

## A pilot study based on role of herbal preparation in the management of Oral Precancerous Lesions

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### Abstract

Oral sub-mucosa Fibrosis is an insidious chronic disease affecting any part of the oral cavity and sometimes pharynx. It is occasionally preceded and or associated with vesicle formation. Tobacco Pouch Keratosis is white plaque like lesion present in the mucosa where chewing tobacco is kept. Prevalence of oral cancer in India varies from 0.03 and 3.2%. It is the sixth most common cancer in the world which accounts for 350000 new cases and 128000 deaths annually. The aim of this study was to identify the effects of herbal preparation in the management of Precancerous conditions. The study was carried out in private clinics as a pilot study. The patient's detailed history, age, sex, body weight and medical history, including the details of tobacco habit history were collected. Herbal preparation of 5gms *Ocimum tenuiflorum*, 3 gms *Curcumin longa*, 3gms *Aloe*, 5gms *Gomutra* were combined in a topical base. It revealed that herbal application along with quitting of habit and lifestyle modification is a safe and efficacious remedy in the management of Oral Precancerous Lesions. The treatment resulted in improvement in mouth-opening and decrease in burning sensation of the oral mucosa. This is safer, cost effective and conventional treatment modality.

**Keywords:** Herbal preparation, Precancerous lesion.

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