

## A Glimpse on Color Therapy

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**How to cite this article:**

Stella Gracy, Khandiya Aashiyana Nizamuddin/ A Glimpse on Color Therapy/Int J Pediatr Nurs. 2022;8(1):15–22.

**Abstract**

Color therapy is an alternative therapy which helps to regulate the chakra in our body. A healthy chakra maintains the body healthier and fit. Chakras, which are present in our body from head to spine, will regulate all the body functions. Human body reacts with the color and every color has its own character to heal the body and calm the mind. This review article will reveal the benefits of colors and how it interact the human to regulate the body and mind. Chromo therapy through water will relax the mind and cure many diseases.

**Keyword:** Color therapy; Chromo therapy.

**Key message:** Colour therapy is a method of treatment that uses the visible spectrum (colours) of electromagnetic radiation to cure disease.

**Introduction**

Color is light.<sup>1</sup> Color is having special effect on body and soul. They are also delight for the eyes colors play a major role in setting up a state of mind. Each color present different vibration and having own significance.

Color therapy is also known as colorology or chromo therapy. It is an ancient method to treat the person sat of mind. It is a type of holistic having using the color.

**Chromo:** It originates from the Greek 'chroma' and it implies shading.

**Treatment:** It originates from the Greekword Terapia, and it implies treatment Colour therapy is a method of treatment that uses the visible spectrum (colours) of electromagnetic radiation to cure disease.

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**Received on:** 19.01.2022 **Accepted on:** 25.02.2022

**History<sup>2</sup>**

- According to ancient Egyptians mythology colour therapy has discovered by God of Thoth
- *Ayurvedic physician Charakas:* Sun light
- *Avicenna (AD 980):* It is observable symptoms of disease.
- *19th century 1876 Pleasanton:* A used blue light- increase the fertility
- *Edwin Babbitt:* Comprehensive theory of healing- thermolume
- 20 th century Indian-born American-citizen scientist Dinshah P. Ghadiali (1873–1966) – Spectro-chrome Encyclopaedia
- *1951 Takkata:* Understading chakras and colour ray frequency
- Mester–research- heals hypertension
- *Azeemi:*Hydrochromotherapy.
- *Pioneer of modern colour therapy:* Niles finsen of denmark.

**Chakra<sup>1</sup>**

The Chakras are part of esoteric medieval-era

beliefs about physiology and psychic centers that emerged across Indian traditions. There are many types of chakras like 112 but important ones are seven. Such as

- *Crown Chakra Violet:* Spiritual mindfulness, anguish, association with God Inspiration, dependency and pity
- *Third Eye Chakra Indigo:* Subconscious psyche. Diagnostic brain, Discernment, instinct, segregation, dejection
- *Throat Chakra Blue:* Communication, trust, talking your fact Harmony. Sleep

deprivation

- *Heart Chakra Green:* Space, Direction and connections Heals a broken heart
- *Solar Plexus Chakra Yellow:* Self certainty, euphoria and learning Stress, fear and skin illness
- *Sacral Chakra Orange:* Creativity, profound intelligence, reliance and Co-reliance. Stun territory in the body reliance. Stun territory in the body
- *Base Chakra Red:* Energy, vitality and sexuality. Movement and change.



**Fig. 1:** Seven chakras system in human body adapted from Dearthstime. (Source: [http://www.handsonhealthsheffield.com/holistic\\_message/the-seven-chakras-for-beginners/](http://www.handsonhealthsheffield.com/holistic_message/the-seven-chakras-for-beginners/))

### Role of Color Therapy

- Mental relaxation and treat various psychological and physical diseases
- Have positive stimulating effects on every system
- Stimulate the Main chakras or energy centers -of the body.

### Value: Tints and Shades<sup>6</sup>

- The daintiness or murkiness of a shading is called value
- You can discover the estimations of a shading by making its tints and shades.
- Tints are light qualities that are made by

blending a shading in with white. For Example pink is a tint of red, and light blue is a tint of blue.

