

Go Green-Periodontal Care in the Natural Way

A Siddhartha Varma*

*Department of Periodontology, School of Dental Sciences, Krishna Institute of Medical Sciences Deemed to be University, Karad, Maharashtra, India.

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ABSTRACT

Ayurvedic medicine, a method of Hindu customary medicine indigenous to India, is gradually engrossing much interest in developed countries such as the United States, Europe, and Japan. Ayurveda basically encompasses the treatment of various ailments by the use of plant-based medicines. The naturally present phytochemicals in these medicines offer an efficient substitute to antibiotics and therefore signify a promising alternative approach in the prevention and remedial strategies for oral infections. Periodontal diseases, one of the most prevalent oral diseases among adults worldwide, are considered to be the commonest cause of tooth loss. A range of antimicrobials and chemotherapeutic agents like triclosan, cetylpyridinium chloride, and chlorhexidine have been used in the treatment of periodontal diseases. Dentists face an uphill task in treating periodontitis because of its complexity in disease process and multifactorial etiology. Hence, herbal therapy has been sought to achieve antimicrobial, anti-inflammatory, and other beneficial effects to tackle periodontal diseases. This gradually led to an increasing popularity of complementary and alternative medicine over conventional allopathic approaches. Publicity of such ancient practices through an appropriate platform would boost the confidence among the general population in maintaining good oral health.

Keywords: Ayurveda, Gingivitis, Herbal medicine, Periodontitis

Corresponding author: A Siddhartha Varma, Department of Periodontology, School of Dental Sciences, Krishna Institute of Medical Sciences Deemed to be University, Karad, Maharashtra, India, E-mail: siddhartha_varma@yahoo.co.in

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