

## It's all about greening the way

Himanshu Trivedi<sup>1\*</sup>, Afshan Bey<sup>2</sup>, N. D. Gupta<sup>3</sup>, Neha Bansal<sup>1</sup>

<sup>1</sup>Post Graduate student, Department of Periodontics & Community Dentistry, Dr Z. A. Dental College, A.M.U., Aligarh, 202001, UP, India

<sup>2</sup>Professor and chairperson, Periodontics & Community Dentistry Department of Periodontics & Community Dentistry, Dr. Z.A. Dental College, AMU, Aligarh, India

<sup>3</sup>Professor, MDS Department of Periodontics & Community Dentistry, Dr. Z. A. Dental College, A.M.U., Aligarh, India

### ABSTRACT

Need of an alternative treatment option in a more environmental friendly and cost effective way is required in present scenario of health care field. The aim of this article is to stress upon the importance of research focussing on natural agents that may revolutionize the health care scenario in future.

**Keywords:** Herbs, Alternative medicine, Green health, Ayurveda.

### INTRODUCTION

With the increasing trend of preventive approach in the health care field people are getting all the more concerned for a healthy living standard. A healthy living standard that involves a healthy body, glowing skin and a peaceful mind. Visiting a doctor in this tight packed schedule sometimes become a real pain mentally and economically. Moreover the sincere concern towards ones health lies in the realms of a very small percentage of population.

#### Economy and health

The economy of a nation depends on the quality of life of its citizens and vice versa. Health care sector has a huge impact on a country's economy directly and indirectly. Even in the developed countries need of a more natural and alternative treatment therapy is long been standing and being worked upon. Life style modification with home remedies for common problems may pave the path in that regard. Herbs that are present all around us are freely available and may be used as a therapeutic alternative in many day to day ailments.

*\*Correspondence*

#### Dr. Himanshu Trivedi

Post Graduate student, Department of Periodontics & Community Dentistry, Dr. Z. A. Dental College, A.M.U., Aligarh, 202001, UP, India

**E Mail:** [trivedi.heman@gmail.com](mailto:trivedi.heman@gmail.com)

The advantage of using natural herbs is their easy availability, low cost, lesser side effects and less adulteration. But it also has some serious limitations that include the identification of appropriate herb, its processing, dosage and possible side effects.

#### Green health

To be one step ahead of today one must strive to come up with ideas that have been learned from past mistakes, are relevant in present and are promising for future. Human body system in whole is nothing but a beautiful synch of various organs that keep the melody of life tuned. Diabetes, hypertension, stress and many other diseases have been found to have link with lifestyle. Lifestyle modification begins from home and need of developing this understanding is the bull's eye. Yoga, meditation, aerobics, acupressure are some of the alternative therapies that really have proven their worth in due course of time. These easy to learn activities may have a profound effect on one's body thus providing a mental and physical relief and hence improving general health overall. And this whole comes with a relatively lesser cost, side effects and means.

#### Herbs and health

Herbal products have been found to have links with various metabolic pathways that are paving the road for development of future medicines with lesser side effects and cost. Terminalia arjuna[1], Rauwolfia serpentine[2], Neem, Tulsi, Curcumin, Aloe vera,

eichenacia are some of the herbal drugs that have potential for turning the present scene completely upside down. Extraction of the correct plant byproduct, its supply and promotion on a wide scale and long term clinical trials for its efficacy and side effects is demand of today. Even in dentistry the use of clove oil for curing toothache, application of mustard oil on sore gums and gargles of warm saline water has long been known and have proven their worth. Curcumin, aloe vera and other drugs are also being recognised as healing herbs in dentistry. Apart from that periodontal diseases have a bidirectional relationship with various systemic disorders like diabetes[3] and stress[4]. Curing and managing such diseases in a greener way also promote a better dental health indirectly. Use of amniotic membranes[5] for periodontal procedures is also in progress with various herbal periodontal dressings being worked upon. As they say prevention is better than cure, the deficiency of various vitamins and minerals should also be taken care of by assessing the demand and intake of various nutritional elements. Dietary counselling and strategies to improve life style should be a vital part of any dental treatment.

#### Conclusion

Commercialization of health care field is raising serious concerns specially in developing and

underdeveloped countries where people don't even have access to primary health care. More researches and focus is needed to change the colour of health care from white to green. All we need is a patient centric approach with a patient attitude in right direction.

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