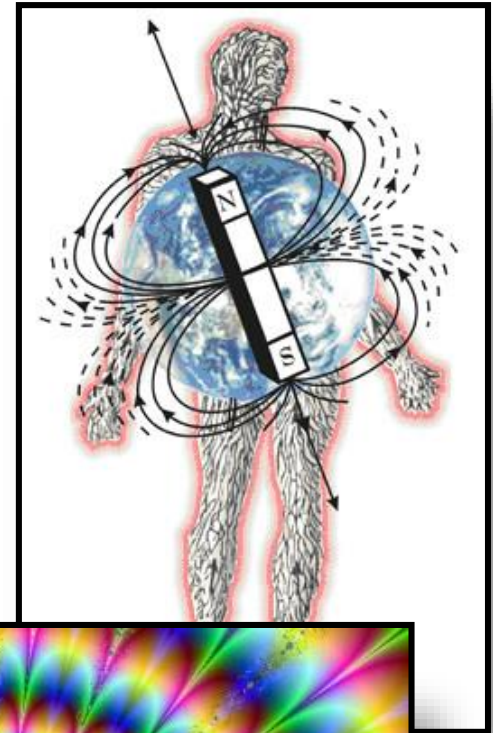


# *Complementary and Alternative medicine*

**PHG 332**

**(Other Treatments and Applications I)**



Department of Pharmacognosy –  
College of Pharmacy - KSU

## **Other treatment and applications:**

A) Mind–Body Interventions

B) Bioelectromagnetic Applications

C) Pharmaco-Biological Treatment

D) Miscellaneous Diagnostic & treatment

Methods

# I) Mind-Body Interventions (MBI)

- According to U.S. National Center for Complementary and Alternative Medicine (NCCAM), **MBI covers** a **variety** of **techniques** designed to **enhance** the **mind's capacity** to **affect** bodily **function** and symptoms.
- Many of these techniques include prayer, **meditation** and **therapies** that use **creative outlets** such as art, **music**, etc.
- **MBI** involve learning and using **very simple relaxation techniques**.
- These methods **quiet** the **mind**, which in turn **calms** the body.
- When **practiced consistently**, they are **beneficial** in managing **anxiety** or **pain** and in promoting **restful** sleep.

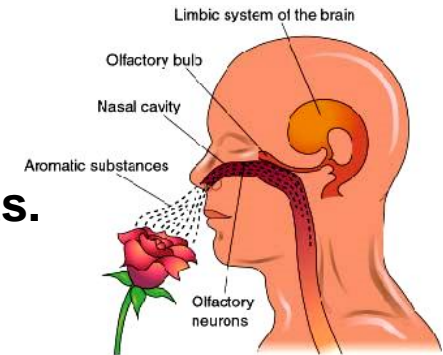
- **MBI** methods offer what people are **hungry for**, a **medicine** that addresses more than the body.
- In addition to preventing or curing illnesses, these therapies provide people with the **chance** to be **changed psychologically**.

## Types of MBI:

- Aromatherapy
- Art therapy
- Music therapy
- Biofeedback
- Hypnosis
- Meditation
- Yoga
- Prayer
- Relaxation techniques
- Tai chi

## Aromatherapy

**Stimulation** of the **sense of smell** to encourage **relaxation**, **well-being**, or other physiological benefits.



## Art therapy

- It differs from **regular art classes** such as **painting** and **sculpture** in that the **therapist is trained both in diagnosis and in helping patients with specific health problems.**
- Here, **patients** may **focus** on parts of their bodies that **unconsciously concern them** but which they have **never mentioned** to their physicians or nurses.
- This can lead to further **investigation** and additional **diagnosis.**

➤ **Art therapy** is a means for patients to express **unspoken** and frequently **unconscious** concerns about their disease.

➤ It is particularly valuable with **children**, who often **cannot talk** about their most pressing and painful concerns.



➤ Studies on **art therapy** have been **performed** in many areas:

✓ **Eating** disorders

✓ **Deafness** and aphasia

✓ **Addiction**

✓ **Autism** التوحد

✓ As a **prognostic** aid  
in childhood cancer

✓ **Emotional** disturbance

✓ **Physical handicap**

# Music therapy

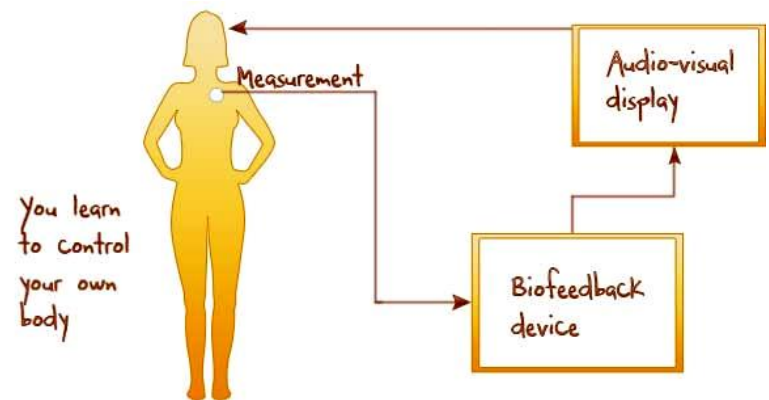
- Throughout **history**, music has been used to **facilitate** healing.
- **Pythagoras** taught his students to **change** emotions of worry, fear and **anger** through the **daily** practice of **singing** and **playing** a musical instrument.
- Music could **easily** be used as a therapy because:
  - It meets with **little** or **no** intellectual resistance
  - Music therapy is **cost effective**
- Music may be used **both, by itself** and **together** with other **treatments** to ameliorate certain illnesses.

