

# m̄y, m̄y'i I m̄y Rxeṭbi Rb"

## III. ḡbxi Dīxb Aug`

h̄w` tKD ūbq̄gZ e`vq̄g K̄ti m̄y I ʔ`m̄sZ L̄vev  
L̄vq, agc̄v eR̄ K̄ti, c̄l̄q̄vR̄b̄q̄ Nḡmn ch̄f̄B̄ m̄ek̄t̄g  
t̄bq Ges e` Af̄im Z̄im K̄ti, Z̄te Z̄vi ū`t̄iv̄Mi  
S̄k̄ 80 kZ̄isk, W̄vq̄t̄eUm 90 kZ̄isk I K̄v̄Ȳt̄i  
S̄k̄ 50 kZ̄isk K̄t̄g h̄vq| G iKg Āvk̄v̄i ēvȲ t̄k̄v̄v̄i  
c̄ic̄iB Āt̄b̄t̄KB c̄l̄q̄B S̄UC̄U I c̄t̄ii ūbq̄g, t̄jv t̄ḡt̄b  
P̄j̄vi kc\_ ūb̄t̄q t̄d̄t̄j̄b| ʔK̄S̄' t̄kl ch̄S̄l̄Ḡme Af̄im  
Āvi c̄v̄j̄b K̄iv n̄t̄q I t̄V̄ b̄v| A`f̄meK R̄xebh̄v̄c̄b I  
নিয়ম না মানার কারণে আমরা নানা রোগে আক্রান্ত হই।  
Am̄y' n̄t̄j ʔP̄iK̄rm̄t̄Ki K̄v̄t̄Q t̄S̄ov̄t̄Z n̄q, n̄t̄iK iKg  
I l̄j̄a Af̄im n̄t̄q c̄ot̄Z n̄q| Am̄y' n̄t̄j R̄xeb  
ʔf̄meK ūb̄t̄q P̄t̄j b̄v| m̄eʔ̄t̄l̄ m̄ek; L̄j̄v m̄iō n̄q,  
R̄xeb̄bi m̄y-k̄m̄s̄l̄ b̄o n̄q, ūv̄K̄v̄c̄m̄v̄i Ac̄P̄q n̄q|  
R̄xeb̄bi t̄b̄t̄g Āv̄m P̄ig K̄o  
Āvi ʔf̄m̄| GK̄Uz m̄y'  
ʔP̄s̄l̄, GK̄Uz ʔ` m̄t̄P̄Z̄b̄Z̄v  
Āvi GK̄Uz ḡv̄b̄m̄K ʔp̄Z̄v  
h̄w` Āvḡt̄i GK̄Uz m̄y',  
m̄y'i I m̄y R̄xebh̄v̄c̄bi  
ūb̄t̄qZ̄v m̄eav̄b K̄īt̄Z c̄v̄t̄i,  
Z̄v̄n̄t̄j Āvḡiv Z̄v K̄m̄i b̄v  
t̄K̄b? ĀZ̄t̄Z t̄P̄ov̄ K̄ti  
t̄KD h̄w` e` n̄t̄q ʔt̄K̄b,  
Z̄v̄n̄t̄j Āv̄m̄y, Āvev̄i

**Āv̄c̄b̄vi ʔv̄uZ̄ R̄xeb m̄y'i I  
c̄v̄iK̄m̄i Z̄f̄t̄e M̄to Z̄j̄y| ʔv̄uZ̄  
R̄xeb̄bi Āk̄m̄s̄l̄ ḡv̄b̄j̄i k̄v̄īm̄iK I  
ḡv̄b̄m̄K f̄v̄im̄t̄g ʔech̄q t̄l̄t̄K Āb̄t̄Z  
c̄v̄t̄i| t̄Q̄UL̄t̄v̄ f̄j̄āw̄s̄l̄ I L̄j̄b̄w̄l̄ m̄el̄q  
ūb̄t̄q Ān̄in ʔv̄uZ̄ K̄j̄n ḡv̄b̄j̄i m̄y-  
k̄m̄s̄l̄ t̄K̄to t̄bq| t̄h m̄y b̄q, t̄m m̄y  
b̄q|**

