

ଶିଶୁ-କିଶର ଶ୍ଵସ୍ଥ୍ୟା କାଥା

ମଂପାଦିତ୍ ବା

ପ୍ରଫ. ଡି. ଟ୍ରିପ୍ଟିଶ୍ ଚନ୍ଦ୍ରା ଘୋଷ

କଳାକାର

ଡିସେମ୍ବର, ୨୦୧୨

କଳାକାର

ଗ୍ରନ୍ଥ

ପୃଷ୍ଠା ୧୫୫ |

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**AMbZ vki-vktkvi
hviv esj v`tki fvel`r**

হৃৎ i t j Lv t _tK msKuj Z ntqtQ

we†MwQvi (Aet) RvZxq Aa'vcK Avāj gwj K

Ww. tgv tLvi t k` Avj g

Ww. tgv BKeyj Avtbrqvi

Ww. gvneþj Bmj vg

Ww. tMvj vg kvnRvnb

Ww. w`vi "j Avnmb

Ww. t`ewkm wekʼm

Ww. Ace^qNvl

Ww. tmšgĀ `Ē

Ww. tgv bRgj nvmv AvL`

Ww. `keyj i wʼZ

Ww. tgv ti RvDj Kwi g Rwgj

Ww. k'vgj PµeZ^q

Ww. %Qq` Rj wdKvi nvq`vi

Ww. bw`bx ivq

Ww. gvneþ gRg`vi

Ww. t`ewkm mvb'vj

Ww. eYx P`

Ww. মোঃ আমান উল্লাহ

Ww. mþxj VvKi

Ww. tmšg` fÆvPvh^q

Ww. ZvbwRbv trv:mb

Ww. cŸe Kgvi tPšaj x

W. Gg min`j Bmj vg

Ww. DĒg Kgvi tNvl

Ww. AveygRvd&i Avntg`

Ww. মল্লিকা বিশ্বাস

Ww. ZBxk P>`†Nvl

máúv`tki K_v

Abæē`kKŋv-vPnkrmv-vm`wb cuPwU tgšuj K Awakvi gvbŋli RbMZ ntjI Gi tKvbwUB GLŋbv Avgv`i t`tk wbowōZ Kiv mæe nqub| ZvB Awkŋvi Kviŋb `v` mŋPZbZvi welquU iŋq tMŋQ Aeŋwuj Z| `wi`³ wetgvpŋbi cvkvcwk wkiŋ`i `v` Ges wkŋvi welquUŋK memgqB „Zi`w`ŋZ nŋe| tmB wetePbvq evsjv`ŋki `g-coqv tQŋjŋgtqŋ`i `v` welŋq mŋPZb Kŋi Mŋo tZvjvi jŋŋ` wki-wKŋkviŋ`i `v` mgm`v wbtq tj Lv AŋbK„tjv wbetŋi mrvh` wbtq Ōwki-wKŋkvi `v` K_wŋ eBwU cKvŋki Dŋ`vM tbqv nŋqŋQ| eBwUŋZ `ß evsjvi vPnkrmv weÁvŋbi weŋfbækvLvi weŋklÁŋ`i tj Lv msKuj Z Kiv nŋqŋQ| Gi gŋa` wKQy tj Lv BŋZvcŋe`weŋfbæcŋ-cwŋKv ev mvgwqKŋŋZ cKvŋkZ nŋqŋQ| eBwU cŋo Avgv`i t`tki AMwYZ wki-wKŋkvi Ges Zvŋ`i evey-grŋqŋv Zvŋ`i `bw`b Rŋetb mŋ weŋfbæ`v` mgm`v A_ev Zvŋ`i weŋfbæ kvixii K welq máúv`KwKQŋv ntjI mŋPZb nŋZ cviŋeb| Avi GUKzntj B G kŋ mv_Ŕ etj gŋb Kie|

wbŋRŋ`i gj`evb tj Lv w`ŋq eBwU cKvŋk mŋŋhwMzv Kivi Rb` mKj tj LKŋ`i KŋŋQ KZÁZv cKvŋk KivQ| eBwU mæúv`bv KŋŋR Avgvi `y Wv. মল্লিকা বিশ্বাস এর Ae`vb Ab`ŋKvŋ` eBwU cKvŋk hviv mŋŋhwMzv KŋiŋQb cKvŋkKmn Zvŋ`i mKŋj i KŋŋQ KZÁ|

Avgv`i `xwŋŋ ŋbi `cæ- cŋwŋK `v`wKŋv welqK GKwU eB Avcbŋŋ`i nŋŋZ Zŋj w`ŋZ tcti Avgiv Avbw`Z| meŋkŋl wki-wKŋkviŋ`i cŋŋZ Abŋŋiva cv`cŋŋŋKi cvkvcwk tZvgiv G eBwU gb w`ŋq cotŋ Ges j`äÁvb wbŋRŋ`i e`w³ Rŋetb KŋŋR j vMŋŋe|

cvK Pwn`vi K_v wetePbvq ŋiŋL eBwU wŋZxq ms`iŋŋ wkiŋ`i `v` mgm`vi KŋŋKwU bZb welŋŋi Dcti tj Lv mŋŋhvRb Kiv nj |

evey-grŋqŋ`i KŋŋQ Abŋŋiva Avcbŋv wbtŋRiv eBwU cob Ges mŋŋbŋ`iŋK mŋwK Ges mŋ`ŋŋŋe Mŋo Zj ŋ| eBwUŋZ gj`YRwZ tKvb ŋwU _vKŋŋ ŋŋgv mŋ`i `wŋŋZ t`Lŋeb| Avi eB máúv`KŋŋŋKv i Kg gŋe`, Dct`k ev mŋŋŋvabx máúv`K eivei wj ŋL cvWŋŋ ewaZ ne| ab`ev`|

Wv. ZBsk P>`ŋŋvI
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f | i g | K v

Avgrt' i t' tki 'g coqv wki'iv t' tki fivel' r cRb' tZvgrt' i GB cU' ugK wK' v Rxe' b
mivK wK' v MhY AZ' s- cU' vRb | wK' v MhY Ki' tZ nte - wR cwi' evi t_ tK, 'g t_ tK l mgvR
t_ tK | mK' v j v' fi w' Zi w' t' q Rxe' b' K Awz' m' y' i fite m' Rv' b' v th' tZ cv' i | fiv' g' t' tL-
i' b K' k' v l m' g' vR' K Ab' v' i t_ tK w' b' t' R' t' K 't' i vL' tZ nte | tZv' g' i' v GKU' z' tL' q' j Ki' t' j
t' L' te GB c' w' ext' Z g' v' b' | KZB' v' v' e' i' P' T' Rxe' b' h' v' c' b Ki' t' Q | w' R e' p' x' g' E' v' w' t' q t' m' L' v' b t_ tK t' e' t' Q
w' b' t' Z nte - R' w' i' Z' i m' n' s' v' b n' t' Z n' t' j t' K' v' b t' K' v' b f' i' j ' y' e' j' x' i A' w' a' K' v' i' x n' l q' v' c' U' q' v' R' b Ges
t' m' f' v' t' e' B w' b' t' R' t' K ' Z' i' x Ki' t' Z nte |

GK' u' K_ v Av' t' Q | m' y' t' t' n' m' y' g' t' b' i g' v' b' l n' l q' v' h' v' q | AZGe m' y' v' ' e' v' b ' v' f' i' v' e' K K' g' v' l' g' g' v' b' l
n' t' Z ' v' ' m' y' v' i' v' i' R' b' ' K' v' R Ki' t' Z nte | th' g' b' i' w' z' g' Z m' y' g' L' v' ' M' h' Y Ki' t' Z nte | t' j L' v' c' o' v' i
c' u' t' K' w' K' o' y' t' L' j' v' a' j' v' Ki' t' Z nte | c' u' z' w' b' k' i' x' i' P' P' P' K' i' v' f' i' j' A' f' v' m' |

t' i' v' m' e' v' a' g' y' ' v' K' v' i' R' b' ' L' v' e' t' i' i' A' f' v' t' m' i' w' t' K' b' R' i' w' t' Z n' q' | tZv' g' r' t' i' A' t' b' i' K' B' i' v' i' v' i
c' r' t' k' w' K' e' v' n' u' l' e' v' R' v' t' i' i' t' L' v' j' v' R' v' q' M' v' q ' Z' i' x' K' i' v' L' v' e' v' i' t' L' t' q ' v' K' | G' m' e' L' v' ' L' v' l' q' v' i' K' v' i' t' b
A' t' b' K_ t' j' v' t' i' v' m' e' v' i' j' v' f' K' t' i' | th' g' b' U' v' B' d' t' q' W, w' e' v' f' b' a' c' k' v' i' W' i' q' v' i' q' v, R' u' U' m, L' v' ' w' e' l' m' u' q' v
B' Z' w' | h' v' n' v ' v' ' m' g' m' v' w' n' t' m' t' e' c' w' i' e' v' t' i' Ges m' g' v' t' R' e' o' A' v' K' v' i' t' t' L' v' w' t' Z' n' t' e' | L' v' e' v' i
L' v' l' q' v' i' K' v' i' t' b ' v' f' i' v' e' K ' v' ' i' v' i' v' e' v' n' Z n' t' q' c' t' o' | W' i' q' v' i' q' v' n' t' j' c' P' i' L' v' e' v' i' m' i' v' j' v' B' b' L' v' l' q' v'
AZ' s' R' i' w' i' Ges g' v' i' v' Z' K' W' i' q' v' i' q' v' n' t' j' A' e' k' ' B' n' i' m' c' i' v' Z' v' j' t' h' t' Z nte |

t' Z' i' g' i' v' c' u' z' w' b' q' Z' c' w' i' v' i' c' w' b' c' v' b' K' i' t' e' Ges L' v' e' v' i' L' v' l' q' v' i' A' v' t' M' m' e' v' b' w' t' q' n' v' Z' a' f' q' t' b' t' e,
K' v' i' Y' A' m' s' L' ' t' i' v' M' R' x' e' v' y' n' t' Z' t' j' t' M' v' t' K, t' L' v' j' v' R' v' q' M' v' q' g' j' Z' i' v' M' K' i' t' e' b' v' l' ' y' j' g' t' a' ' A' t' b' K
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A' v' e' R' v' l' t' h' L' v' t' b' t' m' L' v' t' b' t' d' j' v' D' i' P' Z' b' q' | n' v' t' Z' i' b' L' t' K' t' u' t' Q' v' U' K' t' i' i' v' L' t' e' t' h' b' t' i' v' M' R' x' e' v' y'
t' m' L' v' t' b' A' v' t' q' w' b' t' Z' b' v' c' v' t' i' | R' u' U' m' m' e' v' t' K' g' v' b' l' A' v' Z' w' i' Z' n' q' | R' u' U' m' n' l' q' v' j' v' q' j' v' v' n' t' j' v' t' P' v' L,
n' v' t' Z' i' Z' v' j' y' n' j' y' i' s' a' v' i' b' K' t' i' l' c' h' i' t' e' n' j' y' n' q' | R' u' U' m' t_ tK' i' v' i' v' c' v' l' q' v' i' D' c' i' q' n' t' j' v' c' w' i' v' i
L' v' e' v' i' l' ' y' b' g' y' ' c' w' b' c' v' b' K' i' t' Z' nte | ' y' l' Z' c' w' b' w' t' q' ' Z' w' i' A' v' B' m' p' u' g' t_ tK' R' u' U' m, U' v' B' d' t' q' W
W' i' q' v' i' q' v' l' A' v' g' i' k' q' t' i' v' m' k' i' x' t' i' X' t' K' c' t' o' | R' u' U' m' i' ' 3' c' i' x' v' i' v' i' g' v' a' t' g' w' b' Y' e' q' K' i' v' h' v' q' Ges
t' i' v' m' t' K' D' c' h' y' ' v' P' i' K' r' m' v' w' t' j' f' i' j' n' t' q' h' v' q' | R' u' U' m' t' i' v' t' M' i' w' J' K' v' c' v' l' q' v' h' v' q' Ges GB w' J' K' v'
m' K' t' j' i' R' b' ' c' h' v' R' | R' u' U' m' n' t' q' t' M' t' j' A' v' Z' w' i' Z' b' v' n' t' q' - w' e' k' t' t' g' v' K' t' Z' nte l' v' f' i' v' e' K' L' v' e' v' i'
t' L' i' Z' nte |

Avgrt' i t' tki Rb' ' v' ' n' w' b' K' i' G' K' u' l' m' g' m' v' - v' v' u' g' | M' u' t' g' i' c' u' q' m' g' - t' j' v' t' K' i' g' t' a' ' v' v' u' g'
m' s' p' u' g' b' N' u' v' q' | GB v' v' u' g' R' x' e' b' h' v' t' v' t' K' A' t' b' K' f' i' v' t' e' e' v' n' Z' K' i' t' i' | c' y' o' n' x' b' Z' v, e' ' n' R' b' l' i' ' 3' v' i' Z' v'
m' v' o' i' R' b' ' G' i' v' v' q' x' | G' R' b' ' e' Q' t' i' K' g' c' t' v' l' ' v' e' v' i' v' v' u' g' b' v' i' k' K' J' l' a' t' m' e' b' K' i' v' ' i' K' v' i' |

m' g' v' t' R' i' Z' i' ' b' t' i' t' h' L' v' t' b' t' t' k' i' D' b' w' z' i' R' b' ' c' u' z' k' h' i' z' e' x' n' l' q' v' i' K_ v' | t' m' L' v' t' b' Z' v' t' i' G' K' u' l'
e' o' A' s' k' w' e' c' _ M' i' g' x' n' t' q' c' o' t' Q | Z' v' i' v' w' e' v' f' b' i' f' i' v' t' e' t' b' k' v' q' A' f' ' - n' t' q' G' K' u' l' m' y' ' i' R' x' e' b' t' K' g' v' i' v' Z' K'
a' y' s' t' m' i' g' t' a' ' t' v' t' j' w' t' ' Q | G' w' e' l' t' q' t' Z' v' g' r' t' i' A' Z' s' - w' a' q' Z' e' v' b' n' t' Z' nte | G' t' i' t_ tK' w' b' t' R' t' K'
g' y' ' i' v' L' i' Z' c' u' z' A' v' e' x' n' t' Z' nte Ges g' v' t' K' i' w' e' i' t' x' c' u' z' t' i' v' a' M' t' o' Z' j' t' e' t' Z' v' g' i' v' B' |

m' e' t' k' t' l' t' Z' i' g' r' t' i' c' u' z' c' i' v' g' k' e' n' t' j' v' - f' i' j' ' v' ' l' f' i' v' t' j' v' g' t' b' i' A' w' a' K' v' i' x' n' t' q' G' K' R' b' A' v' k' ' o'
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- gġ I tVutUi Pri cvk bxj ntj , m½ Kvcyb w`tq Rġi ntj |
- eġK cġŪ e`_v ntj | G Ae`vq mvaviYZ wki eġKi thw`tK e`_v Kti tmw`Kuv aġi _vġK | thw`tK e`_v tmB w`tK cvk wdti itq _vġK | nvlz gfo, nvlzUvġK eġKi KvtQ Gtb cvk wdti _vġK |
- Nb Nb i Kġbv Kwk ntj | Kwk ntZ _vKtj I Kd tei KiġZ bv cvi tj |
- me mgq gtb GKUv A`ġ`_`yōšġi gġZv _vKtj |

wPwKrmv

cġġgB i`wUv i³ cixġv Avi eġKi G· -ti Kiv `iKvi | G· -tiġZ Rvbn hvq wDġgwbqv ntqġQ wK bv, Avi i`wUv i³ cixġvqv aiv coġe wki i fvBivj RwbZ bv e`vKġUwi qvRwbZ, tKvb aitbi wDġgwbqv ntqġQ | Zvici wPwKrmġKi civgkġġZv ZvovZwv A`wUvġtqvwUK i`i“ KiġZ nġe | cġqvRb ntj wkiġK w÷g tfcvi t`l qv thġZ cvġi wPwKrmġKi civgkġAbġhvqx |

GQovv wki i tivM cġZġiva ġġZv Mġo Zj ġZ cġg t`ġKB fvġjvfġte bRi t`l qv cġqvRb | Lvl qv`vl qv, cvi `vi -cvi “ObġZv, cvi ġek - me w`ġKB wġkl tLqj ivLv `iKvi |

Lvevi `vl qv

gvġqi `ġ Lvl qvġbv Acwi nvhġ Gi tKvġbv wġkġi tbB | Acġoi nvZ t`ġK evPvġZ kvKmeiR, ZvRv dj, UvUKv gvQ Lvl qvi Af`vm KiġZ nġe | cġqvRġb wFUwġb wmi vcl Lvl qvġbv thġZ cvġi | mv÷cġZK MġelYvq ejv nt`Q, Lvevġi thb hġ_ó cvi gvġY wRsk _vġK | GRb` wkiġK Lvl qvġbv thġZ cvġi Kvp ġv wMi ġvsm, cvi bi, ġmj Wj , wkg, Kbġd-, wPov BZ`w |

cwiġek

eġ tj vġKi wġfo wkiġK tenk bv wġtq hvl qvB fvġjv | cvi `vi -cvi “Obġcwi ġġk ivLb wkiġi | wġkl Kti agcvb Kiv nq Ggb cwiġġk _vKtj wkiġi dmdġm BbġdKkb nI qvi Sġk teġo hvq |

f`vKwmb

wDġgwbqv cġZġiva Kivi Rb` f`vKwmbi Pj GLb teġotQ | MġelYvq t`Lv tMġQ, f`vKwmb e`envġi wkiġi wDġgwbqv KġġQ | wġRj m f`vKwmb, tġġvġdj vm Bbdġqġv f`vKwmb, wDġgv`vj f`vKwmb, Bbdġqġv f`vKwmb wġtj fvġjv | Gi ġġa` tġġvġdj vm l wDġgv`vj f`vKwmb t`l qv nq `ġ ġvm eqġm | wġRj m l Bbdġqġv f`vKwmb bq ġvm eqġm | ġfvġe cġZġiva Kiv ntj l wDġgwbqv th ġġKevġi nġe bv Zv bq | evi evi wDġgwbqv ntj wkiġi ġwbbRvBwM, Aw÷ l ġ`vj vBwM, Av`vBwM nI qvi AvksKv _vġK |

VŪvi tiM - Kgb tKvì

FZzcwieZB I kx̄zi i i t̄Z VŪv j vMv, m̄w̄, bvK-Kvb I Mj vi wewfbetiv̄Mi cŃ f̄fe t̄ Lv hvq | m̄w̄ Kwk ev Kgb tKvì tiM evsj v̄ kmn c̄w_ex R̄toB nq | L̄e Kg tj vKB cvl qv hv̄te th GB tiM Av̄m̄š-nb̄ub | Z̄te w̄ki t̄ i Kgb tKvì ev m̄w̄, hv̄ f̄vBivm Ńv̄i v m̄sp̄m̄gZ nq Zv̄ tewk n̄Z t̄ Lv hvq |

mv̄av̄i bZ i vB̄t̄bv f̄vBivm, Bbd̄t̄qÄv f̄vBivm, Ḡt̄W̄t̄bv f̄vBivm, c̄v̄iv-Bbd̄t̄qÄv f̄vBivm, K̄t̄iv̄bv f̄vBivm, B̄t̄Kv f̄vBivm, t̄Ūt̄Mv f̄vBivm BZ w̄ b̄v̄bv R̄vZxq f̄vBivm Ńv̄i v m̄sp̄m̄gZ nq |

th̄f̄v̄te m̄y' gub̄j Av̄m̄š-nq

Kgb tKvì ev m̄w̄ R̄wbZ tiM̄Mi f̄vBivm evZim w̄ t̄q Qoiv̄q | Av̄m̄š-tiM̄Xi K̄v̄Q̄v̄K̄w̄Q ev m̄s̄-ú̄t̄k̄Ḡt̄j Ab̄v̄iv̄l Av̄m̄š-n̄t̄q _v̄t̄K |

hv̄iv̄ tewk t̄f̄v̄t̄M

w̄kīiv̄ GB tiM̄ tewk Av̄m̄š-nq | Z̄v̄Q̄rov̄ hv̄iv̄ m̄j̄g Lv̄ M̄b̄Y K̄t̄i b̄v̄, Āv̄v̄-K̄i c̄w̄īt̄ēt̄k̄ ev̄m̄ K̄t̄i Z̄v̄iv̄ tewk Av̄m̄š-nq |

j̄ŋ̄Y

tiM̄ R̄x̄ev̄by ev̄ f̄vBivm̄ k̄ix̄t̄i c̄l̄ek̄ K̄ivi 1 t̄_̄t̄K 4 w̄ t̄bi ḡt̄ā w̄bḡm̄j̄ w̄LZ D̄cm̄M̄w̄j̄ i i nq |

t̄h̄gb-

- b̄v̄K eÜ n̄t̄q hv̄l qv |
- b̄v̄t̄K̄i t̄f̄Z̄t̄i Āv̄v̄-K̄i Ab̄ȳf̄w̄Z |
- b̄v̄K īw̄K̄t̄q hv̄l qv |
- n̄w̄P - w̄K̄Q̄ȳt̄ŋ̄t̄ī ev̄i ev̄i n̄w̄P̄i c̄i n̄w̄P̄ |
- M̄j̄ v̄ īw̄K̄t̄q hv̄l qv |
- c̄t̄iv̄ k̄ix̄t̄i ḡv̄R̄t̄ḡt̄R̄ f̄iv̄e Ab̄ȳf̄e K̄iv̄ |
- b̄v̄K w̄ t̄q c̄w̄bi ḡt̄Z̄v̄ c̄v̄Z̄j̄ v̄ m̄w̄, ēi n̄l qv |
- n̄j̄ K̄v̄ R̄j̄ I M̄v̄t̄q ē_v̄ |
- ḡv̄_v̄ē_v̄ |
- ḡv̄t̄S̄ ḡv̄t̄S̄ K̄vb̄ eÜ ev̄ Z̄j̄ v̄ t̄j̄ t̄M̄ hv̄q |

Ḡf̄v̄te P̄j̄ t̄Z̄ _v̄K̄t̄j̄ b̄v̄K t̄_̄t̄K̄ c̄v̄Z̄j̄ v̄ c̄w̄bi ḡt̄Z̄v̄ m̄w̄, c̄v̄K̄v̄ m̄w̄, ŋ̄Z̄ īf̄c̄ t̄b̄q | Āv̄v̄ f̄vBivm̄ c̄Ń v̄t̄ni m̄t̄½ ēv̄K̄t̄Ūwī qv Ńv̄i v̄ Av̄m̄š-nq | b̄v̄K eÜ I Ab̄v̄b̄v̄ D̄cm̄M̄w̄j̄-6 w̄ b̄ _v̄K̄t̄Z̄ c̄v̄t̄i | Ḡ m̄ḡq b̄v̄t̄K̄i w̄f̄Z̄i f̄v̄M̄ j̄ v̄j̄ n̄t̄q hv̄q Ges w̄f̄Z̄i Ask̄ d̄t̄j̄ b̄v̄K w̄ t̄q k̄j̄m̄-c̄k̄j̄m̄ t̄b̄q̄v̄ m̄ǣē nq b̄v̄, ḡt̄ w̄ t̄q k̄j̄m̄ w̄b̄t̄Z̄ nq |

WPKrmv

Kgb tKvì ev mw`©FvBivmRwbZ| GB fvBivtmi mybw`© tKvb l lya tbB| tivM Self limiting nI qvq wBR t_tKB GK mBvtni gta` mvaviYZ tivMx my` ntaq hvq|

Kgb tKvì , mw`© BbdtaqAv tQvqvP ev mspvugK e`vwa nI qvq mw`©Kvuk, VvUvj vMv cãZtivistai Rb` -

- Avµvš-tivMxK Ab`ti t_tK Avjv`v ivLtz nte|
- Avµvš-tivMxK `g ev Kg`j t_tK tivtMi cãg 3-4 w`b QyU wbtZ nte Ges wektg`i Kvi |
- my`iv Avµvš-t_tK `fi _vKteb|
- Avµvš-tivMx`i mw`©ev e`eüZ vUmy tccvi thLvfb tmLvfb tdjv DvPZ bq|
- Avµvš`i wfUwgb wm, my`g Lv` MhY Ges gje Avtjv evZvm AvtQ Ggb cwi`teK _vKtZ nte, hv tivM wbaštY we`kl fvgKv ivtL|
- cãZtIaK wntmte f`vKwmbI t`qv ttaZ cvti |
- Avµvš-tivMxK DcmM`gwdK N`
 - Rj, gv`ve`_v l kixi e`_vi Rb` c`vi wvUvgj ewo ev wnic wntmte t`qv hvq|
 - bvtKi mw`©Ges bvK eÜ _vKvi Rb` A`wUwv÷wgb, bvtKi Wc e`envi Kiv hvq|
 - hLb bvK t_tK cvKv mw`©tei nq ZLb eštZ nte fvBivtmi mta` e`vKtUwi qvi cãvn ntaqtQ| tm t`ttI A`wUwvJqWUK Rivxq l lya WPKrm`Ki civgk`cwi gvY Abjvqx w`tz nte|

mvaviYZ tewki fvM tivMx 7 w`tbi gta` my` ntaq hvq|

RvUj Zv

hv`i kixi cãZtiva`lgZv Kg Zvt`iB mvaviYZ Kgb tKvì , mw`© BbdtaqAv t_tK wKQy t`ttI RvUj Zv t`Lv hvq| we`kl Kti fvBivm Avµvš-wki`ti cãZtiva`lgZv Ktg hvq etj e`vKtUwi qv Øvivi Avµvš-ntZ cvti |

RvUj tivM`tjv nta`Q N`

- wDtgwvqv
- ga`Kv`bi BbtdKkb
- mvBt`bvmvBwUw BZ`w` |

wDtgwvqv ntj tivMxK Aek`B nvmcvZvtj fvZ`Kti WPKrmv KivtZ nte| VvUv-Kvuk-mw`©t_tK cieZ`Z ga`Kvb BbtdKkb wki`ti tewk ntaq _vtK| ga`Kv`b BbtdKkb ntaqtQ Ggb 90 fvM tivMxB AvtM mw`©VvUv-BbdtaqAv ntaqtQj etj Rvbvq| mw`©VvUvi ci Kv`b e`_v ntj ga`Kvb BbtdKkb ntaqtQ etj a`ti wbtZ nte| tQvU wki`v G mgm`vi K_v ej tZ cvti bv| Zviv`xN`mgq Kvbe`Kij eštZ nte Kv`b BbtdKkb ntaqtQ| Gme t`ttI mw`K mgta` mw`K WPKrmv bv t`qv ntj Kv`bi c`PtdtU ga`Kvb t_tK c`R`tei nq Ges cti Kv`bi Kw`b tivM nq| ZvB G a`tbi j`Y t`Lv w`tj Awej`w`WPKrm`Ki civgk`btZ nte|

Wki-wkikvi i klmKó

wki-wkikvi i klmKó mvaviYZ wbgvj wLZ ti vM,tj vZ ntq _vK|
thgb :

- wDtgwvqv
- ebwKDj vBwUm
- wki G'vRgv

evsjv`tk MZ KtqK eQi hvez wki i klmKóRwbZ Amjeav c0q 23%-35%
tefo tMtQ| mvavi b wPwKrmKmb c0ZwbqZ G,tjv wPwKrmv KitQb| wkiwU
hZw b Jla tmeb Kti ZZw b fvj _vK| Jla t0to w`tj cpivq klmKó I
KwikZ tfvM| wki wetklÁMb GUvK ejtQb ebwKDj vBwUm| timwctiUwi
wmbmvBwUqj fvBivm GRb`vqx| wki iv mvaviYZt`Z klmcklm wbtZ _vK,
efKi nvtói gvSLvbi RvqMwU wbtklm tbqvi mgq wfZti Ptj hvq
(Indrawing of Chest wall)| tKD tKD etj b wki i wDtgwvqv| Mjv
t_tK mvB mvB kã nq| AtbK tqtT Rj _vK| evPwU klmKtói Kvi tb
Aw tRb`f Zvq tfvM dtj tVuU, wRnYv, nvtZi I cwtqi Zvj ybxj vf is ntq
hvq Ges GK gviVZK msKUvcbecwi w`wzi m`x nq| `B eQti Dctii
evPv` i klmKó nq c0tg gvtS gta` Dctii j`Y,wj cwj wqZ nq cieZxPZ
klmKó, efK mvB-mvB kã, efKi Pvgov wfZti Ptj hvl qv, Zvi mv` Kwk wKŠ
Lp Aí Kd tei nlqv BZ`w` j`Y cwj wqZ nq| e`wa wPwKrmKmb
fvj fvte BwZnm wbtq t`Lb Zvi Ab`vb` DcmM`thgb- bvtKi Pj KwB,
AZ`waK nwp, bvk w`tq cwB cov ev Pvgov Gj wR`j`Y BZ`w` Ges wvOZ
nlqv hvq th ti vMwU wki -G'vRgv| ewKDj vBwUm I wki -G'vRgv`fUvB evPv` i
Lp Kó`vqK cxov| GKevi`i` ntj memgq wKQy wKQy j`Y _vK tmRb`
wbgvjZ Jla tmeb Kti evPv` i tK m`' i vLv m`e| wki -G'vRgvi Jla c0qvtM
mvdj` tekx cvlqv hvq Ges wbgvjZ Jla tmeb G'vRgv wbgvštb _vK hv
ewKDj vBwU tmi tqtT AtbK mgq m`e nq bv| MfRvj xb mgtqi cYZv bv ntj
A` 9 gvtmi cte`erPvi Rb`ntj, evPv Rtbfi ci gvtqi efKi`p Kg tLj
wki i klmKó nlqv m`ebv Lp tekx|

wkikvi i gta` klmKtói c0bZvl Kg bq wKŠ' gRvi e`vci ntjv`g Mvgx
wkikvi iv GB AmjeavUv cvEvB t`q bv| efKi wfZi mvB mvB AvlqvR,
GKUZB`Z klmcklm wbtZ nq Zvt`i| Zeyl thb tLj vajv,`pwgi KgwZ
tbB| eQti cti eQi klmKó wbtq`tj tj Lvcov KitQ| GgbwK G ti vMwUvK
Zviv Rq Kti tdtQ Ges KLtbv KLtbv Zviv AtbK eQi hvez klmKó gyP
_vKtQ, wKsev GK`g fvj ntq hv`Q| AwZmste`bkxj dmdmU cwit`tki mv`
Lvc LvBtq wbtZ tctiQ| Aek` wKQmsL`K evPv iv mvB G'vRgvq fMtQ
(15%)| GLvfb gv-evevi gL` fvgKv _vKv c0qvRb hvZ Kti wkikviwU th
cwit`tk Ges th th Lv` AwZ mste`bkxj Zv t_tK ZvtK`fi i vLv hvq|

Wki i klmKtó AwffvefKi hv RvbtZ nte

evoxfZ wki i klmKó wqwsšZ ivLtz ntj -

- gv_wU GKUzDcti ti tL tkvqfZ nte (Head up position)|
- ʻvfwek Lv ʻ LvI qvZ nte| hZUv mæe efKi ʻp LvI qvfbvi Afvm 2 ermi chS-Ki tZ nte| evRvti tKbv ʻp (Zij /cvDWvi) bv LvI qvfbv DwPZ| gtb ivLteb evRvti i tKbv ʻp wki t i klmKtói AbʻZg cāv b Kvib (ʻa Gj wRʻ)|
- bvK memgq bi gvj mʻvj vBtbi tclvUv w t q cwi ʻvi ivLtz nte|
- Dò Mi g cwb tZ tMmj Ki vfbv mʻuZm vZ cwi tek e j v t q t d j t Z nte|
- klmKó i i n t j Salbutamol syrup, Theonate syrup Pj te wbaʻni Z gv t v q Wv ʻvi mʻt n t e i c i v g k ʻ t g |
- Rj tekx _vK t j Paracetamol syrup Pj t Z cvti wbaʻni Z gv t v q |
- gv-evev AwffveK t K G ti v t Mi mg ʻK avi Yv _vKv c ʻ q v Rb, Zv n t j 73% nvmcvZ t j f w Z ʻ 80% g Z i t i v a K i v m æ |
- gv-evev t K t e v S i t Z n t e G t i v M AwZ m n t R B f i j n t e b v | i a g v t w b q s b K t i e v P v t K e o K i t Z K i t Z G K m g q n q t Z v G g u b t Z B G t i v M t t K e v P v f i j n t q h v t e |
- gv-evev h v a g c v q x n b Z v n t j e v P v i k l m K ó t e k x n t Z c v t i | t m R b ʻ g v e v e v t K a g c v b Z v M K i t Z n t e | e v m v q K v t c ʻ _v K t j Z v m m i t q t d j t Z n t e | c v L x, t c l v v w e o v j _v K t j Z v t t K e v P v t K ʻ f i i v L t z n t e | w e v f b e i K t g i A e r o s o l e ʻ e n v i K i v h v t e b v (gkvi J l a, m ʻ m ʻ B Z ʻ w ʻ) |
- m w g Z t l j v a j v e v e v q v g K i v i A f v m K i v t Z n t e |
- m ʻ v Z m ʻ v Z c w i t e k t t K ʻ f i i v L v c ʻ q v R b |
- k l m K ó I G ʻ v R g v w P w K r m v i R b ʻ t m m e e ʻ e ʻ v t ʻ q v n q Z v n v e ʻ e n v t i e v P v i t K v b w e t k l ʻ ʻ i z i m æ t e b v v t K b v | Z v g v e v e v t K R v b t Z n t e G e s w e t k l Á w P w K r m t K i c i v g k ʻ t g t b P j t Z n t e |
- ʻ t j w k ʻ K Q v t t i G ʻ v R g v w e l q c ʻ w g K c ʻ k ʻ t t y i e ʻ e ʻ v K i v n t j Q v t - Q v t t i k l i k l m K ó j v N e n t e |

Wki i klmKtó hv KižZ nte -

erPvt` ižK i agvĪ etKi `pa cĪg 6 gym Ges cieZiKvtj etKi `žai mvt_ Abvb` Lv` tLžZ t`qv| erRvti i `ov `pa I Mi`i `pa bv Lvl qvtj fvj |

- erPvi AwZgvĪvq I Rb KgvžZ nte|
- tLvj vtgv i`tg erPvtK ivLžZ nte|
- erPvi gvžqi tKvb wKQžZ Gj wR©_vKžj tm,tj vtK cwi Z`wM Kiv `i Kvi thgb : Lv`vfvm, e`vi JIa BZ`w` |
- gv-ervtK agcvb cwi Z`wM KižZ nte|
- klmKó ntj B AwZgvĪvq Antibiotics e`envi bv Kiv| th erPvi hZ Kg Antibiotics e`envi Kiv nq Zviv klmKtói cĪKvc ZZ Kg nq| gtb ivLv `i Kvi klmKó fvBivRRwbZ Kvi žb tefo hvq| ZvB Antibiotics Gi tKvb `i Kvi žbB| wKŠ`fvm` Avgiv AžbžK Gi AccĪqvžM e`-ntq cw|
- klmKtói Rb` wbaŋi Z gvĪvq wbcvqZ Aweivg JIa Lvl qvi cĪqvRb| gtb ivLžeb klmKó bv _vKžj I tKvb tKvb Bžtnj vi wbcvqZ mwK gvĪvq memgq e`envi Kiv `i Kvi | Zv bv ntj nVvr Kti klmKó tekx tefo thžZ cžti |
- klmKó tekx ntj t`ix bv Kti wKŪ` nvmcvZvj ev wKwbžK wbtq wki wLi cwi vqZ JIa cĪqvM LpB Ri`ix| thgb Aw žRb I tbej vBžRkbnm Avb| wšK wPwKrmv t`qv thžZ cžti | Zv bv ntj wki wLi bxj ntq AÁvb ntq thžZ cžti Ges Aw žRb `f Zvi Kvi žb ti Bmcti Uwi tdbwž Di ntq gviv thžZ cžti |

Kwk hLb i aß Kwk bq

evos-wiki i gta grtSmvS Kwk I eK `geÜfive nI qvUv `vfwek e'vci |
wKŠ Avcbvi tmvbgmbi evi-eri Kwk ntj , Kd wnic Ges A'wUertqwlUK I lpa
w tq wPwKrmvq ev weKB tKvbl ZdvZ bv tctj eßZ nte mgm'vUv `tY ev
0 pß cßZti va ¶lgZv0 ev tKvbl msµgtYi Kvi tY nqub | GUv nqtZv nvcwb |
Avmtj tQtj tej vq mPivPi thme ti vM t` Lv hvq, GUv Zvi Ab`Zg |

wki wetklÁiv etj b th, tQtj tej vq nvcwb mnR Ges mdj fite `gb Kiv
hvq | wKŠ Avcbvi wki i wPwKrmv i i" Kivtvi AvtM, Avcbvi mKj mß`n `t
KivUv , i"Zcy®

nvcwb ntj nvcwbi A'wK wK Acniwh®

AtbK tj vtKiB aviYv th Kvi I nvcwb _vKtj tm memgq `ge×five ev kpmKtó
tfvtM | Avmtj Zv bq | wki i gta nvcwbi metPtq j ¶Yxq DcmM®wKŠ
`geÜfive bq eis evi evi Ntiwdti Avmv GK aißbi Kwk |

nvcwb _vKv Ggb AtbK fvm'evb wki AvtQ hv`i KLbI nvcwbi A'vUvtK
fvtZ nqub | wKŠ nvcwbi mwK wPwKrmv bv ntj , Zvi A'vUvtK tfvMvi cßj
mætebv _vtK | tmBRtb` hZ ZvovZwo mæ Avcbvi wki i wPwKrmv i i" Kti
t` lqv fvtj v nte |

nvcwbi wPwKrmv wK mnR?

mwK aißbi wPwKrmv ntj Zv mnR I mdj `vUvB nq | mdj Zv gvfb Avcb
wbtri wki tmvbi Rtb` vfwek Ges mwµq Rxeb Avkv Kitz cvi teb : tm
PÁj _vKte, tLj te, Kwki Rtb` tRtM bv t`K wvßß-Ntgvte, wqvgZ `tj
hvte Ges Zvi Lvl qv`vl qvi e'vci i l tKvbl wewwbtl a _vKte bv |

ZvB, Avcbw wßßqB PvbtZ PvBteb th, mwK wPwKrmv Kx? Bbtj vtii mrvth`
nvcwb wqßßY i vLv hvq | GUv GKUv ctkU-mvBtri hß; hvi gva'tg Avcbvi
wki i fvtj vfvte kpm tbl qvq mrvth` nq, kpm MbtYi Øviv nvcwbi I lpa Zvi
dmdtmi gta` mi vmi tcßßQvq |

U'vetj U ev wivtci cwi etZ®Bbtj vi tKb?

Avcbw wßßqB PvbtQb th Avcbvi wki metPtq Kg cwi gvY I lpa wK, hv
wivc`, Kvhrix Ges mdj `vqx | tmRb` U'vetj U ev wivtci tPtq tenk fvtj v
Bbtj vi | tKbbv Bbtj vi GK`g Kg gvlvq I lpa tei Kti GtKvrti mi vmi
cwmvtq t`q `iKvtii RvqMvq, A_® dmdtmi | ZvB, GwU cßÜ Kvhrix |

U'vetj U ev mivtc AZ"š-tenk gvIvq l lpa _vfk - hv Bbtñj vti i Zj bvq 10
t_#K 20 _Y tenk nZ cvti | Avi Zv dmdm chS-tcŠtQv#bi Av#M miv kixi
N#i hvq etj U'vetj tU tenk cvk#c#Zm#qv nZ cvti |

nvcwbi l lpa t`l qvi t#t#t Bbtñj vi c#KZB GK AZ"š-m#etewPZ cŠv | wVK
thb mivmwi Z#K gjg j vM#bv ev tP#L AvB-Wc t`l qvi g#Zv e'vcvi | Avi
GUv G#Kev#i B fj avi Yv th, Bbtñj vi GKevi wbtj miv Rxeb wbtZ n#e |
Bbtñj vti K#LvbB wbf#k#j Zv %Zix nq bv |

nvcwbi wPKrm#Z GUv wK me#P#q ~#KZ Dcvq?

30 eQtii tenk mgq ati Bbtñj vti i c#j b itqtQ | Avi wek#vcx tKwU tKwU
ti vMxi g#a" wivcEv l Kv#Rwvi Zvi m#% e"env#i i c#j b itqtQ | GBR#b"
Ww#vi iv GgbKx Mf#Zx gwñj v Ges Kgeqmx wki# i t#t#t l AZ"š-fimvi
m#% e"env#i i c#v#gk#b |

KZ w# b GB wPKrmv Kiv#Z nq?

g#y nvcwbi _vKv wKQy wki i t#t#t t`Lv tM#Q th, eqm evovi m#% m#% Zv P#j
hvq | wKŠ Avgi v m#VKfv#e Rvwb bv th tKb ev wVK tKvb wki i t#t#t Zv NU#e |
ZvB Avcbvi mŠ#bi g#y nvcwbi _vK#j l Zv gvivZ#K nZ t`#eb bv | hZ
ZvovZvwo m#e m#VK wPKrmv i i" Kivb, Ww#v#i i c#v#gk#bw#Zi#fc t#tb P#j
Ges Avcbvi wki#K w#q#Z tPK-Avc Kiv#Z wbtq hvb | hv#Z tm ~vfw#K,
m#v#q Dcv#q wbt#Ri tQtj #ej v Dc#f#M Kiv#Z cvti |

h²v t_†K wki†K i¶v t KiYq

wki i mKj wltqB Avgiv AwZ hZkxj | wki i mvgvb" Amy Zv Avgv†`i wPÉ†K Kti tZvtj Aw`i Avi e`vKj | Zvt`i fweł"Z Movi wltq Avgv†`i KZB bv mva, KZB bv `cø Avgvi wki wU Amy` n†q AKvtj S†o hr†e, wKsev my`fv†e te†o DV†e bv, wKsev c½yn†q hr†e Zv fve†ZB Kó nq | Kv†RB wki i kvi wii K ep× I gvbwmK weKv†ki Rb" wki†K GKRB D`"gx, Kg¶lg I mycØZwóZ bvMwi K wnm†e M†o Zj †Z Avgv†`i mK†ji `v`" wltqK wKQy cØ_ugK avibv I Ab†kxj b mwe†kl cØqvRb |

Kviv teuk h²vi wKvi

1 t_†K 4 erm†ii wki ivB gj Zt h²vq teuk Avµvš-n†q _v†K, hw` I mKj eq†mi wki ivB G†Z Avµvš-nq | Av_¶mvgvRK Ae`v Lvi vc Ggb Rb†Mwó Gi cØvb wKvi | gvivZK Acyó G†Z gnxi†c aiv t`q | Avi I th Dcv`vb_†jv wki i h²v m†ó†Z †Rvov†jvfv†e KvR Kti tm_†jv n†"Q nvg, úwcs Kwk, `xN¶gqv`x Wvqwi qv | Kvi Y G_†jv wki i †ivM cØZ†iva ¶lgZv†K Kug†q t`q | ZvB ejj NbemwZ, emZ GjvKiv Av†jv evZv†mi `†Zv I we†fc cw†tekcØZ†ekl wKŠ G †ivM m†ó†i Rb" Kg `vqx bq | tgvU K_v, wki i h²v †ivM cØZ†iv†a G wltq_†jv gv_vq ††L mgqgZ Avgv†`i†K cØqvRbxq mKj c`†¶c w†Z n†e | thgb -

- msµvgK †iv†Mi wei"†x †ivM cØZ†i†aK wKv_†jv mgq gZ w†Z n†e I Wvqwi qv cØZ†iva Ki†Z n†e |
- Av†jv-evZv†mi mye`e`vmn `v`"m=§Z emZevoxi e`e`v Ki†Z n†e |
- gvtqi e†Ki `¶ mn wki†K m†g Lvi Lvl qv†Z n†e |

h²v cØZ†iv†a wKvi _i"Zj

h²vi K_v Avgiv cØZwbqZB i†b _wK Ges eúw`b hveZ i†b AvmiQ | Avevi A†bK †ivM thgb - wU†Uvbm ev abpóKi, wWc†_wi qv, úwcsKwk BZ`w`i K_v Av†Mi gZ GLb †Zgb GKUv †kvbv hvq bv | Avi Zvi Ab"Zg Kvi Y n†"Q GB †ivM_†jvi wei"†x Awe`Z wKv_†jvi kw³kvj x †ivM cØZ†iva ¶lgZv | h²vi wei"†x ঞবহত ঠিকা উপরোল্লিখিত রোগের বিরুদ্ধে ব্যবহৃত ঠিকার মত ততটা kw³kvj x bv n†j I h²v †ivM cØZ†iv†a Gi Kvhrwii Zv Lv†Uv Kti †`Lvi m†hvM †b | †Kbbv - gv† g†ó†gq wKQy†¶† Qvov Gi m†dj j ¶† Kiv hvq | Avi wKv †bqv†i cil hv†`i h²v nq, wKv bv †bqv h²v †ivM†`i h²v †iv†Mi th, fqvenZv cKvk †c†q _v†K, thgb-dm††m h²vi e`vcK msµgY, te†bi Avei†Yi h²v BZ`w` RvUj Zv mgn Zv†`i tej vq mPi vPi †`Lv hvq bv | Kv†RB

h²vi gZ wkii Rxeṭbi Rb̄ ūgwK m^oKvix tivM[†]K tgvKv[†]ejv KitZ Avgiv
thb R[†]b[†] ciciB wkii[†]K h²v tiv[†]Mi cōZ[†]laK 1 tWvR weimwR wUKv w[†]Z
f[†]j bv hvB |

h²v tivM we⁻wi tiva

we⁻wi fbaDcvq I gva[†]tg kixti tiv[†]Mi m^o I we⁻wi jvf K[†]i | Zvi g[†]a[†] GKwJ
Dcvq n[†]Q tiv[†]Mi m^ogb | gvB[†]Kve⁻vK[†]Uwi qvg wJDevi K[†]j wmm bvgK Rxe⁻by
Ṭviv h²v tivM m^ogbZ nq | wkii[†]v m^ovavi YZt h²v m^oš-cōB eq⁻ tivMxi
(m^ovavi YZ gv-evev, fvB-tevb) m^owb[†]a[†] t[†]K GB tivMwJ AR[†] K[†]i | hv[†] i K[†]d
h²vi Rxe⁻by cvl qv hvq, ZvivB n^op-Kw[†]ki gva[†]tg tivMwJ Qmōtq ⁻v[†]K | m^oZivs
Avgiv thb GB KwB I KōK[†]i tivMwJ n^op-Kw[†]ki Ṭviv Avgv[†] i m^oš[†]b[†]K Dcnvi
w[†]q bv w[†] B tmw[†] t[†]K mRvM ⁻o[†] ⁻v[†]Kv cōqvRb | wZb mB[†]vn ev Zvi tP[†]tq tenk
mgq a[†]i th t[†]KD Kw[†]ktZ f[†]w[†]lv t[†]Kb, Avgiv thb w[†]KUeZ[†]Kd cix[†]lv t[†]K[†] a[†]
w[†]Mtq K[†]d h²vi Rxe⁻by Av[†]Q w[†]Kbv Zv cix[†]lv Kw[†]tq w[†]B | mK[†]j Dc[†]Rjv ⁻v[†]
ও পরিবার কল্যাণ কমপ্লেক্স, বক্ষব্যাধি ক্লিনিক ও হাসপাতাল, মেডিকেল কলেজ
n^om^ocvZvj Ges w[†]lv[†] Ṭ Gbw[†]R[†]I w[†]Kw[†]t[†]Ki Kd cix[†]lv t[†]K[†] a[†]webvg[†]t[†] Kd cix[†]lv
Kiv nq | K[†]d h²vi Rxe⁻by[†] h²v tivMx 1 t[†]K 2 m^oš[†]vn h²v we⁻ti[†]vax I I[†]
t[†]L[†]t[†]B Zvi Kw[†]ki gva[†]tg tivM Qov[†]bv e[†]U n[†]tq hvq | Z[†]te m[†] n[†]tq DWi Rb[†]
Zv[†]t[†]K Kg[†]ct[†] 6 gvm avive[†]wnKfv[†]te I I[†] t[†]L[†]tq th[†]Z n[†]te |

m[†] nRbK h²v tivMx tP[†]bvi Dcvq

bx[†]Pi GK ev GKwaK j[†]lv w[†] t[†]L[†]t[†] wkii[†]K m[†] nRbK h²v tivMx w[†]m[†]v[†]te MY[†]
Ki[†]t[†]Z n[†]te |

