

Twitter Thread by (Cyriac) Abby Philips



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@drabbyphilips



On 18.12.2020, computer engineer [@FitTuber](#) shared [@YouTube](#) video titled "10 Safe & Useful Ayurvedic Tablets to Replace Allopathic Pills (Instant Relief)". The drugs he promoted were by [@baidyanathgroup](#), not sure if it was paid promotion. I bought them:

<https://t.co/w6Sh2pMvJf>



1

I followed [@FitTuber](#) advise and got all these [#Ayurveda](#) medicines which he outright claimed are '[#safer](#)', '[#effective](#)' than conventional prescription drugs for day to day use. These will be tested for [#safety](#) first - will undergo GCMSMS, ICP-OES and FTIR analyses. [#MedTwitter](#) pic.twitter.com/IS2KrtsoO8

— (Cyriac) Abby Philips (@drabbyphilips) December 31, 2020

10 drugs, details, batch numbers R given in pic. All by @baidyanathgroup except 1 by <https://t.co/tg46sBhJr2>

We did GCMSMS, ICP-OES and FTIR analyses on these samples. Here are my 10 safer modern medicine alternatives 2 @FitTuber's untested, potentially harmful #Ayurvedic drugs

Name of Rx	Formulation	Batch No.	Cost (Rs)	Manufacturer
TRIPHALA GUGGULU	Tablet	204290010	115.00	Baidyanath
LAKSHMIVILASH RAS	Tablet	60	140.00	Baidyanath
VATGAJANKUSH RAS	Tablet	34.P.204	104.00	Baidyanath
TRIPHALA GUGGULU	Tablet	H204290013	115.00	Baidyanath
TRIPHALA GUGGULU	Tablet	N204290012	115.00	Baidyanath
MAHASUDARSHANGHAN BATI	Tablet	52	130.00	Baidyanath
MAHASUDARSHANGHAN BATI	Tablet	54	130.00	Baidyanath
RAJBATI	Tablet	19.P.204	86.00	Baidyanath
SHIRAHSHULADI WAJRA RAS	Tablet	45	108.00	Baidyanath
KAMDUDHA RAS	Powder	55	114.00	Baidyanath
KANTHSUDHARAK VATI	Tablet	N535	70.00	UNJHA Ayurvedic pharmacy
BILWADI CHURNA	Powder	42	120.00	Baidyanath

Kanthsudharak Vati by Unjha Pharma

@FitTuber: 4 sorethroat, cold, cough

Analysis: Lead 0.54 mg/kg, Cadmium 0.4 mg/kg, Thallium 0.71 mg/kg and industrial phenols.

Low values, but not ideal.

Safe alternative: Levocetirizine & non-sedative cough syrup Levodropropizine



Baidyanath Rajbati

@Fittuber: for bloating, gas

Analysis:

Mercury 1.2 mg/kg

Arsenic 2.25 mg/kg

Male anabolic hormone - hydroxy testosterone+

Curcumin

Talc powder

Safer alternative: activated charcoal+simethicone (non-absorbed, no side effects) or short course esomeprazole.



Baidyanath Bilwadi Choorna

@Fittuber - 4 diarrhoea

Analysis

Thallium 3.68 mg/kg

[fun fact: 10-15 mg/kg is lethal dose for humans. Death can occur at lower dosages] <https://t.co/9ozOKROhCK>

Fenretinide - synthetic anti-cancer drug

Liver toxic chromium phosph.

Safer: Racecadotril



Analysis

Mercury 1.63 mg/kg

Lead 5.87

Thallium: 2.63

Phenol

Heart drug/poison - Digitoxin

Narcotic - normorphine

Antibiotic - streptomycin

Safer alternative: Paracetamol as need be; 1-2g per day 2-3d in cirrhosis



Baidyanath SHIRAHSHULADIRAS

@FitTuber: 4 headache

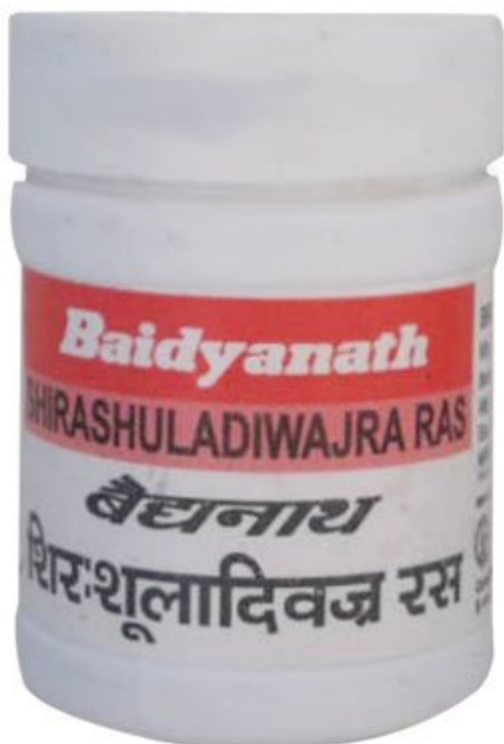
Arsenic 1.12 mg/kg, Thallium 2.11 mg/kg

Modern medicine - Methoxsalen (for psoriasis)