- **A qualified music therapist** can provide an appropriate treatment according to the **needs** of each patient, which can include:
  - **Creating music**
  - **Singing**
  - **Just listening**
- Music therapy can be **used in**:
  1. **Facilitating communication** with those with **autism** or communication disorders
  2. Chronic **pain** or **impaired movement**. It can be a **sedative** to promote **relaxation** or a **stimulant** to promote **movement** to other physical activity.
  3. **Alzheimer's disease**, because selecting music from an individual's **past** may **evoke memories** of times, places, and persons → may **contribute** to the treatment of the individual
  4. **Psychiatric** hospitals
  5. **Rehabilitation** units
  6. Drug and alcohol **abuse** treatment programs



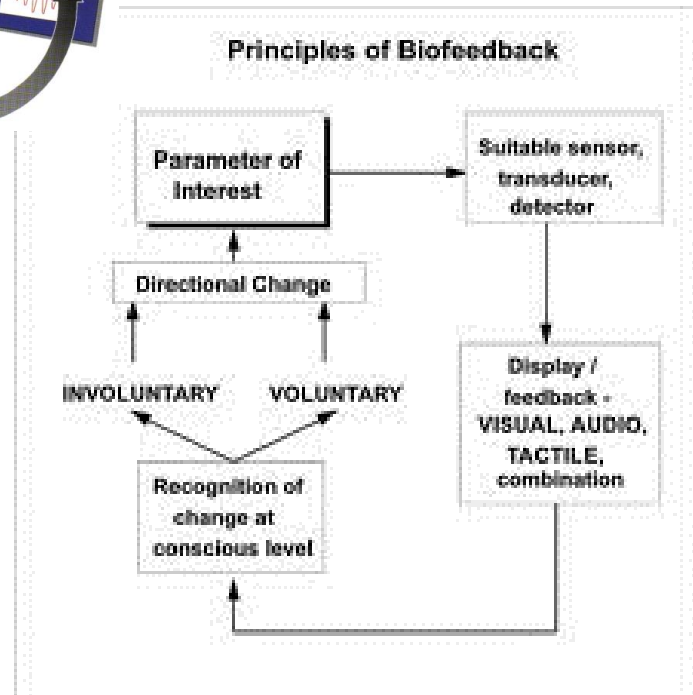
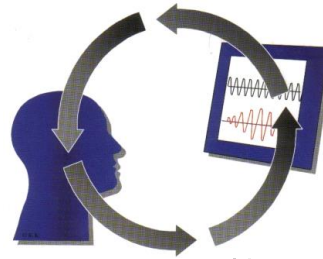
## Biofeedback (BFB)

- Originating in the late 1960s
- It is a treatment method that uses **monitoring instruments** to **feed back** to patients **physiological information** of which they are normally **unaware**.
- By **watching** the monitoring device, patients can **learn** by **trial and error** to **adjust** their **thinking** and **other mental processes** in order to **control** bodily processes heretofore thought to be **involuntary**.
- Examples of these processes are:
  - **Blood pressure**
  - **Body temperature**
  - **Gastrointestinal functioning**



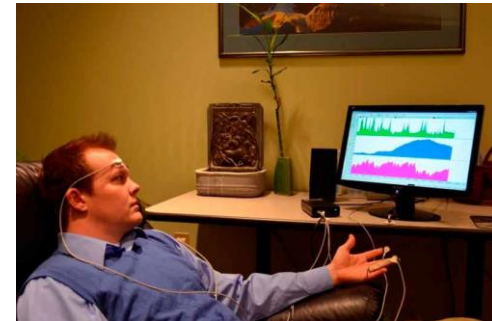
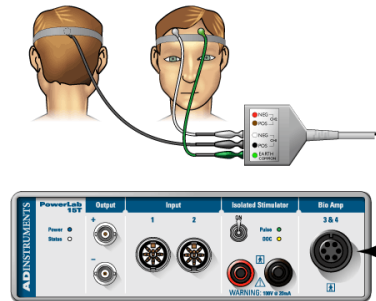
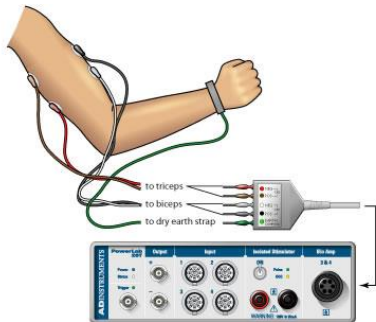
➤ BFB can be used to **treat** a wide variety of **conditions** and diseases:

- **Stress**
- Addictions
- **Sleep** disorders
- Epilepsy
- Respiratory problems
- **GIT** disorders
- Migraine headaches
- **Hypertension**
- **Others**



➤ Currently there are approximately **150 applications** for BFB.

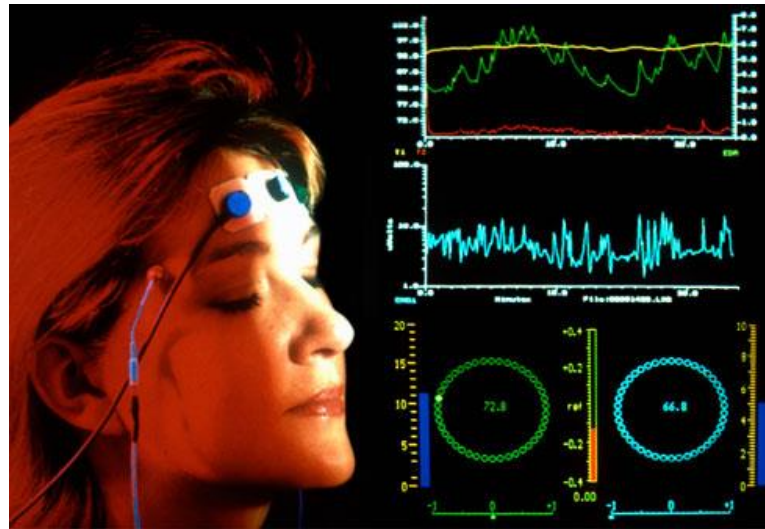
- The **most common** forms of **BFB** involve measurement of:
  - **Muscle tension** (Electromyographic or EMG feedback)
  - **Brain waves** (Electroencephalographic or EEG feedback)



- In its simplest form, **BFB therapy** involves a **therapist + patient + monitoring device** capable of providing accurate physiological data.
- In a session, **electrodes** are attached to the **monitored area**. The **electrodes feed** the information to a **monitor** that **registers** the results that **varies** as the function being monitored **decreases** or **increases**.

