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This is Monte Ladner from the Fitness Rocks Podcast – a weekly review of the medical research surrounding the relationship between lifestyle habits and health.

This week on Fitness Rocks we had a telephone interview with Dr. Robert Saper, the director of integrative medicine at Boston Medical Center. Dr. Saper and his colleagues recently published an article in the Journal of the American Medical Association in which they described their research into the possible problem of heavy metal contamination in Ayurvedic medicines sold on the internet.

Dr. Saper found that just over 40 % of Ayurvedic medicines labeled as Rasa Shastra contained toxic amounts of at least one of the heavy metal contaminants lead, mercury, or arsenic. Rasa Shastra medicines are traditionally made with the intentional inclusion of various heavy metals so this high degree of contamination is not surprising. However, when Dr. Saper and his colleagues tested non-Rasa Shastra medicines they found about 17% had at least one heavy metal contaminant in an amount that exceeded what is considered a safe level.

During the interview Dr. Saper explained how there is a problem with lack of consistent manufacturing standards and the regulation of Ayurvedic medicines and other products sold as dietary supplements.

The full interview with Dr. Saper can be found at FitnessRocks.org in Fitness Rocks podcast 112.

Until Next week, this is Monte Ladner ... Have a great workout!