

Floral therapy and its use in dentistry: A bibliographic research

Terapia floral e sua utilização na odontologia: Uma pesquisa bibliográfica

Terapia floral y su uso en odontología: Una investigación bibliográfica

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Abstract

Objective: Search for articles, books and other studies on flower therapy from its functioning, origin and benefits in dentistry. **Methodology:** Searches were made for online materials, aiming to obtain information, studies, articles and other research through the following databases: The Cochrane Library, Web of Science, Research, society and development journal, DeCs, Science Direct, VHL /BIREME, PUBMED Central, Scielo and Google Academy. **Results:** Our search resulted in 37 articles. **Conclusion:** Floral Therapy, in addition to being used in various health settings, has benefits in post and pre dental care, such as its function against fear and anxiety.

Keywords: Floral therapy; Anxiety about dental treatment; Fear of the dentist; Bach flower; Alternative therapy.

Resumo

Objetivo: Pesquisar artigos, livros e entre outros estudos sobre terapia floral desde seu funcionamento, origem e seus benefícios na odontologia. **Metodologia:** Foram realizadas buscas por materiais on-line, visando obter informações, estudos, artigos e outras pesquisas por meio das seguintes bases de dados: The Cochrane Library, Web of Science, Research, society and development journal, DeCs, Science Direct, BVS/BIREME, PUBMED Central, Scielo e Google Academy. **Resultados:** Nossa busca resultou em 37 artigos. **Conclusão:** Que a Terapia Floral além de ser utilizada em diversos âmbitos da saúde, ele possui benefícios no pós e pré atendimento odontológico, como por exemplo, sua função contra medo e ansiedade.

Palavras-chave: Terapia floral; Ansiedade ao tratamento odontológico; Medo de dentista; Florais de Bach; Terapia alternativa.

Resumen

Objetivo: Buscar artículos, libros y otros estudios sobre la terapia floral desde su funcionamiento, origen y beneficios en odontología. **Metodología:** Se realizaron búsquedas de materiales en línea, con el objetivo de obtener información, estudios, artículos y otras investigaciones a través de las siguientes bases de datos: The Cochrane Library, Web of Science, Research, society and development Journal, DeCs, Science Direct, BVS/BIREME, PUBMED. Central, Scielo

y Google Academy. Resultados: Nuestra búsqueda resultó en 37 artículos. Conclusión: La Terapia Floral, además de ser utilizada en diversos ámbitos de salud, tiene beneficios en el cuidado post y pre odontológico, como su función contra el miedo y la ansiedad.

Palabras clave: Terapia floral; Ansiedad por el tratamiento dental; Miedo al dentista; Flor de Bach; Terapia alternativa.

1. Introduction

Flower Therapy, also known as Bach Flower Therapy, uses light and gentle substances, which are not invasive to the human body and do not have toxic effects. This therapy promotes a feeling of harmony and restoration of balance between body and mind. Recognized by the World Health Organization (WHO) as a complementary therapy since 1976, Flower Therapy does not cause negative or adverse effects. In Brazil, it was recognized as a complementary therapy in 2008 by the Federal Council of Dentistry (CFO, 2008).

This alternative therapy aims to promote the balance of human emotions through the use of aqueous solutions produced from flowers. Since 2006, the practice has been used in dentistry in 50 different countries, due to its effectiveness when applied in dental treatments. Florals help to physically relax the human body, facilitating anesthesia, breathing and healing after dental procedures (Murad, 2021). Floral remedies work by removing negative energies responsible for sensations such as stress, fear and anxiety, bringing natural balance to the user, making them healthier and reducing the likelihood of developing diseases due to predisposing factors (Sanches, 2009).

