

# Ban'gladiso\_m reak' ar.ak' sakamko

Ban'gladiso\_m do\_hoyok' kana dare na\_r\_ite sajao\_ akan a\_d.i ha\_ria\_r\_ diso\_m. A\_d.i ja\_sti ge ar.ak' sakam se jo\_ak'ko cas-bas la.git' mo\_n'j diso\_m kana. Ban'gladisom redo\_o\_ko\_eko ar.ak' sakamko cas-baseda; onko do\_a.d.itet' a\_d.i tho\_r.a sahar(guric') ko lar\_car.eda. Casako do\_ho\_r mo\_reak' jahan muskilanak' alo hoyok' la.git' a\_d.itet' a\_d.i tho\_r.a guric', to\_ro\_c'ko lar\_car.eda. Nebetarak' jug redo\_jo\_to\_o\_ktege ar.ak' sakam ar jo\_jinis ho~ n'amo\_k' kana. Noa o\_kte re ar.ak' sakam ar jo\_jinis ko cas-bas do\_a.d.i boga. O\_nkate cacas koak' a\_d.i bha\_la.i hoyok' te diso\_m reak' ka\_ud.initi se sa^ota(somaj) reak' a\_d.i maran' upka\_r hoe kok'a. Dela bon bad\_ae lege nia\_ko di^nre cet' ko cas-bas ho\_e dar\_ekok'a;

1. Nimu se Lebu; Ban'gladiso\_m re saitric acid do a\_d.i ja\_rur.ak' kangea. No\_a Nimu se lebu jo\_do\_got.a se\_rma ge aema lekan lat.u, ka\_t.ic' jo\_ar a\_d.i a^t.ge n'amo\_k'a. Ban'gladiso\_m redo\_pe lekan nimu se lebu menak'a. Jo\_reak' n'utum do\_nonka leka mit' n'utum Ko\_lo\_mbo\_, do\_sar n'utum Kagji ar te\_sar do\_Batabi. No\_ako modre jo\_to\_do\_mo\_n'j sapha so ar n'elo\_k' teho~ a\_d.i so\_ro\_s. Nimu se Lebu do\_n'elo\_k'te a\_d.i hud\_in' uta\_r, menkhan no\_a reak' gun do\_a.d.itet' a\_d.ige so\_ro\_sa.

O\_nate delabon no\_a korona bhaeras o\_kte re a\_d.i ba\_r.ti Nimu se Lebu reak' rasa lo\_lo\_dak' so\_n'ge mesao\_katet' bon n'ua. Entet' no\_a teho~ a\_d.i aema ho\_r.mo\_la.git' upka\_r bon n'ama. Nimu se Lebu do\_got.a sermage jok'te jo\_to\_o\_kte bon ro\_ho\_e dar\_eak'a. Delabon aboak' o\_r.ak' ad.e pase re menak' jaega/t.ha.i re ro\_ho\_e tabon pe ar gharon'j reak' ja\_rur.ok'ak' bon met.ao\_tabon ma.

2. Bele ar Berel Kaera; Diso\_m re aema lekan jo\_modre Kaera

ho~ maran' ja.rur.a jo\_to\_ gharo\_n'j la.git'ge. Go\_t.a serma ge no\_a kaera do\_ n'amo\_k'a bele ar berel. No\_a kaera do\_ n'elo\_k'te berel redo\_ ha.ria.r.ge, ar mit' lekanak' kaera do\_ ha.ria.r.ge n'elo\_k' reho~ belegea. Leher t.a.nd.ite lekan rua\_ n'am lemghan do\_ ha.ria.r. kaera utu kate jo\_m lekhan leher t.a.nd.ite do\_ ket.ejo\_k'te ho\_r.mo\_ la.git' a.d.i boge hoyok'a.

3. Karla; No\_a karla do\_ utu jo\_m la.git' a.d.i boge. A.d.i ba.r.ti sebel se ho\_r.mo\_ la.git' mo\_n'j gea seton' din re. Aema ho\_r. do\_ ha.r.hat' gete bako jo\_ma, menkhan ho\_r.mo la.git' do\_ a.d.i bha.la.i anak' kan gea.

No\_a karla jo\_ ho~ go\_t.a serma ge hoyok' kana. O\_ante delabon apnarak' o\_r.ak' ad.epase re menak' phaka jaega re ro\_ho\_e tabonpe, ar gharon'j re ja.rur. lekate kho\_jo\_k'ak' bon met.ao\_ dar.eak'a a.d.i algate ge.

