

# हार्ट अटैक के बाद

। fthl o"khz jktsk dky l m/ j ea , DthD; fVo dk dke djrk FkA ml ds Nkrh ea vpkud nnz gkus ds dkj .k tc ml usMkDVj dksfn [k; k rks i k; k fd ml s dkmVZ kso dcyj chekj gh okLro ea; s l ekpkj jktsk vlg ml dsi fjokj oky lacs fy, nq[k vlg onuk Hkjk FkA ml dh i Ruh; g ughal e> i k jgh Fkh fd vVdl dsckn oksD; k djsvlg ml dh l Dl ykbQ d s pysxhA

vejhdv , dMeh dh fjikVZ ds vuq kj gkVZvVdl dsckn 4 l s5 gllrds ckn l Dl dj l drsgA vxj vki rjar djrsgh rksfQj l sgkVZvVdl vk l drk gh ekuo 'kjij ea vVdl ds ckn l Dl djust scPpk i shk djustdh fuezk {kerk de gk tkrh gh l j {kk dks/; ku eaj [krs gq rjar l Dl ughad juk pfg, A

### खाने में परिवर्तन

an; jkxh dks [kkus ea ued] phuh vlg QsV okyh phtka l s ijst djuk pfg, A yfdu vPNh DokfyVh okysol k dk blreky dj l drs gh t s s fd i klyvl pjjvM vlg ekud pjjvM ol k t s s dh Mbz YW+ ] eNyh vlg ekud pjjvM eD [kuA jkVh] ctmu ploy] bR; kfn dk Hh l ou dj l drsg gh tskfd dksyVnly ?kVrk g s vlg l kfk ea CyM 'kqj vlg ba fyu yoy dlsclerk gsvlg Mk; fcVht l s j {kk djust ds l kfk l kfk gkVZvVdl dksHh i kVdV djrk gh bl ds vykok Qy vlg l fct; ka ipj ek=k ea [kkuh pfg, A bl ea vvx&vyx

foVfkeu ¼ ] l h , oa bZ glrs gh tks gkVZ LVkd dksjkdrgA

### स्मोकिंग से परहेज

Lekfdax ml jsvVdl dksfuea .k nrk gh bl fy, Lekfdax ughadjuh pfg, A

### व्यायाम जरूरी

, jkfcD 0; k; ke djuk an; jkfx; ka dkscgr Qk; nk i gprk gh l l rkg earhu l s ikp ckj 30 feuV l s 45 feuV rd 0; k; ke djust l s gr rks vPNh jgrh gh gh l kfk ea CyM i k j Hh l rfyj jgrk gh bl ds vykok ; kxk vlg foHkuu rjg ds l k kacs0; k; ke ¼ k. k; ke ½ djuk pfg, A

### तनाव से बचें.

an; jkxh l s i hMf 0; fDr dksruko l scpkuk pfg, ] D; khd mudh l gr ij foijhr i Hko i MfsgA bl l scpusdsfy, vki eMVs ku] ifjokj ds l eFku vlg l dkjRed l kp l s vki ruko l s yM+ l drsgA ifjokj okyadksdk'k'k djuh pfg, fd chekj 0; fDr dks?kjy ruko l s nj j [ka

