

Chromotherapy

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Introduction:

Chromotherapy, sometimes called **color therapy**, **colorology** or **chromatherapy**, is a complementary medicine method. It is said that a therapist trained in chromotherapy can use light in the form of color to balance "energy" wherever a person's body be lacking, whether on physical, emotional, spiritual, or mental levels. Color therapy is a scientifically-proven form of medical treatment for seasonal affective disorder.

Colors affect in different ways:

- Color is one of the languages of the soul, just look at inspired or meditative paintings.
- They influence our mood and emotions.
- They have their impact on our sense of well-being or un-easiness.
- Using and avoiding certain colors is a way of self-expression; it sheds light on our personality.
- Colors affect our way of perception (light colors make a space look big, a high ceiling looks less high when painted in a dark color, etc.)
- Colors have a symbolic meaning which is immediately recognized by our sub consciousness. It must be said that not all colors mean the same to all persons and all cultures.
- They influence the flow and amount of energy in our bodies.
- Colors tell something about biological attraction and sexual availability.

A preference for certain colors can point at two things:

- self-expression (you choose the colors which match your personality; for instance green for a lover of harmony and nature)
- completion (you choose the colors you need more of; for instance an active, passionate person chooses blue colors to cool down his nature).

Indications

- ✓ Colour is used in orthodox medicine for the treatment of neonatal jaundice and other specific medical conditions. It is used in complementary therapy to boost the immune system and promote healing from within.
- ✓ It can benefit a wide range of problems including stress-related conditions such as insomnia, anxiety, asthma, behavioral disorders and depression and many more. In particular, it can help to restore health after surgery or illness. It can also aid creativity and help learning.

Contraindications

Red:

- Don't use red as this color is detrimental in a naturally inflammatory condition of the system.
- Make sure that you don't use the color in cases of feverish and excitable temperament.
- Avoid applying red colors for long period of time and frequently to avoid dangerous fevers.
- A wet bandage over the head is immensely helpful.
- Use the red light for a few minutes at a time to avoid the hazard.

Yellow:

- Yellow color has to be obviated if you are concerned with irritable or active nerves.
- Yellow and orange reddish tones have to be avoided in cases of:
 - Acute inflammations
 - Fevers
 - Heart palpitation
 - Delirium
 - Neuralgia
 - Diarrhea
 - Problems of over excitement








Blue, Indigo and Violet:

Avoid these colors in treating the following diseases as all these colors have a very high cooling and constricting effects-

- Chronic Rheumatism
- Paralysis
- Cold
- Gout
- Inactive conditions of system

Color Chakra

Practitioners of ayurvedic medicine believe the body has seven "chakras," which some claim are 'spiritual centers', and which are held to be located along the spine.

Color	Chakra	Chakra location	Alleged function	Associated system
	First	Base of the spine	Grounding and Survival	Gonads, kidneys, spine, sense of smell
	Second	Lower abdomen, genitals	Emotions, sexuality	Urinary tract, circulation, reproduction
	Third	Solar plexus	Power, ego	Stomach, liver, gall bladder, pancreas
	Fourth	Heart	Love, sense of responsibility	Heart, lungs, thymus
	Fifth	Throat	Physical and spiritual communication	Throat, ears, mouth, hands
	Sixth	Just above the center of the brow,	Forgiveness, compassion, understanding	Eye, pineal glands
	Seventh	Crown of the head	Connection with universal energies, transmission of ideas and information	Pituitary gland, the central nervous system and the cerebral cortex

Color chart:

