



Homeopathy and dentistry

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People are becoming more self-sufficient in treating their illnesses. The number of books and magazines on health-related subjects demonstrate that consumers are more self-informed about their health needs than ever before. Dental disease is the most prevalent of all diseases. The United States Public Health Service reports that 98% of all Americans have some form of dental disease, most of which can virtually be eliminated by consumers taking responsibility for their preventive care. In addition, 18% of all Americans have such poor oral health that they can't chew properly. Every year, in the U.S., there are 60 million extractions, 9 million root canals, over 200 million fillings placed, and nearly 1/8 of all Americans have no teeth at all!

The oral cavity is, by bacteria count, the dirtiest part of the body, and the health of the mouth is crucial to overall health. Research has demonstrated that the oral bacteria can travel throughout the body, via the bloodstream and mucosal absorption, contributing to systemic health problems, such as coronary heart disease, stroke, bacterial pneumonia, premature birth, and even obesity. Also, there are the issues of mercury / "silver" fillings, nickel crowns, bio-incompatible dental materials, electro galvanism / dissimilar metals, dead teeth (root canals), and residual jaw infections etc...all of which can be additive in their influence on the health of the body. In addition, the major organ acupuncture meridians flow through the region of the oral cavity, and the teeth can affect these major organs at a distance through their suppression of these associated meridian / energy pathways. These statistics clearly underscore the enormously important role which good dental care plays in the health of our entire population. As Charles Mayo, the founder of the Mayo Clinic said, "Preventive dentistry can extend human life for ten years".

Over the course of the past several years, the established methods of treatment – such as decay prevention through fluoride application and the usage of amalgam / mercury fillings have been increasingly challenged and criticized. In light of these facts, growing numbers of dentists have chosen to seek a means of providing effective treatment for their patients, while simultaneously maintaining a minimum of side effects. For a great variety of dental indications, homeopathic preparations are providing such a means.

There are many homeopathic products that have been found to be effective in treating various dental conditions. Below are listed some remedies to consider.

Abscess

Product	Clinical application	Suggested dosage
Arnica-Heel (drops)	Chronic and acute inflammation due to infection	10 drops 3x/day
Belladonna-Homaccord (drops, ampoules)	Early dental abscess accompanied by redness and throbbing, localized inflammation including swelling, redness, suppuration, and pain	10 drops 3x/day or 1 ampoule a day
Lymphomyosot/Lyphosot (tablets, drops, ampoules)	Relief of edema, glandular swelling, lymphatic stagnation	Injected into the vestibule adjacent to the lower right and left bicusps (lymphatic acupuncture meridian) or 15-20 drops 3x/day or 3 tablets 3x/day
Psorinoheel N/Sorinoheel (drops, ampoules)	Suppurations, especially those in the peritonsillar area and gum tissue	10 drops 3x/day
Hepar sulfuris-Injeel (ampoules)	Suppuration, lymphedema, hypersensitivity to cold and draughts	1 ampoule 1-3x/week or 1-3x/day (in acute conditions)
Traumeel (tablets, ampoules)	Post-operative edema, swelling of soft tissues and degenerative processes associated with inflammation...pulpitis, otitis, gingivitis, periodontitis and stomatitis	1/2 ampoule of Traumeel is injected into the vestibular area adjacent to the dental surgery site immediately after treatment. The other 1/2 is taken orally (sublingual) or 1 tablet 3x/day, beginning the day before the dental appointment and continuing for 3 days following treatment
Echinacea compositum (ampoules)	Stimulation of the body's intrinsic defenses in cases of abscesses with fistula and inflammatory processes such as gingivitis, stomatitis, and sinusitis	1 ampoule sublingually up to 3x/day
Mucosa compositum (ampoules)	Stimulation of the healing of mucous membranes	1 ampoule sublingually 3x/week

Bruxism

Product	Clinical application	Suggested dosage
Traumeel (tablets, ampoules)	Injuries of all kinds	1-2 tablets 3x/day, 10 drops 3x/day, or 1 ampoule per day
Belladonna-Homaccord (drops, ampoules)	Grinding and painful teeth	10 drops 3x/day or 1 ampoule per day
Nervoheel/Nereel (tablets) or Valerianaheel (drops)	Symptoms of stress including restlessness, insomnia, and nervous tension	1 tablet or 10 drops 3x/day

