

First-aid for the revellers

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MUMBAI: Holi is not only time for colours, it's also time for medical emergencies. Doctors say it is quite common to come across patients with a skin rash or a bout of hay fever caused due to harmful chemicals used in synthetic colours. Rare instances of chemical burns and even corneal abrasions are also reported.

Firstly, the commonly used "colours " during Holi derive their hue from chemicals. Said eye surgeon Dr S Natrajan, "We have seen cases of allergic conjunctivitis, chemical burns, corneal abrasion, blunt trauma to the eye during Holi."He adds that mild redness and irritation can subside with frequent washing. "However if there is intense pain and burning , or if the vision is affected, consult an eye doctor."

While herbal alternatives are easily available in the market, there are not many takers for these options as they don't leave a deep colour. Many revellers hence choose to use synthetic colours. Skin specialists advise people to apply oil to reduce the impact of chemicals. Said Dr S Dube, who runs a spa in north-eastern suburbs, "For deep stains, people can use a cotton ball soaked in acetone. Use of moisturizer or cold creams is good."

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