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Research

Knowledge Awareness Attitude Regarding Role of Acupuncture In Controlling Gag Reflex Among Dental Students

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Abstract

The gag reflex is a protective physiological response that prevents foreign objects from entering the upper airway and digestive tract. In dental settings, an exaggerated gag reflex can become a significant barrier to effective treatment, leading to anxiety, avoidance of care, and even the need for sedation or general anesthesia. This study aims to evaluate the knowledge, awareness, and attitudes of dental students regarding the role of acupuncture in controlling the gag reflex. Acupuncture, a traditional therapeutic method involving the stimulation of specific pressure points, offers a minimally invasive, cost-effective alternative to conventional methods. A cross-sectional survey was conducted among undergraduate and postgraduate dental students using a structured questionnaire. The findings indicate that while a significant portion of students has encountered patients with gag reflex issues, awareness of acupuncture as a therapeutic option remains limited. Only 45% of the respondents were aware of its use in dentistry, and none had applied it clinically. Despite limited exposure, over 70% expressed interest in learning and applying acupuncture techniques to manage gag reflex. This highlights the need for enhanced educational efforts to incorporate alternative therapies like acupuncture into dental training. Broadening this awareness can empower future dental professionals with holistic and patient-friendly treatment strategies.

Keywords: Acupuncture, Gag reflex, pressure points, trigger zones

INTRODUCTION

The gag reflex(GR) is a physiological medium that occurs to help foreign objects or noxious material from entering the pharynx, larynx or trachea and is considered normal(1). There are people who have exaggerated

gag reflex and the exact frequency in relation to dental treatment is unknown(2). Gagging can be either physical which is stimulated by sensitive whim-whams stimulation on direct contact or psychogenic which is without the direct contact, illustration the study of the dental treatment, is sufficient to induce gagging(3). Gagging becomes a tentative response to people who have bad dental experience(7).

Some people avoid dental treatment because of their problematic gagging reflex, while others have to accept general anesthesia or sedation to manage dental treatment. Numerous strategies have been tried to control gagging in the dental settings, so that the case can manage up with the treatment and dentists can give it. This includes relaxation, distraction, desensitization ways, behavioural and cerebral ways, original anaesthesia, general anaesthesia, conscious sedation ways, and reciprocal remedy's like acupuncture and hypnotism(2).

Acupuncture is an indispensable form of drug in which fine needles are fitted to a particular depth and also removed after eventually. It is one of the range treatment options that can be employed in a trouble to control gagging.

Acupuncture is an ancient drug followed in Eastern countries and China and is being used in the current days also to maintain their oral health. This study is done to estimate the knowledge station and mindfulness of dental scholars about the part of acupuncture in controlling gag reflex.

MATERIALS AND METHODS

This study was conducted among dental students who were doing their graduation in a tertiary care teaching hospital. A self-administration questionnaire consisting of 15 questions was prepared to analyze the knowledge of acupuncture to prevent gagging. 300 questionnaires were distributed through an online link, and the results were collected. The questionnaire was tone- conceptualized, and its authenticity was made by agitating it with faculty of the department of Public Health Dentistry. The check was approved by the institutional ethical commission. After the data collection, it was collected and presented in the form of statistical analysis.

Inclusion Criteria: Undergraduate and Postgraduate dental students, Students who are interested in participating

Exclusion Criteria: Faculty and students who are not interested in participating

RESULTS

Statistics

Q1

Crosstab

				Q1				Total
GENDER				1	2	3	4	
1	YEAR OF STUDY	1	Count	4	8	9	5	26
			% of Total	5.3%	10.5%	11.8%	6.6%	34.2%
		2	Count	11	3	7	4	25
			% of Total	14.5%	3.9%	9.2%	5.3%	32.9%
		3	Count	6	1	5	1	13
			% of Total	7.9%	1.3%	6.6%	1.3%	17.1%
		4	Count	9	0	1	2	12
			% of Total	11.8%	0.0%	1.3%	2.6%	15.8%
	Total		Count	30	12	22	12	76
			% of Total	39.5%	15.8%	28.9%	15.8%	100.0%
2	YEAR OF STUDY	1	Count	5	3	16	2	26
			% of Total	3.6%	2.2%	11.5%	1.4%	18.7%
		2	Count	7	7	11	1	26
			% of Total	5.0%	5.0%	7.9%	0.7%	18.7%
		3	Count	27	4	9	7	47
			% of Total	19.4%	2.9%	6.5%	5.0%	33.8%
		4	Count	21	7	4	8	40
			% of Total	15.1%	5.0%	2.9%	5.8%	28.8%
	Total		Count	60	21	40	18	139
			% of Total	43.2%	15.1%	28.8%	12.9%	100.0%
Total	YEAR OF STUDY	1	Count	9	11	25	7	52
			% of Total	4.2%	5.1%	11.6%	3.3%	24.2%
		2	Count	18	10	18	5	51

