

cT^hkkā dh ifjp; k & 1

?kj es cT^hkk0; fDr dh n^hkkky ; k ifjp; k dh l eL; k l s l cf/kr vusd ckra g^h os s rks ifjp; k djus dk vFkZ gh gS l eL; k dk l ek/kku djukA l oñ Eke l eL; k ; g vkrh gSfd chekjh dsy{k.k dk i cU/ku dS sdj} fpfdRI d dksdc cyk, a ; k fpfdRI d dh l ykg dc yh tk; s\ ifjokj dsvU; l nL; k fe=k fgrs"k; k dh l gk; rk dS s i klr dja rFk Lo; avki ij i Mus okys ruko dh flFkfr eavki Lo; avi uh n^hkkky dS sdj\

oS s rks i R; d 0; fDr ds thou ea vusdka l eL; k, a vkrh gS vkJ og mudk l ek/kku Hk fudkyrk g^h ysdū ?kj ij chekj dh n^hkkky l sl cf/kr l eL; k ubj vkJ fHklu i dkj dh gksh g^h; gkage bu l eL; kvk l i j ppkZ djaks vkJ mu l pukvkavkJ fn'kk funzka dh Hk ppkZ djaks tks vki dks l eL; kvk l ds l ek/kku dsfy, cgj egRoi wZgkA bI hfy, i kBd l s; g vi^hkk dh tk jgh gSfd og l eL; k mRi lu gksu l si^hz gh bl i trd dks/; kui oD i <+ysD; kif l eL; k mRi lu gksu ds ckn i <uk mruk yHkki n ugha gkckA chekj 0; fDr dh l eL; k, a vkJ u c<& bl ds fy, vki ifjp; k dh , d ; kstuk cuk yA ; g ; kstuk l eL; k ds l ek/kku eavki dh l gk; d gksh vkJ vki eamis; i wkirk dk Hkko mRi lu djxh rFk vki ds i z kl dks fn'kk Hk i nku djxhA

ftl 0; fDr dh ifjp; k eavki yxs g^hml 0; fDr dks Hk chekjh ds bykt vkJ ifjp; k dh ; kstuk e^htgkard l Hk gks t kMA vxj cT^hkk0; fDr i <us eal {ke gS rks ml s Hk bI i trd dks i <us dsfy, dgk tk l drk g^h vxj ml s dgha l e>us ea dfBu kZ vkJ; s rks 0; k[; k djds ml s l jy dj na

cT^hkk0; fDr ds l kfk l Ei^hk.k djuk dfBu gSD; kif muds l kfk l Ei^hk.k ea dbZ l eL; k, a vkrh g^h cT^hkk0; fDr ifjp; k dh ; kstuk dks ftruk l e>sk mruh gh l fØ; rk l sog ml e^hkkx y^hkkA vxj vki dks l ng gSfd cT^hkk0; fDr ugha l e> ik; sk rks Hk ml s l jy rjhds l s l e>k, A cT^hkk0; fDr l e>rk ugha gks

cT^hkkā dh n^hkkky ?kj ea

cdt qkkz dh nskky ?kj

- n[skky ea fdruh vf/kd : fp ys jgs gA c[tkz; fDr vki dh ; kstuk dks l e> yus ij ; kstuk dks fØ; kfllor djus eavki dks l g; lk i nku djxkA ifjp; k[eyxs gq 0; fDr dksfuEu i kp crkrk i j fo'k[k : i l s/; ku nsuk pkfg, &
- 1- I eL; k dks l e>uk % t\$ sf d l eL; k D; k g\$ bl i dkj dh l eL; k fd l s vf/kd gks l drh g\$vkj dc gks l drh g\$ \ l gk; rk djus dsfy, D; k D; k fd; k tkuk pkfg, \ tc l eL; k ds l ek/kku eayxs gk rks y{; D; k g\$ \
 - 2- **fpfdrI d dh l ykg dc ya%MkDvj** dks rRdky gh ?kj cykuk g\$; k tc fd MkdVj vi usfpfdRI ky; ; k fDYkfud e[gks rc c[tkz dks ogkays tkdj fn[kk; A tc vki MkdVj dks cykrs gfrc chekj dsckjse D; k D; k vko'; d l puk, avki r\$ kj j [kvkj l eL; k dks MkdVj ds l Eeqk d\$ siLrT dja\ bl dh r\$ kj h vki dh vkj l s gkuh pkfg, A
 - 3- I eL; k @chekjh ds l ek/kku eavki D; k dj l drs g\$ \
 - 4- I eL; k l ek/kku eadks dks l h ck/kk, j v k l drh g\$ mu ij Hkh fopkj djuk pkfg, A ½Hkh dHkh dN xyr /kj.kk, j tks ipfyr gk rh g\$ l eL; k l ek/kku eavki ck/kk mRillu djrh g\$ mu ij fopkj djds muds iZU/ku ij /; ku nsuk vko'; d g\$A
 - 5- tks vki us i fjp; k l s l cf/kr ; kstuk cukbz g\$ ml dks ylkxw djuk vkj ml eavko'; drkuq i l ek; kstu djukA ½vki ; g d\$ s tkp djxsf d vki i xfr dj jgs g\$ fdruk tYnh i xfr dh vi \$k djrs g\$ vkj vxj vki dh ; kstuk dke ughadlj jgh g\$ rks vki D; k djx\$; sfcLnyfopkj .kh; g\$A
bl i trd ea?kj eachekj c[tkz dh n[skky l s l cf/kr døy l kew; l eL; kvka ij ppkz dh xbzgA yfdu ; s ppkz vll; i dkj dh n[skky dh l eL; kvka dsfy, Hkh ik: i dk dk; Z dj l drh g\$A
- I eL; k ea l Qy l ek/kku dsfy, fuEu N%fcLnyka dks /; ku ea j [ka &
- 1- I eL; k l ek/kku ds i fr l dkj kRed euko fuk j [ka ; g fo'okl j [ka fd l eL; k dk l ek/kku l Hko g\$A

- 3- vxj M~~W~~Vj dks ijk'e'lk gsrq?kj ij cykuk gsrks; g r; djafd dc cykuk vko'; d gs\
- 4- ; g r; dj yafd vki dks I eL; k ds I ek/kku ds fy, D; k djuk pkfg,\
- 5- I Eliko ck/kkvka ij fopkj djavkj mu ij jpuRed <ak Is dkowik; A
- 6- viuh dk; Z ; kstu cuk; } ml s ykxw dji} ml dk eW; kdu djavkj ml eA I ek; kstu djA

I ek/kku ds ifr I dkjRed nf"Vdksk gkuk vko'; d gA vki fdI h I eL; k ds ckjs ea tS k I kprsgsbl dk iHko ml ds I ek/kku ds rjhds ij iMfk gA nijh vkj vxj vki ; g Lohdkj dj yafd vki vI Qy jgxs rks vki dfBu iZ kl ughadjaA vxj vki I eL; k I shkkxaks vFkok I eL; k dsckjs ea lkpaks ugharksbl ckr dh cgr I Hkkouk gsfid I eL; k dk I ek/kku vki ds gkfk I s fudy tk; A vkkoknh vkj oLrijjd nf"V I s I eL; kvka ds I Qy I ek/kku dh I Hkkouk cgr vf/kd gks tkrh gA

,sk djus ds fy, Lo;a ls I dkjRed ckr djA

: dJ vkj tks vki ds vUnj I s vkokt vki jgh gsmi s I qA eku yift, cT~~ek~~z dh i fjp; k&dk; Z I s vki Fkdru dk vutko djrs gsrks vki Lo; a ls dg I drs gA eS l nS Fkd tkrk gFkd jgrk givkj eS dkbZ, s sdke tksedjs pkfg, mUga ughadji drkA vius ifr ; g I pko vki eavol kn Hkj nsxkA ysdru bl ds foi jhr vxj vki vius I s; g dgrsgsfd 'vc eS dj jgk givkj; vko'; d dk; kA ds djus ds fy, I e; fudky y~~kk~~ rks vki Lo; a ls , d ok; nk dj jgs gA tks vki dks I dkjRed vutko djus ea l gk; d gskk rFkk vki dks vkkoknh cuk; xkA

Lo;a dh udkjRed vkokt ij fu; a.k j[ka

vius I kp ea^pkfg, * tS s 'kOnka dk iZ lk djus I scpa muds LFku ij vkk djrk givkj iZ Ru d: ak] tS s 'kOnka dk iZ lk djA ^eopS vius fe=ka dks vkef=r djuk pkfg, ** ds LFku ij eS vius fe=ka dks vkef=r djus dk iZ Ru d: ak] tS s okD; dk iZ lk djA

cdf qkkā dh nskkky ?kj

; g I kpr̄s ḡfd *es̄l Qy ḡrks bl iždkj ds fopkjkdks puk̄sh na v̄kj dga
~ugha; g xyr gs̄] ^es̄l Qy jgk ḡv̄kj vc bl vol j ij H̄h I Qy jḡkkA**

~vufk̄] ^grk'kk* ts̄ s'kcnk̄ i j izu mBk; av̄kj I ko/kkuhi ožd I kp̄fd okLro ea
D; k ?kfVr ḡvk ḡs

vius i fr I dkjkkRed dfkuk̄dk ižkx dj̄l ts̄ fd ^es̄; g I eL; k gy dj
I drk ḡf] egs I cdks ižlu djusdh vko'; drk ughaḡs , d h ifjflfkfr ea?kcjk
tkuk Lokkkfod ḡs**

; g **Lohdkj dj̄fd I eL; k, a v̄kuk vo'**; Ekkoh ḡs

I eL; k, a thou dk v̄x ḡs tc vki fdI h dh I ok&'kqjkk eayxsgrc I eL; k
dk v̄kuk I kelu; v̄kj Lokkkfod ckr ḡs vius l s rks iNa ^tc I seus ifjp; k̄
djuh i k̄Ehk dh ḡsrc I sejh I eL; k, ad̄s sifjofr̄ ḡbzḡs* cgr I h I eL; k, a
rks i gys H̄h Fh̄ dN ijskkfu; k̄ c<kh rks dN de H̄h ḡkshA

**I eL; k ds I ek/ku dh vko'; drk ds fy, viuh H̄koukv̄a dks gh I ds
ekudj pya**

udkjjRed H̄koukv̄a dk vFk̄ ḡfd I eL; k ḡs viuh udkjjRed H̄koukv̄a dks
I eL; k I ek/ku ds ižkl dk i k̄Ehk fcunjekua v̄kj I ek/ku dh v̄kj c<k̄

; g **egl̄l dj̄fd vki igys l s gh i k̄oh v̄kj I Qy I eL; k I ek/ku
drk ḡs**

ifjp; k̄ l s l af/kr I eL; kv̄a ds I ek/ku ds fy, if'k{k.k v̄kj v̄H; kl dh
vko'; drk ḡs vki vius l Eiwl thou ei?j ei0; ol k; ei fe=ka v̄kj ifjokj
ds l kfk I eL; kv̄a l s l keuk djrs vki jgs ḡs vki ifjp; k̄ l s l af/kr I eL; kv̄a
dk H̄h I ek/ku dj I drs ḡs vxj vki vol kn egs rks vius dks mI l s d̄s s
mH̄kj̄ vfkfn I eL; kv̄a i j ppk̄bl i trd ea dbz LFkkuk̄a i j dh xbz ḡs

i gys vPNh rjg l s l e> yA vPNh rjg l s i f j Hkfk"kr l eL; k dk vFlz gS vL/kh
l eL; k dk l ek/kkuA l eL; k dk dkj.k D; k g§ fdulg§ l eL; k gks h g§ dc gks h g§
vL§ l eL; k ds l kfK D; k&D; k fd; k tk l drk g§ \ vki vi us MkdVj] ul]
l kekftd dk; ZdrkZ l s l eL; k ds ckjs ea l puk vL§ mudh l gk; rk i kl r dj
l drs gA

vki dks vki dh fof'k"V l eL; k l s l af/kr l Hk rF; kdk l tkuus dh vko'; drk gA
vi us dks tkl w] [ksth fji kVj vL§ o§ fDrd o§kfud ds : i e§ekuuj l eL; k
l ek/kku ea l gk; rk djrk gA vki dk dke ; g ekye djuk g§fd okLro eaD; k
?kfVr gyk vL§ vLi "V rdk l s Lo; a dks nj j [kuk gA vLhktk u yxk; l u gh
fdl h ekU; rk dks ydij pyA D; k l R; gks l drk gSvL§ ft l s l R; l e>rsg§bu
nksckrka dks vyx djdsnKA vki dk dke ftruk l Hk gks l dsmruk Li "V : i
l s vi uh l eL; k ds rF; kdk l tkuuk gSvL§ mu ckrka dks i fjp; k dh l eL; kvka
l s l af/kr bl i lrd ea tc rF; kdk l tkuus dk i z kl dj jgs g§rksml ds ckjs
ea dks] D; k dgk dc vL§ ds § izuka ds l nHkZ ea tkuus dk i z Ru djA

udkjRed rF; k i j /; ku nns l s njy jga

- D; k l gh gS vL§ D; k xyr gSbuds vUrj dks i gpkua vi uh l eL; k dks
Li "V] fof'k"V Hkxka ea ck/ na vL§ oLri jd 'kOnka dk i z kx djA mnkgj.k
ds : i ^es i js kku g§ D; kdk tks e§pkgrk g§o§ k dN Hk ugha gks k** ds
LFku ij dga ^es i js kku g§ D; kdk ej si kl ej si fe= l sfeyus dk l e; ugha
g§** tc vki Li "V : i l s vi uh l eL; k dks j [kks rks vL; yks Li "V : i
l s l e> ik; o§fd vki D; k pkgrs g§ vL§ vki mlug§ vi us y{; dks Li "V
dj jgs g§ t§ sfd fe= l sfeyus tkuk vLfn] rHk os vki dh l gk; rk Hk dj
ik; kA
- rF; kdk l ekU; rk vka vL§ /kkj .kkvka l s vyx djA mlug§ i jLij feyus dk
i z Ru u djA ^og vc e§fcYdij ugha pkgrh]** bl ds LFku ij dga ^tc
e§gky ea ml ds i kl l s xqjk rksml dk /; ku ejh vL§ ugha x; kA** f}rh;

Cðf qkk dñh nskky ?kj

ugha[n[k] dñs vkj Hk dkj.k gks l drs gñ vkj og vc Hk eþs pkg l drh gñ

ml ckr dñs igpkus tks fdl h ifjfLFkr dñs l eL; k cuk nsñ gS

vkj fdr ; k Hk; Hkr gkdj ; g dguk fd ml dh ¼cTkkz chekj dl½ voLFkk cnrj gks jgh gS ykknk; d ughagñ bl okD; dñs LFku ij ; g dgus dk iż kl djafd ^ml s rhoz xelz dk vuñko gks jgk gñ dk'k fd ml s cñkkj gksuk i kjEhk u gks x; k gka** i gyk dFku vfr l kekJ; dFku gS yfdu nñjk dFku ; g crkrk gS fd vki dñs D; k djuk gS \ tñ s Fkelehvj l s rki Øe uki ; vkj cñkkj de djus dh nokbz nñ MknVj dñs cgyk; a vknA

oLrijd y{; k dk fu/kj.k dja

oLrijd y{; l srkri ; Zml y{; l sgSft l svxj vki dñs'k'k djarksml si lkr djus ds vki ds i kl l eipr vol j gñ vxj vki us vi us fy, oLrijd ; k ; FkkFkz y{; fu/kj jr dj fy; k A mnkgj.k ds: i eavki ; g vñkk djrsgñfd vki Lo; a l s l Hk dk; l dj yñ tñ sfd ifjp; l eayxus l sñl dj l drsFks rks vki vi us dñs vñ Qyrk dh vkj /kdsy jgs gñ ml y{; dk ft l svki i klr dj l drs gñ fu/kj.k dj ds ¼tñ sfd fe= ds l kfk Hkstu djus ds ctk; ml l s Qku ij ckr djukñ vki ; g vuñko djrs gñfd vki us dñ i klr dj fy; k gñ

viuh l eL; k dh l e> vkj ml l s l cñ/kr rF; k dñs tkuuk ; fDr; Dr y{; k dñs fu/kj.k vkj mñga; FkkFkbnh /kj kry ij i Hkko'kkyh <x l si yk djus dh vñkkj f'kyk gñ vxj vki tks ?kfVr gks jgk gSml s fy [k yars ykñka dñs rF; k dñs oLrijd <x l s nñkus ea l gk; rk feyxñA , s 0; fDr; k l s tks iñl eavki tñ h ifjfLFkr l sxtj pñsgñ; k vc xqñtj jgsgñ ckr djus l si; %vi uh ifjfLFkr dñs oLrijd : i e a l e> us ea l gk; rk feyrh gñ , s ykñka dñs tksMñA v [kckj] VsyhQku&Mñ; j ñVjh vLi rky dsek/; e l smu 0; fDR; k dñs ckj se atkudkjh i klr dj l drs gñ tks vki tñ h l eL; kvka l s xqñtj jgs gñ

ul } I kelftd dk; Zdrk dh I gk; rk ysh g\\$ \ I Hkh I eL; kvk\ dk I ek/kku vki Lo; agh ugha dj I drA 'kkjhfjd I eL; kvk\ dsfy, vko'; drk iMs i j vki fo'kskK dh I gk; rk ya D; kfd ftI 0; fDr dh ifjp; k\ es vki yxs g\\$ ml dk LokLF; bl ij vkkfjr g\\$ I ooxkRed v\\$ I kelftd I eL; kvk\ dsfy, fo'kskK 1/1t\\$ s I kelftd dk; Zdrk eukoKkfud\\$ vki dh ; kstuk dks cukus es I gk; rk ns I drs g\\$ rhoz vol kn ; k fpUrk dh fLFkfr es fo'ksk I ykg ; k Fkjsh dh vko'; drk gksh g\\$

bl i\trd ds iR; d v/; k; es; g crk; k x; k g\\$ fd fpfdRI d ; k fo'kskK dh I gk; rk dc y\\$ ml v\k dks /; kui\o d i<\

prFkcr ; g g\\$ fd I eL; k ds I ek/kku dsfy, vki D; k dj\\$ \ vxj bl I e; 1D; kfd bl i zdkj dh I gk; rk i gys nh tk ppk dh g\\$ fo'kskK dh vko'; drk ugha g\\$ rks Hkh dN , \\$ h ckra v\\$ Hkh gksh g\\$ mu I eL; kvk\ dks vki Lo; a l sgy dj I drs g\\$ vki I eL; k ds I ek/kku v\\$ d"V dks nj djus es I gk; rk dj I drs g\\$

vki v\\$ D; k dj I drs g\\$ bl ckjs es abl i\trd es dbz LFkuka i j ppk dh xbz g\\$ fQj Hkh vki vi us i fjokj ds I nL; k fe=ka 1/1tks bl h i zdkj dh I eL; kvk\ I s xqtjs g\\$ I gk; rk I eg] I kelftd dk; Zdrk v\\$ vLirky\\$ I s I gk; rk ys I drs g\\$

vfilre v\\$ ikpoh ckr ; g fd vki I hko ck/kvk\\$ 1/dfBulb\\$ ij fopkj dj\\$ ftI I s I eL; kvk\ dks jpukRed <\ I s fui Vk I d\\$

I eL; k I ek/kku ij jpukRed <\ I s I kpuk ck/kvk\\$ dks vki kuh I sgy djus dh d\\$ dh g\\$ I dkj\ Red gksh ds vusd rjhds g\\$ I eL; k ds ckjs es fdI h v\\$; I sckr dj\\$ v\\$; g dYi uk dj\\$ fd bl I eL; k dks d\\$ v\\$; 0; fDr d\\$ sgy djrk \ tc vki vi uh I eL; k dks n\\$ js ds I kfk ppk\ dj ds ck/\rs g\\$ rks vki I eL; k dks v\\$ vf/kd Li "V : i I s ns[krs g\\$ vxj fdI h ckr I s I eL; k dk FkkMk Hkh

cdt qkkā dh nskkky ?kj

gSml s; g dg dj NNM+ns s gfd bl I s ijk ykk ughagvA okLrfodrk rks ; g gfd vxj FkkMk ykk gvk gSd k vFk gfd dN FkkMk vAk gStks ykk i gpk jgk FkA ; g tkuus dk i z kl djfd ml vAk ds ckjse vPNk D; k gsvkj ml su; s fopkj ds vkkj ds : i eami ; lk dj I drs gA

, d Nk/sy{; dks ydj iz Ru ikjEhk djA vDl j ge ; g I kprsgfd ge I Qy ughagb tcfd okLrfodrk ej ge ixfr dj jgsgrsgA ge cgr tYnh ifjorl pkgrsgA bl i dkj jpukRed gy ft l svki i klr djuk pkgrsgA dks i klr djus eenn djrk gA bl fy, bl dh ft l svki i klr djuk pkgrsgA sryuk dh tk I drh gA bl ckr dks bl i dkj dg I drs gfd vxj igysvki I Qy ugha gq rks Nk/s I s Nk/s y{; dks ydj iz Ru djA

fopkj dh ckjk

mu fopkj dh l ph cuk yatk vki ds fy, ykkn; d gks l drh gA ftruh yEch gks l ds mruh yEch l ph cuk, avkj fdI h fopkj dks vkus l su jkdkA dkbz Hk fopkj tks vki ds eu ea vkrk gS pkgs og fdruk vtuch ; k el[irki wl yx dks l phc) dj ya ftrus vf/kd fopkj gks mues l s fdI h , d fopkj dk l el; k l ek/ku ea l gk; d gks ds vol j vf/kd gksA ml js 0; fDr Hk vki ds fy, u; s fopkj nsus ea l gk; rk dj I drs gA ftllga vki vi us l s ugha l kp I drs FkA

vPNsfopkj dks vkj vf/kd vPNsfopkj l stMA tc vki dh l ph r\$ kj gks tk; \$ rksml s i <avkj vPNsfopkj dks mul s Hk vPNsfopkj l s l fefJr djavkj mues l s mu fopkj dks pua tks I Qy gks l drs gA vUr ej nckj ml h l ph dks vkykouk nf"V l s i <avkj mues l s ml l cl s vPNsfopkj dks pua ft l dh I Qy gks dh l Hkouk l cl s vf/kd gA

viuh ; kstuk cuk, ml s ykxw djA ml dk fo'ykk djavkj viuh ; kstuk dk l ek; kstuk djA vki vkj vU; 0; fDr ds }jkj y{; rd igpusdsfy, D; k djuk vko'; d ekurs gA ij fopkj djA ; kstuk dks ykxw djus ea vko'; drkuq kj

fd; k tkuk pkfg, bl ij Hkh vki dk /; ku gksuk pkfg, A l hko vojkskka vkg
pkfr; kaij fopkj djA vki us tksfd; k gsmi ij vkg ifj. ke dk i p%fo'ysk. k
djavkg ubz; kstuk cuk, A Mk; jh cuk; avkg ml eai xfr fy[krsjgA ; g Mk; jh
Hkfo"; eabl h i dklj dh leL; k dsI ek/kku eadke eavk; xhA

vxj vki dk y{; ; fDr l xr gsrksviuslsizu djA vki okLro eai xfr dj
jgs gks gdi jUrqvki dksyxrk ughagSD; kfd vki rhoz xfr lsifjorlu pkg jgs
FkA vxj , d k gsrksviusy{; dk , d sy{; lsLFkkukiUu djaftl ij igpk tk
l drk gA ; kstukc) dk; l djA ; kstuk cukuk u NkMA

□□□

cT^hkkā dh ifjp; kZ & 2

cT^hkkā dh n^hkkky ?kj

ifjokj ds I nL;] tks ifjp; kZ ea yxs g^h os ,d Vhe ds I nL; g^h

?kj ea cT^hkkZ0; fDr dh n^hkkky ½ fjp; kZ ds fy; si fjokj ds I nL; k^hds vfrfjDr fHk^hu&fHk^hu ; k^h; rkv^h v^hk^h fo'k^hK^h dh ,d Vhe dh vko'; drk g^hsh g^h fpfdRI d] ul] I kekftd dk; drk v^hk^h /kfebd ; k v^hk^h; k^hRed Kku j [kus okys 0; fDr bl Vhe ds egRoi w^hk^h I nL; g^hrs g^h tks vi uh fof'k^hV ; k^h; rkv^h l s cT^hkkZ dh ifjp; kZ ½ n^hkkky ½ ea egRoi w^hk^h Hk^hedk fuHk^hrs g^h ; s fo'k^hK^h i fjokj ds mu I nL; k^h fj'rnkj^h v^hk^h fe=k^h dks vi u&vi us{k= ds Kku l smudh l g^h; rk djrs g^h tks cT^hkkZ dh ifjp; kZ ei frfnu yxsjgrsg^h bl l syEch chekj h l sxfl r cT^hkkZ 0; fDr dh chekj h@chekj ; k^h dk H^hyh i dkj icUku fd;k tk l drk g^h v^hk^h og i HM^h jfgr] xqkoUk^h ; Dr thou th l drk g^h chekj 0; fDr ftl dh ifjp; kZ vki dj jgs g^h ds l kf^h vki dk ?kf^h"B l c^hdk vki dks ml dh H^hkoukv^h bPNkv^h v^hk^h vko'; drkv^h dks l e>us v^hk^h mudk fo'y^hk^h.k djus ea l g^h; d g^hrk g^h l cl si gys ifjp; kZ djus okys 0; fDr] chekj 0; fDr dh cg^h l h 'k^hhfj d v^hk^h l o^hdkRed H^hkoukRed ½ l eL; kv^h dks l e>a v^hk^h mudk l ek/kku dja Vhe ds ,d I nL; ds: i ea vki dk egRoi w^hk^h dk; z ; g g^h fd vki Vhe ds vU; I nL; k^h ftuea fpfdRI k {k= l s tM^h 0; fDr v^hk^h vki ds ifjokj ds vU; I nL; fe= v^hk^h fj'rnkj g^h l drsg^h& dks ifjp; kZ l s tM^h v^hk^h mu l H^hh ds l kf^h feydj ifjp; kZ l s l a^hkr l eL; kv^h dks l ek/kku dh ; kstuk cuk, A

I cdk l g; k^h y^hs ds fy, fuEu N% l eL; k l ek/kku ds fcUhyka ij /; ku na &

1- tgkard l H^hko g^hs l dscT^hkkZ0; fDr rFk^h ifjokj ds l H^hh l nL; k^hds ifjp; kZ l s l a^hkr l eL; k l ek/kku l s tM^h n^hkkky l s l a^hkr tks H^hh l eL; k, ag^h muds ckjseafu.kZ y^hs mu i j dk; z djus v^hk^h ea ifjokj ds l H^hh l nL; k^hdk l g; k^h i klr dja v^hk^h mUga tM^h@mUga l eL; k ds ckjs ea crk; a v^hk^h mUga muds fopkj

vkykpuk I sHkh cpks tks i fjppkz I svijk : i I s tM+ugha Lej.k jgs cTqkz
0; fDr Hkh Vhe ½ns[khky djus okyka dh Vhe½ dk I nL; gA ifjp; kZ I s I cfi/kr
fdl h Hkh ; kstuk dks I Qy cukus ds fy, cTqkz iq "k@efgyk dh Hkkxhnkjh
vko'; d gA ; kstuk I s tMuk ml dk vf/kdkj Hkh gA

cTqkz dh ifjp; kZ ds ckjs ea I dkjRed I kp j[

ns[khky ½ifjp; kZ I s I cfi/kr tks I dkjRed i{k g\$ml ij fo'ksk tkj nA dN
0; fDr ifjp; kZ ½ns[khky½ dks , d dke ¼ k Hkkj½ eku dj djrs g\$vkj nW jh vkj
, sHkh 0; fDr g\$ tks cTqkz dh ifjp; kZ dks drD; eku dj djrs gA ; s0; fDr , s k
ekurs g\$fd bz oj us geavi us cTqkz dh I ok djus dk ; g vol j fn; k gA ; s
0; fDr ; g Hkh Lohdkj rs g\$fd ifjp; kZ usmuds vuHko eaof) dh g\$vkj ; g , d
puks hi wkZ dk; Zg\$ft I s ^eopscgr vPNs I s djuk gA** cTqkz dh ifjp; kZ djus
dk vFk g\$fd vki dks ½epiu e½ tks l; kj vkj ns[khky mul s ½Tqkz I ½
iHr gBZ ml ds iFr viuh drKrk Kkri djus dk ,d vol jA

ifjp; kZ ds Hkh egRoiwk yHk gks I drs gA

?kj ea cTqkz dh ns[khky djus I s vkiRe&l rksk , oavkRed fo'okl eaof) gksrh
gA vki dks viuh ml vkrfjd 'kfDr dk Kku gksk g\$ft I s vki us i gys ugha
i gpkuk FkkA ifjp; kZ dk , d yHk ; g Hkh g\$fd bl I s ifjokj ds I nL; ka ea tMko
vkj Hkkbpljk c<rk g\$vkj ftI cTqkz 0; fDr dh vki ns[khky dj jgs g\$ml I s
Hkh vki vi us vki dks vkj xgjs : i I s tM+rs gA

u; sfe=ka vkj ifjokj ds 'Hk&fpUrdka ds I kfk I adk curk gA , s k rc gksk g\$
tc vki viuh I eL; k dh ppkZ , s ykska ds I kfk djrs g\$ tks bl i dkj dh
ifjflFkfr I s xqtj ppds gA ; s0; fDr vius vuHko I s vki dh I gk; rk djrs g\$vkj
vki I s I adk Hkh tMuk pkgs vki dh enn ds fy, vksx vki , xA MWDVjkl ul kj
ifjokj ds vU; I nL; ka dh enn I s tks vki I s nj jgrs g\$vkj bl dfBu ?Mh
ea vki I s tM+x; s gA vki dk dk; Z vkj vki ku gks tkrk gA cTqkz dh ifjp; kZ
djrs I e; vki ds i e[k y{; gA

CdF Qkkz dh nskky ?kj

- egRoiwkz I nL; ds : i ea ifjp; kZ ds I e; mRiUu gksus okyh I eL; kvkds
I ek/kku ds fy; s ddk; Z djukA
- 2- ftI cTqkz 0; fDr dh ns[kkky ea vki yxs gS ml 0; fDr ds bykt vkj
ifjp; kZ I s I a/s/kr ; kstuk ea i jk&i jk I g; kx i klr djA
 - 3- vki dks vi uh vko'; drkvka dk Hkh /; ku j [kuk gS ftI I s fd vki ea
'kkjhfjd] ekufI dj I ooxRed Åtkz cuh jgs vkj vki Vhe ds , d i Hkkoh
I nL; ds : i ea ifjp; kZ ds ddk; Z ea yxs jga

**fpfdrI d dh I gk; rk vki dc ya **

ifjp; kZ dk dke , d puks hi wkz , oa l rk sk nsus okyk dk; Z rks gS gh ijUrq; g , d
tfVy dk; Z Hkh gA bl dk; Z I s vki vi us ea ruko egl w dj I drs gS vkj
vki dks Hkh fpfdRI d dh vko'; drk i M+ I drh gA vxj vki dks yxs fd vki
ekufI d vol kn dk i gys gYdk vkj fQj rhoz vuHko djrs gS rks fpfdRI d dh
I gk; rk ya bl i dkj dh ekufI d fLFkfr ea vki dh eukn'kk 1eM% ea i fforu
gk rk jgrk gS vki nqkh jgrs gS vki ea fpMfpMki u vk x; k gS dHkh&dHkh rhoz
'kfDr dk vuHko djrs gS nfuud dk; Ze vki dh : fp de gks xbZ gS tks vki dj
jgs gS ml ij /; ku nsuk dfBu gks jgk gS puks djus ea i jskkuh gS vki ds eu
ea vi us vki dks upI ku i gpkus 1ekjus ; k vKRegR; kZ dk fopkj vkrk gS ; s I Hkh
vol kn ds y{k.k gA vki fpfdRI d dh I ykg ya

ekufI d vol kn ea fpfdRI d I s I ykg ysk , k gh gS tS sfI vki vi uh fdI h
'kkjhfjd I eL; k ds fy, I ykg yss gA dkQh I e; I s ?kj ea cTqkz dh ifjp; kZ
djrs jgus I s ekufI d : i I s dHkh dHkh i jskku gks tkuk I keku; ckr gA
I kekftd dk; Z drkZ dkmfUI yj] eukfKlfud vkj eukfpfdRI d tS s ddky
fo'kkK 0; fDr vol kn I s xLr 0; fDr dh I gk; rk dj I drs gA vki ds i fjokj
dk fpfdRI d Hkh vol kn dh xgurk dh tkr dj I drk gS vkj crk; sk fd
vki dks fdI dh I ykg ysk pkfg, A og vki dks dN I e; ds fy, nokbZ Hkh ns
I drk gA bl h i trd ds vol kn uked v/; k; ea bl ckr dh fo'kk : i I s ppkz

tk,A

D; k vki dks , k yxrk gS fd ?kj i j jgdj vol kn dh n[dkky djus e vki
I {ke ugha gks \ vxj , k gS rks vi us {ks= ds I kekfd dk; brkz vkj
eukokkfud dh I gk; rk ys I drs gA vki vi us fe=k fj' rnkj k I kekfd
dk; brkz dks cTpkZ 0; fDr ds i kl NkMdj vi us vko'; d dke fui V k I drs gA
yokla I s fey I drs gA vkjke dj I drs gA vkj viuk eukjatu dj I drs gA
eukjatu vki ds ekufi d LokLF; ds fy, vR; Ur vko'; d gA vki fdI h vPNs
ufl k gke ea tgkamI dh n[dkky Bhd gks I drh gA dN I e; ds fy, cTpkZ
0; fDr dks NkM+ I drs gA

**vPNk i fjkjd n[dkky djus okyk/ gks ds fy; s vki D; k dj I drs
gA **

cTpkZ 0; fDr tks chekj gSml s i fjp; k I s I cf/kr I eL; kvka vkj vi uh ; kstuk ds
ckjseacrk; avkj ml dk I g; kx i klr djA ; g , d egRoi wklvkJ puksh Hkj k dk; Z
gSD; kfd cTpkZ 0; fDr vi uh 'kkjhfd vkj ekufi d I eL; kvka ds dkj .k vki dh
; kstuk ea I g; kx djA ; g vko'; d ugha gA bl i j Hkh ml dk Hkxhmkj gks
vR; Ur vko'; d gA ml ds Hkxhmkj gksus I syxsk fd ml dh bTtr dh tk jgh
gS vkj og ml ea I g; kx djA vkj ifrc) rk dk vuHko djA

cTpkZ 0; fDr dks i fjp; k I s I cf/kr ; kstuk I s tkmrs I e; vki dks fo'ks : i I s
; g /; ku j [kuk gks fd vki vi uh ckr ml ds I keusdS sj [krs gA \ ; g I eL; k
I Ei k k dh I eL; k gS ftI i j ge vJ; = ppkZ dj ppds gA cTpkZ 0; fDr dks
I Ei k k ea I eL; k gks gA cTpkZ 0; fDr I s I Ei k 1/ckr&phr1/ djrs I e; bl
ckr dk /; ku j [k fd cTpkZ 0; fDr vki ds pgjs dks n[ks ml I s Li "V vkj /kjh&
/kjh scy] ml ds i kl cB ftI I s vki dk ml dh vkj[kka I s I h/kk I cak gkA vks dh
vkj >d dj ckr djA muchi ckr ea : fp 0; Dr djus ds fy, vi us fl j dks
fgyk, k mlgachp ea Vksds ugh vi uk fu.kk ughans vkj ; g /; ku j [k fd ml ds
pgjs i j Fkdku ; k ruko dk fpUg rks ugh gA

cþf qkþ dñh nþkky ?kj

vþg mul s l gefr 0; fDr djA

vxj cþfZ0; fDr dks vki dh ckr dks l e>usvkþ ml sLej .k djusvkþ fu.kþ yus
eþ dfBukbZ vki jgh gþrks vki vi uh ckrka vþg fu.kþ kþ ftuea vki mþga Hkkxhnkj
cukuk pkgrs gþ dks vþg l jyrki 0; Dr djA

eku yþft, fd cþfZ0; fDr vki l s l ger ugha gþ vþg og vki dh ; kstuk eþ
l g; kþ ugha djuk pkgrs rc vki D; k djA \ vki mþga dg l drs gþ fd ^ge
vflre fu.kþ vþk ugha ysjgs gþ tc rd fu.kþ u yavki bl ; kstuk dks dN
l e; ds fy, vktek dj nþk**

viuh vko'; drkvka dks Li "V : i l s j [ka dHk dHk vki dks cþfZ0; fDr l s
dguk i M+I drk gþ fd *vki dk , k djus l s ¼ kstuk eþ l g; kþ djus l ½ ejk
dke l jy rks gþsk gh rFkk eþs i fjp; kþ l s l aþkr mþkjnkf; Roka dks fuHkkus eþ
vkl kuh gþkhA* ; g /; ku jf[k; s fd vki dks l Hk fu.kþ l dks i l uu ugha dj
l dra dN ckrka eavki dksuje : [k vi ukuk gþsk vþg dN eacþfZ0; fDr dka

Lo; a l s i u dja^bl l e; okLro eþD; k egRoi wZ gþ \^ vki Nkþ/h Nkþ/h ckrka
ds > xMþea u i Mþvþg egRoi wZ ckrka ij /; ku nþ ft l 0; fDr dh i fjp; kþ eavki
yxsgþml dks /; ku eþj [k dj fu.kþ ya vxj cþfZ0; fDr fu.kþ ds i fj. kkeka dks
l e>rk gþrks vki dks Hk ml ds fu.kþ yus ds vf/kdkj dks Hk l e>uk pkfg, A
vxj vki cþfZ dh l j{k; k LokLF; dsckj seafpfurr gþrks døy mþghafodYi ka
dks l qk; a ftUga vki l jf{kr l e>rs gþ fpfdRI d , oa vU; fo' kþKka ¼tS s fd
ul l kekft d dk; bDrk eukoKkfud vlfn½ dk l g; kþ yss l e; fuEu l poka
dks /; ku eþj [ka &

1- vki Lo; a bl ckj seLi "V gþfd vki mul sD; k l puk pkgrs gþ vþg l h/k&
l h/k s ml h fcUng i j ckr djA vi us i zu dh l ph cuk yavkj fpfdRI d l s
ckr djrs l e; ml l ph dks vi us l keus j [k ya

2- tc Hk vki fpfdRI d dks cþfZ chekj l s l aþkr l Hk l pukvka
¼tS s fd vki us D; k VþV djk; } D; k nok; a nhj chekj dh fLFkfr dþ h jgh

vko'; drk i M+l drh gA mnkgj.k dsfy, cTlkZ0; fDr dks cq[kkj g\$ rc ; g
I puk vko'; d gks l drh g\$fd fi NysvkB ?kkaeacTlkZus i kuh ; k vU; i s
i nkflzfdruk fy; k D; k cq[kkj de ajusdsfy, dkbZ nobkZ nh xbA ; g l kpa
fd MKDVj D; k vU; I puk, aekak l drk gA bl i dkj dh l pukvka ds
vk/kkj ij fpfdRI d dks l ykg vkJ vU; i dkj dh l puk, anuk l jy gks
tk; skA

3. tks l gk; rk ; k l puk vki pkgrs g\$ ml ds ckjs ean<+jgA MKDVj i fjp; kZ
djusokys0; fDr dh l gk; rk djuk pkgrk g\$ft l l sfid og vi uk dke Hkyh
i dkj dj l dA vi uh ckrka dks vkRefo'okl i wZ j [kaft l l sfid vki dks tks
Hkh l puk, a ; k l ykg pkgrs g\$feey l dA vxj vki dks dkbZ ckr l e> eau
vk; srksMjaughavkJ Lohdkj djafd l e> eaughavk; kA 'kkUr jgj xkJ k gkuk
it; % l gk; d ughagkrkA [kjk jguk] n< jguk] yxs jguk] rkjhQ djuk vke
rkj ij , d vPNh ; kstuk gA

vki vi uh vko'; drkvka vkJ Hkkoukvka dk Hkh /; ku j [ka vxj vki Hkyh i dkj
i fjp; kZ dk dk; Z djuk pkgrs g\$ rks vki vi uh l hekvka dks i gpkuA vi uh
vko'; drkvka vkJ Lo; adh ns[khky dsfy; si fjp; kZ l svodk'k yA ruko l scpi
vi us ruko l s Nydkjk i kus ds fy; s l gk; rk yA vi us Lo; a ds l dkjkRed
vutkoka ds fy, , d ; kstuk cuk yA vki vi us ekufd l LokLF; ds fy, rhu
i dkj dh l dkjkRed fØ; kvka ij /; ku na &

1/1 vU; ka ds l kfk l qk jgus okys fØ; k dyki mnkgj.k ds fy, fe=ka l s ckr
djuk] cPpkas l kfk [kyuk] elhvaxka ea tkuk vknfjA

1/2 , s sdk; Z ft l l svki dks yxs fd vki us dkbZ dk; Z i wkl fd; k g\$ 1/4 t \$ s fd dkbZ
fo'k k Hkkstu cukuk] dl jr djuk] nlijk dh l gk; rk djuk] fd l h i kstDV
dks i jk djuk]A

1/3 , s sdk; Z djuk tks vki dks vPNs yxa 1/4 t \$ s , s fl uek ; k Vhoh ns[kuk tks
etkfd; k gk ; k Quh gk i kywtkuoj ds l kfk [kyuk] ?kj l sckgj tkuk]
eu i l n xkuk l puk]A bu fØ; k dyki ka dh fu; fer : i l s ; kstuk cuk, A

cdt qkkz dh nskky ?kj

mudsckj seacr dji vi usvPNs vutko dks vi usfe=kads l kfk ckA , d rjhdk ; g Hkh gSfd vi usl dkj kRed vutko dh , d fyLV cuk yA bl fyLV dksckj ckj i<ftl l s vki dks thou ds os vPNs {k.k ; kn jgkA , d k djus ij vki ea l dkj kRed nfV dk mn; gkxk vkg vki l [kn ?kVukvka l s vi uk fnu ijk EHk djkA

vki vi usvkje dk vo'; /; ku j [kA vxj vki 'kkj hfjd : i l s Fkds gkxk rks l eL; kvk adk l keuk djuseavki dh {kerk de gks tk; xkA xgjh uhn yavkS ijk ijk foJke djA

vll; ykxkA vi usfe=k fj 'rskj kdh l gk; rk yus l sughf>>dA vxj vki , d k djrs gkxk vki dk ruko de gkxk vkg vki vPNh i dkj n[kkky dj ik; kA ; |fi tjk&fpfdRI k (Geriatrics) vkg tjk&ufl k ds {ks e dke djus okys ykxk adh Hkh jr ea l ; k de gSvkg bl dh egUkk dks tkuus okys ykxk adh l ; k Hkh i; klr ughag fQj Hkh vki cTpkZ ds LkLF; dsckjs e l ekt l ok ea l yxu l AFkkvka ds l nL; kdk l g; kx Hkh i klr dj l drs gA bl fy, , d s 0; fDr; k adh , d l ph r\$ kj dj ya tks vki dh l gk; rk dj l drs gA vki mul sD; k pkgrs gA; g ckr Hkh Li "V gksuh pkfg, A vll; 0; fDr vi usl e; eal sdN l e; n[kkky ds dk; kdeans l drs gA bu 0; fDr; kdk vPNh rjg /; ku j [kaf t l s mUga i q% vki ds i k l vkus e g"K gk\$ mUga i fjp; kZ dk dk; Z vPNk yxA

i fjp; kZ ds l e; fdI i dkj dh Hkkouk, amRi Uu gksuh g\$mlgafy[k yA tc vki i jskku gkxk egRo i wZ fu. kZ u yA ; g l gh gSfd dHkh dHkh fu. kZ 'kh?k yuk i Mfk gA yfdu /; ku j [kaf ; kstuk cukrs l e; ijk l e; bl dke dks nA Li "V eu l @'kkur eu l sfu. kZ yA , d h i fjkLFkfr eafur u; sfopkj vkrsgtks vki dks vi uh l eL; kvk adk l ek/kku ea l gk; rk dj l dA 'kkur fopkj okys vi us fe=k l s vi uh l eL; kvk adk dks ckj s e Hkh fopkj fd; k tk l drk gA

xk l k@0kxk

tc vki dkQh l e; l s i fjp; kZ e yxs gkxk gkxk xk l k vkus ds vudk vol j vkrks gA mnkgj .k ds : i ea cTpkZ 0; fDr falligh vol jk a ij vi us 0; ogkj ea

ul l i kelftd dk; Zdrk; k ifjokj ds l nL; , s h voLFkk eavf/kd l gk; rk ugha djrsftru h dh vki dh mul svitkk gksh gA , s h fLFkfr easdN 0; fDr xtl sdk vutko djrsgA D; kifd ifjp; kZ dsmukjnlf; Ro usmuds thou easfky&ifky epk nh gA

dHkh&dHkh bl i zdkj dsfopkj vkuk LokHkfod gA xtl s; k Øsk i j fu; a.k djus dk l cI s vPNk rjhdk ; g gS fd i gys vki i gpkua vlg Lohdkj djfd vki xtl k dj jgs gS vlg xtl k vfhk; Dr djus dk dkbZ mi ; Dr rjhdk pukA dN ifjp; kZ djus okyA us bl l cak easfuEu l pko fn; s gS &

i f j f L F k r d k s vU; 0; fDr dh nFV l s nEka

- bl ckr dksLohdkj djfd vU; 0; fDr ft l dh vki ifjp; kZ dj jgs gS ruko easgk l drk gA ekufi d ruko dh fLFkfr easfofHku 0; fDr vius thou easfofHku i zdkj l s ifrfØ; k djrs gA
- vius Øsk dks vfu; f=r gksus l s iDZgh mi ; Dr rjhds l s vfhk; Dr dj nA vxj vki irhkk djksrks vki xtl sea, s sdk; Zdj cBxs; k , s 'kCn cky nks ftudh otg l s vki dks Hkfod"; ea i Nrkuk i M+ l drk gA tc xtl k vfu; f=r gks tkrk gsrc vki dh fu.kZ ifØ; k dks i Hkfor djrk gSvlg vki l gh fu.kZ ugha ys i krA
- vki vius xtl s dks 0; Dr djus dsfy, l jfkr rjhds [kstA tS sfd vki rfd; s i j ?k k ekj l drs gS vius i j fpYyk l drs gS ef'dy dl jr ; k 'kjhfd Je dj l drs gA dHkh&dHkh , s 0; fDr i j viuk xtl k mrkj l drs gS tks ml ds cnys ea dkbZ i frfØ; k ugha djA dN {k.k dsfy, ml LFku l sgV tk; avlg i q%ogka tkus l s iDZvi us xtl s dks BMk dj ya vlg fQj ml l s 0; ogkj djft l dh otg l s vki dks xtl k vk; k FkkA
- vki us xtl k fd; k bl dsfy, vki ds eu ea vLRexyku ugha gksuh pkfg, A fdI h Hkh dfBu vlg puk&hi wkl i fjfLFkfr easxtl k vkuk LokHkfod gA vU; 0; fDr Hkh vxj vki dh tS h fLFkfr easgks rks mlga Hkh ml h i zdkj xtl k vkrkA

Cðf qkká dh nskky ?kj

, s k dju s l svki xþl k gks d s dkj .k dks l e>ks vkj crk; xsfd vki us , s h i frfØ; k D; ka dhA

- fdl h euko Klfud dh l ykg yA , s k 0; fDr tks rVLf k gks ; k mI i fjfLFkfr l s vyx gks rks ml l s ckr dju s l svki dks l gk; rk fey l drh gS vkj vki dh l eL; k i j , d oLri jd nf"Vdksk iklr gks l drk gA

{kfr@glfu vkj n@k@'kkdkyrk

vki ft l 0; fDr dks djhc l s tkursgs vkj l; kj djrs gA og ; fn vc cny x; k gS rks ; g tkudj 'kkd dk vutko gks LokHkkfod gA cTpkZ 0; fDr dk vki ds l Hkkfod l s ckFk bl dh Lefr; lavki ea 'kkd dh Hkkouk mRi uu dj l drh gA vki n@kh gks l drs gD; kfd chekj h l s iDZ vki us tks LokHkkfod 0; ogkj fd; k Fkk og [kRe gks x; k gS vkj vki dh ; kstuk, a i jh ugha gks l drhA i fjfp; kZ l s l EcflUkr l Hkk mÙkj nkf; Roka dks vki dks gh ogu djuk i M+jgk gA bl l s Hkk vki 0; fFkr gks l drs gA ; gkj , s h i fjfLFkfr eavki fuEu l pkok dks vey eayk; a &

- vi uh {kfr; kads ckjs eavU; , s ykska l s ckr dj a tks bl h i dkkj dh fLFkfr l s xqj ppds gA tks yks cTpkZ 0; fDr; ka dh i fjfp; kZ eayx jgs gA os vki dh Hkkouk dks Hkyh i dkkj l e> l drs gA vki ds vutko vkj vki dh Hkkoukvka dks bl h i dkkj ds 0; fDr kftlgage l i kV&xqj dg l drs gA gh l e> l drs gA
- bl i frd ds vol kn l s l cf/kr v/; k; dks i <svkj vI okn dks njj dju s ds rjhdk i j vey djA

'keZ

dHkk dHkk cTpkZ 0; fDr vU; 0; fDr; kadhi mi fLFkfr eavthcksjhc fØ; k dju syx tkrk gS vkj vLr&0; Lr fn [kkbZHkk nsusyxrk gA vki vU; ykska dks cTpkZ 0; fDr ds 0; ogkj dh 0; k[; k dju eavvi us dks vI eFkZ i krs gA vki dks cgr cjk yxrk gS vki dks 'keZ egl w gks yxrk gS fd vki ds i fjokj dk l nL; bl i dkkj dk vI keku; 0; ogkj dj jgk gA bl i dkkj ds Hkkok dk vkkuk LokHkkfod gS vkj mUga

I drs gA

- fdI h vU; 0; fDr] ds I kFk ckr djøtks, sHkkokal sxtjk gA og 0; fDr vki dh Hkkouk dks I e>sxA vki vi uh I eL; k mI scrk; aft I l sI eL; k dks I gh I nHkZ ea I e>us ea vki dks I gk; rk feysxhA
- Lej.k jf[k; sfd vki dks vi us i fjokj ds vU; I nL; kard tkus dk vf/kdkj gA vki , s 0; fDr; ka I s Hkh ckr dj I drs gA tks bl ea vki dh enn dj I drs gA
- cqkxZ 0; fDr , k vI kekU; 0; ogkj D; kadjrk g\\$ \ bl dh dkbZ, h I jy 0; k[; k dfj; sft I l s vki vi us dks vPNh fLFkfr eikrsgA vxj dkbZ 0; fDr iNrk g\\$ rks vki vi uh 0; k[; k dks mlga crk; A
- ; g Hkud ughayxsfd I Hkh 0; fDr; ka dks ml 0; ogkj I s dkbZ pkv i gpxshA tks 0; fDr cqkxZ dh I ok djrs g\\$ os cqkxZ 0; fDr dh vPNh ckrka dks Hkh I e>sk vkg enn djus ea vks vki; A
- vke 0; fDr; ka dks I keus cqkxZ 0; fDr ds I kFk Nk/s Nk/s okD; ka eavkj Øfed <æ I s viuh ckr dgk vki T; knk I gt egl \ djek A I cl s i gys mu 0; fDr; ka I s I Ei dZ djøftUgavki vPNh rjg I s tkurs g\\$ vkg tks I e>nkj gA mlga vi us ?kj vke=r djøft I l s os vki ds I kFk vkg cqkxZ 0; fDr ds I kFk dN I e; fcrok; A tc vki fe=ka dks I kFk vi us dks I gt dj ikrs g\\$ rc vki vke ykska ea tk; A

Xylfu

cgr I s 0; fDr tks cqkxZ dh nEkkky ea cgr I e; I s yxs gks g\\$ mlga i fjp; kZ dky ea Xylfu dk Hko vk tkrk gA Xylfu dk Hko mueabl fy, vkrk g\\$ fd os i fjp; kZ Bhd i dkj I sughad jgs gA mlga Xylfu bl fy, Hkh gks h g\\$ fd ft I cqkxZ 0; fDr dh i fjp; kZ os dj jgs g\\$ osmu I sxtl k dj cBrs g\\$ mlga ?kj nrs gA , s 0; fDr os gks g\\$ ftUgkus xyr dke djus ij cpiu I sgh Xylfu dk gksuk I hEkk gA

CdF QkKz dh nskky ?kj

djrh gA Xyku vki dks døy ml xyr ckr i j gh l kpus dksck/; djrh gs tks vki us dh gA i R; sI eL; k ds vuñ dkj.k gks sgA vki us døy I eL; k ds fdI h , d dkj.k i j gh rks dk; fd; k gA I eL; k ds I ek/kku ds fy, I nL; ds I Hkh dkj.k i j oLrijd <@ I s fopkj djuk vko'; d gs vlg rHkh I Ei wkl I eL; k I s fui Vus ds fy, viuh ; kstuk cuk; A

vxj vki Xyku ds Hkkko i j gh fopkj djrs jgA rks og vki dh dherh 'kfDr] ftI dh vko'; drk vki dks subZ I eL; kvks ds I ek/kku eadke easuh gS og I ekir gks tk; xhA

bI fy, vko'; d gsfd , s0; fDr; kI sckr djatksbl izdkj ds vuñko I s xqfjs gkvlg vki ds tS h ifjfLFkfr eamlgks D; k vuñko fd; k ; g mul s tkuA tc dkbz oS h gh ?Vuk fdI h vU; 0; fDr ds I kfk ?kfVr gks gsrc oLrijd : i I s I kpkuk I Hkkko gA muds }jk i fjfLFkfr dk oLrkr fo'ysk.k vki dks vki dh I eL; k ds I e>us ds fy, , d ubZ n"V i nku djxkA

vi us vki dks i wkl ughaelfu; A vi us vki dks i wkl ekudj pyus I s Xyku dk gkuk vki ds thou dk fu; fer vx gks tk; xkA ; g /; ku jf[k, fd vki , d eu; gS vlg dHkh dHkh =fV; ka gksuk Lohdkfod gA

viuh xfYr; k i j gh fopkj djrsu jgA =fV; k@xfYr; k dks Lohdkj djavlg mlganij djus dk izkl dja viuh dfe; k ds fy, Lo; a dks ekQ dj na udkj Red Hkkko dks dS s de djbl fo"k; i j ppkZbl i lrd easvU; = dh xbZ gA

I Hkhfor ck/kk; a

dHkh dHkh eu easopkj vkrk gsfd ^e@rks I eL; kvka I s f?kjk jgrk gI bl fy, ej s i kl viuh vko'; drkvka dh i f@Zdsfy, Hkh I e; ugha gA** ; gh og I kekU; rdZ gsftI ds dkj.k I s ifjppkZdjusokyk 0; fDr vi us dks Fkd egI d j dus yxrk gS Fkd tkrk gA og ifjp; kZ I s I afkr I eL; kvka eas bruk 0; Lr gks tkrk gsfd ml ds i kl viuk dgus dks dkbz I e; gh ugha jgrkA vki vPNs ifjp; kZ d j dus

fy, vkjke ds {k.k fudky

dN ykskdk ; g ekuuk gksk gsfd vxj es; g ughad: ak rks ; g gksk gh ugh , sk ugha gks l drk ysd , sk vko'; d Hkh gA mu phtka dks ukV dj ya tks vfuok; z: i l sdjuh gA tc vki dkbs u; k mUkjnkf; Ro vi usÅij yssgarc dN phtka dks FkkMk NkM+ l drs gS tS sfd ?kj ds dN dkeA

dN ykskdk ; g l kpkuk Hkh , d izdkj l sk/kk mRiUu djrk gsfd osfdI h nli js 0; fDr dh l gk; rk ughay A vxj os Nk/h Nk/h l gk; rk nli jka l sekks rks mlga Kkr gksk ; g fdruk vkl ku gsvkj yks Hkh iz Uurki oZ l gk; rk djrs gA vxj vki dks nli jka l s l gk; rk ekaks ea i jskuh gksrks dkbs vU; vki dh vkj l s l gk; rk ekak l drk gA

dHkh dHkh ; g Hkh dgtrs l yk x; k gsfd og cTkkZ0; fDr ft l dh ifjp; kZ dh tkrh gS nli jka l s l gk; rk ughapgrka ml s l ykg na fd dN l e; ds fy, ckgj l s l gk; rk yavkj rc vki nkuk% cTkkZchekj 0; fDr vkg ifjp; kZdju soyk 0; fDr% ckgz l gk; rk ij ckr djavkj tku fd og vki ds fy, fdruh l gk; d gipZ gS vkg ; g Hkh Li "V djafd vki dks l gk; rk dh vko'; drk gA

vki vud , sk ckrs dskj se l kp l drs gatks vki dh ; kstuk eack/kk, aMkyrh gA bl l svki mul scpus dki z kl dj l dka i zu mBrk gS cTkkZ dh ifjp; kZ ds vol j dc mRiUk gks gatc mlga fdI h izdkj dh vLoLFkrk vFkok jks dk l keuk djuk i Mfk gA , sk vol j fdI izdkj dh ifjfLFkfr; ka cukrs gS ; s ge vxysv/; k; ka eans

□□□

'okl I s I EcflUkr I eL; k, i

CdF QkKz dh nskky ?kj

tSs tS s ykska dh vk; q c<rh tkrh gS fo'kskdj o) koLFkk e; 'okl yus I s I EcflUkr I eL; k, amRi uu gksus yxrh gA mnkgj.k ds: i ea l hf<+kj p<u\$ i gkM+ ; k Åps LFkkuka i j p<u\$ rst pyus tS sfØ; k dyki ka ea ne Hkj vkrh gS 'okl yus ea dfBukbz vkus yxrh gA vklI htu dh deh egl l gksus yxrh gA o) koLFkk ea , k gksuk I kekU; ckr gA bl voLFkk ea 'okl I s I EcflUkr I eL; k rc xEHkj vlg fplrktd gksr gS tc tYnh tYnh 'okl yuh i Mfh gk\$ I hus ea cpsh ; k ?kM&?kMkgV gksus yx\$ ckj &ckj [kj] h vkus yx\$; | fi ; sy{k.k Hkh vke gks I drs gS i j blgao) koLFkk dh I kekU; ckr a ugha I e>uk pkfg, A 'okl I s I EcflUkr ; s I eL; k, a chekjh dk y{k.k gS vlg fpfdrI h; I eL; k ; k voLFkk dk i fj .kke gA

'kjhfjd voLFkk, } ftudsdkj.k 'okl I s I EcflUkr I eL; k, amRi uu gksr gS mues i e[k g%igkuh i frjkksRed Q[Q] [kj] h(Chronic obstructive pulmonary disease - COPD) fuelsu; k] ân; ?kr] Luk; &rf=dkvka I s I EcflUkr chekfj; k] ¼tS s fd LVkd ; k ydok gksuk% vlg d8l ja 'okl I s I EcflUkr chekfj; k] dk I EcUkj [ku dh deh , yth] I nh] ukl jy ½ kbul ½ dh I eL; k, a vlg vEy 'ky ½gkVZu% I s Hkh gksr gA ftu ykska dk 'kjhj Hkj h gksr gS vFk~ftuds 'kjhj dk Hkj vi \$kk I s vf/kd gksr gS mues Hkh 'okl yus I s I EcflUkr chekjh gksus dh I EHkkouk vf/kd gksr gA

i fp; k] djus okys 0; fDr dks cTksZ ds 'okl yus I s I EcflUkr dfBukbz ds i fr tkx: d jgus dh vko'; drk gS vlg 'kh?kz vi usMkVj dksbl ckjseamlgal fpr djuk pkfg, A bl ckr dk Hkh /; ku j [ka fd MkVj }jk crkbz xbz I Hkh nokbz k] I e; ij mlga navlg tksnjud&p; k] mlga crkbz xbz gSml dk ijik&ijik /; ku j [ka cTksZ vxj /eiku djrk gS rks ml s NkMus dsfy, i fjr dj] jkx eDr dsfy, vko'; d Vhdk yxok; fu; fer 0; k; ke djk; } ft I I s 'okl dh chekjh dks jkdk vFkok de fd; k tk I drk gA

- MKDVj@fpfdRI d dks cT~~ok~~ dks gks okyh 'okl I s I EcflUkr I Hkh I eL; kvka dh I puk; a~~n~~ /; ku j [k fd mi pkj ds fy, MKDVj }jkj tks fn'kk&fun~~z~~k fn; s x; sg~~s~~mudk ikyu g~~a~~
- ; g i~~z~~ Ru dj~~a~~ fd 'okl I s I EcflUkr I eL; k u gks bI ds fy, cT~~ok~~ dh I gk; rk dj~~a~~

fpfdRI d dh I gk; rk dc ya

tc vki krflFkfr ½ej t~~u~~ h½ g~~a~~

fuEu ea I s dk~~b~~Z voLFkk mRi uu gksr gS rks MKDVj dks rRdky cyk, a%

vpkud : d&: d dj [kj&[kj 'okl vk jgh gks ; k vpkud 'okl yus ea dfBu~~b~~Z v~~k~~ tk; A , d h voLFkk ijkuh ifrjk~~kk~~Red Q~~Q~~ [k~~k~~ h ½ h-vksi h-Mh-½ ea gksr gS vFkok fu~~ks~~u; k ; k 'okl uyh nkg /kI dk ½~~ok~~dkbfVI ½ e~~A~~

vpkud I hus ea nnZ gksk

vDI j bl i~~dk~~j dk nnZfny dh chekjh dh vki b~~ix~~r djrk gSyfdu ; g QQMs dh I eL; k dk | krd Hkh gks I drk g~~A~~ I hus ea nnZ QQMs ea [ku dk FkDdk cuus I s ; k gkVZ Qsy ; k ân; ?kr I s gksk g~~A~~

rst c~~kk~~j ; k dQ I s

rst c~~kk~~j dk dkj .k fu~~ks~~u; k Hkh gks I drk g~~A~~ fu~~ks~~u; k ea I hus ea nnZ gksk g~~A~~ [k~~k~~&[k~~k~~]d j ds dQ okyh [k~~k~~ h vkrh g~~A~~

tc ; s y{k.k vki krflFkfr dks crk us okys ugha gksr gS rks Hkh MKDVj dks buds ckj s ea crkuk pkfg; A bl i~~dk~~j dh fLFkfr ea fd I h 'kkjhfd fØ; k ds nk~~ku~~ tYnh&tYnh v~~k~~ Nk~~h~~&Nk~~h~~ 'okl vkrh gSv~~k~~ yxkrkj dkQh nj rd dQ&[k~~k~~ h vkrh g~~A~~ dQ ea jDr v~~k~~us yxrk g~~A~~ pkgs FkkM~~k~~ gh [ku v~~k~~; s MKDVj dks crk na bl i~~dk~~j dh fLFkfr ik; %mu ykska ea vDI j i kbZ tkrh gS tks /ke iku djrs g~~s~~v~~k~~ ftUga [k~~k~~ h dk /kI dk vkrk g~~A~~ I k~~s~~ I e; Hkh 'okl ea bl i~~dk~~j ds i fjo~~zu~~ gks tkrk g~~A~~ rst [k~~k~~/s y~~uk~~ v~~k~~ 'okl : d us dh v~~k~~okt , d , d h chekjh dk y{k.k

cdt qkkz dh nskky ?kj

chekjh mu cTkkz avDI j i kbz tkrh gStksek/s; k 'kkjhfjd : i l sHkjh gks gA
bl l Ecl/k es bl i trd ds vfunk v/; k es folrr ppkz dh xbz gA

MKVj dks cykus ls igys fuEtu izuka ds mRrj tku ya

0; fDr dk rki Øe D; k gS rki Øe ; k Vxi jpj tkuus ds fy; s 5 feuV rd
FkekjhVj dks cTkkz ds eg es vlg thk ds uhpsj [kvkj /; ku j [kfd bl l e;
ejht ds gkB cln jgA

ukMh dh xfr D; k gS\ D; k ; g l kekJU; gS; k de ; k T; knk gks jgh gS ukMh dh
xfr tkuus ds fy; sgkFk l h/kk dfj; svkj dykbz ds tkM+ds uhps nks mafy; ka dks
j[k dj , d fefuV rd ukMh dh /kMdu dksfxfu; A mafy; ka dksfgyk dj ukMh
dks i gpkU l drs gA , d fefuV es ukMh dh xfr dks fy[k yA vktdy cktkj
es, s; a= vkrsgatks CyM i skj ds l kf&l kf ukMh dh xfr dks Hkh crk ns gA
tc cTkkz [kld jgk gks@ [kld jgh gks rc D; k dN ckgj vk jgk gS\ Fkd ; k
cYxe dk jk ds k gS\ hyk] gjk ; k l kQ\ \ D; k [ku rks ughavk jgk gS\ vxj
Fkd es fV' kw\ Ard\ gks ml dh tkp dj yA

- nnZ dgk gS\
- D; k xgjh 'okl yus ij y{k.k fcxM+s gA; k ml l svkj feyrk gS
- cTkkz 0; fDr dk , DI &js dc djok; k \
- D; k og /keku djrk gSvxj gkj rks fdruk \
- D; k QOMs l Ecl/kh chekjh igys Hkh gbj Fkh \
- D; k ifjokj es chekj ds ekrk&fir k dks bl i dkj dh l eL; k jgh gS
- D; k cTkkz 0; fDr dks fdl h pht l s , yth gS\
- D; k cTkkz dks nokbz ys jgk gS\

tc MKVj dks cyk; arks ml gabs i dkj crk, a^; sejsfirke@ekrk@i Ruh gA blgA
'okl dh l eL; k gA Nkj&Nkj/s 'okl ; k tYnh&tYnh 'okl ysk i M+jgk gA
bl ds l kf k buds l hus ds nkfgus Hkkx es dka[k ds uhps nnZ gA 'okl dh xfr l s
dfBukbz vlg rst gks xbz gA blgadQ ughavk jgk gSvk budk Vxi jpj l kekJU;
gA vHkh doy mPp jDrpki dh nokbz ys jgsgs vc eD; k d: j** ; k bl h i dkj
MKVj dks foLrkj l scrk; } tS h Hkh ifjfLFkfr gA

- ikuh ; k fdI h vU; i\$ i nkFk t\$ s Qyka dk jI vkn i hus ds fy; s dgA i\$ & i nkFk QQMka ea tes fpi & fpi s dQ ¼; dI ½ dks ckgj ykus ea enn djrk gA
- MkdVj dh I ykg dsfcuk dQ I sI Ecfl/kr dIbZ nok u nA D; kfd bl i dkj dh nokbZ ka I s dQ I kI drk gA I h vksi hMh ea ykj xk dh rjg xk<# gks tkrh gSft I I s 'okl dk jkLrk : d I drk g\$ y{k.k vkg Hh d"V dj gks I drs gA

; g /; ku jf[k; sfd MkdVj }jk crkbZ xbZ nokb; kI gh <x I srFk I gh I e; i j nh tk; A

ftu yksdk ds QQQd [kI h ¼ h vksi hMh½ gks h gSmUga , dI h nokbZ kI nh tkrh gS ftUga 'okl ds I kFk vUnj [kpdj ysk gks k gA , dI h nokbZ kI Li sds: i eaksh gA 'okl ds I kFk [kpdj dj vUnj yus okyh bu nokbZ ka ½ckudkMkbzV/1 ½ I s 'okl yus dk jkLrk ; k 'okl uyh [koy tkrh gA 'okl ds jkLrs ea tks I vtu vk tkrh gS og de gks tkrh gA fpifpi k dQ cuuk de gks tkrh gA bl hfy, ckudkMkbzV/1 ½ dks MkdVj t\$ scrk; a o\$ sgh ysk pkfg; A

; gka dN I pko fn; s tk jgs gSft ul s ckudkMkbzV/1 ½ okl ds I kFk [kpdj yh tkus okyh nokbZ ½ dks yus ea l gk; rk fey I drh gA

MkdVj ; k ul Z; g i Nsfld L i s }jk yh tkus okyh nokbZ dksfdI vkl ku rjhds I sfy; k tk I drk gA , dI k bl fy; scrk; k tk jgk gSfd L i sds < Ddu dks nckus earkdr yxkuh i Mh g\$ cTpkZ dsfy, o\$ k djuk dfBu gks I drk gA nokbZ dh npkukae a, dI h rduhdh phtafey I drh g\$ tks bl dke dks vkl ku dj nsr gA budh dher Hh T; knk ughagks h gA bu rduhdh dks L i s I ½ dgrsg\$ tks L i s dh okWY vkg eg ds chp ea yxkbZ tkrh gA bl I svki dh I eL; k dk I ek/kku gks I drk gA

cdt qkkz dh nskky ?kj

vki MkDVj I s I h[k dj cTqkZ dh I gk; rk dj I drs gA

vxj Li s rduhd I gh&l gh dke ugha dj jgh gS rks MkDVj dks crk; A vJ; rduhd Hkh gS t\$ s , d ekVj ve'ku½ dh I gk; rk I s nokbZ yh tk I drh gA yfdu ;s rduhd >aV okyh gA bl hfy, Li s rduhd T; knk Bhd gA

Li s okyh 'okl dh nokbZ dh I ekflr dh frffk dks uktV dj yA D; kfd bl frffk ds ckn Li s yus I s nokbZ cwl j vkJ upl unk; d gks I drh gA nokbZ dh gh 'kh'kh i j mi ;kx eayus dh vflre frffk vfldr gkrh gsft I s yus I s igys vo'; ns[k yA dHkh&dHkh bugsyj ¼ okl ds I kfk yus okyh nokbZ rHkh fy; k tkrk gS tc vko'; drk gkrh g§ jkstuk ughA bl fLFkfr ea; g nokbZ tYnh i jkuh gks tkrh gS vkJ bl chp yus dh frffk Hkh I ekflr gks tkrh gA I ekflr&frffk ds ckn bl su yA

vkDl htu yus ea I gk; rk ,oa fu; &k

dHkh&dHkh 'okl dh I eL; k gks i j vkDl htu yus dks dgk tkrk gA bl s ?kj i j Hkh fy; k tk I drk gA vkDl htu ¼\$ ½ fl ysMj ea vkrh gA bl fo"k; ds tkudkj ½\$li j\$jh ffkj\$i LV½ vki dks bl ckjs ea fn'kk&fun\$k djxkA vkDl htu yus ds mi dj.k dks d\$ syxkrsg\$ D; k gj I e; yxkuk g§ ; k lks I e; yxkuk gS; k 'kkfjfjd dl jr djrs I e; yxkuk gA bl ckjs ea MkDVj I s bl ds ckjs ea Hkh tkudkj h yA vxj bl I s I EcflUkr dlbZ I eL; k mRi Uu gks tk; s rks D; k fd; k tk; \$ fdI s cyk; k tk; s vlfnA I Hkh i dkj dh tkudkj MkDVj I s yA MkDVj vki dks ; g Hkh crk; xsfd vkDl htu fdruh ek=k eayh tkuh gA cTqkZ chekj dk vkDl htu Lrj dk 6 ekg ea i jh{k.k fd; k tkrk gA vko'; drk i Mts i j tYnh&tYnh Hkh fd; k tk I drk gA bl h vklkj i j vkDl htu dh ek=k r; gkrh gA ftruh crkbZ tk; smruh gh vkDl htu ni u vf/kd vkJ u deA I fuf'pr djaf fd tks nobZ k MkDVj uscrkbZg\$os I e; i j nh tk jgh gA dN ylk chekj h ds y{k.k de gks i j vkJ ejht tc dN vPNk egl ii dj jgk gkrk g§ rc nokbZnsuk cn dj nrs g§ , d k u djA nokbZnsuk chp eagh cn dj nks rks chekj h dk i p%gks dk [krjk gA nokbZ cn djus I s igys MkDVj I s iN yA tc og dgs rc nokbZnsuk cn djA

nſud 'kkjhfjd 0; k; ke dſiſte dks tkjh j [kA ; g , d feF; k /kkj .kk gſfd 'okl
dh chekjh okys0; fDr dks vkJ ke djuk pkfg; svkJ fdI h i dkj dk Je ughadjuk
pkfg; A I kekU; : i I ſtu ykska dks 'okl dh I eL; k gſmlga vf/kd I fØ;
jguk pkfg; A 0; k; ke djus I s 'okl ea ddkyrk rks vkrh gh gſ I kfk ea I kekU;
'kkjhfjd voLFkk Hkh Bhd gksr gh bl I ſ thou T; knk xqkorUkki wkZ gksr gh
0; k; ke dſckn vf/kd ugha [kkuk pkfg; A 0; k; ke cgr ſt xeh; k cgr ueh okys
ekſ e ; k i nſkr okrkoj.k eau dja bl ckr dk /; ku j [kfd 0; k; ke djrsI e;
fxja ugha ftu ykska dks tYnh&tYnh 'okl vkrk gſog 0; k; ke djus I s i wZ
MKDvj I ſ i N ya MKDvj 'okl dh chekjh okys cTkkZ dksfj gſcfyVſku i ſte dſ
fy, Hkſt I drs gA bl i dkj dſiſte ea vDI j nokbZ k Hkh nh tkrh gA

?keus dh I ykg na

?keuk , d vPNk 0; k; ke gſ bl ſ dgha Hkh fd; k tk I drk gſ & fcFYMax dſ gky
e] ?kj I ſ ckqj] 'kkMak ekly e] ?kj dſ pkj ka vkJ cxhps ; k i kdZ ea dgha HkhA

cTkkZ dks /keiku djus I ſ jkda

dkbZ0; fDr pkgsfdruſgh o"kkI ſ /keiku dj jgk gſml ſ rjUr bl ſ cln dj nsuk
pkfg; A /keiku u djus I ſ vki LoLFk rksjgksgh bl I ſ gksusokyh chekfj ; k
tſ ſ fd dI j] yk I ſ I aſkr chekjh ; k fny dk nkjk [kkj h] 'okl yſus I ſ
I EcflU/kr chekfj ; k ea Hkh I nkjk gkska

tkſ yks /keiku NkMuk pkgrs gſmuds fy; ſ /keiku R; lkus I ſ I EcflU/kr dk; Øe
pyk; ſ tkrs gA bu dk; Øeka ea eukoKkfud I ykg vkJ mi pkj dſ I kfk&I kfk
nokbZ k Hkh nh tkrh gA tkſ yks /keiku NkMuk pkgrs gA os bl ckjs ea vf/kd
tkudkjh dſ fy, bf.M; u tſ kVksyksf tdy , I kfI , 'ku] t; ij I ſ I Ei dZ dj
I drs gA

vxj vki ¼ fjp; k djuſ okys0; fDr ½ Lo; a /keiku djrs gſrksR; lks na vki dſ
bl 0; ogkj I ſ cTkkZ0; fDr ij vo'; i kko i MxkA /; ku jgsfd vki cTkkZ0; fDr
dſ I keus /keiku u djA

CdF QkZ dh nskky ?kj

dk l ou u djA vxj uhn ugha vkrh gS rks fcLrj l smBdj i₄rd i<₄ Vhoh
ns[tc rd vki muhnsu gkA l ks dh nokbZ t gkard gks l dsu yA 'kjkc i huk
NIM+nA 55 l ky vlg ml l svf/kd vk; qds ctk dks pkfg; s fd os de l s de
, d ckj bUQyplUtk dk Vhakdj.k (Influenza Vaccination) djk yA U; ekdkdy
(Pneumococcal) oB l hu Hkh gj l kr ; k nl l ky ckn vo'; yxok; A

**vxj eBkj fØ;k djrs l e; 'okl l s l EcflVkr l eL;k mRiUu gks rks
D;k dja**

fuEu ckrk ij /; ku nsus l s bl l eL;k i j dkcr i k; k tk l drk gS &
+ vxj gYdk Nk/k 'okl (mild short breathing) vk; s rks ?kcjk; a ugh ; g
l kekU; ckr gA
+ vius l kfkh ds l kfkh , d xfrØe (pace) fu/kkj r dj yA
+ bl ea MkDvJ dh l ykg yh tk l drh gA
+ , s sfdl h u; svkl u (Position) dksvi uk, jft l eavf/kd Je dh vko' ; drk
u gkA
+ eBkj djrs l e; vkl l htu dk l ou yHkin gksk gA VMSy tø s 0; k; ke
ijh(k.k ds }jk vkl l htu dh ek=k fuf'pr dh tk l drh gA

**ifjp; k l ea vki dks D; k&D; k dfBukbZ k vk l drh gA **

vDI j ctk dks ; g dgrs l uk gksk fd "vc eBck gks x; k gA D; k&D; k d egs
vc l k l ysus ea dfBukbZ egI w gks h gA**

mÙkj & l kekU; : i l so) koLFkk ea 'okl dh chekjh ugha gksrhA OQM+½y½ ½
dh fØ; k ea FkMk /heki u vk tk rk gS tks Lohkkod gA 0; fDr l kekU; fØ; k, j tø s
l hf<, k a i j p<uk cktkj l s l keku ykuk vknf dj l drk gA oS s tYnh&tYnh
l k l ysuk [k k] uk ; k xys dk ?kj & ?kjuk vknf fdI h Hkh vk; qea Bhd ugha gA

ea cgq nçyrk ; k detkj giv 0; k; ke dS s d: A

mÙkj & nçyrk ½detkj½ l s vlg vf/kd nçyrk c<rh gA 0; k; ke l s OQMka ea
'kfDr vkrh gS vlg muchi volFkk Bhd gks h gS rFkk l Ei wkz 'kjhj ejDr l pkj

cBdj] yVdj Hkh I j{kkimod 0; k; ke dj I drsgA rjuk Hkh , d vPNk 0; k; ke gA

vc cgq nj gks x; h gS /keiku Nklus eA vc dS s NklxkA

mUkj & fpfdRI k {ks ea gq s 'kksk ; g crkr s gS fd nj dHkh Hkh ugha gks hA o) koLfk eA /keiku 1chMh fl xjV vlfn½ Nklus Is dS j rFk QQMka Is I EcflUkr chekj h gks ds vol j de gks tkr s gA vxj fny vks QQM&LoLfk gS ; k etcr gfrksjDr pki ea l qkj vkrk gS [kq h vks 'okl yusear dyhQ de gks h gA

vki cTqkZ dh n{kkky ea gks okyh dfBukbZ ka dks nj djus vks n{kkky Is I EcflUkr ; kstuk dks fØ; kflor djus ds fy, vU; rjhdkA ij Hkh fopkj dlt; A

bl iZkj dk fopkj djrsI e; bu crkrA i j /; ku na fd D; k cTqkZ vki ds I kfk I g; kx dj jgk gS\ D; k vU; yks vki dh I gk; rk djxkA vki vi uh vko' ; drkvks dks vU; ka ds I keus dS sj [ksA\ D; k vki ds i kl vi uh ; kstukvks dks fØ; kflor djus dk I e; vks 'kfDr gS\

o) koLfk eA dHkh&dHkh gfi ; kade tkj i Mls yxrh gS vks bl ds QyLo: i o) ka dks dbZ iZkj dh dfBukbZ k gks I drh gA bl fo"k; ea vxys v/; k; ea fopkj djxkA

/; ku j[ksRdky I dkjkRed ifj .kkeladh mEhn u djA 'okl dh I eL; k dsfunku eadkQh I e; yxrk gA vke rkj ij ; g I e; 3 ekg I s6 ekg ds chp gksI drk gA MKDvj ; k ul Z 'okl yusdh {kerk dh tkp djdschekj eagksjgsI qkj dsckjseacrk I drsgA vxj chekj dks 'okl yuseavkl kuh gks jgh gsrks bl vks/kj ij ifjokj dsI nL; ; g tku I drsgfdf chekj Bhd gks jgk gA chekj us/keiku djuk Nklmfn; k gS Hkfk Bhd yx jgh gS Fkdku de egl v gks h gsrFk 0; k; ke dh I hek ea of) gbjzgSrks; sI c I qkj dsy{k.k gA I e; &I e; ij MKDvj ; k ul Z dh I gk; rk yssjgavks mlgacrkr s jgafd vki usD; k&D; k fd; k gsvks ml ds D; k&D; k i fj .kke gA



gfī ; kā dh detkj

cdt qkkā dh nskkky ?kj

tS tS s0; fDr; kā dh vk; qc<rh tkrh gS mudh vFLFk; kā i ryh gks yxrh gS
vkj mudh 'kfDr de gks yxrh gA vFLFk; kā ds i rys gks dks vKLV; kā hfuvk
(Osteopenia) dgrsgA

tc gfī ; kabruh vf/kd detkj gks tkrh gS fd muds Vwus dh I Hkkouk vf/kd
gks tk; srks ml fLFkr dks vKLV; kā kj kfI I (Osteoporosis) vFLFk&fodkj dgrs
gA vFLFk&fodkj dh prkouh nsus okys I dska ea yEckbz ea deh vkukj epih ea
>dko vkuk ½tS fd dU/kka dks ; k 'kjhj dks >plkdj pyus dk Lohko½ gS
fu'p; ghj cgr I s ykska dks ; g Kkr ugha gks fd mudh vFLFk; kā ea fodkj
ikjEHk gks x; k gS tc rd dh mudh dkbz gIh ugha VwrhA

