

A SCIENTIFIC REVIEW ON CHAKRAS & FRUIT COLOR THERAPY

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ABSTRACT

Yoga philosophy says, that the power of body and mind are subject to the influence of *Prana* (vital energy- controlling physical and sensory body) and *Chitta* (Vital energy - controlling mental body). Any type of energy transformation take place by six *Chakra* associated with *Indriya* (sense organs). The aims of this study were to identify the specific chemical constitution of each fruits color group and how are they balance the corresponding *Chakras* and to identify the biochemical, physiological and psychological effectiveness of each fruits color groups for own *Chakras* and to find effective fruit color group treatment protocol for healing the seven *Chakras*. Modern and Ayurveda classical texts (Susruta Samhitha and Charaka Samhitha) published journal articles, research papers related to *Chakra* and scientific research of fruit nutrient were reviewed. As per the book of *Sat- Chakra- Nirupana* by Author Pandit Purnananda and its translated by Author Sir John George Woodroffe (The serpent power) seven *Chakra* are named as *Muladhara Chakra* (Root), *Swadhisthana Chakra* (Sacral), *Manipura Chakra* (Solar plexus) *Anahata Chakra* (Heart), *Vishuddha Chakra* (Throat), *Ajna Chakra* (Third eye) and *Sahasrara Chakra* (Crown). Every *Chakra* is related to a specific color and endocrine organ which is healing of a blockage energy center. According to Ayurveda, fruit are highly *Sattvic* or spiritual in nature and promotes lightness, clarity, harmony and contentment. It increases intelligence and a sense of harmony and aids in meditation. Color therapy is the most important of the sensory therapies. It is part of the subtle nutrition for the mind and life-force, the impressions, which feed them. It serves to energize the nerves and through them to stimulate the mind.

Key Words: *Chakra*, Color therapy, Fruits, Meditation, Yoga

INTRODUCTION: The “*Chakra*” is an energy localized center in the human body that receives, processing and transmits of biological information about certain aspects of emotions, positivity or negativity type of energy and experience. The word “*Chakra*”¹ comes from Sanskrit terms “*kriyate anen*”. “*Kri*” literally means “wheel” and believe to be spinning disks of energy transmits that should stay open, aligned and balanced in order to better health. The *Chakras* as psychic centers of conscious are first mentioned in the Yoga Upanishads (600 B.C) and later

in the Yoga Sutras of Patanjali (200 B.C.)². The Yoga Upanishads are comprises of minor Upanishads such as *Shandilya Upanishad*, *Teja Bindu Upanishad*, *Jabala Upanishad*, *Cudamani Upanishad* and *Yoga Shikka Upanishad*². Arthur Avalon (Sir George Woodroffe) is the author of “the serpent power” translated book of “*Sat- Chakra- Nirupana*” written by Swami Purnananda are the main text for basis of understanding *Chakra* theories and its functions. The *Chakra* healing system has practiced since decades to clear up the

physical body, Astral body and causal body problems of human being³. There are 114 *Chakras* in the human body and classified as seven (07) major *Chakras*, twenty-one (21) minor *Chakras* and eighty-six (86) are micro channels. Seven (07) major *Chakras* named as *Muladhara Chakra* (Root *Chakra*) *Swadishthana Chakra* (Sacral *Chakra*) *Manipura Chakra* (Solar plexus *Chakra*), *Anahata Chakra* (Heart *Chakra*), *Vishudha Chakra* (Throat *Chakra*), *Ajna Chakra* (Third eye *chakra*) and *Sahasrara Chakra* (Crown *Chakra*)⁴. The different bodies (Physical. Mental and spiritual) manifest primarily through certain type of *Chakra* centers and energy sites in the subtle body which are not the same as their position of effect the physical body. *Muladhara* (root center – gross physical) and *Swadhithana chakra* (sex center-subtle physical, hormonal system) belongs to the physical body and *Manipura chakra* (Naval center –vital body) *Anahata chakra* (heart center-emotional body), *Vishudha chakra* (throat center- Mental body) are related to the Astral body and last two *Chakra Ajna* (Third eye –intelligence principle) *Crown chakra* (head center-Bliss principle)⁵ are related to causal body of the human being which are responsible for receiving, processing and transmit about definite aspect of emotions, energy and experience. Seven (07) *Chakra* systems located in the spinal and each *Chakra* is related to specific color, endocrine organs. Color therapy is most important of the sensory therapies. Color is the light which absorb and interpret the color primarily through the eyes by involves *Alochaka Pitta* and

Objectives: The aim of this study is to identify the (I) specific chemical constitution of each fruits color group and how are they balance or healing the

also be absorbed through the skin by involves *Bhrajaka Pitta* also our body and mind produce the colors. It is part of the subtle nutrition which stimulate and nourishes the mind and life-force (*Prana*) it's the impressions, which feed the mind as well as the *Chakra* centers. It energize the nerves and through them to stimulate the mind.

