



▼ POST GRADUATES ABSTRACTS

PG - 70 : EFFECT OF 0.1% TEE TREE OIL ORAL RINSE COMPARED TO 1% TOPICAL CLOTRIMAZOLE ON CLINICAL AND HISTOPATHOLOGICAL BEHAVIOUR OF ORAL CANDIDIASIS - A COMPARATIVE STUDY

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Back ground: The human oral cavity harbors hundreds of different microbial species amongst which *Candida albicans* is the most common fungal pathogen. This commensal inhabitant assume a pathogenic role when there is impaired local and/or general health. Increased incidence in resistance, adverse effects to conventional anti-fungal agents has led to the search for alternative medicines.

Aim: To Compare the efficacy of 0.1% Tea Tree Oil Oral rinse with 1% topical Clotrimazole in patients with Oral candidiasis by assessing candida colony forming units in saliva and candidial hyphae in cytosmear.

Methods: 50 patients who visited the Department of Oral Medicine and Radiology with Oral Candidiasis were included in the study. Patients were divided into two groups by randomization. Cytosmear was made from the lesion site for the identification of candidal hyphae and saliva was collected for assessing candida

colony forming units. Group 1 was treated with 0.1% tea tree oil oral rinse and group 2 with 1% topical clotrimazole. Subjects were recalled after 2 weeks and same procedures were repeated to asses post treatment candidal load. **Statistical analysis:** Unpaired t test and paired t test was done to compare two groups. Pearson correlation analysis was done to correlate candida colony forming units and candidial hyphae and results were obtained.

Results: Group 1 and group 2 showed 80.9% and 67.7% reduction in colony forming units respectively; 84% and 82.6% reduction in candidal hyphae was seen in the two groups after therapy.

Conclusion: 0.1% TTO being nontoxic, economical, and compliable, is an alternative to 1% clotrimazole in the treatment of oral candidiasis. A longer duration of treatment of more than 2 weeks is recommended for complete elimination of candidal load.