

“Dermatoses among Children from Celebration of "Holi," the Spring Festival, in India: A Cross-sectional Observational Study.” Ghosh, Sudip Kumar et al. Indian journal of dermatology vol. 61,5 (2016): 525-8.

Background: “Holi” is a spring festival celebrated primarily in the Indian subcontinent and also abroad by expatriate Indians. It is a festival of colors, traditionally celebrated by mutual application of colors in different forms on a particular day of the year. These colors frequently comprise a range of synthetic dyes which have harmful effects on the skin and mucosae. Children take part in this colorful festival with much enthusiasm and vigor, making them prone to develop different “Holi”-related dermatoses. Our objective was to find out the different patterns of “Holi”-related dermatoses in a group of pediatric patients.

Conclusion: In the present study, we sought to draw attention of clinicians about this common yet under-reported issue in pediatric population. At the same time, we would like to emphasize on parental counseling about the usage of safe colors (instead of industrial colors) by the children during such festival. Children should be instructed by the parents and also in schools about preparation of their own “Holi” colors from natural and safe ingredients such as beetroot, rose petals, flowers (e.g. marigold), spinach, henna leaves, and turmeric among others. Furthermore, they should be educated that by observing “Holi” using safe, natural colors, we not only save our body but also help protect our environment and conserve our biodiversity. However, the growing demand for organic colors at “Holi” has spawned an industry of so-called “herbal colors,” which though commands a place in the market but fails to pledge consumers of quality

ACADEMIC P.E.A.R.L.S

Pediatric Evidence And Research Learning Snippet



HAPPY HOLI 2021
“PLAY SAFE, STAY SAFE”



DR BAKUL JAYANT PAREKH
PRESIDENT, IAP 2020

“STAY AND PLAY INSIDE BOUNDARIES OF HOME, PLAY ONLY WITH FAMILY MEMBERS. MAKE SURE NO ONE HAS COUGH, COLD, OR FEVER. COVID IS DOWN, BUT NOT YET OUT. ”

“SPARE THE FACE - DO NOT APPLY COLOR ON FACE AND HEAD, DO NOT APPLY COLOR OR WATER ON FACE MASK, IT MAKES MASK LESS EFFECTIVE. PLAY WITH DRY COLORS ONLY, PREFERRED ORGANIC. PLAY SAFE, STAY SAFE DURING COVID TIMES.”



DR PIYUSH GUPTA
PRESIDENT, IAP 2021



DR GV BASVARAJ
HON SECRETARY, IAP 2020-21

“TIE YOUR HAIRS, DON'T KEEP THEM OPEN. BETTER TO COVER THE HAIR WITH BANDANA OR CLOTH. APPLY OIL / MOISTURIZER OVER EXPOSED SKIN. WEAR FULL SLEEVES CLOTHES. CUT YOUR NAILS SHORT & KEEP YOUR BODY HYDRATED ”

“KEEP ALCOHOL SANITIZERS AWAY FROM CHILDREN - ACCIDENTS CAN HAPPEN IF IT IS CONSUMED OR SPRAYED BY MISTAKE. WASH YOUR HANDS PROPERLY IS THE DICTUM. ALSO, KEEP A FIRST AID KIT READY FOR EMERGENCIES.”



DR REMESH KUMAR
PRESIDENT ELECT IAP 2022



DR MANINDER S
DHALIWAL
“HAPPY HOLI”

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Reference

Ghosh, Sudip Kumar et al. “Dermatoses among Children from Celebration of "Holi," the Spring Festival, in India: A Cross-sectional Observational Study.” *Indian journal of dermatology* vol. 61,5 (2016): 525-8. doi:10.4103/0019-5154.190116