



## COLOUR THERAPY AS AN ALTERNATE MODERN THERAPY : A REVIEW

**Dr. Pushpanjali Singh**

Dr. Shakuntala Misra National Rehabilitation University,  
Applied Science Department, Lucknow, India.

### ABSTRACT

*Chromotherapy has shown promising results in the treatment of psychological trauma and anxiety disorders, such as phobias and panic attacks. With its relatively easy and quick technical application, this procedure could be an indispensable tool for physicians. However, its mechanism of action is not yet understood completely. Colours influence us differently because they have different wavelengths and frequencies, and these affect different parts of the brain. Colour therapy, which uses colour to cultivate energy in the body, dates back to the ancient civilizations of Egypt, India and China. Even though Western medicine does not formally recognize colour therapy, medical professionals in the West are exploring and using light and colour therapies to treat issues like seasonal affective disorder, depression and sleep disorders. With complementary therapies on the rise, use of colour and light therapies as adjunctive forms of treatment is becoming more common.*

**Key words-** Root Chakras, Colour-therapy, colour charged water, colour bathing, Electromagnetic radiations.

## **Introduction-**

### **Background of Study-**

Chromo-therapy is a therapeutic science which has been used by many races for thousands of years. The ancient Egyptians used specially built solarium rooms with different coloured glasses. The sun would shine through the coloured glass onto the patient to achieve specific therapeutic benefits. Others used different coloured silk clothes to filter varying shades of light onto their bodies. There is also evidence of others using coloured waters and coloured gels to achieve the same results.

These days, many natural therapists are using chromo-therapy on their patients in interesting ways. They report success in recovery of stroke victims, and in others who have chronic depression. In the United States, chromo-therapy is being recognised as a complimentary system to other therapies and treatments.

One interesting announcement made by CNN recently discusses application of blue light to the backs of the knees to adjust the body clock, thus overcoming jet lag, and the problems associated with shift work.

### **CHAKRAS associated with Colour-**

#### **The Chakras**

Working with the chakras can be a useful approach to cultivating energy through the use of colour (Andrews 1995). *Chakra* is a Sanskrit word meaning "wheel" or "disk," and the seven chakras, located along the central axis of the body, represent its seven major energy centers. Recognized by ancient civilizations for thousands of years, these centers correlate to the major nerve ganglia branching out from the spine. The chakras are also said to correlate to levels of consciousness and bodily functions, among other things. And associated with each chakra is a colour, based on the concept that the energy vibrating through each center has a different wavelength or quality of light. Colour therapy involves working with colour in each of the chakras to help balance energy and maintain health and well-being.

#### **Red: The Root Chakra**

Red is a symbol of life, strength, courage, passion, love and earth. Warmer than other colours, it is stimulating and can be thought of as a tonic. Bright orange-red is more

stimulating than blue-red. Red is said to increase circulation and therefore to raise blood pressure, pulse rate, overall energy and physical temperature.

The colour red is associated with the root chakra. This chakra is located at the base of the spine and is related to our connection with the earth. Working with the root chakra and the colour red can help ground the body, connecting us to our sense of security, stability and safety.

### **Orange: The Sacral Chakra**

Orange, a combination of red and yellow, is said to be more balancing than red and good for sustaining warmth. It is thought to enhance creativity, vitality and sensuality; stimulate socializing; and create opportunity. Visualizing orange may help alleviate depression; stimulate joy and happiness; and enhance receptivity to pleasure.

The colour orange is associated with the sacral chakra, located 2-3 inches below the navel. This chakra is related to the reproductive system, kidneys and adrenals; also with sensuality, sexuality and pleasure. Working with the sacral chakra and the colour orange can help us create a healthy balance between body and mind.

### **Yellow: The Solar Plexus Chakra**

Yellow is a bright, empowering colour that brings light and growth to our life. It is a symbol of universal love. Yellow helps with self-definition and is a good colour to visualize when engaging in physical activities.

The colour yellow is associated with the solar plexus chakra, located between the navel and the lower end of the sternum. The solar plexus can be imagined as our own personal sun. The healing properties of this chakra are connected with the pancreas, liver, digestive system and gallbladder and with our ability to absorb nutrition. Working with the solar plexus chakra and the colour yellow is said to encourage positive, empowered thinking and link us to our creativity, well-being, pleasure and abundance.

