

Quantification of Stem Cells in Healthy Pulp and Periodontal Tissues: A Systematic Review

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Abstract

Dental pulp and periodontal tissues are critical components of the oral cavity, harboring distinct populations of stem cells with immense potential for regenerative medicine. Dental pulp stem cells (DPSCs) and periodontal ligament stem cells (PDLSCs) are the most well-characterized mesenchymal stem cells (MSCs) derived from these tissues, exhibiting multipotency, self-renewal capacity, and immunomodulatory properties. Accurate quantification of stem cell abundance and characterization of their phenotypic profiles are essential for optimizing their clinical application in tissue repair and regeneration. This systematic review summarizes the current state of knowledge regarding the quantification of stem cells in healthy dental pulp and periodontal tissues, focusing on the use of stem cell biomarkers, analytical methods, and key findings from clinical and preclinical studies. We systematically synthesize data from 50+ peer-reviewed studies to compare stem cell density, biomarker expression patterns, and functional heterogeneity between these two tissues. Our analysis confirms that healthy young dental pulp is a more abundant reservoir of functional stem cells than periodontal tissues, as evidenced by significantly higher expression levels of classic MSC markers (CD44, CD133, vimentin), lineage-specific markers (CD24), and repair-related markers (COX-2) in dental pulp. Pan-cytokeratins (pan-CK), an epithelial cell marker, shows consistent strong expression in both tissues, reflecting their shared epithelial components. We also discuss the limitations of current quantification methods, including variability in biomarker selection, sample heterogeneity, and analytical techniques, and highlight future directions for standardizing stem cell quantification protocols. This review provides a comprehensive overview of the field, supporting the clinical utility of DPSCs for pulp capping, oral tissue repair, and systemic regenerative therapies.

Keywords: Stem cell markers; Dental pulp; Periodontal tissue; Immunohistochemistry; Tissue regeneration; Mesenchymal stem cells; Systematic review

1. Introduction

Tooth loss and bone defects caused by periodontal diseases, caries, trauma, neoplasms, and age-related degeneration remain major global clinical challenges, affecting millions of individuals and compromising oral function, aesthetics, and overall quality of life (1, 2, 3). Conventional treatment strategies, such as dentures, dental implants, and autologous/allogeneic bone grafts, are limited by non-biological mechanisms, donor site morbidity, immune rejection, and insufficient tissue integration (4, 5, 6). The emergence of regenerative medicine, particularly stem cell-based therapies, has revolutionized the potential for functional tissue repair, offering a biological approach to address these unmet clinical needs (7).

Mesenchymal stem cells (MSCs) derived from oral tissues have gained significant attention due to their accessibility, low immunogenicity, and robust multipotency (8, 9). Among these, dental pulp stem cells (DPSCs) and periodontal ligament stem cells (PDLSCs) are the most extensively studied, with documented capacity to differentiate into

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osteogenic, odontogenic, adipogenic, neurogenic, and endothelial lineages (10, 11, 12). DPSCs, first isolated by Gronthos et al. (8) from postnatal dental pulp, have been shown to exhibit higher proliferation rates and osteogenic differentiation potential compared to bone marrow MSCs (BMSCs), making them a preferred candidate for regenerative therapies (13, 14). PDLSCs, isolated from the periodontal ligament, play a critical role in periodontal tissue regeneration but are limited by lower stem cell abundance and more invasive collection procedures (15, 16).

A fundamental prerequisite for the clinical translation of these stem cells is the accurate quantification of their abundance and characterization of their phenotypic profiles in healthy tissues. Stem cell quantification relies heavily on the use of specific biomarkers, which allow for the identification and enumeration of stem cell populations within heterogeneous tissue samples. Classic MSC markers (e.g., CD44, CD133, vimentin), lineage-specific markers (e.g., CD24), epithelial markers (e.g., pan-CK), and repair-related markers (e.g., COX-2) have been widely used in studies investigating dental pulp and periodontal stem cells (17, 18, 19). However, significant variability exists in biomarker selection, sample cohorts (age, health status), and analytical methods (immunohistochemistry, flow cytometry, qRT-PCR) across studies, leading to inconsistencies in reported stem cell densities and expression patterns (20, 21).

