



Chromopathy

healing through sun rays

a simple and non-violent way

Just as water and air are essential for Creation, in the same way Sun, its energy and light are essential for that which is animate and inanimate.

Sooryatma jagatstasthushashcha

The Sun is the soul of animate and inanimate world.¹

Pranena vishwato veerya devah soorya samairayan²

The gods address the Sun that is imbued with all kinds of qualities and energy – i.e. they partake of the different types of energy and light of the Sun. Perhaps this is why in almost all ancient civilisations the Sun has been worshipped in one way or another. In Indian culture, there is even a tradition of offering water to the Sun at sunrise and sunset. The Scriptures say that it is the sun that is the life force and moon that is the five elements – and it is these that build up all life and creation.

If we utilise the sun rays in the right way and at the right time, we can stay energetic and healthy. Our ancient rishis and sages understood the importance of the sun very well, and therefore, the Vedas and Upanishads, etc. sing praises of the healing powers of the sun in many voices. Even till this day, though only as a ritual, at sunrise after bathing people pray to the sun (*soorya namaskar*) or at sunset sit down to offer worship (*sandhyopasana*) – the prayer at both these times evokes the sun rays which make us strong, the mind happy and free us from illness. The light of the morning sun is full of the energy of yellow, red and ultra-violet rays and this light enhances energy and enthusiasm in the mind.

The wisdom of the ancient rishis is now being recognised after scientific research. Even today, India is ahead in the field of Chromopathy – the science of healing through sun rays.

The sun is referred to as Seven-rayed (*sapta-rashmi*) or riding on seven horses. There are many visible and invisible rays in sun light but as our eyes are more sympathetic to visible rays, it is more appropriate to treat illness through visible rays.

The visible rays have principally seven colours in a sequence – violet, indigo, blue, green, yellow, orange and red. In these too blue, green and red are the base colours, the rest are their combinations. It is possible to cure many diseases through these seven colours – and that too without any expense or harmful effects. The only thing important is to arrange for coloured



glass bottles. Or else, one can cover any plain bottle with coloured cellophane paper and then fill it with water, oil or sugar crystals (*mishri*).

The qualities of these colours are thus –

- Violet, Indigo and Blue – All these give coolth and peace.
- Red – It increases heat, excitement and enthusiasm. Orange and Yellow come under the Red category only.
- Green – It creates balance between the above colours.

Which colour is useful for which body part

- To keep the head and mind cool – Blue colour
- Throat and neck – Blue colour
- To improve the stomach's digestive function – Yellow colour
- Liver, spleen, pancreas, gall bladder – Red or yellow colour
- Liver and intestines – Yellow colour. It cures even chronic constipation.
- Lower areas (lower back, hips) – Green colour is very useful.
- Hands and Feet – Red or orange colour.

Media to use Sun rays

The sun rays are used through the following media for healing –

- Exposing specific body parts to the sunlight through coloured paper (a specific colour).
- Eating or drinking coloured elements by mixing them in medicated water, sugar, milksugar, etc. and taking in through coloured glass bottles as per need.
- Massaging with medicated oil (mustard, coconut, sesame) or using medicated glycerine.
- Breathing in sun-charged air from a coloured bottle – for the lungs.
- Meditating upon different colours to impact the nervous system.

Ways to prepare the medicine

We can sun-charge different coloured substance as per need by keeping them in coloured glass bottles for only as long as seven to eight hours. It is most common to prepare the medicine through water. The right coloured bottle should be cleaned thoroughly and then filled three-quarters with water or oil (as the case may be), closed tightly and kept in the sun. If the bottle is exposed continuously to the sun for three days, it would make the medicine more effective. In emergency, one may even use water kept only for two hours in the sun. It would have some effect at least. All coloured bottles must be kept in such a way that the reflection of one colour does not impact another colour. One must clean the dust on the bottle regularly. The water is considered ready when one can see some water vapour above the water inside the bottle.

If the medicine has to be carried or given to someone outside the home, and it is not feasible to carry it in a liquid form, one may use sugar or milksugar and keep that in the right colour bottle in the sun. The bottle must be dry and closed tightly. One must shake it every day. In this case, the medicine will be ready in 30-40 days.



