

ROLE OF COLORS IN THERAPEUTICS

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ABSTRACT : Colors are capable of influencing many aspects of our lives, including our mood, mental state and energy level. According to color therapy, each color is thought to be associated with one of seven energy centers. The method of color therapy is based on the law of resonant colors interaction, conterminous to frequency characteristics of body. Colored light can be used directly on the body's health and immune strength, affecting the body and the emotions. It does not alter the material make up of the body, but rather the vibrational aspect, similar to homeopathy. The treatment itself involves the application of colored light to the acupuncture points on the skin with an instrument that resembles a simple penlight. Treatment by color can be performed on finger meridians, on chakras, painting the certain points by the certain color following the laws of colors interaction (and consequently, energies) and thus changing the energy potential (balance) both in the point, and in all meridian, and, hence, in organ.

Keywords: Electromagnetic energy, Charkas, Photons and Microwaves.

INTRODUCTION

Color is a living energy and a property of light. Light is an electromagnetic energy produced by the sun in different wavelengths as the light is absorbed and reflected and everything in nature is full of color. Vibration forms everything in life. The universe is only the energy in vibration. Our body has energy fields (called **charkas**). All of our organs are comprised of vibrating atoms. All of us have our own unique energy system and our organs have different vibrational patterns. We all emit color.

Light has different particles called photons and microwaves. Light penetrates everything, even our bodies. Light also emits wavelengths that we cannot see (ultraviolet). These wavelengths contain radiation, which is energy. Energy is Qi and life. Now it is revealed that the length of a wave defines its color. In our environment there is an enormous quantity of waves with different frequency characteristics^[1].

Color therapy, also known as Chromatherapy, is a Complementary and Alternative Medicine (CAM) technique. A trained color therapist is able to use color and light to balance energy wherever our bodies are lacking – whether physical, emotional, mental or spiritual.

Chromotherapists state that colors bring about emotional reactions in people. A standard method of diagnosis is the use of Luscher's color test, developed in the early 1900s by Dr. Max Luscher. The Luscher-Color-Diagnostic measures a person's psychophysical state, and their ability to withstand stress, to perform, and to communicate. The diagnostic is used to uncover the cause of psychological stress, which can lead to physical symptoms.

Findings suggest that color and light have been utilized by healers since the beginning of recorded time. Color therapy possibly has roots in Ayurveda, an ancient form of Indian medicine practiced for thousands of years. Other historic roots are linked to ancient Egyptian culture and Chinese healing. In Traditional Chinese Medicine (TCM), for example, each organ is associated with a specific color. Ancient Egyptians built solariums (sun rooms) that could be fitted with colored panes of glass. The sun would shine through and flood the patient with color.

Moreover, concrete frequency and color corresponds to each organ. Having the electromagnetic nature the color cooperates with the energetic structures of a human body, strengthening or suppressing their vibrations. Significant changes in energy structure of the person invariably entail changes at a physical level^[2, 3].

HISTORY

Color therapy is possibly rooted in Ayurveda, an ancient form of medicine practiced in India for thousands of years. Other historic roots are attributed to Chinese and ancient Egyptian culture. In traditional Chinese medicine, each organ is associated with a color. Ancient Egyptians built solarium-type rooms, which could be fitted with colored panes of glass. The sun would shine through the glass and flood the patient with color. As late as the nineteenth century, European smallpox victims and their sickrooms were draped with red cloth to draw the disease away from the body.

Avicenna (980-1037), who viewed color to be of vital importance in diagnosis and treatment, made significant contributions to chromotherapy in *The Canon of Medicine*. He wrote that "Color is an observable symptom of disease" and also developed a chart that related color to the temperature and physical condition of the body. His view was that red moved the blood, blue or white cooled it, and yellow reduced muscular pain and inflammation. He further discussed the properties of colors for healing and was "the first to establish that the wrong color suggested for therapy would elicit no response in specific diseases." As an example, "he observed that a person with a nosebleed should not gaze at things of a brilliant red color and should not be exposed to red light because this would stimulate the sanguineous humor, whereas blue would soothe it and reduce blood flow."

HOW DOES COLOR THERAPY WORK?

The method of color therapy is based on the law of resonant colors interaction, conterminous to frequency characteristics of body. There is a resonant interaction of zones of hands and feet (chakras energy points, acupuncture points of meridians and waves surrounding them) to similar frequency of a color source (artificial or natural). The set of frequencies related to musical notes is an example how colors works. If you place two properly tuned guitars in the same room and pluck the A string on one guitar, the A string on the second guitar will also ring. This is because the sound frequency of the A note traveled across the room causing the resonant frequency of the A string on the second guitar to sound. Likewise, the body's organs have their own resonant frequencies related to the charkas and meridians. Hence, we can "tune" our bodies for optimal wellness through color therapy by exposing our chakras and meridians to the specific color needed. The light beam is as language of the organism cells which communicate with each other, and they do so via photons and microwaves. The color scale promotes restoration of the energy balance broken by illness. Different colors give off different wavelength frequencies and these different frequencies have different effects on physical and psychological functions and consequently different disorders.

