

# Study on Effect of Reiki Healing on Breast Cancer Patients

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**Abstract:** ***Introduction:** It is a well known fact that cancer is one of the leading causes of painful mortality worldwide. It is essential to find out ways and methods to reduce complications and pain of cancer patients. It is difficult for patients to manage and allopathic treatment options rarely provide total relief from symptoms that interfere with physical and emotional functioning. Complementary and alternative medicine options may provide complementary or adjuvant alternatives to traditional models of treatment for chemotherapy undergoing cancer patients. In present study, Reiki Healing which is one such alternative healing modality is successfully used for providing holistic health to cancer patients. In addition, to make this study more scientific, Biopulsar-Reflexograph® was used as diagnostic tool, along with patient's experience as proof of healing effect of Reiki. **Methodology:** A total of 44 breast cancer females undergoing chemotherapy were chosen for present study. All the chosen patients were given Reiki healing with chemotherapy during their regular visits at Ujjain Cancer Ward, Palliative Day-Care Unit. The study was carried out in two phases. Firstly, a primary level aura diagnosis of all the patients was done before and after chemotherapy to analyze the effect of chemo on patient's body. In the second phase, selected category of patients was given healing during the chemotherapy and same as above aura diagnosis was done both before and after chemo along with healing therapy. **Results:** A total of 44 breast cancer cases were included in the research study. It was found out that by Reiki healing therapy, the complications due to chemotherapy on body of patients were minimized, they felt relieved and it was also confirmed by Biopulsar Reflexograph. **Conclusion:** With the help of Reiki Healing, patients' quality of life can improve even during the course of disease as it helps in reducing complication and alleviates the side effects of chemo therapy on patient's physical, mental and emotional health.*

**Keywords:** Cancer, Chemotherapy, Complimentary Healing Therapy, Biopulsar-Reflexograph® Aura, Reiki

## 1. Introduction

Cancer is one of the leading causes of morbidity and mortality worldwide, and is the second leading cause of death globally. Commonly seen complications caused by chemotherapy are fatigue, hair loss, easy bruising and bleeding, infection, anemia (low red blood cell counts), nausea and vomiting, appetite changes, constipation, diarrhea, throat problems such as sores and pain with swallowing, nerve and muscle problems such as numbness, tingling, and pain, skin and nail changes, kidney problems, weight changes, mood swings and chemo brain, which can affect concentration and focus. Despite the availability of a variety of allopathic therapies for managing chemotherapy-complementary and alternative healing modalities may provide potential options for improving the health of patient however, there have been few complementary and alternative medicine studies that specifically address it. Limited research findings indicate that Reiki shows promise for relieving pain from a variety of medical and psychiatric conditions that include cancer, surgical pain, chronic back pain, arthritis, depression, and anxiety. Reiki has also produced positive results in people receiving treatment for variety of local and advanced cancers and has had a significant positive effect on relieving cancer-related fatigue, pain, anxiety, depression, and contributing to quality of life. However, research using Reiki in the treatment of chemotherapy-induced cancer is scant and few internationally and nationally published descriptive articles were located in preparation for this study.

### Reiki Healing

Reiki is a Japanese biofield or energy technique used for stress reduction, relaxation, and the promotion of physical healing. As an integrative approach, Reiki is considered to

be a low-risk intervention for enhancing the self-healing capacity with few reports of contraindications or adverse events. Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping more or less, every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects, alleviate pain and promote recovery.

### Biopulsar Reflexograph

The biofeedback system Biopulsar-Reflexograph® is a highly sensitive, biomedical measuring device, certified according to the European Guidelines for Medical Devices CE Class IIa. It is based on the latest computer technology combined with ancient healing sciences. The biofeedback sensor is a receiver for high-resolution, biomedical signals, which are taken from the reflex zones of the hand's palm. Each of the 48 biomedical sensor pegs is a separate interface, conducting the measured biofeedback parameters of each individual organ zone to the PC every 500 milliseconds (synaptic real-time measuring). Then the data is processed and presented by the software as biofeedback graphs, aura colours of the organs, dynamical chakra activity and more.

## 2. Aim and Objective

The objective of this research was to study the outcome of Reiki healing on cancer patients especially breast cancer females undergoing chemotherapy and to assess and compare the aura level changes on patients overall health. Our primary goal was to minimize the pain and suffering that can considerably improve the patient's quality of life.

This was achieved by Reiki healing therapy that was used as supportive or palliative care and psychosocial support.

