

Got.a Disomre Raban' D.her Akana

Calaoen bar din laha khonak' got.a disomre a.d.i kajak raban' do at.karok' kana. Ar kur.ha. kha.tirte setak' tora sin cando ho~ bae n'el n'amok' kana. Ente ona da.ria. kur.ha. n'utte sin' cando do danan'ge tahe~n kana. Khan sin' cando a.d.i bilom n'ok'te rakabok' kana. Adom adom t.ot.hako ren hor. do sin' cando ak' marsalge bako n'el n'ameda.

Onate d.ahar ar.e ato gharon'jkore rear.-raban' khonak' ban'caok' se thor.agan urgumok' la.git'te sen'gel jol katec' hor.ko jorogok' kana. Nonkan dosare hoe-dak' bichna.u officer ko (Abohaobid) menet' kana Sa.nicar (07 January) khon thor.agan reho~ noa abohaoa do bodolok'a menteko bad.ae ocoyet' kana. Enreho~ bodol uta.rok'a ona do ban'a mit' bar din tayom arho~ nonkage rear. raban' se kur.ha. hoe dar.eak'a. Nia.ko dinre sanam hor.ko a.d.i muskil dosare menak'koa. Ba.r.tikate ren.gec' nacar hor.ko, okoe do horok' la.git' lolo kic'ric' ba.nuk'tako nonkan hor.ko a.d.i haron kost.o talate akoak' jion jingi ko khemaoet' kana. Ina.kate ho~ ka.mi ka.sni hor.ko, okoe do mit' jaega khon ar mit' jaega calak' hoyok'kantako onkan ko hor. ho~ nia.ko raban' dinre a.d.i haron sahao hoyok' kantakoa.

Ba.r.tikaete har.am-bud.hi hor.ko okoe do umerteko laha akan ar ka.t.ic' gidra.ko la.git' ho~ noa raban' din do a.d.i muskilanak' kangea. Cedak'je har.am-bud.hi hor. ar gidra.ko setak' re raban' kha.tir bahre ban'ko od.ok' dar.eak kana. Nia.ko raban' dinre sanam gogo babawak' ja.rur. kana aboren gidra.ko napaete ta.n'khiko. Eken gidra. moto do ban' joto umer ren ko la.git'ge noa raban' do botoranak' kana. Ente noa raban' mit' dhalo hor.more bololen re muskil dosare par.aok' hoyok'tabona. Metak'me aema lekan rua. hasorebon ja.bun dar.eak'a. Ar ona khon ban'caok' reak' jahan horge babon n'ama honan'. Onate delabon noa rear. raban' dinre sanam ko a.d.i sонтор rebon tahena. Jemon noa rear.-raban' aloe ka.bu bon ma. Ar nonkate noa raban' dinre sanamko mon'j bon taken bon kurumut.ui ma. Sanamkoak' ja.rur. kana aboak' apnarak' hor.mo apnarak' gharon'jren hor.ko ra.khi

jogaoko do aboak'ge da.yik kana.

Hor.mo Niphut Dohoe La.git' Eyaе (7) Got.en Upa.iko

Hor.mo do hoyok' kana Isorak' Mundil. Onate hor.mo sapha sa.phi tahan do a.d.ige ja.rur.a. Hor.mo jok'ton hoyok'tabona jemon abo gharon'jren sanamko sapha sa.phi ar niphut.bon tahan.

1.Sapha sa.phi gharon'j:

- Dina.m hilok' d.a.bra.k' hoyok'a.
- Haptare mit' dhaokate bohok' up' sa.bunte saphae hoyok'a.
- Joto kic'ric'ko hed.ec' se sa.bunte saphae hoyok'a.
- Gidra.koak' ghao se si eman menak'ko se ba.nuk'ko n'el hoyok'a, ar saphaetako hoyok'a.
- T.a.nd.ite se racate tayom ti sa.bunte a.rup' saphae hoyok'a.
- Jomak' tear lahare ar jom lahare ti sa.bunte a.rup' saphae hoyok'a.
- Ka.t.up' reak' rama ka.t.ic' ar sapha dohoe hoyok'a.

