

Fluoride

December 2, 2025 • vajiramandravi.com



Fluoride Latest News

Recently, an NGO assessed that, in Odisha's Mayurbhanj, excess fluoride in drinking water is causing widespread fluorosis in several villages.

About Fluoride

- Fluoride is an **inorganic, monatomic anion of fluorine** with the chemical formula F^{-1} .
- It is a common element **that does not occur in the elemental state** in nature because of its **high reactivity**.
- It is considered a beneficial nutrient and is present in **trace amounts in the body**.
- It is important for the **integrity of bones and teeth**. About 99% of the fluoride in the body is in the hard tissues.
- **Sources of Fluoride**
 - It accounts for about **0.3 g/kg of the Earth's crust** and exists in the form of fluorides in a number of minerals, of which **fluorspar, cryolite and fluorapatite are the most common**.

- It is a mineral naturally present in **many foods** and available as a dietary supplement.
- Soil, water, plants, and foods contain **trace amounts of fluoride**.
- **Uses:** It is used in aluminium production and as a **flux in the steel and glass fibre industries**. They can also be released to the environment during the production of **phosphate fertilizers, bricks, tiles and ceramics**.

Health Impact of Fluoride

- **Dental fluorosis:** High fluoride water can negatively impact children's health, leading to **dental fluorosis** (discoloured or stained teeth)
- **Skeletal (bone) fluorosis:** It also causes potential skeletal fluorosis, which causes bone and joint issues.

Source: DTE

Source: <https://vajiramandravi.com/current-affairs/fluoride/>

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