



# MDAHA IS THE BEST TOOTHPASTE

Jenipher Cant Mdendeni and Yese Samweli Chiyanga

Matola Secondary School



## Introduction

Mdaha as the alternative toothpaste is used by different people in Njombe region especially the villagers people. It is used to brush the teeth as it has the ability to make them more white. The miracles of mdaha is the way it brings the teeth more white and prevent the mouth from bad smell. It also change the colour of lips and tongue to be reddish in colour. This makes most women and girls to prefer on using it because it also act as the alternative lipstick and hence makes them to be neat.

Mdaha as a natural plant is germinating on the virgin soil or non cultivated soil. The weather condition which is favorable for it to germinate is the moderate and low temperature and the sufficient rainfall. That is why it is predominant in Njombe region and other areas where the weather condition may relate with Njombe. Actually there are varieties of Mdaha in various areas but both of them brings the same result as they are all used to brush the teeth and they all make the teeth to be more white lips and gums reddish and prevent bad smells in the mouth.



## Method

The part of Mdaha which are used mostly are their fruits and their roots. The part of the fruit can be extracted in order to get the toothpaste. The mesocarp can be taken into the tooth brush and after that you can just brush the teeth. Other people are using the stem of that plant as a brush but before using it you have to chew it first so as to make the brush ready for brushing the teeth. Also their roots can be used to brush the teeth as they are and they can bring the same result as like when using their fruits. In other varieties of mdaha the stem and roots are used on brushing the teeth. The mdaha which you can use the stem to brush the teeth before using it you need to chew first until it will turn into red in colour then you can start brushing them.

This research has been conducted in Njombe region specifically in Matola wards with their villages. The villages where the project has been conducted are Matola, Mbega, Mtila and Kitulila. In these villages the samples were formed basing on the sex even though women were much involved since they much using it compared with the men.

The research design used in the project is descriptive design and quantitative design. This has enable to present the project in explanation and in numbers respectively. This means that some data collected have been represented in explanation and others in numbers form.

The data obtained from the respondent have been collected by using different instruments like focal group discussion and observation. This has enable to get the correct and direct answer from the respondents.

The information obtained from the research project have been represented in different forms like percentages and pie charts. This can help the readers to get the correct information from the project report and to understand well.



