

A Review of the Effects of Stress on Periodontology

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ABSTRACT:-

Several research have been conducted on the potential impact of mental and psychosocial factors in oral disorders. Different bacterial levels were discovered under situations of stress and relaxation, suggesting that stress may lead to dent caries and that relaxing may have an anticaries effect. The correlation between higher occupational stress and poor dental health was also established. In many instances, no cause can be identified for rapid episodes of tissue collapse. Although it has been difficult to establish a causal link, it is commonly believed that stressful life experiences are connected with illness progression. Therefore, it is essential to identify patients who are under stress and to be able to counsel them on the potential impacts of stress on their general and oral health.

Keywords: Stress, cardiovascular disease, gastrointestinal disorders, malignancy, auto-immune disease, neurodermatitis disease, jaw parafunctional activity.

INTRODUCTION: -

The connection between a sound mind and the maintenance of a healthy body has been acknowledged for the majority of recorded history. The ancient Romans and Greeks studied the significance of the mental attitude and temperament of the patient in the treatment of physical disease. Recent research by Seyle (1936) suggests that physical or mental stress can have a profoundly negative effect on the human body.

The psychophysiological response of an organism to a perceived challenge or threat is the definition of stress (Breivik et al. 1996). Stress has been linked to cardiovascular disease,

gastrointestinal disorders, cancer, autoimmunity, neurodermatitis, and infectious diseases. Stress is not what occurs to a person, but how they respond to what happens to them (Breivik et al 1996). Stress has been measured using numerous metrics, such as blood pressure, galvanic skin reaction, pulse, skin temperature, and other endocrine responses.

GINGIVITIS ARTEFACTA:-

It is a purposeful self-injury of the gingiva that is typically caused by the patient's fingernail. This condition is especially prevalent in younger age groups. It occurs in both the main and minor forms. Gingivitis artefacta minor is more prevalent and less severe than gingivitis artefacta major. Gingivitis artefacta major can result in severe, simultaneous damage. Women are more prone than men to demonstrate this disease. This type of self-inflicted harm may also be present in Munchausen's syndrome, in which the target is medical or dental care.

THEGOSIS AND SOMATIZATION (PARAFUNCTIONAL OCCLUSIVE TRAUMA

The term thegosis encompasses two characteristics of parafunctional jaw activity: jaw clenching and tooth grinding. It is not necessarily hazardous unless it is excessive and creates symptoms of temporomandibular dysfunction, dental sensitivity in several teeth, or tooth discomfort.

Somatization is a sort of neurosis that has been defined as the tendency to experience and transmit somatic distress and sensations that cannot be explained by pathological findings, to link them to physical sickness, and to seek medical attention for them. General Adaptation Syndrome: Selye's General Adaptation Syndrome (GAS) was founded on the fact that stress considerably affects endocrine function via the hypothalamus and anterior pituitary gland, resulting in adrenal cortex expansion and increased function.

The periodontal emotional stress syndrome is characterised by substantial vertical and horizontal bone loss with accompanying pocket formation, consistent involvement of the first molar teeth, and the absence of any other local causative cause. The cellular immune response has a significant impact on wound healing. Reduced levels of IL-1, IL-8, and TNF result in a delay in the healing of wounds.

CONCLUSION:-

There appears to be a connection between the complicated human psyche and illness. Unproven is the existence of a causal factor for the development or progression of disease or moderating effects in vulnerable individuals. In the absence of additional illness risk factors, an evaluation of a patient's stress and personality and referral for psychological support may be beneficial.

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