

**SHORT ARTICLE ON HOME REMEDIES IN TREATING TOOTH ACHE OR DENTAL PAIN DURING LOCKDOWN****Dr. A. K. Anjali Tutor\***

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**ABSTRACT**

Pain can be defined as an unpleasant generation that can range from mild localised discomfort to Agony. There are different types of pain which include the acute chronic and nociceptive type of pain dental pain has been attributed as one of the most significantly prevalent pain seen in every individual it is one of the phase by which each individual and yours in his or her lifetime.<sup>[1]</sup> WHO have recommended the reduction of toothache as one of the oral priority issues in global health promotion agenda.<sup>[1]</sup> There have been evidences where in the epidemiology and the prevalence of oral diseases have been diverse in nature and also show regional variations. Many a times the majority of population in India have resorted to home remedies for dental pain rather than seeking help from dentist. Thus, this study has been penned down to focus on the use of home remedies to cure dental pain during lockdown period using available household commodities in a judicious way using multimodal approaches.

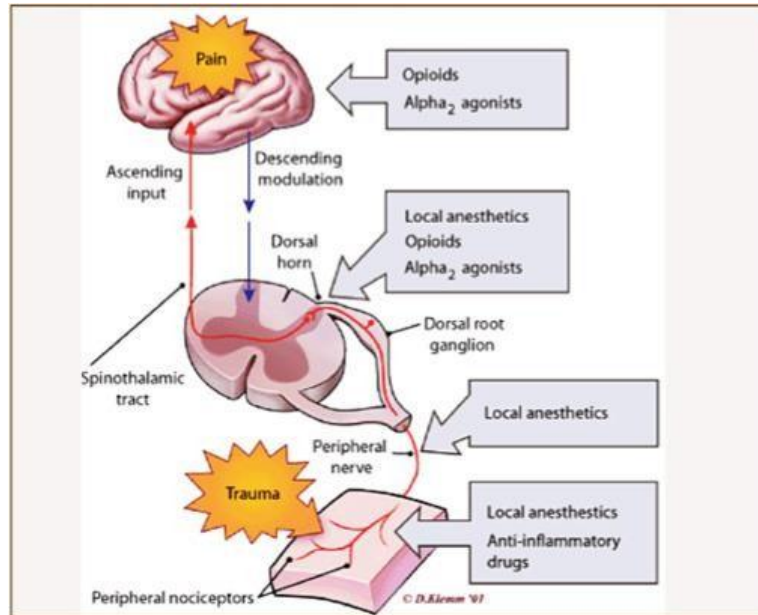
**KEYWORDS:** Dental pain, home remedies, oral diseases, pain, household commodities.**INTRODUCTION**

Humans have always been on the lookout for natural antidote from the nature since primeval period. The maneuvering of these antidotes in oral diseases have gained popularity worldwide. The use of prophylactic medicines in manufacturing toothpaste mouthwashes, etc., Have not only improve the credibility but also has been proven to be of use to mankind. It has also amplified the field of usage of traditional remedies. Dental pain also referred to as the odontogenic (meaning: forming or capable of forming teeth) pain has been an integral part of general health check up modality. There are wide agglomeration of dental pain which are categorized as to the first which originates due to dental origin and the other being of non dental origin. Diseases such as dental caries, periodontist, trauma, et cetera., are of dental origin, whereas, in case of non dental origin diseases the dental/ oral pain can be a referred pain from distant or local structures like ear, brain, carotid artery, heart, others which include the muscle pain, chest pain etc. The development of dental caries involves acidogenic and acid uric gram positive bacteria, primarily streptococcus species, lactobacillus and actinomyces which metabolize sucrose to organic acids that dissolve the calcium phosphate in teeth.<sup>[3]</sup> Dental pain is mostly affected path amongst all the systems of body which affects and individuals performance and activity in a day to day life these

ailments if not treated straight away can cause loss of teeth.