Red

- ❖ **Healing properties:** Brings warmth, energy and stimulation, therefore good for energy, fatigue, colds, chilly and passive people. Red energizes heart and blood circulation, it builds up the blood and heightens a low blood pressure. Energizes all organs and the senses hearing, smell, taste, vision and touch. Increases sexual desire and activity. Stimulates ovulation and menstruation. Never treat cancer with red, because this color will stimulate cell growth!
- ❖ Red links with and stimulates the root chakra, at the base of the spine, causing the adrenal glands to release adrenalin. This results in greater strength. Red causes hemoglobin to multiply, thus increasing energy and raising body temperature. It is excellent for anemia and blood-related conditions. It loosens, opens up clogs, releases stiffness and constrictions. It is excellent for areas that have become stiffened or constricted.
- ❖ **Preference for red:** Red is associated with passionate love, sex, great energy, impulse, action and stimulation, assertiveness and aggression, courage, strength and power, adventure, danger, warnings, revolt and revolution. Temperamental and ambitious people with a need for personal freedom.
- ❖ **Aversion to red:** A person who has an aversion to red may be over-active, too impulsive, hot-tempered, aggressive and egocentric, or have difficulties with people with such characteristics. It can also symbolize deeply hidden fears and rejection of his own assertiveness.

Orange

- ❖ **Healing properties:** Orange is warm, cheering, non-constricting. Orange has a freeing action upon the body and mind, relieving repressions. Orange shows new possibilities and other options in life. Stimulates creative thinking and enthusiasm, and helps assimilate new ideas. It is also helpful in dealing with excess sexual expression.
- ❖ **Orange stimulates** the lungs, the respiration and the digestion. Increases the activity of the thyroid. Relieves muscle cramps and spasms. Increases the amount of mother milk. Finally, orange links very strongly with the sacral chakra.
- ❖ **Preference for orange:** Orange represents the warmth of the fire. It brings even more energy than yellow, celebration and great abundance, comfort, enjoyment of the senses. Warm, sociable, dynamic and independent people who dedicate themselves to whatever they do.
- ❖ **Aversion to orange:** A person who has an aversion to orange may have suppressed sexual feelings or other difficulties with sensual enjoyment of life. The attitude can also be over-sensual, indulgent, or too materialistic.

Yellow

- ❖ **Healing properties:** Yellow helps strengthen the nerves and the mind. It helps awaken mental inspiration and stimulates higher mentality. Thus, it is an excellent color for nervous or nerve-related conditions or ailments. It also energizes the muscles. Dark yellow soothes pains in the nerves (shooting pains)
- ❖ Yellow can be used for conditions of the stomach, liver, and intestines. Speeds up the digestion and assimilation, and the stool. It helps the pores of the skin and aids scarred tissue in healing itself.
- ❖ **Yellow links with and stimulates the solar plexus**, or psychic center. It can be used for psychic burnout or other psychic-related conditions or ailments. Activates and cheers up depressed and melancholic people. Gives lust for life.
- ❖ **Preference for yellow:** The color of the sun, life-force, vividity, vitality and energy. The color of cheerfulness, curiosity, alternation, flexibility, progress, amusement, contact through traveling and communication, learning and practical knowledge. A feeling for writing and speaking.
- ❖ **Aversion to yellow:** A person who has aversion to yellow may be emotionally disappointed and bitter. May have tendency to rationalize feelings, or to avoid the depth of life by often changing relationships, many superficial relationships and/or constant changing activities.

Green

- ❖ **Healing properties:** Green is the color of Nature and the earth. It is balance and harmony in essence and possesses a soothing influence upon both mind and body. It is neither relaxing nor astringent in its impact. Green can be used for just about any condition in need of healing.
- ❖ Green rings psychological and emotional harmony and balance. Green links with and stimulates the heart chakra. Green affects blood pressure and all conditions of the heart. It has both an energizing effect and a moderating or soothing effect.
- ❖ It cures hormonal imbalances. Stimulates growth hormone and rejuvenation. Cleans and purifies from germs, bacteria and rotting material. Harmonizes the digestion, stomach, liver, gall. Has a healing effect on kidneys. Increases immunity. Builds up muscles, bones and tissues. Stimulates inner peace. Strengthens the nervous system.
- ❖ **Preference for green:** Green brings peace, rest, hope, comfort and nurturing, calmness and harmony. Interest in nature, plants, fellowmen, children and animals, health and healing, natural and plain life. Longing for a safe home and family-life. A dislike of conflicts.
- ❖ **Aversion to green:** A person who has an aversion to green may be more interested in independence and self-development than in a warm family-life. May prefer to keep a certain distance in (sexual) relationships.