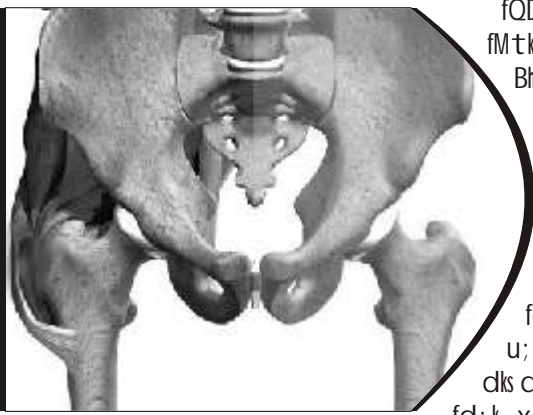
### शराब का सेवन कम करें

dkmVZ kso dcyj chekj dh x. kuk ds vuq kj 'kgjka ea 100 ea 12 vlg xkoka ea 100 l s 7 gkVZ dh chekj l s xLr gh ml jh ckj vVdl dksjkdusdsfy, l cl sdjxj mik; ka ea l s , d g s yskla dks bl dh tkudkj egs k djukA bl ds vykok otu dks de djuk eMVs ku ds l kfk l kfk gYds 0; k; ke djuk pfg, rFkk 'kjic dk l ou de djuk pfg, A bl l sgkVZvVdl dh l Hkkouk de gk tkrh gh

# रिप्लेसमेंट सर्जरी के नए विकल्प

Vk/y Tok, v fjl yd eM /Whtsvkj ½ l tjh via cuk nus okys vKfj kbFVl chekj l s bykt ds {k= ea gq , d

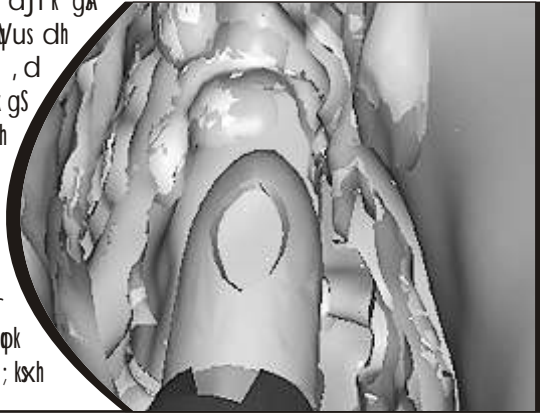
vfk; arkvacksekuoh; t kMa t s svk r s kj djus ds fy, dMh egur djuh i Mh gh



egROIwiz ixfr dk irhd gh vkt dpy vejhdv eagh i fro "Zi kp yk [k l s vfk/d ejht vk/y Tok, v fjl yd eM /djokrs gh vk/y Tok, v fjl yd eM / l tjh u fl QZ via cuk nus okys vk'p; Ztud : i l s l Hkj yrh gh gky gh ds o"ka ea Tokb/ fjl yd eM / l tjh dh i f0; k eadQh ixfr gpbZ gh vHh rd vkerj ij ?k/ us, o fgi ds t kMa dk gh i R; kjsi . k gsrk Fkk yfdu vc dks dksuh dykbZ vaxyh vlg V [kus ds t kMa dks Hh cnyk tkusy xk gh

fODLM&fo; fjak i kLFkVd fM t k buka us 10 l s 20 o"ka rd Bhd dke fd; k gh yfdu ik s y, Fkyhu l s fufe t kMa dh xfr'khyrk l hfer jgrh g s vlg i SV s y k s & Q se k s j k s y t fVyrkvkaeamHkj vkus dh l puk Hh gh ekckby fo; fjak uht ¼ k/ us; dk u; k blreky bu l el; kvka dks de djust ds fy, gh i sk fd; k x; k gh ekckby fo; fjak

?k/ us ds t kMa dh xfr'khyrk l s t kMa ekkyd ; k=d l el; k dk gy djust l kfk l kfk i k s y, Fkkbfy fo; fjak e agkus okyh f?k koV Hh U; ware rd igpk nrh gh ; s ?k/ us ds u fl QZ df=e t kMa dh thou vof/k dks c<kerk gh cYd ejht ka dks i j a j k x r Vhds vj ds eplkcy s ?k/ uka dks vfk/d ; k yxHkx l kku; rjg l s ekMus dk vol j inku djrk gh vfkka eM d l tjh ea ?k/ us dh 'KY; fpdfRI k dks ydj , d vlg egROIwiz fodkl gpk g s ft l s ; u h & d E i k V e v / y u h fjl yd eM dgrs gh t kMa bZ dh cgrj rduhdclach otg l sbl l tjh ea LokLF; ykHk rsth l s rFkk nnz jfgr gkrk gh bl l tjh ; pk i h < k ds fy, vfk/d mi; kxh



