

slAhot M; d:of / ; dffwg

!= kl/ro M

dflg; n] vfPsf] vfgf kfrg k0ffnlsf] dflldaf6 z/L/sf lj leGg 7f5x?df kfi0fsf] ?kdf
kluKl5 phf{ kfk t xG5 . of] kfrg k0ffnldf u8a8L ePsf] cj :yfdf lj leGg ; d:ofx?
lgldtG5g\ vfPsf]vfgf kfrg kZrft\cgkofu tIjx? dn / d0sf] ?kdf z/L/af6 lgisf; g
xG5 . :j:y /xg lgoldt ?kdf cgfj Zos tIjx? z/L/af6 ToFlg' h?/L xG5 . /fd/L lb; f
cfpgsf]lgldt vfgfdf Fiber -/] f_ / emfhsf]dfqf kufsf]xg' kb5 . ; fdfco ?kdf !(blv
) j if{ Ddsf]dlxnf]lbgdf sl/a @% ufd krf0a/ ; jg u/\$f]xg' kb5 . oxl pd]sf]nflg]
dfG5h]eg]sl/a #* ufd krf0a/ ; jg ug{h?/L xG5 . slAhot; E ; fdgf ul/xsf]dflg; n]
sd krf0a/ xg] vfg] s'fx? h:t} d0sf]lrk; ; fwf kf:tf; /f7L
cflbnf0{vfgfdf ; lDdInt ug{x5g . ; fy}z/L/df hnsf]dfqfnf0{
36fpg]; f8f tyf /S; L h:tf k0x?sf]; jg klg /f5g' kb5 .



; fdfco cj:yfdf Ps :j:y dflg; n]lj xfg / ah'sf u/L lbgdf @
k6s k0 ; krf xg] u/L lb; f ug{kb5 . t/ o; sf] ; f6f] !-@ lbg
la/fP/ jf sXl lbgf]c6t/fndf dfq lb; f cfpg]cj:yf b]yf k/\$f]
v08df To] cj:yfnf0{ **slAhot** (constipation) elgG5 . zifsf]
; dodf sl7gf0 xg' /fd] E dn lgisf; g gxg' / s8f ; Vvf dn
lgisf; g xghf0{ "**sAh**" elgG5 . lrlsT; slo ?kdf kl/eflft ug]xf]eg]x^tfd # k6s
eGbf sd lb; f cfpg]l:ylnf0{ **slAhot** (constipation) / x^tfd ! k6s eGbf klg sd lb; f
cfpg]l:ylnf0{ **pu|slAhot** (severe constipation) eg] kl/eflft ul/Psf]5 . of]l:yltf
7nf]cfGblaf6 lb; fsf]rfn ; :t xG5 . ; fdfco ?kdf tNnf]k0df b'vf0 xg'; clgoldt ?kdf
lb; f xg' lb; f sl::g' ; fgf] / s8f lb; f cfpg' dnaf/af6 /ut cfpg' cflb nlf0fx?n]
slAhotnf0{; \$] ub5 .

olb tkf00f lgDg dllo b0{j f ; f]eGbf a9L nlf0fx? blvPsf]5 eg]of]slAhotsf]; \$] xg
; Sb5 M -s_ @%U eGbf a9L ; do lb; f xg uxf]xg' -v_ @%U eGbf a9L ; do s8f lb; f xg'
-u_ @%U eGbf a9L ; do ckf{?kdf lb; f xg' -3_ x^tfd @ j f ; f]eGbf sd lb; f xg'lb; fsf]
cfj [tdf sdl cfp0df slAhot eof]eGg] rflx xf0g . ha; Dd lb; f ubf{ufxf]x5g; lb; f
g/d 5 / ; fdfco ?kdf g}e0/xsf]5 ta sd lb; f cfP klg To; n]vf; }sXl ; Gs] ub5 .
cof]o / clgoldt emfhsf sf/of xg]of]; d:of ; a}pd]sf dflg; nf0{xg ; Sb5 . ; dodf
g}x]rfx ul/of]eg]slAhot ; lhn} E 7ls xG5 gq bl3\$flng sAh 3fts klg xg ; Sb5 .

@ /f] kQf nufpg]tl/sf

lb; fsf]eflts u0fx? -/u, uGw, ; Argf cflb_ af6 klg /f]ux? tyf k0sf]; d:ofx?sf]af/df
w]}s'fx?sf]hfgsf/L kfpG ; lsG5 . pbfx/0fsf]lgldt, v}f]/u}sf]lb; f laln?lag (bilirubin)
sf]sf/ofn]ubf{xG5 hg z/L/df /utx? 6lqmP/ k0f xG5 . lb; f uf9f v}f]/u}sf]5 eg]
o; sf]sf/of dflyNnf]cfGblaf ePsf]3fp xg ; Sb5 . olb lb; fsf]/u xl/of]5 eg]o; sf]
sf/of ; fu ; Ahlsf]a9L vkt xf]. lb; fdf /ut blvPdf kfrg gnlsf]tNnf]efu jf dnaf/df

3fp ePsf]xg ; S5 / lb; fdf ; fdfGo eGb kM/s kxMf] /u b]vPdf of] ; fgf] cfGb]df xg] lhofl86f (Giardia) sf] ; emdOf xg ; Sb5 . ol cj :yfx?df lrlsT; ssf] ; Nnfx ln0xfNg' /fdf] xG5 . /utsf] /u glnf] vfnst] 5 eg] glnf] /u ldl; Pst] vfgst] a9L ; Jg xg ; Sb5 . aRrfx?df eg]of] c:j :ytfst] ; s] klg xf]. olb lb; fdf ; Jf]jf lkn6sf /ux? b]yf k/]f z/L/df af0n (bile) sf]sdl xg ; Sb5 .

#= sIAhotsf sf/0fx? M

o; sf]kdV sf/0fx? sd kmf0a/ ePsf]vfgf, vfg of]lo kmkMx?sf]af\$]x?sf]sdl, lb; f nfu]bf klg ; x] a:g; kZ:t kfgl of cGo emf] s'/fx? glkpg; tgfj / Jofofdsf]sdl cflb g}xg\ . tl afx\$ xl/of] ; fukft, t/sf/L, kmkM, 6; f lgsfn\$] u\$fu8L, sfFf]vfg ldnG] sfFf] ufF/, r\$6b/ gvfgfn] klxnf vPsf]vfgf gkRb]km/ vfgf vfgfn] Hofbf blw kbfy{ ; Jg ugfn] vfgf /fdf] E grkf0{vfgfn] lrof, slkm dlb/fsf]Hofbf ; Jgn] zf\$, lrgtf, tgfj, clgbf, a]gl, vfgf vfg]lalQs]lbdful sfd ugfn]klg sIAhot xg ; Sb5 . ; fy}ef\$ nfu\$]anf gvfg] ef\$eGb Hofbf vfg] ul/i7 ef]hgx?, dl; gf]ld7f] tf/]e6\$] krfpg sl7g, h\$ vfgf / ; A]ft vfBfg k]oMh; f]vf0/xg] ; fu; Ahl ; nfb h:tf v; J df\$ /] f / rf\$ oQm vfBkbfy{sd vfgfn] sIAhot xg] k]n ; Defj gf /xG5 . Jo:t / efu bf8n] el/kM{ tgfj kM{ hljg hlp\$? , >d kl5 lj>fd gug] eo lrgtf zf\$ / pbfl; gtfst] sf/0fn]klg sIAhot b]vPsf]5 . Jofofd / >daf6 ef]lg\$?df klg sIAhot b]vPsf]5 t/ sIAhotsf]cGo sf/0fx? klg 5g\hg xfdln]x]r]mf0 ul//x\$]f xg ; S5f}. ol sf/0fx?df s]xl cf]vtx? tyf k/sx? (supplements) sf ; fy}s]xl hl6n /f]ux? klg 5g\

yf0/f08 ul]ysf] lgl:qmotf (hypothyriodism)M xf0kyf0/f]8Hdn] z/L/sf] pkkrog lqmfxf? ; fy}kfrg zlQmf0{klg sdhf] agfpb5 . t/ o; sf]dtna ; a}xf0kyf0/f]8Hdn] sIAhotnf0{lgD]ofp5 eGg]rflix xf0g g t sIAhot eof]eGbdf xf0kyf0/f]8Hd eof]eGg] g}xf]. t/ c]wog cg; f/ yf0/f08sf]lgl:qmotfn]sIAhotnf0{cj Zo lgD]ofpg ; Sb5 .

bVf0 sd ug]cf]vtx? (Painkillers)M bVf0 sd ug] cf]vtx?, To; df klg nfu' cf]vtx?n] sIAhotnf0{ lgD]ofpb5 . k]oMh; f] ; a}nfu' cf]fwl tyf bVf0 sd ug]cf]vtx?sf]jfxs kfrg gnldf g}xg]xgfn]o; n] kfrg klqmf; E ; DalGwt ; a}klqmfnf0{l:y/ agfpg ; Sb5 . To; J]o:tf bVf0 sd ug]cf]vtx?sf]kpf] ug' kg]cj:yfdf lb; f vshf]kfg]cf]vtx klg ; Mlg ug] clgjfo{k]oM xG5 . s]x c]wog cg; f/ Pl:kl/g tyf Oak]kng (Aspirin and Ebumprofin) h:tf cf]vtx?sf] kpf]ustf\$?df sIAhotsf] ; Defj gf a9L xG5 .



krf]M sIAhot lgD]ofpg]s]xl vfgfx?

rsn6sf]kpf] Ms]xl cg; Gwfgn]rsn6sf]kpf]un]sIAhotnf0{a9fj f lbg]b]vPsf]5 eg] s]xl c]wogx? cg; f/ eg]o; n]sIAhotnf0{sd ug]d2t ub5 . of]s'f JolQm lkr5]klg

km/s xg ; Sb5 . t/ lrlsI; sx?sf]; Nnfx cg' f/ olb tkf0{rsn0n}ubf{k0df ; d:of ePsf]efg x65 eg]rsn0sf]; jg /f\$g'g}/fd]x65 . of]s'/f s]/ / sfnf]lrodf klg nfu" x65 .

