

According to the august author of this remarkable work, the renowned Spiritual Scholar,  
*Khwaja Shamsuddin Azeemi,*

"The biggest benefit of this therapeutic is that the treatment is cost effective... almost free, simple and hassle free. This treatment can be carried out using ordinary drinking water after charging it with colorful rays. When this charged water is used, the stomach does not check it and its charge passes on to the blood and the nerves directly."

"Another property of this charged water is that it circulates in the body just like ordinary water circulates after merging into blood and is excreted after leaving behind its absorbed colours in the veins, arteries and flesh. Every medicament affects the body and is excreted leaving behind its effects."

### *Colour Therapy*

balances the excess or deficiency of colours in the body.

And, the required colour infuses in the nerves and muscles, the most important characteristic of this therapeuticsystem.

This also is the quality of the charged water that after discharging the colour, it washes down the nerves, veins, blood cells, heart and the brain and helps in excreting the toxic and poisonous materials from the body system.

"Basic purpose of presenting this book is to benefit the mankind and to provide a new vista for the open-minded researchers of tomorrow.



#### *Publisher:*

Burkhiya Education Foundation (Regd)  
2880- Lata Ayub Lane, Peshawar Cantt  
Phone No. 091-5272423 Fax 091-5274238  
Email: burkhiya@yahoo.com

Colour Therapy

Khwaja Shamsuddin Azeemi

*Khwaja Shamsuddin Azeemi's*

# COLOUR THERAPY

# **Colour Therapy**

By

*Khawaja Shamsuddin Azeemi*

Translated by:

Dr. Maqsood Azeemi

Burkhiya Education Foundation(Regd)

© 2007  
All rights Reserved

*First Edition*

**Printer:**

*Galaxy Graphics, 2680- Lala Ayub Lane,  
Peshawar Cantt. Phone 091-5276568 Cell:0333-9303787  
Email: galaxygraphics@yahoo.com*

**Title Design:**

*M. Sajid Siddiqui. 0300-5969424  
Graphics Scans, 23-Nadeem Trade Centre, Qissa  
Khwani, Peshawar. Ph:091-2580374*

**Publisher**

*Burkhiya Education Foundation (Regd.)  
2680- Lala Ayub Lane, Peshawar Cantt  
Phone No. 5272423  
Email: burkhiya@yahoo.com*

**Distributors**

**Al-Kitab Publications**  
Karachi

**Price Rs. 250**

*In the Name of Allah, the most Beneficent, the  
most Merciful*

**Dedication**

*To Luqman....*

*Whom God blessed with wisdom*

*And, We blessed Luqman with wisdom so that he be  
grateful to God.  
(S: Luqman V:12)*

## Foreword

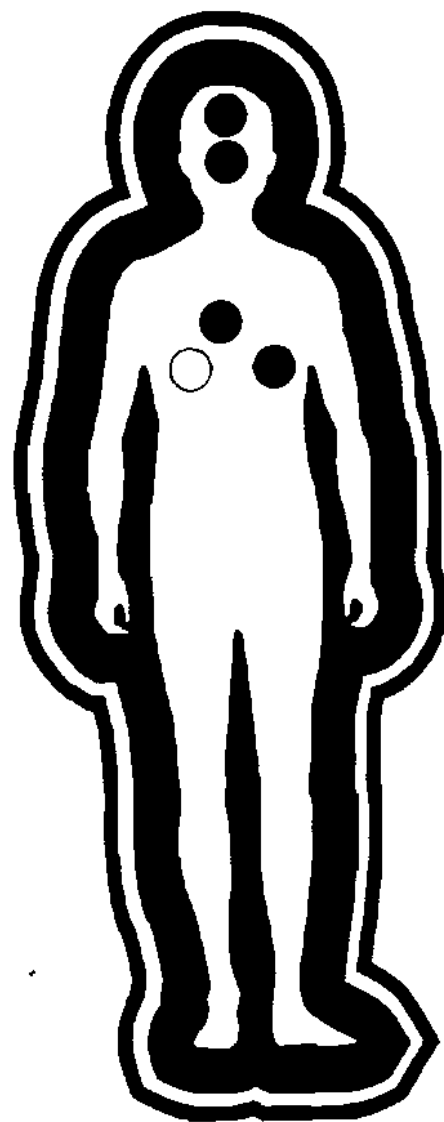
What do you think of this book? My mentor, the august author, had inquired very casually during a conversation. I had no answer then. I still do not have any. "This work doesn't need any comments, it is beyond commendations, sir," was the only reply I could muster.

But, whenever, during my research for the PhD, I happened to open this book, the question of my mentor would pop up in my head and I tried to think and think...and believe me I am still thinking.

In all these years since my reading this book for the first time, the only thing which kept on coming to my mind is that this science requires institutionalization and practice in hospitals and clinics and its adoption by everyone of us. Because, this is the only natural way to live a life free of diseases and ailments.

I am sure that one day this Science would be practiced more than any other therapeutic system, before this century could see its last days.

Translator



## Preface

Columns, articles and write ups to create awareness in the masses about theory of colours, their therapeutic effects and methods of treating diseases using colours, were published in various newspapers of the country, which included *Hurriyat*, *Jasarat*, *Mashriq*, *Ailaan*, *Millat*, *Jung* (Pak and London Editions), *Akhbar-e-Jehan* and *Mag*, in 1960.

Number of people that have been advised or treated using this therapeutic system exceeds 2 million. We recorded the experiences of the people who benefited from this system of therapeutic during the last twenty years.

In March 1978, the book titled "*Rang aur Roshni say Illaj*" (Treating Diseases using light and colours) was published. It received warm appreciations from people of all walks of life. It's being published

continuously since then. Many books have been produced on the subject and I studied them all. I analyzed and contributed additions and alterations to simplify the procedure of application of colours.

I cannot claim that 100% patients were cured but the fact is, that if the colours are applied and used properly up to 99% results.

The biggest benefit of this therapeutic is that the treatment is cost effective... almost free, simple and hassle free. This treatment can be carried out using ordinary drinking water after charging it with colourful rays. When

this charged water is used, the stomach does not check it and its charge passes over to the blood and the nerves directly.

Another property of this charged water is that it circulates in the body just like ordinary water circulates after merging into blood and is excreted after leaving behind its absorbed colours in the veins, arteries and flesh. Every medicament affects the body and is excreted leaving behind its effects.

Colour Therapy balances the excess or deficiency of colours in the body and the required colour infuses in the nerves and muscles, the most important characteristic of this therapeutic system. This also is the quality of the charged water that after discharging the colour, it washes down the nerves, veins, blood cells, heart and the brain and helps in excreting the toxic and poisonous materials from the body system.

Basic purpose of presenting this book is to benefit the mankind and to provide a new vista for the open minded researchers of tomorrow.

What, in actual fact, is the history of colours? What do the wavelength, frequency and creation of colours actually means? The present scientific theories about colours, the spiritual point of view, the system of waves and colours in the cosmos, production of the senses due to distribution of waves and chemical changes in the cells of the human body because of increase and decrease of colours, have been comprehensively delved upon in this book. Whether it is Homeopathy, Acupuncture, Allopathy, Ayurveda or Biochemic or any other therapeutic system, all have one thing in common: the effect of vibrations upon the body.

Vibrations are of two types; direct and indirect.

Vibrations affect the body indirectly in all the therapeutic systems except Colour Therapy where the vibrations affect the body directly. When doctors, homeopaths and other medical practitioners tried this therapeutic system, the results proved to be satisfactory.

Research on Colour Therapy is still on-going and it is hoped that this therapeutic system will cause the medical science to enter into a new era and man would be benefited from this cost free and simple treatment. It is not unlikely for this natural and curative treatment system to become very popular among the masses.

We have established a Laboratory, in which new

experiments are carried out on the subject of Chrome and it is hoped that besides the charging of water with colourful rays new medicaments would be introduced and the treatment using Colours become further simple and easy.

*Muhammad Ali Azam*

Markazi Muraqba Hall,  
Surjani Town,  
Karachi.

## Table of Contents

S. No.	Chapter	Page No.
1.	Foreword	v
2.	Preface	vii
3.	Theory of Colour Therapy	1
4.	Lights and Colours	5
5.	The Sky Blue Colour	13
6.	Health and Colours	24
7.	Properties of Colours	38
8.	Heavenly Books and Colours	58
9.	Creation and Colours	64
10.	Diseases and Coloured Dreams	66
11.	Diagnosis of Diseases	73
12.	Method of Determining Excess or Deficiency of Colours	85
13.	Method of Treatment	89
14.	Diseases of Digestive System	94
15.	Diseases of Respiratory System	111



## Table of Contents

S. No.	Chapter	Page No.
16.	Diseases of Circulatory System and Heart	117
17.	Sexual Diseases	125
18.	Diseases of Kidney and Bladder	131
19.	Diseases of Nerves System	138
20.	Diseases of Hormones	155
21.	Psychiatric Problems	158
22.	Skin Diseases	174
23.	Children's Diseases	181
24.	Gynecological Diseases	190
25.	Ear, Nose and Throat Diseases	199
26.	Eye Diseases	206
27.	Other Diseases.	211
28.	Colour Therapy in Practice	223
29.	Index	283

## Theory of Colour-therapy

Man needs many things for his survival and one of them is to remain healthy and safe from diseases. How did disease come into being? Who was the first patient? Who had the thought of using a medicine to treat a disease? Who invented the first medicine? Scholars have different statements in this regard. Ancient scholars have somewhat similar opinions.

Hippocrat and Galen are of the view that this knowledge is intuitive. Abu Jabbar Magrabi and his contemporaries considered that this science is Elohistic and it was revealed through the prophets of God. Medical science remained in practice in the era of all the prophets of God. It was practiced in the times of Shees, Idrees, David, Luqman, Solomon, Moses and Christ. It was also practiced in the times of Mohammad (PBUH) and his suggested treatments are still valid.

Medical treatment is such a need for man that oscillates between life and death. In order to get relief from a disease man struggled in every era. His attempts resulted in many new ideologies that gave rise to new philosophies.

Basic philosophy of medical science is to cure a sick man by making him to follow the healthy giving principles and treating him accordingly.

Causes of diseases and methods to treat them vary according to the philosophy followed by the doctors. The medical science is also evolving like other sciences. Philosophies come into being and they are criticized as well and are countered by similar or dissimilar philosophies but only those survive, which are in unison with the laws of nature and the human nature.

Colours are manifestation of cosmic powers; the powers, which are responsible for life. Our ancestors diligently devised rules to understand the potentials of colours.

Our ancestors for the benefit of mankind used colours in the Babylonian, Egyptian, Ashtorians, Greek, Iranian and every era.

The tablets and planks belonging to Hipocrat, Galen and Saul are evident that Egyptian, Greek and Romans used to have open courtyards, where the sun could shine in every season.

Ave Cina expressed his views about the efficacy of colours and light in his well known book '*Alqanoon*' about 900 years ago. In the era of Pythagoras, 500BC, people used to treat them with

colours. They even knew that the nervous system can be restored using colours.

Many sick and handicapped people cured, who visited churches and temples regularly, because the widows and ventilators had red, purple, blue, orange, green and yellow panes and the sunlight falling upon the patients after passing through these windowpanes helped them gaining health.

The colours work like generators of energy in the bodies. The sun is an unending source of energy for the creatures of the earth. If this system would fault and the planet earth is deprived of the sunlight, every form of life flora and fauna would also perish.

We cannot ignore this fact that the sunlight plays a pivotal role in our diet. All our food items have colours in them.

Man is blessed with the abilities of certitude, intuition, observation, curiosity, search and thinking. When a person explores these creative abilities in him and puts them into use, the cosmic laws transpire upon him. But, it is really very tragic that man has covered him up with ignorance, prejudices and selfishness and is getting away from the light day by day.

Countless people become physically and psychologically ill only because of lack of knowledge about lights. These diseases include mental and emotional disorders and all the diseases resulting perversion and going astray; like AIDS, Cancer, Insomnia, High or Low Blood Pressure and ever-new diseases resulting from the so-called advancement of science and technology.

Diseases are of two types:

1. The diseases resulting from our living style. When we live in dark, congested, unhygienic and unfavorable atmosphere, our body becomes a target of diseases of all sorts.

2. The diseases that result from dubiety, uncertainty and whimsical approach of thinking i.e. our emotional attitude, mental tension, strain, materialistic approach, insecurity and our ignorance about the spiritual knowledge are the major causes of the diseases.

Colours have such curative property, which provides health to both types of patients. Colours are the means of purging our densities, cleansing our mind, feelings and finishing our inner darkness.

Our soul is such a source of lights, which keeps on emitting colourful bright lights and these lights feed our body and because of these very lights the body and all its parts perform their functions properly.

## Light and Colours

### Introduction:

Light is electromagnetic energy that can pass through transparent objects and empty space without requiring any medium for its transmission from one place to another.

There are different views about colours. Light, in actual effect, is a combination of different frequencies and various wavelengths. Feeling of a particular wavelength, having a typical frequency, by the retina and the mind is known as colour.

### Spectrum:

In 1666 Sir Isaac Newton expounded the Principles of Gravitation and Theory of Colours. When the sunlight or the light waves, according to this theory, pass through a prism, they disperse according

to their frequencies into seven bands and we know this grouping of waves, as colours. All the other colours are shades of these seven bands of colours. This band of rainbow colours resulting from the dispersal of light waves is named as spectrum.

Violet, indigo, blue, green, yellow, orange and red, are the colours in a spectrum. Our eyes are more sensitive for yellow and green colours and interestingly the sunlight also boosts yellow and green more than other colours.

Colours witnessed in a spectrum are only the visible part of the spectrum. The waves, which have wavelengths shorter than violet waves cannot be seen by our eyes e.g. ultra-violet rays, x-rays, gamma rays, etc. Similarly the waves of larger wavelengths than the red also cannot be seen e.g. infra-red and micro-waves.

It is not so that everybody can witness the colours other than the seven colours of the spectrum, there are people who can witness even the invisible waves of the Electromagnetic Spectrum.

### **Colours and optical system**

How do we see colour? There are different views in this regard. The idea that is generally accepted is known as Classical Theory.

Classical Theory was presented by renowned Physist Mr. Young and anatomist Mr. Helm Holtz. This is also called Young Helm Holtz Theory. Both these scientists were moved to see that only three colours are enough to form other compound colours.

Three types of cones, according to this theory, are there on the retina. One type of cones is sensitive for the wavelengths of blue colour, other is sensitive for yellow colour and third type of cones is to feel the red. The wavelength of the colour falling upon the retina triggers the concerned cone and thus the particular colour is sighted. All the colours are witnessed because of triggering of two or three cones e.g. wavelength of purple activates the cones sensitive for red and blue. Resulting activation of these two cones we see purple colour.

Why do we see colours? Colour, in actual fact, is that quality of the light which it expresses after mixing with darkness. We see an object black because it absorbs all the waves of the light and we see an object white because it reflects all the waves of the light. We see an object red because it reflects the waves of the red colour only and absorbs all the other waves. And, the same is true for all other colours.

Why are the colours? How do they form? What are the primary colours? Exact situation is yet not clear. Some consider that there are four primary colours; some say these are three. And, according to few, black is the basic and primary colour. The great Spiritual Scientist Qalander Baba Auliya declares, blue is the basic colour.

### **Spiritual Theory of Colours**

The great Spiritual Scientist Qalander Baba Auliya tells:

“Man has so far discovered about 60 types of colours and people with very sharp vision only can

distinguish these sixty colours. Man names the thing, which sight can perceive, as colour. light. precious stones and, in the last stage, calls it water. When we see in the space and the sight reflects back upon the screen of our mind, it creates an impression. This impression is conceived as sky blue colour.

After raining, when the atmosphere is clear of dirt and smoke, the rays of the sky blue colour change their hue according to their position. Here 'position' means atmosphere, which man terms high, low down, vast, near or away from the earth. These things make the blue colour deep or light and so much so that it changes altogether into different colour or colours. Between the earth and our range of sight there exist innumerable types of rays. The type of rays is sighted as colours. The atmosphere is filled with many things besides rays of colours, which are responsible for changes in it. The scene before our sight includes light, oxygen, nitrogen, and other gases. Besides these gases some shades of different intensity are also there. Some other components also include in the sky blue colour. These very components produce different types of colours. Here this must be kept in mind that the light and dark shades also play an important role in the making of different types of colours.

What is the actual source of light? Man does not know it exactly. The distance between the source of rainbow and earth is reported to be ninety million miles. This means that the colours seen so closely are originating at such a far away distance. It is bit difficult to understand that besides rays what other things keep on dissolving in the air exist in the

atmosphere. The smallest particle of the rays reaching us from the sun is called photon.

In Sufism, the word '*aariz*' is used for photon. Even the word *photon* does not cover the exact meanings, which the word *aariz* carries, but it is the only closest term that can give an occidental reader some idea of *aariz*. It is one of the characteristics of *aariz* that it has no dimensions and these are so swift and fast that they come back from where they start their journey in the very same moment after covering the whole cosmos. We cannot say what the status of photon is in this regard according to the scientists, but it is certain that *aariz* travels through the universe at such an incredible speed that it reaches back, from where it starts its journey, in the very same moment after traversing the entire universe. Since there are no dimensions in the *aariz*, therefore, when they scatter in the form of rays, they neither collide nor replace one another.

Space, in actual fact, is the contact of *aariz* with any one of the elements existing in the atmosphere.

What is this atmosphere? Atmosphere is the division of colours. This division of colours is not happening because of the *aariz* alone; rather it takes place because of the loops produced by the *aariz*. When an *aariz* strike against these loops it gives rise to things like space, colours and other things.

Now the question is that how the loops are formed in the rays.

We do know about the existence of stars in the galaxies; the stars which are considered to be the sun. The distance between two stars is estimated to be five

light years at the least. Wherever the lights of these stars collide they form loops because of difference in their types. Our earth or other planets are also merely loops, which are formed in the colliding lights of the billions of stars in our galaxies. Wherever the lights of these stars collide; a loop is formed which, after accumulating more lights takes the form of a planet.

First of all a mixture of blue colour, combined with many other colours, is received by man through his head and hair. These mixed colours keep on absorbing and influencing the thoughts and feelings in him. The more one accepts the influence the more one is affected by it.

There are billions of cells in the human brain. An electric current, resulting from the frequencies of rays of colours, flows through these cells. Thoughts keep on passing through the conscious and the sub-conscious and more through the unconscious mind, due to this current. Thoughts and feelings keep on changing continuously under the influence of the light and dark shades of the colours. A shade, after producing its effect, leaves its place so that another type of shade could take over. The replaced shades, if they are dark enough, transform into our feelings and rest of thoughts dissipate into thin air.

Gradually man learns to connect these thoughts with one another. The thoughts, which are not entertained, are altogether deleted. And, the thoughts that absorb in our mind become our acts and deeds. These very shades are responsible for the sorrows and delight that we experience. These make us happy or sorrowful according to their intensity. Discarded

shades are discharged from the body system and which are absorbed and adopted, form our nervous system.

Since man being a biped, walks and moves around in upright position on two feet, therefore, these shades, first of all, affect his brain. Our brain has specific movements through which it causes our nervous system work for us. The hind portion of our brain; medulla oblongata, and the spinal cord play the key role in our nervous system. The sorrow and delight, which in fact, are a sort of electric impulse, enters the nervous system through our brain and affects the whole of our nervous system.

The waves that enter the brain of bipeds are earthed through the feet after passing through the whole body. The weight and effectiveness of these waves are not uniform for all the places in the atmosphere rather it varies from place to place because of their dividing nature. As a result of this division the brain absorbs few shades more than others and the others are altogether left out.

If we look at someone's face intently, we can notice various colours on it and the most prominent of all is the colour of one's eyes and that of the feelings which one experiences at that particular moment. Many a reflections from outside influence our feelings: some refresh us, some cause us to become pensive, some give us strength and some make us feel weak. All the brainwork depends upon those much seen things, which gradually infuse in our nerves, sometimes it works correctly and at times it does not. The brain waves produce so many impressions on a

face that virtually it seems impossible to read all of them but still a sort of film is displayed on the face that informs us about the impressions transferring into the nerves.

## The Sky Blue Colour

As stated earlier, colours are of many types and each and every one of them has its importance. Here we shall delve into the seven colours of the rainbow.

The sky blue colour, according to the spiritualists, in fact, is not a colour. It is a combination of those waves that reach the atmosphere of our earth from distant stars of our galaxy. The rays of light from every star, traveling at a speed of 300,000-km/sec., collide and mix with the lights of other stars. The human eyes cannot see the colour of these rays. The lights of the stars mix up to form a dark shade, which our sight perceives as the sky blue colour. Impression of this colour permeates the human skull and all the brain cells are filled with it to such an extent that these cells cannot accommodate anything else.

Although every brain cell has a typical state and

function to perform, the working of each cell cannot be studied individually. Over all working of these cells results in the form of a fantasy, thought or feeling. This atmosphere of fantasy, thought or feelings infuses in the brain neurons. Blood circulates in the brain capillaries at a faster speed. It will not be out of place to mention that, according to the spiritual masters, the blood in its actual characteristics is quite different from what have been so far understood about it. According to them, the impressions cast upon the brain, because of the atmosphere around us, take the form of a flow or current, which, in fact, is nothing but the thoughts or fantasies.

When the atmosphere created by the sky blue colour mixes into the flow of blood, the loops resulting from the intermixing of lights of the stars become functional in the body. These loops are so tiny that these cannot be sighted by any material means but their effects can be studied in the form of certain functionalities, which stimulate our nerves and the increase or decrease of the very same stimuli result in the form of disturbance in the nervous system.

At this stage the difference in the colours and their tones starts. The light blue colour produces a very weak fantasy, which dissolves in the brain in such a way that scores of shades of sky blue colour are produced in each and every brain cell. Every shade has its own typical characteristics. The first current of this fantasy is so weak that unless it is not multiplied twice or up to six times it cannot be perceived by the mind. If this fantasy remains focused on a point and not shifted from its original position, man remains

healthy and never experiences any nervous weakness. Flow of this current is seldom noticed. If this current focuses on a point, even for a while, it produces remarkable effects, not only upon the body but also at far away distances.

Initial impact of this current is felt by the brain through medulla oblongata and then it permeates the spinal cord to be further divided into the tentacles of neurons of our nerves. This very division of the current produces the senses. Sight is considered to be the most important of all the senses.

When reflection of an object or a scene falls upon the retina of an eye, it produces sensation in the epithelial cells of retina causing a continuous flow of current in the optic nerves. If the flow of this current is in right direction man is quite healthy. But, if this current is not flowing in the right direction, the shade of the colours prevailing in the brain become darker so much so that weakness is produced in the brain cells and the nerves cannot withstand the pressure of the colours of the reflection falling upon the retina. If the situation is not corrected, the darkness of the shades results in altogether a different tone of a colour, for instance the sky blue colour becomes the blue colour. It must be born in mind that all the intermediary phases of this transformation, that takes place in sequential succession, have their effects. In the first phase of this transformation one becomes somewhat whimsical and with the increase in the darkness of the shade the apprehensiveness also increases. Under the influence of this state different nerves experience different changes causing an over



all change in the colour.

## Blue Colour

Basically the blue colour is of two types, light blue and dark blue. The brain cells are more sensitive to the light blue colour. It is the light blue colour that first of all affects the brain cells. The light blue colour prevailing in the brain cells is different from that of the blue colour of the celestial atmosphere. Thickness of every cell membrane varies and these are also capable of filtering the colours. The blue colour changes into another colour when a cell filters its blue colour. In this way millions of cells partake in this process and it gives rise to an imagination, which in its last stage is manifested practically. Sometimes the colour of these cells undergoes changes to such an extent that it is perceived as red, green, yellow or orange. The lights entering from the outside do not have space in them rather it is produced under the influence exercised by the brain cells upon those lights. When the influence of the brain cells fashions space it transforms the waves of light into a variety of colours reaching up to sixty in numbers. In actual fact, these very colours are responsible for the senses operative in our mind and body.

The sky blue colour acts in the brain cells according to their capacities. The sky blue colour, which actually is an electric current, after entering the brain cells, is converted into space. The actions that take place on the retina are responsible for the sighting of various scenes because of the current flowing in the cells. This is the influence of the

flowing current in the cells. The more powerful is the sight the more capable it is of distinguishing the current.

The influence of the brain cells converts the frequency of the waves of colours into the frequency of an altogether different colour and the blue is transformed into green, yellow, orange or some other colour. In a nutshell, we always remain surrounded by a sort of electrical current and when this electric current, after passing through our brain cells, comes out a variety of colours is witnessed by us. All the senses, the sight, smell, hearing, touch and taste, the health and diseases become active because of this very electric current.

## Effects of the Sun Light

The light affects all living and nonliving objects; plants, animals and man alike. Light is based upon colours. Every matter discharges waves of a particular type. When a metal is placed in the sun, its colour undergoes a change. Some metals are affected quickly and some take time to be affected; even the colour of gold changes after some time, when placed under the sun.

Life of every living thing is enclosed in a covering of lights. Light has deep effects upon our health.

The sunlight disperses into seven colours after striking against our conscious. Every man uses these colours, according to his taste and temperament, for creative or destructive purposes. When these lights are used for destructive designs, they produce such a

poison, which impedes the construction and the life giving effects of these lights are destroyed.

Red and colours close to it produce anxiety whereas blue and similar colours have soothing effects. Every colour has many shades and tones, which result from various frequencies. Light produces chemical changes. Our feelings also change when the intensity of light changes.

Curative rate of colour therapy is more than any other therapeutic system so far discovered, tested and tried in the history of mankind. This treatment is economical for the patients. If the surgery is unavoidable, treating the patient before and after operation with colours help in success of the surgical operation. Colour Therapy gives best results in treating the heart problems, asthma, malaria and fevers, pneumonia, sore eyes and other infections and ailments of eyes.

Treatment of Carbuncles using colours is also easier and effective than other therapeutic systems. A lady whose carbuncle had spread from the neck to her lower back, had remained under treatment of ten prominent doctors, after having lost her faith, when started the treatment suggested under this system of treatment, she was cured in a few weeks time without having heavy doses of tranquilizers.

In burning cases this system invites every doctor to research. The burning sensation in the burnt part of the body comes to an end in minutes.

The sunlight after its absorption in the body kills the germs, relieves pains, and helps in the

formation of vitamin D, which is responsible for maintaining the balance of calcium quantities in our blood, thus, preventing the bone diseases in children and elders.

The sunlight is also helpful in healing of wounds as it fights against the infectious substances. After absorbing in the body it helps these substances excrete through natural outlets. It also helps in drying the water that accumulates in the cavities of joints, lungs and abdomen. The sunlight vitalizes the internal organs of the body including the heart and increases the vital energy of body, which causes the sweating, and the waste materials are excreted. The sunlight improves the mental and nerves working by providing them extra energy. It also corrects the digestive system, increases the appetite and sleep and, helps in overcoming insomnia.

Deficiency of Red Blood Corpuscles occurs in the people who remain in dark or work in an atmosphere where the sunlight is not adequately available, whereas remaining in the sunlight helps in increasing these corpuscles, or to say, the sunlight also helps in overcoming the anemia.

Even the disease like tuberculosis can be treated successfully by exposing the patient to the sunrays for few hours daily. The method of this treatment is given as under:

First day, the patient is made to expose both the feet, up to the knees, in the sunlight, six to seven times, for five minutes only in each session. Next day, the time is increased to ten minutes for each session, having an interval of 10 to 15 minutes in between.

Third and forth day, legs up to the naval point of the patient are exposed in the sun, for six times, ten minutes per session. From the fifth day the whole body of the patient is made to remain in the sunlight in such a manner that the patient is exposed to the sun for an average of three to five hours (according to the intensity of the weather), equally divided into four to six sessions, according to the tolerance and general condition of the patient. If, in the first session the front is exposed to the sun then the next session is for the back thus, postures are to be alternatively changed. Head and neck is to be kept covered during these sessions.

This may give us an idea of the energy supplied by the sun that 16-to 26-mega joules energy per sq. meter per day is supplied by the sun in the form of radiations of light and heat. The average of this energy for the world is estimated to be 13 mega-joules per square meter per day whereas in Pakistan this average is around 19 mega-joules per square meter per day.

Since excess of everything, no matter how beneficial it might be, is bad, therefore, the utility of the sunlight lasts till the body feels comfort and vitality.

The factor of ultra-violet rays in the sunlight is more in those places where the sun light reaches the earth directly. The ozone layer existing around the earth reflects the ultra-violet rays back and thus stops them from reaching the surface of the earth. If the ozone covering is intact the quantity of ultra-violet rays remains moderate.

If the body is exposed to ultra-violet rays excessively, it can cause cancer. Utmost care must be taken when handling the ultra-violet or infra-red rays. This care is equally necessary for x-rays and gamma rays. Excessive exposure to x-rays damages the bone marrow and the bones become fragile. It can result into blood cancers like leukemia etc. Excess amounts of x-rays can irreparably damage the muscles under the skin even to the extent of injuries. These injuries can be treated with violet rays.

T.V. and particularly the Coloured ones are more harmful as these emit radio active radiations. TV is like a small x-rays producing unit. Coloured TV is more harmful than the Black and White as it emits more powerful rays. Therefore caution must be exercised while watching the TV. The recommended distance, which is as many feet as wide is the screen of the TV in inches, must be kept for watching TV.

### Natural Light vs. Artificial Light

Scientific researches have proved that in the pinkish fluorescent tube light, the male plants nurtured well but the female plants withered. In contrast to that, the day light bulbs, which emit bluish light, helped the female plants to grow but damaged the male plants.

Growth of plants continues in the electric bulb light but they did not bear flower as early as they do in the natural light.

Animals kept in the tube light reacted almost in the similar manner. Animals kept in natural light had equal numbers of male and female off springs. Those

kept in the pinkish fluorescent light had male but the animals reared under the bluish light had all female children.

Life is growing in natural light since this world has come into being. Plants are preparing food for themselves and the animals using the photosynthesis process. The sunlight is helping the bodies to prepare vitamin D. The light is a mean of sight as well.

Those associated with poultry industry know that the light entering the chicks' eyes activates the working of their pituitary gland, which helps them to increase their egg production. Not only in the chickens but also in animals and human beings this gland plays an important role in maintaining the balance in the working of their glandular system.

Glands like thyroid, adrenaline and sex glands, responsible for the secretion of certain necessary fluids in the body, gradually slow down with aging. All these glands are affected by ultra-violet rays and the sunlight

People who have experienced treatment of this therapeutic system talk very high of its remedial and curative system. Fat people got smart and the thin grew bulky and developed their muscles.

In winters the sunlight falls obliquely therefore it is not so strong. Not only in the winter people suffer from the scarcity of sunlight, the people working in offices and factories also suffer from the shortage of the natural light.

Life originates from lights. light maintains life and finally the life ends in light. Our physical and

mental health depends upon the balance in the colours and the lights.

## Health and Colours

Light, heat, energy and colours of the bright waves produce effective vibrations in the tissues of man and animals. This vibration affects the tissues. Particular colours affect the particular parts of the body. Detail is given below:

Body Part	Its Related Colour
Heart	Red
Liver	Yellow
Thyroid	Blue
Lungs	Orange
Eye	Sky blue
Pancreas	Violet
Mucous glands	Indigo
Pituitary gland	Violet
Spleen	Purple
Gallbladder	--do--
Gonads and Ovaries	--do--

Every disease can be treated using the colours that have been known to man till now.

In children because of the Hemolytic disease the red blood corpuscles break down excessively and a pale fluid increases in the blood resulting in jaundice. If this substance reaches the brain, the mental growth of the child is hampered.

There are two possible ways of treating this disease.

1. Blood transfusion
2. Use of colours

In colour therapy, for treating such a child, he is kept under blue lights of adequate power. It has been observed experimentally that blue light is the treatment and cure of this disease and the complications resulting from transfusion of blood and the disease.

Proper usage of colours restores the immune system of the patients. A premature born baby, kept in the incubator, in adequately supplied oxygen and violet light, completes his growth swiftly.

The sunlight contains certain minerals and gases, which are the chief constituent of the human food that provides us energy. If food and light both are supplemented the energy could be increased many folds.

Once it came to my mind that all the colours are present in the sunlight and all our needs are associated with these colours and if the sunlight could be stored in our biological system then the needs of the food could be fulfilled by consuming energy from that

store directly. Then, according to a duly chalked out program, I started sitting for my breathing exercises, early in the morning facing the east, before the rise of the sun and determining the quantity of the needed food. During these exercises I used to concentrate with every breath that I am inhaling the sunrays containing the needed amounts of energy. And, these rays are being stored in my stomach. After practicing this thing for few days, I actually started feeling that I do not require any food except water nor did I experience any weakness although I practiced this exercise for seventeen days continuously without having any solid food of any type. I started feeling very light as if I was walking in the space and the solid concrete walls appeared to me as those were made of paper.

Sun is an important source of vitamin D. Sunlight contains other vitamins as well and every vitamin is associated with its particular colour.

Vitamin	It's Related Colour
A	Yellow
B	Green
C	Lemon
D & E	Violet
K	Indigo

The best way to absorb any particular colour is to use fruits and vegetables of that colour. Fruits and vegetables absorb the sunlight directly. But, a balanced ratio of the colours must be maintained.