- Shades are dim qualities that are made by blending a shading in with dark. Maroon is a shade of red, and naval force is a shade of blue.

### Types of color<sup>5,6</sup>

- The fundamental hues utilized in shading treatment are equivalent to the seven shades of a rainbow.
- Three Primary Colors (Ps): Red, Yellow, Blue.

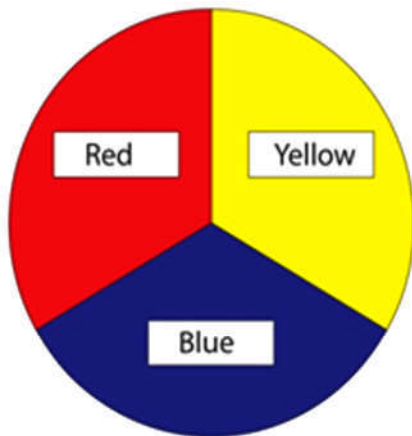


Fig. 2: Primary colors

Three Secondary Colors (S'): Orange, Green, Violet.

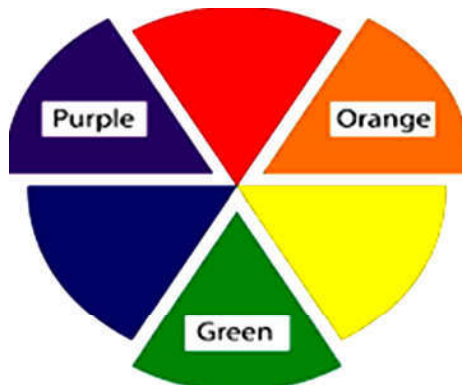


Fig. 3: Secondary colors

Six Tertiary Colors (Ts): Red-Orange, Yellow-Orange, Yellow-Green, Blue-Green, Blue-Violet, Red-Violet, which are shaped by blending an essential in with an optional.

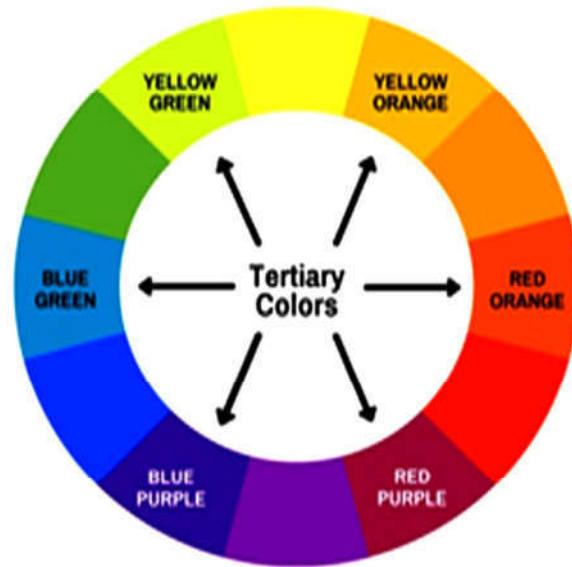


Fig. 4: Tertiary colors.

