

## **Efficacy of Environics Color Slides in detecting the Color deficiency and Healing**

## Abstract

Chromotherapy, also called Color Therapy or Visible Range Radiation Therapy, is a non-pharmacological therapeutic modality that uses various wavelengths of electromagnetic radiation from within the visible spectrum (colors). **Methods & Materials** The study was performed on 65 healthy participants from SGT University, Gurgaon, India. Full, free, and voluntary informed consent was obtained from all subjects and/or their legal guardian(s). Colour deficiency was diagnosed with the help of Environics Colour Slides and an Instrument called Lecher Antenna which works on the principle of resonance. The diagnosis results obtained from color slides and Lecher Antenna, (SBJ International, PARIS) were compared with the results obtained from the Es- Teck Complex, (LD Technology™, US) an FDA-approved Medical Software and Machine. **Results** It was observed that 86.11% of participants showed improvement in their health conditions after using the Environics Colour Slides for the period specified during the diagnosis. It was also observed that there was an 87.69% correlation between the findings of the Environics Colour Slides / Lecher Antenna combination and the ES-Teck Medical Software in identifying the health condition of the participants. **Conclusion** Chromotherapy will greatly benefit from this evidence base and help propagate this alternative treatment modality for the safe, and non-pharmacological treatment of many diseases [5].

## Introduction

Chromotherapy, also called Colour Therapy or Visible Range Radiation Therapy, is a non-pharmacological therapeutic modality that uses various wavelengths of electromagnetic radiation from within the visible spectrum (colours). A variety of ailments have been effectively treated using this age-old idea <sup>[1-7]</sup> over the years, while recent developments in the relatively nascent fields of photobiology and photobiomodulation <sup>[8-9]</sup> have renewed interest in the field. The cellular and molecular effects of visible spectrum electromagnetic have captured the interests of scientists and healers alike.

Chromotherapy uses wavelengths only in the visible region, that is colours, while Phototherapy utilises polychromatic light. Photobiomodulation, on the other hand, utilizes near-red and infrared light for the healing and regeneration of tissues <sup>[5]</sup>.

Since ancient Egypt, people have used colour therapy. As a result of their faith in the therapeutic potential of light, the Egyptians employed a variety of light hues to encourage bodily healing <sup>[10]</sup> It is a non-invasive therapy that works by balancing the chakras, or energy centres, of the body <sup>[11]</sup>.

The word "Chakra" in Sanskrit means "Wheel". The energy centres of the body are represented by seven chakras. These chakras can be found along the spine of the body, from the base of the spine to the top of the skull. The colour of each chakra varies depending on the vibrational frequency. Every one of the body's seven chakras has a complementary colour that goes with it <sup>[2]</sup>.

Understanding that light (and colours) is made of electromagnetic energy forms the basis of the majority of studies and theories. The intensity or pulse of energy associated with each colour varies. According to Chase et al., by using chakras, a clinician can understand how the neuroendocrine system, various human organ systems, and personality traits—both good and negative—are linked with each chakra <sup>[12-13]</sup>.

These chakras serve as energy valves, allowing energy to enter or exit. The physical, mental, and emotional health of a person are all said to be intimately related to their chakra health. Chakras also aid in the regulation of all bodily, mental, and spiritual processes <sup>[12-13]</sup>.

One colour or complimentary colour combinations may be used to correct imbalances within the chakras or issues related to that specific physical region. It has been noted that the vibrations of the colour enhance general well-being and disposition <sup>[14]</sup>.

This study, the first of its kind, aimed to ascertain the efficacy of Environics Colour slides (Syenergy Environics, India) in diagnosing and treating colour deficiency in otherwise healthy humans.

There are certain frequencies and wavelengths associated with each colour that affect the alignment of Chakras in the Human body. Chakras are the energy centres in the body that when disturbed may result in many ailments. There are 7 chakras in the human body and each chakra has a specific colour associated with it in a healthy body. A deficiency of certain colours in the body results in the misalignment of the colours in the respective chakra, which results in pathogenic conditions in the human body. It has also been found that colours and musical notes have corresponding frequencies. For ages, even more recently, certain frequencies and musical notes have been used to heal certain conditions. Also, colours have been used via coloured water, water in coloured bottles, and various other forms.

