

Homeopathic Dentistry: Mystery Or Myth- A Review



Dental Science

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ABSTRACT

Homeopathy was founded over 200 years ago by German physician and scientist Dr. Samuel Hahnemann . The scope for homeopathy in dentistry is broad. Homeopathy is not a replacement for the skills used in everyday dental procedure but is a useful complement particularly in helping apprehensive patient to make dental treatment more acceptable and comfortable. Homeopathic medicines are safe, non-toxic and non-addictive and produces no known Side effects or interactions with conventional medicines. Homeopathic medicines can be taken with conventional drug by children and during pregnancy. Homeopathy is used as an effective adjunct to dental surgery, to help alleviate associated pain, bleeding and inflammation. Present article provide an introduction to Relevance of Homeopathy in dentistry and its ethical aspect in dental practice.

INTRODUCTION

Homeopathy is the system of alternative medicine originated in 1796 by Dr. Samuel Hahnemann, based on his doctrine of *similia similibus curentur* (Like cures Like).(1) According to which substances that causes the symptoms of the disease in healthy people will cure similar symptoms in sick people.(1) Hahnemann believe that the underlying cause of the disease were phenomenon that he term miasms and that Homeopathic remedies addressed these.(1) The remedies are prepared by repeatedly diluting a chosen substances in alcohol or distilled water followed by forceful striking on an elastic body call succussion.(2) Each dilution is followed by Succussion is said to increase the remedies potency.(2)Homeopaths select the remedies by Consulting reference book known as "Repertories". considering the totality of the patient symptoms as well as the patients personal traits , physical and psychological state and life history.(3) Conventional therapy believes that symptoms of an illness are a direct result of that illness and tries to suppress them with medicines whereas homeopathy sees symptoms as the body attempt to overcome the illness and seeks to support this process with the remedy and not to suppress it .(3)Good health is more than an absence of disease, it is a state of Balance of The Spiritual, emotional, mental and physical aspect of the body.(4) Important aspects of maintaining a healthy body is a good oral hygiene and healthy diet which protect teeth and gingiva as well as prevent systemic diseases.(4)The scope of homeopathy in dental practice is wide ranging, homeopathy is used as an effective adjunct to dental surgery to help alleviate associated pain, bleeding and inflammation.(4) Purpose of this review is to introduce Homeopathic remedies for dentistry and ethical aspect of Homeopathic dentistry.

HOW HOMEOPATHY IS USED IN DENTISTRY

Homeopathy is a system of evidence based medicine that works on principle that "like cures like". This means that the medicine use are derived from substances that is taken by healthy person can cause symptoms similar to the

illness, but when taken by patient they trigger the body's natural healing process.(4) Homeopathy is recognized by World Health Organization (WHO) as a second Largest system of medicine in the world today.(4)

SCOPE OF HOMEOPATHY DENTISTRY

Homeopathy is used as an effective adjunct to dental surgery to help alleviate associated pain, bleeding and inflammation. (4)In the area of dentistry and oral health in general , the judicious use of the appropriate Homeopathic medicine can provide rapid relief from number of conditions which there is little that conventional medicine can offer or where the cure may at times be worse than the disease(1,4). Homeopathy does not replace the normal mechanics of dentistry but it does make the full procedure much more relaxed and pleasant for both patient and the dentist.(1) homeopathic prescribing may be either pathological or constitutional, or combination of these.(4) Constitutional Homeopathic prescribing involved analyzing a person's body type, temperature, disposition and behavioral tendencies. Pathological prescribing is a treatment specifically for the disease or ailment.(4) Homeopathy in dentistry offers a combination of this. It is possible to prescribe one medicine to suit the general temperament for psychological state of a patient and another for particular problem the patient is experiencing.(4)At a more advanced level homeopathy can be used in dental practice to:

- i. Prevent or inhibit the development of morbid process in the oral cavity
- ii. Provide adjunctive treatment for number of defined oral pathologies.
- iii. Excuse Dental phobias and anxiety
- iv. Improve patient tolerance of medication
- v. Facilities recovery from dental trauma, restorative treatment and anesthetic agent.(4)

USES WITHIN DENTISTRY:

Homeopathy is not a replacement for skills used in everyday dental procedure but is a useful complement particularly in helping apprehensive patients to make dental treatment more comfortable .(4) Homeopathic medicines come in different forms including tablets ,pills, drops, liquids, granules and creams.(4) They are generally administered in one of two ways. Systemic administration involves dissolving the medicine either on or under the tongue from where it is rapidly absorbed.(4) The dose is normally one or two tablets. The tablets should never be handled ,as the medicine is impregnated on surface of the tablets.(4) The tablets can be tipped from the cap of their container directly into the mouths and sucked or chewed .(4) They should be taken at least 20 minutes either side of food or drink and smokers should abstain for the same period.(4) Peppermint and mint flavored toothpaste may interfere with the action and should be avoided and they should always be stored away from strong odours' , perfumes etc.(4) One of the most regularly used homeopathic medicines in dental practice is Arnica as it is excellent for treating all forms of trauma .(Mathie and Farrer 2007)(4) It is particularly good to use in cases of oral surgery to reduce postoperative pain and swelling , hemorrhage and in all extensive restorative procedures.(4) Arnica should be given for any trauma which could cause bruising and always prior to giving an injection, root planning or deep scaling.(4) Regular use of calendulla mouthwash helps to keep gums healthy.(1,4) Tincture or solution derived from plantago (plantain) and locally applied is an excellent therapy for sensitive cementum and treating exposed dentine tubules.(4) Following are some common conditions and some solutions that have been in routine practice to alleviate pain –

a)Tooth ache – Chamomila 200c ,one hour prior to surgery and repeated every 15 minutes as necessary for no more than 6 doses.(4)

b)Delayed eruption of teeth : use calc carb 30c twice a week(4)

c)Dry socket –

1.with throbbing pain use Belladonna 30 c every hour.