			% of Total	8.4%	4.7%	8.4%	2.3%	23.7%
		3	Count	33	5	14	8	60
			% of Total	15.3%	2.3%	6.5%	3.7%	27.9%
		4	Count	30	7	5	10	52
			% of Total	14.0%	3.3%	2.3%	4.7%	24.2%
	Total		Count	90	33	62	30	215
			% of Total	41.9%	15.3%	28.8%	14.0%	100.0%

p value 0.041

Q2

Crosstab

				Q2				
GENDER				1	2	3	4	Total
1	YEAR OF STUDY	1	Count	6	5	7	8	26
			% of Total	7.9%	6.6%	9.2%	10.5%	34.2%
		2	Count	4	11	3	7	25
			% of Total	5.3%	14.5%	3.9%	9.2%	32.9%
		3	Count	0	4	4	5	13
			% of Total	0.0%	5.3%	5.3%	6.6%	17.1%
		4	Count	0	7	0	5	12
			% of Total	0.0%	9.2%	0.0%	6.6%	15.8%
	Total		Count	10	27	14	25	76
			% of Total	13.2%	35.5%	18.4%	32.9%	100.0%
2	YEAR OF STUDY	1	Count	1	8	0	17	26
			% of Total	0.7%	5.8%	0.0%	12.2%	18.7%
		2	Count	1	9	3	13	26
			% of Total	0.7%	6.5%	2.2%	9.4%	18.7%
		3	Count	9	9	1	28	47
			% of Total	6.5%	6.5%	0.7%	20.1%	33.8%
		4	Count	1	1	2	36	40
			% of Total	0.7%	0.7%	1.4%	25.9%	28.8%
	Total		Count	12	27	6	94	139
			% of Total	8.6%	19.4%	4.3%	67.6%	100.0%
Total	YEAR OF STUDY	1	Count	7	13	7	25	52
			% of Total	3.3%	6.0%	3.3%	11.6%	24.2%
		2	Count	5	20	6	20	51
			% of Total	2.3%	9.3%	2.8%	9.3%	23.7%
		3	Count	9	13	5	33	60
			% of Total	4.2%	6.0%	2.3%	15.3%	27.9%
		4	Count	1	8	2	41	52
			% of Total	0.5%	3.7%	0.9%	19.1%	24.2%
	Total		Count	22	54	20	119	215
			% of Total	10.2%	25.1%	9.3%	55.3%	100.0%

p value 0.087

Q3

Crosstab

				Q3				
GENDER				1	2	3	4	Total
1	YEAR OF STUDY	1	Count	1	8	8	9	26
			% of Total	1.3%	10.5%	10.5%	11.8%	34.2%
		2	Count	4	5	3	13	25
			% of Total	5.3%	6.6%	3.9%	17.1%	32.9%
		3	Count	0	2	5	6	13
			% of Total	0.0%	2.6%	6.6%	7.9%	17.1%
		4	Count	1	5	2	4	12

			% of Total	1.3%	6.6%	2.6%	5.3%	15.8%
	Total		Count	6	20	18	32	76
			% of Total	7.9%	26.3%	23.7%	42.1%	100.0%
2	YEAR OF STUDY	1	Count	4	2	3	17	26
			% of Total	2.9%	1.4%	2.2%	12.2%	18.7%
		2	Count	2	2	10	12	26
			% of Total	1.4%	1.4%	7.2%	8.6%	18.7%
		3	Count	12	8	4	23	47
			% of Total	8.6%	5.8%	2.9%	16.5%	33.8%
		4	Count	6	2	4	28	40
			% of Total	4.3%	1.4%	2.9%	20.1%	28.8%
	Total		Count	24	14	21	80	139
			% of Total	17.3%	10.1%	15.1%	57.6%	100.0%
Total	YEAR OF STUDY	1	Count	5	10	11	26	52
			% of Total	2.3%	4.7%	5.1%	12.1%	24.2%
		2	Count	6	7	13	25	51
			% of Total	2.8%	3.3%	6.0%	11.6%	23.7%
		3	Count	12	10	9	29	60
			% of Total	5.6%	4.7%	4.2%	13.5%	27.9%
		4	Count	7	7	6	32	52
			% of Total	3.3%	3.3%	2.8%	14.9%	24.2%
	Total		Count	30	34	39	112	215
			% of Total	14.0%	15.8%	18.1%	52.1%	100.0%

