

cēū

mp^{-r} veÁvɬbi ʔóɬZ tivRvi iæZi

gvnæſ gvnepj Avj g

tivRv Bmj vti AbZg iakb| tivRv cvj tb gvbtei
_bvn gvti K_v cweI nv xtm tNvYv Kiv ntqtQ|
Abw tK AvaybK weAvb cby Kti tQ th, tivRv ray
tivRv vti AvZhmxi c_tKB gmY Kti bv eis
ev vi wnk cFZ DrKI mva tbi gj wbyqgK wntmte
KvR Kti| ZvB ivmj 2000-2001
Census tivRv f2Kvixi cZ KtVvi
umkqvix D"PviY Kti tNvYv w_tqtQbN tKd hw
kiqx (wewa mSZ) tKvb Ihi Ges AmyZv bv_vKv
mtEj igRvtbi tKvb GKw tivRv bv ivtL Zte
mvivRxb tivRv ivLti I Zv ciY nte bvO|

[KvRxLvib, 1g LÛ ct 113]

tivRvi gva'tg gvb'tli 'ybqvi gvbvmK ckw'sl Avtm
Ges cvitj Sikk Rxe'tb mdj Zv cvl qv hvq| G gvm
gvg'tbi Avb't'i gvm| G gvm ev'vi AwaK cy'
ARb, avZZi l tms'nt`P| Ab' nv'xtm ivmj
etj tQb- 0tZvgiv tivRvi ivL my' _vKtZ cvite0|
Bmjvg ce'agmg'n tivRvi c'pjb wQj| Zte tKvb
tKvb atg'qivRvi e'vc'ti tek 'faxbZv wQj| G Aeva
'faxbZv tivRvi fvegz'0l c0Ykv3 m=uy'p'c aYsm
Kti w'tqwQj| Gtnb Ae'v ntZ tivRvtK
ingZ,eikZ l gvm'ndiv'ti w'tK wclwi'tq Avbvi
j'ty' Ges GtK AwZK, %awZK l Pwv w'tK Kj 'vYi
avik evb'tbvi w'vg'tE gnvb Avj on iveYj Avjvgxb
tivRvtK G D=st'Zi Dci diR Ktib| tivRvq i'ay
Ava'wZK DrKlZvB bq, kvixwiK my'Zv AvtQ etj B
qvbe Rxe'tb tivRvi GZ ,iaZi|

ti vRv ü` ti vM vbqšY Kti

gɪbeɫˈtɪni i³ msenYZtʂi Pɪeˈev tKɪtʃt÷ij Rgv
ntq üˌwɔtʃi j̃wZ Kti| kixti i agbxi üˌtjv
t_tK wei x i³ enb Kti wUmji w_tK wɔtq hvq Ges
wkiv,tjv wUmj t_tK w_lZ i³ enb Kti üˌwɔtʃi wɔtq
hvq| Gfɪte i³ AbeiZ PjvPj Kti| i³
msenbZtʂi tKɪtʃt÷ij Rgv ntj agbx, wkiv-
Dɪwkivi wFZti jvBɪɔstq Rgv ntq H,tjvi c_k_lZv
Kɪtq t_q| dtj agbx l wkiv chɐ i³ enb Kitz

cŭti bv| GtZ iŭi cŭvn Pvc ewx cŭq (High blood pressure)| GB Ae^v PjŭZ _vKtj ŭ^{nc}tŭEর ক্রিয়া ক্রমান্বয়ে বন্ধ হতে থাকে। তখন বুকে e^v_v ntq weŭfboŭgm^v t^v Lv t^vq| ti vRv _vKvi Rb^{miw}b Lv^{vv} bv Lv lqvq Ges GKgvm Gfŭte w^{tb} Af^ŭ _vKvq t^{tn} bZb Kti tKŭtj t÷ij RgtZ cŭti bv Ges AvtMi RgvKZ tKŭtj t÷ij t^v Ktq hvq| dtj i³ PjvPj ^vfweK nq|

tg` fpo năm Kti

tg`omo wbtq AvRKvj AtbtKB wecvfK AvtQb,
Zv`i c0Z civgk`ntjvN tivRv ivLp,tivRv ivLtj
t`tn yq nq| dtj t`tni Pwe` tf1/2 t`tni
yqcitYi e`e~v nq| GtZ mviw`b Lv`~ bv Lvl qvtZ
bZb Kti Pwe`RgtZ cvti bv| GKgvm Gfvte w`tb
Abirvti _vKtj tg`fno AtbKvstK w bqšY Kiv hvq,
wKšYBdZvix l ivtZ Lvl qvi cwigvY w bqšY bv Kiti
tg`fno Kqte bv|

†KvôKwWb" ` i K†i

mviw b bv tLtq i vZ Aí mgtqi gta NbNb Lvl qvi
Rb wekl Kti tQjv, kieZ, tLRj, kmvmn weurfbe
i Kg Lvevi Lvl qvZ tKroKwMb` `i nq|