According to Ayurveda fruits are classified as highly *Satvic* (pure) or spiritual in nature fruits are generally sweet, sour, light and sometimes astringent in taste, cool in energy promotes cheerfulness and creates lightness, purity in the body⁶. It builds the *Rasa Dhathu* (plasma) and health friendly quantity may cleanse the blood and can have a reducing effect on other tissues in excess⁷. All type of fresh fruits generally well for Yogic diet and harmonize the stomach and promotes lightness, clarity, cheerfulness, increase the intelligence and support in meditation. According to Acharya Susrutha food health based on the *Gunas* (properties) *Rasa* (tastes) their effects on the structural and functional factor of the body and influence of the *Trigunas* (*Sattava- Rajas- Thamas*) of the mind and classified as five types of fruit groups^{8,9}.

Considering these findings it makes sense to study the *Chakra* system anatomically, physiologically, psychologically and chemically which effects the energy transfer mechanism and healing of the mankind. Hence the present review article gathers knowledge on how *Chakra* system evolves balancing their energy by effect of color of fruit group with corresponding with color of the *Chakra*. corresponding *Chakras* and (II) to identify the biochemical, physiological and psychological effectiveness of each fruits color groups for own *Chakras* and (III) to

find effective fruit color group treatment
METHODOLOGY: Review was done by literally and conceptually using Modern and Ayurveda classical texts such as Susruta Samihitha mainly which is the Classical Text explained in detail about dietetics (*Annapana vidi adhyaya*) and Charaka Samhitha, published ten journal articles within the period of 2010-2020 related to *Chakra* and scientific research related to fruit nutrient were reviewed to identify the correlation among Chakra, color and nutrition of fruit.

protocol for healing the seven *Chakras*.

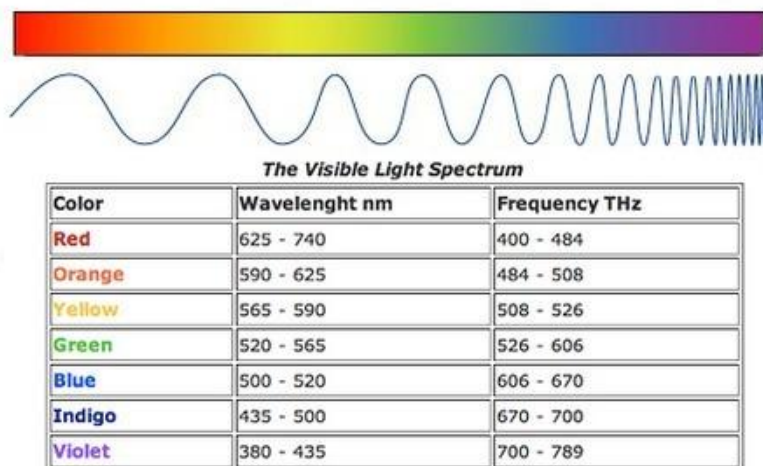
RESULTS & DISCUSSION:

Right type of color with corresponding with the *Chakra* color may help harmonize the *Chakra* energy and wrong color decreasing or derangement of the *Chakra* energy and it may disharmonize in mental activity. 07 types of *Chakra* color (**Figure 01**) represent with visible light spectrum with particular wavelength and frequency (**Figure 02**).

Figure 01- Location of Chakras ¹⁰



Figure 02 – visible light spectrum and color chart ¹¹



According to *Chakra* analysis as shown in **Table 01**, out of 06 *Chakras* Muladhara, Swadhisthana, Anahata, Vishudh, Ajana and Sahsrara main *Dosha* involvement is

the *Vata* energy (*Prana*) which is govern the energy upwards (*Prana Vata*) and Downwards (*Apana Vata*) and *Pitta Dosha* totally responsible for the activity of the

