

CHROMO ACUPUNCTURE

C. CASSIS ¹, R. POZZI ²

1 DVM; Expert in Veterinary Acupuncture (IVAS Certified); Legnano (I)

2 DVM; University Master in Sport Physiology and Physiotherapy for dogs; expert in Veterinary Acupuncture and TCM for pets; Expert in Shiatsu; ItVAS President; ItVAS President; ItVAS Lecturer. Senago (I).

Abstract

Color has always been an important element in human life⁽¹⁾. All light radiations have biochemical and biophysical effects on the organic and inorganic matter in relationship to the nature and to the wavelength of the radiation. Our body absorbs the color in various ways. In this context we consider the color absorption by those particular points that are located on the skin, the acupuncture points. The creator of Chromo acupuncture, *Peter Mandel*, transfers the treatment with color on Chinese meridian systems⁽²⁾.

Keywords

Chromo acupuncture

Introductions

The light produced by a source propagates in a vacuum or in transparent means reaches an object that partly absorbs it and partly reflects it, depending on the electrical and magnetic properties of the material encountered, and it is this part reflected in establishing the color object. Color borns from light and without light there is no color. The color is generated in the eye of the observer and constitutes a sensory impression. The different wavelengths are interpreted by the brain as colors. Color perception is a neurophysiological process: the light radiations that reach our eye are encoded by the retina photoreceptors (cones and rods) that the brain processes producing the sensation of color based on the wavelength of the radiation. *Goethe* established that there are three pure colors (red, yellow and blue), whose mixture generate all the others. Mixing these colors equally you get the secondary colors of the first order: red and yellow give life to orange, yellow and blue to green and blue and red to purple. *Eberhard* subsequently studied four temperaments referring to red, yellow green and blue (melancholic, choleric, sanguine and phlegmatic) ⁽³⁾. Traditional Chinese medicine associates each color with a color. ⁽⁵⁾ Color perception is a complex psychophysical process that begins when light entering the eye is absorbed by the retina. The absorbed energy is converted into an electrochemical signal that is transmitted to the neurons and from these to the brain.

Animals have more rods than cones compared humans; they can see in the dark but not the same range of color like humans.



The dog can distinctly perceive blue-violet and yellow. Contrary, it recognizes all shades from red to orange to green exclusively as different from white, but confuses them with yellow. All other colors are not perceived. The cat, however, is able to see distinctly 3 colors, namely blue-violet, yellow and even green, so it will not perceive for example red. The explanation for these "shortcomings" is always to be found in nature. Most of the prey has a beige, brown or gray coat, so it would not help our dogs and cats to perceive a nice intense fuxia.

All the light radiations have biochemical and biophysical effects on the organic and inorganic matter in relation to the nature and to the wavelength of the radiation ⁽³⁾. Our body absorbs the color in various ways. In this context we consider the absorption of color by those particular points that are on the skin, the acupuncture points. It is *Peter Mandel*, creator of Chromo acupuncture, who transfers the treatment with color on Chinese meridian systems. This approach is based on the findings of the *A. Popp* biophysic, which shows that the cell (DNA in its replication phase) emits biophotons ⁽⁴⁾. These are very weak electromagnetic emissions, messages sent and received by the cells and decoded by them in biological signals, this transmission occurs by resonance. At this point it can be said that stimulating acupuncture points with beams of colored light makes it possible to modify a disharmonic energy structure, typical of an organism that has a disorder ⁽³⁾;

According to traditional Chinese medicine, every organism consists of the Yin and Yang energy which acts like negative and positive poles in electricity, determining a balance in the living being ⁽⁸⁾. In case of imbalance the pathology can determine a shift towards the Yin or Yang and we can act using the colors on the acupuncture points. Every acupuncture point has a Yin and Yang aspect and the use of color must go precisely in this sense: if the energy imbalance was Yin we must use a Yang color and the other way around. Chromo acupuncture is based on a mechanism very similar to

that of acupuncture but in some cases is more appropriate. It is less invasive and it is not provided by the penetration of the body with an object. Thank to this peculiarity, the treatment of Chromo acupuncture can also be carried out by specialists, not doctors, as naturopaths or expert physiotherapists.

