

KNOWLEDGE AWARENESS AND PRACTICE OF HERBAL EXTRACTS FOR THE MANAGEMENT OF ORAL DISEASES

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INTRODUCTION:

Oral wellbeing/dental wellbeing is an indistinguishable piece of general wellbeing. Oral wellbeing affects general wellbeing as it causes extensive torment and suffering. It affects an individual's discourse, choice of food, personal satisfaction, and prosperity. Considering the predominance of oral sicknesses, their effect on people and society, and the cost of their therapy, oral illnesses may be viewed as a significant general medical condition and they are recorded among the most widely recognized of the persistent sicknesses that influence humankind. Oral sicknesses are the fourth most costly infections to treat in specific nations(1). The historical backdrop of dental sciences in old India returns us to far off artifact. Dental sciences in India are basically as old as the Vedas and Puranas. Ayurveda is the name which the old Indians provided for their studies of medication. Ayur implies life and Veda is to be aware or accomplish. Thus, Ayurveda is the science by the

information on which future can be delayed or its inclination is perceived. Infections of the oral cavity were known to the Indians since old times and a lot was expounded on them by Sushruta, Charaka and Vaghbatta. Indeed, even in antiquated times, Indians never preferred to utilize the brushes made of creature hairs. They considered such brushes rather primitive and unhygienic. They used to utilise wooden twigs called "datun". The wood of the twig generally shifted by the season and obviously, the clients personality.

(2). As per the World Health Organization (WHO) report, dental caries, however showing a declining pattern in many pieces of the industrialized world, is as yet a significant general wellbeing worry in many agricultural nations. The insights recommend that dental caries influence 60-90% of school going kids in developing countries(3). Loss of teeth in view of periodontitis frequently causes uneasiness, and compromises the feel and capacity. Additionally, late investigations propose a relationship between ongoing poor quality contaminations like periodontitis and fundamental medical issues (preterm low birth weight, cardiovascular infections, diabetes mellitus, and persistent obstructive respiratory disease(4). The therapy of laid out dental sicknesses is pricey and may not be viewed as a reasonable procedure, particularly for the monetarily denied segments of the general public.

Today, oral consideration items joined with therapeutic plant removes are acquiring exorbitant interest because of their low harmfulness and less incidental effects all around the world(5). The fundamental illnesses of the teeth incorporate plaque, caries and pyorrhoea. Legitimate dental consideration is fundamental for disposing of tooth decay and periodontal illnesses. Counteraction of dental caries is trying, as the occurrence of the illness is exceptionally high in overall public and it happens in economically denied individuals who can't manage the cost of the economically accessible oral cleanliness items. Despite the fact that caries is known to be an infectious infection for a really long time, very little exertion has been done to clinically utilize this data(6). Home grown mouthwashes were genuinely useful in controlling plaque and gum disease with strong antimicrobial movement. Not quite the same as other monetarily accessible synthetic compounds, they change the oral microbial climate as well as assume a part in fostering the safe strain. Subsequently, to forestall dental caries (7), the time has come to concentrate toward normal assets which have immense capacities to hinder the development of microorganisms that are answerable for caries. Natural concentrates have been utilised in dentistry for decreasing aggravation, as antimicrobial plaque specialists, for forestalling arrival of receptor and as germ-killers, cancer prevention agents, antimicrobials, antivirals and analgesics (8,9). This article aims in assessing the awareness on knowledge, awareness and practice on use of herbal products for the management of oral diseases.

MATERIALS AND METHODS:

This study was conducted among dental practitioners and specialists in south India. A convenient sample size of 100 consecutive dental practitioners, who are currently pursuing dental practice participated in the study. A cross-sectional observational online based study was conducted. Questionnaires were constructed in Google forms website with dichotomous responses and multiple choice questions. The questionnaire consists of 17 questions.

The questions were so framed to cover all the information regarding knowledge on herbal products, its uses on treating oral diseases, its uses, indications and contraindications.

A link containing these questionnaires was shared with all the participants and required them to answer the questions. All the responses were analysed and recorded. The collected data was entered in Microsoft excel. The results were recorded and the difference was considered statistically significant.

RESULTS:

On analysis of the results from the survey, it was found that majority (75%) of the dentist was not aware of the term "AYUSH" whereas the remaining 25% of them were aware of it. Out of those 75% of the dentists only very few were able to explain the actual meaning of the term. When the participants were asked about their knowledge on Tridoshas existence, 87.5% of them were not aware of it whereas the remaining 12.5% of them were aware of it. Out of these 12.5% only four participants were actually be able to answer the actual three types of energy included in it. 75% of the participants were not aware of the term phytotherapy whereas only 25% of the participants were aware of it. 37.5% of the participants accept that phytotherapy has the ability to cure diseases of our body whereas the remaining 62.5% of them do not accept it. When the participants were asked if phytotherapy was effective on treating oral diseases, 25% of them agreed with it, 25% of the participants disagreed with this whereas remaining 50% of them had neutral agreements with it. 25% of the dentists who participated in this survey do not practice phytotherapy in their dental clinical practice whereas the remaining 75% of them do not practice it.

Clove is the most commonly suggested herbal medicine for treating oral diseases. Curcumin (62.5%) is the most commonly known herbal names in this list suggested followed by triphilla, Allivum sativum, Azadirachta indica were equally known (12%). Majority of the participants (37.5%) suggested oral ulcer is the most commonly treated disease by using phytotherapy followed by dental caries (25%), gingivitis, periodontitis and oral cancer being the least suggested (12.5%). Mouthwash is the most common form of herbal extracts or phytoconstituents prescribed (85.7%). Majority of the dentists (62.5%) of the dentists accept that more research is required in herbal extracts for its usage in dentistry inspite of the fact that most of the dentist do not want to include it in the BDS Curriculum. Majority of the participants (62.5%) accept more research is required in herbal extracts for its usage in dentistry.

DISCUSSION :

The utilisation of herbal products and natural products has been recorded previously. They have been accounted for to be successful in the administration of numerous contaminations overall. A portion of these have been evaluated in the new past for their antimicrobial potential against oral microscopic organisms (10). On analysis of the results from the survey, it was found that only 25% of the dentists aware of the term "AYUSH" out of which only 5% of them were able to ex

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