

## **The status of periodontal health and oral hygiene of Miraa (*catha edulis*) chewers**

### **Abstract:**

Two hundred and thirty one miraa chewers and 199 non miraa chewers were assessed for gingivitis, loss of attachment and oral hygiene status. The mean gingivitis score among miraa chewers was 1.6 and 1.7 among non miraa chewers (P less than 0.05). The mean facial gingivitis score among miraa chewers was 1.5 and 1.6 among non miraa chewers (P greater than 0.05). The mean distal gingivitis score among miraa chewers was 1.5 and 1.7 among non miraa chewers (P less than 0.05). The mean lingual gingivitis score among miraa chewers was lower than that of non miraa chewers (P less than 0.05). The means of loss of attachment of the teeth of miraa chewers were equal to those of non miraa chewers. Although the mean surface plaque scores of miraa chewers were generally lower than those of non miraa chewers, only the mean lingual plaque score of miraa chewers was found to be significantly lower than that of non miraa chewers (P less than 0.05). It is concluded that the oral hygiene status of miraa chewers was generally better than that of non miraa chewers and there was no evidence to show that chewing miraa is detrimental to periodontal health.