

Immediate Effect of Kenichi Kumakiri Energy Healing Technique (KEHT) on Hatha Yoga Practitioners

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Abstract - Background: Modern science turned its approach from matter to energy as a basis for all the universal phenomenon. All the things in this universe including human being are the different forms of energy. Energy should be balanced to be healthy at all level of existence. Energy fields have been used for healing from ages. Among the most researched forms of energy healing are Reiki, therapeutic touch, Pranic healing, regression, acupuncture, healing touch etc. **Aim:** To study the immediate effect of KEHT on Yoga practitioners. **Methods and Material:** In the self as control design of human subjects, 20 volunteers who satisfied the inclusion criteria were screened. Healing session of 30 minutes and control session of 30 minutes were carried out on 20 volunteer. In the two group pre-post design of Pressure techniques, touching with probe, shaking whole body based on Kenichi Kumakiri Energy Healing Technique (KEHT) was given half an hour to the healing group, and 30 minute of supine rest to control group were giving without any intervention. Gas Discharge Visualization (GDV), Blood pressure, Pulse Rate and simple questionnaires were used for both experimental and control subjects to see the changes in the parameters like Integral Area (IA), Integral Entropy (IE), systolic blood pressure (SBP), diastolic blood pressure (DBP), Pulse Rate (PR) and general feeling factor. **Results:** In the study of Experimental group and control group, Major of the variables did not change significantly apart from Pulse rate. Blood Pressure came closer to normal range in healing group compare to control group. Pulse rate is significantly reduced in experimental group which shows the slowdown of parasympathetic activity. None of the variables showed significant difference in between group comparison at post. In the study of wellbeing questionnaire showed significant changes between pre and post of experimental group, feel good factor increased significantly after half an hour of healing session. **Conclusion:** KEHT has positive effect on the human subjects. It may have also influenced the healing process in human subject having health issue. But all the effect size showed that the changes are moderate. This healing technique is capable of influencing energetics of healthy individual.

Key Words: Pranic Healing, Kenichi Kumakiri Energy Healing, Gas Discharge Visualization (GDV), Blood pressure, Pulse Rate

1. Introduction

Modern science turned its approach from matter to energy as a basis for all the universal phenomenon (Reed & Simon, 1979). Energy medicine as a healing is becoming more frequently used in supporting patients to attain optimal health (Gulmen, 2004). 'Energy healing' refers to a wide variety of therapies which are based on the premise that either the healer transfers energy to the patient or he mobilizes the energy flow/ movements in the body using certain techniques. The healing technique most commonly facilitated by touch and pressure is believed to balance the bio field and strengthen the body's ability to heal itself (Miles & True, 2003). Energy fields have been used for healing from ages (Oschman, 1996). Among the most researched forms of energy healing are Reiki, therapeutic touch and healing touch (Agdal, Hjelmberg, & Johannessen, 2011). Recent review has revealed that GDV method can be implemented as an express method for assessment of treatment procedure effectiveness, evaluating emotional and physical conditions of people (Korotkov, Matravers, Orlov, & Williams, 2010). The scientific analysis of these healing methods are still lacking.

1.1 Introduction to Energy and Energy Healing

The word energy derives from an ancient Greek word "ENERGIA" which means activity or operation. Thomas young, in 1807 was possibly the first scientist to use the word energy in the modern context. In physics, energy is a characteristic or property of objects which can be transferred to other objects and be transformed or converted into various other forms. The usual unit of measure of energy is "JOULES" as propounded in 1843 by scientist James Perscott Joule.

In context of the philosophical texts from cultures all across the globe, energy is not just at the physical realm but is an all pervasive entity. This can be seen in the concept of "PRANA" as mentioned in the ancient Indian scriptures which when literally translated refers to the vital energy that drives the life not just in human beings but in all things animate and inanimate. It is

known to the ancient seers that all that is manifest is but energy, related to one another and are forms of the same source manifesting in different permutation and combinations taking one form to another. This has a remarkable similarity with the established Modern concept that “energy can neither be created, nor be destroyed, but can only be transformed”. The same applies to the treatment system in this study that energy of a person can be influenced and can be brought to patterns reflecting better health and a state of wellbeing.

