

## An Implementation of Colour Therapy in COVID-19

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### Abstract:

Coronaviruses are viruses causing problems for humans and animals a long time ago, it is one of the contagious diseases causing respiratory infection. Most people infected with the COVID-19 virus will experience gentle to moderate respiratory ailment and get well without requiring special treatment, people with symptoms of difficulty in breathing or pain/pressure in the chest need to be hospitalized, there are no medicines that have been shown to prevent or cure the disease, but certain medical options are shown to comfort and relieve symptoms of mild COVID-19. As the disease is a physical appearance of imbalances deep in our energy system, our physical body explains the energy distortions in the form of pain and illness.

In this research, we are focusing on applying light and colour therapy to rebalance the energy in the areas of our bodies that are lacking vibrancy in case of people diagnosed with COVID 19. We are trying to help the patient to heal faster, reduce the symptoms of COVID 19, reduce the time required to stay in the hospital via boosting the immune system and increase efficiency of lungs.

### Keywords:

Coronaviruses, Colour therapy, COVID-19, Colour puncture, Chromotherapy, Colour irradiation, Respiratory infection.

### المستخلص:

فيروس كورونا هو أحد الفيروسات التي تصيب الإنسان والحيوان على حد سواء منذ أمد بعيد، معظم الأشخاص المصابين بفيروس كورونا يعانون من أمراض تنفسية تتراوح بين بسيطة إلى متوسطة الحدة، ويتعافون دون الحاجة إلى دخول المستشفى أو تدخل دوائي. بينما هناك بعض الأشخاص الذين يعانون من أعراض أشد عنفاً كصعوبة التنفس وآلام وضغط في منطقة الصدر والتي تتطلب وجودهم بالمستشفى. ولم يظهر بعد ادوية علاجية مؤكدة وفعالة لمواجهة المرض ، ولكن يتم إعطاء المريض بعض الادوية التي تساعد على تخفيف الاعراض وتحويلها من حادة إلى بسيطة أو متوسطة الشدة. فالآلام والأمراض الجسدية ما هي إلا انعكاس لإختلال الطاقة الداخلية بالجسم. وهذا البحث يركز على تطبيق الضوء والعلاج باللون لإعادة التوازن للطاقة الداخلية للأشخاص الذين يعانون من مرض COVID19 ، في محاولة لمساعدة المريض على التعافي بشكل أسرع وتقليل الأعراض وحدتها، وبالتالي إختزال وقت بقاء المريض بالمستشفى من خلال تعزيز الجهاز المناعي وزيادة كفاءة الرئتين والجهاز التنفسي.

### الكلمات المفتاحية:

فيروس كورونا ; العلاج باللون ; كوفيد ١٩ ; الوخز بالألوان ; الإشعاع اللوني

**Research problem:**

- Colour therapy is a very effective method to be used in treating many diseases.
- We need to integrate different fields to defeat COVID-19.
- Coronaviruses target mainly the human respiratory system.
- Diseases are a physical appearance of imbalances deep in our energy system.
- Antibiotics cannot treat viral infections, and the body immune system can only fight and destroy the virus.

**Aim of the Research:**

In this research we are aiming to rebalance the energy in case of people diagnosed with COVID 19, to help the patient to heal faster, reduce the symptoms of COVID 19, and therefore reduce the time required to stay in the hospital, via boosting the immune system and increase efficiency of lungs using colour therapy.

**Significance of the Research:**

- In case of health pandemics, all fields must be integrated to find creative ways to defeat diseases.
- Different researches proved the efficiency of using colour therapy, so we have to use it in case of COVID19.

**Research Hypotheses:**

- In the case of COVID19, we cannot treat the disease, but we can help to boost the immune system and to increase the efficiency of the lung and reduces the disease symptoms, via colour therapy.
- Colours activate & stimulate the hormonal and biochemical processes in our body.
- Different treatment methods: like colour puncture, chakras, Solarizing water and colour irradiation can be effective in dealing with COVID-19.

**Research Methodology:**

The research is based on an inductive approach to collect information to build a theoretical framework of the research as well as a descriptive, analytical approach to different created designs.

**Abbreviations:**

**CAMS:** Complementary and Alternative Medicine Systems

**TCM:** Traditional Chinese Medicine

**COPD:** Chronic Obstructive Pulmonary Disease

**QI:** The vital energy that circulates through the body at all times in Chinese Medicine

**TB:** Tuberculosis

**LU:** Lung meridian

**LV:** Liver meridian

**GV:** Governor vessel

**CV:** Conception vessel

**GB:** Gall bladder meridian

**SI:** Small intestine meridian  
**SP:** Spleen meridian  
**KI:** Kidney meridian  
**BL:** Bladder meridian  
**LI:** Large intestine

## Introduction

According to the numerous published studies of the late photobiologist John Nash Ott, D.Sc., & Dr. Downing they considered that the sufficient kind of light needed to keep health must contain the full wavelength spectrum found in natural sunlight & most artificial lighting cannot complete the balanced spectrum of sunlight (1). Colours activate & stimulate the hormonal and biochemical processes in our body, as each colour creates electrical impulses and field of energy. So, colour therapy can treat the dysfunction of body organs. (2) Previous studies proved that each organ can be affected psychologically and/ or physiologically by a specific colour (3). As each organ or tissue in our body has its frequency, dysfunction or disease reflected as a deviation in the normal vibrational frequency, colour therapy assists to rebalance this deviation. (4) More recently, the ability of light to activate certain biochemical substances in the body has become the basis of treatment for many diseases. (1). Viruses are tiny worms that are too light and small that we cannot feel or see them, as they can float in the air on water drops, those germs reproduce in our bodies, which may cause diseases. (5). Most of the contagious diseases will lead to cause respiratory infection. Fatalities will be the result related to the cycle of pathogenic incubation period in the affected patient. (4)

## Previous related studies

### ▪ Case Study one :

A 14-year-old boy was suffering from head congestion, ear pain, sore throat, and mild fever with chills. later his symptoms were intensified, and he had developed a nonproductive cough with sleep disturbance. On examination, congested pharynx, and enlarged cervical lymph nodes. On auscultation, he had clear lungs with rapid pulse rate with a sticky yellowish coating over the tongue. The boy was exposed to green light in-ear point Zero, Shenmen, Thymus, Lung, Throat and body points CV-22, LU-1, LU-7, LI-11.

