Complementary homeopathic therapy in the treatment of sleep bruxism

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Abstract

Bruxism is described as an orofacial parafunction that affects children and adults characterized by the habit of grinding or clenching our teeth, with complex and multifactorial etiology, as well as your diagnosis and control. Can be considered centric when the habit of squeezing the teeth occurs semi-conscious and the action is called day or Vigil (BV) and eccentric when the gnashing of teeth and unconscious action is called Nightcrawler or (BS). Like homeopathy (H) aims to restore the balance of the vital energy of the patient allowing the motion of the body’s healing the objective of this research was to evaluate the efficacy of homeopathic medicines (Cimex lectularius and Matricaria chamomilla), concurrent with the conventional therapy for an alternative in the control of bruxism.

Material and methods the sample was constituted of 60 patients with different social backgrounds, of both genders aged from 18 to 60 years who responded to questionnaires and passed through oral clinical examination with positive responses to bruxism. Were divided into test group (GT) 30 subjects treated with interocclusal acrylic plates associated with homeopathic medicines and the control group (GC) 30 individuals have used interocclusal plates more placebo (medicines without the active) for a total period of 06 (six) months, were evaluated monthly for checking the reduction of signs and symptoms of bruxism. Was concluded the effectiveness of homeopathic therapy as an adjunct to conventional treatment with interocclusal board, easing pain disorders and dental damage caused by bruxism.

Keywords: Homeopathic therapy, Bruxism, Anxiety and stress, QoL OHIP 14, Questionnaire Axis II

The research project was approved by the Ethics and Research Committee of the University Center of Volta Redonda – UNIFOA/FOUNDATION on CAAE: 48680015.3.0000.5237 with Opinion number 2.319.391

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