GRANDMA'S REMEDIES

5 Home Remedies to Relieve Inflamed Gums Naturally at Home

By bestfolkmedicine · 11/03/2019 · 2 min read



Gingivitis or gum inflammation can be cleared in the early stages if you use the right remedies. Plus, home remedies are an effective and inexpensive way to remove the plaque before it turns into tartar.

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The remedy should never be swallowed even though it is safe for use. It is important to note that you need to consult your physician before using these remedies in case you are pregnant, breastfeeding or suffering from some other medical problem.

In case of serious symptoms like excessive pain and bleeding and if the symptoms are not reducing with the usage of the remedies, make sure you consult your dentist as soon as possible. Take into account that when left untreated, it can cause other more serious health issues.

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With this in mind, in today's article, we will present 5 powerful DIY remedies to help relieve this gum issue.

5 Herbal Remedies for Gingivitis

- **Cloves**

Cloves have pain-reducing and antibacterial abilities and can be of great aid for inflamed gums.

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You will need:

5 cloves

A cup of water

Preparation: Warm up the water and add the cloves to make a mouthwash. Use it as a regular mouthwash.

- **Aloe vera**

This ancient plant has long been used as a natural cure for its anti-inflammatory, antibacterial, and antifungal abilities and thus, it can be of aid for gingivitis.

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You will need:

Aloe vera gel

Application: Rub the gel on the inflamed gums three to four times on a daily basis.

- **Baking soda**

As it is an alkaline substance, it will prevent the bad bacteria from spreading in the mouth cavity and neutralize the acids from food.

You will need:

A tsp of baking soda

Several drops of water

Preparation: Mix the ingredients to get a thick paste. Apply it onto the affected areas once per day.

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- **Ginger and salt**

Ginger is well-known for its anti-inflammatory and antioxidant capacity to boost your oral health.

You will need:

A pinch of salt

A small ginger root

A bit of water

Preparation: Grind the ginger and mash it to get a fine paste. Then, mix it with the salt and water. Use the paste to massage the inflamed gum for a minute or so. Repeat it three times per day for optimal results.

- **Salt water**

Water and salt is a popular natural remedy to lower inflammation in the mouth cavity.

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You will need:

½ tsp of sea salt

A glass of warm water

Preparation: Mix the ingredients and then use it as mouthwash. Spit it out and then brush the teeth.

Sources:

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