



## MOUTH WASH FROM PSIDIUM GUAJAVALE (GUAVA) LEAVES

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### ABSTRACT:

*We all are aware about health care issue in our day to day life as artificial chemicals are used in all the products in our daily life products .Due to side effects of manmade chemical products we have made a mouthwash from all natural ingredients which are guava leaves<sup>[1]</sup>,cloves ,rock salt, peppermint ,alum and boiled water. As our product is free from all sort of artificial chemical this product is free from all sorts of side effects. It reduces the symptoms of pain and ulcer<sup>[2]</sup> size. It also helps in tightening of gums.*

**Keywords :** *alum ,boiled water, cloves, guava leaves, peppermint, rock salt..*

### INTRODUCTION:

We are facing so many diseases and we are trying to find out solutions on these problems. Those solutions may be in the form of medicines for instant relief we always prefer allopathic medicine. To avoid side effects of allopathic medicine, we should stick to natural ingredients/materials always. The main aim of this project is to use natural ingredients only and not to use a single artificial chemical and there are rarely some products that do not use artificial chemicals .This will give relief to the patient from toothpain in a very short period of time and it will not have any side effects.

### PROCEDURE

- 1.Wash the guava leaves properly.
- 2.Take the peppermint and make its powder
- 3.Take alum, rocksalt and cloves.
- 4.Take all the ingredients and add them boil them in water.
5. Then filter it properly.



6. Let the solution cool down and then it is ready to use.

#### FIGURES AND TABLES



INGREDIENTS	QUANTITY
Guava leaves	5-7 leaves
Water	1 lt
Cloves	5 pieces
Alum	Small piece
Peppermint	1-2 tsp
Rocksalt	1 tsp

#### CONCLUSION

Advantages of this product are lies in its market value as it has a very less cost and also it is very easily manufactured. The main use of this product is that it can be used daily and helps in reducing in tooth pain and bleeding gums.

The only limitation is that it cannot be preserved for very long time .



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