



Studies Related to Ozonated Oils

Here you will find a handful of studies concerning ozonated oils in a variety of circumstances.

Many more studies are available online and in publications.

Includes:

Ozonated Olive Oil vs Clotrimazole Cream for Vulvovaginal Candidiasis

Root Fillings with Zinc Oxide-Ozonated Oil

Treatment of Partial- to Full-Thickness Second-Degree Burns

Topical application of ozone on acute cutaneous wound healing

The dual action of ozone on the skin

Antifungal activity of ozonated sunflower oil

Treatment of Primary Pioderma with Ozonized Sunflower Oil

Ozonized oils in dermatology, 9 years experience

Current Concepts of Oxygen Ozone Therapy for Dentistry

Comparing the Effect of Ozonated Olive Oil and Clotrimazole Cream for the Treatment of Vulvovaginal Candidiasis

TaraFatemeh, Zand-KargarZiba, RajabiOmid, BerenjiFariba, PaeiziReza, and AziziHoda. The Journal of Alternative and Complementary Medicine. May 2014, 20(5): A83-A83. doi:10.1089/acm.2014.5218.abstract.

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Purpose: Vulvovaginal candidiasis is the most common infection of vulvovagina which manifests with itching, burning sensation and leucorrhea. Conventional treatments are azoles to them tolerance have been reported especially in immunosuppressed patients. New studies suggested the antifungal effects of ozone which is the allotropic form of oxygen. This study compares the effect of ozonated olive oil with clotrimazole in the treatment of vulvovaginal candidiasis.

Methods: One hundred patients with confirmed vulvovaginal candidiasis were randomly classified to two groups and treated by ozonated olive oil or clotrimazole for 7 days. The study outcomes were changes in itching, burning, leucorrhea and culture before and after the treatment; which were evaluated by an interview and paraclinical examination. Statistical analysis was done by SPSS software, version 17. The significance level stood at 0.05.

Results: Ozone and clotrimazole both reduced the symptoms significantly and led to negative specimen culture ($P < 0.05$). There was no significant difference between two groups in their effect on itching, leucorrhea and culture ($P > 0.05$). However, ozone decreased burning sensation significantly better than clotrimazole ($P < 0.05$).

Conclusion: Considering the potential efficacy of ozonated olive oil in the improvement of clinical and paraclinical aspects in patients with vulvovaginal candidiasis, it could be suggested as an effective topical treatment in these patients.

Success of root fillings with zinc oxide-ozonated oil in primary molars: preliminary results

Chandra SP, Chandrasekhar R, Uloopi KS, Vinay C, Kumar NM.

AIM: To evaluate the success rate of mixture of ozonated oil and zinc oxide as a primary teeth root filling material.

STUDY DESIGN: Prospective *randomized* clinical study.

METHODS: The study included 60 infected primary mandibular molars which were equally divided into study group (ozonated oil-ZnO) and control group (zinc oxide-eugenol). Pulpectomy procedure was performed and the children were followed at regular intervals. All the children were available for evaluation at the end of 12 months. The teeth were evaluated for success or failure based on clinical and radiographic criteria by a blinded investigator.

STATISTICS: The proportional values were compared using χ^2 test.

RESULTS: Clinical and radiographic evaluation suggested that teeth obturated with ozonated oil-zinc oxide demonstrated good success rate (93.3 %) as compared to zinc oxide eugenol (63.3 %). However, no statistically significant variation ($p = 0.408$) was observed between the groups.

CONCLUSION: Ozonated oil-ZnO demonstrated a good clinical and radiographic success at 12 months follow-up and it can be considered as an alternative obturating material in infected primary teeth.

Topical ozonated oil versus hyaluronic gel for the treatment of partial-to full-thickness second-degree burns: A prospective, comparative, single-blind, non-randomised, controlled clinical trial

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INTRODUCTION AND AIM: Several studies have demonstrated that ozonated oil is effective on cutaneous wound healing. This in vivo study has been conducted to evaluate the clinical effect of the topical application of ozonated oil for 12 weeks on second-degree skin burns.

METHOD: A total of 30 patients suffering from second-degree skin burns in the phase of re-epithelisation were included in this study. Every skin burn was subdivided in two symmetrical parts. One part was treated with occlusive application of ozonated oil; the contralateral part of the lesion was treated with topical application of hyaluronic acid gel, once a day for 12 weeks. A clinical evaluation and an intra-vital video-capillaroscopy were performed on every patient at baseline, 6 and 12 weeks after.

