

## Review Article

# Gingivitis and it's Homoeopathic Management

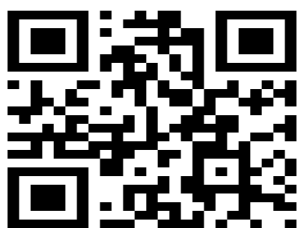
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### ABSTRACT

Gingivitis can be well treated with curable homoeopathic remedies. It is important to remember that there are no specific remedy for gingivitis, remedy is given on the basis of totality of symptoms. Because every patient can have different symptoms of gingivitis and their treatment depends upon the particular symptoms that each of them experiences i.e., on the basis of individualization. It is imperative to remember that each patient must be treated as a unique individual. Depending upon susceptibility, the dosage and repetition differ from each person to person. In this article deals with introduction, types, aetiology, signs and symptoms, diagnosis, differential diagnosis, complication, prevention and treatment by homoeopathic approach of gingivitis.

**Keywords:** Homoeopathic management, gingivitis



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## INTRODUCTION

Gingivitis means inflammation of gums or gingival. It commonly occurs due to a film of plaque or bacteria accumulates on the teeth. Gingivitis is a non-destructive type of periodontal disease, but untreated gingivitis can progress to periodontitis. This is more serious and can eventually leads to loss of teeth.

### Types

It is classified into two types

#### **Dental plaque-induced gingival disease:**

This can be caused by plaque, systemic factors, medications, or malnutrition.

**Non-plaque induced gingival lesions:** This can be caused by a specific bacterium, virus, or fungus. It might also be caused by genetic factors, systemic conditions (including allergic reactions and certain illnesses), wounds, or reactions to foreign bodies, such as dentures. Sometimes, there is no specific cause.

### Aetiology

#### **Bacterial infection**

Poor oral hygiene habits such as not brushing and flossing daily.

Bad habits such as Smoking, Drinking, chewing tobacco.

Family History

Hormonal changes, such as during puberty, menstruation, pregnancy, menopause, akes gums more sensitive which prone to early infection. Immunosuppressed diseases may also affect the condition of gums, such as Cancer and HIV.

Diabetes affects the body's ability to use blood sugar, patient with his disease are at higher risk of developing infection.

Some medication can affect oral health such as anticonvulsant medication

Dilantin and the antianginal drug Procardia and Adalat.

### **Signs and symptoms**

Many people aren't aware that they have gingivitis. It's possible to have gum disease without any symptoms. However, the following can be the symptoms of gingivitis:

Gums that are red, tender, or swollen.  
 Gums that bleed on brushing or floss your teeth.  
 Gums that pulled away from the teeth.  
 Loose teeth.  
 Pus between teeth and gums. Pain when chewing.  
 Sensitive teeth.  
 Partial dentures that no longer fit.  
 Foul-smelling breath that doesn't go away even after brushing your teeth,

**Diagnosis**

Review of dental and medical history and conditions that may contribute to symptoms. Clinical examination of teeths, gums, mouth and tongue for sign plaque and inflammation.

Dental x-ray to check for bone loss in areas of dental pocket. Measuring the pocket depth of the grove between gums an teeth by probe.

**Sulcus bleeding index-**

**Sulcus Bleeding Index**

Developed by MURILEMANN HR AND SON 1971

Modification of PAPILLARY-MARGINAL INDEX MUHLEMANN and MAZOR Z

**Scoring criteria**

Score 0-healthy looking papillary and marginal gingve no Bleeding a rong

Score 1-healthy looking gingiva, bleeding on probing

Score 2-bleeding on probing, change in color, no edema Score 3-bleeding on probing change in color, slight edema,

Score 4-bleeding on probing, change in color, obvious edema

Score 5-spontaneous bleeding, change in color, marked edema.

Four gingival units are scored systematically for each tooth, the latnal and lingual marginal gingival (M units) and the mesial and distal p-pillary gingival (P sin). Scores for these units are added and divided by four gives the sulcus bleeding index.