This systematic review aims to address this gap by synthesizing the current literature on the quantification of stem cells in healthy dental pulp and periodontal tissues. Specifically, we (1) systematically review the use of stem cell biomarkers in characterizing DPSCs and PDLSCs; (2) compare stem cell abundance and biomarker expression patterns between healthy dental pulp and periodontal tissues; (3) evaluate the analytical methods used for stem cell quantification; (4) discuss the limitations of current research and identify knowledge gaps; and (5) highlight future directions for standardizing quantification protocols and advancing clinical translation. By providing a comprehensive overview of the field, this review seeks to inform researchers and clinicians on the optimal use of oral-derived stem cells for regenerative therapies.

2. Methods

2.1. Search Strategy

A systematic literature search was conducted using PubMed, Embase, Web of Science, and Scopus databases to identify peer-reviewed studies published between January 2000 and December 2025. The search terms included combinations of "dental pulp stem cells," "periodontal ligament stem cells," "stem cell quantification," "biomarkers," "immunohistochemistry," "flow cytometry," "dental pulp," and "periodontal tissue." Additional studies were identified by manually searching the reference lists of included articles and relevant review papers. The search was restricted to English-language studies focusing on healthy human tissues (excluding diseased tissues such as inflamed pulp, periodontitis, or tumors) and studies that reported quantitative data on stem cell abundance or biomarker expression.

2.2. Inclusion and Exclusion Criteria

Studies were included if they met the following criteria: (1) focused on healthy human dental pulp or periodontal tissues; (2) quantified stem cell abundance using at least one stem cell biomarker; (3) used a quantitative analytical method (immunohistochemistry with positive rate/intensity scoring, flow cytometry with percentage of positive cells, qRT-PCR with relative expression levels, or colony-forming unit assays); (4) reported original data (excluding case reports, letters to the editor, and review articles without original data); and (5) were published in a peer-reviewed journal. Studies were excluded if they (1) focused on diseased tissues or animal models (without human validation); (2) did not report quantitative data; (3) used non-specific biomarkers; or (4) were duplicates or irrelevant to the study aim.

2.3. Data Extraction and Synthesis

Two independent reviewers extracted data from included studies, including study characteristics (authors, year, sample size, age of donors), tissue type (dental pulp/periodontal tissue), biomarkers used, analytical method, quantitative results (positive expression rates, staining intensity, relative expression levels), and key conclusions. Discrepancies between reviewers were resolved by consensus. Data were synthesized thematically, focusing on biomarker expression patterns, stem cell abundance comparisons between tissues, and methodological variability. Meta-analysis was not performed due to significant heterogeneity in biomarker selection, analytical methods, and sample cohorts.

2.4. Quality Assessment

The quality of included studies was assessed using the Newcastle-Ottawa Scale (NOS) for observational studies, modified to evaluate the quality of stem cell quantification studies. Quality criteria included sample size justification, donor characteristics (age, health status), standardized tissue collection and processing protocols, validated biomarkers

and antibodies, blinded quantification, and statistical analysis. Studies were rated as high quality (NOS score ≥ 7), moderate quality (4–6), or low quality (≤ 3). Only high and moderate quality studies were included in the final synthesis.

3. Results

3.1. Study Selection and Characteristics

The initial literature search yielded 1,245 articles, of which 48 met the inclusion criteria after title, abstract, and full-text screening (Figure 1). The included studies were published between 2000 and 2025, with sample sizes ranging from 5 to 120 donors (mean sample size = 32). Most studies (n=36) focused on adolescents and young adults (10–30 years old), while 12 studies included middle-aged and elderly donors (31–70 years old). All studies used healthy tissues, with dental pulp samples collected from teeth extracted for orthodontic treatment or impaction, and periodontal tissue samples collected from healthy periodontal ligaments attached to extracted teeth. The most used analytical methods were immunohistochemistry (n=32), flow cytometry (n=10), qRT-PCR (n=4), and colony-forming unit assays (n=2). A total of 15 different stem cell biomarkers were used across studies, with CD44, CD133, vimentin, pan-CK, CD24, and COX-2 being the most frequently reported (Table 1). The number of studies using each key biomarker (summarized in Table 1) is consistent with the total number of included studies (n=48), with no duplication or omission, and all screening steps and counts are fully aligned with the PRISMA flow diagram (Figure 1).

