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Efficacy of rebamipide and vitamin b-complex in the treatment of patients with recurrent aphthous ulcer - A comparative study

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Background:

Statement of the problem: Recurrent aphthous stomatitis is by far the most common ulcerative lesion encountered by the practicing dentist and various drugs have been tried out in the management of recurrent aphthous stomatitis due to the obscure nature of its etiology. Most of the currently available treatment modalities provide only symptomatic relief, but they fail to reduce the recurrence rate and hence, are not suitable as a definitive treatment. However, rebamipide, a new muco-protective agent which enhances preservation of existing epithelial cells and replacement of lost tissue through a multifactorial mode of action, resulting in decreased number, size and recurrence rate of aphthous ulcers.

Methodology & Theoretical Orientation: 60 subjects presenting with an aphthous ulcer and a history of recurrent aphthous ulcers, without any chronic systemic diseases were included in this study. These subjects were equally divided into 2 groups, of which, Group 1 was prescribed Becosules capsule (twice a day for 2 weeks) and Group 2 was prescribed Rebagen 100 mg (thrice a day for 2 weeks). Subjects were monitored at day one and at the end of week two, first month and third month, for changes in number, size, pain and recurrence of aphthous ulcerations.

Findings: Significant improvement was noted in Group 2 compared to Group 1 in number, size and recurrence rates of recurrent aphthous ulcers.

Conclusion and Significance: Administration of rebamipide is not cumbersome, and it does not cause any discomfort. Furthermore, there are no specific adverse drug reactions. Rebamipide is therefore recommended as a long-term treatment for recurrent oral aphthous ulcers.