

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. baher 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 bad_aea, 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_ekea-

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.ti 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 napaeve 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 benaok' 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_r.ic' do_tah~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_ekea.

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 kxanho~ 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 manaet' 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 sontor ar aodhan tahe~n hoyok'tabona.

Niropon Ho_r.mo_ Tahe~n La.git' Okako Ca.li Se_ Hewa Reak' Ja_rur_ Menak'a

Enkathae Me_nako ban'ma- setak' kho_n cet' lekabon calak' onkage got.a dinbo khemaoa. Jo_to_ hor.ak'ge thor.a nit.ak' routine tahe~ntabona. Ado_mko do_ setak're beret' bako re_be_na. Arho~ ado_m ado_m hor. do_ setak're beret' kate ho_r.mo_ ban'jao la.git'ko tar.am bar.aea. Me_nkhan ja.pit' kho_n beret'o_k'em bilom lekhan ar okte na.pitre ka.mi ban' hoelen khan et.ak' emanteak' ka.mire a.d.ibo biloma.

End.ete thor.a ba.r.ic' ca.li-hewa abokoak' routine re jonor.ao akana. Nonkanak' jo_to_ hewa ba.gi dar.eak' khan ho_r.mo_ ar mo_n-jiwi se_c'te ho~ niropon se_ bogebo tahe~ dar.eak'a. Enkate abo ad.epase hor.ko ho~ bogeko tahe~na. E_bhen torage pa.hilte phone se_c'bo

non'jo_rak' kana. Na~wa~ ja~ha~n pat_haona (message) n'ela me_n-te. Ina_kate Social Media ma menak'ge. Ar nonkate me~t' re ba_r.ti uca_t. par_aok'kana. Got_a din bo_ho_k' haso lekan muskil ho~ tahe~ dar_eak'a. Ka_mire mo_n ban' gad_aok'a.

Ona ia_te ja_pit' kho_nak' beret' kate pa_hilte mit' gila_s dak' n'u ja_rur_a. Ina_kate thor_a gha_r.i janla se_pinda chat_kare dur_ubo_k' hoyok'a. Setak' eken 2 ghont_a apnar la_git'bo do_hoea. Ar ona okte social media kho_nak' sa_n'igin're tahe~n ja_rur_a. Ho_r.mo_bhan'jao do_jao hilok'ge ja_rur_kantabona. Setak're ca se_coffee n'ui hoyok'a. Ja_r.ur.lenre puthi, kho_bo_r kago_j par_hao hoyok'a.

Baskeak' jo_m babon ba_gia. Ente ado_m ado_mko do_setak're e_kal ca n'u bar_kate mit' dhaore majanko jo_met' kana. Me_nkhan noa hewa hor_mo la_git' bogeak' ban' kana. Nonkate hajamre et_ke~t.or.ec' hoe dar_eak'a. Hor_mo bhan'jao tayo_m baskeak' jo_mak're bele, pho_l - apnar kusileka jo_mak'bo dohoea.

Setak' beret' tayo_m nit_akan lekabo ka_mia. Onate n'inda_re jo_to_wak' nit_kak' hoyok'a. Enkate jo_to_wak' kam-kaj okte na_pit're pura_uk'a. Um paerak're ban'bo biloma. Ba_r.tikaete setak're um paerak' hoyok'a. End_ekhan ho_r.mo_mo_n rawal tahe~na. Kam-kajre mo_n gad_aok'a. Ar hor_mo rean' ho_rmo_n ho~ napaetey ka_mia. Ho_rmo_n napaete ka_mire abo_ho~ abokoak' kam-kajre ba_r.ti dil-dar_ebo n'ama.

Ja~ha~ lekan ba_r.ic'ak' hudis salak' ja_pit' kho_nak' ban'bo beret'a. Me_nkhan bhage bhageak'bo hudis-gand_ona. Apnarte dil-dar_ebo jogaojon'a ar et_ak' gateko ho~ nonkan ka_mire uskurko jarur_kantabona.