Gingivitis and periodontal (gum & bone) disease

Product	Clinical application	Suggested dosage
Traumeel (tablets, ampoules, drops)	Analgesic, anti-inflammatory for various tissues, affecting the pathologies of periodontitis, sup-puration of the gingival pockets, periodontosis, etc. Reduces the severity and duration of oral stomatitis	Inject 1 ampoule throughout quadrant treated along with 1-2 tablets 3x/day, or 10 drops 3x/day, the day before the surgery, continuing post-op. until symptoms subside
Lymphomyosot/Lyphosot (tablets, drops, ampoules)	To stimulate lymphatic drainage	15-30 drops 3x/day or 3 tablets 3x/day or 1 ampoule s.c.
Bone (BHI) (tablets)	Relief of pain in bone and assists the healing of injuries to bone	1 tablet 3x/day
Mercurius-Heel S (tablets)	Relief of minor infections with a tendency to suppurate including boils and fistulations	1 tablet 3x/day
Echinacea compositum (drops, ampoules)	Redness and swelling due to infection, cuts, abrasions and minor burns.	10 drops 3x/day or 1 ampoule 3x/week
Mucosa compositum (ampoules)	Stimulation of the healing of mucous membranes	1 ampoule injected s.c. adjacent to area of concern
Aloe Vera (gel)	Apply to swollen, sensitive gum tissue	Massage into gums at least 2x/day



Hemorrhage

Product	Clinical application	Suggested dosage
Arnica-Heel (drops)	If bleeding accompanied by bruised soreness	10 drops 3x/day
Phosphor-Homaccord (drops, ampoules)	Tendency to hemorrhage, excess bleeding and salivation. To help form good coagulation after surgery	10 drops 3x/day or 1 ampoule per day the day previous to dental treatment
Cinnamomum-Homaccord (drops, ampoules)	Relief of minor bleeding and injuries	10 drops 3x/day or 1 ampoule per day



Neuralgia / T.M.J.

Product	Clinical application	Suggested dosage
Traumeel (tablets)	Analgesic, anti-inflammatory, bruising, inflammation	1-2 tablets 3x/day a day before surgery, continuing post-op. until symptoms subside
Arnica-Heel (drops)	Chronic and acute inflammation	10 drops 3x/day
Zeel (ampoules, ointment, tablets) or Inflammation (BHI) (tablets)	Relief of arthritis, rheumatism, and minor injuries	Apply ointment in morning and evening to the affected area and 1 ampoule 1- 3x/day or 1 tablet 3-5x/day
Gelsemium-Homaccord (drops)	Recurrent, occipital headache, stiff neck and upper back neuralgia. Pain extending from the back neck over the head	10 drops 3x/day
Vertigoheel/Ventigoheel (tablets, drops, ampoules)	Vertigo and other imbalance disorders including nausea, motion sickness and dizziness	2-3 tablets 3x/day or 10 drops 3x/day or 1 ampoule per day
Cimicifuga-Homaccord (drops, ampoules)	Osteochondrosis, particularly in the cervical region of the vertebral column, invertebral neuralgia, areas of neural disturbance	10 drops 3x/day
Neuralgo-Rheum-Heel/Injeel (ampoules, tablets)	Relief of neuralgia, soft tissue rheumatism and arthritic complaints	1 tablet 3x/day or 1 ampoule per day
Nervoheel/Nereel (tablets)	Relief of symptoms related to stress including restlessness, insomnia, and nervous tension	1 tablet 3x/day
Headache II (BHI) (tablets)	Throbbing, severe headache pain, aggravated by noise, light, movement, or due to stress	1 tablet 3x/day
Spigelon (tablets, drops, ampoules)	Recurrent headaches, congestive headache and headache with lightheadedness	10 drops or 1 tablet 3x/day or 1-3 ampoules a day
Rheuma-Heel (tablets)	Symptoms of rheumatism including pain, inflammation and myalgia	1 tablet 3x/day
Spascupreel (tablets)	Relief of muscle cramps	1 tablet 3x/day
Rendimax (BHI) (tablets)	Symptoms of physical exertion, muscle soreness and cramping and burning from lactic acid buildup	5 tablets before, during, or after exertion. May be taken as often as every 15 minutes
Discus compositum (ampoules, tablets)	Disorders of the joints (chronic arthritis and arthrosis), TMJ disorders	1 tablet 3x/day or 1 ampoule 1x/day
Nux vomica-Homaccord (ampoules, drops)	Minor abdominal stress. The stomach meridian courses adjacent to the TMJ and can be an "interference field "to TMJ function	10 drops 3x/day or 1 ampoule 1-3x/day



