

March 26-27, 2018
Edinburgh, Scotland

Naveena Preethi, J Den Craniofac Res 2018, Volume: 3
DOI: 10.21767/2576-392X-C1-002

NATURALISTIC APPROACH TO ORAL HEALTH

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Over the years, oral health and dental hygiene are gaining lots of importance as it has proved to have a direct connection to systemic health. But the affordability and accessibility to this basic health care protocol is expensive, along with the side effects of modern medicines and oral hygiene products; the fact to which people are attracted and looking towards alternative traditional practices for longevity. Oil swishing is a time-honored Indian folk remedy that involves swishing edible oil in the mouth for oral and systemic health benefits. Oil pulling offers a naturalistic approach to oral health care as well as general health. It is believed to cure many diseases when practiced regularly and as directed. Considering its health benefits, and cost-effectiveness, regular oil pulling and oral hygiene practices hold promises for the non-invasive method in future.

Biography

Naveena Preethi is a Researcher and Clinician by profession. She is currently working as a Senior Lecturer in the Department of Pedodontics and Preventive Dentistry at Rajarajeswari Dental College and Hospital Bengaluru, India. She graduated from Rajiv Gandhi University of Health Sciences, one of the most reputed medical universities in the country. She is an active member of International Association for Dental Research (IADR) and regularly presents her research paper in various international conferences including American Academy of Dental Research. Her research papers mostly focus on Preventive Dentistry which have been published in various international as well as national journals.

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