

USE OF ALOE VERA AND HONEY ON POST EXTRACTION HEALING

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ABSTRACT:

Use of natural products in the prevention and treatment of oral conditions could be of benefit to low socio economic level in urban and rural communities. Many side effects associated with conventional drug regime has been averted by using herbal products on oral tissues. Among currently available herbals most popular and currently receiving a lot of scientific attention is Aloe vera and Honey. Honey having an effective antibacterial potential to combat oral pathogen both gram positive and gram negative micro organisms while as Aloe vera enhances defence mechanisms, combat periodontal diseases.

Keywords: aloe vera, honey, healing socket.

INTRODUCTION:

The Herbal Medicines are drugs of plant origin and are referred to as alternative Medicine. Natural products have been used for several years in folk medicine. Over the last decade herbal medications in both prophylaxis and treatment of various diseases turned to be a popular form of therapy throughout the world. Currently available products are honey and aloe vera.

Honey is defined as sweet liquid substance produced by bees from nectar gathered from flowers and stores by them for food.⁽¹⁻³⁾



Rinsing mouth with a mixture of fresh aloe vera gel, honey and water

In 50AD Dioscorides described honey as being "good for all rotten and hollow ulcers".



Aloe vera heal the dead tissues in the mouth

On the other hand Aloe vera derives from the Arabic word "Alloeh" meaning "shining bitter substance" while "vera" in Latin means "true". The parenchymal tissue making up the inner portion of aloe leaves produces the Aloe vera gel (mucilage) clear, thin, tasteless, jelly like material. This tissue is recovered from the leaf by separating the gel from the inner cellular debris.⁽⁴⁾

Aloe vera is potent anti inflammatory agent it inhabits cyclo-oxygenase pathway and reduces prostaglandin E2 production from arachidonic acid.

Healing potential was assessed using the standardised index by Landry,Turnbull and Howley scores:

1.HEALING INDEX 1:

Very poor has two or more of the following:

Tissue colour \geq 50% of gingiva red

Response to palpation:bleeding

Granulation tissue:present

Incision margin:not epithelized

Suppuration present.

2.HEALING INDEX 2:Poor

Tissue colour \geq 50% gingiva red

Response to palpation:bleeding

Granulation tissue:present

Incision margin: not epithelized with connective tissue exposed.

3.HEALING INDEX 3:Good

Tissue colour \geq 25% and $<$ 50% of gingiva red.

Response to palpation:no bleeding

Granulation tissue none.

Incision margin: no connective tissue exposed.

4.HEALING INDEX 4: Very Good

Tissue colour $<$ 25% of gingiva red

Response to palpation:no bleeding

Granulation tissue none

Incision margin:no connective tissue exposed.

5.HEALING INDEX 5:Excellent

Tissue colour:all tissue pink

Response to palpation: no bleeding

Granulation tissue:none

Incision margin: no connective tissue exposed.⁽⁵⁾



Healing potential of aloe vera is due to three main factors:

- 1.Inhibition of pain and inflammation.
- 2.Stimulation of fibroblasts to functionally produce collagen and proteoglycans.
- 3.Increased wound tensile strength.⁽⁶⁾

Aloe vera contains amino acids such as phenylalanine and tryptophan that have anti inflammatory activity. The salicylic acid in Aloe prevent the bio synthesis of prostaglandins from arachidonic acid.This explains how aloe vera reduces vasodialation and decreases the vascular

effects of histamine,serotonin and other mediators of inflammation.^(7,8)

Application of honey to wounds might help prevent infection and possibly speed healing.⁽⁹⁾

Honey is thought to work primarily through its high sugar content,which directly kills micro organisms.^(10,11)



CONCLUSION:

It may be concluded that aloe vera is safe and natural and is a friendly alternative adjuvant that might be feasible to promote wound healing.Application of topical honey improved healing time compared to saline guaze and silver sulfadiazine with skin ulcers or burns.

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