Title: Herbs and Dental care: a safer approach to healthy smile

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Oral hygiene is a highly significant aspect of human health. The most vital global oral health issues are dental caries and periodontal diseases. These diseases specify the commencement of discrepancy in homeostasis between oral bacterial flora and host. Antimicrobial agents have been extensively employed to combat various dental problems. But these agents have unpleasant side effects and modify the oral micro flora. The use of herbals as a substitute has gained considerable attention due to side effects of medicaments and development of multidrug resistant strains. Herbal drugs with appropriate concentration of chemically active components do not inflame and disrupt natural flora. These active compounds include flavonoids, carotenoids, coumarins, iridoid glycosides, mineral salts, phenolic acids, phytoesters, resins, triterpens, tannins, vitamins and essential oils. The most prevalent are flavonoids and essential oils. Both these have significant antimicrobial effects. Various plant extracts can prevent bacterial growth, and they also have antiviral and antimycosal properties. Many mouth rinses and toothpastes based on plant extracts have been developed with the advancement in alternative medicine research. Some of the plants useful in promoting dental care are: *Anacardium occidentale, Calendula officinalis, Chamaemelum nobile*, *Magnifera indica*, *Mentha piperita*, *Salvadora persica, Salvia officinalis*, *Syzygium aromaticum, Thyme vulgaris*. In the age of exhaustive explorations so as to find new compounds, natural substances of herbal origin are of great significance. Plants are a valuable source of natural compounds which can be used equally in prophylaxis and treatment of oral cavity and teeth diseases.

Biography

Jaskiran Kaur has completed his Bachelor in Dental Sciences from Adesh University of Dental Sciences and Research, Bathinda, India and right now is doing her internship from the same institute. Ravinder Kaur is a PhD Scholar (Research fellow in UGC BSR Fellowship Scheme 2013-14) from Department of Pharmaceutical Sciences and Drug Research, Punjabi University, Patiala. She is doing her research on evaluation of various plant species in the management of Alzheimer's disease. She has published two papers in reputed journals.

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