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



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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

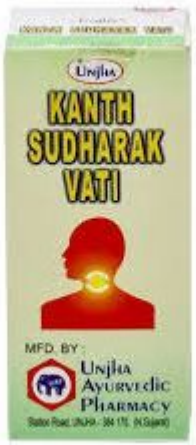
— (Cyriac) Abby Philips (@drabbyphilips) December 31, 2020

10 drugs, details, batch numbers R given in pic■. All by @baidyanathgroup exept 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.P204	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: Levocetrizine & 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



Baidyanath Mahasudarshanghan Bati
@Fittuber - for fever, headaches

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



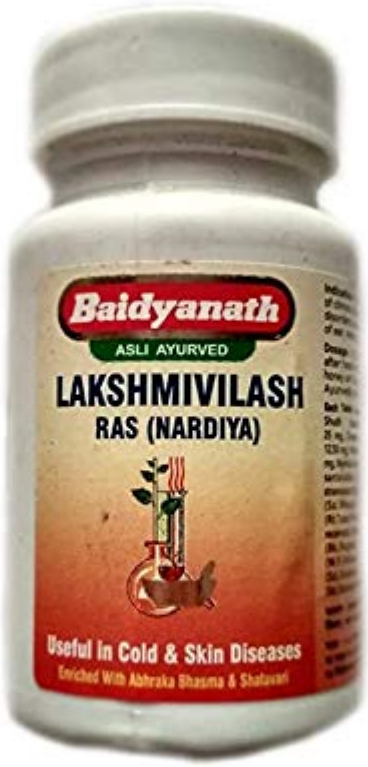
Batch 3 - Triphala Gugulu by Baidyanath, I have to show separately here, because it was quite something. Drug original batch no: N204290012
Analysis:

Lead - 18.9 mg/kg ■■■
Arsenic - 31.9 mg/kg ■■■■■■
Thallium - 2.76 mg/kg
Steroid - prednisolone
Toad poison - Bufotalin■



Baidyanath Lakshmivilas 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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