ḠK̄ev̄i t̄P̄ov̄ K̄ti t̄m̄L; ʔUK̄t̄qK ūbq̄g t̄ḡt̄b P̄t̄j  
R̄xeb̄t̄K m̄y-m̄y'i īv̄L̄t̄Z c̄v̄īm̄i ʔK̄ b̄v| Āvḡiv e` ʔMZ  
Ām̄f̄Á̄Z̄v̄i Āv̄t̄j̄t̄K Āvḡiv G t̄j L̄vq Ām̄g ʔK̄Q̄ȳc̄iv̄gk̄  
Dc̄v̄cb̄ K̄ie| h̄ȳm̄s̄MZ I f̄it̄j̄v ḡt̄b n̄t̄j  
Āv̄c̄b̄v̄i Z̄v Af̄im K̄īt̄Z c̄v̄t̄i| Āv̄c̄b̄t̄i Āvk̄l̄  
K̄īt̄Z c̄v̄i, c̄iv̄gk̄t̄jv t̄ḡt̄b P̄t̄j Āek̄B̄ m̄ḡl̄j  
c̄v̄t̄eb|  
m̄y' R̄xeb̄bi R̄b" e`v̄q̄t̄gi m̄eK̄i t̄b̄B| Āj̄m R̄xeb  
ḡv̄t̄b̄B Ām̄s̄l̄ t̄īv̄t̄i Āvk̄l̄v̄| c̄l̄Z̄v̄b ʔḡv̄B̄j̄ ēv  
ʔZ̄b ʔK̄t̄j m̄ḡŪv̄i n̄v̄i Af̄im M̄to Z̄j̄y| c̄l̄ḡv̄t̄K

Āi ʔīZ̄j̄ ūv̄t̄M̄ K̄ti n̄v̄i īi" K̄iv ʔīK̄v̄i| Āv̄t̄-  
Āv̄t̄l̄ ʔīZ̄j̄ I n̄v̄i M̄uZ̄ Ḡgb ch̄f̄q ēv̄ov̄t̄v̄ D̄iP̄Z̄,  
h̄v̄t̄Z ū` ū`b̄ ēv̄to| n̄v̄i R̄b" b̄ig I n̄v̄j̄K̄v̄-  
c̄v̄Z̄j̄v̄ R̄z̄v̄ e`ēn̄v̄i K̄īt̄j n̄v̄t̄Z̄ M̄uZ̄ I Āv̄iv̄ḡ c̄v̄l̄q̄  
h̄v̄q| ēv̄B̄t̄i t̄L̄j̄v̄t̄ḡj̄v̄ R̄v̄q̄M̄v̄q ʔȲḡȳ ēv̄Z̄m̄ I  
m̄t̄h̄P̄ Āv̄t̄j̄v̄q n̄v̄i D̄c̄K̄m̄i Z̄v I Āv̄b̄B̄ Āv̄j̄v̄v̄|  
Ḡt̄Z̄ m̄v̄iv̄ ʔt̄bi k̄v̄īm̄iK I ḡv̄b̄m̄K K̄m̄s̄l̄ Āem̄v̄ I  
ʔō̄S̄l̄ ʔī n̄t̄e| e`v̄q̄ḡ K̄īt̄j īv̄t̄Z̄i Nḡ f̄v̄t̄j̄v̄ n̄q|  
n̄v̄i Ō̄v̄ov̄l̄ m̄v̄B̄t̄K̄j̄ P̄j̄j̄v̄t̄v̄, m̄uZ̄v̄i K̄v̄l̄v̄ Ā\_ēv̄  
ʔR̄ḡt̄b̄k̄q̄v̄t̄ḡ e`v̄q̄ḡ K̄iv t̄h̄t̄Z̄ c̄v̄t̄i| t̄K̄v̄b̄ e`v̄q̄ḡ  
K̄v̄i R̄b" K̄Z̄ŪK̄Z̄D̄c̄t̄h̄v̄M̄x̄, Z̄v̄ ʔP̄iK̄rm̄K̄ c̄iv̄gk̄t̄Z̄  
c̄v̄t̄īb̄| c̄l̄Z̄v̄b̄ 30 m̄ḡv̄b̄ ʔZ̄ t̄ēt̄M̄ n̄v̄t̄j̄ Āv̄c̄b̄v̄i  
k̄ix̄t̄ī I R̄b ʔK̄ ʔv̄K̄t̄e, īʔP̄v̄c̄, m̄m̄v̄i t̄j̄t̄f̄j̄ K̄t̄g  
Ām̄t̄e, īʔ m̄Āj̄b̄ ēv̄ov̄i  
K̄v̄īȲ Āw̄ t̄R̄b̄ m̄iēiv̄n̄d̄  
ēv̄x̄ t̄c̄t̄j̄ k̄ix̄t̄ī  
Āv̄c̄l̄ ʔm̄t̄Z̄R̄ ʔv̄K̄t̄e,  
মেটালিক প্রক্রিয়া ভালো  
K̄v̄R̄ K̄īt̄e| c̄l̄Z̄v̄b̄  
n̄v̄t̄Z̄ b̄v̄ c̄v̄t̄j̄ m̄B̄v̄t̄n̄  
ĀS̄Z̄ c̄t̄ ʔv̄b̄ n̄v̄i P̄v̄B̄|  
Āv̄j̄m̄, Kḡ ʔZ̄v̄ ēv̄ Āb̄  
t̄K̄v̄t̄v̄ ĀR̄ḡv̄t̄Z̄ Āv̄c̄b̄ h̄w̄  
n̄v̄i Af̄im Z̄im̄ K̄t̄ib̄

