

Empirical Elucidation of the Phytotherapeutic Efficacy of *Plantago Major* Homoeopathic Mother Tincture in Aqueous Dilutional Solution for the Clinical Management of Gums Abscess: A Single-Blind Interventional Investigation

Somashekhar V. Patil¹, Chandrashekhar V. Patil²

Abstract

Background: Gums abscess constitutes a pathophysiologically reversible inflammatory condition of the gingival tissues of the oral cavity, the predominant etiological determinant of which is the accumulative deposition of microbial plaque upon the dentogingival interface. Whilst conventional chemical antiseptic pharmacological agents — most notably chlorhexidine gluconate — have demonstrated demonstrable antimicrobial efficacy in the management of this condition, their well-documented constellation of adverse pharmacological effects has precipitated an escalating investigative impetus toward the systematic exploration and validation of naturally derived therapeutic alternatives. *Plantago major*, a perennial herbaceous plant of considerable ethnobotanical and phytopharmacological antiquity, widely and extensively utilized within the established traditions of both conventional herbal and homoeopathic medicine, exhibits a well-corroborated spectrum of anti-inflammatory, antimicrobial, and wound-healing pharmacodynamic properties of substantive clinical relevance.

Objective: To rigorously evaluate the clinical therapeutic efficacy and patient acceptability of *Plantago major* mother tincture formulated in aqueous dilutional solution and administered as an oral mouth wash for the management of mild to moderate gums abscess of clinically confirmed diagnosis.

Methods: This single-blind, interventional pilot investigation systematically enrolled five study subjects situated within the chronological age continuum of 18 to 30 years bearing clinically diagnosed gums abscess. Study subjects were instructed to administer 10 drops of *Plantago major* mother tincture, constitutively diluted within 50 ml of distilled aqueous solution, as an oral mouth rinse administered twice daily over a standardized 14-day interventional period. Clinical outcome parameters were comprehensively accessed via gingival bleeding on probing (BOP), algogenic pain intensity utilizing the Visual Analogue Scale (VAS), and patient-reported subjective outcomes encompassing gustatory palatability and procedural comfort.

Results: All enrolled study subjects demonstrated statistically and clinically meaningful reductions in BOP and VAS algogenic intensity scores, with an average pain attenuation of 3–4 scalar points across the cohort. Gustatory acceptability was rated positively by three study subjects, whilst comfort levels were documented as consistently elevated (4–5/5) across the preponderant majority of the enrolled cohort. No adverse pharmacological reactions or treatment-emergent safety events were documented or reported throughout the investigative period.

Conclusion: Plantago major mother tincture formulated in aqueous dilution solution appears to constitute a demonstrably safe, physiologically well-tolerated, and potentially efficacious natural adjunctive therapeutic modality for the clinical management of gums abscess. Larger, methodologically rigorous randomised controlled trials of sufficient statistical power are strongly recommended to validate and substantiate these preliminary investigative findings and to standardise optimal dosing parameters and treatment duration protocols.

Keywords: Gums abscess; Herbal oral wash; Homoeopathy; Bleeding on probing; Mouth cavity inflammation; Plantago major Mother tincture; Visual Analogue Scale

1. Introduction

Gums abscess constitutes an inflammatory pathological condition of the gingival tissue of the oral cavity, the most prevalent etiological determinant of which is bacterial infection of the periodontium. In fundamental distinction from periodontitis, gums abscess is characteristically defined by the complete absence of junctional epithelial migration and the concomitant preservation of the periodontal attachment apparatus, thereby rendering it a pathophysiologically reversible condition amenable to therapeutic intervention. The pathological manifestation of gums abscess remains predominantly confined to the soft tissue constituents of the gingival epithelium and underlying connective tissue framework. The cardinal clinical manifestations of gums abscess encompass erythematous discolouration, oedematous swelling, bleeding on probing, tenderness upon palpation, and the occasional presence of malodorous halitosis. The most epidemiologically prevalent nosological variant of this condition is plaque-induced gums abscess, the pathophysiological genesis of which is inextricably attributable to the accumulative colonization of microbiomes of bacteria within the gingival sulcular margin. This condition is amenable to reversal when detected at an appropriately early stage and subjected to systematic and evidence-based therapeutic management. In the context of the present investigation, the pathophysiology, clinical assessment methodology, and interprofessional collaborative management of gums abscess are comprehensively elucidated.