According to World health survey held by World health organisation in India in 2003, 42 percentage of the participants hailing from West Bengal, endured from oral health problems.<sup>[4]</sup> Study conducted by Khan ET Al concluded that worldwide prevalence of dental caries is as much as 35 percentage virus in India it was found to be 65 percentage. Epidemiological studies on dental pain or tooth ache was found to be 48.5 percentage in parts of Ethiopia indicated that it was mainly due to dental caries, mostly prevalent in school going children.<sup>[5]</sup> In similar groups from Ethiopia reported that 72.8 percentage dental caries was seen, a study conducted by Tafere et al.<sup>[8]</sup> A study conducted in Mexico shows that 59.6% of people are prone to signs of periodontal diseases whereas prevalence of caries seen in people over the age of 40 years is found to be 97%.<sup>[6]</sup>

**Pathophysiology of Dental Pain**

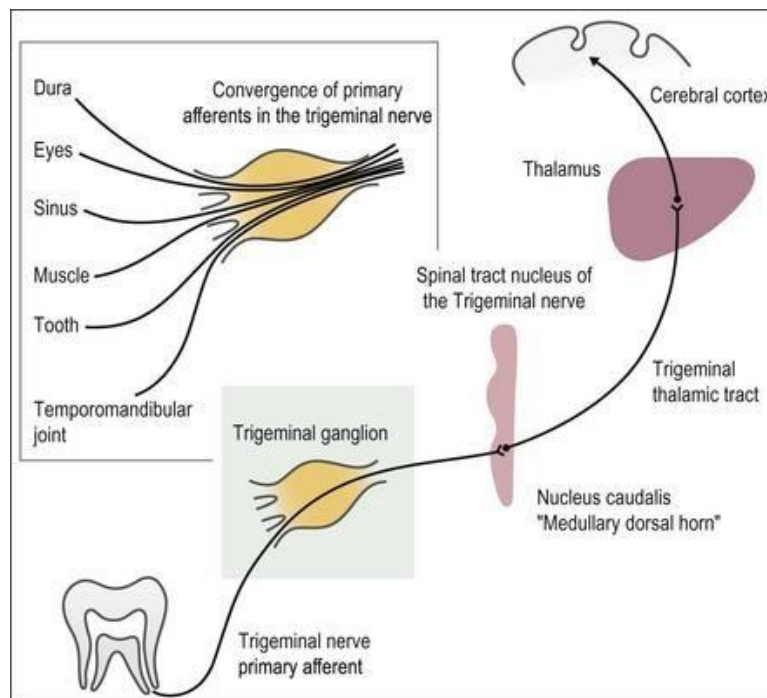


The Process involved in the pathophysiology of pain are

- A) Transduction
- B) Transmission
- C) Modulation
- D) Perception

sensory nerve endings which is followed by neural events that carry the nociceptive input into CNS for processing. The ability of CNS to control the pain transmitting neurons causes the nociceptive inputs to reach the cortex where perception occurs which is immediately initiated by a complex interaction in the neurons between higher centres of the brain.

The noxious stimuli leads to electrical activities in the



**Orofacial Pain Pathway**

- Dental pain of Pulpal Origin: It is of threshold type wherein it responds to all types of noxious stimuli but fails in ordinary masticatory function. It generally involves the periodontal structures with it.
- Dental pain of Periodontal origin: It is a deep

somatic pain which is intimately related with masticatory function. The main characteristic feature is discomfort during biting.

Natural products has been used since ages as an antidote for multitudinous diseases. There had been an abrupt

decrease in the curve of usage of these traditional remedies in day-to-day life due to increasing age in the pharmacology products today full stop however there are still fonts et origo in some parts of the world where people are still not aware of the modern dentistry, rather cannot meet the expense of this modernism. Evidences from the literature has shown that parts of plant were used for tooth treatment, mostly the routes followed by leaves and other parts such as barks stem and seeds.<sup>[7,8]</sup> Plants classified as shrub, herb, trees, climbers, etc., Where the most important category to be maneuvered in home remedies. the shrubs earlier were used as to brush and was in great demand since the last 70 years in rural India.

