Title: Effect of 'Triphala' Mouth rinsing on dental caries and oral hygiene.

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Abstract: Dental caries and gingivitis are the most prevalent diseases of mankind and these diseases are multifactorial in origin. Prevention, including the use of chemical therapies, is more cost effective as the patient shifts from a high-risk to a low-risk level. Recall appointments can subsequently be extended and more conservative prevention treatments are warranted. Over an extended treatment period, the cost for the preservative dentistry option is comparable to and perhaps less than the cost of placing and replacing dental restorations.

Mouth rinsing for the prevention of dental caries in children and adolescents was established as a mass prophylactic method in the 1960s and has shown an average efficacy of caries reduction between 20 and 50%. Mouth rinsing solutions have been combined with antiplaque agents like chlorhexidine and other agents, which can improve the caries preventive effect in high caries risk patients. 'Triphala' has been described as a classic Ayurveda remedy, probably the best known among all Ayurvedic compounds. There is little literature available on its beneficial effects on oral cavity and on oral hygiene.

Triphala, Mouth rinse

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