

# Home Remedies for Dental Problem - Uses and Side Effects. A Survey Study and Review Article

1. Priya Ramani, M.D.S, Professor , Department of Oral Medicine and Radiology, Thaimoogambigai Dental College and Hospital Chennai-600107
2. R.Harini Priya ,Junior Resident, Department of Oral Medicine and Radiology, Thaimoogambigai Dental College and Hospital Chennai-600107

3. R.Gowtham, ,Junior Resident, Department of Oral Medicine and Radiology, Thaimoogambigai Dental College and Hospital Chennai-600107
4. B.S.Gayathri, ,Junior Resident, Department of Oral Medicine and Radiology, Thaimoogambigai Dental College and Hospital Chennai-600107

## Abstract:

### ➤ *Background:*

Home remedies are defined as a cheap, quick and efficient mean for treatment of the common dental problems. During dental problems people prefer home remedies. Home remedies are less expensive but it will worsen the situation when people hesitate to visit dental clinic. As a health care professionals we should advice patients to visit a clinic.

### ➤ *Aim:*

The aim of the study is to create awareness among general population about uses and side effects of using home remedies for dental problems.

### ➤ *Materials And Methods:*

The descriptive cross sectional study was conducted among general population between the age of 18-73 . By distributing set of pre structured 10 closed ended questionnaires to the participants. Statistical analysis were done to the questionnaires.

### ➤ *Result:*

It is observed that 35% of participants prefer home remedies as the first choice for dental problems and 47% of participants obtained information through parents and relations. When question raised about “what are the home remedies you will take” 68% of participants prefer salt water gargling.

### ➤ *Conclusion:*

This study established the uses and side effects by using home remedies was inadequate among people, as everyone has the knowledge about by using home remedies, as a dentist we should advise them to go to clinic. Educational intervention is needed to improve the status.

**Keywords:-** Home Remedies, Dental Problems, Clove.

## I. INTRODUCTION

Home remedies are defined as a cheap, quick and efficient mean for treatment of the common dental problems, which do not usually need a dental visit and it is a cost efficient method of treatment[1].During dental problems many people prefer home remedies by searching online(internet) and by advice given to them by family, friends and relatives. Some people adhered to ancient home remedies such as clove, turmeric, salt water gargling, garlic, neem powder, icepack etc.[2].Dental pain may occur at any age, to any gender and at any geographic region,diagnosis and treatment were the main responsibility of the dentist[3]Dental disease and the periodontal problems (swollen gums) plays a vital role in the oral health problems all over the world, not giving attention to these problems will have an adverse effect on general health too. working capacity and quality of life will also get affected. many natural ingredients have been widely in use without the consultation of dentist [4]. people form poor socio-economic background in rural areas who cannot afford to visit a dentist mostly will adhere to home remedies [5]. which are less expensive but harmful compared to other medicines. however, this will only relive the patient temporarily and in some cases it will worsen the situation. Most people will hesitate to visit dental clinic because of fear, cost etc., but as a health care professional we have to advise them to visit a clinic. In our survey article we have selected randomly 100 patient who visited our dental college, dental questionnaires where distributed to them irrespective of their socio-economic status or gender which were all analyzed.

## II. MATERIALS AND METHODS:

Cross sectional study was implemented with randomly selected participants in India. Since this study was conducted during covid-19 pandemic, A self-administered structured questionnaire of 10 question under the aspect of the uses and side effects by home remedies with dental problems, written in English and Tamil language. Questionnaires included demographic details along with question exploring the uses and side effects of home remedies with dental problems. No identification information was included in the questionnaire. the questionnaires was then converted in to google form and

then shared via social networks, total of 100 participants have participated in the survey and the purpose of the study was explained and participants were requested for their willingness to participate the survey, any doubts raised regarding the questionnaires were addressed. subsequently, questionnaire was collected through google form and analysed.