# गर्भावस्था में जांच जरूरी भारत में सेक्स को बहुत अहमियत नहीं

xHkzLFk ukjh thou dh , d vR; r egROIwiz l o'nu'khy ?kVuk o vf'r; vuHko gh bl nlgku efgyk vucl 'kjh fjd o ekuf d ifjorZka ds nlg l s xqjrh gh i j a r q ; s i f j o r Z l l Hh ds fy, , d l eku ugha gkrA dkbZ y{k.k ; k fLFkr fdl h efgyk ea vR; r d'V dk dkj .k cu l drh gsrks ml jh efgyk dks ml eadkbZ d'V ugha gkrA vr% xHkzLFk dks l j f f k r o ukky cuk, j [kus ds ifjorZka o xHkzeai y jgs'k'k qdsfodkl ij l rr fuxjkul j [kh tk, rkd fdl h Hh xMeMh ; k fockj dks ml dh 'kq vkr ea gh i dMej ml dk mfpr funku o mi pkj fd; k tk l dA bl fy, xHkzLFk ds i j Hk l s gh fu; fer MkDVj h tkp dj k, ao MkDVj ftu tkpka; k i j h k. kadh l ylg n h mlgafcu pdsdj k, A xHkzLFk ds nlgku l e; & l e; ij dh tkusy h foHkuu l h j k s y M t d y ¼ Dr ds uewkhz o e= dh tkpka l s 'kjh ea gkus okys jkl k; fud o Hkdrd ifjorZka dk irk yxk; k tkrk gh ogha kulsQh jkjk xHkzFk f'k'k qdsfodkl o ml dh fLFkr dh tkp dh tkrh gh

### गर्भवती महिला की रक्त व मूत्र संबंधी जांचे

0 ghekske 0 CyM 'kqj 0 l hje fcfy#fcu 0 l hje f0, fVuhu 0 CyM ; f j ; k 0 , p v k b b h ] , p c h , l , t h L 0 h f u a x 0 o h M h v j , y C y M x i j

Åij nh xbz l Hh tkpsu dpy cgn t: jh gh cYd mudk vi uk fo'kSk egRo Hh gh ghekske l so dpy , u h f e ; k ¼ k u dh de h z dk irk pyr k g s c f y d v l ; v K r b l O Q ' k a d s H h i d M k t k l d r k g A , u h f e ; k d k i j k h k d v o L F k e a i r k y x u s l s m l d k l e ; i j m i p k j d j l H k f o r [ k r j k a d s V k y k t k l d r k g A C y M ' k q j ] l h j e f c f y # f c u ] C y M ; f j ; k

o l h j e f 0 , f V u h u o s t k p s g a t k s N r j h d s l e k u d k ; Z d j r h g a , o a v k i d s ' k j h j d h y x H k x l a w z d k ; Z z k y h i j x H k z L F k l s i M e s o k y s i H k k o k a d h t k u d k j h i n k u



djrh gh , p v k b b h ] , p c h , l , t h ] o h M h v j , y v k f n t k p s e r k o f ' k ' k q n k u k a d s f y , ? k r d , M + ] g s v k b f v l o ; k s u j s k a d s f u n k u d h n ' V l s v k o ' ; d g A b l i z k j l s v k / k j H k r ; k c f l d t k p s v k i d h i r f o ' k s k k d k s u d p y v k i d h x H k z L F k d k c g r j i z k d j u s e a l g k ; d g s c f y d l e l ; k d h ' k q v k r h n l j e a g h

irk yxkdj muds mfpr mi pkj jkjk ekrk o xHkzFk f'k'k q dks vkus okys vucl [krjka l scpk; k tk l drk gh bu tkpka ij gkus okys [kps dks l j f f k r ekrRo ds fy, fd, x, Nk&l s fuosk ds: i ea nqtk tkuk pfg, A

