

## AYURVEDIC COLOR THERAPY

COLOR	CHAKRA	DOSHA	PLANET	DAY	GEMSTONE
<b>RED</b>	1st Chakra - Muladhara	↑ Pitta ↓ Vata ↓ Kapha	Mars, Sun	Tuesday, Sunday	Red Coral, Ruby
<b>ORANGE</b>	2nd Chakra - Svadhithana	↑ Pitta ↓ Vata ↓ Kapha	Mars	Tuesday	Coral
<b>YELLOW</b>	3rd Chakra - Manipura	↑ Pitta ↓ Vata ↓ Kapha	Jupiter	Thursday	Yellow Sapphire
<b>GREEN</b>	4th Chakra - Anahata	↑ Kapha ↓ Vata ↓ Pitta	Mercury	Wednesday	Emerald, Jade
<b>BLUE</b>	5th Chakra - Vishuddhi	↑ Vata ↑ Kapha* ↓ Pitta  *increases in excess only	Saturn*  *specifically dark blue	Saturday	Blue Sapphire
<b>INDIGO</b>	6th Chakra - Ajna	↑ ↓ Vata* ↓ Pitta ↓ Kapha  *neutral	N/A	N/A	Alexandrite, Dark Sapphire
<b>VIOLET</b>	7th Chakra - Sahasrara	↑ Vata ↓ Pitta ↓ Kapha	Venus	Friday	Amethyst
<b>WHITE</b>	N/A	↓ Pitta ↓ Vata ↓ Kapha	Moon	Monday	White Pearl
<b>BLACK</b>	N/A	↑ Pitta ↑ Vata ↑ Kapha	Saturn	Saturday	Onyx, Black Sapphire