

**Mental Health Training for
Medical Officers and Health Assistants
(Reference Manual)
(Module 2)**

मेडिकल अधिकृत तथा हेल्थ असिस्टेन्टहरूका लागि
मानसिक स्वास्थ्य विषयक तालिम

(सन्दर्भ सामग्री)

(मोड्युल २)



नेपाल सरकार
स्वास्थ्य मन्त्रालय
स्वास्थ्य सेवा विभाग
राष्ट्रिय स्वास्थ्य तालिम केन्द्र
टेकु, काठमाण्डौं, नेपाल

Disclaimer

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Medical Officers and Health Assistants
(Reference Manual)
(Module 2)**

दृष्टान्त क्लेशं त्यजन्त्येवमस्मिन्
:जि:यो लजिफोस त्तिन्द

-; Gbe{; fdull
-df\$ah @ _



gkfn ; /sf/
:jf:Yo dGqfno
:jf:Yo ; Jf ljefu
/fli6o :jf:Yo tflnd s(b| 6\$, sf7df08f)-gkfn

of]k'ts d]8sn clws[tyf xly cl; :6[6x?sf nflu dfgl; s :jf:Yo ljifos 5 lbj|; o tflndsf nflu ; Gbe ; fdul[sf] ?kdf kof] ug{n]yg tyf ; Dkfbg ul/Psf]xf]. of] ; Gbe{ ; fdul tyf klzifs lgb]zsf] kof] u/l ; ~rfng ul/Psf tflndsf klzifs dVo ?kdf mhGAP df tflnd k[kt dgf]rlsT; s tyf dgf]lj 1 xgkg\$ eg] ; x- ; xhstf{%) eGbf a9l dfgl; s :jf:Yosf s]x? Aoj :yfkgl ul/ ; s\$ sf lrlsT; sx? -d]8sn clws[jf mhGAP df tflnd k[kt dgf]rlsT; s_ tyf dgf]lj 1x? xgkg\$.

o; tflndsf ; xefulx? lrlsT; s tyf xly cl; :6[6 xgkg\$.

o; k'tssf]; DaGwdf kqrf/ ug]7]f]fgf



g]kfn ; /sf/
 :jf:Yo dGqfno
 :jf:Yo ;]f ljefu
 /fli6@ :jf:Yo tflnd s[b|
 6\$; sf7df08f}-g]kfn

knf] g-M)! \$^@!^!,\$@%%*(@
 SofS; g-M)! \$\$@!*&
 Od]M info@nhsc.gov.np

d]8sn clws[tyf xly cl; :6[6x?sf nflu dfgl; s :jf:Yosf ljifosf tflnd -; Gbe{ ; fdul

k\$fsz

M g]kfn ; /sf/, :jf:Yo dGqfno, :jf:Yo ;]f ljefu, /fli6@ :jf:Yo tflnd s[b| sf7df08f}-g]kfn

k\$fszg ldl

M @)&\$ f]nu™

; :s/of

M kyd

kf]lj lws tyf cfyl\$; xof]

M Department for International Development / Nepal Health Sector Support Programme and Transcultural Psychosocial Organization Nepal

dbQf

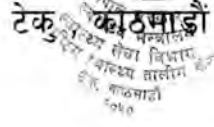
M df; Ik|06E k], kf] a= g-!@!&, sf7df08f}-



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पत्र संख्या :-

चलानी नं. :-

मिति : २०७४/१२/०५

प्राक्कथन

विश्वभर सम्पूर्ण रोगभारको करिब १४ प्रतिशत नशा तथा मानसिक स्वास्थ्य समस्याहरूले ओगटेका छन् । यसको अधिकांश भार न्यून तथा मध्यम आय भएका देशहरूमा देखिन्छ । नेपालमा राष्ट्रिय स्तरमा अध्ययन नभएतापनि जोखिममा रहेका समूहमा गरिएका अध्ययनहरूले डिप्रेसन, एड्जास्टि, पिटिएसडी तथा मादक पदार्थको दुर्व्यसनी सम्बन्धी समस्याहरू प्रचुर मात्रामा रहेको देखाएका छन् ।

यसरी उल्लेख्य भारको रूपमा रहेको मानसिक स्वास्थ्य समस्याको व्यवस्थापनमा ठूलो रिक्तता रहेको छ । हाल यसलाई न्यूनिकरण गर्नका निमित्त विश्व स्वास्थ्य संगठनले "Mental Health Gap Action Programme (mhGAP)" को अवधारणा ल्याएको छ । यस अवधारणा बमोजिम विकासोन्मुख देशहरूमा Mental Health Gap Action Program-Intervention Guide (mhGAP-IG) को आधारमा विशेषज्ञ स्तरको सेवालार्ई "Task-shifting approach" द्वारा समुदाय स्तरका स्वास्थ्यकर्मीहरू मार्फत उपयुक्त तालिम पश्चात् आधारभुत मानसिक स्वास्थ्य सेवा प्रदान गर्ने गरिएको छ । नेपालमा पनि चितवन लगायत विभिन्न जिल्लाहरूमा mhGAP मा समावेश गरिएका विभिन्न मानसिक स्वास्थ्य समस्याहरू तथा सेवालार्ई हाम्रो देशको सन्दर्भमा उपयुक्त हुने गरि नेपाली भाषामा रुपान्तरण गरेर आधारभुत मानसिक स्वास्थ्य सेवा प्रवाह गर्दा समुदाय स्तरमा राम्रो नतिजा देखिएको छ ।

यस परिवेशमा नेपालमा मानसिक स्वास्थ्य सम्बन्धि तालिमका लागि राष्ट्रिय स्वास्थ्य तालिम केन्द्र अन्तर्गत स्वास्थ्य केन्द्र (जिल्ला अस्पताल, प्राथमिक स्वास्थ्य केन्द्र तथा स्वास्थ्य चौकी) मा कार्यरत स्वास्थ्यकर्मीहरूका लागी मानसिक तथा मनोसामाजिक स्याहार सम्बन्धित तालिम पुस्तिका (मोड्युल १), स्वास्थ्य केन्द्र (जिल्ला अस्पताल, प्राथमिक स्वास्थ्य केन्द्र तथा स्वास्थ्य चौकी) मा कार्यरत स्वास्थ्यकर्मीहरू लागी मानसिक तथा मनोसामाजिक स्याहार सम्बन्धि तालिम पुस्तिका (मोड्युल ३), समुदाय स्तरमा कार्यरत स्वास्थ्यकर्मीहरू (महिला स्वास्थ्य स्वयंसेविका) का लागी मानसिक तथा मनोसामाजिक स्याहार सम्बन्धि तालिम पुस्तिका (मोड्युल ४) विकास भइसकेको परिपेक्ष्यमा मेडिकल अधिकृत तथा हेल्थ असिष्टेन्टहरूका लागि मानसिक स्वास्थ्य विषयक तालिम "मोड्युल २" को अभाव तथा आवश्यकता महशुस गरिएको हुँदा यो आधारभुत तालिम प्याकेज तयार गरिएको छ । यो तालिम प्याकेजको माध्यमबाट आधारभुत मानसिक स्वास्थ्य सेवाको विस्तार गर्न मदत गर्नका साथै नेपालमा आधारभुत मानसिक स्वास्थ्य समस्याहरूको निदान तथा व्यवस्थापनमा कौशेढुङ्गा को रूपमा काम गर्नेछ भन्ने आशा लिएको छु ।

यो तालिम प्याकेज तयार पार्ने कार्यमा राष्ट्रिय स्वास्थ्य तालिम केन्द्रका डा. यदु चन्द्र घिमिरे लगायत सम्पूर्ण कर्मचारीहरू, विज्ञका रूपमा काम गर्नु हुने डा. कपिल देव उपाध्याय, डा. कमल गौतम, पिताम्बर कोईराला, प्रा.डा. सरोज प्रसाद ओझा, सीताराम प्रसाई तथा रेखा राणा, प्राविधिक सहयोग पुऱ्याउनु हुने बहुसांस्कृतिक मनोसामाजिक संस्था नेपाल (TPO Nepal), आधिक तथा प्राविधिक सहयोग पुऱ्याउनु हुने नेपाल स्वास्थ्य क्षेत्र सहयोग कार्यक्रम (NHSSP) लगायत अन्य सम्पूर्ण विज्ञ तथा सहयोगी संघसंस्थाहरू समेतलाई धन्यवाद दिन चाहन्छु । यो प्याकेजको प्रयोग मार्फत गुणस्तरिय सेवा पुऱ्याउन सम्बन्धित सबैमा विशेष अनुरोध गर्न चाहन्छु ।

श्रीकृष्ण भट्ट
निर्देशक

Ij ifo; ĩL

kf7 M Ps	k[7e]ld (Background)	!
kf7 M b0{	dfgl; S :jf:Yo (Mental health)	#
kf7 M tlg	l8k]g (Depression)	(
kf7 M rf/	; f0sf]] (Psychoses)	@!
kf7 M kfF	cfTdxfgl ÷cfTdxTof (Self harm/Suicide)	#*
kf7 M 5	5f/] /f] (Epilepsy)	\$*
kf7 M ; ft	sgeh] l8; C8} (Conversion disorder)	^)
kf7 M cf7	Pghf0l6 l8; C8} (Anxiety disorder)	^(
kf7 M gf}-	afnaflnsf tyf lszf] /lszf] /lx?df xg]dfgl; s tyf Jojxf] /s ; d:ofx? (Child and adolescent mental and behavioral disorders)	&^
kf7 M bz	l8d]G; of (Dementia)	(&
kf7 M P3f/	nfucf]fw b]o{glaf6 xg]dfgl; s :jf:Yo ; d:of (Mental and behavioral disorders due to substance use)	!)^
kf7 M afx	dfgl; s :jf:Yo ; DalGw cGo dxTjk0f{l; sfotx? (Other significant mental health complaints)	!@*
kf7 M t}	cGo ; d; fdlos Joj :yfk]so lj ifoj :tx? (Other relevant managerial aspects)	!##

kf7M Ps

k[7e]d

यो पुस्तक प्राथमिक स्वास्थ्य सेवा पुनर्जागरण महाशाखाले कार्यान्वयनमा ल्याएको स्थानिय स्तरमा भएका स्वास्थ्य केन्द्रहरूमा मानसिक स्वास्थ्य सेवाका लागि स्तरीय उपचार पद्धति (STP) तथा विश्व स्वास्थ्य संगठनले न्यून तथा मध्यम आय भएका मुलुकहरूका लागि लक्षित गरी बनाइएको mhGAP-V2 in Non-Specialized Health Setting लाई आधार बनाई सामुदायिक मानसिक स्वास्थ्य कार्यक्रमका अनुभवी मनोचिकित्सक, मनोविद् तथा मानसिक स्वास्थ्य तथा मनोसामाजिक क्षेत्रमा लामो समय देखि कार्यरत व्यक्तिहरूबाट तयार गरिएको हो ।

of]k':ts mhGAP tyf STP nf0{cfwf/ agf0{; ~rfng ul/g]dfgl; s :jf:Yo ; DalGw æ5 lbjl; o tflndÆ sf ; Gbe{; fdullsf ?kdf kofu ug{k|z]lfs tyf k|z]lffyl{; nf0{nllft ul/ tof/ kfl/Psf]xf] o; k':tsaf6 k|z]lfs -dgl]rlsI; s, dgl]ljb\j] dfgl; s :jf:Yosf lfdof k|z]lfs] ?kdf sfo{t /x\$]f lrlsI; sx?_ / :jf:Yo ; :yfdf sfo{t k|z]lffyl{ :jf:Yosdl{? -d]Bsn clws[tyf xly cl; :6]6 _ nfe]lGj t xg ; Sg]5g\ . of] tflnd lgb]zsfnf0{b0{efudf k\$]fzg ul/Psf]5 . o; sf]klxf]efu k|z]lfs lgb]zsf -k|z]lfsnf0{nllft ul/ tof/ kfl/Psf] 5 eg]bf}f]efu -of]k':ts_ k|z]lfsf qmddf cfjZos kgI; Gbe{; fdulx; tyf clWoog ; fdulx?nf0{ ; d]k] k\$]f]zt ul/Psf]5 .

of]k':ts ljz]ftM :jf:Yo ; :yfdf sfo{t -lhnf c:ktfn, klyds :jf:Yo s]b] ; fdbfos :jf:Yo s]b] zx/L :jf:Yo s]b] :jf:Yo rf\$] jf /fHo kg{/rgf x]sf avt hg; s}gdfs/Of ul/Ptf klg :yflgo :t/sf :jf:Yo ; :yfx?_ :jf:Yosdl{?n]kofu ug{; Sg'xg]5 . :jf:Yosdl\$]1fg, ;lk, lfdtf clej [4 ug{of]k':ts ; xofu]l xg] cfzf ul/Psf]5 . k|z]lfsx?n]o; tflnd kl:tsfdf cfwf]/t eP/ tflnd ; ~rfng ubf{; j]kyd nllft ; dxnf0{ Wofgdf /fvl ol ljfoj :tx;nf0{; dfj} ub]n]hfg cfjZos x]5 .

k|z]lfs kZrft\k|z]lffyl{]dfgl; s :jf:Yosf ljifodf ; fdf]o 1fg xfl; n ugI/ To; sf]ny]fhf]yf tyf Joj:yfkg ug{; Sg]e0 ; dbfo :t/af6}; j]f k'ofpg ; Sg'xg]5 . ;fy}cfjZostf cg'f/ dflyl]nf]lgsfo, ljz]f1 jf s]Gb] :t/sf c:ktfndf l; kmf/; ug{; Sg'xg]5 . of] tflndkl5 dfgl; s :jf:Yo ; d:ofsf] Joj:yfkgf nflu cf]fwlpkrf/, cgludg, kfl/jfl/s tyf ; fdlhs ; xofu]sf ; fy;fy}dgl]fdlhs ; xofu]sf]cfjZostf / dx]j]sf af/df ; d] a%g'xg]5 . o; k':tssf cfwf/df ; ~rflnt tflnd / To; af6 k]k't 1fg tyf ; lkn]cfwf/et dfgl; s :jf:Yo ; xofu] k'ofpg ; lsg]5 t/ ljz]f1tf xfl; n ug{eg]; lsg]5] .

s_ o; k':tsn]lnPsf p2]ox;

o; k':tsn]; h]wfg k]Q :jf:Yo ; j]f To; df klg dfgl; s :jf:Yo ; j]fsf]; lglZrttf :yflgo :t/af6 g}; dfg ?kdf k]k't xg]/ ; a}dfgl; s :jf:Yo ; d:ofaf6 ulh/x\$]f ePsf JoIQm?sf]; -; Ddfg pkrf/df kxF j [4 ug] p2]o lnPsf]5 .

;fy}o; k':tsn]lgDg Inlvt laz]f p2]ox? InPsf]5 M

- != dfgl;s :jf:Yo ;d:ofaf6 ulh/x\$]f ePsf JolQm?sf] ;Ddfg tyf dfgl;s :jf:Yo, dfgl;s /f]u, ljZj tyf g]kfndf dfgl;s :jf:Yosf]cj:yfsf cjwf/Offut aemf0df :ki6tf xg\$.
- @= dfgl;s :jf:Yo ;d:ofsf k\$]f/x?, Itglx?sf] n]yfhf]y]f, Joj:yfkg tyf cgludgsf af/df :ki6tf xg\$.
- #= dfgl;s /f]u?sf nflu g]kfndf kof]u e0/x\$]f cf]fwlx?, Itglx?sf] dfqf / cf]fwlx?n] kfg{;Sg] kl]tsh c;/sf af/df :ki6 hfgsf/L xg\$.
- \$= dgf]fdflhs ;xof]u cjwf/Offsf]:ki6tf xg\$.
- %= dfgl;s :jf:Yo ;xof]udf dgf]fdflhs nufot kfl/jfl/s, ;fdbflos ;xof]usf] dxTj sf af/df hfgsf/L xg\$.

v_ of]k':ts sf kof]ustf{

of]k':ts b]xfosf hf]sf]ln]klg kof]u ug{;Sg'xg\$ M

- dfgl;s :jf:Yosf ljifodf tflnd k]kt d]8sn clws[x? tyf x]ly cl;:6]6x?
- dfgl;s :jf:Yosf]pkrf/ jf tflnddf ; n]lg lrlsT; sx?,
- dgf]lrlsT; sx?,
- hg:jf:Yosf ljBfylx?,
- dfgl;s :jf:Yosf ljifodf ;/f\$]f/ /fVg]JolQm tyf lgsfox? .

u_ tflndsf klz]lfs

o; tflndsf]klz]lfs dVo ?kdf mhGAP df tflnd k]kt dgf]lrlsT;s xg]xg\$ / ;x-;xhstf{]lSnlg]sn dgf]lj b\ (Clinical Psychologist) xg\$g\.

;fy} ;x-;xhstf{df M dgf]lrlsT;s, %) eGb] a9l dfgl;s :jf:Yosf s]x? Joj:yfkg ul;/Sg' ePsf lSnlg]sn dgf]lj 1 -Masters in Clinical Psychology or Masters in Counselling Psychology) /÷jf mhGAP df tflnd k]kt lrlsT;s xg ;Sg]xg\$. o; tflnddf k]to\$ lbg slDtdf tl]g hgf klz]lfs÷;x-;xhstf{xg' kg\$. To; d]Vo]mhGAP df tflnd k]kt dgf]lrlsT;s Ps, dgf]lrlsT;s jf tflnd k]kt lrlsT;s Ps / dgf]lj 1 Ps xg]kg\$.

3_ tflndsf klz]lffyl{

o; tflndsf ;xefulx? lrlsT;s tyf x]ly cl;:6]6 xg]xg\$.

a_ o; k':tsnf0{s;/L kof]u ug]

o; df lbOPsf cf]fwlx? l;kml/; ug{/ ;d:ofnf0{Joj:yfkg ug{g]kfn ;/sf/n]tfl]sPsf]dfkb08 k'f u/\$]f / o; ;DalGw tflnd InPsf JolQm?n]dfq ug{k]b\$. ;fy}log}ljifox?nf0{;d]x] klz]lfs]nflu klz]lfof kl:tsf -Facilitator's Guide) o; ;f]k\$]fzg ul/Psf]5 . t;y{k]z]lfsn]tflndk]f]b]k':ts /fd/l c]Woog u/l klz]lfof k':tsdf lbOPsf ;q (session) sf cfwf/df o; k':tssf]df]wodaf6 ;xefulsf]:t/nf0{Wofgdf /fVb} cf\$]g k]tltx; tof/ kfg]kg\$.

kf7M b0{

dfgl; s :jf:Yo (Mental health)

!=! kl/ro

!=! s= :jf:Yo

ljzj :jf:Yo ;^au7g (WHO, 1948) sf cg'f/ "Health is a state of complete physical, mental, spiritual and social well-being, not merely the absence of disease or infirmity". cyff\ :jf:Yo eg\$fsj}klg /fj jf czQmtf g'xg' dfq ge0{k0f&kdf zf/l/s, dfgl; s, cfWoflTds / ;fdflhs :j:ytf\$fsj}ultzln cj:yf xf].

!=! v= dfgl; s :jf:Yo

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community – -ljzj :jf:Yo ; u7g, @)!_ . cyff\ dfgl; s :jf:Yo e\$gfn]sg}klg JolQmsf] To:tf] cj:yfnf0{hgfp5 h;df JolQm] cf\$g] lfdtfnf0{klxrfg ug{;Sb5, hljgsf ;fdfo tgj\$fsj;fdgf ug{;Sb5, pTkfbgzln tl/sfn]sfd ug{;Sb5 / cf\$g];dbfodf sxl ofjfbfg lbg ; lfd x65.

!=! u= ljzjJofkl tyf gkfn\$fsj]dfgl; s :jf:Yosf]cj:yf

Global Burden of Disease (GBD) gfd\$ cWooog cg'f/ ljzjJofkl ?kdf /fjx?sf]ef/ -Burden) dWol]dfgl; s, :gfo' tyf nfukbfy{; }gaf6 xg];d:ofx? [Mental, Neurological and Substance Use (MNS) disorders] n] !\$Ü cfj6\$fsj/ ol ;d:ofx? hg:jf:Yo ;/f\$fsj]Pp6f uDel/ ljifo ePsf]7x/ u/\$fsj]5 (Prince et al., 2007) i ljzj :jf:Yo ; u7gsf]ev{\$fsj]tYofIn]bYfP cg'f/ l8k]g tyf Pghf0l6 l8;C8{ (Anxiety Disorder) ljzjd}; a\$Gbf w7}dfqdf b]vg] dfgl; s :jf:Yo ;d:of xg\ . o;u/L dWod tyf 60g cfo ePsf bzx?df dfgl; s :jf:Yo ;d:of ePsf % hg' JolQm? dWol]\$ hgfn]k\$fsj]sf/l pkrf/ kfPsf 5gg\eg]tYofI ;fj hlg\$ ePsf]5.

dfgl; s :jf:Yo ;d:ofx?sf]pkrf/df /x\$fsj]7hf]c6t/ sd ug\$fg lglDQ sxl jif6tf ljzjJofkl ?kdf yk}kxnx? ePsf 5g\ . ;g\@))* df ljzj :jf:Yo ; u7gn]Mental Health Gap Action Programme (mhGAP) Sf] cjwf/Off Nofof]h;sf]kdv p27o eg\$fsj]klyds :jf:Yo ;j]f :t/sf cljIzi6 :jf:Yosdlx?sf] lfdtf clej[4 u/L ;dbfo:t/df /x\$fsj :jf:Yo ; yfx?af6}dfgl; s :jf:Yo ;j]f k]fx ug{x\$fsj]5 . o;sf ;fy}xfn ;dbfodf cfwfl/t sfoqnd tyf "Task-sharing approaches" af/f klyds :jf:Yo ;j]f kpfosx?n]k\$fsj]sf/l ?kdf dfgl; s :jf:Yo ; Dal6w ;j]f kpfog ug{;Sg]oyj]6 kdf0fx? -evidence) ;sng e0/x\$fsj 5g\Patel et al. 2010; van Ginneken et at., 2013). uOf:tl/o tflnd ;~rfng ugI/ lgoldt ?kdf lj1x?af/f lSnlg\$sn ;kl/j]f0f ugIxf]eg]of]cjwf/Off (approach) Psbd]k\$fsj]sf/l 5 eG]s/f xfdl]b7 gkfn\$fsj]klg cWooog e0 olsg ;d] ePsf]5 .

gkfn df; s :jf:Yo ; d:ofx?sf nflu /fli6?kdf kl|glwlj ug[sg]klg tYofÍ gePtfklg pknAw tYofÍ
cg;f/ ljZjJofkl cj:yf xbf{gkfn klg ckjfbdf kbġ . hg;Wofsf]ljz]f ; dX h:t}4Gb kēlj t, z/Offyl{ dfgj
a]lavg kēlj tx? cflbdf ul/Psf ; -;fgf :t/sf cWoogn]klg l8k]g, PĠhf0l6 l8;c8{ / cf3fthĠo 36gf
kZrft\xg]; d:ofsf]tYofÍdf s]L dtfġt/ ePtf klg ol ; d:ofx? pNnVŋo ?kdf b]vPsf 5g\ (ToI et al., 2010)
& (Kane et al., 2017) ; g @)!% sf]e\$Dkaf6 kēlj t s]L lhNnf?df ul/Psf]cWoogn]l8k]g -#\$=#Ū,
PĠhf0l6 -##=#Ū, cf3fthĠo 36gf kZrft\xg]; d:of -@)=\$Ū b]vfof](Kane et al., 2017). klġgg pd]sf
dlxnf?df d[osf kġV sf/Ofx?dWo] Ps cfdxtof klg /x\$]f tYofÍx?n] b]vPsf 5g\
(Suvedi et al., 2009) ; a)gful/snf0{df; s :jf:Yo ;]fsf]kxFdf k=ofpg g; lsPsf]kl/k]onf0{dWogh/ ubf{
cĠo Ġoġ tyf dWod cfo ePsf b]x? [Low and Middle Income Countries (LMICs)] sf]thgdf gkfn df
df; s :jf:Yo ;]fdf treatment gap w}g}ePsf]kf0Psf]5 . lrtjg lhNnfdf xfn}ul/Psf]Ps cWoog
cg;f/ l8k]g tyf dBkfg bJo{glaf6 kēlj t dWo] ()Ū eĠbf al9 dfg;x?n]uPsf]Ps jifġf sg}lsl; dsf]
pkrf/ gkfPsf]b]vŋ (Luitel, Jordans, Kohrt, Rathod, & Komproe, 2017) |

gkfn df; s :jf:Yosf]alx/Ē ;]f ; g\ (^@ df al/ c:ktfnaf6 ; ? ePsf]lyof]eg]; g\ (^% df cfP/ ; f]l
c:ktfn df % zġsf]df; s :jf:Yosf]0sf0ġf6 cġt/Ē ;]fsf]; ?jft ePsf]kf0Psf]5 . To; ū/L ; g\ (*% df
cfP/ ljzi6 df; s :jf:Yo ;]f kġfg ug\$ f nflu nlnk/sf]nugv]ġdf Ppŋf 5\$}c:ktfn :yfkf ul/of]eg]
xfn w]h;f] lflqo tyf c-rn c:ktfn df; s :jf:Yo pkrf/sf nflu dgf]rlsT; ssf]b/alĠb ePtfklg
clwsfzdf ljz]f1 pknAw gePsf pbfx/Ofx? xdf] ; fdĠg]5g\ . xfn gkfn df; s c:ktfn -nugv]ġ, lqejg
ljZjBfno lzlf0f c:ktfn - dx/fhu~h, sf7df08f}nufot cĠo ljZjBfno=lrlsT; fzf:q cWoog ; ãyf,
lghl lzlf0f c:ktfn, lghl c:ktfn nufot ljleĠg lSnlgx?df df; s :jf:Yo ;]fx? pknAw 5g\ . ; g\
@)!& df gkfn df neu !#) dgf]rlsT; s sfo{t /x\$]fcgdfg ul/Psf]5 eg]neu @@ hgf lrlsT; f dgf]j b\
/x\$]fcgdfg ul/Psf]5. hg; Wofsf cfwf/df xġ]xf]eg]of]; Wof Psbd}Ġoġ xf].

!=@ df; s /f]ū

slxn\$xl ljleĠg sf/Ofn]ubf{klg dfg;xġdf lfl0fs ġkdf efjgfd s ljrng cfpq ; S5 . t/ df; s /f]ū
eg\$]df; df b]vg]efjgfd s, ; j]ūfd s / ; fdflhs cflb ljleĠg sf/Ofxġaf6 JolQmsf]Jojxf/df xg]kl/j tġ
xf]. ljZj :jf:Yo ; ū7gn@)! df k\$fgz u/\$]df; s /f]ūsf]kl/efiffnf0{cfwf/ dfĠg]xf]eg]ha JolQm df
; fdĠo eĠbf a9L dfqdf efjgfd s ġkdf ljrng cf0{w}nlf0fxġ b]v k5ġ\ / o;af6 JolQmsf] b]gs
lqmf snfk tyf ; DaĠwdf kēj kbġ eg]df; s /f]ū ePsf]xg ; Sb5 . df; s /f]ū eĠgn]w}nlf0fxġ; lxt
b]vg]syndrome xf]. pbfx/Ofsf nflu l8k]g, PĠhf0l6 l8;c8{, ; f0sf]; ; , nfuKbfy{bJo{g, kl6lP; 8l cflb.
dgf]rlsT; s=dgf]j b]xġn] JolQm df b]vPsf nlf0fxġdf s]Ġbt e0{ICD-10 jf DSM-5 sf cfwf/df df; s
/f]ūsf] lgbfg -diagnosis_ ug] ub\$g\ . dgf]fdflhs dgf]j dz\$tfġ] /f]ūsf] lgbfg ug{ldlġ t/ JolQmf0{
efjgfd s ; xof]sf] ; fy}cfjZos k/ġf ; d:of ; dfwfg ug{ ; xof]ū k=ofpg eg] dx[Ej k0f{el'dsf lgjfx ug{
; Sg\$g\.

dfgl; s /fjlxz nfo{To; sf] lsl; d / kfej sf cfwf/df kfom ljzjf pkrf/ -h: t] cfjfwl, Jojxf/ kl/jtg,
dglj dz{; xofj_ cflbsf]cfjzostf kb5 .

dfgl; s :jf:Yo ; d:ofaf/]sxl tYox? tn jOfg ul/Psf 5g\

s_ dfgl; s :jf:Yo ; d:of ; j{ofkl 5 .

ljzsf ; ah; f] bzxzdf wj} dflg; xzdf dfgl; s :jf:Yo ; d:of b]vPsf 5g\ . ljleGg bzxzdf ul/Psf
cg; Gwfg cg; f/ ; fwf/Of :jf:Yo s[bd] cfpg] #) kltzt hlt dflg; xzdf dfgl; s ; d:ofxz b]vPsf 5g\
-Luitel NP, Jordans MJ, Sapkota RP, Tol WA, Kohrt BA, Thapa SB, Komproe IH, Sharma B. : 2012). Of]
cToGt uDel/ l:shf]lgof -Schizophrenia_ h:tf] ; d:ofb]v InP/ l8k]g tyf Pghf0l6 h:tf sxl ; fdfgo
vfnsf dflgPsf ; d:of; Dd kb5g\.

v_ dfgl; s :jf:Yo ; d:ofn]axklifo c; / ub5 .

dfgl; s :jf:Yo ; d:ofsf sf/Of pTkfbgzlntdf x] ; cfpgsf ; fy}cfly\$, ; fdfhs, kfl/jfl/s, hlljsf]kfhg
nufot ljleGg klfd c; / ub5 .

u_ dfgl; s ; d:ofsf nflu ; :tf]tyf kfej sf/l pkrf/ ljlxz pknAw 5g\.

ljzsf w]h; f]dhx?df sxl g sxl dfgl; s :jf:Yosf cfjfwl tyf pkrf/x? pknAw ePtklg nf-5gf, e]fej
tyf hgr]gfsf cfjdf dflg; x? j]flgs pkrf/af6 jl~rt 5g\.

3_ dfgl; s :jf:Yo pkrf/ klylds :jf:Yo :t/df ug{; lsG5 .

dfgl; s :jf:Yo ; jf ljz]f1sxFdfq geP/ klylds :jf:Yo ; jf s]bxzdf klg pknAw xg ; Sb5 . olb
:jf:Yosdlxzn]

- pkrf/ ljwsf]af/]tflnd InPsf]ePdf,
- kfej]t JolQmsf]klxrfg ug{; s]f,
- pkoQm/ kfej sf/l cfjfwl, pkrf/ ljlxz pknAw ePdf dfgl; s :jf:Yo ; jf klylds :t/af6 lbg ; lsG5.
o; sf nflu ; /sf/ jf ; /f]f/jfnf lgsfoxzaf6 ToxfE] :jf:Yosdlxzn]f]SP cg; f/ tflnd lb0 lgoldt
; k/lj]fOf ug]Joj: yf ldnf0{ lgzlls cfjfwl]rf]f]kfhf] ; d] ldnfpg' cToGt}h?/l 5 .

!# dfgl; s tyf zf/ll/s ; d:ofxz alr cGt/; DaGw

w]h; f]pkrf/sf nflu :jf:Yo s]bxzdf hfg]dflg; xzn]cfSgf]zf/ll/s nlfOf tyf l; sfotxz JoQm ub5g\
sltko zf/ll/s nlfOfxz dfgl; s /fj jf dgl]fdflhs ; d:ofsf nlfOfxz xg ; S5g\eg]bl3\$fnlg zf/ll/s /fj
ePsf]JolQmf nfd] ; dosf]cGt/fndf dfgl; s /fj jf dgl]fdflhs ; d:ofsf]lj sf; xg ; Sb5 . t; y{dfgl; s
:jf:Yo ; d:of tyf zf/ll/s :jf:Yo ; d:of k/:k/ ; DalGwt xg ; Sb5g\.

!=\$ dfgl; s :jf:Yo ; d:ofsf sf/0fx?

ljleG cg'wfgx₂af6 dfgl; s :jf:Yo ; d:ofsf sf/0fx? sg}Ps dfq geP/ h}S (biological), dgf}flgs (psychological) / ;fdlHS (social) xg ;S5g\leG]s/f kli6 ePsf]5 . Itgnf0{lj:t[?kdf o;}fy j0f6 ul/Psf]5 .

!=\$-s=h}S (Biological) : h}S sf/0fx₂nf0{lgDgfg'f/ ljleG efudf afB} k|6dr0Psf]5M

jzf0lutM jzf0lut eGfn]sg}klg JolQmsf]jzhdf dfgl; s :jf:Yo ; d:of ePdf p;sf gofFkl8ldf o:t] ;d:of cfpg ;Sb5 .

c6o h}S sf/0fx?df dl:tisdf xg]; d:ofx₂ M

- dl:tissf]; a₂mdOf -dl:tis Hj/_- Meningoencephalitis,
- sg}sf/0fn]6fpsf}f rf6 nfu] dl:tis leq c;/ k/}f,
- dl:tisdf /Qm ~rf/ sd ePdf,
- cTolws nfu"kbfy{tyf dfbs kbfy\$}f]bJoZgaf6 dl:tisdf xfgl ku}f,
- dl:tisdf 6dd/ jf c6o /f} ePdf,
- zf/ll/s /f}n]dl:tisdf g/fd]c;/ kf/}f cflb .

dl:tisdf ljleG /f;folgs tEj -8f}kfldg,; }f6f}gg cflb_ sf]dfqdf 36a9 ePdf klg dfgl; s :jf:Yo ; d:of xg ;Sb5 .

ljleG lsl; dsf zf/ll/s :jf:Yo ; d:ofx₂ M

- bl3\$fnlg zf/ll/s /f} -bd, afy, ;'t dgl:ylt, 5f/]/f}_ tyf zf/ll/s cEeE ePdf,
- 6f0kmf08 tyf c6o sf/0fn]ubf{w}Hj/f]cfPdf,
- yf0/f}8 ul}yaf6 jf c6o o:t}ul}yx₂af6 lg:sg]xdf}sf]36a9 ePdf,
- z/L/df lrgl, gg cflbsf]dfqdf 36a9 ePdf ,
- d}f}f tyf sn}f}f xg]uDeL/ ; d:of cflb ePdf klg dfgl; s :jf:Yo ; d:of xg ;Sb5 .

cf}fwlx₂n]kfg{; Sg]kl}tsh c;/x? M

- la/n} dfqdf sg} sg} /f}df k}f} xg}cf}fwlx? h:tM lfo/f}df k}f} xg] Isoniazid jf Steroid (Prednisolone) sf]k}f}n]dfgl; s :jf:Yodf ; d:of xg ;Sb5 .