Or.ak' duar.:

- Dina.mge or.ak' jok' saphae hoyok'a.
- Somoe somoe bhit se t.a.t.i jok' saphae hoyok'a.
- Jom tayom ho~, caor.a aloko hijuk' la.git' hiric' pa.sir sikr.iko

jok' saphae hoyok'a.

-Or.ak're seton', hoe ar marsal bolo ocoak' hoyok'a jemon capr.a, cut.ia. emanko or.ak're aloko d.era dar.eak'.

-Somoe somoe at.et'ko seton're od.ok' hoyok'a.

-Gitijok' somoe sor sor gitijok' ban' hoyok'a, ente rid.a.t' cirit' gitic' do hor.mo la.git' ban' besa.

-Ja~haman benao t.a.nd.ite se racate ban'kate t.a.nd.ite or.ak' se pa.ikhana benao hoyok'a.Pa.ikhana sor re enec' ocoako ban' hoyok'a.

2.Dak':

-Ma.ila. dak' khon aema lekan rog n'an'ama, d.herkaete lac' has oar patla t.a.nd.ite onate sanam okte sapha dak' n'ui hoyok'a.

-Sanam okte ku~i eset'kak' hoyok'a.Pukhri se gad.a ar.e t.a.nd.ite ban' hoyok'a.

-Patla t.a.nd.ite ma.ila. akan kic'ric' pukhrire tis ho~ ban'saphae hoyok'a, bickom juda. jaegare, ar ona ma.ila. dak' khetre dul hoyok'a.

-Gad.a se pukhri dak' n'ule khan lac' haso n'an'ama, ja.rur. khan, noa dak' do hed.ec' kate n'ui hoyok'a.

-Dar.eak' bhor nolkup reak' dak' bebohar hoyok'a.

-Pukhri ar ku~n' ar.ere pa.ikana or.ak' bek'nao do ban' besa.

3.Mon'j jomak':

-Ja~ha~n jo jom lahare se ar.ak' sakam utui lahare sapha dak'te a.rup' hoyok'a.

-Utui somoe beste isin ocoe hoyok'a, asokaete jel utu.

-Jomak' lolo tahanre jomge besa.

-Ja~ha~n jomak' sarec'len khan beste eset'kak' hoyok'a.

-Toa beste hed.ec'kate n'ui hoyok'a.

-Vit.amin do rog ten.go daram dar.eye badhao ocoea ar joto lekan rog khon hor.moe dar.e ocoea. Niphut. tahan la.git' vit.amin do a.d.i ja.rur.a. Pepe, ul, kant.har, anaros, kaera, libu, komla, gajor, sa.pri, joto lekan ar.ak' sakam emenkore aema vit.amin menak'a.

4.Beyam:

-Aboak' hor.mo la.git' thor.a se hor.mo bhajao do ja.rur.gea. Tar.am bar.ae se ka.mi bar.ae ho~ beyam kangea.

-Beyam len khan hor.mo reak' ma~ya~m bes lekate pasnaok' jelko dp ket.ejok'a ar sar.eak'a.

5.Ja.pit':

-Aboak' hor.mo la.git' jira.u do ja.rur.gea tinre abo dobon ka.mia unre hor.mo reak' dar.e do thor.a komaok'a.Ja.pit'le khan se jira.ulen khan arho~ dar.ebon n'am, rua.k' okte babo ja.pit'le khan usa.ra babon besok'a.

-Ja.pit' okate mosari beboharlena khan, sikric' bako ger dar.eabona. Sikric' ger kom tahelen khan, malaria ar pila. rua. n'an'am reak' botor komge tahena.

6.T.ika.:

-Bar bochor latarren gidra. do t.ika. ocoko hoyok'a janam tora khon t.ika. ehop'len khan boge hoyok'a. T.ika. hotete turui got.en muskil rog khonko ban.caok'a, ar onako rog ban' n'amkoa.

7.Pa.tia.r tahan:

-Judi bapla lahare juripa.ri epemok' ban' hoelen khan, ar baplakate unkin bapla akan hor. pa.tia.rgekin tahan, AIDS se et.ak' rog ona okte ban' pasnaok'a.