4. Ma\_ric; Ha.ria.r. ma\_ric, goal ma\_ric, uduk' ma\_ric, caole ma\_ric lekan aema ja.t reak' ge menak'a. No\_ako ma\_ric ho~ do\_ go\_t.a sermage jo\_k' kana. Apnarak' gharon'j re ja.rur. leka no\_a ha.ria.r. ma\_ric do\_ o\_r.ak' ad.epase regebon cas-bas dar.eak'a a.d.i algatege.

Ma\_ric do\_ gharon'j la.git' dina.m din a.d.i ja.rur.a utue la.git'. O\_nate hat.ia. se bajar khon kirin' ban' kate a.d.i algatege o\_r.ak' ad.epasere rohoe tahelen khan bon jo\_m dar.eak'a.

5. Pa.piya(Pa.pita); Ar.ak' sakam ko modre pa.piya. do\_ a.d.i maran'ak' kana; Mano\_tan gon'ke koko men akada, pa.piya. utu, berel se bele kate jo\_m reak' do\_ a.d.i aema mon'j gun menak'a. Pa.piya. cas-bas la.git' ho~ a.d.i aema jaega do\_ ban' ja.rur.a. O\_r.ak' reak' a.d.epase rege a.d.itet' a.d.i algatedo\_ pa.piya. reak' jo\_ bon n'am dar.eak'a. No\_a redo\_ a.d.i a^t. vitamin ar pusti do\_ menak'a. Go\_t.a sermage pa.piya. do\_ jo\_ belek''a. O\_nate delabon o\_r.ak' ad.epasere phaka jaega ko menak' khan kha.li

ban do ho kate mit' bar dare bon rohoe jon'ma, ar go\_t.a serma bon jo\_m dar\_eak'a.

6. Malhan; Mit' bar ho\_r. do\_ a\_d.i ko kusiak'a ar.ak' sakam utu jo\_m. Malhan re menak'a phaibar ar vitamin. Na~wa~ha\_ria.r. malhan redo\_ kelori a\_d.i tho\_r.a tahena. Berelak' malhan redo\_ 100 gm re 31 kiloke\_lori ar no\_a re do\_ jahan shacureted fat do\_ ban' tahena; Et.ak' ar.ak' sakam lekage no\_a malhan ho~ a\_d.i algate o\_r.ak' ad.epase rebon rohoe dar\_eak'a. No\_a do\_ a\_d.i mo\_n'j hoyok'a September cando khon January ha\_bic'.

7. Kumd.ha. Ja.li: No\_a ja.il do\_ a\_d.i a^t. jo\_k'a ato o\_r.ak' kore do\_. Santal koak' o\_r.ak' do\_ ba.r.ti kaete busup' cal. Ar o\_nate santal koak' ato kore jo\_to\_ o\_r.ak' cal rege bon n'el n'ama. Aema ho\_r. do\_ ja.li regeko utu jo\_ma ar adom do\_ko do\_ho\_ kak'a a\_d.i jo\_to\_n kate tayo\_m daram so\_mo\_e re jo\_m la.git'. Ha\_ria.r. kumd.ha. ja.li do\_ ba.r.ti kaete april khon October cando re ba.r.tige n'amo\_k'a. O\_nate delabon apnarak' o\_r.ak' cal se kud.a.m kore ro\_ho\_ete mo\_n'j ja.li bon n'am ar bur.i ho~bon benao\_dar\_eak'a.

8. Sa\_pa\_ri(sa.pr.i); Nahak' jug re a\_d.itet' a\_d.i a^t. hor\_ko kusianak' jo\_ ho\_e akana no\_a sa\_pa\_ri jo\_. Entet' aema khe\_t bar.gere no\_a sa\_pa\_ri jo\_ la.git' ko cas-baseda. Jo\_m la.git' ho~ a\_d.itet' a\_d.i sebel jo kana no\_a do\_.

Sa\_pa\_ri jo\_ jo\_m reak' do\_ aema bhage gunko menak'a. A\_d.i ba.r.ti se mo\_n'j gun do\_ hoyok' kana no\_a jo\_m lekhan vitamin ma menak' ge, o\_na chad.a ho~ cancer lekan maran botoranak' ro\_g khon ho~ sahar\_akaе bon tahe dar\_eak'a. Sa\_pa\_ri do\_ July cando khon eho\_p' kate O\_ctober cando ha\_bic' te a\_d.i a^t. n'amo\_k' kana hat\_ia\_ bajar kore.

9. Bele Mandargom; No\_a jo\_ do\_ ka.t.ic' gidra. o\_ktere a\_d.i aema do\_bon jo\_m akada. Ato o\_r.ak'ren ho\_r. do\_ bego\_r kirin' tegeko jo\_m akada, entet' a\_d.i aema daredo\_

tahe~kana o\_r.ak' kud.a.m sate kore se bar.ge reho~. So\_ho\_r bajar re tahan kan ho\_r.ko do\_ ko kirin' kateno\_a jo\_ do\_ jo\_m hoe akan takoa. Mandargo\_m do\_ a.d.i her.em ar a.d.itet' a.d.i mo\_n'j so\_ do\_ menak'a. Bele Mandargo\_m do\_ n'amo\_k'a September khon October ha\_bic'.

