

Some instances when the acid-base balance of the body is disturbed.

- i) Painkiller or some other medicines can disturb the acid-base balance of the body. So doctors prescribe antacids along with a painkiller. Antacids are basic compounds act against acids.
- ii) Due to loose motion, the alkaline juice of the intestine can be expelled & hence acid-base concentration will be disturbed.
- iii) During heavy physical work, various infection by germs, the lactic acid content within our body increases, hence acid-base concentration disturbs.
- iv) Due to mental stress, smoking, high blood sugar, the acid level within the body increases.
- v) Due to kidney problem, the concentration of uric acid, urea & creatinine (protein & muscle metabolism) in the blood increases, hence disturbing the acid-base concentration.

Edible Salt

Salts are not produced within the body. It has to be taken from outside mostly through foods. (Edible \rightarrow fit to be eaten)

Sources of salt

Plant sources
tomato, broccoli,
cabbage, spinach,
peas, carrot,
green bean,
root vegetables
etc.

Animal sources
Butter, cream,
meat, cheese,
fish, egg etc.

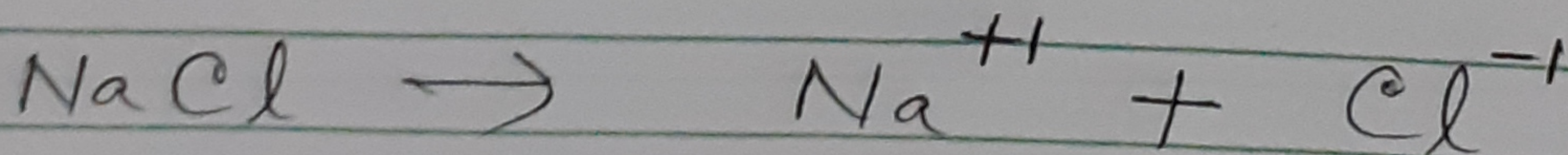
Common salt

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Sodium chloride \rightarrow NaCl.

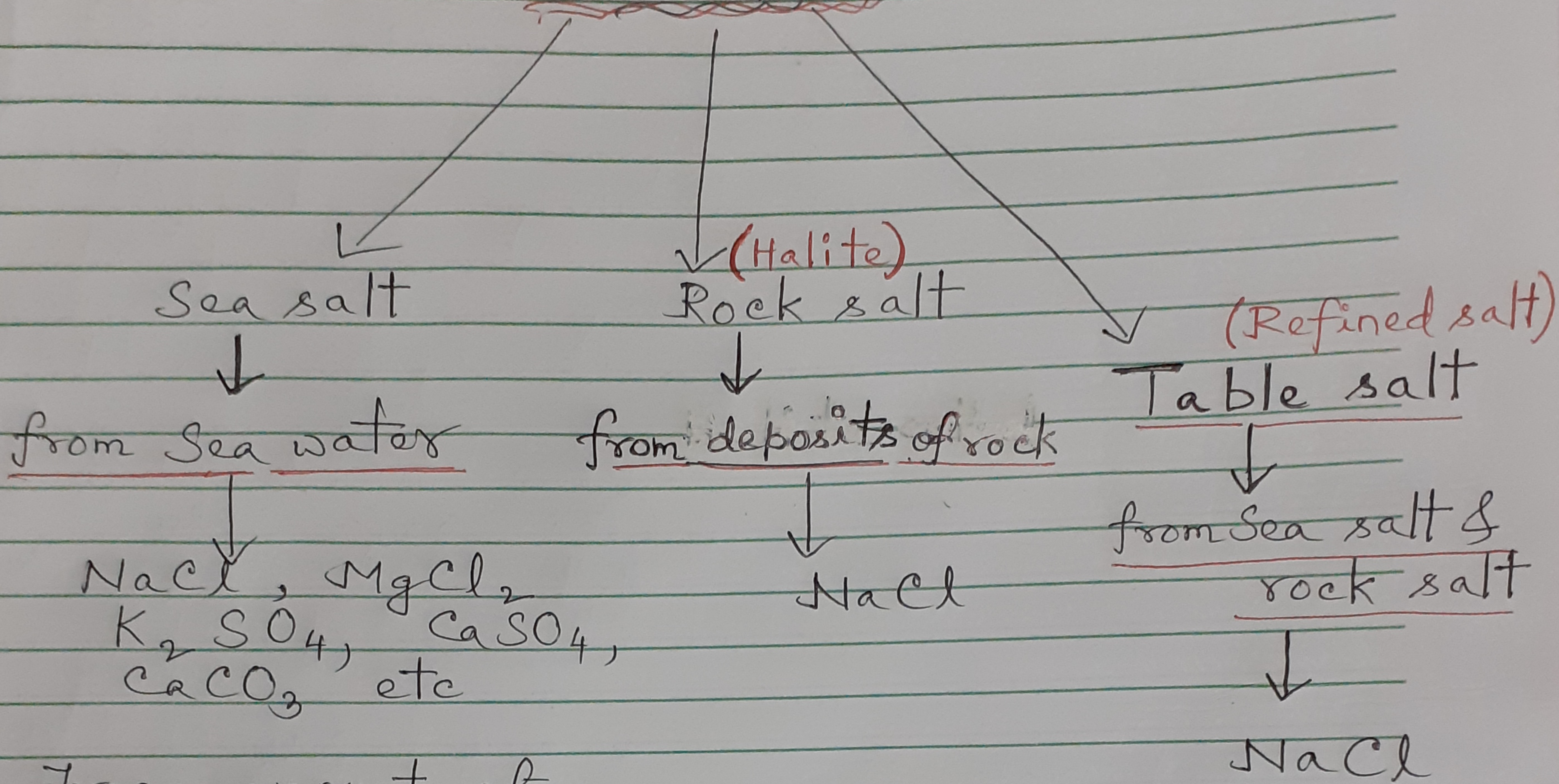
General properties of NaCl.

- (i) It is white crystalline solid.
- (ii) Soluble in water
- (iii) When NaCl dissolves in water, it dissociates to form Na^+ and Cl^- .



As the total no. of e^- lost (positive charge) & the total no. of e^- gained (negative charge) will be same, so the aqueous soln. of salt remains electrically neutral.

Salt



Trace amount of elements like, P, Zinc, Iron, Manganese etc are added in sea salt to improve its colour & taste.