ēv̄ Āv̄b̄q̄ḡZ̄ n̄t̄q c̄t̄ob, Z̄te Āv̄c̄b̄ Āv̄c̄b̄v̄i  
j̄ ʔḡv̄īv̄q̄ t̄c̄l̄t̄Z̄ c̄v̄t̄eb̄ b̄v| 24 N̄v̄i ḡt̄ā ḡv̄l̄  
30 m̄ḡv̄b̄ n̄v̄i R̄b" ḠŪv̄ L̄ȳ t̄ēw̄k̄ m̄ḡq̄ b̄q|  
m̄y' k̄ix̄t̄ī R̄b" L̄v̄v̄t̄ī f̄iḡK̄v̄ m̄ēt̄P̄t̄q ʔī ʔc̄Ȳ  
Āvḡt̄i t̄t̄k̄ m̄ēf̄b̄ēĀb̄ḡv̄t̄b̄ t̄h̄me L̄vev̄i c̄v̄īt̄ēw̄k̄Z̄  
n̄q, Z̄v̄ t̄L̄t̄Z̄ m̄y' ȳn̄t̄j̄ I t̄ḡv̄t̄UB̄ ʔ`m̄s̄Z̄ b̄q|  
m̄ēt̄kl̄ K̄ti 40 t̄t̄K̄ 45 ēq̄t̄m̄v̄āḡv̄b̄j̄i R̄b" D̄P̄  
īʔP̄v̄c̄, ū` t̄īv̄M̄, t̄÷̄t̄K̄, W̄v̄q̄t̄eUm, ʔZ̄v̄ I K̄v̄Ȳv̄i-  
R̄v̄Z̄q̄ c̄l̄ȲN̄v̄Z̄v̄ t̄īv̄M̄ t̄t̄K̄ ēv̄t̄Z̄ n̄t̄j̄ m̄ēt̄q-k̄w̄ Ges  
Āb̄v̄b̄ m̄v̄ḡv̄RK̄ I c̄v̄īēm̄iK̄ Āb̄ḡv̄t̄b̄ ʔN̄, ēv̄Ūv̄i,

