



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

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**IMPLICATIONS OF HERBAL & NATURAL REMEDIES ON ORAL HEALTH AT
NSS CAMP WAKADI VILLAGE**

Venue: Wakadi Village

Date: 02nd March 2025

Faculty: Dr. Swati Singh, Dr. Aishwarya Patil

Organizing Agency: Department of Public Health Dentistry, MGMDCH; NSS unit of MGMDCH,

Number of Students attended: 2

Herbal and natural remedies have long been an integral part of traditional oral care practices, especially in rural India. Recognizing the growing interest in holistic health approaches, the NSS camp held at Wakadi village focused on raising awareness about the implications of herbal and natural remedies on oral health. Dental professionals and public health volunteers from MGM Dental College actively participated in this initiative, emphasizing the importance of integrating safe and effective natural alternatives with modern dental care.

The camp highlighted common natural remedies used in rural areas—such as neem twigs, clove oil, saltwater rinses, and turmeric—and discussed their benefits and limitations. While some of these remedies offer antimicrobial and anti-inflammatory properties, the team also cautioned against unsupervised or excessive use, which can sometimes cause harm or delay professional treatment.

Special attention was given to educating the elderly and children, who are more likely to rely on traditional methods. The sessions aimed to balance respect for local traditions with evidence-based oral health practices. Participants were encouraged to combine herbal remedies with routine dental care, including the use of fluoride toothpaste, regular brushing, and timely check-ups.

This NSS camp is part of MGM Dental College's ongoing commitment to community outreach. By bridging the gap between traditional knowledge and modern dentistry, such initiatives play a vital role in empowering rural populations to make informed choices about their oral health and promoting long-term well-being.

Aim and Objectives:

- To raise awareness about the role of herbal and natural remedies in maintaining oral health among the rural population of Wakadi village.
- To promote safe and effective use of traditional remedies alongside modern dental practices
- To educate vulnerable groups, especially children and the elderly, about oral hygiene practices using locally available natural resources.
- To bridge the gap between traditional oral care methods and evidence-based dental science.
- To conduct interactive sessions on commonly used herbal remedies such as neem, clove oil, turmeric, and saltwater rinses.
- To explain the scientific benefits and potential risks associated with traditional remedies.

Method:

A general **dental screening** of the villagers at **Wakadi village**, with special focus on **children and elderly individuals**, was conducted during the NSS camp by the team from **MGM Dental College**. The screening was performed using basic tools like a **torch and tongue depressor** to assess the **oral health status**, particularly during the cold season when oral issues tend to worsen.

During the assessment, **common complaints** identified included:

- **Tooth sensitivity**
- **Gum discomfort and inflammation**
- **Dry mouth**

Post-screening, an **awareness session** was organized to educate participants about how **cold weather affects oral health** and **preventive measures** to avoid such problems.

To make the session **engaging and informative**:

- **Short videos** were played illustrating how winter neglect can impact oral health and simple daily steps to prevent these issues.
- A **live demonstration** using a **dental model** was conducted to teach the **correct brushing technique**, emphasizing the importance of **brushing twice daily with fluoride toothpaste**.
- **Interactive discussions** were held, covering topics such as:

- The benefits of **warm saltwater rinses**
- Avoiding **extremely hot or cold foods**
- The importance of **regular dental visits**

To ensure lasting awareness and behavior change, **educational pamphlets in simple, local language** were distributed among the villagers. These pamphlets included pictorial guides and easy-to-follow steps for maintaining oral hygiene during winters.

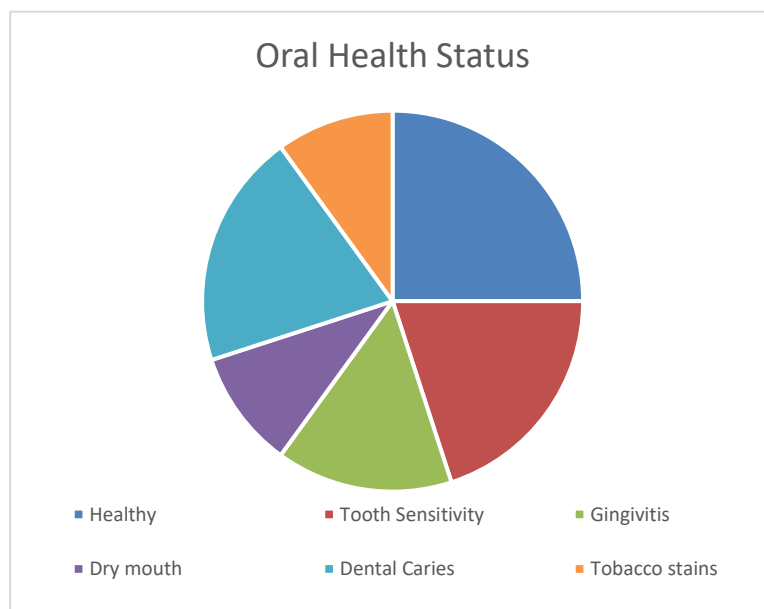
This initiative successfully blended **community interaction, traditional awareness, and preventive education**, reinforcing **MGM Dental College's commitment** to promoting oral health among underserved rural populations.

Observations:

During the camp at Wakadi village, a general dental screening was conducted among villagers, especially targeting children and elderly individuals. The screening revealed that a significant portion of the population suffered from seasonal oral health issues, primarily aggravated by the cold weather and lack of proper oral hygiene practices. Many individuals reported neglecting oral care during winters due to discomfort, lack of awareness, and traditional reliance on ineffective remedies. Below is a summary of the oral health status observed.

Oral Health Status

Condition	Number of individual	Percentage %
Healthy	25	25%
Tooth Sensitivity	20	20%
Gum inflammation	15	15%
Dry mouth	10	10%
Dental Caries	20	20%
Tobacco stains	10	10%



Interpretation and conclusion:

- The oral health screening and awareness activities conducted during the NSS camp at **Wakadi village** brought to light several important observations regarding the community's oral hygiene status and understanding of seasonal dental care.

Only **25%** of the individuals screened were found to have a healthy oral condition, indicating that a significant majority suffer from various dental problems. The most commonly observed issues included **tooth sensitivity (20%)**, **dental caries (20%)**, and **gum inflammation (15%)**. Additionally, **dry mouth (10%)** and **tobacco stains (10%)** were prevalent, especially among the elderly and middle-aged males, suggesting a combination of environmental, dietary, and lifestyle factors affecting oral health during the cold season.



INVESTIGATION BEING DONE BY TEAM MEMBER

Sr. No	List of Participants
Name of faculty	
1	Dr. Swati Singh
2	Dr. Aishwarya Patil
Name of Interns	
1.	Vikrant Vyavahare
2.	Dev Yadav