

ऋग्वेद

यजुर्वेद

ओ३म्

स्वास्थ्य विशेषांक



मूल्य: ₹ 15

पवमान

(मासिक)

वर्ष : 27

आश्विन-कार्तिक

वि०स० 2072

अक्टूबर 2015

अंक : 10

मुद्रक: सरस्वती प्रेस, देहरादून

वजन: 50 ग्राम



वैदिक साधन आश्रम तपोवन, नालापानी, देहरादून
शरदुत्सव 2015

सामवेद

अथर्ववेद

शरदुत्सव 2015 की कुछ झलकियाँ





वर्ष-27

अंक-10

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Email : vaidicsadanashram88@gmail.com
Web-www.vaidicsadhanashramdehradun

विषयानुक्रम

Ieikndh;	-".k dKUr ofnd 'kkL=h	2
onk e of.kr thou 'kkL= g vk;on	-".k dKUr ofnd 'kkL=h	3
eu"; thou] LokLF; j{kk vkj fpfdRlk	euekgu dekj vk;	7
i#"kk e o)koLFkk e gku okyk e= jkx-		10
nkrk dh n[kHkky dI dj	MKE vkpy ofnd	13
vikuok; ;k xI dk mipkj	MKE ltkrk "kVdkj	16
[krjukd chekj g dkyk ekfr;k		18
'krk; gku d cfu;knh fl)kur	ek.kd yky ,eE iVy	20
fMef'k;k vkj vytkebj		22
vkpk; iE /kekuUn 'kkL=h ugh jg		25
ân; jkx vkj mIdk gkE;kifFkd--	MKE jktUæ flg	26
Mx dh mi;kxh nok	ckck jkeno	27
LoLFk jgu d Ijy mik;	ie idk'k 'kek	28

ofnd lk/ku vkJe rikou] ngjknu d: cid [kkrk dk fooj.k

nku gr: cid [kkrk dk uke	cid dk uke o irk	cid vdkmUV u-	IFSC Code
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<u>ioeku if=dk 'kyd</u>			
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<u>IRlx Hkou ,o vkjkk; /ke d: fuek.k e: lg;kx gr:</u>			
3- "ofnd lk/ku vkJe"	vkfj;UVy cid vkQ dieI: 17 jkt iij jkM ngjknu	00022010029560	ORBC0100002
<u>rikou fo kfud:ru Ldy d: fy:;</u>			
4- "rikou fo k fudiru"	;fu;u cd] rikou jkM] ukykiun] ngjknu	602402010003171	UBIN0560243

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2- Cyd ,.M OgkbV Qy it	#- 2000@& ifr ekG
3- Cyd ,.M OgkbV gkQ it	#- 1000@& ifr ekG

ioeku e idkf'kr y[kk e 0;Dr fopkj lEcFu/kr y[kd d gA
Ieiknd vFkok idk'kd dk mul lger gkuk vko';d ugh gA
fd lh Hkh fookn d ifrokn gr U;k;{k= ngjknu gh gkxkA vkifuk dh
vof/k idk'ku frfFk l ,d ekG d Hkhrj gh ekuh tk; xhA



सम्पादकीय

LokLF; dh efgek

Lo dk vFk g] vkRek] viuk vkj futhA tc ge fd lh 0; kf/k l xLr gkr g rk m l
 le; ge LoLFk ugh jgr gA tk viul [k Lo: lk e ;k vkRek e fLFkj jg] ogh LoLFk dgykrk
 gA bl le; l lkj e chekfj; k d bykt d fy, & vk; ofnd] ;kx] Ak—frd] ;kuh]
 gkE; kiFkh] ,ykiFkh vkfn l dMk fpfdRlk i)fr; k Apyu e g] ijUr bue ÁFke rhu i)fr; k
 gh , l h g tk ge LokLFk j [ku e lgk; d g] vU; l Hkh i)fr; k doy jkxk dh fpfdRlk d fy,
 gA l f"V d vkfn e bu l Hkh i)fr; k dk Kku onk e] ije"oj }jkj ge LokLFk j [ku d fy,
 fn; k x; k FkA gekj Ákphu f"k; k u viul i#"kkFk l buG Lor= fpfdRlk i)fr; k e
 fodflr fd; kA vk; on dh n f"V l ft l d okr] fiÚk vkj dQ] ; nk" k le gk vFkkr bue
 dkb fo"kerk u gk] og 0; fDr LoLFk dgykrk gA egf" k ir tfy }jkj ;kx d vkB vx crk,
 x, gA budk ikyu d jr g,] ge u doy viul dk LoLFk j [k l dr g] vfir vk/; k fRed
 mUukfr dh vkj vx l j gk l dr gA "kjhh viuh LoPNrk] iufuek. k vkj {kfrifr t l h dN
 ÁfØ; kvk d }jkj Ák—frd : lk e LokLF; Ákflr dk fujUrj Á; Ru d jr gA Ák—frd
 Á. kkyh d vulkj "kjhh e tk Hkh fodkj gkrk g] og oLrr% "kjhh d Ák—frd : lk e
 vkRe& ifj" dkj dk Á; Ru ek= gA bl Á. kkyh dk ; g Hkh dguk g fd rho jkx] fo" k dk
 ÁHkkoghu dj] ml ckgj fudkyu d Á—fr d Á; Ru dk fpà gA ; g fpfdRlk Á. kkyh
 thou; kiu vkj vkj kx; ykHk d fy, ft l < x dk Áfriknu d jr g] og oKkfud] food i. k
 vkj l jy gA ble LokLF; ykHk d fy, eflr" d vkj "kjhh dk , d gkdj Lo; viul e vkj
 Ák—frd "kfDr; k d l kFk l ketL; djuk vko"; d gA mijDr foopu l ; g Li"V gkrk g
 fd LoLFk jgr g, nh? k t hoh cuu d fy, ; rhuk i)fr; k vR; r lgk; d gA ge bu rhuk dk]
 ; k fdUgh , d ; k nk dk puko viul LokLF; j {k. k d fy, ; k chekj gku ij uhjx gku d fy,
 djuk pkfg, A tgk rd vU; i)fr; k l bykt dk Á"u g] budh Hkh viuh fo" k"krk, gA t l
 fd "kY; fpfdRlk d ekey e vk/kfud le; e ,ykiFkh loJ" B gA bl h Ádkj Vhdkdj. k
 dj d ikfy; k] pppd] gt k] jch t vkfn db egkekjh Qyku okyh chekfj; k d mUeyu l
 ekuork dh lok dju e bl i)fr dk dkb fodYi ugh gA vc ; g ge ij fuHkj d jr g fd
 ge fd l jkx e] fd l i)fr l bykt dju dk ÁkFkfedr k nr gA tgk rd LoLFk jgr g,
 jkxk l nj jgu dk Á"u g] m le vk; on] ; kx vkj Ák—frd fpfdRlk gh thou "kyh d : lk
 e viuku ; kx; gA egf" k pjd u LokLF; dh efgek e dgk g& ^/kekFk dkek {kk. kekj kx; ;
 eyeÙkee----** vFkkr /ke] vFk] dke vkj ek {k bu pkj inkFk dk Ákflr dju d fy, LokLF; gh
 ey l k/ku gA l f/ k ikBdk dh fgrk; o nh?kk; dh dkeuk d l kFk] ; g LokLF; fo" k"kd
 lefir gA

—".k dkUr ofnd 'kkL=h

onk e of.kir thou 'kkL= g vk;oin

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Pkkjk onk e vk;on l lEcfU/kr
vud e= ik, tkr g ijUr bue vFkoon
dk eguh; LFkku gA ge vFkoon d e=k d
vk/kkj ij vk;ofnd fpfdRIk ij fopkj
djxA "kriFk ckã.k u ; ton d , d e=
dh 0; k[; k e Ák.k dk vFkok crk; k gA bl
Ádkj Ák.k fo|k ; k thou&fo|k vFko.k
fo|k gA ge xkiFk ckã.k l ; g irk pyr
g fd cã "kcn Hk"t vkj fHK"KXon dk ck/kd
gA bl Ádkj ge dg l dr g fd tk vFkok
g] og Hk"t g] tk Hk"t g og ver g] tk
ver g] og cã gA xkiFk ckã.k l ; g Hkh
Kkr gkrk g fd vfxjl dk lEcu/k vk;on
vkj "kjhj&foKku l gA vxk d j l k vFkkr
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dgk tkrk gA NkUnKX; vkj cgnkj.; d
mifu"knk e Hkh dgk x; k g fd "kjhj&foKku
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fo|k dk Hkh vfxjl&fo|k dk uke fn; k x; k
gA Ák.k vxk d j l gA Ák.kk d fu; eku l kj
pyu l gh thou g] blfy, Ák.k&fo|k dk
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vkj l Jr nkuk u vk;on dk vFkoon dk
mion ; k mikx eku gA l Jr l fgrk d
vulkj bld vkB Hkx gA pjd l fgrk dk
dguk g fd vFkoon e bu fo"k; k d e= gA
LoLr;; u] cfy] exy] gke] fu; e]
Ák;f"pr vkj miokl] ; lEkr fo"k;
vk;on d gA vr% ge fu"p; iod] ; g dg
l dr g fd vFkoon e fpfdRIk dk o.ku g
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fgrkfgr; l l[kn%[kek; lLrL; fgrkfgr eA
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mijkDr "ykd d vulkj vk;on og "kkL=
g ft l l i#"k dk thou vFkkr vk;
"kkjhjd vkj ekufl d nkuk Ádkj d jkxk
l eDr jgrk gA mldh bfUn; k vkj bfUn; k
d fo"k; ; LokLFk jgr g, viuk l kjk 0; ogkj
;FK"V : lk l dju d lEfk cu tkr gA
bld vfrfjDr mld n%[kh thou dk Hkh
ck/k ; g djrk gA vk;on og "kkL= g tk
eu"; dk lnpkj dh f"kk nrk g vkj
mldk nlj Áf.k; k d l kFk ln0; ogkj d
l kFk pyu ; kx; cukrk gA ekufl d mUufr
d l kFk&l kFk lcf) lEiUu gkdj
ykdikjd de d jr g, mldk thou
fgrdkjh cukrk g vkj bld l kFk gh
vfrdkjh thou dk Hkh ck/k djrk gA
vk;on og "kkL= eku x; k g ft l d }kj
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Ádkj ft l xUFk e vk; lEckU/kh l Hkh fo"k; k
dk ; fDr; Dr Ádkj l lUnj o.ku fd; k
x; k gk] ml vk;on dgr gA

vk; l d; pkj Ádkj& egf"k pjd u dgk g
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bl h ykd e Qy nu okyk g vkj i.; dk;
gku d dkj.k ijykd d fy, Hkh
dY; k.kdkjh gkrk gA viuh bl fo"krk d
dkj.k ;g vU; onk dh Hkkfr egÙo j[krk
gA bl hfy, bl egf" k pjd }kj k i.; re
on dgk x; k gA

LoLFk 0; fDr dku g& LoLFk 0; fDr dh N%
igpku g&f- [ky dj Hk[k yx] „- tk [kk,]
og Hkyh Adkj ip tk,] ...-le; ij iV
gydk gk tk,] t-“k) Mdkj vk,] ‡-viku
ok; l jyrk l fudy o nxU/k jfgr gk] ^-
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jkxk dh mRifÙk d] dkj.k& jkxk dh

mRifÙk d lEcU/k e pjd lfg r k e fuEu l=
fn; k x; k g&

;nk áfLeu 'kjhj; /kkrok ol'kE; eki |Ur;
rnk Dy; 'k fouk'k ok ÁlukfrA

ol'kE; xeu fg iu/kkriuk of) gk l
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vFkok uk" k dk Áklr gkrk tkrk gA bl l
fl) gkrk g fd "kjhj e /kkrvk dh fo"kerk
vk tku l jkx mRiUu gk tkr gA jkxk d
funku d lEcU/k e vx fy [kk x; k g&

^r n or Lekn Hk" k t l E; xop; ek. k;
; x iUu; ukfrfjDrkuk /kkriuk l kE; d j;

Hko fr] vf/kdei d" kfr U; u; vkl; kfrA**

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l vkj ?kV g, /kkrvk dk c<ku l /kkrvk
dh l kE; koLFkk ykb tkrh gA bl l fl)
gkrk g fd /kkrvk dh l kE; koLFkk l "kjhj
LoLFk gkrk jgrk gA

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e fuEu l= fn; k x; k g&

^fodkj k /kk r ol'kE; ; l kE; ; Á—fr#P; r**

vFkk r /kkrvk dh fo"kerk dk fodkj
dgr g vkj budh l kE; koLFkk dk vkj kX;
dgr gA egf" k pjd u , d l= e dgk g&
; 'k keo fg Hkkouk l i r l i t u ; UjeA
r i 'k keo fop} ; k /khu fofo/kkU l enhj ; rAA

vFkk r ftu Hkkok ; k l tkrh; Hkrk d
Ák—frd Á"klr x.kk l l ; kxh i#"k dh mRifÙk
gkrh g mu gh d fox.kk l vFkk r mudh
fo—fr l eu"; dh 0; kf/k; k mRiUu gkrh gA

mijkdR l=k d vFk l Li"V g fd
/kkrvk ;k Hkrk dh fo"kerk l gh fodkj
mRiUu gkr g vkj budh l kE;koLFkk e eu";
dk LokLF; mfpr cuk jgrk gA bldk
vfHkÁk; ;g fudyrk g fd ;fn ge mfpr
: lk l vkgkj] fogkj] 0;k;k;ke] foJke vkfn d
Ák—frd fu;ek dk ikyu djr jgr g rk ge
/kkrvk dh l kE;koLFkk dk cuk, j[ku e l eFk
jgr g vkj LokLFk thou thu e l Qy gk
l dr gA , lk thou fuf"pr : lk l nh?k Hkh
gk l dxk] ble dkb Hkkrfr ugh gkuh pkfg, A

'kjhj dk vk/kkj /kkr, i gl& ge vFkoon e
db LFkkuk ij f=/kkr vFkkr ok] fiÚk vkj
dQ "kjhj d bu rhu ey rÚok dk mYy[k
ikr gA bl "kjhj dk ,d l unj xg ekuk
x;k g tk rhu /kkrvk ½ok] fiÚk vkj dQ½
dk cuk gv k gA ;g rhu Ádkj d n½[kk
½vk/;kFRed] vkf/knfod vkj vkf/kHkkfrd½ l
eDr gkA vk;on dk Hkh ;gh mí"; g fd
"kjhj dk rki=; l eDr fd;k tk,A fiÚk dk
Hkh db e=k e mYy[k gA ,d LFkku ij budk
vHk tk ½o"kk ;k B.M l mRiUu gku okyk
dQ½ ok] tk ½ok; l mRiUu gku okyk ok] ½
vkj "k"e ½xeh l mRiUu gku okyk fiÚk½ dgk
x;k gA ,d vU; LFkku ij budk ok;] vd
vkj jf; uke l fufn"V fd;k x;k gA