!=\$-v= dgf} }flgs (Psychological) : JolQmsf]dfgl; s cj:yf, ; f}f0{ aemf0{ xsf0sf]kl/j} ljleG k\$}/sf] x65 / ;f}L cg'f/ JolQm]Jojxf/ ug]ub5 . lgDg dgf} }flgs klfx₂n]JolQmsf]dfgl; s cj:yfnf0{k}fj kfg{ ;Sb5 M

- afNosfndf dfgl; s cf3ft -efjglds, zf/ll/s / ofg bJo}xf/_ ef}df,
- afNosfndf cf\$gf]hljgsf dxEj k0f{JolQm udfPdf,
- afNosfndf dfof-ddtf tyf plrt ; Af0f gkfPdf,

- JolQm]j ljsf; sf sddf ckēfjsf/L tyf bf]fk0f{l; sf0 ePdf,
- JolQmsf]:jefj / rl/q h:t}anxious, schizoid, paranoid cflb ljz]ftf ePdf,
- a]fxf/f dxz'; (learned helplessness) ePdf,
- gsf/flds ; fdgf ug]l; sf0{jf Jojxf/ (negative coping skills) ePdf .

!-\$-u= ; fdlhs (Social) : JolQmsf afx\ kl/jz]x\ n]klg dfgl; s ; d:of lgdTofpg ; Sb5 . ; fdlhs kl/jz JolQmsf]; f] cgSh gePsf]cj:yfdf dfgl; s ; d:ofx\ cfpq ; Sb5g\ ; fdlhs sf/Ofnf0{klg lgdg cg'; f/ b0{efudf afBg ; lS65 M

!= kfl/jfl/s jftfj/Of M

- 3/fo;L e]e-emu8f,
- Pscfk; df ljZjf; sf]sdl,
- kfl/jfl/s ; xof]sf]efjgfd f sdl cflb .

@= tgfju|t hljg kl/jz] M

- | | |
|--------------------------------------|---------------------------------|
| ➤ c; kmrtf, | ➤ cfly\$; d:of -w}]C0f_, |
| ➤ ul/al, | ➤ cGof, |
| ➤ a]f]huf/L, | ➤ oftgf, |
| ➤ lkφhgsf]d[o; | ➤ PSnf]kg, |
| ➤ afēmf]kg, | ➤ lau]f]j]flxs l:ylt, |
| ➤ lx;f, | ➤ o4 jf o4sf]8/, c; /lff, |
| ➤ cf3fthG0 36gf, | ➤ sdhf] ; fdlhs ; xof]l ; ~hfn, |
| ➤ Joj ; flos ; d:of, | ➤ hftlo e]efj, |
| ➤ k[s[ts tyf dfgj l; lhξ b36gfx\, | ➤ lje], |
| ➤ bt ; fdlhs kl/jtG; f ; fdCh:otfsf] | ➤ lrgtf cflb . |
- sdl,

%=% dfgl; s :jf:Yo ; d:ofsf dVo nlf0fx\

s8f vfn]dfgl; s /f]x\ h:t}l:shf]kl]gof (Schizophrenia) / af0kf]hf/ (Bipolar) slxn]fxl PSSfl; b]vg ; Sb5gV w]h]of]dfgl; s :jf:Yo ; d:of xf]eg] lrg klg ; Sb5g\ . cG0 cj:yfdf k]oh; f]kl/jf/sf]; b:o, ; fylx\, lzlf sx\ jf JolQm cfknh]cfkndf cfPsf ; f]f0, efjgf / Jojxf]l/s kl/jtG? dfknt dfgl; s :jf:Yo ; d:ofsf]dxz'; ug{; Sb5g\.

zf/lI/s	efjgflDs	ljrf/	JoJxf/ut
lzlyn jf sdhf] dxz'; xg] lgbf] gkg] vfg dg gnflg] lg; ; fl; Psf] dxz'; xg] l/æ6f nflg] lhpe/l g} l; ofh]3f]f]h:tf] dxz'; xg] z/l/ bVg]tyf emd\ emdfpg] 6fpsf] bVg] 5ftl bVg] .	g/df0nf]nflg]jf bMvL xg] lenFf] nflg (irritability), sg}s/df vzl xg jf /dfpg g; Sg] cftdlunfgl xg] cftdan / cftd; Ddfgsf] sdl jf j [4 xg] ?g dg nflg] .	lg/fzfdg -hopelessness), dNolxgtf -worthlessness), C; xfokg -helplessness) lgOf6 Ing g; Sg] Wofg s]b] ug{g; Sg] eljioklt gsf/flDs b[i6sf0f, cftdxfgl÷ cftdxTofsf]; f], ljrf/, ofhgf jf k0f; , bIQmsf]; #s[t; 6 dth gvfg] vfnsf b0 cftdljZjf; x? .	; fdflhs lqmfnsfkx?af6 6fl9g] afjhl tyf rfndf sdl cfpq] lhDd]f/l axg ug{g; Sg] dgf]~hgdf dg gnflg] nfu"kbfy6f];]g tyf cTolws dfbs kbfy{ ;]g ug] pQ]ht cfqmfds JoJxf/, ls0fsnfkdf x]; cfpq' jf j [4 xg' .

olb JoIQndf lgDg Inlvt dWo6f w}]nIf0fx; b]vPdf dfgl; s :jf:Yosdl6xfFhfF u/fpg cfjZos x65 .

- ; dfhaf6÷; fdflhs ls0fsnfkaf6 6fl9Psf]b]vPdf (Withdrawal)
- b]gs ls0fsnfkdf u8a8l ePdf (Impairment of functioning)
- ; f]gdg jf ; Demgdg sl7gf0 ePdf (Problem in thinking)
- cTolws ; j]hgZln ePsf]b]vPdf (Increased sensitivity)
- cfn:otf b]vPdf (Apathy)
- ljllfkt ePsf]dxz'; ePdf (Feeling of dissociation)
- c; f6ble6 ; f]f0 cf0/x0f (Illogical thinking)
- cQflnPsf]cflQPsf]b]vPdf (Nervousness)
- c; fwf/Of JoJxf/ b]vPdf (Unusual behaviour)
- lgbf tyf vfgfdf kl/j t6 ePsf]b]vPdf (Sleep and appetite changes)
- d8df kl/j t6 cfPsf]b]vPdf (Mood changes) .

kf7M tlg

l8k] g (Depression)

kl/ro

l8k]g Ps k\$ f/sf]dfgl; s :jf:Yo ; d:of xf] h; df sg} sfd, lhDd]f/l jf cj:yfk|t lg/fzf pTkGg xg] OR5f zIQndf sdl cfpg]tyf zf/ll/s zIQm xf]; ePsf]dxz'; xg] h:tf nlf0fx? b]vG5g\ . o:tf nlf0fn] JolQmsf] b]gs hljgdf gsf/fTds c; / kfb5 .

dfgl; s :jf:Yo ; d:of dWo]l8k]g w}]hgfnf0{xg ; Sg]/f] xf] . l8k]gdf dg pbf; xG5, sg}klg s'/fdf rfv nflubg, klxn]/df0nf]nflg] s'/fx;df /df0nf]nflubg, cfd l]Zjf; 36b} hfG5 / z/L/ w}]sdhf] ePsf]cgej xG5 . ol nlf0fx;sf ;fy}lgb] /fd]gnflg] vfgf vfg dg gnflg] / cfknh]ub]cfPsf]sdfsfdhdf ;d] /fd]Wofg lbg g;Sg] xG5 . l8k]gdf hljg Joy{nflg] cfdlunf]l xg]/ afRg]OR5f sd xG5}hfg]xG5 . ljleGg k\$ f/sf zf/ll/s /f]x? h:t} dwd], d6/f], yf0/f]8, SofG; /, Pr-cf0el cflb ePsf JolQm?df l8k]gsf nlf0fx? b]vg ; S5g\ .

डिप्रेसनसँग सम्बन्धित केही गलत अवधारणाहरू हटाउन निम्न तथ्यहरू सहयोगी हुन सक्दछन् :

- डिप्रेसन मानसिक स्वास्थ्य समस्या हो जसमा प्रभावित व्यक्तिले कम्तीमा २ हप्तादेखि लगातार उदास भएको महशुस गर्दछ, इच्छा, जोश-जाँगर गुमाउनुका साथै शरीरमा शक्ति नभएको महशुस गर्दछ । यस अवस्थाले दैनिक क्रियाकलापमा असर गर्दछ ।
- मध्यम तथा गम्भीर डिप्रेसन भएको व्यक्तिमा शारीरिक सिकायतका समस्या पनि देखिन्छन् । उनीहरूलाई दैनिक क्रियाकलापहरू गर्न कठिनाई हुनसक्छ जस्तै: गृहकार्य गर्ने, घरायसी तथा सामाजिक कार्यहरू ।
- विश्वमा मानसिक रोगीहरूमध्ये ५ देखि १५% व्यक्तिहरू यस समस्याबाट प्रभावित छन् ।
- महिलाहरूमा डिप्रेसन समस्या पुरुषको तुलनामा २-३ गुणा बढी देखिएको छ ।
- यो आफैमा एउटा सिंगो समस्या मात्र नभइ अरू विभिन्न शारीरिक रोगहरूसँग पनि सम्बन्धित छ । डिप्रेसनलाई समयमा उपचार तथा व्यवस्थापन नगरेमा गम्भीर समस्या बन्न सक्छ र आत्महत्याको जोखिम बढ्छ ।

l8k]gsf sf/0fx?

l8k]g xgdf hlj]s, dgf]flgs tyf ;fdl]hs -Bio-psychosocial model) sf/0fx? /x\$ f 5gM

hlj]s sf/0fm jzf0fut (Hereditary) h:t}cfdafa'dWo]Pshgf jf b]hgfnf0{l8k]g; DaGwl ; d:of ePdf 5f]f5f]l]nf0{klg xg]; Defjgf a9l xG5 . dl:tisdf /x\$ f ljleGg /f; folgs t]jx? vf; u/] Serotonin Sf] c; Gthgn]klg l8k]g xg]ub5 .

dgf]flgs sf/0fx?M s]l JolQms :jefj -personality_ tyf tgj Joj:yfkg ; lksf]sdln]klg xg]ub5 . ;fdl]hs sf/0fx?M afxà t]jx? h:t]j]flxs ; DjGwdf c; Gthg jf g/fd]Jojxf/, gsf/fTds jftfj/Of jf a]f]huf/L ; dfhdf c; JolQm?; usf]c; GtInt ; DaGw / l:ylt, sdhf] cfly\$, ;fdl]hs cj:yf, lx;f tyf b]o]xf/, ljeb, aGa, k\$ f]k cflbn]l8k]gsf]; DefJotf a9fp5 .

l8k]gsf nlf0fx?

l8k]gsf nlf0fx?nf0{ljz]ftM rf/ ; dxdf af8g ; S5f]h:t}M zf/ll/s, efjgftds, ljr/ftds / Jojxf/ut

l8k]gdf b]vg]dVo nlf0fx? M

zf/ll/s	efjgftds	ljrf/	Jojxf/s
lzlyn jf sdhf] xg]	g/df0nf]nflg]jf bMVL	lg/fzfk -hopelessness),	; fdflhs
lgb] gkg] vfg dg	xg] lenf]nflg]	dNoxlgf-worthlessness),	lqmf]snfkx?af6
gnflg] lg: ; fl; Psf]	-irritability), Sg]S'/fdf	c; xfokg -helplessness)	6fl9g] af]h] tyf
h: tf]xg] l/uf nflg]	vZl xg jf /dfpg g; Sg]	lg0f6 lng g; Sg]	rfndf sdl cfp]
lhpe/l g]; of]h]	cfTdUnfgl xg] cfTdan /	Wofg s]b] ug{g; Sg]	lhDd]f/L axg ug{
3f]f]h: tf]xg]	cfTd; Ddfgsf]sdl dxz';	eljiok]tgsf/ftds	g; Sg] dgf]-hgdf dg
cToflws ysf0{nflg]	xg] ?g dg nflg]	b[i6sf]f, cfTdxfgl ÷	gnflg] nfu"kbfy\$]
z/l/ bVg]tyf	cjf:tljs ?kdf	cfTdxTofs]; f], ljr/,	;]g tyf cToflws
end\endfp] 6f]psf]	cfTd; Ddfgdf j[4 ePsf]	of]hg] jf kof; .	dfbs kbfy{;]g ug].
bVg] 5ftl bVg] cfb] .	dxz'; xg' .		

JolQm?n]k]f]h; f]zf/ll/s nlf0fx? JoQm ug]ub5g\ . yk k]gx? kZrft\;]fuf]ldf efjgf, ; f]f0 / Jojxf/ ; Dal6w nlf0fx? kQf nufpg ; lsg5 .

l8k]gsf]n]y]fhf]yf

l8k]gsf]nlf0fx?sf]s/f ubf{c6o # s'/fx?df Wofg lbg h?/L x65 .

klxn] xfn JolQm]f sg sg / sltj6f nlf0fx? b]vPsf 5g\To; df Wofg lbgkf] \ . olb sg}JolQm]f dfly lb0Psf]w] }6f nlf0fx? -bMVL xg] b]gs lqmf]snfkx?df ?lr gxg] b]vPsf 5g\eg]p; nf0{l8k]g ePsf] xg; S5 .

bf] f] ; do cjlwnf0{Wofg lbgkf] \olb To:tf nlf0fx? sDtdf b0{xktf; Dd k]of\$ lbg b]yfk/df l8k]g ePsf] xg; S5 .

t] f] nlf0fx?sf]c; /df Wofg lbgkf] \ . ; fdfgotof ol nlf0fx?n]JolQm]f]b]gs lqmf]snfk, h:t] k9f0, sfd, c6o JolQm?; usf] ; Dal6w / lhDd]f/L axgdf c; / u/\$f 5g\< olb ol nlf0fx?n]dfly plNlvt sfo]df lbg]bgh; f]c; / k]ofPsf 5g\eg]l8k]g ePsf]xg; S5 .

ol nlf0fx? bxf]l/g]qmd, cj lw / o; sf]kxf]n]; fdfgo bll/lkgf / l8k]galrsf]km/s 56dtp5 .

sldtdf @ xktf; Dd ol nlf0fx?dlwo

!_ Ps}f; n]lv}g, pbf; jf lbss dxz'; ug{,

@_ sg}klg lqofsnfkk|t ?lr jf OR5f 36b}hfg';

#_ cTolws ysf g dxz'; ug{

sg}Ps nlf0f JolQm]egdf tkf0f]p; E yk nlf0fx?sf]af/d]f ; f]vgxf] \. To;sf]nflu sldtdf @ xktfb]lv
lgDgfg'; f/ sg}yk nlf0fx? 5gM

<ul style="list-style-type: none"> ➤ sd lgb] nllg' ➤ vfgsf] ?lr jf t]df kl/jtg' xg' -36g' ➤ cfknhf0{dNolxlg ; Demg'; ➤ cTolws cTdlunfgl xg'; ➤ ysf g jf Zf/L/df zltmgePsf]dx; ; ug{ ➤ Psfutdf x] ; cfp g' ➤ Ps}f; n]lv}g, pbf; jf lbss dxz'; ug{ 	<ul style="list-style-type: none"> ➤ lg0f} lng g; Sg'; ➤ lemf]dfg' jf zf/l/s a]gl b]vg'; ➤ lx8f0{tyf af]f0df klxn}Gbf ; :ttf cfp g'; ➤ lg/fz]fbl ; f] cfp g' ➤ cTdxTofsf]; f] cfp g' jf sfo{ug{ ➤ cTolws ?kdf sg}klg lqofsnfkk t ?lr jf OR5f 36b}hfg'
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olb dflysf yk nlf0fx? 5g\eg]JolQmut, kfl/jfl/s, ; fdlhs, z]lfs, k}fut jf c}o l}df b]gs sfdshdf
sg}sl7gf0{5 5g ; f]vgxf] \. olb 5g eg]JolQmdf l8k]g xg ; Sg]; Defjgf sd 5 . To;sf/0fn]To:tf
JolQmf0{ca tkf0{c]nf}g -observation_ df /f]vgxf] V dgf]fdlhs ; xof]stf{dgf]j dz}tf{dgf]fdlhs
sfo}tf{-psychosocial worker) sx]f]; knl/; ugxf] \.

olb 5 eg]/ JolQmut, kfl/jfl/s, ; fdlhs, z]lfs, k}fut jf c}o l}df b]gs sfdshdf sg}klg lsl; dsf]
sl7gf0{e0/}f]5 eg]l8k]gsf]pkrf/ ; ? ugxf] \.

lSnlgsn gf} M l8k]g ePsf]JolQmdf uDel/ dfgl; s ; d:ofsf nlf0fx? h:t}l]e} -delusions_ jf dltl]e}
-hallucinations_ xg ; S5 . olb To:tf nlf0fx? 5g\eg] l8k]gs}pkrf/ l]lw kfng ugxf] V ; E; E]jz]f1; E
; Nnfx lngxf] \. olb ljz]f1; E k/fdz{lng ; Sg' x}g eg]To; JolQmf0{l]z]f1 sx]f]; knl/; ugxf] \. o; sf
; fy}JolQmdf cTdxfgl=cTdxTofsf ; f] l]rf/, of]hg' jf k}f; u/}f]/x} eg]cTdxfgl=cTdxTofsf] kf7df
hfgxf] \cyj] cfjZostf cg'; f/ ljz]f1 sx]f]; knl/; ugxf] \.

ol nlf0fx?nf0{c6o ;Defljt tl/sfaf6 klg n\fhf\yf tyf ljZn]f0f ug{k65 . To;sf nflu s]l To:tf zf/ll/s ;d:ofx? 5g\hg l8k]g;E dh vf65 -h:tM /QmcnkQf, skf]f0f, hypothyroidism, nfuCf]fwsw] kof] / cf]fwlsf k]tsh c;/x?af6 xg]d8 -mood_ kl/jt6 -h:tM Steroid sf]kof]af6 xg]d8 kl/jt6_ xg ;Sb5 . To:tf]ahf tkf06]zf/ll/s nlf0fx?sf]klg ;E;E]kl/lf0f tyf pkrf/ ug{kf] \

zf/ll/s nlf0fx?sf]pkrf/ kl5 klg l8k]gsf nlf0fx? /lx/x\$ 5g\eg]of]e6f klxn]slxNo}Mania ePsf] 5÷5g eg] n\fhf\yf ug{kf] \. To;sf nflu lgDg nlf0fx? slDtdf Ps xktf;Dd /x\$ / logLx?n]uDel/ ?kdf JolQmsf]sfd ug]lfdt / ;fdlhs lqmfnsnfkx?df c;/ u/\$ 5g\j c:ktfndf egf{ug{k]j PSn}/fVgkg] ePsf]lyof]e6g]af/af olsg ug{kf] M

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|--|--|
| <ul style="list-style-type: none"> ➤ cfd l]Zj; df Psbd]j [c ePsf] elevated mood÷jf irritable mood xg'; ➤ ;w]g]lqmfnsnfkx?df j [4 xg'; zIQmdf j [4 ePsf] dxz'; ug] a9L s/f ug]jf tlj\ltdf afflg'; ➤ cfj\j f nfk/jfxhgs Jojxf/x? h:tM w]vr{ug] of]hgf gagf0{dx]jk0f{lq0f6 lng]/ u]lhDd]f/ of]hg6 Jojxf/ b]fpg'; | <ul style="list-style-type: none"> ➤ lgb]sf]cfjZostf sd xg'; ➤ ;fdlhs ?kdf c:jLsfo{lqmfnsnfkx? ug{cfkm' nf0{lqo6q0f ug{g;Sg]tyf km/s / ceb Jojxf/x? b]fpg' ➤ ;lhn]l]rint xg' ➤ c:jefljs tl/sfn]cfd;Ddfg jf :j]ledfg a9g'. |
|--|--|

olb ljutdf o:tf nlf0fx? b]vPsf]ePdf bipolar disorder df l8k]gsf]episode sf]kan ;Defjgf x65 . To;sf ;fy}bipolar disorder df l8k]gsf]episode ePsf JolQm?df mania sf]klg hf]vd x65 . o:tf]ahf bipolar disorder df l8k]gsf]Joj:yfkg k]t nfu"ug{k65 .

ca tkf0{JolQmsf]c6o cj:yfsf]n\fhf\yf ug{kf] \. To;df ljz]ftM JolQm uPsf]^ dlxgf leq sg}ls;dsf] 36gf -zf\$, ljklQ, k\$fk_ df k/\$f]5 jf 5g eg]ljifodf hfgsf/L lngkf] \ olb To:tf 36gdf k/\$f]5g / dflysf nlf0fx? dfq 5 eg]l8k]gsf]pkrf/ lgoldt agfpgkf] \. olb To:tf 36gdf k/\$f]b]vof]eg]tnsf nlf0fx?sf]af/af hfgsf/L lngkf] M

- | | |
|---|--|
| <ul style="list-style-type: none"> ➤ uDel/ dfg]; s ;d:ofsf nlf0fx? cfpg'; ➤ ;fd6o e6f sd afflg'jf lx88h ug] | <ul style="list-style-type: none"> ➤ cfdx]ofsf];f]f0{ ➤ cfkmhf0{dMoxlg ;Demg'; |
|---|--|

To:tf nlf0fx? b]vPdf l8k]g ePsf]xg;S5 . pkrf/ lgoldt agfpgkf] V of];E]c6o co-morbid MNS ;djtl{dfgl; s, :gof"tyf nfuCf]fw kof] ;Dal6w ;d:ofx? eP gePsf]/ o; e6f klxn]slxNo}l8k]g ePsf] lyof]lyPg eg] n\fhf\yf ug{kf] \

ISnlgsn gf M l8k]g ePsf JolQm? other priority MNS conditions -c6o kfylds dfgl; s, :gfo" tyf nfučf]fw ; Dal6w ; d:ofx?_ sf] hf]vddf x65g\ . To; sf ; fy} nfukbfy\$]f] bJo{gl; 6 ; Dal6wt ; d:ofx?sf] n]yfhf]yf ugxf] \ . olb nfukbfy\$]f] bJo{gl; 6 ; Dal6wt ; d:of klg b]vPdf To; sf] Joj :yfkq ug]kf7df lb0Psf] lgbZgnf0{x] / ; f]L cg' f/ ugxf] \ .

Joj :yfkq

l8k]gsf]Joj:yfkgsf nflu dVotof b0{pkrf/ lj lw? ckfpg]ul/65 M cf]fwl pkrf/ / dgf]fdflhs ; jf . l8k]gnf0{Joj:yfkq ubf{l8k]g / bipolar disorder df l8k]gnf0{566fP/ Joj :yfkq ug{/fd]x65 h; sf nflu lgdgfg' f/sf]tflnsfnf0{kfngf ugxf] \ .

l8k]g	Bipolar disorder df l8k]g
<ul style="list-style-type: none"> ➤ JolQm tyf :ofxf/stf{x?nf0{dgf]z]ff lbgxf] \ . ➤ tgj sd u/fpg sfd ugxf] V ; fdf]hs ; xof]nf0{; b0 tNofpgxf] \ . ➤ blgs lqmf]snfk /fd] 6 ug]lfdtfnf0{/ ; fdbflos hljgnf0{ kj b0 ugxf] \ . ➤ Antidepressant Cf]fwl pkrf/ af/]of]hgf agfpgxf] \ . ➤ pknAw ePsf :yfgdf dgf]j dz{; j]sf nflu l; kmf/; ugxf] \ . ➤ k6fj sf/L gxg]pkrf/ gugxf] \ -h:t}M le6fldgsf]rSsl jf ; 0{ ➤ lgoldt cgludg ugxf] \ . 	<ul style="list-style-type: none"> ➤ ljz]f1; 6 ; Nnfx jf k/fdz{lnP/ pkrf/ ; ? ugxf] \ . olb ; Dej 50eg]ljz]f1 sx]F l; kmf/; ugxf] \ . ➤ olb mania Sf nlf0fx? b]yf k/df, To; JolQm / p; sf :ofxf/stf{x?nf0{t?6t} antidepressant a6b ug]kg] / c6o pkrf/ ; ? ug]kg]hfgsf/L lbgxf] \ .

gfM ljz]f ; dx -h:t}M afnaf]nsf, lszf]-lszf]L, ue]tl, :tgkfg u/f0/x\$]f dlxf_ sf nflu pkrf/ km/s / ljz]f xg ; S5 . To; nf0{ Wofg lbgxf] \ . afnaf]nsf=lszf]-lszf]Lx?df l8k]gsf] Joj :yfkgsf] nflu afnaf]nsf; 6 ; Dal6wt kf7 xg]f] yf ljz]f1 sx]F; kmf/; ugxf] \ .

- ue]tl tyf :tgkfg u/f0/x\$]f dlxf?sf nflu ; Dej eP; Dd ljifzu/L ue]tl ePsf] # dlxgfleq antidepressant k6f] gugxf] \ .
- olb dgf]fdflhs =dgf]]flgs pkrf/af6 ; wf/ gb]vPdf ; fjwfglk] \$ antidepressant Sf]lowest effective dose Sf]k6f]af/]; fl]gxf] \ .
- olb :tgkfg u/f0/x\$]f]cj:yf xf]eg] nfd] ; do z/L/df /xg]cf]fwl h:t}Fluoxetine Sf]k6f] gugxf] \ . pknAw ePsf]v08df ljz]f1; 6 k/fdz{lngxf] \ .

dgf] fdfllhs ; xof]u

dgf]j dz{ cGtu{ ; xof]uL Jojxf/x? h;n] l8k]gnf0{sd ub5, To:tf Jojxf/nf0{k] ; fyg lbg] / l8k]gnf0{ a9fpg]Jojxf/x? h:t] vfgf gvfg] cGo JolQm?; E cGt/lqmf ug{g?rfpg] klxn]?Ir ePsf ljifodf c;lr b]vfg]h:tf Jojxf/x?nf0{sd ug{; xof]u ul/G5. o; k\$ f/sf] ; xof]un] l8k]g ePsf JolQm?nf0{pglx?sf] Jojxf/ kl/jtG u/L l8k]gdf b]vg]nlf0fx?df kl/jtG Nofpg ; xof]u ub5 . dgf]j dz{cGtu{ Wofg, cf/fdbfol cEof; / of]ux? ug{k] ; flxt ug{; lS65 .

dgf] fdfllhs ; xof]u cGtu{ dgf]z lff M JolQm / :ofxf/stf\$]nflu dxTj kOf{; Gbzx? kj fx ug{x] \.

- l8k]g ; wf/Oftof b]vg]cj:yf xf]/ hf]sf]lnf0{klg xg; Sb5 .
- l8k]g xg' eg\$]JolQm sdhf] jf cN5L xg' xf]g .
- l8k]g xftv\$] efrg]jf 3fph:tf]b]vg]; d:of gePsf]h]cGo JolQm] gs/fTds wf/Off h:t] ætkf0{cem alnof]xgk5Æ ætkf0{cfknhf0{; Dx]Ngxf]Æ xg ; S5 . l8k]g ePsf JolQm?n]c]Tdansf]d4taf6 ; lhn}E nlf0fx? lgoGqOf ug{; S5g\eg]wf/Off unt dflg65 .
- l8k]g ePsf JolQm?df cjf:tljs ?kdf cfknlkt, hljgklt / eljioklt unt jf gsf/fTds ; f]f0x? cfpG; S5g\ pglx?sf]jtG]fg cj:yf sl7g e0/x\$]xg; S5 t/ l8k]gn]Gofof]rt gxg]vfnsf cfzfljxlgyf dNolxgtfsf ; f]x? hufpg ; S5 . Joltmf l8k]gsf nlf0fx? sd xE]hf]E ol ljrf/x?df klG ; wf/ xg] ; Defjgf /x65 .
- l8k]gdf cfdxfgl jf cfdx]of ug]; f] cfpG ; S5 . olb o:tf ; f]x? cfPdf cfkngf]ljZjfl; nf]JolQmf0{ eGgk5{/ cfjZos ; xof]u lngsf nflu kOf]g ug{k5 .

tgfj sd ug{d4t ug{x] V ; fdfllhs ; xof]unf0{; b] tNofpgxf] \.

tgf]sf]n]vfh]yf tyf sf/s t]jx? 36fpg]kOf; ug{x] \.

JolQmsf klxn]\$f ; fdfllhs ; hfnnf0{; lqmo agfpgxf] \. JolQm]klxn]u/\$f To:tf ; fdfllhs sfo{x?sf]klxrfg ug{x] \hg kjM ; ? u/df k]oIf jf ck]oIf ?kdf dgf] fdfllhs ; xof]u k]fg ug{; lS65 . h:t] kfl/jfl/s hd36, l5d\$lx?; E]sf]e]3f6 / ; fdbflos lqmf]snfkx? .

b]gs lqmf]snfknf0{/fd] E ug]lfdtf / ; fdfllhs hljgdf efu lng]jftfj/Of agfpgxf] \. sl7g ePtfklg JolQmf0{; Dej eP; Dd lGdgfcg' f/sf]w}]eGbf w}]sfo{x? ug{k] ; fyg ug{x] \M

- klxn]/df0]f]nflg]sfo{x?nf0{kjM ; hf? jf lg/Gt/tf lbg,
- ;Tg]/ p7g]; do tflnsf lgoldt agfpg,
- ;Dej eP; Dd Zff/ll/s ?kdf ; lqmo xg]kOf; ug{

- Vffgfsf] ?lr kl/jtġ ePtf klg lgoldt?kdf vfg]køf; ug{
- ljZj; glo ;fyl / kl/jf/; Ē ; do latfpg]køf; ug{
- ;fdbflos tyf cġo ;fdflhs lqmfnsnfkx?df ;s]Dd efu lng]køf; ug{

ol lqmfnsnfkx?n]cfkml kl/jf/ tyf ;dbfodf /fd] Ē 3hldn xg, zf/l/s / dfgl; s ?kdf :j:y /xg klg d4t ub5 egl JolQm tyf :ofxf/stff0{aemfpgkf] \.

l8k] glj?4Sf](Antidepressant) cf]fwl4f/f pkrf/

- ;jkyd JolQm, Ē antidepressant køf] ug]ls gug]egl 5nkm u/l lġof(df klġxf] \. To; sf nflu JolQmf0{tnsf s/f JofVof ug]f] M
 - Antidepressant n]nt n]ffpġ .
 - l; kmf/; ul/P cg;f/ b]ġs?kdf cf]fwl ;]g ug{Psb}dxTj k0f{xġ5 .
 - cf]fwl ;]gsf ;?sf lbgx?df s]l c; /x? b]vg ;S5gV kl5 cfkm)x/fp5g\.
 - c?; Ē 3hldn xg, ?lr jf hfĒ/df ;wf/ b]vg ;fdġotof s]l xktf nllg ;S5 .
- JolQmsf]pd], co-morbid medical conditons / cġo cf]fwlx? ;]g ul//x\$ 5g\eg]To; sf] n]fhf]yf u/] dfq pkrf/ ug]f] \.
- sg]Ps cf]fwlsf]; aġġbf sd dfqaf6 pkrf/ ;? ug]f] \.
- l8k]gsf nlf0fx? sd xb]uPtf klg ;fdġotof cf]fwlsf]køf] sDtdf (dlxgf; Dd ul//xg' kb5 .
- JolQm]s]l ;wf/ dxz'; ub]f cf]fwl ;]g aġb ug{xġ5 . JolQmf0{tf]sPsf]; dofjlwe/ cf]fwlsf] ;]g ug{k5{eg] lzlff lbgxf] \.

; fjwfgl

olb JolQmndf manic episode Sf]lj sf; ePdf,
antidepressant Sf]kpf] t?ct}aGb ugxf] \. o; n]pkrf/
gu/\$f] bipolar disorder df manic episode Sf]phfu/ ug{
; S5 .

hf]vdk0f{xg]ePsf]lj leGg antidepressants Ps; fy
kpf] gugxf] \

lj ifzu/L jo: s / ofx?df antidepressant Sf]kpf]n]
cfdxTofs]; f]df j [4 u/fpg ; Sb5 .

lj z]f ; dxdf antidepressant Sf]kpf]

!@ j if{jf ; fGbf a9L pd]sf lszf]-lszf]L

dgf]fdlhs ; j]sf afjhb klg nlf0fx? /lx/xdf jf eng\
a9df ljz]f1 sxfl; kmf/; ugxf] \. olb ljz]f1 dfkmf
Fluoxetine lbOPsf]5 eg] klxn]\$ xktf; Dd cfdxTofs]
; f] jf of]hgf eP gePsf]cgludg ugxf] lgldQ xktf xktfdf
cgludg e]sf nflu af]hpgxf] \.

j]j]fx?df ; Dej eP; Dd Amitriptyline Sf]kpf] gugxf] \

ue]tl jf :tgkfg u/f0/x\$df dxnf

; Dej eP; Dd antidepressant Sf]kpf]
gugxf] \ dgf]fdlhs ; j]f kfej sf/L gePdf yf]
dfqdf antidepressant rnfpgxf] \. olb
dxnfn]:tgkfg u/f0/x\$] l5g\eg] z/L/df
nfd]; do; Dd /lx/xg]antidepressant cf]fwl
h:t}Fluoxetine grnfpgxf] \.

pknAw ePsf]v08df ljz]f1; f] ; Dks{ugxf] \.

d6'; DalGw /f] ePsf JolQmndf

Amitriptyline kpf] gugxf] \

cfdxTofs]; f] jf of]hgf agfPsf jo: sx?

Fluoxetine klxn]lj sllk xg; S5 . TCA ; dxsf
cf]fwl? h:t}Amitriptyline Sf]overdose
3fts xg; S5 . To; sf/Of o; ; dxdf o; sf]
kpf] ugxf] . olb cfdxfgl jf cfdxTofs]
t]sf] hf]vd 5 eg]Gog dfqdf
antidepressant cf]fwl]6dfAn] lbgxf] \-
h:t}Ps xktfsf]nflu_ .

la/fdlsf]:ofx/stf]f0{cf]fwl ; xl :yfgdf /fVg]
/ cf]fwl]kpf]af/]lgoldt cgludg ug{eGgxf] \
/ cf]fwl]dfqf tyf kpf]af/]hfgsf/L lng
; do-; dodf :jf:Yo s]bdf cfp'clgjfo{xG5
eg] atfpgxf] \.

Antidepressant c/fjfwl, c/fjfwl s]dfqf tyf c; /x?