- GKvav[†]i wZb mB[†]v[†]ni tenk Kw[†]k |
- ⁻x[†]N[†]gq[†]w[†] ⁻f gv[†]i[†] R[†]j |
- avive[†]wnKfv[†]te Lve[†]t[†]i Ai[†] v[†]P |
- μgvMZ I Rb I Rxe⁻b[†]kw[†] K[†]tg hv[†]l qv |
- Mōev, Mj[†] t[†] k I eM[†]t[†]j i j[†] w[†]Kv Mō[†]š (lymph gland) RgvU te[†]a hv[†]l qv |
- w[†]D[†]tg[†]w[†]bqv[†]t[†]Z mPiv[†]Pi e[†]ēüZ Gw[†]Uev[†]t[†]qv[†]w[†]K cōqv[†]t[†]M tivMx tm[†]i bv DV[†]t[†]j |

Gme t[†]lv[†] wkii[†]K w[†]Pw[†]Krm[†]Ki civgk[†]lv[†] cōqvRb | tm[†]lv[†] tivMxi Amy[†] Zvi
we⁻wi Z Bw[†]Znvm (hv gv-evev ev Aw[†]f[†]fveK w[†] t[†]Z m[†]lv n[†]teb), K[†]d Rxe⁻by[†]
c[†]m[†]d[†]mi h²v tivMxi m[†]v[†] Zvi m[†]w[†]b[†]a[†] Bw[†]Znvm I cix[†]lv-w[†]b[†]x[†]lv[†] dj[†]vdj,
hvi Ṭviv h²vi cō[†]w[†]g[†]K ch[†]q[†]B w[†]Pw[†]Krm[†]K tivM mbv[†] Kivi m[†]th[†]vm cv[†]teb Ges
⁻z[†] tivM w[†]b[†]q[†] m[†]ve[†]vi Kv[†] t[†]Y wkii[†] w[†]Pw[†]Krm[†]vi dj[†]vdj I L[†] v[†]v[†] cvl qv hv[†]te |
Avi tiv[†]Mi R[†]w[†]J Zvi m[†]ve[†]vl hv[†]te K[†]tg |

gv-evev ev AwffvefKi mPZbZv tiM wYfj AZŠ-mnvqK

wki t i h^{2v} tivM mbv³Ki t b i t q t Q b v b v S w ° S i t g j v | e o t i g Z Z v t i t i v M
 AZ m n t R B w b Y e K t i t d j v h v q b v | Z v i A b Z g K v i Y, h^{2v} tivM mbv³ K i t b
 Z v t i K d m s M t h I m s i f j Y n t Q G K j f n e v c v i | Z v i v b v c v t i K d t e i K t i
 w t Z, A v e v i Z v i v t h K d w t j t d t j c v K j x n t Z Z v m n t R b v c v i v h v q t e i
 K t i A v b t Z | Z t e, w k i i e f K i G t i d m d t m i h^{2v} w b i f c t b t e k m n v q K
 f w g K v c v j b K t i _ v t K | Z v B e t j G t i t Z w b t M w f d j v d j t t L d m d t m h^{2v}
 t b B g t b K i v i t K v b K v i Y t b B | c t R w f w J D e v i K u j b e v g b t U v t U o (M T T e s t)
 h^{2v} tivM mbv³Ki t Y A v t i K u w m P K | Z t e G B g b t U v t U o g v i v Z K A c y o t Z
 t f v M w k i t i t e j v q c o q k t B w b t M w f c v l q v h v q | m w e R w e t e P b v q w k i t i
 h^{2v} tivM w b Y f j w e k t m s v G K u w u w e t v i P v U A b t g v b K t i t Q | G B
 c x w Z A m y i b K t i t R j v c h e q G K u w _ v t g w g U v i I g b t U v t U o e e n v i K t i B
 w k i i h^{2v} tivM w b Y e K i v t t Z c v t i |

wue t vi P v U P e i k o t j v-

- wki i K w k A _ e v R j K Z m B v n h v e Z
- wki i k i x t i i c y o i A e v, h v w k b v w k i i e q m A b y c v t Z I R b w t q w b i f c b
 K i v n t q _ v t K / m g v s t q w k i i I R b K t g h v l q v |
- n w P - K w k i g v a t g h^{2v} v i R x e v b y Q o v q G g b e w i e i (A v m v s - g v - e v e v, f i B -
 t e v B Z w) m w b t a w k i i A e v b |

উপরোল্লিখিত বৈশিষ্ট্যগুলো শিশুর মা-evev ev AwffvefK GKUz mZfZvi mvt_ I
 mRvM w t i t L c h e f j b K i t j Z v h^{2v} tivM w b i f c t b A Z Š - m n v q K f w g K v
 c v j b K i t Z c v t i |

G Q v o v l g b t U v t U o, w k i i g v i v Z K A c y o G e s A w b i f c Z R j, h v i K v i Y w n m v t e
 A b t K v b t i v M v q x b q e t j c i x f j v q t L v t M t Q B Z w i R b l i t q t Q t w i s
 G i e e v, h v c i x f j v i d j v d t j i w f v E t Z w P w K r m K w b i f c b K t i _ v t K b |

wJDevi K j v m t g v b b R v B i U m

h^{2v} R v b Z K v i t b w k i i g Z i i g t a t e B t b i A v e i t Y i h^{2v} (w J D e v i K j v m
 t g v b b R v B i U m) A b Z g | G t i v t M w k i i f v e t j k n x b Z v, A w i Z v, g v _ e _ v,
 L v e t i A w b Q v, e u g, R j, w L P u b, G K e Q t i i b x t P i e v P v i g v _ v i m v g t b i w K
 d t j D V v, N v o k t n t q h v l q v, w K O B t L t Z b v c v i v I A v b t j v c c v l q v B Z w
 j f j Y m g a t L v h v q | G j z Y m g a t L v h v q | G j f j Y t j v i t K v b w t L v w t j
 w k i t K w P w K r m K t L v t b v c o q v R b |

wkii h²vi wPwKrmv

mbv³KZ wkii-h²v tiVwMxK eqmftt` wek! `v` ms`v wbt`KZ I Abtgvw`Z wbcwgZfite μgvMZ mwVK gvTiq 6 gvm I lpa Lvl qvtj h²v tm̄i hvte| 12 ermi eq̄mi Kg eqmx wkiiK cŪg 2 gvm DbZgv̄bi 3wJ I l̄tai mgštq I cieZx⁴4 gvm 2wJ I l̄tai mgštq `Zix Uvetj t̄Ui Øviv wkii IRb I eqm Abjhvx wPwKrmv cŪvb Kitj Ges wkii I l̄pa MhY wbowZ Kiv t̄M̄j wkii h²v t_̄tK i q̄v tctq hvte| I l̄paসমূহ উপজেলা স্বাস্থ্য ও পরিবার কল্যাণ কমপ্লেক্স, e q̄e`wa wKwbK I nvmcvZvj I tgmWtKj Ktj R nvmcvZvj mḡn webvgtj` mieivn Kiv ntq _v̄tK|

K'vtgtcŪvBtjw m ev Jla w̄tq h²v cŪZt̄iva

th mKj wkii evoxZ cwi ev̄i Ab̄tKvb m`m` Ktd Rxevbh̄y³ dmd̄t̄mi h²v ti v̄tMi f̄M̄tQ Zvt`i h²v cŪZt̄iva Rb` 6 gvm hveZ wkii cŪZt̄KwR IRt̄b cŪZw`b 5 wgt M̄g Kti AvB̄tm̄wbqvRvBW I l̄pa Lvl qvt̄bv th̄tZ cv̄ti | I l̄pa Lvl qvt̄bv tk̄tI Zvi wevm̄R wJKv bv t̄bqv _vKtj Zv wbtq wbtZ n̄te|

gv̄tqi ētKi `̄pa Lvl qvtZ evav t̄bB

G c̄k̄æcŪqk̄B tk̄v̄bv hvq th, h²vq Av̄m̄vš-gv Zvi wkiiK ētKi `̄pa Lvl qvtZ cv̄ite wK? ētKi `̄pa Lvl qvtj wkii h²vq Av̄m̄vš-nevi m̄ǣtebv Av̄tQ wK? Av̄giv Av̄tMB ētj wQ th, Ktd Rxevbh̄y³ dmd̄t̄mi h²v Av̄m̄vš-e`w³i nvmP-Kw̄ki gva`tg h²v ti v̄tMi RxebyQovq Ges m̄y`e`w³tK Av̄m̄vš-Kti | Kv̄tRB wkii h²vq Av̄m̄vš-nt̄Z nt̄j Av̄m̄vš-gv̄tqi A_ev Av̄m̄vš-Ab` Kv̄tiv nvmP-Kw̄ki gva`tg Zv Qov̄tZ n̄te| Gt̄q̄t̄t̄ gv̄tK ev Av̄m̄vš-Ab` Kv̄D̄tK `̄Z wPwKrmvi Av̄l Zvq wbtq Av̄m̄tj B tm̄ Av̄i ti v̄M Qov̄tZ cv̄ite bv| Dci š'gv̄tqi ētKi `̄pa i t̄q̄tQ ti v̄M cŪZt̄iv̄tai hveZxq me Dcv`vb ev h²vi wei`tx wkii ti v̄M cŪZt̄iva e`e`v̄tK kw³kvj x Kti M̄t̄o Zj t̄Z m̄v̄v̄h` Kti |

cwi t̄k̄t̄l, b̄x̄ti v̄M m̄y`t̄ n-gbB n̄t`Q mKj KgD̄i xcbv, KgP̄Āj Zv I MwZgqZvi w̄ kv̄ix Av̄i j t̄q̄t̄ t̄cŪQvi Pw̄eKw̄wJ tm̄B j q̄t̄K m̄gt̄b ti t̄L t̄nvK Av̄gt̄`i c_ Pjv| i q̄v cvK wkii v h²v t_̄tK| Aw̄fkvcḡy³ t̄nvK t̄`k|

uki-ukivi I u`tiM

GKuU t`tki fmeI`Z nq`Q AvRtKi evoš-uki | uki`i my` Ges `tfweK
fvte teTo I vvi Rb` ukvivi cikvcnk Zvt`i my`t`i K_vl Avffvekt`i
fvetZ nq| Avi GB my`i `f` Mto tZjvi Rb` Zvt`i cDqvRb chfß
tLj vaj v, kvi`mi K e`vqvg, cym`ubæLlevi BZ`w`i | eZg`vb wek| uki`i v teTo
DVtQ LpB A`f`Ki Rxeb-hv`vi ga`w`tq| hvi gta` itqtQ vbgv`tbi Llevi,
agcvb ev A`f`Ki cwi`tek Ges Achß kvi`mi K cwi`ktg| Gme Kvi`Y Giv
uKOymvavi Y tivMe`wa thgb- Rji, m`© Kwk, nvg, Wvqwi qv BZ`w`i tZ Avm`vš-
ntq _vtK| Gme tiv`Mi cDZ`iva Kiv mnt`RB m`æ| Gmtei cikvcnk
A`f`Ki NbemwZcY` cwi`tetki Kvi`Y Dbqbkj t`k`uj tZ uki`i v
evZRj RvbZ ü`tiM Avm`vš-ntq _vtK| Zte Gi`PtqI fqven th velqw
itqtQ Zvntjv fveI`Z eo nI qvi ci Zvt`i Kt`ivbwi nU`w`i Rm ev ü`tiM
Avm`vš-nI qvi m`æebv| tKbbv GB Ruj`j tiv`Mi Dcv`vb`uj %ke t`KB
Zvt`i mv`_ mv`_ ep`x tctZ _vtK| mZivs, GB Dcv`vb`j v uK, uKfvte Zvt`i
we`vi nq Ges uKfvte Zvt`i cDZ`iva m`æ- GB velq`uj m`æú`K`Avgt`i
mg`K avi Yv`vKuUv AZ`š-Ri`wi |

ü`tiMg`p `f`Ki Rxeb-hvc`tbi ct`_ evamgn

AvZwi`³ I Rb ev`j Zv (Obesity/Overweight) - AvZwi`³ I Rb ev`j Zv
Avav`k Rxeb-hvc`tbi Aš`vq`tf`c| AvZwi`³ I Rb dtj `tfweK Avq`uj
Mto 9 eQtii gZ Ktg hvq| GQovv GB AvZwi`³ kvi`mi K I Rb - ü`tiM,
Wvq`teUum (UvBc II), D`P i`³ Pvc, gv`vZwi`³ Pw`e`Ges t`-t`Ki Ab`Zg Kvi`Y |
AvZwi`³ I Rb Gmg`-tiv`M gZi`i S`kI euj vstk emotq t`q |

uki`i gta` AvZwi`³ I Rb RvbZ mgm`v cu`_exi uKOymKOy`t`tk thgb- BDt`vc,
Avtgwi Kvg e`vcK Avkv`ti Qm`otq cto`tQ| mviwek| 2 tKuU 20 j`¶ uki`i
(hv`i eqm 5 eQtii vbt`P) tg` I AvZwi`³ I Rb RvbZ mgm`vq fM`tQ | G
mgm`vUv eZg`vtb i ayDbzwek`i B bq, `f`vba`z t`tkI c`fve tdtj`tQ | hv` GB
aviv Ae`vNZ _vtK, Zte GBai`tbi uki`i gta` ü`tiM I t`-t`K-Gi nvi
euj vstk teTo hvte, hv Gt`i Avq`KI Kvgtq w`te| gmvKß hy`i vto`cDZ` 3 Rb
uki`i gta` 1 Rb (hv`i eqm 5-14 eQtii gta`) AvZwi`³ I Rb fM`tQ | MZ
3 eQi Av`M GB nvi uQj eZg`vtbi A`taR | Pxtb cDZ` 5 Rb `j` Mvgx uki`i gta`
1 Rb tgvUv| _vBj`v`Ü 6-12 eQi uki`i gta` G ti`vM`ß eQtii 12.2%
t`_tK teTo 15.6% ntqtQ | 1992 t`_tK 2000 mtj`i gta` uki`i I Rb
Amat`K`i nvi 10 t`_tK teTo ntqtQ 16% |

Gme Z_ cwi_xi Ab'vb' t'k t_#K msMpxZ| wKŠ` ʃLRbK ntj I mwZ' th Avgvʃ' i t'k GB aiʃbi tKvb MtelYv Ges Z_ tB| ZvB etj tZv tivMe'wa Avi etm_vKʃebv| mZivs Avgvʃ' iʃK GB tivʃMi cŌZʃivʃa Avi I tenk mʃPZb ntZ nte| G KviʃY kixʃii I Rb ʃfweK ev wʃqšʃY ivLʃZ nte|

m=cŌZ 4-15 eŌʃii 130 Rb AwZwi³ I Rb m=úbœkʃi i gʃa' cwi Pwj Z GK Rvgʃ mgxʃvq t' Lv tMʃŌ th, we.Gg.AvB. 1-2 Kgvʃbvi gvaʃg ü ʃivʃMi SñK eujvʃtk Kvgʃq Avbv m=œ| Aci wʃK I Rb epxi mʃ_ mʃ_ tñB mg- wkiʃ' i gʃa' (UvBc II) Wvqʃteuʃʃmi SñKI teʃo hvq| tgvʃv wkiʃ' i nvŪ G'UʃʃKi m=tebv Ab'vb' wkiʃ' i t_#K 3-5 ,Y tenk|

agcvb (Smoking) - GKRB wki' ev wKʃkvi Zvi tʃʃKvb eqʃmB agcvb Avi eʃ KʃʃZ cʃʃi | dʃʃ I B wki' agcvb RwbZ tivʃMi GKw eo aiʃbi SñKi m=ʃL_vʃK| Gʃ' i gʃa' Aʃaʃ wki'-wKʃkvi agcvb µgvʃʃq Pwj ʃq tʃʃZ_vʃK, hv evaʃK' Zʃʃ' i gZʃi KviY nʃq ʃwvq| G agcvʃbi dʃʃ Zviv fiel'ʃZ Avµvš-nq Kʃʃivbwi nvŪWwRm, D'P i³Pvc, t-ʃK, nvcvbx, h²v, dmdʃm K'vYvi, tccuK Avj mvi BZ'w' bvbv Ruʃj tivʃM| GKRB ʃNʃʃbi agcvʃxi gZii kZKiv 50 fʃM KviY wñMʃʃiʃUi mʃ_ wʃʃKwʃb tñeb Ges ewñK kZKiv 50 fʃM nʃq_vʃK agcvbRwbZ ü ʃivʃMi KviʃY|

tenki fʃM agcvʃx Zʃʃ' i agcvb 'i' Kʃʃi 10 eŌi eqʃmi cʃeB| hZ Kgeqʃm agcvb 'i' Kʃʃi ü ʃivʃMi m=tebv ev SñK evʃo ZZ tenk| hviv wʃʃRiv agcvb Kʃʃi bv, wKŠ' agcvʃx' i cʃʃk Ae'vb Kʃʃi Zʃʃ' i ü ʃivʃMi SñK kZKiv 30 fʃM tekx| GB giY tŌuqv wkiʃ' i wʃʃKB AvʃM nvZ evovʃZ_vʃK| cwi_xi AʃaʃKi tekx wki' Passive smoking - Gi wKʃvi nʃ'Ō tʃʃnZzewoʃZ Zʃʃ' i emevm KʃʃZ nʃ'Ō agcvʃx wZvqvZvi ev AvZʃq' Rbʃ' i mʃ_ agcvʃbi wʃʃkl cʃʃve cʃo, Mʃʃ'vKʃʃj xbwki' i Dci | hv fiel'ʃZ Zvi Rb' ʃwZ etq Avʃb|

AjmZv (Physical inactivity) - hw' I cKwZMZ fʃʃeB wki'iv PĀj I Dʃ'vqx nʃq_vʃK, Zvi ci I t' Lv hvq ʃB-ZZxqʃsk wki' B Zʃʃ' i mʃ'ʃ' i Rb' cŌqvRbxq kvi xñi K cwi kʃʃi Kʃʃibv| GmKj wki'ivB eo nʃq tgvʃv nʃq_vʃK Ges cieZʃʃʃʃ Zʃʃ' i ü ʃivʃMi SñK teʃo wŪ_Y nʃq hvq| 50 eŌi cʃeʃ wkiʃ' i Zj bvq AvRʃʃKi wkiʃ' i gʃa' AjmZv tekx| cʃe' dʃʃej, nv-WzWz গোল্লাছুট এবং দড়ি লাফানোর মতো tLj vʃʃvi cwi eʃZ' ʃNʃʃgq tUwj wʃʃkb-Kw'úDUʃʃi i mvgʃb AwZewñZ nʃ'Ō| mʃ_ mʃ_ tñM nʃqʃŌ AcʃʃKi dv= dʃʃ Lvevi | µgeaʃvb bMivqb, knʃi cKʃi I tLjvi gvʃvi Afve, tUwj wʃʃkb Ges Kw'úDUʃʃi AwZwi³ mgq e'q, wKʃʃv cŌZövb_ʃʃʃvʃZ kvi xñi K wKʃʃvi Afve BZ'w' AʃbKwKŌB AvR wki' i Achʃʃ kvi xñi K kʃʃgi Rb' vqx|

mZivs, Avcbvi wki'ʃK wʃʃqʃZ e'vqvq I mʃg Lvevi MʃʃʃYi gvaʃg AwZwi³ I Rb wʃʃʃy Kʃʃi Ges agcvbgy³ cwi tʃʃk Mʃo Zj ʃʃ mʃPó nDb| Gi gvaʃgB AvMvgx cʃʃʃʃK ü ʃivʃMi Kvj Mʃm t_#K gy³ ivLv m=œ|

evZRj

evZRj (Rheumatic Fever) GKwU gviivZK tivM, hv wki Ges wKtkvi-wKtkvi x` i gta` tekx t` Lv hvq | GB tivMwU `xNfgqw` RuUj Zvi mwó Kti | G Amj ntj nvtUP fvj | AtKtRv ntq thtZ cvti |

evZRj wK?

- evZRj Ggb GKwU tivM hv RtqU ev Aw`muU c0vtni mwó Kti | hv wPwKrmv bv Kiv nq Zte Gi t`tK wi Dg`wUK nvU`WwRR, nvU`tdBwj I i GgbwK gZi chS-ntZ cvti |
- evZRj `i` nq t0ctUvK`vB bvgK GKcKvi e`vKtUwi qvi msugtbi dtj hv mvavi YZ `dtj i ev`Pvt` i Mj v c0vtni gra`tg ntq _vtK |
- Mj vq c0vn nI qv GKwU wki i nVvr Kti B cPÜ Rj Avtm >38° tmmU`MÜ ev 100° dtvi bnvBW wki i gL MnYti i tcQb w` KUv Ges UbwQj j vj ntq dtj hvq |
- Mj vq wj c`tbW`_tj v dtj hvq Ges e`_v ntZ _vtK |
- Mj vq Pvgovi wbtP tMvj tMvj `vbvi gtZv nq hv nvZ w`tq Abfje Kiv hvq | hv` Mj vq c0vn mgqgtZv wPwKrmv bv nq ZteB Gi t`tK evZRj nI qvi m`tebv _vtK |
- evZRj ntj eo eo RtqU`_tj v thgb - nvUy Ges Kwã dtj hvq Ges e`_v (Av`BwUm) ntZ _vtK |
- nvtUP gysktckx Ges fvj`l dtj hvq Ges e`_v ntZ _vtK | dtj nvtUP fvj`l bó ntq hvq | A_v` fvj`l wKgz Lj tZ ev eÜ ntZ cvtibv, hvi dtj nvtUP `rfweK Kg`lgZv KgtZ KgtZ GKmgq nvU`tdBwj I i ntq hvq | GUvtK etj wi Dg`wUK nvU`WwRR |

evZRj Kw` i nq?

- evZRj mvavi YZ 5-15 eQti i wki t` i ntq _vtK | wtkl Kti GK ev GKwaKevi Mj vq c0vtni ci evZRj nq |
- evZRj mvavi YZ Ggb wki t` i tekx nq hrt` i wBKU AvZ`wqt` i c`e`evZRj wQj |
- hrt` i c`e`GK ev GKwaKevi evZRj ntqtQ Zvt` i B evZRj RwbZ ü` tivM nI qvi m`tebv tekx |
- c0Zevi evZRj i Avmvs`-nI qvi mvt`_ mvt`_ nvtUP fvj`l tekx Kti bó ntZ _vtK |

evZRji j ɲY wK?

Rɲi i wKQj ɲY _vɲK, thgb - kiɲi Zvcgvɲv teto hvq, `eɲZv I Kwš-teto hvq Ges Lvl qvi i wP Kɲg hvq| Gi dtj e`_v nq, RɲqU_ɲjv dtj hvq Ges kɲmKó nq, hvi gva`tg Avgiv eɲZ cwi th nU`mW/Kfvte KvR KiɲQ bv, Zte GKRB Ww³vi ü`ú`b Abɲe Kɲi ev káiɲb ejɲZ cvɲib th nɲU^P fvɲjɲi gvi gvi (A`ɲfvweK kã) AvɲQ wKbv|

evZRj wKfvte cɲZɲiva Kiv mæ?

- evZRj RɲbZ ü`ɲi vM cɲZɲivtai cKó Dcvq nɲ`Q evZRj cɲZɲiva|
- hw` Avcbw gɲb Kɲib th Avcbw, Avcbvi mšwb A_ev cwi evɲi Ab` tKvb m`ɲm`i tmiɲ`U/ Mj vq c0vn nɲqɲQ Zte AvZ mZj Ww³vi t`Lvb|
- Ubɲmj Ges Mj vq c0vɲni wPwKrmvi Rb` tcvbɲmj b A_ev Ab`ɲKvb GwUevɲqɲwUK w`ɲq| evZRj cɲZɲiva Kiv mæ Ges GUV Ab`ɲi gvtS Qovɲbv i`LɲZ cvɲi|
- ɲi vMxi hw` tcvbɲmj ɲb Gj wR`_vɲK Zte Ww³vɲi cıvgk`ɲbtq Ab` tKvb GwUevɲqɲwUK e`envi Kiv thɲZ cvɲi|

evZRji i Ges evZRj RɲbZ ü`ɲi vM wPwKrmv

- ɲi vM wvYq t c0tg ɲi vMxi `ɲ`ɲi ce`BwZnmv wɲZ nɲe|
- ɲi vMxi kvıxıi K cıxɲıv wııxɲıv Kɲi t`LɲZ nɲe|
- ɲi vMxi j`veɲiUwi cıxɲıv thgb Ñ i³ cıxɲıv, eɲKi G`-ti, BıııR Ges BɲKıvKwW^PMöj Kɲi Ww³vi ɲi vMɲK GKıU `fɲgqv`x wPwKrmv t`ɲeb| ɲi vMxi ɲi vM Ges Zvi DcmM³ɲj vɲK wj wæZ ev eÜ Kiv| Zte wkiɲ`i gta` evZRj RɲbZ ü`ɲi vM cɲZɲivta `xN³gqv`x wPwKrmv Ges tmev t`l qv c0qvRb|
- evi evi Avm Rj cɲZɲiva KiɲZ nɲe|
- evZRj RɲbZ ü`ɲi vM wPwKrmv wɲZ nɲe|
- AwbqwgZ ü`ú`ɲi wPwKrmv KivɲZ nɲe|
- BbɲdKkɲıi wPwKrmv KivɲZ nɲe|

ৱকি i দত্ৰনুৱৰ্তী GKৱ RbMZ ù`ত্ৰিM

ত্ৰিKb নুৱৰ্তীদত্ৰনুৱৰ্তী

e`Z ৱকি t`i RbMZ ù`ত্ৰিM Aত্ৰK, ৱj KviY ৱba`i Z`_vKtj l, তেKifM mgqB Avcv`g`K m`y` e`vev-gv`tqi m`š`b l ৱKŠ` RbMZ ù`ত্ৰিM ৱkKvi n`Z cv`ti | GtZ e`vev A_ev gv Kvi l B ৱb`RtK t`v l x g`t b Kiv DvPZ bq | GLb chŠ`- ৱe`tK l GKৱ KviY bq eis GKwaK KviY ৱg`tj Gme m`gm`v `Zwi Kti |

1. gv`tqi eqm 35 eQ`ti i te`k | 2. FZP`t`µi tkl ৱ`tKi ৱb`tK | 3. gv`tqi Wvq`t`e`w`µm`_vKtj | 4. Mf`e`v`q gv h`w` ৱb`q`g`Z ag`cvb ev A`v`j`t`K`v`j ৱb`t`q`_v`t`K`b A_ev 5. ৱKQy ৱe`t`k l l l`p` Lvb thgb- t`d`w`l`t`q`b, l qvi d`wi b, ৱj ৱVqvg BZ`w` Zvntj l ৱkii RbMZ ù`ত্ৰিM m`e`b`v te`to hvq | 6. Mf`e`v`q h`w` gv`tqi ৱKQy ৱb`w` ৱ`t`i`v`t`Mi m`µ`g`Y NtU, thgb i`t`ej`v, m`v`B`t`U`v`t`g`M`v`t`j`v`f`v`B`i`v`m, n`v`i`w`c`m, K`- ৱ`K`f`v`B`i`v`m BZ`w` | Gme n`t`j ৱkii RbMZ ù`ত্ৰিM m`e`b`v te`to hvq | 7. gv`-e`vev A_ev Ab`v`b` f`v`B`t`e`v`t`bi h`w` RbMZ ù`ত্ৰিM t`_t`K`_v`t`K` Zvntj l cieZ` ৱkii t`q`t`i RbMZ ù`ত্ৰিM t`_t`K`_v`t`K` Zvntj l cieZ` ৱkii t`q`t`i RbMZ ù`ত্ৰিM m`e`b`v A`t`b`K`_Y te`to hvq | A`t`b`K` ৱkii mg`w`M`Z`f`v`t`e` n`a`n`a`b`i`b`h` a`j`j`t`r`a`t`y`e`r` a`s`u`b`i`b`a` n`i`y`e` j`n`y`a`y`। y`a`d`e`r` `s`i`n`d`r`o`m` k`m`p`l`e`j`r` `a`a`x`y`a` t`_l`q`v`n`q` |

RbMZ ù`ত্ৰিM t`K` m`v`a`i`Y`Z` `f`v`t`M` f`i`M` Kiv hvq - A`v`m`v`q`v`t`b`w`l`J`K` Ges m`v`q`v`t`b`w`l`J`K` | c`U`g` M`o`t`c`i` A`m`l`_`w`j` t`Z` ৱkii kix`ti`i` g`ta` b`x`j` f`i`e`_v`t`K` b`v` | GB M`o`t`c`i` A`m`l`_`w`j` t`Z` ù`w`c`t`U`i` P`r`i`w`l` c`O`K`v`t`o`i` g`ta` A_ev `w`l` c`a`v`b` a`g`u`b`i` g`ta` A`v`f`Š`+x`Y` t`h`v`M`v`t`h`v`M`_v`t`K` thgb ASD (Atrial septal defect- `w`l` A`w`j` t`i` g`ta` m`š`t`h`v`M`K`v`ix` ৱQ`) Ges VSD (Ventricular septal defect - `w`l` b`x`j` t`q`i` g`ta` m`š`t`h`v`M`K`v`ix` ৱQ`) G`w`f` K`v`b`j` , G`l` t`U`e`c`v`j` t`g`v`b`w`i` D`B`t`U`v` BZ`w` | ৱO`Z`x`q` M`o`t`c`i` A`m`l`_`w`j` ৱkii kix`ti` b`x`j` t`P` f`v`t`e`i` c`O`K`v`k` N`U`v`q` | Z`v`i` g`ta` K`t`q`K`w`l`t`Z` d`m`d`t`m` K`g` i`³` t`k`v`a`b` n`l` q`v`i` R`b` t`h`t`Z` cv`ti` |

জ`ৱ`Y`

ৱkii ù`ত্ৰিM DcmM`w`j` h`Z` Z`v`o`v`Z`w`o` t`L`q`j` Kiv hvq, Z`Z` Z`v`o`v`Z`w`o` Z`t`i` i` t`i`v`M` ৱb`Y`e` m`e`e` |

1. A`i` c`w`i` k`t`g`B` m`v`i`v` k`i`x`i` b`x`j` v`f` n`t`q` h`v`l` q`v` | 2. W`U`v` ev M`i`t`g` t`Z`g`b` t`K`v`t`b`v` A`w`b`q`g` Q`v`o`v`B` e`v`i`e`v`i` e`t`K` K`d` e`t`m` h`v`l` q`v` | 3. N`b` N`b` k`l`m` t`b`q`v` - ৱg`w`b`t`U` 50 e`v`i` ev Z`v`i` l` te`k` | A`w`Z`w`i`³` N`v`g` n`l` q`v` | 4. `w`w`k` e`p`x` ৱK`G`Z` b`v` n`l` q`v` | 5. e`t`K`i` e`v`g`w` t`K`i` L`u`P`v` m`v`g`v`b` e`o` n`l` q`v` | 6. W`b`w` t`K`i` D`c`t`i`i` t`c`t`U` h`K`Z` e`o` l` k`³` n`t`q` h`v`l` q`v` | 7. A`t`b`K` mg`q`B` ù`w`c`t`U`i` RbMZ t`i`w`l`i` m`t`½` m`t`½` A`b` t`K`v`t`b`v` t`i`w`l`i`_v`K`t`Z` cv`ti` |

ৱপ্ৰক্ৰম

c0_wgKfvrte eþKi G- þi, BwmR Ges BþKv-KwVPM0ndi gva`tgB tivM wbY0 Kiv nq| RbMZ u` þivMi ৱপ্ৰক্ৰমv tgvUB nZvkve`AK bq| c0_wgKfvrte l lþ ৱ`tq tivMi DcmM0AvqE Gþb cieZxRvtj Gþ`i Kvþi KwUf mvR0i Kiv thþZ cvþi| hvi j`n nj tivMxþK hZUv m0e` 0fweK Rxeb wclwi`tq t` lqv| GLvþb tRþb ivLv fvj th l lþ ৱ`tq tKvbl w0`þK eU Kiv m0e` bq| w0`eU ntj tmU Avcbv t`þKB nq eqm evovi mþ½ mþ½| l lþ e`envi Kiv nq hvþZ AmLwUj DcmM0Kg nq|

KLb Acþikþbi `iKvi

KLb kj`ৱপ্ৰক্ৰমvi `iKvi, Zv AþbKuv wbf0 Kþi Kx aiþbi wWtd± Ges Zv wki i Dci Kx aiþbi c0ve tdj þQ, Zvi Dcþi| e0þnþT B t`Lv hvq th wki i DcmM0wj GZ teuk nþ`Q, hv l lþai 0viv KivqE Kiv hvþ`Q bv| tm tþnþT ZvovZwvo mvR0i e`e`v KiþZ nq| Left to Right Shunt Gi tþnþT উল্লেখযোগ্য ফুসফুসের র3Pvc Lþ teuk nþq hvl qvi AvþMB mvR0i Kþi tbl qv DvPZ| dmdþm i3 PjvPj Kg ntj c0_wgKfvrte Shunt mvR0i Kþi i3 PjvPj eþx Kiv nq| wki Avi GKUzeo ntj, Zvþ`i cieZx0Acþikþb Kþi my` Rxeb aviþYi e`e`v Kiv nq| Gþ`i AþbþKiB mvivRxeþb `y t`þK wZbwU Acþikþbi c0qvRb nq| AþbK tþnþT wki fvg0 nlqv mþ½ mþ½B AvcZKvj xb Rxeb`vqx mvR0i KiþZ nq| tRþb ivLv `iKvi, GB wki þ`i l Rb eþx mvaviY wki þ`i t`þK Kg nq| Giv thþnZzGKmþ½ teuk Lvev tLþZ cvþi bv, ZvB `iKvi cwi gvþY Aí A_P 0YMZ gvþb mgx Lvev| wKQy tþnþT thgb ASD, KþqK cKvi VSD, PDA, Valvular Aortic Stenosis, Valvar Pulmonary Stenosis, Coarctation of Aorta mvR0i e`ZxZ ৱপ্ৰক্ৰমv Kiv m0e`| Avi fimvi K_v ntj, `0þj þqi ga`eZx0t`qvþj i dtUv 30 t`þK 40 fvM tþnþT Avcbv-AvcvbB tmþi l þV|

AvaybKKvtj Angiogram cxwZþZ weþkl aiþbi Device Gi mrvþh` nvþU0 AþbK aiþbi w0`B eU Kiv m0e`| Avev teþþbi mrvþh` tKvbl msKwPZ fvj! Lþj t` lqv m0e`| GþZ tivMxþK Acþikþbi aKþj i gþa` ৱ`tq thþZ nq bv, nvmcvZvtj fvZ0 mgql AþbK Kþg hvq Ges mþe0wi kixþi tKvbl Kvlv `wM t`Lv hvq bv|

c0Zþiva

RbMZ u` þivM cþivcwi tiva bv KiþZ cvþj l ZvþK wKQþv `þi ivLv m0e`| gvþj vþ`i wbgg gþZv me wUKv t` lqv, weþkl Kþi Gg Gg Avi f`vKwmb t` lqv l Wv3vþi i ZEyreavþb l lþ Lvl qv Ges 24 mBvþni Mf0e`vq GKwU A`wUþbUvj BþKvKwVPM0g Kþi t`þL tbl qv thþZ cvþi th Mf0e` wki wUj tKvbl i Kg RbMZ u` þivM AvþQ wKbv|

Wk'i tct'Ui tiW

Mitg ev el'q WKQyWKQytivM-RxevYj c0Kvc t`Lv hvq| wetkLZ tct'Ui tiW |
Avi ev'Pvt`i lciB Gt`i AvmugY nq tenk| tct'Ui Amj GovtZ WKQyWKQy
mveavbZv tgb Pj tZB nq|

tKb nq?

`pUv WK Kti tdlvUtbv ntqWj tZv, ev'Pvi tj ej i mUv AZY tLv v tdtj
ti tLQb tKb? Gme t`tKB wKs`hZ Stg v m cvZ| `pB ej p, KvUv dj gj
ev fvZ-ZiKwi, G,tjv iay Avgv`iB Llevi bq, tiW-RxevYjvl Gme
Llevi`levi Lp c0` Kti | m v tgbj v, wntMj v, tivUv fvBim, BtKj vB
BZ`w tct'Ui tiW mjoKvix fvBim e`vKwUvi qvi eskwe`v`i Dch³ cwi tek
nj Llevi`levi Avi D0-Av`Avenl qv| evZv m tftm vKv Gme tiWRxevYj
mthW tct'j B Llevi`levi Zv`i esk we`vi Kti | Avi GB Llevi tLj B
tct'Ui tMj gj Aeawi Z| tct'Ui Amj mjoKvix RxevYj v gj Z`fite Avtm -

- evZv m tftm teovq l Llevi tK bo Kti |
- tdtKv l ivj i`tu A`g gj t`tK Rj ev Llevi mspwZ ntq|

Gi dtj B cvZj v cvqLvbv Avi ewg ntq v`K |

DcmM

tct'U e`v, cvZj v Rtj i gtZv gj Z`wM, evfi evfi cvqLvbv nlqv, ewg ntZ
cvfi, gtj i m½ KLbl KLbl i³ v`K, Rj ntZ cvfi | c`v v mBU gvfb
WRqv i Wqv mspgY ntj ev'Pvi gj Uv fmftm gtZv nq, tct'U e`v Kti | Llevi
ctiB cuU nq | e`vcvUv mgk mwbK ntq `vovq | wk'it`i t`t`i tenki fvM
tct'Ui tiW tWtK Avtb m v tgbj v, wntMj v, t0Uvqvm, ÷`v dvBtj v K`vm
RvZxq e`vKtUvi qv | Giv AtbK mgq GK weLv³ i v mqvwbK GtUtivUv b `Zwi
Kti | Avi Gi c0Zm qv qz t`tK u`u Kti Rj tetivZ v`K | gvfb Rtj i
gtZv cvZj v cvqLvbv nq GKwaKev | me t`tK gk wKj nj e`vKtUvi qvi
mspgY tCU Lvivc ntj, Zv tCU t0to `Z m v v kixti Qnotq cto | Gi dtj
tKvbl tKvbl mgq Rxb mskq l ntZ cvfi | ZvB ev'Pvt`i tct'Ui mgm`v ntj
vbtRiv Wv³wi bv Kti Awej t`wki wetklt`Ai civgk`vbb | Gt`t`i WKQy
cix`v-vbix`v Kwitq vbtqB A`v UevtqvUtKi tKv m`i i` Kiv DvPZ |

f'vKumb w tZ fj teb bv

fvetQb tct'Ui AmjLi Avevi wKv Kx | wKs` Rvbb v0qB tcvj l i RxevYj
tct'Ui tiW tWtK Avtb? n`v, tcvj l i mavi Y tWvRi m½ m½ cvj m tcvj l

w` tZ fj teb bv| Avi Zvi mt½ ev" Pvi ` yeQi eqm ntj Aek` B UvBdtqW Ges
tncvUvBwUm G - f`vKwmb w` t` q t` teb|

Avi I GK w` f` j b

j vMvZvi e` nRg, A` wmwWwU, tctU e` v` v BZ` w` mwbK tctUi tivtMi Rb` ` vqx
tnwj tKve` v` i cvBtj wii brtg Avi GK ai tbi RxeYy| Giv q` jz t` s` t` l qvtj
j w` Ktq t` t` K Ametai mjo Kti | Gi Kg ntj wbtRt` i Bt` QgZ A` vUwmW ev
l l` p` bv w` t` q w` PwKrm t` Ki wbt` R t` gtb Pj` b| Zte GKUv K` v gtb ivLteb, A t` bK
mgq Kbw` = t` ck t` bi R t` b` l ev` P t` i t` ctU e` v` ntZ cvti |

Kx Kiteb

t` cU Lvi v` c, evti evti Uq t` j U hvl qv` i` i` ntj c` l` t` gB hv Kiteb Zv nj
0l Avi Gm0 ` t` j v ev` P v t` K evti evti Ges ch` f` B cwi gv t` Y Rj Lvl qvt` b| j q` l`
ivLteb w` KVvK ch` e` n t` Q w` K bv| Avm t` j Mig Kvtj tctUi t` Mj gvj ntj g t` j i
m t` j l` c` P` i Rj t` ewi t` q hvq| ZvB PU Kti w` ki` i w` WvB t` Wk b n t` q t` t` Z cvti | G
w` KUv GKUz t` Lqj ivL t` Z n t` e|

Kx Lute?