The beneficial use of salt has been important medicine since time and its wide array of use have been popular due to the phenomenon of osmosis. In medicine Kama it has long been used to prevent putrefaction, to reduce tissue swelling and also to treat diarrhoea. Salt incorporated in water used for gargling in case of a sore throat; precipitate healing, 10, helps in faster recovery. When it comes to dental related problems, salt has proven to have stimulation of saliva, hydroxyl ion exchange, dental remineralization which have made the salt to be integrated in many dental products like to place, smart watches, et cetera.<sup>[9]</sup> The commonly available commodities at our house during this lockdown period, which include the black pepper, salt, cinnamon, cardamom, cumin seeds, garlic paste, ginger, turmeric, clove or clove oil, sesame seeds(maybe or maybe not available), neem, tulsi, fenugreek leaves are included in this study which have to be of best use to people during this pandemic period.

- Garlic paste used since centuries has been substantiated for pulsated or thudded tooth ache; but have to get accustomed to the pungent smell of garlic.<sup>[10]</sup>
- Clove oil if present at home, can be dipped using clean tissue, cotton swab or cotton ball and wiped in gums at the point of tooth ache. Even placing while cloves at the point of pain have also manifested to be of great value.<sup>[11,12]</sup>
- Sage leaves have been authenticated in the field of medicine to eliminate cough. When it comes to dentistry, sage leaves cure even the acute flare-up and will provide temporary relief.<sup>[13,14]</sup>
- Ginger juice made at home by boiling water and adding powdered Ginger to it have shown results relieving sore throats and inflamed tonsils.<sup>[15,16]</sup>
- Black Pepper powder along with salt can also be applied in cavities where there is suspected flare-up.<sup>[17,18] 19]</sup>
- Oil pulling or oil swishing with sesame oil has been substantially used by the Indian folks in strengthening teeth and gums. It should be noted that gingelly oil and sesame oil though, are of same seed but, have different process of extraction and thus, have to be used differently.<sup>[20]</sup>
- Butterfly pea with hot water as an extract has

scavenging ability proving it to be a antimicrobial activity.<sup>[21,22]</sup>

- Neem [Azadirachta indica] have a wide used in dentistry. Neem leaves, sticks and Bach have exhibited antibacterial activity. Evidences have shown that direct chewing of neem sticks are of immense use and is a potent antioxidant. extracts of neem leaves have been demonstrated to have anticandidal activity Neem leaves show wide array of uses their in it inhibits the cariogenic bacteria showcasing the anticariogenic activity. Extracts of neem sticks resulted in antiplaque activity. Name have also been incorporated in various toothpaste and mouthwashes to prove its efficacy in fighting the periodontal pathogens. For patients during this lockdown period suffering from immense dental pain or tooth a can resort to name therapies as listed above for a temporary relief. Neem leaf extracts can also be used as an efficient root canal irrigant during the root canal therapy.<sup>[23,24,25]</sup>
- Tulsi extract during this lockdown have been I have been an easy purchase for residents showing antimicrobial activity against A. actinomycetemcomitans.<sup>[26]</sup>
- Turmeric offer many ways to heal and provide comfort to the patients where in turmeric can be roasted and grounded and massage at the point of to toothache.
- Powder turmeric can also be used in cleaning teeth and gums to make it stronger. This powder turmeric can also be made into a paste by adding mustard oil and salt and apply it to affected parts.<sup>[27]</sup>
- Cinnamon: if cinnamon oil is available then oil swishing with that also shows highest activity against streptococcus mutans.<sup>[28]</sup>
- Fenugreek leaves along with water boiled together is frequently used to gargle to treat recurrent mouth ulcers.<sup>[29]</sup>
- Mimosa pudica (Touch-me-not) roots are then made to decoction along with water to gargle which then reduces the toothache.<sup>[30]</sup>
- Figs have had different perspective in Italians where they used figs to place it on throbbing tooth ache.<sup>[31]</sup>
- Cumin seed oil have had its effects as an antibacterial agent and antifungal agent which has been proven by studies.<sup>[32]</sup>

## CONCLUSION

From the above reports it is evident that even natural spices, leaves, fruits etc. all act as natural remedies to various dental problems such as toothache, periodontitis (gum related problems), caries (cavities) etc. Thus, patients suffering from immense and unavoidable toothache can resort to such home remedies for a temporary relief. But, keep in mind, these antidotes are always adjunct to the conventional dental procedures. These are for short – term period.

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