Following are the 7 Chakras of the body and their effect on the body is given below <sup>[2]</sup>.

#### **Root chakra – Muladhara**

The primary chakra, also known as the Root Chakra or Muladhara, is situated at the base of the spine and is associated with the earth element and the colour red. It is thought to represent a person's fundamental requirements, such as clothing, food, and shelter. It affects one's capability for social interaction as well as how one deals with stable, reliant, and aspirational feelings. When out of balance, it can cause feelings of dread and uncertainty that increase obstacles to accomplishment and give rise to frustration and a lack of focus. When it's in harmony, it encourages feelings of security, hope, vitality, strength, and independence.

#### **The sacral chakra - Svadhishtana.**

The sacral chakra lies just below the navel and produces the colour orange, which is associated with the element of water. Sexuality, intuition, creativity, self-worth, compassion, and adaptability are all harmonious when they are in balance. An imbalance is typically indicated by emotional outbursts, a lack of creativity, and sex-obsessed ideas.

### **The Solar Plexus Chakra - Manipura**

The Solar Plexus Chakra is associated with the fire element and has a yellow colour. Control and a sense of worthiness are located in the Solar Plexus Chakra, of emotions like ego, wrath, and aggression, in addition <sup>[15-16]</sup>. It is believed that if it is out of balance, it might result in depression and poor self-esteem feelings. Physical symptoms of it include diabetes, liver problems, and gastrointestinal problems. It would be a source of vigour, effectiveness, and assurance when it was in balance.

### **The Heart Chakra – Anahata**

The centre of all chakras is the Heart Chakra, which is located in the centre of the chest. It has a tremendous impact on a person's mental, emotional, and financial well-being and connects the lower chakras to the upper ones. It is green in colour and resonates with the element of air. The heart chakra is linked to compassion, trust, passion, and love for both oneself and others<sup>[15-16]</sup>. Anger, a lack of faith, concern, jealousy, and fear, as well as a lack of self-love, poverty, and moodiness, are the repercussions when it is out of balance. An overactive heart chakra can cause high blood pressure, heart palpitations, and other cardiac problems.

### **The Throat Chakra - Vishuddha,**

The neck, mouth, tongue, and other components of the throat region are all governed by the throat chakra. It is coloured sky blue, and ether is its constituent ingredient. The Throat Chakra represents assurance, expression, and communication <sup>[15-16]</sup>. It is believed that a balanced throat chakra encourages the positive expression of inner thoughts and regulates hormone flow. When out of balance, it can hinder communication, result in unmet objectives, and have a significant effect on other chakras as well.

### **The Third-Eye Chakra - Ajna**

In the region between the eyebrows is the Third Eye chakra, also referred to as the glabella. The Third-Eye Chakra, which is not associated with any particular colour, is represented by the hue indigo. It is commonly used in yoga practice as a focal point and is said to control your intelligence, intuition, knowledge, manifestation, and spiritual strength <sup>[15-16]</sup>.

When the Third- Eye Chakra is open and balanced, one may see the connections between things in this world and beyond. An underactive third-eye chakra is reported to cause headaches, migraines, or foggy vision. It is said that one is detached from the earth if the Third-Eye Chakra is in balance.

**The Crown Chakra – Sahastrara**

Just above the head is where you'll find the Crown Chakra. It is the highest chakra out of the seven major ones. The crown chakra is matched by white or violet. The "thousand petal lotus" chakra is another name for this chakra, which is thought to be the most spiritual of all the chakras. The Crown Chakra is thought to be where a person can connect with their higher self because it is the seat of spirituality, enlightenment, and energy thinking. It is related to both personal understanding and the cosmos <sup>[15-16]</sup>. An unbalanced crown chakra is thought to be a contributing factor in depression, feelings of loneliness.



Fig. 1 Diagrammatic presentation showing the seven “Chakras” in human being

## Method and materials

The study was performed on 65 healthy participants from SGT University, Gurgaon, India. Full, free, and voluntary informed consent was obtained from all subjects and/or their legal guardian(s). The subjects were assured about the confidentiality of their personal information.

