

Impact of Chromotherapy on Hypertension Patients using Virtual Reality

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Editorial

Chromotherapy, often known as colour therapy, colorology, or cromatherapy, is a pseudoscientific alternative medicine approach. Chromotherapists claim to be able to utilise colour to balance "energy" that is missing from a person's body on all levels, including physical, emotional, spiritual, and mental. Color therapy is distinct from other types of photomedicine, such as phototherapy and blood irradiation therapy, which are scientifically acknowledged medical treatments for a variety of illnesses, as well as photobiology, which is the scientific study of light's impact on living organisms.

Because of advancements in virtual reality (VR) systems, generating virtual environments with fully immersive sensations and high realism is becoming more economical and easier to produce. Traditional solutions, on the other hand, are still commonly used. For example, chromotherapy is a sort of light therapy that uses visible wavelengths to treat diseases like post-traumatic stress disorder (PTSD), panic, and phobias, as well as to relieve tension. Chromotherapy rooms (pleasant environments deliberately created to induce relaxation through a combination of colour, ambient lighting, and music) are utilised as timeout rooms for children with behavioural challenges in special needs education programmes. However, there are certain disadvantages to using these rooms, such as the high expense of setting up a space for chromotherapy sessions, as well as the adaption and maintenance of the room and its equipment (lights, sounds, insulation, etc.). According to commercial websites, the first investment is more than 3000 euros. Furthermore, the room's space cannot be used for any other purpose, and its usage for educational purposes may result in the isolation of the children who participate in these therapies.

Virtual Reality (VR) technologies have advanced to the point that they can now be used in a variety of situations. In a variety of settings, such as disorder therapies, rehabilitation procedures, marketing, industry, and safety and industrial trainings, virtual reality has proven to be a beneficial aiding tool. However, traditional treatments are still preferred in many areas, such as relaxation therapy. Chromotherapy is a commonly utilised color-light-based therapy for reducing psychological stress. This therapy takes place in a relaxing environment in which the light and sounds are modified to promote a feeling of relaxation. For a large portion of the public, however, chromotherapy is still unknown. Most people prefer to unwind by engaging in activities that they enjoy, such as travelling to the beach or simply being alone in a quiet spot. Furthermore, chromotherapy necessitates capital expenditures in terms of physical area, deployment expenses, and upkeep.

Several physiological markers, such as electroencephalography (EEG), electrocardiography (ECG), and galvanic skin reaction, have been verified in the literature for stress evaluation (GSR). EEG, when compared to other recognised biomarkers, has a similar stress detection ability but a higher time resolution. We extracted the relative gamma from the EEG activity to evaluate our proposal and compare it to the standard option (chromotherapy rooms), as there have been multiple studies that suggest a link between stress levels and this biomarker. Other EEG biomarkers (see the Methodology Section) are used to calculate relative gamma, which is similarly connected to stress. It's worth noting that, depending on the participants, the link between stress and relative gamma can be either direct or inverse under the identical conditions. Despite the fact that multiple studies have reported this impact, the cause has yet to be determined; however, it must be taken into account throughout processing.

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