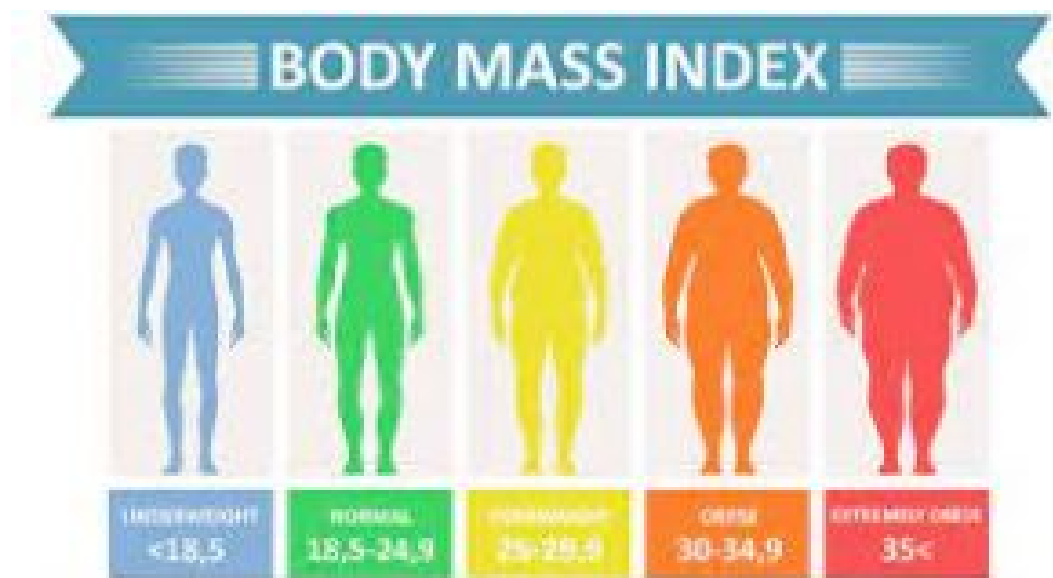


Hor.mo Reak' Ojon Sucok' se Body Mass Index Do Cet' Kana?

Hor.mo do aboak' join reak' mit't.en maran' uta.r sandes bo men dareyak'a. Gidra. okteren' par.hao leda, hor.moge joto suk reak' asol tet'. Noa nitok' ad.i bes te bo at.kar dareyak'a. Ente napai hor.mo ge mit't.en adorso hor.mo tear re maran' da.yik' se bhumikae doho darek'a. Ar abo laha khonge bon badaya je napai hormo rege mit't.en napai mondo tahe~na.



Adisedae ren ninda.n se sadharon hor. ko doko hudiset' tahe~kana, napai homo hor. doko unko kana okoeak' hor.mo do usul ar mot.a sot.a. Menkhan biggan se science doe meneda usul ar mot.a sot.alen khan ge do napai hor.mo do ban kana. Onate nitok' sedae se laha okte reak' hudis se dharona do ar bako hitaoak' kana.

Mosby's Medical Dictionary, 8th edition, 2009 lekate hor.mo do hoyok' kana; rog bidhi se eman teak' osabhabik' poristithi khon sahar.akae hor.mo hat.in', mon reak' hudis-cinta ar sa~otareak' bhage dosa. Onate okoe ba.r.tiko mot.a

unko joto hor do menkhan bolbana do ban'ko hoe dar_aya. Boron' okoe ba_r.ti ko mot_a unko ge aema lekan hor_mo reak' muskil dosare ko tahe~n kana. Ar non ka ad_i mot_a hoyok' reak' sana kan gea sthulota se ledgec' mot_a do. Cetan reak' songa lekate, sthulotha se ledgec' mot_a do bogic' bodolte rua. lek mente Cikit'sa biggan se Medical Science re mit' nawa sakha upel akana. Sthulota se ledgec' mot_a khatirte hor_mo reak' ojon do sabhabik lekate ge d.her calak'a. Pura. boyosko mit' hor_ak' hor_mo re matra ba_r.ti ojon got_ak' la_git' usul ar hor_mo reak' ojon re oka anupatik har sodorok' onage bon metak' kana Body Mass Index se hor_mo reak' ojon sucok'. Khat_o te noa do BMI n'utum ko bahanaya . Body mass index bad_ae okte re abo do mit't_en katha se word 'Sthulota' se ledgec' mot_a son'ge bon oprom akana. Nitok' thor_a khat_ote bad_ae reak' bon kurumut_u legi.

Sthulota se ledgec' mot_a do cet' ko metak'a?

Sadharon lekate la_i lekhan adorso hormo ojon reak' 20% se ona khon ba_r.ti poriman med se itil jarwalen khan ona do sthulota se ledgec' mot_a ko metak' kana. Sthulota se ledgec' mot_a do nonkan mit' dosa kana tinre ja~ha~e hor. hor_mo sec' te mot_ak' tegiye tahe~na.

