ABSTRACT

Background: People are still using traditional medicine especially herbal medication, and the trend is increasing. One of them is the use of "Aloe vera" infused inside a mouthwash solution which is beneficial for gingivitis patients as it has antibacterial and antiinflammatory properties. Several studies have shown that "Aloe vera" has many substances, such as tannin, fenol, flavonoid as antibacterial, and asam salisilat an alocin A as antiinflammatory. Methods: 15 gingivitis patients were instructed to gargle using the solution that were given twice a day for 30 seconds in about 5 days. Result: This research uses gingival index to measure the results. Gingival index of the patient was measured on the 1st, 3rd and on the 5th day. The average gingival index of the "aloe vera" group is (1,593) on the 1st day, (1,227) on the 3rd day and (0,933) on the 5th day. By comparing this results using a Paired T-test, then the result that there is meaningful reduction between day 1 with day 3, day 1 with day 5, and day 3 with day 5. Conclusion: 12.5% "Aloe vera" extract mouthwash has proven to be an effective and beneficial herbal product that can be used in gingivitis patients.

Keyword: Aloe vera, mouthwash, gingivitis