Blue

- ❖ **Healing properties:** Blue is cooling, electric, astringent. Dr. Edwin Babbitt, in his classic, "The Principles of Light and Color," states that "The Blue Ray is one of the greatest antiseptics in the world."
- ❖ Cools down inflammations (don't forget rheumatic inflammations), fever, high blood pressure, stops bleedings, relieves the bursting headaches, calms strong emotions like anger, aggression or hysteria. Brings tranquility. Anti-itching. Anti-irritation (for instance redness of the skin), anti-stress. Soothes suffering.
- ❖ Blue can be used for any type of ailments associated with speech, communication, or the throat. Excellent for laryngitis or inflammation of the larynx.
- ❖ Blue links with and stimulates the throat chakra. The throat chakra is often referenced as the "power center" and "the greatest center in the body" because it is the primary center of expression and communication, through speech.
- ❖ **Preference for blue:** Cool and soothing, dreamy and magical. Peace and rest. For people who keep a certain distance, but give calm and practical help; they are faithful and loyal, have a sense for order, logic and rational thinking. Flying in day-dreaming, ideals or nostalgia when felt mis-understood. Dark blue is more severe and can be melancholic. Blue is also the color of truth.
- ❖ **Aversion to blue:** A person who has an aversion to blue, may be very disciplined, strong career worker, with an aversion of commentary or restriction. He may have charted out a clear direction for his life and wants to follow that lacelike .

Indigo

- ❖ **Healing properties:** Indigo is a great purifier of the bloodstream and also benefits mental problems. It is a freeing and purifying agent.
- ❖ Indigo combines the deep blue of devotion with a trace of stabilizing and objective red. Indigo is cool, electric, and astringent.
- ❖ Indigo links with and stimulates the brow chakra (third eye) and controls the pineal gland. It governs both physical and spiritual perception. It can be of great assistance in dealing with ailments of the eyes and ears.

Violet / Purple

- ❖ **Healing properties:** These are colors of transformation. They heal melancholy, hysteria, delusions and alcohol addiction and bring spiritual insights and renewal. These colors slow down an over-active heart; stimulate the spleen and the white blood cells (immunity). Bring sleep. Soothe mental and emotional stress. Decrease sexual activity. Decrease sensitivity to pain. They help in detoxification.
- ❖ Leonardo da Vinci proclaimed that you can increase the power of meditation ten-fold by meditating under the gentle rays of Violet, as found in Church windows.
- ❖ **Preference for violet/purple:** Colors for meditation, contemplation, mysticism, spirituality and religion power. A longing to ascend and dissolve polarities (purple consists of the active red and passive blue), to improve the world. Reservation, mystery and dignity. Soft, sensitive people with often paranormal abilities.

- ❖ **Aversion to violet / purple:** A person who has an aversion for violet / purple may have very serious attitude towards life; and may find it difficult to give dreams, fantasies, vague fears or memories a place in it. May have tendency to rejection everything he regards as unnatural or unrealistic.

White

- ❖ **Healing properties:** White is the perfect color; for it is all colors, in perfect balance and harmony. It is the color of the awakened Spirit; the light of perfection; the light of the Cosmic Consciousness, the Divine Light.
- ❖ Just about everyone has heard of surrounding people with the "White Light of Healing and Protection." White light raises the vibration of one's consciousness and the body, bringing harmony in all aspects of one's life. Directing white into to a part of the body that needs healing is one of the fastest ways to bring about healing.
- ❖ **Preference for white:** White points at innocence, purity, virginity, cleanliness, freshness, simplicity, nothingness, oneness and completion, truth. In certain cultures white is the color of death and mourning.
- ❖ **Aversion to white:** A person who has an aversion to white color is foremost or solely interested in 'realistic' and tangible things, not in illusions or things that are beyond seeing or understanding. Knows and accepts the own imperfection and does not wish to achieve perfection.