Among the benefits of Floral Therapy, as a complementary and integrative practice, the treatment of emotional disorders stands out, relieving their effects. This alternative product is applied in dental practice in different situations and indications, without contraindications or side effects (Santos et al., 2020). Thus, flower remedies emerge as a new possibility for the clinical management of patients, reducing the need for allopathic medications to control anxiety caused by treatment phobias or other factors present in the office (Alves et al., 2020). In addition to preventing anxiety during dental treatment, flower remedies serve as an effective preventative against chronic, emotional, mental and physical illnesses, benefiting health and human balance. Floral Therapy, in addition to being positive when associated with treatments for human conditions, presents no risk of causing conflicting or harmful effects, due to the fact that it is based on floral essences that act at the level of human consciousness, promoting self-adjustment (Van Haselen, 1999). Therefore, the objective of this research is to carry out a literature review on the indication of Flower Therapy in dental practice to provide a holistic and effective approach to patient care, contributing to a more complete and humanized treatment.

2. Methodology

This article is a narrative literature review, based on the article by Rother (2007), which served as guidance, showing how the article should approach the topic and how the methodology should be followed. To construct this literature review, the following descriptors were used to obtain information and articles: Floral Therapy; Anxiety about Dental Treatment; Fear of the Dentist; Bach flower; Alternative Therapy. Searches were made for online materials, aiming to obtain information, studies, articles and other research through the following databases: The Cochrane Library, Web of Science, Research, society and development journal, DeCs, Science Direct, VHL /BIREME, PUBMED Central, Scielo and Google Academy.

3. Results

3.1 Integrative and complementary practices applied to dentistry

Dentistry has existed for years and has been modernizing and improving more and more through new studies and research linked to new therapeutic methods, which were seen as practices that could not be applied to the dental clinic, for

example, the attribution of integrative practices and complementary (ICP), which are forms of approaches that use a group of professionals and in a systematic manner, using as a basis the perspective of developing new forms of transdisciplinary action, comprehensive care and which is scientifically proven (Simões, 2020). Integrative and complementary practices serve, in addition to expanding the possibilities of treatments that can be used by dentists, they improve daily care during the clinical life performed by the dental surgeon, where we have Phytotherapy, Hypnosis, Homeopathy, Laser Therapy and Floral Therapy as examples of integrative and complementary practices that provide a range of benefits within dentistry, both in odontogenic and non-odontogenic pain, with odontogenic being something related to the tooth structure associated with periapical and periodontal problems, and non-odontogenic being linked to muscles, joints or other tissues (Pinto et al., 2020).

3.2 Flower Therapy

Floral Therapy is a therapy that uses florals that are light and gentle substances, that are not invasive to the human organism and that do not have a toxic effect and that actually trigger a sensation of harmony and that produce the restoration of balance in the body and the mind. This Therapy was recognized as a complementary therapy by the World Health Organization (WHO) in 1976, being something that does not cause any negative or adverse effects and in Brazil it was recognized as a complementary therapy in 2008 by the Federal Council of Dentistry (CFO, 2008).

This alternative therapy aims to promote the balance of human emotions through the use of aqueous solutions that are produced from the use of flowers. This practice has been used within dentistry since 2006 in 50 different countries, as it is a practice that triggers greater effectiveness when applied in dental treatments, due to its function of causing physical relaxation in the human body, which in addition to helping during care, it has the function of facilitating anesthesia, breathing and healing after a procedure (Murad, 2021). The floral remedies will act by removing the weight of negative energies that are mainly responsible for causing negative sensations such as stress, fear and anxiety in people as it is a therapy that brings a natural balance to the user, making them healthier and reducing the likelihood of a disease developing or settling due to some factor that makes the person more prone (Sanches, 2009).