### **Green: The Heart Chakra**

Green is a healing colour. Soothing to the body, mind and spirit, it is the most relaxing colour for our brain to interpret. Green links us to our love for the earth and to new growth.

Combining the coolness of blue with the vibrancy of yellow, green is thought to be the most balancing of all colours. Learning to breathe in the colour green may enhance meditation and healing.

The colour green is associated with the heart chakra, which is also connected to our lungs and to the thymus gland, which is vitally important to our immune system. Working with the heart chakra and the colour green can balance our energy and our nervous system; help our minds focus; connect us to compassion, regeneration and empowerment; and lift our mood.

### **Blue: The Throat Chakra**

Blue represents truth. Cooling to both body and mind, blue provides a spacious, expansive energy that helps with relaxation. Blue symbolizes thoughtful, meaningful love originating from a deep spiritual relationship to oneself. It is also a good healing colour for children and an excellent interior home colour that can be used to enhance and quiet the mind.

The colour blue is associated with the throat chakra, which acts as a channel connecting the heart and the mind. This chakra is associated with the thyroid and the parathyroid glands, which aid in regulating metabolism. Working with the throat chakra and the colour blue can help us express ourselves peacefully and truthfully, freeing the voice to be an instrument of healing (in words or song).

### **Indigo: The Third-Eye Chakra**

The royal colour indigo signifies spirituality and higher consciousness. You can see this deep colour used in churches and temples all over the world. Originating from the deeper hues of blue, indigo has a sedative affect, and too much of it can be depressing.

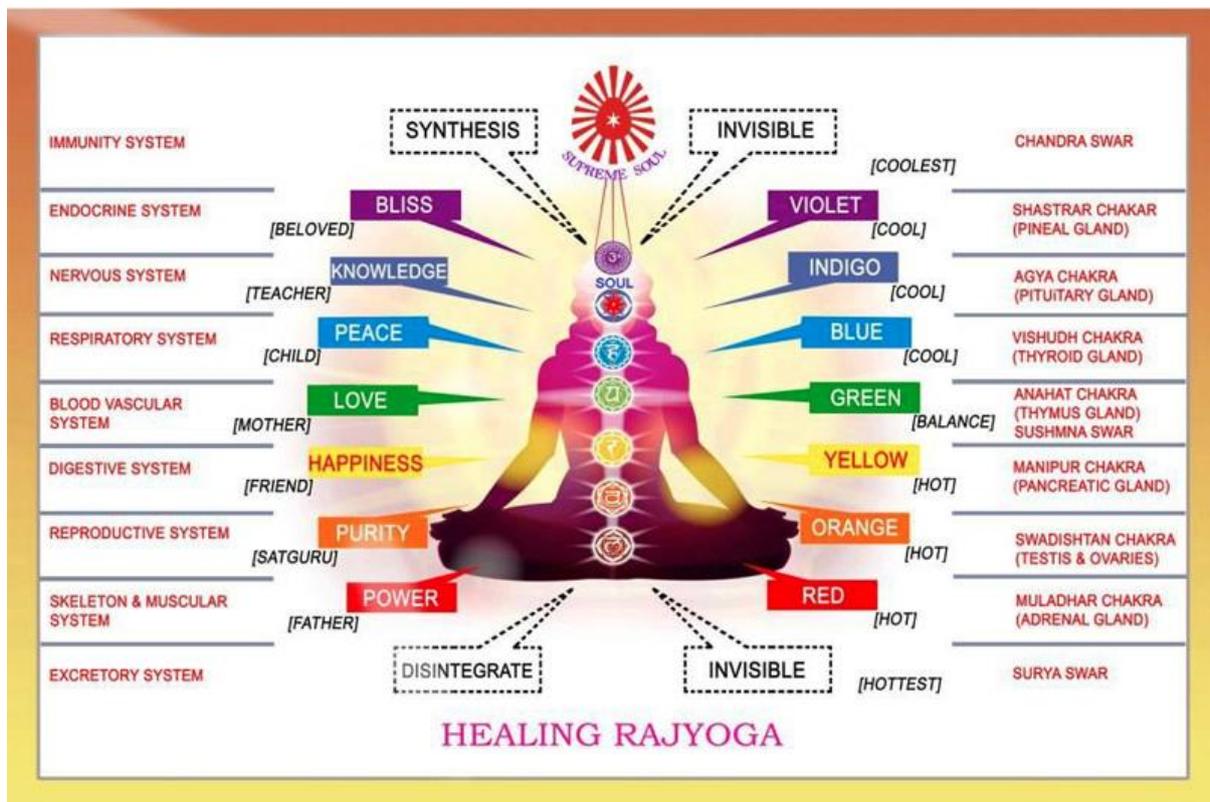
The colour indigo is associated with the third-eye chakra, our seat of intuition and wisdom, located between the eyebrows. Meditation can be an excellent way to develop the third-eye's ability to "see within." This chakra is also associated with the pituitary gland, the body's master gland, and with the pineal gland, which is linked to our cycles of sleeping and waking. Working with the third-eye chakra and the colour indigo can help us develop self-esteem, inner peace, discernment, intuition, wisdom, clarity and happiness.