Okako

Ca_lco_lo_n

Do_

Bo_ho_k' Reak' Hatan'e Ha_na

Aema okte aboak' thor_a ba_r.ic' ca_lco_lo_n bo_ho_k' hatan'e ha_net' kana. Noako ca_lco_lo_n kha_tirte bo_ho_k' hatan' reak' e_ktia_ri ha_na,k' kana ar noa karonak'te aboak' jaejug jion jingire muskil hec' par_aok' kana. Nond_e thor_a ca_lco_lo_n cetanre bo_n bad_aekak'ge oka reak' do_bo_no_do_l ja_rur. menak'-

A.d.i ba_r.ti ran'gao-

Me_nakana ran'gao do_ aboak' ak'-at_karak'e laksana. Me_nkhan thor_a hor_ do_ ka_t.ic' macha ja~ha~n babotregeko ran'gao bar_a ho_do_k'a. Ran'gao kha_tirte ma~ya~m sire uca_t. par_aok'a, ar ona do_ hec' par_aoka hor_koak' mo_n ontorre. Nonkan okte hor_koak' disa_dar_e ar ja~ha~nak' babotre nit_ reak' khe_mota ho~ ha_n uta_rok'a. Ona kakhante kiria.k' pe_ je_mo_n ba_r.ti alope ran'gaok' ma.

Okte na_pit're ban' ja_pit'-

Niropon hor_mo tahe~n la_git' okte na_pit're ja_pit' reak' ja_rur. menak'a. E_nte ja_pit' do_ aboak' lan'ga hor_moe jira_ua ar ka_mi reak' dar_e sa_kti d_hertabona. Menkhan aema hor_ge okte na_pit're ban'ko ja_pit' dar_eak'a se_ metak'me bilo_mte ja_pit' kakhante ja_pit' do_ napaete ban' hoe pura_uk'a. Nonkan hor_koak' bo_ho_k' hatan' reak' ha_t.in'ak' do_ jira_u o_ho_e n'ama. End_etero_n' onkoak' bo_ho_k're do_ lan'ga, a_r.is, a.d.i algate ja~ha~nak' hir.in', eskar tahe~n reak' t_ont_a nonkan nana-parkan muskil n'elogo_k'a. Ona kha_tir jao hilok'ge are (9) ghont_a ja_pit' jarur_a. Ja_pit' lahare ja~ha~n puthi par_haome ar mobile do_ am kho_n sa_n'gin're do_hoeme. End_ekhan a.d.i algatem ja_pit' dar_eak'a.

Baskeak' ban' jo_mlekhan-

Baskeak' jo_mak' hor_mo la_git' se_n'ge_l hisa_tbey ka_mia. Onate baskeak' ban' jo_mlekhan amak' bo_ho_k' got_a din la_git' tina.k' pust_i ja_rur. ona do_ bae n'ama. Nonkan ha_l-halat okte bo_ho_k' hatan' beste bae ka_mi dar_eak'a. Ona ia_te hor_mo la_git' boge boge jo_mak' jo_m hoyok'a.

Eyae (7) Got_en Ba_r.ic´ Heowa Bo_ho_k´ Hatan´ La.git´ Ha_ha_nak´ kana

Bo_ho_k´ hatan´ boge do_ho_e do_a.d.i ja_rur. kana. Ar bo_ho_k´ hatan´ boge do_ho_e la.git´ thor.a jo_to_n ar sontor tahe~n ja_rur.a. Me_nkhan apnarak´ bin bad.aete dina_m din be_suma_r ka_mite bo_ho_k´ hatan´ do_bon ha_n idiyet´ kana.