**Plaque Index and Gingival Index -**

**Differential diagnosis**

lupus Erythematous

Oral lichen planus

Allergic reaction

Drug Associated gingival enlargement

Pemphigus

Scores	Criteria
<b>Plaque index system</b>	
0	No plaque in the gingival area
1	A film of plaque adhering to the free gingival margin and adjacent area of the tooth. The plaque may only be recognized by running a probe across the tooth surface
2	Moderate accumulation of soft deposits within the gingival pocket, on the gingival margin and/or adjacent tooth surface, which can be seen by the naked eye
3	Abundance of soft matter within the gingival pocket and/or on the gingival margin and adjacent tooth surface
<b>Gingival index system</b>	
0	Normal gingiva
1	Mild inflammation: Slight change in color, slight oedema No bleeding on probing
2	Moderate inflammation: Redness, oedema and glazing. Bleeding on probing
3	Severe inflammation: Marked redness and oedema. Ulceration. Tendency to spontaneous bleeding

**Complication**

Abscess or infection in the gingival or jaw bone. Trench mouth, where bacterial infection leads to ulceration of the gums. Periodontitis, a more serious condition that can lead to loss of bone and teeth Recurrent gingivitis.

**Prevention**

People are advised to

Brush teeth at least twice a day.

Use a soft brush or wash teeth by finger.

Floss teeth at least once a day.

Regularly rinse mouth with an antiseptic mouthwash.

**Homoeopathic therapeutics**

**Kreosotum**

It is one of best remedy for bleeding gums with black blood. This remedy is used with profuse bleeding from small wounds.

Offensive smell from discharges. It has burning pain associated with complaints. It is given in children in whom there is decaying of teeth very rapidly with spongy and bleeding gums: Putrid odour with bitter taste in mouth. Scorbutic ulcerated

#### **Mercurius sol**

This remedy is useful in many diseases such as Painful gums, marasmus, abscesses. All complaints are aggravated at night, from warmth of bed, from cold, rainy weather and when then has perspiration. It can also cure tendency of pus formation. Sweetish metallic taste. There is increased salivation. Saliva is fetid with coppery taste. It is very effective remedy for spongy, receding gums which gets bleeds easily. Gums are sore to touch and patient has difficulty in chewing and deglutition. It is also given when teeth are loose and feel tender. There is always bad smell from mouth.

#### **Nitricum acidum**

This is important remedy for pyorrhea, in which patient has putrid breath from mouth. Painful and Bleeding gums. It is given in patient whom has painful pimples on the sides of tongue. Various type of ulcers and blisters in mouth and tongue. They take cold things easily. Tongue of these patient is often clean, red and wet with central furrow. It is given when gums are soft and spongy and teeth become loose. In some patient often seen bloody saliva.

#### **Arnica**

It is given in patient whom has soreness of gums after tooth extraction.

It is good remedy for halitosis (bad smell from mouth). Patient has bitter taste, taste as if bad eggs. They have total lack of interest and inability to perform continuous work. They have fear of touch or approach of anyone. Nervous patient.

#### **Carbo vegetabilis**

This remedy is effective for inflammation of guns with scorbutic gums. Gums bleeds when brushing. Gums retracted and its bleed easily, pain while chewing. Gums colour turned black. Bad smell and bitter taste in mout

#### **Lachesis 30**

Lachesis is effective for inflammation of gums with bluish appearance. Gums are

spongy, swollen and bleeds easily. There is sour peppery taste with bad odour. In Toothache the pain extends to ears.

#### **Plumbum met**

There is distinct blue line along margins of gums. Swollen, pale appears a lead cloured line. Floss teeth at least once a day Regularly rinse mouth with an antiseptic mouthwash.

#### **Alumen**

Gums swollen and inflamed, spongy covered with a dirty grey costing

Teeth surrounded with proud flesh, stomatis .

#### **Apis mellifica**

Gums sacculated, look watery decreased thirst Child awakes and screams violently Swelling and redness of gums and cheeks with sore pain. Gums bleeds easily.

#### **Anacardium**

Swelling of gums. Bleeds even on slight rubbing Offensive smell.

#### **Arg. Nitricum**

Gums tender and it's bleeds easily, but neither painful not swollen. Gums Inflamed and stand off from the teeth in the shape of indentation There is chronic irritation of gums.

#### **Borax**

Inflamed large swelling on outer side of gums, which pains severely Painful gums and boils. There is dark redness in the lower portion of gum beneath the root of the teeth.

#### **Calcarea carbonica**

Gums are painful tender with stitching, pulsating pain, Swelling, bleeding even at night. Foul breathing. Bleeding of gums after suppressed menses.

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