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## **A comparative study of effects of mouth breathing and normal breathing on gingival health in children.**

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The present study was conducted to assess the effects of mouth breathing, lip seal and upper lip coverage on gingival health of children. 240 school children aged 10-14 years were selected irrespective of sex race and socioeconomic status. They were divided into two major groups i.e. mouth breathers and normal breathers. These groups were further subdivided into six sub-groups or categories on the basis of lip seal and upper incisor coverage. Gingival index was found to be higher in the mouth breathers than in the normal breathers in the subjects with incompetent lip seal. Increased lip separation and decreased upper lip coverage were all associated with higher levels of Plaque index and Gingival index. No statistical difference existed between mouth breathers and normal breathers with respect to Plaque index.

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