Celebrate Holi with joviality, not violently

New Delhi, March 12, 2017: Holi is a festival of colors, joy and understanding, which unites not only loved ones but hesitant individuals as well. Not only in India but world-wide the day of Holi is celebrated by people with love and gaiety. Many festivals around the globe are inspired by Holi (like Colorjam Color Music Festival, Holi One etc) which truly demonstrate the importance of this festival.

Padma Shri Awardee Dr K K Aggarwal, National President, Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) and Dr RN Tandon – Honorary Secretary General IMA in a joint statement said that, “Holi can also be associated with various health issues, injuries and even death, making it a perilous festival among all. Hence, preventive awareness must be raised and necessary precautions should be taken. Consumption of ‘Bhang’ (Cannabis) mixed thandai results in acute abnormal mental behavior, psychosis, high blood pressure and tachycardia (increased heart rate). Adverse effects of bhang can be significantly prevented by pre-treatment with beta blocker. Therefore, it is advised to celebrate safe and healthy Holi. We at Indian Medical Association wish everyone a Happy Holi.”

“We celebrate Holi to commemorate legends associated with this festival, like legend of Prahlad and Hiranyakshyap, legend of Radha-Krishna or to celebrate Kaamadeva’s sacrifice for Lord Shiva. The underlying reasons for celebrating Holi are many but the objective remains the same, which is enjoyment, free from violence. Enjoy this multicolored festival and savor the reasons for its celebrations” added Dr K K Aggarwal.

A few dangers of Holi include:

- Green and bluish-green chemicals are injurious to eyes as they contain malachite green toxic compound
- Use of phototoxic colors like Auramine, methyl violet, rhodamine and orange II can give rise to dermatological problems
- Large amount of alcohol or Bhang consumption can increase chances of accidents and even death
- Balloons can precipitate eyes and head injuries.
Some tips

- Avoid eye-contact to toxic colors, as it can damage your eyes. Wear sunglasses to keep eyes safe. If problem persists seek medical advice.
- Use organic colors instead of chemical dyes.
- Never play Holi with strangers.
- Wear sunglasses to keep eyes safe from the harmful chemicals of the colors.
- Wear full-sleeved dark colored cloths to avoid direct contact with colors.
- Avoid colors to enter your mouth.
- Apply sufficient amount of oil on your skin as it will assist in easy removal of color.
- Use lukewarm water to wash-off the color and keep eyes and lips tightly closed.
- Cover the head/hair with a scarf or a hat as it may protect hair from being colored with hard-to rinse colors.
- Never play Holi with mud, eggs or gutter water.
- Never color anyone with ‘abir’ as it contains mica which has toxic properties.
- Never forcibly applying color on hesitant people.
- Don’t walk alone on the streets on the day of Holi.

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About IMA: Indian Medical Association is the only representative, national voluntary organization of Doctors of Modern Scientific System of Medicine, which looks after the interest of doctors as well as the well being of the community at large. It has its Headquarter in Delhi and State / Terr. Branches in 30 States and Union Territories. It has over 2, 60,000 doctors as its members through more than 1765 active local branches spread across the country.

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