तालिका १

c/fjfwl (Medication)	dfqf (Dosage)	Gsf/flds c; /x? (Side effects)	; fj wfgl (Contraindications/Cautions)
Amitriptyline	<p>; ?df ; Tgc13 @% mg af6 ; ? u/l k o\$ xktf cfjZostf cg; f/ @% mg j [4 u/] clws dfqfdf b]gs &% mg ; Dd lbg ; ls65 .</p> <p>d]8sn clws [x?n]jo:snf0{ !) mg ; Dd lbg ; Sgkg\$.</p> <p>gfM jo:sdf kfej sf/l dfqf s]Dtdf &% b]v !)) mg xf].</p> <p>z?sf lbgx?df o;n]end÷ n7X kfg(; S5 / s]l lbgkl5 sd x6} hf65 .</p> <p>j4÷lrlst; slo ?kdf la/fdlx?nf0{; s]Dd of]cfjfwl grnfpkgf] \.</p> <p>afnaflnsfx?÷lszf] lszf]lx?nf0{of]cfjfwl kof] gugxf] \.</p>	<p>; fdfGo c; / M n7X kg{ orthostatic hypotension (risk of fall), wldnf]b]vg'; lk; fa knj{ck7df/f]xg; jfsjfs nflg' tfn a9g; ofg OR5f gxb' jf of]cu lgisf eP h:tf]nflg' .</p> <p>u]el/ c; / M ECG df kl/j tG (e.g. QTC prolongation), cardiac arrhythmia, sDkgsf] (seizure) hf]vd a9g' .</p>	<p>db' ; Dal6w /f] ePsf, sDkg (seizure) sf]cgej u/\$f] hyperthyroidism, urinary retention or narrow angle closure glaucoma, bipolar disorder ePsf JolQmf0{glbgxf] \o;n]pkrf/ gu/\$f]bipolar disorder df manic episode sf]kgM ; ?jft ug{; Sb5 .)</p> <p>Overdose ePdf sDkg, cardiac arrhythmias, hypotension, coma jf d[o' ; d] lgD]ofpg ; Sb5 . Amitriptyline sf]dfqf anti- malarials sf]; fy; fy)Quinine af6 j [4 xg ; S5 .</p>

<p>cfjfwl (Medication)</p>	<p>dfqf (Dosage)</p>	<p>fsf/flds c; /x? (Side effects)</p>	<p>; fj wfgl (Contraindications/Cautions)</p>
<p>Fluoxetine</p>	<p>z?df klxnf]Ps xktfsf]nflu !) mg af6 laxfg vfgf kl5 ;?jft ugxf] \To; kl5 @) mg blgs ?kdf lbgxf] \ .</p> <p>olb ^ xktf; Dddf sg}; wf/ blvPg eg]d]8sn clws[x?n] \$) mg ;Dd a9fpgxf] V c6o :jf:Yosdlx(?)d]8sn clws[x? sxfH; krfI/; ugxf] \</p> <p>j4÷ IrIsT; slo ?kdf la/fdlx?nf0{M blgs ?kdf !) mg af6 ;? ugxf] \To; kl5 @) mg ;Dd a9fpgxf] \</p> <p>olb ^ xktf; Dddf sg}; wf/ blvPg eg]d]8sn clws[x?n] #) mg ;Dd a9fpgxf] V c6o :jf:Yosdlx(?)d]8sn clws[x? sxfH; krfI/; ugxf] \</p> <p>afnaflnsfx?÷lszf] Iszf]lx?df cfjfwl kpfu gugxf] \</p>	<p>; fdf6o c; / M n7X kg{ lgbf gnflg', 6fpsf] bVg; l/E6f nflg; k6 ; Dal6w u8a8L xg; vfglkgdf c?lr xg; / ofg OR5f gxxg' jf ofgc+ lgisd h:tf]nflg' .</p> <p>uDel/ c; / M Aspirin jf c6o Non-steroidal anti- inflammatory drugs ;]g ugI JolQndf /Qm>fj sf]; d:of xg; 6og Sodium sf]dfqf blvg' .</p>	<p>sDkg (seizure) sf]cgej u/\$f JolQm]; fj wfgl ckgfpgxf] \.</p> <p>cfjfwl-cfjfwlalr kltlqmf M Warfarin ; 6)csf[cfjfwl glbgxf] \-/Qm>fj sf]hflvd a9fpg ; S5_ . TCAs, antipsychotics / beta-blockers sf]dfqf a9fpg ; S5 .</p> <p>Tamoxifen, Codeine, and Tramadol ; 6)lbf ; fj wfgl ckgfpgxf] \-cfjfwlsf]kpfj sd k5{.</p>

cgludg

lgoldt cgludgdf afhfPsf]a]hf cfP÷ gcfPsf]xgkf] \. gcfPdf cfpgsf]nflu afhfpg]Joj:yf ugkf] \. ;wf/ eP÷ gePsf]xgkf]nflu n]yfhf]yf ugkf] \. olb ;wf/ e0/x\$]5 eg]M

- nlf0fx?af6 dQm geP; Dd JolQmf0{xfn ul//x\$]pkrf/nf0{(-!@ dlxgf; Dd lg/Gt/tf lbg k[]; fxg ugkf] \.
- klxnf]cgludg !-@ xktfleq ug]Joj:yf ugkf] \.
- JolQmsf]nlf0fx?df ;wf/ xF]cfPdf e036sf]k6s 36fpF]hfgkf] \. h:t[] bf] []cgludg ! dlxgfleqdf / cGo e0 x/\$!-# dlxgfsf]km/sdf ugkf] \.
- gF0 M Joltrdf l8k]gsf nlf0fx? k0f?kdf gx66h[]; Dd cgludgnf0{lg/Gt/tf lbgkf] \.

x/\$ e0df M

dgf]zlf lbgkf] \-tgfj x6fpg]/ ;fdflhs ;xof]nf0{cem a9fj f lbgkf] \,klxnf h:t)[]gs sdfs fh ug{k[]; fxg ugkf] \ / olb nfu"ePdf antidepressant cf]fwlsf]k0f] / dgf]fdflhs ;]fnf0{; dlff ugkf] \.

JolQmf c? sg]Wofg lbgkg]gofFnlf0fx? 5g]yf cGo dfgl; s, :gfo"tyf nfuč]fw k0f] ; Dal6w ;d:ofsf ;fy) j t0fg cj:yfsf cGo zf/l/s cj:yfsf]; dlff ugkf] \.

s]dlxnf k[]gg pd] ; dxsf]/ aRrf kfp]of]hgdf xgk65 < olb 5 eg] ljz]f1; F k/fdz{lngkf] \.

cf]dx]ofsf]hf]vd t]sfn}/x]g/x\$]af/]n]yfhf]yf ugkf] \.

pkrf/sf qmddf ;wf/ xF]uPtf klg lgsf]ePsf](-!@ dlxgf; Dd cf]fwlsf]k0f]nf0{lg/Gt/tf lbgkf] \.

gF0 M JolQm; F cf]fwl 56fpF]sf hf]vdx? / kmf0bfx? af/]5nkm ugkf] V sldtdf \$ xktfsf]cj]lwe/df cf]fwlsf]dfqf la:tf/}36fpF]hfgkf] \ ; do ;dodf cgludg ugkf] V cf]fwl 36fpF]hf]f nlf0fx? kgM b]yf k/0f ljz]f1sf]; l]nfx lngkf]]yf ljz]f1sxf[]; kmf/; ugkf] \.

olb cgludgdf cfpF ;wf/ e0/x\$]5 eg]M

- dgf]fdflhs ;xof], dgf]j dz{nufot dgf}]flgs pkrf/df cf]zostf cg'f/ l; kmf/; u/fpgkf] \.
- olb dgf]fdflhs ;xof] k[]kt ul//x\$]eP, To; k]tsf]; n]gtf / cge]sf]dllof^asg ugkf] \.
- olb cem]Dd cf]fwl ;]g u/\$]5 eg]k0f] ug{eGgkf] \.
- olb antidepressant cf]fwlsf];]g ul//x\$]5 eg] tnsf s'fx?sf]n]yfhf]yf ugkf] M
 - s]To; JolQm]l; kmf/; u/0g'f/ cf]fwlsf];]g ul//x\$]5 < olb 5 eg] ;]g gug\$]sf/0fx? vf]lgkf] V ;]g ug\$]nflu k[]/t ugkf] \.
 - s]o; sf sg]k]tsh c; /x? 5g\< olb 5g\eg] dllof^asg ugkf] V pkrf/sf kmf0bfx? s]hfgkf] \.
 - olb antidepressant sf]k]tsh c; /x? 5g eg]cf]fwlsf]dfqf a9fpgkf] \ tflnsf ! cg'f/ ugkf] \.
 - cf]fwlsf]dfqf j[4 ubf{; fjwfgl ck]gfp]gkf] \ ; Def]j t k]tsh c; /x?sf]j[4 xg]xgfn]lg/Gt/ cgludgdf ; xeful u/fpgkf] \.

s]mania Sf nIf0fx? 5g\< olb 5g\eg]M

Antidepressant Cf}fwLsf]køf}u aGb ug{x}f] \

Mania sf]pkrf/ ug{x}f] V lj ifz1; 6 ; Nnfx j f k/fdz{lngxf} \j f l; knfl/; ug{x}f] \

Gff} M a}hfaj}hdf ; Dks}df /xgsf lgldt ; 6nfjx? M

- Psxktf leq}cfjZostfsf cfwf/df bf] f]e}sf]nflu ; do ldnfpgkf] \
- ; ?; ?df lgoldt ?kdf ; Dks}df /xgsf]nflu 6}nknf}sf]køf}u ug] 3/fo;L ?kdf e}3f6 ug] Contact cards
áf/f e}3f6sf]tflnsf agfpg]-h:t}klxnf]# dlxgf; Dd k}o\$ dlxgf e} ug] .

Gff}M l8k]gnf0{; fdf6o, dWod tyf uDel/ u/L dVotof # efudf ljefhg ug{; lS65 .

tnsf a}fx?n]l8k]gaf/]s}L tYox? k}6 kfb5g\hg xdf] unt cjwf/0ffx? x6fpgsf nflu hf6g'h?/L 5M

- l8k]g dfgl; s :jf:Yo ; d:of xf]h; df k}flj t JolQm]sDtldf @ xktfb}v nuftf/ pbf; ePsf]dxz'; ub5,
OR5f, hfz-hf6/ udfpgsf ; fy}z/L/df zIQmgePsf]dxz'; ub5 . o; cj:yfn}b}gs lqmfnsfkdf c;/
ub5 .
- dWod tyf uDel/ l8k]g ePsf]JolQm}df zf/lI/s l; sfotsf ; d:of klg b}v65g\ . pglx?nf0{b}gs
lqmfnsfkx? ug{sl7gf0{xg; S5 h:t} u}sf0{ug] 3/fo;L tyf ; fdfilhs sfo{x}?
- ljZjdf dfgl; s /f}uLx; dWol}% b}v !%U JolQm? o; ; d:ofaf6 k}flj t 5g\
- dlxnf?df l8k]g ; d:of k?ifsf]thgdf @-# u0ff a9L b}vPsf]5 .
- of]cfkn}df Pp6f l; 6f]; d:of dfq ge0{c; ljle6g zf/lI/s /f}u{x?; 6 klg ; Dal6wt 5 .l8k]gnf0{; dodf
pkrf/ tyf Joj:yfkg gu/df uDel/ ; d:of a6g ; S5 / cfTdxTofsf]hf}vd a95 .

Psychoses

Psychoses

Psychoses

Psychoses are a group of severe mental disorders characterized by a loss of contact with reality. They include schizophrenia, bipolar disorder, and major depressive disorder with psychotic features. Symptoms often include hallucinations, delusions, and disorganized thinking. Treatment typically involves antipsychotic medications and psychotherapy.

Psychoses can be acute or chronic. Schizophrenia is a chronic condition that often begins in late adolescence or early adulthood. Bipolar disorder is characterized by alternating episodes of mania and depression. Major depressive disorder with psychotic features involves severe depression accompanied by psychotic symptoms. Early diagnosis and treatment are crucial for a better long-term prognosis.

Psychoses

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Psychoses	Psychoses	Psychoses
<p>Psychoses</p> <p>Psychoses</p> <p>Psychoses</p> <p>Psychoses</p> <p>Psychoses</p> <p>Psychoses</p> <p>Psychoses</p> <p>Psychoses</p> <p>Psychoses</p> <p>Psychoses</p>	<p>Psychoses</p> <p>Psychoses</p> <p>Psychoses</p> <p>Psychoses</p> <p>Psychoses</p> <p>Psychoses</p> <p>Psychoses</p> <p>Psychoses</p> <p>Psychoses</p> <p>Psychoses</p>	<p>Psychoses</p> <p>Psychoses</p> <p>Psychoses</p> <p>Psychoses</p> <p>Psychoses</p> <p>Psychoses</p> <p>Psychoses</p> <p>Psychoses</p> <p>Psychoses</p> <p>Psychoses</p>

;f0sf]]sf nlf0f

;f0sf]]sf nlf0fx; lgDg k\$ f/ /x\$ f 5gM

!_ c; fdfGo Jojxf/x;M ;f0sf]; ; ePsf la/fdlx;sf Jojxf/ ljlrq vfnsf xG5g\ . /f]lLn]a9xf 5S5S ug] Ps 7fpff l:y/ eP/ a:g g;Sg] 56k6\ug] a9L pQ]ht xg]vfnsf]Jojxf/ b}yp5 . o;sf ;fy}sx] la/fdl c?; f a:g gvff]g] Psn}a:g] Pp6f sgdf w]}a]; Dd a:g]vfnsf xg ; Sb5g\ . sg}/f]lLn]; dfhdf cdfGo lsl; dsf]Jojxf/ ug{; Sb5 . h:tM 7hfa8fnf0{dfg gug] dflg; sf]cufl8 lb; f-lk; fa ug] cf\$gf] ; /; knf0df a]f:tf ug] cgf]f]lsl; dsf]nuf nufpg]jf gfE}lx8g] cyjf cfkm'tyf c?sf]nflu klg xfgl k?ofpg]lsl; dsf]Jojxf/ ug{; S5 .

@_ cJojl:yt ljrf/x;M la/fdlx;df ; j]ffds Pjd\; fdf]hs ljs[t ; Da6w nlf0fx; a9L dfqdf b]vG5g\ . ; j]ffds ljs[tdf lr8lr8fkg, cfz^asf, c; ^alt, efj zG0tf / pNnf; uf}jsf nlf0fx; dVo ; kdf kf0G5g\ . ol sf/0fn]la/fldf ljWj^axsf/L k] [t pTkG e0{p; sf]; fdf]hs ; Da6w ljR5] xg ; S5 .

#_ HallucinationM ;f0sf]; ; df k]oh;f] la/fdlN] c?n] g;g\$] cfjfh ;G] jf gb}y\$] r]halh b]vg] u5{ . aflx/L pTk]Off (stimulus) lagf g}/f]lLn]cf\$gf]sfgdf ljleG lsl; dsf cfjfhx; ; lg/x\$] xG5 ; fy}cufl8 sg}klg j:t'geP klg cg\$ lsl; dsf j:tx; b]v/x\$] s/f JoQm ug] u/\$] kf0G5 . ;f0sf]]df k]o b0{lsl; dsf hallucination b]vg ; lG5 M

;f0sf]; ; sf nlf0fx; !_ c; fdfGo Jojxf/x; (unusual behaviour) @_ cJojl:yt ljrf/x; (disorganized thoughts) #_ Hallucination \$ _ Delusions %_ jf:tljstf; f\$sf]; Da6w]R5] ^ _ cGt/b]i6df sdl÷ cGt/b]i6 (insight) x/fpg' &_ cf]dx]ofsf]; f] jf cf]dx]of ug]

S_ Auditory hallucinationM o; cj:yfdf la/fdlN]aflx/af6 sg}klg cfjfh gcfpff klg cf\$gf]sfgdf ljleG lsl; dsf cfjfhx; ; lg/x\$ xG5 . o; n]ubf{/f]l cfkm'PSn}s/f ul//x\$]b]vg ; lG5 .

V_ Visual hallucinationM o; cj:yfdf la/fdlsf] cufl8 sg}klg j:t'geP klg cg\$ lsl; dsf j:tx; b]v/x\$] xG5 . slxn\$fxLF8/nflbf] **visual hallucination** sf] sf/0fn] 8/fpg] s/fpF} bf]8/x\$] b]vg ; lG5.

\$_ Delusions: oyfy]xlG b] sfNklgs ljZjf; xf]hg la/fdlsf]ljs[ljrf/ zIQm jf lrgtg klqmfssf]; 's xG5 . ol ljZjf; x; olt u8\$ xG5g\ls JoIQmf0{tYo xf]G egl hit kdfOf lbP klg pm cf\$gf]ljZjf; abNbg . cf\$gf]ljZjf; s}cfwf/df sfd u5{. h:tM c?n]p; nf0{dfg{vff]b\$g\eg}p; nf0{l]Zjf; 5 eg] pm kln; sxfFklg hfg ; S5 hals To]p; sf]ljZjf; dfq xg ; S5 . **Eg : Delusion of persecution, delusion of reference.**

%_ jf:tljstf; Ħsf]; DaGw lJR5M dgflj s[tsf la/fdlsf]jf:tljstf; Ħsf]; DaGw 56b)hfg5. pglx;sf]cfŠg} 5š}blgofFxĈ5 / aflx/L ;dfh; Ħsf]sg}; DaGw xĖg .

^_ cġt/b[i6df sdl÷Cġtb[i6 (insight) x/fpgM dgflj s[tsf]la/fdlx;nf0{cfŠgf]cj:yfaf/]1fg xĖg . pglx; sg}klg kl/l:y[tsf]dNofġ cyjf lgOfġ ug{; Sbġg\ . ;f0sf]; ; sf la/fdlx; cfkm' la/fdl ePsf]; fġbġg\ ;fdfġo dflg;sf]h:t}cfŠgf]cġej / Jojxf/x; 5 eġg]7fġ5g\ . cfkmh]u/šf]h:t}cġej c?n]lsg ug{ ;Sbġg\< cfŠgf]ljZjf; h:t}c?sf]lsg xĖg eġg]s/f aġm; ;Sbġg\.

&_ cfTdxTofsf]; fġ cfpg]jf cfTdxTof ugġ ;f0sf]; ; ePsf JolQm;df cfTdxTof jf cfTdxTofsf]kġf;sf] hfġvd a9L xġ5 . ;f0sf]; ; ePsf JolQm]sg}klg hfġvdkOf{; aš]÷Jojxf/ jf rġjgl ġlb0{cfTdxTof ugġ xġfn]o;sf]/fšyfd ug{ufxġ]xġ5 . To; ħ]la/fdlsf]kl/jf/; ;fyl / ;dbfosf JolQm; ; hu xġ' cfjZos xġ5 .

;f0sf]; ; sf]nġfhfġyf M ;f0sf]; ; sf nġf0fx? JofVof ug{; lsg]sf/Ofx?sf]af/ġf nġfhfġyf ugġf] \

Medical conditions sf]dNofġ ugġf] \ . Hf:tġ Delirium, cfġwlsf]kġtsh c;/, metabolic abnormalities ;fy)cġo dfgl;s, :gfo"tyf nfu"cfġw bJozġl ;DalGw ;d:ofs af/ġf ;dġ nġfhfġyf ugġf] \ . Acute mania sf] nġfhfġyf ugġf] \ . To;kl5 JolQmf0{tnsf nġf0fx?sf]cfw/df psychosis eP gePsf]dNofġ ugġf] \ .

- Jojxf/df Psbd}7hf]kl/jtġM sfdsfh, k7gk7g, 3/fo;l jf ;fdfhs lqmfnsfkx?sf]a]f:tf ug{
- pQġht cfqnfds Jojxf/, lqmfnsfkdf xġ; cfpg'jf j [4 xġ'
- blQmsf]; :s[t; Ħ dġ gvfg]vfnsf bġ cfTdljZjf;x?,
- j/k/ gePsf]s/f bġg'jf gePsf]cfjfhx? ;ġg'
- cfkmġf dfgl;s :jf:Yo ;DalGw ;d:of 5 eġg]rġgf gġg' .

;jġyd ol nġf0fx? cġo sg}sf/Ofn]xf]xfġg elg olsg ugġf] V cġo medical conditions sf]dNofġ ugġf] \ -h:t}History, clinical examination tyf kġfġzfnf hfFdfknġ delirium sf]lġbfg ugġnġf0f tyf lrcxx? 5g\5 5ġg\h:tġ ;sġof, cerebral malaria, hnljofġg, metabolic abnormalities -h:tġ Hypoglycemia or hypernatremia) jf cfġwlsf]kġtsh c;/x? -h:tġ Malaria df kġfġ xġ]cfġw jf steroids) 5g\5 5ġg\ xġf] \ . Acute physical conditions sf]nġfhfġyf tyf Joj:yfkg ugġf] V cfjZos ePdf cfsl:ds ;]f jf ljz]f1 sxfl;kmf/; ugġf] \ . Acute cause sf]Joj:yfkg kZrft\klg nġf0fx? /lx/xġf csf]kšġfdf hfgġf] \ . Dementia, depression, nfu"/ dfbS kbfsf]intoxication jf withdrawal sf]dNofġ ugġf] \ . Concurrent conditions sf]Joj:yfkg sf nflu dfgl;s :jf:Yo ljz]f1; Ħ ;Nfx jf k/fdz{lngġf] \ . olb ;Dej gePdf l;kmf/; ugġf] \ .

Jož :yfkq

;f0sf]]sf]Jož:yfkqsf nflu xfdln]b0]6f klf]nsf]kfnqf ug{cfjZos 5 . To; dWo]klxnf]manic episode in bipolar disorder Sf]nflu / bf]f]f psychosis Sf]nflu . bj]sf];jkyd tnsf]tflnsf x]f]M

Manic episode in bipolar disorder	Psychosis
<ul style="list-style-type: none"> ➤ ;jkyd JolQm tyf :ofxf/stf{?nf0{dgl]z]ff lbgxf] \ dgl]z]ff lbg]; Gb]x? k5fl8 /flvPsf 5g\. ➤ tgfj sd u/fpg sfd ugxf]V ;fdflhs ;xof]unf0{; b0 t]nofpgxf] \. ➤ dgl]z]ff ;uFf]cf]fwf]krf/ ;? ugxf] \. ➤ olb la/fdl antidepressant df 5 eg]mania Sf]hf]vd lgoGof ug\$sf nflu aGb ugxf] \. ➤ Valproate, Carbamazepine, antipsychotics 4f/f pkrf/ ;? ugxf] \. Jožxf]s ;d:of jf pQ]hgfsf cj:yfdf 5f0f] cj]lw -a9ldf @ b]yl \$ xktf sf nflu_ Benzodiazepine Sf] k0f]u af6 pkrf/ ug] ;f] agfpgxf] \. ➤ kl/jf/sf ;b:o; f] pxf]f] b]gs lqmf]snfkf0{ glhsaf6 lgo]llg / cfjZos ;xof]u ug{cg/f]w ugxf] \. ➤ b]gs lqmf]snfkdf sfož]ntf a9fpgxf] \. ➤ la/fdl tyf c6o JolQm?sf] ;/Iff ;lg]Zrt ugxf] \. ➤ lgoldt cgludg ugxf] \. ➤ ;dbfodf kg:yf]kgfsf nflu ;xof]u ugxf] \. ➤ tgfj Golgs/Of ug{ d4t ugxf] \ / ;fdflhs ;~hfndf hf]0gxf] \. 	<ul style="list-style-type: none"> ➤ ;jkyd JolQm tyf :ofxf/stf{?nf0{ dgl]z]ff lbgxf] \. ➤ ljz]f1; f] ;Nnfx jf k/fdz{lnP/ pkrf/ ;? ugxf] \. ➤ pkrf/ ;? ubf{therapeutic range leq kg] u/l sd dfqaf6 ;? ugxf] \ / lj:tf/}a9fpgxf] \. ➤ b]gs lqmf]snfkdf sfož]ntf a9fpgxf] \. ➤ la/fdl tyf c6o JolQm?sf] ;/Iff ;lg]Zrt ugxf] \. ➤ lgoldt cgludg e0 ugxf] \. ➤ ;dbfodf kg:yf]kgfsf nflu ;xof]u ugxf] \. ➤ tgfj Golgs/Of ug{ d4t ugxf] \ / ;fdflhs ;~hfndf hf]0gxf] \.

gf0M ljz]f ;dX h:t}ls afnaf]nsf, lszf]-lszf]L, ue]tl, :tgkfg u/f0/x\$sf dlxnf]sf nflu pkrf/ km/s / ljz]f xg ;S5 . To;nf0{Wofg lbgxf] \.

- ue]tl, :tgkfg u/f0/x\$sf dlxnf]sf nflu :ofxf/ Jožl:yt u/fpgsf lgldQ dft[:jf:Yo ljz]f1x?; f] ;d]jo ugxf] \. pknAw eP;Dd dfgl;s :jf:Yo ljz]f1x?; f] k/fdz{u/] dfq cfkm] cfkm] pkrf/sf] of]hg agfpgxf] \.
- cf]fwl pkrf/ aGb u/]f dft[tyf lzzdf xg ;Sg]k]tsh c;/x?sf]hf]vdaf/]JofVof ugxf] \.
- Psychosis Sf]cf]fwl pkrf/ ubf{ue]f/Ofsf]of]hg agf0/x\$sf, ue]tl jf :tgkfg u/f0/x\$sf psychosis ePsf dlxnf]df sd dfqfsf]Chlorpromazine Sf]k0f]uaf/]; f] agfpg ;ls65 .
- Antipsychotic Cf]fwlSf extrapyramidal side effects Jož:yfkqsf lgldQ ue]tl dlxnf]df 5f0f]cj]lw afx\$ antipsychotic Cf]fwl lgoldt k0f]u ug{x]f] .
- Bipolar disorder Sf] manic episode ePsf]cj:yfdf hGdhft ljs[tsf]hf]vdsf sf/Of ue]tl tyf :tgkfg u/f0/x\$sf dlxnf]df Valproate / Carbamazepine Sf]k0f]u gugxf] \. pknAw eP;Dd dfgl;s :jf:Yo ljz]f1; f] k/fdz{u/] dfq pkrf/sf]of]hg agfpgxf] \. ;fjwgl]sf ;fy sd dfqfsf]Chlorpromazine

sf]kófu af/]of]hgf agfpgxf] \. o;/L pkrf/ ubf{k}hgg pd]sf dlxf?df cf]fwlx?sf]knfObf a]knfObf dlnof]g ugxf] \ ;s]Dd l56f]ljz]f1 sxfl;knf/; ugxf] \.

- afnafnsf?df ;f0sf]; ;sf]Joj:yfkgf]nflu afnafnsf;E ;Dj]lwt kf7 xgxf] \j f ljz]f1 sxfl;knf/; ugxf] \. Psychosis jf bipolar disorder af6 k}fljt lszf]-lszl/x?sf] pkrf/sf nflu ljz]f1sf] ;kl/]f0fdf pkrf/sf nflu Risperidone lbg ;ls65 . olb Risperidone af6 pkrf/ ;Dej gePsf] v08df ljz]f1sf];k/lj]f0fdf Chlorpromazine sf]kófu ug{;ls65 .
- j]j]fx?df ;f0sf]; ;sf] Joj:yfkgf] nflu ljz]f1 sxfl;knf/; ugxf] \j f ljz]f1sf] ;kl/]f0fdf pkrf/sf nflu sd dfqdf cf]fwl]kófu ugxf] \. cf]fwl]kófu ubf{drug-drug interaction sf];Defjg af/];hu /xgxf] \.

;fjwfgl

Dementia ;E ;Dalwt psychosis ePsf j]j]fx?df antipsychotic sf]kófu]cerebrovascular events tyf d[os]vt/f a9fp5 .

dgf]fdflhs ;xofu

o; lgb]zsfdf ;Hfkt dgf]]flgs pkrf/ jf dgf]fdflhs ;xofu ljwlf af/]f ljz]f k4lt jf tl/sf /flvPsf] 5g . tyflk g]kndf kófu e0{x}sf ljleG dgf]fdflhs ;xofu nufot dgf]jdz{tyf y]fklx?sf]d4t lng ;ls65 .

dgf]fdflhs ;xofu c]tu} dgf]z]lffl JolQm / :ofx/stf]sf]nflu dxTjKOf{;Gb}x? k]fx ugxf] \.

- nlf0fx? dfg];s :jf:Yo ;Dalw cj:yfx?n]ubf{xg}egl a}mpgxf] \. Psychosis / bipolar disorder sf] pkrf/ ug{;ls65 / la/fdl klg lgsf]xg ;S5g\eg]s/f /fd/L a}mpg]sf]z; ugxf] \. Psychosis / bipolar disorder sf unt wf/0fx? af/];ki6 u/fpgxf] \.
- la/fdl cyjf pglx?sf]kl/jf/nf0{nlf0fsf]sf/Of pglx? g}xg\eg] bf]f glbgxf] \. o;df la/fdl jf p;sf] kl/jf/sf]sg]bf]f /x}eg] eG]s/f a}mpgxf] \.
- lgb}g ul/Psf cf]fwlx? Vffg / lgoldt ?kdf cgludgd cfpg' kb5 egl / o;sf]cfjZostf / dxTj af/] a}mpgxf] \.
- nlf0fx? alln}hfg' jf kg/fj [Q ;fdfGo xf]/ o;sf]zl3|klxrfg ug{/ :jf:Yo ;:yfdf hlt;Sbf]l56f]hfg' kb5 eg] a}mpgxf] \.
- la/fdl / :ofx/stf]b]sf]lgb]df xfgl / tgj x6fpgsf nflu lgoldt lqmf]snfk jf sfo{tflnsf]of]hgf agfpg ;xofu ugxf] \. cfly} jf kólv kl]ta4tf;E ;Dalw dVo lGOf6 lng]sfo}f la/fdlnf0{;dfj}z u/fpg k];fxg ugxf] \.
- Psychosis / bipolar disorder nf0{cem a}mpg]ePsf]n]hfB/S;L, ufHf tyf ljgf l;knf/;sf cf]fwl ;]g gug{cg/fu ugxf] \.

➤ :jf:Yo hljgz]l h:t] kf]i6s cxf/, zf/l/s lqmfnsfk, lgoldt lgbf, JolQmut ;/; knf0{/ tgj/lxt xg ; nfx lbgkf] \. tgj n]psychosis sf nlf0fx? eng]a nfxpg ; Sb5 .

gf] M rfx]hltsf]; do;Dd ; Dej t clglZrtsfnlg ; dosf nflu hljgz]ldf kl/jt]x? Hff/L /Vg ; lsg5 . ol kl/jt]x? lbuf]agfpgsf lglDQ of]hg agf0g' kb5 .

lSnlgsn gf] M la/fdl; E ; DaGw la:tf/ ug]f] \. Treatment adherence / bl3]fnlg kl/Ofd ; lglZrt ug]f nflu la/fdl tyf :jf:Yo k]fos alr cfk;l ; demf/L / l]Zjf; xg'Psbd}dxTjkOf{xG5 . tgj Golgs/Of ug]f] V ; fdlhs ; xof] ; zQm agfpgkf] \. To; sf]nflu tnsf]; Gb]nf0{kfngf ug]f] \

- kl/jf/sf zf/l/s, ; fdlhs tyf :jf:Yo ; DalGw cfjZostfnf0{kl/kl't{ug}; dbfo, lhNnf jf cG :yfgdf pknAw :jf:Yo tyf ; fdlhs >f]; fwg?; E ; dgjo ug]f] \.
- ;d:of kgM ;? ePsf]v08df, JolQmsf k/fgf ; fdlhs lqmfnsfkx?sf]klxrfg ug]f] \. h:t] kf]jfl/s hd36, ; fylef0; E 3d3fd, 5/l5d\$; E sf]e]3f6, sfo{yfgdf ; fdlhs lqmfnsfkx?, v]sb Pj +; fdbflos lqmfnsfkx?df JolQmf0{kgM ;? ug]{k]; fxg ug]f] }f To; sf]nflu jftfj/Of agfpg sfo{ug]f] \.
- ; fdlhs ; xof] k]ffnl ; wf/ ug]f lglDQ JolQm tyf Itgsf :ofx/stf]nf0{k]; fxg ug]f] \.

lSnlgsn gf] M Psychosis ePsf JolQm?sf]; Ddfg tyf dof]sf; fy pkrf/ ePsf]5 eG]s/f ; lglZrt ug]f] \.

bl]gs lqmfnsfkdf sfo]lntf a9fpgkf] \. To; sf]nflu tnsf]; Gb] kfngf ug]f] \

- hlt w]; lsg5 TolQ g]lgoldt ; fdlhs, z]fs / k]fut lqmfnsfkx?nf0{l]g/Gt/tf lbgkf] \. JolQm sg} sfd=k]f ub]u/\$]jf s]l dxTjkOf{sfddf Jo:t xg'Psbd}/fd]xG5 .
- cfly\$ sdfsfsf ; fy}; f:s[ts ?kdf pkoQm; f]ble\$ k]zdf nflu]nufpg]sfo]f0{; xhls/Of ug]f] \.
- cfdlge{tf ; DalGw hljg pkof]l ; lksf]l]sf; ; an agfpgsf nflu psychosis / bipolar disorder ePsf JolQm / Itgsf kl/jf/ /÷jf :ofx/stf]nf0{hljg ; lk /÷jf ; fdlhs ; lk; DalGw tflndx? k]fg ug]f] \.
- pknAw ePsf]v08df cfjZostf cg'f/ ; dbfodf ; fEs[ts tyf ; do ; f]ble\$?kdf cfdlge{ e0 lhp] sfo{/ ; xof]l a; f]f; sf]; xhls/Of ug]f] \.

:ofx/stf]nf0{sf nflu tnsf ; nfx tyf ; emfj lbgkf] \

- JolQmf0{p; n]l]Zjf; u/\$f s/f jf cge]x? Ufnt xg]eg] l]Zj:t u/fpg gvff]gkf] \.
- JolQm]c; fdfGo Jojxf/ b]y]P tfklg t6:y / ; xof]l xg]k]f; ug]f] \.
- ; f0sf]; ; ePsf JolQmf0{l]g/Gt/ jf s7f] cfnf]gf cyjf l]f]v ug]sfd gug]f] \.
- JolQmf0{3dlkm/÷lx88h ug]j:jtGqtf lbgkf] \. pglx?sf]cfwf/et ; /lff ; lglZrt u/L ; f0sf]; ; ePsf JolQmf0{af] /Vg]sfo{gug]f] \.

