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Comparative study of the effects of green tea and peppermint herbal mouthwash on Halitosis

Mahin Bakhshi

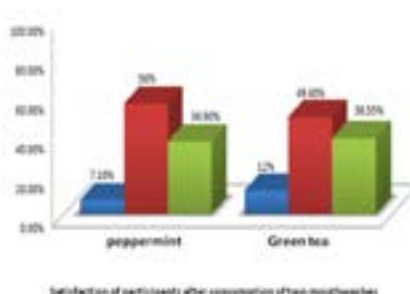
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Background: Herbal remedies can have the role of prevention and control of bad breath. Since in the previous studies, therapeutic and antibacterial effect of green tea and peppermint had been proven .we studied and compared the effects of green tea and peppermint mouthwashes on halitosis.

Materials & Methods: This clinical trial study with cross over design total of 88 volunteer dental students who complained bad breath and had organoleptic score (≥ 2) and higher average test scores were enrolled. The students were divided randomly into two groups Green Tea - Peppermint were assigned. Organoleptic test at the baseline, 7, 14 and 21th were measured. As well as the satisfaction of both plants on the last day was considered. Data analysis was performed using tests; Wilcoxon signed rank test, Mann Whitney u, GEE (Generalized Estimating Equation –ordinal logistic regression).

Result: In this study of both groups had significant effect on the reduction halitosis ($P < 0.001$). Also, there was no significant difference in reducing of organoleptic score between the two types of mouthwash groups. ($P = 0.72$). There was no significant difference in student's satisfaction between the two types of mouthwash. The majority of the participants have an upper satisfaction. ($P = 0.44$).

Conclusion: The both mouthwashes can be used to reduce bad breath and there is no significant difference between them. So based on peoples satisfaction, we can prescribe one of them to eliminate of bad breath.



Recent Publications

1. Manikya S, Vanishree M, Surekha R, Hunasgi S, Anila K and Manvikar V (2014) Effect of Green Tea on Salivary Ph and Streptococcus Mutans Count in Healthy Individuals. International Journal of Oral and Maxillofacial Pathology 1(1):13-6.
2. Haghgoo R and Abbasi F(2013) Evaluation of the use of a peppermint mouth rinse for halitosis by girls studying in Tehran high schools. Journal of International Society of Preventive and Community Dentistry 3(1):29-31.

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3. Farina V H, Lima A P D, Balducci I and Brandão A A H (2012) Effects of the medicinal plants Curcuma zedoaria and Camellia sinensis on halitosis control. Brazilian oral research 26(6):523-9.
4. Malhotra R, Grover V, Kapoor A and Saxena D (2011) Comparison of the effectiveness of a commercially available herbal mouthrinse with chlorhexidine gluconate at the clinical and patient level. Journal of Indian Society of Periodontology 15(4):349-352.
5. Lodhia P, Yaegaki K, Khakbaznejad A, Imai T, Sato T and Tanaka T (2008) Effect of green tea on volatile sulfur compounds in mouth air. Journal of nutritional science and vitaminology 54(1):89-94.

Biography

Mahin Bakhshi is the Associate Professor of Oral Medicine Department, Dental Faculty, Shahid Behehti University of medical sciences, Tehran, Iran.(2010 –present). She is the Assistant Professor of Oral Medicine Department, Dental faculty, Qazvin University of Medical Sciences, Qazvin, Iran.(2001-2010). She published more than 35 papers in indexed medical and dental medicine.

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