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A critical analysis of chromotherapy (color therapy) and its impact on married life

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Abstract

Background: Chromo therapy commonly known as color therapy falls under the category of Complementary and Alternative Medicine System (CAMS) treatment by utilizing electromagnetic radiations with different frequencies which affect human neurohormonal pathways and play a role in day-to-day life. It is one of the most successful ancient practices which are now gaining interest as valid and effective science. It is a well-established fact that chromo therapy triggers specific points in our body and affects various parts of life such as married life significantly. With this in mind, we conducted a survey to assess the effect of chromo therapy on married life. 500 participants were chosen for the study and after including various colors suggested to them in their life, an improvement in various aspects of their life was observed.

Aim: To assess the effect of chromo therapy on the life of couples married for at least two to three years.

Methodology: About 500 couples participated in a survey we formulated exclusively for this research. The criteria for participation were to be married for at least 2 years, starting from the date of the wedding. The questionnaire included each individual's astrological chart information to draw an accurate conclusion.

Results: All the calculations were made based on keeping into consideration each couple's numerological and astrological charts. We found that 90% of couples who face issues in their married life failed to choose their lucky color at their wedding venues. Furthermore, 70% of the respondents did not select the right day of marriage as per their charts, and thus faced problems.

Conclusion: Our Study revealed selecting the right color in life events such as marriage can have a positive impact on different facets of life.

Keywords: Chromotherapy, Complementary, electromagnetic

Introduction

Color therapy is a treatment modality that makes use of the visible spectrum of electromagnetic radiation. It is a centuries-old concept successfully used worldwide over the years to cure various diseases [1]. However, with time, it has been proven effective in several other aspects of human life such as healing therapies for emotional issues, healing of places such as home and workplaces, mental health, or any small inconveniences in the life of an individual.

This method has been immensely used in Egypt, India, and China for generations. Today in the modern world, alternative medicines are commonly used to eradicate numerous health and mind-related problems. Color Therapy is one of the most popular alternative medicines used to influence the behavior and brain of people.

Color Therapists or Chromo therapists believe they can use different lights or rays in the form of color to maintain a balance or energy lacking in a human's body be it emotional, mental, spiritual, and/or physical. Eyes perceive the light that vibrates at different frequencies enabling us to see the various colors in the world. Sunlight, or full-spectrum light, consists of all the wavelengths of color in the visible spectrum (red, orange, yellow, green, blue, indigo, violet, and magenta) as well as infrared and ultraviolet light, which cannot be seen. When a person is exposed to different colors of light for a specific period, emotional and physical problems tend to lessen. Exposure to colors can be in various forms such as contemplating and visualizing colors, massages using color-saturated oils, wearing lucky colored clothing, eating colored foods, or simply including those colors on the bedroom or home wall décor [2].

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History of chromo therapy

It is accepted that color therapy is as ancient as Egypt. The Egyptians had the notion that light has tremendous powers and subsequently, they utilized colored lights to recuperate their kin and restore their physical health [3].

In A.D 980, Ibn Sina (Avicenna) formulated a chart of various colors and brought up the concept of warming and cooling colors [4]. In the 6th century BC, Orpheus used vibrational medicine of color and light as a mode of healing [5]. Apuleius revealed the diagnosis of epilepsy with a flickering light. Ptolemy proposed the concept, that when light entered into eyes, stimulated the specific brain centers and produced a feeling of euphoria (due to the release of “feel-good” hormone-serotonin) in a person [6].

Middle Ages in 1493, Paracelsus reintroduced the color philosophy and used color with music and herbs as complementary medicine [7]. In 1666 Sir Isaac Newton formed a wheel of colors that is harmonious together and other colors that might clash [8].

Johann Wolfgang Goethe observed the principle, called “polarity and elevation.” It says that only those colors can be combined which have no or little difference of polarity [9].

