

## Herbal Dentistry

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Received:  June 30, 2020

Published:  July 06, 2020

### Abstract

God has created Herbs as remedial agents for afflicted humans. Herbal extracts have been used in traditional medicine for centuries. The knowledge on herbs has been accumulated on the basis of different medicinal systems such as Ayurveda, Unani and Siddha. Herbal extracts have been used in dentistry for reducing inflammation, as antimicrobial plaque agents, as vitis; and analgesics.

### Introduction

Primitive medicine is everlasting. Worldwide, in many countries primitive medicine still persist. In India many diseases are interpreted as punishment for past sins, but it is well-documented in literatures that "traditional healers" are found everywhere. It is known that medicine is as old as life itself [1]. For the survival of the species against the diseases, all the living things must develop the way to fight the disease phases. Man is most superior and so he explores remedies for illness in plants and herbs. The medical system is developed in terms of "Ayurveda" which combines the Sanskrit word "Ayur" (life) and "Veda" (Science of knowledge). In the ancient books known as "The Vedas." Srila Vyasadeva has mentioned that Vedas include a branch named as Ayurveda. The aim of Ayurvedic Medicines was to harmonize body, mind, and spirit. This balance is believed to prevent illness [2].

#### Charak Samhita by Charak

Charak Samhita, which dates back to around 800 BC, a major compendium in Ayurvedic medicine. Today ayurvedic physicians still use Samhita for medical training.

#### Sushruta Samhita by Sushruta

Sushruta Samhita, which dates back to approximately 700 BC, which includes seminal contents such as the Ayurvedic definition of blood and also includes skin grafting technique and reconstructive surgery

### Discussion

Traditional Chinese Medicine uses about 5000 plant species while India uses about - 7000. However, still Traditional Chinese Medicine is well-established in the international market when compared to the Indian market. Still India has huge assets for herbal medicines. However its application in dentistry has not been explored fully. The major problem in acceptability of Ayurveda is a lack of proper standardization technique. Ayurveda needs immediate reorientation to gain credibility. Hence, researchers should be encouraged to conduct more studies to prove the effectiveness of herbal products in Dentistry [3].

#### Uses of various herbs in Dentistry

- a) **Ajowan (*Trachyspermum ammi*):** It reduces cariogenic properties of *Streptococcus mutans* adherence on tooth. It has the anti-microbial property on oral microbes and fights against various dental diseases and infections.
- b) **Aloe vera (*Aloe barbadensis*):** Aloe vera is anti-inflammatory in nature. Aloe vera gel in toothpastes or mouthwashes is beneficial for prevention of oral lichen planus, oral sub mucous fibrosis, dental caries and periodontal disease.
- c) **Clove (*Syzygium aromaticum*):** Clove oil has medicinal properties. It helps to reduce toothache and Crude clove extract has the potential to influence plaque-inducing properties of

Streptococcus mutans strain by cell surface hydrophobicity, and glycosyltransferase activities

**d) Green tea (Camellia sinensis):** It possess antimicrobial properties which prevents dental diseases. It lowers the acidity of saliva and dental plaque. It also protects cellular damage and cancerous growth. It leads to better smelling breath.

**e) Haritaki (Terminalia chebula):** Haritaki mouthwash inhibit effect of Streptococcus mutans and possesses antibacterial effect on the salivary bacteria, which is utmost important for an ideal mouth rinse

**f) Honey (Propolis):** It is used for the treatment of ulcers, candidiasis, gingivitis, periodontitis, and pulpitis

**g) Miswak (Salvadora persica):** It possesses plaque inhibiting and antibacterial properties against several types of cariogenic bacteria which are found in the oral cavity

**h) Neem (Azadirachta indica):** Neem mouth rinse helps in reduction of plaque and gingivitis and also indicated in the treatment of periodontal disease therapy [4,5].

## Conclusion

Herbal medicine has been fruitfully applied in dentistry as antiseptic, antioxidants, and analgesic. The natural phytochemicals play an alternative role to antibiotics and also aid in treatment of oral diseases and thereby improving immunity. Hence, well-controlled clinical trials are required to validate the use of these traditional therapeutics strategies in the dental field.

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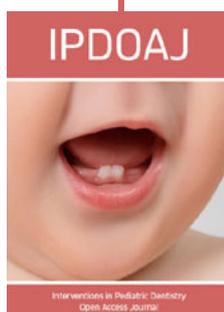
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DOI: [10.32474/IPDOAJ.2020.04.000184](https://doi.org/10.32474/IPDOAJ.2020.04.000184)



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