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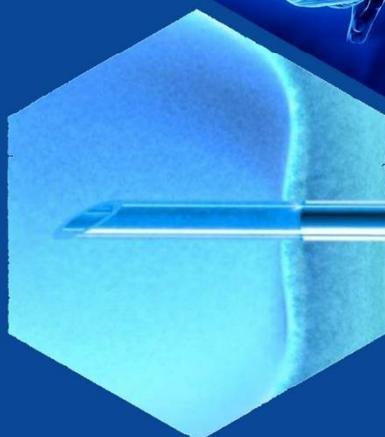
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aliya13kadirbaeva@gmail.com**Sh. N. Dadamukhamedov**Tashkent State Dental Institute
Hospital Therapeutic Dentistry Department**TREATMENT OF ORAL LICHEN PLANUS – MODERN APPROACH** <http://dx.doi.org/10.5281/zenodo.8026037>**ABSTRACT**

Treatment of lichen planus without the use of hormonal agents is an urgent problem in modern dentistry. Corticosteroids, with their effective effect on the inflammatory process, have a number of side effects that affect the state of the immune system. The object of the study were 53 patients with lichen planus of the oral mucosa. The effectiveness of treatment was assessed by the terms of remission.

Keywords: oral mucosa, lichen planus, clinical forms, treatment, corticosteroids, oral hygiene, exacerbation, Grinshpan-Potekaev syndrome.

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ЛЕЧЕНИЕ КРАСНОГО ПЛОСКОГО ЛИШАЯ ПОЛОСТИ РТА – СОВРЕМЕННЫЙ ПОДХОД

АННОТАЦИЯ

Лечение красного плоского лишая без применения гормональных средств является актуальной проблемой современной стоматологии. Кортикостероиды при их эффективном воздействии на воспалительный процесс обладают рядом побочных эффектов, влияющих на состояние иммунной системы. Объектом исследования явились 53 больных красным плоским лишаем слизистой оболочки полости рта. Эффективность лечения оценивали по срокам ремиссии.

Ключевые слова: слизистая оболочка полости рта, красный плоский лишай, клинические формы, лечение, кортикостероиды, гигиена полости рта, обострение, синдром Гриншпана-Потекаева.

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OG'IZ BO'SHLIG'I SHILLIQ QAVATINING QIZIL YASSI TEMIRATKINI DAVOLASH - ZAMONAVIY YONDASHISH

ANNOTATSIYA

Gormonal vositalardan foydalanmasdan liken planusni davolash zamonaviy stomatologiyada dolzarb muammo hisoblanadi. Yallig'lanish jarayoniga samarali ta'siri bilan kortikosteroidlar immunitet tizimining holatiga ta'sir qiluvchi bir qator yon ta'sirga ega. Tadqiqot ob'ekti og'iz bo'shlig'i shilliq qavatining liken planusi bo'lgan 53 bemor edi. Davolashning samaradorligi remissiya shartlari bilan baholandi.

Kalit so'zlar: ogiz sovuq kavati, qizil yassi temiratki, klinikalar davolash, davolash, kortikosteroidlar, og'iz gigienasi, kuchayishi, Grinshpan-Potekaev sindromi.

Introduction. Lichen planus (LP) refers to polyetiological, chronic, inflammatory skin diseases, in which mucous membranes and nails may be involved in the pathological process [A.A. Kubanova, 2009; Yu.S. Butov, 2010; Prevost NM, 2009; Young Sik Kim, 2009]. To date, the incidence of lichen planus in the structure of dermatoses is up to 2.5% in the overall structure of dermatological morbidity, among diseases of the oral mucosa - 35.0%. Over the past decades, the number of patients with this disease has doubled. The frequency of diagnosing isolated forms of LP with lesions of the oral mucosa ranges from 60 to 80% of all mucosal pathologies. [A.A. Kubanova, 2005; A.G. Pashinyan, 2011; Carvalho CH, 2011].

To date, lichen planus remains an urgent problem associated with the constant frequency of its detection, the lack of a single pathogenetic concept, as well as the presence of severe forms, chronic course, frequent relapses, and resistance to therapy (Aksamit, 2015; Gorouhi F., 2014, Adilkhodzhaeva Z.Kh., 2021).

The aim of the study is to improve the treatment of lichen planus with lesions of the oral mucosa.