Wwqwi qv ntj ev` P t` i ` p` nRg Kivi q` l` gZv K t` g hvq| ZvB G mg t` q ` y` GK w` b
` p` Lvl qvt` b v eU ivLteb| GQov ev` P v hv t` L t` Z P v q ZvB w` t` Z cvti b| Zte
f` vZ nj met` P t` q mnR cv` P` | Wj , f` vZ, Avj t` m` x, w` P t` o t` m` x, g` y` Gme Lvl qvt` Z
cvti b| MgRvZ Llevi GKUz Kg w` t` j f` vj nq| Zte gq` vi j` y` P ev` c` t` i vUv
t` l` qv t` t` Z cvti | Mi t` gi mgq tctUi tivtMi c` t` i w` K Qy` b 0 B b t` U w` = b v j n w` i 0
e` v` c` v i Uv t` t` K hvq|

Govevi Dcvq

Mi t` g tctUi tivtMi met` P t` q eo Kvi Y Rj Avi Llevi t` t` K m s` p` g Y | ZvB GB
` p` Uv e` v` c` t` i GKUz m t` P Z b ` v K t` Z n t` e | Rj d w` U t` q Lvl qvt` Z n t` e t m K` v t` Z v
ej v B ev` j ` | GQov Llevi ` v e t` i i e` v` c` t` i l m Z K ` v K t` Z n t` e | Uv U K v i v b` e K i v
Llevi t` L t` j B evj nq| w` d t` R i v L v Llevi ev` t` v K v t` bi P c` - w` c` R v, d w` B A t` b K
mgq Mig Kiv ntj l G t` Z R x e Y y t` t` K t` t` Z c v t` i | Llevi Mig Kivi met` P t` q
w` b i v c ` D c v q g v B t` p v t` q f l t` f b e ` e n v i K i v | A e k ` g v B t` p v t` q f l G K t` k v
k Z v s k M i v i w` U w ` t` Z c v i t` e b v | Z v i c w i " Q b z v i e ` v` c` v` t` i G K U z m t` P Z b n t` Z
n t` e | t` K b b v N t` i i t` K v t` Y g a j v e v A v e R ` v i v L t` j Z v i t` t` K l R x e Y y v N t` i i e x
e v Z v t` m ` Z e s k w e ` v i K t` i Llevi ` v e t` i Q w o t` q c t` o |

❖❖❖ i e`nRg I tKvKw/b`

wbqigZ Lvl qv`vl qv, KLbl ev c0qvRtbi AwZwi³ Lvl qvfbv, A_ev tKvbl Lvevfi Gj wRf Rb` ev`Pvt` i e`nRg ntZ cvfi | Ab`w` tK tKvKw/b`i gtZv Kó`vqK mgm`vq fMfZ ntZ cvfi `kkteB| GKUzmPZb ntj B Gwotq Pj v hvq GB me mgm`v|

Lvl qv`vl qvi Awbqtgi Rb` wKgz nRg bv ntj Lvevfi Abxrv t`Lv hvq| e`nRg wKs` tKvbl Amj_ bq - j`Y gv`| Lvevi Lvl qvi cfi cvK`j xZ tcS0vq| Zvici wevfbwDrtmPtki mnvth` cwi cvK ntq kixitK c0qvRbxq K`vj wi tRvMvb t`q| tKvbl KvitY GB m`úb@c0qvU e`vnZ ntj e`nRg ev BbWvBtRkb t`Lv t`q| e`nRg ntj ev`Pvi tcU e`_v Kti, tcU Lvi vc l ewg ntZ cvfi | Lvevfi Abxrv t`Lv t`q| AtbK mgq Rj l nq, ewg ewg fve _vtK| tcU e`_vi Rb` ev`Pv KvbwKwU ev N`vb N`vb Kti |

Któi mt½ iKtív k³ gj Z`vM gvfbB Kbw÷tckb ev tKvKw/b`| G cñt½ GKUv e`vcvi tRtív ivLv fvj, tKvbl ev`Pv hw` `ymZb w`b cici gj Z`vM Kti wKs` Zv big nq Zte e`vcviUvtK tKvKw/b`i chftq tdjv hvq bv| wKs` tKvbl wki w`tb `pvi gj Z`vM Kti Ges Zv ht_ó k³ nq, gj Z`vMi mgq ev`PmU Kó cvq tPvL-gj` j vj ntq hvq, KvbwKwU Kti, Zte ev`PmU tKvKw/b` fMfQ ejv nq| hvB tnvK bv tKb ðcvfbi tevuv0 ev ðevZ w` tQ0 cW Kivfvi tPóv Kiteb bv, GtZ wntZ wecixZ ntZ cvfi | wPwKrmtki civgk`tgfb Pj`b, ev`Pv fvj _vKte|

tKvKw/b` tKb nq

Lvl qv`vl qv m`útk`mWk aviYvi Afve Avi h_vh_ Uqtj U tUibs bv w` tj ev KtqkUw AmfLi KvitY ev`Pvt` i tKvKw/b` t`Lv hvq|

Acj0, AwZwi³ KvtefvBtWU ev tcvUv hy³ Lvevi Lvl qv, tewk cwi gvfy Mi`i `p Lvl qv, wWnvBtWkb A`f kixi t`tK AtbKuv Rj tewi tq hvl qv, wKw/bi tMvj gvj, WvqteUv, BwWl c`w_K nvBcvi K`vj wmgqv bvgK Amj_ Kijtj, `úvBbvj KtWf Amj_ _vKtj Ges gj bvwj wU mi` ntj ev tKvbl evav _vKtj GB wdvRl j wRKvj KviY`wj Qvovl ev`Pvt` i tKvKw/b`i wCQtb GKUv gvbnmK w` Kl AvtQ|

tKvKw/b` eskMZI eñU

AtbK mgq gv ev`PvtK 1 eQi eqm t`tK Kovfite Uqtj U tUibs t` l qvi tPóv Kti _vtKb| G t`f`f` ev`PmU gj Z`vMi e`vcvfi GKUv f`wZ Rtbv hvq, mntr Uqtj U thtZ Pvq bv| 2 eQi eqm t`tK GB tUibs i i` Kijtj mgm`v nq bv| GB

aiþbi cÖZ`KwU KviþYi Rb`B er`Prt`i gtb UqtjU hvlqvi e`vcvti fwiZ
Rbþq| µgk Kbw÷tckb t`Lv t`q| Avevi tKvöKwWb` t_þK er`Pvi gj Øvi
wPtí wMtq AþK mgq i³ tetivq I gj Øvi e`_v I Rjv Kti| Wv³wvi
cwi fvlvq GþK etj A`vbj wdkvi |

GiKg ntj er`PwU cwU tctj I tþtc ivLvi tPóv Kti hšYvi ftq| `ywZbw`b
cici k³ gj Z`vM Kivq gj Øvi Avi I tenk Kti wPtí hvq, i³cvZl teþo hvq,
er`PwU Avi I AvZw¼Z ntq cto| µgk PµvKviti tivwU evotZ _vtK| GB
mgm`v t`Lv w`tj Awej þ^wPwKrmþKi cingk`þbl qv cÖqvRb| GKUz mþPZb
ntj B tKvöKwWb`i tenki fvM Kvi Y Govþv hvq|

cävZ `wU Kvi Y e`nRtgi Rb` `vqx| Lvevi hw` wKgz cwi `vi cwi`Obæv
nq - tmB Lveþi mþ½ mvj tgvþjv, wmtMjv, B-tKvj vB BZ`w` e`vKþUwi qv
tctUi gta` Pþj hvq, Ges wÖZxqZ, cÖqvRþbi Zj bvq hw` AvZwi³ Lvl qv ntq
hvq Zv ntj e`nRg nq| Avmtj Lvevi nRg Kivi Rb` kixþi KtqKwU weþkl
aiþbi GbRvBg ev DrtmPK wbtmZ nq| cÖZwU gvbþli kixþi GKwU wov`
gvlvq GbRvBg tetivq| wov`
gviwY LveviþK GB DrtmPKiv nRg ntZ
mnvwh` Kti| cÖqvRþbi AvZwi³ Lvevi tLþj cþiv Lvevi nRg nq bv| A_þ
kixþii hZUv nRg Kivi ¶lgZv, er`PrtK Zvi t_þK tenk Lvl qvtj e`nRg
nteB| Avevi gvtqt`i `þai Dci weivU GKUv tµR AvtQ| AþK gv gþb
Ktib `þa tenk Lvl qvtj, Nb Kti Lvl qvtj er`Pvi `v` fvj nþe| GB ávS-
avi Yv er`Pvi wec` tWþK Avþb, e`nRg I tKvöKwWb`i GwU GKwU eo Kvi Y|
wZb gvtmi wki i `þa nRg Kivi ¶lgZv hZ tenk wZb eQþi i er`Pvi Zv bq| `y
eQi eqþmi ci t_þKB `þa nRg Kivi Rb` cÖqvRbxq GbRvBguU cwi gviwY
KgþZ _vtK| ZvB hw` Pvi gvm eqþmi wkiþK wZb NsUv cici cuP AvDÝ Kti
`þa Lvl qvtbv nq, tmB AbvvtZ wZb eQþi i er`PrtK evþi evþi `þa Lvl qvtj
nRtgi tMvj gvj I Ab`vb` mgm`v t`Lv t`te| Avevi nqtZv tKvbl er`Pv AvOj
tLþZ fvj evþm, tm Zvi Bþ`OgZ hLb ZLb gþVv-gþVv AvOj Lvþ`Q| GþZl wKŠ`
er`PwU cöj e`nRtgi mæebv _vtK| tKvbl wov`
tcöUv ev Lveþi A`vj wR`
_vKþj tmB Lvevi tLþj I er`Pvi e`nRg nq| `þa, Bwj k, wPsw, wWg, te_b th
tKvbl Lveþi th tKvbl eqþmi gvbþli B A`vj wR`nþZ cvþi| tm t¶þþ I B
RvevYy, wj e`nRg mwó Kti| A_þ e`nRtgi Rb` Lvevi bq, Acwi`ObævB
`vqx| nvZ bv aþq Acwi`vi nvtZ er`PrtK Lvevi Lvl qvtj, nvtZi tKvbl weiv³
c`v_`tctU Pþj wMtq KtqK NsUvi gta`B ewg-cvqLvbn`i`i` ntq thþZ cvþi|
kixþii wFZþi GKUv wov`
Zvcgvlvq (36-37⁰tmt) Lvevi nRg nq| hw` Rþ
er`Ab` tKvbl KviþY GB Zvcgvlv teþo er`Ktg hvq Zvntj I wKgz nRg nq
bv| Amþ Ktiþ AþK mgq AMþkq t_þK DrtmPþK wbtmi Y Ktg hvq, Zvntj I
e`nRg ntZ cvþi| GQvov cÖqvRþbi Zj bvq Kg tcöUv tLþj I e`nRtgi

m=tebv _vtK| KviY kixi GbRvBg,tjv tenkifvMB tčŮUb| tčŮUb Ktg
tMtj GbRvBtgi wbtmiYI Ktg hvq I nRg nq bv| GQvov KtqKwJ AmL
t_tKI AtbK mgq e`nRtgi m=tebv _vtK| thgb- A`wbugqv, tčtU wevfbae
aitbi wLwgi msugY, A`wgerfqwmm, wRqww/qwmm, Ačšj h²v Ges wmw÷K
dvBtehwmm tiwM_wj _vKtj nRg ntZ Pwq bv| Gi gta` Kwg, tčtUi msugY I
A`wbugqvi nvi Avgvč`i t`tk Lp tenk|

wK KitZ nte?

e`nRg ntqtQ, eštj Lvevi Lvl qvčbv wbtq tRvi Kiteb bv, ewg ev cvZjv
cvqLvbvi Rb` Btj KtUšj vBU mwj Dkb Lvl qvčeb, wbt`bcčŮ bč-wPwbi Rj |
tLčZ PvBtj nvj Kv Lvevi w`čZ cvčib, gvčqi `p Qvov me `p-B gvbv| Aek`B
wPwKrmčKi cıvgk`gtb Pjč| tKvôKwWčb`i wčQčb tKvbl fqjwKtq AvčQ wK
bv tLwR wbb| e`vcvi UvčK Aetjv Ktj A`vbyj wdkvi ntZ cvčib| cčŮi Rj I
kieZ Lvl qvb, mwjcl w`čZ cvčib| fymhy³ Avlvi i`wU, cvjs, tgw_, bčU
BZ`w` kvK, mgčqi meiKtgi mewR, tččc, Kjv, mte`v, Avg BZ`w` Lvl qvčj
μgk tKvôKwWčb`i mgm`v Pčj hvq| Ab`w`čK Kg Rj Lvl qv, Pvl wgb, jwP,
čKK, tčw÷` BZ`w` tKvôKwWb` tWčK AvččZ cvčib| gj big Kivi Rb`
wPwKrmčKi cıvgčk`j`vč· wJf RvZxq I l p Lvl qvčZ cvčib| A`vbyj wdkvi ntj
Awej čw`Ww³vi t`Lvb| tivRKvi WtqčU GKUz i`e`j Ktj Kbw÷čckčbi
nvZ t_tK AčbKUv ti nvB tčtj |

Wwqwi qv cōZt̄i va

- wJDeI t̄q̄t̄j i cw̄b Lvl qv̄teb | weī × Lveī cw̄bi Rb̄ h̄w̄ m̄ē nq, cw̄b c̄h̄Ūt̄q Vv̄Ūv K̄t̄i cv̄b Kī"b |
- h̄w̄ wJDeI t̄q̄j cw̄b t̄Z W̄t̄e hv̄q, Z̄t̄e wJDeI t̄q̄t̄j i I V̄t̄bv cw̄b w̄_uZ̄t̄q w̄bb, m̄ē n̄t̄j w̄dŪw̄Ki w̄ t̄q |
- h̄w̄ weī × Lveī cw̄b cv̄l qv̄ bv hv̄q, Z̄t̄e b̄`x ev c̄K̄t̄i i cw̄b w̄d̄ēvi K̄t̄i (cv̄Z̄jv c̄wi `wi M̄vgQv ē`envi K̄i t̄Z cv̄t̄ib) c̄ōZ̄ K̄j t̄m GK̄uJ cw̄b weī × Ki Y Ū`vet̄j U ev GK P̄v-চামচ ব্লিচিং পাউডার দিয়ে পানি বিশুদ্ধ করে নিন ।
- cv̄t̄bi mḡq t̄K̄wi t̄bi M̄Ū j w̄M̄t̄j I weī × Ki Y Ū`vet̄j U w̄ t̄q cw̄b weī × K̄t̄i w̄bb |
- c̄ōZ̄ w̄j Uv̄t̄i GK̄uJ cw̄b weī × Ki Y Ū`vet̄j U ē`envi Kī"b |
- t̄hL̄v̄t̄b c̄t̄q̄wb̄`wk̄t̄bi īK̄t̄bv R̄vqM̄v t̄bB, t̄mL̄v̄t̄b P̄j ḡvb c̄ēv̄t̄ni cw̄b t̄Z (ex cw̄b t̄Z bq) Rī"wi c̄t̄q̄wb̄`wk̄t̄bi ē`ē`v̄ Ki t̄Z cv̄t̄ib, Z̄t̄e I B `v̄t̄bi cv̄t̄bi Rb̄ ē`envi Kiv h̄r̄te bv |
- c̄K̄i I Ab̄`v̄b̄ R̄j v̄k̄t̄q̄i t̄b̄sv̄i cw̄b t̄Z t̄M̄m̄j bv Kiv B f̄i t̄j v, Ḡt̄Z P̄ḡf̄i w̄M̄ n̄t̄Z cv̄t̄i |
- h̄_w̄m̄ē īK̄t̄bv Lveī ē`envi Kī"b Īvb w̄n̄t̄m̄t̄e |
- Kvi I Wwqwi qv t̄`Lv w̄ t̄j Āj v̄`v̄ `v̄t̄b Z̄v̄t̄K c̄t̄q̄wb̄`wk̄t̄bi ē`ē`v̄ K̄t̄i w̄ b, Lveī m̄`vj v̄Bb ev̄i ev̄i Lvl qv̄b |
- Wwqwi qv̄ ḡvi v̄Z̄K̄ cw̄b m̄i Z̄v n̄t̄j t̄`wi bv K̄t̄i K̄v̄t̄i n̄m̄cv̄Z̄v̄t̄j t̄c̄Ū Kī"b |
- ēt̄q̄v̄R̄`ō I w̄k̄i t̄`i c̄ōZ̄ Āj v̄`v̄ b̄Ri w̄ b |
- weī × cv̄t̄bi cw̄b I w̄b̄iv̄c̄ `v̄t̄b c̄t̄q̄v̄t̄b̄`wk̄b̄B G ḡn̄t̄Z̄P̄ Rī"wi `v̄`-m̄Z̄K̄Z̄v̄ |

c̄ōZ̄K̄t̄i c̄ōZ̄t̄i v̄t̄a Lveī m̄`vj v̄Bb

c̄v̄t̄K̄t̄Ūi I Āvi Ḡm cw̄b t̄Z w̄ḡn̄k̄t̄q̄ Wwqwi qv̄ t̄i w̄M̄xi Rb̄ Lveī m̄`vj v̄Bb ev̄bv̄t̄Z n̄q | cw̄b `f̄ Z̄v c̄i t̄Y I c̄ōZ̄t̄i v̄t̄a ēw̄m̄t̄Z Lveī m̄`vj v̄Bb ē`envi Kiv hv̄q |

m̄`vj v̄Bb ev̄bv̄t̄Z Kx Kīt̄eb

- আধা লিটার/ আধা সের (দুই পূর্ণ গ্লাস) নিরাপদ পানিতে একটি প্যাকেটের সবটুকু I Āvi Ḡm t̄ḡk̄v̄t̄Z n̄t̄e | t̄L̄q̄j i v̄L̄t̄Z n̄t̄e, cw̄bi c̄wi ḡv̄Y t̄hb L̄p̄ GK̄Ūv̄ Kg ev̄ t̄ēwk̄ bv̄ n̄q | Kg cw̄b t̄ḡk̄v̄t̄bv̄ n̄t̄j m̄`vj v̄Bb w̄ec̄3/4b̄K̄ n̄t̄e Ges̄ Z̄v t̄L̄t̄j Wwqwi qv̄ t̄ēt̄o h̄r̄te, Āveī t̄ēwk̄ cw̄b t̄ḡk̄v̄t̄j m̄`vj v̄Bb Kg Kiv̄R̄ Kīt̄e |

- m'vj vBb f'vj v Kti brotZ nte, hvfZ I Avi Gm m'vj vBb cwb'tZ w'gk hvq | PvgP w' t'q A_ev Kv'tc Kti w'ki t'K m'vj vBb Lvl qv'tZ nte |
- I Avi Gm c'v'tKU w' t'q ^Zwi m'vj vBb 12 N'Uv ch'S-f'vj v _v'tK | hv' 12 N'Uv ci m'vj vBb Aewk'ó _v'tK, Z'te Zv t'dtj w' t'q cp'ivq bZb I Avi Gm w' t'q m'vj vBb ^Zwi Ki'tZ nte |
- `p, m'j'c, d'tj i i m A_ev Ab'' t'Kv'tbv cvbxqi m't'½ I Avi Gm t'gk'v'eb bv |
- I Avi Gm ev m'vj vBb KL'tbv Mi g Ki'teb bv |

Kxfv'te Lvl qv'teb Llevi m'vj vBb

c'Zevi c'Zj v cv'qLv'bv n' l qvi ci w'ki t'K Llevi m'vj vBb Lvl qv'tZ nte w'b'tPi w'bq'tg :

- শিশুর বয়স দুই বছরের কম হলে সিকি গ্রাস থেকে আধা গ্রাস (৫০-100 w'g'w'j w'j Uvi) |
- 2-১০ বছর বয়সের ছেলেমেয়েদের আধা গ্রাস থেকে পুরো এক গ্রাস ।
- 10 eQ'ti i tewk eq'tmi t'Q'tj t'g't'q'iv hZ P'vq ZZ |
- Z'te me eq'tmi w'ki B hZ tewk m'vj vBb Lv'te, ZZ f'vj v |
- Llevi m'vj vBb Kv'tc Kti A_ev P'v-P'vqP w' t'q Lvl qv'tZ nte | t'Kv'tbv m't'gB Zv tevZj w' t'q Lvl qv'tbv hv'te bv | w'ki ew'g Ki'tj c'w'P t'_t'K 10 w'g'w'j U Lvl qv'tbv e'U ivL'tZ nte, Z'vici Z'v'tK Avevi A'í A'í Kti ax'ti ax'ti m'vj vBb Lvl qv'tZ nte |
- Ww'q'wi qv e'U bv n' l qv ch'S-Llevi m'vj vBb Ges Ab'v'b'' Zi j Lv'' Lvl qv'tbv Pw'j t'q th'tZ nte | Ww'q'wi qv e'U n'tZ w'Zb t'_t'K c'w'P w' b mg'q j vM'tZ cv'ti |

WikiK Kug gP iVtZ KiYq

vbqg Kti tZtZv Lvl qvtj Kug nq bv ev vgró tLtj B Kug nq - GB avi Yv_tj v th wK bq, tm K_v AvR Kgtek còq mKtj iB Rvbn| Kugi msμgtYi dtj ev"Pt` i bvbv mgm"v I Zvi còZKvi |

Kug fxlY tOvvtP?

mw`nvp, nvg-ct. i t_ġK tKvbi Astk Kg tOvvtP bq Kug bvgK ciRxex| ewoi GKRBi Kug _vKtj meviB ntZ cvti | wetkIZ ev"Pt` i kixti PU Kti Kug Qovq KvRi tqtqi gvi dZ| KvRi tj vK h_vh_ cwí "QbZv tqtB bv Pj vq Zvi nvZ-cv ev RvgnKvcto Kugi wVg I j vftjtM _vtK hv Lwij tPtL A`k` | I B nvZB tm emb gvR ev Llevi Rj AvtB A_ev ev"PtK tKvtj tbq, wkiwZ Zvi nvZ Llevi Lvq ev RvgnKvcto gL tgvQ| GBfvtB ewoi GKRB m`tm`i t_ġK Avti KRtbi gta` Kug Qwotq cto| ZvB ev"PtK Kugi I lja Lvl qvtj Wv3vii civgk9btq ewoi còZw m`tm`i B Kugi I lja Lvl qv DvPZ|

Kug t_ġK Acjó

bvbvi Kg Kugi msμgY ntj AtbK mgqB còg w`ġK wKOyterSv hvq bv| wKš' axti axti wKOyKOyDcmM` Lv w`ġZ ii" Kti | thgb iVDU I qg`ev tKtPv Kug ntj tcU dufc, tcU dtj I tV| wKgZ nRg nq bv, còqB e`nRg nq, eig cvq, eig eig fvti Rb` Llevti Abxv t`Lv t`q| còqB tcU Lvi vc nq| tctU tgvPo t`Iqv e`_vl ntZ cvti | gvSgta`B Kwik nq| Kug kmbwij i c_ AvUtK w`ġ kpmKó ntZ cvti | t`Lv w`ġZ cvti Avi I AtbK RuUj Zv| GgbKx Lv`bvj xZ Obstruction nl qvi Kvi tB AtbK mgq Acvti kb Kti Kug tei KtZ ntZ cvti | Kugi Rb` wki i kixti bvbv aitbi wFUmgtbi Afve t`Lv w`ġZ cvti KviY Kug Avgv` i Awgl RvZxq Lv` tLq tdtj |

wcb I qg`ev mZv Kugi msμgtbi dtj gj 0vti Pj tKvl, Nv ntq thtZ cvti | mtfz tctUi tMj gvj, Acjó Avi i 3ví Zv tZv AvtQB| Avi hw` úKI qvg`tctU evmv eufá Zv ntj i 3ví Zv ntZ cvti |

vgró I tZtZv ebvg Kug

Kug nj GK aitbi ciRxex còYx| Giv Llevi`levi ev Rtj i gva`tg ev cvtqi cvZv dtUv Kti kixti còek Kti | Avi vgró nj GK aitbi KvtefvBtWUhy3 Llevi | mjZivs vgró tLtj Kug nq bv ev evto bv| Avevi `v`v`v`xv etj b

0Kvj tgn I wPizvi tFIR ,Y_vKtj I Kug gti hvq| Kvj tgn I wPizvi tFIR
,Y_vKtj I Kug gti etj GLbl c0wYZ nqub|

Kugi I Ipa qvZ Kti bv

Kugi I Ipa tLtj tcU Mig nq, kixi Lvivc nq, gv_vi tMvj guj ntZ cvti
BZ`w` bvbvi Kg Kms`vi AvtQ| Gi tKvbl UvB wVK bq| Kugi I Ipa meKwJB
fvj | Zte th tKvbl I IpaB Ww³vti i civgk^Qovov Lvl qvfbv DvPZ bq|

gv-evev tRtb ivLp

- ewoi eot`i tKvbl GKRTbi Kug_vKtj ev`Pv wKŠ`ti nvB crte bv| ZvB
wetkl At`i gZigZ wbtq ewoi mKj tK wW I qwg^S Kwi tq wbb| embgvRv ev
evUbv evUvi KvRi tj vKuU t hb ev` bv cto|
- Avtj v-evZvvh^B cwi "Qbaev_i" g e`envi Ki`b |
- me^Qv cwi`vi ivLp| gj Z`vtMi ci mvevb w`tq nvZ tarte| btLi gta`
AvsWj LvtR gqj v thb RgtZ bv cvti |
- ev`Pvi bL wbgqZ tKtU t`teb, tclvvtbv Rj Lvl qvfbvi K_v ej vB evuj`|
ev`PvtK atj vewij NvUtZ t`teb bv| Lwvj cvtq iv`vq nvlvrvvU t`tK mvearb
nteb|
- wki` h` gj vtvi nvZ w`tq Pj tKvq Zte nvZ cwi`vi Kti mvevb w`tq atq
t`teb|
- kvKmevR ev th tKvbl Lvevi cwi`vi Kti atq ivbæKi teb| Ava tm× gysm
Lvteb bv, ev`PvtKI t`teb bv|
- ev`Pvi Lvevti Ai`wP, eig fie ev j vMvZvi tctUi tMvj guj t`Ltj Aek`
wetkl tAi civgk^Qbteb|

vk̄i i vKW̄bi m̄gm̄v

ev̄Pv̄t̄ i vKW̄bi b̄vb̄vi Kg m̄gm̄v t̄ Lv w̄ t̄Z cv̄ti | Zvi ḡtā c̄āvbZ c̄ān̄tei
ms̄μgb, t̄bd̄vB̄iUm, cv̄B̄t̄j v t̄bd̄vB̄iUm, t̄b̄td̄w̄UK w̄m̄t̄Ūt̄g BZ̄w̄ | c̄ān̄tei
ms̄μḡt̄bi c̄āvb Dcm̄M̄nj c̄ān̄te R̄j̄v, R̄j̄ ev̄ Zj̄ t̄ct̄Ū ē_v | v̄K̄Qy t̄Ųt̄t̄
ev̄Pvi t̄c̄ŪLv̄ivc ev̄ ew̄gl n̄t̄Z cv̄ti | Aeó̄t̄Kkb Zv cv̄_i, w̄Dgvi ev̄ mī
c̄ān̄tei b̄t̄j i Rb̄ n̄t̄j c̄ān̄tei av̄iv cv̄Zj̄v Ges c̄ān̄te Kivi mḡq c̄P̄Ū ē_v
n̄t̄Z cv̄ti | t̄ZgbB̄ cv̄j w̄m̄w̄÷K v̄KW̄b ev̄ t̄bd̄vB̄iŪt̄mi Rb̄ t̄ Lv w̄ t̄Z cv̄ti
c̄ān̄tei m̄t̄½ i³ ev̄ D̄P i³Pvc |

t̄bd̄vB̄iUm v̄K

v̄KW̄bi B̄bd̄v̄t̄gkb ev̄ c̄Ōv̄n̄t̄K t̄bd̄vB̄iUm ej̄v nq | Z̄te m̄ZK̄nj Ges mḡq
ḡt̄Zv m̄w̄K w̄P̄w̄Krmvq GB̄ t̄ivM̄ t̄m̄t̄i hv̄q | v̄K̄S̄' ev̄ov̄ew̄o n̄t̄Z t̄ l̄ qv D̄w̄PZ b̄q |

KviY

w̄ev̄f̄b̄æīt̄bi ms̄μḡY ev̄ B̄iḡD̄t̄bv̄j w̄RK̄j̄ Kvīt̄Y ev̄Pv̄t̄ i GB̄ t̄ivM̄ t̄ Lv t̄q |
t̄ŏc̄t̄Ūv̄K̄°vm Q̄vov̄l gv̄áum, ḡv̄t̄j w̄iqv, n̄vg, t̄nc̄v̄Ūv̄B̄iUm, GB̄PAv̄BF-i ḡt̄Zv
B̄b̄td̄Kkb t̄_t̄K t̄ Lv w̄ t̄Z cv̄ti GB̄ aīt̄bi t̄ivM̄ | esk̄MZ Kvīt̄Y j̄ v̄M̄vḡQ̄vov̄
l̄ t̄ai ē'envi t̄_t̄Kl̄ n̄t̄Z cv̄ti w̄t̄kl̄ aīt̄bi t̄bd̄vB̄iUm |

Dcm̄M̄

M̄v-n̄vZ cv̄ d̄t̄j h̄vl qv | c̄ān̄te i³ ev̄ Kg c̄ān̄te n̄l qv | i³Pvc t̄eto h̄vl qv c̄Ōq
me t̄bd̄vB̄iŪt̄mi B̄ c̄āvb j̄ Ų̄Y | m̄t̄½ v̄K̄t̄Z cv̄ti R̄j̄ Ges ew̄gl |

w̄ev̄f̄b̄æīt̄bi t̄bd̄vB̄iUm

B̄b̄td̄K̄w̄f̄ t̄bd̄vB̄iUm | c̄āvbZ t̄ŏc̄t̄Ūv̄K̄°vm B̄b̄td̄Kkb t̄_t̄K t̄ t̄j̄ i ev̄Pv̄t̄ i,
w̄et̄gl K̄t̄i k̄x̄ZK̄v̄t̄j t̄ Lv hv̄q GB̄ Am̄t̄ | ev̄Pvi t̄P̄v̄L̄ḡt̄ d̄t̄j h̄vl qv ev̄ j̄ v̄j̄ t̄P̄
c̄ān̄tei ȳGK m̄B̄vn̄ Av̄t̄M̄ t̄ Lv t̄q M̄j̄v ē_v, K̄w̄k ev̄ Z̄t̄K cv̄P̄ov̄ | īay
Āw̄Ūev̄t̄q̄w̄UK GB̄ t̄ivM̄ m̄áub̄F̄v̄j̄ n̄t̄q hv̄q |

cv̄B̄t̄j v t̄bd̄vB̄iUm

c̄ān̄tei ms̄μḡt̄Y v̄KW̄bi Ų̄w̄Z n̄t̄j B̄ c̄ān̄te i³ t̄ Lv t̄q | Gi b̄v cv̄B̄t̄j v
t̄bd̄vB̄iUm | Ḡt̄Z K̄v̄c̄ub̄ w̄ t̄q R̄j̄, t̄K̄vḡt̄i ē_v, c̄ān̄te Kīt̄Z Kó n̄t̄Z cv̄ti |
ev̄Pvi kixi ḡt̄ d̄t̄j hv̄q | c̄ān̄tei c̄w̄iḡv̄Yl̄ K̄t̄g hv̄q | m̄t̄½ Av̄m̄t̄Z cv̄ti D̄P
i³Pvc | ḠŪv h̄w̄ t̄ŏc̄t̄Ūv̄°vm B̄b̄td̄K̄k̄t̄bi Rb̄ n̄q Z̄v̄n̄t̄j n̄t̄Z cv̄ti R̄j̄, M̄j̄v
ē_v, Z̄t̄K N̄v | ev̄Pvi kixi ḡt̄ d̄t̄j h̄vl qvi Am̄t̄ t̄bd̄vB̄iUK w̄m̄b̄t̄W̄t̄g v̄K̄S̄'
c̄ān̄te i³ t̄ Lv hv̄q b̄v, t̄ Lv hv̄q c̄P̄i c̄w̄iḡv̄t̄Y t̄c̄Ūub̄, d̄t̄j c̄ān̄te c̄P̄i t̄db̄v
nq |

tbtdwUK wntUig

kixi fxlyfite dtj hvq GB tivtM| cñtē cPī cwi gvtY tčūUb _vtK, hvi dtj cPī tdbv nq| Gi m½ i³ tčūUb Kg Ges Pwētekw t`Lv hvq GB AmyL| cñtē tčūUtbī cwi gvtY I wKWwb dlskb tU÷ `iKvi nq GB tivtM| evPvt`i tbtdwUK wntUig tenki fVM tññtB wKgz wPwKrmvq fvj ntq hvq| wKQytññt tmti lVvi cil fwełtZ evi evi ntZ cvti| GiKg tññt wKWwb evtqvcum Kti wK gtZv l lpa w tj tenki fVM tññtB evPv m=úYtmti hvq|

KxKičeb

- kixi-gt tdiv v _vKtj Kg Rj Lvl qvb|
- Lvevti j eb Kg w tZ nte|
- wēkig `iKvi |
- BbtdKkb GovtZ tbsiv cwi tek I Atf`m eRb Kivb|
- kixi ev gL dtj Ww³vti i civgkGZ cñqRbxq l lpa w b|
- evPvi l Rb A`rfweK evotj ev cñtēi mgq Kw tññt `iZjw b|
- evPvt`i D`P i³Pvc ntj tbdwUm AvtQ wK bv Aek`B fvetZ nte|
- evPvt`i tbtdwUK wntUig Qvov t÷itqW e`envi Kiv nq i`agvñ wētkl cixñv KtiB|

wKWwb fvj iLvi Dcvq

- Rj tenk Kti Lvl qvb|
- Ww³vti i civgkQvov l lpa Lvl qvčeb bv|
- cñtēi mgq Kw tññt tbtdiv wRt÷i KvQ wbtq hvb|
- evPvi Pgñi vM ntj AwZmZi wPwKrmv Kivčeb|
- evPv nVvr dtj ev tguLv ntq tMj ZvovZvno Ww³vti i KvQ wbtq hvb|

wki evPv KZUv Rj Lufe

Avgt`i kixi AtbKuvB Rj| wki Rtbñi l Rtbi cñq 3/4 fVMB nq Rj| cñg eQtii tkñl tmlv ntq `vovq 60%| eqtmwUi mgq tmlv Avil Ktg `vovq cñq 50%| kixi gysmtcuk Ges PwēRgtZ `i` Ktj Rtj i fVM Avt`-Avt`-Ktg|

KLb t`tK Rj Lvl qvčeb

mvavi Yfvte beRvZKt`i cñg 6 gvm etKi `pa Qvov Avi wKQycñqRb nq bv| wētkl tññt evBtīi `pa t`lqv thtZ cvti| `pa Rj _vtK 60% t`tK 70%| ZvB Avjv`v Kti Rtj i cñqRb tbB| ZvB Rj Lvl qvtj wkiwUi tcl

f̄ti hvl qvi Rb̄ wL̄t̄ K̄t̄g h̄r̄te, `̄p̄ Kg Lv̄te | `̄p̄ Kg Lv̄l qvi Rb̄ wk̄īw̄l̄i
c̄p̄ōi Nv̄Uv̄Z t̄ Lv̄ w̄ t̄Z c̄v̄ti | 6 gv̄t̄mi c̄ti hLb̄ wk̄īw̄l̄i Av̄t̄ -Av̄t̄ -k̄³ Lvev̄ti
Af̄ -n̄te ZLb̄ t̄ t̄K Rj Lv̄l qv̄t̄bv̄ th̄t̄Z c̄v̄ti | c̄ŃZ̄ Kevi k̄³ Lvevi
Lv̄l qv̄t̄bv̄i c̄ti 2-4 PvgP̄ t̄dv̄Uv̄t̄bv̄ Rj Lv̄l qv̄t̄bv̄ `̄i Kvi |

G c̄h̄t̄½ ḡt̄b̄ iv̄Lv̄ `̄i Kvi, Rj Aek̄B̄ me mgq̄ d̄ȳUv̄t̄q Lv̄l qv̄t̄bv̄ D̄w̄PZ | w̄t̄ t̄k̄
me mgq̄B̄ t̄c̄q Lvevi Rj w̄b̄q̄ḡZ c̄ix̄Ń̄v̄ K̄ti Z̄t̄Z Ń̄w̄ZKviK R̄x̄ev̄bj̄ msL̄v̄
w̄b̄aŃ̄ Y Kiv̄ n̄q | Avgv̄t̄ `̄i t̄ t̄k̄ th̄t̄n̄Z̄t̄m̄B̄ i Kg t̄Kv̄bl̄ ē ē v̄ t̄b̄B̄ Ges wk̄ī iv̄
c̄Ńq̄k̄B̄ Rj ew̄n̄Z̄ t̄i v̄M̄ th̄gb̄ Aw̄š̄K̄, Uv̄B̄d̄t̄q̄W̄ ev̄ t̄nc̄v̄Uv̄B̄w̄m̄-G Av̄Lv̄š̄-n̄q,
t̄m̄B̄ Rb̄ Lv̄l qvi Rj t̄dv̄Uv̄t̄bv̄ ev̄āZ̄vḡj̄ K̄ n̄l̄ qv̄ D̄w̄PZ | c̄k̄k̄n̄t̄Z̄ c̄v̄ti, Z̄v̄nt̄j̄
ev̄P̄vi k̄ix̄ti t̄i v̄M̄ c̄ŃZ̄t̄iva Ń̄lḡZ̄v̄ M̄to DV̄te K̄x̄ K̄ti? Av̄m̄t̄j̄ R̄t̄j̄ i w̄b̄R̄[^]
t̄Kv̄bl̄ t̄i v̄M̄ c̄ŃZ̄t̄iva Ń̄lḡZ̄v̄ t̄b̄B̄ | w̄ŃZ̄x̄q c̄k̄k̄n̄j̄, wk̄ī t̄ i KZ̄w̄ b̄ t̄dv̄Uv̄t̄bv̄ Rj
Lv̄l qv̄t̄bv̄ D̄w̄PZ? Gi D̄Ēt̄i ej̄ v̄ hv̄q̄ h̄Z̄w̄ b̄ m̄ǣē (m̄vi v̄ R̄x̄eb̄ n̄t̄j̄ | Av̄c̄w̄Ē t̄b̄B̄)

KZUv Rj `̄i Kvi

Rj Ḡt̄Kev̄ti w̄b̄q̄ḡ K̄ti Lv̄l qv̄t̄bv̄ hv̄q̄ bv̄ | eqm̄ Ab̄h̄v̄q̄x̄, w̄ b̄-iv̄Z̄ Ab̄h̄v̄q̄x̄ ev̄
FZ̄i c̄w̄ieZ̄Ń̄bi m̄t̄½ m̄t̄½ k̄ix̄ti R̄t̄j̄ i P̄w̄n̄ v̄ ev̄to-K̄t̄g | Z̄te t̄gv̄Uv̄ḡȳUv̄f̄v̄te
ej̄ v̄ hv̄q̄, wk̄ī i I Rb̄ 10 t̄K̄w̄R̄ n̄t̄j̄ w̄ t̄b̄ 1 w̄j̄ Uvi ch̄Ń̄-Rj̄ x̄q̄ c̄ v̄t̄_Ń̄ `̄i Kvi |

15 t̄K̄w̄R̄ I R̄t̄bi wk̄ī i `̄i Kvi 1.5 w̄j̄ Uvi Rj̄ x̄q̄ c̄ v̄_Ń̄ t̄gv̄Uv̄ḡȳUv̄f̄v̄te t̄K̄w̄R̄
c̄ŃZ̄ 20 w̄ḡw̄j̄ w̄j̄ Uvi Rj̄ x̄q̄ w̄R̄w̄t̄mi c̄Ńq̄v̄R̄b̄ n̄q | GB̄ R̄t̄j̄ i c̄Ńq̄v̄R̄b̄ Āt̄b̄K̄Uv̄B̄
Avevi w̄b̄f̄Ń̄ K̄ti k̄ix̄i t̄ t̄K̄ Rj̄ x̄q̄ c̄ v̄_Ń̄ t̄ew̄i t̄q̄ hvl qvi I c̄ti | m̄v̄avi Ȳ ḡj̄ ḡt̄
t̄ t̄K̄ th̄ Rj̄ t̄ew̄i t̄q̄ hv̄q̄ Z̄v̄ Avḡiv̄ c̄w̄i ḡvc̄ K̄i t̄Z̄ c̄w̄i | h̄w̄ K̄vi I W̄w̄q̄w̄i qv̄ n̄q
Z̄v̄ n̄t̄j̄ ḡt̄j̄ i m̄t̄½ t̄ew̄k̄ Rj̄ t̄ew̄i t̄q̄ hv̄q̄, k̄ix̄ti R̄t̄j̄ i c̄Ńq̄v̄R̄b̄ t̄eto hv̄q̄ Ges
ZLb̄ wk̄ī w̄l̄t̄K̄ t̄ew̄k̄ K̄ti Rj̄ Lv̄l qv̄t̄bv̄i c̄Ńq̄v̄R̄b̄ n̄q | GB̄i Kḡf̄v̄te h̄w̄ c̄h̄t̄tēi
m̄t̄½ Rj̄ t̄ew̄k̄ t̄ew̄i t̄q̄ hv̄q̄ (th̄gb̄ W̄w̄q̄v̄t̄ew̄l̄m̄) t̄m̄ t̄Ń̄t̄t̄ I k̄ix̄ti R̄t̄j̄ i P̄w̄n̄ v̄
t̄eto hv̄q̄ |

ḡj̄ Ges c̄h̄t̄tē Q̄v̄ov̄l N̄v̄t̄gi ḡv̄āt̄ḡl̄ k̄ix̄ti i Rj̄ t̄ew̄i t̄q̄ hv̄q̄ | Mi t̄ḡ hLb̄ t̄ek̄x̄
N̄vḡ n̄q̄ ev̄ t̄ Š̄ov̄t̄ Š̄w̄o Kivi c̄ti k̄j̄m̄-c̄k̄j̄t̄mi M̄w̄Z̄ t̄eto t̄M̄t̄j̄ t̄Z̄óv̄ t̄c̄t̄q̄ hv̄q̄ -
k̄ix̄ti R̄t̄j̄ i P̄w̄n̄ v̄ ev̄to |

AZGe k̄ix̄ti i I Rb̄ Ab̄h̄v̄q̄x̄ AsK̄ K̄t̄l̄ b̄-b̄Z̄ḡ R̄t̄j̄ i c̄Ńq̄v̄R̄b̄ ev̄i Kiv̄ m̄ǣē |
w̄t̄k̄l̄ w̄t̄k̄l̄ t̄Ń̄t̄t̄ th̄gb̄ W̄w̄q̄w̄i qv̄ ev̄ Mi ḡK̄v̄t̄j̄ k̄ix̄ti R̄t̄j̄ i P̄w̄n̄ v̄ ev̄to |

t̄Rvi K̄ti Rj Lv̄l qv̄t̄bv̄ Ab̄ȳPZ

wk̄ī t̄ i t̄Rvi K̄ti Rj Lv̄l qv̄t̄bv̄i c̄Ńq̄v̄R̄b̄ t̄b̄B̄ | Avgv̄t̄ `̄i k̄ix̄ti i ḡw̄[®],
w̄K̄W̄w̄b̄, wk̄iv̄-aḡb̄x̄ c̄vi Ń̄w̄i K̄ t̄ev̄S̄vc̄ov̄q̄ K̄v̄R̄ K̄ti | Mi t̄ḡ N̄v̄t̄gi ḡv̄āt̄ḡ
k̄ix̄ti i Rj̄ t̄ew̄i t̄q̄ t̄M̄t̄j̄ ḡw̄[®] t̄m̄ Lei t̄c̄Ń̄v̄q̄ | _v̄ ÷[®] t̄m̄ Uvi t̄ew̄k̄ K̄ti Rj̄
Lv̄l qvi w̄b̄t̄ R̄ t̄ q̄ | w̄K̄W̄w̄b̄i K̄v̄t̄Q̄ Rj̄ āt̄i iv̄Lvi w̄b̄t̄ R̄ t̄c̄Ń̄v̄q̄ | d̄t̄j̄ ḡt̄i

cwi gY Ktg | GKBFvte elP ev kxZ kixi Rti Pmn`v Ktg _vtK | ZvB
wki iv Rj Kg Lvq | GB wclwRI wRKvj tclM`wvgtqi lci Lei`wi bv Kti Rj
Lvl qvUv wki i lci tQto t`l qvUvB evAbxq |

evPv wK weQvbuq cñte Kti?

evPv NbNb ev_i`tg tMtj ev weQvbu tFRvtj B wKWwbi Amj_ ntqtQ etj gtb
Kiteb bv | gtbvthvM AvKI`Yi Rb` AtpK mgq evPv iv wgvbtU wgtbtU ev_i`tg
hvq | Amj` ev Kvš-erPv AvPgKv weQvbu wfvRtq tdj tZ cvti | cwi evti Akwš-
l tUbktb GiKg nl qvi mtebv tefo hvq AtpK_Y | wKQy t`t`t` cñteti
AmjLi Rb` evPv weQvbu tFRvq | Kwg_vKtj l mgm`v ntZ cvti | wZb-Pvi eQi
eqtmi cil Amj` ev Kvš-Ae`vq evPv GK-Avaevi weQvbu tFRvtj Zv wbtq
wPšv-Kivi wKQytbB |

KtqKUv wbuq tgb Pj b

- tkvqtbvi `ywZb NlUv AvtM t_tK Rj ev `p Lvl qvbu eU Kitz nte |
tKvj v RvZxq cvbxq Lvl qvbu wK bq |
- cñte Kwi tq tkvl qvZ nte |
- wKQy b tLqvj Kti t`Liz nte evPv Klb weQvbu tFRvq | Zvi AvtM Dwttq
evPv tK cñte Kitz nte |
- weQvbu bv tFRvtj Zvi cksmv Kitz nte |
- msmvti Akwš-`tj tUbkb ev wbi vcEvi Afve tevtal GiKg Kti etm |
- KvDitYij s-G teuki fvM mgq mgm`v wgtU hvq | wKQy t`t`t` eo evPv t` i l l p
w` tZ nq |
- cñteti mt½ i³ cotj Pz Kti etm_vKiteb bv |

cRbbZšj

gube t`n

wKtkvi-wKtkvixt`i wbtRt`i t`n m=utK©tKSZnj _vtK| t`tni wfZti Kx AvtQ Zv wKtkvi-wKtkvixiv RvbtZ PvBtZ cvti? wbtRi t`n m=utK©RvbtZ Pvl qv fvtj v Ges GtZ j 3/4v cvl qvi wKQytbB|

bZb GKwJ wki`i cw_extZ Avmvi Rb` brix I cj`l `RtbiB c0qvRb| Mfavi Y t_tK`i`i` Kti mšvb Rb`nl qvi Rb` brix I cj`tli kixti i thme A½ RwoZ G_tj vtK GKmvt_ cRbbZšj etj |

brix I cj`l tft` cRbbZšjK `fvM fM Kiv hvq - `x ev tqtq`i cRbbZšj Ges cj`l ev tQtj t`i cRbbZšj|

tQtj t`i cRbbZšj

tQtj t`i cRbbZšj gta` KtqKwJ Ask evBti t_tK t`Lv hvq Ges KtqKwJ Ask t`tni wfZti _vtK hv evBti t_tK t`Lv hvq bv|

tQtj t`i t`tni wbtPi w`tK GKwJ Sj š-uj AvtQ, hvK AÜtKvli i _uj etj | G _uj i wfZti `fUv tMj vKvi AÜtKvI ev tUw÷m _vtK| GKwJ tQtj hLb eo nq ZLb G AÜtKvI t_tK`i`i`Zwi nq| GB`i`i`vby thšbuj tbi gra`tg tqtq`i wv`vby mvt_ wgvj Z nq aY mvo Kti | i`i`vby`Zwi i G c0qv mvi vRxb Pj tZ _vtK|

AÜtKvI i`i`vby`Zwi nevi ci i`i`vby vjx w`tq tei nq G i`i`vby exthP mvt_ wgvj Z nq| tQtj t`i t`tn Zj tctUi wbtPi w`tK`yU exh`uj AvtQ hv t_tK GKIKg im`Zwi nq| G imtKB exh`ev wmtgb (Semen) etj | tQtj iv eo nevi cti tKvbtv Kvi tY thšb DtÉRbv ntj cj`l v½ t_tK G exh`te i nq| exh`Ges c0te hv I GKB ct_ tei nq, Zte Zviv GK m½ tei nq bv|

tQtj t`i cRbbZšj GKwJ wtkI Ask ntj v cj`l v½ ev cj`l v½| c0te I thšbuj b DfqKvRb cj`l v½ e`eüZ nq| Gi AvKvi ev AvKwZ mevi GKIKg nq bv| `fvweK Ae`vq cj`l v½ big _vtK wKš tKvbtv Kvi tY DtÉRZ ntj GwJ k³ Ges eo nq hvq|

tqtq`i cRbbZšj

tqtq`i cRbbZšj gta` KtqKwJ Ask evBti t_tK t`Lv hvq Ges wKQyAsk evBti t_tK t`Lv hvq bv| thgb - tqtq`i Zj tctUi wfZti `cvtk`fUv wWtgi _uj AvtQ| GB wWtgi _uj`yU tK I fwi ev wv`vq etj | c0ZwJ tqtq hLb eo nq ZLb c0Z`K gvtm GB wWtgi _uj tZ GKwJ Kti wWg cwi c° nq|

β I fwi i gvSLvfb, Zj tctU GKw Rivqy (evPv vbx) AvtQ| G RivqfZB
gwmfKi i³ ^Zwi nq Ges GLvfbB wki eo nq| Rivqj Ictii w tK `cjk
t_tK `yU byj x`i` nq I fwi ev wVtgi _wj i KvQ wMtq tkl ntqtQ| G byj x
`yU tK wV=evnx byj x ev d`vtj wccqvb wUDe etj | cZ gvtm wVtgi _wj tZ hLb
GKw Kti wWg cwi c° nq ZLb Zv GB byj x w tQ RivqfZ Avtm|

Rivqj wbtP tqtq`i evPv nevi iv`v ev thwbc_ AvtQ| G thwbc_ Rivqj
mvt_ hy³ _vtK Ges wbtPi w tK tQvU GKwU wQ`a nq evBti Gtm tkl ntqtQ|
thwbc_t_i AfbK_tj v KvR i tqtQ| thgb - cZ gvtm gwmfKi i³ G c_ w tQ
tei nq; G ct_ thSbvj b nq Ges G ct_B GKwU wki gvtqi tcU t_tK tei
ntq Avtm|

tqtq`i t`tni wbtPi w tK thwbc_t_i gj_ Qvovl Avtiv `yU wQ`c_ AvtQ|
thwbc_t_i mvtgbi wQ`wU gfbjxi gj_, hvi gra`tg chte tewitq Avtm Ges
tcQ`bi wQ`wU cvqct_i gj_, hvi gra`tg gj Z`wM Kiv nq|

LZbv (Circumsation)

wj tzi AMfvfMi Pvgov ev ZKtK tKwU tdjvB ntjv LZbv| Guv
nvmcvZvtj wksev Wv³vfi i Oviv Kivfbv hvq| Bmjvg atgP Abmviat`i
Rb` LZbv Kivi cZ wctkl tRvi t`qv ntqtQ| Wv³wi gtZ, LZbv Kivi
dtj cj`tli thSbv½ mvejxj _vtK Ges GtZ thSbv½i cwi`vi
cwi`Qbzvl eRvq _vtK| mZivs i ayBmjvg agfj `t`i Rb`B bq mKj
atgP gvb`li Rb`B LZbv AZ`S-DcKvix|

exhevZ Ges `ct`vl

cj`tli eqtmU i ci t_tKB exhevZ Ges `ct`vl GKwU `vfweK
kixieExq Af`vtm cwiYZ nq| AwaKvsk tQtj Zvt`i eqtmU i mgq
t_tKB n`%g`fbi Oviv exhevZ Ges iwifKvjxb `ct`vli dtj
exhevZi mvt_ cwiwPZ nq I tV| AfbtKi KvQ Avevi `ct`vl
AcwZKi nq DVtZ cvti | Zte `ct`vl Ges n`%g`p eqtmU i mgq
tQtj t`i Rb` GKwU `vfweK e`vci | AfbKt`t`i tQtj t`i exhevZ
tKvfbv i μ _vtK by| AfbtK Avevi 12 ev 13 eQi eqtmI n`%g`p`i`
Kti | tKvfbv tKvfbv tQtj tUwj wfkfb thSbKg`t`tL ev cZ tekxtK
thSbKtg`wj B ntZ t`tL thSbZvi cZ AvKá nq I tV Ges iwifKvjxb
mgq GB `svZ tivgšb Kti wR nvZ `tgnb c`p`qv MhY Kti thSb Zwb
tctZ Pvq|

thwbcŧ_i mv`v mŧe

GKwU tqtq hLb 12-13 eQi eqtm tcŧŧQ, ZLb Zvi gwmŧKi iv`v_t_ŧK GK aiŧbi mv`v ev nvj Kv njŧ mŧe tei nŧZ `i i“ Kŧi | GB eqtm mŧe nI qv GKwU `ŧfweK e`vcvi | gwmŧKi i³mŧel GKwU `ŧfweK e`vcvi hv cwiYZ cŧRbbZŧŧŧj mvariY cŧuqv | mŧei cwiqvY tKvŧbv tqtqi Kg, Avevi tKvŧbv tqtqi tewk nŧZ cvŧi | `ŧfweK mŧe KLbI RgvU euav, AvVŧj v ev cvZj v nŧZ cvŧi |

Zŧe thwbcŧ_ ev RivqŧZ tKvŧbv mŧugY (BbŧdKkb) nŧj mŧei aib Ab`iKg nq | Gŧŧŧŧ cŧŧi cwiqvY tdbv tdbv cwi bi gŧZv A_ev MŪhj³ ev Mvp njŧ mŧe tei nŧZ cvŧi | AŧbK mgq Gi mvŧ_ Pj Kwib I Rjv vŧcvov _vKŧZ cvŧi | GiKg nŧj Aek`B Wv³vŧii civgk³nbŧZ nŧe | cŧRbbZŧŧŧj mŧugY (BbŧdKkb) wevfbaeKviŧY nŧq _vŧK | thgb, gwmŧKi mgq cwi`vi cwi`ObaKvico e`envi bv Kiŧj, ev`Pv nevi mgq Acwi`vi nŧZ cŧhe Kivŧj ev mwK Dcvŧq RxeYgy³ bv Kŧi wRwmcŧ e`envi Kiŧj cŧRbbZŧŧŧj mŧugY nŧZ cvŧi |