Over cooking and roasting wastes the colours present in food.

### **Psychological effects of colours:**

All the expert colour therapists agree that the colours are beneficial for man in every respect. Use of proper colours in every department gives undoubtedly advantageous effects.

#### **Case No.1**

When, in a factory rate of absentees increased in the lady workers and the production suffered he management consulted a colour therapist. He suggested, after examining the site, that the main cause of the problem was blue paint of the walls of the working area. Excess of this colour was causing sickening effects in the ladies. Thus, the walls were painted in the light of his suggestion with light brown colour. This balanced the affects of the blue and the attendance came back to its normal.

#### **Case No. 2**

In another factory, where the workers had a problem of loss of concentration, which resulted in one or the other accident, when the dark panes of windows were painted orange, the rate of accidents dropped, workers started taking interest due to their increased concentration and they worked enthusiastically.

#### **Case No.3**

In a rest room, where the walls had blue paint, people complained about cold. But, when the walls

were painted with orange colour, they felt hot though the temperature remained the same.

#### **Case No.4**

During an experiment, a group of salesmen was made to have their meeting in a room painted in red. And, the other group was provided a room with green atmosphere. Before meeting their watches were taken off.

After 4 hours' meeting, the salesmen having meeting in the red room estimated the time of their meeting as six to seven hours; whereas the members having meeting in the green room thought their meeting had lasted over two hours.

#### **Case No. 5**

How do the colours affect our judgment concerning the weight of objects? This interesting investigation proves that weight of dark coloured object is felt more than the light coloured objects. Products of a factory were packed in black metal boxes. Laborers always asked for assistance for lifting them. When the foreman got those boxes painted in green, they stopped complaining about the heaviness of the boxes.

#### **Case No. 6**

Quality of teaching and learning can also be improved using the appropriate colours. If difficult topics are explained using colourful slides, it becomes easier for the students to understand and remember it. If the slides have only one or two colours it proves to be more effective. During an investigation, when the students were shown green coloured slides, the

students secured 40% more marks as compared to that group of students who were shown black and white slides and the results improved by 80% when the two coloured slides of green and red were shown but the increase with the three and more coloured slides was only 30 %.

#### **Case No.7**

A football coach narrating his experiences has written that he had two dressing rooms for the players. One had blue painted walls, which he used for resting of players, whereas the other, which was painted in red, was used before going into the field, where they decided and finalized their strategy. This enabled them to perform in the play ground in a much better way.

#### **Case No.8**

Proprietor of a Radio Station, for the sake of attraction, installed tube lights of red colours. With in two months the management and the employees developed a row amongst themselves. Upon the suggestion of a colour therapist, red tube lights were replaced with normal ones and miraculously feelings of fraternity were restored, the fights stopped and the resignations were taken back.

#### **Case No. 9**

A famous businessman had a phobia of trains, automobiles and hard floors. One day he wore red coat and felt a strange feeling of vitality and diminishing of his fears. He started using red clothes and under garments and his phobias vanished and his life became normal.

In the modern times men, too, have started wearing clothes of bright colours. People, who select their clothes after consulting colour experts, say that the colourful dress did bring a healthy change, not only in their life-style but in their lives as well.

Countless men and women, after entering into the world of colours, grown more confident, have better jobs and the numbers of their friends increased many folds and to top it all, ratio of divorces among the newly wed-couples have dropped considerably.

In the history of mankind the need of use of colours was never felt so intensely as is in the modern world of tension, anxiety, and stress and strain.

Use of proper colours not only helps in having an attractive personality but the mind also gets conditioned.

Black and dark brown colours represent dismay and sorrow therefore, instead of these colours, use of those colours is recommended, which give boost to confidence and are soul soothing.

### **The Astral Body**

Energy centers are not located in every part of the body but it keeps on circulating the entire body, from head to toe and discharges. Our body emits light just like the stars in the cosmos.

Our body is enveloped in another body of lights, which is called the *nasmic* body or the astral body by the spiritual masters. The *nasmic* body is composed of those basic waves or the rays that are responsible for the commencement of the existence of a being. This astral body, the body of lights, remains glued to the



physical body of ours but the reflection of the lights of this body spreads up to nine inches around our physical body.

Torch with batteries could be a close example of this thing. The bulb in the torch is the astral body, which is the actual source of light in the torch. The beam of the torch spreads not only outwardly but it is also directed inwardly. The reflection of the astral body spreads up to nine inches around the body.

The centers of energy are not located all over the physical body but the energy keeps on circulating through out the body and is discharging in the form of lights. Just as a star emits light in the system of galaxies, our body, too, emits light. Probably the reflection of the astral body is being termed as aura by the scientists who are doing researches in this regard.

The astral body cannot be sighted by mean of any material gadgets but its reflection can be observed because of the fact that the reflection involves materiality to some extent.

Health, delight, sorrow and even the whole human life depends upon the astral body. If the astral body is healthy one stays healthy and if the astral body is not healthy then the physical body can never be healthy. All the urges pertaining to life transfer to the physical body from the astral body.

When two persons embrace each other, the electric current flowing in both the individuals infuses together and this interaction of the currents is felt in the form of a mild electric field. When two people become attentive for each other the electric field becomes charged and many other start noticing their

mutual interaction. Similarly when a person wants to influence others, for example, during a lecture or speech, his intentions influence the listeners if the electrifying effects of astral body are properly used. Yet another interesting example of the working of astral body is yawning. Yawning indicates lack of oxygen in our body system. When someone upon feeling tired, yawns i.e., the needed oxygen is inhaled, then anybody who is watching him, would also yawn. This, in fact, is a demonstration for the demand of oxygen by the astral body.

The form and shape of the astral body depends upon the volume and the potential of the energy that is surrounding us. This energy after circulation all around us is earthed through our feet. In this way a large amount of the discharged energy remains stored in our feet. Proper exchange of the energy earthed from the feet and the energy found in the earth beneath our feet is very important for the health of a person. It is worth noticing that before the epilepsy fit, the discharging system of energy through the feet becomes faulty. If the extra-accumulated energy in the feet is not discharged properly then one may become unconscious.

Astral body remains in a state of perpetual variation, but sometimes, the lights of the astral body become static. And, when the lights of the astral body become still for few moments, one becomes connected with one's soul and this enables him to witness even the unseen things existing around.

The primary purpose of all the exercises of concentration and focusing of attention is to achieve

that state of the astral body when its lights could stay at a point for sometime producing a state of harmony between our soul and the mind. When a person enjoys harmony between his body and soul, feelings of love and affection for others are produced in him. When a person, who enjoys the harmony of soul and body, enters a room, the atmosphere of the room becomes lighted.

Sometimes we happen to come across such lively people whose astral body appears to be filling up the whole room. And, then there are people whose astral bodies are shrunk, distorted or colourless. When such a person enters a place the whole atmosphere becomes unpleasant. Then there are people who enjoy such an air around them that everybody whosoever comes in contact with them is impressed because of the charismatic effect of their personality. This can happen either in positive or negative manner but this is certain that a person with a powerful aura or strong astral body dominates the person with the weaker one, or in other words, one accepts the hue of others personality.

### Colour Points

The human body and the earth, according to Book of Hopi, the Red Indian tribe of the North America, resemble a lot in their structural formation. Both have their own axes around which all their movements revolve. The axis of all the activities and movements of human body is the backbone. There are certain points on this axis upon which the health and well being of a person depends. According to the teachings of Vedas and Yoga too, the health of the

physical body, its movements and other activities all depend upon certain points of energy found in the human body. Summary of the details of these points or the centers of energy located in the human body, as are given in the various therapeutic systems is given here.

The first center of energy is situated in the crown of the skull. When a child is born this portion of the head is soft as if it is the gate through which the child accepts the life. Below this point is the mind through which one learns to think. The third one is located in the throat that joins the openings of mouth and the nose. Ability to taste, smell and speech are controlled by this center. Fourth one is the heart, which controls all the vibrations of the body. Fifth one is located near the naval point and it controls the digestion and the excretion system. The last one is situated below the naval, near the last vertebrata of the backbone.

One remains healthy and strong if the energy level of these centers and the flow of energy between them are maintained properly. All these centers are full of certain quantities of energy. Every center has energy of a particular characteristic depicted and displayed in the form of colours.

Since every thing that has been created in this universe has grades and degrees of its properties the colours are also no exception. Every colour is of many grades and exhibits its characteristics at different levels according to its intensity and other properties.

The colours of the energy centers in the body are given as under.

The first center located in the crown of head is

of violet colour. Working of various glands mostly depends upon the proper availability of this colour in this center in proper quantities. The artistic qualities, aesthetic sense and religious inclinations of a person are also governed by this colour.

The second center located between the two eyebrows is of dark blue colour. This center is related to with that portion of the brain, which handles the unconscious stimuli and therefore the mental inclinations, psychological behavior and attitude of a person greatly depend upon the proper functioning of this center. The center located in the throat is of blue colour and the deficiency of this colour results in the diseases related to with throat, face, neck and the lower head.

The center next to this is of green colour and controls the emotions and is responsible for the neutralization of exceeding heat of the body. The person lacking this colour tends to be harsh and rude. The high blood pressure is indicative of deficiency of this colour in its center.

The center located in the chest is of orange colour and controls the breathing system. Diseases related to with the lungs and nerves are indicative of the deficiency of this colour in this center.

The colour of the center located at the heart is red. This colour provides heat energy to the body system and is responsible for the flow of blood in our body. Low Blood Pressure, Leukemia, Thallesemia, Anemia etc, result from the deficiency of this colour. The more is the deficiency, the more acute is the state of disease.

Yellow is the colour of the center that controls the digestive system. The energy responsible for the digestion of food and the excretion of waste material from the body is provided by this colour. This colour helps in treating the diseases of stomach, intestines and liver etc.

If one wants to stay healthy and well, it is necessary to know about the colours of all the centers of the body. It will not be out of place to delve into certain confusing things about the centers and their colours that have arisen because of the lack of study in depth in this regard. The red colour, for instance, in one system is ascribed to the lowest vertebrata and with the heart in another. Apparently it appears to be colliding statements but, in actual fact, it is not so. The point of generation of energy, its utilization and storage are not necessarily required to be one and the same.

The same is true in the case of violet colour. The center of the energy in the crown is said to be that of the violet colour whereas the purple and violet colours are considered to be the cure of the diseases related to with the sex organs. The center of a particular colour is not necessary to be situated where the organ related to with that colour is located. The violet colour is stored in the upper portion of the brain and used in controlling the functions of the glands whether it is the pituitary gland or it is the gonads. Presence of this colour in the aura of person indicates his artie potentials, his dedication for religious thoughts and his aesthetic taste.

If we want to stay healthy, it is necessary for us to have complete knowledge about the centers of the colours in our body, their workings and their requirements.

## Properties of Colours

Basically the colours can be produced either by letting the white-light pass through a medium like water or prism or by using other methods to produce coloured lights such as using the bulbs or letting the light pass through coloured window pans. But as far as obtaining the colourful material object is concerned we have to mix pigments or dyes whether these are achieved from the natural resources or prepared artificially using the synthetic chemicals.

All the colours whether these are the colours obtained from combining spectral lights or these are the paints to paint a work of art or dyes to dye a piece of cloth, they emit vibrations of one or the other frequency. These vibrations cause the feeling of warmth or coolness. The wavelength of the red is the longest of all the spectral colours, which produces the

vibration of the lowest order. The wavelength of the violet is the shortest and it causes a highest vibration. Frequency of red waves produces heat, the blue gives cool effect and the green is the colour that is known for its moderation and balance. The density of the red confines the movement and the rate of its vibration whereas the blue because of its lightness brings openness in the atmosphere.

Every colour generates a different feeling than the others. Red, for instance, gives the burning sensation. Orange appears to be heat giving, yellow gives a sense of warmth; Green is neither hot nor cold and the Maroon gives a stink with coolness. When we try to feel the colours actually, some of them appear to be stingy, some bite, hurt, hit, smash, or even cause us to feel a pat. Generally people do not think about the colours. We do take an impression from the pictures but we seldom notice the disposition or temperamental effects of the colours.

Experiments have established that the patients of insomnia, sleeplessness, tension and strain can be relieved from their distress if they could be made to use the violet, blue or turquoise colour. Red, orange and yellow have proved helpful in overcoming lethargy and lassitude.

Experts of chromatology and chromatics suggest that the pink can suppress the feelings of aggression and antagonism if the patient with these symptoms is kept in a pink atmosphere. The pink has proved to be soothing for the nerves and tissues. The soothing effects of this colour have made the authorities to use it in jails for reform and

rehabilitation of the jail residents. It not only subdues the anger but is also helpful in correcting the problems resulting from the family feuds and the business worries because under the influence of this colour one does not react aggressively. Even the blinds feel themselves comfortable in the rooms where the pink has been painted. Pink, because of its soothing effects, is considered to be the most loveable colour.

Colours have been broadly classified into three categories of hot, cool and moderate. Red, orange and yellow and all their shades are hot colours. The blue, sky blue and violet are cool colours whereas the green is neither hot nor cool. If the disease is considered to be the result of excessive heat in the body system then the cool colours are applied, for instance, in fevers blue is recommended or for burn cases the blue is applied. And, if the disease is due to lack of heat or is a result of coldness in the body system then for the hot colours are used for the treatment, for example, low blood pressure and paralysis demand red.

Properties of colours can be studied under two main headings of psychological and the physical properties.

### Red:

This colour is found in iron, zinc, copper, potassium, oxygen, sugar beet, radish, spinach, tomato, red cherries and in fruits that have skins of red colour. It is associated with blood and bloodstream. It cancels and nullifies the effects of blue and its various shades.

### ***Psychological properties:***

This colour is related to with courage, enthusiasm, liking, love and affection. When the relations are spoiled because of impolite dealings, expectations are not fulfilled and no plan succeeds then the red colour dominates the mental center. When the colour center of the brain is overpowered with the red colour, everything starts appearing to be reddish in colour. When the colour of the red center loses its tone it indicates one's undue emotional attachment or of the hurt feelings. The people having this colour in moderate quantity are helpful for the others, like to apply their potentials to their maximum and care about their offspring and the fellow beings.

People who are dominated with this colour live an over all healthy life. Since they cannot control their emotions about good food and other things they tend to become fat. Every one of us lives through such a phase of one's life when this colour dominates more than any other colour. The red colour becomes much intensified during the period of adolescence. It is an interesting fact that the red having a hue of rust dominates the boxers. People having red as their dominating colour are very particular about their physical health and well-being and in most of the cases they opt to become body builders.

Red is the colour, which stimulates emotions, stirs senses, and evokes passions. It is associated with power, energy, vitality and excitement of life. In its positive aspect, red stimulates strength, joy, happiness and love. It is the primary colour of fire.

Deep red or scarlet is a stimulant for the animal

nature, the baser physical passions. The crimson of blood represents the suffering elements in life. The gentle pink gives rise to mother-love vibrations. The negative aspect of red vibration can bring out fear, uncontrolled passion, lust, excessive anger, agitation and tendency of cruelty. Red is suggested when the vitality is low, blood circulation is poor or one is not sure of oneself.

Admittedly, it's bit difficult to accept that everything on earth exists in the form of vibration and that the life forms or the objects move from one vibration to another. The vibratory colours can be therapeutic or destructive, such as red in the different circumstances under which it is usually employed. For instance, a red flag waved in front of a bull will excite the animal into charging. In traffic, red stop signs are safety features for automobile drivers. Long underwear made of red flannel keeps you warm in winter. In the laboratory, fruit flies will breed rapidly in a red box, but will not breed at all in a blue box.

Some doctors use the colour red as arterial stimulant. Researchers at the University of Texas have discovered that athletes who concentrate on red colouring before participating in a sporting event experience increases in their muscle strength. Red can bring a flush to the head in the form of blushing.

### ***Physical Properties:***

Red has the slowest vibrations of all the visible colours and it is the colour of greatest warmth. It is of hot disposition with a force of creativeness. In cases of anemia, leukemia etc. if the red rays are thrown upon the backbone, the Red Blood Corpuscles (RBCs)

count increases. If any part of the body is affected because of the paralysis, the red light, by stimulating the blood circulation, can cure such a patient. If the light of red colour is made to fall upon the naval and the upper portion of lower limbs it can restore the working of tissues in the limbs.

When a person is supplied with the red colour, the pituitary gland becomes activated resulting adrenaline inclusion in the blood. It stimulates the sensory nerves and improves the senses of smell, sight, hearing, taste and touch. It activates blood circulation, excites the cerebrospinal fluid and arouses the sympathetic nervous system. Hemoglobin is built with red rays. Red rays produce heat that vitalizes and energizes the liver, the muscular system and the left cerebral brain hemisphere. As a muscle relaxant for contractures, red's counter irritant effects are excellent for therapeutic purposes.

Red decomposes the body's accumulated salt crystals and thus catalyzes ionization. The ions thus created carry electromagnetic energy throughout the body. The red rays split ferric salt crystals and liberate heat. Known disorders and diseases treatable with red colour are listed in next chapter of this book but the disorders or the conditions contraindicated for using the red colour are:

Emotional disturbances, hypertension, excitable temperament, mental ailments, fever, neuritis, florid complexion, red hair, inflammation etc

## Orange Colour

This colour is found in iron, calcium, nickel,

fruits of orange peels including carrots, gourds, apricots, mangos, peaches, etc. It is mainly associated with the nervous and respiratory system and is used for treating the disorders related to with these systems. It nullifies the negative effects of dark blue shades.

### *Psychological properties*

People with dominated orange colour are found to be taking interest in such games that are exhausting. These people are hasty in their nature and if they couldn't make haste they get upset. These are good managers and they like to remain in the company of others. They prefer casual dress. They have a taste for parties and gatherings. They orange people are more active and smart than the people of red colour. If the radiant orange dominates in a person it is easy for him to get up early in the morning therefore, those cannot leave their bed early in the morning are required to use this colour excessively. To develop the will-power and to treat the nervous weakness this colour has special effects. It stimulates creativity and ambition along with energetic activity. But, excessive exposure to orange can produce nervousness and restless behavior. It is a colour of nourishment.

### *Physical Properties:*

Being a combination of red and yellow it gives a hot impact. It improves the working of thyroid glands, depresses the parathyroid, helps in absorption of calcium in the body and is beneficial for the lactation in mothers. It not only helps in digestion but also benefits in colds and pneumonia. It expands the lungs.

has an antispasmodic effect on muscles, acts as an emetic and increases the pulse rate. Asthma, cough, bronchitis, respiratory problems, epilepsy, and diseases of lungs, tuberculosis, gout, dysentery and the ailments resulting from gastric problems rheumatism, and arthritis including piles can be very easily cured by using this colour. It also acts on spleen and pancreas to help assimilation and circulation. It greatly helps in overcoming mental exhaustion. Tumors, both benign and malignant melt away under this colour. Kidney problems, prolapsed uterus and the menstrual difficulties can be easily cured when this colour is used.

Contraindications for orange are insomnia, fevers, over excitement and delirium.

## **Yellow Colour**

Gold, calcium, nickel, zinc, copper, platinum, sodium, phosphorous, carrots, golden grains, bananas, pine apples, lime, lemon, gray fruit and the fruits of yellow covering have yellow colour stored in them. This colour is associated with the organs of the digestive system and is used to cure the ailments and disorder of the digestive system. It cancels the negative effects of the violet and purple shades.

In dyes and paints this colour is considered as one of the primary colours and is used in making colours like orange and green etc. But, when the green and red lights are mixed together, yellow is produced and for these reason it contains the properties of both the red and the green simultancously.

## ***Psychological properties***

Yellow is primarily a joyous colour but it also brings out wisdom, understanding and the intuitional insight. In its golden aspect it represents spiritual perfection, peace, and rest. It is the colour of sunshine, youth, gladness and merriment. In its positive vibration, it brings out compassion and creativity. People under the influence of this colour are fond of reading books and have a natural inclination for learning and knowledge. Scientists, politicians and businessmen are most under this colour. In its negative aspect when it is too bright or is used too often, is over stimulating to the psyche and nerves and can cause mental irritation even to the point of destructiveness. Yellow in its negative vibration is also the colour of cowardice, prejudice and destructive domination.

People with exceeding density of the yellow in their brain center are materialists and they always prefer their personal interests and gains from anything else. People with this colour are successful in worldly terms because they know the art of earning money and spending it adequately.

Yellow stimulate the mind so whenever you are out of frame of mind use a yellow paper for writing a letter. It helps in concentrating. And, backward and retarded children seem to learn faster in rooms painted yellow.

## ***Physical Properties:***

Yellow is the best of all the treatments for the ailments related to with stomach. It helps in improving the digestive system, relieves from the gas problems, benefits in diseases of liver, piles and diabetes. Yellow



fruits and vegetables tend to act as laxative to the bowel and calm the nerves. Its shortage in its respective center results in diseases related with the stomach and digestive system and its excess is one of the causes of fevers.

Directed at the gastrointestinal tract for short periods it acts as a digestive aid, for longer periods, it acts as both a catharsis (purge) and cathartic (laxative). It helps in eliminating parasites and worms and stimulates the flow of bile. It has a stimulating, cleansing, and eliminating action on the liver, intestines and skin. It energizes the alimentary tract, purifies the blood stream, activates the lymphatics and depresses the spleen.

Conditions contraindicated for using the yellow colour include acute inflammations, delirium, fever, heart palpitations and over-excitement.

## Green Colour

It is mostly found in nickel, chromium, cobalt, platinum, chlorophyll, vegetables and the fruits having green coverings. In its chemical characteristics it is neither acidic nor alkaline. It is associated with the skin and cancels the negative effects of red.

This colour exerts a very strong action against inflammations, jaundice, and kidney infections.

### *Psychological properties*

Green is soothing, healing, peaceful and cool in its positive aspects. It is a restful balm for people who are weary in body and mind. Green has great healing power. On its negative side, it represents selfishness, jealousy and laziness. Heavy dark green can be

depressing and even debilitating. Yellow green stimulates generosity on the mental plane and the body's elimination of wastes on the physical plane. Spring green represents new life, regeneration, joy and gladness. People dominated by this colour are full of love and they radiate affection. People love them. Storage of light green colour increases in people who are in love. People with this colour like gardening and farming.

Green has the combinative effects of blue and yellow. It is cool enough to be restful, yet warm enough to be friendly. People of this colour are patient listeners of other's problems. They love children and it is no wonder that this is the colour that dominates the nursery teachers. They have a very moderate temperament and do not lose their temper easily. Because of their softness they tend to be hurt easily. They are determined and innovative.

If this colour exceeds in the yellow center of the body, such people tend to be emotional and they become over concerned about the others problems to such an extent they tend to lose their appetite giving way to digestive problems.

If this colour eliminates from the mental center then one tends to be selfish and does not hesitate in acquiring anything without caring about the feelings of others. If this colour decreases in the throat center, one tends to be harsh in tone and if it increases than normal then one become so soft spoken that people start taking advantage of such a person.

This colour in its positive vibrations helps in controlling the tension, nervousness and emotional

attitudes.

### ***Physical Properties:***

Green builds muscles, bones and other tissue cells. It relieves tension, lowers high blood pressure, acts as a hypnotic upon the sympathetic nervous system, dilates the capillaries and stimulates pituitary. The vibrations of this colour disinfect bacteria, virus and other germs. It is known for healing of infected wounds, ulcers and controlling high blood pressure. It has a soothing and cooling effect for inflammations. The diseases that can be treated using this colour include: hay fever, typhoid, ulcers, venereal diseases, hemorrhoids, insomnia, irritability, laryngitis, malaria, malignancy, hyper stimulation, syphilis, and hepatitis and liver disorders. It not only heals the sun burnt skin but also cures the itch. It shows remarkable effects for treating the wrinkles and other problems of the skin.

### **Sky blue colour**

This colour is found in aluminum, cobalt, zinc, lead, and fish and poultry meat besides the grapes, peaches and plums. This colour is associated with the upper portion of the body: head, neck, face and shoulders. It is the coldest of all the colours and, therefore, it is used to terminate the negative effects of the red and the orange colours.

### ***Psychological properties***

Blue is the colour of heavenly consciousness, truth, harmony, calmness and hope and for these very reasons is considered to be a spiritual colour. Blue is a quieting colour and is commonly used in the room of

mental patients and violent criminals not only because of its sedative effects but also for the deeper insight that it generates in the mind. In its negative aspect, too much blue can be depressing, bringing on a feeling of weariness and lethargy. The coolness associated with blue causes its use in the quick tempered peoples to sooth them down.

Blue is the balancing and harmonizing colour that returns the bloodstream to normal. It reduces nervous excitement, is astringent and can be absorbed from the environment during meditation and spiritual expansion. It relaxes the mind. It helps the introvert come out of their shells and comforts the manic-depressive. But after more than twenty minutes of concentrated treatment with blue rays, mental depression tends to set in. Blue clothing and furnishings tend to make a person feel tired. Blue is the colour of truth, devotion, calmness, sincerity, intuition, and higher mental faculties.

People under the influence of this colour are philanthropists, like to be helpful to the fellow beings and strive to serve the creatures of God, Almighty.

### ***Physical Properties:***

This colour as compared to all other colours is more significant for its effects and importance. It is an antidote for the red vibrations. The blue vibrations increase the metabolism, build vitality, promote growth of the body and brain cells, slow the action of the heart and act as a tonic on the body in general.. They have antiseptic properties, contracting potencies for muscles and blood vessels and a soothing and cooling effect on inflammations. It is used to treat the

fevers, burns, cataracts, eye inflammations, high blood pressure, headache, heart palpitation, tooth infections, insomnia, epilepsy, jaundice.

The blue is contraindicated in the following disorders:

Colds, gout, paralysis, rheumatism

## Indigo Colour

A tinge of red mixed into the sky-blue produces the indigo. It is electric, cooling and astringent. It is parathyroid stimulant, a thyroid depressant, a blood purifier, a phagocyte builder and a haemostatic (it stops or reduces the excessive bleeding). It promotes muscular tonicity, respiratory depression and hypnotic-like insensibility to pain.

Indigo rays control the psychic currents of the subtle spiritual bodies. They also control the brain vibrations and influence vision, hearing, and smell on the physical, emotional and spiritual planes. It helps in repairing the wear and tear of the brain and body cells. It reduces the deterioration of the cells and tissues of the body. Lack of this colour in the body system generates anger and heated temperament. It represents the healing crisis of the natural healing art where old toxins and wastes of physiological system are cast out of the body to make room for the new tissues.

The effects of the sky blue and indigo resemble a lot because both are basically blue. Sky blue is more cold than indigo and is used in indications where the coldness of lesser degree is required to be applied. The disorders that require the application of this colour include the purification of blood, hyperthyroidism, mental illness, nasal diseases, nervous ailments.

convulsions, deafness, delirium tremens, dyspepsia, eye and ear diseases, nose bleed, obsessions, throat diseases etc.

This colour is contraindicated for the use in diseases resulting from cold, gout, low blood pressure, and palpitation due to weakness.

## Violet Colour

Violet is a combination of red and blue in equal ratios. In its highest vibration it represents good motives, elevated spiritual aspirations and enhanced concentration of the soul. It is associated with prosperity, wealth, and increased productivity. Violet is the fastest vibration among the rainbow colours fading quicker than any other. Stimulating the spiritual nature of man, the violet vibrations offer self-mastery, higher realms of creativity and royal consciousness. It is the colour of aesthetic values. If this colour is lacking in a person's composition he cannot appreciate beauty and the higher values. Leonardo da Vinci said, "The power of meditation can be ten times greater under violet light falling through the stained glass window of a quite church."

In its negative aspect it can overwhelm a person for snobbery, pretense and can even generate deceit. It cancels and nullifies the negative effects of yellow vibrations.

It stimulates the spleen, upper brain, glands of the body including the gonads and bones. It depresses the lymphatics, heart muscles and motor nerves. Violet is calming in cases of mental illness. It controls irritability, reduces hunger, builds leucocytes and maintains ionic balance especially of potassium and

sodium.

It is used for treating the following ailments and disorders:-

Bladder problems, bone-growth dysfunctions, cerebrospinal meningitis, concussion, cramps, kidney diseases, mental illness, scalp diseases, sciatica, neuralgia, rheumatism, obesity, benign and malignant tumors, leucorrhoea, diabetes, gonorrhea and venereal and sexual diseases etc.

## Magenta Colour

Magenta is produced when the yellow is added into the violet colour. The person having this colour in his aura enjoys administrative abilities. This colour is used where both the violet and yellow colours are required to be administered simultaneously e.g. obesity and diabetes.

## White colour

White, in fact, is not a single colour rather it is a combination of all the colours that are found in the rainbow. It is the property of a white surface that it does not absorb any colour and it reflects back all the colours. All the seven colours are found in this colour in a specific ratio. It is considered to a colour of purity and piety because it does not allow any colour to pollute it rather it softens the stringent effects of any colour when mixed with that. Pink, for instance, is produced when the white is added into the red and the negative effects of the red can thus be controlled to a great extent.

Because of this particular property of this colour, it is used in such disorders where excess of a

colour is required to be reduced. This colour is used in treating moral and ethical disorders like telling lies, using abusive language, kleptomania, drug addiction and violent lunatics. Use of this colour in treating the psychological diseases where the mind and nerves have been affected because of exceeding potencies of colours, has given remarkable results.

This colour is also used for treating the prickly heat, high blood pressure, hydrosil, insanity etc.

## Black colour

Black, too, is not a colour by itself. It is such a colour that comes into being when no spectacular colour is there. A black surface, after absorbing all the ray of colours, reflects back such waves, which are not visible for our eyes. This colour is use in diseases where many colours exceed their normal magnitudes. In order to control the excess of many colours in a body, the use of black colour or the black vibrations has been found very useful. In obesity this colour is suggested only because of the fact that accumulation of many a colour is required to be expelled from the body where these are not used properly.

Caution is required to be exercised for using this colour that during the course of using this colour as soon as symptoms indicating lack of any colour are noticed, that colour is used besides the use of the black colour.

For instance, during the treatment of obesity, when the patient is made to take the black vibrations and if he starts complaining headache or low blood pressure then the blue or red is also to be included so that the deficiency of that colour could be checked.

## Gray colour

Gray is produced when the white is added into the black colour. This colour is considered to be having a moderate effect as it contains the two colours of the extreme natures. The method of using this colour is to make the patient see a painted glass of 9 x 12 inches, painted with this colour, for 15 to 20 minutes duration, twice or thrice in a day.

This colour is used in cases where shortage of one colour is mixed with excess of many other colours. For instance, in cases of white patches of skin, use of this colour produces commendable results.

## Brown colour

Brown is the colour made from mixing black into the red. It ranges from yellow to red in cast. Even though it is neutral and dark, it has considerable richness and depth. It is the colour of dormant fertility and is used for preservation. It is generally considered environmentally sound. It offers a healthy atmosphere or enclosure in which to work, play, sleep and generally perform common metabolic functions. An aggregate of brown things influence the internal organs and mind in an enhancing way.

Because of its preservative characteristics it is used in the bottles of medicines and other perishable items to protect them from early decay and expiry.

## Advancing Conscious

Almost in every civilization man used to take advantage of colours on three levels of physical,

mental and spiritual. On the physical level, the colours are responsible for our physical well-being, health and general good. On the mental level, the colours are responsible for our moods, mental health and help us in having positive trends and feeling for others. On the spiritual level, the colours cause us to be familiar with a world far superior to this material world; the world where we have to live after passing from here or the Hereafter.

After living for an appointed time in this world, we born in a realm, where another phase of our life commences. In that realm we encounter with milky white light. This milky white light can be witnessed by means of third eye. This light not only maintains its own balance but also helps in balancing the others as well. The people, who manage to store this light in them in this world, start emitting it as well for the benefit of other people. This light even penetrates in the belongings and the article of daily use of such a person who manages to accumulate an adequate quantity of this light in him. And this is the reason that the belongings of spiritual peoples are preserved as an article of blessings or as a token of good fortune.

The subtle vibrations of the milky light keep on discharging and spreading from the graves of people who had accumulated the store of this light in them. Storage of this light in a person, on one hand, illuminates the soul and, on the other, gives an electrifying effect to the atmosphere around such a person. Those who gather this radiating light in their inners remain in a cheerful mood, deliberate and ponder to resolve the mysteries of life and death, the

life here and Hereafter, the reason and cause of our birth, the purpose of our life and how can they accomplish it.

But the question is that when so many colours are showering in one's life then how can one possible accumulate and store this milky white light in oneself. The method is quite simple and effective. Just take out some time, at a fixed hour of the day or night and sit to meditate for 20 to 30 minutes a day. In the course of this meditation, it is attempted that our relation with our inner self could be established. When our relation with our inner self is established, the milky white light, the light of the metaphysical realm starts showering on us.

Besides other benefits, accumulation of this light in the inner self of a person immunises him from worldly problems and diseases but he can also benefit his fellow beings in so many ways. So much so, if he really wishes well for someone, well being of that person takes its foundation and starts displaying in due course of time.

## Heavenly Books & Colours

God has invited man's attention towards the colours and their typical role in the creative process and their benefits for man and other creatures of the universe.

