

HEALTH

HEALTHY BODY
HAS
SOUND MIND

In the *Dhammapada*, in the chapter on Happiness, Lord Buddha refers to health as "the greatest acquisition." An Indian proverb states: "Good health is equal to a thousand boons." It is a priceless boon, indeed, for both the poor and the rich, the young and the old.

In our artificial civilization it is common to find even the young having health problems. Our hospitals are overcrowded with people suffering from all kinds of diseases, and it is pathetic to see them in terrible anguish and agony.

The very first idea that occurs on reflecting upon Lord Buddha's wonderful statement is that health is not a gift from "providence" or parents, but is an acquisition, which means something earned through right efforts in the right direction. It is under the law of Karma that one enjoys good health and has his instruments of body, mind and heart in order. "A sound mind in a sound body" is an ancient adage, and very few can claim that privilege today.

Mind and body are very closely related and affect each other for weal or woe.

A sunny temperament and a cheerful disposition are the outcome of good health.

In the sixth chapter of the *Bhagavad-Gita*, Sri Krishna instructs Arjuna: "This divine discipline, Arjuna, is not to be attained by the man who eateth more than enough or too little, nor by him who hath a habit of sleeping much, nor by him who is given to overwatching.

The meditation which destroyeth pain is produced in him who is moderate in eating and in recreation, of moderate exertion in his actions, and regulated in sleeping and waking.

" Thus, moderation in all the activities of daily life is an important rule of health. Fresh air and exercise, pure, wholesome food, and regular hours of sleep will always help to build a good constitution.

Sattvic food is described by Sri Krishna in the 17th chapter of the
Gita:

"The food which increases the length of days, vigour and strength, which keeps one free from sickness, of tranquil mind, and contented, and which is savoury, nourishing, of permanent benefit and congenial to the body, is that which is attractive to those in whom the *sattva* quality prevaieth."

SO YOU KNOW IT BY NOW
THAT
WHY YOU NEED HEALTH..

STUDY WELL
GO TO SCHOOL
NO ILLNESS LEAVES
NO FEVER - NO COLD - NO COUGH

SPORTS & PLAYING GAMES

HELP & SUPPORT OTHERS
AND
BECOME THE BEST PERSON IN THE LIFE !!

TO SERVE YOUR COUNTRY !!

YOU HAVE TAKE OF

ORAL CARE

EYE CARE

SKIN CARE

STOMACH CARE

HAND CARE

DRINK 4 TO 8 GLASSES OF WATER



ORAL CARE



Beautiful Smile Needs Consistent Oral Care



Healthy Gums



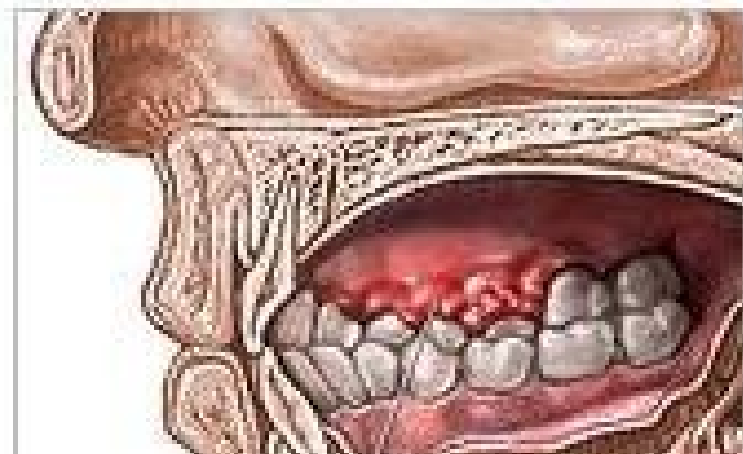
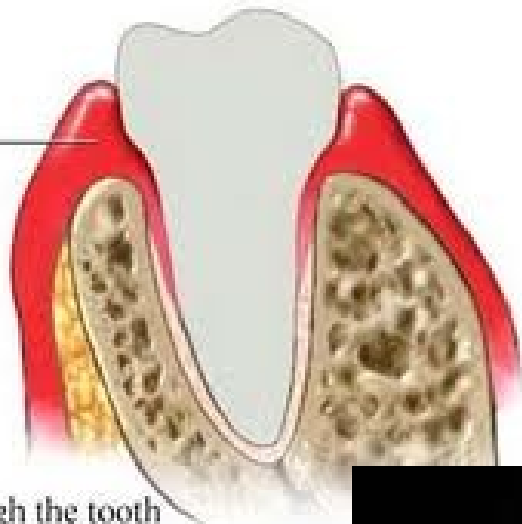
Do You have your GUMS like these or