### **Violet: The Crown Chakra**

Violet is the colour of transformation. A calming colour, it can help slow down nervous energy, creating deep relaxation. Violet can also be intentionally used to raise low self-esteem.

The colour violet is associated with the crown chakra, located at the top of the head. This chakra is related to the pineal gland in the brain. This gland is sensitive to light and produces neuro-hormones like melatonin that help regulate our sleep cycles. The crown chakra also bridges the right and left hemispheres of the brain. Working with the crown chakra and the

colour violet can stimulate dream activity, clarify our thinking and help us connect to our higher spiritual self.



### General Introduction-

Chromo therapy literally means curative treatment by means of colours. It is the one of the alternative medicine based on seven colours (VIBGYOR) of solar system. Spectro-chrome therapy is best used as supportive therapy along with other natural methods such as proper diet, adequate rest and relaxation , exercise, yoga and so on.

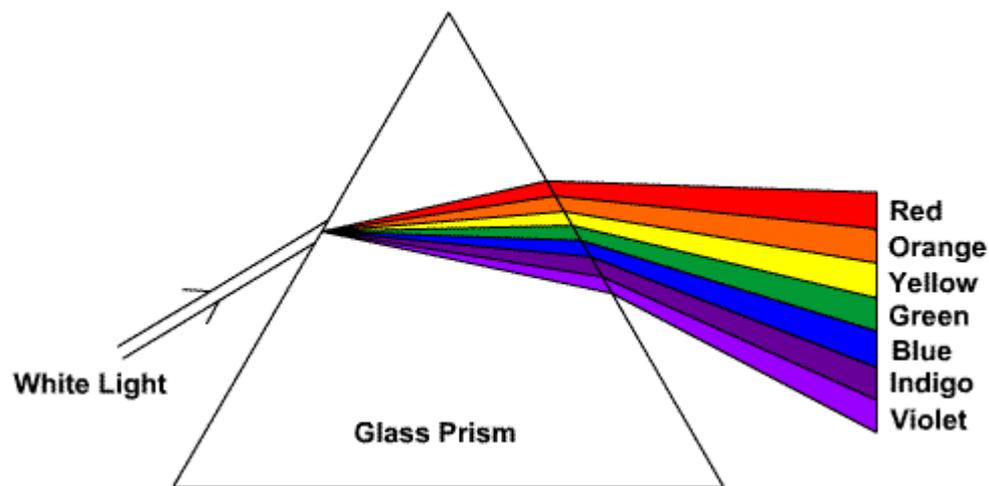
It is the science of using colours to adjust body vibrations to frequencies that result in health & harmony. Human need the sun's light, which is broken into seven distinct rays, to live. If there is an imbalance in these colours within our bodies, it can manifest itself in mental or physical distress.

Each colours possesses frequencies of a specific vibration, and each vibration is related to different physical symptoms. Chromo-therapy works on various energy points to help your body re-establish its natural balance. It accomplishes this via the full spectrum of visible light, each colours of which addresses a separate bodily need.

It has been known from ancient time that colour plays a major role in setting up a particular mood or state of mind. Colour does affect one's feelings, moods, and emotions.

