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## Topical Administration of *Teucrium polium* on Diabetic Foot Ulcers Accelerates Healing: A Placebo-Controlled Randomized Clinical Study

Hasan Fallah Huseini <sup>1</sup>, Maryam Yaghoobi <sup>2 3</sup>, Farhad Fallahi <sup>4</sup>, Farzaneh Boroumand <sup>5</sup>,  
Mohammad Hassan Ezzati <sup>6</sup>, Seyyed Mohammad Tabatabaei <sup>3 7</sup>, Homa Sotvan <sup>6</sup>, Maryam Ahvazi <sup>1</sup>,  
Shapour Badiie Aval <sup>8</sup>, Mojtaba Ziaee <sup>9</sup>

Affiliations

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### Abstract

Diabetic foot ulcer is one of the most devastating complications of uncontrolled diabetes. Although there have been advances in the management of diabetic foot ulcers, still diabetic foot ulcers are a major cause of many amputations in diabetic patients. *Teucrium polium* (*T. polium*) is widely used by folk medicine practitioners in Iran for the treatment of diabetic ulcers. The present study was designed to evaluate the safety and efficacy of topical *T. polium* ointment besides the standard treatment in diabetic foot ulcers. A total of 70 diabetic patients with foot ulcers grade 1 or 2 according to Wagner's scale were enrolled in this study. Patients were randomly divided into two groups. Patients in both groups received standard treatment for diabetic foot ulcers. In addition, group 1 received topical *T. polium* ointment, and group 2 received topical placebo ointment for 4 weeks. The *T. polium* and placebo ointments were rubbed twice daily two hours before the conventional dressing. The ulcer size, healing time, and laboratory tests were measured in both groups at baseline and end of the study after 4 weeks. Twenty-nine patients remained in the *T. polium* group and 26 in the placebo group until the end of the study. The mean surface area of ulcers was  $3.52 \pm 1.47$  and  $3.21 \pm 1.67$  cm<sup>2</sup> in *T. polium* group and placebo group respectively at baseline which decrease to  $.717 \pm .19$  and  $1.63 \pm .72$  cm<sup>2</sup> respectively at the endpoint. The mean ulcer surface area was significantly lower in *T. polium* compared with the placebo group ( $p < .0001$ ) at end of the study. Also, the number of patients that completely recovered in the *T. polium* group was significantly higher than the placebo group ( $p < .001$ ) at the end of the study. The addition of topical *T. polium* ointment to standard treatment significantly improves the healing time of diabetic non-infected foot ulcers.

**Keywords:** *Teucrium polium*; diabetic foot ulcer; herbal medicine; randomized clinical trial; topical ointment.

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