A brief review on life style and natural remedies on chemoradiotherapy induced oral mucositis based on Persian Medicine

Introduction

Oral mucositis is a red and ulcerated lesion of the oral cavity, which is considered a complication of solid tumor chemotherapy and head and neck radiotherapy in cancer patients. Following oral mucositis, pain and inability to eat, nausea and vomiting, weight loss, quality of life impairment, and secondary infection can occur, which ultimately leads to the possibility of changing the treatment plan. This complication is divided into zero to four grades based on the classification of the World Health Organization, and the ability to swallow decreases as the grade increases. Currently, supportive measures are being taken for those suffering from this condition. Among these measures are pain control with local anesthetics and ice and anti-inflammatories, improving the condition of saliva and eliminating dry mouth, maintaining oral hygiene, nutritional support, and controlling oral bleeding. Nutritional support includes soft and liquid foods and in cases of severe mucositis, the use of a gastrostomy tube.

Methodology In this qualitative study, first the reliable sources of Persian medicine were selected, and then the data was classified into different information formats. In the next step, content analysis was done based on the information. Also, the obtained information was compared with new studies using different databases.

Results: In Persian medicine, mucositis or mouth sores are included under the category of Ghola- damavi, Bosur-moteghareh-seghar and heat & dryness are the main causes of its occurrence.

The prevention and treatment of Persian medicine begins with lifestyle modification and continues with prescribing food and then medications with herbal, mineral, or animal origin, and if necessary, it deals with manual treatments to improve patients.

A moisturizing lifestyle includes measures to eat and drink (barley water, rice milk, fresh fish, pumpkin and spinach, purslane, fruits such as almonds and peaches, and avoiding spicy spices, pickles. the consumption of lentils and sumac in addition to enough sleep and rest, lack of activity and decreased intense exercise especially in hot weather, as well as relief of emotional symptoms and mental and psychological stress such as anger, sadness and fear, and finally making smooth defecation and cleansing the body also seem to help.

In addition, the humidity of the environment helps to improve the patient's condition. Herbs used in oral mucositis can be prescribed in topical forms such as gargle, or orally.

Among them, Cold and dry herbal medicines with astringent properties such as Plantago major, warm and dry herbal remedies such as licorice with ability to dissolve of substances and their purification and anti-inflammatory and antioxidant properties, mucilage such as malva with the anti-inflammatory and restorative properties could help in treatment.