

## Chinese Medicine Analysis of the Colors matched with Body Organs

Chinese	English	Color	Organ-Chinese	Organ-English
金	gold/golden	white	肺	Lung
木	wood/timber	blue	肝, 膽	Liver, gall
水	water	black	腎	Kidney
火	fire/flame	red	心	Heart
土	soil/earth	yellow	胃, 脾	Stomach, spleen

Quack: a fake doctor; often in folk medicine

水 → 木 → 火 → 土 → 金      each gives birth to each other in sequence

水 → 火 → 金 → 木 → 土

## Chromotherapy: treatment with colors

*Chromotherapy, also called color therapy, is an alternative medicine medical approach in which therapists use color and light to treat health problems.*

Indian Ayurvedic medicine associates colors with the seven main chakras, spiritual centers in the body located along the spine:

### Seventh chakra: VIOLET

- Treats lymphatic system, spleen; soothes organs, relaxes muscles, calms nervous system

### Sixth chakra: INDIGO

- Treatment for eyes, ears, nose, mental problems; sedative, calming effects

### Fifth chakra: BLUE

- Relieves headaches, migraines, pains of stomach, muscle cramps, liver disorders; positive effect on all kinds of pain conditions

### Fourth chakra: GREEN

- Treatment of bronchitis, inflammation of joints, swelling, cysts, eye diseases and diabetes; promotes relaxation of organs and stimulates general detoxification

### Third chakra: YELLOW

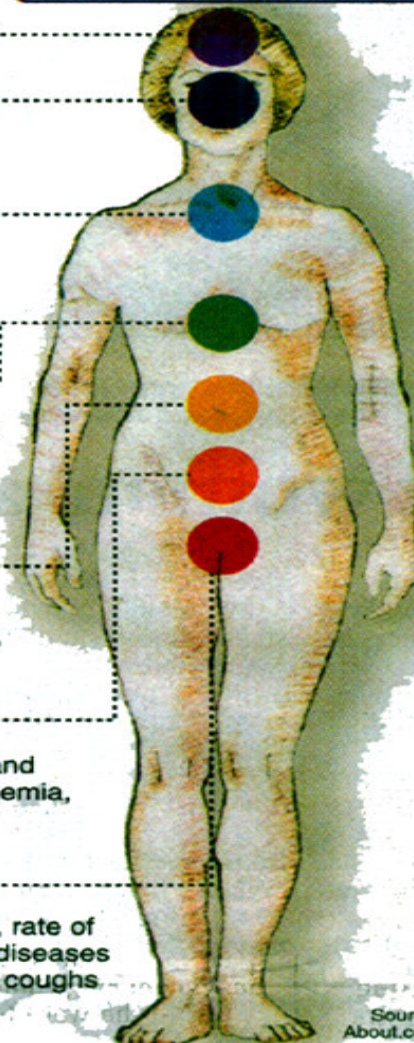
- Combats glandular diseases, diseases of the lymphatic system, strengthens nervous system, assists metabolism and glandular activity

### Second chakra: ORANGE

- Treats mental illness, depression, discontent and pessimism; arteriosclerosis, loss of appetite, anemia, anorexia and digestive system discomforts

### First chakra: RED

- May increase pulse rate, raise blood pressure, rate of breathing; claimed to combat anemia, asthma, diseases of the larynx, certain skin diseases and chronic coughs



### History

- **Roots:** Ancient India, Rome, Greece, Egypt, China
- **1810:** J.W. Goethe ("Theory of Colors")
- **1878:** Edwin D. Babitt ("The Principles of Light and Color")
- **1912:** Oskar Ganser ("Chromotherapie")
- **1950s:** Lüscher test
- **1979:** Heinz Schiegl ("Colortherapie")
- **Today:** Modern color therapy with different light spots, also focusing on body's acupuncture points, meridians

### Light and body

- Light releases hormones in the body, influences reactions in the brain