

LEARN ABOUT Lead in Folk Remedies

Protect Your Family
from Lead Poisoning



For more information, go to
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
Desi 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

KAWM TXOG

Pej Xeem Cov Tshuaj Kho Hlau Lead

Tiv Thaiv Koj Tsev Neeg Ntawm Hlau Lead Lom



Xav paub ntxiv, mus rau www.cdph.ca.gov/programs/clppb los yog hu rau qhov

Chaw Pab Tiv Thaiv Me Nyuam Raug Hlau Lead Lom (Childhood Lead Poisoning Prevention Program (CLPPP)) hauv koj zos



Phau ntawv no yog tsim ua los ntawm Cheeb Nroog Orange CLPPP

PEJ XEEM COV TSHUAJ KHO YOG COV KEV KHO NYOB TOM VAJ TOM TSEV LOS YOG COV KAB LIS KEV CAI KHO, COV TSHUAJ XEEB TXAWM LOS YOG TSHUAJ NTSUAB KHO. YEEJ SIV PEJ XEEM COV TSHUAJ KHO THOOB HAUV NTIAJ

teb thiab nquag pom siv los ntawm cov pab pawg neeg thiab cov haiv neeg txawv. Pej xeem cov tshuaj kho muaj cov tshuaj ntsuab, tshuaj qhuav, cov hlau los yog cov khoom tsiaj txhu txuam nrog. Yuav muab cov hlau lead thiab lwm cov hom hlau muaj zog txuam rau pej xeem cov tshuaj kho vim lawv xav tias cov hlau no yuav pab tau qee cov teeb meem kab mob kev nkeeg. Muaj taus cov hlau lead thiab lwm hom hlau muaj zog nyob rau hauv pej xeem cov tshuaj kho thaum lub caij lawv zom, zas, txuam muaj hauv hnab ntim los yog cov tshuaj cog rau cov av uas muaj hlau lead txuam nrog.

COV HLAU LEAD HAUV PEJ XEEM COV TSHUAJ KHO PUAS UA MOB TAU RAU KUVTUS ME NYUAM?

Cov hlau lead yuav ua mob tau rau koj tus me nyuam los yog tus me nyuam xeeb hauv plab. Cov hlau lead yuav ua kev nyuab rau cov me nyuam txoj kev kawm, tswm xeeb los yog koj yam ntxwv.

KUV YUAV UA LI CASTHIAJ PAUB TIAS PEJ XEEM COV TSHUAJ KHO MUAJ HLAU LEAD TXUAM?

Yog koj saib los sis saj pej xeem cov tshuaj kho xwb yeej tsis muaj kev paub tau tias nws puas muaj hlau lead txuam. Pej xeem ntau ntau hom tshuaj kho yeej muaj cov hlau lead ntau txuam nrog, txawm siv cov tshuaj no me me xwb los yeej ua mob tau rau koj tus me nyuam.

KUV YUAV UA LI CASTHIAJ PAUB TIAS KUV TUS ME NYUAM RAUG HLAU LEAD LOM?

Feem ntau ntawm cov me nyuam uas raug kua hlau lom tsis zoo li ib tug neeg mob los yog muaj mob. Tib txoj kev kom paub tias koj tus me nyuam puas raug hlau lead lom ces yog ntsuas ntshav xwb. Yog koj xav tias koj tus me nyuam tau siv pej xeem ib yam tshuaj kho uas muaj cov hlau lead txuam nrog lawm, los yog koj tsis paub, hais kom koj tus kws kho mob ntsuas hlau lead ntawm koj tus me nyuam.



KUV YUAV NRHIAV QHOV TWG THIAJ TAU NCAUJ LUS QHIA NTXIV TXOG PEJ XEEM COV TSHUAJ KHO UAS MUAJ HLAU LEAD?

California Tuam Tsev Txhawb Pej Xeem Kev Noj Qab Haus Huv Fab Pab Tiv Thaiv Me Nyuam Raug Hlau Lead Lom (Childhood Lead Poisoning Prevention Program (CLPPP)) hauv koj zos <http://www.cdph.ca.gov/programs/CLPPB>

Cov Chaw Tswj & Tiv Thaiv Kab Mob (Centers for Disease Control (CDC))

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

PEJ XEEM COV TSHUAJ KHO TWG YOG COV NQUAG MUAJ HLAU LEAD TXUAM?