Eyae (7) got_en ba_r.ic´ heowa bo_ho_k´ hatan´ la.git´ be_ba_r.ic´gea-

1. Setak´ baskeak´ jo_m hirin´ lekhan
2. N´inda. dirite ja.pit´ lekhan
3. A.d.i ba_r.ti her.em jo_mak´ jo_m lekhan
4. Setak´ jo_khe_n a.d.i ba_r.ti ja.pit´ lekhan
5. Jo_m okte tv se_ computer n´el lekhan
6. T.upr.i/ scarf se_moja ho_ro_k´ kate ja.pit´ lekhan
7. Racate usur kate re ho~ racate at.kao se_bond do_ho lekhan

Source: Bangladesh pratidin

Tin Gha_r.ic´em Tar_ama

Tar.am do_jo_to_kho_n alga hor.ma bhan´jao (biyam) kana. Jo_to_umer ren hor.ko la.git´ a.d.i ja_rur.ak´ ho~ kana. Me_nkhan tin gha_r.ic´

tar.am hoyok'a se tar.am reak' speed cet' hoyok' ja.rur., ona babotre d.her hor.ge babon pust.a.ua. Hor.mo bhan'jao hisa.bte tar.am reak' po_rho_ do_ cet' kana ar tin gha.r.ic' tar.am lekhan po_rho_ n'amok'a ona babotre bad.ae ocoakada physiotherapy consultant Umme Sayla Rumki. Din hilok' tar.am lekhan kor.am reak' rua., Diabetes, jan' khoy (Osteoporosis) rog rean' jiwi ko_t.o_k' ko_m n'o~_go_k'a. Din hilok' tar.am lekhan jel sir reak' dar.e ar sahao dar.e ba.r.tik'a. jan' rean' got.hon ho~ ket.ec'jo_k'a.

Tin okto tar.am ja.rur.a:

Dina.m din komkate 30 minit. tar.am ja.rur.a. Diabetes rogiko do_ ina. oktete 40 kho_n 45 minit. tar.am hoyok' ja.rur. kantakoa. Bha.rti ho_r.mo_ tahe~n okte pa.hil pe_ cando 15 minit. katec', dosar pe cando 20 minit. katec' ar muca.t' pe cando do_ 10 minit. tar.am ja.rur.a. To_be_ okoekoak' umer 40 bo_ho_r kho_n cetan ar aema din kho_nak' ja~ha~n hor.mo bhan'jao se_ hor.mo khat.ao sa~o jo_po_r.ao ba.nui, onkan hor_ko do_ tar.am lahare bissegoggo ak' solha hatao hoyok'takoa. Arho~ e_t.ak' se_cbon n'e_lle khan, Okoekoak' hor_mo_ reak' o_jo_n d.herger, onkoko ho~ tar.am e_hob lahare stretching kate, jel reak' sir jira.u n'o~_k' hoyok'takoa. Ban'khan stretching babotre bad.ae hataojo_n' la.git' physiotherapy koak' solha hatao hoyok'a.

Ja~ha~e hor.koge hor.mo se_c' kho_n napae tahe~n la.git' haptare ko_mkate 150 minit. tar.am hoyok'takoa. Haptare 30 minit. kate 5 din ho~ bon tar.am dar.eak'a. Okto ban' tahe~len khan dinre 10 minit. kate pe_ dhao tar.am lekhan ho~ hoyok'a.

Jogging:

30 minit. tar.am tayom 10 minit. jogging dar.eakabon. Jogging reak' bhe_d do_ mit' jaegare ten'go kate pa.hilre jo_jo_m jan'ga, ina. tayomte len'ga jan'ga tulkate do_n hoyok'a. Jogging la.git' a.d.i maran' jaega rean' ja.rur. do_ ba.nuk'a. Or.ak're ja~ha~ t.hen mit' jaegare ten'gu kategebon jogging dar.eak'a. Pa.hilre do_ ba.i ba.ite , ina. tayom do_ usa.ra usa.ra. Okoe koak' do_ ba.r.ti o_jo_n onko do_ pa.hilre adha minit. kate jogging ako. Ina.kate hor.mo reak' halot bujha.u kate ba.i ba.ite okto do_ ba.r.ti idiy hoyok'a.