Within the benefits of flower therapy, as a complementary and integrative practice, it aims to treat emotional disorders, aiming to alleviate their effects, being an alternative product that is applied in dental practice, which is used in different situations and indications, for example. It is a material that has no contraindications or side effects (Santos et al., 2020). Thus, floral remedies come as a new possibility for the clinical management of patients, an extra option that can be linked to procedures, which reduces the need to use allopathic medications of pharmacological origin in order to achieve stability in the anxiety caused by a treatment phobia or something that makes up the office (Alves et al., 2020). Florals, in addition to preventing anxiety during dental treatment, serve as an effective preventative against chronic, emotional, mental and physical illnesses, benefiting human health and balance. Floral therapy, in addition to being positive when linked to treatments for some human condition, does not present a lower risk of causing any effect that is conflicting or harmful in any type of situation, due to the fact that it is a therapy based on floral essences that work at the level of human consciousness, thus, an action that works through a self-adjustment process (Van Haselen, 1999).

3.3 Origins of Bach Flower products

The complementary and integrative practice in the health area called Floral Therapy is part of the emerging composition of a set of vibrational therapies that have non-invasive characteristics for humans. The floral essences used in this therapy can be composed of the following raw materials: through wild plants, field trees and flowers that are used in the treatment of disorders that affect the person's personality in a way that does not affect any physical area, therefore, floral is a product that aims to bring harmonization to the etheric, emotional and mental body (Bach, 2006).

Floral therapy is made up of floral essences, which were discovered by an English doctor called Edward Bach, who discovered the essences and studied them, trying to understand where the healing nature that flowers have comes from. These essences work by acting on negative energies, removing the causes of health disorders, thus bringing balance to the person's body, leaving flower users less prone to illnesses and other health problems (Salles & Silva, 2012). The doctor Edward Bach was responsible for developing this therapy, and was diagnosed with a disease that they believed to be incurable in 1917, which made him question the disease he was suffering from, and when he was cured, he came to the conclusion that the physical state matters in obtaining a cure along with your mental health state, which influenced him to continue studying his discovery that deals with the human emotional and mental side. From the studies developed by Bach, other systems were influenced and began to be further studied, each with their respective differences, motivated by the differences found in each given flower and the region in which it is produced, spreading the use of floral remedies throughout the world. territory of the world (Nascimento et al., 2017).

Floral therapy has spread throughout the world over the years, being known by many people and increasingly used in the treatment of health problems. In Brazil, this therapy emerged from Floral de Minas, which is a set of systems of Brazilian florals that began to be studied and approached in 1989, by researchers Ednamara Batista Vasconcelos and Breno Marques da Silva who sought to study the florals displayed on Brazilian soil. These researchers began their work under the influence of the discoveries and inventions of the doctor Edward Bach, at a time when these scholars began to question whether there was the possibility of there being florals in Brazil, as it is a country that has natural wealth within its differentiated and rare flora, thus initiating the search for flowers that have healing potential. From this, this search and interrogation posed by these researchers gave rise to the Minas floral system, which aimed to reveal whether Brazilian nature had florals, which in their composition carry factors that result in achieving human balance and its restructuring when there is an imbalance (Silva & Vasconcelos, 2006).

3.4 Differences between Floral Therapy, Homeopathy and Phytotherapy

These three complementary and integrated practices are widely used by dentists and trigger several positive responses in the human body, however, both have several differences even though they have some similar characteristics. Homeopathy is a therapy that uses as a basis the principle of the law of similars, minimum doses, experimentation on healthy patients and unique medicines, where a holistic analysis of the human being is carried out considering the human being as a whole, aiming to establish a concern for every human being, going beyond analyzing the presence or absence of a disease, seeking to administer homeopathic remedies of animal, vegetable or mineral origin that will go through a number of dilutions to obtain a medicine that is highly effective and at a low price, the which makes it more accessible to the population (Santos et al., 2024). Phytotherapy is a therapy that uses as a base plants that form herbal medicines, which are administered by a producer who follows a quality standard and establishes the type of storage of the product, which are found in the form of gels, teas, solutions, tablets and ointments that are prescribed by health professionals trained in using this practice (Santos et al., 2024).

