



## Metal Bhasma-containing Ayurvedic Medicines Found Online, 30<sup>th</sup> October 2020

*Web Research by Lily D'Adam, Lead Archives Digitisation Project (LADP) team, The LEAD Group, Australia*

Following the advice in LEAD Group Social Media Posts during October 2020, I did a day's web searching for the following or similar terms amongst ingredients of Ayurvedic medications:

Incinerated metals/ ashes of metals: tin calx / Vanga Bhasma or Vangabhasma; silver / Rajat Bhasma; lead / Naga Bhasma or Nag Bhasma; iron / Loha Bhasma or Tikshna Loha Bhasma; mica / Abhraka Bhasma; iron oxide / Mandura Bhasma; mercuric sulphide / Rasa Sindura (Parada); manganese / Kantaloha Bhasma; copper / Tamra Bhasma; gold or sacred ash of gold / Swarna bhasma; etc.

The following table is the result and The LEAD Group advises that if you find any of the above ingredients among the ingredients on your particular Ayurvedic medicine, or if you are taking any of the Ayurvedic medications listed below, stop taking them immediately and ask your doctor for a blood lead (**Pb**) and mercury (**Hg**) test ASAP. Then have the medication tested for heavy metals lead, mercury, and arsenic (**As**) at an accredited lab, such as National Measurement Institute (NMI) in Australia.

Our aim is to fill in the blank Heavy Metal Results columns in this table, and to add any other metal bhasma-containing Ayurvedic medications, and to keep advising blood lead testing until we find a critical mass of evidence showing which metal bhasma-containing Ayurvedic medicines are causing heavy metal poisoning and should be removed from the market.



If you're taking this or any other metal bhasma-containing Ayurvedic medicine, STOP and get heavy metal blood testing as well as testing the medicine.



Ayurvedic Medication Name	Bhasmas in the Medication	Manufacturer	Heavy Metal Results in parts per million (ppm)			Ref No.
			Pb	Hg	Others	
Manasmithra Vatika	-Swarna bhasma -Ash of Silver -Ash of Iron	Medcure	10,800	130	As = 77	1
Ekangvir Ras	-Kanta Lauha bhasma -Vanga bhasma -Naga bhasma -Tamra bhasma -Abhra bhasma -Tikshna bhasma	Baidyanath	25,950	20,800		2, 3
Agnitundi Bati	-Tankana bhasma	Baidyanath	130	28,200		2, 4
Arogyavardhini Bati	-Loha bhasma -Abhraka bhasma -Tamra bhasma	Baidyanath	125	13,050		2, 5
Abana	-Shankh bhasma -Nagapashana bhasma -Abhrak bhasma	Himalaya Herbal Healthcare				6
Kuka	-Sobhagya bhasma -Sphatika bhasma -Swarn Makshik bhasma	Multani				7
Pigmento	-Yashad bhasma -Shankha bhasma -Abhrak bhasma -Loha bhasma -Tamra bhasma	Charak				8
Geriforte	-Abhrak bhasma -Yashad bhasma -Mandur bhasma -Loha bhasma	Himalaya Herbal Healthcare				9
Kumaryasava	-Loha bhasma -Tamra bhasma	Dabur				10
Kushmandasava	-Lauh bhasma	Sri Sri Tattva				11
Lohasava	-Loha bhasma	Baidyanath				12
Patrangasava	-Lauh bhasma	Baidyanath				13
Guggulu Rasayana	-Abhrak bhasma -Kanta Loha bhasma -Swarna Makshik bhasma	Ayurvedic Rasayanas				14
Loha Guggul	-Loha bhasma	Dhootapapeshwar				15
Mahayograj Guggul	-Rajatbhasma -Vang bhasma -Naga bhasma -Abhrak bhasma -Loha bhasma	Patanjali				16



Ayurvedic Medication Name	Bhasmas in the Medication	Manufacturer	Heavy Metal Results in parts per million (ppm)			Ref No.
			Pb	Hg	Others	
Panchamrut Loha Guggul	-Mandur bhasma -Swarna bhasma -Loha bhasma -Rajat bhasma -Swarna bhasma -Abhrak bhasma	Dhootapapeshwar				17
Swayambhuva Guggul	-Swarna Makshik bhasma -Loha bhasma	Dhootapapeshwar				18
Punarnava Mandur	-Mandur bhasma	Plant Ayurveda				19
Saptamrit Lauh	-Lauh bhasma	Baidyanath				20
Ashwagandha Avaleha	-Abhrak bhasma -Naga bhasma -Vang bhasma -Loha bhasma	Alva				21
Badam Pak	-Swarna bhasma -Rajat bhasma	Patanjali				22
Dasamoola Rasayanam	-Loha bhasma	Kottakkul				23
Musli Pak	-Loha bhasma -Abhrak Bhasma -Vang bhasma	Patanjali				24
Supari Pak	-Loha bhasma -Bang bhasma -Naga bhasma -Abhrak bhasma	Hamdard				25
Makardhwaj	-Swarna bhasma	Baidyanath				26
Siddha Makardhwaj	- Swarna bhasma	Baidyanath				26
Chintamani Ras	-Loha bhasma -Abhrak bhasma -Vanga bhasma -Swarna Bhasma - Rajat Bhasma	Baidyanath				27
Gandmala Kandan Ras	-Tamra bhasma -Mandur bhasma	Tansukh				28
Jawahar Mohra	-Shringa bhasma -Swarna bhasma -Rajat bhasma	Baidyanath				29
Kamdudha Ras	-Kapardak bhasma -Shankh bhasma	Dhootapapeshwar				30