, d vlg egROIwiz tkp g s vVv l l kulsxQhA bl l s xHkzFk f'k'k q d s f o d k l ] i f j i D o r k ] an; dh xfr o 'kjh fjd gypy vkfn dh tkudkj rksfeyrh gh gh l kfk gh dbz tkf [kei w z l F k f r ; k a t s s v k o y ¼ y d ¼ k / k d k f ' k ' k q d h x n u e a Q n s d s : i e a f y i V u k ; k v k o y d k v i u s l F k k u l s f [ k l d t k u k ] x H k z k ; d s i k u h ¼ f e u ; k s V d ¼ y l m ½ f t l e a f ' k ' k q l d q k y j g r k g s d k l u k t k u k ] d e g k u k v k f n d k H h l e ; j g r s i r k y x k d j t P p k o c P p k n k u k a d s i k . k c p k , t k l d r s g A l k u l s x Q h x H k z L F k d h i R ; d f r e k g h e a d e l s d e , d c k j f d ; k t k u k v k o ' ; d g A b l d s v y k o k d b z c k j d n f o ' k s k t k p s t : j h g l s l d r h g A

d n f o ' k s k f L F k r ; k f t l u g a g e ' g k b z j l d i k u d h d g r s g e a ; s t k p s d j u k v k o ' ; d g r o k g s t s s & 35 o " z d h v k ; q d s c l n g k u s o k y h x H k z L F k e a , d f v i y e k d j i j h k . k f d ; k t k r k g A r k f d ; g i r k y x k ; k t k l d s f d x H k z F k f ' k ' k q e a d k b z l ; j i s y M t d y d e h ; k e k u f l d f o d k l d h l e l ; k r k s u g h a g A b l h i z k j i f j o k j d s l n l ; k a ¼ e k r k & f i r k ] n k n k & n k n h j u k u k & u k u h v k f n ½ e a M k ; f c V h t ¼ e / k e p g ½ g k u s i j x H k z o r h e f g y k d k X y n d s t V k y j a V e V t : j h g l s t k r k g s r k f d e / k e p g d h l H k k o u k d k i r k y x k d j v k o ' ; d m i k ; f d , t k l d A d y f e y k d j c k r ; g g s f d x H k z L F k d k s l k e k u ; ] l j f f k r o l Q y e k r R o e a i f j f . k r h d j u s d s f y , f u ; f e r i j h k . k i j i r f o ' k s k k d h l y k o m u d s f u n d k k a c k i k y u f d ; k t k u k c g n t : j h g A

, f'k; k vlg i z k r {k= d s n s k e a d j k , x , , d l o k . k e a d g k x ; k f d H k j r h ; k a d s t h o u e a v c H h l D l d k d k b z v g e l F k u u g h a g A i # ' k a d h 17 i k f f e d r k v a e a l D l d k l F k u l k r o l a g s t c f d e f g y k v a d h 14 i k f f e d r k v a e a ; g y x H k x l c l s f u p y s l r j i j g A H k j r e a e f g y k v a v l g i # ' k a d h i k f f e d r k v a e a i f j o k j l c l s A i j g A H k j r e a ; s l o k . k f n Y y h ] e p b z d l y d k r k j p l u b z v l g i q l e a f d ; k x ; k A r e k e i z u v a s t h e a f d , x , f l s t k s l d c r d h r j Q b ' k j k d j r s g s f d b l l o k . k e a ' k g j h v l g i < & f y [ k s H k j r h ; k a d s ' k k e f y f d ; k F k A l o k . k l s i r k p y k g s f d b l e g n s k d s 13 n s k a e a 50 i f r ' k r l s T ; k n k i # ' k v l g 60 i f r ' k r l s T ; k n k e f g y k , a v i u s ; k s t h o u l s l a r i v u g h a g A , d n o k d a u h d h v l g l s d j k , x , b l l o k . k d h f j i k V Z , f ' k ; k & i s l f Q d l D l p y g s f k v k b j v l y o s y u d ; k u h , i h ' k s u k e d k ; s l o k . k t k j h d h x b A l o k . k e a H k j r l f g r v k L V f y ; k j p h u j g k a d k a x ] b a / k u s ' k ; k j t k i k u j e y f ' k ; k j f Q y h i h ] f l a k i j ] n f k . k d k s j ; k j r k b b k u j F k b y M v l g u ; n t h y M t s s n s k ' k k e f y F k A H k j r d k g y