GQvov wKQy wKQy thŧbŧivM thgb: Mŧbwi qv, KvgvBwVqv, UŧBŧKvŧgwbqwm BZ`w` nŧj I cŧRbbZŧŧŧj mŧugŧbi dŧj A`ŧfweK mŧe nŧZ cvŧi |

tgb ÷ jqkb ev i tRv` k

tgtqt`i thšeb Avtm kixti bvbv Mší cwiYZ ntq ci`úi wbf® KvRKg®i`i`
nevi Rb`| gMšRi nvBšcv`vjvgvm Avi wUBUwi Mš; wKWmbi gv_vq etm
_vKv A`vWbvj Mš` Avi Rivqj `jcvk _vKv `tUv wW`vktqi cwiYZ Ae`v
cšBšZ`i`i` nq wv`š ni tgvb ev itmi ¶iY| wUBUwi t`tK tMš_ nitgvbi
¶iY`i`i` nq vq nVv tešo l`tv kixi, lB Mší FSH Avi LH GB `š ni tgvb
wMtq wW`vktqK DÍ wcz Kti `š-thšb nitgvb Bš÷tRb Avi tšRt÷ib
vbtmitY| Bš÷tRtbi cšvte e`tj hvq `b-A`i | kixi e`tj hvq tgtqwj
Mošb, thwb Avi Rivqj cwiYZ ntq l`v| A`vWbvj Mší nitgvb
A`vWvšRtbi cšvte kixti wtkl AĀtj t`Lv t`q tKkčej`| Gici Avtm
cšg tgb ÷ jqkb ev i tRv`kšbi cvjv| i tRv`kš`i`i` nq Rivqj tFziKvi
AveiYx GšUvtgUvtgi lci Bš÷tRtbi cšZwqvq| wvqvZ FZPμ`Zwi nq
GšUvtgUvtgi lci Bš÷tRb Avi tšRt÷itbi cšvte|

cšg i tRv`kš maviYZ NšU 12-13 eQi eqtm| Zte hš_ó cšó Avi `t`i`i`
šY AvRKvj Avil Kg eqtm, Ggb wK 8-9 eQi eqtm l`Lv wšZ cvti
GiKg tgtqwj `enkó`| i tRv`kšbi ci tgtqwj wtklZš_tjv Avil cšKU ntZ
_vK| gv_vq ivLš, thšeb`i`i` GiKg cwi eZš_tjv `y Kti Avtm bv, Avtm
avc avc, tek KtqK eQi mgqKvj Rš| Gi mtšZij wgvj tš ewj Kv
wKškvix ntq Avt`-Avt`-e`tj hvb vixšZ| e`tj hvq`i`aykixi bq, gbl |

vej wšZ i tRv` k

AšbK mgq 13-14 eQi eqtm l wwiqW`i`i` bv ntj tgtqt`i gvtqiv fq cvb|
G vbtq `šwšš wKQytbB| 17-18 eQi, GgbwK 20 eQi l cšg i tRv`kšbi
NUbv NšU| t`LšZ nte kvixi K cwi eZš_tjv AvmšQ wKbv| kixti me tgtqwj
cwi eZb [tgtqwj Mob, `šbi ewš, wtkl AĀtj tKkevšj` BZ`w`] Gtj l
wwiqW`i`i` bv ntj `šivm wtklšAi civgk`wbb| kixti cwi eZš tmfvte
Avtmv| t`Lv t`qwb i tRv`kš, GiKg ntj wvšš`_vKb| Atc¶lv Ki`b 18
eQi chšš 18 eQi l tKvbl tgtq FZeZš`bv ntj Aek`B wtklšAi civgk`
tbšeb|

ZjwšZ i tRv` k

`šivm kvš; GiKg mgm`v nj šncKwkvqm wDewšUš| bq t`tK evšiv eQšii
gš` AvRKvj cšg wwiqW`i`i` nevi NUbv vej bq, Glv A`švmeK tKvbl
NUbv bq| GiKg ntj wtkl `wqZš; tgtqi gv-ev AvššvmeKvi| tgtqWšK

teivstZ nte, me tqtqiB GUv nq| GiKg ~vfweK kixieExq e'vcvriK wbtq AvZt4i ev ftiqi tKvbl KviY tbB| gv fq tctj, ~fwosvq fMij tqtq Avil tenk fq cvte| tgb÷tqkb Avi wciwqtWi weAvb tRtb ejs wbtq mnR mij fvte ejsStq t`teb gv, GgbUvB nI qv evAvbxq| GtZ iRv`k8 wbtq ~Q ev`emqSZ `wof1x Mto I tV tqtqi gtb| ~v' tPZbvi Afvte eu gv GB KvRUv bv Kti Dj tU tft0 cto tqtqi mgm'v Avil evovb| AvU eQi AvfM tKvbl tqtq FZgZx ntj wPukrmtKi cimgk@btZ nte|

AwbqvgZ FZPμ

thšeb i'i eQi ,tj vtZ wciwqtWi Awbqg A~vfweK wKQy bq| nqtZv c0g iRv`k8bi ci tek KtqKgv m eU iBj FZi ev tek KtqKgv wwbqvgZ wciwqtWi ci `g Kti FZieU ntq tMj | iRv`k8bi Rb` `vqx nitgvb ,tj vi KiY cji vci ~vfweK ntZ KtqK eQi mgq jvM A tbtKiB| FZgZx nevi ci AwbqvgZ FZP tμi gj KviY nj GB| GtZ D t0tMi ev `fwosv tKvbl KviY tbB| i'aybRi ivL tZ nte tKvbl mthvMmUvbx cji "I tqtqW i tKvbl ¶wZ Ki tQ wKbv|

FZi ~fZv

tKD tKD thšebv it= eQi ,wjtZ w`tb I cwi gv tY Kg tgb÷tqktbi mgm'vq tftvM| ev`te GUv tZgb tKvbl mgm'v bq, tenki fM Kgeqmx tqtqi tejvq mgm'vUv mvguqK| ntZ cvti th GUv ~vfweK NUbv| Avevi Lp tivMv kixi, kviwii K Acj0 ev `epZv, tenk A`wbbqgv A_ev Ab` wKQy mgm'vtZ I GiKg ntZ cvti | GKUv bv GiKg ntZ _vKtj, kixi Lp tenk tivMv ntj ev mt1/2 Ab` DcmM@_vKtj ~xtivM wetkl tAi cimgk@tbl qvi `iKvi ntZ cvti | Zte gv_vq ivLp, th tKvbl eqtm wciwqW Kg ntj 0kixi e`i³ Rtg tivM0 nevi aviYv i'aynm`Ki bq, Pevš-A%ÁwbbK| wciwqtWi i³ kixi i i³ g tZvB, GtZ G tU tgvU tvtgi Sti hvI qv tKvI I Ab` wKQye` _vKtj Gi mt1/2 tKvbl `wZ c`v`ev Uv b kixi t`tK tewi tq AvfM bv|

FZi c0ej`

eqtmU tZ w`tb ev cwi gv tY wciwqW tenk nevi NUbv KLbl KLbl mwZ`Kviti mgm'v ntq t`Lv w`tZ cvti| ~xtivMweAvtb GiKg mgm'v nj 0ncDevU0 tgbv t i wRqv0| c0g iRv`k8 t`tKB GiKg ntZ cvti A_ev mgm'v i'i" ntZ cvti c0g KtqKuv FZPμ ~vfweKfvte ntq hvevi ci| tenki fM mgq nitgvbNuUZ Kvi tY wciwqtWi GiKg c0ej` t`Lv w`tj I, mgm'v ntZ cvti Ab`

kviwi K KviY| ni tgvbNWUZ KviY ej tZ tctRt÷i tbi Afrte Bt÷tRtbi
cêj t`SiVZf - hvi cfrte NtU GtUvtgUqvg t_tK AvZwi ³ i ³¶iY| GiKg
mgm`v ntZ cvti GKUvbn, tKvblw`b Kg, tKvblw`b teuk| Kgeqtm GiKg
mgm`v tqtqt`i gtb fq Avi AvZt¼i Aven `Zwi KiteB| GiKg mgm`v
GKUvbn Pj tZ _vKtj t`wi bn Kti weklÁ wPwKrmKt`i civgk`btZ nte|

ÚncDewU`tgbtvitiwRqvi wPwKrmvi cÚg K_v nj cix¶v-wbix¶vi mrvth` gj
KviYUvK aivi tPóv Kiv| Gi Rb` `iKvi ntZ cvti it³i mviY I wekl
wKQy cix¶v, Zj tctUi Avj UvtmvtbvMúnd I etKi G·ti I Ab` cix¶v-
wbix¶vi | weklÁi civgk`btZ hvevi AvtM wvúZ ntZ nte th mwZ`miz`B
wciw qW cwi gvtY teuk nt`Q wKbv| wciw qW cuP-Qúv` b ati Pj tZ _vKtj, mt½
it³i eo tWjv (Blood clot) _vKtj ev w`tb cuP-Qúvi teuk fvj gvtbi
Wwqvcvi e`envi Kitz ntj ejv hvq wciw qW cwi gvtY `fwekKi PvBtZ teuk|
Zxe³ gvIvi A`wbgqv`i ay Kg eqtm bq, th tKvbl eqtmB teuk ev GKUvbn
wciw qW KviY ntZ cvti | teuk wciw qW A`wbgqv, Avevi teuk A`wbgqvq
teuk wciw qW, GB Pj gvb PpUW Gt`tki gvnj vt`i FZtctej`i Ab`Zg GKUv
KviY| GQovvl e`wZµgx`GKUv t¶t¶ Kgeqtm GiKg mgm`vi KviY wntmte
wW`fktqi wvú` mgm`v `vqx ntZ cvti |

wPwKrmvi cÚg cte`xtivM weklÁ bb, `wqZj tqtqi gv ev AwffweKvi |
tqtqUvK fq bn cvBtq, wbtR Nveto bn wMtq I tK Avk`-Ki`b| wekítg ivLp|
ঠিকমত খাবারদাবার দিন। ডায়াপার ব্যবহার করতে দিয়ে নজর রাখুন, ব্লিডিং ঠিক
KZUv nt`Q| Zte Kx I lpa tLtZ nte Zv wK Kiteb weklÁ wPwKrmK, Avvú
bb|

e`_vRRP FZz

eqtmUvZ wciw qW`i` nevi ci FZPtµi gvtS (mviY 14 w`tb) wW`fktq
t_tK wW`fYy wbt¶c me FZPtµ cÚg w`tK nq bn| cti Bt÷tRb I
tctRt÷i tbi avivewnk ¶iY I fytj kb Avt`-Avt`-wbqvgZ ntq hvq|
I fytj kb nlqv FZPtµ wciw qW mgq tctU tKvgti cvtq GKUv Avalz
e`_vte`bn nq AtbtKiB| tKD tKD GB mgq Zxe³ hšYvq Kó cvq, AvZw¼Z
ntq cto| GiKg e`_vRRP FZz AtbK mgq ftq AvZt¼ `¶mn ntq I tV|
gvtqi Avk¶m e`_v mn` Kievi ¶gZv evto, Ktg Kó| tKD tKD nUe`vM wbtq
`tj -Ktj tR bn wMtq`itq _vtK, AetPZtb ev mtPZtb tPóv Kti Avi I
gtbvtvM cvl qvi | gtb ivLp e`_v hZB tnvK, `fweK KvRKg`eU Kij, itq
cotj Pj te bn| nUvPjv, KvRKg`PjK Ab`w`b`tjvi gtZv| Lvl qv`vl qv tnvK
`fweK| GKUv Avalz e`vqvg, tLj vajv ev mvBwks, tivR thgblv nq, Pj te
`fweKfvtē|

uc0tgb÷qvj wnt0tg

FZPtui m½ RwoZ GK ev GKwaK DcmMB uc0tgb÷qvj wnt0tg ev ucGgGm| ucwi qtWi 7-8 w`b AvtM t_tK GBme DcmM^t Lv w`tZ cvti | ucwi qW i i" ntq tMtj mnavi YZ GB DcmM^eU ntq hvq| th tKvbl eqtmB GB DcmM^t Lv w`tZ cvti | Zte mKtj i GKBi Kg j qY t` Lv t` te Zv bq| 85% tqtqB (hvt` i ucwi qW nq) ucGgGm mgm`vq Kgtmk tfvtMb| wKš' 3-8% tqtq gvT wZwi³ Kó cvq| GtK etj uc0tgb÷qvj WvBtUvwi K wRAWF ev PMDD| GB mgta cv dtj hvq, gv_v e_v Kti, me wKQtZB weiw³ Ges mmeK fvtte kvi xwi K fvtte `p` Zv AbfZ nq|

KviY

ucGgGm Gi Avmj KviY mwK fvtte Rlvb tbB| Zte kixti i wKQymKQycwi eZB t` tL KtqKwU KviY Abgyb Kiv nq| tgb÷qvj mvBKj tK `fvvM fvm Kiv hvq| c0g 14 w`b nj Bt÷tRwbK tdR| GtK etj l wFDtj kb| GB mgta l fvg %Zwi nq| w0Zxq Aa`vqtK etj tctRt÷t v b tdR ev wj DvJqvj tdR| GB mgta tctRt÷t v b gvT v te to hvq, hv kixti Rtj i Awak` NUvq| GB mgtaB ucGgGm j qI` Kiv hvq| tgb÷tqktbi wK 7-8 w`b AvtM Bt÷tRb l tctRt÷t v b nitgvb AbcvtZi cwieZB j qI` Kiv hvq| GB me nitgvbj Bgve`vj vtYi Rb`B gj Z ucGgGm mgm`vi i i" | AtbK tqtT GuU tnti wUvwi l ntZ cvti | hw` gtb nq th Avcbvi GB cKvi DcmM^t Lv w`t`Q, Zte c0Z gvtm w0qg Kti Zv tLqvj i vLp| gvT v Qw0ta tMtj Wv³vti i c i v g k`bb|

KxKti eSteb

AwaKvsk tqtT B DcmM^t tLB eStZ cviteb| Zte AtbK tqtT Avevi ucGgGm Gi DcmM^P m½ Ab` tKvbl MvBwbKj wRKvj mgm`vi DcmM^gtj thtZ cvti | hw` t` tLb th c0Z gvtmB ucwi qtWi AvtM GKB mgta GKB DcmM^ t` Lv hv`Q, Zv ntj mZR tnvb|

ucGgGm Gi kvi xwi K j qY

- ZtKi mgm`v (eb ev A`vj wR)
- Ati B cwi ktš-ntq hvl qv, Kwš-
- Zj tctU e`_v ▪ gv_v e`_v
- AvbqgZ wL t` cvl qv
- RtqfU e`_v ev tcvktZ e`_v
- `b dtj hvl qv l e`_v Abf e Kiv
- Avb`i ▪ tctUi mgm`v ▪ tKvóKwWb`
- wctV l tKvgti e`_v
- tKvbl wtkl Llevi Lvl qvi B`Qv
- l Rb te to hvl qv ▪ nvZ-cv dtj hvl qv

gvbmK I AvPiVMZ j ǞY

- wWtckb
- eK aoco Kiv
- mewKQjZB wei w³
- tj vKRtbi mt½ K_v ej v ev Mí Kivq wei w³
- gtbtvhtMi Afve
- mvgvb NUbvtZB gb Lvi vc ntq hvl qv
- Atí tZB ti tM hvl qv
- Atí B tUbk b
- LvgtLqwj cbv
- ftj hvl qv
- GKv_vKvi cEYZv

wPwKrmv

wcGgGm-Gi tKvbl wtkl wPwKrmv tbB| ^^bw`b Rxeftb wKQy cwi eZ⁸ Gtb
LwibKUl DcKvi cvl qv thtZ cvti | cAvbZ gvbmKfite ti vMxK Avk⁻Ki tZ
nte| AtbK tǞtB gvbmK Ptci Rb^o GB mg⁻-DcmM^o t⁻Lv hvq|
tgb÷tqkb GKul AZ^oš⁻vfwek kvi xi eExq c^ouqv Ges GtZ j ¾v ev wPšw
tKvbl KviY tbB| GB K_vUv me^og tevSvtbv `i Kvi | wv^o eqtm wcvl qW
nl qv m^ol⁻ vfwek| GtZ A⁻t⁻ tKvbl KviY tbB| AtbK tqtqB wcGgGm
Gi mgm^ovq tfvtMb| gv^ov Qwotq bv tMtj wPwKrmvi c^oqvRb tbB| Zte GB
mg⁻-DcmM^ohw^o Avcbvi ^^bw`b Rxeftb KvRi e^ovNvZ NUvq Zvntj B GKgv^o
wPwKrmvi `i Kvi nq| AvZwi³ mgm^ov ntj MvBibKvj wRt÷i ci vkg^obb|

thŠbtiVM Kx Ges tKb nq?

%wK wj b ev thŠbmtútkP gva`tg thme tiVM Qovq ZvtK thŠbtiVM etj | thgb- Mtbwi qv, wmwclwj m, KvgvBwWqv, nwcM, GBPAvBwf/GBWm, tncvUvBwUm we, wM Ges wW BZ`w` || Zte tKvfbv tKvfbv mgq G tiVM Ab`fvteI QovtZ cvti |

thŠbtiVM ntj kixti wewfbæAstk mspugY (BbtđKkb) ev AmL ntZ cvti | thgb -wmcclwj m I Mtbwi qv ntj thŠbvt½ Nv nq | Gi mvt_ mwgZŠi ūrcŪ, Prgov, MfRvZ wki BZ`w` I Avμvš-ntZ cvti |

Avei GBWm, tncvUvBwUm we, wM Ges wW bvtg wKQythšbewnZ tiVM AvtQ | Gme tiVM ntj thŠbvt½ AmL nq bv | wKŠ kixti Ab`vb` RvqMvq mgm`v ev j 9Y t`Lv hvq |

thŠbtiVM Kxfvte Qovq?

tenki fVM thŠbtiVM mspugZ e`w³i mvt_ thŠbwj tbi gva`tg Qovq | Zte GB tiVM, tjv thŠbwj b Qrov Ab`fvteI GKRb t_tK AvtiKRtbi gta` QovtZ cvti | thgb-

- thŠbtiVM ntqtQ Ggb gvbti i³ ev A½-cZ`½ Ab` GKRtbi kixti t`I qv ntj |
- thŠbtiVMxi e`envi Kiv mP I wmi Ä RxeYgy³ bv Kti Ab` Kviv kixti BbtRKkb t`I qv ntj |
- thŠbtiVM mspugZ Mf@Zx gvtqi KvQ t_tK Mf@vq, cñtei mgq ev e`Ki `tai gva`tg wki i gta`I GB tiVM Qovtq thtZ cvti |

GB tiVMi j 9Y

thŠbtiVM cj`I I gwjv `RtbB Avμvš-ntZ cvti | cj`ti GtiVM ntj mvaviYZ thme j 9Y ev mgm`v t`Lv hvq tm, tjv nt`Q cñtei mgq Rvj vtcvov Kiv, e`_v Kiv, cj`Iv½ t_tK cR ev cRi gtZv mte tei nl qv, cj`Iv½i Priw tK I cvqct_i Avkcvtk Nv, Pj Kwib, tdv`v, AŪtkvl tadv, Nv Ges e`_v nl qv |

GKRb gwjv G tiVM Avμvš-ntj mvaviYZ thme j 9Y t`Lv hvq tm, tjv nt`Q, thwbc t_ A`vfwek mte, thŠbwj tbi mgq e`_v Kiv, cñtei mgq Rvj vtcvov I e`_v nl qv, thŠbvt½ Nv, tdv`v cov, Rivqj gt, jvj nl qv ev dtj hvl qv Ges Zj tctU e`_v nl qv |

GBWm

GBWm Kx?

GBWm (AIDS) nt'Q - G'v'KvqW®BwgDb t'Wwcluk'qW'Y wmb'tW'g | A_® we'tk | Kvi'Y kix'ti i tivM c'Z'tiva 'lgZv K'tg hvl qvi Ae'v'tK GBWm etj |

GBWm Kxf'vte nq?

GBPAvBw'f fvBiv'mi Kvi'Y GBWm nq | GBWm Gi fvBivm tewki fvM mgq Avµvš-e'w'³ i m'v'f_ thš'bw'g j t'bi gva't'g Qovq | Z'te thš'bw'g b Qovov Ab'f'v'tel th'gb - R'xev'bg'j³ bv Kiv m'P e'envi, m'sµw'gZ i³ kix'ti M'ñ'Y I m'sµw'gZ gv t_†K w'k'i i g'ta' GBWm Gi fvBivm Qov'tZ cv'ti | Av'R ch'š-GBWm Gi t'Kv'tbv c'Z't'laK ev w'UKv Aw'e'v'vi nq'ub | Db'z t_†k Gi w'P'uk'rmv tei n'tq'tQ, Z'te G w'P'uk'rmv GBWm nevi mgq'tK wej w'p'z K'ti gv'f | Zv'Qovov G w'P'uk'rmv L'p'B e'q'e'uj | GBWm n'tj g'Z'i Ae'awi Z |

GBWm tivM t'Kb nq?

Av'g'iv Av't'MB t'R't'bw'Q, th R'xev'Yw' t'q GBWm nq Z'vi b'vg GBPAvBw'f (HIV) |

H = w'Dg'v'b (gv'b'f'li)

I = B'wgD't'bv-t'Wwcluk'qW'Y (tivM c'Z'tiva 'lgZv n'wm)

V = fvBivm (R'xev'Y)

GB fvBivm kix'ti t'Xv'Kvi ci ax'ti ax'ti kix'ti i tivM c'Z'tiva 'lgZv'tK b'ó K'ti w'†Z _v'tK | G'f'v'te b'ó n'tZ n'tZ GK mgq kix'ti i tivM c'Z'tiva Kivi 'lgZv c'†iv'cv'vi b'ó n'tq hvq | Z'Lb w'ew'f'b'et'ivM Av'g'v't_ i kix't'K Av'µ'g'Y K'ti, w'P'uk'rmv K'ti I t'Kv'tbv j'v'f nq bv | w'ew'f'b'et'iv'Mi j 'Y'Y t_†Lv t_†evi ci Av'g'iv GB kvi'w'wi K Ae'v'tK GBWm ewj |

GBWm tivM n'tZ KZ w' b j v'tM?

kix'ti GBPAvBw'f fvBivm t'Xv'Kvi ci m't'½ m't'½ t'Kv'tbv j 'Y'Y _v'tK bv ev t'Kv'tbv mgm'v t_†Lv t_†q bv | Z'te kix'ti c'Q'e't'ki c'ic'iB Av'µvš-e'w'³ t_†K w'ew'f'b'et'iv'te Av'tiKR't'bi g'ta' GB fvBivm Qov'tZ cv'ti | GBPAvBw'f fvBivm kix'ti t'Xv'Kvi ci t_†K KZ e'Qi ci GBWm n'te Z'vi t'Kv'tbv w'bw'® mgq'm'x'gv t'bB | G'Uv 3 e'Qi n'tZ cv'ti Avevi 15 e'Qi I n'tZ cv'ti w'ew'f'b'et'iv'te Ae'v'vi D'ci Zv w'bf'P K'ti | Z'te G'K'evi GBPAvBw'f fvBivm kix'ti c'Q'ek K'it'j GK mgq GBWm t_†Lv t_†teB, Gi n'v'Z t_†K i 'Y'Y t'bB |

G tivM Kxf'vte w'Y'Q Kiv hvq?

ev'B'ti t_†K K'v'tiv kix'ti GBPAvBw'f fvBivm Av't'Q w'K'bv tev'Sv hvq bv | i'ayi³ c'ix'Y'Y K'ti kix'ti GB fvBivm Av't'Q w'K'bv R'v'bv hvq |

GBWm ntj vK nq?

GBWm-Gi wv̄w̄ ̄ tKv̄tv̄ j ̄Y t̄b| GPAv̄Bw̄f̄ fv̄Biv̄m̄ kix̄tī t̄Xv̄Kvī cī Av̄t̄-Av̄t̄-kix̄tī tīv̄M̄ c̄Z̄tīvā Kivī ̄lgZv̄ b̄ō K̄tī w̄ t̄Z̄_v̄t̄K̄| GB ̄lgZv̄ hLb̄ m̄ūȲv̄tē b̄ō nt̄q̄ hv̄q̄ ZLb̄ w̄w̄f̄b̄at̄iv̄t̄Mī R̄x̄ev̄Ym̄nt̄RB̄ kix̄tīK̄ Av̄μgȲ K̄tī| t̄Lv̄ hv̄q̄ W̄v̄q̄wī qv̄, h̄z̄v̄, w̄b̄D̄t̄ḡw̄b̄q̄v̄ tīv̄t̄Mī R̄x̄ev̄Yl̄ w̄K̄Ōȳw̄et̄kl̄ aīt̄bī K̄iv̄Ȳvī kix̄tīK̄ t̄w̄k̄ Av̄μgȲ K̄tī| Z̄tē Ab̄ t̄h̄t̄Kv̄tv̄ tīv̄M̄Ī nt̄Z̄ cv̄tī| GQ̄vov̄ nV̄v̄ R̄tī kix̄tī ĪR̄b̄ L̄p̄ K̄t̄ḡ t̄h̄t̄Z̄ cv̄tī Ī kix̄tī L̄p̄ `̄p̄ nt̄q̄ t̄h̄t̄Z̄ cv̄tī| Z̄tē t̄Kv̄b̄ j ̄Y t̄Lv̄ t̄tē Z̄v̄ Av̄t̄M̄ w̄K̄ K̄tī ej̄ v̄ hv̄q̄ bv̄|

Kv̄t̄iv̄ kix̄tī GPAv̄Bw̄f̄ fv̄Biv̄m̄ Av̄t̄Q̄ w̄K̄bv̄ Z̄v̄ īayī³ cix̄̄v̄ K̄tī t̄ev̄Sv̄ hv̄q̄, ī³ cix̄̄v̄q̄ h̄w̄ GPAv̄Bw̄f̄ fv̄Biv̄m̄ cv̄l̄qv̄ hv̄q̄ Z̄v̄nt̄j̄ GBWm̄ nt̄q̄t̄Q̄ et̄j̄ w̄w̄ōZ̄ n̄l̄ qv̄ hv̄q̄|

GBWm t̄t̄K̄ ī̄v̄ cv̄l̄ qvī Dcv̄q̄

- GBWm t̄t̄K̄ w̄b̄t̄R̄t̄K̄ ev̄P̄v̄t̄Z̄ nt̄j̄ ī̄agv̄t̄ w̄ek̄-̄GKR̄t̄bī m̄v̄t̄_̄th̄S̄b̄ m̄ūK̄[©] īv̄L̄t̄Z̄ n̄tē| GUv̄ bv̄ix̄ Ī c̄j̄“l̄ Df̄t̄qī R̄b̄ c̄ōhv̄R̄”|
- h̄w̄ t̄Kv̄tv̄ GKR̄t̄bī GK̄w̄aK̄ th̄S̄b̄m̄/̄x̄_v̄t̄K̄ A_ev̄ GPAv̄Bw̄f̄/GBWm̄_v̄K̄vī m̄ūt̄ev̄_v̄t̄K̄ Z̄tē c̄Z̄ev̄ī th̄S̄b̄nḡj̄t̄bī mḡq̄ m̄w̄K̄ w̄b̄q̄t̄ḡ K̄b̄W̄ḡ ē̄envī Kīt̄Z̄ n̄tē|
- GK̄ev̄īḡv̄t̄ ē̄envī Kiv̄ hv̄q̄ Ggb̄ m̄P̄ Ī w̄w̄īǞ (w̄w̄m̄t̄cv̄t̄Rej̄ m̄P̄ Ī w̄w̄īǞ) w̄ t̄q̄ B̄b̄t̄R̄K̄kb̄ w̄b̄t̄Z̄ n̄tē|
- ī³ t̄bevī c̄ōqv̄R̄b̄ nt̄j̄ ī³ t̄b̄q̄vī Av̄t̄M̄ Ḡt̄Z̄ GBWm̄ Gī fv̄Biv̄m̄ Av̄t̄Q̄ w̄K̄bv̄ cix̄̄v̄ K̄tī w̄w̄ōZ̄ nt̄q̄ ī³ w̄b̄t̄Z̄ n̄tē|

Kx̄fv̄tē GBWm̄ Gī fv̄Biv̄m̄ Q̄ov̄q̄ bv̄

- GK̄m̄v̄t̄_̄GK̄ N̄tī em̄ev̄m̄ Kīt̄j̄ |
- GK̄ m̄v̄t̄_̄L̄vl̄ qv̄-`̄vl̄ qv̄ ev̄ t̄L̄j̄ vaj̄v̄ Kīt̄j̄ |
- GKB̄ w̄eQ̄v̄bv̄q̄ N̄gv̄t̄j̄ |
- GKB̄_v̄j̄ v̄ ev̄m̄t̄b̄ L̄vevī t̄L̄t̄j̄ |
- GKB̄_̄t̄j̄ cov̄ībv̄ Kīt̄j̄ |
- ḡkv̄ ev̄ t̄Kv̄tv̄ t̄cv̄K̄iḡv̄K̄t̄oī K̄v̄gō t̄L̄t̄j̄ |
- k̄vīw̄ī K̄_̄ú̄k̄̄t̄h̄gb̄ : n̄v̄Z̄ t̄ḡj̄ v̄t̄bv̄, t̄K̄v̄j̄ v̄K̄w̄j̄ ev̄ m̄vḡw̄RK̄ P̄z̄b̄ Kīt̄j̄ |
- n̄w̄P̄, K̄w̄k̄, _̄ȳev̄ k̄l̄m̄-c̄k̄t̄t̄mī ḡv̄āt̄ḡ|
- GKB̄ Uq̄t̄j̄ Ū ev̄ cv̄q̄L̄v̄bv̄ ev̄ ev̄_ī“ḡ ē̄envī Kīt̄j̄ |
- GK̄m̄v̄t̄_̄c̄k̄t̄ī m̄ūZ̄vī Kv̄Ūt̄j̄ |

মত`'vRvZ wki i RvUm

মত`'vRvZ wki i` i c0q Kwo t_+K cuPk kZvstki RvUm nq| GtZ fq cvteb
bv| Zte Aetnj vl Kiteb bv| gv hw` tncvUvBvUm 0e0-i K'wi qvi nb, Zte
RbfgnZvZvK tncvUvBvUm 0e0-i wUkv t` l qv Ri'wi |

Mfxi ggZvq gv Zvi cvtk itq _vKv AvZvRtK wbxvY Ki+Qb| mKvtj i
GKuPj tZ tivij Gtm ctotQ `w` b eqmx wki wU ki xti | tPvL Ljj wki wU | gv
wev`SZ ntq t` Ltj b ev`PwUi tPvtL nj t` tU Avfv| Avi l LyUtq t` Lvi ci
eStj b i ay tPvLB bq, ev`PwUi mg`-kixiB nj j ntq wMtqtQ| ftq AvZt`
w`tkniv ntq cotj b gv| মত`'vRvZ ev`Pvi RvUm? Kx nte? mvi te tZv?
wj fvi Uv Lvi vc ntq hte bv tZv? ARm`c0kq` bi Zv gvtqi gtb|

bwms tnvq, nvmcvZvtj i tgUvi wbuU wefvM ev c0wZ m`tb G GK cwi vPZ Qwe|
G wbtq wPShi wKQz tbB, tKbbv Wv`vwi cwi fvlvq GtK ej v nq wchvRI j wRKvj
RvUm| GUv LpB `fvweK| wba0i Z mgtq Rtb0Q Gi Kg 20-25 kZvsk wki i
GB wchvRI j wRKvj RvUm nq|

মত`'vRvZi eqm hLb 2 t_+K 3w` b ZLbB GB j vY t` Lv t` q| Pvi -cuPw` tbi
gta`B ev`cvi Uv `fvweK ntq hvq| Avi th me ev`Pv wba0i Z mgtqi AvtM
Rb0q A_0 w0` wPI i tWij fwi nq, Zvt` i wchvRI j wRKvj RvUm i j vY t` Lv
t` l qvi m`tebv Avi l AtbK teuk| w0` wPI i teut` i 55 t_+K 60
kZvstkiB wchvRI j wRKvj RvUm i j vY t` Lv hvq| G wbtq fq cvl qvi wKQz
tbB| ev`cvi Uv `fvweK, tKbbv মত`'vRvZi i kixi i t` i cwi gvY AtbK UvB
বেশি থাকে। একজন পূর্ণবয়স্ক মানুষের হিমোগ্লোবিন যেখানে ১০-১৪ wGM0. tmlv`tb
মত`'vRvZi i 18-20 wGM0| wj fvi wKgz KvR` i i` bv Kivq AwZwi` i` i` tft0
th wevj i` web` Zwi nq Zv kixi t_+K hvq| ZvB ev`Pvi kixi nj t` tU ntq hvq|
teuki fvm t` t` t` ev`Pv GB mgq c0wZ m`tb _vtK| Zvt` i dtUvt` i wv Kiv nq|
A_0 wekl ai tbi Avj Uv fvtqtj U i w` h` Avtj vi bxtP ivL t` RvUm Ktg
hvq| hw` tmB mpe`ta bv _vtK, wki tK big tivij i wKQvY ivLv th tZ cvti |
Zte MbMtb mh0j vtK bv ivLvB g`/j, ZvtZ wki i ZtKi mgm`v t` Lv t` l qvi
mt`/2 mt`/2 kixi i Zvcgv`vi Zvi Zg` t` Lv w` tZ cvti | A_0 Rj nq ev kixi i
Zvcgv`v Ktg th tZ cvti | ZvB dtUvt` i wci mrvh` tbi qvB fvj |

RvUm hLb mgm`v

wchvRI j wRKvj RvUm Avcbv t_+K Ktg tM t` i wKQz wKQz t` t` ev`Pvi RvUm Lp
mgm`v tWtK AvbtZ cvti | Gme mgm`v ntj wekl A` wPwKrm tKi ci v gk` bl qv
Ges m`e ntj nvmcvZvtj fvZ` Ki tZ ntZ cvti |

- ev`Pvi gj hw` mv`v nq|
- GK mBv tni l teuk mgq ati hw` RvUm t_+K hvq|

Avi I KtqKw KviY :

- gvtqi Rh d'v±i tbtMwUf Ges ev"Pvi Rh d'v±i ctRwUf ntj mt`vRvtZi RwUm ntZ cvti |
- gvtqi i³ Ôt Ô ctRwUf ntj Ges ev"Pvi ÔGÔ ev ÔeÔ ctRwUf ntj mt`vRvtZi RwUm ntZ cvti |
- tmcwmm ev tmmPwmgqv ntj I ev"Pvi i³ tftÔ wMtq RwUm nI qvi mæebv _vtK |

wPKrmv bv Kivtj wec`

ev"Pvi kixtii wej i'web hw` 15 w`tbi gta` Kgvftbv bv hvq, Zte Zvi t_tK ev"Pvi bvbvi Kg ¶wZ ntZ cvti | GB evowZ wej i'web gw`¶t, tcttQ gw`¶t i`vqx ¶wZ Kti t`q | dtj cieZi®Rxtb ev"Pvi gvbwmK weKvk e`vnZ nq | GOvov wbl tbtUj wej qwi A`wUtkqv A_¶ wekI GKwU MVbMZ T`wU i Rb` RwUm ntj 8-10 mBvtni gta` Acvti kb bv Kwi tq w`tj gvi vZK ¶wZi mæebv _vtK | G tZv tMj Rtb¶i mgq wki i RwUtmi K_v | wKs` hw` ÔgvÔ tncvUvBwUm ÔeÔ fivBivtmi K`wii qvi nb, Zvntj Rtb¶i cÔq mt½ mt½ GKwU wekI BugDtbv গ্লোবিউলিন ইঞ্জেকশন এবং হেপাটাইটিস 'বি'-i fivKumb w`tq t`lqv Ri`wi | Rtb¶i mgq cÔg tWvR t`l qvi GK gvm cti, wØZxq tWvR Ges cti i gvtm ZZxq tWvR BtÄKkb t`l qv nq | AtbK mgq ev"Pvi 6 gvm eqtmI ZZxq tWvRi fivKumbwU t`l qv nq | t`j fivZ® AvtM ev"PvtK tncvUvBwUm ÔGÔ-i wUKv w`tq wbtj fvj nq |

tncvUvBwUw-we

eZgvtb th KtqKwU tivtMi e'vcvti wetkji RbMY DwØMeZvi gta" tncvUvBwUw-we bvgK hKtZi G tivM AbZg hv it³i mspugtbi dtj ntq _vtK| evsjvt`tki RbmsLvi kZKiv 10fvM Chronic Carrier hv`i gra`tg Abt`i gvtS mspugZ nq| GKevi G RxevYyØviv Avµvš-njtj eq`d`i t¶¶t AwaKvskB my` n`q hvq, Zte kZKiv 5-10 fvM evntK (Carrier) cviYZ nq; Abw`tk tQvÆ wkiv`i tejvq kZKiv 80 Rb evntK cviYZ nq, hv AZ`S-DtØtMi KviY| Gi gta" AwaKvskB tKvbiKg mgm`vi mæLxb nqbv, Zte cØq 10-30 fvM evnK cieZxZ Chronic Hepatitis bvgK fqv nq tivtM fMttZ _vtK Ges Zvi gta" AþbtKiB vj fvi wmtiwmm l vj fvi KivYvi t`Lv t`q| cØZ ermi G tivtMi wewfbæRuUj Zvi Kvi tY KtqK j¶¶ tj vK gZieiY Kti hv`i gðeðy Òllæxwøqy s`x`y`k šiššø b`wøw`æ, A_P GKUz mZK`ntj B G tivM t`tk AþKvstKB i¶¶v cvl qv hvq|

wkiv`i G fivBim wKfvte Qovq

- Mfvte`vq hw` gvtqi it³ tncvUvBwUw-we fivBim _vtK tmt¶¶t¶¶ tWvj fivi mgq wkiv`i gta" G fivBim QovtZ cvti |
- GKB wmw`i Ä w`tq BbtRKKb w`tj A_ev mwVKfvte Rxebygyß bv Kti evRvi RvZ Kij G fivBim QovtZ cvti |
- wkiv`i hv` GKB Uzeik e`envi Kti Zte Zvt`i gta" GB fivBim QovtZ cvti |
- it³ t`tkl G fivBim QovtZ cvti (wetkl Kti _vj vtmwgqv l wntgvdvBvj hv tivMwt`i t¶¶t hv`i gvtS gvtSB it³ wbtZ nq)|

tivM cØZtva

tivM cØZtivtai t¶¶t¶¶ Hepatitis B Vaccine (HBV) Gi ht`ó fvgKv AvtQ| tmRb" evsjvt`tk eZgvtb B.wc.AvB Kg¶¶xi gta" HBV ASF,® Kiv ntqtQ| G Kg¶¶xi Avl Zvq DPT wUKvi mvt_ mvt_ G wUKvl t`qv nq| eZgvtb wetk; 70wUl tekx t`tk G cxwZ Pvj yAvtQ| Gt¶¶t¶¶ wkiv`i it³ HBSAg AvtQ wKbv Zv cte`cix¶¶v Kiv nqbv| e`qeuj ntj l G cix¶¶wU Kti tbqv fvtj v, KviY it³ G GwU¶Rb _vtktj A_w` wkiv`i hv` evnK nq tmt¶¶t¶¶ wUKv w`tj l GwUewW `Zix ntebv| Avevi tKvb wkiv`i tncvUvBwUw-we fivBivtm Avµvš-nl qvi ci my` n`q DVtj Zvi gta" GwUewW `Zix nq mZivs tmt¶¶t¶¶ Avi wUKv t` l qvi cØqvRb nq bv|

ৱকিঁত্ৰ i তপ্ৰলি মগ্ন'ব

ৱফুৱম্গ-গ Gi Afvte ৱকিঁত্ৰ i তপ্ৰলি bvbvi Kg mgn'v t' Lv t' q | thgb:

ৱeUUth ~úU - GtZ তপ্ৰলি `cvtk m'v tdbvi gZv Rtg thtZ 'i' Kti,
`ৱk'w³ e'vnZ nq|

রাতকানা বা নাইট ব্লাইন্ডনেস - ৱফুৱম্গ-গ Gi Afvte তপ্ৰলি i Wm&I তKvb
তKvtIi ~'fweK KvRKg©e'vnZ nq etj B AÜKvti t' Lvi k'w³ Ktg hvq|
e'vcvi Uv ৱKQ'lv eskMZI etU|

er'Pvivi j ৱMvZvi tctUi tMvj guj , ৱP'Kb c· , nvg, gv'um A_ev eomo tKvbl
AmjL A'bk'w' b ati fM'tj I ৱফুৱম্গ-গ Gi AfveRwbZ Kvi'tY তপ্ৰলি mgn'v
t' Lv ৱ' tZ cvti |

ৱফুৱম্গ-গ Gi Afve evovenmo ch'q t'c'Q'tj ৱকিঁত্ৰ i তপ্ৰলি A'bk eo
mgn'vI t' Lv ৱ' tZ cvti | thgb t tKiv'Uvg'vtj ৱkqv, tR'tivg'vtj ৱkqv Ges
tgw's Ad Kwb'qv ev Kwb'qv M'tj ৱM'tq AÜZ; Avm'tZ cvti | ZvB 'i' tZB mveavb
nlqv ev'Abxq| e'ev-gvtqi Am'tPZbZvi m't½ m't½ er'PwU hw' ep'x'gvb nq
Zvntj PU Kti aiv hvq th tm i'vZ ৱK'gZ t' L'tZ cvt'Q bv|

i'vZKvbv tivM G'kevi ntj Zv Avi mvi'v'bv hvq bv - GB avi Yv c'tiv'c'vi fj |
h_vmg'tq aiv co'tj ৱbw'® mg'tqi e'ear'tb I ৱbw'® gv'v'q gv'stmi ৱfZi
ৱফুৱম্গ-গ Bbt'RKkb t' l'qvi m't½ m't½, c'Q'vR'tb K'W'ij f'vi At'qj K'vc'mj I
ৱফুৱম্গ-গ mg'x L'evi ch'f'ß c'wi gv'tY t'Ltj i'vZKvbv tivM c'tiv'c'vi mvi'v'bv
hvq| ৱK GKB K_v c'Q'vR' ৱফুৱম্গ-গ Gi AfveRwbZ Kvi'tY Ab'vb' তপ্ৰলি
Am'tLi t'q't'Î I | tgv'Uvg'U 5-6 eQi eqm ch'ß-t'p'v'Li ep'x nq| ZvB GB eqm
ch'ß-ch'f'ß c'wi gv'tY ৱফুৱম্গ-গ mg'x L'evi t' l'qv Avek'K|

hw' I Avg't' i t' t'k GLbl t'mfvte c'P'ij Z nq'wb, ৱK'S' mgn'v t'nvK ev bv t'nvK
er'Pvi 4-5 eQi eq'tmi g'ta' A'SZ G'kevi P'q't'i vM ৱe'tk'l't'Ái Kvt'Q ৱbt'q ৱM'tq
t'p'vL cix'q'v Kiv'tbv D'w'PZ| G'tZ তপ্ৰলি তKvbl iKg Î'wU _vK'tj ev vision
error _vK'tj Zv PU Kti aiv c'tol h_vh_ ৱP'w'Krmvq Zv m'wi'tq t'Z'j v hvq|
ৱba'w'i Z mg'tqi ৱKQ'lv Av'tM ৱk'i f'wg'ô ntj Zvi তপ্ৰলি ৱKQy mgn'v _vK'tZ
cvti | G't'q't'Î t'p'vL t' Lv'tbv Aek' KZ'® |

Avg't' i t' t'k A'bk g'v'v' B ôi s Kvb'0 ev colour Blind| A'bk t'q't'Î B G'wU
Rb'w'Z| Ishihara Colour vision Test Kti tivM ৱbY'® Kiv nq| c'Q'vR'tb
AZ'š-D'b'Z c'w'p'³ i t'ú'kvj UvBc KbU'v± t'j Y e'envi Kti mgn'vi mg'v'v'b
m'®| Z'te hvB t'nvK bv t'Kb ৱbt'ri B't'Q'gZ W'c' t'p'v'Li t' t'eb bv| ৱP'w'Krm't'Ki
civgk'®g'tb Avcbvi ৱki i t'k'ö B'w'`q i'q'v Ki'v'b|

wiki U'viv tPvLI fvjv nq

AḥK wiki RbMZfvte U'viv ntq Rbḥ"Q| Avevi tKD tKD GKUzeo nI qvi ci G mgm'vq Avpūš-nt"Q| AḥK cwi evi B fvte, wiki U'viv ntj Zv nt"Q tmšfvM'i j ḤY, AḥK GḥK etj Ūj ʔx U'vivŌ| AḥK i avi Yv, tPvLi U'vivRūbZ mgm'wU fvjv nq bv|

Zte wiki PḤyētkl Át' i gḥZ, cŌ_ugK chḥq Ges h_vh_ wPwKrmḥKi ki Yvcbē ntj G mgm'v t_ḥK gḥ³ cvl qv mēē| wkywētkl ÁMY etj b, RbMZfvte wiki U'viv ntj `Ḑ eQi eqtmi gḥ" Aḥ'ycPvi Kiv nq, RbMZ bv ntj AḥK i tejvq Pkgv w'ḥq w'ḥj B fvjv ntq hvq| Zte AwffveKt' i gḥb ivLḥZ nte Aḥ'ycPvi KiḥZ ntj Zv AvMfvM Kiḥj B fvjv dj v dj cvl qv hvte|

wiki tPvLi hZē

AZ'wK covḥkvbi Pvc, GKUvbv wJwf t' Lv, Kw'úDUvi ev wfvwI tMḥgi w'ḥbi w'wK GK'ḥó ZwKḥq _vKv AvRḥKi wiki t' i i'wūb ntq tMḥQ| GKUzmḥPZbv Ges hZēAvcbvi mšḥbi tPvL `ḥUvḥK mj wḥZ ivLḥe eŪw' b|

cŌ_ugK hZē

- er'Pvi 3 eQi eqm t_ḥK eQi GKevi AvB tPK-Avc Aek'B Kivḥeb| wētkl Z ever-gḥtqi tPvLi cvl qvi hw' nvB nq|
- w'ḥb 3 t_ḥK 4 evi VŪv Rj w'ḥq tPvL cwi'vi KiḥZ ejḥ| Lḥ tŌvU er'Pvḥ' i tḥḥ' t' w'j vBRW KUb ej cwbḥZ wfvRḥq tPvL gḥQḥq w' b|
- tŌvUtejv t_ḥK tPvLi hZēbḥZ tkLvb| thgb : Kw'š-j wḥj VŪv Rj w'ḥq tPvL aḥq t dj v, GKUvbv Kw'úDUvḥi tMg bv tLj v, Lḥ KvQ t_ḥK eB bv cov BZ'w' |
- চড়া রোদ থেকে চোখ বাঁচাবার জন্য চওড়া টুপি আর বাহারি মজাদার সানগ্লাস wKḥb w' b|
- wJwf t' Lv Ges tMgm tLj vi mgq tetḥa w' b|
- i'ḥq i'ḥq ev MmwḥZ eB cotḥZ t'ḥeb bv, GḥZ tPvLi ḥwZ nq|
- বাচ্চা যদি চোখে কম দেখে বা মাথাব্যথা নিয়ে কমপ্লেন করে, অবিলম্বে ডা'vi t' Lvb|
- Wv'vḥi i mḥ' ci v gk'bv Kḥi tKvbI aiḥbi AvBw'c ev I lḥ Avcbvi mšḥbi tPvL cḥqwm Kiḥeb bv|

hvi v Pkgv cḥi

- cŌZ 6 gvm Ašḥ AvB tPK-Avc Kivb hvḥZ cvl qvḥi i Zvi Zg' ntj mḥ' mḥ' RvbḥZ cḥi b|