He received antibiotic (Amoxicillin) according to culture results. He had marked improvement in his condition. We need to mention that his younger brother with the same symptoms who were treated with only antibiotics was slower in recovery. (6)

### ▪ Case Study two:

Concluded that blue light is successful in healing lung conditions and exposing to blue light for variable durations of up to 15 min experienced a notable level of pain relief depending on the length of exposure to it (7)

### ▪ Case Study three:

Dr. Cargile stated that fragile immunity in people suffering from the repeated common cold is due to consumption of cellular energy stores of ATP (adenosine triphosphate, a substance produced in all cells and responsible for energy), in addition to depletion of cortisol (a stress adaptation hormone produced by the adrenal cortex). Dr. Cargile uses acupuncture meridians

related to endocrine gland functions, digestion, and lungs to boost the energy levels in his patients. “When these meridian points are used in conjunction with each other, we have been able to significantly affect the body’s immune system and redirect energy in the direction needed,” he says. Dr. Cargile mentioned that after treating several patients with acupuncture, “people who have had longstanding chronic flu symptoms have not had them now for two years.”

TCM demonstrates a unique approach to understanding and treating colds and flu. Basic imbalances in the human body are described in terminology analogous as external factors (heat, cold, dryness, or dampness). The concept of balance, or the interrelationship of organs and related meridians, is fundamental to TCM. A cold can be caused by six factors: wind, heat, cold, dampness, dryness, and summer heat. “When these factors are strong enough or when a person is in an imbalanced state, an invasion and illness occur”. (1)

▪ Case Study four:

Edwin

Babbitt offered an overall theory of colour therapy. He specified that red is a stimulating colour for the blood, yellow and orange are nerve stimulants; while the blue and violet as sedative colours and calming different body systems with anti-inflammatory properties. (8)

▪ Case Study five:

Hans

News Service on 28 April 2020 suggested that coronavirus patients should drink solarized water energized by blue colour light for at least 6-7 hours and this might kill the coronavirus

(4)

## COVID-19

Coronavirus is a group of viruses that targets mainly the human respiratory system. Previous outbreaks were manifested by severe acute respiratory syndrome (SARS)-CoV and the Middle East respiratory syndrome (MERS)-CoV\_(9)& (10)\_ WHO termed COVID-19, as an acronym to "coronavirus disease 2019", this disease caused by SARS-CoV-2 (11). At the end of 2019, few patients were admitted to hospitals with a diagnosis of pneumonia with no specific cause. They were all linked to seafood and wet animal wholesale market in Wuhan, Hubei Province, China. (9)&(12)\_Infected COVID-19 virus people come across with symptoms varied between mild to moderate respiratory ailments and they recover mostly without seeking any specific treatment. While people who are recording some medical problems like chronic respiratory illness, cardiovascular disease, cancer and diabetes or older people in general, they are more likely to develop a serious disease. (5)

In 1960, a team of virologists under the leadership of Tyrell were studying different strains of viruses with a common feature in morphology as demonstrated by electron microscopy. This resulted in a new genus of viruses which was named CORONA. The term represented the crown-like the appearance of the exterior of these viruses. Further research revealed new information's about the epidemiology of the coronaviruses, as preferences to rainy, winter and spring seasons compared to the summer season. The novel coronavirus was documented by the Whole-genome sequencing results\_(13)

The symptoms usually appear after an incubation period of 5.2 days with a median of 14 days. This period is variable according to the age of the patient and the status of the immune system. Usually, patients show symptoms of fever, cough, and fatigue, while other symptoms include sputum, headache, diarrhea and shortness of breath. (14)

### **Pathogenesis:**

Patients with a diagnosis of COVID-19 has raised levels of plasma pro-inflammatory cytokines. The patient's sputum shows positive real-time polymerase chain reaction of the virus. The laboratory studies showed leucopenia (reduced white blood cells count). Additionally, a high titer of C-reactive protein was noted associated with elevated erythrocyte sedimentation rate and D-dimer. The main pathogenesis of COVID-19 is severe pneumonia, RNAemia, with a sequence of ground-glass opacity and high blood levels of cytokines and chemokines that included IL1- $\beta$ , IL1RA, IL7, IL8, IL9, IL10, basic FGF2, GCSF, GMCSF and IFN $\gamma$ . (15)

### **Treatment Strategy of COVID 19**

Antibiotics cannot treat viral infections. Medication treats symptoms only as fever and prohibits secondary infections. The body immune system can only fight and destroy the virus. A balanced diet helps to keep a strong immune system. As some traditional medicines found high significance in enhancing our immune system and treat a variety of ailments. **(Placeholder5)**

New data are updating nearly every hour regarding clinical characteristics, diagnosis, treatment options, and outcomes for COVID-19. (17) A confirmed patient of COVID 19 needs complete bed rest and supportive treatment, with adequate calorie and water intake to reduce the risk of dehydration along with the of monitoring of vital signs and oxygen saturation. (18)

