

The Untold Saga of Dental Chromo Therapy

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Introduction

The practice of treating diseases with colored food, clothing, color-saturated oils, colored water and the visible spectrum of electromagnetic radiation is known as chromotherapy and it has been successfully used for centuries. Chromotherapy is based on the idea that illness is caused by an imbalance in the body's basic chakras. Variety treatment rebalances the chakras utilizing explicit tones. It is effective for a variety of body systems and influences neurohormonal pathways as part of complementary and alternative medicine systems. This review documents the scientific development of color therapy in dentistry and medicine, as well as its various applications, based on the available literature [1]. Due to technological advancements and the scientific method, future studies will determine precisely how chromotherapy improves well-being. It's a low-cost, non-invasive treatment option that should be tried until then.

Description

To do a pressure evaluation, a few physiological markers have been approved in writing, to be specific electroencephalography (EEG) electrocardiography (ECG) or galvanic skin reaction (GSR). EEG is comparable to other established biomarkers in terms of stress detection performance, but it has a higher time resolution. To assess our proposition and to contrast it and the conventional other option (chromotherapy rooms), we extricated the general gamma from the EEG movement, as there are a few examinations that showed a connection between the anxiety and this biomarker. Other EEG biomarkers that are also associated with stress are used to obtain the relative gamma (see the Methodology Section). It is interesting to note that, depending on the participants, the relationship between the stress level and the relative gamma can be direct or inverse under the same circumstances [2]. Despite the fact that numerous studies have reported this effect, its cause remains unknown, but it must be taken into account during processing.

All of the teeth were treated by the principal investigator. Five questions of the preoperative MDAS questionnaire were distributed to patients. The MDAS is a five-item survey with a standard response system that includes responses from "not anxious" to "extremely anxious." Together, they form a Likert scale with a maximum of 25 points and a minimum of 5. It has been empirically demonstrated that a cutoff value of 19 or higher indicates excessive dental anxiety, which may call for additional attention from dental professionals. HR, systolic BP and diastolic BP were assessed prior to surgery. Color therapy followed after this. The interventional groups were pink and blue [3].

Utilizing the interaction of particular electromagnetic wavelengths with biologic systems, chromotherapy treats a variety of diseases. Laser biostimulation, which is now known as photobiomodulation, has been used in a lot of medical applications, like treating ulcers and wounds that won't heal,

managing pain and treating injuries to the nervous system [4]. It appears that near-infrared radiation (NIR) protects neurons by preventing mitochondrial dysfunction and dopamine loss; this was demonstrated in mouse Parkinson's disease research. Additionally, there is evidence that NIR treatments for the forehead tend to reverse symptoms of anxiety and major depression. For about a decade, transcranial near-infrared laser therapy has also been studied as a novel neuroprotective treatment for acute ischemic stroke. In the AIR group, the effects of the RB system's combined stimulation (chromotherapy PWL plus breathing and body scan exercises) on EEG oscillations were measured [5].

Conclusion

The older participant was a former elite athlete and current coach and several of the participants were elite Belgian athletes. None of the remaining four athletes were elite. Before the current study, three of these participants had already used the RB system for a month. Participants in the PIR control group were instructed to lie in the RB bed, remain calm, keep their eyes open and simply follow the audio instructions. They had no prior experience using the RB system. For 34 minutes, participants in the POR control group were instructed to eat and remain comfortably relaxed while their EEGs were recorded.

Acknowledgment

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Conflict of Interest

No conflict of interest.

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