le6fldg M; fdf0 ?kdf le6fldgsf]k0f]n]slAhot x65 t/ To; df SoflN; od / kmfdfs] dfqf klg ylkPsf]5 eg]; d:of xg ; Sb5 . 8f= lu6; ju\$ f cg' f/ SoflN; od / kmfdfs] k0f] cIt cfjZos k/\$f]a]hdf dfq ug{pkoQm x65 . olb o; sf]k0f] ug{k/0f of]; #} lb; f vshf]ug{cf]ytl klg dfqf ldnfP/ Ing' cfjZos x65 .

lb; f vshf]cf]ytlsl]al9 k0f] (Laxative overuse) M sxl lb; f vshf] kfg{cf]ytlx? kfrg gnlnf0{pQ]ht kf/L sfo{ub5 . o:tf cf]ytlx? lgbZg cg' f/ dfq k0f] ug{k65 . nfd] ; do; Dd k0f] ul/Psf]v08df ol cf]ytlx?n] z/L/nf0{o; sf]afgl kfl/lbg ; Sb5 cyff tTkZrft kfrg klqmf]n]of]cfvtl ge0{/fd/L sfo{ug{; Sb5 . o:tf sxl cf]ytlx? Dulcolax, Ex-Lax / Senna xg\ . lrlsI; ssf]; Nnfx gln0{ ol cf]ytlsl] k0f]n]kfrg klqmf]n]0{xfgl ug{; Sb5 .

blw pTkfbgx? Mrlh tyf c6o sd kmf0a/oQm jf w]rNnf]oQm vfgfx? h:t}c08f / df; ' h:tf vfg]s'/fx?n] klg kfrg klqmf]n]0{; 't agfpg ; Sb5 . olb ol vfg]s'/fx? vfb} xgX65 eg]of]; #} kmf0a/oQm vfgfx? klg k0f] ug{pkoQm x65 . tof/L vfgfx? tyf kZf]wt vfgfx?df klg kmf0a/sf]dfqf sd x65 h; sf]k0f] sd ug{g}pkoQm x65 .

tgfj sd ug{cf]ytl (Antidepressant) M slAhot]sf] Prozac (fluoxetine) h:tf SSRI (Selective serotonin reuptake inhibitor) ; E glhssf]; #ngtf b]vPsf]5 . of]k'/ftg Elavil (amitriptyline) h:tf]tricyclic antidepressant x?; E klg TolQs}; Dal6wt b]v65 . o; sf]k0v sf/Of yxf gePtf klg olb tkf0{0:tf cf]ytlx?sf]k0f] ub}xgX65 eg]of]; #}lb; f vshf] ug{cf]ytl klg Ing' /fd]x65 .

tgfj Mlj 8Dagf g}e6g' kb5 ls tgfj sd ug{f]nflu ln0g]cf]ytlx?n] klg slAhotnf0{ lgD]ofpg ; Sb5 . xf0kfyf0/f]8Hd h:t} tgfj n] klg z/L/sf]; fwf/Of klqmf]n]0{; 't agfpg]sfo{ub5 h; n]kfrg gnlnf0{klg c; / ub5 . tgfj sf]a]hdf lg/Gt/ qmddf b]v kglentem6 kb} ug{kfrg gnl ; Dal6wt c; /x? (irritable bowel syndrome) n]slAhotnf0{ lgD]ofb5 .

k0sf]hng sd ug{ln0g]cf]ytlx? (antacids) M P66fl; 8x? k0sf]hng sd ug{lgs}g} nfebfos x65g\t/ tl dWb sltn]slAhotnf0{klg lgD]tfpb5, lj z]f u/L tl P66fl; 8x? h; df SoflN; od / cfndlgods] dfqf x65 . kmf0a/ oQm vfgfn] k0sf] hngsf ; fy} slAhotnf0{klg /f\$ b5 .

/Qmrfk tyf Pnlh{f]cfy\tx? MslAhot pRr /Qmrfk lj?4sf]cfy\tx?sf]kflIfs c; /sf] ?kdf b\yf kg{; Sb5 . tl cfy\tx? SoflN; odsf]k] fx /f\$g](calcium channel blocker) j f lk; fasf]wf/ a9fpg](diuretic) vfnsf cfy\tx? xg ; S5g\ lk; fasf]wf/ a9fpg](diuretic) cfy\tx?n] z/L/af6 kfglsf] axfj lk; fasf] ?kdf a9fP/ /Qmrfknf0{ sd ug] ub5 . t/ lb; fnf0{s8f xg glbg z/L/df kfglsf]dfqf ; w}kUg' h?/L xG5 . Pnlh{f0{/f\$g kofu xg]PIG6lx:6fldg (antihistamine) x?n]klg slAhotnf0{lgDTofpg ; Sb5 .

Kfrrg kofnlsf] ; hg xg] /fux? MInflammatory Bowel Disease (IBD) cyff kfrg gnL ; lGgg]/fux?sf]b0{kdv hl6ntfx? xg ; Sb5 M ; fg]cfGb]sf]Olnod (ileum) efu ; lGgg] qmf] ; /fu (Crohn's disease) / cN; / ; DaGwl cfGb]sf] ; hg (ulcerative colitis) . ol bā} /fux?sf] sf/Ofn] kofsf] bvf0, tfr 36g] lb; fdf /ut b]vg] tyf cGo :jf:Yo ; DaGwl ; d:ofx? b\yf kb5g\ . ol bā}cj:yfdf emf8fkvfnfsf]nlf0fx? b\yf kb5g\t/ o; sf] ; fy} o; n] slAhotnf0{klg lgDTofpg] ; Defjgf kån xG5 . cN; / ; DaGwl cfGb]sf] ; hg (ulcerative colitis) ePsf]ahfdf slAhot ePsf]5 eg]of]dnaf/ ; lGgPsf]nlf0f xf]ha ls qmf] ; /fu ePsf]ahfdf of] ; fg]cfGb]df ePsf]cj /f\sf]nlf0f xg ; Sb5 . t/ olb slAhot dfq ePsf]5 eg]o; sf]sf/Of of]bā}gxg klg ; S5 .

lzzsf] hGd Muef]:yfdf slAhot ; fdfGo xG5 t/ of] cj:yfsf] sf/s t]jx? eg] uef]:yfdf xg] ; !t df÷kzl tyf bvf0 sd ug{n6Xfpg lb0g]cfy\tx? xg ; S5g\ . lzzsf]hGd nut}dnaf/ / ofufusf]alrdf sxl ; hg xg ; Sb5 . To; n]lgDTofpg]c; xh l:yln]klg slAhotnf0{lgDTofpg ; Sb5 . ol afx\$ lzzhf0{hGd lbBf xg]tGsf0n]slxn] sflxfg; fx?df xfgl kUg ; Sb5 h; n]slAhotnf0{lgDTofp5 . t/ of]36gf ToIt ; fdfGo ?kdf b\yf kb5 . uef]:yfdf xg] Oestrogen / Progesterone xdfdfx?sf] sdln] ubf{klg slAhot xg ; Sb5 .

dwd} / g; f; DaGwl hl6ntfx? Mcg'; Gwfgn]b\yP cg' f/ dwd}n] dflg; x?sf] kfrgdf kofj kfg]g; fx?nf0{ lft ug{ ; Sb5 . Multiple sclerosis / Parkinson's disease h:tf :gfolut /fux?n]klg slAhotnf0{lgDTofpb5 . ol /fux?df slAhot nufot lk; fa kmj{ ; d:of xg] wldnf]b]vg]j f lxBbf c; xh xg]h:tf ; d:ofx? klg b\yf kb5g\

\$= slAhotsf nlf0fx? M

slAhotsf ; fdfGo nlf0fx? ol xgMclgoldt lb; f cfpg' jf lb; f ug{ufxf]xg' s8f jf uf6f k/\$f]lb; f cfpg' ckN{lb; f cfPsf]efg xg' k6 ; lGgg' jf bVg' bvf0 / jftf cfpg' ckfgj fo' a9g' ef\$ gnflg' / dv lalug' It3]sf]k5f]8sf]df÷kzl bVg' 6fPsf]bVg' 5ftl kfl]g' / yfs\$]dx; ; xg' .

pu|slAhot ePsf]cj:yfdf ol nlf0fx? afx\$ cGo w}÷vfnsf nlf0fx? klg b\yf kg{ ; S5g\ slAhot ePsf]cj:yfdf nfd] ; do; Dd dn cfGb]df g}/xg]xgfn]cfGb]leq}slxP/ slkt xg kU5 / ljiffQ kbfy{aGg kU5 . ol ljiffQ kbfy{? cfGb]af6 cjzflift eP/

/utsf]dfWodaf6 z/l/sf]ljleG cux?df kUb5 . o; sf]sf/Ofn]ubf{cux?df lj iffQ kDf e0{dxTj kNf{cux?sf]sfo{lfdtfdf sdl cfpG ; Sb5 . o; sf]sf/Ofn]ubf{pRr tyf lgDg /Omrfk, dwd\, dfDfkg, Uofl:6s, cN; /, cfGb] tyf kDsf]SofG; /, cDnlottf, PkG8; f0l6; , ckr, uaf/ v:g] 8sf/ cfpG] rfokf] / 8lG8kmf] cfpG' hfG]L{bVg' x88L lv0g' ; lGgP/ ljsf xg' h:tf ; d:ofx? klg b\yf kb5g\ . ol afx\$ sIAhot ePsf]dflg; x?df dfgl; s ; d:ofx? h:t}8/, lrGtf, lvGgtf, pbf; gtf, clgbf, ofg zlQmsf]lfo, klT/lff kOfnlsf]sfo{ lfdtdf sdl cfpG' ; bln] ; tf0/xg' Hj /f] v\sl alNem/xg' df+kZl tyf g; f sdhf] xg' / cGt>fjL uQylx?sf]sfo{ ; rf? geP/ xdfG]sf]dfqf 36a8 e0/xg' nufotsf ; d:ofx? klg b\yf kg{ ; Sb5g\ ; fy}o; sf]sf/Ofn]ubf{sfh]67fh / ol/s cDn h:tf /utdf xg]tTj x? c; Gtlnt e0{/OmNkQsf] ; d:of b\yf kg] / dxTj kNf{cux?sf]sfo{ lfdtf 36g]h:tf /fux? klg b\yf kg{ ; Sb5 . cfGb]df lgxt sIAhot lgDTofpg]kDv v/falx? cfGb]sf]l:y/ /xg]jf rfndf cfpG]uOf colonic inertia / kD\fsf]lkw]sf]lgl:qmotf Pelvic floor dysfunction xg\

%- /f\$yfd M

sIAhot xg gfbg lgDg s/fx?df Wbfg lbg ; lsG5 .

- kZ:t kfgl lkpg]afgl a; fNg]
- rfprfp, la:s6 h:tf tof/l vfg / af]ndf kf0g]lr; f]kD kbfsf] ; f6f]pl; g\$]f kbfsf{ sf]f] kmfk/, rgf, e6df; tyf kf]lfn]vfgsf ; fy}dxl, dxkfgl of ; aG cflb vfg]afgl a; fNg]
- sfd, dfd / cf/fdsf]lglZrt tflnsf agfpg]
- cf/fd / >d lgoldt / ; Gtlnt agfpg]
- lb; f cfpDf /f\$] g/fVg]
- w}]sDd/ sl; g]u/l k6sf jf kDl gs:g]
- w}] ; fukft, xl/of t/sf/L, ; nfb, kmk]n kZ:t vfg]
- ef\$}pkjf; jf sf]l sf]l w}]vfg vfg]gug]
- tf/\$] e6\$]f] d; nbf/ vfg / df5f, df; ' c08f krf]Mkrf0a/ oQm ; fu; Ahlx? h:tf df;xf/ ToFlg]
- ;]f]rfdnsf]abnf l9sldf s6\$]f]/tf]rfdn dDfsf]abnf rf\$/ ; lxtsf]dfDf]kl7f] / lrglsf]abnf u8 vfg]afgl a; fNg]
- AffGmf kmfn\$] ; kmf bfnsf] ; \$f 6' f lgsfn\$]jf csl/t ul/Psf]u8f u8l vfg]afgl a; fNg]
- Vffg vfg]lalQs}g; Tg]
- Vffg vfPsf]@-# 306df kfrg klqmf ; lsPsf]xG5 / ; Tg hfg]
- dgdf s/f v]hfg] lrGtf lng] l/; fpg] 8/fpg] tgfj cflb Jojx/ kl/j tG ug]



Fiber Food Reduce Constipation Bloating

^= sIAhotsf]pkrf/ M

s= 3/ħ' pkrf/

- ;fgf]x/f[13pdf ebg]/ lk; ĩ whf]agfP/ ! lrof rDrf, ; ĩg]ahfddf dgtftf]kfgl; ũ lkpgkb5 .
- 0; aufħsf]e'; L ! rDrf laxfg ; fĒm kfgl bW of c? emħ s'/f; ũ lkpg]
- /fhj [fsf]ubl % ufd / dgSsf @) ufd ldnfP/ r6gl h:tf]lk; L laxfg ; fĒm vfgfn] klg kħ ; kmf x65
- Ps efu x/f[1b0{efu a/f[\$ efu cdf ldnfP/ r0f{agfpg]/ Ps Ps lrof rDrf laxfg ; fĒm dg tftf]kfgl; ũ lkpg]
- cb]f kfgl vfgfn] klg sIAhot x6b5 . cdaf tyf d]fsf] ; ĩgn] klg lb; fnf0{ lgo6q0f ub5 .
- ufħ/sf]h'; lbgf]Ps lunf; vfnl kħdf tyf :ofpm vfg' kmf0bfhgs x65
- ! rDrf dx tftf]kfgldf ld; fP/ laxfg vfnl kħdf vfg]
- lbgdf @-# sf] f kfs\$]s]f vfgfn]j f Ps rDrf ; k / cb]fsf]whf0f yf]lj /]gg ld; f0{/ftl ; ĩg]ahfddf dg tftf]kfgl; ũ vfgfn]sIAhot /fũ l7s x65
- l3psdf/lsf]ubl !)) ufd laxfg vfnl kħdf vfg]ug{kb5
- ;fgf]x/f[; fĒm / ld>l a/fa/ tħ lnP/ lk; ĩ r0f{agf0{cfjZostf cg'; f/ ! of @ rDrf ; ĩg]ahfddf vfP/ kfgl lkpg]ug{kb5
- ; ĩfP/ cdfnf0{lk; ĩ agfPsf]r0f{! rDrf laxfg ; fĒm vfgf kl5 vfg]
- Vfgf vfg'!-@ 306f cuff8 !-@ lunf; kfgl lkpg]
- Tf]lsf]tħn]laxfg ah'sf dfln; ug[
- laxfgsf]; do #- \$ ls=d lx88h ug[

v= cfoj ĩ pkrf/

cfoj ĩ zf:q cg' f/ klg sIAhotnf0{w}]/fũx?sf]sf/0fsf]?kdf j 0f6 ul/Psf]5 . cof]o efħg tyf hljg ofkgsf sf/0f dflg; x? d]/fũaf6 lkl8t x65g\ . cfoj ĩ l; 4f6t cg' f/ sIAhotnf0{ ljle6g hl8al6 tyf cfoj ĩbs cf]flw ; ĩgaf6 pkrf/ ug{; ls65 . o:t}cf]flw dWb lqkmf r0f{sIAhotsf]cr's cf]flw dflg65 . dVo axkofũl b]o x/f[a/f[/ cdfnsf] ld>0f lqkmfnsf]; ĩg /ftl ; ĩg]ahfddf dgtftf]kfgl; Ē ug{; ls65 . olb 3/ħ' pkrf/af6 klg plrt ; wf/ gePdf cfoj ĩ lj z]f1; Ē ; Nnfx u/l plrt cf]fwf]krf/ u/fpg' kb5 .

u= efħg

laxfgsf]gf:tfdf tf/] e6\$]a\$ / af0na4 vfB kbfy{ dħsf kl/sf/sf]; \$f kmkmn vfg] afgl a; fNg' kb5 . df} d cg' f/sf]kmkmn h:t}df} d, ; ĩtnf, gf; kftl, v/ah, sfĒmf] cfĒ, ; l/kmf, ah, ahf]l, d]fsf ; fy}cs/l/t dũ, d]yl nufot df}dl t/sf/l ; dfj ĩ ug{ kb5 . dg6sf / 5f\$8fnf0{/ftl lehP/ laxfg vfg]ubf{sIAhot sd ug{; xofũ ub5 . 7f] efħg lbgf]b0{k6s dfq lng]u/f}; laxfgsf]efħgdf /ftf]rfdn jf ds\$]eft, uxĒf]j f

ds\$]lk7f\$]/f, sfnl agbf tf/L / ay\$]; fu xg' kb5 . df; v] /L afx\$ afqmf]; t
ksfPsf]bfnn]klg sIAhotdf knf0bf k\ofp5 . ah'sfsf]efhgdf cGgsf]; xeflutf gePsf]
/fd]xf]. ; Ahl tyf t/sf/l\$]; k jf @%) ufd pdnf\$]t/sf/L; E tfhf df]x dfq vbf
sIAhotdf /fd]ub5 . df5f, df; ; c08f, l3p, klg/, dVvg / d\af6 ag\$]j:tx? afg{
kb5 . rfs; s]f, :ofp, lnrl h:tf kmn]sIAhotdf /fd]ub5 . cfn; lk8fn; t?n; ; 7gl,
e66f, r\$Gb/, cfh, /fhdf; ; j]rgf, df; , e7df; h:tf ; Ahlx? tyf bnxg ah'sf gvfg'g]
/fd]x65 .

3= Jofofd

c# Jofofd, l/9 Jofofd, lzlynls/of Jofofd, kftMedof; ; Ggd:sf/, ofucf; g, tyf k0fofd
ubf{sIAhotdf cTo6t knf0bf x65 . tf8f; g, lqos tf8f; g, kjg dStf; g, df08s, dTo]b,
ehfu, pbf/s; { wg/ h:tf cf; g lj lw, el:qsf, clUg ; f/, skneftl h:tf :jf; lj lwn]
sIAhot lgjf/ofdf cdE ; /L sfd u5{. Plgdf s6hn, n3' tyf u? zvk|ffng -cf6b]sf]
; knf0, k0sf]dfln; , df6fsf]k\$E, sl6:gfg, uofz]lqmf h:tf k]s[ts pkrf/ lj lw klg
sIAhot ePsfx?n]ckgfp'kg]x65 .

&= sIAhotsf]lj?4df nfebos vfgx?M

glnf]hfdg (blue berries)M sfnf]hfdgdf kf]f0f t]jx? afx\$ knf0a/ (fiber) sf]dfqf klg
pNny]glo x65 . sl/a !)) ufd sfnf]hfdgdf @=\$ ufd knf0a/ x65 . o; nf0{l;r; f]kf/] jf
To; }klg vfg ; l65 .

lr; f0Psf]s]fp (frozen peas)Mlr; f0Psf]cfwf sk hlt s]fpdf sl/a \$ ufd knf0a/ x65 .

; s'f0Psf]cf?av8f M; s'f0Psf]cf?av8f (prune) df lb; f vshf]kfg] (laxative) uof x65
h; n]ubf{lb; f sdnf]e0{lgisf; g ; xh x65 . sl/a !)) ufd ; s'f0Psf]cf?av8fdf x/\$
lbg ux0f ul/g]knf0a/sf]*U dfqf x65 .

cfn; sf]alpm (flax seeds)M blgs @ lrof rDrf cfn; sf]alpm lnPdf sl/a \$-% ufd knf0a/
k]t x65 . cfn; nf0{ n]f] agf0 laxfgsf] vfgdf c6o u\$fu8lx?; # ld; fpg' nfebos
x65 .