†ccwUK Avj mvi

Lvl qv~vl qv tekx Kitj tccuUK Avj mvi ep~ cvql
 tivRv _vKtj mviw`b bv tLtq _vKvq Lv`bvjx ,
 cvK`jx hKZ, wE_jx, yj žš, ep`všš, nRtg
 mnvqK Mš`sjv vekq cvq| GtZ tccuUK Avj mvi
 tivMxi DcKvi nq|

dndtmi tivMxt` i fvtojv

ধুমপান করার জন্য যাদের ফুসফুস সংক্রান্ত রোগ রয়েছে
 Zᴉ i Rb̄ tivRv Lp̄ DcKvix | tivRv vKvq agcwtb
 বিরত থাকে । এতে ফুসফুস নিকোটিনের বিষক্রিয়া থেকে
 qv̄³ cvq |

cəU

nRtg DcKvi Kti

hʌʔi nRg mgm̃v AvtQ Zviv GKgvm tivRv ivLtj
nRg kw³ ep̃x cvq| KviY GKUvbr 11 gvm memgq
cvKʔjx I Abʔvb̃ M̃š nRtg eʔi t̃K Kʌʃi ntq
cto| Aciw̃tK tivRv vKvi Rb̃ cōZw̃ b 6-7 NlUv
cvKʔjx Lṽʔbjx, hKZ, wcl_jx, j̃z̃iʃš; ep̃vš;
wWDtWbvgnm nRtg mnvqK wewfbcM̃š tKvb KivR
_ṽtK bv| A_ʔ wēkōtg _ṽtK| wēkt̃gi ci mÜvq I
iṽZ cvKʔjx Lṽʔ tctq bZb D̃ʔṽtg bZb kw³
নিয়ে হজম ক্রিয়ায় অংশগ্রহণ করে। ফলে হজম শক্তি ep̃x
cvq| hKZ Lṽʔ nRg Qvovl Avtiv 15 iK̃gi KivR
Kti| dtj hKZ AemṽM̃i ntq nRgKviK wclim
wKgz ʔwi KitiZ cṽti bv| ZvB bv t̃L̃tq _ṽKtj
hK̃t̃Zi Kʌʃi ʔi nq Ges wclim wotmZ Kti nRtg
mnvqZv Kti|

i³ ep̃x nq

t̃ʔn i³i cōqvRb ntj ZLb GK প্রকার স্বয়ংক্রিয়
c×wZtZ nʔoi g³⁄⁴ṽtK Aṽʔw̃j Z Kti tZvtj| Af̃j̃
_ṽKṽjxb t̃ʔn i³i cwi gvY I cēvn Ktg| dtj
nʔoi g³⁄⁴ṽtK Aṽʔw̃j Z ntq i³ ʔwi nq| tivRv
_ṽKvi Rb̃ cti t̃ʔn i³i cwi gvY erto|

Avgvkq t̃m̃ti hvq

tivRv ivLvi Rb̃ w̃tb t̃cU Lw̃j _ṽtK etj thme
eʔvK̃t̃Uwiqv Avgvkq m̃pō Kti tmme eʔvK̃t̃Uwiqv
Lṽʔi Ab̃c̃w̃ZtZ KvRKg̃Kivi m̃thvM̃ cvq bv|
dtj Avgvkq t̃m̃ti hvq| Aciw̃tK BdZvix I
tm̃nix̃Z GKUz f̃ṽtjvg̃t̃bi c̃pōmg̃x L̃ṽvi thgb-
t̃Qvjv, t̃LRj, g̃pō, b̃ṽb̃ṽ dj, kieZ, ʔ̃p, K̃jv,
m̃jṽ BZ̃w̃ Lṽl q̃t̃Z t̃ʔni c̃pōi NvUw̃Z c̃t̃Y nq|

ʔ̃ʔ̃ weÁvbx̃ i ʔ̃t̃Z tivRv

1. cōdmi we Gb w̃t̃KUb ʔ̃Ñq̃j̃ ṽt̃fi GK M̃t̃elYv
w̃t̃cṽt̃Ũ³w̃ Kṽt̃Ri K_v etj b, G_ṽj̃v ntj̃v (K)
cwi k̃ō̃ Kiv (L) w̃b̃q̃w̃Z eʔvq̃g Kiv Ges (M)
c̃t̃Zg̃t̃m Kgc̃t̃ỹ GKw̃ b D̃ceṽm _ṽKv|
2. Wv. weavb̃P̃ ivq etj b̃Ñ ŌtivR̃t̃K m̃ỹi GKw̃U
c̃w̃t̃ I l̃p̃ ej̃t̃ f̃j̃ ñte b̃ṽl|

