



Review Article

HOME REMEDIES FOR ORAL DISEASES

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ABSTRACT

Self-help through self-treatment makes a countless contribution. Home remedy use is a component of health self-management, particularly among people who have experienced limited access to medical care or discrimination by the health care system. Self-care using home remedies survived for long time and it surely give effect in the easiest, safest, fastest and cheapest way. Oral diseases are a significant public health burden in India as well as across the globe. The consequence of poor oral health deteriorates the individual health and wellbeing, decrease economic productivity, and act as significant risk factors for other systemic health ailments. Developing countries have more diverse health systems than developed countries and expenditure in oral health care is low, access to Dental healthcare is limited and restricted to emergency Dental care or pain relief. Moreover, allopathic medicine is expensive and these chemicals can have adverse effects. Hence, there is a need for alternative products and natural extracts obtained from plants which are safe and biocompatible can be considered as good alternatives. In such circumstances use of home remedies would meet the need for treating minor ailments safely. Home remedies are good and comparable methods of equal value which have met the scientific and regulatory criteria for safety and effectiveness. The purpose of this review was to evaluate some of the commonly available foods being utilized in the treatment of oral diseases at home.

KEYWORDS: Home remedies, Traditional medicine, Oral diseases, Herbal remedies, Indigenous medicine.

INTRODUCTION

Oral diseases and Oro-dental trauma are major public health problems worldwide. Poor oral health may have a profound effect on general health. Treatment of oral disease is extremely costly; it is the fourth most expensive disease to treat in most industrialized countries where the burden of oral disease has been tackled through establishment of advanced oral health systems which primarily offer curative services to patients. Traditional curative Dental care is a significant economic burden for many industrialized countries where 5–10% of public health expenditure relates to Oral health. In most developing countries, investment in oral health care is low. In these countries, resources are primarily allocated to emergency oral care and pain relief; if treatment were available, the costs of Dental caries in children alone would exceed the total health care budget for children. In developing countries like India, oral health services are mostly offered at the regional or central hospitals of urban centres and the general population does not benefit from preventive oral health programmes.⁽¹⁾ As a part of the strategy to reduce the financial burden on the developing

countries, it is obvious that an increased use of plant drugs will be followed in the future.⁽²⁾ The use of herbs as dietary supplements and as a treatment modality in Dentistry is an emerging trend. A few of them possess antibacterial, antimycosal, and antiviral properties. When used in appropriate concentrations, herbal drugs do not interrupt or alter the natural flora. Herbal extracts are effective because they interact with specific chemical receptors within the body and are in a pharmacodynamic sense, drugs themselves.⁽³⁾

A home remedy is a treatment to cure a disease or ailment that employs certain spices, vegetables, or other common items. Home remedies may or may not have medicinal properties that treat or cure the disease or ailment in question, as they are typically passed along by lay people.⁽⁴⁾ Many are merely used as a result of tradition or habit or because they are effective in inducing the placebo effect.⁽⁵⁾ Indigenous medicine is generally transmitted orally through a community, family and individuals until "collected". Within a given culture, elements of indigenous medicine knowledge may be diffusely

known by many, or may be gathered and applied by those in a specific role of healer such as a shaman or midwife.⁽⁶⁾ Dentistry is seeking novel and effective alternative healing techniques. One possible approach is to review historical data and evaluate how people of the past cured oral disease. Through such review and analysis, new horizons in Dentistry and other fields of medicine may be reached.

Home Remedies for Oral Diseases

Dental Caries

Dental caries is an infectious microbiological disease of the teeth that results in localized dissolution and destruction of the calcified tissues.⁽⁷⁾ Some natural remedies that can help provide relief includes cloves⁽⁸⁾, salt⁽⁹⁾, oil pulling⁽¹⁰⁾, garlic⁽¹¹⁾, liquorices⁽¹²⁾, turmeric⁽¹³⁾, Indian lilac⁽¹⁴⁾, Indian gooseberry, nutmeg⁽¹⁵⁾ and wheatgrass.

