

Letter to the editor

“Hormesis a lesser discussed and applied concept in dentistry”

Dear Dr Bharti,

'Hormesis a lesser discussed and applied concept in dentistry'

Hormesis:

In the fields of biology and medicine hormesis is defined as an adaptive response of cells and organisms to a moderate (usually intermittent) stress.

Examples:

They include ischemic preconditioning, exercise, dietary energy restriction and exposures to low doses of certain phytochemicals.

Radiation Hormesis:

It is the hypothesis that low doses of ionizing radiation are beneficial in stimulating the activation of repair mechanisms that protect against disease, that are not activated in the absence of ionizing radiation.

Hormesis and Dentistry:

Stem cells, flouride application, lasers are few examples of hormesis in dentistry.

Hormesis as a whole has a larger impact in dentistry than it is discussed or applied.

Jai Hind.

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