

EFFECT OF AN ESSENTIAL OIL-CONTAINING DENTIFRICE ON ESTABLISHED PLAQUE AND GINGIVITIS

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Abstract. A six-months, double-blind, parallel, clinical study was conducted to evaluate the efficacy of an essential oil containing dentifrice on established plaque and gingivitis compared with a placebo dentifrice. A total of 104 subjects were stratified into two groups according to baseline Quigley-Hein Plaque Index scores and Loe-Silness Gingival Index scores. Each group was randomly assigned to use either an essential oil dentifrice or placebo dentifrice. The subjects were instructed to brush their teeth in the customary manner for 1 minute, twice daily, with the provided dentifrice using a soft-bristle toothbrush. After six months, the essential oil containing dentifrice gave a 25.4% reduction ($p<0.001$) in supragingival plaque accumulation and a 19.5% reduction ($p<0.001$) in gingivitis compared to the placebo dentifrice.

Keywords: essential oil, dentifrice, established plaque, gingivitis

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