



CLINICAL EVIDENCE AND MECHANISMS OF PROBIOTICS IN ORAL HEALTH

Khalid Ali Binjabaan¹, Abdullah Hussain Alasmari², Ibrahim Abdullah Dajam³, Ibrahim Saeed Al Qahtani³, Amal Shayan Al Mutairi⁴, Hassan Awadh Alshehri⁵, Shahad Hassan Fayyumi⁶, Ebtisam Salman Al Saeed⁷, Dhafer Sudan Alghamdi⁸, Ainaa Abdulmoeen Alsharif⁹, Waleed Khalid Alshargawi¹⁰, Maha Assad Munshi¹¹, Riyadh Mohammed Albader¹²

Abstract

This review study explores the signs and mechanisms involved in incorporating probiotics into health care. When it comes to dealing with tooth decay, probiotics like *Lactobacillus reuteri* show benefits by reducing bacteria levels such as *Streptococcus mutans* and aiding in enamel repair. In terms of gum diseases, probiotics such as *Lactobacillus brevis* provide support by reducing gum inflammation and pocket depth. The immunomodulating and antibacterial properties of probiotics help manage conditions. Prevent oral infections. It's important to consider individual patient needs when deciding on treatment plans. With this review research, the potential for protocols emerges, highlighting how probiotics can adapt to changing oral care practices. By offering solutions to oral problems, probiotics are becoming valuable tools in maintaining overall oral health. Healthcare providers play a role in customizing recommendations based on each patient's requirements. As more evidence accumulates, incorporating probiotics into clinical practice shows promise for enhancing therapeutic approaches, leading to patient outcomes and improved oral health overall.

Keyword: Adjunctive, Antimicrobial, Caries, Immunomodulatory, Probiotics

¹Primary Health Care, Ministry of Health, Medina, Saudi Arabia

²Ministry of Health, Muhayil Aseer, Saudi Arabia

³South Al Farsha Primary Healthcare Cener, Ministry of Health, Abha, Saudi Arabia

⁴Primary Healthcare, Ministry of Health, Riyadh, Saudi Arabia

⁵Ministry of Health, Bariq, Saudi Arabia

⁶Dental Department, King Khalid Hospital, Hail, Saudi Arabia

⁷Primary Health Care, Ministry of Health, Al Qatif, Saudi Arabia

⁸Dental Department, Prince Meshary Hospital, Al Baha, Saudi Arabia

⁹Department of Endodontics, King Fahad General Hospital, Jeddah, Saudi Arabia

¹⁰Department of Endodontics, Al Thager Hospital, Jeddah, Saudi Arabia

¹¹Department of Periodontics, Al Thager Hospital, Jeddah, Saudi Arabia

¹²Family Dental Medicine, Dental Medical Complex in West of Riyadh, Riyadh, Saudi Arabia

***Corresponding author:** Khalid Ali Binjabaan

*Primary Health Care, Ministry of Health, Medina, Saudi Arabia. Email: kaj1987@windowslive.com

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Introduction

Maintaining health is essential for overall well-being, and ensuring a healthy balance of microbes in the mouth is key to preventing dental problems (1). Probiotics, known for their impact on gut health, are now being recognized for their benefits in supporting oral health (2). Various studies have looked into how probiotics affect aspects of health. For instance, one study showed that consuming probiotic yogurt with *Lactobacillus reuteri* decreased levels of *Streptococcus mutans*, a major cause of tooth decay, on a basis (3-5). Another analysis found that using probiotics was linked to rates of caries, suggesting they could play a preventive role (6, 7). Additionally, research has explored how probiotics might help manage gum diseases. In one trial, taking *Lactobacillus brevis* CD2 lozenges led to reductions in gum inflammation and pocket depth in people with periodontitis (8-10). These results indicate that probiotics could help regulate the balance of mouth bacteria and improve gum health. The positive impacts of probiotics on health are due to mechanisms; for example, bacteria like *Lactobacillus* and *Bifidobacterium* species adhere to mouth surfaces and compete against harmful bacteria from colonizing (11, 12). This process of exclusion helps stop microorganisms from sticking to teeth and oral tissues, decreasing the chances of dental plaque buildup and other oral health issues. Furthermore, probiotics have an impact on the system within the mouth. Research shows that certain probiotic strains can boost the production of inflammatory substances while reducing pro-inflammatory ones (13, 14). This balancing act helps regulate the response, preventing inflammation linked to gum diseases. In addition, probiotics can create substances that fight against bacteria, like bacteriocins, hydrogen peroxide, and organic acids (15, 16). These antimicrobial compounds help maintain a balance of microorganisms in the mouth environment, lowering the risk of infections and supporting an oral ecosystem. Probiotics also contribute to strengthening tooth enamel. Studies indicate that specific probiotic strains enhance the process of enamel remineralization. This ability to encourage remineralization could be significant in preventing and treating cavities. Clinical trials have proven that probiotics can reduce cavity occurrences, manage gum diseases, and enhance oral cleanliness. The beneficial effects come from actions like the exclusion of bacteria, immune system regulation production of antimicrobial substances, and support for enamel remineralization. While current research looks promising, further studies are necessary to

determine strains, doses, and formulations for maximizing health benefits. Probiotics provide a possibly budget-friendly way to supplement dental hygiene methods. Adding probiotics to your oral care routine could lead to preventive techniques promoting improved oral health and overall wellness. So, this study aims to review the Clinical Evidence and Mechanisms of Probiotics in Oral Health.