The etiological pathogenesis of gums abscess is primarily attributable to the microbial deposition of plaque at or in proximity to the gingival sulcus. The microorganisms most inextricably and causally associated with the aetiology of gums abscess encompass Streptococcus, Fusobacterium, Actinomyces, Veillonella, and Treponema. Bacterial genera including Bacteroides, Capnocytophaga, and Eikenella are additionally implicated as probable contributory etiological determinants. Investigations of cellular receptor distribution have established that within the cytoplasmic apparatus of gingival tissue cells, receptors exhibiting high binding affinity for both estrogen and testosterone are demonstrably present. Estrogen receptors are predominantly localized within the basal and spinous strata of the epithelial layer, whilst testosterone receptors are characteristically confined to the basal layer of the epithelium.

The clinical manifestations of gums abscess are characteristically episodic and discontinuous in their phenomenological presentation, manifesting as acute inflammatory exacerbations of the gingival tissues within the oral cavity, with a well-documented disproportionate prevalence among the female demographic. Extant evidence has compellingly suggested that the utilization of chlorhexidine-containing mouthwash preparations in conjunction with standardized tooth brushing and interproximal cleaning protocols has resulted in a marked quantitative reduction in the development of dental biofilm. However, it is of critical pharmacological significance to note that the concentration of chlorhexidine

employed even under such circumstances does not demonstrably or substantially augment its antimicrobial effectiveness beyond established thresholds.

The medicinal phytotherapeutic plant *Plantago major*, taxonomically and colloquially recognized as the broadleaf plantain, is a botanically perennial herbaceous species whose extensive therapeutic utilization has been documented within the traditions of conventional medicine over protracted historical epochs, attributable to its well-established anti-inflammatory, analgesic, antimicrobial, and biological healing pharmacodynamic properties. Its pharmacologically active phytochemical constituents, most notably aucubin, flavonoids, tannins, and mucilage, are considered the primary molecular mediators responsible for its multifaceted therapeutic properties. Within the homoeopathic pharmacopoeia, *Plantago major* has been formally prescribed for the management of dentogingival pathologies, toothache, bleeding gums, and oral ulcerations. It is additionally documented to exhibit therapeutic utility in the amelioration of fatigue, malignant neoplasia, and oxidative stress, functioning as a potent antioxidant and free radical scavenger. The phytochemical compounds Plantamajoside and phenyl propanoid glycoside, derivatively isolated from *Plantago major*, together with 3,4-Dihydroxyphenethyl-O-D-glucopyranosyl-(13)-4-O-caffeoyl-D-glucopyranoside, present within this botanical entity, demonstrate marked amelioration in the management of diminishing phytopathogenic bacterial proliferation. Furthermore, this phytotherapeutic agent has been documented for its therapeutic utility in the management of a diverse spectrum of pathological conditions, encompassing dermatological diseases, infectious pathologies, disorders of the digestive apparatus, respiratory system, reproductive organs, circulatory dysfunction, neoplastic tumours, algogenic pain syndromes, and pyretic conditions.

The present investigation was systematically designed and conducted with the overarching scientific objective of evaluating the phytotherapeutic effect of *Plantago major* mother tincture in aqueous dilutional solution upon gums abscess, whilst concurrently assessing its anti-inflammatory pharmacodynamic effects upon the gingival tissues of the oral cavity following therapeutic intervention. The investigation additionally sought to systematically quantify reductions in gingival bleeding, oedematous swelling, and algogenic pain in both pre-intervention and post-intervention assessments of *Plantago major* mother tincture in aqueous dilution solution.

2. Materials and Methods

Study Design: Single-blind interventional pilot investigation

Sample Size: Five study subjects

Duration: Fourteen days

Intervention: Ten drops of *Plantago major* Q constitutively diluted in 50 ml distilled water, administered as an oral mouth rinse twice daily (morning and evening)

Inclusion Criteria: Study subjects situated within the chronological age continuum of 18–30 years presenting with mild to moderate gums abscess of clinically confirmed diagnosis, possessing full capacity to provide documented informed consent.