.....

You want to see those who do not care about it..

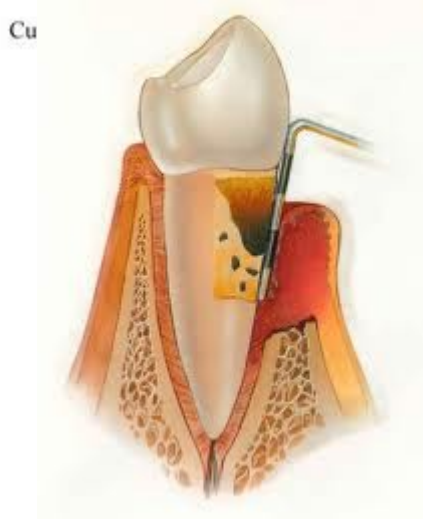
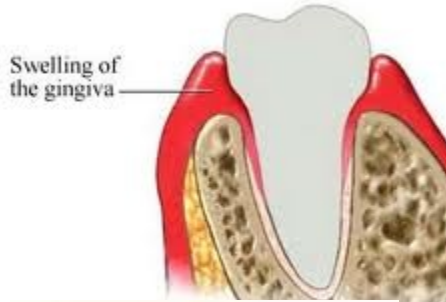


Swelling of the gingiva



Cut section through the tooth





Periodontitis

Tooth Structure & Function

The basic construction of a tooth is the crown, root and pulp chamber. The crown is the part of the tooth that is visible above the gum line. The root is the part of the tooth that is embedded in the jawbone. The pulp chamber is the part of the tooth that contains the pulp, which is the soft tissue that gives the tooth its strength.

When you are young, the pulp chamber is filled with pulp. As you get older, the pulp chamber becomes smaller and the pulp is pushed down into the root. This is why older teeth are more brittle and more likely to break.

Toothache?

When you have a toothache, it is usually a sign of a problem with the tooth. The pain can be caused by a variety of factors, including decay, infection, or trauma. If you have a toothache, it is important to see a dentist as soon as possible to determine the cause and get the tooth treated.

Periodontitis

Periodontitis is a serious disease that affects the tissues that surround the teeth. It is caused by bacteria that enter the space between the teeth and the gums. The bacteria cause the gums to become inflamed and swollen, and they can eventually lead to the loss of the teeth.

Tooth Anatomy

Crown: The part of the tooth that is visible above the gum line.

Root: The part of the tooth that is embedded in the jawbone.

Pulp Chamber: The part of the tooth that contains the pulp.

Pulp Root: The part of the pulp that is located in the root of the tooth.

Pulp Space: The space between the pulp chamber and the pulp root.

Treatment for Dental Caries

Dental caries is a common dental problem that is caused by bacteria. The bacteria eat away at the enamel of the tooth, creating a cavity. If the cavity is not treated, it can eventually reach the pulp of the tooth, causing a toothache and infection.

Filling: A filling is a material that is used to fill a cavity. It is made of a composite material that is bonded to the tooth. It is a common and effective way to treat a cavity.

Crown: A crown is a cap that is placed over a tooth. It is made of a material that looks like natural teeth. It is used to protect a tooth that is damaged or decayed.

Root Canal Therapy: Root canal therapy is a procedure that is used to treat an infection in the pulp of a tooth. It involves removing the pulp and filling the space with a special material.