2.with unbearable pain use coffea 30c every 15 minutes .(4)

d)Bleeding following oral surgical procedures

for persistent bleeding in care of dental hemorrhage phosphorous 30c every 15 minutes is the primary medicine.(4)

e) Trauma- injuries resulting in bruising or fractures use Arnica 30c three times daily for chronic problems or every hour for acute injury for up to 6 doses . Arnica reduces shock ,soreness and bleeding(1,4)

f)Dental abscess :

In acute abscess that is red ,swollen and throbbing Belladonna 30c every 30 minutes used.

In chronic abscess hepar sulph 6c every 2 hours is prescribed .

Silicea 6c twice daily issued when the abscess starts to drain.(4)

g) Aphthous Ulcer-

In nervous patient use borax 30c every 4 hours .

where ulcer occurs with foul breath and tongue is large retains the imprints teeth use merc sol 30c every 4 hours.(4)

ulcer with bleeding base use Nit ac 30c every 4 hours(4)

other ulceration :

natrum muriatum- use for cold sores and fever blisters .lips and corners of mouth, dry and cracked lips.(4)

Natrum Acidum-use for ulcers with irregular edges and raw appearance with tendency to bleed easily.(4)

h) Oral candidiasis - Borax 30c three time a day.(4)**i)Oral Lichen planus –**

Borax 4x twice daily when blisters mostly appear in mouth

sulphur 30c twice daily for 15 days .(4)

j)Bruixism-

while sleeping use cina 30c, one hour before sleep. while awake use nux vomica30c twice daily.(4)

K)Xerostomia :

Bryonia alba –use for an extremely dry mouth ,with dryness of mucous membrane and great Thirst.(4)

Hypericum and calendulla mouth wash will leave the mouth comfortable and fresh.(4)

l)Gingivitis –

Arnica for bleeding accompanied by bruised , soreness and painful gum tissues.(5)

Arsenicum album for unhealthy bleeding gum. (4,5)

China for bleeding gum tissue. (5)

Hypericum for tender gum tissue and to promote healing. (5)

Nux vomica for swollen , painful gums with the back of tongue and for patient who consume many stimulants such as coffee and tea.(5)

Mercurius solubilis for acute ulcerative tissue with a coated tongue and metallic taste in mouth.(5)

Kali phosphoricum for gums that bleed easily and for spongy ,receding gums.(5)

M) Periodontitis-

With bleeding gums , foul breath and large tongue that retains the imprint of the teeth use merc sol 60c once daily.(4)

For bleeding gums with substantial loss of periodontal bone , use phosphorus 15c once daily.

Toothpaste containing calendula officinalis reduces periodontal index , gingival index , bleeding on probing.(6,7)

n)TMJ dysfunction-

Arum triphyllum- use for pain in joint on swallowing .(4)

Calcarea flourica- use for hyper mobile joints. (4)

Chamomilla- use for low pain threshold, unbearable spasm of pain radiating into the ear.(4)

Cuprum metallicum- use for trismus of muscles.(4)

Rhus toxicodendron- use for joint stiffness that improves with movement and for popping of joint. (4)

O) Oral cancer-

The treatment of cancer can be quite successful with homeopathy, often in conjunction with allopathic medicines in advanced cases. (4)

remedies used for cancer of tongue includes- Apis mel , Aurum mur ,Arsenicum , Carbo Animalis, Condurango , Conium mac , Crotaulus horridus , Lachesis , kali chloricum , Mer sol ,Phosphorus , Sepia , Thuja(4).

Potencies used 6c,30c,200c and 1m. (4)

Post surgical remedies includes Calendula officinalis, Hypericum perf , Staphysgaria.(4)

Ethical aspect-

Homeopathic dentist do not have a different agenda and ethos in their approach to treat in patients. The ethical treatment of all patients is paramount for all homeopathic clinicians , doctors ,nurses , vets , pharmacists or dentists. Healthcare professionals trained in the use of homeopathy known to it works and prescribe appropriately , just as they would with any other prescription , to achieve the best results for their patients . All dentist practicing homeopathy have to comply to the rigorous standards of clinical practice laid down by the dental council. Any dentist failing to meet these standards is subject to investigation and possible censure.(4,8)

Conclusion-

Homeopathic medicines can play important role in anxiety related to dental treatments , useful for wide range of treatment from relatively mild acute conditions to complex chronic pathologies as complementary therapy. practicing dental homeopathy is an opportunity to exercise and expand diagnostic capabilities , for homeopathy encompasses the patients life style , environment and nutrition and adds a new facet of dental treatment complementary to existing practice.

The use of homeopathy in dentistry is an innovation that opens up new clinical opportunities , particularly since many symptoms of systemic diseases are observed in oral cavity. It can be used as complementary therapy both to dental health and to the overall well being of patients.

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