



Review Article

Traditional methods for treating dental problems

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ABSTRACT

Some whimsical practices might be seen as "the progression of conventions, strict convictions, and even deception that non-specialists practice." These practices have been related with strict convictions and the profound space just as with the physical area. In antiquated Old World civic establishments, UM was performed by gifted specialists or insightful men; in the present Western human advancement, professionals could possibly be authorized, and a few are pretenders. Dentistry, similar to medication, is a customary, science-based, profoundly controlled social insurance calling that serves progressively complex and requesting customers. Today, customary dental practice is managing a variety of difficulties to the built up proficient framework; these difficulties are by and large named "option" (or corresponding, whimsical, or integrative).

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1. Introduction

Unconventional medication (UM) has been known and rehearsed since the written history of progress. Some offbeat practices might be seen as "the progression of customs, strict convictions, and even misrepresentation that non-specialists practice."¹ These rehearses have been related with strict convictions and the spiri- tual area just as with the physical space. In antiquated Old World civic establishments, UM was performed by talented specialists or astute men, in the present Western human progress, experts could possibly be authorized, and some are fakes. Dentistry, similar to medication, is a customary, science-based, exceptionally controlled human services calling that serves progressively modern and requesting customers. Today, customary dental practice is managing a variety of difficulties to the set up proficient framework; these difficulties are gener- partner named "option" (or correlative, offbeat, or integrative). Real options are practically identical techniques for equivalent esteem that have met the logical and administrative measures for security also, viability.

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2. Herbs in Dental

The expression "restorative plant" is anything but an ordered term, however is in light of the utility of the plants. Any plant utilized in any arrangement of medication can be ordered as a restorative plant. Notwithstanding the gigantic advancement in the improvement of clinical science, plants keep on being a significant wellspring of medications in numerous nations around the globe. During the previous two decades, dependability and us- time of natural item has happened to expanding significance due to the symptoms and entanglements of numerous compound and engineered drugs. About 25% of medications are gotten from plants and numerous others are framed from model mixes disconnected from plant species.² Kanwar et al.³ announced that around 2 million customary wellbeing professionals use more than 7500 therapeutic plant species. A great deal of examination has been done on the usage of restorative plants in the treatment of an assortment of ailments.⁴⁻⁹ particularly during the last a few decades. Thus, the business use and abuse of these home grown medications has in- wrinkled uniquely as called attention to in the nitty gritty survey by Joshi.¹⁰ In any case, there are just a couple of reports on

the utility of therapeutic plants in the treatment of explicit illnesses. For instance, Sadangi et al.¹¹ have revealed 10 types of therapeutic plants utilized in the treatment of ear and mouth sicknesses by the ancestral individuals of Kala-handi region, Jadhav¹² has archived 15 types of therapeutic plants utilized in various sorts of fever, while Kadel and Jain¹³ detailed that 34 plant species are being utilized for the treatment of snakebite in Madhya Pradesh and Chhatisgarh states.

Various herbs which are used as traditional medicine

2.1. Natural antimicrobials

2.1.1. Honey

One of the most widely recognized normal cures utilized today is unadulterated nectar, which endures uncertainly. The innate peroxide in nectar makes it outstanding amongst other antibacterial and antiviral characteristic products.¹⁴ Honey recuperates wounds, both inside and outside of the mouth, and it can go about as an obstruction, adding to the counteraction of contamination and keeping wounds damp while mending. As ahead of schedule as 1201, there are records of nectar being exchanged Riga, Latvia, and utilized for healing.¹⁵ Today, the utilization of nectar as an ointment recuperates ulcer or minor gum and tongue sores.¹⁶

2.1.2. Cauliflower

The purple coneflower (*Echinacea purpurea*), one of Native Americans' most valuable antibacterial, antiviral, and antifungal herbs.¹⁷ But inside the most recent 15 years, the coneflower has been sold as a safe framework energizer *Echinacea*-to help battle the normal cold and influenza. *Echinacea* is accessible in a color, tablet, or case in wellbeing food stores. To utilize the color, add 10 to 16 drops to a glass of water and taste about a fourth of the cup to enable the safe framework to ward off whatever germs are causing the sensitive throat. Rinse with the rest and let it out.

2.1.3. Myrrh

Other sterile properties are found in oleoresin myrrh (*Commiphora myrrha*), which was utilized for recuperating the mouth by antiquated Chinese, Egyptian, Arab, and African people.^{18,19} Available as a color in wellbeing food stores, myrrh breaks up without any problem. Add a couple of drops to water and apply to the injury with a q-tip.

2.2. Toothache

2.2.1. Thyme

The expansion of thyme in my nursery has intrigued me about its restorative properties. Antiquated Romans and Greeks utilized it topically to mitigate throbs, torments, and sprains. Oil of thyme, accessible at wellbeing food stores, makes blood ascend to the outside of the skin and can be

applied to toothaches.²⁰

2.2.2. Garlic

Garlic glue has been utilized for quite a long time for pounding toothaches.²¹ You can either squash a clove of garlic and include a spot of salt before applying to the pulsating territory or bite a clove a few times each day. Some case that, after the underlying application, the client becomes used to the sharp smell of garlic.

2.2.3. Clove

Oil of clove has antibacterial properties and is additionally a people solution for toothaches.¹⁹ Eugenol, a concentrate from the clove bud, is a characteristic pain relieving, and after its underlying sting, clients guarantee alleviation from pain.²⁰ Originating in Indonesia, the clove plant was brought to Africa hundreds of years prior. In Africa, clans, for example, the Bemba and the Zula scratch the dried blossom buds. The outcome is an unpredictable oil that can be put legitimately on the toothache.