There are numerous natural processes in the body and healing is a perfectly natural one. Healing capacity of the body is innate to its existence and is a naturally occurring phenomenon. The memory of the body is such that each cell has this memory of healing ingrained in its structure and each time when there is a requirement, it springs up to action. The role of the energy healer is to help the ailing person to access this memory of wholeness of the authentic self in a person, to facilitate the healing process. It is thought to be a flow of beneficial energy between the healer and the recipient that deals with the disease at its deepest level. Healers work with their hands at a few distance from the body, or sometimes with a light touch, making a person to relax with closed eyes if desired. Normally, patients are aware that something is happening. The healing response is the vital means by which an organism marshals its diverse repair strategies in reaction to imbalance or disease (Oschman, 1998). Most experience a variety of sensations, perhaps warmth or coolness, tingling and pressure, or pain coming to the surface as the energy goes to work properly. Healing can be useful with a wide range of conditions, sometimes to a remarkable degree. As such the energy healer induces self-healing within the patient through transformation of natural procedures, restoring equilibrium and harmony to all parts of the energy bodies in the Human Energy Field. It is a process of revitalization, relaxation and release at a profound level, which supports the body to adjust and heal spontaneously at its own pace. Healing seeks out the underlying reason as well as the presenting symptom. This can mean that the output of a Healing session maybe beneficial in an unexpected way and not necessarily immediately. There may be also some type of emotional release as part of the Healing process. We can say that the term 'healing' refers to a wide variety of therapies which are based on the premise that the healer transfers energy to the patient (Agdal et al., 2011). Sometimes the procedure is obvious, sometimes more subtle.

Healing is a natural therapy where Healing energy is channelized by the Healer to the patient. When the layers of the energy bodies are in balance, the physical body will follow and heal. When our energy is unbalanced or depleted the healer acts as a bridge and the energy is then drawn to where it is most needed. The same is true when we take food; the goodness goes to where it is most needed without us having to think about it. For this cause, the Healer does not need to know patient's problem for Healing to take place, but one is free to talk about it if he or she wish to do so.

Healing appears harmless and was subjectively supportive to some patients suffering from idiopathic chronic pain syndrome (Sundblom, Haikonen, Niemi-Pynttari, & Tigerstedt, 1994). Sometimes the symptoms worsen before it improves, but this is part of the healing process where deep stress is being released. The most of the patients feel very relaxed afterwards, which is an outward sign of inner improvement. The healing response is the subtle means by which an organism marshals its diverse repair strategies in reaction to injury or disease

When the healer goes into a meditative state his energy vibration increases and he can attune with the cosmic energy and tap the healing energy as the radio tunes to its matched frequency from the satellite. The healer can acquire the ability to channelize or transfer this healing energy to a person or wherever he wants by his intention. Then the Healing energy increases the receiver's energy level. As this process influences the dynamics of subtle energy pattern in humans and in other inanimate systems like water, we anticipate that various EPI parameters also would be influenced and hence there is a need to investigate further the changes in the human energy through energy healing techniques such as the KEHT.

2. Rationale of the study

Also, there have been numerous studies done on energy healing and its various disciplines, however the techniques of energy healing are widespread, individualized in their approach and fall short in their approaches to address the ailment or the disease. KEHT is a peculiar treatment which apparently displays characteristics of all the treatments as stated above considering the whole of the physical body as one unit even at the cellular level and doesn't differentiate between the body and the mind as two separate entities. Hence an energy based healing technique such as the KEHT possibly containing the features of various healing techniques and consequently the benefits has not been a topic of any previous research leaving us with a possibility to explore new dimensions in the field of energy healing which can be very vividly measured through the Electro Photonic Imaging (EPI) Technique of Gas Discharge Visualization (GDV).

The study was aimed to see the immediate effect of Kenichi Kumakiri Energy Healing Technique (KEHT) on Yoga Practitioners who were practicing Hatha Yoga practices.

The research was carried out with the set objectives to achieve the aim in the following way.

- To assess the immediate effect of energy healing on integral area of GDV image.
- To assess the immediate effect of energy healing on entropy of GDV image.
- To assess the immediate effect of energy healing on blood pressure.
- To assess the immediate effect of energy healing on Pulse rate
- To assess the immediate effect of energy healing on feeling factor check list.

There were some of the questions which were addressed particularly in the study such as what is the effect of Kenichi Kumakiri Energy healing Technique on Yoga Practitioners in parameters like integral area of GDV image, entropy of GDV image, on blood pressure, pulse rate and feeling factor? Before starting the study the research question was also kept in the mind viz:

- Kenichi Kumakiri energy healing may have effect on the Energy Level, blood pressure, pulse rate, feel factor on yoga practitioner. The null hypothesis also was set to see the directional changes after the intervention of healing technique viz:
- Kenichi Kumakiri energy healing may not have effect on the Energy Level, blood pressure, pulse rate, feel factor on yoga practitioner.

