



CRACKING THE ROLE OF HOMOEOPATHY IN ORTHODONTICS: A REVIEWZ

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ABSTRACT Homoeopathy is a holistic science that focuses on cure and healing rather than just symptom relief, and takes into account the smallest nuances of the patient's condition. The benefits of homoeopathy treatment are tenfold since it treats the individual as a whole person rather than separate portions of his body. Individuals who are receiving therapy have an overall feeling of well-being. They feel better in both their minds and bodies, which has a significant impact on their daily lives. Incorporating this treatment modality in the field of dentistry and further into orthodontics have been scarce and is yet to be normalised.

KEYWORDS : Homoeopathy, Pain management, Orthodontics

INTRODUCTION

According to a recent poll done by the World Health Organization, homoeopathy is the world's second most popular system of medicine. It is also gaining traction in the realm of dental medicine, where it can help with the treatment of disorders affecting the orofacial structures.¹

Homeopathy has a wide range of applications in dental practice. It has the potential to treat a wide range of ailments that people commonly experience, such as pain, discomfort, inflammation and bleeding. In dentistry, homoeopathic prescribing might be acute, chronic, or a combination of the two. Patients can benefit from it before, during, and after dental treatment. It can help to alleviate dental anxiety, speed up recuperation, and make the dentist's chair experience more comfortable. For distinct tissue types or disease processes, specific treatments are given.

Several dental issues are self-limiting, which means the underlying cause is resolved on its own. Patients undergoing orthodontic treatment may experience bruising, small ulcers, pain, and other complications if wires or brackets are impinged on their lips or cheeks. According to one survey, the most despised component of orthodontic treatment is pain, which is ranked fourth among key anxieties and apprehensions prior to treatment. (O'Connor, 2000).²

Thus, the goal of homoeopathic dentistry is to make the process faster and more comfortable for the patient, thereby reducing the various adverse effects of foreign medication and improving the patient's quality of life.

Principle Behind Homoeopathy

The basic principle of homoeopathy is based on remedy selection, which produces a series of symptoms similar to those observed in the ill patient ("like cures like"). To avoid toxicity, only minute amounts are prescribed, and only one remedy is used at a time. Instead of concentrated tinctures, dilute tinctures are used. It is common in homoeopathic practise to use the medication as a tablet as well as a tincture. When standard tinctures used in western traditional herbal medicine are compared to those used in homoeopathy, there is a significant difference. The medical content is dissolved using alcohol as a base, and the product is not diluted. As a result, these remedies are concentrated, highly potent preparations that are typically taken as an unaltered liquid tincture.³

Acute prescribing is a method of drug delivery that is specifically designed to treat a disease or condition, whereas the study of a person's temperament, disposition, and behavioural patterns is known as constitutional prescribing. It is conceivable to prescribe one prescription to treat a patient's overall temperament or psychological state and another to treat the patient's physical ailment.

The treatments are available in 30C and 200C potencies. The cure should be repeated every half hour for two to four hours if the symptoms are severe. If the symptoms do not improve or worsen, the oral complaint should be evaluated further with a more appropriate therapy.

1. Pain

Orthodontic procedures such as separator and archwire placement, activations during appointments, the application of orthopaedic forces, and debonding cause pain to patients. Fixed appliances clearly produce more pain than removable or functional equipment, and there is a minor link between the degree of applied force and the pain felt. In response to the force exerted on the teeth, orthodontic tooth movement causes an inflammatory reaction. This soreness is caused by the body's inflammatory response to a perceived trauma, such as unnatural tooth movement with braces. This inflammatory response can occur at any time. Patients with a low pain threshold may experience adverse effects if they use pain relievers such as Tylenol (Acetaminophen, Paracetamol) and Motrin (Ibuprofen).

The use of pain relievers has the side effect of putting a heavy toxic burden on the liver, lowering the immune system, and potentially causing long-term damage to the kidneys and cardiovascular system. Tooth movement in orthodontic treatment begins with the placement of elastomeric separators, which provide space for the placement of band material around the tooth for attachment of bracket and auxiliaries. This can cause discomfort and pain for some patients in the first few days. Pain after separator placement increases gradually from the fourth to the twenty-fourth hour, but it subsides by the seventh day.⁴ An effective method of pain control can have a significant impact on the patient's perception of orthodontic care, significantly reducing apprehension and instilling a positive mental attitude toward the treatment.

A study comparing the efficacy and pain relief of Ibuprofen and Belladonna in attempting to control orthodontic pain during separator

placement found that both were efficient in producing adequate analgesia with no statistically significant difference.⁵ However, the absence of side effects makes Belladonna 6C an effective and viable alternative.

2. Traumatic injuries:

Lip and cheek damage is unfortunately more common when wearing braces. Brin et al. found that increased overjet and incompetent lips were the most common risk factors for dental trauma, which could be avoided if the patient received early orthodontic treatment.⁶

Forsberg and Tedestam reported numerous etiologic and predisposing factors associated with traumatic injuries to permanent teeth. They concluded that factors such as an Angle's class II malocclusion, an overjet greater than 4 mm, a short upper lip, incompetent lips, and mouth breathing made people more vulnerable to traumatic dental injury.⁷

Propolis tincture is a highly useful drug that can be applied directly to the skin or used as a mouthwash to alleviate symptoms while healing takes place. It cuts the time it takes for ulcers to heal from seven to ten days to two or three days.

3. Oral hygiene:

In today's market, there is a wide variety of homeopathic mouthwashes. Calendula is one of the most essential medicinal plants. Hypericum and Calendula (Hypercal) mouthwash is highly advised after surgery due to Calendula's exceptional healing powers and Hypericum's affinity with nerves. It will leave your mouth feeling fresh and comfortable after treatment.

4. Dental anxiety:

A trip to the dentist is often fraught with apprehension. Some homeopathic remedies may be useful in this situation. Patients often have a lot of mental and bodily restlessness, but anxiety is the most typical symptom. Gelsemium is recommended for patients who are weak in the knees, afraid, or have limited energy. When a patient feels weak in the knees, scared, and tired, aconite is prescribed. Both can be used to help you relax the night before and on the day of surgery. Argenticum nitricum is another drug that can help with anxiety symptoms such as trepidation, hasty acts, incessant talking, and diarrhoea.

5. After X-rays:

Homeopathic X-ray 30C can also be used to prevent the negative consequences of having an X-ray, including as discomfort, abscesses and other issues associated with orthodontic therapy.

A list of medications and their indications for the above-mentioned conditions are depicted in Table 1

CONCLUSION

The patient's non-homeopathic options are to take medications or to grin and bear the agony. The beauty of homeopathy is that the right remedy stimulates not just healing but also pain control as part of the healing process.

Table 1

S.no	Medication	Indications
1.	ARNICA MONTANA	general soreness, bruising and pain in the mouth
2.	RUTA	Discomfort associated with fitting and adjusting <i>braces</i> .
3.	HYPERICUM PERFOLIATUM	Very painful sore parts, spasms of the jaw following realignment, reduce abrasion pain.
4.	GELSEMIUM	pre-appointments anxiety, nervous worry, butterflies in the stomach
5.	ACONITE	Fear of the treatment, anxiety, fright
6.	BELLADONNA	Intense throbbing pain aggravated by any kind of pressure or movement
7.	CALENDULA	Cuts or scrapes from braces impinging the sensitive areas of the mouth

8.	CHAMOMILLA	Neuralgic toothaches
9.	MAGNESIUM PHOS	Relief from heat, pain shoots lightning. For muscle pains and spasms.
10.	STAPHYSAGRIA	Pain from the procedure, feeling pushed and poked in the mouth

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