

# Review of the Role of Homeopathic Applications in Dentistry

Nishant Sinha<sup>1</sup>, Himadri Mohan Chakraborty<sup>2</sup>, Rakesh Kumar Singh<sup>3</sup>, Namita Chakraborty<sup>4</sup>, Gunita Sinha<sup>5</sup>

1- Oral and maxillofacial surgeon. 2- Homeopathic Physician at East Central Railway Hospital/Polyclinic Jhajha. 3,5- Private Dental Practitioner. 4- Homeopathic practitioner

Correspondence to:  
Dr. Nishant Sinha, Oral and Maxillofacial Surgeon at  
K.G.Hospital/ C.L.W.  
Contact Us: www.ijohmr.com

## ABSTRACT

Dentistry has come a long way from past to present in providing dental care to patients. Now our focus has changed to the preservation of tooth as we have realized the importance of tooth in our life. More and more dental surgeons are keeping them updated for various treatments such as motorized root canal treatment, cosmetic filling, laser dentistry, full mouth bridge, lingual orthodontics, the list keeps on increasing. One point that most of us fail to realize is that associated with the dental disorder is the various system of body that works continuously for maintaining the dental health of the individual. Homeopathy is a medical system that enjoys a long and rich heritage of scientific literature and recognised for safe and effective treatment so a review of the role of homeopathic application in dentistry was taken. 200 patients (144 males and 56 females) reporting in East central railway hospital/jhajha unit from May'2014 to April'2015 with different dental disorders were given the proper homeopathic remedies along with the usual dental treatment, and the result that we found shows that the homeopathic remedies can act as a good adjunct in dentistry field.

**KEYWORDS:**Dental Dental Disorder, Homeopathic Remedies, Healing.

## INTRODUCTION

Dentistry has come a long way since the time of George Washington, America's first president, whose teeth were sculpted by his blacksmith friend Paul Revere that was combination of gold, ivory, lead, human and animal teeth and it looked so unreal that his portraits rarely show him smiling.<sup>1</sup>

The term Homeopathy comes from Greek roots *Homoios*, meaning similar, and *Pathos* meaning suffering and sickness. The basic law of Homeopathy is "Laws of similar".<sup>2,3</sup> The law state that a substance can cure a disease if it produces in healthy person symptoms much milder than those of disease. Samuel Christian Friedrich Hahnemann was the German physician who formulated the theory of homeopathy in the 1800s.

The inclusion of homeopathic medicine in dentistry field is particularly useful from simple mild pain due to tooth cavity to complex chronic conditions that have historically been shown to be difficult to treat or manage: for example, dental anxiety, atypical facial pain, burning mouth syndrome and post extraction ostietis.<sup>3</sup> The patients who reported in this railway polyclinic with the different dental disorder were given proper homeopathic remedies, and the required dental treatment was carried out. The results showed that a healthy interaction between the Dental doctor and the Consulting Homeopath is vital for successful dental treatment of the patient.

## PRINCIPLES OF HOMEOPATHY

The main principles on which homeopathy treatment is

based are as follow:<sup>2,3,6,7</sup>

1. **The law of similar:** (*Similia similibus curantur*) This principle state that like shall be cured by like, or *Similia similibus curantur* which means that the correct remedy for a patient's disease is that substance that produces in a healthy person, symptoms similar to that which is seen in the patient.

2. **The law of single Remedy:**

The prescribed medicine must be simple and single substance and not as a mixture of different substances, the collective effect of which would be very different from that of individual substances being used.

3. **The law of Minimum Dose:**

A substance when given in minute dose will cure the disease in sick person but when given in large dose to a healthy person it produces symptoms of that disease.

4. **Concept of vital force:**

Homeopaths believe in the existence of the vital force in the body which is responsible for different manifestations of life, and the derangement of this vital force leads to abnormal sensations and body function which constitute the disease. The vital force must be restored to normal if the disease is to be cured.

## HOW HOMEOPATHY PLAYS AN IMPORTANT ROLE IN DENTISTRY

One may wonder what homeopathy medicine may offer in dentistry. The treatment of dental disease does not

How to cite this article:

Sinha N, Chakraborty HM, Singh RK, Chakraborty N, Sinha G. Review of the Role of Homeopathic Applications in Dentistry. *Int J Oral Health Med Res* 2015;2(4):77-80.

depend only on use of modern dental practice and maintenance of good oral hygiene but the proper addition of homeopathic medications could be greatly beneficial for the final outcome of the dental treatment.<sup>5</sup>

It is recognised that the salivary glands in the mouth help fight decay by neutralizing the acid that the germs produce in the mouth. The healthy functioning of the salivary gland is dependent on the person's overall health. The derangement of thyroid gland function could lead to secretion of abnormal thyroid hormones which results in damage to the periodontal ligament that hold teeth and gums together and the blood supply to gum tissue is decreased which results in different dental problems.