Tar,am calak' lahare:

Tar,am okte sukra,j (aramdayok) ca,t,ki ho_ro,k' hoyok'a. Ho_ro,k' bande_kicric' ho~ thor,a sukra,j ar d,hila,n' dholon' n'o~k' ho_ro,k' ja,rur,a. Seton' kho_n e_ran'ok' la_git' setak' paha- poho okte ar a,yupbela cando ha,sur tayom tar,am la_git'bon od,ok dar,eak'a. Tar,am tayom thor,a stretching jarur,a; je_mon jan'ga ka,t,up' cetanre ten'golen khan tayom reak' jel sir ko hasua. To_be_o_jo_n ko_m la_git' tar,am se_jogging do_aso_lak' ban' kana. Balance thik do_ho_e ja,rur,a. Nia,m kate nit, akat' oktere hor,mo reak' kelori hisa,bte jo_m hoyok'a.

Source: Ajkerpatrika

Migrain (Bo_ho_k' haso) Hoelen Khan Cet' Cet' Ko Cekae Hoyok'a

Migrain bo_ho_k' haso babotre sontor tahe~n reak' hapta 2021 n'utumte SKF bo_no_do_bo_s akan bises akhr,a 'Bo_ho_k' la_git' Bo_ho_k' Haso' reak' mo~r,e~ak' porbo rean' bisoi tahe~kana Migraine reak' cikit'sa ar ona kho_n ban'cao n'am. Un hilok' per,a hisabte set,ere tahe~kana National Institute Of Neuroscience And Hospital reak' Neurology bibhag ren sa~oten professor Dr. Abu Nayim. Noa akhr,a do_e a,yurlada Sushmita Shruti Chowdhury.

Aema lekan Bo_ho_k' Haso:

Dr. Abu Nayim do_e bad,ae ocokeda, Me~t' cetan khon da,bi dha,bic' noa bhag do_bo_ho_k' kana. Ar bo_ho_k' tahe~len khan bo_ho_k' haso do_tathe~ngea. Me_nkhan ja~ha~tin

ja~ha~tinre nia bo_ho_k' haso kho_nge me~t', lutur ar sinus reak' muskil hoe dar_eak'a. Pa_hil porjai reak' bo_ho_k' haso re ja~ha~n karontet'ge ban' sendra n'amok'a. Ar 95 percent bo_ho_k' hasoge nonkanak' bo_ho_k' haso kana. Ar 2-5 percent re n'e_lok' kana, Bo_ho_k' haso sa~o me~t', lutur ar mu~ do_jopor_ao menak'a. Noa ko bo_ho_k' haso reak' 70 percent arho~ a_d_i cinta_kho_n ho~ hoyogo_k'a. Noa do_ko metak' kana Tension Headache. Ar 30 percent do_hoyok' kana Maigrain bo_ho_k' haso.

Cekatebo_n bujha_ukea je okt_ak' bo_ho_k' haso kana:

A_d_i at_cinta_te bo_ho_k' haso (Tension Headache) do_mit' talaoge hasoa. E_t_ak' sec' Migraine bo_ho_k' haso do_ja~ha~tinre hasoa. Haptare bar din, pe din; mas re bar din, pe din. Metak' me bo_cho_rre mit' dhao ho~ hoe dar_eak'a. Ar cinta_te bo_ho_k' haso (Tension Headache) do_cando ha_surlen khange haso ho~ d_her idik'a. Migraine reak' haso do_nonka a_ika_uk'a, menkeam bo_ho_k' bhitrire okoe con' cet'teko ha_net' kana. Pulse sa~ote noa haso ho~ tal mila_u kate rakap' dar_eak'a. Ar Tension Headache do_a_d_i kajak'gea. Bo_ho_k' a_cur dar_eak'a, dudr_umge a_ika_uk'a. Bec' bec' at_karok'a. Seton' reak' ra~t ban' sahaok'a, Katha_ror_re ho~ muskil hoe dar_eak'a.