Periodontal Disease

Periodontal diseases are one of the major causes of tooth loss in India. These include pathological conditions of the supporting structures of the teeth, i.e. gingiva, alveolar bone, periodontal ligament and cementum. Gingival disease progresses to periodontal disease, if not checked.⁽¹⁶⁾

Gum diseases/gingivitis

Gum disease, also known as gingivitis, is a common condition characterized by symptoms like persistent bad breath, red or swollen gums, bleeding gums, receding gums and loose teeth.⁽¹⁷⁾ Many more effective home remedies can be used to alleviate symptoms, treat gum disease and prevent further complications. Hydrogen peroxide, aloe vera⁽¹⁸⁾, cranberry juice⁽³⁾, oil pulling⁽¹⁰⁾, myrrh, tea tree oil⁽¹⁹⁾, natural sea salt⁽⁹⁾, tea bags, coconut oil, chamomile tea⁽³⁾, warm and cold compresses, salt water, turmeric⁽¹³⁾, black tea bags⁽²⁰⁾, lemon juice, guava leaves⁽²¹⁾, clove⁽⁸⁾ and peppermint⁽²²⁾.

Periodontitis/pyorrhoea

Periodontitis, formerly known as pyorrhoea, is an advanced stage of gum disease in which the gums and bones that provide support to the teeth become inflamed and infected.⁽¹⁷⁾ We can also use some simple home remedies for periodontitis such as salt⁽⁹⁾, oil pulling⁽²³⁾, turmeric⁽¹³⁾, guava⁽²¹⁾, Indian

lilac⁽¹⁴⁾, hydrogen peroxide⁽²⁴⁾, holy basil, cayenne pepper, tea tree oil⁽¹⁹⁾ and black pepper.

Halitosis

Bad breath, also known as halitosis, is embarrassing and can take a toll on your confidence level. Maintaining good oral health is essential to controlling bad breath.⁽²⁵⁾ Few home remedies for halitosis consists of fennel, cinnamon⁽³⁾, fenugreek tea⁽²³⁾, cloves,⁽⁸⁾ parsley, lemon juice, apple cider vinegar⁽²⁶⁾, baking soda⁽²⁴⁾ and tea tree oil.⁽²⁷⁾

Malocclusion

A malocclusion describes the inability of teeth to bite with one another correctly. A malocclusion can be due to Dental or skeletal disharmony or both.⁽²⁸⁾ Some of the ways to prevent malocclusion includes use of a mouth guard when playing sports, prevent tooth decay by practicing good oral hygiene and getting regular Dental cleanings, avoid putting a baby or toddler to bed with a bottle as sugars in the liquid can cause tooth decay, massaging gum with fingers by applying pressure, use of ice cream sticks for retroclined teeth.

Oral Cancer & Precancerous Lesions

Oral cancer, also called mouth cancer, is more common in men than women. Without proper care and treatment, the cancerous cells can spread to the neck, head and the other parts of the body. Cancer of the oral cavity and oropharynx is called oral cancer or oropharyngeal cancer.⁽²⁹⁾ There are also some natural remedies that can help prevent the occurrence of oral cancer and precancerous lesions. Eating leafy vegetables, green tea, raspberries, tomatoes, avocados, drumstick, lemon, carrot, bitter gourd juice, grape seed, life style modification, turmeric, mint, thyme, coriander seeds, basil, honey, spirulina, neem lycopene and mushrooms.⁽³⁰⁾

Dental Fluorosis

Fluorosis is the accumulation of excessive fluorides in the body which produces toxic effects. Children under the age of 8 years generally suffer from Dental fluorosis if they intake a large amount of fluorides during the period of the development of teeth.⁽³¹⁾ Life style modification include avoiding caffeine and fluoride and use of baking soda and hydrogen peroxide 3%.⁽³²⁾

Table 1: Medicinal plants used as home remedies for the management of Oral diseases

Local/English Name	Scientific Name	Oral Diseases
Activated charcoal		Cellulitis
<i>Aloe vera</i>	<i>Aloe indica</i> Royle	Herpes, Dry mouth, Gingivitis, Oral ulcer, Geographic tongue
<i>Amla</i>	<i>Phyllanthus emblica</i>	Dental caries & Improves oral hygiene
Apple cider vinegar		Cellulitis, Herpes, Halitosis, Dry socket, Geographic