The use of color makes even more sense if used for preventive rather than therapeutic purposes. In fact it does not have the side effects of traditional medicine. ^{(6) (7)} Chromo acupuncture intervenes on specific points of Chinese acupuncture (other times it refers to reflexology, shiatsu and Ayurvedic medicine chakra), radiating from a minimum of 30 seconds to a maximum of 1 minute. Treatments can range from a minimum of 4 to more sessions; they can also be done every day, and then be done every other day, until they are separated once a week.

Disease:

chromo acupuncture action on:

- Pain arthrosis, back problem
- Balance the entire endocrine system
- Regulate sleep –wake cycles, hunger-thirst
- Strengthen the immune system
- Reduce stress
- Allergy Dermatitis
- Anxiety and extreme exhaustion
- Prevention than therapeutic

In chromo acupuncture we use a special torch with chromatics lens that selects the light colors. There are seven crystal tips for each colors. Some pens have the possibility to change frequency in order to treat the points. Normally it is radiating from 30 second to one minute for each point once a day, every day or more until once a week.

There are different ideas on how to use the color:

In TCM we associate one color to each element

- Red: Fire movement color, Heart and small intestine, pericardium and San Jiao, fire-heat energy. Language (in the sense of the ability to speak). Blood vessels.
- White: Metal movement color Lung and Large Intestine. Energy dryness, nose, skin
- Yellow: Earth movement Spleen / Pancreas and Stomach. Energy humidity. Mouth. Muscles.

- Black / Blue: Water movement Kidney and Urinary Bladder. Cold energy. Sensory organs and ears (hearing) in particular. Bones.
- Green: Wood movement Liver and Gall Bladder. Wind energy. Eyes. Tendons.

The color characteristics according to *Mandel*⁽³⁾

- Red is the color with the highest penetration and is used in all circulatory disorders. It stimulates in case of chronic diseases.
- Blue is a cool color. This color infuses calmness and is used in all situations of acute inflammation.
- Yellow is a warm color, used in all diseases of the digestive tract. Brings serenity.
- Green is a neutral color. It is a sedative color, calming, relaxing.
- Orange: used in cases of psychosis and melancholia, helpful to find energy and joy.
- Violet: it strengthens meditation and is considered the inspiration of color.
- Turquoise: used for stiffness and stagnation of the subconscious, it guarantees serenity and well-being.

The color characteristics according *C. Di Stanislao, M. Corradin, F. Bonanomi* (Italians' doctors)⁽¹⁾

- Red: very hot energy, is Fire increase blood pressure, chronic diseases, working on muscles, healing, for Shen, is a Physical Energy
- Orange: hot energy. is warming, stimulation thyroid, antispasmodic, used instead red for a light stimulation.
- Yellow: warm energy, rationality, impulse is not continuous, for sport animals because increase muscle tone, quick reflexes. Is a strong stimulator of well-being, happiness.
- Green: neutral color, is balance, hope, restored property, increase vitality.
- For stress, anxiety, hyperactivity, insomnia, psychosomatic gastrointestinal disease. Sedative nervous system.
- Turquoise: is a cold color, is a calm and peace color. Invigorate parasympathetic nervous system, reduce blood pressure, for tachycardia and palpitation. Good for joint pain and fever. Used for induce a relax.
- Blue: is a cold and cosmic color, represent hunch. Used for sensory organs like nose, eyes. It stimulates parathyroid gland by inhibiting thyroid. Refreshing, astringent, increase muscle tone. Facilitates intuition.

Materials and methods

In our study we used a special chromo puncture pen with the seven colors red, blue, yellow, green, orange, purple and turquoise with the same wavelength but with a choice of switching between different intensity; we always use the highest intensity to achieve more penetration because of animals' hair coat. The color choice was dictated by the TCVM exams, in which we evaluated whether the chosen points for the treatment of the disease were full or empty, considering using warm colors invigorate (considering the use of red or orange depending of gravity) and the cold to disperse (use of blue or turquoise with the same criterion of warm colors). The yellow color has been used for digestive problems as recommended by *Mandel* and purple has been found useful along with the blue and turquoise in behavioral issues related to *Shen*.

