Using Color Energy and Mandala Drawings to Innovate Upholstery Printed Design for Treating Depression

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Abstract:
Colors are visible light energy of a specific wavelength that is received by photoreceptors in the retina, known as cones, and translates that energy into colors. When color energy enters our bodies, it stimulates the pituitary and pineal glands, and this in turn affects the production of certain hormones that affect a variety of physiological processes that in turn affect the mood and behavior of the individual. In the human body there are energy centers known as chakras. If they are unbalanced, the person becomes sick and his emotions become imbalanced, and each color corresponds to an energy center that can be used to restore balance again. Mandala is one of the types of art that has been shown to treat stress and depression. They are drawings in the form of interlocking squares interconnected with each other, and other circular shapes, combining a group and a circle. Psychologists have used mandala drawings in treating depression, as they are drawings that give very good positive energy, help people calm down and meditate, drain negative energy in the body, charge positive energy, energy centers and gates in the body, and discharge anger, negative energy and depression. The frequent appearance of mandalas in the design of upholstery printing leads to a clear positive change. Instead of a constant tendency to depression and pessimism, there is a tendency to optimism, which works to restore balance.

The research query is determined by the following question: How can the energy of color and mandala drawings be used as a physiological and psychological communication tool in printing upholstery and how to process formative technical units and adapt them through some specialized computer programs to create color groups and design treatments that affect the human vital balance and give him positive energy, which helps support and treat depression?

Objectives: this research aims to shed light on the energy of color and mandala drawings and to clarify the colors associated with the chakras that are the energy points in the human body, and thus the potential strong healing centers, and to take advantage of this in the design of upholstery printing, and to modify the negative effects of the interference of different energy fields on the human health, and obtaining positive energy that helps to perform its vital functions efficiently, which helps in supporting and treating depression. It also aims to study the energy of color and mandala drawings, and monitor the positive energy resulting from color and mandala drawings in the field of upholstery printing design and use it to support and treat depression, and to employ the technical capabilities of some computer programs to obtain innovative and unconventional design solutions as an aesthetic dimension to create print designs for the upholstery fabrics including prevents feeling depressed.

The importance of the research is summarized in contributing to confirming the relationship between color energy and mandala drawings to generate positive energy to support the applied product, and an explanation of color energy and mandala drawings and their relationship to improving the functional performance of printed upholstery to support and treat depression, and the scarcity of Arabic research and studies that dealt with color energy and mandala drawings and reveal its psychological and evaluation position in general.

The research limits are limited to time limits that are limited since 1992 AD until now, and that is the beginning of global interest in color energy and its use in color therapy. As for the beginning of global interest in mandala drawings and its role in treating stress and depression in the period from 2013 AD until now, and spatial limits that include application in the Arab Republic of Egypt, and objective limits where the study provides a new approach to use color energy and mandala drawings in the design of upholstery printing to achieve balance and modify negative effects on human health, which helps in supporting and treating depression.

Methodology: The research is based on the descriptive and analytical approach by identifying the psychological and physiological effect of color energy and mandala drawings and their role in supporting and treating depression, and the experimental approach that deals with the innovative aspect by making designs for printed upholstery fabrics.

Results: The research found that there is a positive relationship between the use of color energy and mandala drawings in the design of upholstery printing and support and treatment of depression, and that the emergence of mandalas frequently in the design of the upholstery printing in colors appropriate to the color energy that charges the positive energy of the individual has a therapeutic role where a positive change occurs instead of The constant tendency to depression and pessimism, there becomes a tendency to optimism and thus these designs contribute to supporting and treating depression, as well as the possibility of producing printed designs for upholstery fabrics that carry positive energy that helps the person to perform vital functions efficiently and also help in support and treatment of depression, as was taken into account in the design stage is to use light and calm colors than other colors, because the depressed patient sees darker colors and with his psychological state improves, he begins to see lighter colors.

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**Keywords:**

Color Energy, Mandala Drawings, Upholstery Printing Design, Depression