; fu; Ahl tyf kmk]nsf]n]f]Mn]f] agf0Psf]; fu ; Ahl tyf kmk]n? klg sAhotdf
nfebos x65 . cfE / agbsf]klaf6 ag\$]n]f]w]sf]/fhf0df kg]sAhot lj?4sf]knf0a/
oQm vfgsl xf].

knf6 ul/Psf bwsf pTkfbgx? Mbxdnf n]S6s Pl; 8 hlj f0f' (lactic acid bacteria) x? x65g\
NofS6f]l]; n; / ln]knf]ofS6]of (lactobacillus and lfidobacteria) oQm bxl]n] k0 blv
dnaf/; Ddsf]efunf0{ :j:y /fvG d2t ub5 . vfgdf bxl tyf hfdg / sfuhl abfd
(almond) sIAhotsf]lgldt nfebos x65 .

knh p7\$]ds}(popcorn)M sl/a tlg sk knh p7\$]ds} #-% ufd krf0a/ xG5 . o; df sXl dfqdf h}gsf]t} jf g}l jf gl/j nsf]t}hsf]klg kofu ug{; lsg5 .

pjf (oat) ; u ; \$f0Psf kmkx?MPs sk ;fwf pjfdf sl/a \$ ufd krf0a/ xG5 . slAhotsf]lgldt sl/a Ps rlyf0 ; \$f0Psf]cf? / l; ;ld; nfebfof xG5 .

xl/of]e6df; Mcfwf sk 5f\$0Psf]hfkfgh xl/of]e6df; (edamame) df sl/a !@ ufd kfflg / * ufd krf0a/sf]dfqf xG5 . n}f] agf0Psf] xl/of]e6df; df ltn, n; g tyf sfutlsf]em} slAhotdf lgs}g}nfebfof dflgG5 .

e6\$]kx}f]s}fp (roasted chickpeas)M vfhfsf]?kdf krf0a/ kfg e6\$]kx}f]s}fp /fd} l j sNk xg ; Sb5 . e6\$]kx}f]s}fp; E dlunf (maple) sf] /; n} slAhotdf krf0bf ub5 .

s8f alofFePsf kmx? MPS Cf} (1 ounce = 28.35 g) sfuhl abdfdf sl/a #-% ufd krf0a/ xG5 . xs/l sf]kmn (pecan) tyf sfuhl abdf h:tf s8f alofFxb}kmx? slAhotdf /fd} dflgG5 .

***= ckfpg}kg}; fj wfgl M**

/flt rf8}; Tg] laxfg axd d}t{3fd em}sg' eGbf !^ ldg} cufl8 blv 3fd em}nsbf; Ddsf] ; do leq pl7 ; Sg]. p7g] l j lQs)! ln6/ hit dg tftf] kfgl lkpg] afgln] slAhot lgoGq0fdf ; xofu k}ofp5 . blgs #) ldg}sf]Jofofdnf0{hljgz}hsf]cleG cu agfcf} cu Jofofd, l/6 Jofofd, lzlynl/0f Jofofd, kftM ed0f h:tf lqmfnsfkn]z/L/ tyf kfrg k0ffnlnf0{dha't /fVg ; xofu k}ofp55 . efhgsf] ; do lglZrt u/L pxl ; dodf dfq efhg ug]u/f} /ftlsf] ; do ; se/ ; f}t cf; kf; sf] ; dodf xf] \ efhg nu0}; Tg]afgl slAhotsf]dVo sf/0f d}b}Ps xf]. efhg ubf{rkf0 rkf0 vfg]u/f} . efhgsf] ; dodf aftlrt ug] p7lp7l jf l6=el, sDko6/ cyjf df}f0ndf Jo:t /x} efhg ug]df slAhot Hofbf kf0Psf]5 .

vfgfdf df}dl tyf :yfglo cGg tyf ; fu; Ahl l j z}f ; dfofhg xf] \ ; fu; Ahl ; nfb tyf /}fbf/ kmkx}sf] ; dfofhgn]slAhot lgoGq0f ug{; xofu u5{. dn Tofusf] ; dodf dgnf0{ k}f{?kdf dn Tofu ug}df g}nufcf} z}f}fnodf a; } cvaf/ k9g] ult; ut ; Gg]tyf cGg l j ifo ; f}g]ubf{dl:tisn}dn Tofu ; DaGwl cu}x?nf0{lbg]; f}gdf l j nDa xg]x}f] slAhot xg]; Defjgf /xG5 .

; fef/ ; f}x? M

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Sonnenberg A, Koch TR (1989). "Epidemiology of constipation in the United States". *Dis Colon Rectum* 32 (1): 1–8.

tyf cGg j}f; f06x?

zvsf]wflđ\$ / a}flgs klf

zvw ; dbdf kf0g]Ps lj zif lsl; dsf]hlj hfltsf]k{0flhGo bjo kbfi{xf}. of]vf; u/l b0{ k\$[sf]xg]ub5 . Ps blif0fj tl{/ csf]jfdj tl{. blif0fj tl{zvsf]k\$ blif0ftkm{vhf /x\$[f] xG5 eg] d\vrfl+aGb /x\$[f] xG5 . of]j hfpq] sfddf cfpbq / o; sf] ahg' klg cze dflgG5, t/ h; sf]3/ jf cf>ddf of]zvw /xG5, p; sf]3/af6 nldl slxNo}afx/ hfbqg\ eGg] egf0{ 5 . o; sf] kpfu vf; u/l c3{cfib r9fpgsf] nflu ul/G5 . jfdj tl{zvsf] k\$ rfxl+afofEkm{vhf /x\$[f]xG5 . o; df sxl l5bx? ; d} /xg]ePsf]xbf o; nf0{ahfpg klg ; lsg5 .

kflrgsfnlq oudf zvwj glsf]kpfu o4sf nflu k}{tof/l /xgsf]nflu ; lrt ug]sfo\$[f] nflu ahfpg]ul/Gyof]eg]sg}of4fn]o4df lj ho klt u/k15 o4sf]; dflkt PaVj ho>lsf] ; rgyf{klg zvw ktsG]ub{of}. sfdsf]k\$[t / leGtf cg' f/ zvsf] ; f\$]ts Wj gl klg km/s km/s xg]ub5 . zvw ; fdfGotof tlg k6s; Dd ktsG]ul/G5 . j}flgs k/Llfofaf6 zvsf]lgs}7hf]dxTj /x\$[f]kf0Psf]5 . kzkHlx?df /fhxz Ps o:tf]hGt' xf] h; n]&) xhf/ klt; \$08sf]sDkg Wj gl ; Gg ; Qm5 . hals dflg; n]@% xhf/ klt; \$08eGb a9lsf] sDkgoQm Wj gl ; Gg ; Qm5 . t/ zvwj gl eg]dflg; sf nflu slxNo}clxts/ xbg . o; df kpf0f gfz ug]ckj]{zlQm /x\$[f]xG5 . o; sf/0f syf, kj rg, khf, cf/tl cflbsf]; dodf Pslqt hg; dbfosf]Zjf; kZjf; lqmf4f/f kmhg]kpf0fnf0{lgolqt ug\$[f nflu ; aGb klxn]zvwj gl ug]kyf cem]klg sfod}/x\$[f]kf0G5 . o; af6 Pslqt ; a}hg; dbfosf]Wbfg klg Psftkm{cfs[6 ug]; lsg5 .

zvg xTjf /fl; M . cyf{\zvwj gl / zvhnsf]kefn]et, kt, lkrf; cfib 6f9f eflg] ub5g\ xfdlnf0{yxf ePs}s/f xf]ls tdf cyjf lkQnsf]ef8fdf bw /fvgn]Tof]bw v/fj xGf klb5 . t/ To; sf]7ls ljkl/t zvwf hn egf]Tof]hn ctoGt u0sf/l xg]ub5 . o; df ljleGg xflgsf/s sl6f0fx? gfz ug]cbet lfdtf /xg]ePsf]xbf o; sf]hn ; jg, klfk0f jf k]ffng ugfn]:jf:Yo nfe xg]ub5 . Toltdf sxf+xf]/< lg/Gt/ zvwj gl >j0f ugfn]xhof3ft h:tf]k{0f3fts /f]af6 ; d} arG ; lsg]s/f yxf xg cfPsf]5 . To:t}sg} 7fpdf olb 7hf]lijkmf g}ePsf]5 eg] To; sf]rsf]Wj gln]dfgj dbdf uDel/ c; / k/afpg kfpbq . lGto zvw ktsG]ahfdf ; jkyd km\$; fdf xjff ; wxt xg]ub5 / To; nf0{ km]v d\vdh hDdf u/] zvw l5bdf ktsG]ul/G5 . o; af6 Zjf; gnl, km\$; f]/ cf+nf0{Ps}fy sfd ug]kg]xgn]of]klqmf olb lg/Gt/ ul//xg]xf]eg]sdnkQ, bd, snhf]cfib; DaGwl /f]ux? lgdh xg]ub5 eg]cGo lkQ ; DaGwl /f]usf nflu klg zvhnsf]; jg ctoGt lxts/ dflgPsf]5 . j}flgs clbogat6 s]:ki6 xg cfPsf]5 eg]k]j j]bgfn]kl8t dlxfnf0{ zvwj gl >j0f u/fpbf p; n]k]j kl8faf6 /fxt kfPsf]dx; " ub5 . clbog cg' f/ o; sf] >j0faf6 pgn]h6d lbg]aRrf :j:y / ; Gb/ afb5 eg]; f]aRrf nf6f] alx/f]xg]; Defj gf ; d} /xbq .

To; f] t cfo] lps u\ydf klg zw eidsf] j 0f6 ul/Psf] kf065 . zweid / o; af6 ag\$ f
cf]flw k r' / dfqdf kof] u/l cg\$g\sl; dsf hl6n /f]ux? lgsf] kfg] 7h7hf j Bx? xdf]
; dfhdf cem] klg 5g\ . o:tf] cf]flw sltko /f]ux?df /fdj f0f g}; flj t ePsf pbfx/0fx?
klg 5g\

kf]fl0fs syg cg' f/ ha b] tf / /flf; ldn] ; db| d6yg u/] ta ljle6g cd[h6o
/Tgx?sf ; fy; fy} kf-rh6o gfds zw klg lgl:sof]. hg zw cb\et lsl; dsf u0fx?n]
kl/k0f{ lyof] . To; ah]fb]v eujfg lj i0f' :j o] o; sf] wf/0f ug\eof] . Toxl ; dob]v
eujfgs}cle6g czsf ?kdf o; sf] khf xg yfllof].

