

Chapter 8

Conclusions



After reviewing the case reports and previously reported documented literature described in this book, it can be concluded that further research is needed to include the active herbal extracts or phytochemicals in already existing treatment regimens as supportive therapy or an entirely new regimen. Moreover, it is also crucial to assess the safety and efficacy of the plant extracts, purified phytochemicals, and essential oils in the ongoing clinical trials that can help to reduce the overall burden of oral diseases worldwide. More importantly, specific research projects must be designed and executed concerning the issues of adequate population size with suitable statistical power, quality control, and standardization of purified compounds or extracts.

The prevailing oral health problems like dental caries, periodontitis, microbial plaque, and gingivitis could be prevented and cured if suitable herbal remedies are used consistently over a period. The dental professionals should also emphasize on these products in their prescriptions and recommendations as these are natural, safe, and economic. The common complaints reported in many cases like loss of enamel and demineralization of enamel could be avoided using herbal interventional therapy.

Finally, the regular dental checkups and increase in the frequency of cleansing the teeth is quite important in maintaining oral health and avoiding systemic diseases in the end. People have the mindset of visiting the dentist only when the pain becomes quite unbearable and cannot be controlled by medicines; hence, regular checkups ensure that the dental health is maintained properly to avoid complications in future. We believe that the nipping infections in the bud could extend the healthy dental years and lessen the overall health care costs of any economy.