- BFB **therapist** put the **patient** in **mental exercises** to help him to reach the **desired result** (e.g. muscle relaxation or contraction).
- Through **trial** and **error**, patients gradually **train** themselves to **control** the **inner mechanism** involved.
- Training to control some disorders requires 8 to 10 **sessions**.
- Patients with **severe** disorders may require **longer** therapy.
- Obviously, the **aim** of the treatment is to **teach** patients to **regulate** their **own inner mental and bodily processes** **without** help from the machine.

- Many patients **like** BFB training as it gives them a sense of **mastery** and **self-reliance** over their **illnesses** and **health**.
- BFB **does not** belong to any particular field of **health care** but is used in many areas as **internal medicine**, **dentistry**, physical therapy and **rehabilitation**, psychiatry, pain management, etc.







# Hypnosis (Hypnotherapy)

- Hypnosis, derived from the Greek word *hypnos* (sleep).
- The induction of “trance states” and the use of therapeutic suggestion were a central feature of the early Greek healing methods.
- Hypnosis is a state of induced focused concentration in which people can be relatively unaware of, but not completely blind to, their surroundings.



- If something **demands attention**, such as a **fire**, hypnotized people easily **rouse** themselves to react to the situation.
- In this state of **concentration**, people are highly **responsive** to **suggestion**.
- But, **contrary** to popular folklore, people **cannot** be hypnotized **involuntarily** or follow suggestions **against** their wishes.
- They must be **willing** to concentrate their thoughts and to **follow** the suggestions offered.
- In the end, all hypnotherapy is **self-hypnosis**.



- **Hypnosis** is usually considered an aid to psychotherapy, rather than a treatment in itself, because it:
  - (1) **allows people to explore** painful thoughts, feelings, and memories they might have hidden from their conscious minds and
  - (2) **enables people to perceive** some things differently, such as blocking an awareness of pain

- **Hypnosis** can be used in two ways, as suggestion therapy or for patient analysis.

### 1) Suggestion therapy:

- The hypnotic state makes the person better able to **respond to suggestions**.
- Therefore, hypnotherapy can help some people to **change certain behaviors**, such as to stopping smoking, nail-biting, and overeating.
- It can also help people **change perceptions** and **sensations**, and is particularly useful in treating **pain**.

## 2) Patient analysis (Psycho-analysis):

- The hypnotic state allows a person to be more **open to discussion** and **suggestion**.
- This approach uses the **relaxed state** to find the **root cause** of a disorder or symptom, such as a traumatic past event, phobias, fears, anxiety, sleep disorders, depression, stress, post-trauma anxiety, grief and loss that a person has hidden in his unconscious memory.
- Once trauma is **revealed**, it can be addressed in **psychotherapy**.

- **No one** knows exactly how such bodily changes are **brought about** by hypnosis, but they clearly occur because of the **connections** between **mind** and **body**.
- It is also clear that **suggestions** have the capacity to **affect** all systems and organs of the **body**.
- To **flow naturally** in and out of **hypnotic** states is common:  
e.g. it happens to people **watching** television  
e.g. we also move into a trance state in  
situations of **extreme stress**

- Also, when a person in a **position of power yells**, the yelling may have **effects** that become as strong as **posthypnotic suggestions**.
  
- **Physiologically**, hypnosis resembles other forms of **deep relaxation**:
  - A generalized **decrease** in **sympathetic** nervous system activity
  - A **lowering** of blood pressure and **heart rate**
  - A **decrease** in **oxygen** consumption and **carbon dioxide** eliminations
  - An **increase** in certain kinds of **brain wave activity**

➤ **There are several stages of hypnosis:**

- **Reframing** the problem
- Becoming **relaxed** then
- **Absorbed** (deeply **engaged** in the words or images presented by a hypnotherapist)
- **Dissociating** (letting go of critical thoughts)
- **Responding** (complying with a hypnotherapist's suggestions)
- **Returning** to usual awareness
- **Reflecting** on the experience



## What illnesses or conditions respond well to hypnosis?

- Clinical studies suggest that hypnosis may have the following **effects**:
  - Improve **immune** function
  - Increase **relaxation**
  - Decrease **stress**
  - Ease **pain** and feelings of **anxiety**
  - Reduce the **fear** that some people feel before **medical** or dental **procedures**
  
- Studies show that **dental** patients who underwent hypnosis had a significantly **higher threshold** for pain than those who were **not hypnotized**.

- Hypnosis may also improve **recovery time** and reduce **anxiety** and pain following **surgery**.
- Clinical trials on **burn** patients suggest that hypnosis **decreases pain** (enough to **replace** pain medication) and speeds **healing**.
- A hypnotherapist can teach you **self regulation skills** e.g. someone with **arthritis** may learn to **turn down** pain like the volume on a radio.
- **Self hypnosis** can enhance a sense of **control**, which is often **lacking** when someone has a **chronic illness**.



➤ **Other problems/conditions that may respond to hypnotherapy include:**

- Irritable bowel syndrome
- **Asthma**
- Phobias
- **Insomnia**
- Addictions
- **Bedwetting**
- Labor and delivery
- **Skin disorders** (such as acne, psoriasis, and eczema)
- Tinnitus (ringing in the ears)
- Cancer related **pain**
- **Eating** disorders
- Indigestion (dyspepsia)

## Who should not use hypnosis/Drawbacks of Hypnosis?

- 1) It might not be appropriate for a person who has **psychotic symptoms**, such as **hallucinations** and delusions.
- 2) Those who using **drugs** or alcohol.