Pkj d] l Jr vkj v"Vxân; e ok] fiÚk
vkj dQ bu rhuk dk "kjhj dk vk/kkj
ekuk x;k g vkj ;g ekuk x;k g fd bu
rhuk d fodkj l gh "kjhj e fofHkUu Ádkj
d nk" k mRiUu gkr gA l Jr dk dguk g fd
ft l Ádkj rhu [kEHkk l edku /kkj.k fd;k
t krk g] m l h Ádkj bu rhuk l "kjhj fLFkr
gA bl hfy, "kjhj dk f=LFk.k dgr gA
v"Vxân; dk dguk g fd ok] fiÚk vkj
dQ ; rhu nk" k gA ; fo—r gku ij "kjhj

dk gkfu igpkr g vkj vfo—r jgu ij
"kjhj dk fLFkj j[kr gA vFkoon e ft l
Ádkj ok] fiÚk vkj dQ dk ok;] vd
½vfXu½ vkj jf; ½l ke½ dgk x;k g] m l h
Ádkj pj d vkj l Jr u ok; dk ok] vfXu
dk fiÚk vkj l ke dk "y"e dgk gA

f=nk" k fl) kUr dh mRi fÚk& vk; ofnd
fo" k" kKk u /kkrvk dk fo"y" k.k fd;k vkj
bld QyLo: lk iFoh] ty vkj /kkrvk e
cgr v"kk rd leku x.k ik, x,A bl
fu.k; d vk/kkj ij mUgku ykd vkj i#"k
dk ryuk Hkh dh vkj ;g fu"d" k fudkyk fd
ft l Ádkj ykd e iFoh] ty vkj /kkrvk d
x.k /ke vkj dk; l ke d leku g] m l h
Ádkj i#"k d "kjhj e bld leku dQ /kkr
gA tk x.k /ke vkj dk; l ; d g] ogh dN
"kjhj e fiÚk /kkr d gA bl h Ádkj ykd e
ok; d x.k/ke vkj dk; d leku "kjhj dk
ok] /kkr gA bld l kFk&l kFk mUgku ;g Hkh
?kk" k.kk dh] fd ft l Ádkj iFoh vkj ty: lk
l ke] vfXu: lk l ; vkj ok;] Ák—r voLFkk
e jgdj ykd dk dY;k.k djr g vkj
fo—r gkdj bldk minoxLr dj l dr g]
Bhd m l h Ádkj "kjhj e fLFkr ok] fiÚk vkj
dQ /kkr Ák—rkoLFkk e lekoLFkk e jgdj]
"kjhj dk /kkj.k djr g, LokLFk j[kr g vkj
fo—r gkdj jkxxLr ;k u"V dj l dr gA
f=nk" k fl) kUr d vk/kkj ij gh vk; ofnd
fpfdR l k A.kkyh dh uho j[kh xb g ft le
vud n0;k d vkfJr vud Ák—frd j l k
vkj x.kk l ;Dr fofok Ádkj dh vk"kf/k;k
vkj Hk" k t dYiuk, dh xb g ftudk Á;kx
LokLFk voLFkk e cy] vkj vk t dh of) d
fy, vkj jkxh gk t ku ij jkx dh fuofÚk d
fy, fd;k t krk gA

vFkoon e 'kjhj d: vxk: dk o.ku&
vFkoon e "kjhj d vxk dk o.ku feyrk gA

vFko'on e jkx d dkj.k& ble Toj d
fy, rDeu "kCn dk Á;kx feyrk gA pjd
u Toj dk l kj jkxk e Á/kku ekuk g D;kfd
;g l kj Ákf.k;k d Ák.kk dk gjrk g vkj ng]
eu o bfUn;k dk d"V nrk gA ;g "kjhj dk
lrlr djrk g] blfy, bl Toj dgr gA
vU; jkxk dh vi{kk bl dh fpfdRl k d fBu
ekuh xb gA

vFko'on e jkxk d uke& vFkoon e
fofHkUu jkxk d uke feyr gA dN uke bl
Ádkj g&

'kh"kfDr ¼f'kjokrk½ 'kh"ke; ¼f l jnn½
d.k'ky ¼dku nn½ foykfgr ¼ihfy; k½ ik.M
jkx] 'kh".k.; ¼efLr"d&fodkj l ECU/kh jkx½A
gfjek ¼ihfy;k] tyknj½A dk l ¼[kk l h] ;{ek
jkx½ tk l kj vxk e Qy tkrk gA 'kh"kykd
¼f l j&l ECU/kh jkx½ l nfun ¼Áfrfnu oky
jkx½ gk;u ¼l ky Hkj pyu oky jkx½A
vk'kjhd ¼gMMh nVuk vkfn½ cyk l ¼[kk l h]
{k;½ ihB nn ;k dej nn rFkk B.M l gku
okyh chekfj ;kA

vFkoon e ÁR;d vx e gku oky
jkxk dk Hkh mYy[k feyrk g&

vk l ko ¼ifpl ¼A fo l Yi ¼ihMk½]
fon/k ¼QkMk½] okrhdkj ¼okr jkx½A
mueÜkrkA d"BA DyhcRoA xHknk"KA
x.MekyKA TojA nLoluA e=—PNA ;{eA
#f/kj&l koA "ord"BA ânKxA {kf=; jkxA
vFkoon e of.kr fofHkUu fpfdRl kvk dk
pkj Hkxx e ckVx ;k gA

1& eu"; t& bue o] vkfn d }kj k dh
t ku okyh fpfdRl k, gA

2& noh& bue iprUok l dh t ku okyh
fpfdRl k, l fefyr gA

3& vkfxj l h fpfdRl k& ekuf l d "kfDr ;k
bPNk "kfDr l gku okyh fpfdRl k gA³⁸

4& vkFko.l.kh fpfdRl k& vFkok ;kxh dk
dgr g] vr% ;kx l ECU/kh fpfdRl k ;k
;kxkH;k l l dh t ku okyh fpfdRl k gA

mijkDr fpfdRl k i)fr;k d
vfrfjDr vFkoon e fuEu fpfdRl k i)fr;k
dk Hkh mYy[k feyrk g&

1- l ;fdj.k fpfdRl k 2- ty fpfdRl k 3-
Ák—frd fpfdRl k 4- ekul fpfdRl k 5- ;K
fpfdRl k 6- "KY; fpfdRl k 7- l ifo"k
fpfdRl k 8- —fe fpfdRl k 9- d"jkx
fpfdRl k 10- ekuf l d fpfdRl k 11- mUekn
jkx fpfdRl k 12- u= jkx fpfdRl k 13- dk l
jkx ¼[kk l h½ fpfdRl k 14- xMekyK&
fpfdRl k 15- vkuof"kd jkx fpfdRl k 16-
ân; jkx&fpfdRl k 17- Toj fpfdRl k 18-
vfXuek] ¼dCt½ vkfn jkx 19- xlr
jkx&fpfdRl k 20- L=hjkx&fpfdRl k 21-
"or&d"B&fpfdRl k 22- {kr] o.k vkfn dh
fpfdRl k 23- okr jkx&fpfdRl k

mijkDr foopu l Li"V g fd
vFkoon e vk;on dk ey Kku foLrr : lk
l miyC/k gkrk gA ge doy lf{klr
ifjp;kRed o.ku gh n ik, gA vFkoon
Áfrikfnr vk;on dh fpfdRl k gh okLrfod
fpfdRl k i)fr gk l drh g] tk Ák—frd
fu;ek d vk/kkj ij [kMh g vkj lo l k/kkj.k
0;fDr dk u doy LoLFk j[k l drh g
vfir nh?k thoh Hkh cuk l drh gA

‘मनुष्य जीवन, स्वास्थ्य रक्षा और चिकित्सा’

&euekgu dĕkj vk;l

eu'; ;kfu l Hkh ikf.k;k e J"B gA
dgk x;k g fd ^cMĥ Hkkx eku l ru ikok
l j ny.Hk l n xUFku xkok* vFkr ;g
eu"; "kjhj cM Hkkx; l ikr gvk gA Hkn
i#"kk dk ik; ;g fu;e g fd migkj e
feyu okyh oLr dk cgr l EHkky dj j [kuk
pkfg;A ;g ekuo thou ,d idkj l b"oj
}kj ge inku fd;k x;k migkj gh gA
ofnd de&Qy 0;oLFk d vulkj geu
iotUe o m l l Hkh igy g, tUe e tk "kHk
o v" kHk de fd; Fk] mld ifj.kke Lo#i
ge ijeRek l ;g ekuo "kjhj feyk gA
gekj t l "kHk o v" kHk de gkr g m l l
gekjk ikjC/k curk gA m l ikjC/k l ge
tkfr] vk; vkj Hkkxk dh ikflr gkrh gA ;g
gekjk oreku thou vFkr gekjk ekuo ;kfu
e tUe dk gh tkfr dgr gA ge gekjk tk
ekuo thou feyk g m le gekj ikjC/k d
vulkj Hkkx ikr gkr gA ble b"oj ekuo
"kjhj ikr djku d fufeRr gekj ikjC/k e l
dN dVkrh ugh djrA vr% ;g ekuo "kjhj
b"oj dh thok ij n; k] d : .kk o Ñik dk gh
ifj.kke fl) gkrk gA

ekuo "kjhj dk vkjEHk tho d ekrk
d xHk e vku l gkrk gA 40 l l rkg rd
"kjhj curk g vkj fQj ;g f" k" d : lk e
ekrk d xHk l ckg; l lkj e vkrk gA
uotkr f" k" tUe l dN o"kk d dky rd

viuh n[kHkky] ikyu o j {kk Lo; dju e
vleFk gkrk gA e[;r% ekrk&firk gh
bldk ikyu&ik" k. k o j {kk djr gA
ijeRek d fu;e d vulkj ;g ekrk d
nX/k dk lou djrk g ft l l bld "kjhj e
gj {k.k vFkok fnu ifrfnu mUufr o of)
gkrh tkrh gA tUe d le; u rk eg e nkr
gkr g vkj u gh fl j ij ckyA vk[k o vU;
ckg; bfUn; k Hkh cgr NkVh o fucy gkrh
gA ekrk d nX/k l f" k" dk ikyu ik" k. k
gkrk gA f" k" d fd" kjk gku ij viu
nuflu 0; ogkj dju dh {kerk mRiUu gkrh
gA og fo|k ikflr d fy, vkpk; dy e
tkrk gA ogk fo|k dk vH; k l djr g,
b"ojkik luk o ; Kkn dk; k dk Hkh djrk gA
vkgkj o Hkk tu d : lk e nX/k] Qy] vUu o
id g, Hkk tu dk xg.k djrk g ft l l
bld "kjhj o dk; k d ifjek. k e of) gkrh
gA LoLFk eu"; m l dg l dr g
ft l dk dkb jkx u gk] tk cy o 'kfDr
e viuh vk; d vulkj ijh {kerk l
ckf) d o 'kkjhfd Je dj l d rFkk
m l fd l h idkj dh 'kkjhfd iHmK vkfn
u gkA ;fn _r ifjoru o vkgkj&fogkj e
fd l h idkj dh v l ko/kkuh o =v gk tkrh g
rk mld ifj.kke l ukuk idkj dh 0; kf/k; k
"kjhj e vk tkrh g ftud y{k.kk l jkx d
ey Lo: lk dk tkudj vk; on dh f" k {kk d
vulkj mldk funku djuk gkrk gA ;g

jkx eu"; d tUe l ydj eR; lk;Ur dHkh
Hkh vk ldr gA igyh lko/kkuh rk
ekrk&firk o Lo; fd"kkj voLFkk d 0;fDr
dk ;g djuh gkrh g fd og viu LokLF; d
fu;ek dk mfpr jhfr l i.k:i.k ikyu
dJA ble fdpr f"kfFkyrk u vku nA bl
ij Hkh ;fn HkkT; inkFkk e fd l h idkj dh
v"kf) o _r ifjoru vkfn d dkj.k dkb
fodkj vkdj jkx dk :lk y gh y rk ml dh
lefpr fpfdRIk djuh gkrh gA bl
fpfdRIk e o| o MkDVj ik; % dN vk"kf/k;k
d lou o foJke dh lykg nr g ft l l
jkx nj gk tkrk g vkj eu"; iu% io dh gh
Hkkfr viuh ijh {kerk l dk; dju d ;kX;
gk tkrk gA

f"kfkk e u doy t hokRek o ijeRek
d Lo:lk o mud x.k] de o LoHkko dh
f"kfkk vko"; d g vfir thou dk mnn";
viu o b"oj d ;FkkFk Lo:lk dk tkudj
b"oj dh mikluk djuk] ;K vfxu gk=
djuk] ekrk&firk&vkpk;k dh lok djuk]
vfrfFk;k dk lok lRdkj rFkk vU; ikf.k;k
ij n;k dh Hkkouk j[kr g, mud dY;k.k o
l[k d fy, dk; djuk vkj mud ifr
fd l h idkj l fgl k u djuk dr0; fl)
gkr gA vr% f"kfkk d ikB;Øe e bu lHkh
fo"k;k dk lfefyr fd;k tkuk pkfg;A ;gh
eu"; o ofnd /ke dgyrk gA bu lHkh
ofnd eY;k dk ikyu LokLF; l Hkh tMk gA
LokLF; dk lEcU/k gekj ekufld fpUru o
LoHkko l Hkh gA ;fn ekufld fpUru
ijkidkj o ;Kh; Hkkoukvk l ;Dr gkxk rk
jkx ik;% ugh gkx o vfr vYi gkxA ;K
dju l Hkh jkx ugh gkr vkj ;fn dHkh gk
rk og Lor% Bh d gk tkr gA LokLF; dh

nf"V l Hkh ofnd fopkj/kkj ft l dk ipkj
egF"k n;kuUn o mud ckn vk; lek t djrk
vk jgk g] lHkh eu";k d fy, mi;Dr o
J;"dj gA

"kkL=k e LokLF; ykHk dh nf"V l
Ák.kk;ke dk vR;r egUoi.k ekuk x;k gA
Ák.kk;ke l eu"; "kjhj i"V gkrk g vkj
cf) rho gkrh gA ;"k vkj cy dh of) gkrh
gA blfy; ge Ák.kk;ke vo"; djuk
pkfg,A ge tk lkl yr vkj NkMr gl
mudh xfr vkj ek=k bruh de gkrh g fd
ml l gekj QQMk dk ijk Ák.k ugh fey
ikrk g] ft l l QQMk vkj lHkh dkf"kdkvk
rd Ák.kok; ugh igp ikrk gA QQMk d
ft l Hkkx e Ák.kok; ugh igp ikrk g] ogh
Hkkx fuf"Ø; gkdj jkxh gk tkrk g rFkk
"kjhj e db jkx gk tkr gA Ák.kk;ke l
QQMk e lk;kIRk Ák.kok; Hkju l jDr i.kr%
"k) gk tkrk g vkj "kjhj d lHkh nk"n nj
gkr g vfir ;g "kjhj l[kk dk ?kj cu
tkrk gA ;kx LoLFk jgu d fy, fcuk
0;; dh ,d lcl egRi.ki o dkjxj
fpfdRIk gA vkt ij l l k j e LokLF;
o ;kx d ifr tkxfr mRiUu gbi g] tk
fd i'kluh; gA

LoLFk jguk /ke] vFk] dke o ek{k d
fy, vfuok; gA LoLFk jgu d fy, 0;k;ke]
Ák.kk;ke o vkluk d egRo dk n[kr g,
iR;d LoLFk 0;fDr dk ikr% bu d fy,
lk;klr le; vo"; nuk pkfg;A ikr%dky
Hke.k dj "k) ok; dk lou djuk pkfg;A
fu;r le; ij lU;/kikluk }kj b"oj dk
/;ku] vfxugk= ;K o vU; nfud dr0;k dk
iky dju pkfg;A ;g lc LoLFk thou
dk vk/kkj g vkj ;fDr o vud mnkgj.kk l

Hkh IR; fl) gkr gA LoLFk jgu d fy,
Hkk tu ij fo"kk /; ku nuk pkfg; A bldk
fu; e ; g g fd Hk[k l dN de] "k)
"kkdgkj h LokLF; dj o if"Vo/kd Hkk tu gh
fd; k tk; A Hkk tu iklr dju d fy, /ke dk
ikyu djr g, mfpr o /ke l Eer vkt hfodk
}kj k gh /kuk iktu djuk pkfg; A iki i od
dek; x; /ku l eu o eflr" d v" k) o
fodr gkrk g vkj bldk LokLF; ij
ifrdy iHkko gkrk gA vr% i.; dekb l
iklr vUu dk gh lou djuk pkfg; A bl ij
Hkh ;fn dHkh jkx gk tk; rk lcl igy
vk; on d vulkj fpfdRlk djuh pkfg; A
;fn ykHk u gk rk fQj gkE; kiFkh o
,ykiFkd fpfdRlk ij fopkj djuk pkfg; A
,ykiFkh e vkt dy tk jDr ey] e= o
,Dl&j vkfn ijh{k.k fd; tkr g mul jkx
dk Bhd&Bhd vueku yx tkrk g vkj
mipkj djuk l jy gk tkrk gA vkt dy
vlk/; jkxk e jDrpki e/keg gn; jkx
dlj vkfn dk uke lur gA budk Kku
bul lEcFU/kr ijh{k.k djkdj gk tkrk g
fd ; g jkx "kj hj e g ok ughA vr% fd l h
0; fDr dk dkb jkx ;fn "kh?k Bhd u gk rk
jkx d y{k.kk d vulkj vko"; d ijh{k.k
dj k yu pkfg, vkj ftl i) fr dh
fpfdRlk lxe o "kHk ifj.kkedkj h gk] ml
gh i; kx e ykuk pkfg, A

dkb Hkh eu"; jkxh gkuk o vk"kk
lou djuk ugh pkgrk ijUr vl; fer
thou] Hkk tu e vlko/kkuh] ok; in" k.k]

[kk] inkFkk e fo"kk; Dr jklk; fud [kkn d
i; kx o iHkko ,o dN vKkr dkj.kk l og
jkxh gk tkrk g vkj ml fpfdRlk dh
vko"; drk iMrh gA ;fn le; ij jkx d
fd l h y{k.k dk irk pyu ij mldh tkrp
dj lgh jkx dk irk yx tk; rk fpfdRlk
l og Bhd gk tkrk gA jkx d ikj fEHkd
y{k.kk dk Hkfo"; e gku oky Hk; kog jkxk
dh ,d idkj l prkouh dh rjg yuk
pkfg; A jkx Bhd gk tk; vkj Hkfo"; e og
o vU; jkx u gk] mld fy, viuh thou
"kyh l/kkju d lFk l; fer thou 0; rhr
djuk pkfg, vkj Hkk tu dk fu; fer vFkk r
"kjhj dh iNfr d vu:lk dj jkxk l cpk
tk l drk gA ;K Hkh eu"; dk LoLFk
j[ku: di lFk jkxk dk nj Hkxkrk g]
vr% ml; Hkh fu; fer #i l; djuk
pkfg; A l{ki e LoLFk jgu d fy, ikr% 4
ct funk R; kx] ikr% ok; lou gr Hke.k]
Luku }kj k "kkjhfd "kf)] b"ojkik luk] _r
d vulkj fgrdkjh] ferkgj Hkk tu rFkk
lnxUFkk l fgr vk; on d xUFkk dk v/; ; u
Hkh eu"; dk LoLFk o l[kh cukrk g] vr%
bl viukuk pkfg; A ge vk"kk djr g fd
bl y[k dh ckrk l ikBdk dk ykHk gkxkA
"kkL=k e dgk x; k g& ^" kj hj ek/; e [ky
/ke l k/kue* vFkk r LokLFk "kj hj gku ij gh
ge /ke ekx ij py l dr g vkj vH; n;
AkIr djr g, fuJ; l dh vkj vxlj gk
ldr gA vr% LokLF; dh vkj è; ku nuk
vfr vko'; d gA

