

## IMPACT OF COLOUR THERAPY ON MENTAL HEALTH: A NARRATIVE REVIEW

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### ABSTRACT

**Background:** Colour therapy, also known as chromotherapy, is a complementary therapeutic approach that uses different colours to promote physical, emotional, and psychological well-being. Since ancient times, colours have been associated with healing practices in traditional systems such as Ayurveda and Egyptian medicine. Growing interest in complementary therapies has led to increased attention toward the potential role of colours in influencing mood and mental health.

**Objective:** This narrative review aims to explore the impact of colour therapy on mental health by examining the psychological effects of different colours and their proposed role in promoting emotional well-being.

**Methods:** A narrative review of the available literature was conducted using published books, review articles, journal publications, and reputable online sources related to colour psychology, chromotherapy, and mental health. Relevant information was synthesized to summarize the effects of different colours on emotions, mood, behaviour, and their association with the chakra system described in traditional healing practices.

**Results:** The reviewed literature suggests that colours may influence emotional states, stress levels, mood, and behavioural responses. Colours such as blue and green are commonly associated with calmness, relaxation, and emotional balance, whereas yellow is linked to optimism and happiness, and red is associated with energy and stimulation. Traditional chromotherapy proposes that specific colours help restore balance to the body's energy centres (chakras). However, current scientific evidence supporting the therapeutic effectiveness of colour therapy remains limited, and many reported benefits require further validation through well-designed clinical studies.

**Conclusion:** Colour therapy shows potential as a complementary approach for enhancing psychological well-being and emotional health. Although existing evidence indicates that colours can influence mood and emotional responses, robust scientific research is still needed to establish the clinical effectiveness of chromotherapy in mental health care. Future studies should employ rigorous research designs to clarify its mechanisms, efficacy, and potential applications in clinical practice.

**KEYWORDS:** Colour therapy, Chromotherapy, Mental health, Colour psychology, Mood, Emotions, Complementary therapy, Narrative review.

### INTRODUCTION

There are several factors that influence individual's mood and mental health. It's not always the 'extraordinary things or majestic things' that can influence one's mood, sometimes it's simply the impact of colours that can affect our mood of a person for instance watching the green in nature can be an instant mood booster for some people or some individual's might feel instantly a little better wearing their favourite red dress.

The practice of colour therapy can be found in Indian Ayurvedic medicine, which claims that the application of certain colours can help in correcting imbalance in our body's chakras.

Ancient Egyptians also used sun-filled rooms with coloured glasses for therapeutic purposes to treat certain physical health and mental health conditions. Colour therapy is based upon the unproven assumption that some colours can influence people's "energy" and impact health outcomes.

Chromo therapy is defined as "the use of light of specific colours to treat physical and mental health problems." There are many reports in the literature about the possible advantages of colour therapy. The basis for maximum studies and theories is the understanding that colours are composed of electromagnetic energy. Each colour represents a different energy and intensity. Human body is made up of varying energy fields called chakras, depending on the system and body part. Chromo therapy believes that illness is caused by imbalance in these chakras. Thus chromo therapy is intended to rebalance the chakras using specific colours.

### BACKGROUND OF THE STUDY

Colours comprise of reflected lights that strike our retinas as the wavelengths vibrate. Our brain interprets these wavelengths, which finally makes our perception of colour as a physical and sensory experience. Colour therapy is based on the idea that colours generate an electrical impulse in our brain, which stimulates hormonal and biochemical processes in our body. These processes either stimulate us or calm us. thus, colours may impact one's level of , mood, appetite,

emotions and even decision-making.

Each colour is syndicated with one of the seven chakras of the body, and every colour has its complementary colour. Imbalances in chakras or illness linked with the bodily region can be treated with single colour or combinations of complementary colours. Therefore, Colour therapy is a non-invasive and a holistic treatment that brings balance and health to one's mind and body. The vibrations of the colour therapy improve one's mood and overall health.

### Significance of this Review

Colours highly influence our mood, mental and physical health and are used since ancient times not only in India but in other countries like Egypt, China. Colour therapy is a method of treatment which cure Colour therapy is a method of treatment which cure diseases with the use of visible spectrum colours. Although colour therapy is one of the effective alternative medicines yet this therapy needs more exploration and identity. The aim of this article is to review the impact of different colours on mental health of an individual.

### DISSCUSSION

Colour therapy improves imbalance of human body and also helps to re-balance seven chakras. According to the research the following colours are associated with the following emotions as illustrated in Fig.1

S.NO.	COLOUR	ASSOCIATED EMOTIONS
1.	RED	ENERGY, CONFIDENCE, AGGRESSIVENESS
2.	YELLOW	OPTIMISM, HAPPINESS, IMPROVED MOOD
3.	WHITE	PURITY, INNOCENCE, STERILITY, CLEANLINESS
4.	GREEN	PEACE, PROSPERITY, RENEWAL, TRANQUILITY
5.	PINK	REDUCED APPETITE, CALM, LOVE AND ROMANCE
6.	BLACK	POWER, STRENGTH, TOUGHNESS, INTELLIGENCE, AUTHORITY
7.	BLUE	SPACE, FOCUS, SERENITY, CONTEMPLATION
8.	ORANGE	AMBITION, ACTIVITY, SOCIALIZATION, ENERGY
9.	BROWN	STABILITY, RELIABILITY, ORGANIC, WHOLESOME
10.	PURPLE	CREATIVITY, LUXURY, SPIRITUAL, WISDOM, INTUITION

**Fig:1 COLOURS AND THEIR ASSOCIATED EMOTIONS**

The chakras are considered to be the centres of energy and spiritual power within our bodies, according to Indian philosophy. There are seven chakras and different colours represents them. The colours representing different chakras are illustrated in Fig:2

S.NO.	CHAKRAS	LOCATION	CHAKRAS ASSOCIATION	ASSOCIATED COLOURS
1.	ROOT CHAKRA	Base OF spine	Provides foundation for life and enables an individual to face challenges in life	RED
2.	Sacral chakra	2-3 inches below the navel	It is associated with creative experience, experience of sexuality	ORANGE
3.	Solar plexus	Upper abdomen in the stomach area	It is associated with self-esteem, self worth and confidence	YELLOW
4.	Heart Chakra	Centre of Chest, just above the heart	It is associated with love, inner peace and joy	GREEN
5.	Throat Chakra	Throat	It is associated with self expression and truth	BLUE
6.	Third Eye Chakra/Brow	Forehead Between the eyes	It is associated With wisdom ,Imagination, Sleep cycle And Intuition	Purple
7.	Crown Chakra	Top of the head	It is associated with spiritual connection ,inner and outer beauty	White

Colours representing different chakras: Fig: 2

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