Table :1 Chromo therapy on mind and body<sup>16</sup>

Color (2,5,3) <sup>17</sup>	Mental effect,	Physical effect
<b>A. Primary colors</b>		
Red color	Red makes you feel passionate and energized. Red is the warmest and most dynamic of the colors—it triggers opposing emotions	<ul style="list-style-type: none"> <li>• Disrupt sleep</li> <li>• Increase respiration rate,</li> <li>• Raise blood pressure,</li> <li>• Increase appetite.<sup>18</sup></li> </ul>
Yellow color	Yellow can also create feelings of frustration and anger. Sense of inner power, increasing your positivity, and raising your happiness levels.	<ul style="list-style-type: none"> <li>• Positive impact upon the nervous and digestive systems.<sup>19</sup></li> <li>• Increase metabolism.</li> </ul>
Blue color	Blue is associated with the control of negative emotions and denotes the water element. It also reduces stress and tension in life. -Frequent mood swings - Create clam	<ul style="list-style-type: none"> <li>• Decrease blood pressure</li> <li>• Lower heart rate</li> <li>• Relieve tension</li> <li>• Alleviate muscle spasms</li> </ul>
<b>B. Secondary colors</b>		
Orange color	Increase confidence. Increase our energy levels.	<ul style="list-style-type: none"> <li>• Healthy Liver</li> <li>• Anti depressants</li> </ul>
Green color	Concentration, and instill a sense of safety. relieve stress increase efficiency, creativity, and mood.	<ul style="list-style-type: none"> <li>• Improve vision</li> </ul>
Violet color	Large feeling of power, as well as an increased peace of mind and strengthened spirituality.	<ul style="list-style-type: none"> <li>• Stimulates the flow of subtle energies throughout the psychic centers and the nervous system.</li> </ul>

**Table 2:** Color in food(3,5)

Name of color	Name of vegetables, fruits and other food	Effect on health
Red	Red Vegetables: tomatoes, radishes, red cabbage, beets. Red Fruits: red grapes, strawberries, watermelon, cherries, raspberries, pomegranates, cranberries, red apples	Red fruits and vegetables protect our hearts. Red color in most fruits and vegetables contain antioxidants that reduce the risk of developing atherosclerosis, hypertension and high cholesterol. They also lower the risk of developing different types of cancer, including prostate cancer and protect against heart diseases and improve brain function.
Yellow	Corn, Squash, Yellow peppers, Yellow potatoes, Golden beets, Pumpkin, Yellow beans, Take away, Apricots, Butternut squash, Cantaloupe, Cape Gooseberries, carrots, Golden kiwifruit, Grapefruit, Lemon, Mangoes, Nectarines, Oranges, Papayas, Peaches, Persimmons, Pineapples, Pumpkin, Rutabagas, Sweet corn, Sweet potatoes, Tangerines, Yellow apples, Yellow beets, Yellow figs, Yellow pears, Yellow peppers,	To protect your nervous system promote eye health and prevent heart diseases. They also play an important role in maintaining skin health, boosting your immune system and helping build strong bones.
Blue	Blueberries, Concord Grapes, Blackberries, Blue Corn, Elderberries, Black Currants, Blue Tomatoes, Blue Carrots.	<ul style="list-style-type: none"> <li>•Protects urinary tract infection</li> <li>•Regulates healthy digestion.</li> </ul>
Orange	Orange fruits, including cantaloupe, peaches, oranges, guava, papaya, persimmons, kumquat and mangoes. orange vegetables include pumpkin, sweet potato and winter squash	Orange foods help protect the immune system, eyes, and skin, and reduce the risk for cancer and heart disease.
Green	Green Vegetables: broccoli, spinach, cabbage, lettuce, Brussels sprouts, green beans, cucumbers, zucchini, peas, green pepper Green Fruits: green apples, kiwi, green grapes, lime, avocado.	Green fruits and vegetables protect your eye health, lowering the risk of developing age-related macular degeneration. Green leafy vegetables also contain folic acid which is very important for pregnant women as it reduces the risk that their baby will develop a birth defect. The essential nutrients found in green vegetables and fruits protect you from cancer and high levels of bad cholesterol, regulate digestion and improve immune system functioning.

