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o'k 02 vd 02 viy&tlu 2011

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i h kcj KM(xtjk)

MW bkd 'k lkla i kly(egjkV)

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Vh u\$ ua \$ 91 59648223049

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j ksk slsLoLF y kky ssd sfy; spqk / hjs / hjsd d knk j kc< kx; kr Rk
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t Shv k fud esM y Vdks kMh; D LkLF, l skv kad sl Lr s, oacgrj
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Mönsterplättar

Land

(i źródł y kąd k Utwisł Z. Mešku i Gólsku v kód. M R

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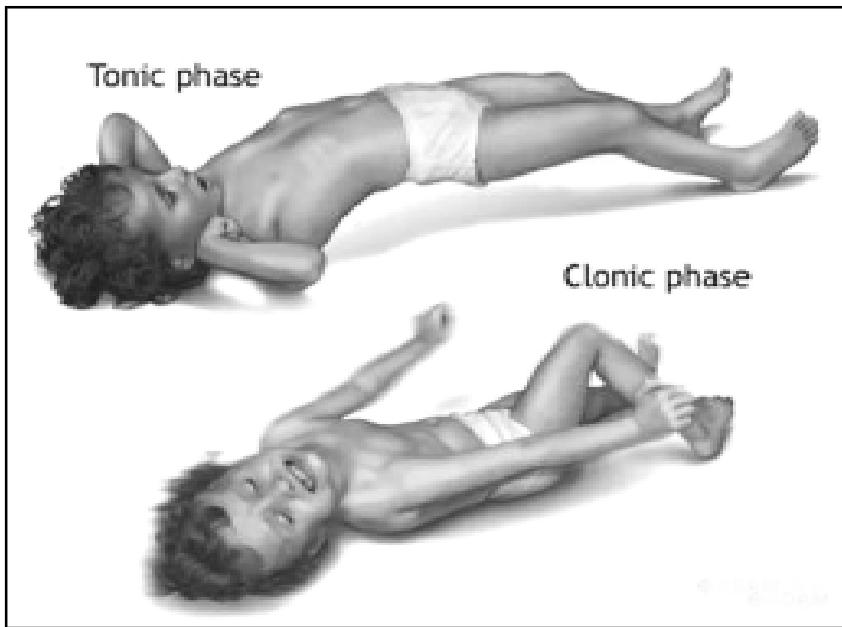
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gAb l e; jkh dk ey & k Hh v uk k fudy l drkgAv k kckj fudy k i zh gsk fl j , d rji Q >q t kuj v k kadh i qyh i S t kuj 'k h d k v d M+ t kuj 'ok oj k t Bsy{k k i sk gkssgA ; g volFk 20 l s 30 l s M rd jgrh gS b dsi 'pk l EwZ k h ea> Vd sv kusy xr sgA ; g volFk Hh , d l s M+feuV rd jgrh gA b d sckn Hh jk h v ps jgrk gS elWf k k <hy i M+ t k h gS , oa xjh l k y ss gqsj k h gsk ea v k kgAv fr nqy] psj ki hy k Hh gsk fej xh jk dsnk dsy{k k dki suzgAnksd sckn jk h , d l s Bld i gys k l kssgqsh fej xh M+ Rlsd sfy ; sl kst k k gS l k kgh fl j nnZ pDdj] oesPNk fcuk bPNk gqsghd i Mm kuj pynsk , oae kuf d l k l d h fLfr cuh jgrh gA

(1) xM eky% b i dk jk d k nk o'Zd h v k qdsi gys i sdr k @kuf d Hh r Fk mWgk okys QfDr ; k k ea v plud mRk gS r Fk ; g , d fnu ead bZk ; k l lgk gk gk ; k o'Zd sckn Hh v k l drk gAb nkssd h l e; lof/ nkls s rhu feuV rd gksh gAnksd s i gys eM v l kekU gsk r R'pk , d d Y ulor r jk d k v u k gsk t ksf d 'k h d sf d l h Hh v a l smk gqk i zh gsk drk gAb d sckn jk h , d v t h l h v k l k fud k y r k gqk fxj i M k gS : i l sfej xhd krkr; ZxM eky* r Fk nk d h psuk y k gsk k h l e>r k gA

(2) i SW eky% k heav plud gh psuky k gsk Hk' k w gsk psj k i hy k i yd k ea , Buj v k k ad k k ouk r Fk d Hh d Hh nkss eafxj i Muki j l d q Rk y ghnB t kuv kfn y{k k feyr sgA ; g cky k l Fk ea i sk gkssk y h fLfr gksh gS r Fk 14 o'Zd v k & v k s Bld Hh gk l drh gS v k xk M eky d k Hh : i / k. k dj l drh gA

(3) i osi fi OI-% d ej k shv ps

r k s u g k gk gS j l d q l o f l u y v o l Fk

e a l o ; a d k l e > r k gqk Hh d k Z

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fud k y r k gqk fxj i M k gS : i l sfej xhd krkr; ZxM eky*

r Fk nk d h psuk y k gsk k h l e > r k gA

j~~k~~hd hi goku% m; Ø y{k k~~a~~ j~~k~~hd ksnssg~~A~~ gkE ksv k~~sf~~/ %j t \$We&es] d smR~~U~~ gksij H~~h~~ fej xh dls gkE k~~sf~~ fpfd Rk% fej xh v j t \$We&ukbV] d ky h& Y Ø d H~~h~~&d H~~h~~ fgLVfj ; k t ~~ssj~~ k~~x~~ ds ds m; Ø y{k k~~a~~ dksj k~~x~~ dh e~~tsue~~ us& Y QkfVd , fl M I elu l e> fy; k t kr k g~~A~~ i j l~~d~~q ^ k~~s~~k^ ^fl i Øy l * v k~~s~~ l hii ; k~~x~~ R~~w~~A fej xh r~~fd~~ k l s ; g è ku j [kuk p~~f~~g; \$ fd fej xh ^ kbd k~~s~~ l * (ØfDr R) l s l E~~fact~~ i zeflr "d~~h~~ j~~k~~ g~~S~~f t d s chl o"kd si gy snksaghfy ~~ak~~ea feyldj i g~~p~~ku dht kh g~~A~~ eyH~~h~~wd ~~ts~~ d~~k~~. kv K~~r~~ g~~S~~r% gks l dr h g~~S~~f t ea fd p~~s~~uk (1) fe; k~~e~~ (eyH~~h~~y{k k~~b~~}%& y k~~s~~ @ k~~k~~ @ H~~h~~ d k~~V~~uk@ I k~~s~~k& v fr l a~~su~~' k~~y~~] v fr fo~~z~~ k~~y~~ i l hukv k~~u~~ k~~u~~ el~~k~~ i s k~~a~~ dhi Øu] d~~lu~~ eav lo~~k~~ t av k~~u~~ geslk gh efgy k~~v~~ k~~a~~ d~~se~~è v k~~q~~ fl j nnA i Zk xM gkE ksv k~~sf~~/ % v k~~u~~ k~~u~~ & v k~~u~~ e] y S~~s~~ l] us~~E~~ yj l k~~u~~ie] l hii ; k~~x~~ l Y Ø V~~w~~ d g~~k~~ueA fl i Øy l %& v fr m~~u~~ts uk t k~~s~~ fd ø~~lr~~ i k~~s~~ %d øfr d h g~~k~~sh g~~S~~ r R~~k~~ j~~sh~~ekul d : i l s v ol kn~~j~~ fl fop k~~j~~ , oao~~u~~ g~~k~~sk g~~A~~ gkE ksv k~~sf~~/ %k~~u~~ & v k~~u~~ e] d ky h& v k~~s~~ d ky h& Y Ø ukfVd , fl M I k~~b~~ k~~s~~ l %& v fr m~~u~~ts uk t k~~s~~ fd det k~~s~~ dj nshg~~S~~sh fl fop k~~j~~ v i j k~~h~~ i zeflk d k r R~~k~~ H~~z~~er g~~k~~sk g~~A~~

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• v R f/ d H k k e k i S k k a d h i D u l f g r n k v k u k	g k k k k el
• n k s d s u; s d k g k f H p t c M d l s, o a f u x y u s e a f n D d r g k	g k M k f u d , fl M
• v / Z k d s c k n n k v k u k	u k b f V d , fl M
• y d o s; k i e f l r " d h c n y k o] e f l r " d h o z k d s d k. k n k v k u k	I y E c e & e
• I k s g q q s g h n k v k u k	v k ; e
• g j I k o a f n u n k v k u k	, x f d l
• f g l a d H k u k v k a d s d k. k n k v k u k	v k M k f k k o y x f l
• y x k k c n y u s o k y s y { k k v k d e t k	V r o j d f y u e
• n k s d s i g y s B M y x u k	I k b y k f k k
• e k f l d l t o @ y s e a v k k @ e ? k u s d h v u k	g k M k f u d , fl M
• j a h u i d k k l s n k v k u k	v k M k f k k o y x f l
• p D d j @ g i j v k k o n k v k u k	, o f l R u e & v k u k s
• v a f y ; k e s d s v a k k i j v k k d s l k k n k v k u k	d g d f ; k & k Z
• fl j i j p k v d s d k. k n k v k u k	e v e & Y Q

(3) g k E k s S h e a y { k k a d s l e k u r k d s v k k i j v k / p; u d j u s d k f o/ k u g S i j l d q ^ f e j x h * d s l k e k U y { k k a i j n f V M y u s i j , o f l R u e & v k u k s b f W k k s D w e e s y d k f c l b f M d k k X k k u] c S k M s k u D o k s e d k d k d g l] d k y k c k s , x f d l] y k d k k M e] u s e & E j y b X u s k k l Y Q R k w v k n g k E k s v k / ; k a l s c g q v P n s i f j . k e f e y r s g

(4) g k E k s S d f p f d R d d k s g e s k k ^ d k V s d a p k Z d s v k k i j g h y { k k d h l e k u r k l s g k E k s v k / d k p; u d j u k p k f g,] l k k g h ^ f e; k E s V d v k / ** d k i z k H k ^ d k a V V - b k u * d s v k k i j l e f l d r d j d j u k p k f g, A b d d s l k k g h l k k f e j x h d h l E w k Z v o L k k a , o a y { k k a d s v k k i j l g h v k / d k p; u v f r p e R k h i k k o n ' k k g



- M k M h k f i z y
g k E k s p f d R k f / d k h
j k g k E k s p f d R k y ;] H k M j n s j k n w
(m k k k M)

'kj̥ d sfy; sfg r d kj̥ hv lg̥ & fog̥ % F, *

v kerkj̥i j LolFk, ojk̥skska nk̥ / k̥j̥ey] 'kj̥j̥] eu] bflæ gkl drkgSv k̥s bud kl ghl lq̥u u
gh d seu ea[k̥si husd sl Eā ea rFk v k̥ek d lsy k̥k i gplusoky k̥ i jgs * 'kj̥ d k i zks gksk jgk gA v lg̥ & fog̥ i F, * d gyk k gA gksl s'i F, * Hh̥v i F, * gksl drkgA
nfsid fpfd Rkd h v Hk eah̥j̥k̥ ; fn v lg̥ ; k fog̥ mfp r ek̥ fdI hfo' k̥k̥k̥ eaf̥k̥ usv k̥sugh̥k̥ eam̥p̥r d ky eam̥p̥r I bdk̥ l s 'kj̥j̥ d sru nLk̥seav lg̥ i Ze
fdI hfo' k̥k̥k̥ eaf̥k̥ usv k̥sugh̥k̥ eam̥p̥r d ky eam̥p̥r I bdk̥ l s Lk̥u i j gA 'kj̥j̥ d sl Hh̥v d aq̥
I Eāhi zu i WsjgrsgA j̥k̥; kad h l bld̥r] mle Hh̥e eam̥Rui 'kj̥j̥ v lg̥ l s fufeZ gA fd lqj k̥ Hh̥
b l lek̥ ft Kk k d ksl e>kusgsq d sv uq̥k̥ v k̥s ok kfn nk̥sak d v fgr lg̥ l sghgkssgA v r % F, lg̥
v k̥q̥ eabd l ah̥zeai z̥r 'kj̥ i F, * , oa^vi F, * gA nij k̥r ysk d hli s Eāf̥r t kud kfj; kad ksl f(kr : i l sof. k̥z dj jgkgsq gop̥j d j fy; kt k srks'i F, * gS gh t hou l j̥k k d k eyewlk gA
i F, * , oa^vi F, * gA nij k̥r ysk rFkbul sfoi j̥r v i F, * gksk gA t Ss̥k̥ i F, gksk gA fd lq̥f/d d h mi; k̥srk nk̥sagh Lk̥uksea, d
ek̥k̥ ol l d 1/2 fo: 1/4 aq̥ l s l eku gA k̥shQfDr , oafj k̥shQfDr bu nk̥sak d k s gh i F, * d k l sou
l k̥ok k̥u v̥l d juk p̥kg, A fuj k̥sh QfDr ; fn i F, * d kghfuj lq̥ l sou d jrkj g̥s rksog j̥k̥sak d sv k̥o. kl s l j̥f{k̥ j g̥s kv k̥s v fgr lg̥ t U j k̥la d k̥f l d k̥ ughagk̥sA j̥k̥shQfDr ds
fy; srksft ruk v k̥o'; d v k̥k̥ g̥s muk gh v k̥o'; d i F, * gS D k̥d ; fn i F, * d k̥l sou ughaf; kt k̥s k̥r k̥s u k̥s k̥l d hv k̥s ; k̥Hh̥j̥k̥ d k̥s k̥s l sef̥ ughad j i k̥s k̥A

v k̥q̥ ead gk x; k gS fd 'kj̥ d sfy; st k̥i nk̥Zgk̥fud k̥d u gksog i F, * gA v k̥q̥ d k i zks u i zku eav i F, gksk gA hfo' k̥ LolFk d sloLFk d h̥{kkv k̥s k̥hd s eav lpk Zpj d usd gk g%v xj j̥k̥ d k' leu djuk gA v r % nk̥sak d s fo' k̥Hh̥ekk v kfn d k̥fop̥j d j fy; st k̥sfgr d j g̥sog i F, * gA i F, * i zks fd; k t k rksog i F, gks d k̥s eui l l k̥ Hh̥ gksik p̥kg, A t k̥k gS Hh̥y sghog vi F, D wu v k̥q̥p̥k Z'kj̥j̥ d k̥snk̥ / k̥q̥, oa gks** ek̥k̥ d ky f̥; k̥ Hh̥ng ey l scuk gq̥ k̥ekur sgA v k̥q̥ d s nk̥k̥v kfn 6 Hk̥ok̥ sgh i F, * , oa v lpk Zeu d sl k̥f k̥fuRk̥uq̥ v k̥ek̥ v i F, * d k̥fu; eu gksk gA bud s rFkbfld̥k̥d k̥sHhxg. kdj rsq̥ v r % i zks l k̥s o l s v i F, * Hh̥ i F, *

d q̥ fo' k̥k̥j̥k̥saei F, * , oa^vi F, *

j̥k̥	i F,	vi F,
Toj	f[k̥p M̥] ew d hnk̥ d k i kuh l k̥nusd h[k̥j̥] gYd k̥ Hh̥s u	v f/ d ek̥k̥easHh̥s uji p̥deZ xfj "B Hh̥s ujnflk t y bRk̥n
v : fp	eBBk̥ [k̥A si Q̥] v nj[k̥ d ky kued fpj k̥s̥j̥ [k̥j̥ ygl q̥] v ulj	osk̥sak k̥s k̥l u k̥ Hk̥] ' k̥d] j Dr ek̥k̥ k̥v ' k̥d ok̥k̥. k
v t h k̥Z	Ok̥ le] v lpy k̥ v nj[k̥ v t ok̥ u] d ky h fepZ es̥k̥ / fu; k̥ m̥ kt y	r k̥. k̥ foj p̥u] v f/ d t y i huk̥ Hh̥j̥ Hh̥s ujnflk t y] j Dr fugZ k̥uhaw
v E̥fi Ùk̥	eqDd k̥ fd ' k̥fe' k̥ Nsasd h f eBk̥y y k̥s̥j̥ [k̥k̥ feJ̥j̥ xg̥d u] i Bk̥ phuh	efnj k̥ k̥jd g̥fRk̥ [k̥A k̥ngj̥ eNy k̥ xezHh̥s u] ðk̥izk̥u] p̥k
v' k̥(i k̥oY)	gj̥h j̥sk̥l̥ i fC ; k̥ eBBk̥ i i h k̥ g̥s̥] c̥su d k̥ Hk̥Z eqDd k̥ v j̥gj̥ d h nk̥] xk̥j̥ v lpy k̥	ck̥j k̥ eMk̥ cM̥ fHh̥u] v p̥k̥ xje el k̥y k̥ xfj "B Hh̥s u] v j̥ch̥ ey e k̥d osk̥sak k̥s k̥l uk̥
v' ej̥h	d g̥fRk̥ v nj[k̥ ew d hnk̥] p̥k̥s̥k̥Z i k̥k̥ k̥s̥] xg̥w i j̥uk p̥loy	os/ k̥. k̥ [k̥M̥Z xq Hh̥s u] fo: 1/4 Hh̥s u

