REIKI AS A THERAPY FOR MANAGEMENT OF MILD DEPRESSION

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Abstract

Any Dis-balance, Loss of Interest, Impairment in daily life, detachment, loneliness, self-sympathy leading to persistent depressed mood, is few symptoms of Depression. The prime treatment is usually Medication, Counseling or Combination of two but researchers suggest alternative therapies, work well to normalize brain changes associated with depression, also behaviour, sleep pattern, appetite and various other feeling linked to depression.

There is lack of faith on alternative therapies for cure of an ailment. This article endeavors to dispel the misconception and disbelief concerning Reiki in treatment of depression.

Purpose – This study aims to evaluatethe effect of Reiki on Management of Mild Depressive patients and help patients overcome their problems with positive attitude.

Design/methodology/approach – A quantitative research method was used adopting true experimental research design, where the patients are selected and allocated randomly to different therapeutic clinical trials.

Research was conducted on 25 patients with mild depression, who were selected by collecting information through interview, observation &a semi-structured questionnaire. The pre-treatment and post-treatment scores were noted and analyzed.

Findings – The rate of depression lowered with no side effects. It shows the change in perception, thinking and behaviour, help reach goals and empower mind.The study demonstrated how the use of Reiki as an effective intervention strategy helped to manage depression by -global state, mental state, social and emotional functioning.

- Even single therapy session can bring major changes in decrease of level of depression in depressive patients.
- The therapy treatment series resulted in the decrease of level of depression from mild to normal.

Specific outcomes

- Reduced muscle tension
- Decreased agitation/Sadness
- Enhanced interpersonal relationships
- Enhanced self-expression and self-awareness
- Improved perception and differentiation of feelings
- Improved ability to cope with life and with traumatic triggers.
- Empowering the Patient
- Strengthen to discover new way, new resources in life.

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Self-discovery, Self growth

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Paper type - Research paper

1Introduction

In Alternative Medicine, Reiki involves focused energy based touch therapy that provides a mean for life force. It is a non-drug treatment facilitated by a light touch o or above the body. It has relaxation effect, promotes healing, lessens pain, manages stress and has a significant reduction on depression. Reiki is a meditative healing where a health care professional, a trained therapist guides the process. Depression is a feeling of sadness that lasts for a long time. Depression often has a cause, and when the cause is found and released and transformed, by energies, it lifts.

Research Aim

Depression is a serious disorder, spreading very fast in today's generation and time. It often is a reaction to a distressing or traumatic event, which can hamper their life and lifestyle.

With the use of alternative therapies like Reiki, we can bring deep healing:

- To study the effect of Reiki on mild depressive patients
- To help patients overcome their problems with positive attitude.

Objectives

- To assess the pre-test and post-test behaviour of patients after the application of Reiki among depressive patients.
- To compare the pre-test and post-test behaviour of mild depressive patients.
- To find out the effectiveness of Reiki on the mild depressive patients.

HYPOTHESIS

H_0 There will be no significant difference in the prognosis of depressive patients by using Reiki.

H_1 There will be a significant difference in prognosis of depressive patients post Reiki therapy.

2Method

I. Diagnosing Depression

A diagnosis of depression usually requires symptoms to occur for two weeks or more. A doctor can rule out symptoms with physical examination, a personal interview, observation and lab tests. Evaluation and discussing family history can also help in.

Diagnosis must also include changes in functioning that involves:-

- Disruption of sleep or eating.
- Lack of energy or concentration.
- Persistent low mood.
- Thoughts of harming oneself.
- Loss of interest in things and activities of daily life.

Indications

- Depression
- Fatigue
- Mental Stress
- Grief
- Mood Swings
- Insomnia
- Anorexia
- Lack of Concentration

II. Data collection method

The tool used was semi structured questionnaire and technique for collection of data was paper & pencil method. This was done on basis of survey & interview. The data was on primary basis case studies collected by interview.

- Written Permission from Concerned authority
- Informed Consent
- Confidentiality
- Samples selected :- A Pre-test was done
- A set of Questionnaire Score measured on basis of Likert Rating Scale.
- The data was collected for patients of all age groups (18-60) from both sexes (male & female).
- Therapy administered to the patients
- After 5 days Post -test score was noted
- Questionnaire answered and Scores noted, than therapy administered.
- On 10th days a Post - Test was Conducted again
- Data Collection procedure was terminated by post suggestions and thanks giving

Description Of Intervention Procedure

Before therapy:-

- The treatment room which is free from high traffic areas and noises
- Provide a safe, relaxing and quiet atmosphere
- Equipment needed:-
- A comfortable reclining chair

General Instructions:-

- Wash your hands
- Do not remove clothing
- Do not wear tight clothes, belts, shoes or bulky jewellery
- Be comfortable

During Reiki:-

- Patients relaxed with closed eyes in meditation posture.
- Empowerment of practitioner
- Practitioners hand position
- The session will proceed with Reiki practitioner moving through specific Reiki hand position.
- Each Position needs 3-5 minutes of energy, healing, Balancing.
- Stabilizing energy
- Feedback
- Evaluation
- After the therapies
- Rinse hands
- Both the patient and healer should drink water

III. Research Methodology

3.2 Research Approach and Research Design

- Quantitative research method.
- True experimental research design, where the patients were selected and allocated randomly for therapeutic clinical trials.

3.3 Setting of study

AMOGHA Institute, Ghaziabad.

Population:- Both males and females suffering from depression.