A group of medication that acts against the virus is widely used for the prevention and treatment of coronavirus-induced Pneumonia, this was stated by the National Health Commission (NHC) of China. Remdesivir, a nucleoside analogue and a broad-spectrum antiviral showed effectiveness against COVID 19. Certain Chinese herbal medicines (RhizomaPolygoniCuspidati and Radix SophoraeTonkinensis) were also found to be effective against SARS-COV-2. (19) TCM was inspired in the management of COVID-19 by its previous effect on the outbreak of SARS in 2003 in China. (20) Many laboratory studies supported the clinical effect of TCM. As one research that was published in the Lancet mentioned that glycyrrhizin, a major active constituent in liquorice root, efficiently minimized the growth of clinical isolates of SARS virus. (21) Various literature during the SARS era documented the role of TCM treatments. Although further analysis is required to confirm the beneficial effect of TCM. Registered data showed lower numbers of deaths in addition to relief of symptom and control of fungal infections in patients with SARS. (22) TCM has a fundamental role in the management plan regarding the containment and eradication of SARS-CoV-2. It was stated by the Health Commission in China, TCM should be used in combination with conventional medicine in the treatment of COVID-19 patients. As the National Health Commission (NHC) of the People's Republic of China reported that 60,107 confirmed COVID-19 patients (85.20% of total confirmed cases) had been treated with TCM. (23)

## Colour therapy:

Chromotherapy /colour therapy is considered being one of the Complementary and Alternative Medicine Systems (CAMS) (24) that uses healing qualities of the visible spectrum (colours) of electromagnetic radiations (wavelength 7700-3900 AU) and the invisible spectrum (infrared and UV) (25) as there are certain points in our body which absorbs the colour of varying wavelength (26) triggers the specific points in our body and relieves various ailments and produce the effect in our human neurohormonal pathways which may help to cure many diseases, (24) and rebalance our body energy. (27) Different clinical studies proved the efficiency and safety in applying colour therapy in patients with acute respiratory disease (28) & (24) Also, the therapeutic uses of colours proved that the full-spectrum, ultraviolet, coloured, and laser light can have therapeutic value for a range of conditions, from chronic pain and depression to immune disorders and cancer.

(1) *The History of Colour Therapy:*

Colour-therapy is a therapeutic method discovered a long time ago. Many Major Cultures and civilizations like ancient Egyptians, Chinses, Romans, Greeks made significant medical uses of light. (27) People of that eras were unaware of the scientific facts of colours as medicine, but they certainly had a belief in healing qualities with colours. (7) Ancient Egyptians built solarium rooms constructed with different coloured glass for therapeutic purposes as when the sunshines, the patient will be exposed to certain colour ray and benefit of those rays. They believed that God Thoth discovered the colour therapy. (29)& (7) Different coloured stones, crystals, ointments, dyes and minerals used as remedies in the Ancient Egyptians and Greek's culture. (7) Other cultures used different methods, like wearing or putting on coloured silk clothes to filter varying shades of light onto their bodies. (29) Avicenna

(AD 980) developed healing with colours. He discussed the properties of colours and clarified the value of colour in diagnosis and treatment. He believes that colour is an observable symptom of the disease (30). Edwin Babbitt (1828 – 1905) emphasized areas of treatment that was ignored in the past as he made a significant study of colour therapy in the late 19<sup>th</sup> century, he declared that the vital organs are directly connected with the skin through the circulatory system so they will be affected by colour rays (31). Colonel Dinshah Ghadiali (1873-1966) in the 20<sup>th</sup> Century discovered & explained the scientific principles of the therapeutic effects of different colours in our body. The concern in healing with colours appeared during the nineteenth century, as the treatments physical medicine and surgery became exclusively and much more important. Then In 1951, Takkata found out that 'Colour Ray Frequency changes & he explained Chakras and the frequency of the colour rays. Ott's continued Takkata's efforts; as both have worked on the effects of light on blood, but Ott went advanced in different methods

### Edwin Burr Babbitt:

Published "The Principles of Light and Colour" book, and he uses the method of solarizing water. (31)

Colonel Dinshah P. Ghadiali a psychologist & metaphysician, invented the *Spectro-Chrome* (aluminium colour projector used to focus a specific colour on a particular part of the body for healing purposes), also he collected an encyclopedia of treatment with colours and light for over 400 health disorders. (47)

Takkata, the first researcher attempted to find a relationship between blood and sunlight, he discovered several methods for applying coloured light in healing, which activates the internal glands. (46)

Dr Ott noted that light affects several enzymatic reactions used for healing and it was the first time to examine the effect of chromotherapy at the DNA level. (7)

of chemotherapy, he emphasized the biological functioning of the human body when colour therapy is applied, and it would be the first time to examine colour therapy influence at DNA level. (7)

#### How does colour therapy works:

Researchers assured that our brain is not only sensitive to light but also responds differently according to different wavelengths, also our endocrine system interacts differently with different colours, either through stimulating or reducing the hormonal production. (7). Tiina Karu, PhD, stated that photo-receptors will trigger a cascade of reactions through DNA / RNA synthesis, increase cAMP levels, which will stimulate regeneration of damaged cellular tissue, fundamentally light will provoke the rearrangement of cellular metabolism. (32)

#### Via Eyes:

Light is electromagnetic radiation and kind of energy, colour is a product of the interplay between the energy and the matter. Each colour has it's own wavelength or frequency and holds a quantity of energy that is perceived by the eye as the colour, human eye can detect the electromagnetic radiations only between the wavelengths 380to 800 nm. (29) We have special cells sensitive to light and colour called photoreceptors which convert light to electrical impulses. Through the optic nerve, the impulse travels to the brain, where they stimulate the hypothalamus gland to send neurotransmitters (chemical messengers) to control the autonomic functions of the body. The hypothalamus is part of the endocrine system whose secretions rule and controls most bodily functions such as blood pressure, body temperature, breathing, digestion, sexual function, moods, the immune system, the ageing process, and the circadian rhythm. (1)

#### Via Skin:

Russian researchers at the Institute for Clinical and Experimental Medicine have shown that when we apply light on human skin, it will penetrate our body in depth between 2 to 30 mm, according to the applied colour frequency.

