



ENVIS MAHARASHTRA

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Science Behind Holi Celebration:

The festival comes in a time where the season changes and here I mean the nature changes. For Indian sub-continent, as per meteorologists the months of March and April are of autumn season. Trees shed off old leaves and novelty begins. The bonfire of Holi of day one is made out of wooden logs of fallen trees, with leaves having medical properties. Logs of *Eucalyptus*, *Neem* are actually prescribed to use. Along with it Cow dung cakes are also used as fuel and this being a clean fuel it helps cleaning off the pests too. The next days as said are of colors is actually use of ashes of the early holi bonfire. Bonfire if made of logs and leaves of *Neem* and other medicinal trees will surely carry the same properties. These ashes are then used to rub on body, the word 'Dhul' in 'Dhulivandan' means the ash of Holi bonfire.

The Colourful Festival Might Ultimately

lead to a disastrous end...

- Do not cut green trees to burn in fire/ Holi.
- To make aware people about environmental impacts of celebrating holi and encourage people to celebrate it in an Eco friendly manner.
- In the Holi fire, all kinds of material other than the organic ones and those that cause harm, such as plastics, tyre tubes etc. should be avoided.

Celebrate Holi in an Eco-friendly Manner

- The herbal colour does not cause any irritation, skin allergies, respiratory Problems etc.



- When these colours are mixed with the soil and water they do not add toxicity, therefore it doesn't harm the myriad life forms that live in the soil and water.
- Make your own colours at home too.
- Mix Haldi powder with besan for lovely yellow colour.
- Slice a beetroot and soak in water for a deep pink.
- For an orange red paste, henna (Mehndi) leaves can be dried, powdered and mixed with water.

Health Benefits of Natural Colors

During spring, the weather changes and our bodies get more prone to diseases like **measles, chicken pox, viral fever and cold**.

That's the reason why colors were made from natural sources earlier. The colors penetrate our skin, strengthens the immune system and helps us ward off diseases.

Plant based sources of colours:

Colour	Sources
Green	Mehendi and dried leaves of Gulmohur tree, leaves of spring crops and herbs, Spinach leaves, rhododendron leaves and pine needles
Yellow	Turmeric (Haldi) powder, Bael fruit, amaltas, species of chrysanthemums, and species of marigold, dandelions, sunflowers, marigolds, daffodils and dahlias, gram flour
Red	Rose or the bark of crab apple trees, Red Sandal wood Powder, feels of Red Pomegranate, flowers of Tesu tree (Palash), fragrant red sandal wood, dried



	hibiscus flowers, madder tree, radish and pomegranate
Saffron	Flowers of Tesu tree (Palash), Mixing lime with turmeric powder creates an alternate source of orange powder, barberry
Blue	Indigo, Indian berries, species of grapes, blue hibiscus and jacaranda flowers
Purple	Beetroot
Brown	Dried Tea leaves, red maple trees, Katha
Black	Fruit of Amla, grapes

Tips: Before playing Holi

Body: It's also a good idea to apply a thick layer of moisturizer, petroleum jelly or coconut oil on your face and other exposed parts of the body to prevent colours from coming into direct contact with your skin.

Hair: Oil your hair and scalp with olive, coconut or castor oil. Add a few drops of lemon juice to prevent dandruff and infection triggered by the chemical colours.

Clothing: What you choose to wear should cover maximum parts of your body. Wear dark colour-full sleeves cotton clothes. Synthetic cloth would be sticky and denims would be heavy once you have a bucket full of colours/water splashed on you.

Lips and Eyes: Don't wear lenses. Mostly people are interested in applying surprise colours on your face and you may get your eyes hurt by the lenses. Use a sun glass to protect your eyes from a misfire of colour filled darts or water jets. Apply a lip balm for your lips.

Water: Drink plenty of water before you start playing Holi. This will keep your skin hydrated. Also keep sipping water carefully while playing Holi.

Tips: After playing Holi

- Do not scrub the colour off with soap. Soaps contain esters that erode the skin layers and often cause rashes.

- Use a cream-based cleanser or you can even use oil for removing the colours, and then go for a bath.
- Apply a lot of moisturising cream to keep the skin hydrated.
- If the colours are still left on your skin you can apply besan with milk/milk Cream on your body for removing colours.
- Don't use kerosene, spirit or petrol to clean your face. Try a cream-based Cleanser or baby oil.
- Don't use hot water, it will stick the colour on your body. Use normal water.
- Stay away from sunlight till colour is removed.
- Itching in eye or redness may be normal but if it continues for more than few Hours immediately contact with a doctor.

Ref: www.holifestival.org

Wish you all Happy Eco-Friendly and Safe Holi...