KHOK' MANDA RUA

Khok' ar manda do etak' karonko lekage sadharon karon kana. Menkhan noa reak' do dher hor ge ja sti bako moneak'a. Noa do dher idilen khan se noa khon ban'caok' lagit' d_hili sililen khan tayom te muskil ho~ hoe dar eak'a.

KHOK' DO TINA K' LEKANA?

1. Rohor, khok', sigaret, dherko n'u lekhan noa khok' hoyok'a.
2. Lohot' khok'. Manda okte khok' khok'te kharak' od okok'a.
3. TB khok'. Adi din khon ko khoga ar muca t're khok' khok'te kharak' sa~ote ma~ya~mgeko ula ya.

MANDA KHOK' CINHA KO

-Na_nd_ri hasoa.

-Bohok' hasoa.

-Hor_mo hasoa.

-Ka_t_ic' gidra, do patla se sunuc' t_and_ite ho~ n'am dar eakoa.

BESOK' REAK' UPA IKO

-Aema halka jomak'ko do jom n'u hoyok'a, metak'me dak', toa, ca emanteak' ko. Asolkaete loloak' do khok' lagit' adi besa ente noate bhitri reak' kharak' do dagok'a.

-Tulsi sakam gel got_en turui t_hop' libu rasa mit' gela_s hed_ec' dak're dar eak' bhor lolo lolo n'ui hoyok'a.

-Or_ak' dua_r sapha sa_phi dohoe hoyok'a. Or_ak're jemon sanam okte hoe bolo dar eak'.

-Kharak' do jemon otre aloko thoe, bickom culha_re se bises jaegare.

Kharak' te rogren tejo do ko pasnaok'a.

-Udgar aika.uk' khan da.bra.k' hoyok'a. Ruak' somoe do lohot' kicric'te got.a hor.mo saphae hoyok'a.

Ran Ocok' ar Daktar t.hen tinre rugi idiye hoyok'a:

-Bar hapta khon d.her khok' tahe~len khan.

-Hor.mo lolo ban' komaolen khan.

-Judi khok' d.herlen khan ar kharak' reak' ron' arak', ha.ria.r. se sasan.dak' leka n'ellen khan.

-Na.nd.ri d.herge hasolen khan.

-Na.nd.ri haso sa~ote hot.ok' hasolen khan.

Me~t' Rakap' Se T.oke Rog

Nia.ko dinre n'elogok' kana me~t' rakap' se t.oke rog cha.pla.u akana. A.d.i algatebon bujha.ukea je, me~t' aragok' kana ar haso. Gidra. khon ehop'kate joto lekan umerren hor.ko noa muskilreko par.aok' kana. Noa me~t' rakap' rog do a.d.ige pasnaok' kana. Mit' hor. khon et.ak' hor. t.hen algatege uca.r.ok' kana.

Delabon bad aelege me~t' rakap' se t.oke rog reak' thor.a cinha.ko:

- Me~t' aragok'a metak'me pond. on'sotet' ho~ arak' cabak'a
- Me~t' dak' jorok'a.
- Me~t' haso ar babat' at.kar.
- Me~t' phula.u.
- Me~t' pusta.ute ban' n'en'el
- Me~t' ben'jagok'a.

Noa rog khonak' sotor tahe~n la.git'te cet' cet' cekae hoyok'a?

Ma_il_a_-ja_br_i, dhur_i, seton', sen'gel a~c' khon pharak're tahe~n. Bad_aebon je, noa rog do uca_r.ok'a, onate un jokhen hor_ko talare se iskul teho~ calak' ban' ja_rur.a. Hende cosma ho_ro_k' hoyok'a. End_ekhan hor_ko t_hen ban' uca_r.ok'a. Ba_r.tikaete mobile se Tv ko_m n'o~k' n'el hoyok'a. Ja_rur.lere daktar ko t_hen porames hatao hoyok'a. Ar nonkan rog n'amakat'ko hor_ko khon pharakre tahe~nok' hoyok'a. End_ekhan algatege noa rog khon rua_khia_bo n'am dar_eak'a.

