



كل متوقع ات
منتظر الفرح سيحصل عليه
صاحب اليقين بفكرته ستتحقق
مسيء الظن سيناله
فتوقع ما تتمنى



Aromatherapy in Pediatric Dentistry

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Introduction



Dental anxiety is a child's particular response to dental management stress in which the stimulus is either unknown , or not present at the time

What is Dental anxiety?

ANXIETY





Etiology of Dental Anxiety





Types of
behavior
management

Types of Behavior Management

Pharmacological Beh. Manag.

include the use of
drugs, anesthesia,
sedation, and f

Tell-show-Do
Mobile-dental application
Audiovisual distraction
Videogame distraction
Aromatherapy

Non-Pharmacological
Beh. Manag.



What is the meaning of Aromatherapy?

- It is a form of alternative medicine that use plant materials and aromatic plant oils.
- It include the use of the essential oils and other aromatic compounds for the purpose of altering the mood, psychological and physical well being.



Concept of Aromatherapy

A photograph showing several small, dark glass bottles of essential oils on a wooden surface. In the foreground, there are several slices of lemons and some whole lemons, suggesting natural ingredients used in aromatherapy.

- It works through our sense of smell that has a powerful influence on our body and mind. Aromatic essential oils, when inhaled they activate the olfactory nerve cells in the upper nasal cavity. They send impulses to the limbic system of the brain which causes immediate response to the smell by stimulating circulatory and nervous system. Aromatherapy works both emotionally and physically.

Application of Aromatherapy in Dentistry

Aromatherapy has a relaxing effect in patients undergoing dental treatment by reducing dental anxiety.

In the field of dentistry new treatment modalities have been practiced. Aromatherapy is also used as an alternative medicine.

In dentistry it is used in the treatment of:

- Halitosis
- Gingivitis
- Toothache
- dental abscess
- herpes cold sores
- cellulitis
- Teething , Aphthous ulcer, Mouth Rinses

Non invasive
Inexpensive
Improved mood
Safe and Simple

*Advantages
of
Aromatherapy*





1 Antioxidant

2 Anti-inflammatory

3 Antimicrobial and antiviral

Mode of Action

Examples of essential oils used in Aromatherapy



Lavender



Sweet Orange



Lemon oil



Peppermint oil



A close-up photograph of a lavender plant with small purple flowers and green leaves. In the foreground, a clear glass bottle of essential oil is partially visible, with a white cap. The background is softly blurred.

Potential implications of EOs in dentistry (Elaissi et al., 2012).

Name of EO	Potential implications in dentistry
Lavender EO	As an anxiolytic in dental clinics Reduces pain of needle insertion ^[19]
Eucalyptus EO	Anticariogenic agent
Peppermint EO	Antimicrobial activity Use in oral hygiene products
Cinnamon EO	In treating oral candidiasis ^[40]
Lemon EO	In treating candidiasis ^[32]
Eugenol EO	Shows antimicrobial activity against several oral pathogens ^[41]
Tea Tree Oil	Oral candidiasis ^[42] Suitable for use in prophylactic oral hygiene products
Combination of EOs	Antibiotic resistance-modifying agent ^[43]

EO=Essential oil



★ Some studies used aromatherapy to reduce anxiety in children

Author	Tool	Study design	Sample size and age group	Study group/control group	Measurable clinical criteria	Results
Pakdaman and davodi,2015/ Iran	CFSS-DS	intervention	39 children((19 boys,20 girls)6 to9 years	Orange essential oil/without aroma	Anxiety pain and anger	There were significant decreases on anxiety,pain and anger in the control group compared with placebo and control groups in children during dental treatment





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Author	Tool	Study design	Sample size and age group	Study group/control group	Measurable clinical criteria	Results
Ghasrodashtand Solhjoui, 2020, Iran	CFSS-DS	Original Control trial	24 children 7-9 years (boys and girls)	Lavender essential oil/without aroma	Saliva cortisol, pulse rate	Inhalation of Lavender can decrease anxiety state because salivary cortisol and pulse rate decreased significantly as indicators of anxiety state in children during dental





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Author	Tool	Study design	Sample size and age group	Study group/control group	Measurable clinical criteria	Results
Nirmala and Kamatham,2021, Indai	CFSS-DS	Original control trial	150 children (8-9 years boys,girls)	Orange and Lavender essential oil/without aroma	Blood pressure, Pulse and oxygen saturation	Aromatherapy with lavender or sweet orange, using either nebulizer or inhaler, decreased the dental anxiety of children and pain





