

## HEALING AND THERAPY WITH COLORS

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### ABSTRACT

Nature has been the best source of colors. It is believed that God illumines the world and the nature with His brilliant hues. The blue of the sky and the rivers, the turquoise and deep blue of the ocean, greenery of trees and mountains, the grays and blacks of the clouds, the white of snow and falls, the yellowish to orange and violet of sunrise and sunset, have always influenced the human habits, behavior and health. The colors are believed to play an important role in maintaining the wide spectrum of moods of human beings, and thereby affecting the physiology and functioning of human mind and body. This principle brought the treatment of many ailments in vogue through colors since ancient times, which is called 'Color therapy'. The present article reviews about the application of 'Colors' in modern medicines and therapy, thereby supporting the fact that colors helps in healing.

**KEYWORDS:** Therapy, Colors, Hues, Nature, Medicines, Ailments

Colors of and from 'Nature' have great impact on human life. From the early stages of human evolution, color has aroused the interest of man. Hindus have always considered different colors as the sacred and religious manifestation of the Supreme Lord. Muslims, Sikhs and Christians too have significant beliefs for colors (1). The common belief goes with the fact that God showers his mercy with the different colors that brush the Nature around us. This is also represented in the form of our moods, behavior and actions.

Besides the sky, rivers, mountains, ocean, forest, earth, flowers and wildlife, the rainbow standing out brilliantly across the sky is yet another beautiful phenomenon where all the seven colors in the spectrum represent the basic colors, helpful in healing (2). The innumerable ways of impact of colors on human health, has accelerated the research on color therapy, and the importance of colors in modern medicines.

### COLORS THERAPY

White is said to be the 'Master color' of all color. The seven colors that make up white light are viz., Violet, Indigo, Blue, Green, Yellow, Orange and Red. The ancient Egyptians believed that their God Thoth was the one who developed healing with colors. Their concept of treating various diseases was based on the fact that human body contained various colored fluids, like bile (yellow), blood (red), phlegm (white) and so on, and these were

associated with the functioning of the various organs of the body (3).

The color healing theory by an Arab Philosopher and Physician Ibn Sina (AD 980- AD 1037) propounded the color impacts on physiology. It was indicated that white color purified the blood, red color improved the quality of blood and yellow color reduced pain and inflammation. The yellow flowers were found effective to cure bile disorders and red flowers to treat blood problems (4). Blue and violet were identified as anti-inflammatory and soothing agents. During the Middle Ages, color therapies lost credibility with the rapid raise of science era. But all the same research on color healing continued, and slowly carved its importance in medical world.

With the times, the colors were applied in the use of various therapies of diseases. At the end of nineteenth century, red light was used to prevent scars in cases of smallpox, and tuberculosis was treated with sunlight. The device, 'Thermolume' was developed which used color glasses to produce colored light and 'Chromo-disk' that was used on the body-parts of human to be cured. There was also a method developed, of exposing water to various colored light, and when consumed in this form was considered as the best remedy in curing of many diseases. Another therapeutical way discovered was by relating bright yellow to 'day effects' and dark blue to 'night effects' that helped in controlling the metabolic

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Secretions from various glands. The hypothalamus in the human body controls the Master gland, the pituitary, through its influences by light, and in turn the pituitary regulates all the other important endocrines, like pineal, thyroid, thymus, adrenal, pancreas and reproductive organs. The pineal responds to light to produce melatonin, important for metabolic rhythm (5).

### **COLORS AS VIBRATION ENERGY**

Color healing and therapy involves the basic principle about the sensitivity of a person to color. It, in fact, is used to identify and correct any imbalance in internal energy patterns of the human body, that is responsible for the emotional and physical health status. According to color therapist, every organ system has its own vibration energy, and diseases can occur when this energy is lessened. By applying the same vibration energy, the disease can be cured. The principle colors used as 'Vibration energy' are mainly Blue, Yellow and Red (6). The research has established that every color has certain frequency wavelength and energy associated with it.

### **Color as the Therapeutic Tool**

The 'Color' is known to have intense effect on our mood, behavior, action, metabolism, and hence on overall health. The therapeutic role of color can be briefed as follow:

- Lack of natural daylight impairs our mood.
- Exposure to artificial lights during the day is effective for mood.
- The full-spectrum florescent lamps with bright light that matched the white sunlight of the day, brings relief in various glandular disorders, insomnia, fatigue and mental ailments.
- Blue light or light blue color helps relief the joint pain suffered in rheumatoid arthritis.
- Blue is also favourable in treatment of non – malignant tumors and cancers.
- Pink color has been found to have tranquilliser and calming effects.
- Yellow light encourages violence. It is reported that the wide use of sodium vapour lamps which emits yellow hue stimulate aggression and violence.
- Children or people suffering from dyslexia or learning disorder can be made to put on tinted glasses for clear reading.

- People under stress or depression recover rapidly when exposed to red light.
- Muscles ache commonly caused by strain and tearing of muscles is treated with exposure to orange.
- Yellow and orange are used to cure skin disorders.
- Green is found to be effective against acidity and abdominal disorders.
- Violet acts as stimulator, induces relaxation, stress and chronic pain.

### **CONCLUSION**

Flowers with innumerable colors, Nature with its green and blue hues, colorful Birds and Butterflies, and various shades of the Environment around not only make aware of God's creations, but also enhance our beauty senses. The more one get exposed to various colors of the Nature, the more one enjoys its beauty and receives energized vibrations from various hues. The impact is positive, and gives relief pain, depression, anxiety etc. making the mind more cheerful and the body much healthy. The healing through colors is actually high vibration healing with just energy, i.e., 'Color'. Colors maintain the balance between the physical, emotional, mental and spiritual state of human beings thereby leading to cure of disorders and diseases.

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