In our study we describe in particular the use of chromo acupuncture for the treatment of the so-called "stud tail" in a dog; the treatment of a cat with hyperthyroidism problems and subsequently behavioral problems; the treatment of a psychosomatic dermatitis in two cats; constipation in two cats, one dictated by a dislocation of the column following a fall and the other for osteoarthritis problems at the level of the lumbosacral spine; the treatment of a dog with hypothyroidism; the treatment of a cat with stomatitis; nowadays we are treating the laminitis of a pig.



Clinical cases	Disease	Treatments	Conclusion
Gigi	Dermatitis and Behavioral problems	11	✓
Caffè	Constipation	1	✓
Tigre	Dislocation lumbosacral spine, pain and constipation	4	✓
Bianca	Behavioral problems	3	✓
Gemma	Behavioral problems	3	✓
Carlotta	Stud tail	1	✓
Gigi	Hypertiroidism Behavioral problems	12	✓
Giada	Behavioral problems	1	✓
Caso clinico	Patologia	Numero di sedute	Risultato
Merlino	Fecal incontinence and neurological bladder	4 (Acupuncture and Chromoacupuncture)	✓
Blacky	Fecal incontinence and constipations	6 (Acupuncture and Chromoacupuncture)	✓
Elena	Atopic dermatitis	8	✓
Charlie	Cardiomyopathy Lca disease		✓
Jigen	Dermatitis	4	✓

	Hypothyroidism		
Red	stomatitis	4	✓
Lapo	laminitis	5 (Acupuncture and chromoacupuncture)	✓

RED



Sex: castrated male

Age: 2 years

Breed: European

Disease: stomatitis

From february Red presents a gingival stomatitis.

He struggles to eat and is knocked down.

Therapy: started with steroid, but not responsive

3-2018 started Chemo therapy


TCVM VISIT

- INSPECTION WANG
- Shen: good
- Tongue: red
- Skin: N/R
- QUESTIONS WEN
- Live at home
- Typology: water
- Food: dry
- PALPATION QIE:
- Deep, quick and full
- BL 13 reactive
- Stomach eath: work on the balance of *Yang Ming* and *Tai Yang* to reduce heanth and dryness

POINT USED AND FUNCTION

- **BL-13** *Fei Shu* stimulates the function of diffusion and descent of the lung, regulates the *Qi* of the lung, rules *Ying Qi* and *Wei Qi*, tonifies *Qi* of lung, blocks the cough and purifies the heat
- **BL-20** *Pishu Back Shu* point of spleen, invigorates spleen and stomach, dissolves moisture and nourishes the blood
- **BL-23** *Shenshu Back Shu* point of the kidney, tones the kidney and its *Jing*; strengthens the loins, nourishes the blood, benefits the bones and the marrow; dissolves moisture, strengthens kidney function and *Qi* collection; illuminates the eyes and benefits the ears
- **GV-20** sedation point, *Shen* disturbance
- **LR-14** Harmonizes the liver and Stomach , regulates Liver *Qi*, moves the Blood
- **LU-1** disperses heat from the chest and stops cough, regulates and descends Lung *Qi*
- **ST-1** point of *Yan Qiao Mai*
- **ST-6** eliminate wind from the face
- **ST-36** *Zusanli* it works on the stomach and spleen, tones the *Qi* of the body, illuminates the eyes, regulates the *Ying Qi* and the *Wei Qi*, regulates the intestines, supports the *Yang*, expels the wind and humidity, eliminates edema
- **Bai Hui rear Yao Bai Hui** Extrapoint hundred crossing, *Yang* deficiency also for neurology disease use for abdominal pain, diarrhea, *Qi* and *Yang* increase *Yang*
- **Wei jian- Tip Tail** extra point clear heat, calm and peace very important point for anxiety