Method

We systematically reviewed studies in English from 2008 onwards, focusing on clinical evidence and mechanisms of probiotics in oral health, utilizing the PubMed and Scopus databases. The analysis aimed to elucidate assessment methodologies and early warning systems associated with the use of probiotics in maintaining oral health. Keywords such as "oral probiotics," "clinical evidence in dentistry," and "mechanisms of probiotics in oral health" guided our literature search.

Discussion

The use of probiotics in care has displayed potential in addressing various oral health issues. Specifically, the reduction of bacteria like *Streptococcus mutans* by probiotics has been an advancement in preventing tooth decay. Additionally, probiotics have been beneficial in promoting the repair of enamel lesions and aiding in the treatment of decay (7). In treating gum diseases probiotic supplements have proven to be effective by reducing inflammation and pocket depth complementing treatments. Furthermore, the immune regulating and antimicrobial properties of probiotics demonstrate their ability to manage conditions related to inflammation and prevent infections. The diverse approaches for enamel repair, infection prevention, and immune system regulation showcase how versatile probiotics can be in settings. Factors such as patient needs, and ongoing research progress highlight the changing landscape of incorporating probiotics into regular oral hygiene practices. With advancements in personalized care techniques and improved protocols, the efficacy of using probiotics for customized health management is expected to increase as the field progresses.

Clinical Manifestation

For years, researchers have been exploring the benefits of probiotics for health, and it has shown promising results in clinical studies. One significant area where probiotics have made a difference is in reducing cavities, an issue worldwide. Studies have found that consuming

products regularly, especially those containing *Lactobacillus reuteri*, can lower the levels of *Streptococcus mutans*, a player in causing tooth decay. This decrease in bacteria suggests advantages in preventing and treating dental cavities. From cavity prevention, probiotics have also proven beneficial in treating gum diseases. Chronic periodontitis, which involves inflammation and pockets forming around teeth poses challenges to health (17). Research using treatments like *Lactobacillus brevis* CD2 lozenges has shown reductions in gum inflammation and pocket depth. The results suggest that probiotics could potentially reduce the severity of gum diseases and support gum health. It is thought that the regulatory properties of probiotics play a role in improving health by maintaining an immune response in the mouth. Studies have found that many probiotic strains can trigger inflammatory cytokines while inhibiting pro-inflammatory ones, resulting in decreased inflammation linked to periodontal conditions (18). As a result, individuals might notice a reduction in issues like gums, redness, and pain. The antibacterial properties of probiotics also play a role in their impact on health outcomes. Probiotic microbes aid in regulating growth through the production of compounds such as bacteriocins, hydrogen peroxide, and organic acids. This process maintains an environment in the cavity, lowering the likelihood of developing conditions such as gingivitis and periodontitis. Using probiotics can also improve hygiene by promoting remineralization, which counters the damage caused by acidic byproducts from oral bacteria. Clinical studies suggest that certain probiotic strains can aid in restoring mineral content to enamel lesions, potentially preventing stage decay. Incorporating probiotics into oral care routines could introduce preventive measures for patients at risk of dental issues, serving as a natural and cost-effective complement to traditional treatments (19). Healthcare providers may suggest supplements as a component of dental care for people who frequently experience dental problems. Although the positive outcomes mentioned are encouraging, it's crucial to acknowledge the requirement for studies to improve guidance. Different strains, doses, and types of probiotics should be further explored for health issues. Moreover, taking into account the differences in bacteria among individuals, customized probiotic plans could become crucial in future medical strategies. The effects of probiotics on health cover a range, including reducing tooth decay, managing gum diseases, regulating the immune system, fighting microbes, and strengthening enamel. These effects offer possibilities for improving

treatment methods in oral healthcare. As more research reveals the advantages of probiotics in settings, their incorporation into standard oral health routines could lead to a significant shift towards more comprehensive and patient-focused care practices.

