

CHROMO THERAPY: HEALING POWER OF COLORS

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ABSTRACT

The body is an outward expression of that which is taking place within the mind, the soul (subconscious), and the spirit (super conscious) of the individual. Thus, any healing technique which deals only with the physical body and the energy field of the individual tends to accomplish one thing keeping this in mind, the authors look at how color can help jump-start the tired or diseased body. Color healing, known as Chromo therapy, can be implemented in a number of ways. The ancients built great halls of color healing, where the individuals entered and were bathed in light, that was filtered through various colored glass panels or windows. Chromo therapy or color therapy involves the use of color to achieve overall good health and to treat some diseases. Useful in treating emotional and physical problems related to sleep, chromo may involve exposure to colored lights, massage oils or ointments colored, meditation and visualization of certain colors or wearing certain clothing colors. Color channels were used for healing in ancient Egypt, China and India. Energy (spiritual) healers often supplement their healing work with color healing. As they lay their hands on the patient, they mentally direct specific color rays into the patient's aura and body.

Keywords: Subconscious, Color Healing, Chromo Therapy, Meditation, Pythagoras, Aura.

INTRODUCTION

Colors are known to influence behavior and brain of the people. Color therapy has been used in Egypt, India and China for centuries. Colors can heal disorders generated out of stress. Every color has a different effect on the human mind (Azeemi, S. T., Raza, S. M, 2005). Color therapy, or Chromo therapy, is an age-old practice that aims to aid bodily healing on all levels (mental, spiritual, and physical). Chromo therapy is a unique way to further create harmony in the body, integrating what nature has to offer. Unlike expensive treatments, however, the great thing about utilizing Chromo therapy is that, it is abundantly accessible in everyday life (Color Therapy Benefits, 2015).

Color is an integral part of our lives and reflects its beauty from the clothes we wear to the food that we eat. Even our thoughts and emotions are tinged with color, each having its own perceived attributes and qualities. Why do we feel blue, green with envy, in the pink? It is a forgotten language that has been around since the beginning of time.

A chromo therapist uses colors and light for curing various

disorders by applying these at acupoints and other parts of the body. The most common tools used for color application are candles, wands, colored fabrics, colored glasses, lenses and gemstones. Colors have positive as well as negative effects on the body, therefore before using colors for their positive effects, one must ascertain the right amount used. Color Therapy or Color Healing is the use of color in various forms for the purpose of creating balance and health in the human system. The human system includes not only the physical body, but also the emotional, mental and spiritual aspects (PEMS). Working with the PEMS is referred to as a holistic medicine.

Historical Prospects

During ancient Egypt, practitioners built solariums in specially designed windows and sun lenses that broke the color spectrum. Ancient observation chromotherapy is a century-old concept. The history of color medicine is as old as that of any other medicine. Phototherapy (light therapy) was practiced in ancient Egypt, Greece, China and India. The Egyptians utilized sunlight as well as color for healing (Coclivo A, 1999).

By 1940, Russian scientist SV Krakow has conducted a series of experiments in which, separate different wavelengths of the light spectrum show how color affects the nervous system. In his experiments, he noticed that, red light stimulates the adrenal gland, increasing blood pressure and pulse and the light blue and white have a calming, relaxing, effect.

Avicenna (980-1037), seeing color as of vital importance both in diagnosis and in treatment, discussed chromo therapy in 'The Canon of Medicine'. He wrote that "color is an observable symptom of disease" and also developed a chart that related color to the temperature and physical condition of the body (Azeemi, S. T, Raza S. M, 2005).

American Civil War General Augustus Pleasonton (1801-1894) conducted his own experiments and in 1876 published his book 'The Influence of the Blue Ray of the Sunlight and of the Blue Color of the Sky' about how the color blue can improve the growth of crops and livestock and can help heal diseases in humans (Pancoast, Seth, 1877).

