

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

13 Jun 2026

### Clinical Evaluation of Effects of Aloe Vera Gel Local Application As an Adjunct to Scaling and Root Planning in Patients with Chronic Periodontitis

#### Protocol summary

##### Summary

(1) Objectives: The object of the study was to evaluate clinical effects of local application of Aloe Vera gel as an adjunct to scaling and root planning in patients with chronic periodontitis. (2) Design: 18 patients entered the split mouth clinical trial study randomly and with accidental blocks divided to case and control quadrants. (3) Setting and conduct: All quadrants underwent scaling and root planning. The Aloe Vera gel was injected into the pockets around the selected teeth in the test sites. The pockets were filled until the material was detected at gingival margin. (4) Participants including major eligibility criteria: Patients with 4 to 5 millimeters of pocket depth in at least one tooth or one area in quadrant and with positive Bop test were selected. Exclusion criteria was being allergic to Aloe Vera; smoking; mouth breathing; tongue thrusting; combined endodontic and periodontal lesions; teeth with periapical lesion; severe caries and teeth with partial impaction; ongoing orthodontic treatment; systemic disease; antibiotic consumption or periodontal treatment six months prior to the study; pocket depths of more than 5 millimeters. (5) Intervention: Control quadrant was similar to case site except for distilled water replacing Aloe Vera gel. For long time preservation, a periodontal dressing (Coe-Pak) was placed on treated sites for 24 hours. (6) Main outcome variables: Clinical parameters of plaque index, gingival index and probing depth were calculated on the base line, and on thirtieth and ninetieth days. All participants were informed about the study and an informed consent was obtained.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015010318054N2**

Registration date: **2015-05-17, 1394/02/27**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-05-17, 1394/02/27

##### Registrant information

###### Name

Anahita Ashouri Moghaddam

###### Name of organization / entity

Guilan University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 13 3336 3616

###### Email address

drashourimoghaddam@gums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice chancellor for research, Guilan University of Medical Sciences

##### Expected recruitment start date

2013-10-23, 1392/08/01

##### Expected recruitment end date

2014-01-21, 1392/11/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Clinical Evaluation of Effects of Aloe Vera Gel Local

Application As an Adjunct to Scaling and Root Planning in Patients with Chronic Periodontitis

## Public title

The Effects of Aloe Vera Gel in Treating Patients with Periodontal Problems

## Purpose

Treatment

## Inclusion/Exclusion criteria

Inclusion criteria: Patients with 4-5 millimeters of pocket depth in at least one tooth or one area in quadrant (maxilla or mandible) and with positive Bop test  
Exclusion criteria: Allergic history to Aloe Vera gel and its products; smoking habits; mouth breathing; tongue thrusting; combined endodontic and periodontal lesions; teeth with periapical lesion; severe caries and teeth with partial impaction; patients under orthodontic treatment; patients with systemic disease; systemic or local antibiotic therapy in six months prior to the study; any periodontal treatment six months prior to the study; pocket depths of more than 5 millimeters.

## Age

To **90 years** old

## Gender

Both

## Phase

2-3

## Groups that have been masked

*No information*

## Sample size

Target sample size: **18**

## Randomization (investigator's opinion)

Randomized

## Randomization description

## Blinding (investigator's opinion)

Single blinded

## Blinding description

## Placebo

Used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics Committee of Guilan University of Medical Sciences

##### Street address

West Beheshti Boulevard, Across from Sepah bank, Gaz Square

##### City

Rasht

##### Postal code

41938-93345

## Approval date

2014-08-19, 1393/05/28

## Ethics committee reference number

3930231603

## Health conditions studied

### 1

#### Description of health condition studied

Decreasing of periodontal pocket depth

#### ICD-10 code

K05.3

#### ICD-10 code description

Chronic periodontitis

## Primary outcomes

### 1

#### Description

Alteration of periodontal pocket depth

#### Timepoint

Before the study and on thirtieth and ninetieth days

#### Method of measurement

Comparing plaque index, gingival index and probing depth in every stage of treatment

## Secondary outcomes

### 1

#### Description

Treatment of patients with chronic periodontitis

#### Timepoint

Clinical parameters including plaque index, gingival index, and probing depth were measured at the beginning of study - before SRP - and also after thirty and ninety days in both quadrants. The changes of pocket depth, gingival index and plaque index were measured thirty and ninety days after the base line and variations of test and control sites were compared.

#### Method of measurement

Comparing plaque index, gingival index and probing depth in every stage of treatment

## Intervention groups

### 1

#### Description

In control group, a shot of distilled water was injected in periodontal pocket of contra-lateral quadrant.

#### Category

Placebo

### 2

#### Description

After scaling and root planning, all patients were given a shot of aloe Vera gel in one quadrant (test site) of their

periodontal pockets, then the treated areas were covered with periodontal Coe-Pak.

### Category

Treatment - Drugs

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Faculty of Dentistry, Guilan University of Medical Sciences

##### Full name of responsible person

Dr. Anahita Ashouri Moghaddam

##### Street address

Daneshgah Street, 2 kilometers on Fooman Highway, End of Lakan Road, Saravan Ring road, Gaz Square.

##### City

Rasht

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vice chancellor for research, Guilan University of Medical Sciences

##### Full name of responsible person

Ms. Sosan Komaei Koma

##### Street address

West Beheshti Boulevard, Across from Sepah Bank, Gaz Square.

##### City

Rasht

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Vice chancellor for research, Guilan University of Medical Sciences

#### 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

Guilan University of Medical Sciences

##### Full name of responsible person

Aidin Moghani

##### Position

Dentistry student

##### Other areas of specialty/work

##### Street address

No 42, East Kamali Alley, Sabouri Street, Yavaran.

##### City

Tehran

##### Postal code

##### Phone

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##### Email

aidin\_mgh@yahoo.com

##### Web page address

## Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

Guilan University of Medical Sciences

##### Full name of responsible person

Dr. Anahita Ashouri Moghaddam

##### Position

Assistant Professor

##### Other areas of specialty/work

##### Street address

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## Person responsible for updating data

#### Contact

##### Name of organization / entity

Guilan University of Medical Sciences

##### Full name of responsible person

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##### Position

Assistant professor

##### Other areas of specialty/work

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**Web page address**

*empty*

## **Sharing plan**

**Informed Consent Form**

*empty*

**Deidentified Individual Participant Data Set (IPD)**

**Clinical Study Report**

*empty*

*empty*

**Study Protocol**

**Analytic Code**

*empty*

*empty*

**Data Dictionary**

**Statistical Analysis Plan**

*empty*