

Vibha Singh

King George Medical University, India

Evaluation of Herbal Preparation in Management of Oral Submucous Fibrosis

Oral sub mucous fibrosis is a chronic debilitating disease and a well recognised potentially premalignant condition of the oral cavity, various medical and surgical modalities have been used but results are not satisfactory owing to recurrence, adverse effects and some worsening condition. Thus analyzing the disease condition, OSMF can be considered as Vata Pitta dominant Tridoshaja chronic Sarvasara Mukharoga (disease affecting the whole oral cavity) and it is obvious that it needs to be treated at local as well as systemic level.

Aims/Objectives:

Primary

- To evaluate the role of a herbal preparation in the Grade I and Grade II and recalcitrant cases of oral submucous fibrosis and its consequent improvement in trismus and mouth opening and reduction in burning sensation.

Secondary

- To assess the changes in the levels of serum IL-6 and serum antioxidants after administration of the preparation both topically and systemically.

Methods: The study comprised of minimum 30 patients having OSMF aged from 16 and upto 60 years attending the OPD of Department of Oral and Maxillofacial Surgery, Faculty of Dental Sciences, King George's Medical University, Lucknow.

The patients were enrolled in the study irrespective of sex, caste and creed. An informed consent was taken from the patient.

It was an open-label randomized clinical trial comprising of holistic Ayurvedic approach a clinical trial comprised of 30 patients of clinically diagnosed cases of OSMF. Herbal preparation was made and given to the patients for oral rinse and gargle for 3-5 minutes twice a day for 4 months.

Results/Findings: Clinical evaluation was done every 15 days. Pre and post interventional evaluation of biochemical parameter, serum antioxidant, IL6 was done, there was marked improvement in clinical as well as biochemical parameters.

Conclusions: The herbal preparations are very effective in management of early stage of submucous fibrosis as well for the prevention of the submucous fibrosis which is very common in our country and potential pre malignant lesion.