deep breathing without applying any force on both hands so that both throat chakra and the heart chakra are healed and the relaxation of all surrounding muscles of thyroid glands and parathyroid glands enhance the secretion are done by this step. [2 min.]

**Step 5:** Move the hands 1 width below up to breast line middle fingers touches to each other with continue breathing focus of patient will be steadily on the hand position and heart area and which regulate the heart blood supply along with relaxing the cardiac muscles and circulation will be maintained. [2 min.]

**Step 6:** Move hands in below direction on the upper stomach position which is the area of the solar plexus chakra associated with the metabolic gland i.e. liver and regulate the secretion by the stomach which regulates the PH and ions excessive production which causes nausea, vomiting, dyspepsia occurs when the treatment of cancer chemotherapy given to the patient. [2 min.]

**Step 7:** Place the hands on the navel area which are the area of the pancreatic glands and adrenal glands which present at the top the kidney production of the hormones and neurotransmitter as, like adrenaline, noradrenalin are maintained. [2 min.]

**Step 8:** Put the hands-on on both shoulders which transfer healing to the whole spinal cord area nervous regulation will be maintaining the phenomenon of relaxation and contraction by the certain release of proper neurotransmitters. [2 min.]

**Step 9:** Gently place your hand on the waist area which mainly the kidney area relaxes all muscles associated with it and the release of the rennin which regulates the cardiovascular condition and adrenaline and noradrenaline release which is an excitatory neurotransmitter associated with the autonomic nervous systems. [2 min.]

**Step 10:** One hand on the top of the feet and the one hand below the feet which results in the lower circulation regulation by transferring the healing but the breathing of the patient are always deep, slow and relaxed focus on the one fact to regulate the stress shows mental well-being. [2 min.]<sup>[6]</sup>

## SYSTEMIC BENEFITS OF REIKI PHYSIOTHERAPY:

Reiki physiotherapy has its beneficial role in the cure of the following disease which is well explained as follow:

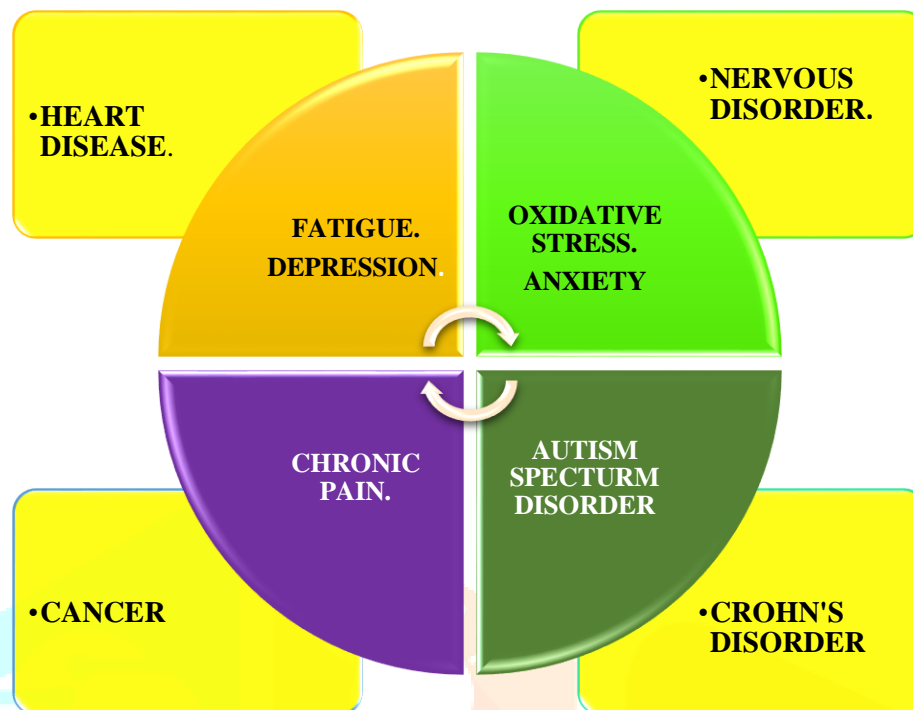


Fig.no.5 Systemic benefits of reiki therapy.

### Oncogenesis: Initiation of cancer.

Process of initiation of cancer or tumor formation due to aggregation of malignant tumor cells induced due to the effect of the radiation, chemical agents, and certain viruses. Oncogenesis is the depend on two factors i.e. molecular pathogenesis and the other is the chemical carcinogens both occur due to genetic factors or cellular changes respectively. The main therapy for correction of cancer is named as chemotherapy and it associated with the various adverse effects which can cause systemic disturbances. Condition like hair loss, nausea, vomiting, fatigue, anxiety is most commonly occurs during chemotherapy causes mental and physiological disturbances within the person. Reiki physiotherapy doesn't have any evidence of DNA correction and to cure structural change that occurred due to carcinogens. It can control the adverse events associated with chemotherapy which are very hazardous to patient's health occur in each and every patient under the chemotherapy. As a complementary medicine, it enhances the biological activity if utilized in the early stages of cancer correct the disease condition also. Most commonly chronic pain is associated with oncogenesis so physiotherapy has the significance of correcting chronic pain along with the relaxation of the muscles.<sup>[22,23,24]</sup>