75 o"K vkJ ml I svf/kd vk; qdh efgylkvka ea i "#kā dh vi {kk vFLFk&fodkj dh
vf/kdrk gksr gA bl vk; qrd eut; ea ; schekjh vrh gS yfd u efgylkvka ea
ekfl d /kez ds I ekir gks i j vFLFk fodkj ikjEHk gks tkrk gA ekfl d /kez dh
I ekflr ½tksuofr½dsckn efgylkvks 'kjhj eabLVstu ¼ d i dkj dk gkjeku½
tks gfī ; kā dks etar j [krk gS og cuuk I ekir gks tkrk gA bLVstu dsfcuk
vFLF; kā uje] detkj gks tkrh gS ftI I smuds Vwus dh I Hkkouk c<+tkrh gA
ftu efgylkvks i fjokjka ea ; g chekjh jgh gS mueabl dh cgr vf/kd I EHkkouk
jgrh gA detkj /kei ku] j tksuofuk dsckn gkjeku dk u ysk vkn I sbl
chekjh dk [krjk c<+tkrk gA bl chekjh ds gks dsvll; dkj.k Hkh gS tS shkstu
eadSY'k; e , oafovkfeu Mh dh dehj 0; k; ke u djukj /k dh dehj yxkrkj
/kei ku] 'kjkc ; k dQhu dk i zks] gkbz j Fkkbj kbFTe dh fgLVh dk gksu] , s h
nokbz kā dk I ou djukj tks ePNkz tS h chekfj; kā ds mi pkj eadke vkrh gS ; k
LVhfj vKLV dk I ou djukA dkj.k D; k gS i rk ugha v/ ; u ; g crkrs gS fd
dkHkst ; u vkJ , fl ; u vesjduka ea vFLFk&fodkj vYhdu&vesjdu dh
ryuk ea vf/kd i k; k tkrk gA o) eut; kā fo'kksdj mueftudk dkQh fnuka
I s 'kjhfjd fØ; k dyki : d x; k gS vFLFk&fodkj dk [krjk c<+tkrk gA

dykbz ; k i hNs dh gih VW tkrh gA I kfk ghj cTlkZ0; fDr dh gfi ; ka dks tMs eHkh I e; vf/kd yxrk gA vi uh VWh gipZ dVgs dh gih dks ydj cTlkZ0; fDr dks eghuks i yk ij i M+jguk i M+tkrk gA Bhd gks dsmijkUr og igys ts k dk; Z Hkh ugha dj I drkA bl i dkj ds vutko ds ckn cTlkZ iq "k@efgyk vdsyckgj tkus vkJ Vgyus tkus l sMjus yxrs gA nHkk; l s dN cTlkZ0; fDr tks plks Vy gks pps gkofQj fxjus ds Mj l s 'kkjhfd 0; k; ke djuk Hkh can dj nsrs gA 'kkjhfd 0; k; ke dh deh l s vfLFk; ka , oa ekd i f'k; ka fQj detkj gks tk; xh vkJ nsk tk, rks i q%fxjus dh l Hkkouk vkJ c<+tk; xhA bl fy, cTlkZ 0; fDr dks fxjus ds ckn Hkh ftruk l Hko gks l ds l fØ; gksuk pkfg, A

vki ds y{; gA &

vxj cTlkZ0; fDr fxj x; k gS rks MKDVj dks cyk, aA

- mi ; Dr Hkkstu vkJ 'kkjhfd 0; k; ke ds fy, ml s ifjr djA
- gfi ; ka dks etar cukus ds fy, i z kl djA
- i q%fxjus l s jkda

vki kredky dh fLFkfr ea

MKDvj dks rRdky cyk; avxj fuEu ea l s dkbz , d Hkh fLFkfr gS &

cTlkZ0; fDr xEHkhj : i l s fxj x; k gA

vxj cTlkZ iq "k@efgyk fxjus ij tYnh gh mB tkrh gS vkJ nnz dk vutko ughadlj jgh gSrks MKDVj dksfn [kkuk vko'; d ugha gA ydu vxj cTlkZ0; fDr fxjus ij vf/kd i Hmk dk vutko djrk gS%ts fd Vaks QSy tkrh gS i hB ds cy fdI h rjQ i M+tkrk gS rks MKDVj dks ftruk l Hko gks l ds mruih tYnh fn [kkuk pkfg, A

- fxjus ds ckn dVga ea ; k m: l f/k ea nnz dk gksus dk vFkZ gS fd dVgs dh gih ; k i Mw dh gih VW xbZ gA
- fxjus ds ckn tc pyus dh dks'k'k djrk gS ; k [kmk gksk gS rks dfBukbz dk vutko gksukA

CdF QkkA dh nskkky ?kj

gksukA

- fxjus ds ckn nnz gksuk ; k lntu vk tkuk ; k vflFk gMMh ds Lo: i dk vI kekU; gksukA vxj vki krcky eMKDVj dks cykrs gsrks fuEu rF; ka dks cykus I s i gys tku ya

vxj 0; fDr fxj x; k gsrksml ds pyus & fQj us dh I eL; k lsgih ds Vwus ds ckjs ea tkudkjh dk gksukA i gys dHkh fxjk Fkkj dgkafxjk Fkkj D; k dj jgk Fkkj dc fxjk Fkk vlfn ckrkdh tkudkjh gksuh pkfg, A bl ds vfrfjDr ; g tkuafd cTkkZ0; fDr dh vk; qD; k gS\ ; fn og detkj gsrksfdl : i e\ 0; fDr dh vU; voLFkk, j D; k g\\$ \

tc vki MKDVj dks cyk; arks D; k crk; b bl ds fy, fuEu mnkgj.k dks /; ku ls i<&

**ef fel st , l - gW; sejh ekj Jherh , e-gA Mkw i kBd gekjs i fjoj ds MKDVj ga
eka mul s bykt djkrh g\\$ os l qg 8 cts ckFk: e ea di Ms /kykbZ dh e' khu
pykrh g\\$ fxj xbA os vi us nkfgus dVgs ij nnz crkrh g\\$ vks mudk nkfguk
i\\$ ckgj dh vks i yV x; k g\\$, k yxrk g\\$ fd og i\\$ nks i\\$ dh ryuk ea
Nks/k gks x; k g\\$ vc og nnz ds dkk .k py fQj ughal drhA os 'kjhj ls dN
Hkkjh Hkh g\\$**

MKVj dks fuEu I eL; kvk ds ckjs ea Hkh crk; A

dHkh&dHkh Mk; fj ; k (Diarrhea) ; k i rys nLrk ; k mfYV; ka l s rhoz xfr I sfl j
ea pDdj rks ughavkrk] fl j t\\$ sfd [kkjh gks x; k g\\$, h vutko gksrh g\\$D; ka
mPp jDrpki] vol kn] dkQh I e; I spyh vk jgh rhoz i hMh vfunk ds mi pkj
ds : i eanokbZ ka yss I s 0; fDr dks fo'ksk dj tc os jkf= ea [kMs gksrs g\\$, k
vutko gksrh g\\$ ekuks fl j Hkkjh gks x; k g\\$ pDdj vk jgs g\\$ vks pruk de I h
gks xbZ g\\$ bl I s ; g I Hkkouk c<+tkrh g\\$ fd 'kk; n vks gih Vw h g\\$ bl ckr
dk /; ku jf[k; sfd cTkkZfdl i dkk dh nokbZ ysk g\\$ nokbZ I s 'kjhj eagsusokys
udkj Red i fjk. (side effects) i j /; ku j [ka vks MKDVj dks crk; A

feyAD; kfd ; s dkbz ubz I eL; k gks I drh gA vxj nnz gks jgk gSrks dgh dkbz =IV gA

nnz dks nokbz ka I s ; k dN ckg; dl dj ckus okyh i eh vknf dk mi ; kx djuk Bhd ughagA rj.k rky earjus l s'kjhj ij T; knk ncko ughai Mrk tS k fd vu; 0; k; keka ea gkrk gA rjus l sekl if'k; kaeayphyki u vkJ rkdr vrkh gSvkJ nnzHkh de gkrk gA vxj cT0; fDr ds i hMk cuh jgrh gS ; k og vi uh nsud I k/kj.k fØ; kdyki k dks djuseavl eFk jgrk gSrks MWDVj dh I ykg I s i qokl fo'ksK (Rehabilitation Specialist) ds i kl tk; k tk I drk gA

fxjuk dS s jksa

cT0; fDr ds vkl i kl dk okrkoj.k [krjk jfgr gksbl dsfy, fuEu ckrk i j /; ku na &

- ; fn edku nks rYk dk gks rks I Hkh I hfM+ka ea vPNh rjg I s jfyx yxh gka vkJ i dk'k dh ijh 0; oLFkk gkA
- Q'k i j fpduh phta ; k di M+ vknf u MkyA
- VsyhQksu vkJ fctyh vknf ds rkjk dks nhoky ij yxk; Q'k i j i M+ u j [kA
- jkf= yfi dk i z kx djA
- Lukuxg ea i dM+dj mBus ds fy, fdI h dM+ i nkFk dh NM+yxk; a cgr I scT0 jkr ea tc pyrsgarc I hks ugha pyra vxj cT0; fDr NM+ dk mi ; kx djrk gSrks ml s NM+ dk mi ; kx gj I e; djus ds fy, i kI kfgr djA , s I Hkh rjhdk dk mi ; kx djaftr I scT0 ds pyusea flFk jrk vk; os Mxexk; augh NM+ dk mi ; kx fo'kskr; k vki krdky ea tc 0; fDr ds pyusea nfrk u gks ; k fopyrk gks vPNk jgrk gA dS s tirs i gus bl ds ckjs ea vkJ; i skuy ffkj si LV I ykg ns I drk gA vki ml dh I ykg yA

cT0 dks i ku ; k vu; i s i nkFk dks i hu ds fy, i kI kfgr djA de I s de

c̄t̄ q̄k̄ d̄h n̄t̄ k̄k̄y ?k̄

tkrh ḡrc H̄kh pDdj v̄kus yxrs ḡv̄l̄s c̄t̄k̄z fxj l̄ drk ḡ i ry s nLrk̄ ; k̄ mYV̄h ēḡl̄z ikuh dh deh dks i s̄ i nk̄fz yd̄j de fd; k̄ tk̄ l̄ drk ḡ

**ḡf̄l̄ ; k̄ ¼/fLFk̄; k̄ d̄ks etc̄w̄ djus ds fy , D;k̄ d̄ja **

d̄sY'k̄; ē yA c̄t̄k̄z 0; fDr dks 1200&1500 feyhxt̄e rd jkstuk d̄sY'k̄; ē ȳsuk pkfg, A n̄w̄k̄ ngh̄ Øhe v̄l̄s i uhj ½ph̄t½ l̄ s̄ d̄sY'k̄; ē dh deh nj̄ dh tk̄ l̄ drh ḡfoVkfeu Mh ds l̄ kfk̄ d̄sY'k̄; ē yA foVkfeu Mh d̄sY'k̄; ē dks 'kj̄hj ē 'kh?k̄ ?k̄y k̄ ns̄k ḡfoVkfeu Mh /k̄i ds l̄ ou l̄ sfeyrk ḡ l̄ Lrh dher okyh d̄sY'k̄; ē dh fVfd; k̄ cktkj ēmi yC/k̄ ḡ fd̄l̄ dEiuh dh xksy; k̄y l̄ bl̄ ckjs ēvi us M̄D̄Vj dh l̄ ykg yA d̄sY'k̄; ē l̄ kbW/V̄ xksy; k̄vkl̄ kuh l̄ sḡte gks tkrh ḡv̄l̄s d̄sY'k̄; ē dkck̄uV̄ dh ryuk ēt Ynh 'kj̄hj ē ?k̄y tkrh ḡ vxj c̄t̄k̄z 0; fDr dksn̄w̄k̄ dks i pkusead̄fBukbz v̄krh ḡsrksn̄w̄k̄ dks i pkusdsfy, yD̄VM (Lactaid) ft̄l̄ ē, utk̄be (enzyme) ḡksk ḡ ȳsuk pkfg, A n̄w̄k̄ l̄ scusd̄N v̄l̄; mRi kn ḡ ftueayD̄Vks ugha ḡkskA t̄ks c̄t̄k̄z ol̄ k̄ de ȳsuk pkgrs ḡmudsfy, H̄kh dbz , l̄ s̄ Ms̄ jh mRi kn ḡftuead̄sY'k̄; ē ḡksk ḡv̄l̄s os Lokfn"V̄ H̄kh ḡ

tk̄sc̄t̄k̄z 0; fDr pDdj v̄kus dks jkslusdsfy, nokbz k̄yrs ḡf̄ ; k̄ LVjkbMI ½tk̄s ḡf̄ ; k̄ dks detkj̄ djrs ḡf̄ ȳrs ḡf̄ml̄ḡ foVkfeu Mh ds l̄ kfk̄ d̄sY'k̄; ē vo'; ȳsuk pkfg, A

/kei ku v̄l̄s 'kj̄k̄c̄

c̄t̄k̄z 0; fDr dks/kei ku cn̄ dj n̄uk pkfg, D;k̄ fd̄l̄ bl̄ l̄ sḡf̄ ; k̄detkj̄ ḡksk ḡ d̄N M̄D̄Vj k̄dk̄ ekuuk ḡsfld jkf= dsH̄kkstu ds l̄ kfk̄ , d̄ fxykl̄ okbu ; k̄ chvj ȳsuk ȳkk̄in ḡf̄ ȳsdu fu'p; gh̄ vf/kd ek=k̄ ē 'kj̄k̄c̄ ds l̄ ou l̄ s̄ ḡf̄ ; k̄ detkj̄ gks tkrh ḡv̄l̄s fxjus dh l̄ H̄kkouk cgr̄ vf/kd gks tkrh ḡ 0; k̄; ke

I cl̄ scjh ckr c̄t̄k̄z 0; fDr dsfy, l̄ k̄Qs i j̄ cBk̄ jguk v̄l̄s 0; k̄; ke ugha djuk ḡf̄ 0; k̄; ke l̄ s̄ḡf̄ ; k̄v̄l̄s ekd i f̄k̄; k̄ etcw̄ ḡksk ḡf̄ pyuseal̄ nyu v̄krk ḡ

cuk; sj [kuseal gk; rk djrh gfi; fDr vI Urifyr vks cMky ughajgrkA cTkkz
ds djus ds fy, vuðka 0; k; ke gfi tS sfd ?keuk] nkMuk] rþuk] otu mBuk] fLFkj I kbldy pykuk vlfnA ysdu bu 0; k; keka ea l s fdI h 0; k; ke dks pþurs l e; cTkkz dks vi uh 'kkjhfjd fLFkfr dks /; ku ea vo'; j [kuk pkfg, A 0; k; ke l sgfI ; kaokLro eaetcir gks tkrh gsvkj ekd i f'k; kaea'kfDr vk tkrh gA cTkkz 0; fDr dks vi uh Lo; adh xfr l s dk; Z djus na vks /khj&/khjs 0; k; ke dks nþud dk; ðe ea tkM+yA

efgykvksa ds fy, bLVkstu dk LFkkuklu

v/; ; uka l s ; g i rk pyrk gsfid j tkfuofr ds ckn efgykva dks bLVkstu nsus l sgfI ; kaegks okyh detkjh vks muds VVuseadeh vk tkrh gA j tkfuofr ds ckn efgykva ea bLVkstu dk mRiknu de gks tkrk gSftI l smudh gfi ; ka ea detkjh vruk i kjeHk gks tkrk gA bLVkstu l s nks yklik gfi vFLfk fodkj ½vksLVvki kjksI l ½ vks fny dh chekjh l s l gjkk feyrh gA j tkfuofr ds ckn efgykva ea er; qdk , d egRoi wkl dkj.k bLVkstu dh deh Hkh gA

bLVkstu l s efgykva ea , UMkeVVvy vks Lru dflj gksa dk [krjk Hkh c<+ tkrk gA bl fy, bLVkstu yus ds cki se i gys MKDVj l s l ykg ys ya MKDVj l s , h ubZ gkjeku nokbz ka dh tkudjh yaftuea nokbz l s mRiklu gksa okys vfrfjDr i Hkkoka dk [krjk de gka

gfi ; ka dks etcir cukus okyh nokbz ka

tks efgyk, i bLVkstu ugha ys l drh gA os ml ds LFku ij , h nokbz ka ys l drh gSftul sgfI ; kaegks okyk {kj.k /khek gks tk; } tS sfd ckbz QkQksu/ vks dSYI hVksue (calcitonim)@, yMMksu/ (Alendronate) ckbz QkQksu/ gfi tks jkstuk eg l s ys l drs gA ysdu ; g nokbz vij xFLVs bLVVkbuy tS s fd , l kQfxvy vYI j dk dkj.k gks l drh gA bl s [kkyh iV gksa ij ya dSYI hVksuu dks ukd ds }kjk l ik dj (bugsyj) l s ; k bUtb'ku ds }kjk ys l drs gA ; s nokbz ka vkerkj i j os yks yrs gaftudh gi h VW xbZ gS vks ftudh gfi ; ka dk ?kuRo vR; lu de gA tks efgyk, i bLVkstu ughayuk pkgrh

CDF QKZ dh nskky ?kj

nokbz ka ds l kf k foVkf eu Mh vks dSY'k; e yus dks vo'; dgrs gA

i "#ka ea VSVkVSKW dk LFKuki llu

ftu i "#ka ea VSVkVSKW dk Lrj de gksk gA mues Hkh vflFk fodkj (osteoporosis) gksus dk [krjk gksk gA , s i "#ka ea gkjeju dk mi pkj djuk Bhd jgrk gA bl l cdk ea MKDVj dh l ykg yuh pkfg, A

bl rjg ds mi pkj kae dbZckj chekj 0; fDr; kadh vks l sck/kk, j vkrh gA eku ylft; s fd dkbZ efgyk dgs fd ml s bLVkstu dh vko'; drk ugha gA ml dks vki dg l drs gfd bLVkstu efgyk vks dksfy, , dek= , h nokbz gS tks mues gfi ; ka ds {kj .k dks jkd l drh gA bLVkstu Hkayus dh chekj h fny dh chekj h vks : d : d dj e# vks dh chekj h dks jkd l drh gA dN efgyk, j dN j gksus dsMj l si #tLoyk ughacuuk pkgrhA ftu efgyk vks dks fgLVj DVkeh gks pph gS; k ftUgafny dk nkjk i Mts dk vf/kd [krjk gS mUgafo'k kkdj bLVkstu mi pkj dkjxj gks l drk gA ftu efgyk vks dks Lru dN j gS; k Lru dN j gksus dk [krjk gS mudsfy; s rks bLVkstu egRo i wZ gA iR; d efgyk dks j tks ufr dskn bLVkstu mi pkj dskj se a tkuuk pkfg, A bl mi pkj dskj vks gkf u dskj s ea MKDVj l s l ykg yA

- vflFk jkx l s ihfMf dkbZ0; fDr dg l drk gSfd e#s0; k; ke l sMj yxrk gS e#fxj tkAak vks ejh nljh gih Hkh Vw tk; skhA vi usMKDVj l s l ykg ydj fQft; kFkjfi LV ds ikl ys tk; A og ml s , s 0; k; keka ds ckjs ea crk; sk tks l jf{kr gA vxj vki 0; k; ke ughadjs rks vki dh gfi ; ka vks ekd if'k; ka detkj gks tk; skh vks vki ds fxj us ds vol j Hkh c<+tk; xA
- **e# 15 o"Z dh vks; q l s /kei ku dj jgk gA vc e#s NkMts dh t: jr ugha gA**

; g crk l gh gS tks dke vki cgr fnuka l s dj jgs gks gS mUga NkMuk cgr dfBu gA ydu vc vki dk 'kjhj cny x; k gS detkj gks x; k gS bl fy, /kei ku dk R; kx djuk vko'; d gks x; k gA fdI h Hkh gih dk Vwus dk vFkZ gS vc vki i jk/hu gks x; s; k vki dh Lorark dh l ekflr gks xbZ gA vki dks bl

dN cT~~ek~~ dks NM~~h~~ ysdj pyusea'kez vkrh gSvk~~j~~ os dgrsg~~f~~d e~~f~~cuk NM~~h~~
ds py I drk g~~A~~ y~~s~~du m~~l~~ga; g crkus dh vko'; drk g~~S~~fd NM~~h~~ ds mi ; kx
I sfxjus dh n~~q~~Wuk dks j~~k~~dk tk I drk g~~A~~ vxj NM~~h~~, d ckj H~~h~~ fxjus l scpk
nsh g~~S~~rks NM~~h~~ dk mi ; kx JSB g~~A~~

dN i fjp; k~~z~~ djus okys dg I drs g~~S~~fd muds i k~~l~~ cT~~ek~~ chekj 1ekrk@fi rk~~h~~
dk 0; k; ke dk f'k~~k~~kd cuus ; k m~~l~~ga0; k; ke ds l e; I gk; rk djus dsfy, l e;
ugha g~~A~~

cT~~ek~~ 0; fDr ds fy, dkk~~Z~~ tfVY 0; k; ke dh vko'; drk ugha g~~S~~ y~~s~~du ; g
egRoi w~~Z~~ g~~S~~ fd 'kkjhfd 0; k; ke ml s nsud dk; Øe dk vko'; d vx g~~k~~uk
t: jh g~~A~~ l k/kj .k 'kkjhfd fØ; k, @0; k; ke cT~~ek~~ dsnfgd] l oxkRed@ekufl d
vk~~j~~ I kekftd LokLF; dh of) e egRoi w~~Z~~ H~~h~~ fedk fuH~~h~~ I drs g~~A~~ vxj fd l h
i zlkj ds fujh{k.k dh vko'; drk g~~S~~rks i fjokj ds vU; l nL; ; k fe= dh
I gk; rk ysl drsg~~A~~ m~~l~~ga l e>uk pkfg, fd cT~~ek~~ 0; fDr dh 0; k; ke djrs l e;
fu; fer enn djuk H~~h~~ i fjp; k~~z~~ dk , d e~~l~~; dk; ZgSvk~~j~~ cT~~ek~~ 0; fDr dh enn
djuk g~~A~~

dN cT~~ek~~ dgrs g~~S~~fd 0; k; ke l s pl~~V~~ yx I drh g~~S~~
fQft ; k~~F~~kj~~fi~~ LV 0; k; ke djus dk , d , l k dk; Øe cuk; k~~x~~ ft l l s 0; k; ke djrs
l e; i hM~~h~~ de g~~k~~ch vk~~j~~ ft l l s i hM~~h~~ fu; a.k ea m~~l~~ga l gk; rk fey~~xh~~A

bl i zlkj dh vk~~j~~ H~~h~~ ck/kk, g~~k~~s l drh g~~S~~ muds ckj se l kpa vk~~j~~ vi uh ; kst uk
cuk; A cT~~ek~~ 0; fDr dk l g; k~~x~~ y~~s~~uk j i fjokj ds vU; l nL; ka ; k 'kjk fpUrdkadh
I gk; rk y~~s~~uk vi uh vko'; drkvka dks vU; y~~s~~okka dks crkukj ; kst uk ds fy,
vki ds i k l e; u g~~k~~uk vlfn vu~~s~~ i zlkj dh ck/kk vka ij akcw i kus ds ckj se
l kpa vk~~j~~ vi uh dk; Z kst uk cuk, A

uhpsfn; s x, dN izukaij fopkj dj~~l~~ mudk fo'y~~s~~.k dj~~l~~ mu ij M~~h~~DVj dh
I ykg ya &

D; k cT~~ek~~ cgr l h nok, ays jgk g~~S~~\ rFkk mul s m~~l~~ga dN n~~l~~kn vu~~h~~ko g~~k~~jgs

cdf qkkā dh nskky ?kj

- gA vxj os LVhjkM ys jgs ḡrks mudks de fd; k tk l drk gS; k m̄ga ysk
cn fd; k tk l drk gA vxj ugharks foVlfeu Mh vks dSY'k; e ys sckjs ea
MKDvj l s l ykg ya
- ♦ ft l c̄t̄kZ dh vki i fjp; kZ dj jgs ḡ; fn og efgyk gS rks D; k og
bLVlstu ys jgh gS\ vxj ugharks D; ka\
 - ♦ D; k c̄t̄kZ0; fDr vPNh i dkj l s , k [kkuk [kk jgk gSft l esml s dSY'k; e
dh i jh ek=k fey tkrh gA
 - ♦ D; k vki us mu l Hkh ckrka dk [; ky j [kk gSft l l sml dsfxjus dk [krjk
de gks x; k gA
 - ♦ D; k c̄t̄kZ0; fDr dk /keiku pkywgs\ D; k vki ds }kj /keiku cn djusds
i kRl kguka dk ml s ykHk gyk gA ml us /keiku djuk cn dj fn; k gA
 - ♦ D; k c̄t̄kZ0; fDr 'kjkc vf/kd i hrk gS\ vxj gk rks vki ml s 'kjkc u i hus
; k de i hus ds fy, i kRl kfgr djA
 - ♦ D; k c̄t̄kZ0; fDr 'kkjhfd : i l sde l fØ; gS\ vxj gk rks , k fujUrj
i hMk ; k nnz gks ds dkj .k gks l drk gS ; k ml dk l ekt l s nj gks ds
dkj .k gks l drk gS ; k dkZvks l eL; k gks l drh gS\ FkM yfdu fu; fer
'kjhfjd fØ; kvk@0; k; ke l s i kjEHk dj a vks /khj&/khjs ml 0; k; ke ; k
fØ; kvk a dks c<k; gfl ; k dh l eL; kvk a ds cgq l s dkj .k a dks 'kh?k
i fjofrz djuk dfBu gA ; fDr; Dr y{; fu/kj .k djavks fu; fer : i l s
mu i j vey dj a FkM&FkM i fjozu vks pydj dkQh vf/kd gks tkr s
gA
- o) koLFkk ea , d l eL; k eykojksk dh Hkh vkJEHk gks tkrh gA vc vks mI ds
fo"k; ea tkuA



eykojksk % vrfM; ka dh I eL;k

o) kofLkk ea eykojksk

eykojksk (constipation) dk vFkZ gS iV dk ijh rjg I s l kQ ughagksukA cTqkZ 0; fDr; ka dks i frfnu vxj ey ckgj ughavkrk ¼ k mudk iV ijh rjg I s l kQ ughagksk rks os i jskku gks tkrs gA I R; rks ; g gSfd vxj I lrkg ea rhu ; k plj fnu gh Veh gks tkrh gS; k iV l kQ gks tkrh gS rks i jskkuh dh ckr ughagA I k/kj.k vfu; ferrk fpollrk dk fo;k; ughagA ge I Hkh dks , k vutko gksk gA yfdu fodr xHkj eykojksk tVY I eL;k dh vkj I ds djrk gA

tc 0; fDr; ka dks eykojksk ½dkULVhi sku½ gksk gS rks os vDI j de [kkrs gS vkj , k vutko djrsgfd iV Qy x; k gS; k mUga vOjk gks x; k gA ey I qk tkrh gS fudyuk ej'dy gks tkrh gS vkj fudyuseannz gksk gA detkj] tksfcLrj ij iMsjgrs gA [kkuk ugha [kkrs vkj ijk ikuh ugha i hrs , s 0; fDr; ka ea eykojksk dk gksk I kekU; ckr gA eykojksk nnz de djus okyh nokbz k , UVkfI MI ~, UVhfL VekBUI] Hkkstu ea ifjorU] I oxxRed ncko] 0; k; ke dh deh ds dkj.k gksk gA vxj dk 0; fDr T; knk [kkuk ugha [kkrh] fQj Hkh 'kjhj ey cukrk gS vkj ey dk fudyuk LokLF; dks cuk; s j [kus ds fy, vko'; d gA

vki dk y{; gS &

- 1- eykojksk ½dkULVhi sku½ I s Nvdkj
- 2- eykojksk u gks bl ds fy, i z Ru djuk
- 3- cgr I kjk ikuh vkj i s inkFk nsuk
- 4- vfkj jsk@rUrjk (Fibres) okyk Hkkstu nsuk
- 5- 0; k; ke ds fy, i kI kfgr djuk
- 6- vko'; drk i Msj i j fpfdRI d dks cuykuk vkj I ykg yskA

vxj cTqkZ 0; fDr dks rhoz i hMk gks rks MhDvj dh I gk; rk ya D; k fd rhoz i hMk vYI j] vUrM; ka ea tyu ; k vU; xHkj fodkj tS s fd cM; vkr (colon) ds dS j ds dkj.k Hkh gks I drh gA

CdF Qkkz dh nskkky ?kj

u fudus ds dkj.k gksk gA

MKVj ; k ul z l s fuEu ckrka l s l e/kr l ykg ya &

'kkp djrs; k Vêh tkrs l e; vR; f/kd tlj yxkus i j Hkh ey dk ckgj u vkukA
vkrflM+ka ea Blk] l iks ey ds vf/kd tek gks tkus l s ey eaxfr u gksukA

, d fnu e, d ckj fu; fer : i l sey ckgj vkuk l keku; ckr gSyfdu fi Nyh
ckj ey ckgj vkus ds ckn 3 ; k 4 fnu gks x; sgarks; g eykojksk dk y{k.k gA
eykojksk 1/dkllVhi \$ku% l scM+ i jskuh gks h gA vxj rRdky gh bl l eL; k dk
l ek/ku u fd; k tk, rks bl dk mi plj djuk dfBu gks tkrk gA MKDVj dks
crk; a fd vki ds ejht+ds ey fol tlu dh fu; ferrk dS h jgh \ vFkk~ey
fol tlu dc gvkj fd l i dkj dk gvkj vfn] vxj di M+ i j ey ds Nhs gks; k
cTkkZ0; fDr dks yxrk gSfd xpk Hkkjh gSrks uhpdssey dks l kQ djuk vko'; d
gA ey dks<hyk ; k uje djus dh nokbZ; k , uek fn; k tk l drk gA ul z; k
MKDVj xpk ea mkyh Mkdyj ey dks fudky l drk gA

ey ds pkjka vkj [ku dk gksuk ; k ul l dk c<+tuk] xpk ds pkjka vkj dh ul l
dk c<+tuk Hkh l eL; k gA yEck] cM+ dBkj ey ds xqjus l s xpk ds pkjka vkj
dh Ropk ea [kjpk gks tkrk gSft l ds dkj.k [ku vk tkrk gS vkj og [ku ey
ds pkjka vkj yx tkrk gA Ropk ea gks okyh pkva d"Vdj gks h gA ftu ykska
ds eykojksk dh chekjh i jkuh gks h gSmudh xpk ds pkjka vkj dh ul ac<+tkrh
gA Vêh djrs l e; tkj yxkus l s Hkh xpk ds pkjka vkj dh ul ac<+tkrh gS vkj
mues l s [ku vkus yxrk gA xpk l s [ku vkus dh tkudjhj MKDVj dks na

**MKVj dks cykus l s igys fuEu izuka ds mUkj tku y D; kd MKVj ; k
ul z bu izuka dks i na**

D; k eykojksk dh rhork /khjs/khj sc<+jgh gSvFok D; k xpk dh ul aey dks ckgj
fudky jgh gA ey fu"dkl u dh fu; ferrk 1/1/1 D; k gS\ fi Nyckj cTkkZus
ey fol tlu dc fd; k \ og ey dS k fn[krk Fkk 1/ey dk jx dS k Fkk] ey
i ryk ; k ugha ; k l i Fkk Fkk/ D; k ey@Vêh ea [ku FkkA MKDVj dks ; g Hkh crk; a

gsrc ey eadlkQh ikuh gsrk gA ey dsjx dsckjse crkuk Hkh t: jh gA vxj ey xgjk dkyk gS vlf vki us vk; ju ; k ey dks xhyk djus dh nokbZ (Laxative) ughayh gsrks bl dk vFkZ gSfd ey ea [ku gA [ku ds gks l sey dkyk gks tkrk gA

chekj ey fu"dkl u ds fy, dkbZ yDl fvo ; k ey dks <hyk djus okyh nokbZ tS seYKE; fil y (Metamucil) | kbV^ fil y (citrucel) ; k l i kfI Vlight (suppositories) rksughaysjgk gS\ D; k eykojkk l s0; fDr dh l keku; fO; k, j tS sfd ?keuk ; k [kuuk rks i kfor ughagksjgk \

D; k cTbz 0; fDr ea fuEu y{k.k gA \

- 1- i V dk Qiyuk
- 2- xpk {ks= eancko dk vuHko ; k fd ; g ijk Hkj k gS bl i dkj dk vuHko
- 3- Nk&Nk/s vlf ckj ckj ey ds Nhtka dk ckgj vkukA
- 4- FkMh ek=k ea iryh Veh dk vkuk ; k fj l ukA
- 5- ey ds ckgj vkrs l e; ey }kj %xplz ea i hMIA
- 6- , l k yxkrkj vuHko djuk fd Veh tkuk gS yfdu Veh dk ugha vkukA
- 7- xpk %ey}kj% l s [ku dk vkukA

bu izuka ds mukj MKDVj ; k ul z dks ; g l e>usea l gk; rk dj rs gSfd l keku; : i l s 'kpo %eh% tkus(bowel movement) dks dku l sdkjd i kfor dj jgs gA vxj cgf fnukard cgf de ek=k ea irysnLr vkusds vrfjDr 'kpo ughagksk gsrks bl l eL; k dk dkj.k ey dk dBkj gks tkuk ; k te tkuk gA bl fLFkr ea MKDVj l keku; , uek nsusdksdg l drk gS; k xpk ds i jh{k.k dsfy, vLirky tkus dh l ykg ns l drk gA

fiNys 2 ; k 3 fnuks ea chekj us dks l h nokbZ ka yh gA \

- 1- nnz fuokjd nokbZ ka
 - 2- l nh@y@, ythz ds fy, nokbZ ka
- dN nokbZ ka l keku; 'kpo tkusdks i kfor dj l drh gA MKDVj ; k ul z; g tku yrs gSfd fdI nokbZ ds dkj.k eykojkk gyk gA bl fy, /; ku jgs vki MKDVj

CdF Qkkz dh nskky ?kj

?kj ka eafdruk [kk; k gS vks i kuh fi ; k gSD; kfd ml h ds vks/kkj ij MkdVj ; g fu.kz djxk fd ejht+dksvLirky ds vki krakkyhu d{k eaHkstuk pkfg, ; k ughA

D;k th fepyluk ¼usl ; k mYVh gþZ gS \

tc vki MkdVj dks cjk; arc mlgaD; k crk; ; g ckr fuEu mnkgj.k I s Li "V djx%

^e fe- ds gþejh i Ruh , I - dksfi Nys4 fnu I s V h ugha gþgA ml sckj&ckj yxrk gSfd ml s V h vkrh gA ij Urq'kkpky; ¼yShu½ ea tkus ij dN Hkh ugha vkrkA**

eykojk k ds dkj .k gksokyh i jskkuh rhoz ; k xEhkj u gks tk, 'kh?kj gh fuEu ckrka ij /; ku na &

- ◆ cT kZ 0; fDr dks rktsQy vks I fct; kaf[kyk; A
- ◆ I [ks eo} t\$ sfld [k kuh] vky [kkj] vathj] I [ks c{j f[kyk; A ; sgktek dks Bhd djrs gA n jk mi k; ; g gSfd I s dh I W] I s dh pVuh , d p ep I s i frfnu na vks /kj&/kj s ml dh ek=k c<k; A vf/kd I s vf/kd 4 p ep rd nsI drs gA

eykojk k ds rRdky fuokj.k ds fy,

Xy  jhu T; knk I jf kr gA vki MYdkyDI [kjhn I drs gA ; g nokbZ dh npku ij fey tk; skA vxj vko'; drk i Msrks FkkMk Y;  jhdV t\$ sfld d okbZ t\$y vks rsy maxyh ij yxk ya & , k djus I s i k[kuk djkus ds fy, xpk ea j [kh tkus okyh cRrh vkl kuh I s j [kh tk I dskA vxj ofstyhu dh cRrh dke ugha dJrh rks, uhek yxk; A rRdky vkJke dsfy, uy dk i kuh ; k rst /kj ds i kuh dk mi ; kx djA uy dk I k/kj .k i kuh vR; f/kd i Hkoh gksk gA xeZ i kuh dks lykfLVd ds , uhek c k eaHkjA , uhek o k ds vksx yxh uyh ij rsy ; k o  yhu I s fpdukgV yxk na vks xpk ea ?kj k na i kuh dks 5 fefuV rd pykrs jgA

, uhek dk; Zughadjrk gsrks vi us M~~D~~Vj ; k ul Zdks c~~y~~k; A tc rd M~~D~~Vj u dgsrc rd I k~~c~~~~u~~ , uhek u yxk, aD; k~~f~~ ; s, uhek tyu djusokyk g~~o~~sg~~a~~rFkk x~~p~~k&v~~k~~ e~~a~~ l Øe.k i ~~s~~k dj I drsg~~A~~ I ke~~U~~; ckr ; g g~~s~~fd , uhek d~~o~~y v~~k~~ ds v~~k~~jke ds fy, ; nk d~~n~~k yxkuk pkfg, A vxj , uhek c~~k~~j c~~k~~j yxkrs jg~~o~~ks rks x~~p~~k&v~~k~~ dh xfr djus dh I k~~k~~j.k {kerk v~~k~~j det~~k~~j g~~o~~ks tk; s~~h~~A

eykojk~~k~~ nj djus ds fy, n~~u~~k ds I k~~F~~k ey dk <hyk djus okys gYds fdLe ds y~~D~~I f~~V~~o dks ya t~~S~~ sfd b~~l~~ cx~~y~~ dh H~~h~~l h ds i fj.lke vPNs g~~o~~rs g~~A~~ y~~D~~I f~~V~~o x~~p~~k& v~~k~~ dksey dks 'kj~~h~~j I sckgj fudkyus e~~a~~ l g~~o~~; rk djrk g~~o~~rFkk ey dks uje cukus oky~~k~~ x~~p~~k&v~~k~~ I s ikuh y~~d~~j ey dks uje djrk g~~s~~ft I sfd ey v~~k~~l kuh I sckgj fudy I d~~A~~ M~~D~~Vj ds v~~k~~skf/k i = ¼ f~~L~~Oi 'ku½ d~~s~~fcuk bu nk~~u~~ka nokb~~z~~ k~~a~~dk~~s~~ [kj~~h~~nk tk I drk g~~A~~ /; ku jgsfd d~~N~~ y~~D~~I f~~V~~o , s g~~o~~rs g~~s~~ft U~~g~~ay~~u~~s I s mudks y~~u~~s dh vknr cu tkrh g~~s~~ v~~k~~j vxj m~~u~~g~~a~~ c~~k~~j c~~k~~j fy; k tk; s rks x~~p~~k&v~~k~~ e~~a~~okLro e~~a~~ l eL; k mRi uu g~~o~~s I drh g~~A~~ d~~N~~ y~~D~~I f~~V~~o ¼ey dks i ryk dj c~~k~~gj fudkyus dh nokb~~z~~, s g~~o~~rs g~~s~~ft U~~g~~adkQh I e; rd ysI drs g~~A~~ bl c~~k~~jse M~~D~~Vj I s I ykg y~~A~~ I s~~u~~k ; k fQukQS~~u~~ ; Dr y~~D~~I f~~V~~o dks j~~k~~t~~k~~uk u y~~A~~

eykojk~~k~~ g~~o~~rs dks d~~S~~ s j~~k~~ds

c~~T~~h~~x~~z tc H~~h~~ 'k~~o~~@V~~e~~h tkus dh bPNk dk v~~u~~tko djs rks m~~l~~ s y~~V~~jhu@'k~~o~~p tkus ds fy, i ~~k~~l kfgr d~~A~~

, s h fLFkfr I ~~q~~g uk'r~~s~~ ds ckn ; k pk; ; k d~~h~~ y~~u~~s ds ckn g~~o~~rh g~~A~~

j~~k~~ls v~~k~~j j~~k~~

vi us [k~~u~~s e~~a~~j~~k~~s ; Dr fuEu [k~~u~~s dh oLr~~v~~ka dks I f~~E~~efyr d~~A~~

I k~~c~~r vukt dh nky~~z~~ t~~S~~ s fd I k~~c~~r e~~k~~] e~~k~~B] puk v~~k~~fn½ v~~k~~j j~~k~~hA

I v~~k~~es~~k~~ v~~k~~yc~~[k~~j~~k~~] v~~k~~M~~h~~ nk[k] fd'kfe'k] e~~h~~udk~~k~~ i k~~W~~&d~~k~~ k~~u~~ cknke fxjh~~h~~ cht] I e dh Qy~~h~~ ch~~u~~ ¼vxj Qy v~~k~~j I fct; k~~i~~ pckus e~~a~~el'dy g~~o~~arks i dk y~~A~~ ; k d~~l~~ y~~A~~

cdt qkk dh nskky ?kj

dks l hfj ; y yDI e1 ; k 2 pEep feykdj [kk l drsgA eykojkk jkdsdsfy,
l hfj ; y ds l kfk Hkh h vks pkdj dkQh ek=k eayrsjgA ysdv /; ku jgs tYnh
& tYnh dkQh ek=k eahkh h yss sMk; fj ; k@nLr gks l drsgA iV ea'kq & 'kq
eannz ; k ejkM+vkus yxrh gA

ikuh vks ikuh

ikuh vks pkdj ey fu"dkl u ea l gk; rk djrs gA vxj ey l [k x; k gks rks
pkdj 1cku QyDI ½ dkbZ enn ugha djrkA cTkkZ 0; fDr dks 4 l s 6 Xykl ikuh
i frfnu ihus l sey l [krk ugha gA l kmh T; l ½ l ½ dQhu l sjfgr pk; Hkh ey
dks l [kus ugha nsrkA dkQh vks dQhu ; Dr l kmh enn ugha djrsD; kfd dQhu
l s i skc dh ek=k c<+tkrh gSft l l ikuh 'kjhj l s ckgj fudy tkhk gA

jktuk 0; k; ke djus ds fy, iBkI kgr dja

i frfnu Vgyuk vks gkf&i gk dk 0; k; ke cgr vko'; d gA 'kkjhfj d fØ; k ugha
djus l s FkkMk cgr 0; k; ke djuk vPNk jgrk gA cTkkZ 0; fDr ?kj ds cjkens e8
gh ?ke l drs gA vxj cTkkZ efgyk ; k iq "k b/kj m/kj ?ke ugha l drs rks
fQthdy ffkjfi "V bl i dkj ds 0; k; ke l dk l drs gSft Uga fcLrj ; k dk h i j
cBdj dj l drs gA
fu; fer 'kkp djuk] Hkkstu djuk] 0; k; ke vks nokbZ ka fu; fer : i l s Vkb
Vfcy ds vuq kj yssjgab l seykojkk ugha gkA jsk ; k pkdj ; Dr Hkkstu
i s inkFlz vks ey dksuje djus okyh nokbZ ka/; ku l sfu; fer : i l syssjgA
vki dks dN dfBukbZ ka dk l keuk djuk i M+l drk gA tS sfd dkbZ dgsfd bl
ekg eis vf/kd [kk; k gh ugha rks Hkyk eykojkk dS s gks l drk gS\

bl dk mUkj ; g fd vki pkgs fdruk gh de [kk; s 'kjhj ey ½of'k"V i nkFlz
vo'; cukrk gA dN nokbZ ka l s ; k 0; k; ke u djus l seykojkk gks tkhk gA
dHkh&dHkh , s k Hkh gkA gSfd ejht+eykojkk ds ckjs eal dkp ds dkj .k fd l h
dks crkrk gh ugha rks , s h fLFkfr eam dh enn dS s dh tk l drh gS\ , s s
0; fDr dks dgfd og vi us LokLF; ds ckjs eal Lo; afu.kz djA og Lo; al e>s

I drk g\\$\\ cgr I kjs ejht+MkDVj I s ,\\$ h ckra dgrs g\\$ft uds ckjs ea?kj okyka
ds I kfk ppkz ugha djrA vki ml I s dg\\$fd og vi uh ckr MkDVj ; k ul Z dks
crk na

,\\$ h vusd ck/kk, agks I drh g\\$vki mu ij fopkj djA t\\$ sfd D; k cT~~h~~z0; fDr
vki dh ; kstuk ds vuq kj vki ds I kfk I g; kx dj jgk g\\$\\ D; k vU; 0; fDr
ml dh I gk; rk djus ds fy, vxks vk; &s \ eykojkk u gks bl ds fy, D; k djA
fo'k'kdj tcfid cT~~h~~z0; fDr dks nnz fuokjd nokbz ka nh tk jgh g\\$vk\\$ cT~~h~~z0
0; fDr fcYdy Hkh I fØ; ugha g\\$ cT~~h~~z0; fDr dks Qy] I fct; ka vk\\$ FkkMh I h
Hkh I h %ku I hfj; y½ [kkus ds fy, ifjr djA fnu eade I sde pkj fxykl i ku
ihus ds fy, i kfgc djA dkhu ; k ekfQz t\\$ h nnz dh rst nokbz ka Hkh
eykojkk djrh g\\$ bl izdkj ejhtk dks jkstuk ey ds uje djus ds fy,
yDI \$Vo yuspkfg, A bl v/; k; eafn; sx; sI q>kokad svuq kj pyusij n\\$kfd
D; k eykojkk eadeh vkbz g\\$ ey fol tzu dh vknr eD; k dkbz ifjorl vk; k
g\\$; g ifjorl dc gyk vk\\$ d\\$ s gyk bl dks ukV djA

, d vk\\$ eykojkk dh I eL; k gkrh g\\$rksn jh vk\\$ nLr yxusdk d"V gksk g\$
vc ml ds fo"k; eakr djA

□□□

CdF qkkā dh nskkky ?kj

nLrkā dh chekjh

nLrkā dh chekjh ; k l ḷg.kh] ruko] vkrkaeacSDFvj ; k ds i fjorž] , vHck; kfVDI]
eñeo/kb xlfy; k ey dks uje djus dh nokbz½yDI fVo½vU; vkskf/k; ka ; k vkrka
dh l eL; kvks ds dkj .k gkjh gA l ḷg.kh dk gksuk vI kekU; ugha g§ ; |fi ; g
ijsku dj l drh gA xEHkj ; k vI k/; ½ksud½ l ḷg.kh ds fy, bykt djuk
vR; Ur vko'; d gSD; kfd vI k/; ½ksud½ l ḷg.kh l sdkku dñl j] Mk; fcVht
½kdjk dh chekjh½ ; k vU; xEHkj chekfj; kgks l drh gA

l ḷg.kh ½Mk; fJ ; k½ gksus i j 'kjhj ea rjy i nkFkZ l ekIr gks tkrk gsft l l s0; fDr
Fkdku egl l djusyxrk gStks 'kjhj ea ikuh dh deh dk y{k.k gA 'kjhj ea ikuh
dh deh dh xEHkj l eL; k l s thou i j [krjk eMjkus yxrk gA bl fy, vkjke
vkj vPNs LokLF; dsfy, l ḷg.kh dk bykt djuk ml sjkduk vR; Ur vko'; d
gA

vki dk y{; g§ &

- 1- vko'; drk i Mñus i j fpfdRI d dh l ykg yA
- 2- 'kjhj l stksno i nkFkZ vks i kskd rRo fudy x; sgñmudh deh dh i frzdjA
- 3- fuf'pr dj l ḷg.kh ½nLrk½ dh nokbz i kjEHk dj nh xbZ gA
- 4- l ḷg.kh gksus i j dñ phts [kkus dksu na
- 5- cTksZ dks vkjke nsus ds fy, vki D; k dj l drs g§\

vki krékylu fLFkr ea MNWj dks rRdky cyk; A

- ♦ xEHkj l ḷg.kh dk vFkZ gS tc 'kjhj dk cgr l kjk no i nkFkZ fudy x; k gA
l ḷg.kh ea i ryk ey tYnh&tYnh ½d , d ?kñs e½ cgus yxrk gS vks
vDI j i V eaejkM+gks yxrh gA vxj cgr fnukard l ḷg.kh jgsrks 'kjhj
ea ikuh dh deh gks tkrk gsft l dh {fr dks ijk djuk vR; Ur vko'; d gA
l ḷg.kh ds fy, nh tkus okyh nokbz ka dks l ko/kkuhi nñl na

- I ~~axg.kh~~ ds I kFk r~~s~~t c~~q~~kkj dk vFkZgksk gSfd 'kjhj eadghal Øe.k gA vxj I ~~axg.kh~~ 1nLr yxuk½ , d fnu I s vf/kd gks tk, rks M~~KD~~Vj ; k ul Z dks crk; A I ~~axg.kh~~ ds cus jgus dk vFkZgS dkbZ xEHkj chekjh t\$ sfd I Øe.k fdI h nokbZ dh udkjkRed i frfØ; k ; k v~~r~~ka dh dkbZ I eL; kA vxj dkQh I e; rd 'kjhj ea i ku~~h~~ dh deh cuh jgs rks LokLF; ds fy, xEHkj I eL; k [kMh gks I drh gA
- vxj ey ds I kFk [ku~~v~~kus yxs rks x~~q~~p~~k~~ ds pkjka v~~q~~j fpjfejk~~g~~V gks I drh gS v~~q~~j ; g d~~q~~kyku d~~q~~I j] xEHkj eykojk~~k~~ dk I Øe.k ; k v~~r~~ka I s I ~~q~~f/kr dkbZ xEHkj I eL; k v~~q~~j chekjh dk y{k.k gks I drk gA

M~~KD~~Vj dks cykus I s igys fuEu izuka ds mÙkj tku ya &

- vkerkj ij iR; d fnu ea c~~q~~kkZ fdruh ckj 'kj~~p~~ ds fy, tkrk gA
- fi Nys 24 ?k/ka ea fdruh ckj 'kj~~p~~ dks x; kA
- ey d\$ k Fkk \ ¼ku~~h~~ t\$ k ; k i~~l~~V t\$ k \½
- ey dk jx d\$ k Fkk \ Hkj] rst yky] dksyrkj dks ys dh rjg dkyk

I ~~axg.kh~~ ds I kFk D; k dkbZ v~~q~~j y{k.k gA &

- iV eannz
- iV ea ejkM+
- x\$] , d k vu~~p~~ku g~~q~~uk fd iV Hkj g~~q~~k gS ; k Q~~q~~yk g~~q~~k gA
- mYVh vu~~p~~ku
- th fepyuk
- c~~q~~kkj v~~q~~j ey ds I kFk [ku~~v~~ dk vu~~p~~ku

fi Nys nks fnu~~s~~ ea fdruk i ku~~h~~ ¼s i nkFk½ fi ; k v~~q~~j [ku~~v~~ [k; kA fi Nys 2 I s 3 fnu ea dks&dks I h nokbZ ka yh ¼t\$ s fd y~~q~~I fVu] , UVh Mk; fj ; k dh nokbZ ka t\$ sfd yekSe ¼tm½ i V~~q~~&fcI eky ¼tm½ ; k belkM; e ¼tm½ A

CdF QKkZ dh n̄tKkky ?kj

'kkp dks yodj D;k dkBZ vU; xpk&vkr ls l Ecfl/kr leL;k jgh gS t\$ s dksykbvI ;k xpk&vkr e@tyu \

tc M@Vj dks cjk; arks cTqkZ dh chekjh ds ckj sead\$ scrk; } ; gka , d mnkgj .k fn; k tk jgk gS &

^es vi usfi rk Jh dey dks vki dks fn [kkuk pkgrk gA e@scM@ fpUrk gSD; kfd fi Nys2 fnukal smUgafnu e@5 ls6 ckj i rysnLr gksjgs gAvkj vc mUgayxHkx 102 fMxh cqkij Hkh gA mUgacM@ c@uh gksjgh gS vkj dkQh detkj Hkh gks x; s gA mudk ey ikuh t\$ k cgr i ryk gA esmUga i SVk&fcLeky (Pepto Bismol) nokbZ nh gS yfdu muds i rysnLr ugha : ds gA**

vki cTqkZ dh l gk; rk ds : i eaD; k dj l drs gS \

- ♦ 'kjhj ds tks no i nkFk&i kskd rRo fudy x; s gS ml dh deh dks ijk djA
- ♦ i s ½ i nkFkZ n@ pk;] l o ;k v@j dk jI vkn na ; s l Hkh phtano i nkFkZ rks gks gA l kfk gh bul segRoiwzHkstu vkj i kskd rRo Hkh i ktr gks gA
- ♦ foHklu l e; kaesHkstukschp e@i s i nkFkZ nA [kkus Hkstu ½ ds chp dkQh ikuh ihus dsctk; nksHkstukschp i s i nkFkZ ihus l si \$; k vkrkaejkM+ gksus ds vol j de gks tkrs gA
- ♦ de j\$ksokyh [kkus dh phtanat\$ sfld dyk] mcy&el ysgq vkyi l [ks VktV] vM\$ eNyh i uhj vkj ngh [kkus dks na
- ♦ rhu cM@cM@HkstuksLFku ij FkkMk&FkkMk [kkuk dbZ ckj na FkkMk [kkuk gte djuk vkl ku gA l kfk gh dkQh ek=k ea ikuh ihus dks na
- ♦ , d k [kkuk naft l ea i k/fi ; e vf/kd gkA dyk] Hkpus gq vkyi l [kekuh vkj vkm@ea i k/f'k; e vf/kd gksk gA l xg.kh ea i k/f'k; e de gks tkrk gS bl fy, bl dk LFkuki lu djuk vko'; d gA

I eL; k dks 'kh?kz nj] djus dh fof/k gS ,Uvh&Mk; fj ; k nokbZ dk nsukA nokbZ dh 'kh'kh ij fy[ks x; sfunzkkadk i kyu djad; kfd bl nokbZ dks vf/kd ek=k easys i j iV ea ejkM+gkx yx tkrh gA bu nokbZ ka dks MkDVj dh I ykg ds fcuk i frfnu ysk mfpr ugha gA

Hkkstu es dN phtka dks cTqkZ dks [kkus dks u na

- ♦ , d k [kkuk u naft] I s iV ea xS 1ok; k curh gk tS sfid chui 1/ e dh Qfy; ka vlfn1/ dPph I fct; k dPps Qy] ckdyh] eDdk ds nku] i Ukk xk[kh] Qy xk[kh] dkcku] M fM] 1/ kmk] i s l h] dksdk dksk vlfn1/ pbaeA bu phtka dks [kkus I s iV Hkk Hkj Hkj yxrk gSvk] ; s xS 1ok; k curh gft] I s cpooh gksh gA
- ♦ , d k Hkkstu u n] ft] ea vEy u gkats sfpduh [kkus dh phtavk] [kēsj] A bl i zdkj ds [kkusvk] i s i nkFkI svkseku djusyxrh gft] I sT; knk i jskuh vk] i rysnLr gks tkrs gA
- ♦ ol k; Dr Hkkstu tS sfid ol k&; Dr ekd vki ryh [kkus dh phtka] scpa ol k; Dr Hkkstu dks i pkuk ej dy gksh gA vxj fdI h 0; fDr dks I xg.kh dh chekjh gSrk ol k; Dr [kkuk fcuk gte gq vkrka eapyk tkrk gA
- ♦ xeZ [kkusvk] i s i nkFkI dks B.Mk djds ya D; kfd xeZ [kkuk vki xeZ i s i nkFkI 1/ tS s xeZ pk;] nuk vlfn1/ xpk&vkr 1/ckmy1/ ea xfr mRi lu dj nrs gA , d h phtka] s tc rd I xg.kh I ekir u gks tk,] cpuk pkfg, A
- ♦ dQhu dks I hfer djA dkh] rst pk;] pkblyV ea dQhu gksh gA dQhu I scckmy 1/ xpk&vkr 1/ dh dk; Z djus dh xfr rhoz gks tkrh gA
- ♦ nuk vki nuk I scuh phtka] scpa nuk I s xg.kh vki c<+tkrh gSvk] iV ea ejkM+ikjEHk gks tkrh gA

fuEu fØ; kvka I s cTqkZ dks vki feyek

xpk Hkkx dks I kQ j [ka i rysnLrka] s xpk dh peMh ty tkrh gA iR; d cjk tc cTqkZ 'kfd djsrks xpk Hkkx dks I kQ djuk egRoiwk gA Mkbij okbi ; k

CdF QkKz dh nqKKy ?kj

ml txg dh peMh dks gok I s l [kus na bl I s yykbz ead eh vk, xh vlg ml txg dh peMh ea l Øe.k gksus I s : dskA

xpk Hkkx ij BMh Øhe] vkbUVeIV yxk; a; k , fLVutIV iM j [kA Øhe peMh dks dVus I s jkdrh gA , fLVutIV iM ml Hkkx dks I qkks es enn djrs gA vlg mÙkstr ;k tyu ;Dr peMh dks uje djrh gA xpk dh peMh dh j{k vkbUVeIV t\$ sfd cky eDI (Balmax tm) , , .M Mh (tm), Mh hfVe (Desitim, tm) ;k vuwlksy (tm) dksyxk dj j [k I drsgA vxj I xg.kh py jgh gSvlg xpk Hkkx cgqr yky vlg t [eh gksx; k gSrk de ek=k okysfLVjM vkbUVeIV t\$ s fd gkbMkqjfvI ku (Hydrocortisone) 1.0% yxkus ds ckn ckyeDI] , , .M Mh ;k Mh hfVu yxk; A

xeZ ikuh dh ckry rkfy; seayiV dj iV ij j [kA ikuh dh xeZ I s iV dk dMkiu ;k ejkM} nnz vlg cpsyh de gksxhA

nqKKy djrs I e; dN I EHko ck/kk, a

~bl usdkQh fnukal su [k; k gSvlg u ih; k g\$ bl fy, I xg.kh T; knk fnu ugha jgsxhA**

t\$ k vki I kprsgsmI I sdghavf/kd 'kjhj dk no i nkFlz/rjy i nkFlz tYnh de gks I drk gA rjy i nkFlz 'kjhj I s Årdka (tissues) dks Hkh ckgj dj nsrk gA 0; fDr dbz fnukal rd pkgs [k; su ih; sfQj Hkh I xg.kh pyrh jg I drh gA bl fy, MhDvj dks vo'; fn [k; A

vki , s h gh vU; ck/kvk dks ckjs eahkh I kp I drsgA t\$ sfd cqkZ dk I g; kx u djuk nlijs ykxh fj'rnkj fe=k ifjokj ds I nL; k dk I g; kx u djuk viuh vko'; drkvka dks nlijk dksu I e>k ikuKA vki ds ikl nqKKy ds fy, I e; vlg 'kfDr dk u gksukA

vki bu I Hkh ck/kvk dks /; ku eaj [kdj ifjp; kZ dh ; kstuk cuk; A nLrk dh I q; k vlg rhork ij /; ku j [kA D; k vki nLr gksus dh chekjh dks jk d I drsgA vxj ugharks MhDvj dh I gk; rk ya D; k xpk dh peMh dh ijh I QkbZ j [k jgs

i§ i nkFk vks Hkstu l s l acfkr l ko/kfu; kacjrh g§
;g l c djus ij n§kfd l dkjREd ifj.kke vk jgs g§; k ughA ;fn ughavFk~
nLr vkus dh l §; k ,oa xEHkjrk vks c<+xbzg§rks vi uh ;kstuk ij i pfopkj
djavks MKDVj dh l ykg ya
vxj nLr cn ughaq g§ dkQh fnuka l sgks jgs g§yfdu fLFkfr xEHkj ughag§rks
l gk; rk ds fy, MKDVj l s l Ei dZ djavks crk; afd vki us D; k fd; k vks
ml dk ifj.kke D; k jgk \

□□□

Cqkkj dh nskky ?kj

cqkkj ,oa l Øe.k

Cqkkj ,oa l Øe.k ds gks i j vki fuEu ckrka dks /; ku eaj [k] &

1- l Øe.k ds y{k. kka i j /; ku j [k]

2- cqkkj dks de dj

3- l Øe.k dks vks c<us l s j kda

o) gks ek= l s gh ; g ugha dgk tk l drk gsfld og l Øe.k dk f'kdkj gks tk; xka

fu'p; gh o) 0; fDr; kaeanh?dkfyd ; k vI k; 10ksud%chekfj ; k tS s& ân; jkx] mPp jDr pki] djkx.k , oa e/keg vlfn vf/kd gks l s muea l Øe.k ds [krjk ea of) gks tkrh gA ; s nh?dkfyd chekfj ; k 10ksud chekfj; k/ tks yEcs l e; l s pyh vki jgh 'kjij dh ifrjkxkd {kerk dks de dj nsrh gftl l s 'kjij ea okrkoj.k l s mRi uu l Øe.k l s yMts dh 'kfDr de gks tkrh gA

vLirky eaHkrh ejhtkaeaHkh l Øe.k dk [krjk T; knk jgrk gA e[; r; k [kysgq ?kkoka, oa'kjij eaV; 1ufy; k/ yxkusvks vLirky eaik; stkusokyscDVhfj; kvka l s Hkh ejht+cTkhZ 0; fDr l Øfer gks tkrk gA

vpkud 0; ogkj eaifjorlu , oaviusnud dk; dks djus dh {kerk ea vpkud vki; h deh l Øe.k dk l dr gks l drs gA

dHkh&dHkh cqkkj vfr l Øe.k ds nkku 'kjij dk rki eku l kekU; gh jgrk gS tks xkkj l Øe.k dk l dr gA

MkDVj dh l ykg dc t:jh gS

1- vki krekyhu chekjh ds l e; & tS s fd

d- rki eku 101.5°F l s vf/kd gks i j & l kekU; fLFkr e , d 0; fDr dk rki eku 98.4°F 37°C jgrk gA bl rki eku ds 101.5°F l s Åij tks i j MkDVj dh l ykg t:jh gks tkrh gA

2- vxj eg eaFkekēhVj yxkuk dfBu gksrks xpk eaFkekēhVj yxk l drs gSA xpk eaFkekēhVj yxkus l sc[kkj dk eki u vf/kd Bhd vkrk gsts eg ds rki Øe l s1° vf/kd vkrk gA

[k] BM ,oa didih yxus ij

,s l e; eankr dVdVkus yxrs gsvkj i yx fgyus yxrk gsts tc rki Øe %c[kkj½ c<rk gsrc BM vkj didih vkus yxrh gA ,s h fLFkfr earki Øe ukv djavkj didih cm gks tk; src Hkh rki Øe ukv djA

x- ckj&ckj i ſkkc djuk ,oa i ſkkc djus eannZ gksis dh fLFkfr ea nnZds l kfk i ſkkc vkkuk l keku; r; k e# ekxz eal Øe.k dh vkj l drs djrk gA bl rjg dsejht+de&de ,oackj&ckj i ſkkc djus tkrs gsvkj mueadHkh&dHkh i ſkkc dks fu; f=r djus dh {kerk Hkh de gks tkrh gA i ſkkc ea tyu ,oa ckj&ckj i ſkkc tkus dh f'kdk; r ds vykok bu 0; fDr; kads i ſ dsfupys Hkh eannZ Hkh gks l drk gA e# ekxz eal Øe.k l keku; r; k iq "kadsctk; efgykvkaevf/kd gksk gA

?k- 6 l s 8 ?ws rd i ſkkc ugha vkkuk

; g fLFkfr oſ srks dbzotg l sgks l drh gA yſdu l Øe.k ,oa'kjhj ea ikuh dh deh bl ds e[; dkj.k gA

M+ [kdk h] 'okl ea rdyhQ

tſ s tYnh&tYnh vkj Nkv&Nkv/s 'okl yukl QDMka ea l Øe.k l s 'okl ea rdyhQ gks tkrh gA ft l l s 'okl eſ'dy l s vkrh gsrc fuk [kdk h dh f'kdk; r jgrh gA 'okl ea fnDdr gksis ij %c[kkj ; k fcuk c[kkj ds l kfk½ fpfdrl d l sejht+dh rjUr tkp djuk pkfg,A

2- tc y{k.k vki kredkylu uk gk yſdu fQj Hkh cTpkZ dks MKWj dks crkuk pkfg; A ;s y{k.k fuEu gA &

cq[kkj] dh nskkky ?kj

- [k] cq[kkj] dsjgrs i kuh ugha i huk
tc cq[kkj] c<rk gS rc 'kjhj ea i kuh dh deh gks tkrh gA ft l dks
ckj&ckj i s i nkFkz i hus l s i jyk fd; k tkuk vko'; d gA ; fn dkBz
0; fDr cq[kkj] ds l e; i kuh ugha i hrk gS rks 'kjhj ea i kuh dh deh gks
tkrh gA ft l s xEHkj l eL; k mRi uu gks l drh gA cq[kkj] l s 'kjhj ea
detkjh vk tkrh gS tks Hk vkg l; kl dks de dj nsrh gA
- x- Ropk ; k l bZ yxus okyh txg ij l tu ; k yky pdrs cuus ij
; sy{k.k fdI h l Øe.k ds l ds gA Ropk ij dkBz [kjkp djuk] Ropk
dk QVuk ; k [kyk Hkkx l Øe.k dk dkj.k gks l drk gA
- ?k- i V ; k dej eaubz i hMk gksuk Hkh fdI h u; s l Øe.k ; k i jkus l Øe.k
ds foLrkj ds dkj.k gksk gA
- M-+ nkr eannz dh fLFkfr ea
eg ; k el Maesaeokn dh fLFkfr eankr ea l Øe.k gks l drk gA nkrka
ds pljkavkj l Øe.k dks jkodusdsfy; s, UVhck; kVd ysh pkfg; A tc
rd l Øe.k l ekir u gks tk; snkrkal sfdl h i dkj dk dk; Zughadjuk
pkfg; A

Mjövj cykus l s igys fuEu rF; l dks tku ya

- 1- fdrus l e; l s cq[kkj] 101-5F l s vf/kd gS \ cq[kkj], oa nI js 'kkjhfd
cnyko tS sRopk dk yky gksuk i l huk vku] Hkfer gksuk cq[kkj]; k xelz dh
f'kdk; r djuk tS s y{k.k dks vki us dc ns[k \ l e; dks fy[ka]
- 2- tc l s cq[kkj] gyk gS rc l s cq[kkj] us fdruk i kuh fi; k gS, oafdruh ckj
i s klc fd; k gS\
- 3- D; k cq[kkj] dksfi NysfnukHkh cq[kkj] Fkk ; k [kkd h ; k tdkke gyk gS D; k o)
i s klc uyh ; k [kkus dh uyh dk i z kx djrs gA dkBz?kko [kyk rks ugha gA

nh xbz\ dc nh xbz\ D; k ejht+dksfld h rjg dk Vhdk \y\; k fuelsu; k dk Vhdk\ yxk gs\ vxj gk rks dc yxk \

- 5- D; k gky gh ea [ku dh tkp dh xbz g\ D; k c\kkj dsdkbzLi "V Jks gs\ mnkgj.k ds rk\ ij Ropk ea I Øe.k i\kkc dk I Øe.k vlfna

^ejh nknh th dks i kfd\ u dh chekjh gs v\ dkQh v\l \ sfcLrj ij g\ m\ga di dih yxh v\ 20 feuV rd ; g fLFkfr jghA eg\ l smudk rki Øe fy; k tks 101-6°F FKA fi NysdN fnukal smugadQ dh f'kdk; r gs v\ osvc igys t\ s l pr ugh\ jgrhA e\ D; k d: A**

vki vius rk\ ij D; k dj I drs gs

- 1- i\kkf\ Vkeky (Paracetamol) dh xkyh ns c\kkj , oa nnz dks de djus dh dks'k'k dj I drsg\ bl xkyh l sc\kkj de gks tk; sk v\ mudh Fkdku v\ nnz de gks tk; skA
- 2- MKDVj }jk\ crkbz xbz nobz k\ ; k bU\T\O'ku n\
- 3- ; fn c\kkz dks rst c\kkj gks rks BMs ikuh dh i\eh ml ds fl j ij j [ka v\ 'kjhj ds l Hkh Hkxkaexhyh i\eh QjA BMs ikuh ds di M\ s [ku B\lk gks tk\ v\ Ropk ds uhp\ dh I rg ij ml dk i\kkj c<+tk\ g\
- 4- c\kkz dks vf/kd l s vf/kd ikuh , oa i\ s i\nkFk\ fi yk, aft l l s fd ikuh dh deh dks jk\ dk tk l ds; fn 0; fDr dks mYVh v\k jgh gks rks Fk\&Fk\ djds ikuh nsuk T; knk vPNk g\ cQz ds NK\&NK/s VpM\ Hkh fn; s tk l drs g\ , sk i\ s i\nkFk\ u naft l eadQhu gks ; k , Ydkgy gks D; k\ og i\kkc ds ek/; e l s fudy tk\ g\ v\ fQj ikuh dh deh gks tk; skA

c\kkj ,oa I Øe.k dh jk\dk\ ds fy;s D; k dja

- 1- [kc ikuh , oa v\; i\ s i\nkFk\ dk mi ; k\ dj\ft l l s i\kkc ds ek/; e l s fdM\ Hkh Cymj v\ ' & r\= l kQ gks tk; sk tks i\kkc l s l Ecfl/kr I Øe.k dks nj\ djus ea l gk; d gkskA

Cðf qkk dñh nskky ?kj

- djA efgyk, a vi us vaka dks vksxs l s i hNs dh rjQ /kks aft l s i skc dh txg cDVfj ; k l s l Øfer ugha gksA ; ksu dks vPNh rjg l kQ djabl l s eit ds jkLrs e gks okys l Øe.k dks jkdk tk l drk gA
- 3- Ropk ij yxh pkvka dks l kQ i ku h l s l kQ djus ij l Øe.k dks jkdk tk l drk gA
 - 4- Ropk tksol=kadsvunj jgrh gS tS sf d Lruka, oa t kks dsa i jh Hkxk dh Ropk] dks vPNh rjg l s l kQ djA bl l scDVfj ; k nj gks vks l Øe.k ugha gksA
 - 5- nkra dscjk dks gj 3 eghus eacny narFk bl l sej ds l Øe.k dks jkdk tk l drk gA

vkerkj ij dN , s h /kj. k, a ipfyr gks gS tks mi pkj ea ck/kk Mkyrh gS tS s fd rhoz Toj l eL; k %chekjh/ ds dkj .k, a dks gh tykdj l ekkr dj ns k gA

mÙkj & mPp Toj fd l h xdkj chekj dk , d l drs vFkok y{k.k gS ft l dk /; ku j [uk t: jh gA D; kfd vxj rst cdkj dk bykt ughafd; k tkrk rkscdkj vksxs pydj 'kjhj ea i ku h dh deh , oa detkjh mRi uu dj ns kA

i gysHkh bl scdkj vk; k Fk tksT; knk fnu ughajgkA vc Hkh T; knk nj rd ugha jg ik; sk vks cdkj vi us vki Bhd gks tk; sk

mÙkj & cdkj xEHkj Hkh gks l drk gS rFk bl dk bykt djokuk pkfg; A D; kfd ; fn , s k ughafd; k rks ; g rst cdkj eacny l drk gS vks 'kjhj ea i ku h dh deh mRi uu dj l drk gA cdkj l kekU; r%fd l h cM s l Øe.k %chekjh/ dk l drs gks gS vks bl dh ijh fpfdRI dh; tkp vko'; d gA cdkj ds l kFk gks okys l Øe.k ds vU; y{k.k dks Hkh n[uk pkfg; s tS s fd [kka h dk gks k] i skc ea tyu vFkok 'kjhj ds foFHkuu Hkxk ea nnA

bl h i dkj ds vU; vojk k Hkh vk l drs gS mu ij fopkj dlft; s D; kfd ; s vojk k vki dh ; kstuk eack/kk mRi uu dj l drs gA mnkgj.k ds fy; s D; k cdkj

I g; kx djsx \ vki ifjp; kZ sI EcflUkr viuh vko'; drk; kaks ntl js ykska dks
d\\$ scrk, xs \ D; k vki ds i kl cTlZ dh ifjp; kZ ds fy; si ; klr 'kfDr o I e;

g\\$ \ vki dks bu I c ckrka dks /; ku eej [kdj ifjp; kZ dh ; kstuk cukuh gksxhA

i ZleacrkzbZxbZ I eL; k I y>kusokyh N%ckrka ds vuq kj dk; ZdjA vxj vki dh
; kstuk dk; Zugha dj jgh g\\$ v\\$ c[kkj ckj&ckj vkrk jgrk g\\$ rks nks ckrka vki
vo'; dj I drs g\\$ &

c[kkj ds vkus dk fyf[kr fjdMzj [kakfd vki c[kkj ds de ; k T; knk gksus ds
ckjseairk yxk I dA

I qut'pr djadhi o) 0; fDr I Øe.k dks de djus vFkok I Øe.k I scpus ds
fuEu i z kl dj jgk g\\$; k ugha &

& fcLrj ij de jgukA

& jkst ?keuk , oa [kc ikuh i hukA

; fn , UVhck; k\\$Vd nokbzfy[kh xbZg\\$rks; g viuk vI j fn [kkuseavFkZ~c[kkj
mrkjus e 48&72 ?k. Vs dk I e; ysh gA

vr% de I s de 48 ?k. Vs dk I e; nok dks nlft; s v\\$ rc gh bl ds iHkoh]
viHkoh gksus ds fo"k; ij fopkj dlft; A

; fn vki dks cTlZ dh fLFkr [kjkc gksxh yxs rks rRdky fpfdRI d dks ckykbZ A

□□□

CDF QKKZ dh nskky ?kj

Cekz gksus ij vfuok; Z: i lsvkj[ka] dh T; kfr de gks tkrh g\$; g dguk l nñ
Bhd ughagA fu'p; gh] vk; qdh of) ds l kfk tksnfgd i fforu gks g\$os vkj[ka]
vkj nf"V nksu dks i ffor dj l drs gA mnkgj.k ds : i eñnf"V l s l Ecfl/kr
l eL; kvka ea , d fof'k"V l eL; k] tks cTkkd dks i ffor dj l drh g\$og g\$de
izdk'k ea ; k /klyks izdk'k ea Hkyh izdkj l s ugha ns[k i kuk vkj rst izdk'k l s
vdkj s ea ; k /klyks izdk'k ea tkus ij Hkyh izdkj ugha ns[k i kukA bl l s foijhr
ifjflFkfr ea Hkh ; g ckr l p gA

cTkkZ0; fDr rst izdk'k ; k izdk'k dh pdkplk ds i fr vf/kd l oñu'khy gks gA
mlga jaka dks i gpkuus ea dfBuLkZ gkrh gA cTkkZ0; fDr; ka dh i kl dh nf"V Hkh
detkj gks tkrh g\$ft l l s os i kl l s i <+ugha i krA Nks/s v{kj ka dh i frdka dks
Hkh ugha i <+i krA mlga i <us ds p'es dh ; k ckbDkdy p'es dh l gk; rk yuh
i Mñh gA

nñf"V l s l Ecfl/kr l eL; kvka ds l ek/ku ds fy, cgr l h ckra dh tk l drh gA
i <us ds fy; s p'es ; k ckbDkdy p'e\$ exuhQkbk fxykl 1phtkdks cMk dj ds
fn[ksu oky k 'kh'kkz izdk'k dh mfpr 0; oLFkk , d h fLFkfr ea vR; Ur l gk; d gkrh
gA tc vki okbDkdy p'es dk i z kx djrsgsrc i frd ; k i <us dh fo"k; oLrq
dks fdI fLFkfr ; k njh i j j [ka ; g vko'; d gA vxj vkj[ka] ea dkbZ chekjh gks
tkrh g\$rks nokbz k] 1vk[ka] ea Mkyus okyh nokbz k] ds Mkyus l s chekjh Bhd dh
tk l drh gA vxj dkbZ tfVy l eL; k gks tk; s rks vñujsku dh vko'; drk
i Mñh gA vkj[ka] dh ns[khky ds fy; s vko'; d g\$fd l ky ea , d ckj vkj[ka] ds
MKDVj l s cTkkZ dh vkj[ka] dk i jh{k.k vo'; djk; A MKDVj vki dks crk; s fd
vki dh vkj[ka] l s l Ecfl/kr l eL; k dks p'ek yxkdj Bhd fd; k tk l drk g\$vkj
l eL; k xEHkhj g\$rks nokbz ka ; k l tjh dh vko'; drk gksA

cTkkd ea vkj[ka] dh chekj; ka

elſr; kfcln ea vki[kla ds yH] tks tle ds l e; , oa ; økoLFkk ea i k j n' kñ gks gø
yfdu tc mu ij /kkydk vk tkrk gSvki nskus ea dfBukbZ gksus yxrh gø rc
vki[kla dh ml fLFkfr dks elſr; kfcln dgrs gø elſr; kfcln gks tkus ij yH I s
i zdk'k ugha xqj i krk bl dkj.k utj ea deh gks tkrh gø vki[k ds yH dks
fudky dj ml ds LFku i j lykfLVd ds yH yxkus I s utj Bhd gks tkrh gø
; g I gjf{kr Hkh gS vki vkl kuh I s vki[kla dk I tlu ; g dk; Z dj I drk gø
vki[k ds , d rks fnu ckn gh 0; fDr vi us I kek; nñud&fØ; k dyki dj
I drk gS\ vkerkj ij bl ifØ; k ds ckn utj ea of) gks tkrh gø , d ekg
ds vUnj vki[k i jh rjg I s LoLFk gks tkrh gø ftu cTkk us LokLF; dk chek
djk j [kk gSmlgø vki[k ds dk [kpkz chek dEi uh I sfey I drk gø

vk; q ds I kfk vki[kla ea eD; yj fodkj gksk (Age related Macular degeneration)

vk; qds I kfk vki[k dh i s'k; ka ea fodkj ; k åkl gksus yxrk gø vki[kla ea /kck gksus
ij 0; fDr; ka dks clñnz ea ; k I h/k nskus ea dfBukbZ gksrh gø , k rc gkrk gS tc
vki[k ds vUnj dk I cl s Nk/k Hkkx ft I seD; yk dgrs gø ea fodkj vk tkrk gø
eD; yk I s gh I fe phtanßkus ea vkrh gø I h/k nskus ea fodkj vk tkrk gS ; k
fn[kkbZ gh ugha nska tc utj ea vkbZ deh fLFkj gks tk; s rks cTkk 0; fDr dks
vki[kla ds ml MKDvj dks fn[kkuk pkfg, tks detkj utj dk fo'kñK gø MKDvj
vki dh ftruh Hkh mi ; kxh utj 'kñk jg xbZgSml dh {kerk dks vki c<ku seenn
dj I drk gø de utj dh I gk; rk ds fy, dbZ yHkdj mi dj.k vlfn
mi yCk gø vi us MKDvj I s bl ckjs ea I ykg yA ; g /; ku jgs fd eD; yk ds
fodkj I s I h/kh utj ij gh i kko i Mfk gø ; g tkuuk bl fy, egRo i wkgSfd
vki[k dk 'kñk fi Nyk Hkkx dk; Z dj jgk gkrk gø eD; yj fodkj I s 0; fDr i jh rjg
I s vkk ugha gks I drkA ftu 0; fDr; ka dks eD; yj fodkj gks x; k gSos vi uh cph
gølifj/kh; utj (Peripheral vision) dks if'k{k.k ds }kj k mi ; kx ea yk I drs gø

Xyolk (Glaucoma)

Cdłę ką dh nękkę - ?kj

ds i hNs tks no i nkFkZ gsk gSml dk ncko tc 0; fDr dh vki[k i j cgr vf/kd
gks tkrk gsrc Xyndkek gsk gA no i nkFkZ dk ; g ncko nd&rf=dk ½VWVd
uo½ tks vki[k ds i hNs gsk gSvkj efLr"d rd tkrh g§ ml dks udl ku i gpkrk
gA bl I s 0; fDr vdkk gks tkrk gA I cl si gys i fj/kh; utj I ektr gks tkrh gA
bl dk mi pkj ik; %ftUhxh Hkj jkstuk vki[k ea nokbZ Mkyuk gA dHkh dHkh bl dk
vkwjšku Hkh fd; k tkrk g§ ysdv i kjEHk ea bl dk mi pkj nokbZ ka I s gh fd; k
tkrk gA , d ckj vki[k dk T; ksr pyh xbZ rks i q% okfi I ugha vkrhA Xyndkek
odkkukr Hkh gks I drk gA ; g chekjh vYhdv&vefj du ykska ea vf/kd gsk gA
ftu ykska ds i gys vki[k ea plv vkbZ gks rFkk os 0; fDr ftUga 'kqj dh chekjh
1MK; fcVht½ gks muea bl chekjh dh I dkkukr cgr vf/kd gA bl chekjh dh
tkudkjh vxj i kjEHk ea gh gks tk; s rks cgr vPNh ckr gA

Mk; fcfVd j Shukla Sh (Diabetic Retinopathy)

I Hkh n's kka ea 'kqj dh chekj h M¹k; fcVht½ vU/k i u ds i e²k dkj .kka ea I s gA 'kqj
dh chekj h I svk[k ds i hNsjDr ystkusokyh rf=dk, a(Blood Vessels) p³usyxrh
g⁴; k : d tkrh g⁵ ft I dk i fj .kke gksk gSvU/kki uA bI chekj h dk mi pkj I kko
gA bI ds fy, c⁶l⁷ dks vi uh 'kqj dks fu; f=r djuk i M⁸k vlg fu; fer : i
I svk[k ds M⁹Vj dk i jke'k¹⁰ ysk gkskA bI chekj h eystj fof/k I svlg vU;
i dkj dh I tjh djds vkg[k kko dh T; kfr dks c<k; k tk I drk gSvlg vksxs T; kfr
ea gksus okyh deh dks jkdk tk I drk gA

vk[k dh chekjh ds l as

- *vplkud vlflls dh T; ksr dk pyk tkuk & jShuk dk vius Lfkku* I s
gVuk (retinal detachment) LVkd vlf vU; egroiwlz l eL; kvka l s vkg[kka dh
T; ksr vplkud tk l drh gA vxj vkg[kka dh T; ksr pyh tk; s rks bl s
xEhkjrk l s ya vkg 'kh?kz fo'kSkK dh l gk; rk yA
 - *ifj/lr; k vxy&cx y nflu s dh 'MDr ead eh vluuk & , s k LVkd ds*
dkj.k ; k vU; Luk; fiod dkj .kka l s gk rk gA

¶ Luk; fpol dkj .¶ I sgksk g¶ , ¶ h fLFkfr ea , d dsLFku ij nksphtafn [kkbz
nsh g¶

- *vkl[hlk] vpkud xEhkij : i ls yky glosk & , d k glosus ij vkl[kka] ls ihyk xh<+ ; k cgr i ryk i nkFkz vkl[kka] ls fudyrk g*
 - *O:fDr dls jkskuh ; k idk'k dh ped fn[klk] nsuk ; k idk'k dh /Mj; k afn[klk] nsuk & ; g bl ckr dk y{lk.k gsfld jshuk dk viuh txg ls FkkMlk FkkMlk gVuk ikjEHk glos x; k g tc , d k glosk gsrcc vpkud gh ^ykl/vl zVkj[k ds l keus pDdj tS Vf n[kus ikjEHk glos tkrs g Vos s ykl/vl zdk fn[kuk l keku; ckr gA V , d k vkl[k ea foVjl ; k tS yh tS s i nkFkz ds i jkuk glosus ds dkj .k glosk g*

Åij crk; s x; s y{.k. kka ea l s vxj dkkbZ Hkh y{.k. k fn[kkbZ ns rks ' kh?kz gh vkj[kka ds
MKD Vj dks fn[kk; A

vki dk y{; gS cT~~lk~~Z dh vkl~~ka~~ dh l gh n{~~kk~~y djuk

- iR; d o'kz vki[kka ds fo'kzK ds i kI tk; j mul s i jke'kz yj dN vki[kka ds vLi rkyka ea cT~~kz~~ dks ?kj i j tkdj n[us dh 0; oLFkk Hkh gksh gA
 - cT~~kz~~0; fDr ftu nokbz kadsyrsk gSmudk i jh[k.k djavkj ; g Kkr djafcl dghabu nokbz kadsudkj kRed i fj .kkeka(side effects) I svki[kka i j dk~~bz~~cjk i tko i Musokyk rksughagA vkerkj i j cT~~kz~~vki[kka ea I vEkk i u ; k tyu dh f'kdk; r djrs gA ik; % nokbz kdh vf/kd ek=k yus i j cT~~kz~~ eafolkE dh f'kdk; r i kbz tkrh qj tks , d nf"V I EcU/kh tfVy I eL; k qA

vki fo'kšK l sdc l ykg ya% vki kredkyhu i fjflFkfr eərRdky uſ= fo'kšK
dks fn [kk; A vxj cT̄kz fuEu y{k.kka ds ckjs eacrk; s ; k vki mudk fujh{k.k dja
rks uſ= fo'kšK dhl l ykg ysk vR; Ur vko'; d gA

vk[k ea nnz gkuk

vk[ka ea nnz cq[kz dks gksus okyh fdl h xHkj chekj h dk y{k.k gA , s k xEHkj
l Øe.k ds dkj .k gksk gA xEHkj : i l s l v[kh vk[i k] dksuZ k ea [kj kp ; k [kj k'k]

cdt qkkā dh n̄kky ?kj

I eL; k, j c~~l~~ekz dks gks I drh gA

vk[ka dh T; ksr dk vpkud pyk tkuk

vk[ka dsvunj [ku dh ul kadsQVus I § jShuk dk vi usLFku I sgVus I § LVi
vk[vU; egRoiwkz I eL; kvka I s vk[ka dh T; ksr vpkud tk I drh gA vxj
vk[ka dh T; ksr pyh tk, rks bI s xEHkjrk I s ya vk['kh?kz fo'kskK dh I gk; rk
yA

