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Chromotherapy: How Can Colors Impact Your Health?

Colors and their target diseases

Light clearly influences human behavior. But the white light we see around is made of a ROY G. BIV spectrum (red, orange, yellow, green, blue, indigo, violet). Other colors are hues of these ones. Each color represents a radiation of a specific wavelength with different molecular effects. Chromotherapy attempts to balance the energy and the health of the organism using colors, both preventively and curatively. The colored radiation can be applied on the naked body, but also only on the affected organ or area or certain energetic centers.

1. RED is a color that increases tonus, strengthens and regenerates. It is recommended in the case of anemia, physical tiredness, depression, respiratory virosis, paresis, paralysis, chronic degenerative rheumatism. Is is contraindicated in case of acute inflammations, irascibility and hyperactivity.
2. ORANGE is a general stimulator (including sexual) with antispastic action, favoring calcium assimilation and respiration. It is recommended in case of asthma, bile dyskinesia, kidney stone, psychical tiredness, sexual exhaustion, bronchitis, spasmophilia, stress, amenorrhea.
3. YELLOW stimulates the central nervous system and motor centers, affecting digestion as well. It is recommended for affections of the liver and gall bladder, dyspepsia, colitis, edema, psychical tiredness, diabetes, migraines, paresis, paralysis. It is not recommended in case of acute inflammations, fever, irascibility, impaired heart rhythm.
4. GREEN cause physical and psychical relaxation, detoxifies and acts as an antiseptic. It is recommended in case of head aches, neuralgy, convulsions, rhino-sinusitis, hypertension, impaired cardiac rhythm, gastro-duodenal ulcer, flue.
5. BLUE stimulates immunity and has a refreshing, antalgic, anti-fever and anti-purulence effect. It is recommended in case of head aches, neuralgy, inflammations, skin infections, burnings, colics, eruptive diseases, and fever.
6. INDIGO is anaesthetic, sedative, antalgic, and respiratory reliever. It is recommended in broncho-pneumonia, migraines, neuralgies, convulsions, obsessive states, nosebleed, delirum tremens, hysteria, anosmia.
7. VIOLET is sedative, immune stimulator, and detoxifies the body. It is recommended in neuralgies, insomnia, cellulite, rheumatism pain, visual impairment, cataract, infections.

When 2 colors work for the same disease, they will be applied successively, not at the same time, in sessions of 15-30 minutes.

Chromotherapy is applied using a reflector lamp or a slide projector to which colored filters are put, depending on which is the desired effect. Exposure is made in a dark room. After the exposure, the person will remain there for another 30 minutes in the dark, the body being covered by a dark non-synthetic material.