The Effect of Iranian Propolis on Dental Plaque on Dentistry Students of Qazvin, Dental School

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Introduction: Clinically, dental plaque is a white or grayish-yellow matter and a flexible concrete with known structure. It plays a crucial role in periodontal disease. Propolis is a natural bee product which has anti-bacterial properties and has been hypothesized as a good material for removal of bacterial plaque and inhibition of gingival inflammation. The aim of this study was to evaluate the effect of propolis on dental plaque and gingival inflammation.

Materials & Methods: This cross over clinical trial study was conducted on 20 dental students. After examination, all cases received the designated toothpastes either with or without propolis for two weeks. The plaque and gingival indices were examined at baseline and after two weeks of using both types of toothpastes. Independent t test and paired t test was used to analyze the data using SPSS package.

Results: The results indicated that after two weeks there was no significant difference in the PI, but the GI between the two groups was different.

Conclusions: Propolis had no significant effect on the accumulation of bacterial plaque, but in can be used as a good compound to reduce gingival inflammation.

Key words: Propolis, dental plaque, plaque index, gingival index.

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