

Natural Remedies for Fast Relief from Mouth Ulcers

[How to cure mouth ulcers fast naturally](#), also known as canker sores, are small, painful lesions that form in the mouth. While they typically heal on their own within a week or two, they can cause discomfort and make it difficult to eat, drink, and talk during that time. Fortunately, there are several natural remedies you can try to speed up the healing process and alleviate the pain associated with mouth ulcers.

1. Salt Water Rinse:

One of the simplest and most effective remedies for mouth ulcers is a salt water rinse. Mix a teaspoon of salt into a glass of warm water and use it to rinse your mouth several times a day, especially after meals and before bedtime. Salt helps to reduce inflammation and acts as a natural disinfectant, promoting healing and relieving pain.

2. Honey:

Honey has natural antibacterial and anti-inflammatory properties that can help soothe mouth ulcers and promote healing. Dab a small amount of honey directly onto the ulcer or mix it with a bit of turmeric to form a paste. Apply this paste to the ulcer a few times a day until it heals.

3. Coconut Oil:

Coconut oil is another effective remedy for mouth ulcers due to its antimicrobial and anti-inflammatory properties. Apply a small amount of coconut oil directly to the ulcer using a cotton swab or your finger. Repeat this process several times a day to help speed up the healing process and reduce pain.

4. Aloe Vera:

Aloe vera is well-known for its healing properties and can be particularly soothing for mouth ulcers. Extract the gel from an aloe vera leaf and apply it

directly to the ulcer. Alternatively, you can find aloe vera gel in many health food stores. Repeat this process several times a day until the ulcer heals.

5. Licorice Root:

Licorice root contains a compound called glycyrrhizin, which has been shown to have anti-inflammatory and antimicrobial properties. You can chew on a piece of licorice root or make a paste by mixing powdered licorice root with a bit of water and applying it directly to the ulcer. Repeat this process two to three times a day for best results.

6. Chamomile Tea:

Chamomile tea has anti-inflammatory and soothing properties that can help relieve pain and discomfort associated with mouth ulcers. Brew a cup of chamomile tea and allow it to cool. Use it as a mouth rinse several times a day to help reduce inflammation and promote healing.

7. Baking Soda Paste:

Baking soda can help neutralise acids in the mouth and reduce inflammation, making it a useful remedy for mouth ulcers. Mix a small amount of baking soda with water to form a paste and apply it directly to the ulcer. Leave it on for a few minutes before rinsing your mouth with water. Repeat this process several times a day until the ulcer heals.

8. Avoid Irritants:

While using natural remedies to treat mouth ulcers, it's important to avoid irritants that can exacerbate the condition. Avoid spicy, acidic, and salty foods, as well as abrasive toothpaste and mouthwashes that contain alcohol. Stick to soft, bland foods and use a soft-bristled toothbrush to gently clean your teeth and gums.

By incorporating these natural remedies into your daily routine, you can help speed up the healing process and find relief from the pain and discomfort of mouth ulcers. However, if your ulcers persist for more than two weeks or are accompanied by other

symptoms such as fever or difficulty swallowing, it's important to consult a healthcare professional for further evaluation and treatment.