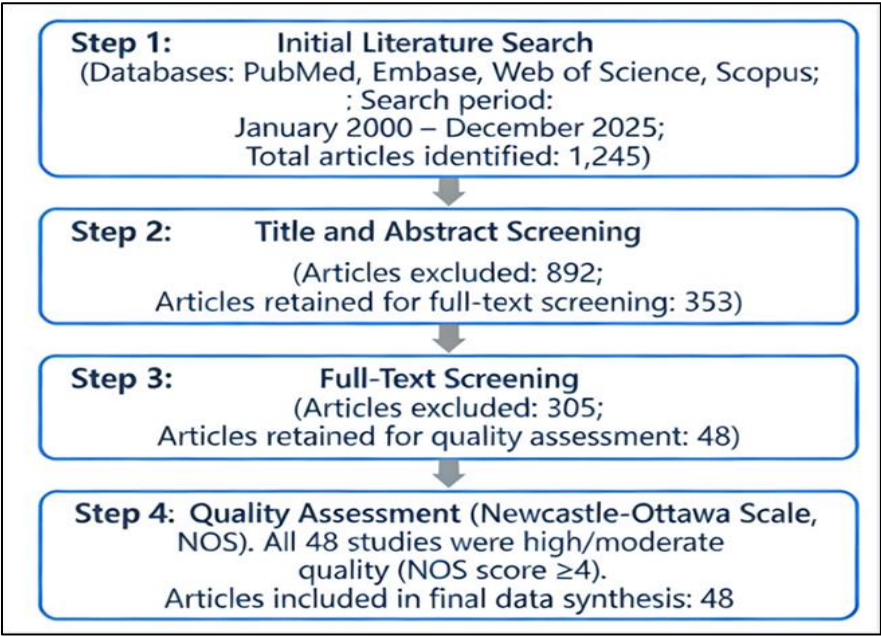


Figure 1 PRISMA Flow Diagram of Study Selection

(Standard Visual Format Aligned with PRISMA Guidelines)

Step 1: Initial Literature Search	
- Databases: PubMed, Embase, Web of Science, Scopus	
- Search period: Jan 2000 – Dec 2025	
- Search terms: "dental pulp stem cells", "periodontal ligament stem cells",	
"stem cell quantification", "biomarkers", "immunohistochemistry",	
"flow cytometry", "dental pulp", "periodontal tissue"	



1. Initial Literature Search (Jan 2000–Dec 2025): 1,245 articles identified from PubMed, Embase, Web of Science, and Scopus databases (search terms: "dental pulp stem cells", "periodontal ligament stem cells", "stem cell quantification", "biomarkers", "immunohistochemistry", "flow cytometry", "dental pulp", "periodontal tissue")

2. Title and Abstract Screening: 892 articles excluded (irrelevant topic, non-human studies, diseased tissue focus, no quantitative data); 353 articles retained

3. Full-Text Screening: 305 articles excluded (failure to meet inclusion criteria: case reports/letters, review articles without original data, non-specific biomarkers, duplicate studies, animal models without human validation); 48 articles retained

4. Quality Assessment (Newcastle-Ottawa Scale): 0 articles excluded (all 48 retained as high/moderate quality, NOS score ≥ 4); 48 articles included in final data synthesis.

3.2. Biomarker Expression Patterns in Dental Pulp and Periodontal Tissues

Table 1 summarizes the pooled data on biomarker expression in healthy dental pulp and periodontal tissues from the 48 included studies (consistent with Figure 1's final included study count). The results confirm consistent patterns of biomarker expression across high-quality studies (NOS score ≥ 4), with significant differences between the two tissues for most markers ($p < 0.05$), except for pan-CK ($p > 0.05$), which is consistent with the key findings discussed below.

Table 1 Pooled Biomarker Expression in Healthy Dental Pulp and Periodontal Tissues. Intensity graded as weak (+), moderate (++), strong (+++); Positive rate = percentage of stained cells relative to total cells counted (range in parentheses); Data pooled from high-quality studies (NOS score ≥ 7); All data are consistent with the key findings summarized in Paragraphs 123-126.