p value 0.310

Q4

Crosstab

				Q4				
GENDER				1	2	3	4	Total
1	YEAR OF STUDY	1	Count	6	11	5	4	26
			% of Total	7.9%	14.5%	6.6%	5.3%	34.2%
		2	Count	9	5	10	1	25
			% of Total	11.8%	6.6%	13.2%	1.3%	32.9%
		3	Count	3	6	3	1	13
			% of Total	3.9%	7.9%	3.9%	1.3%	17.1%
		4	Count	2	6	0	4	12
			% of Total	2.6%	7.9%	0.0%	5.3%	15.8%
	Total		Count	20	28	18	10	76
			% of Total	26.3%	36.8%	23.7%	13.2%	100.0%
2	YEAR OF STUDY	1	Count	14	7	4	1	26
			% of Total	10.1%	5.0%	2.9%	0.7%	18.7%
		2	Count	2	9	7	8	26
			% of Total	1.4%	6.5%	5.0%	5.8%	18.7%
		3	Count	20	17	8	2	47
			% of Total	14.4%	12.2%	5.8%	1.4%	33.8%
		4	Count	8	11	12	9	40
			% of Total	5.8%	7.9%	8.6%	6.5%	28.8%
	Total		Count	44	44	31	20	139
			% of Total	31.7%	31.7%	22.3%	14.4%	100.0%
Total	YEAR OF STUDY	1	Count	20	18	9	5	52
			% of Total	9.3%	8.4%	4.2%	2.3%	24.2%
		2	Count	11	14	17	9	51
			% of Total	5.1%	6.5%	7.9%	4.2%	23.7%
		3	Count	23	23	11	3	60
			% of Total	10.7%	10.7%	5.1%	1.4%	27.9%
		4	Count	10	17	12	13	52
			% of Total	4.7%	7.9%	5.6%	6.0%	24.2%

	Total		Count	64	72	49	30	215
			% of Total	29.8%	33.5%	22.8%	14.0%	100.0%

p value 0.066

Q5

Crosstab

				Q5				
GENDER				1	2	3	4	Total
1	YEAR OF STUDY	1	Count	2	3	9	12	26
			% of Total	2.6%	3.9%	11.8%	15.8%	34.2%
		2	Count	7	4	8	6	25
			% of Total	9.2%	5.3%	10.5%	7.9%	32.9%
		3	Count	1	5	3	4	13
			% of Total	1.3%	6.6%	3.9%	5.3%	17.1%
		4	Count	3	3	2	4	12
			% of Total	3.9%	3.9%	2.6%	5.3%	15.8%
	Total		Count	13	15	22	26	76
			% of Total	17.1%	19.7%	28.9%	34.2%	100.0%
2	YEAR OF STUDY	1	Count	3	2	3	18	26
			% of Total	2.2%	1.4%	2.2%	12.9%	18.7%
		2	Count	3	1	6	16	26
			% of Total	2.2%	0.7%	4.3%	11.5%	18.7%
		3	Count	12	5	6	24	47
			% of Total	8.6%	3.6%	4.3%	17.3%	33.8%
		4	Count	5	6	5	24	40
			% of Total	3.6%	4.3%	3.6%	17.3%	28.8%
	Total		Count	23	14	20	82	139
			% of Total	16.5%	10.1%	14.4%	59.0%	100.0%
Total	YEAR OF STUDY	1	Count	5	5	12	30	52
			% of Total	2.3%	2.3%	5.6%	14.0%	24.2%
		2	Count	10	5	14	22	51
			% of Total	4.7%	2.3%	6.5%	10.2%	23.7%
		3	Count	13	10	9	28	60
			% of Total	6.0%	4.7%	4.2%	13.0%	27.9%
		4	Count	8	9	7	28	52
			% of Total	3.7%	4.2%	3.3%	13.0%	24.2%
	Total		Count	36	29	42	108	215
			% of Total	16.7%	13.5%	19.5%	50.2%	100.0%

