ABSTRACT

Background: Apple extract manufactures were investigated for their anti-inflammatory activity. Apple has polyphenol, epidemiological evidences suggest that the consumption of polyphenol rich foods reduces the incidence inflammation. Chlorogenic Acid (CGA) is one of the most abundant polyphenol compounds in human diet. The effect of CGA on the inflammatory reaction and on the related pain and fever processes have been explored less so far. Method: 30 gingivitis patients are randomly selected and are divided into 2 groups, 15 people for 1 group and 15 the other for 2 group. 1 group receives mouthwash with apple extract and 2 group receives mouthwash with aquades. Before the patient instructed to gargle, patient were examined to scoring gingival index. The patients from both groups were instructed to brushing teeth and gargling for 5 days. Gingival index was examined again after 5 days. Result: This research uses gingival index to measure the result. Gingival index of the patient was measured before gargling with extract apple (1.95) after gargling with extract apple for 5 day is (1.13). By comparing this result using a paired T-Test, the result showed a significant difference between the control and the extract apple group. Conclusion: extract apple has proven to be an effective and beneficial herbal product that can be used in gingivitis patient.

Keyword: Extract apple, mouthwash, gingivitis.