THE DIFFERENCE IN CLINICAL RECOVERY TIME BETWEEN BETEL LEAF EXTRACT OINTMENT 35% AND POVIDONE IODINE OINTMENT 1% FOR TREATMENT OF RECCURENT APHTHOUS STOMATITIS

ABSTRACT

Background. Recurrent Aphtous Stomatitis is a disease characterized by recurent ulcers and limited to the oral mucosa of patients without other sistemic disease. Specific treatment for RAS is also uncertain. Until now, treatment of RAS is only treat the symptom, reduce inflammation and accelerate healing. Povidone iodine 1% has been known as an antiseptic and standard therapy for treatment of RAS. Betel leaf (Piper betel linn) is a medicinal plant that have many benefit and widely used. Previous studies showed that betel leaf extract 35% have a high antibacterial effects agains bacteria in RAS, has no toxic effect and doen not cause allergies in humans. In addition, previous studies also showed that the betel leaf extract ointment 35% can promote wound healing in animal. Betel leaf extract ointment 35% have active ingredients such as antibacterial, analgesic, antioxidant, astringent that can help accelerate the healing proccess of the RAS.

Purpose. To prove there is difference in clinical recovery time between betel leaf extract 35% ointment and povidone iodine 1% for treatment of RAS.

Material and Methods. 7 samples of RAS patients that suit with criteria of sample treated with betel leaf extract ointment 35% and the recovery time (in days) was observed, calculated from the first treatment, and compared with 7 samples as a control groups of RAS patients who were treated with povidone iodine 1%. To analyze data, the data was tested with One sample kolmogorov smirnov test and independent T-test.

Result. There is significant difference between each group, p=0,000 (p<0,05).

Conclusion. The recovery time of SAR that treated with betel leaf extract Ointment 35% is more quick than treated with povidon iodine 1%. Mean of RAS recovery time that treated with betel leaf extract ointment 35% are 3 days, and povidone iodine 1% are 6 days.

Keyword: Betel leaf extract, Povidone iodine, Stomatitis Aftosa Reccurent