

The Comparison of the Effectiveness of Rose Extract and Diphenhydramine on Aphthous Ulcers in Oral mucosa

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Abstract:

Background & Aim: Recurrent aphthous stomatitis (RAS) has a high prevalence and there is no cure for and all current treatments are symptomatic. One of the drugs prescribed for the symptomatic treatment of these lesions is Diphenhydramine. Its side effects are seen and it is contraindicated in some cases. In this study the effect of soluble plant based oral Rose drop in aphthous ulcers compared with Diphenhydramine.

Materials & Methods: This Double blind clinical trial study were performed with a sample of 100 people (in two groups of 50 people) and two groups were matched according to sex, age, education level, location and number of aphthous lesions, duration of lesions, recent trauma into the oral mucosa, smoking, and burning and pain severity before treatment. Randomly, one group treated with diphenhydramine and the other group was treated with plant drops of rose extracts. Patients' pain severity at the second, fourth and seventh days after treatment were compared. Collected data were analyzed using Mann-U-Whitney.

Results: The severity of pain and burning in the Rose extract treated group in the second, fourth, and seventh days after treatment was respectively, 6.28 ± 1.24 , 4.88 ± 1.42 , 3.20 ± 1.55 . and for the diphenhydramine group in second, fourth and seventh days after treatment was $24/1 \pm 42/6$, $67/1 \pm 4/3$, $29/1 \pm 04/5$. These amounts were not significantly different ($P > 0.05$).

Conclusions: It seems use of two drugs oral rose extract and diphenhydramine had the same therapeutic effects on oral aphthous lesions, and according to the more benefits of rose extract and the less side effect, the use of this drug is recommended to improve oral aphthous lesions.

Keywords: Recurrent Aphthous Stomatitis, Diphenhydramine, Rose Extract