Dr.Mohan Thomas - Cosmetic Surgeon

Banish those dark circles
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By **Shantala Phatarphod** | Place: Mumbai | Agency: DNA

Many of us are exasperated with the discoloration under our eyes. Dr Mohan Thomas and Dr Apratim Goyal talk about the causes, prevention and cure of dark circles.

What causes it...

"Persistent eye rubbing, sleep difficulty, allergies, paleness of skin, aging, dehydration causes dark circles and sometimes it runs in the family. Often, it is not just pigmentation but also loss of fat in the groove between the nose and eyes along with protrusion of fat bags which makes the pigmentation more prominent," says cosmetic surgeon, Dr Mohan Thomas.

So is there a dark circle diet? He says, "No, but it is important to eat a healthy diet.

Nutrients such as iron and vitamin C are commonly found deficient in people with a stressful lifestyle and commonly associated with dark circles relating to nutrient deficiency"

Dermatologist, Apratim Goyal says, "Lot of consumption of drinks containing caffeine, hormonal changes in a pregnant woman especially and refractory errors can cause dark circles." Can one get rid of them? "One can correct the cause by taking the right vitamins, wearing dark glasses, distressing the eyes by the eyes by putting ayurvedic drops at regular intervals."

Celeb speak:

Actor Roshni Chopra says, "The best way to get rid of dark circles is to drink lots of water, sleep well and apply cucumber to the eyes. Also, if you smoke you're more likely to get dark circles. So get healthy and quit smoking and get proper six to eight hours of sound sleep."

Reveals actor Shilpi Sharma, "I once had dark circles and tried everything to help me but it was only good sleep and nutrition that worked. Also, I have found that stress or wrong dieting causes dark circles."