Manipura chakra and color responsible for yellow and both *Swadisthana chakra* and *Manipura chakra* anatomically located the abdominal area which is the location for *Pitta*. Considering of endocrine gland involvement pancreas mainly involving the *Manipura Chakra* and responsible for metabolic activates (blood Sugar Metabolism) of the body¹². Orange and yellow group of fruits are mostly acidic in nature and vitiate the *Pitta dosha* due to the high fire element therefore too much consuming of those two-color group of fruits may disturbance of regular energy transferring of the both *Chakra* but according to Susrutha classification and property of *Amla rasa* fruit group mitigate the *Vata dosha* which proved proper amount of those fruits balance the *Vata* energy (*Prana*) which is the highest responsible energy for balancing the *Chakras*. *Muladhara chakra* (root *Chakra*) is the foundation of the energy body and people with enough root *Chakra* energy will be less prone to diseases and associated endocrine gland is adrenal

gland. Bright color like red color fruit stimulate the expression of emotions of energy therefore too much red color food consuming May leads to unbalance the root *Chakra* energy. 04th *Chakra* (*Anahatha chakra*) is located at the center of the chest and involves the *Vata*, *Pitta* and *Kapha doshas* in functions associated color is green and green fruits may balance the *Chakra* energy. Among the seven *Chakra*, *Anahatha chakra* is the only *Chakra* associated with three *Dosha* and its play a major role in energy balancing of the body. *Vishuddhi Chakra* (05th *Chakra*) regulate the functional region of thyroid and neck region and thyroid gland play as a major role in basal metabolic activities, blue and purple colors fruits are responsible for the suppress the negative feeling (anger) and promote solitude, meditation and gives prestige. *Ajna Chakra* represents pineal gland which regulates the circadian rhythm¹³. 07th *Chakra* is mainly involve in cleanse the all body system and meditation is the best way to activate this *chakra*.

Table 01: Anatomical Location, color, associated gland, *Dosha* constitution and elements related to *Chakra*^{14, 15, 16}

<i>Chakra</i>	<i>Muladhara</i>	<i>Swadhisthana</i>	<i>Manipura</i>	<i>Anahata</i>	<i>Vishuddhi</i>	<i>Ajna</i>	<i>Sahasrara</i>
Location ¹⁴	Base of spine	Lower abdomen 2'' below the naval	Upper abdomen near the naval	Centre of the chest	Throat area	Fore head	Top of the head
Color ¹⁵	Red	Orange	Yellow	Green	Blue	Purple	White /violet
Endocrine gland ¹⁶	Adrenal	Gonads	Pancreas	Thymus	Thyroid	Pineal	Pituitary
<i>Dosha</i>	<i>Vata</i>	<i>Vata + Pitta</i>	<i>Pitta</i>	<i>Vata pitta kapha</i>	<i>Vata kapha</i>	<i>Vata pitta</i>	<i>Vata</i>

Element	Air Ether	Air Ether+ fire	Fire	Air ether fire earth water	Air ether Earth water	Air ether fire	Air ether
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In Ayurveda, especially by Acharya Susruta¹⁷ has described different types of fruits (*Phala varga*) based on their taste and mentioned the actions etc. (Table No.02)

Table 02 Phala varga (Group of fruits)

Particular	<i>Amla Rasa phala</i> (sour taste)	<i>Kasaya & Madhura rasa phala</i> (astringent & sweet)	<i>Madhura Rasa phala</i> (sweet taste)	<i>Kasyarasa phala</i> (astringent taste)	<i>Katu Rasa phala</i> (pungent taste)
Taste	Sour	Astringent + sweet	Sweet	Astringent	Pungent
Example	<i>Dadima, Amalaka</i>	<i>Jambu, Bilva</i>	<i>panasa</i>	<i>Arukara, Tuvaraka</i>	<i>Jatipala, Lavanga</i>
Actions (mitigate Dosha)	Mitigate <i>vata</i>	Mitigate <i>kapha & pitta</i>	Mitigate <i>Vata & pitta</i>	Mitigate <i>vata & kapha</i>	Mitigate <i>kapha</i>
Potency	Hot	Cold	Cold	Hot	Cold

According to scientific analyzed of the fruit chemical constitution most fruit color group present with anti-oxidant chemical and all plays major role in human health and especially anti-cancer properties and destroying of free radicals of the body in order to maintain positive health (Table 03).

Table – 03: Different color fruit groups and their chemical analysis.

