

Reiki Research Review 7

Kumar A, R. & Kurup, P.A. Changes in the isoprenoid pathway with transcendental meditation and Reiki healing practices in seizure disorder. *Neurology India*, Apr-June 2003, 51(2), 211-214

A rather technical study this time, focusing on the use of meditation and Reiki in cases of severe epilepsy. 15 patients (8M, 7F) were selected, excluding other diseases, and matching for severity and compliance with medication. A healthy control group was also selected from the local population. The two groups' diets were matched.

Within our bodies, there are a number of natural electrical signals generated. For example, the sodium/potassium pump is an enzyme which has several functions in the body, including regulation of cell volume, transport of essential nutrients in and out of the cell, and cell signalling. Previous research had found a biochemical cascade involving this pump is common in seizures. Epileptics appear to have elevated levels of endogenous digoxin which may arise from low cellular magnesium levels. This inhibits the sodium/potassium pump.

The hypothesis was that the low level electro-magnetic field (EMF) that is generated in Reiki may benefit people with seizure disorders via a "quantal perceptive model of brain function".

They say the brain functions as a "quantum computer with its quantum computer memory elements consisting of superconducting quantum interference devices".

The 3 month study provided an hour of transcendental meditation daily, plus Reiki three times a week. No details on the provision of Reiki were given. Levels of a number of biochemical parameters were taken before and after the study, from both groups. These included tyrosine, dopamine, noradrenaline, tryptophan, serotonin and serum magnesium. Measurement tools for all parameters were given.

The treatment produced excellent results for the study group. For example, prior to the study, the average monthly seizure rate was 9 (range 8 – 15). This was reduced to two (range 0 – 4). The patients' biochemical markers were found to have risen to match or in some cases exceed those of the control group. For example, the sodium/potassium pump worked more effectively, and there was more intracellular magnesium.

Commentary

This is a really interesting study because of its use of biochemical markers as a measurement tool. The study appears to have been well conducted, although no ethics statement is given. It would also have been good to know more about the hand positions, duration or application of Reiki in treatment. Parts of the study are highly technical, which is appropriate to the context of the journal, but very difficult for the lay person to understand.

Very little about the effect of adding the transcendental meditation is mentioned. The study would have had more validity had a larger group of subjects been used, and perhaps one group having Reiki only, and another Reiki plus meditation, against a third control group.

Nonetheless, as the researchers say, "the phenomena of psychoneuromolecular, biological and environmental low level of EMF mediated regulation of metabolic processes needs further study."

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