

Our Mouth and teeth

Our teeth remain healthy if we clean them everyday. Food particles collect in the tooth gaps. This leads to tooth problems and swollen gums.

We must have a good mouthwash after each meal. This will remove food particles and prevent the problems of tooth and gums. Just imagine what happens to a utensil, which was used for cooking food last night and not cleaned overnight. It stinks badly. Similarly if we don't clean our mouth after meals it will also stink. Never have a bed-tea without mouthwash.

Discourage use of raw or burnt tobacco for cleaning teeth. That causes stains. Smoking also makes teeth dirty.

Use of ash is good, but it cannot clean the gaps.

Regular tooth brushing will remove the plaque

Use a soft bristled brush. Be sure it is the right size (a smaller is better than a big one).

Place the brush angled to the teeth. Brush the teeth toward the gums. Brush very gently so that any plaque growing under the gum will be removed. Brush the outside, the tongue side and the chewing surfaces of your teeth. Brushing tongue will make your breath odorless. Stale food and germs can collect on your tongue and cause bad breath. Brush at least twice every day, before and after sleep. This would prevent plaque formation.

Brushing too vigorously or using a hard brush may cause damage to gums.

Change the brush if the bristles look spread. A worn out toothbrush will not clean our teeth.

Toothpaste is not always necessary for brushing. Therefore brushing is a cheap way to keep the teeth and gums healthy.

Datoun

People in the village often use datoun, a 8-10 inches long and small finger thick twig of neem, babool or Karanj etc. This practice is good. After chewing the twig a bit, the end becomes bristly. The bristles can clean gaps between teeth. The medicinal properties of datoun keep the gums healthy. Datoun should not