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# MOUTH ULCERS & CANKER SORES: NATURAL REMEDIES

FOR DR. ROZE BIOHEALTH CLINICS | 03 DECEMBER 2022

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Mouth ulcers also known as canker sores are painful and irritating that occur in the mouth and gums. Most mouth sores are harmless but can cause uneasiness and discomfort making it hard even to eat, drink or brush the teeth.

## 1/- Causes

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There are no specific causes for mouth ulcers, but some of the factors that may trigger include:



- Accidental biting of the cheek or tongue, minor injury or hard brushing
- Mouth rinses and toothpaste which contains certain chemicals
- Acidic food or other food triggers like coffee and chocolate
- Nutritional deficiency especially B12, folate, zinc and iron
- Dental braces
- Stress and hormonal changes or any infection
- Certain medications like beta-blockers and pain killers

## 2/- Dietary Management for Mouth Ulcers

Eating a normal diet might be painful with mouth ulcers, as spicy food is not well tolerated. Certain types of food will irritate tender mouth, which makes chewing and swallowing difficult. By choosing the right kind of foods and taking good care of your mouth, teeth and gums, you can make eating easier and heal ulcer rapidly.

- Milk-based food preparations are easy to take, as they do not irritate the mouth lining. Incorporate in your diet bland food such as moong dal, idli, upma, kichadi, bread, paneer, soft vegetables and fruits and boiled eggs that are soothing to eat.
- Ensure that the temperature of the food is not be very hot or cold, as both may irritate and worsen the pain.
- Use a straw to drink liquids, which can assist bypass canker sores and have small bites and chew each bite carefully and thoroughly, when eating.

Try to include some of these foods that are easy to chew and swallow which include:

- Dairy and dairy products like curd, yoghurt and cheese
- Bananas, applesauce, and papaya. Also have water-rich fruits like peaches, peach, watermelon, cantaloupe and nectarines, but avoid fruit that contains tiny seeds such as berries
- Mashed potatoes, sweet potato and other boiled and pureed vegetables
- Custard, puddings , smoothies and shakes
- Boiled and scrambled eggs
- Oatmeal, porridges and other cereals with extra milk or water.
- Semi-liquid items such as soy milk, rice milk, juice, broth, soup, jelly or yoghurt
- Boiled lean meat

### 3/- Natural remedies

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#### 1. Honey

The goodness of potent anti-bacterial and anti-inflammatory properties of honey work amazingly well to heal mouth ulcers. Honey, when applied on the affected region, moisturizes the skin and prevents it from becoming dry and reduces the itching and irritation. Apply a few drops of honey and allow it to stay for a few hours and rinse off, honey lowers scarring and fasten the healing process. Also Read: [Healing Benefits Of Honey For Skin Health And Beauty](#)

#### 2. Coconut Oil

Thanks to the impressive anti-microbial and anti-inflammatory properties, coconut oil aids in lessening the inflammation and reducing the swelling caused due to canker sores. The analgesic property helps to ease the pain. Soak a piece of cotton with virgin coconut oil and apply it on the affected region before going to bed and allow it to stay overnight.

#### 3. Apple Cider Vinegar (ACV)

Apple cider vinegar is a time-tested natural remedy that helps in healing mouth sores. The acidic nature of ACV combats the germs causing canker sores. Take 3 teaspoons of ACV mix with half a cup of water and gargle the solution in the mouth for 30 seconds and rinse well. Repeat this twice daily for a week to get instant relief from mouth ulcers.

#### 4. Saltwater

Saltwater tops the list and used since times immemorial for curing mouth ulcers. Saltwater gargling helps in drying out canker sores. Dissolve 1 teaspoon of saltwater with half a cup of warm water and swirl the mixture in the mouth for a few seconds and repeat this several times in a day for quickly healing ulcers.

#### 5. Garlic

Garlic is a proven natural remedy that is valuable in curing canker cores. The powerful compound allicin in garlic is effective in alleviating the pain and reducing the size of the mouth ulcer. Gently rub a small piece of garlic on the affected region for 3-5 minutes and flush the mouth after 20 minutes.

#### 6. Antacids

Most of the pain associated with a mouth sore is caused by stomach enzymes and acids within your mouth.

By popping a Roloids or Tums and allowing it to dissolve in your mouth you may be able to reduce some of the pain. The tablet will help neutralize the acids and will ultimately help heal the mouth sore faster. Of course, you should always check the antacid label for appropriate dosage information.

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7. Hydrogen Peroxide

It seems every day there is another use for hydrogen peroxide. It turns out you can use this everyday tool in your medicine cabinet in two ways to help cure a mouth sore fast. First, try using hydrogen peroxide as a simple mouth rinse, the same way you would use Listerine. Just be careful not to ingest any of the liquid. Or, alternatively, you can create a soothing rinse by mixing together 1/4 cup of hydrogen peroxide, 1/4 cup of water, 1 teaspoon of salt, and 1 teaspoon of baking soda. Exactly like how the antacids work to ease mouth pain, the baking soda will help to neutralize the acids in your mouth. The combination of salt and hydrogen peroxide will help the sore heal faster.

8. Sage

Sage has natural compounds that can kill viruses, bacteria, and reduce inflammation. To make a sage mouthwash simply steep about 2 teaspoons of dried sage in some boiling water with the pot covered. Let the liquid cool and use it to rinse your mouth about two or three times a day. This will help prevent infection from settling into your mouth sore and will help to reduce some of the pain associated with the sore. By eliminating the inflammation your mouth sore should heal sooner.

5/- Doctor Roze’s twist

We would recommend Ozonated water with sea salt and a drop of tea tree oil to alleviate your ulcers in the mouth.

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