; f0sf]; ; ePsf la/fdlx?nf0{x}f{tnsf lgodx? Wofgdf /fvgfx] \ M

- Igoldt ?kdf antipsychotic rnfpg' kb5{. To; sf]nflu tnsf]tflnsfnf0{kfngf ugx] \ o;/L cf]fwl rnfpbf Ps k6sdf Pp6f antipsychotic kof] ugx] \
- cf]fwlsf]kof] ubf{lowest dose af6 ;? ugx] V cf]fwlsf gsf/flTds c;/x? 36fpgsf nflu lj:tf/} dose a9fpE}hfgxf] \.
- pkrf/ ;? ul/; s]I5 sDtldf \$-^ xktf;Dd ; fdfotof effective dose df cf]fwlsf]kof]sf]kof; ugx] \
- pkrf/sf]klxnf]\$-^ xktf;Dd cf]fwlsf]dfqf ;Sbf]lg/Gt/ cgludg ugx] V cfjZostf adf]hd dNof]g ugx] \ . olb sg};wf/ gePdf, kg hfF tyf e3f6, cgludg ul//fvgfx] V cf]fwlsf]dfqf kl/jt6 ugx] tflnsfnf0{kfngf ugx] \ .
- Antipsychotic kof] ul//x\$JolQm?df ;Dej eP;Dd, t]n, /Qmrfk, lrgl, sf]j6k] / ECG hfF ugx] \.

dflysf lgbzgx? kfng ; uFu)s]l cTofjZos ;jwfglx? ckgfpgxf] \ M

- Extrapyramidal Side Effect (EPS): Akathisia, acute dystonic reactions, tremor, cog-wheeling, S8f df;kz]l (muscular rigidity) and tardive dyskinesia . pkoQm Pj -pknAw ePsf]cj:yfdf anticholinergic cf]fwlsf]kof] ugx] \.
- Metabolic changes: t]n a9y, pRr /Qmrfk, increased blood sugar / cholesterol hfF ugx] \.
- 04; -hl u8a8l (Prolonged QTinterval): ECG hfF ugx] \.
- Neuroleptic Malignant Syndrome(NMS): bh6 tyf ; l3g -hljgnf0{rbf]l lbg] ljsf/ h; df df;kz]l s8f xg]u5{/ pRr /Qmrfk b]yf kb5 .

o:tf lrgx jf dflysf hfFdf sg}; d:of b]vPdf ; Dal6wt ljz]f1 sxfl; knf/; ugx] \ jf dflyNnf] c:ktfndf k]f0f ugx] \.

Manic episode in bipolar disorder sf]cj:yfdf ePsf la/fdlx?nf0{x}f{tnsf lgodx? kfng ugx] \ M

; j]yd la/fdlN]antidepressants lnE}u/\$f]cj:yf 5 eg]M

Mania sf]yk hf]vd xg ; S5, o:tf]cj:yfdf Mania sf]yk hf]vdsf]/f\$ydsf nflu antidepressant sf]kof] ab ugx] \.

Valproate, Carbamazepine jf antipsychotic af6 pkrf/ ;? ugx] \ o; sf]nflu tn Joj:yfkgdf /flvPsf]tflnsfsf] d4t lngxf] \.

Valproate / Carbamazepine: cTofjZos cf]fwlsf]; fldf ePsf]n]valproate jf Carbamazepine sf]kof] ugx] \.

Risperidone 5 mg bipolar disorder of Risperidone 5 mg ug; 15 .

lithium ; dx -ue tl jf :tgkfg u/f0/xsf dlxf, afnafnsf=ojf / jhf sf nflu :

ue tl tyf :tgkfg u/f0/xsf dlxf?df Valproate /j Carbamazepine 5 mg ug\ . lithium pknaw ePdf pgsf]lgu/fglf ; ffwglf] ; fy low dose 5 Chlorpromazine 5 ; ? u/l lithium 5 mg ; krf/ ; ug\ .

- pOHgfts / cJol:yt Jojxf/ ePsf]v08df 5 mg ; dofj lw -a9ldf @ xktf_ sf nflu Benzodiazepine 5 mg af/ ; f agfpgkf\ .
- Benzodiazepine (Diazepam) 5 mg ; dofj lw -a9ldf @ xktf_ sf kof]n] pO]ht ePsf mania 5 mg la/fdx?nf0{klg kefj sf/l xg ; S5 .
- Tolerance xg ; Sg]ePsfn] :jf:Yo ; wf/ xg' nuQ}Benzodiazepine 5 mg af/ ul/g' kb5 .
- cltd k6Ssf]bipolar disorder kl5 sDtdf @ jif{ ; Ddsf nflu pkrf/ hf/l /Vgk5{.

Bipolar disorder 5 maintenance pkrf/sf] nflu Valproate 5 mg Chlorpromazine 5 Carbamazepine 5 mg ug; 15 . lithium 5 ; k/l jf0fdf kfylds :jf:Yo ; jf :t/df maintenance pkrf/ lbk5{.

Anti psychotic medications

Medication	Dosage	Side effects	Contraindications/Cautions
<p>Risperidone</p>	<p>1-6 mg ; 2-4 mg @ 1-2 mg mg - 4 mg ; 1-2 mg ; 1-2 mg Route: p.o - 1-2 mg</p>	<p>Common: orthostatic hypotension, metabolic effects (elevated lipids, insulin resistance, weight gain), EPS, elevated prolactin, sexual dysfunction, NMS.</p>	<p>Caution in patients with: drug-drug interactions: Carbamazepine, Risperidone, Fluoxetine ; S5t/ Fluoxetine a9fpg ; S5 .</p>
<p>Chlorpromazine</p>	<p>1-4 mg ; ? ug mg ; Dd a9fpg hfg] - uDel/ kl/l:yltdf \$)) mg ; Dd a9fpg cfjZoS xg ; S5_ Route: p.o</p>	<p>Common : orthostatic hypotension, a]f] xg] (syncope), EPS, photosensitivity, t]n] [4 xg] galactorrhea, c; fwf/Of?kn]/hZjnf aGb xg] (amenorrhea), (sexual dysfunction) of]hGo lj sf/, priapism, NMS, agranulocytosis, jaundice</p>	<p>Contraindications: bone marrow depression, Pheochromocytoma. Caution in patients with: glaucoma, longQT syndrome Cyjf QT-Prolonging u/\$]cj:yf=la/fdl . ; Dej eP; Dd ECG hfF dNof]g ug]f] \ . Drug-drug interactions: ➤ /Qmrfk 36fpg]cf]fwlx?sf] k]f]sf/Lttdf x]f; Nofp5 . ➤ Epinephrine ; E]InPdf /Qmrfk 36fpg x]f; Nofp5 . ➤ Quinine antimalarial Cf]fwlx?sf] dfqf a9fpg .</p>

तालिका २: Anticholinergic medications: Extra Pyramidal Side-effects (EPS) को उपचारको लागि गर्भवती महिला र स्तनपान गराइरहेका महिलाहरूमा प्रयोग नगर्नुहोला ।

cfjfwl (Medication)	dfqf (Dosage)	fsf/flds c;/x? (Side effects)	; fjwfgl (Contraindications/Cautions)
Trihexyphenidyl (Benzhexol)	blgs @ mg af6 ; ? ugxf] \. lbgsf]# k6s u/] \$- !@ mg ; Dd a9fpgxf] \ a9ldf blgs !@ mg route p.o -d\vf6_	Common: lgbf] nflg] cndNn kgI / :d[t÷:d/Of zIQmdf u8a8 xg] -ljz]ftM jAj]fx?df_, w8sg a9g] dv ;Vvf xg] lk;fa /fdf] f gxb]/ sIAhot . Rarely, angle-closure glaucoma -hnljGb', myasthenia gravis and gastro-intestinal obstruction.	Caution in patients with: d[uf]f jf sn]hf] d6sf /f]lx? Drug-drug interactions: Anticholinergic Cfjfwlx?; f} ; of]hg ubf{; fjwfgl ckgfpg' k5{.

तालिका ३: Moodstabilizers सम्भव भएसम्म गर्भवती महिला र स्तनपान गराइरहेका महिलाहरूमा प्रयोग नगर्नुहोला ।

cfjfwl (Medication)	dfqf (Dosage)	gfsf/flds c; /x? (Side effects)	; fj wfql (Contraindications/Cautions)
Sodium valproate	<p>blgs \$)) mg df ; ? ugxf] \</p> <p>la:tf/}!)))-!@)) mg blgs a9ldf #) mg/kg/day df a9fpgxf] \</p> <p>Route p.o -dVaf6_</p> <p>drug-drug interactions Sf Sf/Of HIV/AIDS Sf la/fdx?sf nflu of] kdv ljsllk xf].</p> <p>blgs @)) mg df ; ? ugxf] \</p>	<p>Common: lgbf] nflu] 6fpsf]bVg] sDkg, jfsjfsL]xg] pN6L ugI kvfnf, tfn a9g] lflofs skfn emgI ; d:of .</p> <p>Serious: snhf]sf] sfozLntf u8a8L xg] Thrombocytopenia, leucopenia, ; 't xg] cndlnn xg] liver failure, hemorrhagic pancreatitis.</p>	<p>Contraindicated in patients with: snhf] ; Dal6w sg}/fj ePsf]jf xg ; Sg]cj:yf . ; Dej ePdf LFT / platelet hfF xgxf] \</p> <p>Drug-drug interactions: Carbamazepine n]Valproate Sf] dfqf 36fp5 eg]Aspirin n]a9fp5 .</p>
Carbamazepine	<p>xkt}lkR5@)) mg n] a9fpgxf] \. lbgsf]@ k6s u/7 \$)) -^)) mg xg]/L a9ldf !@)) mg blgs_</p> <p>route p.o -dVaf6_ gf6</p> <p>M cfjfwlsf]cfSg} /; folgs k qmf ; ? xg]Bf @ xktf kZrft dfqf lgo6qof ug{ ; lS65.</p>	<p>Common: lgbf] nflu] cndlnn kgI l/uf nflu] ataxia, double vision, jfsjfsL nflu] emf8fkvnf, benign leucopenia .</p> <p>Serious: Hepatotoxicity, cardiac conduction delay, low sodiumlevels, severe rashes.</p>	<p>Contraindicated in patients with:Blood disorders ePsf la/fdx?, d[fnf, d6'jf snhf]sf /fjlx? .</p> <p>Drug-drug interactions: Hormonal birth control, immunosuppressants, antiepileptics, antipsychotics, Methadone and some antiretrovirals Sf]kpfj sfl/tf 36fp5 . Antifungals and antibiotics n] level a9fpg ; S5g\.</p>

तालिका ४ : क्लिनिकल अवस्थामा वा प्रस्तुतिकरणका आधारमा औषधीको अनुपालन, नकारात्मक असरहरू र मात्राको पुनः लेखाजोखा

ISnlgsn cj:yf	sfo{
<p>JolQm]antipsychotic cf}fwl ; xg ug{g; s\$}f] cyf{ JolQm]df extrapyramidal nlf0f jf uDel/ gsf/flds c;/x? ePsf]cj:yf .</p>	<p>Antipsychotic cf}fwl]dfqf 36fpgxf] \ . olb of]/Ofglltx? ; kmn gePdf jf 5f\$}f]; dofj lwsf ePdf pkrf/ ug\$fnflu anticholinergic cf}fwl]klg kof}u ug{f] \ . tflnsf @ df xg}xf] \ .</p>
<p>pkrf/; E}sf]cgkfng c; Gt16 jf ; Gt}f]fhgs gePsf]cj:yf .</p>	<p>la/fdl / :ofx/stf{ E} cf}fwl]krf/sf cgkfng gxgsf sf/Ofx? 5nkmn ug{f] \ . cf}fwl]dx]j]sf]af/]fhgsf/L k}f}g ug{f] \ . dVaf6 ln0g]/ ; 0}f6 lb0g](Depot/long-acting injectable) cf}fwl]x?af6 xg ; Sg] gsf/flds c;/x?af/]5nkmn u/L cf}fwl]nf0{lj sNksf ?kdf lj rf/ ug{f] \ .</p>
<p>cf}fwl]krf/sf]cgkfng ubf{b}klg kof{t ; wf/ gePdf cyf{ nlf0fx? /lx/x\$}f]jf emg}lau}f} uPsf]cj:yfdf .</p>	<p>la/fdl]cf}fwl]k}f]sf/L dfqf ln0/x\$}f]5 jf 5g} eG]xg}xf] \ . olb dfqf sd ePdf, gsf/flds c;/ xg]vt/f sd ug\$fnflu ; a}ebf yf}]k}f]sf/L dfqf; Dd qmdz}M la:tf/}a9fpgxf] \ . hfE/S;L jf nfukbfy\$}f]bjo{gl=kof}u af/]; f}wk5 ug{f] V To; nf0{Golgs/Of ug{ sfo}f]hgf cjndag ug{f] \ . nfukbfy{kf7df hfgxf] \ . ISnlgsn cj:yfnf0{allenfpg ; Sg]lsl; dsf]tgfj kOf{cj:yf xfn; fn}eP gePsf] af/]; f}wk5 ug{f] V To; nf0{Golgs/Of ug\$fnflu lglD sfo}f]hgf cjndag ug{f] \ . zf/ll/s jf cGo sg}MNS cj:yfsf nlf0fx? eP gePsf]kOf nufpgxf] \ . ; f0sf]; ; kf7sf]r/Of ! df xg}xf] \ . cf}fwl lsG]vr{jf To; sf]pknAwtfx? Rfgf]L=sl7gf0{xg\eg}Chlorpromazine sf]lj sNksf]?kdf Risperidone sf] kof}uaf/]lj rf/ ug{f] \ . kof{t dfqf / ; dofj lw; Dd cf}fwl lnE} klg la/fldf sg}; wf/ gePdf Ps rf]6df Pp6f cf}fwl lnP/, Pp6f eebf a9L cf}fwl, Ps eebf a9L antipsychotic sf]; lDd>Of af/]lj rf/ ug{f] \ . lj z}ftM s8f lgu/fglSf ; fy sg}lj z}f1sf] ; k/Lj]f0fdf . kof{t dfqf / ; dofj lw; Dd cf}fwl lnE} klg la/fdl]n]sg}; wf/ gePsf la/fdlx?nf0{lj z}f1 sxfl; knfl/; ug{f] \ .</p>

kg M hfF tyf e3f6

JolQmdf slQsf]; wf/ cfpE5 egl ; ?df lgoldt hfF tyf e3f6sf nflu afihfpgkf] \. xktfsf]b0{jf tlg lbg jf labfsf lbg afx\$ cfSgf]cgShtf x]] lbg lgwf{Of ugkf] \.

olb JolQmdf ; wf/ cfpE5 eg]pkrf/ ljwnf0{; f]L ?kdf ; hf? /fvGkf] V e3f6sf]qmd klg la:tf/}kftnf] agfpE}hfgkf] \. t/ JolQmsf]lgu/fglnf0{eg]lg/Gt/tf g}lbgkf] \.

olb JolQmdf ; wf/ cfPsf]5g eg]; jkyd JolQm]; xl ?kdf lb0Psf]; do tflnsf cg'f/ cf]fwlsf];]g u/] gu/\$f]lglZrt ugkf] \. olb cf]fwlsf]kpfu u/\$f]5g jf ; xl ?kdf lb0Psf]; do tflnsf cg'f/ kpfu u/\$f]5g eg]To; nf0{lgoldt ug{lgbzg ugkf] \. JolQm tyf :ofxf/stf\$]k|tlqmf ln0/xgkf] V e3f6nf0{afSn} ?kdf lg/Gt/tf lbgkf] \. ; E; E}pkrf/ k\$of jf cf]fwl kl/jtg xg ; Sg]af/df klg 5nkmn ugkf] \.

olb cf]fwlsf]kpfu ; w)/ ; xl ?kdf u/\$f]5 t/ ; d:ofsf nlf0fdf sg}sdl cfPsf]5g eg]klg slDtdf \$-^ xktf; Dd JolQm]kpfj sf/L dfqfdf cf]fwl ;]g u/\$f]xg'kb5 eG]s/f :ki6 kfgkf] V Psbd}cjnf\$gdf /xgkf] \ ; uF E}JolQm / :ofxf/stf\$]0{cf]fwl pkrf/df kl/jtg ug[kg]xg; S5 eg] ; Nnfx ub}cufi8 a9gkf] \ / lgOf6 ug{; xofu ugkf] \.

; E; E}dgr]fdflhs ; xofu ub}hfgkf] V To; sf]klg ; ldlff ugkf] \. cf]fwl ;]g ul//x\$]cj:yfdf, To; sf] review, side effects / dosage Cgkfng, c6o c; / / dfqsf]kglj (f/ ugkf] \. Drug-drug interaction ; Deflj t ePsf]v08df olb JolQm]c6o cf]fwlsf]kpfu ug{; ?jft ub5 eg]klg cf]fwlsf]dfqsf]kglj rf/ ugkf] \. ; ? ePsf]nlf0f, klxnsf]36gf / pkrf/sf]lj/0fsf]af/df ; f]Vgkf] \.

tnsf rf/j6f kl/l:yltdf cf]fwl a6b ugkf] \M

cgludg (Follow-up)

lgoldt cgludgd afihfPsf]ahf cfP gcfPsf]xgkf] \. gcfPdf cfpgsf]nflu afihfpg Joj:yf ugkf] \. ; wf/ eP gePsf]xg\$]nflu n]vfhf]yf ugkf] \. olb ; wf/ e0/x\$]5 eg]M

- nlf0fx?af6 dQm geP; Dd JolQmf0{xfn ul//x\$]Joj:yfkgnf0{(-!@ dlxgf; Dd lg/Gt/tf lbg k[]; fxg ugkf] \.
- csf]cgludg !-@ xktfleq ug]Joj:yf ugkf] \.
- JolQmsf]nlf0fx?df ; wf/ xE}cfPdf cgludgsf]k6s 36fpE}hfgkf] \.
- h: t[] x/\$ # dlxgdf Ps k6s cgludg ug]

gfm Joltmdf l8k]gsf]nlf0fx? k0f{?kdf gx66h[]; Dd cgludgnf0{lg/Gt/tf lbgkf] \.

x/\$ cgludgdf M

dgf]z]ff lbgkf] \,tgfj x6fpg]/ ;fdflhs ;xof]unf0{cem a9fjf lbgkf] \. bl]gs lqmfnsnfksf]sfo{;Dkfbg ug] lfdttf / ;fdbflos hljgnf0{k]äg ugkf] V olb nfu"ePdf, antidepressant cf]fwlsf]køf] / dgfj }flgs pkrf/nf0{;dl]ff ugkf] \.

JolQmdf c? sg}Wofg lbgkg]gofFn]f0fx? 5g]yf c6o dfgl; s, :gfo"tyf nfu"cf]fw køf] ;Dal6w ;d:ofsf ;fy}jtøfg cj:yfsf c6o zf/ll/s cj:yfsf];dl]ff ugkf] \.

s]dlxnf k]hgg pd]sf]/ aRrf kfpg]of]hgdf xgk65 < olb 5 eg] ljz]f1; 6 k/fdz{]ngkf] \.

cf]dx]ofsf]hf]vd t]sfn}/x]g/x\$]af/]n]y]fhf]yf ugkf] \.

pkrf/sf qmddf ;wf/ x6]uPdf (dlxgf;Dd JolQm n]f0f ljxlg gx6h] ;Dd cf]fwlsf]køf]nf0{lg/Gt/tf lbgkf] \.

gf] M JolQm; 6 cf]fwl 56p6]sf]hf]vd / knf0bfx?af/]5nkm ugkf] V \$ xk]tfsf]cj]lwe/df cf]fwlsf]dfqf la:tf/}36fp6]hfgkf] \. Joltrmf n]f0fx?sf]6olgs/0f eP gePsf]cgludg ugkf] \.

olb cgludgdf cfp6 ;wf/ e0/x\$]5g] eg]M

- dgf]fdflhs ;xof], dgf]j]dz{nufot dgf] }flgs y]fklmf cfj]zostf cg'f/ ;n]lg u/fpgkf] \.
- olb]dgf]fdflhs ;xof] k]k]t ul//x\$]eP, To;k]t]sf];n]lgtf / cge]sf]d]nof^asg ugkf] \.
- olb antidepressant cf]fwlsf];]g u/\$] 5g]eg]køf] ug{e6gkf] \.
- olb antidepressant cf]fwlsf];]g ul//x\$] 5g]eg] tnsf s'/fx?sf]n]y]fhf]yf ugkf] M
 - s]l];kn]l/; u/6g'f/ cf]fwlsf];]g ul//x\$] 5g]eg] olb 5g]eg] ;]g gug]6]sf/0fx? v]l]gkf] V ;]g ug]6]nflu k]k]t ugkf] \.
 - s]cf]fwlsf]sg]k]k]tsh c;/x? 5g]eg] olb 5g]eg] d]nof^asg ugkf] V pkrf/sf]knf0bfx? s]h]fpgkf] \.
 - olb antidepressant sf]k]k]tsh c;/x? 5g]eg] cf]fwlsf]dfqf a9fpgkf] \-tflnsf ! cg'f/.
 - cf]fwlsf]dfqf j[4 ubf{;fjwfgl ckgfpgkf] \ ;Def]j t k]k]tsh c;/x?sf]j[4 xg]xgfn]lg/Gt/cgludgdf ;xeful u/fpgkf] \.

olb mania sf nlf0fx? 5g\eg]M

Antidepressant cf]fwlsf]køf] aGb ugxf] \.

Mania sf]pkrf/ ugxf] V ljz]f1; E ; Nnfx j f k/fdz{Ingxf] \j f l; kmf/; ugxf] \.

Gffø M a]hfaj]hdf ; Dksøf /xgsf]lgldt ; enfjx? M

- Psxktf leq}cfjZostfsf]cfwf/df bf] f]cgldgsf]nflu ; do ldnfpgxf] \.
- ;?;?df lgoldt?kdf ; Dksøf /xgsf]nflu 6]nkmf]sf]køf] ug] 3/fo;L ?kdf eø3f6 ug] contact card
áf/f cgldgsf]tflnsf agfpg] h:t}klxnf]# dlxgf; Dd k]o\$ dlxgf eø ug].

kf7M kfF

cfTdxfgl÷cfTdxTof -Self harm/Suicide)

kl/ro

sg}klg JolQm]hfglhfgl cfŠgf]hljg cfkm]; dft kfg]sfo{ub5 eg]To:tf]-cfkmh]cfkmhf0{xfgl k%of0 hljg ;dft ug] sfo{f0{cfTdxTof elg65 . cfTdxTofdf JolQm :jom] :j]5fn]jf hfglhfgl dg]dg;fon]of]hgj 4 ?kdf jf cfjzdf cf0{cfŠgf]Hofg lng]sfo{ub5g\ . cfTdxTof clt hl6n dgf] }flgs Pj +,fdflhs b36gf xf]. wfd6 tyf ;fdflhs b[i6sf0fn]o;nf0{kfk Pj +ck/fwsf] ?kdf lng]ul/Psf] ePtf klg cfwlgs lj1fgdf cfTdxTofnf0{ulDe/ dfg];s :jf:Yo ;d:ofsf]pkh dflg65 / cfTdxTofs];f tyf sf]z;nf0{tIsfn}pkrf/ ug]kg]cTo6t ;j]hgzn lrlsT;Iso ljkt (Medical emergency) sf]?kdf x]/65 . cfTdxfgl j]t zAb xf]h;n] hfglaenl cfkmhf0{xfgl ug]jf ljif ;]g ug]jf cfkm'n]cfkmhf0{blw jf kl8fdf k%ofpg]sfo{hgfp5 h;sf] hl6n p2]o / kl/Offd xg jf gxg klg ;Sb5 .

cfTdxTof Ps k\$]/sf]dfgl;s :jf:Yo ;d:of xf]. cfTdxTofs]sf];; ug]jf cfTdxTof u/\$f (%Ü dflg;x? sg}g sg}dfgl;s :jf:Yo ;d:ofaf6 kl18t ePsf]kf065, h;df *)Ü l8k]g, !)Ü s8f ;f0sf];, %Ü l8d];of, l8n]/od / nfukbfy{ ;Dal6w ;d:of ePsf]cWoogn]b]/fPsf]5. t/ ;a]dfgl;s ;d:of ePsf JolQm]cfTdxTof u5g\eg]xf0g\ . ;fd6o JolQm?sf]thgdf dfgl;s ;d:of ePsf JolQm?df cfTdxTofs] hf]vd # blv !@ u0ff a9L /x\$]x65 . ;f0sf]], nfukbfy{b]o{gl, af0kfhf/ l8;c8{, l8k]g cflb ;d:of ePsf JolQm?df cfTdxTofs]hf]vd pRr /x65 . g]fn kx]/ln]pknAw u/fPsf]tYofI cg'f/ cf=j=@)&@÷&# df \$^^& hgn]cfTdxTof u/\$f lyP . xdf]b]zdf cfTdxTof Psbd}7hf]ljs/fn ;d:of a6b}uPsf]5 .

cfTdxTof ;Dal6w s]l unt wf/Off tyf ;Tox?

unt wf/Off	;Tox?
cfTdxTof /f\$g ;lsbg .	w]}h;f]cfTdxTofs]36gfnf0{/f\$yfd ug(;ls65 .
b9 ;sllk ePsf JolQm?nf0{ cfTdxTof ug]af6 s;u/L arfpg ;lsbg .	plrt Wofg k%ofP/ pkrf/ tyf dgfl]dz{k}f]g u/]cfTdxTof /f\$g ;ls65 .
cfTdxTof ug]df65h]s]l klg ;s] lb5gg\.	cfTdxTofaf6 d[o' ePsf JolQm?dWo]b0{ltxf0{cfTdxTofs] s'/f ug]jf cfkm]cfTdxTof ub5'eg] :ki6 ;s] lbg]ub5g\.
cfTdxTofs] k6f; u/\$f JolQm?sf]Psk6s p4f/ ePk15 cfTdxTofs]vt/f 6b5 .	;d:ofsf]jf:tljs klxrfg tyf pkoQm ;xof]sf]cefj ePdf eljiodf klg cfTdxTofs]vt/f /xg]ub5 .

Gog cfly\$ cj:yf ePsf]juof cfTdxTofsf] b/ pRr xG5 .	cfTdxTofsf] ;d:of sg} cfly\$;fdflhs ;ldfx?leq dfq l;ldt xG5 .
cfTdxTofsf ;f]f0{ ePsf JolQm?nf0{ cfTdxTof ;DalGw s/f ubf{cfTdxTof ug{pm emg pS;G5 .	cfTdxTof ;DalGw ;f]f0{ePsf JolQm?nf0{cfTdxTof ;DalGw s/f ubf{;d:of tyf vt/f a'g / hljg hf]fpg ;lsG5 .
cfTdxTofsf] s/f ug] JolQm?n] cfTdxTof ub]g\.	k]o\$!) hgf dWo] * hgfn] cfTdxTof k] { cfTdxTofsf] cf;osf af/]f s/f ug]ub]g\.
cfkml k]t Wofg cfs{f0f ug\$ f nflu jf 3\$ofpgsf nflu JolQm?n] cfTdxTofsf] k]f; ug]ub]g\.	cfTdxTofsf]k]f; ug]JolQm]pkoQm ;xof]sf]vf]hl u/\$f xg ;S5g\ . olb o;nf0{;fdfG ?kdf lnPsf]v08df glthf 3fts xg;S5 .

cfTdxTofsf sf/Of

cfTdxTofsf axkllfo sf/Ofx? xG5g\ . w]}sf/Ofsf]; lDd>0faf6 o:tf]; f] cfpg]xG ol dWo]h]s, ;fdflhs tyf dgf]]flgs sf/Ofx? k]v xg\ . cWoogx? cg; f/ cfTdxTofsf k]f; x? dWo](% k]tzt dfgl; s :jf:Yo ;d:ofsf sf/Of xg]u/\$f 5g\ (Kaplan & Sadock's Synopsis of Psychiatry, 11th edition) . cfTdxTofsf dVo sf/Ofx?df lgDgfg; f/ /x\$ 5gM

!= h]s sf/OfM 3/kl/jf/ tyf jzhdf cfTdxTofsf]0ltxf; ePdf, lbfudf serotonin sf]dfqf sd ePdf.
 @= zf/ll/s /f]x? M bl3\$fnlg zf/ll/s /f]x? h:t] lfo/f], Pr= cf0€ el, sn]f] km\$;f] d]f]f jf cG /f]x? / xdf]sf]u8a8l .
 #= dgf]fdflhs sf/Ofx? M PSnf] cljjflxt, ;DaGw ljR5], a]f]huf/L, ul/al, k\$fk, nfukbfy{b]o{gl .
 \$= dfgl; s /f]x? M l8k]g, ;f0sf]], l8dQ;lof

sltko dflg;x?n]l/; sf]cfj]df jf cfj]df cfP/ klG cfTdxTof ug]ub]g\eg\$ /f ljleG n]x?df kf0G5 .

zAbfjnl M

- cfTdxTof eGgn]hfglhfgl cfknh]cfknh]f0{dfg{xf}.
- cfTdxTofsf];f]f0{eg\$}cfknh]cfknh]f0{df5{eG}h:tf ljrf/ cfpg'xf]. o:tf ljrf/x? c:ki6 xg;S5 / PSSfl; cfpg ;Sb5g\.
- cfTdxTofsf]of]hg eGgn]s;h]cfknh]cfknh]f0{dfg\$ nflu jf:tljs ?kdf of]hg agfpg'xf].
- cfTdxTofsf]sf]zz eg\$]dg]of]hg agfP/ cfTdxfgl ug]k]f; ug{xf}.

cfTdxfgl eg\$]cfknh]cfknh]f0{lflit k]ofpg]sfo{ug{xf}h; df cf\$gf]Hofg lng]p2]o xg jf gxg klG ;S5 .

n\fhf\y

olb !) jif\$]pd]e\bf dflysf s; h] tnsf d\Wo] sg}cj:yf cgej u/\$] 5 eg]uPsf] ! dlxgdf pgn] cfdxfgl]sf] sg}; f] jf of]hgf agfPsf]gagfPsf]/ ut ! jif\$] cfdxfgl]sf] sg}sfo{u/\$]gu/\$]af/]df pgnf0{; f\lg' kb5 M

- sg}klg dfgl;s :jf:Yo ;d:of ePsf]cj:yfdf,
- bl3\$fnlg bvfo{jf kl8fsf]dxz'; ul//x\$]cj:yfdf,
- cToflws efjgfTds tgj sf]dxz'; ul//x\$]cj:yfdf,
- cfdxfgl jf cfdxTofsf]hf]vdsf]c\o sg}cj:yf /x\$]tkf0hf0{nfu]df,
- n\fhf\yfsf]; ?jftdf cfdxfgl]sf ; f], of]hgf / sfo{? af/] n\fhf\y ugxf] \ / To;kl5 lgoldt ?kdf cfjZostf cg;f/ n\fhf\y / d\lofsug ugxf] \.
- JolQmsf]dfgl;s cj:yf / efjgfTds tgjx?nf0{; Daf\lg ugxf] \.
- n\fhf\y ubf{JolQm]cfdxfgl]sf]sg}sfo{ug{sf]z; u/\$] 5 5g}, cfdxfgl=cfdxTofsf]tTsfh hf]vdsf] cj:yf 5 5g}, sg}dfgl;s :jf:Yo ;d:of 5 5g}, bl3\$fnlg bvfo{ lk8f tyf c; f\Wo}tgfjh\o cj:yf /x}g/x\$]/ efjgfTds nlf0fx?sf]julDeo{fsf]n\fhf\y ugxf] \.

ISnlgsn ; bnfj M cfdxfgl]sf af/]df ; f\fk5 ubf{JolQmf0{cfdxfgl ug{k\}t ub} . o; f]ugf]a? cfdxfgl]sf ljrf/ jf sfo{E ; Dal\wt lrgtfnf0{sd u/fo5 / cfknhf0{c?n]aem]sf]5 e\g]h:tf]dxz'; u/fo5 . cfdxfgl ; Dal\w k\gx? ; f\lg' e\bf klxn]JolQm; E ; Dal\w la:tf/ ug]st]zz ugxf] \ . JolQm]cfknhf0{xfgl ug{rfxg]sf]sf/Of af/]; f\fk5 ugxf] \ o; \$]tn lb0Psf]Master chart /fd/l c\lloog ugxf] \.

n\fhf\yfnf0{klg tn lb0Psf tlg cj:yf jf Joj:yfkgf tl/sfnf0{cfwf/df dfg] ug{; lsg5 M

!= ISnlgsn ?kdf uDel/ cfdxfgl]sf]sfo{

@= cfdxfgl=cfdxTofsf]tTsfh hf]vd

#= cfdxfgl=cfdxTofsf]hf]vd

JolQmf tnsf d\Wo]sg}cj:yf ePdf ISnlgsn ?kdf uDel/ cfdxfgl]sf]sfo{eg] a%gxf] M

r/d lg/fzf, xfn cfdxfgl=cfdxTof ; Dal\w ; f]÷of]hgf÷sfo{jf To; ; Dal\w l]jutf ePsf]36gfsf]l]j/Of, l]if ;]g jf gzfn]dfIQPsf]avt cfdxfgl]sf]sfo{ cfknhf0{k%ofPsf]rf]af6 /Qm>fj xg; r]gf udfpg' /÷jf cToflws lqliq\otf jf klyldstfdf kg]sg}dfgl;s :jf:Yo ;d:of ePsf]cj:yf, bl3\$fnlg bvfo{jf r/d efjgfTds tgj .

JolQndf tnsf nlf0fx? b]vPdf lSnlgsn ?kdf uDel/ cfdxfglsf]JoJ :yfkgh?/L 5 .

- ljif ;]g u/šf]jf gzfn]dfIQPsf] ; s] u/šf,
- cfkml'nf0{xfgl k%ofPsf]3fprfšaf6 /ut alu/xšf]t/ To;nf0{a]f:tf ul//xšf,
- sg}klg sf/Ofaf6 r]gf udfPsf]jf a]f] \ePsf]cj:yfdf
- cToflws lgliqmotf ePsf]cj:yfdf

JolQndf tnsf dWlo]sg}cj:yf ePdf cfdxfgl÷cfdxTofsf]tTsfh hf]vd /xšf]eg] a%gxf] W

- xfn cfdxfgl jf cfdxTofsf]sg} ; f] jf of]hgf ePdf,
- xfn Psbd}lx÷š, cfqmds, tgjju|t jf aflg g?rfpg]JolQndf ut dlxgf cfdxfglsf]sg} ; f] jf of]hgf agfPsf]jf ut jif{ :jodnf0{xfgl k%ofPsf]cj:yfdf .

