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*Psidium guajava* and *Garcinia mangostana* on Dental  
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### Abstract

The aim of this randomized controlled clinical study was to compare the efficacy of herbal toothpaste containing *Piper betle*, *Psidium guajava* and *Garcinia mangostana* with fluoridated toothpaste in the reduction of dental plaque and gingival inflammation. Fifty one healthy participants were randomly allocated to one of two groups, the control group (fluoridated toothpaste) and the test group (herbal toothpaste). The enclosed label toothpastes and new soft bristled toothbrushes were distributed to each participant according to their groups. All participants were instructed to brush their teeth with assigned toothpaste for 2 minutes, 2 times a day for 4 weeks. The plaque index and gingival index were examined and recorded on the first day (baseline), 14<sup>th</sup> day and 28<sup>th</sup> day (endpoint). The plaque index and gingival index scores were decreased statistically significant in both groups at the end of the study period ( $p < 0.05$ ). However, these parameters were not statistically significant different between the groups.

**Key words:** Gingivitis; Herbal toothpaste; Plaque control

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