

LEARN ABOUT Lead in Folk Remedies

Protect Your Family
from Lead Poisoning



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WHAT ARE FOLK REMEDIES?

Folk remedies are also known as home remedies or traditional, folk, natural or herbal medicine.

Folk remedies are used around the world and are very common in different ethnic and cultural groups. Folk remedies can have herbs, minerals, metals, or animal products in them. Lead and other heavy metals may be put into some folk remedies because these metals are thought to help some health problems. Lead and other heavy metals can also get into folk remedies during grinding, coloring, from the package, or if the ingredients are grown in soil that has lead in it.

CAN LEAD IN FOLK REMEDIES HURT MY CHILD?

Lead can hurt your child or unborn baby. Lead can make it hard for children to learn, pay attention and behave.

HOW DO I KNOW IF A FOLK REMEDY HAS LEAD IN IT?

You cannot tell by looking at or tasting a folk remedy if it has lead in it. Many folk remedies have a lot of lead in them, so even small amounts of these remedies can hurt your child.



HOW DO I KNOW IF MY CHILD HAS LEAD POISONING?

Most children with lead poisoning do not look or act sick. The only way to know if your child has lead poisoning is to get a blood test for lead. If you think your child has taken a folk remedy that has lead in it or you don't know, ask your doctor to test your child for lead.



WHERE CAN I FIND MORE INFORMATION ON FOLK REMEDIES CONTAINING LEAD?

State of California Department of Public Health
Childhood Lead Poisoning Prevention Branch

<http://www.cdph.ca.gov/programs/CLPPB>

Centers for Disease Control & Prevention

<http://www.cdc.gov/nceh/lead/tips/folkmedicine.htm>

WHAT ARE COMMON FOLK REMEDIES THAT CONTAIN LEAD?

- **Greta and Azarcon** (also known as *Alarcon, Coral, Luiga, Maria Luisa, or Rueda*) are fine powders used in Latino cultures for upset stomach and other illnesses. The powders are often yellow, orange and/or red and have been found to contain up to 90% lead.
- **Kohl and Surma** are black powders used in South Asian and Middle Eastern cultures mainly as a cosmetic, but also on the navel of a newborn child and as a medicine to treat skin infections.
- **Sindoor** is an orange-red powder typically used by the Asian Indian community.
- **Pay-loo-ah** is a red powder used in Southeast Asian countries to treat children with rash or high fever.



THESE FOLK REMEDIES HAVE BEEN FOUND TO CONTAIN LEAD

REMEDIES	USES
Albayalde or Albayaidle	"empacho" (vomiting, colic, apathy, and lethargy)
Azarcon, Alarcon, Coral, Greta, Luiga, Maria Luisa or Rueda	Stomach ache
Liga	Digestive and stomach problems
Litargirio	Antiperspirant and deodorant
Alkohol	Applied to umbilical stump
Anzroot	Vomiting and diarrhea
Bin al Zahab, Bint, or Bent Dahab	Diarrhea, colic, constipation, and general newborn use
Bokhoor	Calming fumes
Cebagin	Teething powder
Kajal, Kwalli, Kohl, Al-Kahl, Saoott, Surma, Tiro, or Tozali	Cosmetic; astringent for eye injury and umbilical stump, teething powder
Lozeena	Food coloring
Farouk	Teething powder
Santrinj	Teething Powder
Bala goli/Fita	Dissolved in "gripe water" and used for stomach ache
Deshi Dewa	Fertility
Ghasard	Digestion
Kandu	Stomach ache
Kushta	Disease of the heart, brain, liver, & stomach
Pushpadhanwa	Fertility
Sindoor	Applied to forehead and hairline
Asian Tongue Powder	Absorbs toxics
Chuifong toukuwan	Joint and other pain
Daw Tway	Digestion
Ba Bow Sen	Hyperactivity and nightmares in children
Cordyceps	High blood pressure, diabetes, bleeding
Hai Ge Fen	Digestive and stomach problems
Jin Bu Huan	Tonic; insomnia, joint and muscle pain, digestive and stomach problems
Po Ying Tan	Minor illness in children
Paylooh	Rash and high fever

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