Ò K‡ivbv fvBivm I Rxevbz Ges †iv‡Mi weiƒ‡× †`‡ni cÖwZ‡iva e¨ve¯’vvÓ

cÖwZwU gvbz‡li †ivM cÖwZ‡iv‡ai DËg mgq wQj gvZ„Mf© Rb¥MZ fv‡e cÖwZwU gvbzl wKQz †ivM cÖwZ‡iva ÿgZv AR©b K‡i| cieZ©x‡Z Lv`¨ ,czwói Øviv Rxe‡bi wbw`ó mgq ch©šÍ GB ÿgZv e„w× cvq wewfbœ Kvi‡b we‡kl K‡i Lv‡`¨ †fRvj,AwbqwgZ Rxeb hvcb,ag©xq Abzkvlb bv gvbvvi Kvi‡b GB †ivM cÖwZ‡iva ÿgZv K‡g hvq| cÖ‡Z¨K gvbz‡li †`‡n wbw`ó cwigvb cÖwZ‡iva e¨e¯’vv K‡g †M‡j Rxevbzi Øviv civ¯Í n‡q Avgiv †ivMvµvšÍ n‡j,†kl ch©šÍ G¨v‡jvc¨vw\_,‡nvwgIc¨vw\_,nvg``©,ev‡qv‡KwgK, KweivwR BZ¨vw` cÖwµqv Øviv ˆZwi K…Z Jla MÖnb K‡i Avgv‡`i †`‡ni †ivM cÖwZ‡iva ÿgZv e„w× NUvB, †`‡ni †ivM cÖwZ‡iva ÿgZv I Jl‡ai cÖwZ‡iva GK‡Î Rxevbzi weiæ‡× cÖwZ‡iva M‡o Zz‡j| c„w\_ex‡Z cÖvq 65 ai‡Yi wPwKrmv e¨ve¯’vv i‡q‡Q,Lv`¨ wbqš¿bB me‡P‡q DËg wPwKrmv e¨ve¯’vv| ivmvqwbK cÖvq me Jl‡ai cvk¦©cÖÖwZwµqv i‡q‡Q|ZvB †iv‡Mi Rxevbz †`‡n cÖ‡ek K‡i †ivMvµv‡šÍi c‚‡e©B Avgv‡`i wewfbœ Kg©KvÛ,m‡PbZv,Lv`¨MÖnb Øviv cÖwZ‡iva e¨e¯’vv evwo‡q †bIqv `iKvi|

K‡ivbv fvBivm Z\_v †ivM cÖwZ‡iva ÿgZv evov‡Z Avgv‡`i hv Kiv `iKvi-

1. ag©xq Abzkvlb †g‡b Pjzb|

2.me mgq cÖwi®‹vi I cwi”Qbœ \_vKzb,we‡kl K‡i nvZ,gzLgÛj ,bv‡Ki wQ`ª,gzLweei|

3.cwiwgZ cwigv‡b cvwb †meb Kiæb,G‡Z Mjvq AvUKv‡Yv Rxevbz cvK¯’vjx‡Z †cuv‡Q w`‡q bó n‡e|

4. azgcvb A¨vj‡Kvnj bó I †fRvj Lvevi cwinvi Kiæb|

5. wbqwgZ n¨vÛ m¨vwbUvBRvi e¨venvi Kiæb|

6. cÖwZw`b GK Pv PvgzP gaz LvIqvi Af¨vm Kiæb,(gaz A¨vw›U e¨vK‡Uwiqvj I Aw›U Aw·‡W›U mg„×|

7. KvwjwRiv g„Zz¨ Qvov me †iv‡Mi gnv Jla ZvB cÖwZw`b Lv`¨ZvwjKvq KvwjwRiv ivLzb|

8. Lv`¨ ZvwjKvq ivLzb- I‡gMv 3 d¨vwU GwmW,K¨vwmb †cÖvwUb, Aw›U Aw·‡W›U,G¸‡jv gw¯‹‡®‹i Lvevi hv gw¯Í‡®‹i Kvh© ÿgZv e„w× K‡i|

9. imz‡b g‡a¨ i‡q‡Q A¨vwjwmb hv wecvK,‡ivM cÖwZ‡iva ÿgZv evovq|

10. wRsK mg„× Lvevi †hgb-`za I `B, K¨v‡ivwUb mg„× Lvevi †hgb-MvRi,U‡g‡Uv,Kzgov, AvgjwK wbqwgZ Lv`¨ ZvwiKvq ivLzb|

