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A case report on homoeopathic management of periodontitis

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Abstract

Periodontitis is an inflammatory, multifactorial irreversible disease of periodontal supporting tissues of the teeth. It is a result of the disruption of homeostasis between sub-gingival microbiota as well as host defences. As the inflammatory process continues, it extends to the periodontal tissues, bone and finally, teeth, causing tooth loss. Scaling, root planning, flap surgery, local drug like NSAID, topical antiseptics and antibiotics are the commonly advised treatment plan for Periodontitis in modern medicine. Homoeopathy approaches differently, as it works in holistic way by reducing the intensity of pain as well as reducing recurrence of the plaque formation. It also breaks the homeostatic chain in periodontitis. Here is the case report of chronic periodontitis, where repertorization played a vital role in selection of medicine and effectively managing the case.

Keywords: Periodontitis, homoeopathy, repertorization

Introduction

Chronic periodontitis has been defined as "an infectious disease resulting in inflammation within the supporting tissues of the teeth, Progressive attachment loss, and bone loss." This definition outlines the major clinical and etiologic characteristics of the disease:

1. Microbial plaque formation,
2. Periodontal inflammation,
3. Loss of attachment and alveolar bone.

Periodontal pocket formation is usually a sequela of the disease process unless gingival recession accompanies attachment loss, in which case pocket depths may remain shallow, even in the presence of ongoing attachment loss and bone loss ^[1].



Aetiology

The primary causative agent resulting in periodontal disease is the mixed bacterial colonization in the oral tissue. Periodontitis, a gum disease caused by plaque build-up, leads to gum inflammation, deep pockets, and tissue destruction. Key risk factors include:

1. **Poor Oral Hygiene:** Inadequate brushing, flossing, and cleanings allow plaque and tartar build-up.
2. **Smoking/Tobacco:** Impairs immunity, slows healing, and reduces treatment effectiveness.
3. **Hormonal Changes:** Puberty, pregnancy, and menopause increase gum susceptibility to infection.

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4. **Chronic Illnesses/Medications:** Conditions like diabetes or medications weaken immunity.
5. **Genetics:** Some individuals are genetically predisposed to gum disease.
6. **Other Factors:** Obesity, stress, poor nutrition, and heart disease contribute. Periodontitis isn't highly contagious but can spread through close contact ^[2].

Symptoms

- Bad breath, even after brushing teeth.
- Swollen, tender or bleeding gums.
- Toothaches and pain while chewing.
- Loose teeth.
- Teeth sensitivity.
- Teeth that appear longer than usual due to the gums wearing away ^[2].

Disease progression

Periodontitis does not progress at an equal rate in all affected sites throughout the mouth. Some involved areas may remain static for long periods, whereas others may progress more rapidly. More rapidly progressive lesions occur most frequently in interproximal areas and may also be associated with areas of greater plaque accumulation and inaccessibility to plaque control measures ^[1].

Case profile

Patient information

A 39-years-old male patient from a Hindu family arrived at OPD with the following complaints. K/C/O Periodontitis.

Table 1: Chief Complain

Location	Sensation	Modalities	Concomitant
- Mouth (Gum) (Since 2 years.) - Increased especially Lower gums. (Since 10 years.)	- Bleeding +++ - Tingling - Weak - Halitosis+++	< Brushing < morning	
- Inner side of oral cavity	- Sticking		

ODP

Patient has complain of bleeding gums since last 10 years. Which has increased since last 2 years.

Past History

- 2nd degree piles 9 years ago, occasionally bleeding. Recently no complain of piles.
- Lower jaw left side 3rd molar extracted few years back.

Family History

Father: Bleeding gums (same trouble at very young age)

- Diabetes Mellitus
- Hypertension: on medication

Mother: - Hypertension: on medication

Sister: - Hypothyroidism: on medication

Personal History

Diet: Vegetarian, but occasionally consume eggs.

No habit of smoking, drinking

Life Space

Patient got married at age of 35 years and blessed with a son who is 2 years & 8 month old.

