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New study reveals anti-viral benefits of chlorhexidine mouthwash

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Chlorhexidine is a gold standard mouth rinse due to its broad spectrum bactericidal and virucidal properties.



A preliminary laboratory based research conducted by Dr HSJ Institute of Dental Sciences, Panjab University in collaboration with CSIR-Institute of Microbial Technology (IMTECH) revealed that one of the most routinely used mouth rinses, Chlorhexidine, has proven to be effective against SARS-CoV-2. The study, titled 'Chlorhexidine: An effective anti-Covid mouth rinse' was supported by Dr Reddy's Laboratories and Design Innovation Centre, Panjab University.

Studies have shown that SARS-CoV-2 virus colonises in the oral and nasal cavities. Mouth rinses can be an effective way to reduce the colonisation and possibly reduce the transmission of infection. The public at large has become very conscious about oral hygiene in these COVID times so as to prevent SARS-CoV-2 infection.

Chlorhexidine is a gold standard mouth rinse due to its broad spectrum bactericidal and virucidal properties. This study was aimed at providing an insight into the effectiveness of Chlorhexidine 0.2% against SARS-CoV-2, through an analysis in a laboratory. It was observed that, chlorhexidine digluconate mouth rinses in 0.2% concentration kill more than 99.9% of SARS-CoV-2 virus in minimal contact time of 30 seconds.

Dr Ashish Jain from Dr HSJ Institute of Dental Sciences, the author of the study, said "Our study revealed that a mouth rinse with the required concentration of Chlorhexidine killed coronavirus within 30 seconds after being exposed in a laboratory. These are the initial results from the lab studies and need to be verified through clinical studies. We are indeed grateful to Dr Reddy's Laboratories and Design Innovation Centre, Panjab University for providing support in conducting this preliminary study successfully.