3. Materials and Methods

All the 20 subjects were recruited from S-VYASA campus, Bangalore. Out of them 15 participants were included in the study and 03 were dropped out due to some personal issues. The subjects were taken into the study following the certain inclusion criteria which were set before starting the study.

- male practitioners within the age range of 20-35 years.
- willing to participate in the study.
- able to report for healing sessions of half an hour

The study excluded the subjects based on the following set criteria for exclusion.

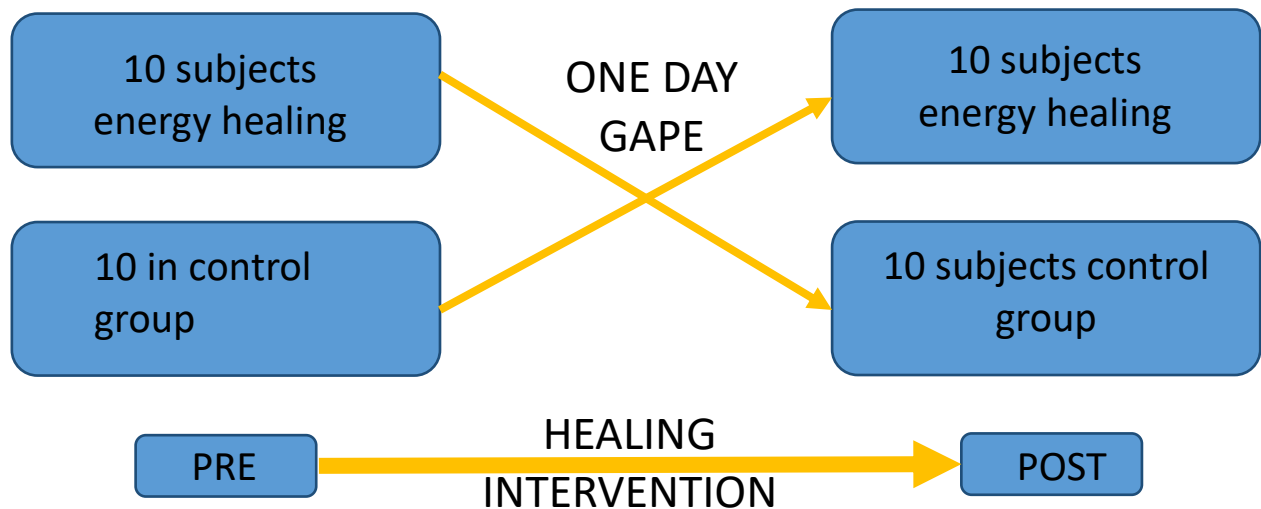
- subjects with any self-reported chronic disease.
- subjects with any self-reported mental disorder.

Moreover those subjects who were not able to comply the guidelines for Gas Discharge Visualization also were excluded from the study.

All participants were informed about the current research. Signed informed consents were obtained from them before administering the healing techniques on them.

4. Design

Intervention and Control groups (Pre & Post)-Cross over design.



5. Intervention

Energy healing is based on the energy channelization. This energy channelization intervention includes the following practices.

1. Pressure techniques. Pressure giving and energy transfer through single leg in various part of body 10 min
2. Touching with probe Sweeping, point touching, throbbing by acupressure probe on head region 10 min
3. Shaking whole body shaking the whole body using the leg while keeping the person in supine followed by prone position 10 min
4. Total duration 30 min

Pressure techniques with stretching Pressure giving and energy transferring through single leg in various part of body. The subject will be given pressure on the supine and prone position with the help of therapist's feet.

Touching with probe Sweeping, point touching, throbbing by acupressure probe on head region. The energy will be transferred from the healer to the subject.

Shaking the whole body using the leg while keeping the person in supine followed by prone position in rhythmic pattern. Control group will not receive any practice.

Study was discussed in front of experts and suggestions were included. Permission was taken for collecting the data from S-VYASA University and signed informed consent was taken from the participants after explaining the whole process of experiment to them.

6. Results

Results of the study are presented in Table 1 which display group means and standard deviations, % changes, t values and p values for the Integral Area, Integral Entropy, Systolic Blood Pressure, Diastolic Blood Pressure and Pulse Rate for the experimental and control groups as within group and between changes.