**N.B.** It should be used for **pain control only** after a doctor has evaluated the person for any physical disorder that might require medical or surgical treatment.

- 3) It may be **risky** in **creating false memories**, usually as a result of unintended suggestions by the therapist. For this reason, use of hypnosis in certain mental disorders, such as dissociative disorders, remains controversial.

## Is Hypnosis Dangerous?

- It is **not** a dangerous procedure.
- It is not mind control or **brainwash**. A therapist cannot make a person do something embarrassing or that the person doesn't want to do.

## Who Performs Hypnosis?

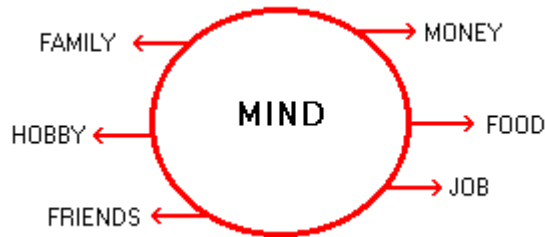
- Hypnosis is performed by a **licensed** or **certified** mental health professional who is specially trained in this technique.



# Meditation

- It is a **self-directed** practice for **relaxing** the body and **calming** the mind.
- The **meditator** makes a **concentrated effort** to **focus** on a **single thought**:
  - watching his **breath** (a physical experience) or
  - a **sound** (repeating a word), listening to the birds
- The aim is to **still** the **mind's "busyness"**.
- As long as these activities are **free** from any **other distraction** to the mind, it is **effective meditation**.
- Meditation is a process that occurs in **steps**, leads to a state of **consciousness** that brings **clarity** and contentment.

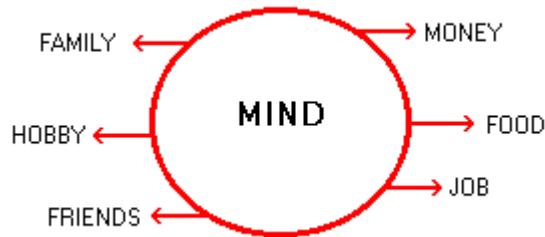
## Normal Mind



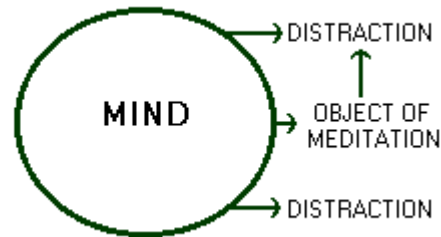
### ➤ First state:

- “**Normal**” state
- We **receive** sensory stimuli and **react** in a completely **uncontrolled** way (although we tell ourselves we have great control).
- We **jump** from **one** thought to **another** and **follow** with our emotional and physical **reactions**.

## Normal Mind



## Concentrating Mind

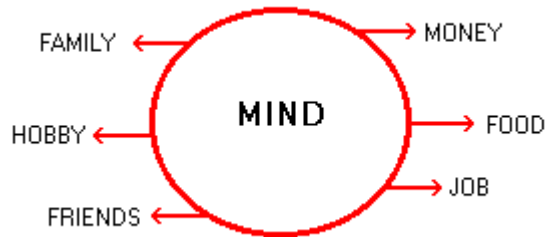
➤ **Second state:**

- It demonstrates **concentration**.
- This is the **beginning** for Meditation and is the **start** of gaining **control** over the mind and thereby life.
- The **idea** is to pick an **object/subject** to **place your attention on** and then to **focus** exclusively on it **without** diversion.
- e.g. **focus** on **repeat** a word or phrase to yourself again and again (Mantra).

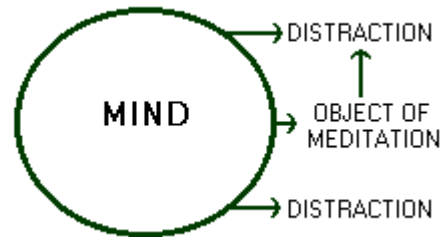
➤ **Second state:**

- An example of this would/phrase is: **“I am free from sadness”**
- To start, you would **relax** your body, sit in a **comfortable** position, **calm** your emotions and begin **repeating** “I am free from sadness” over and over.
- The **problem** is that your **mind** has been **your master** your whole life and **won't** easily give up its position.
- So your mind will **divert** your attention, often by giving you a **interesting** distraction.
- What you are **supposed** to do is to **witness** your being distracted and **return** to concentrating on the object of your meditation.

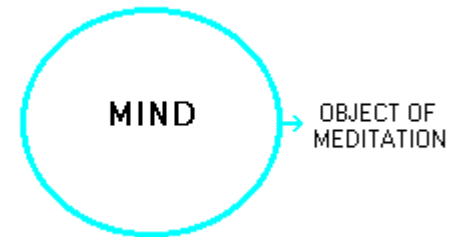
## Normal Mind



## Concentrating Mind



## Meditating Mind



➤ **Third state:**

- This illustration shows **meditation** (we have **unbroken** attention)
- It is very important to focus **only** upon this one thing until you feel **calm** and **still** inside.
- If **thoughts** or **noise** distract you, gently **refocus** and **begin** again.



- Meditating can **stop restless thinking**, increase **relaxation** and **boost** energy.
- If practiced **regularly**, meditation develops **habitual**, **unconscious micro behaviors** that produce widespread **positive effects** on physical and psychological functioning.
- Meditating even for 15 minutes **twice** a day seems to bring beneficial results.
- Regular practice is like **putting** money in your **energy bank**.
- During the past 15 years, it became a way of **reducing stress** on both **mind** and **body**.