Edwin Burr Babbitt (1803-1881) revealed the stimulatory effect of red color on blood, soothing effect of violet/blue to be used as anti-inflammatory, and yellow/ orange as a laxative [10].

Ewald Hering gave opponent color processes theory, based on two opponent systems which possess “inhibitory and excitatory responses, controlled by opponent neurons, (neurons which respond to specific wavelength) [11]. Dr. Ott (1997) was the first person to evaluate the effect of chromo therapy at the DNA level [12]. Dr. Harrah Cornforth (1991) applied color and light to facilitate whole Brain synchronization [13].

Present-day scientists have contended that colors are not explicitly related to health but instead with the state of mind of a person. Likewise, one color isn't particularly related to a specific mood and consequently, the impact of color on people can't be understood with ease. Despite the fact that color therapy isn't acknowledged by Western medicine due to lack of scientific evidence, it is as yet utilized as an option by many individuals across the world who trust in the healing powers of the colors.

Concept of Chromo therapy

Color therapy is based on the premise that different colors evoke different responses in people. Some colors are considered to be stimulating, whereas others may be soothing and, therefore, colors may impact one's energy level, mood, appetite, emotions, and even decision-making. Perhaps that means that color and lighting (i.e. an illuminated form of color) can be useful healing tools in combating an array of ailments [14]. Color therapy has been suggested (though not proven) to positively impact academic performance, aggressive/hostile behavior, asthma, attention-deficit hyperactivity disorder, blood pressure, bronchitis, dyslexia, learning disabilities, enhanced athletic performance, epilepsy, insomnia, lethargy, lung cancer, migraine, muscle relaxation, prison reform, stress, uterine fibroids and vision disorders [15].

As per physics, every particle of matter has a vibratory rate. This vibratory rate determines the density and form of a given matter. For example, a subatomic particle that vibrates at or above the speed of light is pure light energy. Whereas light is electromagnetic radiation, which is the fluctuation of electric and magnetic fields in nature. Simply put, light is energy. The

phenomenon of colour is the result of the interaction between this energy and matter. Every object absorbs and reflects light. The light that is reflected by an object, hits the eyes, and thus, we perceive color. The wavelength, frequency, and quantity of energy of every colourful ray are fixed for each color; that is, a specific wavelength, a certain frequency and a particular amount of energy in that wave have been denominated as a distinct color. The human eye is sensitive to electromagnetic radiation only at wavelengths roughly between 0.4 to 0.7 μm . This tiny segment is called the visible spectrum or visible light.

Visible light consists of numerous electromagnetic frequencies. These frequencies reflect the colors of the rainbow: red, orange, yellow, green, blue, indigo, violet, and all the vibrations thereof.

Newton's concept has been applied by contemporary medicine, based on the idea that when part of a body is diseased or shows imbalanced function, it is removed or replaced in a way similar to machines. Alternatively, it may be chemically treated which may give a negative effect. This means, that medicines, simply influence or suppress symptoms. However, they don't interfere with the energy of the diseased body. Einstein considered the body to be a complete and harmonious system in tune with the universe's energy. The key to understanding chromo therapy/vibrational healing lies not in the Newtonian mechanistic approach but in rerouting energy fields that form complex relationships with other fields such as those surrounding the physical/cellular substance and others relating to more nonphysical energies [16].

Everything that exists interacts with light and is influenced mentally, thought-wise, physically, and emotionally by light [17]. According to the theory of chromo therapy, everybody is composed of colors. All organs, cells, and atoms exist as energy, and each structure has its frequency or vibrational energy. Every organ and energy center vibrates and harmonizes with the frequencies of these colors. At the point when different parts of the body deviate from these normal vibrations, one can assume that the body is either infected or possibly not functioning as it should. The vibratory rates ingrained in the vibrational technique (chromotherapy) are to such an extent that they balance the ailing energy pattern seen in the body. Every organ has an energy level at which it functions perfectly. However, an imbalance in these energy levels may result in disease or dysfunction of the system [18].