Exclusion Criteria: Documented allergic hypersensitivity to *Plantago major*, confirmed or suspected gestational state, or lactation; menstrual abnormalities

Outcome Measures:

- Bleeding on Probing (BOP): Quantitatively measured through gentle probing of the gingival sulcus
- Pain (VAS): A 0–10 ordinal scale assessing subjective algogenic discomfort
- Patient-reported outcomes: Gustatory palatability and procedural comfort assessed on a 0–5 scale

Procedure:

The present investigation was systematically executed with the principal aim of evaluating the clinical effectiveness of Plantago major mother tincture upon patients presenting with gums abscess. Five study subjects were enrolled, each situated within the chronological age continuum of 18 to 30 years and each presenting with clinically confirmed mild to moderate gums abscess. Participation was contingent upon the fulfillment of the stipulated inclusion criteria, the confirmed absence of all exclusion criteria, and the provision of formally documented informed consent. Study subjects were rigorously instructed in the correct administration of a constitutively diluted solution of Plantago major Q (10 drops in 50 ml distilled water) as a mouth rinse, to be administered twice daily throughout the 14-day interventional period. Comprehensive clinical examinations were conducted on Day 1 and Day 14 respectively. Study subjects were subject to structured monitoring protocols to ensure procedural compliance and correct utilization of the therapeutic mouth rinse in accordance with the prescribed guidelines. Systematic surveillance for any adverse pharmacological reactions or treatment-emergent safety events was maintained throughout the investigative period. At the conclusion of the 14-day interventional period, follow-up clinical examinations and comprehensive outcome assessments were conducted, and the totality of observed clinical changes, both antecedent to and subsequent to the therapeutic intervention, were methodologically documented and analyzed.

3. Results

Data Analysis

Table 1: Statistical Analysis of BOP and VAS Parameters

Study subjects	BOP Day 1	BOP Day 14	VAS Day 1	VAS Day 14
Study subject 1	6 Sites	3 Sites	5	1
Study subject 2	8 Sites	3 Sites	6	3
Study subject 3	5 Sites	2 Sites	4	2
Study subject 4	3 Sites	1 Site	2	1
Study subject 5	4 Sites	2 Sites	5	3

Taste and Comfort

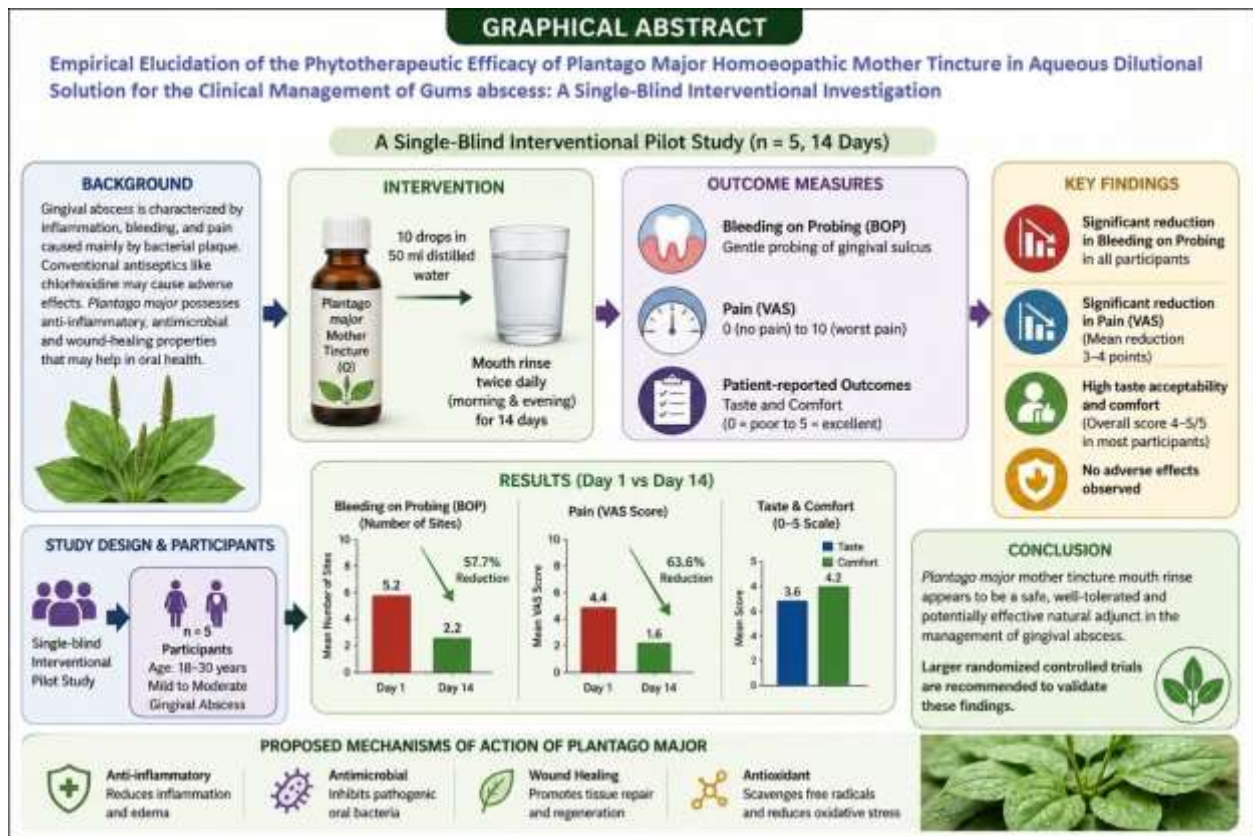
Table 2: Study subject-Reported Gustatory Palatability and Comfort Scores on Day 14

