

Effects of Green Tea on *Streptococcus mutans* †

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Abstract: Dental caries is one of the critical health hazards in today’s world. Dental caries are caused by the acid produced when sugar in food acts on the bacteria present in the dental biofilm of the tooth surface. Different types of organisms are present in the oral cavity, among which *Streptococcus mutans* is the etiological factor behind the dental caries formation. This bacterium is considered to be a facultative gram-positive bacterium. This bacterium can form a biofilm on the tooth surface. There will be a minimum count of bacteria present in our mouth. But when the count of the bacteria increases, it needs regular consideration. Various chemical mouth rinsers have many drawbacks whereas natural remedies are the potent sources of oral health care treatment. For example, green tea is one beverage that has so many health benefits. It is enriched with antioxidants and polyphenols. The polyphenol present in the green tea is Epigallocatechin-3-gallate which has anti-cariogenic and antibacterial activity, suppressing oral bacteria's growth. Some studies suggest Epigallocatechin-3-gallate would reduce the count of *Streptococcus Mutans* on the oral cavity.

Keywords: dental caries; biofilm; *Streptococcus mutans*; oral cavity; antioxidants; polyphenols; anti-cariogenic and antibacterial.

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Conflicts of Interest

The authors declare no conflict of interest.