*'God is the Light of the heavens and the earth. The Parable of His Light is as if there was a Niche and within it a Lamp: the Lamp enclosed in Glass; the glass as it were a brilliant star: Lit from a blessed Tree, an Olive, neither of the east nor of the west, whose oil is well-nigh luminous, though fire scarce touched it. Light upon Light' Allah doth guide whom He will to His Light. Allah doth set forth Parables for men, and Allah doth know all things*

(Quran, S: 24, V: 35)

*'And the things on this earth, which He has multiplied in varying colours (and qualities): verily in this is a sign for men who celebrate the praises of Allah (in gratitude)*

(Quran, S: 16, V: 13)

*'And among His Signs is the creation of the heavens and the*

*earth, and the variations in your languages and your colours: verily in that are Signs for those who know.*  
(Quran, S: 30, V: 22)

*?Seest thou not that Allah sends down rain from the sky? With it We then bring out produce of various colours. And in the mountains are tracts white and red, of various shades of colour, and black intense in hue.*

(Quran, S: 35, V: 27)

*?And so amongst men and crawling creatures and cattle, are they of various colours. Those truly fear Allah, among His Servants, who have knowledge: for Allah is Exalted in Might, Oft-Forgiving. (S: 35, V: 28)*

*?Seest thou not that Allah sends down rain from the sky, and leads it through springs in the earth? Then He causes to grow, therewith, produce of various colours: then it withers; thou wilt see it grow yellow, then He makes it dry up and crumble away. Truly, in this, is a Message of remembrance to men of understanding.* (Quran, S: 39, V: 21)

*?And thy Lord taught the Bee to build its cells in hills, on trees, and in (men's) habitations; then to eat of all the produce (of the earth), and find with skill the spacious paths of its Lord: there issues from within their bodies a drink of varying colours, wherein is healing for men: verily in this is a Sign for those who give thought.* (Quran, S: 16, V: 69)

Statement of the holy Quran indicates that fluid of varying colours comes out the bellies of the bees, which in the terms of modern biochemistry is termed enzymes. This 'essence' is beneficial in treating various diseases. Medical science also confirms the preservative, antiseptic and therapeutic value of honey.

Importance and significance of light and colours with regard to creation and creative process has been

elucidated in the Old and New Testaments.

*And God said, "Let there be light!" and there was Light. And God saw the light that it was good; and God divided the light from the darkness*

(Gen.Ch.1, V: 34)

*He made the stars also, and God set them in the firmament of the heaven to give light upon the earth.*

(Gen.Ch.1, V: 17-18)

*And to every beast of the earth, and to every fowl of the air and to everything that creeps upon the earth, wherein there is life, I have given every green herb for meat and it was so.*  
(Gen.Ch.1, V: 30)

*And the house of Israel called the name thereof Manna and it was like coriander seed, white; and the taste of it was like the wafers made with honey.*

(Exodus, Ch. 16, V: 31)

Conversation between God and Moses has been reported in detail in the Old Testament. The part of that conversation where God commands Israel to offer sacrifice, the importance of colours is also highlighted.

*And the Lord spoke unto Moses, saying, Speak unto the children of Israel that they bring Me an offering: of every man that gives it willingly with his heart ye shall take My offering. And this is the offering, which ye shall take of them; gold, and silver, and brass and blue and purple and scarlet and fine linen and goats hair and rams' skins dyed red and badgers' skins and shittim wood, oil for the light, spices for anointing oil and for sweet incense, onyx stones and stones to be in the ephod and in the breastplate.*  
(Exodus, Ch. 16, V: 31)

Light and colours are also mentioned in the Book of Psalms, where basically it symbolizes guidance and inner virtues.

*For Thee is the fountain of life; in Thy light shall we see light.*  
(Psalm: 36, 19)

And He shall bring forth thy righteousness as the light and thy judgment as the noonday.

(Psalm 37, 6)

Purge me with hyssop and I shall be clean; wash me and I shall be whiter than snow.

(Psalm 51, 7)

The voice of Thy thunder was in the heaven; the lightening lightened the world.

(Psalm 77, 18)

According to the teachings of Zarathustra also the light and colours have main role in the creation of the universe. The universe originated, according to the Zoroastrian religious book *Zend-Avesta*, from Faravashi; the thought of *Ahura Mazda* or *Ormazd*, the Creator of the universe. The thought of *Ahura Mazda*, according to the law of vibration; *Zurvan*, changed into the voice *Ahu-Na-Var* and this sound appeared in the form of white light from the Cosmic Conscious of *Ahura Mazda*. This white light produced colours, which became the base of all that exists in the universe like stars, sun, moon, galaxies, flowers, plants, earth, heavens, mountains, rivers etc.

To run the affairs of the universe, *Ahura Mazda* created two forces of Light; *Spenta-Mainyeu*, and Darkeness; *Anghre-Mainyeu*.

The force of Light *Spenta-Mainyeu* obeys the laws of *Ahura Mazda* whereas *Anghre-Mainyeu* does not follow them.

Many are the verses in Vedas and Bhagvat Gita about the light and colours.

I am the Inner Light.

I am the Outer Light.

I am the all-pervading Light.

I am above all; I am the Light of the lights.

I am self-luminous; I am the light of my own self.

I myself am Siva, the self of the self.

There is neither East nor West here.

The sun never shines nor sets there.

There is neither day nor night here.

It is the light of lights, sublime of ineffable.

Here there is no intoxication of caste, creed or colour.

According to the teachings of Vedas and Hinduism, three agencies are operative in the Universe.

1. Sattwa

2. Rajaas

3. Tamas

Sattwa, in fact, is the virtuousness, peace and light. Colour of this agency is white.

Rajaas, in actual effect, is the emotion and action. Colour of this agency is red.

Tamas is darkness and inertia. Colour of this agency is black.

Research of the great spiritual scientist, Qalander Baba Auliya is that there are three types of Soul operating in the formation of the creatures and each soul is dihedral.

1. The Great Soul

2. The Human Soul and

3. The Animal Soul.

Colour of the first side of the Great Soul is violet



and the second one is the Blue.

Colour of the first side of the Human Soul is white and the second one is the green.

*Colour of the first side of the Animal Soul is red and the second one is the yellow.*

## Creation and Colours

When the internal and outer systems of human body are studied closely, this fact is revealed that man has been created from colours. Each and every organ has specific tone and a particular hue and colour. For instance, colour of the skin, lips, and throat, inside of nostrils, lungs, liver, kidneys, intestines, bones, urine, hair, tongue, eyes, larynx, heart, pancreas, spleen, stomach, blood and excretions all have distinct and different colours.

According to the theory of Chromalucis, characteristics and properties of every colour are different from the other one. As long as colours have a balance in the human body, man stays healthy and when this balance is lost man falls sick.

Basically, man is a conglomeration of different colours and all these colours are present in the

sunlight, which man gets from the sunlight according to his needs and requirement. But, when this system loses its balance some colours exceed the required limit and some fall short and the symptoms are expressed in the form one or the other disease. If the deficiency or the excess of colours in the body system is removed and the system is balanced, the body becomes healthy once again.

Man and the world of man, jinns and the world of jinns, angels and the world of angels, in short, everything in this universe exists on a balancing of colours. If any scholar wishes to refute this fact, he should search for just one single thing in the billions of things scattered on the earth that is absolutely colourless, which he would never find.

In fact, the universe is nothing but colours.

## Diseases and Coloured dreams

Man spends his entire life in two types of senses.

1. Diurnal senses or the senses of the wakefulness
2. Nocturnal senses or the dream senses.

Colours play equally important role in the dreams just as any act in world of wakefulness is manifestation of colours. When we think about something either we are very much interested in it or our interest in that thing is at its lowest ebb. If thinking could stay on a point and the impressions become deep then its manifestation is necessary. It is one of the clauses of the Preternatural Law. No thought can take a material form against this law. Just as in wakefulness, a thought manifests when the mind

focuses on it, similar in the case of dreams. We perform all those acts and deeds, which we do during awakening. for example, if we see a rose during awakening and the colour of the rose interests us similarly when we see a rose in our dream, the colour of the rose is witnessed by us.

Seeing, hearing, feeling, experiencing delight or sorrow, feeling healthy or sick; are common in both types of senses. A person feels weak and debilitated when he sees him sick in a dream just as a person feels weak during awakening when he is sick.

### Law:

It is the law of Nature that life remains active whether man is in the state of awakening or dreaming. Only difference is that during wakefulness the physical body directly partakes in all the activities, whereas during the state of dreaming one moves around without involving the material body.

Nothing in the universe is colourless, the universe includes the world seen and unseen and beyond. When a person travels in a dream, he travels on the earth, sees the sky, ravines and rivers, springs and brooks; oceans and mountains, he sees himself walking or flying in the space. And when he happens to see the sky, the moon, sun and stars are witnessed just as he sees them during awakening. If he finds himself roaming about in a garden, he witnesses flowerbeds of various colours and kinds, water gushing out in fountains, multi colour fish in the water attract his attention, light and dark green leaves of

trees, fruits like mangoes, guava, pears, apples, grapes, dates and others. When he sees them he recognizes them because of their form and colours. When he sees apple, he identifies it due to its colour and shape and when he sees grapes, he recognizes them by their distinct colours. If he witnesses lawns in his dream, he recognizes them due to their colours. If he dreams that he is having orange, it never happens that the colour of orange is non-existing. He might be seeing it somewhat in a different colour, but he does see it in one or the other colour.

This all testifies that the significance of colours cannot be ignored even in the state of dreaming. When we see a Negro in our dream, we see him as black as we see him in wakefulness. And, similarly we see a man having fair complexion in a dream just as we see him during awakening.

Importance of colours during dreaming can also be judged from this illustration that when a person sees fire in his dream, he recognizes it as fire not only from its colour but he senses the heat as well. And, if a person finds himself in a place where the snow is all around him, he feels the cold besides registering the white colour of the snow but if he finds a fire burning, in that case, he reports about feeling warmth. Obviously the physical body performs in the material world whereas in the world of dreams, the physical body is suspended. For a detailed account of these things, please refer to book "Dreams and Interpretation" by the author.

Man, actually, is a slave of his desires. Second

desire follows fulfillment of one desire immediately and it goes on nonstop unendingly, so much so that man's actual identity is lost behind the veil of his desires. It never happens that all the desires of a person are eventually fulfilled. This also never happens that every intention of man is materialized.

Once someone asked Hazrat Ali, "How did you recognize God?"

"By failing in my intentions", he had replied.

In spite of the fact that every wish of man never fulfills and all his intentions do not materialize, desires and wishes keep surrounding him. That is to wit, the material life of man is a series of wishes. If one desire does not fulfill he starts chasing another one. And, this is necessary all the same because the ticking clock of life does not stop to wait.

It is man's basic weakness that he is ever complaining about failures and deprivations whereas failure and deprivation compels him to take the next step. When a person stops on a point, upon failing in his desires, wishes or intentions, sense of deprivation prevails upon him as stopping on a point is unnatural and against the law.

Sense of deprivation is such a tree of disease, whose every branch sprouting from its trunk and every leaf on its branch is nothing but dismay and grave sense of deprivation. The sense of deprivation results in psychological problems that initially start as mental disorders or derangement, which grows into diseases of various types like tension, depression,

Schizophrenia, mania, repetition of thoughts and deeds. When the nervous system deteriorates from these disorders, it falls prey to other diseases like low or high blood pressure, diabetes, cramps and fragility of bones etc.

Nature is kind, benevolent and generous and inspires the creatures living in the universe to have a peaceful living. When sense of deprivation prevails upon a person to such an extent that he falls prey of aversion from the world, Nature arranges colourful dreams for him, which is a sort of involuntary treatment for his problems.

One seldom sees colourful dreams but whenever such dreams are witnessed, it is an indication of the generosity of Mother Nature.

If the brain cells that control the nerves suffer deterioration, are tired or slow down then the patient sees blue colour in his dreams, that is, he witnesses everything appearing in his dreams is blue. And if the nerves have not grown weak and the memory has impaired for some other reason, then he observes blueness in the depth of everything, which he sees in his dreams.

A patient of high blood pressure mostly witnesses red colour but if a patient of High Blood Pressure, sees green colour in his dreams, it means that nature has blessed him with cure from the disease. But, if he witnesses red colour or sees burning flames or a bulb emitting red light, the therapist can easily conclude that the dreamer is a patient of High Blood

Pressure or is about to become.

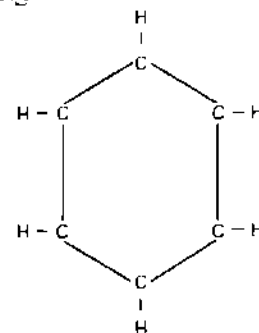
One of the mysteries of the dreams is that man witnesses everything good or bad in his dreams and is affected from it. Sometimes one experiences the same during wakefulness, which he had seen during dreaming. This also happens that a person sees himself suffering from fever and when he wakes up he finds himself actually suffering from fever.

Many people have reported to remember poems after awakening, which they had listened in their dreams though they had no taste for poetry. There are instances in the history, where an illiterate man saw himself in the company of scholars and upon awakening he was found to be a man of scholarly wisdom.

In the world of literature and art many such instances are found when the dreamer composed a song or wrote poetry and upon awakening they simply penned it down and it was a masterpiece. Maulana Jalaluddin Rumi had best of his couplets during dreaming and he wrote them after awakening. Ibnul Faras, the great Sufi poet composed all his best poems in his dreams and wrote them on paper in wakefulness. Many famous couplets of Shaikh Saadi were also conceived in dreaming. There exist many examples in the fields of art, poetry and even in science and technology, first the idea was seen in dream and then later on it materialized in the material world.

Structure of organic compounds of carbon

remained a mystery for the scientists. Whenever someone suggested something, he would come under fire and resulting dissatisfaction forced them to pass by that idea and the journey of quest continued. One night, Kekule von Stradonitz (1829-96), German Chemist, who was working hard on the structural formation of carbon compound, was preoccupied in his efforts to find the solution to this unresolved problem, when the sleep knocked him out he saw six snakes in his dream, every one of them holding tail of the other in its mouth, thus forming a hexagonal shape, which reminded him of organic compound of Benzene. After awakening, he proved that the Benzene was exactly as he had seen in the dream. Thus, the perplexing enigma of organic chemistry saw its solution in a dream. His discovery is named after him as Kekule Formula and is also known as Benzene Ring



Chemical Structure of Benzene ( $C_6H_6$ )



Shape Seen in the dream

## Diagnosis of Diseases

### Causes of Diseases

Body has a system of its own and like every system, this, too, has an immunity set up. If some disorder takes place the immunity system resists in two ways:

1. Directly with out waiting for any help from the outside
2. Using assistance and help.

There are many therapeutic systems in use to cure and treat disease. for instance use of vibration, sunlight, artificial light, aqua therapy, chromo therapy, counseling, herbal treatment, acupuncture, ayurvedic treatment, allopathy, homeopathy, physiotherapy, aroma therapy and spiritual healing etc. In one of such system of treatment particular parts

of the body are struck in such a manner that a resonating tremor is produced in the body. This is the method that was practiced in primitive era and in uncivilized people is still in practice.

The patient is made to lie on a bamboo cot, wooden plank or a stone sill, about three feet high of the ground. Toes of his both feet are tied with a thick thread and the therapist strikes the soles of patient with both hands clasped together. They believe that points concerning every vital part of the physical system are there in the soles of the feet. The concept of point exists in Chinese Acupuncture. But, instead of striking them, they pierce these points with needles. Similar is the methodology used in Reflexology, in which the therapist applies pressure on the points of palms and soles.

Diagnosis and causes of a disease could be easily determined if this physical body is considered a pipe and, the lights and colours flowing in this body could be taken as water. The water flowing in pipe is a similitude of the lights and colours flowing in the human body. There could be many reasons for obstruction in the flow of water in a pipe. Water, for instance, loses its fluidity when it freezes, becomes viscous, is polluted and impurities make it dirty and unclean.

In order to cleanse the pipe, one of the methods would be to put clean and clear water with a pressure so that the impurities, dirt and other harmful things could be flushed out of the pipe. And, in order to accelerate the flow of lights in the human body, coloured lights are used instead.

If a pipe opens up, or to say, the blockage in the flow is removed when the pressure is applied on it, it means that fault is not in the pipe and the pipe is otherwise alright, but if there is any leakage in the pipe, then, in order to restore the flow of water in the pipe, the opening or the point of leakage is required to be closed by using some paste or tape or is to be welded. This can thus be implied that if the disease is caused because of the faulty flow of the lights then using the rays of colourful lights it can be cured it and if the body has been damaged then we have to operate upon the body so that the leakage of the lights could be checked. It must be kept in mind that water has its own role and importance and the pipe has its own significance, we are not to mix them up.

Stagnation in the flow of water can cause it to putrefy, poisonous material can produce and the colour will transform into the colour of the rancid water. If there is obstruction in the flow of water in a body even then the colour of water will change. If the water becomes viscid, its colour will change. If it becomes sticky, bacteria start overproducing or perish in the water, the colour of the body fluids (water) are bound to change. It means that if the colour of the water in a body is right, the person is healthy and the change in the colour of the body fluids is a symptom of disease whether it is in the form of its viscosity, thickness, diluteness, bitterness, putrefaction or it becomes reddish.

If the body fluids become diluted than their original condition, then this state is termed as anemia or low blood pressure. And, if the fluids become thick

or absorb excess heat then this state is termed as High Blood Pressure. Bitterness in the body fluids indicates excess production of bile. When the heat of the body fluids exceeds a limit and a burnt effect is produced, murkiness increases in the body system. Malfunctioning of spleen that results in default of blood production is because of the murky fluids. If the viscosity is produced in the body fluids, the phlegmatic diseases find their way in the body system. And, if such particles find their way in the body fluids that consume the Red Blood Corpuscles, then this state is termed as cancer. Or to say, cancer is a disease, which results from the RBCs consumption at the hands of one or the other particles that manage to establish themselves in the body fluids.

Man is nothing more than a void or an empty space within. In other words, man is a collection of holes and empty cavities. If the holes and cavities of the physical body are done away with the body will perish. We might not be fully aware of the presence of the pores on skin but their utilization cannot be denied. These not only help in excretion of sweat but also help in absorbing oxygen and other useful things from the air and atmosphere. If these pores are blocked the skin becomes infected.

An electric current resulting from the combination of light and colourful vibrations circulate in the body. This current is responsible for the maintenance and proper functioning of the body systems. If the flow of this current in the body system stops, the holes and the cavities in the body become imbalanced resulting in a state of inflammation.

In the joints and limbs these electrical impulses flow in circles and because of their circulatory movement lubricants that are responsible for the mobility of the joints are produced. If these electrical impulses become affected and lose their balance, the joints become rigid and inflammation causes them to lose their mobility.

Man is not only a physical body. There exists another light and delicate body over this physical body. Existence of our physical body is based upon a subtle body of lights. This subtle body of lights regulates all the functions and activities of the material body. The successful therapists, during the course of diagnosis, also take into consideration the aspect of physical body's failure in proper reception of the stimuli of the astral body.

In order to develop their ability in this regard, the experts have devised many exercises to have an insight about certain points in the incorporeal body and their mode of functioning. Those who know to use their inner eye can sight these points. They can see these points by looking at the astral body. Radiant lights of rainbow colours keep on emitting from the astral body. Each colourful light has a specific point in the astral body from where it is discharged. And, corresponding to those points there are points in the physical body to absorb the colourful vibrations from the astral body. If the colour points of the physical body are not absorbing the respective vibrations in adequate quantities, the physical body starts malfunctioning or is said to be ailing.

When a therapist with such a faculty looks at a



patient, he immediately notices the deficiency or excess of colour(s) in the patient. He also comes to know that the excess or the deficiency of a colour or colours is because of the immoderate feelings and emotions or it is due to some external factors like germs, viruses or bacteria.

Negative feelings, perverted emotions, complex thinking and impure thoughts result in destructive attitudes, which cause spots and patches in the subtle body of lights. These spots of the astral body become wounds and boils of the physical body allowing passage to germs of every kind into the body.

Understanding the emotional and the physical condition of a patient is of vital importance when one is trying to diagnose and for suggesting treatment for a disease. In order to diagnose the cause of a disease, not only that the therapist must know that which of the colours are lacking in the patient so that the deficiency could be over come by using the required colour in appropriate quantity, but this also must be known to him that how the body system of a patient would react to different colours. If a therapist fails to exercise due diligence in this regard he is prone to make mistake in respect of correct analysis and diagnosis of the disease of a patient resulting in faulty treatment and delay in having cure for the patient. Therefore, for correct diagnosis and accurate treatment of a patient, a chromo therapist is required to know, as much as possible, about the general habits, temperament, and the reactions of the patient towards the various colours besides knowing the exact properties and characteristics of different frequencies of colourful

vibrations.

Deficiency of red vibrations causes lethargy, debilitation, and sleepiness and one can also suffer from constipation whereas the deficiency of blue vibrations makes a person jittery, short tempered and hasty. The symptoms that indicate the deficiency or excess of a colour must be very clearly understood and remembered by the colour therapist.

In order to have the best results, a chromo therapist provides the required colours to the patient in such a manner that the colours are supplied to their respective centers in the body only. Diseases related to brain, ears, nose and eyes etc., for instance, need blue vibrations for their treatment and if the rays of blue light are thrown upon the head, neck and face these vibrations will directly affect the center of blue colour. And, in case of gastric problems, the yellow vibrations are required to be cast upon the abdomen and stomach so that the yellow center of the body could be supplemented with the needed colour.

In the problems related to with heart, if the blood circulation is to be slowed down then the patient is supplied with the blue, indigo or violet colour and if the blood circulation is to be stimulated then the orange or red rays are to be provided. In complaints related to with the spinal cord, if the yellow rays are cast over the backbone and the violet over the right side of the head then the rate of recovery and cure becomes considerably fast.

In problems related with the blood circulation, if the blood pressure and the circulation is to be suppressed then the use of green vibrations have been

found very effective. And, in the cases of low blood pressure, massage of oil charged with the red rays on the extremities and oral administration of water charged in the red vibrations brings immediate relief. Similarly the pains in the limbs resulting from anemia and low circulation of blood invite red vibrations but in muscular pains whence the blood pressure is not low, the massage of oil prepared in the green vibrations effectively relieves the patients.

In cases of diseases resulting from hyper activation of glands and excess of bile, the green colour brings their functioning to normal and in the cases when the glands are not functioning properly and the functioning is to be boosted then the use of yellow and violet colours, alternatively helps in achieving the desired results.

Problems of the abdomen, stomach, intestines, indigestion etc., can be easily handled with Yellow Chromatized water and to stimulate the visceral organs one or two doses of red Chromatized water help in quick recovery. In rheumatic piles, orange chromatic water orally and placing pads over hemorrhoids after wetting them in blue Chromatized water brings immediate soothing.

In complaints related to with urinary tract, bladder and kidneys, the violet rays over the lower back along with green, orange or blue colours according to symptoms, produce effective results.

In problems related to with lungs and respiratory tract, the use of orange gives remarkable results. And if in the treatment the violet colour is also added then the cure is even more rapid.

In order to treat the weakness in the nervous system, the orange and violet are to be suggested, and to treat the over sensitivity of the nerves, the use of blue and green colours is to be recommended.

For treating the problems of uterus, ovaries, and womb and to improve their functioning, violet and yellow are the colours. And, to treat the sexual diseases like premature ejaculation and extra sensitivity, the blue, violet and green are the colours but for incomplete erection and lack of sexual desires the red is to be administered along with the violet. In order to increase the sperm count, for treating the cases of impotency the violet and the red are to be used.

Every one of six billion people living on earth is nothing but a conglomeration of colours. The atmosphere where man lives is also nothing but a kaleidoscopic phenomenon of colours.

For example the seven colours of rainbow, variant colours of the sun, colour of the moonlight, stars, flowers, water, oxygen, clouds, plants, trees and mountains. The colours of darkness, colourful shades of the sky, the earth, attractive colours of dresses that we wear, of curtains, furniture and fixtures, vibrant paints of the walls and the appetizing colours of our food and edibles like fruits and vegetables. The seasons: spring, autumn, winter and summer, our living, wearing and eating is all colours and only colours.

Every man, whether he is illiterate or literate,

scholar or no-scholar, a peasant or a poet, a writer or a doctor, artist or a scientist, man or woman, child or adult, live in the world of colours and when colours leave him, he passes away.

The system of health and disease is also based upon colours. Entire system of the earth is a system of colours. When nothing is colourless then it becomes necessary all the same to find out the deficiency or excess of which colours result in illness and that how can by balancing them we can maintain our health. When we talk about the therapeutic system practiced by uncivilized people, we do note the change in methodology and ways of application but the basic principles remain the same.

### Example:

#### Treating by Vibration:

When a medicine is administered upon a patient, it certainly contains one or more colours in it.

1. When the medicine goes into the stomach, it leaves an effect like vibration.
2. When the medicine is injected into body it causes a sensation like vibration.
3. When a surgeon operates, that too causes vibration in the entire body system.
4. When anesthetist administers chloroform, it means that under the effect of anesthesia the conscious is suspended forcefully.

Human body is nothing but a void within void.

The void can be seen in the form of holes of the eyes, ears, nostrils, mouth, throat and excretory system. Pores of the skin and the tunnel like passage of digestive system are also empty spaces. In absence of these holes the sweating couldn't take place nor could the air find its way in or out. When the function of these holes disturbs, that place swells and the body bulges. A sort of electric current made of colours and light, keeps on circulating the body and keeps the physical system in order.

If the flow of this current stops, the spongy system of the holes unbalances, and swelling of the related parts results. Electrical impulses, during their circulation in the body, whirling in rounds, reach the joints. Due to whirling effect of the electric current the parts of joints remain apart and lubricating oil like substances are produced to keep the joints in proper working condition. If the flow of the electrical impulse loses its balance, the joints swell and become stiff.

### Dense and Subtle Bodies

Man is not merely the material body of flesh and bones. There is a subtle body enveloping this physical body of matter. We have two dense and subtle bodies. The subtle body controls all the movements and actions of the physical body.

For developing the capabilities of therapists; experts have determined different points of this subtle body, which can be seen only by those who have aroused their power of witnessing this subtle body of

lights. These lights are no different than the rainbow colours.

When a therapist having this faculty looks at the patients he comes to know that which of the colours is in excess or is deficient in the patient. He also knows that whether the cause of disease is unbalancing of feelings and emotions or it is because of external effects like germs etc.

Complicated concepts, negative feelings, impious thoughts and destructive acts and deeds produce spots in the subtle body of lights, which later on are displayed upon the physical body as wounds and boils that provide a sanctuary to germs and foreign bodies.

## Method of determining the excess or deficiency of colours

For proper diagnosis and treatment, understanding of physical and emotional conditions of the patient is very important so that it could be determined that which colour has exceeded and which one is lacking in the body and which colour could be used to get rid of the ailment. Patient's habits, temperament and the ways of reacting to situation must also be taken into consideration before advising a treatment.

Deficiency of Red causes a patient to become lethargic and sleepy, he may also complain of constipation. Whereas in case of deficiency of blue, patient becomes anxious and expresses anger and acts impatiently.

One of the methods to determine the needed colour in the body is to study the colour of eyeballs.

nails and the skin of the patient. For instance if a patient requires red colour, his eyeballs and nails would have bluish tinge, his skin would appear to be off colour and have dark shade under the eyes, whereas, deficiency of the blue would be indicated from redness in the eyes, nails and the skin.

If the red exceeds suddenly and excessively as it happens in case of dog bites, use of blue colour is to be repeated in quick successions.

Sometimes a particular colour seems to exceed in a particular organ or at a single point in the body e.g. boils rashes, soar eyes, headache and paralysis etc. but actually this colour dominates the entire body system and the natural immune system draws our attention towards its excess by exhibiting its symptoms on one or two parts of the body. In such a case therapist is required to also keep this thing into his consideration.

Sometime the colour of the eyes might be indicating the opposite of the requirement e.g. reddening of the eyes could also be because of the lack of the red colour in the body system but when the other two things are examined closely, exact situation can be easily determined.

People living in the hot temperature zone countries have black pupils whereas the white skinned people have blue or light coloured pupils, therefore examination of all these three at the same time helps in reaching a correct decision.

Sometimes the nails have vertical lines, which indicate production of phlegm excessively in the body

and blackening of nails means that the black bile is exceeding its limits.

To control the excess of a colour that colour is to be balanced using its moderating colour. How can we find a balancing colour and which colour balances which colour?

Answers to these questions are also given in the Holy Scriptures.

*And, We created everything in pairs of twos.*  
(Quran)

God's statement of God that everything has been created in pairs means that everything existing in this universe has been created with two sides e.g. day and night, man and women, delight and sorrow, light and darkness, hot and cold, spring and autumn, sleep and awakening, love and hatred, in short nothing falls out of this law of creation. Out of these two sides if one side is dominating the other remains dominated and at times the dominated side shifts its place with the dominating side and the dominating side becomes the dominated one. Colours are also the creation of God and these, too, follow this law.

Colour that we see with our eyes is the dominating side of that colour; its dominated side remains obscure from our eyes. It is the property of the dominated side that it balances the effects of the dominating side and like the dominating side balances the effects of the dominated side.

The method to see the dominated side of a colour

is to stare at a colour intently for a while and then shift your gaze upon a white or off-white surface. The dominated side would appear lingering on that surface for a moment or so.

Dominating and the dominated sides balance the effects of one another therefore they are also known as complimentary colours of one another.

## Method of treatment

Every part of the body has a specific colour e.g. blue is for treating the problems concerning the head, neck and face, orange is for diseases of the chest, yellow is for the problems of stomach and violet and purple is for the problems of the sex organs and sexual diseases. Therapists treat a disease according to their knowledge and expertise, using these colours and their combinations.

### Principle:

When the ratio of required colours in one or more centers of the colours imbalances, it gives rise to various problems and when the colours balance, diseases are easily cured. In order to overcome the deficiency or to normalize excess of a colour, sunlight or the artificial lights are used.

## Method of treatment:

Treatment using colours is so simple that even a man of common understanding can make good use of this therapeutic system. It takes less time at an affordable cost, almost none to get well.

The following methods can be used for treating diseases under this therapeutic system.

Exposing body intermittently in the sunlight for brief intervals. Spectrum of the sunlight contains all the colours in it, and exposure of the body before the sunlight provides it a chance to absorb the colour required by it. Colours of the light are the actual remedy for the diseases; heat of the sunlight is extra thing, which the body receives.

a) Have a glass bottle of the required colour. After cleansing it with hot water, fill it with distilled water or with water that has been sterilized by boiling. Let one fourth of the bottle remain empty. If the bottle of the required colour is not available, take an ordinary transparent glass bottle and enwrap it in a cellophane paper of required colour in such a manner the bottle is covered from all sides using transparent adhesive tape.

b) Place this bottle in the sunlight, keeping it on a wooden surface for four to six hours. The best time to treat water with coloured rays is from 10 am till 4 pm.

c) Accumulation of droplets in the empty surface of the bottle is an indication that the water has

been charged enough. Keep the bottle properly secured with cork or stopper. If bottle of many colours are to be charged, do not place the close to another so that no bottle be over shadowed with a bottle of a different colour.

d) Dosage: For adults: 2-ounce Chromatized Water for children: 1-ounce. For babies: 1-table spoon and for infants one tea spoon

### Caution:

Use only plastic cups or spoons for administering charged/Chromatized Water.

In the rainy season electric light bulb can be used instead of natural light. Another arrangement for charging the tablets of sugar of milk in the bottle of required colour before the rainy season is for six hours daily for one month and during summer time, fifteen to twenty days charging or Chromatization would be sufficient.

Using glasses of various colours in front of a projector can also provide us with rays of the required colour. Even in this way the medicines can also be prepared.

Get windowpanes painted with the required transparent colour or use coloured panes of required colour on the windows from where the sunlight could come into the room and the patient could sit or lie in that light, in such a manner that light pouring into the room should fall on the affected part of the body for duration deemed necessary.

A wooden or hardboard box, installed with a reflector and a bulb of 100 watts, having a window of appropriate size, can be used to get the rays of required colour. The window of the box is to be covered with coloured glass or a cellophane sheet of the colour needed. When the bulb would be switched on the light coming out of the box can be directed towards the affected part of body from a distance of about 2 feet.

In treatment of the diseases under this therapeutic system, Chromatized oil has also proved very effective. The method of preparing Chromatized oil is to charge the flax or linseed oil under the sunrays for forty days, in glass bottles of required colours or 200 hrs under the artificial light. For massaging the affected part of the body this oil is used but for using on the head or as hair oil the sesame seed oil charged with sunrays using the glass bottles of sky blue colour is recommended. This oil is very effective to nullify the effects of heat in the blood, hearing of voices and sparks or black spots seen flying before the eyes.

Glass ampoules of distilled water can be charged and Chromatized in a jar of required colour for 200 hours under the sunlight or electric lights.

Scar eyes, conjunctivitis and post operation pains of eyes can be helped to cure using the spectacles with sky blue glasses, in the day time with intervals of fifteen to twenty minutes after every two to three hours.