Åij crk; s x; s y{k.k ea I s vxj dkHk y{k.k fn[kkbZ ns rks 'kh?kz gh vk[ka ds
MkDVj dks fn[kk; A

tc Hk vk[ka ds fpfdRI d ds ikl vki fu; fer ijke'kz ds fy, tk; arc bu
y{k.k ds ckjs ea vo'; crk; A

dN y{k.k /khj&/khjs c<rs gA tI s fd utj dk xì eì gksus dk y{k.k /khj&/khjs
c<dj dkQh I e; yrk gA

vk[ka ea [kqtyh gksus vk[ka ds yky gksus ; k nnZ gksus ds ckjs ea MkDVj dks fn[kkrs
I e; /; ku I s vo'; crk; A vxj vki I ky ea, d ckj Hk vk[ka ds MkDVj I s
ijke'kz yrs gars chekjh tYnh i dM+ea vk I drh gA bl I s vki dh vk[ka dh
I eL; k xEHkj ugha gksA

**rst idk'k ;k idk'k dh ped ds ifr I aou'hyrk dk c<uk ;k v[dk
dh T; ksr dk /khjs /khjs /hyrk gksA**

; g vk[ka ea elsr; kfcln dscuuask y{k.k gS; k , d k rc gksk gS tc vki dsp'es
dk uEcj cny x; k gA elsr; kfcln dk cuuk /khjs /khjs gksk gS vk[vki dh
T; ksr dk tkuk Hk /khjs /khjs gksk gA

yyb[kty[tyu ;k vk[ka I s Fwilk Fwilk i hi fudyuk

; s I c I [kh vk[ka ;k , yth[ds y{k.k gA xEHkj : i I s I [kh vk[ka dk mi pkj
ughafd; k x; k rks vk[ks I Øfer gks tk; skA

cT~~ek~~ dh vki[ka dh uhps dh i yda vlnj ; k ckgj dh vki >pl tkrh g~~s~~ bl I s xEHkj {kkk.k ; k tyu] yykbz vki I Øe.k gks tkrk g~~A~~ Åij dh i yda Hh uhps dh vki fxj I drh g~~s~~ g~~s~~ g~~s~~ i fj. kkeLo: i n~~k~~ kuseack/kk gks tkrh g~~A~~ vxj vpkud , d vki dh i yd cln gks tk; srks rRdky bl ds dkj.k tkuus ds fy, fo'kkK dh I ykg ya

MKVj dks cykus I s igys fuEu izuk~~a~~ ds m~~uk~~j tku ya &

- ♦ 0; fDr dks & dks I h nokbz ka ys jgk gS\
- ♦ D; k p'es I s; k p'es dksfcuk i kl dh ; k nj dh oLr~~v~~ dks n~~k~~ us dfBukbz vkrh gS\
- ♦ D; k vki[ka dh T; kfr /kkyh gks xbZ gS\ D; k , d vki[ka I s, d k fn[krk gS; k nkukavki[ka I A D; k , d k p'ek yxkus i j gkrk gS; k fcuk p'ek yxk; s\
- ♦ D; k nf"V ds d~~h~~nz es vld/k fcUng ; k Qth fcUng gS\
- ♦ D; k rst jksuh ; k jksuh dh pdkpk~~k~~ I s 0; fDr fopfyr gks tkrk gS\
- ♦ D; k cT~~ek~~ dks phtankojjh fn[kkbz nsrh g~~s~~\
- ♦ D; k vki[ka I s ikuh ; k ihi vkrh gS\

; gage , d mnkgj.k n~~o~~dj crk; ~~as~~ fd MKVj dksfd I i dkj ejht+dh chekjh dskj se crk; ^esx g~~p~~vki vi usfir k Jh Y dks vki dks fn[kkuk pkgrk g~~A~~ ej s fir k tc v[kckj i <rs g~~p~~ rks mudh , d vki[ka cln gks tkrh g~~A~~ og v[kckj dks vi us I s dkQh nj j[k dj i <rs g~~A~~ i <us dskn mudsfl j eannZ gks tkrk g~~A~~ os smudk dguk g~~s~~ fd mudh nf"V Bhd g~~A~~ , d k yxrk g~~s~~ fd os nj dh pht dks vki kuh I sn~~k~~ yrs g~~t~~ sfd VsyfotuA e~~s~~ pkgrk g~~s~~ fd vki mudh vki[ka dk i jh{k.k djA , d k nks l kyka l sgSvki fi Nys l kr I ky I smuga'kqj dh chekjh g~~A~~**

vxj cT~~ek~~ dks nf"V I cdkh I eL; k g~~s~~ rks vki ml dh I gk; rk d~~s~~ sdj I drs g~~A~~

cdf qkkā dh nskky ?kj

ds dkj.k gks I drh gš

bI ckr dk /; ku j [k] fd ?kj dk Q'kz I kQ vks 0; oLFkr gkA fctyh ds rkjk
dks nhoky ij yxk nA NkVs Quhpj tS fd LVy vkn ml txg I s nj j [k]
tgka l s ?kj ds cTpkz I nL; dk i k; % vkkuk tkuk jgrk gš

?kj ds pkjk vkj rš idk'k okys cYc yxk; A

I hf<+ ka vks i <us ds dejse i dk'k dh mfpr 0; oLFkk j [k] i <us dk i dk'k Åij
I s ; k i hNs I s vkus dk i zU/k djA 75 okW ds cYc dks i <us ds fy, yxhkh 2
QhV nj j [kuk Bhd jgrk gš vki jkskuh dh fkhUu fkhUu ek=kvks vks I a kst uks ds
ckjs ea i z kx dj I drs gš fQY; fji JV , oa gykstu ykbV dk mi ; kx djA
fQY; fji JV ykbV uhvki u fy, vks gykstu ykbV vf/kd I Qnh okyk id'k
nsh gš gykstu ykbV I kekU; ykbV cYc dh ryuk ea 10 i fr'kr vf/kd i dk'k
nsh gš

- ♦ gky dsfy, tkusokysjkLrk I kusdsdejk vks Luku?kj ea jkf= ysi tyk; A
- ♦ I hf<+ ka vPNh idkj fn[kkbz na bI ds fy, fji yDVj Vs dk i z kx djA ; k
I hf<+ ka ds fdrukjs jahu Vs yxk; A
- ♦ , \$ h 0; oLFkk djfd idk'k dh pepekgV (glare) de gkA , \$ k rkh gksck
tc ?kj dk Q'kzvR; Ur pedhyk u gks; k ?kj dsQ'kz i j dkyhu vkn fcNkbz
tk,A
- ♦ f[kMfd; kaij f?kl sgq 'kh'ksyxk; A tc cTpkz di Mky cny jgk gksrc oscln
gkA
- ♦ ; g fuf'pr dj yfd nokbz k ftUga cTpkz ysjgk g\$ os vks [k] dh chekjh dk
dkj.k ugha gš dN nokbz ka ds vfrfjDr udkjRed ifj.kke gks gš ; s
vfrfjDr udkjRed ifj.kke nf'V ea deh vkkuk ; k vks [k] ea tyu vkn ds
: i eagksI drs gš dN nokbz kanf'V i j vI j Mkyrh gš bI ckr dh tlp
MKDVj I s djk ya MKDVj mu nokbz ka ds LFku i j vU; nokbz ka yus dk
I pko ns I drs gš
- ♦ vxj vks I vks garsdf=e vks wna; k jkr dks vks [k] ea vks VVe JV yxk; A

vf/kd xEhkj I eL; k gks l drh gA ue@i uhyh vki[ka vkJenk; d gkrh gams
I Øe.k gks dh I hkkouk de gkrh gA vki[kka ea ueh nsus okyh nokbZ ka(eye
drops) MkyA ; k df=e vkl wHkh nokbZ dh npku I s sys l drs gA

- ♦ ?kj ea/kw dk p'ek i guus dks i kki kfgr u djA ftu yksks ds elsr; kfcln
gkrk gSos?kj ea i zdk'k dh pepekgV l scpus ds fy, /kw dk p'ek i gurs
gA /; ku nsus dh ckr gSfd ftudseksr; kfcln gkrk gSmigade i zdk'k ugha
oju-T; knk i zdk'k pkfg, A

vxj ?kj ea i zdk'k vf/kd rst gS rks ml s de dj nA vxj cTkkZ 0; fDr dks /kw
ea tkus ds fy, p'ek yxkus dh vko'; drk i Mrh gS rks 100 ifr'kr ; wh
(ultraviolet) p'ek i guj i zdk'k dh pdkplkk ugha l rk; xhA

, s smidj. kA dk l gkjy ya tks cTkkZ ds fy, nskus ea l gk; d gA mnkgj.k ds
: i ea CMf fiV okyk dSyD; nyVj] eSkuhQkbZ 'kh'kk ¼tks phtka dks cMk dj ds
fn[kkrk gA vki , s k dEl; Vj tks cksyrk gA ek/s v{kjk okyh i jrdi if=dk, j
v[kckj vknfA oS sbl i zdkj dh i kB; l kexh cTkkZ dks/; ku ej [k dj Hkkjr
ea vHkh ugha cukbZ tkrhA bl vki /; ku nsus dh vko'; drk gA

phts vkl kuh l s fn[ka bI ds fy, mues fo"kerk j[kA fo"kerk dk vFkZ gSjaka ; k
Vku dh fo"kerkA tS s fd dkyh i "BHKfe ij l Qn fiVA ; g vkl kuh l s fn[kkbZ
nskA tS s Hkj ds ckxt ij yky fiV Li "V fn[kkbZ ugha nskA fo"kerk nskus dks
vkl ku cukrh gA , s h cgj l h Nksh Nksh ckragftuea i fforzu djds cTkkZ ds
fnu&ifrfnu ds fØ; k dyki k adks l jf{kr vki vkl ku cuk; k tk l drk gA ; gka
ge dN mnkgj.k nsjgs gA &

j l kbZkj ea

I Cth ; k Qy vknf dks dlvus ds nks i zdkj ds ckMZ j[kA & , d xgjsjx vki nVjk
gYdsjx dkA xgjsjx okys dfVx ckMZ ij gYdsjx dh l fct ; k adkvA tS s fd
vkyi vki l; ktA gYdsjx okys ckMZ ij xgjsjx dh phtka tS s xktj vki
gjh&fepZ vknf dks dkaA

cdf qkkz dh nskky ?kj

dklh vkj pk; dsdi Hkh xgjs vkj gYdsjx dsgka us du vkn Hkh bl h i dkj xgjs vkj gYdsjx dsgks l s cTckZ0; fDr dks ns[kus ea vPNk yxsxkA
ckfk: e

rky; } Vfk ctkj Vfk i tV] l kcp vkn Hkh jxhu gks pkfg, A

vU; oLrqj

dejs ds in dejs eafcnk dkyhu ; k dkj i vkn phtk dsjx Hkh fo"kerk fy; s gks rks vPNk gksxkA edku dh phta vkj mudh l tkoV ea i SuZ gks bruk vko'; d ughagSftruk fd , s h phtk dk gksuk ftUga cTckZvkl kuh l sn[k l dA

cTckZ dh nskky ea dbZ dfBu[bz] ka vrh gA

- ♦ ^eEeh vPNh rjg l sn[k l drh gSyfdu FkkMh HkkUr gA*
HkkUr dk , d dkj.k nf"V nksh Hkh gA vxj cTckZ0; fDr ds ekfr; kfcln gS rks nsud dk; Z djuk dfBu gks tkrk gA , s h fLFkfr ea 0; fDr df.Br vkj yTtk dk vutko djrk gSft l s vki Hkk gksuk dgrs gA vki cTckZ0; fDr dks vkjka ds MhDvJ ds ikl tkus dks i kRl kfgr djA
- ♦ ^eSis i trd i <uk cñ dj fn; k gSft l l señvi uh jgh l gh nf"V 1ns[kus dh {kerk½ dks cpk; s j [k**
ftu phtk dks djus evki dks vkuun vkrk gSmUga djuk cñ ughadja vki viuh nf"V dks [kRe ughadji drA vki eui l n i trd i <fyfdu i <fs l e; i dk'k dh mi ; Dr 0; oLFk dkj 1/2dk'k i hNs l s; k Åij l svk; svkj cgr rst u gkA½
- ♦ ejsfir k 80 o"ZdsgA vc bl mez eamuds ekfr; kfcln dk vkwjšku djuk mfpr ughA
ekfr; kfcln dk vkwjšku djkus ds fy, cgr nj ughagksA ekfr; kfcln dk vkwjšku l jy vkj l jf{kr gS vkj fd l h Hkh vk; qea fd; k tk l drk gA

gh vfrfof'k"V ns[kkk]y ; k ufl kx ds j dh vko'; drk gks h gA

bI h i dkj dh vudkack/kk, avk I drh gA mu ij fopkj dj s vks mudk
I ek/kku [kkstA ns[kkk]y ds fy; sviusfe=k ifjokj ds l nL; kdk l g; kx i klr
djA cTkkZ dks gksusokyh I Eko n"V I EcI/kh I eL; kvka ds i fr tkx: d jgavks
mudsI ek/kku ds fy, mfpr dne mBk; A cTkkZ dks vPNk i dk'k ; Dr okrkoj.k
na vks fu; fer : i lsI ky ea, d ckj vki[kka ds MkkVj dks fn [kk; avks mudh
I ykg ya MkkVj tksmi pkj crk; amI s yA

vc I qusI s I EcflU/kr I eL; kvka ds ckjs ea ppkZ gks hA

□□□

I qus I s I EcflUkr I eL;k

cdf qkkz dh nskky ?kj

65 I ky I sT; knk mez ds vf/kdrj cTgjš u dh I eL;k I s xfl r gks yx
tkrsgA ; g I eL;k de ½dN vkoktka dksu I quk½ ; k T; knk ½cYdy u I quk½
gks I drh gA nHk; I } cgr de o) yks gh tks bl I eL;k I s xfl r g
fo'ksK ds i kl tkrs gA Loj ; ≠ ½ qus dh e'ku½ dk i z kx vks Hkh de cTgkZ
djrs gA bl ds i fJ. kkeLo: i , s cTgkZ dh I { ; k cgr gS tks nI jkadh ckr dks
ughal e> i krs gA cgjš u dh I eL;k , d jkr eauhagkrh gA ; g /kheh ifØ; k
gA bl chekjh dk , d i kffHkd y{k.k ; g gSfd , s cTgkZ; fDr Vsyfotu dh
vkokt rst dj ns gA I kFk gh] , s 0; fDr] vki I s vki dh ckr dks ckj&ckj
nkgjks dks dgrsgA ; k tks vki ckyrs gA ml s l gh ughal e> i krs gA vFkZ~xyr
I e>rs gA fu'p; gh] tc vki viuh ckr tkj I s nkgjks gA rks cTgkZ 0; fDr
vki dksfpYyks dksfy, euk djrs gA , s k bl fy, gkrk gSfd I eL;k vki ds tkj
I s u ckyus dh otg I s ugha gS cfYd I eL;k o) 0; fDr ds u I qus vks dN
vkoktka dksu I e>us dh otg I s gA dN T; knk vkofr dh /ofu i jskkuhnk; d
gkrh gA I eL;k dk , d Lrj ; g Hkh gkrk gSft I e 0; fDr dN 'kñka dks xyr
I e>rk gS tS s fd ^, y**] ^, Q** vks ^Vh** dks xyr I e>k tkukA

I Øe.k I } fdugha nokvka I s vks yEcs I e; rd T; knk vkofr dh /ofu okys
okrkoj.k eajgus I sHkh cgjki u gks I drk gA ; | fi] T; knkrj ekeyka ej cgjki u
o) ykska emez ds vuq kj dku e i fforzu gks ds dkj.k gkrk gA

; fn o) 0; fDr] vki ds ckyus i j] dku ds i kl gkFk yxkdj I qus dh dks'k'k djs
; k ckj&ckj i nsfd ^D; k**] rks vki ml s fpfdRl d ds i kl tkdj] viuh I qus
dh {kerk tkp djokus dks dga fpfdRl d cTgkZ dks ukd] dku] xyk fo'ksK
½cgjš u dh I eL;k ds fo'ksK½ ds i kl tkus dks dga

; | fi cgjki u LFk; h gks I drk gSyfdu fQj Hkh /ofuo/kd ; ≠] jSM+ks vks Qks
dsfy,] I qus dh e'ku vks dN ifØ; k, a tS s fd gkBk dh xfr dks i <uk vlfn
dN gn rd de dj I drs gA

- ♦ cgjš u ds y{k.kk l s l ko/kku jgA
- ♦ fpfdRI d l s tkp djokus dk iż kl djA
- ♦ bl upl ku dks de djus ea l gk; rk djA
- ♦ /ofu ; a;k ; k l qus dh e'ku ds iż lkx dks c<kok nA

**fo'kk dh l gk; rk dc ya **

vki kredkyhu fLFkr ea &

cgjki u Lo; a l s , d vki kredkyhu fLFkr ugha gS yfdu vpkud u l quk ; k
cgjš u ds l kfk vU; y{k.kk dk gkuk [krjukd gA rjU r fpfdRI dh; l gk; rk ya
; fn , s s y{k.k fn [ka &

- ♦ vpkud vlg ijh rjg l s cgjki u , d ; k nkuk rjQ gks & ; g fdI h
[krjukd l Øe.k] dU j dh xkB ; k fnekx ea [ku dk i dk g de gks l s lk
gks l drk gA
- ♦ th fepykus rFkk mYVh gks i j A

**pDdj vkus ; k vI ryu gks ds l kf&l kf vpkud l qus dh {kerk de
gks tkuA**

; s l a Ør y{k.k vkrfjd dku dh [kjkh ; k efuvjs(Meniere) vofLkk ds dkj .k
gks gA

tc y{k.k vki kr~ ugha gk rks Hh budks MKWj dks crkuk plg,

I qus dh l eL; kvks ds l kekU; y{k.k fuEu gA ; fn ctkZ0; fDr fuEu ea l s dN
Hh djrk gS rks MKWj dks ctyk; a ; k ml s ys tkdj MKWj dks fn [kk; A

- ♦ 'kCnka dks xyr l e>rk gA
- ♦ ckrphr dks l e>us ea i jskuh dk gkukA
- ♦ Vhoh dh vkokt dks bruk vf/kd dj nsuk fd nijf'kdk; r djus yxa
- ♦ I qus dh l eL; k ds dkj .k i kVh o jLViVj ea tkus l s i jgst djukA
- ♦ Qks o njokts dh ?kh dk tokc ugha nsukA
- ♦ ijLij ckrphr ea tokc ugha nsukA

cdf qkkz dh nskky ?kj

- ♦ cT~~ekz~~ vknreh l s i~~nk~~s fd D; k m l s ?M~~h~~ dh fVd&fVd l ~~ukbZ~~ nrh gS\
- ♦ 'kk~~r~~ dejseacBks vkj vi us nskka türk dks vki l ea; k Q'k~~l~~ i j jxM~~A~~ ns~~lks~~ dh cT~~ekz~~ vknreh ; g l ~~u~~ i krk gSfd ughA cT~~ekz~~ vknreh dks ckrphr dsn~~lks~~ku vkj[k cn djusdsfy, cksyksA D; k og tksn~~l~~ jk 0; fDr dg jgk gSml s l e> i krk gS; k ughA\

MKVj dks cykus l s igys fuEu izuka ds mükj tluks &

- ♦ l ~~us~~ dh l eL; k dc gkrh gS\ \ kekU; ckrphr dsn~~lks~~ku \ vkokt okys dejseal jSM; ks l ~~urs~~ l e; \ \
- ♦ de l ~~u~~uk dc i kjeHk gyk \
- ♦ D; k ; g vpkud gyk ; k /khj&/khjs \
- ♦ fdI dku eaT; knk l eL; k gS\
- ♦ D; k dku ea?k~~h~~ dh vkokt vkrh gS pDdj vkrsgs; k mYVh gkrh gS\
- ♦ ckj&ckj vkokt okys LFku ij tkrk gS\
- ♦ D; k ml dks dkkZ x~~khj~~ chekjh gA esMdy l eL; k t~~s~~ s Mk; fcVht ; k LVkd vkn rks ughA gA

MKVj dks cykrs l e; vki dks D; k djuk gS bI s , d mnkgj.k }jk Li'V djx~~A~~

^es vki dks ?kj ij cyk jgk gW D; k id ejh ek 'kkurh noh dks l ~~us~~ ea l eL; k gA ; g l eL; k fi Nys dN o"kk~~ea~~ g~~b~~ gS vkj gj l ky vkj fcxM~~rh~~ tk jgh gA tc yks /khjs Loj ea ckr djrs g~~s~~; k tc og vkokt okys dejseagkrh gS rks mudks ; g l e>us ea l eL; k gkrh gSfd yks D; k dg jgs gS**

vki mudh enn ds fy, D; k djks &

- ♦ fpYyk~~ks~~ ughA% fpYykuk ; k /khjs ckr djus l s vkokt fodr gks tkrh gS ftI l s cT~~ekz~~ 0; fDr dks vki dh ckr l e>us ea l eL; k gkrh gA l kekU; xfr ea FkkM~~h~~ /khjs vkj xgjh vkokt ea cT~~ekz~~ l s ckr djA

jgh vkokt] D; k dgk tk jgk dks l qus vks I e>us dks dfBu cuk nsrh gA
• ckr vkeu&l keus gks dj djA cTkkz yks ckrphr djrs gq s vki dh 'kDy
n[kuk pkgrsgA eg dspruso pgjs dsgko&Hko l qus okys dks rpe D; k dg
jgs gks ml s l e>us esenn djrs gA ge l c gkA dks vulks pkfjd : i l s
i <rs gA l c dsfy,] fd D; k dgk tk jgk gA yfdu ; g ml 0; fDr fo'kk
dsfy,] tks l qus dh l eL; k l s xfl r gks vks Hkh egRoi wks gks tkrk gA ; g
l quf'pr djksfd ckyrsodr rpe viuk eg gkFk l s ugha <dkx A vi uh ckr
dks vks l jy , oal "V dgus dsfy, 'kkjhfd Hkk"kk dk i z kx djks t g sb'kkjk
djuk] fl j fgyuk bR; kfnA ; g Hkh /; ku j [ka fd cTkkz l s ckr djrs l e;
izdk'k dh mfpr 0; oLFkk gkA

- Li "V ckyuk % eg Hkj k gksus dh voLFkk ea ckr u djA tc fd l h ckr dks
nqjk nkjkus ds fy, dgk tk,] rks l jy okD; ka dk i z kx djA
- Li "V : i l scrk; A yfdu bruk foLrkj i oD Hkh ughafd gkA dks xfr i <ts
ea cTkkz dks i jskkuh gkA
- cTkkz dks l gk; rk yus ds fy, i Hk kgr djA % 0; fDr tks l qus dh
l eL; k l s xfl r gSml s viuh l eL; k dks Li "V : i l s n l jk dks crkuk
pkfg,] vks n l jk l s dgafd ml ds fy, os D; k dj l drs gA mnkgj.k ds
fy, & es pkgrk gafd vki ejh vks n l ksft l l se vki dh ckr dks cgrj
l q l d; k ge 'kkur dejse apydj ckr djA

I qus ds midj.k

- 1- I qus ea l gk; rk ds fy, l ko/kuh i oD fo'kk dk puklo djuk %
vxj dks cTkkz 0; fDr l qus dk midj.k yus ds fy, r\$ kj g\$ rks rEga , d
, \$ 0; fDr dh ryk'k djuh gksxh tks vPNh xqkoUkk okyk midj.k mi yC/k
djok l ds vks tks cTkkz ds fy, mi ; Dr gkA l qus dk midj.k mi yC/k
djokus ds fy, ukd] dku] xyk fo'kkK] Loj fo'kkK ; k i athd'r midj.k
fo'ksk vknf l Hkh mfpr 0; fDr gA tc vki , d l qus dk midj.k [kjhnrs
g\$ rks fo'ksk dks ml ds j [kko ds fy, Hkh dgk\$ rFkk okjA h ds fy, Hkh

CdF Qkkā dh nskkky ?kj

I drsgj vxj og ijh rjg lsdke ughadj jgk g½; g I fuf'pr djksfd midj.k foØrk , d vutkoh vknch gkA

- ♦ **I fuf'pr djksfd /ofu ;& vPNh rjg lsyxk;k x;k gS;k ugħa % /ofu&; & vPNh rjg lsdku eayxkuk pkfġi, A vxj /ofu ;& dku eavPNh rjgs l sughayxk; k x; k gSrk; g I gh rjg lsdk; Zugħadjsxk ; k fQj ; g i guuseavl fo/kktud għsrks 0; fDr bl siġuuk i l-UN ughadjsxkA /ofu ;& fo'k kK dks bl s lko/kuhi id-dcifex ds dku eayxk dj niskuk pkfġi, fd og Bhd l sdke dj jgk għal midj.k ds iż-żek ds fy, mfpr i f'k k.k Hkh fn; k tkuk pkfġi, A**
- ♦ **vxj ,d /ofu ;& I gh rjg lsdk; Zugħadjrk għsrxks nisjs ;& ds fy, iż-żlk djks%, d /ofu ;& dk iż-żlk ykikk i kklr għsus es-żejt; yx l drk għal vxj ,d /ofu ;& I gh rjg lsdk; Zugħadjrk għsrxks bl s foØrk dks oki l- dji nkst tgħiġi l-sbl s [kjehn x; k għa cktkj eacċegħ iż-żlk ds /ofu&; & mi yekk għa Nkħiż cMs tħi rjg lsdku eayx tkrs għ ; k dN ckgħi l s-fn [kkbz nissgħa dN ylk , d fuf'pr rFkk I gh ;& [kjehnus l s iġy sciegħ l s-vu; ;& k iż-żek djerx għar Fkk fQj mua l-sfdi l-h , d dk puu ko djerx għal vU; midj.k**

id/kl d'sek se ħażi % id/kl ½vkort dks rest dju s okyk ; & ½ dks dehit dh tċ- eahħi jekk tk l drk għa bl sniġi' klu ds iż-żek niskus ds fy, Hħi mi ; lkx es- yk; k tk l drk għa ftit l s-fd I ġuus dh l-eL; k l s-xfl r 0; fDr Vhoh- dh vikort dks T; knk u c-kkien vikke l s iż-żek dks niskuk vikj I ġu I da

I għi; d Loj ;& midj.k ds ckjs ea i-nuk % buex VyħQksu] , Ei yħQk; j I rdz dju s okys midj.k ½/ VyħQksu@nhokj ?kla h tħiex c' tħiex dh ctk; iż-żlk k pedekrh għi vikj fgyusokx vykez? kMieb 'kifey għa bl eż-żebbu kku vikj għMQu iż-żekk Hħi 'kifey għa tħiex Nkħiż l-egħxa eż-żek rphar dks viki ku cukkha għa

Yu midj.kka dh vfrfnej Dr tkudjkha ds fy, vi u Loj ;& fo'k k k ; k vU; I nL; k l s-bl fo"k; ds ckjs ea i-nu

**eFeh vius I qus okys ; & dks i guus I s euk djrh gA"*

tokc %dHkh&dHkh 0; fDr I qus okys ; & dks i guus I s drjkrs gA ; k 'kekrs gA
dN ykska ds fy, bl ; & dks yxkuk ceksi dh fu'kuh gA bu ykska dks I qus
okys ; & dks yxkus ds fy, i kI kfgr djA mudh [kI enn djA ft I I s muga
vknr i M+tk; A muga l gk; rk nA viuh ekrkth dks I qus okys ; & dks ?kj i j
i guus dks dgA i kI kfgr djA vius i fjoj ds I nL; karFkk fe=k dks ; g crk, i
fd mudh ekrkth us tc I s I qus okys ; & dks i guuk 'kj fd; k rc I smudks
cgr Qk; nk gyk gA T; knkrj efgyk, i I qus dh e'kuh dks vius ckyka I s Nq k
I drh gA

**ejh vkhth vius I qus okyh e'kuh dks I gh <x I s ugha yxkrH*

tokc %mudks I qus okyh e'kuh dks I gh <x I s yxkus dks i kI kfgr djA ; s
I quf'pr djfd vki dh vkh i R; sd jkr dks I gh LFku i j bl dksj [karFkk I cg
i gu yA

irkth viuh I qus I s I Ecflkr I eL; k dks ykska dks ugha crkrS

tokc % vktdy iq "ka dh ryuk ea f'kfkr efgyk, i vius LokLF; I cdkh
I eL; kvka ds ckjs eAT; knk tkx: d gA

vki ds firkth dks vki ds i fjoj ds vU; I nL; I gt : i I s I e>k I drs gA

**es I gh I qrk gwij I gh <x I s ugha cky ikrk gH*

tokc %bl fo"k; i j ge I kfkr feydj dk; ZdjA es I kQ I kQ ckyus dh dks'k'k
d: ak ysdv efs; g nEkk gSfd vki dks nI js ykska dh crkrka dks I qus ea Hkh
i jskuh gkrh gA bl fy, egs vki dks fnEkkus ds fy, MKDVj I s I e; yus nA
vki dh I qus I cdkh I eL; k dh tkp djkrsgA rc gh MKDVj ge nkuka dks crk
I dks fd ge nkuka vki dh I qus I cdkh I eL; k dks dS s gy dj I drs gA

*ifjp; k I s I Ecflkr vki dh ; ktuk dks ijk djus ea vhus okyh ckhvka
ds ckjs ea foply djA*

cdt qkkā dh nskky ?kj

eavk l drh gA mnkgj.k ds : i ea & D; k cTlkZ 0; fDr vki ds l kfk l g; lk
djsxk D; k nli js yks l g; ks nks \ vki viuh vko'; drkvka ds ckjseanli js
yks dks dS s l e;k, xs \ D; k vki ds i kl bu l eL; kvka dks gy djus ds fy,
i ; klr l e; vks ÅtkgA

vki dks bu l eL; kvka dks gy djus ds fy, l Hkh ck/kvka dks nj djus dh
vko'; drk gA l eL; kvka ds l ek/ku dsckjseacrk; sx; srjhdkadk mi ; ks djA
viuh ; ktuk dks f0; kUor ,oa l ek; ktr dja

fdl h Hkh 0; fDr dks /ofu&; a l s vudfyr gksus ea ik; % dbZ l lrkg vks
dHkh&dHkh ml l s vf/kd l e; Hkh yx l drk gA cTlkZ 0; fDr dks pkfg, fd
l oj Eke oks ; a dks dku ea j [kuk l h[ks rFkk ml dks dS sfu; a.k ea djrs gS
l h[ks /ofu ; a l k/kj.k /ofu mRi Uu ugha djrk gA ; g /ofu; kadh rhork dks
c<krk gS i "BHKfe ds 'kksj ds l kfk l kfk cksus dh vkokt dks i eq[k /ofu; k i j
/; ku dSkhr djusea l e; yxrk gA l h[ks ds nljku /ofu fpfdRI d ds i kl
mi dj.k ds mPp rkyes ds fy, vks l ykg ds fy, i u% tkuk vPNk gA ; g Hkh
vPNh ; Dr gS fd vki l qus dh e'ku ds l kfk gkBa dh Hkk"kk Hkh i < vks 'kksj
; Dr LFkkuka l s nj jgA o) 0; fDr dks pkfg, fd oks /ofu fpfdRI d ds l kfk
vkjkenk; d egl l djs rFkk Lor;a : i l s ml s /ofu ; a l tM l eL; k , oa
> ykgV dks l e;k; A /ofu fpfdRI d l qus dh e'ku dks mfpr rkyes , oa
mi ; kxh cuk; skA

;fn vki dh ;ktuk f0; kUor uk gks

vki /ofu ; a i guus ds fy, fdl h dks ck/; ugha dj l drA l gt 0; ogkj , oa
l g; ks ik; %dk; Zdjrk gA ; fn mPp i f'k{k.k ds ckn Hkh /ofu ; a l s l UrV u
gkaks /ofu fpfdRI d ds i kl i u% tk;s , oa l qko i NKA /ofu ; a i R; d 0; fDr
ds fy, mi ; Dr ugha gkjk gA Hkkjr ea , s h dN l AFkk, a gk tks xjhck dks eqr
l qus dh e'ku nsj gA



nkrka dh I eL; k

nkrka dh I eL; k c^ql^kks^q ds LokLF; I s I Ec^q/kr I eL; kvka ea I s , d egRo i w^z I eL; k g^g 65 o"z I svf/kd vk; qds c^ql^kks^q d^g Hkk; 'kkyh c^ql^kks^q NkM^gdj] nkrka ds M^gDVj ds i kl d^gkh u d^gkh rks tkuk gh i M^gk g^g D; kfd 65 o"z I s vf/kd vk; qds c^ql^kks^q ftud s nkr LokHkk fod g^g muds nkrka ea{kj.k vU; vk; qds y^zks^q dh ryuk ea vf/kd gkrk g^g mez ds vuq i tcM^gf fl d^gM^gs yxrk g^gft I I s nkrka ea{kj.k ; k I Øe.k gkus yx tkrk g^g c^ql^kks^q dks vi us nkrka ij c^ql^k dju^g I kQ&I QkbZ dju^g vk[ka ea jk^gkuh dh deh ; k cktv^g dykbZ ka v^g gkFka eannz gkus ds dkj.k dfBukbZ gkus yxrh g^g nkrka dh I eL; k I s dbZ vU; I eL; k, a tM^g gkrh g^g mnkgj.k ds : i e^gnkrka dh I eL; k dijk^g.k c^ql^k dh g^gft I ij c^ql^kz /; ku ugha ns^g fo'kskaj i q "k oxA

c^ql^kks^q ea nkrka dh i kp I eL; k, a ik; % n^gkus ea vkrh g^g &

- 1- **nkrka ea {kj.k & tc vkn eh o)** gkrk g^g rks muds el M^gfl d^gM^gs yxr g^g bl dk i f^g.kke ; g gkrk g^gfd nkrka dh tM^gm/M+tkrh g^g bl fy, ml {ks ea l yik[k gkus vkl ku gks tkrk g^g doSV ¼ yik[k^g gkus ij I Øe.k gks tkrk g^g nkrkadk V^gwuk i k^gEhk gks tkrk g^g Hkkjr ea c^ql^kks^q ds nkrka ds fo'kskK ugha g^g bl fy, ; k; if'kf{kr n^gur fpfdRI d dh I ok, a yA
- 2- **el M^ga dh chekjh & nkrka v^g** el M^ga ds chp dh txg ea lyd curs g^g lyd , d , s k n^g; g^gft I ea thok.kq ½cDVhfj; k^g ylk v^g [kkuk gkrk g^g lyd ½Qyd½ vEy NkM^grsg^gft I I sel M^ga dh chekjh gkrh g^g lyd nkrka dh I rg ij c^ql^kks yxrk g^g el M^ga gkus okyh chekjh dks jkdus dsfy, i frfnu c^ql^k djslydks^g gVuk pkfg, v^g nkrka dks I kQ djuk pkfg, A vxj vki fctyh I s pyus okys c^ql^k dk i z kx djuk pkgrs g^g rks n^gur fpfdRI d I s I h[k dj djA

cdf qkkz dh nshkky ?kj

1M8pl ½ dks jkstuk I kQ djuk pkfg, A cÜkhI h vxj <hyh gksxh rks vki dks i hMk ns I drh gA vxj udyh cÜkhI h dh fQfVx Bhd ughagSrksgog ckrphr djrs I e; eg I sckgj fudydj fxj I drh gSvkj bul s pckus eadfbukbz gksxh i fj .kkLo: i djkSk.k dks c<kok feyshA

- 4- **eg dk I vkkuk & dhkh cTkkd eaykj de iShk gksxh gA ykj eg dh j{kk djusdk i kdfrd rjhdk gSykj thok. kyka/cDVhfj ; k½ dks c<tsI sjksdrh gS [kkus I s ; Dr eg dks I kQ djrh gA ykj eai kdfrd [kfut i nkFkZ gksx gatksej dks I kQ j [krsgA eg dsI vks gksus ij nkraeas{kj.k gksus yxrk gA eg dk I vkkuk dbZ dkj .kkI s gks I drk gS tS sf ddbZ chekjh dk gksuk] d8I j ffkjsh ; k nobbz ka ; k vU; , s h nobbz ka I s tks ykj dks cuus I sjksdrh gA vi us MWDVj dks ykj de cuus ds ckjs ecrk; avkj nobbz ka dh ek=k eamudh I ykg I s ifjoru djA**

eg dk d8I j

; s d8I j eg] xykj tHk vkj gkBa eakgs gA vxj vki dks ykj ; k I Qn pdÙks fn [kbZ n] eg ea Nkys ½kko½ gka ; k eg I s [ku dk vkkuk nks I lrkg eai ekir u gks rks nUr fpfdRI d ; k d8I j fpfdRI d I s I Ei dZ djA D; kfd ; s d8I j ds i kjeHkd y{k.k gks I drs gA

chekjh dh jkdfkke I cl scMh nobbz gA nkra I s I akr cgr I h chekfj ; k dks nkra dh ifrfnu I QkbZ djds jkdk tk I drk gA vxj I eL; k dk tYnh irk py tk, rks chekjh ij [kpZ Hk de gksxk vkj vkl kuh I smI dk mi pkj Hk gks I dskA

vki dk y{; gS

- cTkkZ dks ifrfnu eg dh nshkky djus ds fy, i kI kfgr djA
- nkra dh I eL; k ds y{k.k dks i fr I tx jga
- eg dks vUnj I sue ½hyki u½ j [kA
- de I s de I ky eai d ckj nUr fpfdRI d dh I ykg yA

vxj fuEu y{.k. fn[kkbZ narks M&DVj ; k nUr fpfdRI d dks rRdky cYk; a ;
tkdj ml dh I ykg ya

- **vxj eg I s%el Mba I %2 dkQh ek=k I s [ku cg jgk gks & I c 0; fDr; k
ds el Mba I s FkkMk jDr rks vkrk gh gA dHkh&dHkh jDr ykj I sfey tkrk gS
vlg fQj ml dh ek=k dkQh fn[kkbZ nsrh gS yfdu , k gkrk ughagA rst ; k
vf/kd ek=k ea [ku@jDr dks vkus dks M&DVj dh I ykg ysdj jksduk pkfg,
D; kfd [ku dks bl i dks vkrk eg ds dSj dk i kjeHkd y{k.k gks I drk
gA**
- **dkQh I ntu dk vkrk & tcMsds Åij ; k uhps ds Hkkx ea ; k xnlu eaxkQ
dh xin ds I eku] c[kk j ds I kFk I ntu dk vkrk I Øe.k bUQD'ku dh
vf/kd ek=k dk y{k.k gks I drk gA rst I Øe.k 'kjhj ds vU; Hkkxka ea Qsy
I drk gS tks thou ds fy, [krjk cu I drk gA**
- **eg earst nnZdk gksik & nkrs ds {kj.k ; k el Mba ds vYI j ds dks j.k nkrs
earst nnZgks I drk gA vxj cTkkZ0; fDr nnZ ds ckjs ea ughadg i krk rks
, s vusd rjhds gaftuds }kj og fcuk dgs nnZ ds ckjs ea crk I drk gA
vxj cTkkZ0; fDr vi uspgjsij pkw/ekjrk gS ; k [kkus dh vknr ea ifjorlu
fn[ks tS s [kkus dk eg I s ckgj fxjukl vlfn 0; ogkjka dks nskdj ; g irk
yxk; k tk I drk gS fd cTkkZ ds eg ea nnZ gA**

i yk I scjh rjg I sfxjus ij pkv yxukl fNyukl [ku vkrk ; k gf; k dks VVuk
I s Hkh eg ea i HMk gks I drh gA rRdky nUr fpfdRI d@I tlu dks fn[kk; a
tc nUr fpfdRI d dks?kj ij cYk; a ; k mUga tkdj cTkkZ0; fDr dks fn[kk; a
fuEu voLkkvka ds ckjs ea mUga vo'; crk; a %

- 1- **cÙkhI h ds VVus nkrs ds VVus ; k Hkjus ds ckjs ea & cÙkhI h dks , d ; k
nks fnuka ea Bhk djok; k tk I drk gA VVus nkrs dks Hkh Bhk djok; k tk
I drk gS yfdu dHkh&dHkh mUga m[kkMuk Hkh i M+I drk gA**

Cđf qkkâ dh nškky ?kj

- gksA bl dk bykt gScÜkhI h yxokuk ; k VVwgg nkrka ds LFku i j u; snkr yxokukA
- 3- nkrka ck <hyk gksik & nkrka ds <hyg gksik eryc gSe lMs e gksik okyh chekjI h y{.kA vxj nkr ds pkjka vkj gI h dk dkQh Hkkx I ekir gks x; k gks rks Hkh nkr <hyg gksI drs gA 'k?kz mi pkj }kj k nkrka dks <hyk gksik s cpk; k tk I drk gA
 - 4- I H eacncwakl vkkuk & el Mka dh chekjI h ; k nkrka i j lyd 1Qyd1½ vkj nkrka dh eS (tartar) ds dkj.k I kI eacncwakr gA cTckZ 0; fDr vxj jkstuk fu; fer cjk dj} nkrka i j i kyl djkus vkj fu; fer : i I s nUr fpfdRI d dks fn[kkus I s I kI eacncwakr gks dks jkdk tk I drk gA
 - 5- eg ds?kko & dN nokbz ka ds dkj.k ykj dh deh I s ; k nkr I s ; k cÜkhI h I s dVus ds dkj.k eg ea?kko gksI drs gA
 - 6- el Mka s[ku vkkuk & lyd I sel Mka ea [ku vk I drk gA jkstuk eg vkj nkrka dh ns[khky I s lyd I ekir gks tkrs gS vkj el MLoLFk jgrs gA
 - 7- eg eayykbZ ; k I Qn f>Yyh ; k FIDds& ftu yksa ck eg I [kk jgrk gS vkj ftuds dkbz chekjI h gks dh gSmudsegg ea; hLV I Øe.k gks dh I Hkkouk gks dh vkj vxj yykb ; k I Qn ngi gks rks ml s I kQ fd; k tk I drk gS ; s nkrka gh ; hLV I Øe.k ds y{.k gA nUr fpfdRI d bl I Øe.k dk , bVh Qkxy nokbz I s mi pkj dj I drs gA
 - 8- vxj cÜkhI h <hyh gks ; k cTckZ 0; fDr cÜkhI h dks fp i dks dh fdl h pht dk mi ; kx djrk gks rks cÜkhI h fQV ugha gA nUr fpfdRI d I sfey ubZ cÜkhI h cuok, a ; k ml h cÜkhI h i j ykbu yxokdj Bhd djok; A , k djus i j fpi dks okyh pht+dk mi ; kx ugha djuk i MskA

MkWj dks cykus I s igys fuEu izuka ds mÙkj tku ya

- I eL; k dgkagS\ ; g fdl h nkr fo'k k e gS ; k eg ds fdl h Hkkx ea
- ; g I eL; k fdrus fnuka I s gS\
- D; k nnZ gS\

- ♦ D; k ltu gs\
 - ♦ D; k l eL; k fxjus ; k fdI h vU; dkj.k l s gZ gS\ D; k gyk \
- ; gkj ge , d mnkgj .k ndj crkrsgfd MIVj ds l keus l eL; k dks dS s j [ka%

egh ekadk nkfguh vkj dk Åij dk nkr dy jkr dks [kkrs l e; Vw x; kA mudk dguk gSfd nkr eannzughagSyfdu nkr dk fdukjk rst uphyk gks x; k gS tks ml ds el Ms vkj xky ea ptkrk gA

vki cT_hz dh l gk; rk fdl idkj dj l drs gA

nkrka ij ctk djuk % bl ckr dk /; ku j [ka fd ctk djus dk l gh rjhdk viuk; k x; k gA

I Hkh vkj 1/1kx\$ i hNs vkj nkr dh l rg tgkals [kkuk pck; k tkrk g% ctk djA ctk dks vks i hNs cxy ea?kek; xky ?kek, ftl l snkrks ij yxslyd dks nj djA bl ckr dk /; ku j [ka fd tgkankr el Ms l sfeyrs gA ml LFku ij /; ku l sctk djA vki dk y{; g gkuk plfg, fd jkstuk tkslyd nkrka ij bDVBsgks gSmUganj fd; k tk; sA nUr fpfdRI d dks dgafd cT_hz dks nkrka ij ctk djus dk l gh rjhdk crk; A

vxj cT_hz0; fDr dksnkrksdsc tk dk mi ; lkx djus eadfbukbzgksh gsrksfc tyh l s pyus okys ctk dk mi ; lkx djA fpfdRI d dks ctk ds mi ; lkx ds rjhds dks l e>kus ds fy, dgA ctk djus dk , d nlijk vkl ku rjhdk ; g gSfd ctk ds gS. My ij Vs vlfn yxk dj ctk ds gS. My dks cMk dj nA , lk ctk [kjhn ftl dk gS. My yEck gkA gS. My dks yEck djus ds fy, ydMh dk VdMh ; k nlijsctk dk gS. My yxk nA QylfI x 1nkrsdh l rg dks l kQ dju dks vkl ku cukus ds fy, qlyk gkMj dk mi ; lkx djA

vxj vki cT_hz ds nkrka ij ctk djuk pkgrs gA cT_hz ds i hNs nkfguh vkj [kMs gks tk; a1/1vxj vki nkfgus gkFk dk i z lkx djrs gA geskk , d gh ctk dk mi ; lkx djA iR; d nkr dh l rg dks , d , d djds l kQ djA ctk dks gYdsgYds xkykbZ ea?kek, A thhk ij ctk djA xkyka ds vUnj] Åij dh vkj ctk djA vxj cT_hz

Cđf qkkâ dh nškky ?kj

fpfdrI d ; k nk̄ka dh I QkbZ ean{k 0; fDr }jkf fdI h nñ js0; fDr dscjk djrs ns{k dj I h[ka

cjk uje vlg xky cky okyk gkuk pkfg, D; kfd ; s dm̄s cky nk̄ka vlg el M̄la dks uplI ku igpk I drs gA

cÙkhl h dh nshky % cÙkhl h dks de l s de N%?ka/ka ds fy, i frfnu fudkyA

I kus l s i gys cÙkhl h dks fudky yj , d k djus l sel M̄la i j i M̄us okys ncko l s Nvdkjk feysxkA cÙkhl h dk tc mi ; kx ughadj jgsgärksml si kuheaj [ka , d k djus i j cÙkhl h I pM̄xh ughA gj ckj , d k djus i j I kQ vlg rkts i kuhe dk mi ; kx djA

cÙkhl h dks jkstuk I kQ dja

i R; d l kkus ds ckn cÙkhl h dks ^cÙkhl h I QkbZ cjk* l sjxM+dj I kQ djA gj jkr dks l kus l s i gys cjk l sjxM+dj I kQ dj i kuheaj [ka cÙkhl h dh Øhe vkrh gs tks nokbz ka dh npku i j vkl kuhe sjey tkrh g\$ ml dk mi ; kx djA I QkbZ ds fy, no i nkFkL vkrsg\$ os Hkh vPNs jgrs gA

; g I h[ka fd cÙkhl h dks d\$ s yxk; a vlg fudkyA

vxj cÙkhl h dks fudkyus ; k yxkus ea dfBukbz vkrh gks rks nñr fpfdRI d l s i M̄A os vki dks crk; kx fd cÙkhl h dks d\$ s fudkyrs g\$ \

nk̄ka dh I eL; kvkâ dks gks l s jkda ; k chekjh vlg u c<s bI ds fy, mik; dja

nk̄ka dscjk dks cnyrs jga & cjk dks rhu ekg ckn ; k cm̄t chekjh ds ckn cnyA

cjk dks /kei ku djus /sjek & /kei ku djus l sel M̄la e chekjh gks tkrh g\$ eg I lk tkrk gA eg ds d\$ l j l s Hkh /kei ku dk xgjk I cjk gA

nñr fpfdRI d l s I e; l e; ij ijk'e'kz djrs jga & cjk 0; fDr dks nñr fpfdRI d l s i jke'kz yusdsfy, dgrs jga vko'; drk i M̄rksvki cjk dsfy,

I kfk jga ftl l s fpfdrl d dks ml dh l eL; k crk l dawkjg ml ds l qkoka dks ukj dj yA fpfdrl d u; scjk dsckjse; k nkra dh l QkbZ dsckjse crk; srks ml ij rrdky vey djA

eghus ea ,d ckj eg dk ijk k dja& ,s k djus ij chekjh gks ds y{k.k dk tYnh irk py tk; sk vkg xEhkj chekjh dk [krjk Vy l drk gA
eg l qk gks ij enn djuk

- 1- **vi kdfrd ykj dsckjse a i Ma & vi kdfrd ykj l s eg ea dQh vijk e igprk gA vi kdfrd ykj tS sfd vkiWhkLV (optimoist), vki ycyll tS (oralabalance gel), ekMfk dky (Mouth kote) vkg l yhoVl (Salivart) vkn dks vki cktkj l s [kjhn l drsgA bl h i dkj ikuh ea?kyus okyh tS tS sfd d&okbZ tS h (K-Y Jelly) dk Hkh mi ; kx fd; k tk l drk gA ; g tS h vi kdfrd ykj dh ryuk ea eg ea T; knk l e; rd jgrh gA**
- 2- **[kkuk l s i gys eg dks l kQ dja vkg fnu ea dbZ ckj ,s k dja& ued ds ikuh l s ; k l kQ ikuh l s eg dks l kQ dji dlyh djA , d fxykl ikuh ea , d pEep ued Mky dj eg dks l kQ dja& eg dks l kQ djus okys ?ky ½tks cktkj ea feyrs gA dk mi ; kx u djA D; kfd mueavYdkgy gksk gS tks eg dks l qkkrk gA**
[kkuk l s i gys gkB dks uje djus ds fy, i Sfky; e tS h fyi l kYos ; k dkdk cVj yxk yA vxj gkB uje jgarks [kkuk pckuse vkl kuh jgrh gA jkstuk yxhk , d l snks fxykl i s inkFlZ/khj&/khjs i hus ; k fl i djus dks i fjr djA cQZ ds VpMh 'kqj Yh i s] BMs ½te½j l kqj BMs i s ½tes gq ½ dks i huk vPNk jgrk gA
- 3- **cM] fcLdW ; k i dh gbj [kkus dh phtk dks dQH pk;] nuk ; k l w ea fHxkdj uje djds [kkus dks dga& Hkstu dks uje djds [kkus l s Hkh eg ds l qk u dksnj fd; k tk l drk gA VklV] cM] fcLdW jk/h vkn dks nuk pk;] l w] dQH vkn ea Mqkdj [kk; A Hkstu dks uje djus ds fy, l kW dk mi ; kx dj l drsgA bl l s Hkstu uje gks tk; skA**

cdf qkkz dh nskky ?kj

- 1- nk̄ka dk fxjuk c̄t̄kz0; fDr; k̄e l kekU; ckr ḡA nk̄ks dk {kj.k v̄kj el M̄a ea chekj h nk̄ka ds fxjus dk dkj.k ḡks ḡc̄ki k ughA jkstuk c̄k djus l s chekj h ḡks ds vol j de ḡks tk̄s ḡA c̄k djus i j Fk̄M̄t [ku v̄krk ḡs rks fp̄urk dh ckr ughA ḡA ; ḡ vi us v̄ki : d tk; sk̄A
- 2- uje c̄k dh ryuk eadM̄c̄k l sn̄r Hkyh izdkj l kQ ughaḡs ḡA dM̄c̄k l sfV'kwu"V ḡks tk̄s ḡA el M̄a dks plv iḡprh ḡsbl fy, uje c̄k dk iz lk̄ Bhd jgrk ḡA
- 3- ekrkth@firrkth ughapgrsfd esmuds nk̄ka dks l kQ djuseenn d: A tc os iz luu ḡk̄rc mudh enn djA i gys Fk̄M̄t Fk̄M̄t djackn es tc mudks vH; kL ḡks tk; sk̄ rc os v̄ki dh ijh enn yA
cgr I kjh vll; ck/kk, a v̄ki ds ns[kkky ds dk; Zeavk l drh ḡA l cl segRoi wklz ckr ḡsvll; ykskz dk bl dk; Zeal g; lk̄ ysk v̄kj l ok&'kplkk dh viuh ; kstuk ds vuq kj dk; Z djukA
yfdu ; g Lej.k jgs fd c̄t̄kz ds eḡ dk i jh{k.k fu; fer ḡkrk jgs v̄kj c̄t̄kz l s i Nrsjḡfd nk̄ka dks ysdj ml sdkbz i jskkuh rks ughA c̄ukhl h dk i jh{k.k djrs jḡv̄kj bl ckr dk /; ku j [ka fd c̄t̄kz dks bl ds yxkus ; k fudkyus es dkbz i jskkuh rks ughaḡkthA vxj c̄ukhl h <hyh ḡksk rksckrphr djrs l e; eḡ l sckgj fudy v̄k; sk̄A vxj jkstuk eḡ dh ns[kkky dh tk, rks nk̄ka dh dN chekfj; ka t̄l sfd fxUxhfoVht v̄kfn nks l Irkg es Bhd ḡks tk̄r ḡA el M̄a dh chekj h ds mi pkj es N%elg v̄kj ml l shkh vf/kd l e; yxrk ḡA ; h"V l Oe.k dN gh fnuka es , Vh Qlxy mi pkj yus l s Bhd ḡks tk̄r ḡA
vxj nk̄ka dh l eL; k dk l ek/kk ughaḡks jgk ḡs rks nllr fpfdRI d l sfeyav̄kj mlga crk; afd v̄ki us D; k fd; k v̄kj ml dk D; k ifj. kke jgk \

□□□

vfu; f=r e#rk

I kb I ky I sÅij yxhkx 30 i fr'kr ykskaea i \$kkc /khj&/khj svkus vlfj ml ij fu; ll=.k ughajg i kus dh chekj h gkh gA ; g chekj h iq "kkadsc tk; efg ykvaea vf/kd gkh gA i \$kkc dk dHkh dHkh Vi duk I sydj i \$kkc ij i wLvf u; =ak gkuk bl chekj h dk y{k.k gA , d h fLFkfr ea vki D; k dj&\

I oñ Eke vki cTlkZo; fDr I sbl I eL; k ij I oñuk , oal ko/kkuh i wL pplz djA dbz yks bl chekj h I s xLr gkus ds ckotm bl ds ckjs ea crkus I s drjkrs gA mlgacrykus ea 'kez vkrh gA

mlga yxrk g\$fd ; g dkboz cmh chekj h ughajgA bl fy, mul sbl chekj h ds ckjs ea ckr djus ds fy, geacgr I h I ko/kkuh , oaprijkbz dh t: jr gkh gA i \$kkc I s I EcflU/kr I eL; k pkgs I lkj.k gks ; k tfVy] fpfdRI d dh I ykg yA fdI h vll; chekj h ds dkj.k Hkh i \$kkc : d&: d dj vkus dh f'kdk; r gks I drh gA vxj , d k g\$ rks Hkh bl dk bykt djuk pkf g,A bl chekj h dk mi pkj CyMj ¼i \$kkc dh Fksy½ ds i'k{k.k} i Mw dh ekl i'k; kadh dl jr] nokb; kavkj vki jsku I s fd; k tk I drk gA dHkh dHkh bl s ijh rjg I s Bhd fd; k tk I drk gA

1 +ncko ; Dr : d : ddj i \$kkc vruk % : d&: d dj i \$kkc vokus dh I eL; k dsplj i dkj g\$& ncko ; Dr : d&: d dj i \$kkc vruk mueal s, d gA ; g I eL; k efg ykvaea vf/kd feyrh gA [khj h] tkj I sgj u\$ >plus ; k vll; fØ; kvka I sftuea i V ij ncko i Mfk g\$ ml I e; i \$kkc Lor%fudy tkrk gA bl dk e[; dkj.k detkj ekl i'k; k ¼i \$kkc ekzo i \$kkc Fksy½ ds vkl i kl dH½ g\$ tks cPps ds tle ds I e; 'kY; fpfdRI k j tkfuo fuk ds ckn ; k , LVftu dh deh I sgks I drh gA ruko ; k ncko dk vFk ; gk I oñxRed ruko ; k ncko ughajgA

2 +: d : d dj i \$kkc dh bPNk %0; fDr dks i \$kkc djus dh bPNk vpkud I sgkh gSyfdu ml dks i \$kkc?kj ¼/WWy½ tkus dk Hkh I e; ughafey i krk g\$ vlfj i \$kkc Lor%gh fudy tkrk gA bl ds e[; dkj.k g\$& i kfdu u dh chekj h ejt uyh ea I Øe.k] es &ræ dh chekfj ; kA

CdF qkkā dh n̄kky ?kj

tkrk gSD; ksf FlSyh eae dh ek=k vf/kd gks tkrh gA eae&FlSyh ds [kkyh gks] ds I e; ½ i \$kic djus ij½ eae FlSyh dk [kkyh ugha gks] ij eae ckgj fudy i Mf gA ftu 0; fDr; kae eae dh FlSyh ij es &rf=dk dk fu; a.k [kRe gks tkrk g\$mu ea; g chekjh feyrh gA t\$ se/keg] es rf=dk&ra= dh chekfj; krokys 0; fDr; kae; k ftu ykskaea i kVJ xfUFk dsc<+tkus l schekjh gkh g\$mu dk eae ekxZ : d tkrk gS tks eae FlSyh dks [kkyh gks] s jksdrk gA

4+ i dk; Red : d : d dj i \$kic vkkuk %bl eae eae&vA ½ eae ekxZ o eae FlSyh½ l keku; : i l s l gh gkh g\$yfdu 0; fDr dks l e> ughavkrk vkj og dgha Hkh vkj fdI h l e; eae R; kx dj nsrk gA , Ytkbzj chekjh l s xfl r 0; fDr; k dks mudh ekufi d fLFkfr ds dkj.k ; g /; ku ughajgrk fd mlga i \$kic djus ckFk: e ea tkuk gA mlga di Mks ds [kjk gks] ; k LFkku dk Hkh /; ku ughajgrkA

vki dk y{; gS %

- 1 + o) dh chekjh dks MkJVj }jk tkp djk; apkgs l eL; k cmh gks ; k NkshA
- 2 + i \$kic ds fy; s 0; fDr dks l e; &l e; ij ; kn fnykrs jgA i \$kic tkus dk l e; cuk yA i \$kic ?kj rd tkus dks vko'; drku kj vkl ku cukus ds fy, i kl gh delM dh 0; oLFk dj nA
- 3- ctekZ dks i \$kic dh FlSyh o xpk&if'k; k dh dl jr djus ds fy; s i kR kfgr djA
- 4- 0; fDr dks ml ds Hkstu , oa i kuh&i hus dh vknrka dks cnyus ds fy; s i kR kfgr djA

MkJVj dh l ykg dc ya %

: d : d dj i \$kic vkkus dh chekjh ds ckjs ea MkJVj dks crk; a vkj Lo; a l s l eL; k ds l ek/kku u [kstA i M dk mi ; kx djus l s l eL; k l ekir ughaglokh vkj u gh fdI h nokbZ dh npku l s npunkj ds dgus ij nokbZ yus ijA gkykfd Lor% i \$kic fudyuk dkBZ [krjukd chekjh ugha gA yfdu bl ds dkj.k , oa i Hkko

gls rks MKDVj dh I ykg vo'; ysh pkfg,] t\$ s%

- 1- i\$kkc djus dh {kerk eavpkud vk; h deh]
- 2- cgr i\$kkc fudyus dh fLFkr e]
- 3- vfu; f=r cн&cн dj i\$kkc fxjus dh fLFkr e]
- 4- i\$kkc djus ds l kFk nnz dh fLFkr e]
- 5- i\$kkc ea [ku gksus dh fLFkr e]

; s y{.k fdI h izdkj ds i\$kkc l ckjh l Øe.k ds Hkh gks l drs gA buea l s fdI h , d dk Hkh bykt ugha gks i j ; s ftUnxh ds fy; s [krjukd gks l drs gA

MKVj dks cykus l s igys fuEu izuk ds mrj tku ya %

- 1- D; k&D; k y{.k g\$ \
- 2- chekjh dc 'kq g\$ \
- 3- D; k bl rjg dh ij\$kuh dHkh i gys Hkh g\$ \
- 4- D; k cTkkZ0; fDr dks LokLF; l cf/kr dk\$ v\$ Hkh ij\$kuh g\$ \
- 5- cTkkZ0; fDr D; k&D; k nokb\$ ka ys jgk g\$ \

vki l gk; rk ds fy, D; k dj l drs g\$ \

*MKDVj dks vki d\$ s crk; a bl ds fy; s fuEu mnkj. k dks n\$ k ya %

MKDVj l kgc] es'kfp givv\$; sejh ekj 'kkurk gA bugga i\$kkc l s l Ecfl/kr l el; k gA ckFk: e rd tkrs tkrsbudk i\$kkc fudy tkrk gA ge bl l s i j\$ku g\$ v\$ tkuuk pkgrs g\$ fd , h fLFkr eage D; k dj a

- ♦ i\$kkc tkus dk Mk; jh ea fjd\$ j[k & i\$kkc tkus dk l e; v\$ fdruh ckj ckFk: e ea tkdj i\$kkc fd; k dk nsud fjdkMZ rFkk Lor% i\$kkc fudy tkus l svUMjfo; j ; k di M\$ [kjkc fd; sds l e; dks Mk; jh ea fy [kuk pkfg, A i\$kkc fudyus ds dkj .k & [k\$ u\$] g\$ u\$ ckFk: e ea tkrs l e; i\$kkc dk fudyuk v\$fn ds ckj s ea fy [k ; g fjdkMZ MKDVj dks chekjh dks l e>us ea l gk; rk dj l drk g\$

cdf qkkā dh nskky ?kj

dh uyh ea i s kkc dks jkdlus dh 'kfDr vk tkrh gS; k e# dh Fkjh dk I dpu 'kj gks tkrk gA vruko vlg bPNk ls : d : d dj i s kkc vkus dh fLFkr e; g fof/k cgr dke dh gSA dN nokbZ kj bl chekjh dks c<k nsrh gA fu'p; ghj Mh; jfVd@okVj fi YI (Diuretic water pills) cge=rk djrh gA uhn dh xkjh; k e# dks i kfor djrh gA vud cgr I h nok, i budlMhud dks c<k nsrh gA fpfdRI d bu nokvka dks cln dj I drk gS; k mlgade ek=k eans I drk gA

- ♦ 'M; y 1p; k/2 cukuk & ruko budlMhud ¼ d : d dj i s kkc vkus dh chekjh ; k vt&budlMhud okys 0; fDr; k dks 2&3 ?ks ds vrjky e# e# R; kxuk egRo i wZ gSft I l sfld e#k'k; dks ij k Hkj us l sjkdk tk I dA osdc dc i s kkc djusx; sbl dk yxHkx nksfnu rd mlgafj dkmZj [kuk plfg, vlg rc mlgai s kkc djus tkus dh , d p; k/4'KM; y/2 cukuk plfg, A vkerkj ij i s kkc tkus dh bPNk gks dks /; ku eaj [kdj ml l sdN i gysgh i s kkc djks jgA
- ♦ i d k; k/2 vf u; f=r e#rk okys 0; fDr; k dks Lej.k djks jgA & tks ylkx l e; ij i s kkc ds fy, ckFk: e rd ugha tk i krs mudks ; kn fnykdj ; k mlgai kfk eays t k d j 'kjky; rd i gpk l drsg&vlg muds di M& [kjkc u gka vlg LoPNrk cukus ea l gk; rk dj I drs gA vlg vxj t: jh gks rks muds fcLrj ds i k l dekM j[k l drs gA
- ♦ Hktu dk fu; =ak & dkDh o 'kjkc fu; f=r djA ysd u vll; i s i nkFkZ de ugha djA cTkjZ 4&6 fxykl ikuh ; k i s i nkFkZ ys l drs gA cgr de i s i nkFkZ ys l su; fer : i l s i s kkc djuk de gks tk; skA l klnr e# e#k'k; dksmrstr djrs gA i s kkc u djus dh l eL; k ; fn jkr dks gS rks l ks ds 2&3 ?ks i gys dN u ih; A
- ♦ i Mwekl i s kkc ds 0; k; ke ds fy; s i s j r djuk & ; s ruko o tYnh e# u jk d l dusokyk ds fy, ykHknk; d gA ; g 0; k; ke v/; k; dsvllr e# l e>k; k x; k gA

dj l drs gA ck; kQhMc& d ea , d del; wj dh mi ; kx gk&k gSft l ds }jk ejht+dkscrk l drs gfd ml dh ekj i f'k; k j ewk'k; dsfu; &.k eafdl rjg l dpr o QSyrh gS 0; k; ke ds l kfk bl ds i z kx l s ewk'k; dh ekd i f'k; ka ds ckj se atkudj /kj&/kj mu ij 0; k; ke }jk fu; &.k fd; k tk l drk gA

- ♦ **I tjh dsckjseaiMuk** & I tjh vlf[kjh mik; gA bl ea ewk'k; dks okf l Lfkfi r dj l drsga; k iq "ka ea i kV xflfk dsc<+tkus ij gpfz: dkov dks l gh dj l drsga dHkh dHkh Nkjh l tjh l eL; k dk funku dj nsrh gA
- ♦ i M] vo'kkskd vUr%L=kavlj ; jhujh dSkMj dh mi ; kx vlf[kjh mik; gA ; grkRdkfyd mik; gA budk mi ; kx fpfdRI k dk Lfkku ughay s l drkA ; g l eL; k vU; chekjh l s Hkh gks l drh gSft l dk bykt djok; k tkuk pkfg, A ; s l c phta i M] vo'kkskd vUr%L=kavfn yEch ; k=k ij tkus ds l e; Qk; nEm gA os sfujUj mi ; kx djusij ; su doy i jskuhnk; d] cphuhdkjd , oa vI fo/kktud gS ; so) 0; fDr; k ea bldk/ku l eL; k 1/2 d : d dj i s kkc vkus dh l eL; k 1/2 dks c< k nsrs gS tks budk mi ; kx djrs gS os 0; k; ke ughajrA vxj budk mi ; kx t: jh gks tk; rks blgacnyrs jguk pkfg, A vxj cnyxaugharks nqk/vkus yxshj fj l ko vlj pdrs gks tk; xA dSkMj cgr t: jh gks rks gh mi ; kx djA D; k d bl dk mi ; kx l Oe.k] ewk'k; ea mukstuk o [ku dk l Oe.k dj l drk gA
- ♦ **I kko : dkov %**

bI l eL; k dk cTlZ ykksa ea gksik l kekU; ckr gA

tokc & ; g l eL; k l kekU; gS yfdu ; scfki s dh l kekU; l eL; k ugha gA ; gk dN phta gS tks l gk; rk ds fy, dh tk l drh gA yxhkh l Hkh ejht ksa bu y{k. kdk bykt l kko gS vlj dN ejht ksa bl l eL; k dk i jk&i jk l ek/kku gks l drk gA

eqs i M] dh t: jr gS MKWj dks fn[kkus dh ugha

tokc & vki dks fpfdRI d dks fn[kkus gS D; k d ; g l eL; k vU; chekjh l s Hkh gks l drh gSft l dk bykt djuk t: jh gA MKWj l kpdk gSfd i M] gh bykt gS rks Bhd gA

cdt qkkā dh nskkky ?kj

**tok & D; k vki vi us gh fy& ½q "k ; k efg yklz ds M&Vj l s ckr djuk i l n
djs&\ D; k ul z l s ckr djuseavkl kuh egl l djrs g\ D; k i fjokj ds fd l h
l nL; dks ys tkuk l gh l e>rs garkfd oks M&Vj l s vki dh chekjh ds l cjk ea
ckr dj l ds \ ; kn jf[k, : d&: d dj i s kkc vkus dh chekjh M& fcfVt ; k
mPp jDrpki t\$ h gh chekjh gft l dk mfpr bykt fd; k tkuk pkfg, A**

**b l h i dkj dh n l jh ck/kk, i tks ; ktuk dks l aknr djus ea i jskfu; ka
i sk dj l drh g\ ds ckj s ea l kpa **

vfrfjDr ck/kk, i bl v/; k; ea tks ckra dgh xbZ g\ mudks djus ea vkg dks l h
vk l drh g\ mnkgj .k Lo: i D; k cjkZ0; fDr l g; kx djxk \ D; k n l js ylk
l g; kx djx\ n l js ylk dks vi uh vko'; drk, i d\ scrykvks\ bl ; ktuk
dks l aknr djusdsfy, dkQh l e; vkg 'kfDr pkfg, D; k vki dj i k; x\ bu
ck/kvks dks nj djusdsfy, mfpr uhfr cuk; s tkus dh vko'; drk g\ bl fo"k;
ij ppkZ vU; LFku ij dh xbZ g\ ml s i <

viuh ; ktuk dks l aknr djuk vkg ml ea l ek; ktu djuk

: d&: d dj i s kkc vkus dh chekjh cjk vkg mudhi ns kkkky djus okyka dks l oksRed : i l s i jskku djrh g\ bl l eL; k ds ckj s ea mfpr rjhds l s vkg l oso'khy rjhds l sckrphr dh tkuh pkfg, ysdru mi qkk ugha dh tkuh pkfg, A : d&: d dj i s kkc vkus ij chekj dks ufl k gke ea Hkrh djuk Hkh , d e\ ; dkj .k g\ bl fy, bl l eL; k dk l ek/kku 'kh?kz fd; k tkuk pkfg, A i gyk dne ; g g\ fd fpfdRI h; e\ ; kdu djk; a vkg fpfdRI d }kjk crk; s x, l qkoks dks vkkj ij uhfr r\ kj dj\ chekjh Bhd gks dh xfr /kheh gks l drh g\ vkg u; s 0; k; ke dh vko'; drk gks l drh g\

; fn vki dh ; ktuk dke ugha djrh

; fn ½ Muvka dh i s'k; k\ i s'od i s'k; k\ adk 0; k; ke] : d&: d dj i s kkc vkus dh l eL; k c<rh tk jgh gks vkg ylk T; knk l s T; knk bl l s i jskkuh l gl l dj jg\ gks rks fpfdRI d ; k ul z dh l gk; rk yh tkuh pkfg, A vki us D; k vkg

fo'kskk dh I ykg ysus dsfy; s dg I drs gA bl chekjh dk fo'kskk vlg ncko ulfr; k eek'k; ds if'k{k.k eakfgj gkrk gA ;sfo'kskk ck; kQhM cfd vlg nijh phtka eakfgj gkrk gA rkd iSYod if'k; ka dks etar djas ds 0; k; ke I s ncko vlg i\$kkc djas dh bPNk dks nj fd; k tk I dA bl dsfy, os 0; k; ke dh mfpr rduhd crk; kA ;sfo'kskk MIVj 1/2tjk&fpfdRI d1/2 eif&fo'kskk vlg L=h jks fo'kskk I s Hkh I ykg ysus ds ckjs eadg I drs gA

**iSYod ekI i\$kk; ka dk 0; k; ke D; k gs **

; s os 0; k; ke gftudh I gk; rk I seek'k; dh if'k; ka dks etar fd; k tkrk gS vlg tks i\$kkc fudyus vlg eif Fkyh dks fu; f=r djas eenn djrs gA

**vki bu 0; k; keka dks djuk dS s I h[ka **

i\$kkc dks fu; f=r djas dk I cl s vPNk rjhdk ; g gSfd i\$kkc djas dh xfr ; k i\$kkc dks chp ea jkd fn; k tk,] bl I s i\$kkc dks fu; f=r djas okyh ekI if'k; k etar gkxhA ; g egRoiwkgSfd iSYod if'k; k gh I adfpr gksuk fd vek'k; dh if'k; kA bu 0; k; keka ea iV dks <hyk Nkm+nuk pkfg, A bu 0; k; keka dks djrs I e; 'okl dks vUnj ydj Nkm+s I s iV dh if'k; k <hyh jgrh gA dN ylk ekI if'k; ka dks fu; a.k eack; kQhMcfd dk mi ; kx djrs gA

**0; k; ke dk vH; kI dS s dja **

, d ckj tc vki dks I gh ekI if'k; ka dks iZ kx dk vuHko gks tk; rc vki fuEufyf[kr 0; k; ke dja%

- ♦ ekI if'k; ka dks nck, i vlg 3&5 I \$dM rd jkdsj [kA vki 10 I \$dM rd bl dks c<k, 1A
- ♦ 10 I \$dM rd <hyk Nkm+nA
- ♦ ckn ea/khj&/khjs 15 I \$d.M rd dk f[kpkko vlg 15 I \$d.M rd <hyk Nkm+, d k 3 ckj ,d fnu eadgA

cdf qkkā dh n̄kky ?kj

foHkftr djds djA

vki tc 1&2 I lrkg rd bu 0; k; keka dk vH; kl dj yxa rc vki bu
ekl if'k; ka dks nqkukvka ½ ruko vkj vtz bldkvhu ½ dks jkd I dus ea l Qy
gkA

0; k; ke dc djuk pkfg, \

vki fdI h Hkh I e; tc vki cBsgk [kMs gka; k yks gkrc Hkh 0; k; ke dk vH; kl
dj I drsgA 0; k; ke dk vH; kl oS srks dHkh Hkh dj I drsgsyfdu nqkukvka
dks jkdus ds fy; s 0; k; keka dh I kekJ; : i Is rc djtc [kl jgs gk gk jgs
gk; k tc iškic djus dh rhoz bPNk gk mnkj. k ds fy; s tc vki njoktsds
rkys ea pkch yxk, ; k cgrs ikuh dh vkokt I qA

0; k; ke dks fdrus I e; rd djuk pkfg, \

; fn vki I gh <x Is vH; kl djarks 4&6 I lrkg eacnyko egl I dj I drsgA

D; k 0; k; ke [krjukd gks I drsgA \

ughA ; fn vH; kl ds I e; vki dks iV nnz ; k iB nnz gks bl dk eryc g\$fd
vki vH; kl I gh <x Is ugha dj jgs gA vki dks doy iSYod ekl if'k; ka ij
f[kpko djuk pkfg, A vki dks vi us vkek'k; ; k iV dh ekl if'k; ka dks i z kx ea
ughayuk pkfg, A vH; kl ds fy; srst i z kl dh t: jr ugha bl eardynQ
; k Fkdku ugha gksuh pkfg, A

ekl if'k; ka ds I alpu dks mruth gh nj rd djuk pkfg, tc rd vkjkenk; d
yxA rhu Is 5 I 5.M Is i kjejk djds 10 I 5.M rd /khjs /khjs c<k; A]

nit jh ekl if'k; ka ds 0; k; ke dh rjg iSYod ekl if'k; ka dk 0; k; ke yxkrkj iHkkoh
rjhds Is djuk pkfg, A ; fn vki ekl if'k; ka dk vH; kl ugha djksa rks 'kk; n
ekl if'k; ka dh rkdr [kks nA]



dn ylk ; g I e>rs gfd c~~k~~ki seannZ dk gksuk I keku; ckr gS; k fd tc c~~Tk~~Z
ylk vi us nnZ ds dkj .k dks crkus eaLi "V ugh gks rc os d~~oy~~ f'kdk; r dj
jgs gks g~~A~~; s nkska gh fopkj xyr g~~A~~ ik; % I nb nnZ v~~k~~ i H~~M~~ ds i hNs I nb
dkbZ okLrfod I eL; k gks g~~A~~

65 o"lZ dh v~~k~~; q ds ckn v~~k~~Flk kbfVI nnZ dk vfr I keku; dkj .k gksk g~~A~~ jDr
I pkyu dh I eL; k Q~~U~~; k ds gks dk j~~k~~ nLrk dh dN chekfj; k v~~k~~ d~~U~~ j
v~~k~~fn H~~k~~ c~~Tk~~ka eannZ dk dkj .k gks g~~A~~

nnZ ds dkj .k v~~U~~; I eL; k, i gks I drh g~~A~~ nnZ dh I eL; k gks i j c~~Tk~~Z0; fDr ea
b/kj m/kj ; k vkl & i kl v~~k~~us t~~k~~us dh {kerk v~~k~~ fnu&i frfnu ds dk; b~~y~~ki ka dks
djus dh I keF; Z de gks tkrh g~~A~~ mlga I kus ea i j~~s~~kuh gks I drh g~~S~~ mudh
eukn'kk v~~k~~ Lo; adskj seafopkj nf'V H~~k~~ fcxM+tkrh g~~A~~ ftu y~~k~~ka dks nnZ dh
f'kdk; r gks g~~S~~muesfpurk v~~k~~ vol kn H~~k~~ vDl j ik; k tkrh g~~A~~ muesfxju~~S~~
otu de gks /; ku d~~U~~hr djus ea deh v~~k~~ y~~k~~ka I s I E~~C~~/k cuk; s j [kus ea
i j~~s~~kuh i kbZ tkrh g~~A~~ y~~s~~du , d v~~P~~Nh [kcj H~~k~~ g~~S~~v~~k~~ og ; g g~~S~~fd I H~~k~~ nnk
dk bykt I E~~H~~ko g~~S~~v~~k~~ cgr I s nnk dk fu; f=r fd; k tk I drk g~~A~~ mi pkj ea
nokbZ ka ds mi ; kx ds I kf~~k~~ v~~U~~; rjhd H~~k~~ dke ea yk; s tk I drs g~~A~~

mi pkj ea nokbZ k

nnZ nj djus ds fy; sftu nokbZ ka dks dke ea fy; k tkrh g~~S~~mlga , usyftfl DI
dgrs g~~A~~ , usyftfl DI nks i dkj dh gks g~~S~~ % gYdh nnZ nj djus okyh v~~k~~
v~~k~~ h~~M~~ ukj dkfVDI] , fl i u] ekfVZu v~~k~~ , Mfoy u~~M~~&vkf v~~M~~] nnZ fuokj .k dh
nokbZ ka ds mnkgj .k g~~A~~; s nokbZ k I ntu dks v~~k~~ ?ko dks de djrh g~~A~~ y~~s~~du
bues I scgr I h nokbZ k vfrfjDr ifj .k ke t~~S~~ sfid i V eannZ %/f/kd ek=k y~~s~~
i j% v~~k~~ i V ea jDr L=ko H~~k~~ dj I drh g~~A~~

v~~k~~ h~~M~~ ,uytfl DI nokbZ ka ea dksMu] Mkjok~~M~~ i jdkMu v~~k~~ ekQhu t~~S~~ h
nokbZ k vkrh g~~A~~; snokbZ k rhoz I s y~~s~~ vfr rhoz nnZ dks nj djus ds fy, y~~s~~

cdt qkkz dh nnzkkky ?kj

Hkh gks l drs gA ijUrq nokbz dh ek=k dks fu; fer vkg 0; ofLFkr dj ds bllgA Bhd fd; k tk l drk gA bu udkjRkd ifj .kkekadk l hks l hks Hkh mi pkj fd; k tk l drk gS tS s fd dCt vlfn dk byktA bu nokbz ka dks vxj dkQh l e; rd fy; k tk; rks0; fDr dks bllgaysus dh vknr i M+l drh gA cTQkZvkerkj ij vius nnzdk mi pkj djkuseade /; ku nrsgA nujkaij 'kjhfjd : i l svk/kkfjr gkuk ; k nokbz ka l su'ksdh yr i M+uk rgyukRed : i l scTQkZ eade ik; k tkrk gA

nokbz ds fcuk nnz ds mi pkj dh ; ktuk, i

nokbz ds fcuk Hkh nnz dks fu; f=r djus ds dbz rjhda gA bu rjhdk ; k fof/k; ka eanfgd funku 10; k; ke] ekd i f'k; ka dks QSykuk vkg etcr djukl BMk ; k xje ; k ekfy'k djukl Vhbz u, I (TENS - Transcutaneous Electrical Nerve Stimulation) ck; kQhMcS] fgi ukfsl l vkg /; ku l fefyrr gA

ftl 0; fDr dh ifjp; kZ ea vki yxs gka ml ij fo'okl djuk

ftl 0; fDr dks nnz gkuk gSogh tkurk gSfd ml sfdruh i HMk ; k d"V gkuk gA cTQkZ 0; fDr tks Hkh dN dgrk gSos k gh nnz gkuk gSvkg tc rd og crkrk gS rc rd nnz jgrk gA ftu 0; fDr; ka dks nnz gkuk gSmlga yxrk gSfd vU; 0; fDr mudh ckr ij fo'okl ughadjrs rks os n[kh vkg ij skku gks tkrs gS vkg viusnnz dks l gh l gh ughacrkra , k gkus ij nnz dk fu; #.k djuk dfBu gks tkrk gA

i R; sl 0; fDr dks vi us nnz dk vPNh rjg l s fu; #.k djus dk i jk&i jk vf/kdkj gA ifjp; kZ djus okys ds : i ea vki dk dk; Z1nkf; Ro1/ ; g l fuf'pr djuk gSfd rhoz nnz dk fu; #.k vPNh rjg l sgkA ; fn nnz dk fuokj .k vPNs <x l sugha gks jgk gS rks LokLF; fo'kSkKka l s ckr dj mul s i NKA mlga dkBz u; k bykt 'kq djus dks dgA tc rd fd nnz dk fu; #.k u gA

vki dk y{; gS &

1 + cTQkZ dks nnz l sefDr fnykuk o nnz fuokj .k djus ea l gk; rk djukA
2 + LokLF; fo'kSkKka dks nnz dh ek=k 1/LEkfr1/ nnz ds mi pkj ka ds i Hkkoka dks crkukA

i gyk i tu ; g g\$fd vki Lo; als i Na fd vki dks LokLF; fo'k\$K I s nnz
I c\$kh dksZ l gk; rk pkfg, ; k ugha\ dN fp\$lg v{k y{k.k tksuhpsfn; s tk jgs
g\$ tks ; g crkrsg\$fd nnz fu; &.k I s ck gj gks l drk g\$

vki Rdkyhu fLFkfr ea %

- rgUr fpfdRI k l fo/kk mi yC/k djk; a; fn fuEufyf[kr ea l s dN ?kfVr gyk g\$
♦ nnz ds dkj.k pyusfQjus dh {kerk ea ifjorzu ; k nul js egRoi wkl dk; k dks
ijjk djus ea dfBukbz vkk %vpkud l fdz rk ea ifjorzu gksd h fLFkfr ; g
bfxr djrh g\$fd ejht+dksT; knk nnz gks jgk g\$ v{k nnz i \$nk djus okyh
fLFkfr cu pph g\$
♦ uhm ea ifjorzu %nnz ds dkj.k ijh o vPNh uhm u ys i kuk bl ckr dk
l ads g\$fd nnz dkQh xEHkj g\$ v{k ejht+dksfpfdRI k l fo/kk dh t: jr
g\$ nnz fuokjd nokbz k Hkh uhm ea vLr&0; Lrrk yk l drh g\$bl fy, nnz
fuokjd nokbz k dks i dkj o mudh ek=k dk l gh fu; &.k djdsgh nA vki ds
MKD Vj dks uhm dh chekjh v{k nnz dh chekjh nkuk dk vyx&vyx bykt
djuk i M+ l drk g\$
♦ nnz dks l gu djus dh {kerk dk vHko %cT\$Z 0; fDr cgr r\$ t nnz dh
f'kdk; r dj l drs g\$; k i jskkuh ea fpYyk l drs g\$ ejht+dHkh&dHkh fcuk
eg l sckys Hkh nnz t\$ h l eL; k dk l ads ns l drs g\$ t\$ s fd tjk l k Hkh
fgyu&Myus dh bPNk u j [kukA cT\$Z ds 'kjhfjd l ads dks i gpkua tks
vI guh; nnz dk l ads nrsgk t\$ s & v{k wvku] v{k [kks dks cun djuk] Hkkgka
dks Åij uhps djuk] ekfks ij HkdifV vku] vthc l k pgjk cukuk] gkfka dks
etcu rh l s nckuk] 'kjhj ds Åijh ; k fupys Hkx dks dBkj cukukA ; s l c
fp\$lg 'kjhj dks n<+v{k 'kjhj dks gYds l sfgykus ea enn djrs g\$ nnz gks
ds nul js l ads g\$ % 'kjhj ds fd l h fo'k\$ Hkx dks j xMuk] 'kjhj dh fLFkfr ea
cnyko] cBus ; k mBus dh fLFkfr dks vun{kh djuk %dHkh mBuk] dHkh
cBukA

