

The untold saga of chromotherapy in dentistry

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ABSTRACT

Being a centuries-old concept and used successfully over years, chromotherapy is the method of treating diseases using coloured food, coloured clothing, colour saturated oils, coloured water and visible spectrum of electromagnetic radiation. The basis of chromotherapy depends on the fact that illness is caused by an imbalance in the basic chakras of the body. Colour therapy rebalances the chakras using specific colours. Being a part of complementary and alternative medicine systems, it proves to be effective for various systems of the body and affects neurohormonal pathways. Based on the available literature, this review documents the scientific evolution of colour therapy in medicine and dentistry and its various applications. Future studies will establish exactly how chromotherapy promotes wellbeing, owing to technical advancements and the scientific approach. Till then, it is a low-cost, non-invasive treatment option that is worth a go.

Keywords: Chakras, chromotherapy, electromagnetic

Introduction

Many elements of humanity's investigations are overlooked, dismissed or forgotten. One of these overlooked concepts is colour medication. This review provides an insight into the application of chromotherapy in treating various diseases in the body and oral pathological conditions in a holistic manner and highlights the need of using this therapy as a part of routine treatment in clinical setups.

Chromotherapy provides a supportive treatment to eliminate the root cause of the pathology for people who cannot afford costlier therapies for long-term diseases making it easier for the patients to reach a healthier state of the body without any side effects.

This therapy adds relevance to day-to-day clinical practise for family physicians, medical professionals and dentists to guide the patients towards a healthy living at affordable prices and time without adding much burden physically, mentally and psychologically to the patients.

Colour therapy is also known as chromotherapy and is based on the idea that colours and coloured lights can treat mental or physical health.^[1]

The basic physics behind visible colour is that it reflects, bends and refracts through all particles, molecules and objects. Different types of light are produced due to a variety of wavelengths.

Colour is taken up by our skin cells, eyes, skull and so-called 'magnetic energy field' also known as aura and this energy affects us on all levels including physical being, spiritual mind and emotional status.

Methodology

An extensive search for the literature associated with colour therapy was undertaken using electronic databases such as

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CHROMO THERAPY

Basic Idea

Chromotherapy is a kind of holistic healing that uses the energy corresponding to each of the seven colours of the spectrum, that is, red, orange, yellow, green, blue, indigo and violet. Each colour has its own energy corresponding to varying wavelengths of the light thus forming the spectrum. In colour therapy, these light energies resonate with the energy of each of the seven main chakras of the body thereby balancing them.^[2] Each chakra is related to a particular colour, gland/organ.

Alternative therapies also think that a person's aura has different layers of light that can be utilised for cleansing and balancing. Knowing the colours of your aura will help you gain a greater understanding of your spirit and, as a result, how to heal.^[3]

History of chromotherapy

Since 2000 BC, colour has been studied as a medicine.

The God Thoth, according to Egyptian mythology, discovered the art of chromotherapy.^[4]

Sunlight was suggested by the ancient Ayurvedic physician Charaka, who lived in the 6th century BC, to treat a number of diseases.^[5]

Avicenna (AD 980) pioneered the use of colours in curing. He emphasised the significance of colour in diagnosis and care. 'Colour is an observable symptom of illness', according to Avicenna. He also created a chart that linked colour to body temperature and physical condition. He believed that red pushed blood, blue or white cooled it and yellow decreased muscle pain and inflammation, so he used colour therapy.

Ideas and Practices in the Nineteenth Century Pleasanton (1876) only used blue and said that it was the first treatment for bruises, burns and aches.^[6]

The Scientific Revolution of the Twentieth Century Ghadiali (1927) discovered the scientific concepts that describe why and how various colour rays have different therapeutic effects on the human body.^[7] Ghadiali discovered that by applying a specific colour vibration to the body, the necessary biochemical elements could be effectively reintroduced; he coined the term 'colour chemistry' to describe this new field of research.

Later, Ott stressed how chromotherapy affects the biological functioning of the human body. For healing purposes, he noted that different lights affect different enzymatic reactions. The effect of chromotherapy was tested for the first time at the DNA level.

Clotsche also connected colours to chakras. He discovered it to be a comprehensive treatment plan for 123 major illnesses. For therapy and various methods, he used single colours as well as combinations of two or more colours, such as direct exposure and hydrochromopathy.

Discussion

How colour therapy is used?

It aims to harmonise and strengthen our bodies energy centres/ chakras, which can aid in the body's natural healing process.

As a series of cogs/wheels, visualise the chakras/energy centres. Chakra is a Sanskrit word that means 'wheel or circle of light' and refers to one of the seven main energy centres that spins around and around the body like a wheel. Thus, a balance of all these forces, or the smooth running of the cogs/wheels, is the key to good health and well-being.

The spine aligns with five of the main chakras, while the sixth is between the eyebrows and the seventh is just above the crown of the head.^[8]

By adding the required colour to the body and thereby rebalancing our chakras, colour therapy will help to rebalance these 'wheels'.