Imbalance in sex hormones during puberty, menstruation, pregnancy, and menopause can make a person more susceptible to gums and teeth problems which results in dental problems especially in women.

Anaemia makes person more prone to gum disease due to decreased oxygenated blood supply to gum tissue of the oral cavity. Even stress can influence the strength of connective tissues between teeth and gums. The parathyroid glands regulate the calcium levels in the body, and an irregularity in these glands can create various dental problems.

The correct homeopathic medicine results in the treatment of deranged functions of body and plays an integral role in restoring dental health along with the routine dental treatment carried out for different dental problem.

## VARIOUS HOMEOPATHIC APPLICATIONS FOR USE IN DENTISTRY

The 200 patients (144 male and 56 female) who reported for dental treatment in this hospital with different dental disorder such as Gingivitis (55%), Decayed teeth (45%), Halitosis (56%), Root stump (25%), T.M.J disorder (5%), Trismus (3%) from May 2014 to April 2015 were given proper dental treatment and supplemented with the homeopathic remedies. These recommended homeopathic remedial measures were not intended to replace good dental care, but rather to function as a safe, effective emergency and post-operative treatment.<sup>1,2,6,7,8</sup>

### FEAR OF GOING TO DENTIST:

*Aconite* (potency 12C) and *Gelsemium* (potency 12C) are the applications that worked wonderfully in reducing the fear of anxious patient who reported for dental treatment. These does wonder especially for children, a dose taken morning of the procedure, is sufficient to reduce the anxiety level of patient and we know that a relaxed patient contributes to easy, gentle work for the dentist.

### INFLAMMATION:

*Arnica* (Potency 30C) works with the inflammation and trauma from routine dental procedures. All patients who reported with chronic gingivitis and underwent scaling

for the same were given and post-scaling the colour, contour, consistency of gingival tissue were noted, and the results showed the remarkable healing of gingival tissue. This application can be given to reduce post-operative swelling from any oral surgical procedure, and soreness following insertion of new complete or partial dentures.

### NERVE PAIN:

*Hypericum* (Potency 9C) works wonderfully for nerve pain due to post-operative surgery (tooth extraction or mucogingival surgery) and accidental facial trauma.

### TOOTHACHE WITH ABSCESS:

*Belladonna* (Potency 6C) was given to patient who reported with sudden onset of gum or tooth abscess that was accompanied by redness, inflammation and throbbing pain. One thing to note here is that this application work in early abscess while *Hepar sulphuris* (Potency 6C) use for abscess accompanied by pus formation, *Pyrogenicum* is use when pus is present without drainage, *Silicea* is use to hasten the discharge when pus is draining.

### PAINFUL INJECTION:

*Ledum* (Potency 30C) is an excellent for reducing post trauma effects of dental injections especially for palatal injections and inferior alveolar nerve blocks and it was given routinely to patients who were given injections.

### LOCAL ANAESTHESIA ANTIDOTE:

*Chamomilla* (Potency 12C) is an excellent antidote when local anaesthetics are used for any dental treatment. Patients can begin taking it every fifteen minutes after dental treatment is completed to reduce numbness. This can also minimize the lip bite seen in children after inferior alveolar nerve block which is caused due to numbness for long duration.

### TOOTH CAVITY:

*Plantago tincture* is a remedy that we found most beneficial when rubbed onto or around a tooth or teeth that are sensitive to hot or cold, or applied into cavity.

### ORAL SURGERY:

*Silica* (Potency 6C) works well by causing any root fragments or splinters of bone to exfoliate following any oral surgery and was routinely given to patients after extraction.

*Staphysagria* (Potency 30C) was given when incisions of soft tissues was required such as periodontal flap procedures, third molar surgery where access flaps is required and during periodontal graft procedure.

**BLEEDING:** Initially *Arnica* (Potency 200C) every 15 minutes for Post-surgical bleeding that was not controlled by pressure with moist gauze was given, but when it was bright red colour then *ferrum phos* (Potency 6C) every 15 minutes, and when it was dark colour then *lachesis* (Potency 30C) every hourly was given. Both worked wonderfully by their haemostatic actions as well as patient's compliance to this homeopathic application.

**ORTHODONTIC TREATMENT:**

*Ruta* is valuable in patients undergoing orthodontic treatment. It was given after any adjustment of braces or wires and if the wires have cut into cheeks or lips which are very common during fixed and removable orthodontic treatment.

