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## The future of children's dental care: Homoeopathy and BCR

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### Abstract

Homeopathy is a widely used alternative medicine system. It is known for being a safe and cost-effective alternative to allopathy. Homeopathy practitioners claim that their medications are non-toxic and non-addictive. In dentistry, homeopathy has been used alongside conventional treatment for dental problems since the 18<sup>th</sup> century. However, its potential applications in Pediatric dentistry have not been emphasized. This review aims to introduce the fundamentals of homeopathy and explore its potential uses in Pediatric dental practice.

**Keywords:** Pediatric dentistry, conventional approach, homoeopathic medicines, dental care

### Introduction

Paul McCartney stated quote - "I can't manage without homeopathy. In fact, I never go anywhere without homeopathic remedies. I often make use of them."

Homeopathy, an alternative therapy with a history spanning over 200 years, was initially introduced by Samuel Hahnemann (1755-1843). However, its fundamental principles can be traced back to Paracelsus and Hippocrates. Unlike modern medicine, which views symptoms as direct outcomes of a disease and aims to suppress them, homeopathy considers symptoms as indications of the body's efforts to combat illness and seeks to support rather than inhibit them <sup>[1]</sup>.

Homeopathy offers a wide range of benefits in dental practice, providing assistance for various common issues such as pain, discomfort, inflammation, and bleeding. It can also help in alleviating dental anxieties, promoting faster recovery, and enhancing overall comfort during dental procedures <sup>[2]</sup>.

### Common Dental Problems in Children

Tooth decay, tooth sensitivity, dental emergencies, pediatric gingivitis, and orthodontic problems are all significant dental issues that can affect children's oral health. Tooth decay occurs when sticky plaque accumulates on the teeth's surface, leading to the erosion of enamel. Parents should supervise their children's brushing and flossing until they can control a toothbrush independently. Treatments for cavities include tooth fillings.

Sensitive teeth can be uncomfortable and distracting, and bi-annual checkups are essential for diagnosing the underlying cause. Treatments include tooth fillings, acid erosion, tooth grinding, and cracked or missing fillings. Dental emergencies can occur at any time, such as sports or falls. If a permanent tooth falls out, it is important to call the dentist for an emergency appointment and retrieve the tooth.

Orthodontic problems can also occur in children, with common misalignment issues such as overbite, underbite, open bite, and spacing problems. It is recommended to have a child's first orthodontic appointment around the age of seven or eight.

Excessive thumb sucking and pacifier use can cause issues with teeth development, making it difficult for children to bite and chew. Dental anxiety and phobias can make it difficult for children to get regular dental checkups and teeth cleanings, and can persist into adulthood, affecting their dental health significantly <sup>[3]</sup>.

### Some parents even hesitate to accept oral medications due to following reason

1. Risk of overmedication.

2. Can lead to drug resistance.
  - Doesn't cure, only suppresses symptoms.
  - Can cause dependency on drug.

### Traditional approaches and treatments in PD

Pediatric dental procedures may vary slightly from adult dental procedures, although they share many similarities. These procedures encompass a range of methods, such as fluoride treatment, cavity filling for baby teeth, extraction of baby teeth, placement of space maintainers, application of sealants, placement of stainless-steel crowns, and the use of mouth guards [4].

### The Current Landscape of PD

The realm of pediatric dentistry is experiencing remarkable expansion and advancement. Focusing on enhancing patient comfort, early detection, and eco-friendly methods, the industry is moving towards a more effective, patient-focused strategy [5].

### Limitations and drawbacks of conventional

Regrettably, not all children possess the ability to cooperate during dental procedures that involve local anesthesia. This can be attributed to their age or physical and intellectual disabilities, which may require the administration of sedation or general anesthesia in order to successfully complete the treatment. During this procedure sometime the guardians doesn't want to go to their child with this method which can be give negative effects on child mental and physical health later [6].

### Understanding Homeopathy in Dentistry

Biological dentists incorporate homeopathy into their practice as a natural treatment option that is safe, non-addictive, and effective for patients of all ages. Homeopathic remedies are used to enhance mental and emotional well-being without the sedative effects of traditional medications [7].