JolQndf tnsf dWlo]sg}cj:yf ePdf cfdxfgl÷cfdxTofsf]hf]vd /xšf]eg] a%gxf] W

- l8k]g
- nfučf]fw b]o{gl ; DalGw ; Df:ofx?
- afnaflnsf tyf lszf]-lszf]/ldf xg]dfgl ; s tyf Jojxfl/s ; Df:ofx?
- b]gs lqmfnsfk h:t}jBfno hfg] 3/fo;L sfdsfh jf ;fdlhs sfo{ ; Dkfbg ug{sI7gf0{ePdf
- efjgTds tgjjsf nflu k6s k6s :jo+pkrf/ jf cgQl/t zf/lI/s nlf0fx? ePdf
- cToflws tgj jf af/Daf/ ; xof] vf]hšf]cj:yfdf
- ;f0sf] ;
- 5f/]f]v

JoJ :yfkG

cfTdxTof=cfTdxfglsf]JoJ :yfkGsf nflu b]fosf tlGj 6f k]f]n?nf0{cfwf/ dfG ; lS65 .

k]f]n ! lSnlgSn ?kdf uDeL/ cfTdxfglsf] lqmfSnfk	k]f]n @ cfTdxfgl=cfTdxTofs]t]Sflng hf]vd	k]f]n # cfTdxfgl=cfTdxTofs] hf]vd
<ul style="list-style-type: none"> ➤ JoIQmf0{:jf:Yo ; :yfsf]; /lft / ; xof]L jftfj/Ofdf /fVgkf] \. ➤ JoIQmf0{PSn}g5f]yxf] \. ➤ Rff]k6s nfu\$]jf lj if ;]g u/\$] eP pkrf/ ugxf] \. ➤ olb Acute pesticide intoxication ePdf “Management of pesticide intoxication” lj lw kfngf ugxf] \. ➤ c:ktfndf egf{ug{k/df cfTdxTof /f\$gsf lgldQ JoIQmf0{glhsaf6 lgu/fgl ugxf] \. ➤ cfTdxfgl u/\$]JoIQmsf]x]lj rf/ ugxf] \. ➤ dgf]fdflhs ; xof] k]fg ugxf] \ / ; xof]nf0{; lS6 agfpgkf] \. ➤ :ofxf/stff]f0{; xof] k]fg ugxf] \. ➤ pknAw ePdf dfgl; s :jf:Yosf ljz]f1; 6 ; Dks{ugxf] \. ➤ lgoldt ?kdf ; Dks{tyf cgludg e6 ugxf] \. 	<ul style="list-style-type: none"> ➤ cfTdxfgl=cfTdxTofs nflu k]f] xg; Sg]hf]vdoQm ; fwgx? glhsaf6 x6fpgkf] \. ➤ ; /lft / ; xof]L jftfj/Of l; h6f ugxf] \. ; Dej ePdf JoIQmf0{ pkrf/sf nflu Pp6f 5\$}zft sf]f pknAw u/fpgkf] \. ➤ JoIQmf0{PSn}g5f]yxf] \. ➤ JoIQmsf] x/avt ; /lff ; lglZrt u/fpgsf nflu :jf:Yosdl{jf kl/jf/sf] ; b:onf0{p; sf lgu/fglSf lgldQ kl/rfng ugxf] \. ➤ dfgl; s cj:yf / efjgflDs sl7gf0nf0{; Daf]wg ugxf] \. ➤ JoIQm / :ofxf/stff]f0{dgf]z]lff lbgkf] \. ➤ dgf]fdflhs ; xof] k]fg ugxf] \ / ; a]lS; dsf ; xof]nf0{; lS6 agfpgkf] \. ➤ :ofxf/stff]f0{; xof] k]fg ugxf] \ pknAw ePdf, dfgl; s :jf:Yosf ljz]f1; 6 ; Dks{ugxf] \. ➤ lgoldt ; Dks{tyf cgludg e6 ugxf] \. 	<ul style="list-style-type: none"> ➤ dgf]fdflhs ; xof] k]fg ugxf] \ V ; xof]nf0{; lqmo agfpgkf] \. ➤ pknAw ePdf dfgl; s :jf:Yosf ljz]f1; 6 ; Dks{ugxf] \. ➤ lgoldt ; Dks{tyf cgludg ugxf] \.

Is6gfzs cf]fwl÷lj if ;]gsf]Joj :yfkq

Is6gfzs lj iffbl ;]gsf]Joj :yfkgsf nflu :jf:Yo ; :yfdf l; ldt ; f] ; fwg tyf ; lk pknAw ePsf v08df ljZj :jf:Yo ; u7gsf “Clinical management of acute pesticide intoxication”

(http://www.who.int/mental_health/publications/9789241596732/en) Xg]kf] \.

cGo JolQmf0{t?Gt}lgDg Inlvt ; f] ; fwg ePsf :jf:Yo ; :yfdf l; kmf/; ug]kf] \

- Is6gfzs lj iffbl ;]gsf lrgxx? ePdf ; f]sf]dMof]g tyf Joj :yfkq ug]1fg / ; lk ePsf] .
- Zjf; kZjf; ; hf? /fvgsf nflu lgldQ ventilator sf]Joj :yf gxGh] ; Dd intubate ug]tyf Zjf; kZjf; df ; xof] k]ofpg ; Sg]1fg / ; lk ePsf].
- Cholinergic poisoning sf ; \$] lrgxx? ePdf IV Atropine lbg] ; ljwf ePsf].
- olb sDkg cfPdf IV Diazepam lbg]Joj :yf ePsf].
- olb JolQmxf]df 5, ; Dk0f{s/faf/]hfgsf/ e0{ :jls[t lbG5 / laif ;]g u/\$]Ps 306f leq pkrf/sf]nflu pkl:yt xG5 eg]activated charcoal sf]k]of] af/] ; f]gkf] \.
- Forced vomiting gu/fpgkf] \.
- Oral fluid glbgkf] \.

cf]dxfgl jf cf]dxTof k]f; u/\$]JolQmsf]:ofxf/

- JolQmf0{ :jf:Yo ; :yfsf] ; /lft tyf ; xof]l jftfj/Ofdf /fvGkf] \-JolQmf0{ PSn}g5f]g]kf] \ . olb JolQm]pkrf/ lngsf nflu s]l ; do sg]kg]cj:yf 5 eg]p;nf0{tgfj sd u/fpg]jftfj/Ofdf /fvGkf] \ . ;Dej ePdf ; /lfsf nflu p;nf0{Pp6f 5\$}zft sf]fdf lgoldt :jf:Yo sfo\$tf{jf kl/jf/sf ; b:osf] ; kl/j]f0fdf /fvGkf] \.
- cf]dxfglsf ; fwg?sf] kxFaf6 6f9f /fvGkf] \ . pknAw ePdf dfgl;s :jf:Yo ljz]f1sxF ; Dks{ ug]kf] \ . cf]dxfglsf] t]sfn hf]vd ePsf]cj:yfdf JolQmsf] lgu/fgl ug{/ p;nf0{ ; xof] ug]sf nflu kl/jf/ ; fylef0 tyf cGo JolQmjf ; dbfodf pknAw ePsf ; f] ; fwg?sf]kl/rfng ug]kf] \.
- cf]dxfgl u/\$] JolQmf0{klg c?nf0{tkf0}h; /L Jojxf/ ug]G5 To; /L g}:ofxf/ ; Ddfg / uf]klotf lbgkf] \ cf]dxfgl; f] ; DalGwt efjg]f]ds tgfj k]t ; j]gZln xgkf] \ . dg]fdflhs ; xof] k]fg ug]kf] \ ; dbfodf pknAw ePsf ; f] ; fwg?sf] kxF a9fpg ; lqmtf b]fpgkf] \
- n]fhf]yf tyf pkrf/sf] qmddf JolQm]:ofxf/stf]sf] ; xof] rfx]df pglx?nf0{klg ; n]lg u/fpgkf] \ . ;Dej ePdf JolQmsf uf]o s/fx? vf]N]g JolQm tyf :jf:Yosdl{alr k]olf c]tjff]f/f dg]fdflhs n]fhf]yf ug]kf] \ .

- cfjZos k/df :ofxf/stf{?÷kl/jf/sf ;b:ox?nf0{efjgftds ;xofu kþfg ugxf} \.
- :ofxf/sf]lg/Gt/tfnf0{; lglZrt ugxf} \.
- cfTdxfglsf /f\$yfd ug\$ f nflu JolQmf0{;fwf/Of c:ktfnsf]hg/n jf8df egf{ug{plrt xB} . tyflk cfTdxfglsf]sf/Ofn]ubf{xb}zf/LI/s kl/Ofdx?sf]Joj:yfkgsf nflu ;fwf/Of c:ktfnsf]hg/n jf8df egf{ ugk/df cfTdxfglsf]sg}sfo{k} / bf}f]/g glbgsf nflu JolQmf0{glhsaf6 lgu/fgl ugxf} \.

olb cf}fwl l;knfI/; ub{xgkG5 eg]

- Concurrent conditions sf Joj:yfkgsf nflu lSnlgSn cf}fwl pkrf/ftds ;xof} ;DalGw module xgxf} \.
- Intentional overdose ePsf]v08df cf}fwl lbbf sd hf]vd ePsf cf}fwlx? kþfu ugxf} \.
- 5f}f];dofj lwsf nflu dfq cf}fwl lbgxf} \h:t} Psk6sdf Ps xktfsf]nflu dfq_ .

dgf]fdflhs ;xofu]nf0{;lqmo agfpgxf} \ jf dgf]fdflhs ;xofu kþfg ugxf} \

- JolQmf0{efjgftds ;xofu kþfg ugxf} \.
- JolQmsf lhpgsf cf}rTo tyf tl/sfx? kQf nufpgxf} \.
- lautsf ;d:ofx? s;/l xn ul/Psf lyP eG]af/]s'/f ug{k};fxg lb}JolQmsf ;an klfx?df s}Gb} xgxf} \.
- olb kof{t hg>f} pknA3 ePdf ut j if{cfTdxfgl u/\$f JolQm?nf0{;d:of-;dfwfg lj lwaf6 pkrf/ ug]af/] ;f} agfpgxf} \.
- cfTdxfgl=cfTdxTofsf]hf]vd /xGh} ;Dd JolQmsf]glhsaf6 lgu/fgl ug\$ f nflu kl/jf/; ;fylef0{ ;DalGwt JolQm tyf cGo pknAw >f}x?sf]kl/rfng ugxf} \.
- JolQm/ p; sf :ofxf/stf{f0{JolQmf cfTdxfgl=cfTdxTofsf];f} jf offhg ePsf]cj:yf cfTdxfglsf nflu kþfu xg} ;/-;fdfgx? -h:t} lj if jf cGo lj iffn'kbfy{ cf}fwl, uf}hfaf?b_ lgifv ugxf} \.
- ;dbfodf pknAw >f}x?af6 ;Sbf]w}];fdflhs ;xofu hþfpgxf} \. o; cGtu{ cgfkrfl/s >f}x? h:t} cfkn}t, ;fylef0x?, gft}f/, ;xsdl{/ wfld\$ u?x? jf cf}krfl/s ;fdbflos >f}x? h:t} ;\$6 Joj:yfkg s}b|/ :yflgo dfgl;s :jf:Yo s}b|kb}g\

dgf]fdflhs ;xofu ubf{Wofg lbgkg}Ij ifox?M

- JolQmf0{kof{t cf/fd ug{lbgxf} \.
- ;}fu}x]sf s'/f kOf{;kdf ;G]/ p; sf cf\$gf efjgix? JoQmug{k};flxt ugxf} \.
- ;}fu}x]; G ljZjfl;nf];DalGw agfpgxf} \.

- ;]fu|xlslf]cj:yf c]nf\$g ugxf] \.
- Uffk|gotf sfod ul/g\$ egl ljZjf; lbnfpgxf] \t/ dfg]jf dg]; f] jf ofhgf ePsf]cj:yfdf ;]fu|xl; 6 ;Dal6wt JolQm jf ; 3-; :yfnf0{hfgsf/L u/fP/ ; Deflj t hf]vd=36gfaf6 hf]fpg]ugxf] \.
- ;]fu|xl; 6 s/f ubf{p; sf]efjgfk|t klg ; j]hgZln ePsf]dxz'; u/fpgxf] \.
- ;]fu|xl]cf/fd dxz'; u/\$f]cj:yfdf dfq ;]fu|xl; 6 s'/fsfgl ugxf] \. s'/fsfgl ubf{efjgftds ; xof] ub]lgDg kZgx? ; f]lg ; Sg'xg\$.
- tkf0f0{s]eof]< tkf0fdg{rfxg'x65 < dg{kgl]sf/Of <
- ;]fu|xl; 6 cftdxTofsf af/df k]olf jf vlnf ; kdf s'/f ugxf] \. -tkf0f0{cf\$gf]hljg afKg nfossf] 5g h:tf]nfl5 <
- tkf0f cfknhf0{xfgl k'ofpg]af/df ; f]f0{cf0{xg]u/\$f]5 < olb 5 eg]s;/L < slt k6s <
- tkf0f]3/df lj if, cf]fwlx? jf sg]xftxltof/x? 5g\<
- ;]fu|xl]nf0{cf\$gf efjgxf? JoQm ug{kofkt ; do lbgxf] \.
- ;]fu|xl]nf0{; xof] rfxPsf]ajhf ; lhn} 6 pknAw u/fpgxf] \.
- slxn\$fxlF;]fu|xl]wDsl:j ; k dg]efj JoQm u/df pQ]ht gxgxf] V gcf]Qgxf] \.
- ;xfgel'tsf zAbx? -lar/f, s7a/f _ kof] gugxf] \.
- cftdxTof ugaf6 /f\$g cftdxTof ug]; fwgx? ;]fu|xlaf6 6f9f /fvG]Aoj :yf ldnfpgxf] \.
- ;d:of; 6 ; fdgf ug{; Sg]; lkx? l; sfpqxf] \.
- eljiok|t cfzf hufpg]vfnsf s'/fx?sf]cgel't lbnfpgxf] \.
- ;]fu|xl]nf0{cftdxTof ug]lj rf/ cfp] To; af/df s'/f ug{Pp6f JolQmsf]JoJ :yf ugxf] \.
- cftdxTofsf]; f]f0{c; 6 ; f6f; f6 ubf{cftdxTof ug]; f] sd eP/ hf65 eG]s'/f aemfpg]/ ;]fu|xl]nf0{ cf\$gf s'/fx? c; 6 ; f6f; f6 ug{k]; flxt ugxf] \.
- sg); hgftds sfodf ; xeful u/fpgxf] V cfjZos k/df c6o dgfl]j dz\$tf{tyf Dfgf]rlsT; ssxfF; knf]/; ugxf] \.

:ofxf/stf\$fnflu ; xof]

:ofxf/stf{tyf kl/jf/sf ; b:ox?nf0{cftdxTofsf af/df s'/f ubf{JolQmf0{k]oM /fxt dxz'; u/fp5, sd lrl6tt agfp5 tyf cfknhf0{cem /fd] 6 alemnPsf]dxz'; u/fp5 eG]s'/fsf]hfgsf/L u/fpgxf] \.

cftdxfglsf]hf]vddf ePsf JolQmsf :ofxf/stf{?n]k]oM cTolws tgj dxz'; u5g\.

pglx?nf0{efjgftds ; xof]sf]vfF]5 eg]k]fg ugxf] \.

:ofxf/stf{?n]JolQmsf]cftdxfgl ug]JoJxf/ b]y] lbSbf/ dxz'; u/]tfklg cftdxfgl=cftdxTof sf]hf]vddf ePsf JolQm?k|t cfs]ds JoJxf/ tyf s8f cfnf]gf ug]Gg eG]s'/fsf]hfgsf/L lbgxf] \.

dgf]z lff

JolQm tyf :ofxf/stf{?nf0{dVo ;Gb}z

- olb s; }nf0{cflDXfgl÷cflDXtofsf] ;f] cfp5 eg]ljZjf; nflg]kl/jf/sf] ;b:o, ;fyl jf :jf:Yo :ofxf/stf{f6 t?6t ;xof] lngkf] \.
- cflDXtofsf]af/}f s/f ug{; xl xf]. cflDXtofsf]s/f ub}f cflDXtof ug{k}l/t ub} .
- cflDXtofsf]/f\$yfd ug{ ;ls65 .
- cflDXfgl÷cflDXtof ulDe/ tgj]sf] ;'s xf]. JolQm]c? sg}j} \$lNks pkfo jf ;dfwfg b}yb} . To; sf/of JolQmf0{efjgflDs ;d:of tyf tgj]sf nflu tIsfn ;xof] k}fg ug{dxTj k0f{x65 .
- cflDXfglsf ;fwgx? -h:t}ls6gfzs cf}fwl, uf}hfaf?b, cf}fwlx?_ 3/af6 x6fpg'k5{.
- ;fdflhs ;~hfnsf ;fy;fy}kl/jf/ tyf c6o ;f6ble\$ JolQm? ;fdflhs ;xof]sfnflu dxTj k0f{x65g\.

;fdflhs ;xof]

- JolQm]o; e6bf klxnf cflDXtofsf]k}f; u/\$f]lyof}lyPg < olb lyof]eg]kl/jf/ / ;dbfon]s;/L ;xof] k}ofPsf lyP <
- kl/jf/ / ;fylef0x?; } cflDXtof k}f; sf]af/}f vf}llgtl ug[-s]ePsf]lyof]< slt vt/gfs lyof]< h:t} eml68Psf] lj if ;}g u/\$f]a9l vt/gfs xg ;S5 _ .
- cflDXtofsf]af/}f kl/jf/ / ;fylef0x?n]s:tf]b[i6sf}f /fv\$ 5g\No; sf]n}vfhf}yf ug{x}f] \.
- JolQm]cflDXtofsf]k}f; ug{cuf18 s}l udfPsf]lyof]< -h:t}hflu/, >ldtl=>ldfg\ k}l÷k}l}dsf, 5f}f÷5f}l cflb_ .
- cflDXtof ug[JolQm]sf]kl/jf/df klg tgj] xg ;S5 . kl/jf/; } klg s/fsfgl u/L tgj]nf0{sd ug{;xof] ug{;ls65 .
- kl/jf/nf0{cflDXtof ;Dal6w cfjZos hfgsf/L u/fP/ JolQm]t ;xof]l jftfj/of l;h}f ug{x}f] \.
- JolQmf0{cflDXtofsf]af/}f ;f}v}f} ubf{lR6tfsf efjgf 36g ;S5 e6g}f/]:ofxf/stf{? jf kl/jf/sf c6o ;b:ox?nf0{hfgsf/L u/fpgkf] \. To;f]ubf{JolQm]cln zfl6t ePsf]dxz'; ug{S5 / c}n]klg p;nf0{ a6}sf]dxz'; ug{S5 .
- cflDXtof k}f; kgM ug{;S5 e6g]s/fsf]hfgsf/L kl/jf/nf0{u/fP/ cflDXtof ug{k}f] ug{;Sg]xft-xltf/ jf ljifh6o kb}f}; }fu}xla6 6f9f /fVg kl/jf/sf ;b:onf0{;r} u/fpgkf] \.
- sg}l;h}f]ds sfo}f ;xeful u/fpgkf] \.
- ;Dej ePdf Jofj;flos tflnd, cfodhs tflnd / Cof pknAw u/fP/ cfly\$ }kdf cflDlge{ u/fpg] jftfj/ofsf nflu sfd ug{x}f] \.

; xof] k%ofpBf Wofg lbgkg]s/fx?

cfTdxTof ; jhgZln l jifo xf]/ JolQmsf]JolQmut hljg; E ; DalGwt xg]xBf IgDg s/fx?df Wofg lbB)s/fsgl ug{ kb5 .

- kl/jf/sf]; xdltdf PSn}a; J s/fsgl ug].
- ; xh aGg / ; lhnf]dxz'; ugSf]nflu kZ:t ; do lbgk5{.
- JolQmsf]rl/qdf lal; P/}klg bf]ff/fkOf ug{xbg} .
- JolQmsf]cj : yfnf0{kOfkdf gaenl sg}klg lsl; dsf]cfzf gb]vfpq] (Reassuring statement) ug{xBq lsgg]To; n]JolQmdf cem a9l Ig/fzf pTkGg u/fpg ; Sb5 .
- sfggl ; d:ofaf6 ; /lft xg ; Jfuf]lsf] kl/jf/; E ljZjfl; nf] ; DaGw agfpg] / xfnsf] cj : yfsf] af/]df kl/jf/nf0{hfgsf/L u/fpg}.

cgldg

- JolQmsf]; wf/af/]lgoldt n]vfhf]yf ug{x} \.
- JolQmdf ; wf/ xB5 eg]JolQmdf ; wf/ cfPkI5 ; Dks{e}3f6 qmdzM 36fBb}hfgxf] \.
- ; s]Dd @ j if{ ; Dd cgludg hf/L /fvGxf] \. ; wf/sf]cgkftdf la:tf/} ; Dks{36fpB}hfgxf] \-h:t}klxfn]@ dlxgf kl5 @-\$ xktfdf Ps k6s / bf]f]j ifdf ; fndf @ k6s_
- cfjZostf cg'f/ ; Dks{jf e}3f6 tyf ; dofj lw a9fpg÷36fpg'xf] \.
- JolQmdf ; wf/ cfPsf]5g eg]cfjZostf cg'f/ ljz]f1 sxfl; kmf/; ug{x} \.
- cfTdxfgl÷cfTdxTofs]lj rf/ tyf of]hgfsf]lgoldt n]vfhf]yf ug{x} \.
- x/\$ cgludgdf cfTdxTofs] ; f] tyf of]hgfsf]lgoldt n]vfhf]yf ug{x} \. tTsf n cfTdxfgl÷cfTdxTofs] hf]vd 5 eg]tTsf n}x:tlfk ul/xfngxf] \.

; Dks{e} ; DalGw l; kmf/;

lgoldt ; Dks{df /xgxf] \-6]nknf]g, 3/d)e}3f6, lr]L jf ; Dks{kq4f/f_ klxfn]@ dlxgdf w]}k6s -h:t}b]gs, ; fktflxs_ .

cfTdxfgl÷cfTdxTofs]hf]vd /xGh]h; Dd cgludg ul//xgxf] \.

5f/] /f] -Epilepsy)

5f/] /f] -Epilepsy)

kl/ro

5f/] /f] dl:tis ; DalGw g; g]Ps k\$ /sf] bl3\$fnlg :jf:Yo ; d:of xf]h; df JolQmf0{k6s-k6s :ki6 sf/Of lagf sDkg cf0/xG5 . of]; d:of xBf dl:tisdf lfl0fs v/fal pTkGg xG5 h; sf sf/Of xf] w/fpg] n8g] a]f] \ xg] sDkg xg] rf0k6s nflu; Sg] cflb nlf0fx; b]yf k5G\ . of]; d:ofnf0{:yfg ljz]fdf afv] /f], d]l jf rl/kmf0{klg elgG5 . of]Ps k\$ /sf] neurological disorder xf] . of] /f] plrt pkrf/af6 /fdf] E lgoGqOf ug{:lsG5 . 5f/] /f]sf w]}sf/Ofx? xG5g\ . c; fwf/Of ljBtlo t/E?n]dl:tisdf kfg]c; /n]ubf{sDkg pTkGg xG5 . o:tf sDkg b0{k\$ /sf] xG5gM Convulsive / non-convulsive. Non-convulsive epilepsy df dfgl; s cj:yf (mental status) df kl/jtG b]vG5 eg] Convulsive epilepsy df crfgs z/L/ s8f xg] / sDkg cfpGsf ; fy)c; fwf/Of zf/l/s rfn b]vG5 . o; k\$ /sf] 5f/] /f]nf0{:dfhdf al9 nf-5gf nuf0G5 / of] pRr d[o' b/ tyf morbidity ; Eklg ; DalGwt 5 . o; lgb]zsf] convulsive epilepsy nf0{dfq ; d\$]5 .

5f/] /f]sf sf/Ofx?

s]l 5f/] /f]sf la/fdx?sf] ljleGg kl/lf0fx? ubf{sg}klg sf/Of jf v/fal e]bbg . To:tf] 5f/] /f]nf0{ Idiopathic epilepsy or epilepsy of unknown cause elgG5 . 5f/] /f]x?sf lgDg lnlvf sf/Ofx? xg ; Sb5gM

!= jRrf hGdf 6fpsf]f rf0 nfu]f,

@= dl:tisdf OGkn\$; g (infection) h:t}dl]gGhf0l6; , Og; k]rfnf0l6; ePdf,

#= lautdf dl:tisdf rf0 -6fpsf]f ulDe/ rf0 / dl:tis3ft_ jf dl:tis ; DalGw ; s]dOf (head injury) ePdf,

\$= ag] 6dd/ (brain tumor) ePdf,

%= dl:tisdf /Qm>fj ePdf (cerebral stroke),

^= gfDn]h\$fsf]k]nn]ePdf -neurocysticercosis),

&= cTolws dlb/f ; j]g u/]f (rum fits or alcohol withdrawal fits),

*= jzfOfut (genetic) .

5f/] /f] ; DalGw xfd] ; dfhdf /x\$ f s]l unt wf/Ofx;M

- 5f/] /f] ; ?j f /f] x].
- 5f/] /f] nfu\$ f la/fdlsf] ; +; udf cfPdf /f] ; 5{.
- 5f/] /f] b]l-b] tfsf] >fk tyf k] hGdsf] kfkn] nflu5 .

5f/] /f] sf] cfktsfing cj :yf tyf Joj :yfk g

cfktsfing Joj :yfkgsf nflu JoIQmf0{ sDkg e0/fvdf jf JoIQm] sg} Isl; dsf] k] tIsf gb] vPdf / z/l/ c//f] ePdf JoIQmsf] 6fpsf] jf 3f6ldf sg] rfd nfu\$ f] ; s] 5 ls xg] V olb To:tf] ; s] b] vPdf JoIQmsf] 6fpsf] / 3f6lnf0{ l:y/ /fvGxf] \To; kl5 la:tf/] lGdg lgb] g?nf0{ kfngf ug] \

- JoIQmsf] Zjf; gnl vNnf /x\$ f] Zjf; kZjf; /fd] ePsf] / w8\$ g l:y/ /x\$ f] (Check Airway, Breathing, Circulation (ABC)) ; lglZrt ug] \.
- /Qmrfk, tfksd / Zjf; -kZjf; sf] ult hfF ug] \.
- ; Dej eP; Dd sDkg slt ; dosf nflu ePsf] lyof] l6kf ug] \.
- JoIQm ; /lft 7fpdf ePsf] ; lglZrt ug] \ / JoIQmsf] Zjf; -kZkf; ; xh agfpsf nflu sf] 6] kf/] ; tfpgxf] \. 3f6ldf 6f0{ jf c6o s]l nufPsf] eP tl sk8fnf0{ vshf] kfg] \. rZdf nufPsf] eP v] llbgxf] V pknAw eP JoIQmsf] 6fpsf] g/d l; /fgl /fvGxf] \.
- ; Dej eP; Dd cf] fwl = fluid sf nflu Intravenous(i.v.) line sf] Joj :yf ug] \.
- lglg ; Sg] eP, z?df Ps 8fh !) mg Diazepam 6dfAnf lbgxf] V pkrf/ pknAw xg] ; yfdf l; knfl/ ; ug] \.
- JoIQmf0{ PSn} g5f8gxf] \.
- JoIQmsf] dvdf s]l kl g rlh g/fvGxf] \.
- olb JoIQmsf] 6fpsf] rfd, Neuro-infection -Hj/f] jf focal deficits 5 eg] t?gt} dfl] n] c:ktfndf l; knfl/ ; ug] \.
- n] yfh] yf tyf Joj :yfk g sfo{ ; G; G} ug] \.

ISnlgSn ; emj M
 ; ?sf] d] lof^a \$gsf s] df / pkrf/ c; km ePsf] v08df Syncope / Pseudoseizure af/] larf/ ug] \.
 Syncopal (fainting) spells df k] oh; f] sDkg cfpg' cl3 flushing, sweating, pallor / slxn\$ fxl b] i6 wldnf] sfnf] ePsf] dxz; xg] u5{. c6Todf ; fwf/Of sDkg cfpg ; S5 .
 Pseudoseizure ; df] gotof tgj l; hgf ug] t] jx? ; G ; DalGwt x65g\ . Episodes k] oh; f] nfd] ; do; Dd /x65gV z/l/df nonrhythmic jerking, pelvic thrusting, tyf cf] af] a6 /xg] h:tf n] f0fx? b] v65g\ . Episode kZrft JoIQm l5\$} g} ; df] 6o cj :yfdf knl5 .
 Pseudoseizure sf] cfz^a sf ePdf ~~ac6oE~~ kf7df hfgxf] \.

olb JolQm ljz]f ; d\sf]h:t}ue]tl=:; Ts]L dlxf ePdf M

; jkyd tl dlxf uef[:yfsf]bf]l]q]fl; sdf l5g]yf ; Ts]L ePsf]Ps xktf ePsf]5 / klxn]slxNo}klg 5f/] /f] ePsf]lyof]lyPg xg]f] \. olb lyof]eg]Eclampsia Sf]cfzsf ug]f] V Magnesium sulphate 10 mg intramuscular (i.m.) lbgkf] V dflyNnf]c:ktfndf t?Gt}l; kmf/; ug]f] \. olb lyPg eg]sDkg /f\$g cf]fwl lbgkf] \. To; sf]nflu Tab Diazepam !)mg kpf] ug]f] \. sDkg cfktsfing cf]fwlsf]first dose lbPsf]!) ldg] leq /f]sof]eg]5f/] /f]sf]n]yfhf]yf ; ? ug]f] \cGoyf t?Gt}dflyNnf]:jf:Yo ; yfdf l; kmf/; ug]f] \.

n]yfhf]yf ubf{tnsf nlf0fx?sf]cj:yfnf0{xg]f] M

- Neuro infection (Hj /f] 3f6l c//f]xg] 6fpsf]bVg] e|dt)
- dfbs kbfsf]kpf] cyjf nfukbfsf]kpf] (Alcohol withdrawal or drug ingestion)
- rf]k6s
- Metabolic abnormality (Hypernatraemia or hypoglycaemia)
- Stroke (Focal deficit)
- Tumor (Focal deficit)
- Known Epilepsy (Prior history of seizures)

c6o lgbfgf]ds d\lof]gsf nflu cfjZostfsf cfwf/df ljz]f1 sxfl; kmf/; ug]f] \. 5f/] /f]sf]n]yfhf]yf ug]f] \.

n]yfhf]yf

convulsive movement or fits/seizures sDkg x6fM

- a]f] \xg]
- z/l/ s8f, c//f]xg]
- lhal]6f\$g] rf]k6s nflu] sk8fd}lb; f lk; fa xg] .

sDkg kZrft M ysf, n], lg]at nflu] e|dt, c; fdf]o Jojxf/, 6fpsf]bVg] df;kz]l bVg]cyjf z/l/sf]Ps efu sdhf] xg]x65 .

JolQmf0{convulsive seizure 5 ls eg] n]yfhf]yf ug]f] \. ; jkyd JolQmf0{!-@ ldg] e6of a9L ; do; Dd sDkg x65 egl xg]f] \olb x6g] eg]convulsive seizure gxg ; S5 t/ af/Da/ sDkg cf0/fv]df ljz]f1; E ; Dks{/fVgkf] \. # dlxgdf cgludg ug]f] \. olb sDkg x65 eg]sDkg ePsf]; dodf JolQmf lgdg d\lo]sldtdf sg}@ j6f nlf0fx? b]vPsf lyP eg] n]yfhf]yf ug]f] \.

- a]f] \
- s8f, c/l/Psf]
- lha]f]sPsf]j f lha]f]f r]f] nfu]sf] z/l/df r]f]k6s nfu]sf]
- sk8fd}lbzf lk; fa ePsf]
- sDkg kZrftM ysf, en]d xg] lg]b] n]lg] e]dt, c; fdf]o Jojxf/, 6f]psf]bVg] df; k]z]x?sf]bVf0{cyjf z/l/sf] Ps efu sdhf] xg].

olb dfl]ysf s]b0{]f ; f]e]b]f a9L n]f0fx? b]v]Pdf convulsive seizuresf]cfzsf ug]f] \. To:tf la/fdl; x] s]g} acute sf/0fx? 5g]Vs eg] neuroinfection cyjf c]o s]g}sf/0fn]ubf{sDkg cfPsf]xf]ls eg] tnsf n]f0f tyf ; s]sf cfwf/df hfF ug]f] \

- Hj /f]cfpg]
- 6f]psf]bVg]
- e]dt,
- Meningeal irritation (e.g. stiff neck)
- 6f]psf]f r]f]
- Metabolic abnormality (e.g. Hypoglycemia / hyponatremia)
- Alcohol or drug intoxication or withdrawal

ISnlgsn ; emfj M

z]f/l]s hfFdf :gfo' ; DalGw hfF ; dfj]z ug]k5{/ focal deficits (e.g, any asymmetry in strength or reflexes) sf]d]l]of^as]g ug]k5{.

lg]Dg s'/f af/] ; f]lg]k]f] \

- sDkg s]Qsf]b]f]f]G5 <
- ut j if{slt k6s eof}<
- kl5]nf]k6s slxn]ePsf]lyof]<

dfl]y pln]vt n]f0fx? 5g]g]eg]5f/]f]sf]cfzsf ug]f] \. olb 5g]eg]ISnlgsn cj:yfsf]d]l]of]g tyf pkrf/ ;? ug]f] \. ; Dej ePdf 6f]psf]f]r]f]k6s, meningitis / metabolic abnormalities sf n]flu dfl]y]nf]c:ktfn l;kn]f/; ug]f] \ catlg dlxgdf ; Def]j t 5f/]f]sf]n]v]f]f]f]sf n]flu kgM af]f]p]g]f] \

olb ; j]f]f]x ^ dlxg]b]v ^ j if{pd] ; d]xsf]5 eg] p;n]f0{Hj /f]cf0/x]sf]5 5g] x]g]f] V p;n]f0{tn lb0Psf]h:t} sDkg cfPsf]lyof]lyPg eg] x]g]f] \

- **Focal:** sDkg z/l/sf]s]g}Ps efuaf6 ;? xg]vfnsf].
- **Prolonged:** sDkg !% ldg]e]b]f a9L ; do /xg]vfnsf].
- **Repetitive:** sDkg ! k6se]b]f a9L e0/xg]vfnsf].

olb dfl]y pln]v ePsf]h:t}s]g}Ps jf ; a]ePsf]cj:yfdf complex febrile seizure xg] ; S5 To; sf]n]flu Toxl jf dfl]y]nf]c:ktfndf egf{ug]sf n]flu l;kn]f/; ug]f] \.

olb dflly elgPsf]h:tf]5g, eg]simple febrile seizure xg ; S5 To; sf/Of sDkgsf]sf/Of a%g]sf nflu local Integrated Management of Childhood Illness (IMCI) guidelines xg] V @\$ 306f ; Dd lgu/fgl df /fVgxf] \ Wofg lbgxf] \ S oxfAntiepileptic Cf]fw]rf/sf]cfjZostf 5g .

uPsf]j if{; j]fuf]xlnf0{b0{km/s lbgdf sIDtdf b0k6s; Dd sDkg CfPsf]lyof]eg]5f/] /f] xg; S5 . To; nf0{cem /fd/L 7Dofpg sDkgsf]sf/Ofaf/]ny]fhf]yf ugxf] \ . tn lb0Psf s]L ljifox?sf cfwf/df zf/lI/s kl/lfOf ugxf] \ .

- Birth asphyxia or trauma history
- Head injury
- Infection of the brain
- Family history of seizures

olb oldllo]sg}5 eg]sf/Of kOf nufpg tyf yk dlvof^asgsf nflu ljz]f1sxf]f; knil/; ugxf] \

Co-Morbid MNS Cj:yfx? 5g]Vs eg] ny]fhf]yf ugxf] \ s[kof ofb /fVgxf] \ S 5f/] /f] ePsf JolOm? l8k]g, nfukbfy{ kof]u ; DalGw ; d:ofx?sf]pRr hf]vddf x65g\ . afnaflnsf tyf lszf]-lszf]lx?df dfgl; s, Jojxf]l/s tyf nfu"kbfy{ G ; DalGwt ; d:ofx? xg ; Sb5 .

