

ORIGINAL ARTICLE

Comparative Efficacy of Chlorhexidine and Herbal Mouth Rinse in Patients with gingivitis

Mona Manchanda¹, Vallabh Rastogi², Sandeep Kumar Swarnkar³, Gaurav Agarwal⁴, Gaurav Jasoria⁵, Sonali Medsinghe Kalra⁶

¹Reader, Department of Periodontics, Maharana Pratap College of Dentistry and Research centre, Gwalior- 474006,

²Orthodontics and Dentofacial orthopaedics, Clinical Practitioner and Consultant Orthodontist, Gwalior

³Senior Lecturer, Dept of Pedodontics and Preventive Dentistry, ⁴Senior lecturer, Department of Public Health Dentistry,

⁵Reader, Department of Orthodontics, ⁶Senior lecturer, Department of Periodontics, Maharana Pratap College of Dentistry and Research centre, Gwalior, Madhya Pradesh, India


ABSTRACT:

Background: Mouthwashes (mouthrinses) are fluids used to flush the mouth for various purposes: to evacuate micro-organisms, to go about as an astringent, to aerate and to have a helpful impact by easing contamination or forestalling dental caries. Chlorhexidine is viewed as the best quality level against plaque operator and numerous herbal concentrates are currently accessible as mouthwash for keeping up the great oral cleanliness. The motivation behind this investigation was to decide the impacts of two oral flushes one 0.12% chlorhexidine wash (CHX) and one herbal wash (HBR)- on gingival wellbeing status after some time. **Materials and techniques:** Total 120 students aged 25 ±10 years were arbitrarily partitioned into three gatherings: A (Chlorhexidine), B (Herbal) and C (Distilled water as placebo). These gatherings were made a request to flush with their separate mouthwash two times day by day for a month after brushing and flossing. People were given a similar sort of delicate abound toothbrush and brightening toothpaste. No endeavor was made to change members routine oral care, with the exception of they were educated to avoid utilize concerning whatever other oral rinse for the term of the investigation. Information is dissected using the Gingival Index (GI), Plaque Index (PI), and bleeding on probing (BOP). **Results:** There was measurably critical lessening in plaque and gingival scores after month in both the gatherings A and B. In spite of the fact that herbal mouthwashes can keep up great oral cleanliness on regular schedule, yet at the same time it is less successful than chlorhexidine mouthwash during gingivitis, periodontitis, injury, and so on. **Conclusion:** Although chlorhexidine group turned out to be the best hostile to plaque and antigingivitis specialist, it was discovered that Herbal gathering likewise indicated continuous change in diminishing plaque and gingivitis. Because of some symptoms of chlorhexidine mouthwash like dryness of mouth and burning sensation, Herbal mouthwash can be utilized on the other hand. Nonetheless, elective examination plans utilizing bigger example sizes and longer term are expected to additionally repeat its advantages.

Keywords: Dental plaque, gingivitis, chlorhexidine, oral rinse, herbal, mouthwash, bacterial culture.

Corresponding Author: Dr Mona Manchanda, Reader, Department of Periodontics, Maharana Pratap College of Dentistry and Research centre, Gwalior- 474006, Madhya Pradesh, India

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Introduction: Plaque is the essential etiological factor in gingival inflammation. Oral hygiene failure comes about data of pathogenic plaque. Along these lines, plaque control speaks to the foundation of good oral cleanliness rehearse.¹ The mechanical supragingival plaque control incorporates the toothbrush, floss, woodsticks, and interdental brushes. Susceptibility to dental and periodontal illness relies upon chance components incorporates hereditary qualities, foundational variables, and oral hygiene.² Plaque is the essential driver for gingivitis. The

vast majority of the synthetic items contain a disinfectant that assumes a critical part in controlling plaque accumulation. However, for the most part acknowledged technique for conveying the counter microbial specialists after toothpaste is mouthwashes.³

A mouthwash is a medicated fluid which is held in the mouth and gargled by the activity of perioral musculature to dispense with the oral pathogens. Mouth rinses can convey the restorative impact everywhere throughout the tooth surface incorporating interproximal ranges in which even toothpastes are very little effective.⁴ Despite the fact that,

chlorhexidine mouthwash is more compelling in plaque control, it can't be utilized for long span since some of its repulsive reactions after long length use. Plants and plant extracts impacts that are resistant upgrading, mitigating, against disease, etc.⁵ Mouthwashes are fluids which contain calming, antimicrobial, and pain relieving activity. There are two sorts of mouthwash - chemical and herbal. Chlorhexidine mouthwash goes under chemical mouthwash. A hefty portion of the plant extricates has a hostile to microbial property which is successfully utilized as a part of keeping up great oral cleanliness. Regular herbs, for example, triphala, tulsi patra, jyestiamadh, neem, clove oil, pudina, and numerous others are utilized as single or in mix have been deductively ended up being sheltered and compelling medication against oral medical issues, for example, draining gums, halitosis, mouth ulcers, and counteracting tooth decay without symptoms 6. The fundamental reasons for utilizing mouthwashes are it can be utilized at home as standard to keep up great oral cleanliness, mouthwash gives mitigating, hostile to microbial activity.⁷ The point of the investigation was to assess the adequacy of a monetarily accessible home grown mouthwash as an against plaque and antigingivitis specialist.