In 1933, Dinshah P. Ghadiali published 'The Spectro Chromometry Encyclopedia', a work on color therapy. He believed that, colors represent chemical potencies in higher octaves of vibration, and for each organism and system of the body, there is a particular color that stimulates and another that inhibits the work of that organ or system. Ghadiali also thought that, by knowing the action of the different colors upon different organs and systems of the body, one can apply the correct color that will tend to balance the action of any organ or system that has become abnormal in its functioning or condition. Throughout the 19th century "color healers" claimed colored glass filters could treat many diseases, including constipation and meningitis (Chromotherapy, 2014)

Definition

Chromo therapy, sometimes called color therapy, colorology or chromo therapy, is a complementary medicine method. Chromo therapy or Color Therapy healing is the science that uses 7 colors of the spectrum to improve our mental well-being and the health of our

bodies. The 7 colors have the ability to affect the vibrations of the body in the frequencies that affect health, welfare and harmony (Coclivo A, 1999).

Concepts of Chakras

Each of the 7 colors relate to one of the 7 main chakras. Chromo therapy works to adjust or re-align the energy balance in each of the chakras. To do this, the authors use a specific color that connects to the chakra that needs to be adjusted. This application of light can be made by the use of crystals, colored lenses or colored light bulbs. Today's electronics allow the use of a group of LEDs in infrared sauna rooms for chromo therapy.

Seven colors of the rainbow are related to the seven chakras of the body, these chakras are energy centers of the body. The energy of all chakras of the body must be balanced for smooth functioning of the body. Colors help in creating this balance of chakras thereby, providing a good health and healing effect. A New Age conceptualization of the chakras of Indian body culture and their positions in the human body were discussed. Practitioners of Ayurvedic medicine believe the body has seven "chakras," which some claim as the 'spiritual centers', and which are held to be located along the spine. New Age thought of associating each of the chakras with a single color of the visible light spectrum, along with a function and organ or bodily system (Colour therapy healing, 2015).

Benefits of Chromo Therapy Colors

Figure 1 shows the benefits of chromo therapy colors (Color Therapy, 1998-2007; Benefits of chromo therapy, 2014). Figure 2 shows the Healing Power of Colors (Healing Power of Colors, 2014).

Studies Related to Chromo Therapy

According to the American Cancer Society, "available scientific evidence does not support claims that any other type of colored light therapy is effective in treating cancer or other illnesses". Chromo therapy has deemed pseudoscience by its critics, who state that, the falsifiability and verifiability conditions necessary to deem an experiment valid are not being met, and therefore that it has not been proven that, introducing colors are the key

