



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
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IMPORTANCE OF SALIVA IN ORAL HEALTH AT PALI PHC

Date: 26/09/2025

Venue: PALI PHC

Faculty Incharge: DR MAUSAMI MALGAONKAR, DR PANKAJ LONDHE

Organizing Agency: Department of Public Health Dentistry, MGMDCH, NSS Unit of MGMDCH, Satyam Sumiran Yoga Research Foundation.

Number of Students attended: 3

Saliva plays an essential role in maintaining good oral health. It acts as a natural cleanser, protects teeth from decay, neutralises acids, aids in digestion, facilitates speech, and supports overall oral hygiene. Many individuals are unaware that reduced saliva flow can cause dental caries, bad breath, difficulty in chewing, and increased risk of infections. MGM Dental College constantly takes efforts of extending oral health care to community. The oral care initiative was also extended to ASHA Workers at Pali PHC and awareness regarding importance of saliva in oral health was done.

At the Pali PHC camp, ASHA workers were educated about the vital functions of saliva and trained to recognise early symptoms of dry mouth (xerostomia) in the community, enabling them to guide patients appropriately.

Aim and objective:

- To educate ASHA workers on the role of saliva in maintaining oral health.
- To create awareness about causes, symptoms, and complications of reduced salivary flow.
- To train ASHA workers in identifying oral health issues related to saliva deficiency and provide basic guidance.
- To promote preventive measures to maintain optimal salivary function.

Method:

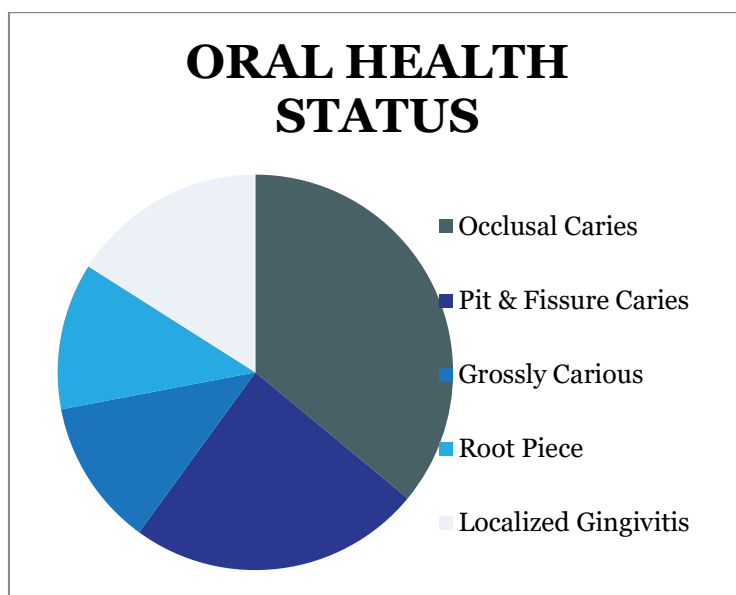
- Type IV examination method was carried out using Tongue Depressors and proper illumination.

- Participants at the Pali PHC were provided with an interactive educational session supported by visual charts and demonstrations. The session covered:
- Functions of saliva (protection, lubrication, buffering, remineralisation).
- Common causes of dry mouth such as medications, dehydration, systemic diseases, and mouth breathing.
- Signs ASHA workers should look for: dry lips, difficulty swallowing, caries, oral soreness.
- Simple preventive measures including hydration, sugar-free gum, and avoiding tobacco.
- Following the awareness session, a basic oral examination of the participants was conducted using torchlight and disposable instruments to record their oral health status..

Observation:

1. A total of 42 individuals were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Condition	No. of individuals	Percentage %
Occlusal caries	15	36
Pit & Fissure Caries	10	24
Root piece	5	12
Grossly Carious	5	12
Localized Gingivitis	7	16



Interpretation and conclusion:

The Pali PHC camp highlighted that many ASHA workers had limited awareness about the multiple functions of saliva and its importance in preventing oral diseases. The oral examinations conducted during the session revealed common issues such as caries, root pieces, and gingival inflammation—conditions often worsened by

inadequate salivary protection or poor oral hygiene. This emphasises the need for early detection of dry mouth and timely referrals within the community.

The training session significantly enhanced the ASHA workers' understanding of saliva's protective roles, including its ability to neutralise acids, assist in remineralisation, and naturally cleanse the mouth. By learning to identify symptoms of reduced salivary flow and understanding its consequences, ASHA workers are now better equipped to guide community members on preventive practices such as hydration, reducing tobacco use, and seeking dental care when needed.

Overall, the camp proved highly effective in building the capacity of frontline health workers. Empowering ASHA workers with this knowledge ensures that early signs of oral diseases can be recognised at the community level, helping to reduce caries incidence and promote healthier oral habits. Continued training and awareness activities will further strengthen community oral health outcomes and support long-term preventive care..



Oral examination at the camp site

LIST OF ATTENDEES

Sr. No	List of Participants
Name of faculty	
1.	Dr. Mausami Malgoankar
2.	Dr .Pankay Londhe
Name of Interns & students	
3	Cherry Jain
4.	Nidhi Hatiskar
5.	Shruti Pingale