		tongue
Asafoetida	<i>Ferula asafoetida</i>	Dental pain
Baking soda	Sodium hydrogen carbonate	Oral thrush, Halitosis, Oral ulcer & Plaque control
Basil	<i>Ocimum tenuiflorum</i>	Periodontitis, Oral cancer, Oral ulcer & Improves oral hygiene
Bitter gourd	<i>Momordica charantia</i>	Oral cancer
Cardamom	<i>Elettaria cardamomum</i>	Dry mouth
Cayenne pepper	<i>Capsicum annum</i>	Cellulitis, Dry mouth, Periodontitis & Oral ulcer
Celery	<i>Apium graveolens</i>	Oral ulcer
Cinnamon	<i>Cinnamomum verum</i>	Oral thrush & Halitosis
Clove	<i>Syzygium aromaticum</i>	Dental pain, Tooth sensitivity, Dental caries, Gingivitis, Halitosis & Dry socket
Coconut	<i>Cocos nucifera</i>	Oral thrush, Cellulitis, Herpes, Gingivitis & Oral ulcer
Coriander	<i>Coriandrum sativum</i>	Oral cancer & Oral ulcer
Drumstick	<i>Moringa oleifera</i>	Oral cancer
Fennel	<i>Foeniculum vulgare</i>	Dry mouth & Halitosis
Fenugreek	<i>Trigonella foenum-graecum</i>	Cellulitis & Halitosis
Garlic	<i>Allium sativum</i>	Dental pain, Cellulitis, Herpes, Tooth sensitivity, Dental caries & Dry socket
Ginger	<i>Zingiber officinale</i>	Cellulitis & Dry mouth
Grape	<i>Vitis vinifera</i>	Dry mouth & Oral cancer
Green tea	<i>Camellia sinensis</i>	Oral cancer & Improves oral hygiene
Guava	<i>Psidium guajava</i>	Dental pain, Tooth sensitivity, Gingivitis, Periodontitis & Improves oral hygiene
Honey		Cellulitis, Lymphadenitis & Oral ulcer
Hydrogen peroxide		Herpes, Tooth sensitivity, Gingivitis, Periodontitis, Dental fluorosis, Oral ulcer & Geographic tongue
Ice cube		Dental pain, Herpes & Oral ulcer
Lemon	Citrus × lemon	Cellulitis, Herpes, Dry mouth, Gingivitis, Halitosis & Oral cancer
Liquorice	<i>Glycyrrhiza glabra</i>	Herpes, Dental caries, Oral ulcer & Improves oral hygiene
Mushroom	<i>Agaricus bisporus</i>	Oral cancer
Neem	<i>Azadirachta indica</i>	Dental caries, Periodontitis, Oral cancer
Nutmeg	<i>Myristica fragrans</i>	Dental caries
Oil pulling		Dry mouth, Tooth sensitivity, Dental caries, Gingivitis, Periodontitis, Geographic tongue & Improves oral hygiene
Onion	<i>Allium cepa</i>	Dental pain, Tooth sensitivity & Oral ulcer
Parsley	<i>Petroselinum crispum</i>	Halitosis
Pepper	<i>Piper nigrum</i>	Dental pain, Periodontitis & Improves oral hygiene
Pepper mint	<i>Mentha × piperita</i>	Herpes & Gingivitis

Salt	<i>Sodium chloride</i>	Dental caries, Gingivitis, Periodontitis & Improves oral hygiene
Spirulina		Oral cancer
Tea tree	<i>Melaleuca alternifolia</i>	Cellulitis, Herpes, Gingivitis, Periodontitis, Halitosis & Dry socket
Tomato	<i>Solanum lycopersicum</i>	Oral cancer
Turmeric	<i>Curcuma longa</i>	Dental caries, Gingivitis, Periodontitis, Oral cancer, Dry socket
Warm saline		Dental pain, Cellulitis, Tooth sensitivity, Gingivitis & Dry socket
Wheatgrass	<i>Thinopyrum intermedium</i>	Dental pain & Dental caries