### Exploring the principles of homeopathy in healthcare

Alternative medicine encompasses a range of therapies such as herbal medicines, essential oils, and homeopathic remedies. Homeopathy, introduced by Samuel Hahnemann in 1796, operates on the principle of "like cures like." This means that a substance which induces symptoms of a disease in a healthy individual can effectively treat similar symptoms in a sick person [8].

### Application of homeopathy in PDC

The integration of homeopathic medicine into the field of dentistry proves to be highly beneficial, addressing a wide range of issues from mild tooth pain caused by cavities to more complex chronic conditions that have traditionally posed challenges in treatment. Examples include dental anxiety, atypical facial pain, burning mouth syndrome, and post-extraction osteitis. Patients presenting with various dental disorders at the railway polyclinic were administered appropriate homeopathic remedies alongside necessary dental procedures. The outcomes underscore the importance of a collaborative approach between the Dental practitioner and the Consulting Homeopath for the effective treatment of dental patients [9].

**Homeopathic Preparation:** Homeopathic remedies come

in various forms such as pellets, tablets, fine sugar granules, and liquids. Pellets and granules are made of sucrose, while tablets are made of lactose, making them suitable for children. When prescribing a form, it is important to consider lactase deficiency and sucrose intolerance. Additionally, the liquid form can be mixed with a cream or gel base to create creams, ointments, or salves. These topical treatments are beneficial for relieving sore muscles in the face and neck caused by temporomandibular joint disorders or lengthy dental procedures [10].

### Homeopathic Approach

#### Boenninghausen's characteristics and repertory 1

##### CHAPTER - TEETH

Decaying - Am-c., *Plan.*, Sep., Sil.

Brittle - Arg-n., Aur., Bell., Bor., Calc-p., *Eupho.*, *Lach.*, Plb., *Sabad.*, Sec., Spig., Staph., Sul-ac., Thuj

Bleeding - Am-c., Ambr., Ant-c., Bar-c., Bell., Bov., Carb-v., Crot-h., *Lach.*, Ph-ac., Phos., Sep., Sulph., Zinc

Dentition, slow, difficult, etc. - Calc., Calc-f., *Calc-p.*, Hep., Merc., Phos., Sil., *Sulph.*, Thuj.

Dirty color - Merc., Pyrog.

Loose- Am-c., *Arg-n.*, *Arn.*, *Ars.*, Bry., Calc., *Carb-an.*, Carb v., *Caust.*, Chel., Chin., Cocc., Con., Graph., HYOS.,

Ign., Kali-c., *Lyc.*, Merc., Merc c., *Nat-m.*, Nat-s., *Nit-ac.*, Nux-v., *Phos.*, Plat., *Plb.*, Psor., Rat., Rhus-t., Sec., Sil.,

Stann., *Staph.*, Sulph.

Sore pain - *Ars.*, BELL., Bry., Calc., *Carb-v.*, *Caust.*, Cina, Colch., *Eupho.*, *Graph.*, Ign., *Lach.*, Nat-m., Nux-v., *Plan.*,

Puls., Rhus-t., *Sep.*, *Sil.*, *Staph.*, Thuj., Zinc.

Overriding teeth- *Ang.*, Camph.

Yellow - *Ars.*, Bell., Bry., Merc., Plb., Sul-ac.

Aggravation, Sweets:- Am-c., Mur-ac., Nat-c.

