

# The perspectives of Traditional Medicine and Integrative Medicine for Oral Healthcare

Ching-Yi Hsu\*

Practicing Pharmacist, Traditional Medicine Compounding & Dispensing, Taiwan

*Greeting from Taiwan. Sincerely appreciate Founding Editor-in-Chief, Prof. Junichi Asaumi to give me a chance to share the perspectives of Traditional Medicine and Integrative medicine for clinical dental healthcare as a pharmacist. In the beginning, it needs to proclaim that the incentive of this essay is aim to encourage interdisciplinary communications from interprofessional insights for much better dental healthcare all around the world. Furthermore, it won't only limit in general medicine or family medicine for general healthcare. In fact, regular dental check and diagnosis recording would be great valuable tracer for diseases prevention. If there is something could be led much better perfection for oral healthcare, please feel free to email to me for further discussion. We would feel appreciated to work with you anyhow for the promising future.*

Most of us, we had gone through modern medical training journey, as we heard what's the most problem for Global Oral Healthcare? Words cited from World Health Organization (WHO) Policy basis mentioned "Despite great achievements in oral health of populations globally, problems still remain in many communities all over the world - particularly among under-privileged groups in developed and developing countries. Dental caries and periodontal diseases have historically been considered the most important global oral health burdens [1]."

"Dental caries," means the truth of teeth would gradually decay as we use them so often to supplement our daily essential nourishment of lives. In addition, in 2017, "sugars and dental caries [2]," it revealed that is an expensive disease which consumes 5-10% of healthcare budgets in industrialized countries, and people who have a higher intake of free sugars would get decaying much easily than usual. The other oral problem is "periodontal disease [1]," which would worse lead to edentulousness in the end as most dentists well understood, if patients don't aware its progression. Moreover, it could be another social-economic issue and national medical expenditure especially in this trend of long life expectancy for humans.

With the outlook of Sustainable Development Goals (SDGs) for "Good Health and Well-being [3]" in United Nations, what could we work out for global oral healthcare? In the past perception of Modern Medical theory, these two diseases may just be relevant to bone, and connective tissue; however, in Traditional Chinese Medical theory [4], it has implied some healthy issues suspiciously in other organs and connective tissues, such as kidney, stomach, gastrointestinal, and blood circulations which would result from some problems of endocrine, digestive processes, metabolite pathway and overall physical circulations. Additionally, in the review of Carlos Albuquerque [5] also mentioned "Periodontal health: A forgotten cornerstone for overall health." Thus, not only

from the perspectives of Traditional Medicine but also should consider Integrative medicine for this oral healthcare improvement in pharmaceutical development. Pharmaceutical scientists and clinical professions couldn't limit in the researches for the local symptoms happened, but also need to further check physical functions of other relevant organs simultaneously, for instances, bone density of adult, check daily dietary and digestive functions in gastrointestinal, metabolic syndrome and other medications etc. As the theme of 2017 PSWC [6], "Future Medicines for One World -Systems approaches to drug discovery, development and clinical usage," which is to provide much better healthcare for public. It's time to arouse interdisciplinary connections and cross functional communications for patient' medical history study, and individual inspection for personalized medical service [7]. This is also the eternal motive of this essay.

Further, for healthcare profession, it may need to consider how to improve and update patient's oral healthcare literacy, such as cooperating with community pharmacy, and ally with doctors who expertise in metabolic syndrome through different characteristic conferences. In modern healthcare products, there were some toothpastes for fluoride added to reduce the prevalence of dental caries, and anti-sensitive formula for oral sensory improvement. But, except that, shall we encourage innovative oral healthcare from interdisciplinary communications with dentists to advance integrative medical service for patient's systemic healthcare ultimately? For instance, traditional and complementary medicine applications. In other aspect, for policy makers, and governmental officers, improvement of oral healthcare would enhance the strength of national production by workforce optimized [3], and this would inspire another significantly economic landscape development resulted from the value of healthcare profession brightened in national healthcare scheme. Only to strike multiple wins among patients, officers, healthcare professions and other stakeholders, it would be well-controlled for national medical expenditures

---

which ever lost silently in the other derivative phenotypes for healthcare request. Eventually, all of us never hope ourselves to become disable in partial physical functions in aging progression, so it is imperative need for all by tailoring personal healthcare to lead much better quality of life individually would be an essential unmet component in oral healthcare.

## References

1. Statement of Policy basis - What is the burden of oral disease? World Health Organization Oral Health website. [https://www.who.int/oral\\_health/policy/en/](https://www.who.int/oral_health/policy/en/)
2. Sugars and dental caries-Technical information note, World Health Organization. WHO/NMH/NHD/17.12, 2017. <https://www.who.int/nutrition/publications/nutrientrequirements/sugars-dental-carries-keyfacts/en/>
3. Sustainable Development Goals (SDGs) for “Good Health and Well-being.”<https://www.un.org/sustainabledevelopment/sustainable-development-goals/>
4. WHO International Standard Terminologies on Traditional Medicine in the Western Pacific Region, 2007. ISBN 978 92 9061 248 3.
5. Carlos Albuquerque, Periodontal health: A forgotten cornerstone for overall health. *Dent Craniofac Res.* 2018; 1:113.
6. Future Medicines for One World - Systems approaches to drug discovery, development and clinical usage. 6th FIP Pharmaceutical Sciences World Congress 2017. <https://pswc2017.congress.pharmacy/>
7. New EBE-EFPIA study demonstrates benefits of personalised medicine for patients, society and healthcare systems and makes recommendations for equitable access for patients in Europe, European Federation of Pharmaceutical Industries and Associations (EFPIA) news released on July 10, 2018.

---

**\*Correspondence:** Ching-Yi Hs, Practicing Pharmacist, Traditional Medicine Compounding & Dispensing, Taiwan, E-mail: eagle1008@gmail.com

Rec: Nov 23, 2018; Acc: Dec 10, 2018; Pub: Dec 14, 2018

*Dent Craniofac Res.* 2018;1(4):117  
DOI: [gsl.dcr.2018.000117](https://doi.org/10.1177/10439862180140117)

Copyright © 2018 The Author(s). This is an open-access article distributed under the terms of the Creative Commons Attribution 4.0 International License (CC-BY).