

Caries - signs and symptoms, useful and dangerous products, folk remedies

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Abstract. Caries is a dental disease in which hard tissues gradually soften and destroy and a cavity appears.

Key words: Caries, description, causes, types and symptoms, complications, prevention, treatment, healthy products, folk remedies, dangerous products

The main causes of caries formation:

- Poor environmental situation (for example, in a populated area there is bad water - insufficient amount of fluoride [1]).
- Heredity (a person has inherited a bad dental bone from relatives).
- The mother did not eat properly or suffered from illnesses during pregnancy.
- Smoking.
- Failure to comply with hygiene rules.
- Poor nutrition (excessive consumption of confectionery, flour products, insufficient quantities of vitamins, microelements, phosphorus, calcium enter the body [2]).
- A person does not eat raw vegetables and fruits (they help get rid of food residues on the teeth. It is the remaining food that, when decomposed, begins to soften the hard tissues of the tooth).

Symptoms of caries

Usually in the first stages of development no painful or unpleasant sensations are observed. Over time, a small yellowish spot can be seen on the crown of the tooth, which indicates changes in the tooth enamel. If you don't consult a specialist in time, the disease will develop (a cavity will appear, the tooth will be destroyed down to the very nerve endings. That's when toothache occurs.

Caries can be divided into 2 groups according to the depth of its course.

Group 1 – **Uncomplicated caries**, which goes through 4 stages and is divided into 2 subtypes.

1. Caries of the tooth crown, in which there are:

- *the “stain” stage* – where the process of demineralization of the tooth began, its surface lost its shine, became loose and yellowish (with proper treatment and nutrition, this process can stop);
- *superficial caries* - a small depression appears and a filling must be placed;

- *medium* – the dentin begins to be affected, the cavity becomes larger and deeper, and painful sensations begin to arise;
- *deep* – a deep cavity occurs, and when the temperature changes, acute pain occurs; If treatment is not started, caries progresses to more severe stages, which lead to tooth loss.

2. Cervical caries - forms near the gums, or rather near the neck of the tooth. The above 4 stages also go through.

Group 2 – **Complicated caries**, which is manifested by the occurrence of:

- pulpitis – inflammatory process of the pulp (nerve of the tooth);
- Periodontitis is an inflammatory process of the periodontium (connective tissue that is located between the bone bed and the tooth).

Useful products for caries

To prevent and get rid of caries, it is necessary to eat foods that contain fluoride, calcium and vitamin D [3]. These elements are responsible for the strength of the tooth structure, its growth and safety. Calcium combined with fluoride helps strengthen tooth bone. For better absorption of calcium, vitamin D and phosphorus are an indispensable assistant. Therefore, you need to eat more:

- lactic acid products: cottage cheese [4], sour cream, cream, butter [5], kefir, yogurt [6], curdled milk [7], various types of cheeses (including processed cheese and feta cheese);
- nuts: walnuts [8], almonds, hazelnuts;
- porridge: oatmeal [9], barley, semolina;
- legumes: beans [10], peas [11] ;
- mustard seeds;
- garlic [12] ;
- chicken eggs [13] ;
- liver (pork and beef);
- sea and fish products: sea bass, mackerel, haddock, capelin, pink salmon, mullet, pollock, ruffe, hake, tuna, cod, oysters, flounder, crabs, shrimp, squid;
- hard fresh vegetables and fruits (they help clean the enamel from plaque and food debris) - cucumbers [14], cabbage [15], radishes [16], carrots [17], apples [18], pears [19].

Traditional medicine for caries

The following “grandmother’s advice” will help in the fight and prevention of caries:

- Toothpaste or tooth powder should be replaced with milk powder. It removes unpleasant odor, gums stop bleeding, and the process of tooth decay and the formation of stones slows down.

- Sage decoction. For a glass of hot water you need one tablespoon of sage herb. You need to insist for an hour. After this, rinse your mouth, you can moisten the cotton wool and apply it to the sore tooth. This decoction has antiseptic properties (sage kills germs and bacteria, and also stops the development of caries).
- Propolis is a strong enemy of caries. You need to take a piece of propolis, chew until the honey comes out [20], then place the wax in the cavity formed by caries, cover with a cotton swab, and hold for 30 minutes.
- Cleaning teeth with a soapy solution made from laundry soap. You should brush your teeth as usual, just like you would with toothpaste. After the procedure, rinse your throat well. What's the secret? With this cleaning, gammaglobulin gets in (it fights various bacteria, fungi and viruses).
- Decoctions of calamus and onion peels, which should be used to rinse the mouth, will be good helpers.
- Healing lotions with fir oil and camphor alcohol. Moisten a cotton swab with these liquids and leave for a few minutes.
- For severe toothache, garlic paste will help for a while. Take a few cloves of garlic [21], squeeze through the garlic clove. Moisten a cotton swab with the mixture. Apply to the painful tooth until the pain stops.

Dangerous and harmful products for caries

- sugar, chocolate (especially milk), preserves, jams, marmalades, donuts and other confectionery products in large quantities (if you constantly want sweets, this means that the body does not receive the required amount of calcium, and calcium deficiency is the most common cause of caries development);
- salt and coffee (they seem to be different categories of products, but they share the same abilities - they interfere with the absorption of beneficial vitamins and minerals);
- soft, dry food (the greatest likelihood is that such dishes will remain on the teeth and will decompose);
- sweet drinks (especially carbonated ones; carbonated drinks corrode enamel);
- dry mixtures of nuts and fruits;
- poor quality water.

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