- er'PrfK cO>` gZ Pkgvi tdg evQfZ w`b, Zvntj tm Pkgv wbcqgZ cte|
- wbcqgZ Pkgv cti _vKvi e'vcvti w`z _vKb| AfbK mgqB AwbcqgZ Pkgv civi Kvi fb tPrfLi cvl qvi teto hvq|
- AwbcqgZ Pkgv civi Af'vm _vKtj `fj Kvm wUPvi tKI Rmbtq ivLp, hvfZ Dvbl bRi ivLtz cvtib|
- 2 t_tK 3 tRvov Pkgv `Zwi Kwitq ivLp KviY tQvUvQvU Kti tLjvi mgq Pkgv tft0 hvl qv LpB `tfvmeK|
- thme er'Pr tLj vatjj v Kti ev mviZvi Kvfu, Ww`vti i m½ civgk@Kti KE`v± tj Y e`envi Kitz w`tz cvtib|

KE`v± tj Y

- Ww`vi bv ej tj tQvU er'Prf`i KE`v± tj Y bv t`l qvB fij, KviY wbcqgZ hZtftbl qvi Sw° AvtQ|
- wJb GRvit`i tPrfL tenk cvl qvi _vKtj KE`v± tj Y e`envi Kitz cvti|
- KE`v± tj Y cwi `vi ivLv, civ ev Lfj ivLvi wbcg Ww`vti i KvQ t_tK fij Kti tRtb tbl qv LpB Ri`wi | Zvi t_tKI tenk Ri`wi tmB wbcg,tj v tgbt Pjv| tPrfLi nBwRtbi Rb` Guv LpB `i`Zcbφ
- GKUv wba`ni Z mgtqi ci KE`v± tj Y e`j Kitz nte| GK tj Y tenkw`b cti _vKv tPrfLi Rb` ¶wZKi |
- mwb Kiv ev Ngv`tbi mgq KE`v± tj Y civ ¶wZKi |
- AfbK mgq wJbGRvi iv KujviW KE`v± tj Y e`j ve`uj Kti cti | Guv LpB A`v`Ki | KE`v± tj Y t_tK mspugY Qvotq gvi vZK AvKvi aviY Kitz cvti |

KLb Ww`vi t` Lvteb

- hLb gtb nte - er'Pr evi evi tnvPU tLiq cto hvf"Q|
- cov ev AvKvRvKvi mgq gbmsthvM Kitz Amjeav nt"Q|
- `fi i wRvbm t` Lvi mgq Mj v evotq t` LtZ nt"Q|
- Lp KvQ t_tK eB ev Leti i KvmR cotQ|
- tPvL tQvU Kti ev Lp KvQ t_tK wUwF t` LtQ|

KbRvslUfvBulm

KbRvslUfvBulm uk

KbRvslUfvBulm AwZ mvaviY GK tPvtLi AmtL, hv LpeB mspvgK | GwU GZUvB mspvgK th, cwi evtii GKRtbi tPvtL Gi AvpugY ntj Zv iaytmB cwi evtii Abti iB bq, Zvi tji mncvxti tPvtLi Qwo tq cotZ cvti | KbRvslUfvBulm mvaviYZ GKU: eot i tjt tUv tPvtLB mtg mspvgZ nq | Zte wki t i tjt t Lv hvq, Zvi GKwU tPvtLB GtZ temk Avpvs-nq | Gi Kvi tY tPvtL mgk jvj ntq hvq, tPvtLi cvZv dtj tV, tPvtL w tq Nb Nb Rj cto, tPvtL wcpwU RgtZ i i Kti |

ti vMi KviY

- thLvfb GKwaK gvbl GKB tZvqtj ev MvgQv e'envi Kti vKb, tmLvfb GKB tZvqtj ev MvgQv e'envtii Kvi tY GB mspugY tPvtL Qwo tq cotZ cvti |
- thLvfb mtbi tjt mvevb, k'vuyev Rtj i Afve t Lv t q, tmLvfb Acwi "Qbzvi Kvi tY, GKwaK tjtKi mnvevbl GB mspugY tPvtL Qwo tq cotZ cvti |
- cwi evtii tKvbl m'tm'i ev tji tKvbl mncvxi KbRvslUfvBulm ntj, Zvi t_KI ev'Pvi tPvtL GB mspugY t Lv w tZ cvti |

KiYxq

- ev'Pvi tPvtL cwi vi Rj w tq wbgvgZ atq t teb |
- tPvtL cwi vi Kivi Rtbi cwi vi Kivco e'envi Kiteb |
- wbgg Kti tPvtL Rtg vKv wcpwU-gqj v cwi vi Kti t teb |
- cwi vi Kivi tjt Kvttoi UKtiv GKevtii temk tPvtL e'envi Kiteb bv |
- cwi vi Rtj Kivco wfvRtq, tmB Kivco wki i tPvtLi gvSLvb w tq tUtb evBti i w tK wbtq Avmteb |
- w tb ASZ 3-4 evi ev'Pvi tPvtL cwi vi Kiteb |
- KbRvslUfvBulm Lpe Zxe^a bv ntj, Wv³vtii civgk^qtPvtL w tb 3-4 evi tKvbl gj g j wvtZ cvti b |
- tPvtLi cvZv dtj vKtj, tKvbl c'w ev e'vtUR w tq tPvtL tetta i vLteb bv | GtZ tPvtLi wfZti Rtg vKv wcpwU gqj v evBti temtq Avmvq mgm'v nte | hv tPvtLi ctj tZKvi K ntq DVtZ cvti |
- ev'Pv hvZ GB mgq tiv bv tei nq, tm w tK bRi t teb |
- ইচ্ছে করলে বাচ্চাকে সানগ্লাস ব্যবহার করতে দিতে পারেন ।
- Atbi e'envi Kiv tZvqtj ev MvgQv GB mgtq GtKevtB e'envi Kiteb bv |
- temkw b ati tPvtLi cvZv dtj vKtj, tPvtLi hSyv bv Kgtj, AwZ Aek^B Wv³vtii civgk^qbteb |

‘vZi hZæAvqf` i KiYq

my`i gŕLi Rq meŕ | my`i nwm tK bv Pqv | GKwU feb weRqx nwm w`ŕq
AŕbK AmæŕtK mæŕ Kiv hvq | Avi GB wbgŕ nwmUvŕtK mevŕ my`i Kivi Rb`
Aek`B Pvb SKSŕtK wblŕZ my`i `wZ | ZvOvov gŕ nj kixŕii cŕekŕvi |
myZivs my`i kixŕii Rb` Aek`B cŕekŕvi Z_v gŕMnŕiŕtK mjvŕŕZ ivLv
cŕqvRb |

wkif`i `vZi mjŕŕv

- `vZi MVb`ii` nq wkif`i Rŕbŕi | AvŕM t_ŕK | mjZivs MfæZx gŕŕŕ`i
cŕqvRbxq cŕŕ | K`vj wmqvg mŕMwZ wkif`i `vZi mnvqK |
- wkif`i Rŕbŕi ci t_ŕK cŕZevi Lvŕ qvi ci `vZi gmo big cwi`vi Kivco ev
Zjv w`ŕq cwi`vi Kŕi w`ŕZ nŕe |
- wkif`i Rŕbŕi 6 t_ŕK 8 gŕŕmi gŕŕ` hLb `ŕ `wZ DVi`ii` nq ZLb t_ŕK
GKwU big ev`Pvŕ`i evk tŕwivBW mgx Uz_ŕcŕ w`ŕq mKŕŕj | ivŕ evk
KivŕZ nŕe |
- ev`Pvŕ`i Ngŕevi mgq wŕWŕi`i `ŕ ev wPvb mgx tKvb cvbxq t`qv DŕPZ bq |
hw` wŕZvŕŕ` ŕZB nq Zŕe`i ayVvŕv we`x cvbxq t`qv thŕZ cvŕi |
- wkif`i cŕg `wZ DVi mgq gmoŕZ ev_v nŕZ cvŕi | Zv t_ŕK wkif`i
ev`Pvŕ`i gmoŕZ Avŕ`-Avŕ`-ŕgŕmR Kiv thŕZ cvŕi |
- `ŕ `wZ cŕŕ `ŕqx `wZ DVi mgq wkif`i `vZi MVb mŕWK ivLv Rb`
ev`Pvŕ`i Avŕj Pŕv eŭ KivŕZ nŕe |
- 6-12 ermi chŕ-hLb wŕk`vZ`vŕK ZLb `ŕ `vZ MZ`nŕj mŕŕ_ mŕŕ_ Zv
wŕŕj s Kŕi wŕŕZ nŕe | Kiv Y `ŕ `wZ covi mgq chŕ-iŕŕv KivŕZ cvŕj
`ŕqx `wZ DVi Rb` cŕqvRbxq RvqMv cvŕe |
- wkif`i Rŕbŕi 8-12 gvm eqm t_ŕK wŕqvgZ `vZi Wwŕŕi`i civgk`ŕbqv
DŕPZ |
- gmo | `vZi kŕ MVŕbi Rb` wkif`i cŕqvRbxq cŕŕ, K`vj wmqvg | tŕwivBW
mgx Uz_ŕcŕ w`ŕZ nŕe |
- 6-12 ermi chŕ-hLb `ŕqx `wZ`ŕj v DŕV ZLb tLqj ivLŕZ nŕe `wZ`ŕj v
cŕqvRbxq RvqMv cvŕ`Q wK bv, bv tŕŕj `vZi Wwŕŕi`i civgk`ŕbŕZ nŕe |

`ŕqx `vZi hZæ

`ŕqx `vZŕtK mjŕŕvi Rb` wbgŕj wLZ wZbŕw ŕŕi hZæbŕZ nŕe -

- ডেন্টাল প্লাক থেকে মু`vKv
- tKj Kj vm ev gmo i cv_i t_ŕK gŕŕ`vKv
- `ŕŕ t_ŕK gŕŕ`vKv

ডেন্টাল প্লাক থেকে মুক্ত _vKv

ডেন্টাল প্লাক হল দাঁতের ফাকে জমে থাকা খাদ্য কণা বা মিহি শর্করার িঁ হব `vZ গর্ত সৃষ্টি করে দাঁতকে নষ্ট করে দেয়। দাঁতের উপরের ময়লা বা প্লাক থেকে রক্ষা tctZ ntj mWVK wbtqg tQvU gv_vl gvSvix big eik w`tq gmo t_#K `vZi w`#K eik Kitz nte cZevi Lvefii ci | Avi `vZi dv#Ki gqv v cwi `vfi i Rb` tWvUvj dm I U_wcK e`envi Kitz nte| gtb ivLtz nte i`ayeik Kitz 35% `vZi Ask Acwi `vi itq hvq|

tKj Kj um ev gwoi cv_i t_#K g# _vKv

gwo#Z gqv v Rtg Kvj utg Zv k³ ntq `vZ#K gmo t_#K Avj Mv Kti t`q dtj AKvtj `vZ cto hvq| G Ae`v t_#K g# tctZ wbtqgZ eik Kiv Qovl eQti Kgct#| GKevi `vZ t`vj s Kiv#bv DvPZ|

`M# t_#K g# _vKv

85% g#Li `M#i KviY `vZi mgm`v hv wbtqgZ e#ks, dms I fij g#bi gvD_l qvk w`tq Kvj Kivi gra`tg `j Kiv m#e| m#e#wi cZ 6 gvm A#i `vZi Wv³vfi KvtQ wMtq tWvUvj tPKAvtci gra`tg e`qeuj i`UK`bvj wPwKrmv t_#K ev#v m#e|

g#Li th tKvb #Z ev avitjv `vZ A#bKw`b _vKtj Zv K`vYvfi ifc wbtZ cvti | wbtqgZ `vZi cwi Ph#Ki "b my`gt`v`" i #v Ki "b|

DPwbPz`vZ t_#K i #v tctZ wki Ae`vq KiYxq

wki# i g#L 6-12 ermi ch#-wgk`vZ _v#K| GB mgq t_#KB tKvb tKvb ev`Pvi `vZ DPz-wbPz nI qv`ii" nq| Avgv# i fj aviyvi KvitY Avgiv 12-13 ermi eqm ch#-A#v #v Kwi DPz-wbPz `vZi wPwKrmvi Rb`|

A_P GKUz m#PZbZv DPz-wbPz `vZ tmvRv Kivi gZ e`qeuj wPwKrmv t_#K A#bK t#t# Avgv# i i #v Kitz cvti |

`vZ AmvgAm` nI qvi KviY`tj vi gta` Ab`Zg nj --

- ev`Pv# i Av#j tPvIv|
- Amgtq `#ai `vZ tdtj t`qv|
- `vZi m#BR I tPvqvtj i mv#Ri gta` AmvgAm`|

ev"Prf`i Av½j tPvvi dtj Dctii tPvqvj DPzn̄tq hvq dtj Dctii `uZ DPzI
dvKv dvKv n̄tq hvq| Aḡb̄tK gḡb Kḡib eqm n̄tj Av½j tPvIv Ggub̄tZB eÜ
n̄tq hv̄te, wKŠ'ZZw̄ tb hv ¶uZ nI qvi n̄tq hvq|

GB wk̄i Ae`v̄tZB Av½j tPvIv eÜ Kiv̄tZ n̄te| Av½j tPvIv hw̄ t̄bkvi gZ
n̄tq যায় তবে একটা এ প্লায়েস মুখে ব্যবহার করতে হবে যাতে আব্দুল মাড়ির নাগাল
bv cvq|

Aḡb̄tK gḡb Kḡib `ḡai `uZ bó n̄tj tdtj w̄ t̄j B n̄te, wKŠ' Amḡtq `ḡai `uZ
tdtj w̄ t̄j cv̄t̄ki `uZ m̄ti Ḡtm dv̄Kv RvqMv `Lj Kḡi t̄bq, dtj `v̄qx `uZ
evKv n̄tq hvq|

m̄Zivs `ḡ `uZ MZḡI qvi m̄v̄t_ m̄v̄t_ Zv̄tK i ¶v Kivi wPwKrmv KiḡZ n̄te|

hw̄ `uZ tdtj B w̄ t̄Z nq ev Amḡtq c̄to hvq Zvn̄tj Wv³v̄ti i gvaḡg GKwJ
GKivBw̄j ḡKi `Zix Space Maintainer e`envi KiḡZ n̄te|

Gfv̄teB GKUz m̄tPZbZvi gvaḡg Avgiv Avgv̄t`i ev"Prf`i m̄y`i nwm̄tK i ¶v
KiḡZ cwi I e`qeūj A_w̄bw̄JK wPwKrmv t_ḡK evP̄tZ cwi |

er'Pv vK nu Kti _vK?

AtbK er'Pv i'ayNgš-bq, RvMž Ae`vZi nu Kti _vK | GwU kvi xvi K T`wi B emtcKvk | Avgv` i bvtKi wQtb Zvj Dcti w`tk A`wWbtqW Mš' AvtQ | Rtbfi mgq t`tkB Avgv` i kixti GB Mš'U _vKtj l eqm evovi m½ m½ (12-14 eQti i) cŃq mKtj iB GB Mš' wbiŃy nŃq hvq | wKš' wQy wQy er'Pvi t`tt A`wWbtqW Mš' LpB eo _vK | tQvUtej vq tevSv bv tMtj l eqm evovi m½ m½ wKQyDcmMŃ' t` Kiv hvq |

Avgiv bvk w`tq klm-clkm tbl qvi ci Mjvi wFZi w`tq wMtg klymbwj nŃq dmdm tcŃvq | KvtrB bvtKi wQtb A`wWbtqW Mš'U eo _vKtj tUtb tbl qv nvl qvUv tmLvtb av`v tLŃq wcti Avtm | A_P mevi kixtiB GKUv wbi` Ń cwi gvY Aw trB PrB-B | tmB cŃqvRb tgUvZ gUv ZLb `fweKfvt LŃj hvq |

th me er'Pvi GB A`wWbtqW Mš' MŃMvj AvtQ, Zvi v'ayNgš-Ae`vZB bq, RvMž Ae`vZi Gfvte klm wbtZ _vK |

Gi dj

Avgv` i bvk nŃ'Q kŃmi cŃg hšj tmB hšjU hw` KvR bv Kti Zvntj evi evi Mjvi msµgY nŃZ _vK | gŃLi wFZi w`tq evZm wbtZ Zvj l Vv bvgvq er'Pvi cvZjv Zvjyaxti axti abŃKi Avkvi tbq | GŃK eŃle 'হাই এরিনিয়া গ্রেট'। এর dtj `vZi cwU mgvb _vK bv | Dcti gwmo GKUv GwMtg Avtm | hvi Rb` `vZi Mob nq Getov tLetov |

Kx Kiteb

tKvbl er'Pv hw` AKviŃY nu Kti _vK Zvntj hZ ZvovZvmo mæe wŃklA Ww³vi t`wLŃq A`wWbtqW Mš' GKUv G` -ti Kivbv cŃqvRb | hw` G` -ti Kivi ci t`Lv hvq kŃmi iv`wŃklfvte Aei`x, Zvntj A`wWbtqW AcvŃkb KivbvB tktj | KLbl KLbl eo A`wWbtqW m½ Ubimj l Lp eo AvKvŃi i _vK | Gi Kg nŃj er'Pv tkvevi ci Zvi bvk Mjv `w`tkB AvtK hvq; dtj Zv`i klymKó, Uvbi gŃZv nq ev bvk WkŃZ _vK | G aiŃbi mgm`vq AtbKmgq A`wWbtqW l Ubimj `ŃUvB AcvŃkb KiŃZ nŃZ cvŃi | A`wWbtqW Mš' msµgY t`tk KvŃbl BbŃdKkb Qovq | KvŃb Rj RŃg | AtbK er'Pv cŃqB KvŃbi e`vq tfvM | AtbK mgq gvBtµvmvRwŃi mrvvth` KvŃbi c`Ń dtUv Kti lB Rgv Rj evi Kti w`tZ nq | Avevi wKQy wKQy t`tt ga`KvŃYi msµgY fqvbk nŃq c`Ń dtUv Kti t`q Ges KvŃ t`tk cvŃ tei nŃZ _vK | ZvB cŃg Ae`vZB wPwKrmŃKi civgk`tbl qv Ri`wi |

iki i Pgim

Bgtim

Bnv Zki Dcw fM t÷dvBtj vK°vm RxebyØvi vmsMwZ msµgb RwbZ tdv~v RvZxq tivM| tdv~vi Dcw fM Lp cvZjv _vK, hv Aí mgtq tdtU hvq| dtj Lp Nb njÿ cwb tei nIqvi cti Prgovq tj tM _vK| maviYZ evPv` i G tivMi cKvc tenk t`Lv hvq| Gi ms`útkGtj Ab`i Qovq| Gi mv_ cuPov RvZxq tivM ntj Pj Kwbi mv_ mv_ kixii GK `vb t_K Ab`_vb Qovq| mgq mgq Bnv Zki Mfxi cKek Kti| Bnv iKvZ mgq tbq AtbK mgq Prgovq `vqx`vM cto| mgqgZ wPwKrmv Kiti Gi t_K gw³ cvl qv hvq|

wislqvge`v`

Bnv Zki Dcw fM msµgY Kti, maviYZ Pj, bL, I Zk Avµš-nq| Zk Avµš-nq tMvjvKvi nq hv Pwiw`K Qnotq g`vc Gi gZ AvKvi avib Kti Zte gvSLv`b wKQy RvqMv cwi`vi _vK| hvi dtj GUv wis Gi gZ t`Lvq| GRb` Gi bvg ntqQ wislqvge` kixii thKv`bv`vb Gi AvµgY NUtZ cvti| Zte t`Lv tMto, maviYZ Zj tCU, tCU, tKvgi, wBZ^wcv, gv_v, KPWK BZ`w` vb tenk Avµš-nq| AvµgtYi vb j`Kti GtK `vbwfEK wewfbæ bvtg bvgKiY Kiv ntqQ| tivM`xN`vqyntj e`vKtUwi qv RxebyØvi vmsµgZ ntq cR RgtZ cvti|

gvvi`v`

G tivM evPv` i A` eqtmUj cteLp tekx cvl qv hvq| tivMi cUwgK j`Y nj gvvi` z`z`vb Pj cto hvq Gi mv_ wKQyPj fvzv _vK Ges Pti mavi b D¾j Zv _vK bv| gvvi` ZK Lp Avl tU I jvj tP t`Lvq| Gi Kg DcmM`Lv w`tj mZi Pgim wtkl`Ái civgk`bb|

jvbm evDKb

gv_vq DKtbi msµgY mviv wtk|mKj gvbtli gta` t`Lv hvq maviYZ 4-11 eQtii iki i t`t` G msµgtbi cFve tenk _vK| Rxeš-DKtbi Dcw`wZ G tivM wBYqi c`vb Dcvq|

Mgkvj Pgim

Migkvj th KÚU Pgim metPtq tenk t`Lv hvq, Zvi gta` NvgwPi ciB QÍvKRwbZ Pgim Ab`Zg| Migkvj GB tivMw tenk nq| KviY Migkvj tenk Nvg nq Ges kixi tFRv _vK| Nvg Ges tFRv kixiB ntjv QÍvK Rb`bvi DeP t`t`| Zte hviv GqviKj vi e`envi Ktib Zv`i Nvg nq bv|

tiVMUJ Zv`i t`fT Kg| hviv cwi`vi -cwi`Obzv m`uK`ZZUv mRvM bb, GB
tiVMUJ Zv`i tenk nZ t`Lv hvq|

Avgt`i t`tk AšZ 70-80 nRvi tj vK cOZ eQi G tivM Avmš-nq _vK|
tiVMUJ t`fT GKU nZvki w`KI AvtQ| G tivMUJ w`PmKrmv t`qv ntj Lp
mntRB fvjv nq hvq, w`Kš`w`KQyv b thZ bv thZB c`pivq t`Lv t`q| Avevi
tenki fVM t`fT GKUz fvjv nLqv gvTB tivMx l lpa Lvlqv eU Kti t`b|
Avevi hviv w`KgtZv l lpa e`envi Ktib, w`Kš`Zv`i e`euZ Kvco-tPvco t`tk
c`pivq O`vK t`tn c`lek Kti Ges tm KvityB GB tivMU w`KQy`tbi gta`
Avevi t`Lv w`tq _vK|

O`vKRvBZ thme Pg`fivM Avgt`i t`tk t`Lv hvq tm,tj vK gj Z w`ZbvU fvM
fvM Kiv thZ cvti| thgb - `v`, Qvj l K`vbw`w`qvm| GB w`Zb ai`tbi
O`vK c`Rvzi mevB gj Z Z`Ki evBti Ask`K Avmgy Kti Ges tmB Avmgy
mivZ`mtZ, t`vsv, Ng`b t`tn metP`q tenk nZ t`Lv hvq| `v` m`uK`
BwZc`e`Avtj vPbv Kiv nq`tQ| evKx tivM,tjv m`uK`w`KQy`v avi Yv t`qv ntj v|

w`vbqv fviwKj vi ev Qvj

GwU GKU Q`vKRvBZ tivM| MigKvtj G tivM tivMx tenk Avmš-nq,
kxZKvtj Avevi Gmb`ZB thb w`gij t`q hvq| Mig Gtj Mv`qi Pvgov w`f`R _vK,
ZLbB Avevi t`Lv t`q| nvj Kv, ev`wv, mv`v t`Mj vKwZ `vM t`Lv hvq e`K,
Mjvi `B cvtk, Nvtoi t`cQ`b, w`ctV, eM`tj i w`b`P| GgbwK mviv kixti l nZ
cvti| GtZ Z`K t`L`Z mv`v nq| ZvB A`b`KB Avevi GtK tkZx fvetZ `i`
Ktib| w`Kš`c`KZc`f`l tkZxi mv`_ Gi t`Kv`bv m`uK`q`bB|

K`vbw`w`qvm

GwU GKU Q`vKRvBZ Pg`fivM| hv`i kixti tivM cOZ`tiva f`lgZv Kg, thgb
w`ki, ex w`Ksev tivMv`mš`- Wvq`teUtm Avmš, `xN`b a`ti hviv t`-it`qW-
RvZxq l lpa e`envi K`i`Qb w`Ksev hv`i Z`Ki LvR cvb`Z A`ev Nv`g me
mgq t`fRv _vK Zv`iB GB tivMU tenk nq| hviv me mgq cvb b`rovP`v
Ktib, Zv`i AvO`tj i d`vK, nvtZi f`vR, w`ki`i w`Rn`vq, g`nj v`i thv`xct`
Ges Mf`Zx g`nj viv GtZ tenk Avmš-nq _vKb| GtZ Z`Ki Avmš-`vb
GKUzj vj `P ai`tbi t`Lv hvq Ges mv`_ c`P`U Pj Kvb _vK|

t`nem ev L`Rij -cvPov tivM

th R`xvYw`tq G tivMU nq, Zvi bvg mviK`vUtm t`-eqvB| G tivMU gvbj
t`tk gvbj l i t`tn Qovq| Ab` t`Kv`bv c`Yxi gva`tg G tivM QovZ cvti bv|
A`_R hviv NbemwZcY`Nti GKt` emevm Kti thgb - `g, t`nv`-j, gv`m,

GwZgLvbn, ew-Gj vKv| Avevi hviv Acwi "ObaRxebhvcb Kti Zvt` i B G tivMwU
tenk nq| ZvB etj i ayth Acwi "Oba_vKtj G tivM G tivM tenk nq, GUv wKŠ
tgrtUB wK bq| GK weQvbnq Ngyvtj wKsev e`envi KZ Kvc0 Ab` tKD e`envi
Kitj Lp mntrB G tivMwU ntZ cvti | Kvi Y, G RxeYyU e`euZ Kvc0i gta`
2 w` b chŠ-tenP_vKtZ cvti | th tKvb eqtmi tj vKB G tivM Avµvš-ntZ
cvti | Zte wki Avi wKtkvi-wKtkvi xivB G tivM Mi wKkvi tenk ntq_vtK |

cŰg tQvvi ctiB tivM cKvk cvq bv| AŠZtctŰ 1 gvm ci Pj Kwib i i" nq |
Kvib mite Gi cŰZ mste`bkxj ntZ GB mgq hv cŰqvRb| GB
mste`bkxj Zvi Rb` kixti AvµvšKvi qv ev GKwRgv t`Lv w`tZ cvti | Gi dtj
tivM wbyŰq Ampeav ntZ cvti | tivMwU Dctiv³ RvUj Zv AfbKw`b chŠ-
_vKtZ cvti, GgbwK tkl cvivmvBUwU gviv hvI qvi ci KtqK gvm chŠ+ GB
tivMwU GZUvB tQvvtP th, cwi evti i mKj m`m`B Avµvš-ntZ cvti |

metPtq cŰvb th DcmM⁶ G tivM i tŰtŰ t`Lv hvq, tmwU ntjv Pj Kwib Ges
ivtZi tejvqB Awak Pj Kvq| t`web bvgK GKwU c`v_⁶RxeYy t`n t`tK
wbtmZ nq, tmUvB gj Z Pj Kwibi Rb` `vqx Ges GZ tenk Pj Kvq th,
`vfwKfvte ivtZi Ngy e`vz nq| tivMxi t`n fvvtjv Kti j Ű" Kitj tmUv
tmUv `vbn t`Lv hvte| tmUv thtKvfbv `vfbB t`Lv thtZ cvti | Zte nvtZi
Av0tj i fvtr, KbŰ, Zj tctU, cŰ"lv½, cv, nvtZi Zvj j cŰš-tenk t`Lv hvq |
Avµvš-nl qvi wKQv`b ci wetkl Kti wki t`i tŰtŰ tj vqKtci tmvov wevfbv
RxeYythgb - t÷dvBtj vK^ovm I t÷ctUvK^ovm bvgK RxeYy0v v Avµvš-nq |
dtj tcvovi gtZv tmUv t`Lv hvq| G Qvov ZtK Mfxi ŰZ t`Lv t`q, GgbwK
ZtKi tmj j vBUwU t`Lv w`tZ cvti | wki t`i tŰtŰ GKUz`xN^ovqx ntj Gi
t`tK µwbK GKwRgvi mw0 nq |

Zte GKwU K_v ejv LpB cŰqvRb, hv`I tivMwU bvg AfbtKi tPbv ev Rvbn
Zte G tivMwU wbyŰq Kiv wKŠ`Lp GKUv mnR e`vcvi bq| wetkl Kti tivMwU
hv` GKUz`xN^ovqx nq | Gi Kg DcmM⁶t`Lv w`tj mZji PgfivM wetkl t`Ai
civgk⁹bb |

vmRb tPtÄ ikiť i mgmiv

ZvcgvĪv, evZvťmi Av`ZŦ nVvr cwieZŦ AťbK mgqB evPvi v evPvi kixi gwbtq wbtZ cvťi bv| dtj Zviv Avµvš-nq bvbv AmťL| ZvQvov GB nVvr cwieZŦ evZvťm eivKťUwi qv, fvBivmť`i teťo DVťZl Lp mrvh` Kťi| ZvB GB mgťq evPvť`i PU Kťi vŪv jvťM| Kwk nq, Mvťq iivk tei nq - Zviv Avµvš-nq bvbv tivťM|

Rj

GB mgq evPvť`i fvBivm mspµvš-Rj nťZ t`Lv hvq| Rj vťK 5-7 w b| tm tŦŦĪ AťbK mgq tevSv hvq bv, evPvť`i AivwUevťqmwUK t`lqv DvPZ wK bv| dtj Rj 100 wvWŦnťj, c`vivmUvgj RvZxq l l p Lvl qvťZ cvťi b| 102 wvWŦnťj gv_v aßťq t`teb| Zte Zv Kťj i Rťj | KLl bB wclťRi vŪv Rj e`envi Kiteb bv| GŦvov GBmgq evPvi Mvťq tewk RvgvKvco ivLteb bv| Nťi i d`vb Pwj țq ivLb| Rj tewk nťj wPwKrmťKi civgťk, Rťi i mť½ Avb| wźK mgmiv t`tl evPvťK AivwUevťqmwUK t`lqv thťZ cvťi |

Kwk

Kwki PwiĪ t`tl AťbK mgq Kwki i`Zi tevSv hvq bv| dtj Af Kwk nťj yGKw`b Cl`p Rťj evPvťK MvMŦ KivťZ cvťi b| mť½ bvk-Mjv eŪ nťq tMťj, w=g wbtZ ejťZ cvťi b| ZvťZ KvR bv nťj, wPwKrmK t`wLťq cixŦlv Kťi t`LťZ nťe evPvi eťK-Mjvq wKŦ cvl qv hvťQ wK bv| tctj tmB gťZv Zvi wPwKrmv Kiv cŦqvRb| Zte GK eŦii Kg wki i tŦŦĪ Af Rj, Kwk nťj B mť½ mť½ ZvťK Ww³vi t`Lvťbv cŦqvRb|

iivk

AmsL` fvBivm kixťi AmsL` iKťgi iivk `Zwi KiteZ cvťi | GKŪv K_v cŦťgB tRťb ivLv DvPZ, iivk gvťbB nvq ev wPťKb c- bq| iivťki eūgvĪv vťK, iKgťdi vťK| dtj iivťk Zť Pj Kvťj AivwUA`vj wRŦ tLťq cŦťg t`Lv thťZ cvťi | KvR bv nťj wPwKrmťKi civgk`ťgťb wPwKrmv KiteZ nťe| Zte iivťki RvqMvq KLb l B tZj jvMvťbv DvPZ bq| ZvťZ iivťki PwiĪ e`ťj, mgmiv evotZ cvťi |

nvq

GťZ evPvi Kvťbi cvťk cŦťg jvj tŦvc tŦvc `vM tei nq| cťi Zv gťL, mviv kixťi Ŧwotq cťo| cŦťg GB iivk mŦR`vbv, mvejvovi AvKwZťZ t`Lv t`q| Zvici Zv wgvj țq, jvj Pvc-Pvc `vM gťZv nq| nvťgi mť½ Rj l t`Lv wťZ

cvti | Zte nvg cġiv tewitq tMtj Avi Rji nq bv | Rġi i mgq ev"PrġK Rġi i
 I lġ Ges Zġ Pj Kvġj A"vUin = vġubK t" lqv thġZ cvti | Zte Zvi AvġMB
 nvg cġZġiva KiġZ ev"PrġK 9 gvm eqġm nġgi vUKv w" ġZ nq | Gici Zvi 15
 gvm Ges 5 eQi eqġm ZvġK w" ġZ nq ŐGg Gg Avi Ő hvġZ nġgi vUKv _vġK |
 GB vUKvB ev"PrġK nġgi wei"t× cġZġiva ġġZv Mġo Zj ġZ mnh" Kġi |

vġKb c•

GB i"vk cġġg eġK-tġU t" Lv t" q | Zvici ġgk Zv mivkixġi Qwotq cġo |
 mġ½ Pj Kwb, Rġi l nġZ t" Lv hvq | GB i"vk cġġg tŐvU tŐvU mv"v Rġj i
 tġvmKv AvKvġi nq, Zvici Zv jvj nġq, Kvġ ġP nġq i"vKġq hvq | AġġK gġb
 Kġib, i"vKġq hv l qvi ci cġ• i tLvmv t_ġK tġi Aġġi msġgġYi k¼v _vġK |
 Gvġ fġj avi Yv | vġKi cġ• i tġġġ i"vk teiġbvi 7 w" b AvġM Ges i"vk t" Lv
 t" l qvi 7 w" b Lġ msġgYvZġK | vKŠ" tLvmv l vvi mgq GġKerġi B Zv bq | G
 tġġġ Rġi nġj, Rġi i I lġ Lvl qvġbv DvPZ | tLqvġ ivLv DvPZ, ev"Prġ thb
 tġvmKvi RvqMv tewk bv Pj Kvq | ZvġZ kixġi `vM t" Lv w" ġZ cvti | Zġ
 Pj Kvġj tmB RvqMvq A"vUin = vġK t" lqv thġZ cvti |

tLqvġ ivLġeb

- GBmgq ev"PrġK Ah_v tewk RvġvKvco civġeb bv | ZvġZ Mvġq Nvg eġm,
 Zvi Ab" mġm"v nġZ cvti |
- ZvġK hġ_ó cwi ġvġY Rj Lvl qvġeb |
- tġšmġg dj thgb Avġcġ, kvKAvjy kmv, ZigR, AvŐj GB mgq
 Lvl qvġbv Lġ fġj |
- mnRcvP" Lvevi t" ġeb |
- ev"Prġ msġvgK tivġM fġġġ GB mgq Zvi kixġi tivM cġZġivaK ġġZv
 Kġg hvq | tm tġġġ GB mgq ZvġK tewk iv"vAvġU, t" vKvġb-evRvġi vġġq
 hvġeb bv | Amy" tġ vKRġbi mġ½ tewk tġkvġeb bv |
- nvg, vġKb cġ• i cġZġiva MoġZ Pvġġ ev"PrġK w" b nvg l vġKi
 cġ• i vUKv Ges Gg Gg Avi |

nvg I wPtkb c.

fivKwmtbi t'šj tZ wPtkb c. Avi nvtgi msμgYtK wKQlv AvqtE Avbv wMtqtQ wKb| Zey'šj ct. i gtZv wbgP Kiv hvqvb| nvg Avi wPtkb c. wbtq GLbl Atbtki gtb bvbv fj aviYv AvtQ|

nvg Ges wPtkb c. `β AmfLi wCQtB AvtQ fvBivm| tfwitmjv R÷vi fvBivm mjo Kti wPtkb c. , Avi wRj m fvBivmi msμgtY nvg nq| nvg Ges wPtkb c. `βUvB mvsNwZK tQvqvtP Amf| GB `β tivtMi fvBivmB evZvm ewnz| A_φ wKbv nwp, Kwk, K_v-eyv BZ'w'i gvidZ GKRTbi t_tK Ab'Rtbi kixti cdek Kti| Ww³wii cwi fvlvq GB e'vcviUvtK etj WctjU BbtDKkb|

G t'iki wmsnfvM gvbtl| Rxtbi tKvbl bv tKvbl mgtq nvg nq, ct. i cēYZvl Kg bq| hw' l th tKvbl mgtq nvg ntZ cvti, Zeyer'Pvt`i gta` G tivtMi cēYZv tenk t`Lv hvq|

mvaviYZ 5-10 eQi eqmx ev'Pvt`i wPtkb ct. Avμvš-nl qvi mætebv Lp tenk, Avi 9 gvm t_tK `k eQi eqmx ev'Pvt`i nvg tenk nq| Aí mw`Ri, bvK, tPvL w'tq Rj cov, Mv-nvZ cvmn kixti e`_v, KLbl tctUi Amf nvtgi c0_wgK DcmM® GB mgq gmoTz Avi tVtU tQvU tQvU mv`vtU `vbv t`Lv tMtj eyv hvq AvMvgx 48 NvUvi gta`B nvg tetivte| Gici cPÜ Rj nq, Rti i wZb-Pri w'tbi gv_vq i'vk tetivZ ii" Kti| c0tg Kvbi wCQtB, Kctj, Nvto μgk mg`-kixti i'vk Qwtq ctol Gi wZb-Pri w'tbi gta`B i'vk μgk wgvj tq hvq| Rti i ii" t_tK i'vk Ktg wMtq tgvUvgjU my' ntq DVtZ miz-AvU w'tb mgq j vtM|

i'vk wgvj tq hvl qvi cti| AšZ Pvi t_tK cwP w`b ev'PvtK `tj cvWteb bv ev covtkvbi Rb` tRvi Kiteb bv| KviY Gi dtj c0gZ Avcbvi ev'Pvi `pP kixi Avil `pP ntq cotZ cvti| w0ZxqZ Ab` ev'Pvt`i AmfLi msμgtYi mætebv t_tK hvq| Rj, Mv-nvZ cvtq e`_v, kixti A`w`Ki five, Gici μgk kixi Rto i'vk tetivq| tenkifvM t'qti Rj nl qvi w0Zxq w'tb KLbl ev ZZxq w'tb i'vk tetivq| Zte wPtkb ct. i me i'vk GKmt½ tetivq bv, `dvq `dvq tetivq|

tenkifvM t'qti B 7-10 w'tbi gv_vq wPtki c. tmti hvq, Zte Lp tenk Ges `dvq `dvq ntj ctivcwi tmti thtZ mgq j vtM| wPtkb ct. i Ab`Zg DcmM® Pj Kwbl kixti th me Astk wU tewi tqtQ tmlvtb cPÜ Pj Kwbl nq| ZvB wPwKrmtki cigk@btq A`wUwv÷wgb RvZxq wmi vc Lvl qvteb thtZ cvti|

wPtkb c. B tnvK A_ev nvg - GB `wU AmfLi Rb` Rj ntj c'vi wmvUvgj RvZxq wmi vc Lvl qvteb| KLbl B A`vmicwi b ev wWmicwi b RvZxq l lpa ftj l

Lvl qvteb bv | GtZ evPvi gvivZK ¶Wzi mætebv_vtK | nvg ntj Ggb tKvb |
Kviki I lpa t`teb bv hvfZ wki i wSgpb Avtm | Avmtj G mgta tenk Ntgvjtj
Rj cvtbi cwi gvY Ktg wMtq wWrvBtWktbi mætebv_vtK |

wPtKb ct. i Rjv v l Pj Kvb i`LtZ ct. i wU tei nl qvi cDg `yWZbw`b
w`tb wZb t_tK Pvi evi GK ev_Ue Cl`p Rjt `B AvDY tenks tmwWv wgvktq
evPvtK mab Kivb | Lp VvUv ev Lp Mig Rjt mab Kivteb bv | tenks tmwWv
tgkvfvr Rjt KtqKevi mab Kivtj cDgZ wPtKb ct. i wU i Rjv, Pj Kvb
Kgte, wDZxqZ c. mviv kixti Qwotq cotZ cvi te bv | Zte GKUv e`vcvti
tLqj ivLteb, evi evi mab KivtZ wMtq evPvi VvUv bv tj tM hvq | ht_vchy³
e`e`v tbtb |

mvavi YZ 101⁰ wWvW Kg Rti I lpa Lvl qvteb `i Kvi nqbv | wPtKb c. ev nvg
ntj evPvi kixti K`vj wgbj j vMvtj Kó wKQv j vNe nq | nvtgi Rj tmti
hvl qvi ct i l hvr Avevi Rj Avtm, Kvfb e`v_v ev gv_vi hšYv Kti, Avtj vi
w`tK ZvKvZ Amjeta nq A_ev Ab`vb` RvUj DcmM⁰ Lv t`q Zte Awej t⁰
wPwKrm⁰Ki civgk⁰bl qv Ri`wi |

wPtKb ct. i m¹/₂ hw` cPÜ Kvki, Pvi w`tbi l tenk Uvbn Rj, cPÜ gv`ve`_v,
nuUvPjvi Amjeta, ewg, Nvo k³ ntq hvl qv BZ`w` DcmM⁰ Lv hvq Zte
Awej t⁰wPwKrm⁰Ki civgk⁰btZ fj teb bv |

nvg ev wPtKb c. ntj kixti i Rjt i Pwn`v Lp teto hvq | GRb` GB mgta
cP⁰ Rj, kieZ, `v`Ki cvbxq Lvl qvtj fvj nq | evti evti Aí Aí Kti
cvbxq w`tZ cvi tj fvj nq |

Avgt` i GKUv ms`vi AvtQ th nvg ev wPtKb c. ntj wbi wgl Lvl qv DvPZ |
GB avi Yv tgvU l wK bq | tKbbv nvg ev wPtKb c. fvBivtmi mspgtbi
Rb` nq | ZvB kixi tK Gi wei`tx` h`x` Kitz nq | Gi Rb` tclU⁰tbi Pwn`v
evto | tm Rb` nvg ev wPtKb ct. gvQ, wPtKb, wWg Lvl qv GKvš-cDqvRb | ZvB
`vfwek Ae`vq evPv th cwi gvY gvQ ev wPtKb Lvq, cvi tj Zvi t_tK tenkB
t`teb | Zte nvj Kv l mnRcP` hvfZ nq tm e`vcvti tLqj ivLteb | tenk tZj
Svj gkj vhy³ Lvevi, gkj v gvLv⁰bv wPcm bv t` l qvB fvj | Zte ewotZ %Zwi
gvQ fvRv tL⁰ZB cvi | wPtKb ÷i, gvQ i tSvj, wWtgi tcvP - meikQ⁰B t` l qv
thtZ cvi |

wPtKb ct. i wU AtbK mgq gL-tvU ev Mj vi wFZti l tetivq, Lvevi tL⁰Z
ev wMj tZ mgm`v ntZ cvi | big Lvevi tL⁰tj mjeta nq | Pvi eQ⁰ti tenk
eqtmi evPvt` i Rb` GvUv LpB Dc`thvMx |

nvg l wPtKb ct. i wKv wbtj GZ mgm`vi tgvKwej v Kitz nq bv | Zte G
K_v wDqB bZb Kti ej tZ nte bv th, tivM Avp⁰vš-ntj kixti BigDvbw
`Zwi nq, ZLb Avi f`vKvmb t` l qvi cDqvRb nq bv |

ev'Pv` i kixi e`_v

KviY

ev'Pv` i μwbK tctbi mgm`vi KviY A`bK c`gZt AvR`Ki ev'Pv` i tLj vaj vi m`thvM tbB ej tj B P`j | Gi dtj gvbwmK Pvc thgb evto tZgbB kixi i gvsmtcwk l wj Mv`gt`Ui m`e` ep`x nq bv | Giv A`f`B tPvU-AvNvZc`B nq | w`ZxqZ ever-gvtqi MMBP`e` c`Z`vkv ev'Pv` i gvbwmK D`f`OM ewo`q tZvtj | Avi Av`f`MB ej v n`q`f`Q gvbwmK Pvc, D`f`OM μwbK tctbi mgm`v e`_v Y ewo`q tZvtj | ZZxqZt c`g`gK Ae`vq ev'Pv` i K`f`K `i`Zj bv t`lqv | PZ`Zt m`w`K tPqvi-tUe`tj m`w`Kfvte co`f`Z bv emv l h`_o` f`vix `g` e`vM w`bqwgZ enb Kiv |

mgm`v `ji ivL`teb tKgb K`ti?