Cđf qkkâ dh nñkky ?kj

- i gys fuEufyf[kr ckrka ds ckjs ea tku ya %
- ♦ fdrus l e; l s nnz dh chekjh dh l eL; k gs \
 - ♦ ; g nnz i gyh ckj gvk gs ; k i gys lk dh lk , l k nnz gks pdk gs \
 - ♦ nnzfdl txg gks jgk gs \ D; k ; d l svf/kd txg ij gs ; fn , l k gs rks l cl sT; knk nnz dgk gks jgk gs \
 - ♦ nnz dk Lrj 1LFkfr% D; k gs \ ejht+l s nnz dh xlkjrk dskjs ea i Na ge fuEufyf[kr fof/k l s nnz dh xlkjrk dks tku l drsga bl dsfy, ge , d eki uh 10 l s 10 rd% dk iz kx dj l drsga
 - 0 nnz ugh
 - 5 e/; e nnA
 - 10 cgr T; knk nnA
 - ♦ cTlks 0; fDr dks bl eki uh ds vkkj ij vi us nnz dks vld nsus dks dgA
 - ♦ D; k nnz rhoz gs 1/4t sfd pkV dj jgk g%; k de ; k T; knk f[kpko gksk gs \
 - ♦ nnzfdl izdkj dk egl gks jgk gs \ mnkgj.k %D; k nnz tyu ; k fctyh ds >Vds dh rjg egl gks jgk gs \
 - ♦ D; k dgf dhl izdkj dh l ukrk ; k l u l ukgV dk vuuko gksk gs \
 - ♦ nnzfdl izdkj l s nsud fØ; kdyki ka eack/kd gs \ fdu dk; k vkj fLFkfr; k eannz c<rk gs \
 - ♦ nnz de djus ds fy, D; k fd; k x; k gs \
 - ♦ dks l h nokbz k ys jgs gs \ D; k l e; ij nokbz k yh tk jgh gs ; k vko'; drk i Mfh gs rc yh tkrh gs \
 - ♦ D; k ejht+nnz fuokjd nokvks ds i fr l enu'ky ; k , yftb gs \ ; gk , d mnkgj.k ds }jkj crk; xafd tc MhVj dks cyk; arc mlgas ds scrk; %
- **eSdeyk gvk Jh enu yky dh i gh gk ejsfirk th ds dVgs ds i kl xgjh plV yxus ds i fj .kLo: i mlgas vkt l cg vi usfcLrj l smBus ds fy, euk dj fn; k vkj fcLrj l s FkMk l k fgyus ij og vI gk; egl gk djrsga jkr dks

gwkA nokbzh yfdu nki gj rd dkbzvjk eugwk geusxeI d fd; k yfdu dkbzvjk eugwk

tc y{k.k vki krdkyhu u gks rks Hh MKDVj dks I fpr dj%

fuEufyf[kr y{k.k dsckjseMKDVj dks fDyfud ea; k vLirky ea tkdj I fpr fd; k tkuk pkfg, A ; fn uhpsfn; sy{k.k ea l s dkbz y{k.k idV gks rks MKDVj dks cyk; %

- ♦ nnZ fuokjd nokbzh yus ij Hh dkbzvjk u gks % fpfdRI d I kekU; nnZ fuokjd nokbzh dh ek=k cny I drk gS; k MKDVj fdruh ckj nokbzh yh tk; \$ fdI i dkJ dh nnZ fuokjd nokbzh yh tk; \$ MKDVj pkgs rks 'kkjhfd i jh{k.k Hh dj I drk g%
- ♦ nnZ eadN vjk eugwk yfdu nokbzh yus ds mi jkr Hh 1&2 fnu rd rst nnZ gkA bl fLFkfr ea MKDVj ; k ul Z dks nnZ fuokjd nokbzh dh ek=k vlg nnZ ds i dkJ dk eW; kdu djus dh vko'; drk gksh g%
- ♦ , d u; s i dkJ dk nnZ ubz txg ij 'kjhj eannZ gkuk ; k fgyus vkg cBus ds nlku nnZ gkuk % igysu; s txg ij gkus okys nnZ dk fo' ysk.k djok; A MKDVj ds i k tkus dh irh{k.k u djA dN nnZ pkgs rst u gk yfdu vki krdkyhu gkrs g mnkgj.kLo: i I huseamBus oky nnZ; k , k nnZ tks i gk ea uhps dh rjQ I pkfjr gksh gkA
- ♦ nnZ fuokjd nokbzh ds vfrfjDr ifj.kke ; k I kbM bQDVt ds mi pkj I gk; rk ds fy, vki D; k dj I drs g%

nnZ dk eW; kdu

- ♦ nnZ dsckjseMKDV % 0; fDr dks nnZ g\$; g tkuus ds fy, I cl s vPNk rjhdk ; g g\$fd cTqkZ I s i Nafd D; k ml s nnZ g\$ fdI h fpfdRI h; i jh{k.k I s nnZ dsckjse tkudkjh ughafeyrhA cTqkZ I s i Nusdk I gh rjhdk g\$nnZ ftI s gksh g\$ogh crk I drk g% vc vki dks fdruk rhoz nnZ gks jgk g\$gea 0&10 dh Ldy ea crk; annZuk gkus dks 'kk; vkg vf/kdre nnZ dks 10 uEcj

CdF qkkz dh nnzkkky ?kj

djavkj u gh fojkxk trk; aA bl ckr dk /; ku j [k]fd c[fd]Z0; fDr tkurk
gSfd vki ml ij ijk Hkj k djrs gkA

- ♦ nnz 'kCh ds vykok nli js 'kCnka dks Hkh I qukA c[fd]Z0; fDr nnz ds LFku i j
vli; 'kCnka t\$ s fd rdyhQ gkukj c[fd]h gkukj i hMk gkuk dg I drk gA
- ♦ ejht+ds0; ogkj vkj ml dh 'kkjhfjd Hkk"kk dk fo'ySk.k djavkj I e>A nnz
gkus i j I kekU; rkj i j tks i frfØ; k i hMf 0; fDr dh gkrh gSog ml ds
0; ogkj vkj 'kkjhfjd I a[fd]ska l s0; Dr gkrh gA c[fd]Zyks nnz ds ckj seacruk
ugha pkgrs ; k vi uh i hMk dks 'kCnka ds ek/; e I s crkus ea I eFkZ ugha gkra
ml ds pgjs ds gkohko dks ns[kdj ; k ml ds fgyus ds nkjku ml dks gkus okyh
dfBukbz I s ml dh i hMk dk fo'ySk.k djA
- ♦ nnz dh tM+dk i rk yxkuk dfBu gkrk gS nnz dh rhork I e; ds vuq kj
?kV&c<+l drh gA ft I c[fd]Z ds nnz gks jgk gSmI I s dHkh&dHkh nnz ds ckj s
ea I puk , df=r djuk dfBu gks tkrk gA dHkh dHkh u; svkj i jkus nnk dks
ckj seHkn crkuk ej'dy gks tkrk gS tks Hkh 0; fDr nnz dh I eL; k ds
I ek/kku ea yxs gks gSmUgabI i zdkj dh dfBukbz ka dk I keuk djuk i Mfk
gA tks Hkh vPNk I s vPNk vki dj I drs gSog djA

vPNk nnz fuokjd iHr djus ds vol jk dks u NMA

- ♦ *nnz fuokjd nokbZ ka dks mi; bx ea yk; a%u; r I e; ij ; k fu; fer
vrjky eanh xbZ nnz fuokjd nok; aya nnz okfi I gkus rd nokbZ yus dk
brtkj u djA , \$ k djus I svuko'; d i jskuh c<rh gA [ku eadN ek=k
ea nokbZ gkuh pkfg, rkfd nnz de gkA bl fy, MUDVj fu; fer I e; ds
vrjky eanh yus dks dgrs gkfd [ku eanh dk mPp Lrj cuk jgA*
- ♦ *yr iM+thu dsMj I snok c# u dj@MUDVj }jk crkbZ xbZ nnz dh
nok I s nokbZ dh yr yxus dh vkl'kd k cgr de gkrh gA ; g I kp ds Hkh
nok c# u djfd yEcs I e; rd nok dks yus ds ckn nok dk vI j@iHko
de gks tk; skA nok dk i zdkj , oae k= geSkk cnyh tk I drh gA*

ij de /; ku fn; k tkrk gSvr%ml dk iwkzmi pkj gksuk pkfg, A ; g fuf' pr dj yafd D; k MKDVj tkurk gSfd cTlkz dksnnzdhl eL; k gS\ MKDVj dks ; g Hkh crkrsgs jgafd cTlkz0; fDr dksfn; k x; k mi pkj iwkz: i l s dk; Zughha dj jgk gS ; k cTlkz dks ijk vkjke ughafey ik jgk gA

- ***nnzfuokjd fDyfud dsckjsear iNA%***; fn vki dk MKDVj nnz ij fu; a.k ughadlj I drk gS rks vki ml l s utnhdh nnz fuokjd fDyfud dsckjsear iNA esMhdy fo' ofo | ky;] esMdy dklyst , oa cMs vLi rkyka ea ik; % nnz dk iwkzmi pkj , oafuokj .k dsfy, nnz fuokjd fDyfud ¼ u fDyfud½ gksrh gA
- ***cTlkz ds nnz dks de djus ea l gk; d cu***
- ***xel ikuh dh /kj dly xel Luku dly xel ikuh dh chry dly xel ikuh l sHks diMsdk mi; kx djs%*** "ek ekd i skh dks f' kfFky djrh gSft l l s nnz de gksk gSvks vkjke dh vutlir gksrh gA ghfVx i M dksmPp rki ij xelu djabl l sRopk ds tyusdk [krjk jgrk gA nnz dsLFku ij tS sfid xnlu vlg dks i j] ekfy'k djus dh dks'k'k djA MKDVj l s iNAfd fdrus l e; rd xel l s djuk gSD; kfd yEcs l e; rd Å"ek ; k xel i nku djus l s Ård ÅV'kk {kfrxLr gks l drs gA
- ***BMs diMs, oa cQz dk Hkh mi; kx djs%*** Ropk , oa ekd i skh dks nh xbZ BMd Hkh nnz dks de djrh gS ; fn nnz tyu , oa l s tu ds dkj .k gka mnkgj .k ds : i eadbz ylk ; g ekursgafd BMs diMs dks yykV ij yxkus l s l j nnz ea vkjke feyrk gA MKDVj l s ; g Hkh tku yafd BMs ikuh dk mi ; kx fdrus l e; rd djuk gSD; kfd yes l e; rd BMh pht Hkh Ård dks {kfrxLr djrh gA
- ***cTlkz O; fDr dks rfd; s vlg dlyku ds l gkjs l s vlijenk; d fLFkr ea jI%'kkri wld , oa/khj &/khj sfy; k x; s'old efLr"d , oa'kjhj dks vkjkenk; d cukrs gS vlg nnz dks de djus ea l gk; d gks gA vlijenk; d cus jgus dh rduhd nnz fuokj .k l s l s fdkc k l s l h[k l drs gA vlijenk; d cus jgus dh vlg; ks dS l v Hkh fdkc k dh npdkuka l s [kjhn l drs gA***

Cđf qkkâ dh nškky ?kj

tkrk g  fe=ka , oa ukrh&i krka ds l kFk vjkkenk; d txg ij Hke.k dks i kI kfgr djA pyfp= n ukukj xkus l  uk Hkh nnz de gksu dh vuflfr nrs g 

ifjp; kZ ea l Hfor ck/k, a

i k; % c ekj , s k dgrs g fd &

~vxj e  vius M Vj dks vi us nnz ds ckjs ea crkrk g rks m ga yxrk g fd e  f'kdk; r dj jgk g **

tokc % ; g M Vj v  ul z dk dke g fd os nnz dks fdI i dkj fu; f=r djrs g  nnz ds ckjs ea vki m ga tks crk jgs g os ml ij fo'okl djrs g  os vi uk dke rc rd ughadj l drs tc rd vki vi uk dke ughadjrA

ftruk l Hlo gks ruko i nk flfkfr; k s cpA

I o kRed ruko v  fpurk nnz dks c< k nrs g  bu ifj flfkfr; k dks de djA ~fu'p; gh ml snnZ ; k i Hm g yfdu g  og ml dh o) koLfk ah otg l sg 

tokc % o) gks l s nnz gks , s h ckr l kekU; ckr ughag D; kfd nnz o) koLfk ; k fdI h v ; mezeabl ckr dk l pd g fd d N xyr gks jgk g  bl ds fy, vki dk v  c ekj ftI dh r  n kky dj jgs g s dks nnz ds ckjs ea M Vj l s ckr djuh pkfg,] ftI l s fd l eL; k dk funku fd; k tk l dA

~ejsfirk vLi "V g  os tks dgrs g ml dk dkbZ vFk l e> eauhavkrkA e s irk ughag fd okLro eam g nnz g Hkh ; k ugh* \

tokc % tks ykx T; knk vLi "V g s g mudks vi us nnz ; k i jskkuh dks 'k nk ea crkus l s dbZ ckj fnDdr g sh g  yfdu os vi uh t: jrka ds ckjs ea vo'; crk nrs g  , s ykx dks fy, dbZ ckj 0&10 rd nn eki uh dk i z kx djA bl ds i z kx ds ckjs ea i Z ecrk p s g  gea , s c ekj ds 0; ogkj ea cnyko] mudh dk; l {erk} 'k lfjd {erk v  pgj s ds i fjoZuka dks n k dj nnz dk vu ku yxuk pkfg, A ftu ykx adh ; knnk'r Bhd ughag sh , s ykx dks dbZ ckj ; g crkus ea fnDdr g sh g fd mudks fi Nys g rs ea fdruk nnz Fk , s ykx fl QZ ; g crk i krs g fd m ga v khu fdruk nnz ; k i jskkuh g 

tokc % tks yks yEcs oDr rd vksi vMf ¼Qhe l scuh nnz fuokjd nokbz
dk iz ks djrs gß mlgadbz idkj ds d"Vdj y{.k dk l keuk djuk i Mfk gß
t\$ si l huk vku] BM yxuk vls th [kjkc gksuk ¼mYVh djust\$ k egl w gksukA
mlganokbz dks, dne l sgn djrsgh ijskuh gksrh gß ; g dkbz u'kk ughagScfYd
; g , d idkj dh 'kkjhd ijk/khurk gß ft l dk vkl ku l s mi pkj fd; k tk
l drk gß

vksi vMf ¼Qhe l scuh nnz fuokjd nokbz ds l gorh udkj Red i koka dks
de djusdsfy, geonokbz dks/khj&/khjs de djuk pkfg, t\$ sdN fnu ; k dN
l lrkg e de djukA

gea, s svU; 0; o/kuk dk kh /; ku j [kuk gksk tksgekj h i fjp; k; kstuk eaijskuh
i sk djrs gß

D; k cTksZ 0; fDr l g; ks djsk ; k ugha\ D; k dkbz vU; ifjfp 0; fDr enn
djskA geavi uh t: jrks dks vU; 0; fDr dks d\$ k l e>kuk gß D; k gekjs i kl
bruk l e; vks {kerk gß fd ge bl l ok ; kstuk dks ijk dj l dks \
geavi uh l ok ; kstuk dks bl <x l scukuk gß ft l sfd bu l c ijskfu; kdk
l keuk uk djuk i MA

bl ; kstuk ds ifj. k dk l Qyrk dks/; ku eaj [kuk vko'; d gß
gea oDr&oDr ij cTksZ l s ; g i Nuk gksk fd vki dksfdruk nnzgß ; k ugha rFk
geannz dsvud kj gh nokvksa cnyko djuk gksk rFk ; g /; ku j [kuk gksk fd
vc nnzfdruk de gyk rFk bu l c cnyko dks geavi us MmVj ; k ul z dks
crkuk gkskA

vxj ; g l c mik; djusdsckn kh nnz dh fLFkr eadkbz cnyko u vk, rks gea
ml s nnz fDyfud e cTksZ dks LFkukUrjfr dj nsuk pkfg, A ; | fi T; knkrj
fLFkr; ka e annz l s vkJke vk tkrk gß yfdu t: jh ughaf d l kh idkj ds nnz
e vkJke vk,] t\$ sfd d l j dk nnA



Ropk I EcU/kh jkx

Cdf qkkd dh nskky ?kj

Ropk ij >fjz ka, oa/kCck ; k fpùkh dlc gksuk o) koLFkk eaLokhkkfod gA fu'p; gh cmh mez dscTkkd ea Ropk I EcU/kh chekfj ; ka gks tkrh gS tks fpfdRI h; nf"V I s [krjukd Hkh gksrh gA cTkkd dh Ropk rSyh; de gksrh gSvFkkh~I [kh vkj i ryh Hkh gks tkrh gA , s h Ropk ij [kjkp vkl kuh I s vk tkrh gA dVus I s Ropk ij vk; s t[e dksHkj us ea dkQh I e; yxrk gA bl dk vFkZ ; g gvk fd cTkkd dks viuh Ropk ij T; knk /; ku nsus dh vko'; drk gS ftruh mUgkus viuh tokuh eaRopk ij /; ku fn; k ml I s dgħavf/kdA

I kekk; r% cTkkd ea Ropk I s I EcU/kr ikp idlkj dh chekfj ; ka feyrh gS% I [kh vkj f[koko okyh Ropk] ½dVh&QVh] ¼kayh ½ ncko I s gvk t[e] nkn vkj Ropk dk d8l jA ge ; għam lu y{k.kk dh ppkż djkxs tks Ropk I EcU/kh d8l j dks crkrs gS vkj ; g Hkh crk; xsfd d8l j dh jkdfkke dS s djas\ gekjk y{; gS%

- Ropk dh vPNh nskky djuus ds fy, cTkkd dks i kifgr djuk
- Ropk ij ncko I s cus t[e] vkj nkn tS s I Øe.k dks dS s jkds\
- Ropk d8l j I s i ko/kku dS s jga\
- vko'; drk i Mts ij fo'kkK dh I għ; rk dS s ya\

fuFu voLFkkva ea u lZ ; k fpfdRI d dh I ykg ya%

- *vplud fidjh, d txg u għadji Ic txg [kjtyh għixx ij & ; g vkek'k;] fdlmu dh chekjha Fkkb] kMM ea xMCM ; k , ythi dk y{k.k għiex I drk gA*
- *dla ja eej iż-żiġi għekk eej dylobiż iż-żejj esar t [kjtyh dk għakże , s h [kjtyh Ldċht dk y{k.k għiex I drh gA dħkk&dħkk ; g chekjha vLi rky ea dkQh fnu Hkrh għixx iż-żiġi għiex I drh gA Ldċht dk bykt vkl kuh I s għiex I drk gA*

eLI k~~a~~ dk j~~a~~ cny x; k gks ~~1/4~~ t~~s~~ s fd uhyk dkyk ; k yky j~~a~~ dk gksuk ; k ml dh cmksy 'kDy dk gksuk ; k eLI ka l s [ku vkus yx x; k gks ; g Ropk ds d~~8~~l j dk y{k.k gks l drk g~~A~~ M~~D~~Vj dks 'kh?kz fn [kk; A

- dk~~b~~z ubz nokbz i k~~j~~Ehk djus i j] nokbz dh ek=k c<kus i j ; k nokbz dk dks z ijk gksus i j Ropk dh I eL; k m~~H~~kj l drh g~~A~~ M~~D~~Vj nok dks cny l drk g~~A~~ ml dh ek=k dks cny l drk g~~S~~vk~~j~~ ml l s gksus okys foi jhr i ~~H~~kko dk mi pkj dj l drk g~~A~~ nokbz l s Ropk i j gksus okys foi jhr i ~~H~~kko ea gkbcl] , Dthekj fcyLVj] l ~~w~~t u] [k~~q~~y~~h~~] tyu vklfn vkr~~s~~ g~~A~~ /ki ea bu i ~~H~~kko dk vu~~H~~ko v~~k~~rst gks tkrk g~~A~~
- Ropk i j yky fu'kuk~~a~~ dk m~~H~~jkukA , s fu'kku d~~W~~g~~j~~ t~~k~~dkj dksuh v~~k~~ , M~~H~~ i j gks g~~A~~ ejht+dsfcLrj i j dkQh l e; rd i M~~s~~ jgus ds dkj .k Ropk ea ?~~k~~ko gks tkrs g~~A~~ Ropk i j ncko i M~~s~~ ds dkj .k ; s ?~~k~~ko gks g~~A~~ Oghy ps j i j dkQh nj rd cBukj ckl dh cuh dk~~b~~z pht i guus i j H~~h~~ gks tkrs g~~A~~ M~~D~~Vj dks fn [ku s i gysfuEu izuk~~a~~ ds m~~U~~kj tku y~~A~~ l E~~H~~kor%, s i zu vki l s fpfdRI d i N l drk g~~A~~
- vki us fi Ny~~h~~ ckj dc viuh Ropk dk fpfdRI d }jk i j h{k.k djk; k ; k 'k~~j~~h~~j~~d&i j h{k.k djk; kA
- c~~T~~h~~k~~Z 0; fDr D; k D; k nokbz ka ys jgk g~~S~~\
- vxj l eL; k fry ; k eLI s l s l Ecfl/kr g~~S~~rks ; g crk; afd og d~~S~~ k fn [kkbz ns~~k~~ g~~S~~\ eLI s; k fry dsj~~a~~] vklkj] yEckb] mBk g~~v~~k g~~S~~; k pi V~~k~~ g~~S~~\ i j h tkudkjh n~~A~~
- D; k i gysRopk l s l Ecfl/kr d~~8~~l j g~~v~~k g~~S~~\ vxj l eL; k [k~~q~~y~~h~~ dh g~~S~~rks ; g 'k~~j~~h~~j~~ dsfdI H~~h~~x i j l cl s vf/kd g~~A~~ vxj l eL; k pd~~U~~kk~~a~~ dh g~~S~~rks os dgkag~~S~~\ ~~N~~krh i j] i~~V~~ i j] ckt~~y~~k i j ; k V~~k~~aka e~~S~~\ og d~~S~~ s fn [kkbz ns~~s~~ g~~S~~%j~~a~~] vklkj] : i] xksy] m~~H~~jk g~~v~~k fcyLVj t~~S~~ k] up~~H~~ysfd~~u~~k~~j~~ , d l kf l eg ds : ie~~a~~; k l h/ks j~~q~~kh; \

cdf qkkz dh nskkky ?kj

“MKDvj I kgc eſſe- xxx ḡvkJ viusfir dh chekjh dſckjſeacrkuk pkgrk
ḡA ejſfir dh i hB ij , d fry Fkk tksvc cny x; k ḡA vc og cMk gksx; k
gS vkJ xgjk HhA geus tc fi Nyh ckj fn[kk; k Fkk rc , d k ugha Fkk] I c dN
Bhd&Bkd Fkk**

vki cTqkz dh I gk; rk djus ds fy;s D;k dj I drs ḡA

Ropk I EcU/kh chekfj ; ka vud i dkj dh gksr ḡftl ea vki dh I gk; rk dh
vko'; drk i M+l drh ḡA [kqtyh okyh Ropk] nkn&[kkt vkJ 'kjhj ij ncko I s
gqk ?kko gksus ij vki cTqkz dh I gk; rk dj I drs ḡA

Ropk dk I v[kh ¼ [kh½ gksuk] [kqtyh dk gksuk Ropk dh uerk de gksusI sgksrk ḡA
I fnz ka ea, d k vDI j gks tkrk ḡA rſt [kqtyh okyh Ropk dkQh d"Vdj gksrk ḡA
, d h fLFkfr ea vfunk vkJ fpMfpMki u vk tkrk ḡA

Ropk dks : [kki u vkJ [kqtyh I scpkus ds fy; s fuEu I pkokdks vey ea yk; %

**Ropk ea ueh cuk; aj[k & ugkus ds ckn Ropk dks rksy; s I s gYds I s i kNA
yſdu Ropk dks xhyh NkM+nA bI ds ckn 'kjhj ij rsy] ueh cuk; s j [kus okyh
Øhe ; k yksku dk mi ; kx djA vYdkgy I scuh ueh cuk; aj [kus okyh Øhe]
ftl ea i Sksy; e dh ek=k vf/kd gk dk mi ; kx u djAD; kfd bI I s Ropk vkJ
: [kh gks tkrh ḡA ugkrs I e; Qokjs dk mi ; kx djA ; k I gh rjhds I s ugk; A
i kuh dh /kj dksgYdk xje j [kA i kuh vkJ xeh 'kjhj I sueh dksnj dj nrsgA
cgr rſt I s j xMugA uje diMs I s i kNA fkyI jhu I s cus I kcu dk gh
mi ; kx djA ; k ueh okyh Øhe I s ; Dr I kcu tS s Vksu ; k Mo ; k fi ; I Z dk
mi ; kx djA ; g fuf'pr djfd vki us vPNh rjg I s 'kjhj dks I kQ fd; k ḡA**

**iSksy; e tSyh & ugkus ds ckn 'kjhj ds : [ks vaks ij] tks i jskkuh djrs ḡA
i Sksy; e tSyh ¼tS sfcl oſ fyu½ yxk; A tSyh yxkus I s vki ds i ktkek vkJ vU;
oL= fcLrj vKfn fpdus gks I drs ḡA bl fy; s/; kui oB yxk; A i yx dh pknj
vkJ vU; oL=k dks fu; fer : i I s cnyrs jgA**

dk l ou u djA

vlnz% gok dks ue j [kA i kuh dks jkstuk cnyrs jgA , s k djus l scDVhfj ; k dk cuuk : d tkoskA

rst [ktyh %dksykbMky vlvhy [Aveeno (tm)] l s Luku djA dsyekbu yksku ; k dksVl ku Øhe [ktyh okys LFkkukaij yxk, A uk[kukadksdkVrsjgavlj c~~o~~ek dks dga fd [ktyh, augh bI l s [ktyh vlg c~~o~~xhA rst vlg yxkrkj gks okyh [ktyh gks i j MKDVj dh l ykg yaD; kfd vuokanokbZ kagiftudsyxkus l s vki dh l eL; k dk l ek/kku gks l drk gA

nkn %nkn l su d~~oy~~ l kekl; 0; fDr iHkfor gks g~~o~~ju-ftudk bE; w fl LVe %chekjh l syMusdh 'kfDr%detkj gksx; k g~~s~~ MkbfcVht dh chekjh l si hMf vlg tks , UVhck; kVDI ; k LVkbMI y~~s~~ g~~s~~ Hkh iHkfor gks gA

nkn] xeZ vlg vknrk okys 'kjhj ds vaka e~~a~~ gks g~~s~~ t~~s~~ s dka[kka e~~a~~ eg] ekFks i j] dku ds i hN~~s~~ i ztuu vaka ds i kl] cMsLrukadsuhp~~s~~ i V ds cykae~~i~~ atka ds chp e~~a~~ bl e~~a~~Ropk dVh&QVh gks tkrh g~~s~~ rst [ktyh gks g~~s~~ cg~~r~~ tyu gks gA

- ♦ Ropk dks l kQ vlg l vkh j [kA
- ♦ fnu e~~a~~, d ckj t~~s~~ vlg ekstka dks cnyA
- ♦ <hys l rkh oL= i guA

nkn fujkskd i kmMj ; k Øhe t~~s~~ sf~~d~~ DykVektky&ykvfeu ; k fedkuktksy&fedsvu dk i z kx djA ; s vkl kuh l s Qke~~h~~ h dh n~~o~~kuka i j mi yC/k gks gA

f~~h~~VI%; g ulM&r~~a~~ dh chekjh g~~s~~ tks Ropk dks iHkfor djrh gA bl dk Hkh ogh okbjl gks g~~s~~ tks ppd 1/2 i ht% dk dkj.k gks gA Nk/s QQkys cuus l s i gy~~s~~ bl chekjh e~~a~~ 0; fDr dks Fkdku v~~k~~ukj BMh yxuk vlg fl j e~~a~~ nnZ gksuk i k~~E~~lk gks tkrk gA tc QQkys QWrs g~~o~~rkscg~~r~~ nnZ gks gA ; snks l spkj l lrkg e~~a~~Bhd gks gA bl chekjh ds chp Ropk cg~~r~~ l o~~su~~'ky gks tkrh gA

, fl iu vlg vU; nokbZ ka l s bl ds y{k. kka i j iHko i Mfk gA bl chekjh ds nk~~g~~ku MKDVj , UVhokbjy vksf/k t~~s~~ sf~~d~~ , l hDykohj&t~~k~~ohjDI Vh , e] o~~sy~~fl Dyksoj &okYVjDI & Vh, e ; k Qfe l hDykohj&Qfeohj &Vh, e] dk l ou djus dks dgrs gA

cT_{ekz} dks i yx] ?kj

vxj cT_{ekz} 0; fDr dks i yx] Oghy ps j ; k dT_{ekz} rd I hfer jguk i M+ tkrk gS rks ml ds?kko gks dks [krjk mRi lUu gks tkrk gA tc 'kjhj dsgì h okys {ks=kj i yxkrkj ncko i Mfk gS tS fd i hNs uhps okyh gì h] , fM+ k dkgsfu; k fl j ds i hNsokys Hkkx ij tc ncko i Mfk gS rks [ku dk i vkg : d tkrk gS vkj rc Ropk ij QQkys ; k ?kko gks yxrs gA

ncko I s gks okys ?kko 'kjhj ij u gkabI ds fy, fuEu I ko/kfu; ka cjr% gj , d ; k nks ?k/s ea fLFkfr cny nA cT_{ekz} dks ml vkj djoV u fnyk; a ftI vkj Ropk ij yky /kcs mHkj vk; s gkA , fM+ ka vkj dkgsfu; kadh j xM+pknj ij u yxus nA vkj ncko I s cpk; A

'kjhj ds bu vaka dh fLFkfr cnyrs I e; rfd; k i M dk bLreky djus I s ncko dks de fd; k tk I drk gA i hB vkj dWgs dh cxy dh fLFkfr dks ckj ckj cnyrs jgus I sjDr dk I pkj cuk jgrk gA i hB ds i hNs rfd; k yxkus I s cT_{ekz} dks vijke feyrk gA nkfgus; k ckj srjQ dh vkj djoV yus ij dkgsfu; kads uhps rfd; k j [kus I s dkgsfu; kaeaj xM+ugha yxrhA jkr ea T; knk cM+ djoV yus dh vko'; drk ugha gA FkkM+ cgr ifjorlu djavkj cT_{ekz} dks I kus nA ml dh uhn ea 0; o/ku u djA

pknj ea l y u Mky D; kfd pknj dh I ya Hkh Ropk dks Nhy I drh gao Ropk ij ncko Mky I drh gA

xfr (Movement) & cT_{ekz} dks [kM+ djavkj FkkM+ cgr b/kj m/kj pyk; A vxj cT_{ekz} py ugha I drk rks ml s vi us i jka dks i ats dks fgyku&Myku\$ cktvka dks fgyku\$ Vkk mBkus vkj vU; i zdkj dh xfr; kadjus dks i kRl kfgr djA y\$&y\$ gkFk&i j pykus dks dgA bl I s mudk jDr I pkj Bhd jgskA tc cT_{ekz} 0; fDr Oghy ps j ij gks rks ml s mBu&cBus dks i kRl kfgr djA , k djus I s ml dh 'kkjhfd fLFkfr ea Hkh ifjorlu vk; sk vkj jDr dk I pkj gksrk jgskA

Ropk dks I kQ vkj I vkk j[k & fcLrj dh pknj jkstuk cny fo'kskdj tcfid cT_{ekz} ml ij i s kkc djs ; k og i I hus I s xhyh gks tk; A cT_{ekz} dh pknj

i l huk v^k; s^kA l r^h i M dk ; k fdl h H^h, s s i M dk mi ; k^x dj ft l e^agok
vkl kuh l s i^as^k dj l d^A

**ekfy'k & /khj&/khjs 'kjhj dh ekfy'k djuk jDr l pkj dsfy, m^uke g^A 'kjhj ds
os v^k tgkayky pDrscu x; s g^k ogk^aekfy'k u djk; l D; k^x ekfy'k djus l s
mu i j jxM+ yx^{xh} v^k Ropk dks upl ku i gpx^kA y^{sdu} yky {k= ds
vkl & i k ekfy'k vo'; djk; l , s k djus l sml {k= ea jDr dk l pkj gkx^kA
i M^a; k j{kdk^adk mi ; k^x dj^a&, fM+ ka v^k dk^afu; k dks l r^h doj okys Q^h
ds i M^a l s <d^A blga, fM+ ka ds j{kdk v^k dk^aguh j{kdk dgrs g^A blga nokb^z k dh
ndku l s [kjhnk tk l drk g^A
ns^khky djus eadN i j^skkfu; k^a v^k l drh g^A t^s sfd ; g dguk fd &**

Ropk dk l F^k gksik o) koLF^k dh l eL; k gs

; g ckr l gh g^sfd o) koLF^k eaRopk ear^sh; rk de gks tkrh g^sv^k ; pk 0; fDr
dh ryuk ea cT^kz dh Ropk i ryh g^kh g^A vxj bl dk bykt ugh^afd; k x; k
rks l F^kh Ropk earst [k^ty^h ; k ncko l s ?kko gks tk; s^kA bl dk i fj.kke gksk fd
cT^kz dh l keku; nsud p; k^t clf/kr gks tk; s^kh t^s sfd ml ds l kus eA , s h
fLFkfr ea cT^kz dks d"V H^h cg^r gkskA

ejs fir k dkQ^h v l z l s i y^x ij i M^s g^A gj 1&2 ?W^a ea mudh djoV cnyuk cg^r ef'dy dk^a g^A

djoV cnyokuk cg^r t: jh g^A vxj , s k ugh^a dj^as rks muds 'kjhj ij ?kko gks
tk; s^kA ul z vki dks djoV fnykus ds vkl ku rjhds ds ckjs e^a Lo; adj ds crk
ns^khA ml l s l h[kus ij vki dk dk^a vkl ku gks tk; s^kA vki bl dk; z e^a ifjokj
ds fdl h v^k; l nL; dh l gk; rk ys l drs g^A

bl h i dkj dh v^k; l eL; k^a v^k l drh g^smudks/; ku e^aj [k dj vi uh ns^khky
dh ; kst uk cuk; A

cdříqkká dh nškkky ?kj

vki dk y{; gkuk pkfg; sRopk I s I Ecfl/kr chekjh dh jkdfkkeA

Ropk dksI kQ j [kuk vks ue cuk; sj [kuk gh Ropk dksI vks [ktyh dspDrk
I scpk; sj [kus dk rjhdk gA chekj cTqkZ dks fcLrj ij cny cny dj fyVks
I su; s?ko ughagks vks Ropk Bhd cuh jgshA tc Hkh Ropk I EcU/kh I eL; k gks
tk; srks ml ds mi pkj dh ; kstuk cuk; vks ml ij vey djA ; g /; ku j [k
fd fu; fer : i I svih ; kstuk ds vuq kj dk; ZdjaD; kfd Ropk I EcU/kh chekjh
ds mi pkj eaI e; yxrk gA

geskk bl ckr dks/; ku eaj [kafd cTqkZ; fDr dks dkbZ Ropk I EcU/kh chekjh ; k
y{k.k rks ughagA Ropk I EcU/kh I eL; k dk mi pkj djrsI e; MkDVj I s i Nafd
bl izkj dh I eL; k dk I ek/kku fdrusfnuka eags tkrk gSvks I kekU; voLFkk
gksI drh gA ml h ds vkskj ij vki mi pkj I sgks okysQk; ns dh ixfr ds ckjs
efu.kz ysI drsgA vxj I eL; k eaI qkj u gksjgk gks rks MkDVj dh I ykg yA



uhm | s | EcfluKr | eL; k, i

Vfunk (insomnia) ; k uhm | s | ecfluKr | eL; k, i fd | h Hkh 0; fDr dks gks | drh gA vfunc ds dbz | Hko dkJ .k gks | drs gS tS s fd ekufI d ruko] nsud dk; k| ea i fforz] Hkstu ; k nokbz ka ds udkj kRed | gorh i fj. kkeA vkerkj ij vk; qea of) ds | kFk xgjh funk dh volFkk dk | e; Hkh de gkrk tkrk gA 40 o"K dh vk; qds i 'pkr~uhm gYdh gks tkrh gSvkj bl vk; qds 0; fDr dks txuk vkl ku gkrk gA funk&l eL; k mI | e; ekuh tkrh gS tc fd | h 0; fDr dks vi uh uhm | s | rfv ugha feyh ; k vxys fnu og muhmk egl | djA muhns 0; fDr dks ckJ & ckJ mckl h vkrh jgrh gA dHkh&dHkh vi uh thou 'ksyh ea dN i fforz] djus | s tS sfd fnu eadQh 0; k; ke djukA Je djuk 0; k; ke dj ds Fkd tkus ij] xgjh uhm vukuk i kJ Ekk gks tkrk gA vU; fLFkfr; ka ea dkbz LokLF; | ckh | eL; k tS s fd ekufI d ruko] gkjeukA ea gks okys i fforz] i ksk. k ea deh 1/2 ksk. k 1/2 vkg 'kjkc i hus | s vfunc dh | eL; k gks tkrh gA | kus dh p; k 1/2 SuZ ea vpkud i fforz] gks dk , d | kekU; dkJ .k gS ruko ; k uoI gksukA vol kn 0; fDr dks | kus ughansk vkg muga tYnh gh txk | drk gA Lefr&Hkk | sHkh | kus dk <> 1/2 SuZ cny tkrk gSD; kfd 0; fDr ?k/k s rd ?kerk jg | drk gS vkg vkg ugha djrkA dN nokbz k| tS sfd fM; jfVDI] vol kn dks nj djusokh] fpUrk dks nj djusokh] nnz fuokjd vkg i kfd | U chekjh dh nokbz kaHkh funk ds i SuZ dks i Hkkfor djrh gA

dHkh dHkh dN 0; fDr tc | ksjgs gks gS rc vthck&xjh 0; ogkj djrs gS tS s fd gkfka; k i gk dksfgykuk] fdd yxkuk] tkj & tkj | s [kj k/s yuk ; k , s h vkokt djuk tS s fd mudk 'okl vo:) gks x; k gSA ; s 0; ogkj vfunc ds y{k.k gS ftuds ckJ seav i us MHDVj dks crkuk vko'; d gA uhm | s tMh , d vI kekU; rk ds ckJ s ea fpfUrr gks dh vko'; drk gS og gS uhm ea | kd dk : d : d dj vkuKA ; g , s h volFkk gS ft | e 0; fDr dk FkkMh nj ds fy; s 'okl yuk : d tkrk gA nUjh vU; otgk | s muga jkr ea dbz ckJ tkxuk i M+ tkrk gS ft | s

cđf qkkå dh nškky ?kj

ân; ?kk vlg LVkd gksus I s gA

vki dk y{; gS &

- ♦ cTkkZ 0; fDr ds I kus vlg tkxus dk , d fuf'pr Vlbe Vfcy gA
- ♦ I Hkh nokbz ka dk i jh{k.k djavlg tku fd mues dkbz , s h nokbz rks ugh gS tks cTkkZ 0; fDr ds I kus dks i Hkkfor dj rh gA
- ♦ Hkstu djus dh p; k lVlbe Vfcy½ dQhu vlg 'kjkc lVYdkgy½ ds mi ; lk dks fu; f=r dfj; s D; kfd ; s ml ds I kus dks i Hkkfor dj I drs gA
- ♦ 'k; u d{k dks I jfkr vlg vlgkenk; d cuk; A

MKVj@ulz dh I ykg dc ya

vki kreky dh fLFkfr eaMkDVj dh I ykg yA funk dks ydj vki kreky dk gkuk I kekU; ckr ugh gA fQj Hkh jkr ; k I kus ds I e; fuEu ?Vuk, a ?lVr gks I drh gA tc vki dks MkdVj dks cyukuk i M+l drk gS; k ml dh I gk; rk dh vko'; drk i M+l drh gA

- ♦ *eukn 'k lVlV½ ea vpkud ifjorži dk gsk&* vxj cTkkZ 0; fDr jkr ea vpkud tkx tkkr gS vlg muktr vlg Åy > y lVl & 0; Lr½ 0; ogkj djusyxrk gS rks rjUr MkdVj dks cyukuk vko'; d gSD; kfd ; g fdI h xHkj chekj dk y{k.k ; k fdI h nokbz dk I gorl udkjkRed i fj .kke gks I drk gA /; ku jgsfd pkgsy{k.k vki Rrdky okysu gkfQj Hkh mudsckj se MkdVj dks vo'; crk; A tc MkdVj I scTkkZ dh uhñ I s l c{kr I eL; k dsckj se crk; a rc dN ckrka ij fo'kš : i I s /; ku na
- ♦ D; k uhñ I s 0; fDr I rV gS \ vxj ugh rks i jskkuh dh D; k ckr gS
- ♦ D; k I kus ; k Fkdku I sfnu dsfØ; k&dyki ka ij i Hkk o i M+k gS \ 'kkUr I e; uhñ dk vk tkuk] tS s fd Vhoh ns[krs ns[krs uhñ dk vk tkuk] ; g LokHkkfod ckr gS ijUrqckrphr ds nkku uhñ dk vkuk LokHkkfod ugh gA fnu ea dkQh nj rd I ksk vI kekU; ckr gA
- ♦ D; k vki us I kus ds I e; ea cTkkZ dks vthc 0; ogkj dj rs ns[kk gS ; k vthc i dkj dh vkokt I ph gS \ tkj tkj I s [kjW's ysk] xyk ?kj yjk gS tS h vkokt dk vkkuk FkkW&FkkW nj ds fy, 'okd dk : dukl gkQukl gkFk vlg

I kd vokus ds y{k.k g%

MKVj dks cykus I s igys fuEu izuka ds mÙkj tku ya &

- ♦ fdrus I e; I s vfunk dh I eL; k g\\$ \
- ♦ cT~~k~~z dks dkbz vU; chekjh rks ugha g\\$ \
- ♦ og D; k nokbz ka yrsk g\\$@ysh g\\$ \mu I Hkh nokbz ka ds ckjs ea crk; a ftUga MKVj us yus dks dgk g\\$ vkj ftUga vki Lo; a I s yrs g%&
- ♦ D; k ruko rks uhn dks i Hkhfor ugha dj jgk g\\$ t\\$ s fd fdl h fudV I ckh ; k ifjokj ds I nL; dh eR; A
- ♦ D; k cT~~k~~z efgyk@iq "k vol kn] n[k vkj fpUrk I s xLr rks ugha g\\$
- ♦ D; k [kjka/s yusdh I eL; k g\\$ \ vxj gkj rksD; k vki uscT~~k~~z dksfnu e>i dh vkj xys ds? h/us t\\$ h vkokt] gkjQuk] I krs I e; vkokt djrs gq n\\$kk g\\$
- ♦ D; k cT~~k~~z us jkr ea txus ij cngteh] I hus ea nn] Nks/s Nks/s 'okl dh f'kdk; r dh g\\$ \
- ♦ D; k 'kjkc] dQhu ; k fudkhu dk i z kx cT~~k~~ us fd; k g\\$ \

tc vki MKVj dks cyk; arks mUga vki D; k crk; avkj ds scrk; a; g I e>usds fy, fuEu mnkgj.k dks i <&&

^es Jherh dkUrk Jh enuyky dh i Ruh g% ejis i fr dks fi Nys dN I Irkgka I s fnu eauhn dh >i dh vkrh jgrh g% og fnu ea vkl kuh I s I ks tkrs g\\$ dHkh dHkh rks ckrphr djrs gq Hkh I ks tkrs g\\$ es; g n\\$kk g\\$ fd jkr dks I kus ea mUga i jskuh gkrh g%**

cT~~k~~z dh I gk; rk ds : i ea vki D; k dj I drs g% %

- 1- I ko/kuh i odl I kus dh nokbz ka dk mi ; kx dj I drs g% MKVj }kj k crkbz xbz cgr I h uhn dsfy, nh xbz nokbz ka dks nks; k rhu I Irkg I svf/kd ugha ysuk pkfg, A rhu I Irkg ckn bu nokbz ka dk vl j I ekir gks tkrk g\\$ bl h dkj.k 0; fDr dks >i dh vkrh jgrh g% tks nokbz ka vki nokbz dh npku I s [kjys ea yrs g\\$ \vFkkr tks MKVj }kj k ugha crkbz xbz g\\$ mul seq I v[k tkrk

cdt qkkā dh nskkky ?kj

I Ehkfer gks tkrk gA
I kus vkj txus dh rkfydk cuk; A tgka rd I hko gks cTkjz 0; fDr dks fuf'pr I e; ij I ksk vkj tkxuk pkfg, A yfdu ; g Hkh vko'; d gSfd vxj uhn vk jgh gks rks i yk ij pys tk; A txs jgdj i yk ij i M+jguk vkj uhn u vkus ds ckjs ea fpUrk djrs jgus dk dkbz vFkj ugha gA

vxj 30 feuV ea uhn ugha vkrh rks fcLrj I s mBus ds fy, cTkjz dks i kRl kfgr djA fcLrj I s mBdj Fkm& I e; ds fy, nli js dejs ea tkuk mu yksk ds fy, vPNk gSft lgal kus ea l eL; k gA xkuk I ykuk ; k gYdk& QYdk I kfgr; i <uk Fkdku ykus ea l gk; d gkrk gSft I I s I kus ea l gk; rk feyrh gA I kus ds I e; rhoz jk'skuh Bhd ugha jgrhA

fnu ea l ksk I hfer dfj ; A e/; kgu ea l ksk Bhd jgrk gS i jUrq, d ?k/s I s vf/kd I kus I sjkr ea uhn ugha vkrhA bl fy, fnu ea l kus dks I hfer dfj ; A 'kjkc] dQhu vkj fudk/hu u ya; k I hfer ek=k ea yA dN yksk dk ekuuk gS fd Fkm& ek=k ea vYdkgy ysk 0; fDr dks vkj ke nsrk gS yfdu ; g Hkh I R; gS fd vYdkgy ¼ kjkc½ I s uhn ea ck/lk vkrh gA vYdkgy I s funk&, flu; k ¼ kus ea l kd : duk½ vkj Hkh c<+tkrk gA

0; k; ke & vfunk dks njj djus ea 0; k; ke I gk; d gkrk gA I ksk dky ea rsth I s Vgyuk I cl s vPNk gA yfdu I kus I s Bhd i gys 0; k; ke djus I s uhn vkus ea i jskkuh gkrk gA

I kus ds dejs dk mi ; lkx døy I kus ds fy, djA & I kus okys i yk ij [kuk u [kk;] i <ughavkj u gh Vhoh ns[kA Mkbfxz Vfcy ij [kuk [kk;] LVmh : e ea i <vkj Mkbax : e ea Vhoh ns[kA nli js 'kcnka ea l kus ds dejs dk mi ; lkx døy I kus ds fy, gh djA D; kdk , sk djus ij ml dejs dk I dk I kus I s tM+ tk; sk vkj I kus ds dejs ea tkus ij uhn dk vu[ko cTkjz djus yxxkA

I kus ds I e; [kuk dks I hfer djA vxj cTkjz 0; fDr Hkh gS rks gYdk [kuk na I kus ds I e; Hkhj h [kuk u na vxj cTkjz 0; fDr dks xS dh chekj h gS rks I kus ds I e; Hkhstu djus dks i kRl kfgr u djA

gc^g pk; y^g gc^g pk; v^g j^g ke n^g s^g v^g l^g k^g us e^g l^g g^g

- ♦ I k^g us d^gs dejs d^gks l^g j^gf{kr v^g k^g v^g k^g enk; d^g cuk; A dejs e^g s^gc^gr /k^gek i^gz^gk^g dj^g vxj c^gT^g0; fDr j^gf= e^g m^gl^gstr v^g vLr&0; L^g g^gd^gj mBs r^gs m^gl^g s^g p^gl^g u y^gx^gs b^gl^g dk^g /; ku j [k^g d^gN y^g k^g j^gf= e^g b^g/k^g m/k^g ?^geus y^g x^g t^gkr s^g b^gl^g fy, njokts v^g f[KMfd; k^g l^g j^gf{kr g^guh p^gkg, A d^gHk&d^gHk i^gl^gs d^gs p^gyus d^gh v^gk^gkt ; k^g gYd^gh f^gfne e^g g^gus o^gyh v^gk^gkt I k^g us e^g l^g g^g
 - ♦ I k^g us d^gh M^g; j^g h j [k^g vxj v^gfunk d^gh I eL; k^g s^gr^gs d^gbZ I l^grk^g rd c^gT^g0; fDr d^gs I k^g us d^gs Øe d^gks M^g; j^g h e^gfy[k^g y^g v^g vi us M^gD^gVj d^gks crkdj mud^gh I y^gkg y^g M^g; j^g h e^gl^g k^g us d^gs ckjs e^g i^gfrfnu d^gh I p^guk, a^gfy[k^grs I e; fuEu ckrh i^gj /; ku na &
- 1- I k^g us v^g txus dk I e;
 - 2- I k^g us e^g fdruk I e; y^gxk
 - 3- j^gf= e^g fdruh ckj v^g fdrus I e; rd I k^g us I s tkxk
 - 4- j^gf= e^g c^gT^g fdI d^gkj.k I s tkxk \
 - 5- j^gf= e^g l^g k^grs I e; d^gbZ v^g l^g k^gkj.k 0; ogkj t^gs fd 'okl dk : d^guk^g g^gQ^guk^g xyk&?k^g/uk^g i^gsk^ga d^gks b/k^g m/k^g Q^gduk^g v^gkfn dk g^guka
 - 6- fnu e^g dc v^g fdruh uh^g y^gh \

'kjkc %vYdkgy% dQhu , oa uh^g d^gsfy, x^gsfy; ka y^guk v^gkfn d^gs ckjs e^g M^g; j^g h e^gns I l^grk^g d^gh, d^gh I p^guk M^gD^gVj d^gsfy, c^gT^g dh chekj^gh d^gks I e>us e^g l^g g^gk; d^ggrh g^gA I eL; k^g d^gks I e>dj M^gD^gVj , d^gs mi pkj dk fu/k^gj.k dj I drk g^gs t^gks c^gT^g d^gsfy, y^gk^gki n g^glokka d^gHk d^gHk funk d^gks of.k^g dj us o^gyh M^g; j^g h ; g^gHk crkrh g^gfd c^gT^g d^gks uh^g] t^gs k geus I k^gp F^gk m^g l^g s d^ggh vf/kd v^gPN^g r^gjg I s v^gk j^gh g^g

i^gfjp; k^g e^g v^gkus o^gyh I EH^gfor dfBu^gbZ k^g

vxj c^gT^g d^ggs fd uh^g dh x^gsyh y^guk can dj n^gkk r^gs m^gl^g suh^g v^gkuk gh can g^gks tk; x^ghA**

b^gl^g d^gs m^glkj e^g dgk tk I drk g^gfd uh^g dh x^gsfy; ka uh^g y^gkrh H^gh g^gv^g uh^g e^g l^g eL; k^g H^gh mRi Uu d^grh g^g

Cdf qkkā dh nskkky ?kj

ugha gA uhn I s l cfi/kr vf/kdrj I eL; kvk dk I ek/kku fd; k tk I drk gs ; k uhn dks c<k; k tk I drk gA

?jkf= Hkstu I s i gys og I n̄o uhn dh >i dh ysrh gs* uhn dh >i dh dk vkus dk vFkz gs jkf= ea I ks ugha i kuka vxj uhn dh >i dh foJke dsfy, vko'; d gs rc Bhd gA vxj uhn dh >i dh dk dkj.k ckjMe gs rks bl I s jkf= dks uhn de vk; xhA bl i dkj dh vuðlack/kk, avk I drh gA vki mu i j fopkj djA dHkh dHkh cTekZ 0; fDr vki dh ; kstuk ea l g; kx ugha djrk gA

; | fi funk ds i freku ; k Øe vDI j mez ds vuq kj cnysrjgrsgA i R; d fnu I kdj mBus i j Fkdku dk vuñko djuk vkj v0; ofLFkr uhn dk vkkuk I kekU; ok/kD; ; k ckgsks dk yfk.k ughagA vPNs LokLF; , oaxqkoÜkki wkl thou dsfy, i ; klr uhn dk vkkuk cTekk dk dks gh ugha I Hkh vk; q oxZ ds 0; fDr; k d ds fy, vko'; d gA vxj uhn i j ugha vkrh gs rks vuñl I eL; k, amri uu gks I drh gA tS sfid ekufi d vol kn] /; ku vkj Lefr eadeh jkf= eafxjus dh ek=k eaof)] uhn ds fy, xlfy; ka yssus ea of) vkj fnu ds l e; muhmk jguk ; k uhn dh >i fd; ka vkkukA vfunk ; k uhn ugha vkus dh I eL; k cTekk ea l Hkh I eL; kvk dk dkj.k cu tkrh gA

ifjp; k ea vU; ykxk dk l gk; rk ysuk

i fjokj ds l nl; k, oavU; fj 'rnkj kavkj fe=kad h l gk; rk ysuk rFk Lo; avki ds i kl i fjp; k ds fy, l e; vkj 'kfDr dk vHko vkkf vvuðlack/kk, avk I drh gA viuh ; kstuk, l h cuk; aft l ea bu l c ck/kkvka dks nj djus dk i ko/kku gA vxj vki us uhn vkus ds fy, dkBZ ; kstuk cukbZ gs rks vkerkj i j ml dk i Hko dN l e; ckn gh nskus dks feysskA vfunk l s l cfi/kr l eL; kvk dks ukt/ djrs jgavkj mlganij djus ds fy, MDDVj l s feydj ; kstuk cuk; k

mez ds vuq kj uhn ds l e; , oamI dh xgurk ea vUrj vkus yxrk gA uhn dk , d pØ gk rk gs ft l ds nks Hkkx gA vkj[k dh vnr xfr (Non rapid eye movement NREM) vkj vkj[k dh nr xfr (Rapid eye movement REM) , u-vkj-bZ, e- ds pkj Lrj gA i kjEHk dks i Eke Lrj dgrsgA ; g uhn dk og Lrj gs tc uhn vkus yxrk gs ysfdu 0; fDr 'kh?k txk; k tk I drk gs vkj txusij og dgrk gs fd es l ks k ugha FkkA ; g Lrj l kr feuV l sde dk gk rk gA n̄i jsLrj

g& rrh; vlg prfLrj xgjs uhn ds Lrj g& bu Lrjk ea ukMh dh xfr ea jDrpki dk; kfXu ½eS/kokSyTe½eadeh vk tkrh g& prfLrj cgr gh l oñu'khy gksk gS tks 30 o"kl dh vk; q ds ckn de gksk i kjeHk gks tkrk g& vlg-bz, e- dh voLFkk prfLrj dsckn vkrh gS tks xgjs foJke dh voLFkk g& bl voLFkk ea Lolu vkrh g&

uhn dk pØ vke rkg ij 90 fefuV dk gksk g& , u-vlg-bz, e- ds iEke Lrj ls f}rh; ls prfLrj rd ixfr djrk g& prfLrj ls fQj rhI jsLrj ij vkrk gSvlg fQj nñ jsLrj ijA bl dsckn vlg-bz, e- dk Lrj i kjeHk gksk g& iR; d Lrj ds l e; ea vUlj gksk g&

vki ; g /; ku j [kafd cTñkZdksnokbzns] e; ; g nñk yafd og xgjh uhn ea rks l ks k ughag& vlg-bz, e- fLFkfr ea, flu; k gks rks nokbz u nñ , u-vlg-bz, e- dh iEke voLFkk ea vklus dk /; ku j [kavlg nokbz nñ]

cTñkZ ea uhn dh l eL;k,a

voLFkk	o.ku	i fr'kr
funk l sI Ecfl/kr feyh&tgh vl kek; rk, a	uhn u vukl [kjlk/syuk] : d&: d dj 'okd ysk i ñkaeannz; k l ul ukgV	55&64 o"kl rd dh vk; qe 71 i fr'kr 56&74 o"kl rd dh vk; qe 65 i fr'kr 75&84 o"kl rd dh vk; qe 64 i fr'kr
vfunk	I kuseadfbukbj l ks k gjuk jgukj tYnh txuk Fkdk& Fkdk l k jguk	55&84 o"kl rd dh vk; qe 48 i fr'kr
[kjlk/syuk	uhn ea 'okd dk : duk	55&84 o"kl rd dh vk; qe 32 i fr'kr
: d&: d dj 'okd ysk	uhn ea 'okd dk : duk fujhfk.k ; k vutko fd; k	55&84 o"kl rd dh vk; qe 7 i fr'kr
i ñkaeaplh vlg l ul ukgV	cpñ i ñ fl UMK dsy{k.k	55 ls 84 o"kl rd dh vk; qe 17 i fr'kr

I lk & Adopted form Sleep American Àoll 2003 National Sleep Foundation.



cdTqkkz dh nskkky ?kj

otu ea deh gksuk vks iksk.k l s l EcfUkr l eL;k,j

vks; qdhi of} ds l kfk tc 0; fDr ea 'kkjhfjd fØ; k, j vks 0; k; ke djus ea deh vks tkrh gsrk dk; fxu ; k p; ki p; ½eVksfysTe½ /khek i M+tkrk gsvks 'kjhj dksdSykjh dh vko'; drk Hkh de gks tkrh gA o}koLFkk eal skus vks Lokn dh {kerk eaHkh deh vks tkrh gsb1 hfy; smUga [kkus eade vkuun vkrk gA bl hfy; s os [kkuk de [kkus yxrs gA bl hfy; s ; g cgr egRoiwks gS fd cTqkxk dks LoLFkdj Hkkstu fn; k tk,A muds [kkus ea foVkfue vks vU; ikskd rRo gksus pkfg; A cTqkxk 0; fDr ds [kkus ea rktk l fct; k] Qy] i s i nkFk vks jsk okyh phtsnh tk; A 'kjkc] dQhu vks ?kh vks ryh olrq adde nh tkuh pkfg; A dHkh dHkh vol j fo'ksk ij feBkbz [kkus dks ns l drs gsyfdu vf/kd ek=k ea ugh tc [kkuk cuk; arksml eafofo/krk gks vks l rfyrr gkA cTqkxk dk Hkkj vks r l s de gksk gS mudk i frj{kk r= ½E; w fl LVe½ Hkh detkj gks tkrk gsb1 dkj.k l smudh l Øe.k l s yMts dh {kerk eack/kk vks tkrh gA bu ykska ea [ku dh deh ½[ku eayky [ku ds l Syka dk de gksu½ gfMM; keadetkj tS h chekfj; k gks tkrh gA bu ykska enckc l s gksusokys ?kkokadsgksdk [krjk c<+tkrk gA cTqkxk eaotu dk de gksuk vks vuska [krjukd chekfj; k tS sfu d8l j] fny dk dk; l djuk cn dj nukl ân; ?kk] Lefr&Hkk] djk skk.k ,oa vol kn vksn gksusdk Mj jgrk gA otu de gksus l scTqkxk dk l rgyu fcxM+l drk gSft l ds dkj.k fxj dj og vi us dks xEhkj : i l spkVy dj l drk gA 'kjhj eaekd u gksus l s gfMM; ka dks xnak ughafeyrk ft l l s ncko ds dkj.k cTqkxk ds ?kk ½cm l kj½ gks tkrs gA 0; fDr dk otu l gh gS; g tkuus ds fy, fuEu Qkewys dks vi uk, A

efgyk, a%igys i kp QW yEckbz ds fy, 45-5 fdyKA 5 QW dh yEckbz ds ckn

QV 3 bp gsrksml dk otu gskuk pkfg, 52-27 fdyka

iq "k %i gys 5 QV yEckbz ds fy; s 48-18 fdyks vks fQj iR; d 1 bp yEckbz ds fy, 2-72 fdyks otuA vFkk~5 QV 3 bp okysi q "k dk otu 56-36 fdyks gskuk pkfg; A uhps, d izukoyh nh tk jgh gA vxj bl izukoyh eafdl h cTkkz dks 6 ; k ml l svf/kd vd feyrsgarksml sdiksk.k dk [krjk gA vki ifjokj dscTkkz; fDr l sbl sijk djk; A vki vks cTkkz nksuka feydj bl sijk djarks vks Hkh vPNk gA vxj dkbz dfku cTkkz ftl dh vki nsHkkky dj jgs gS ds Aij ylkxwgrk gsrksml ds l keus fy[ks gk i j xky ?kjk 1/4 fdy1/2 cuk na

- ftl cTkkz 0; fDr dh efnshkky dj jgk gwm l schekjh gS; k ml dh , s h voLFkk gSftl dsdkj.k ml ds [kkus dh ek=k eideh vk xbzgS; k ml sfdl h fo'ksk izdkj ds [kkus dh gh bPNk gks h gA gk
 - fnu eanksckj ds [kkus ds Lfkku ij de [kkuk gk
 - Qy ; k l Cth ; k nkk l scuh phtacgr de [kkrk gS gk
 - ml ds nkrkaea ; k eg eal eL; k gSftl dsdkj.k [kkus ea dfBukbz gks h gA gk
 - vko'; drkuq kj Hkkstu l kezh [kjhnus ds fy; s i ; klr : i ; s ugha gA gk
 - [kkuk vf/kdrj vdsysgh [kkrk gA gk
 - fnu earhu ; k ml l svf/kd nokbz k jkstukuk [kkrk gA gk
 - dkbz ; kstuk ugha gA fi Nys N%ekg ea 4-5 fdyks otu de gks x; k gS; k c<+x; k gA gk
 - 'kkjhfd : i l sdetkj gks l scatkj ea tkdj l keku ugha [kjhn l drk] [kkuk ugha cuk l drk@l drhA Lo; a l s Hkkstu ugha dj l drk@ dj l drhA gk
- okD; ka ds l keus fy[ks x; s gk i j ftrus xkys fd; s x; s gsmugt kMA
vxj ; kx 0&2 rd gsrks cgr vPNk gA
N%ekg ckn ijh{k.k dks nkqjk; a vks iksk.k ikrkdk dk iq%fujh{k.k djA

CdF Qkkz dh nskkky ?kj

fd cTkkz dh [kkus dh vknrkavkj mI dh thou i)fr ea dS s l qkj fd; k tk I drk gS\ Mkb\Nf'k; u ; k vU; fo'kskKkdh l ykg yavkj rhu ekg ckn bl ijh{k.k dks nkgjk; A

vxj i klrkd 6 ; k mI l svf/kd gsrks i ksk.k dh nf"V l sdQh tks[ke gA bu i klrkd dks fpfdRI d dks crk; a vkj mudh l ykg yA

ftu cTkkz dk otu vkj r l sde gksk gSmUga , k Hkkstu djuk pkfg; sft l ea dSvkjht vkj i kru dh ek=k vf/kd gkA i uhj 1phth\ vMk eNyj ekd] nkk vkn dh l ou vf/kd djA cTkkz dk otu c<kus ds fy, dbZ rjhds gsyfdu ; g bl ckr ij fuHk gSfd fdu dkj .kka l sotu ea deh vkbZ gA vFkkz~ftu dkj .kka l sotu de gyk gSmUga tku vkj fQj otu c<kus dk mfpr rjhdk vi uk, A MkdVj 1Qthfl ; u\ ; k i kskgkj fo'kskK Hk[k c<kus ds ckjs ea@mfpr l ykg nsdj vki dh enn dj l drsgA tks0; fDr vi us thou dh vflre l kd ys jgs gksr gsy vFkkz~, d ; k nksfnu ea mudk vUr gksus okyk gS mudh Hk[k ea deh vk tkrh gA

vki ds y{; g

LokLF; fo'kskKadks cTkkz dh Hkkstu l EcU/kh l eL; kvka vkj otu ea deh dsckjs ea l fpr djrsjgA

; g l fuf'pr djafd Hkkstu i kskd rRoka l s ; Dr] vkd"kd] cTkkz }kjk Lohdk; Z vkj vkl kuh l smiyC/k gkA

vki krdky dh fLFkfr eaD;k dja

vxj cTkkz 0; fDr dk otu vkj r l sde gks vkj fuEu y{.k. fn [kkbZ na rks MkdVj dks cgyk; A

- *vplud rt c{kkj/ tss 100 fMxb 10kjugkbV\ ; k 37.8 /sv; ; l gks vkj %cjlqV dsy{k.k gk& , k h fLFkfr ea cTkkz 1efgyk@iq "k\ ds fdI h i dkj dk l Oe.k gks l drk gS mI s rRdky mi pkj fn; k tkuk*

fueksu; k] I kd I sI EcflU/kr chekj fo'kskdj 1L=; kaek; hLV I Øe.k vks yw gkus dk [krjk gks gS vFkk~os bu I Øe.ka I s xfl r gks tkrs gA

- *pDdj vksf fxjus tsh vuHir] o vc tk jgs gA , sh vuHir & ; sI c y{k.k djk;k.k ds gks I drs gA bu y{k.ka ds ckjs vi us MxDVj dks 'kh?kz crk, A*
- *y{k.k pkgs vki krdhytu u Hh gks rks Hh MxDVj dks buds ckjs ea 'Hh?kzr 'Hh?kz crk, A*
- *vxj cTqkZ 0; fDr dk otu nks I lrkg ds vthj 2 fdyls ;k 2-25 fdylsde gksx; k gks& pkgs2 fdylsotu de gvk gks MxDVj dh I ykg yA cTqkZ eotu cgr tYnh ?kV I drk gB bl fy; s gj nks I lrkg ckn cTqkZ dk otu eki uk vPNh vknr gA de I s de eghus ea , d ckj vko'; d otu dk eki u djabl I smI dk , d fjdKZ jgsk vks vki dks / ;ku jgsk fd cTqkZ ds otu ea deh gks jgh gS ; k ughA*
- *fuEu voLFkk; vks 0; ogkjh Isotu ea deh vk I drh gs& vxj cTqkZ 0; fDr dh fuEu voLFkkvka 1y{k.ka ea I s dkBZ , d Hh voLFkk gks rks fpfdRI d dks otu de gkus ds ckjs ea crkus ds I kfk ml voLFkk ds ckjs ea Hh crk, A*
- *calkj b/kj m/kj ?kuk ;k pgy dneh djuk & , k djus I s cgr I kjh dSylht I ekir gks gS vks , k djus I s 'kjhj dk otu de rks gks gA 0; fDr ft I dh ikpu izkkyh Bhd ughagkrh pkgsog dkQh Hkstu djrk gk; ml dk otu de gks tkrk gA tc nLr yx tkrs gB rc 'kjhj ea feBkbZ@oI k ; k [kkus I sfeyusokyh 'kfDr dks vkrEkr djusdk I e; ugha jgrk vks D; kfd og I c nLrk ds ek/; e I s ckgj vk tkrk gA nLrk dh chekjh gkus ij Ropk ea?kko gkus dh I EHkkouk c<+tkrh gSvxj 0; fDr <x I s xpk dh I QkbZ u djA nLrk dh fLFkfr ea cTqkZ dh I QkbZ dk fo'ks /; ku j[kk tkuk pkfg; A*

cdf qkkā dh n̄sKKy ?kj

bI l eL; k ea0; fDr vi us [kkus dks i jh rjg i pk ugh i krkA tksC Lefr Hkk
l sxfl r gksrgsosfcuk : dsgq dkQh l e; rd pyrsjgrsg os; g Hky tkrs
gfd muga [kkuk gS ikuh ; k vU; i s i nkFkz yuK vKj ke djuk gA

Fkj Fkj kgV ; k dEiu

'kj hj ea dEiu u gksus l s cT 0; fDr pEep] QkdZ vkfn dks i dMus ea dfBukbZ
vutko dj rk gA dEiu i kfdI u chekjh ds dkj.k gksk gS; k ; g fdI h nokbZ
dk l gorh udkjkRed i Hkk gks l drk gA

vol kn

vol kn eaHk u yxuk ; k Hk u deh gksuk l kekU; ckr gA ifr ; k ifru dh
eR; qgksus i j] thou eafoQyrk gksus i j bl ckr dks l kpdj fd tS k og i gys
dj l drk Fkk os k vc ughadaj l drk dN yks vol kn dk f'kdkj gks tkrs
gA 'kkjhfd chekjh ea l ek; kstu ughadaj ikuh l s vKj fe=ka l s vyx gksus i j
vol kn gks tkrk gA %vol kn vKj ml ds dkj.kka vkfn ij fo'kSk tkudkjh ds
fy, bl i trd ea vol kn ij fy[ksv/; k; dks i <avKj tkuafd , h fLFkfr ea
D; k dj l drs gS vKj fo'kSkK l s l gk; rk dS s iklr dja

'kjkc ihuk

'kjkc ihus l s Hkk Hk de gksk gS vKj bI l s 'kj hj ea ikuh dh ek=k eaHkk deh
vkrh gA

ekufI d l HkkUr

ekufI d l HkkUr ea0; fDr dks , k Hke gks tkrk gS fd fdI h us ml ds [kkus ea
tgj rks ughafeyk fn; k ; k ml ds %nsKKy djus okys dS i kl Hkkstu ij gksus
okys [kpZ dks ogu djus dh fkerk ugha gA , h fLFkfr eaog [kkuk de dj nsrk
gS; k [kkuk [kkus ds fy; seuk dj nsrk gA

tc [kkuk [kk jgk gks ; k fuxy jgk gks rc [kkd h dk vkkuk

LVkd i kpu uyh ea gq ifjorZu l s [kkuk [kkrs l e; ; k [kkuk fuxyrs l e;
[kkd h vkrh gS tks [kkuk [kkus ea ck/kd gksk gA

nkr vks el tkh l eL; kvks ds lkFk l kFk eg ds Nkyks ds dkj.k [kkuk [kkus
eaijshkuh gksrh gA vxj cRrhl h eg esfQV u gksrksHkh [kkuk pckuse dfBukbZ
gksrh gA

nokbz k

dN nokbz k tS s, Hhck; fVd tc dkQh l e; rd yh tk; arksHkh eadeh vk
tkrh gA [kkuk fu; fer l e; ij fn; k tk; , k djus ij 'kjhj nokbz ka dks
vi us ea Hkyh Hkfr vkrEl kr dj yrk gA

'kjhfjd fØ; kvka ea deh

vk; q dh of} ds l kFk 'kjhfjd fØ; kvka ea vDI j deh vk tkrh gA ysd
'kjhfjd fØ; kvka ea vpkud deh vkkuk vol kn ds dkj.k gks l drk gS ; g , d
fpfdRI h; volFkk Hkh gks l drh gS ; k ; g dN nokbz ka ds udkj kRed i Hko ds
dkj.k Hkh gks l drk gA , h fLFkfr ea 0; fDr vi us dks Fkak Fkak egl l djrk
gSvks /khjs/khjs spyus yxrk gA 'kjhfjd 0; k; ke dh deh ds dkj.k Hkh i \$kC dk
: d : d dj vkkj i \$kC dh vU; l eL; kvka vks ; HLV l Øe.k gksus dh
l EHkkouk c<+tkrh gSvks Hkh eahkh deh vk tkrh gA

- vxj cTksZ 0; fDr cgj Hkjh gks vFk~ vfr otu lscgj vflkd
otu okyk gk**

cTksZ ea vks r l s vf/kd otu gksus dh l eL; k de i kbZ tkrh gA vxj
0; fDr cgj vf/kd Hkjh otu okyk gksrksrHkh og l eL; k curh gA vfrHkj
; k ekv/kik gksus ij dWgks vks ?kYuka ij nckc i Mfk gA vfrHkj l s
vklkjkbvI vks Mk; fcVht dh l eL; k vks c<+tkrh gA ysd u otu dks
cgj de djus dh dks'k'k u djA vfrHkj okys cTksZ dks vi us otu dk
5 l s 10 ifr'kr otu de djus dks dgs vks , k djuk vkl ku Hkh gkskA
bl ek=k ea otu de djus l sjDr dk nokc de gksk vks dks vks dk
Lrj Hkh de gkskA

MkDvj dks cysk ; k fn[kkus tkus l s iDZ fuEu izukas mRrj vo'; tku
y &

cdf qkkz dh nskky ?kj

fdrus l e; eafdruk otu de gvk g\l
D; k og ½fgyk@iq "kz n[kh gS; k vol kn dk vukko djrk g@djrh
g\l
og dklu dklu l h nokbz k ys jgk g@ ys jgh gS\l
; gkj ge , d mnkgj .k ndj Li"V djxs%

~MKWj l kgc eadeyk gwvk ejh ek foeyk vki dh i skw gA egsbl ckr dh
cgr fpurk gSfd fi Nys3 eghuka emudk otu 2-25 fdyks l sde gksx; k gA
ejh ek dh yEckbz5 QhV gSvk mudk otu 41 fdyks gA og dkQh jkrh vkg
fpYykrh jgrh gSvk fMxkSDI u (Digoxin) ys jgh gA

cTkkz dh vki fdI i dkj l gk; rk dj l drs g\l

vko'; drk i Mns ij l gk; rk dk icwk dj

D; k cTkkZ0; fDr dkscklj l s l keku ykuse]a [kkuk cukusvk [kkusea ; k Hkkstu
ds l e; fdI h 0; fDr ds i kl gkus dh vko'; drk gA

vxj vki fuf'pr ugha fd cTkkz ds fy; s D; k [kkuk mi ; Dr gksk rks i ksk.k
fo'kskK l s ckr dj

i ksk.k&fo'kskK ; k Hkkstu fo'kskK vki dks crk; &ks fd fdI i dkj dk Hkkstu
cTkkZ0; fDr dh vko'; drkuj kj jgskA vki Hkkstu fo'kskK ds ckjs ea vi us
MKWj l s tkudkjh ys l drs gA

**D; k el Mns nkra vkg eg dh tko nkra ds MKWj ; k ulz us dj yh
gA**

eg eafdl h Hkh i dkj dh l el; k gkus ij [kkusea : fp de gks tkrh gA
cTkkz dks eui l Un Hkkstu na

ftu 0; fDr; ka dks djk ksk.k gksk gS mues vDI j Hk[de yxus dh f'kdk; r
feyrh gA muds eui l Un dk [kkuk nsus ij mlga vki [kkus ds fy, i kRl kfgr

i d^lkj ds Hkkstu LoLFkj g^lD; k^ld m^llga o^lt^l c^llus dh vko'; drk g^l

vkl ku^l l^ls fuxy^l tk l^lds , s^l k Hkkstu n^l

ftl Hkkstu dks pkgs og l^lkfe"l^l g^lks ; k^l fujlfe"l^l g^l [kkus dh l^l [r ; k^l dM^l pht u n^l i^l s i^lnkFkZ cgr i^lryk u g^lkA l^lW v^lkfn Hkkstu dks ue cukrs g^lA Øhe] u^lh^lly l^lo] i^luhj l^lkl v^lkfn [kkus dks n^lA vxj c^llkZ fcLrj i^lj i^lM^l g^lSv^lg^l Lo; a l^ls ugha [kk l^ldrk rks Hkkstu dks FkkM^l i^lhl y^ll dj , s^l k^l cuk na^lf^l og ml s vkl ku^l l^ls fuxy l^lda vxj tYnh g^lks ; k^l l^le; de g^lks rks c^llkZ dks c^lch QM Hkh fn; k^l tk l^ldrk g^lA ; g^l ml d^lsfy; s^l i^lksd v^lg^l LoLFk dj jg^lskA

; g^l fuf'pr dj yaf^ld c^llkZ l^lWk c^llk g^lSv^lg^l ml dk fl j l^lWk g^lA , s^l k^l djus i^lj Hkkstu dk fuxyuk vkl ku g^lks tk; skA l^lWk jgus d^lsfy, vki rfd; k^l v^lkfn dk i^lz k^lx dj l^ldrs g^lA

ued Mky^la

ued Mkyus i^lj [kkuk c^llkZ dks Lokfn"V yxrk g^lA de ued okyk Hkkstu i^lkska d^lsfy; s^lrksBhd jgrk g^lsi^lUrqdij^lksk.k l^ls xfl r c^llkZ d^lsfy; eaued Mky^lA dHkh dHkh , s^l k^l l^le; vkrk g^ltc FkkM^l cgr i^lksM; e 'kjhj dks pkfg; A mYVh nLr g^lks i^lj i^lhus v^lkus i^lj v^lg^l, s^l h^l nok, aysus i^lj ftul s^l i^lkkc vf/kd vkrk g^lsrc Hkkstu eaued dh vf/kd vko'; drk g^lkrh g^lA l^lksM; e dk l^l gh Lrj D; k^l g^lks ; g^l tkuus d^lsfy, Mky^lVj dh l^lykg y^lA

ol k; Dr Hkkstu dj^lA

dij^lksk.k l^ls xfl r 0; fDr d^lsfy; s^l de fpdukbZ okyk ; k^l de d^lksy^l V^lky okyk [kkuk y^lkkdj ugha g^lksk g^lA d^lkbZ Hkh Hkkstu t^lks c^llkZ dks Lokfn"V yxs ml s^log [kkus n^lA , s^l sykska d^lsfy; s^l i^ljh d^lsy^ljh ; Dr d^lkbZ tkuk i^lgpkuk [kkuk n^lA c^llkZ ftl Hkkstu dks i^lgys l^ls i^lUn d^ljrs jgs g^lso gh Hkkstu m^llga [kkus dks n^lA ; g^l vko'; d^l ugha g^lsf^l u; s^l [kkus m^llga i^lUn v^lk; A c^llkZ y^lkska dks l^lkns [kkus t^ll^lsf^l nky] pkoy] pi krh g^ljh l^lfct; k^l v^lkfn i^lUn v^lkr^l g^lA m^llga l^lknk v^lg^l muds eui l^lUn dk Hkkstu gh n^lA

CdT qkkā dks hñkky ?kj

tgkj rd gks cTqkkā dks [kkuk i fjokj ds vU; I nL; kavkj fe=kad sI kFk gh nA , d fuf'pr LFku ij [kkus dh Vfcy j [kA Vfcy ij I tñj phtatS sfld Qny& nku vkfn j [kA ly/sI kQ gkVfcy DylkI kQ j [kA jxhu usfdU dke eayA phtabI rjg iLrj dja fd okrkoj.k [kdkuqk gks tk; A

cTqkkā dks iL Hkkstu djus ds fy, Lej.k djk; A

cTqkkā dks Hkkstu djus ds fy; sLej.k djkus l sMjaugA dHkh dHkh cTqkkā dks [kkus dh ; kn ugha jgrh vkj os vi us dks Hk[k vutko gh ugha djrA cTqkkā dks 0; fDrxr : i I s tkaj Hkkstu djus ds fy; s dgml s ; kn fnyk; afd vki dks vc Hkkstu djuk gA vxj vki ?kj ij ugha gSrkS VsyhQksu }kj k [kkus dk I e; gkus i j mUgs ; kn fnyk; A

D; k vki dks ; kn gSfd vc vki dk Hkkstu dk I e; gksx; k \ D; k vki ugha pkgs fd tks ubz fM'k efs vki ds yP ds fy; s cukbz gSml s vki [k; A

Hkkstu dks Lokfn"V cukus ds fy; s 'kDdj] gjs/kfu; k dh i fr; k vnjd] i knhuk] ygl w vlfn i z kx dj I drs gA

xeZ xeZ [kksus l s Hkk stu ea of} gkrh gA

dHkh dHkh , s k Hkh nqk tkkrk gSfd cTqkkā FkkMk FkkMk dbz ckj [kkuk pkgrs gA , s h fLFkfr eafdl h I e; fo'kjk i j [kkus ds fy; mu ij nokc u MkyA cTqkkā dks/khjs/khjs ; k tS sHkh og [kkuk pkgs & [kkuk [kkus nA vxj vki us [kkuk i gys cuk fy; k gSrkS cTqkkā dks f[kyks l e; ml s xeZ dj nA

uk'rs ea cTqkkā dks i ksk.k ; Dr Hkkstu nA cTqkkā dks i dMus ea vkl kuh jgs , s h pEepka vlfn dk i z kx djA ftu cTqkkā ds gkFk fgyrs jgrs gSmlUgs i dMus ea i jskkuh gkrh gS mudk fo'kjk : i I s /; ku j [kA

tkscTqkkā vdsyj grs gSos vi uk [kkuk vPNs<kcs ; k Hkkstu ky; I sekok I drs gA cmScMs 'kgjk ea vkt dy ^ehYI vKwI OghYI * I sk, j mi yC/k gA ftu cTqkkā dksLo; al s [kkuk cukuseadfbukbzvk I drh gSmlUgs vi uh fdpu ea , s h Hkkstu

I fct; k^l fct; k^l vksV } cM] eD[ku] dkuZ QyDI] Qy vks i s inkfKA
cT^lk^l dh n{Hky ea dN ijskfu; k^l vk I drh gA