Colour and light therapy is practiced in India since ancient time but popularizes among the common people. Now a days mankind is increasingly turning to traditional and alternative system of medicine which are free from side effect.[1]

Colours are certain wavelengths of electro-magnetic energy seen through our eyes. The colour we see is the part of the visible spectrum that is reflected back by a certain object.



Ayurvedic medicine correlates seven colours of the system with seven specific areas located along the spine of in the human body known as “CHAKRAS” . These Chakras are the spiritual energy centres of the body. “Chakras” literally means wheel in Sanskrit.[2]

According to this explanation, If these colours become imbalanced, leads to physical disorders , but these imbalances can be corrected by using appropriate colour as treatment. The pure white light of the sun is best for ordinary use especially for well persons but under certain conditions various colours are more effective.

Before examining colour and its healing implications, we must address a very important concept: that of cause and effect. True healing comes about when the cause of the condition or illness is addressed and transformed. If healing goes no further than a mere relief or masking of the symptoms, then, eventually, that which brought about the need for healing, in the first place, will resurface and manifest itself within the body in one form or another.

Body is an outward expression of that which is taking place within the mind, the soul (subconscious) and the spirit (superconscious) of the individual. Thus, any healing technique which deals only with the physical body and the energy field of the individual tends to accomplish one thing: it jump starts the individual, so to speak, and gives him or her an added boost of energy. That energy boost then allows that person's own internal healing mechanism to become mobilized into greater activity.

Keeping this in mind, let us look at how colour can help jump-start the tired or diseased body. Colour healing, known as Chromo-therapy, can be implemented in a number of ways. The ancients built great halls of colour healing, where individuals entered and were bathed in light that was filtered through various coloured glass panels or windows.

Energy (spiritual) healers often supplement their healing work with colour healing. As they lay their hands on the patient, they mentally direct specific colour rays into the patient's aura and body. Oftentimes, the colour used is inspired by the superconscious.

In healing colours act as balancers: we administer the colours, someone needs more of, or we give the opposite of the colour someone has too much of.

**Hypothesis** -“Light is electromagnetic radiation, which is the fluctuation of electric and magnetic fields in nature. More simply, light is energy, and the phenomenon of colour is a product of the interaction of energy and matter.” Each colour is made of a specific frequency or wavelength and carries an amount of energy that is perceived by the eye as colourful tones and shades. Note that the human eye is only able to detect electromagnetic radiations at the wavelengths about 380to 800 nm.

Colour is simply a form of visible light, a form of electromagnetic energy. All the primary colours reflected in the rainbow carry their own unique healing properties. The sun alone is a wonderful healer! Just imagine what life would be like without sunshine. It has been proven that lack of sunlight contributes to depression in some people.

A therapist trained in colour therapy applies light and colour in the form of tools, visualization, or verbal suggestion to balance energy in the areas of our bodies that are lacking vibrancy — be it physical, emotional, spiritual, or mental.

### **Methodology of Colour-therapy-**

The key to understanding how colour therapy works lies in understanding that is a vibrational healing and that colour is related to light, energy, and vibrational frequency. Each organ and type of tissue in our body vibrates at a frequency that is characteristic to it. There's dysfunction or "dis-ease" when there's a deviation from the normal vibrational frequency. That's when healing with colours therapy comes in by supporting the restoration of the appropriate vibrational level.

According to M. Hassan, "all organs and limbs of the body have their own distinct colour. All organs, cells and atoms exist as energy, and each form has its frequency or vibrational energy. Each of our organs and energy centres vibrates and harmonizes with the frequencies of these colours." A fundamental principle lies in the fact that colours and colour light are perceived through the eyes and skin, and stimulate the internal functioning of our body.

### **Clinical Appliances of chromotherapy-**

Chromo-therapy consist of expose to colour light or to specific wavelength of light using lasers, light emitting diodes or very bright full spectrum light, usually controlled with various devices. They may be automated as well. In using colours, it has been found for best results.

### **Colour lamp-**

Any slide projector can be used as an excellent colour vibration lamp. It can be focused, does not give out undue heat, coloured plastic can be mounted in the slide carriers between glass and most of these projectors have an effective cooling system. Some of the more recent ones even have remote control to enable you to set up your colours first and then push the button when you want to change the colour a luxury, which though not necessary, is very helpful.