**TEETHING PROBLEM:**

*Chamomilla* (Potency 15C) was ideal for delayed and difficult tooth eruptions in children and in those patients who reported nerve pain in association with tooth eruption then *Hypericum* (Potency 9C) was prescribed.

**POST CAVITY FILLING:**

*Hypericum* because of its nerve injury healing property were routinely given to patient who reported for tooth cavity filling since any preparation of the tooth can involve minute nerve tubules present in tooth.

**TRISMUS:**

*Magnesium phosphorus* or *Causticum* were given to patients for relieving cramping of the jaw or inability to open the mouth. The long appointments have become part of today modern dentistry for achieving "Hollywood smiles".

**DRY SOCKET:**

*Mouthwash of salvia* infusions was given several times a day to diminish pain of "dry socket" in 5 patients and a few drops of *hypercal* (*Hypericum* and *Clandedula* tinctures) was also given, in a small glass of warm water to relieve dryness and make mouth much more comfortable. With throbbing pain *belladonna* (potency 30C) every hour and with unbearable pain *coffea* (potency 30C) every 15 minutes was given.

**ORAL ULCERS:**

*Feverfew* was prescribed for relieving discomfort caused by mouth ulcers in 10 patients. This should be continued for a few days after ulcers have gone to break the cycle of repeated attacks.

**AMALGAM FILLING**<sup>9,10</sup>: *Merc sol* (Potency 30C) is a wonderful remedy for eliminating mercury from the body. The patients who were anxious about amalgam fillings were given this remedy; also whenever an amalgam filling was removed, it was also given to patients to minimize the ill effects of mercury in body.

**TEMPOROMANDIBULAR JOINT DISORDER:**

*Arum triphyllum* was given to patient who complaint of pain in temporomandibular joint on swallowing. I would also like to add that *Calcarea flourica* is useful in hypermobile joints, and *Calcarea phosphorica* can be given when mouth cannot be opened without pain.

**TOOTHACHE:**

*Belladonna* was given to patient who reported with the toothache that was accompanied by throbbing pain and was worse from motion, touch or chewing, and *Staphysagria* was given to patients who complaint of pain from major decay of a number of teeth. Two other homeopathic remedy that are useful in toothache are, *Coffea cruda* when toothache that get worsens with heat

and is relieved by ice while *Magnesia phosphorica* is useful in toothache that worsens with cold and relived from warmth. In allopathic normally for any kind of toothache, analgesic is prescribed generally but when homeopathic medicine is to be given then we have to see the characteristic of that toothache then only the remedies could do wonder.

**ORAL HERPES LESIONS:**

Patients with oral herpes lesions could be given *Graphites* (Potency 7C), *Petroleum* (Potency 9C), *Rhus toxicodendron* (Potency 7C) and *Arsenicum album* (Potency 7C) and the lesions resolve early with minimum discomfort to patients.

**SEVERE GINGIVITIS:**

*Arsenicum album* and *Ferrum phosphoricum* were given to the patient who reported with severe gingivitis.

**PAIN:**

*Chamomilla* (potency 200C), one hour prior to surgery, and repeated every 15 minutes as necessary for no more than 6 doses.

**HALITOSIS:**

*Carboveg* (potency 30C) with *Merc sol* (potency 30C) twice daily were given to patients followed by the desired dental treatment.

**BRUXISM:**

Patients were given *cina* (potency 30C) one hour before sleep and while awake *nux vomica* (potency 30C) twice daily till the symptoms subside.

**ABRASIONS:**

*Hypericum* and *calendula tinctures* (*hypercal*) should be applied to the area three times daily till the symptoms subside.

## CHOICE OF POTENCY

Homeopathic applications are prescribed as low potency (less than 12 X), medium potency (12X to 30X), high potency (30X to 200X) depending on the basis of sign and symptoms. The X represents 10, and signifies that the mother tincture has been diluted to one part in 10.<sup>2</sup>

The potency of homeopathic medicine depends on whether the dental condition is acute or chronic; the lower potency due to its shorter duration of action is generally given for acute and higher potency for longer duration in chronic condition.

## GENERAL GUIDELINES TO INCREASE THE EFFECTIVENESS OF HOMEOPATHIC REMEDIES

1. Homeopathic remedies must be taken directly from the container into the mouth.
2. The medicine is to be placed under the tongue to allow it to dissolve.
3. Patient is advised to take medicine in empty stomach for its proper action.

4. Some substances such as coffee, tea, mint that have the potential of neutralizing its effect should be avoided.
5. Homeopathic remedies should not be stored in areas that contain such products as ether, camphor, perfumes or other highly volatile substance that will neutralize the effect.
6. When the symptoms start to abate or resolve, discontinue the homeopathic remedy.