Physical General

Desire: Sweet

Aversion: very salted food

Stool: once in a day, in morning, Satisfactory

Urine: 7-8 time / day

Sweat: profuse on head

Thirst: 2.5 lit / day (1 glass at time)

Thermal: chilly

- Covering all season
- Warm water bathing in rainy and winter season
- Fan slow speed
- AC exposure and cold drinks in excess exposure leads to throat infection

Mental General

- Introvert ++
- Anxious ++ when given responsibility for work.
- Needs planning at work or else leads to anxiety
- Phobia of height +++

General Examination

- BP: 130/ 80 mm of Hg
- Pulse: 78/ min
- Weight: 57 kg
- Height: 5.4 feet

Oral Examination

GUMS: Red, swollen, bleeding especially gums of lower jaw

Different Diagnosis

- Periodontitis
- Gingivitis
- Periodontal abscess
- Actenomycosis

Confirm Diagnosis

Periodontitis

Table 2: Analysis & Evaluation of Symptoms

Sr. No.	Symptoms	Analysis
1	Introvert ++	Mental General (Uncommon)
2	Anxious ++ when given responsibility for work	Mental General (Uncommon)
3	Phobia of height +++	Mental General (Uncommon)
4	Desire: sweet++	Physical General (Uncommon)
5	Aversion: very salted food	Physical General (Uncommon)
6	Perspiration: profuse on head	Physical General (Uncommon)
7	Bleeding +++ gums < brushing	Physical Particular (Uncommon) (Agg. Modality)
8	Bleeding +++ gums < morning	Physical Particular (Uncommon) (Agg. Modality)
9	Bleeding +++ gums	Physical Particular (Uncommon) (Sensation)
10	Weak gums++	Physical Particular (Uncommon) (Sensation)
11	Halitosis +++	Physical Particular (Uncommon)
12	Sticking sensation over the inner side of oral cavity	Physical Particular (Uncommon)
13	Tingling of gums	Physical Particular (Common)

Miasmatic Analysis

- Fundamentals Miasm – Syco-Syphilis
- Dominant Miasm – Syco-Syphilis

Table 3: Totality of Symptoms

Sr. No.	Symptoms
1	Introvert ++
2	Anxious ++ when given responsibility for work
3	Phobia of height ++
4	Desire: sweet
5	Aversion: very salted food
6	perspiration: profuse on head
7	Bleeding +++ gums < brushing
8	Bleeding +++ gums < morning
9	Bleeding +++ gums
10	Weak gums++
11	Halitosis +++
12	Sticking sensation over the inner side of oral cavity

Selection of Repertory

The Complete Repertory by using Homopath Zomeo Software.

Repertorization

Table 4: Repertorization [3]

Remedy Name	Nat-m	Merc	Sulph	Carb-v	Phos	Graph	Staph	Nit-ac	Arg-n	Lach
Totally	34	34	33	33	32	29	28	26	26	25
Symptoms Covered	11	10	11	10	11	10	9	10	8	10
Kingdom										
[Complete] [Mind]Introverted: (238)	4	3	3		3	1	3	3	4	1
[Complete] [Mind]Anxiety: (978)	4	4	4	4	4	4	4	4	4	4
[Complete] [Mind]Fear:High places: (56)	1	1	3	1	1		1	2	3	1
[Complete] [Generalities]Food and drinks:Sweets:Desires: (300)	2	3	4	3	3	4	3	3	4	1
[Complete] [Generalities]Food and drinks:Salt or salty food:Aversion: (36)	3	3		3	3	4		1		
[Complete] [Head]Perspiration:Profuse: (29)	3		1							
[Complete] [Mouth]Hemorrhage:Easily:Gums: (86)	4	4	3	4	4	2	3	3	3	4
[Complete] [Mouth]Offensive odor: (373)	4	4	4	4	3	4	4	4	4	4
[Complete] [Mouth]Inflammation:Gums, gingivitis: (171)	4	4	4	4	4	3	4	4	2	4
[Complete] [Mouth]Detached:Gums: (45)		4	3	4	3	3	3	1		1
[Complete] [Mouth]Hemorrhage:Gums:Brushing, cleaning teeth agg.: (64)	1	4	3	3	2	3	3			2
[Complete] [Mouth]Sticky, viscid: (93)	4		1	3	2	1		1	2	3

Group of Remedies

1. Natrium Muriaticum
2. Mercurius Solubilis
3. Sulphur
4. Carbo Vegetabilis
5. Phosphorus

Carbo Veg. 200 Stat

SL BD for 15 days

Justification of Medicine

Carbo. Veg. was selected because it is addressing the patient's totality of symptom, which includes, mental states and physical manifestations (bleeding gums, weakness, and halitosis). Its holistic action supports the body's natural healing processes, making it a fitting remedy for chronic

Prescription

Rx,

periodontitis in this case. In PDF, Bleeding Gums+++ < Morning, Thermal: Chilly, Miasm: Syco-Syphilis and family history of periodontitis is also considered.