- **Cardiologists**, in particular, often recommend it as a way of **reducing** high **blood pressure**.
- Published results from these studies report that the use of meditation is **associated** with:
  - Reduction of **chronic pain**
  - Reduced **anxiety**
  - Reduction of serum **cholesterol** level
  - Increased **longevity** and **quality of life**
  - Reduction of substance **abuse**



# Yoga

- The word yoga means "**union**" in the **language** of ancient **India** where yoga originated.
- We can think of the **union** occurring between the **mind**, **body** and **spirit**.
- Yoga has been **practiced** for thousands of years.
- Its practitioners have long known that they have the **capacity** to alter **mental** and **bodily** responses, normally thought to be far **beyond** a person's ability to **modulate (control-modify)**

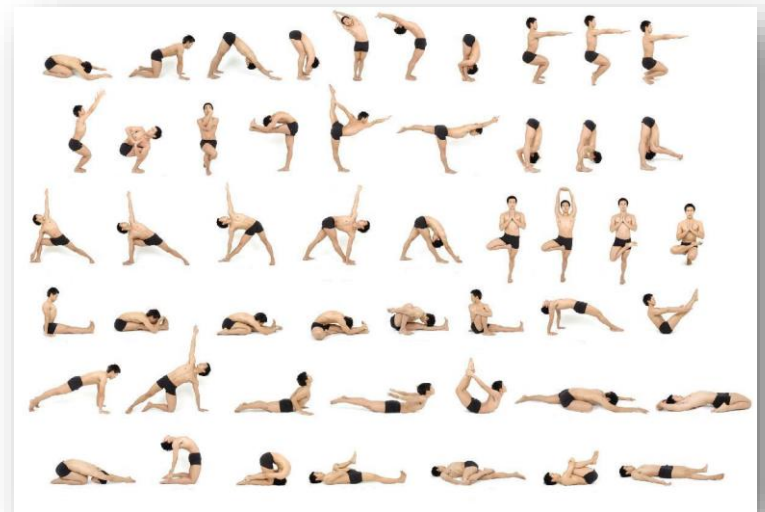


- The whole system of Yoga is built on **three** main structures:
  - **Exercises**
  - **Breathing**
  - **Meditation**
  
- The **exercises** of Yoga are designed to increase the body's **efficiency** and total **health**.
  
- **Breathing** techniques are **based on** the concept that breath is the source of life in the body
  - A Yoga student gently **increases breath control** to **improve** the **health** and **function** of both body and mind.

- These two systems of **exercise** and **breathing** prepare the body and mind for **meditation**.
- The person finds an easy approach to a **quiet mind** that allows **silence** and **healing** from everyday stress.
- Regular **daily** practice of **all three parts** of this structure of Yoga produce a **clear, bright** mind and a **strong** body.
- There are over a **hundred different** schools of Yoga e.g. **Hatha** Yoga (this is what most people associate with Yoga practice), **Raja** Yoga and **Karma** Yoga.

## Yoga sessions:

- A typical yoga **session** lasts from **20 minutes** to **an hour**.
- Some people practice **daily** at home, while others practice **one** to **three** times a week in a class.
- A Yoga **mat or blanket** and a small exercise **space** are required.



- There are a wide range of **Yoga Poses** that can be performed.
- Yoga can **ease** the tension in the **muscles** and joints.
- Yoga exercise is also believed to make a practitioner **look younger**.

## Yoga sessions:

- The “**Asanas**” or the “**Yoga Poses**” usually start in **breathing slowly** and **deeply, concentrating** your mind.
- The body **movements** and **breathing** must be **coordinated** until such time that they are one and the same.
- Your **breathing** will also be your **guide** on when to start or stop the Yoga Exercise.

## Some Yoga Asanas:

### Corpse Pose (Savasana)

- It is as a **classic relaxation** Yoga Pose
- It is practiced **before** or in **between** Asanas as well as a **final** relaxation.
- While it looks **simple**, it is actually **difficult to perform**.
- This exercise, if **done correctly** it will **stimulate** blood circulation and **lessen** or **relieve**:
  - Fatigue
  - Nervousness
  - Asthma
  - Indigestion
  - Insomnia
- It will also **improve** one's **mental concentration**.





## Some Yoga Asanas: (cont.)

### Easy Pose (Sukhasana)

- It is one of the classic **Meditative Poses**
- It is usually performed **after** doing the Corpse Pose.
- The Easy Pose helps in:
  - **Straightening** the spine
  - Slowing down **metabolism**
  - Promoting inner **tranquility**
  - Keeping the **mind** still (quiet)
- As the name suggests, this pose is **very easy** to do.

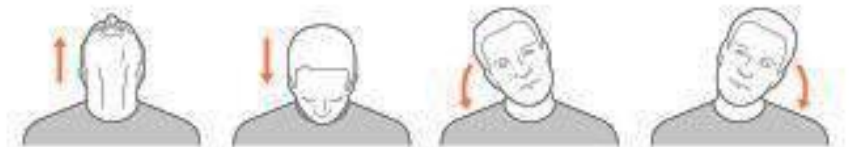


## Some Yoga Asanas: (cont.)

### Neck Exercises and Shoulder Lifts

- Many people hold **tension** in their necks and shoulders, leading to:

- **Stiffness**
- **Headaches**



- Yoga practice can:
  - **Ease** tension
  - Increase **flexibility**
  - Relax the **muscles**



- To date, **thousands** of **research studies** have shown that with the **practice** of yoga a person can indeed **learn** to control such **physiological** parameters as:
- **Blood pressure**
  - **Heart rate**
  - **Respiratory** function
  - **Metabolic rate**
  - **Brain waves**
  - **Body temperature**
  - and **many** other bodily functions

# Reiki (Universal Life Energy)

- Reiki is a type of **Natural Healing which evolved in Japan.**
- Anyone can receive or learn to give treatment with Reiki, since **no belief related to Reiki** (the only prerequisite is the desire to be healed).
- Reiki treatment by a practitioner is a very simple process:
  - The recipient **lies** (otherwise, in sitting position) and **relaxes.**
  - No unclothing as **Reiki pass through anything.**
  - A practitioner **gently places his hands in a sequence of positions to cover whole body** whatever the specific symptoms.
  - A full treatment usually **takes 1-1½ hours** with each position held for several minutes.
  - The **practitioner** is considered as a **channel** through which energy is drawn by the need or imbalance in the recipient.



