

HOLISTIC MEDICINE- NOVEL APPROACH FOR CERTAIN ORAL MUCOSAL LESIONS: A REVIEW**¹Vinod V. C., ^{2*}Roza R. Baviskar, ³Sayali V. Kadam and ⁴Dipti M. Wakode**¹Prof. and Head, Dept. of Oral Medicine and Radiology, M. A Rangoonwala College of Dental Science, Pune-01 Maharashtra, India.^{2,3}Post Graduate Student, Department of Oral Medicine and Radiology, M.A. Rangoonwala College of Dental Sciences and Research Centre, Pune-01 Maharashtra, India.⁴Clinical Preceptor, Rutgers School of Dental Medicine, 110 Bergen St, Newark, New Jersey 07103, United States.***Corresponding Author: Dr. Roza R. Baviskar**

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ABSTRACT

Dental health care professionals routinely rely on western medicine however there are certain lesions in the oral mucosa that are non-responsive to western medicine. As Dental health care professionals are facing challenges in managing acute or chronic dental conditions due to failure in regression of symptoms or side effects of various treatment disposals currently available. In light of these challenges, dental health care professionals look towards various holistic methods like Ayurveda, Acupuncture, Naturopathy or Homeopathy in managing certain diseases and conditions related to orofacial structures. Due to urbanization and work schedule there is an excessive intake of fast foods, beverages, spicy food intake, along with substance abuse that has created a varied plethora of general health as well as oral health conditions. This review highlights the different modalities of alternative therapies used in treatment of certain oral mucosal lesions.

KEYWORDS: Alternative therapy, Oral mucosal lesions, Ayurveda, Homeopathy, Holistic, Dentistry.**INTRODUCTION**

Health, according to the World Health Organization, is "a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity".^[1]

Oral health is a reflection of the physiological, social, and psychological factors that are essential to our quality of life.^[2]

Oral mucosa lesions (OMLs) are the third-most common oral pathology after caries and periodontal diseases. Those lesions are diagnosed worldwide in any population and in any age but in varied prevalence. With the increasing concern among patients about the adverse effects of "conventional medicines" increased resistance by bacteria to antibiotics, challenges faced in managing chronic disease and their symptoms; It is becoming essential for the health professionals to have a sound knowledge of complementary and alternative modalities for the treatment of these chronic dental ailments.

Many of these modalities and their therapeutic effects have been very well established globally and have been used since antiquity.^{[3],[4]}

Oral physicians and dental health care professionals also face challenges in the management of few dental conditions as a result of resistance of oral microflora due to drug tolerance leading to persistence of symptoms and emergence of other side effects of conventional therapies.^[4,5]

Therefore, it is often necessary for the dentists to be aware of complementary and alternative modalities which are popular, safe, effective, and economical alternative treatment regimen.^[4,5]

The sole purpose of any branch of medicine is to strive to make human life healthier and happier. From time immemorial, we have been using our natural resources to attain the state of wellbeing.^[6] Over the last decade herbal medications in both prophylaxis and treatment of various diseases turned to be a popular form of therapy throughout the world.

The US National Centre for Complementary and Integrative Health (NCCIH) of the National Institutes of Health (NIH), states that Complementary and Alternative medicine (CAM) is "a group of diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine".

Alternative medicine also called as complimentary or integrative medicine, usually discuss and advise patients to any available alternate therapies. As the name suggest "alternative", means that its basic lies in a non-drug approach.^[7]

ALTERNATIVE MEDICINE

Alternative Medicine is a term commonly used to include all the healing practice that does not fall within the realm of conventional medicine and uses medical products and practices that are not part of standard care.

Classification: (National Centre for Complementary and Alternative Medicine)^[6,9]

Mind-body interventions

Meditation

Biofeedback

Hypnosis

Yoga

Imagery

Creative outlets

Biologically based practices

Vitamins, Herbs, Foods, Special diet.

Manipulative and body - based practices.

Massage, Chiropractic care, Reflexology.

Energy medicine

Tai Chi, Reiki, Therapeutic touch.

Whole medical system

(Ayurvedic, Chinese and Naturopathic medicine, Homeopathy, Acupuncture).

The Ministry of AYUSH was formed on the **9th of November 2014** with a vision of reviving the profound knowledge of our ancient systems of medicine and ensuring the optimal development and propagation of the AYUSH systems of healthcare.

AYURVEDA

The term Ayurveda (Sanskrit:) is composed of āyus, "life" or "longevity", and veda "knowledge", translated as "knowledge of longevity" or "knowledge of life and longevity."