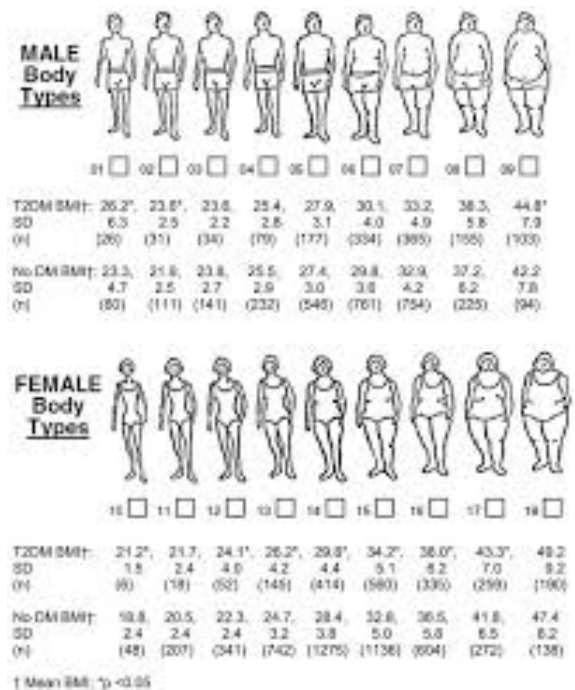
Cekate bon bujha_oa je in do sthulota se ledgec' mot_a dosare talare mena_n'a se ban'?

Sthulota se ledgec' mot_a reak' dosa son' la_git' do BMI se Body Mass Index reak' hudis phed_hoe lene. Belgium ren Jotirbid, Gonitbid, Sonkha tottobid, ar Somajbiggani Adlophe Quetelet joto khon pa_hil hor_mo reak' noa sucok' reak' video doe sodor ledae. Wikipedia reak' khobor lekate 1830-1850 Serma reak' bhitrire uni do noa babotre ja_r.ur.ok' lekan bhe_de sodor kedae.

BMI se hor_mo reak' ojon sucok' cet' lekate nirnoya?

Body Mass Index se hor_mo reak' ojon sucok' reak' son'ga khon abo bon badae akada je mit' hor_ak' hor_more matra khon

ba.r.ti ojon got.ae lagit' usul ar ojonre oka anupatik har se rate sodoroak'a onage hormo reak' ojon sucok' se Body Mass Index ko metak' kana.



Noate abobon men dar.eak'a je Monekak'me amak' hor.mo reak' ojon 60 kg ar am do 5 feet 6 inch usul mit' hor. kanam. Noa te amak' BMI reak' man tinak'? Se amak' sthulota se ledgec' mot.a reak' oka dosa re menak'mea. Dela pa.hil re BMI man ligi; nonde amak' hor.mo reak' ojon do 60 kg ar hormo reak' usul do 5 feet 6 inch:

Abo bon bad.aya: 1 inch = 0.0833 feet,

metak'me 6 inch = (0.083 6) = 0.04998 feet.

Tobe amak' usul tin'goena = (5+0.04998) feet = 5.4998 feet.

Abo bon bad.aya: 1 feet = 0.305 meters.

Tobe 5,4998 feet = 0.305 5.4998 = 1.677439 meters.

Cetan reak' somikoronre asol man ba.esa.o lekhac' n'amok'a;

BMI=21.32

Tobe amak' hor.mo reak' ojon sucok' do hoyok' kana 21.32

Nitok' latar reak' chok bon n'ela. Nonde BMI man reak' sreeni bibhag tear hoe akana. Abo bon bujha.o dar.eak' kana je amak' BMI man Jodi 18 latar re taken unre bujha.o hoyok'a je am do roga hormo antem bosobasok' kana.

BODY MASS INDEX (BMI)

Classification BMI score (kg/
m²)

Under weight	< 18.5
Normal	18.5-24.9
Over weight	25.0-29.0
Obese	30.0-40.0
Extreme	> 40.0

Amak' man Jodi 18.5- 24.9 hoyok' tobe sabhabik ar bogi hor.mo menama. Ba.r.ti ojon khetro re noa reak' man sadharonto 25.0-29.0 tahena. Ar sthulota se ledgec' mot.a hor.mo reak' pa.hil stor khetro re 30-34.9 hoyok'a. Amak' man Jodi 35-40 hoyok' tobe amdo sthulota se legec' mot.a hor.mo reak' dosar dhap' re menama. Am Jodi hor.mo reak' ojon sucok 40 khon ba.r.ti man n'el ocole khan tobe amak' sthulota se ledgec' mot.a hormo do tesar dhap' re menak'a. Onate am do bujha.o lagaoama je amak' hor.mo reak' dosa do ba.r.ic' sec'. Jaha~tin okterege amak' dua.re kot.ab dar.e atama. Ente sthulota se ledgec' mot.a hor.mo kha.tirte Koronari koram rua., t.aip-2, Diabetes, Cancer (breast, colon) High blood pressure, Stroke, ar ho~ aema aema botoranak' rua. hoe dar.eya. Onate noa babotre sontor akae tahe~n do adi bogia.

Sthulota se ledgec' mot.a do cekate hoyok'a?

Mimit' hor. a.d.i ba.r.ti Calories jom, menkhan ja.rur. lek hor.mo ban khat.ao ge sthulota se ledgec' mot.ak' reak' maran' karon mente ganog kana. Ona chad.a ban' ja.pit' dareak', ja.r.ur. leka jira.ok', unko boss re menak' (Genetic), Gharoj reak' join jin'gi, mon sec'te bajao ar eman tiak' ko ho~ sthulota se ledgec' mot.a reak' karon mente lekhak' kana.

Cekate sthulota se ledgec' mot.a do bon tegu darama?

Noa khetro re jao hilok' beyamok' (Exercise) chad.a ar cet' ho~ ba.nuk'a? Din hilok' setak're taram, paerak' ar eman teak' hotete d.her.kaete sthulota se ledgec' mot.a do kot.a gidic'a. Ona chad.a pust.i jomak' ko jom, laloc' jomak' ko jom ba.gi, dar.eak' khan hor.mo reak' ojon jao hilok' ariba.ndite aema rukhia. n'amok'a.