

Homemade Organic Mouthwash

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ABSTRACT

This report presents an innovative proposal to make a homemade mouthwash. By this method we can make a mouthwash using household material unlike by using chemicals.

Various spices and oils like cardamom seeds, cinnamon etc. have been used in preparation of this mouthwash which relieve the mouth from bad breath. The Aim of this report will be to make a mouthwash using these ingredients. Inclusion of a flavonoid like cardamom makes this mouthwash stand out because of its antioxidant activity, total flavonoid content, total phenolic content and reducing power of different organic and aqueous extracts with hexane, dichloromethane, ethyl acetate and methanol.

Keywords: *hexane, dichloromethane, ethyl acetate and methanol.*

I. INTRODUCTION

Bad breath is a common problem which is caused due to bacteria which may be present in cavities and grooves of the mouth. These bacteria produce volatile Sulphur compounds that give a person bad breath, or halitosis. Thus antibacterial and aromatic substances have been used in making this mouthwash.

The method to make this mouthwash is simple, all the ingredients are taken and mixed in fixed proportions without the requirement of fancy or expensive apparatus and cheap ingredients.

After the mouthwash is completely prepared it will cost around 30 Rupees per 100 ml and 65 Rupees per 250 ml, this price completely justifies the quality and purity of the product in comparison to other mainstream mouthwash manufacturing brands.

II. RESOURCES

- 1 cup water.
- 1 teaspoon whole cloves
- 1 teaspoon ground cinnamon
- 4-5 cracked cardamom pods
- 4 drops peppermint essential oil

III.PROCEDURE

- Bring the water to a boil and add cloves, cinnamon, cardamom and peppermint and remove from heat. Let the spices infuse for about 10 minutes.
- Strain the mixture twice with a fine mesh strainer.
- Pour into a bottle with lid and keep refrigerated.

Directions for use:

- This mouthwash should be used twice a day after brushing teeth, for complete oral hygiene.
- 15 ml of the solution is enough. This is equal to 3/4 of a capful.
- The solution shouldn't be diluted. Rinse around the mouth for 30 seconds, then spit out.

IV.FIGURES AND PICTURE



V.CONCLUSION

Thus the mouthwash obtained satisfactorily removes bad odour from the mouth and also refreshes it by leaving a pleasant fragrance in the mouth. The mouth wash also does not have any side effects and is easy to use and store.

This mouthwash can also be used by people who do not suffer from any dental problems for keeping their mouths hygienic.

Other features which makes this mouthwash stand out is that it eliminates most of the limitations of the product which are available in the market like, most mouthwash solution include alcohol as their ingredient, which is known to cause damage to the delicate mucus membranes and irritate canker sores in the mouth. As this mouth wash does not include alcohol as an ingredient so if the solution is accidentally ingested, it won't do any harm. Also as no artificial chemicals are used in preparation of this solution it again eliminates the risk of teeth getting decolorized due to chemicals like chlorhexidine gluconate, which are present in commercial mouthwash solutions.

In all this project focuses on delivering a safe, effective and cheap way of dealing with Halitosis.

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