

# LEARN ABOUT Lead in Folk Remedies

Protect Your Family  
from Lead Poisoning



For more information, go to  
[www.cdph.ca.gov/programs/clppb](http://www.cdph.ca.gov/programs/clppb)  
or call your local  
Childhood Lead Poisoning Prevention Program (CLPPP)



This brochure was created by Orange County CLPPP

## 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
Alkohl	Applied to umbilical stump
Anzroot	Vomiting and diarrhea
Bint al Zahab, Bint, or Bent Dahab	Diarrhea, colic, constipation, and general newborn use
Bokhoor	Calming fumes
Cebagin	Teething powder
Kajal, Kwalli, Kohl, Al-Kahl, Saoot, Summa, 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
Paylooah	Rash and high fever



# 了解偏方中的铅

保护您的家庭免于铅中毒



欲了解更多信息, 进入  
[www.cdph.ca.gov/programs/clppb](http://www.cdph.ca.gov/programs/clppb) 或  
 联系您当地的儿童铅中毒预防计划 (CLPPP)



本手册由奥兰治县 CLPPP 编写

## 什么是偏方?

偏方还被称为家庭秘方或者传统秘方、天然药物或草药。偏方在世界各地应用广泛, 在各个种族和文化群体中也十分普遍。偏方中有草药、矿物、金属或动物产品。

由于人们认为铅及其他重金属有助于治疗某些健康疾病, 所以可能在偏方中加入铅及其他重金属。在研磨、上色、包装过程中或种植材料的土壤中, 铅及其他重金属也可能进入偏方。

## 偏方中的铅会伤害我的孩子吗?

铅会伤害您的孩子或者未出生的婴儿。铅会造成孩子的学习、专注力或行为困难。

## 我怎么知道偏方中是否含有铅?

您通过观察或品尝分辨不出偏方中是否含铅。许多偏方中含有大量铅, 所以即使少量的偏方也可能伤害您的孩子。

## 我怎么知道我的孩子是否铅中毒?

许多铅中毒的孩子看起来或者表现出来没病。唯一知道您的孩子是否铅中毒的方式是验血测铅。如果您觉得您的孩子服用过含铅的偏方或者未知的偏方, 请医生对孩子进行测铅。



## 我在哪可以找到关于含铅偏方的更多信息?

加利福尼亚州公共卫生部  
 儿童铅中毒预防处

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

疾病控制与预防中心

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

## 哪些是常见的含铅偏方?

- **Greta 和 Azarcon** (也被称为 *Alarcon, Coral, Luiga, Maria Luisa* 或 *Rueda*) 是拉丁文化中用于治疗反胃及其他疾病的精细粉末, 通常为黄色、橙色或红色, 曾发现铅含量达 90%。
- **Kohl 和 Surma** 是南亚和中东文化中常用的黑色粉末, 主要用于化妆品, 但也用在新生儿肚脐上和作为治疗皮肤感染的药物。
- **Sindoor** 是一种橘红色粉末, 亚洲印度社群经常使用。
- **Pay-loo-ah** 是东南亚国家常用的一种红色粉末, 用于治疗儿童皮疹或高烧。



## 已经发现以下偏方中含铅

偏方	用途
Albayalde 或 Albayaidle	“儿童慢性消化不良性腹泻”(呕吐、绞痛、兴奋性缺失、嗜睡)
Azarcon, Alarcon, Coral, Greta, Luiga, Maria Luisa 或 Rueda	胃痛
Liga	消化系统疾病或胃病
Litargirio	止汗药和除臭剂
Alkohol	敷于脐带上
Anzroot	呕吐和腹泻
Bint al Zahab, Bint, 或 Bent Dahab	腹泻、绞痛、便秘和常见新生儿用途
Bokhoor	镇静烟
Cebagin	出牙粉
Kajal, Kwalli, Kohl, Al-Kahl, Saott, Surma, Tiro, 或 Tozali	化妆品; 眼伤和脐带止血剂, 出牙粉
Lozeena	食品上色
Farouk	出牙粉
Santrinj	出牙粉
Bala goli/Fita	溶解于“驱风剂”中, 用于胃痛
Deshi Dewa	生育
Ghasard	消化
Kandu	胃痛
Kushta	心脏、脑部、肝脏及胃部疾病
Pushpadhanwa	生育
Sindoor	敷于前额和发际线
Asian Tongue Powder	吸收有毒物质
追风透骨丸	关节及其他疼痛
Daw Tway	消化
Ba Bow Sen	儿童多动及恶梦
冬虫夏草	高血压、糖尿病、出血
海蛤粉	消化系统疾病和胃病
金不换	补药; 失眠、关节和肌肉疼痛, 消化系统疾病和胃病
保婴丹	儿童小病
Paylooah	皮疹和高烧

拉丁美洲

中东

印度

亚洲