O_koe do_Migraine bo_ho_k' haso n'am dar_eakoa:

Ja~ha~e hor_koak'ge Migraine hoe dar_eak'a. Emanteak' bo_ho_k' haso leka maejiu ko ba_r_ti Migraine n'amet'koa. 16 bo_cho_r kho_n e_hop' kate 45 bo_cho_r dha_bic' noa bo_ho_k' haso do_tahē dar_eak'a. Nia laha-tayomre ho~ hoe dar_eak'a. Ba_r_tikaete n'e_logo_k' kana, gogo-babawak' tahe~kana. Ond_e kho_n ho~ hoe dar_eak'a.

Migraine karonak'te cet' ja~ha~n muskilak' hoe dar_ekea:

Ban', Cinta_reak' ja~ha~n karonge ba_nuk'a. Secondary bo_ho_k' haso hoelen khan thor_a cinta_reak' kangea. Me_nkhan pa_hilak' re cinta_reak' karonge ba_nuk'a. Cedak'

je_, Bo_ho_k' kho_n ehobok' kan bo_ho_k' haso do_ bo_ho_k' reak' cet' ho~ bae loksana. Me~t', mu~ ar lutur kho_n ehobok' bo_ho_k' haso thor_a sensitive. Lahate ko dharonat' kan tahe~na Migraine sa~o Stroke reak' ga_hir sompok menak'a. Me_nkhan, khond-rond (Gobesona) kate ja~ha~n pormange ban' n'am akana. Migraine reak' cikit'sa lekhan mon'jok'a. Me_nkhan aema o_kte ban' mon'j uta_rok'a. Aema din ran jo_jo_m joyok'a. Migraine re me~t' tayom nakha hasoa. Aema hor_ do_ me~t' ren dactor t_henko senok'a. Cosma ko ho_ro_ga. E_nre ho~ thor_a do_ mon'jok', nirdae do_ ban' mon'j ut_arok'a.

Migraine reak' cikit'sa:

Diagnosis ocoe hoyok'a. Ina_ chad_a ho~ gharon'j reak' nagam tahe~n khan, jo_to_ cinha_ ko mila_u katec' ale do_ thor_a ranle e_mogo_k'a. Mone re do_ho_e hoyok'a, Cando re judi bar-pe dhao nonka a_d_i kajak' bo_ho_k' haso hoyok', e_nd_ekhan e_t_ak' ran do_le emakoa. Haso e_hop' torage ran jo_m lekhan una_k' do_ ban' hasoa.

Maejiu kodo_ cet' lekate Migraine ko sambr_aoa:

Bha_rti hor_mo tahe~n o_kte Migraine do_ sabhabik ghot_na kana. Arho~ ale Migraine reak' oka lekan ranle emako, ona do_ bha_rti hor_mo tahe~n o_kte emok' ban' ganok'a. Nond_e mit't_en ha_si reak' ghot_na menak'a. O_koe koak' do_ laha kho_nak'ge Genuine Migraine tahe~n, bha_rti hor_mo tahe~n o_kte ona do_ 50 percent belare do_ mon'jok'a. Ar o_koe koak' Migraine reak' nagam banuk', Onkoak' 16 percent belare do_ bha_rti hor_mo okte Migraine hoyok'a. Arho~ gidra_ janam tayom mon'jok'a.

O_koeak' ghane ghane Migraine hoyok', uniak' judi Tension Headache hoyok', unre?