10. Gajor: Dina.m din setak' tикин se a.yup' reak' jo\_m o\_kte re gajor do\_ jo\_mo\_k'a bin muskil. Ho\_rmo\_ la.git' do\_ a.d.i upka.r gea mente do\_cto\_r do\_ko ror\_ sad.e akada. Et.ak' jo\_ jinis se sa.bji ko lekage no\_a gajor ho~bo cas-bas dar.eak'a o\_r.ak' ad.epase kore.

100 gm Gajor khon 41 kelori ho\_r.mo reak' dar.e anak' jomak' n'amo\_k'a. Ar a.d.i ba.r.ti menak'a anti-oksident, vitamin selet' dayetari phaibar. Gajor do\_ n'amo\_k'a September khon January ha\_bic'

11. Jhin'ga.; Hako so\_n.ge jhin'ga. utu do\_ a.d.i tet' a.d.i sebel. Jhin'ga. reak' ron' do\_ ha.ria.r.gea ar 20-30 sentIMIT.ar jelen'. A.d.i tho\_r.a kelori sa.bji kana. Menkhan no\_a sa.bji re menak'a vitamin selet' phaibar. Jhin'ga. do\_ n'amo\_k'a March cando khon O\_ctober cando ha\_bic'.

12. Rampot.ol: Daka jo\_m la.git' a.d.i alga gea utu la.git' do\_. Entet' rampot.ol do\_ nuna.k' len'jera je, daka so\_n.ge si pi mesal kate mo\_ca re bo\_lo\_ lekhange ac'te bhitri sec' calak'a.

Rampot.ol do\_ aema lekate jo\_mo\_k'a; utu katet', bha.ji katet' ar ho~ si pi katet'. Rampot.ol reak' ron' ho~ ha.ria.r. gea ar no\_a do\_ 10-15 sentIMITar jelen'a. Rampot.ol do\_ hat.ia. bajar kore n'amo\_k'a June cando khon January cando ha\_bic'. Rampot.ol cas-bas la.git' ho~ bon lar.car. dar.eak'a aboak' o\_r.ak' kud.a.m bar.ge kore.

13. Ben'gar.: Jo\_to\_ ho\_r. bon bad.aea je; ben'gar. do\_ jo\_to\_ re mesal jutuk' mit't.en ututeak' kana. Ben'gar. do\_ bar lekan ron' menak'a; mit' do\_ ha.ria.r. ar do\_sar do\_

beguni. Ben'gar, ho~ 10-15 sentIMIT.ar jelen' ar 3 diameter o\_sar.

Ben'gar, jo\_ ho~ et.ak' sa.bji lekage go\_t.a serma do\_n'amo\_k' kana.

14. Ho\_to\_t'; Rear, din do\_a.d.i tet' a.d.i a^t.ge ho\_to\_t' do\_jo\_k'a. No\_a re do\_itil a.d.i tho\_r.a menak'a, menkhan vitamin do\_a.d.i aema. No\_a reak' ron' ho~ ha.ria.r. gea ar jo\_do\_ 800-1500 gm. 25 -35 sentIMIT.ar jelen' ar 20-30 sentIMIT.ar osara.

Hotot' ho~ aema lekate utuk'a ar aema lekan uture mesalok'a. Hotot' reak' na.r.i sakam ho~ a.d.i sebelia. Et.ak' sa.bji lekage hotot' ho~ hat.ia, bajarre n'amo\_k'a April cando khon January cando ha.bic'.

'15. Kond.ha: A.d.i sorosak' sa.bji kan gea kond.ha ho~. Ro\_r.landa re santal ho\_r.ko ko mena je; kond.ha utu jo\_m kate in' mond.ha go\_do\_k'a. No\_a kond.ha redo\_a.d.i a^t. anti-oxdent ar vitamin te perec' menak'a. Kond.ha ho~ aema lekate utuk'a. Kond.ha reak' na.r.i ar sakam do\_utu jo\_m la.git' a.d.itet' a.d.i sebil ututeak' kana.

Et.ak' sa.bji lekage kond.ha ho~ hat.ia, bajar re n'amo\_k'a go\_t.a sermäge. Ato o\_r.ak' redo\_bele kond.ha ko do\_ho\_ete ba.rs.a din kore a.d.i sebelanak'' utu teak'ge hoyok' kana.