

The adjunctive use of Chinese Medicine in non-surgical periodontal therapy

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Objectives:The aim of this study was to evaluate the adjunctive effect of a Traditional Chinese Medicine (TCM) recipe (modified Yunu-Jian) in non-surgical periodontal treatment of male heavy smokers with moderate-to-advanced chronic periodontitis.

Materials and Methods:This was a 12 months double-blind, randomized, controlled clinical trial investigating periodontal treatment responses and quality of life, using two subscales (mental health and vitality) of the SF-36 questionnaire. Twenty-five apparently systemically healthy, heavy smokers (25.0 ± 15.3 smoking-pack years, range 7.5-80), aged 46.3 ± 6.8 years, with untreated periodontitis who showed TCM signs of stomach-heat and yin-deficiency were recruited. Modified Yunu-Jian (n=11) or placebo (n=14) was given orally once daily for 3 months as non-surgical periodontal therapy was delivered. Periodontal parameters: probing pockets depth, probing attachment level, bleeding on probing and supragingival plaque; TCM signs suggesting stomach-heat and yin-deficiency; and QoL parameters were collected at baseline and various time points up to 12 months after periodontal therapy.

Results:All periodontal clinical parameters were improved at 12 months, no statistically significant differences were detected between test and control groups. When compare to controls, in test subjects TCM tongue sign (stomach-heat) was significantly better up to 6 months ($p \leq 0.036$) while TCM back sign (yin-deficiency) was significantly better at 12-month ($p = 0.022$). Test group subjects were also found to have better mental health than controls at 12-months ($p = 0.041$).

Conclusion:The non-surgical periodontal treatment responses of the 25 Chinese, male, heavy smokers were favourable. Adjunctive use of Yunu-Jian did not result in better periodontal healing responses. TCM signs for stomach-heat and yin-deficiency were better among test subjects at various time points after baseline. Test subjects also reported better mental health at 12-months. The exact biological effect of Yunu-Jian on perceived mental health remains to be elucidated.

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