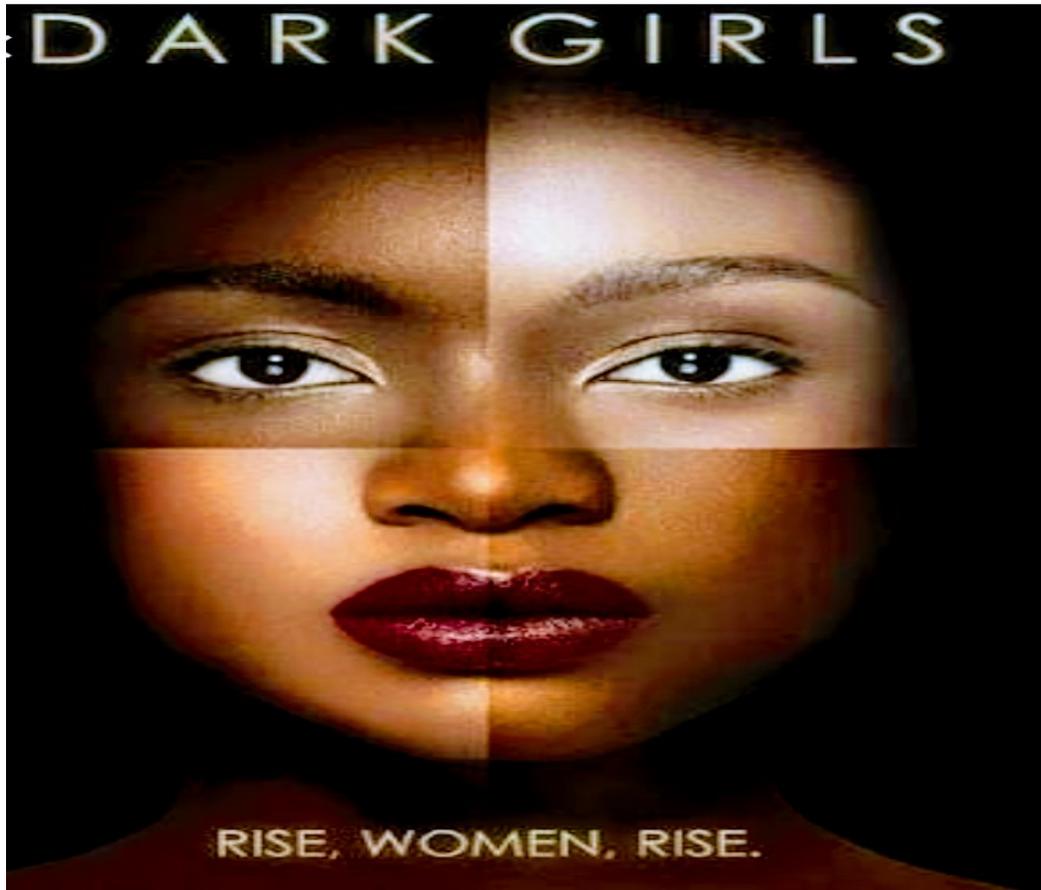


# Mirror, Mirror, on the wall

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We are nearing to the end of the year and we had lot of promises and expectations at least in some aspects which unfortunately has not changed to say the least, thinking of which I have decided to cover one topic which is harmful from both health

point of view as well as social implications and sadly resonates the backward thinking of some sections of our society but we were not like this to prove it ,we will have to rewind like really rewind to our Puranas to the most beautiful woman described and the central character of Mahabharata none other than Draupadi the daughter of king Draupada of Panchal, she had another name Krishnaa as she was known for her dark complexion, she was considered very attractive and beautiful next reference lord Mahavishnu when incarnated as Krishna which means the dark one or the one who is black to be precise.



So I feel the people have regressed down the ages , from a society which celebrated beauty in all its natural forms ,we have been reduced to highly ignorant ,narrow-minded senseless people who fail to understand their culture which celebrated true spirit of

a woman or a man ,their feisty nature and character ,they have lost the ideals and ideologies as can be evident when they advertise for fair and lovely women on matrimonial ads .

The product which greatly showcases our regressive and stunted mentality is the fairness creams now even for men, it would not be exaggeration to see a time they will want your black colored pets to apply their product and make them white!!!

It's not that we hate black or dark, it's just that we are condescending towards it, our attitude which suffers from colonial hangover reminds us of the same.