- **Greta** thiab **Azarcon** (*puav leej paub npe hu ua as Alarcon, Coral, Luiga, Maria Luisa, los yog Rueda*) yog cov hmoov mos mos siv los ntawm cov Neeg Mev Latino rau kev mob plab thiab lwm cov kev mob. Feem ntau cov hmoov yuav daj, daj liab thiab/los yog liab thiab pom tias nws muaj txog li 90% hlau lead txuam rau.
- **Kohl** thiab **Surma** yog cov hmoov dub siv los ntawm cov Neeg Esxias Sab Qab Teb thiab cov Neeg Sab Nruab Nrab Teb Hnub Tuaj ua tshuaj pleev zoo nkauj, tiam sis puav leej siv pleev lub puj ntaws ntawm cov me nyuam yug tshiab thiab siv ua tshuaj kho nqaij ua paug.
- **Sindoor** yog ib yam hmoov daj liab uas nquag siv los ntawm cov Neeg Khej Esxias.
- **Pay-loo-ah** yog iyog ib yam hmoov liab uas siv nyob rau hauv cov Esxias teb chaws kho me nyuam cov pob so los yog kub ib ce heev.



POM MUAJ HLAU LEAD NYOB RAU HAUV PEJ XEEM COV TSHUAJ KHO NO

COV TSHUAJ KHO	SIV
Albayaide los yog Albayaide	“empacho” (ntuav, mob plab, kev loog mooj thiab kev nkees heev)
Azarcon, Alarcon, Coral, Greta, Luiga, Maria Luisa, los yog Rueda	Mob plab
Liga	Cov teeb meem plab nyhuv zom khoom noj thiab plab
Litargirio	Tshuaj tiv thaiv kev tsw tsog thiab tshuaj tsw qab
Alkohol	Pleev rau lub puj ntaws
Anzroot	Ntuav thiab zawv plab
Bint al Zahab, Bint, los yog Bent Dahab	Zawv plab, mob plab, quav tawv thiab siv rau cov me nyuam mos yug tshiab
Bokhoor	Cov pa tso kom ib ce ntaug
Cebagin	Hmoov pleev hniav tuaj
Kajal, Kwalli, Kohl, Al-Kahl, Saoott, Surma, Tiro, los yog Tozali	Tshuaj pleev zoo nkauj; muaj zog heev ua puas rau qhov muag thiab puj ntaws, hmoov pleev hniav tuaj
Lozeena	Kob zas khoom noj
Farouk	Hmoov pleev hniav tuaj
Santrinj	Hmoov pleev hniav tuaj
Bala goli/Fita	Muab tov kom yaj nrog “dej me nyuam khov plab” thiab siv rau kev mob plab
Deshi Dewa	Kev xeeb me nyuam
Ghasard	Plab nyhuv zom khoom noj
Kandu	Mob Plab
Kushta	Kab mob plawv, hlwv, siab & plab
Pushpadhanwa	Kev xeeb me nyuam
Sindoor	Pleev rau lub hauv pliaj thiab kab plaub hau tuaj txog
Esxias Hmoov Pleev Nplaig	Nquag tshuaj lom
Chuifong toukuwan	Mob pob qij txha thiab lwm qhov chaw
Daw Tway	Plab nyhuv zom khoom noj
Ba Bow Sen	Me nyuam kev tsis tswm xeeb thiab ua npau suav phem
Cordyceps	Ntshav siab, ntshav qab zib, los ntshav
Hai Ge Fen	Cov teeb meem plab nyhuv zom khoom noj thiab plab
Jin Bu Huan	Tshuaj muaj zog; kev pw tsis tsaug zog, mob pob qij txha thiab leeg, cov teeb meem plab nyhuv kev kom khoom noj thiab plab
Po Ying Tan	Kev mob me ntawm cov me nyuam
Paylooh	Pob so thiab kub ib ce heev

HAUV LASTEES ASMESKAS TEB
SAB NRUB NRAB NRAB HNUB TUAJ
KHEJ TEB
ESXIAS