

# Editorial Note on Alternative & Integrative Medicine - Reiki

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## Introduction

Reiki is a Japanese strategy for anxiety decrease and unwinding that likewise advances recuperating. It is directed by "laying on hands" and is in view of the thought that a concealed "life power vitality" moves through us and is the thing that makes us be alive. On the off chance that one's "life power vitality" is low, then we are more inclined to get wiped out or feel stress, and in the event that it is high, we are more equipped for being glad and sound.

The word Reiki is composed of two Japanese words - Rei and Ki-Rei is often defined as ghost and Ki as vapour and while these words vaguely point in the direction of meaning we seek, they fall far short of the understanding that is needed.

Reiki is a Japanese form of alternative medicine called energy healing. Reiki practitioners use a technique called palm healing or hands-on healing through which a "universal energy" is said to be transferred through the palms of the practitioner to the patient in order to encourage emotional or physical healing.

Reiki is a pseudoscience, and is used as an illustrative example of pseudoscience in scholarly texts and academic journal articles. It is based on qi ("chi"), which practitioners say is a universal life force, although there is no empirical evidence that such a life force exists.

Clinical research does not show reiki to be effective as a treatment for any medical condition, including cancer, diabetic neuropathy, or anxiety and depression; therefore it should not replace conventional medical treatment. There is no proof of the effectiveness of reiki therapy compared to placebo. Studies reporting positive effects have had methodological flaws.

Reiki's teachings and adherents claim that qi is physiological and can be manipulated to treat a disease or condition. The existence of qi has not been established by medical research. Therefore, reiki is a pseudoscientific theory based on metaphysical concepts.

Most research on reiki is poorly designed and prone to bias. There is no reliable empirical evidence that reiki is helpful for treating any medical condition, although some physicians have said it might help promote general well-being. In 2011, William T. Jarvis of The National Council against Health Fraud stated that there "is no evidence that clinical reiki's effects are due to anything other than suggestion" or the placebo effect.

Safety concerns for reiki sessions are very low and are akin to those of many complementary and alternative medicine practices. Some physicians and health care providers, however, believe that patients may unadvisedly substitute proven treatments for life-threatening conditions with unproven alternative modalities including reiki, thus endangering their health.

According to practitioners, the healing effects are mediated by channelling the universal energy known as qi, pronounced "chi." In India; this is known as "prana." This is the same energy involved in tai chi exercise. It is the life force energy that some believe surrounds all of us. This energy is said to permeate the body. Reiki experts point out that, while this energy is not measurable by modern scientific techniques, it can be felt by many who tune in to it.

Reiki is alleged to aid relaxation, assist in the body's natural healing processes, and develop emotional, mental, and spiritual well-being. It is also said to induce deep relaxation, help people cope with difficulties, relieve emotional stress, and improve overall wellbeing.

People who receive Reiki describe it as "intensely relaxing."

## Related Journals of Reiki

Alternative Health Care Journals, Alternative Medicine Journals, AAC: Augmentative and Alternative Communication, Alternative and Complementary Therapies, Alternative Therapies in Health and Medicine, Alternatives Journal, BMC Complementary and Alternative Medicine, Evidence-based Complementary and Alternative Medicine, Focus on Alternative and Complementary Therapies .

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