Aggravation, Dentition, during:- ACON., *Ars.*, Bell., Bor., CALC., CHAM., *Cina*, Coff., *Ferr.*, Ign., Mag-c., Mag-m.,

Merc., *Nux-v.*, Stann., *Sulph*

#### Boenninghausen characteristics materia medica

1. **ACONITE:** Inconsolable anxiety and piteous wailing. Teeth pain Throbbing ache after taking cold. Tongue coated white.
2. **ALUMINA:** Feel too long. Ache when chewing. Inability to think connectedly. Anxious and peevish. Continued great weakness of memory. Mental activity alternating with inability to think. Great anxiety and apprehension. He takes everything in bad part. Alternate paroxysms of laughing and weeping. He views everything in a gloomy and discouraging light. Fear of losing his thoughts, his reason.
3. **AMBRA GRASIEA:** Tearing pain in hollow, by warmth, Bleeding and twitching of muscles of, and of lips. Animated phantasies of which he cannot rid himself. Difficult thinking and comprehension. Restless and hasty. Long after excitement after talking. Despair and satiety of life. Embarrassed in company. Sadness. Great seriousness with aversion to talking and laughing.
4. **AMMONIUM CARB:** Jerking, tearing ache, by biting teeth together. Sticking ache. Loose. Swollen gums, which bleed easily. Difficult thinking. Easily makes mistakes in talking and writing. Forgetful and distracted. Sadness and weeping with fears and presentiments of impending evil. Very peevish and ill - humored during cloudy weather. Satiety of life. Disobedient

