

Bölüm 1

REKÜRRENT AFTÖZ STOMATİTLER ve TEDAVİLERİ ÜZERİNE ETKİLİ FİTOTERAPÖTİK AJANLAR

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1. GİRİŞ

Rekürrent aftöz stomatit (RAS) oral mukozada sık görülen, ağrılı, tek veya çok sayıda ülserasyonlarla karakterize bir hastalıktır. Özellikle ağız içerisindeki ülseratif yapılar hastaların yutkunma, yemek yeme, içme ve hatta konuşma gibi fonksiyonları etkileyerek yaşam kalitesini oldukça olumsuz etkileyen önemli bir toplum sağlığı sorunudur.¹ Klinik olarak RAS lezyonları iyi sınırlı, yuvarlak ya da oval şekilli, çevresi kırmızı bir sınır ile çevrili ve gri veya sarı zemini olan ülserlerdir şeklindedir. RAS etiyolojisi ve patogenezi tam olarak bilinmemekle birlikte, lokal, sistemik, alerjik, genetik, nutrisyonel ve mikrobiyal faktörlere bağlı olarak gelişebildiği düşünülmektedir.² Ayrıca yaş, cinsiyet ve sosyoekonomik durumla hastalığın insidansı arasında doğrudan bir ilişki bulunmaktadır. RAS lezyonları klinik olarak; minör, majör ve herpetiform olmak üzere üç alt grup altında toplanır. Bu ülserler, tek başına ortaya çıkabildiği gibi, bazı sistemik hastalıklarla beraber de görülebilmektedir.

RAS tedavisi genellikle semptomatiktir. Tedavi protokolünde genel olarak analjezikler, antiseptikler, antibiyotikler ve kortikosteroidler gibi semptomatik rahatlama sağlayan ilaç grupları yer almaktadır.³ Ticari olarak temin edilebilen bu sentetik ilaçların çoğu oral mikrobiyotayı değiştirebildiği gibi kusma ve ishal gibi istenmeyen yan etkilere yol açmaktadır. Örneğin, antibiyotiklerin çoğuna bakteriyel direnç gelişmesi, uzun süreli kullanımlarda süperenfeksiyon tablosunun görülmesi ile dişlerde tetrasiklin kullanımına bağlı renklenme oluşabilmektedir.⁴ Bunun dışında sıklıkla kullanılan bir diğer ilaç grubu olan antiinflamatuvar ve analjezik ilaçların ciddi gastrointestinal yan etkileri de mevcuttur. Setilpiridinyum klorür, klorheksidin, amin florürler veya bu tür ajanları içeren ürünler de dahil olmak üzere ağız hastalıklarının önlenmesinde ve tedavisinde kullanılan diğer antibakteriyel, antiseptik maddelerin toksisite gösterdiği ve benzer şekilde

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