- *nqyk jguk vPNk gs& vxj fdI h 0; fDr dh 'kjbjj dh Lohkkfod I jruk os h gh gS rks i ryk 1nqyk jguk Bhd gA yfd u vpkud rsh Isotu ea deh vk xbZ rks Bhd ugha gA , k gks dL vFkZ gS fd 0; fDr dk otu vks r Isde gS vks og djk^l k I s xfl r gS , h fLFkfr eafpfdrI d dh I ykg 'kh?kz yA*
- *dkyktVky 1pcch dk de gksk vPNs LohkF; dk y{k.k gs& ; g vko'; d ugha gA 70 o"kl dh vk; qcls 0; fDr ftUgafny dh chekjh ugha gS mUgavi usdkyktVky dksde djusdsfy; sfo'k^l k i z kl djusdh vko'; drk ugha gA mPp dksyktVky Hkkstu ka ea cT^lk^l yksxa dks i k^lhu I s vDI j yk^l feyrk gA*
- *esHktu vks nobk^l k nksa ugha [kjhn I drk & dHkh dHkh , k n{ks es vkrk gS fd ftu yksx dh vk; de gSos Hkkstu vks nobk^l k ea I s fdI s [kjhn] bl dsfy; smUga p^lko djuk i M^lrk gA dN yks [kjhnuk c^ln dj nsrgs vks ftI I sosegah nobk^l k [kjhn I dA vxj , k gS rks M^llVj tkurk gS fd ejht+dh vlfkfd fLFkfr dS h gS\ og egah nobk^l k dL Fkku ij I Lrh nobk^l k [kjhnus dsfy; sdg I drk gA M^llVj , h I L^lFkku ka dks Hkh tkursg^l tgk^l I smUga vlfkfd I gk; rk fey I drh gS ; k fu% k^ld Hkkstu fey I drk gA*
- *esugta plgrk fd dkbZ vtuch ejh?kj esHktu yk^ls& cgr I s cT^lk^l t^l k gks jgk gS os k gksk jgs ; g pkgrs gA mUga dkbZ Hkh u; k ifjorlu Lohdkj ugha gkskA vki cT^lk^l dks I e>k; afd fu; fer : i I s xeZ Hkkstu ml dsfy, D; kavko'; d gA ifjorlu dsckj se cT^lk^l dks vks oLr dj I drs gA vki dgfd ubZ 0; oLFk dks dN fnu ij [ka vks vxj Bhd u gks rks ckgj I s Hkkstu exokus dh 0; oLFk dks c^ln dj I drs gA*
- *ejh ejk Hkkstu dks gffk; k^l ds : i es i,pr djrh gS& dN cT^lk^l*

cdf qkkz dh nskky ?kj

dke eayrsgA vxj , d k gsrksctekz dks , d svU; vol j naftl l sml dh fu; f=r djus dh bPNk ijh gkA i ksk.k fo'kSKK bl i ddkj dh l eL; kvka l s Hkyh Hkf r voxr gkrs gos vki dks bl l eL; k ds l ek/kku ds fy; s l qko ns l drs gA

bl h i ddkj dh vu; ck/kvka ds ckjs ea l kpa vkg muds l ek/kku ds fy; s rjhd s vi uk, A ctekz 0; fDr dk l g; kx ya ifjokj ds vu; l nL; k fe=ka vkg l Ecfl/k; ka dh Hkh l gk; rk yus dk iz kl djA

nskky dh viuh ; kstuk ea vko'; drkuq kj ifjorlu djrs jgA

ifj. kela dks tkprs jgA

gj efgus 0; fDr dk otu uki avkg tkuaf d ctekz dk otu c<+jgk gS; k ughA vxj otu tYnh c<+jgk gsrks vki dh ; kstuk dk; Zdj jgh gA vxj otu ea deh dh l eL; k cuh jgrh gsrks Mkvj ; k ul Z dh l gk; rk ya , d Vzic ds ek; e l skstu nsuk bl l eL; k dk vLFkk; h l ek/kku gA Vzic l s [kkuk nsus ds fy; s Vzic ukd ds }jk iV rd igpkbz tkrh gA fQj Vzic ea is inkFkz/ryh [kkus dh phtz Mkyh tkrh gA Vzic l s Hkkstu nsuk LFkk; h bykt ughagA , d k fof'kV ifjLFkfr; ka ea t\$ s fd LVkd gkus ij ; k fuxyus ea dfBukbz vkus ij fd; k tkrk gA

dN , d h ifjLFkfr; ka gkrh gftueavki dN ughadlj l drA dHkh dHkh eR; q l s inZ0; fDr dh [kkus dh ek=k ea deh v k tkrh gA d\$lj vkg LVkd dh fLFkfr ea , d k gkrk gA , d k l e; vkrk gStc chekj dgrk g\$fd esHkkstu djuk ugha pkgrkA egsHkk ughagA rc vki ml s Mkvj dksfn[kk; a vkg ml dh l ykg ya



I Ei ~~k~~.k I s I EcflUkr I eL;k, i

I Ei ~~k~~.k ¼ økn½ I s I EcflUkr I eL;k, a c~~T~~~~K~~Z 0; fDr , oa ml dh n~~S~~kkky djus okys 0; fDr nkuk ds fy; sekuf d l~~r~~ki nsus okyh gks I drh g~~A~~ c~~T~~~~K~~Z 0; fDr n~~l~~ js ykska dh ckr u I pus ds dkj.k v~~g~~ vi uh ckr mu rd ugha i gpk ik I dus ds dkj.k ekuf d : i I s mf}Xu gks I drk g~~A~~ bl h i dkj c~~T~~~~K~~Z dh n~~S~~kkky djus okyk 0; fDr Hkh c~~T~~~~K~~Z 0; fDr rd vi uh ckr u i gpk I dus ds dkj.k ; k c~~T~~~~K~~Z 0; fDr tks dg jgk gS ml s u I e> ikus ds dkj.k ekuf d foQyrk dk vutko dj I drk g~~A~~ I Ei ~~k~~.k ; k I økn ea fodfr; ka ea ckyus ea dfBukbZ v~~g~~ I e>us ea dfBukbZ ds I kfk I kfk i <us v~~g~~ fy[kus ea dfBukbZ I fEfyr g~~A~~ I økn I s I EcflUkr dN i jskfu; k i pus ea v~~g~~ n~~S~~kuseavI eFkrk ds dkj.k gkrh g~~A~~ I pus ea dfBukbZ I s c~~T~~~~K~~Z 0; fDr n~~l~~jk 0; fDr D; k dg jgk gS ; g ½jh rjg½ I e> ugha i krk ; k ckrphr ds fo"k; dks I e>us ea ml s dfBukbZ vkrh g~~A~~ v~~g~~[kka dh I eL; k ds dkj.k c~~T~~~~K~~Z 0; fDr dks i jkus i=k v[kckj vkrn i <us ea dfBukbZ vkrh g~~A~~ nokbZ dh 'kh'kh ij fy[ksfunz kka dks Hkh og ugha i <+ i krkA ; s I eL; k, a vDI j LFkk; h gkrh g~~A~~ i jUrq muds i Hkkoka dks I Ei ~~k~~.k dh fof'k"V rduhdka v~~g~~ midj. kka t\$ sfd I pus dh e'ku v~~g~~ p'es ds }jk de fd; k tk I drk g~~A~~

I Ei ~~k~~.k I s I EcflUkr dN I eL;k, a vLFkk; h gkrh g~~A~~ v~~g~~ mlga cnyk tk I drk g~~A~~ ; s os I eL; k, a gkrh g~~A~~ tks nokbZ kka I Øe. kka ; k vol kn ds dkj.k mRiuu g~~o~~Z g~~A~~ dN nokbZ ka I s?kjkgV] I kke v~~g~~ Fkdru gks tkrh g~~A~~ bl dk i fj. kke gkrk gS n~~l~~ jka dh ckrka dks u I e> iuk v~~g~~ vi uh ckr dks n~~l~~ jka rd Li "V : i I s i gpkus ea dfBukbZ dk vkrkA bl i dkj dh dfBukbZ ka dks nokbZ dh ek=k dks cny dj Bhd fd; k tk I drk g~~A~~

LVkd] efl"rd ea{kfr t\$ sfd V; ej I s g~~o~~Z{kfr] cukoV ; k Luk; f~~o~~d {kfr ds dkj.k v~~g~~ , Ytkb~~e~~j Nefr Hkh kZ rFkk i kfdll u t\$ h chelkj ; kads dkj.k I Ei ~~k~~.k

CdF Qk'k' dh nskk'y?kj

i gpkrh gA ysdru , s vuska mik; gftudh l gk; rk l schkj , oan^gkkky djus okyk 0; fDr bul s l ek; kstu dj l drk gsvk^g dkQh l hek rd l Ei kk.k l s l EcflUkr l eL; k dk l ek/kku fd; k tk l drk gA

I Ei kk.k ds fodkj^g dh i gpkru vkg mudk l ek/kku

tS s tS s mez c<rh gS dbz i dkj ds i fjorzu ¼ kkjhfjd vkg ekufi d½ gks gA ml h i dkj l Ei kk.k l s l EcflUkr l eL; k, a Hkh /khjs /khjs vkg l e : i l s c<us yxrh gA tc l eL; k, a 0; fDr dh {kerkvka ea ck/kk djus yxrh gA ; k tks dke i gys os vkl kuh l s dj yrs fks vkg tks dke muds fy; segRoi wkz gks gS muds djusea tc i jskkuh gks gS ¼ tS sfld VyhQku ij ckr djusea i jskkuh ; k i = eafy [kh xbz ckr kadsLej .k ea i jskkuh vknf½ rc osvkerkg ij fpfdRI h; mi pkj ¼nokbz yskh i kjEHk dj nsrs gA

, d 0; fDr dsfy; s tks l Ei kk.k l eL; k gSog vko'; d ughagSfd nw js 0; fDr dsfy, Hkh gkA mnkgj .k dsfy; sge nf"V l s l EcflUkr l eL; k dksys l drs gA ftu 0; fDr; kausvi useukjatu dsfy; s ; k 0; ol k; ds : i ea i <us vkg fy [kus ea thou dk dkQh l e; yxk; k gS vxj mlganf"V l EcflUkr l eL; k gks tk, rks muds thou ea ekufi d foQyrk dk Hkko mRi Uu gks tk; skA nw jh vkg ftu ykska dk l e; i <us fy [kus ea ugha chrk gS ; k i <uk fy [kuk ftuds fy; s egRoi wkz ugha jgk gS muds fy; s ; g l eL; k mruh egRoi wkz ugha gksxhA tc l Ei kk.k l s l EcflUkr l eL; k ds l ek/kku ds fy; s dk; l dj jgs gS rc nks egRoi wkz fl }kUrka dks ; kn j [ka

I Ei kk.k nks ekxz okyh i fØ; k gS cksus okyk vkg l us okyk nkukagh l Ei kk.k dh l eL; k ds dkj .k gks gA vkg nkukagh l eL; kvka ds l ek/kku ds fy, vi us 0; ogkj ea i fjorzu dj l drs gA

I EHkk'k.k ; k okrkyki ijLij l g; kx l sgksus okyk dk; ZgSbl fy; sbl eahkkx yus okys l Hkh 0; fDr bl l eL; k dk l ek/kku feyty dj] dj l drs gA okrkyki ea dkbz , d 0; fDr mrjnk; h ugha gkskA

I Ei kk.k dh l eL; kvka ds fy; subz l hekvka l s l ek; kstu dh vko'; drk gks gS

I Ei **kk**.k I s I EcflU/kr I Hkh I eL; kvk~~ad~~k I ek/kku ijh rjg I sughagksrkA bI fy; s vki vlg c~~q~~^qz0; fDr dks ; g Lohdkj djuk iM~~kk~~ fd vc gekjs chp I Ei **kk**.k eavUrj vk x; k gA mnkgj.k ds : i eavxj c~~q~~^qz0; fDr dks I ~~q~~usea ijs~~kk~~uh gks h gS rks ckrphr djuk rHkh I EHko gks I drk gS tc dejk 'kkUr gk~~h~~ fdI h i~~dk~~j dh vkokt u gks vlg c~~q~~^qz0; fDr usI ~~q~~us dh e'ku yxk j[kh gkA vxj , s k ughagS rks ml I s ckrphr djuk dfBu gh ughavI EHko gks tk; skA bI dk vFk; g dnkfi ughagS fd vki c~~q~~^qz0; fDr I s ckrphr djuk c~~q~~n dj nA bI dk vFk rks d~~o~~y bruk gh gS fd , s c~~q~~^qz0; fDr ftI e~~q~~l ~~q~~us dh {kerk I ekIr gks xbZ g~~h~~ ml I s I Ei **kk**.k djrs I e; , d fof'k"V i~~dk~~j I s i~~z~~kl djus dh vko'; drk gS ftI I sog viuh ckr vki I sdg I ds vlg vki ml I sv iuh ckr dg I dA

vkt dy dbZ rduhd~~a~~vk xbZ g~~h~~ftudh I gk; rk I s bl dke dks vkl ku cuk; k tk I drk gA bl I Ecfl/k e~~q~~fo'k~~kk~~K dh I gk; rk ya

vki dk y{; gS %

- vko'; drk iM~~us~~ ij fo'k~~kk~~K dh I gk; rk y~~u~~kA
- bl ds fy, vH; y~~u~~k~~a~~ dks I eL; k ds ckjs e~~q~~l fpr dja~~q~~ k if'kf{kr dj~~q~~A c~~q~~^qz0; fDr ds I kfk d~~q~~s I Ei **kk**.k dja\
- vko'; drk iM~~us~~ ij I Ei **kk**.k dks vkl ku cukus ds fy; s I ~~q~~us dh e'ku vlfn rduhd~~a~~dk mi ; kx dja
- ckyus dh mi ; Dr 'k~~yh~~ ds i~~z~~ kx I s I Ei **kk**.k dks i~~kk~~oh cukus ds fy; s mi ; kx dja
- c~~q~~^qz0; fDr dks I Ei **kk**.k e~~q~~of} ds fy; s vH; kl djus ds fy; s i~~kk~~ kfgr dja

fo'k~~kk~~K dh I gk; rk dc ya

fueu y{.k~~a~~ ds ?kfVr gks us ij M~~kk~~Vj dh rRdky I gk; rk ya%

ckyus; k / e>us dh {kerk e~~q~~avplud i~~ff~~or~~u~~ vlu~~u~~ %vxj fdI h 0; fDr

CdF QkKz dh nskky ?kj

gsmI sughal e> i kuj 0; fDr eaLVkd gks dk y{k.k gA ft l 0; fDr dksLVkd gvk gSml s ifjorZu dh tkudkjh ugha gks I drh gS ; k og tks dN ml s gvk gSml s nI js 0; fDr dks l e>kus ea vI eFkZ gksk gA LVkd gks i j tks 0; fDr okD; kdkl s iwlZ : i l scsy I drk Fkk og vpkud : d : d dj VpdMkaeckyus yxrk gS ; k ckr djuk , d ne cm dj nsrk gA LVkd dsVU; y{k.k gA 'kjhj ds fdI h , d Hkkx ea uerk ; k detkjh dk vkuk nV e i fforZu vkuk vkj muhnik u c<+tuk vknA LVkd , d xEHkhj chekjh gSbI dsfy; srRdky MKDVj dh l ykg ysu pkfg; A

fuEu y{k.k ds ckjs ea 'H?k MKDVj dks l fpr djA

*vkokt dh /ofu e aglas olyk ifjorZu cuk jgrk gS tks dIQuh fnuks cm
Hh lekr ugha gksk %*

vkokt ea bl i dkj dk ifjorZu QY; wds dkj .k ; k l nh&tpke ds dkj .k gks I drk gA vkokt ea ifjorZu vkokt ea ?kj?kjkgV ; k ne Hkj tkuk ph[kus dh vknr] /eiku dju\$ 'kjkc ihu\$ iV l sÅij dh vkj vEy vkusea/ofu rf=dk eaf[kpf[kpkgV] /ofu rf=dk i j v; qkr iHko ds dkj .k ; k dN chekfj ; ka t\$ s Fkk; jkBM ds i dk; kdk de gksuk ; k dBI j ds dkj .k gks I drh gA vkokt l s l EcflU/kr l eL; k , d t\$ h gh gksk gSpkgsog vknr 1ph[kdj cksyus dh vknr% ds dkj .k gks ; k xEHkhj volFkk t\$ sdBI j ds dkj .k gkA tksMKDVj vki dksnks gos vki dks vki ukl vkj dku fo'kshK l s l ykg ysu dsckjeadg I drsgA bZ, u-Vh MKDVj cTlZ dh /ofu rf=dk dk i jh{k.k djds dkj .k tku dj bykt djxkA /ofu ea vkj vf/kd [kjkh gksu rd bUrtkj u dj vkj MKDVj dks rRdky fn[kk; A t\$ h Hkh vkokt cTlZ dh gSml s cuk; s j [kA

, d vkokt+ft l s l yku ef'dy gksk gS%

vxj dkBZ 0; fDr bruk /khek cksyrk gSfd ml dh vkokt+l ykbZ ugha i Mf h rks fpfdRI d dh l ykg yA fdI h 0; fDr dh vkokt+vR; f/kd /khek gSml dk , d y{k.k gSfd nI js yksx ckj ckj ml s viuh ckr nkqjku dsfy; s dgrs gA , d k dbZ fodkjks dks dkj .k gksk gSftuea/ofu rf=dk eaokbjy l Øe.kj LVkd] l kd

{kerk de gks xbZ gSmUgahkh fdI h 0; fDr dh vkokt I qkbZ ughansrhA bl nf"V
Isdoy ckyus okys dks gh /; ku nsus dh vko'; drk ughagSoju-l qus okys dks
Hkh /; ku nsuk pkfg; A

viuk; k vchok xE; ok. kh

bl eage okD; ka dks VpMka ea ckyus dls mnkgj .kka dks ys l drs gA t\$ s Vfcy]
cB tkvks ; k fujFkd 'khnka dk mPpkj .kA fopkjka dks Li "V : i Is I e>us e
dfBukbZ vkkuk nokbZ ka dks vfrfjDr udkjkrEd i Hko vkJ LVkd] efl"rd dh
r=dkvka dk fl dMukj fl j ij pkV] Lefr Hkkj , Ytkbej vlfn chekfj ; ka dks
dkj .k gks l drk gA

vL"V ok. kh

vLi "V ; k vthc /ofu okyh ckyh] t\$ sfld fdI h uscgr 'kjkc ih yh gks ; k
ukd l scokyukj xEHkhj Luk; fiod fodkj dsy{k.k gks l drsg\$1/4 k cgr 'kjkc i hus
ds Hkh/A vLi "V ok. kh dk l EcU/k vDI j LVkd] i kfdll u vkJ , E; k\$Rm d yVjy
fLQy\$ksf l] Mk; fcVht t\$ h chekfj ; ka l s vkJ ; k dN nokbZ ka l s Hkh dN
vLFkk; h l eL; k, a 1/4t\$ s Fkdku% gks l drh gA vxj vLi "Vrk vpkud gks gS
vkJ xEHkhj gSrks ; g vki krcky dh fLFkfr gA rRdky MKDVj dks fn[kk; A

I e>us e a vI eFlk

vxj cTkhZ 0; fDr l e> ugha ikrk fd nI jk 0; fDr D; k dg jgk gS ; k Lej .k
djuseadfbukbZ gks gS ; k tksfunk fn; s tks gSmUgah e>useadfbukbZ vkrh
gSrks ; s l c l qus eadfbukbZ ckrphr dks l e>useadfbukbZ tks dgk x; k gS
ml s Lej .k djuseadfbukbZ dks y{k.k gA

; s l eL; k, a Jo.k {kerk ea deh] LVkd] Lefr Hkkj , Ytkbej vkJ 0; fDr dkkZ
nokbZ ys jgk gSrks ml dks l gortZ udkjkrEd i Hko dks dkj .k gA bl fo"k; ij
fo'k k tkudkjh dks fy; s bl i lrd dks 1 qus l s l EcU/k r eL; k] v/; k; dks
nska

MKVj dks fn[kus l s i gys fuEu izuk dks mUkj tku ya

vkerkj ij ; g dkQh gksk gSfd l eL; k dskjs ecrk; avkJ ; g Hkh crk; afd

cdf qkkz dh nskky ?kj

- cT~~ek~~Z dh f'k{kk dk Lrj D; k g\\$ \
- D; k I Ei ~~kk~~.k dk or~~ek~~ku Lrj fi Nys Lrj I s dkQh f~~kk~~lu g\\$ \
- D; k I Ei ~~kk~~.k dh I eL; k I s i fjokj ds vU; I nL; ~~h~~ fe=k~~a~~ v~~kfn~~ I s 0; ogkj djus ea dfBukbZ vkrh g\\$ \
- D; k cT~~ek~~Z 0; fDr ds 0; fDrxr thou e~~a~~dkbZ ?Vuk ?kfVr g~~b~~z g\\$; k i fjor~~u~~ v~~k~~; k g\\$ t\\$ s i fr&i~~fr~~ dh eR; ~~h~~ i jkus fe= dh eR; ~~h~~ f~~j~~V~~k~~; j e~~V~~ ; k LFku ~~vedku~~] dejk ; k 'kgj½ i fjor~~u~~A
- cT~~ek~~Z 0; fDr dh n~~sd~~dp; k D; k g\\$ 0; fDr fdI i dkj dh fØ; k, a djrk g\\$ ml dk I kekftd 0; ogkj ds k g~~ks~~k g\\$ \
- D; k cT~~ek~~Z dks gky gh e~~a~~dkbZ chekjh g~~b~~z g\\$ ftI dk funku g~~ks~~p~~pk~~ g\\$; k ugha g~~v~~k g\\$ \
- cT~~ek~~Z 0; fDr bl I e; dks&dks I h nokbZ ka ys jgk g\\$ \ D; k gky gh e~~a~~ nokbZ e~~a~~dkbZ i fjor~~u~~ fd; k x; k g\\$ ½ I e~~a~~fdI h ubZ nokbZ dks t~~km~~uk ; k fdI h i jku h nokbZ dk de djuk nkuk I fEfyr g\\$ ½
- D; k bl i dkj dh I eL; k i gys Hkh g~~b~~z Fkh \ vxj g~~b~~ rks D; k g~~v~~k \
- D; k cT~~ek~~Z dk bl ds fy; s i gys Hkh bykt g~~v~~k Fkh \
- D; k i fjokj e~~a~~i gys Hkh fdI h dks LV~~kd~~] fny dh chekjh ; k Lefr H~~kk~~ dh chekjh g~~ks~~p~~dh~~ g\\$ ½; k bu chekfj ; k dk i kfjokfjd bfrgkl g\\$ ½
- D; k cT~~ek~~Z 0; fDr dks bl I e; Lefr I s I Ecfl/kr chekjh g\\$ ½ pkgs FkkM\$ I e; dsfy; sgks t\\$ s 15 fefuV i oZ dh ?Vuk ; k fi Nyh ckr~~av~~k~~s~~ cpi u dh ckrka I s I Ecfl/kr½

vki M~~kk~~Vj I s D; k v~~k~~ ds scrk; a bl sge , d mnkgj.k }jk Li "V dj~~xa~~

*e~~s~~ jes~~k~~ g~~v~~v~~k~~ ; sejh ekafel st if.Mr g\\$ M~~kk~~Vj v~~k~~-, I - H~~kk~~Vukxj bu ds

g~~s~~fo'k~~k~~kdj V~~s~~hQ~~s~~ i j ckr djuse~~A~~; scg~~r~~ /khjsvk~~j~~ vLi "V vkokt e~~a~~ckyrh
g~~A~~ yx~~H~~kx fi Nys~~e~~kg I s~~r~~ks; g fLFkfr v~~k~~ vf/kd [kjkc g~~k~~s xb~~Z~~ g~~A~~**

c~~T~~~~k~~z dh I g~~k~~; rk ds fy; s vki D; k dj I drs g~~s~~\

vki D; k dj I drs g~~s~~; g b~~I~~ ckr i j v~~k~~/k~~f~~j r g~~S~~fd %1½ i k~~F~~fed I eL; k D; k g~~S~~\ 1½ , d k D; k g~~y~~k v~~k~~ 1½ I eL; k fdruh xE~~H~~khj g~~S~~\ mnkgj.k ds : i e~~s~~ vki tks dg jgs g~~s~~ b~~I~~ s c~~T~~~~k~~z I e> ugh~~a~~ i krk] rks; g I ~~q~~us dh {kerk e~~a~~deh ; k efl"rd e~~s~~ I eL; k ds dkj.k g~~k~~s I drk g~~A~~, d k fdI dkj.k I s g~~y~~k g~~s~~ ml h ds vu~~q~~ kj I ek/kku dh fn'kk r; g~~k~~khA I ~~q~~us dh {kerk e~~a~~deh dks I ~~q~~us dh e'ku yxkdj v~~k~~ tks {kerk 'k~~k~~ g~~S~~ml ds fy, V~~f~~u~~k~~ ndj mi pkj fd; k tk I drk g~~A~~ tks y~~k~~x Lefr H~~k~~k I s xfl r g~~s~~ muds fy; s I ~~q~~us dh e'ku rH~~k~~h y~~k~~kh~~d~~j g~~k~~s I drh g~~S~~tc mue~~s~~ I ~~q~~us dh {kerk e~~a~~kh deh g~~k~~A c~~g~~r I s 0; fDr; k~~a~~ e~~s~~, d I s vf/kd I Ei~~k~~.k dh I eL; k, a~~g~~krh g~~s~~v~~k~~ i R; d 0; fDr fo~~f~~"V g~~A~~ tks , d 0; fDr dsfy; sBhd g~~S~~og vfuok; l : i I sn~~u~~ js 0; fDr dsfy; sBhd g~~k~~s, d k ugh~~a~~ I Ei~~k~~.k e~~a~~of} ds fy; s ; s I kekU; fun~~l~~k g~~A~~ vxj I E~~H~~ko g~~k~~s rks L i hp ffkj~~s~~i LV dh I g~~k~~; rk ys I drs g~~A~~

/; ku v~~k~~df~~m~~ d~~j~~uk v~~k~~ /; ku dks cuk; s j [kuk

, d h vu~~u~~dk~~a~~ foodfr; kag~~s~~ftudh otg I s 0; fDr dh /; ku n~~u~~s dh {kerk de g~~k~~s tkrh g~~A~~ tks y~~k~~x okrkyki dschp tks dgk x; k g~~S~~ml i j viuk /; ku d~~u~~hr ugh~~a~~dj I dr~~A~~ mlg~~u~~ml ckr dks I e>us e~~a~~dfBukbZ g~~k~~rh g~~A~~ os vi us fopkjka dks I kfBr ugh~~a~~ dj I drs g~~s~~v~~k~~ u v~~H~~ko; Dr dj I drs g~~A~~ uhps ge , d h vu~~u~~ fof/k; k~~a~~ i j ppk~~l~~ dj~~s~~ tks vki ds fy; s I g~~k~~; d g~~k~~khA

- mu vol jkadschp tc c~~T~~~~k~~z0; fDr vf/kdre I rd~~l~~jgrk g~~S~~rc vi uh ckr ml I s dg~~A~~ tc c~~T~~~~k~~z dkQh I rd~~l~~g~~k~~s 1/ ml dk /; ku b/kj&m/kj ugh~~a~~tk jgk g~~k~~rc ml I segroi w~~k~~ fo"k; k~~a~~ i j ckr dj~~A~~ d~~N~~ y~~k~~x i kr%dky e~~a~~dkQh I tx 1/pt~~l~~% jgrs g~~s~~ rks d~~N~~ ugh~~a~~ jgrs g~~A~~ d~~N~~ y~~k~~x Bhd [kkuk&[kkus I s igys I tx jgrs g~~s~~v~~k~~ [kkuk [kkus ds ckn muhns 1/ pt~~l~~% g~~k~~s tks g~~A~~ vxj vki dk~~b~~t~~V~~y I eL; k ; k egroi w~~k~~ fo"k; i j t~~s~~ sfd fdI h egroi w~~k~~ Q~~k~~z

cTqkZ dh nskky ?kj

- I h/k s l h/k s ckr djA ckr djrs l e; vi uh vki cTqkZ ds pgjs dh vki gka cTqkZ 0; fDr dk /; ku vkdf"kr djus vki ml ds /; ku dks cuk; s j [kus ds fy; sml l s l h/k s l h/k s ckr djA ckr djrs l e; ml dspgjs dh vki Hkh ns[kA tc vki cTqkZ 0; fDr l s ckr dj jgsgkrs gfcrc cTqkZ 0; fDr dks vki dspgjs dks ns[krs gq s ckr djus ij l eL; k ¼ k ppkZ ds fo"k; ½ dks l e>us dh l Hkkouk c<+tkrh gA cTqkZ 0; fDr vki ds eg dh xfr ¼tks cTqkZ cgjs gS muds fy; s rks fo'ksk : i l s ykkki n gS dks ns[krs gS vki ds pgjs dh vfkko; fDr ¼tks ckrphr ds l kj dks l e>useavkerkj ij l gk; d gkrh gS Hkh ckr dks l e>us e l gk; d gkrh gA
vxj vki dks yxs fd cTqkZ 0; fDr dk /; ku ughagS rks vki dN nj : da vki l EcU/kk ds vuq kj l Eckku djds ¼fir rk th ekrk th HkkbZ l kgc]---½ cksyA , s k djus ij vki muds /; ku dks i ¼%vi uh vki vkdf"kr dj l drs gA
- cTqkZ l s l Ei kk.k 'kkUr vki i zdk'k; pr LFku eadja cTqkZ 0; fDr vki dks ns[k l dsk vki dh vki /; ku nsxkA ; g /; ku jgs fd dejs dsk i zdk'k ns[kus ea cTqkZ dh l gk; rk dj jgk gSck/kk rks ughadj jgkA ¼mnkgj .k ds : i ea i zdk'k dh pdkplkk ns[kus dks i Hkkfor dj ns h gA½
- i "Bkkfie l svk jgs'kkj dks l ekir djA Vhoh vki jSM; ka dks on dj na tc mÜkstuk ds cgr l kjs L=kjr gkrsgfcrc cTqkZ 0; fDr dks fd l h , d ij /; ku dflhr djus ea i jskkuh gkskhA ftrus de /; ku dks fopfyr djus okys dkJd gksmrruk gh vPNk gA 'kkj okys vki /; ku dks ckVus okyh txgka ea ckrphr u djA jL vki gokbZ tgkt vki dkJka ea 'kkj gkrk gSbl fy; sogka l Ei kk.k ef'dy gkrk gA vxj l Ekkko gS rks , s k l e; pfu; s tgka dkkZ vki dh ckrphr ea ck/kk u dj l dA

vxj cT~~k~~Z0; fDr fcLrj e~~g~~s rks ml s cBk; a v~~k~~ ml ds i hNs rfd; k yxkdj
I gkj nA vxj og , s i y~~x~~ ij y~~k~~ g~~s~~ tks Åij uhps fd; k tk I drk g~~s~~ rks
i y~~x~~ dks, s h fLFkfr ea yk; a tgka cT~~k~~Z cB~~s~~ dh fLFkfr ea gkA , s k djus ij
ckrphr vkl ku gks tk; s~~k~~A cT~~k~~Z vki dk pgjk n~~k~~ ik; s~~k~~ v~~k~~ vki cT~~k~~Z ds
pgjs ij /; ku j[k I ckA cktkj ea , s mi dj.k mi yC/k gftuds iz kx I s
I Ei~~k~~.k v~~k~~ vkl ku gks tk; s~~k~~A ; gkage dN I pko ns jgs g%

p'ek ,oa I ~~q~~us dh e'ku dk mi ;kx

vxj MKDVj I ykg nsrk g~~s~~ rks cT~~k~~Z dks p'ek v~~k~~ I ~~q~~us dh e'ku dk mi ;kx
vo'; djuk pkfg; A ; g /; ku jgs fd v~~k~~[k~~s~~ dk ½~~b~~v~~i~~½ i jh~~k~~.k fu; fer : i
I sdjk; k x; k g~~s~~v~~k~~ I ~~q~~us dh e'ku Hkh dke dj jgh g~~a~~ buds I kFk I kFk , s h
cgf I h rduhd mi yC/k g~~s~~ tks I ~~q~~us v~~k~~ n~~k~~us ea I gk; rk dj I drh g~~a~~
mnkgj.k ds : i e~~a~~~de nf"V ds fy; smi dj.k* t~~s~~ fd pht~~k~~ dks cM~~k~~ djds
fn[kkus okyk i~~z~~k'k ; Dr cM~~k~~ 'kh'kk cT~~k~~Z dks i <us v~~k~~ fy[kus ea enn dj
I drk g~~s~~ tc p'ek ijh rjg I s i <us ea enn ugh~~a~~ dj jgk gkA bl h i~~z~~dkj I s
I ~~q~~us dh e'ku , oa Vsyhfotu v~~k~~ VsyhQksu ftUga fo'k"V i fjLFkfr ea I ~~q~~us ds
fy; s n~~k~~us ds fy; s i~~z~~xe fd; k x; k g~~a~~ ½o'k~~s~~ tkudkjh ds fy; s I ~~q~~us I s
I c~~f~~/kr I eL; k, j v/; k; dks i <

vxj cT~~k~~Z0; fDr dks I ~~q~~u~~s~~ I e>us ; k Lej.k djuse adfBukbZ gks rks ckyh xbZ
Hkk"kk dh I gk; rk ds : i e~~a~~en~~k~~, fp= , oafyf[kr pht~~k~~ dk mi ;kx djA vud
ckj nk~~o~~jkus ds LFku ij vki ckrphr dh Hkk"kk ds I kFk I d~~s~~k dk mi ;kx dj~~a~~
rks vPNk jgs~~k~~A mnkgj.k ds : i e~~a~~vk~~i~~ frFFk vkt d~~s~~k vk jgk g~~s~~ dks I e>kus
ds fy; s Hkk"kk ds I kFk I d~~s~~k dk Hkh mi ;kx dj I drsg~~a~~ ftu y~~k~~sk dks ckyus
ea dfBukbZ gks g~~s~~ I d~~r~~ ½i j fgykukl gkFk dk I d~~r~~½ ; k fp= ½fjokj ds
I nL;] Hkkstu v~~k~~fn½ enn dj I drsg~~a~~ ftu y~~k~~sk dh Lefr Bhd ugh~~a~~smuds
fy; sfyf[kr MK; jh@Lefr i~~z~~rd v~~k~~ fp= enn xkj gks g~~a~~

viuh I Ei~~k~~.k 'k~~y~~h dks 0; fDr ½cT~~k~~Z dh vko'; drku~~u~~ kj I ek; kstr djA

CdF QkkA dh nskkY ?kj

vxj vki tYnh tYnh ckyus rks vki dks vi uh ckyh 1ok. kh½ dks /khes vkj Li "V : i ls ckyus dh vko'; drk gA vi uh ckyh 1ok. kh½ dks bruk /khek Hkh u dj na fd og Vwh Qwh I qkbZ i MA , s k gksus ij vkj vU; leL; k, a mRi uu gks tk; sA

i ffpfpr fo"k; ka dks pqa vxj cTkkZ dks ckrphr dks l e>us ea ijs kku gks h gS rks ckrphr ds , s fo"k; pqa tks 0; fDrxr : i ls dke dh gka mnkgj.k ds : i eac<rh gbjZ egxkbZ dh ckr dksu djds?kj dsykU eayxs QykJ i Mls h ds i kskka tS s fo"k; ka ij ckr djA

I Ei &k. k 1ckrphr½ ds I oXRed 1kkokRed½ i {ka ij /; ku na

ijLij I Ecl/k dh dher ij ckj hfd; ka ij u tk; A Lefr Hkk dh leL; k ls xfl r cTkkZ 0; fDr fnu ; k vki ds uke dk Lej.k ughadj ik; srks ijs kku gksus ls i gys vkj cTkkZ dks l gh djus ls i gys lo; avi us vki ls i Na fd D; k ; g egRoi wkZ gS\ ckrphr dk l e; vku nnk; d gks ; g ik; %vPNh ckr gS ctk; l gh , oarF; kRed ckrphr da vkerkj ij l ns dk egRoi wkZ vAk HkkokRed gksk gS vkj bl s 'kCnka ds ek/; e l s vki dh vko kt ls vkj vki ds pgjs dh vfhk 0; fDr l s 0; Dr fd; k tk rk gA doy , d gh rjhds ij vkfJr u gka; k ; g l kpaf d cTkkZ dN okD; ka dks ugha l e>rk gS bl fy, vki ds vFkZ dks 1ckr dks ugha l e> l drkA bruk gh ugha ckj ckj cTkkZ dks l gh djus ls ml egrk'kk mRi uu gks h vkj vki Hkh Fkd tk; s vkj ijs kku gks tk; sA

fdI h fopkj dks vfhk 0; Dr djus ds fy; s dbZ 'kCnka ds iz kx dks i kRkgr djA

vxj cTkkZ 0; fDr dks fdI h 'kCn fo'ksk dks Lej.k djus ij ckyus ea dfBukbZ vkrh gS rks vki Hkys gq 'kCn ds cks seavU; tkudkj h djA mnkgj.k ds : i ea cTkkZ dgj ^ml usdy jkr dks 'krjat [kyh 1/ k fdI h fQYe fo'ksk dk xkuk I qk vlfn½ ydu og dg ik jgk gS fd ^ml us [kyk* ^vjs! egsog 'kCn ; kn ugha v k jgk gS ml [ky dk uke ; kn ugha v k jgk gS rks vki ml ls i N l drs gS dgka [kyk] ml [ky dks dS s [kyrs gS vlfnA nli js 0; fDr 1cTkkZ ds fopkj ka ; k

nA chp ea jkds ughA

I kekk; : i I scT~~ckz~~ dks jkds ughA & , d k djus ij I Ei lk.k dfBu gksk vks grk'kk c<khA

ckj ckj nksgjkus ds fy, u dgø

i k; % dk~~b~~ 0; fDr tks dgrk gSml dks nI jh vks rhl jh ckj I e>uk mruk gh dfBu gksk gA c~~T~~ dks ckr nksgjkus ds fy; s dgus ds LFku ij fuEu ea l s fdI h , d fof/k dk mi ; kx djA

fuf'pr Li "V% itu iNaD; k ge jkr ds [kkus ds ckj se akr dj jgs Fk~~b~~ nI jh rjg I s dgus dks dgø ; k dgø fd e~~p~~s vll; rjhds I scrk; A Li "Vrk ; k i Ddk djus ds fy; s vuoritl itu iNaD; k vki us ; g dgk Fkk fd ?keus pyA%

Lo; a l s iNa fd vki okLro ea tkuuk pkgrs gS fd c~~T~~ us D; k dgk Fkk \ D; kfd] dHkh dHkh vki pkg I drs gS tkus nkA

egRoiukz l ask 1ekr% dks nksgjk; a

I puk dbz i dkj I s nh tk I drh gS [kyk k djd~~s~~ ukv cp ; k dkxt ij fy[kdj ; k dySMj ea fo'k~~s~~ rkjh[k vks ekg ds dkye ea fy[kdj vlfna

tIVy vks [kys itu 1/4 s itu a ftudk dk~~b~~ fuf'pr tokc ugha gksk% /s cpA

I jy okD; kaevi uh ckr dgayfdu c~~T~~ I scPpkatS h vkokt eackr u djA mnkjg.k ds : i eaft I sckyuse adfBukbz gks h gSmUga [kys itu a ds tokc nuk dfBu gksk gS vks vki dks I e>uk dfBu gksk gS mnkjg.k ds : i ea vki dgka jguk pkgrs gS\ ; g [kyk itu gA bl ds LFku ij vki I jy itu iN I drs gS fd vki 'kgj ea jguk pkgrs gS ; k xk~~e~~ vxj c~~T~~ dks phus ea adfBukbz gks h gS rks vki vks I jy itu iNa ftl eamUkj gk ; k uk ea gkA D; k vki 'kgj ea jguk pkgrs gS\ vxj c~~T~~ dh Hkk"kk vLi "V gk ; I e> ea ugha vkrh gS rks fdI idkj dh i frfØ; k dh tk; sbl ckj se vi uh jpuke Redrk dk mi ; kx djA

CdF Qkká dh nskký ?kj

fy[kdj 'kcn dh vkj b'kkjk djd\$ fl j fgykj] vaxBsdksuhpk djd\$ 'kcn ds vuq kj eg dh vfhlk; fDr djdA

tVY funskks dks l jy cuk; & vki tVY funskks dks vyx vyx rkMoj] Nks/s Nks/s : i eafy[kdj fd D; k djuk pkfg; \$ 0; fDr dj l drsg bl i dkj mnkjg .k ds : i ej cTkkz l s; g mEhn djuk fd og nokbZ k dskjse tfVY funskks dks l e>sk vkj Lej.k djsk ds LFku i j funskks dks Nks/s Nks/s Øe ea Hkksrd : i ls crk; a vkj fy[k Hkh na

vkerkj ij vPNh ckr ; g gksh fd iR; s ml 0; fDr dks tkscTkkz l sckr djrk gSmI sckr nafd cTkkz dks l Ei k. k dks ydj D; k D; k dfBukbZ kagA bl i dkj] gj 0; fDr enn djskA

cTkkz dk l keftd nk;jk c< s bl ds fy; s vol j mRiu dja

tc cTkkz dks l Ei k. k ½ijLij ckrphr djuse l eL; k vkrh gS rks vU; 0; fDr mul s de ckr djrsg ft l smugHkh ckrphr djusdsfy, de ij .kk feyrh gA bl l smudh l Ei k. k djusdsdksky eavkj {kfr gksh gA , s cTkkz l sckr djusdsfy; svU; ykska l sdgaysdu bl ckr dk /; ku j [kafd osml ds l kfk d\$ sckrphr djrsg l bl ckr dh Hkh l ko/kkuh j [kafd ckr djus l scTkkz Fkd Hkh l drk gS vkj mrstr Hkh gks l drk gA bl fy; s bl ckr ds ifr l tx jga fd cTkkz fdruk Fkd x; k g@Fkd xbZ g\$

'kkur jga

vxj cTkkz 0; fDr dks , h chekjh gS tks efl"rd }jk l puk dh i orzu fof/k i fØ; k dks i Hkkfor djrh g\$ rks efl"rd dh l keku; fØ; k /kheh vkj fodr gks l drh gA tc vki itu i Nrsgrks l puk efl"rd rd igpusedkQh l e; ysh gA vxj cTkkz 0; fDr itu dsmRrj nsseal opkrk gS rks bl fy; sughafd ml us itu l puk ughA ; k vki dh ckr dks l e>k ughA ; g bl fy; sgks l drk gS fd itu ds i orzu eaml ds mRrj nsseavf/kd l e; dh vko'; drk gA vxj vki 0; FkZ ea itu dks nkgjkrks g\$ rks cTkkz dks ekuf l d foQyrk dk Hkko gkck D; kfd og vki ds itu dsmRrj nsse dh i fØ; k dse/; eagA l kjkak ej l gk; rk

cT~~k~~z 0; fDr dh xfjek dks cuk; s j[ka

; g ekudj u pyafd cT~~k~~z 1=h ; k i q "k~~k~~ vki dh ckr dks ugha l e> i krk gS
vkj ml spq u djA

ckr djrs jga

vU; ykska l sckr djds cT~~k~~z dks vdsyki u dk Hko vkj ekufl d vol kn ugha
gksrkA

foJke ylt; s

vxj vki l e> jgs gfd ckrphr l s 1/4 Ei lk.k l 1/2 cT~~k~~z 0; fDr df.Br ; k
grk'kk l sxfl r gksjgk gSD; kfd ; k rksog ckr dks l e> ugha i k jgk gS; k vi us
dks vfhk0; Dr ugha dj i k jgk gS rksckr dks foJke nA , l k djus i j vki nksuka
dks foJke feyssk vkj vki dks vi uh ckr dks i p% l xfBr djus dk ekfslk feyssk
vkj vi uh ckr dks vkj vPNh rjg dg i kus i j fopkj dj i k; xA

ckyus ds rjhds ea l lkj ds fy; s 0; k; ke djus dks i lkI fgr djA

Lihp fos kskK 1/4 tks ckyus l s l Ecfl/kr dfBukbZ ka ds tkudkj gks gfd vkj dls s
l gh l gh mPpkj .k djabl dsckj s ea i f'k{k.k nsrs gS vki dks ckyus dh vknr ea
l lkj ykus vkj ifjorlu djus dsfy; s Lihp l s l Ecfl/kr D; k D; k 0; k; ke djus
plfg; } dsckj s ea crk; xA mnkgj .k ds : i ea /khjs /khjs vkj i jk ej [kksydj
ckyus l s 0; fDr dh ckr l jyrk l s l e> ea vki tkrh gA vki cT~~k~~z dks bu
0; k; keka dks fu; fer vkj l gh <x l s djus dsfy; s i lkI fgr dj ml dh enn
dj l drs gA

I EHHfor ck/kk; a

e&vi us fir k l sckr djrk grrc e&vi uk /kS Z [kks cBrk gA og ejh ckr dks
l e> us dh fcYdy dkf'k'k ugha djra

mUkj & vki dsfir k dc l e> rs gA\ bl l s vki dks Kkr gksk fd og D; k dj
l drs gA\ vi uh mEehnka dkj tks os Hkyh i dkj dj l drs gA l s tksM+ A bl

cdt qkkā dh n̄t kky?kj

I smudh /kz l dh I hek VV xbz gks vFkkj~mues /kz lugha jgk gkA vi usfy; svkj vi usf rk dsfy; s ; fDr I xkr y{; fu/kkj r djA

eivi uh eka l s3 clj dg pdk g/fd mlga n̄kigj ds [kkuseAD; k pkfg; syfdu og ugha crkrhA

vi uh ekadks mRrj nsusdsfy; svki ftruk l e; nssgam l svf/kd l e; mlga mRrj nsuseayx l drk gS; k ; g Hkh gks l drk gSfd i tu dks l e>us dh {kerk eavkj vf/kd {kfr gks xbz gA l Ei kk.k dh vU; fof/k; kads ckjs ea l kpj tS sfdu mudh rLohj fn [kkdj] [kkus dk ehuwfn [kkdj ; k i l nka dks fy [kdj crkdjA egs i kfdll u dh chekjh gSbl fy; se chekjh ds ckjs ea ckr ugha dj l drkA

mÙkj & ikfdll u chekjh vki dks ckr djus ea dfBukbz i hik dj l drh gS yfdu ikfdll u l sgksusokyh cgr l h l eL; kvkaij dkcvHkh ik; k tk l drk gA , h dbz fof/k; kagS tksbu dfe; kads njij djuseal gk; d gks l drh gS tS sfdu ckr djrs l e; dkQh i z kl djuk gsrk gSbl ckr dk Lej.k dj /khjs /khjs ckyuk fojke nsdj ckyuk vkj tc ckyarks eg dks [kkydj ckyukA mi pkj vkj vH; kl l s ; s l Hkh ckra Lopkfyr vknra gks tkrh gS vkj fQj vki dh ckr dks vkl kuh l s l pk tk l drk gA

eka dks vU; l eL; k; j gS tks vf/kd egRoi wklz gA

mÙkj & l Ei kk.k thou dk vR; Ur vfuok; Z fgLI k gS vkj ekuoh; l EcU/kka dk enykl/kkj gA cgr l kjh ckra l Ei kk.k ij vkl/kkj r gsrh gS tS sfdu vki dh enyHkun vko'; drkvkadh i frj thou l kfkhj l osxkRed l eFkUA vxj vki dh eka l Ei kk.k djus ea l eFkZ ugha gSrks og nfu; k vkj thou dh fofo/krkvka l s vi us vki dks ofpr dj jgh gA bl fy; s ; g vko'; d gSfd mudh l Ei kk.k 'kfdR dks cuk; s j [ka vkj vU; ykska l s ijLij l Ei dzj [kus dh {kerk dks c<kok na

bl h i zdkj ds vU; vojkksa ds ckjs ea l kpj vkj muds l ek/kku ds fy; s mi k; l kpA

tS sfdu D; k cTjkZ0; fDr dk l g; kx feyjk \ D; k vU; 0; fDr 1fe=] fj 'rnkj]

crk; & D; k vki ds i kl bruk l e; vki 'kfDr gSfd vki cT~~k~~ dh ijh ijh
n~~k~~ky dj l drs g\

vki bu l Hkh crk dks/; ku e~~a~~j [kdj cT~~k~~ dh n~~k~~ky djusdh ; kstuk cuk; &
bl v/; k; e~~a~~crkbZ xbZ bu rduhdka 1/fof/k; k~~o~~ ds mi ; kx djus ij cT~~k~~ dh
l Ei~~k~~.k {kerk e~~a~~y~~k~~ i g~~p~~s~~k~~A n~~k~~ky djus okys ds : i e~~a~~vki cT~~k~~ dks
ml dh {kerk c<ku se} ubZ fof/k; k~~o~~ dks vi ukus e~~a~~l gk; rk dj l drs g~~s~~vk~~s~~ ml s
i~~k~~l kfgr dj l drs g~~s~~ vi us l si zu dlf~~t~~; & D; k vki cT~~k~~ sckr djrs l e;
l jy 'kCnka dk i~~z~~ kx djrs g~~s~~ vLi "V fo"~~k~~; k~~o~~ ij ckr ughadjr~~s~~ tc og dkQh
l tx g~~s~~rk g~~s~~ rc ckr djrs g~~s~~ tc cT~~k~~ i~~j~~skku g~~s~~rk g~~s~~ rks ml ds ifr
l o~~n~~u'khy g~~s~~rk g~~s~~ bl h i~~z~~dkj tc vki i~~j~~skku g~~s~~rk g~~s~~rc Hkh , & k djrs g~~s~~\
l Ei~~k~~.k l s l Ecfl/kr l eL; k, j vxj xE~~H~~kj g~~s~~rk g~~s~~ jgh g~~s~~rk s bl
v/; k; dsml H~~k~~x dks i~~<~~tgka; g crk; k x; k g~~s~~fd fpfdRl d l s i jke'kZ dc
y~~a~~ cT~~k~~Z0; fDr dk Li hp fFkj~~s~~i LV 1/ckyus dh l eL; kv~~k~~ dk mi pkj djusokyk
fo'k~~s~~K~~z~~ }jk e~~W~~; k~~o~~ du djus dh vko'; drk g~~s~~ l drh g~~s~~ Li hp fFkj~~s~~i LV
i f'kf{kr 0; fDr g~~s~~rs g~~s~~ tks l Ei~~k~~.k dh l eL; kv~~k~~ ds fo'k~~s~~K g~~s~~rk g~~s~~

□□□

Lefr Is I Ecfl/kr I eL;k,j

CdF Qkkz dh nskkky ?kj

?kj Isckgj tkrsIe; jlkbzexS dks [kgk Nklm+nuk] Ie; ij nokbz u ysk vkn dN , h ckrags tks cgt xkzvks ; pkvka eaHkh nskus dks feyrh gA ge I Hkh dHkh&dHkh jkstuk dh ckrka dks djuk Hky tkrs gA yfdu tc dkbz 0; fDr ckj&ckj phtka dks Hky tkrk gSrksml dk , k djuk [krjukd gSvks fpUrk dk dkj.k Hkh gA

vk; qesof) vkerks ij uohu ?Vukvka ; k gky gh eaI h[kh ; k I qh ckrka dks Lej.k djus dh {kerk dks iHkfor djrh gA fQj Hkh tc cTkkZ0; fDr rkRdkfyd ?Vukvka dks foLej.k djus yxrk gSrks bl dk vFkZ vfuok; z : i Is ; g ughagS fd og vU; idkj dh Lefr; k tS sfd Hkrdky ea?fVr ?Vukvka dks Hky us yxk gA

tc cTkkZ0; fDr dh uohu ?Vukvka dks Lej.k j [kus dh {kerk de gksus yxrh gS rks cTkkZ dh ifjp; kZ djus okys ; g I kpus yxrs gS fd vYtkbz ej chekjh ijkEHk gks xbZ gSftI dk vFkZ gS cTkkZ dk xEHkhj : i IsnI jkaij vklkfjr gksukA ; |fi bl idkj dh chekjh Hkh ijskuh eaMkyusokyh cu tkrh gS tS sfd fdI h fe= ds uke dk Lej.k u gksuk 0; fDr dks yfttr dj I drk gA bl idkj ds Lefr yki dk vFkZ Lor%gh ; g ughagksk fd xEHkhj I eL; k mRi uu gksus okyh gA gYdk Lefr {k; tks vk; qdh of) Is I Ecfl/kr gS vkerks ij dN Ie; rd I hfer jgrk gA

Lefr Is I Ecfl/kr xEHkhj I eL;k vkerks ij chekjh ; k fpfdRI h; voLFkk Is mRi uu gksk gA , Ytkbz ej Lefr Hkdkj i kfdI u] LVkd] vol kn vks vU; fpfdRI h; I eL;k, tS sFkk; jkM dks dh chekjh 0; fDr dh Lefr dks iHkfor djrh gA ; g ckr /; ku eaj [kabueal scgr I h voLFkkvka dk bykt ; k icu/ku I EHko gSbl ds y{k. kka eaI qkj gks I drk gS; k dN mnkgj. kka ea; sijh rjg I ekir gks I drs gA vxj cTkkZ0; fDr dks LVkd gyk gS rks Ie; vUrjky vks nsgd funku Is ml dh Lefr eaI cksjg gks I drh gA vc rd , Ytkbz ej chekjh dk

y{k.kk dks fu; f=r djus ea l gk; d gks l drh gA

vkids y{; gA %

- 1- xEHkj Lefr {k; ; k yki vks ml ds y{k.kk dskj ckj gks dskj ea l pr jgA
- 2- ; g fuf'pr dj yfd Lefr I s I Ecfl/kr I eL; k dk ijh rjg I sfpfdRI d }kj k eV; kdu fd; k tk ppk gS vks I Hkh I EHko byktka/funkukk ij fopkj fd; k tk ppk gA
- 3- Lefr ea l qkj dh fof/k; ka dks vey ea yk; k x; k gA
- 4- cTqkZ 0; fDr ds I kFk 'kkUr <k I s iSk vk; aD; k Lefr&{k; I cds fy; s cgr d"V dj gA

fo'kk dh I gk; rk dc ya \

vxj vki krckyhu fLFkfr gA

vpkud xEHkj Lefr&yki & dHkh&dHkh vpkud Lefr dk {k; gks tkuk LVkd ; k efLr"d ea Nk/s Nk/ka LVkska dk ifj. kke gks gA bl ds I kFk I kFk LVkd dsVU; y{k.k gStS sfd ydok gksuk] vkokt dk vLr 0; Lr ; k vI keku; gksukA vxj LVkd gks ppk gSrks RRdky fpfdRI h; I gk; rk ysk egRoi wkl gA MKDvj dks fn[kk; A vxj MKDvj u feys rks vLi rky ds vki krckyhu dk ea tkdj I gk; rk ya \

MKDvj dks fuEu y{k.kk ds ckjs ea tkudkjh na

- *nokbZ ds cnyus ij Lefr ea egRoi wkl ifjorZ*

doy nokbZ kaysuk ; k fdI h nokbZ dks vU; fdI h nokbZ ds I kFk ysk cTqkZ 0; fDr dh Lefr vks fopkj djus dh {kerk dks iHkfor dj I drs gA mnkgj.k ds: i ea t: jr I svf/kd nokbZ kaysuk ; k fdI h nokbZ ds I gortZ udkjkRed ifj. kke gksukA vxj Lefr dk yki gksuk nokbZ ka ds dkj .k gSrks bl voLFkk dks vkerk ij nokbZ nsuk on dj ds bl ea l qkj dj I drs gA

cdf qkkz dh nskkky ?kj

vxj Lefr yks ds l kfk c~~q~~lkZ dk Lo; adh l kQ&l QkbZ i j /; ku u j [kuk
1/1t\$ s di M~~k~~ dk xhyk jguk] ugkuk ugh~~l~~ ugkus i j di M~~s~~ ugh~~a~~ cnyuk]
c~~s~~yus ea i j~~s~~kuh 1/1 kCnka dk H~~ky~~uk] 'kCnka dk l gh bLr~~eky~~ ugh~~a~~ djuk/
nk~~g~~jukuk 1/okD; ka; k fØ; kvka dksckj ckj nk~~g~~jukuk fu.kz e~~a~~v{kerk} vkl ku~~h~~
l s [kkstuk] H~~ko~~&/kkjk ea i fjorlu g~~rk~~ g~~s~~rks fpUrk dk fo"k; g~~A~~

- **Lefr yks ds l kfk vol kn**

phtka dks H~~ky~~ tkus v~~k~~ muds vLr 0; Lr g~~ks~~ l s cgr i j~~s~~kuh g~~ks~~ l drh
g~~A~~ c~~q~~lkZ 0; fDr vi us dks vyx Fkyx v~~k~~ vki i j 1/1 fjp; kZ djus okys i j 1/2
v~~k~~ ifjokj i j H~~kkj~~ vutko djus yxrk g~~A~~; s H~~kkouk~~, a 0; fDr dks vol kn
xLr dj ns~~h~~ g~~A~~ l k~~kkk~~; l s vol kn dks mi pkj l s Bhd fd; k tk l drk
g~~s~~ bl l s c~~q~~lkZ dh Lefr ea H~~kh~~ l q~~kkj~~ g~~ks~~kA

- **M~~W~~ j dh fu;fer : i l s l ylg ya v~~g~~ tc n~~l~~jh ckj M~~W~~ j ds
ikl tk; a rks cheljh ds y~~l~~.k~~o~~ ds cljs ea crk; a**

fu;fer : i l s Lefr ea deh g~~ks~~ l s 0; fDr; ka dks ; g /; ku ugh~~a~~jgrk fd
m~~l~~g~~ks~~us vH~~kh~~&vH~~kh~~ D; k dgk \ i f~~j~~.k~~e~~ Lo: i osml h i z u dks i ~~u~~% i N l drs
g~~A~~ , d gh dFku dks FkkM~~s~~ l s l e; ds vU~~rj~~ky ea~~c~~kj&ckj nk~~g~~krsg~~A~~ c~~q~~lkZ
y~~l~~x vDI j i jkuh ckrk ftudh m~~l~~g~~a~~Lefr ea l eL; k mRi Uu g~~ks~~ l s i gys
/kkj .kk Fkh dks ckj s ea~~c~~kr dj l drs g~~A~~

- , l yxrk g~~s~~fd ckj&ckj m~~l~~g~~a~~foler oLrqdk Lej .k djus l s H~~kh~~ mudks
dkbZ y~~l~~tk ugh~~a~~g~~ks~~kA vxj Lefr yks xE~~kh~~j g~~s~~rksckj ckj m~~l~~g~~a~~; kn fnykus
l s H~~kh~~ dkbZ T; knk l g~~A~~; rk ugh~~a~~g~~ks~~h A FkkM~~s~~ l e; ds vU~~rj~~ky ea, d gh ckr
ckj&ckj dg~~A~~; k m~~l~~g~~a~~i kFkZ djs rks H~~kh~~ m~~l~~ 0; fDr dh ; knnk'r i j vki ds
dgus dk dkbZ v~~l~~ j ugh~~a~~g~~ks~~kA

- c~~q~~lkZ 0; fDr ; g ugh~~a~~ l k~~pk~~ fd m~~l~~ dks Lefr l s l Ecfl/kr dkbZ l eL; k g~~A~~
dH~~kh~~&dH~~kh~~ ftu y~~l~~skak dks Lefr yks dh xE~~kh~~j l eL; k g~~s~~m~~l~~g~~a~~; g egl 1
djus ea dfBukbZ g~~rk~~h g~~s~~fd fd l l hek rd os Lefr yks l s xfl r g~~A~~ os

MKDvj dks cykus I s i gys fuE u rF; k dks tku ya

- fdruh ckj cT~~ek~~ phtk dks Hkyrk gS\ , k dHkh dHkh gsrk gS; k ckj ckj gsrk jgrk gA
 - D; k og vHkh vHkh ?kfVr ?kVukvka½ k uohure ?kVukvka½ dks Hkyrk gS; k tks ckra dkQh ijkuh gA mUga Hkyrk gS\
 - D; k I QkbZ I s I Ecfl/kr vknra½ugukj /kks] I kQ di M*s* i guuk vlfn½ i gys I s [kjkc gks xbZ gA\
 - D; k mI s I jy dkeka dk icl/ku djuk v~~k~~ ijk djuk dfBu gks x; k gS
 - D; k og 'kcnka dk xyr mPpkj .k djrk gS\ mudk iz kx Bhd ugha djrk gS\ 'kcnka dks Hky tkrk gS\
 - D; k cT~~ek~~ 0; fDr tYnh x~~u~~ k gks tkrk gS\
 - D; k cT~~ek~~ 0; fDr dks : i ; & i s sfxuuseav~~k~~ muds icl/ku e dfBukbZ gsrh gS\ D; k og vI jf{kr fu.kz yrsk gS; k yrsk gA
 - D; k cT~~ek~~ 0; fDr , d gh ckr dks ckj ckj nkqjkrk gA
 - D; k cT~~ek~~ 0; fDr tkuh igpkuh oLryka dks ik; % [kks nsrk gS; k mUga xyr LFku ij j[k nsrk gS\
 - D; k cT~~ek~~ e adkbZ vU; y{k.k i rhr gks gS t\$ s Hko&/kkjk e i fjarU] I kus v~~k~~ tkxusdh nsudp; kze i fjarU ; k ftu phtk dks djusea i gys vkuUn vkrk Fkk mueavc : fp ugha jghA
- ; gkage , d mnkgj .k I s ; g crk; xafd vki MKDvj dks cT~~ek~~ ds ckjs e ad\$ s crk; A

**MKDvj I kgc esckyd".k g w v~~k~~ ; g ejh ek; Jherh xykc ckbZ gA es budh Lefr yki ½efr {k; ½ dh chekjh I s i jskku gA dN fnuka I s ; s phtk dks Hky

cdTqkkz dh nskkky ?kj

fy, dgrk gwrks ; snkok djrh g\$fd e\$p'ek ugh i gurhA e\$bl I sijsku gj
i gys , k dHkh ugha gykA**

cTqkkz dh I gk; rk ds : i ea vki D;k dj I drs ga

- cTqkkz dks I eFklu n] i fijfjFkfr dks I gt cuk; A cTqkkz dks dg\$fd Hkyuk
I kekU; ckr g\$vk\$ vk'oLr dj\$fd vki ds i fr ejk l; kj vk\$ I g; kx
i fjoFr ugla gyk gA vYtkbékj chekjh I s xfl r 0; fDr ds I kfk dk; Z
djuk dfBu g\$bl hfy; sbl i fijfLkfr dk I keuk djus dsfy, tks M\$Vj
ds I kfk feydj ; kstuk, ar; djarks ykHkin jgsxkA
- 'kkUr jgA Lefr yki gj , d dsfy, foQyrk dk Hko nsusokyk gA vxj
dkbz cTqkkz 0; fDr vki dksfdI h pht dskjseal e>kus dh dks'k'k dj jgk
g\$vk\$ dkbz 'kCn Hky tkrk g\$rk vki vxj ml 'kCn dks tkurs g\$rls crk
dj enn djA vxj FkkMh I h Hky gks tkrh g\$; k Lefr eadeh gks tkrh g\$
rls cTqkkz dh etkd ughamMk; A ; g ckr /; ku eaj [ka] eL; k ; g ugha g\$fd
cTqkkz dks fdI h fofo'k'B dke ; k pht dks djus dk Lej.k ugh g\$ cfYd
I eL; k ; g g\$fd og Lej.k ugha dj I drkA
- i<u\$ 'kkjhfd fØ; k&dyki djus ; k=k djus vk\$ dN u; k I h[kus dsfy,
ifjr djA ; sfØ; k, &eu dks i l u j [kus vk\$ LEkj.k dks c<kus ea ij .kk dk
dke djrh gA Lefr dksdS sc<k;] I s I Ecfl/kr i lrdai< A Lefr dks c<kus
I s I Ecfl/kr Vsuak dks ZeHkkx ys I drs gA I kekU; : i I sc<rh vk; q I s
I Ecfl/kr gks us okyh Lefr I eL; kvka ds fy, bl i dkj ds dks Z T; knk
ykHkin gks gA

Lej.k djkus okyh ; kstuk

tc Lefr&yki Li "V g\$rc fuEu Lej.k djkus okyh rduhdka dk mi ; kx djA

- deht ; k dksV ; k i NV dh tc ea, d Mk; jh j [kus dsfy, i kI kfgr djA
ml ea egRoiwk?kVukvka ; k 0; fDr; kads uke fy[ka]
- p'es ; k pkfc; kads fy, xnlu ea psu dk mi ; kx djA

egRoiwkz fØ; k, a ¼t s fd Hkkstu djuk 0; k; ke djuk ; k di Mø /kksuk½ ds fy; sfo'kšk fnu l e; vks txg dks fu/kkj r dj yaft l l sfd os vkl ku h l s; kn jg&A

- ckj ckj nkjk dj Lej.k ds vH; kl ds fy, ysk dkM ~ vks [kska dk mi ; kx djA
- vi usfunz kks dks l jy cuk; avks dk; kks dks Nks/s Nks/s Øeka ea foHkkftr djA

Lefr l s l Ecfl/kr l eL; kvks dk i zl/ku djus dsfy, ; kstuk, a cuk; atks ctkz 0; fDr vks vki dsfy; s dkQh xEhkj gA vki vi uh 'kfDr Lefr l s l Ecfl/kr l eL; kvks i j dflnr djA bu l eL; kvks dks l j{k LokLF; vks vlfFkld ; k : i ; i l s dh nV l s xEhkj ifj. kke gks l drs gA l ksp; sfd vxj ctkz 0; fDr }jk : i ; ka dks [kksuk vki dks fdruk i Hkfor djxkA bI ds ckn mu l eL; kvks tks ctkz 0; fDr dsfy, ftruh xEhkj gsvks vki dsfy; sijskuh dk dkj.k gA ds i zl/ku dh ; kstukvks dk fodkl djA , s k djds vki vi uh 'kfDr dks vR; Ur egRoiwkz l eL; kvks i j dflnr dj ik; &A

i fjokj dsVU; l nL; k fe=k vks fo'kskka l senn djusdsfy, dgA vki dks ; g l c vdsy gh dhus dh t: jr ugha gA vHkh Hkkj r ea , s h l kFkvks dh deh gS tgkabI i zdkj ds ctkz dh dN l e; ns[kkky dsfy, HkrhZ djk dj vki vkjke dh l k ysl dA yfdu vi uh l gk; rk dsfy, ifjokj dsVU; l nL; k vks fe=k dks Hkh tkM+s vks mudh l gk; rk yft; A dHkh dHkh bu l eL; kvks dks i zl/ku ea ck/kk; a vkrh gftuga 'kkur gkdj fui Vks, A

I Hkfor ck/kk; a

ej sfi rk dgrs gSfd egs ejh Lefr dks ydj dkBZ l eL; k ugha gS yfdu eS tkurk gS fd mlga l eL; k gA

bI ds mÙkj ea ; g dgk tk l drk gSfd ; g n[ckn; h vks i jskuh dh ckr gS fd 0; fDr] ft l s Lefr {k; dh l eL; k gSog vi uh ijskuh dks ugha i gpkurk vks vi uh Lefr ea l qkj dsfy; s dN djus ea Hkh : fp ugha j [krkA vi us

CdF qkkā dh nskkky ?kj

j [ka Lej.k djkus okyh ; kst ukvka dks l jy vks Li "V cuk; a , s mnkgj .kka ea tgkaLefr {k; gvk gß tß sfd , Ytkbēj chekjh] l svU; 0; ogkj & tU; l eL; k, a mRi uu gkrh gß tks cTkkZ dks vI g; kxh vks Øks/kr cuk nsrh gA Lefr {k; dks bI i dkj ds vI rfyrr 0; ogkj dk dkj.k dgk tk l drk gA , s h fLFkfr ea fo'kK dhl l gk; rk ysh pkfg, A MkDVj }kjk crkbz xbz nokbz ka ds yus ea Lefr l s l Ecfl/kr l eL; k, i ck/kk rks ughaMky jgh\ cTkkZ ds nokbz yus ds l klrkfd pkVz i j /; ku j [ka vks jkstuk ml s ; kn fnykrs jgA

bI i dkj dh vU; ck/kkvka ds ckj s ea l kpa vks mul s fui Vus ds fy; s ; kst uk cuk, A tks fof/k; ka vki us vi ukbz gß mudk fjdkMZ j [ka bI l s vki dks i rk py tk; xk fd D; k pht yktk nsjgh gß vks D; k ughansjgh gA MkDVj ; k ul Z dks bI i dkj dh ; kst uk, a Hkkoh funku vks mi pkj ea l gk; d gkrh gA

vxj vki dh ; kst uk dk; Z ugha dj jgh gß rks l cl s i gys ; g fuf'pr dj dh Lefr l s l Ecfl/kr l eL; k, i nokbz ka dh otg l s ; k nsgd chekjh ds dkj.k rks ugha gA nokbz ka cnyus l s Lefr ea of) l kfkd gks l drh gA vxj Lefr l s l Ecfl/kr l eL; k nsgd chekjh ds dkj.k gß rks chekjh ds bykt l s Lefr ea of) gks l drh gA vxj vol kn ds dkj.k Lefr dh l eL; k gS rks vol kn dk bykt bI ds fujkdj.k ea enn djxkA

nkk; l scgr l kjsmnkgj .kka ea Lefr dh of) dsfy; scgr de gh i z kl fd; k tk l drk gA , Ytkbēj ds dkj.k gq Lefr {k; ea fujUrj fLFkfr [kjkc gkrh tkrh gß pkgs vki fdruk gh djA , s h fLFkfr ea Lefr dh l eL; kvka dks gks gq Hkk cTkkZ dks ftruk l Eko gks ijh rjg thou thus ea l gk; rk djA Lefr {k; dk i cl/ku djA , s k djuseajpkRedrk vks /ks Z dh vko'; drk gkrhA i fjokj ds vU; l nL; ka vks fe=ka vks fo'kK kka ds l kfk l eL; k dks ckV; A Hkkjr ea vYtkbej , l ksl , 'ku gß vml dh vi uh of l kbV gß tks bl i dkj dh l eL; k okys ykska dh enn djrh gß mul s l ykg yA



LefrHák ¼d iðkj dh ekufld {kfr½

Hákjr o"kl ea fdrus cTak LefrHák (Dementia) I s i hfMr g§ bl dk dkbz y§kk&tk§kk 1fjdkMz ughag§ yfdu ; g ckr I gh g§fd 80 vks 80 o"kl I s vf/kd vk; qds ykska dh I §; k ea of) gþz vks ft I ds dkj.k vc LefrHák ds ejhtka dh I §; k ea Hkh of) gþzg§ vejhdk t§ sfodfl r nskkaeabl chekjh ds ykska dh I §; k dkQh vf/kd g§ ; w+I G; yks dh 2000 dh tux.kuk ds vuð kj 3 djkm+50 yk[k yks bl chekjh I s i hfMr FkA , d vuðku ds vuð kj vejhdk ea 2030 rd budh I §; k c<ej 7 djkm+gks tk; xhA

LefrHák dkbz chekjh ughag§ ; g dN y§k. kka dk I ey g§ft I s fl UMke dgrs g§ tks fofHkuu dkj.kka I s gksk g§ ; g , d , h chekjh g§ tks /khj&/khjs c<rh g§ ft I ds dkj.k 0; fDr ds I kekft d vks 0; kol kf; d fØ; kdyki ka eadeh vk tkrh g§ LefrHák ea I KkukRedrk ea /khj&/khjs {kfr gksk tkrh g§ 0; fDr ubz vks i jkuh I pukvka dksLej.k ughadj I drkA bl ea Lefr dh I eL; k gksk vko' ; d g§ LefrHák ea pSVkvkaeavl erk (apraxia) okpk?kk (aphasia) vks vI cks/kr (agnosia) rFk ; kstuk cukukj i cU/ku djukj I f{klfirdj.k djuk vksn ea l eL; k dk gksk I fefyr g§ I KkukRed {kerk ea {kfr ds I kFk&I kFk Hkfo"; ea nsgd udkjRed i fforzka(pathophysiological changes) dsdkj.k 0; fDr ds0; fDrRo] HkkokRedrk vks 0; ogkj ea i fforz Hkh gks tkrs g§

LefrHák nks iðkj dk gksk g§ , d fLFkfr ea bl dk bykt nokbz ka I s ; k eukoKlfud rjhdk I s I Ekk ughag§ vFk~bl s cnyk ugha tk I drkA bl ds mnkgj.k ds : i ea fl j ea nnj odkkukr chekfj; k , p-vkbzoh vks , Mt I s I EcflUkr I Øe.k efLr"d dk V; ej] , Ytkbzej chekjh gfUVxVu chekjh fi DI dh chekjh yoh okWk] LefrHák vks i kfdll u , h chekfj ; kag§ tks Øe' k% c<rh tkrh g§ vks budk bykt I Ekk ughag§ LefrHák LVkd ½efLr"d ea [ku dh rsth ; k deh I s gksk okyh chekjh½ I s Hkh gksk g§ doy 10 I s 20 ifr'kr LefrHák , s sgSftudk bykt I Ekk g§ bllgacnyk tk I drk g§ bu LefrHák

Cdfrkz dh nskky ?kj

mi yC/krk ds dkj.k blgacnys tk l dusokyk dgk tkrk gA LefrHkk ds 50 l s 60 ifr'kr cTkk ejht+, Ytkbej ds f'kdkj gks tkrs gA , Ytkbej /khj&/khjs c<fk gA bl ds fodkl dks rhu Lrjk ea of.kl fd; k tkrk gA bl ea /khj&/khjs Lefr dh {kfr gksrk tkrh gS vks vUr ea 0; fDr Lo; avi uk /; ku Hkh ughaj [k ikrkA mUkstukvka ds ifr ifrfO; k djus dh {kerk Hkh de gks tkrh gA , s 0; fDr dh efLr"d ea {kfr ds dkj.k pSVkvka eavl {kerk vk tkrh gS Hkk"kk dk l Uryu fcxM+ tkrk gA mi ; Dr 'kCnka dk Lej.k u gksuk] nks okD; ka dks l kFk&l kFk ughaj [k iku k ; k tkm+iuk] oLryu dks ughai gpkv ikuA , h fLFkfr ea 0; fDr ns[krk rksgS i jUrqoLrqdksuke ughans ikrk vks ; g ughacrk l drk fd og oLrqfdl dke ea vkrh gA

efLr"d dk vxyk Hkkx {kfr ds dkj.k ; kstu cukuk] i cl/ku djuk] phtk dks Øe ea j [ku k tS s l KukRed dk; Z ughadlj ikrk gA

LefrHkk l s i hMf 0; fDr dh ns[khky djuk , d puksh i wkz vks Fkdkus okyk dk; Z gA ftI 0; fDr dksge tkursg&vks vc ml dh ns[khky dj jgs gA ftI s geus i wZeaHkyh i zdkj dk; Z djrs gq ns[kk Fkk vks vc ml dks fHkklu i zdkj l s fopkj djrs vks dk; Z djrs ns[krs gq rkscM+ i jskuh vks n[k gksrk gA l cl s ifl) chekjh ftI ds dkj.k LefrHkk gksrk gS os gS % i kfdll u] gfUVUxVu] , Ytkbej vks ca LVkdA efLr"d ea i fjorZuka ds dkj.k ekufi d {kerk vks l a k 'kfDr ea {kfr gks tkrh gS ftI ds dkj.k 0; fDr nsud thou ds l kekU; dke Hkh ughadlj ikrkA 0; fDr ns[kusearks i wZ tS k gh yxrk gS ysfdu vc og os k ughadjrk ; k dj ikrk tS k og i wZeadjrk FkkA

dbZckj bl i zdkj ds 0; ogkj cTkkZ0; fDr ds vi uh vko'; drkvka dks ; k vi uh i jskku; ka dks vftkk0; Dr djus ds rjhds Hkh gksrk gA tc ykska dks LefrHkk gksrk gS rc os vi uh Hkk"kk dsekl/; e l svi uh ckr i jh rjg ughadlj ikrkA , h fLFkfr ea 0; ogkj gh , d rjhdk gksrk gS ftI ds }jkj os vi uh vko'; drkvka dks vki dks crkrsg&vks vki dks ml l e; , d tkl l dh Hkkfir ; g l e>usdk i z kl djuk pkfg, fd og fdu vko'; drkvka dks vi us 0; ogkj ds }jkj 0; Dr dj jgk gA ml ds 0; ogkj dk D; k vFkZ gS \

dkbz 0; fDr vpkud ijskku gkdj fcuk fdlh dkj.k ds fpYykus yxrk gA
ml dk ; g 0; ogkj ml dh iRuh dks ijskku eMky nsx vxj og bl ckr ij
/; ku u nsfd iR; s bl i zdkj dh ?Vuk ds i gys vkg ckn eaD; k gykA ml us
bu ?Vukvka dks uks fd; k gks rks ml sckr I e> eavkus yxsxh fd , s k 0; ogkj
dhus dsckn og i skc djus tkrk gA bl dk vFkz gyk fd ctqkz ds ijskku gks
vkg fpYykus ds i hNs ckr ; g gSfd ml srt i skc vk jgk gA rc og ml ds
fpYykus dsckn rRdky ml sckfk; e ys tkrh gA bl dsckn ctqkz ds i skc tkus
dk Vkbefscy cukus l s ml ds bl i zdkj ds 0; ogkj dh I q; k ea deh gks
tk; xhA

; g dguk dfBu gSfd 0; fDr ds 0; ogkj dk D; k vFkz gS vkg , s k 0; ogkj og
D; k djrk gA vki Hkh ; g l kps D; k l keku; nsud dk; De eafdl h Hkh i zdkj
dk i fjomu gks l scqkz pykldj vki dks ukjkt djus dh dkf'k'k rks ugha dj
jgk gA l keku; : i l scqkz tc , s k 0; ogkj djrk gS t\$ sfd fujUrj ?kj ea
vki ds i hN&i hNspuyk dN i tukadksckj ckj i Nuk b/kj m/kj ?keukj [kkstuk]
udkj Red gkuk f'kdk; r djuk ekf[kd : i l s xhI k 0; Dr djuk vi us Lo; a
ds dk; Z dks Hkh ughadju k vi uh ns[kkky u dj i ukj vkoed gkuk bl l c
dk vFkz gkuk gSfd og ckj&ckj vki dk /; ku vi uh vkg vkoed gkuk bl l c
gA

ctqkz 0; fDr dh ns[kkky djusokys ds : i eavki gh ml 0; fDr ds 0; ogkj dks
l e>us okys , d ek= 0; fDr gA bl fy, vki ml ds 0; ogkj dh 0; k[; k djus
ml ds 0; ogkj ds vFkz dks l e>us ds fy, mi ; Dr 0; fDr gA

dN , s 0; ogkj rc gks gS tc 0; fDr D; k dj l drk gS vkg ml l sD; k djus
dh mEhn dh tkrh gS budschp ea l kE; u gkA , s k rc gksk gS tc /ofu ; k
rst vkoet l \$ 0; fDr; k vkg vU; vi skvka l s ml s cgr de ; k cgr vf/kd
mukstuk feyrh gkA bl fy, MNDVj ; k ul Z ds l kfk bl l eL; k ij ppkz djA
fdl h u; s 0; ogkj ds gks dk vFkz gS fd l h ubZ fpfdRI h; l eL; k dk mHkjukA
i fjp; k djusokys dks; g tku ysk pkfg, fd Lefrhak xtL 0; fDr l keku; : i

CdF QkZ dh nskky ?kj

MkDVj ; k ul ZI sckr djusdh vko'; drk ughsgA yfdu dHkh&dHkh ; s0; ogkj i Eke ; k nsgd chekjh ds , d ek= y{k.k gks l drsgA tS sfd l Øe.k ds y{k.kA ; gk , d mnkgj.k ya %

^jskq dh eEeh ftUga , Ytkbej dh chekjh gSog gj 15 feuV eackFk: e tkrh gSyfdu mlgagj ckj i skc ughavkrkA jskqdk ekuuk gSfd ml dh ek Hky tkrh gSfd og ckFk: e eaD; kaxbA yfdu tc og bl ckr dks MkDVj dks crkrh gS rks MkDVj ml smudh ekj ds i skc dh tkp djkus ds fy; s dgrk gA tkp ds ckn irk pyk fd ml dh ekj ds i skc ea l Øe.k gA , Hhck; kVd nsus ij og f'kdk; r nj gks xbA**

vki ds y{; gS %

- ♦ I Ei sk.k ds , d : i ea ; k fpfdRI h; I eL; k 1chekjh/ ds y{k.k ds : i ea cTckZ chekj ds 0; ogkj dks l e>ukA
- ♦ cTckZ dh vko'; drkvka dks l e>us vks ml dh vko'; drkvka dk i okuþku dj , d ; kstuk cuk,A
- ♦ ; g fuf'pr djafd cTckZ; fDr dk thou I jf{kr vks xqkoÙkk i wkZ gks rFkk i fjp; kZ djusokys dh Hkh I j{kk gkA

fo'kk dh I gk; rk dc ya %

fuEu ea l s vxj dN gksk gS rks MkDVj dks rRdky cjk; a %

- ♦ vxj cTckZ ds 0; ogkj l sfdl h vU; dh I j{kk dks [krjk gks tk; s rks bI dk vFkZ gS cTckZ dh I j{kk] i fjomj ds fdI h vU; I nL; dh I j{kk ; k vki dh vi fjp; kZ drkZ dh/ I j{kkA
- ♦ vki MkDVj dks vLirky ea ; k ml dh fDyfud ea tkdj fn[kk; a rks bu y{k.k ds ckj ea 1vxj gkA rks vo'; crk; a %
- & 0; ogkj ea vpkud ifjorZuA
- & fpYyku\$ b/kj m/kj ?keus ea of) A

¼ eksu; k t\$ h xdkz dk vukukA

- & [kkuk ugha [kkuk] nskus l s yxsfd otu e deh gks xbz gA
- & u; k y{k.k] Vsk esk pyuk ; k fxjukA
- & vLi "Vrk vkg vLr 0; Lrrk dh ubz ?kvuk, A
- & cTpkZ0; fDr dHkh dHkh vki dks ; k vU; k dks efs[kd : i l s xkyh nsrk gka ; g bl fy, egRo i wkl gSfd , k djuk ml ds pfj= e i gys ugha FkkA

foHke

; g rc gskk gStc cTpkZ dgrk gSfd og dN n[k jgk gS; k l u jgk gSyfdu ml svki u ns[k l drs gS vkg u gh l u drs gA dHkh dHkh cTpkZ0; fDr bu vutkoka ds ckjs ea l cds l keus ugha crkrkA , k fLFkfr ea ml dk 0; ogkj ; k l osekRed i frfØ; k, a gh dkbz l drs nsrh gA bu l drs dk vFkZ gS Mjk gyk gskk 'kdkyqgskk l ng djuk] l skZ djuk] enn dsfy; scyukuk ; k vU; dFku tks foHke dh vkg bixr djrsgA vxj foHke i jskkuh djusokys ughagarksMjus dk dkbz dkj. k ugha gA vxj cTpkZ0; fDr Mjk gyk gS; k foHke l si jskku gSrks MKDVj ; k ul Z l s l Ei dz djA foHke dk nokb; k l s l QyrkiD bykt gks l drk gA

efrHkeRed fpuru@fopkj

vxj dkbz 0; fDr efrHkeRed fopkj ka ¼Bs fo' okl kA l s xfl r gS rks ml s ; g i Ddk fo' okl gskk gSfd dkbz ml dh phtk adks pjk jgk gS mudsf[kykQ dkbz l kft'k dj jgk gS ml ds i hB i hNs eSkp fØ; k, adjrk gS ; k dkbz ml supl ku i gpk; sk ; k ekj nsrkA mudk ; g fo' okl Hkh gskk gSfd dkbz vU; 0; fDr gStks , k dj jgk gA foHke ds l eku gh 0; fDr ds 0; ogkj l s gh efrHkeRed fpuru dk , dek= l drs fey l drk gA cTpkZ ds efrHkeRed fpuru ds ckjs ea MKDVj ; k ul Z dks crk; A ml dk ; g fopkj Lo; a0; fDr dks ; k vU; k dks i jskku ea ugha Mkyrk rks MKDVj dN , k dj l drk gsft l l s 0; fDr gd rk f[kyrk jgs n[jh

