

Color Therapy Basic



HEALING WITH COLORS



COLLECTION OF VARIOUS
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KAPWING

Color Therapy – Basic

Top - (Distal/First Phalanx)

Head and Neck

Middle - (Middle/Second Phalanx)

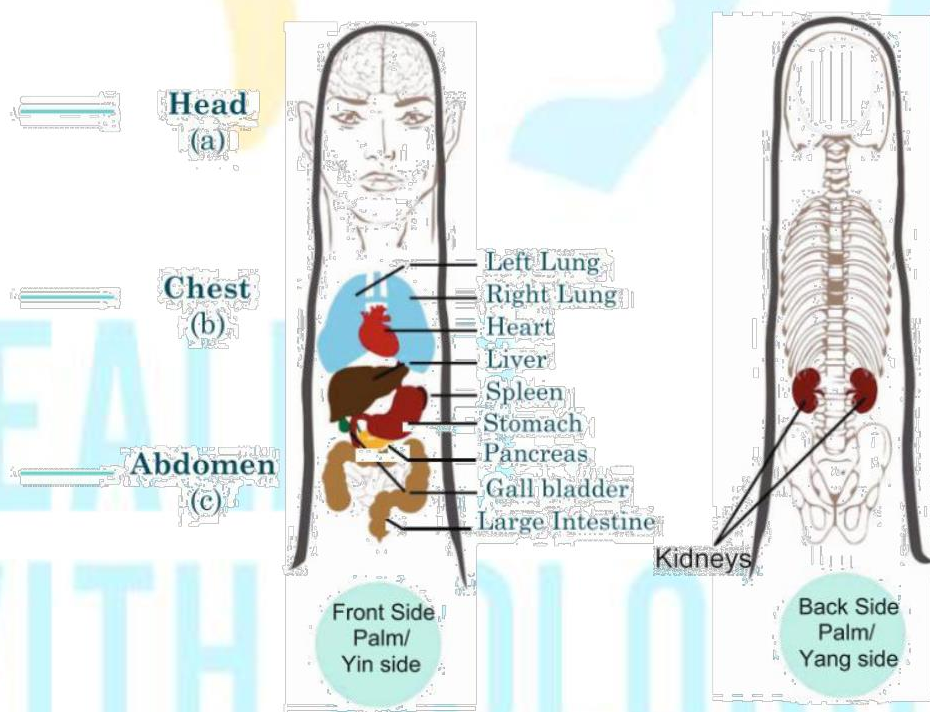
Lungs and Heart in front; relevant area of spinal cord on back and right and left arms on either side.

Bottom - (Proximal/Third Phalanx)

Liver, Spleen, Stomach, Pancreas, Large & Small Intestine, Urinary Bladder & Gall Bladder in the front side. Kidneys & relevant area of spinal cord on back side. Right and left leg on either side.

Front & Back side of finger

is the Yin side/inner side whereas the back of the finger is the Yang side (i.e. the side with nails).





