EFFECTIVE AND BETTER HEALING OF ALVEOLAR OSTEITIS USING TURMERIC

Alveolar osteitis (dry socket) is a disruption of the healing process at the extraction site after clot formation but before wound organization. It is characterized by moderate to severe pain at the extraction site that usually begins 2 to 3 days after surgery, often in the presence of a necrotic odour and a greyish discharge. It is more common in females[1]. Zinc Oxide Eugenol (ZOE) is the most commonly used dressing for alveolar osteitis[2]. It includes zinc oxide that combined with other materials to form a paste which is used to cover the extraction sockets. They provide a physical barrier against the entry of food or other materials. Eugenol has been shown to have anaesthetic properties. These properties are often desirable in the presence of inflammation to reduce postoperative pain. However, it has also been associated with contact allergy at low doses and cytotoxicity at high doses[3]. Turmeric is a natural herb with amazing healing properties. It has been used as traditional remedy in ayurvedic medicine for thousands of years. It has powerful anti-oxidant & anti-inflammatory properties[4]. A study published in the Journal of Oral Biology and Craniofacial Research that was conducted in India signifies that turmeric proves to be a better treatment for alveolar osteitis than ZOE. Study found that the use of turmeric at the site of an injury by topical application promotes healing of wounds. The results of study clearly indicated that turmeric accelerates wound healing process and has great potential for wound healing. The significance was established using *p*-values[5]. This study will open new horizons for better treatment opportunities using natural products for wound healings which prove to be much more effective than the current pharmacological treatment which cause side effects. Natural products provide a cost effective and side effect free treatment.

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Correspondence Author: Muhammad Fazal Hussain Qureshi, Second Year Student, Ziauddin University, Karachi Pakistan
Email: fazalhqureshi22@gmail.com
Co-Author: Mahira Lakhani, Second Year Student, Ziauddin University, Karachi Pakistan
Co-Author: Muzna Shah, Second Year Student, Ziauddin University, Karachi Pakistan