सीजन्य से-

KUKREJA INSTITUTE OF HOTEL MANAGEMENT
DEHRADUN

‘पुरुषों में वृद्धावस्था में होने वाला मूत्र रोग प्रोस्टेट ग्रन्थि की वृद्धि का स्वरूप’

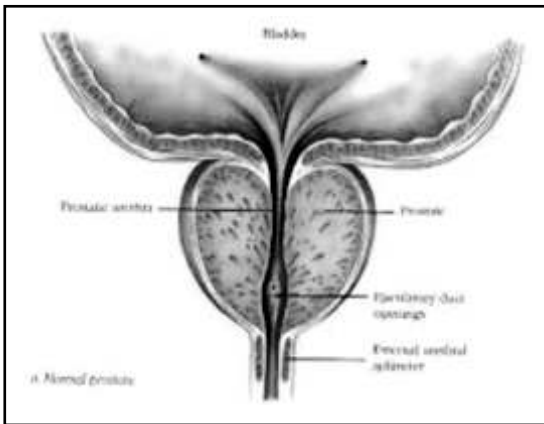
c<ki dh vud leL;k, g ;Fkk
“kkjhfd] ekufld rFkk lkekftd vkfnA
“kkjhfd leL;vk e o)koLFkk e ul&

IEikndh; fVii.kh& ikLVV dh ,ykiFkh fpfdRlk
e vf/kdk'kr% ih, l, VLV %Prostate Specific
Aintigen% fy; k tkrk gftld vk/kkj ij dUl j dh
tkp dh tkrh gA bldk dkb fuf'pr ekud ugh g
rFkk ;g Kkr gvk g fd vefjd vkfn n'kk e ejhtk
dk vR;fkd 'kk'k.k fd;k x;k gA vc ;gh fLFkr
Hkkjr e Hkh gk jgh gA vr% ;fn fdlh 0;fDr dk
nHkkx; l ,lk ijh'k.k djuk iM rk lEcuf/r
MkDVj dh futh yc l VLV u djokdj fdlh
LorU= yc l VLV djok; rFkk , l ekeye nk ;k
rhu MkDVj dh fu'i{k jk; yu d ckn gh fpfdRlk
d vxy dne d lc/k e dkb fu.k; yuk pfg;A

ukfM;k o tMk e dBjrk mRiUu gk tkrh
gA vk[kk e dN yxk dk ekfr; k mrj vkrk
g] , l gh i"kkc dh Hkh ,d Hkkjh f'kd;k; r
dN yxk dk gk tkrh gA fdlh dk i"kkc
cn&cn dj vkrk g] fdlh dk #d tkrk g]
fdlh dk i"kkc e tyu gu yxrh g] fdlh
dk jkr Hkj i"kkc vkrk jgrk g] jkr e i"kkc
dju d fy, lkr&vkB ckj mBuk iMrk g]
blfy; bl fo"k; ij dN foLrkj l fy[ku
dh vko"; drk gA o)koLFkk e i"kkc dh bu
chekfj;k d db dkj.k gk ldr g] ijr
mudk lcl cMk dkj.k ikLVV&xfUFk dk
c< tkuk gA ikLVV&xfUFk d c< tku d
fo"k; e dN dgu d igy ;g tku yuk
vko"; d g fd ;g xfUFk D;k g] “kjhj e
dgk fLFkr g] bldk mi;kx D;k g vkj
bldk vkdkj idkj d lk g\

“kjhj e vU; xfUFk;k (Glands) dh

gh rjg l i: "kk e ikLVV (Prostate) Hkh
, d xfUFk gA i#"k “kjhj d lkeu dh vkj]
ukfhlk d uhp] tuu in" k e tggk cky gkr g]
ogk gkFk l ncku ij Hkhrj ,d gMMh
egll gkrh gA bl vxth e ^l; fcd&cku*
(Pubic bone) dgr gA “kjhj d ihN d
Hkkx e tggk xnk&in" k g] ogk ukdnkj ,d
gMMh g ftl vxth e ^dkfDdDl*
(Coccyx) dgr gA bu nkuk gfMM;k dk
lh/kk feyk fn;k tk; rk og j[kk ikLVV dk
Nrgh gb vx fudy tkrh gA blh LFkku ij
^e=k" k; * (Bladder) l fudyrg gb ^e=&
uyh* (urethra) ektn gA ;g e=&uyh
ftld }kj e=k" k; l i"kkc fudyrg g]
bl ikLVV dk ikj djrh gb] ;k bld chp
l gkdj xtjrh gA ikLVV&xfUFk dk
cgr&l fgLlk e=&uyh d uhp rFkk dN
fgLlk bl uyh d Åij gkrk gA ikLVV
xfUFk e=&uyh dk bl idkj ?kj jgrh g
tl vxBh vxyh dk ?kj jgrh gA ;g
ikLVV lkjh e=&uyh dk ugh ?kjrh vfir
ftl LFkku ij l mDr nkuk gfMM;k dh
ydhj xtjrh g ogk e=&uyh dk ikLVV
?kjrk gA ^e=k" k; * d e[k l ^e=&uyh*
“k: gkrh gA ^e=k' k; * dk e[k rFkk
^e=&uyh* tggk bl l tMrh g] og
ikLVV&xfUFk dk LFkku gA ;g LFkku
xnk d Hkhrj cMh vxyh dk Mky dj vuHko
fd;k tk ldrk gA blfy; xnk d Hkhrj
vxyh Mky dj n[ku l vxj ikLVV c<k
gvk gk] rk ml vxyh l Ndj ekye dj



l dr gA ^i kLVV&xfUFk* i#''kk e gh gkrh
g] blfy; bldk ,d vU; uke ^i#''k&
xfUFk* Hkh gA

bl i#''k&xfUFk dk vkdj ;ok&
0;fDr e ,d Nkv v[kjkV ftruk gkrk gA
M< bp pkMkb e] ,d bp yEckb e vkj
rhu&pkFkkb bp ekVkb e gkrk gA bldk
Hkkj yxHkx 3-5 Mke vFkk 6-20 xke gkrk
gA bldk lko ydj dN {kn&ufy; k e=
uyh e [kyrh gA tc vMdk''kk l oh;
fudydj e=&uyh e igprk g] rc iLVV
dk lko ml oh; d l kFk feydyj ''kØ.k.vk*
(Sperms) dk L=h d xHk''k; e tku dk
xfr nrk gA vxj iLVV dk lko ''kØ.k.vk
d l kFk u fey] rk oh; dh ek=k de gku d
dkj.k og vx xfr''khy ugh gkrk] ogh&
dk&ogh iMk jgrk g vkj ,lh fLFkr e
lUrkuRifRr ugh gk l drhA

i : ''k&xfUFk d kj e dN vkj tku
yr gA vk; c<u d l kFk iLVV dk
ifjek.k c<u yxrk gA ik; 50 o''k dh vk;
gku d ckn ;g iLVV c<uk vkjEHk dj nrk
gA l j gujh Vkelu dk tk vkdm iklr g,
mul irk pyr g fd 55 o''k dh vk; d
ckn 33 ifr''kr i#''kk dk iLVV c< trk
gA i jUr mue l d''V doy 5 ifr''kr
i : ''kk dk gh gkrk gA db fo''k''Kk dk dguk

g fd 50 o''k dh vk; d ckn yxHkx 50
ifr''kr i#''kk dk iLVV d c<u dh l eL; k
gk tkrh gA xfUFk d c<u dh fn''kk dk irk
yxku ij ekye gvk g fd ^lhou*&
eyk/kkj&(Perineum) dh rjQ l ;g
vf/kd ekVk o dBkj gkrk g] e=k''k; dh
rjQ l bruk ekVk ugh gkrkA blfy; c<
g, iLVV dk xnk e vxyh Mkydj eg l l
fd; k tk l drk gA v[kjkV d ifjek.k l
c<dj iLVV ,d ek leh vkj fd l h&fd l h
e ukfj; y d ifjek.k rd dk gk tkrk gA

vc ge iLVV xfUFk d c< tku ij
jxh dh fLFkr o bl l lEHkfor jxk dk o.ku
djr gA ^e=&uyh* d fdru Hkkx dk iLVV
?jrk g] ;g bl ckr ij fuHk g fd iLVV
c<dj fdruk cMk gk x; k gA iLVV d c<
tku l e=&uyh ij tk nco iMrk g ml l
e=&uyh cUn gk tkrh g vkj ^e=k''k; * e=
tek gku yxrk g] e= fol tu ; k i''kkc djr
g, l kjk e= ckj ugh fudy irkA e=k''k; e
tk i''kkc xn dh ^e=&okfgu; k (Ureters) l
vkj tek gkrk jgrk g] ckj fudy r ugh
ml ^vof''k''V&e=* ;k cpk gvk e=
(Residual urine) dgr gA tc iLVV d
c< tku l l e=k''k; e l ijk e= ugh
fudy r] m l e cpk jgrk g] rc e=k''k;
dh nhokj dBkj gkrh tkrh g] rkfd bl
^vof''k''V&e=* dk lEHkky l dA dHh&
dHh ;g vof''k''V&e= db yHj rd tek gk
tkrk g vkj jxh dk irk Hkh ugh pyrA
^lhou* (Perenium)- eyk/kkj d LFku dk
nku l ;g ^vof''k''V&e=* fudy trk gA
/khj&/khj e= u fudyu d dkj.k e=&uyh
}kj vkx dk ckj tku d LFku e v l eFk
gku ij ihN dk vkj tkj ekjr g vkj e=k''k;
rFk xnk ij tkj iMu l jDrpki c< trk g
vkj gn; dk jx gk tkrk g] cok l h gk tkrh
g vkj xnk&in''k d vud jx vk ?kjr g o
budh icy lEHkkouk curh gA

bl i#"k&xfUFk jkx ij fopkj
 dju ij Kkr gkrk g fd o) koLFkk e ft l
 idkj l vU; vxk e dBkjr vk tkrh g
 mlh idkj l bl i#"k&xfUFk dh of) o
 bld dBkjr gku l ikLVV dk jkx gkrk
 gA ;fn fdlh dk e= de ek=k e]
 : d&: d dj] cn&cn dj d]
 FkkMh&FkkMh nj ckn] vLokHkkfod : lk l
 ihMk d lkFk rFkk e= LFkku ij tyu vkfn
 mRiUu dj vkrk g rk jkx dh ttp djuk
 vko"; d gA vk/kfud fpfdRlk foKku u
 e=k"k; dh ijh{kk gr ,d ;U= fodflr
 fd;k gvk g ft l fllLVkLdkih
 (Cystoscopy) dgr gA ikLVV dh fLFkfr
 dk foLrkj l tkuu d fy, fpfdRlk
 fo"k"K bl ;U= dk mi;kx djr gA
 bl l ikLVV d lc/k e ;FkkFk fLFkfr dk
 tkuu e lgk; rk feyrh gA vr% jkxh dk
 vk/kfud ,ykiFkh d fpfdRld l bl
 ;U= }kjk ttp djkdj vk"oLr gvk tk
 ldrk g ft l l jkx dh lgh fLFkfr dk
 Kku gku lfr vk/kfud fpfdRlk foKku
 inRr vk"kf/k; k o "kY; fØ;k }kjk funku
 fd;k tk ldrk gA gkE; kiFkh e Hkh bld
 fy, vud vk"kf/k; k g ft l d fy, ikBdk
 dk Mk- IR; or fl) kUrkdj th dh iLrd
 ^c<ki l tokuh dh vkj* dk v/; ;u

djuk pkfg; A 0; k; ke] vkl u o ; kx Hkh
 jkx dk fu; f=r dju e ykHkin gkr g
 ijUr xfUFk d vf/kd dBkj gku o mld
 cM vkdkj dh gku ij rk fpfdRldh;
 ttp o mipkj dh gh vi{kk gkrh gA
 0; k; kek e fl) kl u] e=k"k; ij ncko
 Mkyu oky 0; k; ke ok vkl u rFkk U; kyh
 fØ;k fo"k"K ykHknk; d gkrh gA vkl u
 djr le; ; g i; k l djuk pkfg; fd bu
 vkluk dk ncko o iHkko e=k"k; ij iM
 ft l l xfUFk d dMiu dk nj dju e
 lgk; rk d lkFk mle dN ypd ink gk
 l dA ge 0; k; ke }kjk e=k"k; d LFkku ij
 ldkpu rFkk ilkj.k (Contraction and
 Relaxation) dh ifØ;k dk viukuk
 pkfg; A ; g fØ;k ikLVV xfUFk dk LoLFk
 j[ku d fy, ykHkin gA 0; k; ke o
 ik.kk; ke vkfn l ldkpu o ilkj.k dju
 l ul&ukfM; k o ekl&if"k; k d Hkhrj
 dk tek : f/kj Qyrk gA, lk dju l tek
 g, jDr d fu{ki ok ey fudy tkr g
 ft l idkj cru dk f?kl u o jxMu l
 mldk ey NV tkrk gA geu bl y[k e
 i: "k xfUFk jkx dk o.ku jkx dk ifjp;
 nu d fy, fd;k gA mipkj d fy, ihfMr
 cu/kvk dk ; kx; fo"k; fo"k"K fpfdRldk
 l lEid dj d fpfdRlk djkuh pkfg; A

आवश्यक सूचना

rikou vkJe d l nL; cu: vkj vkJe }kjk fd; tk jg tuki; kxh dk; k e lg; kx inku dja lk/kkj.k l nL; # 1200@& ifr o"ki lgk; d l nL; #- 6000@& ifr o"ki fof'k"V l nL; #- 12000@& ifr o"ki	lEekfur l nL; #- 25000@& ifr o"ki fof'k"V lEekfur l nL; #- 50000@& ifr o"ki
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vxkkeh efguk e iLrkfor dk; Øek dk fooj.k

Lokhe fpÜk'ojuUn l jLorh th }kjk lpkfyr pröin ijk; .k ; K& 1 ekp 2016 l 21 ekp 2016 rd xk; =h ; K xh"ekR l o Lokhe nh{kkuUn Lefr lekjg	& 19 ekp l 21 ekp 2016 rd & 11 eb l 15 eb 2016 rd & 15 eb 2016 rikou vkJe e
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vf/kd tkudkj dh fy, vkJe d l fpo l njHkk"u uE 9412051586 ij okrk dja

दांतों की देखभाल कैसे करें

MkE vkpy ofnd chEMhE, lE

nkrk d LoLFk jgu ij ij "kjhj dk LokLF; cgr gn rd fuHkj djrk gA fpdfRlk d {k= e Áxfr gku l ykxk e nkrk dh l j{kk d Áfr l rdrk c<rh tk jgh gA Qyr% ftu ykxk dk nr{k; jkdu vkj nkrk dh n[kHkky d lECU/k e rkt h tkudkj h g] mUgku vi u nkrk d LokLF; dk vi u jktej d thou dk ,d t:jh fgLlk cuk fy ;k gA

eg vkj nkrk dh n[kHkky&

eg dk ekuo d vxk e lcl vf/kd vLFkj vkj ifjoru"ky vx ekuk tkrk gA "kjhj dk ftUnk jgu d fy, Hkk tu dh vko";drk gkrh g] tk lcl igy eg d }kjk gh xg.k fd;k tkrk gA ikpu fØ;k dk igyk pj.k gh eg d Hkhrj lEiUu fd;k tkrk gA eg dk vkdkj vkj fo'k" :lk l vkBk dh cukoV fopkj dh vfHkO;fDr dk cgr vf/kd ÁHkkfor djr gA vr% ;g LIk"V g fd eg vkj bld Áe[k fgLlk] t l] nkr] t hHk vkkj el< dh lcl vPNh n[kHkky dh tkuh pkfg,A nkrk dh n[kHkky dfBu g ijUr [kphyh ugh gA flQ cpiu l nkrk dh lQkb dh vknr Mkyu dh t:jr gA cPpk d nkr nr{k; d dkj.k VVr g] tcf d vf/kdk" k o;Ldk d nkr vk/kkj dh gMMh] el< vkj Årdk e vk, fodkj d dkj.k VVr gA

el< l tMh vke chekfj ;k g&

ft thokbfVI ¼el< dh ltu½ ij hMKUVkbfVI vkj ij hMKUVfllA ckn dh nkuk fLFkr ;k dk lkekU; r% ik;fj ;k dgr

gA ft thokbfVI e el< yky iM tkr gA mue ltu vkj dMkiu jgrk gA mue tYnh gh jDr lko gku yxrk gA bldk e[; dkj.k eg dh lQkb <x l u djuk gA ft l l dydy l ¼VkjVkj½ nkrk d Åij tek gku yxr g vkj nkrk d vllkl d dkey Årdk dk {kfr igpkr gA bl fLFkr l NVdkjk iku d fy, l xghr inkFk dk fudkyk tkuk t:jh gA gj ckj [kkuk [kku d ckn vPNh rjg l c" k dju l vkj dHkh&dHkh Qyk d dk bLreky dju l cpko gk ldrk gA tc nkr vf/kd xn gk tkr g ;k teko T;knk gk tkrk g vkj dMkiu y yrk g rk nrjx fo" k"K dh lgk;rk yuk vfuok; gk tkrk gA MfVLV midj.kk dh lgk;rk l nkrk dh vPNh rjg l lQkb dj nr gA VkjVkj tk nkrk dk iFkjhyk : i nrk g] ml [kjp dj fudky nu l vkjke fey tkrk gA

