

વિટામીન-ડિ અને કેલ્શિયમ

AmeAmarl A05qa` Ak Anlly]pcar p^6it na
p/ ea trikeAapta>Aand AnwvlAe0IAe Aa
]pcar p^6it Aap` a AaroGy na tmam pasa ne
Aavrl l e0e v6uma>v6ul okoneAa kdrtl Ane
AayvEk p^6it na mLy0 4l maihtgar krl xkay
Aea ^y Saa4eAmeAhl]piS4t 0IAe

Kel ak rogo AneAaroGy nl smSya nuyogY indan
Anesma6an Aa6unk]pcar p^6it ma>n4l
m5tA Aavl AaroGy smSya j el kevarsagt
tkl lfo, Snayjully nb5a[Ao AneA030[Mya rogo
nl ko[qas sarvar samally dva nl VyvS4a ma>
n4l. Amenopat/Ane]Isah prk pir` amo Aa
pkar nl AaroGy piriS4itAo ma mEvya 0ekdrtl
Ayur sar do! dayka 4l p` v6aresmy 4l
kayRt 0e 7l mohMmd ysu xq, tana]mda
di^3ko` AnemLypit heuAo Saa4esmaj neAa
Anlly]pcarp^6it no l aw Apl rHyA 0e

AmeAmnem5ea st08kark pir` amo 4l gvR
AnwvlAe0IAeAme2` a Asa^y drdo ke]pcar
ma3eAxky mnay 0etma>sara pir` am mEvya 0e
tmeAmara drdl Aon l ivgto tana srnama Ane
smyansar kravea 'm0kl irpo3RAmarl v0sa[3

-www.kudratiayurved.com pr4l m5vl
xko 0o.

Aa pitka no moy jdky xrlr na b6ar` nl A00l
ja` ltl ivgto no Allyas krl t6o sb6 Aap` l
xairrik tkl lfo sa4exu0etj ahe krvano 0eAne
xrlr na Amk A00a ja` lta slyo nej a` l t6e
lgtl xairrik tkl lfo nej Da` pur smj vano 0e
xuAa xairrik tkl lfo no sb2 Aap` l qo3l qorak
nl Aadto kj edvse nedvse AEvalls 4tl j ay 0e
Ael sa4eol xke0ro?

xutmej a` o 0o Aap` a xrlr ma>mo3a wag na
rogo kexym nl j` p nel l2e4ay 0eAej ra
v6arepDt0e pr0ut6o j vab Anetmara xrlr
sa4esk5ayea tmara b2a j sval o na j vab
Aa pitka ma smavel Aty0 jpyogl mahltl
va0va4l m5l xke0e

Amaro jdky xrlr ma kexym nl kel l b2l
Aglyta 0eAeivxesmaj nej ag0a krvano 0e
phea to, kexym namna mlnrl nesm+Ae
kar` ket6ej a` va4l Aap` et6a Astun @vara

Aap` a xrlr ma sj aRI A` 2arl prIS4lit v2are
sarl ritesmj l xklye0lye
samally ritel oko ma3ekixym numhiv mj bU
hadka Anetdost dat pntuhoy 0e prtrqr to
Aap` a samally SvaSY4 ma3ep` tev6aresbi6t
AneAI4t Jp4ogI 0e

kEX4m AeAap` a xrlr ma pa` l p0Inus0yl v2are
pna` ma rahEunlj 0e roj lda kamo ma Aap` u
xrlr kiEX4m no Jp4og ibj a b2a mlsnrLs nl
srqam` l ma s0yl v2arepna` ma kre0e
vEaniko Anexo2ktaRo mane0ekekiEX4m Aepitv
ma Aavea b2a j sj lvo ma3eno m5wt 63k 0e
kixym Aap` a xrlr nl drk s(m AneAit s(m
ik4aAo ma qb j mhivno wag wj ve0e

kiEX4m V4iktna xarlirk Anemanisk AarOG4ne
Asamall4 riteAsr kre0e teAap` a m5wt
b2ar` AnahaDkanl rcna ma3eAI4t Jp4ogI 0e
teAap` a xrlrnl vi@2, parlpadn, hl ncl n,
Anewr` po8` ma3ep` Ait mhivnu0e kEX4m
manvj at Jpra t pa` l Ane0oDvaAo ma3e} j aR
pPt krvana Ak ma@4m trikeka4Rkre0e
c4apc4nl ik4a Aearvar ytl pik4a 0e Aae

v2aresarlirtesmj va ma3eAap` e qorak, kej e
iv3aimn, qinj dV40 Anep08k tivo no Stot 0eAae
sm+xu

Aap` e0 AayvBna m5wt is@2a±4l shmt 0IAke
dre rog na m5ma qorak nuAcokks AneApptu
pacn j vabdar 0e Aa Apco Aap` negwlr madgl
S0l l [j] xke0eqorak huyogy pacn Ae t0cst
SvaSY4num0y rhSy 0e Aa iv8y pr v2are] Da` ma
]trlyeAophea k0ymne gta 40Da slyo AnehSyo
ja` ll [ye

k0xym t0cst Sva\$Synl cavl 0eteqinj tivo no
raja 0e texrlrnl dre pikya ma3eAvxyk 0e te
xrlr na ibj a qinj dV40 Anep08k tivona]pyoj n
ma3e0bj j rrl 0e

xutmeja` 0 0o ketaj ernl v5aink xo2 AexaRe0ke
h0yna rog Aneklsr Aem03awagek0ymnl }` p
Anetaerl 2e]lpIn 4ta iv8nupir` am 0e?. Aa
xo2qo5 mub ha[pokessilya(k0ymnl }` p) Ane
ha[prkessilya(k0ymnuiv8) 100 krta p` v2are
rogo Anexrlrnl AlyvS4a ma3ej vabdar 0e j ma
Dayaib3ls, klsr, h0y rog, lpaxyma p4rl,
m0pDma p4rl, st2va, AoS3Aoporsls,
vgeej ea Ait giwr rogono smavx 4ay 0e
AoS3AoporslsAeAke haDKano rog 0e j ma haDKanl
2nta samally krta 2` l Ao0l 4 [j va4l tel 9mta
ma 23aDo j ova m50e

} ` p na l 9 ` 0

- AoS3Aoporosls
- ? irkēs
- ? tBlea haDka nuj Ldl n s6avv
- ? [ns0MnlAa
- ? daē n sDv
- ? haDkana Ainyimt Aakar
- ? v5ea pgo
- ? Snayunl 64rl
- ? iciDyap` u
- ? kro ya mro j el vtRk
- ?]eu ohlnuaba`
- ? Hayprka[niss
- ? hayprAēs iD3l
- ? zDpl AoiksDæn
- ? slsuAnekdīmym nl Ai6kta iny tēe
- ? kor
- ? i33nl

Laaba smy nl kē xym nl } ` p 9itykt l ohlnu
g#avvAoiS3Aoporoiiss, irkēs Anebl=
rogo krl xke0e Ao0l } ` p p` 2` l
dēbaimRAinyimt taAo } IpNn krēe

?

pl pl3æn

nqo nʊsDvʌ

? cɛa svɛn xll ta

? Snayʌ nʌ qeavʌ

Aa } ` p vtRʌ AnemD na fɛfar kre0e

?

qo3l ictʌ

? iDSfoirya

? [nsomniya

? iDpɛn

gwlr } ` p Aava rogo krl xke0e

? j Dta

? iDpɛn

? mɛiAa

? ha4 nʌj kDa[j vʌ

? Snayʌ nʌ qeavʌ

? Asamally hɛy na 6bkara

? qal l cDvl

Ai6kta na | 9` 0

?

Snayunl nb5a[

?

Si6va

?

dqavo

?

r9` aTmk vtR

?

ip|axy nl p4rl

?

m|ipR nl p4rl

?

6lma cyapcy

?

haDkanug#n

?

haDka nl brDta

?

kb+yat

?

SpoiNDI a[3Is

kēxym Aap` a xrlr no Ake mhTv no 23k 0e
nlva` 6ka wag xrlr nēkēxym daē Ane
haDkaAo ma>shaye 0eJyarebaki nēkēxym j dl
j dl de6aimR ikyaAoma>vpray 0e Aap` a xrlr
nl mo3awagnl xairirk ikyaAo ma>tesiky wag
wj ve0e

---- tenva ko8 nl rcna, ko8ivwaj n Ane
ko8vik6 ninyt7 kre0e

---- tecak08na Spdno nl | eDdeD ma>mhTv
no wag wj ve0e

---- te]Iseko nl pikya ne] | je0e

---- tel ohi ne=mi j va ma>mdd kre0e
---- teSnayAona skocn Aneivkocn ma>mdd
kre0e

---- teko8 ni p/æxli ta neinyitʃ kre0e
---- teAisD-bēz ni mata/nusmtol n krl
tænli vCcebfr' trlkekam kre0eAne xlr na

pH | e | ,ne=5vi raqe0e

---- teko8 p3l neiS4rta Aape0e

---- Snayuna skocn Aneivkocn ma3e
j vabdar 0e

---- l ohi Aneko8ma>p/ahl =5vi raql tæ
nkisan 4tærok0e

---- te[NSyuln no Sta'v v6are0e

---- te4a[ro[D Aʃ:Sta'v inyitʃ kre0e

---- teceatʃ/nl l ag`lxli ta neinyitʃ kre0e

---- texikt]Ipadn ma3eni 'kɔ Saaykl ' ma>
mhIv no wag wj ve0e

---- te'foSfrs' cyapcy ma3eno j rdl 23k 0e

---- texlr ma3ej rdl Ael iv8milt pikya ma>
'iD3oiksfayr' trlkevag wj ve0e

---- tecrib na pacn ma>mdd kre0e

HveAap` ekēxym = `IAe0IAekeēxym
Snayuna skocn Aneivkocn ma3ej vabdar
Oe kēxym ni Snayunyē/ pr moēl Asr
Oe tehdy ni Snayb^6 p/x| Anetēa
SnayAo ma>iv@yū vhn ma3eno j rdl 23k Oe

kēxym Aē:Stv/ona smtol n Ane]Iseko na
]Ipadn ma3ej rdl Oe teSt/ Anepu8 blnena
Aē:Stavo na]Ipadn ma3eAlyē j rdl Oe

kēxym xrlr nuAgly nuqnlj tIv Oej ek08
ni p/xxll ta neinyitē kre0e xrlr na
AēsD bēz smtol n ma3ek08 ni Aa
p/xxll ta bhuj j rdl Oe Aam kēxym
xrlr na Aa7it dab nusmtol n krl tēe
=5vl raq0e Aa rltekēxym xrlr na k080
Anel ohl na p/xahl tIv ne=5vl raql tēl
9it invare0e

