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Solarized Water Therapy

Colour water therapy — charging drinking water with sunlight

The Traditional Practice

- Drinking water is filled into coloured glass bottles and kept in sunlight.
- Each colour is linked to a chakra and to a specific part of the body.
- Practitioners believe the water absorbs the vibrational energy and healing frequency of its colour.
- Small quantities of solarized water are sipped through the day.

What Science Confirms

- Sunlight disinfects water: UV-A rays kill germs, and heat above 50 °C speeds it up (SODIS, a WHO-recognised method).
- **Clear bottles work best** — coloured glass blocks much of the germ-killing UV.
- Needs about 6 hours of full sun (2 days if cloudy) and clear water to begin with.
- It does not remove chemicals such as arsenic or fluoride. Colour and chakra effects are traditional beliefs, not clinically proven.

How to Prepare

1 — Clean
Wash a glass bottle and its cap thoroughly.

2 — Fill
Use clear drinking water and close the bottle.

3 — Expose
Place on a raised surface in full sun for about 6 hours.

4 — Drink
Keep in a cool place and use within 24 hours.

The Seven Colours & Their Chakras

Traditional associations in colour water therapy



Violet	Indigo	Blue	Green	Yellow	Orange	Red
Crown	Third Eye	Throat	Heart	Solar Plexus	Sacral	Root
Sahasrāra	*Ājñā*	*Viśuddha*	*Anāhata*	*Maṇipūra*	*Svādhiṣṭhāna*	*Mūlādhāra*
Top of head	Forehead, eyes	Throat, neck	Chest, heart, lungs	Stomach, digestion	Lower abdomen	Base of spine, legs