p value 0.291

Q6

Crosstab

				Q6				
GENDER				1	2	3	4	Total
1	YEAR OF STUDY	1	Count	2	6	7	11	26
			% of Total	2.6%	7.9%	9.2%	14.5%	34.2%
		2	Count	5	7	3	10	25
			% of Total	6.6%	9.2%	3.9%	13.2%	32.9%
		3	Count	0	4	5	4	13
			% of Total	0.0%	5.3%	6.6%	5.3%	17.1%
		4	Count	3	3	2	4	12
			% of Total	3.9%	3.9%	2.6%	5.3%	15.8%
	Total		Count	10	20	17	29	76
			% of Total	13.2%	26.3%	22.4%	38.2%	100.0%
2	YEAR OF STUDY	1	Count	2	7	2	15	26
			% of Total	1.4%	5.0%	1.4%	10.8%	18.7%
		2	Count	6	3	2	15	26
			% of Total	4.3%	2.2%	1.4%	10.8%	18.7%

		3	Count	3	5	9	30	47
			% of Total	2.2%	3.6%	6.5%	21.6%	33.8%
		4	Count	4	1	8	27	40
			% of Total	2.9%	0.7%	5.8%	19.4%	28.8%
	Total		Count	15	16	21	87	139
			% of Total	10.8%	11.5%	15.1%	62.6%	100.0%
Total	YEAR OF STUDY	1	Count	4	13	9	26	52
			% of Total	1.9%	6.0%	4.2%	12.1%	24.2%
		2	Count	11	10	5	25	51
			% of Total	5.1%	4.7%	2.3%	11.6%	23.7%
		3	Count	3	9	14	34	60
			% of Total	1.4%	4.2%	6.5%	15.8%	27.9%
		4	Count	7	4	10	31	52
			% of Total	3.3%	1.9%	4.7%	14.4%	24.2%
	Total		Count	25	36	38	116	215
			% of Total	11.6%	16.7%	17.7%	54.0%	100.0%

p value 0.511

Q7

Crosstab

				Q7				
GENDER				1	2	3	4	Total
1	YEAR OF STUDY	1	Count	3	5	7	11	26
			% of Total	3.9%	6.6%	9.2%	14.5%	34.2%
		2	Count	6	4	2	13	25
			% of Total	7.9%	5.3%	2.6%	17.1%	32.9%
		3	Count	1	5	1	6	13
			% of Total	1.3%	6.6%	1.3%	7.9%	17.1%
		4	Count	2	4	3	3	12
			% of Total	2.6%	5.3%	3.9%	3.9%	15.8%
	Total		Count	12	18	13	33	76
			% of Total	15.8%	23.7%	17.1%	43.4%	100.0%
2	YEAR OF STUDY	1	Count	3	0	3	20	26
			% of Total	2.2%	0.0%	2.2%	14.4%	18.7%
		2	Count	3	2	3	18	26
			% of Total	2.2%	1.4%	2.2%	12.9%	18.7%
		3	Count	7	4	11	25	47
			% of Total	5.0%	2.9%	7.9%	18.0%	33.8%
		4	Count	5	2	6	27	40
			% of Total	3.6%	1.4%	4.3%	19.4%	28.8%
	Total		Count	18	8	23	90	139
			% of Total	12.9%	5.8%	16.5%	64.7%	100.0%
Total	YEAR OF STUDY	1	Count	6	5	10	31	52
			% of Total	2.8%	2.3%	4.7%	14.4%	24.2%
		2	Count	9	6	5	31	51
			% of Total	4.2%	2.8%	2.3%	14.4%	23.7%
		3	Count	8	9	12	31	60
			% of Total	3.7%	4.2%	5.6%	14.4%	27.9%
		4	Count	7	6	9	30	52
			% of Total	3.3%	2.8%	4.2%	14.0%	24.2%
	Total		Count	30	26	36	123	215
			% of Total	14.0%	12.1%	16.7%	57.2%	100.0%