Colours and related Chakras^[9]

The seven chakras:

- Root chakra: First chakra
Colour – Red
Location -Base of the spine
Function - Increase circulation and stimulate the body.
- Sacral chakra: Second chakra
Colour – Orange
Location - Pelvis area
Function -Increase energy levels and heal the lungs.
- Solar plexus chakra: Third chakra
Colour – Yellow
Location - Solar plexus
Function - Purify the body and stimulate the nerves.
- Heart chakra: Fourth chakra
Colour – Green
Location – Heart
Function - Balance emotions and stimulate growth.
- Throat chakra: Fifth chakra
Colour – Blue
Location – Throat
Function - Treat pain and soothe illness.
- Third eye chakra: Sixth chakra
Colour – Indigo
Location - Lower part of the forehead.
Function - Relieve skin problems.
- Crown Chakra: Seventh chakra
Colour – Violet

Location -Top of the head.

Function –Used for nervous and mental problems.

Application of chromotherapy in medicine

Primary healthcare is an important component since it can help to reduce lifestyle-related morbidity and death to a larger extent. Chromotherapy is an ideal system for the prevention and management of metabolic risk factors, which are the major cause of death due to non-communicable diseases. Unlike traditional medicine, where the focus of the physician is on treating the symptoms, this holistic approach focuses on treating the core cause of the problem.^[10]

Colours and psychology

Colours can be used as a part of day-to-day life to improve our functioning and to enhance a person's lifestyle. Many researchers have made it evident that certain colours add efficient working in the life of a person.

If a person wants to strengthen the memory, adding yellow into the mix might help to boost up the memory. Also, employees working in offices with white walls experience headaches and nausea than those working in blue or red-walled work areas. Therefore, avoiding white walls and white working places may help.

To improve performance while workout, choosing a red outfit, and taking a route downtown where there is a chance to see red road signs, red cars, and red stoplights may help.

A study was conducted in the year 2007, which presented that people in a yellow room ate twice than people eating in a red or blue walled room. Therefore, avoiding yellow is an effective step in weight reduction.

Incorporating green into the mix might help to relax as it has a direct connection with nature and the environment. A 2009 study found that people exposed to blue were better able to explore their creative side. So, using blue in art, crafting or writing room enhances the skills.

Purple helps to get in touch with our intuition and is also the colour associated with dream activity and psychic powers.^[11]

Colour therapy can be used to improve and regulate sleep patterns, and light exposure suppresses the melatonin levels and therefore can help one to sleep better in evening hours.

Red light may stimulate circulation, strengthen the heart and reduce inflammation and swelling in the body. It can be used in treating chronic pain and inflammatory conditions. Amber (1983) discovered that red activates sensory nerves and is useful in the treatment of deficits in smell, sight, hearing, taste and touch. Also, red radiation is utilised to aid in the production of new red blood cells as stated by Clark in 1978.^[12]

Orange colour stimulates the respiratory system and thyroid gland, which increases the oxygen levels in the body. Orange increases milk production in lactating mothers and may help patients who suffer from chronic obstructive pulmonary disease (COPD), asthma, bronchitis or other respiratory concerns.

The colour blue boosts metabolism, boosts energy, stimulates growth, lowers heartbeat and serves as a general tonic for the body. It possesses antibacterial effects, muscular and blood vessel constricting characteristics, and a calming or cooling impact on inflammations (Walker 1991).

Yellow light therapy can be used in treating eyesight problems, especially night blindness issues. Yellow improves the texture of the skin while also mending and cleaning scars and other skin conditions such as eczema. It carries inspirational and stimulating positive magnetic currents that strengthen the nerves and stimulate cerebral activity (Wills 1993). Many spas and centres with therapeutic baths use yellow light to improve arthritis-related pain and inflammation.^[13]

In times like this, when individuals are primarily suffering from a lack of immunity as a result of COVID-19. These approaches might be extremely beneficial in boosting the immune system as well as improving people's general, physical and mental health in the country.

Diabetes is caused by a lack of orange and yellow hues in the body, according to chromo treatment. The use of chromotherapy by patients with diabetes was investigated in cross-sectional research. Approximately, 37% of the 370 diabetic individuals included had utilised the therapy to treat their diabetes. Patients who utilised this in addition to their conventional medications to manage diabetes reported a higher quality of life.^[14]

Method of treatment

The number of sessions required for treatment depends upon the diagnosis and the technique used for therapy. Some techniques can be carried out by the person himself at home and other methods require professional help.

Intermittently exposing the body to the sun for short periods is one of the methods used in colour therapy.^[15]

Other methods include the use of desired hue glass containers with charged water, lamp and projector radiation, electro thermolome cabinet, colour massage, colour breathing etc.

Diseases and their treatment

FLATULENCE: Consumption of yellow chromatised water following meals

- Orange chromatised water two times a day.

HEPATITIS: Consume light green chromatised water, twice a day

- Project blue light on the right side of the abdomen for 15 min twice a day.
- Massage with yellow light charged linseed oil over the liver.