Aarogy iv)an Ansar xrlr na p/xahl no
AēsDk gū6mRmadgl no indē kre0e

JyaremUyIvesamally A4va tæst pki| xrlr
na p/ahl no bæk gù6mRixarE0e xrlr na
iv8dVyo no gù6mRAisidk 0e Aap` a roij da
qorak p` mo3wageAisidk hoy 0e manisk
t` av xrlr nl Aisidk piriS4it ma]mæ kre
kæl ak pl` a p` xrlr nl VyvS4a neAisidk bnaVe
0e xrlrnl Aa Aisidk piriS4it neparql ne
Aap` I VyvS4a tæesmtol n ma> avva Anej rd
pH =5vva tæAaLkLaa[z kre0e Aam, kèxym
AisD neAAsr krl 'bfr' trlkæt0e

kèxym nl gùv|a neAap` eS4rta, sqtp` vAne
dèk ritev` Rk xklAe HveAap` e kèxym nl
]` p,Ai6kta Anetæa ^vara]dwvta ichNo Ane
9it AoneSm+ xklxæ

kèxym 2` I dæ6aimR ikyaAo ma3eAavlyk 0e te
ko8p3I nl iS4rta ma3g rd 0e Asamally kèxym
Str tæa =mvanl AneAis4magRna>g#n nl piKya
]IpNn kre0eAis4magRna>g#n samally rite0eAaDka
na j oDa` pr AneAis4b6n na j oDa` pr j ova m5e
0ekèxym haDka na b6ar` ,=5v` I Anenj bta[
ma3eAgly nup08kdVyo

kēxym na Aa pasa 4l maihtgar 4va Aap` eAap` a
kkaal tēna m5qa 4l xrlr Aat krlxū

Moa3awagnukēxym Aap` a kkaal na b6ar`
pa05 vpra[=y 0e
tēnaDka Anedaē nab6ar` ma3ēvpray 0ev6ē
kēxym l ohi, SnayuAnecēaAoma>ēa m50e
Aap` a xrlr ma>bSso 0 haDka Aavea 0ej e
Aap` a xrlr nemj btū 3ka pbtū paDe0e Aap` a
hl ncl n Aa mj btū 3ka 4l j` xky bn0e

samally riteAap` eAap` a haDkaAo neAkē
kayml ma5qa trikej o[Aē0lAeprtūAp` a
xrlr ma>haDkana j bā ko8o dtū krvanl Ane
nva ko8o bnvanl pikya stt calya kre0e
j aensj R -irmoDele kēama>Aave0e Aa
2` l Agly 6ravtl haDka na nvsj R nl
pikya Aap` l Aaql +dgl drMyan calya kre
0e

kēxym mhivnl ritehēy na 6bkara Ane
cēaSpno nl l eDdeD nl pikya na
inyt/ ma>wag l e0e hēy na 6bkara no
iv`ytū caj Rp` kēxym neAawarl 0e

=eAap` ec~~at~~ /ivxeivcarIAeto mBwU
rlteAeivXaa5 iv8y 0ep` k~~ix~~ym p`
c~~at~~ /na iv^y~~u~~ Sp~~no~~ na pitwav Apva ma>
AgIy no wag wj ve~~e~~ tec~~at~~ /na ko8o
vCces~~de~~vahk ni w~~u~~hka wj ve~~e~~

k~~ix~~ym ni }` p c~~at~~ /ni gwlr smSya
Jwl kre~~e~~ texairirk Anemanisk Aj p~~o~~
Anet` av]IpIn kre~~e~~Aneko8p3I na
po8kdVyo Ane]Tsij R dVyo nepsar krl
xkvanI 9mta nemb5I paDe~~e~~

teSnayA~~o~~ na kayRt~~aj~~ k~~el~~ ak Aa~~t~~irk
Avyvo j ~~ea~~ keh~~y~~ na SnayA~~o~~, Aa~~t~~rDa na
SnayA~~o~~ vgeena kayRna3eqb j j rrl Oe
Aa4I Aap` ekhl xkIAek~~ix~~ym t~~ost~~
h~~ey~~, kayRt c~~ea~~Ao AnesarI } 2 ma3ej rrl
Oe

Aap` ek~~ix~~ymna pasa neAap` I t~~ost~~I Ane
Aap` I d~~eb~~aimR ikya Ao ^vara smJya.

Aap` o ivkas ko8ivwaj n Aneko8vĳ6na
kar` ej xky 0ej nIndĳy rpaĳr` ma3e
kĳxym j rrl 0e Aap` ĳ yuavS4a Ae
j nIndĳy na rpaĳr` neAawarl 0eAnete
kĳxym nel l6ej xky bne0e

Aam kĳxym xrlr na smarkam Ane=5v` ĳ
ma3eAĳyĳ j rrl 0e Ap` ej oyĳkeSnayĳo Ane
cĳaAo na kayRma3et4a ĳ ohlna =mva ma3e
AneAĳ:Staĳvo ma3eteqb j mhĳv 6rave0e

xrlr na ko8onl sarl kayR9ta ma3ej rrl
pĳna` ma>pxahl hovĳqbj AavXyk 0e kĳxym
ko8o Anel ohlna>na Aa pĳahl nl 9it neroke
0e

te4ayro[D' ^vara]IpNn 4ta Aĳ:Staĳv nĳ
]ĳpadn 6lmĳpaDe0e te[NSyuln nĳ]ĳpadn
v6ar6ama>mdd kre0e

m6pĳne kĳxym nesmtol krva4l rokl xkay
0e svĳnamy cĳatt/ne6lmĳpaDvama>
kĳxymnĳ2 umhĳv 0e

tefoSfrs cyapcy ma3eAavXyk Oe tek
saykl nl xikt na]Ipadn ma3eqb mhIvno
Oe 3ka` ma>=E Aeto kexym smtol n
Ap` I +dgl ma3eAit AavXyk Oe Aap` a
xrlr ma3ekexym no Stvt AeAaharj Ny
kexym j Oe prtub6uj kexym AatrDa
^vara xo8a[xktun4l.

iv3amlN DI kexym nuAatrDama>ma>4tu
Aiwcb` v6arvama>AgIy no wag wj ve0e
A4l Ap` ekhl xklAekeAa AavXyk qnlj
nl Aap` a xrlrma>nl yata/iv3amlN DI nl
mdd 4l cal u4ay Oe

'6l Nyu(NGI aND j nR Aof mElslN' Ae
iv3amlN DI na Ap` I tdcStl nel gta kel ak
faydaAo no>ya Oe AelscRj nR Ansar
kel ak dl6Ral In rogo j ea ke3a[p-3u
Dayabl3ls mel3s, kor, cpl rogo,
rktvahlnl na rogo AneAo3o[Mya rogo
4vama>iv3amlN DI no mhIvno fa5o Oe
'nænI he4 AND NyBixn AkzamlNæn svR

Aep` iv3amln DI na Aledr Str ivxekel Ik
ivgtol s dvl Oe A svbAnsar Oel a be
dayka drMyan iv3amln DI na Str m` so ma>
2` unlcogyUOe

kelxym cyapcy ikya ma>iv3amln DI 2` o j
mhiv no wag wj veOe tchaDka na
keslfikæn ma3ep` j vabdar Oe foSfrs na
vprax ma3ep` iv3amln DI AavXyk Oe
foSfrs Anekelxym blnchaDka na b6ar`
ma3eAvXyk Oe

iv3amln DI kelxym AnefoSfæ na Str ne
=5vl raqva ma3ej rdl Oe iv3amln DI mnty
nl camDI ma>svrkax na par=bl l ikr` o nl
haj rl ma>bneOe tyar pOl teykt AnentipD
ma>j ay Oe mtipD iv3amln DI nesiky
kesl3ayol ma>feveOe

iv3amln DI ixya5ama>A4va vad50aya
vatavr` ma>AoOa pna` ma>]Ipln 4ay Oe
DakRcamDI ma>sfæ kel a[3 camDI krta>p`
AoOa iv3amln DI bneOe iv3amln DI CaamDI
ma>p` bneOe Aneqorak ^vara p` m5eOe

teykt AnentipD ^vara siky 4ay 0e te
AatrDama>rlsBr sa4e=Day 0e 0el a
sxo6n mjub xrlr na b6a j ko8o Ane
SnayAo iv3amln DI nurlsBr 6rave0e te
iv3amln DI nl } ` p kexym nl] ` p sj 0e
AnetefoSf3 na Aiwcb ` nep ` Asr kre
0e

kexym Aneiv3amln DI nl } ` p 2 ` a rogo
notre 0e kexym nAatrDama>Aiwcb
iv3amln DI ^vara 4ay 0e = eAap ` pbtI mataMa>
kexym AnefoSfrs 6ravIAeto p ` vl3amln
DI vgr tæo pbtI]pyog 4to n4I. Ael ivpirt
AoOkexym AnefoSfrs I ea 0ta>p ` pbtI
pna ` ma>iv3amln DI I ea4I te]pyog ma>I [
xkay 0e

---- kexym AnefoSfrs haDka ma>4I fri
smavvama>ndd kre0e

---- Aa qnlj tIvo neta> ma>]meva ma>ndd kre
0e

---- Iohl ma>kexym AnefoSfrs nupna `
=5vl raq0e

---- m^up^u ^vara k^exym n^u]Tsj R 23aDe
0e

---- Aa^rDa ma^ke^xym n^uAiwcb^l` v6ar0e

Taaj er no wartly l okono Ak m^ukl sv^u` a
cokavnara tar`o cl^ue0e wart iv8uv^l 4l
v6ared^un4l. to wart na l okoma>ptta p^una`
ma>iv3amln DI hovanebdl eAaxrene^uka l oko
iv3amln DI Anek^exym nl qaml 4l plDay 0e

