Interpreting dressed colour choice for wellbeing purposes according to Traditional Chinese Medicine (TCM)

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Abstract:
Natural ways such as herbal medicine was the main mean used to preserve health in the past before the appearance of modern medicine. The Traditional Chinese Medicine (TCM) followed the concept of holism, which studies the relationship between the surrounding nature and the whole organ. The classical theories of TCM focused on the concepts of holistic energy balance which mentioned the five-element theory and explained the five main colours that concerns the five organs. Each one plays a different role, supporting the energetic function of an organ. Since the main focus of one’s being is to preserve and improve the state of health, this research focuses on the sufficient use of each colour according to the principle of TCM theory aiming to support the organs’ function, their relation to emotions and their resonate colours in healing, via creating different coloured designs with the aim to expose colour irradiation in certain areas in the body aiming to activate different chakras, related body organs and systems that needs a healing boost. The research methodology is based on an inductive approach which relies on the collection of information to build a theoretical framework of the research and to a descriptive, analytical method for different designs.

Keywords
Colour; Five-element theory; TCM; Chinese medicine, Energy.

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