

Holistic or Biologic Dentistry : Future Alternative or Not

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Abstract

Holistic dentistry is also called Progressive dentistry, biologic dentistry, or biocompatible dentistry. Holistic dentistry is a new alternative branch of traditional dentistry where it deals with the unrecognized impact of oral health on the overall health of the person. This new idea of dentistry strongly opposes some of the treatment modalities of traditional dentistry. Although the concept and practise has brought about a revolution but some of the complementary methods followed by holistic dentists under criticism.

Keywords : *Alternative dentistry, Green Dentistry, Propolis*

Introduction

The birth of Holistic Dentistry dates back to 1800 when National Dental Association recognized the harmful effects of amalgam restoration and its use was banned among the members of Association. Holistic Dentistry gained more of its importance between 1870-1948 when Weston A Price conducted research & came to conclusion that degenerative diseases like heart problem, kidney and bladder disorders, arthritis, rheumatism, mental illness, lung problem and many other bacterial infection arising from Root Canal Therapy and other endodontics treatment. This concept gained popularity as “ focal infection theory”. This theory was thereafter supported by another scientist name Melvin Page. According to him tooth decay occurs as a result of systematic chemical imbalances. So, gradual rise and increasing popularity in holistic dentistry made it possible to arise as an alternative dentistry or a new field of probiotic medicine.

What is Holistic Dentistry ?

This particular field defines itself as an approach to dentistry that promotes health and wellness instead of treatment of disease. This approach encompasses both modern science and knowledge drawn from world’s great ethnicities natural healing. It deals not only teeth but with mind, body, spirit of the patient and lays out with basic principles I.e prper nourishment for preclusion and reversal of deteriorating dental disease, avoidance and elimination of toxins from dental materials prevention and treatment of malocclusion and prevention and treatment of gum disease at its biologic basis.

PROCEDURE :-

Holistic is a form of soothing that considers the unexpurgated person- form, mind, spirit and emotions in the mission for optimal health and wellness. Often holistic dentist incorporate physiologic and electronic methods to locate areas of chronic disease that are difficult to locate by current standard methods. Although their method of treatment would vary for different patients their main key to prepare patients is thorough education and communication. Their treatment plan may not always involve drugs to relieve symptoms but also the introduction to lifestyle modification.

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Benefits of holistic Dentistry are said to be

due to their incorporation of acupuncture, physical therapy into the use of clinical dentistry. Moreover the addition of modern sciences of neural therapy, hematology, immunology and electroacupuncture may be incorporated into holistic dental practice.

Initial visit involve a thorough interview of the patient that is how they take the detailed case history not only medical but also the patients' daily habits and way of life style. Next radiographs of patients mouth are collected if required with the latest film which provide 50% less radiation than standard systems.

GREEN DENTISTRY ^{2,3}

The color green symbolized the healing power and is understood to be the most restful and relaxing color. Green can help to enhance vision, stability, and endurance. Renewal, growth, and hope are related to this color, and it indicates safety in the advertising of drugs and medical products. Green dentistry is an approach to dentistry where dental practices meets environmental conservation. Holistic Dentistry believe to follow the path of this eco-friendly dentistry which is a newly evolving practice of dentistry. It encompasses a simultaneous devotion to sustainability, prevention, precaution, and a minimally invasive patient-centric as well as global-centric treatment philosophy. So it is matching all the criterias put forward by Holistic dentistry.

INCORPORATION OF AYURVEDA, AROMATHERAPY, HOMEOPATHY IN HOLISTIC DENTISTRY-

1. AYURVEDA IN HOLISTIC DENTISTRY ^{(4,5):-}

One of the oldest system of medicine from India. It is believed that right herb in the right combination keeps the body system in harmony. Formulated herbal tooth paste often having main ingredient as Neem make this type of combinations unique and powerful oral care formula. The formulated ingredients are combined in such a way that it becomes helpful in cleaning of teeth, prevention from various dental problems such as dental pain, bleeding gums, mouth fibrosis due to poor eating habits or betel nut chewing, Other conditions like sensitive tooth, poor dental root. Formation of tartar, poor dental strength. Use of Neem Bark, Grape seed, Clove, Fennel and other plants for maximum support of

healthy gums and teeth are seen. Propolis is a natural substance based on resin pine and collected by bees has been reported to cure ulcerations ⁸. So further studies should be done in order to incorporate this in the daily routine treatment of oral ulcerations so the use of corticosteroids could be reduced.

2.AROMATHERAPY IN HOLISTIC DENTISTRY ⁷

This field makes use of pure oil essences from plants and flowers that act as hormone like stimulants to improve a patient's balance. So incorporation of these in the field of Holistic Dentistry brings both Aromatherapy and medicine science in a same platform.

3.HOMEOPATHY IN HOLISTIC DENTISTRY ⁹

There remains always a contraindication between homeopathy and allopathy. Since traditional dentistry, even now the dentistry which is followed worldwide uses allopathy in their treatment modalitis incorporation of Homeopathy is a new idea to this field. But Holistic dentistry made this possible. Homeopathy therapy is considered to be safe and natural alternative that is non-addictive and effective for both adults and children. They are considered to improve both psychological and emotional conditions of patients without drugging effect of conventional tranquilizers. So some of the remedies which has been included by holistic dentistry is : Aconite (foxglove); gelsemium (yellow jasmine); argentum nitricum (silver nitrate). Homeopathic remedies have been found effective by some clinical demonstrations in the treatment of dental caries, dental abscess, oral lesions, post extraction bleeding and even medications to treat the anxiety and nervousness.

4.HYPNOSIS IN HOLISTIC DENTISTRY ⁶

Hypnotic therapy used mainly for the patients under serious anxiety issues. It's main aim to relax the body and minds. No drugs are used in this and patients are full aware of their surroundings. Many holistic dentists consult specialist hypnotherapists to provide treatment that is highly effective and cannot cause any harm or side effects.

CRITICISM OF HOLISTIC DENTISTRY :-

Controversy and debate has to arise over the years

regarding the use of alternative health practices in holistic dentistry, as critics claim that many of these practices which are involving prevention, diagnosis, and treatment is outside the scope of dentists. Dentistry, like medicine, is grounded in thorough scientific research. A significant part of holistic dentistry is related to the unsubstantiated use of certain services and treatments, many of which have either been investigated and found ineffective or have not been researched enough to be declared safe and effective for practice. For example, herbal remedies are often recommended in the form of mouthwash and toothpaste to prevent or treat certain dental conditions. They are supposedly safer products because they are “natural.” However, there is a lack of scientific research which supports such treatments, and in fact, herbal remedies have been found to impact the safety of more invasive or prolonged dental procedures and can lead to additional complications if they interact with a patient’s current medications.

Conclusion

Holistic dentistry can be an alternative treatment option in the world of traditional dentistry depending upon its acceptancy in the modern dental society. It’s idea of amalgamation of allopathic stream of treatment an alternative health care might work together in benefit of patients. But the knowledge and understanding of

Holistic Dentistry is still ongoing and further researches needed to establish their ideas completely and incorporate this stream of treatment modalities in near future.

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