



Homoeopathic Perspectives in Dental Care: A Comprehensive Review of Therapeutic Approaches

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ABSTRACT

Background: Dental and oral health play an integral part in overall health and well-being. Poor oral hygiene contributes to dental caries, gingivitis, and periodontitis, and has been linked with systemic diseases such as diabetes, cancer, and cardiovascular disorders. **Objective:** This review aims to discuss the various dental problems, their causes, and symptoms, and to highlight the role of homoeopathic therapeutics in dental management. **Method:** A narrative review of classical homoeopathic texts, contemporary journals, and recent research studies was conducted to identify relevant remedies for common dental conditions, including toothache, abscess, gingivitis, periodontitis, neuralgia, and post-extraction complications. **Results:** Homoeopathic medicines such as Chamomilla, Belladonna, Hepar sulphuris, Hypericum perforatum, Silicea, and Mercurius solubilis have shown beneficial effects in relieving pain, controlling infections, and promoting tissue healing. **Conclusion:** Homoeopathy offers a complementary, safe, and individualised therapeutic approach in dental and oral healthcare. Integrating homoeopathy with conventional dentistry can improve outcomes, reduce complications, and enhance patient comfort.

Keywords: Dental problems, oral health, homoeopathic therapeutics, abscess, gingivitis, toothache, periodontitis, neuralgia.

INTRODUCTION

Oral health is an essential component of general well-being and quality of life. It enables nutrition, communication, and self-esteem, while poor oral hygiene contributes to pain, infection, and systemic diseases ⁽¹⁾. According to the World Health Organisation (WHO), oral diseases affect nearly 3.5 billion people globally, making them a major public health concern ⁽²⁾. The most common dental conditions include dental caries, gingivitis, periodontitis, and abscess formation, which result from poor hygiene, high sugar intake, bacterial infections, and hormonal factors ⁽³⁾. Modern dentistry focuses on preventive care, restoration, and surgical management. However, these treatments are often invasive and may have side effects. Homoeopathy, a system founded by Dr Samuel Hahnemann, follows the “Law of Similars” and aims at holistic and individualized care ⁽⁴⁾. It not only addresses local pathology but also the constitutional predisposition of the patient. This paper explores homoeopathic therapeutics for dental conditions and their integration with conventional oral healthcare.

REVIEW OF LITERATURE

Homoeopathic remedies have been employed in dentistry since the 19th century. They are known to act on inflammatory, suppurative, and neuralgic processes, thus promoting natural healing without chemical intervention. Belladonna is indicated in acute inflammatory dental conditions with throbbing pain, congestion, and heat ⁽⁵⁾. Chamomilla is useful in teething pain and irritability associated with wisdom tooth eruption ⁽⁶⁾. Hepar sulphuris calcareum accelerates suppuration and facilitates drainage in abscesses ⁽⁷⁾, whereas Silicea aids in chronic cases and enhances tissue regeneration ⁽⁸⁾. Hypericum perforatum is effective in managing nerve pain following tooth extraction or injury ⁽⁹⁾. Recent studies have demonstrated the clinical benefits of homoeopathic medicines in reducing postoperative pain, swelling, and infection ^(10,11). Homoeopathy has been increasingly recognised as a complementary modality for pain management and mucosal healing in dental practice ⁽¹²⁾.

MATERIALS AND METHODS

This review is based on secondary data collected from authentic homoeopathic literature and online databases. Sources included: - Classical homoeopathic materia medica and repertories (Boericke, Phatak, Clarke).- Peer-reviewed journals such as the Indian Journal of Research in Homoeopathy, Complementary Therapies in Clinical Practice, and Homoeopathy Journal. - Search databases: PubMed, Google Scholar, and HomBRex (Homoeopathic Basic Research Database). Search Terms: “Homoeopathy and dentistry,” “oral health,” “dental abscess,” “homoeopathic therapeutics,” “periodontitis,” and “toothache.” The selection criteria included articles, case studies, and reviews that described the homoeopathic management of dental diseases and clinical correlations.

DISCUSSION

Homoeopathic remedies help reduce inflammation, pain, and swelling by stimulating the body’s vital force ⁽¹³⁾. Remedies like Calendula have antiseptic properties and facilitate granulation, while Hepar sulphuris and Silicea aid in the natural expulsion of pus. Hypericum and Ruta are known for their nerve and bone healing capabilities, respectively ⁽¹⁴⁾. Homoeopathy also addresses associated symptoms such as anxiety before dental procedures, delayed healing, and neuralgia, making it a comprehensive approach in oral healthcare. Integration with conventional dentistry ensures optimal outcomes, especially in chronic and post-operative cases ⁽¹⁵⁾.

Common Dental Problems and Homoeopathic Therapeutics

Condition	Principal Remedies	Characteristic Indications
Wisdom tooth pain	Chamomilla, Belladonna, Hypericum	Pain with restlessness, swelling, irritability, and radiating neuralgia.
Dental abscess (periapical/parodontal)	Belladonna, Hepar sulphur, Silicea, Mercurius solubilis, Pyrogenium	Throbbing pain, redness, pus formation, and feverish conditions.
Post-extraction management	Arnica montana, Hypericum, Ruta graveolens, Symphytum officinale, Calendula officinalis	Promotes healing of soft tissues, relieves soreness, and prevents infection.
Ulceration and aphthae	Natrum muriaticum, Nitric acidum	Painful aphthous ulcers, burning sensations, fissures, and sensitivity.
Toothache	Coffea cruda, Plantago major, Staphysagria, Belladonna	Pain aggravated by cold or touch; neuralgic or traumatic in origin.
Neuralgia of the jaw	Aconitum napellus, Gelsemium, Spigelia, Lachesis, Magnesium phosphoricum	Sharp, shooting, or tearing pains radiating to the face and temples.
Gingivitis and Periodontitis	Arsenicum album, Mercurius solubilis, Staphysagria, Silicea, Hepar sulphur	Bleeding, offensive breath, loose teeth, and pus pockets.

CONCLUSION

Homoeopathy plays a vital role in the holistic management of dental diseases. Remedies such as Chamomilla, Belladonna, Hepar sulphur, Hypericum, and Silicea are effective for various dental complaints, including abscess, pain, and gingival inflammation. The individualised prescription based on the totality of symptoms enhances patient comfort and recovery. Homoeopathy, when used as an adjunct to conventional dental procedures, can minimise complications, accelerate healing, and offer a cost-effective and safe treatment alternative. Further clinical trials are warranted to validate these findings through scientific parameters and evidence-based studies.

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