

## **MEDICAL HERBS IN THE PRACTICE OF A PERIODONTOLOGIST (LITERATURE REVIEW)**

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**Abstract:** The article provides an overview of the literature data on the use of medicinal herbs in the practice of a dentist in the treatment of diseases of the oral mucosa. In everyday clinical practice, patients who seek dental care for diseases of the oral mucosa present one of the most difficult problems in dentistry due to difficulties in diagnosis and treatment. The problem is further complicated by the fact that so far no measures have been developed for the community-based prophylaxis of oral diseases. Over the past decade, the problem of prevention and treatment of chronic diseases of the oral mucosa has been given considerable attention by domestic and foreign researchers.

**Keywords:** diseases of the oral mucosa, medicinal herbs, alternative medicine, dentistry, herbal remedies

In everyday clinical practice, patients seeking dental care with oral mucosa disease (OOM) represent one of the most difficult problems in dentistry due to the difficulties in diagnosis and treatment. The problem is further complicated by the fact that up to now no measures of communal prophylaxis of oral diseases have been developed [2]. During the last decade, the problem of prevention and treatment of chronic diseases of the oral mucosa has received considerable attention from domestic and foreign researchers [17].

Disease of the oral mucosa (OOM) is an important section of therapeutic dentistry, not only for dentists, but also for doctors of other specialties. OSS reflects the state of many organs and systems of the body [3]. Hormonal imbalance can also cause mucosal complications [23].

Recently, the interest of dentists in phytotherapeutic agents has increased, which have many properties necessary for treatment, they are harmless and quite cheap, and their effectiveness is not inferior to synthetic drugs [1,6]. In the composition of therapeutic pastes for the treatment of deep caries, a pronounced anti-inflammatory, antimicrobial, plastic-stimulating effect is exerted by: juglone, eucalyptus oil, and bergamis extract [10].

Phytotherapy in dentistry has been used since the inception of medicine, and is still a relevant method in the treatment of dental diseases [1]. For a long time in the arsenal of dentists there were only herbal medicines used in the treatment of a number of pathologies. In dental practice, the following pharmacopoeial preparations based on plant raw materials are used with great efficiency: maraslavin, sanguirithrin (liniment, alcohol and aqueous solutions), novoimanin, chlorophyllipt, etc. [7, 15].

In the treatment of infectious diseases of the skin and mucous membranes, a large arsenal of drugs is used. The most promising are preparations from biologically active compounds of medicinal plants with antimicrobial activity (tinctures, extracts, ointments), as well as low toxicity, mild therapeutic effect, availability and low cost of raw materials [15,21].

Unripe grapes are used for tonsillitis, stomatitis [19]. In modern scientific medicine, a decoction of oak bark is used as an astringent for diseases of the oral cavity - stomatitis, periodontal disease, bleeding from the gums, tonsillitis in the form of rinsing [7,8,16]. Experimental studies have shown that taking ginger root stimulates salivation [18]. Kalanchoe preparations are widely used in dental practice [14].

Tarragon liquid extract is used to improve appetite, treat stomatitis [9]. Randomized, clinical, controlled studies have shown that rinsing with rose infusion is effective in the treatment of aphthous stomatitis [20]. Water infusions of sage are used as an anti-inflammatory and bacteriostatic agent for rinsing with stomatitis, gingivitis, tonsillitis, periodontal disease [5].

There are various methods and preparations for the treatment of periodontal disease by direct action on the gums, allowing to improve the blood supply and nutrition of the periodontal muscles, in particular, by acting on the gums and mucous membrane. For the treatment of periodontal disease, herbs are used plants that have an astringent, hemostatic, strong bactericidal and anti-inflammatory effect [8, 11, 16].

In a significant number of patients with periodontitis, allergic diseases and other concomitant pathological processes are revealed, which sharply limit the possibilities of using antibacterial chemotherapy. Medicinal plant preparations are the method of choice. Oil solutions and suspensions of herbs (sea buckthorn, rosehip, polyphytic oil, carotene) have an

anti-inflammatory effect, accelerate epithelization, therefore they are used in periodontology [9,13].

The bactericidal and wound-healing properties of horsetail are used to treat stomatitis, wounds and skin diseases. On its basis, ointments, decoctions, compresses and products for external use are prepared [1]. The active substances, which St. John's wort is rich in, made it "a herb for 99 ailments." In official medical practice, they use both dried raw materials - St. John's wort herb, and medicines made on its basis. The plant is used for inflammatory diseases of the oral cavity (inflammation of the gums, tonsillitis, pharyngitis, stomatitis) [8,13]. St. John's wort infusion is used in the treatment and prevention of gingivitis and stomatitis, to eliminate bad breath and strengthen the gums [4,9]. Chamomile flowers contain essential oils, including chamazulene, terpene, sesquiterpene, sesquiterpene alcohols, cadinene, caprylic, nonyl, and isovaleric acids. In addition, chamomile extract contains apigenin, herniarin, quercimeritrin, prochamazulenmatricin, matrixarin, dioxycoumarin, triacanthan, taracasterol, choline, phytosterol, salicylic, nicotinic, ascorbic acids, carotene, glycerides of fatty acids, palmitic and oleic acids azulene, bitterness, mucus, gum [11,13,16,21].

In general, the composition of chamomile provides anti-inflammatory, antiseptic, anti-allergic, astringent, healing, anti-spastic and analgesic effects. Flowers of calendula officinalis. Its antiseptic properties are superior even to medications such as streptomycin and penicillin, it destroys and inhibits the growth of staphylococci, streptococci, Trichomonas. If you rinse your mouth with calendula preparations, then in an hour all viruses will completely disappear in the oral mucosa, therefore the calendula preparation is used for the prevention of viral and infectious diseases, as well as for inhalation [8,12,24].

Thus, analyzing the above, we can say that in the treatment of diseases of the oral mucosa, medicinal herbs can be used, which have a more gentle effect, practically having no contraindications. Such funds can show high efficiency in the preventive purposes of preventing mucosal diseases. They can also be combined with a systemic approach to treating diseases of the oral cavity.

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