Management

The use of probiotics in health care is seen as a versatile method that can have both preventive and treatment benefits. There is evidence supporting the positive effects of probiotics on oral health, leading to increased interest in developing effective strategies for oral care. To combat caries, which is a common concern, incorporating specific probiotic strains like *Lactobacillus reuteri* into daily oral hygiene routines has been shown to be beneficial. Studies have indicated that regular intake of probiotic products can reduce the presence of *Streptococcus mutans*, a bacteria linked to tooth decay (20, 21). This reduction in bacteria suggests that probiotics could play a role in preventing and treating cavities. Additionally, when it comes to addressing enamel demineralization, probiotics have demonstrated the potential to promote remineralization. A holistic approach may involve combining probiotics with treatments to enhance enamel repair. Dentists may suggest including foods or supplements as part of a broader plan to halt and potentially reverse tooth decay progression, especially among individuals prone to cavities. Probiotics also show promise in managing diseases characterized by gum inflammation and pockets around teeth. Probiotics, like *Lactobacillus brevis*, have shown effects in decreasing gum inflammation and pocket depth in people with periodontitis. When addressing illnesses, incorporating probiotics should be viewed as an approach. Supplementing with probiotics could help improve the health outcomes for patients receiving scaling and root planning or other periodontal treatments. By competing with bacteria and having effects, probiotics can assist in maintaining a healthy balance of oral bacteria, thus reducing the chances of ongoing inflammation and recurring infections. Healthcare providers might consider including lozenges or supplements as part of a plan for managing periodontal issues, especially for patients prone to experiencing these problems repeatedly. The immune system-modulating properties of probiotics are essential in managing health concerns, particularly when addressing inflammation linked to periodontal diseases. Certain strains of probiotics have demonstrated their ability to boost the production of inflammatory substances while inhibiting pro-inflammatory ones (22). This adjustment in

response can be beneficial in treating conditions marked by inflammation like gingivitis and periodontitis. In settings, patients dealing with inflammatory ailments may find adding probiotic supplements alongside traditional anti-inflammatory treatments advantageous. The aim is to promote a reaction within the mouth, lessening symptoms' severity and halting the progression of inflammation-related oral illnesses. Incorporating probiotics into the treatment plans for immune-mediated issues shows the potential to enhance the effectiveness of therapies. Furthermore, leveraging the properties of probiotics plays a role in managing oral infections by preventing their occurrence and controlling existing ones. In practice, healthcare providers may suggest probiotics for people who have experienced oral infections, like gingivitis or oral thrush.

Probiotic items that contain strains known for their properties, like those that produce bacteriocins, can be included in treatment plans to improve the health of the microbiota. In the realm of preventing infections probiotics could also be beneficial for individuals undergoing procedures that increase the risk of spread. By producing substances, probiotics offer a defense mechanism against harmful bacteria, decreasing the chances of infections after procedures. Healthcare providers might consider incorporating probiotics into pre- or post-procedural care alongside infection prevention measures for at-risk groups. When it comes to managing enamel demineralization, treatment strategies focus on promoting remineralization and halting early-stage tooth decay progression. Probiotics, known for their ability to enhance enamel remineralization, provide a noninvasive option for addressing oral health concerns. In settings this approach could involve recommending rich products or supplements for individuals with initial enamel issues. By combining probiotics with remineralization methods like treatments, healthcare providers can take a holistic approach to tackling enamel demineralization. Tailoring treatment plans based on the severity of enamel lesions allows clinicians to view probiotics as either a measure or part of a regimen for patients with existing demineralization. When incorporating probiotics into the treatment of health issues, it's important to consider practical aspects. Factors such as the patient's age, dental hygiene habits, and medical background can impact the selection of types and products. Healthcare professionals need to stay up-to-date with the research discoveries to make decisions when suggesting probiotics for oral health management. The future focus on using probiotics for health

includes refining protocols, determining the dosages, and exploring personalized approaches. Although current studies show promising benefits of probiotics, ongoing research is essential to establish guidelines for their use in oral health conditions. As the field progresses, a better understanding of differences in bacteria and responses to probiotics could lead to more personalized and efficient clinical strategies. Using probiotics for health management involves an approach that includes preventive measures against cavities, additional treatments for gum diseases, immune system regulation, antimicrobial effects, and methods for strengthening tooth enamel. Healthcare providers play a role in integrating probiotics into dental care plans by customizing recommendations based on each patient's needs and existing oral health issues. As research continues uncovering the effects and mechanisms of probiotics on oral health, their integration into routine clinical practice shows potential for enhancing preventive and therapeutic approaches, contributing to better patient outcomes and overall oral health.

Conclusion

In conclusion, using probiotics for managing health is a promising approach. Probiotics can help with preventing tooth decay and gum diseases, boosting the system and fighting against microbes, offering a holistic solution for oral well-being. The practical aspects, studies, and personalized plans highlight how probiotics are continuously being integrated into oral care practices. With growing evidence supporting their benefits, incorporating probiotics into settings has the potential to improve treatment methods significantly. Healthcare providers play a role in adapting to this changing landscape by tailoring advice according to each patient's needs. By combining observations with mechanisms, probiotics emerge as valuable tools for managing overall oral health effectively, leading to better outcomes for patients.

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