Colors	Benefits
Orange	<p>Eliminates localized fat, improves energy.</p> <p>Depress the parathyroid gland.</p> <p>Stimulate the lungs and thyroid gland to increase oxygen to the body.</p> <p>Relieve cramping, cramps and convulsions in all parts of the body.</p> <p>Reduce menstrual cramps.</p> <p>For lactating mothers, stimulate the mammary glands resulting in increased milk production for women who breast feed their babies.</p> <p>Relieve digestive gas, flatulence.</p> <p>Treat skin conditions such as boils, carbuncles and abscesses.</p> <p>Relieve hiccups (hiccuphs).</p> <p>Build lungs and stimulate the respiratory system. Used to treat Chronic Obstructive Pulmonary Disease (COPD), Emphysema, Chronic Bronchitis, Asthma, Tuberculosis.</p>
Violet	<p>Relaxes the nerves and lymphatic system. Helps to heal infections and inflammations.</p> <p>Stimulate hormonal activity. Use it on the throat to stimulate the thyroid.</p> <p>Overall immune enhancer.</p> <p>Depress any over active part of the body, except the spleen and parathyroid.</p> <p>For over excitable people, may relax and calm the nerves.</p> <p>Cardiac depressant, relaxing the muscles and nerves controlling the heart.</p> <p>Stimulate the spleen, helping it build white corpuscles. The spleen is the final checkpoint for the blood before it returns to the heart.</p> <p>It cleanses the blood of poison or any undesirable cells. Violet may act as an antibiotic, helping to destroy harmful organisms.</p> <p>Relieve dysentery and diarrhea.</p> <p>Depress the appetite.</p> <p>Deep, restful sleep.</p>
Indigo	<p>Purifies the circulatory system as a coagulant and analgesic.</p> <p>Ear, eye, sinus, throat and nasal problems.</p> <p>An alternative antibiotic which may be more powerful than prescription antibiotics with no side effects.</p> <p>An analgesic. Reduce swelling relieving the associated pain.</p> <p>Stops hemorrhages and nose bleeds.</p> <p>A strong sedative resulting in a deep sleep. Upon awakening, you will feel rested, refreshed and alert.</p> <p>Acts as an astringent, tightening, toning and firming the skin.</p>
Strong Green	<p>Regenerates, assists as an antiseptic against micro-organisms.</p> <p>Overall wellbeing and chronic or acute issues.</p> <p>Stimulate the brain.</p> <p>Stimulate the digestive system.</p> <p>Use green along with turquoise for the treatment of burns.</p> <p>Healing of sores, bruises and cuts.</p> <p>Infections.</p> <p>Dissolving blood clots.</p> <p>Promote the release of mucus/phlegm.</p> <p>Tremors, twitching, shaking.</p>
Green	<p>Relaxes nerves, provides energy for body cleanliness.</p> <p>Irritations, itching and inflammation of the skin.</p> <p>Rebuild the skin when damaged by burns, scratches, infections or sores. Relieve pain from burns. Help with scarring.</p> <p>Remove muscle fatigue toxins from the body. Relieve aches and pains.</p> <p>Fever.</p> <p>Harmonize all circulation processes.</p> <p>A mild sedative with no side effects.</p> <p>Dyslexia. Read more about dyslexia and color.</p> <p>Headaches relief.</p> <p>Macular degeneration. Reported to improve vision and relieve stress on the eyes.</p>
Yellow	<p>Improves skin quality by purifying and re-activation.</p> <p>Help for night blindness. It filters out blue light.</p> <p>Increases appetite. Better assimilation of food for better nutrition.</p> <p>Healing for all kinds of paralysis from stroke to sluggish organs. Stimulates and builds nerves.</p> <p>Strengthened the nervous system.</p> <p>Depress the spleen and the parathyroid gland and stimulate the lymphatic glands.</p> <p>Strengthened heart resulting in better circulation.</p> <p>Destruction of body worms.</p> <p>Improved rheumatoid arthritis, neuritis and similar conditions because yellow may help eliminate calcium and lime deposits.</p>

Blue	<p>Lubricates joints and connective tissue.</p> <p>Blue is associated with the throat, thyroid, parathyroid, lungs and mouth.</p> <p>Acts as a bactericide. Useful in the treatment of acne and other skin disorders.</p> <p>Relax and calm muscles.</p> <p>Shrink tumors, get rid of goiters, and warts.</p> <p>Weight loss.</p> <p>Sleep disorders since blue has a peaceful effect.</p> <p>Slightly stronger than turquoise for the relief of burns and fevers.</p> <p>Relieve itching, skin irritations and inflammations.</p> <p>Goiters.</p> <p>Fever.</p> <p>Rebuild the skin when damaged by burns, scratches, infections or sores.</p> <p>Pain from burns.</p> <p>Dyslexia. Read more about dyslexia and color.</p> <p>Tardive Dyskinesia. Read more about tardive dyskinesia and blue.</p>
Pink	<p>Strengthens veins and arteries.</p> <p>Calming aggression.</p> <p>Stress relief.</p> <p>Relaxation.</p> <p>Appetite suppressant.</p>
Red	<p>Benefits the circulation & nervous systems.</p> <p>Chronic pain - May lower the frequency of wave lengths causing them to be less excited and thereby reduce pain.</p> <p>Stimulate the liver.</p> <p>Stimulate the automatic nervous and circulatory systems.</p> <p>Help with female disorders.</p> <p>Act as a pustulant, drawing poisons to a head to be eliminated.</p> <p>Increase heart strength and stimulate circulation.</p> <p>Reduce inflammation and swelling.</p> <p>Increase blood flow to the brain.</p> <p>Support the building of the blood.</p> <p>Seasickness relief.</p> <p>Possible help or some relief for Tourettes Syndrome.</p>

