



## A Review on Medicinal Plant for Mouth Ulcer Treatment

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### ABSTRACT:

As herbal medicine have fewer side effects in comparison with synthetic medicine they are getting increase patient demand. A mouth ulcer is an open sore on the skin or mucus membrane lining that is characterized by sloughing of inflammatory dead tissue There are several drugs and medications available in the market that can provide temporary relief from the condition. Natural drug remedies have a low side effects and have a public demand .our aim to utilize natural herbs for mouth ulcer

**Keyword:** Herbal medicine, Mouth ulcer

### Introduction :

Traditional herbal medicines are naturally occurring plant-derived substances that have been used in local or regional healing therapy procedures with little or no industrial processing to cure illness. In the field of medicine, traditional herbal remedies are gaining popularity. In the treatment of SARS, traditional Chinese herbal therapy played a key role. Traditional herbal medicine is used by 80% of Africans, and the global annual demand for these treatments is estimated to reach \$60 billion. Many traditional herbal medicine studies will be evaluated by the global health community. Traditional herbal medicine research has been heavily funded by China, India, Nigeria, the United States of America (USA), and the World Health Organization (WHO) [1] Medicinal plants have been used to treat human illnesses from the beginning of time. It is no surprise that 1.42 billion people, or one-fourth of the world's population, rely on traditional medicines to treat a variety of maladies. Evidences shows that most of the world population is using herbal medicine since ancient times. The Indian flora contains a wide range of therapeutic plants and plant components. These plants can be used to discover effective alternatives to manufactured medications. Plants play an important part in the treatment of a variety of human disorders, and herbal therapies are Medicinal plants have been used to treat human illnesses from the beginning of time. It is no surprise that 1.42 billion people, or o gaining popularity among patients due to their lack of the common adverse effects associated with allopathic medicines. So there is need to investigate such type of drugs and their effective formulation for the better patient acceptance As a result, there is a need to research such medications and their effective formulations in order to improve patient acceptance. In India, herbal remedies or herbal products have been used to treat and cure a variety of illnesses since ancient times. Furthermore, Indian folk medicine includes a variety of prescriptions for a variety of ailments, including wound healing, inflammation, skin infections, leprosy, diarrhea, scabies, and venereal disease, ulcers of any kind, snake bites, and so forth. For various types of skin illness, more than 80% of the world's population still relies on traditional remedies. In order to facilitate the creation of a good environment for natural healing, herbal medicines in wound management include disinfection, debridement, surgical intervention, and maintaining a moist environment. Hence it is evident that herbal medicines are playing a major role in treatment strategies which are adopted globally one-fourth of the world's population, rely on traditional medicines to treat a variety of maladies

An oral ulcer is caused by the erosion or loss of the upper mucosal layer. It is one of the most frequently encountered pathological conditions of the oral cavity. These sores are generally painful and are found most frequently on the inside of the lips and cheeks. The etiology of oral ulcers is not yet clear and a variety of conditions are believed to play a role in their occurrence. A variety of viral, fungal, treponemal, autoimmune, nutritional deficiencies, hormonal changes, psychological stress, malignancy and other factors have been implicated in their causation. The nature, site, duration and frequency of oral ulcers are sometimes determined by the underlying systemic condition if any (e.g., inflammatory bowel disease, cyclic neutropenia).<sup>1,2</sup>Trauma from a sharp tooth or an overhanging restoration aggressive tooth brush-ing, smoking crack cocaine, cocaine use or local application of aspirin could also result in ulcer formation. Recurrent aphthous ulcers (RAUs) are the most common form of ulcers among the ulcerative conditions of the oral cavity. Recurrent aphthous stomatitis (RAS) is an acute and extremely pain-ful condition involving non keratinized oral mucosa. These ulcers are usually round with a slightly raised margin and surrounded by an erythematous halo. Based on their size and number, these ulcers can be classified into the following<sup>3,5</sup>

• **Minor ulcers:** These are usually small, ranging from 2 to

8 mm in diameter and may take up to 10 to 14 days to

clear up.

• **Major ulcers:** These are bigger, deeper with raised and

irregular borders, often 1 cm or more. Healing time ranges

from several weeks to months.

• **Herpetiform ulcers:** These are a cluster of smaller ulcers, as

small as the size of a pinhead Minor aphthous ulcers are the commonest form of aph-thous ulcers(80%) followed by major aphthous ulcers, with the least common being herpetiform ulcers. Ulcerative conditions of the oral cavity have multiple etiologies, but management usually aims at reduction of pain, shortening of duration, prevention of secondary infection and recurrence. The treatment options may involve the use of local anesthetic agents for topical application, systemic and topical steroids, mouth rinses, antibiotics in case of secondary infection, cau-tery, lasers, or a combination of these. However, frequent use of the medicaments over a prolonged period may lead to fungal infection and development of drug resistance and one times might even cause severe adverse effects, which can lead to life threatening consequences <sup>6,7</sup>

To find safer alternatives, herbal remedies are being used by herbalists and indigenous healers in many countries for the treatment of ulcers. The rich heritage of our native herbal medicine is now getting global attention. Various herbs such as Azadirachta indica (neem), aloe vera gel, turmeric and licorice guava ginger, chamomile have been used since time immemorial for the treatment of mouth ulcers.