RESULTS: All treated lesions improved regardless of the treatment used. Ozonated oil was as effective as hyaluronic acid in improving erythema, tension, itching and burning sensation reported by patients, and it does not exert a specific anti-angiogenic effect compared to hyaluronic acid. However it seems more effective than hyaluronic acid in reducing post-lesional hyperpigmentation.

CONCLUSION: Ozonated oil, topically applied for 12 weeks, seems to be as effective as hyaluronic acid in reducing symptoms related to skin burns, but it could be more effective in preventing the post-lesional hyperpigmentation.

Therapeutic effects of topical application of ozone on acute cutaneous wound healing

Kim HS¹, Noh SU, Han YW, Kim KM, Kang H, Kim HO, Park YM.

Abstract: This study was undertaken to evaluate the therapeutic effects of topical ozonated olive oil on acute cutaneous wound healing in a guinea pig model and also to elucidate its therapeutic mechanism. After creating full-thickness skin wounds on the backs of guinea pigs by using a 6 mm punch biopsy, we examined the wound healing effect of topically applied ozonated olive oil (ozone group), as compared to the pure olive oil (oil group) and non-treatment (control group). The ozone group of guinea pig had a significantly smaller wound size and a residual wound area than the oil group, on days 5 ($P<0.05$) and 7 ($P<0.01$ and $P<0.05$) after wound surgery, respectively. Both hematoxylin-eosin staining and Masson-trichrome staining revealed an increased intensity of collagen fibers and a greater number of fibroblasts in the ozone group than that in the oil group on day 7. Immunohistochemical staining demonstrated upregulation of platelet derived growth factor (PDGF), transforming growth factor-beta (TGF-beta) and vascular endothelial growth factor (VEGF) expressions, but not fibroblast growth factor expression in the ozone group on day 7, as compared with the oil group. In conclusion, these results demonstrate that topical application of ozonated olive oil can accelerate acute cutaneous wound repair in a guinea pig in association with the increased expression of PDGF, TGF-beta, and VEGF.

The dual action of ozone on the skin

Valacchi G¹, Fortino V, Bocci V.

Abstract: The aim of this brief review is to summarize the recent literature on the effect of ozone (O₃) on cutaneous tissues. Recently it has been reported that a chronic contact with O₃ can be deleterious for the skin. Our group and others have shown a progressive depletion of antioxidant content in the stratum corneum and this can then lead to a cascade of effects resulting in an active cellular response in the deeper layers of the skin. Using an in vivo model we have shown an increase of proliferative, adaptive and proinflammatory cutaneous tissue responses. On the other hand the well known activity of O₃ as a potent disinfectant and oxygen (O₂) donor has been also studied for therapeutic use. Two approaches have been described. The first consists of a quasi-total body exposure in a thermostatically controlled cabin. This treatment has proved to be useful in patients with chronic limb ischaemia. The second approach is based on the topical application of ozonated olive oil in several kinds of skin infection (from soreness to diabetic ulcers, burns, traumatic and surgical wounds, abscesses and skin reactions after radiotherapy). We and other authors have observed a striking cleansing effect with improved oxygenation and enhanced healing of these conditions. It is now clear that, on the skin, O₃, like other drugs, poisons and radiation, can display either a damaging effect from a long exposure or a beneficial effect after a brief exposure to O₂ and O₃ or to the application of ozonated oil to chronic wounds.

In vitro antifungal susceptibility, in vivo antifungal activity and security from a natural product obtained from sunflower oil (AMO3) against dermatophytes

Thomson M P¹, Anticevic C S, Rodríguez B H, Silva V V.

Abstract: This work studied safety and antifungal activity of ozonized sunflower oil (AMO3) against dermatophytes. AMO3 was prepared through a new original process that modifies the oil before ozonation by alcoholic catalytic esterification. Susceptibility was studied in 41 dermatophytes by agar diffusion and broth microdilution tests. The experimental model to assess the topical safety of the oil included 60 CF1 mice divided in three groups that were treated with vaseline (control), 1% AMO3 and 50% AMO3 (overdose), respectively. Then, experimental dermatophytosis was induced in CF1 mice. Seventy-five individuals were selected and divided in 5 groups that were treated once a day with placebo, cream with 1%, 2% and 3% AMO3 plus an untreated control group. This new natural product showed antifungal activity against all strains studied. The MIC ranged between was 0,125 and 1%, while minimum fungicidal concentration (MFC) was 2%. The application of vaseline and AMO3 1% and 50% did not produce clinical or histopathological lesions. *The mice with dermatophytosis that were treated with 1%, 2% and 3% AMO3 showed 100% clinical cure and 94% average mycological cure, exceeding placebo and control groups ($p < 0,05$).* ***This product exhibits high antifungal activity and could be a safe alternative for ringworm topical treatment.***