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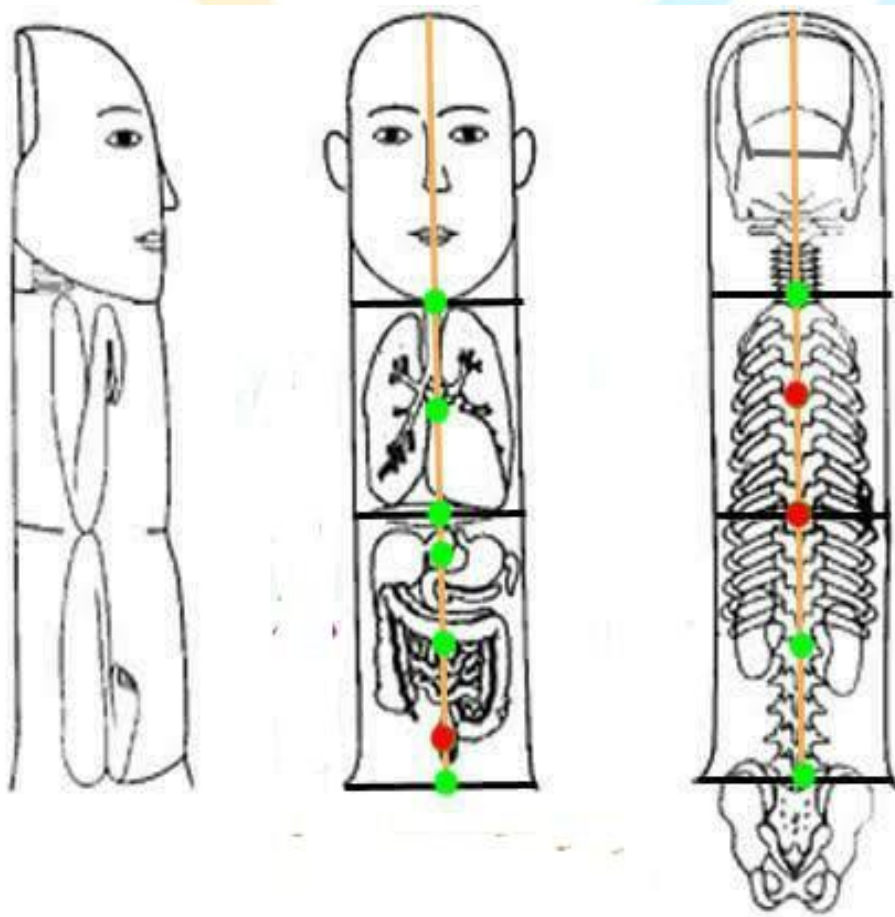
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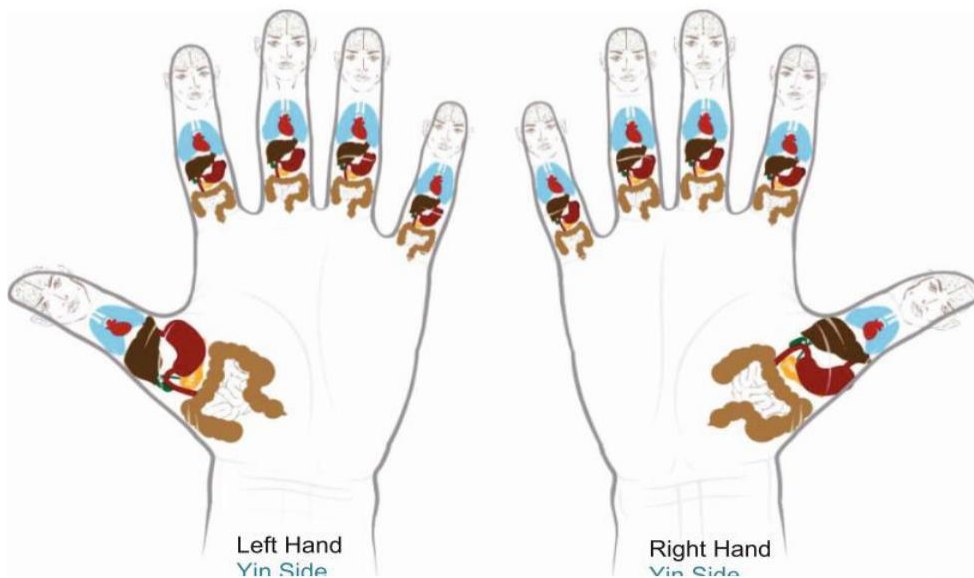
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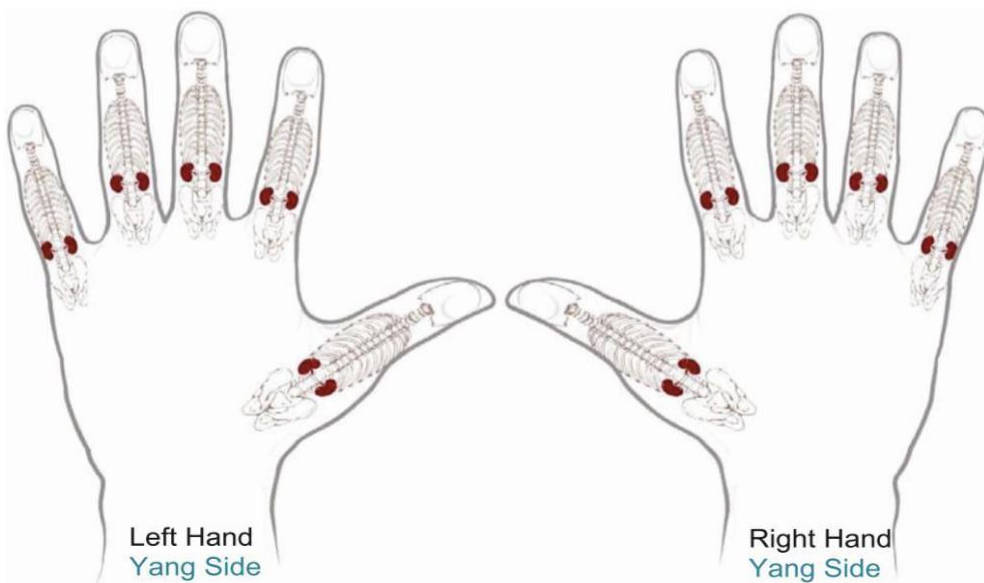


