

49. An in-vivo study to evaluate the onset of relief from ibuprofen, placebo and occlusal splint in patients with acute myalgia in muscles related to temporomandibular joint: a comparative randomized study

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The options available for the management of tmjs are plenty which can be confusing at many times. The main reason for this is absence of uniformity to check the outcome measures of the treatment prescribed. The diagnostic criteria are standardized but its management poses a huge challenge. The management often becomes challenging due to the various options available and various causes for the same. There are basically two forms of therapy for tmjs . Reversible therapy. Irreversible therapy. The first line of treatment preferred by many clinician and researchers are reversible line of therapy because of their efficacy in relieving symptoms. The various widely acceptable reversible line of treatment available is pharmacological therapy, splints and cognitive behavioral therapy etc. . Pharmacological therapy for tmd includes drugs such as non-steroidal anti-inflammatory, opiates, antidepressants, anxiolytics and cortico-steroids. Also it has been established that even placebo can give near similar results as diazepam in tmjs. A study was conducted that resulted in reduction in the masticatory muscle tenderness and improvement in the mouth opening. thus the role of placebo should also be considered as one of the important management strategies in tmj cases.. This study aims at selecting tmd patient of a specific category and treating them with ibuprofen, occlusal splints and placebo randomly. Later evaluating them on the basis of faster onset of relief symptoms in different sexes.

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