Complications

- Abscess or cellulitis
- Bone loss or abscesses of the jaw (osteomyelitis)
- Loss of teeth
- Halitosis (bad breath)
- Periodontitis and gum disease, which can lead to the loss of the teeth and other complications.
- Systemic disease: Some bacteria from the infection of the teeth and gums can enter the bloodstream and travel to other parts of the body.

Dental Caries

Normal tooth: The tooth is healthy and has no decay.

Enamel caries: The decay has reached the enamel, the outer layer of the tooth.

Dentin caries: The decay has reached the dentin, the middle layer of the tooth.

Pulpitis: The decay has reached the pulp, the innermost part of the tooth.

Gingivitis

Normal gingiva: The gums are healthy and pink.

Gingivitis: The gums are inflamed and swollen.

Periodontitis: The gums are severely inflamed and swollen, and the bone around the teeth is being lost.

Treatment

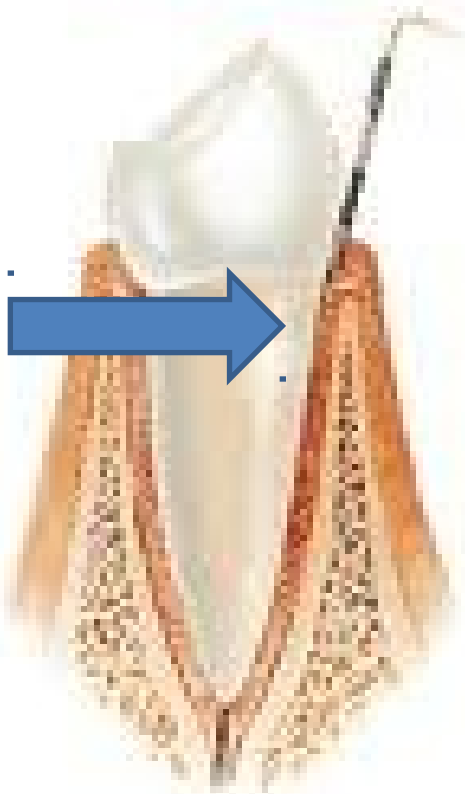
Filling: A filling is used to fill a cavity.

Crown: A crown is used to protect a damaged tooth.

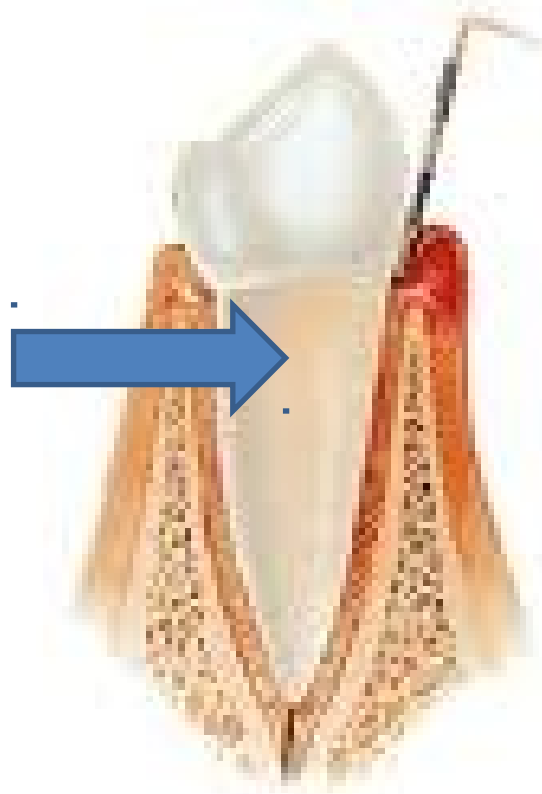
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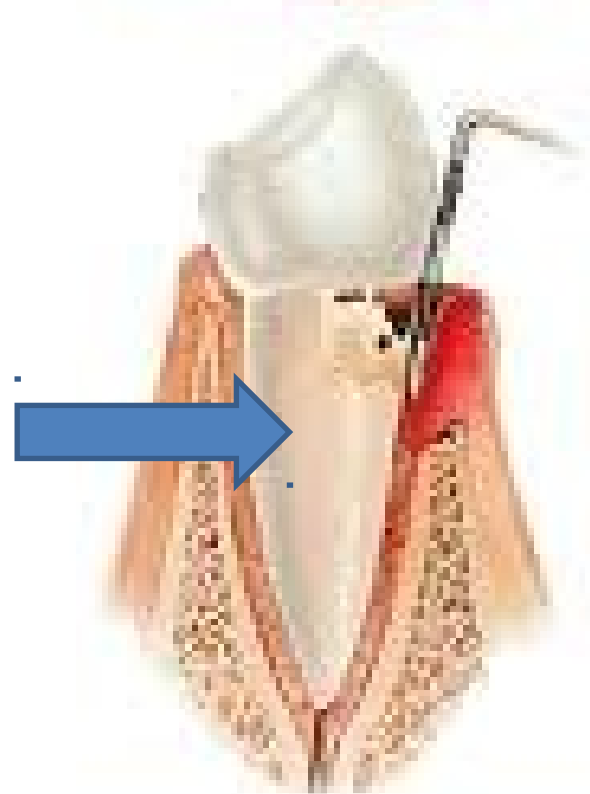




