

Turmeric – A new treatment option for patients with lichen planus

OVERVIEW

Lichen planus, a chronic inflammatory disease, is a relatively common disorder seen in practice. The condition affects mucosal and cutaneous tissue, with the oral form seen more frequently than the cutaneous one; the former – i.e., the oral lichen planus – also tends to be more resistant to treatment.

The pathogenesis of lichen planus remains to be completely known, but is believed to involve an abnormal T cell mediated immune response wherein basal epithelial cells are recognized as foreign owing to the change in the antigenicity of their cell surface. Plaque and calculus deposits have been observed to be associated with a significantly higher incidence of erythematous and erosive gingival oral lichen planus.

Clinically, the condition is often asymptomatic; though the atrophic erosive form can result in wide-ranging symptoms, such as burning sensation to severe pain, interfering with speaking, eating and swallowing, thereby making patients seek treatment. Besides, studies have also reported psychological impact of oral lichen planus, in form of resultant higher levels of anxiety and depression.

Good oral hygiene is deemed essential and can enhance healing in patients affected with oral lichen planus. For management of the symptomatic form, several treatment regimens have been designed, but long-term and permanent cure is often not possible.

Turmeric, also called Haldi in Hindi, has been used in Asian Medicine since the time immemorial owing to a number of medicinal properties, reference of which is seen in many traditional systems of the medicine. Turmeric and its ingredients (curcumin) have been found to inhibit many disease processes through their anti-inflammatory, antioxidant and immune-modulatory properties, and are also being studied as chemo-preventive agent that inhibits development of oral cancer.

Based on this background, Singh and colleagues undertook a study to evaluate effect of curcumin in patients with oral lichen planus; excerpts from which are given here.

TURMERIC AND ITS INGREDIENTS (CURCUMIN) HAVE BEEN FOUND TO INHIBIT MANY DISEASE PROCESSES THROUGH THEIR ANTI-INFLAMMATORY, ANTIOXIDANT AND IMMUNE-MODULATORY PROPERTIES

AIM

A pilot study to investigate the role of curcumin as an alternative means of treatment for oral lichen planus.

METHODS

The study included 10 patients, clinically diagnosed and histopathologically confirmed as having oral lichen planus. The extract of turmeric was used for local application twice/day for a period of three months. Patients' exclusion criteria included those having systemic disease, drugs consumption, and pregnancy. Patients were instructed to report after every 15th day for evaluation of clinical signs and symptoms, and to collect the formulation. Response rate was defined based on changes in the appearance score, pain score [visual analogue score (VAS)] and lesion before and after treatment.

**SIGNIFICANT IMPROVEMENT
WAS OBSERVED IN THE CLINICAL
SYMPTOMS OF THE PATIENTS**

RESULTS

Significant improvement was observed in the clinical symptoms of the patients (Figures 1-3). Especially, the treatment was well-tolerated, and no adverse reaction was observed.