	Red	Orange Yellow	Green	Blue Purple	White
Example	Apples strawberries pomegranate	Oranges mangos lemon pineapples	Green apple, grapes, avocado	Blue berries resins palms grapes	White peach, pears
Chemical responsible for color	Lycopene ²¹	Lutein zeaxanthin	chlorophyll	phytonutrients (anthocyanin) ¹⁸	Fiber potassium Magnesium
Chemical constitution	-	Vitamin A Vitamin C	Lutein zeaxanthin ²⁰	anti-oxidant (caratinodes, Vit C, fiber, ellagic acid) ¹⁹	-
Health ²² benefits	Reduce risk of prostate pancreas, stomach cancer	Prevent age related macular degeneration	Anti-oxidant in human eye and skin	Controls obesity, anti- cancer and anti- oxidant	Nerve functions

Table (04) Represented with *Dosha* enrollment of the corresponding *Chakra* and its physiological and psychological action. In Ayurveda colors as per *Dosha* are in *Vata* (Aruna

and *Shava warana*), *pitta- (Raktha, Piita warna)* and *Kapha (Pandu or swetha Warnna)* and considering that colors (in or out color of the fruit) are involved to balance the particular *Chakra* energy. Fruit are *Satvic* (pure) in nature and mostly sweet, light and cold properties and has large amount of ether element which controls and balances all other elements²³. According to *Chakra* analysis (Table 01) six out of seven *Chakra* except *Manipua Chakra*, main element is the ether element which control and balance the other element therefore fruit color group generally can be used to balance or stimulate the *chakra* energy

Table 04- Ayurveda physiological analysis of seven colors

	Red	Orange	Yellow	Green	Blue	purple	White
Theme	Color of stimulation	Color of intelligence	Color of motivation	Color of harmony	Color of calm	Color of devotion	Color of purity /spirituality
Dosha involvement	<i>Pitta Agni</i> ↑	<i>Tejas</i> ↑	Balance <i>pitta</i>	<i>Kapha</i> ↓	Balance <i>vata kapha</i>	Balance <i>vata pitta</i>	Balance <i>vata</i>
Doshic colors	<i>Raktha, Pitta</i>	<i>Raktha, Piita</i>	<i>Raktha, piita</i>	<i>Pandu or shewatha</i>	<i>Aruna, Shava</i>	<i>Aruna, Shava, Raktha</i>	<i>Shava. Aruna</i>
properties	Hot /pungent / dry	Warm unusually dry	Warm Moist	Neutral moist	Cold / dry	Cool rich deep	Cool , moist nurturing
Activity	Provoke Violence. Anger Balance vitality/joy passion)	Balance purity intelligence and renunciation	Balance joy activity clarity perception communication	Provoke (lethargy) Balance (harmony)	Balance neutralize the negative felling & firry emotions	Balance suppressed emotions (anger)	-
Functions	Promote circulation build the blood strengthens heart	Energizes increase intelligence	Increase energy & motivation	Calm the mind & nerves, balance the metabolism	Promotes solitude meditation independence	Gives authority prestige	Calm the mind heart & emotions , cleanse all body system

Considering of above stated finding and results following treatment protocol could be suggested to heal the *Chakra* energy by fruit color therapy with Yoga, Meditation, *Manthra* etc.(Table 05)

Table – 05 – Chakra energy healing Treatment protocol

Step 01 - Identify the overactive /under active/ inactive <i>chakra</i> energy		
Step 02 – Proper cleansing (<i>Virechana</i> – purgation therapy)		
Step 03 –Meditation and Yoga upon drinking different fruit juices		
<i>Chakra</i>	Fruit Group / juices	Associate Healing Method
Muladhara	Pomegranate	Yoga
Swadhisthana	Orange	Yoga breathing
Manipura	Lemon	Yoga breathing
Anahata	Green apple	Kindness & oil Massage
Vishudha	Grapes	Chanting <i>Mantras</i>
Ajna	Grapes	Breathing Meditation
Sahasrara	Pears	Silence Meditation

On a physical level of color (different type of fruits) help to stimulate the both digestion & circulation and it may engage the *Ranjaka pitta* (blood) and gives vitality and greater power of action. If anyone with blocked or inactive or diminish *Chakra* energy and consuming correct coolers may awaken the particular *Chakra* energy may leads to the positive health. Considering of Seven *Chakra* and *Dosha* relationship, six out of seven *Chakra* energy directly control by the *Vata Dosha (Prana)* which is the essence of the life and being related in to manifestation it is life.

CONCLUSION: It is concluded *Chakra* energy, seven natural rainbow colors and seven fruit colors all are Ayurveda physiologically having interrelationship and health is totally depends on the energy consuming process. Human life is controlling by the three bio humors (bio energies) *Vata, Pitta & Kapha* corresponding with Life, Light and Love.

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