Study subjects	Taste Day 14	Comfort Day 14
Study subject 1	4	5
Study subject 2	3	4
Study subject 3	5	5
Study subject 4	4	4
Study subject 5	2	3

Findings:

The aggregate enrolled cohort experienced quantifiably measurable and clinically meaningful reductions

in BOP and VAS algogenic intensity parameters, most conspicuously among study subjects 1, 2, and 3. The preponderant majority of study subjects rated the mouth rinse positively with respect to gustatory palatability and procedural comfort. The complete and unequivocal absence of any adverse pharmacological reactions or treatment-emergent safety events was documented throughout the investigative period.



4. Summary

The present pilot investigation was systematically conceived and executed with the principal scientific objective of evaluating the clinical efficacy and patient acceptability of Plantago major mother tincture in aqueous dilution solution as a naturally derived adjunctive therapeutic modality for gums abscess, with particular investigative focus upon its pharmacodynamic impact upon gingival bleeding, algogenic pain reduction, and the subjective patient experience of gustatory palatability and procedural comfort. An aggregate total of five study subjects bearing clinically confirmed diagnoses of gums abscess and presenting with pathological bleeding of the gingival tissues were systematically enrolled into the investigation. These study subjects were rigorously instructed to administer a constitutively diluted solution of Plantago major Q (10 drops in 50 ml distilled water) as a mouth rinse twice daily for 14 days. Clinical outcome parameters assessed included gingival bleeding on probing (BOP) and algogenic pain intensity utilizing the Visual Analogue Scale (VAS). In addition, a patient-reported outcome questionnaire was administered to gauge subjective study subject perceptions of the rinse's gustatory palatability and procedural comfort throughout the period of utilization.

Key Findings:

Bleeding on Probing: All enrolled study subjects experienced quantifiably measurable reductions in BO

P, with a demonstrable improvement in the number of gingival bleeding sites documented across the entire cohort.

Pain Reduction: All study subjects reported a clinically significant attenuation in algogenic pain intensity, with the mean VAS score demonstrating a reduction of 3–4 scalar points. Study subjects 1, 2, and 4 exhibited particularly pronounced and clinically noteworthy results in algogenic pain reduction.

Taste and Comfort: Three out of five study subjects rated the gustatory palatability of the rinse as pleasant ($\geq 4/5$), one study subject rated it as organoleptically neutral (Study subject 2), and one study subject found it to exhibit an unpleasant bitter quality (Study subject 5).

Comfort: The preponderant majority of study subjects reported consistently elevated procedural comfort levels (4–5), substantiating the high tolerability of the therapeutic preparation.

5. Discussion

Throughout the duration of the present investigative study, all enrolled subjects experienced a clinically meaningful reduction in gingival bleeding on probing, an observation that is compellingly indicative of the plant's inherent natural anti-inflammatory and blood-stanching hemostatic capabilities. This documented therapeutic effect is in all likelihood attributable to the pharmacodynamically active compounds present within the botanical entity, most notably aucubin, flavonoids, and tannins, each of which are well-established to possess healing capabilities, particularly in the context of wound healing and the mitigation of oxidative stress. *Plantago major* has been extensively and historically utilized since antiquity to address a diverse spectrum of clinical ailments, encompassing constipation, coughs, and wounds. Extant research investigations examining the traditional utilization, botanical characteristics, pharmacological properties, phytochemical effects, and toxicological profile of *Plantago major* have substantially corroborated the medicinal attributes of this botanical entity, the pharmacological evidence for which has been systematically gathered from reputable pharmacopoeias and textbooks of traditional Persian medicine (TPM) spanning the 10th to 18th centuries AD. Among its historically documented traditional pharmacological properties, wound healing, antipyretic, antitussive, anti-infective, anti-hemorrhagic, anti-inflammatory, diuretic, astringent, and hemostatic effects have been validated by contemporaneous research investigations conducted globally. A substantial body of phytochemical investigations have revealed that *Plantago major* contains volatile compounds, triterpenoids, phenolic acids, and flavonoids. Contemporaneous pharmacological research has substantiated a considerable proportion of the traditional therapeutic uses attributed to *Plantago major*; however, further investigative endeavours are necessitated, given that this botanical entity holds considerable potential for the development of various naturally derived pharmacological preparations.