Aap` eAp` a xrlr nl t^ust kay^umta ma3e
iv3amln DI Anek^exym n^umh^uv =^upr^utu
Aap` l samaly t^ust piriS4it ma3e t^u
smtol n =5vv^u A^el j j rd 0e

Ahl>Aap` eAk v6ares>a smj vl =eAete0e
j ^uvk]pl B6 k^exym j ^ue Aap` e
'bayoaAve^ul bl' k^exym khlx^u Aap` e je
k^exym l [Aet^u rd n4l k^u6^u vpra[j ay.
teAini` Rrhe^ukel k^exym k^u k^exym ma>
4l d^ubaimRiky^uAo ma>vpraxe

Ak s x06n pna` ɛnSpitj Ny kɛxym tɛstl
ma3e] | m 0eAnetɛxrlr ma>sarl rltɛx08a[xke
0e Jyarepa` lj Ny kɛxym xrlrma>sarl rlte
x08atɛn4l Anekɛl lk gwlr piriS4it ma>
pir` m0e
kɛxym nl }` p A4va bayoAnAvɛl ɛl
kɛxym mɛrɛpɛ nl p4rl ma>` pir` ml xk0e
tɛdyrog 4va nl xkyta p` v6arl d0el ohl nɛ
]ɛɛba` p` sl6l rltɛkɛxym na y0gy vprax
Anɛmtol n sa4e=Baye0e

Aap` l AgTy nl dɛ6aimR ikyaAo ma3eAap` ne
kɛxym nl j ruhova4l kɛxym nl
bayoAvɛl ɛll l3l qb j rɛl 0e
bayoAnAvɛl ɛl kɛxym xrlr nl samaly
kayRmtama>v9p krl xk0eAnɛɛl+ baj ute
} ` p nl iS4it s+Rk0e

Aap` e=yukɛrɛ dɛ6aimR ikya ma3ekɛxym
j rɛl 0eAnɛAg rɛlyat l ohlma>hɛa kɛxym
4l pɛl pD0edrk ko8 l ohl ^vara p08ktIvo
mɛv0edrk ko8 ma3ekɛxym AnɛAlly
p08ktIvono Stɛt l ohl 0e

t4l xrlr nl yoGy cyapcy nl ikyaAo ma3e
l ohl ma>keixym nupna` smtol n ma>rhew
Ait Aavlyk Oe keixym l ohl nl m0y 6ara
ma>pacnt t/ ^vara p/ve0e

Paacn pikyama>2` a packrso j oDay Oe tma>
]tseko no p` smavx 4ay Oe yoGy pacn
ma3eAap` aej #rAaity magRkay69 hovo j rcl
Oe m0 pacn po8ktivo na xo8ava nl ikya
6lml paDe0eAne xrlr ma>iv8]TpNn kre0e

Aap` e= yu keixym Snayuna sko cn Ane
ivkocn ma3eAit Aavlyk Oe qorak pacn
magRna>Snaya nl mdd 4l Ag5 v60e
SnayaAo pacn magRna>po8ktivona pacn Ane
xo8` na iviv6 t6kkaAo ma>mhiv no wag
wj ve0e

Jda j da t t/ AneAvyvo na ko8o nepyta
pna` ma>keixym m5l rhetema3el ohlma>
keixym nupna` j 5va[rhetej rcl Oe te
c0aAo ner9` Aapva p` j rcl Oe

=exrlr ^vara xrlr nl b6l j cyapcy
pikyaAo ma3ekäxym nl } p nuA4R3n
4ay to tehaDkamaAa käxym krtaxrlr nl
Aa pikyaAo ma3ekäxym nepa4imkta Aapl
haDkama>4l käxym l eanuxrukrl de0e j o
käxym ko[Stož ^vara pbl paDvama>n Aave
to haDka ma>4l käxym l eanucal urhe0eAne
haDka nb5a pDta =y 0eAnetel 233ta
gnavta =y 0e

xrlr käxym nl j ruryat st08va ma3ekkal
Snayuno saharo l 0e gwlr piriS4itma>Aana4l
p` v6arekäxym nl j ruryat dat Anec0aAo
^vara pbl pDay 0e j o xrlr pbl mataAa>
bayoAve l 0l käxym to Aekäxym haDka
pas4l l eanuxrukre0e

Aa4l haDka nl 233ta Ao0l 4tl =y 0eAnete
kel ak haDka na rogo j ea keAoS3lAoporoiiss,
AoS3lAomeisAa, rik0s Anobl= 2` a rogo
notre0emyaRt käxym l ea4l mtipB ma>p4rl
4vanl xkyta v6l =y 0e Aa p4rl mtipB ma>
p0ab nl n5l ma>ea m50ej ekäxym
Aokze0' nl bn0l hoy 0e

xrlr na ko8o AavXyk 23ko Anepo8ktIvo
l ohlma4l mEve0ej el ohlma>pcea Ane
xo8aye0a qorak ma>4l Aave0e kElym
m0yIvel ohlma>AaErDama>x08` ^vara Ane
4oDa pna` ma>pacnttE/na bl= wago ^vara
xo8a[neAave0e l ohlma>kElym nupa`
pea4ayro[D gi4 ^vara]IpIn 4ta
pea4ayro[D A:StaV ^vara inyitX 4ay 0e

g5a na pa05na wagma>car pea4ayro[D gi4
Aavel 0e l ohlma>kElym nupa` Ao0u4ta>>
pea4ayro[D gi4 kElym na Str nepa0u
samaly krva pea4ayro[D A:StaV mkt kre
0epea4yro[D At:StaV kElym nuStr
samaly krva haDka pase4l kElym l e0e
fkt Aa3l u j nhl, teiv3amln DI nep`
AaErDa ma>4l v6arekElym xo8va ma3e
siky kre0e

Ap` l camDI sypkax nl haj rl ma>vl3amln
DI bnave0e 'snSkIn l oxn' iv3amln DI nE
]Ipadn myaRt krl de0e

HveAp` esm+ xklAe0IAekeAahaDkana
b6ar` ma3eaynlj nuAiwxo8` Ae
mo3awagnl xairrik VyvS4a AneyoGy tæStl
ma3eqb j j rdl 0e

=epacn Avrú6 kænd hoy to xrlr na
po8ktivo xrlr nl bhar fæ[j xeA4va
bayoAnAvēl bl rp ma>rapæirt 4xe Aa4l
Aap` eSvadpðan qorak pr 4l pacnpðan
qorak trf l (y Aapvæ=ēAe

Aap` ej oyæepæ4ayro[D Aæ:Stæv xrlrmaæa
kæxym na Str neinyitæ krvama>mdrpr
4ay 0e tenkkl kre0ekæel kæxym xo8axe
Anekæel antipð ^vara]Isij R krvama>
Aavxe

=eko[drdl AoS3IAoporoiss ma3epozl3iv'
dxæRay to samally AarogY pikya tæepbk
kæxym l æa sðve0e

Aa samally Aarogy p^6it ma>AoS3IAoporoiss
 Aneddy ne agta p&no nek[j s66 n4l. tA
 tael agta ko[p&no pr p` ^yan Aapta n4l.
 AoS3IAoporoiss A4va bl= k&xym nl]` p
 4l 4ta rogo ma>ptk k&xym Aapvama>Aave
 samally riteAa Aapvama>Aaveptk k&xym
 xrlr ma>xo8atun4l Anet&dj da pkarna p&no
]wa kre0e tesnayAo Ane6mnlAo ma>=mva
 maDe0eAnerktvaihnlAo na Aneddy nel gta
 rogo 4vanl xkyta 2` l v6arl d0e

Aap` e j oyu ke vpraya vgrn& k&xym
 bayoAnAve[bl k&xym kheay 0e Aa
 bayoAnAve[bl k&xym xrlr na j da j da
 wagoma j am0eAneApra` ea rogo]IpNn kre0e
 Aa k&xym xrlr na Aevago ma>p` =me0ej e
 k&xym]` p sa4ko[p` rite=Dayea n4l.te
 ceat&/ma>=ml k&el ak j da pkarna rogo]IpNn
 kre0ek&el ak k& ma>Aa v6aranuk&xym qb j
 hainkark bn0e

Laa9i` k riteAa ptk k&xym ko[rite
 mddrp 4t&n4l kar` keqb j Ao0a pra` ma
 t&ma>rheuk&xym xo8ay 0e

Anebaki rheskixym ibnj rd j GyaAo pr =me
0ej mkehdy nel gta SnayuAo. texlr ma>AynR
Anezk nuxo8` p` roke0e

HveAap` e=` IAe0iAekexym nl]` p Ane
Ai6kta gwlr haDka nl 233ta na p&no]wa kre
0e xrlrma>Aa Ao0a Anev6arekixym na Str
nl pitikyA rpeAl g Al g haDkanl 233ta nl
piriS4it sameAave0ej etea l 9` o na Aa6are
j dl j dl rlteAo5qvama>Aave0e
AoS3IAoml aisAa iv3amln Dl Anekixym nl
]` p 4l 4ta rogo ma>no Ak 0e ba5koma>te
'rlkes' nrlikeAo5qay 0e AoS3IAomal isya ma>
haDka pat5a Anepoca 4[j ay 0e

te4vanakar` samally rlteAo0u ypkax no
samno krvo Aevunay 0e tea kar` ma>qorak
ma>Ao0a vl3amln va5o qorak l eo Aevp` mnay
0e de6aimR AiS4rta p` Ak mhIv nkar` 0e
rlkes keAoS3IAoml aisAa na l 9` o ma>haDka
nl qoDqap` , brDp` vAneSnayuAonl nb5a[
m0y 0e

kāxym nl }` p nl mhTv nl hainkark piriS4it
AoS3IAoporoiSS Oe

haDka nupocap` uSl6l rltel ohlna kāxym na Str
sa4esbi6t Oe AoS3IAoporoiSS Aekkal ma5qa
nl gwlr piriS4it dxaReOej ma>haDka nl 233ta
Ao0l 4[=y OeAntéviv6 AroGy na p&no]wa kre
Oe

AoS3IAoporoiSS nel l6eAap` a haDka qoql a 4[
=y Oe haDka nl 233ta Ao0l 4[j va4l drdl haDka
na tBvana mh|m =qm pr hoy Oe AS3IAoporoiSS
na ko[dqlta l 9` o hotan4l. drdl tæivxer'kr'
4ya p0l =` @e

