



Colour Therapy

Dr. RAJESH VISHWANATHAN

Colour therapy is a technique of applying coloured light to the body to heal diseases. Recently, Rudolph Steiner, C.W. Leadbeater, Dinshaw Ghadiali and Faber Birren have added a lot to our understanding of this therapy.

Red colour stands for heat, fire or anger and circulation of the blood. Therapists use it to cure paralysis and blood ailments.

Orange, symbolic of prosperity and pride, is used to increase pulse rate, lactation, to remove gall bladder and kidney stones and in other liver ailments and constipation.

Yellow light, associated with joy and intellect, helps treat diabetes, indigestion, liver ailments, constipation, eye and sore throat infections.

Green light is used to treat nervous conditions, hay fevers and colds. Green symbolises harmony.

Blue is considered a mystical colour and is used to reduce pain and bleeding. Blue light helps to heal burns and treat amoebic colitis, skin ailments and rheumatism.

Indigo light heals migraines of a nervous origin.

Violet colour, associated with psychic and spiritual power, is used to treat rheumatism, emotional disturbances and ease childbirth.

Studies in the U.S. show that persons bathed in blue color experience a drop in blood pressure. Red light increases blood pressure.

Therapists use different ways to focus light on patients. Some apply light directly, or use coloured glass; others recommend that patients should take liquids from particular coloured containers. Therapists in Europe make patients wear certain coloured robes and receive light from special "Beamers." Usually no more than three colors are used at a time and one of them is blue.

Some Australian researchers advocate colour breathing exercises during which one visualises the colour opposite in meaning to the colour of the thought form one wishes to negate. Colour therapy is still experimental and not very popular in India yet.

Dr. Rajesh Vishwanathan is a General Practitioner in Medicine in Mumbai with a keen interest in spirituality and holistic medicine. He can be contacted at drrajeshv@hotmail.com