¯^v¯’¨ myi¶vq Wvqv‡ewUm wbqš¿Y Riæwi

Wv. †gvnv¤§` nvmvb Rvdix

Wvqv‡ewUm ev eûg~Î ev gay‡gn GKwU bb-KwgDwb‡Kej (AmsµgY‡hvM¨) †ivM, hv GKevi n‡j m¤ú~Y© cÖwZKvi Kiv m¤¢e bq wKš‘ wbqš¿‡Y ivLv m¤¢e| eZ©gvb we‡k¦ Wvqv‡ewUm GK wbie NvZK| wek¦ ¯^v¯’¨ ms¯’vi Rwic Abyhvqx mviv we‡k¦ GB mgm¨v †e‡oB P‡j‡Q| eZ©gv‡b we‡k¦ Wvqv‡ewU‡m AvµvšÍ gvby‡li msL¨v 42 †KvwUiI †ewk| 30 eQi Av‡Mi Zyjbvq GB msL¨v GLb Pvi ¸‡YiI †ewk| B›Uvib¨vkbvj Wvqv‡ewUm dvD‡Ûk‡bi Z\_¨ Abyhvqx evsjv‡`‡k eZ©gv‡b Wvqv‡ewUm †ivMxi msL¨v cÖvq 75 j¶| A\_P G‡`i 57 kZvskB Rv‡bb bv †h Zv‡`i Wvqv‡ewUm i‡q‡Q| RxebhvÎvi cwieZ©b, KvwqK kÖg K‡g hvIqv, Lv‡`¨ bvbvwea ¶wZKi c`v‡\_©i Dcw¯’wZ, `ywðšÍv †e‡o hvIqv-me wgwj‡q Wvqv‡ewUm nIqvi Avk¼v †e‡o hvq| †ivMx‡`i m¶gZv I m‡PZbZv e…w× Kivi gva¨‡g Wvqv‡ewUm cÖwZ‡iva I wbqš¿Y Kiv m¤¢e|

Avgiv hLb †Kvb Lvevi LvB ZLb Avgv‡`i kixi †mB Lv‡`¨i kK©iv‡K †f‡O Møy‡Kv‡R iƒcvšÍwiZ K‡i| AMœ¨vkq †\_‡K Bbmywjb bvgK †h ni‡gvb wbm…Z nq, Zv Avgv‡`i kix‡ii †Kvl¸‡jv‡K Møy‡KvR MÖnY Ki‡Z mvnvh¨ K‡i| GB Møy‡KvR kix‡ii R¡vjvwb ev kw³ wn‡m‡e KvR K‡i| kix‡i hLb Bbmywjb ˆZwi n‡Z bv cv‡i A\_ev GUv wVK g‡Zv KvR bv K‡i, ZLbB Wvqv‡ewUm nq Ges Gi d‡j i‡³i g‡a¨ Møy‡KvR Rgv n‡Z ïiæ K‡i|

Wvqv‡ewUm wewfbœ ai‡Yi n‡Z cv‡i| Z‡e cÖavbZ `yB fv‡M fvM Kiv †h‡Z cv‡i, UvBc-1 Ges UvBc-2|| UvBc-1 (Insulin Dependent Diabetes, Juvenile Diabetes) Wvqv‡ewUm mvaviYZ †QvU eq‡mB †`Lv †`q Ges cÖZ¨n Bbmywjb MÖnY e¨vwZ‡i‡K Gi †Kv‡bv wPwKrmv †bB, A\_©vr Bbmywjb wb‡qB †eu‡P \_vK‡Z n‡e| mvaviYZ 40 eQi eq‡mi w`‡K Wvqv‡ewUm Ges esk ci¤úivq Pj‡Z cv‡i| GB Wvqv‡ewUmB UvBc-2 (Insulin Non Dependent Diabetes, Adult Onset Diabetes) Wvqv‡ewUm| Z‡e G eq‡mi gvbyl‡`i cvkvcvwk †QvU‡`iI B`vwbs Wvqv‡ewUm jÿ¨ Kiv hv‡”Q Ges Zv µgk †e‡oB P‡j‡Q|

UvBc-1 Wvqv‡ewU‡m AMœ¨vkq †\_‡K Bbmywjb Drcv`b eÜ n‡q hvq| ZLb i³ cÖev‡n Møy‡KvR Rgv n‡Z ïiæ K‡i| Wv³vi‡`i g‡Z, Gi †cQ‡b wRbMZ KviY \_vK‡Z cv‡i A\_ev AMœ¨vk‡q fvBivmRwbZ msµg‡Yi Kvi‡Y Bbmywjb Drcv`bKvix †Kvl¸‡jv bó n‡q †M‡j Ggb n‡Z cv‡i| Avi UvBc-2 Wvqv‡ewU‡m hviv AvµvšÍ Zv‡`i AMœ¨vk‡q h‡\_ó Bbmywjb Drcbœ nq bv A\_ev GB ni‡gvbwU wVK g‡Zv KvR K‡i bv|

mšÍvbm¤¢ev n‡jI A‡bK bvixi Wvqv‡ewUm n‡Z cv‡i (Gestational Diabetes)| Zv‡`i †`n †\_‡K hLb wb‡Ri Ges mšÍv‡bi R‡b¨ cÖ‡qvRbxq Bbmywjb h‡\_ó cwigv‡Y ˆZwi n‡Z bv cv‡i, ZLbB Zv‡`i Wvqv‡ewUm n‡Z cv‡i| M‡elYvq †`Lv †M‡Q, 6 †\_‡K 16 kZvsk Mf©eZx bvixi Wvqv‡ewUm n‡Z cv‡i| Wv‡qU, kixi PP©v A\_ev Bbmywjb †bIqvi gva¨‡g Zv‡`i kix‡i wPwbi gvÎv wbqš¿‡Yi g‡a¨ ivLv †M‡j Zv‡`i UvBc-2 Wvqv‡ewU‡m AvµvšÍ nIqvi SyuwK Gwo‡q hvIqv m¤¢e nq|

K¬vwšÍ †eva Kiv Wvqv‡ewU‡mi GKwU eo DcmM©| me‡P‡q mvaviY DcmM©¸‡jvi g‡a¨ i‡q‡Q : Lye Z…òv cvIqv, evievi ¶yav jvMv, ¯^vfvwe‡Ki PvB‡ZI Nb Nb cÖ¯ªve nIqv (we‡kl K‡i iv‡Zi †ejvq) †Kv‡bv KviY QvovB IRb K‡g hvIqv, cÖ`vnRwbZ †iv‡M evievi AvµvšÍ nIqv, `…wó Svcmv n‡q hvIqv, kix‡ii †Kv\_vI †K‡U †M‡j †mUv ïKv‡Z †`wi nIqv BZ¨vw`| i‡³ ¯^vfvweK Møy‡Kv‡Ri cwigvY 5.5 †\_‡K 6.0 mmol/L (Lvwj‡c‡U) Ges 7.7 mmol/L (fiv‡c‡U) wKš‘ hLb GB Møy‡Kv‡Ri cwigvY †e‡o hvq, ZLbB †m Ae¯’v‡K Avgiv Wvqv‡ewUm ewj|

i‡³ wPwbi cwigvY †ewk n‡j i³bvjxi gvivZ¥K ¶wZ n‡Z cv‡i| kix‡i hw` i³ wVK g‡Zv cÖevwnZ n‡Z bv cv‡i, Z‡e †hme RvqMvq i‡³i cÖ‡qvRb †mLv‡b i³ †cŠuQv‡Z cv‡i bv, d‡j mœvqy ¶wZMÖ¯Í nIqvi SyuwK †e‡o hvq| G‡Z K‡i gvbyl `…wó kw³ nviv‡Z cv‡i| Bb‡dKkb †`Lv w`‡Z cv‡i cv‡q| wek¦ ¯^v¯’¨ ms¯’v ej‡Q, AÜZ¡, wKWwb bó n‡q hvIqv, nvU© A¨vUvK, †÷«vK BZ¨vw`i †cQ‡b GKwU eo KviY Wvqv‡ewUm| GQvov nvB‡cvM­vB‡mwgqv, wK‡UvGwm‡Wvwmm BZ¨vw` gvivZ¥K RwUjZvI ˆZwi n‡Z cv‡i|

Wvqv‡ewUm wbqš¿‡Y ivL‡Z ïay Ilya ev BbmywjbB h‡\_ó bq| Lv`¨vf¨vm, Jla Ges k„•Ljv‡ev‡ai gva¨‡g Wvqv‡ewUm wbqš¿‡Y ivLv m¤¢e| cÖwµqvRvZ Lvevi I cvbxq Gwo‡q Pj‡Z n‡e| Gwo‡q Pj‡Z n‡e dv÷ dyW, wPwb RvZxq cvbxq, wgwó BZ¨vw`| †L‡Z n‡e kvK mwâ, dj Ges †gvUv `vbvi Lv`¨ k‡m¨i g‡Zv ¯^v¯’¨Ki Lvevi| ¯^v¯’¨Ki †Zj, ev`vg LvIqvI fv‡jv| †hme gv‡Q I‡gMv w\_ª †Zj Av‡Q †m¸‡jv †ewk K‡i †L‡Z n‡e| GK †ejv †cU f‡i bv †L‡q Aí cwigv‡Y weiwZ w`‡q †L‡Z n‡e| Wvqv‡ewUm wbqš¿‡Yi †gwWwm‡bi g‡a¨ Av‡Q g~jZ Bbmywjb, hv wewfbœ †ivMxi †¶‡Î wewfbœ gva¨‡g Ges †Wv‡R †`Iqv nq| GQvov Av‡Q wewfbœ gy‡L LvIqvi wewfbœ Ilya, †hgb mvj‡dvbvBjBDwiqv, †gUdiwgb, wjbvwM­cwUb BZ¨vw`|

Rxebhvc‡b k…•LjvB Wvqv‡ewUm wbqš¿‡Yi g~j PvweKvwV| kixi PP©v ev e¨vqvg Kivi gva¨‡g i‡³ wPwbi gvÎv Kwg‡q ivLv m¤¢e| cÖwZmßv‡n AvovB NÈvi g‡Zv e¨vqvg Kiv `iKvi| Zvi g‡a¨ `ªæZ nvuUv Ges wmuwo †e‡q Ic‡i IVvI Gi g‡a¨ i‡q‡Q| kvixwiKfv‡e \_vK‡Z n‡e mwµq| IRb wbqš¿‡Y ivL‡Z n‡e| a~gcvb cwinvi KivI Riæwi| bRi ivL‡Z n‡e †Kvj‡÷i‡ji gvÎvi IciI|

14 b‡f¤^i wek¦ Wvqv‡ewUm w`em| cÖwZeQi Wvqv‡ewUm wb‡q wek¦ Ry‡o bvbv Avw½‡K w`bwU cvwjZ nq| wek¦Ry‡o Wvqv‡ewUm †ivM e¨vcK nv‡i †e‡o hvIqvq wek¦ Wvqv‡ewUm †dWv‡ikb (AvBwWGd) I wek¦ ¯^v¯’¨ ms¯’v (WHO) 1991 mv‡j 14 b‡f¤^i‡K Wvqv‡ewUm w`em wn‡m‡e †NvlYv K‡i| Gw`b weÁvbx †d«WwiK †ebwUs Rb¥ wb‡qwQ‡jb Ges wZwb weÁvbx Pvj©m †e‡÷i m‡½ GK‡Î Bbmywjb Avwe®‹vi K‡iwQ‡jb| Zv‡`i ¯§i‡Y G w`bwU‡Z Wvqv‡iwUm w`em cvwjZ nq wek¦e¨vcx|

wek¦ ¯^v¯’¨ ms¯’vi g‡Z, 1980 mv‡j Wvqv‡ewU‡m AvµvšÍ gvby‡li msL¨v wQj cÖvq 11 †KvwU, 2014 mv‡j Zv †e‡o nq 42 †KvwUiI †ewk| 1980 mv‡j 18 eQ‡ii †ewk eqmx gvby‡li Wvqv‡ewU‡mi nvi wQj 5 kZvs‡kiI Kg wKš‘ 2014 mv‡ji Zv‡`i msL¨v †e‡o `uvovq 8 `kwgK 5 kZvsk| AvšÍR©vwZK Wvqv‡ewUm †dWv‡ikb ej‡Q, cÖvß eq¯‹ Wvqv‡ewU‡m AvµvšÍ‡`i cÖvq 80 kZvsk ga¨ I wbgœ Av‡qi †`‡ki, †hLv‡b Lye `ªæZ Lv`¨vf¨v‡mi cwieZ©b NU‡Q| ms¯’vwU ej‡Q, 2016 mv‡j Wvqv‡ewU‡mi Kvi‡Y we‡k¦ cÖvq 16 jvL gvby‡li g…Zz¨ n‡q‡Q|

DbœZ †`k¸‡jvi Zyjbvq Dbœqbkxj †`k¸‡jv‡Z G †iv‡Mi e…w×i nvi A‡bK †ewk| evsjv‡`‡k eZ©gv‡b Wvqv‡ewUm †ivMxi msL¨v cÖvq 75 jvL| 2040 mvj bvMv` G msL¨v †`o †KvwU Qvwo‡q hvIqvi Avk¼v i‡q‡Q| G Ae¯’vq Wvqv‡ewUm m¤ú‡K© MYm‡PZbZv m…wói j‡¶¨ Ges wPwKrmv †mev cÖ`v‡b evsjv‡`k miKvi Ges wewfbœ msMVb bvbvwea Kvh©µg cwiPvjbv K‡i hv‡”Q| miKvwi nvmcvZvj¸‡jv‡Z ¯^í Li‡P Wvqv‡ewU‡mi †U÷¸‡jv Kivi e¨e¯’v Av‡Q| miKvwi Uviwkqvwi nvmcvZvj¸‡jv‡Z †gwWwmb wefv‡Mi cvkvcvwk G‡ÛvµvBb (ni‡gvb) Ges Wvqv‡ewUm wefvM Pvjy Av‡Q, hv Wvqv‡ewUm †ivMx‡`i wbqwgZ wPwKrmv †mev w`‡q hv‡”Q| XvKv †gwW‡Kjmn †`‡ki wewfbœ †gwW‡K‡j Wvqv‡ewUK wK¬wbK Pvjy Av‡Q| GQvov evsjv‡`k miKv‡ii D‡`¨v‡M wewfbœ gvV, cvK©mg~n nvuUvi Dc‡hvMx Kiv n‡q‡Q| eywoM½vmn XvKvi Pvicv‡ki b`xi cv‡k ‰Zwi n‡”Q IqvKI‡q| wbtm‡›`‡n Gme D‡`¨vM †`‡ki RbM‡Yi ¯^v¯’¨ i¶v Ges Wvqv‡ewUm wbqš¿‡Y kvixwiK cwik«‡gi my‡hv‡Mi †¶‡Î we‡kl f~wgKv ivL‡e|

†`‡k 1956 mv‡ji †deªæqvwi‡Z evsjv‡`k Wvqv‡ewUK A¨v‡mvwm‡qkb MwVZ nq (ZLb cvwK¯Ívb Wvqv‡ewUK G‡mvwm‡qkb bvgKiY Kiv nq)| 1982 mv‡j evi‡Wg eûg~Î cÖwZ‡iva I wbqš¿‡Y Kgy¨wbwUwfwËK Kg©m~wP MV‡bi j‡¶¨ wek¦ ¯^v¯’¨ ms¯’vi mn‡hvMx †K›`ª wn‡m‡e `vwqZ¡ jvf K‡i| BD‡iv‡ci evB‡i G ai‡Yi cÖwZôvb GUvB cÖ\_g| GQvov evsjv‡`k Wvqv‡ewUK mwgwZ ag©xq Abyôvb cÖPv‡ii cvkvcvwk ag©xq we‡kølK‡`i gva¨‡g ¯^v¯’¨ myi¶vq Avgv‡`i KiYxq we‡klfv‡e 'Wvqv‡ewUm cÖwZ‡ivaÕ wel‡q GKwU we‡kl cÖKí MÖnY K‡i‡Q|

Wvqv‡ewUm GLb Avi †Kv‡bv †QvULvU Amy¯’Zv bq| G †iv‡Mi e¨vcv‡i RbMY‡K Av‡iv m‡PZb Kivi Rb¨ Avgv‡`i mKj‡K GwM‡q Avm‡Z n‡e| wek¦ Wvqv‡ewUm w`e‡m G welqK Kg©kvjv, gvV ch©v‡q cÖwk¶Y, RbMY‡K Wvqv‡ewUm m¤ú‡K© Rvbv‡bv Ges m‡e©vcwi mevi g‡a¨ m‡PZbZv m…wói j‡¶¨ KvR Ki‡Q miKvi| miKv‡ii cvkvcvwk Avgv‡`i‡KI G‡¶‡Î mn‡hvwMZvi nvZ evwo‡q w`‡Z n‡e| mK‡j wg‡j m‡PZb n‡q GwM‡q Avm‡j Avgiv Wvqv‡ewUm cÖwZ‡iva I wbqš¿Y Ki‡Z mÿg n‡ev Ges wd‡i cv‡ev my¯’ ¯^vfvweK Rxeb|

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(wcAvBwW-wkï I bvix Dbœq‡b m‡PZbZvg~jK †hvMv‡hvM Kvh©µg wdPvi)