

Double-Blinded Randomized Control Trial Investigating the Efficacy of Probiotic Mouth Rinse in Enhancing Oral Health.

1. PURPOSE:

- Contemporary research on probiotics indicates that preserving a balance between beneficial and pathogenic bacteria is crucial for maintaining optimal oral health.
- Nevertheless, the existing body of knowledge regarding the specific probiotic mechanisms within the oral cavity remains limited.

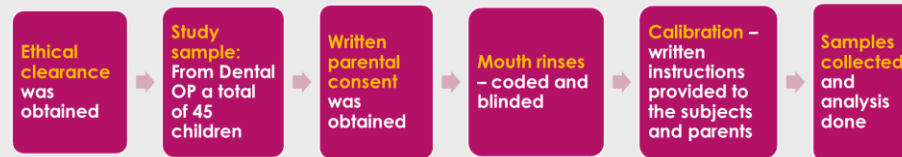
2. AIM & OBJECTIVES:

Evaluate clinically the efficacy of a probiotic and chlorhexidine mouth rinses on plaque and gingival accumulation in children.

5. CONCLUSION:

Probiotic mouth rinse demonstrates clear potential for therapeutic applications in sustaining optimal oral hygiene and promoting overall oral health.

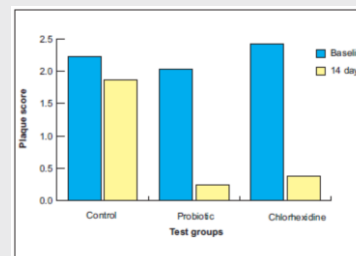
3. METHODOLOGY:



- The trial design is a double-blind parallel group, 14 days comparative study between probiotic and chlorhexidine mouth rinses.
- Groups: Code 1 – Mint water- Control Group, Code 2 – Probiotic Group, Code 3 – Chlorhexidine Group
- Plaque Index (PI) (Turesky et al., 1970) and Gingival Index (GI) (Loe and Silness, 1963) were taken from all the participants

4. RESULTS & DISCUSSION:

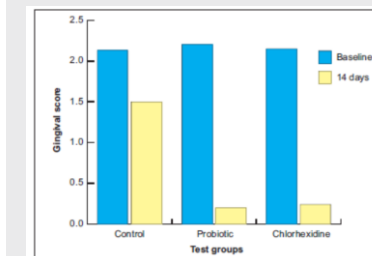
Figure 1: Comparison of mean PI scores between the test groups



Day 14, a significant increase in the mean PI scores of Control was noted. ($P < 0.001$).

4. RESULTS & DISCUSSION:

Figure 2: Comparison of mean GI scores between the test groups



Day 14, there was significant decrease in the mean GI scores of both test groups. ($P < 0.001$).

6. References:

- Seminario-Amez M, López-López J, Estrugo-Devesa A, Ayuso-Montero R, Jané-Salas E: Probiotics and oral health: a systematic review. Med Oral Patol Oral Cir Bucal. 2017; 22:e282-8.
- Jothika M, Vanajasson PP, Someshwar B: Effectiveness of probiotic, chlorhexidine and fluoride mouthwash against Streptococcus mutans - randomized, single-blind, in vivo study. J Int Soc Prev Community Dent. 2015; 5:544-8.
- Meurman JH, Stamatova I. Probiotics: Contribution to oral health.Oral Dis 2007;13:443-51.