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Dr. Abhinandan Das

Lecturer, Department of
Physiology and Biochemistry,
Bengal Homoeopathic Medical
College and Hospital,
MXC8+7G2, Ismile, Shatabdi
Nagar, Asansol, West Bengal,
India

Dr. Tanmoy Sarkar

Lecturer, Department of
Homoeopathic Pharmacy,
Metropolitan Homoeopathic
Medical College and Hospital,
Ramchandrapur, Sodepur,
Kolkata, West Bengal, India

Dr. Abhisake Sabud

Lecturer, Department of
Organon of Medicine, with
Homoeopathic Philosophy,
Kharagpur Homoeopathic
Medical College & Hospital,
Kharagpur, West Bengal,
India

Corresponding Author:

Dr. Abhinandan Das

Lecturer, Department of
Physiology and Biochemistry,
Bengal Homoeopathic Medical
College and Hospital,
MXC8+7G2, Ismile, Shatabdi
Nagar, Asansol, West Bengal,
India

Homoeopathy and its holistic approach in Oro-dental care: A review

Dr. Abhinandan Das, Dr. Tanmoy Sarkar and Dr. Abhisake Sabud

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Abstract

Oral disease is a major public problem nowadays. Mainly it's a big burden in low- middle economic countries in the world. In India, it's a burning problem due to the huge abuse of sugar & process food consumption. Due to poor hygiene knowledge, lack of dental health policy and huge consumption of tobacco, that is why India is called the "Oral cancer capital". Homeopathy is playing a good intervention role for dental diseases, oral hygiene & it's cost-effective, has no Side-effect, easy to use. In the 18th century, homeopathy was used for Oro-dental care & it's reported many times in the book of true material medical. Therefore, Homoeopathic remedies not only work symptomatically but it's also taking care of psychological aspect of the patient. This overview cover-up the basic principles of Homoeopathy, Holistic approach to the patient & Probable indication for Oro-dental care according to the various journals.

Keywords: complementary and alternative medicine, dentistry, homoeopathy & Oro-dental care

Introduction

Oral disease is a major public problem nowadays. Mainly it's a big burden in low- middle economic countries in the world. In India, it's a burning problem due to the huge abuse of sugar & process food consumption. Due to poor hygiene knowledge, lack of dental health policy and Huge consumption of tobacco, that is why India is called the "Oral cancer capital". Modern western practitioners are believed superior in the sector of dentistry [1]. They can't believe that there was Complementary and alternative medicine (CAM) present in our medical system. This healthcare approach is professionally used to prevent or treat dental diseases. Now a day CAM is a very public popularity and it is gaining credibility within biomedical health research. Traditional medicine & Complementary and Alternative medicine (CAM) are easily accessible in remote areas & their remedies are very unqueued to use & it's worked tremendously well. Its also cheaper than modern medicine [2]. Allopathic medicine is simply too expensive and far too capital-intensive for a poor country like India to support [3]. Modern medicine practitioners are not provided with all facilities in India. They have suffered in various sectors like remote rural areas, the Price of modern medication & dental management etc. Therefore, long-time modern intervention produces many chronic problems like, heart disease, cancer, diabetes, and mental disorders. It's always remembered that under these chronic problems, the life expectancy rate diminished [4]. Patients are now shifted to CAM treatment because of the complexity of modern treatment's procedures, cost expensive & lots of side effects [5]. There are lots of subsystems belonging to the CAM & under the CAM, Homoeopathy has maintained holistic approaches to the patient's oro-dental care [6]. Current government take a lot of initiatives like, "MOU" with various countries, WHO & privatet sectors etc. So, they encouraging and supporting local governments to increase research works, training facilities and exchange of information relating to Homoeopathy & Oro-dental care [7]. *Homoeopathy* provides effective treatment to patients while no side effects [8]. Homoeopathy is playing a good intervention role for dental diseases, oral hygiene & it's cost-effective has no Side-effect, easy to use. In the 18th century, *homoeopathy* was used for oro-dental care & it's reported many times in the book of true materia medica. Therefore, Homoeopathic remedies not only work symptomatically but it's also taking care of psychological aspect of the patient. This overview coverup the basic principles of *Homoeopathy*, a Holistic approach to the patient & Probable indication for Oro-dental care according to various journals [9].

Aim and Objectives

The primary aim to screen out the publishing paper from 2005 to 2021 & analysis these papers are “peer reviewed” or not, evaluate whether homeopathy treatment is valuable or not or could produce any different effect in the reported outcomes. We also added various remedial indications from text books on homoeopathic materia medica & under this review.