Table 2: Method of administration of Medicinal plants

Common name	Scientific name	Parts used	Forms of preparation	Method of Administration
Activated charcoal		Powder	Paste	Topical application
Aloe vera	<i>Aloe indica</i> Royle	Leaves	Gel	Topical application
Amla	<i>Phyllanthus emblica</i>	Fruit	Paste / decoction	chewing or as mouth wash
Apple cider vinegar		Liquid	With warm water	Mouth wash
Asafoetida	<i>Ferula assa-foetida</i>	Powder	Paste in lemon juice	Direct application
Baking soda	Sodium hydrogen carbonate	Powder	Paste in warm water	Direct application
Basil	<i>Ocimum tenuiflorum</i>	Stem / leaves	Infusion / paste	Mouth wash/ direct application
Bitter gourd	<i>Momordica charantia</i>	Pulp	Infusion / paste	Mouth wash/ direct application
Cardamom	<i>Elettaria cardamomum</i>	Pod	Infusion	Directly chewing / mouth wash
Cayenne pepper	<i>Capsicum annum</i>	Fruit	Powder / paste	Direct application / brushing
Celery	<i>Apium graveolens</i>	Pulp	Infusion	Direct chewing / mouth wash
Cinnamon	<i>Cinnamomum verum</i>	Bark	Infusion/decoction	Mouthwash
Clove	<i>Syzygium aromaticum</i>	Flower	Infusion	Mouthwash/ direct application
Coconut	<i>Cocos nucifera</i>	Shell and roots	Powder and whole roots	Direct application and boil and gargle
Coriander	<i>Coriandrum sativum</i>	Seeds	Infusion	Herbal tea / mouth wash
Drumstick	<i>Moringa oleifera</i>	Leaves	Infusion	Taken internally
Fennel	<i>Foeniculum vulgare</i>	Leaves/seeds/ root	Infusion	Mouthwash
Fenugreek	<i>Trigonellafoenum-graecum</i>	Whole	Infusion	Mouthwash
Garlic	<i>Allium sativum</i>	Root cloves	Paste	Direct application
Ginger	<i>Zingiber officinale</i>	Root	Infusion	
Grape	<i>Vitisvinifera</i>	Seeds	Oil extract	Direct application

Green tea	<i>Camellia sinensis</i>	Leaves	Infusion	Herbal tea / mouth wash
Guava	<i>Psidium guajava</i>	Leaves	Infusion	Hot mouth rinse
Honey			With lemon juice	Direct application on the affected area or tooth
Hydrogen peroxide		3% powder	Paste / solution	Direct application or mouth rinse
Ice cube				Rubbing on the affected tooth / oral mucosa
Lemon	Citrus × lemon	Fruit	Oil extract / infusion	Direct application / mouth wash
Liquorice	<i>Glycyrrhiza glabra</i>	Root	Paste / infusion	Direct application / mouth wash
Mushroom	<i>Agaricus bisporus</i>		Cooked	Direct consumption
Neem	<i>Azadirachta indica</i>	Bark	Infusion	Brushing
Nutmeg	<i>Myristica fragrans</i>	Fruits		Mouth wash
Onion	<i>Allium cepa</i>	Root bulb	Paste /Decoction	Direct application for toothache and gargling of hot fluid for sore throat
Parsley	<i>Petroselinum crispum</i>	Leaves	Infusion	Directly chewing/mouth wash
Pepper	<i>Piper nigrum</i>	Fruits	Paste in water	Mouth rinse/ gargle
Pepper mint	<i>Mentha × piperita</i>	Leaves	Infusion	Herbal tea / mouth wash
Salt	<i>Sodium chloride</i>		Solution in water	Direct application/mouth wash
Tea tree	<i>Melaleuca alternifolia</i>	Leaves	Oil extract	Direct application/mouth wash
Tomato	<i>Solanum lycopersicum</i>	Fruit	Paste	Taken internally /mouth wash
Turmeric	<i>Curcuma longa</i>	Roots	Paste / infusion	Direct application/mouth wash
Wheatgrass	<i>Thinopyrum intermedium</i>	Leaves	Infusion	Mouth wash

Dental Trauma

A permanent tooth can sometimes be placed into its socket (re-implanted). The best results occur if a Dentist re-implants the tooth back in the socket within 30 minutes. Chances of successful re-implantation are unlikely after 2 hours. To reduce pain and promote healing apply a cold compress to the injured area, or suck on a piece of ice or a flavored ice pop, such as a Popsicle, as often as desired, rinse your wound with warm salt water immediately after meals, Saltwater rinses may promote healing. To make a saltwater solution for rinsing the mouth, mix 1 tsp (5 gm) of salt to 1 cup (250ml) of warm water. Eat soft foods that are easy to swallow. Avoid foods that might sting, such as salty or spicy foods, citrus fruits or juices, and tomatoes. Do not smoke or use other tobacco products. If a jagged tooth or orthodontic wire or bracket is poking you, roll a piece of melted candle wax or orthodontic wax and press it onto the part that is poking you. Use a pencil eraser to press a broken wire toward your teeth.⁽³³⁾

To protect a slightly loose tooth

Teeth that are slightly loose but still in their normal position should tighten up in 1 to 2 weeks. Eat a diet of soft foods for 1 to 2 weeks. Be gentle when you brush or floss. Wear a mouth guard or face protection if you participate in sporting activities.