1- ft thokbfVI ¼Gingivitis½

dN ykxk dk vdlj ft thokbfVI gk tkrh gA l kFk gh elMk e t[e cu tkrk g] ft l fouk" k l buQD"ku ;k Vp ekmFk ¼Trench mouth½ Hkh dgr gA vdlj ykx ykijokgh cjrr g vkj bldk lgh mipkj le; l ugh djr gA mudh ;g vKkurk ;k ykijokgh ?kkrd fl) gkrh ldrh gA ;g chekj h cgr rth l Qyrh g] ft l d n"ifj.kke n[ku dk feyr gA eg dh xUnxh vkj Årdk dh Áfrjk/k {kerk de gku d dkj.k fLFkr cnrj gk tkrh gA chekj dh rho fLFkr e eg l cnc vkrh gA ihMk]

I tu yky cuu dh vf/kd f"kd; r jgrh
gA ; y{k.k ink gkr gh rjUr nrjx
fo"kkK I IEid djuk pkfg,] ugh rk
fLFkr fcxM tk,xh vkj fQj bykt e yEck
le; yxxkA l kFk gh el<k d Årdk dk
ud l ku gkxkA dHkh&dHkh ; y{k.k dN
eghuk d ckn lekr gk tkr g yfdu fQj
vpkud fd l h le; ink gk l dr gA

2- ijhMkUVkbfVI ¼ Periodontitis&

ft thokbfVI dk le; I mipkj ugh
fd;k x;k rk bl l ijhMkUVkbfVI gk l drk
gA bl fLFkr e el< e cjh rjg l I tu
gk tkrh g vkj o dM gk tkr gA el< o
nkr dh xhok vyx gk tkrh g vkj el< e
fjDr LFkku cu tkr g] tk l t tkr gA
T;knk cjh fLFkr gku ij nkr dk vk/kkj nu
okyh gMMh {kfrxLr gk tkrh g vkj nkr
<hy iM tkr gA bl fLFkr dk ;fn mipkj
u fd;k x;k rk nkr bru <hy iM l dr g
fd mUg fudkyuk t : jh iM tkrk gA

3- ijhMkUVkfI l ¼ Periodontosis&

bl fLFkr e eg dh vPNh l Qkb j [ku
Hkh nkr dh gMMh /khj&/khj [kjc gk tkrh
gA ;g fodkj Ák; % l rfyr vkgkj u yu d
dkj.k gkrk gA ijhMkUVkfI l fM l vkMj l
cpko d fy, nrjx fo"kkK I fu;fer
tkp djuk vko"; d gkrk gA eg dh
l Qkb] de l de fnu e nk ckj c" k dju
dh vknr vkj fu;fer dyf" k; e ;Dr
l rfyr vkj ikf"Vd vkgkj yuk
vR; rko"; d gA

eg d Ård vU; db Ádkj d
l Øe.kk vkj fodkj d fy, ftEenkj gkr
gA t l & Nkyk ¼ Thrush½ , QFk l vyl j
¼Apthus ulcer½] LVkeVkbVl l

iEQkx l] , Vhukek bdk l l] Lekd l iyV
vkj cfux VxA

eg dk d l j & gj o" k g t k j k y k x eg d
d l j l i h f M r g k r g A b u e , d p k F k k b
y k x e k r d f " k d k j g k t k r g A g k y k f d
d l j d k e [; d k j . k v H k h r d i r k u g h
y x k ; k t k l d k g] d l j l i h f M r 0 ; f D r d
f u E u f y f [k r y { k . k k e l , d ; k v f / k d
y { k . k f e y l d r g &

1- Økfud buQD"ku] Lekd l LekbVl l
udyh nkr Bh d l fQV u gku d
dkj.k] nkr VVu ;k [k j n j o n k r n k j
gku l A

2- vkBk dk d l j] l u c u] i k b i L e k f d x]
u k [k u d r j u d h c j h v k n r l H k h
d l j g k l d r k g A

Ákj fEHkd voLFkk e bldk funku
cgr dfBu ugh gkrk gA ;fn "k: e /; ku
fn;k tk, rk eg d d l j dk nj fd;k tk
l drk gA dkb rdyhQ u gku ij Hkh ;fn
l ky e , d ckj nrjx fo"kkK I ijh{k.k
djkr jg rk nkr l ECU/kh chekfj;k l cpko
gk l drk gA dkb Hkh ?kko eg e fn[kkb iM
rk rjr fpfdR l d l l IEid djuk pkfg,A
nkr dk nn&

Ák; % nkrk e lefpr n[kHkky u
dju d dkj.k nn dh f"kd; r jgrh gA
vf/kdk" k ekeyk e nn dk dkj.k nr{k; ;k
n?kVuk e pkV yxu d dkj.k nkr d Hkhrj
fLFkr ulk d flj ij iMu oky ncko dh
ÁfrfØ;k ;k ifjek.k gkrk gA , l h n"kk e
ejht ihMk nu oky nkr dk irk ugh yxk
l dr g D;kfd vUu d.k ;k xje vFkok
B.Mk ikuh tc Hkh dfoVh d Hkhrj tk,xk rk
ihMk gkxhA ;fn nkr dh tM d flj ij

I tu d dkj.k ihMk gkrh g rk ÁHkkoh nkr
 dk irk yxkuk dfBu gkrk gA ;fn iYi ;k
 ul tk nkr d Hkhrj jgrh g] ogej tkrh g
 vkj mldk nrjx fo"kkK l bykt ugh
 dj;k tkrk g rk tM d flj ij t[e gk
 ldrk gA fo"kk : lk l cPpk e lØe.k e
 tcM dh gMMh vkj el< ij QkMk lk cu
 tkrk g] ftl ifj,fidy ,cll
 (Periapical abcess and draining sinus½
 dgr gA bldh ,Vhck;kfVd vkj
 ,Vh&buQykeVh nokvk d vykok Árdk
 d fuek.k d fy, nok nh tkrh gA tc nok
 vlj ugh djrh g rk lØfer nkr
 fudkyuk iMrk gA rf=dk r= dk tfVy
 : lk tcM d vklkl d fgll e gkrk g]
 ogk ykx d ry dk Qkgk j[ku l ;k nn
 fuokjd xkyh [kku l ;k xky d Áij B.M
 ;k xje ikuh l Hkhxk diMk j[ku l FkkMk
 vkjke fey tkrk gA yfdu mi;Dr ;gh
 gkxk fd nr fpfdRld l mipkj dj,k,A
 nkr VVuk&

dHkh&dHkh nkrk dh ijh n[kHkky
 dju d ckt nkr VVu dh leL;k gk
 ldrh g vkj tk nkrk dh mi{kk djr g]
 mud nkr Hkh VV tkr gA ,l ekeyk e
 udyh nkr yxok yu pkfg, rkfd pcku dh
 {kerk ioor cuh jgA ,d nkr VVu l nkrk
 dk ijk pki ¼ Denture½ detkj iM tkrk
 gA lehorh nkr vkj foihr tcM d lkeu
 oky nkr viuh lkekU; fLFkr l FkkMk
 f[kld tkr gA nkr d viuh txg l
 f[kldu l ckdh nkrk ij vfrfjDr ncko
 iMrk gA bl l vk/kkj dh gMMh vkj lgjk

nu oky dkey Árd {kfrxLr gk tkr gA
 nkrk d ljdk l vUu d.k nk nkrk d chp
 Ql tkr g] ftll dkey Árdk dk
 rdyhQ gkrh g vkj ?k"kk d ifj.kke Lo : lk
 Ák;½ el< dh chekfj;k ftUg ijhMUVy
 fMlht dgr g] gk tkrh gA nkr d pki dk
 ioor cuk, j[ku d fy, vkj pcku dh
 {kerk cuk, j[ku d fy,] VV g, nkr d
 LFku ij udyh nkr yxokuk pkfg,A ;g
 lkeu d nkr dk cpku vkj pgj dh
 lUnjr dk cuk, j[ku d fy, Hkh vko";d
 gA VV ;k m[kM g, nkr dh txg u;k nkr
 yxokr jgu l eg dh vk—fr e ifjoru
 ugh vk ikrk g vkj gk ldrk g fd Hkfo"; e
 ij nkrk dk lV yxoku dh vko";drk gh
 u iMA

udyh nkr ;k Mlpj&

fpfdRld dh lykg ij {kfrxLr
 detkj nkrk dk fudyok dj ijk Mpj
 cuok;k tk ldrk gA bl l pgjk igy
 t lk gk tkrk g vkj lc dN [kk;k tk
 ldrk gA "k: e Mpj yxkuk lh[kuk iMrk
 g vkj dN fnuk rd pcku ;k ckyu e dN
 ij"kkuh gkrh g ijUr ckne vH;k l gk tkrk
 gA Ák—frd nkrk dh rjg bu nkrk dh
 lQkb vkj n[kHkky djuh pkfg,A

thou dk LoLFk cuk, j[ku gr
 nkrk dk Hkh LoLFk j[kuk gkxk] bld fy,
 Áij crk, x, rjhd l mudh fu;fer
 n[kHkky djuh pkfg,A

Lekby ^,u* 'kkbu MUVy d; j
 Dyhfud] /ke:ij] ngjkn

With Best Compliments From :

KAMAL PLASTOMET

930/1, Behrampur Road, Village Khandsa, Gurgaon-122 001 (Haryana), Tel. : 0124-4034471, E-mail : krigurgaon@rediffmail.com

अपानवायु या गैस का उपचार

&MkE l|t krk 'kVdkj chE, E, eE, lE] fMiE ¼ipde%

mnj ok; , d vke rFkk dHkh u dHkh
gj fd l h dk gku okyh lEl; k gA vk; on e
iV e x l cuu dh lEl; k dk vikuok; ; k
v/kkok; dgr gA b l dk ey dkj. k tBj k fXu
dk v l rfy r gkuk gA iV e ok; dh fo—fr
l db chekfj; k mRiUu gk l drh g] t l &
vEyrk %acidity] dC t] iV nn] fl j nn] th
epykuk] cpuh vkfnA

x l cuu; dk lkekU; dkj. k&

iV e x l cuu d db dkj. k gk l dr g]
t l &

f- iV e cDVhfj; k vf/kd cu t kuka

„- fep e l ky] ryh&Hkuh ph t] t d&QM
vf/kd [kkukA

...- i kpu lEcU/kh fodkj %de t kj
tBj k fXu%A

†- fo#) vkgkj dk lou vkj ch l] j k tek]
Nky] ykfc; k] ekB] mMn dh nky] QkLV
QM] cM [kkukA db ykxk dk n/k i hu l
; k Hk [k l vf/kd ek=k e Hkk tu dju l
vkj [kku d l kFk dkYM fMd i hu l ; k
v”k) i kuh i hu l Hkh x l cuu dh
lEl; k gk tkrh gA

‡- le; ij Hkk tu u djuk] ckj&ckj dN
[kkr jgukA

^ - vk; on dh “kkL=h; i) fr e fn, x, fu; ek
d fo#) vkgkj&fogkj dju d dkj. k
viDo j l ; k vko %Hkk tu dk l Muk½ curk
g] tk x l dk dkj. k curk gA

vk; oifnd mipkj o cpko&

f- vk; on e tBj k fXu dk Á/kku vfXu

ekuk x; k gA vr% ge mu dkj. kk dk
R; kx djuk pkfg, ftul tBj k fXu e
dkb fo—fr ; k fo”kerk vkrh gA l gh
le; ij l gh HkkT; inkFkk dk gh xg. k
djuk pkfg, A

„- dkyk ued] thj] l k B] dkyh fep]
filiyh] vtok; u vkfn vk”kf/k; k vfXu
dk Bhd dju e l gk; d gA bud
vrfjDr o] dh l ykg l fgXokLVd
p. k] vHk; kfj”V] “k [kHkLe] egk”k [k oVh
vkfn vk”kf/k; k dk Á; kx Hkh x l dh
lEl; kvk e fd; k tk l drk gA bu
vk”kf/k; k dk vuekyd ; k okrkuekyd
d gk tkrk gA

?kj. y l mipkj&

f- vk/kk pEep l [kk vnjd i kmMj ¼ l k B½
y vkj m le , d pVdh ghx vkj l /kk
ued feyk dj , d di xje i kuh e
Mkydj ih, A

„- x l d dkj. k fl j e nn gku ij pk; e
fi l h dkyh fep MkyA ; g pk; i hu l
y kHk feyrk gA

...- dN r k t k vnjd Lykb l dh gb] uhc
d j l e fHkxk dj Hkk tu d ckn plu
l j kgr feyrh gA

†- iV e , Bu gku ij , d NKV k pEep
dkyh fep] , d pEep l [kh vnjd vkj
 , d pEep bykbph d nkuk dk vk/kk
di i kuh d l kFk feyk dj ih, A

‡- Hkk tu d l kFk l ykn d : l k e VekVj
dk lou Áfrfnu djuk y kHk Án gkrk
gA m l ij dkyk ued Mkydj [kk; k
t k, rk vf/kd y kHk feyrk gA i Fkj h d

jxh dk VekVj dk lou ugh djuk
pkfg,A

~ ok; dh leL;k gku ij gjM d p.k dk
“kgn d lkFk e feyk dj [kkuk pkfg,A

%- vtokbu] thjk] NkVh gjM] vkj dkyk
ued cjcj ek=k e feykdj ihl yA
cM 2 l 6 xke [kku d rjUr ckn ikuh
d lkFk yA cPpk d fy, ek=k de dj
nA

Š- vnjd d NkV&NkV VdM dj] mle
ued fNMd dj fnu e db ckj ml dk

lou djA xl dh ij”kkuh l NVdkjk
feyxk] “kjhj gydk gkxk vkj Hk[k
[kydj yxxhA

;kx&

ot:kl u& [kku d ckn nkuk ?kVu ekM dj
cB tk,A nkuk gkFk ?kVu ij j[k yA 5 l 15
feuV rd] ;g vkuu djA xl] ikpu “kfDr
detkj gku l curh gA ;fn vkuu dh
lgk;rk l ikpu “kfDr c<k n rk xl ugh
cuxhA ;kx dh vfxul kj fØ;k }kjk Hkh ikpu
“kfDr c<kb tk l drh gA

'kjkC dk u'kk mrkju: d: mik;

1- flj ij 'khry ty MkykA 2- /kfu;k ihldj vkj 'kDdj feykdj fiykvaA 3- beyh d
ikuh e [ktj ;k xM ?kkydj fiykvaA 4- Hkj dEgM d jl e ngh vkj 'kDdj feykdj
fiykvaA 5- ?kh vkj phuh pVkvkA 6- ddMh f[kykvkA 7- lc dk jl ckj&ckj ihu l
rFkk Hkk tu d lkFk lc [kku l 'kjkC dh vknr NV tkrh gA 8- ub n'kh vtok;u 500
xke mle 500 xke tk dVdj ml 8 fdyk ikuh e 48 ?kV rd fd lh feVvh] 'kh'k ;k dyb
d cru e Hkhxu nA ckn e /kheh&/kheh vkp ij idk,A pkFkk fgL l k ikuh cp tku ij vx l
mrkj yA nlj fnu elydj] Nkudj ckry e Hkj yA tc Hkh 'kjkC dh ryc yx 4 pEep
nokb fiyk;A rhu&pkj llrkg e bld lou l ik; % 'kjkC ihu dh vknr NV tkrh gA

chMh flxjV ihu: ,o: rEckd] xV[kk [kku: dh vknr NkMku: d: mik;

¼v½ 100 xke vtok;u vkj 100 xke lkQ ydj nkuk dk [kc lkQ dj y vkj ble 160
xke dkyk ued feykdj bu rhuk dk ihl yA rRi'pkr bl feJ.k e nk uhc dk jl
feykdj jkr Hkj j[k jgA nlj fnu ikr% bl feJ.k dk ro ij /kheh vkp ij l [kkdj
lkQ 'kh'kh e Hkjddj j[k yA tc Hkh /keiku ;k rEckd dh bPNk ;k ryc mB rc FkkMk
p.k ydj eg e Mkydj pck,A

