

### Spectrum of Life- A Critical Review

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### Abstract

The Indian culture has numerous beliefs and practices related to colors. The most familiar is the relation of wearing different colors on each day of the week. Though, it is usually related to an association between days of week and planet colors, there is no exact theory. The practice however seems to stand on a subterranean concept of dependence of human health on colors of planetary radiations if we correlate it to other color related traditions and theories which consider color as a form of energy affecting human health and behavior. Some recent experimental investigations also offer similar observations. The present work attempts to conjoin the modern theories, existing ancient Indian theories and practices to explain the dependence of such daily life beliefs on variable color intensity of planetary radiation. The theory proposed explain many existing traditions and is expected to be helpful to carry out research in ubiquitous areas like medical science, physics, psychology etc.

**Keywords:** Sound and Color, Planets, Weekdays, Healing Techniques, Chakras.

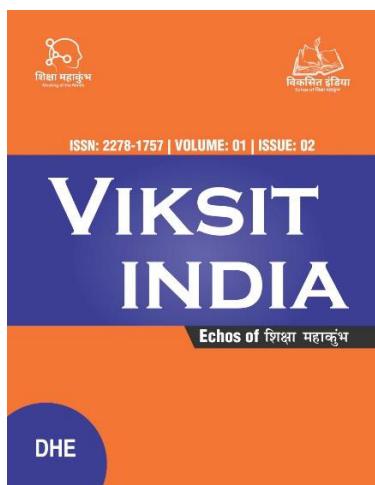
### Introduction

The Indian culture is full of different beliefs and practices where beliefs, related to colors, have their own important space. One of the foremost and very interesting beliefs, related to colors, is the prescription of wearing different colors of clothes on different days. Though, there is no proper theory available specifically for this practice, yet it is presumed to be dependent on Astrology. Astrology, an Indian science of planets, relates each day with a planet and each planet is given a color in. It is also observed that sometimes a person is advised to wear or not wear a specific color by astrologers according to his/her horoscope. The horoscope of a person is calculated on the basis of planetary patterns at the time and location of one's birth and gives information about how one's life will unfold [1] or how planets will affect the person born at a particular time.

In recent studies also, the colors are also proved to play very important part in our life by causing mood swings, effecting thinking, actions and reactions etc. There are several reviews which explain the effect of colors on emotions, moods, advertisements and curing diseases. Colors can smooth your eyes or irritates, raise blood pressure or decrease appetite. When used in right ways, it can save on energy consumption. Colors are also used for communication, curing diseases and marketing like on product displays, logo, and business cards and so on. Therefore, the effect of color energy on human health and psychology is a well-established fact in current scenario. This information led us to believe that if color energy can affect human body in ubiquitous ways, then wearing specific color cloths or attires on specific days of week may also be related to influence on human psychology or functioning of organs of human body.

The present paper is an attempt to formulate an exact theory for the practice for which we collected and thoroughly analyzed all the other beliefs associated with colors in Indian culture as well as the recent theoretical and experimental reports in the field. During analysis, it was interesting to find analogues theories in Indian scriptures and modern researches. These were different treatment methods which are centuries old concepts in India [2]. In Ayurvedic text of sixth century BC, Charak samhita, colors of sunlight are recommended to treat a variety of diseases [3]. This is known as Surya chikitsa in Vedic context [4]. In modern scientific terms, it is known as color therapy or chromotherapy. Another method is Pranik Healing where different chakras of body are given different colors and this color scheme is used to cure diseases. It is similar to Reiki. These analogues theories were critically analyzed, conjoined with modern scientific concepts and the final theory was developed to explain the practice.

The objective of this paper is to analyse why and how the colors of planetary radiations are associated with days of week and planets and their interdependence on each other as well as their



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effect on human life. The theory proposed in the paper shall be helpful to carry out quality research in ubiquitous areas like medical science, physics, astronomy, astrology, psychology etc. The paper constitutes three sections with first two sections describing existing related theories followed by the section with discussion and proposed theory.