Color Therapy – Basic

Body Semblance On Our Hands: Yin Side

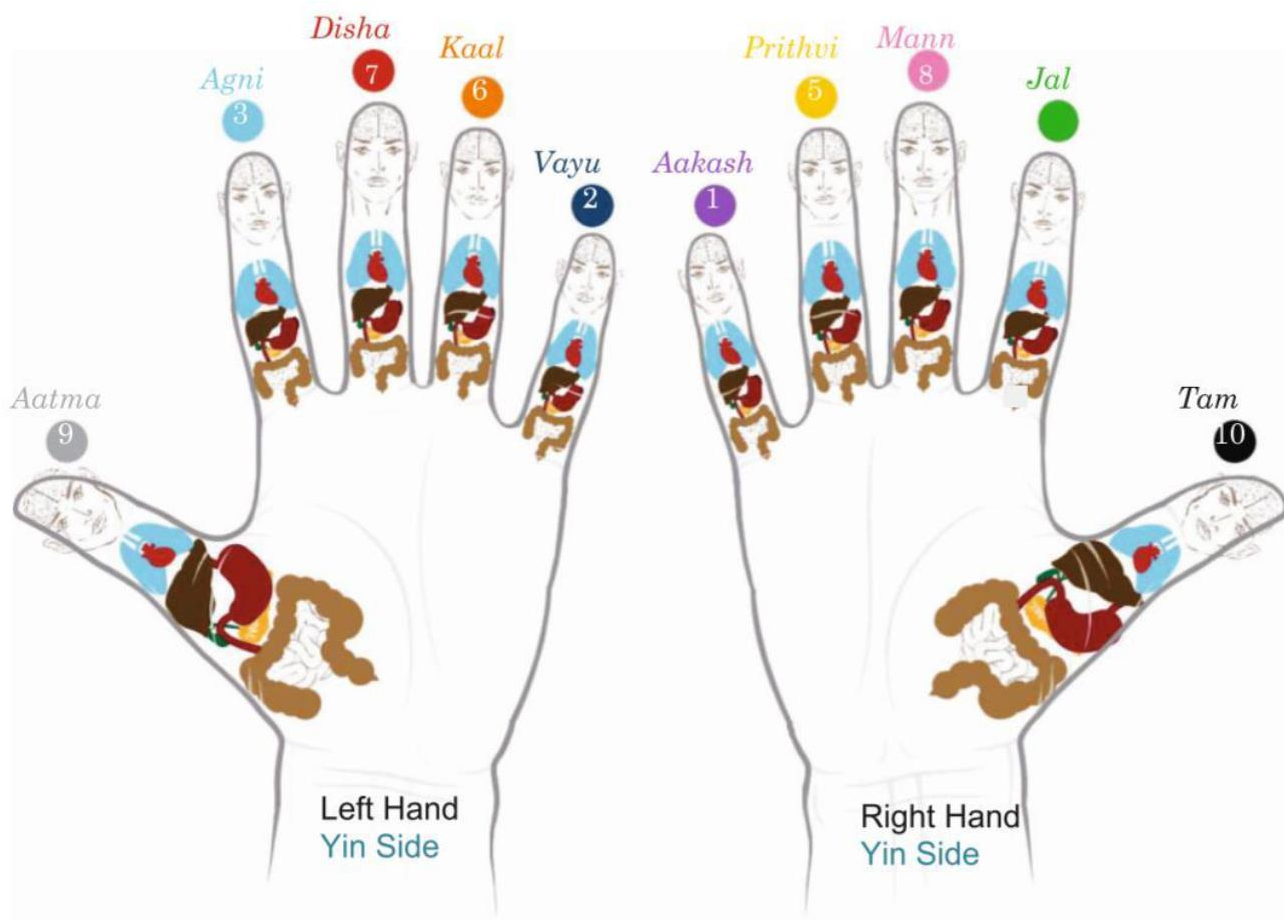


Body Semblance On Our Hands: Yang Side



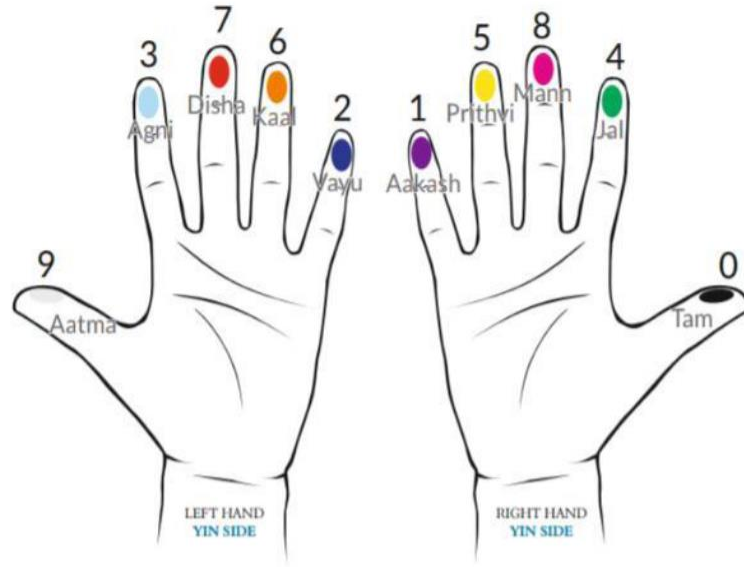
Color Therapy – Basic

Corresponding elements with corresponding fingers



WITH COLORS

Color Therapy – Basic