¼c½ ,d NkVh gjM dh NkV&NkV VdM djd j[k yA tc Hkh bu ph t k dh bPNk ;k ryc
mB rc NkVh gjM dk ,d VdMk eg e Mkydj p l A

¼ l ½ nkyphuh dk ckjhd ihldj 'kgn e feykdj ,d fMcch ;k dkp dh 'kh'kh e j[k yA
tc chMh] flxjV dh ryc yx ,d NkVh pEep vk"kf/k pkV yA

खतरेनाक बीमारी है काला मोती

dkyk ekrh ;k Xydkek vk[kk dh og
[krjukd chekj gh] ft le ejht dk vpkud
de fn[kkb nrk g ;k og vk[kk dh jk"kuh
fcydy gh [kk cBrk gA ble gj l krok
ejht vk[k dh jk"kuh de ;k vf/kd [kk pdu
d ckn gh MkDVj d ikl igp ikrk gA bldk
dkj.k ;g g fd bld y{k.k "k#vkr e irk
ugh py ikr g vkj tc jkxh dk chekj dk
irk pyr g] rc rd cgr nj gk pdh gkrh
gA gekj n"e e gj lky g tkjk ykx bl
chekj dh piV e vk tkr gA bl chekj e
nfV dh ftruh gkfu gk pdh gkrh g] ml
fdlh Hkh Ádkj l okil ugh yk;k tk l drk
gA ;g vke /kkj.kk gkrh g fd ;g c<ki dh
,d chekj gA Xydkek uotkr f'k'k l ydj
;okj LoLFk o;Ldk ,o ctx ykxk rd fdlh
dk Hkh çHkkfor dj l drh gA ;gk rd fd
l keU; ek=k e bVkv,D; yj ncko oky 0;fä
dk Hkh Xydkek gk l drk gA

dkyk ekrh ;k Xydkek di dkj.k&

vk[kk e dkyk ekrh gku dk dkj.k
vk[kk e Hkj no vkDo; l áej ,d rjy
inkFk g tk gj oä gekjh vk[kk e cgrk
jgrk gA ;g rjy inkFk gekjh vk[kk d y l]
vk;fj l rFkk dkfu; k dk ik"k.k nrk gA bl
rjy inkFk dk çokfgr dju oky uktd
tky e ;fn dkb #dkoV vk tkrh g ;k ml
lgh txg rd y tku okyh ul e dkb
#dkoV mRiUu gk tkrh g rk vkbvkih vFkr
bVv vkD l yj ç"kj ½vk[kk e ncko½ bruk c<
tkrk g fd vkfIVd uo dk jä igpku okyh
jä okfguh dk ud l ku igpu yxrk gA ;fn
bldk tYn l tYn bykt u fd; k tk, rk
vkbvkih d dkj.k vkfIVd uo dk cgr

ud l ku igprk g ft l dkj.k fnekx l vk[kk
dk lEid [kRe gk tkrk g vkj 0;fä ijh
rjg v/kk gk tkrk gA vkfIVd uo e g,
ud l ku dh iuk Hkj ikb l Hko ugh gkrh gA

dkyk ekrh jkx gku di dkj.k&

- 1- vkuof" kdrk& ;g jkx vkuof"kd gA
;fn ekrk ;k fir k dk dkyk ekrh dh
leL; k g rk mud cPpk dk bl jkx d
Áfr l tx jguk pkfg, vkj bl rF;
dh tkudkj gkr gh fd l h u=
fpdR l d l vk[kk dh rjr t k p
djkuh pkfg,A
- 2- e/keg jkx l ihfMr 0;fDr; k dk
l keU; ykxk dh ryuk e dkyk ekr; k
jkx gku dh lEHkkouk vkB xuk vf/kd
jgrh gA blfy, ÁR; d e/keg jkx l
ihfMr 0;fDr dk rjr viuh vk[kk dh
t k p djkuh pkfg,A
- 3- ftu 0;fä; k e ek; kfi; k] igy dHkh
vk[kk e {fkr ;k l t jh] thou'kyh l
tM jkx t l mPp ;k fuEu jäpki]
e/keg] Fkk; jkbM fodkj] ekbxu] yEc
le; rd LVj.; M nokvk dk lou
dju oky ykxk dk bl chekj d gku
dk vf/kd [krjk gkrk gA

dkyk ekrh jkx di y{k.k&

Xydkek d y{k.k Xydkek [kke'kh d
l kFk dke djrk g] pfd ;g vkerkj ij ,d
nn jfgr chekj gh vkj jkfx; k dk
dHkh&dHkkj bldk vkHkk l dkQh -fV gkfu
dk vuHko dju d ckn gkrk g] rc rd
dæh; -fV dkQh gn rd çHkkfor gk pdh
gkrh gA vxj ,d 0;fä dh -fV dh lVh drk

6@6 gkrh g rk Hkh mI Xydkek gk l drk gA
blfy, NkV&NkV y{k.kk dh tkudkjh yc
le; e bl chekjh l cpko e lgk; d gk
l drh gA gj 0; fä ft l uhp of.kr y{k.kk e
l fd l h dk vkHkk l gk jgk gk mI rjr u=
jx fo'k"K l l id djuk pfg,A

- 1- v/kj dejk t l fd fluek g,y t l h
txgk ij fn[kkb nu e ij'kkuhA
- 2- jkr d le; fn[kkb nu e ij'kkuhA
- 3- p'e dk ucj ckj&ckj cnyr jgukA
- 4- ckgjh -f"V e gYdh&gYdh ij'kkuh
/k/kyh ut jA
- 5- vk[kk e dN Hkx l fn[kkb u nukA
- 6- fd l h jk'kuh d pkjk vkj l rjxh&l k
fn[kkb nukA
- 7- vk[k e r t nn] fepyh] mYVh ;k pgj
e nn gkukA
- 8- vk[kk e ykyh jgukA

dkyk ekrh jkx dk bykt&

Hky gh Xydkek vifjoruh; -f"V
gkfu dk dkj.k curk tk jgk g] yfdu l Hkh
mEehn [kkb ugh gA vk/kfud çk l kfxdh vkj
uohure l,¶Vo;j dh miyC/krk d l kFk]
dN l ky igy dh ryuk e vc bl jkx dk
cgr igy gh t kpk ,o jkd k tkuk l Hko gk
x;k gA dEl;Vj vk/kkfjr dk;Øek t l
Ldfux ytj ikyjhfeVh ¼ t hMh,DI ½]
gkbMycx jfVuk Vkekxke ¼ ,pvkjVh½ vkj
v,fIVd rf=dk gM ¼ vk,u,p½ jfVuy rf=dk
Qkbcj ijr ¼ vkj,u,Q ,y½] v,fIVdy
dkgj l VkekxkQh ¼ vk l hVh½ vkj ukMhx fUFk
l y d,ElyDI ¼ t h l h l h eD;yk½ bl {k= e
dN uohure tYnh funku d ijh{k.k dj jg
g] l kFk gh rhorj rduhd ¼ efVDI ,QMhVh½
dk;kRed ud l ku dk vkdyu dju d fy,
miyC/k g tk fd vc Xydkek dk irk yxku

d fy, ikjifjd -'; {k= ijh{k.k d cnr
vk/kk le; yr gA ;g çxfr doy funku
rduhd e gh ugh çfYd bykt d rjhd e
Hkh gb gA bVkv,D;yj ç'kj dk 24 ?kv e
d,UVDV y l vk/kkfjr ;= d ç;kx d }kjk
e,uHvj fd;k tk l drk g ft l fVxjfQ'k
uke l tkuk tkrk gA çt jofVo eä db
, l vkb M,i vc miyC/k g ftul tyu vkj
phku de gk tkrh gA fu/kkfjr nok dh [kjd
yu d dkj.k Xydkek jkfx;k e thou dh
x.koUkk e l/kkj gvk gA ;gk rd fd o ejh t
tk fd Xydkek d vkf[kjh pj.k e D;k uk gk]
mudk bykt Hkh 'okYo çR;kji.k l t jh d
fodYi }kjk fd;k tk l drk gA Xydkek
l t jh dh l Qyrk dh nj e bl dkj.k dkQh
l/kkj gvk gA

Lkko/kkfu;k&

- 1- vfre pj.k e igpu d ckn gh Xydkek
dk irk pyrk gA bl hfy, 40 l ky dh
vk; e vk[kk dh fu;fer : i l t kp
djokuk vfuok; gA
- 2- Á;kx d fy, nh tku okyh nokvk d
l kbM vQDV gkr gA vr% nok,
i th—r o fo"oluh; dfeLV l gh
[kjh n o m l dk okmpj viu i k l j[kA
- 3- nok d l kFk miyC/k iEiyV dk /;ku l
i < o m le fy[k fun"kk dk ikyu d jA
- 4- nok Mkyu dh fof/k fpfdR l d l l h[k
yA doy ,d cn nok lk;klr gkrh gA
; nok, egxh g vkj Ropk ij budk
foijhr Áhko iM l drk gA
- 5- gj N% ek e QhYM VLV vo"; dj k; o
,d gh e"thu e VLV djku l ryuk e
vk l kuh jgrh gA

lEiknd e.My }kjk ldfyr

शतायु होने के बुनियादी सिद्धान्त

ek.kd yky ,eE iVy o vU;

- 1- Ákr%dky mBr gh etu dju d ckn nk fxykl xuxuk ikuh ihu d ckn fuf"pr le; ij lMkl tku dh vknr MkyA
- 2- dfCTk;r nj dju d fy, Áfrfnu gjM dh p.k yA ft l Ádkj Qy iddj uhp Vid iMrk g] m l h Ádkj l jyrk l ey dk fol tu gk tk,A
- 3- lcg pk;] dkQh d cný xe ikuh e xM vkj uhc dk jl ;k rylh dk dk<k fi,A
- 4- vth.k l cpu d fy, dHkh HkjiV Hkk tu u dJA de [kku l "kjhj e LQfr vkj rkdr cuh jgrh gA
- 5- Áfrfnu ;Fkk lEHko ikuh] NkN] yL l h] eykb jfgr l i jV k n/k] xk t j dk jl] Hkk t h dk jl vkj uhc dk "kjc r fi,A
- 6- viu Hkk tu e 25 Áfr"kr l kx&Hkk t h vkj 25 Áfr"kr Qyk dk leko" k dJA l kx&Hkk t h dk dpej v/kidk dj d ngh d l kFk [kk,A
- 7- pch;Dr vkj xfi"B Hkk tu o vf/kd fep e lkyk dk R;kx dj vkj feBkb dk mi;kx de l de dJA
- 8- id g, Hkk tu e Áij l ued dHkh u Mky] b l l Hkk tu d Ák—frd l Uòk dk uk" k gkrk gA
- 9- ;fn lEHko gk rk Hkk tu d io vnjd d jl e l/kk ued vkj uhc dk jl feyk d j fi,A ;g j l Hk [k c<ku okyk gA
- 10- ek leh Qyk dk mi;kx vkj kX; Án gA vke] tkeu] iihrk] fctkj] [kVV uhc] ek lEch] l rjk] lc] [kjct] rjct vkfn Qy lcg yuk ykhk Án gA
- 11- Hkk tu e "kDdj dk de l de Á;kx dJA bld LFkku ij xM] "kgn] n"kh "kDdj] l [k eo] [k t j vkfn dk Á;kx dJA
- 12- de [kku l "kjhj e LQfr vkj dke dju dh yxu cuh jgrh gA Hkkjh "kkjhfd Je djuk gk rk m l le; iV [kkyh j [kA
- 13- ;Fkk" k fDr vklu dju l "k fDr l jf{kr jgrh gA viu LokLF; o {kerk d vulkj ;kxkl u o Ák.kk;ke vo"; dJA
- 14- Lknk ukd l gh lkl yuh pkfg,A ?keu d fy, tk, rc pyr&pyr ckr u dJA eg cUn j [k rkfd QQMk e gok d dhVk.k Áfo"V u gk l dA
- 15- Pkj d d vulkj fu;fer d l jr] 0;k;k;ke dju okyk ;fn o) gk rk iuh toku cu l drk gA og nh?kk; vkj LokLF; dh vnHkr t Mh&cVh gA
- 16- vki fuoÙk gk pd g] dkb dke u djr gk rk ;fn fnu Hkj cB jguk gk rk >yrrh d l h %jkfdx p;j½ dk mi;kx dj ft le fgyu&Myu l jDrkfHk l j.k gkrk gA
- 17- fuoÙk gku d ckn dkb ,lk "kkd

- viuk yhft, ftll ge"kk vki
ÁofÚke; cu jg vkj eu o "kjhj e
LQfr cuh jgA
- 18- Áfrfnu , dkr e cBdj /; ku] /kkj.k
vkj lekfk yxkdj cBA , d ?k.Vk ; k
vf/kd le; lok&itk e fcrkb; A
- 19- "kkd] Hkkjh fpUrk] m}x] Hk; vkj Øk/k
eu"; d Ák.k?kkrd "k= gA vk; de
dju e ; lkj ; ejt dk dke djr
gA
- 20- fny [kk ydj gluk thou dk l kHkX;
gA bruk gfl ; fd "kjhj d v.k&v.k
dklk mBA jkx nj dju dh ; g vpd
vk"kf/k gA
- 21- ^vfr lo= ot;r*& l Hkh txg
vfrjd dk R; kx djA vf/kd ek=k e
vkgkj] funk] miokl] 0; k; ke vkj
eFku vkfn l cpA
- 22- gj ckr e vlrk" ÁdV dju l dkb
flf) Áklr ugh gkrhA vki viuh
rdyhQ Ákr% ÁkFkuk d le; ije"oj
d le{k j] kA
- 23- Lox vkj ujd bl l lkj e gh gA
Lox dk vyx dkb vlRro ugh gA

- ÁlUu fpÚk jguk gh Lox e fuokl
djuk gA
- 24- okLrfod vkjX; Áklr dju d fy,
ge viuh LoknfUn; ij fot; Áklr
djuh pkfg, A , lk dju l
fo"K; fUn; k Lor% u"V gk tkrh gA
- 25- o) koLFkk e ckãegr e mB] lcj
uk"rk u dj] nkigj e ferkgkj cu]
jkf= e gYdk vkgkj y vkj Áfrfnu
nk ckj ik [kkuk tku dh vknr MkyA
- 26- ?kj e vkjX; fo"K; d lLrdk dk l xg
djA mUg ckj&ckj i<A Ák—frd
fu; ek dk vè; ; u djd muij vey
djA
- 27- nh?kk; e ck?kd g%& 1- jkf= e ngh
[kkuk 2- vfr eFku 3- vfr vkgkj 4-
0; lu 5- vuko"; d ruko vkfnA
- 28- tc vki Fkd x, gk ; k vR; f/kd dke
l Ác x, gk rc dljr u djA
LokLF; Áklr dju d fy, lk; klr
vkjke vkj uhn yuh pkfg, A
- 29- pyu vkj nkMu dh dljr cMh l jy
vkj funk"K dljr gA mUg ; Fkk"kfDr
djR jgA bl l otu de gkrk g vkj
ân; jkx vkfn ugh gkr gA

ijkfgr o ipkj d dh vko'; drk

vk; lek t uhrky dk , d ijkfgr o , d ipkj d dh vko'; drk gA fu"KYd
vkokl 0; oLFkk d l kFk ekun; o Hkk tu 0; ; ; kX; rku lkj n; gkxkA

lEid l = % Jh lck/k dily th] mii/kku] vk; lek t] uhrkyA 9358192250

क्या हैं डिमेंशिया और अलजाइमर ?

fMef'k;k D;k g\

c<rh me dk eu"; d u doy "kj h
ij ÁHkko iMrk g vfir me c<u d l kFk
;knnk"r detkj gku yxrh g vkj ,d
voLFkk , l h vkrh g] tc ;knnk"r fcydy
leklr gk tkrh gA okLro e ;g ,d
ekufl d jkx dk y{k.k g] ft l dk uke
fMef'k;k gA fMef'k;k d y{k.k dk
'k#vkrh pj.k e u igpku ikuk ,d vke
leL;k g- ;knnk'r e ç,Cye gk Hkh rk bl
c<rh me dk urhtk le>k tkrk g] vkj
0;fä ;k ifjokj M,DVj l lkeU; pd&mi
d oä bldk ftØ rd ugh djrA ;g Mj
jgrk g fd 'kk;n leL;k xHkhj g] fQj Hkh
M,DVj d ik l tku e ldkp gkrk gA vU;
leL;kvk e Hkh] t l fd dU;tu]
mnk l hurk] pfj= e cnyko] ykx ;g ugh
lkpr fd ;g fd l h chekj h d dkj.k g vkj
M,DVj l lykg ugh djr vkj dgr g fd
M,DVj dN ugh dj ik;xA

vYtkbej&

;g Hkyu dk jkx gA bldk uke
vykbl vYtkbej ij j[kk x;k g] ftUgku
lcl igy bldk fooj.k fn; kA bl chekj h
d y{k.k e ;knnk'r dh deh gkuk] fu.k;
u y ikuk] ckyu e fnDdr vkuk rFkk fQj
bl dh otg l lkeftd vkj ikfjokfjd
leL;kvk dh xHkhj fLFkr vkfn 'kkfey gA
Ák; fMef'k;k fuEu jkxk d y{k.k d : lk e
ejh tk e ÁdV gkrk g& 1-vYtkbej 60 l
70 Áfr0 ekeyk e 2-ukMh& l c/kh 3- ÝkV&
VEikjy 4- yb c,Mh 5- ikfdU l u] bR; kfnA