CdF qkkā dh n̄tKKky ?kj

MKVj nokbZ ndj bl i dLkj ds fopkj eadeh yk l drk gA fu'p; gh , s h I Hkh feF; k /kj .kkvka dk mi pkj ughfd; k tk l drk tS sfd *ejh ekj vHkh Hkh ftunk gA**

vol kn %; g dguk dfBu gS fd LefrHak chekjh l s xfl r 0; fDr e vol kn Hkh gksk gA ; gkj ge dN y{k.kk dks ns jgs gA mlga vki cTkkZ ea n{k %

- 1- vi useu i l Un Vhoh i bke n{ku\$ xkuk l pu\$ ifjokj ds l nL; k fj 'rsnkjk vkj fe=ka l sefeyus ; k vU; fØ; kdyki ka ea vj gys tS \$ vkuln u yuKA
- 2- n{kh&n{kh l k jguk] 1/4tS svkd wvk tk; k jks nsk½ ; k fpYyk i Msk] xk l djuk] vko'ed gksk] ijsku vkj cpdu gksk vdsyk gks tkus ds ; k xk gks tkus ds Hk; l s Hk; Hkhr l KA
- 3- Hk[k dk u yxuk] pkgsfeBkbZ ; k eui l n [kkuk l keusj [kk gksfQj Hkh [kkus dh bPNk u gkskA
- 4- uhn dk ughavkuk ; k l cg cgr tYnh l kdj mB tkukA
- 5- vi usLoa dsckjse audkjR ed l kp dk gksk ; k vkrRegR; k djus dsckjse fopkj vkuKA

buea l s , d ; k nks y{k.kk dks gksk dk vFkZ vfuok; z: i l s ; g ughagS fd dkbZ vol kn xLr gA , s h fLFkr ea MKVj ; k fdI h LokLF; fo'KSKK ds }kj k eW; kdu djkus dh vko'; drk gksk gA vol kn dk mi pkj fd; k tk l drk gA funku dsckn ; g Bhd gks tkrk gA vol kn dsckjse vkj tkudkjh ds fy, bl i lrd ea vol kn ij fy[ks x; sv/; k; dks i < vkj tku fd vol kn xLr cTkkZ 0; fDr dh l gk; rk dS s dj l drs gA

MKVj dks fn[ks l s igys fuEu izuka ds mrj tku ya %

- ♦ *Bhd Bhd D; k gyk l mu 0; ogkjka dk o.ku dj] tS s os dc gq] og 0; ogkj dS s gyk ml l e; vkj D; k gks jgk Fkk 1/4tS s fd ml l e; dks mi fLFkr Fkk½ ml l e; ds fy; svki us D; k l gk; rk nh vkj cTkkZ us D; k*

- ♦ D; k o\$ k 0; ogkj i gys ?kfVr gyk Fkk \ ml I e; D; k i f j f L F k f r; k j F k h \
- ♦ cTqkZ0; fDr dks n[kus ij ; k ml dh 'kDy&I j r ij D; k dk bZ v l ke kU; ckr yxh t\$ s Ropk dk jx] dVuk&QVuk] QkM] Vduka ea I tu] i \$ k k c ea r st xdk] D; k cqk j Fkk \
- ♦ D; k cTqkZ Mjk I k ; k I gek yxk ; k i H M k dk v u k o d j r k g s \
- ♦ cTqkZ dk bZ h nokbZ k M k DVj } j k j crkbZ xbZ r Fkk Loa I syh xbZ ysk g s D; k gky gh ea ml dh nokbZ ea dk bZ i f j orZ fd; k x; k gA
- ♦ tc M k DVj dks cyk; arks M k DVj dks bl i dk j crk; A ^e j s k q g p v k ; se j h ekrk Jherh vkeh fl gA ; sfi Nys pkj fnukal sftruk vkerk j ij [kkrh g s m l I scg r de [kkuk [kk jgh gA os i jh jkr d q h i j cBh jgrh gA i jh r j g I s l ksh ugh gA muds i j e a l tu g s b l f y , og viuk t u rk H k h ugh i gu I drh os 'okl yus ds fy , ckgj I nh gk us ds ck o t m H k h f [kMeh dks Ekyk j [krh gA fpMfpMh gk r h tk jgh gA v k t Ynh gh i j s kku gk s t krh gA N%ekg I smudh nokb; k ea dk bZ i f j orZ ugh fd; k x; k gA e p s bud s ck j s e a cMh fpUrk gA % s 0; ogkj fny dh chekjh ds y{k.k H k h gk s I drs gA

vki d\$ s enn dj I drs g\$ \

cTqkZ dks dk; Z djus ds fy , i f j r djA bl ckr I s dk bZ QdZ ugh i M r k g s fd cTqkZ dk LefrHkZ kaf dI Lrj dk gA egRo i w kZ ckr ; g g s fd cTqkZ dks , \$ h 'k f Dr nsus ea enn dj a tks ml gA dk; Z djus ds fy , i f j r djA i R; d fnu fdI h u fdI h i dk j ds 'k k j h f j d dk; Z djus ds fy , cTqkZ i q "k ; k e fgyk dks i kR l kf gr djA ekf l d i = i f = dk v k a ds i "Bk ; k v [kckj dks i < t s v k j i f j okj ds i j k us QkVks , yce dks I kFk I kFk ns kus ds fy , cTqkZ dks ekufl d i j . k k n a cTqkZ dh ns k k k y dk fnu H k j dk i k x k e ml s v i f k r i j . k k n s k A I kFk gh vki dks H k h foJke fey tk; sk D; kfd foJke vki ds fy ; s H k h cgr v k o ' ; d gA

nokb; k a dk i z k x I ko/kkuhi w d dja %

nokbZ k a dk mi ; k x I n b bl i dk j ds 0; ogkj ea deh yk us dk m k j ugh gA

cT^h qk^h dh n^hkk^y ?kj

cT^hz , s k 0; ogkj D; ka dj jgk gS \ LefrHkk l s xfl r 0; fDr dks gkYMsy
1/ h, e 1/ eSykfjy 1/ h, e 1/ ; k fj l i sj My 1/ h, e 1/ nokb; ka dk mi ; kx djuk
plfg, A ; s nokbZ k dHkh&dHkh enn djrh gS l n b ugh buds xEhkj vU; &
udkjRed ifj .kke Hkh gks l drs gA cT^hz 0; fDr buel l s dkbZ nokbZ ys jgk gS
rks ml l s nokbZ l s gks okys vU; ifj .kkes ds ckjs ea i N vkj ml ds vI keku;
0; ogkj dks de djus ds fy; s vU; rjhds Hkh [kks tA

0; ogkj ukv djus ds fy; s , d Mk; jh l kf k j [ka cT^hz ds 0; ogkj vkj og dc
dc gvk] bl sukv djA M&Vj dks; g tkuuseaenn feykh fd cT^hz dks Bhd
Bhd D; k gks jgk gA D; k bl i dkj dk 0; ogkj [kkus ds l e; gksk gS ; k
vdkj s ds ckn \ 0; ogkj dso.ku dks fy[k yf fnu vkj l e;] cT^hz us rc dS k
0; ogkj fd; k] ml oDr ogkj dks Fkj vki us i frfØ; k ds : i eaD; k fd; k vkj
cT^hz us D; k tokc fn; k \

,d fu;fer p;kz cuk;a vkj ml ds vu kj dk;z dja %

Vkbe Vfcy 1/fu; fer p; kZ cukus l s LefrHkk l s xLr 0; fDr vi us dks l jf{kr
egl l djrk gA i z Ru djafu; fer : i l s ml ds 0; ogkj dks ukv djA vxj
cT^hz 0; fDr fd l h fnu] l e; fo'k k i j] M&ds j l Vj tkrk gS rks tks vki us
Vkbe Vfcy cuk; k gSml ea ifjorZ u djA vxj fu; fer : i l s dkbZ , d gh
l kekfd dk; ZdrkZ ?kj ij vkrk gS rks 0; fDr dks bl l s l gk; rk feyrh gA
LefrHkk 0; fDr vi us fØ; kdyki vPNh rjg djrs gS tc muds vkl &i kl
tku&i gpkus ykx gks gA

n'; l dsk dk mi ; kx dja %

vxj cT^hz ft l dh nsHkk y vki dj jgs gS mlg a tkuh i gpkuh oLryka dks
[kks useadfbukbz ughavkrh gS rksn"; l dsk dk mi ; kx dja mnkgj .k ds: i
ea %

- ♦ ckfk: e ds njokts ij VV yV dk QkVks yxk na ; k vxj cT^hz vi uh bl
fLFkfr ea Hkh i <+l drk gS rks ckfk: e ds njokts ij ckfk: e fy[k na

dim~~s~~dk fp= cukdj fpidk nA

- ♦ , s l adsk ; k fpulgla dks gVk nA ftUgs n[k dj cT~~k~~z vI jf{kr 0; ogkj dj l drk gA mnkgj.k ds : i ea , s h pht&ftUga n[krs gh muds eu ea dgha ckgj tkus dk fopkj vk tk; A
- ♦ dN dejkadh nhokjka dksfoi jhr jaks l sjakuk l gk; rk dj l drk gA cT~~k~~z 0; fDr dh jakkavlj jakkadh foftklu ek=kvka½ k 'kMk½ dks i gpkuseadfbukbZ gkrh gA bl fy; sxgjsvlj foijhr jaks dk mi ; kx djafsl l scT~~k~~z dk /; ku mudh vlj vklf"kr gkskA mnkgj.k ds : i ea cT~~k~~z 0; fDr ckFk: e ea tkus ea fgpfdpkrk gj rks ogkj Hkh rst jaks dk mi ; kx dj l drs gA tS s jahu Vl; yV yxok djA /; ku jgj Q+kz i j fpdukgV u gkj bl l scT~~k~~z dks fxjus dk vnskk jgrk gA , s k djus i j og l jf{kr jgskA

cT~~k~~z 0; fDr ds thou ea tc ifjorlu gks rc ml s vfrsjDr l gk; rk nA

ifjorlu ds vuq kj l ek; kstu djuk LefrHkk l s xfl r 0; fDr ds fy; s dfBu gksk gA , s h fLFkfr evki cT~~k~~z dks ifjorlu dh 0; k[; k djavFk~ifjorlu D; ka fd; k x; k] rFkk rc rd l ykg nrs jga tc rd og ubz nsud p; k] l s ifjfpr u gks tk; A mnkgj.k ds fy; s vLirky tkuk cT~~k~~z ds fy; s bl fy; s rukoikZ gks l drk gSD; kfd og ml l s ifjfpr ughgA vki ckj ckj phtkadh 0; k[; k djrsjgA cT~~k~~z dks dejseaj [kh phtkadhskj s crk;] vki jsku ds ckn vki 'kh'ksdk mi ; kx djds cT~~k~~z ds tksV; n yxh gSvlj tks i fê; k] ml ds ckh gA dkscrk l drsgA ck/kkvka dksnij j [kaD; kfd mul scT~~k~~z x[l k gks tk; sk vlj vi us dks plkVY Hkh dj l drk gA cT~~k~~z ds l kfk fd l h dsjgus dk icu/k dj; k jkr dksfdl h ul z dks; k fd l h 0; fDr dks½ kfj Jfed nadj½ vi us l kfk j [k l drs gA

cT~~k~~z b/kj m/kj D; ka ?kerk gS ; g tkus %

b/kj m/kj ?keuk dh ifjHkk gSfcuk mÍs; vlj y{; ds b/kj&m/kj ?keukA yfdu LefrHkk l s xfl r 0; fDr tc b/kj&m/kj ?kerk gSrk i k; %ml dk dkbbZ mÍs; gksk gA ml mÍs; dsckjseatkua fd og mÍs; D; k gS mnkgj.k dsfy; s

CdF qkkā dh nskkky ?kj

dsLFku ij ml l s i Nafd vki dgk tkuk pkgrsg; k pkgrh gA og dg l drk gSfd og dke djus tk jgk gA rc vki ml ds dke ds ckj e skrs dj og ftu 0; fDr; ka dksog tkurk g mudskj sei Nafk i Nafd vki dS s depljh jgs gA rc vki ml s dg l drs g fd *geus dkQh vPNh skrs dj yH vc nkj gj ds [kus dk l e; gks x; k gA vU; l e; ij og dg l drh g dg l drk gSfd og 0; k; ke djuk pkgrk gSrc vki ml s ?kj ds dEi kmM e ?heus ds fy; s ifjr dja; k vki ml ds l kfk ?heus tk; A

s izu ugh i Naf tudi tokc cTqkZ u ns l dA

bl idkj ds izu i Nus ij cTqkZ es xtl k vkj ekuf d foQyrk ds Hkko vki l drs gA ifj. kkeLo: i og vkoed 0; ogkj Hkh dj l drk gA cTqkZ l s, s izu i Naf tudi tokc cTqkZ vkl kuh l s ns l dA

cTqkZ l s døy , h gh mEhm j[kaft l s døy og ijk dj l dA

LefrHkak l s xfl r 0; fDr; kae; | fi dkQh 'kfDr cph gkrh gSyfdu vc mues igyst h {erk ugh gkrhA mu ij , h ftEenkjh uk Mky; k mul s, h vi qkk u dj ft l s os ijk u dj l dA vki dks ekuf d foQyrk feysh vkj ifj. kkeLo: i mlga vi uh foQyrk egl gksh vkj os i frfØ; k djKA

I qkn fØ; kdyki l dk l aktu dja %

LefrHkak l s xfl r 0; fDr dks i frfnu dN l qkn fdz k, j djuh pkfg; A Nkvh Nkvh ckra tS s eui l n Hkstu djuk eui l n xkuk l quk vi us ckyka dks l okjuk vkj ckgj cBuk vkn ckraml ds thou eaqkork dk nhid tyk nachA gd h etkd vkj /; ku cka us l s vki vkj cTqkZ nkuk tks gks jgk gSmI ds i fr l dkj Red <ak l s l kpdkA

ifjp; kZ es vku okyh l Eho ckwk, i %

og thu c* dj egsxq/k fnyk jgk gA

tokc & vki ml ds 0; ogkj dks, s Hkh fo'ykr dj l drs g fd cTqkZ 0; fDr l Ekkor% vi uh vko'; drkvka dks vki rd l Ei'kr dj jgk gks vkj vki dks

bl i dñj ds 0; ogkj dñs ydñj vki dñ ugha dj l drñ

tokc & c~~l~~ 0; fDr dñs l e> ml ds 0; ogkj dk D; k vFk g~~s~~ bl s tkuA vxj vki c~~l~~ dh vko'; drkv~~s~~ ckj se~~t~~ kursg~~r~~ rksml dh vko'; drkv~~s~~ dk ijk djus dk i z kl dj~~A~~, s k djus ij c~~l~~ ds vI keku; 0; ogkj dh ckjEckj rk e deh vkus ds vol j c<+tk; x~~A~~

*D;k c~~l~~ dñs dñb~~Z~~, sh pht nh tk l drh g~~s~~ ft l sml dk bl i dñj dk vI keku; 0; ogkj djuk gh c~~l~~ g~~s~~ tk; A**

tokc & bl i dñj ds 0; ogkj dk s u g~~s~~ us nsus ds fy; s nokb~~Z~~ dk l ou l n~~b~~ Bhd rjhdk ugha g~~A~~ nokb~~Z~~ k~~I~~ vol kn] fo~~h~~ k; krjrk ~~u~~ o~~l~~ u~~S~~ ~~l~~ ds mi pkj e enn dj l drh g~~A~~ fu'p; gh nokb; k~~I~~ sfxjus dk [krjk c<+t~~k~~ rk g~~s~~ v~~k~~ vU; l eL; k, i Hkh g~~s~~ l drh g~~A~~

e~~eh~~ dñ effdy l k dñe ;k dñ dñ djuk plgrh g~~A~~

tokc & l E~~h~~ kor% vki dh ek~~I~~ tks Hkh l c~~I~~ s vPNk g~~s~~ l drk g~~s~~ og dj jgh g~~s~~ yfdu osvi us thou dk ftruk djuk pkfg; smruk ugha l Mky i k jgh g~~A~~ vki ftruk m~~l~~ g~~A~~ i gys t~~S~~ k dk; l djus v~~k~~ l kt l o~~j~~ us dñs dg~~s~~ rks mruh gh vki nk~~u~~ka e~~a~~ ekuf~~I~~ d foQyrk v~~k~~; x~~A~~

bl h i dñj ds vU; vojk~~kk~~ ds ckj s e~~a~~ l kpa tks vki dh i fjp; k~~Z~~; kstuk e~~a~~ ck/kk Mky l drs g~~A~~ t~~S~~ sfd ge vU; v/; k; k~~a~~ e~~a~~ dg v~~k~~; s g~~s~~ fd c~~l~~ 0; fDr dk l g; k~~x~~ vU; y~~l~~ dh l g~~k~~; rk y~~u~~ vi uh vko'; drkv~~s~~ ckj s e~~a~~ i fjkj ds vU; l nL; k fe=ka v~~k~~ 'k~~l~~fpUrdkadñs crkuk~~I~~ v~~k~~ vki Lo; ads i kl l e; v~~k~~ 'kfDr dk g~~k~~ ; s, s h ckra g~~s~~ tks ck/kk Mky l drh g~~A~~

I eL; k l ek/kk e~~a~~ viuh ifjp; k~~Z~~; kstuk ij vey dj~~A~~

vki dk e[; m~~l~~ ; g~~s~~ fd c~~l~~ 0; fDr l kfkd fdz k, i dj l d~~S~~ ft l sml dk thou ftruk l E~~h~~ ko g~~s~~ l ds mruk vf/kd xqko~~l~~ki w~~k~~ g~~s~~ tk; A bu y{; k~~a~~ dñs vi us l keus j [k~~a~~ tc Hkh c~~l~~ ds vI keku; 0; ogkj dñs jk~~d~~ us v~~k~~ ml ds i fr i frf~~O~~; k djus ds ckj s e~~a~~ dñb~~Z~~; kstuk cuk; A

cdřqkká dh nškkky ?kj

vki 0; ogkj dks i jh rjg l s l eklr rksughadlj l drs yfdu ml e vki l qkkj
nšk l drsga mnkgj .k dsfy; s b/kj & m/kj i škkc djuseadeh dk vkkuk cdkz
dksfu; fer vUrjky l sckFk: e ys tkukA otu vkj i ksk.k eadeh nj gks l drh
gsvxj cdkz 0; fDr fu; fer : i l s [kkuk [kk; A vxj /; ku j [kk tk; s rks
vf/kd xqk l k gksuk vkj ml dh ?kj l s ckgj fudy tkus dh ?kvuk, i de gks
tk; skhA vxj vki dh ; kstuk dke u djsrks, l s i kxekadsckjseatkudkjh dja
tgkj 0; jkyskHt h tjk&fpfdRI d] tjk&eukfpfdRI d] ul z l kekftd dk; dRkz
vkj i qokl ds dky fo'kškK l s feydj LefrHk chekjh l s xfl r ykska dk
mi pkj djsrga cdkz dks ogkj ys tk; A os vki dks , l s i kxkoh i fjp; kZ ; kstuk
cukuseenn djsft l l s vki LefrHk chekjh l s xfl r 0; fDr ds 0; ogkj dks
Hkyh i zdkj l e> l dks vkj ml ds v l kekU; 0; ogkj dks jkd l dks ft l l s
cdřkz 0; fDr ds thou e xqkoúkk ykbz tk l dA



vol kn

vol kn ds y{k.k

vol knxLr 0; fDr nqk%jgrk gA ml dk nsud fØ; k dyki kæs: fp dk vlikko jgrk gA eu dk u yxuk] oþu eafjorL] uhv eaijškkuh] /; ku dflnur djus eadfbukb] Fkdku] Lo; adh LoPNrk i j Hkh /; ku ughansuk] Xylfu dh Hkkouk] eukoKlfud vojk] vi us dks gkfus igpkus ds fopkj vkkuk tS sfd vkrRegR; k dk fopkj vknf I s xfl r gksk gA

vol kn ds dkj.k

o) koLFkk eavol kn ds vud nsgd dkj.k gks gA odkukrrk Hkh , d egRoi wkz dkj.k gA o) koLFkk e gks okys vol kn dk odkukrrk ftruk egRoi wkz dkj.k ughagksk ftruk dh ; pk vks i kks eagsk gA thou 'ksy] 0; k; ke] Hkkstu] 'kjkc ; k u'khs i nkFkk dk i zks] ruko dk Lrj] vI k; chekfj ; ka ¼tS sfd fny dh chekj] dH j] fny dk nkj k vknf½ vol kn ds dkj.k gA

mi pkj

I k/kj.kr% vol kn (Depression) ds mi pkj dh nks fof/k; ka g% eukoKlfud mi pkj@vkj nokb] ka(pharmacological)A eukspfdRI k eaeukoKlfud ckrphr }kj k mi pkj djrk gA eukspfdRI d nokb] ka ds I kf, yDVkdllofYI o ffkj sh (ECT) Hkh nsrs gA bzl hVh dk mi ; ks 1930 I s vol kn ds bykt ds : i ea fd; k tkrk jgk gA

o) koLFkk ea vol kn

o) koLFkk eavol kn dk gksk ok/kD; dk I kekU; y{k.k ughagA yfdu ; g Hkh I gh gSfd eukoKlfud vks tSod dkj.k I s 65 o"kz vks ml I s vf/kd vk; qds ykska ea vol kn dk gksk ik; k tkrk gA iq "ka dh vi{kk efgyk, a vf/kd vol knxLr gksk gA I ekt dh vi{kkv] Hkfedkvka ; k nkf; Roka ea fyk Hkn] I keftd Lrj] Hkrdky dh dkbsn[ln ?Vuk ; k ?Vuk, aHkh bl vUrj dk dkj.k

Cðf qkká dh nñkky ?kj

I Hkkouk vf/kd gksr gA , LVñstu dsLrj eadeh I seukn'kk eaifjorlu rksgksrk gh gS vU; 'kkjhfd ifjorlu Hkh efgykvka ea gksrs gA cTkkz L=h&iq "kka ea chekjh ej vLi rky ; k ufl k gke eñHkrh gksus ij ?kj eansHkky dsI e; vol kn vf/kd ik; k tkrk gA

cTkkz 0; fDr; ka us vi us thou ea vDI j vuksa mrkj&p<koka ¼ifjorlu dk vutko fd; k gksrk gS tksmuae vol kn dk Hkko mRi Uu dj I drs gA o) koLFkk eadN 0; fDr tksnfgd ifjorlu dk vutko djrs gft I lsmudh nñku\$ I pñus dh 'kfDr ; k 'kkjhfd xfr dh {kerk eadeh vk tkrh gA dN cTkkz dsLokLF; eaifjorlu gks tkrk gft I dsdkj .k mudk thou nokbz ka ij vk/kkfjr gks tkrk gA dN cTkkz ea l kpus vks Lej .k djus dh {kerk eadeh vk tkrh gA

'kkjhfd ifjorlu ds I kfk I kfk cTkkz 0; fDr vDI j mudh thou 'ksyh ea ifjorlu dk vutko djrs gA dN cTkkz fjVk; j gksus ds ckn vi us [kkyh I e; dks Hkjus ds fy, dN u;s dke pkgrs gft I l s os vi us vki dks mi ; kxh cuk I dA dN cTkkz ylxz fjVk; jeW ds ckn Nk/s ?kjka ; k vi kveWt ea jgus pys tkrs garks dN ifjokj ds fdI h I nL; ¼] iñh vkn½ ds ifjokj ea jgus pys tkrs gS tks mudh Hkyh i zdkj nñkky dj I dA dN cTkkz dks o) kJeka ea jguk i Mfk gA bl ds I kfk I kfk cgr I s cTkkz dks fe=kj ifjokj ds I nL; kj ifr@iRuh dh eR; qdk I nek >syuk i Mfk gA v/; ; u ; g crkrsgfd yxHkx 25 ifr'kr cTkkz vi us fe=ka ; k ifjokj ds I nL; ka dh eR; qgksus ij dkQh fnuka rd ¼yxHkx plkj ekg rd½ vol kn xLr jgrs gA

bl i zdkj ds ifjorlu dk gksuk o) koLFkk ea l keku; ckr gS vks mudk I keuk djuk dfBu gksrk gA ; g fo'ksk : i l smI voLFkk ea vks Hkh I gh gS tc cTkkz vi us thou ea vusd mrkj&p<koka ¼ifjorlu dks, d I kfk vutko djrk gA bu ifjorlu I s I ek; kstu djus ea gksus okys ncko ¼uko½ I s vud i zdkj dh ¼ekufI d , oa'kkjhfd ½nñkn i js klfu; kamRi Uu gks tkrh gftue l s vol kn Hkh , d nñkn fLFkfr gA

dHkh&dHkh cTkkz 0; fDr dN gh I e; ea vi uh mnkl h ij dkcwik yrssgA nñ jh

muds thou dh xqkoluk (quality of life) iHkfor gkrh gA tc dkbz cT~~ek~~
grkl kg] fujk'kk vkj vol kn l s l rkgravkj eghukaxfl r jgrk gsvkj tc ; s
ekufl d fLFkfr; k@Hkkouk, a ml ds nsud fØ; k&dyki k ds i cl/ku dks ckf/k
djus yxrh gfarc ge dgrsgfd ved 0; fDr ; k ved efgyk vol kn eagA
vxj vol kn dks l ekir djus; k bl dk fu; k djuse a dkbz 0; fDr i z kl ugha
djrk rks vol kn dkQh l e; rd jgrk gA

n~~ek~~ ds Hkkko ds l kfk l kfk vol kn ds y{k.kkae t\$ k fd iZeaHkh dg v~~k~~; s g~~j~~
Hk~~k~~ dh l eL; k 1/4t\$ sfd Hk~~k~~ dk u g~~uk~~; k cg~~r~~ Hkkstu djuk~~l~~ l ~~uk~~ 1/4uhm u
v~~uk~~; k cg~~r~~ nj rd l krs jguk~~l~~ 'kfDr eadeh 1/4t\$ sfd tku fudy xbz g~~u~~
fdl h fo"k; ij /; ku nsus dh {kerk eadeh v~~kfn~~ Hkh fn[dkbz nsu gA vol kn ds
vU; y{k.kkae gA & vLi "V nsgd f'kdk; r~~l~~ t\$ sfd fl j eannz g~~uk~~ iV l kQ
u g~~uk~~; k iV eannz g~~uk~~ pDdj v~~uk~~ 'kjhj ds fofHku v~~ak~~ eannA bu
f'kdk; rks ds dkbz fpfdRI h; dkj .k ugha g~~u~~ 0; fDr ds thou eafdl h n~~uk~~/uk
ds ?Vus ds dkj .k ml dk 'kjkc ihus yx t~~uk~~ Hkh vol kn dk y{k.k gA dHkh
dHkh vol kn l s xlr 0; fDr l kpus yxrk g~~u~~ fd v~~kRegR~~; k gh bl ifjfLFkfr l s
mcjus dk , d ek= rjhdk gA

vxj dkbz c~~ek~~ vol kn l s xlr g~~rk~~ g~~srks~~ og vius thou e?kfVr g~~ks~~ okys
ifjorukal s l ek; kstu djuse a vI eFk~~z~~ g~~ks~~ tk; xkA vol kn uhps dh v~~kj~~ fQjd~~h~~
dh rjg g~~rk~~ gA 0; fDr dks Lo; al segl v~~kj~~ g~~ks~~ yxrk g~~u~~ fd og Fkd x; k g~~j~~
gkj x; k gA bl hfy, og l eL; k l ek/ku eaviu 'kfDr dks ugha yxkrkA tc
l eL; k, i v~~kj~~ xEHkhj g~~ks~~ tkrh g~~u~~; k fcxM+tkrh g~~u~~ rks 0; fDr Hkh vutko djus
yxrk g~~u~~ fd og iLr g~~ks~~ x; k g~~svkj~~ bl i dkj ml dk thou pyrk jgrk gA
bl i dkj ml dk thou fQjduh t\$ k cu tkrh g~~sA~~ bl pØ dks r~~mk~~ vko'; d gA ml ds thou eafdl h i dkj dk ifjoruk g~~uk~~ vko'; d g~~sugarks~~
ml dh eu%LFkfr v~~kj~~ xEHkhj g~~ks~~ tk; xh v~~kj~~ dkQh l e; rd pyrh jgsxhA

vol kn fdUgha nokb~~z~~ ka dk l gorh udkjkrEd iHkkko Hkh g~~ks~~ l drk g~~s~~; k ; g
chekjh ds dkj .k 'kjhj eajkl k; fud vI ryu ds dkj .k Hkh g~~ks~~ l drk gA , d gh

CdF Qkkz dh nskky ?kj

; | fi bl ckr dk Lej.k j [kaf d o\$ srks vol kn vkerkj ij cTkkz eagkrk gS
ij l k/kkj.k : i ls , k ekudj ughap yuk pkfg, A vol kn dks nj djus ds
vudkami pkj g\$vlj cgr ls ylkx adks mudh vk; q; k ifjfLFkfr ds vuq kj bu
mi pkj ea ls fdI h , d ls ylkx fey tkrk gA

chekjh dh volFkk eahh ylkx adks vol kn dh vuqkfr gkrh gA chekjh dk bykt
djus ds fy, gj l Hko vPNs i z kl fd; s tkrs gA l kfk gh vol kn dks nj djus
ds fy, vyx ls i z kl fd; s tkus pkfg, A

bl v;/ k; eage ; g crk; asfd vol kn ls xLr 0; fDr ds fy, dc fpfdRI d
dh l gk; rk yA ge ; gkamu dN i) fr; kadsckj seHkh crk; asftudh l gk; rk
ls vol kn&xLr 0; fDr vol kn dks l hfer vlg ml dk icl/ku dj l dka tks
0; fDr vol kn xLr g\$ml ds fy, vki dh l gk; rk cgr eW; oku g\$ yfdu ; g
Hkh egRo i wkl g\$fd ml 0; fDr dks Lo; a ls Hkh vi uh l gk; rk djus ds rjhds
vi ukus pkfg, A ge ; gkamu rjhdk adskj seHkh ppkl djas fd d\$ svki vlg
vol kn xLr 0; fDr] ft l dh ns[kkky vki dj jgs gA nkukafeydj , d Vhe ds
: i ea vol kn dks fu; f=r djus dh ; kstuk cuk l drs gA

ruko vlg vfuf' prkvka dk vi us thou ea vuqko djus okyka dh l kekU;
ifrf0; k vol kn ds dN y{k.kk al sey [kkrh gA bu l Hkh Hkkoukvadks nj djus
dk i z kl u djA fu'p; gA ifjp; kZ djus okys 0; fDr ds : i ea vki nqk dh
vuqkfr ; k fujk'kk dh vuqkfr dks xEhkj gks ; k cgr l e; rd cus jgus ls
jk d l drsgA cTkkz 0; fDr ds l kfk dke djds vki vol kn dh ekufi d fLFkfr
dks fu; f=r j [k l drs gA vxj y{k.k xEhkj gks tk; l vki cTkkz 0; fDr dks
fpfdRI d dh l gk; rk yus ds fy, i klfgr dj l drs gA

vol kn ls xfl r 0; fDr ds l kfk jguk ; k dkQh l e; ml ds l kfk fcrkuk dkQh
rukoi wkl gks l drk gA bruk gh ughabl ls vki Hkh vol kn xLr gks l drs gA
bl fy, vki dks vi us l oskRed ; k ekufi d LokLF; ds ckj s ea /; ku nsuk
vko'; d g\$ ft l ls fd vki ifjp; kZ dk dk; Z Hkyh i dkj dj l da

- 1- vol kn xLr Hkkoukvkvkj fopkj dk i clu/ku djusdsfy, cTckZ0; fDr dks I kFk ydj dk; Z djA
 - 2- vol kn dsy{k.k xEHkj u gks tk; abl dsfy, igys l sgh vol kn dsy{k.kka ij /; ku j [ka]
 - 3- ; g /; ku j [ka fd dc fpfdRl d ; k LokLF; fo'kK dh I gk; rk yuh gSvkj bl i dkj dh I gk; rk yus e cTckZ0; fDr dh enn djA
 - 4- tc vki fdI h vol kn xLr 0; fDr dh n{kkky djarks vi uh Lo; a dh I ooxRed vko'; drkvk dk /; ku j [ka]
- uhpsmu y{k.kka dsckjs ecrk; k x; k gSftUgan{kjdj vki MkDVj dh I ykg ys I drs g§ &
- tc dkZefgyk@iq "k Lo; adksupI ku i gpus; k Lo; adksekjus dh ckr djA cTckZ ylk vB; vk; qds ylk dh ryuk e vRegR; k T; knk djrs gA tc Hkh dN cTckZ0; fDr vRegR; k dh ckr djrk gSrksml dh ckr dks xEHkj rk I sysuk plfg, A vxj vki fuf'pr ughagarksml 0; fDr I si Nafd og vRegR; k dsckjs earksughal kp jgk g@I kp jgh gA vki dsi NusI sml dh I Hkkouk ughac<shA vki ml ds efLr" d e vRegR; k dk fopkj ughaMky jgs gA vxj vki I e>rs g§fd ml 0; fDr dh vRegR; k djus dh I Hkkouk vf/kd gSrks; g , d h I el; k gSftI eaf o'kK dh I gk; rk yu k vko'; d gA ; | fi ; g ckr vki dks vI gt yxsh ; k cjh yxsh] ydu vki dks 'kh?kfr' kh?k fo'kK dh I gk; rk yuh plfg, A
- cTckZefgyk@iq "k 'kjbj dh vko'; drku k j i ; klr ek=k e Hkstu u ys jgk gk rks; g Hkh vol kn dk y{k.k gSvkj ml dk 'kh?k gh eW; kdu djuk vko'; d gA
 - cTckZefgyk@iq "k yxkrkj fi Nys2 I Irkgka l s vol kn xLr gSvkj fuEu ea l s nks y{k.k fujUrj i k; s tkrsg§ &

cþf qkká dh nþkky ?kj

- 2- fnu i frfnu dh yxHkx I Hkh fØ; kvka ea : fp dk vHkko
- 3- tks Hkh og dj jgk g@dj jgh gSml ij /; ku nsus ea dfBukbZ vkj fu.kz ysus ea i jskkuhA

ftl 0; fDr dk xEHkj : i l s vol kn ea jgus dk bfrgkl gS rks ml ds thou eafdl h i dkj dk ncko gksus l sml ds vol kn xLr gks tkus dh vf/kd I Hkkouk gksr h gA thou ea i zek ifjorzu t\$ s fd ifjokj ds fdl h l nL; dh er; } 'kjhfjd : i l s v{ke gksuk fd l h chekjh dk cgr fnuka rd yxk jguk ; k vI k; chekjh ; k u; s?kj ea tkuu cTkkZ0; fDr ea vol kn c<+tkrk gA tc , l k gks rks fo'kSkK dh l gk; rk vDI j vol kn ds y{k.kka l s Nv/dkjk fnyk l drh gA cTkkZ0; fDr n[dkh 0; ogkj dj jgk gks yfsdu vki dh fuxkg ea , l h dkbbZ ?kVuk ugha vkbZ gks tks ml ds ml 0; ogkj dh 0; k[; k dj l d\$, l k vol kn ea gksr gA dHkh dHkh vol kn ds y{k.k vU; fpfdRI h; l eL; kvka l s i kjEHk gks l drs g\$ t\$ sFkk; jkM chekjh , Ytkbzej dh chekjh ; k d\$ l j dh chekjhA LokLF; fo'kSkK vol kn ds vU; dkj .kka dks l e>dj vPNs mi pkj dh l ykg ns l drk gA

- cTkkZ dh Lefr] /; ku ; k ml dh 0; fDrxr l QkbZ ea vki dks fd l h i dkj dk ifjorzu yxk gS\ tc 0; fDr vol kn ea gksr gS rks og Luku dju\$ vi us cky cukus vkn ds fy, de i zRu djrk gA Hkyus yxrk gS vkj vkl ku h l sml dk /; ku fopfyr fd; k tk l drk gA dHkh&dHkh tc ifjp; k dju us okys 0; fDr dks ; s y{k.k cTkkZ0; fDr ea fn[kkbZ na rks os l e>rs g\$ fd os o) koLFkk ds l kekU; y{k.k g\$; k 0; fDr ckk gks x; k gA vk; qdh ckr ugha gS; s l eL; k ds y{k.k gA LokLF; fo'kSkK bu i fforzuks dksdkj .kka dk fu/kkj .k djus ea l gk; rk dj l drs gA
- D; k vki tkursgsfd ftl cTkkZ dh vki n[kkky dj jgs g\$ og Lefr&Hkk l s i hfMr gS vkj ml ea vol kn ds y{k.k Hkh gA tks cTkkZ Lefr&Hkk t\$ h chekjh l s i hfMr gks g\$ mlga vDI j vol kn xLr Hkh n[kk tkrk gA i kfdu u dh chekjh ftl ea 0; fDr ds 'kjhj ds v\$ fgyrsjgrsg\$ vkj cu LVkd Hkh vol kn ds dkj .k gks gA

gA fu'p; gh dN mnkgj .kka ea LokLF; fo'kskK Lefr&Hkk ds i zUku l s vyx vol kn dk mi pkj vyx l s djrk gA vol kn ds mi pkj l s cTkkz 0; fDr ds thou dh xqkoUkk l qkj tkrh gS vkj nsud fØ; k dyki ka eamI s tks i jskkuh mBkuh i Mf h gS og Hkk de gks tkrh gA

- vol kn dsfnukaeamPp 'kfDr vkj fopyu ds l kfk vki 0; fDr dh eukn'kk ½em½ ea ifjorl n[ksA ftu ykskae vfu; f=r vkj dkQh yEcs l e; rd pyusokjh eukn'kk gksrh gSmulgachekjh gksrh gA , l s vol kn xLr 0; fDRk; ka ea gYdh 'kfDr l s mPp 'kfDr ; k fopyurk ½mf}Xurk½ dk Hkk dk pØ pyrk jgrk gA cgr l kjsmnkgj .kka eabl pØ dk l cdk vkl i kl D; k gks jgk gS l s tMlt ugha gksrkA , l h fLFkfr eafo'kskK i jhkk.k djds; g fu/kkj jr djrk gS fd 0; fDr dks vksfk/k nsuk vko'; d gS ; k ughA
- vxj dkbl cTkkz ufl ik gke ea HkrhZ gS rks og vol kn xLr gks tk, bl dh cgr l Hkkouk gS D; k d vki cTkkz ds dkQh utnhd gS vkj muds ckjs ea vPNh rjg tkurs gA vol kn ds y{k. kka dks n[ksdj ogka ds deþkjh cTkkz dh eukn'kk vkj 0; ogkj eagksusokys ifjorlka dsckj seacrk l drsgA vxj vki vol kn ds y{k. kka dks n[ksa rks muds ckjs ea ulz ; k deþkj ; ka l s bl ckjs ea ppkj djA
- ekufl d jksx fo'kskK t\$ sfd eukoKkfud] l dkbtVLV ; k l kekftd dk; bdkz l s l gk; rk yA euko'kskKka dks foftkkUu izdkj dh l okskRed ½ekufl d½ l eL; kvka okys 0; fDr; ka dh l gk; rk djus dk 0; ki d vutko gksrk gA ; s fo'kskK] fo'ksk : i l s , l h fLFkfr; ka ea l gk; d gksrs gS tgka vol kn dk bfrgkI jgk gkj tgka vol kn vU; izdkj dh chekfj; ka ; k nokbZ ka ds dkj .k u gyk gka dN ekufl d LokLF; fo'kskK t\$ sfd ftfj; kfVd eukoKkfud vkj ftfj; kfVd l dkbtVLV] tks cTkkz ds mi pkj djus ea i f'kf{kr gS vol kn&xLr cTkkz dh fof'k"V vko'; drkvka vkj mudh n[ksky ds ckjs ea l gk; d gks l drs gA thou ea gksusokys ifjorlka thou ds rukoka ds i fr i frfØ; k ds: i eaqg vol kn ds mi pkj ea ekufl d LokLF; fo'kskK vr; f/kd l gk; d gks l drs gA

cT_hz dh n_hkkY ?kj

funkudrk_z ds I kFk db_z ckj I ykg yrs tkus dh vko'; drk gkrh gS rc dgha tkdj 0; fDr dks dN vPNk egl w gks yxrk gA nokbz ka l sfd; k tkus oky_k bykt Hkh I e; ysrk gS D; kfd M~~DK~~Vj dks chekjh ds vuq i nokbz nsus vkg ml dh ek=k dks I ek; kstr djuseal e; yxrk gA

**cT_hz dh vki D; k I gk; rk dj I drs gA **

vol kn xLr cT_hz dh n_hkkY djrs I e; viuh I o~~x~~kRed vko'; drkvka ¼ k ekufi d LokLF; ½ dk Hkh /; ku j [ka

i fjokj ds I nL; vkg fe= tks cT_hz dh n_hkkY eayxs gks gS os vDl j Lo; a vol kn ds f'kdkj gks tkrs gA vol kn&xLr cT_hz dh foftku i zdkj dh vko'; drk, gkrh gS ftUga ijik djus ds pDdj eayifjp; kZ djus oky_k 0; fDr vius dks ekufi d : i I sfoQy ; k Fkdk&Fkdk vu~~h~~ko djus yxrk gA tc Lo; a n_hkkY djus oky_k 0; fDr , k egl w djus yxrk gS rc og cT_hz dh n_hkkY Hkyh i zdkj ughad_j I drkA

n_hkkY@ifjp; kZ dk dke ruko iw_z gA ; g dke vki I pk: : i I s dj I da bI ds fy, vko'; d gS fd vki os rjhds vi uk, aft I I s vki Lo; a I o~~x~~kRed : i I s Bhd jgA ; gkage dN , h ckrka dh ppkZ djksft I I s fd vki vi uk I o~~x~~kRed ¼ekufi d½ LokLF; Bhd cuk; sj [k I dka

- 1- i gys rks vki bl ckr dks I e>af d cT_hz dk vol kn xLr gksuk vki dh xYrh ughagA vol kn db_z dkj .ka l sgks I drk gS ftueat_sod vkg 0; fDr ds thou eaygq s i fforzu I ftefyr gA dHkh&dHkh tc vol kn xE~~H~~khj gksrk gS rc d_oy fo'k_hK gh I gk; rk dj I drk gA ftI 0; fDr dh vki n_hkkY dj jgsgSog vki ds i z Rukadscotin Hkh vol kn xLr gks tk, rks vki vkrE Xykfu dk vu~~h~~ko u djA ifjp; kZ ds vfrfjDr vki mu phtka dks i p%djus ds fy, I e; fudky a~~t~~Uga vki vkg cT_hZ0; fDr I kFk I kFk dj ds vkuu yrs FkA vxj cT_hZ0; fDr vc mu ckrka dks ughad_j I drk rks dkbZ vU; dke djaf_l s vki nkukafeydj dj I drs gS tS sfd i jkuh vPNh ckrka dk Lej.ka

ftl sdjus ij vki dks vPNk yx A ifjp; kZ dsdk; Zeabruk I yXu u gkfd
vki Lo; avi us ekufi d LokLF; dk /; ku u j [ka vi uh ns[kkkky djus ea
vkRe Xyku dk vu ko u dj A vki ifjp; kZ eabrus I yXu gks tk; &s rks
vki u rks cT kZ dh ns[kkkky dj ik; &s vks u enn dj ik; &k vxj vki
vi uh ns[kkkky ds mÙkj nkf; Ro l sckgj mu phtk dsfy; sI e; fudkyrs gA
ftl gadjusea vki dks vkuUn vkrk gS rks; g vki dsfy, vPNk gkxkA vki
Lo; ads vol kn xtr gks l s i gys gh ; g dke tYnh gh i k jEHk dj nA
, & k djus ij vki vol kn xtr ugha gks vks vki ea ns[kkkky djus dh
'kfDr cuh jgsxhA

vPNs l gdeh l s tMuk vki dh vko'; drk gS

nW jka ds l kfk gksuk ; k tMuk vki dsfy; svko' ; d gSD; kfd vki dk , & k djuk
ml 0; fDr dsfy, gh gS ftl dh vki ns[kkkky dj jgsgA ftu 0; fDr; k adks vki
i l Un djrs gA muds l kfk dke djrs jgs gA mul s tMuk vki dks vki dh
i jskfu; k adk i cU/ku djus ea l gk; d gkxkA tc vki dks yxus yxs fd vki
vol kn l sf?kj jgs gA vU; ykska ds l kfk ckr dj k muds l kfk dk; Z dj A dN
ykska dks vi uh l eL; k dsckjseanW jka l sckr djuk l eL; k l ek/ku ea l gk; d
gkxk gA dN ykska dks l eL; k dsckjseanW cfYd phtk dsckjseanW ckr djuk
ennxkj yxrk gA ; g ckr i wkh%bl ckr ij vkl kfj r gS fd ftl 0; fDr l sckr
dj jgs gA ml dsckjseanW vki ds k vu ko djrs gA \

vxj vko'; drk i M rks vki vi us ckjseanW fo'k kK l s l gk; rk ys l drs gA
tks 0; fDr vol kn xtr gS ml ds i fr ds h i frf 0; k dj A \

> i gys rks ; g Lohdkj dj fd cT kZ vol kn xtr gA
, d ckr tks vki dks vo'; djuh pkfg; s og ; g gS fd vki cT kZ 0; fDr
ds vol kn dks utj vUnkt u dj A dHkh dHkh ifjp; kZ djus okyk 0; fDr
, & s 0; ogkj djrk gS fd tS fd cT kZ 0; fDr vol kn l s xtr ugha gA , & k
og bl fy; sdjrk gS fd og ml sc<kok ugha nuk pkgrs ; k og ml ds l kfk

CdF qkkā dh nskkky ?kj

vki ftl 0; fDr dh ns[kkkky dj jgs ḡog vol kn xLr ḡysdu vol kn dksutj vlnkt djuk ml svkj Hkh [kjkc cuk nsrk ḡA vol kn xLr 0; fDr dks Hkh , k yx l drk ḡfd vki ml dh ijokg ugha djrs ḡ ml dh ns[kkkky ugha djrs ḡA

bl l s i gys vol kn xEhkij u gks vki cTkkZ dh cgr l gk; rk dj l drs ḡA vxj vol kn ds i k jfEHkd y{k.kka dksutj vlnkt djks ftl dh cgr vf/kd l EHkkouk ḡ rks vki ds gkf k l s phtafudy tk; kh vkj cTkkZ 0; fDr ds thou dh xqkoUkk dk âkl gks tk; skA

> l dkjkRed vkj l gh fodYi l s l gefr 0; Dr dj*

mu fopkjka dksBhd djaf tUgavki xyr ekurs ḡ fu'p; gh vol kn xLr 0; fDr ds dN fopkj l gh gks ḡA vki bl ckr dks Li "V dj nafd vki ml ds fopkjka dks dN vakk dks l R; ekurs ḡ vkj mul s l gefr 0; Dr djrs ḡA ml ds xyr fopkjka dks bixr djay sdu rjhdk l gh gkA vki dks doy fopkjka dks xyr irhr gks okys vkk ds l kf k vI gefr crkuh ḡ mnkgj .k dsfy, vol kn xLr 0; fDr dg l drk ḡ & ^dN l gh ugha gks okyk ḡA** vki dg l drs ḡ fd ^es l e>rk ḡ fd vki grk&l kfgr gks jgs ḡA ysdv ge mu ckrka dskjse aHkh fopkj djatks l gh gks okyh ḡA** vol kn xLr 0; fDr dg l drk ḡ & es i jh rjg l s foQy jgk** ysdv vki rks tkurs ḡ fd ml dk thou vI Qy ugha jgkA vki dg l drs ḡ & gks l drk ḡ vki dN ckrka eavI Qy jgs gkay sdu mu phtka dskjse aHkh tks vki us i klr dh ḡ vkj mugh ckrka eal s fd Ugha dskjse aHkh tks vki us i klr

vol kn dks dS s de dj ; k jkda

vol kn dks fu; f=r djus dk cgr l k dk; Zml 0; fDr dh vkj l sfid; k tkrk ḡstks vol kn xLr ḡA bl Hkkx eage mu cgr l h ckrka i j fopkj djksftudks og 0; fDr Lo; avol kn dks jk dus; k de djus dsfy, dj l drk ḡA vki vkj og 0; fDr ftl dh ns[kkkky dh tk jgh ḡ nkuka bllga /; kui oD i <A vxj og bl ; kstuk dks ugha i <tk pkgrk@pkgrh rks vki dS senn dj l drs ḡA vki

g\$fd vki , d Vhe ds I nL; gksus ds ukrs cT~~k~~z 0; fDr dks bl ; kstuk dks I e>us vks fQj muds i z ks ds fy, ml s i kI kfgr dj&vks ml dh I gk; rk djA

I qkn vu~~kk~~o dh I {;k ea of) djA

I qkn vks I rksk nsus okys vu~~kk~~o cT~~k~~z 0; fDr dks , d h ruko i wL ?kVukvka I s I ek; kstu djus ea enn djrs g~~z~~ tks muds thou ea ?kfVr g~~z~~ gA

[k~~k~~k jguk 0; fDr dks 'kjhfjd vks I o~~xx~~kRed : i I svPNk jgrk gA ftu phtk ; k dkeka l s 0; fDr i d lu jgrk g\$mlgafu; fer : i I sdjus l smI dk thou ds i fr nf"Vdksk I dkjkRed gksk g\$vk~~s~~ bl ckr dh I Ekkouk de jgrh g\$fd og cjsfnuka ea vi us dks vol kn xt~~r~~ vu~~kk~~o djA

, d cgr gh egRoi wL dke n~~KK~~ky djusokyk 0; fDr ; g dj I drk g\$fd og cT~~k~~z dksmI dh I eL; kvk~~v~~ vks thou ea vku~~n~~ yusokyh olry~~kk~~adschp I ryu fcBkus ea cT~~k~~z dh I gk; rk djA vki dk y{; ; g gksuk pkfg; s fd vki cT~~k~~z 0; fDr dsfy; sftruk Hk~~o~~ gks l dsmrus I qkn vks I dkjkRed vu~~kk~~o dh ; kstu djA rhu i dkj ds fØ; k&dyki ka ½/U; 0; fDr ds I kf~~k~~ , d k 0; ogkj ; k fØ; k, adjatks vki ea i w~~kk~~ dk Hk~~o~~ mRi lu djs vks osfØ; k, adjatftUga dj ds cT~~k~~z dksvPNk yxs rFkk cT~~k~~z 0; fDr dks l dkjkRed vu~~kk~~o ea 0; Lr j [k dj ½ ij vi uk /; ku d~~ff~~lnr djus l svki ml s vol kn I s yM~~us~~ ea l gk; rk djA

, d h fØ; kvk~~v~~ dh I {;k c<k; a ftUga og vU; 0; fDr ds I kf~~k~~ djs

vU; ykskads l kf~~k~~ gksus i j 0; fDr tkurk g\$fd og vi usdkjkRed fopkj~~kk~~ vks Hk~~o~~ukvka I s vi us /; ku dks gVk i krk g\$vk~~s~~ ml i fjfLFkfr ea vku~~n~~ ys l drk gA bl l smI svius vks vU; kads thou dsckj seafopkj djusdk vol j feyrk g\$vk~~s~~ vi us thou ea ?kfVr g~~z~~ vPNh ckrk dks i gpku I drk gA n~~u~~jka dks l kf~~k~~ fØ; k dyki ka ea Hk~~o~~ yus l s 0; fDr dks l gk; rk yus vks I gk; rk djus dk vol j feyrk g~~z~~ vi us vu~~kk~~o , oanf"Vdksk dks og n~~u~~jka dks l kf~~k~~ ck~~u~~ I drk gA vol kn dksmRi lu djusokyh I eL; kvk~~a~~ l s d~~S~~ sfui V~~k~~ tk; bl ckj seavU; ka

CdF qkkā dh nskkky ?kj

ml ds i fr i e , oa vknj vfHk0; Dr djA ; g tkudj fd vU; 0; fDr ml dh i jokg djrs gsvkj vko'; drk i Muso l gk; rk djus ds rRij gj cTkkZ0; fDr dks' kfDr feyrh gj ml dk v kRefo' okl c<rk gSft l l sog i jskfu; ka l s l keuk dj l drk gj

fo'kskdj rhu i zkj ds 0; fDr fd l h 0; fDr dks vol kn vu kko djus l s jk dus e a l gk; d gks l drsgA fuEu dksV; ka dks /; ku eaj [kdj fe=k] i fjokj ds l nL; ka dh , d l ph r s kj dh ft, A

- 1- , s 0; fDr tks l e>nkj gka vkj l gku kfr i wkZ gjA
- 2- os 0; fDr tks vPNh l ykg ns s gsvkj l eL; k l ek/kku e a enn djrs gA
- 3- os 0; fDr tks l eL; kvka l s /; ku gVkdj l lkn vu kko dh vkj 0; fDr ds /; ku dks yxk l dA

tc vki dks yxus yxs fd vol kn i kjeHk gks x; k gS rc cTkkZ0; fDr dks bu ykska l s ck rphr djus ds fy; s i k l kfgr dh ft; A

; fDr; Dr , oa i klr y{; ka dks fu/kj .k ds fy, cTkkZ dks i k l kfgr dfj; s , k nskk x; k gSfd vol kn xtr yks vi usfy; s Åp&Åpsy{; fu/kj jr djrs gsvkj tc osmu y{; ka dks i klr djuse a l eFkZ gks gS rc vkj vf/kd vol kn xtr gks tkrs gj vi uh ubz nfgd vkj ekufl d l hekvka ds vu kko ds dkJ .k cTkkZ ykska ds fy; s ; fDr; Dr y{; dk fu/kj .k djuk ej dy gks l drk gj cTkkZ i q "k ; k efgyk dks bI okLrfodrk dk vlnktk ugha gks fd D; k l EHko gsvkj D; k l EHko ugha gS rFkk vi uh l hekvka dks Lohdkj djrs gj ; k l hekvka eajgrs gj l gk; rk dh vko'; drk gks jgh gj tc vki l dkjkRed vu kko ds fy; s ; kstuk cukrs gS rks fuf' pr dj fd vki ds y{; ; fDr; Dr gj

cTkkZ efgyk@i q "k dh udkjkRed vkj ckj ckj vku s oky s fopkj ka dks fu; f=r djus vkj udkjkRed fopkj ka dks l dkjkRed vu kko l s LFkuki l lu djus e a l gk; rk djA tc dkZ0; fDr] ft l dh i fjp; k l vki dj jgs gj vki l s dgrk gSfd vol kn l s l Ecflu/kr fopkj ka dh Jzkyk dks rkMus ds fy, ml s dN djus dh vko'; drk gj rks vki ml s , s k djus ds fy, i k l kfgr dj ds vkj ml dh

bl v;/k; dsvlrl eudkjRed fopkjaksfu; fr djusdh l kr rduhdksdh
0; k[; k dh xbZ gA os rduhd g§ &

- 1- I dkjRed fopkjaksnksjuk vls ; g fopkj djuk fd thou ea l keku;
: i eaD; k D; k gvk \
- 2- yksksa ds l kfk jgus dk vFlzg§ l dkjRed vuksksa l s [kyh l e; dksHkjuk
ft l l s udkjRed fopkj nj gV tk; @udkjRed fopkj u vk; A
- 3- ckj ckj vksokys udkjRed fopkjaks dks jksdka
- 4- udkjRed fopkjaks l hfer vls fu; fr djusdsfy; s udkjRed fopkj
dsfy; s l e; vls ; kstuk cukuk
- 5- udkjRed fopkjaks l s /; ku dks gVkska
- 6- vi us dks ; g crkus ds fy; s fd vki ds udkjRed fopkj vrkfdz g§
udkjRed fopkjaks fojksk ea rdz djukA
- 7- udkjRed fopkj dk dkj.k cuusokyh fnu ifrfnu dh rukoi wkl eL; kvks
dk l ek/ku djukA

tc vki dks ; g yxusyxsrksml scrk nsuk pkfg; sfd cTksz dN , s dks; Zdj
jgk g§ftul s og vol kn ea tk l drk gA vki ds bl i z kl l s cTksz 0; fDr
vol kn dsxEHkj gksa l s i oZgh ml dk i cl/ku i kjEHk dj l drk gA i z ks djrs
l e; vxj l EHko gk vki ds vls cTksz ds chp ea , d l kdsrd Hkk"kk ds ifr
l gefr cu tk; A tc Hkk cTksz udkjRed l kp fn[k; svki ml sm l kdsrd
Hkk"kk ea , s k djus l s jkd na fu'p; gh vki ; g djksfouerk l s cTksz dks
udkjRed crksksckjseal kpus l svls ml svokLrfod y{; kaksfu/kkj r djus
l s jkdA , s k djus l s vki ml ds vol kn dks xEhkj gksa l s jkdka

I EHksfor ck/kk; a

eqs rfigjh l gk; rk dh vko'; drk ughg§ eqs vdsyk Nkm+nka

bl ds mUkj ea vki cTksz dks fouerk l s l e>k dj dg l drs g§ fd vki ds
l g; ks vls Lohdfr dsfcuk e§dN Hkk ughadj l drkA cTksz l s i naD; k vki
bl i lrd ds vol kn ij fy[ks v/; k; dks i <uk pkgs\ ge bl ij feydj

CdF QkKz dh nskky ?kj

i gys FkkM\$ l \$ ft l s djuk vkl ku g\$ i kjeHk djks vkj fQj ml l s i klr ifj . kkeka dk el; kdu djksA vxj vki brusvf/kd vol kn xLr g\$fd vki ; kstuk dks vkteuk ugha pkgrs rks vki dks fo'kskK dh l gk; rk yuh pkfg; A

es viuh Hkkoukvka ds ckjs ea ckr djuk ugha pkgrkA*

cTqkZ dks l e>k; afd vi uh Hkkoukvka dsckjs eackr djus l svki vi uh Hkkoukvka dks vPNh rjg l s l e> i k; ks vkj mudk i cu/ku Hkyh i dkj dj i k; kA vki dh Hkkoukvka dsfy; s l gk; rk i klr djuk os k gh g\$ t\$ sfd fd l h vU; fpfdRI h; l eL; k ; k chekjh dsfy; s l gk; rk yuhA

vPNk egl v djus dk D; k Qk; nkJ vkj[kj ea egs rks ejuk gh gA*

cTqkZ dks vki dg\$fd vki vHkh rksftUnk g\$ vkj vol kn dk fu; a.k djds vki T; knk l qkh thou 0; rhr dj l drsgA ge vki dks l; kj djrs g\$ vkj ge pkgrs g\$fd vki vi uk thou vkuu l s 0; rhr djA ge l c feydj vki ds l kfk dk; Z djksA

tc vki ; g dgarks 'kCnka l \$ Li 'kz l s cTqkZ dks ; g fo'okl fnyk; afd vki ml dh i jokg djrs g\$ ml s; g Lej.k djk; afd ; | fi , s k yxrk g\$fd thou dk vU r l ehi g\$ yfdu vki vHkh ftUnk gA

i fjp; kZ djus okyk 0; fDr MKDVj l sdg l drk g\$%*ejjsfi rk us i gys gh vu dka mi pkj fd, gA esbl svktek dj mUga, d ckj vkj fpfUrr ughadju k pkgrk** vki ml sdg l drsg\$fd vxj vki dsfi rk vol kn xLr g\$ rks os i gys l s gh i jskkuh ega vol kn dk mi pkj djus l s mudh fLFkfr vkj [kjkc ugha gksxhA vol kn g\$; g Lohdkj djus vkj ml snj djus dsfy; si z kl djus l s vol kn ds l kfk l kfk mudh vkj Hkh chekfj; ka Bhd gks tk; kA

b1 h i dkj ds vU; vojkakka tks vki ds vol kn dsfy; s fd; s tkus okys mi pkj eack/kk Mky l drsg\$ ckjs ea l kps vkj vi us dks muds l ek/kku djus dsfy, r\$ kj djA cTqkZ chekj dk l g; kx] vU; yksxa dh i fjp; kZ ea l gk; rk yuhA vki ds i kl i fjp; kZ dsfy; s l e; vkj l fo/kk dk gksuk , s h ckra g\$ ftudk

bl i~~tr~~d e~~db~~v/; k~~a~~crk; k x; k g~~A~~ vki mu l~~p~~koka~~dk~~s/; ku l s i~~A~~
viuh ;~~k~~tuk d~~ks~~ y~~kxw~~d~~jus~~ ds fy;s D;k d~~ja~~\a

- c~~T~~~~k~~0; fDr l s bl ;~~k~~tuk ds ckjs ppk~~k~~d~~A~~
vki nkukfeydj ;g r; dj~~af~~ vol kn dk i~~cl~~/ku djuse~~v~~ki nkukD;k
dj l drsg~~g~~\ tc bl i~~dk~~ dh l eL;k dk l ek/kku djuk g~~sr~~c ,d Vhe
ds: i e~~a~~dke djuk egRoi~~wk~~g~~A~~ d~~Hk~~h d~~Hk~~h ;g Kku fd og Vhe dk ,d
l nL; g~~S~~V~~F~~k~~k~~-eq l s i~~N~~dj dke fd;k tk jgk g~~sv~~vol kn x~~L~~r c~~T~~~~k~~ds
fy; sy~~k~~kin g~~sr~~k g~~A~~
- bu rduhdka~~dk~~ i~~z~~ k~~x~~ tYnh d~~ja~~
vol kn ds i~~kjEHk~~ ds y{.k~~a~~ d~~ks~~ n~~g~~ka v~~k~~ rRdky vi uh ;~~k~~tuk ds vu~~l~~ kj
dk; z i~~kjEHk~~ dj n~~A~~ vol kn ds xEHkj g~~ks~~dh irh~~kk~~ u d~~A~~ ftu rduhdka
dh ppk~~k~~bl v/; k; e~~a~~dh xbZgSmuds }jk~~c~~g~~r~~ l s xEHkj vol kn l s x~~L~~r
y~~k~~ck~~dk~~s l g~~k~~; rk feyh g~~g~~ vki bl v/; k; e~~a~~crkbZxbZckr~~dk~~s mi pkj ds
,d v~~x~~ ds: i e~~a~~mi ;k~~x~~ dj l drsg~~g~~ ifjp; k~~d~~jus okys ds: i e~~a~~vxj
vki bl e~~a~~crkbZckr~~dk~~ i~~j~~ vey dj~~xs~~rks vki c~~T~~~~k~~ds vol kn d~~ks~~ xEHkj
g~~ks~~ l s i~~o~~gh ml dh dkQh l g~~k~~; rk dj l drs g~~A~~
- vol kn ds i~~cl~~/ku e~~a~~vki D;k d~~ja~~\ bl dh ;~~k~~tuk i~~g~~ys gh cuk y~~A~~
vxj vki vi us i~~jk~~us v~~u~~ko ds v~~k~~lkj ij tkurs g~~g~~fd c~~T~~~~k~~0; fDr dc
dc vol kn x~~L~~r g~~k~~l drk g~~sr~~ks vol kn d~~g~~ks l s i~~o~~gh ml s jk~~ds~~fy;s ;~~k~~tuk cuk y~~A~~
- yxs jg~~g~~ pkgs c~~T~~~~k~~0; fDr vol kn x~~L~~r egl~~W~~ djrk jg~~g~~ vi uk i~~z~~ kl u
NkMA vol kn x~~L~~r 0; fDr l kekU; : i l s ; g v~~u~~ko djrk g~~g~~fd vc d~~kb~~Z
v~~k~~'~~kk~~ ugh~~g~~ vki vol kn d~~ks~~ l EHkor% v~~k~~ xEHkj g~~ks~~ l s jk~~d~~ jgs g~~A~~
vol kn x~~L~~r 0; fDr ds l kf feyt~~y~~dj dke djrs jfg; A vxj vki
feydj dke dj~~xs~~rks ; s fopkj l g~~k~~; rk d~~ja~~\

cT₁qk₂ d₃h n₄kk₅ ?kj₆

- fu; fer : i l s cT₁qk₂0; fDr l s mI dh Hkkoukv₃ d₄ckjs e₅ckr d₆A vxj vki cT₁qk₂ dks; g crk; xsf₃ fd og mI dh Hkkoukv₃ dks l e>r₄k gS₅rksbI ckr dh dkQh l EHkkouk gS₃ fd og vol kn d₄y{.k₅dk tks vutko og dj jgk gS₃mI s tYnh crk nA
- mu l d₃sk₄ i j /; ku jf[k; sftUgan₃kdj fo'k₄kK dh l gk; rk dh vko'; drk i M+ l drh gA

**vxj ; k₃tuk d₄k; Z ugh₅ djrh **

D; k vki cgr tYnh ifjorlu dh mEhn dj jgs gA\ vkerkj ij vol kn dk i cUku l e; ysrk gA l cl s i gys FkkM₃ l qkj dh vki n₄ka ; kn j[k₄ pkgs vol kn xEHkj gks x; k gks fQj Hkh vki ds i z kl l Qy gks l drs gA vxj , d k yxrk gS₃ fd ; srduhd l Qy ugh gA vki cT₁qk₂0; fDr vki vf/kd vol kn dk vutko dj jgk gS rks bI v/; k; dks i u% i < vki n₄ka fd vki us D; k l Hkh fcUny₃@fopkj₄ i j ij dk; Z fd; k gS\ vxj gk₃ rks cT₁qk₂ dks fo'k₄kK dh l gk; rk yus ds fy; s i fjr djA eukoKlfud@eukspfdRI d dks cT₁qk₂0; fDr dks fn[kks l e; vki dks mI ds l kFk jgus dh vko'; drk gA

udkjRRed fopkj₄ dks fu; f=r djus dh rduhd

cT₁qk₂0; fDr dks bu rduhdks dks i < us dks dga ; k vki Lo; amI dsfy; s i < +nA cT₁qk₂ dks bu e l s dN ; k l Hkh rduhdks dks dke e yus ds fy; s i k₄l kfgr djA vki Lo; a Hkh blga i < vki nkuk₃ feydj vol kn xLr Hkkoukv₃ dks jk₄lus ds fy; s bu rduhdks dk mi ; kx dj l drs gA

- *Lej.k %t c vki dks yxs fd vki vol kn xLr gks tk jgs gA rc Hkrdky e vki ds l kFk ?fVr l dkjRRed ckr dks Lej.k dfj, A Hkrdky d₃ckjs e Lej.k l dkjRRed fopkj₄ vki Hkkoukv₃ dks i u% vutko djuseenn djrk gA , d k djuk vki dks bI ckjse fd thou dS k py jgk gS vPNk vutko djuseal gk; d gksk gA*
- *dgluh dguk% cPps vki cT₁qk₂ vki us vi us thou e D; k fd; k d₃ckjs e*

vki ds i kbejh Ldy dk v/; ki d n^gkus e^g d^g k yxrk Fkk ; k l c^l s i gys
vki usuk^gjh dgka'kq dhA vxj cPps i kl ughajgrsrksvi uh dgkfu; k^gdk^g
Vkb^g dj y^gvk^g fy[k y^g

- ijkusQk^gks xkQ vkg Lefr; k*o*i =k^gdk^gs n^gks ijkusfp=k^gQk^gV^gds , yce
dk^gks n^gkus i j vki us tks vPNk l e; 0; rhr fd; k ml dk i ^g%Lej .k gks tk^g
g^g bl l s vki dks dgus ds fy, cgr l kjh dgkfu; k^gfey tk; ^ghA
- mu LFkkula i j Hke.k djus tk; a tks vki dks ijk^guh ckrk^g dk Lej .k dj^gk n^g
ml xyh ; k ek^gYy^g tgka vki i gys jgrs Fk^g Ldy ft l e^g vki i <rs Fk^g
eflnj@pol@efLtn tgka vki tk; k djrs Fk^g i j i ^g% tk; A ; s LFkk^g
vki dh ijk^guh ; knnk'r dks rktk dj n^gks vi us l kFk fd l h dks ys tk; a tks
mu LFkkula dks n^gkus e^g : fp j [krk g^gA
- vi us ijkusfe= l s feyus tk; a ; k ml s c^gyk; a ; k ml l s Qks i j ck^gadja
vki dh ijk^guh ckrk^g dk^g ijkus vut^gko^g dks og 0; fDr gh vPNh rjg l e>
l drk g^gft l us vki ds l kFk bu vut^gko^g dks i ^gZesck^gk g^g vki ds l kFk jgk
g^g vxj vki dk dk^gbz ijkuk fe= g^grks ml l s ckr dj^gA tc vki Lo; a
mnkl hurk dk vut^gko^g djrs gks rc ml l s ckr djuse^g vki dks vPNk yxs^gka
ijkus l e; dks okfi l yk; A vki nk^gku^g us feydj tks egRoi w^gz dk; Z fd; k
; k dk^gbz condQh i w^gl@et^gskj dk; Z fd; k rks ml l s c^gks e^gckr dj^gA
- vi us ifjokj ds bfrgk^g dh [k^gt dj^g%cgr l s 0; fDr; k^g dks vi us
ij [k^g ds c^gks e^g tkuus e^g vkuun vkrk g^g os dks Fk^g D; k djrs Fks \ vki
bl l puk dks vi us ; pk ifjokj ds l nL; k^gdk^gs n^gdrsg^g tks vki ds i fjokj
ds bfrgk^g dks vlxsc<k; ^gA cgr l s c^gck^gk dks gky gh e^gD; k ?kfVr g^gy^g
bl c^gks e^gLej .k djus e^gdfBuk^gbz vkrh g^g i jUrqH^grdky e^gD; k ?kfVr g^gy^g
ml s oLej .k dj l drsg^g bl ckr dh vki fpUrk u dj^gfd vki dks Lej .k
ughag^g tks H^gh vki dh Lefr e^gg^gml dk vkuun y^gA
- g^gh@et^gld %cgr l s 0; fDr; k^g dks et^gfd; k^g vVi Vs fl uek n^gkus vkg
i ^grd^g; k y^gl i <ek vPNk yxrk g^g vkg os bl rjhds l s vi us eu dh

cdt qkkā dh n̄t kky ?kj

- > **Hkb&pljk %cgr** Is cT̄k ykx vi uk dkQh I e; vdys ea xq̄kj rs gA
n̄kkA; Is ; g ogh I e; gS tc udkj̄Red fopkj vki ds efLr"d ea
ckj&ckj vkr̄s tkrs jgrs gA bl fy, iR; d fnu de Is de dk̄bZ, d ubz
fØ; k ; k u; k dke fdI h vU; ds I kfk djus dh ; kstuk cuk; A mnkgj .k ds
: ieafdl h ds I kfk ?kej cp Dyc ; k ykbcjh ds I nL; cuj fe= ds I kfk
[kkuk [kk; dk̄bZ dk̄s Z Tokbu djavkj fe= ds I kfk Oku ij ckr djA
vU; kads I kfk I e; xq̄kj us dh vU; rjhdkadskjseal kp̄j bl I c̄k eau; &u; s
fopkj vku snA

fopkj dks jkduk

vol kn dh I cl s n̄kkA; i wk̄z ckr gS udkj̄Red fopkj ka ds Hkoj ea Qd ukA
vpkul vol kn Is; Dr fopkj vki ds efLr"d eackj ckj vkr̄s jgrs gA ftI Is
vki dkscjk yxus; k cjk vutko djuseal e; ughayxrk vkj , sk yxrk gSfd
vki bu fopkj ka dks jkduh ugha I drA yfdu vki jkduh I drs gA tc vki
udkj̄Red fopkj ka ds Hkoj ea Qd tk; arc , s fopkj ka dks jkduh dh rduhd
dks dke yj ftI dh I gk; rk Is vki bu fopkj ka l sckgj fudy I drs gA vxj
bl rduhd dks tYnh i dM+yks rks vki vi us dks i jh rjg Is fo{kljr gksus Is
jkduh I dksA bl dh dyk ; g gSfd tc Hk i gyh ckj udkj̄Red fopkj vki ds
eu ea vk; vki rjUr bl rduhd dks dke ea yA

vr%vki dks tc Hk I cl s i gys; g yxrk gSfd vki udkj̄Red fopkj ka ds Hkoj
ea Qd x; s gA fuEu rduhdka ea Is fdI h , d rduhd dks dke ea yA &

- > vi us eu ea tkj Is dgks #dks % /khes Is fpYyk dj dgks #dk̄s tS s fd re
cgr tkj Is fpYyk dj dg jgs gA ; g fopkj vki dks udkj̄Red fopkj ka ea
Qd us ds [krjs Is txk n̄kkA vki , dkUr txg ea tkdj tkj Is #dks dg
I drs gA rc fpYykus dh vkokt Is 1/1st vkokt Is 1/2 /khj &/khjs vi us eu
ea dgkA

- > Ykky I drs 1/#dusds Is dr 1/2 dh dYi uk djks% lkpsfd yky jk dk #dus

fu'p; djksfd ; g yky fpulg gh gA bl dk bruk vH; kl djksfd ; g yky
I drs vki ds efLr"d es vki kuh I svk tk; A vc tc dHkh Hkh udkjkRed
fopkjka ds Hkoj es QI tkvks rks #dus ds yky I drs ds ckjs es I kpkA

- vi us pgjs i j ikuh ds Nhs ekjks% udkjkRed fopkj I svius dks txkus dk
, d vkg rjhdk gA vi us pgjs i j ikuh ds Nhs ekjksA udkjkRed fopkjka es
i Mjgus ds LFku i j ikuh vki dks dS h vuHfr ns jgk gSml i j /; ku
dfunr djA
- fdI h u; sLFku i j tkvks% mBdj u; sLFku i j tkus l s n'; dk ifjorl
gkskA u; k okrkoj.k vki dks vU; ckrka ds ckjs es I kpus es enn djxkA
- vki dks udkjkRed fopkjka l s yMuk gS% vki dks vi us udkjkRed fopkjka dks
fu; f=r djus ds fy, dbz rduhdka dh vko'; drk i M+I drh gA

udkjRed fopkj dsfy, Ie; vkg LFku r; dj& ; g rduhd vki dks
udkjRed phtka ds ckjs es I kpus ds fy, Lohdfr nsli gSyfdu l kfk gh vki
i j fu; f.k djrh gSfd dc vkg dgka bl i dkj dk fopkj djA

udkjRed fopkj ds fy, txg [kkstA ; g dkbz dejkl , d dI Hz vkg dkbz
f[kMdh gks l drh gA bl h LFku i j gh vki udkjkRed fopkjka i j fopkj djA
bl dk; l ds fy, vki dk vklQI ; k vU; dkbz Hkh txg gks l drh gA yfdu
fu'p; gh ; g vki dk i yk vkg [kkus dh Vfcy ughagA ; sI jf{kr txg gA , d
ckj udkjkRed I kpus dh txg phus ds ckn ml h LFku i j udkjkRed fopkjka
i j fopkj djA

udkjRed fopkjka ds fy, ifrfnu ,d fuf'pr Ie; r; dj yA

; g I e; [kkus ds l e; ds vkl i kl u gks vkg u gh l kus l sBhd i gys vkg u
gh tc dkbz vki l sfeyus vkg gkA [kkus dk l e;] l kus dk l e; vkg egekuka
ds vkus dk l e;] vkgke dk l e; gksk plfg, A udkjkRed fopkjka dks 15 fefuV
l st; knk ughavkus na vkg tS gh 15 fefuV l ekir gk udkjkRed fopkjka dks
vkus l s jkA nA bl ds fy, vki Vkb ej ; k vylez dk i z kx dj l drs gA

cdf qkkā dh nskky ?kj

fopkjā dk vukuk i kjEHk gks vU; dk; &dyki kā ds ckjs ea l kruk i kjEHk dj nA , k djus l s udkjķRed fopkj dk LFkuki llu gks tk; sk ; k vki , k djds udkjķRed fopkjā dks uhps /kdsy nskA

buea l s fdI h ,d fopkj ij dk; z djA

- i kfuk % 'kkur txg ij tk; avkj i kfuk djA vki i kfuk i <+l drsgs; k eu eaxpxuk l drsgsA /; ku jgsfd i kfuk l eL; kvkā i j fopkj djuseau cny tk; A vxj i kfuk ea vI fo/kk gks jgh gks ; k i kfuk djrs l e; l eL; kvkā ds ckjsea /; ku i fjofrz gks jgk gks rks /kfezd xifk tS sfid xhrkj jkek; .kj ckbocy] diju vlfn i <uk i kjEHk dj nA /kfezd i frdkādk i <uk Hkh yklikin jgsxkA
eu es vodk'k ds ckjs ea l kruk % viuh vki cñ dj ya vkj vius eui l n je.khd LFku ds ckjs ea l kruk viuk ekufi d&vodk'k&l e; dN l e; ogka xqkjā fukjke djavkj ml dk etk ya
tc vki ekufi d&vodk'k ya rc ml LFku ds ckjs ea viuh dYiuk l s ftruh folrrr ckra l kko gks l drh gks ds ckjs ea l kruk
- vki dks dS k vutko gks jgk gS\ D; k BMh gok py jgh gS\ dYiuk djks vki ds pgjs ij dS h vutko gks jgh gS\
- bl dh /ofu dS h gS\ D; k ygjafdukj ds ckj ckj Li 'kZ dj jgh gS\ D; k yks gä jgs gä ; k xkuk ctk jgs gä xkuk xk jgs gä\ ftruk Li "V vkj foLrkj l s vki nsk l drs gks ml dh dYiuk djkA
- ; g dS k yx jgk gS\ D; k vkl eku l kQ vkj uhyk gS\ D; k vki , d dejs eags\ dYiuk djksfd dejk dS k fn[kkbZ nsrk gS\ dejs dksftruk vki nsk l drs gks i jh rjg nskus dh dkf'k'k djkA
- bl dh l qkdk dS h gS\ D; k ; g l enz dh uedhu xk gS\ D; k vki ckx ea Qnykdh l qkdk dks l k jgs gks ; k vPNs [kkus dh xk dks egI w dj jgs gä ftruk Li "V vki dj l drs gämrruk djA

I s bl ds Lokn dk vu~~ko~~ dj~~A~~

vi useu eavPNh rjg foLrkj n~~dj~~ bu vH; kl dk dks dj~~A~~; g vH; kl tc vki fpfUrr gkrs g~~s~~; k l kus tk jgs g~~s~~rc Hkh l gk; rk dj~~A~~

udkjkkRed fopkjka ds fo:) rdz nsik

bl vH; kl dk m~~is~~; vki dks fp= ds nkuk i gy~~vka~~ dks fn[kkuk g~~A~~ tc vki vol kn xLr gkrs g~~s~~rc phtaftruh cjh fn[kkbZns h g~~s~~mrh cjh ugha gkshA vi uh Lo; adh l gk; rk djus dk , d rjhdk ; g gSfd fp= ds n~~u~~ js i gyq dks n~~ek~~ v~~kj~~ udkjkRed fopkjka ds fo:) rdz dj~~A~~ vi us udkjkRed fopkjka l s >xM~~k~~ dj~~A~~ vi us fopkjka dh i wkrk dks pu~~sk~~ n~~A~~ tc 0; fDr vol kn xLr gkrs g~~s~~os d~~oy~~ cjs i {k dks gh n~~ek~~ kus ds fy, r~~s~~ kj jgrsg~~A~~ tc os vol kn xLr ugha gkrs rc os ik; %nkuk i gy~~vka~~ dks n~~ek~~ rs g~~A~~ bl vH; kl dk l fØ; : i l si z ks dj~~vkj~~ Lo; a ij n~~u~~ js i {k dks Hkh n~~ek~~ kus ds fy, ncko Mky~~A~~

- D; k vki dk udkjkRed fopkj okLro e~~a~~ l R; gS \ dk~~u~~ l k l k{; bl dk l efku djrk g~~s~~ ml ds ckjs eaLi "V g~~A~~
- vc n~~u~~ jk i {k y~~A~~ Bhd ml h rjg fojk~~k~~ ea rdz n~~A~~ D; kau vki dk fopkj v~~l~~ R; gS; k c< k p< k dj i Lr~~r~~ fd; k x; k g~~s~~ bl dsckjs e~~a~~ tks Hkh l ~~ko~~ rdz g~~kj~~ n~~A~~