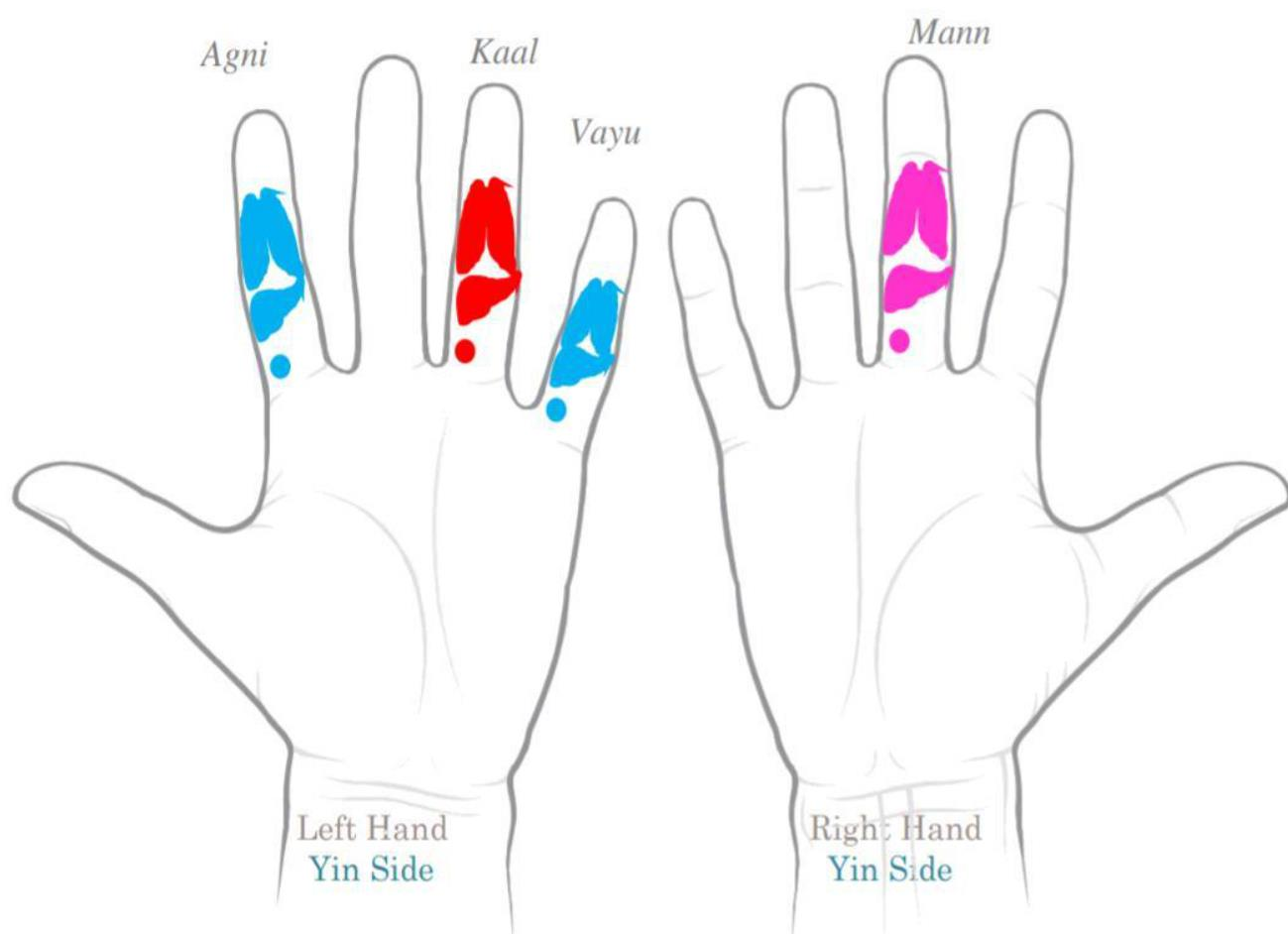


| Elements | # | Enhancement | Tranquilize |
|----------|---|-------------|-------------|
| Tam | 0 | Black | White |
| Akash | 1 | Violet | Indigo |
| Vayu | 2 | Indigo | Sky blue |
| Agni | 3 | Sky blue | Green |
| Jal | 4 | Green | Yellow |
| Prithvi | 5 | Yellow | Orange |