To:t}ef/tlo ; -klz4 j] flgs hulbz r6b| azh] cfk]gf] nfd] cg'; Gwfgaf6 kQf nufP
cg' f/ Psk6s zw k]sbf To; sf] Wj gl hlt b/L; Dd kU5 ToIt b/L ; Ddsf cg\$g\vf]usf
sl6f0fx? gi6 x65g\ . To:t}lgoldt zw k]sg] u/df j fod08nsf xflgsf/s sl6f0fx?af6
; d] dQm/xg ; ls65 .

sg}; do o:tf] lyof]. k]om 3/-3/df zw sf] Wj gl u6hg] ub\of]. cyff\3/3/df o; nf0{
blgs khfkf7sf] Ps cle6g cusf] ?kdf kof] ug] ul/GYof] . clxn] cfP/ wld\$
khfkf7kl't dflg; x?df cf:yf sd x6} uPsf] klg xfhf o; sf] kof]udf klg lg/Gt/ x]
cfpg yfn\$] 5 / clxn] of] s]l wld\$ d7dl6b/ Pa\ b] fnox?; Dd dfq ; lldt ag k]sf]
5 . t/ wld\$ / j] flgs b] } b] i6sf] af6 zw sf] dlxdf lxhf] hIQ lyof] cfh klg plQs} 5 /
of] cTo6t ; xhtfk] \$ k]kt xg] rfv ljle6g /Tgx?dlb] Ps dx]j k0f{/Tg dflg65 .

- /fhzdfg s]; l=

kl'th]s MPs kl/ro

kl'th]s -antibiotics_ Ps lsl; dsf] cf]flw xf] hg ; lfn]lan] lgD]ofpg]/f]usf] pkrf/ ug{
; fy; fy} zNolqmf, cu k]of/fk]of / Sof6; /sf] pkrf/sf qmddf xg; Sg]; qmddf xg glbg
kof] ul/G5 . klg; lng (penicillin), 66k f0]Sng (tetracycline), Pdf]s; lng (amoxicillin)
kl'th]assf s]l pbfx/0f xg\ . ol k'th]s x?n]; qmddf ug] ls6f0fhf0{dfg] / ; } g ug]
JolQm / kzhf0{ulDe/ xflg ub6g\

s]l jif6]3, kl'th]s x; sf k]s[ts ; ksf] kof] x6Yof] . ; j kyd cf]jisf/ ePsf]
Pl66af0]6s klg; lng xf] hg cfs]ds ; kdf 9' laf6 kQf nfu\$] lyof]. Pl66gf0]f0l; l6;
gfdsf] ls6f0faf6 klg lgs} kl'th]asx; kQf nfu\$] 5g\ . clxn] kof] xg] ; ah; f]
kl'th]asx; s]qd ; kdf p]tkflbt xg\

kl|th|assf b0{gfd xG5g\ . Pp6f Jofkfl/s gfd hg cf|fl3 skglN] /fvb5 . csf| rflxF
hflto gfd hg kl|th|lj sss] /; folgs agfj 6sf] cf3f/df /flvPsf] xG5 . km/s 56dfpg]
tl/sf Jofkfl/s gfdsf]klxfn]clf/ cu|hl a0f(dfnfsf]7hf]clf/df n|lvG5 . h:t}Zithromax
Jofkfl/s gfd xf]eg]azithromycin hflto gfd .

Pp6f s/f h] la|; g' xGg eg] PlG6af0fl6sn] AofS6|/ofn] ug| ; amD0fnf0{ dfq lgsf]
kf5{. ef0/; , 9'; L / k/hlalN]ug|; amD0fnf0{o; n]/f\$g ; Sbg .

kl|th|assf]0|t|xf;

kl|th|lj s cf|krf|/s ;kdf kQf nflg' cl3b|lv g}kpf|u xG}cfPsf]lyof]. pbfx/0fsf nflu
lu\$ / ef/tln]9'; L / cG0 kftsf]kpf|u ; amD0f /f\$gnf0{uy|. To:t}lu| / ; la6df Ps
ls|; dsf]9'; L nfu\$]f]/f6lsf]kpf|u 3fp / ; amD0fdf kpf|u xGvof]. ; df To; }p2|on]Gofgf]
df6f\$]kpf|u ul/Gvof]. df6f\$] kf0g]c; n AofS6|/of / 9; ln]PlG6af0fl6s ptkfbg u/]
; amD0f /f\$g ; 3fPsf xg\ t/ o:tf]kpf|udf lgs}vt/f xG5 lsgsl df6f\$] vt/gfs ls6f0'
klg kZ:t}xG5g\

cf|krf|/s ;kdf kl|th|lj sss] cf|j :sf/ !(@* df :s6Nof68sf hlj a|flgs Pn\$hl|8/
^n|d^af/f ePsf]lyof] hg cf|j :sf/sf nflu pgnf0{gf|an k/:sf/n]; Ddfg ul/of]. pQm
kyd kl|th|lj s klgl;lnod gf6d gfd 9';laf6 kQf nfu\$]f] xGf klgl;lng gfdsf/0f
ul/of]. pQm cf|j :sf/ kl5 kl|th|assf]ou ; ; eof]. klgl;lngn]bf] |]lj Zj o2df slDtdf
#)),)) hgf 3f0t} ;sf]Hofg hf|ufof].

; g\!(\$# df ; |Dofg jfS; Dofg gfd a|flgsn] df6f\$] kf0g] PIS6gf0f0l; l6; gfd
AofS6|/ofaf6 :6kf0f0l; g gfd kl|th|lj s kQf nufP . of] ; dxaf6 yk}kl|th|lj s kQf
nfu\$]f 5g\ . hDd]u/ kQf nfu\$]f kl|th|lj s d|w|nueu &) kl|tzt PIS6gf0f0l; l6; af6
kQf nfu\$]f 5g\ af|srflxF9'; L / Aofl; n; gfd AofS6|/ofaf6 kQf nfu\$]f 5g\

kl|th|s kl|t/f|vs AofS6|/of

ha df65]h]AofS6|/ofnf0{dfg{sd kl|th|lj sss]kpf|u u5g\Tolta|hf AofS6|/of emg\alnof]
xG5 . o:tf]lsg xG5 < of]lsg eg]yf|}kl|th|lj sn]lga6 AofS6|/ofnf0{t dfg{; S5g\t/
alnofnf0{dfg{; Sbgg\ . o; sf/0f alnof AofS6|/of dfq afR5g, / kl|th|lj sss]pkl:y|tdf
a[4 xg yfN5g\ . o:tf alnof AofS6|/ofnf0{kl|t/f|vs -resistant_ AofS6|/of elgG5 lsgsl
ltglx; kl|th|lj sss]pkl:y|tdf a[4 xG5g\ Tof]kl|th|lj s ltglx;nf0{dfg{c; km xG5 .
o; sf/0f ltgnf0{dfg{gofFkl|th|lj sss]kpf|u ug{cfjZos xG5 . pbfx/0fsf nflu lfo/f|vsf
sxl ls6f0fh]kl|t/f|v ug|lfdtf lj sf; u/\$f 5g\ csf|pbfx/0fdf ;:6fkm0nf\$]f\$; cl/o;
-Staphylococcus aureus_ gfdsf] AofS6|/of h; n]k|0f3fts ; amD0f ub5, o; n]klgl;lng
kl|th|ass; nueu ztk|t; t\kl|t/f|v lfdtf lasf; u/\$f]5 .

jf:tadf kl|thlj s; E kl|t/f\ lasf; ug{Ps kfs[ts kl|qmf xf]. t/ df65h] kl|thlj ssf] Hofbf, cgfj Zos / cklu kof\ u/] of]kl|qmf]ul|tdf a9fj f lbPsf 5g . o; sf/Of ef0/; n] ubf{nflg]/f\udf kl|th]assf]kof\ ug{x6g . clg kl|thlj ssf]k/f dfqf ;]g ug{x5{. cf]flw ; lsg' cl3 g}; Grf]xg yf\Nof]e6bdf cf]flw k/f gu/L 5f8gx6g .

- ; lj tf l3ld/]

clgbf (Insomnia) / o; sf]pkrf/

s]tkf0{hlt g}yfs]tklg lgbfpg g; Sg]l:y|tdf xgx65 < cyjf s]tkf0{d\Wb /ftdf lapEmP/ 38ldf x]] 306f}Dd 6f]hfpgx65 < clgbf cfh ef]hl hgdfg; df b]lv] ; fdf6o ; d:of e0; s]f] 5 h; n]tkf0{f] z/L/af6 zIQm ; f]b5, tkf0{f] cj:yf kl/j t6 ub5 / :jf:Yo tyf b]gs hljgsf] :kmt{f]0{klg kl/Of|t ub5 . hl6n cj:yfsf] clgbf]n] lj le6g /f\ux?nf0{ ; d] lgD|tofpb5 . Ps joisnf0{sl/a & b]lv (306fsf] lgbf cfj Zos x65 . /f\ lgo6qof s]b] (Centres for Disease Control) sf cg'f/ cd\|slx?sf] xsdf sh hg; Wofsf]Ps ltxf0 /fd\l lgbfpg ; Sb6gV oxl sf/Ofn]ubf{ pglx? lbgdf /fd\l sfd ug{ ; Sb6g\ . ol d\Wbdf klg cfwf hg; Wofdf x^tdf Ps b0{/ft clgbf]xg] ; d:of 5 / af6L hg; Wof cglul6t /ftx? sf]6]km]] bM/bfol /ft s6fp5g\ clgbf]n] ; tfOPsf dflg; x? c6o dflg; x? e6bf rf/ uOff tg]j n] ; tfOPsf x65g\ d6' /f\ cflb hl6n /f\ux?sf] a9L hf]vddf x65g\ sfoffo, 3/ cflbdf a9L b36gxf?df kg] ; Defj gdf /x65gV sfddf /fd\l nflg ; Sb6gV sd dfq pknIAwx? xfl; n u56\



cf]d cj:yfdf z/L/ ysfgdQm / lgbf kZrft\ :kmt{?kdf lapEm] u/L lgbfpg g; lsg] cj:yfnf0{clgbf elg65 . lgbf]sf]dfqf JoIQm lKR5]km/s ?kdf cfj Zos xg]xgfn]clgbf]nf0{ ; fdf6o ?kdf lgbf]sf]k\$[t / lgbf kZrft dflg; n]s:tf]cg6j ub5 e6g]cfwf/df JoVof ug{ ; Qm5 . clgbf]nf0{/ftdf slt 306f lgbf065 jf slt l56f]lgbf065 e6g]cfwf/df dfq JoVof ug{ ; lsg . sl/a * 306f lgbfP/ klg olb lgbf kZrft yfs]f]dx; ; x65 / z/L/ tfhf ePsf]cg6j x6g eg]tkf0{clgbf]sf]lzsf/ ePsf]xg ; S5 .

