

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Jul 2026

Effects of Aloe Vera Toothpaste on Periodontal Parameters of Patients with Gingivitis

Protocol summary

Summary

Background and Objectives: Toothpastes and mouthwashes are used in combination with tooth brushing to better control microbial plaque. Herbal toothpastes have recently gained attention. This study aimed to assess the effects of Aloe Vera toothpaste on dental plaque and gingivitis. Materials and Methods: This single-blind cross-over clinical trial was conducted on 20 dental students (10 males and 10 females with a mean age of 24.5 ± 4 yrs.) with gingivitis. Students were randomly divided into 2 groups. The first group used Aloe Vera toothpaste for 30 days and then their plaque index (PI) and gingival index (GI) were recorded. A 2-week wash-out period was allowed and then subjects used fluoride toothpaste for the next 30 days and underwent PI and GI assessment again. This order was reversed in group 2.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014040517053N2**

Registration date: **2014-06-02, 1393/03/12**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-06-02, 1393/03/12

Registrant information

Name

Ferena Sayar

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 2256 4571

Email address

f_sayar@dentaliau.ac.ir

Recruitment status

Recruitment complete

Funding source

personal budget

Expected recruitment start date

2013-09-06, 1392/06/15

Expected recruitment end date

2013-10-22, 1392/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of Aloe Vera Toothpaste on Periodontal Parameters of Patients with Gingivitis

Public title

the effect of ALOEVERA toothpaste on gingival inflammation

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: plaque-induced gingivitis; at least 20 teeth included in the study Exclusion criteria: systemic disease; periodontal treatment at least 6 months to the study; use of systemic antibiotic and anti-inflammatory drugs within the last 3 months; subjects with orthodontic appliances; multiple bridges; partial denture; multiple caries; smokers; pregnancy or lactating women were excluded from the study .

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 20

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Crossover

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Dental Branch-Islamic Azad University

Street address

no:4,10th neyestan st., pasdaran ave.

City

Tehran

Postal code

Approval date

2013-08-23, 1392/06/01

Ethics committee reference number

92-88

Health conditions studied

1

Description of health condition studied

gingival inflammation

ICD-10 code

K05.1

ICD-10 code description

Chronic gingivitis

Primary outcomes

1

Description

gingival inflammation

Timepoint

base line-after 30 days

Method of measurement

plaque and gingival indices

Secondary outcomes

empty

Intervention groups

1

Description

Control group: use of fluoride contained toothpaste for 30 days. After 2 weeks washout period, the control and test groups will be reversed.

Category

Prevention

2

Description

Test group: use of aloe vera toothpaste for 30 days. after 2 weeks washout period, the test and control group will be reversed.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Tehran Dental Branch, Islamic Azad University

Full name of responsible person

DR.F.Sayar

Street address

department of periodontics, no:4, 10th neyestan st., pasdaran ave.

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

none

Full name of responsible person

DR.F.Sayar

Street address

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Grant name

بودجه شخصی

Grant code / Reference number

ندارد/none

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

none

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Department of Periodontics,Tehran Dental
Branch,Islamic Azad University

Full name of responsible person

DR. F. Sayar

Position

periodontist/assistant professor

Other areas of specialty/work

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Other areas of specialty/work

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Email

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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty