

cör 3 Gici

- tdiw[©]diDÜkb (1984-1998)|
- BÜvib`vkbvj DBtgY tnj_&tKvqwj kb (1985-1994)|
- mBwK BÜvib`vkbvj tWtfj ctgU GtRyX-wnWv (1986- 1997; 1998- 2003 chS-GBPwGmicÖi Rb` mvariY Znvej; 2003 t_&k eZgVb mgq chS-Pj tQ| GQovl wnWv GmAvi GBPAvi Kbmikvqvtgi m`m`fj³ ms`v Avi GBP t_&c Ges evcÄvK wÖ-cwvKfvte mnvqZv cÖvb Ki tQ|
- 1998 mtj i GBPwGmic A_ (5g) cÄ-ewl R LvZirwEK Kvh[†] gi mgq Gg, Avi tK`-`v` LvZi mtj_ GKxfZ Kti cj dvfÜi Avl Zvq mnvnh` cÖvb Kti tQ 2001 mj chS_
- wnWv Ges wWGdAvBw (weUk mnvnh` ms`v) wZxq Avievb cÖBgvix tnj_ & tKvi cKtí mnvqZv cÖvb Ki tQ| Avievb cÖBgvix tnj_ & tKvi cKtí i Avl Zvaxb wKQz ms`v evf` mKj ms`vB Gg, Avi tmev cÖvb Ki tQ|
- wKQz wKQy Avw_ R mnvqZv temi Kvix ms`vi gva`tg| cÖvb Kiv ntq tQ|
- GQovl , i tqj tb` vij` vÜ A`vge`vnx RvZxqfvte Gg, Avi Kvh[†] gK kw³kvj xKi tYi gva`tg evsj vt` tki gvZ: gZi cÖZitv tai Rb` 2008 t_&k 2011 mtj i Rb` Avw_ R mnvqZvi tNvl Yv cÖvb Kti tQ| G Kvh[†] gwU evsj vt` k mi Kvi Ges wek!`-`v` ms`vi gva`tg ev` emwZ nte|

Gg, Avi tmevi AM Muz

Gg, Avi tmev cÖvb Kvi t` i Gg, Avi tmev m`uv` tbi wi tcvU[©]bv Kivi Kvi tY Ges A tB K t` t` t` e[†] wi tcvU[©] c x wZi Kvi tY cÖZ ermi evsj vt` t` k cKZ c t` KZ Gg, Avi m`uvw` Z nq- Zvi mwK wntme cvl qv LpB ` fhn ntq c t` t` Q| cwi evi cwi Kí bv Awa` B t` i cÖB wi tcvU[©] t` K t` Lv hvq, cÖZ ermi cÖq GK j vL wek nvrvti i gtZv Gg, Avi ntq v t` K| mi Kvix Ges temi Kvix ms`v Qovl e`w³ gwj Kvbvaxb cÖZ v t` B W³ vi, cwi evi Kj` vY cwi` wK Rv, Ab`vb` e`w³ Ges cÖwZömbK cÖk` Y nxb mbrZb wPwKrm K t` i Øvivi Gg, Avi ntq v t` K, hvi wntme t` Kv_ vl cvl qv hvqbv| ZvB, wKQz wKQz M t` el Yvq ej v nq, t` t` k eQ t` i Pvi j vL t_&k cvp j vL Gg, Avi m`uvw` Z ntq v t` K|

temi Kvix ms`vi Kg[©]Gj vKv I RbmsL`v

temi Kvix ms`v_ t` j v gJ Z: evsj vt` t` ki mg`-bMi Gj vKv tmev cÖvb Ki tQ| wKQz wKQz temi Kvix ms`v cj x AA t` j Zv t` i tmev e`e`v m`cÄvwi Z Kti tQ| Gme temi Kvix ms`v KZ RbmsL`vi gvtS tmev cÖvb Ki tQ Zvi mwK cwi msL`vb bv_ wK t` j I Abgvb Kiv hv t` Q th, tgvU RbmsL`vi GK`-kgisk RbmsL`v t` K tmev w` t` Q|

Gg, Avi tmevi gj`

Gg, Avi tmevi Rb` wefwbetemi Kvix ms`v wfbö wfböfvte gj` wba[†] Y Kti v t` K| Gi gj` mvari YZ: 100 UvKv t_&k 1,500 UvKvi gta` ntq v t` K| GLv t` B D t` j E` th, mBwK wnWv KZ R mnvnh` cÖB temi Kvix ms`v_ t` j v m`y eavw` AZ I ` w` a` gwj vt` i t` K webvgt` j` Gg, Avi tmev cÖvb Kti v t` K|

evsj vt` t` k Gg, Avi Kvh[†] gi Rb` cÖqvRbxq` e`w` i thvMvb

Gg, Avi tmevi cÄvb DcKiY ev wKU nj Gg, Avi wmi Ä Ges K`vbj v (mi` bj)| GQovl Ab`vb` wKQz hS`cwZi cÖqvRb nq, hv mvari YZ: t` Kv wKw t` K AvBBDwW cov t` Z ntj cÖqvRb nq| mi Kvi 2007 mj chS`-temi Kvix ms`v_ t` j v t` K Gmg`-DcKiY thgb, Gg, Avi wmi Ä, K`vbj v, j`y e t` K U BZ`w` mieivn Kti tQ| wKŠ` mieivni Afv t` ei Kvi tY eZgVb mi Kvi Gmg`-DcKiY w` t` Z cvt` t` Q bv| AZ t` t` Z mi Kvi wecj msL`K Gg, Avi wKU Avg`vbx Ki Z| wKŠ` eZgVb` i ay mi Kvix tmev cÖvb Kvi t` i Rb` Avg`vbx Ki tQ| t` t` k Gg, Avi Kvh[†] g temi Kvix ms`v_ t` j v e`vck mvdj` RbK fvqKv t` t` L P t` j t` Q| wKŠ` mi Kvi i mieivn ev mnvqZv e`ZxZ G gvb m` s` Z tmev Ae`v nZ ivLv Zv t` i c t` q tek Kwv ntq cov t` Z cv t` i etj avi Yv Kiv nt` Q| Av t` iv` w` Ö S` w` i w` el q nt` Q th, Gid t` j Ambivc` M f` ev Z t` eto t` t` Z cv t` i Ges G msp vS`-RwJ Zvi Kvi tY gZii msL`v l ep x t` c t` Z cv t` i | G me Aew` ÄZ cwi w` wZ Gov t` Z th me ms`v_ t` j v wecj msL`K Gg, Avi tmev cÖvb Kti Zv t` i t` K wbi wev` Ö b` fvte AZ t` Z i b` vq mieivn Ae`v nZ ivL t` Z nte| D t` j E`, weMZ` ` t` k t` i l tekx mgq at` i temi Kvix ms`v_ t` j v

RwJ Zvi t` t` t` e`e`vcbv (Gg, Avi /Rb` v` w` t` i vaK c x wZ)

Kvt` qU t` K Ri` ix tmev cÖvb t` i t` t` t` meai t` bi mn th wM Zvi cvkvcwK wKQz Ri` ix JI a memgq Ges fv t` j v Ae`v q nvt` Z i Kvt` Q v` K t` Z nte|

Gg, Avi t_&k Zvr` q` w` Kfv t` e wKQz RwJ Zvi mwó ntZ cv t` i

- nVr AA vb ntq hvl qv (vaso-vagal attack)
- gv_ v tNvi v t` bv ev ewg ewg t` eva n l qv;
- t` h w b c t` _ i` ³ q i Y;
- Ri v q y w` a` ntq hvl qv;
- Ri v q y g l_ w` t` o hvl qv|

Gg, Avi K t` i evox t` Z w d t` i hvl qvi ci thme RwJ Zv t` Lv w` t` Z cv t` i

- Gg, Avi Am` uv` Y` n t` q t` Q;
- c` R b b Z t` S; c` Ö v n (septic) ntZ cv t` i;
- Gg, Avi mdj fv t` e m` uvw` Z nqub;
- i` ³ RgvU t` e t` a t` t` Z cv t` i (tngvt` v t` gUv)|

mi Kvi i G mnvqZv tctq AvmüQj |

Gg, Avi tdivig

1987 mtj Gg, Avi w t` q Kvr Kti Ggb Pvi wU ms`v wgtj Gg, Avi tmevi` bMZ gv t` bv q t` bi Rb` Gg, Avi t` Kv-AwW` f` bkb KvgwU MVb Kti | hv` l cÖw` gKfvte Pvi wU ms`v G KvgwU A S` f` P wQj | cieZi` f` Z Ab` th me ms`v D t` j E t` h v M` msL`K Gg, Avi m` uv` b Kti Zvivi KvgwU m` m` wntme A S` f` nq| eZgVb G KvgwU m` m` t` i Zwi Kv wbgv fct

1. cwi evi cwi Kí bv Awa` Bi-Gi cwi Pj K (gv l wki` -`v`-tmev), tPqi cvimb
2. evsj vt` k Aem t` U t` w i K Ges MvBbx K t` j w R K` v j t` m v m v B w i c Ö Z v b w a
3. temi Kvix ms`vi (Gg, Avi GbwRI) cÖZ v b w a
4. evsj vt` k cÖB t` fU tgv w t` K j c Ö K u k v b i m G t` m w t` q k b (weicGmicG)-Gi cÖZ v b w a
5. `vZv ms`vi cÖZ v b w a (cÖZ ms`v t_&k GKRb K t` i)
6. wek!` -`v` ms`vi cÖZ v b w a (g`v t` b R t` g` U G t` R Y x)|
7. Dc-cwi Pj K, gv l wki` -`v`, tgv i t` m t` U v i x|

G t` Kv-AwW` f` bkb KvgwU cÄvb D t` i k` nt` Q -

- gvZ: -`v`, cwi evi cwi Kí bv, Gg, Avi Ges Ab`vb` c` R b b` -`v` t` i c K Z gv t` b w q b, tmev mnRj f` Kivi j t` q` mi Kvix I temi Kvix ms`v_ t` j v i Ask` v i x Z i t` R v i` v i K i Y;
- Gg, Avi Kvh[†] gi mKj Kw i Mix Ges Kvh[†] gi i f` c t` i Lv c` v q b, ev` ev q b, e`e`vcbv l gj` v q t` Y i t` q t` i mg s` q mvab;
- RvZxq Ges` v b x q chv` q Kvh[†] gi mg s` q l e`e`vcbv Av t` iv t` R v i` v i Kivi Dcv q m g n m` u t` K` m y c w i k g v j v c` v q b Kiv|

Ab`vb` KvgwU

Gg, Avi tmevi gv t` bv q t` bi Rb` cwi evi cwi Kí bv Awa` B t` i gnv cwi Pj t` ki m fvcw Z t` Z i G K u U b` v k b v j t` U k u b K` v j G` w` f v B R v i x K v g w U i t` q t` Q| GQovl cwi evi cwi Kí bv Awa` B t` i gnv-cwi Pj t` ki m fvcw Z t` Z i 2006 mtj i t` d i` q v i x g v t` m G K u U w Ö q w i s K v g w U M w Z n q l G K v g w U e Z g v t` B A v i K v h` R i t` b B | 1992 mtj j` -`v` l cwi evi K j` v Y g s` b v j t` q i c w i K í b v k v L v i A v l Z v a x t` b G K u U K v g w U M w Z n q l G K v g w U M V t` b i D t` i k` w Q j G g, A v i K v h` P g t` K m w K f v t` e c w i` k` B K i v | A w a` B t` i i c w i P j K t` K (g v l w k i` -`v`) t P q i g v b, -`v` g s` y v j t` q i c Ö Z v b w a G e s G g, A v i G b w R I m g` n i c Ö Z v b w a t` i m g s` t` q G K v g w U M w Z n q l G K v g w U M V t` b i g E` D t` i k` w Q j w b i v c` G g, A v i t m e v w b w Ö Z K i v, G g, A v i w K t` U i m i e i v n w b w Ö Z K i v, g v b e m` u` D b q t` b i R b` c Ö k` q t` Y i w b Ö q Z v t` q v G e s G g, A v i t m e v t` K` t` n g` n i -`v` m` s` Z c w i t` e k w b w Ö Z K i v | e Z g v t` B G g, A v i t m e v i g v w b w Ö Z K i v i R b` G e s A v i G B P t` - c, e v c Ä v n G e s A b` v b` m s` v K Z R