'k#vkrh voLFkk e funku dk lcl
cMk Qk;nk ;g g fd dN jkx , l g ftu l
fMef'k;k t l y{k.k gkr g] ij bu jkxk dk
bykt g vkj bykt dju l y{k.k nj gk
tkr gA ;fn M,DVj d ik l tk,] rk 0;fä
dh fLFkr fQj l lkeU; gk l drh gA , l
fjof l foy jkx d mnkgj.k g& Fkk;kjkbM
gkjeku dh deh] volkn] ruko] oxjgA
vf/kdk'k fMef'k;k bjjfjof l foy g] ;kfu fd
nokb l jkx d dkj.k dh gkfu Bh d ugh gk
l drh] fQj Hkh] bue l dN fMef'k;k , l g
ftue 'k#vkrh voLFkk e nokb d y{k.k e
dN nj rd dN jgr fey l drh gA

vxj fMef'k;k fd l h , l jkx dh
otg l g tk ykbykt g] vkj ft le jgr
Hkh l Hko ugh] fQj Hkh funku gku l ifjokj
oky fLFkr dk le> ik;xA o vxk d ckj
e lkp l dr g vkj n[kHkky dh ;k tuk cuk
l dr gA

fMef'k;k d vU; 'k#vkrh y{k.k Hkh
gk l dr g] t l fd 0;fäRo e cnyko]
ckyu e fnDdr gkuk] lkeftd rkj&rjhd
Hky tku] pyu ;k l ryu e fnDdr] ykxk
l dV dV jguk] oxjgA ;g Hkh gk l drk g
fd ;knnk'r lgh jg] ij vU; y{k.k utj
vk,A ;fn 0;fä vkj ifjokj oky l rd gk]
rk o M,DVj l lykg dj d lgh funku ik
l dr gA

;g Hkh l Hko g fd 0;fä dk , l
çdkj dk fMef'k;k g tk nokb l nj ugh
fd;k tk l drk 1/2vkj vf/kdk'k fMef'k;k
bl h çdkj d gkr gA ij bl fLFkr e Hkh
dN , l h nokb;k g tk jkx rk ugh nj dj

l drh] ij çdV y{k.k de dj l drh g]
ft l l 0;fä dk ½vkj ifjokj dk½ jkgr fey
l drh g vkj 0;fä dk thou igy l
vf/kd l kekU; gk l drk g- 'kk;n ;knnk'r
FkkMh cgrj gk tk,] rk dN rk vkje feyA
funku dk Vkyr jgu l 0;fä vkj ifjokj
bl jkgr l ofpr jgr gA vf/kdk'k , l h
nokb;k 'k#vkrh volFkh e T;knnk dkjxj
gkrh gA bu lc dkj.kk dk [k;ky j [kr g,]
;gh vPNk g fd ifjokj oky l rd jg] vkj
vxj y{k.k n[k rk M,DVj l tkp dj k yA
M,DVj dN çkjfhkd tkp dj d] ;fn t : jh
gk] rk fo'k"K d ikl Hk t nxA Li"V funku
iku d fy, vud VLV t : jh g] vkj vDl j
; fo'k"K gh djxka fo'k"K ;g Hkh crk,x
fd fMef'k;k dk ey dkj.k dku l k jkx gA

funku&

fMef'k;k d funku e db dne g]
vkj vud VLV gkr g- flQ ,dk/k l oky
iNdj fMef'k;k dk funku ugh fd;k tk
l drkA fMef'k;k dk funku flQ M,DVj
dj l dr gA ;g ,d fdYfudy
½fpfdRl h;½ funku gA ;g funku M,DVj
0;fä dh l gh çdkj l tkp dju d ckn gh
dj l dr gA

fneKx dk Ldu dj d M,DVj pd
djx fd l kekU; fneKx dh ryuk e D;k
bl 0;fä d fneKx e dgh dkb fodkj g]
;k dN vf/kd fldMu g] ;k vU; dkb
leL;k g tk y{k.kk dk dkj.k gk l drh g-
o ;g Hkh n[kx fd fneKx d dku l Hkkx
lfØ; g] vkj dku l ugh-

M,DVj ;g le>u dh dkf'k'k djx
fd çLrr y{k.k d D;k D;k dkj.k gk l dr
g- ;g dkj.k fMef'k;k oky jkx g] ;k vU;
dkb jkx gA

bu lc tkp d ckn gh M,DVj
funku djx vkj jkx d ckj e tkuu ij
vkx D;k gk l drk g] ifjokj oky dk ;g
vnk tk feyxka

dHkh dHkh funku fMef'k;k dk ugh]
cfYd en l KkukRed ck/kdrk dk gkrk gA
;g fMef'k;k ugh gA en l KkukRed
ck/kdrk l ihfMr dN 0;fä l/kk fn[kkr
g ;k mlh Lrj ij jgr g] ij dN dk
fMef'k;k gk l drk g] D;kfd en
l KkukRed ck/kdrk oky 0;fä;k e vkx
c<dj fMef'k;k gku dh l Hkkouk T;knnk
gkrh g] blfy, bl funku dh flFkr e
vxyk pd&vi dc dkj,] ;g M,DVj dh
lykg l r; dj yuk pkfg,A

;g ukV dj fd thu ij h{kk funku
dk Hkkx ugh g] u gh dkb , l k [ku dk VLV
g ft l l vYtkbej dk funku gk l d-
funku d oä M,DVj ;g n[kr g fd D;k
0;fä dk fMef'k;k g vkj ;g Hkh n[ku dh
dkf'k'k djr g fd dku l k jkx g ft l d
dkj.k fMef'k;k gA

1- vYtkbej 2-ukMh&lc/kh] 3- Ýkvk&
VEikjy 4- yb c,Mh 5-ikfdU l u] bR; kfn½

funku&lc/kh leL;k, %&

Hkkjr e fMef'k;k dk l gh vkj ijk
funku feyuk bruk vk l ku ugh g D;kfd
fMef'k;k d ckj e db M,DVj k dk Hkh Bh d l
tkudkj h ugh g vkj mudk fMef'k;k&
funku dk vuHko Hkh de gA Åij l
fMef'k;k dk funku fd l h , d VLV ;k Ldu
l r; ugh fd;k tk l drk gA 0;fä dk
fMef'k;k g ;k ugh vkj g rk fd l jkx d
dkj.k g vkj l kFk e vU; dku&dku l h
leL;k, g] ;g lc tku ikuk iphnk dke gA

funku e Hky&pd db çdkj dh gk l drh
g- uhp n[k dN mnkgj.k fn, x, g&

y{k.k dk vun[kk djuk fMef'k;k;
d vkjEHk e] tc y{k.k en gkr g] rk
vkI&ikI d ykx gh ugh] M,DVj Hkh y{k.k
;g dgdj Vky nr g fd ;g rk c<ki dk
lkekU; v'k gA

fdIh ¼fMef'k;k l fHkUu½ jkx dk
funku nuk ;g [kk l dj rc gkrk g tc
0;fä dh fLFkr vkj çkjfHkd y{k.k vke
fLFkr vkj y{k.k l vyx gA vf/kdk'k
fMef'k;k cMh me e gh gkrk g] vkj 'k#vkrh
fpà g ;knnk'r dh leL;k] blfy, vxj
fMef'k;k 40&50 ;k m l l Hkh de me e gk]
;k tc 'k: d y{k.k mÜktuk ;k vufpr
0;ogkj gk rk M,DVj 'kk;n fMef'k;k dk u
igpku ik,A o 'kk;n dg n fd leL;k;
eukoKkfud g] ;k LV l dk çHkko gA

bue , l k dkj.k Hkh g tk bykt l
Bhd gk l dr g] t l fd volkn] FkkbjkbM
gkeku e deh] dN çdkj d lØe.k vkj
foVkfue ch12 dh deh oxjgA

fMef'k;k l cpko&

fMef'k;k l cpko d l gk] vkj
b l dk bykt d l gk] ;g 'kk/k dk , d e] ;
fo" k ; gA fMef'k;k dh l Hkkouk c<u d nk
fdLe d dkjd gA ¼d½ , l dkjd ftudk
ge cny ugh l dr] t l fd me] dN thu]
gekj ifjokj e vU; ykxk dh chekfj ;k dk
bfrgl] bR ; kfn] vkj ¼k½ , l dkjd ftUg

ge viuh thou 'kyh e ifjoru djd cny
l dr g] t l fd ekVik de djuk] ikf"Vd
Hkk tu dk lou] /keiku u djuk] 'kjc dk
lou u djuk] mä jäpki vkj 'kxj t l h
chekfj ;k l cp jgukA ekufld : i l
lfØ; jg vkj ub ph t l h[kr jgA

fMef'k;k dh l Hkkouk de dju d
fy, ge D;k dj l dr g] ;g le>u vkj
;kn j[ku d fy, , d mi ;kxh e= g& ;kfu
fd] tk dne LoLFk ân; d fy, Qk;n
g] ogh LoLFk fnekx d fy, Hkh vPN g-
b l dk eryc ;g ugh fd fMef'k;k gkxk gh
ugh] ijUr LoLFk ân; d fy, viukb thou
'kyh l fMef'k;k dh l Hkkouk dN gn rd
de vo"; gkxhA ;g t : j ;kn j[k fd
fMef'k;k l ijh rjg cp jgu dk dkb
rjhdk ugh gA

l j dk pkV l cpk, j[k ¼l j ij
xHkhj pkV l Hkh fMef'k;k gk l drk g½

fMef'k;k vkj vuokf'kdrk&

vuokf'kdrk ¼;fn fdIh djhch
fj'rnkj dk fMef'k;k gk½ ?kj e utnhdh
fj'rnkj e fMef'k;k n[ku ij ?kcjkgV gk
l drh g fd D;k fMef'k;k vuokf'kdrk g\
fMef'k;k d vud jkxk dh vuokf'kdrk
le>u d fy, 'kk/k ¼fj l p½ dk; tkjk l py
jgk gA Hkfo"; e bl jkx d mipkj d u;
rjhdk dk [kk tu dh vud l EHkkouk, gA

lEiknd e.My }kjk
l idfyr

ihfy;k dh nokb

dk l uh&4 rky] xycuD'kk&2 rky] fxyk; ydMh&1-25 rky] dpj&1-25 rky] vkyc[kkjk&6 nku
bu nokb;k dk feyk dj m l d rhu fg l l dj yA , d fg l l k igy fnu jkf= e ikuh e fhkxk n ¼ft ru
ikuh e Hkhx½ vxy fnu ikr½ flycV ij ih l y vkj bl d i M e Nku yA Nkuu d ckn tk rjy inkFk
ikl r gk m l [kkyh iV ¼fcuk c'k fd;½ ejht dk fiyk;A rhu fnu rd yxkrkj nokb dk lou dju l
ihfy;k e vkjke gkrk gA

J)k t fy

वैदिक व्याकरण-धर्म-दर्शन के प्रकाण्ड आचार्य पं० धर्मानन्द शास्त्री नहीं रहे

ikf.kfu 0;kdj.k d mnHkV fo}ku vkj
n"ku "kkL= d eeK iE /kekuUn "kkL=h dk
75 o"k dh vk; e l keokj fnukd 14 fl rEcj]
2015 dk i{k2kkr d dkj.k vpkud fu/ku gk
x;ka "kkL=h th dk vfUre lLdkj
fl dUnjkcn ¼fudV gnjkcn½ fLFkr "ke"kku
okfVdk e fd;k x;ka mudh vfUre ;k=k e
Hkkx yu duij lfrgr] n" d dku&dku l
mud f" k";x.k igpA mudh Lefr e ih- jkM
fLFkr vk;lekt efnj duij e ,d
J)k t fy l Hkk dk vk;ktu fd;k x;ka

viu f" k";k d chp ^x: th* d uke l
Á[;kr iE /kekuUn "kkL=h u 1965 l
^ftKkl l jyre lL-r Ápkj lfefr
mEÁE* LFkkr dj d lEi.k mUkj An" k dk
viuk defk= cuk;k Fkka bldk e[;ky;
duij fLFkr] vk;lekt ih jkM Fkka
vknj.kh; "kkL=h th u ikf.kfu 0;kdj.k dh
fu" kYd f" k{kk u doy lEi.k mUkj An" k d
fofHkuu "kgjk t l y[kuÁ] bygkcn] >k l h]
cjh] duij vkfn e vud o"kk rd nh
vfir fon"kk e] fo" k"kdj vefjd e mUgu
gtkjk f" k";k dk f" k{kk nh Fkha ;gh ugh] viu
f" k";k dk mUgu vkn" k thou thu d fy,
ufrd f" k{kk Hkh nhA og viu f" k";k dk
vkfndky dh x#&f" k"; ijEijk d vu:lk
Bkd ctkdj n[kr Fk fd f" k"; ÁkP; 0;kdj.k
"kkL= dk i<u d vudy ekufld ÁofUk
j[krk g ;k ughA vudy ÁofUk oky f" k";k
dk gh Kku nuk mfpr ekr FkA blfy, igy
o f" k";k dk ufrd f" k{kk vkfn dk Kku ndj
bl vkj vxlj djr FkA

vkpk; iE /kekuUn "kkL=h] ikf.kfu
x#dy okjk.k l h d vkfn x# iE cānUk

ftKkl vkj mud f" k"; Lo-
;f/kf" Bj ehekld vkj iE
fot;iky folkokfjfk d
f" k"; FkA n" k e lL-r
0;kdj.k dh ÁkP; i)fr
yki gku d dxkj ij Fkh]
l le; e i- cānUk ftKkl u okjk.k l h e
bl i)fr l i<ku dk l dyi yr g,
x#dy dh LFkkiuk dh Fkha ogk n" k d l n]
{k= fl dUnjkcn l ,d Nk= yxHkx 16 o" k
dh vk; e fol k xg.k dju vk;k ft l dk uke
/kekuUn Fkka ;gh vkx pydj gekj x: th
vkpk; i- /kekuUn "kkL=h dgyk, A o u doy
v/;kiu e Áoh.k Fk vfir y[kuh d Hkh /kuh
FkA egf" k n;kuUn ÁkDr vk" k ijEijk d
lok d gh ugh] o /ke"kkL= d Á[;kr if.Mr
vkj ofnd mn?kk" k dh l k{kk efr FkA bud
fu/ku d l Fk vk;txr d fo}kuk dh ijkuh
ih<h ylrÁk; % gkrh tk jgh gA iE /kekuUn
"kkL=h u viu ,d y[k e dgk g]
^ijkdjk; l rki foHkr; %** vFkkr /ke]
tkfr] lekt vkj ijkidkj gr fo}kuk u
viuk thou vfir dj fn;k gA o Lo; bl h
Ádkj d ijkidkj Fk io d nk x#vk] LoE
iE cānUk ftKkl vkj LoE ;f/kf" Bj
ehekld dk rk oreku ih<h u n[kk ugh g
ijUr mud f" k"; LoE vkpk; iE /kekuUn
"kkL=h dk ge vk" khokn vkj Lug Ál r gkrk
jgk gA ,l egki# " k lfn;k e fojy gh tUe
yr gA vkpk; iE /kekuUn "kkL=h dk ge
ân; dh xgjk b;k l J)k t fy vfir djr
gA



&ofnd l k/ku vkJe] rikou] ngjknu

हृदय रोग और उसका होम्योपैथिक उपचार

Mk- jktUæ flg

B.H.M.S. P.M.S.

vxjk fo'ofokjy;