FIGURE 1

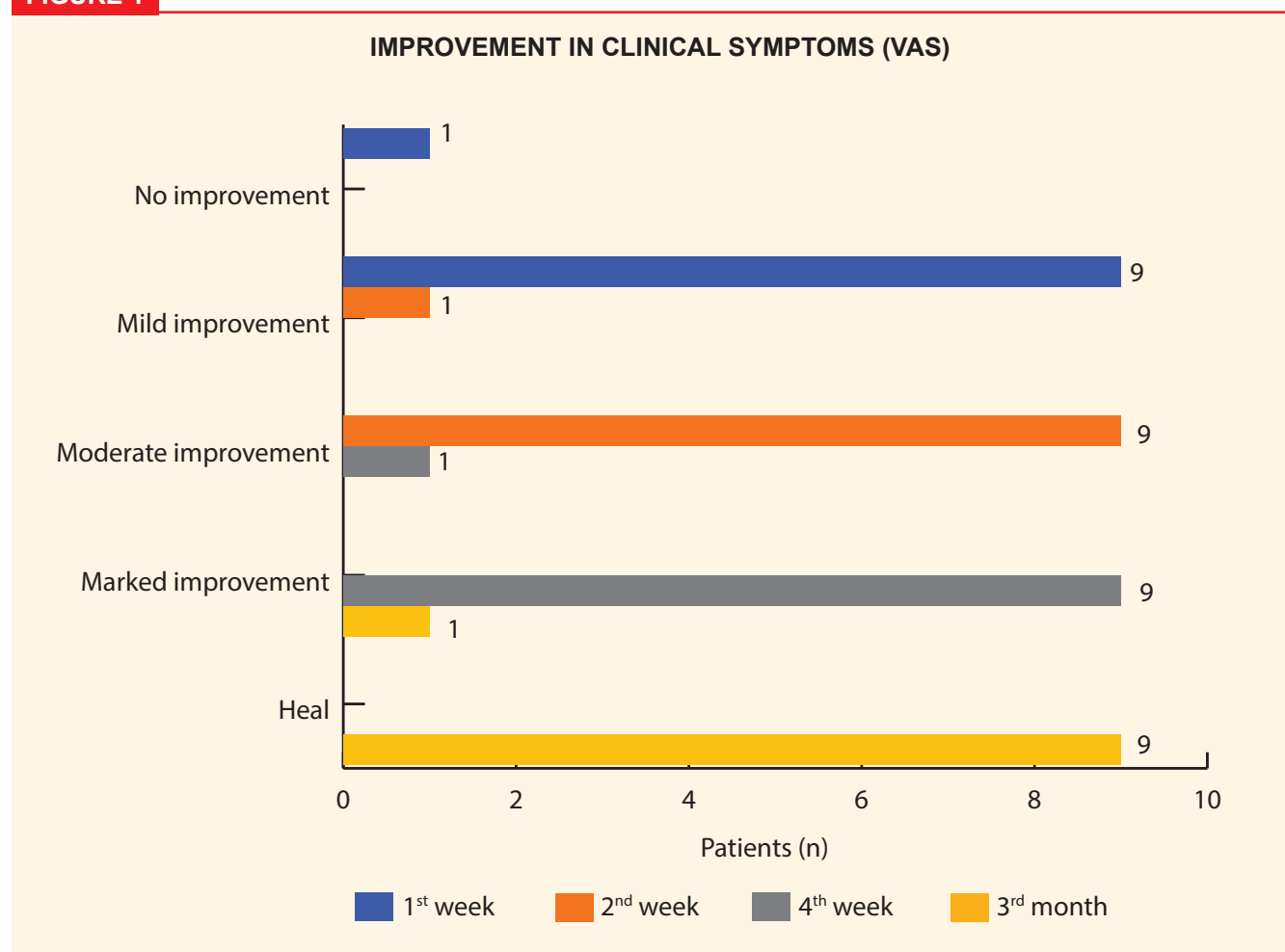
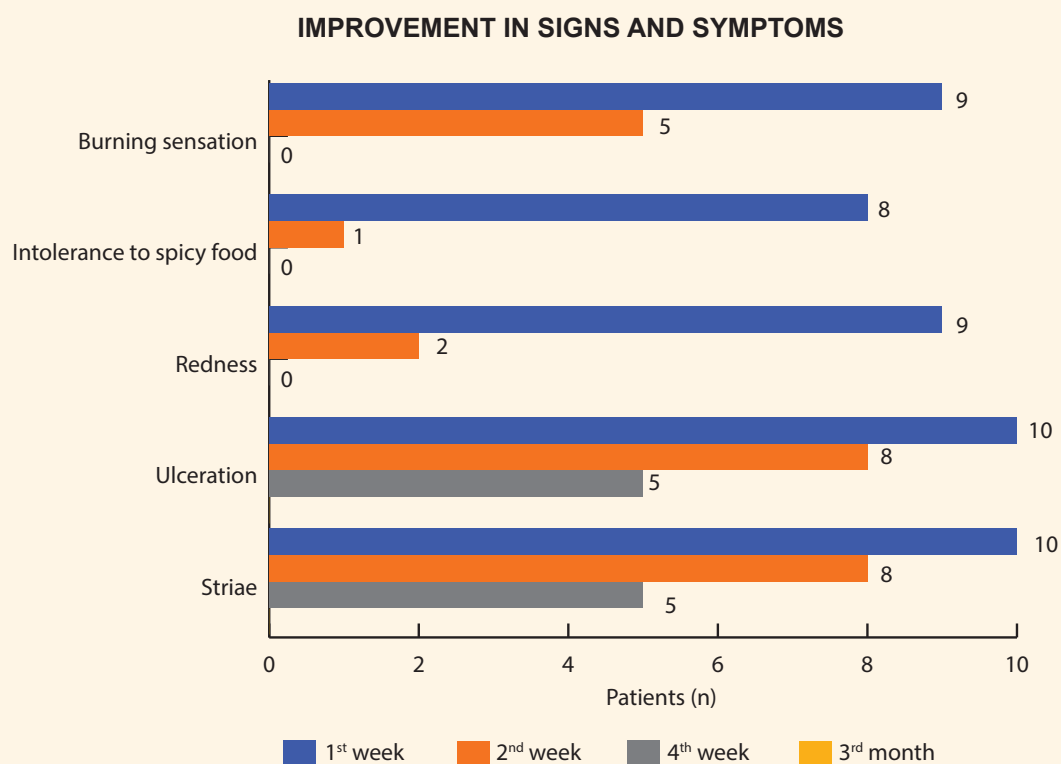
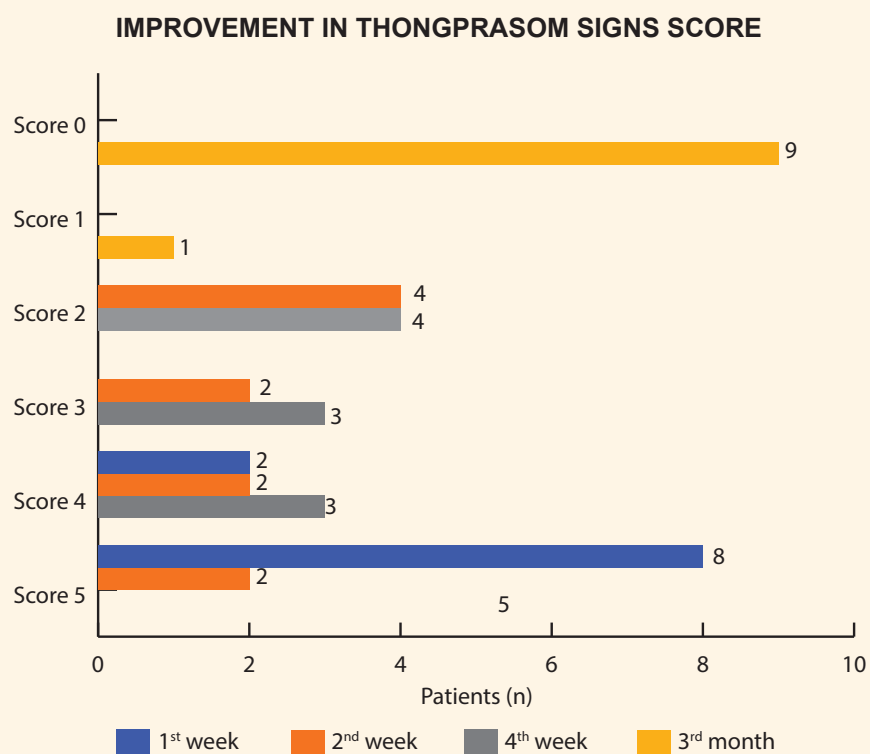