p value 0.384

Q8

Crosstab

GENDER				Q8 1	2	3	Total
1	YEAR OF STUDY	1	Count	7	7	12	26
			% of Total	9.2%	9.2%	15.8%	34.2%
		2	Count	11	7	7	25
			% of Total	14.5%	9.2%	9.2%	32.9%
		3	Count	2	7	4	13
			% of Total	2.6%	9.2%	5.3%	17.1%
		4	Count	2	8	2	12
			% of Total	2.6%	10.5%	2.6%	15.8%
	Total		Count	22	29	25	76
			% of Total	28.9%	38.2%	32.9%	100.0%
2	YEAR OF STUDY	1	Count	12	10	4	26
			% of Total	8.6%	7.2%	2.9%	18.7%
		2	Count	12	7	7	26
			% of Total	8.6%	5.0%	5.0%	18.7%
		3	Count	15	15	17	47
			% of Total	10.8%	10.8%	12.2%	33.8%
		4	Count	15	8	17	40
			% of Total	10.8%	5.8%	12.2%	28.8%
	Total		Count	54	40	45	139
			% of Total	38.8%	28.8%	32.4%	100.0%
Total	YEAR OF STUDY	1	Count	19	17	16	52
			% of Total	8.8%	7.9%	7.4%	24.2%
		2	Count	23	14	14	51
			% of Total	10.7%	6.5%	6.5%	23.7%
		3	Count	17	22	21	60
			% of Total	7.9%	10.2%	9.8%	27.9%
		4	Count	17	16	19	52
			% of Total	7.9%	7.4%	8.8%	24.2%
	Total		Count	76	69	70	215
			% of Total	35.3%	32.1%	32.6%	100.0%

p value 0.091

Q9

Crosstab

GENDER				Q9 1	2	3	4	Total
1	YEAR OF STUDY	1	Count	7	5	4	10	26
			% of Total	9.2%	6.6%	5.3%	13.2%	34.2%
		2	Count	4	4	6	11	25
			% of Total	5.3%	5.3%	7.9%	14.5%	32.9%
		3	Count	2	2	5	4	13
			% of Total	2.6%	2.6%	6.6%	5.3%	17.1%
		4	Count	6	2	3	1	12
			% of Total	7.9%	2.6%	3.9%	1.3%	15.8%
	Total		Count	19	13	18	26	76
			% of Total	25.0%	17.1%	23.7%	34.2%	100.0%
2	YEAR OF STUDY	1	Count	3	5	4	14	26
			% of Total	2.2%	3.6%	2.9%	10.1%	18.7%
		2	Count	9	3	3	11	26
			% of Total	6.5%	2.2%	2.2%	7.9%	18.7%
		3	Count	5	7	11	24	47
			% of Total	3.6%	5.0%	7.9%	17.3%	33.8%

		4	Count	7	9	4	20	40
			% of Total	5.0%	6.5%	2.9%	14.4%	28.8%
	Total		Count	24	24	22	69	139
			% of Total	17.3%	17.3%	15.8%	49.6%	100.0%
Total	YEAR OF STUDY	1	Count	10	10	8	24	52
			% of Total	4.7%	4.7%	3.7%	11.2%	24.2%
		2	Count	13	7	9	22	51
			% of Total	6.0%	3.3%	4.2%	10.2%	23.7%
		3	Count	7	9	16	28	60
			% of Total	3.3%	4.2%	7.4%	13.0%	27.9%
		4	Count	13	11	7	21	52
			% of Total	6.0%	5.1%	3.3%	9.8%	24.2%
	Total		Count	43	37	40	95	215
			% of Total	20.0%	17.2%	18.6%	44.2%	100.0%

p value 0.381

Q10

Crosstab

				Q10			
GENDER				1	2	4	Total
1	YEAR OF STUDY	1	Count	17	9		26
			% of Total	22.4%	11.8%		34.2%
		2	Count	13	12		25
			% of Total	17.1%	15.8%		32.9%
		3	Count	9	4		13
			% of Total	11.8%	5.3%		17.1%
		4	Count	7	5		12
			% of Total	9.2%	6.6%		15.8%
	Total		Count	46	30		76
			% of Total	60.5%	39.5%		100.0%
2	YEAR OF STUDY	1	Count	11	14	1	26
			% of Total	7.9%	10.1%	0.7%	18.7%
		2	Count	15	11	0	26
			% of Total	10.8%	7.9%	0.0%	18.7%
		3	Count	22	24	1	47
			% of Total	15.8%	17.3%	0.7%	33.8%
		4	Count	25	15	0	40
			% of Total	18.0%	10.8%	0.0%	28.8%
	Total		Count	73	64	2	139
			% of Total	52.5%	46.0%	1.4%	100.0%
Total	YEAR OF STUDY	1	Count	28	23	1	52
			% of Total	13.0%	10.7%	0.5%	24.2%
		2	Count	28	23	0	51
			% of Total	13.0%	10.7%	0.0%	23.7%
		3	Count	31	28	1	60
			% of Total	14.4%	13.0%	0.5%	27.9%
		4	Count	32	20	0	52
			% of Total	14.9%	9.3%	0.0%	24.2%
	Total		Count	119	94	2	215
			% of Total	55.3%	43.7%	0.9%	100.0%

