



REVIEW ON CHROMOTHERAPY & ITS SIGNIFICANCE IN AYURVEDA

Kamath Nagaraj¹ Patel Yashesh² Lal Sarika³

¹Associate Professor, Department of Kriya Shareera, Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Hassan. ²HOD & Associate Professor, Shri RMD Ayurveda College & Hospital, Vaghaldhara, Valsad.

³Assistant Professor, Department of Agada Tantra, Rajashekaraiah Institute of Ayurveda Medical Sciences & Hospital.

Article DOI: <https://doi.org/10.36713/epra21338>

DOI No: 10.36713/epra21338

ABSTRACT

Chromotherapy is a method of treatment that uses wavelengths in the visible region for curing different diseases and medical conditions. It is one of the oldest therapeutic systems and has been used by the ancient civilizations of India, Egypt and China for the treatment of a number of diseases that include psoriasis, rickets and skin cancer. Treatment modalities utilizing wavelengths in the visible region have been proven to produce biological effects in molecules, living cells and tissues. Wavelengths in the visible region have been demonstrated to be an effective therapy in a number of medical conditions including Dengue Fever, Insomnia, Diabetes, Psychiatric Illnesses, Hypertension, Seasonal Affective Disorder (SAD), Immunity, Hyperacidity, Cutaneous wound healing, Chronic joint disorders and Inflammation. Chromotherapy has been purported to provide several benefits ranging from physical to mental, including: Stress relief: Certain colors like blue and green are thought to have soothing effects on people who are stressed or anxious. Boost appetite: Warm and stimulating colors are thought to boost appetite. Seasonal affective disorder: People mainly suffer from seasonal affective disorder during colder weather because of the lack of sunlight. Certain types of bright light therapy have been shown to be of benefit for this mood disorder. Color therapy also suggests that warm colors like yellow and orange could also help with this. To boost energy: Colors such as red and yellow are believed to boost energy and keeps motivated.

KEYWORDS: Chromo, Therapy, Color, Ayurveda

INTRODUCTION

Chromotherapy is a method of treatment that uses wavelengths in the visible region for curing different diseases and medical conditions. It is one of the oldest therapeutic systems and has been used by the ancient civilizations of India, Egypt and China for the treatment of a number of diseases that include psoriasis, rickets and skin cancer. Chromotherapy is closely related to light therapy/ photo therapy and Photobiomodulation Therapy/ Low Level Laser Therapy (LLLT). Phototherapy uses polychromatic light and its modern beginnings can be traced to the introduction of an artificial radiation source for healing by a Danish scientist, Niels Ryberg Finsen, who was awarded the Nobel Prize in Medicine for his work on treatment of diseases including lupus vulgaris, tuberculosis and small pox using wavelengths in the visible region. Low Level Laser Therapy (LLLT)/ Photobiomodulation utilizes near red and infra-red light for healing and regeneration of tissues. Chromotherapy differs from these two therapies in that it strictly utilizes wavelengths in the visible region, namely colours, and hence this methodology is termed as chromotherapy.^[1]

Treatment modalities utilizing wavelengths in the visible region have been proven to produce biological effects in molecules, living cells and tissues. Wavelengths in the visible region have been demonstrated to be an effective therapy in a number of

medical conditions including Dengue Fever, Insomnia, Diabetes, Psychiatric Illnesses, Hypertension, Seasonal Affective Disorder (SAD), Immunity, Hyperacidity, Cutaneous wound healing, Chronic joint disorders and Inflammation. Phototherapy and LLLT have been used as complementary and alternative therapies whose mechanisms of action on biological samples are increasingly being understood quantitatively. In the past decade, there has been a renewed interest in the study of cellular and molecular interaction of visible range and near-infrared (NIR) electromagnetic radiation. Photobiomodulation, the mechanistic basis of such interaction, has been explained mostly in terms of light-mitochondria interaction involving the primary photo acceptor cytochrome c oxidase and the associated effects on biological samples. The dependence of a number of diseases on mitochondrial functions has implied that light-induced changes to mitochondria may be the underlying mechanism of the therapeutic effects of light. Monochromatic and narrow band light (600–750 nm) has been used for the non-thermal treatment of biological targets. Some of the discovered beneficial effects of light therapy include stimulatory effects on DNA/RNA synthesis and on neuronal growth cutaneous wound healing, treating chronic joint disorders and reduction in inflammation.¹⁸ The explanation of mechanisms of such therapeutic effects of visible light has been deemed important due to the increasing use of



