

ABSTRACT

Probiotics are able to provide benefits in human health with a certain amount. Probiotics have a positive effect by increasing the body's immunity. Probiotics need to be used as an alternative therapy or a new method in the treatment of dental and oral health. The use of probiotics in the treatment of periodontitis has been suggested because it can prevent infectious diseases or microbial dysbiosis.

Dental caries disease can have a negative impact on a person's quality of life. Efforts to prevent dental caries are needed by providing probiotic drinks containing *Lactobacillus Casei*. Probiotics have been shown to inhibit the growth of *Streptococcus Mutans*, as well as reduce *S. mutant* in saliva and dental plaque. Caries prevention by incorporating probiotics into products containing fluoride or chlorhexidine may be considered.

The purpose of this Literature Review is to find out how to prevent caries and periodontal disease using probiotics.

Keywords: Probiotics, caries, periodontal disease, acid lactid bacteria

INTISARI

Probiotik mampu memberikan manfaat dalam kesehatan manusia dengan jumlah tertentu. Efek positif probiotik dengan cara meningkatkan imunitas tubuh. Probiotik perlu digunakan sebagai terapi alternative atau metode yang baru dalam pengobatan di bidang kesehatan gigi dan mulut.

Penggunaan probiotik pada pengobatan periodontitis telah disarankan karena dapat mencegah penyakit menular atau disbiosis mikroba.

Penyakit karies gigi dapat berdampak negative pada kualitas hidup seseorang. Upaya pencegahan karies gigi diperlukan dengan cara memberikan minuman probiotik yang mengandung *Lactobacillus Casei*. Probiotik terbukti menghambat pertumbuhan *Streptococcus Mutans*, serta mengurangi *S.mutant* dalam saliva dan plak gigi.

Pencegahan karies dengan memasukkan probiotik kedalam produk yang mengandung Fluoride atau Chlorhexedin dapat dipertimbangkan. Tujuan penelitian Literatur Review ini untuk mengetahui upaya pencegahan penyakit karies dan penyakit periodontal menggunakan probiotik.

Kata Kunci : Probiotik, karies, penyakit periodontal, bakteri asam laktat