

# Effect of natural compounds on bacterial plaque

<b>Submission date</b> 25/03/2025	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 26/03/2025	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 25/03/2025	<b>Condition category</b> Oral Health	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Dental plaque is a sticky layer of bacteria that builds up on teeth and can lead to tooth decay (cavities) and gum disease if it isn't removed regularly. While chemical mouthwashes like chlorhexidine are effective at reducing plaque, they can cause side effects such as staining of the teeth or a change in taste. Because of this, there is growing interest in safer, natural alternatives.

Two natural substances - propolis (a resin-like product made by bees) and green tea extract - have been shown to have antibacterial effects and have traditionally been used to help with oral health. Some early research suggests they might help reduce dental plaque, but more studies are needed to confirm how well they work compared to standard treatments.

This study was carried out to find out whether mouthrinses made with propolis or green tea could reduce dental plaque comparable to chlorhexidine. The researchers also wanted to see if these natural rinses were safe to use and whether people would use them regularly.

### Who can participate?

Patients aged 18 years and over who are suffering from gingivitis

### What does the study involve?

Participants will be randomly allocated to receive professional mechanical plaque removal accompanied by either propolis mouthwash, green tea mouthwash, 0.2% chlorhexidine mouthwash (positive control), or placebo rinse. Follow-up will be at 7, 14 and 28 days.

### What are the possible benefits and risks of participating?

Participants may benefit from improved gum health and reduced inflammation. No risk is incurred by the use of the antimicrobial product.

### Where is the study run from?

Department of Dental Medicine of the Vasile Goldiș Western University of Arad (Romania)

### When is the study starting and how long is it expected to run for?

October 2022 to September 2023

Who is funding the study?  
Investigator initiated and funded

Who is the main contact?  
Dr Lile Ioana, lile.ioana@uvvg.ro

## Contact information

### Type(s)

Public, Scientific, Principal investigator

### Contact name

Prof Ioana Lile

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## Additional identifiers

## Study information

### Scientific Title

Symbiosis in oral health: the role of natural compounds in dental plaque management

### Acronym

OH-GI-NAT-COMP

### Study objectives

The null hypothesis (H0) was that no statistically significant differences are observed with respect to the clinical parameters pocket probing depth (PPD), bleeding on probing (BoP), plaque index (PI) and full mouth bleeding score (FMBS) between the treatment modalities.

### Ethics approval required

Ethics approval required

### Ethics approval(s)

approved 10/01/2025, Research Ethics Committee of the Vasile Goldis University of Arad (bd. Revolutiei nr. 94, Arad, 310130, Romania; +40 (0)257 280 260; eticacercetarii@uvvg.ro), ref: 01/10/01/2025

### Study design

Prospective single-blind randomized placebo-controlled clinical trial with a parallel-group design and a 4-week duration

## Primary study design

Interventional

## Study type(s)

Treatment

## Health condition(s) or problem(s) studied

Gingivitis

## Interventions

Prior to treatment, full-mouth supragingival scaling was performed in all subjects. Each patient was assigned to one of the four treatment groups according to computer-generated randomization. Participants will be randomly allocated to receive professional mechanical plaque removal (PMPR) accompanied by either propolis mouthwash, green tea mouthwash, 0.2% chlorhexidine mouthwash (positive control), or placebo rinse. Follow-up will be at 7, 14 and 28 days.

## Intervention Type

Procedure/Surgery

## Primary outcome(s)

Plaque measured using plaque index (PI) at baseline and 4 weeks

## Key secondary outcome(s)

1. Gingival inflammation measured using the Gingival Index (GI) at baseline and 4 weeks
2. Patient-reported satisfaction measured using a questionnaire at baseline and 4 weeks
3. Pocket probing depth (PPD) measured using a manual periodontal probe (UNC-15) at six sites per tooth at baseline and 4 weeks
4. Bleeding on probing (BoP) measured using a manual periodontal probe (UNC-15) at six sites per tooth at baseline and 4 weeks
5. Bleeding measured using the Full Mouth Bleeding Score (FMBS) at baseline and 4 weeks
6. Plaque measured using the Full Mouth Plaque Score (FMPS) at baseline and 4 weeks

## Completion date

03/09/2025

## Eligibility

### Key inclusion criteria

1. Age 18–50 years, systemically healthy
2. Minimum of 20 natural teeth present
3. Moderate plaque accumulation (baseline Plaque Index score between 1.5-3.0)
4. No professional dental cleaning within the past 3 months

### Participant type(s)

Patient

### Healthy volunteers allowed

No

**Age group**

Adult

**Lower age limit**

18 years

**Upper age limit**

50 years

**Sex**

All

**Key exclusion criteria**

1. Any systemic condition requiring antibiotic prophylaxis
2. Use of antibiotics or antiseptic mouthrinses in the last 4 weeks
3. Ongoing dental treatment or recent periodontal therapy
4. Known allergy to any product ingredients (propolis, tea, or chlorhexidine)
5. Pregnant or lactating women
6. Failure to sign written informed consent

**Date of first enrolment**

10/01/2025

**Date of final enrolment**

10/04/2025

**Locations****Countries of recruitment**

Romania

**Study participating centre**

**Dental Medicine of the Vasile Goldiş Western University of Arad**

Str. Liviu Rebreanu, Nr. 86, Campusul Universitar

Arad

Romania

310045

**Sponsor information****Organisation**

Vasile Goldis Western University of Arad

**ROR**

<https://ror.org/01e0stw12>

# Funder(s)

## Funder type

Other

## Funder Name

Investigator initiated and funded

# Results and Publications

## Individual participant data (IPD) sharing plan

The datasets generated during and/or analyzed during the study will be stored in a non-publicly available repository: the archives of the Department of Dental Medicine of the Vasile Goldiș Western University of Arad. The data will become available 5 years after the end of the study, indefinitely. Data anonymisation: numbers were attributed to patients' names.

## IPD sharing plan summary

Stored in non-publicly available repository

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Participant information sheet</a>			25/03/2025	No	Yes