Kumar Kalyan Ras	-Loha bhasma -Swarna bhasma -Abhrak bhasma -Swarna Makshik bhasma	Baidyanath				31
Lakshmi Vilas Ras	-Abhrak bhasma -Bang bhasma -Tamra bhasma -Swarna bhasma	Unjha				32
Laxmi Vilas Ras	-Abhrak bhasma	Patanjali				33
Ayurvedic Medication Name	Bhasmas in the Medication	Manufacturer	Heavy Metal Results in parts per million (ppm)			Ref No.
			Pb	Hg	Others	
Mahalaxmi Vilas Ras	-Swarna bhasma -Rajat bhasma -Abhrak bhasma -Tamra bhasma -Bang bhasma -Loha bhasma -Mandur bhasma -Kanta Loha bhasma -Naga bhasma -Mukta bhasma	Baidyanath				34
Santap Shamak Mishran	-Godanti bhasma	Rajved				35
Sutshekhar Ras	-Tankan bhasma -Swarna bhasma -Tamra bhasma -Shankh bhasma	Baidyanath				36
Swarna Malini Vasant Ras	-Swarna bhasma -Yashad bhasma	Prachin				37
Vasant Kusumakar Ras	-Loha bhasma -Abhrak bhasma -Swarna bhasma -Raupya bhasma -Naga bhasma -Vanga bhasma	Dabur				38
Vridhivadhika Vati	-Loha bhasma -Vanga bhasma -Tamra bhasma -Kansya bhasma -Hartal bhasma -Nila Thotha bhasma -Shankh bhasma -Kapardak bhasma	Baidyanath				39
Yakuti Rasayan	-Swarna bhasma	Basic Ayurveda				40



Arogyavardhini Vati	-Loha bhasma -Abhrak bhasma -Tamra bhasma	Patanjali				41
Brahmi Vati	-Abhrak bhasma -Swarna bhasma	Dabur				42
Chandraprabha Vati	-Swarnmashik bhasma -Loha bhasma	Patanjali				43
Prabhakar Vati	-Loha bhasma -Swarna makshik bhasma -Abhrak bhasma -	Baidyanath				44
Raja Pravartini Vati	-Tankan bhasma -Kasis bhasma -	Dhootpapeshwar				45
Ayurvedic Medication Name	Bhasmas in the Medication	Manufacturer	Heavy Metal Results in parts per million (ppm)			Ref No.
			Pb	Hg	Others	
Sanshamani Vati	-Loha bhasma -Abhrak bhasma -Swarna Makshik bhasma	Dhootpapeshwar				46
Sarvatobhadra Vati	-Loha bhasma -Swarna bhasma -Rajat bhasma -Abhraka bhasma -Swarn Mashika bhasma	Nidco Herbal				47
Abana	-Nagapashana bhasma -Shankh bhasma -Abhrak bhasma	Himalaya Herbal Healthcare				48
Addyzoa	-Abhrak bhasma -Mukta Shukti bhasma -Swarnamakshik bhasma	Charak				49
Clarina	-Yashad bhasma	Himalaya Herbal Healthcare				50
Diabecon	-Abhrak bhasma -Praval bhasma -Banga bhasma -Yashad bhasma	Himalaya Herbal Healthcare				51
Diarex	-Shankha bhasma	Himalaya Herbal Healthcare				52
Divya Hridyamrit Vati	-Heerak bhasma -Rajat bhasma	Patanjali				53
Divya Kanti Lep	-Sphatik bhasma	Patanjali				54





Divya Peedantak Vati	-Godanti bhasma -Mukta Shukti bhasma	Patanjali				55
Divya Yauvanamrit Vati	-Swarna bhasma -Vang bhasma	Patanjali				56
Evanova	-Abhrak bhasma -Kukkutandatvak bhasma	Charak				57
Evecare	-Kasis Godanti bhasma -Yashad bhasma	Himalayan Herbal Healthcare				58
Gasex	- Cowrie bhasma -Shankh bhasma	Himalayan Herbal Healthcare				59
Hyponidd	-Yashad bhasma	Charak				60
Isotine Eye Drops	-Yashad bhasma -Tankan bhasma -Tuth bhasma	Dr M S Basu				61
Menosan	-Kukkutandatvak bhasma -Jaharmohra bhasma	Himalayan Herbal Healthcare				62
Ayurvedic Medication Name	Bhasmas in the Medication	Manufacturer	Heavy Metal Results in parts per million (ppm)			Ref No.
			Pb	Hg	Others	
Pilex Ointment	-Yashad bhasma	Himalaya Herbal Healthcare				63

**If you have heavy metal results from a reliable lab for any Ayurvedic medicines, please contact The LEAD Group via <https://leadsafeworld.com/about-us/contact-us/> and together we can fill in all the blank spaces in the above table with results, and then take action such as complaining to the manufacturer, especially if they have ISO 9001 certification!**

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