Mit' hor_ak' nonkan bar lekan bo_ho_k' haso hoe dar_eak'a. Unre okako ran do_ bar lekan hasorey ka_mia, onkan rangele emakoa. Migraine bo_ho_k' haso me_nak'tae rogi do_ sabhabik

leka bako ka_mi dar_eak'a. Je_mon Skul, College se_Office calak', olok' par_haok'- noako ban'ko dar_eak'a.

Hor_mo khat_aok' sa~o sa~ote Migraine reak' sompok:

A_d.i cinta tahe~len khan, ja_pit' ko_m hoylen khan, mit' san'j ban' jo_m lekhan, ackage ba_r.ti hor_mo khat_ao lekhan Migraine hoe dar_eak'a. Migraine kh_on sa_n'gin're tahe~n la_git' hor_mo ar mo_n niropon do_hoe ja_rur.a. Jaoge hor_mo khat_ao, tar_am, bhan'jao (beyam) ja_rur.a. Migraine do_bo_ho_k' hatan' reak' rua_kana. Hatan' reak' cet' ho~ bae loksana. Cikit'sa lekhan aema okte mon'j ho~ mon'j ho_do_k'a. Me_nkhan mon'j ho~ ban' mon'j dar_eak'a. Ban' mon'j lenkhan sambr_aote do_hoe hoyok'a. O_kte na_pitre ja_pit' hoyok'a. O_kte na_pit're jo_m hoyok'a. Dak' n'u~i lagaok'a. Ar ona sa~ote thor_a hor_mo bhan'jao kate apnarte napae tahe~n ja_rura. Migraine se_bo_ho_k' haso do_ja~ha~n maran' muskilak' cet' ho~ ban' kana.

Source: Prothom alo

Mask kho_n ho~ hoe Dar_eak'a Ko_ro_na

Ko_ro_na ten'go daram la_git' mit't_enge alga upa_i menak'a ar o_na do_mask ho_ro_k'. Bajare_aema lekan mask n'amok' kana. Tehen' gapama ho_ro_k' bandenak' sa~o mila_u kate mask ko_ho_ro_k'eda. Me_nkhan aema ho_r.ge mask do_bako ho_ro_k'eda. Ar o_ko_e ko_horo_k'eda onko_mo_dre ado_m ho_r.do_o_ktere_kewa ar o_ktere do_lutur sa~ote ko_t.in'ka_rkak' kana. Ado_m ho_r.do_mit't_en maskge begor

saphate ghane ghane ko_ho_ro_k'et' kana. Bad_aekak'abon Ban'ma, Surgical mask mit' dhaoge beboharok'a. Ar kicric' re_ak' mask do_thor_a din bebohar dar_eak'bon. Me_nkhan ho_ro_k' tayom saphae ja_rur_a.

Kicric' re_ak' mask cet'leka saphakate ghane ghane ho_ro_k' hoyok'a:

- O_r.ak'te rua_r. kate baber, fita. se_rabbar band sap kate mask tut' hoyok'a, mask do_ban' jo_t.et' hoyok'a. Ina. tayom sa_bun dak're a_rup' saphae hoyok'a. Dar_eak' khan seton're tase ro_ho_r. lagak'a, end_ekhan mask do_saphak'a. Lo_lo_dak' ar bulun' dak're mask lo_lo_dar_eak'abon. Ina.kate seton're tase ro_ho_r. hoyok'a.
- Lo_ho_k' mask do_alobon ho_ro_k' ma. No_ate rog n'am re_ak' bo_to_r menak'a.
- Ro_ho_r.len khan mask do_iron hoyok'a
- Sapha haron ban' kate Surgical mask bebohar dar_eak'bon. No_a ko_ho_ro_k' se_bebohar tayom gid_ikak' hoyok'a.
- Bahre sec' calak' o_kte bagre barea mask do_hoe ja_rur_a. Ho_ro_k' akat' mask ja~ha~ karonte ba_r.ic'len khan se_lo_ho_t'len khan son'ge torao akat' o_na mask bo_n ho_ro_k' dar_eak'a.
- Mask sapha kate ho_ro_k' hoyok'a. Ban' khan ma_ila. se_ban' sapha akat' mask bebohar talate ko_ro_na rog sa~o aema lekan rogtebon ja_bun dar_eak'a.

