

**RANDOMIZED DOUBLE BLIND CLINICAL STUDY FOR  
PLAQUE, CALCULUS  
AND GINGIVITIS INDICES AFTER USING NATURAL  
MOUTHWASHES.**

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Dearth of information is available about mouth washes extracted from natural plants. to evaluate the effects of two mouth washes: Babul and Alum: on plaque, calculus and gingival indices in healthy volunteers. three mouth washes were used: Control group (distilled water): 6.25% Alum solution; and 25% Babul solution. Ninety Volunteers were randomly assigned so one of she three rime groups. Subjects began rinsing with 15ml of the same mouthwash assigned for one minuteonce daily for four- weeks. Plaque, calculus and gingival indices were measured as follows: Bginning of the study (visit 1),one week (visit 2) two weeks (visit 3). four weeks (visit 4). Two-way ANOVA of Repeated Measure Design was used to compare plaque, calculus-, and gingivitis indices of the visits. There was no significant difference between the moan-washes ( $p=0.40!$ ). However, there were significant differences between the visits. Mean plaque value of visit one was significantly higher from the. other successive visits ( $p<0.0001$ ). In both Babul and Alum. visit 2 was significantly higher than visit! 4. the mean, calculus value of visit 1 was significant higher from visit 2, visit 3 aw. visit 4 in all groups ( $p<0.05$  for each pair). Mean calculus value of visit 2 was significantly lower from visit! 3 for control group, and visa 2 and visit 3 were significantly lower than visit 4 for Alum group Babul had no significantly differences among visit 2 to visit 4. for gingivitis index, Each mouthwash indicates that visit 1 was significantly higher ( $p<0.0001$ ). However, only visit 2 significantly higher from visit 3 and visit 4 far Babul and visit 2 was significantly different from visit 4 for control group. About 15% of the subjects have indicated some. discomfort and 6% felt dryness after using these mouthwashes. Immediate and cumulative antiplaque effects were observed for both test mouthwashes Moreover, there was reduction of gingivitis in 3<sup>rd</sup> visit after the use of Babul indicating a therapeutic effect of this mouthwash.