wPwKrmv weÁv‡bi UwKUvwK

agcvqxiv mveavb!

bZb GK mgx¶vq †`Lv hvq †h hviv agcvb K‡ib Zv‡`i 'A¨vRgv' †ivM nlqvi m¤vebv Aagcvqx‡`i Zjbvq kZKiv 33 fvM †ekx| M‡elKMY 1,444 Rb e¨w³i Dci 30 gvm M‡elYvi ci `pfv‡e G Z_¨ cKvk K‡ib| GB M‡elYvq Avi I †`Lv hvq †h hviv GK mgq agcvb Ki‡Zb wKsev GLb †Q‡o w`‡q‡Qb, Zv‡`i "A¨vRgv' nlqvi SwK Aagcvqx‡`i Zjbvq kZKiv 49 fvM †ekx! weÁvbxiv Avi I e‡jb ‡h, gwnjv agcvqx‡`i "A¨vRgv' nlqvi SwK Avi I †ekx (kZKiv 134 fvM)| wewUk t_ivwmK †mvmvBwUi (British Thoracic Society) EaŸZb weÁvbxiv e‡jb †h GUv‡ZB cgwbZ nq wmMv‡i‡Ui †avqvq gvivZ¥K ¶wZ w`b w`b wK nv‡i evo‡Q| c‡e cKwkZ Avi I GK mgx¶vq †`Lv hvq †h wmMv‡i‡Ui †avqvq 4000 Gi I †ekx ¶wZKviK c`v_ _v‡K hv wKbv gvb‡li kvmbvjxi ¶wZmvab Ki‡Z cv‡i| AvðhRbK n‡j I mwZ¨ †h wmMv‡i‡Ui †avqv Mvoxi †avqvi †P‡q cvq 10 ¸Y †ekx ¶wZKviK| Avi ZvB c‡iv¶ agcvqx‡`i (passive smoker) agcvqx‡`i Zjbvq kvmbvjxi msµg‡Yi SwK A‡bK †ewk|

†Kvgj cvbxq (soft drinks) `v‡Zi ¶wZ K‡i!

BDwbfvwmwU Ae †gwij¨vÛ evjwU‡gvi †W›Uvj ¯‹j Gi GK M‡elYvq †`Lv †M‡Q †h evRv‡i eûj cPwiZ I cPwjZ †Kvgj cvbxq `v‡Zi 'Gbv‡gj'-Gi cPÛ ¶wZ mvab K‡i| weÁvbxiv Avi I j¶¨ K‡ib †h Wv‡qU (Diet) A_ev †i¸‡jvi (Regular) ` ai‡bi cvbxqB `v‡Zi 'Gbv‡gj' Gi mgvb ¶wZ mvab K‡i| Ab¨ GK mgx¶vq †`Lv hvq †h wkï‡`i ¯‹jZv Ges `v‡Zi `"Z ¶q Gi Rb¨I GB me cPwjZ †Kvgj cvbxq `vqx| GwU GKwU weivU ¯v¯¨ mgm¨v| GK Rix‡c †`Lv †M‡Q †h Av‡gwiKvq M‡o GK e¨w³ cwZw`b 16 AvDÝ †Kvgj cvbxq cvb K‡i| Zvigv‡b erm‡i †m cvq 53 M¨vjb †Kvgj cvbxq cvb K‡i! Avgv‡`i †`‡kl Gi cfve co‡Z ïi“ K‡i‡Q| AZGe m‡PZb †nvb Ges m¯ _vKb|

