Opinion

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A Study Showing That Mouthwashes Are Effective on the Covid-19 Virus in 30 Seconds

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Abstract

Dr. O'donnell and colleagues concluded that when existing mouthwashes are held inside the mouth for 30 seconds, they provide significant disinfection of coronavirus, according to a study published in the Journal Function. For this study, we first looked at the contents of mouthwashes on the market. In most countries, this content is shown between 14-27%. It has been investigated whether it could potentially stop the transmission of the virus in health care workers and vulnerable individuals. In mouthwashes where the ethanol content is kept high, the virus is easier to destroy. The lack of studies on this subject has been mentioned. In a short review, findings about this study were given.

Introduction

Researchers found that thymolin and eucalyptus oil, oils consisting of menthol, eucalyptol, methyl salicylate, mouthwashes containing 21% -26% ethanol are antiviral and play a role in the damage of the virus fat layer [1]. But there are not enough clinical trials available for the Covid-19 virus. The findings suggest that ethanol is more effective in combination with essential oils [1].

Chlorhexidine

This type of mouthwashes has been recommended by doctors for more than 40 years, especially to reduce bacterial culture in the oral mucosa of cancer patients receiving treatment. However, it has been thought that the solution containing chlorhexidine can be used in air ventilators, especially to reduce the risk of pneumonia [1].

Povidone Iodine

Besides mouthwash, saltwater rinsing is known to be effective in keeping the mouth area alkaline in both allergy patients and classic colds. Therefore, the same effect can also create a preventative environment in viral situations. But there is no study on this issue. The CDC has been known to report cases of serious illness, particularly from tap waters that harbor parasites [1].

Hydrogen Peroxide

Hydrogen peroxide, commonly used in teeth whitening, played a role in inactivating coronavirus, according to a recent study. Effective results were obtained over 5%, while the effect in the range of 1-3% was minimal. It is a potential antiviral agent [1].

Quaternary Ammonium Compounds

This group is more effective in fighting gram-negative and gram-positive bacteria. It is found in some lozenges. It has been concluded that mouthwashes, especially those that dentists should use, are effective against viruses in those that contain cetylpyridinium chloride. Recently, preprocedural use has been proposed in COVID-19 cases [1].

References

1. O'Donnell VB, David Thomas, Richard Stanton, Jean Yves Maillard, Robert C Murphy, et al. (2020) Potential Role of Oral Rinses Targeting the Viral Lipid Envelope in SARS-CoV-2 Infection. Function 1(1).

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