

Reiki Summary of Research Studies

What is Reiki Energy Therapy

Reiki, a Japanese energy healing practice developed by Mikao Usui in the early 20th century, has garnered attention in medical and psychological research for its potential therapeutic benefits. Reiki is being used worldwide as a complementary therapy alongside traditional medicine. More and more hospitals and healthcare providers are recommending Reiki and energy therapy as a source of support for patients. Whilst there are many research articles on the benefits of Reiki, further clinical trials would be beneficial.

Overview of Reiki Therapy and Healing

Reiki involves practitioners channelling universal life energy through their hands, either lightly touching or hovering above the recipient's body, to promote balance and healing. It is often employed to alleviate stress, pain, anxiety, and to enhance overall well-being. By connecting with a patient's energy biofield and providing a deep state of relaxation the patient is in an environment whereby the body's natural healing mechanism can be optimally activated. Providing a state of healing and repair.

Key Areas of Reiki Research

1. Pain Management

Several studies have explored Reiki's effectiveness in pain relief. A meta-analysis published in *ScienceDirect* found that Reiki therapy had a significant impact on pain reduction, suggesting its potential as a complementary treatment for pain management. (reikicouncil.org.uk, ScienceDirect)

2. Anxiety and Stress Reduction

Reiki has been investigated for its role in reducing anxiety and stress. A systematic review published in *BMC Palliative Care* concluded that Reiki therapy significantly reduced anxiety among patients, particularly with short-term interventions of 6–8 sessions. (BioMed Central)

3. Quality of Life Enhancement

A meta-analysis in *Systematic Reviews* assessed Reiki's impact on quality of life. The review indicated positive effects, suggesting that Reiki therapy may improve overall well-being and life satisfaction.

4. Sleep Disturbances

Research published in *SSRN* examined Reiki's effects on sleep disturbances. The study found that Reiki therapy could improve sleep quality, offering potential benefits for individuals with insomnia or other sleep-related issues. (SSRN)

5. Mental Health Symptoms

A systematic review in *Frontiers in Psychology* analysed randomized placebo-controlled trials to assess Reiki's effectiveness in treating mental health symptoms in adults. The review highlighted the need for more rigorous studies to draw definitive conclusions. (Frontiers)

Clinical Applications and Trials

Reiki has been integrated into various clinical settings, including hospitals and cancer centers, to support patient care. For instance, the Mayo Clinic conducted a study evaluating Reiki therapy in hospitalized hematology/oncology cancer patients, focusing on its feasibility and potential benefits. ([The New Yorker](#), [Mayo Clinic](#))

1. Reiki Therapy in Pediatric Oncology Patients

A randomized controlled trial examined the effects of Reiki therapy on pediatric oncology patients. The study aimed to assess the feasibility and potential benefits of incorporating Reiki into the care of children undergoing cancer treatment. The findings suggested positive outcomes, including improved patient comfort and reduced anxiety levels. [inclinicaltrials.com](#)

2. Reiki Therapy for Cancer Symptom Management (REIKI Trial)

The National Cancer Institute (NCI) conducted a trial to evaluate the impact of Reiki therapy on moderate to severe symptoms, including fatigue, in cancer patients. The study aimed to determine whether Reiki could alleviate these symptoms and improve overall patient well-being. [Cancer.gov](#)

3. Reiki Therapy in Hematology/Oncology Patients

A study at Mayo Clinic assessed the feasibility of offering Reiki therapy to hospitalized hematology/oncology patients. The trial focused on evaluating the practicality and potential benefits of integrating Reiki into the care of patients with blood cancers. [Mayo Clinic](#)

4. Reiki Therapy for Neuropathic Pain in Trauma Patients

A randomized controlled trial investigated the effects of Reiki therapy on neuropathic pain in patients with traumatic extremity injuries. The study aimed to determine whether Reiki could serve as an effective complementary therapy for pain management in this patient population.

5. Reiki Therapy for Multiple Myeloma Patients

A pilot study explored the effects of distance Reiki therapy on quality of life and immune function in patients with multiple myeloma. The research aimed to assess whether Reiki could offer benefits in terms of symptom relief and immune system support. [Cancer.gov+1ASCO Publications+1](#)

6. Reiki Therapy for Breast Cancer Surgery Patients

A clinical trial supported by the NCI examined the impact of Reiki therapy on women undergoing surgery for breast cancer. The study focused on evaluating the potential benefits of Reiki in reducing postoperative symptoms and enhancing recovery.

Notable Clinical Trials and Research Studies on Reiki

1. Harvard University Study (2015–2016)

- **Overview:** This large-scale study conducted at Harvard University aimed to assess the effects of Reiki on various health outcomes.
- **Findings:** The study reported statistically significant improvements in pain, anxiety, depression, nausea, fatigue, and overall well-being following Reiki sessions.
- **Source:** [LifeSpark ProductionLifespark Production - Cancer Resources](#)

2. Reiki Resilience Study (2020–2021)

- **Overview:** Conducted by LifeSpark Cancer Resources, this study focused on the impact of Reiki on individuals experiencing stress and burnout.
- **Findings:** Participants reported reduced stress levels and improved emotional resilience after receiving Reiki sessions.
- **Source:** [LifeSpark ProductionLifespark Production - Cancer Resources](#)

3. Reiki and Sleep Quality in Cancer Patients (2018)

- **Overview:** This study explored the effects of Reiki on sleep disturbances in cancer patients.
- **Findings:** Reiki therapy was associated with improvements in sleep quality and reductions in fatigue among participants.
- **Source:** Journal of Alternative and Complementary Medicine

