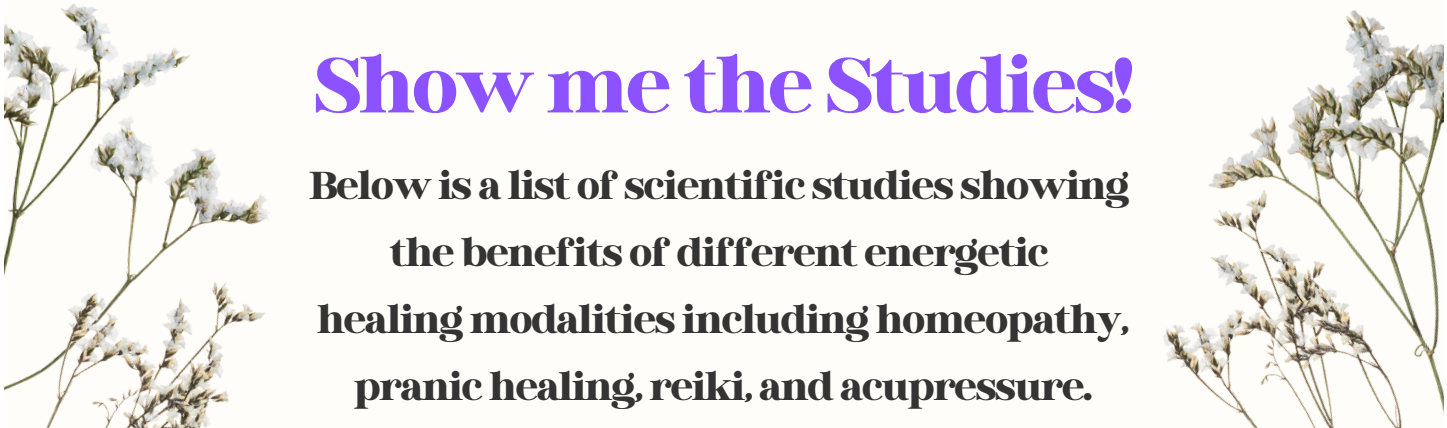




Show me the Studies!

Below is a list of scientific studies showing the benefits of different energetic healing modalities including homeopathy, pranic healing, reiki, and acupressure.

- **Effects of Acupressure on Anxiety**

- Chen, S. R., Hou, W. H., Lai, J. N., Kwong, J. S., & Lin, P. C. (2022). Effects of acupressure on anxiety: a systematic review and meta-analysis. *Journal of integrative and complementary medicine*, 28(1), 25-35.
<https://journals.sagepub.com/doi/full/10.1089/jicm.2020.0256>

- **Homeopathic Management of Pain and Stiffness of Arthritic Knee Joint**

- Dutta, S., Choudhury, S., Biswas, D., & Khuda-Bukhsh, A. R. (2022). Homeopathic Management Of Pain And Stiffness Of Arthritic Knee Joint: Clinical Data Analysis Of Palliation Criteria In An Observational Study. *International Journal*, 5(3), 492. https://www.researchgate.net/profile/Suvojit-Dutta/publication/361465973_492_Homeopathic_Management_Of_Pain_And_Stiffness_Of_Arthritic_Knee_Joint_Clinical_Data_Analysis_Of_Palliation_Criteria_In_An_Observational_Study/links/62b321511010dc02cc538bab/492-Homeopathic-Management-Of-Pain-And-Stiffness-Of-Arthritic-Knee-Joint-Clinical-Data-Analysis-Of-Palliation-Criteria-In-An-Observational-Study.pdf

- **OC34 Efficiency of Pranic Psychotherapy and Pranic Healing in the Management of Chronic Pain, Associated Medical Conditions and Stress and Anxiety**

- Flitcroft, L., Lee, H. M., Hope, B., & Bhatia, A. (2024). OC34 Efficacy of pranic psychotherapy and pranic healing in the management of chronic pain, associated medical conditions and stress and anxiety.
https://fg.bmj.com/content/15/Suppl_1/A24

- **The Effect of Acupressure on Menstrual Pain**

- Kirca, A. S., & Dolgun, G. (2022). The effect of acupressure on menstrual pain. *International Journal*, 3(2).
https://dergipark.org.tr/en/download/article-file/2171540?utm_source=consensus

