

TREATMENT OF ORAL STOMATITIS DISEASES AT HOME USING FOLK MEDICINE METHODS

Rasulova Mohigul Matyakub qizi

Bukhara State Medical Institute named after Abu Ali ibn Sino

ANNOTATION

Stomatitis (Greek: stoma - mouth, itis - inflammation) is an inflammation of the mucous membrane of the oral cavity. It can occur as an independent disease and also be a sign of other diseases (measles, rubella, flu, candidiasis). Regardless of which part of the oral cavity stomatitis occurs, the mucous membrane reddens, the surrounding tissue swells, becomes swollen, the lymph glands under the jaw enlarge, and in some cases it can be accompanied by general weakness.

Stomatitis is an inflammation of the mucous epithelial layer of the oral cavity. Usually, stomatitis is a disease associated with childhood. However, nowadays this disease is observed more and more in adults.

Inflammation can often be found on the lips, cheeks, and inner surface of the palate. Sometimes stomatitis is observed under the tongue. The causes of the development of the disease are the negative effects of the environment and the weakening of the body's immune capabilities.

What can be used to treat mouth ulcers at home?

- Take 15-20 grams of chamomile flowers, infuse it in a glass of water, add 4 grams of boric acid and rinse your mouth as an antiseptic.
- Mix 3 cloves of garlic with a tablespoon of yogurt and keep it in your mouth. There will be pain at the beginning. Treatment is carried out 3 times a day until the patient recovers.
- Put 2 tablespoons of sorghum herb in a glass jar and pour 2 glasses of water over it. It is boiled for 15 minutes on low heat with the mouth closed, then it is left to rest for 15 minutes. If you take it and rinse your mouth, it cures stomatitis, gingivitis, tozilitis.
- Apple cider vinegar

Mix a teaspoon of apple cider vinegar in a glass of water and rinse your mouth with the solution for 30 seconds to a minute. Then rinse your mouth with plain water.

Licorice root

Licorice root can be preferred to treat inflammation in the mouth. You can make tea from licorice root and rinse your mouth.

- Kiwi

Kiwi is an antioxidant fruit. You can eat kiwi to treat inflammation in the mouth.

- Jambil

Take a bunch of jambil in your mouth and chew it well.

- Black mulberry

Black mulberry itself or its juice can be drunk or applied to the wound.

- Pepper bead

Chewing peppercorns is effective in treating mouth ulcers.

Vitamin deficiency

Lack of iron, folic acid, vitamin B12 can cause aphthous stomatitis. Taking vitamin supplements can reduce the frequency of canker sores and boost your immune system.

- Coconut oil

Coconut oil fights some harmful types of bacteria in the mouth. Gargling with a tablespoon of coconut oil is effective. Research shows that daily rinsing with coconut oil can help prevent aphthous stomatitis.

- Lemon

Regularly rinsing the mouth with lemon juice is effective in disinfecting mouth ulcers.

- Parsley

Chewing parsley leaves is effective in treating mouth ulcers.

- Salt water

Rinsing the mouth with lukewarm water helps to dry aphthous stomatitis. It is recommended to dissolve a teaspoon of salt in half a glass of warm water and rinse your mouth for 15-30 seconds. If necessary, it can be repeated after a few hours.

- Clove oil

Aphthous stomatitis sores can be painful and clove oil can relieve the pain. Clove oil was also used in ancient times to treat toothache. Research shows that oral gel made from clove oil reduces pain when applied to mouth sores.

Since the causes of stomatitis are different, their treatment also depends on it.

The main thing in the treatment of stomatitis is anesthesia. For this, you need ibuprofen or paracetamol - these are the most affordable and common drugs.

Ice cream has a good analgesic effect in stomatitis. This may sound strange, because we have always been taught to warm the painful area: the cold, soft consistency and pleasant taste will help ease the pain of the oral cavity.

There are local anesthetics - lidocaine gels. However, they should be used with caution: such tools can be used only for adults, and for children and babies, they are dangerous. Their effect is temporary, but if a child swallows a large amount of gel, it can cause heart rhythm disturbances.

Do not forget about the diet: do not "torment" the painful oral cavity with hot, spicy or sour foods.

. Preventive measures

Preventive measures include:

- performing oral hygiene care;
- timely treatment of tooth and gum diseases;
- healthy eating;
- taking vitamins of groups a, B, E;
- stop smoking, drinking alcohol;
- increase immunity

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