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Author	Tool	Study design	Sample size and age group	Study group/control group	Measurable clinical criteria	Results
Khattab et al., 2022, Egypt	CFSS-DS	Original control trial	60 children 3-9 years (boys and girls)	Lavender essential oil/without aroma	Saliva cortisol, pulse	Inhalation of Lavender can decrease anxiety state because salivary cortisol and pulse rate decreased significantly as indicators of anxiety state in children during dental treatment





Devices used ★ in Aromatherapy

Inhalers

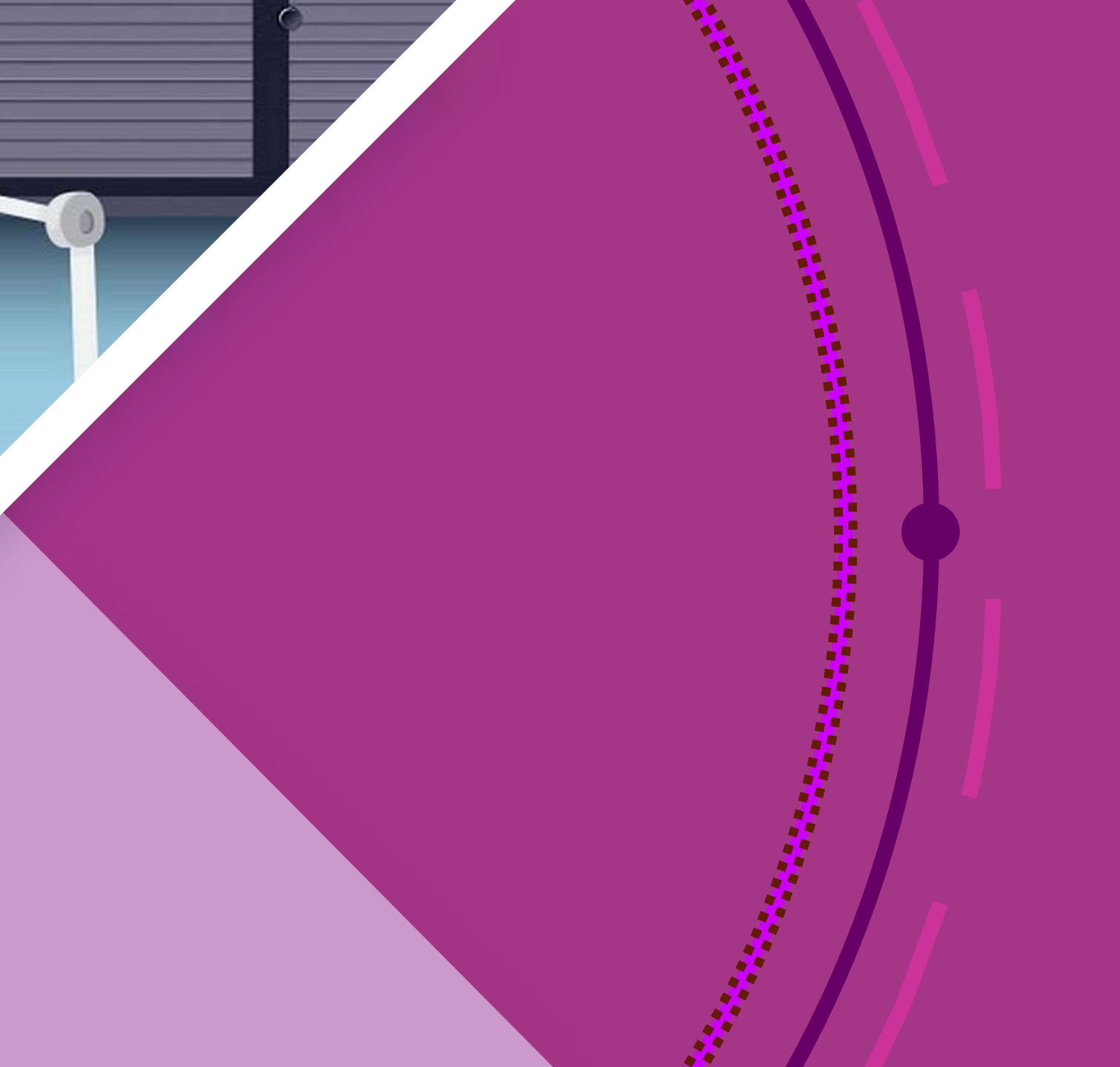
Nebulizers



Conclusion



- Aromatherapy is able to change the pediatric dental patient emotional condition due to its pharmacological effects that can alter and affect the emotions .
- It helps in minimizing dental anxiety before starting the dental treatment .
- It is safe and can be used as an adjunct therapy.
- It can not be considered as a substitute to the conventional type of treatment.





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