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?

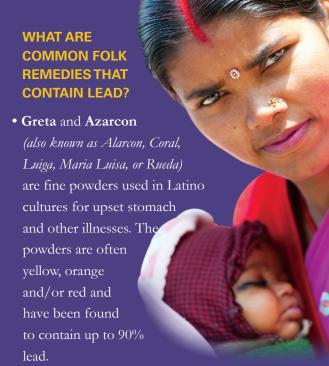
Most children with lead poisoning do not look or act sick. The only way to know if your child has lead poisoning is to get a blood test for lead. If you think your child has taken a folk remedy that has lead in it or you don't know, ask your doctor to test your child for lead.



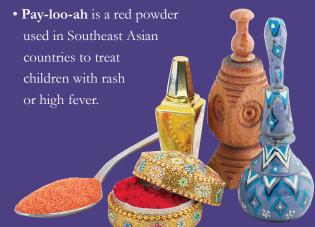
WHERE CAN I FIND MORE INFORMATION ON **FOLK REMEDIES CONTAINING LEAD?**

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



- 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.



THESE FOLK REMEDIES HAVE BEEN FOUND TO CONTAIN LEAD

REMEDIES USES Albavalde or "empacho" (vomiting, colic, Albavaidle apathy, and lethargy) Azarcon, Alarcon, Stomach ache Coral, Greta, Luiga, Maria Luisa or Rueda Liga Digestive and stomach problems Litargirio Antiperspirant and deodorant Alkohl Applied to umbilical stump Vomiting and diarrhea Anzroot Bint al Zahab, Bint, Diarrhea, colic, constipation, or Bent Dahab and general newborn use Bokhoor Calming fumes Teething powder Cebagin Kajal, Kwalli, Kohl. Cosmetic; astringent for eve injury and umbilical stump, Al-Kahl, Saoott, Surma, Tiro, or Tozali teething powder Lozeena Food coloring Farouk Teething powder Santrini Teething Powder Bala goli/Fita Dissolved in "gripe water" and used for stomach ache Deshi Dewa Fertility Digestion Ghasard Kandu Stomach ache Kushta Disease of the heart, brain, liver, & stomach Pushpadhanwa Fertility Sindoor Applied to forehead and hairline Asian Tongue Powder Absorbs toxics

Ba Bow Sen Cordyceps Hai Ge Fen

Daw Twav

Digestive and stomach problems Jin Bu Huan Tonic; insomnia, joint and muscle pain, digestive and stomach problems

Po Ying Tan Minor illness in children Pavlooah Rash and high fever

Chuifong toukuwan Joint and other pain

Digestion

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Hyperactivity and nightmares in children

High blood pressure, diabetes, bleeding

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嘗而得知民間療 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 (銻粉) 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

用途

「empacho」(嘔吐、絞痛、無精力和昏睡)

Albayaidle

療法

Azarcon, Alarcon, Coral, Greta, Luiga,

Albavalde 或

Maria Luisa 或 Rueda 消化及胃部問題

止汗劑及除臭劑 Litargirio Alkohl 塗於臍帶上

嘔叶及腹瀉 Anzroot 腹瀉、絞痛、便秘及一般新生嬰兒使用 Bint al Zahab, Bint,

或 Bent Dahab Bokhoor 紓緩寧神煙霧

出牙粉末 Cebagin

Kajal, Kwalli, Kohl 化妝品;眼部受傷和臍帶止血藥物,出牙 (銻粉), Al-Kahl,

Saoott, Surma, Tiro,

或 Tozali 食物色素 Lozeena

出牙粉末 Farouk

出牙粉末 Santrini

溶於「腸痛水」中,用於紓緩胃痛 Bala goli/Fita Deshi Dewa

消化 Ghasard Kandu

心臟、腦部、肝臟及胃部疾病 Kushta

Pushpadhanwa 生育

塗於前額及髮線 Sindoor 吸收毒素 亞洲舌粉

關節及其他痛症 追風诱骨丸.

Daw Tway

小兒多動及惡夢 八寶散 冬蟲夏草 高血壓、糖尿病、出血

海蛤粉 消化及胃部問題

滋補;失眠、關節及肌肉疼痛、消化及胃 金不換

兒童輕微疾病 保嬰丹

紅疹及發燒

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