



TREATMENT OF STOMATITIS OF THE ORAL CAVITY AT HOME

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ABSTRACT

Stomatitis is an inflammation of the muco-epithelial layer of the oral cavity. Usually, stomatitis is a disease associated with childhood. However, at present, this disease is increasingly observed in adults.

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

Stomatitis (Greek stoma - mouth, itis - inflammation) is an inflammation of the oral mucosa. It can occur as an independent disease, as well as be a sign of other diseases (measles, rubella, influenza, candidiasis). Regardless of which part of the oral cavity stomatitis occurs, the mucous membrane turns red, the surrounding tissues swell, become swollen, the lymph nodes under the jaw increase, and in some cases may be accompanied by general weakness.

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There are catarrhal, ulcerative, necrotic and aphthous types of stomatitis. As a result of aversion to certain medicinal substances, as well as due to exposure to chemicals, medicamentous C., traumatic C. occurs as a result of injuries to the oral mucosa with sharp cutting objects, the edges of a rotten tooth, an improperly installed denture; In infants, there is a form of Bednar's aphthae (infantile aphtha) traumatic C. In order to prevent C. it is necessary to treat caries and general diseases of the body in a timely manner, to eliminate factors that cause inflammation of the mucous membrane.

How can mouth ulcers be treated at home?

- Take 15-20 g of chamomile flowers, insist in a glass of water, add 4 g of boric acid and rinse your mouth as an antiseptic.
- Mix 3 cloves of garlic with a tablespoon of yogurt and keep in your mouth. In the beginning, there will be pain. Treatment is carried out 3 times a day until the patient recovers.
- Put 2 tablespoons of sorghum herb in a glass jar and cover with 2 cups of water. Boil for 15 minutes over low heat with your mouth closed, then leave for 15 minutes. If you take and rinse your mouth, it treats stomatitis, gingivitis, tonsillitis.
- Apple cider vinegar

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





Licorice root

Licorice root may be preferred to treat inflammation in the mouth. From licorice root, you can brew tea and rinse your mouth with it.

- Kiwi

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

- Jumbil

Take a bunch of jam in your mouth and chew well.

- Black mulberry

The 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 incidence of ulcers and boost your immune system.

- Coconut oil

Coconut oil fights some harmful types of bacteria in the mouth. Gargle effectively with a tablespoon of coconut oil. Studies show that rinsing your mouth daily with coconut oil can help prevent aphthous stomatitis.

- Lemon

Regular rinsing of the mouth with lemon juice effectively disinfects mouth ulcers.

- Parsley

Chewing parsley leaves is effective in treating mouth ulcers.

- Salt water

Rinsing your mouth with warm water helps dry out 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.

Nail oil

Canker sores in canker sores can be painful, and clove oil can relieve pain. Clove oil was also used in ancient times to treat toothache. Studies show that oral gel made from clove oil reduces pain when applied to mouth ulcers.

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

The main thing in the treatment of stomatitis is pain relief. To do this, you will need ibuprofen or paracetamol - these are the most affordable and common drugs.

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

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





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

. Preventive measures

Preventive measures include:

- oral care;
- timely treatment of diseases of the teeth and gums;
- healthy eating;
- intake of vitamins A, B, E;
- stop smoking, drinking alcohol;
- increase immunity

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