FIGURE 2**FIGURE 3**

CONCLUSION

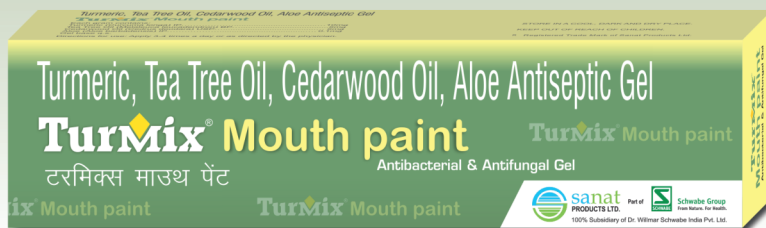
Curcumin exhibits anti-inflammatory, antimicrobial, antioxidant and immunomodulatory activities, and appears a promising alternative treatment for oral lichen planus, with no or minimal side-effects.

Source: Singh V, Pal M, Gupta S, Tiwari Sk, Malkunje L, Das S. Turmeric - A new treatment option for lichen planus: A pilot study. *Natl J Maxillofac Surg* 2013;4:198-201.

Turmeric, Tea Tree Oil, Cedarwood Oil, Aloe Antiseptic Gel **TurMix[®] Mouth paint**

Antibacterial & Antifungal Gel

Healing Power of Nature
Well Presented & Documented



- **ANTI-MICROBIAL**
- **ANTI-OXIDANT**
- **ANTI-INFLAMMATORY**



From Nature.
For Health.

.....Heals Effectively