The Efficacy of Holy Basil Leaves (Ocimum tenuiflorum L.) Mouthwash On Plaque – Vikneswari Supramaniam – 160110093022

ABSTRACT

Natural products such as herbs are being widely used in oral hygiene products which may include Holy Basil leaves. The aim of the research was to assess the efficacy of holy basil leaves mouthwash on plaque reduction.

The type of research was a clinical trial, double blinded design study and a pre and post-test with a control group. The subjects consisting of 30 females students of the Faculty of Pharmacy, Universitas Padjadjaran, were selected based on purposive sampling method. Subjects were divided into two groups; group A was instructed to gargle with holy basil leaves mouthwash and group B was instructed to gargle with plain water as a control group. Plaque score was examined on the first and third day respectively using Turesky-Gilmore-Glickman modification of the Quigley & Hein Plaque Index (1970). Data obtained was analysed using t-test.

The results demonstrates that there is a reduction in plaque score as much as 0.661 after gargling with holy basil leaves mouthwash whereas there is an increase of 0.194 in plaque score after gargling with plain water. Statistical analysis proves that there is a significant difference in plaque score between the efficacies of holy basil leaves mouthwash and plain water in reducing plaque accumulation.

As the conclusion, the research proves that gargling with holy basil leaves mouthwash can reduce plaque accumulation.

Keywords: holy basil leaves mouthwash, plaque, plaque index
Efektivitas Berkumur dengan Larutan Daun Kemangi (*Ocimum tenuiflorum* L.) Terhadap Plak – Vikneswari Supramaniam – 160110093022

**ABSTRAK**

Produk bahan alami seperti herbal sudah banyak digunakan dalam produk kebersihan gigi dan mulut, salah satunya daun kemangi. Tujuan penelitian ialah untuk menilai daya guna berkumur dengan larutan daun kemangi terhadap pengurangan plak.


Hasil dari penelitian menunjukkan bahwa terdapat pengurangan skor plak sebanyak 0,661 setelah berkumur dengan larutan daun kemangi sedangkan terdapat peningkatan skor plak sebanyak 0,194 setelah berkumur dengan air putih. Analisis statistik membuktikan bahwa terdapat perbedaan yang signifikan dalam skor plak antara berkumur dengan larutan daun kemangi dan air putih dalam mengurangi akumulasi plak.

Kesimpulan penelitian menunjukkan bahwa larutan daun kemangi efektif dalam mengurangi akumulasi plak.

Kata kunci: larutan daun kemangi, plak, indeks plak
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