Setak' re Dak' N'u~ Reak' Bha_la_itet'

Dak' do jiu reak' rehet' kana. Ente dak' begorte cele jib-janwarge ban'cao bako tahe~ dar_eak'a. Onate din hilok' mimit' hor_ak' 4-6 liter dak' n'u~ ja_rur.a. Jarnahakoak' katha lekate, din hilok' ren'gec' lac're mit' gila.s dak' n'u~ lekhan hajamre mon'j upa_ka.r n'amok'a. Enkate lac're gas se lac' phula.uk' lekan muskil khon rukhia_bo n'am dar_ueba.

Ren'gec' lac're dak' n'u~ lekhan hor_mo khon toxin ho~ cabak'a. Ona ia_te setak' re beret' tora mit' gila.s dak' n'u~i hoyok'a. Ina_chad_a ho~ ren'gec' lac're dak' n'u~re cet' cet' upka.r se bha_la.i menak'a,

thor_abon n'ellege-

Din hilok' ren'gec' lac're dak' n'u~i la.git' hewak' hoyok'a. End_ekhan hor.more ma~ya~mko sarsao akan tahe~na. Setak're beret'kate ko_m se ko_m pe_gila_s urgum dak'em n'u~lere got.a n'inda_te jarwa akan ma_ilako racate hotete od.on'ok'a.

Ne_be_tar jugre jo_m n'u~re bhul kha_tir aema hor.ge a.d.i a~jhat. se jala jon'jal (Kostokathinno) lekan mu~hinreko par_aok' kana. Menkhan ren'gec' lac're metak'me a.uri jo_mre dak' n'u~ lekange a.d.i algate noa khon rukhia. n'amok'a. Nonkage calao idilenre thor.a hpta tayomge nist.a.n noa reak' jo_ do n'amok'te ho~ n'amok'gea.

Arho~ din hilok' setak're ren'gec' lac're dak' n'u lekhan kidney, hor.mo baha (menses), na_nd_ri reak', emanteak' ro_g khon sahar.bon tahe~ dar.eak'a. Onate setakre dak' n'u a.d.ige ja.rur. kana.

Eken ina. do ban', dak' do hor.mo reak' jan'ko ho~e ket.eja. Onate setak're dak' n'u~ lekhan hor.mo reak' jan'ko ket.ec' ar nira.i tahe~na. Nonkate hor.more jahan hasoko tahe~nre algate cabak'a. Aboak' hor.mo ar me~t' mut.ha.n ho~ mon'j dohoere dak' do a.d.ige upka_ranak' kangea. Ar nonkate niropo hor.mo bon tahe~ dar.eak'a.

Cehaona Katha

Ba_rsa. oktere serma dak' ar d.uba. hoe dar.eak'a. Ar oka kore dak' perejok' ar d.uba. hoyok' ona jaega kore bin' a.d.iko da~r.a~ baraea. Aema oktere or.ak'te bin'ko bo_lo_k'a. Onate bin' khon ban'caok' se rukhia. n'am la.git' Lifebouy sa_bun or.ak're do_hokak' a.d.ige ja.rur. kana. Ente noa Lifebouy sa_bun redo Carboxylic Acid se

Carbonyl Asid tahena. Ar noa Asid ia_te bin' ban'ko hijuk'a.

Ar ban'khan Carbonyl Asid bo_to_l reak' benet' ocok' kate doho lekhan ho~ hoyok'a. Ar ban'khan noa Carbonyl Acid ban' tahe~len khan munga. d.a.r se ra_sun ka_t_ic' ka_t_ic' kut_ra. kate or_ak' got_a t_and_i ar ber_haete dohoka hoyok'a. End_ekhan nonka ka_mi lekhan bin' or_ak'te o_ho_geko bo_lo_ dar_eak'a.

N U R S E

Calaoen 12 ta_rik do tahe~kana International NURSE Day. Delabon bad_aelegi NURSE reak jos katha; N-Nurture; pusti, U-Universal; sanamko la.git', R-Responsible; Da.yik, S-Smart; budan, Jhu~k monan, E-Educated; bhage sikhna_t hamet..