• M̥W lokt h Hh̥sys

- M̥wsu nk̥sV foHh̥k̥k̥ {k̥ d k̥ & pfd Rk̥ foHh̥k̥ (, e- M̥ld kyj̥] dk̥ & pfd Rk̥ ' k̥ d h v k̥q̥nd egf oj ky;] uks̥M̥ egj̥k̥V̥

t y%lo; a, d v k



vk q̄ v k qd kfoklu ḡ d gk x; k ḡ d d kZ h olr q t y eWkZ(cgkSk) i s d j k] b ' k k d k f u k k i k k h e k k d s v u k u ghagS R k g j n̄ ' k k h j d n k j j D r f o d k j] enk; d Y k k g s q g q k ḡ v k q̄ ea ead n̄ uk d n̄ v k h x q k a k a d k s n k H k k a e a c k M x; k t : j g k s g d y k eat y g g l g j , o a v k Av l g j a k a d k o. k H h b h l a k Z e s f d ; k d k e q; m m s; ' k k j d h / k q k a t k j g k ḡ d k h j. k k k d j u g j S R k v k v k q̄ e a f o f H k u l a d k j k a k n̄ a d k d k Z k j j e a m R k u g b t y d k v u s l j k a d h f p f d R k f o d f r d k s B d d j u k ḡ d s m i; k x e a y k k x; k g g i k o Z w] l n k q k e] o k j k x y s

t y g e l j s v l g j d k , d (1) o' k z t y d s x q k & e g f o i w k Z v d g S r R k t h o u d s v k q̄ e a m i; k x d j u s d s f y; s m u k g h m i; k x g S r u k o' k Z d s t y d k s n k e l u k x; k d h v l g j ! , d o; l d Q f D r d s g S D k d ; g t y ' k g k f g p d h v k f n i z g k a b u v o l R k k ' k j j e a s o - 4 0 y h t y d h e k k g S i j u q H k e d s l E d Z e a v k u s e a ' k r y t y d k i z k j k d h f o l e k u j g r h g A t y d s y l; k l s; g t y n f k g k s t k k g S v o l R k d k s n x z c u k n s k g S c q k u s e a g h m i; k x h u g h g k g S b f y; s b t y d k s o' k Z d s (3) x e Z t y d s x q k & x e Z t y c f y d ' k j j e a m R k u j k a d k ' k e u l e; p k p h d s c r i e, d f k v f X u n h d (H k d k s c k u s o k y k) d j u s e a H h l {le g a v k q̄ e a d j u s d k s d g k x; k g S i j u q v l g j i k p d] x y s d s f y; s f g r d j]

v k d s; q e a c <+s q q o k q i z k d s d k j. k o' k Z d k t y H h n f k g k s p d k g S b f y; s o' k Z k j E k g k s d s d n l e; i' p k g h t y d k s d f k d j u k p k f g; \$ f t l l s d h o k q e a f e y s w d. k v l S v ' k d / k j j E k d o' k Z e g h c g d j f u d y t k A, k x t y v e r d s l e k u y k H k d r R k t h o u d s f y; s m i; k x h c r k k x; k g A; g ' k j j d k s/ k . k d j r k g S R k e W k Z (c g k S k) r l a d f u a k , o a n k g (' k j j d s v l b j d h x e h Z d k s ' k a d j r k g A

(2) kry t y d s x q k & ' k r y t y d k f u l u v o l R k k e s i z k g k f u d k j d c r k k x; k g S b u e a i k o Z w] l n k q k e] o k j k x y s d h t d M g V i V d k i Q u k i V d k l [r g k k i p d e Z s r j p a c k n] u; k t o j (1-2 f n u k a d k c h k j)] f g p d h v k f n i z g k a b u v o l R k k e a ' k r y t y d k i z k j k d h

v o l R k d k s n x z c u k n s k g S c q k u s e a g h m i; k x h u g h g k g S b f y; s b t y d k s o' k Z d s (3) x e Z t y d s x q k & x e Z t y c f y d ' k j j e a m R k u j k a d k ' k e u l e; p k p h d s c r i e, d f k v f X u n h d (H k d k s c k u s o k y k) d j u s e a H h l {le g a v k q̄ e a d j u s d k s d g k x; k g S i j u q v l g j i k p d] x y s d s f y; s f g r d j]

vk; qk ni Zk LokLF; ppkl

gYd k] evkk (; jnsj h Csj) ' ksd] fgpdk] i V dk i yuks ok & di Q jks] u; kloj (1-2) fnukadscqk]) dk ([k] t qk] rFk l bo eav Rl n; ksh rFk i F djk (geskk n; ksh ea ykkt kus; ksh) gsk gA

(4) ncky dj B M fd; s gg
t y d sxqk% ncky dj B M fd; s gg t y dks v k qk ea ^/r'ky t y** dgk x; k gAb t y dkrja fd; kx; ki zks i fd jks] l fAk t] ok & di Q jks] vfr l k] (nLr y xuk) el (' klc) dsdkj. k mRl jkskaek l; k e a eav Ra y kHnk d gA

(5) de t y i hsyk d jks%
v: fp ([kuseaeu u yxuk] t qk] yk V duks l tw] elbfx] i V dsjks] cdk] usk jks] ozk (pk) i kMujks (jDrkYr) v'k(i kY) xg. khjks] vt hZ

rFk xysd sjkskaek lekU l sde t y i huk pkf, A

(6) Hksu rFk t y dk l E

% v k dy yksksdscph [kks dsl e; dc t y i huk pkf; s

fdruk i huk pkf; s , sh dbz ckn ea OfDr eahksu dhi wZ ' kdkv ksdscph seaxyr fopkj , oa ekk u fey i kus d s d k. k

/ k. kks si Shgqz abu ' kdkv k dkv k qk eacMkghl bjj l ekku fn; k x; k gAvk qk dsvubkj &

(1) Hksu l si gyst y i husl s vnehd'k (irykv) det ks gkst krk gA

(2) Hksu dsl kR& kRkt y i huk nule ekuk x; k gSr Fk euq dk ' kijh bl l sl eloLFk eajgrk gA

(3) Hksu dsckn t y i husl s OfDr ealFk (ekki k) v k t kk gA

b sfuEu i dk l sl e>k t k l drk g% Hksu l si gyst y i husl si V eaeSwi lpd , WkE

l sfuEu i dk l sl e>k t k l drk g% Hksu l si gyst y i husl si V eaeSwi lpd , WkE

l sfuEu i dk l sl e>k t k l drk g% Hksu l si gyst y i husl si V eaeSwi lpd , WkE

l sfuEu i dk l sl e>k t k l drk g% Hksu l si gyst y i husl si V eaeSwi lpd , WkE

l sfuEu i dk l sl e>k t k l drk g% Hksu l si gyst y i husl si V eaeSwi lpd , WkE

l sfuEu i dk l sl e>k t k l drk g% Hksu l si gyst y i husl si V eaeSwi lpd , WkE

l sfuEu i dk l sl e>k t k l drk g% Hksu l si gyst y i husl si V eaeSwi lpd , WkE

l sfuEu i dk l sl e>k t k l drk g% Hksu l si gyst y i husl si V eaeSwi lpd , WkE

l sfuEu i dk l sl e>k t k l drk g% Hksu l si gyst y i husl si V eaeSwi lpd , WkE

l sfuEu i dk l sl e>k t k l drk g% Hksu l si gyst y i husl si V eaeSwi lpd , WkE

l sfuEu i dk l sl e>k t k l drk g% Hksu l si gyst y i husl si V eaeSwi lpd , WkE

l sfuEu i dk l sl e>k t k l drk g% Hksu l si gyst y i husl si V eaeSwi lpd , WkE

l sfuEu i dk l sl e>k t k l drk g% Hksu l si gyst y i husl si V eaeSwi lpd , WkE

l sfuEu i dk l sl e>k t k l drk g% Hksu l si gyst y i husl si V eaeSwi lpd , WkE

l sfuEu i dk l sl e>k t k l drk g% Hksu l si gyst y i husl si V eaeSwi lpd , WkE

l sfuEu i dk l sl e>k t k l drk g% Hksu l si gyst y i husl si V eaeSwi lpd , WkE

l sfuEu i dk l sl e>k t k l drk g% Hksu l si gyst y i husl si V eaeSwi lpd , WkE

l sfuEu i dk l sl e>k t k l drk g% Hksu l si gyst y i husl si V eaeSwi lpd , WkE

l sfuEu i dk l sl e>k t k l drk g% Hksu l si gyst y i husl si V eaeSwi lpd , WkE

i kuh ea? gusd sd k. k Hksu dk B d l si kpu ughad j i ks gfr Fk ; gh v oLFk i V eaxS (mklor Z t Sh chekfj ; ksdh nRfr dk d k. k cursg v k s

rFk i F djk (geskk n; ksh ea fdruk i huk pkf; s , sh dbz ckn ea OfDr eahksu dhi wZ ykkt kus; ksh) gsk gA

' kdkv ksdscph seaxyr fopkj , oa ekk u fey i kus d s d k. k det lsh mRl djsrga Hksu dskn i kuhi hul svnehl lekU l svf/d Hksu ysk gft l s fd Hksu dskn i V dki Vuk rFk Hkjh u v k [Rkh Mlkja v k u v k y{k k mRk gksga v f/d ekk eahksu djusdh ot g l s euq dsot u es v l lekU of 1/4 gkshg Hksu ds l kR& kRkt y i husl shksu v k , WkE v k l eav Pnhrg l s fey t ksga rFk i kpu foqk l Ed gkssd sd k. k eukq l oLFk cukj grk gA

(1) Hksu l si gyst y i husl s vnehd'k (irykv) det ks gkst krk gA

(2) Hksu dsl kR& kRkt y i huk nule ekuk x; k gSr Fk euq dk ' kijh bl l sl eloLFk eajgrk gA

(3) Hksu dsckn t y i husl s OfDr ealFk (ekki k) v k t kk gA

b sfuEu i dk l sl e>k t k l drk g% Hksu l si gyst y i husl si V eaeSwi lpd , WkE

b rjg ge nsksga

fd t y u dsey , d v lgk dk

?vd nO gScfYd ; fpi v

i zks djsl s , d v k / dh

rjg xqdkj h Hk gSv %^t y

ght hou gS ; gokD ; fpi ar

gS

• Mwlgg xk

, eMa Ld kY

' kqk egkfol ky ;] ukas

egk KV

vk qk ni Zk foKku nj @AYUSH DARPAN Adv.Tarrif

पृष्ठ	आकाश	एक	दो	तीन	चार
2-32 शेष-व्याप	307 सेमी.	₹ 2500	₹ 4000	₹ 6000	₹ 9000
	305 सेमी.	₹ 1800	₹ 2500	₹ 3500	
शेष-व्याप	307 सेमी.	₹ 3500	₹ 6000	₹ 9000	₹ 10,000
	305 सेमी.	₹ 1500	₹ 2000	₹ 3000	₹ 4000
2-32 समृद्धि शेष-व्याप		₹ 5000	₹ 8000	₹ 10000	₹ 12000
समृद्धि शेष-व्याप		₹ 1000	₹ 15000	₹ 20000	₹ 25000
विज्ञापन शुल्क बैंक ड्राफ्ट / बैंक / मनीआर्डर : संघादक, आयुष दर्पण, मुरली गंगा समृद्धि भवन, तिलहुकरी, पिथौरागढ़ (उत्तराखण्ड) के नाम प्रेषित करें।					

elbox* d lekJ t kudkj h, oai t dfrd fpfd Rk

fl j nnZlo; dor akj k u gksj fofHlu chekj ; kesa, d y{k kds: i nRlu gkskgsd bZkj fl j nnZy xkj cusj gusd scot wHhv D j yk b s v unskdj nssg Rk fpfd Rk ugha yssg fl j nnZd l h?kd chekj hds y{k kds: i esHnRlu gks drkg vdkj. k fy; k x; k ruko Hh j Drpk dks<kdj fl j nnZnRlu dj l drkg d bZkj Lfkud l oe. kd sd kj. k Hh fl j nnZnRlu gks drkg fl j nnZds nRlu gkssefuEj Drpk] fl j i j yxh pks c[kj] [kw d h d e] v l afy r [ku& ku] v Rf/ d Hksu ; k mok y sk i jhuha u ysi kuj geskt Yh ej gusd h i ofr] nf'Vhsk (nksusea i jsku) r Rk efLr "d eafdl hi d k dsv ej] i Qs j Dl bo] l tw , oa dfe v kfn d k. k gksl drsg

elbox* fl j esnRlu gksoky s nnZd k l lekJ : i gSt kseflr "d d h xgi kbska eaflRk xMm d s d k. k nRlu gkskgsd khesagRk dksj uss nnZd k , gl k] fl j ds, d fgll sea gks gS r Rk xfr d sI k & Rk nnZ c<kt k kg d bZkj nnZor ukv feld gkskgsd j khesepyh, oamVhHh v l Hksd mok ft ul seflr "d gks drhg d s lfkghnfskuj l qus d h j Dr ufy d k v kadh xMfMka , oackus eard y h Qh gks gA d ksnjw djus dsfy; sv k v kadh Hkoukd ruko] v fuad v Rf/ d Bm l i Qz xnZ , oa, fM kadh kseZ ; k xeZ [Cheese] p kmy , oad k w xHuz ksd nobZk bRkn Hh b d h nRfuk d k d k. k gks gA

elbox* d kd kj. kfl j d sfgll s d kst kusokh j Drkgh/ efu; kesa Dr d sI k. k eav kbska Mh gksl dr h gSy fd u b d k l gh d k. k v Hh Hh <uk fpfd Rk oksfud kadh see , d i zu qA



i t dfrd fpfd Rk ead ds (2) m k t y l si Qckf (i knuku) d k. kesa kpu l Rku d hxMm , oacku zkesi Qsku (d fMuku) dksv f/ d egl fn; kx; kgs Hksu ft l l sd 'ks d k v kadh t d M de gks gS, oae flr "d d kst kusokh j k jyj esfodr vo' ksh nRk D d s lfkfey dj j Dl bo d kfcx Rk nssg Rk elbox d sy {k ksd k nRlu dj rsg d k frd fpfd Rk j grsgqj ; k elkeat y d k l ou d juk pkf; A

