



## ROLE OF HOMOEOPATHY IN TOOTHACHE

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**Abstract:** Poor oral health can damage the tissues in the oral cavity, leading to long term problems. Tooth pain is hard to ignore. It will affect day to day life routine because of pain. Tooth pain and pain control is important to the dental profession. Successful dental treatment requires the source of pain to be detected. If the origin of pain is not found and/or inappropriate dental care may lead to extraction of tooth.

**Keywords:** Toothache, Homoeopathy, Toothache causes, Prognosis, Prevention of Toothache, Homoeopathic remedy.

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### I. Introduction

#### History, society and culture

The first known mention of tooth decay and toothache occurs on a Sumerian clay tablet now referred to as the "Legend of the worm". It was written in cuneiform, recovered from the Euphrates valley, and dates from around 5000 BC. The belief that tooth decay and dental pain is caused by tooth worms is found in ancient India, Egypt, Japan, and China literature, and persists until the age of Enlightenment. Although toothache is an ancient problem, it is thought that ancient people less affected because they don't use sugars. Also diets were frequently coarse. The Erbs Papyrus (1500 BC) details a recipe to treat "gnawing of the blood in the tooth".

Toothache is also known as odontalgia. Toothache occurs from inflammation of the central portion of tooth called pulp. The pulp contains nerve endings that are very sensitive to pain. Pulpitis, dental cavities, Infection, impacted food and periodontal disease are the causes of toothache.

Homoeopathic approach to the cases of toothache will provide effective measures to relieve pain. There are many homoeopathic medicines available and useful for toothache which works wonderfully.

#### **Pathophysiology-**

A tooth is made up of an outer shell of calcified hard tissues (from hardest to softest: enamel, dentin, and cementum), and an inner soft tissue core (the pulp system), it contains nerves and blood vessels. The visible parts of the teeth in the mouth is called as crowns (covered by enamel) – are anchored into the bone by the roots (covered by cementum). Below the cementum and enamel layers, dentin forms the bulk of the tooth and surrounds the pulpal system. Portion of the pulp in the crown and root is called as coronal pulp and radicular pulp respectively. Roots of teeth have one or more holes at the root end (apical foramen/foramina). The gingiva overlaps the alveolar processes, the tooth-bearing arches of the jaws.

Involvement of enamel by dental caries or any other irritant tends to be painless in initial stages. As it approaches dentinal tissue tooth will become symptomatic. Dentin is composed of numerous microtubules called as dentinal tubules which contain dentinal fluid, nerve fibers and cytoplasmic extensions of odontoblasts, dentin forming cells which resides in the pulp.

Dental pain is caused by stimulation of nerves present within dentinal tubules and pulp tissue. Nerves are stimulated by either exogenous sources (for instance, bacterial toxins, metabolic by-products, chemicals, or trauma) or endogenous factors (such as inflammatory mediators). Also tooth pain arises from exposed dentin following bacterial, chemical, or mechanical erosion of enamel and/or recession of gingival.

#### **Definition-**

Pain in or around a tooth & an unpleasant sensory & emotional experience associated with mild discomfort, actual or potential tissue damage.

**Toothache Causes:** It is classified in to

- a) Dental causes
- b) Non – dental causes
- c) Atypical facial pain (atypical odontalgia)

#### **A) Common Dental causes-**

**1) Dental caries-**The most common cause for the toothache is dental caries.

**Occlusal caries-**Which are present on the chewing surface of the tooth, where food particles come in direct contact with the teeth.

**Interproximal caries-**If the care of teeth & surrounding areas are not taken then the bacteria will begin to digest the sugars left over from food in mouth & convert this food into acids as a by-product. These acids are strong enough to demineralise the enamel on teeth & they form tiny holes & initialize dental caries.

**2) Pulpitis-**Inflammation of the dental pulp from untreated caries, trauma.

**3) Impacted wisdom teeth-**If wisdom tooth becomes stuck below the surface of gums & grows at an odd angle called as impacted wisdom tooth. It is very painful condition.

#### **4) Fractured teeth-**

It may cause due to trauma to tooth, fracture of brittle tooth in old people or long standing large dental filling.

#### **5) Dental abscess-**

A dental abscess is a formation of pus in the teeth or gums caused by an infection. There are periapical & periodontal abscess formation frequently seen.

**6) Gum disease –** Gums are the tissues that surround the teeth & hold the teeth in the place. Gum disease are started when bacterial plaque forms on the teeth close to gums. It may occur due to improper brushing leading to conversion of soft bacterial plaque into hard deposit, tartar / calculus, which act as shelter for the bacteria.