- ev'Pv`K w`bqwgZ tLj vaj v l thvM-e`vqvg Ki`f`Z DrmwmZ Ki`b |
- Avcbv` i c`Z`vkv `vK`f`ZB cv`i w`K`S` Zvi Pvc thb ev'Pv` i Dci bv c`f`o | Zv` i m`f`/2 e`U`i g`f`Zv w`g`i`b l Zv` i mgm`v e`Sb |
- ev'Pv`v e`_v, K`f`i K`_v ej tj Zv w`ek`m Ki`b l w`PvKrm`f`Ki civgk`@bb | `qv K`ti A`w`KDU tcb`f`K μwbK tctb cwiYZ Kiteb bv |
- ev'Pv`v thb m`w`Kfvte co`f`Z e`f`m l `g` e`vM h`_vm`e` nvj Kv nq, tm w` f`K bRi ivL`teb |
- g`f`b ivL`teb, eo`f` i e`_vi mgm`vi m`w` w`K`S` A`bK t`f`f`f`B t`QvU eq`f`mi GB μwbK tcb |

w`ki ev'Pvi l evZ nq

w`ki ivl ev`f`Zi tiv`f`M t`f`v`f`M, w`PvKrmv bv Kiv`f`j c`/2 ch`S`-n`f`q th`f`Z cv`i | w`ki`f` i m`vaviYZ `y`ai`f`bi evZ nq`N R`f`f`bvBj wi Dg`vU`f`qW Av`f`Bw`Um Ges wi Dg`w`UK w`df`vi | GQov tgi`^`t`U` w`e`f`kl ai`f`bi evZ n`f`Z cv`i hv`f`K etj wi Dg`vU`f`qW `u`U`j vBw`Um | w`ki`f` i gvsmtcwk ev big Z`f`f`Zl evZ nq, G`f`K etj dvB`f`e`f`mvBw`Um ev dvB`f`e`f`v`f`q`v`vBw`Um | G ai`f`bi mgm`v m`vaviYZ w`c`f`Vi (w`e`f`kl K`f`i `v`c`j`vi) w`f`Z`f`i w` f`Ki gvsmtcwk ev dvB`e`f`m w`Umj`f`Z t`Lv hv`q | R`f`f`bvBj wi Dg`vU`f`qW Av`f`Bw`Um GKiv w`e`f`kl ai`f`bi ev`f`Zi mgm`v A`_f` R`f`q`f`Ui c`f`vn |

tKb nq

t`f`ni c`Z`f`iva f`lgZvi n`w`m A`_ev Mjvi R`f`j v-h`S`/v, thgb Ubw`f`f`j i tiv`M ev t`f`n A`v`U`f`Rb-A`v`U`e`w`W wi A`v`Kk`f`bi Rb` GB tiv`f`Mi m`w` nq | Z`e` Av`_f`Bw`f`mi m`w`K KviY GLbl Rv`bv hv`q`w`b t`mRb` Gw`f`f`K Bw`f`i c`w`_K

Av_#BwUjM ejv nq| g`v`p`raegwibizulin namak ekati bisheṣa sroatin dehe sraḃeṣa
Kti A`wU`Rb-A`wU`wW wi A`vKktbi gva`tg G aiṣbi evZ mwo Kti | gvtqi
wi Dg`vUtqW Av_#BwUjM `vKtj mš`ṣbi I GB tivM nI qvi m`ṣebv `vtK | i`ṣi
wi Dg`vUtqW d`v±i, m-wiq`w±f t`CwB BZ`w` teṣo tM`j wi Dg`vUtqW
Av_#BwUjM t`Lv t`q| Gme Qovl wki`ṣi RtqṣU e`vi Ab`Zg KviY, Zxe
wi Dg`wUK wdfvi Ges GwU tóctUvK`vm bvgK RxeYj msṣgṣYi dj Ges
Ubirṣj i AvṣgY| GK weṣkl aiṣbi UKimb ev ivmṣqbK c`v`ṣbtmiṣYi dtj
nvṣU`I MvW`wj ṣZ GBfve t`Lv w`ṣZ cvṣi | mvaviYZ 4-16 eQi etqvm
tQṣj ṣgtqi vB GB tivM Avṣvṣ-ṣZ cvṣi | Rṣi, eṣK e`v, RtqṣU t`dvj vṣve I
e`v w`ṣZ GB tivM `i i` nq| nwlz KṣṢ, KewR, A`v`ṣj RtqṣU BZ`w` mUṣZ
mgm`v A`ṣ e`v, t`dvj v Ges m`Avj b ṣlgZv KṣṣZ `vtK | Kvi I Kvi I eṣK
aoco Ges wbtṣṣmi Kó nq| e`v GK RtqṣU t`ṣK Avi GK RtqṣU Qwoṣq
cṣo | GKUṣwi kṣgB wki`iv nṣcṣq cṣo |

j ṣY

tivṣMi cṣgve`vq ev`Pvṣ`i (ṣgtṣṣ`i mgm`v tQṣj ṣi tṣṣq wZb`Y teṣk) nvZ
I cvṣqi AvOṣj e`v nṣe, mKvṣj AvOj gṣṣZ tek Kó nṣe Ges AvOṣj i MvW
k`ṣ nṣq `vKṣe | MvW`wj ṣZ j vj ṣP vṣve nq, Mig vṣve nq Ges Rjy vṣve nṣZ
cvṣi | aṣṣi aṣṣi AvOṣj weṣkl aiṣbi weKwZ nq hvṣK etj Qṣmvṣb tṣM
wWdi wṣU`A v` ivRnvṣmi Mṣevi gṣZv t`LṣZ | wi ÷ RtqṣU Kṣo AvOṣj i w`ṣK
teṣK hvq Ges weKZ AvOj `ṣj vI tṣvRv bv t`ṣK teṣK hvq | ṣgk e`v evotZ
`vtK Ges wWdi wṣU`I eṣṣo | tivMwU `xN`vqṣ nṣj Ab`vb` eo eo mU`I Avṣvṣ-
nq Ges nwlz Di`mU, KṣṢ w`d nṣq hvq | hvi dtj Pj vṣdi v, KvRKg`KiṣZ
tek Kó I Amṣeav nq | Kvi I Kvi I MvU`i e`v, t`dvj v Ges weKwZ GZB teṣk
nq th, bovPov chṣ-eU nṣq hvq | dtj ev`Pvṣ`i kixṣi i`ṣvṣ Zv t`Lv t`q,
wLṣ` Kṣg hvq I Avj m`vṣe `i i` nq | t`ṣni j veY` ev `vṣweK is bó nṣq hvq
Ges gvsmṣcṣk `ṣṣ nṣq cṣo | ṣgk tivMx wRxe nṣq `ṣṣ w`b KvRKg`I
tṣ Lv covq Avmṣ` nṣwi ṣq tṣṣj | Aek` tKD tKD tṣ Lv cov wKvKvK KiṣZ cvṣi
Ges cixṣvq dj I fṣj nq |

wPvKrmv

wki`ṣ i MvU`i evZ, weṣkl Kti wi Dg`vUtqW Av_#BwUjM nṣj Kvj wej `ṣbv Kti
wPvKrmv KivṣZ nṣe, Zv bv nṣj tivM teṣo wMṣq tivMṣṣK c`ṣy chṣ-Kti w`ṣZ
cvṣi | tṣṣnZz GB tivṣMi Ab`Zg KviY t`ṣni cṣZṣiva kw`ṣi nṣm, ZvB
beRvZKṣi `ṣwK cṣZṣiva ṣlgZv eṣxṣi DcṣhvMx c` I Iṣṣ w`ṣZ nṣe |
ZvQov thme gvtqi wi Dg`vUtqW Av_#BwUjM AvṣQ, Zvṣ`i mṣVK wPvKrmv KiṣZ
nṣe hvṣZ Zvṣ`i evṣZi tivM mšvṣṣ`i gṣa` mṣṣṣgZ bv nq |

vi DguUtqW Av_@BwM

Av_@BwM GK aiþbi 0RtqU wRAW@0| GB AmþL kixþii wefbaeRtqU cfwæZ nq, hvi t_þK RtqU dtj thþZ cvþi, mþ½ cþj e_v nq| bovPov KiþZI Kó nq| vi DguUtqW Av_@BwM Ggb GK aiþbi AmþL thLvtb kixþii wBR^BwgDb wmt÷g, kixþii wefbaeUmjþK AvµgY KiþZ ii" Kþi | Avi ZvB GB AmþLþK 0AþUvBwgDb wRAW@0 ejv nq| tQvU ev"Prþ`i gþa`l GB AmþL t`Lv hvq| wKQzþ¶þþ GB AmþL KþqK mþv ev gvtmi gþa`B tmþi hvq, KLbl Avevi mviv Rþetþi mgm`v nþq `wovq| eot`i gþa` th aiþbi vi DguUtqW Av_@BwM t`Kv hvq, ev"Prþi t¶þþ Zv wKQv nþj l Avj v`v, Avi ZvB AþBK mgq GB AmþLþK RþfþvBj BwM c`w_K Av_@BwMl ejv nq| 16 eQþii bþP, th tKvbl mgþqB GB AmþL nþZ cvþi | cwi evþi hw` Kvi l Av_@BwM vþK, Zv nþj ev"Prþi gþa` GB AmþL nþ qvi mþvþv Avi l teþo hvq| Zþe RtqþU e_v nþ qv gvtþB th ev"Prþi Av_@BwM nþqþQ, GiKg fvþeb bv| AmþLi DcmM®6 t_þK 12 mþv chS-vKþj eþþeb Av_@BwM nþqþQ|

bvþv aiþbi RþfþvBj vi DguUtqW Av_@BwM

- Awj þMv ev cwmAwþKj vi Ñ 1-4þU RtqþUi l ci cfwæ cþo|
- cwj AwþKj vi - 5 ev Zvi tenk RtqþUi Bbdþgkb nq| GB aiþbi Av_@BwM 0mþgtUKvj 0| Gi gvtþ kixþii `þw K mgvþvþe cfwæZ nq| hw` Wwb nþZi RtqþU mgm`v nq, Zv nþj eu nþZi RtqþUl mgm`v nþe|
- wmt÷wgK Ñ GB aiþbi Av_@BwM mviv kixþii l ci cfwæ cþo| RtqþU dtj hvþ qv ev e_v nþ qv Qvovl Rþi AvmþZ cvþi | kixþii wefbaeAþþk rþþþ hþte þare l cþeþeþ sþþþþ hþte þare l liþf þeþ, þþþþn bþþ hþte þeþte cvþi |

DcmM®

- RtqþU dtj hvq, e_v nq|
- nþZ-cv bovþZ Amþþa nq|
- mKvþj i wþK e_v Avi l teþo hvq| Nvo, tKvgi k³ nþq hvq| Mig tmK wþZ nq, Zv bv nþj bovþvov KivB hvq bv|
- mvi v¶þY Kvþ-j vþM, Aí þZB ev"Prþi nþmþq hvq| AþBK mgq ev"Prþi mnRfvþe nþwþZ cvþi bv| Lþoþq nþwþZ nq|

tiM wbyQ

erPvi we`wi Z tgnWKvj wnw÷^atblqv nq| tKvb RfqU e`_v, KZ eqfm cUg e`_v ntqWQj, erPv tKv_vl cto wMtq tPvU tctqtQ wK bv, ewotZ KviI Av_#BwUm AvtQ wK bv BZ`w` cKæKiv nq| Gi mt½ t`Lv nq erPvi wj fvi, স্প্লিন, বা অন্য গ্ল্যান্ড বড় হয়ে গেছে কি না। জয়েন্টে কতটা ক্ষয় হয়েছে, দেখার জন্যে nvB timwj Dkb Avj UtmtbtbvMônd ev Gg Avi AvB Kiv nq| GtZ Lp`ii`tZB আর্থ্রিটিস ধরা পড়তে পারে। বিভিন্ন ধরনের ব্লাড টেস্টও করা হয়।

wUtqU

- b`vc# b, AvBtvefdvb RvZxq bb t÷itqWvj A`wU Bbd#gUwi I l# t`lqv nq| wWtRR gwWdvwqs A`wUwi DgwJK WMI e`envi Kiv nq|
- AtbK mgq AtUv tj wMvm t÷g tmj c×wZ e`envi Kiv nq|
- cU`K 2-4 gym AŞZ wj fvi dskb tU÷, wewj i`web, GmRvcuU, GmRI wU, BGmAvi cix¶v Kivbtbv Ri`wi |

g`fbRtqU

erPv hvfZ `fweKfvte evotZ cvti, Zvi Rtb` I l# I G·vimvBR Ri`wi | mBwgs GB t¶t¶ metPtq fvj G·vimvBR| RtqtUi ¶q tiva Kivi tPón Kiv nq, hvfZ nvZ cv bv tetK hvq| I l#ai hvfZ tKvbl iKg cvk#Zwµqv bv nq, tmw`tKI tLqj ivLv nq| hvf`i nvZ-cv ev kix¶i tKvbl Ask weKZ ntq hvq, Zv`i KvDtYwj s Kiv nq, hvfZ Zviv tKvbl fvteB wotRt`i Ab`t`i Zj brq A`fweK bv gtb Kti | tmB me erPv hvfZ wotRt`i tivRKvi Rxeftbi tQvU tQvU KvR KiZ cvti, Zvi w`tKI bRi t`lqv nq| mKvtj Ng tftO lW t`tK, Kxfvte eik KiZ nq, RvgvKvco ciZ nq, tLZ nq meB tkLvbtv nq| ewotZ erPvtK hvfZ tKvbl iKg mgm`v m¶xlv bv ntZ nq, Zvi Rtb` e`ev-gv l ewoi Ab`m`m`t`i l KvDtYwj s Kiv Ri`wi |

iki gv_ve_v

iki gv_ve_v KiþQ eþteb Kx Kti?

Gt¶¶¶ e`vciUv tevSv tek KwB| KviY, eoiV thgb ej tZ cvi Zv` i gv_ve_v KiþQ, gv_vi mvgtb, wCQtb, Wwb w` tK bv eu w` tK, wK tKvblvþb e`_vUv KiþQ, tmLvþb 2-3 eQþii iki Zv` i gv_v hšÿvi K_v gþL cKvk KiþZ bv cvi vq, Zv tevSv tek gkKj | Zte G t¶¶¶ mvari Yfvte t` Lv hvq,

- ev`Pv cÐÉ tK` tmB hšÿv cKvk KiþZ Piq |
- nvZ w` tq gv_vq tgi e`_v tevSv tPov Kti |
- gvtS gvtS gv_v tKv_vl VktZ cvi |
- t` tK t` tK evg KiþZ cvi |
- tPvL KþtK ti tL e`_v cKvk KiþZ cvi |

hw | GB DcmMgvtbB ev`Pvi gv_ve_v KiþQ Zv bq, ZeyGB DcmMgvt v t` Lv w` tþ mvari Yfvte ZvtKB gv_ve_v cÐg avc wntmte ati tbi qv nq |

gv_ve_v KviY

cÐtgB RvbtZ nte gv_ve_v gvtb i aþ gv_v bq, Zvi mþ½ RwoZ tPvL, Kvb, bvK, Mjvl | Zte mvari Y t¶¶¶ ev`Pvi gv_ve_v KviY,

- ev`Pv Lþ Kg Ngvtþ iki sev nVv Kti Zvi Nþgi mgq cvi eZB ntþ ev`Pvi gv_v aiþZ cvi |
- AþbK ¶Y wKQz bv tL tq _vKtþ Zvi t` tK ev`Pvi gv_v hšÿv KiþZ cvi |
- tKvbl i Kg e` nRg ntq _vKtþ Zvi t` tK Zvi gv_ve_v KiþZ cvi |
- emwo, `g ev cvi cwKþ tKvbl t` m iki sev Pvcv gvbmK hšÿv t` tK gv_ve_v KiþZ cvi |
- Lþ KvQ t` tK ev AþbK ¶Y mgq ati wUwF, KþúDUvþi tPvL ivLþj Zvi t` tK gv_v hšÿv KiþZ cvi |
- Mwo ev evþm js Wvþf tMþ AþbK mgq Zvi t` tK gv_v aiþZ cvi |
- Lþ tRvti Kvþbi KvþQ wgdwRK evRþj Zvi t` tK gv_v hšÿv KiþZ cvi |
- wPR, wcrRv, PþKvtþ U, AvBmwþg cþwZ Lvevi t` tK gv_v aiþZ cvi |
- tKvbl i Kg Kvþbi msþgY, dþ mvBvþmi msþgY, Mjvi msþgY t` tK gv_v hšÿv KiþZ cvi |
- gvþMþ RvZxq eskMZ tivþMi Kvi þY gv_v hšÿv KiþZ cvi |
- tKvbl i Kg tUvkb t` tK gv_v aiþZ cvi |

- tKvbl gvmj tcb t_#K ev"Prvi gv_ve" _v Ki #Z cv#i |
- tPvL, Kvb, Mjvi tKvbl mgm"v t_#K gv_ve" _v n#Z cv#i |
- tiv#` tLj va#j v Kiv wKsev `#j tiv#` `wotq c0_#v, tKvbl kvixiwK#v Kiv t_#K gv_ve" _v Ki #Z cv#i |

KLb Wv³v#i i Kv#Q Aek" B hvl qv DvPZ

gv_ve" _vi Kv#Y ev"Pr#K w#tq Aek" B Wv³v#i i Kv#Q hvl qv DvPZ hw` t` Lv hvq,

- gv#m GKevi A_ev GKwaKevi w#qg K#i ev"Prvi gv_ve" _v Ki #Q |
- hš#v n#j Zv wKQ#ZB mn#R mvi #Q bv |
- hš#v AZ`š-#enk gv#vq n#`Q |
- gv_ve" _vi DcmM#n#m#e ev"Prvi ewg n#`Q |
- Ng t_#K l Vvgv# gv_v ai #Q |
- ev"Prvi tPv#L t` L#Z tKvbl i Kg mgm"v n#`Q |
- gv_v hš#vq ev"Prv #gk `#j n#q cotQ |
- nu#Z Pj #Z Zvi mgm"v t` Lv w` #`Q |
- gv_v t_#K hš#v Nvto, kix#i i Ab"vb" tcvk#Z Qwotq cotQ |
- R#i n#`Q A_ev tKvbl i Kg ms#gY t` Lv w` #`Q |

c#ZK#i i Dcvq

gv_ve" _vi R#Uj tKvbl DcmM# t` Lv w` #j Aek" B t#Z n#e Wv³v#i i Kv#Q | Z#e gv_v hš#v nVvr `i i" n#j c0_wgKfv#e Zvi mgvav#bi R#b"

- ev"Pr#K W#v, A#Kvi, w##c tKvbl N#i wKQ#Y i B#q i vL# |
- tPv#L A_ev tPv#Li Pvi cv#k, Kcv#j w##R tKvbl Kvc0 wKQ#Y Pvcv w` #q i vL# |
- ev"Pr#K GKv, kvšfv#e w#j `v- Ki #Z w` b |
- mnRfv#e Ges Mfxi fv#e k#m-c#k#m w#tZ ej # |
- w#t#Ri Lvevi ev tKvbl i Kg W#v Lvevi nVvr tL#Z t` #eb bv |
- w#R, P#Kv#j U #enk tL#Z evi Y Ki "b |
- #enk w#w#f t` L#Z A_ev L# Kiv t_#K w#w#f t` L#Z PvB#j Zv t` #eb bv |
- Kiv#uDUv#i #enk#Y tPvL i vL#j gv#S GKUzwek#g w#tZ ej # |
- Pov tiv#` tLj va#j v Ki #Z evi Y Ki "b |
- tiv#` tiv` Pkgv, QvZv wKsev U#e e"envi Ki #Z ej # |

iki-iki i WqvteUm

WqvteUm GLb Avi tKvbl eqtmi tZvqv°v Kti bv, ev°Pvt`i kixtil t`Lv w`t°Q G tivtMi c0Krc| iki`i gta` WqvteUm evotQ| mgmivUv i ayAvgv`i t`tkB bq, vekRto|

WqvteUm iki`i c0ZubqZ `^`m°SZ Lvevi, kixiPPP Ges it3 vPibi gvIv cwi gvc Kiv AZ`š-, i°Zcb° Zvt`i vPikrmvq tKej AwffveK ev cwi evi bq-`g, cwi tek, c0Ztekr Z_v mgvR I ivot°i c0Z`° AskM0Y `i Kvi | `g, tLj vi cwi tek ev Ab` thtKvfbv cwi tek thtKvfbv c0ZKj cwi w`wZ tgvKwej v Kivi gtZv c0wZ _vKv Ri`wi |

G gntZ°vetkj 250 wgvj qb gvbl WqvteUm tivtM Avµvš| GZ `°Z miv vetk| G tivtM Avµvšit msL`v teto PjtQ th weAvbx I vPikrmKt`i aviYv AvMvgx 20 eQit i gta` 380 wgvj qtbil tenk gvbl WqvteUm Avµvš-nte Ges GwJ cwiYZ nte c_w_exi metPtq fqvbk gnvgnitZ| mwZ` ej tZ Kx, mspvgK e`wa bv ntq| GBPAvBwf/ GBWm ev g`vtj vi qvi tPtq Rb`°`i c0Z eo uguk ntq `motqtQ WqvteUm|

Gi tPtqI Lvivc K_v, G tivtMi e`vcK ep× NUtZ t`Lv hv`°Q Avgv`i `w°Y-ce°Gukqvi t`k_ tjtZB| c0k0DVtZ cvti th, tKb WqvteUm tK Ggb gvivZK e`wafic vPvYZ Kiv ntqtQ| G c0kie DEi eugj_x| WqvteUm nt°Q vetk| AUtZji c0g I c0vb KviY| WqvteUm tivMxi c°°vNvZ ev totK nI qvi Avk¼v Ab`i Zj bvq Qq _Y tenk, nvU°A`vUvtKi Avk¼v `ß t`tK wZb _Y tenk Ges vKWvb vekj nI qvi I GKwJ Ab`Zg KviY nt°Q WqvteUm|

i ayG KtqKwJ cwi msL`vYi cwi fvlvB Gi fqvenZv tevSvi Rb` ht_ó bq| tKbbv WqvteUm Ggb GKwJ tivM, hv tKej G tivtM Avµvš-e`w°tK bq, eis Zvi cwi evi, mgvR I ivot°K I mgvbfvte °°wZM0-Kti | mvi vRxb enb Kti Pj v G tivM I Gi avivewnkZvq m° Ab`vb` RvUj Zvq Avµvš-e`w°tK thgb kviwi K, A_°wZK I mvgvRKfvte c½y Kti tZvtj ; tZgub RvWZ I ivot°K fqven GK A_°wZK SmKi w`tK tvtj t`q|

GZKj th eugf ev WqvteUm tivM tK Avgiv t0p I ext`i tivM wntmte tRtb GtmQ, Zv Avk¼vRbK nvti AvR teto PjtQ iki-iki i gta`, aYsm Kti w`t°Q GtKKwJ RvWZi ga`Kvi vekj me m°tebv I fvel`ZtK|

UvBc-1 WqvteUm, hv gj Z Aí eqtmB ntq _vtK| Gi msL`vl `°Z evotQ| Mtel tKiv etj b, vekRto c0ZeQi 70 nvRvi 15 eQit i Kg eqmx iki Avµvš-ntq PjtQ G tivtM| Zvi weci tZ UvBc-2 WqvteUm iki`i gta` kZKiv

50 fVm epx cve| wki-wktkviŋ i gta G tivMi nvi epx cvl qvi cēYZvi
tcQtb nekRto Avgvŋ i wkiŋ i eŋ hvl qv Rxebhvcb c×wZ, Lv vfm I
kviwK cwikŋgi AfveŋKB vqx KtiŋQb MtelŋKiv| tKbbv tLv hvŋO th
kZKiv 85 fVm WvqvŋUtm Avmš-wki Awak IRb I ŋj Zvi mgm vq fMŋQ|
vbyqv Rto wkiŋ i gta dv=dw I tKvgj cvbŋqi RbcŋZv, gvŋvi
tLj vajvi eŋ ŋ I emotZ tUvej ev KivúDvŋii mvgŋb Kvuŋtq t lqv
Ajm I cwi kgnx kke Gi tcQtb thgb vqx; tZgvb vqx AwffveKŋ i
gvŋfvel | emoi wkiwŋK mŋR ŋimW Uz BUŋ Lveŋi tQvŋvej v tŋKB Afŋ
Kŋi Zj wQ Avgiv| wUŋŋbi evŋ. Nŋi I nŋZ ŋwi vŋKŋi Lveŋi eŋ Zŋ
wŋO evMŋ, mŋvŋDBP ev tdÁ dvB RvZxq Lvevi | evqbn tgUŋZ nŋZ Zŋ
wŋO hLb-ZLb cŋi cwi gvŋY PŋKvŋj U, AvBmŋrg, wPcm ev tKvgj cvbŋq| Gi
mŋŋ PwŋyZ SŋK wŋŋmŋ i tŋŋQ cwi evŋi WvqvŋUtm BwZnm, RvZmĖv, wki i
Kg ev tenk IRŋb fŋgŋ nŋqv I B wbs Awak nŋi MfŋZx gvŋŋŋ i
WvqvŋUtm Avmš-nŋl qvi cēYZv|

wki-wktkviŋ i WvqvŋUtm nŋl qvi djvdj mŋZ KviŋyB eoŋ i Zj bvq tenk
fŋven I ggŋSK| cŋZw b iŋ³ mŋvi ciŋŋv I Bbmŋj b BbŋRkKb tŋl qvi
cŋqvRbxqZv, Lv I tLj vajv wqŋŋbi cŋZwŋK i wŋb thgb wkiŋ i
wZwŋŋbi RxebŋK wechŋ-Kŋi tZvŋj; tZgvb wkiŋ i G tivM I Zvi wPŋKrmvi
fvi Zvi cwi evi, ŋ I mgvŋRi Rb GkŋU tevSvŋfc nŋŋ vŋovq| WvqvŋUtm
wki-wktkviŋ i vŋfveK teto Iv I Zvi wŋŋv KvhŋgŋK eŋvZ Kŋi;
WvqvŋUtm Avmš-wki iv wlvzv, AvZwekŋmŋxbZv I cŋŋ RŋUj Zvq tŋvŋM
tenk Ges metPŋŋ AvŋbK I mdj wPŋKrmvi ci I Mŋto cŋŋ 12 eQŋi i gv_vq G
wki iv Abvb RŋUj Zv, thgb- nŋU[©] wKwŋb ev vŋŋ RŋUj Zvq Avmš-nŋZ i i
Kŋi |

Zŋe wK tKej B nZivk?

ZvB eŋ nZv nŋŋ covi wKŋy tŋb| WvqvŋUtm wkiŋ i vŋfveK kviwK,
gvbŋmK MVb I epx wK tŋŋL iŋ³ গুণকোজের মাত্রা যতটা সম্ভব নিয়ন্ত্রণে রাখা এবং
WvqvŋUtmRwZ RŋUj Zv KgvŋbB nŋe AvRŋKŋi wPŋKrmKŋi gj Pŋvŋj Ä|
WvqvŋUtm wkiŋ i cŋZwŋqZ vŋmŋŋZ Lvevi, kixiPPP Ges iŋ³ wPŋbi gvŋv
cwi gvc Kiv AZŋŋ, iŋZŋYŋ Zvŋ i wPŋKrmvq tKej AwffveK ev cwi evi bq-
ŋ, cwiŋek, cŋZŋekz Z_v mgvR I ivŋŋŋ cŋZŋŋ AskMŋŋY iKvi| ŋ,
tLj vi cwiŋek ev Abŋ thŋKvŋb cwiŋek thŋKvŋb cŋZKj cwi wŋZ tgvKwev
Kivi gŋZv tŋŋŋ vŋi Kŋiŋ nŋŋ| WvqvŋUtm wqŋŋ I wPŋKrmvq tKvŋb GKK
cwi Kŋi vŋŋŋ bq, cŋZwŋ wkiŋ i Rbŋ Avj v v cwi Kŋi v cŋqvRb|

DcmMfxb wki-wkikvit` i UvBc-2 WvqteUjM Gi cixflv

thpnZi AvZ `Z wki-wkikvit`i gta` UvBc-2 WvqteUjM epv cvt`Q ZvB DcmMfxb wkywki-wkikvit`i il `v` cixflv-wbixflv Kivi c0qvRbxqZv t`Lv w`t`Q|

Kv` i cixflv KitZ nte?

- tgvUv wki (hv` i weGgAvB `vfwetKi tPtq tekx A_ev hv` i D`PZv Abjvfti I Rb kZKiv 120 fM tekx)

Ges hv` i wbgmj mLZ thtKvb `jU wi `v d`v±i _vKte-

- UvBc-2 WvqteUjmi cwi ewi K BwZnm AvtQ (wetklZ gv-evev, dczPvPv, gvgv-Lvj vt` i _vKtj)
- wetkl tkYx ev RwZtMv0x|
- Bbmj b tivR÷`vm -Gi j`flb ev Gi mv` m`uKfj3 Ae`v thgb-GKvb`_mwm bBwMkVbm, D`P i3Pvc, w/mvj wctWvgqv, ev cuj wmw÷K wKwvb wmt0tg|
- gvtqi hv` WvqteUjM ev MfRwj b WvqteUjM _vtK|

cixflv wbixflv Kiv`ii` KitZ nte maviYZ 10 eQi eqm A_ev wDevU`hv` AvtM`ii` nq Zte wDevU`P`ii`tZB Ges cixflv KitZ nte c0Z `B eQi ci ci|

PvB c0Ztiva

WvqteUjMtk c0Ztiva Kivi tKvbn Dcvq AvRI Awe0Z nqub| Zte mwK Lv`vfvM, I Rb wqšY I mwK Rxbhvcb cxwZ ev jvBd0vBj UvBc-2 WvqteUjMtk A`bKvstKB c0ZnZ KitZ cvti| wki`i Rb` `v`m`sz Rxbaviv I `v`Ki cwi tek mj0i Rb` `g, mgvR, wvfbetMv0x, wgvWqv I ivt0i `wqZ; AvR Acwi mg| AvR I AvMvgxKvtji GB w0`vc wki`i G fiquen e`wai nvZ t`tK evPvtZ Avmp, AvR Avgiv mevB HK`ex nB| Avgvt`i c0ZAv trvK: Nti-evBti-`tj wki`i `v`m`sz Lv` M0tY Af`-Kie, dv÷dW I wPvby3 cvbxq M0tY wbi`rmwvZ Kie, c0i cwi gvtY dj gj I kvKmevR tLtz D0k Kie Ges wki-wkikvit`i wbcvgZ kixiPP`I tLj vaj vq D`ex Kie|

wki`i tLj vaj v I kixiPP`i cwi tek mj0i Kiv Ges DrmwvZ Kivq Ask tbe| S`KcY`ev nvB wi `v wki-wkikvit`i wPvYZ Kivi gva`tg tMvovq Mj` `t Kivi tP0v Kie Ges WvqteUjM wki`i wPvKrmvi fvi tKej Zvi cwi evi ev AwffvetKi I ci t0to bv`tq mevB G `wq`Zji Askx`vi ne|

nvBṭcv_vBịṭq̣WRg

nvBṭcv_vBịṭq̣WRg wK

আমাদের শরীরে বিভিন্ন গ্ল্যান্ড বিভিন্ন হরমোন নিঃসৃত করে শরীরের স্বাভাবিক প্রক্রিয়া বজায় রাখতে সাহায্য করে। তেমনিই থাইরয়েড গ্ল্যান্ড থাইরক্সিন হরমোন নিঃসৃত করে
 kixi m̄y' i v̄L | kix̄ti hZUv cwi gvY _vBi w b ni t̄gvb c̄l̄qvRb, t̄Kvbl Kvi t̄Y
 hw̄ Zvi t̄_ t̄K Kg cwi gvY wbtmZ nq, Zv n̄t̄j t̄mB Ae' v̄t̄K nvBṭcv_vB-
 i t̄q̣WRg et̄j |

Kb̄t̄R̄vb̄Uvj nvBṭcv_vBịṭq̣WRg

Rb̄ t̄_ t̄KB hw̄ ev' Pvi _vBi w b ni t̄gvb wK ḡt̄Zv bv wbtmZ nq Zv t̄K
 Kb̄t̄R̄vb̄Uvj nvBṭcv_vBịt̄q̣WRg et̄j | Zte ḠwJ t̄Kvbl t̄R̄t̄b̄w̄JK Am̄_ b̄q |
 Kb̄t̄R̄vb̄Uvj nvBṭcv_vBịt̄q̣WRg wewf̄b̄Kvi t̄Y nq |

- t̄Kvbl Kvi t̄Y hw̄ বাচ্চার থাইরয়েড গ্ল্যান্ড না জন্মায় (_vBịt̄q̣W A' v̄t̄R̄t̄b̄w̄m) |
- আমাদের শরীরে পিটুইটারি নামক একটি গ্ল্যান্ড আছে যা শরীরের অন্যান্য গ্ল্যান্ডগুলোকে নিয়ন্ত্রণ করে। পিটুইটারি গ্ল্যান্ড থেকে থাইরয়েড স্টিমিউলেটিং হরমোন বের হয় যা থাইরয়েড গ্ল্যান্ডকে স্টিমিউলেট করে থাইরক্সিন হরমোন wbtmZ Ki t̄Z m̄vnh' K̄ti | t̄Kvbl Kvi t̄Y hw̄ mgM̄ c̄l̄qv e' vnZ nq Zv n̄t̄j _vBi w b cwi gvY Kg tei' t̄Z cv̄ti |
- _vBi w b kix̄tii wewf̄b̄eAs̄t̄k t̄c̄t̄Q Zv' i ' v̄f̄weK KvR eRvq i v̄L | kix̄tii c̄l̄ZwJ A t̄½ wK̄Qz ni t̄gvb t̄' úw̄m̄d̄K GŪ-wi t̄m̄c̄Uim _v̄t̄K | ni t̄gvb, t̄j v m̄vavi YZ GB GŪ-wi t̄m̄c̄Uim, t̄j v̄t̄K A' w̄e t̄f̄U K̄ti | wK̄S' hw̄ _vBi w b GŪ-wi t̄m̄c̄Uim t̄Kvbl t̄' w̄J _v̄t̄K Zv n̄t̄j _vBi w b ni t̄gvb wK ḡt̄Zv KvR bv̄l Ki t̄Z cv̄ti | t̄m̄t̄¶̄t̄I nvBṭcv_vBịt̄q̣WR̄t̄gi mgm' v t̄' Lv hvq |

j ¶Y

- ev' Pvi ḡt̄Li M̄Vb A' v̄f̄weK n̄t̄Z cv̄ti, bvK Aw̄Zwi³ gv̄t̄vq Pl ov nq | ḡl_ t̄_ t̄K wRn̄v̄ memgq tei' t̄q _v̄t̄K | t̄PvL ḡl_ d̄t̄j _v̄t̄K | gv̄vi Av̄Kvi Aw̄Zwi³ gv̄t̄vq eo nq | ev' Pv wK ḡt̄Zv wi q' v̄± Ki t̄Z cv̄ti | bv̄l wRn̄v̄i Av̄Kvi eo nq et̄j k̄l̄mKó n̄t̄Z cv̄ti | t̄L t̄Z Am̄ēt̄a nq |
- Z̄K i'® n̄t̄q hvq, gvm̄t̄j i kw³ Kg _v̄t̄K (nvBṭcv̄t̄Uw̄b̄qv), nvZ cv̄t̄qi Av̄Kvi t̄QvU nq | wK ḡt̄Zv nuUV̄jv Ki t̄Z cv̄ti | bv̄l kvi w̄i K Ges giv̄w̄mK w̄eKv̄k nq bv̄l |

A`vKvqW`nvBtvcv_vBitqWRg

A`bK mgq Rtb` ci ci nvBtvcv_vBitqWRtgi mgm`v t`Lv bv tM`j l, ev`Pv একটু বড় হলে সমস্যা হতে পারে। থাইরয়েড গ্ল্যান্ডের নন স্পেসিফিক ইনফ্লামেশন এর সব থেকে বড় কারণ। তবে পিটিউটারি গ্ল্যান্ডে কোনও সমস্যা থাকলেও হরগv b `Zwi i mgq mvBtKtj c`fve cotZ cvti, tm`q`i` _vBiw b nitqvb Kg wbtmZ nq Ges mgm`v t`Lv hvq|

j`qY

- ep`x Ktg hvq| `j cvitq`Y c`fve cto| tiRv`e Lrvc ntZ `i` Kti | ev`Pv tj `wRR ntq hvq, KvR Ki`Z Pqv bv, AwZwi`3 Ngvq| ZK `i` ntq hvq|
- Kbw`÷tck`tbi mgm`v t`Lv hvq| IRb evotZ `v`K, ItewmUi mgm`v t`Lv hvq| f`o tefo hvq| D`PZv evto bv| Pj cto hvq| A`vWtj tm`Ut` i t`q`i` a`i GK ZZxqvsK Pj D`v th`Z cvti |
- wcvqW ms`p`vš-mgm`v ntZ cvti | tgb`÷`jvj mvBtKj AwbqvgZ ntq hvq| AwZwi`3 gv`vq ev Lp` A`i cwi gvY i`3 cvtZi mgm`v t`Lv hvq|
- মুড সুইংয়ের সমস্যা দেখা যায়। থাইরয়েড গ্ল্যান্ড ফুলে যায় (গয়টার)। A`wbgqv Ges BbdvU`j wUi mgm`v ntZ cvti |

U`vbrtqU nvBtvcv_vBitqWRg

A`bK mgq kixi` _vBiw tbi mvqwk Afve ntZ cvti | GB Ae`v`K U`vbrtqU nvBtvcv_vBitqWRg etj | _vBiw b Drcv`b Ktg wMtg nvBtvcv_vBitqWRtgi w`f`b`e`DcmM` t`Lv hvq| Zte wbtR t`_tKB nitqvtbi Drcv`b tefo hvq Ges mgm`v tewk w` b `vqx nq bv|

wPwKrmv

h_vh_fvte tivM wby` Kiv c`qvRb| w`k`l`Z Kb`RwUvj nvBtvcv_vBitqWRtgi t`q`i` mg`-j`qY t`Lv hvq bv, dtj tivM wby` Kiv KwB ntq hvq| ev`Pvi Rtb` cti hw` wJGmGBP tj`fj tgc`tbl`qv hvq Zvntj tivM aiv A`bK mnR ntq cto| GB c`x`w`Z`K w`bs`ej`v`nq| w`bs` `yai`tbi`nq` - BDw`f`vm`j Ges wntj w`f`|

- th ai`tbi nvBtvcv_vBitqWRgB tnvK bv tKb wPwKrmv Kivi Rb` mwK Kivi tR`b নেওয়া দরকার। থাইরয়েড গ্ল্যান্ড না পিটিউটারি গ্ল্যান্ডের সমস্যার Rtb` nvBtvcv_vBitqWRg ntq`Q tR`b wbtZ cvitj wPwKrmv Kiv mnR ntq hvq|
- ev`Pvi Ab` tKvbi A`Uv-BvgDb wWRR thgb cvi t`w`q`m A`wbgqv ev t`k`Z Av`Q wK bv tR`b tbl`qv c`qvRb|
- wPwKrmv wntmte _vBiw b A`vWvgb`÷vi Kiv hZUv Ri`wi ZZUvB ev`Pv`K kvi`xi`K Ges gv`w`K mv`cvU` i`qv c`qvRb|

KKti i Kvgi I RjvZsk

RjvZsk ev i`wem tivM wK I tkb?

i`wem gjZ tk>`kq mwgZtšj Avi,Gb,G fvBivtm mspgY| mPivPi G BbtđKkb NtU i`weW A`wbgtj thgb - tkqvj , ewp, i`vKtYi jvjv tkvb qjZ`vbi ms`utk`Gtm| Avi DcmM`Lv hvl qv G AmtL Avmvs`tivMxi gZi kZfvM Aeami Z ntq hvq| Gukqv I AvicKvtZ KKti i AvPo ev Kvgi t`tk RjvZt¼ Avmvs`nl qvi NUbv NtU tewk| G fqsKi fvBivm Gi Kg A`wbgtj i gjg`I h`ó cwi gvtY `vtK| qjZ`vbi Xtk ev tPtLi KbRvsvfvi gva`gl mspgb ntZ cvti |

tivMi j qYw

kixti Rxeby c`etki 20 t`tk 180 w`bi gta` tivMi j qY t`Lv w`tZ cvti | DcmM`P c`g 2-10 w`b qjZ`vbi e`v, Pj Kvbtv t`Lv t`q| cieZx` mgtq tivMi c`Kvk 2-10 w`b `vqx nq| Zxe`wbDti vj wRK`vj G cteP tivM mbv`KiY j qY nj nvBtWtdweqv ev RjvZ¼| wki`tk th tkvb Zij Lvevi GgbwK jvjv tMjvi mgtq| Zv kymtiva nlqvi gtZv cwi w`wZ `Zwi Kti | ev`Pvi gtLi lci d`vbi evZvm c`vvnZ ntj l GKB fvxZKi Ae`v mjo nq| G ch`q wki cwb t`Lvgt fqvZ`ntq Dtv| tkvgvtZ hvl qvi AvtM tivMvms`wki i AvPiY bvbv Miwgj t`Lv hvq| nvU`wUBUwvi Mšmn wewfbet`nhtšj RvUj Zv t`Lv t`q|

cZtiva tKšj

cvvj Z KKti tk fvKumb w`tq t`qv l iv`vi KKti wbatbi cwi Ki bv MšY| hviv i`wemti SmtZ AvtQ thgb- ci cvj b KgRZ`KgPvi x, j`veti Uwi tZ KgPZ Rbmgo l wki iv 0,7, 28 w`tb wZb tWvR gvsmt`cuk`tZ wUkv MštYi gva`tg tivM cZtivaK e`v Aej`b Kiv hvq|

wPKrmv tKšj

- KKti ev teovj th tkvb cii Kvgtoi ci ZvtK wKifc wPKrmv tKšj tbqv nte ta কোন কোন ক্ষেত্রে নির্দিষ্ট অ্যানিমেলকে বিশ্লেষণ করে গ্রহণ করা হয়। যদি কামড় ত`qv ci NUbvi 10 w`bi gv`vq gviv bv hvq, Zte i`wem nlqvi m`tebv Kg| Kg SmtZ `vKtj lB cii AvPiY A`vfwek wKQy t`Lv hvl qv ch`S-wPKrmv c`qvM `wMz Kiv t`tZ cvti wtkl`tAi civgk`Abjvqx|
- `skb `vbi hZ ZvovZwmo m`e mvevb cwb`tZ atq tbqv DvPZ| Mfxi qjZ `vbi Kiv`Uvi mrvqZvq jvjv-Rxeby c`bi cwb c`qvM cwi`vi Kti wbtZ nte| qjZ`vbi t`tk `wZ fvBivm mivtvi KvR 1 fvM cwfwb Avtqvwb ev 70 fvM A`vj tKvj e`envi Kiv nq|
- `sktbi cti fvKumb t`qv AvM ch`S-হিউম্যান র‍্যাভিস ইয়ুনোগ্লোবুলিন দেয়ার wevb AvtQ|
- fvKumb c`qvM wtkl`tAi civgk`tgvZteK 0, 3, 7, 14 l 28 w`tb cvP tWvR gvmt`cuk`tZ t`qv fvKumb wmwDj eZ`vbi `tkZ AvtQ|

mc[©] skb

cw_extZ c0q 3500 cRwZi mvc AvtQ| Gigta" welai cRwZi mvc c0q 200| evsj vt`tk Kgct¶ 80 cRwZi mvtci gta" 12 cRwZi mvgj`K mvcmn tgvU 27 cRwZi welai mvc itqtQ| cw_extZ ermfi c0q 30000 t_tK 40000 gvb| mvtci Kvgto gviv hvq| evsj vt`tk ermfi c0q 8000 gvb| mc[©] `sktbi wkKvi nq, Zbfta" c0q 20% gZieiY Kti| evsj vt`tki eb-R½j , M0gvA'tj th mg`Z welai mvc c0qB t`Lv hvq Zvi gta" tMvLiv, tKveiv, tKDtu, P>`fevov, meR mvc, ivRtMvLiv Ab`Zg| Awelai mvtci gta" itqtQ wewfbraiti K'vU-t0K ev Pvj tcvov mvc, `vi R mvc, tXvov mvc Ges mZvbjx mvc BZ`w` |

wetli cfe

mvtci wela ntjv wewfbraiti Uw` b (wbDtiUw` b, KvmWpUw` b) l Lv`iti mi msugkY| G_tjv gvb|li kixti wewfbraSystem thgb m0qZtS; gvsmtckxtZ, wKWbxZ, i³ RgvU ewavi c0q0q, urwt0, i³-msenb ZtS; Ges `skbKZ `vtb `vqxfite wewl0qv NUvq| welai tMvLiv, tKDtu Ges P>`fevov mvtci `sktbi ci m0qZtS; lci wewl0qvi Kvi tb Aek ev c'vi vj vBwm ntZ cvti | G Ae`v tekx¶Y _vKtj kjm-clkxtmi ¶lgZv Ktg wMtq GtKevti eU ntq thtZ cvti | P>`fevov Ges AtbK welai mvgj`K mvtci `sktbi dtj gvsmtckxi tKvl b0 ntq wKWbx weKj ntq thtZ cvti | Zte gZi KviY mc[©]skb ntj l mevB wetl AvµvS-ntq gviv hvqbv, wbeP mvtci Kvgv tLtg tKej AvZt¼, l Svi tKivgW l KuUvtQovi RvUj Zvi Kvi tYl AtbtKi gZi nq |

DcmM[©]

wbeP mvtci tPvqtj GKB gvftci AtbK_tjv `wZ _vtK etj `swkZ `vtb AvPtoi gtZv ¶Z nq, tZgb Mfxi nqbv| tmRb" ¶Z`vb t_tK mvgvb" i³¶iY Qvov Systemic j ¶Y t`Lv hvqbv| wela v³ mvtci wela `wZ eo nl qvtZ Kvgv wKQlv Mfxi nq | G t_tK wewfbraDcmM[©] t`Lv t`q, Ges GUv wbfP Kti wetli cw gvftbi Dci | c0tgB ¶Z`vb dtj hvh, Pvgovi is bxj vf ev Kij tP ntq hvq, tclmKvi m0 nq | kixti wetli gviv tekx ntj tPvtLi cvZv fvix ntq eU ntq Avtm| evi evi ewg ntZ cvti, AwZwi³ j vjv wot`fb ntZ cvti, K_v ejtZ K0 ntZ cvti, ¶Z`vb, `vtZi gmo t_tK i³¶iY ntZ cvti; GgbwK i³ewg, i³cvqLvov, i³clntei dtj i³Pvc Ktg wMtq `swkZ e`w³ AAvb ntq thtZ cvti | welai tMvLiv, P>`fevov, tKDtu BZ`w` i Kvgtoi dtj m0qy Aek ntq kixi `p¶ ntq thtZ cvti; GgbwK kjm clkxtmi ¶lgZv Ktg wMtq gZil ntZ cvti |

WPKrmv

c0_ugK WPKrmv-- Gi c0_ugK j 9" ntj v i 3 c0vtn c0ZeÜKZv m0i gra'tg
`sukZ `vbi vel kixii wewfbuSystem G Qmotq ci'tZ ewav t`qv|

Gt9t9 hv Ki'tZ nte

- `sukZ `vb m0uY©APj Kti ivLv (c0qvRtb Splint e'envi Ki'tZ nte)|
GtZ 9tZ`vbi i 3 Pj vPj Ktg hvq, tmRb" vel Qmotq cotZ AtbK mgq
j vM|
- `sukZ `vbi mgvb" Dcti (nv'tZi t9t9t Kbb'tqi Dcti Ges cvtqi t9t9t
nuJi Dcti) Pl ov wdZvi gtZv Kti Aí wKQ9t9i Rb" (30mgvbu) Kvcv
w'tq wMU w'tZ nte| Zte wMU Ggbfvte w'tZ nte hv'tZ Zv Lp UvBU bv nq;
wMU tekx UvBU ntj i 3 Pj vPj eÜ ntq cPb ev gvi vZK 9tZ `Zix ntZ
cv'ti, m0y weKj ntq gysktckx Aek ntq th'tZ cv'ti, wKsev wMU t`qv A½
d'tj A`fweK i 3 9t9iY ntZ cv'ti| tµc e'v'tÜR e'envi Ki'tZ ci'tj
Avi l fr'tj v; Zte G t9t9t Zv `sukZ`vb ntZ `i i" Kti Dctii w'tK m0uY©
nvZ ev cv GKUzUvBU Kti t0P'tq t0ta w'tZ nte|
- `sukZ `vb wKQ'tZB KuUv-t0ov Kiv hv'tebv, tKej wf'tR Kvcv w'tq wKsev
Antibiotic lotion w'tq 9tZ`vb g'tQ w'tZ nte hv'tZ tX'tj t`qv vel wKQ'v
ntj l mi v'tbv hvq| `sukZ `vb KuUv-t0ov Ki'tj A_ev l Svi ci'vgk©gtZv
wewfbu©j c j vM'tj gvi vZK Bb'tdKkb GgbwK wU'tUvbm chS-ntZ cv'ti |
- ti vMxi Kµm c0k'tmi w'tK tLqvj ivL'tZ nte|
- hZ `*Z m0e ti vM'tK vbKU`'`v' tKt`*wb'tq th'tZ nte|

hv Kiv hv'tebv

- 9tZ`vbi tKvb c0Kvi KuUv t0ov Kiv hv'tebv ev 9tZ`vb tPvl v hv'tebv|
- 9tZ`vbi ei d j vM'tbv hv'tebv|
- `sukZ e'w'3'tK nnu'tq t'bv hv'tebv|
- agbxi i 3 Pj vPj eÜ ntq hvq Ggb UvBU Kti wMU t`q hv'tebv|
- ti vM'tK Gj tKvj ev gv`K `e" t`qv hv'tebv|

Av_ʒb cəʒj ʌK Kiʒeb

Av_ʒb tcvov GKwU Ri“ix ˘v˘” mgm˘v | tQvULvʒUv tcvovi tʒʒt˘ c0_ugK
wPwKrmv tbqv thʒZ cvʒi, ʌKŠ˘ tcvov hw˘ eo nq, Zʒe ZvʒK wPwKrmv tKʒ˘˘ wʒtq
thʒZ nʒe | wʒtP wewfbəəi ʒbi tcvovi tʒʒt˘ ʌKQyiwPwKgrmv c˘wZ t˘ qv nʒj v -