Materials and Methods

In this overview, we screened various literature published between 2005 to 2022 from various databases. The various textbooks on homeopathic materia medica & repertory also screened according to dental diseases with the philosophy of Homoeopathy. The databases were searched from “MEDLINE (via PubMed)”, “EMBASE (Elsevier)”, “CORE-Hom (Carl and Veronica Carstens-Stiftung)”, “ChiroACCESS (MANTIS interface)”, “LILACS (Biblioteca virtual em salud interface)”, “Google Scholar”, “PSYCHINFO”, “CINAHL”, “British Library”, “J-gate”, “SAGE journals”, “CrossReff”, “Academia” & “Research Gate”, etc. Various search terms were used for different databases, for example: “MEDLINE”: homeopath* OR homoeopath* AND “randomized controlled trial” OR “controlled clinical trial” OR “randomized” OR “placebo” OR “review article” OR “dental disease” etc. “EMBASE”: homeopath\$ OR homoeopath\$ OR review article\$ OR dental disease \$ etc. “CORE-Hom”: Specifying the field “Dental or Oral disorder” (28 screened). “Google Scholar”: - homeopath OR homoeopath OR review article OR dental disease OR controlled clinical trial etc. Similarly, a references list of “selected papers” and “conference abstracts”, “consulting existing *homeopathic bibliographies*”; using both reference” chaining techniques”; and tracking recent activities in the field of *Homeopathy* which is primarily concerned with oro-dental care was also

performed.

Fundamental concepts of Homeopathy

- 1. The law of similar:** (“*Similia similibus curantur*”) This principle state that ‘like shall be cured by like”, or “*Similia similibus curentur*” which means that the doctrine that any drug capable of producing morbid symptoms in the healthy will remove similar symptoms occurring as an expression of disease [10-13].
- 2. The Law of Simplex:** Hahnemann states in “aphorisms 272-274”, “Only one, single, simple remedy should be administered to the patient at one time” this is the law of simplex. The prescribed medicine must be simple and single substance and not as a mixture of different substances, the collective effect of which would be very different from that of individual substances being used [10-13].
- 3. The law of Minimum Dose:** “A substance when given in minute dose will cure the disease in sick person but when given in large dose or “infinitesimal doses” to a healthy person it produces symptoms of that disease”. This principle states that the more a substance has been potentized, the more potent it is. Homeopathic remedies are derived from original substances (plant, animal or mineral) and are reduced to an “infinitesimal dose” through a pharmaceutical process known as “potentization” [10-13].
- 4. Concept of vital force:** The vital force in the body is responsible for different manifestations of life, and the derangement of this vital force leads to abnormal sensations and body function which constitute the disease [10]. If the disease is cured then the Vital force maintains its normal harmony [10-14].

Result of Searching

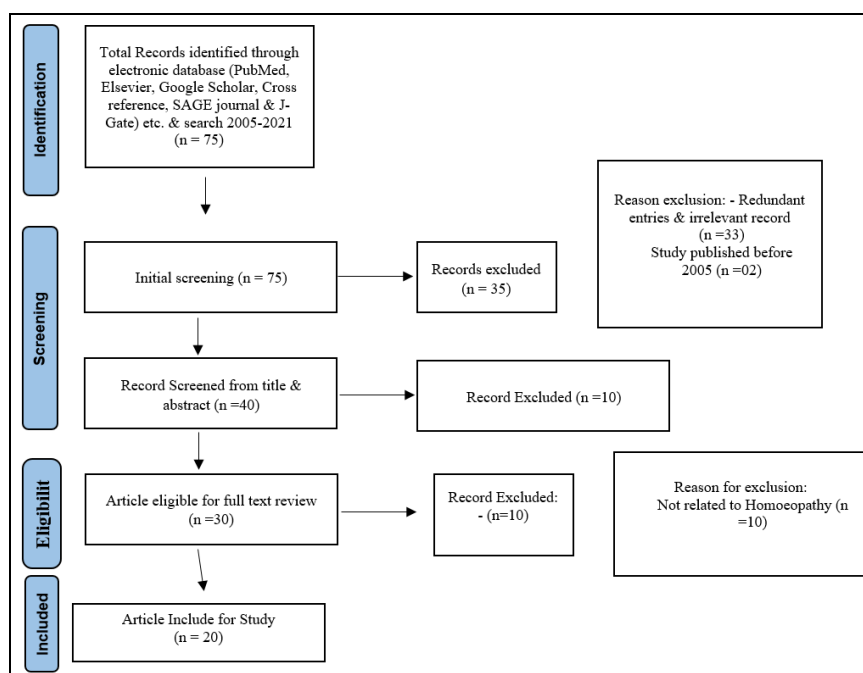


Fig 1: Flow chart of Searching & Screening Procedures

Homoeopathy for Dental Problems & Outcome of the Searching: There are some following dental problems and indications of homoeopathic remedies that can be used in

their treatment: always remember proper homeopathic remedy selection is very much important as compared to potency selection.