For treating the burns, cuts and inflammatory wounds petroleum jelly Chromatized in blue glass jars for two

hundred hours under the sun gives remarkable affects. It cures the wounds and burns so effectively that even the scars are not seen later on when the wounds are healed, provided that the this treatment could be started immediately after receiving the cuts or burning and should be used till the scars are there. In most of the cases just one to two week's treatment heals the wounds perfectly.



## Diseases of Digestive System, Liver and Pancreas

### Peptic ulcers

#### **Causes:**

Acidity or excessive mucus, use of coffee, tea, alcohol, chilies and spicy foods causes ulceration in two inner layers of the stomach.

#### **Symptoms:**

Pains in the upper belly, which increases after having meals and recurs in intervals, are the symptoms of this disease. Besides pains, loss of appetite, gas, heart burning and nausea can also be there. Ulcers can also be in the first part of the small intestine. Pain of this ulcer temporarily relieved upon

taking milk and biscuits etc.

**Treatment:**

Green Chromatized water three to five times a day

Yellow water before meals

**Flatulence, Gurgling, Bloating**

**Causes:**

Excessive use of fats, heavy meals, using foods that have yeast, taking water after meals, excessive sitting, sleeping after meals, avoiding walk after dinner etc.

**Symptoms:**

Belly swells, excess of saliva, pain in the abdomen, gas and flatulence

**Treatment:**

Yellow Chromatized water, after meals.

Orange Chromatized water, morning and evening

Green Chromatized water, before meals

**Worm infestation**

**Causes**

Use of unclean water, infested or rotten vegetables and fruits, eating clay etc

**Symptoms:**

Pain in the abdomen, grinding of teeth while asleep, drying of lips, excretion of saliva from the

mouth, aversion of oily or fatty foods, excretion of worm in the bowels, pale face, itching in the anus, foul breath, headache, etc. Infants having this disease pluck on their noses.

**Treatment:**

Blue Chromatized water, morning and evening

Yellow Chromatized water, after meals.

**Gastro-Enteritis**

**Causes**

Amoeba, bacteria, viruses, toxic materials or foods from which one is allergic, use of rotten or refrigerated for long time food causes this disease.

**Symptoms:**

Loose motions, pain in the abdominal region, weakness, nausea, vomiting. Cholera and dysentery are two famous types of this disease.

**Dysentery:**

Intestinal nerves get affected in this disease. It could be severe or less intense

Less intense Dysentery: loose motions, mucus in the bowels, fatigue, gas, abdominal pain, loss of weight etc.

Severe Dysentery: Besides above the bowels have blood and excessive mucus, sometimes the fever accompanies the symptoms and reaches 104° F. severe pains in the abdomen and at the time of passing bowels

## Cholera:

Germ named Vibrio Cholera cause it. This is infectious disease.

Patient passes loose motion with thick white fluid; it does not have the typical odor of bowels. mucus and blood are also not there. the patient suffers from dehydration. skin and tongue gets dry, have palpitation with slow pulse rate.

Normally the loose motions stop automatically in two to seven days but in this time the dehydration can prove fatal for the patient. Therefore, in cholera, the most important treatment is to provide water and salts to the patient.

### **Treatment:**

Yellow Chromatized water, three to five times a day, and in case of severity of the illness after every two hours.

Green Chromatized water, at noon and night

Massage of Yellow ointment around naval point on the abdomen.

In Cholera: in the beginning Yellow Chromatized water, three to five times a day, and in case of severity of the illness after every two hours and towards the end Orange Chromatized water every hour.

## Constipation

### **Causes**

Heavy and indigestible foods, excessive brainwork causes the weakness of the nerves and the intestines power to move bowels grow weak. lethargy, general physical weakness and long sitting hours.

### **Symptoms:**

Takes longer to pass bowels, excretions are blackish and dry, longer stay of waste materials in the intestines causes flatulence and gas, one feel passive and dejected, headache, pulse rate increases, yawns and stretches frequently, feel pain in the legs, heaviness of head.

### **Treatment:**

Yellow Chromatized water, after meals

Orange Chromatized water, twice a day

## Irritable Bowel Syndrome

### **Causes:**

This disease is common in people who are status conscious, remain under stress and strain, feel insecure, unnecessarily thinks a lot about useless things and remain worried about socio-economic situation. Dubiety and uncertainty are also one of its causes.

### **Symptoms:**

Feels shifting pains in the abdominal region, at times he passes loose motions and at times suffers from constipation, at in case of constipation passes feces like goat, gas does not discharges, abdomen swells, palpitation is also there.

### **Treatment:**

Blue Chromatized water, twice a day

Yellow Chromatized water, after meals

Orange Chromatized water, twice a day

### **Indigestion**

#### **Causes**

Problem related to with the alimentary canal, antibiotic drugs, aspirin; and psychological disorders can be cause of this problem.

#### **Symptoms:**

Pain in the upper portion of the abdomen, heart burning, nausea, vomiting, loss of appetite, swelling of belly, gas in the abdomen etc

#### **Treatment:**

1. Light Green Chromatized water, twice a day.

2. Yellow Chromatized water, after meals.

### **Hiccups**

#### **Causes**

Excess of oxygen in the body system, gas and excessive use of fatty and heavy meals

#### **Treatment:**

1. Blue Chromatized water, twice a day.

2. Yellow Chromatized water, after meals.

### **Crones Disease**

#### **Causes:**

Mental tension, nervousness, future phobia, inferiority or superiority complexes, lack of contentment, increased sense of insecurity etc.

#### **Symptoms:**

Ulceration in the small intestine, pain in the lower portion of the abdomen, symptoms like appendicitis, if persists for longer duration it can give rise to complications of intestines. Loss of weight, wound like red spots on the skin, reddening of eyes and burning sensation in the eyes.

### **Ulcerative Colitis**

#### **Treatment:**

Blue Chromatized water, twice a day

Yellow Chromatized water, after meals

Light green Chromatized water before meals.

Note: If the x-ray and ultra-sound report indicates blockade in the large intestine or the abdominal surface swells at one or many places, then a surgeon is to be immediately consulted.

**Causes:**

Same as Crohn's disease

**Symptoms:**

Loose motions with blood in them, feels pain when the thighs are pressed, stiffness of calves, and ulceration in the large intestine.

**Hemorrhoids (Bleeding)**

**Causes:**

Long hours of sitting, protracted constipation, excessive consumption of meat, hot and spicy foods can cause bleeding or non-bleeding hemorrhoids

**Symptoms:**

The net of veins in the anus after weakening enlarges and hangs out of anus. These are called hemorrhoids, which are very painful. The heat of blood and dryness ruptures them and bleeding starts. At the time of passing bowels, pressure causes pains and bleeding and the anus becomes infectious. Bleeding can be in the form of dripping of blood or is mixed with the feces. Excessive bleeding can result into unconsciousness of the patient. At times, hemorrhoids do not get out of the anus; in that case application of any medicine is even more painful. When the hemorrhoids are out, application of

medicines is easy.

**Treatment:**

1. Blue Chromatized water, twice a day.
2. Yellow Chromatized water, after meals.
3. Throw Sky Blue light upon the hemorrhoids, for fifteen minutes, using a 100 blue bulb, from a distance of 3-4 feet. Apply bandage soaked in Blue Chromatized water repeatedly.

**Hemorrhoids (Non-Bleeding)**

**Causes**

Same as Hemorrhoids (Bleeding)

**Symptoms:**

Patient feels something coming out of anus but it does not bleed; gas fills the belly, constipation and pains in the thighs and backaches, loss of appetite, the joints give out crackling sounds when sitting or getting up, itching can also be there.

**Treatment:**

1. Green Chromatized water, twice a day.
2. Orange Chromatized water, after meals.
3. Apply bandages soaked in Blue Chromatized water in case of pains.

## Fistula ANO

### **Causes**

An un-natural passage forms between Rectum and the skin around anus. Infection of intestines, TB, excessive consumption of meat, sweats, hot and spicy food and old dysentery could be the causes of this disease.

### **Symptoms:**

Feces secrete from around the anus and it itches. The inner opening can be felt by inserting finger in the anus.

### **Treatment:**

1. Green Chromatized water, twice a day.
2. Yellow Chromatized water, after meals.
3. Apply Blue light for fifteen minutes twice or thrice a day.

## Jaundice

### **Causes**

It is not a disease but an indication of the affected liver. It is caused because of the increase of Bilirubine, which the liver produces and is excreted through bile.

### **Symptoms:**

Eyes and skin grow yellowish, loss of appetite, nausea and vomiting and indigestion. If the bilirubine enters the brain area in the infants, it could

cause retardation and hampering of brain growth.

### **Treatment:**

White Chromatized water, twice a day.

Sky Blue Chromatized water, twice a day,

Green Chromatized water, twice a day,

Blue light on the skull for fifteen once a day and on the abdomen over the liver, for fifteen minutes twice a day

Thirty days complete bed rest.

## Hepatitis

### **Causes:**

Viruses, Bacteria, toxic chemicals, alcoholism, diseases of catabolism etc

### **Symptoms:**

Infections resulting from Hepatitis Virus affect the patients in stages of Acute and Chronic.

### Acute Stage:

Loss of appetite, nausea, vomiting, fatigue, flu like symptoms, fever, enlargement of liver, pain in the liver and Jaundice. In case of jaundice, all symptoms increase. Cure from the disease, if properly treated, may take 9 to 16 week's time.

### Chronic Stage:

If the Liver remains affected from jaundice for over six months, the liver enlarges, pains on the right side of the abdomen.

#### **Treatment:**

Light Green Chromatized water, twice a day

Yellow Chromatized water, half hour before meals

White Chromatized water after meals

Blue light on the right side of the abdomen for fifteen minutes, twice a day

Massage over the liver with Yellow Chromatized Linseed Oil or with Yellow Ointment.

### Cirrhosis

Because of different diseases of liver tissues are formed in the liver and become small nodules, liver hardens and shrinks. Liver starts malfunctioning.

#### **Causes:**

Alcoholism, Hepatitis, injury of liver, shrinking of bile ducts and side-effects of certain medicines

#### **Symptoms:**

Initially the liver enlarges and then shrinks and hardens. Jaundice, red spots on the skin, hair loss, tissues and In women the mammary glands and in men testis dry up and shrink, swelling of body parts and a typical smell in the breath, enlargement of

spleen, bruises on the skin and accumulation of fluids in peritoneal cavities. Menstrual cycle becomes irregular and comes to an end.

When it becomes chronic it causes bloody vomiting, enlargement of spleen. Normally fever is not there but if the fever is also there it could be because of some other infection.

This disease protracts for long. This, according to the medical science, is not curable at all. Only 50% people suffering from this disease live up to two years.

#### **Treatment:**

Sky Blue Chromatized water twice a day

Green Chromatized water twice a day after meals

Yellow Chromatized water twice a day before meals

Orange Chromatized water one hour before dinner

Sky Blue light over the liver on abdomen.

Massage Violet Chromatized oil, upon the hip joint and the end of backbone, anticlockwise for five minutes with the tips of the fingers.

### Ascites

#### **Causes & Symptoms:**

Fluids accumulate in the peritoneal cavities due to kidneys, and liver disorders and heart diseases. Belly swells and the fluids accumulate up to a liter in the body cavities.

### **Treatment:**

Besides surgical treatment the following can be administered

White Chromatized water twice a day

Yellow Chromatized water after meals

Yellow lights for 30 minutes during daytime and white light for 30 minutes at night

The patient is made to lie in the open in such a manner that the sunlight should fall upon his back for 15 to 45 minutes... according to the season, i.e. in summer it should be less and in winter it be more.

## **Diabetes**

### **Causes:**

Before dealing with diabetes, we must know the role of the pancreas in controlling the sugar level in the blood. There are two types of cells in the pancreas.

Alpha Cells, which produce glucagon hormones

Beta Cells; they produce insulin.

The alpha and beta cells monitor the Sugar level in the blood and when it increases 80mg/dl level the beta cells start secreting insulin and the excess sugar starts absorbing in the muscles and fat stores and when the sugar level drops the alpha cells excrete

glucagons, which cause the sugar stores in liver to release the sugar in the blood, thus the deficiency of sugar is controlled.

Diabetes is of two types:

In one of the type, the insulin is not produced and in the other type the insulin action becomes ineffective for one or the other reason.

### **Symptoms:**

Excessive urination at night, at times teasing appetite and at times inclination towards food is reduced, feels more thirsty, weight loss, feels fatigued even after little working, eyesight impairs.

A patient with over 140mg/dl sugar level in the blood, tested before the breakfast in the morning for 2-3 days is said to be having diabetes. Complications of this disease can be controlled using insulin. Excess of sugar or acidity can result in coma. If this disease persists over five years, various body parts and organs start degenerating.

Diabetes is one of the major causes of blindness. The diabetes impairs the retina. The kidneys impair when the diabetes prolongs, albumin is excreted in the urine and finally they fail altogether. The process of accumulation of fats in the veins and arteries known as atherosclerosis, accelerates resulting the reduction of diameter of the arteries and veins thus increases the chances of angina and heart attack.

Nerves degenerate, feeling power and



sensation in the limbs lessens to such an extent that during walking if the shoe gets off, the patient hardly feels any difference. He feels burning in his feet, which become red and feel needle-pricking effects. But, ant bites are not felt and the patient remains insensitive to the resulting wounds. It is therefore necessary that the patient of diabetes should take care of his feet and keep them clean.

**Treatment:**

Violet Chromatized water twice a day

Yellow Chromatized water after meals

Blue Chromatized water before meals

Massage the upper vertebrae with Yellow Chromatized oil for five minutes with the tips of the fingers.

Cast light of violet and yellow colours, for ten minutes each, with interval of five minutes in between.

**Hematemesis****Causes:**

Peptic ulcer, duodenal ulcer, liver problem

**Symptoms:**

Vomiting blood

**Treatment:**

Besides taking treatment of medical physician, treat the patient by:

Green Chromatized water before meals

Orange Chromatized Water twice a day

Throw red light in the mouth.

## Diseases of Respiratory System

### Flu and colds

#### **Causes:**

When mucus flows towards nose, it is flu and when it falls towards throat and Chest, it is known as colds. These become common in the winter but are not uncommon in the summer or spring seasons. Weakness of the brain is basic cause of this disease. excessive brainwork or allergy also causes them.

Excessive exposure in the sun, hot and spicy foods result in production of bile in the body, which after combining with phlegm causes flu or colds. Bathing with cold water, going out in the cold without using any headgear; using cold things and accumulation of mucus in the head also result in these

diseases.

### **Symptoms:**

Initially one feels low, nose is blocked; headache and sneezing followed by running nose. If it is because of cold, the mucus is not thick and the face felt hot but if it is due to heat the mucus is thick and salty, nose is blocked, nostrils, eyes and face becomes red, feels thirsty again and again, head and ears become hot, patient wants to rest.

### **Treatment:**

Put blue light upon the head for fifteen minutes twice or thrice a day.

Blue Chromatized water, twice a day

Yellow Chromatized water before meals

Massage Yellow Chromatized oil on the abdomen and apply it on the nose and nostrils.

Keep mouth and nose covered with thin cotton cloth. Complete rest for 72 hours and taking hot water is the treatment of this disease.

## **Cough**

### **Causes:**

Infection of throat or larynx due to virus or bacteria, or allergy

### **Symptoms:**

Children, old and phlegmatic people suffering from colds have this disease commonly. It is more in

the night at bedtime and early in the morning after getting up. Initially the phlegm is white, then greenish and lastly it turns yellowish. Sometimes it is sticky and pale. If it is not treated properly it can protract considerably. If it is because of heat and dryness, phlegm is not there, throat is dry and the chest itches.

Carelessness in treating this disease can result in wounds in the lungs.

### **Treatment:**

#### **For Dry Cough:**

Blue Chromatized Water, twice a day

Massage the ribcage with Orange Chromatized oil, twice a Day

#### **For Cough with Phlegm:**

1. Blue Chromatized Water, twice a day
2. Orange Chromatized Water, after meals
3. Massage back ribcage with Orange Chromatized oil.

#### **For Chronic Cough**

1. Blue Chromatized water, twice a day
2. Orange Chromatized water, after meals
3. Apply Blue Chromatized oil on the chest and Orange Chromatized oil on the back ribcage.

## Asthma:

### **Causes:**

This disease is caused due to the congestion of the air passages of lungs and can be because of allergy form certain things like dust or pollen particles, cotton or animal hair, antibiotic medicines and use of expired medicines.

### **Symptoms:**

Breathing is difficult, is in fits and spasms, face reddens from coughing, excretion of phlegm soothes pain

### **Treatment:**

1. Orange Chromatized Water, 3 to 5 times a day
2. During the fit, Orange Chromatized Water, 5 ml, after every 5 to 10 minutes according to the intensity of the fit.
3. Apply Orange Chromatized oil on the chest and Blue on the back ribcage, twice a day and massage it in circular movements with Fingertips only.

## Pneumonia

### **Causes:**

Infection of lungs is commonly known as Pneumonia, which is caused from viruses, bacteria and funguses.

### **Symptoms:**

Fever with shivering and coldness and is continuous, pain in the chest, coughing with phlegm, increased rate of breathing, X-ray shows white spot in the lungs.

### **Treatment:**

1. Blue Chromatized Water, twice a day
2. Apply Blue Chromatized oil, on the ribcage and massage it in circles, with fingertips, once a day and Green Chromatized Oil upon the ribs, once a day.

## Tuberculosis

This disease can be in any part of the body but most commonly it is in the lungs and intestines and it is not treated properly it can spread in the whole body.

### **Causes:**

Bacteria named Mycobacterium Tuberculosis causes this disease. Usually the low-income people, mentally and physically weak and old people are more prone to this disease. People having inadequate diet, unhygienic atmosphere and unhealthy living conditions for long durations fall prey to this disease.

### **Symptoms:**

Loss of weight, loss of appetite, sweating in the evening, slight fever, coughing with phlegm, which has traces of blood, in chronic cases of TB the whites

of eyeballs of the patients have a bluish tinge.

**Treatment:**

1. Red Chromatized Water, twice a day
2. Blue Chromatized Water, before meals
3. Orange Chromatized Water, after meals
4. Apply orange light on the ribcage for 30 45 minutes twice a day.
5. Apply Orange Chromatized oil on the chest and the Blue Chromatized oil on the back of ribcage, twice a day.

## Diseases of Circulatory System and Heart

### Palpitation

**Causes:**

Weakness of heart and general physical health, high or low blood pressure, shocks, use of high potency medicines, anger and bad atmosphere at home, mostly those women suffer from this disease who remain worried and tense due to the bad temperament of their husbands

**Symptoms:**

Rate of heart beat increases, pulsation is felt in the chest, sinking of heart is felt, darkness before the eyes, sometimes the patient faints, urine is reddish and feces are dry, patient has permanent constipation

**Treatment:**

1. Orange Chromatized water, twice a day
2. Yellow Chromatized water, before meals
3. Blue Chromatized water, after meals
4. Apply Yellow ointment or Yellow Chromatized oil, once before going to bed and once early in the morning at empty stomach.

**Angina****Causes:**

See the Heart attack.

**Symptoms:**

Due to lack of blood supply in the heart those chemicals deposit in the heart, which are excreted through blood, one suffers from pain in the chest, towards the left side or in the center. It subsides in 30 seconds to a few minutes, upon resting. Congestion of breath, nausea, cold sweats or vomiting causes weakness.

**Treatment:**

In case of this pain a Heart Specialist is be consulted. Along with his prescribed treatment the following will help in getting cured permanently

1. Blue Chromatized water, twice a day
2. Yellow Chromatized water, before meals
3. Violet Chromatized water, after breakfast

4. Orange Chromatized water, after meals
5. Walking at a slow pace for 40 minutes in the morning and in the evening is good for the patients of angina. Use only boiled food and avoid oily or fatty foods.

**Heart Attack****Causes:**

Since the heart has to work perpetually, its muscles need continuous supply of blood, which is provided to them through coronary arteries. If for any reason, the coronary arteries become congested or is blocked, reduction of blood supply results in angina or heart attack. The basic reason of constriction of veins and arteries has not yet been determined but the following are considered the main causes.

Old age, high blood pressure, cholesterol, smoking, diabetes, obesity, luxurious life style, grief, anxiety, anger and addiction of drugs etc

**Symptoms:**

Muscles of the heart are very sensitive, if the blood supply to these muscles is stopped for 30 minutes to 2 hours; the heart dies. The patient of heart attack suffers from great pains in the left side of the chest, which increases with movement and reduces with rest but does not subside completely. Cold sweating, feeling weakness and difficulty in breathing accompanied with nausea and vomiting are also few of the symptoms. For exact diagnosis the

medical science is using ECG.

#### **Treatment:**

1. Patient of the heart attack is to be hospitalized under the care of heart specialist. To cure the weakness Red Chromatized water, 2 ounces, is to be given after breakfast.
2. Turquoise-coloured Chromatized water, twice a day.
3. Yellow Chromatized water, before meals
4. Orange Chromatized water after meals
5. Follow the advice of the heart specialist.

#### **Anaemia**

Although Anaemia literally means 'lack of blood', it actually is a state of blood when the RBCs degenerate. Pathologically, it is the quantity of Hemoglobin, which normally ranges 13 to 18gms/dl for males and 11.5 to 16.5gms/dl for females, less than the minimum quantities, is known as Anaemia.

#### **Causes:**

Degeneration of the production of the Red Blood Corpuscles like deficiency of iron, vitamin B, thalassaemia, fault in bone marrow functioning, reaction and side affects of certain antibiotic medicines and quinine and the medicines used for cancer treatment etc.

#### **Symptoms:**

Patients of this disease normally complain about fatigue, drowsiness, darkness before the eyes, and in some cases rupturing of lips and the bone reaching pains whereas in some cases till the pathological tests, they do not feel anything wrong.

#### **Treatment:**

1. Red Chromatized water, twice a day
2. Orange Chromatized water after meals
3. Pink Chromatized water once in the afternoon and once 2.30 hours before having dinner.
4. Use of red light over backbone, for 15-30 minutes.

#### **Low Blood Pressure**

#### **Causes:**

Some people naturally have low blood pressure: it is not a disease. As a disorder, loss of blood, heart problem, affect of germs, nerve strain, grief, loose motions and voting can also cause low blood pressure.

#### **Symptoms:**

If the BP is 5 to 10 degrees than the normal level, one feels giddy and if fall further one enters a state of shock and feels drowsy. In such a case he is to be taken to the hospital immediately.

### **Treatment:**

1. Besides attending to the actual cause of the Low BP, give the patient Red Chromatized water, twice a day
2. Patient is to be lied down under the Red lights, for 15 to 30 minutes.

## **High Blood Pressure**

Heart, kidneys, arteries, veins, volume of blood in the body and the nervous system, has their role in maintaining the blood pressure to a normal level. When heart contracts to pump the blood into the body system it is called Systolic BP and when the heart expands to collect the blood from the body, its pressure is called Diastolic BP. Normal BP Level increases with aging.

In the age of 20 years its normal level is 80/140

In the age of 50 years its normal level is 95/160

And, in 75 its normal level is 105/170. If the BP is found to be more than the normal range, it must be checked repeated for one week and if is found exceeding the normal level continuously, then the patient is said to be having High Blood Pressure.

### **Causes:**

Sometimes anger, anxiety, strange atmosphere and restlessness may cause the BP rise. But, in such a state it is not considered a disease. The patients of High BP

usually complain about headache. In 5 to 10% cases it has one of the cause but mostly there is no ostensible reason. Generally the causes are:

1. Problems and diseases of kidneys.
2. Narrowness of aorta
3. Use of alcohols
4. Excessive use of drugs
5. Excess of hormones
6. Negative thinking, fears concerning the future, phobias and worries.

High Blood Pressure affects almost every part of the body system and it can cause the Brain Hemorrhage, rupturing of the eye veins, failure of the kidneys and extra pressure upon the heart.

### **Treatment:**

1. Green Chromatized water, twice a day
2. Turquoise Colour Chromatized water, twice a day
3. White Chromatized water, before meals
4. Patient is to lie under the green light for 15 to 30 minutes, twice a day.

## **Purpura**

### **Causes:**

This disease results when the number of platelets in the blood decreases the normal level



**Symptoms:**

- Accumulation of blood under the skin leaves blue bruises like spots.

**Treatment:**

1. Sky Blue Chromatized water, twice a day
2. Yellow Chromatized water, twice a day
3. Green Chromatized water, twice after the breakfast and before going to bed
4. Red light upon the back, for 15 to 30 minutes, dally.

## Sexual Diseases

### Spermatorrhoea

**Causes:**

Excessive indulgence of sexual intercourse, masturbation and sensitivity of the penis, use of alcohol, kidney stones, constipation, irritation of gallbladder, excessive consumption of meat etc are few of the causes

**Symptoms:**

If it is due to kidney stones, constipation, irritation of gallbladder, few drops of seminal fluid follow urination. Strong and potent diet can cause discharge of seminal fluid. Masturbation and excessive indulgence in sex activities renders a patient lethargic, lazy and feels pains in the body.

complains burning and irritation when urinates, passes urine excessively and repeatedly, back aches, nerves and muscles grow weak, physical weakness and debility, loses temperament easily, loss of memory, dullness, doesn't have good sleep, loss of appetite, sex desire initially surges and subsides, usually suffers from constipation, merely the thought of sexual intercourse causes the discharge.

**Treatment:**

1. Olive-coloured Chromatized water, twice a day
2. If constipation is there, Yellow Chromatized water, twice a day
3. Green Chromatized water, twice a day,
4. Massage Violet Chromatized oil upon the lower back, in circles
5. Massage of yellow Chromatized oil on and around the naval point, early in the morning before breakfast.

**Masturbation**

Resulting excessive discharges, mind and the body grow weak, repeated and burning urinations, veins of the penis swell, lethargy and laziness, feels depressed, doesn't feel like working, avoids company and wants to remain alone. Such person does not want to face people because of self pitting, grows pale, has

dark shade under the eyes, eyesight dims, and has headaches frequently.

**Treatment:**

1. Turquoise colour Chromatized water, twice a day; when gets better once a day at night.
2. Yellow Chromatized water before meals
3. In the morning, massage Blue Chromatized oil in circles at hip joint in the lower back.
4. Before going to bed, massage Violet Chromatized oil over the bladder
5. To treat the constipation and gas, massage abdomen with Yellow ointment.

**Impotency**

**Causes:**

Mostly it is psychological, lack of testosterone hormones, protracted ailments like shrinkage of liver, cancer in any part of the body, heart problem or diabetes. Sex stimulation almost comes to an end in the people who cautiously practice celibacy for a long time, they are not impotents, when the sex stimuli are reactivated they perform their sex obligations quite normally. Women also suffer from the deprivation of the sex desires and feel aversion from the sexual activities or they feel scared of this act.

NB: It is the duty of parents and teachers to provide the necessary information to the young generation and tell the boys and girls about the

hazards of too much involvement and aversions.

#### **Treatment:**

Besides treating the impotency, that disease should also be treated that is causing it. See Diabetes, Heart Diseases and Cancer etc.

1. Violet Chromatized water, twice a day, till curing and then just once at night.
2. Massage Violet Chromatized oil, twice a day, at the lower back.
3. Dark Blue Chromatized water, twice a day.
4. Red Chromatized water, after meals.
5. For the deficiency of hormones: massage Red Chromatized oil, twice a day, on the calves and in the groin.

### Premature Ejaculation

#### **Causes:**

Over-worrying, masturbation, sex literature, perverted thinking and due to dilution of the seminal fluid are the major causes of this problem. Besides treating the problem, such diet is recommended that could increase the viscosity of the semen.

Basically, success or failure in the sexual intercourse is directly related to with the mind. When mind remains occupied with negative thoughts, the nerves get affected and due to loss of moderation and balance, this problem finds its way in.

Peace of mind and heart boosts the will power and the sex becomes a natural activity.

#### **Symptoms:**

Immediate discharge at the time of sexual intercourse and at times, it discharges even before the erection is complete and this cause feeling of shame.

#### **Treatment:**

1. Olive colour Chromatized water, twice a day.
2. Sky Blue Chromatized water, after meals.
3. Massage violet oil in circles at lower back, initially twice and upon getting better just once a day.
4. Dark Blue Chromatized water, before meals
5. If excess of red is noticed, green Chromatized water, before meals.

### Nocturnal Emissions

#### **Causes:**

Perverved thoughts, constipation, indigestion, gluttony, infestation, heat in the liver and intestines, over-turned sleeping habit, celibacy and masturbation are few of the causes of this problem.

#### **Treatment:**

1. Green Chromatized water, twice a day.
2. Yellow Chromatized water, before meals.

3. Violet Chromatized water, after meals.
4. In case of chronic cases. Violet light at back bone for 20 to 30 minutes a day.
5. Massage Violet Chromatized oil, at the lower back circles.
6. In severity of the problem, massage green Chromatized oil over the calf of right leg, in circles, from knee towards the heel.

## Diseases of Kidneys and Bladder

### Bed Wetting &

### Urinary Incontinence

#### **Symptoms:**

Involuntary urination in the daytime, usually during sleep. Urinates many a times during the day and night. Such people tend to over sleep and dream that they are having a leak.

#### **Treatment:**

To treat the children

1. Orange Chromatized water, twice a day,
2. Red light over the bladder for 10 to 15 minutes a day,

To treat the elderly people

1. Sky Blue Chromatized water, 20 minutes before meals.
2. Violet Chromatized Oil, twice a day, at lower back.
3. Red Chromatized water, twice a day,
4. Red light over the bladder for 15 to 20 minutes.
5. Place black sesame seeds, in a purple bottle, after washing them clean with water and drying, for 200 hours in the sun or artificial light. For Adults two tablespoons and for children one tablespoon is the dosage.

## Gonorrhea

### **Causes:**

Unhealthy and unhygienic sexual intercourse, a type of germ named Gonococci, which transmit from one to another person during copulation; symptoms are produced in 2 to 14 days.

### **Symptoms:**

Painful urination and burning at the end of urinary tract, which is followed by puss, initially it is less and thin and turns thick and more, pains in the back and hips, urine could have blood in it. Proper treatment can cure it in two to three weeks. If the treatment is not proper or the patient is careless, the disease spreads in the entire urinary tract including

the kidneys and if it reaches the testis or ovaries, impotency is unavoidable.

Sometime it becomes chronic and remains dormant, hiding in the body. In such cases the symptoms are not severe but the puss excretes and leaves spot upon the clothes. Slight burning during urination is also felt. It can pass on to others even its dormant state. In treating this disease, caution is more important than the treatment.

### **Treatment:**

Besides taking the antibiotics upon the recommendation of a qualified doctor

1. Blue Chromatized water, twice a day,
2. Green Chromatized water before meals.
3. Yellow Chromatized water, after meals

## Pyelonephritis

Infection of the kidneys could be either because of the germs reaching the kidneys through blood or the infection germs of bladder reach the kidneys and the latter is more common. It is of two types severe and chronic

### Acute Infection:

#### **Symptoms:**

Sudden pain in back on one or both sides, that comes down in the front side, repetition of painful dripping urination, fever sometimes vomiting and

shivering, besides presence of white and red blood corpuscles and puss cells in the urine.

**Treatment:**

1. Turquoise colour Chromatized water, twice a day.
2. Green Chromatized water, before meals,
3. Yellow Chromatized water, after meals,
4. Green light over the kidneys, for 10 to 15 minutes, twice a day.
5. Massage Green Chromatized oil over the kidneys, for three minutes, with the upper portion of palms, keeping the pressure light, three times a day.

**Chronic Infection**

**Symptoms:**

Patient suffers from fatigue, high blood pressure or failure of kidneys: some patients pass urine frequently with pains, backaches and small amount of albumen and blood is also present in their urine.

**Treatment:**

1. Orange light over the kidneys for 15 to 30 minutes.
2. Orange Chromatized water, twice a day,

3. Green Chromatized water, twice a day, before meals
4. For swellings; Olive colour Chromatized water, twice a day,

**Renal Colic**

**Causes:**

Unclean, unhygienic drinking water, stones in kidneys and gas producing fermented foods and infections of kidneys are main causes of this disease.

**Symptoms:**

Severe pain in the back where the kidneys are, wants to urinate but cannot or if it leaks it drips, if it due to kidney stone, it contains blood, hands and feet grow cold, darkness before the eyes, nausea and vomiting. In case of gastric pains the pain shifts places.

**Treatment:**

1. Orange Chromatized water, twice a day,
2. For kidney stones: Violet light over the kidneys, for 15 minute in the morning and, Orange light in the evening for 20 minutes.
3. Violet Chromatized water, twice a day,
4. Green Chromatized water, twice a day, before meals,
5. Green Chromatized oil, massage twice a day, over the kidneys in circles.

6. Massage abdomen with Yellow Chromatized oil, once a day.

## Cystitis & Urinary tract Infections

### **Causes:**

Bacteria causes the infection of kidneys, urethra and bladder, which is more common.

### **Symptoms:**

Repeated urination, painful urination, pains in the lower abdomen, urine contains blood and bacteria.

### **Treatment:**

1. Dark Blue Chromatized water, twice a day, before meals.
2. Green Chromatized water, twice a day.
3. Blue light upon the bladder, for 5 to 15 minutes, twice a day.

