

NUTRITIONAL ASPECTS OF FOUR COMMON SPICES USED IN DENTISTRY

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ABSTRACT

Spices are used for aroma, flavor, colour and preservation of foodstuff. Spices may be derived from many parts of the plant viz bark, buds, flowers, fruits, leaves, rhizomes, roots, seeds and the entire plant. Spices are frequently desiccated, dehydrated, processed or distilled to prepare extracts such as essential oils from the raw spice material. These processing techniques may hamper the nutritional aspect of these spices. Moreover, the pharmacological activity of these spices is also altered by these processing methods. Better nutritional prospect of any natural product helps in proper growth of gums in case of dentistry. The current review tries to focus on the nutritional aspects of four common spices used in dentistry.

Keywords: spices, dentistry, nutritional value, dental caries

INTRODUCTION¹⁻³

In the present scenario pharmaceutical industry is growing at a rapid rate. This growth is positive for the economist and manufactures, but also indicates the steep development of ailments. Physician from every stream/therapy tries their best to overcome these diseases. In allopathic therapy different doses forms are recommended to nullify the effect of the disease. In contrast ayurvedic and homeopathic therapy focuses on the use of their own formulations. However, if someone tries to conclude these therapies then he/she will observe the use of herbs to a great extent. These herbs not only provide the relief from the diseased conditions but also help to provide nutritional supplements. This in turn prevents the use of extra supplements and proves to be cost effective.

In dentistry, inflamed or bleeding gums, gingivitis, toothaches, teething, thrush and bad breath are some of the conditions that plague the mouth. In all these conditions the person feels uncomfortable and tries all possible measures and remedies to overcome the same.

Common Spices used in dentistry⁴⁻⁶

Table 1 enlists the herbal drugs commonly used in dentistry along with the brief detail of their origin, part used, biological source etc.





Table 1: Common Herbs Used In Dentistry

S. No.	Plant Name	Biological Source	Family	Part Used	Use in Dentistry
1.	Clove	<i>Eugenia Caryophyllus</i>	Myrtaceae	Bud	Antiseptic, Analgesic
2.	Turmeric	<i>Curcuma longa</i>	Zingiberaceae	Rhizomes	Anti-Inflammatory, Analgesic
3.	Neem	<i>Azadirachta indica</i>	Meliaceae	Whole plant	Anti-Inflammatory, Anti bacterial
4.	Liquorice	<i>Glycyrrhiza glabra</i>	Leguminosae	Root	Anti-Inflammatory
5.	Babool	<i>Vachellia nilotica</i>	Fabaceae	Bark	Astringent
6.	Vjardanti	<i>Barleria prionitis</i>	Acanthaceae	Bark	Anti-Inflammatory
7.	Peelu	<i>Salvadora persica</i>	Salvadoraceae	Bark	Abrasive, Antiseptics, Astringent
8.	Rosemary	<i>Rosmarinus officinalis</i>	Labiatae	Flower	Antiseptic
9.	Parsley	<i>Petroselinum crispum</i>	Apiaceae	Leaves, Flower	Natural breath sweetener

NUTRITIONAL VALUE OF SOME COMMON SPICES⁷

Nutritional values of the spices are of immense importance. It is been assumed that if the carbohydrates remains in the oral cavity for long duration without proper digestion then it may leads to the development of dental caries. Inadequate knowledge about these spices may leads to such ailment. The spices are being used in dentistry in many forms (bark, powder, oils etc.) and provide relief from many diseases. But the knowledge of the nutritional value helps in rationalizing the use of these spices in dentistry.

Table 2: Nutritional Value Of Some Common Spices (Per 100g)

PRINCIPLE	NUTRIENT VALUE			
	Clove	Turmeric	Rosemary	Parsley
				
Energy	274 Kcal	354 Kcal	331 Kcal	292 Kcal
Carbohydrates	65.5 g	64.9 g	64. 1 g	50.64 g
Protein	5.97 g	7.83 g	4.88 g	26.63 g
Fat	13.0 g	9.88 g	15.22 g	5.48 g
Cholesterol	0 mg	0 mg	0 mg	0 mg
Dietary Fiber	33.9 g	21 g	42.6 g	26.7 g
Sugar, total	2.38 g	3.21 g	-----	7.27 g

CONCLUSION

The healthier nutrition is always the center of attention for the people and physician. The good health indicates better nutrition, but in dentistry some nutritional aspects may prove to be unconstructive. Although carbohydrate is one such principle factor for providing energy yet its large quantity and improper oral digestion may leads to dental problems (caries). These spices contains carbohydrates and sugar but in limit not resulting in bad odour or caries. Rosemary oil is devoid of sugar and parsley contains good quantity of protein which is better for the gums development. The study of nutritional values of spices used in dentistry may indirectly proves to be helpful for the gums and the oral cavity.

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