Table 1: Homoeopathic remedies used in the management of various oro-dental Complications according to various authors' Journals.

Dental or Oro-facial Disorder with Included Authors Journals	Indicated Homoeopathic medicine
Dental Carries & Garchal <i>et al.</i> , Maninee <i>et al.</i> , Gupta <i>et al.</i> , Mohebbi <i>et al.</i> , Guzel <i>et al.</i> , Sudhir <i>et al.</i> , Ramaraju <i>et al.</i> , Aarathi <i>et al.</i> , Balappanavar <i>et al.</i> , Tanwar <i>et al.</i> , Torwane <i>et al.</i> , Dhage <i>et al.</i> , Nisha <i>et al.</i> , Chandrashekar <i>et al.</i> , Taneja <i>et al.</i> , Gupta <i>et al.</i> , Ghosh <i>et al.</i> , Sinha <i>et al.</i> , Reche <i>et al.</i> , Gupta <i>et al.</i> ^[15]	<p><i>Kreosote</i>: "Pains from teeth to left side of the face, extending to temples and ears; teeth decay rapidly & bad odor from decayed teeth; facial pains burning, patient excitable, nervous, children even convulsions; Gums bluish-red, inflamed, on upper left side spongy, scorbutic, discharging dark blood".</p> <p><i>Hecla lava</i>: "Facial neuralgia or headache dependent on the derangement of the dental nerves; abscess of gums, injuries to alveolar process, diseases of the maxillary sinus, which are the causes of the toothache (Dental carries)".</p> <p><i>Cal. Flore</i>: "Deficient enamel of teeth; Great dryness of mouth & throat, and dryness & harshness of skin".</p> <p><i>Fluoric Acid</i>: "Fistula at the root of the tooth or of gum; teeth exceedingly sensitive; violent pains at the root of the right eye tooth, with the frequent discharge of pus; great sensitiveness to pressure on gum over right eye tooth; worse from cold".</p> <p><i>Thuja Occi</i>: "Sycotic decay of teeth commences close to gums; eating, gnawing pain in decayed teeth, < by cold, from drinking tea, in bed; > from excitement & pressure of hands; gums swollen, inflamed, dark-red, in streaks; decay of the root of the teeth, the crown remaining sound".</p> <p><i>Staphysagria</i>: "Black, crumbling, carious teeth; gnawing tearing in decayed teeth, shooting into ears, throbbing in temples, worse from cold drinking & touch, but not from biting on them; fistula dentallids; gums pale, white, ulcerated, swollen & painful, readily bleeding, with tubercles & excrescences and in the roots of the sound teeth, worse after eating, by exposure to cold air, at night, or early in the morning; toothache during menses".</p> <p><i>Coffea cruda</i>: "Excessive pains, with weeping, trebling, anguish & tossing about; indescribable pains, or stinging, jerking, intermittent aching, especially at night and after a meal, worse from hot or warm drink, from chewing at night & after a meal, worse from hot or warm drink, from chewing at night, better when holding ice or ice-cold water in mouth".</p>
Diseases related to Gingiva and Periodontium & Other Journals ^[16]	<p><i>Merc. sol</i>: "Pain from caries or when the dentine is inflamed; tearing lacerating, shooting into face & ears, returning in damp weather or evening air; worse from the warmth of bed, from cold things; better from rubbing cheek; toothache during day & night, followed by perspiration and pains return in the morning in paroxysms, with longer or shorter intervals; teeth loose; gums are swollen, white, ulcerated, detached from teeth, burn & ache when touched; gums itch, bleed & suppurate, with tearing through the roots of teeth & painful swelling of cheeks & submaxillary glands; pulsating toothache, worse at night; gumboil; ptyalism; peevish or whining mood".</p> <p><i>Thuja occident</i>: "Sycotic decay of teeth commences close to gums; eating, gnawing pain in decayed teeth, < by cold, from drinking tea, in bed; > from excitement & pressure of hands; gums swollen, inflamed, dark-red, in streaks; decay of the root of the teeth, the crown remaining sound".</p> <p><i>Meg. Carb</i>: Toothache during pregnancy- worse at night.</p> <p><i>Lachesis</i>: - Gum swelled, Bluish discoloration & fell spongy, Bleed easily when sleeping".</p> <p><i>Hec. lava & Silicea</i>: Gum boils with profuse suppuration & mixed bloody pus oozes.</p> <p><i>Plantago</i>: Periodontitis with severe pain & is migrating to the ear. Sometimes Gum bleeds easily & Gum boils may present.</p> <p><i>Staphysagria</i>: It is especially given when Pyorrhoea during menses – worse from cold drinks and after eating.</p> <p><i>Belladonna</i>: Gum boil with Throbbing pain comes suddenly, very tender & red color appearance.</p>
Apprehension (anticipation of dental visit) with Mouth Sore & Journals ^[17]	<p><i>Gelsemium</i>: For dental fears that are accompanied by nausea, diarrhea, sleepy feeling or "weak knees."</p> <p><i>Aconite</i>: When an individual experiences fear with a sudden onset of panic (about an upcoming dental visit) accompanied by physical and emotional restlessness.</p> <p><i>Coffea cruda</i>: "when anxiety is accompanied by intolerance to noise or music".</p> <p><i>Chamomilla</i>: It is may greatly help those individuals with lowered pain threshold.</p>
Halitosis with Journals ^[18]	<p><i>Calendula</i> mouth tincture (mixed in water): Use as a mouthwash.</p> <p>A mixture of <i>Carbo veg 30 C</i> and <i>Merc sol 30 C</i> twice daily can be used.</p>
Diseases involving pulp and periapical region (Toothache) with Journals ^[19]	<p><i>Antimonium crudum</i>: "Use for a toothache that is worse at night and is aggravated by heat".</p> <p><i>Aranea diadema</i>: "Use for sudden, severe pain in the teeth after lying down".</p> <p><i>Belladonna</i>: "Use for throbbing tooth that's worse when pressure is applied".</p> <p><i>Calcarea carbonica</i>: "Use for a toothache that worsens when exposed to hot or cold air".</p> <p><i>Chamomilla</i>: "Use for a toothache with intolerable pain that's worse from warmth and not better with cold".</p> <p><i>Coffea cruda</i>: "Use for toothache that worsens with heat and is relieved by ice".</p> <p><i>Ferrum metallicum</i>: "Use for a toothache that is relieved by ice water".</p> <p><i>Magnesia carbonica</i>: "Use for a toothache that is worse at night. Patient must get up and walk about for relief".</p> <p><i>Plantago major</i>: "Use for a toothache that is better with pressure and worse without cold air".</p> <p><i>Pulsatilla</i>: "Use for a toothache that is relieved by holding cold water in the mouth".</p> <p><i>Staphysagria</i>: "Use for pain from major decay of a number of teeth".</p>
Bruxism & Journals ^[20]	<p><i>Belladonna</i>: "Use for grinding problem that causes painful teeth".</p> <p><i>Podophyllum</i>: "Use for night grinding when experiencing a burning sensation of the tongue".</p> <p><i>Tuberculinum</i>: "Use for children who grind their teeth".</p>
Delayed Tooth Eruption with Journals ^[20]	<p><i>Calcarea carbonica</i>: Use for a delayed eruption.</p> <p><i>Chamomilla</i>: "Ideal for delayed and difficult tooth eruptions and for a whiney child who is restless and wants to be held and pampered"</p> <p><i>Hypericum</i>: "well suited for the nerve pain associated with tooth eruption".</p> <p><i>Zincum metallicum</i>: "Use for teeth gritting during difficult dentition with loose teeth and bleeding gums".</p>
Decay of Milk Teeth with Journals ^[21]	<p><i>Kreosotum</i>: This remedy is for premature decay of milk teeth, which become yellow, dark and then decay. It is also used for aching pains in diseased teeth.</p>
Oral Herpes Lesions with Journals ^[22]	<p>Graphites, <i>Petroleum</i>, <i>Rhus Toxicodendron</i> and <i>Arsenicum album</i>: "All four medicines are utilized to help resolve this painful lesion".</p>

