

## An Epidemiological Survey on Dental Hypersensitivity Correlated with use of Different Tooth Pastes

Raksha Potdar, Amitha Ramesh, Pravithra J, Biju Thomas, Neevan DR Dsouza, Rahul Bhandary

Dr. Raksha Potdar, I MDS, Department of Periodontics, A.B. Shetty Memorial Institute of Dental Sciences, Nitte deemed to be University, Mangaluru-575018 Phone Number: 9741974280. E-mail address: [raksha.potdar@gmail.com](mailto:raksha.potdar@gmail.com)

### Abstract

**Introduction:** Toothpaste is a paste or gel dentifrice used with a toothbrush to clean and maintain the aesthetics and health of gingiva and teeth. It serves as an abrasive that aids in removing dental plaque and food from the teeth. In the last decade, many consumers have switched over to herbal toothpastes in order to avoid synthetic and artificial flavors commonly found in regular toothpastes. **Aim:** To check the correlation of dental hypersensitivity with herbal and non-herbal toothpastes. **Methods:** The study population of survey consisted of 83 patients 25-65 years visiting the outpatient, Department of Periodontics, A.B Shetty Memorial Institute of Dental Sciences. Self-administered questionnaire elicited information on systemic and oral health status, type of toothpaste used, duration of use, brushing habits and presence of dentinal hypersensitivity. **Results:** A total of n=83 patients were investigated, out of which 44.5% used herbal toothpaste while the rest used non-herbal toothpaste. The prevalence of dentinal hypersensitivity was n=22 (26.5%) among the participants and there was no significant correlation found between the herbal toothpaste and dentinal hypersensitivity ( $p= 0.272$ ). There is no significant difference in usage of herbal toothpaste and non-herbal toothpaste and their duration of use with dentinal sensitivity ( $p = 0.4380$ ). There is no significant difference between dentinal hypersensitivity and brushing techniques. ( $p = 0.546$ ). **Conclusion:** The prevalence of dentinal hypersensitivity was low. This shows that the use of herbal/non-herbal toothpaste does not have significant effect on dental hypersensitivity. It can be concluded that herbal toothpastes and dental hypersensitivity are not correlated.