### III. RESULT:

Nonprobability, convenient sampling technique was employed that yielded information from 100 random samples grouped as 56 male and 44 female participants were taken into this observational study having a cross-sectional design. The questionnaire was prepared; responses were noted among the selected population. On analysis of the given data the mean age of the study population was observed to be 37.92 years of age with minimum being 18yrs and maximum being 73yrs of age showing S.D of 15.077362 with 2.991 at 95% confidence interval. however, no statistically significant differences were observed in relation to gender-wise distribution. whereas 40% visited dentist as the first choice following tooth pain whereas 35% preferred home remedies and 21% visited nearby pharmacist. And 21% preferred home remedies as the first choice and 11% visited never opt for home remedies as their choice of treatment. when the subjects where questioned about the knowledge about home Remedies it was observed 47% obtained information through parents and relations whereas 34% preferred on information from internet sources on home remedies and 11% through friends. On evaluating the preference remedies of treatment 68% have chosen saltwater gargling as the first choice following tooth pain whereas 18% preferred clove and 8% applied pain balm. When we questioned the satisfactory level to treatment received 52% were satisfied sometimes only whereas only 18% believed home remedies as a successful mode of treatment always and very often 18% and 12% were never satisfied with the choice of home remedies. The frequency of responses given to the questions about the home remedies for dental problems -uses and side effects in different demographic groups .by concluding majority of the participants prefer dentist as the first choice of treatment as the survey show's almost equal misconception among the participants.

### IV. DISCUSSION:

'Home based treatment' also termed 'selfcare' was a commonly reported response to a wide range of symptoms, the world health organisation defines selfcare as the ability of individuals, families and communities to promote health, prevent disease, and maintain health and to cope with illness and disability with or without the support of health care provider .

When questioned about "how do you know about home remedies" in our study 34% agreed that they gained knowledge through internet. 47% of population agreed that, they know home remedies through relatives.

When compared to the study conducted by Ankita Jain et al, most of the individuals said 30% through relatives and 5% of the people know through friends, which is lower when compared to the present study [7].

When questioned about what are the home remedies will you take. In our present study, 68% of the population answered saltwater gargling and 6% of population believed that hot water compress were the home remedies they used to take while having dental problems. . When compared to study conducted by Ankita Jain et al 10.4% of population agreed that they use saltwater gargling while they have dental problems [7].

On contrary, the study conducted by Manish sen kinra et al stated that most of the population 82% stated that they use hot water compress as home remedy for dental pain [8].

In relation to the study conducted by Ashish k. Jaiswal 0.7% of the people agreed that, they use hot water compress and 10.4% of the population stated that they use salt water gargling for dental problems [5].on contrary the study conducted by Manish sen kinra et, almost half of the population use salt water gargling for dental problem.

When questioned raised about "In which case you will go home remedies" our present study stated that 22% of population goes for home remedies for decay tooth and 34% of the population for swelling. When compared to the study conducted by Ankita Jain et al, 58% of the population goes home remedies for decay tooth and 8% for swelling [7]. In contrary, this study has higher percentage than present study.

When question raised about "what are all the side effects by using home remedies" In Present study 47% of the population stated that bleeding is the reason for side effects by using home remedies. In relation to the study conducted by Saad Ahmed khan et al, 25% of the population also stated bleeding is the side effects believed by people [9].

In contrary to the study conducted by Payal Kahar et al, 36% of the participants also agreed bleeding is the main reason [10]. In the present study they believed that bleeding is the side effects by using home remedies .whereas, the other two study also stated that, they had also considered it is a side effect by using home remedies.