Figure 1. Benefits of Chromo Therapy Colors

element in the healing process which is healing its patients. Chromo therapy has also been criticized for selection bias in statistics for success of the treatment. It has also been suggested that, the placebo effect may be a key factor in the healing of some patients, which could be tested for by a chromo therapy control group.

Photobiology, the term for the contemporary scientific study of the effects of light on humans, has replaced the term chromo therapy in an effort to separate it from its roots in Victorian mysticism and to strip it of its associations with symbolism and magic. Light therapy is a specific treatment approach using high intensity light to treat specific sleep, skin and mood disorders (Gruson, Lindsey, 1982).

Contra Indication

- Do not use color therapy instead of conventional medicine for serious problems sleeping? If you suffer from epilepsy, attention increased light shock.
- When using color therapy, avoid looking directly into the light source.

- Look at the bright object in the question. If you are taking medication, read the label carefully to make sure for any side effects. But there are serious precautions that need to be taken, when applying the colors as excessive time may be harmful, the time of exposure or applications in erroneous areas may cause unwanted effects. Therefore, do not simply apply colors to your body. The effects can be harmful to your health.

New Approaches to Cancer

Just one of the avenues of guidance available in this area is the charity New Approaches to Cancer. Started over 30 years ago by two doctors and two healers, it provides a nationwide information service free of charge to cancer patients and their families. Working in co-operation with conventional cancer treatment, it can recommend experienced holistic and complementary practitioners, support groups and local clinics in any area. At New Approaches to Cancer, the energy of color and light is one of the many self-help techniques being used on a daily

Red

Healing properties: Brings warmth, energy and stimulation, therefore good for energy, fatigue, colds, chilly and passive people. Red energizes heart and blood circulation, it builds up the blood and heightens a low blood pressure. Energizes all organs and the senses hearing, smell, taste, vision and touch. Increases sexual desire and activity. Stimulates ovulation and menstruation. Never treat cancer with red, because this color will stimulate cell growth
Mode of action: Red links with and stimulates the root chakra, at the base of the spine, causing the adrenal glands to release adrenalin. This results in greater strength. Red causes hemoglobin to multiply, thus increasing energy and raising body temperature. It is excellent for anemia and blood-related conditions. It loosens, opens up clogs, releases stiffness and constrictions. It is excellent for areas that have become stiffened or constricted.

Orange

Healing properties: Orange is warm, cheering, and non-constricting. Orange has a freeing action upon the body and mind, relieving repressions. Orange shows new possibilities and other options in life. Stimulates creative thinking and enthusiasm, and helps assimilate new ideas. It is also helpful in dealing with excess sexual expression.
Mode of action: Orange stimulates the lungs, the respiration and the digestion. Increases the activity of the thyroid. Reliefs muscle cramps and spasms. Increases the amount of mother milk. Finally, orange links very strongly with the sacral chakra.

Yellow

Healing properties: Yellow helps strengthen the nerves and the mind. It helps awaken mental inspiration and stimulates higher mentality. Thus, it is an excellent color for nervous or nerve-related conditions or ailments. It also energizes the muscles. Dark yellow soothes pains in the nerves (shooting pains)
 Yellow can be used for conditions of the stomach, liver, and intestines. Speeds up the digestion and assimilation, and the stool.
Mode of action: It helps the pores of the skin and aids scarred tissue in healing itself.
 Yellow links with and stimulates the solar plexus, or psychic center. It can be used for psychic burnout or other psychic-related conditions or ailments. Activates and cheers up depressed and melancholic people. Gives lust for life.