'poros' s>a haDka na Ao0l 233ta va5a ma5qa na
b6ar` nl klpna pr 4l Aavl Oe tesa[l N3 kll r'
trlke=` lto rog Oe tæa ko[dqlta l 9` o n4l p`
tesmy j ta>v6to j to rog Oej eAap` a mj bU
kkaal tæhestt v6tj tunksan phoeaD@e
6lme 6lme v6to j to pl# no dqavo Ae
AoS3IAoporoiSS nl xriAat mnay Oe smy j ta>
haDka nb5a pD@e

Anerog ni gwlr piriS4it ma>fkr' = ea m5e
Oe drdl'4oraisk vi3Rb/na wagl j va no wog
bnl xke0e bl= m` kaAo nep` Asr 4[xke
Oe kroDv5l j vl Aneq6 bnl AeAa rog na
m0y l 9` o Oe drdl gwlr dqava no wog bnl xke
Oe

AoS3IAoporoiSS pra AneSt/bnene
Aksrql ritel agupDe0e meopoz p0l na smy
ma>[S3of n' At:Stav na 23aDeAe} ` p ni
piriS4it n0m0y kar` ho[xke0e

AoS3IAopelAa p` haDka ni 233ta na 23aDa
Ageo j rog Oe Aea p` ko[co0qa kar` o
n4l. ma4a no dqavo, svad hlnta, } 2 n
Aavvl, zaql camDI, Aag5l Ao ma>qal l cDvl,
b#a nq, vgeectev` l rp ichno Oe

Aap` ej oykemo3awagnkixym Aap` a haDkaAo
ma>shayeDej eb6a kixym na nlva` bka Oe
kel lk m0pD, haDka AneAatrDa ni inyE/
pikyaAo l ohi na kixym na Str nustt ^yan
raqe0e Svwaivk ritelj ko[9it Aa qas qnlj
na kayRe/neAsr phoeaDe0e

AeSp*3 riteSvlkarayeDekel ohl na kēxym na
Str ma>nano Aeop` fefar teAgenl VyvS4a na
mo3a rogo neAamē/ Aape

I ohlmanā kēxym haDka na b6ar` ma>
'AoS3IAoBl aS3' ko8o ^vara vpray 0e Aea4l
ivpirt 'AoS3IAoKl aS3' nam na ko8o haDka na
kēxym netoDI I ohl na vhn magRma>mlt kre0e
kēxym nl }` p ba5ko ma>rlkēs AnevySko ma>
AoS3IAomeaisAa namna rogo kre0e A }` p
wagea haDka nēj Ldl sa= 4va del n4l.

hveAap` eja` IAe0IAekēl lk kēxym }` p nl
piriS4it ma>Aap` l VyvS4a haDka ma4l kēxym
l eanuxrkl deAa }` p nl iS4it datē na sDvane
A3kavl xktl n4l Ane9it neptvama>in*f5 j ay
0e

Aa }` p nl iS4it blj a 2` a rogo Aneqaml Ao
]IpNn kre0ej ma>haDka nenksan 4ay 0e Aap` l
VyvS4a nl mBwtl rit 0ekEte} ` p neptva ma3e
haDkama>4l kēxym l eAnekyark v5ea pg Ane
qaml wreI mdr j ova m5e edatē AneAag5l Ao na
haDka pa` ko[k }` p nl iS4it ma>Aakarhln dxaama>
j ova m5e

kiexym manisk Anexairirk Aarogy ma3e
Aavxyk Oemoy kiexym no j \$40 dae AnehaDka
ma vprayeo OeAnebaklno j \$40 j da j da
xairirk kayoRAnedebaimR ikya Ao ma>vpray Oe

Aap` a Aag5IAo na nq Aap` l tdstl nl
inxanl Oe tekiexym Anepo8k tiv nl }` p
colqrl ritedxaReOe 2` a j ba smy 4l nq Ae
Aap` neAap` l tdstl no ictar AapeOe drk
Vyikt Aepotana kiexym na Str pr ^yan Aapva
jo[Aej o taa Aag5IAona nq sDva l agya hoy
kar` keAap` eAag5 j oyute l ritekiexym nl
}` p vqteAp` l xairirk VyvS4a haDka ma>4l
kiexym l eanuxrukrl deOeAnete}` p nq nl
Adr Sp*3 ritedqay Oe

Aap` eAag5]pr kiexym na Ai6k|m Str nl
Asr pr ccaRkrl Oe Aap` uxirr kdrtl rite
m5ta kiexym nexo8va Anevaprva ma3eblyuOe
ptk kiexym ptdl riteAap` a xrlr ma>xo8a[
xktu4l Anebakl rheckkiexym poca SnayuAo
Ane6mnlAma>=mva nuxrukrl deOe Aa v6aranu
kiexym cett/ma>` j [xkeOeAnedya
=mvanuxrukrl deOe tengj ma>=meto mgj nl
ga#]Ipln kreOe

kēxym nūAī6k | m Str i33in Aneisr }TpNn
krl xkēAap` ē oykēkēxym Snayuna skocava
nl pīkyā ma3ēAavXyk 0e kēxym nl Aī6k mata/
SnayūAnūAīnyit` skocn pē0e Jyareisr ma>
kēxym Anev3amln Dl na Str ma>4to sūaro Aa
rog nēpa4imk rīten3aDvama mdd krēe

Aap` eAep` j oykē} ` p nl piriS4it cēatē/pr
ivpiert Asr paDē0eAneno3a tēstl na p&ho]wa
krēe 'mālyā' AneAakza[3l' AeAa piriS4it na
AadxR]dahr` 0e iDSforlyā Aēl ekema[LD iDpēn
p` kēxym nl]` p ma>j ova m5e0e l oko Aa
piriS4it ma3ko[indē mēvl xkta n4l. Aetēnl
qo3l qava nl 3e0 nē l6ē` ho[xkē0e tēvarsagt
p` ho[xkē0e tēAē gwlr manisk ibmarl 0ēj ma>
Vyikt j dl j dl manisk AvS4a ma4l psar 4ay 0e

pa4imk rp ma>AēAē pkar nū]daslp` vj l age0e
Vyikt tēā roij da kayRma>rs l ēo n4l. Aa tēl
samaij k +dgl pr Asr paDl xkē0e Aanesarl rīte
hl krvama>n Aaveto tēAē j i3l manisk smSya
bnl xkē0e tēna ivcarvana AnevTRēnl p^6it ma>
dqlto fefar nj recDē0e tēAō tēnl dēnk ikyāAō
pdl krvama>p` tkf mhss krēe tēnl qavanl
Ane} 2vanl p^6it p` bdl a[=y 0eAnetēA
nb5a[AneAshayp` Anuvē0e

saro, kēxym va5o qorak Ane vnSpitj Ny
kēxym tēnē I mdd krl xkēe

I ohlna kēxym nl yoGy tpaS Ane p4ayro [D gi4
nl kayk9ta iDpēn nuSaciict7 krl xkēe te
haypokē sēnya Ane hayprkē sēnya ne l6ēn [xkē
0e

kēsfkēn, SnayAoma>Ane cēatē/na iviv6
S4ano pr 4va4l Anetēug#n 4va4l tē3ym ma>
pir ml xkēekēl ak rogo]ēa kēALza [mr, kōnk
fa3lGyūisNDom AnesaykIAēk DisAōDR kēxym
na yoGy vhlv3 4l rokl xkay 0e Ana4l ivpirt
kēxym nl Ai6k |m mata'p cēatē/ neqrab rite
Asr krēe

kēxym nl]ēl mata' Aēl ekehayprkē sēnya ma>
cēako8o na ko8p3l nl p/vēxll ta soiDym Aayn
ma3ē23l =y 0ēgwlr hayprkē sēnya ma>lyikt kōma
ma] xkēeAne kēl ak rktvahlnl na p/ho]wa 4
xkēe SnayAō Ak kebl+ riteAsr pame0eAne
SnayAōnl nb5a[, 4ak Anesētl Ahwvay 0e
cēAō Asr pamva4l Asm]s Ane
hallucination]dwvl xkēe

iv3amln DI Aēhal In, norAēhal In Ane
Dopama [n nu]padn inyitt kre0e Aa 23ko nl
Ainyimtta 4l kēl lk ibmarl Aavl xkēe

hveAap` ebhusarl rltesm+ xklAe0IAeke]mr
v6vl Ane` av nekixym sa4esl6oj sb6 0e

ib3lx j nR Aof m0sln Anbar ptk kixym
hdy na iviv6 rogo nuj oqm v6are0e iviv6 t0v
nekisflkæn j d j d Aarogy ni mkkelAo Ane
t0j oqm v6are0e terktvahlnlAo na rogo
4vanl xkyta v6are0e

ptk kixym kæl lk Aad Asro 6rave0e

---- kb+yat
----]l 3l-]bka
---- qo3a AoDkar
---- mo•uskh[j vu
---- p0e no dqavo
---- w0j mrl j vl
---- vayunl tkl lf 4vl

Aa]pra0e t0l m0y nkaratmk Aad Asr t0v/Ane
Avyvo nekisflkæn 0e sv0nxll Avyvo n0
kisflkæn 2` l hainkark piriS4it nuinmaR kre
0e

kixym kabore samally rltév6arepna` ma>ptk
kixym trikevpray 0e kar` ketel` usStu0e
kixym kabore ni m0y AadAsr Apco 0e

tej #r na AiesD nend bnavl de0e sarl rite
pcva ma3epv3ln neAiesiDk vatavr` nl j ru pDe
0e md pacn qorak nepa0o 6kēe0e Aa pa0o
Aavto qorak v6areAiesiDk Anuvv Aape0eAne
Vyikt v6arekēxym kaborē l e0e Aam Ak
Apca ma3enl qrab saykl cal u4ay 0e

Apco xBd potej tea kēl ak l 9` o dxaRe0e
tea l l6ebN+ 2` a pkar nl tkl lf 4ay 0ej m ke
xrlr no d0avo, trs l agvl, pl# AnekMmr
j kDa[j va, qal l cDvl, tav Aavvo, ma4a no
dqavo,]L3l Aavvl, pē wared agvA Aj p, 4vo
vgēe

Apco qorak nepacn magRna>Aag5 v6to
A3kavl teupcupacn 4tuA3kave0e kēl lk
samally smSya Apca sa4ej oDayel 0ej el kemo>
na cada, msa AneS3omea[3ls.

