

Comparison of Efficiency of Two Different Mouth Washes of Complementary and Alternative Medicine Source with Chlorhexidine Mouth Wash-A Randomized Control Trial

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ABSTRACT:

Background- Plaque control and removal of bacterial biofilm are essential components in preventing and treating gingival disease. Mouthwashes improve oral health care by inhibiting bacterial adhesion, colonization, and metabolic activity. The study was aimed to assess and compare the plaque formation, gingival inflammation, and gingival bleeding.

Materials & Methods- The study was designed as a randomized clinical study where clinical parameters such as gingival index, plaque index, and modified sulcular bleeding index were recorded immediately and 15 days after oral prophylaxis. The subjects in this study included 80 gingivitis patients who are divided into four groups of 20 patients in each group. Group A was given chlorhexidine mouthwash, group B was given Hiora, group C was given Perio Aid and group D was given distilled water.

Results- In each of the study groups, there was a significant reduction in gingival, plaque, and modified sulcular bleeding index scores from baseline to 15 days. The chlorhexidine group demonstrated significantly lesser mean gingival, plaque, and modified sulcular bleeding index scores compared to all other three groups.

Conclusion- Within the limits of this study, it can be concluded that all three types of mouthwashes are effective in reducing dental plaque and gingivitis adjunctive to scaling. Herbal mouthwashes are comparable to chlorhexidine in terms of plaque reduction and reduction of gingival inflammation.

KEYWORDS: Hiora, Perioaid, Chlorhexidine, Plaque index, Gingival index.