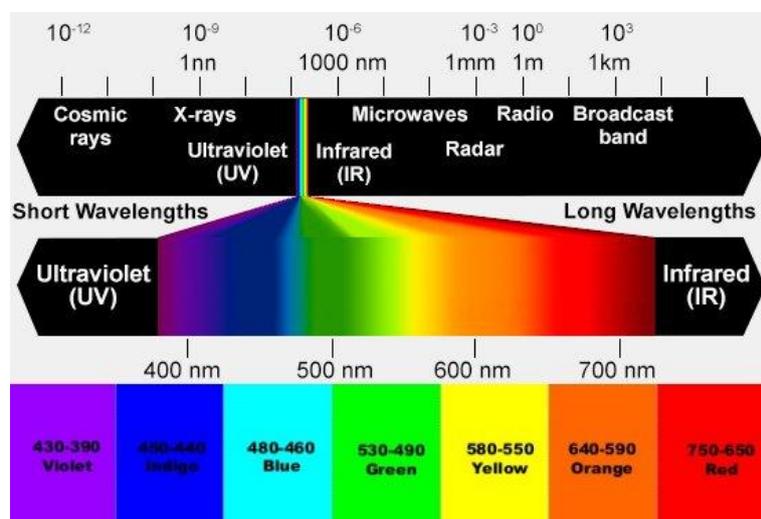
You should use a lamp between 230 and 500 watts, but never over 500 watts. If your apparatus is a powerful slide projector you will not be able to look at this to take the colour through the eyes, but in this case, of course, you can project the colour most effectively on to a screen, which is probably the best way of doing it anyway.

**Colour charge water-** In addition to sun bathing under coloured glass. It is very beneficial to use water which has been exposed to colour rays. Charged coloured water is to be taken either internally or use for fomenting or bathing. To prepare this water take clean glass bottles free from any tint a 6 ounce bottle is good size. Fill the bottle with water and place them on the

windows. Behind sheets of desired coloured screens. The bottles may be of desired coloured glass. Only transparent glass colours may be used for this purpose. Place the filled bottles in the sun for one hour upward as required.

**Colour Bathing**- We have talked about the charging of solids and liquids by solar forces. But gases such as atmosphere may also be colour charged and in this way the lungs can be reached. The required coloured colour glass bottles tightly corked will become solarized by standing it for few moments in the sun and if inhaled as soon as the corked is draw, will prove animating to bronchi and lungs.

### **Color Spectrum Wavelengths**



**Perspective of colour therapy**-For new researchers, Klotsche[3] discussed some important points about colour therapy as he has perform this technique and found it to be a complete therapeutic system for 123 major illnesses. He used single colours and also combinations of two or more colours for therapy and different techniques, namely, direct exposure and hydro-chromopathy. He correlated the concepts of colour healing with Einstein's mass–energy relationship, which has been found quite accurate in terms of the concept of an energy field around the human body. His work seems to be an extension of Ghadiali's concept,[4]but it proved to be more accurate. He emphasized thatcolour therapy is safe, simple, economical and highly effective—but still his work lacks scientific proof on hydro-chromopathy, which according to him was the best means of toxin elimination. We find no scientific calculations in his study; no spectroscopy has been conducted in this context.

Mester conducted experiments to determine the function of light in animal and human cells. The work of Mester resembles that of Azeemi and gives a clear picture of the effects of colors on the human body, whether applied directly to the skin or absorbed in such materials as water, oil and milk and then given to the patient. This could affect patients with hereditary diseases such as hypertension, thalassemia and diabetes. This work needs more research and a series of experiments should be carried out with certain biophysical applications. Azeemi discussed in detail the causes of diseases and suggested appropriate colors, which are very easy to understand and to use. He discussed in detail different methods of chromotherapy but emphasized hydro-chromopathy. The complete methodology of chromotherapy as described by him is extremely useful and effective; undoubtedly, a new area of research has evolved with the publication of his book.