- tQvULvʒUv RvqMv cʒo tMʒj mʒ½ mʒ½ tcvov ˘vb cwʒtZ Wʒetq w˘ʒZ nʒe |
Gici wʒg j wMʒq w˘ b tcvovi ˘vʒb | e˘_v Kiʒj c˘vi wMʒvgj RvZxq l lʒ
Lvʒeb |
- tcvovi ˘vʒb hw˘ tcv˘v cʒo, Zʒe tcv˘v hvʒZ bv Mʒj tmw˘ ʒK tLqyj ivLʒeb |
tdv˘v Mʒj tMʒj cwʒb w˘ tq aʒq w˘ ʒZ nʒe | tfmʒj b ʌKQyiy dʒUʒq RxevYgyʒ
Kʒi tcvov ˘vʒb j vMʒb | tfmʒj b bv _vKʒj tRbimqvb fʒtqʒtj U ev wʒj fvi
mʒj dʒWvqurB j wMʒq tcvovi RvqMvUv tLʒv evZvʒm ivLʒb | KLbI tcvov ˘vb
k˘ Kʒi evəv hvʒe bv | i ayəʒj v Avi gwQ t_ʒK evPvi Rb˘ Avj ʒZvʒvʒe mʒZi
Kvco ev tZvqʒtj wʒtq tXʒK t˘ʒeb | e˘_v teʌk _vKʒj tcvbimʒj b ev
Ggicimʒj b RvZxq GwUevʒqʌUK tLʒZ cvʒi b |
- KLbI tcvovi lci tZj, PwēPvgov, Kʌd, MvQMvOov ev gj g j vMʒʒeb bv | Lʒ
teʌk cʒo tMʒj th tKvb mgq ti vMx kʒK Pʒj thʒZ cvʒi | hšʒv, fq Ges
tcvov t_ʒK im teʌtq kixʒi i c0qvRbxq cwʒb teʌtq hv l qv GmeʌKQyigʒtj
kK nq | G mgq hZ ZvovZwo m˘e ti vMʒʒK nvmcvZvʒj wʒtq thʒZ nʒe |
- Av_ʒbi tcvov GovʒZ mevBʒK mveavb _vKʒZ nʒe | Pʒj vi KvR tkI nʒj Pʒj v
eU Kʒi ivLʒZ nʒe | tQvU ʌkʒi ʒi Av_ʒbi KvʒQ thʒZ t˘ʒeb bv | ewZ ev
w˘ qvKj vB tQvUʒ˘ i nʒʒZi bvMʒʒj i evBʒi ivLʒb |

wn̄ ÷ wi qv - ^K̄tkv̄i ḡtbi tiw̄

wn̄ ÷ wi qv m̄=ú̄t̄K̄R̄vb̄

Gw̄ ḡtbi Am̄. | Gi dt̄j m̄w̄w̄eK̄ Kv̄h̄p̄t̄ḡ ēv̄N̄v̄Z̄ N̄t̄Ū | Avḡv̄t̄ i t̄ t̄k̄ w̄kī |
b̄v̄ix̄iv̄ Z̄v̄t̄ i Kó ḡtbi ē_v̄ Ab̄t̄ i Kv̄t̄Q̄ Āt̄b̄K̄ t̄ŋ̄t̄ t̄c̄t̄Q̄t̄Z̄ cv̄t̄i b̄v̄ | Z̄L̄b̄
w̄kī i Ḡ gḡh̄v̄Z̄b̄v̄ Ac̄t̄K̄w̄Z̄K̄ kv̄ix̄wīK̄ D̄cm̄t̄M̄m̄w̄R̄t̄q̄ c̄K̄vk̄ cv̄q̄ | dt̄j w̄kī
Z̄vi ḡvb̄w̄m̄K̄ h̄š̄p̄v̄ j v̄N̄t̄eī GK̄Ūv̄ c_ L̄t̄jR̄ t̄b̄q̄ | w̄ŌZ̄x̄q̄Z̄, Ḡme D̄cm̄t̄M̄P̄ Kv̄īt̄Ȳ
w̄kī `̄p̄ n̄t̄q̄ c̄t̄ō | Z̄v̄B̄ `̄b̄w̄ `̄b̄ `̄w̄q̄Z̄j̄ cv̄j̄ b̄ b̄v̄ Kīt̄Z̄ t̄c̄t̄i ḡvb̄t̄ī Kv̄t̄Q̄
b̄v̄b̄v̄ aīt̄bi m̄nv̄b̄f̄w̄Z̄ j v̄f̄ K̄t̄ī |

j̄ŋ̄Ȳ

- Ām̄p̄ i K̄t̄gi n̄ūŪv̄P̄j̄ v̄ |
- t̄ḡw̄K̄ w̄d̄Ū n̄t̄q̄ h̄v̄l̄ q̄v̄ |
- n̄v̄Z̄-c̄r̄t̄q̄ī Kv̄R̄-K̄t̄ḡĀm̄j̄eav̄ |
- Aek̄f̄iv̄ē |
- K_v̄ ej̄ t̄Z̄ Am̄j̄eav̄, t̄t̄ t̄ḡt̄j̄ b̄v̄ |
- t̄P̄v̄t̄L̄ t̄K̄vb̄ w̄K̄Q̄ȳt̄ L̄t̄Z̄ b̄v̄ cv̄iv̄ |
- KL̄t̄b̄v̄ KL̄t̄b̄v̄ t̄š̄Z̄k̄w̄³ t̄j̄ v̄c̄ ev̄ ep̄x̄ t̄t̄ K̄t̄ḡ h̄v̄l̄ q̄vī ḡt̄Z̄v̄ N̄Ūb̄v̄ N̄t̄Ū |
- KL̄t̄b̄v̄ev̄ c̄wī w̄P̄Z̄ R̄v̄q̄M̄v̄ t̄Q̄t̄ō D̄`v̄m̄x̄ | D̄t̄ī k̄`n̄x̄b̄f̄v̄t̄ē Āt̄b̄K̄ ḡv̄B̄j̄ `̄t̄ī P̄t̄j̄
h̄v̄q̄ |
- w̄kīī kv̄ix̄wīK̄ c̄ix̄ŋ̄v̄ n̄t̄j̄ t̄`L̄v̄ h̄v̄q̄ Z̄vi n̄v̄Z̄-cv̄ c̄ŋ̄v̄N̄v̄Z̄M̄Ō` t̄ ḡt̄Z̄v̄
t̄`L̄v̄t̄j̄ | Z̄vi m̄w̄q̄Z̄t̄š̄j̄ wī t̄c̄h̄ AŪŪ Av̄t̄Q̄ |
- t̄Z̄ḡb̄f̄v̄t̄ē ĀŪZ̄j̄ t̄`L̄vī R̄b̄` c̄ix̄ŋ̄v̄ Kīt̄j̄ t̄`L̄v̄ h̄v̄q̄ t̄P̄v̄t̄Lī ḡw̄Ȳī wī t̄c̄h̄
w̄K̄ Av̄t̄Q̄ |

w̄P̄w̄K̄r̄mv̄

- w̄kīī m̄=ú̄Ȳ^{q̄}kv̄ix̄wīK̄ | ep̄x̄ew̄Ēī c̄ix̄ŋ̄v̄ K̄iv̄ c̄Ōq̄v̄R̄b̄ | w̄kīī kv̄ix̄wīK̄ t̄K̄vb̄l̄
t̄iv̄t̄Mī c̄ŋ̄v̄Ȳ b̄v̄ w̄q̄j̄ t̄j̄ Ac̄Ōq̄v̄R̄b̄x̄q̄ t̄Ū ÷ b̄v̄ K̄iv̄t̄b̄v̄ f̄v̄t̄j̄ v̄ |
- t̄h̄ Kv̄īt̄Ȳ w̄kīī ḡt̄ā` wn̄ ÷ wi qvī D̄rc̄w̄Ē n̄t̄q̄t̄Q̄ t̄m̄ Kv̄īȲ₃t̄j̄v̄ w̄kīt̄K̄
m̄n̄R̄f̄v̄t̄ē ēv̄L̄`v̄ c̄Ōv̄b̄ | m̄=ú̄ē` me D̄c̄v̄t̄q̄ w̄b̄Ōq̄Z̄v̄ `̄v̄t̄b̄ f̄v̄t̄j̄ v̄ dj̄ t̄ḡt̄j̄ |
w̄kīī m̄t̄½̄ w̄ēt̄ivā m̄=ú̄Ȳ^{c̄wī}Z̄v̄R̄` |
- Āt̄b̄K̄ m̄ḡq̄ | l̄t̄j̄aī w̄P̄w̄K̄r̄mv̄ c̄Ōq̄v̄R̄b̄ n̄q̄ | Z̄t̄ē ḡt̄b̄v̄t̄īw̄ w̄P̄w̄K̄r̄m̄t̄Kī c̄iv̄ḡk̄^{q̄}
t̄b̄q̄v̄ t̄h̄t̄Z̄ c̄v̄t̄ī |

c̄īZ̄t̄ivā t̄K̄š̄j̄

Av̄aȳb̄K̄ R̄xeb̄ av̄īt̄Ȳī Kv̄īt̄Ȳ ḡvb̄w̄m̄K̄ | m̄v̄ḡw̄w̄R̄K̄ m̄ḡm̄`v̄ ev̄ōt̄Q̄ | w̄kīī
ḡt̄b̄v̄R̄M̄t̄Z̄ ḡv̄-ev̄evī `̄v̄b̄ meR̄b̄x̄b̄ | m̄t̄½̄ Ab̄`v̄b̄` f̄v̄B̄t̄ev̄b̄, `̄ḡ w̄k̄ŋ̄|K̄-
w̄k̄w̄ŋ̄|K̄v̄ē,` , P̄vī cv̄t̄kī m̄s̄`w̄Z̄, esk̄M̄w̄Z̄ī av̄iv̄ Z̄vi ḡt̄bī | cī c̄īZ̄ḡŋ̄t̄Z̄^{q̄}Av̄t̄j̄ v̄
Q̄v̄q̄vī ḡt̄Z̄v̄ t̄L̄t̄j̄ | w̄kīī ḡt̄ā` t̄K̄vb̄ ḡvb̄w̄m̄K̄ m̄s̄K̄Ū w̄P̄w̄ȲZ̄ n̄t̄j̄ Ah_v̄ A%^{q̄}Āv̄b̄K̄
Ac̄w̄P̄w̄K̄r̄mv̄q̄ w̄kīt̄K̄ `̄ » b̄v̄ K̄t̄ī w̄ēt̄kl̄Á̄ w̄P̄w̄K̄r̄m̄t̄Kī Av̄k̄t̄ȳ t̄b̄q̄v̄ D̄w̄P̄Z̄ |

wki tKb AgtbvthvMx nq?

AtbK gv-everfKB ej tZ tkvbn hvq, Avgvi tQtj ev tqtqUv covtkvbnq GK`g gtbvthvMx bq| eB wbtq emtZB Pvq bv| Gi tcQtB AtbK KviY itqtQ| Gi gta` Ab`Zg nt`Q, tewk`Y wUwf t`Lv, Kw`uDUvti ev wUwf tZ tMgm tLjv| wKQ` b AvtMI wki t` i gUUtq hvl qv ev WvqvteWtM AvLvs-nl qvi tcQtB c`vnb KviY wntmte AwZwi³ wUwf t`Lv ev wfwWI tMgm tLj vtK `vqx Kiv ntj I Gi mt½ thvM ntqtQ Avil GKwU bZb MtelYvi djvdj | thme wki c`Zw` b `B NvUv ev Zvi tPtq tewk mgq ati wUwf t` tL tQ ev wfwWI tMgm tL tjtQ, Zviv Ab` t` i তুলনায় শ্রেণীকক্ষে উল্লেখযোগ্য হারে Kg gtbvthvMx|

weAvbxiv gtb Ktib, wUwf ev wfwWI tMgtmi Qwe,tjv Lye `*ZMwZtZ I AwZgvlvq cwi emZ` nq| dtj Zv evoS-wki t` i gw` t` GK aitbi c`fve tdtj | GtZ wki iv P`Aj cKwZi ntq hvq Ges covtkvbnq gtbvthvM nwi tq tdtj | G aitbi wki t` i tKD tKvbn wKQ`Z gtbvthvM w` tZ ej tj Zviv tmUv AZUv `i`Z; mnKv ti tbq bv, cigntZB f`tj hvq| dtj Zviv i`aycovtkvbn bq, met` t` t` B AgtbvthvMx ntq l` t` | Avi GB AgtbvthvMwZv Zvt` i t` t` t` q Kw`mi tcQtbi mwi tZ|

AvtMi MtelYv ch`ej vPbv Kijtj Avil t`Lv hvq, wki iv tewk gvlvq wUwf t` L tjtj ev wfwWI tMgm tLjtj tewkifvM mgqB i` t` - etm KvUvq| dtj Zvt` i kixti axti axti tg` RgtZ `vtK Ges GKch`q Zviv gUUtq hvq| kixti tg` evotj i³bvj x,tjv msKwPZ ntq hvq Ges kixti i wKQ` `i`ZcY`A t` i (tPvL, gw`) m² m² i³bvj tZ Lv`Kbv tc`v tZ cvti bv| dtj tmme A½ Acv`i wKvni nq| GtZ t`Lv hvq, `vfw`K IRtib wki i Zj bvq gUUtq hvl qv wki iv Kg ev`xgvb nq Ges tKvbn c`k` DEi w` tZ ev tKvbn wKQ` gtb Kitz Zviv Zj bvgj Kfite tewk mgq tbq| GfiteB Zviv mewKQ`Z axti axti wcuQtq cotZ `vtK| Pvj Pj t`l Zviv Atc`vKZ axi MwZm`ub`e ntq `vtK| ZvB Dcwi D³ w`l q,tjv t` t` t` Lv hv`Q, wki t` i AwZgvlvq wUwf t`Lv ev wfwWI tMgm tLjvi djvdj tgv`UB Avkve`AK bq| Ge`vcv`i gv-ever` il itqtQ weivU fvgKv| weAvbx` i gtZ, gv-ever tewk gvlvq wUwf t` L tjtj Gi c`fvel ev`Pv` i lci c`o| Gt` t` gv-ever GKUv wbgg Kti w` tZ cvtib, hv`Z Zviv c`Zw` b `B NvUvi tewk G,tjvtZ mgq e`q bv Kti | cvkvcwk AwZwi³ wUwf t`Lv I wfwWI tMgm tLjvi `vZKviK w` K,tjv wbtq wki t` i mt½ Avtj vPbv Kitz cvtib Ges Zvt` i evStq ej tZ cvtib| GQrov thmgq wki iv tewk gvlvq wUwf t` t` l wfwWI tMgm tLjtj `vtK, lB mgq Zvt` i Ab`v` tLj vajvi c`Z DrmwnZ Kiv thtZ cvti | GtZ thgb Zviv AgtbvthvMx nl qv t` t` K gy³ `vKte, tZgvb gUUtq hvl qv ev ev`x i weKvK Ktg hvl qv t` t` Kl wbtR` i i`v Kitz cvite mntRB| Ge`vcv`i me gv-everi B mtPZb nl qv ` i Kvi |

ৱকিঁত্ i চৰ্ষ Ng Ri'ix

ৱকিঁত্ i tKD tKD GtKewiB Pcpvc _vKtZ c0> Kti | tKD ev mviqY
 emNi gwZtq ivtL | htk ejv hvq AwZPÄj Zv | G KviY AtpK mgq
 cwiefti i m`m'iv weiw³ Abfe Kti _vtKb | AwffveKiv ৱকিঁ i erowZ PÄj
 ৱKsev AwZ kvš-`fvtci KviY ৱPüšZ ntq ltvb gvtSgta`B | kiYvcbenb
 ৱPwKrmKti | m`cÄZ GK`j MtelK AwffveKt`i GB AtnZK fqtK `i Kivi
 cdym tctqtQb | Zuiv etj tQb, ৱকিঁ thtKvfbv aiþbi gvbwmK Ae`vi itqtQ
 KvhRviY | Zvt`i AwfgZ, ivtZ thme ৱকিঁ fvtjv Ng nq, Zviv mvariYZ
 axiw`i `fvtci ntq _vtK | Ab`w`tK hviv Gi wecixZ, Zvt`i gta` AwZwi³
 PÄj Zv t`Lv hvq | MtelKiv RvbtqtQb, ivtZ AšZ AvU Nlvv fvtjv Ng ntj
 ৱকিঁ i AwZPÄj `fve axti axti Ktg thtZ cvti | GBB KviY Zvt`i Ab`vb`
 tbnZevPK AvPiYI (hw`_vtK) `i ntZ cvti |

ৱdbj`vtÜi tnjwmi¼ wekpe`vjg l b`vkbvj Bbw÷wJDU Ae tnj_ A`vU
 l tqt tdtqti i GK`j MtelK mvZ-AvU eQi eqmx 280 Rb ৱকিঁ Ng l Zvt`i
 AvPvi -আচরণের নানা দিকের ওপর সমীক্ষা চালান। গবেষণা প্রতিবেদনে তাঁরা উল্লেখ
 Kti tQb tek ৱKQz `i`ZcY`welq | Zuiv etj tQb, ৱকিঁ AwZwi³ PÄj fvtci
 KviY AvciZ`wtZ Zvt`i Kvš-gtb bv ntj l GtZ ৱকিঁ mvgwMK AvPiYI
 l ci cfve cto | tewki fVM t`t`t`B Zv nq tbnZevPK | htk ejv nq
 A`vtUbbk tWwclmU nvBcvi A`vKwUf wRAWw (GwWGBPw) | MtelKt`i gtZ,
 চৰ্ষ fvtjv Ng ৱকিঁ `v` fvtjv ivtL | GKB mt½ GwWGBPw n l qvi SntK
 Kwgtq t`q | ZvB ivtZ ৱকিঁ i vbi er`Qbamj`vb`ti w`tK tLqvj ivLvUv Ri`wi |

tQv er`PvtK vbtq GKB weQvqv Ngvfbv

gv hLb GK eQti i Kgeqmx ৱকিঁ mt½ Ngvb ZLb Zvi AtpK fvtjv w`K
 cwijwY nq - ৱকিঁ hLb Pvq, hZwY Pvq - gvZ`f>>i Augqaviv cvb Kti mj`
 kixi gb vbtq teo ltv | ৱকিঁ ZvovZwio Ngvbtq cto | gv-elevi mt½ GtKB
 weQvqv Ngvbtj mšvb l AwffveKt`i mt½ AwZK eÜb mj`p nq |

Zte Ab`c`q | AtpK Ampeavi cÄZ mZK`ntZ etj tQb- eot`i weQvqv wec¾bK
 ntZ cvti | Ntg Av`Qbægv-elevi t`n tQvU Zj Zj big ৱকিঁ l ci Mvotq Pvc
 w`tZ cvti | eot`i weQvqv ৱকিঁ tewWstqi vbtP Pvcv cotZ cvti | t`qvj l
 Kvfv mt½ ৱকিঁ n AvUtK thtZ cvti | emj k, tjc-tZvkK Pvc _vKtj nVvr
 ktmjiva cwi w`wZ`Zwi nq | Nti agciqx w`Zv _vKtj wnw`mi (mvtWb Bbd`wU
 tW_ wmbtWtg) nvi teo hvq - Avtgwi KvB GKvtWgx Ae c`wWqmwUKtmi Gifc
 gZ |

er`PvtK vbtq GKB weQvqv Ngvfbvi AvtM vbtgwe³ wetq j`q` ivLp - ৱকিঁ K
 me`v wctVi l ci itq ivLp | tKvPi gtZv - Gifc RvqMvq tkvqteb bv | gv_v
 ev cvtqi w`tK thb tLvjv bv _vtK | G Ae`vq ৱকিঁ cto thtZ cvti | g`vtUm
 thb fvj gtZv mUvfbv _vtK | Ab`vq ৱকিঁ Gi fvtR AvUtK thtZ cvti | weQvqv
 tj c-তোশক যেন কম সংখ্যক থাকে। বড় বালিশ বা ব্ল্যাংকেট বিপদ ডেকে আনতে
 cvti | wmwÖZ tnvb thb ৱকিঁ i gv_v, gL, bvK tewWstq tXtK bv hvq |

wiki tZvZj vq

wiki iv tKb teuk tZvZj vq

tKb tZvZj vq nq, tm e'vcviti weAvbxt`i b'vbn gZ itqtQ| Zte Awakvsk weAvbxB gtb Ktib Avgvt`i gw`#`i `w` tKB evKtK>`a_vKvi dtj B MÜtMvj Uv`i` nq| GB `B evKtKt`i Uvbtctvob Ptj, K_v ej vtbvi wKv`wi Uv tK tbt, ZvB wbtq| Avi Gi dtj B wecE| AtbK weAvbx gtb Ktib tZvZj vgi Kvi Y m`úY`g'vbmK|

KLb tZvZj vq

- AtbK wiki tGwLK cix`v ev B'Uvi wFDtqi mgq, AcQt`i tKvbl tj vK ev ivkfvix wJPr`i m`½ K_v ej tZ wMtq tZvZj vq|
- `vbtft`l evotZ cvti wiki tZvZj vq| gvgvi ewotZ, `tj, tKvPs Kvfm tKvbl wiki nqtZv teuk tZvZj vq| A_P tLj vi gvtV, cvtK`wKsev Abp'v ewotZ Zvi g'fL `fweK K_v dtj S'no tQvU|
- AwZwi`3 kvmb, wBZ` S'Mov, Amg cÖZthwMZvq wiki tK tvtj t`lqv, ÖtZvtK dv÷ n'ZB nteÖ ev ÖZB Lvivc, Ab'iv fvj Ö, gv-evevi GB ai'tbi AvPiY wiki Dci cPÜ g'vbmK Pvc m'pó Kti Ges Gi dtj wiki tZvZj v'Z cvti|
- Avevi GKwaK fvlv wKsev GKwaK wJPr`i wiki Dci Pwctq w`tj l tm tZvZj v'Z cvti| thgb ewotZ evsjv, `tj BstiwR GB m'bugs Ktfe w'w`| AvtiKuv gRvi e'vcvi nj kZKiv 60 wiki hLb GKv GKv covtkvbn, AvevE ev Mvb Kti ZLb wKŠ`tm tZvZj vq bv|

g'vbmK Pvc

AtbK weAvbx gtb Kti g'vbmK Pvc`i m`½ tZvZj vgi tKvbl m`úK`tbB| eis tZvZj vgi Kvi tY wiki gtb th n'xbgb`Zvi Rb'v nq, tmUvB ZvtK g'vbmK ti vMx Kti Zj tZ cvti| tqtqt`i tPtq Avevi tQtj iv tZvZj vq cÖq Pvi`_Y teuk| Gi Kvi Y wnmvte we'kl A't`i h'v`3, Nti Ges evBti tQtj t`i AtbK teuk mvgwRK Ges A`%wZK R'wJ Zvi g'ta` co'tZ nq, ZvB tZvZj vgtZ teuk t'fvM Zvi vB|

Kviv teuk tZvZj vq

b'vUv Ges memvPxiv WvbnwZt`i tPtq teuk tZvZj vq| my` WvbnwZiv hLb `fweK K_v etj ZLb Zvt`i gw`#`i evg w`tKi evKtK>`a`teuk m'w'q`_v'K, hLb tZvZj vq ZLb m'w'q'Zv t`Lv hvq Wvb w`tKi evKtKt`'q| Avmtj gw`#`i `w` tKi `B evKtKt`i Uvbn tcvotbB GBme wecE NtU etj weAvbxiv gtb

Ktib| tZvZj wgtZ evK-čwK A_ŕ thme čwki mrvñh" Avgiv K_v ejj
 tm_tjvi Avŕŕc ev wLPub nq| GB wLPub evK-čwK QrovI t`ñni Ab`vb`
 čwktZ Qwoŕq coŕZ cŕti | mvaviYZ t`ñni th tKvbl čwKB GKevi msKwPZ
 ntq cigñZB cñwi Z nq| GB mstKvPb-cñvi Y chŕqµtg Pj tZ _vŕK| wKŠ
 tZvZj v`i tejvq evK-čwK GKevi msKwPZ ntj Avi cñwi Z ntZ Pŕq bv|
 GUv tewK NŕU e`Äbey©Z, c, e, g BZ`w` D`PviŕYi mgq| wKQz `ŕey©thgb
 A, Av, B,D D`PviŕYi mgq| AŕbŕK tZvZj vq| KLbl cŕg Aŕŕi wU D`PviŕYi
 cŕiB AŕbŕK AvUŕK hvq, cŕiv kãUv Avi etj DVŕZ cŕti bv| thgb Kjg
 D`PviY KiŕZ wMŕq tKD K-K-K etj t_tg tMj | GUv nq evK-čwki tUwbK
 `úvRŕgi Rb`|

gv-evev Kx Kiŕeb

- wki i mvgŕb tKvbl A`ŕfweK AvPiY Kiŕeb bv| ZvŕK eKŕeb bv,
 gvŕŕeb bv, e½ Kiŕeb bv cuPRŕbi mvgŕb| wkiŕ`i AvZŕm`ŕŕbŕeva
 fxLY cŕi |
- wki i tKvbl K_v ej tZ wMŕq AvUŕK tMŕj ZvŕK DrmwñZ Ki`b Am`úb©
 K_wU tkl KiŕZ| GKvŠ-bv cviŕj Ab` cmŕ½ Pŕj hvb|
- wki i `ŕj tKvbl KviŕY Zvi Dci AvZwi³ Pvc coŕQ wKbv, tKvbl
 wUPviŕK t`ŕL tm AvZ¼Mŕ-nŕ`Q wKbv wKsev tKvbl mncvVx ZvŕK
 gubwñK ev kvi xvi Kfŕŕe AZ`vPvi KiŕQ wKbv tLuR tŕŕeb |
- `g QrovI Ab` th me RvqMvq wki i hvZvqvZ iŕŕŕQ tmLvŕb tKD
 tZvZj vq wKbv, RvbŕZ nŕe Aek`B|
- wŕŕRiv mZKñl qv mŕŕŕi wki i tZvZj wq bv Kgŕj Aek`B B Gb wU
 wŕŕklŕÁi ci vqk`ŕŕeb| mŕŕŕŕŕ`i ci vqŕkŕ cŕŕqRb ntZ cŕti |

mšwtk Kti Zj b wptqwf

c0Z`K wki`B wKQywptqwf qgZv wbtq RbWq | tPbvRvbn tKvbl welaqK bZb Avtj vtZ t`LvB wptqwf | tmB GK wptj tZ Avtj vB bZb w kv ntq AvmtZ cvti Avgvt`i Rxeftb | GUvB wK Avgiv PrB bv Avgvt`i mšwtki KvQ t`tK?

mšwtk c0tg evel-gvtqi t`tKB tktL | ZvB wbtRt`i wptqwf | wbcwgZ PPP Ki`b | I`i wbtRt`i tj Lv KweZv, Mí cto tkvbn | wbtR Qwe GtK I`i ej b ZvtZ is Ki tZ | c0Zw`b bZb wKQyKivi tPov Ki`b | thgb - GK GKw`b GK GKikg Mjvi t`i I`i WwKb | t`dj ewi ewi GKB iv`v w`tq bv wMtq wwfbeiv`v e`envi Ki`b | I`i B cv` KweZv, tj vtZ B`OvgZ mj w`b | c0Z`K w`b ewotZ ev cvovq Ggb wRwbm I`i m`t½ LjRb hv AvtM KLbl j`q Ktibwb |

wptqwf ntZ tMtj wKš` GKUz c0KwZtK tPbv`i Kvi | AvKvk t`LtZ tkLvb | tgN, tjv KxiKg e`tj e`tj KLbl wRivd, KLbl cvwL, KLbl ev gvbfti gL nt`Q - Kíbv Kitz w`b | bZb bZb dj, MwQ, cvwL wptj tKlvb | wbtRt`i gtZv Kti Zvt`i bvg w`tZ w`b | Ggb tKvbl `enkó` gtb ivLtZ ej b hvZ w0Zxqevi t`Ltj wptj cvti | KLbl B RvRtgUvj nteb bv | gj`vqb wKš` wptqwf wó Kti t`q | tKvbl GKRB gvbj tZv Avi GKRTbi gtZv nq bv | 0ZvB `v`vi gtZv my`i Qwe AvtKv0 A_ev 0GB j vBbv Zng tekv Uvbtj 0 tMvtQi gSe` Kiteb bv | Gi dtj Avcbvi mšwtk nq AvKv eÜ Kti t`te bqtZv Avi cvPRtbi gtZv AvKte | t`KxqZv wKQß Avi eRvq vKte bv | tgšwj KZvtK mšwtk Ki`b | mšwtk bZb wKQy Kitz tLvjv gtb tgte wbb | gtb ivLteb, wptqwf c0wqvi tKvbl ewavaiv MZ nq bv | hw`l wptqwf tKvb msAv nq bv, Zeyl Qtki evBti hvlqv, MZvbMwZ aviYv fivOv, wKQy AvcvZ fj Kiv Ges nVvr nVvr bZb wPšwvebv c0Li epx`xß c0KvKB wptqwf | thgbfve mšwtk wbtRtK c0Kv Kitz Pwq, tgte wbb | tRvi Kti wKQy Kitz ewav Kiteb bv | wptqwf wKš` tKvbl cvtKR bq thvftK wbtq evRvti gvftKs Kiv hvq | tvtj wZtq KweZv tj Lvfbv, Qwe AvKvfbv hvq bv | eis wntZ wecixZ ntZ cvti | `ah`ati Atc`qv Ki`b | Avcbvi mšwtk wptqwf ntj w0Qb c0Kv cvte |

wptqwf nl qvi mi Avg wKš` tRvMtZ nte AvcbvftKB | Avcvb Wlqqs eK, Kujvi tcvYj wKtb w`tj ZteB bv | ZvtZ AvPo Uvte | wbtRl ev`Pvi m`t½ K_v etj tevSvi tPov Ki`b | Ii gtbi MwZc_ | GUv Mí wKQy etj t`tg hvb | ewwKlv I`tK | Ii Kíbv t`tK m`úb`Kitz ej b | Ggb tLj bv wKtb w`b hv | Ii Kíbv kw`tK evovq |

tKvbl mgm̄vi K_v mšvbtK ejp| RvbZ Prb Kx Kx fvtē Zvi mgvavb Kiv hvq| GKB mgm̄v mgvatbi Rb̄ wewfbæiv̄+ Avcbvi mšv̄b fvetZ wklte| Rietbi cieZi[⊗]t[†]†I t̄ l qvtj wcv tvtK tmLvb t_tK tewitq Avmvi iv̄+ LjR tbtē| `tUv wRw̄bm ev̄PvtK tevSvb| tKvbl mgm̄vB mvsNwZK KwVb bq| iaym̄gm̄vtK tgvKwej v Kivi cšv e`j vtZ nq| wZxqZ, ūtdwj I iō Ggb GKUv Uvg[⊗]hvi m̄t½ gvb̄tI tKvbl m̄úK[⊗]tbB wKQycwi w̄wZ KwUtq DVtZ nq i agv̄t̄ ev̄xgĒvi m̄t½B| ev̄Pvi w̄tqUw̄f̄w̄U eRvq ivLvi Rb̄ Btgkbyj Ges Bt̄Utj KPqvj m̄vtc̄Ū `i Kvi | Ggbl n̄tZ cv̄ti, ev̄Pv Ggb wKQyKij ev̄ejj hv eqtm̄w̄PZ bq| eKteb bv| Ab̄ mgvavb A_ev Ab̄ wRw̄bm fvevi Rb̄ I t̄K Drmw̄nZ Ki "b|

gfb ivLteb

- ev̄PvtK Dchy³ cwi tek w̄ b| cwi tek AtbKUvB c̄fweZ Kti |
- ev̄Pvi tSuK tKvb w̄ tK tmUv fvj Kti ešb| w̄tRi fvj j vtM etj B tmUv I i Dci Pwctq t̄ teb bv| t̄ Lp I tmUv fvj ev̄tm wK bv|
- tQvUt̄ i Ab̄ i Kg w̄Pšfvebv t̄ tL w̄PšZ nteb bv|
- ev̄PvtK wewfbæag[⊗] c̄Ū k, Kvj Pvti i gvb̄tI m̄t½ tgvkq m̄thw̄M w̄ b| I t̄ i w̄Pšfvebv c̄hwi Z nte|
- tKvbl w̄bw̄[⊗] mgq āti w̄tqUw̄f̄ nI qv hvq bv| ZvB AW Avl qvti ev̄Pv wKQy Kitz PvBtj ev̄iY Ki teb bv|
- tj vtKi mvḡtb memgq ev̄Pvi c̄ŪZfv I i Aw̄b[⊗]Qvq Rwni Ki teb bv| GtZl w̄tRB tmB Kv̄Ri c̄ŪZ fvj ev̄mv nwi t̄q tdj te|

w̄WRtj w̄ qv

GUv GK aītbi w̄t̄kl j w̄b[⊗] w̄WRw̄w̄ | tQvUt̄ i ḡt̄B Gi j [†]Y t̄ Lv hvq| h̄t_ó AvB wKD m̄úbæev̄Pvt̄ i I w̄WRtj w̄ qv _vKtZ cv̄ti hv c̄Ūg w̄ t̄K Kto ev̄ tKqvi t̄j m etj bRi Gw̄tq hvq| Gmet[†]† tQvUt̄ i w̄i w̄Ws I i vBw̄Us Gweij w̄U ^Zwi nq bv| mnR ev̄v̄bI gfb ivLv GKUv c̄hvb mgm̄v|

c̄ŪZKvi

- hZ ZiovZw̄o m̄æe GB mgm̄vi tgvKwej v Kiv D̄iPZ|
- w̄WRtj w̄ qvi tKvbl I I p̄ nq bv|
- w̄KwbKvj A_ev Gw̄tKkbyj m̄vq̄Kvj w̄R ÷ ev̄ KvDw̄Yj v̄ti m̄t½ ci v̄gk[⊗]Kti mgm̄vi mgvavb m̄æe|

agcvb I ucZv-gvZvi KiYvq

agcvb i'ay agcvqxt`i Rb`B qWZKi bq, hviv Zvi Avtkcvtk _vfkB Zvt`i Rb`I mgvb qWZKi | wtkl Kti thme wki i ucZv-gvZv agcvb Ktib Zvt`i qWZ nq tekx |

mv`cZK MtelYvq t`Lv tMtQ, thme wki agcvqxt`i KvOvKwQ _vfk, Zvt`i dmdtmi K`vYvti Avµvš-nl qvi AvksKv _vfk wZb_Y | cieZi® Rxtbl kpmRwbZ Ab`vb` tivM Avµvš-nl qvi SñK _vfk | tmB Zj bvq thme wki agcvbgj³ cwi tēk tēto Dtv Zvt`i Rxeb nq my`i, tivMgy³ Ges AvksKvgj³ |

MtelKiv etj tQb, thmKj mšfbi gv-evev tKvb GK mgtq agcvb Ki tZb Zvt`i gta` dmdtmi K`vYvti Avµvš-nl qvi SñK 3` kwgK 6 fVM tekx _vfk Ab`ti i Zj bvq | hw`I Gt`i AwaKvskB Aagcvqx | i agv` agcvqx ucZv-gvZvi m½ eo nl qvi t`vIB Gt`i K`vYvti Avµvš-nl qvi AvksKv kZKiv 30 fvtMi l tekx | GgbwK AvtM agcvb Ki tZb Ggb evev-gvtqi mšfbi i tqtI SñKi gv`v GKb | eo K_v tmtKŪn`vŪ agcvb wki t`i gZi w`K tvtj t`I qvi GK Ab`Zg nwiZqvi |

BDGm GbfvqibtgUvj cŪUKkb GtRvYi cwi msL`vb Abhvqx tmtKŪn`vŪ agcvtbi dtj cŪZeQi hj³ i vto` cŪq 3 jvL wki kpmRwbZ msµgtYi wKvi nq | A`vRgv Avµvš-10 jvL wki l Gi DtaY`bq |

tmtKŪn`vŪ agcvb tekx fqven KviY GuUB wki t`i nVr gZi (mvtWb tW_) Rb`I `vqx | eZgvtb GB AvksKvi K_v wetePbv Kti AwaKvsk t`k tmtKŪn`vŪ agcvtbi wltq AvBb cŪqb Ki tQ | BZwvj tZ wKQy` b AvtM evi l ti ÷ ti>Umn cKvk` `vtb agcvb wbwł × tNvl Yv Kiv ntqtQ | wDBqK® Ges Avtiv wKQy kn ti l GKBi Kg wbtlavÁv Avtvc Kiv ntqtQ | AvBb Kti Kv tiv Nti agcvb eŪ Kiv m`e bq | Zte evev-gv Bt`Q Kiti mšfbi fivel`Z wPŠv-Ktib Zvt`i Dcw`wZtZ agcvtbi Atf`m tQto w`tZ cvtib |

ৱকিত` i AcivacêYZv

AvRKvj gvtS-gta`B Leti i KMtR tPrtL cto LpB ZrQ KvitY GKwU ev`Pv Zvi mncvVtK Lp Kti tQ, wKsev evel-gv cvtki emoi tQij wU covtkvbrq fij etj Zj bv Kivq Avtµvtki ekeZx`ntq tmB tQij wUtk Lp Kitz w0av Ktiwb | ev`Pvt` i gta` AcivacêYZv µgk tetoB Pti tQ, wKš` ev`Pvt` i gta` tKb GB AcivacêYZv? weÁvtbi fvlvq tµvtgvrGmZ Í`wU Rb` GB AcivacêYZv evto | Zte AcivacêYZvi c0vb KviY cwi tekMZ Ges mvgmRK |

Avgt` i kixti GKwU X tµvtgvrG Ges AciwU X (gwnjvi t`tt) ev Y tµvtgvrG (cj`ti t`tt) _vtK A_` XX ev XY | wKš` hwi` Avgt` i Kvi I kixti i gta` GKUv AwZwi` ³ 'X' tµvtgvrG _vtK thgb XXY ev XXX, Zvtj Zvt` i gta` AcivacêYZv evto | Zte GB aitbi tµvtgvrGmZ Í`wU Lp tenk t` Lv hvq bv |

KviY

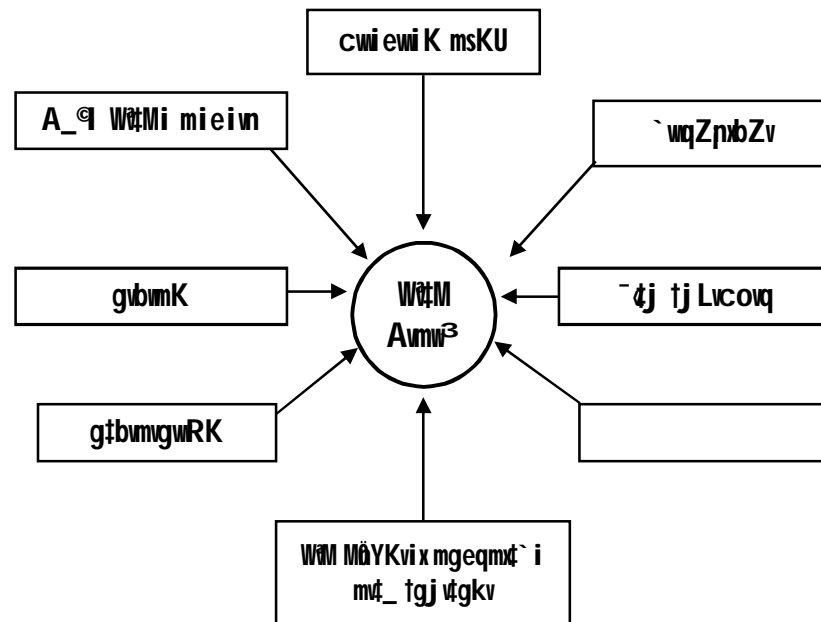
AcivacêYZvi Ab`Zg KviY mvgmRK Ges cwi tekMZ | cwi evi mgvtRi metPtq tQvE GKK | c0ZwU cwi evti i wR`^ bwiZeva, m`tm`i cwi`wui K m`uK`Ges AvPvi-e`envi w0w`_ _vtK Ges wki gtb GK`vqx c`fve tdtj | evel-gvtqi tmt0 Ges kmtb ev`Pv mr, AbMZ, my`i, kvš`fite teto I tV | wKš` Kov kumb eRvq i vLtz wMtg hwi` evel ev gv c0qKB wbg0 kvi xii K kw`-w` tZ _vtKb Zv ntj ev`Pvi gtb th tµvtai Dt`K nq Zv ev`PvtK AcivacêYZvi w`tK tVtj w`tZ cvti | Avevi Ab` w`tK evel-gv hwi` mšwb`K kumb bv Ktib, Zte Zvt` i mšwb` Aeva` Ges GK`tq ntZ thtZ cvti A`ev e` eUevUtei ms`utk`Gtm Acivagj K KvR Kti etm | mZivs evel-gvtqi Lp tenk kumb ev tKvbl i Kg kumb bv Kiv - `BB ev`PvtK Aciva Kivi w`tK tVtj t`q | Ab`vq Kitz ev`PvtK kw`-w` tZ nte bZev tm Avevi Ab`vq Kite | Zte kw`-thb Ab`vtqi Abcvtz tenk bv nq | Ges kw`-t` I qvi mt½ mt½ I i fj`wj` exStq w`tZ nte | Zte AtbK mgq evel-gv AZ`waK i wMekZ Agvbyl K kw`-t` b, GUv i ayAb`vq bq, AvBbZ Aciva | AtbK mgq t` Lv hvq evel-gvi tKvbl GKRB Ab`vtqi Rb` kw`-w` tj Ab`Rb etj I tVb, 0t`tK gvi te bv ev eKte bv | 0

GUv wKš` wK bq | gtb i vLtz nte, mvgmKfite evel-gvi Dci ev`PwU i wM Kitz cvti wKš` mK:Lj vi mt½ KvR Kitz wKLtj ev`Pv fweI`tZ m`LxB nq | Zte ev`PvtK mK:Lj ntZ tkLvtbv gvtb i ayeKvenK ev gvi ai Kiv bq | ev`Pvi c0Z Avcbvi fij eimv thb Aeva, D`vi Ges kZ`xb nq | ev`PvtK exStq w`b I i Rb` Avcbv i tqtQb, ev`Pv thb KLbl wbi vcEvi Afvetevta bv tftM | বাচার বন্ধু হোন, ওর সঙ্গে খেলুন, গল্প করুন ও হইহুল্লোড় করুন। প্রত্যেক বাবা-

Wətm Ace'envi (Drug Abuse)

wkɪkvi-wkɪkvi x t_ɪk i i" Kti cəβeq̃ AɪbK gvbɪB GLb Avgt̃ i mgvt̃Ri GK fqvj Kvɪj v_vev tɪkvi ivt̃R" Wje hvɪ"Q, mgvt̃Ri G Kvɪj v e"wa mgvRɪK Njɪb aivi gZ ax̃i ax̃i wbt̃kɪl Kti w t̃"Q| WəM nt̃"Q Ggb GK c`v_ŋv Məhɪb t̃`ni I gɪbi ʃfweK KvRKg̃e"ṽnZ nq Ges weɪfbəKvɪRi MwZ, kɪm-cəkɪt̃mi MwZ, cZ`ŋb cʃṽZɪZ cwi eZ̃ Avt̃m| weɪfbəWətm Məhɪb weɪfbə mgm̃v t̃`Lv hvq :

- 1) **wɪɪvBb t** wɪɪvBb Məhɪb t̃`n-gɪbi DɪĒRbv nwm Kti wbt̃`R I wegl̃v mɪɔ Kti | dtj KvɪŋgZv nwm cvq eūw`b e`enṽti Z`M Kiɪj kix̃i e`_v, ewg fiv, wLp̃bx, ñvZ Kṽcv, K_vevZŋq Am̃j M̃Zv t̃`Lv t̃`q| AwZwi³ cwi gɪb Məhɪb gZi A_ev Kgv (Coma) G Pɪj th̃Z cṽti |
- 2) **gwiRɪvbn t** অল্প পরিমাণে গ্রহণে উদ্ভাস ও উৎফুল্লতা বৃদ্ধি পায় এবং বেশী cwi gɪb Məhɪb hallucinations, DTMU Kíbv, A½ mĀjɪb AmgZv cʃṽZ eɪx̃ cvq |



- 3) **t̃KṽKb t** G WəM Məhɪb Aw`i Zv, hyperactivity Ges i³Pvc eɪx̃ cvq | KLbl KLbl ewgl̃ gv_v aiv cʃṽZ j ŋY t̃`Lv w t̃Z cṽti |

AvffveKiv uK Kti mbv³ Kiṭeb?

hw̄ l tQṭj ṭgṭqṭ`i eqtmw̄ŪŹṭb wewfbækvi xwi K l gvbwmK cwieZṭbi mvt_ mvt_ Zvṭ`i AvPiṭbl cṭṭi cwieZṭ ṭ`Lv ṭ`q Zej wKQy wKQy DcmM³_vṭK hv ṭ_ṭK gv-evev wKQyṭv nṭj l avi Yv KiṭZ cvṭib th Zvṭ`i mšṭṭbi cōZ Avj v`vfṭe wewfbæe`e`v A_Ź Zvṭ`i Drug Specialists, gṭbweÁvṭṭ`i KvṭQ ṭbqv cōqvRb Zvṭ`i mšṭṭ ṭbkvi AZṭj Zwj ṭq hvṭ`Q t-

- mKj weṭṭq ṭbi "rmw̄w̄Z n l qv, nZvk, GKṭNṭqgx teva |
- Źṭavg`v A_ev AwZwi³ Lvṭ`" Avmw³ |
- mgvṭRi mevi mvgṭb AvmṭZ Pivq bv, ṭṭṭRṭK ṭṭṭq ev Avovj Kṭi i vLṭZ Pivq | K_vevZṭKvṭq ṭ`q |
- mgeqmqṭ`i mvt_ wṭkṭZ Pivq bv |
- w̄ ṭb Ngvq i vṭZ ṭRṭM_vṭK, `ṭ`cṭṭ`ṭL |
- wewfbomṭṭq Ni ṭ_ṭK UvKv Pwi nṭZ cvṭi |
- mveqweK `ṭṭ Zv, mnbkxj Zvi Avie A_Ź AṭṭZB wei³ ev ṭṭṭc hv l qv |
- ṭj Lvcovq w̄cṭṭq hvq, `ṭṭ` cvj vq |
- ṭṭṭRṭK wewfbṭṭe Kó ṭ`qv Ggbw̄K AvZṭhZ`vi cṭṭbZv nṭZ cvṭi |
- ṭKvb `Nṭṭbv ev AvKw̄`šK NUBvq ṭṭṭRṭK mvgj vṭZ cvṭi bv thgb t ṭcṭṭNw̄Z, evev-gvi gZi, weevn-weṭ`Q` BZ`w̄ |

gvi Y tbkv - Bqvev

Bqvev GKaitbi mvgv DfĒRK WMM | eZĠvġb Bqvev m^uġK^oAvgiv Kg-tenk RvbġZ cvi^uQ | aviYv Kiv nq evsj vġ^hġk 2002 t^hġK Gi cġj bⁱi“ nġqġQ vKŠ^o 2006 t^hġK GvU MġġYi e^vcKZv evto | Gi gġ Dcv^hvb vq^uvBj A^vgv^udU^uvgb hv teBġbi I ci KvR Kġi DfĒRbv m^uġ Kġi, A^uġ GvU vntⁱvBb I tdbv^umWġj i DfĒv^hvġte KvR Kġi |

Bqvev e^henvġi kixġi cvk^oġZ^uqv

A^vgv^udU^uvgb ev Bqvev tenk tW^htR ^hNġgq e^henvġi Kġiġ WMM Uj vġiY Gġm hvq | A^uġ GKB aitbi Ab^hf^hWZ tġġZ ^ugvMZ tenk Kġi GvU e^henvġi KġiZ nq | Gi e^henvġi mvgv^uqK^hfġte AvZ^hġekġm, kixġi kv³ evto mġ^h mġ^h i^uM I Av^ugvYvZ^hK gġbv^hvel evto | ^ugvMZ e^henvġi i dġj meġPġq gvi^hvZ^hK gvb^umK e^hva nġ^o v^htRvġd^uvbq A^uev c^hvi v^htqW v^htRvġd^uvbq |

Gi j^hY^hġj v nġ^o

- ġi^uM^uxiv gġb Kġi Zvġ^h i c^uvi^uPZ ev Ac^uvi^uPZiv ZvġK Ac^oġ^h KġiġQ, Zvi mġ^h cġ^u kġ^hZv KġiġQ ev ZvġK v^htq Avġj vPbv-mgvġj vPbv, n^uvmv^uwm ev I oġ^hš^uvġj B AvġQ ev ZvġK ġġi tġj vi c^uvi Kġi^hQ |
- GQ^uvov M^uġqve Av^hqvR tkv^uv I tP^htLi mvgġb bvb^uvea ^hk^h t^h Lv, hvi mġ^h ev^heZvi vqj t^hB |
- v^hZv^unZ Av^hkb^h nġq cġo |

