

INTRODUCTION

- New effective methods for controlling plaqueinduced periodontal disease are continually being researched.
- Aloe vera has been utilized due to its various pharmacological uses as an antimicrobial, antiinflammatory, antioxidant, and immuno-modulator.
- The purpose of this research was to evaluate aloe vera and its anti-inflammatory properties as an adjunct to mechanical plaque control in reducing plaque-induced oral inflammation.



METHODS

PubMed was used to search words such as: "aloe vera", "plaque", and "oral inflammation". Six peer reviewed scholarly articles were studied.

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inflammation.

- potential of aloe vera.

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CONCLUSIONS

Based on the results of these studies, there is evidence that aloe vera is effective in reducing oral

When compared with chlorhexidine, aloe vera produces similar results in the treatment of plaqueinduced inflammation with fewer adverse effects, thus making it an effective, natural alternative. Additional studies are needed to understand the full

> Composition of aloe vera plant varies depending on location. Differences in

measurement methods between examiners

No known side effects

Reference