JoJ:yfkg

5f/]f]u]sf]JoJ:yfkgdf lgDg s/fx?nf0{Wofg lbgxf] \

!_ ; j]fuf]xL tyf :ofx/stf]nf0{dgr]z]lff lbgxf] \ .

@_ Antiepileptic Cf]fw]l ; ? ugxf] \ .

#_ blgs lsφsnfx?df sfoz]ntf kj4g ugxf] \ .

o; /l JoJ:yfkg ubf{l]z]f]l]z]f ; dx?df km/s tyf ljz]f tl/sfaf6 g}JoJ:yfkg x65 eG]s/fsf]Vofn /fVgxf] \ h; sf nflu tnsf lgb]z]gx?sf]kfnf ugxf] \

khgg pd] ; dx]sf dlxnfx?df M Antiepileptic Cf]fw]n]ue]sf]aRrf=lzzhf0{c; / k]ofpg]hf]vd x65 . Neural tube defect xg glbg khgg pd]sf ; DkOf{dlxnfx?nf0{Folate (5mg/day) vfg ; Nnfx lbgxf] \ . Valproate glbgxf] \ .

ue[tl ePdf tnsf ; fawfgl ckgfpgkf] M

- Polytherapy gug[kf] \ ue[tl cj : yfdf w[]k\$ /sf] cf]fwl Ps}fy kofu ubf{ Teratogenic C; / a9fp55.
- If medications are stopped during pregnancy, they should always be tapered.
- :jf:Yo ; :yfdf ; Ts]L u/fpg ; emj lbgkf] \
- ; Ts]L u/fp[] gj hft lzzhf0{haemorrhagic /fuaf6 af6 hf]fpgsf nflu 1 mg vitamin K i.m. lbgkf] \
- :tgkfg u/fp[] c6o cf]fwl e6of Carbamazepine plrt dflg5 .

afnaflnsf=lszf]-lszf]ldf M Antiepileptic cf]fwln] ; du|lj sf; / Jojxf/nf0{c; / k%ofpg] hf]vd x65 .
 Developmental disorder ePdf Joj : yfkg ug[kf] \ Jojxf] / s ; d:of ePsf afnaflnsf?nf0{ ; Dej eP; Dd
 Phenobarbital glbgkf] \ . afnaflnsf tyf lszf]-lszf]lx?df xg] dfgl; s tyf Jojxf] / s ; d:of?Æ k7
 adf]hd Joj : yfkg ug[kf] \

HIV ; emldt JolQm M Antiepileptics / antiretrovirals alrsf] c6t/ls6f xg ; S5 . pknAw ePdf JolQmsf]
 antiretroviral regimen / antiepileptics Sf nflu specific drug interactions xg[kf] \ cf]fwl cf]fwl alrsf]
 c6t/ls6f]ds c; / sd xg] x6f Valproate pkoQm dflg5 . ; Dej ePdf Phenytoin tyf Carbamazepine Sf
 kofu gug[kf] \

dgf]fdflhs ; xofu k%ofpgkf] No; sf nflu tn lb0Psf lgb]gx?sf]cfwf/df dgf]z]lf lbgkf] M

a5f/] / fuÆ / o; df cf]fwlsf]dx]j]sf]af/df hfgsf/L lbgkf] \ dl: tisd f cTolws dfqdf pTkGg xg]lj B'tlo
 t/En]ubf{sDkg x65 . sDkg af\$; l jf cf]dfn]ubf{xg]xf]0g . 5f/] / fu sDkg bf]f] / / xg vfl]g]k\$6f xf]
 5f/] / fu bl3\$fnlg cj : yf xf]t/ lgoldt ?kdf l; knf/ ; u/] adf]hd cf]fwl ; jg u/df w]h; f]JolQm?df
 o; nf0{lgogqOf ug{; ls65 .

JolQmf0{sDkgsf] x]rfx ug{w}] JolQm? xg ; S5g\ . tl JolQm?; E 5nkm ug[kf] \ . JolQm] sg}
 wfdlemfsl jf k/Dk/fut pkrf/sdl{ E ; xofu lnPsf]5 ls ; f]vgxf] \ . o; nf0{; Ddfg ub] :jf:Yo ; :yfdf
 pkrf/ u/fpg' cfjZos kg]s/fnf0{hf\$ lbgkf] \ . JolQmf0{of]klg hfgsf/L lbgkf] \s slxn\$fxl cf]fwl
 / hl8a6l bj}Psrfl6 ; jgn]k]tsh c; / x? klg xg ; S5 . To; h] :jf:Yosdl(f0{JolQm]s]vf0{fv\$]f]
 5 yxf xg h?/L x65 .

:ofx/stf{x?n]g}3/df sDkgsf]Joj : yfkg ug[tl/sfsf]af/df hfgsf/L lbgkf] M h:t}JolQmf0{Psf]t/ sf]6]kf/]
 ; f; kn] ; lhnf]xg]u/L /fvxf] \ . JolQmsf]dvdf s]l klg g/fvxf] \ jf ha/h:tl lgo6qOf ug{gvfl]gxf] \ . JolQm] ; f;
 /fdl] E ln0/x\$]5 egl ; lglZrt ug[kf] \ . sDkg /f]SP/ JolQm gp7ghh; Dd JolQm E al; /xgxf] \ . slxn\$fxl 5f/] / fu

ePsf JolQmcfkml'nf0{sDkg cfpng nfu\$]dxz'; ug[ub5gV pglx?nf0{0:tf]nfudf ;/lft :yfgdf kl6] a:g eGxf] \ .
5f/] /f] ;?j] /f] xfg . sDkg cf0/x\$]JolQmf0{; xof] ub]f tkf0{5f/] /f] xfg egl :ki6 kfgxf] \

lrlst; Iso ; xof] slt ahf lng]eg] hfgsf/L lbgxf] \ oib 5f/] /f] ePsf]JolQmf0{; f; lng ufxf]ePdf %
ldg]eGbf a9L ; do; Dd sDkg e0/fv]df, JolQm sDkg kl5 xf] df gcfPdf, p; nf0{tIsfn}:jf:Yo s]bdf
n]hfg' kb5 .

b]gs ul/g]sdfsfn / ; fdbflos hljgsf lqmfnsnfkx?nf0{kf]; fxg ugxf] \ JolQmf0{cfwf/et x]rfx tyf
cEof; (ECP)df ; xof]sf]nflu l; knfl/; ugxf] \ h; n]b]gs / ; fdbflos hljgsf lqmfnsnfkx? ug]f0{
kf]; fxg ub5 .

5f/] /f] ePsf JolQm / p; sf]:ofxf/stf]f0{tnsf hfgsf/L lbgxf] \

- 5f/] /f] ePsf JolQm?n]; fdfco hljgofkg ug{; S5g\ pglx?n]lj]fx ug{; S5gV aRrf hGdfpg ; S5g\
- cleefj]sn]5f/] /f] ePsf aRrfnf0{:shaf6 lgsflg' xfg .
- 5f/] /f] ePsf JolQm?n]k]om ; a]h; f]sfdx? ug{; S5g\ t/ klg cfkmlnf0{jf c?nf0{rf]k6s jf xfgl xg ; Sg]
hf]vdk0f{sfdx? ug{xfg} -pbfx/0fsf]nflu ef/l=hf]vd d]zgx?_ .
- 5f/] /f] ePsf JolQm?n]v]nf cfuf\$]r]hfd] vfgf ksfpg xfg / PSn]kf8L klg v]lg xfg .
- 5f/] /f] ePsf JolQm?n]c]oflws /S; l ;]g, gzfhco kb]f\$]k]of] ug{,yf]; Tg]cyj]f w]}aQ]sf]len]ldln jf rds
ePsf]7fp]f hfg' xfg .
- 5f/] /f] ePsf JolQm?n]8f0[e^a ug{xfg} .
- 5f/] /f] ePsf JolQm?n]ckf^autf ePsf?n]k]fpg];]f ; ljwf klg k]fpg ; S5g\
- 5f/] /f] nfu\$]JolQm]t a:g'xfg .
- kof]t dfqdf ; Tg' kb5 .
- Hj /f]cfPdf t?Gt pkrf/ ug]kb5 .

ISnlgsn gf : % ldg] eGbf a9L ; do; Dd xg]sDkg Emergency lrlst; slo cj:yf xf]. t?Gt}; xof] lbgkb5 .
/fd]f] f] pkrf/sf]k]fngf u/]df 5f/] /f] ePsf w]h; f]JolQm?n]; fdfco hljgofkg ug{; Sb5g\

cfjfwl pkrf/ M

lgoldt ?kdf ; xh}pknAw xg]cfjfwl lbgkf] \

Ps y/l dfq cfjfwl, Tof]klg ; aegof sd dose af6 ; ? ugkf] \

sDkg lgoGqOf gxGh] ; Ddnf0{la: tf/}cfjfwl sf]dose a9fpb}hfgkf] \

pknAw ePdf Bloodcount, bloodchemistry and liverfunction kl/lf0f ug{nufpgkf] V cgludg ugkf] \

lgDg ; fj wfgl ckgfpgkf] M

cfjfwl - cfjfwl alrsf] cGt/lsop]ds c;/sf] hfF ugkf] \. Ps}fy cfjfwl kofu ubf{ Ps antiepileptic n] CSf] antiepileptic sf] kefj sf/Ltfnf0{ a9fpg cyjf 36fpg ; S5 . Antiepileptics n] Immunosuppressants, antipsychotics, methadone, and some antiretrovirals sf]kefj sf/Ltfnf0{36fpg ; S5 .

la/n}dfqdf Severe bone marrow depression, hypersensitivity reactions including Stevens-Johnson Syndrome, altered Vitamin D metabolism and Vitamin K-deficient hemorrhagic disease of newborns xg ; S5 .

; Dej xg]lalQs}ue]tl dlxnfx?df Sodium valproate kofu ug{/f\$gkf] \sgeg]o; sf]kofun] Neural tube defects xg]hf]vd xG5 . ; a}anticonvulsant cfjfwlx? la: tf/}agb ug[kg]xG5, ol cfjfwlx? PSSf;l agb ubf{ Ps}f]6 sDkg cfpg; S5 .

ISnlgsn gfM Allergic rashes bl]vPdf cfjfwl t?Gt{/f\$gkf] \ljz]f1 sxf]f dflylnf]c:ktfn l; knf/; ugkf] \

Antiepileptic drugs

Medication	Dosage	Side effects	Contraindications/Cautions
Carbamazepine	<p>10-20 mg/kg daily in 2-3 divided doses. For patients with renal impairment, the dose should be reduced to 10 mg/kg daily in 2-3 divided doses.</p> <p>10-20 mg/kg daily in 2-3 divided doses. For patients with renal impairment, the dose should be reduced to 10 mg/kg daily in 2-3 divided doses.</p>	<p>Sedation, confusion, ataxia, double vision, benign leukopenia.</p> <p>Hepatotoxicity, cardiac conduction delay, low sodium levels.</p>	<p>Blood disorders, kidney, liver or cardiac disease.</p> <p>Dose may need to be adjusted after 2 weeks due to induction of its own metabolism.</p>
Phenobarbital	<p>10-20 mg/kg daily in 2-3 divided doses. For patients with renal impairment, the dose should be reduced to 10 mg/kg daily in 2-3 divided doses.</p> <p>10-20 mg/kg daily in 2-3 divided doses. For patients with renal impairment, the dose should be reduced to 10 mg/kg daily in 2-3 divided doses.</p>	<p>Sedation, hyperactivity in children, ataxia, nystagmus.</p> <p>Liver failure (hypersensitivity reaction), decreased bone mineral density.</p>	<p>Contraindicated in patients with acute intermittent porphyria.</p>

cfjfwl (Medication)	dfqf (Dosage)	cfsf/ftds c; /x? (Side effects)	; fj wfgl (Contraindications/Cautions)
Phenytoin	<p> jo:SM blgs !)) mg sf b/n]; ?jft ubf Dose a9fpf)Ps lbgdf a9ldf #))mg ;Dd a9ldf b0{xktfsf nflu lbgxf] \ </p> <p> aRrf: lbgsf]#-\$ mg/kg sf]b/n]@ dfqfdf efu u/7 lbg ;?jft ugxf] \ </p> <p> k[0\$ xktf % mg/kg sf]b/n]a9fpf} hfgxf] \ .-Ps lbgdf cfjfwl a9ldf @)) mg/kg blgs dfq xgkb5 . _ </p> <p> uejtl tyf :tgkfg u/f0{fv\$} dlxnf0{glbgxf] \ </p> <p> j4j4f M sldt dfqsf]k0fu ugxf] \ </p>	<p> ;fwf/Of M Sedation, confusion, dizziness, tremor, motor twitching, ataxia, doublevision, nystagmus, slurred speech, nausea, vomiting, constipation. </p> <p> uDel/M Hematologic abnormalities, hepatitis, polyneuropathy, gum hypertrophy, acne, lymphadenopathy, increase in suicidal ideation. </p>	<p> d[rf tyf snhf]; Dal6w la/fdlnf0{cfjfwlsf]dfqf sd lbgxf] \ </p>

Medication	Dosage	Side effects	Contraindications/Cautions										
<p>Sodium Valproate</p>	<p>15-20 mg/kg/day in 2-3 divided doses. Maximum dose 60 mg/kg/day. For patients with renal impairment, the dose should be adjusted according to the following table:</p> <table border="1"> <tr> <th>CrCl (mL/min)</th> <th>Dose (mg/kg/day)</th> </tr> <tr> <td>>30</td> <td>15-20</td> </tr> <tr> <td>15-30</td> <td>10-15</td> </tr> <tr> <td>5-15</td> <td>5-10</td> </tr> <tr> <td><5</td> <td>2-5</td> </tr> </table>	CrCl (mL/min)	Dose (mg/kg/day)	>30	15-20	15-30	10-15	5-15	5-10	<5	2-5	<p>Common Side Effects:</p> <ul style="list-style-type: none"> Sedation, headache, tremor, ataxia, nausea, vomiting, diarrhea, weight gain, transient hair loss. <p>Other Side Effects:</p> <ul style="list-style-type: none"> Impaired hepatic function, thrombocytopenia, leukopenia, drowsiness/confusion (valproate-induced hyperammonemic encephalopathy, a sign of toxicity), liver failure, hemorrhagic pancreatitis. 	<p>Contraindications:</p> <ul style="list-style-type: none"> Hepatic failure <p>Cautions:</p> <ul style="list-style-type: none"> Drug-drug interactions: valproate levels decreased by carbamazepine, increased by aspirin.
CrCl (mL/min)	Dose (mg/kg/day)												
>30	15-20												
15-30	10-15												
5-15	5-10												
<5	2-5												

cgudg

jt@fg cj:yfs]dNof]g ugxf] \. JolQndf sDkgsf]dfqf %) k|tzt ebf a9ln]36\$]5 < olb 5g eg]t]sf n kpf] u/\$]cf]fwlsf]dfqfn];wf/ cfPsf]5g jf cf]fwf]krf/df JolQmsf]plrt ;xof] g/x\$]xg ;S5 . To;sf/Of s]e0{x\$]5 lgS6fn ugxf] \. cf]fwlsf]Dose cfjZostf cg;f/ olb sg}k|tsh c;/ kb}eg] a9fpg]ljrf/ ugxf] \. olb cf]fwf]krf/df JolQmsf]plrt ;xof] g/x\$]eP ;xl tl/sfaf6 lgoldt cf]fwl kpf] ug{lgb}zg lbgxf] \.

o;f]ubf{klg JolQndf sg}kpfj jf k|tlsof 5g eg] cf]fwl kl/jt}sf]ljrf/ ugxf] \. gofFcf]fwlsf]dfqf ;?df a9l xgk5{/ kl5 dfqf la:tf/}36fp}nfgk5{.

olb cem}klg JolQndf sg}kēfj 5g eg]pkrf/ kšōf g}abNg]af/ōf ofhgf agfpqkf] \To;sf] nflu ljz]f1; 6 ; Nnfx jf k/fdz{Ingkf] \jf ljz]f1sfōf l; kmf/; ugxf] \. o:tf ;]fufxlnf0{cln l56f]l56f] cgludg ugxf] \.

Idiosyncratic C / -k|t|s|ōf ePdf (Allergic reaction, bone marrow depression, hepatic failure), antiepileptic medication kl/j tō ugxf] \.

pkrf/ cgludg

klōš eōdf M

- cf}fwlsf]k|tsh c;/ / Idiosyncratic reactions Sf]dNofĠg ugxf] \
- dgf]z|ff k|fōg ugxf] \ dgf]fdflhs ; xof]usf]; dl|ff ugxf] \
- olb JolQm aRRff hōdfpg]pd] ; dXsf]dlxnf / ue]tl dlxnf xg\eg]ljz]f1; 6 ; Dks{ugxf] \
- la/fdlfd s}l gofFnlf0fx? 5g\5s dNofĠg ugxf] \
- la/fdln]sg}gofFcf}fwl kōf] u/] gsf/ftds c;/ kf/\$f]5 ls xgxf] \,olb To:tf]5 eg] ljz]f1; 6 ; Dks{ ugxf] \
- pkoQm ePdf cf}fwl aōb ug]km(lj rf/ ugxf] \

JolQm w}j]if{nfdf]; doblv sDkgdQm ePsf]5 < olb 5g eg]kōf] ul//x\$]cf}fwldf sg}; d:of 5 ls xgxf] \ . t|sfnsf]cf}fwlsf]dfqfnf0{lq/Ġt/tf lbgkf] \ . *Correct dosage is lowest the therapeutic dose for seizure control, while minimizing adverse side-effects.* cgludgnf0{lq/Ġt/tf lbgkf] \ JolQm sldtdf b0(j ifō]lv sDkgdQm 5 eg]cf}fwlnf0{sd ub}hfg]/ /f\$g]lj rf/ ugxf] \

- olb JolQm sDkgdQm ePsf]5 eg]sDkg xg ; Sg]hf]vd af/]JolQm: ofxf/stf{ 6 5nkmn ugxf] \
- -olb 5f/]/f] 6fpsf\$]rfōkōsn] stroke or neuro infection n]ubf{ePsf]xf]eg]cf}fwl aōb u/\$f] v08df sDkg km]/ bxf]l/g ; S5 . cf}fwl 5f\$]sf]hf]vd / kmf0bf af/]5nkmn ugxf] \
- JolQm 6sf]; xdltdf cf}fwlsf]dose lj:tf/} @ dlxgfleqDff 36fp]aōb ugxf] \ . sDkg bxf]l/Ġ5 ls eg] cgludg jf e}3f6 sfo{nf0{s}l ; donf0{hf/l /fvxkf] \

kf7M ; ft

sgeh9 18; c8x (Conversion Disorder)

kl/ro

ljZj :jf:Yo ;#7gsf cg'f/ sgeh9 18;c8x{af6 k6fljt ePsfx?df ;fdf6otof ljutsf s'/fx?sf]:d/Of, cfSgf] klxrfgsf]Vofn, z/L/df dxz'; xg]r]gf tyf z/L/sf rfn;E ;Dal6wt hfgsf/lx? cflzs jf k/f dfqdf ;d6jo gxg]x65 . ;fdf6otof ;d:of ePsf JolQmx?n]s]L lglZrt :d[tsf s'/fx?df dfq a9L s]66t eP/ s'/f ug]jf z/L/sf cE'x?sf]rfndf lgol6qt ug]sf]; ; ub5g\ . sgeh9 18;c8x{ dgf] }flgs sf/Ofn]; ? x65 eg] alen65 eg]vf;u/L lglZrt cf3fth6o 36gfsf]cgej, ;dfwfg ug]{ufx]ePsf ;d:ofx? jf ;Da6wdf cfPsf];d:ofn] ePsf]b]v65 .

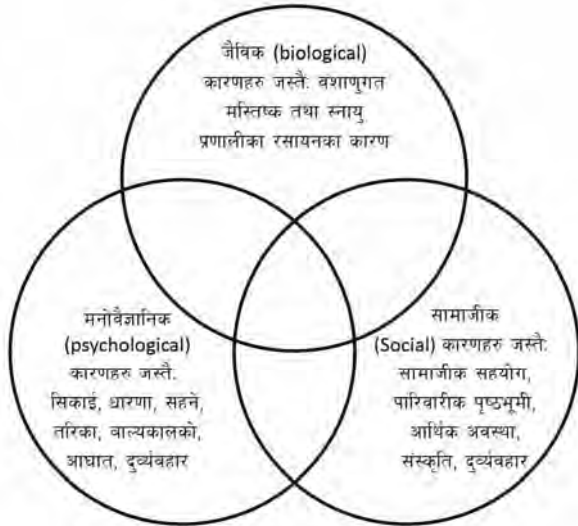
o;nf0{5f/]/f]sf]axf] \ge0{dgdf kg]c;/n]ubf{5flg}(Psychogenic Non Epileptic Seizure- PNES) eg] klg alen65 . sgeh9 18;c8x{df dgf] }flgs sf/Of ePklg k]oM h;f]zf/LI/s nIf0fx? b]v65 . o;df 5flg]jf axf] \xg] z/L/sf ljle6g cE' grllg] b]v06f nIf0fx? km/s-km/s :j?kdf b]vg]x65 . of];d:of Ps hgdf tyf ;dxdf klg b]vg ;Sb5 . olb sgeh9 18;c8x{sf nIf0fx? Ps hgf e6f a9L JolQmdf Ps]k6s b]v65 eg] To;nf0{df; sgeh9 18;c8x{ elg65 . ;fdf6otof o;df b]vg]nIf0fx? 5flg]jf axf] \xg] xftv\$w]rnfpg] otf-ptf lxsfp6g] Zjf;kZjf;df ufx]xg] b]l-b]tf jf jfo'cfkndf r9\$]5 eg] aSg] z/L/sf sg}efudf r]gf sdl ePsf]ugf;f]ug]cflb x65 . of];d:of k]oM lszf]-lszf]L pd]df a9L b]vPsf]kf065 . of];d:of k?ifdf klg kf065 tyflk dlxndf e6f sd ;Wofdf e]6Psf]5 .

k/fgf]wf/Ofdf of];d:ofnf0{lx:6]/of klg e6g]rng lyof]lsgsl of];d:of dlxnf?df dfq x65 e6g]ljZjf; lyof]. dlxndf dfq b]vg]ePsf]h]o;nf0{ofg OR5f;E hf\$] ljle6g vfnsf nf~5gxf? klg nufpg]ul/65 . of];d:of dlxndf dfq}xg]geP/ k?ifdf klg b]vPsf]5 / o:tf]nf~5gxf?n]sgeh9 18;c8x{ ePsfnf0{yk tgj kg{hfg]xgfn]o;nf0{cfhsn lx:6]/of gegl sgeh9 18;c8x{ eg] alen65 .

sgeh9 18; c8x{sf]sf/Ofx?

sgeh9 18;c8x{sf]vf; sf/Of Tolt k]6 geP klg w]h;f]cj:yfdf b]gs hljgsf ljle6g 36gxf?n]ubf{a9g hfg]tgjnf0{g}sf/Ofsf]?kdf x]/Psf]5 . ljle6g cg';6wfgn]klg oxl s'/fnf0{kli6 u/\$]e]665 . ;du6f zf/LI/s, dgf] }flgs tyf ;fdflhs sf/Of g}of];d:ofsf] sf/s dflgPsf]5 . w]h;f]df ;fdflhs tyf dgf] }flgs t]jx?nf0{g}a9L lhDd]f/ dflgPsf]5 . c:ktndf uP/ pkrf/ kfPsf sgeh9 18;c8x{sf s]x?;E ul/Psf]36gf clloog tyf cg';6wfgn]klg sgeh9sf nIf0fx? b]vg'e6f s]L ;do cuf18 g}o:tf JolQmx?n] sg}sg}vfnsf tgj en]n/x\$]e]6Psf]5 .

zfl/s, dgf] flgs tyf ;fdlhs kl/l:yltx?alrsf] c6tlqm6fn] pTk6g ug[dgf] flgs tgfjn] g} sGehg 18; c8{sf]nlf0fx? k\$6 ePsf]b]v65 . h:t}k/Llffsf]8/, kl/jf/ tyf ;fyl-ef0; 6sf]; Da6wdf cfpj]; d:of, cf3fth6o 36gxf?sf]cgej -zfl/s, dfgl; s, ofg lx;#_ x?n]kfg[tgfjn]ubf{; fdf6otof of]; d:of ePsf] clWoogx?n]b]yfpSf]5 .



lrg g= !M afof] f0sf] fl]; on df8]h -h]j s tyf dgf] fdfllhs 9fFf_

; dxdf xg] sGehg 18; c8{ (Mass conversion disorder)

ha sGehg sf nlf0fx? ; dxdf Pskl5 csf]JolQm x6}Ps e6bf a9ldf b]v65 eg]To; nf0{; dxdf xg]-df; sGehg 18; c8{ eg] alen65 . o; nf0{; j{fwf/0fn] df; lx:6]/of eg] klg a%g]ub5g\tyflk dfgl; s :jf:Yosf]b]i6sf0fn]of]zAbnf0{ToIt k6f] ul/b] lsgsl lx:6]/of e6g]lalQs}; fdfllhs nf-5gf a9l xg]ub5 eg] dfly pNn] ul/Psf]5 . o; nf0{lj s[tgfj eg] klg n]vPsf]k6065 . k]om o; sf nlf0fx? b]vgdf dgf] fdfllhs sf/of g]k6v dflg65 . ; Da6wsf] tgfj, k/Llff, 8/, ; fyl-ef0{tyf cleefj saf6 lb0g] bafa, et-k], b]l-b]tf nfu] bMv lbPsf]ljZjf; cflb .

df; sGehg sf nlf0fx? Pssfl; ;? x65 / Pskl5 csf]ub]Ps}l5gdf w]}hgdf nlf0fx? b]vg yflb5 . k]om h;f]sg}g sg}s/fsf]; adf Psyvnsf]ljZjf; ePsf]n]g}o:tf]xg]u/\$f]b]v65 . df; sGehg df k]om b]vg] nlf0fx?df axf] \xg]-cw{axf] \ xft-v\$ sf s8f agfpg] afp8g] xft-v\$sf]df; k]l kms6]jf s8f xg] k6 bVg] 6psf]bVg] af6tf xg]x65 . k]om o:tf nlf0f Ps JolQmaf6 csf]f t?6t}k]n]n65, vf; u/L glhssf]csf]; fyl l5\$}k6fljt xg]ub5 . of]; d:of ; dxdf b]vg] adf; ; f0sf]h]lgs nlf0fE sf ?kdf klg alen65 . k]om h;f] ;?df Pshgfaf6 nlf0fx? b]vfk65 h; nf0{068\$; s]sf ?kdf lng] ul/65 . p; af6 la:tf/}glhssf c?

lszf]-lszf]lx?df ;d:of b]vb}hfg]u/}f]kf0G5 . Ps JolQmk15 c?df nlf0fx? b]vb}uPtf klg of];/}f]eg] xfg, ;fylsf]cj:yf b]bf kfom h;f}f]dgdf pTkGg xg]8/sf]tgfn]g}c?df klg nlf0f b]vPsf]kf0G5 . nlf0fx? kf xbf uDel/ vfnsf b]vP klg la:tf/}nlf0fx? s]l ;dodf cfkm]x/fp}hfg5 .

sgehG l8;c8{df kfom b]vg]nlf0fx?

sgehG l8;c8{sf nlf0f JolQm cg'f/ km/s-km/s xg ;Sb5 . w}h;f]zf/l/s nlf0f b]vG5 eg]s]ldf dgf]f]lgs -efjgfd_s_ nlf0fx? klg b]vG5 . kfom h;f]of];d:odf b]vg]nlf0fx? lgdg 5g\

- 5f]g] 5f]bfv]L cw{r]g cj:yfdf hfg]x}f ;dfp}f, lyRbf sd k|tlqmf hgfp]xgfn]a}f] ePsf]h:tf] b]vg]ub5 . w}h;f]f] 5f]g' ebf cufl8 6psf]bVg] u?E]f dxz'; xg] rSs/ nfu}f]h:tf] dxz'; xg;S5 . of]5f]g]nlf0fdf w}x}b;Dd efjg jf dgsf]eldsf a9L xg]ePsf]o;nf0{dgsf]sf/0fn]5f]g] Psychogenic faint klg elgG5 . o;sf nlf0fx? w}h;f]s]l ldg}b]v 306f}Dd klg b]vg ;Sb5 .
- 5f]k}f]cj:yfdf Zjf; lng cK7df/f]ePh:tf]b]vg] ;f; /f]sPsf]h:tf]b]vg]jf l56f}l56f};f; km}f]h:tf]b]vg]xg ;Sb5 .
- 5f]bfv]L xftv\$fx] s8f agfpg] xftv\$fx 76fpg] bf}f]pg] 3f6L afE]jgfp] slxn}fxLfcfkm]jf c?nf0{xfgl ug{vf]g]Jojxf/ -lxs}f]g vf]g] skfn n5g]cf}g}3f6L lyRg] klg b]vg ;S5 .
- cw{a}f] cj:yfdf, a}f]ldf af]g] aSg]h:t}b]tf nfu}f]gfu nfu}f]e}÷k} nfu}f]h:tf s'/fx? ug] cf}g]gfd klg eh}f]h:tf]k|tlqmf b]fpg] cfkm}tx?nf0{klg lrlGg eGg] khf-kf7 ug{tyf z4 xg'kb5 eg] c?nf0{g5g]klg ub5g\.
- af]hl agb xg] af]bf :j/ gcfp] ;fptl u/} af]g]jf n}y} cf}g] s'/f JoQm ug]h:tf nlf0fx? klg b]vG5g\.
- xft-v}fsf]s]l efudf 5f]Psf] lyr}f] yxf gkfPsf]ugf;f]ug] z/l/sf]Ps kl}sf efux? sd rNg]jf grNg] -kof/fnf0l;;_ nlf0fx? b]vG5 . o:tf]z/l/sf]efu grNg]nlf0f Ps 7fp}f6 csf]7fp}f ;g]klg b]vG5 . h:t}bfof}xft grNg]/ kl5 afof}xft grNg]nlf0f b]vg]xG5 .
- sltkodf cf}f]gb]g]jf sdhf] ePsf]ugf;f]ug]clg sfg g;Gg]ugf;f]ub5g\t/ o:tf]ugf;f]a}f]a}f]df dfq b]vg]xG5 eg]sltko cj:yfdf nlf0f ePsf o:tf JolQm]b]y}f]/ ;g}f]pgsf Jojxf/af6 k|6 xG5 .
- dxljK0f{jf ljz]f 36gxf?sf]:d/0f zIQm x/fpg] t/ of]dl:tisdf ;d:of ge0 a9L h:tf]dgf]f]lgs sf/0fn]b]vPsf]xG5 .
- cw{r]gsf]cj:yfdf sltko a}f]pglx? lagf p2]o ofp]l 8Ng]jf bug]ub5g\.

n\fhfyf

sgeh[gsf]nlf0f ePsfx?df ;Dej eP;Dd zf/ll/s / c? dfgl; s /f[psi] eP gePsf]lglZrt xgsf nflu cfjZos hfF jf kl/lf0f ug{kbf . jf:tjdf olb zf/ll/s ;d:of e[bb] eg] sgeh[l8;c8[xf] eg] lgbfg ug[;ls65. zf/ll/s /f[psi];d:of e[6P To;sf];dodf g}pkrf/ ug{kbf. yk hl6ntf pTk6g gxf] \e6gsf nful lbfusf]u8a8lsf]sf/0fn]xg] /f[psi? h:t}5f/] /f[psi, lbfudf rf[k6sn]xg] la/fdl jf ag] 6dd/sf]af/d[hf cfjZos pkrf/sf]of[hgf agfPdf ;lhnf]x65 . :jf:Yosdl{tyf dgf]jdz\$tf0{olb zf/ll/s /f[psi]zsf nfu[d[la/fdlnf0{cfjZos hfF / pkrf/sf nflu ;ljwf / ;j}f pknAw :jf:Yo ;#yfdf l;knf/; ug{kbf . To;[L dfgl; s C;Gthg (Psychosis), lg/fzf -Depression_ tyf P6hf06l /f[psi] klg cfjZos hfF ug{kbf. lgbfg ubf{hlxn]klg dgf]fdlhs sf/s t]jsf]klg vf[h]l ul/g'h?/L x65 . To;[L la/fdlsf];d:ofsf]af/d[hfF ubf{cleefjs, lzlsaf6 klg hfgsf/l ;sng ubf{cem lgbfgdf ;lhnf]x65 . ljz]f u/] la/fdlsf]fnsf] dfgl; s cj:yf, dg tyf efjgsf]cj:yfaf/]klg hfgsf/lx? ;sng ug{cfjZos x65 . 5f]g]nlf0fx? 5f/] /f[psi]nlf0f xf]jf sgeh[gsf]nlf0f xf]56dfpg'h?/L x65 . tn 6[ndf lbPsf]nlf0f ;Fln] sgeh[gsf]5f]g] nlf0f tyf 5f/] /f[psi]5f]g]nlf0fsf]km/snf0{aem] cem ;lhnf]xg] .

tl/sf	5f/] /f[psi]	sgeh[l8;c8[
;do	of];d:of ePsf JolQmf0{5f]g]-sfDg];do lglZrt x65. hlt ahf klg xg ;S5 .	;t\$]ahf, Psn}ePsf]ahf x65, efjgxf? JoQm ug{g;Sbf / k[om el8df dfq xg]x65 .
:yfg	axf] \h:tf] \$} :yfg, kl/l:ylt jf 7p[ef h:t} cfuf] kfgl, el/df h:tf c;/lft :yfgdf axf] x65g\;/lft :yfgdf x65g\ . ;axf]Wofg s[6b] xg] :yfgdf dfq o:tf];d:of b[vg]65 . k[oh;f] ;d[df klg ;d:of b[vg]ub5 .	cfuf] kfgl, el/ h:tf c;/lft :yfgdf axf] x65g\;/lft :yfgdf x65g\ . ;axf]Wofg s[6b] xg] :yfgdf dfq o:tf];d:of b[vg]65 . k[oh;f] ;d[df klg ;d:of b[vg]ub5 .
rf[k6s	hg; \$} :yfgdf o:tf];d:of xg;Sg] x65 rf[k6s tyf b36gsf];Defjgf a9L x65 .	;/lft :yfgdf dfq ;d:of b[vg] xgfn] k[om rf[k6s nflu . axf] \x65 klg la:tf/)n8g] ub5g\.
cf[fsf]gfgl	axf] \ePsf] cj:yfdf cf[fsf]gfgl -sfnf] efu_ knlb5 .	axf] ePsf]ahf cf[fsf]gfgldf sg]c;/ kb5 .
sfDg]k[qmf	axf] ePKI5 sfDg]k[qmf ;w}Ps}k\$]/sf] x65 .	axf] \x65 k6s}kR5]km/s km/s klg xg;S5 .
cj]w	! b[vg % ldg[;Dd dfq x65 .	s[gl ldg[blv 306f];Dd klg xg ;Sb5 .

zf/lI/s lzlyntf	sDkg aGb ePkl5 zf/lI/s lzlyntf tIj xG5 .	; /Iff, kfl/jfl/s dfof kfPsf] v08df zf/lI/s lzlyntf emg} a9L xg; Sb5 eg] Psn} ePsf] v08df t?Gt}p7g ; S5g\.
r]gf	a]f] ePsf]a]hf r]gf xG5 .	a]f] eP klg r]gf xG5 .
lb;f lk;fasf] cj:yf	a]f] ePsf] cj:yfdf lb;f lk;fa xg jf nufdf kml:sg=pIDsg ; S5 .	nufdf lb;f lk;fa kml:sg=pIDsg]k]oM xbg .
/f] /lx/xg] ;do	pkrf/ gu/}f] v08df dlxgf]v aiff]Dd klg /xg ; S5 .	k]oMh;f]s]L lbgbl]v dlxgf}Dd klg /xg ; S5 . cfkm}7ls eP/ klg hfg ; S5 .
;?jf /f]	;?jf /f] xf0g\.	;?kfGt/Of ljs[t klg ;?jf /f] xf0g t/ ;d]df xg]ePsfn]Pshgfnf0{ePsf];d:of c?nf0{klg o;sf]nlf0f b]vg ; S5 .
pkrf/	of];d:of sd ug{cf]fwlsf]k]of] ug]k5{ . cf]fwl :jf:Yo ;:yfx?df lgmZNs kf0G5 . wf]l em]fnf0{ b]y]fP/ ;d:of ;dfwfg xG5 .	cf]fwlsf] k]of] k]oMh;f] ug]k5 . o;df xdf] ;dbfodf ePsf]ljZjf;n]klg sfd ug{;Sb5 . ;sf/flDs wf/Of /fv]f ;d:of sd eP/ hfg] xG5 . o:tf] ;d:of ePsfnf0{ dgfl]dz{ ;]f nufot dgf]fdflhs ;xof] u/}f] v08df ;d:of l7s xg ; Sb5 .

sGehg l8;c8{sf]Joj:yfkg

sGehg l8;c8{ g}xf]ls xf0g eg] :jf:Yo ;]f k]f]g ug]:jf:Yosdl{ tyf lrlsI;sn] la/fdlsf]k]of{?kdf
zf/lI/s k/lIof ug{h?/L xG5 . To;] /L c? dfgl;s /f] klg eP gePsf]hfRg'h?/L xG5 . lrlsI;slo
hfFdf olb sg}zf/lI/s /f] jf c? dfgl;s /f] e]6P klxfn To;sf]pkrf/df Wofg lbg'h?/L xG5 .

