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Clinical Efficacy of Modified Gancao Ganjiang Decoction Combined with Vitamin B12 on Recurrent Oral Ulcer

Objective

To explore the clinical efficacy of modified Gancao Ganjiang Decoction combined with Vitamin B12 (VB12) on recurrent oral ulceration(ROU).

Methods

A total of 124 ROU patients admitted to Chongqing General Hospital from August 2016 to August 2018 were selected as the research objects and were divided into an observation group and a control group, with 62 cases in each group, according to random number table. The control group was administrated orally with VB12, while the observation group was treated with Jiawei Gancao Ganjiang Decoction plus VB12. All patients were treated for 14 days. The clinical efficacy and safety between the 2 groups were compared.

Results

The overall effective rate of the observation group reached 96. 8% (60 /62) , much higher than 85. 5% (53 /62) of the control group($P < 0. 05$) . Compared with those before treatment, the pain index, ulcer area and average ulcer period were significantly improved in the 2 groups after treatment($P < 0. 05$) , peripheral blood CD3 + , CD4 + levels, CD4 + /CD8 + ratio, and the number of streptococcus and veillonella in saliva increased significantly($P < 0. 05$) , peripheral blood CD8 + level decreased significantly($P < 0. 05$) ; and the observation group improved more significantly than the control group in indicators($P < 0. 05$) . There were no obvious side effects in both groups. Follow-up for 6 months, the recurrence rate of the observation group was 11. 3% (7 /62) significantly lower than that of the control group [25. 8% (16 /62)] ($P < 0. 05$) .

Conclusion

The overall curative effect of Jiawei Gancaoganjiang Decoction combined with VB12 in the treatment of ROU is definite and may be related to its significantly correction of the immune imbalance of peripheral blood T lymphocyte subsets and maintaining the homeostasis of the oral microenvironment.

Keywords: Recurrent oral ulceration; Modified Gancao Ganjiang Decoction; Vitamin B12; T-lymphocyte subsets; Oral microenvironment; Recurrence risk; Mechanism of action; SafetyQ