(3) mok %d sy aQ i nRk dksj l ksj i kp l sN%nu j grsgqj ; k elkeat y d k l ou d juk pkf; A

(4) v Pn l k Q fjs od k u i d k k jfgr 'k u d {keav kje d jukpkf; A b d s v ylok; ksd fO; k s d s v k u l i k k le , oa; ksfunk l sd k Qy k k fey rkg

bRkn fd; st k sg d l segRoi wkz fu'd 'k k elbox* t hou 'k sh ea r F t kse kuj [kus k gSog gS ruko e jguk r Rk l gh Hksu d k p qkA

i t dfrd fpfd Rk} k kmpk%

(1) [kyhi V d qy foQkl kkeas ^em S , oa, fuelk d k i zk t k l drhg d y xluk gA



Ikti yt hz d leku t kud kijhfunku , oacplo dsni k



ge v k sfnu^, yt hz kq yas ds nksu i ošk dj t kus }jk kAbu i fzfØ; kv kadsQDr gksis I s: c: gksj grsgaD k v k us I \$ kS; Z lzk ukad si zksj i Y w] eap ksh I scgUj Rksd k l e; dHh l kpk gfs , yt hzgSD k oS huj l hje] , Wckm , oa yxr k gfsr Fk ; g dbZfnukard pki \ v k vi usnfd t hou ea glesk dsv kdfjd i zks l sgks cuk j g l drk gA bues Hhbd segl w dj l drsgaD fdI h l drk gA QfDr fo' ksk dsl kfk v k vi us , yt hz sl EUr i fzfØ; k anks l e; dksfcrkuk i l bdi djsrgks i ojk dhgkshgA rFk fdI h QfDr l sv k njwgh jguk Bk l e>rsgaA Bk b h i ojk geljk' kjk HhfofHlu i nkks dsi fr vi uhi fzfØ; kQDr djrk gA, sk gh dnf Hks; i nkksd s l kfk HhgskgA i yt hzfdI h fo' ksk Hks; i nkksd si fr 'jkj d h uq l kunk d bE uks kndy i fzfØ; kgst ksHksu xg. kdj us dsni jkd dnf y{k kads: i ea mRlu gkskgf; g mjd ksd sfI h clá i shu dsifr vi Rk k i fzfØ; kd sdjk. kmRlu gks drk gA , yt hz kq dksl e>usl si wgea nu i nkksd kst kuuk v lo'; d gks

- rkdky d i fzfØ; k a
- nhakky d i fzfØ; k a
- rkdky d i fzfØ; k a

dh eè Lk k }jk , yt hz mRlu d j us oky s djk. k , oa Vks l dks k d k k d seè mRlu i fzfØ; k dsdjk. kmRlu gks gAt B& B s i fzfØ; k d k lo: i vks c <itk gfsckf Q , oae kV dks k d k a fgLkhu , oav U j l k u k d k gks gA; si V nnZ, oa[kw l sl us l k. k djrh gA; sjl k u j D ey Rk t B s y{k k Hh mRlu ufydk k l ek i sk k Rpk d h djsrgf, kscPsf t gks l s E d l xek k 'ok ufydk k , yt hz gkshgB muesbu i shu d s , oai kpuraki j vi usi Hk n kks djk. k pd Ulsv kfn cuusy xrsga

t k k gS t ks bl gS ft l djk. k p k feuksa; k i zl k d h dnf ghi ykaeay{k k mRlu gks i fzfØ; kv ksd ks t ksgaA Hksu eamifLk i shu m k hfi r djrs gA l leku; k , bsh i fzfØ; k mRlu ^, yt hz d k djk. k djrs gA l ksy k dnf fo' ksk [kks fdI hnokd k l ouj i nkksd si fr l asu' khy gks gA fdI h Hks; i nkksd muesbu k d i Hk nksuseav k h dks kks d k k d gA

nok kads l Ed Zea ● njwkeh i fzfØ; k a ; s v kus l \$ i wks d s i fzfØ; k ad k k d k v k k }jk QDr i j kxd. k d s l k a dht k h gA fdI w jgh, Wckm

mRlu gksis oky h l asu' khy i fzfØ; k a' kkey gA t ksk d s n/w eamifLk i shu dsdjk. k mRlu bksk gA eky, ct lsl u , oa fl yhd Mft t eanksuseav k k gA

Hksu easfLk d k l s nkks
yt hz mRlu d j usd sdjk. kcurs
gA

xk d snw easfLk ^d lshu* , oa' chmky ksyhu* i zpk : i l s gfsckf Q , oae kV dks k d k a , yt hz mRlu d j usd sfy ; st Esaj gks gA; si V nnZ, oa[kw l sl us l k. k djrh gA; sjl k u j D ey Rk t B s y{k k Hh mRlu ufydk k l ek i sk k Rpk d h djsrgf, kscPsf t gks l s E d l xek k 'ok ufydk k , yt hz gkshgB muesbu i shu d s , oai kpuraki j vi usi Hk n kks djk. k pd Ulsv kfn cuusy xrsga

vk; qk ni Zk LokLF; ppkz

b dsvylok v W&I s Hh , yt hz , yt hZd h l kouk d ksc< k nss mRw gqh gSb si gpkuuk dfBu I lekUr; knfksuseav k h gA v W&I gA s u eamifLFr nfk i nkFZ gksk gA k k d h fLFr ej k xhd k d k l i QfgU k l c l svf/ d , yt hZ Hh , yt hZdsfy; sft Eeskj gks , d Mkj h eV* d j us d k s nh mRw djusdk d k . k gksk gA gA t k hgSft l ej k xhv i us k j kxg k dbZck fo' k k i d k d h eNy h , yt hZdksd Bsi gpkz fd; sx; s Hh s u dk fjd kMj [k s [kusl s Hh , yt hZnfsuseav k h , yt hZ k j j dsfd l h Hh fgU s gqsf d l h Hh i d k d h , yt hZ s gA gA g eNy h dhfo' k k i d k r I s eHh gks dr h gS sfuE y{k k a I EfU r y{k k a d k s Hh u k d j rk gks dr h gS b l s Rpk eayky dsvk j i j i gpkut k l drk gA

pd Uls(vfM&f; k] MekM] g%

nmj fod k j , oanek t Bsy{k k • Rpked twj c[k j i O&S mRw djusoky k l Hk for Hh s mRw gks dr sgA Hk&d Hk d k l , oat yu (ft l sl lekU Hk k ea fo' k k QfD ; kesafo' k k i d k d s fi U k mNy uk Hh d grsgA v k n vufHk gksk gA; fn l Hk for Hh s ek lgj l s Hh , yt hZnfsk t k h y{k k i k st k sgA xg k d j us d s d k l e; ckn gA

- j k xhd k s Rk f k ea, yt hZ
- Rpked twj c[k j i O&S mRw djusoky k l Hk for Hh s fn; k t k k gSft l d s ckj seaj k x vufHk gksk gA; fn l Hk for Hh s xg k d j us d s d k l e; ckn gA
- eg eaNkysi Mkj cPokaia I EfU r y{k k mRw gksk b s dbZck v le r k s i j fy; s vdLek i V nnZd C] nlr , oa rhu ckj nkj k dj fu f pr fd; k t kusky s Hh s i nkFZ B% xgws fepyh, oanWhv lukt Bsy{k k t k k gA

v k /seafLFr Xwhu jDr esafLFr fey l drsgA

, WkM d s k k i f f O; kLo: i , yt hZmRw djrs gA l k s fey ead k e djusoky set njkaeHh v k n Hh l lekU : i l sfeyrs k d , yt hZdsy{k k nfsusea gA

v k sgA ft ueanek i zpk gksk gA bu et njkae a fLdu V&V* ea fj, D k u / u k d i k k t k k gA d k l y k s k e a e x i Qh, oan k y k a l s i V nnZ Rpk eapd Uls, oanek t Bsy{k k nfsuseav k sgA d bZ ckj [kus; k x e' k e l s Hh d k l y k s k e a, yt hZnfsk t k hgSb d s v y k o k x k l p d l b j d n a w; k]

x k t j , oai k y d l s Hh , yt hZ k h t k hgSb d y k s k e a d P h l f C; k [k a s i Q , o a V e k y d k s [kusl s Hh , yt hZnfsk us e a v k h gA v Yd k gy; D ' k t y i s i nkFZ Hh

- , yt hZ j k bZkM] v Lfek c[k bZkM , oa usy i k y l v k n Hh l lekU : i l sfeyrs b l suot k f k l q, oanWv cPokaia i z d fd; k t k k gS D k d os Hh s d h l ffer ojk Vh d k l s u djrs gA b scM a e d j u k e f d y gksk gA b i d k fofHk u i d k d s Hh s u d k xg k d j us d smj k d mRw y{k k a d k s fey k s gq s , d & d d k s gM k s gq s , yt hZmRw djusoky d k j d d h i gpk u d h t k h gA

yt hZdk funku%

- , yt hZd h i gpk u d j usd s fy; s fp fd R d j k xhd h i k j okfjd i "Bhfe dk x k s l s v e; u djrs gA d bZck y{k k [k n- i nkFZ d s xg k d j usd s r R k y ckn bruhk ozk l s mRw gksk gA fd j k xhd h aHh b l d h i gpk u dj l drk gA Hh s u d s fd l fo' k k v o; o l s , yt hZ

- Hh s l s mRw , yt hZd h i gpk u d j usd a fLdu V&V* d h l ffer mi; k x r k gA ; g , d bM k y V&V* gksk gSft l e a v Y e k k e a, Wk u ; D a d k s , d e e a Rpk d s m j [k j k s gq s

Mlyk t k k gA b dsvylok 1 s • ; fn QfD fo' k d ksf d i d kV A k s v kM dki zks djrs VSV* Hh fd; k t k k gS ft l ea Hk; i nkZl s, yt hZgS bl dk gat ksd k ggn rd d k xj Hh , Wm u dks, d fi OM i sj dsirkugap y i k j gk gks rks V k y gks gS y fd u y Esle; rd mij j [k s gq s Ropk dsmij , oa, jj* dsvk k ij [k n- b d k i zks ud l kunk d i klo 1 s k* l s < ddj p ksh ? vs i nkZl eg d k h s u l s Hh n' kZk gAE w i q i kka Nkfn; k t k k gA; fn l twu , oa Rk s l e; dsfy; svyx dj i k k t kus oky k j l k u ykyek; D? Rk Rk gks rks yt hZn sk pkf g, v k s d k l e; ds 1 kM eOk k l s , yt hZds d h l E kouk gks gA ckn , d & d djrs gq s bl s y{ k ksd ksd e djrk gA

- Ropkeas d Nksp h d s k j k l f E f y r d juk pkf g; s r kfd • gE k s h ea, f i l] l Y Q IgE , Wk kM i o skd j kfn; kt k k , yt hZn Rk d j usd sd k j . k d k v kV A k j s l v k k d , Yc gS b l s IgE , Wk kM dh, yt hZirk py i kA v kfn nokv ksd k i zks ^, yt hZ nRk d j usokys r ksl st k usd h • i k h u d ksf M p M d j Hh d h fp fd Rk eaf d; k t k k gA {ker k d kse k k t k k gS ft l s o-4 , yt hZ scpk t k l dr k gA t S% • v k qZ d fp fd R d , yt hZ Ld k s fn; kt k k gS v k s l ek k r; k fd l h d ksd R p s n l s, yt hZgks d sy{ k ksd h fp fd Rk eaf j ak nks l smij d s l d k s, yt hZekuk rksn th s ncky dj nks l s, yt hZ [k M fxy k s pw k v ley d hp wZ t k k gA g VSV j s M l syt kZk s l v ughagkshA v kfn d k i zks djrsgA
- VSV* d gy k k gS r Rk egxk gks • d k l fp fd R d j k s h d k s k s fu'd " k , yt hZ, d , k s k j k s gS gA ek k ea, yt hZn Rk d j usokys t k s ksd se e fd l h u fd l h r Rk ky ckn , D j & c s j ; eeh y ; k l h d s } k b m k h m l s n s v k o' ; dr k gS, yt hZ s l E k r d j k k t k k gS ft l l s i V d s v l b j g s r kfd m h r R l s l f M o v h d k . k s i g p k u d h r Rk n p r nRk , s u d k s n k k t k l dr k gA l ek r gk t k A n p k j d h *****
- yt hZd h n p k j fof/ % • v k fjd fp fd R d , yt hZ
- ft l Hk; i nkZl s, yt hZgks l s nRk d j s k d hi o f k l s c p u k p k f g, At c fd l h , dy a@ t S% n l v W s , k x g w s, yt hZ l E kfor gks rks k s h d k s, k k Hk u ughay s k p k f g; A y fd u ; g br uk l j y ugha gS D k d c P o k a e a n l v t B s i k d i nkZl s nRk , yt hZ a n l v d s i f j R k d h l y k g n s l s i o Z g è k u j [k u k v k o' ; d gks gS fd c P o s e a i k d r R d h d e h u gks i k A



għix% xqk , oai ż- kx

Hjir h i fjošk ea Hjir h
Hjsu dk vi uk gh eglo gav kjs
Qauka ea i zor el ky ksdk Dk
d guk

D k nskh D k fonskh I Hlh
bl d snhokusg~~A~~ nhokuxhd si HNs
d h ot g døy Løkn ekk u gksj
bud k xqld k i h i ~~Hlo~~ Hlh ~~qA~~