Aap` xrlr Ak spURVyvS4a trikekam kre0e
Anedre VyvS4a bl+ VyvS4a pr p1vav paDe0e
Anej rd 23ko nl l eDdeD kre0e 2` a pack
rso pacn ikya ma>wag l e0e 2` a]Tseko Ane
po8ktIvo p` tma>wag l e0e yoGy pacn ma3e
Aap` o j #rAaity magRkayRm hovo j o[Ae

[nAogRk kēxym AaṭrDa ma>sq̄t rlte=ml
=y0e Da[kēxym foSfē,AoyS3r xe, kēxym
kaboRē, Dol oma[3 AneANy kēxym kpa]ND
AaṭrDama>j ova m5e0e Aa kpa]ND AaṭrDa ma>
xo8ata n4l. v5l teAaṭrDa na mgnēxym sa4e
j oDay 0eAnekb+yat krēe

kēxym kaboRē Ao0a Aēsīdk vatavr` ma>AdVy
rhe0etouA piriS4it ma>Aaynlkr` 4tun4l, Aē
trf Vyikt kēxym l eanucal uraqeAnebl+ trf
ten xo8ava nekar` et4a Aaynlkrn n 4va4l xrlr
maj dl j dl j GyaAetou=mvnucal urhe0ej ēvpirt
AaroGynl piriS4it nūnmaR krēe

kēxym na yoGy xo8` AneAaynlkrn ma3ekēl ak
po8kdVyo j rdl 0ej eakeiv3amln K2, iv3amln
D3, iv3amln B2, B6, boron, kop, mgalz,
zlk, mēnēxym, seēlym Anēsīl ka. kēxym nū
xo8` j #r na Aēsīdk vatavr`, iv3amln D nū
Str, [S3oj n nūstr, qorak na rēsaAo, Ane]m̄r pr
Aa6ar raqēe

Aam, sxo6n na tar` o j o [Aeto Aeu fil t 4ay 0ēke
qorak ma>rhēkēxym hēy,

haDka, ykṭ, mgj Anebl = Avyvo Anetṭ/nema3e
ptk kēxym krta>v6arel awdayl Oe Aa4l ptk
kēxym Avg` vAAsarl tdrStl ma3eAavXyk Oe

tesamaNy rite0atl nl b5tra trlkeA05qay 0ej e
j #r 4l l [n0atl An05a s6l Anwvay 0etḡ #r
na h[Dokl orlk AisD na j \$4a na v6va 4l 4ay Oe
AeAe packrs 0eteqorakna k` o na tBivama>Ane
pacn ma>mdd kre0e hayprAisiDi3 bl+ 2` l
rogkark piriS4itAo nainmaR kre0ej akeqa3a
AoDkar, Aaramivihn dxa,]bka,]l 3l, Apco, wd
Ao0l l agvl, j #r nsqtp` vAnekb+yat,

Aap` ej oykēxym AisDbēx smtol n ma>Ane
xairrlk pʷahl na pH nḡStr =5vl raqvama>
Aglyno wag wj ve 0e kēxym no gū6mR
AaLkl a[n 0ḡ ḡ #rna AisD nesmtol 0e

Aa6ink AaroGy p^6it ma>kēxym j da j da rp
ma>hayprAisiD3l nl dva trlkevpray 0e prṭu
Aa ptk kēxym frl4l n vprayea kēxym nl
sak5 ma>=Bay 0eAneAaa j \$4ama>v6aro kre0e
tekamcl a] 6or` eAisiD3l nl Asr Ao0l krl
naq0eprṭu aba smy nl ivpirt Asr kre0e te
hayprkēxymAnehaypofosfalya 4vani
xkyta v6are0e

hayprkexmlya Anekal lk xairirk 9itAo skndri
hayprpæ4ayro[Dizm notrøe

kixym nupacntt/huAsmtol n j #rAaity drdo,
pikAa3l3ls, icta, jæ rogo Aneyktnenksan
krl xkøe

p3ln Anecrbl nusamally Str kixym ne
x08va ma>mdd kre0eptutøuAi6k Str kixym
nux08` Avro6øej ba4l]` p 4[xkøe Jyare
d6 Akixym na]|m Støt trikenoy Iyare
l e3oz kixym na x08` ma>mdd kre0ep`
homo+na[zD Ael ekepll eud6 bhua0økixym
6rave0eA4va to tøkixym bayoAnAvei øl
kixym bnl =y 0e

ykø AeAap` utdStl ma3entCokldar 0ej eAap` e
] ekø l [Aetøa pr pikya krl tæiv&l ø` kre
0e Aap` ej ekø qa[AeplAe Anøvasma> [Ae
0lAetøa pr ykø ma>pikya 4ay 0e ykø Aap` a
xrlr na pæSo 4l v6arekayRkre0e

hky ^vara pp 4[neAavta l ohl na l gwg
pøote 3ka j øl øl ohl ykø ma>4[nevhe0e
Aal ohl j #r, nanuAatrDu bro5, AnepikAaz
ma>4l Aave0e Aa l ohl x08ayea p08ktivo Ane
iv8dVyo 6rave0e ykø Aa iv8dVyo m8vva va5u
phøAvyv 0e

Aap` ġ pda4oR [A@IAeteykē ma4l psar 4ay 0e
ykē tēga5l naq@Anebharna pda4oRAnēv8dVyo
raqll e0etep63lsa[D, b3ērya, pesa[3s, j dl
j dl =tnl dvaAo, Anekēl ak rsay` o raqll @e te
qorakma>]meata rsay` o p` raql l e0e ykē
[NSyuln And ohl ma>na Gl koZ nēnyitX kre0ete
crib netoDvama>dd kre0e

teAap` a xrlr na S3orrm trlkekayRkre0e j ya>
b6aj j rd pda4oR} ` p nl piriS4it ma3escvay
0eykē nūnam tēa kam pr4l pDya0e Aap` etēa
vgr +vl xklAēj nhl. l lv pr4l l lvr. Aam, ykē
Aap` l tēstl sa4es2n rltej oDaye0e ykē nū
9itykt kayR2` l b6l AaroGy nl smSyaAo]wl
krl xkē0eykē ba[l]IpNn kre0ej ekol 63eol na
vprax ma3 2` nhlv 6rav0e

nb5pacn po8kdVyonx08` 6lmukre0eAneiv8
]IpNn kre0ehveAap` esm+ xklAe0IAekēnaDkane
mj btl krva va5a qnlj o nūx08avAeAap` l
xairirk VyvS4a ma3e]b j j rd 0e

zaDa AnemrDo pacnt tna rogo Oe prtuAd 9` o
maj da Oe zaDa ma>pxahl m5 = ea m5 @ej yar emrDa
ma>m5 nl sa4d ohl = ea m5 @e zaDa na drdl dqava
nl AnSnayunl 64rl nl firyad kre

Ap` ej oyk kixym pacn pikya ma>mhivno wag
wj ve0e Aaql pacnpikya]Iseko AneAt:Stav
pr A6airt Oej eno6pat/ltk kixym ^vara inyitx
4ay Oe Aam, kixym na>str pacn nl pikya ma3e
qb mhiv na>Ane pacn magRnl smSyaAo tea pr
Aa6ar raqe0e v6arama>pacn magRna SnayAo na
skocn Aneivkocn p` kixym na Str pr j
Aa6ar raqe0e Aam yoGy bayoAveI bl kixym
pacn magRna zaDa AnemrDo j ea rogo na zDpl
[I aj ma mdd kre

mtipD k6l ak A t:Stavo]IpNn kre0ej eAap` I
da6aimR ikya AoneAsr kre0e teiv3amlN DI ne
siky kre0ej ekixym AnefoSfrs na pacn ma>
mhivno wag wj ve0e rktk` o haDka na pol a` ma>
]IpNn 4ay Oej d[ir4opo[3ln vDe] |en pame0ek ej e
mtipD bna ve0emtipD rinn p` bna ve0ej d ohl na
dba` An6 ohlnpna` inyitx kre

Ao0a pna` ma kixym l ea4l mtipD ma p4rl 4ay
0e rogo nl AvS4ama>Aap` a xrlrnpvahl-slrn
AisiDk rhe0e Aap` a xrlr nl VyvS4a l ohlman
Ao0a kixym na Str ne parql ta ebrabr krva Ane
AisiDk pvahl net3S4 krva haDka ma4l kixym
l eanucal ukre0e Aam krl netexrlr na plAe
naStr ne=5ve0eAnesamaly de6aimR ikya Ao
ma3eul amt ma^ym ptpaDe0e hve]` p navtR
Ahl cal 4ay 0e

haDkama> 4l l l6e kixym p` spUR rlte
bayoAve l el kixym hotu4l Anete4oDaj 3ka
kixym de6aimR ikyaAo ma3evaprl xkay 0e hve
bakln kixym xrlrma>viv6 j GyaAo pr =mvan
cal ukre0e Aa haDkama>4l m5e kixym mtipD nl
p4rl ma>patirt 4 [xke0e Jyare mtipD na kayRna>
Avro6 Aave0eIyarepa4ayro[D gi4 l ohlman
kixym na Str ne=5vva s(m rhe l n4l Anø6are
pna` ma kixym mUva3e sar 4ay 0e

kixym nl]` p AneAi6kta bln mtipD nen*f5
krl xke0ete Ain` ark fil3r-ga5` pikya notre0e
Anel ohlman]Isij R dVyo bhar ka•vanl pikya
Avro6ay 0e mtipD nl potanl kixym nefrl
xo8vanl 9mta p` Ao0l 4ay 0e

təl pəab ma kəxym v6arəpna` ma p̄saar 4ay 0e

m̄t̄ip̄D̄ n̄l p4rl n̄d l6p̄ema>sq̄t d̄q̄avo 4ay 0e
Anevarvar p̄ab krva j v̄p̄De0e p̄ab ma>I ohl
Anersl na ichno = ēa m5e0e k̄al ak k̄s ma>tav
p` Aave0e gwlr piriS4it ma>Aa k̄xym
AiS4magR̄a = D̄a` o ma>mt̄u ēa m5e0e