| Kaal | 6 | Orange | Red |
| Disha | 7 | Red | Pink |
| Mann | 8 | Pink | Violet |
| Aathma | 9 | White | Black |

Allergies

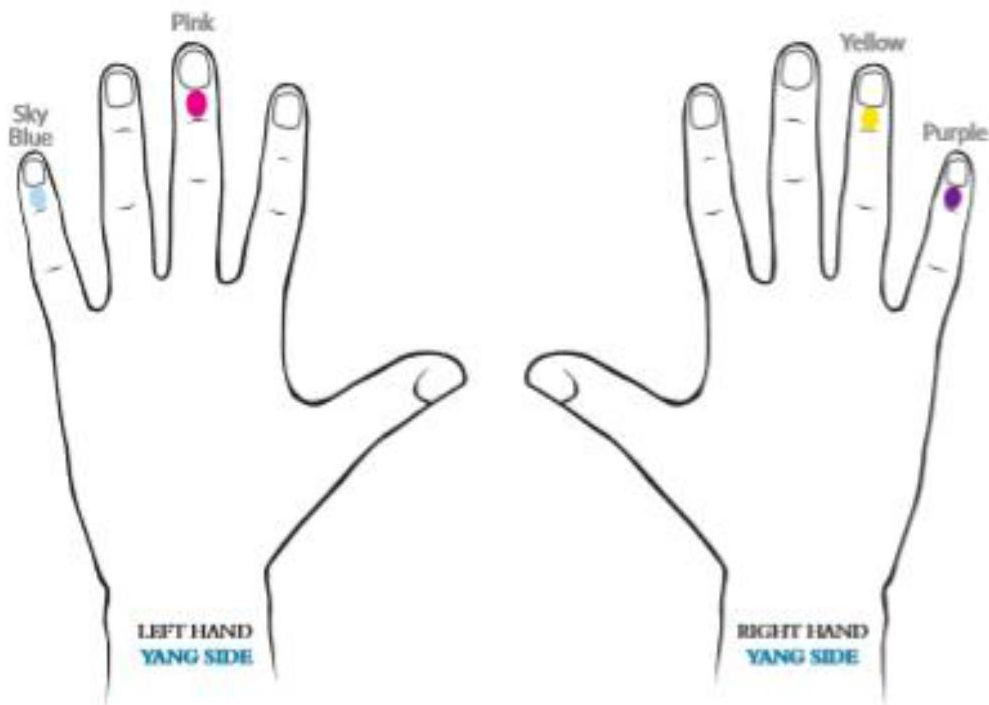
(see also seasonal change, Cough and Cold)

Treatment - $\uparrow 3, \uparrow 8, \downarrow 2, \downarrow 6$ on lungs and liver



