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Herbal Medications in Periodontal therapy

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India has a rich ancient heritage of traditional and herbal medicine. Renewed interest and advances in the field of complementary and alternative medicine have promoted widespread use of herbal agents for both medical and dental therapy. The use of natural products in the prevention and treatment of oral conditions has increased recently and could be beneficial to urban and rural communities of low socioeconomic levels.

During the past two decades, reliability and usage of herbal product has become of increasing importance due to the side effects and complications of many chemical and synthetic medicines, including antibiotic resistance. About 25% of drugs are derived from plants and many others are formed from prototype compounds isolated from plant species.

These herbal medications of dental importance include aloe vera, triphala, suryakshara, guduchi, yashtimadhu, curcumin, lavanga and many more. They can be systemically administered as tablets, powders and syrups, or applied as topical agents or as local drug delivery agents. They are found to have anti-inflammatory, antioxidant, antimicrobial, hypoglycaemic, hypolipidaemic, healing promoting and immune boosting properties, which validate their use in dentistry.

Hence, biomedicine does give a more holistic approach to patient management. Given the enormity of the health problems faced by countries with large populations, it may be practical to devise oral healthcare delivery systems that retain efficacious traditional techniques. However, the challenge is to integrate the best of the different healing traditions to meet the healthcare needs of the contemporary society.

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