

6 Herbal Cavity Treatments

The following herbal remedies are essentially free of side effects and much closer to free financially than a costly dental appointment.

Neem

An ancient herb from India, neem is the most commonly used herb to fight the formation of plaque and enhance dental health. The bark of neem is used to brush teeth. The natural antibacterial and antimicrobial properties of the herb kill harmful bacteria and prevent further tooth decay. Neem is widely used in toothpastes and other remedies. Though it sounds incredibly exotic, you can easily find neem in drug stores and local markets.

Licorice

No, we're not saying eat licorice candy to treat cavities. In fact the sugars of traditional licorice will combine with bacteria to form acid and lead to further tooth decay. Licorice root, on the other hand, is a traditional antibacterial in China and contains chemical compounds that eradicate bacteria in the mouth which cause tooth decay and cavities.

Goldenseal

The root of this North American herb is used to treat cavities and dental infections. Goldenseal can be used as a mouthwash or rinse. Mixed with water, the extract of goldenseal can be gargled where it will instantly kill bacteria it comes in contact with. After gargling, the liquid is safe to swallow, and in fact, is also commonly used to treat bacterial infections of the throat caused by the common cold.

Myrrh

Myrrh is a natural antibacterial and antimicrobial agent used to treat cavities and oral infections. The recommendation is five drops of myrrh essential oil mixed with water and gargled three times daily.

Cloves

Cloves are an aromatic herb that can be used as an antibacterial agent against the causes of cavities. Simply put it in the affected area of the mouth to not only help stop the decay but also soothe the pain that can go along with a cavity. Clove oil can also be used in a similar fashion to treat cavities.

Calendula

A mild natural pain killer, calendula is well-known for soothing nerves and healing infected tissues. Cavities are typically treated with a mouthwash or gargle made of calendula flowers twice a day. It will ease pain and kill the bacteria that cause tooth decay. In dry form, the herb can also be brewed and consumed as a tea.