Treatment of Primary Pioderma with Ozonized Sunflower Oil

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Abstract: Taking into consideration the germicide properties of the ozonized sunflower oil (OLEOZON), it was decided to make an investigation in 80 children between 1 and 14 year old, with the main objective of evaluating the effectiveness of the OLEOZON in primary pyoderma, comparing this with Gentamycin cream. The investigation was carried out in areas of health of the general Teaching Hospital "Comandante Pinares", San Cristobal, Pinar del Rio, lasting 6 months. Patients were randomly assigned to both group of treatment; experimental (using OLEOZON) and control (using Gentamycin). To all patients bacteriological studies were done, at the beginning and after 15 days of treatment. The results demonstrated that the most frequent isolated germ was the Streptococcus haemolytic of group A. Healing effectiveness after 15 days of treatment, was 68 % for the OLEOZON and 28 % in those patients where Gentamycin was used. No side effects were observed.

Ozonized oils in dermatology, 9 years experience

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The application of ozonized oils of vegetal source constitutes an appropriate method for the local therapy of several diseases. The interaction of ozone with these oils produces a mixture of chemical compounds (ozonides and peroxides) with great germicide power. The results of topical application of ozonized oil (OLEOZON) in dermatological diseases of viral, fungi and bacterial origin, during 9 years of study, were presented. Among the diseases of bacterial origin (pyoderma), 600 patients were treated, obtaining healing criterion in 87%. According to mycotic diseases (epidermophythisis and onychomycosis), 1000 patients received the treatment, with 91% of healing. In viral diseases (herpes simplex), 300 patients were treated and in 74% the relapses disappeared. No side effects were observed.

Current Concepts of Oxygen Ozone Therapy for Dentistry in the United States

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Conclusions regarding ozonated olive oil and dentistry: Research shows ozone can be used with numerous protocols including dentistry. The use of ozone is growing in the United States and the International Academy of Oral Medicine and Toxicology has endorsed its use in dentistry as scientifically valid. Research has shown ozonated olive oil is slightly more effective for the treatment of enterococcus faecalis than calcium hydroxide. In dental practices using ozone, jars of ozonated olive oil are given to patients to ensure a continuous dose of ozone to eliminate the microbes that cause reinfection of tissues. This is done after treating periodontal diseases and as a post-operative dressing for dental wounds.

Introduction

Oxygen Ozone Therapy (OOT) has been used in many countries throughout the world for many years. It has been recently gaining interest in the medical community in the wake of an increasing number of scientific and clinical papers published in international peer reviewed medical journals. Many of the basic mechanisms of ozone in vivo are now well outlined. How ozone has affected the modulation of interleukin production and additional biological pathways has been adequately explained by multiple researchers^{1, 2}. This research has resulted in the rationale for the use of ozone in many pathological conditions related to pain, inflammation, oxidative stress, cancer, atherosclerosis, diabetes, acute infections and chronic infections³.

Conventional dentistry in the United States has been very slow to embrace OOT in part because it is not included in the didactic or clinical curriculum in any School of Dentistry in the United States. These institutions have not been receptive to investigating the possible research opportunities that would verify the previous favorable findings from institutions in Germany, Great Britain, Italy, Spain, Brazil, Cuba, Russia, etc.

The recent movement to use OOT in the United States was initiated by a small group of dentists. They attended a demonstration and participation class using OOT at Capital University of Integrative Medicine (a post doctoral program in integrative health) in 1998. Soon after that presentation, a group of eight dentists from that class decided to pursue further research into the possible benefits of OOT. The group obtained the corona discharge type of medical ozone units that utilize medical oxygen as the oxygen source and began limited clinical trials in April 2000.

After successful clinical trail results, an IRB approved study was granted by Capital University of Integrative Medicine to further research and define the uses of OOT. The primary researchers, Dr. Philip Mollica and Dr. Robert Harris, decided to utilize the evidence based research model and establish sub-investigators in a practice based research network. This model was successful and was repeated by the current research institution, The American College of Integrative Medicine and

Dentistry. To satisfy the requests of practicing dentists, Dr. Mollica and Dr. Harris, then began offering a seminar series to teach dentists the theory and clinical applications for infection control utilizing OOT. To date, they have taught OOT to over 2,000 dentists through their seminars and presentations at major meetings, both nationally and internationally.

