UNUSUAL COMPLICATION OF TRADITIONAL HERBAL MEDICINE FOR HEMORRHoidal DISEASE - OESOPHAGUS FOREIGN BODY: CASE REPORT

Hemoroidal Hastalığın Geleneksel Bitkisel Tedavisinde Nadir Komplikasyon-Özefagusta Yabantı Cisim: Vaka Sunumu

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ABSTRACT

All over the world, herbal treatments have been attracting attention as modern medicine. Careless use of herbal medicines can lead to various complications. Hemorrhoids that plagued humankind since ancient times and is a disease that disrupts people’s quality of life. We present a 41-year-old woman who had of an unusual esophageal foreign body, terminalia chebula seeds, used for traditional Chinese herbal treatment for hemorrhoidal disease and successfully removed using endoscopy. This case is intended to emphasize the complications resulting from the use of herbal medicines. Patients should be informed about all its results.

Keywords: esophageal foreign body, herbal treatment, hemorrhoid

ÖZET


Anahtar Kelimeler: Özefagusta yabancı cisim, bitkisel tedavi, hemoroid

INTRODUCTION

Hemorrhoidal disease is one of the common diseases widely seen in society (1). The fear of having an operation and privacy issues cause patients to have a tendency towards using traditional herbal medicine. When these medical treatments not applied properly, may cause some complications (2,3). Terminalia chebula extract are various forms of laxative, astringent, purgative, diuretic, antioxidant, antimicrobial, for antidiabetic and antimutagenic activities were implemented as traditional medicines (4). 700 herbal remedies used by traditional Chinese practitioners have been tested on the 100 and has been found effective by the standards of Western science. National Institutes of Health, Office of Alternative Medicine and the Food and Drug Administration (FDA), including several US agencies are currently investigating the Chinese herbal medicine. In this case, we aim to present the term “oesophageal foreign body”, which is developed by the use of terminalia chebula for the treatment of hemorrhoids. Informed confirmation of the patient was obtained. Also, personal identity was not mentioned in this report.

CASE PRESENTATION

The female patient, who is 41 years old, applied to our emergency service in the second hour with dysphagia and shortness of breath after trying to swallow a whole seed of terminalia chebula. She had got information about terminalia chebula using in hemorrhoidal disease from the websites. Then she had provided the herb from a herbalist. Her vital signs were stable and there were no unusual findings according to direct radiography. In addition, the results of gastroscopy showed that there were two terminalia chebula seeds in her upper and middle parts of oesophagus (Figure 1, 2). The upper seed was removed with a forceps, and the seed which is in the middle was pushed forward towards her stomach. There were no complications during the endoscopy. In the 6th hour, the patient’s oral food and liquid intake was normal and she was discharged from the hospital after her medical prescription for hemorrhoids was given to her.

Figure 1: Terminalia chebula seeds in upper part of esophagus

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We excised it via endoscopically. In the literature esophageal foreign bodies are the most-widely detected foreign bodies (8). The foreign bodies which are stucked in anatomically-narrow areas are most-often detected in upper esophagus as in our patient. Patients generally complain about throat pain, coughing, nausea, dyspnea and dysphagia (8, 9). Endoscopy is sufficient as treatment at the rate of 10-20% and surgical intervention is necessary at the rate of 1% (8). Today, both general anesthesia and flexible endoscopy performed under sedation, in experienced hands, it is considered to be safe and effective. We retract the foreign bodies under sedation with flexible endoscopy and forceps.

Throughout the human history, herbs have been used in order to prevent or treat illnesses. Today, despite the scientific studies which improve at an unprecedented pace in modern medicine and in the field of molecular-genetic science, it is impossible to totally reject the use of traditional medicine. However, patients should be informed about a wide range of complications including death, as in our case.

Especially in developing countries, supplementary herbal medicine should be under the control of great discipline by government. Otherwise undesired results will be seen. To overcome these results, we should educate the people and inform them by media alerts.

REFERENCES