

Chromotherapy- Nature Based Therapy System for Mankind

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Abstract - Chromotherapy is a century old concept used successfully over the years to cure various diseases. It is a method of treatment that uses visible spectrum of electromagnetic radiation to cure diseases. It is a complete science which involves biophysics, medicine and psychology. Chromotherapy is an attractive, non-invasive, cost effective, complementary and alternative treatment option with negligible negative effects.

Keywords: Chromotherapy, Colour Chakra, Electromagnetic Radiation.

Introduction - The concept of chromotherapy has successfully used through the centuries to cure many diseases. Chromotherapy deals with human body not as a collection of chemical parts, but as a complete system operating in harmony with the electromagnetic and energy system of the universe. According to the principle of chromotherapy, the human is basically composed of colours, and light has an impact on energy creatures health condition. Colours stimulate various part of the body, and they are responsible for the correct functioning of different systems in the body. Our organs, cells and atoms are existed as energy and each of them has an energetic level at which the organ vibrates or functions best. Colour has been one of the multifaceted means of human development interwoven in the social structure. Which practically, psychologically and physiologically reveal the beauty and benefits of nature.

Nature has undisputable effect on body physiology. Colours have potential to cause a dominant effect on our sensations and senses. Chromotherapy is a method of treatment that uses the visible spectrum of electromagnetic radiations (wavelength 7700-3900AU) and invisible spectra (Infrared and UV) to cure diseases. There are specific sites in the body which absorbs colour of varying wavelength and produce effect. When the ratio of the required colours in the body imbalances, it gives rise to the various ailments and when the colours are balanced diseases are easily cured. Each colour generates electrical impulses and field of energy that serves as activators of biochemical and harmonal processes, so the dysfunction of body organ can be treated by chromotherapy. There is specific colours for each organ that affects the human body by producing physiological and psychological effects. Chromotherapy is the best used as supportive therapy along with other natural

method of prevention as correct diet, relaxation, yoga, exercise etc.

The present study deals with the use of chromotherapy a very old traditional concept of curing the diseases. Scientific proven it is the best therapy, which is cost effective without any negative effects and beneficial for our society and mankind.

Mechanism of colour action: 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. The 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 thoughts. He elaborated the techniques of choosing the right colour for specific diseases and explained the theory of the basic colours used for therapy and the combinations of different shades.

Colour chakra: There is an ancient faith in the healing power of colours. Colour is used as a treatment tool. Within human body there are energy centers, these work as chakras for healing purpose. These energy centers are formed by seven chakras. Each chakra gets along with one of the spectral colours. Proper balance of energy is restored through colour therapy.

The seven chakras are as:

1. Vertex chakra (violet) stand for wisdom and spiritual energy. It influences the pituitary gland.
2. Forehead chakra (indigo) stand for intuition and influences the pineal gland.
3. Larynx chakra (blue) stand for religious inspiration, creativity, language and communication. It influences the thyroid gland.
4. Heart chakra (green-pink) stands for love harmony and sympathy. It influences the heart and the thymus gland.

5. Solar plexus chakra (yellow) stands for knowledge, intellect. It influences the adrenal body.
6. Spleen chakra (orange) stands for energy. It influences the spleen and pancreas.
7. Basis chakra (red) stands for life. It influences the reproductive system.

In other literature the seven chakra also named as root chakra, spleen chakra, solar plexus, heart chakra, throat chakra, brow chakra and crown chakra. These energy chakra must be balanced if any chakra of a person thought to be out of balance or weak, the patient is believed to be unhealthy. Many types of toxins, negative thoughts, dietary chemicals, environmental factor may aggravate the chakra imbalance. Chromotherapy is a technique that restores the synchronization of these energy centers by application of healing colours to the body.

Application of various colours: The ways to administer colour therapy are practitioner assisted colour therapy which involve colour reflection reading and illumination therapy. Self help colour therapy involves coloured body wraps, eating coloured wraps, eating coloured foods, drinking coloured water, colour meditation, colour visualization, colour breathing, coloured oils and coloured clothing.

Experts recommended two techniques of colour therapy.

1. **Through sight** – looking at a particular colour can elicit the desire response in the body.
2. **By reflection**- Experts reflect specific colours on a body parts to benefit the recipient.

Colour therapists use warm colours for stimulating effects and cool colours for calming effects. The types of colour therapy include:-

1. **Red**- Powerful colour that increases energy by stimulating lymphatic system.
2. **Orange**- This colour is associated with one's mind body concentration.
3. **Yellow**- Associated with happiness, because of the warmth that it brings. When a person is exposed to yellow, they feel safe, when they are safe, they are happy.
4. **Green**- Natural colour and associated with vegetation. Thoughts of nature can help a person feel calmer and more relaxed.
5. **Blue**- Blue light with shorter wavelength increases sense of alertness. This colour light is used to help a person feel more focused.

Chromotherapy is considered as a type of alternative medicine treatment. It helps in- Stress, Depression, aggression, High blood pressure, Sleep disorders, Anxiety and skin infections. Certain colours like blue and green are thought to have soothing effects on stressed people. Warm

and stimulating colours can boost appetite. Colours like red and yellow are believed to boost energy and make more motivated. Bright light therapy is shown to be beneficial for mood disorder, which is common during colour weather due to lack of sunlight.

Table: Colours and effects:

Colour	Effects	Used for
Red	Builds bone and blood. Energizes five senses. Excretion of toxin from body.	Darius and Dinshah, Paralysis, Anemia, Constipation, Breathing problem, Brain activity.
Orange	Nerves support, lungs, builds bone	Rickets, Cramps, Digestive problems, Osteoporosis.
Yellow	Improves immune system, Muscles, energies, Lymphatic system stimulation.	Allergies, osteoporosis, Joint pain, diabetes, Liver problem, Depression, Memory
Green	Circulation, Rebuilding of tissue and muscles, Antimicrobes	Ulcer, Malaria, Typhoid, Anxiety, Nervousness.
Blue	Anti-itching, reduces fever	Fever, Sore throats, Gums, Hair fall.
Indigo	Toner, Stops bleeding	Lungs, Chest problems, Skin problem, Immunity problems.
Violet	Support spleen, Immune system	Eye, Ear problems headache.

Chromotherapy as a system of treatment can benefit people because of its harmony with nature. The green leaves and grass can positively relax us and keep us happy and motivated, so go natural.

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