

A Review of Herbs Useful in Treatment of Mouth Ulcer

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Abstract: Mouth ulcers, also known as aphthous stomatitis or canker sores, are painful, recurrent lesions of the oral mucosa that significantly affect quality of life. Conventional treatments include topical corticosteroids, analgesics, and antiseptic mouthwashes, but these approaches often provide only symptomatic relief and may cause adverse effects upon long-term use. Herbal medicines have gained attention as effective, safe, and affordable alternatives due to their anti-inflammatory, antioxidant, antimicrobial, analgesic, and wound-healing properties. This review evaluates 25 recent studies on herbal approaches for the treatment of mouth ulcers, focusing on Aloe vera, Curcuma longa (turmeric), Glycyrrhiza glabra (licorice), Punica granatum (pomegranate), Allium sativum (garlic/allicin), and polyherbal formulations. Results indicate that herbal therapies significantly reduce ulcer size, pain, and healing time compared to placebo and are comparable to conventional therapies with fewer side effects.

Keywords: Mouth ulcer; Recurrent aphthous stomatitis; Herbal medicine; Aloe vera; Curcumin; Licorice; Pomegranate; Allicin; Polyherbal formulations

