

Evaluation of the effectiveness of a chamomile (*Matricaria chamomilla*) and linseed (*Linum usitatissimum*) saliva substitute in the relief of xerostomia in elders

Morales-Bozo, Irene

Ortega-Pinto, Ana

Rojas Alcayaga, Gonzalo

Aitken Saavedra, Juan P.

Salinas Flores, Olga

Lefimil Puente, Claudia

Lozano Moraga, Carla

Manríquez Urbina, José M.

Urzúa Orellana, Blanca

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Objective: The aim of this study was to determine the efficacy of a chamomile (*Matricaria chamomilla*) and linseed (*Linum usitatissimum*) saliva substitute in the relief of xerostomia in older participants. **Background:** In elders, xerostomia is a permanent and progressive condition that significantly affects their quality of life. The treatment for progressive xerostomia is currently restricted to palliative measures, and saliva substitutes are indicated. A lack of evidence on the effectiveness of the saliva substitutes in the relief of symptoms of xerostomia has been reported. **Materials and methods:** Seventy-four elderly participants presenting xerostomia of diverse origin were selected. Herbal saliva substitute and carboxymethyl cellulose conventional saliva substitute were tested using a double-blind, randomised, cross-sectional clinical trial. **Results:** Every participant of the study exhib