Clinical research is currently being conducted and monitored from multiple practice based research network clinical centers throughout the United States⁴. As a result of the research findings, foundational protocols have been developed to address common oral infections such as periodontal disease, endodontic infections, dental decay, osteomyelitis, biphosphonate induced osteonecrosis, stomatitis and herpetic lesions. Additional therapeutic protocols have been developed for tooth related sinus infections, neuralgia, pulpal hypersensitivity, extractions, and TMJ symptomology.

The International Academy of Oral Medicine and Toxicology has endorsed OOT in dentistry as scientifically valid and is in the process of publishing a brochure to explain the value of the therapy to dentists and patients.

Therapeutic Modalities

Therapeutic methods of administration of intraoral Oxygen-Ozone (OO) include: injection of gas, irrigation with ozonated water, insufflation of periodontal pockets with gas, and topical application of ozonated oil. Injection protocols include intraosseous injection of the OO gas mixture, locally into the alveolus, subgingivally, intramuscularly, inferior alveolar nerve area, and into the pterygoid space area. These injection protocols are for treatment of the many types of oral infections. Irrigation administration is also utilized for oral infections including stomatitis, herpetic lesions and periodontal infections (subgingival). Insufflation techniques are generally utilized for decay, periodontal infections and endodontic treatment. A tray technique has been developed for full arch treatment of periodontal disease, caries and biphosphonate osteonecrosis.

Extraoral therapeutic protocols include nasal and ear insufflation, temporomandibular joint injections, trigger point injections and craniofacial lymphatic injections. These modalities are used for various primary and supportive treatment techniques.

OO Treatment Goals in dentistry

The therapeutic goals that support established standard of care procedures are as follows:

- Eliminations of pathogens
- Restoration of proper oxygen metabolism
- Induction of friendly ecologic environment
- Increased circulation
- Immune modulation
- Stimulation of the humoral anti-oxidant system

Treatment of Dental Caries and Operative Dentistry

More than 30 studies⁵ have been presented showing that low concentrations of OO gas causes inhibition of pit and fissure caries, root surface caries and interproximal carious lesions. These same studies have also shown that reversal of decay in carious lesions occurs with exposure to OO in as little as ten seconds. The protocols developed by the American College of Integrative Medicine and Dentistry encompass utilization of OO for procedures including pit and fissure sealants, decay removal with subsequent restoration, dentinal hypersensitivity, crown and bridge preparation, and carious exposures to name a few. The procedure is to isolate the tooth or preparation and flow the gas into the area the area to be treated slowly for 45-60 seconds. The use of proper evacuation technique is essential to avoid

inhalation of the gas. The oxidant nature of the ozone can cause an irritation to the eyes and the mucosal lining of the respiratory tract. This procedure will kill or significantly inhibit any possible microbial infection at the site with a reduction of postoperative hypersensitivity.

Treatment of Root Canals

Endodontic (root canal) treatment of infected teeth has long been a treatment of choice and the standard of care in dentistry for an infected tooth. Endodontic treatment involves cleaning out the main canal or canals of a tooth with instrumentation, irrigation and chemicals (sodium hypochlorite-bleach). These canal(s) are then filled with a material called gutta percha before the tooth is finally restored with a crown. This procedure is supposed to sterilize the tooth from all the invading bacteria that subsequently caused the tooth and the surrounding bone to become infected. The classical endodontic community feels that this procedure prevents any bacteria from living within the tooth or ever invading the tooth again from the alveolar bone, thus saving the tooth. This has been a contested theory that has been disputed by the allopathic and the integrative dental community. Studies have shown that following endodontic therapy, some bacteria, fungi and viruses remain in the multitude of the very small lateral canals and dentinal tubules that transverse the tooth root and communicate with the periodontal tissue. These studies have shown that the obligate anaerobes (which can include bacteria, virus and fungi) can remain within these canals and are even found all the way to the cemento-enamel junction.

A Japanese study published in 2004⁶ demonstrated that the use of ozonated water had the same antimicrobial activity as 2.5 percent sodium hypochlorite without the tissue toxicity. The study also showed that following ozone therapy there was high metabolic activity of the associated fibroblasts indicating an increase in the healing process. Another study⁷ found that the use of ozonated oil was actually slightly more effective than calcium hydroxide as an intracanal medicament for the treatment of *enterococcus faecalis* in a two step procedure in dogs. The anaerobic bacteria create

a positive charge and acidic nature in the infected environment. OO is a gas that carries a negative charge and is attracted to the infected environment resulting in disinfection of the area.