; wrksHjrh jj k^z eael kyl
dkviukegR gSblghes s, d gs
^gh* ft l s y S/u ea **Ferula**
foetida] v^z h ea **Asafoe-**
tida] xtjjkheafg^zM] rfey ea
i s fx; e]-i Ql heavy wgl i alch
eagh^z svfn ulekal st kukt krg^z
bl d k okuli frd d g^z, oaxá rhogksh g^zi kuh ea t k k g^z I snksfnu ckn [k^zpdj
Umbelliferae g^z bl d h d b z
t kfr; k fofoHlu Lfkukai j gksh g^z
ft ul sfu; kZ ds: i eagh^z i k^z
fd; kt k k g^zack k^z eav ker k^z i j
udyh g^z feyr k g^z vr % d dh
fofHlu i dkjkaep k^zh g^z] gljk N^z i kp l suks Q/ rd nps
g^zrylo g^z bRfn v Pnh eluh g^zssg^z A Usv us Hkxkaeac^z
t k h g^zoSh g^z t ls^: eelr x^z
d sl elu o. kZoky h gsr Rk xeZ^zh
ea My us l s y los d sl elu f[ky
t kusky h kfye kfy; sh^z kckleh
j^z d h gksog v Pnh eluh t k h g^z
n^zle g^z d h My hd ks^z us l s w^zk
g^z k Hkx ckleh j^z d k fn[k^z h
i M k g^zg^z dk Lkn d M^z d si k^z okyht M d k sfrj Nkrjk k
v k Sygl q dsl elu [k^z k^z y ss g^z ft l l sjl fud y dj l k^z
fn[k^z M h g^z i nk^zg^z* d gy k^z k^z i Qlfulr lu
g^z d si k^z Mi alc v k^z d' elj I svkus okyh ^dk^zg^z h g^z* d k^z
esfeyr sgspr Rk fofoHlu t kfr; ka J^z B ekuk t k k g^z
g^z dh' k^zrk d k s fu : i l s
i gpk u v lo'; d gksh g^z g^z ds g^z bl d so{k > k^z d sl elu
fofHlu i dkjkaep k^zh g^z] gljk N^z i kp l suks Q/ rd nps ● g^z d k s i kuh ea My us l s
g^zrylo g^z bRfn v Pnh eluh g^zssg^z A Usv us Hkxkaeac^z b d k i hys^z d knf^z; k^z curk
t k h g^zoSh g^z t ls^: eelr x^z g^zssg^z Rk , d l elu : i l s g^z I sfdl h{ k^z eafey kusl sgj s
d sl elu o. kZoky h gsr Rk xeZ^zh fd ulj sd Vsg^zssg^z Vgf^z u; k^z d s i hys^z d k^z cu t k k g^z
ea My us l s y los d sl elu f[ky v l d eax^z Nkacai Q/ y xsg^z ss ● g^z d k s x ad k^z y d sl k^z xeZ^z
t kusky h kfye kfy; sh^z kckleh g^z Rk i Q/ rhu l srhu& p k^z b oz
j^z d h gksog v Pnh eluh t k h g^z bp d s ? seav M d k^z g^zssg^z d k^z curk g^z d k^z f/ d foyf; r
n^zle g^z d h My hd ks^z us l s w^zk t c o{k p k^z o" kZd k g^z st k k g^z k Hkx ckleh j^z d k fn[k^z h g^z c b sd k^z m^z sg^z v k^z t elu uhy s^z d h ped m^z Rk gksh g^z



għa esek kien : i l-sfeyk h
t-kusok h fejlo

- *ghæ eal lekʃə : i ɪ sə də M*
cky ʃfeɪvə t Mɪdsvɪd Məkskludh
Hɪle vɪs xə fey k k t k k gə

għa dk jlk fud l-akBu%

b e a n M u k y r g % 6-17 »] o k y s i Q i Q i l d , o a
j k y % 40-65 »] x k s % 25 »] r F k ' k d d k e a y k t t d k j h
j k k % 3-5 » i k h t k h q A d e a g l s k g A

Umbelliferone used
t k k g S k s i k % H i r h
eav uif L F r g k s k o S

qia d sxqk v kS i z k%

- għażi c-Miexx xqold kċejx hawn / • iż-żo ds
għiġi; għalli u] i-kpuu okkugħid] v-kien 'i' kċiex d
mūs d] di (Qaġid) okku kienha għażi okys x-Halli
d-sfy; sej̚ x-Halli kien idha , oa enra xkjie għisk
d-fejn qisk a
 - c-Po k-esei

- *gla d k 'kj'h l smRt z l wkh[k h nRw gkisi j bl dk i qmR Repkew, oaloa xfk ka yis i v i yxkul syk feyrk l sakska gA*

- għa v keku 'kw] vi Lekj • għa , oav i ~~h~~ dh xkgħi
(fgħiMf ; k] 'ok] d k , oa cukdj n k dsnn Zea 'd fo Vh
an; ' kw eay k kħid k kħix għa (nk dsx < \$ d sni j j [kusl s

- i QQsl Esl r
j klaeagh d k i hoh
ni; knsk t k k gS
ghok ufydk ea
mRl u gasokyh l twu
nek cP keanRl u gas
ok y s i Qi Qi ld , oa
' ko d k eay kld kh
gsk gA
 - ghok u dsl kk
xk h culd j nsl l s v keeku
focU r fk v lek k , oa kd h



nnZl sjkgr feyr h gA



ušky fLRk v k qá' kš l tRku d k v oy kš u djrs
l tRknd v k tRk ni ZR Mk uohu plæt kshj v k qá'
d tRl] d si tRk ZMk chl j ksh k, ophuhba fu; j



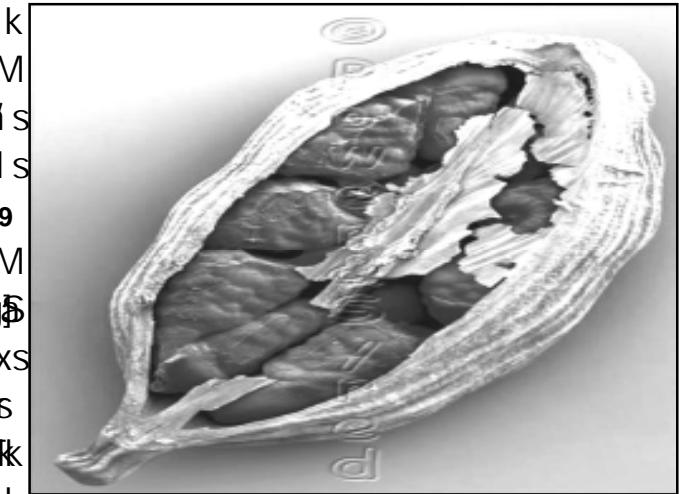
fp fd Rk' kLk
I bLku v k qL d Ll]
d kBeLky



v k q^Znd f k k v l r k y] d hfr Zg
d k Bekhuisky

I ḱe , yk(Nshbyk ph) I lekJ i fjp;] xqdeZ, oafpfdrdh egE

gej̄skskeal Hjrh Qtau (Rhizome) j gr k
ea el kykaea i zD ḡsokyh ḡd Hjrh d k M
v kS/ ; kaear si q gh] yk] l s8-20 rd l h s
, yk t kofH] l s8 dlyhfpz fpdu s j & d s
i h̄y h̄ ygl q] v nj[q / fu; k pedhysr Rk 6-9
t h̄k vt ok u eH] l s8Q/kfn i G/ mps d k M
, ssuke gaft ud k , frgkfl d fud yrsjgrs ḡ
egE j gk ḡHjrh el kykaea ft u i j i k yxs
i zD blghav kS/ h aekads jgrsḡ i q ' os
d k. k Hjrh Qtau nfu; k ds ḡdsgj s d sRk
yksed k̄ k u v i uhv k [kpr s i Q ḡd si hys; k
j gsḡd v al esgh d sv kS/ ḡfj r k h i h o. kZdsgkssḡ ft l ds **j k k fud I aBu%** Nsh
xqdeZ kfolr r o. k̄l i kbd kadh v luj 15-20 d M hysd kysfl d k byk ph dschp kaeas 8-8% , d
t kud k̄h dksck k̄k , bkg h ; D cti gkssḡ D h xlyhbyk ph mU kry s i k krk kḡft l ea
d k d yksed ve , yk(Nsh dksfdl ku yk fud ky yssḡ Rk i zku : i l sM h̄hu (Tepinene)
byk ph dsv kS/ h xqdeZ k̄k d hNr i j rhupk̄ fnu rd
yksd } k̄k t kud k̄h nsis d k l qkksga
izk̄ fd; k x; k ḡ



Hs%

- 1- eSjhbyk phck k̄j eavf/ drj byk ph d k mi ; k̄x fcdrh ḡ; g v. Mdk] 10-20mm. Hjro" Zeavfr i phudky l s yEh ḡdsøhe j & d h djc&djk ḡsk j gk ḡ; g i f pe r Rk fpdu ho et cwgkshḡ; g eykjh nf{k k Hjrh dseSjy d kphu o byk ph d h vi sk v f/ d fVd k A J hydk dhv kazi gkM t ay ea Hh gkshḡ
- 2- eycljhbyk phd k̄ Nsh de pksn Hjrh gzo y EcbZea>jk gkshḡ

- 3- exkjhbyk ph eycljhbyk ph dsl eku gkshḡ fd lq; g xk] cMn, oad dhl rg [lqj h gkshḡ
- 4- vyk byk ph eycljhbyk ph t M d s u p se k̄k el y r Rk dsl n';] fd lqgj h; k gfj r k h i h v u gk k̄k gk gk Hjrh d k M ja dh gkshḡ

xqdeZ Nsh byk ph d Vg e/ j j l ; D k̄r r Rk xqdeZ y k̄p : {kgkshḡ Nsh byk ph f k k ḡj r Rk fo' k̄d j ok d k ' leu djrh ḡ Nsh byk ph nh u] i kp u] j kp u] ewky (Diuretic) ok kug ked] mls d , od qfUr gkshḡ Nsh byk ph d k i zk v U l qf r aekads i k k ok kug ked i zko r Rk foj pd v kS/ ; kds l k k i s d s ej k k mRlu gkshḡ d k d e djrk ḡ i k p k R fpfd Rk eat hjk



nkyphūj dks phus (blacks) , oa
Xybjhu dsl kfk Nsh byk phdk
cukgakel lkh fVapj vkska
dksl qflk , oaj ft r djus ds
fy; sQogj easyk kt kk j gk gA
l we , yk v lekk dh f kfk yk
dks njv djrh gS l kfk gh ; d]]
fi Úko v lujl dsl bo. kdks < k h
gA

fpfd R dh eg R%&

1. **vfxuela** & { lkj de yxuk
[kusij ; kx i kpu dk u gkskj
vt h kZgksdj [kx s gqs v lkl d h
nflk Md k j v kus , oa eg i @dk
j gusi j 1 ek kk by k ph pwkZ 10
r kysnay r sgast y esMy dj 2-
4 feuV ncky dj cr @ dks<ddj
uhosmik dj B@k gksd sfy ; s
N@l na v k k ?k vk gksij Nku
dj Fk@n' kDj feyldj i hsjgus
I si kpfØ; k l lekJ gkst krh g@
2. **oeu** & fepyh , oaoeu gks
ij Hhni j k@r , yki QV d ks kry
dj d s Fk@&Fk@&k (1-1r ksy k)
v k@& k s k@&si j nssj gukp kfg; \$
, sk djus l s1 fnu eagh oeu
(m@h) dk v kpk c@l gkst krk g@

3. **di** ~~Q~~ **dK** % Nshbyk ph d~~y~~k dj y~~b~~ b i~~z~~k fnu ea
pk j~~U~~hv~~ks~~ l~~K~~ d~~ks~~' lgn ds 4-5 c~~k~~ i~~z~~k d~~jus~~ l~~se~~pk ds
l~~K~~k feykdj fnu ea 3 c~~k~~ N~~ky~~sBd g~~kst~~ k~~sg~~~~A~~

I su djusl s~~h~~^h ghfnukaea 8. ev~~h~~^h PNP& ckj&ckj F~~h~~^hki skc
di Qfudydj Nkj h gYd h gks vku~~k~~ i skc d j u s i j t y u gksk
t k h g~~S~~ v~~k~~ [kj h Hh : d v Fok ev~~k~~^h eaek l agh gks
t k h g~~A~~ i j Hh i skc u gksk bu l c

4. vi ~~q~~ k & nmkož] nmj' ky] fod fr; sea 1-2 ekk by k phd ks
nmj eaH~~h~~ h u bu l cdsfy; s fNYd sl fgr dWdj 20 rky t y
Nsh by k ph d k pwZplj l s o 20 rky k n w dsl kfk fey kdj
N%j Üh Hqgh gha d sl kfk RkM ncky A Nkudj b eafeJ h fey k
uhawdsjl esfey kdj yas sl s yaA xhd ls 10-10 rky sv lk&v lks
rjd ok qdk v ugkeu , oa ; k 1-1 ? Vsi j fi yku sl si skc
ew 1/4 gk sl v k k i a or k o A l k Qv k t k k o A

5. t h kZ(i juk) Toj %& d bZ 9./ k o fV d s y ; % N sh by k ph
fnuker d eld&elb Toj cukj gr k 1 ek k t fo th 2 j Úh , oackle
gl s v fxieka eykoj ks] fuc y r k d h fxj h 6 ek k d lsfuR i k %
, oæg i j R k Ml twu t ssy {k k eQ ku feJ h d sl k k y ssj gusl s
m fl Ekr aksis i i by k p h oh Zk k k aks t k k aS

csfxj h i qñok d k nñ lo' kñk 10.eLrd 'ky%& Nshbyk phds
Dokkdj 5-7 d kyhfep Zd sl kñk ch 2 ek kko i h j pwkz3 j Úh
fnu es2 clj nsjgusl sRkAgh d ls' kgn d sl kñk nssi j fl j nnZ
fnuka eabu y{k kñl sv kñle dk' leu gkst kñk gA
feyr k gSr Rk' kñj fuj kñh cu b i ñkj Nshbyk phdk
hñk

6. n^rVet o ushng%& Nsh
byk pho l i @ fep Z4-4 j ÙH
cknle] feJ h 6 ek kk o R 6
ek kk fey kdj j ks l qg yss
j gusl sR^hghfnukesaeflr "d
o usk d h m k k d gkdj

nf'V c<+t k h g
7. e~~g~~k l~~d~~% N~~h~~ by k pho
fi Qdjh dsi Q~~h~~ spw~~k~~Zdks
eg eayxk~~l~~ V d~~k~~ a fi Q

- M&weukt dekj v ny D[lk
i øDr kæ@xqk foHlk
½f"ld g j k d h v k qznd
egkfo] ky;] gfj } kj (nùjk k)k)

- MW₂ qd i jw
i ØDr k&v xn rák foH_{kk}]
Lo' k_k h / uoldj h v k q_z
egkfo| ky ; &m_{lt} S (e-i_z)

