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Evaluation and comparison of the therapeutic effect of a combination of Diphenhydramine with ALMgs with that of aloe vera gel in treatment of patients with recurrent minor aphthous ulcer

Fahime Keshavarz and Seyedeh Yasamin Khadem

Islamic Azad University, Iran

The present study has been set out to explore and compare the therapeutic effect of a combination of Diphenhydramine with ALMgs with that of aloe vera gel on treatment of minor RAS. The study was a double-blind clinical trial. The study population consisted of 59 RAS participants, of who 30 were females (50.87%) and 29 were males (49.13%). The participants were assigned into three groups, two case groups and one control group. The control group received placebo, the first case group received aloe vera gel and the second one received the combination of diphenhydramine with ALMgs and then the lesion and inflammation diameters of RAS were clinically assessed at days 0, 7 and 14 in addition to daily patients' level of pain based on visual analog scale. The results of the study indicated that in comparison to diphenhydramine with ALMgs, aloe vera more effectively decreased the level of pain and inflammation diameters but no significant effect was reported for it on the reduction of lesion diameters.

s.yasamin.k@gmail.com