

ALOE VERA TOOTHPASTE MAY REDUCE TONGUE COATING: A COMPARATIVE STUDY

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Tongue dorsum may be the reservoir of one of the most complex microbiological niches in human ecology. The full role of tongue coating in health and disease and all factors that contribute to its existence are still unknown. Studies on the influence of mechanical and antimicrobial approaches to reduce tongue coating are scarce. However, many commercially available products state to have action against malodour-producing bacteria.

OBJECTIVES: To evaluate the effect of different toothpastes (*Forever Aloe Vera Propolis*[®] and *Colgate Total 12 hours*[®]) against tongue coating.

METHODS: Thirty patients were distributed into 3 groups (with 10 subjects each) regarding tongue cleaning: Group A (brushing with *Forever Aloe Vera Propolis*[®]), Group B (brushing with *Colgate Total 12 hours*[®]) and Group C (Control – brushing with water). At day 1, Maximum amount of tongue coating was collected from all subjects, dried (50°C greenhouse) and weighted. Same procedures were undertaken after 20 days.

RESULTS: Best results (smaller amount of tongue debris) were observed on subjects that brushed with *Colgate Total 12 hours*[®] (Group A), followed by subjects from group B, and Group C ($p < 0.01$).

CONCLUSIONS: This study showed that mechanical approach-only reduce tongue coating. Although *Colgate Total 12 hours*[®] obtained the best results, this study was innovative by showing that *aloe vera* containing toothpaste may also reduce tongue coating.