GQ^uvovl v^hgvġj vLZ kvixi K m^ugm^hv^hġj v t^h Lv t^h q

- I Rb Kġ^hZ^h vġK |
- Av^ugvYvZ^hK e^henvġi ev Lp Kivi t^hkv P^hġc Ges Ab^hM^h Mj v^uM^uvġ KġiZ vġK |
- kixġi i Z^uvcgvġ^h v AZ^hvaK teġo hvq |
- ū^h ū^h b Av^hZv^h ³ I Av^hbq^ugZ nq | Gi dġj n^uU^ot^hdB^uvġ I i nġq n^uVr Kġi ġi^uM^ux i gZ^hl nġZ cvġi | Bqvev tmeġb n^uVr gvi^h h^ul qvi c^hv^uv KviY GB ū^h v^hct^uŪi Av^hZv |

n^uVr Bqvev tmeġ eŪ Kġiġ cvk^oġZ^uqv

Bqvev MġġY kvixi K v^hbf^hPZv evto, gvb^umK v^hbf^hPZv bq | n^uVr Kġi GB gv^h K t^hbq eŪ Kġiġ hv NġU Zv nġ^o :

- kvixi K ^hp^hZv
- Av^hi Zv
- Dv^uM^uv^h
- v^hl b^hv t^hġK f^uqven v^hl Y^hv
- WMM tmeġbi cġ^u Av^uM^h
- Av^hZv^h ³ Ng
- v^hL^hP^hb
- Av^hZ^hZv^h c^hvYZv, Ggb^umK Av^hZ^hZv^h N^uU^hq^hl tġj tZ cvġi |

m^uZiv^h th t^hKv^h aitbi t^hkv ev gv^h Kv^u ³ i v^hP^uK^urmv Gi t^hġK gv^h ³ tġġZ nġj Aek^hB v^hP^uK^urm^hKi ci^ugv^hk^hq^h vq AZ^hš-Ri^hix |

^kktei tivMe''wa

GKwU beRvZK wki tK Avgiv ZLwb my' I ^fweK eje hw` Zvi RbKij xb
 I Rb 2.5 - 4 tKwR, Rb tgn tZ tKv, ^fweK fite `p tL tZ cvti Ges
 ^fweK A½-cZ''mn Rtbfi mgq j vj ev tMvj vcx etY P Mvtqi is nq |

mvavi YZt tenki fivM Abw fA, Kgeqmx ever gv Zwt` i ev Pvi ^f` m=utK
 AwZgv vq wPwSZ n t q ctob | gtb ivLteb ^kktei tenki fivM tivMe''wai
 wPwKrmv Avcbvi cwii ewi K wPwKrm tKi Ovi v ewotZB fv t j v fite n t Z cvti |

tivM	tivMi j Ymgn
wldt_wi qv	Rj, kvixi K `p Zv, Mj ve`_v, Ubw mj, UvK vq i K t b v Kw k, k j m w b t Z K o, g t g U t j d`v K v t k ev b x j t P f i e m t ½ m t ½ W w ³ v i t`Lvteb
nvg	Rj, b v K w t q c w b c o v, t P v L j v j I t P v L Q j Q j f i e, L b t b i K t b v K w k, g t L i t f Z i m v`v t U f i e (Q v b v K v U v i g Z), P Z t c A g w t b P t j i t i L v e i v e i G e s K v t b i t c O b w t K j v j j v j w o `v b v m g k t Z v m v i v t`n Q w o t q c o v m t ½ m t ½ W w ³ v i t`Lvteb
tgubbRvBwM	nVr Rj, gv`ve`_v, ewg, KLbI KLbI tPvtLi cvZvq, nvZ cvtq I kixi i I ci j v j t P `vM m t ½ m t ½ W w ³ v i t`Lvteb
gv=ut	Mtj e`_v, wPwtZ tMtj Zv evto, MUt`k dtj hvl qv Ges `p Zv m t ½ m t ½ W w ³ v i t`Lvteb
Wvqi qv	cvZj v `v`v`v t` t m t ½ m t ½ K d & e v i ³ i, K v k t Z K v k t Z e w g, 101 ev Zvi tenk Rj, ev Pvi KKto cov fie Ges tPvL etm hvl qv m t ½ m t ½ W w ³ v i t`Lvteb
tcwj I	Rj, te`bv, tPvqtj i w t P I Z t K t d v j v f i e, Q U d U w b f i e e w x, t c k x i w k w j Z v
uncs Kwk	Zxe I Nb Nb Kwki `gK, AtbK Y at i K v k t Z `v K v G e s K v k t Z K v k t Z e v P v i g t j v j n t q I t v A t b K m g q e w g n q G e s K v k t Z K v k t Z k j m K o n q m t ½ m t ½ W w ³ v i t`Lvteb
Rvgb nvg	mviv Y Y kvixi K `p Zv, t`n w o w o `v b v t e i n q c o w g K j Y Y, b m v i t U k t d v j v f i e G e s M j w e t j i (A b b w j i) t f Z i m i g v b j v j t P `vM m t ½ m t ½ W w ³ v i t`Lvteb

Rj wki i ZvcgvT v 99 dvti bnvBU-Gi tenk ntj , cwi ~vi tZvqvtj A_ev MvgQv wfvRtq, wPt c wbsto chqµtg mviv kixti ~úÄ Kti w`tZ nte| Rj tenk ntj kixi ~úÄ Kivi cvkvcwk gv_vq cwb tXtj Rj bvgvtZ nte| Zte cwb Xijvi ci i Ktbn tZvqvtj ev MvgQv w`tq gv_v kixi fvj Kti gftQ w`tZ nte|

`ptZvj v beRvZK ev Kg eqmx ev"Priv cÖZ"Kevi Lvevtii mgq wKQy evZvm tLtg tdtj | Lvl qvi ci G evZvm cvK~wj t_tK tewitq hvl qvi mgq mvt_ wKQy`pa Ztj wbtq Avtm| AtbtKB GB `ptZvj vtK ewg etj gtb Ktib| hv AZ`š-`rfweK I mPivPi t`Lv hvq| wKš GUV Avcbv AvcwbB tm̄ti hvq| ev"PrvK Lvl qvtbvi AvtM Ges Lvl qvtbvi ci cÖZevi 5-10 wgvbtUi Rb` Kvta ti tL I i wctV g; yPico w`tj GB evZvm tewitq Avtm| wki ~w~wcti cvq Ges I i ewg eÜ ntq hvq|

ewg gvtSgta" ev"Pr`GKevi ewg Kijtj Zv wbtq `wÖšwi cÖqvRb tbB| cÖq mef¶t̄t̄ mvaviY Kvi t̄YB ewg nq| hv AvcwbB tm̄ti hvq| tKvb Jltai cÖqvRb nq bv| Awakvsk t¶t̄t̄ ewg tKvb gvivZ¶K Am¶Li KviY bq| ewg Kivi ci ev"Pr hw` ~rfweK fite tLj vaj v Kti, উৎফুল্ল থাকে, তাহলে উদ্ভিগ্ন হবার কোন কারণ নেই। Zte ewgi mvt_ mvt_ hw` I wbt`R ntq cto, Zvntj AbwZvej t̄wPwKrm̄t̄Ki cimgk® wbtZ nte|

wvQvqv cñte mvaviYZ: tQjt̄t̄ i t¶t̄t̄ 5 eQi Ges t̄gt̄t̄ i t¶t̄t̄ 3 eQi chš-wki iv wvQvqv cñte Kti| Gici wvQvqv cñte Kitz _vKtj wPwKrm̄t̄Ki cimgk®tbqvi cÖqvRb AvtQ|

কিট i wj DঃKugqv

লউকেমিয়া এক ধরনের ব্লাড ক্যানসার যেখানে র³ tkZKwYKvi msL'v Lp teto hvq| mvariYZ wj DঃKugqvK `fvm fvm Kiv hvq - wj sùtqW ev gvaj tqW wj DঃKugqv Ges A'vwKDU ev μwbK wj DঃKugqv| AmfLi Muzi Dci wfE Kti wj DঃKugqv fvm wbaY Kiv nq| A'vwKDU wj DঃKugqv nVr KtiB aiv cto Ges hw' wVKgZv wPwKrmv bv Kiv nq, Zvntj Gi dj gvivZK ntZ cvti | μwbK wj DঃKugqv axti axti tWfjc Kti | wj cùtqW wj DঃKugqv i³i লিম্ফোব্লাস্ট অতিরি³ cwigvY teto hvq, Avi gvaj tqW wj DঃKugqv gvaj tqW tKvli msL'v evofZ 'ii" Kti | ev'Pv'র মধ্যে অ্যাকিউট লিম্ফোস্টিক লউকেমিয়া সবচেয়ে বেশি দেখা যায়। বেশিরভাগ ব্লাড ক্যানসারে হেরিডিটির কোনও fvgKv bv _vKtj I ev'Pv' i th wj DঃKugqv nq, Zvi tWfj cùgU gvqi Mtf^o _vKvKjxb ntZ cvti | tcMtbwYi mgq gv hw' AwZii³ agcvb ev g'cvb Ktib, Zvntj I ev'Pvi wj DঃKugqv ntZ cvti | WvDbm wntUtg (GK aiłbi tRtbwUK Amf.) _vKtj , wj DঃKugqv nI qvi cEYZv teto hvq|

অ্যাকিউট লিম্ফোস্টিক লিউঃKugqv

যে ব্লাড ক্যানসারে মজ্জার লিম্ফোসাইট এবং যে কোষ লিম্ফোসাইট তৈরি করে তারা Avμvš-হয়, তাকে অ্যাকিউট লিম্ফোস্টিক wj DঃKugqv etj | GB AmfL g³vi মধ্যে এক ধরনের অপরিণত কোষ দেখা যায়, যাকে লিম্ফোব্লাস্ট বলে। এরা মজ্জার Ab' ffwek i³tKvli cwigvY Kwgq t'q, dtj i³র রেড ব্লাড সেল, হোয়াইট ব্লাড সেল ও প্লেটলেটের সংখ্যা কমে যায়। ধীরে ধীরে লিম্ফোব্লাস্ট মজ্জা t_tK tewitq i³ XfK cto| cùbtiv eQi eqtmi Kg equm ev'Pv' i GB aiłbi K'vbmvi tewk nq|

জণি

- Kš-j vM, kpmKó ntZ cvti | Mrtqi is d'vKvfm ntq hvq|
- প্লেটলেট কমে যাওয়ার জন্যে শরীরের বিভিন্ন অংশে কালশিটে পড়তে পারে। bvK, gL, gmo t_tK i³ণিY ntZ cvti |
- i³ হোয়াইট ব্লাড সেলের সংখ্যার kgei hvlqvi dtj Rj I msμgYRwbZ Amf. ntZ cvti |
- লিম্ফগ্ল্যান্ড আয়তনে এবং সংখ্যায় বাড়তে থাকে। যক্ৎ (লিভার) ও প্লীহা (স্প্লিন) eo ntq thtZ cvti |

tiM wBY

অ্যাকিউট লিফোলাস্টিক লিউকেমিয়ায় কম্পিউট ব্লাড কাউন্ট, বোন ম্যারো টেস্ট, সেল
gvKf ÷vwV, mvBtUvtRtbtwJKtmi (tKvtli tμvtgvtRvg cixvKiv nq) gtzv
wvFbdVvqvMbw÷K Uj e`envi Kiv nq| KLbl KLbl efxi G- -ti, wmiU `v
I GgAvi AvB - Gi c0qvRb ntZ cvti| GB AmfL tmUij bvfim wmt÷g
Avμvš-ntZ cvti| ZvB jv`fi cvsPvi bvtg GKUv c×wZi c0qvRb nq| GB
c×wZi BbtRkktbi gva`tg tmwi te`úvBvj dmqW (feb I `úvBvj KfWp
Pvicvfk GK aitbi dmqW cvlqv hvq) evi Kti tblqv nq| Zvici Zv
mvBtUw`úb (GK wvfkI c×wZi thLvfb gvBtμvt`wmcK cixvKivi Rb` tmj
m`v`új `Zwi Kiv nq) Kti gvBtμvt`v`ci bxtP ti`L t`Lv nq tKvbl
wj DfKugqv tKvl AvfQ wK bv, tmB efs BvUw_Kvj tKtgvf_iwmc Kiv nq|

wPwKrmv

GB AmfLi wPwKrmvq wZbtU ceAvfQ - tiwgkb BÜvKkb, Kbmij fWkb Ges
tgfUtbY| tiwgkb BbWvKktb 4-8 mBvn Lp Kov tKtgvf_iwmc Pij | Gtz i³
I g^{3/4}v t`tK wj DfKugqv tKvl wbgp ntq hvq| Gici Avtm Kbmij fWkb
wUtgU| GLvfbI tKtgvf_iwmc t`lqv nq| tiwgkb BÜvKktb th lIj t`lqv
nq, Zvi mt½ Avi l wKoz lIj bvbv Kvwfbkktb t`lqv nq| GUv Pij c0q 4-5
gvm| Gici tgfUtbY c0q `β t`tK AvovB eQi Aí tWvR tKtgvf_iwmc
t`lqv nq hvfZ Amf Avevi wj`v`á bv Kti| GB mgfQ tCwvbtmvtj vb,
মেথাট্রেস্টেট জাতীয় ওষুধ খাওয়া দরকার। বাচ্চাদের অ্যাকিউট লিফোলাস্টিক
লিউকেমিয়া হলে অধিকাংশ ক্ষেত্রেই বোন ম্যারো ট্রান্সপ্ল্যান্টের কোনও প্রয়োজন নেই,
`xNfgw` tKtgvf_iwmcZB 80-90% t`tK Amf cfi v tmti hvq|

ৱকি i Acj : KviY I ciziva

ৱকি i v RwiZi fweI`Z| ৱKs`Zvi Rb` PvB GKwU my`my`i cwi tek thLvfb tm
 fvTj v fvtete toto DVtZ cvti | PvB Ggb GKwU Av`fngwRK e`e`v thLvfb tm
 cvte ৱKfvi mthvM, cjo I `f`i wDqZv| Zvntj B tKej AvRtKi ৱকি wU
 AvMvgtZ t`k I RbMfYi m`u`f` cwi YZ nte, bBtj tm ৱকি wUB nqtZv RwiZi
 Rb` tevSv ntq DVtZ cvti | cjo GKwU ৱকি i t`n I gbb MVfb `i`ZcY`
 fvgKv cvj b Kti `vtK| Avi tmRb`B cDqvRb mlg Lv`i thvMvb wDZ
 Kiv|

evsj vt`k GKwU `wi`cwoZ Nb emwZcY`k| G tQvE t`kwUz cDq 15 tKwU
 tj vtKi emevm, hv`i gta` cDq 45% Gi gtZv tjvK GLbl `wi`fxgvi bxfP
 evm Kti| GLbl t`tki cDq 50% RbMY AwkufZ, 1 eQtii Kg eqmx
 ৱkigZji nvi cDZ nvrvti 50 Gi tekx hv 5 eQtii Kg eqmxf`i t`f`T 77,
 RbMfYi Mo Avqy cDq 65 ermi| GmKj mPK`tjv GKwU ivt`f Dbz
 Av`fngwRK mgvR e`e`vtK wbt`R Ktibv| Avi tmRb`B Avgvt`i t`tki
 ৱকি t`i gta` 80% Gil tekx ৱকি wvfbogvIvi Acjoi ৱKvi Ges 50% Gil
 tekx ৱকি i `kb`Zvq fMfQ|

mlg Lv` ej tZ ৱK eyS?

GwU GgbB GKwU c` hvi gta` cwi vgz gvIvq kKfv, tmac`v` Awgl,
 wUwgb I wgbvtij `vKte hv GKwU cDxi K`vtj wi Pwin`v ciY Kti Ges Zvi
 স্বাস্থ্য ও মনন গঠনে ভূমিকা রাখে। এখানে উল্লেখিত শর্করা, স্নেহপদার্থ, আমিষ থেকে
 wecK cDqv gva`tg K`vtj wi `Zix ntq `vtK hv cDxi kvixi K Kvhp`tg
 e`eUz ntq `vtK|

- kKfv t`k cvl qv hvq - 4 ৱKtj vK`vtj wi /Mlg
- tmac`v`vtK cvl qv hvq - 9 ৱKtj vK`vtj wi /Mlg
- Awgl ev t`cDwB t`k cvl qv hvq - 4 ৱKtj vK`vtj wi /Mlg

eqm I I Rb tft` KwLZ K`vj wi i cui gub vbgjc:

eqm (eQi)	I Rb (tKwR)	KwLZ K`vj wi
7-9	26.9	1950
10 - 12 (tQtj)	35.4	2190
10 - 12 (tgTq)	31.5	1970
13 - 15 (tQtj)	47.8	2450
13 - 15 (tgTq)	46.7	2060
16 - 18 (tQtj)	57.1	2640
16 - 18 (tgTq)	49.9	2060

GB K'vtj wi i ^wbK Pwn`v GKUJ gvbfti i wj ½, tckv, eqm, IRb BZ`w i KviŕY ZviZg` nŕq _vŕK| 1 ermi ci evoš-wkiŕi Rb` cŕZ eQŕii Rb` ^wbK AwZwi ³ 100 wktj vK`vj wi wnmve Kiv nq| tm wnmvte 1 ermi eqmx 10 tKwR IRŕbi wkiŕi Rb` hw` 1000 wktj vK`vj wi kw³i cŕqRb nq Zte 5 ermi eqmx wkiŕi Rb` j vMte 1500 wktj vK`vj wi |

ŕŕ` MVb I mj ŕlvq cwiwgZ mjg Lvŕ` i e`envi wvŕŕZ KiŕZ nŕe| Gi Ab`_v nŕj B wkiŕi Acjŕ ev AwZcŕŕi wkkvi nŕe| GKUJ mjg Lvŕ` kKŕv 50-70%, tmŕc`v_©20-30% Ges AwgI ev tŕŕUb 15-20% G AbcŕŕZ _vKŕZ nŕe|

wkiŕi i gŕS wbtgŕ³ AcjŕRwbZ mgm`v, ŕj v tekxŕ` Lv hvq

- tŕŕUb GbvmR`g`vj wDŕUkb hv Lvŕ` cŕvbZ tŕŕUb ev AwgŕI i AfveRwbZ KviŕY nŕq _vŕK|
GŕU Avevi `ß cKŕŕi i -
 1. g`viwgm - hv Lvŕ` K'vtj wi i ŕŕZvi KviŕY nŕq _vŕK; g`viwgm ŕivŕM Avŕŕš-wkiŕi v nwiŕmvi I wj Kwj tK MVŕbi nŕq _vŕK| GŕU 0-3 ermti i wkiŕi i gŕS tekxŕ` Lv hvq|
 2. tKvqwmI i Ki- GŕU K'vtj wi i ŕŕZvi cŕkvcwk tŕŕŕbi AfveRwbZ KviŕY nŕq _vŕK| tKvqwmqi Kŕii wkiŕi i kixŕi cwb epŕ RwbZ KviŕY tgyŕŕmŕŕv ŕ`Lvq| GŕU 1-3 ermti i wkiŕi i tekx nq| Gaiŕbi wkiŕi i wWg, gŕQ, gŕsm, Wj BZ`w i cwiŕŕZ`cŕvbZ kKŕv RvZxq Lvŕ` (PŕDŕj i ŕiv) tekx Lvl qŕŕv nq|
- ivZKvbmŕ tPŕŕLi wŕŕŕbŕm`v hv Lvŕ` **wŕUwgb-G** Gi Afvŕe nŕq _vŕK| GgbwK wPŕi Zŕi tPvL bŕl nŕq ŕŕŕZ cvŕi |
- ŕŕŕŕ- GŕU Lvŕ` **wŕUwgb-w** Gi Afvŕe nŕq _vŕK| G ŕivŕM `ŕZi gwo dŕj i ³ AvmŕZ cŕi | ŕŕZ`vb mnmv i Kvqbv|
- wŕŕKU - GŕU wkiŕi Lvŕ` **wŕUwgb-w** Gi AfveRwbZ KviŕY nŕq _vŕK| Gi KviŕY wkiŕi epŕ wKgtZv bv nŕlqv, nvo evKv nŕq hvŕqv, gŕsmŕckxi `ŕŕZv, wLPbx BZ`w ŕ`Lv wŕŕZ cvŕi | G ŕivŕM 6 gvm ŕ`ŕK 2 ermi eqmxŕ` i nŕq _vŕK|
- AcjŕRwbZ i ³ ŕŕZv|
- Avŕqmwŕbi AfveRwbZ mgm`v| MfŕZx bvixi hw` Avŕqmwŕbi AfveRwbZ mgm`v _vŕK Zte Zwi wkiŕi w kviwixi K I gvbwmK cŕZewŕ nŕq RbWŕŕY KiŕZ cvŕi |

Acjoi KviY

Wki t i cjonxbZvi eumea KviY itqtQ; Gi gta KtqKiu i "ZcyKviY ubtge
উল্লেখ করা হলো -

- RbKvj xb I Rb Kg nl qv
- `wi `Zvi KviY cjoKi Lv` tLtz bv cvl qv |
- MfZx bixi AmyZv| GQovl wefbrKms`vi, `wi `Zv I Avtbi Afite
AtbK tqt MfZx bixi cjoKi Lverti Afite Mf` wki i `fweK ex
e`nZ nq Ges Kg I Rb ubtq RbMoy Kti |
- wki t i etKi `pa cvb Kitz bv t`qv Ges wki i 6 gym eqtmi ci ntZ etKi
`tai cvkicwk cjoKi evowZ Lvevi bv Lvl qvtbv |
- Acwi `vi I Acwi `Obacwi tek Ges wtr cwi `ObaRieb hvctb Af` bv nl qv |
- cjo wltq wki i ucZv-gvZvi mlK wkv I Avtbi Afve |
- cwi etii m`m` msL`v tekx nl qv | Gtqt mKj tK cwi ugZ cjo tRvMv t`qv
m`e nqbv |
- wki Nbnb Amy` nl qv | wki u h` AcjotZ fMtZ `vtK Zvtj Nbnb Wvqi qv,
Avvqk, wDtgmbqv BZ`w` ms`vgK e`watZ Av`vS-nl qvi S`K tekx ZvtK |
hvi dj k`hZtZ wki u Avi I cjonxb ntq cite |

ciZitai Dcvq

evsj v`tki RbmsL`vi kZKiv 17 Rb ntjv 5 eQtii Kg eqmx wki hv` i
AwaKvskB G cjonxbZvi wKvi | Gi t`tK gy³ tctZ PvB e`w³, cwi evi,
mgvr I ivtof mgwS`Z Df`vM | ivo`hw RbMtYi Avq evovtbi c`tq tbqvi
cvkicwk wkv I `f`LvZ i "Zicovb Kti Zte ivtof Av`fvgwRK Dbq`bi
mv` mv` Rieb hv`vi gvb evote Ges wki t i `v`i I DbwZ nte | | GQovl
Ab`vb` thmKj wltqi Dci i "Zi`v`tZ nte tm`tjv ntjv --

- Rtbfi cici wki tK kvj `pa tLtz t`qv | wki tK Aek`B 6 gym eqm ch^S-
i`agvI etKi `pa Lvl qvtbv DiPZ | Gici etKi `tai cvkicwk Ai Ai Kti
Ab`vb` cjoKi I mlyg Lv` Lvl qvtbv `i` Kitz nte | etKi `pa 2 ermi eqm
ch^S-Lvl qvtbv thtZ cvti | wefbrMtflbvq cgywYZ ntqtQ , thmKj wki tK
Rtbfi ci t`tK etKi `tai cwi etZ`Utbi `tiv `pa Lvl qvtbv nq Zvt` i gta`
Gj wR`RubZ mgm`v tekx t`Lv t`q | GRb` cv`exi eu t`tk wki t i 6 gym
c`e`tiv `pa Lvl qvtbv AvBb Kti wml x Kiv ntqtQ |
- wki t i BvcAvBf³ mKj wKv t`qv | hvi gva`tg h`lv, nvg, tcwjl,
wVct`wi qv, wUtUvbm, ucus Kd I tncvUvBilum we GB 7wU ti vM t`tK Zvt` i i`lv
Kiv hvq | GQovl m`e ntj Ab`vb` thmKj wKv cvl qv hvq tm`tjv t`qv
thtZ cvti |

- wki i gvtqt` i cyó, Y m=útkÁvb c0 vb Kiv - wki i 6 gym eqtmi ci m=útk Lv` nmvte Pvj l Wvtji mft_ chqµtg wewfbei Ktgi kvKmiã, tQvU gvQ, wWg, gvsm BZ`w` wgvktq wLPoxi gtZv ivbæKti Lvl qvtj meftPq fvtj v nq| G c×wZtZ ivbæKtj Lv` cyó, b l Kvtj wi chfß cwi gvtY cvl qv hvte| Lv` AvtqWbhyß jeY e`envi KtZ nte| RbMtYi cyó, Y m=útkÁfvjv aviYv _vKtj Avw_R AmsMwZ mtZi| cyó, Y m=úbemj f Lv` i gva`tg Pwn`v ciY Kiv hvq| Lv` kKfv, tmæ`v`l Awgtli cvkvcwk meR kvKmiã, dj BZ`w` _vKtj wkiw ivZKv, wvfvfv wewfbcwfvUwgtbi AfiveRwbZ eú tivM t_tK i fv cte| wtkU t_tK gjß ivLtZ ntj wki tK gvtS gvtS mthP Avtj vtZ wbtq thtZ nte hvZ wkiw Pvgovq Dcw`Z GKw Dcv`vb t_tK mthP Avtj vi mvrth` wfvwgb wV`Zix ntZ cvt|
- wki t` i tK cwi`vi l cwi`ObæRieb hvctb Af`-Kiv, thgb- cwi`vi Kvcó tPvco civ, Lvl qvi cte`l UqtjU e`envtii cti mvevb w`tq fvtj vfvte nvZ tavqv, wv`ß mgq cici tlvL KvUv, `wZ w`tq tlvL bv KvUv, `wZ etk Kiv, খাওয়ার পূর্বে ঘাস ও প্লেট পরিষ্কার পানি দিয়ে ধুয়ে নেয়া, বিস্কু পানি পান করা, রাস্য- NvtU Dbß Ae`vq _vtK Ggb Lvl qv eRß Kiv BZ`w` | Zvntj cwb l Lv` ewwZ msvvgK e`wa t_tK AtbKvstKB i fv cvl qv hvte|
- ivbæ ci hvZ Lv` aj vewj cotZ ev gvQ emtZ bv cvti tmRb` tm, tj v tXtK ivLv|
- eQt i 2 t_tK 3 evi Kugi JIa Lvl qv| Gt`tt` cwi evtii mKtj GKmvt_ Kugi JIa Lvl qv fvtj v|
- wki Amy` ntj ZweR KeRi Dci wbfP bv Kti AwfÁ wPwKrmtKi civgk® wbtZ nte| Amy`Zvi ci wki tK evwZ Lv` w`tZ nte|
- wki i l Rb evotZ bv _vKtj AwfÁ wPwKrmtKi civgk®bqv|
- DbZ l `v`m=ßZ cqwb`wk`bi l wei × cwbi e`e`v Kiv|
- Avi l wKQymvgwRK`wqZj m=ftU mtPZb ntZ nte, thgb:
 - Af eqtm tqtqt` i wetq bv t`qv|
 - tqtqt` i tj Lvcovq DrmwvZ Kiv|
 - tQvU cwi evtii Rb` DrmwvZ Kiv|
 - Rb`bqßY c×wZ MhY Kiv|
 - Mf`Zx bvi t` i wPwKrmtKi tPKAvtc _vKv|
 - Kgms`vb l DcvRß evotbvi e`e`v Kiv, BZ`w` |

мт`vRvZ t_тK 10 eQi eqm chS-ki i D'PZv I IRtbi Mo PU©

eqm (eQi)	IRb (tKvR)	D'PZv (tmvg)	IRb (tKvR)	D'PZv (tmvg)
мт`vRvZ	2.5-4.5	50	GKB	GKB
3 gvm	4.5 - 6.5	60	GKB	GKB
5 gvm	5.3 - 7.3	65	GKB	GKB
9 gvm	7.9 - 9	70	GKB	GKB
1 eQi	8.5 - 11	73-82	8.5 - 11.6	72 - 80
2 eQi	10-12.9	81 - 90	9.5 - 12.7	80 - 90
3 eQi	11.8 - 15.3	87 - 99	11.2 - 14.2	87 - 98
4 eQi	13.4 - 17	96 - 107	12.8-16.2	95-105
5 eQi	15.2 - 20.5	102 - 112	14.3-18.5	101-113
6 eQi	16.7 - 22.5	108 - 120	15.8-20.5	107-119
7 eQi	18.4 - 24.4	114 - 125	17.3-22.4	113-125
8 eQi	19.6 - 25.2	119 - 123	19.2-25	118-130
9 eQi	21.2 - 27.9	123 - 136	21-25.7	122-135
10 eQi	23 - 30	129 - 141	23-31	128-141

ev'PvčK tgvUv nčZ t` žeb bv

G t` žkl ev'Pvč` i gta` I žemU RvbZ ti vMi msL'v μgk evotQ | Kxfvte Zv cčZt'iva Ki žeb Zvi B ci v gk^Q

I žemU tKb nq?

Av giv cčq mevB Rvb - bv tLj tgvUv nte bv | Lvevi t` tKB I žemU nq | vKŠ' tLj B th mevB tgvUv nte Zv vKŠ' bq | hviv K'vj vi MhY LiP Kti Zviv mvavi YZ tgvUv nq bv | A_ř LiP Ki žZ bv cvi ž B gk v Kj | GLb t` Lv hvK tKvb ai žbi ev'Pvi gta` I žemU i mtebv tevk-

- thme ev'PvčK te^a- vclwS Ki v žbv nq bv |
- mdu vW¼, vPcm BZ'w` tevk Lq |
- tevk vUřf t` žL Ges vUřf t` žZ t` žZB Lvl qv` vl qv Kti | dtj Lvl qvi Dci K žUj v žK bv |
- kvi xii K cwi k ž (AvDU žvi tMgm) Kti bv |
- GQvov Av žQ tR žbi UK Kvi Y (gv- ev ev cwi ev ži tgvUvi avZ vK ž) |

cvi Yvž

- ev'Pvč` i Wqv teU m nčZ cvi ž |
- D'P i žPvc nčZ cvi ž |
- nvcvb, bvKvKv BZ'w` nčZ cvi ž |
- B` vbs tQvU tQvU ev'Pvč` i I Mj ž v b nčQ Ges Zviv hLb eo nčQ Zv ž i nU vWvR ž Ri mtebvI te to hv ž Q |
- Av_ žBvU m nčZ cvi ž |
- me ž P ž eo K_v nj Zviv gvbmK mgm'vq t f v M Ges AvZ žek žm nwi ž ž dtj | dtj covi ž v ž ZI vcu ž ž hvq, ž ž ž ž ž P v ž bv |

Kx Ki žeb

- ev'PvčK K'vj vi t g žc Lvl qv ž nte |
- v b q v ž t` žo Svc Avi tLj v a ž j vi Af'vm (kvi xii K cwi k ž) Ki v ž nte |
- kixi PPř Af'vm Ki v ž nte |
- c ž i v cwi evi žKB G e'vcv ži g ž b r ž h v M x nčZ nte |
- Rv¼ dW ev` w` ž ž evot ž i v b v Kiv Lvevi Lvl qv ž nte |
- tRvi Kti Lvl qv žbv Pj ž bv |

ৱকিঁত্ৰি ৰূপমণ্ডল Rxeb-hvcb

ৱকিঁত্ৰি তমস্ৰ্হপি স্ৰ| AvRtKi KmoivB AvMvgxi cUuUZ dj | GivB t`k I Rvuzi fweir| ZvB Zvt`i my', my`i fvtete to IVv GKvS-Acwi nvh^o ৱKS' ৱকিঁত্ৰি bvbv aibbi AmjL-wemfL tftvM| wefbbetivMi gta` eZgvtb ü`tivM উল্লেখযোগ্য সংখ্যক শিশুৱা AvµvS-nt`Q| nvUfK my' ivLvi Rb` %kke t_+K mfpó ntZ nte| KviY t0tj tejv ntZ ৰূপমণ্ডল Rxeb-cvuj x tgfb Pj tj nvU^o fivj _vKte tm ৱk^olv t0vUkuj t_+KB w`tZ nte|

- t0tj-tgtq`i cUzW b e`vqvg Kitz ejb| w`tb ASZct^o 30 wubU e`qvg Kiv c0qRb| e`vqvtgi DcKmi Zv m`utK^otevSvb| `dj i wcu, c`vtiW thb fvtjvfvte Kti tm m`utK^oৱk^olv w`b| `g t_+K tdivi ciciB ev`PvtK tnvgl qvK^owtq emvteb bv| Zvt`i ৱKQymgq w`b| gtb ivL+Z nte w`tbi GKUv wmsnfvM mgqB ev`Pviv ৱk^olv cUzOvtb mgq KivUq, thLvteb etm _vKtZ nq| mZivs ৱk^olv cUzOvtbi mgq tkfI Zvt`i kvi xii K KgRvtÜi mthvM mpo Kti w`tZ nte| `dj i cti Ges ivtZ Lvevtii AvtM ev`Pvt`i Aek`B kvi xii Kfvte mµµq _vKv DvPZ|
- Avcbvi mšwb`i kvi xii K cwi ktj Kitz D0x Ki`b| ev`Pvi mewKQy Kti w`tZ nte GB gvbwmKZvi e`tj ZvtK wbtR wbtR ৱkL+Z w`b| KivRKg^oKivi dtj Zvi KmçK cwi ktgi mthvM nte| msmvtii ৱKQy UukUvK Kvr Kivi mvt_ ev`PvtK Af`-Ki`b| GtZ Zvi gtbvej `p nte, AvZwekjm evote Ges kvi xii K cwi ktj evote|
- tUvj wfkB, wmtbgv, wfwVI ৱKsev Kiv`uDUvi tMgtmi wcu^otb me wgtj w`tb `B NvUvi Kg mgq e`q Kitz w`b| evmK mgq kvi xii Kfvte mµµq _vKtZ ejb| Avgiv GLb ৱকিঁত্ৰি wUwfi mvgtb evmtq ivL+Z c0` Kwi | GKUz wei`³ KitzB KvUB P`vtbj ev Ab`vb` P`vtbj Ltj t`B| Lvl qvtbvi mgq wUwf t`Lvteb GKUv mvaviY e`vcvi ntq `vmtqtQ| `kke t_+KB Zviv GB Lvivc Af`vmUvtZ Af`-ntq hv`Q| gtb ivL+Z nte GUv ৱKS' Zviv wPbtZv bv, evv-gvB ZvtK GgbUv Kitz Dxx KitzQ|
- Avgiv Rwb cwtq tntU Pjv metPtq wbi v` | MxotZ Povi tPtq `f `tZ; cwtq tntU Avcub Ges Avcbvi mšwb Pj^o wj dtUi cwietZ^ommo e`envi Ki`b| mthvM _vKtj mvBtKtj Kti ev`PvtK `dj hvl qvi e`v Ki`b|
- dtlej, tUubm, wµµKUm n wefbbetLj vajv Kitz w`b| m`e ntj GBme msmvtbi m½ hy³ Kti w`b|
- ৱকিঁত্ৰি `fveZB PÁj nq| Zviv tLj+Z, t`šovtZ c0` Kti | ৱKS' Avgit`i weva-wbtLtai dtj Zviv axti axti `fveRvZ Af`vm,tjv nwi tq tdtj | hvi `i`b AvZwi³ IRtbi Avakvix nq| GB mKj w`tK Avgit`i bRi t`qv DvPZ|

- GUV mIZ` th eZgvtb Avgvt`i er`Pvt`i tLj vaj vi mthvM AtbK Kg| mgvtRi mKj tK G e`vcvti GvMtq Avmv c0qvRb| t0tj -tgtqK hZ`i mae tLj vaj vi mthvM Kti w`tZ nte|
- mSvbtk Dcnvi wnmvte Ab`vb` Dcnvtii mvf_ wduftbmi mvf_ m=umkZ mvgM0, thgb- `wo tLj vi Rb` `wo, tUwbm ej, i`vtKU, e`vU, dUej Gme w`b| Zvt`i gtb Gmtei c0Z AvMh RvMtZ nte|
- tQvU er`Pvt`i memgq tKvtj bv ti tL bwgtq w`b| GtZ tm nvZ cv brote Ges tLj tZ cvi te hvfZ e`vqvg nte|
- er`Pvi `j tenk w`b QvU _vKtj cwi evfii mevB vgtj tKv_vl teovtZ hvl qvi tPov Ki`b Ges tm mgq wevfboetLj vaj vi mthvM Kti w`b| thgb - t`Sorfbv, mvtKj Pvj vtbv, dUej tLj v, cvnvo tetq lVv, mivzi KvUv BZ`w`| Zte Aek`B mZK`w0 ivLtZ nte hvfZ tKvb `N0bv bv NtU|
- `r`m=sZ Llevi tLtZ DrmwvZ Ki`b|
- `dj hvl qv er`Pvt`i bv`v-A_ev`ctii Llevi wnmvte dj gj Ges kvKmeRx w`b| wevfboetibi `evP`gq mvj v` w`b|
- tUetj KLbl j eb`wb ivLteb bv| ZvtZ er`Pvi cvtZ j eY Lvl qvi Af`vm nte bv|
- PKtj U, m0r, , dv÷ dW, tKvgj cvbxtqi ¶vZKviK w`K m=utK`Ztj aitb Ges Gme Lvl qv t`tK er`Pvt`i wei Z ivLteb|
- PKtj U, AvBm,uxg GmKj wMctUi cwi etZ`dj gj w`b| Avgvt`i t`tk GLb c0qB tkv bv hvq er`Pv gvsm Ovov wKQB Lvq bv| wKŠ`gtb ivLteb Avcbv hv tkLvteb er`Pv ZvB wKLte| Av`i KitZ wMtq fvel`tZ Avcbvi mSvbtk u`tiwM S0ki w`tK GvMtq w`teb| tQvUtej v t`tK gvQ tLtZ DrmwvZ Ki`b| gvQ, gvsm, mwa, Wvj, dj gj A_0r me aitbi Llevi B tLtZ w`b| cv0Ki mlg Llevi Lvl qvtZ Af`-Ki`b|
- ewoi cwi tek agcvbgp ivLp Ges t0tj tgtq hvfZ agcvb t`tK `fi _vtK tm e`vcvti mRvM nb| eiev-gv agcvb Kitj Zvi tavqv mSvbti l ¶vZ nq| gv`K`e` ev th tKvb tbkv RvZxq `te`i Kdj Zv m=utK`mSvbtk mg`K avi Yv w`b| agv0 Abkvmb m=utK`kv¶v w`b|
- Lvl qv`vl qvi e`vcvti gtb ivLtZ nte Avcbvi mSvbti Awak cv0i `i Kvi | wKŠ`Zvt`i cvK`j x tQvU, ZvB Ggb Llevi Lvl qvtZ nte thb - Zvi v ch0B cv0 cvq| Avevi Awak Llevi Lvl qvtbv DvPZ bv|
- er`PvtK AvkRvZxq Llevi, i`wU, wmi qvj, ZvRv kvK-mwa, Kg b0xhy3 `pRvZ cY`, Kg Pve0hy3 gvsm Lvl qvb|
- eZgvb mgvtq t`Lv hvf`Q er`Pvi v AvZwi 3 tgvUv ntq hvf`Q| hvfK l t0wvU ev kvi wv K `j Zv etj | cwi mSL`vfb t`Lv hvq w0tk;5 eQti i Kg eqtmi c0q 2

tKwU 20 jvL wki kviwi K t̄j Zvq Avlurš-Ges Avil tenk msL“K wki AwZwi³ IRt̄bi wkKvi | mevi Rvbn`i Kvi th GB kviwi K t̄j Zv wewfboe AmfLi gvivZK wi t̄c d'v±i | t̄Q̄t̄j t̄ej vi GB kviwi K t̄j ZvB cieZi[®]Rxetb bvbv aiṭbi tivM- e`mai m̄wó Kti; dt̄j Rxeb nt̄q I t̄v`wepn | m̄Zivs Avcbvi m̄šṭbi IRb ch̄f̄eṭ̄Y Ki`b | IRb Awak nt̄j Ww³v̄t̄i i civgk[®] wbb | t̄v`m̄s̄Z Rxeb-hvct̄bi Af̄vm̄ t̄j v Abk̄x̄j t̄bi gva`tg IRb wboqš̄t̄Y ivLv m̄e |

- ḡtb ivL̄t̄Z nte t̄v` ej t̄Z i agv̄l kviwi K m̄y Zv tevSvq bv, gvbwM m̄y Zv Ges AwZK m̄y ZvI GKUv eo e`vcvi | ev`Priv hLb eo nq ZLb gvbwEK Yvej xi thb wEKvK Nt̄U tm wkṭ̄v cwi ev̄t̄i i m`m̄t̄`i w t̄Z nte | b̄wZK wkṭ̄vq wkṭ̄vZ Kiv AZxe Ri`ix | b̄vq-Ab`vq m̄ūt̄K[®]m̄šṭb̄t̄K wkṭ̄v w`b | mrm̄½ mevi c̄l̄qvRb | m̄šṭbi m̄½x ev̄OvB̄t̄q̄i t̄ṭ̄t̄ m̄ZKZv Aej ṭb Ki`b | agcvb, gv`K ev th t̄Kvb t̄bkv RvZxq`ē t̄t̄K m̄šṭb thb`ṭ̄i v̄t̄K tm wkṭ̄v w`b | m̄šṭb̄t̄K Ggbf̄vte M̄to Z̄j̄ṭ̄ thb tm m̄y` nt̄q tefo I t̄v Ges w̄b̄t̄Ri, cwi ev̄t̄i i, mgv̄t̄Ri Ges t̄t̄ki m̄u` nt̄q M̄to I t̄v |
- %kke nt̄ZB ev`Pv̄t̄`i K̄t̄qKwU w̄el t̄q wkṭ̄v w`t̄Z nte, thgb-kviwi K cwi k̄t̄y Kiv, m̄j̄g c̄yóKi L̄vevi Lvl qv, ZvgvK Ges ZvgvKRvZ cY` Ges t̄bkv RvZxq`ē t̄t̄K`ṭ̄i v̄Kv | t̄v` m̄ūm̄KZ wewfboe Ab̄p̄vb t̄kvb̄t̄bv D̄wPZ |
- t̄Q̄t̄j t̄ej v t̄t̄KB Avcbvi m̄šṭb̄t̄K Rxet̄bi Rb` m̄y` nvU[®] G e`vcv̄t̄i wkṭ̄v w`b | nv̄t̄U[®] hZ̄wb̄t̄Z t̄kLvb | m̄y` nv̄t̄U[®] Rb` m̄y` i Rxeb aviv M̄to Z̄j̄ t̄Z Zv̄t̄K mn̄thwM̄Zv Ki`b | e`vqvg Kivi e`vcv̄t̄i Drm̄v̄nZ Ki`b | wkOybv wkOy t̄Lj vaj vi m̄ṭ̄h̄wM̄ K̄t̄i w`b | KviY t̄Lj vaj v Avcbvi m̄šṭbi m̄y` i t̄v`, m̄y` nvU[®]M̄to Z̄j̄ t̄e | t̄Q̄t̄j t̄ej v t̄t̄KB m̄j̄g L̄vevi Lvl qv̄t̄bvi Af̄vm̄ Ki`b | w̄ḡwó, PK̄t̄j̄U Ges t̄v`t̄`i Rb` ṭ̄wZKi Ab`vb` L̄v̄t̄`i cwi ēt̄Z[®]Avcbvi m̄šṭb̄t̄bi nv̄t̄Z dj̄gj̄ Z̄t̄j̄ w`b | ḡtb ivL̄teb | Avcbvi m̄šṭb̄ M̄to t̄Zvj̄ vi Kw̄i Mi Avcb̄w̄b̄t̄RB |

th mg`-t̄Q̄t̄j̄ t̄gt̄qiv`kke t̄t̄KB t̄v`m̄s̄Z Rxeb hvct̄b Af̄v`-nt̄q D̄t̄v Z̄viv ü`ṭ̄ivM Sm̄K t̄t̄K gy[®] v̄t̄K | Z̄te GUv w̄K ewoi Awff̄veK̄t̄`i GB i Kg Rxebv̄Pvi K̄i t̄Z nte | ev̄m̄vi ḡt̄a` m̄y` i, m̄k̄;Lj, t̄v`m̄s̄Z cwi t̄ek M̄to Z̄j̄ t̄Z nte | Z̄teB m̄šṭb̄ wkL̄te, hvi dt̄j̄ Avgiv̄ f̄w̄el`t̄Z GKUv w̄b̄t̄q̄M c̄R̄b̄ cv̄tev Ges ü`ṭ̄ivM c̄l̄Z̄t̄i va K̄i t̄Z cv̄i t̄ev |

WUKv Pw©

Rtbf cġg eQti B Avcbri mšbtk WUKv w b |

Rtbf 42 w b cYntj B erPrtK WUKv t`qv`i`i` Ki`b Ges wbw`w` wei wZtZ 1 eQti i gta` me`_tj v WUKv t`qv`tkl Ki`b |

GK eQti i Kg eqmx erPrtK WUKv t`qvi Rb` Kgct`q 4 evi WUKvtKt``AvbtZ nte |

m`cġwiz Z WUKv`vb KgġPx (BicAvB)

~`r` Ama`Bi ~`r` I cwi evi Kj`w`gšYj q cġE WUKv Pw©

Lwj Nti WUKv t`qvi Zwi L wj Lp Ges`q`i Ki`b

WUKvi bvg	Klb w`tZ nte	WUKv t`qvi Zwi L I KgġP`q`i			
		1g evi	2q evi	3q evi	4`evi
wemwR	Rtbf ci ci	✓	×	×	×
wWvcuU	Qq mβvn eqm ntj B	✓	✓	✓	×
tncvUvBilUm-we	Qq mβvn eqm ntj B	✓	✓	✓	×
I wcvf	Qq mβvn eqm ntj B	✓	✓	✓	✓
nvg	`k gvtmi`i`i`tZB	×	×	×	✓
wfUwgb-G	GK eQi cti	×	×	×	✓
wne	6 mβvn	×	×	×	✓
Rj emš-	1g ermi	×	×	×	✓
tnc-3	1g ermi	×	×	×	✓
UvBdqtW	2q ermi eqm t`tK	×	×	×	✓

erPvi eqm 10 gvtm cotj B / 270 w b cYntj B nvtgi WUKv w`tZ nte |

Aucbvi mššbi Ršb 7w cšZlaK wKv

mgggZ me_tjv wKv wšj Aucbvi mššb wšPi 7w gviVZK msμvgK tiVw
nšZ iŋ|v cšte|

- h²v
 - tcvwj I
 - wVdš_wi qv
 - ūics Kwk
 - abšsKvi
 - tncvUvBwUm-we
 - nvg
- weimwR wKvi wšw 8 tWwRw Ršbš ci ciB t`qv hvq| wKv t`qvi ci weimwR wKvi t`vb (evg evšZ) t`fweKfšte Nv nše Ges GšZ fšqi wKQy tbB|
 - evPvi eqm 6 mšv/42 w`b nšj B wVwšw, tcvwj I Ges tncvUvBwUm-we wKvi 1g tWwR w`šZ nše| Zvi ci Kgcšŋ 4 mšv/28 w`šbi e`eavšb G mKj wKvi 2q Ges 3q tWwR w`šZ nše|
 - 10 gšm cošj B/270 w`b cYššj B evPšK nšgi wKv w`šZ nše| nšgi wKvi mš_tcvwj I wKvi 4_tWwR Ges wFwšb-G w`šZ nše|
 - mvgvš AmšLI evPšK wKv t`qv hvše|
 - wKv w`šj t`fweKfšte Rj, wKvi t`vb e`_v Ges mvgwKfšte wKv t`qvi t`vb k³ nšq thšZ cšti, GšZ fšqi wKQy tbB|