

Relationship between oral tori and temporomandibular disorders

Tori are considered as exostoses and hence natural occurrences and not pathological entities. Torus palatinus (TP) is an exostosis within the median line area of the palate, usually symmetrical, but sometimes appearing as an irregular round mass¹. Torus mandibularis (TM) is situated lingually in the area of the premolars and above the linea mylohyoidea².

A wide variety of prevalence rates of tori has been reported in numerous studies on different racial populations. The prevalence of TP is between 0.0 and 60.3%, while the prevalence of TM is between 0.1 and 40.0%². Most studies have demonstrated that TP affects females more than males²⁻⁶, though a few studies have found TP affecting males more often^{7,8}. Torus mandibularis, in contrast to TP, has been found to be more prevalent in males than females^{2,7,9}, with only one exception¹⁰. It is accepted that tori develop within the first 30 years of life^{4,6}.