Hassan also adopted the methodology presented by Azeemi.[5] His work is remarkable in the sense that he compiled all the concepts of colour therapy established so far. Chromo-therapists of the past emphasized one thing and left others unattended. Some have emphasized direct exposure of the affected and diseased area to light. Some have talked about the materials, and others have emphasized only watching color. It is evident that all these methods focused only on the material aspect of chromotherapy, but Hassan produced a detailed study covering different aspects of chromotherapy, including the material aspect of healing as well as the electromagnetic transfer of color characteristics. Hassan [6] measured the production of a 32 su (sparkle units) charge in chromotized water due to the absorption of rays, but any theoretical explanation is missing. This was the first time in the history of chromotherapy that this kind of work had been done, but surprisingly Hassan did not proceed further to the spectroscopy of charged water. He also related seven musical tones to seven vibrational states and seven vitamins. He compared chromotherapy with all other therapeutic systems developed so far, with an in-depth explanation of the complete doctrine of chromotherapy (vibrational healing). He states: 'Every therapeutic system has its own doctrine or to say own point of view about the reasons and causes of diseases.

According to the theory of chromalux-

*An electric charge is produced due to the influence of the vibrations of cosmic and colourful rays upon the brain cells. This electric charge takes the form of a current emitted where various cells collide with another. This collision results in formation of incalculable colourful vibrations, which can be termed as thought.*

*The cervical vertebrae is the main passage for the current that starts from the brain; if this bone fractures, the flow of current suffers a set back resulting in damage of the brain tissues [6].*

### **Mystical View of Colour therapy-**

Hassan has connected the human body to the electromagnetic energy that electromagnetic radiation glows surrounding every creature. In his view, this body or energy glow is responsible for keeping our body healthy. The same fact is described by Azeemi in his book *Color Therapy* thus: ‘It is a wrong concept that our physical body is itself everything, but instead the electromagnetic glow (aura) around the body gives us the energy and transfers health or diseases to the physical body[5].

These concepts received support from Russian scientists who worked in collaboration with an Indian researcher, Shah, using Kirlian technology. They took pictures of the electromagnetic energy glow around the human body and discovered that actual disease appears first in the aura and is then transferred to our physical body and can be detected 6–8 months prior to appearance in our physical body. Thus, they have established the fact that chromotherapy can be a preventive treatment [7]. In support of this theory, Thelma Moss [8]noted: ‘All seemingly solid objects in our world including our bodies are made up of the electromagnetic energy, the more dense the energy the more solid the object is.’ This fact also demonstrates an idea of Einstein's quoted by Shah in his article ‘Divine healing’, that

*if we are the objects with mass “m” and we expose ourselves to a very powerful and high intensity electromagnetic field, and then we will gradually be transformed from matter into energy. In the form of energy, if we obtain a superior level of consciousness then we will be able to direct the flow of energy and we will not be restricted by the limited dimensions of space-time. Therefore in this condition we can surpass the boundary of time to return back into the past or to travel in the future. In addition to the fact that we are an energy source that possesses conscious wisdom, we have the capability to transform ourselves back to the physical form [9].*

After Einstein's statement, a new door could be opened to justify the electromagnetic body around the physical body, as posited by Klotsche in *Colour Medicine* and that only Einstein could demonstrate to the materialistic or mechanized Newton-bound world of the West

through his mathematical energy formula  $E = mc^2$ . According to Einstein energy and matter are interconvertible. Klotsche explains this phenomenon thus:

*We know that the vibratory rate of a substance determines its density or its forms as matter. When we recognize the vibratory patterns in the universe, i.e. the energy ranges or fields found on the cosmic electromagnetic scale, we will then be able to open the doors to the tremendous healing powers found in the subtle energy octaves of the cosmos. The visible light spectrum with its beneficial frequencies for the human body provides the preventing tool for healing. Colour Medicine is truly, the medicine of the future .*

Chromotherapy provides colours to the electromagnetic body or the aura (energy field) around the body, which in turn transfers energy to the physical body. This makes chromotherapy the most effective among various therapies.

When we speak of colour, we mean energy waves. Every colour, each with its own frequency, is a form of energy. Patterson of Stellar Research Corporation explains that ‘light is the closest thing to pure energy that we can identify. Colour as pure vibrational energy is the rational therapy for maintaining health and overcoming disease[10].When applied to the human body, light will provide all deficient energies since every colour is associated with a quantity of energy. A concept from physics confirms the idea of chromotherapists that ‘colours provide energies’. There were no contradictions among any of the theories about chromotherapy presented, but still there are some areas of study which were not focused on in the past, including the study of the electromagnetic radiation glow around the human body and its quantization.

