Development of Nutraceutical Mouthwash by The Incorporation of Extract from Organic Commodities for Combatting Oral Hygiene and Mouth Care

Qandeel Ansar*, Nimra Arshad, Qirat younus, Natalya Aamir, Aiman Yaseen Butt, Dr. Humaira Ashraf
Department of Food Science and Technology, Jinnah University for Women, Nazimabad Karachi-74600, Pakistan
*E-mail: qandeelansar24@gmail.com

ABSTRACT

A person's general health greatly depends on their oral hygiene, and interest in sustainable and natural dental care is growing. The aim of this work is to create a mouthwash that is nutraceutical and effective at treating dental hygiene by using the unique extraction of diindolylmethane (DIM) from cabbage. DIM is a bioactive substance that comes from cabbage and other cruciferous vegetables. DIM may be able to help with common oral health problems like inflammation, bad breath, and bacterial development in mouthwash formulations. The first step in the study procedure was to carefully choose cabbage, a widely available and nutrient- rich vegetable, to serve as the source of 3,3-DiindolylmethaneThe goal of the rigorous extraction process employed to create the cabbage extract was to preserve the healthy ingredients included in DIM. Sophisticated processes are used to isolate DIM from cabbage throughout the extraction process in order to obtain optimal concentration and stability. The extracted substance is mixed with a carefully designed mouthwash mixture to leverage the antibacterial, anti-inflammatory, and antioxidant characteristics of DIM. This all-natural method aims to reduce dependency on artificial chemicals while offering a comprehensive dental care solution. Safety and adherence to legal requirements were top priorities when developing the device. The nutraceutical mouthwash complies with the expanding trend of environmentally friendly and health-conscious dental care products since it is devoid of hazardous ingredients, artificial additions, and synthetic chemicals. This study is a major step forward in the investigation of certain bioactive substances, such DIM, which is produced from cabbage, for use in dental care. Nutraceutical mouthwashes are in line with the growing customer preference for environmentally friendly and natural dental care solutions. The results of this study may have wider ramifications for the creation of dental care products in the future that emphasize the use of organic and plant-derived substances, providing a viable substitute for people looking for efficient and naturally inspired solutions for the best possible oral health.

Keywords: Diindolylmethane DIM, oral hygiene, cabbage, nutraceutical mouthwash, anti-microbial, antibacterial, anti-inflammatory, antioxidant.