6.1 Table 1: Showing the pre-post mean values of Experimental and Control Group and also values of in between groups comparison

| Variables | Experimental Group | | | | | Control Group | | | | | Between Group | |
|---------------|--------------------|------------------|----------|---------|---------|------------------|------------------|----------|---------|---------|---------------|---------|
| | Pre | Post | % Change | t-Value | p-Value | Pre | Post | % Change | t-Value | p-Value | t-Value | p-Value |
| Integral Area | -0.144 ± 0.43 | -0.118 ± 0.35 | 18.05% | 0.281 | 0.78 | -0.117 ± 0.37 | -0.109 ± 0.22 | 6.83% | 0.972 | 0.34 | 0.89 | 0.37 |

| | | | | | | | | | | | | |
|-------------------------|----------------|---------------|-------|-------|---------|---------------|----------------|-------|------|------|-------|-------|
| Integral Entropy | 1.84 ± 0.21 | 1.79 ± 0.28 | 2.79% | 0.46 | 0.64 | 1.89 ± 0.132 | 1.83 ± 0.180 | 3.17% | 1.4 | 0.18 | 0.226 | 0.82 |
| Systolic BP | 112.75 ± 11.04 | 113.06 ± 9.16 | 0.28% | 0.174 | 0.86 | 111.53 ± 7.07 | 110.06 ± 11.85 | 1.32% | 0.49 | 0.63 | 0.51 | 0.6 |
| Diastolic BP | 71.06 ± 7.81 | 72.06 ± 7.01 | 1.40% | 0.67 | 0.51 | 70 ± 4.81 | 69.46 ± 5.80 | 1.80% | 0.47 | 0.64 | 0.81 | 0.42 |
| Pulse | 74.93 ± 13.27 | 70.68 ± 10.53 | 6.06% | 3.4 | 0.004** | 71.73 ± 10.06 | 71.40 ± 11.92 | 0.46% | 0.25 | 0.8 | 2.16 | 0.03* |

Table 1 Caption: Table 1 displays Means and SDs of for the KK energy healing and supine rest groups, also giving ‘t’ and ‘p’ values for paired t test and independent t tests comparing group means for the Integral Area, Integral Entropy, Systolic Blood Pressure, Diastolic Blood Pressure and Pulse Rate.

The result of the study shows that integral area decreased in experimental and increased in control group who practiced supine rest but the result was not significant. It might be due to the dynamic processes involved in the intervention in experimental group where energy at the subtle level gets regulated. The entropy parameter which is measure of disorderliness of energy pattern in normal healthy subject reduced in experimental and control groups. This shows though energy at the subtle level in dynamic process yet it is synchronized. The systolic and diastolic blood pressure also increased in experimental group but in control group it reduced which may be due supine rest. This might be due to dynamic process in experimental and supine rest intervention in control. The pulse rate significantly reduced in experimental group whereas in control group there was no change. This very clearly shows the effect of intervention at the physiological level in people who got intervention of healing technique.

7. Discussion

The current study exhibits the pattern of health and energy flow after intervention of KK energy healing technique. In the experimental group, due to the dynamic process of healing and its optimization the health parameters showed decreasing pattern. The overall energy in all the subject showed decreasing pattern which reflected in the entropy parameter. In the experimental group the blood pressure systole and diastole increased comparison to control group but it was not significant. Pulse rate was significantly lowered in experimental group which shows the physiological changes due to KK healing technique.

The current study demonstrated that subtle energy in the body may dynamic during the intervention but its synchronization effect seen on the health of yoga practitioners. Another study also exhibited similar decreasing pattern after the practice of meditation in health parameter of electrophotonic imaging (Deo, Kumar, Srinivasan, & Kushwah, 2015). Though at the energy level study showed turbulence in the flow of energy in the system yet the effect was improvement at the physiological level which expressed in the pulse rate reduction as compared to control group. This may be due to the intervention which played turbulence in the energy at the beginning but at the last effect was synchronisation of pattern in the whole body. It may be also due to the activation of sympathetic nervous system in the experimental group due to dynamic nature of KK healing technique. Another study also reported that due to intervention of alternative therapy meditators got parasympathetic dominance effect (Sukhshale & Neelam, 2012). Pulse rate reduction itself shows that physiological pattern of the whole system of the body received calming effect due to practice. At the subtle level energy was dynamic but at the physiological level system got improvement.

The results can also be explained based on health in context of regulation in physical level, subtle energy level and psychological level. Health can in general be equated with optimized regulation (Hankey, 2015). Loss of health can in general be equated with loss of quality of regulation of key variables, e.g. blood pressure in hypertension and blood sugar levels in diabetes. Hypertensive and diabetics will in general exhibit poorer regulation of such variables, which may in turn be taken to correspond to lower quality of health of the group. In our study, all variables readings fall under normal range as subjects were healthy but if we observed SD values after healing session we can see better regulation in related to better health. In physiological level mainly systolic blood pressure, Diastolic Blood pressure and Pulse rate showed same trend of narrowing the SD being with normal range. Where control group did not show such trend of narrowing the SD. A recent paper (Datey and Hankey, 2016) described narrowing of ranges of blood pressure variables back to normal by regular Yoga practice. Our study also confirmed that KK Energy healing technique has effect on regulation of Physiological level to achieve better health.