The study was approved by the Institutional Committee for the faculty of Naturopathy and Yogic Sciences, SGT University.

Colour deficiency was diagnosed with the help of Environics Colour Slides and an Instrument called Lecher Antenna which works on the principle of resonance. The diagnosis results obtained from colour slides and Lecher Antenna, (SBJ International, PARIS) were compared with the results obtained from the Es- Teck Complex's, (LD Technology™, US), an FDA approved Medical Software and Machine.

After the deficiency was diagnosed, all the participants were given Environics Colour slides according to Sun and Moon periods and colour deficiency in the Chakras of their body.

A second scan was done with Environics Colour slides and Lecher Antenna once the participants used the colour slides according to the defined time and Chakra. The results were compared with the Es- Teck Complex and a final analysis were done.

### Procedure:

Step1: Body Chakra's testing of individuals using Environics Colour Slides and Lecher Antenna device to diagnose the colour deficiency.

Step 2: Medical examination of people using the Es-Teck machine- **E.I.S. Electro Interstitial Scan.**

Step3: Correlating the EsTeck Report with Lecher Antenna and colour slide's colour deficiency results

Step 4: Individuals were given colour slides for colour therapy based on the diagnosis result (no. of days and no. of minutes). Rechecking of colour deficiency was done before the body was healed, which took up to 2-4 Phases. Phases were continued until the deficiency was removed.

A) Phase 1: Colour deficiency was tested according to the Moon and Sun phases, and the colours were given for the time and days to recover from the deficiency.

B) Phase 2: Colour deficiency was rechecked for both Moon and Sun periods for phase 1, to identify if the deficiency was still present.

if the deficiency was found- Colour with no of days and min was provided for healing, if no deficiency was found medical examination as per step 5 was carried out

Phase 3: Colour deficiency was rechecked for both Moon and Sun periods for phase 2, to identify if the deficiency was still present. if the deficiency was found- Colour with no of days and minutes was provided for healing, if no deficiency was found medical examination as per step 5 was carried out.

Step 5: Medical examination of people using the Es-Teck machine.

Step 6: To find the Correlation between the Esteck and Lecher antenna report to observe the results.

## **Result**

It was observed that 86.11% of participants showed improvement in their health conditions after using the Environics Colour Slides for the period specified during the diagnosis. It was also observed that there was an 87.69% correlation between the findings of the Environics Colour Slides / Lecher Antenna combination and the ES-Teck Medical Software in identifying the health condition of the participants.



## Statistical analysis

Data was analyzed using STATA (v.12.0, Statacorp, College Station, TX, USA) and summarized as frequency and percentage. The Pearson correlation coefficient was performed to find the correlation between es-teck and colour therapy. The p value was set as less than 0.05 which was statistically significant.

To see the correlation: The Pearson correlation test has been applied between the Color slides and Esteck test.

## Discussion

### Environics Colour slides, Es-teck Machine and Lecher Antenna

**Environics Colour Slides** are made with a special film combined with a specific ink and a high-energy symbol. Different colour shades are used for making the colour slides for Suntime and Moontime.

**Es-Teck machine-E.I.S. Electro Interstitial Scan**, it is a combination of non-invasive bio-impedance sensors that send a slight electrical impulse through the interstitial fluid of the body and measures the ease or difficulty with which the current travels. With the ES Teck PEMS, a patient can see their state of health through 3D-coloured body models and easy-to-read charts. It is a device which facilitates computer-controlled, safe, and painless body screening. It is also a preventative health care tool that can help evaluate and monitor nutritional supplementation, medications, or therapies quickly and accurately <sup>[17]</sup>. The EIS can safely predict the activity level of the sympathetic nervous system, cardiac output <sup>[18]</sup>, precapillary endothelial damage via impaired NO pathways, cerebral oxygen/glucose uptake, serotonin uptake <sup>[19]</sup>, neural excitability, prostate cancer <sup>[20]</sup>, ADHD in children <sup>[21]</sup> and diabetes <sup>[22]</sup>.