Illegal steroid - OXANDROLONE

Steroid - prednisolone, hydrocortisone, betamethasone (WOW!) - any headache will disappear

■■■■Safer: paracetamol



Baidyanath Triphala Guggulu

@FitTuber: 4 constipation

Got 3 batches:

Batch 1: Lead 4.9 mg/kg, Arsenic 9.1, Thallium 2.53

Steroid - prednisolone, hydrocortisone

Batch 2: Lead 5.14, Arsenic 4.7, Cadmium 3.6, Thallium 2.47, toad poison, steroid prednisolone

Safer: lactitol



Batch 3 - Triphala Guggulu by Baidyanath, I have to show separately here, because it was quite something. Drug original batch no: N204290012

Analysis:

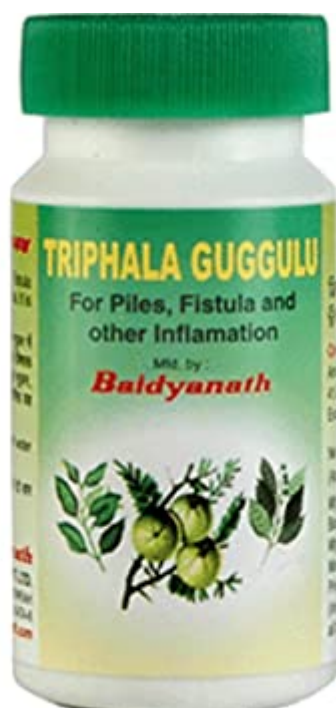
Lead - 18.9 mg/kg ■■■■

Arsenic - 31.9 mg/kg ■■■■■■

Thallium - 2.76 mg/kg

Steroid - prednisolone

Toad poison - Bufotalin■



Baidyanath Lakshmvilas Ras

@Fittuber: for Sinus problems

Analysis - JUST HOLD ONTO YOUR EYE-BALLS.

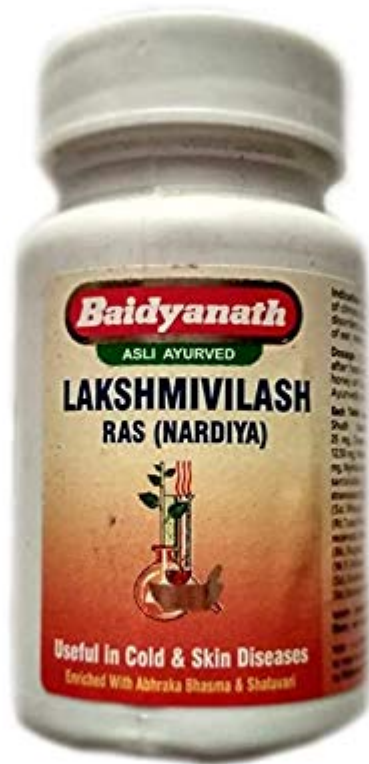
Mercury - 2.16 mg/kg

Lead - 10.22 mg/kg

Arsenic - 95.15 mg/kg■■■

Rock minerals - modernite, heluandite, bentonite (why!!??)

MUCH safer: non sedative Bilastine drug



Baidyanath Kamdudha Ras

@Fittuber: 4 acidity

Analysis:

Lead - 2.79 mg/kg

Thallium: 1.05 mg/kg

Methoxy phenol

Ball clay■ <https://t.co/jXnVHTXeXm>

Feldspar■<https://t.co/MEpKMijMy4>

Illite■<https://t.co/bNm3ARdCE5>

Safer: short course esomeprazole, non-absorbable syrups



Baidyanath VATGAJANKUSH RAS

@Fittuber: for body pain, backpains, muscle stiffness

Analysis

Mercury - 2.08 mg/kg

Lead - 58.32 ■■■■

Arsenic - 21.82 ■■■■■■

Thallium - 4.18

BY FAR THE MOST TOXIC

Oh &

TESTOSTERONE (male hormone)

Coumarin (blood thinner)

Dehydrocortisone - steroid.

Complete analysis in tabulated form (for all 10 + 2 samples) for easy viewing <https://t.co/3Pf8vrTCan>

Don't take health advice or even listen 2 those who R not trained in matters of science.

TC of urself.

#MedTwitter #livertwitter #media #ayurveda #AYUSH #quackery #pseudoscience

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