

THE SKIN HUMILIATION

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Skin is our protective layer against the external world, and our reflective mirror. It is basically the biggest organ of our body, and yet is still being humiliated, manipulated, and degraded by different styles and application of tools. There are certain practices which are harmful to the skin and pose risks generally speaking. Some would think it is merely a decoration to the skin; however, some people go too far and pierce it, paint it, and tattoo it, just to stand out as an ornament. Sometimes, you can only perceive a tiny island of normal skin within different coloured paints of different massive forms.

After all, those elements of the ink are not meant to enter the body, and additionally, certain medical tests will cause trouble for those people with tattoos. The skin's top layer can renew and replace itself, but not the deeper layer (dermis), which is highly vascular as well as innervated and will be very painful and messy to undergo this procedure of pigments introduction. Furthermore, the body will react back in a defense process and treat it as foreign substances in the body, where the immune system will be triggered in order to fight it and expel it but the ink particles are not quite big enough to be dealt with.

Not only this, the inks are made up of minerals, salts and metal oxides that are found in nature. They have different colours ranging between red, yellow or blue and they can oxidize in the skin. This ink is meant to be produced for printer inks or car paints, but not for human beings. Tattoos can make the skin more itchy and tender due to allergic reaction to chromium or cobalt ingredients in the ink. In some people, the tattooed skin can become bumpy and scaly, which is due to inflammation and infection. It can also interfere with MRI scans when needed to look inside the body because it has a strong magnetic field and will heat up the tattoo ink leading to burns and tattoo design distortion.

Why would people go to extremes by dyeing, staining, tattooing or piercing their skin? Why would they subject, torture, and disfigure their skin in that appalling way and to that extent, and not appreciate the way God gave it to us. Why do people not appreciate the beauty of it plain as it was created for us. Skin can react in different ways to the

external inflictions. It can be inflamed, badly swollen, and it can trigger certain underlying auto-immune diseases, along with certain unknown granulomatous diseases. Despite this fact, tattooing is a humiliation to the skin; it is a total disfigurement.

How can it be tattooed totally with certain unknown figures just to follow fashion or a certain mindset? All medical science condemns such an act and conduct, and doesn't approve any pigments introduced for tattoos due to the severe reactions which are caused. Certain types of pigments are carcinogenic-linked. The fact is that a tattoo stays inside the skin eternally in its dermal layer after breaching its layer and channeling, introduced by the needle. Not only that, the pigment can travel through the blood and reach the liver, and the lymph nodes whereby it exercises its harmful effects. In addition, from a religion aspect of view, it is forbidden in Islam and in Christianity is considered a sin.

People apply it as a self-expression for whatever reasons they have; however, doing so can be dangerous as the tattooists needle can carry blood-borne diseases, for example, hepatitis B and C, HIV and tetanus, all of which have long term-ill effects on the body. Tattooing can open up the skin tunnels whereby bacteria can access and cause infections, and sepsis. In fact, it can affect all body vital organs and cause organ failure across the cumulated years.

Despite all this, and despite the tattoo experience, people regret them at certain stages of their life and want them removed. So after that realization they start their journey searching for different means to have them removed. There is, however, no effective way to remove tattoos permanently. In the old days they were rubbing off the outer skin with a wire brush or salt. However, there are different laser modalities on the market currently; however, none will help remove them permanently and for good. Additionally, sometimes one laser session might cause the tattoo to be irreversibly darkened, due to the iron pigment and the condition can end up with surgical excision using the same laser that failed to get rid of the colour. Those lasers are expensive and they can burn and

and disfigure the skin. They can also cause painful scars and keloids.

There is, however; an alternative method; a henna tattoo is cheap, easy to apply and it fades in few days. It can be designed in different forms to the different tastes as well as the individual preferences in different places. Additionally, we tend to like changes across the time.

Henna, also known as Mehndi in Hindi, and Chinah in Hebrew, is a natural dye prepared from the plant *Lawsonia inermis*, also known as hina, the henna tree, the mignonette tree, and the Egyptian privet, the sole species of the genus *Lawsonia*.

To conclude, it is wise to think carefully before having such colourful patterns on the skin; in different parts of the body. It would make sense, to consider a job in the future, as many official jobs won't accept a person with a tattoo until it has been removed or made invisible.