Chromo therapy is a narrow band in the astronomical electromagnetic energy range, referred to humanity as the visible color range. It is made out of reds, greens, blues, and their consolidated derivatives, producing the perceivable colors that fall between the UV and the infrared ranges of energy or on the other hand vibrations.

These visual colors with their exceptional frequency and oscillations, when conjunct with a light source and specifically applied to disabled organs or life systems, give the fundamental recuperating energy needed by the body. Light affects both the physical and etheric bodies. Colors create electrical impulses and magnetic currents or fields of energy that are prime activators of the biochemical and hormonal cycles in the human body, the stimulants or sedatives required to balance the whole system and its organs. Color is a crucial component of our environment and without its presence; our environment would be dull and depressing. It plays a vital role in our built environment, especially in relation to the partially blind, infants, hospital patients, and people who for some or other reason feel trapped and

unhappy with their way of life. The aim of this article is to review the role of different colors and their properties to maintain the well-being of married couples.

Materials and Methods

A longitudinal study was conducted among 500 couples who approached us for advice regarding problems in their marriage. Each couple was made to fill out a survey consisting of a precise questionnaire to determine their current status. Their demographic data, date, place, and time of birth, their wedding date, the color of decoration at the wedding, and the color of the bedroom they spend most of their time in were some of the questions included in the survey. Their current issues were also taken into account in order to assess the effect of colors in resolving them. The criteria for participation in the research was to be married for at least 2 years.

They were explained in detail, the nature and purpose of the study, and consent was obtained. A suitable intervention in form of colors in their day-to-day life and other numerological remedies were advised. Participants were informed about the colors they need to add to their bedroom, workplaces, and their routine life in order to evaluate the effect of colors on their personal life.

Another survey was then carried out after 2 years of making these changes to determine the effects of color on their life. Among the 500 participants, about 334 have been married for 2 and half years, 108 were married for 3 years and about 58 have been together for 3 years and 2 months. Any specific problems that the contributors faced, were also noted before making any color changes. Results were calculated 2 years after making the necessary alterations in color.

Results

In our longitudinal study, we received an overwhelming response from couples mostly belonging to metro cities such as Mumbai, Delhi, Kolkata, and Hyderabad. Few couples originated from Jaipur and Bengaluru. Our survey infers that:

- 4 in 5 couples showed improvement in their married relationship during our observation period of 2 and a half years.
- 70% of them showed a drastic change in their relationship with in-laws.
- The majority found their health expenditure plummeting.
- About 87% could deal with stress better.
- 90% had reduced anxiety and anger issues.

Overall, 95% of our participants demonstrated a positive change in their life after consulting and making the color changes as suggested to them.

Discussion

Numerology and Colors

Numerology is the study of numbers, such as the figures in a birth date, and their supposed influence on human affairs. Research has begun to validate the importance of color in treating life affairs. If a combination of numerology and color wisdom is applied to life, it can bring miraculous changes and create a shift in the energies of an individual.

Color Numerology has the potential to make life truly bright, inspiring, energizing, and empowering. If numbers assume an indispensable part in our everyday life, color numerology can also play an important role in life. This is useful to find distinct qualities, strengths, and true potential^[19]. how can one analyze the date of birth (time of birth, place of birth, month, and year) and how these numbers are related with

different colors that can change our life are explained in color numerology. A single color denotes the quality of life, fortune, how it can favor a person, one's life path, life purpose, soul color, energizing color, and more. Each one is fond of different colors. It differs from person to person, what one likes another may dislike. Why this liking varies, color numerology answers this all. There are both, negative and positive aspects to all the colors, where color numerology and color therapy indicates the potential color and how can one use the potential color to get the overall benefits of life^[20].