5. **Antimonium crudum:** Bleeding from about, and from gums. Jerking pain in hollow teeth worse cold water. Gnashing. Salty saliva. Salivation Dirty, white - coated tongue. Hot breath.
6. **Arnica Montana:** Aching, with crawling in gums and a swelled cheek. Refuses to reply to anything. Rage. Peevish, wilful, quarrelsome mood. Anger, followed by screaming and weeping.
7. **Baryta carbonica:** Jerks, extending into ears and temples. Ache with swollen gums before menses. Want of self - confidence. Dread of man (especially strangers). Excessive activity and restlessness. Chilliness.
8. **Belladonna:** Insanity with buffoonery. Violent delirium, with inclination to toss about. Biting, spitting and striking. Toothache (in children and women), after taking cold, insufferably worse by eating. Gnashing of.
9. **Bryonia Alba:** Jerking toothache worse by warmth, better by lying on painful side. Intense thirst. He does not drink often, but a great deal each time. Thirst for cold water. Chronic constipation.
10. **Calcarea carbonica:** Despair about shattered health. Self - will and peevishness, especially in children. Difficult, and delayed dentition. Drawing sticking, ache, excited by cold or drafts. Toothache renewed by either cold or warmth. Dental fistulae.
11. **Calcarea phosphorica:** Loss of memory. Stupid, slow comprehension. Confusion, with flatulency, washing in cold water. Violent screaming. Peevish, fretful, goes from place to places, likes to be alone. Contracted feeling as if a draft of wind came from roots. Fresh air, warm or cold things. Tip of tongue sore burning, with little blisters on.
12. **Carbo animalis:** Homesickness with tearfulness. Loose. Gums: Swollen, red and painful, pustules on.
13. **Chamomilla:** Stupidity. Day dreams. Mental obtuseness. Great, anxious excitability weeping, howling and tossing shout, Great anxiety at heart. Impatience. Peevishness, with incessant scraping and howling. Unendurable, drawing ache at night, with thirst and hot, red, swollen cheeks. Toothache worse from warm drinks, especially coffee. Burning and swelling of gums during toothache. Spasms in children suffering with symptoms of the teeth.
14. **Cina:** The child is insensible to caresses and rejects everything that is offered. Dread. Children resist being held. Whimpering and crying, especially when touched. Gnashing of. Sensitive to both cold air and drinks.
15. **Cuprum metallicum -** Desire to escape. Fearfulness. Frightened easily. 1 Difficult dentition in children, with convulsions.
16. **Helleborus Niger:** Sticking, tearing ache in molars in evening and at night in bed, which tolerates neither cold nor heat. Woeful melancholia mood. Hypochondriasis. Involuntary sighing. Homesickness.
17. **Hepar sulphuris:** Extraordinary anguish in evening, driving him to self - destruction. Drawing, jerking ache, worse in warm room. Swelling of gums, painful when touched. Whitish, sour smelling diarrhoea in children.
18. **Hyoscyamus:** Loquacious insanity shamelessness and lasciviousness, kissing mania, furious jealousy, buffoonery and clonic spasms. Tearing ache early in morning, with congestion to head, Ache after taking cold and in open air. Throbbing ache, as from an inflamed periosteum. He clenches them together tightly. Affected teeth seem loose, violent pains in gums. Constriction of throat, with inability to swallow, especially fluids.
19. **Ignatia:** Extraordinarily changeable mood. Hysteria. Paroxysms of laughter or screaming. Introverted and taciturn with low spirits and weeping. Toothache, as though being crushed, from taking cold in molars. Convulsions of children, during difficult dentition.
20. **Kali carb:** Angry and irritable. Very easily frightened. Toothache, when eating only. Twitching, tearing ache, with pain in facial bones. Sticking ache, with swollen cheeks.
21. **Lycopodium:** Teeth Turn yellow. Jerks in, when eating. Toothache with swollen cheeks, by warmth and heat of bed. Dental fistula. The symptoms are intensified at about 4 o'clock PM, but, with the exception of weakness, at about 8 o'clock they are again relieved.
22. **Magnetis Polus arcticus:** Incisors sensitive when inhaling. Toothache in hollow teeth, with inflamed, swollen gums and red, hot, swelled cheeks. Throbbing ache in lower jaw with burning while there is chilliness. Cramp - like pain in hollow teeth, with single jerks in right lower jaw, Ache, with violent jerks, as though they would. Ache, with violent jerks, as they would be torn out. Worse: After eating, in a warm room. Better: In open air.
23. **Magnesia carbonica:** Toothache when driving. Burning in evening and at night in bed, insupportable during rest, compelling him to get up. Ache, with great physical restlessness. Sticking in, after eating. Ache during pregnancy. Worse: Cold.
24. **Magnesia muriatica:** Eyeteeth are painful and feel elongated. Toothache greatly by touch of food. Gums bleed easily, are swollen and painful. Stool Knotty, hard, difficult, unsatisfactory and retarded. Diarrhea of mucus and blood.
25. **Natrum carbonicum:** Excessive sensitiveness of lower (incisors), Ache when eating fruit or sweet things. Stuttering, from heaviness of tongue, Taste bitter or sour, in mouth.
26. **Oleander:** Great distraction and want of attention. Teeth drawing in molars, at night when lying in bed, with anxiety, nausea and profuse urination. Sensitive when chewing only. Bluish - white gums.
27. Homesick and weeping. Burning in front teeth, especially at night, by warmth of bed and by warm as well as cold things. 2 Nightly tearing in. teeth turn yellow.
28. **Pulsatilla:** Mild, timid, yielding disposition. Tearful mood. Toothache in evening. Jerking, tearing ache, warmth of bed or room and by cool air or cold water. Jerking from teeth into ear. Toothache from taking cold (when the weather first turns warm in spring), with tearing in ears, pale face and chill. Looseness of painful teeth.
29. **Rheum:** Morose, sluggishness and silent brooding. The child desires various things with weeping and vehemence. Restless and tearful. Difficult teething in children. Cold feeling i, with great accumulation in saliva.
30. **Rhododendron:** Nightly toothache with earache. Drawing tearing pain in molars, before or during storms

and in cold wet weather, touch.

31. **Silicea:** Great obstinacy in children, they cry even when kindly spoken to. Tearing pain in, worse at night. Nightly, sticking toothache by both warmth and cold. Periosteum of lower jaw swelled.
32. **Strontium:** Jerking toothache. Violent tearing, preceded by increased saliva. Toothache, like a screwing together sensation. Taste: Like earth in mouth.
33. **Thuja:** Crumbling. Decaying at roots. Become hollow on the side, while the crown is not affected. Eating, gnawing pain in hollow t., worse cold. Biting gnawing in, worse from cold food, drinks and chewing. Toothache from drinking tea.
34. **Viola odorata:** Tearing toothache in lower jaw extraordinary irritability and indisposition. Stool constipated <sup>[11]</sup>.

