

## MISCELLANEOUS PAPERS

### RANOS: A NATURAL DENTAL THERAPY

KABALIMU JM. P.O. BOX 15814. E-MAIL: jkabalimu8@hotmail.com

#### Introduction

RANOS (Azadrachta Bicarbonate Salt) is a home made plant extract of a tree Azadrachta. It is in liquid form, brown in colour with an aromatic smell and a salty bitter taste. Ranos is a pain killer, applied topically in the oral cavity. RANOS contains alkaloids, its ingredients are Azadrachta indica powder, bicarbonate of soda  $\text{Na}(\text{HCO}_3)$ , common salt ( $\text{NaCl}$ ) and water. Its pharmacology and pharmaco-kinetics of RANOS will be published later. As recommended by the Chief Government Chemist Laboratory number 1287/98, RANOS is safe under the specified treatment regimen. RANOS is a treatment of oral diseases causing toothache and other symptoms. When RANOS is used, pain relief is achieved without a need of filling cavities or extraction of damaged teeth.

#### Dosage and administration

A patient (an elderly, an adult or a child who is old enough to be able to use the drug as recommended) holds one table spoonful of RANOS in the mouth for 10-15 minutes daily before bedtime then spits out. The treatment regimen for RANOS is a minimum of three consecutive days but a complete course is achieved by using the whole bottle content (100 ml). In case of severe toothache, application is repeated at an interval of 20 minutes but not to exceed 2 to 3 times a day. RANOS may be administered at any time of the day, but it is advised to take it at night after dinner for the sake of convenience and also to allow at least five hours of mouth rest for Ranos to take its course. Oral fluids contaminated with the drug should not be swallowed, but a need for spitting is purely on the basis of hygiene and not the lethal effects of the drug.

RANOS should be stored in a dry place at room temperature or below  $25^\circ\text{C}$ . RANOS could still be in use and effective six months from the date of initial preparation. RANOS causes no discoloration of teeth and gums but it is irritating to eyes and the oral mucosa.

#### Historical background on the invention of RANOS

Invention of RANOS is based on my own dental problems that started in 1960s. Despite the modern dental treatment I received at hospitals, I continued getting holes in my teeth. Subsequently, I lost eight (8) teeth. I almost lost hope from the dental problems that I had faced over time. I could not chew anything hard however much I liked it. I got worried that all my teeth may eventually be lost. Therefore, I started (re)searching on/for a possible cure. I started by trying different herbs on my own teeth, for seven years; 1984 – 1991. I used to taste different leaves of herbs and assessed which ones gave me relief. Due to the terrible pain I have experienced I was not afraid to taste any tree leaves. Accidentally/incidentally I came across a tree, whose leaves extracts gave me the best relieve. I decided to take those leaves for further research. I had good results with my own teeth since after finishing the dosage, I did not get more dental problems or toothache. Then I started trials with other patients in Mwanza between 1994 – 1997. I attended 120 patients with different conditions; pain, cavities, gum swellings, bleeding gums, loose teeth and bad smell (table 1). All patients got relieved of their problems. Later, I was advised to move to Dar es Salaam so as to get close guidance on Ranos research from the Ministry of Health. The Chief Government Chemist analyzed Ranos and found out that it contained Alkaloids. The WHO country representative advised me to contact the Director, National Institute for Medical Research (NIMR) to submit a scientific research proposal. I requested permission from the Ministry of Health to open a traditional dental clinic, where I could treat dental pain without tooth extraction. Permission was granted and a Traditional Dental Therapy (TDT) Clinic was established in January 1999. To date, I have attended 6000 patients (table 1) who have been relieved of their symptoms.

#### Conclusion and future plans

RANOS have resulted to complete relieve of dental pain and other oral problems. As a future plan, I wish to see RANOS benefiting more people. For this reason, I plea to dental professionals and industrial communities to join

hands with me so that together we can come up with a scientifically tested product that could benefit the people.

Table 1: Oral conditions attended between 1994 and 2003

Condition	1994 – 1997	Up to 2003
Pain	30	1,800
Cavities	35	1,500
Gum swellings	20	1,200
Bleeding gums	20	1,200
Loose teeth and bad smell	15	300
Total	120	6,000

Note

1. The editor is not accountable with RANOS.
2. Instead, the Editor urges scientists to do research and explore on the action/effects of various traditional medicines on oral tissues/health.