- **Neither persons has to use any effort of will or concentration during this process.**
- **Reiki healing can be given anywhere at any time as **no special equipment is needed.****
- **As running water smoothes the jagged edges of a rock until it is small enough to roll away, Reiki flows to the areas of need, soothing pain and supporting the body's natural ability to heal itself.**

### **Which conditions can Reiki help?**

- **At any level** physical, mental, emotional or spiritual condition.
- **Acute injuries** can be helped to heal very quickly (c.f. chronic illness).
- In some cases such as **terminal illness**, there is usually great benefit and enhancement of the quality of life, giving a sense of inner peace and acceptance during the time remaining.
- Reiki supports **all forms of treatment** both orthodox and complementary.

# Ruqya

- Ruqya is a **healing method** whereby one recites verses of the Qur'an or making supplications (Doaa) of Prophet Mohammed (PBUH) or Salaf in order to treat oneself or another from ill health, jinn possession, or black magic and the evil eye.
- It is considered as the **Islamic version** of the Japanese energy modality Reiki.
- Raqi (Ruqya practitioner or Sheikh) passes his/her hand and arm over the affected part or the whole body of the recipient, while reciting or supplicate faithfully.
- The results suggested that various types of Islamic prayer **affect patients positively** by reducing stress and depression, giving comfort and hope, and modulating blood pressure, respiratory rate, and body temperature.



# أمثلة من الأدعية تستخدم مع الرقية

■ اللهم رب الناس ، أذهب البأس ، اشفي أنت الشافي ، لا شفاء إلا شفاؤك ، شفاءً لا يغادر سقماً

■ نعوذ بالله السميع العليم من الشيطان الرجيم، من همزه ونفخه ونفثه.

■ نعوذ بالله العظيم، وبوجهه الكريم، وسلطانه القديم، من الشيطان الرجيم.

■ نعوذ بكلمات الله التامة، من كل شيطان وهامة، ومن كل عين لامة.

■ نعوذ بوجه الله الكريم، وبكلمات الله التامات اللاتي لا يجاوزهن برٌّ ولا فاجر، من شر ما ينزل من

السماء، وشر ما يعرج فيها، وشر ما ذرأ في الأرض، وشر ما يخرج منها، ومن فتن الليل والنهار،

ومن طوارق الليل والنهار، إلا طارقاً يطرق بخير يا رحمن.

■ بسم الله أمسينا، بالله الذي ليس منه شيء ممتنع، وبعزة الله التي لا ترام ولا تضام، وبسلطان الله

المنيع نحتجب، وبأسمائه الحسنی كلها عائد من الأبالسة، ومن شر شياطين الإنس والجن، ومن شر

كل معطن أو مسر، ومن شر ما يخرج بالليل، ويكمن بالنهار، ويكمن بالليل، ويخرج بالنهار، وشر ما

خلق وذرأ وبرأ، ومن شر إبليس وجنوده، ومن شر كل دابة أنت آخذ بناصيتها، إن ربي على صراط

مستقيم، أُعِيدُكَ بما استعاذ به موسى وعيسى ومحمد، من شر ما خلق وذرأ وبرأ، ومن شر إبليس

وجنوده، ومن شر ما يبغي.

■ بسم الله نرقى، والله يشفينا، من كل داء يؤذينا، ومن شر النفاثات في العقد، ومن شر حاسد إذا

حسد، ومن كل داء فينا.

■ بسم الله نرقى، من كل شيء يؤذينا، من حسد حاسد، ومن كل عين الله يشفينا.

■ بسم الله أرقيك، والله يشفيك من كل داء فيك، أذهب الباس رب الناس، واشف أنت الشافي، لا

شافي إلا أنت. Department of Pharmacognosy  
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# Spiritual healing and prayer

- There is observed evidences of a **positive relationship** between religious engagement and better clinical health outcomes.
- The **calming effect** or coping strategy of prayer is beneficial and amongst those have religious faith, provide the necessary support at times of extreme stress and tension.
- There are four types of prayer, all of which may contribute to an overall effect:
  - 1) Ritualistic prayer الصلاة
  - 2) Meditative prayer, which involves focusing on a single word, phrase or sound or creatures عبادة التفكير و التدبر في خلق الله
  - 3) Petitionary prayer, الدعاء و التضرع which involves making a request, e.g. for better health
  - 4) Conversational prayer ..... الذكر – المناجاة – التسبيح – تلاوة القرآن

These prayers (performed alone or with/by others) improve the state of relaxations and inner peace. **The power of spiritual healing is therapy in its own right; non-believers are skeptical and reject this suggestion.**





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# Alexander technique “Better Posture Better Health”

- Alexander technique is an **educational** and **therapeutic method** of encouraging an individual to expend a minimum of effort to achieve the maximum efficient use of muscles and movement, with the aim of relieving pain, stiffness, and improving posture and overall health.
- The founder was the Australian Frederick M. Alexander (1859-1955), who discovered that the principles of physical coordination do not work in isolation from the rest of our functioning.
- Practice: The technique involves a process of psycho-physical re-education that engages both mind and body, which enabled man to replace his habitual ‘wrong doings’ with more consciously (intentionally) guided movements



# Benefits of Alexander Technique

- 1. Preserves Health**
- 2. Reduces Pain**
- 3. Reduces Stress**
- 4. Enhances Performance**
- 5. Increases Enjoyment of the Present**
- 6. Improves Posture**

# Improve Posture

How would you define the word posture?