Joj:yfkgf l; 4fGtx?oसद्धान्तहरू

!_ ;d:of ePsf;f ;Dej eP;Dd ;/lIft / uf]k]gotf /xg ;Sg]7fp]f s/f ug]Joj:yf ldnfpgkf] \.

@_ pglx?sf];d:ofnf0{/fd]f] f a%g / ;Gg kof]t ;do lbgkf] \.

#_ uf]k]gotf sfod ug]kf] \.

\$_ pglx?sf]efjgf a%g] To;nf0{;Ddfg ug]9un];/n / a%g]efiffdf s/fug{k]of]g ug]kf] \.

%_ ;]fu]xln];j]hgZln tyf lgtfGt JoIQmut s/fx? JoQm ubf{cf]Zos ;j]hgZlntf b]y]fpgkf] \-h: t] cf]dxTof,
b]o]xf/sf]ef]f0{cf]lb_ .

^_ cleefjs, kl/jf/sf ; b:o tyf lzlfnsf0{of}; d:ofsf]pkrf/ ubf{cfjZostf cg'f/ ; nllg u/fpgxf] \

&_ sg}zf/ll/s /f] eP-gePsf]af/df ; wF; r] /xgxf] \

*_ ; d:ofsf]af/df ; xl / cfjZos hfgsf/l kbf] ugxf] \

(_ ; d:of ePsfnsf0{zftt jftfj/0fdf /fVg] nlf0f klt cgjZos Wofg sd ug{s?jfx?, cfkn6tx?, ; d:of ePsfaf6 6f9f /fVg]-sf]faf6 aflx/ a:g eGg] ugxf] \

dgf]zlf

s6eh6 l8;c8{df dgf] }flgs tgfj zf/ll/s nlf0fsf]?kdf b]v65 . ol nlf0fx? sg}zf/ll/s /f]sf sf/0fn] b]vPsf]xf0g . o; df kfom h; f]b]vg]nlf0fx? 5f]g]-axf] xg], z/l/sf sg}efu grN] s8f eP/ hf6f] s'/fx? la; 6] c?n]af]fp6f a]f:tf ug] lx86f, ple6f ck76f/f]b]vg]0Toflb . ol nlf0fx? x]f{v/] uDel/ zf/ll/s la/fdlsf]h:tf]b]vP klg hljgnf0{vt/fdf kfg]vfnf xf0gg\ . ol nlf0fx? cfkm]s]l ; dodf k0f{?kdf x/fpg] klg x65g\ . ol nlf0fx? ; Dal6wt JolQmsf]lgo6q0fdf xb6 / pglx?n]axfgf agfPsf]jf gf6s u/3f]xf0g . pglx?nf0{tof]nlf0fx?sf]sg}ofb x66 . xfd] ; dfhdf ePsf ljZjf; x? h: t] af\$; l, eTk] jf b]tf l/; fP/o:tf] nlf0f b]vPsf]xf]eGg]ljZjf; n]ubf{emg\w}8/ / lrgtf a9fp5 . nlf0f b]vPk15 pglx?df lrgtf x63f]x65 . of]g]nlf0fsf]klxf]pknlAw xf] . To; 6/L ; d:of ePsfnsf0{kl/jf/sf]; b:o tyf ; fylx?n]a9L :ofxf/df Wofg lbg]/ la/fdl ePsf]5 e6b}; Dal6wt sfdaf6 56sf/f lbg] h; nf0{nlf0fsf]bf]f]pknlAw eg] alen65 . To; 6] of]nlf0fsf]sf/0fn]xg]bf]f]pknlAw (secondary gain) nf0{hlt ; Sbf]sd ug6f]nflu a6nfpg' kg]x65 . ; d:ofsf]nlf0f b]vbf w}Wofg lbg]e6bf la/fdlnf0{PSn}/xg lbg] hlt ; Sbf]l56f]sfddf -lhDd]f/ldf_ kms6 k]f]fxg ug]ug]k65 . tgf]nf0{; xg] lfdtf JolQm cg'f/ km/s km/s x65 . To; 6] s]l JolQm]tgf]sf] cj:yfdf clws nlf0fx? b]vfp] ; S5g\eg]w]6] ; fdf6o ?kdf ; xg]ub5g\ . ol nlf0fx? ; ?jf /f]sf]nlf0f xf0gg\t/ slxn\$fxlFPs JolQmaf6 pgsf]glhssf]JolQmf nlf0f b]vPsf]kf065 . ljz]fu/L ; ?df nlf0f b]vg] JolQmsf] ; fdf]hs, kfl/jfl/s cj:yf h:t}kl/l:yltsf]cgej u/3fx?df of]cj:yfsf]nlf0f b]vg ; S5 . of] nlf0f b]vPsf]JolQm; 6 vfgf v6f, a:bf, v]bf / ; dfp6f nlf0f ; b6 .

cgfjZos Wofg÷Jojxf/ sd u/fpg]tl/sf

- nlf0fnf0{anhŠtl /f\$g nufpg]lqmfnsnfk gugxf] \.
- nlf0fk|t cgfjZos Wofg glbgxf] \.
- kēfljt; Ǝ ;fdfGo Jojxf/ ugxf] \ sg}7hf] ;d:of gePsf] cj:yfdf h:t}wø{f b]fpgxf] \ nlf0f x6\$] afhdf ;DalGwt ljBfyl{f0{c?nf0{h:t};fdfGo Jojxf/ ugxf] V cfŠgf] ;d:of ;dfwfg ug{;S5f}eg] xf}nf lbgxf] \h:t} olb sg};d:of ePsf]ljBfyl{cK7df/f]u/L lx8df pgnf0{eGgxf] \s æltdln]cfknhf0{;lhnf] agfP/ lx8g ;S5f} c?sf]d2t gln0sg cfkm}klg lx8g ;S5f} olb pgsf]of]lx8f0{cfŠgf]l8;c8{sf]nlf0f xf]eg]PSn}lx8g 5f\$bf v|/ n8g]xbg .
- nlf0f b]vPsf]ahf PSn}5f\$g]ugxf] \. t/ pxfE] ;/lffsf]Vofn /fVg' kb5 To;sf]nflu ck]olf ?kdf cyjf cln 6f9f jf la/fdln]gbVg]:yfgaf6 cjnf\$g ug{kb5 .

dgf]lj dz{; }f

; }fuf]xl; Ǝ ljZjfl; nf]; DaGw agfpg]

- kl/ro-dgf]lj dz\$tf{]cfkml sf]xf] s]sfd ug]xf] ; }fuf]xlnf0{s;/L ;xof] ug]xf]Tof]af/df hfgsf/L lbg]
- dgf]lj dz{; }gdf ; }fuf]xl tyf dgf]lj dz\$tf{b]j}5nkmsf]lj ifoj :thf0{lsg / s;/L uf]klgotf /fVg' kg]xf] aēnf0lbg] s:tf]vfnsf]hfgsf/L c?x?nf0{lbg' kg]xg;Sb5, k|6 kfg]. h:t} ;d:ofsf]pkrf/sf]nflu cgejl tyf lj1x?sf];Nfx lngkbf{; }fuf]xlsf];/lffsf]cj:yf Vofn ug{kbf}.
- dgf]lj dz{s;/L ul/65, slt k6s;Dd e\$g' kg]x65, Ps k6sdf slt ;do lbgkg]x65 af/]atf0lbg].

;d:ofsf]af/df s/f ug]

- ; }fuf]xlnf0{cfŠgf]dgsf]efjgf, s/f JoQm ug{; xh xg]jftfj /Of agf0lbg].
- ; }fuf]xlsf]s/fx? Wofgk] \$;glbg].
- ; }fuf]xln]cfŠgf]efjgf JoQm ul//fVbf To; nf0{; Rofpg] /f\$g]sfd gug].
- ; }fuf]xlsf] cfŠgf] ;d:of k|tsf] aēnf0{f/] 5nkmm ug] h:t} ol ;d:ofx?n] pgsf] JolQmut, kfl/jfl/s, ;fdlhs hljg, k9f0{f s:tf]kēfj kf/\$f]5, 5nkmm ug].

;d:of ;dfwfgdf d2t k\$ofpg]kZgx? ;fVg]

- tkf0\$]hljgsf sg-sg s/fx? cem}klg /fd] Ǝ cuf8l al9/x\$]5 xf]hf <
- tkf0{]cfknh]ug{; ls/fv\$]ol s/fx? elg/fVbf s:tf]dxz'; e0/x\$]5 <
- ; }fuf]xlnf0{s]s/fn]cfŠgf];d:ofnf0{; lhn} Ǝ ;xg d2t ub5 xf]hf <

- ;]fuf|x|sf]; d:of ; xg]lfdtf a9fpg s]ug{; ls65 xfhf <
- ;]fuf|x|n]cfknh]ug{; ls/x\$]sf]sfdx?sf]; l agfpg].
- of]lj ifodf 5nkm ul//fvbf ;]fuf|x|nf0{ePsf]cge]l'taf/]5nkm ug].

tgfj Joj :yfkug {; Sg]tl/sfx?

- Zjf; -kZjf; sf]cEof; M sGeh]sf]nl0f ePsf JolQmf0{klg Zjf; -kZjf; sf]cEof; n]tgfj ; xg d2t ub5, To; h]dgf]lj dz\$tf]j]f tflnd k]t :jf:Yosfo\$tf]h]; lhnf] 6 s; /L Zjf; -kZjf; sf]cEof; ug{; ls65 eg] l; s]pg]. of]cEof; nf0{k6s k6s bf]f]ofpg ; Denfpg].
- ;]fuf|x|sf]cf]dljZjf; a9fpg ; xof] ul/g]klfx? v]f]g] ;]fuf|x| 6 ePsf ; an klfx?, ; xof]ul ; f]x?sf] af/]f 5nkm ub]To; sf]k]f] u/] pgn]s; /L cfkngf ; d:of ; d]wfgug{; S5g\egl aenfpg]
- ;]fuf|x|nf0{cf\$gf]b]gs lqmf]snfk ug{x]nf lbg]h:t] vfg] v]f]g] 3/sf]sfdx? ug] k9g] n]v]g] ult u]fpg] g]fRg]c]flb .
- dgf]lj dz\$tf]h]d]fly p]n]vt tl/sfx? cfjZostf cg]f/ cEof; tyf 5nkm ug{; Sg]5g\.

Zjf; kZjf; lj lw

tn lb0Psf]lgb]zgx? ;]fuf|x|nf0{la:tf/}Zjf; k]f]cEof; sf nflu p]k]f]ul xg] . k]f]om h; f]tgfj jf lrl]tt JolQmsf nflu of]cEof; n]d2t ub5 . xfdl ha tgfjdf x65f]x]fd]Zjf; kZjf; k]f]om l56f]l56f]e0{/fv\$]x65, To; nf0{; fdf]o agfpg la:tf/}Zjf; k]f]cEof; nf0{k]f] ulg{z/L/ / dg b]j]sf nflu kmf0bf x65 . tgfjdf /lx/x]f z/L/sf]ljlecg efudf klk tgfj a9g hf65 . To; h]of]cEof; n]z/L/ / dg b]j]h]f0{cf/fd dxz'; u/fpg ; xof] ub5 . of]cEof; ; ? ug{e]bf klxn]tkf0{cf\$gf]z/L/nf0{; xh agfpgsf]nflu xft, kvf/f la:tf/} x]n]fpgf] \ v\$fx? klk x]n]fpgkf] \ v]shf]5f]g]x]f] \ . 9f8nf0{la:tf/}k5f]l8 It/ n]h]fgf] \ 6f]psf]h]f0{la:tf/} b]f]f]af]f]3d]fpgf] \ x]n]sf 5f]g]x]f] \ . ca tkf0\$]f]x]ftnf0{k]f]df /fv]g]x]f] \ s]n]kgf ug{x]f] \ s tkf0\$]f]k]f]df a]h]g 5, ha tkf0{Zjf; Ing' x65, a]h]g 7hf]x]f]hf65 To; u/L tkf0\$]f]k]f] klk k]n]l5 . ha tkf0h]Zjf; aflx/ k]n]l]g' x65, a]h]gsf]x]f] aflx/ hf65, To; u/L tkf0\$]f]k]f] leq It/ v]lDr65 . ;?dfdnf0{x]g]x]f] \ . klxn]f d cf\$gf] k]f]sf]x]f]f k/}aflx/ k]n]l]g]5' . ca la:tf/}Zjf; Ing]/ la:tf/}k]n]l]g]cEof; u/] b]y]fpgkf] \ . k]f]af6 Zjf; k]f]cEof; sf]s]l k6s k]f]z]g u/] b]y]fpgkf] \ . ca ;]fuf|x|nf0{e]gf] % k6s ;Dd tkf0h]klg d; 6}Zjf; sf]cEof; bf]f]ofpg]ug{x]f] \ . l7s 5, ca tkf0{k]f]af6 g}Zjf; k]f]cEof; d; 6}ug{x]f] \ . ofb ug{x]f] \ neqsf]; a} x]f]nf0{klxn]f aflx/ k]n]l]g] g]fsaf6 la:tf/}Zjf; Ing]/ k]f] k]n]l]b}uPsf]ofb ug]/ d]vaf6 Zjf; k]n]l]g] . @ l]dg] ;Dd ;]fuf|x| ; 6}of]cEof; ug{x]f] \ .

“ca bf]f]r/0fd] xfdln]cf\$gf]Zjf; nf0{la:tf/} Ing / 5f]g] cEof; ug]5f]. xfdln]Zjf; Ing # ; \$]8 / Zjf; Sof]l]g # ; \$]8 nufpg]5f]. d tkf0h]f0{u]Gtlug]f ; xof] ug]5' . ca tkf0{d]h]u]Gtl ub]h]f]f] Zjf; Ing]/ 5f]g]

ug{xfhf . Zjf; lngf] \====Ps====b0{====tlg . ca Zjf; Šof\ngxf] \====Ps====b0{==== =tlg .Æ
ca tkf0{cfkmh]ulx/f]Zjf; la:tf/}lng]/ 5f\$g]cEof; sxl ;do ugxf] \. ;]fuflnf0{cfŠgf]Zjf;
kZjf; la:tf/}kmj}{;Sg]agfpg sxl ;do -sDtldf @ ldgø_ cEof; ug{nufpgxf] \. ;]fufln]cEof; u?Ghjh
tkf0{7]ls;E u/]gu/\$f]c]nf\$g ugxf] \. To;kl5 ;]fuflnf0{s:tf]cgej eof];f]sf]af/df Ps l5g
5nkmn ugxf] \s s]ck7df/f]ePsf]lyof]. ætkf0{cfkmh]cEof; ubf{s:tf]dxz'; ug{ eof]. Zjf;nf0{l9nf
u/fpg ck7df/f]ePsf]lyof]ls <Æ ;]fuflnf0{o;}u/l Zjf; kmj]cEof; lgoldt ?kdf ug{xf}nf kðfg
ugxf] \. tgfj dxz'; ePsf ahfdf klg of]cEof; ug{0{;Denfpgxf] \. dgfljdz\$tf{x/\$;]gsf]cGtodf of]
cEof; ug{cem ;xof]l x65 eg]dgfljdzdf olb ;]fufln tgfjdf b]VPdf of]cEof; b]f]ofpg nufpgfn]cem
;xof]l klb5 .

kf7M cf7

IrGtfhGo ; d:of/PGhf016 I8; c8{ -Anxiety disorder)

kl/ro

IjleG Isl; dsf dfgl; s :jf:Yo ; d:ofx; dWo] PGhf016 I8; c8{ -IrGtfhGo ; d:of_ klg Ps xf]. IrGtf :jefljs ; jhffds cgej xf]. IrGtf zf/lI/s / dfgl; s kltlqmf xf]hg 8/ jf vt/f pTkGg u/fpg]kl/l:ylt klt blyf0G5 . t/ sg}IrGtf o:tf]xG5 h; n]JolQmsf]b]lgs hljgnf0{g}gsf/flds c;/ kfl/lbG5 / zf/lI/s, dfgl; s tyf JofjxfI/s ; kdf IjleG ksf/sf nlf0fx? b]lvG]ub5g\ . o:tf]cj:yf nfdf]; do;Dd /lx/xdf o;n]blirGtfsf]; k lnG5 h; nfo{PGhf06L I8; G8/ -Anxiety disorder_ elgG5+. oxfFlrGtfhGo /f]u; d:of, blirGtf jf PGhf016 I8; G8/ dWo]hg zAb kof] u/klg ; a]f0{Pp6}aemf0{xgkb5 . xdf]b]zdf ; dbfo :t/sf :jf:Yo ; yfx?df cfPsf dfgl; s :jf:Yo ; d:ofsf la/fdx? dWo]IrGtfhGo ; d:of lnP/ cfpGsf]; Wof clws 5 .

IrGtfhGo ; d:ofsf sf/Of

IrGtfhGo ; d:ofsf dVo sf/Ofx? IgDg ksf/ /xsf 5gM-

hljs tJ M jzfofut (genetic) sf/Of h:t}cdfd afa' dWo]s; jf0{IrGtfhGo ; d:of ePdf 5f]f5f]ldf klg o:tf]; d:of b]lvG]; Defjgf a9L xG5 .

dGf]f]lgs sf/Ofx? M of] JolQmsf] ljrf/, efjgf, Jojxf/, b[i6sf]f; E ; DalGwt xG5 . h:t] JolQmf cfd; Ddfg Pj +cfdljZjf; sf]sdl 5 eg]To:tf]JolQmf0{IrGtfhGo ; d:of xG]; Defjgf a9L xG5 .

;fdlhs sf/Ofx? M cG/ j]lQms ; DaGw, j]flxs cj:yf, ;dfhdf Pj+;fdlhs k/Dk/fx?df JolQm cfkh ;dfolhg xG ; sg] eg]klg p; df IrGtfhGo ; d:of b]lvG ; S5 .

IrGtfhGo ; d:ofsf nlf0fx?

IrGtfhGo ; d:of ePsf JolQm?n]IjleG nlf0fx? blyfpg]ub5g\hg IgDgfg; f/ 5gM

- s]l g/fdf]36gf 365 ls egl ; f]g](Anxious foreboding),
- Ijgfsf/Of PSsfI; 8/ nflg](Suddenly scared for no reason),
- TolQs}8/fPsf]dxz'; xG](Feeling fearful),
- rSs/ nflg] efpGg xG] sdhf] dxz'; xG](Faintness, dizziness or weakness),
- cflQg](Nervousness),
- d6' xllng]jf d6sf]w8sg a9G](Heart pounding or racing),
- xftv\$ f jf k'}z/L/ sfDg](Trembling),

dgf]fdflhs ;xof]u

dgf]jdz{ nufot dgf]fdflhs ;xfotf cftu{ ;xof]uL Jojxf/x? h;n] IrGtfhGo ;d:ofnf0{sd ub5 To:tf Jojxf/nf0{ kfl;fxg lbgxf}\. IrGtfhGo ;d:ofnf0{a9fpg] Jojxf/x? h:t} vfgf gvfg] jf w}] vfg] cGo JolQm?; E cft/lqmf ug{g?rfpg] Psf]f]f]xg] c?; E s'/fsfgl ug{dg gk/fpg] PSn}a:g] x8a8fpg] tyf cflQg]h:tf Joxf/x?nf0{sd ug{;xof]u ug{b5 . o; ksf/sf];xof]un]IrGtfhGo ;d:of ePsf dflg;x?nf0{pglx?sf]Jojxf/ kl/jtG u/L IrGtfhGo ;d:ofdf b]vg]nlf0fx?df kl/jtG Nofpg ;xof]u ub5 . dgf]jdz{ cftu{ s'/fsfglnf0{/fd/L ;G]/ pkoQm tl/sfaf6 k]tlqmf lbg] JolQm; E p;sf ;d:of / To;sf];dfwfgsf nflu ;sf/flDs 5nkmn ug{;ls65 . dgf]fdflhs ;xfotfsf cftu{ Wofg, cf/fdbfol cEof; / of]ux? ug{ kfl;flxt ug{;ls65 . o;sf nflu cfwf/et dgf]fdflhs ;xof]u tyf ;d:of klxrfg kZrft\dgf]j1, dgf]jdz{tf{tyf dgf]rlst;ssf];xof]u lngkg]x65 . o:tf lsl;dsf dgf]fdflhs ;xfotfsf nflu tkf0{cfkmhf0{yxf eP cg'f/ ;}f k'of0{tkf0{sf]sfo{lf]df jf To;af6 glhs}ePsf dgf]jdz{tf{jf dgf]jbx?sf];xof]u lngxf] \jf pglx? ;dlf l;kmf/; ug{f] \.

dgf]fdflhs ;xof]u cftu{ dgf]zlf

JolQm/ :ofxf/stf]nflu tn lb0Psf dxTjk0f{;Gb}x? kjfx ug{f] \

- IrGtfhGo ;d:of Ps ;fwf/Of dfgl;s :jf:Yo cj:yf xf]/ of]hf]sf]lnf0{klg xg;Sb5 .
- IrGtfhGo ;d:of xg' eg]JolQm sdhf] xg'jf s}L ug{g;Sg]xg'xf0g .
- IrGtfhGo ;d:of ePsf JolQm?sf]cftdan clgolGqt x65 / kl5 lkmtf{Nofpg uxf]xg ;Sb5 eG]wf/Off unt xf]egl aenfpkgf] \.

dgf]fdflhs ;xof]u cftu{ tgj sd ug{d2t ug{f]V ;fdflhs ;xof]unf0{;b} tlfopkgf] \.

tgj]sf]n]y]fhf]yf u/L tgj]sf]sf/s tJx? 36fpg]k0f; ug{f] \. JolQmsf klxn]sf ;fdflhs ;hfnnf0{;lqmf agfpgkf] \. JolQm]klxn]u/}f To:tf ;fdflhs sfo{?sf]klxrfg ug{f] \,hg kgM ;? u/df k]oIf jf ck]oIf ?kdf dgf]fdflhs ;xof]u k0fg ug{;ls65, h:t}M kfl/jfl/s hd36, l5d}lx?;Esf] e}3f6 / ;fdbflos lqmf]snfk cflb .

JolQm tyf kl/jf/nf0{ljz]f ;Nnfx ;enfj M

- JolQm]b]gs tflnsf agfP/ lqmf]snfkx? ug{;s}f]v08df Psbd}nfebfos xg;Sb5 .
- b]gs tyf lgoldt ?kdf cf/fdbfol cEof; h:t}Zff/ll/s Jofofd, Zjf; k}jf; k}sf, of]uf, Wofg ug{ :jf:Yosf nflu Psbd}dxTjk0f{5 .
- sl7g ePtf klg JolQmf0{;Dej eP;Dd lgDgfcg'f/sf]w}]eGbf w}]sfo{? ug{kl;fxg ug{f] \.

- klxn\$ f sfo?nf0{kgM ; rf? jf lg/tt/uf ug{
- ;Tg]/ p7g]; do tflnsf lgoldt agfpg,
- ;Dej eP;Dd Zff/LI/s ?kdf ; lqmo xg]køf; ug{
- vfgfsf]?lr kl/jtø ePtf klg lgoldt ?kdf vfg]køf; ug{
- ljZj; glo ; fyl / kl/jf/; f; do latfpg]køf; ug{
- ;fdbflos tyf cfo ; fdfhs lqofsnfkx?df ; s]Dd efu lng]køf; ug{

dfly pln]vt lqofsnfkx?n]cfkm kl/jf/ tyf ; dbfodf /fd] f 3hldn e0 zf/LI/s / dfgl; s ?kdf
:j:y /xg d2t ub5g\egl JolQm tyf :ofxf/stf0{aenfpgkf} \.

o; sf ; fy}lgDgfg; f/sf]tflnsfnf0{kfngf ugxf} \M

cf]fwl pkrf/

- ; jkyd JolQm; f cf]fwl køf] ug]Is gug]egl 5nkm u/L lgofo(df kløkf) \. To; sf nflu tnsf s/f JolQmf0{JofVof ugxf} M
 - o; ; d:ofsf nflu lb0g]cf]fwln]nt nlfpp5g .
 - l; kmf/; ul/P cg'f/ b]gs?kdf cf]fwl ; j]gug{Psbd}dxTj kOf{x65 .
 - cf]fwl ; j]gsf ; ?sf lbgx?df s]L c; /x? b]vg ; S5gV kl5 cfkm]x/fp5g\.
- JolQmsf]pd] / ; f]l cg'f/sf]8fh lbg / cfo cf]fwlx? køf] ul//x\$]cj:yfx? / cf]fwlsf]c; /x?nf0{Psbd}Wofg lbgkf] V ; Dej eP ; Dd l6kf u/] /fv]kf] \.
- sg}Ps cf]fwlsf]; a]Gbf sd dfqaf6 pkrf/ ; ? ugxf] \.
- Ir6tfhco ; d:ofsf nlf0fx? lgsf]x5]uPsf]; doaf6 ; fdfotof cf]fwlsf]køf] ^-(dlxgf; Dd ul//xg' kb5.
- JolQm]s]l ; wf/ dxz'; ub]f cf]fwl ; j]g aGb ug{x5g} . JolQmf0{tf]sPsf]; dofjlwe/ cf]fwlsf]; j]g ug{5{eg} hfgsf/L lbgkf] \.
- ; ?df **Fluoxetine** af6 pkrf/ ; ? ugxf] V olb JolQmf lgb] ; Dal6w ; d:of jf 56k6fx6 ; Dal6w ; d:of ePdf 5f]f]cj]lwsf nflu **Diazepam** cf]fwl yk ug{; Sgxk5 .
- ; jf:Yo ; :ydf **Fluoxetine** pknAw gePdf jf klxn]b]v g} **Amitriptyline** af6 pkrf/ ul//x\$]cj:yfdf **Amitriptyline** af6 pkrf/nf0{lg/tt/uf lbgkf] \.

!@ j if{jf ; fēGbf a9l pd]sf lszf]-lszf]l dgf] fdfllhs
; xof]sf afahb klg nlf0fx? /lx/xdf jf emg\ a9df ljz]f1
sxfF; kmf/; ugxf] \. olb ljz]f1 dfkmf Fluoxetine
lb0Psf]5 eg] pxf]sf]; Nnfx ; emfj cg'f/ pkrf/ ugxf] \.
j j] ffx?nf0{ klg ljz]f1 sxfF; kmf/; ugxf] \ / pxf]sf]
; Nnfx ; emfj cg'f/ cgludg ugxf] \.

ue]tl jf :tgkfg u/f0/x\$}f dlxfx?df ; Dej
eP; Dd antidepressant Sf]kōf] gugxf] \.
dgf] fdfllhs ; xof] kēj sf/L gePdf ljz]f1sf]
k/fdzdf yf}]dfqdf antidepressant
rnfpfgxf] \. olb dlxfn]:tgkfg u/f0/x\$}l
l5g\eg] z/L/df nfdf]; do; Dd /lx/xg]
antidepressant Cf]fwl h:t}Fluoxetine
grnfpfgxf] \. sg]kg cf]fwl jf cf]fwlsf]8fh
kl/j tē ug{k/df ljz]f1; G k/fdz{ugxf] \.

<p>cfjfwl (Medication)</p>	<p>dfqf (Dosage)</p>	<p>Gsf/flds c; /x? (Side effects)</p>	<p>; fj wfgl (Contraindications/Cautions)</p>
<p>Fluoxetine</p>	<p>; ?df klxnf]Ps xktfsf]nflu !)mg af6 laxfg vfgf kl5 ;?jft ugxf] \. bf] f]xktfaf6 @) mg b]gs?kdf lbgxf] \ . olb ^ xktf; Dddf sg}; wf/ b]vPg eg]d]8sn clws[x?n]\$) mg ; Dd a9fpgxf] V c6o :jf:Yosdlx?n]d]8sn clws[x? sxfH; knfl/; ugxf] \ . j 4=lr]sT; slo ?kdf la/fdlx?nf0{M b]gs ?kdf !) mg af6 ;? ugxf] \ bf] f]xktfaf6 @)mg ; Dd a9fpgxf] \ olb ^ xktf; Dddf sg}; wf/ b]vPg eg]d]8sn clws[x?n)#) mg ; Dd a9fpgxf] V c6o :jf:Yosdlx?n]d]8sn clws[x? sxfH; knfl/; ugxf] \ . afnaf]nsfx?=-lszf] lszf]lx?nf0{ cfjfwl kpfu] gugxf] \ .</p>	<p>; df6o c; /M n7X kg{ lgbf gnflg' 6fpsf]bVg' l/E6f nflg' k6 ; Dal6w u8a8l xg' vfglkgdf c?lr xg' / ofgOR5f gxy' jf ofgcu lgis6 h:tf] nflg' . uDel/ c; / M Aspirin jf c6o Non-steroidal anti-inflammatory drugs ; Jg ugI JolQndf /Qm; fj sf] ; d:of xg' Sodium sf]dfqf Gog b]vg' .</p>	<p>SDkg (Seizure) sf]cgej u/\$f JolQm]; fj wfgl ckfpgxf] \ . cfjfwl-cfjfwlalr k]tlqomfM Warfarin ; G}csf]cfjfwl glbgxf] \-/Qm>fj sf]hf]vd a9fpg ; S5_ . TCAs, antipsychotics / beta- blockers sf]dfqf a9fpg ; S5 . Tamoxifen, Codeine and Tramadol ; G}lbbf ; fj wfgl ckgfpqxf] \-cfjfwlsf]kefj sd k5{.</p>

cgldg (Follow up)

lgoldt cgludgdf afhfPsf]ahf cfPsf]gcfPsf]xgxf], gcfPdf cfpgsf]nflu afhfpg]Joj:yf ugxf] \. ;wf/ eP gePsf]xg\$sf nflu n\fhf\yf ugxf] \. olb ;wf/ e0{x\$}5 eg]M

- nIf0fx?af6 dQmgeP;Dd JolQmf0{xfn ul//x\$}Joj:yfkgnf0{:jf:Yosdlh]^-(dlxgf;Dd lg/Gt/tf lbg kf]; fyg ugxf] \.
- csf]cgludg !-@ xktfleq ug]Joj:yf ugxf] \.
- JolQmsf]nIf0fx?df ;wf/ x\$}cfPdf e}3f6sf]k6s 36fp\$}hfgxf] \. h:tM x/\$! dlxgdf Ps k6s .

gfM Joltmf IrGtfhGo ;d:ofsf]nIf0fx? kOf?kdf gx6~hjh;Dd cgludgnf0{lg/Gt/tf lbgxf] \.

x/\$ cgludgdfM dgf]zIf lbgxf] \. tgj x6fpg]/ ;fdflhs ;xof]nf0{cema9fjf lbgxf] \. blgs lqmfnsfksf] sfo{Dkfbg ug]Ifdtf / ;fdbflos hljgnf0{k}4g ugxf] \. Antidepressant cf]fwlsf]kpf] / dgf] }flgs pkrf/nf0{:dLIff ugxf] \. JolQmf c? sg}Wofg lbgkg]gofFnIf0fx? 5g\jf cGo dfgl;s, :gfo"tyf nfucf]fw kpf] ;Dalw ;d:ofsf ;fy}jt}dfg cj:yfsf cGo zf/ll/s cj:yfsf];dLIff ugxf] \. dlxnfsf];Gbedf olb dlxnf khhg\pd]sf]/ aRrf kfp]of]hgdf xgk65 eg]ljz}f1; k/fdz{Ingxf] \.

gfM JolQm; k cf]fwl 56fp\$}sf]hf]vd / knf0bfx? af/]5nkm ugxf] V \$ xktfsf]cj]lwe/df cf]fwlsf]dfqf la:tf/}36fp\$}hfgxf] \. Joltmf bl]vPsf nIf0fx?sf]Gols/Of eP=gePsf]cgludg ugxf] \.

olb cgludgdf cfp\$;wf/ e0/x\$}5g eg]lgDgfg'f/sf pkfox? ckgfpg ;ls65M

- dgf]fdflhs ;xof] tyf dgf]jdz}cf cfjZostf cg'f/ ;nlg u/fpgxf] \.
- olb dgf]fdflhs ;xof] kkt ul//x\$}eP To;k]tsf];nlgtf / cgejsf]dNof]g ugxf] \.
- olb cem}Dd antidepressant cf]fwlsf];]g u/\$}5g eg]kpf] ug{eGxf] \.
- olb antidepressants cf]fwlsf];]g ul//x\$}5 eg] tnsf s'fx? n\fhf\yf ugxf] M
- To; JolQm]l;knf/; u/]cg'f/ cf]fwlsf];]g ul//x\$}5 < olb 5g eg] ;]g gug\$}sf/0fx? vf]gxf] V ;]g ug\$}nflu k]/t ugxf] \.
- o;sf]sg}k]tsh c;/x? 5g< olb 5g\eg] dNof^a\$g ugxf] V pkrf/sf knf0bfx? s}hfgxf] \
- olb antidepressant sf]k]tsh c;/x? 5g eg] cf]fwlsf]dfqf a9fpgxf] \tflnsf ! cg'f/ ugxf] \.
- cf]fwlsf] dfqf j[4 ubf{ ;fjwfgl ckgfpgxf] \. ;Defljt k]tsh c;/x?sf] j[4 xg] xgfn] lg/Gt/ cgludgdf ;xeful u/fpgxf] \.

