

## Emblica officinalis irrigation as an adjunct to scaling and root planing: a randomized controlled clinical trial

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### Abstrak

#### **ABSTRAK**

**Objective:** To evaluate the effect of 10 % *Emblica officinalis* irrigation, which has anti-inflammatory, antioxidative, and antimicrobial activities, adjunctive to scaling and root planing (SRP) for treatment of chronic periodontitis. **Methods:** Sixty six patients were randomly assigned to the negative control group (SRP saline irrigation; n 22), positive control group (SRP chlorhexidine irrigation; n 22), and test group (SRP 10 % *E. officinalis* irrigation; n 22). Plaque index (PI), gingival index (GI), probing pocket depth (PPD), clinical attachment level (CAL), and sulcus bleeding index (SBI) were monitored 3 months post-therapy. **Results:** There were significantly greater reductions in the mean PI, PPD, and SBI but a greater mean CAL at 3 months post therapy in the test group than in the negative control (p 0.05). Compared with the positive control, the test group demonstrated greater reduction in SBI but comparable improvements in PI, GI, CAL, deep pockets (PPD 5 until 6 mm, 7 mm), and sites with CAL 6 mm at 3 months post therapy (p 0.05) but less reduction in the mean PPD (p 0.05). **Conclusions:** *E. officinalis* 10 % irrigant adjunctive to SRP improved periodontal healing without side effects and may be an alternative to chlorhexidine for chronic periodontitis treatment.