

Oral hygiene and periodontal status associated with the use of Miswak or toothbrush among Saudi adult, population.

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Chewing sticks have been used for centuries as a tooth cleaning device and recommended by the World Health Organization in areas where their use is customary. The promotion of good oral health by miswak is mainly attributed to mechanical cleansing efficacy. the release of beneficial chemicals or combination of both, Despite us wide use. few studies have been conducted evaluating its effect on oral health. The purpose of this study was to asses and compare the oral hygiene, gingival and periodontal conditions among a group of Saudi adult population who used miswak. toothbrush or combined miswak brush for their routine daily oral hygiene .A total of W Saudi adults ranging in age from 20 to 40 years were collected from dental department at King Faisal Hospital in Makkah City and King Abdulaziz Hospital in Jedda city Saudi Arabia . After fulfilling the entry criteria, they were classified according to their oral hygiene habits into three groups: Group I included subjects who were miswak users only. Group II included adults exclusively using tooth brush and Group III comprised or combined miswak brush users. All subjects were assessed using Simplified Oral Hygiene Index (OHI-S), gingival index, pocket depth and gingival recession measurement to nearest millimetre.

Results indicated that. there was no statistically significant difference of OHI-S between groups ($P= 0.104$). On the other hand. Group I miswak users had a significantly lower mean gingival index compared to Group II using conventional toothbrush ($p= 0.00$). Also. the exclusive brush users (Group II) demonstrated a significantly higher mean pocket depth than Group I miswak users ($p=0.00$). However. gingival recession was significantly higher in Group I in comparison to Group II and Group III ($P=0.00$), In conclusion . this study demonstrated that, apart from gingival recession that might be encountered in miswak users as a result of improper technique, the miswak exhibit a significantly higher; improvement in gingival and periodontal Conditions as compared to toothbrush.