

## Certain Ayurvedic medicines may contain heavy metals

The Agency believes that certain Ayurvedic medicines on the UK market may contain high levels of heavy metals such as mercury, arsenic and lead and consumers are warned not to take any of the products listed in Table 1 below.

Table 1. Specific Ayurvedic products thought to be available in the UK which may contain heavy metals

Photo	Product	Manufacturer	Wording on container
	Karela capsules	Himalaya Drug Co, India	Himalaya. PURE HERBS.  Kareka. bitter gourd.  REGULATES METABOLISM
	SAFI The Blood Purifier	Hamdard-WAKF-India	The herbal remedy for skin diseases such as acne vulgaris, boils, skin rashes, blemishes, urticaria etc. Checks nose bleeding, cures constipation, corrects indigestion, improves complexion and helps you to stay slim and smart.
Not available	Maha Sudarshan Churna Powder	Zandu Pharmaceuticals, Mumbai, India	

Concerns follows a recent warning by the Canadian Health Authority, Health Canada, that specific Ayurvedic products within its territory have been found to contain high levels of heavy metals. The MHRA believes that the products of concern to the Canadian authorities, listed in Table 1, may have found their way onto the UK market.

These products may be presented as purely herbal in nature, although the traditional use of heavy metals in Ayurvedic and traditional Chinese medicine may mean that ['herbal' products are not always 'herbal'](#) (please link to section already live on HSN 'Herbal may not always mean herbal - reportedly 'herbal remedies' containing heavy metals').

A full list of the Ayurvedic medicines of concern to Canada is provided in Table 2. Consumers are advised to be vigilant as these products may also contain heavy metals and may have become available in the UK.

Consumers who believe they may have taken any of the products listed in Table 1 or 2 should discontinue use and consult their pharmacist or doctor. When speaking to their doctor or pharmacist they may find it helpful to take a copy of this MHRA advice with them. They should continue to take any medication prescribed by their doctor.

**Anyone aware of the sale of any of the products listed in Tables 1 and 2 is asked to contact the Central Enquiry Point (CEP):**

Telephone: 020-7084 2000 (weekdays 0900 -1700)

Fax: 020-7084 2353

E-mail: [info@mhra.gsi.gov.uk](mailto:info@mhra.gsi.gov.uk)







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Table 2. Specific Ayurvedic products of concern to Health Canada, which may also be available in the UK

Photo	Product	Manufacturer	Wording on container
	Karela tablets	Shriji Herbal Products, India	
	Karela capsules	Himalaya Drug Co, India	
	Karela capsules	Charantia, UK , specifically batch # 12011	
Not available	Maha Sudarshan Churna Powder	Zandu Pharmaceuticals, Mumbai, India D & K Pharmacy, Bhavnagar, India Chhatrishha, Lalpur, India Dabur India Ltd., New Delhi, India	
	SAFI liquid	Hamdard-WAKF-Pakistan  and  Hamdard-WAKF-India	
Not available	Yograj Guggul tablets	Zandu Pharmaceutcals, Mumbai, India	
	Sudarshan tablets	Zandu Pharmaceuticals, Mumbai, India	
	Shilajit capsules	Dabur India Ltd., New Delhi, India	