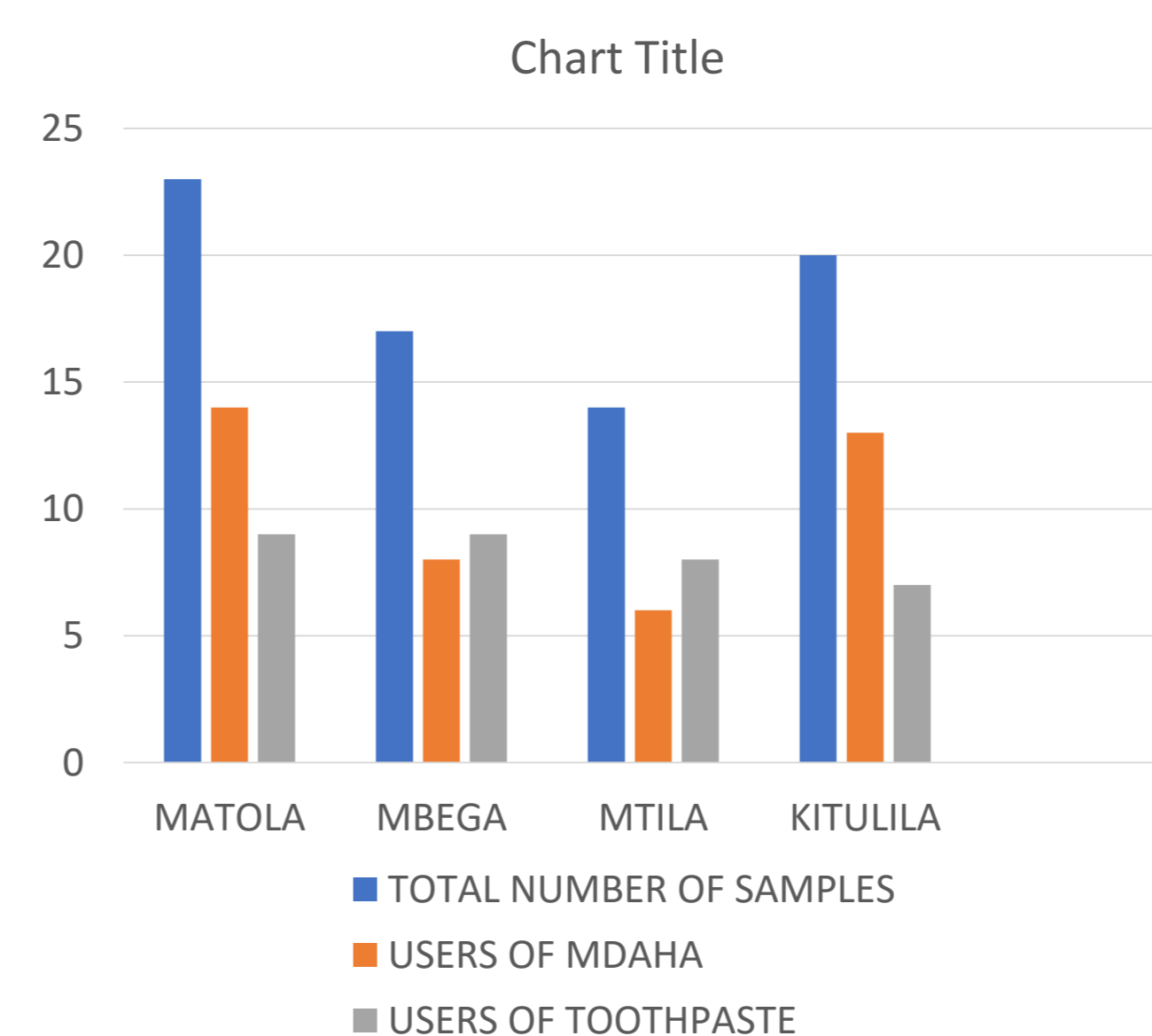
## Results

This project is a survey research hence we as the researchers we had required to travel to different areas where we had get the information. Firstly we had ask for the permission to the school administration so as to be allowed to conduct the research. In the villages where we had get the information, we had consulted with the chair persons of the villages so as to get the positive contribution from the respondents.

In our project we had use the focal group discussion and observations so as to get the information. Hence we had request the respondents to get preparations for the discussion and being ready for the questions. Also we had organize the group of four respondents so as to get the correct results



VILLAGE	TOTAL NUMBER OF SAMPLES	USERS OF MDAHA	USERS OF TOOTHPASTE
MATOLA	23	14	09
MBEGA	17	08	09
MTILA	14	06	08
KITULILA	20	13	07



DATE	VILLAGES VISITED	NUMBER OF PARTICIPANTS	SUMMARY
17/04/2023 3:30 pm-5:30pm	MATOLA	06	In Matola village we had get the positive participation even though the number of participants were not sufficient.
22/04/2023 8:00Am-12:30pm	Mtila	05	In Mtila village we had get the participation but still the number of participants were not sufficient.
29/05/2023 8:00Am-2:30Pm	Mbega	07	In mbega we had get the participation but the same problem as the number of part as the number of participants were not sufficient
07/06/2023 8:00Am-2:30Pm	Kitulila	04	In Kitulila village we had get the positive participation but still the number of respondents were not sufficient.

## Conclusion

Actually this project can not discourage the uses of the modern tooth paste because still we can see that the users of modern tooth paste does not experience tooth problems and if they experience it can be due to other factors. What we recommend to other scientists who are dealing with the production of toothpaste is they should try to pass through this project report since this can pave the way and start speculating about mdaha. Also we recommend that wherever they found the important ingredients important to the teeth then they can extract these ingredients and include them in the modern toothpaste. Alternatively mdaha can be authorized and regally used as it is since it is a solution to the tooth problems.

## References

The sources of the information mostly are the users of the mdaha

## Acknowledgments

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