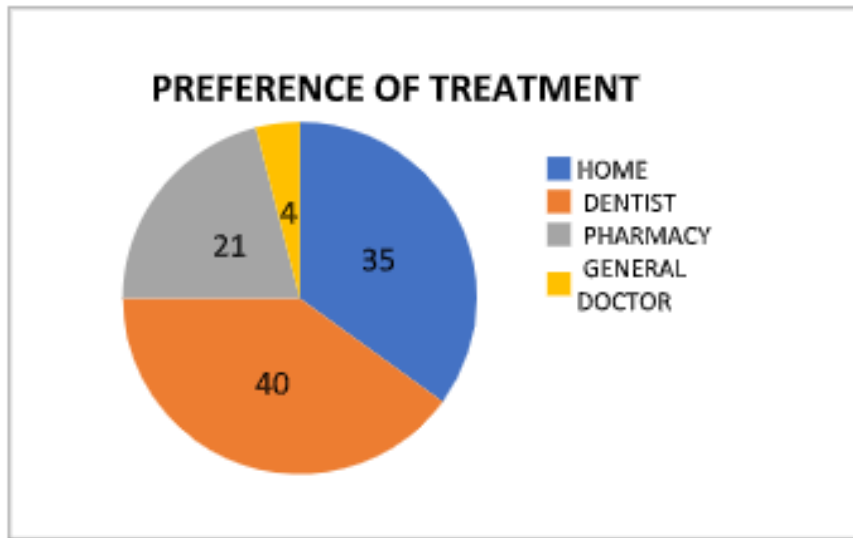


Fig 1

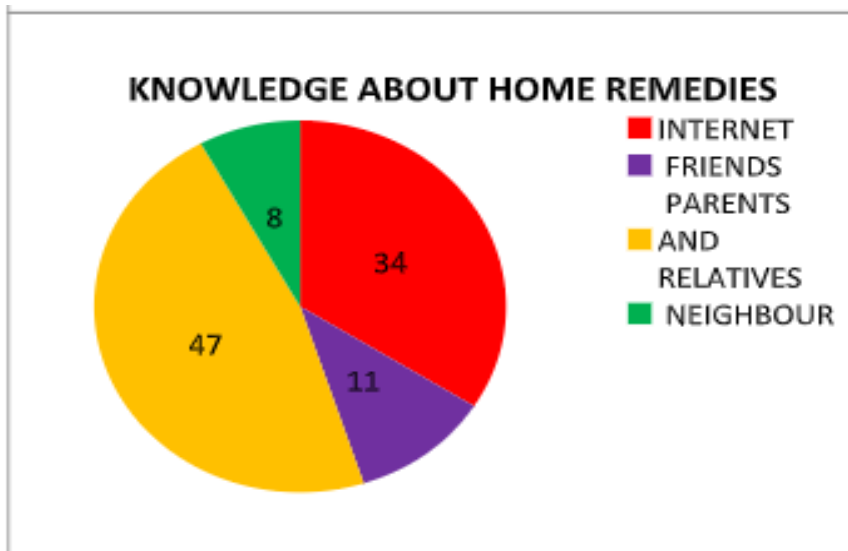


Fig 2

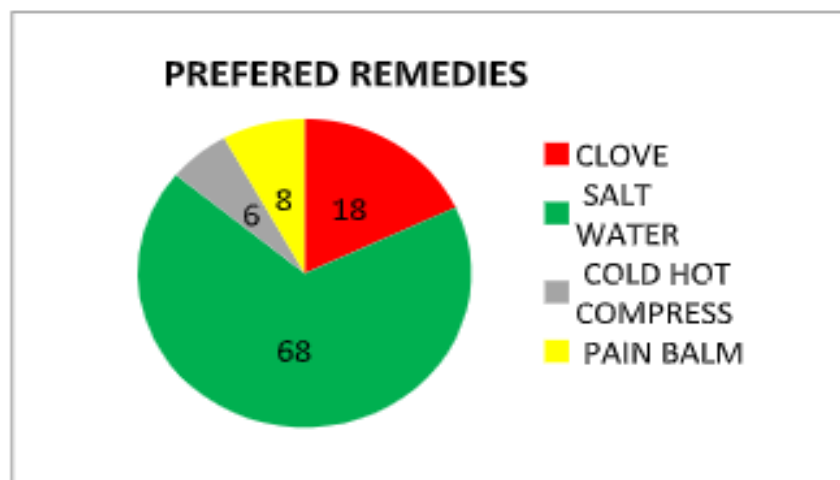


Fig 2

Questions	Options	Frequency(n)	Percentage (%)
1.Which is your first preference while having your tooth pain	Home remedies	35	35.0
	Dentist	40	40.0
	Pharmacy	21	21.0
	General doctor	4	4.0
2.Do you prefer home remedies for dental problems	Sometimes	46	46.0
	Always	21	21.0
	Very often	22	22.0
	Never	11	11.0
3.How did you know about home remedies	Internet	34	34.0
	Parents/relatives	11	11.0
	Friends	47	47.0
	Neighbours	8	8.0
4.what are the home remedies you will take	Clove	18	18.0
	Saltwater gargling	68	68.0
	Cold/hot compress	6	6.0
	Pain balm	8	8.0
5.In which case you will go home remedies	Decay	22	22.0
	Swelling	34	34.0
	Gum pain	38	38.0
	Ulcer	6	6.0
6.How long you will use home remedies	1 day	60	60.0
	2 days	20	20.0
	5 days	9	9.0
	1 week	11	11.0
7.How long does it take to relieve tooth pain while using home remedies	30 seconds	33	33.0
	2 mins	37	37.0
	5 mins	24	24.0
	More than 5 mins	6	6.0
8.Does home remedies satisfy your dental problems	Sometimes	52	52.0
	Always	18	18.0
	Very often	18	18.0
	Never	12	12.0
9.Do you know side effects of using home remedies	Yes	20	20.0
	No	80	80.0
10.What are the side effects of using home remedies	Burning sensation	22	22.0
	Bleeding	22	22.0
	Ulcer	47	47.0
	Swollen gums	9	9.0

Table 1

## V. CONCLUSION

To accomplish, this study prevents a unique comparison of data designed to evaluate the uses and side effects by using home remedies for dental problems among public. This study established the uses and side effects by using home remedies was inadequate among people, as everyone has the knowledge about by using home remedies, as a dentist we should advise them to go to clinic. educational intervention is needed to improve the status.

## REFERENCES

- [1]. Dibakor Sharma Sourav, Khoshnur Jannat, Nusrat Kamal, Mohammed Rahmatullah, some home remedies used in Kalindi village of Dhaka district, Bangladesh, Journal of Medicinal Plants 6 (6), 222-225, 2018