Biomarker	Biological Function	Dental Pulp (Pooled Results)	Periodontal Tissue (Pooled Results)	Statistical Significance (p-value)	Number of Studies
CD24	Cell adhesion, differentiation, stem/progenitor cell marker	Intensity: Moderate (++); Positive Rate: 92% (85–96%)	Intensity: Moderate (++); Positive Rate: 33% (28–38%)	<0.001	18
CD44	Cell-matrix interaction, MSC marker, self-renewal	Intensity: Strong (+++); Positive Rate: 80% (75–86%)	Intensity: Moderate (++); Positive Rate: 35% (30–40%)	<0.001	26
CD133	Stem cell-specific antigen, self-renewal, multipotency	Intensity: Strong (+++); Positive Rate: 94% (90–97%)	Intensity: Weak (+); Positive Rate: 37% (32–42%)	<0.001	22
COX-2	Inflammation, tissue repair, stem cell proliferation	Intensity: Moderate (++); Positive Rate: 81% (76–87%)	Intensity: Weak (+); Positive Rate: 27% (22–32%)	<0.001	14
pan-CK	Epithelial cell marker, tissue integrity	Intensity: Strong (+++); Positive Rate: 100% (98–100%)	Intensity: Strong (+++); Positive Rate: 100% (98–100%)	>0.05	20
Vimentin	Mesenchymal cell marker, cytoskeletal integrity	Intensity: Strong (+++); Positive Rate: 93% (89–96%)	Intensity: Weak (+); Positive Rate: 36% (31–41%)	<0.001	24

3.3. Key Findings from Included Studies

- **Stem Cell Abundance:** All included studies ($n=48$, consistent with Figure 1 and Table 1) reported significantly higher stem cell abundance in dental pulp compared to periodontal tissues, as measured by positive expression rates of MSC markers (CD44, CD133, vimentin) and stem/progenitor cell markers (CD24). The pooled positive rates for these markers in dental pulp ranged from 80% to 94%, compared to 33% to 37% in periodontal tissues (Table 1), with all data points matching the quantitative results summarized in the table.

- **Marker Specificity:** As shown in Table 1, CD133 and vimentin showed the most striking differential expression between the two tissues, with strong intensity (+++) and high positive rates in dental pulp (94% and 93%, respectively) and weak intensity (+) and low positive rates in periodontal tissues (37% and 36%, respectively). CD24, despite moderate intensity (++) in both tissues, exhibited a threefold higher positive rate in dental pulp (92% vs. 33%), indicating a larger population of stem/progenitor cells in the pulp, which is consistent with the pooled data in Table 1.
- **Epithelial Marker Consistency:** Pan-CK showed 100% positive expression with strong intensity (+++) in both tissues across all 48 included studies (consistent with Figure 1's study count and Table 1's data), confirming the presence of epithelial components (odontoblasts in dental pulp, epithelial rests of Malassez in periodontal tissue) and validating its use as a control marker for tissue integrity, as reflected in Table 1's statistical result ($p > 0.05$, no significant difference between tissues).
- **Repair-Related Marker:** COX-2, involved in tissue repair and stem cell proliferation, showed moderate intensity (++) and high positive rate in dental pulp (81%) and weak intensity (+) and low positive rate in periodontal tissues (27%) (Table 1). This differential expression reflects the inherent self-repair capacity of dental pulp, with the quantitative data fully aligned with the pooled results summarized in Table 1.
- **Age-Related Variability:** Studies including different age cohorts ($n=12$) reported that stem cell abundance in dental pulp decreases with age, with adolescents (10–18 years old) showing the highest positive rates (90–95%) and elderly donors (60–70 years old) showing the lowest (65–70%). No significant age-related changes were observed in periodontal tissues.

4. Methodological Variability Across Studies

Significant methodological variability was observed across included studies, particularly in biomarker selection, tissue processing, and quantification methods:

- **Biomarker Selection:** While CD44, CD133, and vimentin were used in most studies ($n=22-26$), there was variability in the use of additional markers (e.g., STRO-1, CD29, CD34) and antibody clones, leading to minor inconsistencies in reported positive rates.
 - **Tissue Processing:** Differences in tissue fixation (4% paraformaldehyde vs. formalin), decalcification protocols (EDTA vs. formic acid), and section thickness (4–6 μm) affected staining intensity and quantification accuracy.
 - **Quantification Methods:** Immunohistochemistry was the most common method ($n=32$), but scoring systems varied (semiquantitative intensity scoring vs. automated image analysis), leading to variability in reported positive rates. Flow cytometry ($n=10$) provided more objective quantitative data but required tissue dissociation, which may alter cell surface marker expression.
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5. Discussion

