

Review on Herbal Mouthwash

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Abstract: Mouthwash is an aqueous solution that is most commonly used for plaque control. It is a medicated liquid that is held in the mouth and swished by the action of perioral musculature to eliminate oral pathogens. Herbal medicine takes a preventive approach. The main advantage of these natural herbs is that no side effects have been reported to date. Aside from that, all herbal mouth rinses are free of alcohol and/or sugar. The issue with these ingredients is that the microorganisms that cause bad breath and halitosis feed on them and produce by-products that cause halitosis. Thus, by using herbal mouth rinse, we can avoid these ingredients, which is a step forward..

Keywords: Mouthwash

I. INTRODUCTION

Mouthwash is an aqueous solution that is most commonly used for plaque control. It is a medicated liquid that is held in the mouth and swished by the action of perioral musculature to eliminate oral pathogens. Herbal medicine takes a preventive approach. The main advantage of these natural herbs is that no side effects have been reported to date. Aside from that, all herbal mouth rinses are free of alcohol and/or sugar. The issue with these ingredients is that the microorganisms that cause bad breath and halitosis feed on them and produce by-products that cause halitosis. Thus, by using herbal mouth rinse, we can avoid these ingredients, which is a step forward.

These extracts have anti-inflammatory properties as well as the ability to prevent bleeding, which is essential in dental treatment. Plant-derived antiseptics, antibacterial, antimicrobial, antifungal, antioxidant, antiviral, and analgesic agents are gaining popularity in dentistry. Though herbal products have assisted in the control of dental plaque and gingivitis, they have only been used for a short period of time and as an adjunct to other oral hygiene measures such as brushing and flossing. Plaque-induced gingivitis is a very common periodontal disease that is seen in the dental office on a daily basis. It occurs as a result of the accumulation of microbial biofilms on the surfaces of teeth, with poor or inadequate oral hygiene being the primary risk factor. A variety of methods are used in the treatment strategy to prevent and control plaque accumulation. Using only mechanical methods to regulate plaque formation, on the other hand, may not be effective in all subjects. In such cases, antimicrobial mouthwashes combined with mechanical oral hygiene methods are strongly advised. Many popular herbal products have been used as an adjunct to other oral hygiene measures such as brushing and flossing to help control dental plaque and gingivitis.

Mouth rinsing after mechanical cleansing became popular among the upper classes during the Greek and Roman periods, and Hippocrates recommended a mixture of salt, alum, and vinegar.

The Jewish Talmud, which dates back about 1,800 years, suggests a cure for gum disease that includes "dough water" and olive oil. Because of the antiseptic properties of these liquids, the ancient Chinese gargled salt water, tea, and wine as a form of mouthwash after meals.

Before Europeans arrived in the Americas, Native North American and Mesoamerican cultures used mouthwashes, which were frequently made from plants like *folia*. Aztec dentistry was, in fact, more advanced than European dentistry at the time. People in the Americas used salt water mouthwashes to treat sore throats and other mouthwashes to treat issues like teething.

That was the case until a professor at the Royal Dental College in Aarhus, Denmark, demonstrated in the late 1960s that a chlorhexidine compound could prevent the build-up of dental plaque. Chlorhexidine is effective because it adheres strongly to surfaces in the mouth and thus remains present in effective concentrations for many hours.

Since then, commercial interest in mouthwashes has grown, and several newer products claim to be effective in reducing dental plaque build-up and the severity of gingivitis, in addition to fighting bad breath. Many of these solutions are aimed at controlling the volatile.

Anaerobic bacteria that produce sulphur compounds (VSC) and live in the mouth, excreting substances that cause bad breath and an unpleasant mouth taste.

1.1 Definition

Mouthwash, mouth rinse, oral rinse, or mouth bath is a liquid that is passively held in the mouth or swilled around the mouth by contraction of the perioral muscles and movement of the head, and it may be gargled, in which the head is tilted back and the liquid bubbles at the back of the mouth.

1.2 What Is Herbal Mouthwash?

Herbal mouthwashes can be used in conjunction with other oral hygiene practises such as tooth brushing and flossing. They have been shown to have anti-inflammatory and anti-plaque properties and can thus be used in supportive periodontal therapy. It is free of alcohol, artificial preservatives, flavours, and colours. Hence Herbal mouthwashes can be used in place of chemical mouthwashes to maintain oral hygiene, owing to the additional benefits provided by herbal preparations.