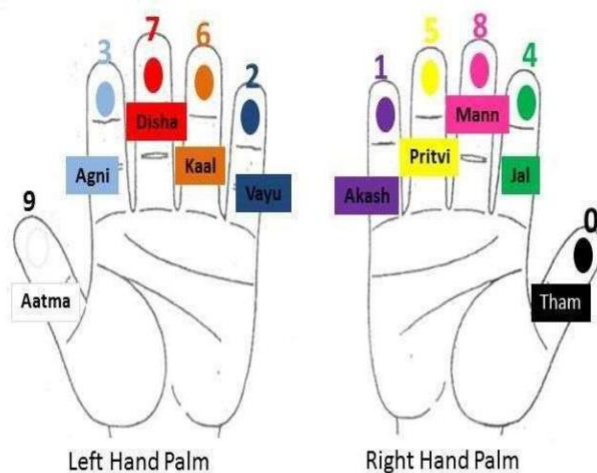
Anger - (for giddiness, vertigo)

Treatment:
E1,5 T2,7
on Yang brain



HEALING
WITH COLORS

COLOR CHART



| Elements | Aatma | Akaash | Vayu | Agni | Jal | Prithvi | Kaal | Disha | Mann | Aatma |
|----------------------|-------|--------|----------|----------|--------|---------|--------|-------|--------|-------|
| # | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Enhancement colour | Black | Violet | Indigo | Sky blue | Green | Yellow | Orange | Red | Pink | White |
| Tranquilizing colour | White | Indigo | Sky blue | Green | Yellow | Orange | Red | Pink | Violet | Black |

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| List of Few Treatment protocols | | | | | | |
|---------------------------------|--|-----------|-------|--------------|-------|----------------------------------|
| Area /Ailment | Specific Ailment / Similar type | Treatment | | | | Treatment area on Body Semblance |
| | | Enhance | | Tranquillize | | |
| Abdominal Pain | Lower abdomen pain | | 1,8 | | 2,7 | Liver |
| | | | 4 | | 2,3 | Stomach |
| Abdomen Fat | Fat in the abdomen | | 2,7 | | 1,4,5 | On 3rd Phalanx |
| Acidity | Also can be used for flatulence Hyperacidity | | 1,4,5 | | 2,3 | Stomach & LI |
| Addiction | Alcoholism | | 3,4,8 | | 5,7 | Yang Brain |
| | | | 4 | | 3 | Liver |
| | Smoking | | 1,8 | | 7 | Yang Brain |
| | | | 2,3 | | 7 | Lungs |
| | Overeating | | 4,5,8 | | 7 | Yang Brain |
| | | | 5 | | 7 | Stomach |
| Alzheimer's | Paralysis/ General Memory Loss | | 3,6, | | 4.5 | Yin Brain & Lungs |
| | | | 3.6 | | 4.5 | Yang Brain |
| Anaemia | Low HB count | | 3,4 | | 5,6 | On Liver, Spleen & Kidney |
| Allergies | | | 3,6 | | 4,5 | On Lungs & Liver & Appendix |
| Allergy | Allergy eating prawn & chicken, lips are swollen | | 1,4 | | 2,3 | In addition Lips & throat |
| Allergy | Dust | | 1,5 | | 3,6 | Nose |
| Anger | Also for giddiness | | 1,5 | | 2,7 | Yang Brain |
| BP | Low BP, Low energy, lethargy, sadness | | 3,6 | | 1,7 | Yang Brain |
| | High | | 1,8 | | 2,7 | Yang Brain |

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2 | Healing with colours

| List of Few Treatment protocols | | | | | | |
|---------------------------------|---|-----------|---------|--------------|---------|---|
| Area /Ailment | Specific Ailment / Similar type | Treatment | | | | Treatment area on Body Semblance |
| | | Enhance | | Tranquillize | | |
| Back pain | Full spine or back | | 1,3,7 | | 2,5,6 | Full Spine |
| | Pain in Low Back, Hip Joint | | 1,3,7 | | 2,5,6 | Lower spine |
| Bells Palsy/ Facial Paralysis | | | 1,3,7 | | 4,5,6 | Cervical |
| | | | 3,6 | | 4,5 | Yin Brain |
| Bleeding Gums | | | 4 | | 3 | Stomach |
| Bleeding Nose | | | 5,6 | | 3,4 | Nose |
| Bleeding | Heavy bleeding during menstruation | | 5,6 | | 2,3,4 | Liver or Urogenital |
| Calf Muscle | Swelling & Pain in Calf muscle | | 1,3 | | 4,5 | Kidney & Spleen |
| Calcic Spur | Pain on heels especially during morning | | 2,4,7 | | 3,5,6 | Heel |
| Cervical pain | Can be used for shoulder and elbow pains on semblance regions | | 1,3,7 | | 2,5,6 | Cervical |
| Cold, Cough & Chest congestion | | | 3,6,7 | | 2,4,5 | On lungs. If irritation in throat extend the same colours till throat semblance |
| Cough | Dry Cough with irritation | | 1,4 | | 2,5,6 | Lungs and Throat |
| Chicken Pox | | | 1,8 | | 2,3,4,6 | Liver & Kidney |
| | If there is fever along with chicken Pox | | 4 | | 3 | Yang Brain |
| Constipation | | | 1,3,4,7 | | 5,6 | Large intestine |