Standard of care endodontic procedures are employed during diagnostics and treatment. Then OOT is used for disinfection of the root canals and dentinal tubules. The following steps should be added before the final fill of the canal(s):

- The files are coated with ozonated olive oil for lubrication and disinfection.
- The canals are prepared and then irrigated with ozonated water and dried.
- Before filling, a slow insufflation (45-60 seconds) into each canal(s) with a moderate/high concentration of OO gas using about 30 ml .

The insufflation process allows the OO mixture to travel electrochemically into the lateral canals and tubules killing the positively charged microbes by oxidizing their cell membranes.

Treatment of Periodontal Disease

Periodontal disease is a multifactorial disease process in the mouth. It has been linked systemically to other diseases such as atherosclerosis, bronchitis, diabetes, preterm and low weight births, pancreatic cancer and others.

Traditional treatment has been either conservative treatment by root planing and scaling, surgical intervention with a scalpel or LASER therapy (for example the LANAP procedure with the Periolas, an Nd: YAG LASER).

In cases where treatment is by root planing and scaling, the sulci and pockets are initially irrigated with ozonated water by use of a syringe and a canula. This process will reduce the initial pathogenic load on the patient locally and systemically before the root planing and scaling procedure begins. After treatment of a quadrant or half the mouth, each pocket and sulcus is insufflated with OO gas. The gas goes directly

into the crevicular fluid and the tissues and sterilizes the area, thus eliminating the pathogenic organisms.

For patients undergoing LASER therapy with the Periolase, it is recommended that ozonated water be used during ultrasonic debridement.

For certain cases, a silicone tray isolation technique may be utilized. This involves fabrication of appliances made of silicone that fits snugly onto each arch. Each appliance has an inlet and an outlet valve. A low/medium concentration of O₂ gas flows continuously into the appliance saturating the teeth and periodontium with O₂ gas. Ozone gas is introduced into the tray through the in port of the tray. The small suction evacuator is attached to the outlet valve allowing the excess gas to be vacuumed away to prevent inhalation of the gas. This treatment requires multiple visits.

Routine recall treatment for minor cases, such as gingivitis, utilizes pretreatment rinsing with ozonated water, irrigation of the periodontium and insufflation of any periodontal pockets. In all cases, the patient is given a jar of ozonated olive oil to take home with them and apply topically to the soft tissue. This will insure a continuous dose of O₂ to the tissue and eliminate the microbes that create the biofilm that causes reinfection of the surrounding tissues.

Adjunct Therapy for Extractions, Other Surgical Procedures and Biphosphonate Osteonecrosis

O₂ is so versatile that it can be used for almost any type of dental procedure. After a tooth is extracted or any basic surgical procedure it is recommended post-surgically to irrigate and insufflate the area. This reduces the positive electric potential of the wound and potential scar with the negatively charged gas or water. Healing of the wound is generally much faster and with less or no complications.

Biphosphonate necrosis has been extremely difficult to treat medically and surgically. There has been some success with O₂ utilizing the foundational protocols along with intraosseous injections and intraoral silicone tray treatment of the osteonecrotic lesion.

The patient is always sent home with a jar of ozonated olive oil as a postoperative dressing for the wound.

Extraoral techniques

Part of the foundational protocol involves ear insufflation and nasal insufflation with low concentrations of OO. Ear insufflation is a technique to deliver the OO into the external, middle and inner ear. The tympanic membrane is vascularized and some ozone can enter the bloodstream by this route. Ozone being a potent oxidant easily perfuses into the blood and reacts immediately with a number of molecules present in the fluids such as antioxidants, proteins, carbohydrates, and polyunsaturated fatty acids³. OO, when administered nasally has to be bubbled through olive oil. This produces triozonides of triolein, which when inhaled has the same therapeutic effects as ozone itself. The foundational protocols of the American College of Integrative Medicine and Dentistry for ozone therapy also include extraoral injections of small concentrations of OO. These small amounts, usually 1.0 ml per site, are infiltrated either subdermally or subcutaneously along the path of the external jugular chain of lymph nodes, the cervical lymph node system, the thyroid lymph nodes, and the thoracic and right lymphatic ducts.

Conclusion

Ozone is the perfect substance for use in dental procedures. It disinfects the tissues treated and leaves no toxic residues like chlorinated products. It performs this task by oxidizing the cell membranes of pathogenic organisms and killing them. The oxidizing effect of ozone is as follows: one molecule of ozone will kill the same number of bacteria that requires 3,000-10,000 molecules of chlorine for the same effect and ozone kills them 3500 times faster than chlorine⁴.

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