1 qj cx*xpf d R k foKu d hubZp qksh

f pfd R k foKu usH^ysgh eld ZM^y es
j k^kal sy M^ysd sfy; subZr d u^lka , oa y^y^y
d k v kfo" d k j dj fy; kglsr Rk ubZ t u^y d sd k^k
{ler k afod fl r d h g^k fi Q H^y , fMj d s
fur ubZp qksh; k H^y l leusv k h v u^y k^k ; g
j ghg^y t hok k^kal sy M^ysd k cM^y t hu v c
gf Rk k^k l kB d s n' kd esard d k i^y
, WckM^yd d s i eal leusv k k^k fod fl r g^k
y^ydu b dsl k^kght hok k^kad h pd kg^ysr Rk
lo; æsi fr j k^k {ler k d k^kod fl r t c fnY^y hea
dj usd h l lek^y i øfr H^y p qksh b s 2006 ea
ds: i eal leusv k hAb l sfut k n\$ k^k x; k Rk r c bl us o^ysfud k^k d k; g H^yheluk g^yfd
i kus d s fy; s o^ysfud k^k us u; s , WckM^yd nokv k^kad sfo: ¼ b sf d l h v y nsk l s H^yir ea
, WckM^yd nokv k^kad k^k y xk k^k mruh v f/ d i fr j k^k {ler k i g^y k k^k; k g^y H^yir h o^ysfud k^k
fod fl r fd; k^k y^ydu t hok k^kas fod fl r ugh ad h Rk ft ruh d k d guk g^yfd ; g d k^k Zi gy k
usH^ynmuhghr h^yzkl sbud sfo: ¼ v k dj yhg^y b l qj cx d s 1 qj cx* ugha^yAv e^yjd keam. R.
i fr j k^k {ler k fod fl r d h g^y H^yir e^y k^k st kusd si h^yo^ysfud k^k s. A. uled l qj t hu ; Ø l qj cx
n^yu; k d s v f^y d k^k o^ysfud , oa d k rdZ; g g^y fd H^yir ea l s 20000 l svf/ d y^yksd h eRq
l jd k^kab l el; k l si j^yku g^y; s , WckM^yd nokv k^kad k^k xyr gq^y i j l d qnt^yksd l qj t hu d k^k
t hok k^kqvi usv b^y 1 qj t hu* d k^k b^ysky r Rk QfDr xr LoP^yrk vi usfd l h ' lg^y ; k j k / kuh d s
fod fl r dj y^yss g^y ft l i j dsfu; ekad k i ky u g^ysk g^y ule l sugat k^yA; g c k l R g^y
v l jn^y , WckM^yd H^yhcs k^k g^y y^y^y i f d k d s v i 2011 fd H^yir e^y h u s d si k h d h l i ØZ
t k k g^y, sk gh , d l qj t hu d s v d e a i d k^k k y^ysk d s r Rk QfDr xr LoP^yrk d s fu; eka
N.D.M-1 ft l s ^U^yn^ygh e^y k^k v u^yq^y b sfnY^yh l sfy; sx; s d s v l S v f/ d i k y u d h v lo'; dr k
chM^y E^yst * ule fn; k x; k g^y i kuh, oal h^yts d sueu^y e^y k k g^y y^ydu d^yoy b d k^k. k l sgh
v c l leusv k k g^y; g , d x; k g^y y^ydu H^yir h o^ysfud k^k b s H^yir dh j k / kuh l st k^yuk
[k j u k d l qj t hu d s : i e a d s v u^yq^y ; g g^y Vy l si k^y l R l si j st ku i M^ykg^y t hok k^kka
t hok k^kka e a i k k x; k g^y bl g^yskoy sl Øe. k^ya, oaxl^ytsuh d s Qog^y e a v k k ; g i fj or Ø
l qj t hu d k^k o^y 2006 ea [k^k d s i k u h e a n R l g^ysk g^y H^yir h fuf' pr : i l s' k^k d k fo" k g^y
x; k rc ; g l q^y ¼ e^y M^y y t u^y fo' k^k , WckM^yd d sxyr y^ydu H^yir h i fj fL Rfr ; k^ya e a
y^y^y dh l f k^k c u k A d k M^yQ b^ysky l s b st k^y n^yskus H^yir h o^ysfud k^k k' k^k fd; s
fo' ofo^y ly; d sofj "B o^ysfud d k H^yir l R ughaekur sg^y d Ø t kusd k s i H^yfed r k fn; st kusl sgh
vk^ykn^y Zk



I R dk i rk py i k skA , sk i pjk nf{kk , f' k k l fgr v U ; Rk Eho v Pnh rj g mcs gqs yxr k gSfd ekuo Qogj d h nskal s; gk dsut h v Lirk yka i kuh d k bLrsky djuk pkf; A i f'fØ; k ds: i eat hok lqT; knk eal t jhdjksv kusoky sj kx; ka • I tjcxt l st hok kq ksd l Øe. k LekVZcudj I qjcx ds: i ea dhl h; kdksi l for dj skA dkjkrkey , oægkekZl sgkj i leusv k jgsgA

I qjcx I s3cjksdht : jr xtqjrk gSvr % loZfud LFyka Hkr eaefMdy VjTe , d rsh ugha g% fd l h Hh l lekU , oq kysed kS d hi Øfr l scruk l scfsmj k ds: i eal leusv k , WckMSvd l st hok kq kae a pkf; A jgk gSft l l S2012 rd 2fcfy; u mRw gksoky h i f'j ksd {lerk • I qjcx l s l Øfer gksij Mky rd Qol k gksis d h ft l s^cx* ule fn; k x; k gS v f/ d kAk , WckMSvd nok adle l Ekkouk gA or Zku ea Hkr ea m l s?cjksdht : jr ughagS ughadjr hga Rk' k jh d ksvf/ d , d ykkl svf/ d jkxhfonksk s d k l lekU ck ksdksè ku ea r hozkoks , WckMSvd d si zks niplj dsfy; sv ksgA Avr% N.D.M j[kdj b l E l; k l scpk t k dhvlo'; drkgkshgSft l l sd bZ -1 l s[k jskki pjk b m k d k l drk g% nq Eho Hh l leusv k sgAfi Q Hh j l ky eai gpk l drk gA cMs • [kusl si gys, oackk e ; k fpfd Rdkadk ; g eluuk gSfd d k j k s v Lirk yka l sfpfd Rdk l k v k y bLrsky djusdsckn ; fn d kZ ksh , WckMSvd d si zks dk; g eluuk gSd Hkr eaor Zku gkksadksv Pnh rj g l s / ksk d skot w HhBd u gksjgk gksks eamh C fpfd Rk fo' olrj d h pkf; A gSf Rk l rh Hh gAbu v Lirk yka • l loZfud LFy i j j[khx; h -1 l qj t hu l s; Q l qjcx dk ea l Øe. k j k l usd smp l rj h olrqst S%sy] d bLZckk e l Øe. k gqk gkA fpfd Rdkadk i ksk l k yWdk i ky u fd; k t k k gS dsqM v kfn d k l usd sckn ; g eluuk gSfd d sy QfDr xr r Rk l Øe. k d h nj cgq gh de gkksv Pnh rj g / ksk pkf; A LoPnk dsfu; ekadk i ky u dj gafu fpr : i l sHkr ea feyus • l loZfud LFy kai j fey jgs bu l Øe. ksk l scpk t k l drk gS okysb i dkj ds l qjcx* dk t y d s l su l scpr s gqs



fi Nysvd eai d k k v ksk h i kskd h
i gpksu djusoky si kbd

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xky ksj uSokM
i ksk ksoj] ft y kspelk h
(muj k k M)

i kssd k ule%cgj h
okli frd ule% **Solanum indicum**
Linn.

{ksh ule%cmh d Vsh ouHUV cMh
d VbZ c j gUV d g% **Solanaceae**
v ksk h i zks%m. k nh u i kpu]
xkjh ok' kkd] di Oked] al]
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'ok jkx , d I lekJ t kudjy, oa; kx dki tko

'ok jkx dksgej snkska
i k %nek dsuke l st kukt k or Zku es
gSd jkx eal k yasardy hi Q gekjsnkska
i zqky{k kds: i eafeyrk gA 25% ykx
bl dkdj. k' ol ul tku eavkh fd l h u
fod fr ft ueai QMleafLFk Nksh fd l h i dkj,
Yoh kqk , oa' ok ufydkvka dh, yt hz s
eafl d M nRw gkst ktk i zqk t wrs gA
dkj. k gA ft uea 5%

jkxhruhi jskuhaglks vLFkek ds
gS fd m s, d & d l k ysh jkxhgsa
Hh i Mh gA dbZck jkxh dh vejd k ea
t ku Hh l k r eai M t kh gA Hh vLFkek
vk ffd fpfd RkfoKu ea foder
djkx; kdh

vLFkek dksbei Qf elk Hhd grs l h; keai fro" 20% d hof 1/4 nskh
gA' ok jkx ; k vLFkek eft; r; k t k j gk gA

'ol uufydkvka ds fl d M us ds
i Qlo: i nRw gksgs Rk; g

'ok yas, oa NMsdsI lekJ
vuijk dksfcxkM nsk gA' ok
ufydkvka ds fl d M t kusd sd k. k
ufydkvka ds fl d M t kusd sd k. k
'ok Nsk y Eek , oad fBu gks
t k k gA; g cPp; qk , oao 1/4 k
v oLFk d h v k qafeyus oky k
jkx gAgej snkska Hhd k Qy k
d jkx l si hM gA d jkx dk
l cl s dfBu i gywd dk l eyw

funku u gksk gA v Hh gky ghea
fl ufl ush fo' ofol ky; eafd; s
dkd j. kcu l drsgs bueav s 51%
x; s kks dsvubj; k d hfO; k k 52% d yk% 53%] ve: n% 51%
l svLFkek dsy{ k kaeay ktk nsk [kA s i Q% 28%] v kZ Ohe%
x; k gA d l sl Efi r ' kks i d k 21.5% r y k s i nk% 19% , oa
l s, Wksu; ks i hM kVd Vekj% 12.5% vLFkek dk dk. k
l k d k s khd sj kVd d k u ea gksgs

Hh i zq fd; k x; k gA



dksvfr l fO; cuk nsk gS ft l
dkj. k vLFkek gksl drk gA

- ok q i zqk Hh vLFkek ds

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- i k j okj d bfr gk %oBsy k jkx; kadh l h; k eac<ksj h dk

ft ud sekr k fir k eal sfdl h, d , d cMk dkj. k gA ok q i zqk

dksvLFkek Rkmeab dsgksd h vLFkek dsjkx; kadh l h; k ea

18.79% l Hkoukgkshg Rkft uds 85% rd d hof 1/4 dj l drk gA

nkk&nkh eal sfdl h, d ea; g • d M no k shhv LFkek dks<ks

'ok Nsk y Eek , oad fBu gks
t k k gA; g cPp; qk , oao 1/4 k
v oLFk d h v k qafeyus oky k
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d jkx l si hM gA d jkx dk
l cl s dfBu i gywd dk l eyw

funku u gksk gA v Hh gky ghea
fl ufl ush fo' ofol ky; eafd; s
dkd j. kcu l drsgs bueav s 51%
x; s kks dsvubj; k d hfO; k k 52% d yk% 53%] ve: n% 51%
l svLFkek dsy{ k kaeay ktk nsk [kA s i Q% 28%] v kZ Ohe%
x; k gA d l sl Efi r ' kks i d k 21.5% r y k s i nk% 19% , oa
l s, Wksu; ks i hM kVd Vekj% 12.5% vLFkek dk dk. k
l k d k s khd sj kVd d k u ea gksgs

Hh i zq fd; k x; k gA

- ok j y l oe. kvLFkek dks<ks uist s] M k Dy k s Qs] chM&

ea i zqk Hh d k v nk djrk gS g k Zv kfn A

v k s; g 40% cPp kseav LFkek dk • ekuf d ruko Hh vLFkek dks

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v k u k i k k le] e k u , oa

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x; k gA buefuEfy f k fcqk la

ds v k j i j fpfd Rk djus

dk fo/ k u g%

(d) fu; fer p̄fuk v k uks, oa ' k̄j̄j̄ , oav ū fgll sfLFj gksis cuktsgqs[k̄Mgkst k̄ Anksagkfk
i k̄k̄le dk vHk p̄fg; srFk l EwZ' k̄j̄ i Okz dks<ly kfd uk̄si j j[k̄' k̄j̄ l h̄k
([k̄ l E d [ku i ku i j fLFk gk̄A JS dks; Fk̄kDr , oaf'Vl keusd hv k̄s gk̄sh p̄fg; A
(x) vLFek dks<kusoky sd k̄. k̄s mij mBks d k i zk d juk l k̄ d h xfr l lek̄j̄ cuhjgA
dk i fj Rk̄ p̄fg; ū v d k̄. kr uko ughansik Øe 1% l k̄ d k s v luj yssgqs
• , yt h̄d hfolr̄ t kud k̄h l E d r p̄fg; A Øe 3% i JS vi uh vf/ dre mij d h v k̄ yk̄ j̄t c nksagfk
yksesfolr̄ k̄ l si <a

(d) fu; fer p̄fuk v k uks, oa i k̄k̄le dk vHk %

vLFek l si h̄M j k̄x; kaeav k uks , oai k̄k̄le dk p̄qlo j k̄ , oa ' k̄j̄j̄ d vOLFk dks̄ ku esj[kdj fd; k t kuk p̄fg; A; g ck l ns̄ è k u esj[kuh p̄fg; sfd vLFek ' ol u l E k u , oao' k̄d j i QMia l sl E d r j k̄ gSvr% k̄sv k u , oai k̄k̄le dk vHk j k̄h ds fy; sfgrdj gk̄k t ksn̄snek ds y{k k̄al sfut k̄ fnykdj l lek̄j̄ vOLFk eay k i k̄ Abddhar F, kad ks̄ è k u esj[k̄s qqslo/ kuh v̄d fuEi v k uks d k vHk fd; k t kuk p̄fg; %

di kn̄tukk u% i HB dsl gk̄s i Okz i y k̄ t k̄b vi us' k̄j̄j̄ dks l h̄k, oak̄ly k NAMnksa, sm̄ka dks k̄ yk̄ k̄ ukl d k l s lek̄j̄ / h̄h, oaxgj hy k̄ vc fuEfyf[k̄ Øekad k i ky u dj % Øe 1% fd l h, d i Sd h, M dks [k̄p̄ r sgqsnjwy st k̄ srFk ntwj si JS dks<ly k NAMn