- **Homeopathic Treatment of Chronic Low-Back Pain**

- Muduli, S., Sarkar, S., Pal, R. K., Ghosh, S., Alam, S. M., Saha, S., ... & Mukherjee, S. K. (2025). Homeopathic Treatment of Chronic Low-Back Pain: A Double-Blind, Randomized, Placebo-Controlled Trial. *Journal of Integrative and Complementary Medicine*, 31(6), 565-576.
<https://journals.sagepub.com/doi/full/10.1089/jicm.2024.0564>

- **Efficiency of Individualized Homeopathy as an Adjunct to Standard of Care of COVID-19**

- Nayak, D., Gupta, J., Chaudhary, A., Singh, K. G., Deshmukh, A., Das, D., ... & Khurana, A. (2022). Efficacy of individualized homeopathy as an adjunct to standard of care of COVID-19: a randomized, single-blind, placebo-controlled study. *Complementary Therapies in Clinical Practice*, 48, 101602.
<https://www.sciencedirect.com/science/article/pii/S1744388122000706>

- **Pranic Healing as a Complementary Therapy in Diabetic Foot Ulcer Management**

- Nittur, A., Pavan, B., Ganapathy, R., Dorai, V. K., & Singhal, S. (2023). Pranic Healing as a complementary therapy in Diabetic Foot Ulcer Management: a randomised, controlled, double-blind trial. *Global Advances in Integrative Medicine and Health*, 12, 27536130231183429.
<https://journals.sagepub.com/doi/full/10.1177/27536130231183429>

- **Pranic Healing as an Effective Adjuvant Therapeutic Technique**

- Roy, M., Kulkarni, N., Raghunath, R., Srinivasan, S., & Vyas, M. (2023). Pranic Healing as an Effective Adjuvant Therapeutic Technique: A Literature Review. *IAHRW International Journal of Social Sciences Review*, 11(1).
https://www.researchgate.net/profile/Mahimna-Vyas/publication/370050355_Pranic_Healing_as_an_Effective_Adjuvant_Therapeutic_Technique_-_A_Literature_Review/links/643b862f1b8d044c632a4d8a/Pranic-Healing-as-an-Effective-Adjuvant-Therapeutic-Technique-A-Literature-Review.pdf
- **Effects of Pranic Healing on Sleep Quality in Primary Insomnia**
 - Santhosh, G. N., Shetty, P., Shetty, G. B., Shetty, B., & Nanjeshgowda, H. L. (2024). Effect of Pranic Healing on sleep quality in primary insomnia: An exploratory study. *Yoga Mimamsa*, 56(2), 77-80.
https://journals.lww.com/yomi/fulltext/2024/56020/effect_of_pranic_healing_on_sleep_quality_in.4.aspx?fbclid=IwY2xjawIVkRhleHRuA2FlbQIxMAABHffXty7RKFe7EJkHaghGMui23cUdac9iFXzoxFVNl1eW8FOFValToBqopA_aem_kTwa0YMR4s8n0vDckNvpbw
- **Effects of Distant Biofield Energy Healing on Adults Associated with Psychological and Mental Health Related Symptoms**
 - Trivedi, M. K., Branton, A., Trivedi, D., Mondal, S., & Jana, S. (2024). Effects of distant biofield energy healing on adults associated with psychological and mental health-related symptoms: a randomized, placebo-controlled, double-blind study. *Health Psychology Research*, 12, 122225. <https://pmc.ncbi.nlm.nih.gov/articles/PMC11392496/>
- **The Effectiveness of Acupressure on Sleep Quality in Cancer Patients**
 - Yang, C., Huang, Y., Ling, W., Cheung, D. S. T., & Lee, J. J. (2025). The Effectiveness of Acupressure on Sleep Quality in Cancer Patients: A Systematic Review and Meta-Analysis of Randomised Controlled Trials. *Journal of Clinical Nursing*. <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jocn.17707>
- **The Effect of Distant Reiki Sessions on Holistic Well-Being**
 - Yüce, U. Ö., Arpacı, A., Yılmaz, C. K., Yurtsever, D., Gökçe, E. Ü., Burkev, F. G., ... & Yurtsever, S. (2024). The effect of distant reiki sessions on holistic well-being. *Holistic nursing practice*, 38(1), 50-57.
https://www.researchgate.net/profile/Kevser-Uenal/publication/365149878_The_Effect_of_Distant_Reiki_Sessions_on_Holistic_Well-Being/links/6523de833ab6cb4ec6cef7fb/The-Effect-of-Distant-Reiki-Sessions-on-Holistic-Well-Being.pdf