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AN ALTERNATIVE APPROACH TO MANAGEMENT OF TEETHING IN INFANTS AND CHILDREN

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ABSTRACT

A child's irritability, sobbing, lack of appetite, diarrhea, vomiting, fever, and other symptoms may all stem from teething. Because of the potential negative effects of the therapy, managing teething problems in children is a challenging task. This review delves into the topic of teething remedies, namely Chamomila, and how they may be used in homeopathic treatments.

Key Words: Teething; Management; Chamomilla

INTRODUCTION

As a result of potential adverse effects, dental treatment might sometimes be difficult. Everyone knows that there are pros and cons to any sort of treatment for illness management. Like any other kind of therapy, allopathic medicine has its benefits and drawbacks. However, in order to provide our patients the best therapy possible, we must always be looking for ways to mitigate these drawbacks and adverse effects. In order to counteract these negative consequences, homeopathy has lately become more popular. Our patients would greatly benefit from the greatest therapy alternatives if we could find a way to blend the two therapeutic paradigms, allopathy and homeopathy. The emergence of both the primary and permanent teeth is often referred to as teething. A lot of changes are occurring in the child's body and mouth as a result of this novel experience. Teething typically starts at

around six months of age and lasts until all of the baby teeth have come in. Because it entails major physical changes that a newborn may not be able to manage as well as a kid or teenager, it may be a very trying process for a baby to go through. To get a sense of when teething could occur in youngsters, it's helpful to look at when certain teeth emerge. First tooth to erupt: 6–12 months Age 9–16 months for the lateral incisor The eruption of primary teeth is eagerly awaited by the parents. Usually, the process of eruption doesn't pose any distress but it can sometimes vary from minor to major signs such as hyperemia or swelling, irritability and crying, loss of appetite, sleeplessness or restlessness, increased salivation and drooling, fever, diarrhea or vomitings and may even progress onto and show signs of bronchitis³.

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So the need for management arises in such situations. Various methodologies as well as home measures are available for infants in this age to overcome teething like the use of teething rings, chewing onto hard fruits or foods like carrots and radishes, or using a gauze dipped in warm saline over the gum pads. Measures in allopathy include use of anti-inflammatory agents. A detailed discussion over the treatment methods is needed important.

MANAGEMENT

General measures or use of teething objects:

Variety of objects such as hard fruits such as apple or guava

Use of toasted bread that can also stimulate gingiva and can increase blood supply of the area

Teething rings

Pacifiers which release preventive agents such as sodium fluoride and xylitol into the mouth

Teething necklaces.

These methods work by satisfying the natural urge of an infant⁴ to bite on hard food.

MEDICAL MANAGEMENT

It is usually done by topical application of medicine

Topical application of glycerin: mild antiseptic

Topical application of lignocaine hydrochloride : provides relief

Topical application of Benzoyl alcohol

All these treatment options provide relief to the patient but they come with the side effects if swallowed and because the child can't be made to expectorate, so there are high chances of them to swallow the drug applied which can lead to systemic problems.

Methemoglobinemia is the most common side effect in teething children when gels with benzocaine (Orajel) are applied.

Methemoglobinemia⁵ is a condition where the oxygen carried through blood stream is reduced.

Other medicines such as Ibuprofen (Brufen®) being a NSAID (non-steroidal anti-inflammatory drug) can also be used to provide a temporary relief from pain and fever. All these treatment options have their advantages as well as disadvantages so we need to come to a plan that can provide us with minimal or no side effects. Studies carried out using Chamomilla have shown that it can be effectively used for the

management of teething. Chamomilla treatment inhibited the release of LPS-induced prostaglandins E₂. This effect was found to be due to inhibition of COX – 2 enzyme activity by chamomilla. In addition, chamomilla caused reduction in LPS-induced COX – 2 mRNA and protein expression, without affecting COX-1 expression. Chamomilla works by a mechanism of action similar to that attributed to non-steroidal anti-inflammatory drugs which can be classified into Selective COX – 2 inhibitors.

Dentokind®¹ (Deutsche Homöopathie-Union, DHU, Karlsruhe, Germany) gel primarily consists of five substances: Belladonna D6, Chamomilla D6, Ferrum, phosphoricum D6, Hepar sulfuris D12 and Pulsatilla D6. It is indicated for the treatment of symptoms associated with teething. It is available as tablets allowed to dissolve slowly in the mouth. Ashton and Parsons Infant Powders®² (SSL International PLC, Knutsford) contains matricaria tincture (4 mg). Tincture matricaria is a gentle solution made from oils found within flower heads of Chamomille plant. It is also used to relieve the symptoms of teething.

CONCLUSION

Baby may be treated naturally and effectively with little side effects by using Chamomilla and other natural medicines. To fully comprehend the effects of these medications in a diverse range of people and to identify any potential adverse effects, more extensive and prolonged research is still necessary.

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