

## Herbs Used For Dental Care

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### ABSTRACT :-

Dental oral diseases are one of the major public health problems globally they are used in various herbal medicine herbal extract have been used in dentistry for reducing inflammation , as per antimicrobials plaque agents for preventing release of histamine, antimicrobials, antifungal, antibacterial, antiviral and analgesics.

Herbal medicine also (Herbalism) is the study of Pharmacognosy and the use of medicinal plants they plants have been the basis for medical treatments through most of human history of such traditional medicine is still widely practiced today. Modern medicine makes use of many plant derived compounds as the basis for evidence based pharmaceutical drugs. S

Dentistry also known as dental medicine and oral medicine is a branch of medical that consist of the study diagnosis prevention and treatment of disease disorder and condition of the oral cavity commonly in the dentition but also the oral mucosa and of adjuement of related structures and tissues, Herbs used for dental care such as clove, Alovera, Garlic, Turmeric Herbs are commonly used in various dental disorder, dental carries and cleaning of tooth. The purpose of this article is it reviews the use of herbs in dental care.

**Key words:** - antibacterial, antimicrobials, antifungals

### I. INTRODUCTION:-

The word Ayurvedha is derived from `ayu` meaning life and `vedha` meaning `knowledge`. Ayurvedha literally means the science that imports all the knowledge of life.

Herbal extract have been used in traditional medicine as purpose of dental core for several thousand years. The development of ndigeous medicine and the used of medicinal plants carry considerable economic benefits in treatment of various diseases.<sup>[3]</sup>

Herbal extract have been successfully used in dental core as tooth cleaning and antimicrobial plaque agents.<sup>[4]</sup>

### Uses Of Herbs:-

#### 1) **Neem ( Indian Lilac and Margosa )**

Family – Meliaceae Kingdom – Plants

**Biological source** – Neem consist of almost all the part of the plant which are used as drug of Azardirachta Indica it is belong to family meliaceae it is also known as margosa. Indian lilac and Azardirachta Indica.



### Geographical Source :-

India is native of Azadirachta.

It is also cultivated in Nepal, Pakistan, Bangladesh and Sri Lanka.

Neem is a fast growing tree that can reach a height of 15-20 m rarely to 35-40 m. It is evergreen.

Macroscopic Properties -

- Macroscopic of leaf
- Apex – ovate – lanceolate
- Base – unequal
- Color – smooth and dark green
- Odour – typical Taste – bitter

**Chemical Constituents** - Neem contain various

parts of the is used for various therapeutic and commercial purpose presence of nimbiol, betasitosterol, Stigmasterol, limonoids, nimbione, nimbidine , azadiractin , Quercetin , sodium nimbinatate.

**Uses :-**

- Anti fungal
- Anthelmatic
- Anti bacterial

Oil of Neem used in soap, shampoo, balm and as well as toothpaste. <sup>[9]</sup>

### 2) Peppermint Oil :



Family – (Lamiaceae) – Labitae Kingdom – Plantae

**Biological Source** – It is the volatile oil obtained by steam distillation of the fresh flowering tops of the plants known as menthapiperita linn or other species of Mentha.

**Geographical Source** – It is also cultivated Europe, Japan, England, Italy, USA, India.

The plant grows wild in most parts of North Africa, central and Southern Europe, Britain France and Germany.

Chemical Constituents –

It contains volatile oil (1-4 % ) fixed oil (9-12%) and proteins(20%).

The chief constituents of volatile oil are limonene, p-cymene, camphor, coriandrol, etc.

- Malic Acid
- Tannin
- Vitamin A

**Uses :**

- To treat bad breath and reduce dental plaque.
- It is used in migraine headache.
- To treat nausea.
- It is used in toothpaste and tooth powder.
- It is an antiseptic property. <sup>[1]</sup>

### 3) Aloe Vera

Family – Asphodelaceae Kingdom – Plantae



**Biological Source** – Aloe is derived latex of leave. It is also known as Curacao aloe, cape aloe and socatrine aloe.

**Geographical Source** – Aloes is the indigenous to eastern and southern Africa grown in cope colony, Zanzibar and Island Caribbean, island, Europe and many parts of India, including north west Himalayan region.

**Chemical Constituents** – There are as many as 200 different types of molecules in Aloe Vera. The main areas of amino acids, anthraquinone, enzymes, vitamins, minerals, sugars, hormones, salicylic acid, saponins and steroids. The chemical

compounds were obtained from the gel and the latex lining of the Aloe Vera.

**Uses :**

- Aloes gel is used to medication other irritation in the mouth.
- It is used in Antifungal. <sup>[8]</sup>

**4) Tulsi ( holy basil )** Family – lamiaceae Kingdom – Plantae

**Biological Source** – Tulsi consist of a fresh and dried leaves of ocimumsanctum linn.



Ocimum Sanctum – holy basil Ocimum bassilicum – Sweet basil

Geographical Source – Annual herb found through India ( holy plant )

Chemical Constituents – Tulsi contains volatile oil. The oil contains about –

- 70% Eugenol
- 20% methyl – Eugenol
- $\beta$  – Caryophyllene
- Carvocrol
- Linalool

f. cineole

Uses –

- It is used to great for healing skin problems.
- Boosts the Immunity.

- It is used in antibacterial activity.

- It is used in dental health. [5]

#### 5) Garlic –



Family – Liliaceae Kingdom – Plantae

**Biological Source** – It is the ripe bulb of *Alium sativum* lion.

**Geographical Source** – The plant grows in farm is most part of central Asian, Europe, USA and India.

**Chemical Constituents** – The bulb contain carbohydrates and proteins and also containing volatile oil phosphorous, iron, copper, and major active constituents such as allin and allicin.

Uses –

- It is used as antiseptic.
- It is used treat to dental carries and periodontitis.
- It is used as antibacterial activity. [6]

## II. CONCLUSION -

Herbal medicine continues to expand the word many people take herbal medicine or herbal products now for their health. Herbal extracts have been used in denting for reducing information, as antimicrobial plaque agents. These herbal medicine are economical wise and health wise are effective for all class of people in the society.

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