NAME: Zahrani
Study Programme: Dentistry
Faculty: Dentistry
Title: Comparison of the Effectiveness of Rinsing With 0.2% Chlorhexidine Gluconate Solution and Gambier Stew (Uncaria gambir) to Decrease Plaque Score.

Dental caries and periodontal disease are major problem of oral health that is caused by accumulation of plaque bacteria on dental surfaces and subgingival. Oral health can be enhanced by removing or preventing the accumulation of dental plaque or can be called as plaque control. Plaque control can be applied by rinsing with chemicals such as 0.2% chlorhexidine gluconate solution or using natural substance such as gambier stew. The aim of this research is to know the average difference of plaque score by rinsing with 0.2% chlorhexidine gluconate solution and gambier stew. It is also to know which of those two mouthwash that more effective in reduction of plaque score. This research used an experimental method with pretest and posttest only control group design. Subjects of this research retrieved using total sampling technique and suitable with inclusion criteria. Subjects were divided into two groups, there are one group that was ordered to rinsing with 0.2% chlorhexidine gluconate solution and another group was ordered to rinsing with gambier stew. The results showed that there were a significant difference in averages of plaque score between subjects who gargled with 0.2% chlorhexidine gluconate solution and gambier stew (p