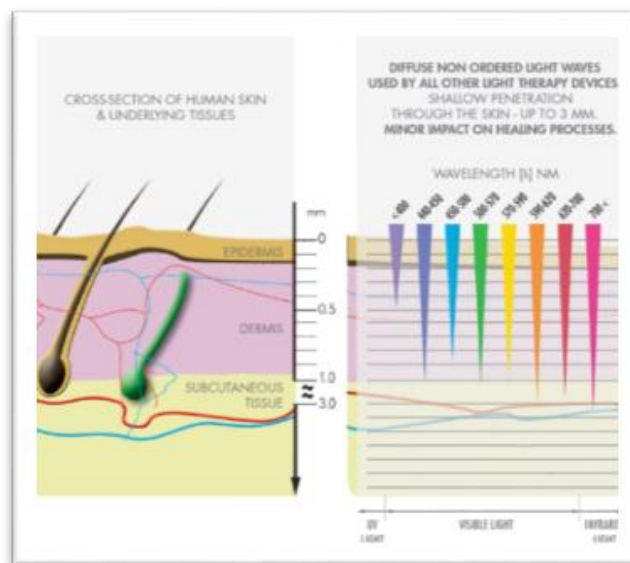


Figure (1) The penetration of different light wavelengths to the skin at different depths (33)

Also, the researches demonstrated that human body has particular areas capable of transmitting light beneath the surface, and those points match the points of acupuncture, not only that, they showed that light was conducted within the body along the acupuncture meridians. (6). Edwin Babbitt declared that ‘all vital organs have a direct connection with the skin through arteries, blood vessels and capillaries, and colour rays can affect the entire bloodstream through circulation and elimination of toxins.’ (7)

### **Healing Qualities of colours recommended to apply while treating patients diagnosed with COVID 19:**

#### **Orange:**

It is a warming and magnetic colour, aids movement of bodily fluid, releasing and expanding action on all systems, and stimulating the immune system (34). Construct and restorative thyroid gland and the lungs so oxygen will be increased in the body, activating the respiratory system, and calm and ease convulsions and cramps in all parts of the body.

Orange colour used to treat different respiratory disorders like Chronic Obstructive Pulmonary Disease (COPD), Emphysema, Asthma, Tuberculosis, Chronic Bronchitis (35) Applying indigo light on the spleen will kill the bacteria and purify the spleen, while orange light over the solar-plexus and the blue light on the lower back, will improve the function of the spleen. (34)

#### **Yellow :**

Yellow colour reinforces to open pores in the skin and boost sweating which clean and purify the blood, also this colour carries rays that purge spleen and pancreas. Depress the parathyroid gland and activate the lymphatic glands applying yellow light over solar plexus daily will remove cumulative waste in solar-plexus. So, Babbitt specified yellow colour for bronchial difficulties. (7)& (35)

#### **Violet:**

Violet boost and enhance the overall immune system, we use it on the throat to stimulate the thyroid, and it is considered to be a colour used to promote the spleen, helping it to build white corpuscles, as the spleen is the final checkpoint for the blood before it returns to the heart so it purges the venous blood from any poison or any undesirable cells, which tone and clean the bloodstream, besides, Violet may act as an antibiotic, helping to destroy harmful organisms. (35) & (34)

#### **Indigo:**

This colour purges the circulatory system, purifies the bloodstream and is considered to be an alternative antibiotic with no side effects. Also indigo plays as a coagulant and painkiller to ear, eye, sinus, throat and nasal problems. Purifies the circulatory system as a coagulant and analgesic. (35)

#### **Green:**

This colour strengthens & boosts our body defence system, rejuvenating & repairing procedures in our biological structures, which will help our health conditions. Act as an antiseptic against micro-organisms. Green is a good colour in headaches relief & in dissolving blood clots. (35)& (36)



**Blue:**

Blue colour resonates with the thyroid & parathyroid, mouth, throat & lungs. This colour stimulates metabolic action and boosts the growth of healthy cells. It also acts as a bactericide, antiseptic, antibiotic and anti-inflammatory. (35)& (34)

**Therapeutic forms of colour :****A. Colour puncture**

Colorpuncture is a method of coloured light therapy based on the concepts of acupuncture.

(32) Which is one of the oldest vibrational medicine (29) Color-puncture known as colour light acupuncture. This is a non-invasive method that applied the vibrations of coloured light directly on the skin via torch on main acupoints (meridian points) or along the whole length of the meridian. This method was developed by Peter Mandel (a German naturopath), in this system the ancient spiritual healing principles are combined with the concepts of modern light biophysics and the traditional Chinese medicine( TCM) (37) & (34). This alternative medicine is needleless acupuncture that activate acupuncture points using the coloured light, to boost our state of health (6). The use of different colours in colourpuncture is based on Goethe's original theory of complementary (warm & cool ) colours to make various effects on different meridians or zones on the physical body and subtle body. As Warm & cool colours are used to balance yin & yang energy flows in the meridians. (32)

As the human body is a virtual electromagnetic field, and as the Intercellular and intracellular communications are based on light energy, activating acupoints or any energy portal like chakras using light, will transmit an electromagnetic signal along the associated pathways, which will affect the flow of Qi. If there is any blockages or imbalance in the energy, it will be reflected in our emotional and physical distress. Applying colour light therapy can re-balance these blockages. (38) Researchers led by Professor Kaznachejew declared that light can transmit through meridian pathways if the stimulated acupoints were connected to these meridians. Functioning as fiberoptic communication systems, subtle electrical energy and light energy appear to be transported throughout the body via chains of protein molecules. Depending on the literature of the electrophysiology of acupuncture, visceral effects of acupuncture occur via the autonomic nervous system. This comprises the sympathetic and parasympathetic sections that trigger and tranquillize organ and glandular functions. This system interfaces with the endocrine hormonal system in adjusting most life functions. (39)

The colour associations of the meridians are known from classical acupuncture. These colours can be used to stimulate the meridians and organs.