2.2.4. Sage

Another impermanent solution for toothaches has its roots in Bologna, Italy.¹⁴ A tea produced using two tablespoons of dried or new sage is said to furnish help with swishing²¹ The packed away sage can likewise be set on the cheek over the throbbing zone.

2.2.5. Ginger

Ancient Hawaiian people medication perceived that gingerroot had many mending properties.²² After 15 years of home grown cure apprenticeship, the competent healer would shape simmered gingerroot to cover a tooth. Gnawing on this for a while is said to create spit, marinating the sensitive tooth and prompting relief.¹⁴

2.2.6. Anise seeds

Anise seeds were utilized in various manners by the Egyptians.¹⁴ They bit anise seeds to help mitigate toothaches and drank anise tea for improved assimilation, hacks, and to ease headaches.¹⁴ The primary century doctor Dioscorides suggested wounding a bunch of anise seeds and soaking them for 10 minutes in bubbling water.¹⁴ A refreshing tea is drinkable after the seeds have been stressed.

2.2.7. Marjoram

Marjoram, a zest utilized generally in Italian cooking, was additionally used to alleviate toothaches.²³ As ahead of schedule as 372-287 BC, Theophrastus, a student of Aristotle, composed that the Egyptians had been utilizing marjoram to mitigate toothaches for many years. Today, its use endures in western Asia,¹⁴ as of late as 75 years back, Jews in Palestine set drops of oil of marjoram straightforwardly into holes of teeth.²⁴

2.2.8. Seared onion

Russia had an alternate solution for help conciliate toothaches that has likenesses to pressure point massage. Enclose a seared onion by a little material. In the event that the tooth harming is on the correct side of the face, place the onion on the correct wrist. In the event that the tooth harming is on the left, place the onion on the left wrist¹⁴ And if the hurt is in the front teeth, place the sack just beneath the thumb joint of one or both wrists.¹⁴

2.2.9. Cayenne pepper

In parts of South America, Mexico, and the Caribbean islands, cayenne pepper offers a cure so solid that some case toothaches are a thing of the past.²⁵ Remove the top from the cayenne pepper case and expel the seeds. Fill the case with salt and wine vinegar until the unit is full. Heat in a stove until the vinegar arrives at its breaking point. Expel it from the broiler and dunk a q-tip into the pepper pod.¹⁴ Apply it to the irritated tooth quickly and proceed varying.

2.3. For swelling and bleeding

2.3.1. Witch hazel

Witch hazel is among the Native American society cures acquainted with early pilgrims of the United States.²⁶ A material absorbed witch-hazel tea is said to diminish growing and control seeping after extractions.¹⁴

2.3.2. Accupressure

The old Chinese trusted in pressure point massage as a methods for halting draining gums.²⁷ Pressure applied to the Hoku point (the web between the forefinger and thumb) is said to quit seeping in the body, including the mouth.¹⁴ During one time, this was the postoperative guidance given after extractions. In any case, pregnant ladies are cautioned not to apply strain to this point, as it can animate compressions of the uterus.¹⁴

2.3.3. Nettle root

In Russia and the Balkans, the Slavs devised a vex solution for diminish growing and asserted that it made toothaches disappear.¹⁴ In a prepared stoneware, glass, or non-aluminum pot, heat up a cupful of powdered vex root and a touch of saffron in a 16 ounces of new milk. When the milk reaches boiling point, diminish to a stew. Promptly plunge a huge, clean material in the milk, wring it out, and apply the fabric legitimately to the swollen cheek.¹⁴ As soon as one pack cools, apply another hot one until the growing is reduced.²⁷

2.4. Aphthous ulcers

2.4.1. Goldenseal

Native Americans presented the intensity of goldenseal (*Hydrastis canadensis*) to the early American explorer.²⁸

Using a wash produced using one teaspoon broke down in water or applying the goldenseal powder straightforwardly to the gums is accepted to be powerful for some gum issues, including infection sores.¹⁴ Today we can buy the powder or color in wellbeing food stores or on the web.

2.4.2. Licorice

For more than 5,000 years, the Chinese have utilized licorice (*Glycyrrhiza glabra* and *Glycyrrhiza uralensis*) in natural remedies.²⁹ Taking tablets, 20 minutes before eating three times each day, is considered to alleviate the inconvenience brought about by aphthous ulcers. Individuals with hypertension ought not utilize this item or any item containing licorice.³⁰

2.4.3. Figs

Figs have been perceived as a supportive medication since scriptural occasions. A poultice of figs is said to draw out toxic substances, and toasted figs were supported for gumboils.¹⁴ Italians had an alternate methodology including figs: They set them against a pulsating tooth to alleviate the ache.³¹

3. Mouthwashes

Mouthwashes have been depicted in both Indian and Chinese customary medication, however for the most part as a type of periodontal treatment as opposed to a plaque control measure. Utilization of chemotherapeutic operators, for example, mouthwashes for plaque control isn't well known in customary Ayurvedic medication. In any case, because of contrasts in socio-cultural propensities, Indians customarily eat with their hands, without utilizing cutlery. As a major aspect of the post-eating custom, an expected half of Indians wash their hands as well as flush their mouth after each meal.³² This training is particularly pervasive among the more established populace and those with less presentation to Western civilization and its traditions, and is in some cases joined by brushing with finger. The unimportant flushing impact of water, even in the nonappearance of any chemotherapeutic agent, may play a role in prevention of food accumulation inside the oral cavity.

3.1. Tongue cleaning

Both Indian and Chinese conventional medication consider that examination of the tongue is significant for symptomatic purposes, to such an extent with the goal that a whole section of the Charaka Samhita is dedicated to this. The two types of medication considered tongue cleaning to be a basic some portion of an individual cleanliness program. The Indian act of tongue cleaning utilizing an assortment of executes extending from coconut leaves to tongue cleaners produced using hardened steel and plastic

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