Wij Wv, Pie<sup>©</sup> ev cPž tZjmgx tciyvl, tiv÷, weiqmb, Lvm I Mi“i tMkZ Lvlqv KgtZ nte| RvKdW tP“Ki bq| Gme Lveitii cPž Kg, Pie<sup>©</sup> teuk| G Qvov Gme Lveiti itqQ cPž jeY, Pib, tggibR tmmWqvg M- Ytgu I UvUvRb RvZxq weZiKZ LvtavcKiY| Abvb“iKvi Lveitii gtZv RvKdW tclUv, wFUmgb, LubR c“v“I Avk Kg vK| gVtWvbi, evMvKs tKEmK dtqW wPtkb, wcrRv, nvgewMv, tdAdvB RvKdWv wKQy DvniY| RvKdW cPž Pib I Pie<sup>©</sup> vK etj Ggb Lveiti tLj IRb teto hvlqvmn D“P i“Pvc, ütiw, t÷tK, WvqteUv, A\_PvUv, KivYviti gtZv eü RvUj tivtMi DrcvE ntZ cti| tP“Ki Lveiti my Rvxtbi Rb“ Acwivh Lveiti ntZ nte Kg Kivv hY I teuk cPžmgx| Re Lveiti kixii Rb“ wekl Dcvix| Re Lv“ej tZ terSvq, hv KxUvK I vZKi imvqmbK c“v“QvovB Drcv“b Kiv nq| Avgv“i Lveiti Kg Kti ntj I Atak ntZ nte Re kvKmevR I djgj- evmK Lvt“i gta“vKtZ nte AMvBk fymmgx km“, evvg, wevfbvxi tbi weP I tZj| mevPtq fvtjv tZj ntjv vZv wevPi tZj, RjcvB t\_PK cPž tZj, hvK Avgiv Avj f Atqj etj vK| mqvmb tZjB Avgiv teuk LvB Abvb“ tZtji vvg teuk etj| cwiKvaz ev cwiwvRZ kKv, Pib, mv“v i“w, gg“v, tc“l, tKK, KKR, wcrRv I tciw“eRv Kti AvvZ I mvY“tc“l ev AvUv Lv“Zvij Kv ASfY Kiv GKvševAbxq| Lvm I Mi“i gvsm Kg tLtZ nte| tclUv vntmte gvQ I gjvMi gvsm DrKó. gvstmi tPtq kixii Rb“ gvQ fvtjv| UvYdvU ütiw mvi mviqK| ItgmV-3 dvmU GvWv kixii Rb“ wekl Dcvix| KvPv jeY Lvlqv tQto tLqv iKvi| AMvBk wvG, vY I B tP“Ki Lveiti| wFUmgb-w, weUv KivvUv, wFUmgb-B, tmjvqvg I cwi tdtbv kixii Rb“ wekl Dcvix AvvU-Av vWvU| me AvvU-Av vWvUi DrKó. Dm djgj-, kvKmevR I meR Pv| gtb ivLteb, Ily KvUvB KZK. Drcv“Z wFUmgb I AvvU-Av vWvUi tPtq cKvZK wFUmgb I AvvU-Av vWvU AtbK teuk KvRi I m“l tKvgj cvbxqtZ Pib I KivdBtbi DcvvZ vekRjo jvL