The way you hold yourself?

The way you carry yourself?

The position or shape you are in?

**or**

The relation of one or more parts of your body to the rest?

The outer expression of how you feel inside?

Posture is ***the relationship of one or more parts of your body to the rest***

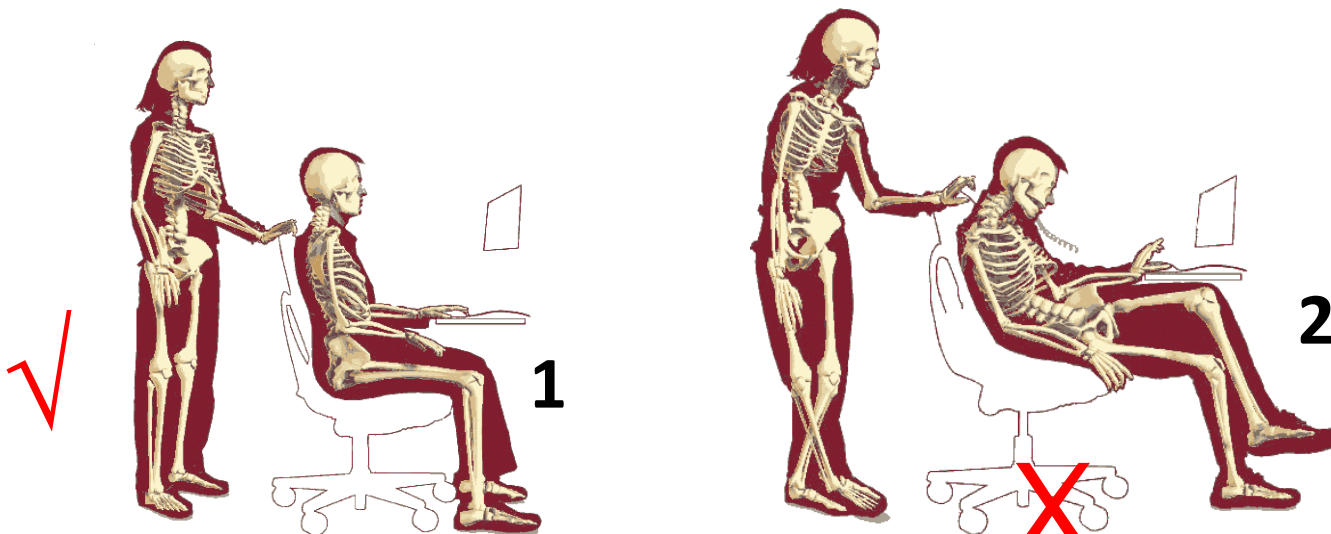
Posture is also an **outward expression** of how you feel inside

Good posture happens when that relationship is ***free***

Poor posture happens when that relationship is ***fixed***

# Example: Alexander Technique and using computer

When the head (~ 6 – 8 kgs) is in balanced on top of the spine there is no need for the neck muscles to tighten (**picture 1**). However, in most cases when the head is leaning forward (**picture 2**) the spine can't support the head without the use of neck muscles to prevent it from falling further forward. Other incorrect positions are illustrated in **pictures 3-6** with resulted various muscle strains. This incorrect positioning of the head is one of the most common habits and most of the time we don't even realize that our neck is tightened. This mentioned situation is the same with other parts of our body.



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# Which is the good posture among the following positions?



Sway Back



Lumbar Lordosis



Thoracic Kyphosis



Forward Head



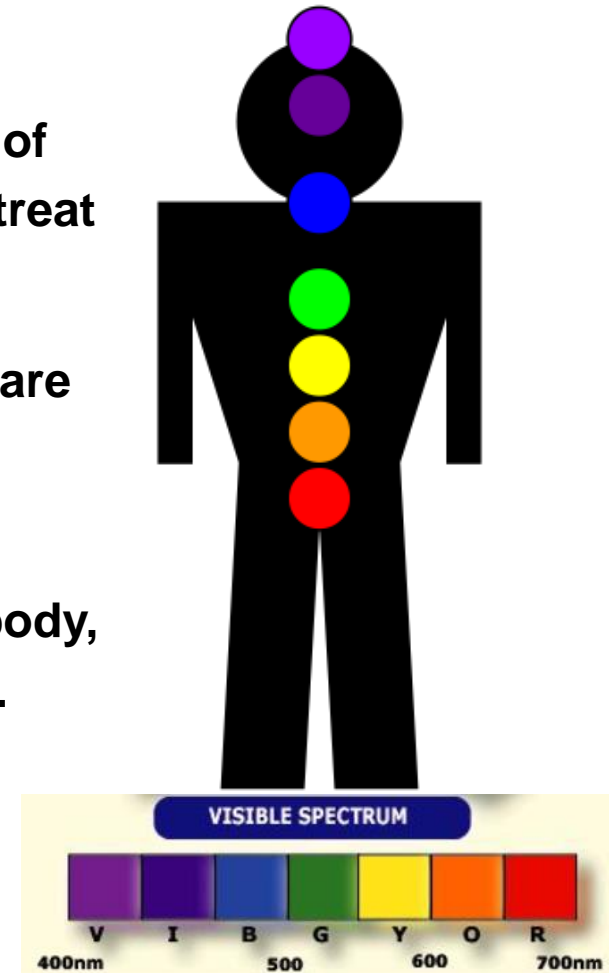
Good Posture





# Color Therapy (Chromatherapy – Light therapy)

- **Light** is also a form of electromagnetic energy.
- This therapy involves the use of visible light (or one of its colors) or non-visible (mostly ultraviolet light) to treat a variety of conditions
- **Visible colors are infused with healing energies** and are correspondent to **7** main energy centers of the body.
- Using the **7** colors of the rainbow (V-I-B-G-Y-O-R) to promote balance and healing in the human's mind, body, and spirit is a **natural, non-invasive form of healing** .
- Relationships between the 7 colors and areas of the body, glands or organs (known as chakras) are identified by the Ayurvedic practitioners.
- A specific color therapy can effectively targets the critical endocrine and Immune systems, helping the body boost its own natural healing ability.





