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THE PRESENT STUDY COMPARED THE ANTIPLAQUE EFFECTS OF TWO HERBAL MOUTHWASHES (*Salvadora persica* and *Azadirachta indica*) WITH TWO SYNTHETIC TYPES {CHLORHEXIDINE (CHX) AND CETYLPYRIDINIUM (CPC)}...

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Design: In this triple-blind, randomized controlled trial, 100 patients undergoing orthodontic treatment were offered scaling and polishing at baseline to get zero plaque score. In the first phase, they were given oral hygiene education and provided a standard tooth paste to be used twice daily for a period of three weeks. In the second phase, following scaling and polishing, they were randomly allocated to use one of the four mouthwashes (A= Chlorhexidine, B= Cetylpyridinium, C= Extracts of *Salvadora persica* miswak and D= Extracts of *Azadirachta indica* miswak), along with previously instructed tooth brushing protocol for a further period of three weeks. Plaque accumulation was scored according to modified bonded bracket Plaque Index: at the start, after tooth brush-paste trial and at the end of mouthwash trial. Comparison of mean difference of post-plaque index between and within groups was performed by one-way multivariate analysis of variance MANOVA and post-hoc Tukey test.

Results: A total of 80 participants completed the study; among them, 17 were males and 63 were females. There was a significant decrease in mean plaque scores after using mouthwashes in all the four groups at follow-up when compared to first plaque score (p=0.001). The greatest reduction (of plaque score) was found in Group C (*Salvadora persica*) when compared with the CHX group (p=0.016). The other comparisons were not statistically significant.

Conclusion: Compared to other mouthwashes, *Salvadora Persica* miswak based mouthwash showed maximum reduction in the plaque scores among orthodontic patients.

Biography

Dr. Fayez Niazi is an Assistant Professor at Dar Al Uloom University and having almost ten years of teaching experience with research interest mainly in Endodontics, Oral Biology and Operative Dentistry. He was Assistant Professor of Oral Biology at Ziauddin University, Karachi, Pakistan from June 2009- Oct 2015.

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