### 3. Methodology

The study was conducted and the data was collected at Ujjain Cancer Ward, Palliative Day-Care Unit, with OPD patients of cancer. This was an interventional and prospective study carried from November 2016 to March 2017. A total of 44 cases, female, diagnosed as having breast cancer both operated and non-operated, undergoing chemotherapy over a period of five months were analyzed. The study was carried out in 2 phases.

**First Phase:** All the registered patients at breast cancer were asked to come for aura reading both before and after their chemotherapy. In this way, both before and after, effects of chemo on patients were recorded in Biopulsar-Reflexograph®. Thus, aura scanning of all the patients was done. (Fig 1)

**Second Phase:** Our focus was to study the effect of Reiki healing therapy on cancer patients. Hence, group of females having breast cancer was chosen. They were given healing during the chemotherapy. Then again their reading was taken in the same way, both before and after chemo. Furthermore, for making the study more authentic and comparative, the aura reading of breast cancer patients undergoing chemo was compared with the patient of same category but had taken Reiki healing on regular basis. (Fig 2)

### 4. Results

Out of the total 44 cases of breast cancer patients, 37 females took Reiki healing with chemo and 7 females were only on chemotherapy. Some of them were detected as having tumors at the first stage of disease and were operated there off. Some cases were in totally critical condition, so were not operated. Some were having low hemoglobin level that was affecting the cycle of chemo as well. It was a simultaneous ongoing phases of research study. During the research work, we observed patients having severe side-effects of chemotherapy.

We were able to interact with patients easily and did both counseling and Reiki healing. Patients also responded in a positive way and positive results were obtained which showed that Spiritual Counseling also helpful in conjunction with complementary healing therapy i.e. Reiki. At times, in only one healing session, positive indication of improvement in their condition was observed and the side-effects of chemotherapy were minimized to a great extent. With a stable and relaxed condition, patients were able to respond to chemo and other medication comfortably during the course of treatment.

