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THE REVIVAL OF AN ANCIENT TRADITION:

Unleashing the Power of Miswak Stick in Modern Dentistry



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Image source: <https://www.stylecraze.com/>

The Miswak Stick, a humble twig from the *Salvadora persica* tree, has been used for centuries in traditional medicine to promote oral hygiene and prevent dental diseases. Despite its long history, the Miswak Stick has remained relatively unknown in modern dentistry, until now. Miswak, also known as the "toothbrush tree," is a shrub that grows in the Arabian Peninsula and has been used for centuries in traditional medicine. The stick is made from the wood of the plant and has a unique shape, allowing it to reach areas that are difficult to reach with a conventional toothbrush.

Recent research has shed new light on the incredible benefits of the Miswak Stick, and its potential to transform the way we care for our teeth and gums. The Miswak Stick has been used for centuries to promote oral health and well-being. In this article, we will delve into the latest findings and explore how this ancient tool is changing lives and empowering modern humanity.

A Natural Antimicrobial Agent

One of the most significant advantages of the Miswak Stick is its natural antimicrobial properties. The twig contains a range of compounds, including salvadorine, that have been shown to inhibit the growth of bacteria, viruses, and fungi. This makes it an effective tool in preventing tooth decay, gum disease, and bad breath.

Studies have demonstrated that the Miswak Stick is just as effective as chlorhexidine, a commonly used antimicrobial mouthwash, in reducing plaque and gingivitis. Moreover, the Miswak Stick is more effective than chlorhexidine in reducing the growth of certain bacteria, such as *Streptococcus mutans*, which is a primary cause of tooth decay.

Furthermore, the Miswak Stick has been shown to have anti-inflammatory properties, which can help reduce the symptoms of gum disease and inflammation in the mouth.

A Gentle yet Effective Cleaning Tool

The Miswak Stick is not only a natural antimicrobial agent but also a gentle yet effective cleaning tool. The twig's unique shape and texture allow it to reach areas that are difficult to access with a conventional toothbrush, such as between teeth and along the gumline.

Research has shown that the Miswak Stick is more effective than a conventional toothbrush in removing plaque and tartar from these hard-to-reach areas. This is particularly important for individuals with orthodontic appliances, dental implants, or other oral health conditions that require specialized cleaning.



Empowering Oral Health in Underserved Communities

The Miswak Stick is not only a valuable tool in modern dentistry but also a game-changer for underserved communities around the world. In many developing countries, access to dental care is limited, and oral health problems are rampant.

The Miswak Stick offers a simple, affordable, and effective solution to these problems. It can be grown locally, harvested sustainably, and used with minimal training. This makes it an ideal tool for community-based oral health programs, where resources are limited and access to dental care is scarce.



A New Era in Oral Health

The revival of the Miswak Stick in modern dentistry marks a new era in oral health. This ancient tool has the potential to transform the way we approach oral hygiene, from prevention to treatment.

Imagine a world where tooth decay and gum disease are a thing of the past, where oral health is no longer a privilege but a right. The Miswak Stick is a powerful tool that can help us achieve this vision, and it is our responsibility as dental professionals to harness its potential.

In a study published in the Journal of Dental Research, researchers found that the Miswak Stick was as effective as a conventional toothbrush in removing plaque and tartar from the teeth. The researchers also found that the Miswak Stick was more effective than a conventional toothbrush in removing plaque from hard-to-reach areas, such as between teeth and along the gumline.

In another study published in the Journal of Dental Research, researchers found that the Miswak Stick was as effective as a conventional toothbrush in reducing the risk of tooth decay and gum disease. The researchers also found that the Miswak Stick was more effective than a conventional toothbrush in reducing the risk of tooth decay and gum disease in patients with diabetes.



Conclusion

The Miswak Stick is an ancient tool that has been used for centuries to promote oral health and well-being. Recent research has shed new light on its incredible benefits, from its natural antimicrobial properties to its gentle yet effective cleaning abilities.

As we move forward in this new era of oral health, we must recognize the value of the Miswak Stick and its potential to transform the way we care for our teeth and gums. By embracing this ancient tool, we can empower modern humanity to take control of their oral health and live healthier, happier lives.

The studies in the modern days demonstrated that the Miswak Stick is a safe and effective tool for promoting oral health and well-being. However, it is important to note that the Miswak Stick should be used in conjunction with conventional toothbrushing and flossing, as it is not a substitute for these methods.

In conclusion, the Miswak Stick is an ancient tool that has been used for centuries to promote oral health and well-being. Despite its long history, it has not been widely adopted in modern dentistry. However, recent research has shown that the Miswak Stick is a safe and effective tool for promoting oral health and well-being.



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