evRgvb

jvL gvbyK IRb A“vmeK nvti teto hvlqvmn eü tivtMi wtk tvtj w“tQ| tccw, tKiv-tKiv RvZxq cvbxq cPž GvWvK nq dmdvK GvWv DcvvZi KvY| wkt“i Rb“ Gme cvbxq fxy vZKi; hv I evPv Zv LgB cQ“ Kti| mevi gtb ivLv iKvi, AvbqvšZ Rvbxv I kixii Ici AZvPviti KvY Avgv“i meviB tKvbtv bv tKvbtv mgq AcvYxq vZ ntq thtZ cti| G atbi AvvKv vZ vZ nqv AvvB mveavb ntj Rvxt nte my; myi I DcvvM| AAZv, AvvPZvZv, Aetjv I tQvUvUv fvtj Rb“ Avgiv AtbK mgq বড় ধরনের রোগে আক্রান্ত হয়ে পড়ি। খাওয়ার আগে mvev w“tq Lg fvtjv Kti nvZ atq wbb| cPv, evm I A“v“Ki Lveiti eRv Ki“b| mv ntj Nviti fvtjv Lveiti bv Lvlqv DEg| evBti tLZB hv nq Zte Lveitii gv hvPv Ki“b| evRviti cPž Z gvjv UvKvcvqv wevfbvxi tbi Rvbxv vK| UvKv cqv tbt“bi ci nvZ fvtjv Kti bv atq Lveiti gtb tteb bv| Nb Nb nvZ tavqv Afv Ki“b| cZv Lveitii AvvM nvZ fvtjv Kti atq nvZi cvb cwi“v UvYev Uvltqj w“tq gtd tdlj| G mZKZv পালন করলে আপনি বহু মারাত্মক সংক্রামক tvm t\_PK i v cvteb| mvj“ Lvlqv evvvti mZK<sup>©</sup> থাকা আবশ্যিক। সালাদ অনেক সময় জীবাণু সংক্রমনের gva“g vntmte KvR Kti| রোগাক্রান্ত হলে চিকিৎসকের পরামর্শ নিন এবং সঠিক Ily mVvK gvYv mVvK mgta MhY Ki“b| me tivtMi Rb“ Ilyai cQvRb nq bv| Avgiv wev cQvRt AcQvRbxq Ily tmeb Kti kixii vZ mva Kvi| Zte Zvi A\_GB bq th cQvRt Avgiv Ily tmeb Kie bv| eü tvti gvbyMi Rvxt Ggb me tivtMi DrcvE nq, hv wtbq tnvtdjv Kti Rvxt bvpv hte পারে। আপনি যদি ইতিমধ্যে রোগাক্রান্ত হয়ে ctob, Zte vDš bv Kti RvxtK mRvte MhY Ki“b I wggZvšK Rvbxv Af“vntv| RvUj রোগে আক্রান্ত বহু রোগী নিয়মতান্ত্রিক জীবনযাপন ও jvBdvBj cwiZv Kti Lg my“vK| AvvB hv kixi I gtb cKZ. Pvv“v I mgv“v tevSb, Zte kixi I gb AvvvtK my“myi Rvxtbi cKZv vZ tte|

