



**MAHATMA GANDHI MISSION'S DENTAL COLLEGE &
HOSPITAL**

Accredited by NAAC with "A++" Grade
Plot No. 1 & 2 Sector-01 (Old 18 & 19),
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**IMPLICATIONS OF HERBAL AND NATURAL REMEDIES ON ORAL HEALTH AT SHRI
NARAYAN BABA CHARITABLE TRUST, PANVEL**

Date: 31st July 2025

Venue: Shri Narayan Baba charitable trust, Panvel

Faculty: Dr Kashmira Kadam, Dr. Pankaj Londhe

Organizing committee: Department of Public Health Dentistry, MGMDCH , NSS Unit of MGMDCH, Shri Narayan Baba Charitable Trust Panvel

Number of students: 4

Across diverse cultures, herbal remedies have been used to alleviate oral discomfort and maintain dental hygiene. This review presents studies on herbal remedies with remarkable antimicrobial, anti-inflammatory, antioxidant, anticancer, anticaries, analgesic, and healing properties. The manuscripts demonstrate the depth of scientific inquiry into herbal remedies used for the management of various oral and dental health conditions. These include gingivitis, oral ulcers, mucositis, periodontitis, oral pathogens, carcinoma, xerostomia, and dental caries. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to patients at SNBCT, Panvel with the intention of creating awareness about effect of diabetes on oral health.

Aims and objectives:

1. To educate the people about oral health and the implications of herbal and natural remedies to maintain oral health.
2. To make awareness in the people about their oral health status and the treatment related to it.

Method:

Oral diseases remain a significant global health issue, with dental caries and periodontal diseases being among the most critical challenges in oral health. Additionally, conditions like oral and pharyngeal cancers, as well as

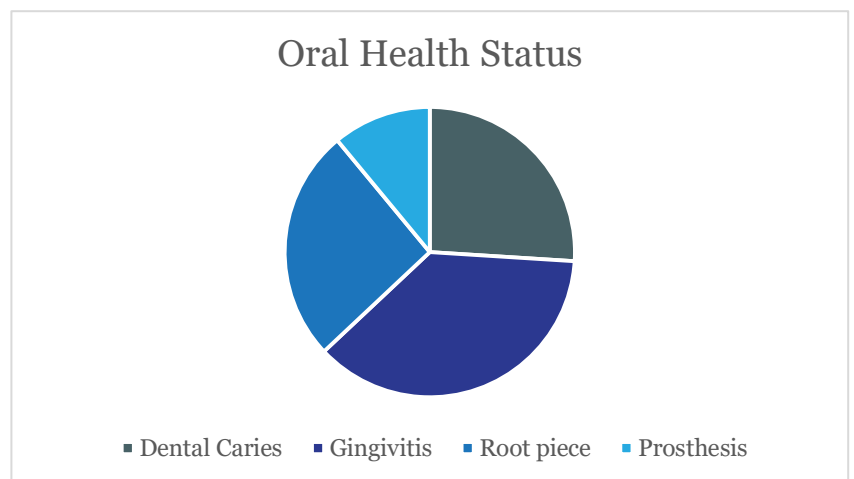
lesions of oral tissues, are also serious concerns. Oral health is essential for overall well-being and impacts quality of life in ways that go beyond the functions of the craniofacial structure. Although some conditions, like cleft palate, cannot be prevented, there are effective strategies to reduce the risk of oral cancer and more prevalent. A dental problems, such as gingivitis, pericoronitis (inflammation of the tissue around wisdom teeth), and severe periodontal disease, all of which can result in tooth loss.

Type III examination of the patients was conducted using mouth mirror and probe to assess their oral health status. Following the evaluation, they were provided with information on how to address any identified dental issues. To enhance their understanding about regular visit to a dentist for check-up, engaging videos were shown that illustrated the progression of untreated cavities and highlighted preventive measures. Additionally, a demonstration of proper brushing techniques was conducted using a model, ensuring that the patients understood effective oral hygiene practices. The initiative also included discussions about the importance of regular dental check-ups and the benefits of fluoride, further reinforcing the message of comprehensive oral health care.

Observation:

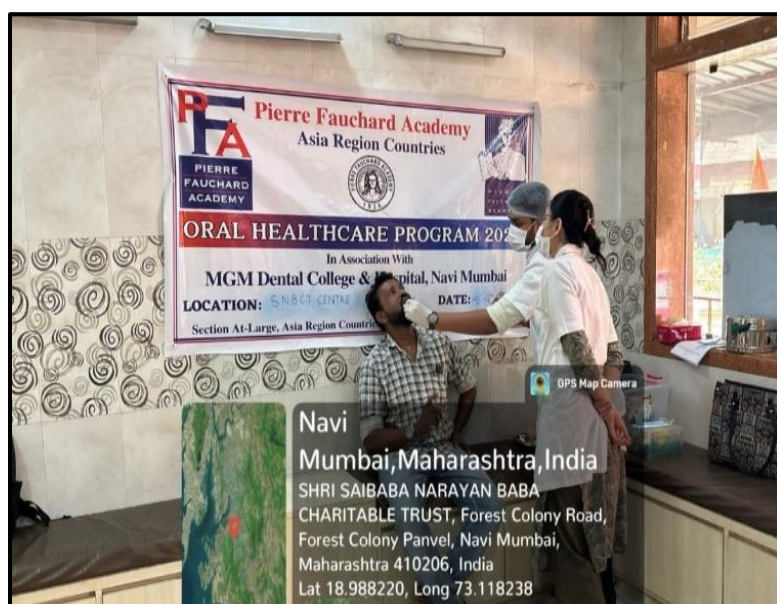
Total of 17 patients were examined and treatment done, and patients who required intense treatment were referred to MGM dental college Kamothe

Condition	Number of individuals	Percentage %
Dental caries	5	26
Gingivitis	6	37
Root piece	5	26
Prosthesis	1	11



Interpretation and Conclusion:

Most of the resident visiting the Centre were affected due to gingivitis (37%) followed by dental caries and root piece (26%). Taking proper care of the oral cavity will help in maintaining good oral hygiene. Taking good care of your mouth is important to your overall health and well-being. Good oral health habits can help prevent pain and infections from tooth and gum disease. If you have diabetes, taking care of your teeth is even more important. High blood sugar can weaken white blood cells. These are your body's main way to fight infections that can occur in the mouth. Keep that smile on your face, though! By managing your diabetes, you manage more than your blood sugar. You're helping to prevent gum disease and other infections in your mouth



Oral screening done at SNBCT by the dental team

List of attendees

Name of Staff	
1.	Dr. Kashmira Kadam
2.	Dr. Aishwarya Patil
Name of Interns & Students	
3.	Khadija Javed
4.	Ishika Shetty
5.	Suyash Adkane
6.	Ayesha Khawaja