Sanam Santalko_de_labn no_ako_manaote_ko_ro_na lekan maran' rog kho_n rukhia_bon n'ama.

Source: Sonali songbad

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_akaе hor_mo hat.in´, mon reak´ hudis-cinta ar sa~otareak´ bhage dosa. Onate okoe ba_r.tiko mot_a

unke joto hormone do menkan bolbana do ban'ko hormone dar'aya. Boron' okoe ba'r'ti ko mot'a unke ge aema lekane hormone 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, sthulota se ledgec' mot'a do bogic' bodolte rua. lek mente Cikitsa biggan se Medical Science re mit' nawa sakha upel akana. Sthulota se ledgec' mot'a khatirte hormone reak' ojon do sabhabik lekate ge d'her calak'a. Pura. boyosko mit' hormone reak' hormone re matra ba'r'ti ojon got'ak' la'git' usul ar hormone reak' ojon re oka anupatik har sodorok' onage bon metak' kana Body Mass Index se hormone 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' thora 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 hormone ojon reak' 20% se ona khon ba'r'ti poriman med se itil jarwalen khon ona do sthulota se ledgec' mot'a ko metak' kana. Sthulota se ledgec' mot'a do nonkan mit' dosa kana tinre ja'ha~e hormone hormone sec' te mot'ak' tegiye tahe~na.

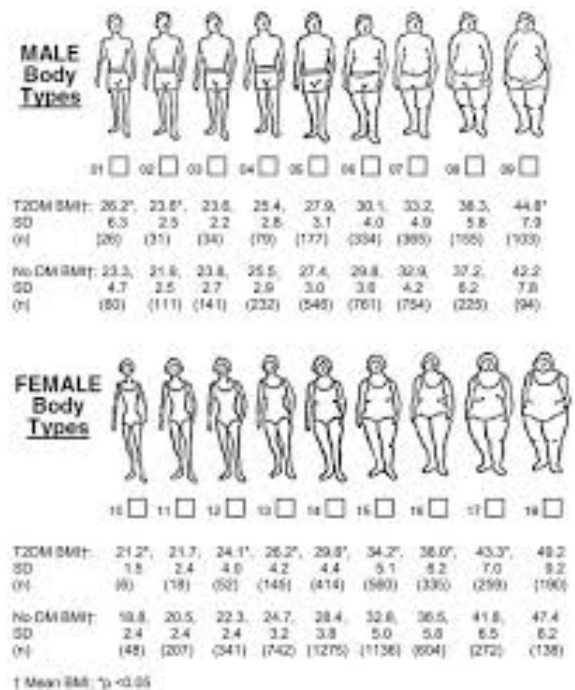
Cekate bon bujha'oa je in do sthulota se ledgec' mot'a dosare talare mena'n'a se ban'?

Sthulota se ledgec' mot'a reak' dosa son' la'git' do BMI se Body Mass Index reak' hudis phed' hoe lena. Belgium ren Jotirbid, Gonitbid, Sonkha tottobid, ar Somajbiggani Adlophe Quetelet joto khon pahil hormone 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' lekane bhe'de sodor keda.

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

Body Mass Index se hormone reak' ojon sucok' reak' son'ga khon abo bon badae akada je mit' hormone reak' hormone 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 lekha' 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/ <input type="checkbox"/>)
Under weight	<input type="checkbox"/> 18.5
Normal	18.5-24.9
Over weight	25.0-29.0
Obese	30.0-40.0
Extreme	<input type="checkbox"/> 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 khettro re 30-34.9 hoyok'a. Amak' man Jodi 35-40 hoyok' tobe amdo sthulota se legeg' 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 khetre 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.