## Haematuria

### **Causes:**

Blood in urine could be due to Glomerulus's Nephritis, a disease in which the body immune system activates against the body part, cancer of bladder, stone in kidney or bladder, injury etc.

### **Symptoms:**

Urine contains blood, sometimes it comes before the passing of urine and at times it comes after passing the urine and sometime, instead of urine, just

blood is passed. Weak people feel cold and suffer from shivering, which is followed by a blood mixed urine, after few hour clear urination starts. When the blood oozes from bladder, it is blackish and contains blood clots, when it comes from the kidneys, it red and there is pain in the kidneys.

### **Treatment:**

1. Green Chromatized water, twice a day
2. Blue water before meals.  
For treatment of kidney or bladder stones or cancer see the related topics

## Diseases of Nervous System

### Bilious Headache

#### **Causes:**

Indigestion, liver problems, excess of bile due to eating sweets and heat giving foods, which rise towards head and causes ache.

#### **Symptoms:**

It is one of the most sever headaches, mouth tastes bitter, tongue is dry and feels thirsty, nausea and vomiting, after vomiting, headache seems to be relieved, this is mostly when the stomach is empty, urine is hot and yellow at sometime burns.

#### **Treatment:**

1. Yellow Chromatized water, twice a



day

2. Blue Chromatized water, twice a day
3. Green Chromatized water, after meals
4. Violet Chromatized water, twice a day

## Migraine

### **Causes:**

Usually it is hereditary, for reasons not determined so far the arteries of brain dilate, which causes agitation in the adjoining nerves and it pains.

### **Symptoms:**

Pulsating pain in half or the entire head, it is in the form of fits, light dazzles eyes, nausea and vomiting accompanies the headache, sometime patients complaining about seeing bright dots in front of the eyes, which disappear when the headache starts.

### **Treatment:**

1. Sky Blue Chromatized water, before meals.
2. Massage the forehead with Sky Blue Chromatized oil.
3. Blue Light upon the head for five minutes and green light for three minutes. In case of fit of headache repeat the process.
4. Get a 9" x 12" glass sheet painted with green colour and make the patient to see it for fifteen

minutes twice a day.

## Vertigo:

Patient suffers from blackout upon standing or moving and things in the surroundings appear to be moving, feel difficulty in standing and seek support.

### **Causes:**

Physical debility, mental weakness, nervousness, tension, stress and strain, injury, drug addiction, constipation, ear problems etc. are the few of the causes.

### **Symptoms:**

Dizziness upon standing, patient fall due to blackouts, after vomiting the dizziness subsides.

### **Treatment:**

1. Violet Chromatized water, twice a day
2. Yellow Chromatized water, before meals.
3. Blue Chromatized water, after meals.

## Dysphasia

### **Causes & Symptoms:**

Ability of understanding the heard and read things but due to lack of coordination of speech organs and vocal cords the patient cannot utter the words properly, stammers, mixing of words, speaks uncomfortably, etc.

### **Treatment:**

1. Violet Chromatized water, twice a day
2. Blue Chromatized water, Before meals,
3. Violet light upon the head.
4. Make the patient to drink milk prepared in Violet light for two to four hours.

## **Epilepsy**

### **Causes:**

An electric current flows in the nerve cells, which produced by unknown stimuli and the current produced in one cell activates the other cells too. Every action in the human brain depends upon the current. If a person is moving his hand, it is due to the stimulation of muscles because of the current received from the brain cells; neurons. Brain has a particular area for each and every activity. If we touch the skin, the sensation is carried to the brain through this current via spinal cord and stimulates the particular portion and we sense the touch.

Epilepsy is such a disease in which an abnormally strong stimulus produces, resulting extraordinary senses of seeing, smelling and touch. The patient can involuntarily get out of clothes and suffers from convulsions.

It is of two types: Partial and general.

### **Symptoms:**

#### **Partial Epilepsy:**

Muscles of face or hand convulse, this convulsion can be only for few seconds or may last for hours. sometimes the eyes turn aside, some see colours and spots floating before their eyes.

Some experience déjà vu and for some even the seen places appear new and strange; this upsets the patient and behaves strangely, for instance running around and doesn't remembers a thing after the fit is over. This fit lasts for two to three minutes

#### **General Epilepsy:**

Before the fit, the patient is greatly agitated and upset. Wrists twist and become stiff, legs stretch, screams and blackouts, falls to the ground and eyes widens. This state lasts for 10 to 30 seconds. Face and hands twitch and convulse patient bits upon his tongue, urine or feces excrete. This lasts for one to five minutes. Patient becomes unconscious, after the fit is over, his jaws, hands and feet ache. Upon gaining consciousness, he suffers from pain in the muscles, headache and depression. This state may be for few minutes or may last for hours.

When the electric charge flows in the brain cells and takes the form a current, it collides with other currents of the body; this collision gives rise to many colours. These colours may be named as whims or thoughts. All the states that we experience in our mind are the variation of these very colours. When

this variation exceeds its limits, it flows out. When many currents entangle together, the out passage in the medulla oblongata, blocks away due to congestion of these currents. If, in such state, water is seen the congestion is further multiplied many folds, which is known as fit of epilepsy.

As long as the rush of currents keeps the doors blocked, the fit lasts. When the rush recedes, the patient gains consciousness but since the nerves remain suspended, the movement begins after some time, and the patient normalizes after some time.

Besides seeing the water, there can be many other reasons that can cause the fit. The on rush of the electric current, in such a state could result into many complications; therefore, the on-rush of these currents is to be subsided as soon as possible. The patient falls to the ground because the nerves and muscles become immobilized. The simple method to handle the situation is to raise his head from the ground, keeping the palm under it, only one inch from the ground and is to be shaken slightly. The fit would come to an end but the eyelids of the patient are to be kept in focus to have an eye contact with him upon his opening of eyes, so that the memory cells could have a contact with the person watching them. This helps in reducing the on-rush of the currents in the passage.

In children, during the fit their eyes stop moving and with that all the movements of the body come to a standstill and focus his gaze on a point. If in that state the child is addressed or commanded, he does not respond. This fit lasts only for few seconds.

Sometimes the child falls to the ground. This fit can recur from two to hundred times a day. Usually in the age of eight or nine years this automatically stops happening.

#### **Treatment:**

1. Turquoise Colour Chromatized water, twice a day.
2. Green Chromatized water, before meals.
3. Sky blue light upon the head for 15 to 30 minutes a day.
4. Get a 9 x 12" glass painted with sky blue colour and let the patient watch it for 10-15 minutes, twice a day.
5. Massage blue Chromatized oil upon the joint of the neck and head, twice a day.
6. Therapist is required to suggest the patient to have good sleep, avoid constipation and should not stress upon his mind.

### Encephalitis

#### **Causes:**

Brain is composed of nerve cells, other supporting cells, arteries and veins. Mostly bacteria and viruses cause brain infection.

#### **Symptoms:**

Fever, headaches, stiffness of neck, unconsciousness, drowsiness and coma.

senselessness of a part of the body, impaired senses of hearing and speech.

#### **Treatment:**

1. Blue Chromatized water, thrice a day,
2. Yellow Chromatized water, before meals.
3. Green Chromatized water, twice a day.
4. During fainting or unconsciousness, blue light upon the skull for fifteen minute, every two hours.
5. In case of weakness, Red Chromatized water, twice a day.
6. Massage Blue Chromatized oil upon the head and the upper joint of the neck, in circles.
7. Get a transparent glass sheet of 9 x 12" painted with indigo and let the patient watch it intently frequently.
8. The treatment should continue till complete recovery and cure from the disease.

### **Meningitis**

#### **Causes:**

Viruses and bacteria, which initially circulate in the blood and then accumulate in the brain tissues, cause infection. When many empty spaces are created in the brain and the electric currents gather there, many types of fevers grip the patient. Change in the colours of the accumulated currents manifested in the

form of fevers. In this disease, empty space replaces brain cells, in which the mixture of colours transforms into water.

#### **Symptoms:**

Fever, severe headache, stiffness of neck, anxiety, laziness, drowsiness and confusion are the few of the symptoms of this disease. It begins as tonsillitis or some nasal infection. Chronic cases of this fever result from TB or Gonorrhea or some other germs. Treatment of this disease requires great caution and care. Carelessness can result in paralysis of a part of body or the loss of eyesight or even the loss of the life of the patient.

#### **Treatment:**

1. Blue Chromatized water, thrice a day,
2. Purple Chromatized water, before meals.
3. Yellow Chromatized water, twice a day.
4. In case of fainting and unconsciousness, sky blue light upon the forehead for fifteen minutes, four, five times a day.
5. Massage Blue Chromatized oil upon the head and upper joint of the neck in circles.
6. Massage the abdomen around naval and the throat with Yellow Chromatized water, twice a day, in circles, with light hand.

## Paralysis

### **Causes:**

Brain hemorrhage, blockage in the arteries or veins, injury or other problem of nerves emerging from the spinal cord, degeneration of muscles etc are few known causes of this disease.

If the cosmic rays intercept the electric flow of colourful rays and displace them towards the left up to four inches, then the heart-side of the body is affected and in this case chances of survival of the patient are marginal. But, when the cosmic rays displace the body currents towards the right side up to four inches, they damage the electrical system of the body currents and the right side body from shoulder to right foot is paralyzed.

### **Symptoms:**

In some cases only a limb or extremity is affected and in some cases the lower body is affected and yet in other cases the entire right side of the body is affected.

### **Treatment:**

1. Red Chromatized water, twice a day.
2. Blue Chromatized water, once a day.
3. Orange Chromatized water, before meals.
4. Blue light, for fifteen minutes daily, upon the back and neck joints.
5. Massage the back and neck joint with Blue

Chromatized oil, in circles with light hand, twice a day.

6. Massage the affected part with Red Chromatized oil, once a day.
7. Red light upon the affected part, for fifteen minutes, twice a day.
8. It may take some time to recover, so continue treatment till complete recovery and cure.

## Hydrocephalus

### **Causes & Symptoms:**

There are cavities in the brain in which a transparent fluid circulates in a particular direction. Production and absorption of this fluid is in a fixed ratio, if circulation or absorption of this fluid is disturbed, the amount of the fluid increases and this is known as hydrocephalus. Severe headaches, vomiting, impaired vision and eyesight, in children, enlargement of the head are few of the symptoms.

### **Treatment:**

1. White Chromatized water, twice a day.
2. Orange Chromatized water, twice a day, before meals.
3. White (Milky) light, for fifteen minutes, twice a day.
4. Light of every colour of the rainbow, turn by turn, for two to three minutes each, upon the back of the patient.

## Bell's Palsy

### **Causes:**

If the electric current generating in the brain starts flowing towards any side of the face, it causes facial nerves palsy. This disease is related with the facial nerves. When the central currents of brain exert their pressure on one side, they twist the nerves and the ears, eyes, nose and jaws get affected and bend. Sometimes even the nose bones bend and the portion of jaw that supports the teeth is affected. This current mostly affects the forehead.

### **Symptoms:**

Pain in the face and around the ears and then after a while weakness in the face is felt and face stretches on one side, the eyelid of that side does not close properly, chewing becomes painful, saliva flows out of mouth, half of the tongue loses ability to taste. This patient gets well in 4 to 12 weeks time.

### **Treatment:**

1. Red light, upon the face, for five minutes, daily.
2. Red Chromatized water, twice a day, in the morning and evening.
3. Blue Chromatized water, twice a day, at noon and at night,
4. Massage Blue Chromatized oil on the joints of the neck,

5. If the Cottonseed oil is chromatized in Red light for one month and is eaten with bread cooked a day or two before taken, it gives miraculous results in curing this disease.
6. Get 9" x 12" sheet of transparent glass painted with indigo colour and make the patient to see it for fifteen minutes each, twice a day.

Let this treatment continue till complete cure.

## Parkinson's Disease

### **Causes:**

Malfunctioning of Basal Ganglia (the brownish bodies in the brain) result in this disease of trembling and shivering of limbs.

### **Symptoms:**

Hand and feet shiver continuously, if noticed the shivering hand appear to be moving in a particular mode as if counting beads. This shivering increases with fatigue, worries and tension. Body movement decreases and muscles stiffen; face appears to be devoid of expressions. Trembling and shivering subsides when the patient is sleeping. Meditation and relaxation help in controlling the shivering.

### **Treatment:**

1. Blue Chromatized water twice a day.
2. Yellow Chromatized water after meals.
3. Blue light upon the head for fifteen minutes,

twice a day.

4. Get 9" x 12" sheet of transparent glass painted in blue colour and make the patient to see it for fifteen minutes each, twice a day.

## Fainting

### **Causes:**

Deficiency of glucose, lack of blood, excessive bleeding, over joy or sorrow, fear and tenderness of felling etc

### **Symptoms:**

Hands and feet of the patient turn cold at the time of fit, breathing gets irregular, feels dizzy, darkness before the eyes, have cold sweating, faints and recovers after a while, this can follow with vomiting, if the fit is not severe he can only have nausea, face turns pale, pulse becomes weak and has beads of sweat on the forehead.

### **Treatment:**

1. A qualified doctor should give him glucose or blood if it is due to deficiency of glucose or because of excessive bleeding.
2. Red Chromatized water twice a day.
3. Apple Colour Chromatized water before meals.
4. Yellow Chromatized water after meals.

## Apoplexy

### **Causes:**

Physical movements of the body suspend and the limbs fail to perform their functions properly as the passages of the electric current of the brain close down, very few patients of this disease survive. Use of cold, humid things, alcoholism, excessive sexual intercourse, refraining from exercising, no walking, rage, listening noisy songs, brain affecting from cold are also the causes of this disease.

### **Symptoms:**

Difficult to feel the pulse, feet and hands grow cold, fainting could last from five minutes to 72 hours or even more, eyes transfix, at time even the breathing becomes imperceptible. To detect the breath, freshly ginned cotton is held near the nostrils.

### **Treatment:**

1. The patient should be hospitalized immediately and advise of the doctors be followed. Remaining contented and happy and living in a healthy atmosphere, having moderate easily digestible and balanced diets and performing Muraqba of Blue lights can help in avoiding this disease.

2. Blue Chromatized water, twice a day.
3. Magenta colour Chromatized water, after meals.
4. The patient is kept under the red light.

## Sciatica

### **Causes:**

When the nerves emerging from backbone are pressed for any reason, tumor or fracture of backbone, sometimes it starts when a heavy load is picked. It can be due to accumulation of gas around or in the kidneys.

### **Symptoms:**

Pain in the leg that starts from the hip joint and reaches up to the ankle and heels; this pain causes the patient to limp. In chronic cases the back bends and the patient needs support for walking.

For proper diagnoses of this disease, make the patient to stand beside a wall keeping it at his back, and the right leg is to be lifted without bending the knee, if the patient could lift it parallel with the ground, it is not sciatica and if the pain does not allow him to lift the leg over 45°, it means it is sciatica. If it were because of tumor or fracture, it would go away when the same would be treated and cured, otherwise treatment of sciatica is to be carried out.

### **Treatment:**

1. Yellow Chromatized water, twice a day.
2. Turquoise colour Chromatized water, before meals.
3. Orange Chromatized water, after meals.
4. Massage the leg with Green Chromatized oil.

5. Massage the Blue Chromatized oil on the lower back, in circles, twice a day.
6. Massage Green Chromatized oil over the kidneys, once a day.
7. Massage the abdomen with Yellow Chromatized oil, early in the morning, at empty stomach.



## Diseases of Hormones

### Hyperthyroidism

#### **Causes:**

1. Auto-immune disease of thyroid glands.
2. Goiter
3. Infection of Thyroid gland.
4. Excess of Iodide
5. Cancer of Thyroid.
6. Over functioning of pituitary gland

#### **Symptoms:**

Nervousness, feeling hot, palpitation, tremor in hands and feet, loss of weight despite good food, weakness of muscles, loose motions, quick rate of

pulsation, bulging of eyes, sweating etc.

**Treatment:**

1. Turquoise colour Chromatized water, twice a day.
2. Green Chromatized water, twice a day.
3. Yellow Chromatized water, after meals.
4. Sky blue light upon the gland for 30 minutes.
5. Massage over the gland with Yellow Chromatized oil, twice a day, in circles.

**Hypothyroidism**

**Causes:**

Thyroid gland is located on both sides of trachea and it excretes two major hormones. Thyroxin, which is also called T3 and T4, is formed from iodine, affects the mental and physical growth. Calcitonine, which helps in balancing the amount of calcium in our body. Deficiency of Iodine, deficiency of enzymes required for T3 and T4, defect of pituitary gland are the major causes of this disease.

**Symptoms:**

Weakness, fatigue, loss of memory, feeling cold, constipation, hair loss, hoarseness of voice, impaired hearing, suffocation, aching joints and muscles, numbness of hands and feet, chest pains, problematic menses like excessive bleed and prolonged periods. Dry and coarse skin, swelling around the eyes, thin and dry hair, paleness of skin,

swelling of tongue, high blood pressure, dropped rate of heartbeat, white patches on the skin and goiter; enlargement of thyroid gland etc.

**Treatment:**

1. Violet Chromatized water, twice a day.
2. Orange Chromatized water, twice a day.
3. Violet light upon the head and the gland for fifteen minutes twice a day.
4. Massage over the gland with Yellow Chromatized oil, with soft hand, for five, minutes twice a day.

## Psychiatric Problems

### Schizophrenia

#### **Causes:**

Company of wrong people, frustration, psychological problems, family problems, tension, stress and strain, inferiority or superiority complex and insomnia cause this disorder. According to the researches, when the quantity of a chemical substance called Dopamine exceeds its limit in the brain, it causes schizophrenia. Besides these, hereditary traits also play a significant role in this disease.

#### **Symptoms:**

Usually is found in the people in the age between 20 to 30 year but cases of older ages have also been reported. Before this disease actually starts,

the patient suffers from anxiety, depression and nervousness for many weeks or months. One or the other thought keeps haunting him.

The patient gradually cuts off from the society, avoids daily routine works of life and has strange contradictory thoughts so much so that has a severe fit. He sees strange things and hears the voices, becomes extremely whimsical, talks nonsense things. After the fit, feels depressed.

In some patients the fit occurs only once in the lifetime but in most of the case it keeps on recurring and every the intensity of the fit is severer than the previous one.

Patient of schizophrenia is talkative and talks nonsense irrelevant things, uses uncommon words and phrases. Whims and doubts haunt him. He thinks that the people of his family are his enemies and want to kill him, poison him or are using black magic against him. He listens to the people stealthily and believes that the people talk about him only, are conspiring against him. Sometimes he says that his thoughts are being listened in the whole world, sometimes he believes that he is the president of the world, thinks that someone is using him by means of telepathy, takes the article of a newspaper or a TV program as a special message.

Most of the patients believe that their spouse is not faithful to them and they believe this thing so strongly that they keep vigil to check on them and suspicions cause them to have fights and sometime

they even physically abuse them. He does not acknowledge that he is unreasonable and nobody can convince him logically

The patient also suffers from hallucinations, for instance, he witnesses his relatives who have died long before; he smells strange smells, which the other people do not. Sometimes he starts crying while he was expressing delight, at times he acts emotionless, sight of funeral may cause him to laugh and he becomes introvert.

#### **Treatment:**

1. Olive colour Chromatized water, thrice a day.
2. Blue Chromatized water, thrice a day, before meals,
3. White Chromatized water, once a day.
4. Massage hind side of the head with blue Chromatized oil, once a day.
5. Blue light for fifteen minutes upon the head, once a day.
6. If the patient is not suffering from diabetes, he should take sweets and deserts. Besides this if the blood pressure is not low, he should be forbidden to take salt in his meals.
7. Get a transparent glass sheet of 9" x 12" painted with blue and make the patient to look at it frequently.

## Depression

### **Causes:**

There are many reasons for this problem of depression, which could be; addiction of drugs, sudden quitting any such habit, protracted illness, worries and remaining in a state of grief etc. If a patient, according to the psychiatrists, remains continuously in this state for two weeks only then he could be declared as a patient of depression otherwise it would be considered just as a passing state of mind.

### **Symptoms:**

The patient of this disease remains sad, and unhappy and resulting his melancholy he loses interest in life, becomes isolated, either gains weight or starts losing it, remains anxious and restless, ability to think properly diminishes and feel like committing suicide.

### **Treatment: In acute conditions**

1. Apple colour Chromatized water, twice a day after breakfast and before going to bed,
2. Sky blue Chromatized water, once a day after lunch,
3. Yellow Chromatized water, after dinner.

### **In case of non severity**

1. Blue Chromatized water, twice a day, before meals,
2. Orange Chromatized water, twice a day, after

meals,

3. Yellow Chromatized water, twice a day in the afternoon.

## Mania

### **Causes:**

There are many opinions about mania but according to the Colour Therapy, when the rush of flowing currents in Medulla Oblongata could not find an exit, it exerts pressure upon the walls of the brain cells and resulting this pressure walls of the cells give way and the sequence of the flow of currents disturbs.

Genetics, unwholesome foods, heavy atmosphere, tranquilizers, wrong ways of educating and psychological problems are few of the causes. Moon sighting more than one's capability, recitation of uncalled for mantras also result in weakness of the conscious and one gradually becomes a maniac.

### **Symptoms:**

The patient is a moody person, attempts to do everything in haste, is an extremist, considers himself an important person, at times thinks he is the king and at times declares to be a god, sometimes thinks he is a billionaire. He likes to be considered superman although at heart he is timid and cowered. He is very talkative, speaks in a loud voice and sometimes talks so hurriedly that understanding him becomes hard. Conceives new ideas, cannot focus his mind on a single point, things that pleases him, performs them in

a mysterious manner and suffers losses, for instance, would shop unnecessary things, likes to wear bright coloured clothes and like to shake hand and hug anybody coming in his way, attempts to remain prominent, suffers from insomnia and his sex drive is also abnormal.

For diagnosis of this disease, persistence of the mentioned symptoms, at the least, for one week is mandatory. It is quite possible that a patient is suffering from mania and melancholy at the same time. The fit of mania could last even for three months.

#### **Treatment:**

1. Turquoise colour Chromatized water, twice a day
2. White Chromatized water, once a day,
3. Yellow Chromatized water, twice a day, before meals,
4. Blue light upon the head for fifteen minutes, once a day,
5. Massage the back of head with blue Chromatized oil, once a day,
6. Light a blue bulb in the room where the patient lives,
7. Make the patient to wear blue silk clothes,
8. Pure honey one tablespoon, thrice a day and, if possible, herbal medicines, prescribed by a

qualified practitioner.

### **Acute Psychosis**

#### **Causes:**

See Mania and Schizophrenia

#### **Symptoms:**

This disease is characterized with symptoms of both Mania and Schizophrenia. Patient would talk irrelevant things, becomes quarrelsome and take up a fight with everyone, runs away from the home, breaks things, tears his clothes, becomes insomniac, talks to himself, laughs and weeps for no reason

#### **Treatment:**

1. Magenta Color Chromatized water, thrice a day and upon some relief, twice a day,
2. White Chromatized water, once a day,
3. Blue light upon the head, twice a day, for fifteen minutes each,
4. Massage the back of his head with sky blue Chromatized oil, once a day,
5. Damp cotton pad in Blue Chromatized water and place it at the crown of the head for fifteen minutes,

## Dementia

### **Causes:**

Usually with aging the memory also gets affected and it is not something to be worried about but if the memory is affected badly it could be for one or more of the following reasons:

1. Head injury,
2. Deficiency of Vitamin B 6,
3. Lack of blood circulation in the brain,
4. Cancer or tumor of the brain,
5. Addiction of drugs,
6. Preoccupation or fixation of mind in any one subject,
7. Exceeding anger and rage,
8. Over-sleeping in the day time,
9. Worries and grief,
10. Chronic colds or flu,
11. Use of rich foods.

### **Symptoms:**

Patient forgets the old things, doesn't remember the names and faces of even his own kids, loses the track of time, sense to distinguish between things weakens, sensory organs work perfectly but cannot recollect the name of things shown, forgets what he sees or hears, his abilities of programming and

planning also get affected, forgets things kept, cannot remember to keep a promise.

Few thousand brain-cells of the patient get deranged and memory is weakened to a great extent.

### **Treatment:**

1. In case of head injury, consult a neurosurgeon.
2. Quit the use of intoxicants,
3. For cancer see the treatment of Cancer.

For all other causes following is the treatment

1. Blue Chromatized water, twice a day,
2. Yellow Chromatized water, before meals,
3. Red Chromatized water, after meals,
4. Green Chromatized water, after breakfast and before going to bed,
5. Make the patient to sit in the sunlight at the time of sunrise, early in the morning, for three minutes.

## Nightmares

### **Causes:**

In this disease the patient sees in his dreams that someone is riding on his chest, he is pushed down from the height, sees horrifying things in his dreams. This disease is usually caused because of the gastric

problems and indigestion. Going to sleep immediately after having dinner and lying on the back and sometimes, due to cramps in the intestines and the muscles of the chest

### **Symptoms:**

The patient witnesses nightmares and feels as if is being crushed under great weight, e can neither speak nor can move and in that state he wakes up, the state of suffocation ends but remains scared, breathes heavily and some are sweating.

### **Treatment:**

1. Massage Yellow ointment or the Yellow Chromatized oil upon the abdomen, early in the morning on empty stomach.
2. Yellow Chromatized water after lunch and dinner.
3. Blue Chromatized water, twice a day.
4. Green Chromatized water before dinner.
5. Rub Blue Chromatized oil upon the tips of the fingers with thumb softly.

## **Insomnia**

### **Causes:**

The main cause of this problem is the dryness of the brain resulting from heat giving rich foods, excess of bile, mental disturbance, worries, high blood pressure, chronic constipation, addiction of drugs and tea.

### **Symptoms:**

The patient cannot sleep remains anxious and restless, nostrils become dry, thirst increases, head is warm, in case of excess of bile the face turns pale and the mouth tastes bitter and the heart beat increases.

### **Treatment:**

1. Turquoise Colour Chromatized water twice a day and when some relief is felt, just once at night.
2. Yellow Chromatized water before meals.
3. Oil of sesame seeds Chromatized in blue lights is to be massaged with fingertips upon the back of head.
4. If it is due to excess of bile, rub a ripe, uncut lemon upon the temples with soft hands exactly for two minutes.

## **Hysteria**

### **Causes:**

With the passage of time memory takes two forms: one, in which the impression are sharp and lasting and, the other, in which the impression quickly fade out and are not remembered. All those incidents that a person does not want to remember, for instance, fears, grief, and problematic situations are recorded in the other side of the Conscious, which according to the psychologists is termed Unconscious. If the Conscious of the person is strong enough, it does not allow these bitter memories to trouble the person but



if the Conscious is not strong enough to withstand the bitterness of these memories, the fears become phobias and since one does not want to recall them, pressure increases upon the Conscious mind. Effects of this pressure start affecting the body and are exhibited in the form of various symptoms.

#### **Symptoms:**

1. Patient silences suddenly.
2. His hands and feet seem to be affected by paralysis momentarily,
3. During walking cannot maintain his balance.
4. Hands, feet or head suffers twinges.
5. Sometimes the patient forgets his own name, address and the house.
6. Talks nonsense and irrelevant.

#### **Treatment:**

1. Sky blue light upon the forehead for fifteen minutes, twice a day.
2. Apple colour Chromatized water, before meals.
3. Yellow Chromatized water, after meals.
4. Sky Blue Chromatized water twice a day.
5. Massage the head with sesame seeds oil Chromatized in blue lights once a day.

### **Panic attacks**

#### **Causes:**

In this disease the patient suffers from fits of fright and panics, his heart starts palpitating, his entire body moistens with sweating, feels suffocated, nausea, stomachaches, faints, limbs grow cold, feels pain in the chest, shivers and trembles and thinks that he is going nuts or is about to die. This state recurs intermittently three to five times a day. Even after getting over the fit, he suffers from the fear of death.

#### **Treatment:**

1. Turquoise Colour Chromatized water, three times a day.
2. Green Chromatized water, after breakfast.
3. To correct the digestive system, Yellow Chromatized water, before meals.
4. Blue light upon the head, for fifteen minutes, before going to bed.
5. Hang green, red and blue colour strands of paper or silk cloth, which are at least 2 inch wide and 3-4 feet in length, in the bedroom of the patient in such a way that the patient could see them. Make the patient to see them using his willpower.

## Phobia

### **Causes & Symptoms:**

It is such a disease in which the patient suffers from phobia of something or from some act. He thinks that if he would do that, people would laugh at him and when he is told to do that he gets confused. He has the realization that his fear is baseless but still cannot get rid of it.

### Typical Phobia

This type of phobia is related with some particular object, situation or acts like fear of cockroaches, lizards, snakes, air traveling, getting into the lift, seeing someone fighting, or upon seeing blood causes him to panic. This disease can be due to the weakness of the heart. Uncertainty and dubiety are also among the major causes of this problem. Patient doubts everything and takes everything negatively, near and dear ones appear to be enemies and trust those who are not known to him even properly.

### **Treatment:**

1. Orange Chromatized water, twice a day.
2. Orange light upon the head for fifteen minutes, once a day.
3. Red Chromatized water, twice a day.
4. Turquoise Colour Chromatized water, twice a day.
5. Keep a basket full of oranges in the room of

the patient so that he could see it frequently and make him see it for ten minutes, after getting up in the morning. And, then to stand in front of the mirror, looking at his reflection should repeat the following words for 2-3 minutes; "Everything is beautiful, I'm not inferior to anybody, I can do anything that I want." After doing this stroll about in the same room for few minutes and then repeat the viewing of mirror and utterance of the suggested words for another 2-3 minutes. If the oranges are not available, get ping-pong balls used for playing table tennis painted with orange colour and keep them in the basket.

## Obsessive-Compulsive Disorder

### **Causes:**

It is such a psychological disorder in which the patient cannot get rid of a thought coming into his mind. When he attempts to ignore it, it creates tension for him. Resulting repetition of thought, he repeats the same one action again and again, bolts the door again and again, counts and recounts a thing, washes hands repeatedly. He knows that these thoughts are not from any other external agency and are the product of his own mind but he cannot control them.

### **Treatment:**

1. Turquoise Colour Chromatized water, after meals.
2. Sky blue Chromatized water, twice a day.
3. Sky Blue light upon the head, for fifteen minutes, once a day.

4. A bouquet of fresh daffodils be kept in the patient's room.
5. Give herbal tonics for heart and brain.

### Tension Headache

#### **Causes:**

Nervous tension and anger causes headache starting in the backside of the head, it becomes a permanent disorder. At the time of fit, the veins appear to be cracking; voices are heard louder than their actual and hurt. shaking of head causes fireflies before the eyes.

#### **Treatment:**

1. Green Chromatized water, three times a day.
  2. Blue Chromatized water, before meals.
  3. Yellow Chromatized water, after meals.
  4. Rub Green cloth on the soles of feet twice a day.
  5. Massage the head with sesame seed oil Chromatized in sky blue light, with soft hand.
  6. In case of the fit, blue light upon the head for 10 minutes followed by green light for three minutes.
  7. Instead of wasting time doing nothing, let the patient engage himself in a constructive hobby like gardening.
- Make the patient to have a morning walk and decorate his room with fresh flowers.

## Skin Diseases

There are three layers in the skin, one is very thin, other one is thick and the third one is the upper most. When the thin layer is affected the diseases like chicken pox etc are caused and when the thick layer is affected, psoriasis boils and rashes and other skin inflammations are caused.

Three types of electric current keep on flowing in the body. One of them does not affect the first and second layers; the other one affects the second layer and the third one affects only the first layer and the intensity of the disease increases or decreases with the flow of the currents.

When the electric current generated by the sunlight required by the body increases, the diseases of the third layer like smallpox starts, and if the

currents moderately decrease the diseases of second layer like measles start and when the sunlight is not enough, the skin diseases of the first layer like chickenpox starts.

## **Black spots**

### **Causes:**

Intense sunlight, heat, and disorder of menstrual cycle, blood problems and during pregnancy this problem could take place.

### **Symptoms:**

Freckle, lentigo, acne, pimples, blackish brown spots upon the face and the back of the hands, which sometimes appear black and sometime turn brownish. Because of these speckles and spots the face does not look good.

### **Treatment:**

1. Blue Chromatized water, twice a day,
2. Green Chromatized water, twice a day,
3. Yellow Chromatized water after lunch,
4. Pink light upon the navel, for five to ten minutes, once a day,
5. Blue and Green light upon the face, intermittently, for ten minutes each.
6. In case of problem of menstrual cycle, massage Blue Chromatized oil upon the lower back and Purple Chromatized oil, around the naval. No

need to use Pink Light when the blue and Purple Chromatized oil is used.

## **Acne, Pimples**

### **Causes:**

This problem is common in adolescence and puberty. Blood heat, some disorder of digestive system, lack of menses, untidiness, heavy and unhygienic foods etc

### **Symptoms:**

Pustules on the face, neck and upper trunk resulting from inflammation of the sebaceous glands.

