ABSTRACT

Chromotherapy, also called Color Therapy, Colorology or Light Therapy, is an alternative medicine method for healing. Color is used to balance energy wherever our bodies are lacking, be it physical, emotional, spiritual, or mental. The history of color therapy is very ancient. The use of color as a therapy is a truly holistic, non-invasive and powerful therapy which dates back thousands of years; evidence of this can be found in ancient texts from India, China and Egypt. Color therapy has also been used for healing by the ancient Greeks and Romans. In the present study, a brief review of the alternatives to drug delivery system has been discussed.