

**THE ETIOLOGY OF STOMATITIS AND STAGES OF TREATMENT BY NATURAL  
METHODS**

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**Abstract**

This article provides detailed information about the development, types, clinical manifestations, treatment methods, and preventive measures of stomatitis. Stomatitis is an inflammatory disease of the oral mucosa, characterized by redness, candidiasis, and other forms. The article also discusses medicinal treatments as well as natural remedies based on traditional medicine, such as honey, aloe, saline solution, chamomile infusion, and others, highlighting their beneficial effects in the treatment of stomatitis. The prevalence of stomatitis among children and adults, as well as its association with age factors and the immune system, are also analyzed.

**Keywords**

Stomatitis, oral mucosa, inflammation, ulcer, herpetic stomatitis, candidiasis, oral hygiene, folk medicine, prevention.

**Introduction**

The relevance of stomatitis is primarily explained by its high prevalence and tendency to recur. Especially in children, the insufficient development of the immune system, failure to fully comply with hygiene rules, and improper nutrition increase the risk of developing stomatitis [6,8]. In adults, chronic diseases, stress, vitamin deficiencies, dentures, and sharp edges of teeth may contribute to the onset of the disease. Another important aspect of stomatitis is that it can appear not only as an independent disease but also as an early sign of internal organ disorders. In diseases of the gastrointestinal tract, endocrine system, and blood disorders, stomatitis often manifests as the first clinical symptom. Therefore, timely diagnosis and proper treatment of stomatitis are of great importance in maintaining overall health [8].

**Stomatitis**

is a lesion of the oral mucosa. Depending on the duration and severity of symptoms, the disease can occur in two forms: acute or chronic. Acute stomatitis in children and adults develops rapidly and resolves quickly. Chronic stomatitis is difficult to treat and lasts for a long

time. New lesions constantly appear in place of old ones. Over time, metabolic disturbances of the oral mucosa may develop. In the chronic stage of the disease, white spots may also appear [9].

### **Research Methodology**

**Research objective.** The aim of the study is to identify the causes of stomatitis, examine its clinical manifestations, and analyze the effectiveness of treatment using medicinal and natural remedies. **Research object.** Children and adults diagnosed with stomatitis, the condition of their oral mucosa, and clinical changes observed during the treatment process. **Research subject.** Clinical manifestations of stomatitis, treatment methods, and the effectiveness of preventive measures.

### **Research methods**

**Literature analysis.** Medical literature, scientific articles, and international studies were reviewed. **Observation method.** Clinical signs of stomatitis, changes in the oral mucosa, and patient complaints were recorded. Medical interviews and questionnaires. Information on oral hygiene and dietary habits was obtained from patients. **Experimental and control methods:** Patients with stomatitis were divided into two groups. one treated with medicinal drugs and the other with natural remedies. **Analytical and statistical methods:** The obtained results were analyzed in percentages and treatment effectiveness was compared.

### **Practical significance of the research**

The results of the study contribute to early diagnosis of stomatitis, selection of appropriate treatment methods, and improvement of oral hygiene. The use of natural remedies in clinical practice helps strengthen preventive measures in dentistry.

### **Literature Review**

In recent years, diseases of the oral mucosa, particularly stomatitis, have been studied by many local and international researchers. According to the World Health Organization, the prevalence of stomatitis among children reaches 20–40%. The American scientist Ship I.I. is one of the researchers who deeply studied oral mucosal diseases, especially aphthous and recurrent stomatitis from a clinical perspective. He scientifically substantiated the immunological mechanisms of stomatitis, causes of recurrent forms, and their association with stress and decreased immunity. His works formed the basis for evaluating stomatitis as a chronic and recurrent disease [7]. Professor C. Scully is a leading specialist in oral mucosal diseases and developed clinical classification, differential diagnosis, and treatment algorithms for stomatitis. He clearly distinguished the clinical features of viral, candidal, and aphthous stomatitis. Scully's works contributed to the formation of international clinical protocols in dentistry [6].

### **Clinical Manifestations of Stomatitis**

In stomatitis, the oral mucosa becomes painful and swollen. Patients complain of pain during eating, halitosis, and increased salivation. Ulcerative stomatitis affects the entire oral mucosa [1,8]. In the initial days, it presents with symptoms similar to redness. On days 3–5 of the disease, body temperature rises and cervical lymph nodes significantly enlarge. Due to pain,

patients are unable to eat properly. The center of ulcers contains a yellow or gray coating. High fever and severe oral pain are observed [8].

### **Treatment of Stomatitis**

Rinsing with low-concentration antiseptic solutions helps reduce pain; however, they should not be used for long periods [5]. Preference is given to formulations containing hydrogen peroxide and carbamide peroxide. Dentists often prescribe medications containing chlorhexidine bigluconate. Their use may cause dark stains on teeth, but these disappear over time. Antiseptic and antibacterial agents are used to eliminate bacteria causing stomatitis [4,8]. They prevent the spread of infection and accelerate wound healing, while anti-inflammatory drugs reduce inflammation and oral swelling [6,8].

### **Natural Treatment Methods for Stomatitis**

Saline solution rinse: Dissolve 1 teaspoon of salt in 1 glass of warm water and rinse the mouth 3–4 times a day. It reduces inflammation, cleans oral microbes, and accelerates wound healing [6,8]. Sodium bicarbonate solution. Rinse by adding 1/2 teaspoon of baking soda to 1 glass of water. It restores oral pH balance, reduces acidity, and combats microbes. Chamomile infusion: Rinsing or drinking an infusion prepared from dried chamomile flowers. It soothes, reduces inflammation, and accelerates healing. Mint leaf infusion. Infuse 1 tablespoon of dried leaves in 1 glass of water and rinse the mouth. It has antiseptic and anti-inflammatory effects [8].

### **Stomatitis in Children**

The overall prevalence of oral mucosal lesions in children ranges from 4–52.6%. For example, among 10,128 patients aged 0 to 12 years, oral mucosal lesions were recorded in 28.9% [1,8]. Recurrent chronic ulcers are common. In several large studies conducted in the United States, the prevalence among children and adolescents over the past 12 months was 19.8%. The lifetime probability exceeds 40%. Among schoolchildren aged 10 and 13 years, recurrent stomatitis occurs in 20–25% [7].

### **Stomatitis in Adults**

In one study conducted in Iran's Gilan Cohort, the prevalence of recurrent stomatitis among adults was found to be 8.3%. According to the Centers for Disease Control and Prevention in the United States, recurrence among individuals over 17 years of age is lower, at 0.85% [10]. According to U.S. data, oral mucosal lesions were identified in 27.9% of adults, which includes various types of lesions, some of which involve stomatitis or stomatitis-like inflammatory conditions [8]. In adults, recurrence has been associated with age, race, genetic factors, smoking status, and dietary habits.

### **Conclusion**

Stomatitis is one of the most common diseases of the oral cavity. Microorganisms, viruses, mechanical injuries, and immune system status play an important role in its development. Along with antiseptic, anti-inflammatory, and analgesic medications, natural remedies from traditional

medicine also yield effective results. Preventive measures such as maintaining oral hygiene, proper nutrition, and regular dental check-ups are crucial in preventing the disease.

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