The Meridian	The Associated Colour
Liver	dark green
Gallbladder	light green
Heart	red
Small intestine	pink
Spleen/pancreas	yellow
Stomach	pale yellow
Lung	grey-white
Large intestine	white

Kidney	black
Bladder	charcoal grey
Pericardium	indigo
Triple warmer	light blue

Table (1)The meridians and their associated colours (40)

The main principle in healing with colourpuncture is to use the healing qualities of spectrum colour, which contain yin and yang energy. The warming colours of red, magenta and orange are the most Yang, while the cooling of colours of green, turquoise and blue is the most Yin. Yellow and Violet contain both Yin and Yang energy. This is because, Violet is made from red and blue, and Yellow is made from green and blue/violet light. So if we need to treat chronic conditions, firstly we have to promote the movement and energy, by using the yang colours, then apply the yin colour to balance and heal. In case that the condition is already acute we have to deal with the yin colour first to balance and heal, then follow it with a Yang colour to stimulate the flow of energy around the system once more. (34)

**Applying colourpuncture in Covid 19:**

Symptoms	Colours	Points	Method
Asthma	indigo, violet, Orange	Lu 1, 2, 4 Bl 13 Orange: St 13, Bl 12, Ki 4, GV 23	Apply indigo and violet on the throat area. Later orange can be used to increase the healing process, regeneration and psychic balance
Allergy	green, indigo, orange		Apply the colour to the infected area, solar plexus
Bronchitis (acute)	orange, green	Ki 26, 27 CV 22, GV 23 Ly 11	Apply green to the region of breast and throat, the acute condition must be balanced
Fever	blue	Lu 11, LI 4 He 6, Bl 40	Locally to solar plexus, heart chakra, throat chakra
Headache	blue, green, violet	Bl 2, 4, 60 Ci 1, 6, 7, 3 CV 5, 15 Li 14 Lu 7 <b>Li44, 11</b>	Apply to the frontal head, especially to the area above the nose/ between the eye brows or to the most painful area, front chakra, head chakra Yang type (red skin, high blood pressure), high energy blue, green Yin type (pale skin), low energy orange, yellow
Pneumonia	Blue	CV20 GV19	Blue on the chest and throat Blue colour torch on the third eye, top of the head (CV20) and back of the head (GV19) to form a triangle. 5 minutes each. CV 20 and GV19 are acupuncture points on the conception vessel and governing vessel meridians

Table (2) Applying colourpuncture in COVID- 19 (40)

**B. Exposure to coloured lights depending on chakras :**

Light & colours are electromagnetic radiation in a physical space. However, various combinations of radiation wavelengths can produce colours that appear identical (41). Each colour represents a different intensity, or pulse, of energy. The body includes varying energy fields called *chakras*, (42)

Chakra is a Sanskrit word meaning "wheel" or "disk," it is expressing the seven energy centres that allocated along our central axis of the body. Each chakra according to the energy vibrating through each centre has a different wavelength or quality of light that is associated with a certain colour, these centres are associated with major nerve ganglia divaricating out from the spine and to the levels of consciousness and bodily functions. (29). In colour therapy illness occurs when those chakras fall into imbalance, so we can use certain colours to rebalance chakras and heal the ailment (42)

Chakra	Related glands and organs	Related colour
Base	coccyx and adrenals	red
Sacral	Spleen	Orange
Solar plexus	solar-plexus and pancreas	Yellow
Heart	Heart	Green
Throat	thyroid and parathyroid	Blue
Third eye	pituitary gland	indigo
Crown	pineal gland	violet

Table(3) Chakras and their related glands and colours (43)

**Applying Chromotherapy in Covid 19 according to chakras :**

- Apply yellow colour to the SOLAR PLEXUS to promote the Spleen.
- Apply green colour to the HEART to control the circulatory system, thymus gland and promote breast, lungs and air circulation.
- Apply blue colour to the THROAT to control the thyroid glands, throat, neck, thyroid and parathyroid glands, ears, windpipe, and the upper part of the lungs.
- In case of asthma apply orange light over the lung (chest)area with deep breathing to open and expand the chest. [10 minutes]. Then apply the blue colour on the throat [15 minutes].
- For lungs and TB, Violet on pituitary or foot reflex. Green over the lungs. Magenta over lower back to polarizing.
- For lung disease and whooping cough, Blue light over lungs lowers the temperature and heals inflamed tissue. Violet to purify and act as an anti-bacterial.
- For sore throats and colds, Blue/Indigo light for 10 minutes (Protect the eyes).

