



The Impact of Distant Reiki on Owner Assessment of Health and Well-Being in Adult Dogs: A Blinded, Placebo-Controlled, Randomized Trial

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Abstract: Reiki is a biofield therapy currently used in hospitals worldwide. Scientific evidence supports its effectiveness in addressing many physical and emotional conditions in human patients. However, few studies currently exist demonstrating the effects of Reiki on animal health.

Objectives: The present study aimed to evaluate the impact of distant Reiki on owner assessment of the health and wellbeing of adult dogs by measuring frequent complaints in veterinary practice.

Methods: The research was conducted as a blinded, placebo-controlled, randomized clinical trial and examined 11 variables, analyzing changes after 3 and 6 weeks of distant Reiki treatment. The statistical analysis was performed using the Mann-Whitney U test to compare changes between the groups, with results analyzed using Prism GraphPad version 10.4.0 software.

Results: The study demonstrated that dogs receiving distant Reiki showed significant pain reduction compared with the control group. After the third ($P = .05$) and sixth sessions ($P = .02$), all dogs in the Reiki group showed some pain reduction. No significant difference was observed in the other variables analyzed.

Conclusions: Study results suggest that Reiki may have beneficial effects, particularly for pain relief in dogs. These preliminary results warrant further research to more accurately assess the effectiveness of Reiki in veterinary medicine.