



The benefits of saliva that moisturizes your mouth!

It's been getting cold these days, so how are you doing? Even though busy days tend to continue during the new academic term, it is also important to relax.

This time, we will talk about saliva, so relax and get plenty of saliva!



It's not just about moisturizing your mouth!

Effectiveness of Sa li va

- ◆ **Moisturizing action** Moisturizes the mouth and protects the mucous membranes. Makes it easier to eat and talk.
- ◆ **Self-cleaning action** Washes out dental plaque in your mouth. When the saliva is reduced, dental plaque remain and bad breath will occur...etc.
- ◆ **Digestive action** Saliva contains digestive enzymes that help food digestion.
- ◆ **Bactericidal action** Saliva also has an antibacterial effect. It suppresses the growth of bacteria and protects the body.
- ◆ **Buffering action** Neutralizes acids and keeps your mouth neutral. Prevents teeth from dissolving and becoming cavities!

What are the components of saliva?

99% of saliva is **water**. The other 1% is composed of organic and inorganic molecules.

- **Inorganic**---Na, K, Ca, etc.
- **Organic**---Enzyme, immune substances, antibacterial substances, etc.

Parotid gland

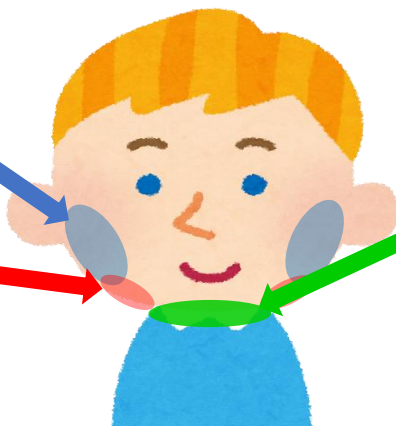
Mainly "Serous" saliva.

Submandibular gland

They are 2 type of saliva: Serous and Mucous.

Sublingual gland

Mainly "Mucous" saliva.



Relationship between Stress and Saliva

Stress reduces parasympathetic activity making sympathetic become dominant. This reduces saliva production, **which will cause the following:**

- ➡ **Mouth is dry and sticky** Your mouth will become dry as the amount of saliva will decrease. Sticky saliva is secreted.
- ➡ **Not able to enjoy meals** When your mouth is dry, it will be difficult to swallow food. In addition, it has an adverse effect on digestion.
- ➡ **Bad breath and cavities** The dental plaque tends to stay in your mouth, increasing the risk of tooth decay and causing bad breath.