

Dr.Mohan Thomas - Cosmetic Surgeon



Keep synthetic colours away

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Colours are the identity of Holi celebrations and playing colours on this occasion is believed as the tradition. Unfortunately most of us are still not aware of the problems caused by these colours and the chemicals in it.

Red, green, black, silver and purple are some of the most used colours in Holi festival. But not all users are aware of the harm caused by them.

Dr Mohan Thomas, cosmetic surgeon from the city, says, "In the olden days colours made up of flowers and vegetations were in the routine use which were soothing to skin and with full of medicinal properties.

However, synthetic colours which are made up of heavy metals, greases, engine oils, powdered glass and pesticides which have adverse effects on the skin and other body systems has taken place of natural colours."

Synthetic colours & alternatives

Red colour: which is known as gulal, and used in Holi and several other Indian festivals contains mercury sulphite which can cause irritation of skin, allergy, minamata disease which lead to mental retardation, paralysis and impairment of vision. It contains powdered glass which causes minute skin abrasions and helps penetration of colour in the layers of the skin.

Alternative: Red colour can be prepared from red sandalwood powder which is good for skin also. Red hibiscus flowers are also used for red colour.

Green colour: contains copper sulphate which is a chemical used in pesticides and it is also used in...

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