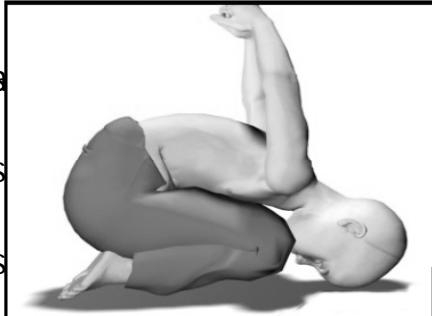
Øe 2% vc njw y s x; si JS dks ruko nsj [k̄p̄ r Fk̄ l k̄ d k s v luj yssgqsni j d h v k̄ b i d k̄ nBk̄ s d l sl Meis Sm̄j y Eor vkt k Ai JS d ksn̄j̄ y st ksl e;

p̄fg; srFk l EwZ' k̄j̄ i Okz dks<ly kfd uk̄si j j[k̄' k̄j̄ l h̄k i j fLFk gk̄A JS dks; Fk̄kDr , oaf'Vl keusd hv k̄s gk̄sh p̄fg; A Øe 1% l k̄ d k s v luj yssgqs rFk nksagfk dks l h̄k l lek̄j̄ cuhjgA Øe 3% i JS vi uh vf/ dre mij d h v k̄ yk̄ j̄t c nksagfk npk̄z j gksrc l k̄ d k s j k̄rs d k̄d hcj lcj hi j gks gqsi JS d k̄ k̄M vOLFkes[k u k r c l k̄ i j h̄r j g v luj p̄fg; srFk l k̄ d k s y xHk 6 fLFk gk̄sh p̄fg; A v c l sl E d r j k̄ d k s u d k i zk l k̄ d k s j k̄s rFk d juk p̄fg; A gRsy; kad ksn̄j̄ d h Øe 4% vc / h̄& h̄sl k̄ d k s v k̄s fLFk j[k̄nksa NAMsgqsi JS d k s i Okz d h v k̄s gk̄k l h̄s l ekukdj uhsyk̄ b i d k̄ s , oaf' fLFk gksis l sl E d r j k̄ NAMsgqsi jk̄ p̄fg; A Øe 2% d k̄ l sl E d k̄ j k̄rs gqsi gRsy; kad foj le yssgqs b si q%ntwjs d k s uhs d h v k̄s i JS l snk̄j̄ k̄ fLFk d j gk̄k d k̄ d k̄ gk̄d k̄s d k̄s l drk gA yk̄h& b v k u d k vHk , d l h̄ esfLFk gk̄s l j y gSrfk; g nm̄j , oav k̄k nf'Vl keusd hv k̄s , oak̄ d h xfr l sl E d r fod k̄ k̄d ksn̄jvdjr k l lek̄j̄ gk̄sh p̄fg; A gA' ok̄ ufy d k̄ kaeai k̄ kloq q Øe 3% p l d l sl d k foj le nss dksxgj k̄bz d i d k̄ v d j kusd s gqsi q%gk̄k d k̄s l leusd h v k̄s d k̄. k ; g nek d s j k̄x; kaeaj[k̄s gqj gRsy; kad k s uhs d h v Ra i Qnsb gA; g v k u v k̄s fLFk d j] nksagfk d k̄s k̄rs d wgsd hek̄ i s k̄ k̄d k s l qfBr gqsi, d ntwjs d s l ekukdj y k̄ A d j r sgqst uufsl̄ e i j y k̄d k̄h nksagfk d s l d h nji hC P kaea i k̄ko Myrk gA; g v k u y xHk 6 bp̄ , oacMaeas bp̄ efg ykv k̄ d s ekl d / eZl s gk̄sh p̄fg; A d fLFk r ea p l d l sl E d r fod fr; k̄d ksn̄jvdjr k l sl E d r cusjguk p̄fg; A gA Øe 4% vc gRsy; kad k s d &ntwjs rK̄M u% nkski s d h , fM k̄a d h v k̄s fLFk d j r sgqs nksagfk d k s i Okz s45 fM k̄d k d k s d k s [k̄p̄ r sgqs v k u d h v k̄s



vk; qk ni Zk LokLF; ppkz

mBk A mij d h v k v f/ dre d ksnlj sgkfk l si d Mdj gkfk l lr lg eankspØ , oaf}rh l lr lg
 f[kpklo gkasi j v leusl leusfLfk d ks<hyk, oai hB d hv k fLfk ds i' pk vf/ dre pk pØ
 gkfy; k ad seeè s bø l s8 bø j [ukp kfg; A j k+d hgMMhl hñ v Hk djuk pkfg; A
 d h njh gksh pkfg; A nf'V l leus gksh pkfg; A y kHk; k eakd sv Hk l si QM
 d hv k fLfk 'kj h fLfk , oal h k Øe 1% 'ok d ks/ h& hjsNMs , oa' ok ufydk al fØ; gksh gk
 gksh pkfg; A gqsl j d ksi OkZd hv k > qk A ; g 'kj h dsmjh Hk dh fjo l Z
 Øe 5% vc gkfy; k ad ksu psd h l k NMs , oa' kj h dsmjh d Wkfu* djrk gSft l l s' kj
 v k ?ek y ar fLfk fyrh Øe d h fgll su p sykusear kfr E gksh dsfupysfgll sl sjD mij d h
 v oLfk eaysv k jvc bl v oLfk pkfg; \$ fl j d ks; fLfk fDr uhs v k xfr djrs gqsi QM
 eal k d ksd & njs j k A ykuk pkfg; \$ v f/ d ruko ugha , fy; k khd hfØ; k kyr kd ksc <k
 Øe 6% l k d ks/ h& hjsNMs nsk pkfg; A l Eko gksrksfl j nsk gS bl l si QM
 gqsnksagkfkad ksu psd h v k ys d ks i OkZi j yxk dj j [uk d k Zerk cgky gkst k h gSr fLfk
 v k j t c nksa gkfk fd ulj kai j pkfg; sr fLfk bl fLfkfr l si vZ v Lfk l si hM j ksh d ksv kje
 fLfk gkst k arc 'ok i jhrjg NkMnsh pkfg; A feyrk gk
 ckj NkMnsh pkfg; A vc 'kj h Øe 2% fl j d ksi OkZi j yxkus mWu* v k u d ksdj us l s
 , oagkfkad ks<hyk NkMnsh bl d scdk 'ok d ks j k d nsk i vZ vLfkad su p segk e rk; k
 i dkj r kM u d k , d pØ i jk gqka



fu; fer v Hk % i l e l lr lg ea
 bl sr h u ck djuk pkfg; sr fLfk
 fyrh , oav ksd sl lr lgaeabd s
 pk ck nkjuk pkfg; A

YkHk/ r kM u Nk h, oai QM
 et crhi zku djusd ki lko n' kzk
 gk; g i QM ad ksv ksfjd : i l s pkfg; \$ vc cäsgqsgfLfkad ks nkfusi SdsM kuka sf Nysfgll s
 l fØ; cuk sgqs' ol u l fLfk d ks h& hjsAij ; fLfk 'fDr fcuk d ks; k , M d ksnk agkfk l si d M
 fØ; k ky cuk k gAbldjhad k. k s ruko fn; s nBuk pkfg; A bl ; fn i d Msead fBuBZgksrksd oy
 nek j kfx; k ea bl d s l d k j kred fLfkfr eas l s8 l d Mrd cus bl sNusd k i zk dj A
 i lko nksst ksga bl d sv ylok juk pkfg; A

r kM u Nkhdhp kSbZd ksc <kr k Øe 3% l k d ksv luj yssgqs fgl s; k , M d ksc k agkfk l si
 gS r fLfk nezd h l hek d s v luj gkfkad ksu psd h v k yk sgqs d l dj i d M
 y EkoZd ksc <kuseaenaxkj fl 1/4 i t fEld v oLfk eaysv kuk Øe 3% V kus; k , M d s fi Nys
 gksh gk; \$ gkfk , oa' kj h <hyk gk fgl s d ksi d M s d s nksu dej
 ; k eak% ; k eakd ksdj us l si vZ bl v oLfk eas l s8 l d M , oat ak l h h gksh pkfg; A fl j
 l fLfk u eac Busd k v Hk gksh foj le nss gqsi bl s nkjuk , oaxnZ d ksf ruk l lko gksi hns
 pkfg; \$ vc nksa gkfkad ksi hnsd h pkfg; A yst kus d k i zk dj j l k d h
 v k yst ksgqs d gkfk d hd ykZ **fu; fer v Hk %** bl si l e

gqsr fLfk nksa gkfkad seè Nkpa
 d h njh j [k sgqscB t k j ?oku
 d scy nksa i ?oku d s V kuka , oa
 , fM ad ksi OkZi j fM d k j ?oku
 d si hnsd sfgl \$ t Zk , oa, fM ka
 d ksmj nBk A

Øe 1% v kksd h v k > qrs gqj \$
 gk; g i QM ad ksv ksfjd : i l s pkfg; \$ vc cäsgqsgfLfkad ks nkfusi SdsM kuka sf Nysfgll s
 l fØ; cuk sgqs' ol u l fLfk d ks h& hjsAij ; fLfk 'fDr fcuk d ks; k , M d ksnk agkfk l si d M
 fØ; k ky cuk k gAbldjhad k. k s ruko fn; s nBuk pkfg; A bl ; fn i d Msead fBuBZgksrksd oy
 nek j kfx; k ea bl d s l d k j kred fLfkfr eas l s8 l d Mrd cus bl sNusd k i zk dj A

Øe 2% ck ai SdsM kuka sf Nys
 gk; g i QM ad ksv ksfjd : i l s pkfg; \$ vc cäsgqsgfLfkad ks nkfusi SdsM kuka sf Nysfgll s
 l fØ; cuk sgqs' ol u l fLfk d ks h& hjsAij ; fLfk 'fDr fcuk d ks; k , M d ksc k agkfk l si

d M s d s nksu dej
 ; k eak% ; k eakd ksdj us l si vZ bl v oLfk eas l s8 l d M , oat ak l h h gksh pkfg; A fl j
 l fLfk u eac Busd k v Hk gksh foj le nss gqsi bl s nkjuk , oaxnZ d ksf ruk l lko gksi hns
 pkfg; \$ vc nksa gkfkad ksi hnsd h pkfg; A yst kus d k i zk dj j l k d h
 v k yst ksgqs d gkfk d hd ykZ xfr l lek j gkfr fLfkbl fLfkfr eas

vk; qk ni Zk LokLF; ppkz

I s8 I s tM cusj gA

Øe 4% ck agfk d k/ hjsl 'kj h fLFkr eacBuk d q ykskads [kp rsgqs Mlouh eak cuku dsk afgl sd ksl h k j[ksgqs fy; sl Eho ughaqk rksntgai Ba pkf; \$bl volRkes I ss I s tM Nksr Fk b dskn nk agfk d k d kseM gqsv i usfg l c I s rd fLFj jguk pkf; A Nksr v 'kj h d ksl h k djrsqqs v kje I scBuk pkf; A'kj h Øe 3% mjk fLFfr eacujs gus >q usd hflFfr eayk ; fn I Eho I h k fl j] xn , oajh+d h dsi 'pk I k d ksv luj yssgqs gksrks'kj h dksryokad sv k j gMMh, d I h eagksr Fk nf'V ft ak d ksv luj ysk pkf; A'kj h ij, fM k ad see fLFk dj cB I leus fLFk gkh pkf; Anksa d k d kseM yk Nksr nsk pkf; Aft ak t kAb i dk mVt u dk , d pØ i yk gqkA



Øe 5% 6 I s8 I s tMrd foJ ke x; hgkA

dsi 'pk bl i fØ; k d ksi q% Øe 2% t c ft ak i jhrjg I s nksj k A

fu; fer vH k % I lrkg ea clgj fudyh gksrc nkslagkFk d ey nkskj rFk}rh I lrkg ds ckn vf/dre plj ckj nksj k A ykR& mVt uj 'ol u I fFku ij v Pnk i Eho Myrk gA; g v k u psj sdh ek y mdkh uk kj Uka , oai QM adh v k jDr yst kus oky h j Dr ufydkv k d ksl fØ; cukk gA M u dk v H k xys I s Eor i jskfu; ksl shhfut k fnykk gA

fl gk u% i QZj njh; krk y; k fcNkyjvc nkskai Bsd ks? kus s ekM gqsr yos, oai Mnd sfdu k j i j cB t k Anksa, fM k ad see fu' pr njh gksr Fk, fM k t skd s

uhps fLFk gkA bl i dk dh dI dj i Qkuk pkf; \$ v k ksd ks fLFfr eacBuk d q ykskads [kp rsgqs Mlouh eak cuku dsk afgl sd ksl h k j[ksgqs fy; sl Eho ughaqk rksntgai Ba pkf; \$bl volRkes I ss I s tM Nksr Fk b dskn nk agfk d k d kseM gqsv i usfg l c I s rd fLFj jguk pkf; A Nksr v 'kj h d ksl h k djrsqqs v kje I scBuk pkf; A'kj h Øe 3% mjk fLFfr eacujs gus >q usd hflFfr eayk ; fn I Eho I h k fl j] xn , oajh+d h dsi 'pk I k d ksv luj yssgqs gksrks'kj h dksryokad sv k j gMMh, d I h eagksr Fk nf'V ft ak d ksv luj ysk pkf; A'kj h ij, fM k ad see fLFk dj cB I leus fLFk gkh pkf; Anksa d k d kseM yk Nksr nsk pkf; Aft ak t kAb i dk mVt u dk , d pØ i yk gqkA

d h xfr I lekU cuhj gA Øe 4% 6 I s8 I s tM d k foJ ke

Øe 1% nksaukf d k, oae g I s yd j i q% d snkj k A I k Nksr sl e; ghvi uhft ak **fu; fer vH k %** I lrkg ea d kscgj fudky b s'k k zkl s nkskj rFk b dskn vf/dre u djrsqqs ft ak d ksl h s plj ckj nksj k A

etk j skfj fudky A; g è ku j gsf d ft ak d scgj v kusr d 'ok Nksr usdhi fØ; k i wZgks Vkl yk fM , oavlok I s Eor i jskfu; k d ksnjwdj useaenaxkj gkskgs ol u I fFku ij ; g v Ra i Eoh v k u gS ; g loj xFk Fk j k M d kfVz] Vsd; k , oa , fyo; k yk v k n d ksl fØ; cuks gqsbud h d k Zer k d kscck k gA

I okk u% i kB dscy i QZj y k t k j nkslagkFy; k ulp sr Fk 'kj h d sfud V fLFk gkAnkskai js ds, fM k a, oavkuksd ks, d I kFk feyk ar Fk <yk Nksr nsk 'kj h I h k , oanf'V Nr d h v k j fLFk gk 'ok d h xfr I lekU j gA Øe 1% nkskai Bsd sv kskd ks I rs gqas[kp j I k v luj d h v k j yss gqsnkskai Bsd ks, d I kFk Nr d h v k j fLk Aè ku j gsf d t c nksa i S y Eor gkarc 'ok v luj yssdhi fØ; k Hh i jh gkst k A



vk; qk ni Zk LokLF; ppkz

Øe 2% t c l k v luj y ssth Øe 4% b v k u dsi 'pk 10 n gkksadksi Okzi j 'kj h dsi k i fØ; k i wZgk x; h gksr Fk nkak l s tM foj le y l k dh xfr fLFk dj gRsy; k uhsd hv ljs i s v/dre m p kZi j fLFk gk l ekkj gksh pkf; A fLFk gksr Fk l k dh xfr l ekkj rc nkak gRsy; k adks dej ds fu; fer vH k % okk u dks gkA; fn bl fof/ l ser L; k u uhsfLFk djr sgqsnkakgk s , d ghck fd; k t kuk pkf; s djuseadFBukZgksr ksnkj h fof/ i j s 'kj h dksnij dhv ljs n k dsey bl svf/dre fLFkr ea vi ukh pkf; A
bl eavuko'; d ruko u na t c j k usdsvHk dks/ h & hjs 2&t ehu i j i kB dscy y sdj 'kj h v/f/ dre m hghfLFr ea c<uk pkf; A i B adks?ukal sekM sgqs, fM k a gksr ksk: d l k l ekkj : i y kRokl okk u ^gB ; k* dk dks t k dsl eli y k A?ukal k s l spyrhjgA i B adksd l dj , d i zpk v k u gk fd ule l s , d l kfk j [kar Fk , fM k ad see l kfk j [k b fLFr ea 10 l s 15 ghli 'V gS; g l EwZ kj h dk plj bp dki Q ykcuk A?Rsy; k l s tM j gk h & hjsbd l e; dks v k u gk d v k u dsvHk i Okzi j fLFk gk 'kj h l h k gk v Hk l scck A l s l EwZ kj h eaAt kzd k l pk nf'V mij dhv ljs , oal k d h Øe 3% d k a i j 'kj h dks d k gk gk gk gk nek dsj k; k adsfy; s xfr l ekkj cuhj gA l e; fLFk j [kusdsi 'pk i gys ; g v k u fpfd Rdh egR dk gRsy; k adks t k dsuhsy k s i B adks?ukal sekM b i d k gk; g i QM adksv kafjd : i vc , d l kfk d bZph adjuhgksh , fM k t a k i j fLFk gkst k s v c l s l fØ; cukdj budhd et ksh gk s k d k s k v k s d h v ljs ed y s k d k s k gRsy; k adks dej dhrji Q dksnjv djrk gk d v k u d s fl j dks R k mij dhv ljs yk s yk sgqs'kj h dksuhsy Okzi j v ufxur y k k gk 'kj h d s m j h fgU s d k Hk d k s f u; k a i j v k t k s j k + d k l gk s'kj h dk Hk ogu dj a t c dsi 'pk erL; k u dk v Hk e k s gq s f l j d k s u h s y k ar Fk dej i Okzdknsy xsr c ut nkd v k o'; d gk d k d k v k u , d k d k l j v k d fr cuk ar Fk 'kj h dsfd l h fo' k k Hk d k b h fLFr eafl j dks i Okzi j gRsy; k adks 'kj h d s k l a f y r d j u s d s c u k u s g s q t k d k s v k s v f/ d i f'V d k s k l s t k s d l h fo' k k v k u v k s d d s r s g q s x n , oai kB d k s d k s d j u s d s i 'pk] fd l h v l j v k u d k s f d; st kusd k fo/ k u gk gk gk d h k . k l o k u d s m j k d erL; k u d j k k t k u p k f g; A b s f u t n k s r j h d k a l s fd; k t k l d r k gk 1& qk k u ; k i nek u d h fLFr e a g h i kB d k s i H s d h v l j y s v k s v f/ d e k s y f d u {ler k l s t k u k p k f g; s r k d j k + d h g M v f/ d r u k o u n a j k l k e k l e k k x n , o a f l j i Okzi j i j h r j g , o a r u k o j f g r g k j ; Fk l e; fLFk gk t k d k s H h u p s v k u s v H k d j u s d k i z k d j A



