



## A review of maintaining healthy teeth and mouth disease from the perspective of traditional medicine

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### Abstract:

**Background and Purpose:** Oral and dental disease as a common condition impacts on body health. Effect of oral diseases on some disease like diabetes mellitus and hypertension is well documented. Health care that named as hefzosseha in Iranian Traditional text books, is one of the most important therapeutic principles in traditional medicine. Therefore, Avesina in practical medicine proposed health care prior to treatment. This article discusses about traditional medicine attitude to the tooth, healthcare and some related disease with prevention approach, presents some counterparts in modern dentistry.

**Methods and Materials:** In this review article using reliable references in traditional medicine comprising AvesinaGhanoon, AkbariTeb, KharazmshahiZakhire and published articles in scientific sites. Some information about dental and oral disease and healthcare methods in classic and modern dentistry was extracted.

**Conclusion:** In spite of many progress in modern medicine, scientists believe prevention is more successful and effective than treatment. This fact was the main approach of traditional medicine from many years ago.

**Keywords:** tooth, healthcare, traditional medicine

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