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Antioxidant efficacy of purslane extract in patients with recurrent aphthous stomatitis: A randomized, placebo-controlled, triple-blinded, clinical trial

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Aim: The purpose of this study was to evaluate the effectiveness of purslane in treatment of recurrent aphthous stomatitis (RAS) and also its effect on antioxidant level. This herbal medicine is considered a rich source of antioxidants with anti-inflammatory effects.

Materials & Methods: 50 patients were selected for this randomized triple-blind placebo-controlled trial. All subjects were randomly divided into two groups, one group received purslane (n=25) and another group, placebo (n=25) for three months. Superoxide dismutase (SOD), glutathione peroxidase (GSHPx) and total antioxidant status (TAS) was measured in plasma at baseline and after three months of treatment. Also pain intensity based on the visual analogue scale (VAS), the mean interval between lesion, number of lesions and the mean duration of complete healing at baseline and in month one, two and three were recorded.

Results: A significant decrease in pain intensity in VAS scores was seen after treatment in intervention group ($p<0.001$). The mean duration of complete healing showed significant differences ($P<0.001$) between the two groups. The mean interval between lesion also showed significant differences ($P<0.001$) among intervention group (33.12 days) compared with placebo group (17.88 days). No significant differences were found regarding number of lesions, level of erythrocyte GSHPx, TAS and SOD. No serious side-effects occurred in either of groups.

Conclusions: According to this study, purslane is clinically effective in treatment of RAS although it is unable to change the level of antioxidants.

Biography

Mahsa Mohammadzadeh has completed his General Dentistry at Tehran University of Medical Sciences and now pursuing Post-graduate degree in Orthodontics at Islamic Azad University. He has published more than nine papers in PubMed and ISI journals.

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