Allotriophagy and Allotriodipsia in Endocrinology
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Abstract
Allotriophagy is defined as food cravings that are different from the expected or the norm. It gives clinical pointers to an underlying diagnosis. We propose a new term, allotriodipsia which suggests a preference for beverages that are different from the norm. Taken together, these two entities may point towards certain endocrinological abnormalities and iatrogenic sequelae. In this communication we highlight the clinical relevance of allotriophagy and allotriodipsia.

Keywords: Allotriophagy, Allotriodipsia, Anorexia nervosa, Bulimia nervosa, Food fads, Orthorexia nervosa, Osteomalacia, Sheehan's syndrome

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Introduction
The word Allotriophagy, coined from the Greek word “allotrio” and “phageîn” in endocrinology, implies food cravings that are different from the expected or the norm. A similar word, which we propose, is allotriodipsia, which suggests a preference for beverages that are different from the norm.

Allotriophagy and allotriodipsia are significant not for their semantic value, but for their importance in differential diagnosis in medicine. In this brief communication (Table), we describe how a history of preference for specific foods and beverages characterizes various endocrine conditions, and how it helps diagnose them.

Allotriodipsia
Classic clinical endocrinology uses a history of preferences for beverages to help suspect and diagnose various diseases. A preference for cold water is noted in persons with diabetes insipidus.1 This helps differentiate it from psychogenic polydipsia.

Elderly persons experience less thirst, due to perturbations in the osmotic set point.2 Persons with uncontrolled diabetes have increased thirst, and prefer sweetened drinks.3 Those with Addison's disease report a craving for salt, and may share a liking for salted beverages.4

Table: Examples of allotriophagy and allotriodipsia in endocrinology.

- Ice cold water craving in diabetes insipidus
- Salt craving in Addison's disease
- Pica in hypocalcaemia
- Fad diets
- Eating disorders
- Effect of GLP1RA
- Vitamin D deficiency and opioid addiction.

Food Preferences
Allotriophagy may operate in various eating disorders like anorexia nervosa, bulimia nervosa and orthorexia nervosa. In orthorexia nervosa, for example, dietary likes and dislikes are determined by the information printed on food labels. An aversion for calorie-rich and 'carbohydrate-rich foods is characterized of orthorexia nervosa.7

Allotriophagy and allotriodipsia may be promoted as part of fad diets, eating high protein or keto diet (e.g., 10 eggs a day), taking protein-based beverages, or drinking folk remedies like fenugreek or coriander water in excess are examples of this.
Such a phenomenon, i.e., change in food preferences, is also seen with various endocrine medications. The glucagon-like peptide 1 receptor agonist liraglutide leads to a preference for low carbohydrate foods, while subjects on topiramate/phentermine have reduced caloric intake, increased satiety, and taste aversion. We have also noted, in some patients on sodium glucose transporter 2 inhibitors, allotriodipsia for cold drinks, including water.

References