Hkkjro" k dh vkcknh yxHkx ,d lk
chl djkm g ft le l vLlh çfr'kr ykx
vkt fny dh chekjh vkj e/keg l xflr g
tk vkt dy d [kkuiku ,o nfud fnup; k
d lpk# #i eupy iku d dkj.k c< jgh
gA bl dk e[; dkj.k 0; k; ke dk vHkko Hkh
g vkj vfrfjDr /ku deku dh çfrLi/kk d
dkj.k ekufld ruko c<u ,o ,Y; ehfu; e
d cruk dk ç; kx djuk Hkh g D; kfd gok
,o ikuh e ,Y; ehfu; e d lEide vku ij
,Y; ehfu; e vkDlkBM cu tkrk g ft l l
dlj o fny dh chekjh gk ldrh g tcf d
tk ykx ykg d cruk e [kkuk cukr g ml
[kku e dN ek=k e ykg rRo Hkh fey tkrh
g tk fd LokLF; d fy, cgr mi ; kxh gkrh
gA ft l l ghekXykcfcu c< tkrk g vkj
vkDlhtu dh ek=k e dHkh Hkh ugh gkrh
ft l d dkj.k gekj 'kjhj d çR; d ly e
lgh rjhd l vkDlhtu ,o çkVhu dk cd
Mkmu gkrk g vkj olk o dkckgkbMV d
tyu l Åtk mRiUu gkrh g ft l d dkj.k
gekjk 'kjhj LoLFk jgrk g vkj Åtk dk Lrj
c<u l gekj 'kjhj e fo|eku [kjc ly
leklr gk tkr g vkj 0; fDr LoLFk jgrk gA

vkt d le; e e/keg tU; dkj.kk
l ân; jkfx; k dh l [; k c< jgh g D; kfd
e/keg d dkj.k ân; dh jDr ufydkvk e
[ku d FkDd teu yxr g ft l l gkV dk
[ku dh llykb ckf/kr ; k de gku ij
ân; k?kkr gk tkrk gA ân; dh e lYl dk

vkDlhtu] çkVhu] vPNk QV] dkckgkbMV
o feujYl dh llykb ugh fey ikrh vkj
gkV d dN lYl dh eR; gku yxrh g
ifj.kkeLo: i gkV dh ifEix de tkrh g
vkj vpkud delyhV gkV Cykd gku d
dkj.k jkxh dh rjUr eR; gk tkrh gA

ogh dN ykxk dk gkV dh okYo
Mhfl t Hkh gkrh g tk fd tMk e xfb; k o
nn d dkj.k gkrh g ft l d dkj.k gkV d
pkjk okYok ¼1½ Vkbd lfiM ¼2½ ckbd lfiM
¼3½ lY; feuj vkj ¼4½ eVkokYo e fldMu
vk tkrh g vkj gkV d ck; o nk;
oUVhfdy çHkkfor gku yxr g vkj 'kjhj e
[ku dh llykb lpk# #i l ugh gk ikrh
rFkk 'kjhj e vkDlhtu dh ek=k de gk
tku d dkj.k dkM; d vLFkek Hkh gk tkrk
g vkj jkxh dh eR; dh lEHkkouk c< tkrh
gA vrh ân; jkx dh jkdFkke d fy, ge

¼1½ de l de ek=k e olk dk ç; kx
djuk pkfg; A

¼2½ lkeU; ek=k e 0; k; ke jkt djuk
pkfg; A

¼3½ ued dk lou de l de djuk
pkfg; A

¼4½ fpUr jfgr thou thuk pkfg; A

¼5½ e/keg dh jkdFkke djuh pkfg; A

ejh tkudkjh d vulkj gkE; kifFkd
fpfdRl d i) fr d }kjk Hkh bl dk mipkj
lEHko g&

¼1½ vpkud ?kcjkgV vkj ân; dh

/kMdu c< tku ij eR; Hk; e
,dkukbV 200 dh pkj&pkj cn
tYnh tYnh nu ij jkxh dk rjUr
vkjke gkrk gA

½½ blh Øe e vfudk 1000 nu ij [ku
iryk gk tkrk g vkj ân; dh
ufydkvk e lkekU; #i e cgu
yxrk g vkj vkDlhtu dh ifr gk
tkrh g ftll gkV vVd dh
lEHkkouk ux.; gk tkrh gA

½¾ fdlh xEHkhj ekufld vk?kkr d
dkj.k fdlh jkxh dk gkbijV'ku
gkrk g ;k ml dk gkV buYkteUV gk

tkrk g rk mle gkE; kifFkd vk"kf/k
vkje evfyde 200 cgr vPNk
dke djrh gA

lkekU; #i l: ân; jkx e:&
1- vtuk Q] ½½ ØVxI Q dh chl
chl cn ikuh e feykdj fnu e rhu
ckj yu ij dkyLVky de gk tkrk
g vkj gkV dh chekj e cgr ykHk
gkrk gA

bl çdkj l fpfdRIk dju l
,UtlykLVh o ckbik l ltjh l Hkh cpk tk
ldrk g vkj ân; jkfx;k dh l [;k e deh
vk l drh gA

बाबा रामदेव ने बताई डेंगू की उपयोगी दवा

fxyk;] vukj] iihR: dk iRrk o ,ykojk gl bykt e dkjxj

ckck jkeno u Mx dh cgn mi ;kxh
nok i'k dju dk nok fd ;k gA mUgku dgk
g fd lgtrk l miyC/k fxyk;] vukj]
i i h r dk i Rrk vkj ,ykojk d bLreky l
Mx dk tM l [kRe fd ;k tk l drk gA
mUgku nok fd ;k g fd dN ejhtk ij
bl dk ç ;kx fd ;k x ;k gA dklVhV ;'ku
Dyc e i =dkjk l ckrphr e mUgku dgk
fd ij i jkxr fpfdRIk i) fr d ek ;e l
Mx d bykt dk c<kok nu d fy, og
vk ;"k e =ky ; l vxg djx A

Lokh jkeno u dgk g fd T ;knk
xHkhj fLFkr e pkjk (fxyk;] vukj] i i h r dk
iÜkk vkj ,ykojk d j l dk 50&50 feyh

yhVj nk&nk ?kV d vrjky ij yA ;fn
gkykr T ;knk [kjc ugh g rk rhu l pkj
?kV d vrjky ij yA gl rHkj d Hkhrj
lyVyVI lkekU; gku d l kFk fyoy lgh
rjhd l dke dju yxxkA

'kfr ;k bykt d loky ij mUgku
dgk fd ;g n [k dh ckr g fd ge viuh
fpfdRIk i) fr ij if'peh n'kk l egj
yxoku dh ckr djr gA tgk ij ,ykiFk
bykt dh lhek [kRe gkrh g] ogh l
vk ;on] ;kx o ij i jkxr fpfdRIk i) fr
dh 'k#vkr gkrh gA mUgku crk ;k fd
fxyk ; dk idV egt 15 #i ; e miyC/k
gA

स्वस्थ रहने के सरल उपाय

ie iɪdk'k 'keki

ekuo 'kjhj cgeY; gA bl dh j{kk
djd vkj bl LoLFk j[kdj gh ge
l[kiod viu dr0;k dk ikyu dj ldr
gA 'kjhj d vLoLFk gku d e[; dkj.k g
vuko'; d fpUr[k] ċŃfr d fu;ek d fo#)
fnup;k vkj gkfudkj d Hkk tu xg.k djukA
Hkkjro" k d egku ċkŃfrd fpfdRld
Loxh; Lokeh txnh'ojkuUn ljlOrh th
¼ikpyh ejB½ dk er g fd chekfj;k vkrh
ugh cykb tkrh gA cykb tkrh ugh cfYd
cktkj l /ku 0;; dj d [kjhnh tkrh g
vFkk vf/kdrj chekfj;k d fy, ge Lo;
ftEenkj gA

vf/kd eFku djuk Hkh LokLF; d
fy; gkfudkj d gA LoLFk jgu d fy;
cāp; dk ikyu djuk vfr vko'; d gA
;fn /kk dh j{kk dh tk; vkj gekjk eu
vtikt i ¼xk;=h e= ;k vkze½ dk vH;k l h
gk tk; rk thou vkuUn l i.k gk tkrk gA

LoLFk jgu d fy, loçFke ge
viuh fnup;k ij /;ku nuk gkxkA fo}kuk
dk dFku g fd l;kn; l de l de 2 ?kV
io 'k; ;k dk R; kx dj nuk pkfg; A mBu d
rjUr ckn loçFke ċkr% dkyhu e=k dk vFk
lfr mPpkj.k dj vkj b'oj l ċkFkuk dj
fd gekjk vkt dk fnu 'kHk gkA rRi'pkr
gYdk xe ikuh ihdj 'kkp vkfn l fuor
gkdj ċkr% Hke.k d fy; tk; vkj rho xfr
l de l de 30 feuV vo'; ?ke rkfd
'kjhj e il huk vk tk; A ;fn lEHko gk rk
[ky LFkku e vFkok , l LFkku ij tgg ċkr%

dkyhu 'k) ok; dk ċokg gk ;kxkH;k l vkj
;kxklu dja loçFke ukMh'kk/ku f0;k
vuyke&foye ¼5 feuV½ fQj vfxul kj
f0;k ¼10&10 d 3 LVkd½] dikyHkkfr
¼25&25 d 4 LVkd½ ck°; ċk.kk;ke rFkk
vKurfd ċk.kk;ke] mnxhFk ¼vkze dk rho
Loj e mPpkj.k½ Hkkejh ¼ukd l vkze dh
/ofu½ vkfnA bld mijUr xk;=h e= dk
vFk lfr tki vkj /;ku f0;k dk vH;k l
dja

'kjhj dk LoLFk ,o LQr j[ku d
fy; ċkr% Hke.k d l kFk&l kFk ;kxklu djuk
Hkh vfr vko'; d gA ;kxkluk dk p;u bl
ċdkj djuk pkfg; fd 'kjhj d ċR; d vx
dk lpkyu gk tk; A egkRek txnh'ojkuUn
th d vulkj vkluk dk 0e fuEu ċdkj
j[kA 1- rkMkluk 2- vk[kk d vkluk&ble
vk[kk dh irfy;k dk Āij&uhp] nk; ck;]
xky ?kekuk rFkk vk[kk dk tkj l Hkh puk
3- tcm d vkluk 4- xnu dk Lok l f0;k d
l kFk vkx&ihN] nk;&ck; rFkk xky ?kekuk
5- d/kk dk 0;k;ke 6- dej rFkk ?kVuk dk
0;k;ke djuk 7- cBdj fd; tku oky
vkluk ftle ij d it] fiMyh]
dYg rFkk t?kk d vkluk e[; gA
8- otklu 9-if'pekUkkuklu ¼10½ eMdklu]
m"Vkluk 11- yVdj dju oky vkluk
ftle jh< dh gMMh d vkluk rFkk
ioueDrkluk] mUkkuiknkluk rFkk lokxkluk
e[; gA 12- mYV yVdj dju oky vkluk
e e[; g Hktxkluk] /kujkluk rFkk 'kokluk
vkfnA

mijkDr ;kXkH;k l dh fØ;k; rFkk
;kxklufdlh ;kX; çf'k{k d l lh[kdj gh
dju pkfg; vU; Fkk ykHk d LFkku ij gkfu
gku dh vf/kd l EHkkouk gA

ge çÑfrd fpfdRl k dk Hkh FkkMk
Kku vo'; gkuk pkfg; rkfd tdke ,o
vip vkfn gku ij Lo; mipkj dj l dA
çR; d Hkkb&cfgu dk de l de tyufr]
l = ;k jcyj ufr] ry ufr] oeu fØ;k rFkk
'kfDr o/kd ,fuek dk vko'; d Kku ,o
vH;k l vo'; djuk pkfg; A o"k e de l
de ,d ckj ,d llrk g d fy; çÑfrd
fpfdRl k djku l yEc le; rd LoLFk
jgk tk l drk gA ftu cu/kvk dk döt dh
f'kd k; r jgrh g og jk=h e l ku l io xe
iku h l f=Qyk p.k ;k gjM p.k dk lou
dja

iF; ij /;ku nu dh cgr t :jr
gA eu"; d 'kjhj e 25&30 o"kk rd of)
gkrh gA ml le; n/k] ?kh] Qy] eo] l Cth]

jkVh vkfn dh vf/kd ek=k pkfg; yfdu 50
o"k d ckn doy mruk gh Hkk tu djuk
pkfg; ft ruh 'kjhj dk t :jr gA ;fn ge
50&60 o"k dh vk; e Hkh ;okoLFkk dk Hkk tu
djx rk vLoLFk gku dh vf/kd l EHkkouk
gA

gekj Hkk tu e ekle d Qy] l Cth
pikrh ½ekV vkV dh½ n/k] ngh rFkk vdfjr
puk] ex l Eefyr gkuh pkfg; A iR; d eu";
d fy, vMk] ek l] 'kjc] rEckd] ulhy
inkFk i.kr] oftr gA fd l h d dgu l Hkh
budk lou ugh djuk pkfg; A bld l kFk
gh ge lno ijkidkj d fy; m| r jguk
pkfg; A vk; k dk ;g dr0; g fd og çkr%
l k; cge; K ¼ l /; k½ dj rFkk çkr% dky dh
cyk e vfXugk= vo'; dja og vk; l
dgyku dk vf/kdkjh ugh g tk bu fu; ek
dk ikyu ugh djrkA mijkDr fopkj eu
viu vuHko d vk/kkj ij 0; Dr fd; g
vkidk vPN yx rk vo'; ikyu dja

l icU/kd ,o fpfdRl d dh vko'; drk

- ofnd l k/ku rikou] ngjknu dk ,d l ;kX;] ofnd fopkj/kkj k ;Dr] dEl; Vj
dk tkudkj 50 o"k dh vk; l vf/kd d 0; fDr dh vko'; drk g tk lokHkko
l icU/ku dk dk; dj l dA Hkk tu ,o vko l dh fu% kYd 0; oLFkk dh
tk; xh rFkk ;kX; rkul kj ekun; Hkh fn; k tk; xkA
- rikou vkJe fLFkr fpfdRl ky; d fy, ,d ,e-ch-ch-, l- MkDVj rFkk ,d
ch-, -,e-, l- MkDVj dh vko'; drk gA lokfuoÙk 0; fDr; k dk ofj; rk nh
tk; xhA

l Eid l = % bft- l ei idk'k 'kek] l fpo] ekc- 9412051586

ioeku if=dk d mu vkt hou 15 o" k% xkgdk dh lph ftud }kjk 'kYd n; g

customer no.	uke	irk	Date of Payment Received	Expiry-date	Amount due up to due month-2015
UKL 35	Jh /kut ; xlr	pkoy&fey] fodkluxj]	16.05.2000	May-15	1500
UKL 47	Jh jkeiky	;euk vk; y d0 fodkluxj	09.11.1989	Nov-04	1500
UKL 192	d-,y [kluk	153&, jkt iij elx ngjnu	detail not available		
UKL 2	Jh l'urk'k Hk'k.k vxoky	199 fuek.k fogkj gfj}kj exk	08.09.2002	Sep-13	1500
UKL 4	g'k egrk	18@19 ug: elx ngjnu	19.10.2003	Oct-12	1500
UKL 6	Jh fnu'k xlr	}kjk ih0 ,u0 ckgjh ,.M d0 10 dkl0.V elx ngjnu	16.01.1989	Jun-04	1500
UKL 12	Jh j.kthr flg i;ky	10 jkt'oj uxj Qt: 1&/kj.k [kl lgl=/kj kM Mkd xtkMk ngjnu	03.04.1990	Apr-05	1500
UKL 13	Jh d ilj nkl yFjk	126 @ 82] vllkj elx]	03.03.2000	Mar-15	1500
UKL 14	Jh iju pln	7@1 cYuij elx fudV d".k uxj pkd ngjnu	08.07.2004	Jul-09	1500
UKL 16	Mk0 l/khj d0 ulnokuh	2 ekguh elx ngjnu	29.10.1994	2009	1500
UKL 18	pk0 oniky flg	31 ug: elx ngjnu	7.03.1989	Jan-04	1500
UKL 23	Jh pk0 ujn dekj	xke Mk d0 chhij	09.03.1989	Feb-04	1500
UKL 25	duy ohjn dekj HkfV;k	8@21 ekfuh elx ngjnu	27.03.2005	Feb-20	1500
UKL 26	Jh vke idk'k ukfx;k	9@4 Hxokunkl DokV.I ngjnu	18.12.1997	Dec-12	1500
UKL 30	Jh fujtu 'kek	7 lgjuij elx ngjnu	01.04.1989	Mar-04	1500
UKL 33	Jh ,l0 d0 vxoky	440 [kMcMk ngjnu	27.09.1997	Dec-13	1500
UKL 39	Jh ckc yky xk;y	4 n'kuh xV] ngjnu	05.06.1989	Jun-05	1500
UKL 40	Jh v#.k dekj <.M	270 Qt&2 olur fogkj ngjnu	18/1/2001	Jan-15	1500
UKL 41	Jherh vti vk;]	}kjk Jh vkfnR; vk;: 1@3, /kekoky ekgyk ngjnu	18/1/2001	Jan-15	1500
UKL 43	Jh txekgu cyh	76@85 yu u0 5 lldr dkyuh ngjnu	06.12.1995	Jul-10	1500
UKL 44	Jherh m'k ikgok	47&, lHk'k elx ngjnu	08.08.1989	Feb-05	1500
UKL 45	Jh foukn ln	20@51 ekuflgoky ngjnu	15-12-2000	Dec-15	1500
UKL 46	Mk0,y0d0 JhokLro	15@6 lHk'k elx ngjnu	03.03.2005	Mar-15	1500
UKL 49	Jh peuyky	lnL; Nkouh&ckM Mkdj cktkj ngjnu	15.08.1989	Aug-04	1500
UKL 50	lB ujn feRry	vk; lekt eflnj d lkeu lHk'k uxj ngjnu	05.09.1989	Aug-04	1500
UKL 51	Jh bln"	xke o Mk d'kj ug: xke ngjnu	29.12.1999	Dec-14	1500
UKL 52	Jh nolin dekj ,MkdV	fudV lV tMl Ldy ok;k f'keyk okbkl jkM ektjk	06.06.2001	Jun-15	1500
UKL 53	Jh ,p0vj0 HkVV	vkVnf'k;u 16@1 ldiy jkM ngjnu	03.04.2000	Feb-15	1500
UKL 54	Jh d".k dekj vk;]	Mkd0 plnu cMh ,LVV ok;k iexj ngjnu	03.02.2000	Feb-15	1500
UKL 55	Jh nolin felky	felky fuokl pdjkrk elx ngjnu	19.01.1990	Jan-05	1500
UKL 56	Jh kyd".k xlr	205 yfu;k ekgyk ngjnu	02.09.2001	Sep-15	1500
UKL 57	Jh pykjk lguh	'mikluk 19 blnj elx ngjnu	18/1/2001	Jan-12	1500
UKL 65	Jh fot; dekj 'kek	17 fcinky elx [kMcMk ngjnu	05.01.2000	May-15	1500
UKL 67	Mk0 l/kk jkuh ik.M;	ikpk; eginoh dU;k Lukrdkrj egfojky; U; jkM ngjnu	6.03.1990	Mar-05	1500
UKL 68	Jh lHk'k fu>ku	7 gfj}kj elx ngjnu	29.06.1990	May-05	1500
UKL 75	Jh ,e d tu	tkyU/kj oLV vk;ju oDl: 54 ?k l h xyh	13.12.1990	Dec-05	1500
UKL 76	Jh lhrkjke xlrk	2 vleclx x<h Nkouh ngjnu	13.12.1990	Dec-05	1500
UKL 77	i/kukpk;k	jkel;kjh vk;: dU;k ikB'kyk b.Vj dky:t [kMcMk ngjnu	08.02.1991	Feb-06	1500
UKL 78	Jh vkj0ih0 /kLekuk	13 Økl jkM ngjnu	29.06.1990	Jun-05	1500
UKL 79	loJh vkuln ,.M d0	?Mh&foRk 43 /kekoky cktkj ngjnu	08.03.1991	Mar-06	1500

