

Consumer Alert

CALIFORNIA DEPARTMENT OF PUBLIC HEALTH



Heavy Metals Found in Some Ayurvedic Remedies

The California Department of Public Health (CDPH) urges consumers to stop using **Astachurnam**, **Kasthoori**, **Nagarpapam II**, and **Korosanai**. The products tested contain high amounts of the heavy metals Antimony, Arsenic, Lead, and Mercury.



What are heavy metals and why are they dangerous?

Heavy metals are chemicals that harm people's health. They can cause symptoms such as:

- Numbness
- Tingling
- Muscle pain
- Anxiety
- Depression
- Irritability
- Mood swings
- Severe stomach cramping
- Diarrhea
- Constipation

Heavy metals are especially harmful during pregnancy and for children.

Symptoms can depend on the quantity of heavy metals in a product, how often it is used, and for how long it is used. Some people who are poisoned by heavy metals may not feel or show symptoms. Consult your doctor before using Ayurvedic remedies.



How do heavy metals get into Ayurvedic remedies?

There are two types of Ayurvedic remedies: Rasashastra and herbal-only. Heavy metals, along with gems and minerals, are intentionally added to herbs in the practice of Rasashastra for their perceived health benefits. Ayurvedic remedies that are herbal-only can also contain heavy metals because herbs may be grown in contaminated soil.



Where are Ayurvedic remedies sold?

The pictured products are sold online through websites such as Distacart, Banyan Botanicals, eBay, and Amazon. Be careful when buying Ayurvedic remedies from these sources. They may contain dangerous amounts of heavy metals that are harmful to your health.

If you or someone you know uses any of the Ayurvedic remedies pictured or described in this consumer alert, please stop using them immediately and contact the Mercury Line at (510) 334-8567 or email AskEHIB@cdph.ca.gov.

To know if you are affected, get tested for heavy metals in blood and urine by your doctor.

For free medical advice call Poison Control at 1-800-222-1222.

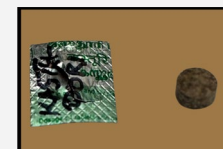
DO NOT USE

Astachurnam



Contains: Arsenic

Kasthoori



Contains: Lead and Mercury

Nagarpapam II



Contains: Antimony and Lead

Korosanai



Contains: Lead, Arsenic, and Mercury