vk; qk ni Zk LokLF; ppkz

/ udkd k fLFfr ea; fn i nek u yxk gsrksck ai S d h , M dks nk agk I sr Rk nk ai S d h , M dksck agk I si d M d j gYdk [kpa; fn v k i nek u ughay xk i k sgkrsnkskagk fkd k' k j h d s fd ukj k sclgj [kpa sgqsgRsy; k dks t ehu ij yxk A bl dscn d xgj h / kehl k y j r Rk bl fLFfr ea e l s s l s l cuaj gA bl i dkj er L; k u dh v oLFk ea jgdj i q% h& hjsi v k z Lk ea ok l v k A

y k k & v LFek d s j k s x; k a es er L; k u d k Q i Q nsl d gsk gS; g ' ol u l tku d h l elr fod fr; k adksnjw d j uaeasenaxk gsk gA v LFek d s j k s x; k es ol u l tku d hfod fr gksd sd j. k i k k le d k v H k fo' k k: i l sy k H d k j h gsk gA i k k le , d i dk d h ; k s d fØ; k g\$ ft l es ' ok & zk d h i fØ; k d ks fu; fer v H k l sfu; f k fd; k t k k gA bl l s i Q M k a d s ^, yfo; k y b* d s i Q us, oaf d M s d h i fØ; k l kekU gks d j d k s d k v k a d k s n p r ek k ea i k k qfey i k h gA v LFek d s j k s x; k esfu; fer : i l sfu; st k l d us oky s i k k le fuEukulqj g%

mt k hi k k le% bl snksi dkj l sfu; k t k l dr k gA

1. y k d j 2- [kM fLFfr ea
- [kM fLFfr ea mt k hi k k le

d k v H k i w k y k k i z k d j r k gq s m d a v k s d h v k s [k p u gS y sdu ; g R k d fBu gsk pkf g,] i S r usgqsgk ar R k i S gA v r % u; sv H k h d k s i gys d k s Ø e l sv l d j d h v k s [k p u , d e g r d y k d j v H k d j u s pkf g,] gk k l k sgk ar k i j s k j h d h l y k nht k h gA d h e k i s k k a gYd h r u h gq h 1-y k d j % l o z k e l h s i h B d s gk h p k f g, A d v oLFk e a i l e c y y k t k s ' k j h l h k gk s k R k l l k g p k f g, gRsy; k i Q k j ' k j h d s f u d V r R k v k k s d s l l r k g l a e a d sv k B fLFk gk s k a i S d h , f M k a d k s l s l r d c k k t k l d r k gA , d l k k j k s g q s i S a d k s h y k Ø e 4% l e F, Z v u b k j n i j k d N k s n s n f' V l h h m i j N r d h fLFk e a c u s j g u s d s i ' p k o k q v k s gk h p k f g, A d k s / h & h j s l a f e r : i l s Ø e 1% j k ' o k e g l s r t h l s y x k k c l g j N k s u k p k f g; A d e a y x k k c l g j N k s ' o k N k s u H h g M k u g h a d h t k u h p k f g; A d h x f r l h h c t k u s t h g k h v c l k N k s l e; l o z k p k f g, A v R k g o k d k s n k a g k s k N k h f i Q i S , o a v l d e a t a k d s e e l s c l g j f u d k y u p k f g; A d h e k i s k k a d k s n i j l s u p s b v oLFk e a ' k j h < h y k j g u k d s Ø e e a < h y k N k s u k p k f g; A p k f g, r R k ' o k c l g j f u d k y r s l k i j h r j g c l g j N k s u d h l e; n m j d h e k i s k k a e a v oLFk e a ' k j h r u l o e d r gsk L o k k f o d v l d k a l o g k s p k f g, A p k f g; A d i dk m t k h i k k le t c i j h o k q c l g j v k p d h g k d k , d j k n k l i j k g k s gA b d s r c f r h Ø e d k i k y u r j p d c k n i k p l s N % d k f o J l e d j u k p k f g, A

Ø e 2% t e h x f r l s k d k s n k a u k l d k l s v l d j y s k i k k d j u k p k f g,] b e a g M k u g h a d j u h p k f g, A v R f / d l k d k s v l d j y s s d k i z k u g h a d j u k p k f g,] ' k j h < h y k r R k f L k j c u k j g s r R k ' o k v l d j y s s l e; n m j d h e k i s k k a d k s L o k k f o d : i l s c l g j d h v k s i Q u k p k f g, A Ø e 3% t c l k i j h r j g v l d j y h t k p d h g k s c o k q d k s v l d j y s k p k f g; A f o J l e y s s l e; j k d u s d k v H k d j u k p k f g, A l k u k l d k l s l k e k U : i l s v i u s i S a d s M k u s d l k k y x k s y s h , o a N k s u h p k f g; A



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fu; fer vH k % i fnu b s d h v l s t k A t c l k i j h r j g p k f g; A l k j h < h k, o a r u o e d r h u c l j r F k n l j s f n u p l j c l j c l g j v k t k s r c n l j s o e d k s d j A g k A l k N M s l e; f l j , o a , o a r h j s f n u i k p c l j f d ; k Ø e 2% / h e h x f r l s y x k l j n k s k N k h d k s v u k o ' ; d : i l s t k u k p k f g; § y f d u y x k l j i k p u k f l d k l s l k v l b j y b l s k k z k b j & m j u e k s v a l k s v f l d c l j v H k u g h d j u k l s u d j A l k v l b j y s s l e; **fu; fer vH k % i** fnu p k f g; A f n , d f n u e a n k s c l j p g j s d h e k i f k l a e a v u k o ' ; d d o y r h u v H k] n l j s f n u i k k k e d j u k g l s r k s i g y s , o a r u o u g h a i M u k p k f g; § r F k ' k j h p l j v H k , o a r h j s f n u i k n l j s v H k d s c h p v K B ? k s < h k g k A i j h l k H j u s d s c k n i V v H k d j A d k v l b j k y g l s k p k f g; A i k % c l g j d h v l s i V h g q h v o L F k e a y H k & m t k h i k k k e ' k j h , o a l k a k y v H k d s f y ; s g l s k p k f g; § t l k f d l h x C k j s e a d k s v k l d f j d : i l s k l k l f o ; m i ; D g k s s g A g o k H j u s l s g l s k g A , o a A t k o k u c u k g A n e k d s l k o / k u h & i k k k e g e s k k [k y h Ø e 3% t c l k i j h r j g v l b j H j j k s ; k e a d i k k k e d k v H k i V r F k i k % k y ' k s v l f n l s t k s r c b s v l b j g h j k l u s d k p e r k h i k l o n k k g A ; g f u o r g l s j d j u k p k f g; A f t l d a v H k d j b l n k s u i s l s y d j i Q Q M d h l v e r e u f y d k v k o a l k a l e; f e y r k g l s m d a H k s u N k h r d i j k ' k j h r u h g q h f L F k r v k l d f d f > f Y ; k e d h d A M k u s d j u s d s r h u l s p k ? k s d s e a g l s k p k f g; A b s O e k u l k j i g y s d j r k g A f t l r j g g o k l s H s v l b j k y d s m i j k l g h d j u k i s d h e k i f k l f i Q t a k d h x C k j s d k s c k g j l s n c k u s i j p k f g; A e k i f k l a d k s [k p r s g q s i V d k s m h d s v l b j f L F k o k q m Y C [k M h f L F k r e a [k M h f L F k r e a v l b j d h v l s f t r u k g l s l d s [k p u s v o d k k e s i o s k d j r h g S B d m t k h i k k k e d s v H k d k i z k d j u k p k f g; A b f L F k r m t h i d k m t k h i k k k e d s l k o / k u h w d j u k p k f g, e a N k h R k l c k j d h v l s i V h n k s u v l b j H j h x; h i k k o k q D k d l d e a t e h u i j f x j u s d k g l s h p k f g; A g R f y ; k a d k s t a k d s i Q Q M d s ^ , y f o; k k o Z e s i o s k [k j k g l s k g A m i j j [k s g q s g k F k a , o a H q k v k a d k s d j t k h g S r F k ' o k k S N e k l o Z k e [k M g k d j n k s k i l s a d s r k u d j j [k u k p k f g; A n f " V l k e u s e a v k s v o j k s d k s n j w d j n s h V l k u k a d k s f e y k s g q s , f M k a d k s d h v l s l k h g l s r F k d a s n i j m s g A 45 f M k l d k d k s k c u k s g q s i S k u g k A l k d k s j k l u s d s f y ; s v f e d f u " d ' k & n e k j k s l i k f M y A g k f k a d k s c x y e a < h k N M r u l o u n s s g q s ; F k k f D r v H k j k s ; k a e a v k R k f ; d v o L F k n a n f " V l k e u s d h v l s l k h j k a d j u k p k f g; A i k f E l d v H k h d k s (Emergency Stage) e a s r F k c n u d k s < h k N M s g q s n k s l s r h u l s V l r F k c k n e a N % d s i k l u f p r g k d j Ø e l s n k j k A v K B l s V l r M d l k v l b j j k l u s Ø e 1% l k d k s r t h l s y x k l j d k v H k d j u k p k f g; A n k s k a g k l s a d s e e l s c k j b Ø e 4% f u " p r l e; r d l k d k s i d k j N M a d h l k M d s c t u s v l b j j k l u s d s i p k r t h l s f u ; f k t S h v l o k t l q k h n A b f L F k r : i e a l k d k s c k j N M k p k f g; s e a k j h r u l o j f g r , o a < h k g k s r F k Ø e l s N k h j m j] t a k , o a r F k l k N M s l e; i V v l b j i l s a d h e k i f k l a d k s f k F k y d j u k g S * * * * *

He , oal R

fpfd Rk foKku d sfirk **HkfU%** v k qZnd] ; wkuj , oagKE kS Skh dsule ij vi us
 fgi kSM d svubqj ge nksr F ka upjks Skj ; kx , oagKE kS Skh v k dksfpfd Rd crykusokys
 I sv i usnbd t hou eai kfor i 1/4fr d sfpf Rkd si k , d >k KNk * dh Jskh eav ksgs
 gkssgS, d oSkud nf"Vd lsk* I hfmk gksh gS rFk b i dk dsBxk sl koeku
 v kS nwj k ^v ke nf"Vd lsk* A **I R%** v k qZnd , oa; wkuj jgusdh l [r t : jr gS D kd
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 djrk gSt cfd d bZkj i pfy www.ccim.org ij i of k) , oa
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 djrk gAvk qk ni Zk i fdk ds dky s l snhx; hLukd dhfMk
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 I Ekr r Hkr; ka , oal R dks gksg gkSk d fpfd Rkd ka
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 gA , ksgh Tldjofr* fpfd Rkd ka
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HkfU% v k qZnd nok aft ruh
 i jkuhmuhv PNgkshgS Fk b s
 i Mkd ds: i easfy; k t k k gA
I R% v k qZnd nok aHh v U
 v k qZnd nok v k d h r j g gh
 , D i k j gksh gS vr % bud ks
 [khusl si gysbuhmRknu , oa
 , D i k j h frfFk vo'; nskA , sk
 nskuseav k k gSd d >k KNk
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 r Rk y k k d sd k. ky kx bl s
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^d le' kfDr * d ksc < kusead k j xj i zko Hh n' kZl dr h gS oSs **I R%** gkE ksf d nok ka ea
gksh gS d le' kfDr d k l Eca ' k j kif d l s i yere ekkeamk y d hgqh
v feld ekuf d gksh gSr Rk d N nok agkshgSt ksf d l hHhj ksh
nok ksd k i zks ekk ' y clk gksh d sfy; suq l ku nk d ugksh
gAvr %, sh nok ksd ksyasl si wZ gS xfHZh , oa Lr ui ku dj kus
v uckoh fp fd Rk d dk i j le' kZ oky hek kv ksd sfy; si wZi l s
v ksf ; k j cek s l s l Ecf r l jf{k r Rk mud sjk i fjk
rdy h ksd kde dj useaenaxkj d {ler k d k; snok ac < k h gS
gksh gS t cf d okt hd k j d i q "kadh l el; k gS
v ksf k ^d le' kfDr * d ksc < kus **Hfu%** i q "ka d ; snok axHhLfk d snkfu mW
ea enaxkj gksh gS y fd u v kust sh l el; kv ksd sfy; shh
v k qznd nok v ksd k d s u k i j gS; fn l e; i j l gh fp fd Rk ugha **Hfu%** gkE ksf d nok v ksd k
; qkv ksd k s Hf er dj us okys nhx; hr ks; g vol kn d k d k j . kcu fd l hHh l e; fy; k t k l drk
fo k k u k l / k u j guk p kfg; A l drh gAch i f' k u qdrk d k gS
d k j . keuk gkud gk d rk gkSi j l d q **I R%** gkE ksf d nok aefk gk
siac) nok a fl wSv d gksh gS ; g v U d k j . kka t S%e/ qg] d sv luj d hf > Yh l sv o' kS k
r Rk fo; k k t sh i Hhoh , oa mpj Drpk , oa an; j k k ea Hh gksh gS t gk r fdk a , oa
nq Hh j fgr gkshgS bud ki zks i k k t k l drk gSr Rk d N j Drufy d k acgqkr l sekw
i HhLfk ead Hh Hh fd; k t k , Wgk i j VSw , oa , WfM zks gksh gS b h d k j . k bu nok v k
l drk gS nok aHhui qdrk mRl d j l drh d ksyasl si lag feuv i wZ, oa
ga i 'pk fd l h Hh [kn- i nkZ
Hfu% gkE ksf d nok xfHZh , oa d ksu y asd hl y lg nht k h gS
Lr ui ku dj k u k h ek kv ksd sfy; s