**List of herbs :** <sup>8,9,10,11,12,13,14,15, 16, 17,18</sup>

s.no	Herb	Medicinal properties	Portion	Form	Dosage
1.	Aloe vera (Aloe Barbandens is Miller)	Wound healing AntiInflammatory Antibacterial Antifungal Antioxidant Antitumor Immuneboosting	Freshly Purified leaf, juice extract leaves	Gel	0.5% Acemannan in carbopol TDS for 7d
2.	Turmeric (Curcuma Longa	Analgesic Antioxidant Antiseptic Anti Inflammatory Anticarcinogenic Immunomodulator y	Dried Rhizome	Mouthwash powder oil Mucoadhes ive gel current oral gel (Abbott p'ceuticals)	Topical application of Gel TDS for 10 d
3	Licorice (Glycyrrhiz a Glabra	Antithrombotic Antiinflammatory Antioxidantive Antimicrobial Antidepressive Antidiabetic	Root Extract	Bioadhresi ve discs patch with extract Root/ patches Mucoadhes ive gel	Forever Bright Aloe Vera Gel TDS for 7 d
4	Guava (Psidium Guajava	Antioxidant Antibacterial Anti Inflammatory Anticancer Antifungal Antimicrobial Antitumor Antiallergic Antihyperglycemic Antimutagenic	Leaves	Leaves powder gel, guava leaves mouthwash	Mucoadhesiv e Gel QID for 5d
5	Ginger (Zingiber offcinalis)	Anti Inflammatory Antinausea Digestion aid Antioxidant Metabolism	Ginger's alcoholic extract	Mucoadhes ive base	Topical application (Curcumin) TDS 7 days
6	Chamomile (Matricaria chamomile)	Anti Inflammatory Antibacterial Antifungal Antiviral	Fluid extract	Tincture mouthwash ointment strong tea	Chamomile tincture 10 drops TDS x 6 days

		Analgesic Antispasmodic Smooth musclerelaxing		made form chamomile flowers		
Mouth painful oval form in most the the lips. causes ulcers	7	Triphala (Emblica officinalis), (Terminalia bellirica), Terminalia chebula	Antibacterial Antifungal Antiviral Antioxidant Antidiabetic	Extract	Mouthwash mixed with honey for local application	10 ml twice daily x 30s x 7-21 d as an antimicrobial mouthwash
	8.	Honey	Antibacterial Anti Inflammatory Immune boosting Antifungal	Gel/ 100% pure natural Honey	Honey and Tulsi ice chips	Topical application TDS for 5 d  Topical application QID for 5 d
	9.	Tulsi (Ocimum sanctum/ holy basil)	Anti Inflammatory Antioxidant Antibacterial Immunomodulatory Analgesic Anticancer Antiasthmatic Antidiabetic Hepatoprotective	Leaves	Honey and Tulsi ice chips	Swish Honey tulsi ice chips 5 mins before the each dose of methotrexate, Replenish chips before previous ice has melted x 30 mins.

ulcers are round or sores that the mouth, often on inside of cheeks or Common of mouth include nutritional

deficiencies such as iron, vitamins, especially B12 and C, poor oral hygiene, infections, stress, indigestion, mechanical injury, food allergies, hormonal imbalance, skin disease etc.(3) Ulcer are lesions on the surface of the lower extremities and in the gastrointestinal tract, though they may be encountered at almost any site.(4)

Traumatic ulcers, recurrent aphthous stomatitis, microbial infections and allergic reactions are conditions related to acute mouth ulcers. In this context, recurrent aphthous stomatitis (RAS) is considered the most common disease of the oral mucosa, with prevalence between 0.9 and 78%. The prevalence of RAS increases with higher socio-economic status and female

gender.(5) Mouth Ulcer Occurs on the mucous membrane of the oral cavity The two most common causes of oral ulceration are local trauma and aphthous stomatitis ("canker sores"), a condition characterized by recurrent formation of oral ulcers for largely unknown reasons.(6)

## Discussion:

In this review gives us a clear understanding that the naturally occurring constituents of medicinal herbs are definitely able to resolve oral ulcers irrespective of their etiology and prevent their recurrence. The healing ability of these herbs besides stepping up the immunity is responsible for their unmatched ability to cure the disease holistically. The use of this readily available, natural and safe resource as a part of dental practice definitely holds great potential for a "natural and green dental practice." Although the majority of studies have been conducted on RAUs, few have also shown efficacy in oral mucositis patients undergoing chemotherapy and traumatic ulceration. Due to the lack of sufficient clinical trials, we cannot still pinpoint the best herb to cure oral ulcers, but we are certainly on the way to herbalism in dentistry. This review might provide the dentists a rich source and a road map for herbal alternatives for the treatment of oral ulcers in their practice and also a baseline for the researchers to carry on further research and to bridge the gaps between clinical and experimental dentistry.

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