

## FOLK REMEDIES FOR DENTAL HYPERESTHESIA

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### **Abstract**

*At the moment of annotation, hyperesthesia throughout the world is the most common in terms of dental diseases. This is caused by various internal and external factors, complete non-compliance with hygiene, heredity, poorly developed prophylaxis and CC. In this way, while hyperesthesia appears to be a simple disorder, its complications are caused by cubes of nokulayas. Hyperesthesia damage to the teeth in the fetus causes premature tooth loss. This then leads to orthopedic and orodontic complications in the patient. One tooth with hyperesthesia tends to be sensitive to eating raw eggs and issic saliva. This leads to decreased appetite. Early treatment of hyperesthesia can prevent similar complications. Enamel demineralization is observed in hyperesthesia. Hyperesthesia of the teeth can be caused by diseases such as dental caries, nokaries, diseases of the paradont hard tissue. Along with the study of the causes of increased tooth sensitivity, improvements were made and new methods of diagnosing this pathology appeared.*

### **Keywords**

*hyperesthesia, thermal effects, erosion, enamel necrosis, remodont solution, fluorine varnish*

Increased sensitivity of the hard tissues of the tooth – called hyperesthesia. In hyperesthesia, pain from tempering, chemical and mechanical influences appears is. Pain can be caused by various causes:

-in tooth decay, puncture defect, erosion, enamel necrosis, periodont diseases, nervous system

- in diseases, endocrine disorders, when the exchange of substances changes.

By distribution, hyperesthesia is divided into:

local hyperesthesia - in the area of some teeth, diffuse hyperesthesia-in the area of many teeth.

By reason of origin:

-in a change in the structure of the tooth hard tissue, when the root part opens, mainly in periodont diseases and x.k.

3 levels of clinical course hyperesthesia

Grade I-intuition from thermal influencers in dental tissues;

Grade II-intuition from Thermos and chemists in dental tissues;

Level III-affects all structures on the hard tissues of the tooth.

Treatment. The treatment of hyperesthesia will consist in a complex way - local and general measures. In the main place is local treatment.

Remineralizing treatment for topical treatments is recommended to do the following remedy appliquéés:

-10% calcium gluconate solution;

-3% removal solution;

Electrophoresis with a calcium solution of -2.5% glicerophosphate;

- Fluoride-based fluoride-retaining varnishes with sodium fluoride base: fluoride, vernident;

- Ammonium fluoride-based fluoride varnishes: floraman;

- Sodium fluoride and calcium fluoride base varnishes: fluoridine, bifluoride - 12 (fluorine content in varnishes with this base is 1.5 times higher than in others, so the desired result is obtained after 1 treatment).

In combination with local treatment, General treatment is also carried out:

Calcium gluconate 0.5 x 3 times a day, for 1 month;

Prophylactic dose multivitamins;

"Clamine " or "Phytalon;

Nervous patients are prescribed sedatives (bromides, valeriana remedies);when a general disease is detected in the patient, an appropriate specialist consultation and treatment is prescribed.

As the causes of dental hyperesthesia, about half of the adult population seek medical help with complaints of increased tooth sensitivity. To a greater extent, these are people between the ages of 30 and 60. Women are more prone to dental hyperesthesia, children and the elderly hardly suffer. This is because there is little damage to dentin in youth, and lack of sensitivity due to atrophy in old age, so painful reactions are less pronounced [4]the decay and opening of the neck of the tooth is also one of the causes of hyperesthesia.Hyperesthesia of the teeth is also observed in pathologies in non-carious diseases. This is accompanied by physiological decay of the teeth or their pathological decay, erosion and defects in The Shape of the wedge, loss of enamel and exposure to dentin [5].

In the course of work in certain workplaces, working with acids and their action leads to demineralization of tooth enamel due to its increased permeability. This leads to the appearance of hyperesthesia of the teeth. Non-professional caries treatment and non-compliance with dental filling and cleaning techniques are often complicated by the appearance of dental hyperesthesia [6]

Traumatic injuries in the form of division, cracks and fractures of a part of the tooth crown lead to increased sensitivity due to a violation of the integrity of the tooth enamel. Teeth whitening, especially unprofessional, leads to the release of macro-and microelements from the enamel, which increases the permeability of the tooth enamel and leads to hypersensitivity of the tooth in response to minor stimuli. However, rapid whitening, changes in the structure of tooth enamel and the presence of untreated carious pathologies increase pain. That is, individuals with multiple carious teeth have a higher risk of dental hyperesthesia [8]. Parodont diseases of an inflammatory and dystrophic nature lead to a decrease in the gums and the effect of the cervical zone of the tooth, which increases the sensitivity of the teeth. Milk recession is caused by parodont disease and mechanical damage, upper and lower lips, short frenulums of the tongue, poorly worked dentures and crowns. The use of hard toothbrushes and aggressive brushing of teeth, improper use of dental floss, neglect of dental floss insulation during whitening damage the gums and subsequently lead to a decrease in its vitality with the appearance of dental hyperesthesia [9]. Dental hyperesthesia also occurs as a result of traumatic professional cleaning of teeth, when tooth enamel is damaged with tools or when they resort to excessive bleaching of the neck and tooth root. In addition to the painful reaction, which gives the property of local decay, hyperesthesia of the teeth can be associated with pathological conditions of the body. Currently, various methods and means are used to treat dental hyperesthesia: preparations containing hydroxyapatite in the form of calcium, magnesium, zinc, potassium, fluorides, pastes, gels, varnishes.

New types of drugs have appeared for the treatment of this pathology - desensitizers, which have a different chemical composition and, accordingly, a different mechanism of action.

Pour 2 cups (5 ml) of cold water into a powder made from 1 flat spoon (about 200 g) of oak tree bark, bring to a boil and stew covered for 5 minutes. It is left for another 15 minutes and then used. A decoction prepared in this way can be used several times a day to rinse the mouth and throat. And in this it was found that the sensitivity of enamel tissue in the teeth decreased to some extent.

Tea tree oil has been known for many centuries for its antiseptic, anti-inflammatory, anti-viruses, fungi, bacteria, analgesic, immune system restorative, invigorating, combating oncological diseases, improving the functioning of the nervous system and other multivariate beneficial properties. Tea tree oil is widely used in aromatherapy and aromavannas. Saturation and use of creams, shampoos and other cosmetics using tea tree oil mukmin. Tea tree oil is also used for household chores, with the help of which it is possible to purify the air in the room. Tea tree oil can also fight infections when antibiotics cannot go over their job or when they are not possible.

Useful properties of tea tree:

- Can fight bacteria and viruses, ensuring the rapid end of wounds;
- Leaves pain;
- Fights fungi;
- Refreshes and energizes;
- Prevents the development of oncological diseases;
- Improves the functioning of the nervous system. Prevents stress;
- The skin makes the epidermis floor healthier, stops the inflammatory process;
- Sharpens the mind;
- Helps with colds, flu;
- Strengthens hair, prevents the appearance of scabs;
- Maintains the health of the oral cavity and teeth;
- Helps in poisoning from food, improves digestion;
- Moisturizes and softens the skin;

Tea tree oil is used to treat tooth hyperesthesia. 1stakan is infused in water from 5-10 drops of oil, and rinsing after meals 3-4 times a day from the finished solution will effectively help reduce sensitivity and pain in the teeth during hyperesthesia.

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