International Council Nurses (ICN) 2022 sal reak' asol jos do tahe~kana; Nurse ak' a.ida.ri manot babot. Sa_rige Nurse ak' tina.k' manot ar da.yikan kanako, ona reak' jo do sanamko me~t' tebon n'elkeda; COVID-19 lekan maran' rogre. Apnarak' jiwi alaikatet sanamkoak' jiwi rukhia.i la.git'ko ka_mi akada.

Jao sermaje ICN hotete Adhunik hor_mo ha_t.in' re jopor ao tahe~kan Florance Naitangel ak' janam ma~ha~ 12 May re Got.a Dha_rti Nurse ma~ha~ko manao ganaoeda. ICN ren maran' per.a manotan Dr. Pamela Cipriano doe men akada; Got.a corona okte re nurse ko do a_d.i a~t. haron arko kost_o akana; Babon at_karakat rog coronate aema nurse doko goc'akana, se corona te la_r.ha_ikatetko ban'cao akana apnar ar sanamko. Nonkan haron ka_mi re aema bhageak' doko ka_mi akada; ar thor.a tolopteko ka_mi kana se ka_mi tha.^ire bako lekha ocok' kana. Sanam disomren sorkar jemon noa babotre a_d.i kha_ndri doe hudis ar ban'khan hor_mo joton ka_mire menakko la.git' a_d.i maran' laksan do hoyok'a. Hor_mo joton ka_mi kanko begor hor_mo do banuka.

International Council Nurses (ICN) 2022 sal re barea nurse ak' khat.o

katha ol rakapkeda. Pakistan period khon nit habicte Bangladesh reak' uta,r nakha Rajshahi bibha,g; Rajshahi jila,, Chapai jila, ar Naogaon jila, ren sanam hor,ko a,d,i joto selet' boge treatment doe em a,guieda – Amnura Lutheran Mission Hospital. Olak 'sec'te bad,aeaok' kana je; noa hospital do ehop'akana 1966 sal khon dispensary hisa,bte, ina, tayom Clinic ar nitok do 10 beds Hospital. Noa Hospital re 22 gotten total staffs menak'ko, Ona modre 6 gotten nurse doko ka,mi kana. Onko modre bar hor,ak' ol kathan' sodoreda; Songita Murmu do Rajshahi Christian Mission Hospital – Nursing Training Center khon Diploma in nursing doe pura,u akada. Training muca,t' tora khonge uni do Amnura Lutheran Mission Hospital re ka,mi ehop' akada; Onka leka Mery Hembrom do Sahamokhdum Nursing Institute khone par,hao akana ar nitok do Amnura Lutheran Mission Hospital reye kami kana. A,d,i ra,ska, selet' dokin ka,mi kana. Ar bana hor,ge a,d,i bhage ar jhu,k montekin ka,mi kana. Hospital ren sanam nurse ge hor, kanteko ar ba,r,ti hor, rogiko joton ka,mi kha,tir a,d,i bes doko at,karet kana. Nonkan kami re hejuklagitbartiuskurdokonamakadaGogoar Baba khon.

Kerina Soren ho Rajshahi Christian Mission Hospital khon Diploma in Nursing doe pura,uakada. Kerina do gogo hor,mo re tahan okterege ac' baba doe goc'lena. A,d,i haron talate ac' gogo doe joton harakedia ar Nurse doye par,hao ocoakadea. Kerinaren baba do ac'kageye goc'ena; dactor khanako ho a,d,i sa,n'gin re tahekante bako edi dar,eadia. Onate ac' gogoak' maran' sana ar as do hoyok' kana; jemon mit din in' ren gidra, hor,koe ran ako ar onkate bogeko tahan. Kerina ho~ a,d,i ra,ska, doe at,karet kana; hopon tolopte kami katet ho. Entet uniak' maran' jos ar motlob do rogiko joton talate bhage bhage kami.

Noa Nurse ma~ha~ sec'te got,a dha,rtiren sanam nurse ko la,git tahan kana aema manot ar dula,r, johar. Hor,mo do maran' mit' sompot kana sanam manwakoak'. Entet hor,mo t,hik ban' tahelen khan sanamakge bes ban' bujha,uk'a. Onate delabon sanamko; aboren nurse ko ba,r,ti bon manotkoa ardhur,i dharti re tahan bhor jemon bhage upka,r bon n'am se sebako emabonte nurse ho~ akaok' ekrar., josar motlob do pura,uk. Darakan din re la,git nonkan as sanamko dohoeda.

