

## **A CONCEPTUAL RELATIONSHIP BETWEEN COLOUR THERAPY WITH AYURVEDA**

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### **ABSTRACT**

Colour therapy is a method of treatment that uses the visible spectrum (colors) of electromagnetic radiation to cure diseases. It is a centuries-old concept used successfully over the years to cure various diseases. We have undertaken a critical analysis of colour therapy and documented its scientific evolution to date. A few researchers have tried to discover the underlying scientific principles, but without quantitative study. Sufficient published material can be found about the subject that provides a complete system of treatment focused on the treatment methodologies and healing characteristics of colors. A number of studies have elaborated the relationship between the human body and colors. We also show the possibility of carrying out diverse research into chromotherapy that is pertinent to deciphering the quantum mechanical dipole moment of water molecules. The quantum

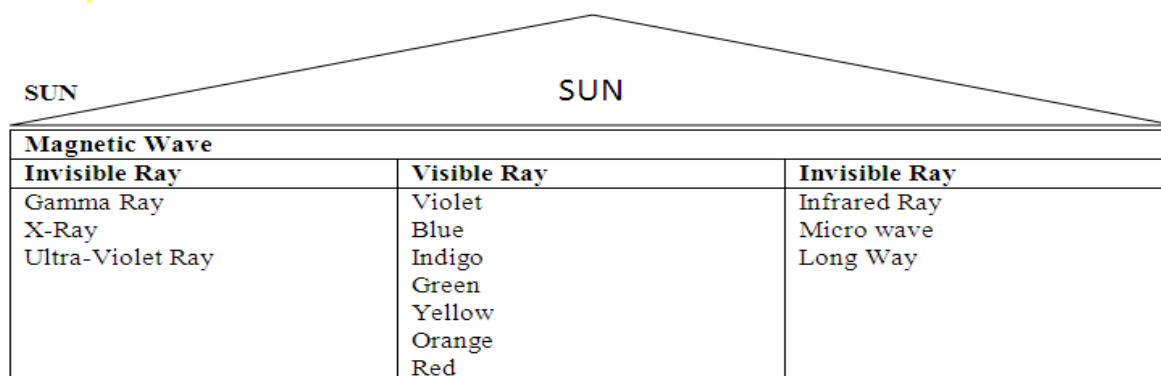
mechanical dipole moment as a result of the absorption of different colors, we conjecture, produces charge quantization phenomena. This review illustrates that the development of science in the field of electromagnetic radiation/energy can be very helpful in discovering new dimensions of this old theory.

**KEYWORDS:** Colour therapy, electromagnetic waves Biogenetic Rays.

## INTRODUCTION

Sun is the source of creation of everything in the world. Existence of life is impossible without the Sun. It is True that Sun rays have got tremendous therapeutic effect. Germination of seeds, blossoming of flowers, ripening of fruits, development of the fetus in the mother's womb and life from birth to death as influenced by the sun rays and their colours. Different type of rays originate from the sun. some are visible and some are invisible and many of them are helpful to mankind whereas some are harmful.

1.



## 2. Biogenetic Rays (4.0-16.0 micron)

Spectrum beneficiary human body the above diagram depicts the name and magnetic wavelength of different visible and invisible sunrays. It is assumed that they influence our mental and physical status in many ways. According to Yoga there are seven chakra in the human body. They are named as Endocrine glands in medical science. Each of them is said to be related to a colour as per the following.

Charak	Endocrine	Colour
Sahasrar	Pineal Gland	Violet
Ajnya	Pituitary Gland	Blue
Vishudha	Thyroid Gland	Sky blue
Anahata	Thymus Gland	Green
Manipur	Pancreas & Adrenal	Yellow
Swadhistan	Solar Plexus	Orange
Muladhar	Sex Glands	Red

Where there is imbalance colours there diseases occur. In other words, when hypo or hyper Activities of the organs, the disease manifests.

Each colour has different vibrations which affects the human body differently as for example application of red colour increases blood circulation and activates nerve function as a result nerverelated weakness are removed. Similarly application of Green colour helps in creation of poisonous substance and increases the immunity. Again Blue colour acts as an antiseptic. We experience the effect of the colour on our body not only through sun rays but colour also though the flowers, fruits vegetables roots food and drinks so we can use them as medicines. It is said "Colour is Life. "If we study the "Tri-Dosha Sidhanta" of ayurveda we will find that there is deep relation of Vatta, Pitta and Kapha with green blue and orange colours which are used in colour therapy. Example.

Probable relation of colour with Dosha according to observation a probale relationships has baeen established between dosha and colour which are as follows:-

**Orange Colour** – helps in curing of "Kapha Dosha"

**Green** – It helps in curing of "Vattta Dosha"

**Blue** – It helps in curing of "Pitta Dosha"

The effects of these important three colours are given below.

