

# Colour and Life

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Colours are soothing and fascinating to our life. It's the visual perception based on the electromagnetic spectrum. Every colour influences particular chakra or body and energy. Greenery pleases our eyes, we feel good and rejuvenated, a colourful plate of our food attracts us to ward eating. Beautiful colour of dress gives us a confidence. How it would be if colour would be absent in our life everything black or white?

From ancient times colour is used as a therapy and still alive in the modern era. Different colours have different meanings, affect healing etc. Colour therapy is known as Chromotherapy. Colour therapy is a noninvasive treatment for a wide range of diseases.

## **Red**

The red colour is characteristic to the stimulation of neurons, adrenal glands and sensory nerves also it improves blood circulation.

This primary colour induces subtle but intense effects in the management functions of the brain and nervous system and in many biochemical and physiological processes.

Because of its restorative effects, red is recommended in small doses and only with blue or green for therapeutic use.

## **Orange**

Orange is a combination of red and yellow. Its effects are thus much stronger. Among the results of chromotherapy using this colour includes also increasing body resistance against infections. Orange is much more used to cure stiffness and spasms. It also plays an important role in increasing metabolism rate and strengthening the lungs, spleen and pancreas, but also in maintaining normal blood pressure. It is interesting to note that this color induces soothing emotions and enthusiasm.

## **Yellow**

Research on chromo medical laboratories indicates that bright yellow rays help the body's motor mechanisms. This color is also useful in strengthening muscles and maintaining digestive function. However, prolonged use gives rise to acidity, colitis or haemorrhoids. Excessive radiation absorption of yellow can increase the risk of diseases such as heart rate and Yellow therapy leads to a general increase in the level of intelligence and promptness.

## **Green**

A dilation of arteries is recorded when green rays penetrate the body. But its excessive absorption has harmful effects on muscle tissue and the pituitary gland. Green has a favourable impact in inducing positive thinking and therefore is prescribed in stress management.

## **Blue**

Blue increases metabolism reaction and is often used in wound healing. This colour gives a soothing effect to the mind/intellect and supports intellectual functioning operation during meditation practices.

## **Indigo**

This colour is suitable for chromatographic purification. In addition, it relaxes and slows the neuro-muscular system, cardiovascular and lymphatic systems.

## **Purple**

Purple can be used in maintaining potassium levels in the body. Specific high-frequency radiation using this colour inhibits tumours. An unbalanced appetite can be controlled by this colour.