Ae + R̄a3l k̄s v̄d̄ x̄ll ta Aeog j ēl j AvS4a 0e
j eAS4ma j ēa rogo notre0e Al + RA Aap` I
rogp̄itkark VyvS4an̄ko[Ae pda4Rtrf v6are
p̄itikya Aapvan̄ul` dxaRe0eAa pda4R̄eAej R̄
kheay 0eA smSya no j vab t̄el Vyay0ya maj> 0e=e
Aap` I rogp̄itkark VyvS4a mj b̄t̄ hxeto Aap` e
Ae + R̄a l 9` o n̄envarl xk̄lx̄

Aap` ek̄xym inyit̄t̄ roḡp̄itkark t̄t̄/6rav̄lAe
0lAe Ap` ej oyukeAayn̄kr` Paamēa AogR̄ik
qnlj t̄ivo Ap` a roḡp̄itkark t̄t̄/ma3eAadx̄ReAa
t̄t̄/h̄en̄j t̄bn̄avva Aap` eAap` a xrlr na p̄v̄ahl na
k̄xym na Str nesmtol raqv̄uj o[Ae Aam,
bayoAv̄el̄ el̄ k̄xym na Strma>v6aro Ane
bayoAnAv̄el̄ el̄ k̄xymna Strma>23aDo Ae
Aap` a xrlr na b6a j t̄t̄/An̄roḡp̄itkark t̄t̄/na
s̄ara ma3eAv̄xyk 0e

Ak s x06n pna` eAap` a]ar na v6va nl sa4e
kixym na x08` ma3enl xikt 23tl j ay 0ev6arant
keptk kixym A3l keblj a Stoto 4l m5vva ma>
Aavtkixym SnayAo nl gwlr smSyaAo]IpNn
kr0eAa kixym SnayAo ma>me0etxrlr na 2` a
hdy sa4aa Avyvo na SnayAoma j am0ekixym ne
smtol krva ma3enl kixym p` j rd 0e

rktvaihnl Ao ma>kixym naj amvuA0l eket0
keslflk0n 4vuaehdy 6mnl na ke0ak rogo nl
xkyta v6arl de0e Aa hdy 6mnl nl idval jaDl
4va4l l ohl no p'rah Avro6ay 0eAneA v6ara n
kixym gwlr Hdy na rogo trf l [j ay 0e

kixym nl]` p AneAi6kta blnehdy na kayoPr
ivpiirt Asr 0oDe0ekar` kekixym hdy maiv^yt
trgo na]IpNn 4vama>mhTvno wag wj ve
0eAaiv^yt trgo Aap` a Hdy AneSnayuAo ne
skocn ma3enl 0ev5l tek08p3l nl la9i` k hefe
neswa50e

ihmofll lya Aerdl na xrlr na t0ha l ohl na j aml
j va nl 9mta ma>qaml dxar0e Aak jatno
Aanuxk rog 0ekj e0a5ko netana mataipta trf
4l m5e0e tej nln na q03l ritepirvitR 4[ne
bdl ava 4l 4ay 0e

Aa Aanuixk rogo ni sak5 ma>pirvar ni St/Ao
mo3wagerog na vahk -kiryr trikekam kre0eAne
tea St/ ba5k ma>p` Aa rog Aavva ni swavna
2` lb6l 23l j ay 0eAne tea p08 ba5k ma>te4va ni
swavna 2` l Ael k0pcas 3ka j 0l rh0e

Aa rog nd gtl moy smSya A0bhar ni [j a krta>
Aa0irk [j a 4l 4teAa0irk rlted ohlnun g#ava 4l
vhl j v0khl xkay. drdl na xrlr ma>2B
ko` lAo, 2B/Ao AneAlly Aa0irk Avyvo ma>Aa
l ohl nwhl j v04 [xk0e

Aap` a l ohl ma>rhea tak k` o l ohl na j aml j va ma>
mhlvno wag wj ve0e takk` o haDka na pol a` ma>
bne0ej ek0xym ni]` p AneAi0kta 4l 2` vj
pwivt rhe0eAa Aanuixk rog kyark +vl e p
bnl xk0e

l ohl n0eulba` na ko [j cokks l 9` o nj r0Dta
n4l Jya>6l ko [mo3l xairirk tkl lf sameAavtl
n4l. tea l 9` o ma>stl, nakma4l l ohl pDva
dgavo Anegwram` khl xkay. Aa l ohl na dba` na
moy kar` l ohlnl n5lAo ma>v6eo Avro6 0e hve
Ap` e j a lAe0lAek0xym l ohl ni nil ka Aona
di0vvn Ane0sr` ma>moy wag wj ve0e teky na
6bkara n0` inyitt kre0ek0xym ni }` p Aa
kayR0eb5upaDl de0eAneA samally l ohl na dba`
nkar` bne0e

I ohl nu} eulba` Smally rite} ea I ohl na dba`
ma3ej vpray Oekixym na Asmtol n 4l kixym
nu6mnlAo ma>Asamally ritej aml j vuAeAanunuy
kar` Oekixym nl Ai6kta Anepk kixym blne
6mnl nl idval nenksan kre0ekar` keAa v6aranb
kixym 6mnl nl idval o pr j ame0e I ohlnu} eu
dba` Aedy na rogo ma3enl savcel nl ODI pokare
Oetetea pir` am Svrp 4ta rogo j eakeAaqo ne
nkSaan, mlipD na rogo, SŠake vgreema3eSaavcel
raqvanu} dv0e

hdy na Ainyimt 6bkara Aep` Ak pkar nl hdy
s06l smSya j 0e tehdy na iv^yt trgo nl
Ainyimtta trlkej ovay Oekel ak ke ma3e+vl e
nlvDI xke0e tSnayaAo AneceAon I Ak pkar nl
ibmarl 0ej emenexym Anekixym ^vara inyitx
4ay 0e Aa blnema>4l Ak nuAsmtol n A4va
} ~ p gwlr piriS4it]Ipln kre0e

j o slrm kixym nu} Str 23l j ay to paa4ayro[D
gm A4:Stav]Ipln kre0e Ang o kixym nu} Str
pbtuhoj to 'pl3IAe' Avro6ay 0e Aa 'pl3IAe'
haDkana Avxo8` nl pikyama>mdd kre0e vaStvma>
kixym ck/Aap` a xrlr nl db6aimR pikyama>ma>
k[ritewag I e0etea pr Aap` I Aarogy nel gtl
SmSyaAo no Aa6ar 0e

I ohlma kēxym nūstr 'kēs13onIn', iv3amln DI Ane
pē4ayro [DA ɛ:Stāv ^vara j 5vay 0e
hayprkēxēnyā v6are pna` ma> pē4ayro [D
A ɛ:Stāv]Ipln kre0e tēhayprpē4ayro [Dizm
kēay 0e hayprkēxēnyā nī kēl lk iS4it gwlr
bnl xkē0g exrlr ma kēs nī ga# nūmaR krl xke
0e

Aap` ej a` IAe0IAekekēxym kō8ivwaj n Ane
kō8vī6 ma3eAgIynūnlj 0e bayoAnAvēl bl
kēxym kō8ona Aa kayRna>iv9p paDe0ej ekēsr
4vana 2` a kar` o ma nūAe kar` ho [xkē0kēs
na kō8o Aap` a l iska tē/Ane ohl ^vara fēay 0e

0el s xō6n dxarē0ekexrlr ma kēxym nī }` p
pck kēxym Aneqorakna [nAogRlk kēxym
^vara kō[p` rltēndd pamtl n4l. kēxym nī }` p
AnehaDka nī Ao0l 2nta 6ravta Vyikt neptk
kēxym Aapvama>Aave0eAnev6are0b plva nī Ane
Ally Del]Ipadno v6u eanl sl ah Aapvama>Aave0e

iv3amln DI nī }` p kēxym nūxō8` 23aDe0eAne
Aap` xrlr haDka pase4l kēxym l eanūal ukre0e
kēxym Aap` l kō8 na Str nī de6aimR ikyao ma3e
no AgIy no 23k 0e

Ak sxo6n pma` eAa ptk kexymnel l6eAp` a
xrlrniv3amln Dl vpra[j ay 0ej 4l xrlr na blj a
Agly na kayoRma3eiv3amln bctun4l. v5l
[nAogRlk kexym bayoAnAve[l bl kexymma>
rpatirt 4ay 0ej eAp` a poca SnayAo, 6mnl nl
idval o pr Aneblj a Avyvo ma j amva nucal ukrl de
0eAnetel kayRmta ma>Avro6]Tpn 4ay 0e

haDka na rogo pr 4yea 0bl a sxo6no khe0eke
kexym nAsmtol n Ao3o[Mya rogo]Tpn kre0e
teSnayuAneSaa6a nl 2` l tkl lfo]wl kre0e
Aa4aR3ls AeAke kev6aresa6a ma>b5tra Ane
dqavo kre0e dqava]prat soj o Aavvo Anetex
j kDa[j vaAetexa moy l 9` o 0e hl ncl n vqte
Saa6a ma>2` l tkl lf 4ay 0e

Aa4aR3ls AeSaa6anl dqavava5l Anetkl lf va5l
piriS4it 0ekexym nl } ` p AneAsmtol n Sa6a
nl 2` a pkar na smSya krl xk0e

2B Anesa45 na haDka vCcekai3Rje –koml aiS4
Ave[hoy 0ej etBl j ay 0eA4va 2saro pame0e
rma0[D Aa4R3ls AneAoiS3AoAa4aR3ls ma>Aa
koml aiS4 qb nksan pame0e

Anesa6a ma>dqavo Anesoj o j ova m50e Aa6ink
dva iv) an ma>Aana kar` o nko[j nKkr kar` m5tæ
n4l. tæAk pKarno Ao3o[Mya dl6Rai In rog
manvama>Ave0ej ða4 Anepg neAsr kre0e qas
krl nenana Anes4itS4apk sa6aAo Asr Paamea
j ova m50eko[k kS ma>camDI, Aaqo, fesa Ane
l ohl nl n5IAo p` Asr pamel j ova m50e

