conclusion
The study was conducted to educate the importance of green tea and its beneficial properties for the betterment of the life in a common man. Based on the current study results, it can be concluded that green tea can be used as an adjunct to routine professional and personal plaque control. The present study has confirmed the findings of earlier studies showing oral health benefits of green tea to some extent portraying the improvement of oral hygiene status in all the three groups, scaling and root planning alone, scaling and root planning with green tea, and green tea alone. Our recent studies revealed that the intake of green tea taken orally is a healthy and helpful drink as it shows the positive effects on the periodontium and the gingival tissues. Further studies to be done regarding the benefits of green tea on general and mental health as it plays a major role in prevention of stress.