DIABETES: use violet chromatised water twice a day and yellow charged water after meals

- Take blue chromatised water prior to meals and massage the upper vertebrae with yellow charged oil for 5 min.
- Cast light of violet and yellow colours for about 10 min each, with a gap of 5 min in between.

FLU: Casting blue light over the head for 15 min twice or thrice a day and consuming blue charged water twice a day will help in relieving the symptoms.

COUGH: Using blue light charged water twice a day and massaging the ribcage with orange chromatised oil twice a day relieves the discomfort caused by dry cough.

MIGRAINE: Consume light blue charged water prior to meals.

- Massage the forehead with light blue chromatised oil.
- Cast blue light upon the head for 5 min and green light for 5 min.

PARALYSIS: Red charged water twice a day.

- Blue colour charged water once a day.
- Cast blue light for 15 min daily upon the back and neck joints and massage it with blue colour charged oil in a circle twice daily.

RHEUMATOID ARTHRITIS:- Red chromatised water, after meals.

- Green chromatised water before sleeping.
- Massage green chromatised oil on knees.

OBESITY:- Black chromatised water, twice a day.

- Cast black light upon the abdomen for 15 min, once a day.
- Massage yellow chromatised oil, twice a day.

CANCER

- The ambience around the patient, i.e. the room where the patient resides, must be coloured red. The patients' attire, as well as the walls, curtains, bed sheets and pillow coverings, should all be red.
- Cast red light over the body for 10 to 15 min several times a day.
- Massage red charged oil upon the back of trunk, thigh muscles and calves once daily.

Application of chromotherapy in dentistry

Various oral diseases can be cured using chromotherapy.

Dental pain

There may be swelling in the gums around the tooth, headache etc.

- blue chromatised water twice a day.
- yellow chromatised water before meals and green chromatised water after meals.
- Massage with yellow chromatised oil or ointment upon the abdomen.

Mouth ulcers

Sores are present on the lining of the skin that is painful due to which one is not able to chew properly and not able to brush due to the tenderness.

- Three times mouth washing with blue chromatised water and yellow chromatised water after dinner.
- Massaging yellow chromatised oil, early in the morning on the abdomen and applying yellow ointment on the upper abdomen at night before going to bed.

Pyorrhea

Swollen or puffy gums, pain on chewing, pus between gums and teeth, gastrointestinal disturbances such as diarrhoea, heartburn, constipation, bad breath, loosening of teeth, bleeding from gums etc.^[16]

- Turquoise colour chromatised water twice a day.
- Orange chromatised water before meals and massaging of orange chromatised oil around the navel.

Teething problems in children

In the beginning, the newborn has issues with saliva flow, shaking his head due to pain in the temples and headaches. Fever and constipation are common side effects.

- Most of the time, keep the infant in blue light. This can be accomplished by covering the room's windowpanes and ventilators with blue paint, cellophane, plastic or glass sheets, and allowing the kid to remain in the room, particularly in the region where the blue light is falling.
- Consume yellow and blue charged water twice a day.

Measles

Initially, it starts with cold, which is accompanied by watery eyes, coughing and fever. Koplik's dots cover the inside lining of the mouth. The fever begins to fade on the 3rd or 4th day and red patches form on the skin.

- Blue and turquoise coloured charged water twice a day.
- Project blue light over the head of the patient once daily.

Bruxism

During sleep, there is a watery discharge from the mouth, indicating that the digestive system is disturbed, stretches and yawns are seen. The patient grinds his teeth in his sleep, has a pale complexion and colourless nails, and his abdomen swells sometimes.

- Yellow charged water, twice a day.
- Blue charged water before meals
- Prepare chromatised skimmed milk in red light from 10 AM to 2 PM and keep it in the dark for 24 h and make the patient drink it later.

Key Messages

- Because of its harmony with nature, chromotherapy as a therapeutic system can benefit mankind.
- Focus on the healing power of nature, health workers as instructors, treatment of the source of sickness, preventative

treatment and a focus on the person's total well-being are all principles of colour therapy.

- This approach can be used in treating various medical and dental problems in a holistic approach with full-fledged results.
- More efforts ought to be taken to popularise this field of alternative medicine.
- To support traditional therapy, physicians should identify and embrace this therapy.

Conclusion

Based on the available literature, this review suggests that chromotherapy has profound benefits on the human body and is in use for centuries. This field of alternative therapy needs a further and deeper study so that it can be helpful in understanding new dimensions in dentistry and to widen the scope of chromotherapy in dentistry. It is a multidisciplinary field that includes biophysics, medicine and psychology. These chromotherapy constituent areas would broaden the reach of this significant discipline of alternative and complementary medicine and may be utilised as a supplement to traditional treatment. Chromotherapy, undoubtedly, has a bright future ahead of it, since it has the potential to emerge as new technology.

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Conflicts of interest

There are no conflicts of interest.

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