The AC MOS **Lecher Antenna** was invented by a German Physicist, Ernest Lecher, in 1869 which works on the principle of resonance. The bent antenna (20 cm scale) creates a standing wave by moving the cursor on the scale for fixing the required wavelength <sup>[23]</sup>. The Scale resonates and moves forward when the effect is positive and backward when negative as it encounters the same waveform in the atmosphere, a person, or an object.

In our study, we found that certain colours were displaced from their original position and due to that, certain parts of the body were disturbed or not resonating as per the natural rhythm, leading to colour deficiency in the human body.

In this study, the Environics colour slides were used to heal the colour deficiency. Environics colour slides are made up of specific shades of colour and a high-energy symbol that improves the transmission of waveforms or frequencies. Since shade resonates with the respective frequencies of Chakras according to the time, different shades are used for sun time and moon time. By projecting these slides in front of the individual chakra in the body, the displacement of the chakra is corrected, and respective organs are healed.

In some cases, it was also observed that once the primary condition was cured, a secondary condition showed up. In such cases, the participant had to undergo a second phase and get the diagnosis done again and repeat the healing process according to the identified colours and associated chakra. This process was repeated till complete healing was achieved in 2-3 phases.

Colour therapy is a technique that can be used to treat both physical and emotional issues. It may involve exposure to coloured lights, massages with colour-infused oils, colour-related meditation and picturization, as well as donning coloured clothing and consuming coloured foods<sup>[24]</sup>. Our built environment depends heavily on colour, and without it, the world would be drab and depressing<sup>[25]</sup>.

The fundamental tenet of chromotherapy is that disease results from an imbalance in the body's chakras. Specific colours are used in colour therapy to realign the chakras<sup>[2]</sup>. It impacts neurohormonal pathways<sup>[26]</sup> and is a component of complementary and alternative medicine systems that show promise for treating a variety of bodily systems.

It is intriguing that no chromopath has disputed another's a recommendation of a certain colour treatment for a given ailment. Ott also highlighted how the human body biologically functions when chromotherapy is used. He observed that various lighting influences various enzymatic reactions for therapeutic purposes<sup>[27]</sup>.

According to Ghadiali, certain body parts—which are akin to what the ancients termed "chakras"—respond to particular hues. The chakras, according to Klotsche, are places of intensely focused energy that are related to numerous locations, mostly along the spinal cord. The major organs in the body are connected to these energy fields<sup>[28]</sup>.

### **Benefits of Colour Therapy**

The use of colours to evoke feelings of comfort and tranquillity is known as colour therapy. Over time, researchers have found several advantages to colour therapy.

- It is possible to employ colour therapy on both adults and children because it is a highly safe process with no adverse effects.
- To cure any physical or mental condition, colour therapy aims to calm the mind and energize the body.
- You become more conscious of yourself through colour therapy, including your abilities, obligations, and possibilities. You will finally feel healthy and at peace after experiencing this therapy because it has such a profound impact on both your mind and body.
- It attempts to improve your entire growth and makes sure you're comfortable with both yourself and the outside world.

### **Conclusion**

Colours have an impact on our minds and personalities and may help in healing, thereby enhancing our physical health. Thus, it can be concluded that Environics Colour Slides can reliably diagnose and correct many health conditions.

In carefully monitored settings, colour therapy can dramatically enhance general health. The electromagnetic body or aura (energy field) surrounds the body and receives colours from chromotherapy, which then sends energy to the physical body. Diseases of the body, mind, or emotions can develop over time if one or more of our chakras are out of harmony or balance.

A sense of health and balance that results from maintaining the equilibrium of our seven chakras can enhance our lives on a variety of levels by bringing about numerous positive changes. Also, chromotherapy is a safe and effective treatment and can either be used on its own or as an adjunct to various other therapies.

Further research will help us to better understand the correlation between wavelengths used for treatment, and the various mechanisms of cellular and molecular photobiology.

Conventional chromotherapy will greatly benefit from this evidence base and help propagate this alternative treatment modality for the safe, and non-pharmacological treatment of many diseases <sup>[6]</sup>.

Further investigations on the longevity of the improvement and more intensive studies would be beneficial for establishing this method of healing/treatment.

## **Declarations**

## **Competing interests**

The authors declare no competing interests.

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