3.3.1 Inclusive Criteria

- Those ready to participate.
- Those who are suffering from depression.

3.3.2 Exclusive Criteria

- Those not ready to participate.
- Those not suffering from depression.
- Those with negative perspective and non-co-operative attitude.

3.4 The Sample Size

The sample size comprised of 25 patients for the study, who fulfilled the selection criteria.

3.5 Sampling Technique

Random Sampling technique

3.7 Data Analysis

- Mild to Moderate Symptoms.
- The result of assessment after therapy.
- Pre-Test result compared to Post-Test result.

3.7.1 Section A

Data before administering the therapy

- Five patients taken in a day.
- Therapy administered.
- Verbal feedback & Post Suggestion.

- Patients allowed to go home.

3.7.2 Section B

- Patients reporting after 5 days of their 1st session.
- Questionnaire was given.
- Level of depression analyzed.
- Reduction in level of depression noted in the patients.
- Therapy administered again and patients allowed to go home.

3.7.3 Section C

- Patients reporting after 5 days of their 2nd session.
- Questionnaire was given.
- Level of depression analyzed.
- Reduction in level of depression noted in the patients.
- General talk post suggestion was given.

Table showing Pre-Treatment score & Post Test score and percentage reduction in Depression of patients given Reiki therapy

Patient	Pre-Test Score	Post 1st Test Score	Post 2nd Test	% Reduction	Patient	Pre-Test Score	Post 1st Test Score	Post 2nd Test Score	% Reduction
P1	30	28	25	16.7	P14	30	27	22	26.7
P2	32	30	25	21.9	P15	32	28	24	25.0
P3	28	27	20	28.6	P16	32	29	24	25.0
P4	32	31	25	21.9	P17	30	28	22	26.7
P5	30	27	24	20.0	P18	30	27	22	26.7
P6	32	29	26	18.8	P19	30	26	20	33.3
P7	28	28	25	10.7	P20	28	25	20	28.6
P8	32	29	25	21.9	P21	30	27	22	26.7
P9	30	28	24	20.0	P22	28	27	20	28.6
P10	36	33	24	33.3	P23	38	31	24	36.8
P11	36	32	24	33.3	P24	32	30	24	25.0
P12	30	30	28	6.7	P25	32	29	22	31.3
P13	28	27	20	28.6	* Score of Normal Person is 20				

3.7.4 The Response

All the depressive patients, after receiving therapy sessions of Reiki show decrease in their level of depression. The scores and the level of depression have decreased by 50% in most of the cases and are reduced to the score of a normal / recovered patient or near to normal.

The out-come of the therapy administered to the Patients verbally reported as feeling of :

- "Relaxed"
- "At Peace"
- "Feeling Happy"
- "Comfortable"
- "Feeling Normal".

3.7.5 Benefits of Reiki Therapy

- Better sleep pattern.
- Improved mood.
- Reduced Fatigue.
- Increases feeling of well-being.
- Increase in energy and vitality.
- Promotes Self Improvement.
- Alleviates Anxiety.
- Stress Reduction.
- Positive attitude.

3Results and Discussions

The result showed that Reiki is a great boon in management of mild depression without any side effects. It acts upon the central nervous system, has a relaxing effect and changes the perception into positivity.

None of the patients reported any negative effects during and after the therapy and showed a decrease in the level of depression. The results of the therapy were very promising and encouraging. Hence the hypothesis H_1 is accepted.

Bowden (2011)[1] found in depressive patients a progressive improvement in overall mood, after receiving Reiki.Reiki, is an alternative therapy which gives energy bounce and natural healing abilities to the body. It enhances strength and activates life-force, prana in the body.This energizing and suggestion technique can be used to encourage a more positive mindset. The Reiki energy and suggestions can help with low energy, and make the patient feel better.

"Study shows that Reiki has a positive Impact to improve that mood and emotion of depressive clients. The study on old patients' signified reduced depression as against the control group which did not receive Reiki treatment.Other clinical trial groups also showed improvement in hopelessness, stress and depression against control group. And the effect of Reiki lasted for one year and gave a positive behaviour on depressive patients who were treated by Reiki therapy by trained practioners. Therefore the study of Reiki is recommended in Nursing practice as its effectiveness has been proven" **Yu, W.M (2013)**[2]. There has been a great deal of published research that studied the effectiveness of Hypnotherapy and Reiki separately as a treatment fordepression.

4 Conclusion

The findings of the study help us to understand the importance of alternative therapies – Reiki. Clinicians and researchers who use Reiki are in a unique position to be able to test some of the underlying assumptions about how depression leads to dysfunction, and how brief or even single session interventions can contribute to rapid early response or sudden treatment gains.

The present study identified the effectiveness of the therapy and there management for depressive patients.

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5 Future research directions

The lifetime risk of depression is increasing today from mild to moderate to severe, leading to suicides.This disorder can occur by small emotion and can last long with severity. With a thought of encouraging alternative therapies, for the control of depression, on the basis of the finding of the study - the following recommendation are offered:-

- The study should be replicated on a large sample to validate the finding and make generalizations.
- The study can be further conducted on moderate to severe depressive patients.
- Study can be conducted on different level of causes of depression and their management.
- A similar study can be conducted using more different strategies and therapies in combination.
- The time for these therapies to be recognized as means of effective treatment for depression, though long overdue has now arrived.

  The time has come to recognize and promote the many potential therapeutic values of employing Hypnosis and Reiki in treating depression, and bring a positive attitude for the use of these therapies in the management of various mental disorders.

References

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