Ayurveda, a natural system of medicine, originated in India more than 3,000 years ago.

Ayurveda is the system of medicine that evolved in India and has survived as a distinct entity from remote antiquity to the present day.

Charaka was one of the principal contributors to Ayurveda, a system of medicine and lifestyle developed in Ancient India. He is known as an editor of the medical treatise entitled "Charaka Samhita," one of the foundational texts of classical Indian medicine and Ayurveda.

According to Ayurveda the body of man and all the objects in the universe are composed of some base elements namely earth, water, energy, air and space. It defines life as an expression of cosmic consciousness.

Ayurveda has imparted a lot as far as dental health is concerned. Ayurveda is an evolved system of medicine in India and it is a rich reservoir for Dental Science.^[10]

Gutta percha is a material used to fill a tooth after root canal procedure. It is obtained from Malaysian tree called percha tree used as a permanent filling in root canal.



In recent years due to widespread and indiscriminate use of antimicrobial and antifungal drugs, many organisms have acquired resistance with apparent side effects. Hence off late resurgence towards alternative medications is on the rise.

The following paper throws light on the various natural alternatives available for the treatment of certain oral mucosal lesions.

ALTERNATIVE THERAPIES COMMONLY USED IN AYURVEDA.

Agent	Properties	Use in Oral cavity
<p>Clove</p> 	<p>analgesic, antibacterial, antiviral, anti-inflammatory, antioxidant property</p>	<p>relieve toothache, in periodontitis clove oil is used to provide relief from mouth pain</p>

<p>Chamomile</p> 	<p>anti-inflammatory, analgesic, antimicrobial and sedative properties.</p>	<p>Ulcers, and periodontal diseases</p>
<p>Tulsi</p>	<p>Anti-inflammatory Antifungal, Anti -cariogenic.</p>	<p>candidiasis</p>
<p>Propolis</p> 	<p>antifungal, antiviral (including anti-HIV-1 activity), antioxidant, anticarcinogenic, antimutagenic, antithrombotic</p>	<p>relief from denture ulceration, stomatitis, halitosis, lichen planus, candidal infections, angular cheilitis, xerostomia, traumatic ulcers</p>
<p>Liquoriceroot</p> 	<p>Anti-cavity, reduces plaque, anti-bacterial</p>	<p>Recurrent aphthous ulcers, candidiasis</p>
<p>Triphala</p> 	<p>antioxidant, antimicrobial</p>	<p>bleeding and ulcerated gums.^[12]</p>
<p>Aloe Vera</p> 	<p>antioxidant, immune modulating, antiseptic, anti-inflammatory</p>	<p>aphthous ulcers, lichen planus, benign pemphigus, migratory glossitis, geographic tongue and burning mouth syndrome, denture sore mouth, candidiasis, desquamative gingivitis, vesiculobullous conditions.</p>
<p>Turmeric</p>	<p>Anti-mutagenic, anti-carcinogenic, antioxidant, antibacterial.</p>	<p>oral lichen planus, gingivitis, halitosis.^[15]</p>

		
<p style="text-align: center;">Allicin</p>  <p style="text-align: center;">Allicin</p> <p><small>Chemistry Steps https://www.chemistrysteps.com</small></p>	<p>Anti-microbial and immune modulatory.^[16,17]</p>	<p>Recurrent aphthous ulcers.^[18]</p>
<p style="text-align: center;">Spirulina</p>  <p style="text-align: center;">Spirulina</p>	<p>antioxidant and anti-inflammatory.^[19]</p>	<p>OSMF, leukoplakia.^[20,21]</p>
<p style="text-align: center;">Black pepper</p> 	<p>Antioxidant, Antibacterial, Mineral Containing:</p>	<p>oral abscesses, tooth decay and tooth aches, dryness of mouth.</p>
<p style="text-align: center;">Fenugreek</p> 	<p>astrigent, diuretic, expectorant, restorative, and tonic</p>	<p>An infusion of fenugreek leaves is used as a gargle for recurrent mouth ulcers</p>

<p style="text-align: center;">Jasmine</p> 	<p>promote repair or accelerate the healing rate.</p>	<p>Ulcer of oral cavity</p>
<p style="text-align: center;">Tomato</p>  <p style="text-align: center;">LYCOPENE</p>	<p>Lycopene an antioxidant, lycopene eliminates free radicals</p>	<p>Management of OSMF</p>

HOMOEOPATHY

Homeopathy is an complementary and alternative therapy that has been used for over 200 years.

