

**“EFFECT OF AYURVEDIC, HOMEOPATHIC AND  
ALLOPATHIC MOUTH RINSES ON PLAQUE AND GINGIVITIS  
AS ADJUNCTS TO MECHANICAL TEETH CLEANING”**

By

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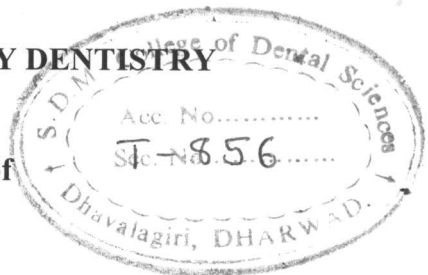
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## ABSTRACT

**Introduction:** Use of mouth rinses has long been identified as an important adjuvant to proper maintenance of optimal oral hygiene. Additional means of (mouth rinses) plaque control becomes an important adjunct in maintaining optimal oral hygiene. Professionals and common man alike are in a dilemma regarding the relative efficacy of different mouth currently available in the market. **Objectives:** To evaluate and compare the efficacy of Ayurvedic, Allopathic and Homeopathic rinses on plaque and gingivitis using Turesky, Gilmore, Glickman modification of Quigley-Hein Plaque Index and Loe and Silness gingival index. **Materials and methods:** A total of 120 study subjects were included in the present study and were randomly divided into 3 groups. A randomized, double blind parallel 3-cell study was conducted over a period of two months. The mouth rinses included in the present study were Be fresh (Ayurvedic), Chlorhexidine (Allopathic) and Thyroceptol (Homeopathic). At the beginning of the study, oral prophylaxis was performed. Subjects were then recalled after 15 days following prophylaxis for the baseline examination of plaque and gingivitis. The mouth rinses were randomly allocated to the study subjects, who were followed for a period of 1 month and 2 months. **Results:** By using Kruskal Wallis one way ANOVA, it is observed that there is no significant difference on plaque among 3 mouth rinses at baseline ( $P = 0.1084$ ), 1 month ( $P = 0.2671$ ), and 2 months ( $P = 0.453$ ) intervals. Between baseline and 2 months (end of the study) **gingival scores**, It is observed that there is highly significant difference at 1 month ( $P=0.0008$ )\* and 2 month ( $P=0.0002$ )\* gingival scores among 3 different mouth rinses. **Conclusion:** Among 3 mouth rinses, allopathic mouth rinse shows better reduction of plaque and gingival score followed by Ayurvedic and homeopathic mouth rinses.