Bir.i-Sikar.et. N'ute Hoedar.eak' Muskilanak' Ko

Jo_to_ hor.gebon pust. aua Bir.i-cut.i do_ hor.mo la.git' muskilanak' kana mente. Noa kakhante hor.more nana-parkan rog n'elo.go_k'a. Thamakur lekan jinis ba.r.ti beohar kha.tir Cancer lekan gujuk rog ho~ d.her idik'kana.

Bir.i n'ute Cancer sa~o arho~ ekal high blood pressure ar cholesterol d.herogo_k' kana. Thamakur jo_mte hor.more ma~ya~m pasnaok' kan sirre dhu~a. jarwak'a, nonkate stroke heart attack hoe dar.eak'a.

Jaribte n'elo.go_k' kana, amdaj 34.6 percent se~r.a~ metak'me harata.l hor.ko ba.r.tiko n'ujon' kana. Noa sima. bahan n'u kakhante aema lekan rog bihinte ja.bunkate bo_cho_rre amdaj mit' karor. hor.ko gujuk' kana. Ar bir.i n'ute bo_cho_rre amdaj 53 percent hor.ko gujuk' kana.

Menkhan pasec' d.her hor.ge babon badaea, bir.i n'ute me~t're muskil he_c' par.aok'a. Ente gobesona meneda, Thamakur dhu~a.te eyae hajar khon ba.r.ti chemical saran'jam menak' akada. Noa ko modre thor.a do_me~t' la.git' a.d.itet' ba.r.ic'anak' kangea. End.ekhan dela thor.agan bon bad.aelege, bir.i n'ute cet' cet' muskil dosa hoe dar.eka-

Me~t' ro_ho_r.ok'a se me~t' dak' an'jetok'a-

Hor.mo rean' maran' uta.r tarantar kana noa me~t'. Sikar.et. se bir.i dhu~a.te me~t' kho_n dak' lekan bo_stu ekal an'jet'ok'a. Ar nonkate ba.i ba.ite me~t' ro_ho_r.ok'a. Ba.r.tikaete, me~t're arak' dag, me~t haso se me~tre nana parkan muskil dosa do_ he_c' par.aok'a. Noakage calao idilenkhan mit' okte me~t marsal ad metak'me ka~r.a~ reak' bo_to_r tahe~nok'a.

Me~tre cha.uni:

Arho~ ba_r_t i bir_i cut_i n'ute ja~ha~ umerege me~tre cha_uni n'elo_go_k'a. Bir_i n'ute me~tre maran' uca_t_ par_aok'a. Bad_aekak'bon, umerte lahalen khange me~tre cha_uni n'elo_go_k'a, menkha bir_i cut_i n'ute ho~ ja~ha~ umerrege cha_uni hoe dar_eak'a. Ona ia_te sa_rige noa khonak' pharakre tahe~nge bogea. End_ekhan nonkan dosare o_ho_bon par_aolena.

Niropon Hor_mo Tahe~n Babo_t Ja_rur_ak' jo_mak'ko

Hor_more ja~ha~ lekan rog birud ten'go daram lekan khemota tahe~n khan, a_d_i algate rog khon rukia_bo n'amdar_ekea. Noakanak' thor_a jo_m babotre latarre ta lika_ emena.

Se_ke_rkenda: Se_ke_rkenda re beta-carotene tahe~nok'a. End_ekhan noa jo_mak' hor_ak' hor_more bo_lo_kate Vitamin-A re pheraok'a. Noa reak' gun-man hor_more rog sa~oe la_pa_r_haia.

Ra_sun: Jo_to_ hor_ak' or_ak're ra_sun tahe~na. Ra_sunte ekal utu reak' sebel-so_r_o_me sarsaoa. Be_re_l ra_sunte bacteria, virus ar sealom (chotrak) oka do_ me~t'e ban' n'elo_go_k'kan nonkanak' birudrey ka_mia. Asokaete, hor_mo reak' harta se_ chal napaeye do_hoea.