1879 mɪtj ɲeːjɾ Ameːtʰii AvM chʰiʰ gɪbɪ Mto  
 cāZɪˈb 10 NɪUv NgɪZ| ɲeːjɾ Ameːtʰii Kvɪtʰ  
 gɪbɪ KvR, KgPɪˈĀjː, eːemv-emYR, tNɪvɪdɪv,  
 Avbː-Dj-vm Z\_v gɪbɪmK Pɪc eːY tɛtɔ tMj|  
 dɪj Ng Kɪg tMj| chʰiʰ Nɪgi Afɪtɛ gɪbɛtʰn  
 kɪː³ Drcvˈb, M-ʃKvR tgUvɛj Rg Kɪg hɪq Ges  
 বয়োবৃদ্ধি বা এইজিং প্রক্রিয়া বেড়ে যায়। শরীর শক্তি  
 msiŋY, tKvɪcʰ ˈZwi I tgivgZ, kixɪi cāZiŋv  
 eːeːv cɪMʱb, gɪˈPɪK tKvɪli aesmɛtʰkɪ t\_ʰK  
 cɪiˈvi iɪLvi Rbː chʰiʰ I ɪbiːcˈe Nɪgi GKvʰ  
 cāqɪRb| kixi Zvi ŋqci-Y I tgivgZ Kɪi Nɪgi  
 tWɛv chʰiʰqɪ, hv mɪaviYZ mKvɪi Mfɪi Nɪgi mgq  
 msNɪUZ nɪq \_vɪK| fɪv tɛtɔ NgɪtZ tMj fɪtjv Ng  
 nq bɪ| Avi Ngɪtʰbɪ KvQvKwQ mgɪq iɪZi Lɛvi  
 tLɪj mɛtʰP cɪi gɪY tM̩ nɪtʰgɪ ɪbtmZ nq, hv  
 kixɪi Rbː AZˈʃcāqɪRbɪq| iɪtZ tɛk cɪb cɪb  
 Kɪtj evɛvi UqɪtʰU tɪtZ nq etj Nɪgi ɲeNɛNtU|  
 GUvɪ ˈtʰˈi Rbː fɪtjv bq|  
 cɪb gɪtʰ Rɛb| Avgɪˈi kixɪi 72 kZvsk I Rb  
 Avɪm cɪb t\_ʰK| GgbɪK nɪtɔi GK-PZzʰsk, tɛki  
 ɪZb-PZzʰsk I gɪˈtˈi 85 kZvsk nɪjv cɪb|  
 Avgɪˈi iː³ I dɛdɛmi 80 kZvsk cɪb ɪtq  
 MɪVZ| Rɛtʰbi Rbː Aɪ tRɪtʰbi cɪB cɪbi ˈvb|  
 AɪtʰKB gɪtʰ Kɪb Kɪc, Pɪ I tɪvov t\_ʰK Zɪv chʰiʰ  
 cɪb AvɪiY Kɪb| Pɪ I KɪdɪZ iɪtqQ Kˈvɪdɪb, hv  
 mɪaviYZ WɪBBDtɪiUK ɪntmɛ KvR Kɪi|  
 WɪBBDtɪiUɪKi KvR nɪjv kixi t\_ʰK cɪb tɛi Kɪi  
 tˈlqɪ nq| kixɪi I Rɪtʰbi mɪ½ cɪb cɪtʰbi  
 cɪi gɪYi GKwɪ mɪgɪuKˈiɪtqQ| Kvɪv kixɪi I Rb  
 hvː 120 cɪDŪ nq, Zvi Rbː cāZɪˈb 60 AvDŪ cɪb  
 ˈiKvi nɛ, hv mɪaviYZ AvU Kɪc cɪbi mgɪb|  
 cɪxŋvq tˈLv tM̩Q, cɪb ˈfZvi KvɪtʰY kixɪi kɪː³  
 Drcvˈtʰbi ŋgZv eːjɪstʰk Kɪg hɪq| tɛk cɪb cɪb  
 Kɪtj kixi t\_ʰK AwZ mɪtʰR eRːcɪiˈvi nɪq hɪq  
 Ges tKvɪl chʰiʰ cɪi gɪY cɪp XɪtʰZ cɪti| cāZɪˈb  
 AvU t\_ʰK 10 M-vm cɪb cɪb Kɪtj 80 kZvsk  
 fɪtʰfɪMxi ɪcV I ɪM̩ɪi eː\_v tɪtɪ hɪq| kixɪi 2  
 kZvsk cɪb ˈfZv tˈLv ɪtj mɪgɪqKfɪtɛ ˈʃZkɪː³  
 tɪvc tɛtZ cɪti| dɪj mɪaviY Aɪmn KɪːuDŪvi  
 gɪbUɪ gbtmstʰvɪM ɲeMɛNUtZ cɪti| cāZɪˈb cɪp

