

MOUTH-WATERING BUT EROSIIVE

A comparative evaluation of pH of Indian spices

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AIM:
To study the erosive nature of Indian spices

The pH of 9 Indian spices were measured:

- Jeera powder
- Dhaniya powder
- Turmeric powder
- Garam masala
- Pav bhaji masala
- Sambhar masala
- Pani puri masala
- Red chillies masala
- Goda masala



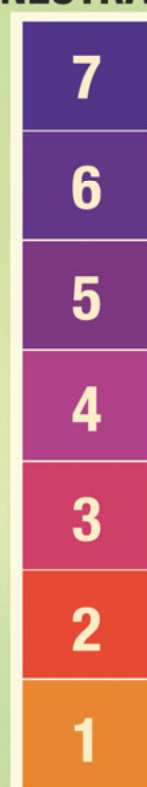
The Method:

10 gms of powder was measured on a digital scale and liquidized in 10 ml of water. The ph was then determined

Discussion:

Ph of mouth is neutral. A low pH is indicative of an acidic substance which can dissolve the minerals in enamel causing demineralisation. This occurs at pH of 5.5 (critical pH) or below.

NEUTRAL



The Results:

- Turmeric powder 5.47
- Jeera powder 5.17
- Dhaniya powder 5.02
- Goda masala 5.01
- Red chillies powder 4.62
- Sambhar masala 4.59
- Garam masala 4.53
- Pav bhaji masala 3.99
- Pani puri masala 3.13

Conclusion:

The results indicate that the spices used in Indian cooking are below the critical pH and may have an erosive potential on teeth

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