

Garlic induced esophagitis

Zeynal Doğan, Murat Sarıkaya, Levent Filik, Bilal Ergül

Ankara Education and Research Hospital, Department of Gastroenterology, Ankara, Turkey.

To the Editor,

A 54-year-old man with history of hypertension admitted to our clinic with complaints of acute onset odynophagia and retrosternal pain in the preceding 12 hours. Endoscopy revealed a garlic at the upper part of esophagus (Fig. 1). Garlic pushed into the stomach with endoscopy. Oedematous, fragile mucosal area with superficial erosion at the upper of esophagus was detected. Longitudinal length of the lesion was nearly 2,5 cm (Fig. 2). The detailed history revealed that he had been in the habit of swallowing garlic with a little amount of water for an alternative treatment in controlling hypertensive attack. The patient was recommended to take a liquid diet and lansoprazole 30 mg b.i.d and sucralfate



Fig. 1. — Garlic at the upper part of esophagus

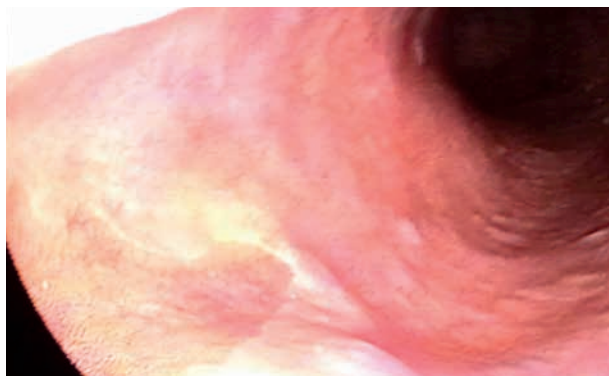


Fig. 2. — Endoscopic appearance of erosion at the upper of esophagus.

four times daily. The symptoms improved completely within 5 days. The control endoscopy after 4 weeks showed no lesion on the esophagus.

In literature, many drugs have been reported to have the potential to cause esophageal lesions. Most of the reported cases were related with the use of antibacterial drugs especially tetracycline-derived, non-steroidal anti-inflammatory drugs and biphosphonates (1). Moreover, the proton pump inhibitor was the cause of pill-induced esophagitis, although it is used routinely for the treatment of pill-induced esophagitis (2). Herein we report a first case of garlic induced esophagitis.

Drugs may effect on eoseophageal mucosa locally or systemically. Drug related factors are chemical character, solubility and formal structure. Taking medication with inadequate water or in supine position and lying down immediately after ingestion are patient related factors. Also there are eoseophageal dysmotility factors like scleroderma, achalasia. In our case garlic may had caustic affect due to prolonged contact and its acidic pH.

Upper gastrointestinal endoscopy is the most prefer procedure in the diagnosis and it is also helpful to rule out alternate diagnoses such as reflux esophagitis, infectious esophagitis, or malignancy.

In conclusion, garlic may cause pill-like esophagitis. Firstly patient should be educated for taking food with adequate amounts of water. Supportive treatment is an effective procedure in healing the esophageal lesions.

References

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Correspondence to : Zeynal Doğan, M.D., Aşağı Eğlence Mah. Mendil Sok. 9/4, Etlük/Keçiören/Ankara. E-mail : doganzeynal@yahoo.com

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