Colours have a profound effect on us at all levels—physical, mental and emotional. If our energy levels are blocked or depleted, then our body cannot function properly, and this in turn can lead to a variety of problems at different levels [11]. This concept is also supported by Klotsche, who stated:

*These interrelating systems of subtle forces recharge or rechannel energy into diseased areas where it is blocked or deficient, for disease is nothing more than a restriction of energy flow. As we know energy or vibrational flow along the path of least resistance and through the extra energy associate with the use of vibrational healing, the appropriate energies seek out the needed areas, freeing blocked energy where it is most required. The interaction between the dense physical energy of the body and the subtle energy, which controls many of the body*

*functions or activities, is the key to understanding relationship between energy and matter [3].*

Qalander explained unrevealed facts about the human body and its energy glow in his work [12]. This idea has also been used by Shah and Russian medical staff for treating patients. This discovery led to a new area of research; unfortunately, scientists even today have not yet explored the relationship between the basic science of electromagnetic energy around the body (aura) and chromotherapy. Orthodox medicine and science give their own explanations of how light works. These explanations are based on strictly physical functions and ignore the bioelectric energy field, which has been demonstrated or photographed with Kirlian devices [3]. That electromagnetic energy can be moved through our auras into the physical body by light frequencies, using color medicine, can also be explained thus: ‘All living things are moist; the moisture is transferred from the subject to the emulsion to the electric charge pattern on the films, causing a Kirlian image to appear’ [8]. This undoubtedly helps us understand how disease is cured according to the doctrine of chromotherapy, but the area that should be emphasized is the quantum state of electromagnetic radiance around every living body.

### **Conclusions-**

The Earth, our continents, oceans, in fact every living thing depends on light to be able to exist. Recent scientific evidence suggests that light is in fact emitted by every cell in our bodies. We live in a sea of energy where colour is working within us. It shines within our divine self, and radiates upon us from the sun. Research and observation has shown us that specific colours bring balance to our physical and emotional systems. Chromo-therapy can easily be used as an alternative to Chinese acupuncture, achieving the same results in unblocking meridians without the discomfort of needles used in acupuncture.

Babbitt, Ghadiali and Azeemi revolutionized the development of chromotherapy. Their ideas were carried out by other researchers. No controversies were found among the theories presented, in research work conducted in any area of the world.

As per my postulation, colour is a quantum state of matter. There are other quantum states such as charm, beauty, flavor, tenderness, etc. These quantum states are linked with each other via ‘gluons’ and form intermediary energy fields known as ‘quarks’ The medium used in chromo-therapy has never been explored in depth; for example, water, the main

medium used in chromo-therapy, has never been studied quantitatively in any of the research conducted in the context of chromo-therapy. It seems that literature exhibits a grievous lack of scientific work pertaining to quantum physical states and optical mathematics. Similarly no proofs available on the basis of scientific calculations of chromotized water. I found no study of quantum states and the electromagnetic glow around the human body. Conductivity measurements of the chromotized water used in hydro-chromopathy have not been emphasized by any researcher. Chromotherapy as a system of treatment can benefit people because of its harmony with nature. Everything that exists in this world is a combination of different colors. In every creation of God, one color or another is dominant; as stated by Azeemi:

*By using clay, a clay pot is repaired and piece of cloth mends a doll made of cloth, the plastic is used to repair the articles of plastic, then why light and colours cannot be used for the human health care which is the origin of man's creation. The holy scriptures say that existence of man is based upon various types of lights and colours. Then why a human being cannot be treated with colours [5].*

*Walker once said:*

*You realize you are part of the hologram of life, surrounded by an aura or energy field that radiates distinct colour and vibrations. The aura fingertips your soul and reflects your goodness, wellness, mental stability, maturity, emotional/inner turmoil or peaceful fulfilment. More of each of these qualities, peace, wellness, stability, maturity and fulfilment may become your ever present precious possession by the application of colour's power in our daily living[13].*

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