Healthy Teeth



Gingivitis



Moderate Periodontitis

GO TO A DENTIST OR PERIODONTIST



95% of *bad* breath is caused by
bacteria waste that stays in your
mouth ...

Brush Teeth Daily,

Rinse your Mouth,

Must Gargle.

make the *AAAAH sound* with your throat

Remember Two Activities

- Brushing twice a day
- Stormy Mouth Rinsing } after each meal
Toofani Kulla
rqQkuh dqYyk

BRUSHING TWICE DAILY



MOUTH RINSE AFTER EACH MEAL
COUNT 60..... FLUSHING SOUND
DON' feel Sorry about this crappy *sound*



Gargles



AAAAA.....

THOUU.

Periodontal /Gum Disease

Introduction

Symptoms

Causes

Risk Factors

Complications

Prevention

Diagnosis

Treatment

Medications

Description

An in-depth CASE report on the causes,
diagnosis, treatment, and prevention
of periodontal disease.

Alternative Names

Gingivitis

Highlights:

Symptoms of Periodontal Disease

Symptoms of periodontal disease include red and swollen gums, persistent bad breath, and gum recession and loose teeth. Smoking, certain types of illnesses (diabetes), older age, and other factors increase the risk for periodontal disease. If you have periodontal disease, your dentist may refer you to a periodontist, a dentist who specializes in treating this condition.

Practice Good Dental Hygiene Habits

Consistent Optimum Dental Hygiene Habits can help prevent gum diseases, Gingivitis and Periodontitis.

The American Dental Association recommends that everyone should :

Brush twice daily with a fluoride toothpaste (be sure to replace toothbrushes every 3 - 4 months). STORY Check your brush!!

Clean between the teeth with floss or an interdental cleaner. STORY learn mouth rinsing strom technique!!

Eat a well-balanced diet and limit between meal snacks.

Have regular visits with a dentist for teeth cleaning and oral examinations.

Complications

Periodontal disease is associated with:

Tooth loss

Bad breath

Heart problems such as Heart Disease and
stroke

Diabetes

Respiratory diseases

Premature delivery and low birth weight

Resources

www.nidcr.nih.gov -- National Institute of
Dental and Craniofacial Research

www.perio.org -- American Academy of
Periodontology

www.ada.org -- American Dental Association

www.aaoms.org -- American Association of Oral
and Maxillofacial Surgeons

Dental Council of India

Alok Vashisth (Founder)
NGO ProthsahanTEAM (Regd)

New Delhi

working for

Awareness of Environment & "Global Warming",
Creating Health Care Awareness for Organ Donation, Oral Care
and Diabetic Foot Care

Traffic Sense & Road Safety in **India**,
Rural Education

www.prothsahanteam.com

(SAVE YOUR OWN EARTH)

Please forward this footer in your all mails

Check website for current events.

MOUTH RINSE AFTER EACH MEAL
COUNT 60 FLUSHING SOUND Sorry
about the crappy *sound*

