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Aloe vera in the management of oro-mucosal diseases

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Various disorders affect the oral mucosa, some of which are exclusive to the oral cavity and others are oral manifestations of systemic disorders. Many of these disorders are recalcitrant to routine medications. Some of these disorders such as lichen planus, aphthous stomatitis and radiation induced mucositis can be effectively managed with natural products such as Aloe Vera.

Oral lichen planus (OLP) is a chronic inflammatory mucocutaneous disease characterized by outbreaks and flares. It affects approximately 0.2-1.9% of the population. Though the exact etiology is unknown, it is considered as an immune mediated disorder with epithelial damage. OLP is also considered as a potentially malignant disorder with malignant transformation rate of 0.4-5%.

Several topical and systemic treatments are available for patients with OLP, however there is no fully resolutive and effective treatment. Presently the first line of treatment is the use of topical and systemic corticosteroids, followed by immunomodulatory drugs. The main inconvenience of these treatments is represented by side effects they usually produce such as fungal infection, adrenal suppression, burning sensation and xerostomia.

We have extensively studied the clinical benefits of Aloe-Vera in various oromucosal diseases and this presentation will highlight the beneficial effects of Aloe Vera to manage oral lichen planus and also explore its potential role in managing other oro-mucosal diseases.

Biography

Ravikiran Ongole earned his Master's Degree in Oral Medicine and Radiology Manipal University, India in 2002. He is presently working as Professor and PhD Guide at Manipal College of Dental Sciences, Mangalore, India. He has edited and authored 2 text books and authored over 30 papers in reputed journals. He has worked on projects related to oral cancer funded by Department of Science and Technology, Government of India. He is presently working on a collaborative research project using Mobile Technology for Cancer Screening in association with John Hopkins Hospital and Boston University, USA. He has guided over 10 dissertations for the award of Master's Degree and presently guiding over 15 research studies. He has presented various scientific papers and has delivered guest lectures. He was awarded the good teacher award by the University in 2012 and won an award for his innovation to improve diagnostic radiography. He is one of the panelists of the curriculum board for the Indian Academy of Oral Medicine and Radiology.

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