Dry socket with Journals [22]	<p><i>Belladonna</i>: If accompanied by throbbing pain. <i>Ruta graveoleus</i>: If any surgery or other injuries to the jaws or other facial bones. <i>Calendula</i>: dilute the tincture 1 part to 20 parts of water and use as a mouthwash.</p>
Nerve-oriented Dental problems with Journals [20]	<p><i>Plantago major</i>:- “Teeth feel elongated, sore; Pain unbearably severe, boring digging in sound teeth. Sharp stabbing along the upper maxillary” <i>Magnesia Phos</i>:- “Severe pinching, stabbing, neuralgic pain over root of r. bicuspid; can be covered with the point of a finger; agg- by cold & amel:- by heat. Neuralgic pain in a filled tooth which had never ached before”. <i>Coffea</i>: - “Successive pulling & sharp pains in the teeth, with inquietude, anxiety & tears, esp. at night & after a meal. Toothache, amel: - by cold water”. <i>Chamomilla</i>:- “Toothache, if anything warm is taken, from coffee, during pregnancy. Nocturnal Salivation”. <i>Mag carb.</i> & <i>Cheiranthus</i>: - “Toothache from the motion of a carriage. -Nocturnal pains in teeth, which force patient to get up & walkabout, insupportable in a state of repose & generally burning, boring or like the pain of ulceration, or tearing, drawing & jerking, extending to temples, with swelling of cheeks on the affected side. Throbbing & shooting in teeth after a meal. - Aggravated by clod”. <i>Spigelia</i>:- “Toothache with prosoplasia, Paleness & belatedness of face, yellowish circles around eyes, palpitation of heart, shivering & agitation. Neuralgic toothache aggra:- by the warmth of bed, cold intake, Pressure like outward. Amel:- lying on rt. side. Foul odor from the mouth”. <i>Arnica mont</i>:-“Toothache after the operation. Neuralgic pain in teeth, with swelling of the cheeks & tingling in the gums”. <i>Hecla lava</i>:- “Neuralgia, from the carious tooth; in the cavity from which tooth has been extracted. Toothache, esp. if teeth are very sensitive to pressure; with swelling about jaws”.</p>