## 2. Ancient Indian Theories related to Colors

The traditional practices, related to wearing of different color on different days, seem to depend on the concept emerged from Indian theories where colors, planets, sunlight and our body, all are considered interconnected. The relationship will become obvious after reading the following descriptions.

### 2.1 Relation between Weekdays, Planets and Colors

#### 2.1.1 Relation between Sun and Colors

The information about the seven colors is found in Sukta of ancient scripture called Rigveda which describes that sun drives a chariot which has seven types of rays.

अधुक्षतिपूष्युषीमिष्मूर्जसुपर्दीपुरः। सूर्यस्यसुमर्शिभिः ॥RigVeda

(Mandal:8, Sukta:72, Mantra:16)

adhukṣatpipyuṣīmīṣamūrjamṣapadāṁmariḥ |  
sūryasyasaptaraśmibhiḥ ||||

or has seven rays which absorb different things:

सप्तवाहरितोरथेवहन्तिदेवसूर्या। शोचिष्केशविचक्षणा॥ Rigveda (Mandal:1,  
Sukta:50, Mantra:8)

saptavāharito rathe vahanti deva sūrya |  
śociṣkeśamvicakṣaṇa ||||

or seven purifying rays of sun

अयुक्तसप्तांश्युक्तःसूरथस्यनप्यः। ताभिर्यातिस्वयुक्तिभिः॥Rigveda (Mandal:1,  
Sukta:50, Mantra:9)

Ayuktasaptaśundhyuvaḥsūrorathasyanaptyah |  
tābhiryātisvayuktibhiḥ||

In Konark (South India), there is sun temples build with chariot of sun with seven horses. So, in India since the time of *Rigveda*, the sun was connected or considered as a source to seven types of rays. In addition, the connection of Sun with seven colors is given in number of Shastras and Puranas or Samhitas of *Rigveda*. It gives reason that information about presence of seven color in sunlight existed since ancient time. [4]

#### 2.1.2 Relation between Planets and Colors

It is mentioned in Jyotisha (Astrology) as well as Kurma Puran [5] that Planets are connected with seven colors of Universe. It is considered that each planet adds its own effect or color in sunlight and what we receive at earth is a combination of light from all these planets. The relation between colors and planets is given below:

1. Rose/Orange- Sun
2. White/Violet – Moon
3. Red- Mars
4. Green-Mercury
5. Yellow- Jupiter
6. Blue/Pink/white- Venus
7. Indigo/Black/deep Blue-Saturn

#### 2.1.3. Origin of Weekdays and relation with Planets

The origin of weekdays and relation with planets is explained in various text of astrology. The major ancient Indian texts of astronomy include Aryabhatiyam, Hora Shatra & Surya Siddhanta, written in Sanskrit language. These texts cover cosmology, ellipses, star positions, mathematics, instrumentation, rising & setting, motions of planets, and model making.

It is mentioned that each day starts with sun rise and end at next day sunrise. The duration between two sunrises is divided into 24 parts known as hora or an hour. The first hour or hora starts from first hour of sunrise and it is ruled by the lord of the weekdays i.e., Sun for Sunday, Moon for Monday, Mars for Tuesday, Mercury for Wednesday, Jupiter for Thursday, Venus for Friday and Saturn for Saturday [6-7]. The ordering of days is related to the velocity of planets. The best explanation of particular ordering of weekdays in association with planets is found in Aryabhatiyamis

सप्तेरेशाःशनैश्राद्यायथाक्रमंशीघ्राः।

शीघ्रक्रमाच्चतुर्थाभवत्तिसूर्योदयादिनापाः ॥

(Aryabhatiyam, KalaKriya Pada, Verse, 16)

A similar explanation is presented in Surya Siddhanta (Bhugoladhyaya -78)

