

The miracle of honey in treatment of some oral lesions. Aclinical Report of 50 cases

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Honey was mentioned in the Holy Quran more than 1400 years ago that wherein is healing for people. In recent years, there has been a renewed interest in the study of honey composition and biological properties. The effect of honey in treatment and prevention of numerous diseases such as respiratory, urinary, gastrointestinal as well as skin diseases (ulcers, wounds, eczema, psoriasis and dandruff) has been documented.

It was found that topical application of honey causes faster elimination of bacterial infection, hence, reduces the use of antibiotics. It also accelerates wound healing and stimulates tissue regeneration. In addition, it inhibits the growth of various strains of human pathogenic bacteria and candida albicans. The aim of this pilot study was to observe and evaluate the clinical efficacy of topical application of bee -honey in the treatment of some common oral lesions.

Materials and Methods: A total number of 50 patients, distributing as follows: 19 with recurrent aphthous ulcer, 5 with recurrent herpes labialis, 2 recurrent intraoral herpes, 18 with atrophic/ erosive lichen planus, 4 with candidiasis and 2 with oral psoriasis were treated with topical application of honey using sterile cotton applicator four times daily until complete resolution of the lesion.

Results: There was a clinical resolution in all treated lesions (and for a long term follow up), but the length of time elapsed was different for various lesions. It has been noticed that acceleration of healing was coupled with fewer days of pain or discomfort.

Conclusion: Topical application of bee-honey seems to be very effective in treatment of oral lesions. Some of such conditions are routinely treated with cortisone therapy, with its documented side effects in long term use and also the possibility of recurrence of the lesion and re-use of cortisone therapy. In spite of considerable limitations of the present study including small number of participants, simple method of scoring, the results obtained provide evidence to justify proceeding to a definitive randomized trial. Further studies are needed to substantiate the results of this study in progress.