clgbf ; fdf6o ?kdf w]h] /f\sf] ?kdf lnP klg of]cfkmbf g}/f\ eg]xf0g . clgbf]nf0{ jf:tjdf c6o ; d:ofx?sf]nlf0fsf] ?kdf lng' ; xl x65 hg JoIQm lKR5]km/s xg ; Qm5 . of] x/\$ lbg slkmsf]dfqf a[4 ePsf]h:tf] ; fdf6o sf/Of b]lv lnP/ lhDd]f/l]sf]afEm]lkln; P/ lr6tf lng]h:tf]c; xh kl/l:y|tsf]sf/Ofn]ubf{klg xg ; Sb5 . t/ b]gs hljgsf]sfo{ tflnsfdf ; fdf6o kl/j t6 ugfn]klg clgbf]sf] ; d:ofaf6 56sf/f kfpq ; lsg5 . o; sf] lgD|t sg}hl6n lj z]f kl/l:y|t geP; Dd lrlst; ssf] ; Nnfx klg jf lgbf]sf]cf]y|tl lng' h?/L x6g .

clgbf / o; sf nlf0x? M

- ysfgsf]dx; ; eP tfklg lgbfpg ufxf]xg'
- /ftsf]; fdodf nuftf/ laβemg'
- /flt sxl u/l lapFemPsf] v08df km/ lgbfpg ufxf]xg'
- lgs}ysfg dx; ; xg]kj [tsf]lgbf
- lgbfpgsf lgldQ cf\|tl j f /S; lsf] ; xf/f lng'kgI:l:ylt cfpq'
- lj xfg ; fdf6o e6bf rf8}p7g'
- lbp; f\$] ; dodf lgbf[n] etsemfpg; yfs\$] cgeit xg' / lr8lr8fkg a9g'
- lbp; f]Wofg s]b\ ug{ufxf]xg'

sf/0fx?sf]lgsf Md lsg lgbfpg ; ls/x\$]50gF

clgbf\nf0{/fd/l pkrf/ ug{o; sf]af/df hfg' cfj Zos x65 . dfgj lo ; dj dgf; E ; Dal6wt dfgl; s tgjx? kfo cfwf e6bf a9l clgbf]sf sf/0fx? xg\ . jf:tj df lgbfpg]kpf; / cfj Zostfsf]dx; ; n]clgbf\nf0{emg\ a9fpb5 . lh1f; f tyf tgj cflbsf]l:yltdf z/l/df c8}lng gfd sxfdf]sf]k]fx a9b5 h; n]xfdlnf0{hfuf /fVb5 . t/ ol afx\$ xdf]blgs cflgafg; ; Ig]afgl / tflnsf tyf z/l/sf]:jf:Yon]klg l0l0s}eldsf v\|b5 . clgbf]sf ; a}; DefJo sf/0fx? kQf nufpg vllgxf] \ . tkf0{e]o; sf]h8 kQf nufpg ; Sgeof]eg tkf0{cfkm}o; sf]; dwfgsf]pkfox? kQf nufpg ; Sgx65 . tl s/fx? kQf nufpg lgDg plM\vt kZgx?sf]pQ/x? s]hfpq' cfj Zos x65 .

- s]tkf0{gs}tgj df xgx65 <
- s]tkf0{g/fz jf pbf; xgx65 <
- s]tkf0{r6tfx?; u h\|b}xgx65 <
- s]tkf0{xfn}sg}hl6n kl/l:yltaf6 uhg'ePsf]lyof]<
- s]tkf0{gbf\nf0{c; / ug]vfnsf]sg}cf]flwx?sf]kpf] ub]xgx65 <
- s]tkf0{f lgbf\nf0{c; / ug]vfnsf]sg}/f] 5 <
- s]tkf0{f]; Ig]:yfg / jftfj/Of zfgt / cf/fdbfol 5 <
- s]tkf0{f]lbgf] ; dodf kof]t 3fd / /ftsf] ; dodf kof]t c6wsf/sf] ; Dksdf xgx65 <
- s]tkf0{f; w}Ps}; do ; Ig]/ p7g]ug]65 <

clgb|sf ; fdfGo dfgl; s tyf zf/ll/s sf/0fx? M

obfsbf clgb| sxl lbg; Dd dfq /xG5 / cfkm)x/fP/ hfG5 . of]cj:yf loltv] b]yf kb5 ha clgb| sxl c:yfol sf/0fx? h:t}tgfj, la5f8 / ysfG cflbn]ubf{ePsf] xG5 . cGo cj:yfx?df clgb|sf sf/0fx? :yfol xG5g\ . hl6n cj:yfsf] clgb| cftlg]xt dfgl; s tyf zf/ll/s sf/0fx?; E ; DalGwt xG5 .

clgb| lgD|ofpg]dfgl; s sf/0fx? Mtgfj, lh1f; f, lrGtf, clw/tf, af0kfhf/ l8; c8{ (Bipolar disorder), b3Ggf kl5sf]tgfj cflb .

clgb| lgD|ofpg ; Sg]cf]flwx? Mtgfj sd ug]cf]ytlx?, cllsf]nsf]dfqf xg]?3f tyf Hj /f]sf] cf]ytlx?, Soflkmg]sf] dfqf ePsf bvfo sd ug] cf]ytlx? -ld8fh, PS; l8g, lk; fass]axfj a9fpg]cf]ytlx?, sf]6sf]6]f08 / yf0/f08 xdfdf]x?, pRr /Om rfkdf kofu xg]cf]ytlx? cflb .

clgb| lgD|ofpg ; Sg] /f]lx? Mbd, Pnlh{ kfls{; gsf] /f] (Parkinson's disease), yf0/f]sf]j [4, cdnsf]j [4, d]fhf ; DaGwl /f], lztnf, c; xh lk8f cflb .

clgb|nf0{ lgD|ofpg ; Sg] lgb| ; DaGwl hl6ntfx? Mlgb|sf] ; dodf Zjf; /f]sg' gfsfhk; (narcolepsy), v]sdf cwG{dx; ; xg]/f] (restless legs syndrome) Cflb .

clgb|sf]pkrf/ Mlgb|df c; / k]ofpg]afglx?df kl/j tG

clgb|sf] pkrf/sf lgD|t ckgfOPsf lalwx? g} ; d:ofsf sf/0fx? xg ; S5g\ . pbfx/0fsf]nflu olb tkf0{clgb|sf]lgD|t cf]ytlx? jf /S;lx? ln0/xg' ePsf]5 eg] o; n]cGt; Dd emg\clgb|nf0{lgD|ofpg ; Sb5 . cyft, olb tkf0{x/\$ lbg w}] slkmsf] kofu ug{xG5 eg] kl5 lgbfpg emg\ufx] xG5 . k]oM clgb|sf] lj?4df ckgfOPsf lalwx?df kl/j tG ug]df]dfq klG clgb|nf0{w}]xb; Dd sd ug{; lsg5 . tkf0sf]z/L/nf0{ol kl/j tGx? jxg ug{sxl ; do nllnf t/ cGttM o; n]tkf0{f ; wf/ g}Nofpg]5 .

clgb|sf]sf/0f kQf nufpg bl]gs]sf]kofu M

sxl :jefjx? o:tf xG5g\h; n]clgb|nf0{yk an kofg ul//x]sf]xG5 . pbfx/0fsf] nflu tkf0{cf]gf]ca]; Dd l6=le xG]/ 0G6/gG rnfpg]:jefjnf0{clgb|; E hf8] slxNo}xG]{ePsf]5} xf]hf . bl]gs n]v]g]afglN]tkf0{sf]clgb|sf sf/0fx? kQf nufpg ; lsg5 . o; sf]lgD|t tkf0{sf]x/\$ lbg]sf]lqmf]snfk, lgbfpg]Joxf]f tyf clgb|sf nlf0fx?sf]n]yf dfq /fv]klG kl5 h:t}tkf0{sltv] ; Ig hfg' xG5 / slt v] p7g xG5, sx]F; IgxG5, s]vfg'j f lkpgxG5 / lbgdf sg}tgfj lbg]vfnsf]36g]x?sf] ; fdgf ug{k/\$f]5 jf 5g cflb .

lgbfpg ; xofu ug{ j efj sf]lj sf; M

lglZrt ugxf] \ls tkf0\$] zogsif zft, cGwsf/ / lztn 5 M xNnf, pHofnf] /
udl[] lgbf]nf0{ kbfj kfb5 . xNnfaf6 5bsf/f kfgp sfgdf ?j f xflNg ; ls65, sf7fnf0{
lztn /fvG %ofn vNnf /fvG] ug{ kb5 / pHofnf]nf0{ x6fpg kb\$] kofu ug{ ; ls65 .

