



Opinion

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The effective treatment therapy of oral ulcers by traditional medicine: A prospective science opinion

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ABSTRACT

Based on our knowledge and actual survey results in control and experiment of treatment therapy of oral ulcer disease causing by toxic heat, which is one of the most popular oral ulcer diseases, by complementary/alternative medicine and especially the consumption of herbs. we briefly dialectic and recommend on treatment strategy of this disease by suggested herbal medicine prescription. This work may be helpful to give insight knowledge of the oral ulcer treatment to practitioners, consumers and clinicians.

Keywords: Oral ulcer, Treatment therapy, Stress, Body internal heat.

INTRODUCTION

Oral ulcer is a common oral mucosal disease with high incidence [5, 12]. The main features are periodic onset with swelling pain, and ulcer tissue is susceptible to infection, leading to inflammation and tissue necrosis [12]. The accurate definitive diagnosis of the causes to oral ulcer is the first important action. There are etiologies leading to oral ulcer. The principal causes of oral ulceration are trauma, systemic disorders, recurrent aphthous stomatitis, microbial infections, mucocutaneous diseases, squamous cell carcinoma and site effects of drug [4]; Immune disorders and bacterial infection [7]; Viral oral ulcers are popular presentations in pediatric clinics [6]; Sleep insufficiency has been stated to be associated with some oral health problems [1]; Microbial infections that may cause oral ulceration include syphilis, tuberculosis, leprosy, actinomycosis and fungal or viral diseases [2, 3, 9]. In this work range, the treatment therapy of oral ulcer cases causing by toxic heat (hot spleen) or body internal heat is argued that treatment efficacy of herbal medicine more than wester medicine. Our knowledge and survey results revealed that oral ulcer disease usually presents in patients with sleep deficiency, anxiety, stress and stomach ulcer. According to Traditional Vietnamese Medicine (TVM), the prescription strategy includes heat-clearing, detoxifying and anti-inflammatory, which was also reported by former studies [4, 8]. In this work, authors recommend some other prescription strategies of blood tonic, sedative and reducing anxiety, which could indicate knowledge gaps for future research and potential clinical implications, which is important for the practice of the treatment therapy of oral ulcer disease.

RECOMMENDED FOR PRESCRIPTION STRATEGY OF TREATMENT THERAPY

According to TVM theory, the development of oral ulcer is associated with toxic heat (hot spleen) or body internal heat. The herbal prescription strategy is based on accurate definitive diagnosis of the causes to disease. Herbs including *Lonicera japonica* Thunb, *Forsythia suspensa* (Thunb.) Martin Vahl and *Anemarrhena asphodeloides* Bunge have the effect of heat-clearing and detoxifying. Their similar functions also was reported under Shuangjinlian mixture [8]. *Scrophularia buergeriana* Miq. and *Pophora subproslata* Chu et T. Chen fast effect painful swelling gum. Especially in clinical treatment experience of Vietnamese Traditional Medicine, *Scrophularia buergeriana* Miq. is very useful in the case of sore throat pimples. This herb has been used for the treatment of pharyngolaryngitis [10]. *Scutellaria baicalensis* Huds and *Scutellaria barbata* Wall. have the effect of anti-inflammatory. The dried root of *Scutellaria baicalensis* Huds has a long history of medicinal use for the therapy of inflammatory treatment [11]. Herbal formulas and gredients were used orally in Table 1. Oral ulcer patients are instructed to take the herbal decoction one dose daily, half in the morning and half in the afternoon after every meals.

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Table 1: Herb formula and ingredients for the treatment of oral ulcer

No	Formula and ingredients		
	Science name	Weight	Function
1	<i>Lonicera japonica</i> Thunb.	15 gram	Heat-clearing and detoxifying
2	<i>Forsythia suspensa</i> (Thunb.) Martin Vahl	12 gram	
3	<i>Anemarrhena asphodeloides</i> Bunge	6 gram	
4	<i>Scrophularia buergeriana</i> Miq.	15 gram	Reducing painful swelling gum, burning
5	<i>Pophora subprosrlata</i> Chu et T. Chen	9 gram	
6	<i>Eclipta alba</i> Hassk	10 gram	Blood tonic
7	<i>Rehmannia glutinosa</i> (Gaertn.) Libosch. Ex Fisch. & Mey.	15 gram	
8	<i>Ophiopogon japonicus</i> (L.f.) Ker Gawl	12 gram	Enhancing new body fluids, dry mouth and tongue
9	<i>Asparagus cochinchinensis</i> (Lour.) Merr.	12 gram	
10	<i>Dendrobium officinale</i> Kimura et Migo	8 gram	
11	<i>Trichosanthes kirilowii</i> Maxim	12 gram	
12	<i>Scutellaria baicalensis</i> Huds	12 gram	
13	<i>Scutellaria barbata</i> Wall.	12 gram	Anti-inflammatory
14	<i>Lotus flower</i>	8 gram	
15	<i>Passiflora foetida</i> L.	12 gram	Sedative, reducing anxiety

CONCLUSION

In conclusion, it could be argued that herbal prescription strategy needs to ensure the combination of heat-clearing and detoxifying, reducing painful swelling gum, blood tonic, enhancing new body fluids, dry mouth and tongue, anti-inflammatory, sedative and reducing anxiety, which will be useful in preventing oral ulcer disease in both acute and chronic stages. Authors believe that medical resistance phenomenon is difficult likely when consuming for long time. Future experimental studies to determine the definitive mechanism and clinical trials should be carried out more to firm evidence.

Conflict of Interest

None declared.

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