19/03/18	Tongue	Red
	Pulse	Deep, quick and full
	Back Shu	BL 13
	Therapy	Reset with LU 1, LR 14, ST 36

		yellow left and right, BL 13 purple, Tip tail green, Bai Hui green, GV 14 green, GV 20 green
	Follow up	

27/03/18	Tongue	Red
	Pulse	Superficial, full
	Back Shu	BL 13
	Therapy	ST 6 blue, ST 1 blue, ST 36 yellow, BL 20 yellow, LR 14 yellow
	Follow up	Gums less reddened , he is more active and plays

09/04/18	Tongue	Pink
	Pulse	Superficial and regular
	Back Shu	BL 13
	Therapy	BL 13 purple, BL 23 purple, BL 20 yellow, ST 36 yellow, LR 14 yellow, GV 20 green, Bai Hui green, tip tail green
	Follow up	Pink gums, play, meows and eat

Results

In all Chromo treated patients we achieved relief the clinical signs. In the specific case of Red with Chromo acupuncture we solved the stomatitis.

Discussion

The use of Chromo acupuncture was effective in the treatment of acute and chronic diseases and in the treatment of behavioral problems linked to particular emotional states. In particular, it can be said that the Chromo acupuncture sessions were as effective as those of acupuncture. The use of colors on specific acupuncture points has amplified the effect of some problems such as the emotional ones. Precisely the use of colors such as blue and violet ⁽²⁾, defined by spiritual excellence and relaxing, have allowed to have a good balance on the Shen. The advantage of Chromo acupuncture is that it is easily used on patients who are not collaborative or hardly predisposed to manipulations. It has proved particularly effective on cats, animals less naturally predisposed to manipulations. The positive effect on animals is probably dictated by the fact that they are more receptive to treatment not being conditioned by mental barriers and judgments towards the session, which characterize man instead. Although in the literature there are not many studies on this subject, the hope is that this technique becomes a method in veterinary medicine of wider use both as an aid to acupuncture and as a viable alternative if the animal is uncooperative. In cases concerning emotional states, it may be useful to use the aid of colors even during everyday life and not just during a single session. Chromotherapy demonstrates all over the years that the colors have helped in the healing and self-healing of acute and chronic diseases and, above all, in emotional problems. An aid in the veterinary field may be to use lights in spots visible from the animal or the use of kennels and blankets having the color we consider the most appropriate. In this regard it is good to remember that animals do not see all colors like man; however it is important to remember that it is not essential to see the color, but how much to absorb the wavelengths.

Conclusions

In all Chromo treated patients we achieved relief the clinical signs. The Chromo acupuncture therapy has been shown to be a very good treatment sometimes similar to acupuncture. Acupuncture remains the first choice but whenever is hard to use acupuncture chromo therapy is easier to apply. Is a non –invasive treatment so it is easy to do in aggressive patients. It is possible to combine the two treatments to have an increased effect.

References

-

- ⁽¹⁾.http://www.scuolatao.com/corsi_agopuntura_tuina_mtc/images/tesi/AGO2014_tesi_Pa_ssarini
- ⁽²⁾. <http://www.socialdogcat.com/it/benessere/come-vedono-i-cani-e-gatti.html>
 - ⁽³⁾Peter Mandel “Manuale pratico di Cromopuntura” ed. Tecniche Nuove, 2000
 - ⁽⁴⁾Fritz Albert Popp “Nuovi orizzonti in medicina. La teoria dei biofotoni” ed. Nuova Ipsa, 2003
 - ⁽⁵⁾Osvaldo Sponzilli “Iniziazione alla Cromoterapia” ed. Mediterranee, 1998
 - ⁽⁶⁾Andrea Ferrari “Manuale professionale di Cromopuntura” ed. Zuccari, 1998
 - ⁽⁷⁾CromoPharma, Centro di Cromopuntura
 - ⁽⁸⁾<http://www.cure-naturali.it/agopuntura-cinese>