



## Towards Nature in Dentistry

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**Received Date:** April 26, 2018; **Published Date:** April 29, 2018

### Abstract

The health hazards of some current conventional dental materials and the natural alternatives that could be utilized instead.

### Introduction

Modern dental conception targets not only the restoration of the tooth structure mechanically and functionally, but the consideration of the whole patient's body health as well, that's to say; it does not ignore the negative effect, that some dental materials encompass on the systemic condition of the patient, that is especially doubled when dealing with medically compromised, elderly, pediatric and pregnant patients. One the hazardous chemicals used in some dental products is fluoride, dental fluorosis; bone disorders and thyroid diseases were documented to be a result of fluoride excessive exposure. Another example is methyl methacrylate used as an ingredient in some restorative composite filler; this chemical was reported to cause eye, skin and mucous membrane irritation, central nervous system and cardiac effects. Exposure to various metals used for castings of bridge framework as beryllium, chromium, cobalt and nickel, as well as exposure to silica present in porcelain could be a causative factor for some lung diseases.

Additionally, various intracanal medicaments as sodium hypochlorite possesses varying degree of hazards as tissue toxicity, emphysema, allergic potential, while

chlorhexidine has the disadvantages of teeth discoloration, loss of tongue taste, burning sensation of the oral mucosa and subjective dryness of the oral cavity. All these health threats lead to the augmented demand for utilizing biocompatible materials in the prevention and treatment of dental diseases. The search for natural alternatives to the hazardous chemicals used in dentistry is somewhat old, there has been many researches dealing with natural alternatives as gum Arabic, aloe Vera, nimtree, propolis, salvadora persica (arak), tea tree oil, etc. Each of these natural alternatives seems to have interesting Antimicrobial and therapeutic properties that could be utilized in dental practice but none of them received the attention they deserve, although they are abundantly available in the environment, cheap and safe on the patient health without disturbing side effects.

### Conclusion

I hope that the next era in dental scientific research and dental materials' industry would be the era of utilizing dental biomaterials from natural ingredients that could replace the conventional ones in every dental practice, effectively and safely.