The object of the study were 53 patients with lichen planus of the oral mucosa, in the department of therapeutic dentistry of the Tashkent State Dental Institute for the period from 2021 to 2023. All the studied patients were divided into the main (received local treatment in the form of laser therapy) and compared groups (treated with corticosteroids).

Research methods:

1. Clinical examination of the oral mucosa (definition of GI OHI-S, intraoral camera);
2. Microbiological examination of scrapings of plaque of the tongue, buccal mucosa and other parts of the mouth and sowing for dysbacteriosis, candidiasis;

In the course of the research, we observed 5 clinical forms of LP OM:

the typical form was found in 54.13%, the exudative-hyperemic form - 2.25%, the erosive-ulcerative form - 36.09%, the hyperkeratotic form - 2.25%, the bullous form - 5.26%.

Complaints of patients with Grinshpan-Potekaeв syndrome consisted, respectively, in the main group and the comparison group of feelings of tightness (29.16% and 25%), discomfort (8.33% and 12.5%), pain (20.83% and 25%), burning (25% and 16.66%), dryness (12.5% and 12.5%), sometimes loss of sensitivity (4.16% and 8.33%). During the survey, we found out the duration of the disease, the frequency of exacerbations, the nature of the treatment, the duration of remission.

The factors provoking the exacerbation of LP of the oral mucosa, patients call the intake of food containing spices, a high concentration of salt (in particular, persimmons, strawberries, seeds, tomatoes, pickled vegetables) (20.83% / n = 10); change of hygiene products (14.5% / n = 7). The majority (66.66% / n = 32) of patients believe that menthol-containing toothpastes have an irritating effect on erosive and ulcerative lesions. Often the cause of exacerbation is the stages of prosthetics, especially stamped crowns (8.33% / n = 4).

The area of lesions on the mucous membrane of the cheeks averaged 15.2 mm², on the mucous membrane of the lateral surfaces of the tongue - 8.4 mm², on the mucous membrane of the retromolar region - 5.6 mm², on the mucous membrane of the hard palate - 11.2 mm² and on the mucous membrane of the alveolar process - 14.6 mm².

Table 1

Dynamics of changes in the diameter of erosive and ulcerative lesions, the area of the lesion by observation time

| Timing treatment | Erosion diameter (cm) | | Damage area (mm ²) | |
|------------------|-----------------------|-----------|--------------------------------|-----------|
| | Main gr | Gr.com . | Main gr | Gr.com . |
| initial | 1.4±0.06 | 1.4±0.02 | 15.2±2.2 | 15.2±2.2 |
| 2-3 day | 0.99±0.04 | 1.1±0.12 | 13.1±1.6 | 14.2±1.13 |
| 7-10day | 0.73±0.01 | 0.82±0.06 | 12.3±2.1 | 13.4±1.9 |
| 12-14 day | 0.54±0.02 | 0.68±0.04 | 10.8±2.3 | 12.5±1.8 |
| 180 day | 0.11±0.07 | 0.37±0.03 | 1.2±2.1 | 6.9±2.1 |

All patients with LP have a significantly lower initial level of oral hygiene (OHI - S = 2.25±0.13 p <0.001); before treatment compared with the control group (OHI - S = 0.85±0.22 p <0.001). After the treatment, these indicators decreased significantly. After 2 to 3 days after treatment (1 day of observation), the OHI - S index decreased by 1.05 times; after 7-10 days (day 2 of observation) - 1.08 times; after 12-14 days (day 3 of observation) - 2.04 times; 180 days after the treatment (day 4 of observation), the index in the main group decreased by 3.94 times.

Microbiological studies have shown the composition of the microflora of the oral cavity isolated from the lesions of the oral mucosa in patients with erosive-ulcerative form of LP. Studies have shown a high growth of pathogenic microorganisms from the family Micrococaceae - Staphylococcus spp in 78% of cases (in 35 out of 48 patients), E. Coli 58% (in 28 patients), Candida spp in 83% of cases (in 39 patients). The contamination averaged 762.9±15.3 CFU.

