

HAVE A SAFE AND COLOURFUL HOLI!

Holi is a festival of colours and it is celebrated in the entire country. In Holi we use different kinds of colours. These may be dry or in the form of paste. The dry colours are red (gulal), blue, yellow, green and purple. These are applied over the face and surrounding areas including scalp. All these colours, which are available in market or obtained from industries, involved in manufacturing of industrial dyes and therefore they have harmful effect on various parts of the body.

Therefore, we should use proper colours because it is these colours, which can cause immense harm to all of us. These can vary from skin allergy to impairment of eyesight. These colour hazards can turn joyful Holi into a sordid affair.

S.NO	COLORS	CONTENT	HARMFUL EFFECTS
1.	Gulaal	Lead chromate	Causes eye irritation.
2.	Blue	Cobalt nitrate	Causes skin allergy
3.	Yellow	Metanil yellow	Causes photosensitivity
4.	Green	Metachile Green or Nickel Sulphate	Causes dermatitis
5.	Purple	Chromium Iodide	Has Carcinogenic- can lead to cancer
6.	Silver	Aluminium bromide	Carcinogenic
7.	Black	Lead oxide	Can cause Renal failure
8.	Red	Mercury	Highly toxic

Besides harmful effects of these chemicals e.g. these colours are often mixed with sand, mica, glass, talc and starch. These irritants can cause:-

1. **Sand-** can cause irritation and if rub vigorously can cause removal of superficial layers of cornea and foreign body sensation.
2. **Mica-** can also cause mechanical irritation and removal of superficial layers of cornea.

- 3. Glass-powder – can cause laceration and conjunctiva and also of skin of the face.**
- 4. Talc- it can cause allergy and irritation.**

At some places people use wet colours or colour pastes to apply on the face and other parts of the body. Most of these colour paste are mixture of industrial dyes with engine oil. These pastes cause deleterious effect on different parts of body because of the harmful effects of the main ingredients in these colours.

Besides the application of these colours, now a days people are using colour filled balloons and colour filled pichkaris. Both these can cause mechanical injury to the eyes when thrown from a distance and with a force.

As is said that prevention is better than cure, following are the preventive steps:-

1. First of all it is better to use natural colours. There are several colours which can be made out of vegetable matters like:

S.NO.	COLOURS	VEGETABLE MATTERS
1.	Saffron	Kesar
2.	Yellow	Turmeric
3.	Green	Henna
4.	Blue	Indigo

2. As far possible don't allow children to throw water balloons on passerby and moving vehicles.

3. Don't use mud, cow- dung or muddy water as they contain germs and therefore are dangerous for the injured skin.

4. As far as possible, dry colours should be used so that the toxic effect is minimal.

5. Don't apply the colour inside the eyes, nostril or thr hair as this may damage the superficial layer of these areas.

WHAT TO DO

- 1. If the colour or any foreign particle goes inside the eyes, wash the eye with clean water immediately visit an eye specialist as there is a possibility of injury to your eyes. Certain harmful chemicals in the eyes could lead to loss of vision. Don't use any ointment/drops without consulting an eye specialist.**

Please visit the nearest Doctor/Physician/Ophthalmologist. If the Doctor/Physician/Ophthalmologist is able to diagnose and treat you without much of time, chances of early recovery is better.

!! Have a Herbal Holi!!