Indications (according to Wölfle)

Indication	Colours	Duration	Place
Asthma	green + red	30 min	Chest, shoulder
Bronchitis	Green	30 min	Chest/back
Headache	Blue	30 min	On the forehead
Lung builder	Orange Indigo	3 min 1/2 min	On each lung

Stimulating effect on the production of white blood cells in the spleen	Violet Yellow	15 min 1 min	Right of the stomach
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Table(4) Treatment method according to Wölfle (40) &amp; (36)

### C. Solarizing water

Solarizing water with colour merges the therapeutic power of colour with the healing qualities of water (34). To solarize or energize water, fill glass with the pure still mineral or spring water, and wrap or cover with the muslin or some other cotton fabric. (Solarized water, n.d.) As water is an excellent conductor of electro-magnetic current it becomes energized with the healing quality of the coloured energy. It is best to use pure mineral water as tap water is full of chemicals that can interfere with the pattern of colour healing energy carried by the water, (34)each colour will boost different elements in the water connected to various benefits. (45) Place the covered bottles in the sun for one hour upward as in demand. (29) As it is recommended to leave the covered bottle in the sun for a couple of hours in summer and sill all the day in winter. The energized water can be kept in a refrigerator and will last up to 5 days. (Solarized water, n.d.) The energized water should be taken every day for one or two weeks to earn the benefits. Magnetic colours should be drunk in the morning as they are stimulating and energizing, while cool and electrical colours are better taken during the afternoon or evening. (34) Also oils can be energized with the same method, but never to drink, you can apply it on the body for massage. (Solarized water, n.d.)

#### Applying solarized water in Covid 19 :

- Orange colour to boost the immune system.
- Blue for throats, chest & lungs.
- Turquoise cooling for soothing fevers & to boost the immune system.
- Indigo for fever. (34)

### D. Colour irradiation :

This technique channels colour light to areas of the body which are linked to chakra and meridian system in a less precise way. Using silk scarves, coloured cloth or crystals of these colours. Lay all the colours on the body at the same time. If you use crystals or silk scarves make sure the person is wearing neutral coloured clothing. If you use crystals directly onto the skin.

Silk is the finest fabric of all, it is made from the pure silken threads of the silkworm cocoons. The high vibrations and fineness of the silk threads give it the special quality of absorbing and retaining colour vibrations so that the colour is highly saturated. This is why the colour in silk appears so intense and vibrant.

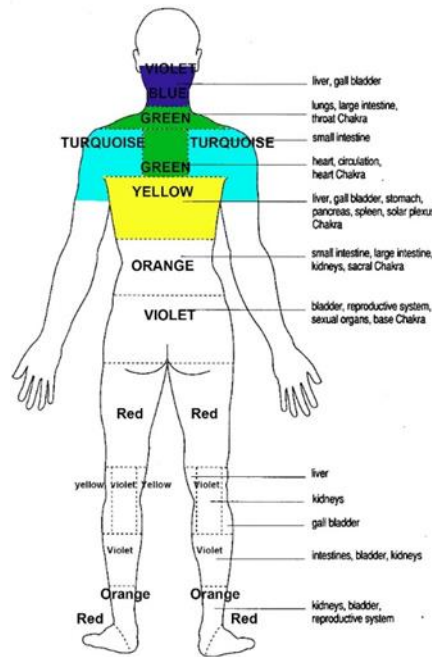


Figure (2) Applying Colour irradiation on the human body in COVID-19 (34)

### Applying colour irradiation in Covid 19:

we need to expose certain areas in our body to certain colours which are linked to the chakra and meridian system, so we create different creative designs based on colours to affect those areas.

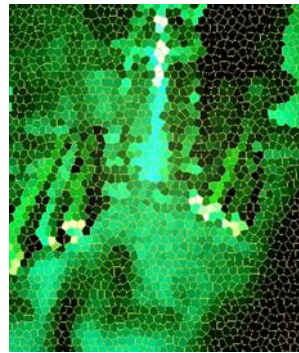
- Through the upper body and shoulder area runs the meridian link with the small intestine and green is used to cleanse this system, both designs (1)&(2) based on unidentified shapes just a combination of different green values.



Design (1)



Applying design (1)



Design (2)



Applying design (2)

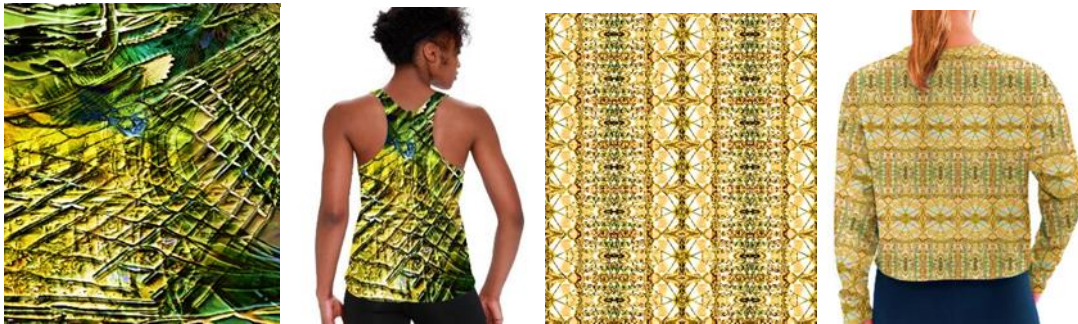
Applying green colour designs with its implementation in fashion

- The heart chakra, heart, upper respiratory tract and circulation are balanced with turquoise while the lower lungs, liver, gallbladder, stomach, pancreas, spleen and Solar Plexus Chakra are activated with golden-yellow. Design (3) is based on geometric shapes varied between circles, rectangles and curve lines with blended values of turquoise. Design (4) is also based on light & shades of Turquoise colour, the element used in this design was the light and soft triangles which give us feeling of a ship sail.



Design (3) Applying design (3) Design (4) Applying design (4)  
 Applying turquoise colour designs with its implementation in fashion

Both designs (5) &(6) are based on lines and yellow tones, design (5) tends to be more natural and organic as lines are curvature & soft. While design (6) tends to be regular and geometrical based on the systematic intersection between lines from different directions.



