

# Comparative trial of Aloe vera/ olive oil combination cream versus phenytoin cream in the treatment of chronic wounds

## Authors:

[1]Panahi Y., [2]Izadi M., [3]Sayyadi N., [4]Rezaee R., [5]Jonaidi-Jafari N., [6]Beiraghdar F., [7]Zamani A., [8]Sahebkar A.

## Affiliations:

[1]Chemical Injuries Research Center, Baqiyatallah University of Medical Sciences, Tehran, Iran

[2]Health Research Center, Baqiyatallah University of Medical Sciences, Tehran, Iran

[3]Pharmaceutical Sciences Branch, Islamic Azad University, Tehran, Iran

[4]Department of Physiology and Pharmacology, School of Medicine, North Khorasan University of Medical Sciences, Bojnurd, Iran

[5]Health Research Center, Baqiyatallah University of Medical Sciences, Tehran, Iran

[6]Nephrology and Urology Research Center, Baqiyatallah University of Medical Sciences, Tehran, Iran

[7]Chemical Injuries Research Center, Baqiyatallah University of Medical Sciences, Tehran, Iran

[8]Biotechnology Research Center, Mashhad University of Medical Sciences, Mashhad, Iran, Metabolic Research Centre, University of Western Australia, Royal Perth Hospital, Perth, Australia

## Abstract:

**Objective:** Aloe vera is a medicinal plant that has been traditionally used to accelerate wound healing. Olive oil is also a natural product that may contribute to wound healing owing to its antimicrobial and anti-inflammatory effects. The present study aimed to evaluate the effect of an Aloe vera-olive oil (AVO) combination cream on the healing process of chronic wounds. | **Method:** In this randomised, double-blind, comparator-controlled, parallel-group trial, patients with chronic wounds were treated with either AVO cream or phenytoin cream as the standard treatment for a period of 30 days. Wound healing was evaluated using Bates-Jensen assessment tool and the severity of pain was assessed using a visual analogue scale (VAS). | **Results:** After initial assessment, 60 patients with chronic wounds (41 with pressure ulcer, 13 with diabetic wounds and 6 with venous ulcers), were recruited and randomised into 2 groups of 30. After 30 days of treatment, significant improvements in the wound size, depth, and edges; necrotic tissue type and amount; exudate type and amount; colour of wound surroundings; and peripheral tissue oedema score were observed in the AVO cream group (p

## Keywords:

Aloe vera; Olive oil; Randomised controlled trial; Skin; Wound

## Subjects:

Wound

SLID: SL117

Document Type: Journal Article

Publish Date: 2015

Source Title: Journal of Wound Care

Volume: 24

Issue: 10

Pages: 459 - 465

Source Link:

DOI:

<http://dx.doi.org/10.12968/jowc.2015.24.10.459>

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