

## The role of herbal products on maintaining healthy oral hygiene with a closer look at oil pulling.

Niusha Esmaealzadeh<sup>1</sup>

Persian Medicine faculty, Tehran University of Medical Sciences, Tehran, Iran

### Abstract

Herbal products are highly preferred due to their safety in conventional doses, within the budget prices and accessibility. Different plants have been considered to be effective in maintaining healthy oral hygiene, including Myrrh (*Commiphora myrrha*), Mastic (*Pistacia lentiscus*), Tea tree oil (*Melaleuca alternifolia*) and etc. Plants have different properties which are useful for prevention of periodontal and teeth-related diseases; anti-inflammatory, anti-bacterial, anti-fungal and gum protection to name a few. Oil pulling is an Ayurveda-based treatment in which swishing herbal oils,

coconut oil, sunflower oil and sesame oil, for 10-15 minutes is considered to reduce pathogen bacteria such as *Streptococcus mutans* and *Streptococcus fecalis*, which are known today; also have anti-fungal activity against *Candida albicans*; resulting in healthier mouth and elimination of bad breath. Deeper studies are required to further our knowledge about the effectiveness of traditional treatments. The aim of this study is to provide a more comprehensive concept about herbal products, especially natural oils, which are widely used for oral cavity protection.

### Biography

Niusha Esmaealzadeh is a Pharm.D., Ph.D. candidate in Traditional pharmacy in Tehran University of medical sciences, Tehran, Iran. She has three years of experience in working as a pharmacist in community drugstores. Her thesis was about economy in pharmacy and she is currently working on herbal

plants connected to oral hygiene. Niusha grew up in Mashhad, Iran, in which Persian Medicine is widely used, so she is interested in practicing Persian Medicine recommendation in her everyday life in order to keep her mind, body and soul healthy. She is widening her research by working in collaboration with Universal Scientific Education and Research Network (USERN) phytopharmacology group.

### References

1. Kumar, G., Jalaluddin, M., Rout, P., Mohanty, R., & Dileep, C. L. Emerging trends of herbal care in dentistry. *Journal of clinical and diagnostic research* 2013; 7(8):1827–1829.
2. Shanbhag VK. Oil pulling for maintaining oral hygiene - A review. *J Traditional Complementary Medicine* 2016; 7(1):106-109.
3. Shino B, Peedikayil FC, Jaiprakash SR, Ahmed Bijapur G, Kottayi S, Jose D. Comparison of Antimicrobial Activity of Chlorhexidine, Coconut Oil, Probiotics, and Ketoconazole on *Candida albicans* Isolated in Children with Early Childhood Caries: An In Vitro Study. *Scientifica (Cairo)* 2016; 2016:7061587

**Citation :** Niusha Esmaealzadeh, Traditional pharmacy, Tehran University of medical sciences, Tehran, Iran. *Journal of Plant Biology and Agriculture Science*