

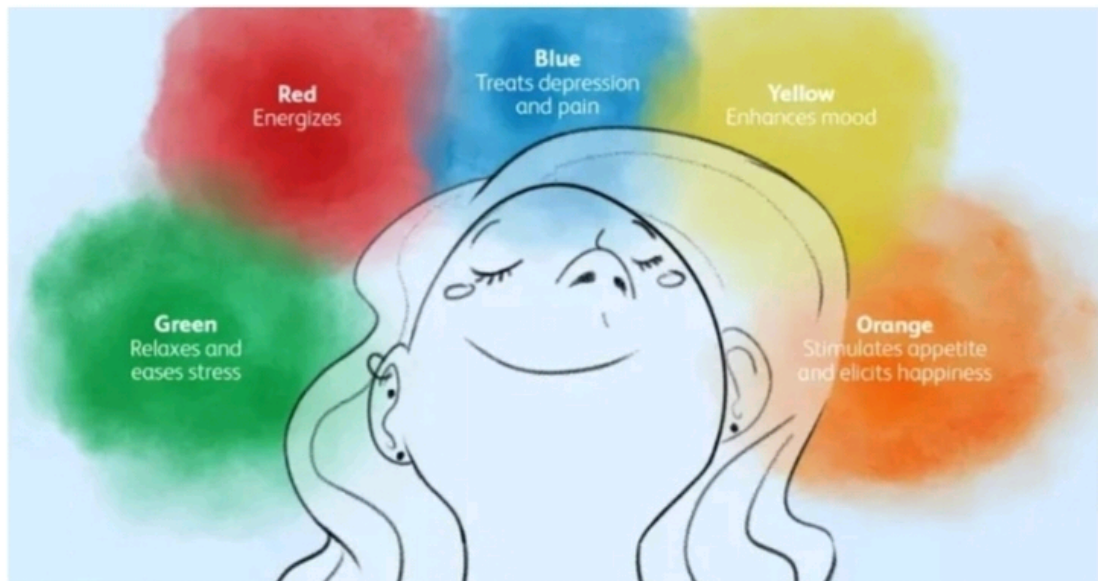


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## CHROMOTHERAPY



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# Introduction



Color therapy, also known as chromotherapy, is a form of therapy that uses color and light to treat certain mental and physical health conditions. We can trace this form of therapy back to the ancient Egyptians. They made use of sun-filled rooms with colored glasses for therapeutic purposes

# Types



In color therapy, it is believed that different colors are able to impact the body differently.

**RED:** Red is used to energize or invigorate a person who might be feeling tired or down

**BLUE:** Chromatherapists use blue colour to influence the depression and pain. Darker shades of blue are also have sedative properties and it is used for people who experience insomnia or other sleeping disorder.

**GREEN:** Green is the color of nature and it can help to relieve stress and relax a person.



**YELLOW:** Yellow can be used to improve your mood and make you more happy and optimistic.

**ORANGE:** Orange can be used to elicit happy emotions from people. The bright warm color is also able to stimulate appetite and mental activity.

# Techniques of colour therapy



There are two major techniques of color therapy.

- ★ by looking at a particular color that elicits the desired response in your body.
- ★ by directly reflecting certain colors on parts of the body.





# Benefits of colour therapy

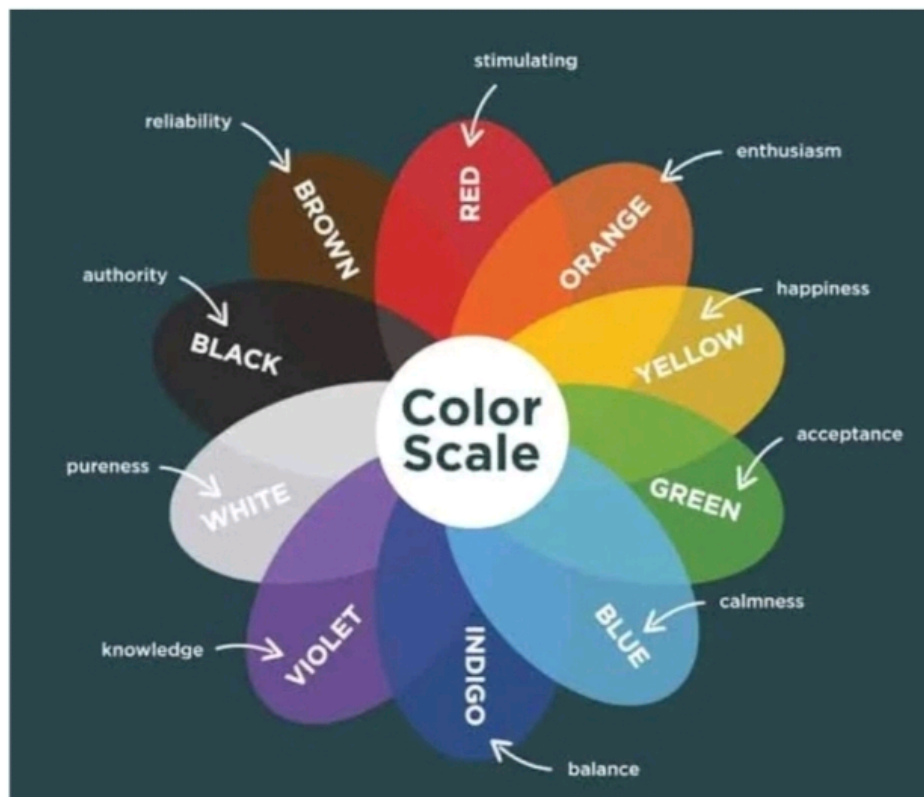
In color therapy, it is believed that different colors are able to impact the body differently.

**WARM COLOURS** are used for stimulating effect.

**COOL COLOURS** are used for calming effect.

**To Boost Your Energy:** Colours such as Red and yellow are used to boost your energy.

**Stress relief:** Colours like blue and green are have the soothing effect .



**Boost your Appetite:** Warm colours like yellow and orange are used to stimulate the appetite.



# Conclusion

Colour therapy holds promise in managing mental health disorders and improving your mental health. Different colours can stimulate varied responses in people how different colors, influencing their health, mood and emotions.