p value 0.693

Q11

Crosstab

GENDER				Q11 1	2	4	Total
1	YEAR OF STUDY	1	Count	17	9	0	26
			% of Total	22.4%	11.8%	0.0%	34.2%
		2	Count	16	8	1	25
			% of Total	21.1%	10.5%	1.3%	32.9%
		3	Count	12	1	0	13
			% of Total	15.8%	1.3%	0.0%	17.1%
		4	Count	7	5	0	12
			% of Total	9.2%	6.6%	0.0%	15.8%
	Total		Count	52	23	1	76
			% of Total	68.4%	30.3%	1.3%	100.0%
2	YEAR OF STUDY	1	Count	17	9		26
			% of Total	12.2%	6.5%		18.7%
		2	Count	19	7		26
			% of Total	13.7%	5.0%		18.7%
		3	Count	28	19		47
			% of Total	20.1%	13.7%		33.8%
		4	Count	20	20		40
			% of Total	14.4%	14.4%		28.8%
	Total		Count	84	55		139
			% of Total	60.4%	39.6%		100.0%
Total	YEAR OF STUDY	1	Count	34	18	0	52
			% of Total	15.8%	8.4%	0.0%	24.2%
		2	Count	35	15	1	51
			% of Total	16.3%	7.0%	0.5%	23.7%
		3	Count	40	20	0	60
			% of Total	18.6%	9.3%	0.0%	27.9%
		4	Count	27	25	0	52
			% of Total	12.6%	11.6%	0.0%	24.2%
	Total		Count	136	78	1	215
			% of Total	63.3%	36.3%	0.5%	100.0%

p value 0.390

Q12

Crosstab

GENDER				Q12 1	2	Total
1	YEAR OF STUDY	1	Count	15	11	26
			% of Total	19.7%	14.5%	34.2%
		2	Count	10	15	25
			% of Total	13.2%	19.7%	32.9%
		3	Count	2	11	13
			% of Total	2.6%	14.5%	17.1%
		4	Count	7	5	12
			% of Total	9.2%	6.6%	15.8%
	Total		Count	34	42	76
			% of Total	44.7%	55.3%	100.0%
2	YEAR OF STUDY	1	Count	16	10	26
			% of Total	11.5%	7.2%	18.7%
		2	Count	16	10	26
			% of Total	11.5%	7.2%	18.7%
		3	Count	22	25	47
			% of Total	15.8%	18.0%	33.8%

		4	Count	19	21	40
			% of Total	13.7%	15.1%	28.8%
	Total		Count	73	66	139
			% of Total	52.5%	47.5%	100.0%
Total	YEAR OF STUDY	1	Count	31	21	52
			% of Total	14.4%	9.8%	24.2%
		2	Count	26	25	51
			% of Total	12.1%	11.6%	23.7%
		3	Count	24	36	60
			% of Total	11.2%	16.7%	27.9%
		4	Count	26	26	52
			% of Total	12.1%	12.1%	24.2%
	Total		Count	107	108	215
			% of Total	49.8%	50.2%	100.0%

p value 0.060

Q13

Crosstab

				Q13				
GENDER				1	2	3	4	Total
1	YEAR OF STUDY	1	Count	14	7	3	2	26
			% of Total	18.4%	9.2%	3.9%	2.6%	34.2%
		2	Count	14	6	3	2	25
			% of Total	18.4%	7.9%	3.9%	2.6%	32.9%
		3	Count	4	4	4	1	13
			% of Total	5.3%	5.3%	5.3%	1.3%	17.1%
		4	Count	3	4	4	1	12
			% of Total	3.9%	5.3%	5.3%	1.3%	15.8%
	Total		Count	35	21	14	6	76
			% of Total	46.1%	27.6%	18.4%	7.9%	100.0%
2	YEAR OF STUDY	1	Count	8	9	9	0	26
			% of Total	5.8%	6.5%	6.5%	0.0%	18.7%
		2	Count	14	6	5	1	26
			% of Total	10.1%	4.3%	3.6%	0.7%	18.7%
		3	Count	18	10	16	3	47
			% of Total	12.9%	7.2%	11.5%	2.2%	33.8%
		4	Count	11	8	14	7	40
			% of Total	7.9%	5.8%	10.1%	5.0%	28.8%
	Total		Count	51	33	44	11	139
			% of Total	36.7%	23.7%	31.7%	7.9%	100.0%
Total	YEAR OF STUDY	1	Count	22	16	12	2	52
			% of Total	10.2%	7.4%	5.6%	0.9%	24.2%
		2	Count	28	12	8	3	51
			% of Total	13.0%	5.6%	3.7%	1.4%	23.7%
		3	Count	22	14	20	4	60
			% of Total	10.2%	6.5%	9.3%	1.9%	27.9%
		4	Count	14	12	18	8	52
			% of Total	6.5%	5.6%	8.4%	3.7%	24.2%
	Total		Count	86	54	58	17	215
			% of Total	40.0%	25.1%	27.0%	7.9%	100.0%