Chakras

The word "Chakra" in Sanskrit means "Wheel". Chakras are the energy centers in the body and are seven in number. These chakras are located along the spine of the body from the base of the spine to the crown of the head. Each chakra has its own color - the frequency at which it vibrates. Each associated color with one of the seven chakras of the body has its complementary color. Single colors or combinations of complementary colors can be used to treat imbalances in the chakras or issues associated with that bodily region^[21].

The vibrations of the color have been known to improve mood and overall health^[22]. According to Indian philosophy, the chakras are considered the centers of spiritual power and energy within our bodies. Their effect on the body can be explained as follows:

Root chakra - Muladhara

Root Chakra or Muladhara is the primary chakra situated at the base of the spine and is associated with the color red and element earth. It is thought to represent a person's basic necessities such as food, clothing, and shelter. It affects a person's ability to connect to the world and how one controls feelings of survival, ambition, dependency, and stability.

In a state of imbalance, it can lead to feelings of fear and insecurity that invites difficulties with respect to success and causes feelings of frustration and lack of purpose. When balanced, it creates feelings of security, positivity, energy, independence, and strength.

The sacral chakra - Svadhishtana

The sacral chakra is present just two fingers below the navel, radiates the color orange, and is associated with the element of water. When balanced, it harmonizes sexuality, creativity, intuitiveness, self-worth, compassion, and adaptability. When imbalance, causes emotional outbursts, a lack of creativity, and sex-obsessed thoughts.

The Solar Plexus Chakra - Manipura

The solar chakra is found between the rib cage and the navel. Manipura is the Sanskrit name of Solar Plexus Chakra, which means city of jewels. Its color is yellow and associated with the element of fire. The Solar Plexus Chakra is the center of control and self-esteem. And of emotions like ego, anger, and aggression. If imbalanced, it is believed to cause feelings of depression and low self-esteem; presents itself on a physical level through digestive problems, liver problems, or diabetes. When balanced, it would become a source of energy, productivity, and confidence.

The Heart Chakra - Anahata

The Heart Chakra is the center of all chakras and is located in the middle of the chest. It connects lower chakras to the higher ones and has shown to have a major effect on a

person's emotional, financial, and mental condition. It is green in color and resonates with the element of air.

The heart chakra is the link to compassion, trust, passion, and love for self and others. When it is out of balance, it causes anger, lack of trust, anxiety, jealousy, and fear, lack of self-love, poverty, and moodiness. An overactive heart chakra can lead to high blood pressure, heart palpitations, and heart problems.

The Throat Chakra - Vishuddha

Vishuddha, the Throat Chakra, controls the neck, mouth, tongue, and other parts of the throat area. Its color is sky blue, and its element is ether. The Throat Chakra represents self-expression, communication, and confidence. Balanced Throat Chakra is believed to regulate the flow of hormones and help inner thoughts to be spoken in a positive manner. When not in balance, it may lead to problems faced by lack of communication, lack of fulfillment of desires and may have a significant effect on other chakras as well.

The Third-Eye Chakra - Ajna

The Third-Eye Chakra or Ajna chakra is present between the eyebrows also called the glabella. The Third-Eye Chakra has no elemental association but is represented by the color indigo. It is often used in yoga practice as a focal point and is believed to control your intellect, intuition, wisdom, manifestation, and spiritual power.

An open and balanced Third-Eye Chakra allows one to notice the connections in this world and beyond.

An under active Third-Eye Chakra is thought to manifest as a headache, a migraine, or blurry vision. One is believed to be free from earthly attachments if the Third-Eye Chakra is balanced.

The Crown Chakra - Sahastrara

Sahastrara, the Crown Chakra, is present in space right above the head. It is the highest of the seven main chakras. The crown chakra color is violet or white. Also known as the "thousand petal lotus" chakra, it is considered to be the most spiritual of all the chakras.

