

Herbal remedies and natural approaches for the treatment of mouth ulcers: A review

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Abstract

Mouth ulcers, also known as oral ulcers or recurrent aphthous stomatitis (RAS), are common lesions affecting the oral mucosa, characterized by pain, inflammation, and recurrence. Their etiology is multifactorial, involving genetic predisposition, nutritional deficiencies, stress, trauma, immune disorders, and microbial factors. Conventional treatments such as corticosteroids, antiseptics, and analgesics provide symptomatic relief but are often associated with adverse effects and recurrence. This review focuses on the potential of herbal remedies as safe and effective alternatives for the management of mouth ulcers. Various medicinal plants including *Hibiscus rosa-sinensis*, *Glycyrrhiza glabra*, *Psidium guajava*, *Aloe vera*, *Curcuma longa*, *Azadirachta indica*, and others have demonstrated significant anti-inflammatory, antimicrobial, antioxidant, and wound-healing properties. The article also highlights *in vitro* and *in vivo* studies supporting the efficacy of these herbal agents in promoting mucosal healing and reducing ulcer severity. Additionally, the advantages of herbal medicines such as safety, cost-effectiveness, and accessibility are discussed. Overall, herbal approaches offer promising therapeutic potential for the treatment and management of oral ulcers with minimal side effects.

Keywords: Mouth ulcer, Recurrent aphthous stomatitis (RAS), Herbal remedies, Anti-inflammatory, Wound healing, Phytochemicals

Introduction of...