Different authors view on Carbo. Veg.

1. Dr. W. Boericke

Teeth very sensitive where chewing; gums retracted and bleed easily. Blood oozing from gums when cleaning teeth. Pyorrhoea. [4]

2. Dr. M. L. Tyler

Looseness of TEETH, with bleeding of gums, which are very sensitive. [5]

3. Dr. S. R. Phatak

Loose teeth. Scorbutic gums. Blood oozes from gums when cleaning teeth. [6]

4. Dr. Robin Murphy

Loose teeth. Tooth pain while eating hot or cold things. Teeth very sensitive when chewing. Scorbutic gums. Blood oozes from gums when cleaning teeth. Gums retracted and bleed easily, painful while chewing. Gums black. Pyorrhoea [7].

5. Dr. C. M. Boger

Loose teeth. Scorbutic gums. Small, painful aphtha [8].

6. Dr. J.T. Kent

- The old books talk about "scorbutic gums," now we call it Rigg's disease: a separation of the gums from the teeth. Bleeding of the gums; sensitiveness of the gums. Separation of the gums from the teeth. The teeth get loose.
- We hear about "the teeth rattling in his mouth."
- The *Carbons* produce just such a state, a settling away and absorbing of the gums. They get spongy and bleed easily, and hence looseness of the teeth with bleeding of the gums, which are very sensitive [9].

History of Rigg's Disease

Leonard Koecker described in great detail the symptoms and, with limitations of its period, the management of chronic periodontal disease. Very few dentists believed him or took up his treatment. One dentist that believed him was John W. Riggs, Mark Twain's dentist. The periodontal disease had many names, including "Riggs disease", "pyorrhea alveolaris," or "chronic suppurative pericementitis", coined after John W. Riggs (1811-1885), a Connecticut dentist who specialized in treating this condition. Incidentally, Riggs was present when Horace Wells tested laughing gas for tooth extraction, and he was the dentist who pulled Well's tooth [10].

Potency Selection

Considering age, sex, nature of diseases 200th is selected to prescribe:

Table 4: Follow-Ups & Prescriptions

Sr. No.	Date	Follow-Up	Prescription
1	20/06/23	Bleeding reduced, sensation still present	Carbo. veg. 200/2 doses SL/BD/15 days
2	05/07/23	Patient 40% improved in all symptoms	Carbo. veg. 1M/ Stat SL/BD/15 days
3	20/07/23	Patient 50% improved in all symptoms	Carbo. veg. 1M/ Stat SL/BD/15 days
4	04/07/23	Patient 60% improved in mental as well as physical symptoms	Carbo. veg. 1M/ Stat SL/BD/15 days
5	19/07/23	No much changes	Syphillinum 1M/ Stat SL/BD/15 days
6	03/08/23	Patient 70% improved in all symptoms	SL/BD/15 days

Discussion

Repertorization is the key to homeopathy, helping to select remedies based on the patient's symptom totality which is addressing both physical as well as mental picture of the patient. In this chronic case of periodontitis, Carbo Veg. was chosen by considering physical and mental symptoms. In this case, Syphilinum was selected due to strong family history of patient's father with destructive changes of periodontitis at young age. To remove miasmatic block & stagnancy of symptoms Syphilinum was prescribed. In material medica, periodontitis found under the name of Rigg's diseases, as it preserve essence of ancestral origin of the disease. It is essential to understand various terminology and rubrics of disease conditions for selection of similimum. i.e., in Boericke repertory Rigg's disease is present under chapter Teeth. Unlike modern medicine, homeopathy strengthens the body's vital force and aiming for long-term wellness rather than temporary relief. As auxiliary management patient was suggested to brush teeth on a regular basis, use a soft toothbrush, floss daily, maintaining good oral hygiene, refrain from chewing or smoking tobacco and regular dental check-ups to prevent the development of periodontitis.

Conclusion

In this type of deeper pathological cases homeopathy can perform either palliative or curative. In this case patient showed 70% improvement. More such cases needs to be reviewed to understand the role of homeopathy in periodontitis.

Conflict of Interest

Not available

Financial Support

Not available

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