Green

Healing properties: Green is the color of Nature and the earth. It is balance and harmony in essence and possesses a soothing influence upon both mind and body. It is neither relaxing nor astringent in its impact. Green can be used for just about any condition in need of healing. Green rings psychological and emotional harmony and balance. Green links with and stimulates the heart chakra and affects blood pressure and all conditions of the heart.
Mode of action: It cures hormonal imbalances. Stimulates growth hormone and rejuvenation. Cleans and purifies from germs, bacteria and rotting material. Harmonizes the digestion, stomach, liver, gall. Has a healing effect on kidneys. Increases immunity. Builds up muscles, bones and tissues. Stimulates inner peace. Strengthens the nervous system.

Blue

Healing properties: The Blue Ray is one of the greatest antiseptics in the world. Cools down inflammations (don't forget rheumatic inflammations), fever, high blood pressure, stops bleedings, relieves the bursting headaches, calms strong emotions like anger, aggression or hysteria, Brings tranquility, Anti-itching, Anti-irritation (for instance redness of the skin), anti-stress.
Mode of action: Blue can be used for any type of ailments associated with speech, communication, or the throat. Excellent for laryngitis or inflammation of the larynx.

Indigo

Healing properties: Indigo is a great purifier of the bloodstream and also benefits mental problems. It is a freeing and purifying agent. Indigo combines the deep blue of devotion with a trace of stabilizing and objective red.
Mode of action: Indigo links with and stimulates the brow chakra (third eye) and controls the pineal gland. It governs both physical and spiritual perception. It can be of great assistance in dealing with ailments of the eyes and ears.

Violet / Purple

Healing properties: These are colors of transformation. They heal melancholy, hysteria, delusions and alcohol addiction and bring spiritual insights and renewal. These colors slow down an over-active heart.
Mode of action: stimulate the spleen and the white blood cells (immunity). Bring sleep. Soothe mental and emotional stress. Decrease sexual activity. Decrease sensitivity to pain. They help in detoxification.

White

Healing properties: White is the perfect color; for it is all colors, in perfect balance and harmony. It is the color of the awakened Spirit; the light of perfection; the light of the Cosmic Consciousness, the Divine Light.
Mode of action: White light raises the vibration of one's consciousness and the body, bringing harmony in all aspects of one's life. Directing white into to a part of the body that needs healing is one of the fastest ways to bring about healing.

Magenta

Healing properties: Strengthens contact with your life purpose. Stimulates adrenaline and heart activity.
Mode of action: when immediate action and great spiritual power are needed, life purpose, life path. Preference for magenta: Much energy and activity focused on achieving power and self-realization. Strong but controlled passions and emotions. Daring, ready to fight, willing to give everything for a goal. Can drive things too far and have fixed ideas.
Aversion to magenta: A person who has an aversion to magenta may feel overwhelmed by people with strong convictions or heavy emotions like jealousy; also may have difficulties with exposing deep emotions.

Figure 2. Healing Power of Colors (Healing Power of Colors, 2014)

basis, not only to support patients and their families through the rigors of treatment but also to provide tools for careers to keep themselves balanced and well? How can color

therapy benefit a cancer patient? The most calming colors are colors that occur most often in nature. Color therapy involving blues, greens, and violets can help soothe the

body as well as the mind. If you have cancer, you know what a toll it can take on your mental state. Color can fill me with energy or seem to zap it. Color can even make a person hungry which is great if you don't have much of an appetite. Give color therapy a shot and you may be surprised at the effect it has on you.

Case Study 1 (Suzy, 2013)

Julie was a single mother in her early thirties. She came to me after she had found a lump in her breast which had been diagnosed as malignant. She had agreed to surgery, which was to take place the following week, but felt she also wanted to try a complementary treatment to aid her recuperation after the general anesthetic.