### **B) Non dental Causes:**

These are less common. These are; a) Myofascial pain (muscle pain) b) Angina pectoris (classical, refer to pains in lower jaw) c) Acute and chronic sinusitis d) Trigeminal neuralgia e) Temporomandibular disorder (TMJ pain dysfunction syndrome)

**C) Atypical odontalgia** (toothache with no identifiable dental or medical cause) – Having unusual symptoms like pain which migrates from one tooth to another. Note: No specific treatment for non-dental pain (each treatment is directed at the cause of pain rather than toothache itself)

### **Sign & Symptoms of Toothache-**

- A dull ache that doesn't go away.
- Sharp, stabbing tooth pain.
- Throbbing tooth pain.
- Tooth sensitivity.
- Swelling in gums.
- Headaches.
- Fever.
- Chills.

### **Prevention of Toothache –**

- Brushing daily 2 times with fluoridated toothpaste.
- Avoid intake of sticky food containing refined sugar
- Take healthy food and gargle after consuming food
- Regular visit to Dentists for dental check-ups.

### **Diagnosis of toothache-**

- There are several potential causes of dental pain which is extremely variable.
- Orofacial pains are considered as dental origin otherwise.
- Diagnosis of any lesion should carry out in the following sequence of, history taking then clinical examination & finally investigation.
- Information collected & makes a clinical picture and a differential diagnosis of the cause of pain.
- During history taking, indicators of pulpal, periodontal, a combination of both or non – dental cases can be observed.
- X-ray-periapical & orthopantomogram views are taken.
- C.T. or M.R.I If needed.

### **Prognosis of Toothache-**

Prognosis is good for toothache in early intervention. In this modern era of modern dental care problem are identified & treated effectively. The outcome is best if treated as early as possible.

### **Management-**

Different modes are used like -

- Restorative (fillings)
- Prosthetic (crowns, bridges and dentures)
- Endodontic (root canal) therapy,
- Periodontal (gum) therapy
- Extraction of teeth
- It also includes usage of antibiotics, sedatives, and any other drugs used in patient management.

## II. Home remedies for toothache-

1. **Cold compress**-If toothache is associated with swelling then hold an ice pack outside at affected region.
2. **Clove oil**-Dip cotton ball in clove oil & gently rub on tooth & gums.
3. **Rinse with salt water** -Teaspoon of salt & take cup of warm water swish the solution in mouth & then spit it out.

## III. Homoeopathic management-

- Homoeopathy is pure & safe for toothache cases. No any side effects, no fear of doctors, no injections. Cure should be rapid & gentle way. Homeopathy is an alternative medicine based on the theory of treating 'like with like'.
- Homeopathy claims that to stimulate healing responses to diseases by administering Homoeopathic medicine that produces the symptoms of those diseases in healthy people.
- The effectiveness of homeopathic medicine is proved on healthy human beings called as drug proving. Dental pain from micro fractures, abscesses, cavities, and neuralgia can find significant relief from the indicated homoeopathic remedy.
- Homoeopathic medicines are prescribed in low, medium or high potency based on the signs & symptoms. Potency is also based on stage & pathology of Dental problem i.e. whether it is acute or chronic.
- Here following list of homeopathic medications for tooth pain and eliminate dental complications:

## IV. Homoeopathic remedies for Toothache-

1. **HeparSulph and Silicea**: Root abscess responds positively, to both HeparSulph and Silicea. For fever is associated with occasional chills due to severe tooth pain, HeparSulph is used in significantly decrease the level of swelling and pain. If face swelling and gum inflammation, Silicea is used to numb the effects of root abscess.
2. **Plantago**: Plantago is most commonly used homoeopathic medicine for toothaches and also treating sensitivity. The pain radiating to the ears from the teeth plantago gives relief. It is to be taken internally or applied externally depending on the severity of the toothache and its accompanying conditions.
3. **Staphysagria**: Sensitivity is best-taken care of by homoeopathic medicine Staphysagria and it resolves the problem when any drink or food is consumed. Bleeding gums and excess salivation is cured by Staphysagria.
4. **Arnica**: Tooth extraction and filling may often lead to pain in the gums and the affected area. For this, homoeopathic medicine Arnica is prescribed and must be taken along with Hypericum.
5. **Merc Sol**: Problems of halitosis and excessive salivation with toothaches can be solved by Merc Sol. Bleeding gums, looseness of teeth, and sensitivity treated with Merc sol.
6. **Hecla Lava**: For jaw swelling with toothache, Hecla Lava is wonderfully acts.
7. **Chamomilla**: Chamomilla is the best homoeopathic medicine for easing heat sensitivity that is likely to worsen the existing toothache. It's great for severe pain accompanied by irritability and sensitivity.

## V. Summary & conclusion-

Toothache is a very common condition by which a large number of people worldwide get affected. The sufferer of this condition ranges from all the age groups & both the sexes. It is very important to treat this condition which can be done by selection of proper Homoeopathic remedy.

Homoeopathic remedies can provide effective measures in relief of Toothache. Constitutional Homoeopathic prescribing not only improves dental complaints but also improves the Psychological aspect.

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