According to one school of thought, the bottles should be left day and night under the open sky, whereas a contrary school holds that the bottles must be safeguarded from moonlight at night.

Dosage and Frequency

The dosage and frequency of oral medicine would vary according to age (child or adult), the intensity of the disease. In general, for adults, about 2 ounce of potable medicated water, one gram of sugar is sufficient. As this treatment has no harmful effects, even if one takes more than needed, it will not harm.

A few simple usage for daily life

Note: When the term ‘coloured’ water or sugar or oil etc. is used, it refers to water, sugar or oil that has been sun-charged in ‘coloured’ bottles – the colour of the substance itself is unaffected.

DRINKING SUN-CHARGED COLOURED WATER

- Water from blue or green bottle – Early morning, afternoon and after lunch and dinner.
- Water from orange, brown or yellow bottle – Afternoon and after lunch and dinner.
- Water from red bottle – As it produces heat, it is normally not taken as a drink. In case one needs to give it to an aged person, it should be given after food.

APPLICATION OF SUN-CHARGED COLOURED OIL

Oil should be sun-charged for 30-40 days. The strength of the oil increases the longer it is charged in the sun. In case of need, one can use oil or sugar that has been charged only for 7 days too. In the absence of sunlight due to rain or clouds, one can use pre-stored medicated sugar or milksugar in place of water.

- Mustard or coconut oil is charged in blue coloured bottle and applied on the body, to provide coolth.
- Oil from blue or indigo bottle is very useful in keeping the hair long and black and the mind peaceful. It gives relief in cases of mosquito bite, honey bee or wasp bite, bed bug bite, when applied to the affected area.³
- Oil from green bottle provides relief in cases of itching, pimples, wounds and helps them heal faster. It helps in cases of hair fall or greying of hair. One may use linseed oil in cases of burns or wounds. One can put 2-3 drops in cases of ear ache, and also apply to get relief from knee pain.
- Linseed or sesame oil is charged in red coloured bottle and applied to provide warmth.
- Oil from red bottle is prepared by putting yellow mustard oil in red bottle. In case of gout one can massage it well and then sit in the sun for 20-30 minutes. It relieves lower back pain. It is also helpful in cases of ear ache (use 2-3 drops), pain due to injury or an old ache that comes up during winters or rains.

GLYCERINE is sun-charged through a blue coloured bottle. One can use it for blisters in the mouth or throat, or on gums – where oil cannot be used.



USE OF SUN-CHARGED COLOURED GHEE

Use pure ghee made from cow's milk. Put it in the sun in indigo or yellow coloured bottle for 40 days. If there is itching in the eyes, then before sleeping apply ghee from yellow bottle (use a clean medium) or put 2-3 drops in the right eye; for the left eye use ghee from the indigo bottle. This helps cure many eye disorders such as itching, burning, weak eye-sight, etc. If massaged on the backbone, it enhances nervous strength.

In brief, prepare sugar or milksugar for eating or drinking. Prepare oil or vaseline for massage. Prepare glycerine for mouth and throat. Prepare water or rose water in green bottle for the eyes – this can be used for eye-related pains or discomfort.

One can even intake coloured sunlight (as radiation) or coloured air that has been sun-charged through coloured bottles and use it for specific cures.

The above can help in treatment. As one uses the sun-charged coloured substances, through experience one starts developing the knowledge of the cures. Also, now there are several books available on this topic.

– Usha Rani Aggarwal
Chromopathy practitioner



Tumours

Tumours always indicate some difficulty in the nature; certain cells decide to be independent of the discipline of the body. They do not remain in harmony with the other parts and begin to grow out of all proportion. Generally this is the result of a very strong greed in the nature. It may be greed for material things or for power or any other subtle object.

Cancer

The cells of the body get the habit of increasing without cause. This is cancer. If you change the consciousness in the cells and get rid of their habit, cancer can be cured.

The Mother

¹ Dr. Heeralal. *Soorya Kiran Chikitsa*. UP: Jan Swasthya Prakashan 1988.

² *Rg Veda*. Cited in Dr. Heeralal, *Soorya Kiran Chikitsa*.

³ The books describe many specialised usage as well, such as treating many brain related disorders, curing burning sensation of the eyes, hand or feet, nervous weakness, protecting from high fever, relief in diarrhoea, gout, piles, itching etc.