StIAo ma>Asamally kËxym nËstr pol Islis3k
Aovrl isNDom-plsIAoAs notrl xke0e Aap` e
ja` IAe0IAekeAË:Stavo inymn AekËxym na
mhTvna kayoRmanuAk 0e Aa rog 6ravtl StIAo
tænI rj opvËj nl saykl ma>tkl If Anwvl xke0e
AnetAonevËyv, AnedËy And ohlnI n5IAo ivxe
nl tkl Ifo no samno krvo pDI xke0e

Soara[sls na[I aj camDI no rog kheay 0ej ð al
4ybl camDI na ca#a rpej ovam50e tæa4, pg,
ma4a na wagma>An0D na wagma j ova m50e Aa6u
mnay 0ekesoraysls [Mya VyvS4a nl kËl lk
Asamallyta Ao 4l 4ay 0e]Tseko kej ecamDI na
ko8o ma>ko8ivwaj n nËnymn kre0eAev9p pam0e
Ak s>x06n pna` eAa rog 4va ma3ej nln AgIyno
wag wj v0e

Aap` a rogpitkark tē/nl Asamallyta cokql rite
Asamany kēxym nēstr dxaRe0ē Aam,
soraysls na drdl Ao nēDok3ro p` Aa3l l vato
4l cēve0e

? Ha3RA3kē

? l ohlnl n5l na rogo

? iDpēn

? il Mfoma

? ALSrēlv

Soraysls AēDayabl3ls 3a[p Ak Anerma3o[D
Aa4aR3ls sa4esbi6t hovanunnay 0e kēxym
AēgwBar` ma>Aglyno wag wj v0e kēxym
AēgwRna ivkas ma3eno Ak Agly no 23k 0e
Am tev>yiv A4va ibnf5dpta smj vama>mdd
kre0e

Aap` ej oykēkēxym ko8o na tfavt Anej nln
Anuēn ma3eAglyno 23k 0e pirvar no [ithas
Aanuixk rogo ma3ej vabdar hoy 0e Vyikt tēa
mata trfna Aneipta trfna sgaAo pasēl Aa
rogo mēvl xkē0e Aap` ej oykēkēxym
Asmtol n Aanuixk qaml Ao nenotre0e

Kēl ak Aanuixk rogo l ohl na j amvanl Ao0l
9mta dqaDe0e kēxym nēl ohl na j aml j vama>
2` >Agly 0e

Aap` a xrlr paseko[vEilpk l ohlna j amvanl
VyvS4a n4l j o l ohl Ael mEen j ameto. piriS4it
Ate nanl [j a 4l p` bgDI xkeEenanl xl [j a 4l
p` gwlr l ohl nankSan 4[xkeEe ko[Aglyna
Avyv ma>Aatirk rltel ohl nAvhl j va+vl è
saibt 4[xkeEe

Baayo3In]Tsek va5 nl tEct vE6 ma3ej rd l Oe
AteDj n Ate:Stav va5 nl vE6 ne] |en AapeOe
keXym]Tseko AneAte:Stav na inyE7 ma3e
AavXyk Oe Aa4l keXym na Str nebrabr raqvE
j rd l Oe

keXym Ap` a xrlr na]Tseko AneAte:Stav na
]Tpadn ma3eAit AavXyk Oe v5l tectaAo na
Spdnnl Aap-l ema3ep` j rd l Oe]dahr` trike
Dopama[n na]Tpadn ma>qaml 2` l qrab piriS4it
j e kepaikRSNS rog l avl xkeEe Dopama[n mgj
na ko8o- Nyron ma>]TpNn 4ay OepaikRSNS drdl na
vtRknl qaml trikeAo5qay Oej ma>drdl pitikya
krva ma3ev6aresmy l eOeAnetel bol l Anexrlr
na hl ncl n pr p` tel Asr deqay Oe

Aap` l camDI 2` a pD 6rave0e drknetapotan
kayR0e s04l bhar na pD neApIDimB baHy
Ivca kheay 0e ApIDimB il ipD vahk 6rave0ej e
ce nerok0e texlr ne[=,inj Rlkr` -
DihayD0en Anepd8` samer9` Aape0e baHy
Ivca kaa3lnosa[3s 6rave0ej ma>po3ln,
]Iseko Aneil ipD rhea 0e Aa]Iseko camDI
neskl Anein:Stj 4[j tl roke0e

il ipDs pa` lma>Adaly 0e Aa4l tecamDI newe
samer9` Aape0e kexym AabaHyIvcana il ipD
na j \$4a nej a5vl raqe0e tel ipDnaj ru pna` e
]Ipadn kre0e l ohlma>Ao0kexym n>Str Aa
sak5 neqorvl naqe0eAnetebaHy Ivca ma>
il ipD na Str ne=5vva s9m rhea4l.

ivi3l ago AeAo3o[Mya rog 0ej evl3amln DI nl
}` p 4l 4ay 0e ivi3l ago AeamDI no rog 0ej e
ma>camDI pr sfe ca#a Akar l e0e teAaqa
xrlr neAsr kre0e xrlr na 2` a wago ma>Aa
sfe ca#a>=ea m5e0e

4esalya gwlr Aanuxlk piriS4it 0ej eba5k
tea mataipta pase4l m5ve0e =ebllnemataipta
Aa qaml va5a ske va5a j nln na vahk hoy to
teba5k ma>Aag5 pas 4[xke0e

I ohlna k` o ihmogI obln 6rave0ej eAk p03In 0e ihmogI obln na t7 wag 0e0hm, AaLfa GI obln Ane bl3a GI obln. teAaLfa p03In Anebl3a p03In nl AkAk = 6rave0e

4esmalysmaj nln Ael riterpatirt 4ay 0ekj ma> GI obln p03In Asr pame0e Ahl>Aap` ej nln rpatr` nepayama 4l smj vupDxe Aap` e=yuke DIAAenl pitkit bnva nl ikya I ohlna kixym na Str pr Aa6ar raqe0e kixym cyapcy Avro6ay to j nln na rpatirt 4vanl xkyta v6l =y 0e fkt 4esmya j nhl p` bl= Aanuixk rogoma>p` Aa slrm kixym AnebayoAveI bl kixym nebrabr krva4l 2` a sara pir` m m5vl xkay 0e

=d ohlna>menixym nupna` nlcu>y to kixym na xo8` p` Ao0u4 [=y 0ej SnayAo ma>t` av Ane dqavo notre0em6enixym Anekixym naAsmtol n Snayna t` av ma>pir` me0eAnSnayuAneceAa na bl= rogo p` notre0e tea4l cea AneSnayunl smSya]dwve0e Aa Asmtol n hedy na Ainyimt tal nup` kar` bn0e

mñixym Anekixym blnesa4kayRre@AneAk
bl= nesmtol eDe mñixym Snayneivkocn ma3e
no skte Aape0eljarekixym Snayuneskocn no
skte Aape0eblneAksrqal y ma>ctea ma3ekayRre
0e ctaAo kixym no]pyog tea iv^yt Spdno ne
fevva ma3ekre@

b6a j SnayAo neh ncl n ma3ekixym nl j ru
pD@e

Spa[nosebl r A3iksAa A6sIA3u Ae
hl ncl n ma3eo]|ro|r v6to j to rog 0e teAk
Aanvixk rog 0e qaml va5uj nln Aana m3e
kar` wthovanunay 0eAa rog va5o drdl bol vanl
Aneg5vanl tkI If Anwve0e moy l 9`o ma>
SnayAo nl nb5a[=vama>Aave0e SnayAo 6saro,
Aaeka Saa4ehl ncl n AneSnayAo ma>qea`
Anwvay 0e iDmexya A4va yadxikt Ao0l 4[
j vl Ae] |ro|r v6tu=y 0eAndyikt n+va p&no
]kevama p` tkI If Anwve@

drdl Aaq na hl ncl n ma>p` tkI If Anwve0e
Aaq na SnayAo p` nb5a 4ta =y 0edrdl Aaq
nuzDpl hl ncl n krva s9m rtheo n4l. smy
j ta>drdl bl= Ago nl nb5a[no wog bne0e
Anesanwan gnavto =y 0e AeAavo j SnayAo
nl nb5a[no]|ro|r v6to j torog 0e

Aa rog na smb ma>2` a rogo Aavr l eaya Oej ma>
SnayAonax pamv h0y Oetj nln na rpa tr` 4l
4ay Oe teqamlykt j nln 4l 4to mnay Oe drdl
j nln na b6ar` ma>qaml 6rave Oe iDS3ofIn namna
pozIn SnayAona b6ar` AnekayRna3ej vabdar Oe
Aa iDS3ofIn pozIn bnavva ma3ena j nln na sk
Ael kenaihit ma>qaml rha4l Aa rog 4ay Oe

SnayAon na Aa n bnvanl qaml SnayAon Anepxl
Aona nax trf dorl =y Oej m smy vltet m drdl
SnayAon Anexrlr na tto/hl nb5a[no wog bnOe
Aldoka[n gi4, pacnt t/Ancett t/p` Aa rog nl
nb5a[no wog bnOete Aaq nep` Asr krOeAa
smbna kel ak rogo AincOavtI SnayAon Anedy na
SnayAon Asr krOe

kelxym AatrDa nl crib =Oej oDay Oe Aa j oDa`
4l kelxym crib na xo8` pr pURram mkl deOe
Aap` e=` IA@IAekkelxym A t:StaVo na]Ipadn
ma3ej rd Oe Aa A t:StaVo crib na sey ma>mdd
kreOej kelxym ^vara Avro6ava 4l xrlrma>crbl
=mtl A3keOe Aam kelxym vj n 23aDa ma3e
mddrp 4ay Oe

iv3amln DI Anekixym ni }` p SnayAona samally
kayoRAnhaDkanl 2nta neAsr kre0eAa j da j da
Str ni }` po Snaykkaal t`/nl tkl lfo ma pirtR
pame0ej el xrAat 4oDa dqava 4l 4ay 0e 6lmo
haDkano dqavo, SnayuAo ni nb5a[AnesNaayaAoma>
qea` Anek4rl p` xru4ay 0e Aand l6pl#no
dqavo p` j ova m50e

