



Dr. Aarti Agarwal
B.D.S. MCAD (Pune)
PGCOI (Implant Dentistry)
Phone No: (020) 66822751, 9763338738
Email ID: dr_capri@sify.com

Conscious change to cultivated care

"To be or not to be that is the question"

Considering the complexities of life, intricacies woven in our interaction with the universe, millions of microbes surrounding us, afflictions and hazards. It is not less than a miracle that we are alive. Breathing normal and disease free. But unfortunately more often than not this miracle is taken for granted. What do we do to keep this miracle a constant factor for us? Practically very less in all, we try to prove we are not worthy of it.

A sound mind begets a sound body which is responsible for laying down a strong foundation of society.

Worries, anxieties, tensions and stress are like cobwebs which make our soul dusty, allergic and sick.

Thus some of us are not slum dwellers but slum dwells within us. And if some dwells within our body we cannot have good health. So it's imperative to clear the cobwebs of negative destructive thoughts, to allow the light to shine from within, which will reflect on the body externally.

Gandhiji said:

"When there is inner and outer cleanliness it approaches Godliness"

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And it is absolutely true to maintain inner and outer wellbeing too.

Just like a thought leads to action so, mental health is vital to preserve the health of the body and vice a versa.

What is routine becomes mechanical so many times done without a thought or attention to it but its execution to produce maximum results suffers.

For e.g. Brushing is so taken for granted, we don't even remember the time duration, method sequence frequency of brushing type of toothbrush or toothpaste used. As a consequence, even though we brush everyday, so many of us have plaque, tarter, decay sensitivity, swelling of gums.

"Looking at the stars, he forgot the flowers at his feet".

It's not only the big acts but the small acts we do everyday that requires our attention.

1. A brush used for more than 3 months need to be discarded.
2. Our toothpaste should stick in the bristles and be evenly distributed.
3. Toothpaste should be fluoridated.
4. Tooth brush should be angular and soft.
5. Brushing should be done with circular strokes, massaging to gums and teeth. Vigorous horizontal and vertical strokes should be avoided.
6. It's important to clean up the tongue.
7. Every 6 months a regular dental check up is advocated.

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8. Too much of good is not good. Over zealous brushing can lead to abrasion and early loss of tooth surface rendering it sensitive.

Thus a little care

Being aware

Can go a long way

In making you smile

The most valuable asset you wear.

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