MOUTH-WATERING BUT EROSIVE
A comparative evaluation of pH of Indian spices
Dr Jayeeta Verma¹, Dr. Leena Padhye², Dr. Sidharth Verma³

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.

The Results:

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.

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

¹Department of Conservative dentistry & Endodontics, MGM Dental College and Hospital, Mumbai
²Department of Conservative dentistry & Endodontics, Dr. D.Y. Patil Dental College and Hospital, Mumbai
³Department of Anaesthesiology, Institute of Medical Sciences, BHU Varanasi