USE OF “MOUTH-GUARDS” AMONG KABADI PLAYERS IN A RURAL AREA IN SOUTH INDIA

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ABSTRACT
Dental injuries are the commonest orofacial injury sustained during participation in contact sports and are prevented by a wearing a mouth guard. The most common injury is to the tooth and buccal mucosa. Mouth guards are very effective in reducing concussions.
Kabaddi is a sport played in South Asia. The name is derived from the Tamil word "kai" (hand), "pidi" (catch), which is translated into "catching hands". Two teams occupy opposite halves of a small field and take turns sending a "raider" into the other half, to win points by tackling members of the opposing team. The raider's body touches the ground outside the boundary (except during a struggle with an opposing team member during the crucial time the individuals can hurt others or themselves.
82% of the players playing kabadi had visited a dentist due to trauma of their tooth. Among the people who had visited a dentist only 10% were advised about “mouth-guards” and only 2% were using the stock or readymade mouth guard. Players often claim that the “mouth-guards” were uncomfortable and interfere with their speech and breathing.

KEY WORDS: “mouth-guards”, kabadi, trauma, custom made “mouth-guards”, stock formed.