



THE IMPACT OF COLORS ON OUR BEHAVIOR AND HEALTH

¹Ibragimov Rustam Qudratovich, ²Sattorova Aziza Anvarovna.

Department of Fine Arts and Engineering Graphics. Karshi State University. Karshi city. zbekistan¹, Department of Fine Arts and Engineering Graphics. Karshi State University. Karshi city. Uzbekistan²

ANNOTATION

When a person lives, he seeks beauty, every beauty, the environment consists of colors. Colorless perception of life can not be achieved. It is difficult to imagine the beauty of life in general without color. The correct or incorrect use of colors can have a positive or negative impact on a person's health.

Keywords: Color, light, brain, psychology.

INTRODUCTION

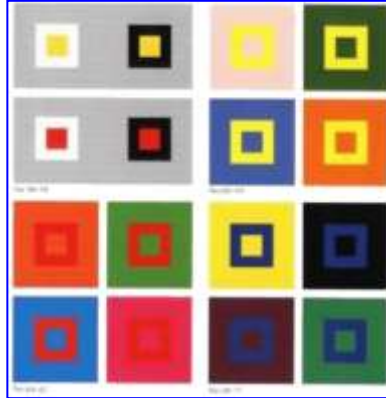
What is the color itself? How does it appear? As the science says, color is the Hosse of forming a certain intuition of light in accordance with the spectral composition of the emitted or returned radiation.

The eye of a person constantly aspires to light and different colors, lives talp. Just like a person who saw the sunlight emanating after the black clouds in our everyday life and whose mood rose. Since there is a living organism, the effect of Colors is a normalized condition.

How colors are formed and spread in nature has attracted the attention of scientists and artists since ancient times. Sultan Ali Mashhadi's "treatise on calligraphy and painting", written in 1514 year, said that the decorative patterns used in decorating the handcrafted furnaces of that period were varied and each devon had its own style in giving color and weave to the pages.

Our world-famous scientists, such as Alisher Navoi, Abu Rayhon Beruniy, Abu Ali Ibn Sina, Kamoliddin Bekhzad, Firsiysiy, Babur, conducted a lot of scientific research on the types of colors, their effects on human health, their meanings and other characteristics. Chunanchi, Abu Rayhon Beruni listed more than 200 names of colors in his book Al Jawahir - Ma'rifat al Jawahir (Mineralogy) and wrote about the origin of these colors.

The color appearance that appears in the eyes and minds of a person carries the semantic content of a person. However, the eyes and brain can only have a clear color difference through comparison and reflection.



The yellow square in the picture is shown on a white and black background. On a white background, it looks darker, gives light tenderness warmth. In black it will be much larger. Will have a light and cold, aggressive character. The Red Square in the picture is shown on a white and black background. In white, the red color looks very dark. The brightness is almost imperceptible. But in black the same red color emits a bright heat.

Color is the perception of the material being by sight, the reception of electromagnetic rays by sight through waves of the length of the range. Sometimes color misalignment occurs even when the flow of rays does not affect the eyes. For example: it occurs when the apple of the eye is under pressure or is affected by an electric wave, sometimes as a result of sound or heat exposure.

The variety of Colors is caused by the falling of artificial and natural light rays on the surrounding objects, the items are painted in different colors, the shadows falling from them, the color of the surrounding area.

Color detection is the color of parts of the human environment and the background, the sum of the Rays falling on it and falling from it, seeing the shadow-light through the eyes, going the signal to the brain through the signals of the nervous system and transmitting it to the human consciousness by analyzing it. In simple words, color is the perception of the colored rays falling into the human eye.

A person can not always like one color. Depending on the change in mood, maturation, character, emotions, the color you like can change to a different color.

DISCUSSION

studies have been conducted on the effects of colors on a person. Because colors play a big role in our lives, people's attitude to each other also depends on color. For example, work with colors in the following disciplines:

Physics, especially in the study of the origin of invisible, tiny spheres in optics;

- In Physiology, in all the cases related to the functioning of the eye function, in the correct formation of the image, in the processing of the image, in the transmission from the eyeball to the brain through nerve signals;

- Psychology, all relevant comments on nerve signals and color perception;

- In psychophysics, when studying the connection between the reaction of the drying system (this is called colorimetry)

The influence of color on human physiology depends on its quantity, quality, time of exposure, age and sex of a person.



In medicine, there is also a system of treatment with colors. Each person is treated individually, with a clear color light.

Speaking of color therapy hints, it is possible to configure that this method was used in ancient times. In ancient Egypt, great attention was paid to colors, and for color treatment, special temples were built. Here the sunlight fell into the crumbs, and the rays of different colors in the spectrum were scattered. The example of man was as if he were buried in colors. This type of treatment was called **“ra-therapy”**. In our time, this name changed to the word "chromotherapy". In **“chromotherapy”**, the effect of colors on human health is studied.

