

Catechins- Periodontal Health Booster

Amitha Ramesh, Shrimaa Kateel, Sajna HR, Madhurya N Kedlaya

Dr. Sajna. HR. 4th floor, ABSMIDS, Mangalore, Email: drsajna29@gmail.com Phone: 7204817435

Abstract

The aim of the present study was to evaluate the efficacy of green tea tablet on moderate gingivitis and to measure the tooth stain index following oral intake of the green tea tablet. So a study was conducted among the patients having moderate gingivitis. A total of 30 systemically healthy subjects between the age group 20-45 years having moderate gingivitis were included in the study. The clinical parameters such as Gingival Index (GI) and stain index were measured at baseline and after 30 days. After 30 days of intake of green tea tablets, a significant reduction in GI and a significant increase in stain index was noted. Hence it can be concluded that green tea tablets could be effective in the treatment of moderate gingivitis and it would be advisable to use green tea tablet adjunctive to oral prophylaxis to reduce staining of the teeth.