

Medicinal Plant Preparations in The Treatment of Diseases Oral Mucosa

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Abstract:

The article presents a literature review about the use of drugs of medicinal plants in medical practice in diseases of the oral mucosa.

Keywords: herbal remedies; applications; combination with chemotherapy.

INTRODUCTION

Many medications are used to treat diseases of the oral mucosa. Their choice depends on the nature of the inflammatory process (acute, exacerbation, chronic), the presence of pain, the type of elements of the lesion, including those with soft tissue defects, and the state of oral hygiene. Establishing and eliminating the causative factor is of great importance. The inflammatory process initiated by pathogenic microflora requires the inclusion of antimicrobial agents in therapy: antiviral, antifungal drugs, antiseptics, and sometimes antibiotics. In complex therapy, painkillers, anti-inflammatory, antiseptic, and keratoplasty agents are used. Immunocorrective drugs began to be used more often.

For the normal functioning of the natural defense mechanisms of oral tissues, natural pharmacy preparations have been used since ancient times. Some of them have long been used in folk medicine, others have come into practice recently, after their laboratory study and testing in the clinic. The ability of medicinal herbal remedies to be absorbed through the mucous membrane, influence metabolic processes, increase protective properties, and normalize homeostasis has been established. Their influence on microflora, changes in its composition and enzymatic activity are also known.

In some cases, with intolerance to drugs of a synthetic nature, herbal medicine is the only way out.

For diseases of the oral mucosa, various dosage forms are used: decoction, infusion, tincture, ointment, herbal paste, herbal cocktail and combinations thereof. The ease of preparing decoctions and infusions from plant materials makes it possible to use them at home. To prepare an infusion, you usually take a spoonful of herbs or brew a collection of herbs in a glass of water, infuse, strain and use for rinsing the mouth. To prepare the decoction, plant materials are infused in cold water, then boiled for 10-15 minutes, cooled and filtered. The decoction and infusion are used not only for rinsing, but also for oral baths. The most effective use of herbal remedies for the inflammatory process.

It is advisable to prescribe herbal medicines that have an antimicrobial effect taking into account the composition of the microflora that caused the inflammation, since some of them have a selective effect. In cases where coccal infection predominates, preference is given to herbal preparations with a bactericidal or bacteriostatic effect on this group of microorganisms; preparations of chamomile, eucalyptus, calendula, plantain, St. John's wort, thyme, and sage have such properties.

Sometimes, along with coccal infection, the inflammatory process is supported by anaerobic microflora, protozoa, which determines the persistent and long-term course of the disease. In such cases, a good therapeutic effect occurs when prescribing a synthetic broad-spectrum antibacterial agent, for example metronidazole. In addition, herbal preparations such as sanviritrin 1% liniment or 0.5% lutenarine are successfully used. The same drugs are effective in the treatment of fusospirochetosis, which plays an important role in the development of necrotizing ulcerative gingivitis and stomatitis. The widespread use of antibiotics, antiseptics, cytostatics, and hormonal drugs in medical practice contributes to the development of dysbiosis of the oral mucosa with a predominance of yeast-like fungi, as well as the emergence of resistant forms of microorganisms to drug therapy. For the treatment of candidiasis, the most effective agents are imidazole and triazole derivatives.

Of the herbal preparations, lutenarine and sanguiritrin have an active effect. Various pathogenic flora resistant to antibiotics and especially staphylococcus are affected by chlorophyll-containing dosage forms and their derivative chlorophyllipt (1% alcohol or 2% oil solution).

A number of diseases of the mucous membrane of the mouth and lips are of a viral nature: acute and chronic recurrent herpes, shingles, chicken pox, lesions caused by cytomegalovirus, herpangina, foot and mouth disease, etc. For their treatment, antiviral drugs are used (acyclovir, valacyclovir, ganciclovir and etc.), and sometimes herbal products (alpizarin, flagoside).

Diseases of the oral mucosa and the red border of the lips, which occur with a violation of the integrity of the epithelium with the formation of erosion or ulcers, require sequential treatment of the affected area, first with anesthetic, then with antiseptic and epithelializing agents. In addition to local anesthetics (2–10% lidocaine solution, xylestesin spray, xylonor spray or gel, etc.), formulations including herbal agents and anesthetic can be used. Thus, “Stomatofit A” contains a complex of herbal remedies and anesthesin (benzocaine), the drug is used to lubricate the affected areas. Kamistad gel containing lidocaine hydrochloride and chamomile flower tincture is proposed for topical use. Thanks to its combined composition, it has analgesic, antiseptic, anti-inflammatory and epithelializing effects. Kamistad gel is applied to the affected area of the mucous membrane for 7–10 minutes, the number of applications is from 3–4 to 6 per day, especially before professional hygiene, meals and sleep.

For antiseptic treatment of the oral mucosa, a 3% solution of hydrogen peroxide and rinses containing an antiseptic are often used: chlorhexidine (Corsodyl, Peridex),

triclosan (Colgate total), hexitidine (President Profi). For rinsing the mouth, infusions and decoctions of medicinal plants (oak, sage, calamus, oregano, calendula, eucalyptus, peppermint, elecampane, yarrow) are also used, which have a deodorizing, anti-inflammatory, and decongestant effect.

An effective method for treating inflammatory diseases and damage to the mucous membrane is President Effect balm with chlorhexidine and extracts of mallow and chamomile.