### **Treatment:**

1. Turquoise Colour Chromatized water, twice a day,
2. Yellow Chromatized water twice a day,
3. Get a 9" x 12" glass painted with sky blue colour and make the patient look at it for ten minutes, before breakfast.
4. In case of any problem of uterus, use Magenta Chromatized water, twice a day,
5. If the pustules are pressed and the pus is extracted, it leaves scars upon the face. Applying red Chromatized oil upon them could heal these scars.

## Prickly Heat

### **Causes:**

Hot and humid climate, excessive sweating, exposure in the sunlight for long

### **Symptoms:**

Stinging and tingling blisters upon the skin due to acid sweating, sometimes these are red and at times these are white.

### **Treatment:**

1. Blue Chromatized water, twice a day.
2. Green Chromatized water before meals,
3. White Chromatized water once a day,
4. Keep some water in the sun from 10 am to 2 pm. When it cools off, make the patient to have a bath with this water. For cooling this water ice can be used.

## Urticaria

### **Causes:**

This problem can be due to allergy from some medicine or food or indigestion.

### **Symptoms:**

Sometimes it starts gradually and sometime entire body is filled with round red spots with itching and burning sensation, which disappear after a while. Sometime it is followed by fever.

### **Treatment:**

1. Green Chromatized water, twice a day.
2. Blue Chromatized water, before meals,
3. Yellow Chromatized water, after meals.
4. Blue light upon the trunk for half an hour, once or twice a day.

## Ringworm

### **Causes:**

A fungus causes it. Indigestion, inadequate foods, not taking bath for long times, wearing damp clothes and having sweets excessively, are few of the causes for this disease.

### **Symptoms:**

This is the disease of skin, hair and nails. When it starts upon the skull, it begins with a small patch from which the hairs are lost; upon the skin it is small red round patch, which sometime has pus in it, at times it turns dry and scaly and when the skin is wet it appears like a layer upon the skin.

### **Treatment:**

1. Blue Chromatized water, twice a day,
2. Green Chromatized water, twice a day,
3. Magenta Chromatized water at night,
4. Massage Blue Chromatized oil upon the affected area, during daytime.

5. Massage Green Chromatized oil, upon the affected area at night.
6. Blue light upon the affected area for seven minutes twice or thrice a day.

## Psoriasis

### **Causes:**

Weakness of the immune system, hereditary traits and unknown reasons cause this disease.

### **Symptoms:**

Small pink eruptions upon the skin, which turn into silvery scales, a net is formed from these eruptions with unbearable itch in them.

### **Treatment:**

1. Blue Chromatized water, twice a day,
2. Green Chromatized water, twice a day,
3. Yellow Chromatized water, once a day,
4. Blue light during daytime and Green light at night, for half an hour each.

## Leukoderma

### **Causes:**

Deficiency of Melamine, the substance that provides colour to the skin and heredity are the causes of this disease.

### **Symptoms:**

White patches appear upon the skin, which spread all over the body. It is not contagious. Other than discoloration of the skin there are no problems associated with this disease and all the body parts function properly.

### **Treatment:**

1. Red Chromatized water, twice a day,
2. Green water, twice a day,
3. Yellow water once a day,
4. Red Light upon the affected part.
5. Get a glass sheet of 9" x 12" painted with gray colour and make the patient to see it many times a days,
6. If its spreads all over the body then don't treat it.

## Children's Diseases

### Teething

#### **Causes:**

Normally teething starts in sixth or seventh month of a child's age. Special care is required to be observed in those days. In the beginning baby suffers various problems like flowing of saliva, shakes his head due to pain in the temples and headache, occasionally fever, constipation, loose motions of green or yellow colour, soar eyes, etc. Baby takes milk with difficulty and feels very weak and is restless

#### **Treatment:**

1. Keep the baby in blue light most of the time. For this the windowpanes and ventilators of the room can be covered with pain, cellophane, plastic or glass

sheet of blue colour and let the child stay in the room especially in the area where the blue light is falling.

2. Blue Chromatized water, twice a day.
3. Yellow Chromatized water, twice a day.

NB: The dose should be according to the age, 5 to 10 cc.

## Coughing

### **Causes:**

When mucus forms in the lungs and lungs attempt to expel it. it is known as coughing. Sometimes it is due to cold, hot or dryness of weather.

### **Symptoms:**

Usually coughing is in the fits. children breathe with difficulty. appetite is lost, child grows irritated. it increases in cold, at night and early in the morning. White yellowish phlegm excretes, sometimes it is bluish sticky with irritation in the chest and throat. If it is not treated with care, it may result in wounds in the lungs.

### **Treatment:**

1. Sky Blue Chromatized water, twice a day.
2. Blue light upon the back
3. Orange Chromatized water, after meals.
4. Mix Green and Orange Chromatized oil in equal quantity and rub it upon the ribcage, with soft hand, in circles, from top to bottom.

## Gastroenteritis

### **Causes:**

Viruses of many types, contaminated water, unhygienic milk, feeder and nipples, flies and insects etc

### **Symptoms:**

Water greenish motions that may contain blood, severe dehydration, if it is not taken care of it may result in the death of the child.

### **Precautionary Measures:**

Mother should breast feed their babies. if use of feeders and nipples is unavoidable, they must be educated about hygiene and need of cleanliness. Up to the age of four months mother's milk is the complete diet, hence no need to give any thing else. Till the loose motions last, child must not be given anything except ORS and he should not be given milk unless the motions come to their natural colour.

### **Treatment:**

1. In case of severity of the child's condition, consult a child specialist and act upon his advice.
2. Yellow Chromatized water 2-3 times, one table spoon.
3. If the motions have blood in them, give blue Chromatized water one hour after giving the yellow water.
4. Massage the Yellow ointment or the Yellow



Chromatized oil around the naval, with the finger tips

5. Milk and water that is to be given to the child must be boiled to free it from germs.

## Marasmus

### **Causes:**

Deficiency of proteins and other energy giving items in foods, contagious diseases, economic conditions of parents, teething, infestation, and lack of knowledge as to what diet is required by the babies after mother's milk

### **Symptoms:**

Low growth rate, loss of weight, dehydration, and skinny appearance, recurrence of fever without any ostensible reason or cause, convulsions, crying, awakening startled, pulling and gnawing others are few of the symptoms of this disease.

### **Treatment:**

1. Blue Chromatized water, once a day,
2. Yellow Chromatized water, after meals,
3. Orange Chromatized water, twice a day,
4. Massage entire body with Orange Chromatized oil. Sesame seed oil can be chromatized in the orange light for two hundred hours for the purpose.

## Whooping Cough

### **Causes:**

Sticking of phlegm in trachea or the windpipe, germs of whooping cough

### **Symptoms:**

It starts with dry coughing, which in one or two week's time turns into coughing in fits. This may last up to two months. During the fit, breathing becomes difficult, face turns blue, small amount of phlegm is expelled and sometime child vomits. It is common in children of 2 to 8 years of age. It is a contagious disease, which strikes only once in the lifetime.

### **Treatment:**

1. Orange Chromatized water, twice a day.
2. Blue Chromatized water, twice a day.
3. Massage Yellow Chromatized oil upon throat, Blue Chromatized oil upon chest and Orange Chromatized oil upon the back, for seven minutes, each once a day.

## Small Pox

### **Causes:**

Virus of small of pox causes this disease, which is infectious and communicable from one person to another one. It is Common in children but can affect the adults as well. It is more common in poor than rich people and black people than whites.

### Symptoms:

It can be severe or slight case. It starts with fever, headache and severe backache. On the third day red spot appear upon the skin. The fever subsides but the spots turn into boils in three four days and pus oozes from them. Then the small poxes dry up and blisters drop away leaving behind a scar. Usually most of the patients get well but if the fever persists even after the boils get dry; this is a serious indication.

In the beginning of small pox eyes become red and water runs, child scares in his sleep, face is red and swelling, veins in the temples throb, feels drowsy, third day the fever subsides and red spots appear on the forehead, face and back and then the entire body is covered with it. Initially these spots are red in colour and these are more on the face than any other place. On the fourth day these turn boils and on seventh or eighth day pus oozes from them. On that day once again the fever heightens, patient feels difficulty in breathing, face and eyes swell, on tenth or eleventh day boils start drying up and are covered with blisters and keep on withering away for a month or so.

### Treatment:

In the beginning Red Chromatized water, twice a day and putting red light upon the body for three minutes, once or twice a day help in emerging the small pox completely. Once the small pox is completely out, red colour is not to be used. When the boils are filled with pus, sprinkle some talcum powder upon them and give Turquoise Colour Chromatized

water twice a day and put blue light, for five to ten minutes upon the body, twice a day. This would reduce the heat and burning and help in curing the wounds.

As a precaution, children must be vaccinated for small pox. Only those children suffer from this disease that has not been vaccinated for small pox.

### Chicken pox

#### Causes:

A virus causes this disease.

#### Symptoms:

This disease usually spreads through breath and boils and is characterized by fever and fatigue, which is followed by small sores and furuncles. Initially the sores emerge upon the face, head and the body and latter on the hands and feet are also covered with them. After a few days this boils dry up and the attack of the disease is over in a fortnight.

#### Treatment:

1. Blue Chromatized water, twice a day,
2. Green Chromatized water, twice a day,
3. Yellow Chromatized water after meals,
4. Put blue light upon the body, for ten minutes, twice a day,
5. Continue this treatment till the disease is completely cured.

## Tetanus

### Causes:

This disease is caused due to bacteria.

### Symptoms:

Child suffers from fever: the muscles of neck and jaws become stiff and taut. Usually this disease is caused due to some injury. In infants, germs penetrate through umbilicus. This disease is dangerous and fatal.

### Treatment:

1. Blue Chromatized water, twice a day.
2. Green Chromatized water, twice a day.
3. Keep the patient under blue light, for ten minutes daily.
4. Consult a specialist Doctor and act upon his advice.

## Measles

### Symptoms:

Like small pox, measles is also contagious and communicable, which spreads through a virus. It is common in infancy and childhood. Initially, it starts with colds, water flows through eyes coupled with cough and fever, inner lining of mouth is filled with Koplik's spots. On the third or fourth day red spots upon the skin and the fever recedes.

### Treatment:

1. Turquoise Colour Chromatized water, twice a day.
2. Blue Chromatized water, twice a day.
3. Orange Chromatized water, once a day.
4. Put blue light upon the head of the patient, once a day.
5. In hot season, make the patient to drink more water.

## Gynecological Diseases

### Dysmenorrhea

#### **Causes:**

There are two types of this disease, primary and secondary. Inflammation of uterus, diseases of vagina, vaginitis and tumor of uterus are classified as secondary dysmenorrhea.

#### **Symptoms:**

Pain that starts in the beginning of menses and last for 24 to 72 hours, which may be accompanied with nausea, vomiting, fatigue, loose motions, headache and pain in lower abdomen. The secondary dysmenorrhea may not end here but may cause sexual dissatisfaction, barrenness, untimely bleeding as well.

### **Treatment:**

1. Olive Colour Chromatized water, twice a day; starting one week before menses and continue till one day after starting of menses.
2. Yellow Chromatized water, before meals,
3. Red Chromatized water, after meals,
4. Massage Blue Chromatized oil over lower back joints for ten minutes each, once early in the morning and once at night before going to bed,
5. Massage Violet Chromatized oil upon the abdomen for five minutes, twice a day.

### **Amenorrhea**

#### **Causes:**

During pregnancy lactation and menopause menstrual cycle remains suspended. But other than this any one or more of the following could be the cause.

1. Excessive use of drugs.
2. Nervous tension,
3. Sticking of inner layers of uterus.
4. Over exercising.
5. Deficiency of Estrogen hormones.
6. Inflammation of uterus.
7. Excess fats in uterus.

8. Other problems of uterus.
9. Adjustment problems with husband and or in-laws
10. Gaining or losing weight excessively.
11. In adequate atmosphere after marriage.

### **Treatment:**

1. Red Chromatized water, twice a day,
2. Orange Chromatized water, after meals,
3. Put Violet light upon the head and abdomen for fifteen minutes each, once a day.
4. Massage Violet Chromatized oil over the lower back and lower abdomen, in circles with upper palm slowly, without applying pressure.
5. Get a 6 x 9 inches glass sheet painted in red, which the patient is to look at, in the evening, and a glass sheet of the same size, painted in violet at 1.00 p.m. for 10 to 15 minutes, each time.

### **Menorrhagia**

#### **Causes:**

Fibroids or Tumor of the uterus or some other disease may cause this disease. Heat in the blood, miscarriages time and again, suffering from leucorrhoea for a long time and the high blood pressure can be the cause of this disease.

**Symptoms:**

Excessive bleeding in menses, weakness of the body systems, palpitation, excessive thirst, and paleness, burning sensation during urination and bleeding, urine is reddish yellow.

**Treatment:**

1. Violet Chromatized water, twice a day.
2. Green Chromatized water, before dinner.
3. Wear dark green silk clothes when going to sleep.
4. Massage Violet Chromatized oil on lower back for five minutes, twice a day.
5. Massage Green Chromatized oil on lower abdomen, for five minutes once a day.

**Vulvalitis****Causes:**

Amongst many of the causes few are infection, internal inflammation or injury, diabetes or anemia

**Symptoms:**

Inflammation and swelling of vagina with vaginal discharge, itching and pain

**Treatment:**

1. Blue Chromatized water, twice a day.
2. Green Chromatized water, before meals.

3. Place cotton swabs damped in blue Chromatized water, thrice a day.
4. If there is diabetes or anemia, these are also to be taken care of.

**Leucorrhoea****Causes:**

Infection caused by protozoa, fungi virus or some other bacteria, this disease is common in countries of hot climate. Using strong medicines, spicy foods, coffee, shaver eggs, and chilies excessively and watching obscene movies are also the causes of this disease.

**Symptoms:**

Vaginal discharge is normal but when the amount exceeds and its odor and colour changes or it becomes sticky and foamy, itching and burning sensation and swelling is there, then it has reached the stage of a disease.

Patient complains backache, feels pain and heaviness at lower abdomen and urinates frequently. Remains lazy and fatigued, doesn't feel like working, appetite is lost, calves and legs ache, face grows pale, eyes are dimmed, body becomes weak and skinny, general debility is there.

**Treatment:**

1. Red Chromatized water, after meals.
2. Green Chromatized water, twice a day.

3. Blue Chromatized water, before meals.
4. Massage Violet Chromatized oil on the lower abdomen, twice a day.
5. Massage Blue Chromatized oil on the lower back, twice a day.
6. Get a glass sheet of 6 x 9 inches painted in green and make the patient to look at it frequently.

## Infertility

### **Causes:**

Infertility ratio in women is 50% and in men it is 25% and 25% cases, both the man and wife have this problem. In 80% cases reason of infertility can be determined but in 20% no reason can be determined.

Normally a couple that have spent two years of healthy matrimonial relations and remain without an offspring could be considered as infertile.

20 to 25<sup>th</sup> year of females is said to be most potent and fertile age whereas, in males this period rages up to 30<sup>th</sup> year of their age. With aging, the ability of reproduction decreases. In females after Menopause ability of reproduction comes to an end but in males this ability lingers on till last.

In females, following could be the reason:

1. Diseases of Uterus.
2. Non-production of ova in the ovaries.

3. Infusion of peritoneum.
4. Unknown reasons.

### **Treatment:**

1. Violet Chromatized water, twice a day.
2. Red Chromatized water, before meals.
3. Massage Purple Chromatized oil on the lower half of backbone, for ten minutes, twice a day.
4. Massage Red Chromatized oil upon the lower abdomen, for ten minutes, twice a day.
5. Massage Blue Chromatized oil on the lower back joints.

## Miscarriage

### **Causes:**

Normally pregnancy lasts for 37 weeks and 20 to 22 weeks fetus can survive in the incubator and if the pregnancy is lost before 20 weeks it is called miscarriage. When pregnancy is terminated by operation or some other procedure, it is called abortion.

There are two basic reasons for miscarriage. One of them concerns mother and other to the fetus.

Mother's Factor: Infection, diabetes, deficiency of thyroid hormone, heart problem, high blood pressure, excessive use of liquors or tobacco, psychological reasons and problem in the uterus or womb.

Child's Factors: Some genetic disorder, deficiency of oxygen supply, and reaction of medicines could result in the death of fetus' death in the womb.

### **Symptoms:**

Mother feels uncomfortable and anxious, feels pain like that of labor, which keep on increasing, bleeding starts, some start vomiting, and in some cases fever is also there.

### **Treatment:**

1. Turquoise Coloured Chromatized water, before meals.
2. Green Chromatized water, after meals,
3. Yellow Chromatized water, two hours after meals.
4. Consult a gynecologist during pregnancy.

## **Hypo-lactation**

### **Causes:**

Sometime milk is not produced in the breasts to fulfill the needs of the baby. Deficiency of prolactin hormone, which is excreted by Pituitary Gland and weakness of the mother's health are the main causes of this problem.

### **Treatment:**

1. Red Chromatized water, twice a day.
2. Orange Chromatized water, after meals.

3. Violet light upon the head for ten minutes.



## Ear, Nose and Throat Diseases

### Mouth Ulcers

#### **Causes:**

Virus, fungus, anxiety, depression, tension or the digestive problems

#### **Symptoms:**

The inner lining of mouth and tongue has boils and one cannot eat, in case of fungal infection white layer is formed upon the tongue.

#### **Treatment:**

1. Blue Chromatized water, twice a day.
2. Yellow Chromatized water, after dinner.
3. Use Blue Chromatized water as mouth-wash.

three times a day.

4. Massage Yellow Chromatized oil, early in the morning, on the abdomen,
5. Apply Yellow ointment on the upper abdomen at night before going to bed.

## Acute Pharyngitis

### **Causes:**

Cold drinks, sour foods, excessive smoking, loud speaking and bacteria are the few of the causes of this disease.

### **Symptoms:**

Fever, headache, nausea, throat aching, painful swallowing, accelerated pulse rate, inner lining of throat pinkish

### **Treatment:**

1. Sky Blue Chromatized water, twice a day,
2. Turquoise colour Chromatized water, twice a day,
3. Gargles with Blue Chromatized water, thrice a day.

## Chronic Pharyngitis

### **Causes:**

If the acute Pharyngitis is not treated properly, or the immune system of the patient is not strong enough the disease turns to be chronic. Excessive smoking,

using liquors, dust and smoke and tonsillitis are also few of the causes of this disease.

### **Treatment:**

1. Blue Chromatized water, twice a day,
2. Orange Chromatized water, twice a day,
3. Gargles with Blue Chromatized water, three times a day,
4. Massage Orange Chromatized oil upon throat, for five minutes with soft hands, twice a day.

## Allergic Rhinitis

### **Causes:**

This disease is more common in men than women and is hereditary. Mostly they are allergic to dust, smoke, pollens, eggs, and fish and cold weather or from a particular medicine. It is of two types; one that is in a particular season and the second, which lasts through out the year.

### **Symptoms:**

Nostril remains closed especially while lying, sneezing; water runs through nose and eyes, swelling in the membranes of the nostrils, nose glands enlarge.

### **Treatment:**

1. Sky Blue Chromatized water, twice a day,
2. Green Chromatized water, twice a day,
3. Massage Blue Chromatized oil upon the nose

bone,

4. Get a 9 x 12 inches glass sheet painted in green and make the patient to see it for ten minutes, before meals, from a distance of four feet.

## Epistaxis

### **Causes:**

High blood pressure, heat, nasal injury and fever etc are the causes of nose bleeding.

### **Symptoms:**

For known or unknown reasons bleeding starts from the nostrils

### **Treatment:**

1. Green Chromatized water, before meals and once early in the morning and once before going to bed.
2. Massage Green Chromatized oil upon the nose and in the nostrils.
3. Green and sky blue light for ten minutes each, alternatively, twice a day.
4. Putting Sky-Blue Chromatized water in the nostrils using a dropper stops the nosebleed immediately.

## Sinusitis

### **Causes:**

There are empty spaces between the bones of face

and head, which are termed as sinus. There are many types of bacteria that cause sinusitis. Polyps, cysts, tumors and infection in the nose cause sinusitis.

### **Symptoms:**

Fever, headache, nausea, one of the nostrils remains closed and mucus flows through the other. Affected Sinus aches severely.

### **Treatment:**

1. Indigo Chromatized water, twice a day.
2. Orange Chromatized water, before meals.
3. Massage Violet Chromatized oil on the forehead, and Blue Chromatized oil upon the nose.

## Toothache

### **Causes:**

Unclean teeth, excessive use of sweet and soar foods, indigestion, dental cavities, gastric problem, use of hard brush upon soft gums, using hard toothpicks, taking cold water after taking hot tea or coffee

### **Symptoms:**

Teeth ache painfully, gums swell and sometimes even the face also shows swelling.

### **Treatment:**

1. In case of pain, use Blue Chromatized water as mouthwash, many times.

2. Yellow Chromatized water, before meals.  
Green Chromatized water, after meals.
3. Blue Chromatized Water, twice a day.
4. Massage Yellow Chromatized oil or ointment upon the abdomen.

## Pyorrhea

### **Causes:**

Deficiency of vitamin C, Problems of Digestive System especially the gastric problems, use of liquors, etc

### **Symptoms:**

Gas, constipation, recurring dysentery, swelling of gums, bleeding and pus, loosening of teeth, foul breath,

### **Treatment:**

1. Turquoise Colour Chromatized water, twice a day.
2. Orange Chromatized water, before meals.
3. Massage of Orange Chromatized oil around naval.
4. Vitamin C tablets 500 mg. twice a day.
5. Boil pomegranate skin, in water and rinse the mouth, twice a day with one glassful of this water.
6. Basic reason for pyorrhea is indigestion.

Normally it is treated locally and the basic cause is not attended the way it is required to be treated, hence the pyorrhea is not cured completely. A good dentist knows this and he refers the case to the gastro-specialist.

## Eye Diseases

### Ametropia

#### **Causes:**

Inability of eyes to focus upon near or far away objects. it could be myopia (nearsightedness) or hyperopia (long-sightedness) or presbyopia.

#### **Symptoms:**

Eyes feel strain, and gets tired, headache, water runs through the eyes, vision blurs.

#### **Treatment:**

1. Use glasses of sky blue colour for two to three hours a day.
2. Indigo Chromatized water, twice a day.

3. Green Chromatized water, before meals.
4. Make two circles 2 inch apart, of 2 inch radius, on a glossy card board, fill one with red and the other with blue, make the patient to look at them from a distance of 4 feet, for ten minutes, twice a day. During gazing these circles try not to blink or at least blinking should be avoided as much as possible.
5. Get up early in the morning and sit from where the rising sun could be seen. When the sun rises, look at it for one minute only. Do not see more than one minute.
6. Wash the eyes with Blue Chromatized water, in the morning and with Green Chromatized water, in the evening.

### Night Blindness

#### **Causes:**

Mostly it is caused due to deficiency of vitamin A.

**Symptoms:** The patient can see normally during the daytime but with the decline of the sun, the sight grows dimmer and dimmer. In winter this problem becomes severer than the summer.

#### **Treatment:**

1. Use spectacles of turquoise colour, for two to three hours a day.
2. Blue Chromatized water, twice a day.

3. Yellow Chromatized water, after meals.
4. Wash eyes with Sky Blue Chromatized water.

### Ophthalmia Conjunctivitis

#### **Causes:**

Virus causes it. It is a communicable disease so caution must be exercised and use of other's towel, pillow or handkerchief be avoided.

#### **Symptoms:**

Inner of the eyelids is red; water runs through the eyes, after getting up in the morning the eyes are soar, feels like sand grain prickling in the eyes, which is very painful.

#### **Treatment:**

1. Use Sky Blue spectacles, for two to three hours a day.
2. Wash the eyes with Blue Chromatized water, as many times as possible.
3. Blue Chromatized water, twice a day.
4. Yellow Chromatized water, before meals.
5. Green Chromatized water, after meals.

### Sty

#### **Causes:**

Inflammation of sebaceous glands of eyelids, which is caused due to physical weakness, excessive use of starchy food, diabetes and typical bacteria.

cause this disease.

### **Symptoms:**

Affected eyelid swells due to pus filled boil in the root of eyelash. when the pus discharges, the swelling subsides.

### **Treatment:**

1. Pluck the lash carefully that has sty.
2. Put Dark Green Light upon the lashes for fifteen minutes, twice a day,
3. Blue Chromatized water, twice a day.
4. Violet Chromatized water, after lunch.
5. Green Chromatized water, before meals.
6. Wash the affected eye with Green Chromatized water using cotton swab.
7. Put Blue Chromatized Rose water using a dropper, three four times a day.

## **Blepharitis**

### **Causes:**

In children, bacteria and unhygienic living are the main causes of this disease.

### **Symptoms:**

Dryness on the sides of eyelids, itching and small wounds on the eyelids, inner of eyelids is red

### **Treatment:**

1. Sky Blue Chromatized water, twice a day.
2. Green Chromatized water, before meals.
3. Blue light upon the eyelids for fifteen minutes, twice a day.

## **Conjunctivitis**

### **Causes:**

It is a very common infection of the eye, which is mostly caused by virus, bacteria, allergy or reaction to some particular chemical.

### **Symptoms:**

Watery discharge from the eyes, which later on takes the form of pus, pain in the eye, sometimes the vision blurs, eyelids stick to each other when gets up from sleep.

### **Treatment:**

1. Blue light upon the eyes keeping them closed, for fifteen minutes, twice a day.
2. Wash eyes with Sky Blue Chromatized water, five six times a day.
3. Blue Chromatized water, twice a day.
4. Cover eyes with green cloth, when going out in the sun or intense light.

## Other Diseases

### Rheumatoid Arthritis

#### **Causes:**

It is an autoimmune disease, that is, the immune system of the body is activated against the body parts.

This pain starts due to rheumatism, wetting in the rainwater, cold weather. When the joints are affected with rheumatism, it pains severely. The immune system of the body joints is affected due to sexual diseases.

#### **Symptoms:**

In the beginning, one feels tired and fatigued; knees and other joints are felt cold and swell and pain. joints of the toes or fingers ache badly. In chronic



cases, the fingers become crooked and the movements of joints decrease, joints of neck, elbow, shoulder, knee, pelvis and ankle also get affected.

#### **Treatment:**

1. Red Chromatized water, after meals.
2. Orange Chromatized water, after break fast.
3. Green Chromatized water, before going to bed at least two hour after dinner.
4. Massage Green Chromatized oil, upon knees and calves.
5. Massage Red oil upon joints of elbows, and wrists
6. Massage Blue Chromatized oil upon joints of neck and backbone.
7. Massage Yellow Chromatized oil upon the abdomen.
8. If the pain increases due to cold, Red Chromatized water, twice a day.
9. In case of Rheumatism, put Yellow light upon the shoulders and press the shoulder, ribs and back, which would help in decreasing gas.

### Gout

#### **Causes:**

Excess of Uric Acid causes this disease. Surgery, infection, excessive use of alcoholic drinks, also causes this disease.

#### **Symptoms:**

Painful swellings in the joints, role of uric acid is the difference between Gout and Arthritis, rest of the symptoms are almost similar to Arthritis.

#### **Treatment:**

1. Red Chromatized water, twice a day.
2. Yellow Chromatized water, before meals.
3. Put Orange light upon the affected joints for fifteen minutes.
4. Massage Blue Chromatized oil upon the backbone joints and Green Chromatized oil upon the ankles, wrists and elbows, in cycles, twice a day.

### Anorexia

#### **Causes:**

Bile increases when sweat and fatty foods are taken, this result in loss of appetite, heavy meals, which take time in digestion produce phlegm. This also kills appetite. Infestation, long hours of sitting and not taking exercise also causes this disorder. Refrigerated food items especially milk and meat appear to be in good shape but actually they lose their vital energy. For this reason, the fresh meat lasts longer in the open as compare to the refrigerated one. The use of frozen and refrigerated foods excessively also result the same problem.

### **Treatment:**

1. Yellow Chromatized water, twice a day.
2. Blue Chromatized water, before meals.
3. Green Chromatized water, after lunch and dinner.
4. Red Chromatized water, after breakfast.
5. In case of nausea, Turquoise Colour Chromatized water, twice a day. Green Chromatized water, before meals and Yellow Chromatized water, after meals.

### Obesity

#### **Causes:**

It is the problem that relates to with diets and causes heart problems, gastric and rheumatic problems, diabetes, and blood pressure. Fat people have shorter span of lives than others. This disease is caused because of accumulation of fats in the blood, which is due to hereditary and genetic reasons besides using imbalanced diets, long hour of sitting not exercising etc.

#### **Symptoms:**

Normally, one can tell about this problem merely by looking at patient but before proper diagnosis it is better to examine the case in the light of the given weight

### **Treatment:**

1. Black Chromatized water, twice a day.
2. Red Chromatized water, after meals.
3. Black light upon the abdomen for fifteen minutes, once a day.
4. Massage Yellow Chromatized oil, twice a day.
5. Violet Chromatized water, three time a day.
6. If there is ulcer in the stomach, it must also be treated with this treatment.
7. Morning and evening walk regularly.

### Teeth Grinding During Sleep

#### **Causes:**

Infestation and many other psychological and physical reasons are cause of this problem.

#### **Symptoms:**

Watery discharge from the mouth during sleep, upset digestive system, yawns and stretches, patient grinds teeth in his sleep, pale face and colourless nails, sometimes the belly swells.

#### **Treatment:**

1. Yellow Chromatized water, twice a day.
2. Blue Chromatized water, before meals.
3. Chromatized skimmed milk in Red light from 10 am to 2 pm and then let it there in the dark

for 24 hours and let the patient drink it.

## General Debility

### **Causes:**

Basically it is due to one or the other disease or physical problem but at times it cannot be diagnosed properly.

### **Symptoms:**

Patient feels weak and fatigued and complains of pains in the body.

### **Treatment:**

1. Orange Chromatized water, twice a day.
2. Red Chromatized water, twice a day after meals.
3. Blue Chromatized water, two hours after taking the dinner, before going to bed.

## Dandruff

### **Causes:**

Rich, fatty and fried foods and use of salt excessively, bathing with hot water are few of the causes of this problem.

### **Symptoms:**

White scaly particles are there on the scalp, which do not look nice.

### **Treatment:**

1. Blue Chromatized water, twice a day.
2. Orange Chromatized water, after lunch.
3. Green Chromatized water after dinner.
4. Massage the hair oil, which is charged in the moonlight. *Glu-e-sabz* is herbal hair oil that has been charged in the moonlight.

## Heat stroke

### **Causes:**

In hot countries, especially in summer, working in hot air and sun cause the heat stroke.

### **Symptoms:**

Headache followed by fever, feels thirsty, urinates again and again, anxiety, eyes and face grow red, palpitation and sweating and patient faints, nausea and delirium can also be there.

### **Treatment:**

1. Blue Chromatized water, twice a day.
2. Green Chromatized water, after meals.
3. Orange Chromatized water, one hour after breakfast.
4. Make the patient to lie under the Blue and Green light for fifteen minutes each, twice a day.

## Typhoid

### **Causes:**

Bacteria cause this disease.

### **Symptoms:**

It starts with fatigue, headache and throat irritation and fever, which keeps on increasing day by day and maximizes the 7<sup>th</sup> or 8<sup>th</sup> day. Patient may have constipation or loose motions as well. Fever persists in the range of 100° to 102° F and seldom drops unlike malaria, which ranges 103° to 105° F

### **Treatment:**

Blue Chromatized water, before meals.

Turquoise colour Chromatized water, twice a day.

Yellow Chromatized water, twice a day.

Blue light upon the head for fifteen minutes, twice a day.

## Malaria

### **Causes:**

A germ called Plasmodium, which infuses the blood by Anopheles mosquito, causes malaria. These germs are also known as Malarial Parasites.

### **Symptoms:**

Malaria attack is in fits. Before and during the fit of malaria, patient feels cold and shivers and fever runs up to 105° F, which lasts 4 to eight hours and

recurs on third or forth day, in between the fever is not there but the patient suffers from, fatigue, giddiness, loss of appetite, nausea, vomiting, stomach ache, pain in joints and muscles and dry cough.

### **Treatment:**

1. Sky Blue Chromatized Water, thrice a day.
2. Green Chromatized Water, after meals,
3. Make the patient to lie under the Sky Blue light, in the morning, for ten minutes and, in the Green light, for ten minutes, in the evening.

## AIDS

### **Causes:**

HIV Virus (Human Immune Deficiency Virus) causes the disease of Acquired Immunization Deficiency Syndrome or AIDS. It severely damages the immune system of the patient and he suffers from one or the disease in quick succession.

This virus transfers due to blood transfusion, from mother to child and unnatural sexual activities. Its symptoms may manifest in two years or take ten.

It is not incurable. Its treatment needs persistent caring and regularity.

### **Treatment:**

Sky Blue Chromatized water, twice a day,

Yellow Chromatized water, before meals.

Green Chromatized water, after meals,

Red Chromatized water, twice a day,

Violet light in the armpits, for ten to fifteen minutes, before going to bed

Get a 6 x 9 inches transparent glass sheet painted in dark green and make the patient to look at it for 15 minutes, once in the morning and once in the evening.

Massage Blue Chromatized oil, upon the joints of the neck and Violet Chromatized oil upon the lower back joints, for five minutes each, in anti-clock wise circular movements, once in the morning and once in the evening.