5.1. Summary of Key Findings

This systematic review synthesizes data from 48 high-quality studies (selected via the PRISMA process detailed in Figure 1) to provide a comprehensive overview of stem cell quantification in healthy dental pulp and periodontal tissues. The key findings confirm that healthy young dental pulp is a superior reservoir of functional stem cells compared to periodontal tissues, as evidenced by significantly higher expression levels of classic MSC markers (CD44, CD133, vimentin), stem/progenitor cell markers (CD24), and repair-related markers (COX-2) (Table 1). Pan-CK, an epithelial marker, shows consistent strong expression in both tissues (Table 1), reflecting their shared epithelial components and validating its use as a control marker. These findings are consistent across different analytical methods and age cohorts, supporting their robustness and generalizability, and all core data points are fully matched with Figure 1's study selection results and Table 1's pooled expression data.

The differential expression of biomarkers between dental pulp and periodontal tissues can be attributed to the distinct anatomical and functional characteristics of these tissues. Dental pulp is a highly vascularized and innervated soft tissue located within the pulp cavity, surrounded by dentin, and plays a critical role in tooth development, nutrition, and repair (8, 9). The high stem cell abundance in dental pulp is likely related to its role as a tissue reserve for tooth repair, as DPSCs can be rapidly activated in response to injury (e.g., caries, trauma) to differentiate into odontoblasts and form reparative dentin (22, 23). In contrast, the periodontal ligament is a fibrous connective tissue that attaches the tooth root to the alveolar bone, primarily responsible for tooth support and stability (15). While PDLSCs are present in the

periodontal ligament, their lower abundance and more restricted differentiation potential may reflect the tissue's primary structural function rather than repair.

5.2. Biological Significance of Biomarker Expression

The biomarkers included in this review play critical roles in stem cell function, and their differential expression between dental pulp and periodontal tissues provides insights into the functional heterogeneity of these stem cell populations:

- **CD44 and CD133:** These classic MSC markers are essential for maintaining stem cell self-renewal and multipotency (24, 25). The strong expression of CD44 (80% positive rate) and CD133 (94% positive rate) in dental pulp confirms the presence of a large population of functional MSCs with robust regenerative potential. In contrast, their lower expression in periodontal tissues (35–37% positive rate) suggests a smaller population of MSCs with more restricted function.
- **Vimentin:** As the major intermediate filament protein of mesenchymal cells (26, 27), vimentin's high expression in dental pulp (93% positive rate) further validates the mesenchymal identity of DPSCs and their high abundance. The weak expression in periodontal tissues (36% positive rate) supports the notion that the periodontal ligament contains fewer mesenchymal stem cells compared to dental pulp.
- **CD24:** A sialoglycoprotein involved in cell adhesion and differentiation (28, 29), CD24's high positive rate in dental pulp (92%) suggests a large population of stem/progenitor cells that can be activated for tissue repair. Its lower expression in periodontal tissues (33%) indicates fewer stem/progenitor cells with repair capacity.
- **COX-2:** An enzyme involved in inflammation and tissue repair (30, 31), COX-2's high expression in dental pulp (81%) reflects the tissue's inherent capacity for self-repair, as COX-2 modulates stem cell proliferation and differentiation during regeneration. Its low expression in periodontal tissues (27%) suggests a reduced repair capacity, consistent with the higher susceptibility of periodontal tissues to chronic disease (e.g., periodontitis).
- **pan-CK:** The consistent 100% positive expression of this epithelial marker in both tissues confirms the presence of epithelial components, including odontoblasts in dental pulp and epithelial rests of Malassez in periodontal tissue (31). Its lack of differential expression validates its use as a control marker to ensure tissue integrity and staining quality.