3.5 Benefits of Floral Therapy in Dentistry

Floral Therapy has several contributions within medicine and health in general, in dentistry it is no different, it has similar functions such as the function performed by florals in the pre-care and procedure, when it acts on the emotional and mental disharmony that affects the patient, triggering the patient's balance, intensifying the probability of physical recovery and serving as a preventative, preventing the appearance of new diseases and health problems, due to the function performed by the flower to produce positive attitudes, virtues, thoughts and habits for human beings. (Magda, 2013).

Dentists specialized in floral therapy have duties that must be followed during the service to obtain a better result, the following steps being: treating each patient in a particular way; aim to act on the origin of diseases of the stomatognathic system;

analyze the patient in general through the use of science and technology together, seeking to analyze the patient themselves and not just the disease that is present, making the dentist an actor in health in general; Acting and caring for the patient's mental health improves the course of dental care. From this point on, the dentist becomes more than a professional who takes care of oral health, but someone responsible for promoting and elevating the patient's life as a whole, a true promoter of general health, when comprehensive and comprehensive treatment occurs. interdisciplinary (CFO, 2008).

Flower remedies, in addition to treating mental health, have other benefits such as a treatment that prevents the onset of diseases such as canker sores and gingivitis resulting from emotional problems (Mantle, 1997). Studies state that Bach Flower Remedies also have benefits when used to treat herpetic gingivostomatitis, a disease that is commonly seen during the dentist's clinical life (Sisto et al., 2019). Bruxism is a functional disorder characterized by clenching or grinding of teeth during wakefulness, sleep and rest. This problem has the potential to cause wear and hinder the mobility of the teeth, or in more serious cases, cause more serious things such as TMJ, bone or gum problems (Rodrigues, 2006), with florals being an option that brings relaxation to being human and that prevents the development of bruxism.

Studies state that some florals have antimicrobial properties, inhibiting streptococcus mutans through the plate microdilution technique, producing more advanced results than chlorhexidine, which is known for its great antimicrobial function (Gonçalves et al., 2018).

3.6 Florals to control anxiety and fear of dental treatment

Dental surgeons are agents who have the potential to cause fear in certain patients, even if it is involuntarily and naturally, for the reason that the dentist is totally related to an environment that has various equipment that can cause discomfort to people at the time the professional needs to use it for some procedure, which ends up becoming a factor that can be associated with the patient and making it an obstacle to the course of the respective treatment, being manifested by phobia, fear and other types of emotions that impact the quality of care (Nathan, 2002).

Dentistry is a science that goes beyond the use of technologies and human innovations, it is a profession that should not be restricted to the use of just a few certain types of use parameters, which is normally the use of allopathic science. Therefore, dentistry can cause fear and anxiety in certain patients, which leads professionals to use pharmaceutical medications to medicate them, even if there are records that show there is a limit when it comes to the use of anxiolytics substances in patients with a phobia of something, in addition to the possibility that allopathic medications cause side effects (Pinto, 1984).

Floral therapy as an integrative practice has the function of presenting itself in dentistry as a plus in dental treatments, as it is a way of looking at human beings beyond their physical appearance of the body. This new therapeutic bias aims to expand the way in which the dentist and the patient can relate, which increases the responsibility and commitment of both, making their relationship firmer, where the surgeon starts to worry about the well-being and comfort of the patient, using humanized resources. The dental surgeon nowadays needs to have knowledge beyond his profession, entering the area of psychosomatics within dentistry, mainly because it is a job that deals with human beings up close, even more so when most people have some type of fear. linked to dental care, motivated by childhood fears, or other aspects of health such as fear of pain, of acquiring illnesses or even of being led to death in some way (Chancellor, 1971).

