

Assessment of Probiotic Yogurt on Oral Malodor by Organoleptic method

Behfarnia P^{#1}, Bashti Sh²

¹ 1- Assistant professor, Periodontics Dept and member of dental Implant Research Center, School of Dentistry, Isfahan University of Medical Sciences, Isfahan, Iran.

² Dentist

Abstract

Background and Aim: Probiotics could have benefits on oral health, partially through modifying oral cavity microflora. The purpose of this study was to investigate the effect of a commercial probiotic yogurt consumption on oral halitosis.

Materials and Methods: This clinical trial was conducted on 44 volunteers suffering from halitosis with oral cavity origin. The subjects were given 200 ml probiotic yogurt daily for a period of two weeks. One examiner evaluated subjects' mouth odor at baseline and after two weeks using organoleptic assessment (5 point scale: 0= no, 1= brief, 2= medium, 3=severe, and 4= very severe) at 10 and 50 cm distances. Data were analyzed by SPSS software using Wilcoxon test ($\alpha=0.05$).

Result: Baseline mean organoleptic scores (10 and 50 cm) were 2.63 ± 1.12 and 1.95 ± 1.23 , which decreased to 1.45 ± 1.10 and 0.95 ± 0.93 at the end of study ($P < 0.001$).

Conclusion: consumption of probiotic products could be considered as an effective strategy for improvement of halitosis with mouth origin.

Keywords: *Probiotics, Halitosis, Organoleptic*