Colored light can be used directly on the body's health and immuno strength, affecting the body and the emotions. It does not alter the material make up of the body, but rather the vibrational aspect, similar to homeopathy.

The treatment itself involves the application of colored light to the acupuncture points on the skin with an instrument that resembles a simple pen light. It does not use needles or pierce the skin. Rather the color sensitivity of acupuncture receptors on the skin is used to absorb the colored light. Acupuncture meridians then, channel healing information encoded in the light to targeted cells and the brain where it is needed^[4].

Common tools used in Chromotherapy include candles, wands, prisms, colored fabric, gemstones, bath treatments, colored glass or lenses, and colored lights. Therapeutic color can be administered in several ways, but it is often done in combination with aromatherapy and/or hydrotherapy in an attempt to heighten the effects of treatment. Alternative medicine practitioners who use chromotherapy often relate the seven colors of the color spectrum to specific body areas known as chakras. Chakra (which in Sanskrit is spelled Cakra, the "c" being pronounced as a "ch") is a Sanskrit term which means spinning wheel or vortex. Today, the modern usage of the word is "Wheel of Light," although originally it was used to refer to a chariot wheel. As with yoga, the chakras are specific spiritual energy centers at different spots on the human body. The therapeutic actions of the colors correspond to the chakra they represent^[5].

A BRIEF OVERVIEW OF COLORS AND CHAKRAS^[6, 7]

❖ **Red-First Chakra: base of spine**

Red is thought to be linked to the base chakra and the spine, hips and legs. It's thought to stimulate and boost physical energy, strong then willpower, increase circulation, clear congestion and is linked with sexuality. Too much red may over stimulate and possibly promote anger or aggressiveness.

❖ **Orange-Second Chakra: pelvic area**

Orange is thought to encourage joy, socializing and optimism, which is why it's considered useful for depression or sadness. Orange is associated with the sacral chakra and it's believed to benefit the kidneys, urinary tract and the reproductive organs. Too much orange is thought to lead to tiredness, pessimism and confusion.

❖ **Yellow-Third Chakra: solar plexus (just above belly button)**

Yellow is associated with the solar plexus chakra. An imbalance in the solar plexus chakra is thought to promote fear, apprehension, and confusion, lack of determination, introversion or power issues, which this color is believed to balance. Yellow is associated with the intellect and mental processes and is uplifting. The solar plexus chakra is also thought to influence the digestive system. Too much yellow is believed to lead to poor concentration and hyperactivity.

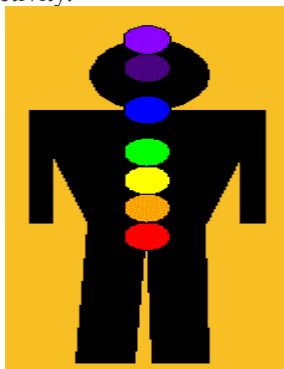


Figure1: Chakras and their corresponding positions in the human body

❖ **Green - Fourth Chakra: heart**

Green is a color that's thought to encourage emotional stability, purity and calmness. It's related to the heart chakra, so it's believed to help with emotional issues, such as love, forgiveness, trust and compassion. An imbalance in the heart chakra is associated with fear of relationships, mistrust, jealousy, isolation and insecurity.

❖ **Blue - Fifth Chakra: throat**

Blue is related to the throat chakra and is said to be connected to the throat and lungs. It's thought to enhance verbal expression and communication, artistic expression and willpower. It's a calming color and is believed to help insomnia, anxiety, throat problems, high blood pressure, migraine and skin irritation.

❖ **Indigo - Sixth Chakra: lower part of forehead**

Indigo is associated with the third eye chakra, located between the eyes, and is related to the eyes and the lower part of the head. It's said to encourage greater intuition and strengthen the lymph system, immune system and help purify and cleanse the body.

❖ **Purple or Violet - Seventh Chakra: top of the head**

Purple, or violet, is associated with the crown chakra, which is at the top of the head. It's thought to encourage spirituality, intuition, wisdom, mastery and mental strength and focus. Too much purple is thought to promote pride and arrogance.

TREATMENT WITH COLOR

- Balancing the chakras. Take 7 clothes of different colors: red, orange, yellow, green, blue, indigo and violet. Put violet cloth on the crown chakra. Place the rest clothes over your body at the appropriate chakra. Relax, and breathe deeply for 5 minutes. The body will absorb these colors and saturate the chakras, in that way the vibrations in your body will be balanced.
- With a deep breathing imagine that you breathe air into every part, every organ of your body.
- This air is transformed then into different frequencies of energy. Inhale slowly through your nostrils and exhale through the mouth. Inhale and exhale to the count of 5. Place the tip of the tongue to the palate of the mouth during breathing. See and feel the air coming in at a certain color. This exercise can be done for 10 minutes in the morning.
- This exercise is used when you feel that some basic color needs stimulating. Water can be infused with the color by placing water in colored glasses and exposing the water for 3 hours to sunlight. The next day drink the water. Water can be also placed in the glass with the colored paper over it and being exposed to the sunlight for 3 hours^[14].