□□□

nſud fØ; k dyki k̄ I s I EcflUkr I eL; k, i

LokLF; I s I EcflUkr v{kerkvka ; k i jkuh chekjh ds dkj .k cgr I sc̄t̄kz nſud fØ; k dyki k̄adsdjusea i j ſkkfu; kdk vuſko djrsga ; sv{kerk, amudh vi uh Lo; adh nſkkky djusdh {kerk dks I tfer dj nrh ga vi uh Lo; adh nſkkky djuseavl eFlk dk ds dkj .k c̄t̄kz ylkx vi uh nſkkky eavl; ylkx dh I gk; rk yrs ḡ ; k ufl x gke ; k o) kJek ¼vKYM , t gke½ ea HkrhZ gks tks ḡft I I s mudh nſkkky gks I da

cgr I kjs ylkx cpi u ds i k̄EHk eftu fØ; kdyki k̄ads djus eadkkyrk ikr dj yrs ḡvlg i fji Do gks i j ; g ekudj pyrs ḡfd osbu eacMs i k̄xr gks x; sḡyfdu tc c̄t̄kz vkrk ḡsrks nſud fØ; k dk sky] ftueLo; adh nſkkky I s I EcflUkr fØ; k, a Hkh gks ḡ yEch i jkuh chekjh ds dkj .k ; k 'kkjhfd v{kerkvka ds dkj .k i Hkkfor gks ḡ

bu fØ; k dyki k̄ea ftulk jgus ds fy; s vfr vko'; d dk;] t s fd di M̄s i guuk] uguk] cky cukuk] I tuk&l ojuk] Vkl yV dk mi ; kx djuk] ?kj I s ckaj vruk ; k tkuk ; k dk hz ij cBuk vkg Hkkstu djuk vlfn I fEfyr ga bueas fØ; k dyki Hkh I fEfyr ḡftuds }jk os Loræ thou th I da t s fd [kkuk cukuk] I Qkbz djuk] di M̄s i j bLrjh djuk] cktkj I s [kjhndj I keku ykuk] pøl fy[kuk] M̄bfox djuk ¼dkj ; k LdWj pykuk] I kozfud okgukadk mi ; kx djuk vkg VyhQksu dk mi ; kx djukA LokLF; fo'kskKaus nks i nka%, Mh , y vkg vkbz , Mh , y] dks x< k ḡs tks bu fØ; kvka dks vfhkO; Dr djrsga

vki dh I eL; k i j ppkz djrs I e; vki bu i nka dskjs ea l qxa vaxth Hkk"kk ds 'kcn , Mh , y ¼ADL) dk vFkz ḡs nſud thou ¼uokg½ ds fØ; k&dyki (Activities of Daily Living) ft I eewy fØ; k, a t s fd di M̄s i guuk] uguk]

i j yvuk vkj fcLrj l smBukA vkbz , Mh , y (IADL) dk vFkz gS bULVt eVY , DVlfotVht vkJ Myh fyfox (Instrumental activities of daily living) vFkz~ njud ppkZeamidj . kdk mi ; kx djukA bu fØ; k dyki kaeo; fDr }kj vi us ?kj dh 0; oLFkk dks cuk; sj [kus vkj 0; fDr ds Lorarki oDl thou thus ds fy; s vko'; d fØ; k, a vkrh gS tS sfd [kkuk cukuk] l Qkbz djuk] di Mka i j blrjh djuk] fl yuk vkj bl h i zdkj ds vU; dk; A njud dk; k ds djus ea l eL; k, a dbz dkj . kka l smRi Uu gkrh gS vkj LokLF; l s l EcflU/kr l eL; kvka l s ?kfu"B : i l s l EcflU/kr gA tS sfd i oDl ds v/; k; kaeo crk; k x; k gA

mnkgj .k ds : i eftu cTkk dks fny dk nkjk i Mkt gS QQMka dh chekjh gA gS muea ?kj ds dk; k dks tS sfd l Qkbz djuk] [kkuk cukuk vkj vi us di Mka i j bl=h djus dh 'kkjhfd l kef; Z; k 'kkjhfd 'kDr eadeh vk l drh gA ftu cTkk dks xfB; k dh chekjh gkrh gS muea njud dk; k dks djus ds fy; s Nkjh&Nkj/h 'kkjhfd fØ; k dks djus ea i j skuh gks l drh gA

vkj l kka dh nkus dh vkj dkukad l qus dh {kerk ea deh Hkh Lo; a l s nskhky dh {kerk ea deh dj nsrh gA l gh <x l s nokbz ys i kus ea v{kerk} dN l eL; kvka tS sfd nokbz dh 'kh'kh i j fy [ksfunz kka dks ugha i <+i ku] ckry ugha [ksy i ku] i ku dh fxykl u i dM+i ku vkj Nkj/h nokbz dh xkyh dks gkFka l s u i dM+i ku vkj nokbz dk uke Lej .k u dj i ku Hkh Lo; a nskhky ugha dj i ku ds mnkgj .k gA bu l eL; kvka eak=kRed Hkn gkrh gA mnkgj .k ds : i e cTkk 0; fDr Lo; a l s di Msi guus ea l e{k gks l drk gA turk i guus vkj tirs ds Qhrs ckkus ; k ft i yxkus ; k i hNs i hB dh ft i dks yxkus ; k [ksyuseam l s i j skuh gks l drh gA vxj , k gSrk i guus ds di Mka ds i zdkj kavkj ft l i zdkj mUgackkk tkrik gS dks cnyus l s 0; fDr Lo; a l s vi uh nskhky dh {kerk ea of) dj l drk gA dk 0; fDr vi us vki l s [kkuk [kk rks l drk gS i j Hkkstu dk VpMkt ugharkM+ l drk@vkj fcuk fxjk; s fxykl ea i ku ugha Hkj l drkA

nUjh vkj] pklw l sfdl h pht dks ugha dkV l drk gS , d tfVY mnkgj .k ds : i e dk 0; fDr pEep dks vi useg rd ughay tk l drk ; k [kus dks fuxy ugha l drkA vDI j ; s l eL; k, a /khjs /khjs gkrh gS vkj , d l e; , k gkrh gS fd

CdF qkkā dh n̄kky ?kj

y{k.k gkrk g§ l keku; dk; kdksdjuseafkdu dk vutko djuk ; k ; g fd ftu dk; kdksdjuseadN fefuV dk l e; yxrk Fkk mlga djuseadkQh vf/kd l e; dk yxuk Hkh ns[kk tkrk g§
cgr l smnkgj .kka ea cTkkZ0; fDr vi uh vko'; drkvkavkj mlga fnu & i frfnu
ds vi us dkeea l gk; rk dh vko'; drk g§; k ughabl ckjseasogh l cl svPNs
fu. kkz d gkrs g§
vxj vki ftl cTkkZ0; fDr dh ns[kkky dj jgsg§ dsckjseafpfurr gsrksvki
dksmuds l kfk [kjydj l oou'khyrk i ooz mu l eL; kvkaij ppkZ djuh pkfg, A
l eL; k dks l e>us ds fy; s0; fDr dks l e>uk vko'; d g§ chekjh cTkkZ0; fDr
dh Lefr dks i Hkkfor djrh g§ mnkgj .k ds fy, Lefr&Hkk dh chekjh ; k
dHkh&dHkh LVkd] i kfdll u chekjh vkj vll; chekfj ; k cTkkZ ds nsud fØ; k
dyki ka dks djus ea dfBukbz mRi lu djrh g§ vi okn Hkh gks l drs g§ dN
mnkgj .kka ea nsud fØ; k dyki ka ea dfBukbz fd l h dke dks djus dks Hkayus ds
dkj .k vf/kd gkrh g§ ; k dN ea ml dk; Z dk l gh l gh ijik djus ea gkrh g§
'kkjhfd : i l s dk; Z dks djus ea ugh vxj Lefr dkj .k g§ rks vkerkj i j
cTkkZ dks ckj ckj dk; Z djus ds fy, Lej .k djuk fl [kkuk vkj 0; fDr dh
l j{kk dks l fuf'pr djuseavkj fØ; k djuseal gk; rk nsus dh vko'; drk gkrh
g§ cTkkZ0; fDr l spplZ fd; sfcuk l gk; rk u djA Lo; adh ns[kkky djuk vkj
jgus dh l eL; k, a i wkl i l s0; fDrxr g§ tksfur; dk; Zg§osnsud /kkfedZ dR;
t§ k gkrsg§ ; g i jh rjg l sLFkkrir ckr g§ cTkkZ0; fDr dh i l naC; k§okj rFkk
fuf'pr gkrh g§ mlga i rk gkrk g§fd dc] d§ svkj fd l l s l gk; rk yh tk; &
tc dkbl vutku 0; fDr cTkkZ ds thou ds 0; fDrxr nsud dk; kdksdjrk g§
rks ml s , k egl gkrk g§fd ml dk ml i j fu; &.k ughajgkA cTkkZ0; fDr
dksfujk'kktdud vI gk; t§ h fLFkfr l scpkus ds fy; } ftruk l EHko gks %vi us
i j% fu; &.k cuk; sj [kuk pkfg; A cTkkZ0; fDr dksvi uh ; kstuk ea tMuk pkfg; s
ugharksog vki dh enn djuseaeuk dj nsxk ; k ml dh i Hkk 'khyrk dks l ekir
dj nsxkA ns[kkky ds fy; sckgj l s l gk; rk ds bUrtke dh ryuk ea Lo; a ds
}jk l gk; rk ds eV; kdu djus dh vko'; drk gks l drh g§ fu'p; g§ vxj

I eklr gks ppjh gS rks vki dks chekj cT~~ekz~~ dh n~~ek~~kkky ds ckjs ea vks vf/kd elxh'ku nsus dh vko'; drk gksxhA

dkbz Hkh i fjfLFkfr gk; g egRoiw~~k~~z ckr gSfd cT~~ekz~~ 0; fDr dks mudh n~~ek~~kkky dh ; kstuk eaftruk I EHko gks Hkkxhnkj cuk; A

fo'k~~ek~~K dh I gk; rk dc ya\

- vxj cT~~ekz~~ 0; fDr ds n~~sfud~~ fØ; k dyki kae vPNh rjg I senn d~~s~~ s dj; ; g tkuuk pkgrs gks\
- vxj vki vks vki dk ifjokj mruh I gk; rk ughad~~j~~ I drs ftruh dh vi~~s~~{kr gA

bI I Ecl/k eaLokLF; fo'k~~ek~~K ; k I kekftd dk; Zdrk ufl & LVkQ I sfeyavks mudh I gk; rk ya\ tc vki fo'k~~ek~~K dks~~cyk~~; arks vki ds i kl cT~~ekz~~ dh chekj dh ds ckjs ea i jh I puk gksxh pkfg; A

LokLF; fo'k~~ek~~K ds i kl , d ekud izukoyh gksxh gA mu izuka ds tokc I s fLFkfr Hkyh izdkj Li "V gks tkrh gA Li "V vks I gh&l gh tokc na cT~~ekz~~ dks n~~sfud~~ fØ; k dyki kae D; k i jskuh gksjgh gSvks vki dksml dh I gk; rk djas ea D; k dfBukbz v~~k~~ jgh gA ; g crkuk vko'; d gA

D; k cT~~ekz~~ dk LokLF; dk chek gS\ vlfkzd fLFkfr d~~s~~ h gS\ ; g crkuk Hkh t: jh gA

mnkgj.k ds : i ea fo'k~~ek~~K dks bI i zdkj crk; A

*eaf{krft givks ; sejsfir k Jh ie pkoyk gA budh v~~k~~; q85 o"kl vks ejsl kfk gh jgrsgA vkt dy budh I eL; k, a/khjs/khjs<rh tk jgh g~~s~~ t~~s~~ s fd I hf<+ka i j p<usvfn ea dfBukbzA jkr ea bllgackFk: e etkusealh dfBukbz gksxh gA**

**vki cT~~ekz~~ 0; fDr dks I gk; rk d~~s~~ s dj I drs gA **

- cT~~ekz~~ 0; fDr dks I gk; rk nsus dh ; kstuk cukrs I e; ml dk I g; kx vo'; ya\ ; kstuk cukus ea cT~~ekz~~ 0; fDr dks t~~km~~A

Cf^{ck} d^h n^{skk}?kj

g^{sf} fd ftu dh l gk; rk dh tk jgh g^s os l gk; rk ys^{ss} v^{kj} fdl i^z dkj dh l gk; rk y^h tk;] bl ds i^fr dkQh l oⁿ u'khy g^{ks} s g^A vxj dke djus ds rjhds u, g^k; k l gk; rk ds dke ea^v kus okys mi dj.k u; s g^{sr} ks buds ckjs ea c^q kZ 0; fDr l s i gys ppk^l dj ys^h pkfg; sft l l s c^q kZ 0; fDr mudh vko'; drk dks l e> l d^A; gh ckr ?kj eans^{kkk} dy^fy; su; s 0; fDr dks ys^d j gks l drh g^A vxj c^q kZ 0; fDr u; s y^{ks} ka ds vkus dk i^f rjk^l djrk g^{sr} ks l pko g^{sf} fd ml vknch dks ?kj ea l hfer l e; dy^fy, gh vkus l s i^{jk} EHk djabl l s c^q kZ dks l gt g^{ks} seavDl j l gk; rk fey^{xh}A vxj ckgj dh l gk; rk vko'; d g^{sv} g^k bl l s vki ds dlu/k^a ds Åij v^k, Hkkj ea deh g^{kr} h g^{sr} ks c^q kZ 0; fDr l sbl ckjse [kydj crk; A c^q kZ i q "k@efgyk dks ; g egl l g^{ks} uk pkfg; sfd ckgj l s l gk; rk vki dks v^{kj} vki ds L^{ok} LF; ds fy; s vko'; d g^A vxj fQj Hkh c^q kZ 0; fDr ckgj ds 0; fDr dh l gk; rk ys^{uk} ugha pkgrk rks M^oDVj vki dh bl ea l gk; rk dj l drs g^A vDl j ifjokj dk fo'ol uh; l nL; ; k fe= c^q kZ dks bl ifjor^u dsckjse l e>k l drk g^A mudh l gk; rk y^A

➤ **ifjor^u ds i^fr l dkj Red l kp ¼/flofr½ dks c<kok nA**

d^l s u; s rjhds l s dke djus i j c^q kZ 0; fDr fdl h i j vlfJr ugha g^{ks} k bl ckr dks d^l nzeaj [kA l kf^k gh ; g Lohdkj dj^{af}d ifjor^u dfBu g^{ks} g^A dN c^q kZ fpflrr] vol knxlr ; k Øks/kr gks l drs g^A, s y^{ks} ka ds fy; s l Qyrki o^od l ek; kstu grqfo'k^{kk} }kj k fo'k^{kk} : i l s /; ku ns^u dh vko'; drk gks l drh g^A

➤ **c^q kZ 0; fDr }kj k n^{sd} dk; l ds djus ds i^z kl k ea l gk; rk djA**

c^q kZ efgyk ; k i q "k dks ftruk l EHko gks l ds fu; &.k djus nA bl dk vFk^l g^{ks} fd c^q kZ dks tks[ke ys^{ss} nA ml s tks[kek] dks l e>us na v^{kj} mudk p^uko djus nA vius i j fu; &.k g^{ks} uk v^{kj} phtka; k dk; l ds p^uko ka ea mudk l eFk^l g^{ks} ge l cds fy; segRo i w^k g^A; g rc v^{kj} Hkh egRo i w^k g^{ks} tkrk g^{stc} p^uko djuk l hfer g^k, l k vDl j c^q kZ dks l kf^k g^{ks} g^A

vll; ykska dh I gk; rk yus ds fy; s ½dk; k dhlz I ph] Vcke Vfcy] mllga Lej .k djukuk vkn dh vko'; drk gks gA vki I o Eke ; g I kp I drs gfd vll; ka I s I gk; rk yus e gks okyh i jskkuh dh ryuk e ej Lo; a ds }jk I ok 'kqikk I Ecjh dh; k dks djuk vkl ku jgsk n jh vkj] vxj vki dk dkbz i cUku rll= gsrks dke vkl ku gksk vkj vki vll; ykska dks Hkh ifjr dj ik; xA ; g ckr vki dks vkj ctekz ft I dh vki I gk; rk dj jgs gA dks Hkh ifjr djxhA bu ; kst ukvka ea ctekz 0; fDr dks Hkkxhnkj cuk; aD; kfd bI I s mudk thou i kfor gkskA tc vki I gk; rk dk blrtke dj jgs gksrks Li "V : i I s crk; a fd vki dks fdruk I e; I okdk; Zeayxkuk gA tks 0; fDr ctekz 0; fDr dh ns[khky ea I gk; rk djuk pkgrk gsmI svius I e; dks I a kstr djus na vkj ml s ; g fo'okl fnyk; a fd vki dh fu"Bk dh , d I hek gSA vki dh ; kst uk ea ; g /; ku jgs fd I gk; rk djus okys dks I gk; rk djus dk , d I dkjkRed vutko gkA vxj , k gksk gsrks I gk; rk djus okys vksxs I s vksxs vksrs jgxA

I oru I ok djus okyak dk iclk djavkj muds dk; Z dk fujh{k.k djA

vxj I Ehko gk i = i f=dkvka ea foKki u nsdj I ok dfez ka dk puko djus I s cpA vxj vki , k djrs gsrks ml 0; fDr ds ckjs ea i jh tkudkjh dj ya vPNk rks ; gh gsfld vll; yksk fe=k tkudkjh fj'rskjka }jk I qk; s x; s I ok dehft I svki tkursgA dksj [kuk vkerkj i j Bhd jgrk gA fdI h , tll h dh I gk; rk I s Hkh ; g dk; Z gks I drk gSD; kfd , tll h , s ykska ds ckjs ea folrr tkudkjh j [krh gA , s 0; fDr ds dk; Z dk fujh{k.k djrsjguk vko'; d gA ctekz 0; fDr dksml dh deh ughfn [kxh D; kfd og ml i j vkkfjr gks tkrk gA vxj vki ctekz ds I kfk ughajgrs gsrks vpkud vkdj muds i kl jgavkj ns[ko fd og 0; fDr viuk dke dS sdj jgk gA , k djus i j vki dksyxsk fd I ok deh vius drD; dk i kyu Bhd <x I s dj jgk gS ; k ughA

ctekz 0; fDr dh nsud fØ; kvka ea I gk; rk djA

nsud fØ; k dyki ka ea ctekz dh I gk; rk djuk vki dh jpkRedrk dks puksh gA fuEu I qkoka I s cgr ykska dks bI I eL; k ds I ek/kku ea I gk; rk feyh gA buea I s dN I qko vki ds fy; s egRoi wkJ gks I drs gA

CdF QkKd dh nskky ?kj

i hB ds i hNsft i okysLoVj k deht vkJ vU; oL=k a l s i jgst djA bl i dLj
ds di Mka dks i guuk dfBu gkx gA xFB; k dh chekjh I s i hMfr ; k detkj
cTkkd dks , s oL=k a dks i guuk dfBu gkx gS ftuds i guus ds fy; s mJgs
>duk i MsvkJ ckgk dks b/kj m/kj fgykuk i MA i hNs yxh ft i rd gkFk ugha
i gp i krk ft I lsft i ijh rjg I scm ughgrh gS oL= [kjyk jg tkrk gA , s
dkMhku] LoVj] tI h deht vkJ Cykmt ftueacMh cVu yxh gka; k vksdL
vkj ft i ; k oSyOksDyLftx yxh gk cTkkd dks fy; s Bhd jgrh gA

ik; tkes ; k l krs l e; i guusokys di Mka e l keus dh vkJ oSyOksfLVi yxh gka
tks vkl kuh I s , d nLjs l sfpid tkrh gk ftUga vkl kuh I s vyx fd; k tk
l da ysd ; g /; ku jgs fd bu di Mka ij bLrjh djkrs l e; bu fLVi k dks
vki l e a tkm+navU; Fkk os fd l h vU; l sfpid tk; xhA

ftu ykxkdks xFB; k dh chekjh gS ; k ftUga LVk gyk gSmuds i guus ds fy; s
vyx i dLj dsoL= yA

, Mh vkJ Vkk ij i guus ds fy; s , s oL= dke eayaf tUga vkl kuh I s i guk vkJ
mrkj tk l da

ugkus I s I EcfWkr I qko

vxj ugkuk ef'dy gsrks i jk Vc Hkj dj ugkuk ; k 'kkol Z I s ugkus dks l Irkg
ea , d ckj l hfer djA cTkkd dks ; pkvka dh Hkkfr ckj & ckj ugkus dh
vko' ; drk ughgrhA ckj & ckj l kcp yxkdj ugkus vkJ j xMts l smudh Ropk
tYnh l [k tkrh gS vkJ Fkdku Hkh vk l drh gA ul Z ; k ?kj eanSkhky djus
okyk@okyh mJgs ugkuse enn dj l drh gA cTkkZ0; fDr dI hz ij cBdj ; k
VW yV ds Aij cB dj gYds xeZ i kuh I s ugk l drs gA

pgjs i j i hNs ds fy; s Nk/s rkfy; s dk mi ; kx djA

Nk/s rkfy; kdk mi ; kx djuk vPNk vkJ vkl ku jgrk gA Nk/s rkfy; k a l svkj[k]
ukd] dku vkn dks vkl kuh I s lQ fd; k tk l drk gA , s rkfy; s ftu
nplkuka ea cPpk dks fy; s l keku feyrk gS ogkj I s [kjhs tk l drs gA ckFk Vc

I kcp I sRopk es [kj k'k gks I drh gsvkj i skc dsjkLrseal Øe.k gks I drk gA

I kt&I Ttk I s I EcflWkr I qko

yEcs dñk gs j cñk vkj Vñk cñk dk mi ; kx djøftudkscTñkZvkl kuh I s i dM+
I drs gA ftu cTñkZ ds gkFkka es xfB; k dh chekjh gS ; k ftuds gkFk dh xfr
I hfer gsmuds fy; s bl i dkj dh phtacgq mi ; kxh gksh gA

ijska dh nskhky ds fy; s I qko

ijska dks gj I lrkg ; k gj nñ js I lrkg fñkxksA vxj ijska dh Ropk] I [kh vkj
i i Mh okyh gsrks ijska dks xeZ I kcp ds i kuh dks Nks/s Vc es Mkyv vkj ijska dks
dN I e; rd vñnj Mkydj ml eafñkxksA bl I sRopk uje gks tk; xhA ijska dks
i kuh eafñkxksA I s uk[ku Hkh uje gks tk; xA ijska vkj uk[kuks fo'kskK I s ijska
dh nskhky ds fy; s I ykg ya

ckyka dh nskhky dsfy; s'kbiwyxk; A tks cTñkZ Lo; al sviusckyka dh nskhky
ugha dj I drs os?kj ij ukbZ dks ckykdj mudh I ok, ays I drs gA tks cTñkZ
fcLrj ij gsmudsckyka dks Hkh fcLrj ij gkrs qq Hkh ul Z dh I g; rk I s 'kbiw
dj I drs gA , s 'kbiwdk iZ kx u djøftI ejxMts dh vko'; drk i MA

Véh i skc tkus I s I EcflWkr I qko

Vñly/ dh 'khV dksÅpk djøftI I scTñkZvkl kuh I smB cB I dA ?kj eayxh
'khV dks dñ sÅpk dj I drsgÑbl dsfy; sfDI h dñky dkjhxj dh I gk; rk ya
ckFk: e vkj Vñly/ eacTñkZ dks i dMøj mBusdsfy; sjññ yxk; A vxj cTñkZ
fcLrj ij gsvkj T; knk mB&cB] py&fQj ughal drk rks i yk ds i kl dekM+
j [kA dekM+, s gkta ks vkl kuh I s i kQ fd; s tk I dñvkJ mudk otu Hkh de
gksuk pkfg; A

i dk'k I s I EcflWkr I qko

vkt dy cktkj es i yk yki vkn , s svkusyxsgñftUgafjek/ I spyk; k ; k cn
fd; k tk I drk gA bl i dkj dsmidj .kks dsmi ; kx I scTñkZ0; fDr dks vkj ke
feyxkA

CdF qkkā dh n̄t kky?kj

cT̄kz; fDr dksfcLrj I s, dne [kMgkks i j pDdj [kk dj fxjusdk Mj gkrk
gß fcLrj I smBdj [kMgkks I s i gys cBus vkj i gk dks dN nj i yx I suhps
yVdk dj j [kus dks dgA , s k djus I sjDr&pki dk I ek; kstu ubz i fjfLFkr
ea Bhd I s gkxkA

[kkuk [kus ds fy; s I qkoka ds fy; s o t̄ e deh vkj i ksk.k v/; k; dks n̄kA
vxj gkfk detkj gk rks lykfLVd dh gYdh lyv] Qkñ; pkdly pEep vknfn dk
i z kx djA budh i dM+dks, s k cuk n̄k ½di Mf vknfn yiV dj½ ftI I scT̄kz
0; fDr vkl kuh I s i dM+I dA [kkuk FkkMh&FkkMh ek=k ea i jkA A chp&chp ea
Qyk dk I su Hkh djkrsgA

cktkj I s I keku ykus ds ckjs ea I qko

cT̄kz 0; fDr dks vius I kfk cktkj pyus dks i fjr djA , s k djus I s mlḡ
mRrstuk feyshA ; g /; ku j [kafd cT̄kz dks Fkdku u vkl; A bl fy; s [kjhnkjh
djus dk I e; de j [kaf cT̄kz 0; fDr ds I qko Hkh yaA

[kkuk r̄kj djus ds ckjs ea I qko

tk s cT̄kz vdsyjgrs ḡos vius fYt ea Ykstu I Cth vknfn j [ka vkj ckn ea
ekbØkoø vkoou e xel dj yaA vxj cT̄kz dh vki [kk dhl T; kfr detkj gks rks
i q% xje djus I s I Ecfl/kr funzkk dks ek/s ek/s v{kj ka eafy [kdj j I kbZ ea Vkd
nA vxj [kkuk cuuk I eL; k gSrks vkt dy cMgCMs'kgj ka ea *ehYI vknñ OghYI *
dh I ok, a ya; k utnhd ds fVfQu I yVj I s xel [kkuk eak I drs gA

I EHfor ck/kk, a

**n̄fud fØ; k&dyki ka ea I gk; rk djuk vUrghu yxrk gß egs dkbz ixfr
fn [kkbZ ughanshA**

doy mlḡanfud fØ; kvk i j /; ku naftUga0; fDr dj I drk gß mu i j /; ku
u naftUgaog ughadj I drkA vki cT̄kz dks I fØ; vkj Loræ jguseal gk; rk
dj jgs gA ; g , d , s k vPNk rjhdk gß ftI ds }kj k vki cT̄kz dh xqkoRrk
; Dr thou thus ea I gk; rk dj I drs gA

i jUrqejh ek ml dh vkykpuk djuseaMjrh gA**

bI dk vFkZgSfd cT~~k~~Z0; fDr bruk ijk/khu gSfd og n[kkky djusokys dh vkykpuk djus l sMjrh gA bl fy; svki oLr~~k~~r fLFkfr dks l e>dj vi uh ckr dgA vpkud tkdj l osfud n[kkky drkZdk fujh{k.k djavlkj ml scrk; afd D; k gks jgk gS\ vki l h/ks l h/ksml l sckr dj vxj vki dks dkbZ deh fn[krh gS rks ml ds fujh{kcd l sckr djA

*vxj l osfud enn djusokyk 0; fDr chekj gks tks srks e enn dss
iHr d:;*

vxj , s k 0; fDr fdI h , t~~U~~I h ds ek/; e l svk; k gSrks , t~~U~~I h ml ds LFku ij n~~U~~ jk 0; fDr HkstxhA os s nk&rhu y~~k~~ka l s l EcU/k cuk; sj [kuk pkfg; A ft l l s vko'; drk i M~~u~~s ij mudh l gk; rk ys l drs gA

**ejk ifjokj l osfud 0; fDr l s tks ejh ek dh n[kkky djrk gS
v/rV gA ifjokj ds l nL; iwlk plgrs gS tks l EHko ugha gA***

bI dk l h/kk rjhdk gSifjokj ds l nL; k dks l ok 'k~~U~~kk ds dk; k l s t~~U~~kk tk; A osfujh{k.k djafd n[kkky Bhd gks jgh gS; k ughA ekj ds l kfk T; knk l s T; knk l e; 0; rhr djA

ejfir rk us l n~~U~~ vi uh n[kkky Lo; a l sdh gA os cká l gk; rk ds i jh rjg fojk~~U~~h gA y~~U~~du e~~U~~mruh l gk; rk djusea vI eFkZ gA*

vki /khjs/khjs cká l gk; rk yA mudk vu~~U~~ko vPNk jgs~~U~~k rks os ckgz l gk; rk Lohdkj djusyx~~U~~A bl dk; ZeatYnh u djA ifjokj ds vU; l nL; k f'rnkjka vlg fe=kad l gk; rk yA

bI h i dkj dh vU; ck/kk, a gks l drh gS mudk mi ; fDr l ek/kku [kstA

viuh ; ktuk dks ykw dja vlg ; ktuk dk l ek; ktu djs

vki dk y{; gS c~~U~~0; fDr dh {kerk dks c<kuk ft l l sog tgkard ftruk l EHko gks vi us dk; k dks Lor : i l s djrk jgs , s h v{k'k djuk cm dj na

cđç qkkå dh n§kky ?kj

fy; s ; fDr; Dr y{; fu/kkjr djä vxj nsud ftUnxh dh I eL; k, a fcxMts yxa vks dkkwesu vk; arks fo'ksk dh I gk; rk yA vxj vki I e>rs g§fd ufl x gke eaHkrhZ djkus dh vko'; drk gks rks ml s HkrhZ djk; A
dHkh dHkh tc cTkkz 0; fDr gYds I s fojk&k djs rks ml s cnyh i fjfLFkfr I s
I ek; kst u djus ea I e; yxsxkA f'k{k.k vks I puk ds I kfk I kfk LokLF;
fo'kskKk i fjokj ds I nL; karFkk fe=ka l s l gk; rk yA vxj vki dksyxrk g§fd
cTkkz 0; fDr vi us dks 'kkjhfd [krjs ea Mky I drk g§vks vki ml dh ijh
I gk; rk ughadj ik jgs g§rks ckgj I s l of&fud I gk; rk yA vxj cTkkz ckgj
okys 0; fDr dh enn yusdk fojk&k djrk g§rks MkdVj dh I ykg yA dHkh dHkh
'kkjhfd vks ekufI d fLFkfr Bhd u gksusdsdkj.k Hkh cTkkz i frjk&k dj I drk
gA



pyus fQjus I s I cf/kr I eL;k,i

vk; qea of) ds I kfk b/kj m/kj pyu@?keus@fQju\$ xfr djus dh {kerk ea deh vks vU; I eL;k,a ; k i jskfu; ka t\$ s fd I h/kk vks I hky dj py ugha i kuk] d] hz I s mBus ; k cBus ea dfBukbZ ; k fxj i Muk vksn vk tkrh gA ekd i f'k; ka ea detkjh tkMka dh I eL;k,} nn] chekjh efLr"d vks ukMh&r= eagsusokyh dfBukbZ kaftudk ceksi seavkuk I kekU; ckr gsvks blghads dkj .k cTksZ 0; fDr dks pyu&fQjus ea Hkh dfBukbZ gks tkrh gA

cTksZ dks dbZ Nks/h eksh I eL;k,i vkrh jgrh gftuds dkj .k Hkh muchh xfr'khyrk (Mobility) ij xEhkjh i Hkko i Mfk gA

I cl s i gys xfr I s I Ecfl/kr I eL;k,j ft I dk cTksZ vukko djrs g] og gSfxj i Muka cTksZ ds'kjhj dh gfi ; kath.kZgksusdsdkj.k] ; pkvkdksubZgfi ; kadh ryuk ea tYnh Vw tkrh gA cTksZ dh gfi ; kanj I s tMfh gsvks dHkh dHkh ijh rjg I s tMfh Hkh ugha gA vxj dVgs dh gih Vw tk; s rks cTksZ dks NMh ydj ; k i dM+dj pyus ds fy, cuk okdj ; k Oghyps j dk LFkk; h : i I s mi ; kx djuk vko'; d gks tkrk gA ceksi seer; qdk i edk dkj .k gSfxjuk ; k plv yxukA bl fy, cTksZ 0; fDr fxjsughabl dh jksDFkke vr; Ur egRoiwlZgA

tc cTksZ 0; fDr fxjrk gsvks vxj xEhkjh plv u gks rks og vDI j I jd dj d] hz I kQk ; k Vscy rd tkrk gsvks fQj ml si dM+dj mBrk gA vxj cTksZ 0; fDr dks mBdj [kMh gksus ea vki dh I gk; rk dh vko'; drk gS rks vi us i sks dks >pk dj] i hB dks >pk dj ugh ml svi uh ckgka eamBk; A 1/vi uh dkfku; ka dks >pk; a vks vi us i sks I s mBk 0; fDr dks Vscy ; k d] hz rd yk; , d k djus i j ml dh enn I s ml s mBkus ea l gk; rk feyxhA vxj cTksZ 0; fDr dk 'kjhj Hkkjh gS rks ml s FkkMh mBk; a vks Lo; a0; fDr dks mBus ds fy, i fjr djA ml s mBkus ds pDdj ea vi uh i hB dks plv y u djA vU; 0; fDr dks vi uh l gk; rk ds fy, cgyk; A

cdt qkkz dh nskky ?kj

I e; yxxk] tksLokkkfod gA ; g I e; 24 ?kj/fcLrj ij vkkje djusrd dk gksI drk gA nkkk; o'kj dkQh I e; rd fcLrj ij vkkje djusI s tks'kkjhfd I eL; k gS og vkj c<+Hkh I drh gS vkj ubz ijskuh] t\$ s fd jDr I pkj dh I eL; k,] 'kfDr ea vkj deh vkkj 'kjhj ij ?kko gks tuk ; k fueksu; k dk gksuk vknA cTkkZ0; fDr fxjus ij ; g I kp dj Mjusyxrk gSfd ; |fi fxjusI sdkbz [krjukd pkV u Hkh vk; } og fQj fxj ughatk, A bl dk ifj.kke ; g gksk gSfd og pyuk] fQjuk cm dj nsrk gA , s k djusI sLokLF; I sI cfi/kr vkj I eL; k, i mRi uu gks tkrh gA , s cTkkZ0; fDr dh I gk; rk ds : i ea egRoi wkl dke] tks vki dj I drsgf og gScTkkZ0; fDr dks'kkjhfd fØ; k, j djusdsfy, i kRl kfgr djuka FkkMh Hkh 'kkjhfd fØ; k gfi ; kavkj ekd i f'k; kdksetcr djrh gA pyus ea, d: i rk dk vkkj vkj gfi ; kadsVWusI s jksduk vkn Hkh 'kkjhfd fØ; k dk ifj.kke gA vxj cTkkZ0; fDr dksfxjusI sMj yxrk gS rks ml s NMh ; k okkj dh I gk; rk yus dks dgA cTkkZ0; fDr dksI fØ; cusjgus ea I gk; rk djusI s vki cTkkZ dksfxjus vkj ml dh gfi ; ku u VV] bl ea Hkh enn dj jgs gA dN , s h I ko/kfu; kagsftu ij /; ku fn; k tk; srksmu ifjfLFkfr; kalscp I drsgs tksmudsfxjus dk vkj plsVy gks dk dkj.k cu I drh Fkh bl v/; k; ds vUr eaD; k D; k I ko/kfu; kaj [kh tk,] bl I sI cfi/kr , d pØ fyLV nh xbZgA ml s/; ku iDl i < vkj ml ij vey djA

MKVj ; k ul Z dksxfr'khyrk ; k pyusfQjus dh I eL; kvkj fo'kskdj fxjus ds ckjseacrk; aD; kfd ; sI eL; k, acTkkZ dh chekjh ds dkj.k gksI drh gA nokbz kj 'kjkc ; k fpUrk I smuhkniu ; k /; ku dk , d Lfkku ij fLFkj u gksuk fxjus ds I Ekkko dkj.k gks gA dN 'kkjhfd dfe; kj ; k chekfj; kats svkj[kkaI sde fn[kkbz nsuk] ?kj/uka vkn ds nnz 1/4/kFkj kbfV 1/2 I sHkh pyu&fQju\$ xfr djus dh {kerk ea deh vkrh gA vxj 'kkjhfd chekfj; kdh igpku vkj mudk funkuk gks tk, rks cTkkZ0; fDr dsfxjus dk [krjk ik; % de gks tkrh gA

vki dk y{; gS %

❖ ?kj ea vMpuk dks de djds cTkkZ dsfxjus dks jkdk tk I drk gA

xfr'khyrk vks 'kkjhfjd 'kfDr eaof) dh tk l drh gA

- ❖ ckj&ckj fxjus ij ; k fxjus t\$ k gks us ij MKDVj dks crk; a vks funku djk; A

fo'ksk dh l gk; rk dc ya

vki krakkyhu fLFkfr ea

fuEu ea l s vxj dkBz Hkh fLFkfr gks rks rRdky MKDVj dks cyk; A

- ❖ cTkkZ 0; fDr dQh xHkj : i l sfxjk gks& t\$ s fd cTkkZ 0; fDr dh Vksavpkud VMh gks xbz gkavks cTkkZ i hB dscy] 'kjhj dsnkfguh ; k ckj h rjQ ; k fl j dscy fxjk gks rks ml l e; 'kh?kz gh MKDVj dks cykdj ; k vLirky ys tkdj ml dk fujh{k.k vks pkv dh tkp djk; A pkgs cTkkZ 0; fDr dksckgjh : i l sdkbz pkv u yxh gksfQj Hkh MKDVj l sfunku djuk vR; Ur vko'; d gA

- ❖ fxjus ij vpsu gks thusij & , k dbz djk .kka l s gksk gS t\$ s fd Ugha nokbz ka l \$ cu LVkd ; k fny dh l eL; k l \$ Mk; fcVht ; k nkjk i Mus l \$ 'kjhj ea ikuh dh ek=k dh deh l \$ fxjus ij fl j i j pkv dk yxus l svkfnA

- ❖ fxjus ij cTkkZ nnz dh f'kdk; r dj\$ fo'kskdj dWgs ij ; k mj&l fu/k ij & bl dk vFkZ gS fd dWgs dh ; k i Mw dh gih VW xbz gA

- ❖ fxjus ij cTkkj dk vkuk] [kka h dk vkuk vks l k yus ea dfBukbz gks & fxjuk dHkh dHkh chekjh dk Hkh l drs djrk gS t\$ s fd fny dh chekjh fuekfj; k ; k vU; chekfj; A

pkgs y{k.k vki krakkyhu u yxa fQj Hkh MKDVj dks vo'; fn[kk; a

fuEu l eL; kvka ds ckjs ea MKDVj dks crk; a

- ❖ ckj ckj fxjuk ft l dk dkBz djk .k Li "V fn[kkbz u nA bl ds djk .k i kfdll u] Lefr Hkh vks[kka l s de fn[kkbz nuk ; k nokbz ka dk i Hko gks l drs gA

Cđf qkkž dh nškky ?kj

[khp dj pyuk vlfn½ dk gksukA , s k Fkk; jkW M chekjh] rf=dk ¼ukMh½ ea
pkv] LVkd] i kfdll u chekjh ; k tkMh½ gfi ; k ekd i f'k; k Li kbuy dklye
; k efLr" d dh I eL; k ds dkj .k gksk gA

- ❖ vkerkj ij vkl kuh I s tkgard vkk&tkuk I kko Fkk ogkard vc tkusej
pyuseavl eFkkrk ; k 'kkjhfjd fØ; k ds Lrj dk de gksukA , s k fny vks
QQMka ea xEkkj chekjh] LVkd] okr&LQhr] uhñ dh nokbz ka ysj ekufi d
vol kn] jDr I pkyu dh I eL; k ; k vU; I eL; kvksI sgksI drk gA MKDVj
}jk budk funku@ijh{k.k djuk vko'; d gA
- ❖ pDdj vkkuk ; k 0; kdyrk@?kcjkgV dk vutko djuk & mPp jDrpki]
ekufi d vol kn] Mk; fcVht] fny dh chekjh] dkQh I e; I s nnz dk jguk
uhñ u vkkuk] cTkkz dks gksusokyh vke I eL; k, agA bu chekfj ; k adsmi pkj
ds fy, yh xbZ cgr I h nokbz ka ds dkj .k pDdj vkkuk] ?kcjkgV ; k I trh
dk vkkuk] fo'kskdj jkf= ej cTkkZ0; fDr vutko djrk gA , s k gksus ij fxjus
vks gì h VVus dh I kkouk cgr vf/kd jgrh gA vxj vki cTkkZ0; fDr dh
I gk; rk djuseavl eFkZ gA rks MKDVj dh I ykg I s if'kf{kr uI } I kekft d
dk; Zkrk dh I gk; rk ys I drs gA Oghy ps j ; k okhdj ds mi ; kx ds ckjs
eaHkh tkudkjh gfi ; k ds fo'kskK MKDVj ; k fQft; kFkjfi LV I s ikr dj
I drs gA

**chekj cTkkz dks MKDVj dks fn[kus I s igys fuEu iZuk ds mÙkj tku
y&**

**y{.k. k%D; k cTkkz us nnz ; k cpsuh ds ckjs ecrk; k **
**D; k 0; fDr vpru gyk **
dk&dku I h nokbz ka cTkkz ys jgk gs

D; k cTkkz us fxjus I s igys pDdj vkkuk detkjh] ?kcjkgV dk gksuk] I hus eannz
vks /kMdu gksus dh f'kdk; r dh Fkh \

- ❖ D; k cTkkz 0; fDr dks fny dh chekjh mPp jDrpki] Mk; fcVht] LVkd]

❖ D; k i gys Hkh fxjuk gyk \ fi Nys I Irkgk eD; k cTkkZ0; fDr , d l s
vf/kd ckj fxjk Fkk

Ldkku & dgk fxjk Fkk \

'kkjhfjd fØ; k & tc Ø; fDr fxjk Fkk rc og D; k dj jgk Fkk \

I e; & fdl I e; ¼kr%@nkigj@I k½ og fxjk \ fdrus fnu
iØfxjk \

mijkDr fcUnyka ds vuq kj chekj ds ckjs ea ijh I puk MkDVj dks nA

~eafœeyk grvkJ ; sejsfirk Jh jkei kn gA ejsfirk I çg 6-00 cts tc 'kk
dsfy, tk jgsFksrc ckFk: e eafxj x; A os vi uh ckj h vkj fxjsFkA tehu i j
fxjrsI e; mlgkousckFk: e eayxsckj dks idM+fy; k FkkA mlgapDdj vkJ; k vkJ
tc mBusyxsrc viuk I ryu [kks cBA egsughayxrk fd mlgapkJ vkbzgS
yfdu vc osMj Isx; sgvkJ tYnh tYnh pDdj vkus tS k vukko djrs gA
, k gh fi Nyh ckj bl h I Irkg etc eamlgai yx IsmBk jgh Fkh rks osfxj
i MA yfdu ml I e; eoghaFk bl fy, mudk I ryu fcxMus Is i gys eus
mlga idM+fy; k FkkA D; k eamlgavki dks fn [kks ykÅa **

vki D; k dj I drs gA \

mu ck/kkvka dks i gpkua vkJ nj djus dk i zkl djatks?kj eafxjus ds dkj .k
gks I drh gA

cgr I scTkkZ?kj eabI fy, fxjrs gA D; kld ogkaphtavl jff{kr < k I sj [kh gks h
gA bl v;/ k; ds vUr eanh xbZ ¼ j{k k tkp I ph dks n[KA bl I ph dks
n[kdj ?kj dsokrkoj .k dks tgkard I hko gks I jff{kr cuk, k ?kj dsckFk: e dks
I jff{kr cuk; A D; kld vf/kdrj cTkkZ ckFk: e eafxjrs gA I j{k&tkp &I ph e
fn; s x; s funZka ds vuq kj ckFk: e ea ifjorlu djA

MkDVj ; k ul Z Hkh vki ds?kj dks n[k dj crk I dxh fd vki ds?kj eadks I h
ck/kk, ags tks cTkkZ ds fxjus dk dkj .k gks I drh gA

CdF qkkz dh nskky ?kj

I gk; d gks bl dh tkudkjh vki dks MkDVj nskA cTkkZ dks dks I h nokbZ ka ysk gS bl ckj se MkDVj dks crk; vxj cTkkZ 0; fDr dkbZ , h nokbZ ysk gS ftI ds yss I s fxjus dh I tkouk c+I drh gS rks MkDVj ml nokbZ dks cñ djds ml dks LFku i j nli jh nokbZ crk; skA

fu; fer : i I scTkkZ 0; fDr dsnSkusvls I qus dh {kerk dk i jh{k.k djkrsgA
bl ckr dk /; ku j [kfd cTkkZ usmi ; Dr tñs; k pliy i gu j [kh gA tñsi gA
ea fQV gks pkfg, A tñs dh ghy Åph u gkA , s tñs pliy ; k I s. My u
iguatksvkl kuh I s i s ckgj vk tk; A tñs ds Qhrs cgr yEcs u gkA tgka
rd gks Lyhi j u igua

vxj cTkkZ 0; fDr ea fxjus dk Hk; mRi Uu gks x; k gS rks ml dsHk; dks nj djus
dsfy, ml s l e>k; A ftudksfxjus I s Mj yxrk gSmlgqamI dke dks djus dk
vH; kl vko'; d gS ftul s os Mjrs gA vxj os vH; kl ugha djks rks vU;
I eL; k, a tñs fd jDr I pkj dh I eL; k mRi Uu gks tk, xhA Nk&Nk/s y{;
cuk; a vls 'kkjifjd fØ; k 0; k; ke ikjEHk djA tc ; svH; kl dj jgs gkarc
vU; 0; fDr i kl e gks rks vPNk jgsxk D; kfd og cTkkZ dh I gk; rk dj I drk
gSvls ml dks i kI kgu Hk nskA cTkkZ 0; fDr ea/khjs/khjs/vkRefo'okl dk fuelk k
djuk gSft I s og vdsys ea Hk 0; k; ke dj I dA cTkkZ 0; fDr dks I kef t d
dk; Øekas e skus ds fy, ifjr djaf t I s ml dk vkkuk tkuk cuk jgsxkA cTkkZ
0; fDr dh cgr vf/kd I gk; rk u djA cTkkZ dsfy, I c dN dj nus dh i dñk
ij vdjk yxk; D; kfd vki dks Hk ; g Hk; gks I drk gS fd ^dN cjk u gks
tk; A* yfdu , k djus ij cTkkZ e Lo; a I s fd I h dk; Z dks djus dh {kerk ea
deh gks h gA cTkkZ dks Lor= : i I s dk; Z djus na

I Hkfor ck/k, i

^cTkkZ dg I drk gSfd egsfot'k"V 0; k; ke dh vko'; drk ughagSD; kfd ?keus
tkus eagh ejk i ; klr 0; k; ke gks tkrk gA

mÙkj & ?keus tkuk , d vPNk 0; k; ke gS yfdu MkDVj ; k fQft ; ksfkj si LV] gks
I drk gS , h I eL; kvkaf tuds dkj .k fxjuk I Hk gS I scpus ds fy, vki dks
fo'kks i dkj ds 0; k; ke djus dks dg I drs gA

okys0; k; ke djus dksfQft; kfkjfi LV dg l drk gA vxj vki ml 0; k; ke dks ugha djkxs rks l ryu u cuk i kus dh vki dh l eL; k dk l ek/kku ugha gkskA

^cT~~ek~~z 0; fDr dh pyu&fQjus dh {kerk eadeh vkuk l kekU; ckr gA**

mUkj & pyusfQjus dh {kerk eadeh vkusdk dkj .k vfuok; Z: i l sc<rh vk; q ugha gA vxj ge fdI h i dkj dh 'kkjhfd f0; k ugha djkxs rks pyu&fQjus dh {kerk eadeh vk, xhA 0; k; ke ds }jk vki viuh 'kfDr vks 'kjhj ds yphys u dks dkQh yEcs l e; rd cuk; s j [k l drs gA

^ePs Mj gSfd og fQj fxj i MxhA**

mUkj & ck/kvkal s dN l hek rd Mjuk vks ck/kvkad l i jokg djuk LokLF; dj gSyfdu vxj Mj dh ek=k vf/kd gksxh rks0; fDr ?keuk&fQjuk gh cn dj nsxkA ft l dk i fj .kce gksk fxj & i Mts dh vf/kd l HkkoukA bl i dkj dh ck/kk ij dkciw i kus ds fy, jpuKRed gksu dh vko'; drk gA mnkgj .k ds : i e vxj cT~~ek~~z 0; fDr fdI h vU; 0; fDr ds l kfK gksk rksfxjus l s Mjuk de gks tk; skA cT~~ek~~z 0; fDr ds l kfK ?keus tkus okys fdI h fe= dh ryk'k dja; k ; g Hkh gks l drk gSfd vki cT~~ek~~z 0; fDr dks 0; k; ke djkus okys fdI h i tske dk l nL; cuk na

^okhij l ft l l s ?keus dk 0; k; ke fd; k tk l drk g% dh vko; drk gh ugha gA**

mUkj & okhij ds mi ; ks l s fxjus dh l Hkkouk de gksxh gS vks ?keuk fQjuk vkl ku vks l jf{kr gks tkrk gA okhij ds mi ; ks l svki Lor : i l svk tk l drs gA geskk Oghy psj ij cBUs l s l hfer gks tkvksA

^l j{k ds tks mi dj .k crk; s g* mUga [kjhnuk ejsc l dh ckr ugha gA**

mUkj & cgr l smi dj .k l LrsgA dN l AFkk, ags tks mi dj .k [kjhnuseavki dh l gk; rk dj l drh gA vkfFkd l gk; rk ns l drh gA

bI h i dkj dh vU; ck/kvkad s ckj se l kpavks mudsfujkdj .k dh fof/k [kkstA cT~~ek~~z dk l g; ks i klr djus dk i z Ru djavU; yksk dh Hkh l gk; rk yA

viuh ; kstuk dks ykxwdjus ds fy, D; k dja \

cdt qkkz dh nskkky ?kj

i fforlu dh mEehn djsle; ; FkkFkbnh nf"Vdksk vi uk, A vki dh ; kstuk dk dkQh cMk Hkkx jkdFkke ls l Ecfl/kr gA vxj fØ; k'khyrk dh ek=k es of) fn[kbz u ns rks fujk'k u gkA vxj cTkkZ0; fDr vi uh fØ; k'khyrk dks cuk; s j[krk gSvkj og fxj ughajgk gSrks vki dh ; kstuk dk; Zdj jgh gSD; kfd vki l eL; k dks vks vf/kd fcxMts ls jkd jgs gA

vxj vki dh ; kstuk dk; Z ugha dj jgh gS

vxj cTkkZ0; fDr dh xfr'khyrk eacgr deh gks xbZ gS rks MkDVj ; k ul Z dh l ykg yA mlga crk; af d xfr'khyrk dks cuk; s j[kus ds fy, vki us D; k&D; k fd; k vks ml ds ifj.kke D; k jgA

Oghy psj Vifg; k okyh dI hZ dk mi ; kx

vxj cTkkZ0; fDr ijskaI spy&fQj ughal drk gS rks ml s0ghy psj dk mi ; kx djuk pkfg, A Oghy psj d spykuseHkh gfi ; k etcar cuh jgrh gSvkj 'kjhj ds tkMkayphyki u cuk jgrk gA , d ijkuh dgkor gSfd "vxj mi ; kx ugha djks rks ml s [kks nkoxA**] vkt Hkh l gh gA cTkkZ0; fDr dks Oghy psj dk mi ; kx l nb ugha djuk pkfg, A vxj dgha nj tkuk gS rks Oghy psj dk mi ; kx djus ls le; dh cpr gkrh gSvkj Fkdku Hkh ugha gkrhA 0; fDr vi uh vko'; drkuq kj ; g r; dj l drk gSfd Oghy psj dk mi ; kx dc dc djA fdI izdkj dh Oghy psj [kjhs vks ml dk mi ; kx dS s dja\ bl ckjs es fQft ; kFkjfi LV ls l gk; rk ys l drs gA

Oghy psj [kjhs ls le; /; ku j[k

- ❖ cgr vf/kd pkMk Oghy psj ls cBus dh eplk fcxM+tkrh gA
- ❖ cgr vf/kd l djh Oghy psj ls 'kjhj eajxM+yxrh gSft l ls Ropk ea?kko gks l drs gA
- ❖ cBus dh txg ls l Hkh vks ls , d bp pkMk gks l drh gA
- ❖ tc dI hZ i j cBs rks 'kjhj dk Hkkj l eku : i ls forfjr gks vks /kM+rFkk

- ❖ I hV ds vks nks ; k rhu bp dh txg gks I s ?kuka ds tkMka dks enn feyrh g§ 'kj dsHkj dlk forj .k Bhd Bhd gksk g§ igka eajDr I plkj cuk jgrk g§
- ❖ dl hz ea igka dks j [kus dh i ; klr txg gl§ Bhd Q'k I s nks bp Åph gl
- ❖ vxj 'kj dsotu eadkQh of) gks tk, ; k dkQh deh gks tk; s nks dl hz ds vkdkj dks cny nsuk pkfg, A
- ❖ vxj cTkZ0; fDr ifg; sokyh dl hzdk mi ; kx cgr djrk gSrksml dh I hV dh xih vPNh@uje gkuh pkfg, A
- ❖ vxj cTkZ0; fDr dl hzdk cgr I e; rd mi ; kx djrk gSrksmea tkMka dh ekd if'k; kaijh rjg I s [u]y ugh*A* bl fy, cTkZ dks iV dscy ; k ihB dscy igka dks QSyk dj yluk pkfg, A

**ifg; s okyh dl hz 0ghy ps j½ dk mi ; kx dgla glok **

vxj 0ghy ps j dk Hkj de gSrks bl s dkj eaj [k tk I drk g§ vkl kuh I s ckgj fudky dj dke ea fy; k tk I drk gl 0ghy ps j ds fgL I ka dks vko'; drk vul kj gVk dj fhkuu fhkuu dkeka ea fy; k tk I drk gl

0ghy ps j eanks izdkj ds ifg; s glrs gl U; resvd vl§ Bl U; resvdA U; resvd i fg; s 0ghy½ vPNs glrs gl vl§ detkj cTkZ ds fy, vPNs jgrl bl izdkj ds i fg; kdh dkQh nskhky djuh i Mfh gl Bl U; resvd ifg; s tc gh Bhd jgrs gl tc ps j dks ?kj eagh dke ea fy; k tkrk g§ ckgj vku&tkus eaugh bl izdkj ds 0ghy dh nskhky de djuh i Mfh gl

I j{kk I edkh I ko/kfu; k

- ❖ tc 0ghy ps j py jgh gks rks I j{kk iVh yxkuh pkfg, A
- ❖ ps j dks vPNh vl§ pkywvoLFkk eaj [kl cadk dh tkp dlA Vk; jka egok Bhd j [kl iqkeary Mkyrs jg bl I s vki dh xkMh gYdh pyxh

CdF Qkkå dh nskkky ?kj

; k ekM+i j I ko/kkuh cj rawks t\$ k crk; k x; k gSml h ds vu\$ kj pyk; A
dkj eaj [krs oDr tks i kVZ vyx gks l drs g\$ mlga vyx dj yA fQj dkj
eaj [kA mrjus i j mu i kVla dks fQj yxk yA

55 o"kj vks mI l s vf/kd vks; q ds ykska ds fy , 0; k; le

0; k; ke /kj&/kj s i kjEHk djA vi uh {kerk vks Lrj ds vu\$ kj dk; Z djA dkbz
0; k; ke 5 ; k 10 ckj l s i kjEHk djA

vxj vko'; d gSrkS FkkMs FkkMs 0; k; ke djA vxj vki dj l drs g\$ rkS vf/kd
djA gj 5 ; k 10 fnu eaVH; kl ka ea2 l s4 rd dh of) djA fdI h 0; k; ke ds
15 l s 25 VH; kl rd /kj s /kj s c<A l lrkg eaj 3 fnu bu 0; k; ke dks djA

vius dne dks Åpk mBkuk

bl 0; k; ke dk mís; dVgs vks i\$ dh 'kfDr vks I ryu ea of) gA
dI h dks l ryu cukus ds fy, i hNs l s i dM+yavks l h/ks [kMs gks tk; A , d i\$
dks Q'kz l s Åij bruk mBk; a ft l s vki dk ?Vuk vki ds dVgs ds cjkCj vks
tk; A 10 rd fxus vks fQj i\$ dksuhps Q'kz i j j [kA vc nI jk i\$ ml h i dkj
mBk; a vks 10 rd fxuA ; g VH; kl i kjEHk eaj 5 l s 10 ckj rd djavks /kj s
/kj s c<krs tk; a tc rd fd vki 15 l s 25 ckj dj yA vki vius i\$ dks dVgs
l s Åij Hkh ys tk l drs gA , d k dju s i j 5 l s 10 rd fxuA /kj&/kj s dI h
ij vkfJr gkuk NkM+nA

cxy ea ys tk dj i\$ dks mBkuk

bl 0; k; ke dk mís; dVgs vks i\$ dh 'kfDr vks I ryu ea of) gA
I ryu cukus ds fy, dI h dks i hNs l s i dM+yavks l h/ks [kMs gks tk; A , d Vkk
dks vi uh cxy dh vks Åpk mBk; a vks dN l e; rd 15 l s 10 rd fxuus
rd% jkda vi uh dej dks u >pk; A bl h i dkj nI jh Vkk dks mBk; A i kjEHk
ea Vkk dks 5 ; k 10 l s d.M rd mBk; sj [kuk l Hko ugha gSrkS vi uh Vkk dks
Øe'k% ckgj dh vks ys tk; A

bl 0; k; ke dk mís; 'kfDr] I ryu] tkMkaexfr vks I keatL; eaof) djuk gA ; g LorA jgus dh dñh gA I hks [kMs gks tkvks vks fQj cB tkvkA vko'; d gksrksdI hdsgrFksdh I gk; rk ysyA /khjs/khjsvi uh ckokadI I gk; rk I s mBus dks de dj I drs gA

dUkk dks fl dMuk

bl 0; k; ke dk mís; ihB dksetar djuk] I husdh ekd i's'k; ka dks QSYuk vks enk ea fodkl djukA

cB tk; a; k I hks [kMs gks tk; A vi us dUkk dks Åij dh vks ys tk; avks Nkm+ nA vi us dUkk dks fQj i hNs [kpa bl fØ; k dks 5 I s 10 ckj nk gjk; A

xnù dh xfr dh I hek

bl 0; k; ke dk mís; enk] I ryu vks xfr dh I hek dks cuk gA cB tk; a; k [kMs gks tk; A fl j dks I h/kk j [k vks dh vks u ys tk; A vi uh BkMh dks ckah vks fQj nkah vks ys tk; A inZ ecrk; sx; s l e; vks vH; kl rd ; g 0; k; ke djA vi us nkas dku dks nkas dUks dh vks vks ckas dku dks ckas dUks dh vks ys tk; A vi uh mafy; ka dks gYds I svih BkMh ij j [k vks BkMh dks i hNs dh vks gYds I s /kdsA vi us fl j dks i hNs u djat s fd Nr dks nE k jgs gA

iS dh mafy; k ,sh vks Vkk dks mBk

mís; % V[kuka dh 'kfDr vks I ryu c<kus ds fy, dñ hñ ds fi Nys Hkkx dks idM+dj I hks [kMs jgA vks [k FkkMh uhps dh vks >pk gka vks V[kus vks dh vks jgA vi us tñs dh I h/k e?k/uka dks j [k vks dh vks I h/kk nE kA vi us iS dh ekd i's'k; ka dks dl A

i gyk % vi us V[kuka dks mBk; avks fQj vi us dks >pk; A

nIjk % V[kus vks vi us iS ds vks ds Hkkx dks mBk;] tc cBarks vki dk Hkkj ,sh ij gA

Cđf qkkâ dh n̄kky?kj

bl 0; k; ke dks 3 I s 5 ckj nkqjk; A

vk[ka cn djds I ryu cukus dk 0; k; ke

míš; %I ryu cuk; sj [kusgsqvi us I s 10 I s 20 QhV njh ij vi uh nf"V dks dñnr djA cBh gþZ voLFkk I s [kMgks tk; A ml h i dkj [kMh voLFkk I scB tk; A bl fØ; k eavi uh vk[ka [kjh j [ka ; g /; ku jgsfd [kMh voLFkk I s tc vki cB tk; arks/khjs I scBA nf"V dñnr fcñnq ij gh jgA vk[ka cn djds bl i fØ; k dks i þ% nkqjk; A

tc vki vH; kl dj jgs gks rks rc , k vutko djfd vki xfr dj jgs gA bl ckr dk /; ku j [ka fd vki ds 'kjhj dk Hkj iþka ij gþ ?kj/us njj jgA l huk ckgj dh vkj gks vkj jh< dh gMMh l hkh jgA

'kjhj dks vkl s pØ ea Myuk

míš; %I ryu ea of) djus gsq

vxj vki i gysfxj pøls gþ; k vki dks vi uk I ryu cukuseadfbukbzgsrksbl 0; k; ke dks djus I s i þZ vi us fQft; kfFkjfi LV dh l ykg ys ya vi us iþka dks njj ajds [kMs gka Vscy ; k dñl hz dks l j{kk dsfy, idM+yA vi us dñlgka dks >pk, sfcuk /kj&/khjsV [ukal svkxs >pk vki ds 'kjhj dk 70 i fr'kr Hkj vki ds iþka dh cxy dh rjQ gka ; k fQj l hkh fLFkfr eavk tk; A /kj&/khjsckbvkj rc rd >pk tc rd 70 i fr'kr vki ds 'kjhj dk Hkj vki ds iþ ds ckbZ vkj u vk tk; A

bl h i dkj nkfgus iþ dh vkj >pk tc rd 70 i fr'kr vki ds 'kjhj dk Hkj nkfguh vkj u vk tk, s i þ% l hkh fLFkfr eavk tk; A

bl h i dkj ckbZ vkj >pk dj dñnz eavk; l fQj nkfguh vkj >pk dj dñnz eavk; A bl i dkj bl 0; k; ke dks 5 I 30 ckj nkqjk; A

?keuk ?keuk vlg ?keuk

míš; %ekd i's'k; k gfMM; k tkMjDr l pkyu] fny] QQMkj ikpu i z kkyh] iþ dks l kQ djus vlg eu dks LoLF; j [kus ds fy, A

dj&vkj /kj&/khjs vi uh jQrkj vkj njh dks c<k; A bl l svki ds pyus dh xfr c<shA vxj vki 5 l s 10 feuV eavk/kk ehy ?ke l drs garks i gys FkkMh nj rd vi us gkFk i jka dks QSyk; A tc vki vi uk ?keuk l ekir dj ya /kj&/khjs pydj 'kkUr gk vi us 'kj hj ds vaka dks QSyk, avkj viuh i l n ds 0; k; keka dks nkajk; A*

I j{kk fu; a.k I ph

Lukuxg

- ♦ tks c^oqz vdsyjgrs g^ovxj os Luku xg dk njoktk cln u djarks Bhd jgsxkA Lukku xg dk njoktk vkl kuh l s cn vkj [kj tkrk gA
- ♦ ml ds njokts ij [kjnjh Mkjew /i s i knus dk ik; nku½ j [kk gA
- ♦ yShu] ugkus ds Vc ds i kl fdl h /kkrqdh etar NM+nhokj eavPNh rjg l s dl h gkA
- ♦ vxj yShu dh 'khV Åpkbz e de gS rks ml s Åpk djk; avkj i dM dj mBus ds fy, nhokj ea NM+yxk; A
- ♦ Luku ?kj /ckFk: e½ dk Q'kz xhyk u jgA tgk&tgk al si kuh Vi drk gsmi s Bhd djk; A
- ♦ Luku ?kj ea?k/h /kyke½ dk cVu yxk; A vko'; drk i Mts ij c^oqz; fDr vyke½ dh cVu nck dj l gk; rk i klr dj l drs gA

I kis dk dejk

- ♦ c^oqz dks foLrj ij vkl kuh l s fyVkus ; k mBkus ds fy, i yk dh Åpkbz Bhd gksuh pkfg, A dHkh&dHkh , d i yk l sni js i yk ij chekj c^oqz dks ys tkus dh vko'; drk i M+I drh gA
- ♦ ijh jkr tyus ds fy, jkf= yki ; k i yk ds i kl ykbV dk fLop gksuk pkfg, ft l l s jkf= eamBus i j c^oqz dks i jskuh u gkA vkj seapks/ yxus dh l Hkkouk cgk vf/kd gksuh gA

* Adopted from Border Bad Waper H. "Functional Performance in Older Adult, F.A. Davis, Philadelphia, P.A. 1994 and What You Need to Know About Balance and Falls, A Physical Therapists Performances, American Physical Therapy Association, Alaxandria, U.A., 1998.

cdt qkkz dh nskky ?kj

- ♦ ftu phtkdh vko'; drk ckj&ckj i Mrh gSos lks okys dej s dh vkyekjh ej [kh gk] vkyekjh dh Åpkbz dej ds cjkj gks ft l scdkz vkl kuh l s phtay svkj j [k l dA
- ♦ vkt dy cktkj eabyDVsud cS vkyekz?kh feyus yxh gftuds l pus dh njh dh l hek ?kvkbz@c<kbz tk l drh gA vdsyjgus okys cdqkz vi uh cS dks bl i dkj 0; oLFkr dj l drs gfd ml dk vkyekz i Mh h ds ?kj ij l pk tk l drk gA vi us i Mh ; k l svPns l cjk j [k tks i Mh h vki dh l gk; rk djus rjlr vk l drk gS ml ds ?kj@lyV ei vkyekz cts , h 0; oLFkk dj l drs gA

j l kbz ?kj

- ♦ Q'kz xhyk u jgrk gk tgka l s Hkh ikuh Vi drk gSml s Bhd djk; A
- ♦ nsud i zks dh vko'; d phtkz dks dej ds Lrj ds dkm. Vj ij j [kA
- ♦ vxj cdqkz ghy psj dk i zks djrk@djrh gS rks ml ds ifg; s Bhd gk vlj vkl kuh l s py l dA

vkrfjd 0; oLFkk

- ♦ i zdk'k dh mfpr 0; oLFkk gk dejse?k rsgh fctyh dk fLop vkl kuh l s igp e gA
- ♦ l hf<; ka njLr gA mues i zdk'k dh mfpr 0; oLFkk gS
- ♦ l hf<; ka ds nkzka vkj jfyx yxh gks ft l s cdqkz vkl kuh l s idM+ l dA l hf<; ka dh Åpkbz vf/kd u gks vkj Åij l suhpsrd igpusdsfy, jfyx yxh gkA
- ♦ vxj og l gk; rk dsfy, Qksu djuk pkgs rks VsyhQksu dks cdqkz dsutnhd j [kA

I Hkkouk vf/kd gks tkrh gA

- ♦ Q'kz i j fcNs dkyhu ; k njh Vsk&esk u gkA cTkrZ0; fDr fxj I drk gA
- ♦ fdI h Hkh idkj ds rkj jkLrseu iMs jgA mlga nhoky ij yxk; A
- ♦ Q'kz dh Vkbv <hyh rks ugh gS\ vxj gS rks Bhd djk; A

?kj ds ckgj dk LFku

- ♦ ?kj ds ckgj dk Q'kz Bhd gk\$ ml eafdI h Hkh idkj dh mcM& [kkcM+ ; k
fdI h idkj dh : dkoV u gkA
- ♦ idk'k dh mfpr 0; oLFkk gkA
- ♦ jkLrseu , h fdI h Hkh pht dks gVknaftr I scTkrZ dsfxj us dh I Hkkouk gkA

□□□

cdf qkkz dh nskkky ?kj

e/keg ; k Mk; fcVht ½ jDr ea'kdjk dh mPp ek=k½ , d , s h voLFkk gSft l ea'kj hj dkQh ek=k ea bUL; fyu ¼ d , s k gkjeku ft l s i sifØ; k mRi uu djrs g½ mRi uu ughadjr ; k bUL; fyu ds ifr mi ; Dr ifrfØ; k ughadjrA bUL; fyu 'kj hj ds dkskk. qXydkst ½ kDdj½ dks vo'ks"kr djusea enn djrh gsvkj og h Xydkst 'kfDr ds : i eacny tkrk gA Mk; fcVht ea'kj hj vi us gh bUL; fyu dk ; k rksHkyh i djk mi ; kx ughadj i krk ; k ijk bUL; fyu ughacuk i krk ; k nksukA bl dk ifj .kce gksk gSfd Xydkst jDr eagh bdVBk gksk jgrk gß 'kfDr ds : i eaifjofrZ ughagkskA bl dsdkj .k cgr I kjh tfVyrk, amRi uu gksk gA oS srksdbZ i djk dh Mk; fcVht gksk gsyfdu bl dsrhu i ejk i djk gß & ½½ Vkb 1] ½½ Vkb 2 vkj ¼ ½ xLVs kuy Mk; fcVht A

xLVs kuy Mk; fcVht xHkbrh efgylkvks dks gksk gSft Uga i gys Mk; fcVht ugha FkhA xHkkLFkk ea jDr ea'kdjk dh ek=k c<+ tkrh gA xLVs kuy Mk; fcVht+ yxHkx 4 ifr'kr xHkbrh efgylkvks dks gksk gS ftks vks pydj Vkb 2 ea ifjofrZ gks l drh gA

Vkb 1 rFkk Vkb 2 nksukA i djk dh Mk; fcVht ds fpUg~ vkj y{k.k yxHkx l eku gh gß D; kfd nksukA gh fLFkfr; ka ea jDr ea'kdjk dh ek=k vf/kd gksk gß pkgs bUL fyu i sk u gksus l s ; k de i sk gksus l s ; k bUL fyu ifrjkdkdrk gksus l A gj fLFkfr ea dks'kdkvks ea Xydkst ½ kdjk½ dh ek=k de gksk gß ft l s dN y{k.k ds vkkj ij i gpuk tk l drk gA Mk; fcVht+ dk bykt gksus ij ; s y{k.k l ekir gks l drs gß vkj Mk; fcVht+ l s gksus okyh vU; LokLF; l cdkh l eL; kvks ds gksus ds vol j de gks l drs gA

vki ds ifjokj ds fijz cTkkZ ds ckjs ea dHkh dHkh ; g dguk dfBu gksk gSfd ml eagsus okys 'kjhfj d ifjorZ Mk; fcVht+ ds djk .k gß ; k vU; qof) ds djk .k gksus okys ifjorZ gA bl dk vFkZ ; g gSfd cTkkZ 0; fDr ft l s Mk; fcVht+ gß ml dh nsHkkky fof'k"V : i l s dh tkuh pkfg, A

- ❖ iškkc dk ckj ckj vkukA bI ds dkj .k iškkc : d] : d dj vokus dh chekj h gks tkrh gß uhn dk ckj ckj Vwuk ½ jh rjg uhn dk ughavkuk½ 'kj h ej ikuh dh ek=k dh deh rFkk pkv yxusvkj fxjus dh Ikkouk eaof) gksukA
- ❖ dN nokbz kads l su l sHkh iškkc ckj ckj vkrk gß ; g tkuus dh dks' k'k djfd iškkc dk ckj ckj vkuk 'kj h ej 'kdjk dh of) dsdkj .k gß ; k nokbz dsdkj .kA vxj iškkc tkus dh ek=k ej ifjorl gsrks ml ij fuxkg j [ka vkJ fpfdRI d dks crk; A
- ❖ 'kdjk dh of) l s [ku xl< k vkJ fpi fpik gks tkrk gSft l l sLVkd gkus dk [krjk c<+tkrk gß
- ❖ [ku eamPp 'kdjk dh ek=k l s cTkkZ 0; fDr dh ekufI d {kerk ij iHko iMfk gSft l l s Mk; fcVht dk nsud icu/ku dfBu gks tkrk gß
- ❖ [ku eamPp 'kdjk dh ek=k l s 'kj h dh ifrj{kk 'kfDr Hkh udkjkRed : i l s iHkfor gkrh gß ft l l s l Øe.k gkus dh Ikkouk eaof) gks tkrh gSvkj ?ko dks Hkj us ej l kekl; l s vf/kd l e; yxrk gß
- ❖ fpfdRI d dh l ykg l snokbz yA Lo; al s ; k fdI h vU; dh l ykg l snokbz yus dsdkj .k nokbz ds udkjkRed iHko gkus dh Ikkouk jgrh gß
- ❖ vk; qdh of) vkJ Mk; fcVht l s Hkh nskus dh {kerk ej deh gkus dsdkj .k l s cTkkZ 0; fDr ds fxjus dh Ikkouk c<+tkrh gß fxjus ds Mj l s cTkkZ 0; fDr dk ?kj l s ckgj vruk&tkuk de gks tkrh gß ml ds fØ; k&dyki l hfer gks tkrs gß vkJ og ykska l s feyuk tyuk cm ; k de dj nsuk gß
- ❖ 74 o"kl dh vk; qds cTkkZ ej 25 ifr'kr l s 70 ifr'kr ds chp fn [kbz nsus l s l af/kr l eL; k gkrh gß ; g l eL; k Mk; fcVht jShukh dgykrh gß
- ❖ 70 o"kl vkJ ml l s vf/kd vk; qds ykska dh Vkaaka vkJ ijkad dh ekd if'k; ka ej {fr gks tkrh gS tks muds ijkae annz dk dkj .k gkrh gß
- ❖ fny dh chekj h LVkd vkJ fdMu h dk dk; l djuk cm dj nsuk cTkkZ ej Mk; fcVht dsdkj .k vf/kd gkrh gß

CdF Qkkz dh nskkky ?kj

Lefr&Hkkj ¼ knnk'r eadeh½ l kpusfopkjusdh {kerk eadeh] LVkd] fdMuh dk Qsy gksuk] nfv"V eadeh] fny dh chekjh vks 'kjhfjd Je djus dh {kerk eadehA

Mk; fcVht dk i zlku rhu i dkj l s gksk gS &

- ❖ Hkkstu ij fu; a.k
- ❖ 0; k; ke
- ❖ nokbz ka

Hkkstu ij fu; a.k djds mi pkj

dbZ dkj .kka l scqkxk ea Hkkstu ij fu; a.k djds bl chekjh dk mi pkj djuk Hkkjr ea dfBu gA dN cqkxk vlfFkld : i l s mrus l Ei lu ugha gksrs tks fpfdRI d }kj k crkbZ xbZ Hkkstu l kexh [kjhn l dA tks cqkxk 80\$ gsvkj vdsys jgrs gS mUga cktkj tkdj l keku [kjhnus ea dfBukbZ gkrh gA mi ; Dr Hkkstu ugha cuk i kuj ekufi d {kerk eadeh ds dkj .k fpfdRI d ds funZ kka dks ugha l e> i kuj Lokn eadeh ds dkj .k phtk dk Lokfn"V ugha yxuk] Hkkstu gte ughagksuk] nkpkadu deh ds dkj .k pckusea dfBukbZ vruk Hkh bu cqkxk ea i k; k tkrk gA

c<rh mez ds l kfk xdk] Lokn vks i V dsj l k; uka ¼ fl M½ dh l jpu k ea i fforu vk tkrk gS ; g LokHkkfod Hkh gA bl dk ifj .kke ; g gksk gS fd cgj l scqkxk de [kkus yx tkrsgft l s mUga i ksk.k i jk ughafeyrkA Mk; fcVht l s xfl r cqkxk 20; fDr eafOvkfeu B₁, B₁₂, C vks D dh deh ds l kfk dSYI ; e] ftUd vks eskus'k; e dh deh gks tkrh gA bl chekjh l sxfl r cqkxk 20; fDr tksufl zk gke ; k vkJek aejgrs gS mudk Hkkj vks r l s de gks tkrk gA bl ckr dk /; ku j [ka fd cqkxk 20; fDr dks djk ksk.k u gkA Hkkj de gksus l scqkxk ea eR; qdh nj c<+tkrh gA [kkui ku ij T; knk dBkjrk l s djk ksk.k vks 'kjhj ea i ku h dh deh (dehydration) gks tkrh gA [kkusea : fp de gksuk Bhd ugha cqkxk ds [kkus dh xqkoUkj fofo/krk vks Lokn dk eW; kdu djrsjgA cqkxk yks [kkuseajksokyh phtavkl ku h l s i l n ughadjrA /khjs/khjsjksokyh phta [kkuseanA bl ds l kfk

jgA

uhps , d pkVz fn; k tk jgk gSml ds vuq kj Mk; fcVht ds chekj dks Hkkstu djuk pkfg, A

pkVz

yxHkx 1500 dSykjt dh [kjkd

dkckgbMv† 210 xte

i k/hu 60 xte

ol k 45 xte

fnuHkj dk Hkkstu

Hkkstu ds inkfz

1 nwk ½eykbzjfgr] fLdEM
; k Vks M

2 ngh 200 xte

3 vMk@i uhj 30 xte

4 nky 150 xte

5 uk'rk 25 xte

6 vVk@vukt 150 xte

7 gjs i Rrs okyh l fct ; ka 200 xte

8 vU; l fct ; ka 200 xte

9 Qy 120 xte

10 [kkus i dks dks dk ry 15 xte

gj nk&nks ?k/s ckn dN u dN [kkrs jgA

ikr%dky

6 cts 8-30 cts

, d di pk; Qhdh 1 Xykl nwk

2 ejh fcLdy 200 xte

nfy; k] dkuuyDI

cM Lykbl] i kgk] mi ek

vdfijr ek@ekB@puk

dPps dh ek=k

300 fe-xte

ids gq dh ek=k

1 l s 1½ Xykl

1 dVkjh

1 l s 4 VpMs

, d &Ms dVkjh

nks cM Lykbl

5 l s 6 pikrh

1 dVkjh

1 dVkjh

e/; e vdkdj dk Qy

3 Nk/s pEep

uk'rk ¼ qg½

fnu dk vYikgkj

pk;] 2 ejh fcLdy

vk/kk Qy]

NkN vkk/fxykl

Qy] Hkpus pus

ejejis1 dVkjh

CdF qk'k' dhn'skkky ?kj'

12 cts 4 cts 8 cts
 3 i ryh pikrh 1 di pk;] Qy <kbz i ryh pikrh
 1/5 xte vklk½ ukjxhjeS ehji i hrkjl o 1/60 xte vklk½
 ngh 150 xte ; k vklk dVkjh nky
 1 fct; ka l ykn 200 xte 2 ejh fcLdly 1 l ks kchu] l fct; ka
 vklk dVkjh 1 di nky , d dVkjh Hkpus pus l i 1/2k; k] VekVj½
 ejejis fefJr l fct; ka

jkf= 10 cts

vklk Xykl nñk

, d dVkjh pkoy 1/25 xte½ , d dVkjh nfy; k] , d Qydk

vki D;k [k; a vkj D;k u [k; a

[k; i nkFkz tks vki u [k; a & phuh] xM] 'kgm] Xydkd] tñ] dd] i Sh
 l ekd k] dplsh] ryh gþpht] l [kseos 'khry i s i nkFkz 'kjkc] eñQy] xtd
 &jøM] l [k ulkj; y vkj yky ekd A

de [k; a @dHh dHh [k; a

vky] vjch] 'kdjdUn] tehdUn] vke] dsyk] phd] eVj] l hrkQy] 'kgrr
 vaj] dVgy] fl ðkkMka

bPNkuq kj [k; a

ddM] [kjkj VekVj] eyh] uhc] i Rrk xkkh] l ykn] gjs i Rrsokyh l fct; k] l knk
 l i] gYdh pk;] ngh] NKN] fcuk rs dk vpkj

0; k; ke }kjk mi pkj

0; k; ke djus l s 'kdjk dh deh gksxh] vklh htu dh ek=k vf/kd yh tk; xh]
 ekd i f'k; ka ea 'kfDr c<xh] jDrpki ea deh vk; xh] 'kjhj dk ekvki k de gksxkA
 fyfi M i kQkbly c<xk vkj ekufi d : i l s vPNk yxskA

0; k; ke djrs l e; /; ku j [kfd bl dh ek=k vf/kd u gkA fpfdRI d l s i jke'kz
 yA vf/kd 0; k; ke l s vpkud eR; q gks l drh g] i j ea; k tkmka eapk/ yx

I ko/kkuh

gfMM; kade t^jg gkuk 1/4kLV; ki kj kfl 1 1/4 i kfdll u chekj^j gkf^k; k 'kj h^j dsvll; Hkkx dk fgyrs jguk] n^kkus dh {kerk eadeh vlfn chekf^j; ka vxj gkarks 0; k; ke i fjfpr LFku eagh dj^j

nokbz ka }kj k mi pkj

Mk; fcVht ds mi pkj 'kd^jk jDrrk dh voLFkk ij vk/kkfjr g^j

v- gYdh 'kd^jk jDrrk (Mild Hyperglycemia)

, d h fLFkfr eae^j Qkjfeu (Metformin-obese)] Vlxyh Vst k^j] jk^j xfyVst k^j]
fxyhesi kbM] , dkjokd nokbz ka nh tkrh g^j vxj Mk; fcVht ds dkj .k
'kj h^j dsfdl h vx eakfr gks xbz gks rks, d h fLFkfr eabU lfyu nh tkrh g^j

c- e/; e 'kd^jk jDrrk (Moderate Hyperglycemia)

b1 voLFkk eatk^j nokbz lanj rd v1 j djrh gsmulgau nA [kkus ds
ckn 'kd^jk jDrrk dh ek=k ds fy, jis xyhukMs nsuk Bhd jgsxkA

I - rhoz 'kd^jk jDrrk (Acute Hyperglycemia)

FkMh ek=k eav^j dbzckj 1t^j sfd uk'rs l s i gy^j nks gj ds [kkus l s i gy^j
jkf= ds [kkus l s i gy^j bUL; fyu fn; k tkrk g^j cT^j ds fy, bUL; fyu
nsr l e; fo'k^j I ko/kkuh cjr^j tkuh pkfg, D; kif mlugav^j dbz i dkj dh
vll; I el; k, agks l drh g^j t^j sfd mudh n^kkus dh {kerk eadeh} i dM^jas
eadfBukb] gkfkk dh I o^knsuk bUL; fyu 'kj h^j dsft l Hkkx eayxkuk gSogka
u yxk i kuj ekufi d {kerk eadeh} ifjokj dk l g; kx] nokbz dh dher
vlfnA

cT^j dh n^khky

Mk; fcVht okys?kj ds cT^j dh n^khky doy ml s nokbz nsus v^j fu; fer : i
I s fpfdRI d dks fn [kkus Hkj rd ugha g^j n^khky djus okys 0; fDr dks bl l s
vf/kd djuk gksk g^j ft l l s m^j dk thou l jf{kr v^j v^jkenk; d g^j

cdříqkká dh nškkky ?kj

- dh ek=k 120 | s vf/kd u gkuh pkfg, vkg [kkuk [kkus ds nks?k/sckn bl dh
ek=k 160 | s vf/kd u gkA vxj bu ek=kvka | s ¼/Fkkj [kkyh i 120 rd
vkg [kkus ds ckn 160 rd½ vf/kd ek=k gks rks og mPp 'kdj k jDrrk dk
mnkgj .k gkA
- ❖ I nb pksllus jgA cTkkZ ds 0; ogkj ea ifjorù bl ckr dk y{k.k gS fd
cTkkZ dk 'kkjhfd vkg | ošxkRed LokLF; dS k gS\
 - ❖ Mk; fcVht ds ckjs ea tkfu; A mPp vkg fuEu 'kdj k jDrrk ds y{k.kka | s
I ko/kku jgA Mk; fcVht I s gksus okyh tfVyrk ij /; ku j [kA
 - ❖ cTkkZ chekj 0; fDr I s I nb vknj i nD ckr djA mlga Mk; fcVht I s
I ckr i zukavkg Mk; fcVht I scpklo vkg nškkky dsckjs e>useanž
u djA
 - ❖ 'kdj k jDrrk eki us ds fy, mi dj.k [kjhnrs l e; i jh Nkuchu dj yA
 - ❖ vxj cTkkZ 0; fDr ufl ž gke ea jgrk gS rks ml ds [kkus vkg nokbZ ds ckjs
ea tkudkjh yA fcuk crk; sogka tk; vkg nškafd mlga mudsfy, mi ; Dr
Hkkstu fey jgk gS ; k ughA vki ds ifjokj dk cTkkZ l nL; Hkkstu dj jgk
gS ; k ughA
 - ❖ vxj cTkkZ 0; fDr vki ds i kl jgrk gS rks ml ds Hkkstu ds ckjs ea ; kst uk
cuk; A Hkkstu Mk; fcVht dh nškkky I sey j [krk gkA bl I cik eaf o'kskK
I s tkudkjh ys yA