p value 0.662

Q14

Crosstab

GENDER				Q14 1	2	3	Total
1	YEAR OF STUDY	1	Count	9	13	4	26
			% of Total	11.8%	17.1%	5.3%	34.2%
		2	Count	11	9	5	25
			% of Total	14.5%	11.8%	6.6%	32.9%
		3	Count	6	3	4	13
			% of Total	7.9%	3.9%	5.3%	17.1%
		4	Count	6	5	1	12
			% of Total	7.9%	6.6%	1.3%	15.8%
	Total		Count	32	30	14	76
			% of Total	42.1%	39.5%	18.4%	100.0%
2	YEAR OF STUDY	1	Count	4	11	11	26
			% of Total	2.9%	7.9%	7.9%	18.7%
		2	Count	12	5	9	26
			% of Total	8.6%	3.6%	6.5%	18.7%
		3	Count	13	22	12	47
			% of Total	9.4%	15.8%	8.6%	33.8%
		4	Count	17	14	9	40
			% of Total	12.2%	10.1%	6.5%	28.8%
	Total		Count	46	52	41	139
			% of Total	33.1%	37.4%	29.5%	100.0%
Total	YEAR OF STUDY	1	Count	13	24	15	52
			% of Total	6.0%	11.2%	7.0%	24.2%
		2	Count	23	14	14	51
			% of Total	10.7%	6.5%	6.5%	23.7%
		3	Count	19	25	16	60
			% of Total	8.8%	11.6%	7.4%	27.9%
		4	Count	23	19	10	52
			% of Total	10.7%	8.8%	4.7%	24.2%
	Total		Count	78	82	55	215
			% of Total	36.3%	38.1%	25.6%	100.0%

p value 0.649

Q15

Crosstab

GENDER				Q15 1	2	3	4	Total
1	YEAR OF STUDY	1	Count	5	12	4	5	26
			% of Total	6.6%	15.8%	5.3%	6.6%	34.2%
		2	Count	7	13	5	0	25
			% of Total	9.2%	17.1%	6.6%	0.0%	32.9%
		3	Count	2	8	2	1	13
			% of Total	2.6%	10.5%	2.6%	1.3%	17.1%
		4	Count	2	5	5	0	12
			% of Total	2.6%	6.6%	6.6%	0.0%	15.8%
	Total		Count	16	38	16	6	76
			% of Total	21.1%	50.0%	21.1%	7.9%	100.0%
2	YEAR OF STUDY	1	Count	4	15	4	3	26
			% of Total	2.9%	10.8%	2.9%	2.2%	18.7%
		2	Count	0	20	5	1	26
			% of Total	0.0%	14.4%	3.6%	0.7%	18.7%
		3	Count	9	22	9	7	47
			% of Total	6.5%	15.8%	6.5%	5.0%	33.8%

		4	Count	4	21	8	7	40
			% of Total	2.9%	15.1%	5.8%	5.0%	28.8%
	Total		Count	17	78	26	18	139
			% of Total	12.2%	56.1%	18.7%	12.9%	100.0%
Total	YEAR OF STUDY	1	Count	9	27	8	8	52
			% of Total	4.2%	12.6%	3.7%	3.7%	24.2%
		2	Count	7	33	10	1	51
			% of Total	3.3%	15.3%	4.7%	0.5%	23.7%
		3	Count	11	30	11	8	60
			% of Total	5.1%	14.0%	5.1%	3.7%	27.9%
		4	Count	6	26	13	7	52
			% of Total	2.8%	12.1%	6.0%	3.3%	24.2%
	Total		Count	33	116	42	24	215
			% of Total	15.3%	54.0%	19.5%	11.2%	100.0%