visible range radiation in diseases and medical conditions and its use in clinical practice for more than 40 years.^[2]

Chromotherapy is a narrow band in the cosmic electromagnetic energy spectrum, known to humankind as the visible color spectrum. It is composed of reds, greens, blues and their combined derivatives, producing the perceivable colors that fall between the ultraviolet and the infrared ranges of energy or vibrations. These visual colors with their unique wavelength and oscillations, when combined with a light source and selectively applied to impaired organs or life systems, provide the necessary healing energy required by the body. Light affects both the physical and etheric bodies. Colors generate electrical impulses and magnetic currents or fields of energy that are prime activators of the biochemical and hormonal processes in the human body, the stimulants or sedatives necessary to balance the entire system and its organs.^[3]

Ancient observation chromotherapy is a centuries-old concept. The history of color medicine is as old as that of any other medicine. Phototherapy (light therapy) was practiced in ancient Egypt, Greece, China and India. The Egyptians utilized sunlight as well as color for healing. Color has been investigated as medicine since 2000 BC. People of that era were certainly unaware of the scientific facts of colors as medicine, but they certainly had faith in healing with colors. They used primary colors (i.e. red, blue and yellow) for healing as they were unaware of the mixing up of two colors. The science seems to have been silent at those times. 19th Century Ideas and Practices Pleasanton (1876) used only blue and stated that blue was the first remedy in case of injuries, burns or aches. He reported his findings on the effects of color in plants, animals and humans. He claimed that 'the quality yield and the size of grapes could significantly increase if they were grown in a greenhouse made with alternating blue and transparent panes of glass'. He also cured certain diseases and increased fertility as well as the rate of physical maturation in animals by exposing them to blue light. The same methodology employing the color blue was adopted by Hassan (1999), who found it to be very useful as a first-line treatment for injuries as well as for burns. Since, Pleasanton's work lacked scientific proof and evidence, no established rules were presented before the scientific societies, leading to a great gap between his work and the development of color/vibrational healing on scientific grounds. If work could be carried out even now on his great ideas, especially in agricultural development and in animals, researchers could make new discoveries.^[4]

Understanding Chakra and Color Ray Frequency In 1951 Takkata discovered that 'Colour Ray Frequency changes in atmosphere arising from the sunspots really affect the flocculation index of human blood albumin resulting in changes of menstrual cycles'. Takkata came up with experimental results on direct exposure to sunlight. He did not mention anything about material aids for providing a color deficient to the human body. Ott described Takkata's experiment in Part III of his series Colour and Light: Their Effect on Plants, Animals and People, published in 1987,

and described how color rays from sunspots would alter a person's flocculation index. He further explained that there are different methods of applying colored light. It can be received through the skin or the eyes, which, in turn, has been found to stimulate the internal glands. Ott's work seems to be a continuation of Takkata's efforts; both have worked on the effects of light on blood, but Ott also described the different methods of chromotherapy. It is not clear in his work what parameters he has adopted to verify the effect of sunlight on skin. The same effect was also described in Babbitt's work, which is more informative and explanatory. It is very interesting that no chromopath has contradicted another's specific color treatment suggested for a specific disease. Ott also emphasized the biological functioning of the human body when chromotherapy is applied. He noted that different lights affect different enzymatic reactions for healing purposes. This was the first time that the effect of chromotherapy was tested at the DNA level. Each chakra energizes and sustains certain organs. The balance of the seven chakras activates healing by transmitting energy to the electromagnetic field around the body. 'The body has seven major energy centres known as chakras, each centres is responsive to a different colour. Chakra located at the sites of the major endocrine glands, corresponds to particular states of consciousness, personality types and endocrine secretions.'^[5]

