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| **Supplementary Table 2: List of excluded studies and according reasons.** | | | |
| **#** | **Authors** | **Title** | **Reasons for the exclusion** |
| **1** | Bohra et al. 2021 | Black Turmeric and Aloe Vera in the Management of Oral Submucous Fibrosis: A Prospective Clinical Study | The efficacy of curcumin could not be individually evaluated. |
| **2** | Srivastava et al. 2015 | Clinical evaluation of the role of tulsi and turmeric in the management of oral submucous fibrosis: A pilot, prospective observational study | The efficacy of curcumin could not be individually evaluated, and therapy of control groups contains curcumin or Curcuma longa Extract. |
| **3** | Bakhshi et al. 2020 | Combination Therapy with 1% Nanocurcumin Gel and 0.1% Triamcinolone Acetonide Mouth Rinse for Oral Lichen Planus: A Randomized Double-Blind Placebo Controlled Clinical Trial | The efficacy of curcumin could not be individually evaluated. |
| **4** | Mansourian et al. 2017 | Comparison of the Efficacy of Topical Triamcinolone in Orabase and Curcumin in Orabase in Oral Graft-Versus-Host Disease. | The efficacy of curcumin could not be individually evaluated. |
| **5** | Khaitan et al. 2022 | Curcuma Longa in the Treatment of Symptomatic oral lichen planus: A non-randomized controlled trial | The efficacy of curcumin could not be individually evaluated. |
| **6** | Deepak et al. 2021 | Efficacy of Curcumin and Topical Steroids in the Treatment for Oral Submucous Fibrosis: A Comparative study | The efficacy of curcumin could not be individually evaluated. |
| **7** | Darakhsha et al. 2019 | Efficacy of curcumin gel and tulsi gel in oral submucous fibrosis | The efficacy of curcumin could not be individually evaluated. |
| **8** | Mahato et al. 2019 | Evaluation of Efficacy of Curcumin along with Lycopene and Piperine in the Management of Oral Submucous Fibrosis | The efficacy of curcumin could not be individually evaluated. |
| **9** | Amirchaghi et al. 2016 | Evaluation of the Efficacy of Curcumin in the Treatment of Oral Lichen Planus: A Randomized Controlled Trial | The efficacy of curcumin could not be individually evaluated. |
| **10** | Vishwakar et al. 2018 | Potent Antitumor Effects of a Combination of Three Nutraceutical Compounds | The efficacy of curcumin could not be individually evaluated. |
| **11** | Deb et al. 2022 | Role of nano curcumin on superoxide dismutase levels in leukoplakia | No control group |
| **12** | Singh et al. 2013 | Turmeric - A new treatment option for lichen planus: A pilot study | No control group |
| **13** | Aditi et al. 2021 | A clinicobiochemical evaluation of curcumin as gel and as buccal mucoadhesive patches in the management of oral submucous fibrosis | Therapy of control groups contains curcumin or Curcuma longa Extract. |
| **14** | Hazzah et al. 2016 | A new approach for treatment of precancerous lesions with curcumin solid–lipid nanoparticle-loaded gels: in vitro and clinical evaluation | Therapy of control groups contains curcumin or Curcuma longa Extract. |
| **15** | Gupta et al. 2020 | A novel mixture of curcumin paste and prednisolone for treating oral lichen planus: A case controlled comparative study | Therapy of control groups contains curcumin or Curcuma longa Extract. |
| **16** | Kapoor et al. 2019 | Effect of curcumin in management of potentially malignant disorders-A comparative study. | Therapy of control groups contains curcumin or Curcuma longa Extract. |
| **17** | Hastak et al. 1997 | Effect of turmeric oil and turmeric oleoresin on cytogenetic damage in patients suffering from oral submucous fibrosis | Therapy of control groups contains curcumin or Curcuma longa Extract. |
| **18** | Cheng et al. 2001 | Phase I clinical trial of curcumin, a chemopreventive agent, in patients with high-risk or pre-malignant lesions | Therapy of control groups contains curcumin or Curcuma longa Extract. |
| **19** | Rai et al. 2010 | Possible action mechanism for curcumin in pre-cancerous lesions based on serum and salivary markers of oxidative stress | Therapy of control groups contains curcumin or Curcuma longa Extract. |
| **20** | Chainani et al. 2012 | Use of curcuminoids in a cohort of patients with oral lichen planus, an autoimmune disease | Therapy of control groups contains curcumin or Curcuma longa Extract. |
| **21** | Chainani et al. 2008 | Validation of instruments to measure the symptoms and signs of oral lichen planus | Incomplete outcome indicators |
| **22** | Chainani et al. 2007 | A randomized, placebo-controlled, double-blind clinical trial of curcuminoids in oral lichen planus | Incomplete outcome indicators |
| **23** | Singh et al. 2013 | Turmeric - A new treatment option for lichen planus – a pilot study | Incomplete outcome indicators |
| **24** | Mehta et al. 2020 | Assessing the Effect of Curcumin on the Oral Mucosal Cytomorphometry and Candidal Species Specificity in Tobacco Users: A Pilot Study | In vitro study |
| **25** | Sterniczuk et al. 2022 | Effectiveness of Curcumin in Reducing Self-Rated Pain-Levels in the Orofacial Region: A Systematic Review of Randomized-Controlled Trials | Systematic review |
| **26** | Neetha et al. 2020 | Chemopreventive Synergism between Green Tea Extract and Curcumin in Patients with Potentially Malignant Oral Disorders: A Double-blind, Randomized Preliminary Study | Participants were patients with OPMDs，while the specific OPMD was not clarified. |
| **27** | Pipalia et al. 2016 | Clinicobiochemical evaluation of turmeric with black pepper and nigella sativa in management of oral submucous fibrosis—a double-blind, randomized preliminary study | The efficacy of curcumin could not be evaluated solely. |
| **28** | Joshi et al. 2003 | Early human safety study of turmeric oil (Curcuma longa oil) administered orally in healthy volunteers | Participants were volunteers rather than people with OPMDs. |
| **29** | Ghobadi et al. 2021 | Effect of Curcumin on Oral Lichen Planus: A Single Blind Randomized Controlled Clinical Triall. | The language is not English. |
| **30** | Chainani et al. 2012 | High-dose curcuminoids are efficacious in the reduction in symptoms and signs of oral lichen planus. | OLP was only diagnosed clinically. |
| **31** | Kopuri et al. 2016 | A comparative study of the clinical efficacy of lycopene and curcumin in the treatment of oral submucous fibrosis using ultrasonography. | The full text is not accessible. |
| **32** | Das et al. 2010 | Comparative Study of the Efficacy of Curcumin and Turmeric Oil as Chemopreventive Agents in Oral Submucous Fibrosis: A Clinical and Histopathological Evaluation. | Incomplete outcome indicators |
| **33** | Agarwal et al. 2014 | Evaluation of efficacy of turmeric in management of oral submucous fibrosis. | The full text is not accessible. |
| **34** | Mobeen et al. 2023 | A Novel Herbal Paste Formulation of Turmeric, Tulsi, and Honey for the Treatment of Oral Submucous Fibrosis. | The efficacy of curcumin could not be individually evaluated. |
| **35** | Tepan et al. 2023 | Efficacy of Combination of Curcumin-Piperine with Antioxidants in Oral Submucous Fibrosis: A Randomized, Open-Label Study. | The efficacy of curcumin could not be individually evaluated. |

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