

Efficacy of ocimum sanctum in potentized form in managing gingivitis randomised single blind placebo control trial

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Abstract

Gingivitis is an inflammation of the gums, usually caused by a bacterial infection. It is generally regarded as a site-specific inflammatory condition and characterized by gingival redness and edema and absence of periodontal attachment loss¹. Study was done in the year 2011 in India shows gingivitis increases with age. The prevalence was 57%, 67.7%, 89.6%, and 79.9% in the age group 12, 15, 35-44 and 65-74 years, respectively². Study done in Udaipur district on schoolgoing students in the year 2007 shows 85.53% incidence of gingivitis in 11-14year age group, while 84.37% was the overall prevalence³. The Prevalence of periodontal disease is

more than 85% in the general population as per the study done in a few states of West Bengal, Uttar Pradesh, and Assam in the year 2016. Gingival inflammation and plaque formation are a major health problem in worldwide⁴. The Study done in Shri Ganganagar District by Reddy showed reduction in gingival and plaque index by use of Plantago⁵.

Keywords: Gingivitis, placebo, gingival index & Plaque Index.

Aim

Efficacy of the Ocimum sanctum in potentized form in reducing plaque and gingival scores.

Object

1. To assess the efficacy of Ocimum sanctum in potentized form by reduction in parameter of plaque & gingival score indices.
2. To assess the effect of Ocimum sanctum on plaque and gingival score (indices).
3. To assess predominant miasm in case of gingivitis with the aid of Hahnemann Chronic Disease.

Study design

This is a single blind, randomised placebo control trial.

Materials & methods

The present study was conducted at OPD /IPD of M. N. Homoeopathic Medical College & R.I. Bikaner, Rajasthan. A total of 100 cases of gingivitis were randomly allocated to the two- treatment group, Ocimum sanctum Group- A(n=50) and placebo group B (n=50), Potency selection, Dosage & repetition of Group A were done according to patient susceptibility and homoeopathic principles and guidelines in 5th and 6th edition of Organon of Medicine. The Outcome assessment was done on the basis of before and after plaque & gingival index.

Results

Over a period of 3 months, there was a significant reduction in all the clinical parameters which includes GI and PI in group-A with paired t-test (P = 0.001). i.e., and by Potentized Ocimum sanctum showed significant effect compared to the placebo group. Comparison of both groups by independent t test showed that group A i.e., Ocimum Sanctum have significant decrease in gingival and plaque indices than group-B i.e., placebo group.

Among the 50 cases of Gingivitis enrolled in Group A in which ocimum sanctum was given showed marked improvement in 05 (10%) cases, moderate improvement

in 43 (86%) cases, mild improvement in 02 (4%) cases, whereas among 50 cases of Gingivitis enrolled in Group B belonging to placebo showed non- significant in 31(36%) cases, status Quo in 19(38%) cases, by assessing Gingival index & Plaque index⁶.

Conclusion

From the study “Efficacy of Ocimum Sanctum in Potentized Form in Managing Gingivitis. Randomized Single Blind Placebo Control Trial” it is evident that potentised Ocimum Sanctum is effective in managing the cases of Gingivitis than placebo. Significant reduction was seen plaque and gingival index in cases of gingivitis where Ocimum Sanctum was administered.

From this study it can be concluded that Psora is the predominant miasm lying in the background of the patients suffering from Gingivitis showing marked improvement with potentised Ocimum Sanctum. The result of this prospective, interventional study shows the effectiveness of potentised Ocimum Sanctum in cases of gingivitis.

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