

A Review On Formulation and Evaluation of Herbal Tooth Powder

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Abstract: Oral hygiene is one of the most important aspects of maintaining general health and wellbeing. Healthy teeth and gums not only allow proper mastication and digestion of food but also contribute to aesthetics and self-confidence. Over the years, the rising incidence of dental caries, periodontal diseases, and tooth discoloration has generated a strong demand for effective and safe oral care products. Conventional synthetic tooth-cleaning formulations, such as chemical-based whitening pastes and gels, are widely available. However, many of these products rely on abrasive or peroxide-based agents that may lead to side effects, including tooth sensitivity, enamel erosion, and irritation of the oral mucosa. This situation has prompted an increasing preference for herbal and natural oral care alternatives, which are considered safer, eco-friendly, and rich in bioactive compounds with multiple therapeutic benefits.

Among the many medicinal plants employed in oral care, guava (*Psidium guajava*) leaves stand out due to their antimicrobial, antioxidant, anti-inflammatory, and astringent properties. Traditionally, guava leaves have been used in folk medicine for treating wounds, gastrointestinal disorders, infections, and skin diseases. In recent decades, modern pharmacological research has validated many of these traditional claims and highlighted the remarkable potential of guava leaf extracts in oral hygiene applications. Building on this knowledge, the present study focuses on the preparation and evaluation of a guava leaf-based gel intended for stain removal and oral health improvement.

Keywords: Herbal tooth powder, Guava leaves, oral health, dental cleanliness

