



What is sindoor?

Sindoor is an orange/red colored powder used by the Hindu community for religious and cultural purposes. Married women may wear sindoor in the part of their hair to indicate marriage status. Women may also wear sindoor as a dot or “bindi” on their foreheads for cosmetic purposes, or, along with men, may wear it for religious purposes.

What is lead and what are the adverse health effects caused by it?

Lead is a naturally occurring metal previously used in paint, gasoline, and many other items. As its toxicity to humans was discovered, the use of lead in the U.S. and other countries was gradually reduced.

In children, lead exposure may result in irritability, learning disabilities, hyperactivity, hearing loss and reduced attention span.

In adults lead exposure can cause hypertension, memory loss, and reproductive effects such as abnormal sperm formation, reduced sperm count, miscarriage and preterm birth.

How does lead get into sindoor?

Manufacturers will often add red lead (Pb_3O_4) to give sindoor its distinctive red color.

How can a child or adult get lead poisoned from sindoor?

Children commonly engage in hand to mouth activity and may touch their forehead after sindoor has been applied. Then, they may put their hands in their mouths and ingest the lead in the adulterated sindoor. In addition, adults may not wash their hands after handling sindoor and may begin preparing food and unintentionally contaminate food, pots and pans or utensils with sindoor. Improper labeling or unfamiliarity with sindoor may cause individuals to use it for purposes for which it is not meant such as food coloring.

How do I find out if my sindoor contains lead?

You can visit the FDA website to check for recalls and for Import Alerts at: http://www.accessdata.fda.gov/cms_ia/countrylist.html. You can also call the NJ Department of Health Food and Drug Safety Program at 609-826-4935 and inquire about any recalls of which they may be aware.

What do I do if I have lead adulterated sindoor and how do I dispose of it?

Stop using the sindoor immediately and dispose of it. You can simply throw the sindoor out in the trash. Due to the way landfills are designed, there is minimal potential of the lead leaching into the soil. However, do not flush it down the toilet as the lead may eventually reach the surface water and contaminate it.

Who should I contact if I am concerned about lead poisoning?

You can contact your primary care physician and explain your concerns to him/her. If appropriate, your physician may conduct a blood test to determine if you or your child has elevated blood lead levels.

Have Additional Questions?

You can contact the Food and Drug Safety Program at the New Jersey Department of Health at 609-826-4935.



Source: www.tasteofnepal.blogspot.com



Sources: www.vedicvaani.com
www.365gorgeous.in