As much as they have many connections, anxiety and fear are feelings and emotions that have several different conditions (American Psychiatric Association, 2014), however, we see that in scientific literature, it is very normal for these two terms to be placed side by side as something similar or even the same. Thus, anxiety is actually an emotional situation that appears before a fear arises, while fear is an accentuated reflex, caused by a certain stimulus or situation presented (Armfield & Heaton, 2013). Both fear and anxiety can be present within the dental office during care and the course of some treatment, which is presented in the form of signs of tachycardia, restlessness and tingling in the extremities of the body, increased blood pressure,

among other aspects presented. when they contact the dentist (Martins et al., 2017). These feelings are part of something natural in the human organism, which appear due to a set of threatening factors, fictitious or real (Dantas et al., 2019), and have the potential to affect the quality of the patient's oral health. In this way, these two feelings end up triggering a set of changes in the physiological, behavioral and cognitive field (Oliveira, 2009), to which emotions make a contribution through a set of neurotransmitters that are released through the Central Nervous System (CNS) to the patient (Taquette, 2006), which further highlights the importance of having floral therapy as an option to be used during the care provided by the dentist, so that there is a precaution against an emotion that may surface, ensuring that this does not occurs or if it occurs, the dentist can use this therapy as an opportunity to advance dental treatment..

4. Discussion

Fear, anxiety and stress are some feelings that affect many people during their day-to-day activities and situations, and during dental care this can also happen for a variety of reasons, which is a negative point when these emotions can affect functions. physiological aspects of the human body, which can cause the body to feel more pain due to a decrease in excitability, in addition to the fact that it can affect postoperative recovery and the functioning of anesthetics or drugs used in care. Therefore, the patient's emotional state has a great connection with the result and development of dental care, thus introducing floral therapy as a therapy that will try to reduce and prevent the flowering of these emotions, so that an increase in health can be achieved for the patient at the moment that this enhances the treatment.

A point to highlight is the fact that the use of this therapy can be negative when applied to people who have alcohol or gastric problems, as it is a product that has alcohol in its composition, however, most reports indicate that florals do not cause harmful points during treatments, and they deal more with the emotional aspect and its balance, through the self-adjustment triggered by its natural essences of floral origin, used by producers to obtain this final product at a low market price, the which makes it easier to obtain both by a patient who wants to take advantage of daily control of their emotions, and by the health professional who wants to use it in their treatments.

Florals are often seen as "oils" with floral scents and that are not effective, this is because many people see this therapy as a product that causes a "placebo effect", which is actually the psychological effect of human being who, by believing in the functioning of floral therapy, causes an improvement in the emotional state, thus showing that the topic of floral therapy should be led to more research and dissemination, showing case reports that point out its functioning within dentistry and its applicability, proving that the effect is not placebo but the essence really works.

5. Conclusion

Floral Therapy is an alternative therapy that has been integrated into dentistry as an integrative and complementary practice (ICP), which uses "florals" which are composed of floral essences that within dentistry have several positive functions when applied pre and post surgery, for example: applied before the start of a treatment in a person who have odontophobia, as the floral will cause relaxation in the person, removing stress, fear or anxiety caused by some factor, be it the dentist's clothing, the noise of the pen, or even a trauma acquired during childhood.

Therefore, this therapy is an important tool in the hands of the dental surgeon, but it is little discussed because it is something that the majority of the population believes does not work, even though there is scientific evidence and elaborate studies that confirm its benefits, in addition to the fact It is something that has a low monetary value on the market, being a product that can be obtained more easily than others of industrial and pharmaceutical origin.

Thus, it is seen that this practice should be more addressed both during graduation and in scientific work, as it is something that is little discussed in books, magazines and during academic training but has enormous importance and function, and is therefore necessary that more studies be promoted around this therapy, so that more dentistry students and trained professionals know about flower remedies and their positive impacts during clinical life.

In this way, it is seen that more studies are needed that report on the different types of florals and their applications within dentistry, addressing what each one can trigger in the patient and how their use is carried out, from the amount of essence that should be applied where it should be applied, so that more dentists share this knowledge and more patients have improved care.

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