मन्दादधःक्रमेणस्युत्तुर्थादिवसाधिपः

होरेशासूर्यतनयादधोधः क्रमशस्तथा

According to the above verses, there are seven Grahas or planets and they are arranged in the order of increasing velocity that starts with Saturn. The beginning from the Saturn downwards, the lord of the day is positioned in fourth place. From the starting of planet Saturn successively downwards are the lords of the hour [7]. The weekday's names in ancient Indian scriptures are taken from "Grahas" which could be considered a Sanskrit word for planet; however, it is not exactly same. The Grahas are also associated with Indian deities [8]

The relation of weekdays with Grahas is as follows:

1. *Ravivar*(Sunday)- *Ravi* means Sun God or Surya and *var* is a day.
2. *Somvar* (Monday)-*Soma* or *Chandra* or Moon God.
3. *Mangalvar* (Tuesday)- *Mangala* or Mars God.
4. *Budhvar* (Wednesday)- *Buddha* or Mercury God.
5. *Brihsapati* (Thursday)- *Guruvar* or Jupiter God.
6. *Shukravar* (Friday)- *Shukra* or Venus God.
7. *Shanivar* (Saturday)- *Shani* or Saturn God

The relationship of western weekday's names and their respective Gods is nearly similar to Indian relationships. Brown suggested after surveying 146 languages that the naming of the days of the seven-day week is relatively uniform across languages [9].

Therefore, not only Indian but in almost all cultures it is believed that weekdays are related to planets and they are arranged in order of planets circulation around earth. The relation of planets with different Gods is also uniform and not illogical as each God has its own specific properties and planets also have their own specific properties. So, this relation might

be representing the properties and possible good or adverse effect that a planet can have on earth.

#### **2.1.4. Relation between weekdays and colors**

As stated in section 2.1.3, each planet is associated with particular color and consequently each day of week is linked with a specific color. Therefore, the seven weekdays are connected with Seven Colors of Light. The relation between colors, planets and week days is given below

1. Rose/Orange- Sun- Sunday
2. White/Violet – Moon- Monday
3. Red- Mars- Tuesday
4. Green-Mercury-Wednesday
5. Yellow- Jupiter- Thursday
6. Blue/Pink/white- Venus- Friday
7. Indigo/Black/deep blue-Saturn-Saturday

Based on this association, it is prescribed in Indian culture that wearing above mentioned colors on respective days brings good fortune. Also, in many cases a person is asked to wear/not wear a specific color based on his/her horoscope. It is due to the planetary positions given in the horoscope at the time and place of his/her birth as calculated on the basis of Jyotish (Astrology). Such practices had been common in ancient times.

#### **2.2. Healing Techniques**

##### **1. Surya Chikitsa (Sun Healing)**

Science of Surya Chikitsa (treatment using sunlight) is an age-old Indian technique which describes different types of method to provide color energy to human body. It focuses on disease curing property of different color of sun's radiation based on the concept that our body has different organs, organ systems, muscles as well as nerves which have their own color. Each disease related to these body parts causes change in its color and hence can be cured by imparting same color on the part. The sun rays are mixed in liquid/water/medicines and sent to particular organ or sun rays are passed through colored glass and focused on effected organ.

The decision of selection of color depends on the symptoms created by imbalance of colors which affects the warmth and coolness of the body e.g., Red is used to provide heat whereas blue is used for cooling. Though the method seems to be complex as colors are generated by mixing of different chemicals inside body and hence a very deep knowledge is required for color therapy yet it may be quite simple, as reduction in color of organ is indicator of diseases and providing that color to the organ may cause protection from diseases [4]. Thus, Surya Chikitsa basically correcting color of an organ.

In summary, the technique is used to cure different diseases based on the concept that all diseases are due to imbalance of chemicals in body producing change in color of the organ thereby causing heat changes in the body.

##### **2.2.2. Pranic/Chakra Chikitsa (Healing)**

The basic principle of this technique is like that of Sun Healing. The difference however lies in the fact that in Sun healing color of each organ and muscle is considered whereas in Pranic healing the focus is on main chakras of body. In the treatment, it is considered that inside and outside, our body and our universe are full of colors. Like we cannot see the seven colors in the Planets or in the universe but they exist everywhere, we cannot see the seven colors inside our body, but they do exist as seven colors of seven Chakras in the human body [10].

