

عنوان مقاله:

The Effect of ginger herbal spray on reducing xerostomia in patients with type II diabetes

محل انتشار:

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خلاصه مقاله:

Objective: The aim of the present study is to evaluate the effect of ginger herbal spray on reducing dry mouth in patients with Type II diabetes. **Materials and Method:** This clinical trial was conducted on 20 patients with Type II diabetes suffering from dry mouth. The control individual for each patient was the same patient himself/herself. Each patient filled out his/her questionnaire at three different times, (before treatment, after treatment with placebo, and after taking the drug). Furthermore, the Schirmer test was performed to measure the flow of saliva in the patients. The drug and the placebo were prepared as oral sprays containing herbal extracts of ginger. **Results:** The mean amount of saliva after using the ginger plant spray increased significantly ($p < 0.001$). The mean amount of saliva after treatment with medication was considerably different from the mean amount of saliva after treatment with the placebo ($p < 0.001$). Our study included patients aged between 49 and 69 years old, (mean age 58.6 years old, and the standard deviation 5.3). The minimum and the maximum periods of type II diabetes were 2 and 21 years, the mean and the standard deviation of which were 8.8 and 5.8, respectively. **Conclusion:** With regard to the effectiveness of ginger herbal spray in rapidly increasing the patients' saliva and satisfaction as well as the acceptability of this type of medicine to treat dry mouths, ginger herbal spray could act as a new, cheap, and available treatment for diabetic patients with dry mouth.

کلمات کلیدی:

Diabetes, Dry mouth, ginger, Schirmer test

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