Now let's understand the science of it, ours is a tropical country so it's common to have dark, dusky skin. Its nature as she knows best.

To explain it further the color of human skin varies. Its exact shade is determined by the blood that flows through it, diet and the melanin produced by melanocytes. Humans generally have the same amount of melanocytes; the amount of melanin that those melanocytes produce, however, is what varies.

Melanin protects the skin by shielding it from the sun. When the skin is exposed to the sun, melanin production increases, which is what produces a tan. It's the body's natural defense mechanism against sunburn. Melanocytes produce melanin, which gets deposited into the epidermal cells. There are three basic types of melanin that melanocytes produce: eumelanin, which is dark brown in color, pheomelanin, which can have a red or yellow tint and neuromelanin.

It's perfectly healthy to have a dark or dusky tone, its unhealthy to try to bleach it or lighten it well to an extent of making yourself prone to allergies, inflammations even skin cancer.

I quote two personal instances here one of a normal girl and one a celebrity.

I was doing my under graduation and my hostel mate and a senior MCA student who was dusky ,cheerful ,charming ,intelligent and sensible , One fine day we were just having a casual conversation about things and she pointed out that in her community she would have to give a huge amount as dowry rather her parents as she was dusky and she told me that my native place is notorious for wanting fair skinned brides and no one will ever agree to marry her from my town , however educated or rich they might be ,she said that very calmly without complaining and accepting the truth however bitter it was .

That day I had sensed if there was a man who understood her and truly loved her , he would have been so happy to have someone like her for a life partner ,knowing her compassionate, considerate nature and maturity .The peaceful and thoughtful ways of an understanding woman and not go by the fairness parameter .

That day I felt so angry at the system which grades a human or rather degrades them by their skin tone ...it's a shame!!!!

Secondly I had seen a popular Bollywood actress both in India and abroad this was like really long back in an exclusive dining space in the South of India, just tables away from us ,she was very dusky and stunning but the point is she was amazingly beautiful in a natural way but now when I see her she is many shades lighter, underwent a lot of surgeries and enhancements which are very visible now, making her look comical and a caricature of her once beautiful self plus she is imparting wrong information about health and diet to the general public who see her as a role model for fitness ....

There are lots of online campaigns to create awareness and stop this prejudice and it's high time we do it too.

Accept people how they are do not set false standards in the society, do not discriminate anyone on the basis of color or body type .These false ideals and standards are forcing women to undergo life threatening procedures to transform themselves and some of them have even risked their lives doing it.

A young and very beautiful actress from South film industry lost her life during a liposuction procedure in the US .She was not happy the way she looked and wanted to lose weight and lost her life instead.

The need for acceptance and lack of confidence makes them take these drastic steps.

Your skin should be cleansed, toned, moisturized ,protected irrespective of its color tone, you need to have proper skin care regime, the one which suits your skin type and visit a dermatologist if you have skin problems it can be genetic, intrinsic or external like dust, pollution etc. . Get your skin profiling done and use products which are safe and tested and most important suited to your skin type ,Drink lots of water and most important do not follow you tube videos or what you see on the net blindly especially ones claiming to make you fair !!!.....

Just ignore people who gauge you for your physical appearance as they are shallow and they will never acknowledge or allow you to realize your true worth. Engage in activities or interactions where you can be yourself and try to create awareness and develop an attitude which exudes confidence and affirmation as dark is charming ,fair is lovely but dark is mysterious and

divine ,be unfair and still beautiful ,cultivate those inner layers which will help you radiate from inside and glow from outside .

So all you beautiful ladies out there hope you stay beautiful in and out and as the year nearly closes upon us may we find new beginnings and meanings to our lives and may this be a small and humble step towards it .....



Look anywhere and everywhere, there are blatant and subtle reinforcements that only fair is lovely.

The men have also joined the race with equal number of fairness products.

*Such pressure and so little public debate around it!*

“Look in the mirror, smile at your reflection, and celebrate that there is no one else on earth quite like you! Beauty comes in every form, and in every colour.

**Know that you are beautiful - just the way you are!”**

Sharon Muthu Actor



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“We keep saying things like, ‘Uska rang saaf hai’ as if dark skin is a dirty thing. This mindset is then propagated in our songs, stories and movies.”

Nandita Das



- **Purnima**

**Mahesh**

## REFERENCES

Pic courtesy Internet

[www.scienceabc.com](http://www.scienceabc.com)

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