11. BMR,BMI †R‡b mwVK gvb †g‡b Pjzb|

12. wbqwgZ mKvj ev weKvj wbw`ó e¨vqvg Kiæb|

13. iv‡Z Nzgv‡bv Av‡M mKv‡j Nzg †\_‡K D‡V `uvZ eªvk Kiæb|

14. cÖwZw`b †iv‡` 15-20 wgwbU mKvj 9 n‡Z `zczi 1.00 ch©šÍ Ae¯’vvb Kivi †Póv Kiæb|G mgq Z¡‡Ki †÷i‡qW AwZ‡e¸wb iwk¥i Øviv iƒcvšÍwiZ n‡q wfUvwgb -wW ˆZwi nq| hv Lvevi †\_‡K †`‡n K¨vjwmqvg AvU‡K iv‡L, G‡Z Aw¯’vI MVb wVK †i‡L Aw¯’vg¾vi wn‡gvmvB‡Uveøv÷ †Kvl ¸‡jv i³ Drcv`b K‡i †`‡ni †ivM cÖwZ‡iva K‡iæ|

15. GKRb c‚b© eq¯‹ mz¯’v gvbzl wb¤œwjwLZ nv‡i Lv`¨ MÖnb Kiæb kK©iv 415-600 MÖvg, Avwgl 100-150 MÖvg, †¯œn 50-55 MÖvg, wfUvwgb 5500- 5600 wgwjMÖvg, LwbR jeb 8-10MÖvg, cvwb 2-4 wjUvi|

Ó‡iv‡Mi weiæ‡× †`‡ni cÖwZ‡iva e¨ve¯’vvÓ

gvbe cÖwZiÿv ev Immune szstem m¤ú‚b© Kvh©Ki \_vKvi Kvi‡Y Rxevbz Avgv‡`i †`‡n †ivM ˆZwi Ki‡Z cv‡i bv|gvbe †`n AbzRx‡ei weiæ‡× †h we‡kl cÖwZiÿv e¨vve¯’vv M‡o †Zv‡j ZvB cÖwZiÿv e¨ve¯’vv(Immunitz). Immunitz j¨vwUb kã Immunis †\_‡K G‡m‡Q hvi A\_© exempt Øvqgz³ ev Ae¨vnwZ cÖvß| gvbe †`‡n Dcw¯’vZ A½,wUmz¨ Gi mgš^‡q MwVZ †h Zš¿ †`n‡K ÿwZKi Avµgb †\_‡K iÿv K‡i Zv‡K Abvµg¨Zv/cÖwZiÿv ev Immune Szstem e‡j| weÁv‡bi †h wefv‡M A¨vw›U‡Rb,A¨vw›UewW Ges Abvµg¨Zv wb‡q Av‡jvPbv Kiv nq ev Rvbv hvq Zv‡K Abvµg¨we`¨v ev Immunologz e‡j|

gvbe †`‡n Abvµg¨Zvi D‡`k¨:

1.wewfbœ AbzRx‡ei weiæ‡× cÖwZiÿv e¨ve¯’vv M‡o †Zvjv|

2. ewnivMZ AbzRx‡ei msµgb ¯§„wZ‡Z a‡i †i‡L bZzb AbzRx‡ei AbzcÖ‡ek `zªZ †VKv‡bvi †Póv Kiv|

3. wb‡Ri ¯^v¯’v¨evb/mz¯’v †Kvl‡K Amz¯’v †Kvl †\_‡K c„\_K Kiv, cÖ‡qvR‡b ÿwZMÖ¯’v †Kvm‡K cÖwZ¯’vvwcZ Kiv|

4. me ÿwZKi ewnivMZ c`v\_©‡K Uv‡M©Z K‡i Kvh©Ki e¨ve¯’vv M‡o †Zvjv

5. e¨vK‡Uwiqv,fvBivm, ciRxex Ges QÎvK weiƒ‡× mziÿv|

6. g„Z †Kvl Acmvi‡Yi gva¨‡g †nvwgI÷vwmm (kvix‡ii fvimvg¨) iÿv Kiv

7. bRi`vwi Ges wgDU¨v›U †Kvl AcmviY|

Abvµg¨Z‡š¿i/cÖwZiÿv e¨ve¯’vvq wewfbœ †Kvl,A½,ivmvqwbK Dcv`vb KvR K‡i:

†Kv‡li gva¨‡g †h fv‡e Abvµg¨Zv/cÖwZiÿv M‡o †Zv‡j: -

1.T-wj‡çvmvBU- mvB‡UvUªw·K,mvnvh¨Kvix,mv‡cÖmi,¯§„wZ BZ¨vw`,2. B wj‡çvmvBU- cøvRgv †Kvl,‡g‡gvix †Kvl,