- [2]. Sucheta Mahant, Sanjay Kumar Thakur, Home remedies for dental diseases in the Pandemic of COVID-19-A Systematic Review, Journal of

Advanced Medical and Dental Sciences Research 8 (6), 39-44, 2020

- [3]. Pavithra A S<sup>1</sup>, Anjali A K\*<sup>2</sup>, Pavithra A S<sup>1</sup>, Home remedies for patients suffering from dental pain during lockdown-A questionnaire survey, International Journal Of Research In Pharmaceutical Sciences, DOI: <https://doi.org/10.26452/ijrps.v11iSPL3.2844>
- [4]. Dagli N, Dagli R, Mahmoud RS, Baroudi K. Essential oils, their therapeutic properties, and implication in dentistry: A review. *J Int Soc Prev Community Dent.* 2015;5(5):335-340. doi:10.4103/2231-0762.165933
- [5]. Jaiswal AK, Pachava S, Sanikommu S, Rawlani SS, Pydi S, Ghanta B. Dental pain and self-care: a cross-sectional study of people with low socio-economic status residing in rural India. *Int Dent J.* 2015;65(5):256-260. Doi:10.1111/idj.12180
- [6]. Deva Priya Appukuttan, Strategies to manage patients with dental anxiety and dental phobia: literature review
- [7]. Jain A, Bhaskar DJ, Gupta D, Agali C, Yadav P, Khurana R. Practice of Self-Medication for Dental Problems in Uttar Pradesh, India. *Oral Health Prev Dent.* 2016;14(1):5-11. Doi: 10.3290/j.ohpd.a35000
- [8]. Manish Sen Kinra, Amit Sharma, Alpana Tiwari, Mandar Todkar, Mangleshwar Dubey, Dental Myth, Fallacies and Misconceptions in Rural Population of Bhopal City: A Cross-sectional Study, *Asian Journal of Dental Sciences*, 1-7, 2018
- [9]. Khan SA, Dawani N, Bilal S. Perceptions and myths regarding oral health care amongst strata of low socio-economic community in Karachi, Pakistan. *J Pak Med Assoc.* 2012;62(11):1198-1203.
- [10]. Payal Kahar, Idethia Shevon Harvey, Christine A Tisone, Deepesh Khanna, Assessment of oral health knowledge, attitude, utilization and barriers toward professional dental care among adults in central rural India, *OHDM* 15 (2), 135-140, 2016.