In Egypt, the yellow color was considered the light of the God izis, and they said that this color will be stronger, especially on summer days. It was noted that the red rays of Osiris are stronger in the eyes. It is married that a light breath penetrates the human organ through the oats and gives life to a person. Ancient Egyptian healers treated patients with water standing in the colored light of the sun. This used the treatment system in candles and skin diseases.

In **“chromotherapy”**, the work is carried out as follows: colored rays penetrate into the eye, go from the nervous system through the eye sechatoma, to the center of the brain and exert their own force of influence. All diseases depend on the nervous system, the main thing is the brain. Even a severe disease can be treated as a result of the influence on the nervous system, persuading the brain to recover.

Medieval doctors believed in the magical power of many colors and treated many diseases through "svetoterapiya". According to historical data, the basis of "svetoterapiya" originated in ancient Egypt, China, India.

Ibn Sina recommended the effect of the desired color depending on the mood of the patients, the recovery and appearance of the disease. Patients were taken color baths, curtains of the desired color were researched on the windows, it was recommended to wear clothes of the desired color.

Research on color therapy in Europe began in the late, 19 th century. It began with the treatment of the nervous system. It was observed that the sunlight through the filter fell and treated the pain.

In ophthalmology, it is possible to treat several eye diseases using colored apparatus.

Before the creation of his works, Gyote worked on the character of the work: a tie, painted in the desired color, depending on the gloomy or cheerful work. Because Color takes the main place in the nervous system, in human psychology.

Psychologists experimented like this: they wrote a beautiful table on the table, poured a variety of dishes on it, then lowered the light of different colors on each of these dishes. The meat turned gray, the green peas turned black, the milk was painted in ink, the egg yolk remained Brown. Visitors who came with an appetite saw dishes painted in Colors, their mood deteriorated, their appetite suffocated, even did not want to eat. Even interested in eating the guest's nausea. But in fact, these dishes are fresh, not spoiled. Only as a result of changing the color of the dishes by lowering the nurni in a different color, the human mind changed and hattoki also influenced his character.

Each color has its own character, its own effect, perception of the surrounding environment, therapeutic properties.

In the spectrum of colors in the sunlight, red is the main one. The reason is that from time immemorial the red color in the universal agreement serves to warn that risks are coming. The choice of red color in this

arrangement is not accidental. Because the red color is caressing, psychologists say that this is the reason that the color is the color of the heated metal. For this reason, it can serve as a blocking signal.

The French physiologist ¹Fere conducted a very sneaky experiment. He irradiated the human hand with colored Rays, checking to what extent his fist was compressed. When the flame is irradiated with colored light, one and a half times more than normal, and when irradiated with red light, two times stronger palm punch is compressed.

MATERIALS AND METHODS

Red color is a symbol of activity, aggression, freedom, mobility. Lovers of red color are cheerful, love life and cheerfulness. This color itself makes sense. If a person is irritated, given emotion, then this Color is forbidden to such people, because it makes emotions more kuchaytiradi. Lovers of red color are people who are always fond of management, strong in feeling. Because red color makes a person cheer, energetic and memory strong. Therefore, the clothes of the tsars and Kings were reflected in red. In addition, the red color reflects a strong emotion and love-affection .tiradi Red color has a good effect when arterial pressure goes down. This Color is used in the treatment of influenza, viral diseases of the upper respiratory tract, diseases of chickenpox, measles and rubella.



Blue color is a sign of calming. Many mentally working people are advised to work in a room painted in blue. Blue color requires physiologic and psychological peace. This Color is the color of the sky. Blue color slows the pulse, blood pressure, breathing, calms a person, normalizes movement, the body tries to relax and calm down. This Color is given extreme purity, and the rarity is inherent in humans. Lovers of blue color pour peace, above all. For this reason, it is better not to overdo it with this color, the reason is that a person can be separated from the environment, from people and remain human. Blue color is used in the dezinfection of rooms, in diseases of the nose, ears, throat, gastrointestinal diseases, cataracts.

The mood of those who like the color of fire is always good, they are whistling and joking. Flame color improves the circulatory system, raises the mood of a person. The heat of this Color is even stronger than red, so if the interior uses a lot of flame color, the feeling of heat around it can increase. But the color of fire does not make a person tired when it comes to red. He calls movement kuchaytiradi, cheerful mood, increases the energy aspect of the muscles. A person who loves this color can quickly find a language with people around him.

Features of treatment of the disease of flame color: in the disease of rheumatism, it is recommended to wear flame color socks. Hattoki recommended the color of fire to women who could not have children. The reason is that the color of the flame has the frequency of the DNA chain at electromagnetic power. Flame color improves the circulatory system, increases appetite, heals anemia, prevents drowsiness.