The results of microbiological studies revealed a high keratinization index in smears obtained from the surface of the intact epithelial layer of the hard palate (64.4±6.1)%, alveolar gingiva (78.6±8.4)%; dorsal surface of the tongue (85.7±9.4)%. With the localization of hyperkeratosis foci

in these biotopes, the keratinization index increased significantly and practically “compared”, reaching values of 91-93%; at the same time, only single cells of the intermediate epithelium were identified, probably reflecting the features of the exfoliation process. Other results were obtained with the localization of erosive foci on the studied surfaces - the keratinization index sharply decreased to 34-44% ($p < 0.01$), cells of the intermediate epithelium appeared in the smear (up to 23 cells per 100 in the field of view), as well as uniform elements blood epithelialization of the erosive-ulcerative focus began, where its diameter was 0.99 ± 0.04 cm, which is 1.4 times less than than the original data ($p < 0.001$). After 7-10 days (day 2 of observation), the diameter of the erosive surface was 0.73 ± 0.01 cm, i.e. decreased by 1.9 times than the original data ($p < 0.001$); after 12-14 days - 0.54 ± 0.02 (day 3 of observation) the diameter of the erosive-ulcerative focus decreased by 2.5 times ($p < 0.001$). Clinically, by 180 days (day 4 of observation), in patients in the main group, we observed complete epithelialization, which corresponded to a decrease in the diameter of the erosive-ulcerative focus 0.11 ± 0.07 - 12.7 times ($p < 0.001$). In the comparison group during these periods, this indicator was also reduced by 3.7 times, compared with the initial data ($p < 0.001$).

When assessing the area of erosive lesions of the oral mucosa in patients with Grinshpan - Potekaev syndrome, the magnitude of erosion significantly decreased after treatment in the main group. So, after 2-3 days (1 day of observation) 13.1 ± 1.6 - a decrease of 1.16 times; after 7-10 days (day 2 of observation) the area of the lesion is 12.3 ± 2.1 - a decrease of 1.2 times; after 12-14 days (day 3 of observation) the area of the lesion is 10.8 ± 2.3 - a decrease of 1.4 times; after 180 days (day 4 of observation), the area of erosive lesions was 1.2 ± 2.1 – a decrease of 12.66 times ($p < 0.001$).

The effectiveness of treatment was assessed by the terms of remission. So, in the main group, the duration of remission was 4.5 ± 0.09 months in 95.83% (23) and 4.16% (1) after 6 months of treatment, there was a transition of the erosive-ulcerative form of LP, combined with diabetes mellitus and hypertension. into the typical form of the disease.

Conclusions. When assessing the area of erosive lesions of the oral mucosa in patients with Grinshpan-Potekaev syndrome, the magnitude of erosion significantly decreased after treatment in the main group. So, after 2-3 days (1 day of observation) 13.1 ± 1.6 - a decrease of 1.16 times; after 7-10 days (day 2 of observation) the area of the lesion is 12.3 ± 2.1 - a decrease of 1.2 times; after 12-14 days (day 3 of observation) the area of the lesion is 10.8 ± 2.3 - a decrease of 1.4 times; after 180 days (day 4 of observation), the area of erosive lesions was 1.2 ± 2.1 – a decrease of 12.66 times ($p < 0.001$).

Microbiological examination of patients with Grinshpan-Potekaev syndrome revealed *Candida albicans* in 83% of cases. The average level of adhesion of *Candida albicans* strains in patients with LP aggravated by CGP was $16.78 \pm 1.64\%$. In patients with LP not aggravated by CGP, this indicator was $26.28 \pm 4.44\%$ ($p < 0.05$). Strains with a high level of adhesion had a high growth rate and actively formed germination tubes (the ability to dimorphism) from 10% to 65%.

The effectiveness of treatment was assessed by the terms of remission. So, in the main group, the duration of remission was 4.5 ± 0.09 months in 95.83% (23) and 4.16% (1) after 6 months of treatment, there was a transition of the erosive-ulcerative form of LP, combined with diabetes mellitus and hypertension. into the typical form of the disease. Thus, compared with the baseline in patients of the main group, remission lengthened by 1.98 times ($p < 0.001$). The effectiveness of treatment in the comparison group was assessed by the terms of remission. Thus, the duration of remission in 17 patients in the comparison group was 3.6 ± 0.6 months in 70.83%, in 5 patients (20.83%) after 8 months, in 2 patients in 8.33% after 9 months treatment. Thus, on average, remission in patients of the comparison group was prolonged by 1.25 times compared with the initial level ($p < 0.001$).

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