### Cardiovascular disorders:

#### *Hypertension:*

Persistent elevation into blood vessels is known as hypertension. Reiki significant to act on the autonomic nervous and regulate the cardiac tone. Except for genetic factors most of the time stress, anxiety are reasons to induce hypertension. as per the study, reiki heals the area of the adrenal and regulates the production of mineral corticoids, adrenaline, noradrenalin which play an important role in cardiac tone. Most common fatigue, stress occurs during hypertension which can be controlled by the utilization of this therapy. Heart chakra healing is opposite to psyche i.e. the emotion of the person is regulated so that the chances of the correction are increased and vagal tone would be controlled by the energy healing.<sup>[25, 26]</sup>

**Ischemic heart disease:**

IHD is a cardiovascular disorder characterized by the insufficient blood supply to the heart results in chronic pain due to structural and functional changes. Reiki acts as complementary medicines in IHD by showing the action on the patient had undergone the CABG and primary or secondary PCI. On coughing or breathing the feeling of the cracking or crushing in the heart is occurs most commonly in such type of patient. As we know that reiki acts on chronic pain and it can also control the symptoms like anxiety, nausea, vomiting, sweating that occurred due to medications also cured. In IHD most commonly nitrates are used to perform vasodilatation have the common side effect of hyper vasodilatation in the brain area results the severe headache would be cured if the reiki is preferred associated with the medications of IHD.<sup>[27]</sup>

**Central nervous system disorders:**

Mental well-being and spiritual enhancement are the main motives behind reiki therapy. Feel on the concentrating on breath and transfer of the healing regulates all the neurotransmitter regulation within the synaptic cleft. Maintaining the release of excitatory and inhibitory neurotransmitter various nervous activity will be controlled. Promoting mood conditions like depression anxiety would be minimized and all physiological activity is maintained. Energy healing is specially used for the correction of neurodegenerative disorders like Alzheimer's and dementia due to its activity on nervous injury and tissue damage. Conditions like fibromyalgia are most occurring nowadays caused due to depletion of serotonin levels which can be only cured utilizing SSRI's it is possible to correct it by reiki physiotherapy.<sup>[28,29]</sup>

**Musculoskeletal system disorders:**

Abnormal diet results in insufficient food nutrition to the bone and results in conditions like osteoporosis early. Elder patients are previously distressed due to chronic pain because of their age so the reiki has proven that it can correct the severe pain patients minimizing the inflammation and cure the deadly pain by relaxing the muscles associated with the particular organ.<sup>[30]</sup>

**Endocrine system disorders:**

Transfer of reiki therapy by the qualified practitioner heals the 7 chakras within our body and corrects all the regulation of the hormones by their respective glands. As we studied position number 1-4 heals the glands present on the upper side of the body as like pituitary, thyroid, parathyroid, liver which is the largest gland as well as the metabolic center of the human. Position 4-7 heals the lower glands adrenal, pancreatic, and sexual glands. Regulation of hormones results in the proper body physiology and their regulation to each and every part of the body.<sup>[21]</sup>

**CONCLUSION:**

Reiki is an old Indian therapy having an ancient background of Indian culture which is fluently used in the abroad countries. It is a need to utilize it in India nowadays to remembering the moderation in disease states. This physiotherapy is the low cost consuming and proven that have wondrous curing properties on transferring the healing. To get the qualification complete a two-stage course anywhere over the world and practice it. There are much better chances to correct the deadly diseases like cancer, IHD, Neurodegenerative disorders frequency of such disease occurred more nowadays and Session is also very small up to 30 min only which can be conducted easily by any patient. Most commonly placebo therapy is used in some patients to correct their disease by a physician but it is proved reiki is better than that of placebo so needs to utilize as alternative complementary medicine.

**DISCUSSION:**

The reason behind the selection of this topic to introduce the physiotherapy in India having special Indian cultural background things like chakra and aura are introduced by ancient sage or saints who are practicing the medical profession in their time. The procedure to transfer it is simple but it is mandatory to complete the 2 stages course to practice it therapy is fluently practiced in abroad countries so it needs to utilize India. Special background in of India the ancient saints and sage are introduced those persons daily work is totally maintained by the phenomenon of chakra and Aura.



As per the study of the journal of alternative and complementary medicines their researches have proven that reiki has spiritual and physiological enhancement which are shows benefits in the correction of diseases like oncogenesis and cardiovascular disorder. As a complementary medicine, it improves the quality of patients' life and supports to minimize the symptoms of the deadly disease.

Reiki physiotherapy is needed in India to controlling the mortality and morbidity of disease state and if will be practiced fluently like abroad countries so the death rate due to disease condition definitely minimized and India will prove itself a healthy and wealthy country.

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