1.3 Types of Mouthwashes

- **Fluoride Mouthwash:** Fluoride in mouthwashes contains sodium fluoride, which aids in the prevention of cavities and tooth decay. Because fluoride can be found in toothpaste and tap water, it is important to exercise caution when using this type of mouthwash because excessive fluoride intake is harmful to your overall health.
- **Antiseptic Mouthwash:** This is the most popular type of mouthwash. This mouthwash typically contains alcohol and is primarily used by people who have a mouth infection to prevent bacterial growth. This is also beneficial for people who suffer from halitosis, or bad breath. This is used in conjunction with proper tooth brushing and flossing to help prevent bacteria that cause mouth infections and stinky breath. Avoid using antiseptic mouthwash excessively because it can cause tooth discoloration.
- **Cosmetic Mouthwash:** A mouthwash that doesn't really do anything to your overall oral care but is just a means to fresh your breath or to mask bad breath.
- **Herbal Mouthwash:** Natural mouthwash performs the same functions as other types of mouthwash, but the ingredients are all natural. It is also a popular alcohol-free mouthwash alternative. When compared to other types of mouthwash, their ingredients are safer to use. To maximise the benefits of mouthwash, visit your dentist and have your teeth and mouth examined. You can then inquire about the best mouthwash for your dental needs.

1.4 Uses of Mouthwash

"The use of mouthwashes necessitates a correct diagnosis of the oral condition as well as a thorough understanding of the product. The selection should consider factors such as the patient's oral condition, disease risk, and the efficacy and safety of the mouthwash, as well as the patient's ability to perform good oral hygiene practises, the condition of their teeth, gingiva, and oral mucosa, their risk of oral disease, and the proven efficacy and potential adverse effects of the mouthwash. Mouthwashes should only be used for brief periods of time and should never be used as the only method of oral hygiene. It can be applied in the following situations:

1. Halitosis
2. Mucositis
3. Periodontal Conditions
4. The gum disease
5. Xerostomia
6. Cleaning septic sockets
7. Vincentian angina
8. Plaque control
9. To alleviate pain;
10. To efficiently deliver fluoride in order to prevent dental caries

11. Lower inflammation

1.5 Herbal Mouthwash

Product instructions may differ depending on the brand of mouthwash you use. Always follow the instructions on the package rather than what you read in an article. The following are the basic instructions for most types of mouthwash.

A. Brush your teeth first:

Begin by brushing and flossing your teeth thoroughly.

Wait a few minutes after brushing with fluoride toothpaste before using mouthwash. The concentrated fluoride in toothpaste can be washed away by mouthwash.

B. Ready, set, rinse

Swish the contents of the cup around in your mouth. Don't take it. Mouthwash isn't meant to be consumed, and it won't work if you do. Gargle for 30 seconds while rinsing. You might want to set a timer or mentally count to 30. Healthline employs coo

1.6 When to use Mouthwash

Mouthwash is a common component of some people's regular oral hygiene regimen. However, mouthwash can also be used as a last resort to eliminate foul breath. When to use mouthwash for foul breath truly doesn't have a clear and fast rule. However, unless you use it immediately following brushing and flossing, it won't help to improve tooth enamel or combat gum disease. Before using mouthwash, teeth should be freshly cleansed for best benefits.

Herbal Mouthwash

It's crucial to use mouthwash to avoid gum disease. There aren't many mouthwashes on the market that are truly herbal. Things like tea tree oil have been used to naturally combat harmful microorganisms. Many different Echinacea extracts, Gotu kola, mint essential oils, and cinnamon support healthy and fresh breath. Unlike the majority of commercially available medicinal and aesthetic mouthwashes.

Frequently, natural mouthwashes do not contain:

1. Alcohol
2. Sugar
3. Synthetic colours
4. Synthetic sweeteners (saccharine)
5. Stannous fluoride, a fluoride processing that discolours teeth
6. Methylpyridinium chloride, number six (CPC). which may also result in discolouration
7. Sodium lauryl sulphate (SLS), a substance that has been connected to a number of health issues, including menopausal symptoms and premenstrual syndrome. reduce breast cancer and male sterility.
8. Dangerous chemical dyes and preservatives dyes

Benefits of using Herbal Mouthwash

1. Prevents cavities: Fluoride-containing mouthwash can aid in preventing cavities. This is due to fluoride's ability to slow down tooth decay and demineralization. Fluoride rinse mouthwash typically includes 0.05 percent sodium fluoride, which is sufficient to offer tooth decay prevention.
2. Prevent gum disease: Mouthwash with antibacterial or antiplaque properties can aid in preventing the development of bacteria that cause periodontal illnesses like gingivitis. These antibacterial mouthwashes contain the active chemicals chlorhexidine, triclosan, and thymol.
3. Protect your pregnancy: This benefit is related to your mouthwash's antibacterial capabilities. When a pregnant woman has periodontal disorders like periodontitis, the germs from those conditions can enter her bloodstream and raise inflammatory markers. This might trigger contractions and cause preterm labour. According to a study published in the American Journal of Obstetrics and Gynaecology, pregnant women who used