3. B Natural Killer Cells or NK cells or Null cells,mvB‡UvUªw·K| 4. d¨v‡MvmvBW K)g‡bvmvBU L)g‡bvmvBU 30-40 N›Uv ci wewfbœ g¨v‡µv‡d‡R cwibZ nq| †hgb: Kzdvi †Kvl,RvjK †Kvl,wnw÷ImvBU,Aw÷IK¬v÷,‡gmvbwRqvj,gvB‡KvwMøqvm,gv÷ †Kvl| 5. MÖvbzjvi wjD‡KvmvBW h\_v-K)wbD‡Uªvwdj,L)BIwm‡bvwdj,M)‡e‡mvwdj| 6.‡WªbWvBwUK †Kvl K)j¨v½vin¨vÝ †Kvl L)B›UviwW‡R‡UwUs †Kvl M)B›Uviw÷wkqvj, †ngv‡Uv‡cv‡qwUK †óg †Kvl,‡iwUwKD‡jv G‡Ûv‡\_wjqvj †Kvl|

KvR- 1.AbzRxe asm K‡i ,msµwgZ †`n †Kv‡l Ae¯’vvb K‡i|2.A¨vw›UewW ˆZix K‡i Rxevbz asm K‡i|Perforin,protease mnvqZvq Rxevbzz †g‡i †djv|3.d¨v‡MvmvB‡Uvwmm c×wZ‡Z Rxevbz asm K‡i|welv³ c`v\_© ÿi‡bi gva¨‡g aŸsm Kvh©µg ,wn÷vwgb I Ab¨vbœ ivmvqwbK c`v\_© ÿib|4.g„Z AbzRxe †\_‡K czR ˆZix Kiv| 5.wn÷vwgb ˆZix K‡i A¨vjvwR© I K…wgi jvf©v cÖwZ‡iva K‡i| 6. †ncvwib ˆZiwK‡i †`‡n i³ Rgv‡U evav †`q,wn÷vwgb †ivM cÖwZ‡iva K‡i| B wj‡çvmvBW T I wj‡çvmvBW ˆZix Kiv,i³evwnZ e¨vK‡Uwiqv I Ab¨vbœ ewnivMZ e¯Ô‡K AvZ¡mvr I aŸsm Kiv|

A‡½i gva¨‡g †h fv‡e Abvµg¨Zv M‡o †Zv‡j:- \_vBgvm MÖwšÕ(cÖv\_wgK wjç‡qW),Aw¯’vg¾v(cÖv\_wgK wjç‡qW),Aw¯’v MneŸi, jwmKv, jwmKv bvwj, jwmKv MÖwšÕ, wcønv|

KvR- 1. Aw¯’vg¾vi wcÖ †Kvl \_vB‡gvwmb Øviv wj‡çvmvBU ˆZix n‡q Abvµg¨Zv nq| 2.i³ †Kvl ˆZix Kiv| 3.A¨vw›UewW ˆZix K‡i,wj‡çvmvBW ˆZix K‡i|4.jwmKvi gva¨‡g cwievwnZ K¨vÝvi †Kv‡li we¯Ív‡i mvgwqK evav †`q|5.‡`‡ni me‡P‡q eo(150 MÖvg)wjç‡qW,cøRgv †Kvl MVb,kK©iv RvwZq A¨vw›U‡R‡bi weiƒ‡× cÖwZ‡iva MVb,Rxevbz aŸsm|

†hme ivmvqwbK c`v‡\_©i gva¨‡g Abvµg¨Zv M‡o †Zv‡j:

Nvg,‡Zj I †¯ú`,Hcl,B›Uvi‡dib,cvB‡iv‡Rb,jvB‡mvRvBg GbRvBg,wmiz‡gb,‡gjvwbb,‡cÖvwU‡qR GbRvBg,(Kw¤ú‡g›U †cÖvwUb), wcË(pH-8),mvB‡UvKvBÝ, A¨vw›UewW,‡cÖvcviwWb,f¨vKwmb/wUKv|

Ae¯’vvb- Z¡K,cvK¯’vjx,fvBivm †\_‡K †k¦Z i³ KwbKv,jvjv,Akª‚,g‚Î,Nvg,kÖeb A½ Kb© Kzni,Z¡‡Ki †Kvl,cvK¯’vjx,wWI‡Wbvg,Bwjqvg,A‡š¿i KvBg,i‡³i wj‡çvmvBU,i‡³i GK cÖKvi †cÖvwUb| i‡³i e„n`vKvi †cÖvwUb|

