



Everything Herbal

by Cheryl Jabz

7 Best Herbal Tooth Pain Remedies



1 Clove

Contains eugenol (strongest natural pain reliever) (natural anesthetic + antibacterial).

How to use: Apply 1 drop diluted clove oil to the sore tooth, or place a whole clove near the tooth and gently bite. Works quickly for numbing pain.



3 Garlic

Helps fight infection-causing bacteria (natural antibiotic).

How to use: Crush a fresh clove with a pinch of salt. Apply directly to the tooth. Strong taste, but very effective.



5 Peppermint

Mild numbing and antibacterial effect (cooling + soothing).

How to use: Brew strong peppermint tea, cool it, then use as a mouth rinse or hold the tea bag on the tooth.

2 Sage

Helps reduce gum swelling (anti-inflammatory + antibacterial).

How to use: Steep 1 tsp dried sage in hot water. Cool and use as a rinse.



4 Thyme

Fights oral bacteria (powerful antimicrobial).

How to use: Add a drop of thyme oil to water for rinsing, or brew as a tea and swish before swallowing.



6 Turmeric

Good for irritated gums (calming + healing).

How to use: Mix turmeric powder and water into a paste. Apply gently to the area.



7 Chamomile

Helps reduce swelling and pain (anti-inflammatory).

How to use: Use cooled chamomile tea as a rinse, or place the tea bag on the sore area.



Natural remedies may offer temporary relief but do not replace dental care for worsening pain, swelling, or infection.

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