**Table :3** Color therapy through wall colors<sup>2,3,5,6</sup>

Name of area	Which color use	Effect of color
Bed room	Violet color	Use purple or violet shades in a bedroom for a soothing and restful sleep.
	Green color	It reduces stress and has the quality of healing.
	Pink color	It creates a calm environment, so if you have problems sleeping, paint the walls of your bedroom in a light shade of pink. Pink brings strong positive energy into your environment.
Living room	Green color	Green dining rooms also promote healthy eating.
	Blue color	Blue living rooms seem clean and orderly without sacrificing color. A blue living room has a calming, stabilizing effect on your home.
	Orange color	Use of this color increases productivity, enthusiasm, and pleasure. Stimulates mental activity.
Study room	Yellow color	Promotes feeling of confidence. Helpful for study as it helps us to stay alert.
	Green color	Green a right shade of green will make a room lively and energized that helps in concentration.
	Grey and silver color	Deep greys and silver it promotes creativity and helps focus on tasks at hand. It creates both soothing and creative space at the same time.
Kitchen room	Orange color	Orange this is really a mood-lifting color for learners as it promotes comfort.
	White color	symbol of cleanliness. and purity, white makes sense in the space where you'll be making many meals.
	Yellow color	Believed to promote socialization, it can create an uplifting and cheerful space for you and your family to enjoy meals.
	Green color	it promotes digestion. Choose soft and earthy greens to help create a relaxing space.

	Red color	Red promotes liveliness and social interaction, as well as keeping the mood cheerful and upbeat. It is also believed to increase appetite.
Dining room	Orange color	It's great for creating an atmosphere of hospitality and general comfort for everyone, and helps in food digestion too.
	Yellow color	Yellow promotes happiness, and happy people tend to eat better and digest their food more efficiently too.
	Green color	Green dining rooms also promote healthy eating.
Children's play zone	Green color	This calming, natural color has a soothing impact on a child. Scientists have also found that green may improve a child's reading speed and comprehension. There's no need to keep this anxiety-reducing color to a minimum.
	Yellow color	light yellow to complement their playful energy, while also enabling a healthy growth Warming and energizing
	Orange color	Can stimulate creativity Orange is the color of fun and sociability
Pooja room	Violet color	Calming for body and mind.
	Yellow color	This color signifies illumination, light, intellect and higher mental activity.

**Table 4:** Color therapy and its effects in body<sup>2,3</sup>

Color	Mental/Emotional Effects	Physical Effect
Red	Courage, stimulation, strength, roundness	Dissipates radiation, rebuilds the liver, helps laminitis, Facilitate circulation, anemia, Bronchitis, Lack of hemoglobin, hypotension, neurasthenia, Tuberculosis <sup>13</sup>
Orange	Self-confidence, resilience, uplifting, is indicated to treat sorrow, loss relationship difficulties, problems of intro version, increases optimism and psychological paralysis	Releases muscle spasms, strengthens bones and teeth, Asthma, bone fracture, kidney stone, intestinal spasm, hypothyroidism, prevention of malignant tumors, menstrual difficulties.
Yellow	Mental alertness, optimism, playfulness, Help to realize goals, overcome fears, cure depression and facilitate the provision of meaning to life, it helps to prevent bipolar disorder.	Aids digestion builds nerves, eliminates worms, helps colic, it stimulate the brain and nervous system, abdominal inflammation, headache, disorder of pancreas and gallbladder.
Green	Peace, balance, emotional calm, Reliving stress.	Destroys bacteria, rebuilds muscle & tissue, helps infection and injuries, increase the defense of the immune system, heart disease, Neuralgia, Promotes physical relaxation has antiseptic properties.
Turquoise	Tranquility, restoration, refreshment	Dissipates pain, restores vitality, helps with injuries and recovery
Blue	Calming, contentment, confidence, insomnia	Prevent itching, fights, infection, smoothen nerve, help with condition like burn & cut, it used to treat thyroid, parathyroid, necks stiffness, incontinence, inflammation, bleeding, hypertension, toothache, stomach cramps, epilepsy, acute spinal pain.
Indigo	Gives purpose, inspiration and protection	Shrinks tumors, purifies blood, tighten muscles, cleanse, the system & aura.
Violet	Detoxifies, purifies, promote interspecies communication, it symbolizes spiritualities, intuition, to treat insomnia, schizophrenia.	Strengthen immune system, to treat goiter, meningitis, cystitis, cataract, skin irritation, tumor, cancer.
Purple	Smoothing, calm, emotion, restore balance.	Controls fever, relive pain.
Pink	Happiness, Joy, sensitivity, lifts spirit.	Delays the Aging and Improves circulation

**Method of Treatment<sup>1,2,3</sup>****Method**

Treatment utilizing hues is easy to the point that even a man of normal comprehension can utilize this helpful framework. It takes less time at a

reasonable cost, practically none to recover.