### Benefits of Homeopathy in Dentistry and prescribing principals

Pathological or specific symptom homeopathic prescribing is a treatment specifically for the disease or ailment. Constitutional homeopathic prescribing, on the other hand, focuses on treating the symptom complex of the individual rather than the disease itself. The goal of constitutional prescribing is not to change a patient's character, but to balance and support their self-healing efforts by modifying their overall tone. This approach involves analyzing the physical, emotional, and mental aspects of the individual, and it can be considered a form of psychotherapy in addition to physical treatment. Factors such as body type, temperament, disposition, vitality, and emotional condition are taken into account during constitutional analysis and prescribing. Generally, higher potencies can be used for patients with higher vitality. When prescribing based on local signs and symptoms, lower potencies (below 12X) are recommended. For a mixture of local, general, mental, and emotional signs and symptoms, higher potencies (30CH - 200CH) are prescribed. The choice of potency depends on whether the symptoms are more emotionally or physically based. Homeopaths prioritize the emotional and spiritual levels as the highest plane of pathology, followed by the mental and physical levels. As the plane of pathology increases, higher potencies may be used <sup>[12]</sup>.

### Promoting oral hygiene and preventive care through homeopathy

Holistic dentistry is guided by fundamental principles that include the intake of proper nutrition to prevent and reverse degenerative dental diseases, the avoidance and elimination of toxins from dental materials, the prevention and treatment of dental malocclusion, and the prevention and treatment of gum disease <sup>[13]</sup>.

### Strategies to Maximize the Effectiveness of Homeopathic Remedies

1. It is important to handle homeopathic remedies with care and avoid touching them. They should be taken directly from the container and placed into the mouth.
2. To ensure effectiveness, homeopathic remedies should be placed under the tongue and allowed to dissolve.
3. It is recommended to avoid consuming any food 10 minutes before or after taking the remedies.
4. During the use of homeopathic remedies, it is advisable to refrain from consuming coffee, tea, or mint as these

substances can potentially neutralize the effects of the remedies.

5. To maintain the potency of homeopathic remedies, it is crucial to store them away from areas that contain volatile substances such as ether, camphor, perfumes, or other highly volatile products.
6. Once the symptoms start to improve or resolve, it is recommended to discontinue the use of the homeopathic remedy.
7. Mint-flavored toothpaste may interfere with the action of the remedy, so it is advised to avoid brushing teeth with it 10 minutes before or after taking the remedy.
8. For unconscious, semiconscious patients, and young children, it is best to administer finely crushed pilules or fine granules of the remedy.
9. While it is best to avoid coffee during treatment, moderate consumption of tea is generally harmless. Additionally, it is advisable to avoid hot spices like chili and ginger 10 minutes before and after taking the remedy <sup>[13]</sup>.

### Conclusion

Homeopathy is a form of alternative medicine that uses highly diluted substances to stimulate the body's natural healing processes. Pediatric dentistry, on the other hand, is a specialized field of dentistry focused on providing dental care to children. While some individuals may choose to incorporate homeopathy into their overall healthcare approach, pediatric dentistry primarily follows evidence-based practices to ensure the oral health of children. It's important to consult with healthcare professionals in both fields for appropriate guidance and treatment.

### Ethical and Safety Considerations in Pediatric Homeopathic Dentistry

A study carried out by homeopaths in 2000 found that homeopathic remedies had a lower likelihood of causing severe side effects. However, a systematic review in 2012 examining the potential side effects of homeopathy revealed that it could pose harm to patients and consumers, both directly and indirectly. Another systematic review and meta-analysis in 2016 indicated that the frequency of side effects seen in individuals using homeopathic treatments was comparable to those using placebos and conventional medicines. Some homeopathic remedies contain active ingredients like arsenic, belladonna, and poison ivy. In rare instances, these substances may be present in detectable amounts due to incorrect preparation or inadequate dilution. Serious symptoms like seizures and even death can occur as side effects in certain individuals, with cases of arsenic poisoning being reported <sup>[14]</sup>.  
<https://iupress.istanbul.edu.tr/en/journal/jchild/article/homeopathy-in-pediatric-dentistry>

### Conflict of Interest

Not available.

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