KK energy healing technique is a new approach where healer applies some techniques which looks participant may feel uncomfortable. In this study to check how participant feel the technique after healing we introduced checklist. All the subjects were assessed with checklist questionnaires which combination of physical and psychological feelings. The checklist readings showed participant did not feel any uncomfortable rather they felt relax, calm, quiet and energetic. This findings also support the pulse rate reading. When a person feel relax there is chance to reduce sympathetic tone by reducing the subtle level of stress. The pulse rate reading showed significant change after session of KK energy healing even it showed significant change than supine rest. The findings confirmed that half an hour of KK energy can be use full as other technique like cyclic meditation (Ref), Yoganidra (Ref).

According yoga when a person feels good in physical and mental level his subtle energy (prana) flows better way. GDV parameters give information about a person's subtle level. Integral area is one of the parameter which measure of general health index in healthy people. It indicates the presence of structural and functional state in normal mind body activities (Bundzen & Korotkov, 2002; Korotkov et al., 2011). In our study as subject were healthy yoga practitioner their IA reading also fall under normal rage.

Further, GDV parameter Integral area SD also reduced in energy healing group and also supine rest group. Lower standard deviation may therefore be taken as an indication of better regulation. A new approach of health is better quality of regulation corresponds to better health for the healthy (Hankey, 2015). Our study result confirmed that energy healing has effect on subtle energy regulation for better health.

Integral Area, Integral Entropy, were the variables for within group and between group comparisons. Integral Area, Integral Entropy variables showed no significant changes after pre and post of energy healing and supine rest but there was a marginal Improvement. In experimental group there was reduction of SD from 0.43 to 0.35 in Integral Area. At the physiological level, pulse rate showed significant change ($p < 0.03$).

There was no reported similar study that had combined healing and GDV. But a growing number of research articles have also appeared addressing the spiritual dimension of healing (Perez, 2004)

Many studies concluded that healing can address biological processes at their energetic foundations, regulates biological processes with precision, fosters health and prevents illness (Feinstein & Eden, 2008). Spiritual beliefs influence the ability of the people to cope-up with illnesses and more holistic and compassionate systems of care can be created by addressing the spiritual issues of the patients, loved ones and ourselves (Puchalski, 2004). Our study also showed significant changes in some variables related to energy field after half an hour of healing. Area changed significantly after healing session showed by within group comparisons on human study. Previous studies had shown that the types of energy healing including Reiki, therapeutic touch, and healing touch effect on pain (Fazzino, Griffin, McNulty, & Fitzpatrick, 2010). Our study showed that energy healing affects the variable Area on human subjects. The current results suggests us to ascertain the results with higher sample size studies in future.

Many studies already proved that spiritual healing can help both physical and emotional problems. The healer transfers energy to the person to be healed (Agdal et al., 2011). Spiritual healing eradicates problems, usually starting in the mind, to restore balance to the person and continue spiritual awakening by the mental power of healer. Spiritual healing involves the channelizing of energy from a spiritual source to someone who needs it. The channel is usually a person, a healer, and the energy is transferred through that person's hands and third eye (eyebrow centre). Because of these reasons, healing has showed effects on some variables of our study. Internal nature of healing and the small sample size may have affected the results. Therefore, did not show any significant changes in some of the variables

8. Strength and Limitations of the Study

Foremost strength of the study is that it is a cross over deign which makes the study more sound and strong in terms of research design which help to control confounding variables such as the placebo effect. This is a preliminary study to investigate the effects of healing on different variables measured by Gas Discharge Visualisation (GDV).

Small sample size is one of the limitations of the study; this study should be conducted with large sample size to test the efficacy of healing and ascertain the results. Future studies should also do longer intervention and follow ups to see whether the effects are maintained for a longer period.

9. Conclusion

The Kenichi Kumakiri Energy Healing Technique has impact on the parameters as measured by Gas Discharge Visualisation on healthy subjects practicing yoga as signified by the values in the current study, however the changes were not significant. The positive changes were seen in the mean values of integral area and integral entropy which indicated that all subjects who received the healing techniques were benefitted and their energy also got harmonised at the subtle level. This techniques may be very useful if applied on the people having some disorders. Healing technique was also effective which showed positive impact on physiological aspect as exhibited on pulse rate with significant changes.

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