Original article

The effect of chlorhexidine and benzydamine on gingivitis

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Abstract

Background and purpose: Gingivitis is the most common type of periodontal diseases, established by local factors such as bacterial plaque. The aim of this study was to evaluate and compare the effect of benzydamine (BZD) and chlorhexidine (CHL) mouth rinses on the gingivitis after a week.

Methods: This clinical trial performed on 32 patients with gingivitis. Patients were divided into case and control groups. Both groups were trained on oral health education. Participants inspected observed adequately, and then gingival index was recorded. If any calculus observed they would be omitted blindly for a week with mechanical and ultrasonic devices. Oral hygiene was prescribed after test observation the mouth after a week and gingival index was recorded again.

Results: Based on statistical analysis the gingival index significantly reduced in both groups after one week rinsing ($p<0.05$). Gingival index reduction level showed 0.3 mean score in groups BZD and 0.42 in CHL group. The post treatment gingival index had no significant difference between two groups.

Conclusion: The study has proved that BZD was effective in reducing gingivitis less than CHL.

The Authors declare that there is no conflict of interest.

Keywords: chlorhexidine, benzydamine, mouth wash, gingivitis.

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