

The effects of colors on human health in traditional medicine, modern medicine and Quran verses

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Abstract:

Background and Purpose: In Quran explain about effects of some colors like yellow to create happiness in people. Color perception is a psychophysiological reality and chromotherapy (color therapy) is a method that uses the visible spectrum of electromagnetic radiation in the treatment of diseases. In order to long history of chromo therapy and the tendency of people to use different methods of complementary medicine, this study designed with the aim of assessment of chromotherapy on viewpoint of Iranian traditional medicine and modern medicine.

Methods and Materials: In this descriptive study, the result of Quran verses and Iran's authentic literature on traditional medicine was reviewed and it has been tried that in addition to analyzing the concept of color therapy, the scientific evolution of the past to the present evaluation and research to discover the scientific principles and new articles that must be examined.

Results: The sages of Iran's traditional medicine had emphasized on the vital importance of colors in prevention, diagnosis and treatment of diseases. In this humors school using the color of a person's face to help identify in recognition of his temperament, and the following functional food recommendations for the prevention of disease, and ultimately the use of special paints around the patient is recommended to help improve the early disease treatment. Avoid seeing the red color in patients with nosebleeds due to blood flowing, use the red color objects on the opposite side from the strabismus eye for curing this patient, are the evidence of this treatment, which the scientific evidence for some of them are presented in the new articles.

Conclusion: Using the old theory of chromotherapy, along with new treatments can help to detect and cure diseases more quickly, and improve knowledge in the field of light electromagnetic energy can contribute to the discovery of new dimensions of the ancient theory.

Keywords: Chromotherapy (color therapy), Electromagnetic waves, Iranian traditional medicine, Quran verses

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