

## Achalasia cardia

When we eat the food it passes through esophagus (food pipe) to the stomach. There is a valve (sphincter) between esophagus and stomach, which relaxes when food passes from esophagus to stomach. If the sphincter fails to relax; it causes dysphagia (difficulty in swallowing).

### **What is Achalasia cardia?**

Achalasia cardia is a motility disease of the esophagus where the sphincter between esophagus and stomach fail to relax and do not allow food to pass easily from esophagus to stomach.

### **What are the symptoms?**

Dysphagia means difficulty in swallowing is the main symptom. Other symptoms can be regurgitation, cough, heart burn, chest pain, weight loss.

### **What investigations are required?**

Chest x ray, endoscopy, barium study are commonly required investigations. Esophageal manometry may be required.

### **What is the treatment?**

There are two options for the treatment; surgical treatment and endoscopic treatment. Surgical treatment is the best one time long term option. Surgical treatment is laparoscopic cardiomyotomy which is very safe procedure. Endoscopic treatment is pneumatic dilatation of the sphincter.