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## **Green Tea and Periodontal Disease**

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**G**reen tea is a very popular drink, primarily due to its widely known health benefits; from its effect of minimizing the risk of mortality due to cardiovascular disease, to its cytotoxic effect on cancerous tumor cells, to its well-known aid in weight loss. The positive impact of green tea and its constituents on a person's overall health is given its fair share of attention. However, its immense impact on periodontal health is mostly overlooked and not given the spotlight it deserves.

Until recently, the effect of green tea on periodontal health was not very clearly known or stated, and ever since coming across this information mentioned in several researches, we have decided to understand the science behind the apparent therapeutic and prophylactic effect of green tea on periodontitis.

It was made clear to us, through our extensive research and reviewing of many recorded researches, that it was the action of an active ingredient present in green tea, known as catechins, that presents these - both therapeutic and prophylactic - effects when speaking of poor periodontal health.

Knowing that regular plaque control is not always sufficient, alongside the positive impact of catechins in green tea on periodontal health, we were intrigued to find out whether or not this could be incorporated into regular oral hygiene – as to utilize this beneficial active ingredient along with personal and professional plaque control to fight periodontal disease. Following this, we had come across green tea integrated into regular-use mouthwash. This is an idea that would probably be more practical to ask of patients than constant consumption of green tea; since the amount of the actual active ingredient would not be sufficient to inhibit periodontitis. Also, it is a both safe, as well as feasible way where green tea and its effective contents can be properly employed in the treatment and prophylaxis of periodontal disease.

Now, what we would also like to ask ourselves, to improve this life-changing discovery for many, is there a more efficient method of incorporating green tea, and its beneficial effect, into our regular lifestyles?

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