

TEETH GRINDING (Bruxism)



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Behavioural disorders among children are very common these days. Having nuclear family and limited place to play, children spent most of their time playing on mobile phones, watching tv or being busy in the burden of school work, this is the reason of increasing behavioural disorders these days in the children. Such of behavioural disease is BRUXISM.

Teeth grinding among children, especially during sleep, is a common observation. In case of infants, one need not bother about it. In older children, it may be a manifestation of disturbing dreams, pent-up tension and aggression. Apart from this, bruxism may occur in mental retardation and in unconscious patients, more so those suffering from meningitis or encephalitis. There is no evidence that bruxism has any relationship with worm infestation.

Bruxism or teeth grinding is common (5–30% of children), can

begin in the first 5 year of life, and may be associated with daytime anxiety. Persistent bruxism can manifest as muscular or temporomandibular joint pain.

Treatment consists:

- Improving the environmental situation responsible for the tension and conflict. Attempts should be made to make bedtime more enjoyable and relaxed by reading or talking with the child and allowing the child to discuss fears.

- Watching of thrillers and horror shows at bedtime should be avoided.

- Untreated bruxism can cause problems with dental occlusion.

- Helping the child find ways to reduce anxiety might relieve the problem.

- Praise and other emotional support are useful.

- Persistent bruxism requires referral to a dentist given the risk for dental occlusion.

Homoeopathic medicines useful in

cases of bruxism:

1. Cicutavivrosa - Red face. Trismus; disposition to grind teeth.

2. Cina - An irritability of temper, variable appetite, grinding of teeth, and even convulsions, with screams and violent jerking of the hands and feet, are all within its range of action.

3. Kali bromatum - Sleeplessness due to worry and grief and sexual excess. Night terrors. Grinding teeth in sleep.

4. Podophyllum - Grinding the teeth at night; intense desire to press the gums together. Difficult Dentition.

5. Crotalus horridus - Spasmodic grinding of teeth at night.

6. Helleborus niger - Meaningless picking of lips. Grinding of teeth. Chewing motion.

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