KvR- 1. Z¡K w`‡q AbzRxe cÖ‡e‡k cÖwZeÜK ˆZix,Z¡‡K we`¨gvb AbzRxe cÖwZ‡iva K‡i,Z¡‡K A¤øxq K‡i Wvwg©mvBwWb ˆZix K‡i| 2. Lv‡`¨i mv‡\_ AvMZ Rxevbz aŸsm K‡i wKQz e¨vK‡Uwiqv †\_‡K j¨vKwUK GwmW ˆZix K‡i AbzRx‡ei msµgb †iva K‡i| 3. fvBiv‡mi wefvRb †iva| 4. ÿwZKi AbzRxe(e¨vK‡Uwiqv) aŸsm K‡i| 5. Kv‡bi c`©v gqjv I AbzRxe msµg‡b evav †`q| 6.AwZ‡e¸wb iwk¥i cÖfv‡e K¨vÝvi n‡Z †`n‡K iÿv K‡i|Z¡‡Ki evwn‡i K¨vivwUbvBW ˆZix K‡i AbzRx‡ei weiƒ‡× cÖwZeÜKZv ˆZix K‡i| 7.e¨vK‡Uwiqvi †cÖvwUb †f‡½ e¨vK‡Uwiqv aŸsm K‡i| 8.A¨vw›UewW Drcv`‡bi gva¨‡g e¨vK‡Uwiqvi e„w×‡Z evav †`q| 9.BbvUvi wjDwKb,wjD‡KvwUªb ˆZixi gva¨‡g i³bvjxKv cÖmvwiZ I wQ`ªhz³ nq †cÖv‡UvcøvRwgq ÿbc` m„wó K‡i GZ i³KwbKv †ewo‡q Av‡m Ges e¨vK‡Uwiqv aŸsm nq|10. wewfbœ fvBivm, e¨vK‡Uwiqv,cÖwZwel‡K aŸsm K‡i|11.MÖvg †b‡MwUf e¨vK‡Uwiqv aŸsm K‡i|12.mzwbw`ó Rxevbz †\_‡K mziÿv K‡i,‡iv‡Mi msµgb †iva K‡i|

cÖ\_g cÖwZi¶v ¯Íi-(First immunitz lazer)/Z¡‡Ki f‚wgKv-

Z¡K w`‡qB †`‡ni AwaKvsk Rxevbz †`‡n cÖ‡ek K‡i|GQvov Lvev‡ii mv‡\_ wKQz Rxevbz †`‡n cÖ‡ek K‡‡i|Z¡K¯ÍiwU A‡bKUv evmv evwoi `v‡ivqv‡bi b¨vq KvR K‡i|evwni †\_‡K Avmv mg¯Í wKQzB Z¡K ÿwZKi g‡b K‡i|ZvB GB Z¡K mKj ewnivMZ‡K cÖ‡e‡k evav †`q|Avgv‡`i Pvicv‡k i‡q‡Q AmsL¨ Rxevbz,ej‡Z †M‡j Rxevbz‡Z Avgviv LvezWzez Lvw”Q|70 †KwR IR‡bi 5 dzU 7 BwÂ gvbz‡li 30 wUªwjqb †Kv‡li wecix‡Z 39 wUªwjqb e¨vK‡Uwiqv i‡q‡Q|A\_©vr e¨vK‡Uwiqv I gvbz‡li †`n †Kv‡li AbzcvZ 1.3:1| Zez Avgiv mz¯’v \_vwK KviY Avgv‡`i i‡q‡Q wZb ¯Í‡ii cÖwZiÿv e¨ve¯’vv|

**‡gvnv¤§` kwdKzi ingvb|**

**Aj †\_ªv dv÷ K¬vk| wmwbqi cÖfvlK (RxeweÁvb)|**

**KvRx †bvgvb Avn‡g` wWwMÖ K‡jR,gziv`bMi,Kzwgjøv|**

**‡kÖô †kÖwY wkÿK (K‡jR), Kzwgjøv †Rjv|**

**RvZxq wkÿv mvßvn 2016 (wkÿv gš¿bvjq)|**

**j¨vÝ K‡c©vivj Gqvi DBs 1bs †¯‹ªvqvWªb XvKv ,**

**evsjv‡`k b¨vkbvj K¨v‡WU †Kvi (K¨v‡WU bs- 99105038)|**

**wW GBP Gg Gm -Mft †iwRt bs- 22714|**

**-01721368932.**