**12 All Natural Toothache Remedies Your Dentist Doesn’t Want You to Know About**

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The most common symptoms of a toothache include a sharp, throbbing or constant pain, swelling around the tooth, fever, and a headache.

In most cases, tooth pain is a result of cavities, but it might also be a result of other causes as well, such as:

* Tooth decay
* A damaged filling
* Abscessed tooth
* Infected gums/ Gum disease
* Tooth fracture
* Repetitive motions, such as chewing hard foods or grinding teeth
* Tooth eruption ( in small children)
* An abnormal bite

These days, we have numerous options to choose in order to soothe a toothache, but before modern dentistry, people used natural remedies only.

Yet, these natural alternatives are highly effective and can be of great help when you suffer from a toothache and would rather avoid visiting your dentist.

These are the twelve most effective ones:

1. **Essential Oils**

One 2014 study found that:

*“Essential oil rinses are found to be equally effective in inhibiting plaque. A study carried out by Pizzo et al. on plaque inhibitory effect of amine fluoride/stannous fluoride and essential oils showed no significant difference in efficacy of both.*

*As chlorhexidine causes staining of teeth on long term use, essential oils can be used as an alternative to chlorhexidine rinse. Essential oils have shown to possess antimicrobial activity against subgingival periopathogens, too.”*

For best effects, use clove, tea tree oil, peppermint, myrrh, cinnamon, and spearmint.

1. **Peppermint Tea**

A 2013 study found that peppermint oil has potent antiseptic properties which are useful against oral pathogens. You should drink peppermint tea with a teaspoon of peppermint leaves steeped for 15-20 minutes, to treat bad breath and toothaches.

1. **Clove Oil**

Clove oil is high in eugenol, which has powerful antiseptic and anesthetic properties that destroy germs and relieve gum pain. Studies have found that it is as effective as benzocaine in numbing pain.

You should combine a few drops of this oil with a teaspoon of coconut oil, and using a cotton ball, apply the mixture on the painful area.  When the place is numb, remove it, and wash the mouth. You can also chew a few cloves using the painful side of the mouth.

1. **Vanilla Extract**

The scent of vanilla soothes the anxiety linked to a toothache, and its alcohol content numbs the pain. Therefore, dab vanilla extracts on the finger and rub it onto the painful tooth twice daily to relieve the pain.

1. **Turmeric Paste**

Mix a teaspoon of turmeric powder, several drops of peppermint oil, and a tablespoon of coconut oil, and prepare a paste. Then, brush the teeth and leave it to act for a few minutes. And rinse.

It has strong antiviral and antibacterial properties and will help you fight bad breath, irritations, gum redness, and tooth stains.

1. **Ginger Cayenne Paste**

Mix cayenne and ginger in equal amounts, add some water and prepare a paste. Then, apply it on the painful place using a cotton ball, and leave it to act in order to soothe the pain and swelling, fight off infection, and control bleeding.

1. **Salt Water Gargle**

Add a teaspoon of salt to a cup of boiling water, and as soon as it cools, gargle it for half a minute. This will alleviate pain and infections, remove debris, and ease the swelling.

1. **Myrrh**

According to RDH, *“myrrh’s astringent properties help with inflammation, and a rinse can offer the added benefit of reducing bacteria”.* To prepare a homemade myrrh rinse, simmer a teaspoon of myrrh in 2 cups of water, leave it to cool, and use it several times during the day.

1. **Raw Garlic**

Garlic effectively fights fungi, bacteria, and viruses. You should crush the clove, leave it for a couple of minutes to activate its compounds, add some salt, and apply it on the painful tooth. You can also chew clove several times daily using the affected tooth.

1. **Ice**

To soothe the swelling and pain before going to the dentist, apply an ice or a cold compress on the cheek.

1. **Chewing Gum**

The area around a broken tooth, or around a tooth which lacks the filling is irritated and painful. To relieve this pain, chew a gum on the opposite side of the mouth and apply it onto the painful tooth.

1. **Acupressure**

Press the hand on the affected side, on the place where the base of the index finger and the thumb meet, and hold for several minutes. This will stimulate the release of endorphins, which will relieve the pain.

Sources and References:  
[besthealthyguide.com](http://besthealthyguide.com/12-natural-toothache-remedies/)[www.getholistichealth.com](http://www.getholistichealth.com/47496/12-all-natural-toothache-remedies-your-dentist-doesnt-want-you-to-know-about/)[www.arizonafamilydental.com](http://www.arizonafamilydental.com/blog/toothache-home-remedies-really-work/)

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