Design (5) Applying design (5) Design (6) Applying design (6)  
 Applying golden-yellow colour designs with its implementation in fashion

▪ The throat chakra and lungs are treated with blue at the neck area, but also the large intestine meridian passes through this area. Blue purges the intestines at this point as blue has a constricting quality and so further helps with cleansing and elimination. (34)

Design (7) & design (8) are based on geometric shapes, both are blue colours, but we can feel in this design (7) that colours are more saturated than in design (8)



Design (7) Applying design (7) Design (8) Applying design (8)  
 Applying blue colour designs with its implementation in fashion





### Checking the reliability of the research:

The researchers designed a questionnaire which has aimed at evaluating the expert opinion as a colour therapist in the suggested protocol (using colour therapy as a complementary therapy in

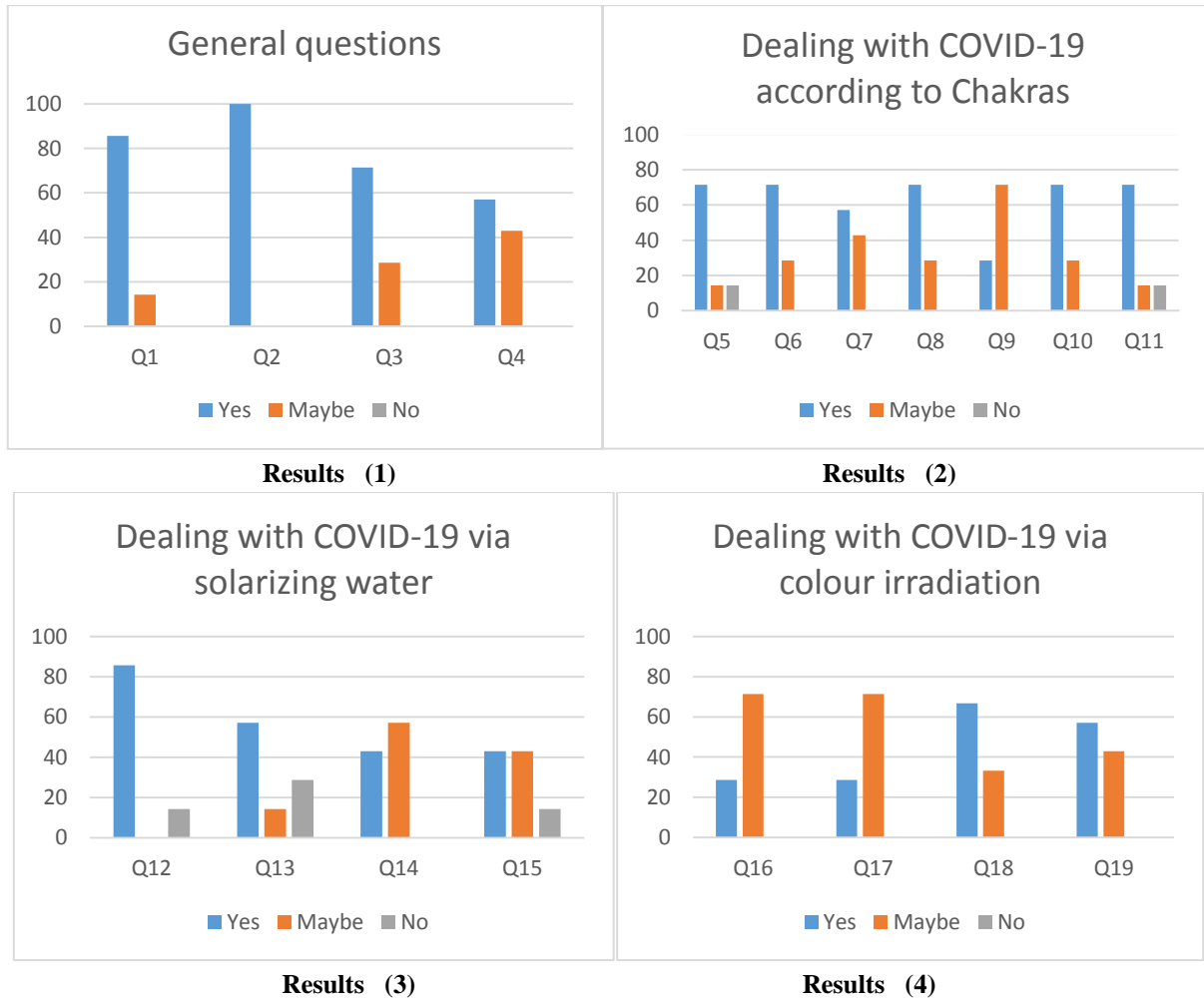
dealing with COVID-19), the questionnaire was done by 7 experts from different countries (The United Kingdom, Sweden, India and Egypt), the questions were sorted up into four groups:

- Group one general questions
- Group two questions related to dealing with COVID-19 according to Chakras
- Group three questions related to dealing with COVID-19 via solarizing water
- Group Four questions related to dealing with COVID-19 via colour irradiation