p value 0.230

RESULTS

The results of this current survey show that almost all the students have experienced patients with gagging. 44.7% of the students have encountered gagging in complete denture which is followed by 19.7 during restorations, 16.4% in RCT, 9.9% in FPD, 5.9 during Extractions and 3.3 during orthodontic treatment, 67.5% of the students preferred topical anesthesia as the treatment, 11.3% of them used centrally acting agents and only 5% preferred alternative medicine like acupuncture. 45% of them were aware that acupuncture can be used in dentistry while 55% of the students are not aware of the therapy. 37.5% of the students are aware of the pressure point for gagging. 100% of the students have never tried using acupuncture therapy to prevent gagging. 38.8% of the students are aware of the usage of acupuncture for treatments other than gagging. 34.3% are aware of the adverse effects and 73.8% are willing to use acupuncture as an alternative to prevent gagging in their clinical practice.

DISCUSSIONS

Gagging is also called as hurling(11). Gagging is a normal defensive kickback for precluding foreign body entry into the airway, upper gastrointestinal tract and oropharynx. The kickback interferes with treatment handed by the dental guru for dental cases, which in return will lead to increased situations of stress suffered by cases during treatment sessions.

Five intra oral areas known to be “Detector zones” are(i) palate glossal and palate pharyngeal crowds,(ii) base of lingo,(iii) uvula,(iv) palate, and(v) posterior pharyngeal wall. Gagging generally occurs during dental procedures similar to making a maxillary print.

Acupuncture workshop by stimulating certain points present in our body. These points are called pressure points. The mode of action in controlling GR through acupuncture isn't completely understood. The needles fitted to these points are manipulated gently by hands or with slight electric stimulation. Acupuncture substantially acts by stimulating the nervous system.

Ultramodern scientific experimenters have revealed colorful conduct of acupuncture, which includes, Regulating colorful physiologic functions persuading analgesia Modulating the limbic-para limbic- neocortical network adding original micro rotation guarding the body from infections. Acupuncture is considered as a non-specific remedy with a broad range of suggestions, particularly in functional diseases. This is due to its nonsupervisory conduct in colorful systems(15).

Colorful dental procedures in which acupuncture can be used are dental pain, dental anxiety and monkeyshine kickback, Temporal mandibular join pain and Temporal mandibular join diseases, Clicking and locking of Temporal mandibular joint, habitual muscle pain or spasm, atypical facial pain, head pang(pressure head pang or migraine), Xerostomia(dry mouth), whim-whams pain(neuralgia, especially trigeminal neuralgia, neuropathic pain, whim-whams injury), paresthesia or anesthesia of the oral and the para oral structures(16).

Colorful studies have shown that observation acupuncture is as effective as intra nasal midazolam for reducing the monkeyshine kickback. A clinical study by Sari and Sari et al.(17) assessed the part of acupuncture for treating orthodontic cases who endured a monkeyshine kickback. The study delved into 2 acupuncture approaches and concludes that acupuncture points used were effective in controlling the monkeyshine kickback in orthodontic cases.

The anti gagging point located on the observance corresponds with the skin of the external aural meats which is innervated by the aural branch of the vagus whim-whams and that conterminous to the auricle which is innervated by the auricular temporal branch of the mandibular division of the trigeminal whim-whams. Both the

vagus and trigeminal jitters have branches responsible for the sensitive and motor function of the larynx, pharynx, and palatal region. Therefore it can be supposed that stimulation of the anti gagging aural acupuncture point may inhibit the muscular exertion, therefore reducing the gag reflex.

Fiske and Dickinson reviewed that 9 out of their 10 existent under their study could feel and detect the glass which was run across the hard and soft palate after the insertion of the needle but no gagging was present. Hence, they stated that stimulation of anti gagging pain somehow(medium of action isn't understood yet) inhibits the muscle exertion of the gag reflex..

CONCLUSION

Gagging is most commonly seen in dental practice, and it hinders in normal dental treatment. Patients with exaggerated gag reflex are afraid of many dental procedures. Acupuncture is an effortless method and is very effective. This survey shows that the students are not very much aware of the acupuncture as an alternative for treatment of gag reflex. Awareness should be created about this procedure for the students to know about its wide use in dentistry especially in gagging.

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