4-1-2023

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

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**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.  
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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.

**COVID-19 AND GARLIC**

**FACT OR FICTION?**

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.

**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:


Created by Team 25:

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