Questionnaire's Questions				
General Questions	The Questions	Yes	May be	No
	1. In case of COVID19, we cannot treat the disease, but can we help to boost the immune system and to increase the efficiency of the lung and reduce the disease symptoms, via colour therapy?			
	2. Can colours activate & stimulate the hormonal and biochemical processes in our body?			
	3. Can different treatment methods: like colour puncture, chakras, Solarizing water and colour irradiation be effective in dealing with COVID-19?			
	4. Can colourpuncture be effective in treating COVID-19?			
Questions related to dealing with COVID-19 according to Chakras	The Questions	Yes	May be	No
	5. In case of COVID19, we cannot treat the disease, but can we help to boost the immune system and to increase the efficiency of the lung and reduce the disease symptoms, via colour therapy?			
	6. Can colours activate & stimulate the hormonal and biochemical processes in our body?			
	7. Can different treatment methods: like colour puncture, chakras, Solarizing water and colour irradiation be effective in dealing with COVID-19?			
	8. Can colourpuncture be effective in treating COVID-19?			
	9. For lungs and TB, Violet on pituitary or foot reflex and green over the lungs, magenta over lower back to polarizing			
	10. For lung disease and whooping cough, Blue light over lungs lowers the temperature and heals inflamed tissue. Violet to purify and act as an anti-bacterial.			
	11. For sore throats and colds, Blue/Indigo light for 10 minutes.			
Questions related to dealing with COVID-19 via	The Questions	Yes	May be	No
	12. Solarizing water with orange colour can boost the immune system			
	13. Solarizing water with Blue is very useful for throats, chest & lungs			

<p><b>solarizing water</b></p>	<p>14. Solarizing water with Turquoise can be effective in cooling, soothing fevers &amp; in boost the immune system</p>			
	<p>15. Solarizing water with Indigo can reduce the fever</p>			
<p><b>Questions related to dealing with COVID-19 via colour irradiation</b></p>	<p><b>The Questions</b></p>	<p><b>Yes</b></p>	<p><b>May be</b></p>	<p><b>No</b></p>
	<p>16. In applying colour irradiation technique we can use green garments through the upper body and shoulder area runs the meridian link with the small intestine to cleanse this system.</p> 			
	<p>17. In applying colour irradiation technique we can use turquoise in the heart chakra, heart, upper respiratory tract and circulation</p> 			
	<p>18. In applying colour irradiation technique using golden yellow in the lower lungs, liver, gallbladder, stomach, pancreas, spleen and Solar Plexus</p> 			
	<p>19. In applying colour irradiation technique on the throat chakra and lungs are treated with blue at the neck area as blue purges the intestines</p> 			





### Discussion:

When reviewing the results of the questionnaire we can recognize that:

#### In the general question:

All the samples of the study agreed that colours activate & stimulate the hormonal and biochemical processes in our body, 85.7% of them agree that in the case of COVID19, we cannot treat the disease, but we can help to boost the immune system and to increase the efficiency of the lung and reduce the disease symptoms via colour therapy, while 14.3% said maybe we can treat the disease. 71.4% approved that Different treatment methods: like colour puncture, chakras, Solarizing water and colour irradiation can be effective in dealing with COVID-19. 57.1% believe that Colourpuncture can be effective in treating COVID-19.

#### In the questions related to dealing with COVID-19 according to Chakras:

71.4% approved that applying yellow colour to the SOLAR PLEXUS Chakra can promote the Spleen, applying green colour to the Heart Chakra can control the circulatory system, thymus gland and promote breast, lungs and air circulation, in case of asthma applying orange light over the lung (chest) area with deep breathing to open and expand the chest. [10 minutes]. Then apply the blue colour on the throat [15 minutes], for lung disease and whooping cough, Blue light over lungs lowers the temperature and heals inflamed tissue. Violet to purify and act as an anti-bacterial, and for sore throats and colds, Blue/Indigo light for 10 minutes. 57.1% believe

that applying blue colour to the THROAT Chakra can control the thyroid glands, throat, neck, thyroid and parathyroid glands, ears, windpipe, and the upper part of the lungs. 71.4% are not sure if Violet on pituitary or foot reflex and green over the lungs, magenta over lower back to polarizing will be effective for lungs & TB. Only 14.3% don't believe in applying yellow colour to the SOLAR PLEXUS Chakra can promote the Spleen, nor the apply of Blue/Indigo light for 10 minutes will be effective for sore throats and colds.

#### **In the questions related to dealing with COVID-19 via solarizing water:**

85.7% accepted that solarizing water with orange colour can boost the immune system & 14.3% denied that, 57.1% found that solarizing water with Blue is very useful for throat, chest & lungs, while 28.6% refused the idea. 42.9% believed that solarizing water with Turquoise can be effective in cooling, soothing fevers & in boosting the immune system & Solarizing water with Indigo can reduce fever. 14.3% don't believe that indigo can reduce fever.

#### **In the questions related to dealing with COVID-19 via colour irradiation:**

66.7% liked to apply colour irradiation technique using golden yellow in the lower lungs, liver, gallbladder, stomach, pancreas, spleen and Solar Plexus as presented in the designs (5&6) While 57.1% believed in applying colour irradiation technique on the throat chakra and lungs are treated with blue at the neck area as blue purges the intestines as presented in designs (7&8). 28.6% believed in applying colour irradiation technique by using green garments through the upper body and shoulder area runs the meridian link with the small intestine to cleanse this system as presented in designs (1&2), & in applying colour irradiation technique by using turquoise in the heart chakra, heart, upper respiratory tract and circulation as presented in designs (3&4).

#### **Results & conclusion:**

COVID19 is an infectious ailment caused by Coronaviruses, which is a huge family of viruses causing sickness varying between mild to severe cold symptoms. like any other disease, a physical appearance will occur as a resonance of imbalance in our energy system.

In case of COVID19, we cannot treat the disease, but we can help to boost the immune system and to increase the efficiency of lungs and reduces the disease symptoms.

Different researches proved the efficiency of using colour therapy as it is a complementary and Alternative Medicine Systems can be used as a therapeutic way to boost our inner energy and rebalance the deficiency that might happen in our body by using different treatment methods: like colour puncture, chakras, solarizing water and colour irradiation.

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