#### **Meachanism of colour thearapy Colour**

**Orange Nature:** Heating stimulating, expanding health tonic, digestive stimulant and removal of cough.

#### **Function**

1. Autonomic nervous system and
2. Sensory nerve actions are accelerated.
3. It is a lung builder and respiratiory stimulant. It alleviates lung disorders.
4. It suppresses the parathyroid glands and regulates thyroid activity.
5. Decreases menstrual cramps and increases menstrual blood flow.
6. Increases hemoglobin content in blood.
7. It is more helpful in cold related disease as its characteristics is heat generation.

#### **Green Colour**

**Nature:** The nature of this colour neutralizing, hormonising, eliminating, anti-infection, blood purifying.

"Vattanasaka"

**Function**

1. Green colour stimulates the pituitary, the master gland.
2. Raises the vibrations of the body above the vibrations of disease- a form of immunity form all disease.
3. Destroys and heals all infections, hospitals. Find less infections when green is present.
4. It is the colour that destroys rotting and helps building cells and tissues.
5. Green dissolves blood clots in any part of the body or head. It was been seen to take less than an hour to accomplish this. There is nothing in medicine that works as fast as this colour.

**Blue Colour**

**Nature:** Cooling, smoothening, contracting, Antiseptic, Brain-Tonic, Pittanasak.

**Function**

1. It is a vitality builder – the oxygen neutralizes the fatigue generated poisons for a more relaxed and calming condition.
2. Blue is the colour of the pineal gland, the colour of the spirit.
3. It produces a peaceful effect for sounder sleep.
4. It relieves itching and irritations with this principles we may utilize.

**These three colours for therapeutic uses****Methods of colour treatment**

**Generally in four media treatment is done.**

1. Sugar water, glycerine and mishri. These articles are put in a desired coloured bottle and kept in direct sun light for a definite period and principles. Then these are used as medicine in food or drinks (oral applications).
2. In a similar way oil or ghee can be exposed for 45 minutes and then can be used as massage oil externally (local application).
3. Through radiation medium sun-rays or electric light rays can be radiated through desired colour Paper directly on affected part of the body which gives relief.
4. Natural colours also can be utilized for therapeutic purposes effectively.

**Some examples of colour therapy****Colour therapy be beneficial for Rheumatic arthritis**

According to Ayurveda if there is more “wind” (Vayu) in the body. This abnormality manifests. It is manifested by swelling of body joints, Pain, stiffness. Mostly the joints and muscles are affected. Sometimes there is fever. This disease is more prevalent in females than male. Mainly orange and green colour are used for treating this disease. Water treated with green Colour can be taken orally in the morning in the empty stomach. It helps remove toxins and also Relieves constipation. Orange colour treated water when taken orally after food, helps digestion and Improves nerve weakness and stiffness. Radiation of orange colour rays removes joint pain swelling. For this reason mustard oil which is orange coloured if massaged on the affected part of the body gives relief.

**Colour therapy be beneficial for Spondylitis**

It is related to pressure on the spinal nerves. This is manifested by pain in the Neck. Pain in one or both shoulder joints, difficulty in raising hands. External causes or there like use heavy pillow under the neck, heavy weight lifting, mental tension, sleeping on soft bed, sitting on one Place for a prolonged period, internal causes are related to imbalance of calcium in the blood, nervous disorders, damage of spinal cord, wind in stomach and constipation are main conditions associated With this diseases. At first one has to find out this association and direct the treatment accordingly.

To remove Constipation green water is to be taken orally after food. For circulation and nervous disorder orange colour radiation therapy. (Local treatment) is more helpful. Red oil massage is also helpful.

**Color therapy be beneficial for low back pain**

This is pain in the lumbar region of spine, Reasons are many, when there is damage to the spinal cord Are any part of it or its muscles. The disease is manifested, along with this use of soft bed, injury in the knee or waist, menstrual problem, constipation are associated factors.

However for all types of swelling, pain aching orange coloured oil. Water and radiation treatment is Done. Green colour water if taken twice daily in empty stomach is very helpful.

**Color therapy be beneficial for Gout**

The patient should have regular exercise and should drink sufficient water so that the uric acid level in The blood is reduced. Avoid protein rich food, alcohol, meat etc. It is advisable to take vegetarian food For this disease. Red or orange colour oil massage and orange water taken orally with sugar after food Is helpful. Green coloured water if taken twice daily is helpful.

**CONCLUSION**

Every objects has its own colour. Different food items like fruits, flowers etc. have their own colour. Human being is also taking all these items as food or medicines from time immemorial. In the treatment the visible spectrum (colours) of electromagnetic radiation is help to cure diseases. In the discussion it has been established that there is a relationship between different ailments of body with different color. Some relations with diseases is also established. Many aspects of humankind's explorations are ignored, neglected or discarded. Colour medicine is one of these neglected items. This article will be helpful for further research to establish the colour therapy.

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