Adhe: Jo_mak're jhan'j ja_sti la_git' adhe reak' ja~ha~n tula_uak'ge ba_nuk'anan'. Ente ona do_ anti-oxidant reak' ho~ mit't_en mon'j onor_kana. Pho_lmul se_ ar_ak' sakam khonak' n'amak' Anti-Oxidant a_d_i tur_ighur_i hor_morey ka_mia.

Tormuj: Tormujre Gluthaione n'utuman Anti-Oxidant tahe~ bar_ak'a. Noa jo_mte hor_more rog birud asambher_e ka_mia.

Hako: Omega-3 ar Fatty Asid bhut_ela se_ ganga_nia_ jo_mak' je_mon hako jo_mte Immune system d_herok' kana.

Amlo_ki: Amlo_ki sa~o thor_a adhe ar khijur rit' gund_a mar_an'kate n'u lekhan hor_mo la_git' a_d_itet' bha_la_ianak'ge hoe bo_tec'kok'a honan'. Ente noare Vitamin-C menak' akada.

Toa ar Dahe: Toa ar dahe re zink menak'a, noa hor_more rog birud jaogei ka_mikana. Toa ban' hajam ta_nic'lenkhan toate benaoak' jo_mak' jo_m ja_rur. kana. Jao hilok'ge 100 grams dahe ban_khan mit' cup toa n'ui reak' kurumut ui hoyok'a.

Cet' Lekate Migraine (Bo_ho_k' Haso) Kho_n Rukhia_bo N'amkea

Migraine mit' lekan bo_ho_k' haso kana. Bo_ho_k' re ja~ha~ mit' ar_e kho_nak'ge noa haso ehop'a. Migraine bo_ho_k' haso a_d.i gha_ric' do_tahe~na. Okoe ak' nonkan et_ket.or.e~ menak'tako, Onko do bo_ho_k' haso sa~o be_c' be_c'ko at_kara. Noa haso a_d.i algate ban' maraok'a, thor_a din do_hasoa. Onate tina_k' hor_koak' noa haso menak', noa haso cet' kha_tirte ehop'a ona babotre bad_aejon' ja_rur. menak'a. Nonkate Migraine khonak' pharak'bo tahe~ dar_ekeia.

1. Ren'gec'te tahe~n:

Ren'gec'te tahe~len khan Migraine bo_ho_k' haso ehop'a. Ente ren'gec'te tahe~nre gastric reak' muskil n'elogo_k'a, oka do_ bo_ho_k' haso d_her dar_eak'a.

2. Hoe-dak' bichna_u (abohaoa):

A_d.i ba_r.ti seton're na.curle khanho~ bo_ho_k' haso ehop' dar_eak'a. Ina_kate lo_lo_ seton' kha_tirte hoe dar_eak'a.

3. Mo_nre uca_t.:

Okoe do_asambher. se_a.d.i ba.r.ti uca.t.teko ka.mikan, ar jo_m-n'u rean' ja~ha~n nit, akan okto ba.nuk'tako se_ban'ko manaoet' kan, onkanko hor.ge ba.r.ti noa bo_ho_k' haso n'amet'ko kana.

End.ete nonkanak' mo_nak' uca.t. dea gid.ikak' reak' kurumut.ui hoyok'a.

4. Ja~ha~nak' sad.e: kajak' rir.a.n' r.ar.an te seren' an'jo_m emanteak' kha.tirte Migraine bo_ho_k' haso n'an'ama. A.d.i rir.a.n' r.ar.an' kha.tir amdaj bar din dha.bic' haso tahe~dar.eak'a.

5. A.d.i ba.r.ti ja.pit':

Okte na.pitre ja.pit' sanamko la.git' a.d.i ja.rur.a. Ente oktere ban.ja.pit'le khan hor.more aema lekan et.ket.o~r.e~ n'elogo_k'a. Okoe do_jao hilok' 5-6 ghont.a ko ja.pit', Ackage mit' okte onkanko hor.d.herko ja.pit' lekhan bo_ho_k' haso ehop' dar.eakoa. Onate sanamko sntor ar aodhan tahe~n hoyok'tabona.