

Colour Chromotherapy (Colour Light Therapy)

Light Therapy has been valued throughout history as a remarkable source of healing. Today, the therapeutic applications of light and colour are being investigated in major hospitals and research centres worldwide. Results indicate that full-spectrum, ultraviolet, coloured, and laser light can have therapeutic value for a range of conditions from chronic pain and depression to immune disorders.

Wellness Benefits

Light Therapy has been reported, as part of a healthy lifestyle, to temporarily reduce swelling, relieve pain, decrease inflammation, accelerate open wound healing and greatly reduce overall recovery after medical/surgical procedures. Patients have demonstrated increased range of motion, decreased muscle tension and spasm, and improved circulation.

Rejuvenating LED light therapy can be used for temporary pain management such as joint and back pain, sore or torn muscles, sprains, arthritis, post-surgical scars, burns, wounds and more. When used with infrared technology, light therapy (phototherapy) is one of the most effective and noninvasive ways to improve overall wellness.

Light therapy is also used to temporarily relieve Seasonal Affective Disorder (SAD). SAD affects individuals when the lack of sunlight results in seasonal depression. Phototherapy helps with SAD by resetting the internal biological clock (Circadian rhythms), helping individuals sleep better and regulate their mood. Even companies, such as GE and Philips, have created phototherapeutic products to improve and regulate mood.

Cosmetic Benefits

Light therapy is also a growing treatment for anti-aging. Many individuals have seen a temporary reduction in the appearance of fine lines, wrinkles, crow's feet, and age spots.

Light therapy is “effective at improving the appearance of the face, neck and chest by reducing the signs of aging, wrinkles and age spots”, says Web M.D. Combined with infrared therapy, LED phototherapy can be a great way to revitalize skin.

Healing With Colour

Colour is light split into different wavelengths vibrating at different speeds and at different frequencies. Objects that ABSORB all wavelengths and DO NOT reflect are black in nature. Objects that REFLECT all wavelengths and DO reflect are white in nature. Between black and white lies COLOUR. Colours are wavelengths of energy that, to us, appear as colour because of the potential and capabilities of the object to either absorb or reflect the energy.

Red

Red is called “The Great Energizer.”

Yellow

Yellow helps awaken mental inspiration arousing higher mentality.

Green

Green is the universal healing colour. Green is midway in the colour spectrum; therefore, it contains both a physical nature and a spiritual nature, in equal balance and in equal harmony.

Blue

Blue on the other hand, is at the opposite end of the visible spectrum. Blue can be used for any type of ailments associated with speech, communication, or the throat.

Orange

Orange has a freeing action upon the mind, relieving repression. Because orange is a blend of red and yellow, it combines physical energy with mental wisdom, inducing a transformation between lower physical reaction and higher mental response.

Violet

Violet is the last colour we can see before light passes on to ultra-violet. Violet purifies our thoughts and feelings giving us inspiration in all undertakings. The violet energy connects us to our spiritual self bringing guidance, wisdom and inner strength, and enhances artistic talent and creativity. Leonardo da Vinci proclaimed that you can increase the power of

meditation ten fold by meditating under the gentle rays of violet, as found in church windows.

Light therapy uses colours for their proposed wellness abilities in treating emotional and physical disturbances. Light therapy is based on the premise that different colours evoke different responses in people. For example, some colours are considered to be stimulating, whereas others may be soothing. Colour therapy has been suggested for many uses, based on tradition or on scientific theories. Consult with a health care provider before using colour therapy for any use. They can also assist you if you are unsure which colour to include in your session.

The History of Colour Light Therapy

Colour Light therapy, also known as Chromotherapy, is a technique of restoring balance by means of applying colour to the body. Its history is rooted as far back as the Mayan culture.

In India, Ayurveda, an ancient form of medicine practiced for thousands of years, is based on the idea that every individual contains five elements of the universe which are present in specific proportions unique to each individual, including their personality type and constitution. When these elements are out of balance, Ayurveda works with the energies inherent in the colours of the spectrum to restore this balance.

In ancient Egypt the art of healing with colour was founded in the Hermetic tradition, the Ancient Egyptians and Greeks used coloured minerals, stones, crystals, salves, and dyes as remedies, and painted treatment sanctuaries in various shades of colour.

In China, traditional Chinese medicine incorporates colour to be associated with each organ and elemental system. This healing method looks at the idea that every individual is a balance. The first colour wheel was invented by Sir Isaac Newton. He split white sunlight into red, orange, yellow, green, cyan, and blue. He then joined the two ends of the colour spectrum together to show the natural progression of colours.

Resources

1. Natural Standard: An organization that produces scientifically based reviews of complementary and alternative medicine (CAM) topics

2. National Centre for Complementary and Alternative Medicine (NCCAM): A division of the U.S. Department of Health & Human Services dedicated to research Selected Scientific Studies: Colour Therapy Natural Standard has reviewed all of the currently available medical literature to prepare the professional monograph from which this version was created.

The information in this monograph was prepared by the professional staff at Natural Standard, based on thorough systematic review of scientific evidence. The material was reviewed by the Faculty of the Harvard Medical School with final editing approved by Natural Standard.

Some of the more recent studies are listed below:

1. Deppe A. Ocular light therapy: a case study. *Aust J Holist Nurs* 2000;7(1):41.
2. Geldschlager S. Osteopathic versus orthopaedic treatments for chronic epicondylopathia humeri radialis: a randomized controlled trial. *Forsch Komplementarmed Klass Naturheilkd* 2004;Apr, 11(2):93-97.
3. Maher CG. Effective physical treatment of chronic low back pain. *Orthop Clin North Am* 2004;Jan, 35(1):57-64.
4. Natural Standard Research Collaboration, Chief Editors: Ulbricht C, Basch E, Natural Standard Herb and Supplement Reference: Evidence-Based Clinical Reviews, USA. Elsevier/Mosby, 2005.
5. Ohara M, Kawashima Y, Kitajima s, et al. Inhibition Of lung metastasis of B16 melanoma cells exposed to blue light in mice. *Int J Molecular Medicine* 2002;10(6):701-705.
6. Wileman SM, Eagles JM, Andrew JE, et al. Light therapy for seasonal affective disorder in primary care: randomised controlled trial. *Br J Psych* 2001;178:311-316.
7. Wohlfarth H, Schultz A. The effect of colour psychodynamic environment modification on sound levels in elementary schools. *Int J Biosocial Res* 2002;(5):12-19.
8. Zifkin BG, Inoue Y. Visual reflex seizures induced by complex stimuli. *Epilepsy* 2004;45(Suppl 1):27-29.