



**LEVAMISOLE IN THE TREATMENT OF RECURRENT APHTHOUS
STOMATITIS: A FOLLOW UP STUDY TO EVALUATE RECURRENCES
AND SEVERITY OF RECURRENT LESIONS.**

By

Dr. SUSHMA KAVERIAPPA

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Under the guidance of

Dr. Venkatesh G. Naikmasur M.D.S

Professor and Head

DEPARTMENT OF ORAL MEDICINE AND RADIOLOGY

S.D.M College of Dental Sciences

DHARWAD

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ABSTRACT

Introduction: Recurrent aphthous stomatitis (RAS) is a disease characterized by recurring ulcers of the oral mucosa. The success in treatment of RAS is fraught with difficulty owing to the large number of immune aberrations. Recently, immunomodulators have shown to be of some benefit in RAS.

Objectives: To evaluate the efficacy of levamisole, along with topical anesthetic agent, in reduction of recurrences, symptoms and the healing period of subsequent episodes of ulcers.

Methodology: A randomized control trial was conducted on 44 patients of RAS who fulfilled the inclusion criteria. At the outset, the approximate number of episodes per month and the healing period of the previous ulcerations were noted. The pain with the ulcers was recorded on a visual analogue scale (VAS). 22 patients comprising the study group received levamisole 150 mg/day for 3 consecutive days in a week for a period of 3 months, along with a topical benzocaine gel. The control group of 22 patients was given only the topical benzocaine gel for the ulcers. Patients were recalled every month for the initial 3 months. Then, a follow-up at 3 monthly intervals for next 6 months was made by telephone conversation, clinical examination, or both. The number of episodes of ulcers, the pain score on a VAS and the healing period of ulcers were recorded at each follow-up. Student t-test and Paired t-test were used for statistical analysis.

Results: the study group had reduction in frequency of ulcers during the first 6 months of follow-ups. The healing period of ulceration reduced in both the groups but the study group had significantly shorter duration of ulcerations in the first, sixth and ninth month of follow-up. The VAS values too reduced in both the groups. But on

comparison of the 2 groups the study group had significantly lower pain throughout the study duration.

Conclusion: Levamisole can reduce the frequency, duration and symptoms associated with the ulcers. There were no side-effects attributable to the drug in the study. Hence, there exists a tremendous scope for further research for the use of levamisole in management of an intractable condition like RAS.

Keywords: Recurrent aphthous stomatitis; immunomodulator; levamisole; benzocaine gel.