l o k . k d s v u q k j H k j r e a 72 i f r ' k r i # ' k v l g e f g y k , a v i u s ; k s t h o u l s l a r i v g A g k y k a d l o k . k d s

vuq kj Hkjr ds'kgjkaeaj gusokys i pl i fr'kr yskla us i ; k r ; k s u m l s t u k u g k u s d h f'kdk; r dh vlg ekuk fd ; g muds l Dl thou ij udkjRed vl j Mkyrh gh fji kVZ dseafkcd mlstuk dk Lrj vlg l Hkx dh l arV , d ml j s l s t k l s g q g v l g ftu ysklaeam l s t u k d e g k r h g s m u y s k l a e a l H k x d h b P n k H h d e g k r h g A l o k . k d s t k j h d j u s d s c k n l o k n n r k v k a d s l o k y a d s t o k n s r s g q , M j y k f t l V M k D V j # f i u ' k k g d k d g u k F k f d H k j r h ; l m h z e a l o s ; s c r k r k g s f d t k s 0 ; f D r l D l y k b Q l s i j h r j g l a r i v g s ; s y t x v i u s i j s t h o u l s H k d e v l a r i v g A f j i k V Z t k j h d j r s g q v k L V f y ; k d h j s t h f d a x d k d g u k F k f d b l l o k . k d k e d l n l D l p y g y F k d s l k f k l k f k l H h i z k j d s L o k L F ; d k s c g r j d j u k g A m u d k d g u k g s f d ; s l o k . k m u y s k a d k s i k R l k f r d j x k t k s f >> d j [krs gh l kfk gh mlstuk dh dfe; ka dks nj djust ds kjs ea Hh enn pkgs ds fy, r s kj djuk gh ; s l o k . k e b z l s t g y k b z 2008 ds chp fd; k x ; k A l o k . k e a y x H k x p k j g t k j y s k l a d k s ' k k e f y f d ; k x ; k F k A l o k . k e a H k x y u s o k y s y s k a c h v k ; q 24 & 74 d s c h p F k A

# अब निमोनिया वैक्सीन पर उठे सवाल

ubz fnYyha vc fueksu; k ds oDI hu dh DokfyVh ij Hh l okfy; k fu'kku yx x, gh fo'o LokLF; l xBu MCY; w pvks us cPpka ea fueksu; k gkus ij yxk, tk jgs ihl hoh oDI hu dks cckj crk; k gh

fd l h Hh oDI hu ds blreky l s igys LFkkuh; Lrj ij jks foKku dk v/; ; u t: jh gh

MCY; w pvks us crk; k x; k g s f d c P p k a e a f u e k s u ; k d h j k d F k e d s f y , ; g o D l h u d k j x j u g h a g s b l l s f u e k s u ; k d k [ k r j k T ; k n k c < + x ; k g A t ; i j d s M k D V j H h b l p r k o u h l s x H k j g k s x , g A m u d k d g u k g s f d

MCY; w pvks ds cyfVU ea i e d k LokLF; fo'kSk t d c i f y ; y v l g f n Y y h l F k r l w L V h Q a v l i r k y d h M k - l k e k p l k j h d h f j i k V Z d s g o k y s l s d g k x ; k g s f d i f r , d g t k j c P p k a d i s f t U g a ; g o D l h u n h x b z g s m u e a l s d o y 3-6 Q h l n h g h b l l s B h d g q ] t c f d d b z c P p k a e a b l l s n e a d k [ k r j k n k s p k g l s x ; k A