Furthermore, the therapeutic tincture demonstrated the advantageous capability of acting with considerable rapidity and clinical efficiency, as it demonstrably improved the condition of the gingival tissues within a mere 14-day period, whilst the enrolled subjects experienced a clinically meaningful reduction in algogenic pain, averaging 3–4 scalar points on the pain scale, a finding that is strongly suggestive of the product's possession of natural pain-relieving analgesic qualities, attributable in all likelihood to the soothing and anti-inflammatory effect it exerts upon the gingival tissues.

Within certain investigative contexts, the systematic exploration of valuable natural phytochemical compounds has necessitated a focused orientation toward alternative plant-based resources and the comprehensive re-evaluation of underutilised botanical flora. The hoary plantain (*Plantago media* L.), which is a constituent member of the Plantaginaceae family, is among the least comprehensively

researched species within the broader *Plantago* genus. A systematic review of the existing literature has conspicuously highlighted the substantial underutilization of the hoary plantain, which is particularly surprising given its widespread prevalence. Whilst the phytochemical composition of *Plantago media* L. is relatively well-documented, its therapeutic applications have not been investigated to a comparable extent as those of other *Plantago* species. Furthermore, the therapeutic preparation demonstrated satisfactory performance in the practicality assessment, as it proved to be physiologically well-tolerated, organoleptically pleasant, and, most importantly, did not produce a single adverse pharmacological side effect or irritation response throughout the entire two-week duration of the study, a finding which substantiates its classification as an exceptionally safe adjunctive component of the daily oral care routine.

Notwithstanding these promising preliminary findings, certain methodological limitations of the present investigation warrant transparent acknowledgment. These limitations encompass the fact that the investigation has not been conducted within the framework of a proper randomised clinical trial, which would be necessary to definitively determine the clinical effectiveness of the preparation and the pharmacologically optimal dose to be administered in the therapeutic management of gums abscess. Whilst *Plantago major* is unequivocally a very strong candidate within the domain of naturally derived treatments for this condition, the existing evidence base requires substantive augmentation through methodologically rigorous investigation.

6. Conclusion

The empirical results of the present pilot investigation are demonstrably and compellingly promising, indicating that *Plantago major*, or the common broadleaf plantain, possesses the potential to constitute an extraordinarily efficacious, naturally derived therapeutic intervention for gums abscess. Throughout the 14-day interventional period, all enrolled study subjects experienced clinically meaningful improvement in their pathological condition, most conspicuously manifesting in the quantitative reduction of gingival bleeding and algogenic pain. Whilst the numerical size of the enrolled study subject cohort is acknowledged to be small, the investigative results are nonetheless highly promising in their clinical implications, pointedly and compellingly indicative of the naturally derived anti-inflammatory pharmacological qualities of this remarkable botanical entity.

Furthermore, the present investigation has demonstrated considerable practical therapeutic utility, as the enrolled study subjects found the tincture to be exceptionally easy to administer, thereby enabling its comfortable and sustainable incorporation into their daily oral hygiene regimens. As can be demonstrated from the cumulative results, when considered in conjunction with the demonstrated clinical success of the treatment, *Plantago major* possesses substantial potential to constitute an effective therapeutic intervention for the condition of inflamed and bleeding gingival tissues.

Notwithstanding these encouraging findings, certain methodological limitations of the present investigation warrant transparent acknowledgment, including the pilot study design, the comparatively small study subject cohort, the absence of a concurrent control group, and the relatively abbreviated temporal duration of the investigative period. Nevertheless, the cumulative results constitute an excellent foundational basis for further investigative research, which will need to be systematically conducted to definitively ascertain the clinical effectiveness of the therapeutic preparation, as well as the pharmacologically optimal dose of the intervention. In conclusion, the present investigation has opened the investigative pathway to the possibility of a demonstrably kinder, more economically accessible, and

clinically effective therapeutic intervention for people seeking to improve their dental health, compellingly indicating that *Plantago major* possesses substantive potential to constitute a valuable naturally derived therapeutic modality in the clinical management of gums abscess.

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