Chakra, in Sanskrit mean spinning wheel and hence it is not stationary. A chakra corresponds to a specific nervous system or major organ. It is the center of power or energy for that system. The energy of a chakra is called Prana. The Pranic healing thus refers to healing the chakras of human body by providing energy externally. The human body has seven main chakras namely Root or Basic chakra (*Muldhara*), sacral chakra (*Svadhishtana*), Solar plexus chakra (*Manipura*), Heart chakra (*Anahata*), Throat chakra (*Vishuddha*), Third eye chakra (*Ajna*), Crown Chakra (*Sahasrara*). These seven Chakras of the human body are supposed to be connected to the seven colors of the universe, and planets as given in table 1. In Pranic healing, non-touch energy healing technique is used. Here the property of body like self-recovery and ability to heal itself are utilized. In this process negative energy is removed out of the aura and attempt is made to open chakras.

#### **3. Current Research on effect of Colors on Human Life**

Modern studies consider colors as a vital source for shaping human behavior. It is verified by different groups that colors affect our emotions and mental health. The association of color and emotions become more complex with the increasing age. Cimbalo et al. (1978) tested association between colors and emotions, and designated yellow, orange, and blue as happy colors, and red, black and brown as sad colors [11]. In some studies, these are considered as warm and cool colors.

Colors have also been linked to physical health. It is reported that red energizes the liver, scarlet increases blood pressure, purple lowers blood pressure, orange strengthens lungs and increases calcium metabolism, green activates sympathetic nervous system, and, yellow energizes the alimentary tract. Kido (2000) suggested that blue stimulated the sympathetic nervous system the most and the red and green the least. This system is responsible for heartbeat, blood pressure and perspiration [12].

The technique of using colors of light to heal ailments has also re-emerged as a branch of new age medicine, known as color therapy, promoting the healing abilities of colors. Color therapy also called chromotherapy, is a method of treating ailments by using the visible spectrum (colors) of electromagnetic radiation. The therapy is done by shining an appropriate color on the particular area of the body which is to be cured. It is also done through eyes by looking at a particular color. This is performed with utmost care so that there is no strain on the eyes.

#### **4. Critical Analysis and Proposed Theory**

The above-mentioned relationships between days, planets, colors and human body, points toward the possibility of the effect of cloth-color practice on human health, both physical and mental. It becomes evident on conjoining the excerpt from these theories and other related scientific principles as discussed below.

In healing techniques, each organ is associated with a color and color, in principle of science, corresponds to a frequency of vibration. Thus, each chakra color or organ color corresponds to a frequency with which it should vibrate under normal or healthy condition [13]. Chakra healing correct the colors associated with chakras of human body and Surya Chikitsa concentrate on the color of organ/muscles. Thus, basic of the

healing techniques lies in correcting the frequencies of organ by providing or triggering with external frequencies.

Another interesting element is the well-established relationship between musical notes and color frequencies. The seven colors have frequencies which are 40 octaves above the frequencies of corresponding seven musical notes [13, 14]. Thinking in terms of frequencies also defines the use of sound waves for healing and examples are available in abundance. There is a tradition of singing bowls in Buddhism which are used for healing. One can have singing bowls of specific frequency also. The phenomenon is known as sound therapy [14]. In music therapy, musical frequencies are used to heal chakra and organs. Effect of mantras on our body is also similar. This may be the reason that in ancient times reciting the mantra in proper form was more important than the mantra itself. In Astrology; the seven planets are also associated with a sound frequency in addition to color frequency [15]. These seven sounds of the planets are connected with the seven sounds of the Chakras in the human body in the same way as the seven colors of the planets and the seven colors of the Chakras of the human body become connected with each other. Seven dhatus (metals)i.e. silver, mercury, gold, lead, iron, copper and tin are also associated with seven planets. All these metals are found to produce variations in our DNA molecule [16]. In Ayurveda these are associated with tissues of body.