The majority of people view color therapy as an alternative therapy. It is a rather young field of study. There are a tons of various elements in life that might affect your mood and mental health. It is proposed that colors and colored lighting can improve one's physical or mental health. If you want to create a calm and clear workplace, it's critical to understand how color influences your mood. The interaction between the human body and colors has been thoroughly explored in a variety of research. Despite the fact that color therapy has been used for thousands of years, people's interest in it has grown more recently. Different body parts are related to different colors. These are the various energy centers' inherent healing abilities. In today's age of globalization, color therapy is one of the most well-liked complementary treatments used to affect people's conduct and brains. In forensic psychology, color is a crucial element that helps to build our surroundings. Without color, our world would be lifeless and sad. It is essential to our built environment, especially for teenagers, people who are partially blind, adolescents, and those who, for one reason or another, feel confined and dissatisfied with their way of life. Our brains are programmed to focus on things that stand out from our surroundings in terms of color. Which qualities and traits we associate with a person are influenced by the color of her clothing. Depending on the context, it may be culturally prejudiced due to political movements or historical occurrences.^[6]

In theory, a mental health professional may utilize color therapy as a technique to understand the mental processes that influence behavior. The practice of color therapy, which mostly revolves around learning which colors make us feel better when we're in need, can be discovered in this way as an introduction. One of the most effective traditional practices is currently attracting recognition as a legitimate and useful science. Today, the



majority of people view color therapy as a supplementary and alternative medicine treatment. According to science, different colors have different psychological effects: Red- It is believed to be a strong color with the ability to energize the body, stimulate the body, and boost heart rate and circulation. Orange- It frequently evokes feelings of happiness and optimism. The color may inspire fervor and passion while encouraging vigor and inventiveness. Yellow- It is often regarded as a cheery and bright color. Yellow is connected with the sun and light, which can assist in improving mood, sharpening focus, and maintaining a sense of tranquility. Green- Since it has relaxing and energizing effects, it is generally recognized for its restorative properties. Green colors with a natural feel may improve focus, productivity, and creativity. Blue- It is frequently seen as a calming color that helps ease anxiety, promote relaxation, and promote reflection. White- White is frequently associated with clarity and purity. It can bring harmony to the emotions and equilibrium to the body.^[7]

DISCUSSION

Color visualization meditation: Meditate on a color and imagine it either radiating around you or on the color's related chakra. For example, visualize the green color at the heart center to enhance love and compassion and remove blocked emotions. **Solarized water:** Take a clear glass jar of water and wrap it in colored tissue paper or saran wrap. Let this water sit in the sun for at least 2 to 3 hours then drink it to invoke that color's healing power. To give an example, you can wrap a jar of water in blue tissue paper and set it in the sun; drink this water to reduce anxiety and create calmness—you can even (secretly) share some with your little ones when they seem over stimulated. **Color through clothing:** Synchronize your clothing to enhance planetary energy on their respective day of the week. For example, you can wear purple on Fridays to enhance beauty, grace, and feminine energy. Alternatively, you can wear clothing of a certain color anytime you want to invoke its energy. For instance, if you are feeling depressed, tired, and unmotivated, you can wear yellow to promote energy and happiness. And please note that this can be used in the opposite connotation as well. By this I mean, that if you are feeling angry and irritated, avoid wearing red and orange as this will quite likely enhance these Pitta emotions. **Color through environment:** This includes the colors of your walls, ceilings, and home lighting. This is especially important for areas you spend a lot of time in such as your office and bedroom. It is best to have your ceilings white or off-white and your floors a more earthy color. If you have colored lights in your rooms make sure they are suitable for your needs. **Color chakra therapy:** Chakra healing therapy can be administered locally by a holistic practitioner or a loving friend; for this, you can use a movable chromotherapy light** and place it just above the area of the related chakra while lying down in a dark room, hold for 5 to 30 minutes per chakra. An example would be to place a yellow light directly over the navel to improve digestion and eliminate parasites. If this option is not available, you can simply use the appropriate gemstone for that chakra and place it directly on the area of the chakra. For instance, you can place a blue sapphire over the throat to improve clear communication.