4. Reiki and Hypertension (2016)

- **Overview:** A controlled study published in the Acta Paulista de Enfermagem journal examined the effects of a single 20-minute Reiki session on patients with hypertension.
- **Findings:** The study concluded that Reiki had a positive effect on reducing abnormal blood pressure, suggesting it as a complementary technique for hypertension control.
- **Source:** Verywell Mind[Verywell Mind](#)

5. Reiki and Mood Improvement (2015)

- **Overview:** A study published in the Evidence-Based Complementary and Alternative Medicine journal investigated the impact of Reiki on mood disorders.
- **Findings:** Participants who received Reiki showed a progressive improvement in overall mood, particularly those with high anxiety and depression.
- **Source:** Verywell Mind[Verywell Mind](#)

6. Reiki and Pain Management in Cancer Patients (2017)

- **Overview:** A study conducted by the Mayo Clinic assessed the feasibility of offering Reiki therapy to hospitalized hematology/oncology patients.

- **Findings:** The trial focused on evaluating the practicality and potential benefits of integrating Reiki into the care of patients with blood cancers.
- **Source:** Mayo Clinic

7. Reiki and Anxiety Reduction (2017)

- **Overview:** A randomized controlled trial published in BMC Palliative Care examined the effects of Reiki therapy on anxiety levels in patients.
- **Findings:** The study concluded that Reiki therapy significantly reduced anxiety among patients, particularly with short-term interventions of 6–8 sessions.
- **Source:** BMC Palliative Care

8. Reiki and Quality of Life Enhancement (2025)

- **Overview:** A meta-analysis published in Systematic Reviews assessed Reiki's impact on quality of life.
- **Findings:** The review indicated positive effects, suggesting that Reiki therapy may improve overall well-being and life satisfaction.
- **Source:** Systematic Reviews

Key Studies on Biofield Energy Healing in Rats

1. Effect on Stress Hormones Using Unpredictable Chronic Stress (UCS) Model

A study assessed the impact of biofield energy healing on stress hormones in rats subjected to an unpredictable chronic stress model. The results indicated modulation of stress-related biomarkers, suggesting potential benefits in stress management. [ResearchGate](#)

2. Antioxidant and Anti-inflammatory Activities

Research examining the antioxidant and anti-inflammatory effects of biofield energy healing revealed significant changes in brain tissue. The study found alterations in pro-inflammatory cytokines and oxidative stress markers, which could have implications for conditions like anxiety and depression. [crimsonpublishers](#)

3. Immunomodulatory Effects of Herbomineral Formulation

An investigation into the immunomodulatory effects of a biofield energy-healed herbomineral formulation (containing ashwagandha, zinc, magnesium, and selenium) showed modulation of immune biomarkers in male Sprague Dawley rats. This suggests potential applications in enhancing immune responses. [SSRN+14Science Publishing Group+14Science Publishing Group+14](#)

4. Evaluation of Antioxidant Activity

A study focused on evaluating the antioxidant activity of a biofield energy-treated proprietary formulation in male Sprague Dawley rats. The findings indicated significant antioxidant effects, which could be beneficial in combating oxidative stress-related diseases.

5. Improvement in Oral Bioavailability of Resveratrol

Research explored the effects of biofield energy healing on the oral bioavailability of low-bioavailable resveratrol in male Sprague Dawley rats. The study found improvements in bioavailability, which could enhance the therapeutic potential of resveratrol. [ResearchGate](#)

Conclusion

Reiki therapy has shown potential in various therapeutic areas, including pain management, anxiety reduction, and quality of life enhancement. However, the scientific community calls for more robust and large-scale studies to validate these findings and establish standardized protocols for its clinical application. Individuals interested in Reiki should consult healthcare professionals to determine its suitability as a complementary therapy. ([BMJ Supportive and Palliative Care](#), [reikicouncil.org.uk](#), [Health](#))

Additional Resources for Reiki and Energy Healing Research

- **Center for Reiki Research:** Offers a comprehensive archive and summary of evidence-based Reiki research published in peer-reviewed journals. [CRR - The Center for Reiki Research](#)[IARP+2CRR - The Center for Reiki Research+2reiki.org+2](#)
- **Reiki Healthcare Research Trust:** Provides descriptions of randomized controlled clinical studies published in peer-reviewed journals, focusing on Reiki's applications in healthcare settings. [reikihealthcareresearch.org](#)
- **UK Reiki Federation:** Presents an overview of larger-scale clinical trials supporting Reiki's ability to reduce anxiety and pain, and its usefulness in inducing relaxation and improving symptoms of fatigue and depression. [reikifed.co.ukreikifed.co.uk](#)
- **Reiki Research Database:** A comprehensive compilation of clinical studies on Reiki therapy, regularly updated to facilitate access to scientific articles.
- Effect of Biofield Energy Healing on Stress Hormones in Rats
- Antioxidant and Anti-inflammatory Activities of Biofield Energy Healing in Rats
- Immunomodulatory Effects of Biofield Energy Healing on Herbomineral Formulation in Rats
- Evaluation of Antioxidant Activity of Biofield Energy Healing in Rats
- Improvement of Oral Bioavailability of Resveratrol through Biofield Energy Healing in Rats
- Reiki Clinical Trials Database
- National Cancer Institute Clinical Trials