Green is the color of life, a combination with nature. Green color has a good effect on the nervous system, the eyes relax and give a person a clean air. This Color calms the human body, lowers blood pressure, compared to blue, green color can be used every day in everyday life. This Color is good to relax more, calm the senses,

¹ "Fundamentals of General psychology " - Petyr, 2009-713-s

raise the mood. He keeps the energy in one rhythm. Green color is symbolized by growth, the reason is not surprising if it is compared to the growing nature. Green color increases sensitivity.

Green color gives a good benefit when the vessels spasm fall, lowers blood pressure, capillaries kengaytiradi, risks mood. For this reason, green color is used in heart disease, nervous disease, bronchial asthma, hypertension, impotence, glaucoma diseases.

Yellow color is the color of those who are bright, philosophers. Yellow color intellektni kuchaytiradi, increases creativity. This color means khukmron. Yellow color evokes a warm, pleasant feeling in a person. Especially good in the cold seasons, when such a feeling is reflected. Smiling, the eyes will be as if they embrace the joyful warm days. If a person recognizes yellow, he will say that he is looking for happiness for him, he will prove that he feels unhappy. Because yellow color is a symbol of cheerfulness.

Features of yellow color-this Color has a good effect on the assertion of stomach disease. Tibetan lamas have always come up with a yellow tint. They accepted this color as a symbol of peace and joy. Yellow color generalizes muscle movement, cleanses the liver, intestines and skin. It is used in the treatment of diabetes mellitus. The benefit of yellow color in Ophthalmology is great when the eye is irritated, irritated, in the eye retina, in the eye vessels. Yellow color is forbidden in nervous disease, when the temperature rises this Color has a good effect on the liver, spleen and pancreas.

Cyan is more emotional than black. This Color is strictly forbidden in depression. Including ink reflect strong sentiment .tiradi And sometimes ink has a calming property, it all depends on the character of the person. This Color is liked by many children. Inside the ink can be seen both red and blue. Therefore, those who love ink are very fond of themselves. Always red and blue colors try to prevail over each other in purple. Therefore, in those who like this color, the character of red or blue is reflected. The symbol of ink is ilukh, giving to the senses, sympathy. Here you can see the character of both colors. Therefore, it is used to increase heart strength, muscle strength, disorders of the nervous system, psyche and Asab. Cyanochrome is recommended for liver, urinary tract, gallbladder edema and rheumatism.

White color symbolizes purity, purity, luster. Those who have this color are gentle, intelligent, wise, wise, noble, conscientious, pure, courageous people. White color calm downtiradi has a positive effect on the human mood and health. This color can be combined with all colors. White color brings pure calm, calm, peace, tolerant latitude. This Color shares energy with Man. White color has a slightly better effect on the entire body.

Black color is sadistic, only the color of those who prefer himself. This color symbolizes sadness, hard days, unhappiness, bad luck, evil and evil. People who like Black color will be self-confident, unhappy, unlucky, sad and capricious.

Gray is the color of those who want to be an obstacle between himself and the environment. This Color is the color of the gypsies, they always said that there should be an obstacle, a border between themselves and others. Gray means intelligence, strength. In addition, it reflects both sadness and sadness. In ancient times, the poor recognized this color as a symbol of poverty. This is due to the fact that not because of the scarcity of their goods, but because of the weight of their lives, the gray color expressed grief.

Brown gives a comb from loneliness. In addition, it denotes the Earth's surface and heat. Brown symbolizes self-confidence, care. Since it is the color of the earth, those who like it will be firm and confident in themselves. But sometimes this color

can completely reflect the opposite, because it is the color of the Earth. It is also darkened by the color of brown yellow and red.

Pink is the color of women, it always reflected a feminine person. This color symbolizes tenderness, tenderness, love, kindness, tenderness, tenderness. But it is impossible to overdo it with pink, like other colors, it has both negative qualities. As a result of the overexposure to this color, it is possible to look like a person who has not developed engilsk or mentally.

CONCLUSION

Thus, color affects the human mood, behavior in a certain sense. But in one color always the same mood Awakens, it is also very difficult to say that it has a pronounced effect. Maybe the day will come and find the exact answer to these questions. So far, the influence of color on the human mood has been causing a lot of controversy. Summarizing the above points, we realize that colors are truly a factor that can influence not only the object of each person's life, but also his mood, mood and even health. Therefore, it is necessary to take seriously the issue of colors and their properties, to conduct a comprehensive study. Because, having knowledge of colors plays an important role in the daily life of any person in the selection of personal items, equipment of living, study or work places, the formation of patterns and independent thinking.

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