## ***The Seven Rainbow Colors, their associated chakras, organs, and personality***

<b>Color</b>	<b>chakra</b>	<b>Related organs and problems</b>	<b>Indication</b>
<b>Violet</b>	<b>Crown chakra</b>	<b>brain and endocrine gland (pineal gland)</b>	<b>spiritual awareness</b>
<b>Indigo</b>	<b>brow or third eye chakra</b>	<b>eyes, lower head and sinuses and endocrine gland (pituitary gland)</b>	<b>self-responsibility</b>
<b>Blue</b>	<b>Throat chakra</b>	<b>throat and lungs and endocrine gland (thyroid).</b>	<b>self-expression</b>
<b>Green</b>	<b>Heart chakra</b>	<b>Heart, breasts, and endocrine gland (thymus). Allergies and problems related to the immune system</b>	<b>love/self-love</b>
<b>Yellow</b>	<b>Solar plexus chakra, situated below the ribs</b>	<b>Associated organs are the liver, spleen, stomach, small intestine, and endocrine gland (pancreas)</b>	<b>self-worth</b>
<b>Orange</b>	<b>Sacral chakra, situated in the abdomen</b>	<b>uterus, large bowel and prostate., and endocrine glands (ovaries and testes)</b>	<b>self-respect</b>
<b>Red</b>	<b>Base chakra</b>	<b>kidneys, bladder, vertebral column, hips and legs, and endocrine gland (adrenal )</b>	<b>self-awareness.</b>

## Healing Benefits of Chromatherapy:

- 1) **Violet promotes clarification and spiritual awakening**. It is used to relax muscles, and calm nervous system.
- 2) **Indigo is sedative, calming, and promote intuition**. It may be useful in controlling bleeding and abscesses.
- 3) **Blue promotes communication and knowledge**. It eliminates toxins, and is used to treat acne, liver disorders and jaundice.
- 4) **Green (middle of color spectrum) is associated with balance. It is calming**, and is used by Ayurvedic practitioners to promote healing of ulcers and is sometimes used to treat bacterial infections.
- 5) **Yellow is a sensory stimulant associated with wisdom and clarity**. It may have decongestant and antibacterial properties, and is useful in stimulating both digestive and lymphatic system.
- 6) **Orange promotes pleasure, enthusiasm, and sexual stimulation**. It may be useful in easing digestive system discomforts (e.g., flatulence, cramps).
- 7) **Red promotes energy, empowerment, and stimulation**. It may improve circulation and stimulate red blood cell production.

# Methods used in Chromatherapy

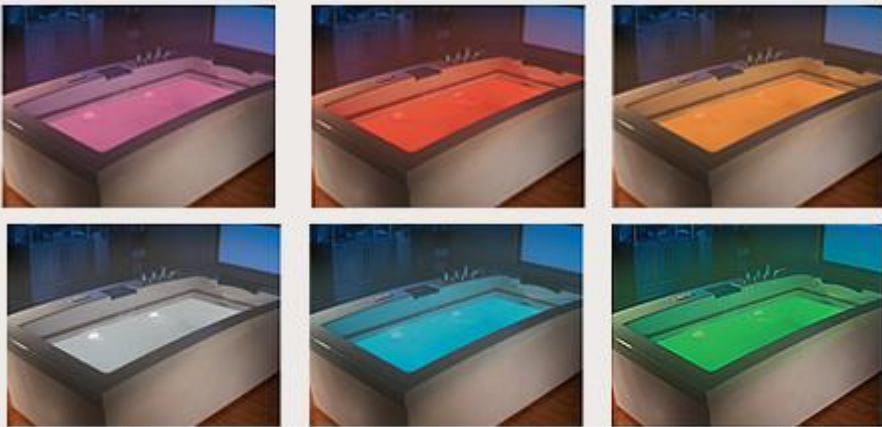
- 1) **Wrapping** patients in colored cloth chosen for its therapeutic hue (e.g. patients suffering from depression may be wrapped in reds and oranges).
- 2) **Bathing** them in light from a color-filtered light source may enhance the healing effects.
- 3) **Treating water** with a color and then drink the water.
- 4) Color may be used **environmentally** (through painting walls, windows, etc.) to achieve certain calming or healing effects.
- 5) **Clothing** may be chosen in specific color.
- 6) Color (light) therapy **can be used with both hydrotherapy and aromatherapy** to heighten the therapeutic effect.
- 7) Because colors are composed of different light frequencies, certain types of **sound therapy may be applied with the color treatment**. One such method, known as the 49th Vibrational Technique, uses a mathematical formula to translate the inaudible vibrations produced in the color spectrum to their audible counterparts, where the therapeutic value of the color frequency is thought to be enhanced.



**Crystal Color Light & Sound Bed session**



**Acne blue light therapy**



**Home-based color therapy (color water bath)**



**Red light (633 nm) therapy for treating skin wrinkling and aging**

➤ **Light box therapy:**

- It can employ light boxes and sometimes called *bright light therapy*
- Supporters claim that it **relieves:**
  - High blood **pressure**
  - Insomnia
  - **Migraine** headache
  - **Hyperactivity** in children



➤ **Ultraviolet (UV) light therapy:**

It is used to treat:

- **Psoriasis**
- **Acne**
- **Cutaneous T-cell lymphoma**