AwZwi³ IRb (Obesity) †÷v‡Ki SwK wØ¸Y K‡i|

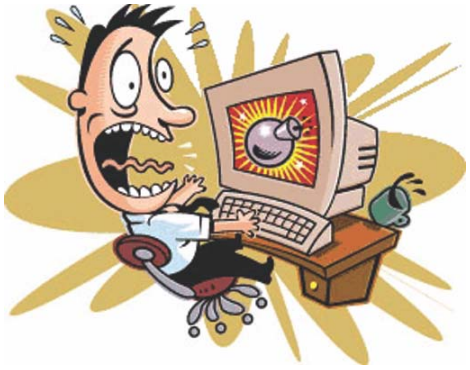
bZb GKwU mgx¶vq †`Lv hvq †h kix‡ii AwZwi³ IRb cieZx‡Z †÷v‡Ki SwK eûjvs‡k ew× K‡i| mB‡W‡bi GK`j M‡elK 47-55 erm‡ii cvq 7,402 Rb m¯ e¨w³i Dci 28 ermi M‡elYv Pwj‡q G Z_¨ cKvk K‡ib| weÁwbiv g‡b K‡ib ïiagvÎ 'D"Pi³Pvc' Ges 'Wvqv‡ewUm' †ivM wbqš‡Yi gva¨‡g †÷v‡Ki SwK m¤úY cwZ‡iva m¤e bq| AwZwi³ IRbI †÷v‡Ki GKwU Ab¨Zg KviY| ZvB IRb wbqšYI AZ¨š Ri“ix| we‡klÁiv g‡b K‡ib †h‡nZ †÷v‡Ki wPwKrmv LeB RwUj ZvB Gi cwZ‡ivaB n‡"Q m‡evËg| mZivs kix‡ii IRb wbqš‡Y ivLb, †÷v‡‡Ki SwK Kgvb|

†÷i‡qW (steroid) ü`‡iv‡Mi SwK evovq!

Gbvjm Ae B›Uvibvj †gwWwmb (Annals of Internal Medicine) Rvbv‡j cKwkZ GK Z‡_¨ M‡elKiv e‡jb †h AwZgvÎvq †÷i‡qW e¨envi‡i nvU GUvK, nvU †dBwjDi Ges †÷v‡Ki SwK †e‡o hvq| †÷i‡qW mvaviYZ wewfb †iv‡M †hgb- A¨vRgv (Asthma), AvB we Gm (IBS) Av_vBwUm (Arthritis) BZ¨w` †iv‡M e¨eüZ nq| weÁvbxiv 68 nvRv‡iil †ekx †ivMxi †gwWK¨vj †iKW WvUv cix¶v K‡ib hviv wKbv Kg †ekx †÷i‡qW cv‡"Qb| mgx¶vq †`Lv †M‡Q †h hviv D"PgvÎvq †÷i‡qW wb‡q‡Qb Zv‡`i ü`‡iv‡Mi SwK kZKiv 2.5 fv‡Mil †ekx| cvP erm‡ii GB M‡elYvq Avi I j¶¨ Kiv hvq †h, †h mKj †ivMxiv ^^wbK 7.5 wg.Mv. †cWwb‡mvjb (Prednisolone) wb‡q‡Qb Zviv †ekx gvÎvq ü`‡iv‡M Avµvš n‡q‡Qb|

KwcúDUvi e¨envi‡i mZK †nvb!

Rvcv‡bi GK`j M‡elK †`L‡Z cvb †h hviv A‡bK mgq a‡i KwcúDUvi c`vi w`‡K ZwK‡q _v‡Kb Zv‡`i 'M-‡Kvgv' (Glaucoma) †ivM nlqvi m¤vebv †ekx| M-‡Kvgv †Pv‡Li GKwU gvivZ¥K †ivM hv wKbv cieZx‡Z AÜ‡Z cwiYZ K‡i|



Rvcv‡b 10 nvRv‡iil †ekx †jv‡Ki Dci M‡elYv Pwj‡q weÁwbiv G Z_¨ cKvk K‡i| M‡elKiv g‡b K‡ib wKQ wbqg †g‡b KwcúDUvi e¨envi Ki‡j GB †ivM cwZ‡iva m¤e, †hgb- cwZ 2 N›Uv Aši AšZt 5 wgwb‡Ui Rb¨ KwcúDUv‡ii c`v t_‡K †PvL mwi‡q ivLv, KwcúDUv‡ii c`v †Pv‡Li t_‡K AšZ c‡¶ 2 dU `‡i ivLv, KwcúDUvi c`v †Pv‡Li †j‡fj t_‡K mvgvb¨ bx‡P ivLv Ges †mvRv n‡q e‡m KwcúDUvi e¨envi Kiv|