৳Rgɪv

M-vm cɪb cɪb Kɪtj gɪvɪtʰqɪ Kˈvɪi-SɪK 45  
 kZvsk, ˈb Kˈvɪtʰii SɪK 79 kZvsk I eːvWvi  
 Kˈvɪtʰii SɪK 50 kZvsk Kɪg hɪq| mɪˈvKvi Rbː  
 kixɪi chʰiʰ cɪbi DcɪˈɪZ Acɪi nɪhŋ ZvB Avgɪˈi  
 mɛvi cɪp cɪb cɪb Kivi Afɪm Mto ZɪtZ nɛ|  
 evsɪvˈtʰki gɪZv Abɪv tˈtʰk cāZeQɪ jvL jvL  
 লোক পানিবাহিত রোগে আক্রান্ত হয় দূষিত পানি ব্যবহার  
 I cɪb Kivi KvɪtʰY| tɪvˈ ev mɪhɪjvK DcɪfɪM  
 Kiːˈb| KvɪY mɪhɪjvK mɪˈtˈi Rbː AZˈʃ  
 cāqɪRbɪq, hv Qvov kixɪi ɪfUvmb-ɪW ˈZwi nq bɪ|  
 Avi ɪfUvmb-ɪWɪ NvUvZ nɪj kixɪi Kˈjɪmɪqg  
 ɲɛtʰkɪtʰY ɲeNɛ NtU| Kˈjɪmɪqg kixɪi Rbː Lɪ  
 cāqɪRbɪq GKwɪ DcKɪY| cāZɪˈb AʃZ 30 ɪgɪbU  
 mɪhɪmb Kiv ˈiKvi| mɪhɪjvK DcɪfɪM Kivi fɪtjv  
 mgq mKvɪ 10 UvK t\_ʰK ˈgɪj 2Uv chʰiʰ|  
 Avcbvi ˈvɪuZˈRɛb mɪi I cɪiKvɪ Zfɪtɛ Mto  
 Zɪtʰj| ˈvɪuZˈ Rɛtʰbi Akɪvʰ gɪbɪi kvɪmɪK I  
 gɪbɪmK fɪvɪtʰgˈ ɲɛchʰ tWɪK AvbZ cɪti|  
 tQvUvɪv fɪjɪvʰʃ I LɪbɪU ɲɛlq ɪbtq Anɪn  
 ˈvɪuZˈ Kɪn gɪbɪi mɪ-kɪvʰ tKtɔ tɔq| tɪ mɪɪ  
 bq, tɪ mɪˈl bq|  
 mɪpKZɪ I cɪi ɲɛkɪm iɪLɪ| Avgɪˈi kixi ˈiɪiː³-  
 gɪstɪm Mov tKvɪv eːˈbq| Avgɪˈi kixɪi AɲtˈQːː  
 Ask nɪjv gb ev AvZɪ| AvɛM-AbɪvZ Avgɪˈi  
 kixɪi I cɪi fɪY cɪfɪe tɪtj| eːRMtZ Kvɪ,  
 ক্রোধ, লোভ, মোহ, মাৎসর্য, অসূয়া ও ঈর্ষা ও প্রতিহিংসা  
 Avgɪˈi ˈtʰL, Kó, Akɪvʰ AɲZv I aɪstɪm gɪ-  
 KvɪY| gɪbɪ Zvi mZZv, mɪKgˈ AUj mɪpKZɪcɪZi  
 gɪvɪtʰg Dɪj-ɪLZ eː\_Y t\_ʰK ɪbtRɪK ˈtʰi tɪtL GB  
 RɛtʰB cɪg ˈMɪtʰLi ˈrˈjv f KɪtZ cɪti| mɪpKZɪ  
 gɪbɪtʰK ɪbqgZvɪʃK, ˈrˈmɪʃZ Rɛbhɪcɪtʰbi Avtˈk  
 ɪtqQb| Zui tɪmB Avtˈk-ɪbtʰla tɪtʰ Pɪtj Rɛb  
 AɪbK kɪvʰgq I ɪbɪvˈ nq| Avi tɪ mɪˈ, mɪi I  
 kɪvʰgq ɪbɪvˈ Rɛtʰbi RbːB tZv Avgɪˈi tɛtʰP  
 \_vKv| mɪpKZɪ mɛvɪtʰK mɪˈ Rɛb ˈvb Kiːˈb-GB  
 Kvɪbɪ Kvɪ|