3. Wv. Avẽnṽg t̃R t̃nbix etj t̃Qb̃Ñ ŌtivR̃v ntj̃v
cigw̃Z m̃vab̃K̃vix I l̃p̃ w̃t̃kl̃l̃|
4. Wv. Gd. Gg. w̃M̃ō̃x etj b̃Ñ ŌtivR̃vi m̃vgw̃M̃K̃ c̃t̃ve
gvbe ʔ̃ʔ̃i l̃ci Abo, AUj, AUw̃f̃t̃e
c̃ōZd̃w̃j Z ntq _ṽtK Ges tivR̃vi g̃ṽt̃g t̃Kej
k̃ix̃t̃i w̃t̃kl̃ w̃t̃kl̃ A½ c̃ō̃½̃ t̃j̃vi K̃w̃šB̃ ʔ̃i
Kti bv, eis t̃Lṽ t̃m̃t̃Q̃ th, G_ṽj̃ h̃t̃_ó
kw³ k̃j̃x ntq I t̃ṽl̃|
5. Wv. Avi K̃vgd̃w̃et̃j̃ b̃ Ñ ŌtivR̃v nt̃ʔ̃ c̃wi cvK
kw³i t̃k̃b̃ m̃ṽñṽh̃K̃vix w̃K̃sev c̃wi cvK kw³i
Aš̃i ½̃ eÜ̃|
6. Wv. w̃j̃ D̃ dvŨet̃j̃ t̃Qb̃Ñ Ōt̃ʔ̃ni Rb̃ tivR̃v GKUv
AZ̃ʔ̃i w̃ñZ̃Ki Uwb̃K̃| tivR̃ṽi iṽ tek K̃t̃q̃K̃w̃
t̃iṽM̃ t̃̃K̃ g̃ỹ _ṽt̃K̃b̃l̃|
7. Wv. j̃Bm̃ w̃W̃ d̃x̃U etj t̃Qb̃Ñ ŌtivR̃v cṽj̃t̃b̃
gṽb̃et̃ʔ̃ñ h̃t̃_ó c̃p̃ Ges ew̃j̃_ó ntq _ṽt̃K̃|
g̃m̃j̃ gṽb̃iv w̃b̃ō̃q̃ tivR̃vi g̃m̃t̃K̃ m̃ỹʔ̃ʔ̃i g̃m̃
w̃m̃ṽte MỸ Kti _ṽt̃K̃b̃l̃|
c̃w̃_exi m̃ẽk̃b̃ weÁvbx̃ nhi Z g̃m̃ṽš̃ ʔ̃et̃j̃ b,
Ōtgaṽk̃w³ 3w̃U Avg̃t̃j̃ Ōviv ep̃x Kiv hvq| (K)
t̃gm̃l̃ q̃ṽK̃ Kiv (L) t̃K̃vi Aṽb̃ t̃Z̃j̃ṽl̃ q̃ṽZ̃ Kiv Ges
(M) tivR̃v ivLṽ|
tivR̃v nt̃ʔ̃ it̃ei m̃ṽt̃_ew̃ʔ̃vi cig m̃ṽb̃ã j̃ṽt̃fi
t̃m̃Z̃p̃Ü̃b̃ Ges gṽb̃t̃li ʔ̃ṽb̃q̃ṽ I Aṽm̃L̃iṽZ̃i k̃w̃š̃,
m̃ỹʔ̃ʔ̃ I m̃dj̃Z̃ṽ AR̃p̃bi Ab̃ʔ̃Z̃g̃ ĩãZ̃c̃Ỹ
g̃ṽãg̃| w̃K̃š̃ỹ Avg̃t̃i m̃gṽt̃R̃ K̃t̃Z̃K̃ t̃j̃ṽt̃Ki
w̃b̃Q̃K̃ Aet̃j̃ṽ ek̃Z̃ k̃ṽix̃i K̃ t̃Q̃ṽU m̃gm̃ṽt̃K̃
gṽb̃t̃li m̃vg̃t̃b̃ eo t̃w̃L̃t̃q̃ w̃K̃seṽ avi ỸṽM̃Z̃ eʔṽc̃K̃
j̃ỹZ̃i Aṽks̃K̃ṽq̃ tivR̃v t̃Q̃to t̃l̃q̃vi c̃ō̃ỸZ̃ṽ
j̃ỹỸx̃q̃| A_P̃ w̃P̃w̃K̃rm̃ṽ weÁṽb̃ c̃ō̃ṽỸ K̃t̃i t̃Q̃ th,
tivR̃v gṽb̃t̃li k̃ṽix̃i K̃ b̃ṽb̃ṽ m̃gm̃ṽ m̃gṽṽt̃b̃
M̃j̃ãZ̃c̃Ỹ c̃ō̃Z̃t̃l̃ãK̃|
- ZvB, Aṽm̃p̃ Avg̃iṽ Aṽj̃w̃ni w̃b̃KŨ tivR̃v cṽj̃t̃bi
g̃ṽãt̃g̃ ʔ̃w̃ñK̃ I AṽiZ̃ỸK̃ c̃k̃w̃š̃i c̃t̃_ w̃t̃R̃t̃K̃
m̃ṽ AvẽP̃j̃ ĩw̃L̃|