



AN OVERVIEW: ALOEVERA FOR MOUTH ULCER A NATURAL REMEDY FOR PAIN RELIEF AND HEALING

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ABSTRACT :

A frequent and painful condition is mouth ulcers. Aloe vera's effectiveness and safety in treating mouth ulcers are reviewed in this systematic study. Ten papers were discovered following a comprehensive search of the literature. The findings showed that aloe vera significantly reduced pain, inflammation, and recovery time. It was shown that aloe vera was well accepted and safe. This review emphasises aloe vera's promise as a safe, natural, and efficient treatment for mouth ulcers.

KEYWORDS: Aloe vera, mouth ulcer, natural cure, wound healing, pain relief.

INTRODUCTION:

Aloe vera is a perennial, succulent plant botanically known as *aloe barbadensis* miller, belonging to the liliaceae family. There are 250 species under the genus aloe including aloe vera, aloe barbadensis, aloe ferox, aloe chinensis, aloe indica, etc. It is otherwise called as burn plant, elephants gall. Aloe vera is used in the treatment of skin chronic, wound healing and anti-inflammatory agent. Small, uncomfortable sores that develop in the mouth are called mouth ulcers, or recurrent aphthous stomatitis (RAS). Traditional therapies may have adverse consequences and frequently offer only short-term respite. With its antifungal, antibacterial, and anti-inflammatory qualities, aloe vera presents a viable substitute.

TYPES OF MOUTH ULCER:

1. Minor Aphthous Ulcers :

Small, superficial, and often goes away in one to two weeks

Usually 1 to 5 mm in diameter, they can show up as a single ulcer or in groups.

2. Major Aphthous Ulcers :

Deeper and larger than little ulcers; may leave scars; may take two to six weeks to heal.

Usually between 5 and 20 mm in diameter.

3. Herpetiform Ulcers :

Small, shallow, and frequently found in groups

Painful at times; usually 1-3 mm in diameter

It might get better in a week or two.

PREPARATION OF ALOEVERA FOR MOUTH ULCER :

Method 1: Aloe Vera Gel

1. Pick a fresh aloe vera leaf: Pick a thick, fleshy, bright green leaf. 2. Wash the leaf: Rinse the leaf with water to get rid of any dirt or bacteria. 3. Peel off the outer skin: Gently remove the leaf's outer skin to reveal the clear gel inside. 4. Scoop out the gel: Use a spoon to scoop out the clear gel, being careful not to get any yellow or greenish liquid (aloin). 5. Apply the gel: Use a cotton swab or a clean finger to apply the aloe vera gel directly to the mouth ulcer.

Method 2: Aloe Vera Mouthwash

1. Aloe vera gel and water: Mix 1 cup water with 1 spoonful of aloe vera gel.
2. Add a pinch of salt: To aid in the reduction of inflammation, add a pinch of salt to the mixture.
3. Swish the mixture: For 30 to 60 seconds, swish the mixture about your mouth.
4. Spit out: Rinse your mouth with water after spitting out the mixture.

Method 3: Aloe Vera and Honey

1. Combine honey and aloe vera gel: Take one tablespoon of honey and one tablespoon of aloe vera gel.
2. Apply the mixture: Using a clean finger or cotton swab, apply the mixture directly to the mouth ulcer.

BIOACTIVE COMPOUNDS:

Mouth ulcer treatment may benefit greatly from the use of bioactive substances. Here are a few instances:

Anti-Inflammatory Compounds :

1. Curcumin: This compound, which is present in turmeric, has strong antioxidant and anti-inflammatory effects.
2. Gingerol: Gingerol is derived from ginger and contains anti-inflammatory chemicals that can help lower inflammation and pain.
3. Quercetin: An antioxidant and anti-inflammatory flavonoid, quercetin is present in a variety of fruits and vegetables.

Antimicrobial Compounds :

1. Tea Tree Oil: This antibacterial oil, which is extracted from *Melaleuca alternifolia*, can aid in preventing infection.
2. Eugenol: This compound, which is present in clove oil, has antibacterial and anti-inflammatory properties.
3. Cinnamaldehyde: This antibacterial substance, which is derived from cinnamon, can aid in the prevention of illness.

Wound Healing Compounds :

1. Vitamin C: This vitamin aids in wound healing and is necessary for the creation of collagen.
2. Zinc: An important mineral, zinc aids in tissue repair and wound healing.
3. Aloe Vera: Aloe vera gel can help relieve and repair mouth ulcers because of its anti-inflammatory and wound-healing qualities.

Antioxidant Compounds :

1. Vitamin E: Vitamin E is an antioxidant that can help shield cells from oxidative harm.
2. Coenzyme Q10 (CoQ10): CoQ10 is an antioxidant enzyme that offers protection against oxidative damage to cells.
3. Polyphenols: These antioxidants, which are present in a variety of fruits and vegetables, can aid in shielding cells from oxidative damage.

CAUSES OF MOUTHULCER:

1. Stress and Anxiety: For certain people, stress can lead to mouth ulcers.
2. Hormonal Changes: Mouth ulcers may result from hormonal changes that occur during menstruation, pregnancy, or menopause.
3. Nutritional Deficiencies: Mouth ulcers may result from a lack of vital nutrients such as folic acid, iron, or vitamin B12.
4. Food Sensitivities: Eating foods like gluten, dairy, or spicy foods that cause allergic reactions or intolerances can cause mouth ulcers.
5. Oral Trauma: Mouth ulcers may result from orthodontic appliances, dental procedures, or unintentional bites.
6. Underlying Medical Conditions: A number of illnesses, such as ulcerative colitis, Crohn's disease, or coeliac disease, might make mouth ulcers more likely to occur.
7. Drugs: Mouth ulcers are a side effect of some drugs, including beta-blockers, NSAIDs, and chemotherapy.
8. Infections: Mouth ulcers can be brought on by bacterial, viral, or fungal infections.

RISK FACTORS OF MOUTH ULCER:

1. Family History: You may be at higher risk of developing mouth ulcers if there is a family history of them.
2. Age: Adolescents and young adults are more likely to get mouth ulcers.
3. Female Sex: Because of hormonal changes, mouth ulcers are more common in women.
4. Poor Oral Hygiene: The chance of getting mouth ulcers can be raised by not brushing and flossing on a regular basis.
5. Smoking: Smoking raises the incidence of mouth ulcers and decreases blood flow to the mouth.
6. Alcohol Use: Drinking too much alcohol raises the chance of developing mouth ulcers.
7. Nutritional Deficiencies: The risk of mouth ulcers might be raised by a lack of vital nutrients such as folic acid, iron, or vitamin B12.
8. Underlying Medical Conditions: A mouth ulcer may be more likely to form if you have diabetes, HIV/AIDS, or an autoimmune disease.

MAIN SYMPTOMS OF MOUTH ULCER :**Pain and Discomfort**

1. Tenderness or pain in the tongue
2. Unease during speaking, eating, or drinking

Physical Characteristics

1. Tiny lesions that are oval, circular, or
2. A crimson border around a white or yellowish centre
3. The tissue around the ulcer that is swollen or inflamed

Additional Symptoms

1. A fever
2. Halitosis, or bad breath
3. A rise in salivation
4. Having trouble swallowing or eating.

Conclusion:

A frequent and uncomfortable ailment, mouth ulcers can have a major negative influence on a person's quality of life. This study showed that aloe vera has the potential to be a safe, all-natural remedy for mouth ulcers. Comparing the Aloe Vera gel group to the control group, the results demonstrated a substantial reduction in mouth ulcer discomfort, size, and healing time.

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