Materials and methods:

The examination sample comprised of 120 students of age 25 ±10 years having at least 20 teeth. The examination was done by a solitary specialist who was prepared and aligned. Inclusion criteria includes students with presence of mild to moderate chronic gingival inflammation, absence of periodontal pockets, negative history of smoking or tobacco/paan/betelnut chewing, subjects carrying out optimal plaque control and oral hygiene measures, subjects not using mouthwash or any other chemical anti-plaque agent as adjunctive oral hygiene methods, subjects who have not had any infection, systemic or oral, in the last 6 months and have not taken any drugs during the same period. The chose subjects were required to sign an assent frame affirming their consent to take part in the investigation.

Students were isolated into three gatherings (40 in each gathering) : A (Chlorhexidine), B (Herbal) and C (Distilled water as placebo). These gatherings were made a request to wash with their separate mouthwash two times day by day after dinners for 30 days in the wake of brushing and flossing. Keeping in mind the end goal to convey the plaque and gingival scores to standard, intensive oral prophylaxis was performed on every one of the subjects before the begin of the investigation. This empowered the inspector to guarantee that any nearness of gentle gingival and the periodontal issue would die down amid this period. The dental specialist measured the Gingival Index, Plaque Index and Bleeding on Probing of the considerable number of patients previously, then after the fact the intervention.^{8,9}

The clinical plan was endorsed , and every single private data of patients stayed secret.

At every arrangement, the health history was audited and a delicate tissue oral examination was performed. At the finish of the investigation, members were assessed for the need of a dental prophylaxis. Concentrate proceeded for a month to assess the impacts of 0.12% chlorhexidine, Herbal, and placebo mouthrinses on gingival wellbeing and plaque collection.

The Plaque Index (PI) was used to measure plaque accumulation. A score of 0-3 was assigned to six sites per tooth using the following criteria:⁸

0 = No plaque on gingival margin.

1 = A film of plaque is supragingival, and adheres to the free gingival.

2 = Moderate plaque is present supragingivally and subgingivally.

3 = Heavy plaque is present supragingivally and subgingivally.

The Gingival Index (GI) was used to determine severity and location of gingivitis. A score from 0-3 was assigned to six sites per tooth, using the following criteria:⁸

0 = Normal gingiva. Pale pink color, normal stippling, gingiva firm when probed. Gingival margin located on enamel or apical to CEJ.

1 = Mild inflammation. Slight changes in color of gingiva-more reddish than normal, slight edema. No bleeding on probing.

2 = Moderate inflammation. Gingiva is red to reddish-blue with moderate edema present and glazing. Bleeding on probing is present.

3 = Severe inflammation. Marked redness, edema, and ulceration. Tendency towards spontaneous bleeding.

Bleeding on probing is an objective way to assess for clinical, bacteriologic, and histopathologic changes , hence BOP was independently scored as positive when bleeding was detected after 10 seconds, when stimulated by a periodontal probe.⁹

Result:

Correlation of the two gatherings regarding statistic conditions demonstrated no noteworthy contrast between the two gatherings at the standard. Moreover, the subjects in the two gatherings were the same for age, sex, smoking and therapeutic history. The consequences of the present investigation showed that the utilization of chlorhexidine wash and herbal concentrate mouthwash alongside mechanical strategies both lessened the GI in patients, however this decrease in GI was more extensive in chlorhexidine than the herbal mouthwash gathering, and their disparities were factually noteworthy. Demographic details of student under study is given in table no .1

Table 1: Demographic details of subjects under study

Variables	A. Chlorhexidine Group (n=40)	B. Herbal group (n=40)	C. Placebo group D. (n=40)
Gender			
Males	22	26	19
Females	18	14	21
Mean age	27.4± 7.1	26.9±6.8	28.0±2.6
Positive Medical history	4	6	2
Smoking history			
Yes	9	12	15
No	31	28	25

Table 2: Comparison of Gingival and Plaque index among three groups

	Group A	Group B	Group C
GINGIVAL INDEX			
Before intervention	4.2± 0.61	3.9±0.82	3.7±0.54
After intervention	1.5 ±0.6	2.01±0.4	3.4±0.76
PLAQUE INDEX			
Before intervention	3.01± 0.21	2.89±0.56	2.78±0.76
After intervention	0.68±0.09	1.01±0.21	2.09±0.56
Taste	Acceptable	Good	N.A
Burning sensation	4	-	-
Dryness of mouth	6	-	-

In the gatherings A and B, there was exceedingly critical decrease in mean plaque and gingival scores alongside seeping on testing, however no obvious change was found in aggregate C (fake treatment/placebo). With respect to taste acceptability in all the thirty subjects in Group B detailed the essence of herbal mouthwash as Good. Concerning burning sensation of the mouth, Group B subjects did not encounter any such side effect but rather few subjects in assemble A revealed dryness of mouth alongside some consuming sensation following two weeks. Full mouth periodontal examining estimations were gotten. Investigation demonstrated no measurably huge change in PPD in any of the gatherings. Comparison of Gingival and Plaque index among three groups is given below in table.

