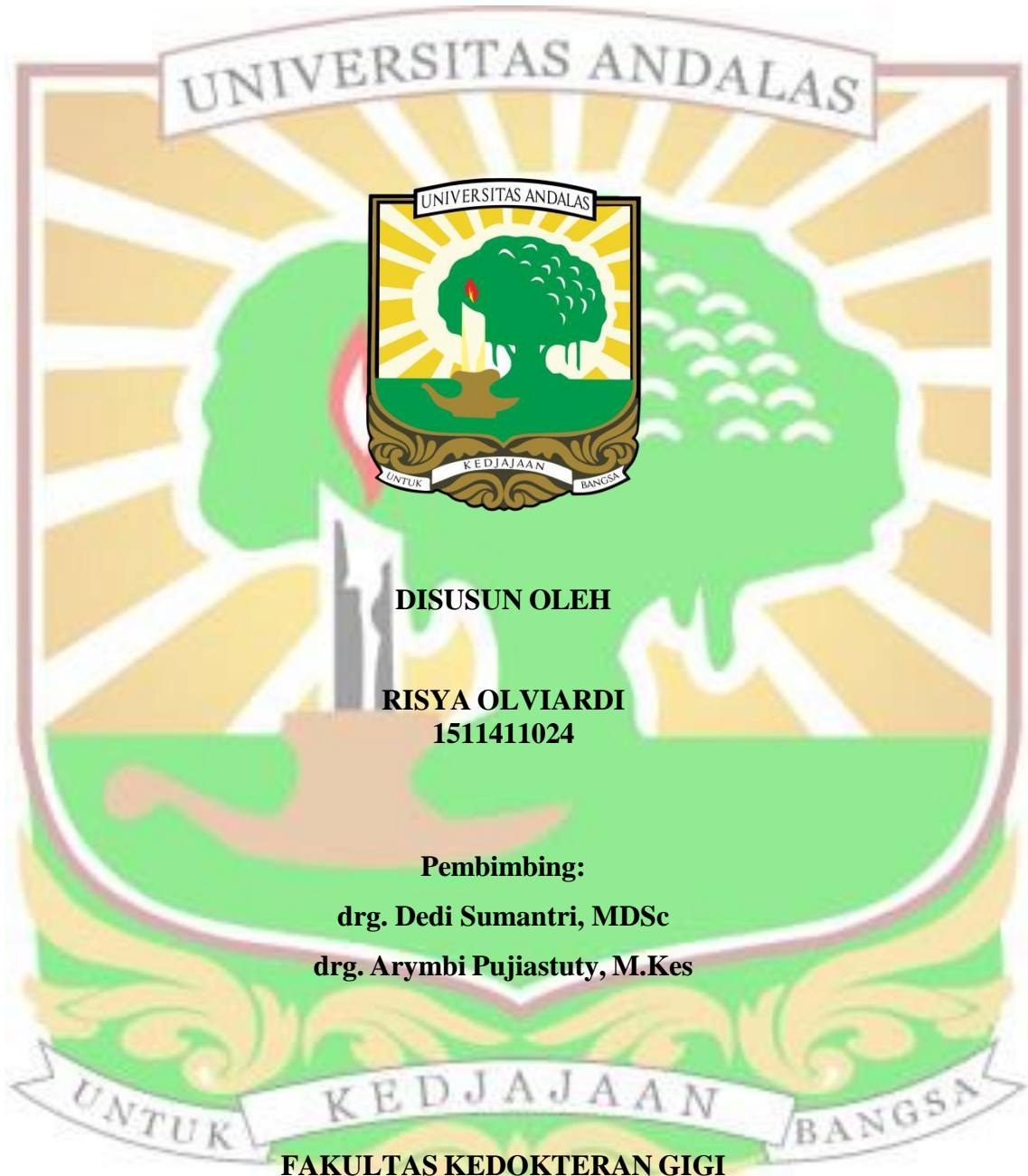


SKRIPSI

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JAMBU BIJI (*PSIDIUM GUAJAVA L*) SEBAGAI *SELF CLEANSING*
DI RONGGA MULUT**



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JAMBU BIJI (*PSIDIUM GUAJAVA L*) SEBAGAI *SELF CLEANSING***

Peran Mengunyah Buah Semangka (*Citrullus Lanatus*) Dan Jambu Biji (*Psidium Guajava L*) Sebagai *Self Cleansing* Di Rongga Mulut

Risya Olviardi



***Role Of Chewing Watermelon (Citrullus Lanatus) And Guava (Psidium Guajava L)
As Self Cleansing In Oral Cavity***

Risya Olviardi



ABSTRACT

Debris is the remains of food that forms after eating contained in the oral cavity, located between the teeth and gums. Dental and oral hygiene can be measured by debris index. Consuming fresh fruit and rich in fiber, water, vitamins, and minerals can help with self cleansing effect in the oral cavity, because it can increase saliva secretion while chewing, therefore the surface area of debris can be reduced. Watermelon fruit and guava fruit are fruits that contain a lot of fiber and water. Watermelon contains a fairly high water content of 92%, fiber 0.4 g and guava fruit contains water content of 86%, fiber 5.4 g. The purpose of this paper is to examine the role of chewing watermelon fruit (Citrullus Lanatus) and guava (Plasidium Guajava L) as self cleansing in the oral cavity.

keywords: *debris, self cleansing, watermelon, guava.*