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

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

Materials and 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 3 months. Superoxide dismutase (SOD), glutathione peroxidase (GSHPx) and total antioxidant status (TAS) were measured in plasma at baseline and after 3 month 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 1, 2 and 3 were recorded. Statistical analysis was performed by using Mann-Whitney and T-test.

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 lesions also showed significant differences ($P<0.001$) among the intervention group (33.12 days) compared with the placebo group (17.88 days). No significant differences were found regarding the 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 (number of lesions, pain intensity and duration of healing) although it is unable to change the level of antioxidants.

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