Post-operative healing

Product	Clinical application	Suggested dosage
Traumeel (tablets, drops)	Bruising, inflammation, pain	1-2 tablets or 10-15 drops 3x/day before surgery, continuing post-op. until symptoms subside
Arnica-Heel (drops)	Reduce bruising and post-op. swelling	10 drops orally 3x/day previous to dental treatment
Lymphomyosot/Lyphosot (tablets, drops, ampoules)	To stimulate lymphatic drainage	Injected s.c. into the vestibule adjacent to the surgical area or 1 tablet/10 drops 3x/day
Osteoheel/Osteel (tablets)	Bone and joint pain, soft tissue rheumatism, and the treatment of exostoses	1 tablet 3x/day
Aloe Vera (gel)	Bactericidal, virucidal, anti-inflammatory, reduces sensitivity	Apply topically to irritated gum tissue



Toothache

Product	Clinical application	Suggested dosage
Traumeel (tablets)	Analgesic, anti-inflammatory, bruising	1 tablet 3x/day
Sinusitis-nosode-Injeel (ampoules)	Chronically recurrent inflammation of the paranasal sinuses which may be a chronic irritation to the adjacent teeth and an energetic focus to the associated meridian	1/2 an ampoule injected in the area of the corresponding meridian and teeth associated with that particular sinus
Calcoheel (tablets)	Relief of symptoms of calcium metabolism, including teething complaints, glandular swelling and conditions that are worse in wet weather, worse from heat and relieved by ice	1 tablet 3x/day
Euphorbium compositum (drops, ampoules)	Sinuses may be a chronic irritation to the adjacent teeth	10 drops 3x/day or 1 ampoule 3x/week
Spascupreel (tablets)	For relief of muscle trigger point referral patterns affecting teeth	1-2 tablets 3x/day



In addition to the above listed remedies, the major remedy used in my dental practice is Traumeel. This anti-inflammatory/analgesic can be used in the following ways for more successful results from the dental treatment:

1. Traumeel tablets: taken beginning the day before dental treatment (especially oral surgery), and continuing at least 24 hours after treatment. This product is therapeutic for post-operative nerve swelling (pulpitis) and resultant sensitivity after placement of dental restorations.
2. Traumeel ampoules: every tooth/surgery area benefits from an injection of Traumeel adjacent to the operative area after the dental appointment. Not only does Traumeel offer post-operative analgesia, it also stimulates the oral acupuncture meridians to flow... especially if the treated tooth had previously been an "energetic focus", suppressing the corresponding energy pathway/meridian.
3. Traumeel ampoules: spraying the solution over exposed dentin provides a sedative/anti-inflammatory effect prior to the bonding of restorations and is especially therapeutic with "pulp caps" (nerve exposures).
4. Traumeel ampoules: if the office utilizes I.V. vitamin C support for the patient during dental treatment, adding Traumeel and Lymphomyosot are additions to the I.V. menu which stimulate lymphatic drainage and make the I.V. more comfortable for the patient.
5. Traumeel ointment: for those practitioners who treat head, neck and facial pain, the use of the Traumeel ointment by the patient between appointments, applied topically to the affected area, greatly enhances the outcome of the treatment.
6. Traumeel solution: a randomized, controlled clinical trial of Traumeel was performed in relation to the treatment of chemotherapy-induced stomatitis in children undergoing stem cell transplantation. This study indicated that Traumeel may reduce significantly the severity and duration of stomatitis in children undergoing bone marrow transplantation. (*Cancer* 2001;92(3):684-690).
7. Traumeel ointment: for dentists who perform endodontic therapy (root canals), in a study previously published in "Biomedical Therapy" (1999;XVII(1)), endodontic therapy was performed in the following way...Irrigation of the debrided nerve canal was done with Traumeel ampoules (whose vehicle is sterile isotonic NaCl solution) prior to the filling of the canal and during biomechanical preparation. The sealant paste was a mixture of Traumeel and zinc oxide. It was concluded from the study that the use of Traumeel as described, proved to be uniquely therapeutic for periapical inflammation and post-operative discomfort.

Moreover, a toothpaste has been developed in the USA containing homeopathic ingredients and Aloe Vera gel (visit www.homeopathicdentistry.com).

The health of the mouth is crucial to our overall health, and as dentists understand the relationship that oral disease has to the entire body, they can be even more therapeutic in their service. Homeopathy is a therapeutic tool to assist dentists in providing a more comprehensive approach to healthcare.