On the first session, this was prior to her operation, administered turquoise light, using a color therapy torch, the whole chest area and particularly the thymus gland and heart. In the chakra system, the turquoise wavelength is linked to the immune system. It has also been found to stimulate the thymus gland to produce T-helper cells, which play an active role in the body's defense system.

After her operation, it was concentrated on working with blue light over the wound, in order to encourage healing and the formation of scar tissue. A few weeks later, Julie reported that her medical consultant had been amazed with the speed at which her wound healed, and with so little scarring.

He had compared Julie's case with another patient who had a similar sized lump removed during the same week. Three years later, Julie has been given a clean bill of health and says she is positive that her illness will not reoccur (Suzy Chiazzari et al., 2013).

Case Study 2

Mary, another patient came to suzy in a very distressed state, during the advanced stages of ovarian cancer. She had undergone radiation therapy, with little effect. The size of the cancerous cyst was too large to remove, and the prognosis was poor. It was clear that, Mary's cancer was life-threatening.

The best way to proceed was to teach her some color breathing techniques using the color blue, in order to calm her down and help with pain control. She was instructed how to use this technique at times when she was fearful

and in pain. Once Mary was calm, her religious faith and the power of prayer, the spiritual nature of color and the ways that divine light can bring comfort and peace were discussed. On her second visit, Mary was taken through a colour visualization, because there have been many documented cases of spontaneous recovery from cancer. In the visualization, Mary focused her attention on the diseased cells and the color she intuitively related to her illness. She was then asked to focus on the color of health (in her case deep pink). She was led to imagine the color of the cancerous cells changing to the color of health, until she felt that her whole body was glowing clear bright pink.

During this session, Mary told me that she had used color breathing, and that this had allowed her to come to terms with her illness, and that she was taking comfort from her spiritual beliefs. Mary was taken into hospital several days later, but Suzy was unable to visit her. Later, Suzy was contacted by her friend, Tara, to say that she had passed away. Tara was convinced that the color breathing had eased the pain and that the visualizations had aided the dying process (Suzy Chiazzari et al., 2013).

Conclusion

Color Therapy, or Color Healing, is the therapeutic use of various forms of color and light of physical, emotional, and spiritual benefit to the human body. Color and light therapy involve the application color in a variety of ways: colored gels with light to penetrate and stimulate the body's meridians which corresponds to the traditional Asian acupuncture systems as well as accessing and incorporating the axiational lines.

Many aspects of human kind's explorations are ignored, neglected or discarded. Color medicine is one of these neglected items. The common feature of every remedial and curative system of treatment, whether it is Ayurveda, Allopathy, Acupuncture, Unani, Homeopathy, Biochemic, Magnetotherapy, Physiotherapy, Radiotherapy, Aromatherapy, Reflexology or Chromotherapy, is to somehow apply vibrations of one kind or another in such a manner that the body can put back on the health track. Most systems induce vibrations indirectly, but there are a few in which the vibrations are used directly upon the body, and chromotherapy is one of them.

Implications

- Research shows color directly influences human behavior. Knowing the basic principles of each color and how to use it accurately is important in creating an environment suitable for residential or health care settings (Monohar Croke, 2009).
- It can be implemented in our daily routine in a number of ways. Wearing clothes or eating foods of specific colors, exposing the body to color lights, massaging the body with color saturated oils, or envisioning colors are the methods of color therapy. Environmentally, painting walls and selecting particular colors for window treatments, furnishings, and trimmings are also forms of color therapy known to have positive health benefits (Monohar Croke, 2009).

Recommendations

- There is a need for more systematic research on the behavioral/emotional impact of colors on people with dementia, cancer, pain and sleeping disorders.
- This form of therapy also can work in conjunction with hydrotherapy and aromatherapy to enhance the healing effect and that should be studied and improved by clinical trials.

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