

INVITED COMMENTARY

Reiki

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The use of complementary treatment methods has continued to increase in recent years because they have no side effects and are cheap and easy to apply. These methods are used alone or in combination with pharmacological methods. Energy therapies, which are among complementary therapies, are healing practices that have existed in different cultures from the past to the present. These therapies are also called “biofield” therapies. Energy therapies affect the electromagnetic fields around the body to reveal the available energy. These energy therapies include therapeutic touch, healing touch and Reiki. Energy-based Reiki is a non-invasive complementary practice.

Reiki definition and mechanism of action

Reiki is a Japanese word formed by the words “Rei” and “Ki”. Rei means “omnipresent/universal” and “Ki” means life energy. Reiki, which is a healing therapy using the hands, regulates the flow of energy in the human body and provides harmony and balance between body-mind-spirit. Although some sources state that Reiki is a religious practice, there are also sources that state that it is not. The practitioner transfers the universal life energy to the Reiki recipient by acting as a channel through the hands.

Reiki controls the chemical structure in the body fluids through the internal secretion glands and ensures the functioning of the circulatory system. In this way, the activity of the parasympathetic system increases, the level of immunoglobulin A increases and the release of cortisol hormone decreases, and it is seen as an energy application that increases not only the general health status of the individual but also the well-being of the individual. Energy flow occurs when the Reiki recipient accepts the application.

There is no energy flow to people who do not want the application to be applied to them or who do not accept the application.

Historical process of Reiki in the world

Although different information can be found in the historical process of Reiki, it is seen that there are Reiki and Reiki-like practices in many different cultures. Reiki has been thought of as a mysterious energy emanating from the palm of the hand in the East and the West and has continued to develop. In most societies, there are situations such as giving hands to each other, expecting healing from the hand, touching the palm of the hand to a painful area. This shows that it is believed that there is something healing / good in the hands.

When the historical process is examined, it is stated that the source of Reiki is Tibet, then it was systematized in Japan and in the 19th century by Dr. Mikao Usui in the 19th century, its use was spread in various parts of the world. Chujiro Hayashi, one of Mikao Usui's students, established a Reiki clinic in Tokyo and performed Reiki applications by adding his clinical experiences to Dr. Usui's methods. At the end of the 1930s, Hayashi taught Reiki to the American Hawayo Takata and spread it to Western culture. It is stated that the main reason for the difference between the Eastern and Western cultures of this energy art is not related to the basic philosophy of Reiki, but only to the method of practice and ritual. While Reiki is tried to be preserved as developed by Usui Sensei in Eastern culture, it is applied in a practical and more simplified form in Western culture. Reiki practice continues in private and public institutions.

The use of Reiki in health

The use of Reiki is very broad, including non-human beings. It is applied to non-human beings

such as plants, animals, medicines, foods, objects and jewelry. In humans, it is used in many areas such as heart diseases, intestinal diseases, oncology, acute-chronic pain, emotional problems. Reikinin, which has different effects in each of these fields, is used to eliminate diseases and disorders of plants and animals and to protect valuable items. In studies, Reiki; reduces pain in patients with oncology and fibromyalgia, reduces pain in individuals after laparoscopic cholecystectomy and knee replacement surgery, increases comfort and quality of life in the elderly, reduces nausea, sleep problems, fatigue, fear, stress, anxiety, mood problems, depression, stabilizes vital signs such as blood pressure, pulse rate and respiratory rate, It was found that it facilitates digestion, wound healing and communication, increases self-perception and satisfaction, and when integrated into the course curriculum of students in the field of health education, it supports students' increased awareness of self-care and can help maintain self-care skills

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