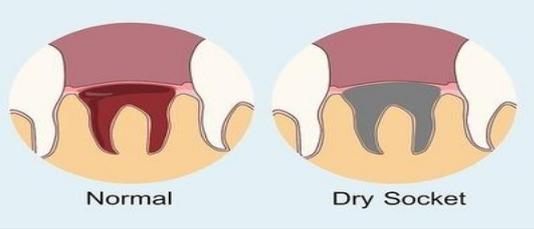
It was discovered by the German Physician Samuel Hahnemann (1755-1843).

Homeopathy is a system of evidence based medicine that works on the principle that ‘like cures like’. This means that the medicines used are derived from substances that if taken by a healthy person can cause symptoms similar

to the illness, but when taken by the patient they trigger the body’s natural healing process.

Homeopathy is recognised by the World Health Organization (WHO) as the second largest system of medicine in the world today. It is known for its low price, effectiveness and safety results. It is a promising field of dental medicine which has emerged to be useful in management of diseases and disorders affecting orofacial structures.

HOMOEOPATHY FOR CERTAIN DENTAL PROBLEMS

Condition	Homeopathic medicine
<p style="text-align: center;">Dry Socket</p> 	<p style="text-align: center;">Belladonna 30 C</p> 
<p style="text-align: center;">Diseases Related to Temporomandibular joint</p> 	<p style="text-align: center;">Arum triphyllum: Use for pain on swallowing</p> 
<p style="text-align: center;">Apprehension /anxiety</p> 	<p style="text-align: center;">Gelsium: For dental fears.[24]</p> 

<p>Aphthous ulcers</p> 	<p>Barox 30 C</p> 
<p>Halitosis</p>  <p>shutterstock.com - 1438912391</p>	<p>Calendula mouth tincture (mixed in water): Use as a mouthwash</p> 

UNANI

Unani system of medicine originated in ancient Greece, with the teachings of Buqrat (Hippocrates, 460-377 BC); and was introduced in India by the Mughal emperors. Unani System of Medicine is holistic in nature and takes into account the whole personality rather than taking a reductionistic approach towards disease. It is a comprehensive medical system, which meticulously

deals with the various states of health and disease. It provides promotive, preventive, curative and rehabilitative healthcare. The fundamentals, diagnosis and treatment modalities of the system are based on scientific principles and holistic concepts of health and healing. Temperament (Mizaj) of a patient is given great importance in diagnosis and treatment of diseases.

Medications according to their pharmacological actions and uses in oral diseases.

Agent	Pharmacological action	Use in Oral cavity
<p>Aqar Qarha</p> 	<p>analgesic, Sialogogue and anti-inflammatory.^[29-31]</p>	<p>instability of teeth, pyorrhea stammering in speech and flaccidity of tongue.^[32]</p>
<p>Aqaqia (Babool)</p> 	<p>Wound healer, Astringent.^[31]</p>	<p>Mouth ulcer, sore throat, bleeding gums.^[31]</p>
<p>Gile-Arman</p> 	<p>Anti -haemorrhagic, antiseptic</p>	<p>drooling of saliva in sleep, stomatitis and septic ulcer of mouth.^[29,31]</p>
<p>Gul-e-Surkh(rose)</p> 	<p>astringent and deobstruent</p>	<p>stomatitis, gingivitis and toothache.^[35]</p>

<p style="text-align: center;">Miswak</p> 	Antifungal, anti-inflammatory	Candidiasis, gingivostomatitis. ^[34]
<p style="text-align: center;">Shibb e yamani (phitkiri)</p> 	anti inflammatory, anti- septic	Stomatitis, bleeding gums

ADVANTAGES

Alternative medicines are aesthetic, relatively non-toxic economical, biocompatible approach of treatment. The proponents of alternative dentistry believe in treating the root cause of the problem rather than just treating the symptoms. Holistic dentistry is a clean dentistry, i.e., it rejects the use of any materials or treatments which could be questionable or toxic. It is a holistic solution as it considers every aspect of the human body, not just the oral cavity. There is non-existence of side effects with the use of these medications.

DISADVANTAGES

Although several alternative products have been tested, yet conclusive results are still lacking. People these days are switching their lifestyle to a more organic and herbal approach so; As there is an increase in demand of organic and herbal medications, however supply change is unable to cope up with demand as compared to the market of conventional medicines.

CONCLUSION

It has been proven since ages that alternative medicines can be used for preventive and other treatment modalities.

It is time that dentist can apply these alternative medicines as these medications have ability to cure.

Complementary and alternative medicines have evidence-based studies that can be clinically applied.

Due to lack of awareness pertaining to the available holistic approach, still certain mucosal lesions are treated with conventional or Western medicines which have proven side effects.

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