The accompanying strategies can be utilized for treating infections under this restorative framework.

Uncovering body discontinuously in the daylight for brief stretches. Range of the daylight contains

all the hues in it, and introduction of the body before the daylight gives it an opportunity to ingest the shading required by it. Shades of the light are the real solution for the sicknesses: warmth of the daylight is additional thing, which the body gets.

- a. Have a glass container of the necessary shading.
- b. Subsequent to purging it with high temp water, fill it with refined water or with water that has been sanitized by baling.
- c. Let one fourth of the jug stay vacant.
- d. In the event that the container of the necessary shading isn't accessible.
- e. Take a conventional straightforward glass bottle and enwrap it in cellophane paper of required shading in such a way the container is secured from all sides utilizing straightforward sticky tape.

- f. Place this container in the daylight, saving it on a wooden surface for four to six hours. The best an ideal opportunity to treat water with shaded beams is from 10 am till 4pm.
- g. Accumulation of droplets in the empty surface of the bottle is an indication that the water has been charged enough.
- h. Keep the container appropriately made sure about with plug. On the off chance that jug of many shading were to be charged, don't put the near another so no jug be over shadowed with a container or an alternate shading.
- i. Dosage: Par adults: 2-ounce
- j. Achromatized Water for children: 1-ounce. For babies:1-table spoon and for infants one tea spoon.

**Table 5:** Color therapy in mental health treatment<sup>2,3</sup>

Disease	Treatment
Schizophrenia	<ul style="list-style-type: none"> <li>● Olive color Chromatized water thrice a day.</li> <li>● Blue Chromatized water thrice a day, before meals.</li> <li>● White Chromatized water, once a day.</li> <li>● Massage hind side of the head with blue Chromatized oil once a day</li> <li>● Blue light for fifteen minutes upon the Head, once a day.</li> <li>● If the patient is not suffering from diabetes. he should take sweets and deserts. Besides this if the blood pressure is not low. he should be forbidden to take salt in his meals,</li> <li>● Get a transparent glass sheet of 9" ×12" painted with blue and make the patient to look at it frequently</li> </ul>
Depression	<p>Depression In acute conditions</p> <ul style="list-style-type: none"> <li>● Apple color Chromatized water twice a day. after breakfast and before going to bed,</li> <li>● Sky blue Chromatized water. once a day after lunch,</li> <li>● Yellow Chromatized water. after dinner In case of non severity</li> <li>● Blue Chromatized water twice a day before meals.</li> <li>● Orange Chromatized water twice a day After meals.</li> <li>● Yellow Chromatized water, twice a day in the afternoon.</li> <li>● Turquoise color Chromatized water, twice a day.</li> <li>● White Chromatized water, once a day.</li> <li>● Yellow Chromatized water twice a day before meals.</li> </ul>
Mania	<ul style="list-style-type: none"> <li>● Blue light upon the head for fifteen minutes once a day.</li> <li>● Massage the back of head with blue Chromatized oil once a day.</li> <li>● Light a blue bulb In the room where the Patient lives.</li> <li>● Make the patient to wear blue silk clothes.</li> <li>● Pure honey one tablespoon. thrice a Jay And if possible. herbal medicines prescribed by a qualified practitioner.</li> <li>● Magenta Color Chromatized water. thrice a day and upon some relief twice a day.</li> <li>● White Chromatized water once a day.</li> </ul>
Acute psychosis	<ul style="list-style-type: none"> <li>● Blue light upon the head twice a day. For fifteen minutes each.</li> <li>● Massage the back of his head with sky Blue Chromatized oil, once a day.</li> <li>● Damp cotton pad in blue Chromatized water and place it at the crown of the head for fifteen minutes.</li> </ul>

