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The effect of Reiki on blood hypertension

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Objective: Determining the immediate effect of Reiki on abnormal blood pressure.

Methods: An experimental, double-blind study, in which were included 66 hypertensive patients, randomized to the three following study groups: control, placebo and experimental. The intervention lasted 20 minutes, the control group remained at rest, the placebo group received an imitation of the studied technique (mock Reiki) and the experimental group received the Reiki technique. Blood pressure was measured before and after the intervention by the same person with the same instrument.

Results: There was a decrease in blood pressure in the three groups and the reduction was greater in the experimental group, followed by the placebo and the control group. The ANOVA model for repeated measures showed a statistically significant difference among the groups ($p < 0.0001$).

Conclusion: Reiki had a positive effect on reducing abnormal blood pressure, suggesting being a complementary technique for the control of hypertension.

Biography

Leia Fortes Salles, RN, PhD is a Post doctorate from the Nursing school of University of Sao Paulo, Sao Paulo, Brazil. She is specialized in Integrative Medicine, Iridology and Flower Therapy. She is the Member of the group of complementary and alternative therapies studies-National Research Council.

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