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Most Important Medicinal Plants with Anti-Halitosis Property: an Overview

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ABSTRACT

Bad breath, also called halitosis, can be embarrassing and in some cases may even cause anxiety. Halitosis is an oral health problem where the main symptom is bad smelling breath. In most cases, finding the cause of the bad breath is the first step toward treating this preventable condition. Blueberries, apples, parsley, cloves, coconut, ginger, cinnamon, grapes, green tea, black tea, coriander, lemon, thyme, savory, true cardamom, and marigold are plants used in traditional medicine to remove odors. The information of this short study can be the basis for experimental and clinical studies to promote use of medicinal plants and natural agents in the treatment of halitosis.

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Dear editor

Halitosis refers to bad breath (Chung et al., 2022). Global prevalence of halitosis has been reported around 32% in adolescents and adults (Silva et al., 2018). Although halitosis has many potential causes, most cases of it are related to oral hygiene (Asrorovich et al., 2022). In many cases, halitosis can cause severe concern, shame and anxiety for patient (Deokar et al., 2022). Halitosis can be caused by the presence of food particles in the mouth, oral infection, smoking, dry mouth, diets, medications, nose and throat problems, foreign bodies, diseases, ketoacidosis, intestinal obstruction, bronchiectasis, aspiration pneumonia, pregnancy, allergies, etc. (Poniewierka et al., 2022; Umar Nasir et al., 2022). Various medicinal and non-medicinal treatments including use of dental floss and other measures could get rid of halitosis. Furthermore, home remedies and traditional medicine can also be used to treat halitosis. However, it is

usually possible to treat halitosis easily, especially with the use of herbs. Blueberries, apples, parsley, cloves, coconut, ginger, cinnamon, grapes, green tea, black tea, coriander, lemon, thyme, savory, true cardamom, and marigold are plants used in traditional medicine to remove odors. Medicinal plants, due to the presence of antioxidant and aromatic compounds, antimicrobial effects and eliminating infectious agents, correcting digestive processes, eliminating ketoacidosis, and other properties, make mouth soft and eliminate halitosis. Aromatic plants can be used as mouth-pleasing herbal mouthwashes. Medicinal plants can be used to remove halitosis. Medicinal plants are used with low-cost and safe methods to increase the general health of the body and eliminate various oral problems, and their use is very effective, especially in cases of halitosis. In general, chlorophylls and effective plant compounds of medicinal plants are

known to be very effective substances for reducing halitosis and bacteria, which can support the mouth and throat and eliminate bad breath. Some other medicinal plants help to eliminate halitosis by balancing the pH of the mouth. Some other plants also eliminate oral and dental infections and dental plaques and help eliminate halitosis (Ghamari et al. 2022). Medicinal herbs also help to eliminate halitosis by reducing dry mouth. The information of this short study can be the basis for experimental and clinical studies to promote use of medicinal plants and natural agents in the treatment of halitosis.

Declarations

Conflict of interest

There is no conflict of interest among the authors.

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Authors' contributions

NM wrote the first draft of the manuscript. NM revised the manuscript and confirmed the final version.

Ethical considerations

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