; w}Pp6} ; dodf lgbfpg]afgl lj sl; t ug{M tkf0\$] h] s 38lnf0{x/\$ lbg Toxl
; dodf lgbfpg]afgl kfgxf] \ rfx]Tof] labfsf] lbgdf g}lsg gxf] \ . o; af6 tkf0\$
x/\$ lbg ToxlF; dodf lgbfpg]afgl sf]lj sf; x65 .

lflofs lgbfpg]afgl x6fpgxf] \M lbg sf] ; dodf sxl a] lgbfpg]afgl n] /ftdf lgbf
gnflg ; S5 . olb tkf0\$nf0{ lflofs lgbf rfxPsf]efg ePdf o; nf0{lj xfgsf]# ah]
eGbf cufj }sl/a #) ldg\$sf] ; do lbg ; ls65 .

lgbfpg' eGbf cufj8 tgj lbg]s/f jf sf0? x6fpg' Mo; df hl6n s; /tx?, tgj
lgDTofpg] egfeg jf emu8f jf jfb]jjfb, l6=el, sDko6/ jf lel8of] uD cflbsf]
kofux? kb5g\ . To; sf] ; f6f\$ k\$z sd u/L Istfa k9y] aGg]jf dw/ wgx? ; Gg]
h:tf zft lqofsnfkx?df efu lng' /fd]x65 .

clt/Q k\$zsf]cfj Zostf kg]0nf\$6]gs ; fwgx?sf]kofu sd ug{M cf0kof8 h:tf
cfhsf lj Btlo ; fdu|x?sf] kofu sd ug{ /fd] x65 h; df clt/Qm k\$zsf]
cfj Zostf kb5 .

Soflknj, cNsf]fn / lgsf]bgsf]kofu sd ug{M sDtdf klG ; Tg' eGbf * 306f cufj }
Soflknj sf]dfqf xg] kD kbfx?sf]kofu gug{/fd]x65 . /ftsf] ; dodf cNsf]noQm
k\$sf]kofu lgifw ug{k5{ . cNsf]nn] lgb]sf] cgelt lbg] ePtfklg o; n] lgb]sf]
u0fnf0{c; / ub5 . ; ls65 eg]wdkfg /f\$gxf] \geP klG /ftsf] ; dodf o; sf]kofu
lgifw ugxf] \

dl:tisnf0{lgb]sf]lgldt tof/ ug{M tkf0\$] dl:tisn] lgbfpg d2t ug{ d]hf6flgg
(meItonin) gfdS xdfq pTkfbg ub5 . d]hf6flggsf] dfqnf0{k\$zsf] ; #u[n] c; /
k%ofpg] xgn] lbj f ; dodf kf0g] k]s[ts k\$zn] d]hf6flggsf] dfqnf0{lgo6q0fdf
/fvb5 ha ls /ftsf] ; dodf kf0g] s[qd k\$zsf] ; [t]n] d]hf6flggsf] pTkfbgnf0{
bafpg] xgn] lgbfpg uxf] x65 . k]s[ts ?kdf lgbfpgsf] lgldQ lgDg tl/sfx?
ckgfpg ; ls65M

lbg sf] ; dodf k\$z ; usf] ; #u{ a9fpg] M lbg sf] ; dodf sxl a] eP klG 3fddf
a:gx] V kbfx? vfl]gxf] \

/fts]; dodf s[gd k\$fsf ; f]x? sd ugxf] \M dhf6flggsf] pTkfbgnf0{a9fpg sd eff]6sf] aNax?sf] kof] ug{ ; ls65 . zogsldf ePsf %ofn / lj Btlo pks/0fx? sl/a ! 306f cufj }a6b ug]ugxf] \. olb sf]fnf0{kof]t c6wsf/ agfpg ; ls6g eg]lgbfpg kof] xg]df:ssf]kof] ug{; ls65 .

sd dfqdf ulnof\$]kof]M ; Tg' e6bf sl/a # 306f cl3 g} vfgf vf0; Sgxf] \ t/ kl5 ; Tge6bf sl/a cfwf 306f cl3 bw / s\l ulnof\$]kof]n]lgbfpg ; xof] ug{; Sb5 / laxfg ulx/f]lgbf kl5 p7\$]em]cgej x65 .



kn]5-HTP r\$slx?

dxdf klg lrgldf h:t}lgbf]df ; xof] k\ofpg]u0f x65 h; n]tkf0f0{156f]lgbfpg ; xof] ub5 . ; Tg' cufj }Soflkm /lxt s\l xaf] pTkfbgdf dxsf]kof]nf0{lgbf]df lgs}g}k6f]sf/l dflg65 . s\l j]flgsx? o; sf]sf/0f l6k6f]km (Tryptophan) gfdS /; fog xf]e6g]s/fdf lj Zjf; ub5g\h; n]dl:tisnf0{lgbf]sf]l:yltdf k\ofpg ; xof] ub5 . sl/a cfwf 306f cufj }kof] ul/Psf] sfaf]f084n]oQm vfgfn]l6k6f]kmnf0{ dl:tisdf kj z ug{; xof] k\ofpb5 . t/ olb tkf0f lk; fa a9l nflg]; d:of 5 eg] bwsf]; f6f]df l6k6f]km xg]c6o vfgfx? h:t}lrh, sfh', lrs6, e6df; / 6gf cflbsf] kof] ug{; ls65 . l6k6f]kmag6 ag\$]5-HTP k'/sn]; jf6flgg agfpg z/l/nf0{; xof] ub5 h; n]lgbfpg ; xof] ub5 . tgfn]u}t ePsf]dflg; df klg l6k6f]kmsf]dfqf sd x65 .

Doflgl]; odoQm vfgfsf]kof] M

Doflgl]; od t]j n]k]s[ts ?kdf g} z/l/nf0{zft kfg{d2t ub5 . Doflgl]; odsf] sldf lgbfpg uxf] xg] slAhot, dfzkz]lsf]lzlyntf, emem6 / bvfo cflb h:tf ; d:ofx? b\yf kb5g\ Doflgl]; od t]j sf]dfqf a9l xg]vfgfx?df u\$fu8l / alpmx?, xl/of kft xg] ; fu; Ahlx?, uxF sfh' cflb kb5g\ . vfgfdf ol afx\$ xl/of ; fu; Ahlx?sf]//; klg ; fd]h ug{pkoQm x65 .

sdf/l ?v (Chaste tree: Vitex Agnus Castus)M sdf/l ?vn]lj z]f u/l /h:j nfsf] cj :yfdf jf /h:j nfn]lgD]ofPsf] PMS (premenstrual syndrome) sf]cj :yfdf lgbfpg d2t ub5 . Ps clwogdf ; fdf6o blv lnP/ hl6n cj :yfsf] /h:j nfsf]l:yltdf sdf/l ?vsf]c; / clwog ul/of]. of]clwog cg' f/ tlnf]k6 bvlg]; d:of afx\$ c6o ; Dk6{/h:j nfsf]l:yltdf b\yf kg]; d:ofx? / ; fy}lgbf]sf]l:yltdf klg Jofks ; wf/ cfPsf]bl]vof].

cf^gf]zognf0{lgbf]; E hf\$y]M

olb tkf0f0{clgbfn]; tf0/x\$]5 eg]cf^gf]zognf0{lgbf]; E hf\$y]kof; ugxf] \

zognf0{lgbfpgsf nflu dfq kpf] ug]Mvf6df a;] sfd ug] l6-el xg]Jf sDKob/
rnfpfg]gugxf] \. vf6nf0{lgbf]; E hf8g ; sdf ha tkf0{vf6df hfgx65 tkf0{sf]
duhn]bl/nf]; s] lbg yfNb5 ls ca lgbfpg]; do eof].

lgbfpg g; lsPsf]cj:yfdf vf6af6 p7gxf] \M lgbfpg]an gugxf] \. vf6df kN6]
dfq a:gfn]pN6f]lh1f; f dfq a9g hf65 . vf6af6 p7gxf] \zog slf 5f8gxf] \/
sxl dg axnfpfg]sfo{x? h:t}lstfa k9g] Soflkmg dQm lrof vfg] gxfg]jf dw/
; utt ; Gg]ugxf] \ olb lgbf] nfu\$]efg ePdf km]/ zogdf hfgxf] \

zog slfsf]38l gh/af6 x6fpgxf] \M lgbfpg g; s\$]cj:yfdf 38lsf]l6sl6s x]]
a:g]afglN]clgbf]nf0{yk an lb65 . tkf0{cnfd{38lsf]kpf] ug{Sgx65 t/ tkf0{
lgbfpg vf]b}xgx65 eg]38lnf0{6f9f /fVgxf] \

z/L/nf0{tgfj dQmkfg]; fdf6o s; /tx? M

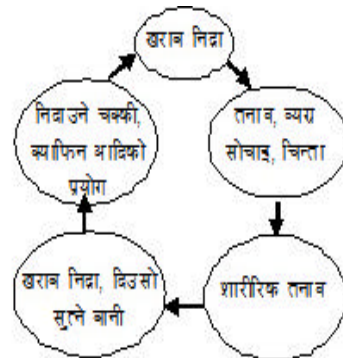
ulx/f]; f; lng] Wbfg, of], tf0 lr h:tf ; fdf6o s; /tx?n]dl:tisnf0{zft /fVg /
tgfj dQm agfpg d2t ub5 . ol s; /tx?sf]c6o g/fdf]kpf] klg x6g / lgbf]df
kmsg d2t klg ub5 . ol s; /tx?df blftf xfl; n ug{; do nflu5 t/ o; sf]knf0bf
eg] w]g}5 . ol s; /t ljlx?nf0{; Tg' cufj}jf sahdf laplenPsf] cj:yfdf
lgoldt afglsf]?kdf lj sl; t ug{; ls65 .