I ohlmanax GI koz-xkR na Str ni j 5v` I palkAaz
^vara 4ta A;Strv 4l 4ay 0e palkAaz A;Strv
]IpNn kre0ej eAl gAl g qorakna k` o j ea ke
kaboRt, il ipD, Nyul k AesD Anep3In nena
iv23n ma>mdd kre0e teGI kagon Ane[NSyuln
]IpNn kre0ej & ohlna xkR na Str nenyitx kre0e
palkAaz I orhans na ko8smbw 6rave0ej ma>AalFa
ko8o Anel3a ko8o Avea 0eGI kagon AalFa ko8o
^vara]IpNn 4ay 0ej el ohl ma>na xkR na Str ne
v6are0eAne[NSyuln bl3a ko8 ^vara]IpNn 4ay 0e
j & ohl na xkR na Str ne3aD0e

Aap` e=` IAe0IAekeA;Strv Ane]Iseko nax
]IpNn 4vAexrlr na kixym na Str pr Aa6ar
raqe0e A;Strvo na]|jen ma3ekixym ni
dov` I j rd 0e

Aam kĕxym ko8 ma3eavlRp 23k 0epĕkAaz na
AeInar ko8o na inymn ma kĕxym mhĭvno wag
wj vĕe

iv3amlN DIAnkĕxym Dayabl3Is 3a[p 3unj oqm
23aDvanĕkam krĕe Aap` e` IAĕIAĕkĕxym
Aap` a xrlr na Avyvo Anetĕv na AatrkO8ly
kayorA3euj rd qnlj 0e Aap` a xrlr ma>Aavĕl
[NSyuln irSpoilsv pĕIAo nl j dl j dl AatrkO8ly
pĕkyAa ma3el ohlna mĕy wĕn` magRna>kĕxym nĕ
pĕna` samally rheuqB j j rd 0e v6arekeA00ĕ
kĕxym nĕpĕna` AapĕkyA AoneAvro6ĕeI ohl ma>
yoGy kĕxym nĕpĕna` [NSyuln no Avro6 23aDva
ma3eAavĕyk 0e iv3amlN DI p` I ohlmaĕa xkRĕ na
pĕna` neinyitĕ krva ma>Ane[NSyuln svĕna
v6arvama>md krĕe

hvepĕh 4ay 0ĕĕAaj eAa kĕxym sb6l pir` amo
I oko ma>kĕ v6arej ova m5l rĕya 0e j eAg5 nl
pĕIAo ma>nhot a j ova m5ta ? Aana j vab na Anĕ
paSaA0 0e ma4l Aap` ĕĕ ak j o[xĕ

Aap` epa` I 4l xrlAat krlAe Paa` I Aemhtvna
qnlj tĭvo no Adxĕstĕt 0ĕkhonĕĕj ano 0e

kəɪ ak 'voʒr Pyorɪfayr' kɪxym Ane bli a
qnlj tɪvo nepa` lmaʒl ka•l naqəəəə a-ya vgr j
ketəo Aa Ait Aavɫyk qnlj dVyo neɣmavl rHya Oe
Anetəo Ak AadxRurtl Stət rokɪ rHya Oe

dɛɪ nupaSCyca[zən p` ivʒamlno Aneqnlj dVyo na
kdrɪtl Stət maʒfəfar krl deəeAesabɪt 4[cɫyde
kedɛɪ nupaSCyca[zən Anehomo+nən pacn nɪ
smSyaAo]ɪpɪn kreəepaSCyca[z 4yeɪdɛɪ AeAk
pkarno pɒsɛd qorak j OeAam paSCyca[zən p`
kɪxym Aneɪl= qnlj dVyo neɪlmaʒl AoOa krl de
Oe

nənɪ Del ka]Nsɪɪ na AWyasnətar` keje
Amɪrkn j nR Aof Kl Inkl Nyʒɪxn kej e1985
maʒpkaxɪt 4ye, tənɪub j ɛstɪ/Ao v6arəɪl ɛte
potana v6arəɪl dka ɣmavəe

pɒʒɪxym Aneɪnɪxym p` kɪxym j ɛɪ a j xrlr
maʒeAnehadka nɪ 6nta maʒej rrl dVyo Oe dɛɪ maʒ
foSfrs 2` a } ɛa pɪnə` maʒhoy Oej ekɪxym sa4e
j oDa[netəxɒ8` Avro6eɪmɪnɪxym p` hadka
na b6ar` maʒemhɪv no 23k Oe dɛɪmaʒfoSfrs
mɪnɪxym na xɒ8` nɛp` Avro6e

Aap` a ^vara I eama> Aavtukixym pci xketeuova
 jo [Aekixym no AogRik Stot Aap` I tdrStl na
 ict/nestvarvama> 2` I mdd krl xk0e Aaynlkr`
 4l = Bayea AogRik qnlj dVyo Aap` I rogpitkark
 VyvS4a nespURonavva ma3e2` a]pyoig Oe I I a
 xakwa+, gaj r, f50. Spayrulna Aa sic 2` I
 I ba [xk0ekj ekixym Anebl = AogRik dVyo no
 AadxRstot Oe = eAap` ecII 30 kixym ivxevat
 krlAeto ta d IS3 2` d ab0ej mkekixym Asp3R,
 kixym I k3e, kixym sa [33, kixym GI kme,
 kixym Aoro3e, kixym ASkobR, Anekixym
 me3e.

= eAap` ebl = ki8]tpadno ni ccRkrlAeto Aap` e
 sm+ xklxuketev6arepna` ma> rsay` o Ane
 j taaxko na]pyog krva 4l mo3a pna` ma> p dlt
 4yba hoy Oe

da` a Anexakwa+ rsay` o sa4ej]g0eAam 2` I
 ritekixym Anebl = qnl = ena Stot b6 4 [= y
 Oebl = p` kixym ni } ` p 4vana 2` a kar` o Oe
 idvseidvsel oko vatankult vahno, 2ro Ane
 kayaRyo kej espUR` e6 hoy Oe Ane sypkax ne
 Adr Aavva dea n4l, tea4l 3eata = y Oev6arama>
 snSkh I oxn camDI nesypkax nex08va dea 4l.

kĕxym nl }` p na =qm pr rhea l okoma>v6o
 AneqeaDIAo no smavx 4ay Oe qorakma>v2are
 pna`ma>rsa Anepo3ln l eava5a l oko, v2are
 AaLkohol l ea va5a l oko AneAel okoj eqorak ma>
 kĕxym 4l wrpbqorak n4l l ea tAo kĕxym nl
 }` p na =qm pr Oe qorak ma>v2arepna`ma>
 foSfrs j m kepo5SD qorak, clz, ml3 AnesoDa
 l ea l oko p` kĕxym nl }` p na =qm pr Oe

Aap` a v6ta j ta faS3FDJkLcr nl Asr p` Aap` e
 Ahlno2va j el Oe faS3FDi ivxena Oel a mto Ane
 i3Pp` l Ao Aap` l Aaq]2aDnara Oe Aa pkarna
 qorak ma>monosoiDym Gl Bamē hoy Oe teAk Svad
 v2arnar OeAne lvr nebhj qrab rltēain kreOe
 ha[fKBoz konRsrp – ivpu pna` ma>Aa qorakma>
 vpray Oē ē` l lvr neqbj nkisan kark Oe

kĕxym 4l wrpū qorak haDka na bnva ma3e
 AavXyk OeAel ij nhl`p` Ateeto AeAap` a hdy
 AnerktvaihnIAo na tē/ma3emddrp Oe qorak nā
 kĕxym pĕta iv3amln DI na pna` nekar` esarl
 rltexo8ay OeAel ivpirt pĕk kĕxym xrlr ^vara
 xo8atn4l AnebayoAnAvel el kĕxym bneOe
 Anepocl pēIAo Ane2mnl Ao ma>mvavcal ukre
 OeteSnayunērd bnaveOete ohlnl n5IAo ma`p`
 =mtu`ea m5Oe

Ameas ritevnSpitj Ny kixym bnavy0ej exlr
ma>sarl rltexo8ay 0eAnexlr ^vara ko[p`
ADAsr vgr vpray 0e Aap` I samally AaroGy
p^6it ma>2` a Aea Anuixk rogo 0ej el ko[j dva
n4l. Aapne=` I neAa&cyR4xep` AmneAava
ikSsa ma>2` o hkaraImk pitwav sapDyo 0eAme
kixym cyapcy na yoGy seal n ^vara I lvr Ane
bl= Avyvonu kayakLp krva n&am kriA@IAe

Aap` ej oykkixym }` p Anekixym Ai6kta
bNng dl j dl A4va to moUy AaroGy smSya na ^var
qol e0e Aa4l AmeAa kixym na seal n ^vara
tmara AaroGy ma3enl spURyoj na neAkar Aapyo 0e
j eko[p` AaDAsr vgr Adwtu pir` am Aape0e
Amaro heutmneAe po8` ykt +vnxEl 4l pirict
kravvano 0e AeAe 2` o j saro p4 0ej etmara
haDka ne233 Anemj btu bnavo0esa4eAaroGy Ane
hky nl yoGy swa5 raq@e

drk AaroGy smSya no hl Ae go5l I ea4l m5l
j ay AeAap` I mallyta 4l Aap` esavce rheu
=eAe Aema sacuj rhekeAap` I tdrstl na
pasaAo nesm+ taerokvana pgl a>mo3l AaroGy
smSya invarl xke0e

40Dik ksrt Ane+vn xEI ma>śāro AeAap` ne
tāst +vn trf I [=y 0e

Aam Aa b6a j pasa ne^yan ma>raqta>Ame
iv3amln, qnlj Anebl= mhTvna 23ko ne
seail t krl tāstl śāarva ma3enl BlyupM3
tFar krl 0e teAap` a Aatirk Avyvona 7#
AarogY pr kādʒ 0e

Hal ma>Ae s>o6n cal ōej ekixym nl AkSmat
Anesj R p0l na j qm na rāava pr nl Asro pr
kayRk0e terogpīt kark ko8o nē qm trf Aak8ā
nukam kr0e

Aam, Aap` ej oykeAa b2l j 3mRAkbl= sa4e
=Dayel 0eko[p` 23k nl } ` p AneAi6kta Ake
VyvS4a neAsr kre0j frl 4l bl+ VyvS4a neAsr
kre0e Aa4l qorak AneAadto nasmtol n [l aj
j 0l p̄ mhTv n0e

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