

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
LATIN AMERICA	
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, 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
MIDDLE EAST	
INDIA	
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
ASIA	

進一步認識 民間療法中的鉛

保護你的家人
避免鉛中毒



如欲獲得更多資料，請瀏覽
www.cdph.ca.gov/programs/clppb
或致電你當地的
兒童鉛中毒預防計劃 (CLPPP)



本小冊子由 Orange County CLPPP 編制

什麼是民間療法？

民間療法也稱為家居療法、土法治療、天然療法或草藥治療。全球各地也有採用民間療法，在不同的種族和文化群組中也相當常見。民間療法可以包括草藥、礦物、金屬或動物製品。有時候民間療法中可能會採用鉛和其他重金屬，因為有人認為這些金屬有助緩解一些健康問題。而在其他處理過程中，鉛和其他重金屬也可能會滲入到民間療法中，例如是在磨研、上色、包裝期間，或當種植療法所用材料的土壤含鉛時。

民間療法中所含的鉛會傷害我的子女嗎？

鉛會對你的子女或未出生的嬰兒造成傷害。鉛會引起兒童學習、專注或行為上的困難。

我怎樣知道民間療法中是否含鉛？

你不可能從觀察或品嚐而得知民間療法中是否含鉛。很多民間療法都含有大量鉛，所以即使是少量的治療，也可能會對你的子女造成損害。

我怎樣知道我的子女是否有鉛中毒？

大部分鉛中毒的兒童都不會有明顯徵狀或看似不適。知道子女是否有鉛中毒的唯一方法，是進行鉛毒血液測試。假如你認為你的子女可能曾服用含鉛的民間療法或未知的民間療法，可以請醫生為你的子女進行鉛毒測試。



我可以在哪裡找到更多 有關民間療法含鉛的資訊？

加州公共健康部
兒童鉛中毒預防分部

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

疾病控制及預防中心

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

有哪些常見的民間 療法會含鉛？

- **Greta 及 Azarcon** (也稱為 *Alarcon, Coral, Luiga, Maria Luisa* 或 *Rueda*) 這是一種拉丁裔文化中常用的粉劑，用以治療胃部不適及其他疾病。這些粉末通常為黃色、橙或及/或紅色，以往曾發現當中含高達 90% 的鉛。
- **Kohl (錫粉) 及 Surma** 是南亞和中東文化常用的一種黑色粉末，多用於化妝品中，但也會用於新生嬰兒的肚臍上，和作為治療皮膚感染的藥物。
- **Sindoor** 是一種印裔亞洲社群常用的橙紅色粉末。
- **Pay-loo-ah** 是一種東南亞國家常用的紅色粉末，用以治療兒童的紅疹或發燒。



以往曾發現以下民間療法含鉛

療法	用途
Albayalde 或 Albayaidle	「empacho」(嘔吐、絞痛、無精力和昏睡)
Azarcon, Alarcon, Coral, Greta, Luiga, Maria Luisa 或 Rueda	胃痛
Liga	消化及胃部問題
Litargirio	止汗劑及除臭劑
Alkohol	塗於臍帶上
Anzroot	嘔吐及腹瀉
Bint al Zahab, Bint, 或 Bent Dahab	腹瀉、絞痛、便秘及一般新生嬰兒使用
Bokhoor	舒緩寧神煙霧
Cebagin	出牙粉末
Kajal, Kwalli, Kohl (錫粉), Al-Kahl, Saoott, Surma, Tiro, 或 Tozali	化妝品; 眼部受傷和臍帶止血藥物, 出牙粉末
Lozlena	食物色素
Farouk	出牙粉末
Santrinj	出牙粉末
Bala goli/Fita	溶於「腸痛水」中, 用於舒緩胃痛
Deshi Dewa	生育
Ghasard	消化
Kandu	胃痛
Kushta	心臟、腦部、肝臟及胃部疾病
Pushpadhanwa	生育
Sindoor	塗於前額及髮線
亞洲舌粉	吸收毒素
追風透骨丸	關節及其他痛症
Daw Tway	消化
八寶散	小兒多動及惡夢
冬蟲夏草	高血壓、糖尿病、出血
海蛤粉	消化及胃部問題
金不換	滋補; 失眠、關節及肌肉疼痛、消化及胃部問題
保嬰丹	兒童輕微疾病
Paylooah	紅疹及發燒

拉丁美洲

中東

印度

亞洲