Rinsing with a decoction, herbal infusion, or elixir is carried out frequently, sometimes after 1–2 hours. They can be combined with oral baths and applications. To stimulate tissue healing, products are used that are of plant origin and have reparative properties, such as sea buckthorn oil, carotoline, Kalanchoe juice and ointment, and aloe liniment. Another anti-inflammatory, antiseptic drug "Maxiderm" (Maxish pharm) is an effective drug for acute stomatitis, aphthous stomatitis, bacterial stomatitis, ulcerative erosive stomatitis.



Diseases of the oral mucosa are usually accompanied by a violation of natural cleansability with the accumulation of plaque and the appearance of an unpleasant, sometimes putrid odor from the mouth. To eliminate these signs, it is necessary to carry out professional hygiene, remove plaque, food debris, necrotic tissue, purulent exudate, and detritus. In order to eliminate halitosis, agents are prescribed that neutralize sulfur- and nitrogen-containing compounds. These can be rinses that contain antiseptics (Corsodyl, Colgate total Plax, Lizopak, Peridex, Reach, President Defense). Oxygenation of the oral cavity with peroxide compounds is important, as well as rinsing with a composition containing sodium bicarbonate.

To restore and maintain biological balance and protect the oral mucosa, herbal remedies with a deodorizing effect are used, namely preparations of mint, calamus root, as well as elixirs "Forest", "Eucalyptus", "Stomatofit". For the same purpose, products from the Air-lift (Biocosmetic) line are recommended, which include spray, drops, toothpaste, rinse, capsules for oral use, as well as chewing gum with olive oil, parsley and mint oils. At home, rinse with decoctions of herbs, celery root, fennel fruits, and take chewable pills with cardamom seeds. For the speedy treatment of the inflammatory process and epithelization of epithelial defects, the basic rules of individual oral care must be followed. When choosing hygiene products, it is necessary to take into account the composition of the toothpaste and rinse aid, as well as the requirements for the toothbrush. Therapeutic and prophylactic toothpastes contain additional components for the treatment and/or prevention of diseases of the oral mucosa. They include preparations from natural raw materials - herbal remedies of chlorophyll, St. John's wort, chamomile, eucalyptus, calamus, yarrow, calendula, juniper, blueberry leaves, nettle, plantain, myrrh, mint, sage. Anti-inflammatory toothpastes include: Lacalut Fitoformula, Lacalut Activ, President Classic, President Activ, President Exclusive, Parodontol with medicinal herbs, Forest Balm, New Pearl 7 herbs, Parodontax, SPLAT Medicinal herbs, Corident Natura, etc.

The plant biologically active substances contained in the listed toothpastes have a bactericidal, anti-inflammatory, astringent and deodorizing effect. In persons with pathology of the oral mucosa and periodontal disease, care should be more thorough. When choosing a toothbrush, you should give preference to a brush with soft fibers (super soft), the diameter of which is from 0.15 to 0.2 mm. In case of significant pain in the mucous membrane, the presence of pathological elements in an acute condition, or an exacerbation of the process after pain relief, teeth are cleaned for several days using a gentle method using a gauze cloth wrapped around a finger. Toothpaste is applied to the surface of the napkin, then the surfaces of all teeth are carefully treated, after which the mouth is rinsed. The mucous membrane is washed with a gauze or cotton swab, and the edge of the gums, interdental spaces with a spray, and periodontal pockets with a syringe. For the listed professional manipulations, infusions and decoctions of herbs recommended for rinsing can be used. The results of treatment largely depend on the quality of oral care. However, self-cleaning of teeth turns out to be insufficient; professional hygiene performed by a dentist or dental hygienist is considered more effective.

It is advisable to treat superficial and deep burns, radiation injuries, trophic ulcers, erosive-ulcerative, desquamative and other damage to the oral mucosa using aerosol therapy. In order to improve epithelization, herbal preparations of oak bark, nettle, St. John's wort, chamomile, rose hips, and plantain are used. In electroaerosol therapy, drug particles are artificially given an electrical charge. In the mechanism of action of aerosols, the pharmacological properties of the drug, the electrical charge of the particles, temperature, humidity, and electrochemical activity play a role. In addition,

medicinal mixtures are produced in aerosol cans for the treatment of dental diseases. Combination formulations sometimes include herbal remedies that have analgesic and epithelializing effects (Ingalipt, Olazol).

In the treatment plan for diseases of the oral mucosa, according to indications, medications are introduced for a general effect on the body: vitamins, sedatives, adaptogens, biostimulants, antioxidants. Among the general therapy medicines there are herbal preparations. Tinctures of peony, valerian, and motherwort are widely used as a sedative.

The role of vitamins in the pathogenesis of diseases of the oral mucosa is known, therefore the prescription of not only multivitamin preparations, but also vitamin-containing tea prepared from rose hips, black currants, and nettle leaves is justified.

Adaptogens, biostimulants, immunocorrectors increase the functional state of organs and systems, improve the body's nonspecific resistance, normalize metabolic processes, nervous status, and increase physical and mental performance. According to indications, ginseng, eleutherococcus, Chinese lemongrass, radiola rosea, leuzea, saparal, aloe, etc. may be recommended.

Conclusion

Thus, successful treatment of diseases of the oral mucosa is determined by a differentiated approach in the selection of methods and means. Their arsenal is greatly expanded through the use of natural pharmacy medicines. Herbal preparations are used both independently and in combination with chemotherapy. The possibility of using herbal medicine in dental practice is very promising.

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