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| | | Enhance | | Tranquilize | | |
| Dandruff | Severe | | 1,4 | | 2,3,7 | Nail border |
| Depression | Can be used for Insomnia, Aggression, High BP, Low confidence, Anxiety, Tension, In case of Rebellious children | | 5,8 | | 2,7 | Yang Brain |
| Digestion | Weak digestion | | 3,6 | | 4,5 | Liver & Gall bladder |
| Diarrhoea | | | 5,6 | | 2,4,7 | Large Intestine |
| Diabetes | | | 3,4 | | 5,6 | Pancreas |
| | | | | | | Kidney and Liver |
| Dry Skin & Itching | | | 1,4 | | 2,3,6 | Large Intestine |
| Eyes | Pain in the Eyes | | 4 | | 3 | Liver |
| | | | 1 | | 2 | Eye |
| | Twitching in the eye | | 5,6 | | 1,2,7 | Eye |
| | | | 4 | | 3 | Liver |
| | Clot | | 1,2 | | 3,6 | Eye |
| | Corneal Erosion | | 1,5,8 | | 2,7 | Liver, Kidney, Eye |
| Ear | Pain due to piercing the ears | | 1,2 | | 3,5,6 | |
| | If not red and having pus | | 1,2,3 | | 4,5,6 | |
| Emotions | Chronic emotional disturbances | | 1,8 | | 2,6 | Yang brain |
| Fatigue | Tiredness | | 3,6 | | 4,5 | Kidney |
| Fever | | | 4 | | 3 | Yang Brain |
| Food Craving | | | 4,5 | | 3,7 | Stomach |
| Fracture | Right hand. Can be used accordingly for other areas where fractured | | 3,4,5 | | 2,7 | Hand |

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| | | Enhance | | Tranquilize | | |
| Gastritis | Chronic | | 4,5,8 | | 3,7 | Stomach & Liver |
| Gall Bladder | Pain due to Gall bladder stones | | 3,6 | | 2,4,5 | Gall Bladder |
| Grey Hair | Premature greying | | 3,6 | | 4,5 | Kidney |
| | | | 4 | | 3 | Stomach |
| Head | Head Ache - severe | | 5,8 | | 2,7 | Yang Brain |
| | Head Ache -temporary | | 1 | | 2 | Head – body semblance |
| | Feeling heavy | | 1 | | 2,7 | Yang Brain |
| | If the weather is cold | | 3 | | 4 | Yang Brain |
| | In tolerable pain in the Right /Left side temple | | 3,4,8 | | 5,6 | Liver |
| | Migraine | | 3,6 | | 4,5 | Liver and treat the semblance organs like uterus , eye; avoid sour food |
| Immunity | Improve Immune system | | 3,6 | | 4,5 | Kidney & liver on alternate days |
| Increase Platelets | Can help dengue patients to increase the platelets | | 6,8 | | 3,4 | Spleen and Liver |
| IBS | Irritable Bowel Syndrome | | 5,6 | | 3,4 | Large Intestine |
| Knee Pain | | | 3,6,7 | | 2,4,5 | Knee yang side |
| Kidney | Kidney Stones | | 2,3,6 | | 4,5 | Kidney |
| | Shrinkage | | 1,3,4,8 | | 2,5,6 | Kidney |