To remove objects or food stuck between teeth

Use Dental floss to remove objects or food stuck between your teeth. Guide the floss carefully between your teeth and avoid "snapping" the floss. Do not use anything sharp to remove an object that is stuck between your teeth or under your gums.

To remove a very loose baby tooth in a child

First, tilt your child's head forward and down so that when the tooth comes out, it doesn't fall to the back of the throat, causing your child to choke or swallow the tooth. Grasp the tooth with gauze or a washcloth, and pull firmly with a twisting motion.⁽³⁴⁾

Temporomandibular Joint Disorders

Many people who suffer from a headache due to TMJ describe it as a ring of pain around the head. The pain increases every time a TMJ sufferer speaks or grinds his teeth. Symptoms may be treated by cold and warm massaging, not to be inclined, modifying eating habits by taking soft foods, put some minerals in your orange juice and use a yawning trap to give your jaw a rest. Several herbs have been found to be very effective in treatment of TMJ. The most commonly used herbs include.

Rhus toxicodendron: To loosen stiff jaw

Valerian officinalis: To relax muscular tension

Magnesia Phosphorica : Antispasmodic and eases stiff muscles.

Kava: To relax nervous system

Kali Phosphorica: To reduce nerve pain.

Methylsulfonylmethane: To reduce inflammation and alleviate muscular spasm

Extract of these herbs can be massaged on the jaws to provide relief from TMJ related pain.⁽³⁵⁾

CONCLUSION

Home remedies are usually employed to improve personal hygiene and to relieve those conditions that can be effectively and safely self-diagnosed and treated by a layman. Such medications are intended for conditions of minor severity and those that tend to be self-limited in duration or subject to gradual or spontaneous remissions. Most of these ailments manifest themselves by subjective symptoms of a mild or trivial nature rather than by objective signs.

Treatment is directed towards providing symptomatic relief rather than cure of disease or substitutive therapy. Finally, all physicians and other members of the health professions look on the use of drugs in the prevention and treatment of disease and for the relief of suffering more hopefully now than ever before. Available drugs are of real value in curing, ameliorating, and preventing many diseases, and new drugs that are useful, safe, and effective are steadily being discovered.

Herbal extracts are used in Dentistry for treatment of various Dental disorders. The natural photochemical could offer an effective alternative to antibiotics and represent a promising approach to prevention and therapeutic strategies for various oral infections. The herbal remedies have an edge over conventional antibiotic treatment that suffer the limitation of low benefit to high risk as compared to herbal treatment that possess high benefit to low-risk ratio.

Studies for assessment of safety and efficacy of herbal remedies are in its infancy. These herbal remedies are expected to widely use in future. There are much more opportunities for further research in the utility of herbal remedies for oral diseases. Trends indicate that the public increasingly prefers to purchase herbs rather than making a visit to their physician's office. It seems that providers of conventional medicine will eventually be forced by the economics of the market place to deal with the reality of the public interest in the use of herbs. In the interim, great harm can befall the uneducated users. Therefore, health educators must consider the challenge to ensure that people participate in making decisions about the herbal medicine to protect the public health.

As a long-standing component of the Asian culture, traditional medicine has had a remarkable record. As we stand in the 21st century, we must challenge ourselves to critically examine the ingrained beliefs, habits and old institutions of health care. What has worked should be kept and what has not should be discarded or improved and optimal health care that is effective, safe, accessible and affordable should become the priority of every country's health care system. Home remedies are useful and satisfies a public need and a public demand and renders a public service. These medicines are safe and effective within the limitations of the claims made for them.

Home remedies, when used wisely and in accordance with the directions and information provided are not only useful but contribute importantly to the health of the public and to the public welfare. The use of home remedies plays a role in the protection of health and supplements all other forms of treatment in health improvement. In this way, it adds to the well-being of the public.

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