□□□

mPp jDrpki

C~~ek~~ y~~ok~~ eamPp jDrpki ½ch ih½ I kekU; ckr gA yxHhx 65 i fr'kr c~~ek~~
eamPp jDrpki dh f'kdk; r feyrh gA mPp jDrpki I s LV~~kd~~ v~~k~~ fny dh
chekjh dk [krjk c<+tkrk gA vu~~dk~~v/; ; uk] s i rk pyk gSfd mPp jDrpki
i j fu; a.k i kus I s LV~~kd~~] fny dk nk~~k~~ v~~k~~ fdMuh dk Qy g~~uk~~ Vy I drk
gA cgr I s c~~ek~~ dk mPp jDrpki fu; f=r ughag~~rk~~; k osml sijh rjg I s
fu; f=r ughad~~j~~ i krA

c~~ek~~ eamPp jDrpki I kekU; y~~ok~~ dh ryuk eaf~~kk~~u g~~rk~~ gA de I s de
nks i zdkj ds mPp jDrpki c~~ek~~ eans~~k~~ tkrs gA

tc fl LV~~fyd~~ ½Åij dk½ v~~k~~ Mk; LV~~fyd~~ ½uhps dk½ jDrpki] I kekU; jDrpki
½tks vke rk~~j~~ ij 120@80 v~~k~~ mI I s I s de g~~rk~~ g~~sk~~ I s vf/kd g~~rk~~ g~~sk~~ bl
jDrpki dks Dylfl d , I f~~u~~k; y gkb~~j~~V~~8~~'ku (CEH) dgrs gA vkb~~j~~ky~~VM~~
fl LV~~fyd~~ gkb~~j~~V~~8~~'ku (ISH) rc dgk tkrk g~~S~~tc Åij dk jDrpki vf/kd
g~~rk~~ g~~S~~v~~k~~ uhps dk jDrpki I kekU; jgrk ½vF~~kr~~-Åij dk jDrpki 140 I s
vf/kd v~~k~~ uhps dk jDrpki 90 I s de½A i kje~~hk~~ mPp jDrpki vxj i j~~h~~k.k
djus i j nks; k nks I s vf/kd I lrkg rd i;k; k tkrk g~~S~~rksml dk mi pkj djuk
vR; Ur vko'; d gA bl h i zdkj vkb~~j~~ky~~VM~~ fl LV~~fyd~~ gkb~~j~~V~~8~~'ku (ISH) vxj
nks; k nks I s vf/kd I lrkg rd cuk jgrk g~~S~~rksml dk H~~kh~~ mi pkj djuk vko'; d
gA vI kekU; jDrpki I } t~~S~~ k fd i~~o~~z eadgk x; k] LV~~kd~~] fny dk nk~~k~~ fny
v~~k~~ fdMuh dk dk; Z djuk cm dj nus ds vol j c<+tkrs gA bruk gh ugha
eR; q~~kh~~ gks I drh gA vkb~~j~~, I -, p- ½Åij dk jDr pki ½ I kekU; I s srst~~h~~ I sc<fk
g~~S~~rks bl e~~h~~h ogh tfVyrk, agks I drh gA

c~~ek~~ eamPp jDrpki ds dkj.k

vk; q of) ds I kf~~k~~ jDrokguh /kefu; k~~a~~ dh nhoky~~k~~ dh I jpu~~k~~ e~~a~~ i ffor~~lu~~ vk
tkrk gA much pk~~M~~bze i ffor~~lu~~ g~~ks~~ I s ; s/kefu; k~~a~~ i gys t~~S~~ sdk; Z ughad~~jr~~
vF~~kr~~-jDr i g~~pk~~us dk dk; Z i gys t~~S~~ k ughad~~jr~~ v~~k~~ ; gh fny ds nk~~s~~ i M~~us~~
dk dkj.k gA

cT~~h~~ qk~~h~~ dh n~~h~~kkj ?kj

chekjh ds dkj.k eR; qvkj 'kkjhfjd v{kerk dh I Hkkouk de gks tkrh gA mPp jDrpki dsmi pkj dh nks fo/f/k; kag& 1- 0; fDr dh thou 'kSjh ea ifjorl 2-nokbz ka l smi pkjA thou 'kSjh ea ifjorl dk vFkz gS0; k; kej Hkkstu vkj /kei ku vkj 'kjkc dk I ou u djukA

ftu cT~~h~~ dk jDrpki I kekU; dh I hek i j gS 130&139@85&89% vkj mlga dkbz vU; chekjh ugha gS rks mlga rRdky vi uh thou 'kSjh ea ifjorl fu; fer 0; k; ke vkj fu; f=r Hkkstu djuk] /kei ku vkj 'kjkc i huk cñ djuk% dj nsuk pkfg, A

vxj ch-i h jDrpki I kekU; I s vf/kd c<fk g\$ vkj Mk; fcVht} fdMu h dh chekjh fny dk nkjk fl xjv i huk vknf dk bfrgkI gS rks nokbz kds l kf&l kf thou 'kSjh ea ifjorl vko'; d gA ftu cT~~h~~ dks vkbz, I -, p- jDrpki gS mlga rRdky nokbz ysuk i kjEHk dj nsuk pkfg, A

thou 'kSjh ea I dkj

thou 'kSjh ea l qkj gekjs'kkjhfjd vkj I oxxRed LokLF; dsfy, cgr egroi wkl gA /kei ku ugha djuk] 'kjkc ugha i huk] 'kjhj dsotu dks de djuk] ued de [kkuk] ?kj] rsy vknf dsmi ; kx ea deh] jsksokyh phtavf/kd [kkuk] dSYI ; e i k/f/k; e vkj foVkfeu dk I ou vknf I c ckrka I s ¼ k nokbz ds l kf bu I c ckrka I ½ mPp jDrpki ea deh vkrh gA 0; k; ke ds : i ea cT~~h~~ ykx rjuk] ?keuk] gYds 0; k; ke dj I drs gA I lrkg earhu I s ikp fnu 30 I s 45 fefuV 0; k; ke i ; klr gA dN cT~~h~~zbl Mj I s 0; k; ke ugha djrsfd 0; k; ke djrsI e; dghapkv u yx tk,A mlga n[kkjy djusokys 0; fDr dks ; g I e>kus dh vko'; drk gS fd 0; k; ke I s 'kjhj ds Hkkj ea deh gkxh] ftI I s gf; ka I s I cf/kr chekfj; k ugha gkxh 1fo'kskdj efgykvlk vkj YDpj gks dh I Hkkouk de gksxhA

cT~~h~~ dh n[kkjy

n[kkjy djusokys 0; fDr dks pkfg, fd og cT~~h~~Z0; fDr ds jDrpki dks jkstuk l cg ; k 'kce uki rs jgA jDrpki ?kj ij gh uki k tk I drk gA cktkj ea byDVksud mi dj.k Hkh mi yC/k gA jDrpki c<us ds vU; dkj.k Hkh gA vxj

bl ckr dk /; ku j [kfd c~~l~~z; fDr dks d~~k~~bz ruko u g~~k~~ og fu; fer 0; k; ke djsv~~k~~ de ued oky~~k~~ j~~s~~ksoky~~k~~ v~~k~~ de ?kh v~~k~~ ry l scuk H~~k~~stu y~~A~~ ftu c~~l~~ek~~k~~ dks i gys l sv~~ll~~; chekfj; ka t~~s~~ sfd M~~k~~; fcVht g~~k~~s ; k fny dk nk~~k~~ i M~~k~~ g~~k~~s rks m~~l~~ga mP~~p~~ jDrpki dk /; ku j [kuk pkfg, v~~k~~ nokb~~k~~ ka fu; fer : i l s l e; ij nh tkuh pkfg, A

c~~l~~z ds jDrpki fu; a.k ds fy, D;k djA

- ❖ 'kjkc cm djA; k , d fnu e~~a~~, d i~~x~~ y~~A~~
- ❖ ued de ya
- ❖ /kei ku de dj n~~A~~
- ❖ ol k ; Dr H~~k~~stu u dj~~j~~ i Rrs okyh v~~k~~ gjh l fct; ka [kk; A
- ❖ jkstuk~~z~~ us tk; a v~~k~~ 0; k; ke djA
- ❖ otu de djA
- ❖ fu; fer : i l s jDrpki dh tkp djkrs jgA
- ❖ fu; fer nokb~~k~~ ka y~~A~~

n~~H~~ky djus okys dks bu ckrk~~o~~ ij /; ku j [kuk pkfg; A

nokb~~k~~ ka l s bykt

fpfdrI d nks i dkj dh nokb~~k~~ kan~~r~~sgA i gyk nokb~~k~~ ka dk l e~~g~~ gS, ft; kvfl u dlofV~~k~~, Utkbe blghchVj l (Angiotensin converting Enzyme Inhibitors ACEIs) t~~s~~ s fd fyfl uk~~s~~iy (Lisinopril), usyfi y (Enalapril), j~~sh~~fi y (Ramipril); k dSV~~k~~si y (Captopril)A n~~l~~jk l e~~g~~ gS, fltv~~k~~/u&fj l Vj Cy~~k~~hj (Angiotensin-Receptor Blocker (ARBs) t~~s~~ sfd y~~k~~ kvZu (Losartan), fyc~~k~~ kvZu (Libesartan); k d~~M~~ kvZu (Candesartan)A ACEIs jDrpki de djusds l kf~~k~~ l kf~~k~~ thou e~~aof~~)] 'kkjhfd Je dks l gu djusv~~k~~, Utsv~~k~~/u u dsLrj dksde djusdk dke djrh gA, fltv~~k~~/u II dk fny ij udkjkred i H~~k~~ko i M~~k~~ gA; snokb~~k~~ kaftu c~~l~~z dsM~~k~~; fcVht g~~k~~rh gSmueafdMu~~h~~ dsQy g~~k~~us dks jkdrh gS v~~k~~ e~~w~~ e~~i~~ k~~h~~u ds c~~<~~ts dks H~~k~~ jkdrh gA



CdF qkkz dh nskky ?kj

fny dh chekjh

0) koLFkk eafny dh chekjh ¼Heart Disease½ eR; q vks 'kkjhfjd v{kerk dk l cl s cMk dkj.k gA 65 o"lk vk; qds yxHkx 50 i fr'kr cTkklesbl chekjh ds y{k.k ik; s tkrsgA vxj fny dh chekjh ds y{k.k fdI h cTkklesgksbl dk vFk ; g ughagSfd vc ml dk thou l ekir gksusokyk gA cgr l scTkk bu y{k.k i j fu; &.k dj ds dQh l e; rd xqkoUkk ; Dr thou thrs gA

fny dh chekjh dk , d i dkj gS , utkbuk i DVksj I (Angina Pectoris) bl ea l hus dh gih (breast bone) ds ihNs ncko] Hkkjhi u vks nnZgksk gA fdI h , d cktw; k nkukacktVh gkFk xnlu] tcMs vks i hB eaHkh nnZdk vutko gksI drk gA tc 0; fDr dkbz dfBu ifjJe djrk gS; k ruko eagsrk gsrc , Utkbuk dk nnZgksk gS tks vkJke djus vks nokbZ yus l s Bhd gks tkrk gA

vxj vki dks bl i dkj dk nnZl hus eagsrk gS rks bl dk vFk gSfd vki dsfny dks i jk i jk jDr ughafey jgk gA , k rc gksk gS tc jDr okfguh ol k ds dkj.k l djh gks tkrh gA bl voLFkk dks , Fkjkfsl yjkfsl I (atherosclerosis) dgrsgA dN ykkkaea , Utkbuk fny dsnkjsdk vkl lu y{k.k gA fny dk nkjk ftI sbafy'k Hkk"kk eaekbvkdkfMz y buQDl u ; k dkjkujh Fkjkfsl I (Myocardial Infarction or Coronary Thrombosis) dgrs gS , Utkbuk i DVksj I l s fHkuu gS D; kdk bl ea fny dh ekd i f'k; ka ea [ku dk i gpkuk i jh rjg cm gks tkrk gA bl dk ifj .kce gksk gSfd fny dh ekd i f'k; ka ea {kfr gks tkrh gA ftI l sfny ds [ku ds Qdus ds dk; Zeck/kk vk tkrh gA ; g {kfr de ; k vf/kd fdI h Hkh Lrj i j gksI drh gA

fny dk nkjk i Mus ds l e; gksusokyk nnZ , Utkbuk nnZ tS k gh gksk gS i j ml l srst gksk gS tks vkJke ; k nokbZ l sI ekir ughagkskA fny dsnkjsds vU; y{k.k gS pDdj vkkuk i l huk vkkuk vks l kd dk m[kMuk ; k Nks/s Nks/s vks tYnh tYnh l kd ykkA dbZ ckj fny dk nkjk mu ykkka dks Hkh gks tkrk gS ftuds dHkh Hkh , Utkbuk dk nnZ ughagkskA bruk gh ughadbz mnkgj .kka ea fny

fny dk nk̄k rc ḡsk ḡtc fny ij̄h rjg l̄ } jDr dks i okfgr ½ Ei ½ djuk
½ [ku dks/kefu; ka ea Hkstuk½ c̄n dj ns̄k gSD; k̄d jDr ij̄h rjg l̄ sb/kj l̄ sm/
kj ughaḡsk v̄k̄ QQMka abdVBk ḡks tk̄k ḡb l̄ voLFkk dks i yekujh , Mhek
(Pulmonary Edema) dgrsḡ fny dk nk̄k mu yksk dks vke rk̄ ij i l̄kkfor
djrk ḡftudk fny ij̄h rjg l̄ s jDr u feyus ds dkj.k {kfrxLr ḡks p̄dk ḡ
; k ftUga i gysfny dk nk̄k i M̄k Fkk] ftuds fny ds okYo {kfrxLr ḡks p̄ds ḡ
mPp jDrpki dk mi ; Dr v̄k̄ i jk̄ bykt u djk; k tkuk [ku dh deh ḡsk]
Fkkb] k̄M dh chekjh v̄k̄ l̄ Øe.k ḡsk fny ds nk̄s ds dkj.k ḡks ḡ fny ds
Qsy ḡks dscgr l̄ sy{k.k ḡtks vpkud ; k dN o"kaea i shk ḡks ḡ dN ykska
dks Fkdku dk vutko ḡks yxrk ḡsrks dN ykska dh /M̄du c<+tkrh ḡv̄k̄
dN dk l̄ kd V̄Wus yxrk ḡ

fny dh vfu;fer /M̄du

tc vki dk fny l̄ keku; : i l̄ s dk; l̄ djrk ḡsrks fny dh /M̄du fu; fer y;
eaḡsh ḡ dHkh dHkh fny dh /M̄du dh y; vfu; fer (Cardia arrthmia) ḡks
tkrh ḡ t̄s vfr rhz ḡsk v̄k̄ vfr /kheh ḡsk ; k nk̄ska

; g fLFkfr [krjukd ḡrh gSD; k̄d , d h fLFkfr eafny ij̄h rjg l̄ s jDr dks i Ei
ughadj jgk ḡft l̄ s 0; fDr vpru ; k l̄ EHkfer ½kcjkgV½ ḡks l̄ drk ḡ fny
dh vfu; fer /M̄du vke rk̄ ij dN l̄ sd.M̄ka ds fy, ḡsh ḡv̄k̄ lo; a l̄ s
fcuk fdI h mi pkj d̄s c̄n Hkh ḡks tkrh ḡ

fny dh chekjh dk funku d̄s s dj̄

Åij crk; sx; sy{k.k vxj c̄kZ0; fDr eaḡrksml sfpfdRI d ds i kl̄ ystk; A
og c̄kZ l̄ s chekjh dk i jk̄ bfrgkl̄ tkuskk & dc l̄ s , d k ḡks jgk ḡ D; k D; k
nokbZ ka ysjgs ḡ thou 'ksh D; k ḡvfn vfn v̄k̄ fQj i jis 'kkjhfd i jh{k.k
djkus dks dgskA , d k djuk bl̄ fy, vko'; d ḡfd dHkh dHkh vll; chekfj; ka
l̄ s Hkh bl̄ i dkj̄ ds y{k.k fn[kkbZ nrs ḡ mnkgj.k ds : i eajh<+dh ḡi h
nlikbu½ i l̄ yh v̄k̄ i kpu izkkyh ds jkLrs eachejh ds dkj.k , Utkbuk t̄s k gh
nnz ḡsk ḡ

Cđf qkkå dh nškky ?kj

vkj vxj vko'; d gks rks LV§ , yDVtkkjfM; kxte ¼tks ; g crkrk g\$fd tc vki 'kkjhfd Je dj jgs gks g\$ rks fny ij ml dk D; k iHko iMrk g\$ Hkh djk; A dHkh dHkh vko'; drk iMsij fpfdRI d 24 ?ks dsfy, fny dh /Mdu dkseki usdsfy, ; # yxkrsgA ; sI c ijh{k.k fpfdRI d dh nkjek vkj ml dh I ykg I s djk; A

fny dh chekjh gks ij D; k mipkj gks I drk g\$

fny dh chekjh ftI idkj dh g\$ml h idkj dk mipkj fd; k tkrk g\$ & nokbz ka& ukbVtsXyfl jkbu , d , s h nokbz g\$ tksjDrkfguh dks pkMlt dj nsrh g\$ftI I s fny dks vklI htu feyus yxrh g\$ vDI j bl I s , Utkbuk dk nnz tYnh I ekir gks tkrk gA ; g nokbz dh dbz : ikaafeyrh g\$ t\$ sfd xkyh ds : i eavkj Øhe ds : i eA xkyh dks thk ds uhpsj [krk g\$ ogkaog ?kjy dj vi uk vI j djrh gA bl h nokbz dh Øhe vkrh g\$ tksRopk ij yxkus ij vi uk vI j fn[krh gA , d vU; idkj dh nokbz ka gks g\$ftUga chVk CykdI Zdgrs gA blgaysusij fny dh xfr fu; f=r gks tkrh g\$vk fQj , Utkbuk dk nnzde gks tkrk gA ; s nksu nokbz ka fny ds nkjk iMs ds chp eavkj ckn eanh tk I drh gA , Utkbuk ds mipkj ds fy , , d vU; idkj dh nokbz Hkh g\$ftI s dsYI ; e CykHj dgrs gA

Mkb; jfVd nokbz ka fny ds Qy gks dks jkdrh g\$vk fny ds jDr dks Qdus dh fØ; k dks c<krh gA

i s edj

vxj fny ds/kMdu dh xfr vfu; fer ; k de g\$rk dkfM; d i s edj yxk; k tk I drk gA ; g , d , yDVfud mi dj.k g\$ tks vkwjshku djdsfny eayxk; k tkrk g\$ tks fny dh /Mdu dks fu; fer djrk gA ; g ; # cSjh I s pyrk g\$ ftI s10 o"Zeachnyuk iMrk gA bl s yxkus dh fof/k I gif{kr gA ftu ykskdh fny dh /Mdu dh xfr de gks g\$ bl s yxkus ij mudskj ckj vpsu gks t\$ h fLFkfr Bhd gks tkrh gA

I pMh gþjDrokfgfu; kaeLVVV (Stent) Mky nrs gA LVVV Mkyrs I e; i gys jDrokguh dks I kQ dj nrs gA fQj vko'; drkuq kj LVVV Mkyrs gA ft I s jDrokguh pMh gks tkrh gA ; g I thdy ughagA fny dh I tjh djkus I s; g fof/k vPNh gA fdrusLVVV yxksvlg dkgadgkayxksbl sfpfdRI d , fUt; kxQh djds tku yrs gA

fny dh I tjh

cþxkdh vki u gkvz I tjh djus I scgr I s I tlu euk dj nrs gA bl I tjh ea{kfrxLr jDr okfguh dks Bhd fd; k tkrk gA ml scny Hkh nrs gA , k djus i j fny rd jDr dk i gpuk I kekU; gks tkrk gA cþxZ0; fDr dh vk; j ml ds LokLF; vkn dks/; ku eaj [kdj gh fny dh I tjh djkusdk fu.kz yuuk pkfg, A tgkard I Hko gks cþxZ0; fDr dsfny dh chekjh dks nokbz kavkj mudh thou 'ksh dks cny dj mi pkj djuk T; knk mi ; Dr gA , k djus i j cþxZ0; fDr vius 'ksh thou vkninod fcruk I drs gA

cþxZdksfny dh chekjh u gksbl fy, vki %cþxZvkj nsHkkky djusoky fuEu ckrka i j /; ku n&

- ❖ Hkkstu dk /; ku j [kA vf/kd u [kk; ?kh] ry vkj ued dh ek=k Hkkstu ea de gA
- ❖ fu; fer 0; k; ke djA
- ❖ /kei ku vkj 'kjkc ;k vU; u'kk djuk on dj na viuh thou 'ksh dks cnyA
- ❖ LokLF; i j /; ku thou i ;Dr djuk pkfg, A cpiu] fd'kjkoLFkk vkj ; pkoLFkk dh vknra vkspsydj o) koLFkk eaLokLF; dks i Hkkfor djrh gA vxj vki fny dh chekjh I scruk pkgrs garsLo; aviuh I gk; rk djA ; glage dN , h ckrj ftllgavki an; ?kr I scpusdsfy; } dja; k u dj} i j ppkj djKA

cdř qkká dh nškky ?kj

- u c<us nA
- ❖ ol k; Dr ?kj] v.M§ eD[ku] Hkkstu vkn dk l ou u dja; k de dja ml ij fu; &.k j [kj cTkjZ 0; fDr dks D; k [kjuk pkfg, bl ds fy, fpfdRI d ; k i kšk.k&fo'kškK dh l gk; rk yA
 - ❖ vknkk; d okrkoj.k eajg] [kj k fetkt jg] jkstuk 'kjhfjd 0; k; ke dja t§ s?keuk rjuk ckxoku] xlQ vkg vU; [kjA ; sI c [kj fpfdRI d l s iN dj [kjA vki ds fy, D; k mi ; Dr g§ fpfdRI d l ykg nxA
 - ❖ rEckdwdk l ou fdI h Hk : i eau dja /kei ku dks Nkmuk dfBu ckr gA vxj vki fpfdRI d dh l gk; rk yks rks vi uh bl vknr dks Nkm+I drs gA
 - ❖ vi us vki dks nckoka ; k ruko l s nj j [kj ; | fi , k dguk vkl ku g§ yfdu fQj Hk vxj vki dks dkjZ ekuf d ncko gSrks vPNk gk fd vki ml s fpfdRI d dks ; k vi us fo'ol uh; fe= dks crk nA , k djus ij vki dks ekuf d 'kjflr feyshA

□□□

i kfdll u chekjh

i kfdll u chekjh (Parkinson Disease - PD) dñnh; ukMh&rñ dh , d o/kñ'khy fodfr gñtks pyu&fQju\$ ekl i skh; fu; a.k vñj chekj ds lñyu dks i lñkfor djrh gñ ; g chekjh dñ , s h voLFkkvka dñ Lo: i dk vx gñftuga ukMh rñ fodfr dgrs gñ bl chekjh ds y{k.kñ dks lñ oñEke yñnu dñ MñVj tñl i kfdll u us 19oñha 'krkñnh ea of.kñ fd;k Fkk bl fy, bl chekjh dk i kfdll u uke i MñA

bl chekjh ds y{k.k gñ & 'kjhj ds fd lñ vx ea dEi u gñuk ½tñ s fd gñFk ; k i ñ ea dEi lñu½ 'kjhj ds vx dk dMñt gñuk vñj 'kkjhfd xfr ea /kheki u ½cñhdkbññl ; kñA orëku ea bl chekjh dk dkñ bykt ughagñ ; g lññ , d vñl k; ½ñksud½ vñj o/kñ'khy chekjh gñ ft lñ dk vñFkz gñ fd bl chekjh lñ xfl r 0; fDr dsy{k.k l e; dsvuñ kj fcxMñs tkrsñgñ dñ yñxñeaabl chekjh ds y{k.k cgn rsth l sc<rs gñ vñj dñ yñxñea chekjh c<ts dh rhork mruh vf/kd ughagñhA i kfdll u chekjh oñ sLo; al s i k.k ?krd chekjh ughagñD; kñd ; g nñkk x; k gñfd bl chekjh l s xfl r cgn l s 0; fDr cñs gñd j ejrsgñ bl chekj dh eR; q i kfdll u ds dkj.k ughagñh cfYd vñl; xlñk tfVyrkvka tñ s fueksu; k gñus ; k fxjus vñfn l s gñsh gñ

; g chekjh 60 vñj 60 l s vf/kd vk; qokys cñtñkñ ; qkvka½1 o"ñl l s 40 o"ñl dh vk; q dñ chp½ rFkk fd'kñj vk; qokyl½1 o"ñl l s de vk; qoky½1 dks gñsh gñ i kfdll u chekjh l su dñy chekj ds thou dh xqkorrk i lñkfor gñsh gñs oju- chekj dh ?kj ea nñkñky djus okys 0; fDr dk thou lñk i lñkfor gñsh gñ bl fy, i fjp; kñ djus okyka vñj i fjojkj ds vñl; l nL; kñ dks bl chekjh ds ckjs ea i jh tkudkjñ gñuk t: jh gñ chekjh ds ckjs ea tkudkjñ l s os chekjh ds y{k.k vñj muea gñus okys i fjorñka dks vñl kuh l s i gpkv l dññ bruk gh ugh os vius Kku dñ vñl kñ ij fpfdRI d dks chekjh vñj chekj ds ckjs ea l fØ; : i ea crk i k; a vñj bykt l s l cñf/kr fu.ñkñ dks l e> i k, añ bl l s chekj ds mi pkj ea l gñ; rk feyshA

Cdf qkkā dh nskky ?kj

fØ; k'hy ½xøsj½ {k= gs ft l s l exz : i l s l j pukkvå dk fuEu&ry ½c y xøxfy; k½ dgrsgÅ ; s l j puk; a, fPNd fØ; kvkå dksfu; f=r djrh gÅ xøfy; k ds i kl flFkr dkskk.kvka dk l eñg Mki kfeu (Dopamin) i ñk djrk gÅ Mki kfeu , d vfuok; Z rf=dk&l Ei ñkd&U; jks VRUI ehVj gS tks i ñkh; dkskk.kvka ds chp fo | r l dr ¼, yfDVd fl xuy*½ i l kfjr djus dk dk; Z djrk gÅ fuckzr rFkk l ek; kftr ekd i ñkh; xkfr ds fy, Mki kfeu dk i l kj.k vkg efLr"d ds egk&l a kst d ½dkW] LVVø½ ea bl dk foekpu vko'; d gÅ i kfdll u dh chekjh rc gkrh gS tc Mki kfeu cuus ea ck/kk mri uuk gkA , s k gksus ij c d y xøfy; k ea efLr"d ds dkskk.kvka dk l Ei ñk.k ½rf=dk&l Ei ñk.k½ VW tkrk gÅ tc efLr"d ea egk l a kst d ½dkW] LVVø*½ ea Mki kfeu dk Lrj de gks tkrk gS rc rf=dk&dkskk.kq dk fu; f=k de gks tkrk gS ft l l s fuckzr vkg fu; f=r ekd i ñkh; fØ; k l ekir gks tkrh gÅ l cLVø'k; k fuxk eaMki kfeu i ñk djusokys dkskk.kvka dh eR; qgksus ij dkW] &LVVø ea Mki kfeu dk Lrj de gks tkrk gS vkg ; gh i kfdll u chekjh dk i eñk dkj.k gÅ

tc rd bl chejh ds y{k.k fn [kkbz nsrs gÅ rc rd l cLVø'k; k fuxk ea 60 i fr'kr Mki kfeu i ñk djusokys dkskk.kvka dh eR; qgks pojh gkrh gÅ rFkk dkW] LVVø ea 80&90 i fr'kr Mki kfeu l ekir gks pojh gkrh gÅ

i kfdll u chekjh ea yøh ckMht (Lawy Bodies) gkrsgÅ ; s, s h l j puk, agå tks l cLVø'k; k fuxk dkskk.kvka ds l kfk vU; xksk LFkkuka i j ik, tkrs gÅ yøh ckMht dk rf=dk dkskk.kvka dh l ekflr l s xgu l cik gÅ

i kfdll u chekjh ds fof'k"V dkj.k D; k gÅ \ 'kkdrkz vHk rd bùga ugha [kkst ik, gÅ bl l cik ea os s dbz fl) kUr gÅ tks ; g crkrs gÅ fd dN dkj.k Lo; a l s ; k vU; l c dkjd feydj bl chekjh ds dkj.k dgs tk l drs gÅ

bl chekjhs ds i eñk dkj.k ea fuEu dks l fefyr fd; k tkrk gÅ

vuoø'kd rRo &, uvkbz uMh, l (National Institute of Neurologic Disorders and Stroke) ds vuø kj i kfdll u chekjka ds yxHkx 15&20 i fr'kr fudV l cik; k ds i kfdll u dsy{k.k ik, x, A bl dk vFkz døy bruk gh gSfd dN ykxksa ds i kfdll u dh chekjh gksus dh vk'kk i kfjokfjd bfrgkI ds dkj.k gkrh gÅ vxj l Hk h vU; dkjd , d l kfk fey tk, arksml 0; fDr dks i kfdll u

vldI hdj.k {fr & (Oxidative Damage) Loræ eyd (Free radicals) ; k vflFkj v.kd (Unstable Molecules) efLr" d ea?kersjgrsgåftul svkDI hdj.k gks tkrk gS tks rf=dk&dk' kdkvka dks {fr i gpkrs gA dn 'kksdrkka us 'kjhj ds }jkj mRi lu fd, x, thokfo" k (Endogenous Toxin) dks Loræ eyd ; k v.kd crk; k gA

tho&fo" k (Toxins) & okrkoj.k ea QSys qq tho&fo" k t\$ s jkl k; fud dhVuk'kd] Mks kfeu i hñk djus okys dkshk. kypka dk u"V dj nrsgA

0; koi kf; d i gyq (Occupational Exposure) & dn 0; ol k; k t\$ s cSYMx djus okyka ea bl chekjh dsgks ds vol j vf/kd gks gA

rk=d dk'kdkvka dk th.k gks ea c<lok (Accelerated Ageing Neural cells) & bl fl) kUr ds vyl kj dn vKs dkj. kka l s ikfdll u ds chekj ds efLr" d ds dkshk. kq dh {fr rst gks tkrh gA ft l l s Mks kfeu i hñk djus okys dkshk. kq l keku; l s vf/kd rsth l sej tkrs gA

i kfdll u chekjh dk vkyu djus dh ekiuh

i kfdll u chekjh ds fy, ft l ekiuh dk mi ; kx fd; k tkrk gSml dk uke gS ; whQkbM i kfdll u fMtht jfVx Ldy (UPDRS)A bl ekiuh ds rhu [k.M gA tks i kfdll u chekjh ds i e[k {k-ka ea gks okyh v{kerk ds vkyu l s l cfkr gA i R; d [k.M chekjh ds ml {k- fo'ksk ds foftku i gyvka dk foLrr eki u djrk gA

ekiuh dsrhu {k- gS%l Kku (Cognition), 0; ogkj (Behaviour), oaeukn'kk (Mood)

nud ppkz dh fØ;k, a (ADL)

xfr'khyrk l s l afkr ; k; rk, i (Motor Abilities)

bl ekiuh dk mi ; kx fpfdRI d djrs gA ekiuh ds i R; d dfku] tks chekj dh i frfØ;k , oalokLF; ijh{k.k ij vklkfjr gS dks vñl fn, tkrs gA bu vñl dh l hek gS & 'kñl; 1/1 eFkz k ugh l s 199 1/1 wñl vñl eFkz kA

CdEiukkdh nskky ?kj

fHkUukrk gkrh gA chekj h ds y{k.k i kjeHk eafn [kkbz ughans D; kfd oscgr l fe gks gS vkj chekj h ea of) /khj&/khjs gkrh gA chekj i kjeHk eaf'kdk; r djrk gS fd og Bhd egl l ughad jgk gS FkM&FkM mnkl ; k FkMh ?kcjkgV egl l djrk gA vkerkj ij fe= ; k ifjokj ds l nL; k dks l c l s i gyschekj h ds y{k.k fn [kkbz ns gS mlga yxrk gS fd dN xM€M+ gS vkj os gh ml 0; fDr dks fpfdRI d dks fn [kkus ds fy, ifjr djrs gA i kfdl u ds pkj i kfkfed y{k.k gA ftUga V (TRAP) dgrs gA

- ♦ Tremor : dEi uk
- ♦ Rigidity : dBkj rk vuE; rk
- ♦ Akinesia and Bradykinesia : xfr ea/kheki u
- ♦ Postural Instability : epk ea vflFkj rk

dEiu %cgr l s chekj ka ea 'kjhj ds , d vkj dEiu gkrk gS tks vU; ykska dks vkl kuh l s fn [kkbz ns tkrk gA tc chekj pyrk gS rks vkl kuh l s dEiu fn [kkbz ns tkrk gA dEiu i kjeHkd y{k.k gA fpfdRI k dh vko'; drk ml dh rhork ij vkl/kfjr gA dEiu nsud fØ; k dyki ka dks i Hkfor djrk gA Fkdku] ekufi d ncko vkj B.MsekS e eadEiu vkj rst gks tkrh gA dEiu tHk uhaps ds tcmS vkj Vkska ea Hkh gks l drk gA dN chekj ka dks , k egl l gkrk gS fd os Mrc l s jgsga ysdru ckgj l s ns[kusokys0; fDr dksml dk Kku ughagkrkA uhn eadEiu fn [kkbz ughansKA cTkska eadEiu dk gkrk T; knk l kekU; y{k.k ugha gA ; g chekj h dk y{k.k gA

dBkj rk ; k vuE; rk %ekl i f'k; ka ea dBkj rk vk tkrh gA i kjeHk ea chekj dBkj rk dsckj se aughacrkrA vkerkj ij osvLi "V f[kpko ; k 'kjhj ds vaks ea f[kpko egl l djrs gA tc fpfdRI d chekj dk i jh{k.k djrk gS rc dBkj rk ds y{k.k i rhr gks gA 'kjhj ds fd l h Hkx ea i jh rjg l s xfr djus ij , d : dkoV fn [kkbz ns gA vxj : dkoV ds l kFk&l kFk dEiu Hkh gkrk gS rks tks xfr fuckZk : i l sgkrh Fkh ml eack/kk mRi Uuk gks tkrh gA tc dBkj rk pgjs ij vk tk, rks , k yxrk gS fd 0; fDr us e[ks/k i gu j [kk gA dBkj rk 'kjhj ds fd l h Hkh Hkx ea tS s xnlu] pgjs ij vk l drh gA dN chekj vuE; rk ds l kFk

okyk I kekU; y{k.k ugha gS ; g i kfdll u dk y{k.k gA vr% tc chekj fpfdRI d dks bl ckjs ea crkrk gS rc fpfdRI d i kfdll u ds bl y{k.k ds bykt ds fy, nokbz nsrk gA

xfr ea/kheki u %bl fLFkfr eaLokHkkfod : i l s xfr ughagkrh vkg xfr dh jQrkj /kheh gks tkrh gA , s h fLFkfr ea fdI h Hkh dk; Z dks djus ea I keU; l s vf/kd l e; yxrk gS vkg fdI h , d Hkh xfr ; k fØ; k dks i kjeHk djus ea chekj dks tS s dkbz r\$ kjh djus i Mrh gS tS s fd pyus ds fy, i gyk dne mBukuk vkg tc xfr i kjeHk gkrh gS rks og Hkh /kheh gkrh gA ?kj df fdI h Hkh dk; Z dks dju\$ vi us Lo; a ds dk; Z dks djus ea ml s dfBukbz vkrh gA , s h fLFkfr dHkh&dHkh vpkud vk tkrh gSA i kfdll u ea gks okyh xfr vkerkj ij 1/5 i fr'kr chekj ka e¹ fo"kerk fy, gkrh gS vFkkr~'kjhj df fdI h , d vkg ysdv o\$ h nñ jh vkg ughagkrh gA fdI h Hkh i dkj dh fØ; k djrs l e; Fkdku tYnh vkrh gA ; fn chekj dksvxBl vkg chp dh vxjh dks ckj&ckj , d l kfk tkMts dksdgarksog tYnh Fkd tk, sk vkg /kj&/kj s dk; Z dh xfr Hkh /kheh gks tk; skA xfr ea/kheki u l s l e xfr ; k ckj&ckj nk gkus okyh fØ; k, a T; knk i Hkkfor gkrh gA bl h dkj.k l s chekj dN dk; l tS s Nk/s cVu yxukl nk rk ea ckj djuk vknf ea dfBukbz dk vu²ko djrs gA pgjs ij l e Hkkouk tS s vkg[k dks >i dus vknf dks ; s chekj vfhkO; Dr ugha dj l drA dN chekj ka dks [kkus dks fuxyus ea dfBukbz gkrh gA , s h fLFkfr ea ykj tek gks tkrh gS ft l l s l kd : dus dh l Ekkouk c<+ tkrh gA

enk ea vLFkjrk % pyus vkg l ryu ea i fjoRku bl h dk y{k.k gS A tc i kfdll u dk chekj , dne xfr djrk gS ; k ?kerk gS rks ml dk l ryu fcxM+ tkrk gS ft l l sml dsfxjusdh l Ekkouk c<+ tkrh gA ckgka dk b/kj&m/kj] Åij &uhpsfgykuk de gks tkrk gSA dN chekj vksd dh vkg ; k i hNs dh vkg vf/kd >p tkrk gS ft l l smuds fxjus dh l Ekkouk cgr vf/kd gks tkrh gA

i kfdll u chekjh dh dN tfVyrk, a

; g chekjh , s h chekjh gS tks mRrjkRrj c<rh tkrh gS tS &tS s l e; gksk

cdf qkkz dh nskky ?kj

fcxkM nrh gftl I s thou dh xqkoUkk iHkfor gksh gA
fpfdRI d vlg nsHkky djus okys ds fy, bu tfVyrkvA dh tkudkjh gksuk
vR; r vko'; d gA

tfVyrk, a fuEu gS %

- ♦ vol kn
- ♦ funk e@0; o/kku
- ♦ Lopfyr UkkMh I lFku e@vl kekU; rk
- ♦ Lefr Hkk
- ♦ EkSkp fØ; k ij iHkko
- ♦ I øxkRed vl kell; rk
- ♦ otu e@deh
- ♦ NkV&NkVs 'okd
- ♦ nskus e@ dfBukbz
- ♦ /khj&/khjs enpk xr vl ryu

vol kn % i fdll u chekjh e@vol kn I kekU; ckr gSA i kfdll u dks chekjh ds y{k.kksdsLi "V : i I s idV gksusI seghukavkj I kyka iDZgh vol kn yf{kr gksus yxrk gA yxHkx 20 I s 40 i fr'kr chekj vol kn I s iHkfor gksrgA vol kn dk funku FkkMh dfBu gksrk gSD; kfd i kfdll u ds y{k.kksdsI kFk vol kn ds y{k.k ?kj fey tkrs gA mue@Hkn djuk dfBu gksrk gA vol kn e@pgjk ,§ k yxrk gS t\$ s fd 0; fDr e@HkVk i gus gq gA xfr /kheh gks tkrh gA euks'kk Yemh cnyrh jgrh gS vlfn vlfnA dHkh&dHkh i kfdll u dh nokbz I s Hkh udkjRed iHkko ds : i e@vol kn mRiUk gks tkrk gA Mks kfeu dh deh I s efLr"dk r=dk I Ei Hkd W; jks Vh ehVjY t\$ s I gks/ksuu] iHkfor gksrk gA I gks/ksuu dh vol kn e@Hkh egRo i wZ Hkfedk gksh gA

i kfdll u chekj e@vol kn ds fuEu y{k.k i k,s tkrs gS %

- ♦ n@kh n@kh I k fn[kkbz nsrk gA
- ♦ Fkdku

- ♦ uhn ea0; o/kku
- ♦ Lej.k djus ea dfBukbz

eSkp fØ; k i j i kko

, d vefjdu v/; ; u ds vuq kj i kfdll u l s xfl r yxhkx 81 ifr'kr iq "kka vlg 43 ifr'kr efgykva us chekj h dh rhork ds vkkj i j eSkp fØ; k ead eh gksus dsckj seacrk; kA i kfdll u l s xfl r iq "kkadsfyx eaxfr u gksus dsdkj .k oseSkp fØ; k ughadj l drA efgykva ds'kjhj ea fodfr vku\$ ituu vx dh vuE; rk vlg i \$kkc ea ij'kuh dsdkj .k i kfdll u l s xfl r efgykva dks eSkp ea vkuu ugha vkrkA

I axkRed vI kekU; rk

i kfdll u dk chekj Mjk&Mjk l k vlg xpl soyk gkrk tkrk gA ml eafdl h dke dks djus dk tkk ugha gkrk vlg og fujk'kkoknh gks tkrk gA

ctu ea deh

dSylght dh ek=k ead eh dsdkj .k i kfdll u ds ejht+ea otu dh deh gksuk , d egRoi wlz l eL; k gA ml ds 'kjhj ea dSylght dh deh bl fy, gkrh gsfd mlgapckus vlg fuxyuse dfBukbz gkrh gA [kkuseacgr l e; yxrk gS rFkk [kkus vlg ihus eacgr ifjJe djuk i Mfk gA

Nks&Nks 'okd ysk i kjeHk gks tkrk gA nskus ea dfBukbz gks tkrh gA rst i dk'k ea , d jx dh nksolryka ea Hkou djuk dfBu gks tkrk gA jkLrs ea i Mh ghpht dksu nsk i kus dsdkj .k fxjusdh l Hkouk c<+tkrh gA /khj&/khj schekj dh epkvaevl ryu gksus dsdkj .k l ryu cukus vlg pyuseal eL; k gks tkrh gA jkf= eackj&ckj i \$kkc tkus dh f'kdk; r gksuk ekd i \$l ; kaeannt i yx ij mBus vlg cBu\$ djoV yuseaij\$kuh Fkdku vkuu vlfn , s y{k.k gatksml ds thou dh xqkorrk dks i Hkfor djrs gA

?kj ea i kfdll u chekj h l s xfl r 0; fDr dk vxj /; ku j [kk tk, rksmuds thou ea xqkorrk ykbz tk l drh gSrFkk nokbz kads l ou vlg mfpr nskkky l schekj h

CdF Qkkh dh nskky ?kj

enn dh vR; Ur vko'; drk gkrh gA

uhm ea 0; o/kku

yxHkk 70 i fr'kr i kfdll u ds chekjka dks I kus ea 0; o/kku gkrk gA 0; o/kku dh rhork dk chekjh dh rhork I s xgjk I cdk gA dHkh&dHkh chekjh ds mi pkj ds fy, yh xbZ nokbZ ds dkj .k Hkh uhm ea i jskkuh gkrh gA chekj dks uhm rks vK tkrh gS yfdu jkr ea I krs jgus ea dfBukbZ gkrh gA vxj chekj jkr dks tx tk, rks fQj I kus ea Hkh i jskkuh gkrh gA tks chekj tYnh I kdj mBrS gS mUga dIuk vkJ vfr vuE; rk dk vutko gkrk gS vkJ os i p% I ks ugha i krA nokbZ ka ds nsus ds I e; vkJ ek=k ea ifjorZu dj bl I Ekl; k ij dN I hek rd dkcw ik; k tk I drk gA

fnu eamuhmki u jgus I sHkh thou dh xqkorrk ij iHko i Mrk gSD; kfd muhns jgus I s nsud thou p; kZ iHkfor jgrh gA tS s fd okgu pykulj i<uk ; k dkBuk dfBu gks tkrk gA chekj fnu ea FkkMh&FkkMh nj ds fy, I ksk jgrk gS ftI I s jkr dks uhm vruk dfBu gks tkrk gA fnu ea Fkdku vkus dk , d i ejk dkj .k gS jkr dks i jh uhm ughavrukA dHkh&dHkh , k nokbZ ds udkj kRed iHko ds dkj .k Hkh gkrk gA

dHkh&dHkh chekj dks I i useatks dN fn [kkbZ nsrk gS rks og os k gh djus yxrk gA bl sjE funk 0; o/kku (REM Sleep Disorder) dgrsgA mnkgj .kLo: i Lolu eafdl h dks i j I s ykr ekjuk n[k dj Lo; aykr ekjus yxrk gA bl I s I kfk ea I k s q 0; fDr dks og Hkh ykr ekj nsrk gA bl I s i fr@i Ruh] nsHkkky djus okys dks pkV i gp I drh gA ftu chekjka dks I kus ea i jskkuh gkrh gS muds Lefr&nksk (Dementia) gksu dh I Hkkouk cgk vf/kd gkrh gA

Lopfyr&uMh I kfku ea 0; o/kku

i kfdll u chekjh ea ejht+ds Lopfyr ukMh I kfku ea ifjorZu gksu I sfuEu ckr gkrh g%

- bl chekjh ea dCt jguk I kekU; ckr gSD; kfd i kfdll u chekjh ea vkek'k; r= /hek i M+ tkrk gA dHkh&dHkh dCt nokbZ ka ds udkj kRed iHko I s Hkh

- ckj&ckj iškkc vukuk & fnu gksjkr chekj dksviuh eH dh Fksyh dks [kkyh djus dh ckj&ckj bPNk gksyh gA
- jDr pki dk fxjuk A
- Ropk lsl cfi/kr l eL; k, a& Ropk ; k rkscgr l [kh gks tkrh gsvks ; k rsh; fo'kskdj pgjk vks ekFks dh RopkA i l huk de vkrk gs; k i l huk cgr vf/kd vkrk gA
- Lokn vks xdk dh {kerk & cgr l s i kfdll u ds chekjkauscrk; k fd muds Lokn dh {kerk de gks xbz gs rFkk mlga xU/k@nqll/k dh vuHfr Hkh ugha gksyhA

Lefr Hkk & 40 i fr'kr chekjkauscrk; k fd mudh ; knk'r de gks xbzgA vk; q dh of) ds l kfk l kfk Lefr ea deh gksyh gA i kfdll u chekjh ea Lefr Hkk yxHkx 10 o"l ckn chekjh dh c<h gbs voLFkk ea gksrk gA vk; q ds vuq kj o) koLFkk eaqg Lefr Hkk eavks i kfdll u ds dkj.k gq Lefr Hkk eavUrj gksrk gA , s h fLFkfr ea i kfdll u chekjh ds y{k.k Hkh gksyh gA

i kfdll u chekj dh nqHkky djusokys0; fDr dksejht+dh nsgd vks ekufi d vko'; drkvka dk /; ku rks j [kuk gh gsmi s bl ckr dk Hkh /; ku j [kuk gsf d chekj ea dkbzvU; tfVyrk i h u gks tk; A tc Hkh mlsyxsfd chekj vol kn dh fLFkfr eaqS; k mls dk otu de gksjgk gsrks 'kh?kz fpfdRI d dks crk, i vks mls dk mi pkj djk,A

dHkh&dHkh ; s tfVyrk, ftudk o.ku i vU eaf; k x; k gsf dI h nokbz dk udkj Red i Hkko gks l drh gA fpfdRI d dks bl dh l puk nA fpfdRI d ; k rks nokbz cnyks ; k nokbz nsus dh ek=k vks l e; ea i fforu djk,A

i kfdll u chekjh eR; qdk dkj.k ughacurhA vU; tfVyrk, gksu i j osgh eR; q dk dkj.k curh gA bl ds vfrfjDr i kfdll u dk dkbz bykt Hkh ugha gA , s h fLFkfr ea chekj dh nqHkky djds vks chekjh dk mfpr i cku djds ejht+ds thou dh xqkorrk ea l qk j fd; k tk l drk gA



cdt qkz dh nskky ?kj

chekjh ds ckn vkJ; ykk ea l gk; rk

ifjokj dscTjkz nL; dh l tjh ¼vkJsku½ ; k chekjh ds ckn vkJ; ykk ds fy; snskky djuk chekj 0; fDr vkJ l ok&l pikk djusokys0; fDr nkukadsfy, cgr pkfhi wkl dk; ZgA bl v/; k; eage vki dks; g crkuk pkgrs gfd dS s cTjkz0; fDr ; g vutko djsfd vc ml svkjke gsvkJ l c Bhd&Bkd gks jgk gA l kfk gh og vki ds l g; kx vkJ l gk; rk l sLoLFk vkJ 'kfDr' khy gks jgk gA bl v/; k; ds vUr ea ; g Hkh crk; k tk; sk fd chekj dk dejk dS s l fTr dja vkJ nsdkky ds dN 0; kogfjd l pko Hkh fn; s tk; xA bl l cds fy, vki dks dN fpfdRI dh; mi dj.k [kjhnus ; k fdjk; s i j ysus i M+l drsgA i hys i llus okyh VsyhQku Mk; jDVjh ¼ syks i stst Mk; jDVjh½ ds }kjk bl i dkkj ds mi dj.k cpusokyh LFkuh; dEi fu; kads VsyhQku uEcj ydij mul sbl ckjse crk dja vLi rky eadke djusokysdepkjh t\$ sfd ul Zvlfn vki dks crk; sk fd vki dks ?kj ij fdu fdu mi dj. k dh vko'; drk i M+l drh gsvkJ muga dgka l s i klr fd; k tk l drk gS\ fpfdRI d Lo; a ; k ul Z dks Hkst dj vki ds fy, fdu fdu mi dj. k dh vko'; drk gks l drh gsvkJ mudk mi ; kx dS s djabl ckjse crk l drsgA vki dk , d ek= y{; cTjkz chekj dh enn djuk gS ml s i klr kfgr djuk gsvkJ ml dks l g; kx nsuk gA l oonu'khy vkJ i ei odl nsdkky djus l scTjkz0; fDr ¼q "k ; k efgyk½ dh thou 'kfDr eaof) gkrh gA bl ckr dks/; ku ej [kafd cTjkz0; fDr i gysLora Fkk vFkk~vi uk dke Lo; a l sdjrk Fkk vkJ vc ml dk eukcy c<ku svkJ l gk; rk dsfy, i klr kfgr djus vlfn dsfy, ml svki ij vlfJr gks dh vko'; drk gA cTjkz0; fDr dks Lo; a ij fu; k djus dsftrus l kko gks l davo l j nA vki ml s fu.k i fØ; k ea l fEfyr dja ml l s i Na fd vkt vki dk l s di M+ i guuk pkgs\ vki dc ?kuk pkgs\ vlfn chekjh l s Bhd gks ds ckn t\$ s gh cTjkz0; fDr ea 'kfDr vkus yxs ml s fdI h u; s dks Z dks djus dsfy, i fjr djus dh 'kh?krik u fn[kk; A ijh 'kfDr vkus ea

g\$fd 'e\$ughadj I drk* rksml dk vFkzg\$'ep\$, k djuseMj yxrk g\$* u; s dk; k ; k 0; k; keka ds ckjs ea/khjs /khjs vkl foLrkj I sml scrk; A

; g , d feF; k /kkj .kk g\$fd chekjh ; k I tjh djkus ds ckn tYnh LoLF; gksus ds fy, fcLrj ij vklke djuk vPNk gksk g\$yfdu vf/kd I e; rd fcLrj ij y\$sjuk 'kjhj eacgr I kjh I eL; kvk dk dkj .k gksl drk g\$ts si hB ; k 'kjhj ds vll; Hkkxka ea?kko gks tkuk fdMu h dk [kjkc gksuk] ekd i f'k; kdk fl dMuk i frorh fØ; kvk@I gt fØ; kvk dk fuf'Ø; gksuk vkl jDrpki dk c<+ tkuk vklfnA tks 0; fDr cgr fnuk rd fcLrj eajgrk g\$ tc og mBrk g\$ rks bu I eL; kvk ds vfrfjDr fl j eapDdj vklk ePNr gksuk 'kjhj ds tkMk dk dMk gksuk detkjhj ekd i f'k; kdk fØ; k ughadjuk yekd i f'k; kaefLr"d rd I ns k Hkstuk can dj ns h g\$A

vki dk y{; g\$ %

- ❖ dejk r\$kj djatgkacTkkZ chekj dh ns[khky dh tk I dA
- ❖ ; g fuf'pr dj ya fd cTkkZ 0; fDr dks vklke fey jgk g\$A
- ❖ LokLF; eaixfr ds ckjs ea cTkkZ dks i kR kfgr djrsjgA
- ❖ fcLrj ij vklke djus ds dkj .k gþl I eL; kvk dks jkdkA

fo'kk dh I gk; rk dc ya

tc dkBZ u; s y{k.k fn[kkbZ na & u; s y{k.k I s rkRi ; Z g\$ cTkkZ 0; fDr dh rkRdkfyd voLFkk ea fdI h ifjorlu dk gksukA , k gksus ij fpfdRI d dks crk; A chekjh dk dkBZ y{k.k vpkud xEhkj gks tk; s ; k ml dk icUku djuk dfBu gks tk; s rks fpfdRI d dks crk; A vke rkj ij bl dk vFkzg\$ chekj dh voLFkk ea gq ifjorlu ds ckjs ea fpfdRI d dks crkuk vr; Ur vko'; d g\$A vxj vki krckyhu I ok dh vi \$kk gks rks tkus I s i gysfuEu ckrk ds ckjs ea tku yA &

- ❖ chekjh dk y{k.k dgka ¼ kjhj ds fdI Hkkx efn[kkbZ fn; k
- ❖ y{k.k dk o.ku djavkl crk; afd og fdruk rhoz g\$ \

Cdfqkkz dh nskkky ?kj

❖ cT~~ek~~Z0; fDr D; k D; k nokbz kaysjgk g§ bl ckjseafpfdrI d dksckr; A vki tc fpfdrl d dks Qku }jkj cjk; arc D; k dgj , d mnkgj.k yA **es vfuy iKVuh cky jgk g§ es vi usfirk Jh jfo iKVuh dsckjseacrkuk pkgrk g§ tc l smuds dVgs dh l tjh g§ src gh l s osfcLrj l smBrs g§ rks mUga pDdj vkrk g§ ?kj vkrk l e; fpfdrl d us ; g ughcrk; k pDdj vkrk dh l eL; k gks l drh g§**

cT~~ek~~Z dh l gk; rk ds fy, vki D; k dj l drs g§

cT~~ek~~Z0; fDr dh ?kj ea d§ s ns[kkkky dj§ bl ds ckjs ea fpfdrl d vkg ul z l s tkudkjh iklr dj yA vki fpfdrl d ; k ul z l s iNa fd cT~~ek~~Z0; fDr D; k dj l drk g§vkg D; k ughadj l drkA bu ckrkadsckjseahh l puk iklr dj%fdrus l e; ea Bhd gks tk; skl [kkuk D; k n§ D; k dkBZ0; k; ke dj l drk g§%t§ s ?keuk] pyuk fQjuk vknf½ vknj§ku l s gq ?ko dh ns[kkkky d§ s dj§ nokbz ka d§ sn§ vxj dkBZfo'ksk mi pkj djuk g§rksd§ sdja\ fpfdrl d ns[kkkky djus okys dks bu l c ckrk ds ckjs ea fun§k nxa

; g tkuus dk i§Ru dj§ fd fpfdrl d l s d§ s l Ei d§ fd; k tk l drk g§

vki kralkyhu fLFkfr ea fpfdrl d dh l ykg dh vko'; drk g§rks g§ ; g ekyre dj§ fd , k d§ s dj l drs g§ \ fpfdrl d l s iNa fd D; k vki chekj dh ns[kkkky dsckjsean§ud fjiKVZpkgrsg§\ iR; d fpfdrl d dh dk; z'ksyh flkju flkju g§rks g§bl fy, vki vi usfpfdrl d dh dk; z'ksyh dsckjseatkudkjh dj yA

cT~~ek~~Z ds l kus ds dejs dks r§kj djuk

I kus dk dejk l kQ&l fjkj gksk pkfg, A vuko'; d phtks dks gVk na ; k dksus ea j[k naft l l scT~~ek~~Z0; fDr vkjke l smB cB l d§ vk tk l dA os l Hh phta dejs l s gVk naftul schekjh dh ; kn vk; A

❖ ikuh dh l jkbz@ikuh dk tx vkg fxykl fcLrj ds ikl j[ka

- ❖ fcLrj ds i kl dySMj v k j ?Mh j [k a ft l l s c T k Z 0; fDr dks l e; v k frffk dk Kku j g A
- ❖ c T k Z ds i kl dky c S j [k a ft l l s og v k o'; drk i M s i j m l dk mi ; kx n s k H k ky djus okys dks c y k u s e a d j l d A
- ❖ f jek v d U V s l s i y a i j c B s c B s c T k Z y k b V t y k v k c l n d j l d , d k b U r t k e djus dk i z Ru d j A
- ❖ vxj c T k Z fcLrj l s rks m B l drk g S y f d u c k F k : e r d u g h a t k l drk g S r c i y a d s i k l dek M j [k u s i j f o p k j d j A
- ❖ fpfdRl d l s i N a f d D; k chek j dks fo' k k i d k j dk H k s t u n s u k g S
- ❖ H k s t u n s u d k l e; f u f ' p r d j a v k m l i j n < + j g A
- ❖ [k k u k F k M k & F k M k d j d s n A chek j h e a H k [k / k h j s / k h j s y x r h g A
- ❖ H k s t u n s u d k r j h d k [k k u e k g k s v k t k s H k [k c < k u s e a n n d j A j a h u u s f d U l v k p h t k a d k s M k b f u a V s c y i j l t k d j d k e e a y A
- ❖ [k k u k [k k u s e a l g k; d m i d j . k k a d k m i ; k x d j A

vxj c T k Z 0; fDr dks [k k u k [k k u s e a d f B u k b Z v k r h g S r c b u c k r k a l s l g k; r k f e y x h A t \$ s f d f t u c T k Z d k s i d M u s e a i j s k u h g k s m l g a g Y d s d i ; k ex e a i s i n k F k Z n A f t u d s d k k a v k d g f u; k a e a d e t k j h g S m l g a, d s c r l u n a f t u d s i d M u s d s g S. My y E c s g k A l y V x M Z g k a f t l l s [k k u k u h p o s u f x j A p E e p v k Q k b Z , d s g k a f t u d h i d M + f o f ' k " V g k A

vxj H k [k de y x u s d h f ' k d k; r g S r k s H k s t u F k k M k F k k M k d j d s n A v k i ; g t k u u s d k i z Ru d j a f d d c c T k Z 0; fDr dks H k [k B h d y x r h g A v x j H k [k l q g B h d y x r h g S r k s u k ' r s d k s f n u d k c M k [k k u k t \$ k r \$ k j d j A ; g /; k u e a j [k a f d c T k Z t k s n o k b Z k a y s j g k g S o s m l d h H k [k d k s i H k k f o r d j l d r h g A v x j , d k g S r k s n o k b Z k a d k i H k k o d e g k s r c g h c T k Z d k s H k s t u n A H k [k l s l c f / k r l e L; k d s c k j s e a o t u e a d e h v k H k s t u v /; k d k s i q % i < A

cT_hckz dks v i us , dkdh i u dks jkds ds fy , dN djus dks gksuk pkfg , ; k mul s feyus ds fy , ylk&clkxka dk vkkuk tkuk cuk jgA Vsyhfotu ; k jSM ; ks vkekn&iekn dk , d l k/ku gA ukrh&i kr} nkfgrk ; k nkfgrk vks fe=k ds vkus I s muds I kFk [kyus ; k cT_hckz ds fy , i trd vkn i <ej I vkkuk Hkh cT_hckz ds , dkdh i u nj djus dk rjhdk gA VsyhQku dks cT_hckz ds i yk ds i kl j [kA vki ml ds i sk ; k ihB dks I gyk I drs gA , d k djus I s mUga vPNk yxsxk vks muds jDr dk I pkyu c<+tk , xkA

muds I kks dh eplk dks cnya

tc 0; fDr [kMk gksk gS ; k py jgk gksk gSrc QQM&vPNh rjg I svkDl htu yrs gA tc 0; fDr yVk gksk gSrks QQM&nc tkrs gavk osvkDl htu de yrs gA i yk ij cT_hckz 0; fDr dh eplk dks dbZ ckj cnyrs jgA

vxj I kko gksk ml dks i yk I s mBus ea l gk; rk dlf, vks dI hZ rd ; k ckFk: e rd ys tk; A vi us fpfdRI d l s , s 0; k; keks dks ckj s ea i Naf tUga og i yk ij gh dj I dA [kka uk vks xgjk I k ysk tS s 0; k; ke gj nks I s pkj ?k. Vka ea djuk vDI j egRoi wkl gksk gA

jDr I pkyu I s I cklkr I el; kvks dks jkda

i yk ij vkske djus I s [k u xk< k gks tkrk gSft I l sfny ij ncok i Mfk gA jDr okfghu eagok Hkjuk , d [krjsokyh voLFkk gSmI ij /; ku j [kA ; g fLFkfr rc vkrh gStc jDr okfghu Qy tkrh gSvks [k u dSpdrs [k u ds }kjk fny ; k QQM&rd igp tkrs gA bl dk ifj .kce gksk gS thou dks [krjk mRi Uu djus okyh vki krkkyhu fLFkfrA bl s jkds dk I cl s vPNk rjhdk gS i yk I s ckgj vkkukA i R; d nks I s pkj ?k/ka ea dejs ea ?k{ dI hZ rd tk; a ; k ckFk: e rd tk; A <hys di M& i gu} dl s gq , ykfLVd dej cln] ckgk dls ekst} yEcs eksts vkn u i gu} tc i yk ij gkskckj ckj vi uh eplk cnyus dls I kFk I kFk Vduka dks fgyk; a vks i sk ea xfr djA tc cT_hckz 0; fDr dI hZ ij cBk gks rks Vks dks tc&rc LVy ij j [kA fpfdRI d l s i Ndj i sk ea jDr I pkj c< kus vks jDr dk fny rd cgk o c< kus ds fy , jDr I pkyu djus okys ^, ykfLVd i yk ds yEcs ekst} (anti-embolism elasticized bed stocking) [kjhnA

i y~~x~~ ij i M~~s~~ jgus I s ek~~a~~ i~~s~~ kh; fØ; k ; k rh~~c~~.k I pkyu ughag~~r~~kA I pkyu I s [kkuk ikpu r~~a~~ I sg~~k~~rk g~~y~~k tk~~r~~k g~~S~~v~~k~~ v~~r~~fM+ ka?kerh g~~A~~ vxj I pkyu gh ughag~~k~~k rks d~~c~~t dh f'kdk; r g~~k~~s t~~k~~; x~~h~~ veykoj~~k~~k v/; k; dksn~~k~~ dkQh ek=k e~~a~~ i~~s~~ i nkFlz ya v~~k~~ dkQh j~~s~~ks oky~~k~~ [kkuk [kk; a ¼t~~s~~ s Qy] I fct; k~~A~~ I Ei wkz vukt] nky~~a~~ v~~k~~ j~~k~~/h v~~k~~fn½ ; g H~~h~~ n~~s~~k y~~a~~fd dghac~~T~~0; fDr t~~k~~s nokb~~z~~ ys jg~~k~~ g~~S~~dgh~~a~~ d~~c~~th g~~k~~uk m~~l~~ dk vfrfjDr udkjkRed i~~H~~ko rks ughag~~A~~ ckj&ckj nLrkoj ¼nokb~~z~~ y~~u~~k Bhd ughag~~A~~ vxj d~~c~~t dkQh I e; rd cuh jgrh g~~S~~rks vi us fpfdRI d dh I ykg y~~A~~ fpfdRI d e~~S~~k E; nky~~s~~; k I s~~k~~dk~~V~~ t~~s~~ h nokb~~z~~ y~~u~~s dksdg I drsg~~A~~ ; snokb~~z~~ kanokb~~z~~ dh n~~p~~ku~~a~~ i j vkl ku~~h~~ I sfey tkrh g~~A~~ vxj I eL; k T; knk xE~~H~~khj g~~S~~rks ,uh~~e~~ ; k nLrkoj nokb~~z~~ ys I drsg~~s~~y~~f~~du y~~u~~s I s i gys vi us fpfdRI d I s i N y~~A~~

i y~~x~~ ij i M~~s~~ jgus I s g~~k~~us okys ?~~k~~o~~a~~ dks j~~k~~duk

c~~T~~0; fDr dh Ropk i ryh v~~k~~ detkj~~g~~krh g~~A~~ vxj c~~T~~0; fDr cgr I e; rd d~~j~~ h~~z~~; k Oghy ps j ij jgrk g~~S~~rks Ropk dk t [e ¼YI j½g~~k~~us dh I H~~k~~ouk cgr vf/kd g~~k~~s tk~~r~~h g~~A~~ Ropk I s I c~~f~~kr I eL; k, a v/; ; u dksn~~k~~ ; s ?~~k~~ko mu txg~~k~~ ij g~~k~~rs g~~f~~ tg~~k~~ 'kj~~h~~j dk ncko i M~~r~~k g~~S~~t~~s~~ s fd dkgfu; k~~A~~ Vdu~~s~~ d~~W~~g~~s~~ mafy; k~~A~~ i y~~x~~ dh pknj ; k v~~U~~; di M~~a~~dh j xM+I s 'kj~~h~~j dh Ropk V~~W~~ tk~~r~~h g~~A~~ bu ?~~k~~oka dks fuEu I ko/k~~fu~~; kacjr~~u~~s i j j~~k~~dk tk I drk g~~A~~

c~~T~~0; fDr ds 'kj~~h~~j dh fLFkfr gj nks ?~~k~~s ckn cny~~a~~

fnu ea, I k dj~~a~~ v~~k~~ jkr dks gj 4 ?~~k~~s ckn cny~~A~~ ¼xj vki ds vylok dkb~~z~~ v~~U~~; 0; fDr H~~h~~ n~~s~~kky dk; Z e~~y~~yxk g~~S~~rc gj nks ?~~k~~s ds ckn I kws dh fLFkfr dks cnyuk Bhd jgs~~k~~A vki vds~~s~~g~~r~~ks vki ds v~~k~~jke dh nf"V I s jkr dks 4 ?~~k~~s ckn cnyk tk I drk g~~A~~½

'kj~~h~~j dh fLFkfr dks cnyuk

❖ i hB I s cxy dh v~~k~~ ¼djoV y~~u~~k~~z~~ v~~k~~ , d cxy I s n~~u~~jh cxy ¼ d djoV I s n~~u~~jh djoV½ dh v~~k~~

CdF Qkñ dh nñkky ?kj

Vkaka vñj V[kuka ds chp rfd; k j [kA i hNs dh vñj dñku j [kA dñgka ds uhps rfd; k j [kA vxj cñkZ 0; fDr dkQh l e; rd 0ghy ps j i j jgrk gS vñj vDI j fgyrk Myrk ughagSrksQV jñV ij iM j [kA tc ,d fLFkfr l sñl jh fLFkfr eñcnyarksfdukjs ij rfd; k j [k yA

cBns ds fy, tñj dñku ½tñj rfd; k/ dk mi ; kx djA , k djus l s/jh<+dh gñh dk ncko de gks tkrk gSD; kñd ogkaRopk dk Vñuk l kekU; ckr gA i yA ij HñM+dh fl UFLkVd [kky ds xík dk mi ; kx djA bl i dkj ds xík l thdy l keku cpusokyh npkuka ij fey tk; kñA bl i dkj ds xík l senn feyrh gSfQj Hñh gj nks?kñka ds ckn fLFkfr eñifjorü djrsjgA i yA dh pknj fl eVsughabl dk /; ku j [kA cñkZ 0; fDr dks /khj s l s vñj l ko/kuh l s i yA l s mBk; kñm l dh fLFkfr dks cnyA vxj cñkZ 0; fDr dks mBkuk dfBu gS rks mBkus ds fy, pknj dk mi ; kx dj l drs gA fcLrj ij iM+jgus ds dkj .k gq ?kkoka dk rRdky bykt djk; A ?kko gksus dk l drs feyus ij Ropk dk yky gksus ij ½fpfdRI d dks cñykdj rRdky bykt djk; A 'kjhj ds ft l Hñkx ij ?kko fn [kkbZ ns ogka ncko ugha i Mñk pkfg, A ?kkoka ij nokbZ yxkus ds ckn vi us gkFkka dks l kcñ l s/kñs A , k djus ij cñkZ ds 'kjhj ds vñl; Hñkxka eñvñj vñki ds 'kjhj eñbuQD'ku ½ ñœ. k/ ugña QSyskA

I kko dfBukbZ ka

ejh eka fcLrj ij cñMiñ Wñh djus dk crñ½ dk mi ; kx cncw ds dkj .k ugña djuk pkgrhA

mñkj %'kjhj l sfudyusokysey dk fo"k; iR; d 0; fDr dsfy, l ñsnu'khy gA ckFk: e tkuk ijh rjg l scgr gh 0; fDrxr ckr gA l ok 'kjñkk dk dk; z i e dk fo"k; gA cñkZ 0; fDr dks dgñfd eñs vñki dh l ok djus eñdkbZ dfBukbZ ughagksrhA ml s l e>k; afd vñki dh i kñbñ h ½utrk½ dk /; ku j [k tk; skA vxj cncwvkus dh ckr gS rksdejsdh l Hñh f[kMfd; kñdks [kky nñ i [k pyk nñ [kñkcw okyh vxjcñlk tyk nñ dejseñl qflkr Liñdj nñ

mūkj %ul z vki dks , d k rjhdk crk; xh ft l l svki viuh i hB dksfdl h i ddkj dk upl ku i gpk; s0; fDr dh fLFkfr cny l drsga vki dks ; g l ykg nh tkrh gSfd vki viusfdl h l kFk] ?kj ds vU; l nL; ; k i Mks h dh l gk; rk yarls vPNk gA bl i ddkj dh vU; ck/kvksdscjseal kpavkj mlganj djusdsrjhdk ij fopkj djA

I ek 'kdkk l s l ekr tks ; kstuk vki us ckbz gS ml ds ifj. Kek dks nsko vkj ; kstuk ea vko'; drkuqkj ifjoru djA

i R; d 0; fDr pkgrk gSfd de i jskkuh gksvkj cTkkz tYnh vi uh chekj h l seDr gks tk, vkj LoLFk gks tk; s yfdu , d k gkuk l nbs l hko ugha gkskA gj ubz l eL; k ds mRi luu gksus i j , d dne i hNs gks tkrs gAvkj fQj dkbz ubz ; kstuk cukuh i Mrh gA vki dk y{; gS gj l eL; k ds l ek/kku ds fy, ubz ; kstuk cukukA

vxj vki dh ; kstuk dkjxj u gks

vki ds }jk nskkky djus i j hkh chekj dh gkyr Bhd ugha gks jgh gS rks fpfdRI d dks crk; a vkj vU; ykska dh l gk; rk yA

chekj 0; fDr ds fy, dejk rs kj djuk

chekj dsfy, dejk dS k gkj ml dsD; k&D; k mi dj.k gkavkj mu mi dj.kkdk mi ; kx dS sfd; k tk, ; s l c ckra vki ul z l stku fpfdRI d bl ea vki dh l gk; rk dj l drsgA

**D; k vki dks vLirky dk iyx pkfg, **

vLirky ds i yx eavud idkj dh l fo/kk, agksrh gA ml eajsyx gksrh gS ml s Åij&uhps fd; k tk l drk gA ml i j ugkuk vkj [kkuk [kk; k tk l drk gA bl idkj ds i yx vki fdjk; s i j ys l drs gA

uk'rsdsckn i yx dksBhd djA i yx i j fcNkusdsfy, l rh pknj vkj vksus ds fy, hkh l rh pknj gks rks vPNk jgrk gA l rh pknj ea gok vkl kuh l s vkl@tk l drh gA pknj dks vPNh rjg l kQ djA

CfTqkz dh nskky ?kj

ds xnns ds chp ea lykfLVd dh pknj ; k ykbuj yxko bl dk Ropk l s l h/kk l h/kk l cdk ughagksk ft l l s 'kjhj e atyu ughagksk u gh Ropk VWrh gA
cTqkz dks i yx ds chp e avkjkei oDl lyk; A cTqkz 0; fDr dks djoV cnyokrs l e; /; ku j [kfd vi uh i hB dksplsy u gksusnavkj u gh i V dh ekd i f'k; ka ij ncko i MA cTqkz 0; fDr dks, d rjQ djoV fnykrsl e; Vks >ph gkvkj ml dk pgjk vki dh vkj gkA i yx dh vkj Vks dks >yk; A vi us gkFkka dks 0; fDr ds dU/kka dks uhpsj [kavkj /khjs l s l ko/kkuhi oDl Åij dh vkj [kpa dU/k dks tkj l su [khp] pkv yx l drh gA vxj vLirky dk i yx gSrksml s mBk; k tk l drk gSvkj 0; fDr cBus tS h fLFkfr e Lor% gh vk tkrk gA

iyx l s dI h ij ys tkuk

iyx l s dI h ij ; k dI h l s i yx ij cnyusdk fu; e gSfd cTqkz 0; fDr ds 'kjhj dks 90 fMxb l smBk; A rkdr dk i jh{k.k dj yA ; g ekye dj yfd 0; fDr dk 'kjhj fdI vkj l s Hkkjh gA vxj 0; fDr dk ck;k Hkkx Hkkjh gSrksml dks ck;k vkj dI h j [k ft l l sog enn ys l dA vki ml dks detkj Hkkx dh vkj l senn djA cTqkz 0; fDr i yx dsfdukjsij vki dksn[krsgq cBk gksuk pkfg,] vki ml dsi kl tkok dI h i kl eagksuh pkfg,] vi us ?kjuk dks cTqkz ds ?kjuk l sfeyk na cTqkz 0; fDr dksml dsgkFkka dksml dh xnzu dks pkjka vkj l s idMts dks dgaA , s k djus ij LFkku cnyuk l jifkr vkj vkjkenk; d gksckA cTqkz 0; fDr ds 'kjhj ds Åijh Hkkx dks vi us l hus l s yxk; A vki vkj cTqkz 0; fDr nkuka, d l kfk mBk , d fefuV rd i dM&jgavkj ; g tkuafd cTqkz 0; fDr dks pDdj rksughavk jgk gSvkj ml dk l rgyu Bhd gA cTqkz 0; fDr ds ?kjuk l s l cdk u gVk; , s k djus ij cTqkz fxj l drk gA

fcLrj ij Veh i skc djuk

vxj cTqkz 0; fDr detkj gSrksbl i) fr dks vi uk, A cTqkz i q "k@efgyk dks , d vkj ?kek na cM i s l dks Åijh Hkkx dksml dks dVgk dks Åijh Hkkx l s jhM+ dh gI h dksuhpsrd yxk; A vc cTqkz 0; fDr dks cM i s l dh vkj ?kek na vxj cTqkz 0; fDr vki kuh l sfgy My l drk gSrksbl fof/k dks vi uk, A cTqkz dks

dWgka ij Vsyde ikmMj yxk nA , s k djus ij cMi s vkl kuh l s vUnj vk tk; xkA Veh] i skc djus ij cTkeZ dks ml ds dWgka dks mBkus dks dg] ft l l s Veh uhpsu fxjA cM i s ij rkfy; k Mky navkj , d vkj j[k nA Vlaakadscip ds Hkkx dks vPNh rjg l kQ djA Ropk ij i skc ; k xnxh u jgA Ropk ij l kcp Hkh u jgA

ckFk: e ea Veh&i skc djuk

cTkeZ; fDr ckFk: e rd py l drk gSyfdu fQj Hkh ml sdekM ij cBusvkJ mBus ea i jskkuh gks l drh gA vxj , s k gSrks dekM dh l hV dks l kekU; l s Åpk djavkJ i dMus ds fy, ml ds cxy ea jkM yxk; A

i yx ij Luku djuk

i yx ij Luku døy xEHkhj chekjh okys0; fDr; k dks gh djk; k tkrk gA døy ml h cTkeZ dks fcLrj ij Luku djk; a tks py fQj ugha l drkA

i yx ij Luku djkr s l e; l c phts i kl ea 0; ofLFkr : i l s gkuh pkfg, A vki dks fuEu phtk dh vko'; drk gkxh &

- ❖ , d ckYVh xpxuk xje ikuh
- ❖ rhu rkfy; s
- ❖ nks l kQ djus ds diMs
- ❖ i yx ij cnyus ds fy, /kyh pknj
- ❖ ugkus dk dEcy ½ vrh dEcy ; k pknj½
- ❖ Xyj jhu l s cuk l kcp
- ❖ yksku] jstjj] 'kfox Øhe] ckyka dk ctk ; k dakk

pgjs l s xnlu rd i gys/kks j ckgka l s gkfkkard] l hus l s iV rd] tkakka l s i gka rd] vlr ea xpk LFku dks /kks a ½ kQ dj½

'kjhj ds ft l Hkkx dks l kQ dj jgs gØdøy ml s gh [kyk j[k 'ksh Hkkx dks pknj l s <d dj j[k bI l s cTkeZ dks BMd Hkh ugha yxxh vkJ 'keZ Hkh ugha vkJ, xhA

Vlaakka vkJ xpk LFku dks l kQ djus ds fy, l kQ ikuh yA

cdř qkž dř nškký ?kj

vxj cT̄kz0; fDr ckFk: e eatk ughl drk v̄k u gh Vc eacBdj ugk l drk
ḡ yfdu i yx̄ l s mB l drk gSrksml sfl d̄ ds ikl ys tkdj Liat ckFk ns
l drs ḡ cT̄kz0; fDr dks i yx̄ l s mBus ds fy, i k̄ kfgr djrs jḡ cT̄kz
0; fDr dks pknj l s <d dj j [kaft l s ml s l nh̄ u yxs v̄k fQj rk̄sy; s dks
fHkxkdj ml ds 'kjhj dks Åij l s uhps dh v̄k v̄l j l s V[uku dh v̄k i k̄N A
ftruk cT̄kz0; fDr dj l drk gSrruk ml s djus n̄ tks dke og ugha dj
l drk ml s n̄kky djus oky 0; fDr dj̄

Vc ea Luku djuk

fxjus dh cgr l h nqkuk, i ckFk: e eagh gkrh ḡ ugkrs oDr vxj /; ku b/kj
m/kj gks tkrk gSrksfxjusds vol j c<+tkrsḡ Vc ea; k Luku xg ealykfLvd
dh d̄ h̄ j [ka v̄k n̄k fd ikuh mruk gh xeZ gksftruk cT̄kz dks Bhd yxa
ugkrs l e; ml dh enn dj̄ Vc l sckgj fudyrs l e; /; ku j [ka /; kui ož
'kjhj dks i k̄N A

ikl ea, d d̄ h̄ j [ka ugkusdsckn 0; fDr ogkacB l drk ḡ /khjs/khjs'kjhj ds
gj vx̄ dks l kcp yxkdj l kQ dj̄ Vc l s ikuh ckgj fudky n̄



vkj vUr ea—

Viusutnhdh 0; fDr ds thou ds vflre iMko eaml dh l gk; rk djuk vfr nldj l Qj gA ts & ts chekj h c_{fr} tkrh gS vki dks jkxh dh vkj l s fu. kZ djus i M+l drs gA chekj 0; fDr dks ; g fo'okl fnykus dk vki dk nkf; Ro gks l drk gSfd ml s thou ds vflre {k. kka rd vknj] xfjek vkj nsgd vkjke dh ml dh vki/kkj Hkkr vko'; drk, a i jh gks h jgshA

n[kkkky dh ; kstuk cukuk] Hkkoh n[kkkky l ckh fodYi kads p; u dh i fØ; k gA thou ds vflre {k. kka ea tc 0; fDr vi us mi pkj dskjse aLo; afu. kZ yus ea vI eFkZ gks gS rks ml sbl ckjse fd l h nw js 0; fDr ij vkfJr gksuk i Mfk gA cgr l s ylk eR; qdsckjse appkZ djus ea i jskku gks tks gA eR; qij [kys : i l s ppkZ vkj l kldfrd : i l s l onu'khy fopkj dh deh dk vFkZ gSe jus okys 0; fDr ds thou dks i kZ l kgu nsusokyh i l nka vkj vflre {k. kka ea dh tkus okyh n[kkkky dh vki mi sk dj jgs gA MNVjk@ul k dh l gk; rk l s cTpkZ 0; fDr l s vflre {k. kka ea fd; s tkus okyh n[kkkky dh ppkZ cTpkZ ds l kfk dh tk l drh gA , l k djus i j vki dks cTpkZ ds vflre {k. kka eami pkj vkj n[kkkky ea l gk; rk feyshA

bI dfBu l e; ean[kkkky djus okyk 0; fDr] vi uh n[kkkky ds i fr /; ku u ndj chekj cTpkZ 0; fDr dh vko'; drkvka i j gh /; ku nsrk gS tks LokHkkfod Hkh yxrk gA fu'p; gh , l h fLFkfr ea vki i j Hkh Lo; adks l ektr djus dk [krjk bruk vf/kd gksk gSfd vki vksx pydj n[kkkky dk dk; Z ugha dj i k; xA di ; k /; ku j [kaf Nks/sNks/sfoJke y] fuf'pr l e; ij [kkuk [k; avkj vkjke djA jkstuk ?kueus tk; aft l l s vki dh 'kfDr cuh jgsxhA vi us dk; &Hkkj dks ftruk l kko gks l ds vU; kads l kfk ck/ A LokLF; fo'kskK vkj vki dks l gk; rk nsus okys vki ds fe= vkj fj 'rskj vki dks crk; xks fd os Hkh vki dh fd l i dkj l gk; rk dj l drs gA

gea vki gSfd bl i frd ea nh xbZ l puk, a u doy cTpkZ 0; fDr dks oju- vki ds ruko dh ek=k dks nj djus ea l gk; rk djxhA



fo["]k; & l ph

v/; k; fooj.k	i"B I f;k
iLrkouk	--- i - ii
1 c ^o kl ^o dh ifjp; k ^o & 1	--- 1 & 9
2 c ^o kl ^o dh ifjp; k ^o & 2	--- 10&21
3 'okl I s I EcflU/kr I eL; k, j	--- 22&29
4 gfl' ; k ^o dh detkj ^h	--- 30&38
5 eykojk ^o k % varfM ^o k ^o dh I eL; k	--- 39&45
6 nLrk ^o dh chekj ^h	--- 46&51
7 c ^o kkj , oal Øe.k	--- 52&57
8 nf"V I EcU/kh I eL; k, j	--- 58&67
9 I ^u us I s I EcflU/kr I eL; k, j	--- 68&74
10 nk ^o dh I eL; k	--- 75&82
11 vfu; f=r e ^u r ^u rk	--- 83&90
12 nnL	--- 91&99
13 Ropk I EcU/kh j ^o x	--- 100&106
14 uhn I s I EcflU/kr I eL; k, j	--- 107&113
15 ot ^u ei ^u deh g ^o uk v ^o g ^o i ^o sk.k I s I EcflU/kr I eL; k, j--	114&124
16 I Ei ^u k.k I s I EcflU/kr I eL; k, j	--- 125&139
17 Lefr I s I EcflU/kr I eL; k, j	--- 140&146

19	vol kn	----	159&179
20	n <u>ʃ</u> ud fØ; k dyki k <u>ɔ</u> l s Ecfl/kr eL; k, j	----	180&190
21	pyusfQjus l s Ecfl/kr eL; k, j	----	191&205
22	e/ke <u>g</u> ʌlk; fcVht <u>k</u>	----	206&212
23	mPp jDrpki	----	213&215
24	fny dh chekj <u>h</u>	----	216&220
25	i kfd <u>ll</u> u chekj <u>h</u>	----	221&229
26	chekjh ds ckn v <u>kjlk</u> ; y <u>kk</u> ea l gk; rk	----	230&241
27	v <u>kj</u> v <u>ll</u> r ea-----	----	242

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