

Preparation and Evaluation of Herbal Mouthwash

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Abstract: Dental health is just as vital as general wellness. People may have more oral health issues these days, such as gingivitis, periodontal disease, sore throats, plaque, and more. Numerous formulations are available to support the maintenance of optimal oral health. It is advised to use mouthwash to reduce bacteria, pain, bad breath, and plaque. Because herbal mouthwash has fewer adverse effects, is non-irritating, less poisonous, and doesn't contain alcohol, it is recommended over chemical mouthwash. Due to their antiviral and antibacterial properties against germs that affect humans, medicinal plants play a significant role in both curing and preventing disease. Compared to synthetic mouthwash, herbal mouthwash has fewer or no negative effects because it is made from extracts of crude drugs. Several plant extracts are used to make herbal mouthwashes. The following herbs—which are helpful in dentistry—are mentioned in this article: clove, peppermint, miswak, tulsi, wintergreen, guava, pomegranate, and cinnamon. Mouthwashes made with natural ingredients that people may easily make and use safely at home could improve dental health in general. Using natural mouthwash to maintain dental health is the main objective of this review

Keywords: mouthwash, herbs, antibiotics, anti-inflammatory, dental plaque, gingivitis

Goals and Objectives: Evaluate and develop herbal medicines.

Objective :1. Ethnopharmacological studies of phytopreparations of selected plants.

2. Strengthen and promote the use of Oriental medicine concepts.

3 . The product includes a good hair spray that ensures safety and effectiveness. Removes odors better than antibacterial agents.

4. Establish a routine for using mouthwash.

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