

ORAL DENTAL HYGINE IN GOTTA WOMEN WORKERS

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ABSTRACT

Health is an asset to human being his community has come to regard it as a prerequisite to socio-economic development. The health of Indian women is linked to their status in society. Women in poor health affect household and economic well-being. The study was conducted on gotta women workers of khandela (Raj) to analyse their health problems and treatment. The data was collected from 50 gotta women workers with the help of a questionnaire. The identified health problems were oral dental hygiene and the treatment provided had to be less expensive as the women did not have to spend money on themselves. It is recommended to have a good habit of daily dental hygiene at home: brushing your teeth after every meal, using dental floss and mouthwash.

KEYWORDS: women, gotta workers, oral dental hygiene

INTRODUCTION

Women are family and families make society. The way in which the family provides the major meaning in life and work shows the direct impact of role of women in society, the status of women in any civilization (Singh 1996). This is not only important, as women constitute half of the human population but they also influence the growth of the remaining half. They socialize, educate, love, feed and support individuals of the family with devotion, affection, love and sincerity. Thus they are the foundation of the family in particular and the society in general.

A woman has multiple roles to play during her life. She has the role of a mother given by nature. There are family roles like she is the mother, daughter, sister, and daughter-in-law, mother-in-law and grandmother at various stages of her family life cycle. Socially she develops her roles as friend, neighbour, acquaintance, employer or employee, a house wife with time, than there are religious obligations which many times are guided by social norms. She often becomes a medium of religious inheritance. All this affects her eating patterns, dressing patterns, worshipping styles, social associations and work, which she chooses to do. She creates an ambience of her own around herself, keeping in mind the multiple roles she is playing at that time. (Jordanova, 1981)

In addition to the natural, familiar, social and religious roles which she plays as an individual, she has knowingly or unknowingly adopted economical roles too. This is especially true in today's time where she is successfully performing the role of a bread winner or has become a medium of supplementing the family income. Though her nature, familiar social and religious roles are recognized by the society, often her economical roles are side line or invisible.

The position of women in any society is a true index of its cultural and spiritual level. Pandit Nehru rightly observed "To awaken the people, it is women who must be awakened. Once she is on the move, the family moves, the village moves and the nation moves" (Agrawal). India is among the largest nations of the world accounting for more than 15% of the world's population of which 50% is contributed by women (NIESBUD, 1997).

The co-existence of traditions in modernity is a balance found in the true Indian culture. This is an upcoming phenomenon in the present, Indian society, where at many fronts women's occupational status has emerged in close association with home and family.

The art of Gotta work has faded away but with the concept of designer wear and introduction of boutique culture Gotta work has now seriously revived the production of the art with their dignified charm and new designs are being involved to suit the present time.

Perhaps most sophisticated product of Rajasthan's court embroidery done by the weavers with gold and silver threads. It is also known as "badla work".

According to Smt.Kamala Devi Chattopadhyay, in the gotta kinari work as practiced in Jaipur, the gotta is cut into fine shapes of birds, animals, human figures, attached to the cloth and encased in wires of silver and gold, while the space around is covered by colored silks. The overall effect is one of enamelling. The most important features in the gotta kinari work is the cutting of the woven gold border into various shapes and designs which are stitched on the cloth thus creating a variety of textures in the patterns. Fashion is playing a very important role in today's world.

Gotta work is well known for the beauty of color, texture, designs and technique all over the world.

Gotta is manufactured on a simple loom, which has various breaths and colors. The process is such, firstly the paper is passed through a very fine shredder, then secondly these shreds are woven on a loom to form the Gotta, which is of two distinct styles - folk and classic.

Skilled labourers who produce gotta work are mainly in Ajmer, Sikar and Jaipur.

Dental pyorrhea, also known as periodontitis, is an inflammatory gum disease that is the result of an accumulation of bacteria in the mouth. This accumulation of bacteria causes what is called plaque, which is a sticky, yellowish film that usually appears between the junction of the gum and the tooth. The evolution of dental pyorrhea leads, in the worst case, to tooth loss. For this reason, it is very important to go to the dentist before any sign of gum inflammation undoubtedly, the main cause of periodontia is a bad habit of oral hygiene. If we do not carry out the correct dental brushing, it is very likely that the dreaded bacterial plaque will appear between the teeth.

PURPOSE OF THE STUDY

The aim of the study was to analyse oral dental hygiene and the current treatment (home remedy) for gotta women workers.

SCOPE OF THE STUDY.

The health problems of the gotta women workers and home remedies have been documented.

METHODOLOGY

- Study locale – was carried out on gotta women workers of Khandela, Sikar& Ajmer (Raj).
- Sample Selection- 50 gotta women workers of the age group 30-50 years were interviewed referring to the semi structured interview schedule, which included personal and family profile.
- Development of the tool-Visits were made at the target group, where the semi structured interview schedule was developed focusing personal and family profile. Further observation was made where it was found bad breath/smell of the mouth.
- Data Collection- Exploratory visits---Identifying the target samples-----Accompanied by administering the semi structured interview schedule & observation of the working women gotta workers.
- Analysis Of Data- using descriptive statistics where frequencies and percentage (%) was used.

RESULT AND CONCLUSION

The result revealed that the oral dental hygiene was Pyorrhoe. The related problems were associated with poverty ignorance of oral dental hygiene and lack of knowledge. The community needs to be encouraged.

Symptoms –• Swollen gums

- Gum color dark red, bright red, or purple
- Receding gums
- Frequent gum bleeding
- Bad breath or halitosis
- Tooth movements
- Tooth sensitivity
- Chewing discomfort

Causes – Pyorrhea is an oral condition occurring due to plaque build-up along gum lines. Plaque is a sticky inflexible film, laden with bacteria that keep emitting acids and toxins harmful to the teeth, gums as well as bones in the mouth. It leads to disease and loss of bone & teeth.

Treatment – • Regular scaling and polishing is necessary to remove hard tartar, trapped food, and plaque, which can cause tooth decay and gum disease. The gum may bleed during treatment or may be sensitive for several days after the procedure.

- It is very important to learn and apply the proper brushing techniques at least twice a day. Flossing also helps to remove plaque from those areas where a toothbrush doesn't completely reach.
- In more severe cases, further conservative treatment and surgery is required.

• In case of moving teeth, replacement of the missing bone tissue (Guided Tissue Regeneration) and crown can be the proper solution.

Ayurvedic Perspective – In Ayurveda Pyorrhea is known as ‘Putidanta or Dantaveshta’. According to Ayurvedic texts, pyorrhea reflects vitiation of rasa and rakta dhatus.

Ayurvedic treatment consists of both internal and external medication. Digestion is regained with herbal treatments, which helps in the proper daily elimination of toxins. Cleansing herbs for the blood are need to be given and tooth powders prescribed to eliminate pus formation and bleeding.

▪ **Home Remedies** • Use Ayurvedic tooth powders for prevention and cure of pyorrhoea.

- Take 3-4 black raisins with water and a pinch of rock salt at bedtime..
- Massage your gums with licorice root powder mixed with honey.
- Rub rock salt, powder of pomegranate rind or camphor powder on gums.
- Drink juices of carrot and spinach
- Gargling with warm sesame oil or decoctions of Triphala.
- Applying sesame oil or mustard oil on gums and teeth.

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