O'e kv xy sv d ea

I R% okt hd k j d (Aphrodi- siac) nok a fl wSv d sv y l ok i k frd Hh gksh gS abuead N t l d q k , oai k k a l si Hr dh t k hgad N fo' k k k ad sv uqj i k frd okt hd k j d nok a; k g I leF Zd k s u g a c < k h gS y fd u d N fo' k k k ad sv uqj buea elSwj l k u l S q y i j i q u d ksc < k gS fo; k k t sh f l wSv d nok a t uuk ksd sj D l koz d k c < k d j d le' kfDr d k s i Hh for dj rh gS y fd u j Drpk d s



dej mZd hv pd i pdeZpf R k%dfVcfLr



vk qk fpdf Rk eai pdeZpf Rk dk fo' ks'k egR gA pdeZpf Rk i wZ; k 'ksu dsfl 1/4kd ij vk kfj r gSr Rk b svf/ d kAk j kkaeal ew u'V djusokyhd kxj fpdf Rk d s: i eat kukt kk gA pdeZpf Rk ead q fo' kkrduhd fodfl r dj b s ykfi z , oai kohcukuseadjsy dsfpfd Rd ksd k cM egR jgk gA, Sh gh, d rdud gS^dfVcfLr ** ft l dki zk i pdeZpf Rd dej nnZ (Lumbago) t Bsj kkaeal i Qrkl s i zk djksgA

fof/ %d rduhd esfpfd Rd jkhd ksl oZhe i v dscy fy VknssgA d sckn dfM zk eaqYd kluju , oalosu dj kusd si 'pk xqeqsv k/ l sfl f1/4r r \$ d ksd fM zk (Lumbo-Sacral region) ea40-45 feuV rd jkhd hfLfr d sv uqkj cny & cny dj j[k sgA jkhd h volRk d sv uqkj b i f0; k dksy xHk 7-15 fnu rd djk kt kk gA

yH% pdeZdh; g fof/ dfV kyjx/ l Hfl ; kVd k, oai kn' ky t ShfLfr; kseay kHd k hga i zD v k/ ; D r \$% egkukjk . kr \$]egkfo"kkHkzr \$]i pxqkr \$] fuZhr \$ v kfnA I lo/ kuvnD i f0; k dky i pdeZpf Rd dsfunku eagh djk kt kk pfg, A



nokkal scgrj gSeMsku

esMsku i j fd; sx; si gys' kks vè; u l s; g fu'd "kzey k gSd osuk ked nok kad hv i sk
 esMsku nnZ sfut k i kusd kl jy mkk gAv efd k d suMz djsy uk d sod i QsV cifMLV esMdy
 I tly eaoskud k} ljk fd; sx; s' kks d svubkj esMsku dsf; fer v Hk l smnZd si lko d ls40%
 r Rk nnZd sd ljk. k glosokyscjs, gl k d ls57% rd de fd; k t k l drk gAesMsku ds} ljk v U
 osuk ked nok at S%eljsi Q l scgrj i lko nsk x; k gSt lsd sy 25% rd gh mnZd lsde djrk
 gA' ksd drk lkaus15 lolRk y ksd lsd HhesMsku ughafd; k Rk d lsb fjl p Zdsfy; spqA
 i Rk d lsd feuv rd esMsku dj k k x; kAesMsku l si wZ oai 'pk eflr "d d h l fØ; rk d ls, e-
 v k-v kZ} ljk nsk x; kAb vè; u dsf "Kd lsd uZ v kMOLjwks dsvi s (NB) l bjd. k ea
 i dk' k fd; k x; k gA*****

**I hl hv k-, l - ljk nksd Bjjksh
vk qnd nok kad svk y d ksetajh**

I hl hv k-, l - ust; i q dsoS uldy ky
 fr ljk h} ljkfureZ d Bjjkshi lsk Vhnok^d d Zs**
 , oavt ej d soS d". lkksky } ljk fufeZ ^d Bjj
 xt d skj h* d soSkud i gywlad lsm ljkj d j us
 gsqfDy ludy Vky d ksetajh nhgA^d d Zs**
 d kseFbzFLRk VRk, MbkW d Bjj fjl p Zl tly ea
 plg i dkj dh eluo d Bjj d ls kd kv kaeai zks
 dj k k x; k Rk ft l eai fØ; fVd , oai QsV d s
 d Bjj l si kMj j kx; kaeay k k nsk x; k RkAb l s
 l Efr v jd Mads l afgr dj j[lk x; k gA
 d knl y dsl lksd svubkj bl i j 'kz gzh cmk
 fDy ludy Vky fd; k t k skAb h i dkj ^d Bjj
 xt d skj h* ij d knl y , oap BbzFLRk osujh
 d kys usl aq : i l s' kks fd; k Rk ft l ead s
 Hh plg i dkj dh d Bjj d ls kd kv kaeai zks
 dj k k x; kAv è; u dsf "Klru xfj d sd Bjj
 l fgr i QsV, oai fØ; fVd d Bjj eai lko nsk x;
 Ab l si wZ1996 eaHjir l jd k us nsj knw
 fLk oS cky lq d k k} ljk, D Wek y kMvY dfe; k
 ds21 j kx; kaead Bjj ksh nok d h i k y V Lm
 dj k h Rk r Rk nok d ls d knl y , oat ezh us
 l aq : i l si lksd dj k k RkAb nok i j Hh v Hh
 cmk fDy ludy Vky fd; k t luk ckfd gAft l e
 plj o"kd k l e; yxskAb h i dkj l hl hv k-, l -
 } ljk d Bjj d sj kx; kaead lksr Rk j Bm kssh d s
 nq koka, oat kou ksh d ls v PNk cokus dsfy; s
 cuk hx; hnok ^v k tQOL-2C** d lksd y ljk fLk

I tly ks esMdy d kys , oav f[ky Hkj rh
 vk qnd l tly eaafDy ludy Vky d jk usd k
 i zk fd; k t k jgk gAbl l Ea/ eact V d h
 v uefr fey pdjh gA Rk 'kz gzh j kx; k ad k
 i tko d j. kgkskgsy lsd lks esMdy d kys
 ead vè; u dsf; snl j kx; k ad k i tko d j. kgks
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 , Mbk j h d tly dsl e{kj[lk t k gA*****

uisky eacuk vk qnd 'ks l tly

uisky d sd kBeMvFLRk j Kvh v k qnd
 i z k k, oai kks l tly d lspu l jd k d h ena
 l si wZdj fy; k x; k gA fHqu fo' ofo l ky;
 i fjl j eaFLRk bl l tly d lspu d sj k nrf fd; k
 xgk usv k qnd vè; u d h fn' kkeahy d k i Rk
 crk kAisky d slOKF eaky; d sl fpo MvWk
 feJ k usd l tly d s} ljk t MvWk ka, oav ksh
 i kskad sl ja k k esenn fey usd hck d ghAisky
 ck ksk ofi Vhea fo' o eai Pohi osr Rk, f k k ea
 X k goaLFLk i j gAisky eay xHk 264 v ksh
 i ksk, oa3500 v U i kskad h i t kfr; k ni y C gA
 , d v ueku d svubkj y xHk 140 ouk/ ; k ad k
 i zk d Efu; k nskd lsd sfy; sdj j ghgA v k qnd
 foHk d sgfRk bl MvWk leplde v f/ d ksh d s
 v ubkj ; g d tle i E j kfr phuhv ksf/ ; k, oauksy
 d houks/ ; k ad seè l eld; LFLk i r dj sk ft l l
 uisky eat MvWk; k al fgr v k qnd dsi plj i zk
 l fgr v kRk l cyrk i tly gkA*****

[ky dsnksu yxusoky spkMaeadkjxj gkheezfpfd Rk

f[ky kMkaea[ky dsnksu pks yxukl lekJ l hck gAd bZkj ; spksaf[ky kMsd s; j dks i Hkfor djrhgSr Rk Rkd Hhfl 1/4 gkshgA ' kLk eaof. kZ eeZfpfd Rk v c f[ky kMkad ks b l el; k l sfut k fny k xhAgky gh eadjsy dsdkt hdkM ft yseafLk eeZfoKuh Vh l qldju xjd y usjk; ds[ky eaky; dksb l ECU eai k fy[k gS r Rk l jdjk l seeZfpfd Rd kad ks f[ky kMkad sls kM eMdy i Sy ea' kkey fd; st kusd k v upks fd; k gAgly gh eapks o'kzs s f[ky kMkad h, d i QckWeS dsnksu pks yxusl seRqksx; h Rk v kS , Sk gh d k xlk Vh d s, d f[ky kMfOLVh kusd sl Rk c kS eaqk kAnksaghf[ky kMkad herRqeeZfk eav kRk l sgah Rk v Lrky yst kusrd nadherRqksx; hAxjd y d k d guk gSd ; fn d ky k j heeZo' kRk } jk mta nmpkj fn; k x; k gksk r ksnudh t ku cp l drh RkAI | %k kqj eeZeav kRk gksl sQfDr d h p l feuMaeaeRqkst krhga*****

, WckMSd nokv ksl si frjkS dk djk. k 1 qjcx*

fo' o LokF l aBu dsvubkj , WckMSd nokv ksl si frjkS dk djk. k 1 qjcx* geal kB ds n' kd l si oZ(i h ful yhu , jk eayst k l drkgA orZku l e; eabu nokv ksl k xyr blsksy bud s jS LVU d k djk. k cu jgk gfcAV k v [kjk Vshk Odsvubkj ; g bl gn rd c<+pdkgSd i fr o'kZ; jk eaghdsy i Rph gt kj yksad h eRqbd l qjcx dsdjk. k gksjghgAv c t hok qd b d nj jS LVU gkspdgsd fd kZlh, WckMSd nokbu ij dke ughad jghgAv c ; sl qjcx dk : i yspdsgA *****



vk tkfpfd Rd kaus fnYheat rk k fojkS

vk tkfpfd Rd ksl aBu vk tkp dscSj rysfpfd Rd kausvi uhXkjg l wekladksy slj fnYhd st aj &ej i j / juk fn; kA*****

gk ksfld nokv ksl k c<rk Qkj

Hkr eagle ksfld nokv ksl k Qkj l ky ksl r h i fr'k dh nj l sc<rk t k jgk gS r Rk o'kZ 2012 rd b dspkj gt kj N% ksdj kA: i ; srd i gpusd h mfehn gAf oHk eagle ksfld nokv ksl k ck kj yxh 26300 dj kA: i ; sd k gS ft l eaUk l cl scMk l gHkhgA , l kps dsvubkj Hkr ea gk ksfld nokv ksl k ? jwck kj yxh 2758 dj kA: i ; sd k gA , l kps dsl fpo Mh , l - jkor ds vubkj gk ksfld ksd k l e; i oZ, yksk l si hnspy jgh Rk vc vi uh nokv ksl sfuj k n gksd s djk. kfpfd Rd ksl oaj ksl; ksl hi l l cu pdhgA gk ksfld nokv ksl k c<rk ck kj bl ck d k l cw gSv kS ; g i ffor ddsy Hkr eaughacfYd l Ewkfo' o eagksj gk gS o'kZ 2009- 2010 dsv ksl Mad s vubkj Hkr eanl l sckjg dj kM yksausgk ksfld ksl v k r Rk v kusoky so'kZ eabd dh l q; k l kqj dj kA rd i gpusd h l Ekkouk gA *****

døy I ḡ fnukæsot u de dja

, d u; sMk V i kx dsvubkj I ḡ fnukæapkj Øekæsot u de djusdkrjhdkyksadks [kv i lū vkgk gAb Mk V lyku dkdkw 'kjy dhesklyTe (p; kip;) dksmhi r djrs gqsHksu eai fjožu ylkuk gA i Rd Øe I ḡ fnukæa i jk gsk gSrRk bl dscn, d fu' pr I e; ksjkd 'kjy b svkr ds: i eai gpkrsgqsvi usp; kip; dks/tek dj nskgAb Mk V lyku eanksgj dscn dN dlcldw, oai Qkdksgu; kt kkgS Rk vrfjDr 'ldjk, oai lzdri [kn- i nkRk scpusdhI ylg nht khgA, Ydksfyd i s inRkZdksMk V lyku l svyx j[lk t kkgSrRk fu; fer I ḡ feuV dki by Hk fnup; kzeal fEfyd gAb Mk V lyku dsi Qw Mkked elssks dsvubkj I ḡ fnukæanl l sckjg i knM ot u de djusea; g i kx l i Q gA*****

D k dle 'kDr c<kusokh i kfrd nok ai zkhohgkshgs

dbzksesi kfrd dle 'kDr o/ Q vks/ ; kdkyssdh i øfr gkshgSrRk , ksyk l ns , kshnok kadhrykk eajgrsgA, kshnok adk l pegr dle djrh gS duktMk fLk xqYQ fn' kfunksk dsvubkj i ; kZ l Sh, oaeud kdk fo' ofol ky; ea' kksdr kksausfotHku i kksa, oai kyu djusokyht Mscfv; kdksghfcOhdsfy; st ldkal si ktr rRkai j xgu 'kks fd; kgft ueas esMly yld w i zu fd; st kks

I Ekor %d le 'kDr c<kusdh{ler k gkshgAbdkss li ezo s i ktr gkssokys^, fEzu* uled jl k fud rR rRk Li su' kYkz lsi pfyr dle 'kDr o/ nok kadsi knsd sl R dksmtkx djusdkizk fd; k gAb dsvylok dks; u ft ul s, oad skj ds: i eao'kz si pfyr nok kadsi zko d k Hh vè; u fd; k gA, kssulSvè; ukaft ueasyk ygl q, oavnj[kdkizk fd; k x; k mudst kuojksij vY i zko i ksx; st cfd dN nok k i si QnsdSLku i j udlku gh nskx; kA; g vè; u t už v kQo fjl pZbWj uksuy ds v kkehvd eai dkf k fd; k t k skA i kbd khd t kudkjhd sfy; srRk bl I ECU eadbzHkld; kdksnjwdjusdkizk bl vd dsHe, oal R 'kks eafd; k x; k gA*****

; jks ; ; fu; u dsnksausvk qñd t Mscfv; kdkhfcOhij yxk ki frca

; jks ; ; fu; u dsnksausvi usnks ds dkuweal kksu djrsgqst Mscfv; kdkseMly yld w dscuk cpsi j i frca yxk k gA; us



Hjrh ey ds
fpfdRk
oskfud dks
feyk i fyRj
I Eku

dkfE; kfo' ofol ky; ds, fl Lw i kks fl 1/4kZeplk hZdks 'kZo11 i fyRj I Eku l suokt kx; k gA Hjrh ey dsMw 1/4kZeplk hZdks; g I Eku mudhi krd ^The Emperor of all Maladies: A Biography of Cancer** dsfy; sfn; k x; k gA

xYQ(I Ånh) nskæavk qñ d k folrkj

vk qñ dst ksklusfo' kkskak, d I Egy 'kj lg eabw vjc vk Qw eal Elu gqkAbw k Vw, oa, fD fol u l w }kj kvkj r ; g dk Øe I Ånh vjc eavk qñ dsi tkj eaenaxkj gskA