	<ul style="list-style-type: none"> <li>● In case of head injury, consult. a neuron-surgeon.</li> <li>● Quit the use of intoxicants.</li> <li>● For cancer see the treatment of Cancer. For all other causes following is the treatment</li> </ul>
Dementia	<ul style="list-style-type: none"> <li>● Blue Chromatized water, twice a day,</li> <li>● Yellow Chromatized water before meals.</li> <li>● Red Chromatized water, after meals.</li> <li>● Green Chromatized water, after breakfast and before going to bed.</li> <li>● Make the patient to sit in the sunlight at the time of sunrise early in the morning, for three minute.</li> <li>● Massage Yellow ointment or the Yellow Chromatized oil upon the abdomen, in the morning on empty stomach.</li> </ul>
Nightmares	<ul style="list-style-type: none"> <li>● Yellow Chromatized water after lunch and Dinner.</li> <li>● Blue Chromatized water, twice a day.</li> <li>● Green Chromatized water before dinner.</li> <li>● Rub Blue Chromatized oil upon the tips. The finger with thumb softly.</li> <li>● Turquoise Color Chromatized water twice a day and when some relief is felt. Just once at night</li> </ul>
Insomnia	<ul style="list-style-type: none"> <li>● Yellow Chromatized water before meals.</li> <li>● Oil of sesame seeds Chromatized in blue lights is to be massaged with fingertips upon the back of head.</li> <li>● If it is due to excess of bile. rub a ripe. Uncut lemon upon the temples with soft hands exactly for two minutes.</li> <li>● Turquoise Color Chromatized Water three times a day.</li> </ul>
Panic attack	<ul style="list-style-type: none"> <li>● Green Chromatized water after Breakfast.</li> <li>● To correct the digestive system.</li> </ul>
Yellow Chromatized water before meals.	<ul style="list-style-type: none"> <li>● Blue light upon the head, for fifteen Minutes before going to bed.</li> <li>● Hang green, red and blue color strands of paper or silk cloth, which are at least 2 inch wide and 3-4 feet in length. in the bedroom of the patient in such a way that the patient could see them. Make the patient see them using his willpower.</li> <li>● Orange Chromatized water, twice a day.</li> </ul>
Phobia	<ul style="list-style-type: none"> <li>● Orange light upon the head for fifteen Minutes once a day.</li> <li>● Red Chromatized water, twice a day.</li> <li>● Turquoise Color Chromatized water. Twice a day.</li> <li>● Turquoise Color Chromatized water, after meals.</li> </ul>
Obsessive – compulsive disorder	<ul style="list-style-type: none"> <li>● Sky blue Chromatized water, twice a day.</li> <li>● Sky Blue light upon the head, for fifteen Minutes once a Day.</li> <li>● A bouquet of fresh daffodils be kept in the patient room.</li> <li>● Give herbal tonics for heart and brain.</li> <li>● Green Chromatized water three times a day.</li> <li>● Blue Chromatized water, before meals.</li> <li>● Yellow Chromatized water after meals.</li> </ul>
Tension Headache	<ul style="list-style-type: none"> <li>● Rub Green cloth on the soles of feet twice a day.</li> <li>● Massage the head with sesame seed oil Chromatized in sky blue light with soft hand.</li> <li>● In case of the fit blue light upon the head for 10 minutes followed by green light for three minutes</li> <li>● Instead of wasting time doing nothing, let the patient engage himself in a Constructive hobby like gardening.</li> </ul>

## Conclusion

Color therapy has more benefits to human life. Our daily routine can alter by colors. It is not only regulate the mood and also treat the person from minor ailments to major. This is the best alternative therapy to practice in our treatment modalities.

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