Therapeutic Applications of Color in Sri Lankan Low Country Dance Rituals: A Multidisciplinary Analysis

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Abstract

Since the beginning of human civilization, humans have used various treatment methods to preserve their health and prevent disease. Among those therapeutic approaches, color therapy is an integrated treatment method that has given great importance to the effects of colors on human health and mental states since ancient times. Although these colors are used in a visually rich and vibrant manner in these ritual systems, academic investigations into their scientific therapeutic potential beyond symbolism are limited. Accordingly, this study aims to investigate the complementary therapeutic value exists in the use of using colors in the Low Country Dance system and whether it can be scientifically analyzed within the ritual system. This study adopts a multidisciplinary analytical approach, integrating the concepts of Psychoneuroimmunology in western medicine and Dhatu nourishment and Ojas enhancement in indigenous medicine. This study was conducted using a qualitative research methodology, where interviews, field studies, and participant observations were used as primary sources, and printed books, online publications, and television documentaries were used as secondary sources. It is hypothesized that the use of color in the Low Country Dance system, along with the diseases and treatments identified by integrated color therapy, is used to activate the patient's expectations and beliefs to help activate the brain's natural healing mechanisms. This study proposes a new conceptual approach called the Psychoneurological Color Therapy Model based on the Low Country Dance tradition and analyses conducted according to local and Western sciences.

Keywords: *Color Therapy, Indigenous Medicine, Western Medicine, Ritual Performance*