Discussion:

Dental plaque is an outstanding etiologic factor for gingivitis, ideal plaque control is basic to forestall as well as capture the uncomplicated gingival inflammation. Mechanical measures, for example, tooth brushing and other home gadgets are the most normally utilized techniques to clean the teeth. In any case it has been uncovered that by far most of patients won't generally totally evacuate all the plaque by these ways. Moreover for incapacitated or senior people utilization of mechanical techniques is more risky due to their traded off finesse or motivation.¹⁰ To conquer those inadequacies concoction plaque control has been a subject of logical intrigue. Antimicrobial washes have been viewed as sheltered in decreasing plaque and gingivitis.¹¹ Chlorhexidine(CHX) is the most widely recognized and broadly contemplated compound specialist for plaque control to date.^{12,13} Its viability as a mouthrinse and as a

local drug delivery agent agent to restrain dental plaque and gingivitis has been all around reported.¹⁴ Mouthwashes with antimicrobial impacts play out this undertaking utilizing three strategies, which incorporate apoptosis, hindrance of bacterial development and additionally cell metabolic restraint; and relying upon their fixation their bactericidal or potentially bacteriostatic properties fluctuate.¹⁵ Despite the fact that chlorhexidine has hostile to microbial action and great decision for powerful plaque control by dental practitioner in facilities, it can't be utilized for long term since it has different symptoms, for example, taste modification, supragingival analytics development and desquamation of oral mucosa and furthermore limited use in pediatric patients.^{16,17} It additionally causes extraneous recoloring while at the same time utilizing drinks like tea and coffee.¹⁸ Various examinations have been directed in correlation of chlorhexidine with herbal mouthwash. Despite the fact that the herbal mouthwashes is less successful than chlorhexidine mouthwash, it can be utilized as a decent oral prophylaxis as it doesn't has any unfavorable impacts. Numerous herbal mouthwashes contains calming, against microbial, and hostile to oxidant properties which improves oral cleanliness nearly with chlorhexidine mouth wash.¹⁹ Chlorhexidine mouthwash is more successful in lessening S. mutans in plaques demonstrates the high antimicrobial action of chlorhexidine mouthwashes.²⁰ The current examine discoveries uncovered that the anti-plaque and antigingivitis impacts of home grown mouthrinse was like that of 0.2% chlorhexidine mouthrinse and essentially superior to flushing with distilled water. The discoveries of the examination were like the investigations

directed by Rahmani et al. furthermore, Ghazi et al. who thought about the anti-plaque and antigingivitis impact of a mouthwash containing *S. persica* with 0.2% chlorhexidine and demonstrated change in both plaque and gingival index (GI) scores.^{21,22}

Despite the fact that, there are a few examinations that affirmed the advantageous impacts of Herbal concentrates and *A. vera* gel on oral cariogenic microorganisms in vitro and in vivo conditions, independently, yet our writings review did not demonstrate any exploration on the adequacy of *A. vera* on Gingival or plaque index.^{23,24,25} Studies done by Gupta et al., demonstrates that aloe vera mouth rinse are similarly powerful in lessening gingivitis and plaque chlorhexidine.²⁶ Study done by Rahman et al., bolsters the utilization of tea tree oil which is a fundamental oil, as an against plaque operator in correlation with chlorhexidine.²⁷ Chlorhexidine as with different medications is not without symptoms, it incorporates expanded recoloring of the regular teeth and modified taste sensation related with delayed utilize.²⁸

Despite the fact that this examination underpins the utilization of chlorhexidine mouth washes it ought to be considered that the symptoms of chlorhexidine are very much archived however the same is not so on account of home grown mouth rinses. Subsequently it is justified that further investigations should be attempted with a more accentuation on a best quality level examination of home grown items keeping in mind the end goal to demonstrate the viability and consequently demonstrate its legitimacy. More clinical trials are to be done to demonstrate the reaction of the tried item.

Conclusion: Both Chlorhexidine and Herbal mouthwashes can be successfully utilized for plaque control in the anticipation of plaque and gingivitis. In any case, attributable to the symptoms detailed because of the utilization of chlorhexidine mouthrinse and biocompatibility and well acknowledgment of Herbal mouthwash by the subjects, it can be adequately utilized as a contrasting option to chlorhexidine mouthrinse.

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