ulx/f]; f; km]Mkfo h; f]xhdl hit ulx/f]?kdf ; f; lng'
kg]xf]Tolt lnbgf]. ha xhdl 5ftl dfq xg k6 9f8sf]tNnf]
efu / s/usf]; d] kpf] u/L ulx/f]/ k]k{?kdf ; f; lng5f}
o; n]xhdlnf0{tgfj dQm xg d2t ub5 . cfef lrDngxf] V
lj:tf/}ulx/f]; f; km]xf] \. x/\$ k6s cl3Nnf]eGbf emg\
ulx/f]; f; lng]kpf; ugxf] \. gfsaf6 ; f; lnP/ dvaf6
knf]lg]ugxf] \



kn]ef]f/g

df+kzlx?sf] ysf] sd ug] s;/t M nDk; f/ k/]
; Tgxf] \ / z/L/nf0{lzlyn kfgxf] \. k]nfaf6 ; ?jft
u/L dfzkzlx?nf0{sl; nf]kfgxf] V sl/a !); \$]8; Dd
To; /L g} /fVgxf] \ / lzlyn kfgxf] \. o; /L g}
6fpsf] Ddsf dfzkzlx?; Dd olx s; /t bf]f]ofpgxf] \



kn]clgb]sf] rqm

clgb]sf]nflu v/fsx? M

ahf/df clgb]sf]pkrf/sf lglDQ ljleGg v/fsx? tyf

hl8al6x? kf0G5 . tl pTkfbgx?df sfutl afd, sdfdf0n lrof cflb z/L/nf0{xfgl
gugI pTkfbgx? xg\t/ sltko pTkfbgx?sf]cG0 gsf/flds kfej x? klg xg ; Sb5 .
ol kXsx? ; a0f sfd gug{; S5g\t/ ol ; fdfG0 ?kdf kfej sf/L b]vPsf 5g\

d\hf6flgg Mof] xdfdfG k]s[ts ?kdf g}z/L/n] /f]tsf] ; dodf k0f ugI xdfdfG xf] .
o; nf0{z/L/sf] ; do; /lfs klg elG5 . pd] a9b}uP; u}z/L/n]d\hf6flggsf]pTkfbg
sd ub5 h; sf]sf/0fn]ubf{j 4x?df lgb] gnflg] ; d:ofx? b]yf kb5 . ; Ig' eGbf
sl/a @ 306f cl3 ! b]v # ldnlu]d d\hf6flggsf]k0f] ug{; lsg5 . k0f0fx?n]b]yP
cg; f/ d\hf6flgg kXsn]l; ldt cj lwsf]k0f]udf /fd]sfo{ub5 . t/ o; sf]g/fd]k]f
eg]sf]csf]lbg; Dd klg lgb]sf]l:y]t sfod /fVg' xf].

e]hfl/g M e]hfl/g Ps hl8a6l xf] h; df ePsf] e]h]k]f]60; n]x]l]sf ?kdf z/L/nf0{
lzlyn agfpg]sfo{ub5 / lgbfpg ; xof] ub5 . t/ of]k/ssf]u0f:t/ l]leGg txd
e0g ; lsg5 . e]hfl/gn]8f0h]k]fd (Diazepam) h:tf]z/L/nf0{z]f]t kfg]cf]y]tl
dl:tisdf ePsf]hg jfxs; E ; #u{ub5, ; f]l jfxssf] ; Dks0f cf0{e]hfl/gn]klg
sfo{ub5 .

lgbfpg ; xof] ugI (Over the counter :OTC) r\$slx? M
OTC sf]k0v t]j PlG6lx:6fldg (antihistamine) xf] hg ; fdfG0 ?kdf Pnlh{/
?3fvf]l cflbdf k0f] ul/G5 . OTC sf]k0f] n3' clgb]sf]lg]dt dfq k0f] ul/G5 .
o; sf l]leGg kfej x? / hfgsf/l]sf]sd ePsf]sf/0fn]ubf{o; nf0{k]f0M]rls]t; sx?n]
k0f]udf /f]s nufpg ; 0nfj lbPsf 5g\

lgb]sf]r\$slsf]k0f] M ol r\$slx?n]c:y]fol ?kdf cf/fd lbg]eP klg o; nf0{lgb]sf]
clGtd l]s]lksf]?kdf lng ; lsg5 . klxn]cf^gf]lgb]sf]afgl]df ; wf/ ugXf] \ cf^gf]
b]gsl]df kl/j tG ugXf] \ lgb]sf]af/0f cf^gf]wf/0ff kl/j tG ugXf] \ . k0f0fx?n]
b]yP cg; f/ hl]g z]l / Joj xf/n]clgb]df lgs}g}kfej kfb5 .

clgb]sf]lg]dt CBT (cognitive behavioral therapy) M
CBT sf]p2]o clgb]sf]rqm]oXnf0{tf0g' xf]. clgb]n]ubf{; Ig g; l]Psf]l]ifodf
tgj / Jou] ; f]f0x? pTkGg xG5g\ . o; sf]sf/0fn]ubf{tgj a[4 e0{/fd/L ; Ig
g; lsg]xG5 / lgbfpgsf d]lg; x? lgbfpg] r\$slx? jf /S; L jf lbp; f] ; Ig]h:tf
v/fa afglx?sf]l]sf; ug{y]f]b5g\ o; n]ubf{clgb]sf]l:y]t emg}hl6n xg k]b5 .
of]rqm]lg/t/ rln/xG5 .

lgbfpg]:j efj nf0{; wfg{nufot CBT n]clgb] ; DaGwl l]rf/ / :j efj nf0{klg abNg]
nlo /fVb5 h; n]clgb]nf0{a9fj f lb0/x]sf]xg ; Sb5 . CBT r\$sl vfg'eGbf lgs}g]
kfej sf/L l]lw ePtf klg of]t]sf]n ; d]wfg ugI l]lw eg] xf0g . o; sf]lg]dt
lg/t/t]sf]lgs}v]f]f]5 . olb lrls]t; sn]SRT (sleep resistance therapy) nfu"u]0f]eg]
tkf0\$]lgb] of]qmdsf] ; ?jftdf emg\v/fa klg xg ; Sb5 h; df tkf0\$]lgbfpg]
; donf0{klxn]eGbf emg\36f0G5 . o; sf]k0v p2]o eg]sf]cf]50fgdf latf0g]; do

eGbf jf:tlj s ; 't f 0 n f 0 { a 9 f j f l b g ' x f] . h l t t k f 0 { s f] l g b f s f] : t / a [4 x 5 } h f 6 5 l o l Q g } l 5 6 f] t k f 0 { c f 5 a f g d f h f g] / l 9 n f] p 7 g] u g { y f l g ' x g 5 .

c / f d f y j f l k (Aromatherapy) M n e 8 / (lavender) h: t f l j ? j f x ? s f] ; u G w n f 0 { s o f } o u b l v c l g b f s f] p k r f / s f] l g l d Q k o f u u l / P s f] k f 0 6 5 . o f] P s l s l ; d s f] l g s } g } ; l l G w t t h x f] . o ; n] l g b f s f] ; d o n D a f p g] l g b f n f 0 { u l x / f] k f g I t y f l j x f g p 7 b f t f h u l s f] c g e l t ; d j l b n f p b 5 . o ; s f] k o f u u d l x n f x ? d f a 9 l n f e b f o s b l v P s f] 5 h ; s f] s f / o f d l x n f x ? d f j f : g f s f] l f d t f k ? i f x ? s f] t h g f d f a 9 l e P s f n] x g ; S b 5 . n e 8 / s f] t h s f] k f s f n f 0 { ; I g ' c l 3 l ; / f g l s f] d l g / f v } ; I g f n] j f c f ^ g f] ? d f n d f o ; s f y f l k f x ? / f v } k o f u u g { ; l s 6 5 . o ; n f 0 { s G r 6 d f x l s f ? k n] b n } ; I g f n] k l g l g b f u l x / f] x 6 5 . o ; n f 0 { g x f P s f] a h f d f k l g k o f u u g { ; l s 6 5 . o ; n] g x f P k l 5 z / l / s f] t f k q m d n f 0 { ; G t l n t a g f p g k l g d 2 t u b 5 h ; n] l g b f d f ; x o f u u k y o f p 6 5 . o l a f x 5 c 6 o ; u G w o Q m t h x ? d f r d h l (jasmine), S d f d f 0 n (chamomile) / O n f u 0 n f u (ylangylang) s f] t h x ? k l g k b 5 . s l / a % y f l k n e 8 / s f] t h / # y f l k O n f u 0 n f u s f] t h n f 0 { d g t f t f] k f g l d f / f v } g x f P d f l g b f / f d / l n f l b 5 .

k l Z r d e l h l g o f s f] J x l l n u h } 6 l j Z j l j B f n o d f u l / P s f] P s c l l b o g c g ' f / r d h l s f] j f : g f n] e l / P s f] s f 7 f d f ; I g] d f l g ; x ? z f 6 t / u l x / f] l g b f d f k b 5 g \ . r d h l s f] t h s f s x l y f l k f x ? n f 0 { ; I g h f g ' c l 3 b a } x f t s f] g f / l d f n u f P / ; I g ; l s 6 5 .

sltv / l j z j 1 x ? s f] ; N n f x l n g] <

o l b t k f 0 { a } c l g b f s f] p k r f / s f] l g l d Q ; a } p k r f / l j l w x ? c k g f 0 ; S g e P s f] 5 t / k l g l g b f p g ; d : o f 5 e g] t k f 0 { a } l j z j f 1 s f] ; N n f x l n g ' k g I x g ; S 5 . l g D g c j : y f x ? d f l j z j f 1 x ? s f] ; N n f x l n g ; l s 6 5 M

- t k f 0 { a } c f l d ; x o f u u p k r f / l j l w n] ; x o f u u u l / x 5 f] 5 g e g]
- t k f 0 { a } c l g b f n] 3 / , s f d j f l j B f n o c f l b d f ; d : o f x ? l g D t o f 0 / x 5 f] 5 e g]
- t k f 0 { a } 8 / n f l u b f] n l f o f x ? h : t } 5 f t l b v g] j f ; f ; k l n g] h : t f ; d : o f x ? b y f k / d f
- t k f 0 { a } c l g b s f] ; d : o f s l / a x / 5 l b g g } b y f k b 5 j f o f] e n g \ e n g \ v / f a x 6 5 e g]

t / c f l v / s f / o f h] e P t f k l g x / 5 d f l g ; n] c l g b f d f l y l j h o k f p g ; S b 5 . t / l o ; s f] l g l d Q l g b f k l t s f] c f ^ g f] w f / o f d f k l / j t 6 N o f p g ' / s f / o f x ? k Q f n u f 0 c f j Z o s s b d r f l g ' e g] c f j Z o s x 6 5 .

: f t ; f d u l x ? M

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 t y f c 6 o j e ; f 0 6 x ?

- s z n > j 7