- antibacterial mouthwash throughout their pregnancy had a lower risk of having a baby who was born prematurely.
4. Teeth whitening: Some mouthwashes might help you have a whiter, brighter smile. These rinses typically include bleaching ingredients like hydrogen peroxide, which over time erase stains and whiten teeth.
 5. Lessening sensitivity: Mouthwashes with arginine can help people with sensitive teeth. This component aids in sealing dentinal tubules in the delicate areas. Before taking any desensitising mouthwash, it is best to speak with your dentist.
 6. Soothe mouth ulcers: Mouthwash can detox the area if you have any canker sores or mouth ulcers. This lowers the number of microorganisms that could irritate the area. Canker sores can be relieved by rinsing your mouth with salt water.
 7. Make your teeth more sensitive: Mouthwash alcohol can dissolve the mucous layer, making your teeth more sensitive. Your teeth are now more exposed and sensitive as a result.
 8. Oral cancer has been connected to it: There is a heated argument over whether mouthwashes with alcohol might lead to the disease. Although many dental illnesses can be prevented by using these mouthwashes, it is best to see your dentist before using any mouthwashes that contain alcohol.
 9. Make your teeth more sensitive: Mouthwash alcohol can dissolve the mucous layer, making your teeth more sensitive. Your teeth are now more exposed and sensitive as a result.
 10. Irritates canker sores: Mouthwashes with excessive alcohol content may aggravate oral ulcers and canker sores.
 11. Covers up bad breath: If you don't maintain good oral hygiene, such as routine brushing and flossing, the mouthwash will only cover up the unpleasant odour.
 12. Decreases the advantages of toothpaste: Using mouthwash just after brushing your teeth may rinse off the fluoride and diminish the advantages of toothpaste. Additionally, the compounds in your toothpaste and mouthwash may interact and counteract each other's positive effects. Using an oral rinse at least 30 minutes after brushing your teeth is advised by dentists.

1.6 Effects of Mouthwash Production

Commercial antiseptic mouthwashes are the most widely used mouthwashes and are used at home as part of a dental hygiene practise. To treat a number of oral disorders, mouthwashes mix various substances. Because of the frequent variations and lack of a standardised composition, mouthwash use and recommendation raise patient safety issues. Some mouthwash producers claim that the bacterial plaque in their antiseptic and antiplaque mouthwashes is destroyed, preventing cavities, gingivitis, and foul breath. However, it is well acknowledged that using mouthwash does not replace the requirement for both brushing and flossing. Although they endorse numerous mouthwashes, the American Dental Association claims that consistent brushing and good flossing, together with routine dental exams, are sufficient in the majority of cases. The mechanical approaches, however, could be tiresome and time-consuming for many patients. In addition, certain local situations might make them more challenging. Mouthwashes and other chemotherapeutic agents may be essential home care supplements for avoiding and managing supragingival plaque, gingivitis, and bad breath.

Mouthwash side effects, such as taste, are frequently minor and temporary if the person is allergic or sensitive to mouthwash chemicals, such as preservatives, colours, flavours, and scents (for example, aphthous stomatitis or allergic contact stomatitis). By diluting the mouthwash with water, switching to a different mouthwash (such saltwater), or forgoing mouthwash entirely, these effects may be diminished or eliminated.

Prescription mouthwashes can be used before and after oral surgery procedures like tooth extractions or to relieve the pain of mucositis brought on by radiation therapy or chemotherapy. They are additionally recommended for mouth pain, various oral ulcers, and aphthous ulcers. Prescription mouthwashes known as "magic mouthwashes" are made in a pharmacy using a list of components recommended by a doctor. Despite the lack of proof that prescription mouthwashes reduce oral discomfort more effectively

on the other. Current guidelines suggest that saline solution is just as effective as magic mouthwash in pain relief and in shortening the healing time of oral mucositis from cancer therapies.

II. FORMULATION OF MOUTHWASH

Test for evaluation and parameter

1. **Colour and Aroma:** Visual examination was used to assess physical characteristics including colour and odour.
2. **pH:** A digital pH metre was used to measure the pH of the produced herbal mouthwash. A standard buffer solution was used to calibrate the pH metre. One millilitre of mouthwash was weighed, diluted in fifty millilitres of purified water, and its pH was measured.
3. Create a control and inoculate the designed mouthwash onto agar medium plates using the streak plate method to test for microbial growth. The plates were put in the incubator, where they would stay for 24 hours at 37°C. Plates were removed from the incubator after the incubation period and examined for microbial growth.
4. **Stability Studies:** The formulation and preparation of any pharmaceutical product is incomplete without proper stability studies of the prepared product. This is done in order to determine the physical and chemical stability of the prepare and thus determine the safety of the product. A general method for predicting the stability of any product is accelerated stability studies, where the product is subjected to elevated temperatures as per the ICH guidelines. A short term accelerated stability study was carried out for the period of 3 months for the prepared formulation. The samples were stored at under the following conditions of temperature as 3-50 C, 250 C RH=60%, 400 C \pm 2% RH= 75%. Finally, the samples kept under accelerated study were withdrawn on monthly intervals and were analysed.