Homoeopathic Justifications for dentistry

1. Homoeopathy Prevents or inhibits Oral cavity diseases.
2. Provide holistic management under CAM (Homoeopathy).
3. Avoid surgical or post-surgical complications.
4. Reduce mental anxiety & phobia due to dental problems.
5. Facilitate the recovery from dental trauma.
6. Homoeopathic medication approaches holistically to dental problems.
7. It's cost-effective & no side effects.

Choice of Potency: Potency selection is accurately based on assessing the susceptibility of a patient. Any error in this is immediately reflected either in a poor response or in an exaggerated response even though the remedy has been correctly selected. So, there are some guidelines, which help to select proper potency according to their susceptibility [23-25]. The more similar the remedy, the more clearly and positively the symptoms of a patient take on the peculiar and characteristic form of the remedy, the greater the susceptibility to that remedy, and the higher the potency required [26-28].

High Potency (1M to Above): *Contra-Indication*-1) Deep-acting constitutional remedies should not use as a higher potency, where the advance pathological changes in the vital organs are already done [18-20].

2) Higher potency should not use on the hypersensitive patient.

Indication [24]:

1. The similarity a remedy bears to the picture presented by the patient, the higher is the potency provided no specific contra- indications.
2. Predominant metals in a case.
3. Higher dose must use where the medium potency does not work properly, especially in acute illness.
4. Case no longer respond to lower potencies, indications for higher potency.
5. If Nosode going to be prescribed then definitely go with higher potency.

Medium Potency (30TH -200TH /Up to 1 M) [24]:

1. In the beginning treatment of such suspicious or possibly incurable cases it is better to use medium potencies, like the 30th or 200th.
2. Some patient is highly sensitive to higher potency, especially, women & children.
3. Patients who have heart disease, or who are suffering from phthisis must be treated by medium potency.
4. Patients who are excessively “nervous” reactive to all physical and emotional stimuli, usually lean and quick in their movements, restless, sensitive to odours and noise and light, and frequently suffer strongly from exposure to chemicals in the environment or food.

Low potency (Below 30th) [25]:

Contraindications

1. Hypersensitive patients who show a tendency to come down with medicinal aggravation.
2. Though remedy is highly active in the crude state.
3. Predominantly mental symptoms will not necessary.

Indication

1. It use in gross advanced pathological changes in tissues & organs.
2. Remedies in Biochemic practice are generally administered on low potency.
3. Organic remedies which are not proven properly, these remedies are given low Potency.

Conclusion

Homoeopathy is an emerging field of oro-dental care. *Homoeopathic* remedies may have an important role in providing oro-dental care, which are free of side effects, easily accessible, much cheaper, and perhaps of high quality. In CAM system is highly improved to prevent further adverse reactions on the basis of information received. It is important that dentists be open-minded about possible values of these systems and maintain communication with patients who use it. Regarding this aspect *Homoeopathy* may be playing a great role to handle this situation. Probably in the aspect of long-standing cases always remember or follow the Laws of Homoeopathic

guidelines. We would urge all dental doctors to add homeopathic remedies in their treatment planning as a correct homeopathic application along with proper dental care will make wonder for them as well as patients. More evidence-based research is required to firmly establish the areas of use as well as Primary health care.

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