

# Homeopathic Treatment of Gingivitis

Bill Wolfe, D.D.S.

The gum tissue surrounding the teeth is called the gingiva. Gingivitis refers to an inflammatory condition of the gingiva characterized by tender, swollen, and bleeding gum tissue. This condition occurs in 85% of the population.

The classic explanation of the cause of gingivitis is due to dental plaque - bacterial colonies which live in the mouth. This bacteria, if not removed daily by the patient, will accumulate on the teeth producing toxins and enzymes which inflame the gingiva, causing destruction of the supporting bone and decay in the teeth.

Other factors, both local and systemic, may also contribute to gingivitis:

- Traumatic occlusion (imbalanced bite)
- Bruxism (clenching and grinding)
- Electrogalvanism (dissimilar metals in mouth resulting in current flow)
- Mouth breathing (drying out the tissues)
- Mercury/silver fillings
- Hormonal imbalances (especially during puberty and pregnancy)
- Oral contraceptives
- Stress
- Tobacco, alcohol, and drugs
- Iatrogenic causes (poorly done dentistry)
- Systemic causes (Crohn's disease, leukemia, vascular/clotting disorders, etc.)
- Nutritional causes (diets high in simple carbohydrates and sugar along with vitamin deficiencies, especially the C, E, A, and B vitamins)

The conventional professional treatment of gingivitis involves the removal of plaque from around the teeth. The removal of plaque and tartar (mineralized plaque deposits) is usually performed by a dental hygienist who is specially trained to perform this procedure and counsel the patient on home care to reduce the amount of bacterial accumulation in the mouth.

In conjunction with the physical removal of dental plaque, there are

numerous homeopathic remedies which are effective for gingivitis. For the best results, constitutional prescribing would be applied along with pathological homeopathic prescribing. Listed below are various single remedies indicated for the energetic approach to the healing of gingivitis:

**Arnica:** for bleeding accompanied by bruised soreness and painful gum tissue

**Arsenicum album:** for unhealthy, bleeding gums

**China:** for bleeding gum tissue

**Ferrum phosphoricum:** for poor gum tone or gums which bleed after brushing

**Hypericum:** for tender gum tissue and to promote healing

**Kali chloricum:** for acute ulcerative tissue

**Kali phosphoricum:** for gums that bleed easily and for spongy, receding gums

**Natrum muriaticum:** for tissue integrity

**Hepar sulphuris:** for tissue with suppuration, chronic abscesses

**Mercurius solubilis:** for acute ulcerative tissue with a coated tongue and a metallic taste in the mouth

**Nux vomica:** for swollen, painful gums with the back of the tongue coated white and for patients who consume many stimulants such as coffee and tea

**Phosphorus:** for swollen gums which bleed easily with an overproduction of saliva

Certain combination homeopathic preparations are also effective in the treatment of gingivitis:

Inflammation (BHI)

Infection (BHI)

Infection (Dr. Wolfe's Homeopathic Products)

De-Tox (Dr. Wolfe's Homeopathic Products)

Lymphatic (BHI)

Circulation (BHI)

Traumeel (Heel)

Trauma (Dr. Wolfe's Homeopathic Products)

Another homeopathic application is a toothpaste which I formulated called Aloe-Dent. The uniqueness of this toothpaste lies in the fact that 48% of this product is composed of a stabilized aloe vera gel. The soothing, anti-inflammatory, and healing effects of the aloe gel plus the addition of homeopathics make this toothpaste truly therapeutic. The homeopathic ingredients in Aloe-Dent are:

**Arnica montana**

**Calcarea carbonica**

**Calcarea fluorica**

**Calcarea phosphorica**

**Hepar sulphuris**

**Hypericum**

**Mercurius solubilis**

**Phosphorus**

**Sulphur**

Proper treatment of gingivitis is essential to prevent a progression of gum disease to the roots of the teeth resulting in periodontitis, where the underlying supporting bone is affected. Homeopathic treatment of gingivitis, however, will only be effective as long as appropriate oral hygiene measures are followed by the patient.

As more dentists discover the effectiveness of using holistic treatment for their patients, homeopathic remedies will prove to make an increasingly important contribution to dental health as well as to the overall well-being of the patient.

Address of the author:

Bill Wolfe, D.D.S.

8501 Candelaria NE, A-2

Albuquerque, NM 87112

Note: For information regarding Dr. Wolfe's Homeopathic Products, call 1-800-698-ALOE or write to the above address.