Magenta

- ❖ **Healing properties:** Strengthens contact with your life purpose. Stimulates adrenaline and heart activity.
- ❖ **Preference for magenta:** Much energy and activity focused on achieving power and self-realization. Strong but controlled passions and emotions. Daring, ready to fight, willing to give everything for a goal. Can drive things too far and have fixed ideas.
- ❖ **Aversion to magenta:** A person who has an aversion to magenta may feel overwhelmed by people with strong convictions or heavy emotions like jealousy; also may have difficulties with exposing deep emotions.

Pink

- ❖ **Healing properties:** Heals grief and sadness. Restores youthfulness. Brings you in contact with your feelings.
- ❖ **Preference for pink:** Regarded as a feminine color. Pink symbolizes softness, sweetness, innocence, youthfulness and tenderness. Soft and kind people.
- ❖ **Aversion to pink:** A person who has an aversion to pink may have a challenge with expressing soft, tender, female side.

Turquoise

- ❖ **Healing properties:** Increases intuition and sensitivity. Works disinfecting and antiseptic. Tones the general system. Builds the skin. Relaxes sensations of stress.

- ❖ **Preference for turquoise:** Just like the wide turquoise sea you don't want to feel restricted and you don't immediately bring to the surface what goes on in you; emotions can remain hidden. A color for non-triviality, renewal, innovation and inventions, progressive technics, alternative ways of living together, humanity.
- ❖ **Aversion to turquoise:** A person who has an aversion to turquoise may be looking for solidity and security in society, especially in marriage. Also, may be reluctant to think originally or to walk new paths.

Brown

- ❖ **Preference for brown:** An earthly color for practical people with a preference for natural, tribal and primitive things, solidity and simplicity. Brown can be warm and cosy but also depressing. Family-life persons, stable people, loyal friends.
- ❖ **Aversion to brown:** A person who has an aversion to brown may feel an aversion against normal, boring, trivial life; may not feel connected with his roots (home-land, family, etc); may experience instability in health and attitude.

Grey

- ❖ **Preference for grey:** Very neutral and indifferent, non-expressive. It can be deliberate, but also lifeless, fixed, depressed and apathic. Reserved, cool people; unwilling to expose them or to have obligations. Grey can be refined and tactful.
- ❖ **Aversion to grey:** A person who has an aversion to grey may prefer to be straight to the point, no time for political and tactical attitudes. Demands clarity, a knowing where one stands.

Black

- ❖ **Preference for black:** Symbolizes seriousness, darkness, depression, death, mourning, mystery, secrecy, occultism, a standing apart from or revolting against triviality, provocation, underground, underworld, things that have to remain hidden, nothingness as the great source of all creation, the need to keep your energy with you. Black is a color for extremes, everything and nothing. People who foremost trust themselves.
- ❖ **Aversion to black:** A person who has an aversion to black may have fear for the unknown, or fear for the abuse of power. Desires to become free from all kinds of dependency, blockages, and hindrances; to throw off shackles.

Methods :

Colour Therapy may involve exposure to colored lights, massage using colour-saturated oils, contemplating and visualizing colors, even wearing colored clothing and eating colored foods.

Color Breathing:

Color breathing exercises can be done in a 'lying down' or 'sitting' position. Look at the colors that appeal to you. Select the color that best appeals to you and visualize it entering your body.

Other tools used for color healing include Gemstones, Candles, and Prisms Colored glass panels; colored light bulbs are used to heal. Patients are bathed in the light that gets filtered in. etc.

Color Meditation

- ◆ Meditation relaxes the body and quietens the mind. Take time to look inside yourself and calm your mind. Hold your attention to one color that you are drawn to, and meditate on this color. The practice of meditation enables a new experience, making the spirit feel fresh.

CONCLUSION:

Humans are particularly attracted to color and although we can only see a portion of the full color spectrum, it effects us on many levels. As we have evolved, our sensitivity to color has enabled us to thrive by finding ripe, colored fruit, healthy leaves and shoots, and other nourishing food sources.

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