Opening the Crown Chakra is believed to connect a person to their higher self since it is the place of spirituality, enlightenment, and energetic thoughts. It is tied to inner wisdom and the cosmos. When unbalanced, the crown chakra is thought to influence depression, disconnection from the outside world, frustration, and destructive emotions. Master Buddha, the enlightened one, is known to have the Crown Chakra open; this phenomenon can be achieved only with extreme dedication and not everyone may be able to do it.

Applications of Chromo therapy

It has been well established how Chromo therapy works and affects the life of each individual. Here are some points, where chromo therapy can be applied to experience its benefits as per our study.

- For a sharp memory, the color yellow can be incorporated.
- Studies show one must avoid white walls at workplaces. It has been proven that employees working in white-walled offices experience more side effects like headaches and nausea than those in red or blue workspaces.
- The green color is the color of healing and money. To improve finances and relax the mind, body, and soul, one can keep green-colored belongings.

- Red and black are colors of confidence. Black gives an illusion of an authoritative and possibly sophisticated persona.
- To feel energetic and joyous, combine orange and yellow in the wardrobe. Not only will you feel balmy, but you'll project that image onto others, potentially helping to lift their mood.
- The color blue enhances creativity. Those in the creative field or looking to redecorate must reap the benefits of this color! Also, it improves a person's focus, and thus, should be used in offices or study rooms. It can also be used to impress at a job interview.
- Avoid yellow in the dining room to prevent over-eating. A 2007 study found that people in a yellow room ate twice as much as those in a green or purple room.
- To improve physical endurance, one must wear red and follow pathways where it is more likely to come across red stop signs, signals, etc.
- To remain calm in a stressful situation, a combination of pastel green and blue should be utilized. It is recommended for rooms where one wishes to relax or when confronting a difficult situation. Moreover, green can be used to create calmness in health-oriented spaces, like hospitals, clinics, and counseling offices.
- One can add pink to table decorations, carry a pink purse, wear a pink dress, jewelry, or simply keep something pink to add a spark of romance in the married life. It is the color of romance and emanates soothing vibes.
- When meditating or connecting with intuitive power, purple must be the color of choice.
- When renovating the house, consider the effect of each color and what would being in each room feel like. Kitchens and bathrooms often incorporate yellow to convey happiness and joy. Dining rooms that use blue and green will feel calmer and may inhibit the impulse to eat too much. A little pink in the bedroom may stimulate romance but can be combined with blue or green to encourage a night of restful sleep. The workout or exercise room would benefit from performance-enhancing red, and maybe a bit of energizing orange. A little purple in the guest room can make it feel luxurious and is also great for creative rooms.

Benefits of Color Therapy

Color therapy is considered to be a unique technique that involves the use of colors and lights to make one experience solace and tranquillity. Light is considered to be one of the purest healing forces in the universe. The presence or absence of light can affect the Hypothalamus, Pituitary, and Pineal glands. This, in turn, can influence physical and mental health. There are various benefits of color therapy that have been observed over time:

- Color therapy is a very safe procedure without any side effects and therefore, it can be used for children as well as adults.
- Works at relaxing the mind and energizing the body in such a manner that one gets rid of any physical or mental illness.
- It introduces more positivity in life and helps one get over things in a better way.
- It helps in clearing off any emotional blockages for the free flow of energy in the body.
- It transforms an individual and guides to the path of enlightenment.

Color therapy creates self-awareness - in terms of capabilities, responsibilities, and individual potential. It affects the mind and body in so many ways that one will ultimately feel healthy and peaceful after trying this therapy. It aims at enhancing overall development and ensures that one is at ease with themselves and also with the world around.

Conclusion

Chromo therapy is to somehow apply vibrations of one kind or another in a way that the body's energies are restored to homeostasis. Most systems induce vibrations indirectly, but there are a few in which the vibrations are implied directly upon the body, and chromo therapy is one of them.

Chromo therapy is a modality of treatment that can help individuals because of its harmony with nature and based on our research, has proven that when implemented with correct guidance, can bring about excellent results in day-to-day life.

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