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| | | Enhance | | Tranquilize | | |
| Loose motion | Loose motion | | 5,6 | | 2,4,7 | LI |
| Liver | Fatty Liver | | 2,3,6 | | 1,4,5 | Liver |
| | | | 8 | | 7 | Yang Brain |
| Movement | Movement - Difficulty in walking & standing | | 3,6,7 | | 2,4,5 | Lower spine |
| Menstrual Cramps | | | 1,8 | | 2,7 | Liver & Ovaries |
| Mouth | Ulcer | | 2,4 | | 3,6 | Mouth |
| Obesity | Due to medicines | | 3,6 | | 4,5 | Liver and kidney |
| Osteo arthritis | | | 3,6 | | 4,5 | Kidney , Liver |
| Old age | Constipation | | 1,4,7 | | 5 | Large Intestine |
| | Difficulty in walking and turning | | 1,3,7 | | 2,5,6 | Spine |
| | | | 3,6 | | 4,5 | Liver, Spleen |
| Parkinson's | | | 1,8 | | 2,7 | Yang brain |
| Palpitation | Can be used for emotional issues like negativity, fear of falling sick | | 1,3,8 | | 2,7 | Yang Brain |
| Paediatric | No growth and frail | | 3,6 | | 4,5 | Liver & Kidney |
| | Severe cold and cough with congestion | | 3,6 | | 2,4,5 | Lungs |
| | Dry cough | | 1,4 | | 2,5 | Lungs |
| | Stomach Pain | | 1 | | 2,7 | LI&SI |
| PCOD | | | 3,6,8 | | 4,5,7 | Liver & Ovaries |
| Renal Failure | Swelling in legs – Low creatinine. Renal failure | | 3,6,8 | | 4,5,7 | Kidneys, liver, spleen, creatinine test after 30 days of treatment |

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6 | Healing with colours

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| | | Enhance | | Tranquilize | | |
| Reproductive System | Tiredness during menstruation | | 8 | | 7 | Liver & Spleen |
| | Uterine fibroid, heavy bleeding | | 1,2 | | 3,4,5,6 | Urogenitals |
| | Endometrium thickness | | 1,2,3,6 | | 4,5 | Urogenitals |
| | Testicles - Bilateral grade 1 varicocele | | 3,6,7 | | 1,2,4,5 | Spleen and Urogenital |
| | Prostate enlargement | | 3,6 | | 1,4,5 | Urogenital System |
| Scanty Periods / Spotting | | | 3,4,7 | | 5,6, | Liver & urogenital |
| Shoulder | Frozen shoulder | | 1,2,3,4 | | 5 | Shoulder |
| | If there is pain | | 1,3,4 | | 2,5 | Shoulder |
| Shoulder & Arms | Dislocation Pain on both arms & shoulder | | 5,7 | | 1,2 | Shoulder |
| Sinusitis | | | 3 | | 2,4,6 | Nose and lungs (lungs if it is severe) |
| Skin | Itching | | 1,4 | | 2,3 | LI & Lungs |
| | Itching on legs & thighs | | 3,6 | | 4,5 | Appendix |
| Sneezing | Continuous | | 5 | | 2,4,6 | Nose |
| | If there is less relief with the above include the same treatment on lungs | | 5 | | 2,4,6 | Lungs to be added with above |
| Snoring | | | 2,7 | | 1,4,5 | Nose – colour from nose & throat To remove any blockage |
| Stammering | | | 3,4 | | 5,6 | Heart |
| | | | 1,3,7 | | 2,5,6 | Cervical |

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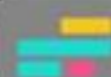
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KAPWING

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| Area /Ailment | Specific Ailment / Similar type | Treatment | | | | Treatment area on Body Semblance |
| | | Enhance | | Tranquilize | | |
| Stomach | Distension and tightness in abdomen & Lung congestion | | 2,3 | | 4,5 | Lungs & kidney |
| | Ulcer | | 1,2 | | 3,6 | Stomach |
| | Pain in stomach immediately after eating – hyper acid | | 5 | | 3,4 | Stomach |
| Urinary Track | Urination immediately after drinking water | | 5 | | 4 | UB Bladder & Kidney |
| | Residual | | 2,4,7 | | 1,5 | UB / urogenital area |
| | Frequent urination sensation | | 5 | | 6 | Urogenital |
| Varicose Veins | Any where in the body | | 3,7 | | 4,5 | Kidney & Spleen |
| | | | 3,6,7 | | 1,4 | Spleen |
| Vitamins | To manage the vitamin deficiency | | 1,3,7 | | 5 | 3rd Phalanx |
| Vertigo | Also can be used for dizziness, High BP and Migraine | | 1,8 | | 2,7 | Yang brain |
| | | | 3,6 | | 4,5 | Liver |
| Vomiting | Vomiting | | 5 | | 2,4,7 | Stomach |

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