Now one may impose a question that what is the relation of these therapies and frequencies with colors of the days. It can be answered by considering the description of Surya Chikitsa and Jyotish (astrology) that the seven colors of white light are produced due to the combination of ray from different planets with sunrays. What we receive at earth is the net effect of all planets. Thus, due to the motion or change of distance of these planets with respect to earth there is a change in the net effect produced by these planets in sunlight. So, intensity of different colors in the solar radiation changes with time. We propose that this variation of color intensity in solar radiation is periodic and produce effect on human life/body as each color has its own power/energy.

It corresponds to the hypothesis, “There must be a periodic variation in the relative intensities of the colors in solar spectrum due to the relative motion of planets with respect to earth, resulting in overall periodic change in color intensities of solar radiation received on earth which thereby interact and effect physical and mental health of mankind”

The mentioned practice in paper and many other Indian Practices related to colors, body and planets can be explained using the hypothesis:

- It clearly explains the reason behind association of different days with different planets.
- The traditional practice of wearing different colors is also due to the periodic change of color intensities in solar radiations.
- It describes the reason for designing birth charts as at the time and place of birth, due to the position of planet/constellations a natural frequency shall set up inside the human body. Thus daily, monthly or yearly variation of planets and other nakshatra affect each human in different terms.

- The restriction or wearing of a specific color must be associated with the natural frequency of human body.
- Like every human could have a natural frequency, same is true for his/her chakra and organs thereby producing different Auras.
- Every person is given a first letter for name in the horoscope which is the possible sound frequency associated with the person.
- The prescription of stone can also be explained in terms of interaction of frequencies.

In short, every theory of ancient origin discussed in this paper is working on principles of waves and vibrations. Thus, destiny is nothing but presence of these frequencies in our body and their interaction with outside radiation [5].

However, instead of establishing conclusions, this article attempts to offers lines which need to be further investigated and can be used for non-touch disease detection as well curing. Even the weird looking prescription of stones could be proved scientifically and digitized.

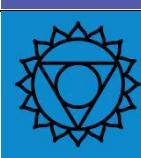
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TABLE 1: The Seven Chakras of the human body are supposed to be connected to the seven colors of the universe, and planets

SEVEN CHAKRAS	SANSKRIT NAMES	SYMBOL	MOTTO	BEEJ MANTRA	POSITION IN BODY	CHAKRA COLOR	ASSOCIATED ORGANS
CROWN CHAKRA	SAHASRARA		I UNDERSTAND	ANG	ON THE TOP OF HEAD	VIOLET	UPPER BRAIN, RIGHT EYE
THIRD EYE CHAKRA	AJNA		I SEE	AUM	IN CENTRE OF FOREHEAD, BETWEEN THE BROWS	INDIGO	EAR, NOSE, LOWER BRAIN, NERVOUS SYSTEM, LEFT EYE
THROAT CHAKRA	VISHUDDHA		I SPEAK	HAM	THROAT, BASE OF NECK BETWEEN COLLARBONE AND SHOULDERS	BLUE	LUNGS, LARYNX, ALIMENTART CANAL
HEART CHAKRA	ANAHATA		I LOVE	YAM	AT HEART	GREEN	HEART, BLOOD, CIRCULATORY SYSTEM, VAGUS NERVE
SOLAR PLEXUS CHAKRA	MANIPURA		I DO	RAM	BETWEEN NAVAL AND HEART	YELLOW	STOMACH, GALL BLADDER, LIVER
SACRAL CHAKRA	SVADHISHTHANA		I FEEL	VAM	SACRUM	ORANGE	REPRODUCTIVE SYSTEM, SPLEEN
ROOT CHAKRA	MULDHARA		I AM	LAM	BASE OF SPINE, ON PERINEUM	RED	SPINAL COLUMN, KIDNEYS