## DISCUSSION

The results that we seen in the patients suggest that homeopathy definitely have a place in modern dental treatment. It is helpful in those cases where patients are apprehensive of undertaking dental treatment and in those cases which are not responding to conventional treatment. In India patient has a great trust in homeopathic medicine and about 100 million use homeopathy as their only form of medical care. A survey carried out in 2007 in India found that 62% of current homeopathy users have never tried conventional medicines, and 82% of the people would not change to using conventional treatments<sup>11, 12</sup>

A large amount of research has been carried out on homeopathic medicines. A review of 105 clinical trials on these medicines was published in the British Medical Journal in 1991, and 81 of these trials were successful in this research. The research results were so impressive that governments of France, the United Kingdom and the Netherlands have been using on the national health services programme. A large number of British doctors (42%) refer their patients for homeopathy. In France, 1/3 of doctors prescribe homeopathic medicines. Homeopathy is widely used throughout the world. Homeopathy is the second most popular system of medicines in the world as told in report by world health organisation<sup>13</sup>.

The homeopathic applications can become an integral part of dental treatment and hence will result in less discomfort to patient, shorter period of recovery and will make the patient feel better without side effects. The treatment of any dental disorder is successful if it is realized that the overall physical state of the patient is to be treated along with the teeth disorder. The proper understanding of this relationship makes key to success of any dental disorder.

Homeopathy is a system of healing that seeks to cure illness in accordance with certain principles of healing, utilizing "remedies made from plants, animal or mineral products". These remedies are prepared by a process of repeated dilution and shaking, which renders them capable of stimulating the healing process of the person to fight the disorder<sup>14</sup>.

Homeopathic remedies find place in all the branches of dentistry whether it is Oral surgery, Periodontia, Orthodontia, Prosthodontic, Paedodontia, Endodontic and Conservative dentistry. A proper diagnosis and dental care, supplemented with the correct homeopathic

remedies did wonder in patients taking treatment in our hospital.

The homeopathic medicines can be taken together with allopathic drugs without causing any interaction between them<sup>15</sup>. Another point is that homeopathic remedies are not required to be taken with food, as we all know and encountered that patient after undergoing any surgical treatment in oral cavity find discomfort in taking allopathic medicines orally during the post-operative period.

## CONCLUSION

Patient's compliance, no side effects, can be given with allopathic drugs and the cost factor of homeopathic remedies which are considerably less than the allopathic drugs make them ideal in Indian setting where cost factor is important for patient undertaking dental treatment. We would urge all dental doctors to add homeopathic remedies in their treatment planning as a correct homeopathic application along with proper dental care will make wonder for them as well as patients.

## REFERENCES

1. Discovering Homeopathy: Medicine for the 21<sup>st</sup> century by Dana Ullman MPH, North Atlantic books.
2. The complete book of dental remedies by Flora Parsa Stay DDS, Avery publishing group, 1996.
3. Homeopathy and its ethical use in dentistry: British dental journal 210, 299-301(2011).
4. Hpathy Ezine, October 2009, Manish Bhatia
5. Scope of homeopathy in dentistry, Homeopathic journal: volume 5, Issue 3, Jan 2012.
6. Lessell C B. A textbook of Dental Homeopathy saffron Walden: The C W Daniel Company Ltd., 1995
7. Homeopathy in Dentistry – An Overview, International Contemporary Dental Journal, March 2011 2 (2).
8. Hpathy Ezine, May 2010, Robert Medhurst.
9. "Mercury in Dental fillings: Is there a Problem?" The Medical Letter, November, 1985.
10. J.E. Abraham, C.W. Svare, and C.W. Frank, "The effects of Dental Amalgam Restorations on Blood Mercury levels" Journal of Dental Research 63, 1, January, 1984, 71-73.
11. Bornhoft G, Wolf U, Amman K, Righetti M, Maxion-Bergemanns, Baumgartner S, Thurneysen AE, Maltheissen PF, " Effectiveness, Safety and cost Effectiveness of Homeopathy in general practice – Summarized Health technology assessment" Forsch Komplementarmed; 2006, 13 suppl 2: 19-29
12. Prasad R 'Homeopathy booming in India, Lancet; 370: 17 November 2007, 1679-80.
13. Homeopathy – A future perspective in dentistry: Hpathy Ezine, June, 2010.
14. "Dynamization and Dilution" Complementary and Alternative Medicine, Creighton University Department of Pharmacology, Retrieved 2009-03-24.
15. Can Homeopathy and Allopathy be taken together? Thierry Clerc: Hpathy Ezine, March 2011.

Source of Support: Nil  
Conflict of Interest: Nil