Turmeric

Drug induced liver injury: case report

A 46-year-old woman developed drug induced liver injury (DILI) during treatment with turmeric for supplementation [route and dose not stated]. The woman, who had ocular hypertension, polycystic ovarian syndrome and cholecystectomy, presented with fatigue, nausea, jaundice and mild left upper quadrant abdominal pain with progressively darkened urine for a week. Approximately 1.5 months before, she had been receiving turmeric, two capsules per day as supplementation therapy. Subsequently, she was admitted to the hospital. A day before admission, she discontinued turmeric supplementation. She also received concomitant Lactobacillus rhamnosus, ascorbic-acid [Vitamin C], latanoprost, timolol and levonorgestrel. The week before presentation, she also had headache that lasted for a day, which was treated with aspirin/paracetamol/caffeine [combination aspirin, caffeine and acetaminophen]. Her initial laboratory results were unremarkable, except for her liver chemistries. Her R-score was calculated at 42, which was consistent with a hepatocellular pattern of liver injury. On day 3 of hospitalisation, her liver chemistries showed an improvement in the levels of aspartate aminotransferase and alanine aminotransferase.

On discharge, the woman was instructed not to restart her turmeric supplement. However, all other medications before admission were restarted. A follow-up visit, 71 days after the initial presentation, revealed complete resolution of her jaundice and liver chemistries. She was not rechallenged with her turmeric supplement. DILI was attributed to turmeric.

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