#### Total Count of Breast Cancer Patients Healed

Category	Healing done	Healing Not done
Breast Cancer – 44 cases	37	7

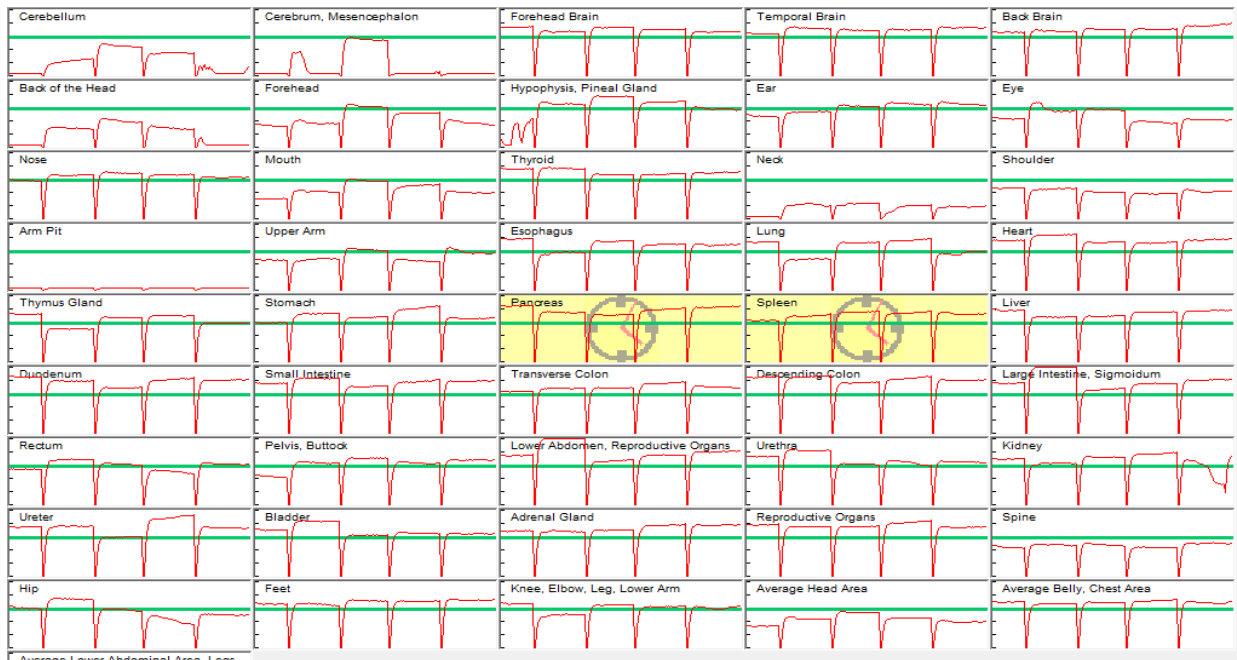


Figure 1

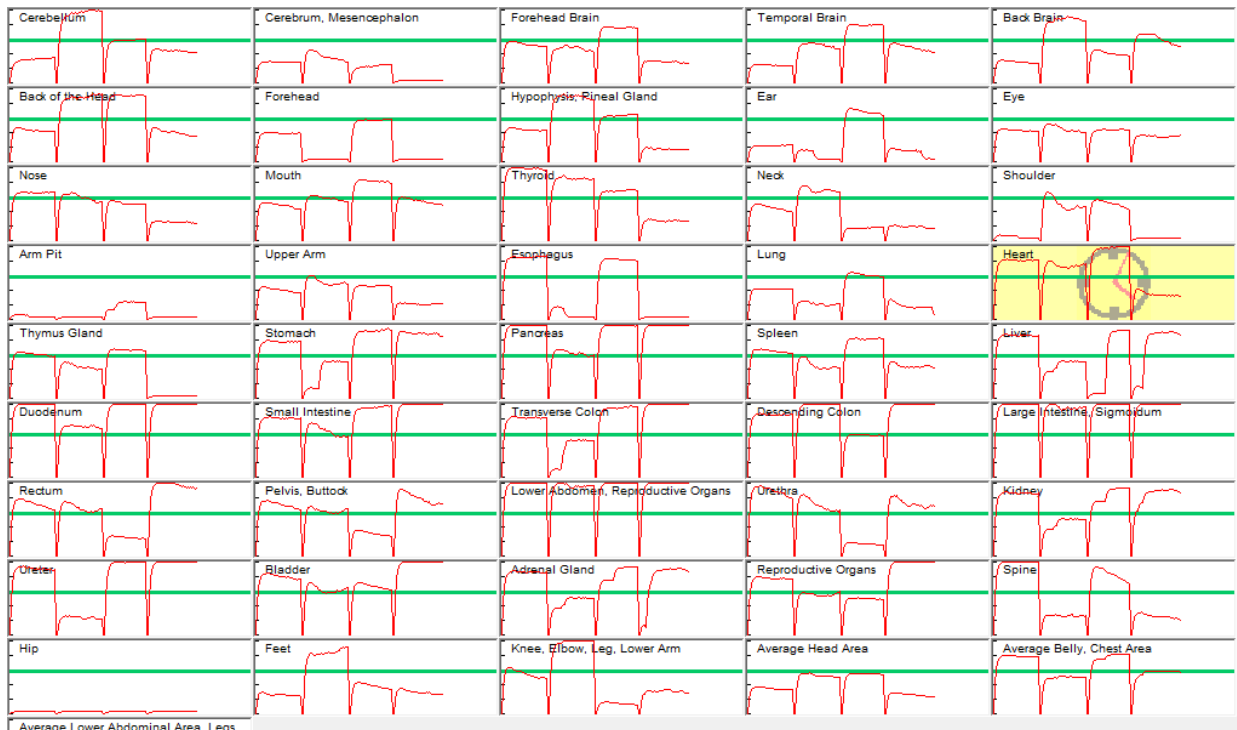


Figure 2

## 5. Discussion

Above is shown the graphical representation of aura scanning on Biopulsar-Reflexograph®. The graph (Fig.1.) shows the multiple reading of breast cancer patient, who was given healing along with chemotherapy. It shows that all the organs of the body are in stable condition after chemo. Above is shown the graphical representation of aura scanning on Biopulsar-Reflexograph®. The graph (Fig.2.) shows multiple readings of a patient who was not given healing along with chemo. The side-effects of chemo can be easily seen in graph of various organs as they are showing an extreme unstable and fluctuating state of various organs of body after chemo.

## 6. Conclusion

Effective health strategies, comprising of physical as well as mental and emotional care are essential to provide pain relief and palliative care for patients and their families. Cancer not only affects the physical body but it's a mental and emotional trauma for both patient and his/her family, so they both need healing and counseling for boosting their morale thus indicating that Reiki healing can be very beneficial for enhancing the quality of life of patients in long run. However, findings within the body of research have been positive and, combined with the findings of this pilot study; indicate that there is an appropriate role for Reiki in the management of chemotherapy-induced breast cancer patients. The potentially beneficial physical and psychological changes that emerged from this study warrant further well-defined clinical investigation.

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