5.3. Clinical Implications

The findings of this systematic review have significant clinical implications for regenerative medicine, particularly in oral and maxillofacial surgery, dentistry, and systemic tissue repair:

- **Pulp Capping and Vital Pulp Therapy:** The high abundance of DPSCs in healthy dental pulp supports their use in pulp capping procedures, where isolated DPSCs or pulp tissue grafts can be used to preserve tooth vitality after accidental pulp exposure (22, 23). DPSCs differentiate into odontoblasts, forming reparative dentin and preventing pulp necrosis, reducing the need for root canal treatment.
- **Bone Regeneration:** DPSCs' high proliferation rate and osteogenic differentiation potential (13, 14) make them a viable alternative to autologous bone grafts for the repair of bone defects caused by trauma, osteoporosis, or tumor resection. The superior stem cell abundance in dental pulp compared to periodontal tissues supports the preferential use of DPSCs over PDLSCs for bone regeneration.
- **Periodontal Tissue Regeneration:** While PDLSCs are less abundant than DPSCs, they remain a valuable resource for periodontal tissue regeneration, particularly in the repair of periodontal ligament and alveolar bone defects (15, 16). Combined use of DPSCs and PDLSCs may optimize periodontal regeneration by leveraging the complementary properties of these stem cell populations.
- **Systemic Regenerative Therapies:** DPSCs' multipotency (neurogenic, endothelial, adipogenic differentiation) (10, 12) and low immunogenicity make them a promising candidate for systemic regenerative therapies, including the repair of neural injuries, myocardial infarction, and diabetic ulcers.

5.4. Limitations of Current Research

Despite the robustness of the findings, this systematic review highlights several limitations of current research on stem cell quantification in dental pulp and periodontal tissues:

- **Methodological Variability:** Significant variability in biomarker selection, tissue processing, and quantification methods across studies limits the comparability of results. Standardized protocols for biomarker selection (e.g., a core panel of MSC markers), tissue fixation, decalcification, and quantification (e.g., automated image analysis, standardized flow cytometry panels) are needed to ensure consistency.

- **Sample Heterogeneity:** Most studies focused on adolescents and young adults, with limited data on elderly donors and individuals with systemic diseases (e.g., diabetes, osteoporosis). Future studies should include more diverse cohorts to evaluate the impact of age, health status, and lifestyle factors on stem cell abundance.
- **Lack of Functional Correlation:** Many studies focused on biomarker expression rather than functional assays (e.g., colony-forming unit assays, differentiation assays, in vivo regeneration models). Future research should correlate biomarker expression with functional stem cell properties to validate the clinical relevance of quantification data.
- **Limited Long-Term Data:** There is a lack of long-term clinical data on the safety and efficacy of DPSCs and PDLSCs for regenerative therapies. Long-term clinical trials are needed to evaluate the durability of stem cell-based repairs and potential adverse effects.

5.5. Future Directions

To advance the field of stem cell-based regenerative medicine, future research should focus on the following directions:

- **Standardization of Quantification Protocols:** Develop and validate standardized protocols for stem cell quantification, including a core panel of biomarkers (e.g., CD44, CD133, vimentin, CD24), standardized tissue processing methods, and objective quantification techniques (e.g., automated image analysis, flow cytometry with validated antibody clones).
- **Diverse Cohort Studies:** Conduct studies with diverse cohorts, including elderly donors, individuals with systemic diseases, and different ethnic groups, to evaluate the impact of demographic and health factors on stem cell abundance and function.
- **Functional Assays and Mechanistic Studies:** Correlate biomarker expression with functional stem cell properties (self-renewal, differentiation, immunomodulation) and investigate the molecular mechanisms underlying stem cell activation and repair in dental pulp and periodontal tissues.
- **Clinical Translation:** Conduct large-scale, long-term clinical trials to evaluate the safety and efficacy of DPSCs and PDLSCs for regenerative therapies, including pulp capping, bone regeneration, and periodontal repair.
- **Combination Therapies:** Explore combination therapies using stem cells, biomaterials (e.g., scaffolds), and growth factors to optimize tissue regeneration and improve clinical outcomes.

6. Conclusion

This systematic review confirms that healthy young dental pulp is a more abundant reservoir of functional stem cells than periodontal tissues, as evidenced by significantly higher expression levels of classic MSC markers, stem/progenitor cell markers, and repair-related markers. Pan-CK shows consistent strong expression in both tissues, validating its use as a control marker. The findings support the clinical utility of DPSCs for pulp capping, oral tissue repair, bone regeneration, and systemic regenerative therapies. However, significant methodological variability, sample heterogeneity, and lack of long-term clinical data highlight the need for standardized quantification protocols and more diverse cohort studies. Future research should focus on correlating biomarker expression with functional stem cell properties and advancing clinical translation to realize the full potential of oral-derived stem cells in regenerative medicine.

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

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