

Uses of Stevia - A Review

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ABSTRACT

A naturally occurring, calorically-free sweetener with greater sweetness than sucrose is the tiny perennial shrub *Stevia rebaudiana* Bertoni. Stevia is also known as honey yerba, sweet leaf, sugar leaf, and honeyleaf. Since ancient times, it has been utilised as a traditional medicine and a bio-sweetener all over the world. Professionals may suggest stevia use in their clinical settings as a crucial addition to lowering a person's risk of developing dental caries.

Keywords: Stevia, sweetener, anticariogenic.

1. INTRODUCTION

Stevia is a completely natural, calorie-free sweetener with no glycemic index, no carbohydrates, and a large number of health advantages. Sucrose is 300 times sweeter than it [1]. It affects the oral cavity in addition to having a wide variety of positive systemic benefits. Stevia is non-toxic and harmless. The notion presented in this article is that Stevia can revolutionise the anti-cariogenic efficacy of sugar substitutes.

History

Stevia, a plant that originated in Paraguay and Brazil and is now widely used in Asia and South America, has recently attracted the interest of major international food and beverage companies. French chemists discovered the glycosides that give Stevia its sweet flavour in 1931. In 1977, Japan started advertising stevioside as a sweetener. In 1980, Brazil legalised stevia products.

Chief Ingredient

Two significant glycosides found in stevia, Stevioside and Rebaudioside A, are what provide the herb its sweetening properties [2].

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Dental effects: In addition to having anticariogenic characteristics, stevia also contains antiperiodontopathic ones [3]. With regard to *S. mutans*, *L. acidophilus*, and *S. sorbinus*, stevia possesses antibacterial properties. *C. albicans* is susceptible to the antifungal effects of stevia. It works to prevent plaque by preventing the growth of biofilm. Periodontium level healing is facilitated by stevia.

Systemic effects: The cardiogenic and antihypertensive properties of stevia [4]. The anti-hyperglycemic and glucagonostatic properties of stevia demonstrate its safety for diabetics [5]. The usage of stevia in the treatment of IBD. The cicatrizing properties of stevia. Stevia contains immunomodulatory and anti-inflammatory properties. Stevia contains antioxidant properties [6]. Stevia has benefits that reduce obesity. Stevia also has antitumor properties. Stevia is therefore thought of as a universal tonic.

2. CONCLUSION

Rebaudiana Stevia The herb known as bertonii, which is used as a sugar replacement, belongs to the Astereciae family and has both medicinal and natural sweetening characteristics. It has a broad spectrum of systemic and dental effects. Studies are still needed to demonstrate its effectiveness in the paediatric population.

3. REFERENCES

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