

**THE HISTORY OF PHOTOTHERAPY or
"LIGHT: MEDICINE OF THE PAST"**
Outline of Syntonic Basic Course History Section (1993)

by Samuel Pesner, O.D., F.C.S.O.

1. Augustus Pleasanton, 1876
Blue light to stimulate glands, nervous system and organs
2. Seth Pancoast, 1877
Red/blue light to stimulate/relax the nervous system
3. Edwin Babbitt, 1878
Chromo-lume, chromo disk - light on the body
Solar elixirs - sun-charged water
"Any process, light or heat, that draws blood to the skin relieves congestion of the liver, spleen, lungs, stomach, intestines and spinal cord. All vital organs have connection to the skin through the blood vessels. Application of light rays in one spot can affect the entire blood stream through circulation and elimination of toxins."
4. "When the body is in a normal condition, it may be able to filter out from the white light (or sunlight) whatever color vibration it needs. However, if a person is not in normal health, the necessary color must be supplied." - C.G. Sander, 1926
5. Dinshah P. Ghadiali, 1920 - Spectro-Chrome
 - a. The human body absorbs light
 - b. Colors relate to physiological function
 - c. Color tonation aids bodily function
6. Attributes of colors according to Dinshah
 - a. Scarlet
Kidney and adrenal stimulant
Raises blood pressure
Increases heart rate
Emotional stimulant
 - b. Red
Stimulates sensory nervous system
Liver builder and stimulant
Increases blood count and circulation
Causes expulsion of debris through skin
 - c. Orange
Lung builder and respiratory stimulant
Thyroid builder and stimulant
Parathyroid depressant
Bone builder
Tissue stimulant, decongestant
 - d. Yellow
Stimulates motor nervous system
Nerve builder for sensory and motor systems
Stimulates lymphatic system
Stimulates intestinal tract

- e. Lemon - the "Chronic Alternative"
 - Promotes healing in persistent disorders
 - Dissolves blood clots
 - Expectorant
 - Bone builder
 - Brain stimulant
 - Thymus builder and stimulant
 - Mild digestive system stimulant
 - f. Green
 - Cerebral equilibrator
 - Physical equilibrator
 - Pituitary stimulant and equilibrator
 - Germicide, disinfectant, antiseptic
 - Stimulates rebuilding of muscles and tissues
 - g. Turquoise - the "Acute Alternative"
 - Promotes healing in recent disorders
 - Brain depressant
 - Rebuilds burned skin
 - h. Blue
 - Relieves itching
 - Relieves irritation of abraded surfaces
 - Encourages perspiration
 - Reduces or removes fever and inflammation
 - Pineal stimulant
 - i. Indigo
 - Parathyroid builder and stimulant
 - Thyroid depressant
 - Respiratory depressant
 - Promotes production of phagocytes
 - Sedative
 - j. Violet
 - Spleen builder and stimulant
 - Decreases muscular activity, including heart
 - Lymphatic gland and pancreas depressant
 - Promotes production of leukocytes
 - Tranquilizer
 - k. Purple
 - Decreases sensitivity to pain
 - Kidney and adrenal depressant
 - Lowers blood pressure
 - Lowers body temperature
 - Reduces heart rate
 - l. Magenta
 - Emotional equilibrator
7. Harry Riley Spittler, O.D., M.D., 1941 - The Syntonic Principle
- a. Light by way of the eyes - to balance the autonomic nervous system
 - i.e., stimulate the sympathetic or parasympathetic nervous systems
 - b. Constitutional types: pyknic, syntonic, asthenic
8. Arndt's Law of Physiology:
- "Mild stimuli will excite physiological action, moderate ones will favor it, but strong ones will retard the action or abolish it altogether."

A SHORT ANNOTATED BIBLIOGRAPHY LIGHT THERAPY & RELATED WRITINGS

by Samuel Pesner, O.D. (1993)

Liberman, Jacob, *Light, Medicine of the Future*, Bear & Co. Publishing, Santa Fe, NM, 1991. This is the most current and far ranging text on the subject of light as a therapeutic tool. It covers medical and psychological uses of light, contains an extensive bibliography and is must reading for anyone interested in the subject.

Spitler, Harry Riley, *The Syntonice Principle*, The College of Syntonice Optometry, 1941. The thesis from which the practice of phototherapy by way of the eyes, known as *Syntonics*, was established. Available from the College.

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Dinshah, Darius, *Let There Be Light*, Dinshah Health Society, Malaga, NJ, 1985. A concise history and description of Dinshah Ghadiali's work written by his son.

Babbitt, Edwin D., *The Principles of Light and Color*, Babbitt & Co., New York, 1878. An extensive volume which influenced the work of Spitler, Dinshah and all who followed. Recently reissued edited and abridged by Faber Birren.

Ott, John N., *Health and Light*, Ariel Press, Columbus, OH, 1973. John Nash Ott is probably our greatest living authority on light and its properties. This is an excellent summary of his work, covering "the effects of natural and artificial light on man and other living things." Any book by Ott is recommended.

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Judith, Anodea, *Wheels of Life*, Llewellyn Publications, St. Paul, MN, 1990. "A User's Guide to the Chakra System." Extensive, comprehensive and well-written.

Clark, Linda, *The Ancient Art of Color Therapy*, Pocket Books, New York, NY, 1975. Out of print. A very extensive historical review. Worth looking for.