Gemstones: Gemstones possess a wealth of healing properties all their own, but the color of each gem will also hold influence. This is a fun option that you can either wear as jewelry, keep around your home or work area, or use as a chakra therapy as described above. For example, you can keep a jade stone or crystal at your desk to enhance relaxation and reduce stress while you work. **Color through food:** This option is quite simple and accessible for most individuals. For this, you can either match your food to the planetary energy and its ruling day to strengthen its energy (e.g. eat kale on Wednesdays to strengthen Mercury and enhance communication, intellect, memory, and learning) or you can regularly eat the color of the food that you need most in your life (e.g. eat white foods for invoking balanced, sattvic energy). **Colored glasses or goggles:** Believe it or not, you can even wear colored sunglasses or goggles to utilize color therapy.^[8]

Table 1: Color – Chakra

Color	Chakra	Chakra Name
Red	1st Chakra	Muladhara (Root)
Orange	2nd Chakra	Svadhithana (Sacral)
Yellow	3rd Chakra	Manipura (Solar Plexus)
Green	4th Chakra	Anahata (Heart)
Blue	5th Chakra	Vishuddhi (Throat)
Indigo	6th Chakra	Ajna (Third Eye)
Violet	7th Chakra	Sahasrara (Crown)
White/Black	Not Assigned	N/A

Table 2: Color – Dosha

Color	↑ Increases	↓ Decreases
Red	Pitta	Vata, Kapha
Orange	Pitta	Vata, Kapha
Yellow	Pitta	Vata, Kapha
Green	Kapha	Vata, Pitta
Blue	Vata, Kapha	Pitta
Indigo	Neutral effect on Vata	Pitta, Kapha
Violet	Vata	Pitta, Kapha
White	None	Pitta, Vata, Kapha
Black	Pitta, Vata, Kapha	None

CONCLUSION

Chromotherapy has been purported to provide several benefits ranging from physical to mental, including: Stress relief: Certain colors like blue and green are thought to have soothing effects on people who are stressed or anxious. Boost appetite: Warm and stimulating colors are thought to boost appetite. Seasonal affective disorder: People mainly suffer from seasonal affective disorder during colder weather because of the lack of sunlight. Certain types of bright light therapy have been shown to be of benefit for this mood disorder. Color therapy also suggests that warm colors like yellow and orange could also help with this. To boost energy: Colors such as red and yellow are believed to boost energy and keeps motivated.

LIST OF REFERENCES

1. <https://www.sciencedirect.com/science/article/abs/pii/S096522991930915X>



2. <https://pmc.ncbi.nlm.nih.gov/articles/PMC1297510/>
3. <https://www.sciencedirect.com/science/article/pii/S096522991930915X>
4. <https://www.mdpi.com/2077-0383/12/6/2229>
5. Babbitt E. *Principles of Light and Color*. Kessinger Publishing. 1942.
6. Psychological properties of colors. <http://www.color-affects.co.uk/psychologicalproperties-of-colors>
7. Graham H. *Discover Color therapy*. Ca USA: Ulysses Press. (1998). 2004.
8. [https://svasthaayurveda.com/ranga-chikitsa-ayurvedic-color-therapy/#:~:text=Color %20therapy%20\(also%20called%20chromotherapy,Egypt%2C%20Greece%2C%20and%20China.](https://svasthaayurveda.com/ranga-chikitsa-ayurvedic-color-therapy/#:~:text=Color%20therapy%20(also%20called%20chromotherapy,Egypt%2C%20Greece%2C%20and%20China.)