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Aloe vera gel as a natural therapy alternative in burning mouth syndrome management

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Objectives: The aim of this study was to evaluate the efficacy of aloe vera (AV) applied in combination with a tongue protector in burning mouth syndrome.

Methods: A total of 75 patients with burning mouth syndrome (BMS) were divided into three groups randomly: Group I (tongue protector three times a day), Group II (tongue protector and 0.5 ml AV at 70% three times a day) and Group III (tongue protector and 0.5 ml placebo three times a day). Symptoms were evaluated by visual analogue scale (VAS), while patient psychological profiles were assessed using the Hospital Anxiety-Depression scale and their quality of life using the Oral Health Impact Profile 49 (OHIP-49). Treatment continued for 3 months.

Results: Visual analogue scale pain values improved for all three study groups but without statistically significant differences between the groups ($P = 0.210$). Regarding quality of life, no significant differences were found between groups with the exception of the OHIP-49 score for handicap. The overall clinical improvement was greater for Group II, with a difference almost reaching significance.

Conclusions: The application of tongue protector and AV can be a useful tool to manage Burning Mouth Syndrome.

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