Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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)

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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 thirthieth 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 begining 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 raod, 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

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Other areas of specialty/work

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Person responsible for updating data

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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