

4-1-2023

Debunking Medical Myths: Covid-19 And Garlic Fact Or Fiction?

Arainya Durham

Wayne State University School of Medicine, ci7950@wayne.edu

Khush Hussain

Wayne State University School of Medicine, gh2577@wayne.edu

Shruthi Ilango

Wayne State University School of Medicine, go9681@wayne.edu

Samantha Markowitz

Wayne State University School of Medicine, hm3373@wayne.edu

James Soetedjo

Wayne State University School of Medicine, hm5798@wayne.edu

See next page for additional authors

Follow this and additional works at: https://digitalcommons.wayne.edu/pat_edu_proj



Part of the [Curriculum and Instruction Commons](#), [Medical Education Commons](#), and the [Public Health Commons](#)

Recommended Citation

Durham, Arainya; Hussain, Khush; Ilango, Shruthi; Markowitz, Samantha; Soetedjo, James; and Hall, Jacob, "Debunking Medical Myths: Covid-19 And Garlic Fact Or Fiction?" (2023). *Patient Education Projects*. 598.

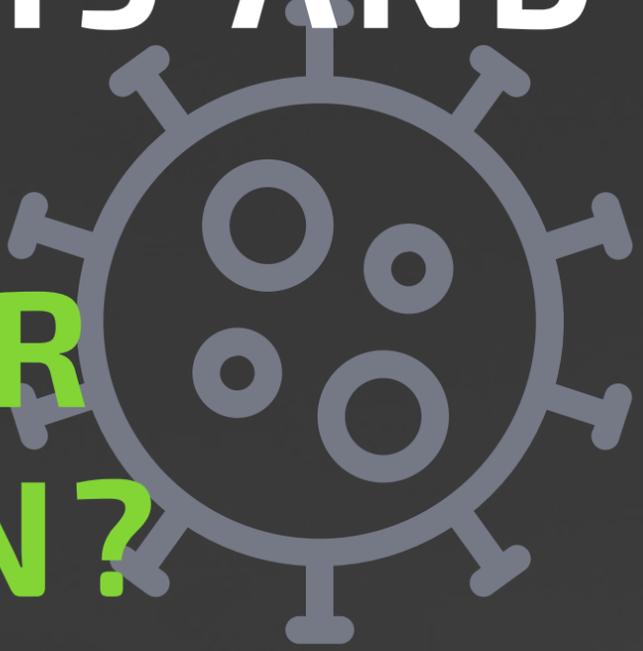
https://digitalcommons.wayne.edu/pat_edu_proj/598

This Infographic is brought to you for free and open access by the Patient Education at DigitalCommons@WayneState. It has been accepted for inclusion in Patient Education Projects by an authorized administrator of DigitalCommons@WayneState.

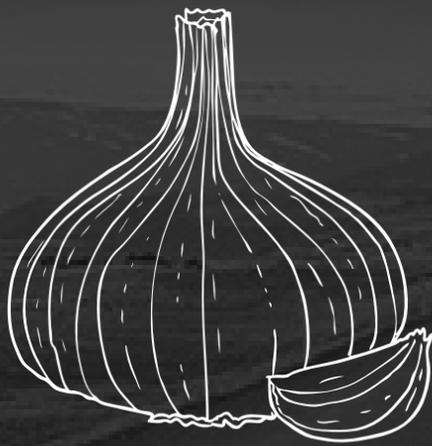
Authors

Arainya Durham, Khush Hussain, Shruthi Ilango, Samantha Markowitz, James Soetedjo, and Jacob Hall

COVID-19 AND GARLIC FACT OR FICTION?

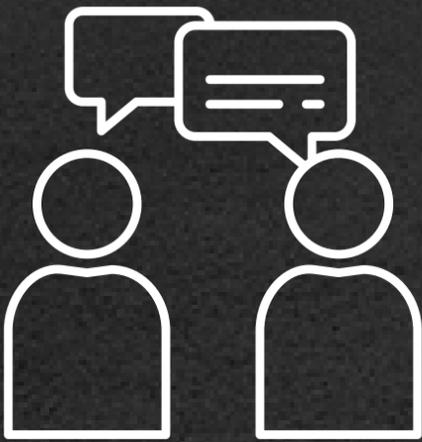


Throughout the COVID-19 pandemic, garlic has been touted as a potential natural preventative or treatment. Though garlic has been shown to reduce the risk of other illnesses, research does not support its use in the prevention or treatment of COVID-19. In fact, excessive garlic consumption may cause more harm than good.



CAN IT HELP?

Some studies have reported that garlic can aid with abdominal discomfort, diarrhea and lung infections. Also have found that it may have antioxidant, anti-inflammatory and anti-stress properties. However, due to the complex nature of COVID-19, garlic is not a viable alternative to other preventative remedies such as vaccination and social distance protocols.



WHERE DOES THE MYTH COME FROM?

Myths begin circulating like a rumor. One person states something and the person who receives the message carries it on. During COVID-19, people resorted to natural remedies to cure themselves. Garlic has antimicrobial and anti-fungal activity which lead people to think it could possibly be effective against COVID-19.



CAN IT HURT?

Cases have been reported of patients consuming garlic to prevent COVID-19 infection, only for it to result in burns and ulcerations of the tongue. Though this can be cleared up with cessation of garlic consumption, it causes significant discomfort. Use of garlic as self-treatment or infection prevention can also lead to abdominal burns or allergic reactions to garlic's organosulfur compounds.

References:

1. Kim MG, Kim M, Kim JH, Kim K. Fine-Tuning BERT Models to Classify Misinformation on Garlic and COVID-19 on Twitter. *Int J Environ Res Public Health*. 2022;19(9):5126. doi: 10.3390/ijerph19095126.
2. Muniz IAF, Campos DES, Shinkai RSA, Trindade TGD, Cosme-Trindade DC. Case report of oral mucosa garlic burn during COVID-19 pandemic outbreak and role of teledentistry to manage oral health in an older adult woman. *Spec Care Dentist*. 2021;41(5):639-643. doi: 10.1111/scd.12605. Epub 2021 May 24.
3. Rajagopal K, Byran G, Jupudi S, Vadivelan R. Activity of phytochemical constituents of black pepper, ginger, and garlic against coronavirus (COVID-19): An *in silico* approach. *International Journal of Health & Allied Sciences*. 2020;9(5):43-50. doi: 10.4103/ijhas.IJHAS_55_20

Created by Team 25:

Durham, A., Hall, J., Hussain, K., Ilango, S., Markowitz, S., Soetedjo, J.