customer no.	uke	irk	Date of Payment Received	Expiry-date	Amount due up to due month-2015
UKL 80	Jh /keluIn HkVv	vk;- ,l-cl-Vh; ,e-Mh-Mh;- lDVj& ,] :e&2] ik0vk0 ekt jk] ngjknu	25.05.1991	May-06	1500
UKL 81	Jh r#;.k xk;y	21@14@1 b0lh0 jkM ngjknu	12.07.1991	Jul-05	1500
UKL 82	Jh gjh'k felky	lexu yky ,.M d0% 97 iYVu cktkj ngjknu	25.01.1992	Jan-07	1500
UKL 83	Mk0 Jherh et; ukjx	cl&3 'kk=uxj gfj}kj elx ngjknu	04.04.2000	Jan-15	1500
UKL 85	Jh ujIn dkyMk	14 j;l dkl ngjknu	19.11.1991	Nov-06	1500
UKL 87	Jh id'kplIn th	}kj; blInne ,.M lUl Mkbyk	21.11.1991	Nov-06	1500
UKL 89	Jh clUr fey	vk;y fey clx;t ngjknu	07.12.1991	Dec-06	1500
UKL 91	food de'ky	buLVh;V ?k;lh xyh ngjknu	02.04.1992	Apr-07	1500
UKL 94	Jh _f'jkt 'kek	ifrfuf/k vk;ofnd vk'kf/k xle o Mk-d-#nij	09.10.2003	Oct-12	1500
UKL 96	Jh gjc'k yky c'fk	fodkl fcdQhYM 8 d'koelx y{e.k pkd ngjknu	detail not available		1500
UKL 99	Jh gfj vke vjkMk	43 ngjknu elx] _f'kd'k]	detail not available		1500
UKL 100	Jh gfj'k elgu 'kek	f'k'k fudru 72 u'kfoyk elx' ngjknu	detail not available		1500
UKL 102	Jh foukn l[kjh	1&, j;l dkl ngjknu	detail not available		1500
UKL 103	Jh fxfj/kj xkiky	th0th0 fi;.Vl' 192 yD[h clx ngjknu	detail not available		1500
UKL 106	duy jledel; vk;	xle xxky if.MrokMh ;xftt;kokyk; MkD?kj ?k?kMk	detail not available		1500
UKL 107	Jh d".kyky xykVh	uuu cd l' 2 vkYM l'oi jkM ngjknu	detail not available		1500
UKL 108	Jh je'k dRfj;k	e0u0&2 xyh u0&5 vk'mokn ,Udyo ngjknu	detail not available		1500
UKL 114	Jh vkuIn flg vk;	90@27 l';n ekgYyk ngjknu	detail not available		1500
UKL 115	Jh fouh' dek; vk;	lii= Jh fot;Un dek; vk; 42@1 niiky dkykuh	detail not available		1500
UKL 117	Jh Hku id'k'k iUr	146 MkHkyokyk ngjknu	detail not available		1500
UKL 119	Jh 'kf'k elgu vxoky	10] fot; ikd c'Yij jkM ngjknu	detail not available		1500
UKL 121	i/kukpk;k	Jh x# jlejk; b.Vj dkyt HkAoky	detail not available		1500
UKL 122	Jh ik.kukFk [kYy]	4&, j;l dkl ngjknu	detail not available		1500
UKL 123	txnh'k i;lkn xlr	}kj; Mk0 vt; dek; xlr 315@11 LVhV u- 9 foLrkj jktUnuxj	detail not available		1500
UKL 124	jkt'oj n;ky fl?ky	88@1 xyh u0 8 jktUnuxj dkykx< elx' ngjknu	detail not available		1500
UKL 125	ikpk;k	Mh-cl; ,l- dkyt djuij ngjknu	detail not available		1500
UKL 126	Jh ,l-d-xk;y	,MokdV 16@11 x# elx y{e.k pkd ngjknu	detail not available		1500
UKL 127	Jherh jek cjh	66 l'Hk"k elx' ngjknu	detail not available		1500
UKL 128	ikpk;	Mh-,oh- %ih0th0% egfo jky; ngjknu	detail not available		1500
UKL 130	Jh cyjkt	24 fnykjle cktkj ngjknu	detail not available		1500
UKL 135	Jh cyohj flg pkgku	,MokdV 7 U; jkM ngjknu	detail not available		1500
UKL 138	Jh del;Vj eu	21 ;0th0 diih VM l'.Vj dukV iy;l ngjknu	detail not available		1500
UKL 139	Jh txnh'k i;lkn xxl	38 u'kfoyk elx' ngjknu	detail not available		1500
UKL 145	e=h vk; lekt	/kekokyk ngjknu	detail not available		1500
UKL 147	Jh fot;elgu	17cl f'kokfydije th ,e ,l jkM ngjknu	detail not available		1500
UKL 148	Jh l'Hk'kplIn xk;y	321&Mh vkdkj elx' pD[kokyk ngjknu	detail not available		1500
UKL 149	Jh d".kpln 'kek	152&, Mh0 ,y0 jkM ngjknu	detail not available		1500
UKL 151	Jh d0 lh0 eYk=k	189@1 l'Hk"k uxj ngjknu	detail not available		1500

customer no.	uke	irk	Date of Payment Received	Expiry-date	Amount due up to due month-2015
UKL 155	Jh exy lu jk.kk	Mk&1684 vkb0 Mh0ih0,y0 Vkmuf'ki ohjHkn	detail not available		1500
UKL 159	Jherh lUrK'k xk;y	4 egkohj ,Udyo ektjk ngjkn	detail not available		1500
UKL 162	Jherh 'kdUryk c=k	124 fujtuij ngjkn	detail not available		1500
UKL 163	Jh dey u;u cxkb	jLV dEi if'pe 2 ngjkn	detail not available		1500
UKL 166	Jh Hxoku flg jkBkj	{kjk e=h vk;I lekt pkbyk plncuh MkD egkcokyk ok;k DyeV Vmu ngjkn	detail not available		1500
UKL 170	Jh d'hkj flg	xke pkbyk pln cuh Mk0 egkcokyk ok;k Dye.Vvkm	detail not available		1500
UKL 171	Jh b'k vkgtk	537 bfujkuxj iklV U;I QkjLV ngjkn	detail not available		1500
UKL 174	d0 J)k jrMh	4@3 dkfynkl exk ngjkn	detail not available		1500
UKL 176	Jh gjh'k vjkMk	106@1 ujUn fogkj ylhokyk clx dkykx< exk ngjkn	detail not available		1500
UKL 177	Jh euh'k rkej	229 [kMcMk fudV xkj'h'kdj efnj	detail not available		1500
UKL 179	Jh leu ctkk	4 fnykjle ctkj ngjkn	detail not available		1500
UKL 180	Jh ih0,u0 HkLdj	146@2 vk;I uxj ngjkn	detail not available		1500
UKL 182	Jh j?kohj flg rkej	xke MkD?kj y[L;kj rglhy dkyLh	detail not available		1500
UKL 183	e=h vk;I lekt	Mkd iRFkj ftyk	detail not available		1500
UKL 184	Mk0 jkt'k frokj	u=&fo'k'K Vxkj foyk ngjkn	detail not available		1500
UKL 185	duy ,e0ih0 flg	78 idk'kuxj bnxlg ngjkn	detail not available		1500
UKL 186	Jh lpu lu	7@22 oUur fogkj ,Udyo ngjkn	detail not available		1500
UKL 187	icU/kd ;kx fudru	efu dh jrh] _f'kd'k	detail not available		1500
UKL 189	Jh jkd'k vkckj;	2&, jL dkl jkM ngjkn	detail not available		1500
UKL 192	Jh vfouk'k ulnk	101@1&2 flfej exk d".kuxj ngjkn	30.10.2003	Oct-11	1500
UKL 227	Jh je.k tkgj	tkgj , lkl ,VI] e[kth exk ngjkn	07.03.1990	Mar-05	1500
UKL 238	Jherh lhrk noh vjkMk	dFv;k l- 177 vk;I okuiLFk vkJe le[; vkJe] Tokykij	detail not available		1500
UKL 131	Lokel Hxorkuln	ikrty ;kx/kle vk;I uxj Tokykij	detail not available		1500
UKL 241	Mk0 'kjr dek pigku	fudV ihij dk iM /khjokyh pigku dk ekgYyk Tokykij	detail not available		1500
UKL 242	Jh v'kdd dek	vk;I okuiLFk vkJe dFv;k u0 84 'kk[kk u0 2] Tokykij	detail not available		1500
UKL 244	Jh ukFhjle lli=	Jh fj[kkjle xle o MkD0 [kckuij	detail not available		1500
UKL 245	Jh enuyk dij	{kjk fpukV Hkou fcjyk?kV gfj}kj	detail not available		1500
UKL 247	Jh vtlu no Jh/kj	dFv;k u- 116 e[; 'kk[kk vk;I okuiLFk vkJe Tokykij	detail not available		1500
UKL 271	Jh nojkt e=h ekrk	yhykorh vk;I fhk{k ijkidkjh 338@111 lDVj 5 ch Hky	15.02.1991	Feb-06	1500
UKL 272	Jherh lUrK'k dekh jxu	{kjk Jh Klu pln jxu flfoy bthfu;j 12 noijk	02.07.2005	Jul-05	1500
UKL 240	Mk0 ;kxUn lMkuk	,Q&101 vkuUnR lo vkJe lIr ljkj {k= gfjij dyk	detail not available		1500
UKL 256	Jh gjh'k dek rutk	rutk Xykl LVkj gfj efUnj xyh #nij	detail not available		1500
UKL 258	Jh jktiky c=k i/kku	vk;I lekt	detail not available		1500
UKL 263	Jh ed'k dek xk;y	lil= Jh iepUn xk;y flrkjxt exk [kVhek	02.05.1991	May-05	1500
UKL 264	Jh enuyk dij	{kjk e=h vk;I lekt eYyhrky	detail not available		1500
UKL 253	Jh gtkjhyky vxoky	87 ghjkuxj	detail not available		1500
UKL 270	Jh idt dek dly	40@41 ghjkuxj	detail not available		1500
UKL 169	Jherh fouhrk jkuh v;/kfidk	{kjk lUnj MkbDyhu l lV iky pp d lkeu clcx< fodkluxj	detail not available		1500

vkthou lnl; 150@& #- tek djdi okf'kd lnl; cu ldr: gA



Saturn Series



CPU Holder



Slide out Keyboard tray



Swivel and Tilttable keyboard tray



Wire Management

All dimensions are subject to change without any prior notice because of continuous research & development. All designs shown here are proprietary. Any infringement is liable for prosecution.

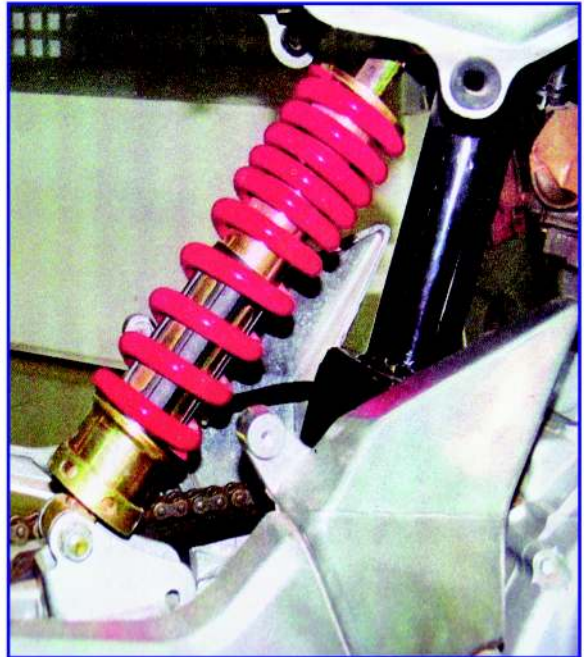
DE BONO FLEXCOM (INDIA) LTD.: Kukreja House, 1st Floor, 46, Rani Jhanshi Road, New Delhi-110055

Ph : 011-23540721. 23533936 Fax : 23533944 Email : debono@debonoindia.com



MUNJAL SHOWA मुंजाल शोवा

मुंजाल शोवा लिमिटेड देश में टू व्हीलर / फोर व्हीलर उद्योग में सभी प्रमुख ओ.ई.एम. के लिए शॉक एब्जोर्बर, फ्रंट फोर्क्स, स्ट्रट्स (गैस चार्ज्ड और कंवेंशनल) और गैस स्प्रिंगों का सबसे बड़ा निर्माता है। निर्मित उत्पाद, गुणवत्ता और सुरक्षा के कड़े मानों के अनुरूप होते हैं। कम्पनी के उत्पाद बाधामुक्त, आरामदेह, चिरस्थायी, विश्वसनीय और सुरक्षित यात्रा के लिए जाने जाते हैं। मुंजाल शोवा लिमिटेड, टीएस-16949, आईएसओ 14001, ओ.एच.एस.ए.एस. 18001 और टीपीएम प्रमाणित कम्पनी है। मुंजाल शोवा लिमिटेड का शोवा कार्पोरेशन जापान के साथ तकनीकी और वित्तीय सहयोग करार है।



टीपीएम प्रमाणित कम्पनी

आईएसओ / टीएस-16949-2002 प्रमाणित

**आईएसओ-14001 एवं
ओएचएसएस-18001 प्रमाणित**

हमारे ख्यातिप्राप्त ग्राहक

- हीरो मोटोकॉर्प लिमिटेड
- मारुती सुजुकी इन्डिया लिमिटेड
- होन्डा कार्स इन्डिया लिमिटेड
- होन्डा मोटर साइकल एवं स्कूटर इन्डिया (प्रो) लिमिटेड
- इन्डिया यामहा मोटर (प्रो) लिमिटेड

हमारा उत्पादन

- स्ट्रट्स / गैस स्ट्रट्स
- शॉक एब्जोर्बर्स
- फ्रंट फोर्क्स
- गैस स्प्रिंग्स / विन्डो बैलेन्सर्स



मुंजाल शोवा लिमिटेड

प्लॉट नं 9-11, मारुति इन्डस्ट्रीअल एरिया, गुडगाँव। दूरभाष: 0124-2341001, 4783000, 4783100

प्लॉट नं 26 इ एवं एफ, सेक्टर-3, मानेसर, गुडगाँव। दूरभाष: 0124-4783000, 4783100

प्लॉट नं 01, इन्डस्ट्रीअल पार्क-2, सालेमपुर गाँव, मेहदूद-हरिद्वार, उत्तराखण्ड दूरभाष: 0124-4783000, 4783100

वैदिक साधन आश्रम सोसाइटी के लिए प्रकाशक मुद्रक प्रेम प्रकाश द्वारा सरस्वती प्रेस, 2, ग्रीन पार्क, निरंजनपुर, देहरादून-248001 (उत्तराखण्ड) से मुद्रित एवं वैदिक साधन आश्रम सोसाइटी (रजि.), नालापानी, देहरादून (उत्तराखण्ड) से प्रकाशित।

संपादक—कृष्णकान्त वैदिक शास्त्री