Massage Turquoise Colour Chromatized oil, in the armpits and groin, using the right hand thumb, for five minutes each.

## Cancer

### **Causes:**

Cancer is the disease that results from the harm to the blood. When a person is trapped in few specific thoughts and finds no way to get out of them, the electric current responsible for our actions turns poisonous and starts causing infection in the blood. Resulting from imbalanced flow of currents, ultra microscopic viruses are produced in the blood. These viruses accumulate at one place and start consuming that electric current which is an essential need for the functioning of life. These viruses feed themselves upon the R. B. Cs (Red Blood Corpuscles) causing

leukemia, in which the White Corpuscles of blood and tissues exceed the limit. Body tries to get rid of these excessive Corpuscles in the form of various secretions. This results in overall weakness and man turns into a skinny skeleton and finally embraces death.

In another type of cancer because of accumulation of viruses, veins and arteries of the patient are damaged. This destroys the entire circulatory system, which ultimately results in death of the patient.

Cancer is of many types; it could be affecting only one part or the limb or a system of the body.

### **Symptoms:**

Since the electric current of the red colour is the food of the Cancer; the cancer consumes the electric current present in the Red Blood Corpuscles; the patient is deprived of the vital energy needed for the maintenance of life. The patient looks pale and complains about pains especially in the affected area.

### **Treatment:**

1. The atmosphere around the patient is required to be made red, i.e., the room where the patient lives, its walls, curtains, bed sheets, pillows-covers and even the clothes of the patients should be red.
2. Red light upon the body for 10 to 15 minutes several times a day.

**Weight & Height Chart**

Height without Shoes		Weight in Kgs (without cloths)			
Feet	Inches	Less	Normal	Fat	Obese
4	9	34	42 - 53	63	84
4	10	35	44 - 55	66	88
4	11	36	45 - 56	68	90
5	0	37	46 - 58	69	92
5	1	38	47 - 59	71	95
5	1	39	49 - 61	73	97
5	2	40	50 - 62	75	100
5	3	41	51 - 64	77	102
5	4	42	52 - 66	79	105
5	5	43	54 - 67	81	108
5	5	44	55 - 69	83	110
5	6	45	56 - 71	85	113

**Weight & Height Chart**

Height without Shoes		Weight in Kgs (without cloths)			
Feet	Inches	Less	Normal	Fat	Obese
5	7	46	58 - 72	87	116
5	8	47	59 - 74	89	118
5	9	48	61 - 76	91	121
5	9	50	62 - 77.5	93	124
5	10	51	63 - 79	95	127
5	11	52	65 - 81	97	130
6	0	53	66 - 83	99	132
6	0	54	68 - 85	102	136
6	1	55	69 - 86	104	138
6	2	57	71 - 88	106	141
6	3	58	72 - 90	108	144
6	4	59	74 - 92	111	147

3. Red Chromatized water, 3-5 times a day
4. Massage Red Chromatized oil upon the back of the trunk, thighs and calves, once a day.
5. Tell the patient that this disease is curable and he has to use his will power to overpower it.

## Colour Therapy In Practice

## Dr. Fayyaz Hakeem

MBBS, MD (USA)

Diplomat American Board of Medicine

Dr. Fayyaz Hakeem, lives in Spring Field, USA, is serving as Medical specialist in Wing Memorial Hospital and Medical Centers. Besides practicing Allopathic Medicines, he experiments Colour Therapy and reports that Colour Therapy proved very effective in the diseases of male and females, arthritis, cough, asthma, gastric problems and diseases of digestive system and in backaches etc.

**Name of the patient:** Andrew

**Age:** 35 years

**Disease:** Paralysis

**Suggested Treatment:** Massaged the neck joints and lower back with Blue Chromatized oil, twice a day and Red Chromatized was massaged upon the affected joints of limbs and Red light upon the affected parts, twice a day and Blue Chromatized water in doses of 2 ounces, two to three times a day was given.

**Results:** Limbs started moving after one month's treatment.

**Name of the patient:** Robert Burke

**Age:** 30 years

**Disease:** Arthritis

**Suggested Treatment:** Massage of lower back joints with Blue Chromatized oil, twice a day, blue light in the morning and Green light in the evening, for fifteen minutes, upon the affected leg

**Results:**

Patient started feeling relieved in three days and in fifteen days, he was completely cured.

**Name of the patient:** Lawrence

**Age:** 35

**Disease:** Arthritis

**Suggested Treatment:** Massage of Orange oil upon the joints, Blue light upon the affected joints, for ten minutes, once in the morning and once in the evening

**Results:** Within one month the patient felt relieved.

**Name of the patient:** Douglas

**Age:** 10

**Disease:** General debility of the body parts

**Suggested Treatment:** Massage of Blue Chromatized oil upon the joints of the neck and the lower back, for five minutes, twice a day and Orange light, for fifteen minutes, twice a day, upon the entire body

**Results:** Treatment of one month restored the mobility of the muscles to some extent. Patient was advised to continue the treatment.



**Name of the patient:** Fred Belm

**Age:** 40

**Disease:** Fatigue and weakness

**Suggested Treatment:** Blue light upon the head for fifteen minutes daily, patient was advised to look at 9 x 12 inches glass sheet painted in Blue, in the morning and the Orange one in the evening.

**Results:** Within fifteen days the patient felt revitalized.

**Dr. Shagufta Feroz**

BSc, MBBS, FRSH (London) MCPS (F. Med)

Dr. Shagufta Feroz, is a family physician and the Joint Secretary of Pakistan Society of Family Physicians, resides in Lahore, and is practicing Colour therapy for the last eight years. She has compiled the reports of one thousand patients of both sexes with ten various diseases.

**Burning Urination**

**Numbers of patients:** 100

**Duration of the disease:** 7-8 days.

**Intensity of the disease:** medium

**Suggested Treatment:** Green and Blue Chromatized water

**Duration of the treatment:** five days

**Results:** 59%

**High Blood Pressure**

**Numbers of patients:** 100

**Duration of the disease:** 4-5 years.

**Intensity of the disease:** medium

**Suggested Treatment:** Green Chromatized water

**Duration of the treatment:** 15-30 days

**Results:** 45%

### Low Blood Pressure

**Numbers of patients:** 100

**Duration of the disease:** 2-3 months.

**Intensity of the disease:** medium

**Suggested Treatment:** Red Chromatized water

**Duration of the treatment:** 7-10 days

**Results:** 58%

### Ulcer

**Numbers of patients:** 100

**Duration of the disease:** 2-3 months.

**Intensity of the disease:** medium

**Suggested Treatment:** Green and Yellow Chromatized water

**Duration of the treatment:** 25 days

**Results:** 58%

### Amenorrhea

**Numbers of patients:** 100

**Duration of the disease:** 2-3 years.

**Intensity of the disease:** medium

**Suggested Treatment:** Violet Chromatized water, Violet Chromatized oil massage upon joints of lower back

**Duration of the treatment:** 10-15 days

**Results:** 59%

### Morning Nausea

**Numbers of patients:** 100

**Duration of the disease:** 2-3 months.

**Intensity of the disease:** Severe

**Suggested Treatment:** Blue Chromatized water

**Duration of the treatment:** 7-8 days

**Results:** 40%

### Pneumonia

**Numbers of patients:** 100

**Duration of the disease:** 2-3 days.

**Intensity of the disease:** Severe

**Suggested Treatment:** Orange and Blue Chromatized water

**Duration of the treatment:** 5-7 days

**Results:** 45%

### Asthma

**Numbers of patients:** 100

**Duration of the disease:** 10-15 days.

**Intensity of the disease:** Severe

**Suggested Treatment:** Orange and Blue Chromatized water

**Duration of the treatment:** 7-10 days

**Results:** 55%

**Fever**

**Numbers of patients:** 100

**Duration of the disease:** 2-3 days.

**Intensity of the disease:** Severe

**Suggested Treatment:** Blue Chromatized water

**Duration of the treatment:** 2-3 days

**Results:** 60%

**Arthritis**

**Numbers of patients:** 100

**Duration of the disease:** 2-4 months.

**Suggested Treatment:** Blue & Red Chromatized water. Massage of Red oil upon the joints

**Duration of the treatment:** 7-10 days

**Results:** 69%

NB: There were few cases in which allopathic medicines were also administered besides the Chromatized water and oil.

**Dr. Javaid Sami**

MBBS, MD (PG)

Dr. Javaid Sami practices in Karachi. He reports following experiences concerning use of Colour Therapy in his endeavors to treat various patients.

**Name of the patient:** Akhtar Sultana

**Age:** 30

**Disease:** Epilepsy

**Suggested Treatment:** Blue and Green Chromatized water, twice a day. Blue light upon the head for fifteen minutes daily, patient was advised to look at 9 x 12 inches glass sheet painted in Turquoise, in the morning and evening. Massage of Blue Chromatized Oil, upon the joints of neck, twice a day was also suggested.

**Results:** In spite of Patient's taking Tegretol 200 mg. BD, she was having the fits twice a month. When she was treated using the colours, after two months treatment the fits stopped altogether.

**Name of the patient:** Sultan Khan

**Age:** 50 years

**Disease:** Paralysis

**Suggested Treatment:** Red, Orange and Blue Chromatized water, each one twice a day and Blue light upon the head for fifteen minutes daily, were

advised. Massage of Blue Chromatized oil, upon the joints of neck and back, twice a day, and Red Chromatized oil, upon the affected parts and joints was also suggested.

**Results:** In two months time the limbs gradually started moving normally.

**Name of the patient:** Allah Bukhsh

**Age:** 35 years

**Disease:** Dejection and loss of heart

**Suggested Treatment:** Orange and Blue Chromatized water, each one twice a day and patient was advised to look at 9 x 12 inches glass sheet painted in blue for fifteen minutes daily.

**Results:** In one month patient started taking interest in his work normally.

**Name of the patient:** Shahana

**Age:** 10 years

**Disease:** Prickly Heat

**Suggested Treatment:** Green and Blue Chromatized water, each one twice a day

**Results:** Within 4-days, the patient was normal.

**Name of the patient:** Akram

**Age:** 15 years

**Disease:** Cough

**Suggested Treatment:** Orange and Blue

Chromatized water, each one, twice a day. Massage of Orange and Blue Chromatized oil, upon the rib-cage, twice a day

**Results:** In 10-days, the patient recovered completely.

**Name of the patient:** Ahsan

**Age:** 30 years

**Disease:** Diarrhea

**Suggested Treatment:** Yellow Chromatized water, 3-4 times a day and once a day the yellow ointment was applied upon the belly

**Results:** Within 4-days, the patient improved and in a week time recovered completely

**Name of the patient:** Sanaullah

**Age:** 30 years

**Disease:** Throat Infection

**Suggested Treatment:** Blue Chromatized water, thrice a day and gargling with the same

**Results:** Within a week the patient recovered to health.

**Name of the patient:** Imrana

**Age:** 30 years

**Disease:** Phobia, fear of death, anxiety and fatigue

**Suggested Treatment:** Orange and Blue Chromatized water, each one twice a day, patient was

also advised to look at a 9 x 12 inches glass sheet painted with turquoise, for ten minutes, twice a day.

**Results:** Patient recovered in one month time.

## Dr. Naheed Javaid

MBBS, RMP

**Name of the patient:** Naheed

**Age:** 25 years

**Disease:** Leucorrhea

**Suggested Treatment:** Green and Blue Chromatized water, each one thrice a day and massage of Violet Chromatized oil upon the lower back

**Results:** Treatment of one month was enough to cure the patient completely.

**Name of the patient:** Raana Khan

**Age:** 30 years

**Disease:** Tiredness

**Suggested Treatment:** Orange and Blue Chromatized water, each one thrice a day

**Results:** Treatment of fifteen days cured the patient completely

**Name of the patient:** Aliya Naz

**Age:** 33 years

**Disease:** Menorrhagia

**Suggested Treatment:** Massage of Green Chromatized oil upon the lower back and that of Violet Chromatized oil around the naval point, twice a

day

**Results:** Ten days treatment helped the patient to recover.

**Name of the patient:** Sanubar

**Age:** 14 years

**Disease:** Gas and Flatulence

**Suggested Treatment:** Orange and Yellow Chromatized water, each one thrice a day

**Results:** Treatment of five days cured the patient completely.

**Name of the patient:** Tabassam

**Age:** 26 years

**Disease:** Throat Infection

**Suggested Treatment:** Blue Chromatized water, thrice a day and gargling with the same a few times a day

**Results:** Treatment of one month was enough to cure the patient completely.

**Name of the patient:** N. Ahmad

**Age:** 7 years

**Disease:** Cough

**Suggested Treatment:** Blue and Orange Chromatized water, thrice a day and massage of Orange and Green Chromatized oil upon the chest and ribcage, twice a day alternatively.

**Results:** Treatment of ten days was enough to cure the patient completely.

**Name of the patient:** Anjam

**Age:** 10 years

**Disease:** Colds and flue

**Suggested Treatment:** Blue Chromatized water, and blue light upon the head, twice a day

**Results:** In five days, the patient was cured completely.

**Name of the patient:** Fauzia Naheed

**Age:** 15 years

**Disease:** Stomach ache

**Suggested Treatment:** Green and Yellow Chromatized water, each one thrice a day and massage of Yellow Ointment upon the abdomen, twice a day

**Results:** Patient was cured in two days.

**Name of the patient:** Aziz

**Age:** 32 years

**Disease:** arthritis

**Suggested Treatment:** Orange, Red and Blue Chromatized water, each one thrice a day and massage of Red and Orange Chromatized oil upon the joints, twice a day

**Results:** Continuous treatment did improve the

**Results:** Continuous treatment did improve the condition but the patient did not recovered completely.

## Dr. Mian Mukhtar-ul-Haq

MBBS, FCPS (Psychiatry)

**Name of the patients:** Bina, Akram and Roidad

**Age:** 16, 30 & 35 years respectively

**Disease:** Fits of insanity

**Suggested Treatment:** Green and Blue Chromatized water, Massage of head with Blue Chromatized Sesame seed oil

**Results:** In 15 days, the patients felt improvement up to 40 %, within a month 60% improvement was observed. They were advised to continue the treatment. Bina did not continue and the fits relapsed.

**Name of the patient:** Azhar

**Age:** 23 years.

**Complaint:** Flatulence, gas

**Suggested Treatment:** Yellow Chromatized water

**Results:** Two days treatment curbed the problem.

**Name of the patient:** Khalid Memon

**Age:** 28 years.

**Complaint:** Burning Urination

**Suggested Treatment:** Green and Blue Chromatized water

**Results:** Problem was solved in two three days.

**Name of the patient:** Waqar-ul-Haq

**Age:** 25 years.

**Complaint:** Throat Infection

**Suggested Treatment:** Blue Chromatized water and gargling with Blue Chromatized water

**Results:** Infection subsided in two days and was completely cured in four days.

**Name of the patient:** Irfan Omar

**Age:** 30 years.

**Complaint:** Dysentery

**Suggested Treatment:** Blue and Yellow Chromatized water

**Results:** Patient was cured in three days

**Name of the patient:** Ikram Shahabi

**Age:** 45 years.

**Complaint:** Swelling feet

**Suggested Treatment:** Blue and Orange Chromatized water

**Results:** Patient felt relieved and did not complete the term of treatment so it relapsed.

**Name of the patient:** Mehmood-ul-Haq

**Age:** 18 years.

**Complaint:** Gastric and Solar Plax problems

**Suggested Treatment:** Blue and Yellow Chromatized water, application of Yellow ointment around the naval, early in the morning before breakfast

**Results:** Patient was cured in a week.

**Name of the patient:** Mumtaz Bibi

**Age:** 50 years.

**Complaint:** Arthritis

**Suggested Treatment:** Red, Orange and Blue Chromatized water

**Results:** 70% improvement in a fortnight.

**Name of the patient:** Sara Bukhari

**Age:** 17 years.

**Complaint:** Obsessive-compulsive disorder

**Suggested Treatment:** Blue, and Green Chromatized water, patient was advised to look at 9 x 12 inches Blue painted glass sheet

**Results:** The patient is now enjoying her health.

**Names of patients:** Ashraf, Sultan Ahmad, Qamar Jahan

**Age:** 40, 45 and 35 years respectively.

**Complaint:** Psoriasis

**Suggested Treatment:** Green and Blue Chromatized water

**Results:** Fifty days continuous treatment curbed the



problem.

**Name of the patient:** Fauzia Anjum

**Age:** 25 years.

**Complaint:** Leucorrhea

**Suggested Treatment:** Green and Violet Chromatized water and massage of Violet Chromatized oil upon the joints of lower back

**Results:** 75% improvement in a fortnight.

**Names of patients:** Arooj, Imran Khan

**Age:** 22, 26 years respectively

**Complaint:** Schizophrenia

**Suggested Treatment:** Blue, Orange and Green Chromatized water. Massage of Blue Chromatized Sesame seed oil upon head and the joints of neck, 9 x 12 inches Blue painted glass sheet

**Results:** 45% Improvement after two months treatment. patients were advised to continue the treatment.

**Name of the patient:** Aneesa

**Age:** 20 years.

**Complaint:** Insomnia

**Suggested Treatment:** Green Na Blue Chromatized water

**Results:** 90 % improvement in a fortnight.

**Names of patients:** Nazeer Shah, Abdul Qadir

**Age:** 35 and 25 years respectively.

**Complaint:** Jaundice. (Bilirubin 6mg/dl and 4 mg/dl respectively)

**Suggested Treatment:** Green and Blue Chromatized water

**Results:** 50% improvement in a fortnight. Bilirubin level dropped to 3mg/dl and 2.1mg/dl respectively.

## Dr. Muzzaffar-ud-Din

MBBS, MD, FCPS (Surgery)

**Name of the patient:** Javaid Ahmad

**Age:** 18 years.

**Complaint:** Mouth Ulcer

**Suggested Treatment:** Blue and Yellow Chromatized water

**Results:** Patient was cured in eight days.

**Name of the patient:** Imran

**Age:** 23 years.

**Complaint:** Throat Infection

**Suggested Treatment:** Blue Chromatized water and gargling with Blue Chromatized water

**Results:** It took seven days to cure the problem.

**Name of the patient:** Mohammad Nadeem

**Age:** 35 years.

**Complaint:** Arthritis

**Suggested Treatment:** Yellow, Orange and Red Chromatized water. Massage of Red Chromatized oil upon the joints

**Results:** patient improved considerably in a fortnight.

**Name of the patient:** Jaelyn

**Age:** 35 years.

**Complaint:** Duodenal Ulcer

**Suggested Treatment:** Green and Blue Chromatized water

**Results:** It took one month to curb the problem.

**Name of the patient:** Adnan

**Age:** 30 years.

**Complaint:** Gastro Enteritis

**Suggested Treatment:** Yellow Chromatized water

**Results:** Patient cured in 4 days.

**Name of the patient:** Haider-ul-Malik

**Age:** 15 years.

**Complaint:** Flu, colds

**Suggested Treatment:** Blue Chromatized water. Blue light upon the head for fifteen minutes

**Results:** Patient cured in 4-days

**Name of the patient:** Khalid

**Age:** 25 years.

**Complaint:** Palpitation

**Suggested Treatment:** Blue, Orange and Green Chromatized water

**Results:** 60% improvement in a week.

**Name of the patient:** Amjad Khan

**Age:** 40 years.

**Complaint:** Low Blood Pressure

**Suggested Treatment:** Red and Orange Chromatized water

**Results:** Condition of the patient improved in ten days.

**Name of the patient:** Irshad Ali

**Age:** 30 years.

**Complaint:** Spermatorrhoea

**Suggested Treatment:** Blue and Green Chromatized water. Massage of Blue Chromatized oil upon the joints of the lower back

**Results:** patient recovered in fifteen days.

**Name of the patient:** Javaid Akhtar

**Age:** 25 years.

**Complaint:** Premature Ejaculation

**Suggested Treatment:** Blue and Green Chromatized water. massage of Blue Chromatized oil on the joints of lower back, twice a day

**Results:** Treatment of one month cured the problem.

**Dr. Abdul Ghaffor**

MBBS RMP KMC Peshawar

Dr. A. Ghafoor is serving in Post Graduate Lady Reading Hospital, Peshawar. When he tried treating the patients, besides the Allopathic system of therapeutics, using the principles of Colour Therapy, rate of cure increased considerably. He has sent the following record:

**Names of Patients:** Imtiaz Khan, Majed Ali Shah

**Age:** 40 & 45 years respectively.

**Complaint:** Paralysis

**Suggested Treatment:** Blue, Orange and Red Chromatized water and massage of Red Chromatized oil

**Results:** Continuous treatments of two months helped the patients to get well and were able to move their limbs normally.

**Names of the Patients:** Shahid, Khalid

**Age:** 30 & 20

**Complaint:** Gastro-Enteritis

**Suggested Treatment:** Yellow and Green Chromatized water

**Results:** Both the patients recovered to health on three days.

**Names of the Patients:** Bashier Ahmad, Sohail Ali

**Age:** 40, 36

**Complaint:** Cough and fever

**Suggested Treatment:** Blue, Orange and Green Chromatized water

**Results:** In seven days both the patients got well.

**Name of the Patient:** Amjad Khan

**Age:** 18 years

**Complaint:** Mental fatigue

**Suggested Treatment:** Blue and Orange Chromatized water

**Results:** Patient recovered to health in 4 days.

**Name of the Patient:** Sana Ullah Khan

**Age:** 25

**Complaint:** Burning sensation during Urination

**Suggested Treatment:** Blue and Green Chromatized water

**Results:** Patient was cured in 4 days

**Names of the Patients:** Sajida Bibi, Hameeda Jabeen, Bushra Naz

**Age:** 25, 30, & 35 respectively

**Complaint:** Menorrhoea

**Suggested Treatment:** Blue and Green Chromatized water and massage of Blue Chromatized oil upon the

joints of lower back bone

**Results:** Patients recovered to health in eight days.

**Names of the Patients:** Shahid Durrani, Aslam, Pervaiz,

**Age:** 28, 30 and 23 respectively

**Complaint:** General weakness

**Suggested Treatment:** Orange and Red Chromatized water

**Results:** Patient felt much better and energetic in ten days.

## Dr. Aamir Fayyaz

MBBS RMP

**Name of the Patient:** Faroque

**Age:** 32 years

**Complaint:** Palpitation

**Suggested Treatment:** Blue and Green Chromatized water

**Results:** Patient improved in ten days.

**Name of the Patient:** Raza Ahmad

**Age:** 32 years

**Complaint:** Anxiety, Fatigue

**Suggested Treatment:** Green, Orange and Blue Chromatized water and 9 x 12 inches glass sheet painted in turquoise colour

**Results:** complaints reduced in fifteen days.

**Name of the Patient:** Sattar

**Age:** 29 years

**Complaint:** Burning sensation in urination

**Suggested Treatment:** Green Chromatized water

**Results:** Patient was cured in 5 days

**Name of the Patient:** Jabbar

**Age:** 35 years

**Complaint:** back ache

**Suggested Treatment:** Massage of Blue Chromatized upon Lower back joints and Green Chromatized water

**Results:** Pain subsided in few days

**Name of the Patient:** Fazal Sattar

**Age:** 20 years

**Complaint:** Spermatorrhoea

**Suggested Treatment:** Blue and Green Chromatized water. Massage of Blue Chromatized oil upon the lower back joints

**Results:** patient was relieved of the problem

**Name of the Patient:** Afshan

**Age:** 35 years

**Complaint:** Leucorrhoea

**Suggested Treatment:** Green and Violet Chromatized water. massage of Blue Chromatized oil upon the joints of lower back bone

**Results:** Patient was cured in a month.

**Name of the Patient:** Sardar Alam

**Age:** 40 years

**Complaint:** Jaundice

**Suggested Treatment:** Green and Blue Chromatized water and bed rest under blue light

**Results:** patient recovered in ten days and was advised to continue the treatment for a month.

**Name of the Patient:** Javaid Jan

**Age:** 37 years

**Complaint:** Pessimisticism

**Suggested Treatment:** Blue and Orange Chromatized water. 12 X 9 inches glass sheet painted in dark blue

**Results:** in 15 days patient started feeling better.

## Hakeem Waqar Yousaf

Unani Tabeeb

Hakeem Waqar Yousaf is practicing in his Clinic Azeemi Dwakhana, Karachi, for the last 15 years. He has compiled a record of over one thousand patients of all ages and both sexes that were treated using the technique of Colour Therapy for ten different diseases.

### Palpitation

**Number of patients:** 100

**Sickness period:** 30-35 days

**Severity of Sickness:** medium

**Suggested Treatment:** Red, Blue and Green Chromatized water

**Duration of Treatment:** 15-days

**Results:** 50%

**Acidity**

**Number of patients:** 100

**Sickness period:** 1-2-months

**Severity of Sickness:** medium

**Suggested Treatment:** Green and Yellow Chromatized water

**Duration of Treatment:** 20-days

**Results:** 60%

**Depression**

**Number of patients:** 100

**Sickness period:** 3 months

**Severity of Sickness:** Medium

**Suggested Treatment:** Blue and Orange Chromatized water

**Duration of Treatment:** 1-month

**Results:** 61%

**Dysmenorrhea**

**Number of patients:** 100

**Sickness period:** 2-months

**Severity of Sickness:** high to medium

**Suggested Treatment:** Blue and Green Chromatized water. Massage of Blue Chromatized oil upon the joints of lower back

**Results:** 75%

**Fever**

**Number of patients:** 100

**Sickness period:** 7-days

**Severity of Sickness:** high to medium

**Suggested Treatment:** Blue and Green Chromatized Water. Blue light upon the head

**Duration of Treatment:** 3-4 days

**Results:** 59%

**Debility and fatigue**

**Number of patients:** 100

**Sickness period:** 1-2 months

**Severity of Sickness:** medium

**Suggested Treatment:**

Red and Orange Chromatized water

**Duration of Treatment:** 6-7 days

**Results:** 62%

**Asthma**

**Number of patients:** 100

**Sickness period:** 4-5 months

**Severity of Sickness:** high to medium

**Suggested Treatment:** Blue and Orange Chromatized water

**Duration of Treatment:** 15-30 days

**Results:** 55%

**Anger, Anxiety**

**Number of patients:** 100

**Sickness period:** 3-6 months

**Severity of Sickness:** High to medium

**Suggested Treatment:** Sky Blue and Green

Chromatized water. Blue light upon the head

**Duration of Treatment:** 7-15 days

**Results:** 18%

### Inferiority Complex

**Number of patients:** 100

**Sickness period:** One year

**Severity of Sickness:** high to medium

**Suggested Treatment:** Blue and Orange Chromatized water

**Duration of Treatment:** 7-10 days

**Results:** 15%

### Arthritis

**Number of patients:** 100

**Sickness period:** 5-6 months

**Severity of Sickness:** high to medium

**Suggested Treatment:**

Blue and Orange Chromatized water

**Duration of Treatment:** 15-30 days

**Results:** 60%

NB: Low rate of success in the patients of Anger and anxiety was due the fact that the patients did carry out the treatment but did not attempt to change their temperament. The patients of fever and palpitation besides the colour treatment also used medicines of other therapeutic systems.

## Hakeem Qazi Maqsood

Unani Tabeeb

His clinic is in Rawalpindi where he practices Tib-e-unani and Colour therapy. He reports some interesting cases where he used the colour therapy as first aid and found it very effective and efficacious.

**Name of the patient:** Amjad Khan

**Age:** 35 years

**Complaint:** Colds and flu for the last 10 years

**Suggested Treatment:** Blue Chromatized water

**Results:** 7-days treatment eliminated the disease

**Name of the patient:** Mohammad Bashir

**Age:** 30 years

**Complaint:** Burnt his face, while he opened the radiator of his vehicle

**Suggested Treatment:** Applied Blue Chromatized water with cotton on the affected areas

**Results:** in 2 days the patient was completely cured.

**Name of the patient:** Maqsood Ahmad

**Age:** 22 years

**Complaint:** Fits of mania and psychosis

**Suggested Treatment:** Blue Chromatized water and massage of Blue Chromatized Sesame seed oil on the head



**Results:** 15-days treatment relieved the patient up to 60%

**Name of the patient:** Anees Begum

**Age:** 65 years

**Complaint:** Depression

**Suggested Treatment:** Blue Chromatized water

**Results:** 60% recovery in 20 days

**Name of the patient:** Shumaila

**Age:** 15 months

**Complaint:** Lower trunk and legs burnt when boiling water pot fell upon her

**Suggested Treatment:** Blue Chromatized water was applied with cotton

**Results:** No boil was made, the burning also gone in minutes and no scar when she cured in three days

**Name of the patient:** Farkhanda Ashraf

**Age:** 40 years

**Complaint:** wasp bite

**Suggested Treatment:** Blue Chromatized water was applied upon the sting and the same was administered in doses of 2-ounces several times

**Results:** pain and swelling immediately subsided

**Name of the patient:** Mohammad Basheer

**Age:** 25 years

**Complaint:** Hemorrhoids (non bleeding)

**Suggested Treatment:** Yellow Chromatized water

**Results:** Patient recovered in 10 days

**Name of the patient:** Mrs. Kidwai

**Age:** 55 years

**Complaint:** diabetes

**Suggested Treatment:** Yellow and Purple Chromatized water

**Results:** sugar in the blood controlled in 20 days.

**Name of the patient:** Mustafa Shah

**Age:** 55 years

**Complaint:** Infection in kidneys

**Suggested Treatment:** Blue and Green Chromatized water

**Results:** 7-days treatment controlled the infection

**Name of the patient:** Usman Ali

**Age:** 50 years

**Complaint:** High Blood Pressure

**Suggested Treatment:** Green and Blue Chromatized water

**Results:** 10 days treatment gave positive results

**Name of the patient:** Farrukh Riaz

**Age:** 20 years

**Complaint:** Cough

**Suggested Treatment:** Orange Chromatized Water and Massage of Orange Chromatized oil upon the chest and the rib cage

**Results:** 7-days treatment gave 55% results

**Name of the patient:** Balqees Begum

**Age:** 55 years

**Complaint:** Diabetes, Nervous weakness

**Suggested Treatment:** Yellow, Blue and purple Chromatized water

**Results:** patient reported improvement in 10 days treatment

**Name of the patient:** Munir Ahmad

**Age:** 30 years

**Complaint:** Sperm deficiency

**Suggested Treatment:** Violet Chromatized water and massage of purple Chromatized oil on the joints of lower back bone

**Results:** 30 days treatment increased the sperms

**Name of the patient:** Kalsoom

**Age:** 22 years

**Complaint:** Dysmenorrhea

**Suggested Treatment:** Violet Chromatized water

**Results:** Results were not satisfactory

## Hakeem M. Zulfiqar Khokhar

Unani Tabeeb-Faisalabad

**Name of the patient:** M. Saeed

**Age:** 26 years

**Complaint:** anxiety, tension and fatigue, insomnia

**Suggested Treatment:** Blue Chromatized water

**Results:** Patient started feeling better in 7-days

**Name of the patient:** Mohammad Akram

**Age:** 30 years

**Complaint:** Scabies

**Suggested Treatment:** Green Chromatized water

**Results:** pustules healed in 7 days

**Name of the patient:** Bano

**Age:** 30 years

**Complaint:** Tension and pain in the womb

**Suggested Treatment:** Blue Chromatized water, massage of Violet Chromatized oil on the lower abdomen

**Results:** It took just one month and the patient was cured

**Name of the patient:** Farced Ahmad

**Age:** 45 years

**Complaint:** Palpitation, black spots upon the skin

**Suggested Treatment:** Green Chromatized water

**Results:** Both the problems resolved in 15 days

**Name of the patient:** Zubaida Begum

**Age:** 26

**Complaint:** Hysteria

**Suggested Treatment:** Blue Chromatized water and blue light upon the head for fifteen minutes daily

**Results:** The patient was cured in one month

## Hakeem Salam Arif

Unani Tabeeb

**Name of the patient:** Iftikhar

**Age:** 35 years

**Complaint:** fainting

**Suggested Treatment:** Blue, Green and Red Chromatized water

**Results:** Patient recovered

**Name of the patient:** Amant Mohsin

**Age:** 35 years

**Complaint:** Depression

**Suggested Treatment:** Blue, Orange and Yellow Chromatized water

**Results:** patient improved considerably in 20 days

**Name of the patient:** Mohammad Akmal

**Age:** 25 years

**Complaint:** Premature Ejaculation

**Suggested Treatment:** Blue, Green and Yellow Chromatized water and massage of Violet Chromatized oil upon the lower joints of the backbone

**Results:** Patient was normal after 22 days

**Name of the patient:** Nadeem

**Age:** 25 years

**Complaint:** Insomnia

**Suggested Treatment:** Blue, Green and Yellow Chromatized water, 12 x 9 inches glass painted in green

**Results:** after 10 days patient starting sleeping normally

**Name of the patient:** Azra

**Age:** 30 years

**Complaint:** Ulcer

**Suggested Treatment:** Blue, green and Yellow Chromatized water and massage of Yellow ointment

**Results:** pains subsided in one month

**Name of the patient:** Inzimam

**Age:** 10 years

**Complaint:** Diarrhea

**Suggested Treatment:** Yellow Chromatized water and milk

**Results:** the child recovered to complete health in 5 days

**Name of the patient:** Jehanzeb

**Age:** 20 years

**Complaint:** mouth ulcer

**Suggested Treatment:** Gargles with Blue Chromatized water and Yellow Chromatized water

**Results:** the ulcer was cured in 7 days

**Name of the patient:** Shehzad

**Age:** 35 years

**Complaint:** Low Blood Pressure

**Suggested Treatment:** Red and Orange Chromatized water

**Results:** Patient was cured in 15 days

**Name of the patient:** Aafaq

**Age:** 25 years

**Complaint:** Constipation, indigestion

**Suggested Treatment:** Yellow and Green Chromatized water

**Results:** patient was cured in 15 days

**Name of the patient:** Riaz Ahmad

**Age:** 10 year

**Complaint:** Irritation and anger

**Suggested Treatment:** Blue and Green Chromatized water and psychotherapy

**Results:** The child started behaving after one months treatment

**Name of the patient:** Jamal

**Age:** 23 year

**Complaint:** fatigue and loss of concentration

**Suggested Treatment:** Orange, Yellow and Blue Chromatized water

**Results:** patient reported improvement in 7 days and was normal in 15

**Name of the patient:** Irfan

**Age:** 35 years

**Complaint:** Jaundice

**Suggested Treatment:** Blue and Green Chromatized water, complete bed rest

**Results:** Recovered to health in 15 days.

## Hakeem Noor Ajam

Unani Tabeeb

**Name of the patient:** Uzma

**Age:** 30 years

**Complaint:** anxiety

**Suggested Treatment:** Blue and Green Chromatized water, Turquoise coloured painted glass sheet

**Results:** severity of anxiety reduced in 15 days, patient was advised to continue the treatment.

**Name of the patient:** Mohammad Saeed

**Age:** 30 years

**Complaint:** Burning Urination (dysuria)

**Suggested Treatment:** Green Chromatized water, massage of Green Chromatized oil at lower abdomen

**Results:** Patient was relieved in 3 days and was completely cured in a week

**Name of the patient:** Mohammad Basheer

**Age:** 20 years

**Complaint:** Colds and flu

**Suggested Treatment:** Blue Chromatized water and blue light upon the head

**Results:** completely cured in 5 days

**Name of the patient:** Zubaida Ahsan

**Age:** 27 years

**Complaint:** itching

**Suggested Treatment:** Green Chromatized water and Green light over the affected parts for 20 minutes twice a day

**Results:** after few days the patient discontinued treatment considering it of no use.

**Name of the patient:** Anjum

**Age:** 33 years

**Complaint:** dysmenorrhea

**Suggested Treatment:** Violet Chromatized water and massage of Violet Chromatized oil on the lower abdomen and the Blue Chromatized oil upon joints of lower backbone

**Results:** Patient recovered to health.

**Name of the patient:** Habeeb

**Age:** 8 years

**Complaint:** TB

**Suggested Treatment:** Blue and Orange Chromatized water and massage of Blue Chromatized oil on the back and Orange Chromatized oil on the chest

**Results:** X-ray was clear of the spots after three months treatment.

**Name of the patient:** Dawood

**Age:** 25 years

**Complaint:** Bilious Headache

**Suggested Treatment:** Blue Green and Yellow Chromatized water

**Results:** Headache was cured

**Name of the patient:** Aman Ullah

**Age:** 60 years

**Complaint:** Giddiness

**Suggested Treatment:** Red and Orange Chromatized water and massage of Blue Chromatized oil upon the joints of neck

**Results:** Patient recovered to health in 5 days

**Name of the patient:** Irshad Ali

**Age:** 30 years

**Complaint:** Pessimism

**Suggested Treatment:** Orange and Blue Chromatized water, sighting the turquoise painted glass in the morning and Orange one in the evening

**Results:** Patient was full of liveliness in 10 days

**Name of the patient:** Arifa

**Age:** 25 years

**Complaint:** Headache due to tension

**Suggested Treatment:** Blue and Green Chromatized

water

**Results:** Headache subsided in two days and was completely cured in a fortnight

**Name of the patient:** Khalid Anwar

**Age:** 33 years

**Complaint:** Infection in kidneys

**Suggested Treatment:** Blue and Green Chromatized water, massage of Green Chromatized oil over the kidneys

**Results:** condition of the patient improved satisfactorily in a week time

## Dr. Ahmad Mumtaz Akhtar

DHMS RHMP (Homeopath)

He practices homeopathy in the city of Attock. He treats his patients using the colour therapy as well.