Colortherapy is a prolonged method of stimulation. This method of healing is carried out with the help of:

- ✓ Felt-tip pens,
- ✓ Markers,
- ✓ Color varnishes,
- ✓ Color pencils.

CONCLUSION:

The colored light can be used directly on the body's health and immune strength, affecting the body and the emotions. It does not alter the material make up of the body, but rather the vibrational aspect, similar to homeopathy. The treatment itself involves the application of colored light to the acupuncture points on the skin with an instrument that resembles a simple pen light.

Table 1: Colors and their Benefits/Adverse Effects in Human Health [8, 9, 10, 11, 12, 13].

S.No	COLORS	COLOR ASSOCIATED WITH	BENEFITS	TOO MUCH COLOR MAY RESULT IN
1	Red (Red is hot. It can stimulate and excite. It connects to our physical self)	<ul style="list-style-type: none"> • courage • strength • vitality • vigor • ambition • alertness • sexuality • pioneering spirit • willpower • aggressiveness 	<ul style="list-style-type: none"> • overcoming negative thoughts • a sense of power • self confidence • settled-ness • a feeling of security and safety • appetite stimulant • possible Tourette Syndrome cure 	<ul style="list-style-type: none"> • impatience • increase aggressiveness • hostility • irritation • anger
2	Orange (Orange is warm and joyful. It connects to our emotional self)	<ul style="list-style-type: none"> • sociability • social confidence • success • happiness • resourcefulness 	<ul style="list-style-type: none"> • optimism • cheering • anti-depressant • inspiring • expanded interest and activities • enjoyable relationships • help remove inhibitions 	<ul style="list-style-type: none"> • irritability • slight frustration • increased appetite
3	Yellow (Yellow is warm to hot. It connects to our mental self)	<ul style="list-style-type: none"> • mental clarity • cheerfulness • optimism • self esteem • wisdom • inspiration 	<ul style="list-style-type: none"> • memory • concentration • stimulating curiosity and interest • easing of depression • empowerment • confidence • courage • energy • aids discernment and decision making 	<ul style="list-style-type: none"> • superficiality • hyperactivity
4	Green (Green is the master color. It is refreshing and cool. It connects us to unconditional love)	<ul style="list-style-type: none"> • peace • renewal • love • hope • balance • harmony • self control • growth • life 	<ul style="list-style-type: none"> • stress reduction • rest • calmness • sense of balance and normalcy • relaxation 	<ul style="list-style-type: none"> • laziness
5	Aqua (Turquoise is cooling. It connects us to our expression)	<ul style="list-style-type: none"> • purity • soothing feeling • calmness • confidence • oratory • openness 	<ul style="list-style-type: none"> • relaxation • loving expressiveness • freedom of expression • help with sleep • sensitivity 	<ul style="list-style-type: none"> • none known
6	Blue (Blue is cold and acidic. It connects us to holistic thoughts)	<ul style="list-style-type: none"> • communication • creativity • personal expression • vitality • decisiveness • knowledge • health 	<ul style="list-style-type: none"> • mental relaxation • calmness • peace • help with insomnia • confidence in speaking • clear communication • help with hyperactivity in children 	<ul style="list-style-type: none"> • insecurity • pessimism • feel tired • depressed • cold-natured
7	Indigo (Indigo is cool and calming to the nervous system. It connects us to our unconscious self)	<ul style="list-style-type: none"> • serenity • stillness • imagination • understanding 	<ul style="list-style-type: none"> • imagination • greater intuition and awareness • accurate perception • strong, deep sleep 	<ul style="list-style-type: none"> • depression • sense of separateness from others
8	Violet (Violet is cool. It connects us to our spiritual self)	<ul style="list-style-type: none"> • inspiration • creativity • beauty 	<ul style="list-style-type: none"> • generosity • selflessness • enhanced artistic ability • strong, deep sleep • calm nerves • reduced excitement • reduced irritation • suppress appetite 	<ul style="list-style-type: none"> • depression • insecurity • stagnate or suppress emotions (especially anger)
9	Magenta (Magenta is balancing. It connects us to devotional love)	<ul style="list-style-type: none"> • soothing • relaxing • gentle 	<ul style="list-style-type: none"> • balance of emotions for both the over and under emotional • peace 	<ul style="list-style-type: none"> • can be too relaxing (not good for the introverted or chronically depressed)

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