

# A Review on Mouth Ulcer and their Herbal Remedies

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**Abstract:** *This review explores the types Mouth ulcers, often referred to as oral or mucosal ulcers, are a common and painful condition that affects the inner lining of the mouth. These small yet troublesome sores can interfere with daily activities like eating, speaking, and swallowing, significantly impacting an individual's quality of life. Mouth ulcers come in various forms, including aphthous ulcers, traumatic ulcers, and primary herpetic gingivostomatitis, each with distinct characteristics. They may arise due to factors such as trauma, nutritional deficiencies, infections, stress, or underlying autoimmune conditions. While conventional treatments provide symptomatic relief, there is growing interest in herbal remedies as safer and more natural alternatives. Time-tested herbal solutions such as aloe vera, turmeric, neem, honey, licorice root, and papaya have shown promising results due to their anti-inflammatory, antimicrobial, and soothing properties. These remedies not only alleviate pain but also promote faster healing and may address the root causes of ulcers. causes, symptoms, and treatment options for mouth ulcers, with a particular focus on herbal remedies. By shedding light on the potential of natural treatments, this study aims to offer alternative strategies for managing mouth ulcers effectively. Additionally, it highlights the importance of further research to validate these herbal approaches and integrate them into mainstream care.*

**Keywords:** Mouth ulcers, oral ulcers, herbal remedies, aphthous ulcers, natural treatment, aloe vera, turmeric, neem, oral health