**Name of the patient:** Mohammad Tariq

**Age:** 45 years

**Complaint:** angina

**Suggested Treatment:** Green and Orange Chromatized water and massage of Blue Chromatized oil on the chest over the heart

**Results:** patient felt relieved in 15 days

**Name of the patient:** Sobia Nazeer

**Age:** 40 years

**Complaint:** Diabetes for the last 6 years

**Suggested Treatment:** Yellow and Violet Chromatized water and massage of yellow Chromatized oil on the right side of upper abdomen

**Results:** Sugar was controlled in a month

**Name of the patient:** Mohammad Ramzan

**Age:** 45 years

**Complaint:** Arthritis

**Suggested Treatment:** Blue and Red Chromatized water, massage of Red Chromatized oil upon the joints

**Results:** patient was relieved 50% in 15 days

**Names of the patients:** Ishrat, Frzana, Kausar

**Age:** 35, 45 and 27 years respectively

**Complaint:** Cough

**Suggested Treatment:** Orange and Blue Chromatized water

**Results:** 80% cure

**Name of the patient:** Waqar Ahmad

**Age:** 35 years

**Complaint:** Throat Cancer

**Suggested Treatment:** Red and Blue Chromatized water, massage of Red Chromatized oil and Red light upon the throat

**Results:** 50% improvement in 2 months.

**Name of the patient:** Abrar Ahamed

**Age:** 45 years

**Complaint:** Heart Problem

**Suggested Treatment:** Blue Chromatized water, massage of Orange Chromatized oil upon the chest and that of Green Chromatized oil upon the back ribcage

**Results:** 50% improvement in 1 month.

**Names of the patients:** Mohammad Aamir, Naveed, Ali, Hina, zaffar, Sobia Durrani and Zeeshan

**Ages:** 20 to 28 years

**Complaint:** Stomach Ache, gas, indigestion etc

**Suggested Treatment:** Yellow Chromatized water and massage of Yellow Chromatized oil

**Results:** All the patients cured in 3-4 days

**Name of the patient:** Muqem Najumuddin

**Age:** 35 years

**Complaint:** Allergic flu and colds for the last 5 years

**Suggested Treatment:** Blue, Green and Yellow Chromatized water

**Results:** 70% improvement in 20 days

**Name of the patient:** Muqaddas

**Age:** 15 years

**Complaint:** Dysentery

**Suggested Treatment:** Yellow and Blue Chromatized water

**Results:** Patient completely cured in 7 days.



## Dr. Jameel Ahmad Siddiqui

DIIMS, RIJMP (Homeopath)

Dr Jameel A. Siddiqui, practices in Karachi, he reported following experiences regarding treatment of Colour Therapy:

**Name of the patient:** Mohammad Tariq

**Age:** 25 years

**Complaint:** Anemia. Hemoglobin 10gm/dl

**Suggested Treatment:** Red Chromatized water and Red light upon the backbone for 10-15 minutes twice a day

**Results:** In 12 days hemoglobin was reported to 12gm/dl

**Name of the patient:** Shehla Habib, Hira Siddiqui

**Age:** 15 and 4 years

**Complaint:** Gas, constipation and abdominal pains

**Suggested Treatment:** Yellow Chromatized water and tablets

**Results:** both the patients cured in 2 days

**Name of the patient:** Marrium

**Age:** 45 years

**Complaint:** High Blood Pressure

**Suggested Treatment:** Green Chromatized water

**Results:** BP controlled in 15 days

**Name of the patient:** Abdul Qader

**Age:** 25 years

**Complaint:** Loss of hair and heaviness of head

**Suggested Treatment:** Massage of Blue Chromatized oil

**Results:** Patient came up with flu-like symptoms; the treatment continued and finally was cured in 15 days

**Name of the patient:** Hina Siddiqui

**Age:** 2 years

**Complaint:** Constipation and mouth sores

**Suggested Treatment:** Yellow Chromatized Mixture

**Results:** the child cured in 2 days

## **Dr. Hina Tahir**

DHMS, RHMP (Homeopath)

Dr. Hina reports from Gujranwala:

My father-in law had throat infection. He was advised an antibiotic medicine, which cured his throat but he developed constipation. Doctor prescribed some medicine but it had no effect. In few days the abdomen swelled, he felt nausea, sour water in the mouth and complained pain in kidneys. Vomited water only, urine reduced and constipation persisted, had lost appetite.

Physician advised Ultrasound Test, which indicated:

1. The intestines have amassed,
2. A mass is formed in the intestines, which has obstructed the intestines' movement, or
3. There is tumor in the intestines.

Thus the case was referred to the surgeon, who giving the date of operation, suggested few tests. The blood test report showed increase of blood urea. The surgeon postponed the operation and suggested antibiotics and other medicines to control the blood urea before he could operate.

I decided to try Colour Therapy and started treating him with Yellow Chromatized water before meals, Green Chromatized water after meals and massage of

Yellow Chromatized oil upon the abdomen over stomach. In 2-3 days the nausea reduced and the next day the sour water also stopped and he passed bowels, on the eighth day the abdomen was normal and the pain in the kidneys was no longer there. On 10<sup>th</sup> day, he felt recovered, he was passing bowels normally and he had his appetite back.

On 15<sup>th</sup> day the Ultrasound Test report showed everything normal in the abdomen. The surgeon commented; no need to operate.

This experience has established my faith in this therapeutic system and now in most cases, I recommend colour therapy treatment to my patients

## Dr. S. Nelofur

DHMS, CDS, RHMP (Homeopath)

Dr S. Nelofur practices in Karachi; she has reported the following experiences regarding Colour Therapy:

**Name of the patient:** Salma Jalil

**Age:** 48 years

**Complaint:** Chronic Cough

**Suggested Treatment:** Blue and Orange Chromatized water, massage of Orange Chromatized oil upon the chest and Blue Chromatized oil upon the back

**Results:** 60% recovery in 21 days

**Name of the patient:** Abdul Ghaffar Shah

**Age:** 28 years

**Complaint:** Indigestion

**Suggested Treatment:** Yellow and Green Chromatized water twice a day,

**Results:** Patient completely cured in 15 days

**Name of the patient:** Waqar-un-Nisa

**Age:** 16 years

**Complaint:** Sweating hands

**Suggested Treatment:** Blue, Yellow, Green Chromatized water

**Results:** 50% improvement in 10 days

**Name of the patient:** Mohammad Rafique

**Age:** 50 years

**Complaint:** Diabetes

**Suggested Treatment:** Yellow and Violet Chromatized water

**Results:** Sugar was controlled in 15 days.

**Name of the patient:** Abdus Sammad

**Age:** 30 years

**Complaint:** Mental weakness

**Suggested Treatment:** Yellow and Indigo Chromatized water, 9 x 12 inches Indigo painted glass sheet

**Results:** Memory improved in one month

**Name of the patient:** Maqsood Ahmad

**Age:** 26 years

**Complaint:** Dysentery

**Suggested Treatment:** Yellow, Green and Blue Chromatized water

**Results:** patient cured completely in 9 days

**Name of the patient:** Zeenat KAmal

**Age:** 25 years

**Complaint:** Inferiority Complex

**Suggested Treatment:** Red and Orange Chromatized water, 9 x 12 inches Orange painted glass sheet

**Results:** Positive change was reported after 30 days of treatment.

**Name of the patient:** Mohammad Akbar

**Age:** 29 years

**Complaint:** Insomnia

**Suggested Treatment:** Blue, white and Green Chromatized water

**Results:** Patient started sleeping normally in 20 days.

Report of

**Mohammad Zaffar**

M Sc. Chemistry,

Senior Chemist,

Feroz Sons Laboratories,

Nowshera (NWFP)

**Samples:** B-Chrome, Y-Chrome, O-Chrome, V-Chrome

Samples are in solution form prepared by Colour Therapy Research Lab.

**Preparation of Samples:** Following information about the preparation of Chromes has been furnished by Dr. Mian Mukhtar-ul-Haq.

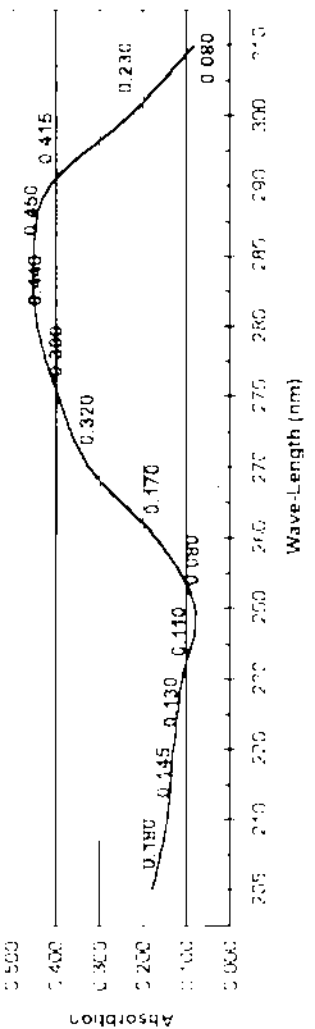
Chromes are basically glucose solution or plain distilled water. Under strict hygienic conditions, these are then kept in coloured lights for specific time durations e.g. 100 hrs, 150 hrs, 200 hrs.

B-Chrome means blue colour absorbed in solution.

Y-Chrome means yellow colour absorbed in solution,

G-Chrome means green colour absorbed in solution,

V-Chrome means violet colour absorbed in



Orange

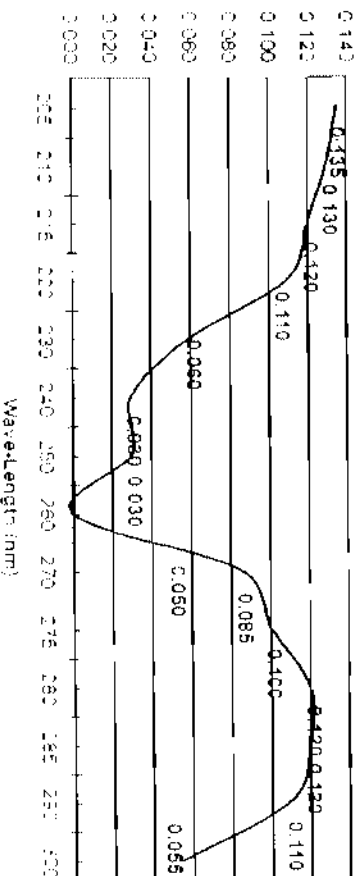
0.080	0.030	0.410	0.450	0.440	0.390	0.320	0.210	0.080	0.110	0.130	0.180	Abs
310	300	282	282	282	272	272	252	252	232	222	202	

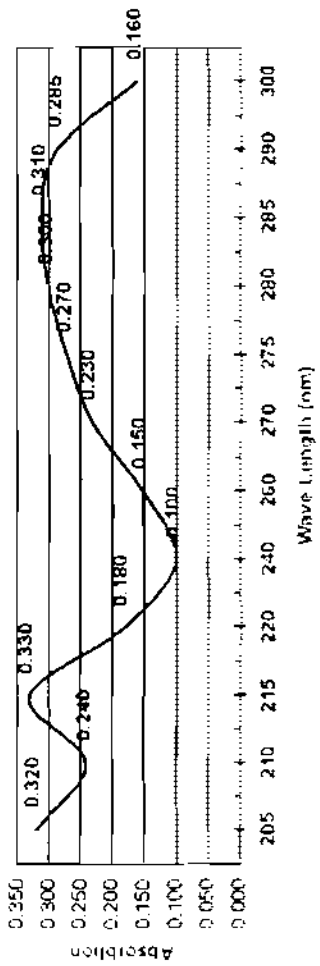
## O-CHROME

## Y-CHROME

205	210	215	220	230	240	250	260	270	275	280	285	290	300
Abs	0.135	0.130	0.120	0.110	0.060	0.030	0.030	0.050	0.085	0.100	0.120	0.140	0.065

F.Orange



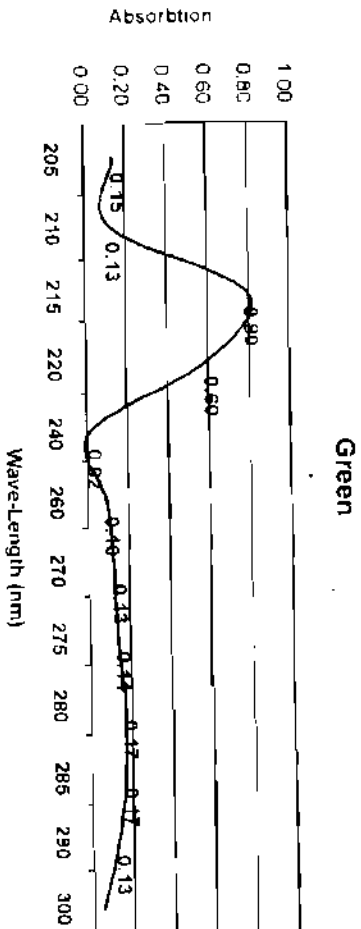


Wave Length (nm)	Abs
205	0.000
210	0.000
215	0.000
220	0.000
225	0.000
230	0.000
235	0.000
240	0.000
242	0.320
245	0.000
250	0.000
255	0.000
260	0.000
265	0.000
270	0.240
275	0.000
280	0.000
285	0.000
290	0.000
295	0.000
300	0.000

## G-CHROME

## V-CHROME

Wave Length (nm)	Abs
205	0.15
210	0.13
215	0.8
220	0.6
240	0.02
260	0.10
270	0.13
275	0.14
280	0.17
285	0.17
290	0.13
300	0.05



solution.

### Purpose of Study:

Purpose of this study was to see the difference between colour treated and non-treated solutions and to detect the changes that converted a simple distilled water or glucose solution into an efficacious medicine giving it the ability to cure.

### Procedure Adopted for the Study:

I compared the provided Chromatized samples with comparable non-Chromatized solution and noted their absorbance under different frequencies.

### Results:

It has been revealed that under different frequencies, different chrome samples have got different absorbance (Tables 1-4). These confirmed the hypothesis that coloured lights bring changes in a solution or in water, which enables them to cure diseases.

### Suggestion:

The spectrophotometric study of Chromatized water and solution has made a new horizon for future research in Colour Therapy. This study was the brain child of Dr. Mian Mukhtar-ul-Haq.

I hope that onward research on colour therapy will contribute to the advancement of the frontiers of modern medicine.

## A

Abu Jabbar Magrabi · 1  
Acne, Pimples · 176  
Acupuncture · 74  
Acute Infection · 133  
Acute Pharyngitis · 200  
Ahura Mazda · 61  
AIDS · 3, 219  
Allergic Rhinitis · 201  
Alpha Cells · 107  
*Alqanoon* · 2  
Amenorrhea · 191, 228  
Ametropia · 206  
Amoeba · 96  
Anaemia · 120  
Anemia · 36, 275  
Angina · 118  
*Animal Soul* · 62, 63  
Anorexia · 213  
Anxiety · 250, 255  
Apoplexy · 152  
aqua therapy · 73  
aroma therapy · 73  
artificial light · 73, 89, 92, 132  
Ascites · 106  
Ashtorians · 2  
Asthma · 45, 114, 229, 255  
astral body · 31, 32, 33, 34, 77, 78  
Ave Cina · 2  
ayurvedic treatment · 73

## B

Babylonian · 2  
Bacteria · 104, 115, 136, 218  
Bed Wetting · 131  
Beta Cells · 107  
*Bhagvat Gita* · 61  
Bilious Headache · 138, 270  
Bilirubine · 103  
Black spots · 175  
Bladder problems · 53

## Index

Blepharitis · 209  
bone diseases · 19  
bone-growth dysfunctions · 53  
*Book of Psalms* · 60  
brain cells · 13, 15, 16, 17, 50, 70,  
141, 142, 146, 162  
Brown colour · 55  
burning cases · 18

## C

Cancer · 3, 128, 155, 165, 166, 220,  
221, 273  
Carbuncles · 18  
cellophane sheet · 92  
cerebrospinal meningitis · 53  
Chicken pox · 187  
Cholera · 96, 97  
Christ · 1  
chromo therapist · 78, 79  
chromo therapy · 73  
Chronic Cough · 113, 279  
Chronic Infection · 134  
Chronic Pharyngitis · 200  
Cirrhosis · 105  
Classical Theory · 6  
Colour Points · 34  
Conjunctivitis · 210  
Constipation · 98, 266, 276  
Cough · 112, 113, 232, 236, 248,  
260, 273  
Cough with Phlegm · 113  
Coughing · 182  
Crones Disease · 100  
Cystitis · 136

---

## D

dark blue - 16, 36, 44, 252  
David - 1  
deficiency of blue - 79, 85  
Deficiency of Red - 19, 85  
delirium tremens - 52  
Depression - 161, 254, 258, 264  
Diabetes - 107, 108, 128, 261, 272, 280  
digestive system - 19, 37, 45, 46, 83, 170, 176, 215, 224  
Diseases are of two types - 4  
diseases of stomach - 37  
distilled water - 90, 92, 282, 283  
Dreams - 68  
Dreams and Interpretation - 68  
drug addiction - 54, 140  
Dry Cough - 113  
duodenal ulcer - 109  
Dysentery - 96, 240, 274, 280  
Dysmenorrhea - 190, 254, 261  
Dysphasia - 140

---

## E

ear diseases - 52  
Egyptian - 2  
electromagnetic energy - 5, 43  
Encephalitis - 144  
Epilepsy - 141, 231  
Epistaxis - 202  
epithelial cells - 15

---

## F

Fainting - 151  
Faravashi - 61  
Fistula ANO - 103  
Flatulence, Gurgling, Bloating - 95  
Flu and colds - 111

---

## G

Galen - 1, 2  
Gallbladder - 24  
gamma rays - 6, 21  
gastric problems - 45, 79, 167, 204, 224  
Gastroenteritis - 183  
Gastro-Enteritis - 96, 247  
General Debility - 216  
**General Epilepsy** - 142  
Glands - 22  
Glass ampoules - 92  
glucagon hormones - 107  
Gold - 45  
Gonads - 24  
Gonorrhea - 132, 146  
Gout - 212, 213  
Gray colour - 55  
Great Soul - 62  
Greek - 2

---

## H

Haematuria - 136  
hay fever - 49  
Hazrat Ali - 69  
Headache - 217, 270, 271  
Heart attack - 118  
heart problems - 18, 214  
Hematemesis - 109  
Hemolytic disease - 25  
Hemorrhoids - 101, 102, 259  
Hemorrhoids (Bleeding) - 101, 102  
Hepatitis - 104, 105  
herbal treatment - 73  
Hiccups - 100  
high blood pressure - 36, 49, 51, 54, 70, 119, 134, 157, 167, 192, 196

Hinduism - 62  
Hippocrat - 1, 2  
holy Quran - 59  
Human Soul - 62, 63  
Hydrocephalus - 148  
hyper stimulation - 49  
Hyperthyroidism - 155  
Hypo-lactation - 197  
Hypothyroidism - 156  
Hysteria - 168, 263

---

## I

Ibnul Faras - 71  
Idrees - 1  
Impotency - 127  
Indigestion - 99, 138, 178, 279  
Indigo - 24, 26, 51, 203, 206, 280  
Infections - 104  
Infertility - 195  
infra-red - 6, 21  
Insomnia - 3, 167, 242, 265, 281  
ionic balance - 52  
Iranian - 2  
Irritable Bowel Syndrome - 98

---

## J

Jaundice - 103, 104, 105, 243, 251, 267

---

## K

kaleidoscopic phenomenon - 81  
Kekule Formula - 72  
kidney diseases - 53

---

## L

lack of sexual desires - 81  
Leonardo da Vinci - 52  
Leucorrhoea - 194  
Leukemia - 36  
Leukoderma - 179  
light blue - 14, 16  
Liver - 24, 94, 105  
liver disorders - 49, 106  
low blood pressure - 40, 52, 54, 75, 80, 117, 121  
Low Blood Pressure - 3, 36, 121, 228, 246, 266  
Lungs - 24  
Luqman - 1

---

## M

Malaria - 218  
Mania - 162, 164  
Marasmus - 184  
Masturbation - 125, 126  
Maulana Jalaluddin Rumi - 71  
Measles - 188  
medulla oblongata - 11, 15, 143  
Meningitis - 145  
Menorrhagia - 192, 235  
mental illness - 51, 52, 53  
micro-waves - 6  
Migraine - 139  
Miscarriage - 196  
Mohammad (PBUH) - 1  
Moses - 1, 60  
Mouth Ulcers - 199  
Mr. Helm Holtz - 6  
Mr. Young - 6  
Mucus glands - 24  
Mycobacterium Tuberculosis - 115



---

## N

nasal diseases · 51  
nasmic body · 31  
Nausea · 229  
nervous ailments · 51  
New Testaments · 60  
Night Blindness · 207  
Nightmares · 166  
Nocturnal Emissions · 129  
nose bleed · 52, 202

---

## O

Obesity · 214  
Obsessive-Compulsive Disorder · 172  
Ophthalmia Conjunctivitis · 208  
optic nerves · 15  
optical system · 6  
Ormazd · 61  
Ovaries · 24

---

## P

Palpitation · 117, 245, 250, 253, 263  
Pancreas · 24, 94  
Panic attacks · 170  
Paralysis · 147, 224, 231, 247  
Partial Epilepsy · 142  
Peptic ulcers · 94  
peritoneal cavities · 106  
petroleum jelly · 92  
Phobia · 171, 233  
Pituitary gland · 24  
Pneumonia · 114, 229  
premature ejaculation · 81  
Premature Ejaculation · 128, 246, 264  
prickly heat · 54  
Prickly Heat · 177, 232

Principles of Gravitation · 5  
Psoriasis · 179, 241  
psychological diseases · 54  
purification of blood · 51  
Purple · 24, 146, 175, 196, 259  
Purpura · 123  
Pyelonephritis · 133  
Pyorrhea · 204  
Pythagoras · 2

---

## Q

Qalander Baba Auliya · 7, 62

---

## R

Rajaas · 62  
Red Blood Corpuscles · 42, 76, 120, 220, 221  
Reflexology · 74  
Renal Colic · 135  
rheumatic piles · 80  
Rheumatism · 212  
Rheumatoid Arthritis · 211  
Ringworm · 178  
Romans · 2

---

## S

Satwa · 62  
scalp diseases · 53  
Schizophrenia · 70, 158, 164, 242  
Sciatica · 153  
Sense of deprivation · 69  
seven colours · 6, 13, 17, 53, 81  
sexual diseases · 53, 81, 89, 211  
Shaikh Saadi · 71  
Shoes · 1  
Sinusitis · 202  
Sir Isaac Newton · 5

sky blue colour · 8, 13, 14, 15, 16, 92, 144, 176, 206  
Small Pox · 185  
Solomon · 1  
sore eyes · 18  
Spectrum · 5, 6, 90  
Spermatorrhoea · 125, 246, 251  
spinal cord · 11, 15, 79, 141, 147  
spiritual healing · 73  
Spleen · 24  
Stradonitz Wolf · 72  
Stry · 208  
Sufism · 9  
sugar beet · 40  
sun burnt skin · 49  
Sunlight · 26

---

## T

Tamas · 62  
Teeth Grinding During Sleep · 215  
Teething · 181  
Tension Headache · 173  
Tetanus · 188  
Thalassemia · 36  
The Sky Blue Colour · 13  
theory of Chromalucis · 64  
Theory of Colours · 5, 7  
therapeutic system · 18, 22, 35, 73, 82, 90, 92, 256, 278  
throat diseases · 52  
Thyroid · 24, 155, 156  
Toothache · 203  
toxic materials · 96  
Tuberculosis · 115  
Tumors · 45  
Typhoid · 218  
Typical Phobia · 171

---

## U

Ulcerative Colitis · 100  
Ulcers · 94  
ultra-violet rays · 6, 20, 21, 22  
Urinary Incontinence · 131  
urinary tract · 80, 132  
Urinary tract Infections · 136

Urticaria · 177  
use of vibration · 73  
Uterus · 195

---

## V

V · 15, 162, 220  
Vedas · 34, 61, 62  
venereal diseases · 49  
Vertigo · 140  
Vibrio Cholera · 97  
violet · 6, 20, 21, 25, 36, 37, 39, 40, 45, 52, 53, 62, 79, 80, 81, 89, 109, 129, 192, 282  
Viruses · 104, 145, 183  
vitamin D · 19, 22, 26  
Vomiting · 109  
Vomiting blood · 109  
Vulvitis · 193

---

## W

white patches of skin · 55  
Whooping Cough · 185  
world of angels · 65  
world of jinns · 65  
world of man · 65  
Worm infestation · 95  
wounds · 19, 49, 78, 84, 92, 109, 113, 182, 187, 209

---

## X

x-rays · 6, 21

---

## Y

Yawning · 33  
Yoga · 34  
Young Helm Holtz Theory · 6

---

## Z

Zarathustra · 61  
Zend-Avesta · 61  
Zurvan · 61

## Publications by the translator:

**Aik Safar Apney Murad Kay Hamrah**, (An account of a journey with the mentor), authored in Urdu. 1998. Maktaba-e-Azeemia, Lahore.

**Chromopathy**, authored in Urdu, June 2000. Published by the Institute of Chromopathy, Peshawar.

**Chromopathy**, English Version, the work that was prepared under the august guidance of Khwaja Shamsuddin Azeemi and PhD degree, was conferred upon the author by the OIUC, Sri Lanka. Jan. 2006 Published by Burkhiya Education Foundation, Peshawar.

**Hamara Nizam-e-Taleem**, 2004 Published by Burkhiya Education Foundation, Peshawar - Lahore

**Quran-e-Hakeem aur La-Sha'ur**, 2005, Published by Burkhiya Education Foundation, Peshawar Lahore

**Sha'ur nay La - Sha'ur say kaha**, Published by Burkhiya Education Foundation, Peshawar. 2006

**Tadreesi Maharat main Izafay ki Tadabeer** (Methods to Develop Teaching Skills) (Under Publishing Process)

More than Fifty articles on Parapsychology and Spiritual Science, Published in the daily **Frontier Post**, Peshawar, on weekly basis. 1990-1992

Series of articles, **Sha'ur Nay Lasha'ur say Kaha**, (The Conscious tells the Unconscious) appearing in monthly Rohani Digest, Karachi. From June 1997 to September 1999. Now a book as well. Dec. 2005 Published by Burkhiya Education Foundation,

Peshawar.

## Translations from Urdu to English: -

**Loh-o-Qalum** (Pen and the Scriptum) 1990, Al-Kitab Publications, Karachi. The most remarkable work on the subject of Spiritual Science by HDG Qalandar Baba Auliya.

**Lectures on Parapsychology**, 1992, Al-Kitab Publications, Karachi.

**Qalander Conscious**, 1990, Al-Kitab Publications, Karachi.

**Learn Telepathy**, 1992, Al-Kitab Publications, Karachi.

**Spiritual Healing**, 2001, Al-Kitab Publications, Karachi.

**Salaat, It Spiritual Aspects**, Alkitab Publications, Karachi

**Theory of Chromolucis**, Al-Kitab Publications, Karachi.

**Lectures on Loh-o-Qalum**, 2002 Published by Al-Kitab Publications in collaboration with Healing Center Manchester England

**Muraqba**, (Under Process of Publication)

**Mohammad (PBUH) Prophet of Islam**, (Part I & II) 2005, Burkhiya Education Foundation, Peshawar

**Mohammad (PBUH) Prophet of Islam**, (Part III) 2006, Burkhiya Education Foundation, Peshawar.

**Sufism and Exaltation** (Under Process of Publication.)

N.B: The first two of the above books have been included in the Para-psychology curriculum of Master's Degree of Sal Ford University, Manchester. U.K

## Also by the Author

- 1 Rohani Illaj
- 2 Rang aur Roshni say Illaj
- 3 Tazkara-e- Qalandar Baba Auliya
- 4 Tajalliyat
- 5 Rohani Nimaz
- 6 Telepathy Seekhiya
- 7 Colour Therapy
- 8 Aik su aik Auliya Allah Khawateen
- 9 Roohani Dak Part I, II, III & IV
- 10 Muraqba
- 11 Janat ki sair
- 12 Khwab aur Tabeer
- 13 Qalander Shaur
- 14 Sharah Loh-o-Qalum
- 15 Parapsychology
- 16 Nazaria-e-Rang-o-Noor
- 17 Muhammad-ur-Rasool Allah (Part I, II& III)
- 18 Allah Kay Mehboob
- 19 Awaz-e-Doost
- 20 Kashkool
- 21 Mehboob Bagal main
- 22 Taujihat
- 23 Ism-e-Azam
- 24 Ahsan aur Tassawaf
- 25 Quos-o-qzah
- 26 Loh-o-Qalum
- 27 Rohani Haj aur Umrah