Developmental

Developmental disorders in children and adolescents

(Child and adolescent mental and behavioral disorders)

Developmental

Developmental Disorders are a group of conditions that affect the brain and behavior. They often start in early childhood and can last throughout life. Examples include Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD), and Intellectual Disability (ID). These disorders can affect a person's ability to learn, communicate, and interact with others. Early diagnosis and intervention are important for improving outcomes.

Behavioral disorders are conditions that affect a person's behavior and emotions. They often start in childhood and can persist into adulthood. Examples include Conduct Disorder (CD), Oppositional Defiant Disorder (ODD), and Anxiety Disorders. These disorders can affect a person's ability to control their impulses, follow rules, and manage their emotions. Treatment often involves a combination of medication and behavioral therapy.

Emotional disorders are conditions that affect a person's emotions and mood. They often start in childhood and can persist into adulthood. Examples include Major Depressive Disorder (MDD), Bipolar Disorder, and Generalized Anxiety Disorder (GAD). These disorders can affect a person's ability to experience and regulate their emotions. Treatment often involves a combination of medication and psychotherapy.

Support systems are important for people with developmental and behavioral disorders. They can provide emotional support, practical assistance, and advocacy. Support systems can include family, friends, community organizations, and professional services. Having a strong support system can improve a person's quality of life and help them manage their symptoms.

Attention Deficit Hyperactivity Disorder – ADHD :

ADHD is a neurodevelopmental disorder characterized by persistent and excessive inattention, hyperactivity, and impulsivity. It affects approximately 7% of children and 4% of adults. Symptoms can vary in severity and may change over time. ADHD is often diagnosed in childhood but can go undiagnosed until adulthood. Treatment typically involves a combination of medication and behavioral therapy. Early diagnosis and treatment can help improve academic and social functioning.

o; ;d:of ePsf afnaflnsf;df lgdg Jojxf/=nlfofx? b]v65g\

- Wofg s]b} ug{sl7gf0 xg], ➤ lgb}g lb}f Wofg glbg] jf sfd ➤ cfj}k0f{Jojxf/ xg],
- efjgftds pynkyn xg] gl; Wofpg] ➤ w}af]g]
- 56k6l xg] ➤ sfo{Jojl:yt ug{sl7gf0 jf sfdx; ➤ zftt eP/ v]gdf sl7gf0 xg]
- lbjf:jkg -w} }sllkgf ug], cw/f xg] ➤ cf}gf]kfnf]kv} g; Sg]
- w} }ulltlx; xg] ➤ ;lhn}Wofg eE xg]
- s/f ubf{g; }g] ➤ rhah]jf rsrs]:jefjsf]xg]

ADHD sf sf/s tEjx; M

oxl sf/0fn]ADHD x65 e6g ;lsg]cj:yf 5g . t/ jzf0fut sf/0fn]xg ;S5 ls eg} o; ljifonf0{lnP/ ljle6g lsl;dsf cWoog cg; }wfg e0/x}f 5g\ . tl cWoog cg; }wfgn] b}fP cg;f/ o; ;d:ofsf k}v sf/0fx; lgdgfg;f/ /x}f 5g\

- olb h6dlbg]cdfd jf afa's; }f0{o:tf];d:of 5 eg]aRrfd })Ü e6f a9l ;Defjgf x65 eg]Pp6f ;Gtfgdf o:tf];d:of b}f k/}f]5 eg]csf];Gtfgdf #)Ü e6f a9l b}f kg{Sg];Defjgf x65 .
- uef]:yfsf];dodf olb cdfn]r/f}, /S;l jf c6o sg}nfu}f}wsf]k}f} u/}f ADHD xg]hf]vd a9fpg ;S5 .
- aRrf sd t}sf]h6d}f, ;do gklul h6d}f, cdfnf0{uef]:ydf w} };jf:Yo ;d:ofx; ePdf .
- h6dg]a}hdf aRrfsf]6fpsf}f rf} nfu}f .

v_ Disruptive Behavior Disorder (DBD)

Jojxf/df xg];d:ofsf ;d}nf0{ljWj }fTds Jojxf/ ;Da6wL ljsf/ elg65 . o:tf ;d:of ePsf afnaflnsf jf JolQm]p; sf]j|/kl/sf dflg;x; / jftfj/0fnf0{cj/f}w kfg]xgfn]o; nf0{ljWj }fTds zAb k}f} ul/Psf]xf].

ljWj }fTds Jojxf/ ;Dal6w c;Gthg b0{k}f/sf x65g\

!_ Oppositional Defiant Disorder (ODD)

@_ Conduct Disorder (CD)

!_ **Oppositional Defiant Disorder (ODD):** afnaflnsf lg/lt/ ċkdf l/;fpg] emsf[dfċg] emu8fn' :jefj xċfsf] ;fy} 7hf JolQmċ k|t abnfsf] efjgf jf 0v /fVg] xċ5g\ . o:tf Jojxf/n] afnaflnsf] b]gs lsċfsnfkdf tyf j|/kl/sf jftfj/0fnf0{cċj/fċ u5ċg\ . ODD nf0{;dod}pkrf/ gu/ċf kl5 uP/ ;dfh lj/fċl xċg] ;Daċw jf kċzdfdf ;d:of xċg] ;Defjgf xċ5 ;fy}pglxċdf yk ulDe/ cfr/Of ljsf/ -**Conduct Disorder**) xċg ;S5 .

@_ **Conduct Disorder (CD):** afnlofj:yf jf lszf]fj:yfdf b]vg]Jojxf/ tyf efjgdfdf cfp] ;d:ofnf0{CD elgċ5 . o:tf ;d:of ePsf JolQmċdf lgodxċ kfngf ug{ufx[] xċg] cfs[]ds, ljgfzsf/l :jefj xċg] xċf pglxċnf0{dfgl;s :jf:Yo ;d:of÷/fċ eċbf klċ v/fa jf g/fdf] cfr/Of ePsf] eg] bf]f nufpg] ul/Psf] kfċċ5 .

ljWj #fTds Jojxf/ ;Daċwl c;ċthg (**DBD**) sf sf/Of tyf hf]vd tċjxċ

ljleċg c]woogn]b]yfp cċg'f/ h]j's, zf/l|/s / jftfj/Oflo 36gf dVo ljWj #fTds Jojxf/ ;Daċwl c;ċthgsf] (DBD) sf/Of ePsf]kfċċ5 .

h]j's sf/Of M of]jzfofutsf ;fy}:gfo' kċffnl;ċ ;Dalċwt xċ5 . olb kl/jf/sf sċg]klċ ;b:onf0{dfgl;s ;d:of h:t};j]fTds ;d:of -Mood disorder), JolQmċj ;Daċwl ;d:of (Personality disorder) / lrgċfhċo ;d:of (Anxiety disorder) 5 eg]afnaflnsfnf0{ljWj #fTds Jojxf/ ;Daċwl c;ċthg (DBD) xċg]hf]vd xċ5 .

zf/l|/s sf/Of M olb afnaflnsf]Frontal lobe df c;/ k/ċf DBD ;d:of xċ5 lsgeg]frontal lobe n] JolQmsf]efjgfnf0{lgoċqOf ug]sfd u5{. To; ċ]o;nf0{JolQmċj ljsf;sf]3/ elgċ5 . Neurotransmitters df ;d:of ePdf JolQmsf];~rf/ ;lkdf jf /fd[]ċ s/fsfgldf ug];lkdf ;d:of Nofp5 h;n]ubf{DBD sf] hf]vd a9fp5 .

jftfj/Oflo sf/Of M afnaflnsfdf DBD xċg kl/jf|/s jftfj/Of tyf xsf[ċg]zċln]klċ 7hf]el'dsf vċċf]xċ5 . afacdf / afnaflnsf]cċt/lqmf jf ;Daċw kof(ċt gxċ' afnaflnsfnf0{s7f] zf;gdf /fVg]jf s]l dtna} gug]Jojxf/n]klċ DBD xċ5 . To;}u/l c|tl/Qm j]flxs ;d:of, 5l\$P/ a;ċf]kl/jf/, kl/jf/ ;^vof / ;fdl|hs tyf ;f:s[ts klċ klċ o;sf]sf/Of cċtuċ kbċg\ .

ljWj ;fids Jojxf/ ; DaGwl c; Gthg (DBD) sf nlf0fx;

- > l/; sf]sf/Of emf\$ l :jefj xGf] > k[fo l/; f0/xg] ; lhn}emu8f ug{ > ; d:of ; dfwfg ug[; lkdf sdl,
- > 7hf dfG5h]agfPsf]lgoddf rNg tof/ xg] > abnfsf]efjgf /fVg]
- gdfG]jf lgodx; kfngf ug{ > hfglhfgl ; DklQsf]ljgfz ug[> em6f]af]g] 3Qffn]el/Psf]
- gdfG] > ; dfhaf6 6f9f /xg] > rfG] abdf; l ug[
- > c?nf0{ck7df/f]kfg]vfnsf > lg/fz xg] > hgj/x; klt lgb6l xg]
- s/fx; hfglhfgl ug[> ; lhn}lr8kr8 xg] > cfuf] G v]g]
- > cfknh]u/\$f]uNtLsf]bf]f c?nf0{ > Wofg s]Gb} ug{ufxf]xg] > ; xfgel'tdf sdl,
- nufpg]jf c?nf0{bf]f lbg] > :d/Of zIQmdf sdl, > k5tf]gug[
- :jefj, > af]g6Gbf cuf]8 ; f]g g; Sg] > cftd ; Ddfgdf sdl dxz'; ug[.

DBD sf c; /x;

olb afnaflnsfnf0{; dodf g}pkrf/ jf ; xof] gu/dif of]; d:of ePsf]JolQmdf ; dfh lj/f]l JolQmEj sf]lj sf; xg ; Sb5 hg lgdgfg'; f/ /x\$ f 5g\

- > ck/flws sfodf ; nllg xg]
- > nfuKbfy\$ f]kpf],
- > hf]vdkOf{ofG Jojxf/,
- > cyKOf{; DaGw sfod /fVg g; Sg]
- > ; dfhaf6 6f9f xg]cflb .

u_ cl6hd -Autism_

cl6hd :gfo' kQffnl ljsf; ; DalGw ; d:of xf]/ of]hljge/ g}/xg]Ps ckfE'tf xf]. cl6hdn]afnaflnsf] ; fdlhs ; lk, ; ~rf/ ; lkdf sl7gf0 -df]vs tyf cdf]vs_ / Jojxf/ cflb lfQdf c; / ub5 . cl6hd k[oh; f] hGd\$ f] # jif[eq k]6 ; kdf b]vG5 . cl6hdsf nlf0fx; JolQm-JolQmdf Jofks ; kdf leGg ePsf] sf/Ofn] o; nf0{ cl6hd :k\$6d ljsf/ (Autism spectrum disorder- Asperger syndrome, Rett syndrome, Childhood disintegrative disorder, Pervasive developmental disorder) sf]; kdf klg ln0G5 . cl6hd ePsf JolQm; nf0{ ; fwf/Of ; ~rf/ / ; fdlhs sl7gf0b]v lnP/ hljgofkgdf ; bf c?sf]; xfotfdf lhpkgf] cj :yf xG5 .

cl6hd dfgl; s /f] xf0g / ;:t dgl:ylt klq xf0g t/ cl6hd ePsf afns of JolQmf0{cl6hdsf];fy} Down's syndrome, ;:t dgl:ylt, dl:tis kl3ft tyf 5f/]f] klq xg ;Sb5 . of]bhé ;d:of eg]xf0g . of] Developmental disorders df t]f]:yfgdf /x\$]5 . cWoogx¿sf cg'f/ cd]/sdf cl6hd :k\$6d l8;c8(x/\$!,))) afnafnsfsf]hg; a\ofdf * hgfnf0{b]vg]u/\$]5 . o;df klq s]lnf0{eGbf \$ u0ff a9L s]fx¿df b]vPsf]5 . (Kaplan & Sadock's Synopsis of Psychiatry, 11th Edition)

cl6hdsf sf/Of -Causes of Autism_

w]h;f]cl6hd jzf0lut sf/Ofn]g]xg]eGg]l]leGg n]x¿ kf0Psf]ePtf klq cem;Dd cl6hd xg]sf]:ki6 sf/Of kQf nflg ;s\$]5g . w]h;f]cg;wfgsf cg'f/ lgDglnlvt sf/Ofx¿ cl6hdsf]nflu lhDd]f/ /x\$]f cgdffg ug{:lsG5M

- jzf0lut ,
- uef]:yfdf cdfnf0{dfgl; s tgj tyf efjgTds cf3ft tyf c6o dgf] }flgs ;d:ofx¿,
- a9bf]cdfaf]fsf]pd],
- uef]:yfdf xg]/Qm>fj, skf]f0f, wdkfg,
- sd tfh -hGdE_,
- hGdbf nflg]rfk6s,
- uef]:yfdf cdfdf b]vg]dwd] cflb .

cl6hdsf k]{}; a\$]x¿ -Early signs of Autism_

cl6hd ;a\$] u/] cfp5 eGg]t xf0g t/ tnsf ;a\$]sf cfwf/df cl6hd xg nfl0f]ls eg] cgdffg ug{:lsG5 / lrlsT;s;Esf]k/fdz{tyf hfrE] nflu hfg ;lsG5 .

- l9nf]af]hl cfpq'jf gaff]g'
- k6s-k6s Ps}k\$]/sf]xfpefp, af]hl jf zf/l]s lqmfnsnfk bf]f]ofpg'
- ;fdflhs ;lkx¿ pd] cg'f/ :jfe]js ¿kdf l]sf; g'xg'
- c?;E cfEfsf]k]olf ;Dks{gug{

cl6hdsf nlf0fxζ -Symptoms of Autism_

cl6hdsf nlf0fxζ lgDg Inlvt 5gM

- Psn}÷cnlu)a:g]afgl,
- j:txζk|t cgf}f]nufj ,
- af}hfp}f gaff]g] ;fy} slxn\$fxlF g;g}h:tf] ul/lbg]
- aRrfx?sf] sg} sflklgs tyf gf6slo v}hxζ -a}hfa}hl a}g]v}h, cfdfaaf cflb_ gv}l]g]
- c;f6ble\$÷gldl}bf]tl/sfn]xfEg]jf ?g]
- cf}f}df cf}f} ghw}fpg]
- c? s}f}sf}l; } gv}l]g]tyf 3hldn gxg]
- sg}sfD Psbd /fd}l] } ug{;Sg] t/ ;fdflhs sfo{ug{g;Sg]
- 8/ gxg];fy}vt/f ga}g]
- sg}klg zAb jf jfSo af/Daf/ bf}f}f}ofpg]
- sg}klg lrh÷j:t' 3df0/xg]
- cf}Sgf] cfjZostfsf] ;fdfg 7hf dflg;sf] xft ;dft} b}y}fpg]
- c}olws rsrs]cyjf clt lgliqmo xg]
- x/\$ lbg Pp6}sfD ug{?rfpg] kl/jt6 dg gk/fpg]
- ;fwf/Of lzlfOf lj lwaf6 gl;Sg]
- c;fdfo Jojxf/ ug] h:t}M xlnng] dIRrg] xft xlnfpg] plkl}g]cflb,
- bf}f}f]s/fsfgl ug{dg gk/fpg]
- c? afnaflnsfnf0{dg kg]l}sf}snfk jf Tof] pd}df dg kg] s/fxζ -h:t}M h6dlbg_df /df0nf]gdf6g]
- ;d}ldf v}l}gebf Psn}v}l]g dg k/fpg]
- JolQmζ; } ;fdflhs cj:yf cg'f/ Jojxf/, ug{gcfpg]. h:t}M gd:sf/, af0-af0{.
- lagf sf/Of ?g] s/fpg]tyf lrl6tt xg]
- sg}Pp6f lj ifodf dfq nufj /fVg]

cl6hd ePsf aRrfxζsf]hljgofkg -Livelihood of children having Autism_

cl6hd :k\$6d l8;c8{sf]ulDe/tfnf0{dfkg ug]sg}cflwsfl/s lj lw 5g . olb ;dod}klxrfg ePsf]v08df / pkoQm lg/Gt/ ;xof}u k|t u/\$f]v08df afnaflnsfn]cfkn}df ljle6g ;lkxζ ljsf; ug{;Sb5g\ . cl6hd ePsf afnaflnsfnf0{l}g/Gt/ tyf k6fjsf/l ;xof}u u/}f pglxζn]s}l xb;Dd :jt6q tyf ;xh hljgofkg ug{ ; lfd xg];Defjgf /x65 .

afnaflnsf tyf lszf]-lszf]lx?df b]vg]dfgl; s tyf Jojxf/s ; d:ofx?sf]n\fhf\yf M

afnaflnsf tyf lszf]-lszf]lx?nf0{tn lb0Psf lj ifosf cfwf/df n\fhf\yf ugxf] M

- afnaflnsdf xg]ljsf; sf ; d:ofx?sf] n\fhf\yf ugxf] \.
- Wofg s]Gb† ug{; d:of jf cToflws lqmfnsnfkdf ; n]lg xg]; DalGw ; d:ofsf] n\fhf\yf ugxf] \.
- efjgftds ; d:ofsf]n\fhf\yf ugxf] \. lszf]-lszf]lx?df d]lod b]v ulde/ Depression Sf]d]Nof]g ugxf] \.
- k6s-k6s Defiant -lg8/ xg], cf1fkfngf gug] / cfs]ds Jojxf/sf] n\fhf\yf ugxf] \.
- c6o kfyldstfdf kg]MNS cj :yfx?sf] n\fhf\yf ugxf] \.
- 3/sf]jftfj/0fsf] n\fhf\yf ugxf] \.
- ljBfnosf] jftfj/0fsf] n\fhf\yf ugxf] \.

dfly leG leG lzif&df elgPsf cfwf/df tyf tn lb0Psf afnaflnsf tyf lszf]-lszf]lx?df b]vg]dfgl; s / Jojxf/flds ; d:ofsf ; fdf6o nlf0fx?sf cfwf/df n\fhf\yf ug{; Sgk6\$ M

afnaflnsf=lszf]-lszf]lx?sf zf/ll/s lzsfot jf ; fdf6o :jf:Yo ; d:ofx?sf]n\fhf\yfdf lgdg s'/fx? x65g\

- efjgftds, Jojxf/flds jf ljsf; flds ; d:of,
- hf]vdoQm t]jx? h:t}skf]f0f, b]Jo]xf/ jf a]f:tf, af/Daf/ la/fdl xg', bl3{f] -pbfx/0fsf]nfluM Prcf0e]l P8\ jf h6d]f sl7gf0 ePsf],

afnaflnsf=lszf]lszf]lsf]af/df ; /f]sf/ -rf;f] ePsf :ofx/stf? M

- bf]/l (peer) ; dxdf /fVg ufxf]xg]jf To; pd] ; dxsf Jo]Qm]ug{; Sg]sfo{ug{ufxf]xg]
- Jojxf/ -h:t} cToflws ; lsf, cfs]ds, af/Daf/ w}]cfj]zdf cfp]g] w}]; do ; Dd Psn}xg rfxg] lgoldt sfo{? Ufg{jf :sh hfg gdf6g],

afnaflnsf=lszf]-lszf]lsf]af/df lzlfns]rf;f]/fVg]

- h:t} ; lhn}Wofgeu xg] slffdf lgoldttf gxg] k]oM ; d:ofdf kg] :shsf]u]sfo{tyf lqmfnsnfk k'/f ug{ ufxf]xg]

afnaflnsf=lszf]-lszf]lsf]af/df ; fdbflos :jf:Yo sfo{tf{jf ; fdf]hs ;]sx?n]rf;f]/fVg]

- h:t} lgod jf sfgg] tf6g]Jojxf/, ; dfh jf 3/df zf/ll/s ?kdf cfqmfds xg]

pd] cg' f/ afnsfnsf tyf lszf]-lszf]lx?df b]vg]dfgl; s / Jojxf]/s ; d:ofx? -:ofxf/stf{jf JolQm :josf]; 'gafaf6 of]ljj/of cfpq ; S5 jf n]yfhf]yfsf]qmddf ol s'/fx? cjnf\$g ugxf] \.

afnafnsf	lj sf; fids ; d:of	Jojxf/fids ; d:of	efjgfids ; d:of
<p>lzz' / ; -; fgf afnafnsf - < % jif\$]pd] _</p>	<p>v]fpgdf, ; km xgbf, pd] cg' f/sf]lj sf; s]df ; d:of -h: t] c?; f]sf]c]t/ls]p]df xfEg'; lx]g'; af]g' / toilet training -zf] k]z]f]of_ df,</p>	<p>pd] \$-!* aif{ c]oflws lqmf]snfkdf ; n]g xg]M c]oflws r]n/xg] zf]t, l:y/ a:g ufx]xg] w}]af]g]jf 56k\$] xg]-a]g]L, a9l z]o xg] Wofg lbg c]oflws g] sl7gf0{xg] af/Daf/ sfo{x? k'/f ug{ cl3 /f\$g]/ cs]sfo]f nflg] c]oflws cfj]df cfpq]M k]j]rf/ gu/L k]o sfo{ u/L/xg]</p>	<p>-w}]?g] :ofxf/stf{; f; f]6f; g] z/L/nf0{s8f jf zf]t agfP/ a:g] cfj]df cfpq], -c]oflws nhfpg]jf s]dsf]hdf kl/j t]g cfpq] h: t] cf]b]dfgd} zf] ug] cf]f r':g] -v] tyf ; f]f]hs c]t/ls]p]df sl7gf0{ ;]g / vfg ufx]xg]</p>
<p>dWo afnosfn -^- !@ jif\$]pd] _</p>	<p>- n]g / k9g l9nf0{ :j-x]rfxdf ; d:of h:t}nuf nufpg, gxfpg, bfE df]g, ; f]f]hs c]t/lqmf tyf kl/j t]g{x?sf]; df]f]hgdf sl7gf0{cfpq]</p>	<p>c]oflws cfj]df cfpq]M k]j]rf/ gu/L k]o sfo{ u/L/xg] lg/t/ / af/Daf/ csf]f]o{ afwf k]ofpg]sfd ug] Jojxf/df tyf ; fylx?; f]sf] ; Da]wdf crfgs kl/j t]g cfpq]jf kl5 x6g]jf l/; fx] xg].</p>	<p>af/Daf/ c:ki6 zf/l/s n]f]ofx? -h: t] k] bVg] 6f]psf] bVg] j]s]f]sl nflg] ; d:of, :sh hfg dg gug] w}]nhfpg] jf s]dsf]hdf kl/j t]g cfpq] - h:t}bedwetting orsoiling behavior jf cf]f r':g]</p>
<p>lszf] lszf]l -!#-!* jif\$]pd] _</p>	<p>- l]Bfnosf]k7gkf7g ; Gt]fhgs gxg' - lgb]gx? a]g sl7gf0 xg' ; f]f]hs c]t/lqmf / kl/j t]gdf ; df]f]hg xg ufxf] xg' .</p>	<p>Mood df ; d:of, l]r]t]f jf 8/h]o ; d:of -h: t] l]k]r] l56} l/; fpg] lg/fz xg]dgl:y]tdf r/d jf tlj / ck]of]zt kl/j t]g, efjgfids lj :k]f]_ c]oflws tgj -s]dsf]hdf kl/j t]g -h: t] Wofg s]b]t ug{ufx]xg] -k9f]df sdhf] xg] k]o PSn} a:g]</p>	

; a}pd] ; dxsf	pd] cg?k ug{kglb}gs lsøfsnfk ; DkG ug{sl7gf0, lgb}gx? a%g sl7gf0, ; fdlhs cGt/lsøf / kl/j tGdf ; dfoflhg xg ufx]xg] ; #f/df cgr}fkg jf sl7gf0, Jojxf/ rf;f]/ lsøfsnfk /flsg]jf af/Daf/ xg].		cToflws 8/, lrgtf, j:tx?sf] jf:tf gug[-h:t] :ofxf/stf}f6 cnlug' ; fdlhs kl/l:ylt, s]l hgfj/ jf ls/fx?, prf0{ aG 7fpFr}k6s jf /ut b}bf_ ; Tg]/ vfg]Jojxf/df kl/j tG lsøfsnfkdf ; xeful gxg]jf OR5f gb}fpg] ljkl/t Jojxf/ jf cfkmlt/ csf}f}Wofgfs[6 ug{v}f]g] kj]Q
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lSnlgnsn gf M lszf]-lszf]lnf0{ :ofxf/stf}f]kl/l:ylt lagf g}; b} e}g IdNg]jf ; Sg]df}f lbgk5{. 5nkm uffo k\$[tsf]/xg]5 eGg]:ki6 kfg}f] \.

cleefjs / c? jo:sx?nf0{sg cj:yfdf hfgsf/l lb0g]5 atfpgxf] \.

afnaflnsf:-lszf]-lszf]l / :ofxf/stf}f]b}f}f0/fv}f]jf elg/x}f l; sfotx?nf0{Wofg lbgxf] \.

Developmental disorders cGtu} ; a}klfx?sf]n}f}f}f ug}f] \h:t] z/l/sf]rnf0{ 0}b}x?sf]cj:yf / 5f} b}f}fpg] k}tlqnof, ; fdlhs cj:yf, p;n]ug]; #f/ / k}tlqnof_

- ; fgf / ev}sf afnaflnsfx?sf nflulM s]afnaflnsf]pd] pkoQm developmental milestones lj sf; s}df sl7gf0 5 <
- cIn 7hf afnaflnsfx?=-lszf]-lszf]lsf nflulM :shdf l; sf0{ k9f0{/ n}f}f0{ ; #f/ / c?; f}sf]cGt}qnofdf, :j-x}rfxdf / bl}gs lqnofsnfx?df sl7gf0{5 <

olb 5 eg]lj sf; f}ds l9nf0{; DalGwt ; d:of xf]ls eGg]cfz}f ug}f] \

tl ; s]÷nlf0fx?n]lgDg d}Wo]sg}f}f0{b}f}f}f5 <

- kf}f0fsf]sdl -cfof]8gsf]sdl ; lxt_
- /Qmclktf
- skf}f}f0f
- s8f bl3}f}nlg ; qndOf, sfgsf]; qndOf / Pr=cf0{el÷P8}

olb 5 eg]Integrated Management of Childhood Illness (IMCI) sf]kpf] u/] cj:yfsf]Jo] :yfk g ugxf] \. ([www.who.int/maternal child adolescent/documents/IMCI chartbooklet](http://www.who.int/maternal_child_adolescent/documents/IMCI_chartbooklet)) Cyjf cGo pknAw lgb]zsf .

afnafnsdf b[6 /:jf >]OfzIQm; DalGw cktutfsf]ny]fhf]yf ugxf] \M

b]o ny]fhf]yfsf nflu, afnafnsf lGDg sfo{ug{: Sbg] ls xgxf] \M

- tkf0\$]cfwdf xg]{
- sg]j :t' xlnPsf]b]bf To; nf0{cfw / 6psf]h]k5dfpg,
- sg]j :thf0{: dfpg,
- kl/Irt JolQm?nf0{Irg

>]Of zIQmsf]ny]fhf]yfsf nflu, afnafnsf lGDg sfo{ug{: Sbg] ls xgxf] \M

- s; h]af]bf 6psf]kmsfP/ xg]{
- 7hf]cfjfhdf k]tlqmf lbg
- olb lzz'xf]eg]ljleG cfjfh lgsf]g h:t}6f6f, bbf, afaf, cflb .

olb afnafnsdf b[6 /:jf >]Of zIQm; DalGw cktutfsf]ny]fhf]yf l]z]f1; G d]nf]gsf]nflu ; Dks{ugxf] \

afnafnsf tyf lszf]-lszf]lx?df inattention Cyjf hyperactivity ; DalM ; d:ofsf nflu tnsf nlf0x? 5g\ 5g\ xgxf] \M

- cTolws ; lqno .
- nfd] ; do; Dd l:y/ eP/ a:g g; Sg].
- Wofg ; lhn}ljrlnt xg]sg]klg sfo{k'f ug{sl7gf0{xg].
- 56kl6b}otfptf lx88h ul//fVg]

olb ol nlf0x? 5g\eg ol nlf0x? bl3\$fnlg xg]yf s8f vfn]5gV b]gs sdfsdf w}]sl7gf0 k'of0{x\$ 5g\ ls eg] tn lb0Psf s'fx?sf cfw/df xgxf] \M

- s]nlf0x? ; a}h; f]cj:yfx?df b]V65g\<
- s]nlf0x? sDtlDf ^ dlxgf]v g}5g\<
- s]tl nlf0x? afnafnsf-lszf]-lszf]lx?sf]lj sf; flds :t/sf]nflu pkoQm 5g\<
- s]b]gs ?kdf JolQmut, kfl/jfl/s, ;fdlfs, z]lfs, k]fut tyf cGo lq]df clws sl7gf0 ePsf]5<

olb 5 jf nlf0fx? ldnb5g\eg]Attention Deficit Hyperactivity Disorder (ADHD) xg]; Defjgf xg ; Sb5 . olb 5gg]jfnlf0fx? ldnb5g\eg]klg Jojxf/ ; Dal6w ; d:of xg ; S5 ljrf/ ugxf] \

of]; uFE}ADHD ; E ldn]zfl/s cj :yfx?sf]lgSofh ugxf] \ h:t}Affnaflnsf lszf]-lszf]ldf thyroid disease, s8f cyjf bl3sfing ; emfids /fu, h:t}HIV/AIDS , C; xdbvf0{h:t}ear infections, sickle cell diseases Cflb .

olb 5g\eg]pkrf/ ugxf] \.

afnaflnsf tyf lszf]-lszf]lx?sf]cfrf/of ; Dal6w ; d:of (Conduct Disorder) sf nflu tn lb0Psf nlf0fx?sf cfwf/df n]fhf]f ugxf] \

afnaflnsf=lszf]-lszf]ln]af/Daf/ cfqnfds=l/; fxf, cgf1fsf/l, p208 Jojxf/ b]vf0/x65, pbfx/0fsf]nflu

- jo:sx?; E ts{emu8f ul//x6f]
- jo:ssf]cg/f] cyjf lgodnf0{kfngf ug{cj1f jf c:jlsf/ ug]
- cTolws l/; , pu|:jefj / pTt]ht Jojxf/ b]fpg]
- c?; E 3hldn xgdf sl7gf0 xg]
- cTolws emu8f jf abdf;l ug]
- JolQm jf hgfj/k|t s_/tfk]s k|tt xg]
- ;DklQsf]uDel/ ljgfz ug] cfuf]nufpg]h:tf sfo{ug]
- rf]l ug] af/Daf/ em/ afl]g] :sh=3/af6 eflg]ghfg].

olb dfly elgP h:tf]Jojxf/ gePdf cfr/of ; Dal6w ; d:of (Conduct Disorder)gxg ; Sb5, t/ ePdf s] tl nlf0fx? nufft/, uDel/ /lx/xsf 5g]jfnafnaflnsf=lszf]-lszf]lsf]lj sf; sf nflu cgkoSt 5gVh:t}ls M

- nlf0fx? ljleGg cj :yfx?df b]v65g\ -h:t}3/df, :shdf / c6o ; fdlhs :yfg jf cj :yfdf .
- nlf0fx? sDtlldf ^ dlxgf; Dd /lx/xsf 5g\.
- aRrfx? ; fwf/of abdf;l jf lszf]-lszf]lx? ; fdf6o ljbf] Jojxf/ e6f uDel/=s8f Jojxf/ b]vf0{xsf 5g\.

lSnlgsn gf M afnaflnsf=lszf]-lszf]ldf pd] pkoQm xg]ljWj ^\fids jf rgf]tk0f{Jojxf/

;fgf afnaflnsf -!* dlxgf b]v % aif{pd] ; dXsf_ M h] elgPsf]5 To]ug{gdffg] lgod tf]g] emu8f ug] ugug ug] a9f0{9f0{ afl]g] ^7f s/f ug] cfknh] u/xf] sg} klg ulltl :jlsf/ gug] zf/l/s ?kdf cfqnf] t xg]/ cfknh]u/xf]unt Jojxf/sf]bf]f c?nf0{nufpg].

lfl0fs pu]f -efjgf]ds eP/ PSSf;l ?g] lrRofpg] lk6g] cflb_ k|ph;f] % ldg6 b]v @% ldg6 ; Dd ug] ; fdf6otof xktsf] tlg k6s jf ;f] e6f sd x65, lj sf; f]ds ?kaf6 lfl0fs pu]fn] ubf{cfknh]f0{xfgl xg] Jojxf/ gxg] / ; fdf6otof afnaflnsf s]l ; dokl5 cfknh] zf6t xg]ub5g\.

dWo pd]sf afnaflnsfx? -^!@ aif{ M lb0Psf] lgb]g a]f:tf ug]jf kfngf ug]f l9nf0{ug] jo:sx?; E jf c6o aRrfx?; E ugf; f]j ts{emu8f ug] -slxn]s;f] l/; lgo6qOf ug{g; Sg].

lszf]-lszf]l -!#-!* aif{ M lgodx? / ; ldfx?sf]kl/lf0f u5g\ lgodx? / ; ldfx? cgfjZos jf c6ofok0f{ ePsf] e65g\slxn]sfxl clzi6 x65g\ cnllu, jo:s=cfknh] e6f 7hf; E ts{emu8f jf pb08 xg]u5g\.

➤ b]gs, JolQmut, kfl/jfl/s, ;fdflhs, z]fs, k]fut tyf c6o l]qsf sfdsfhdf clws sl7gf0 e0/x\$
5g\

olb 5g\eg]ca tkf0{cfr/0f ;Dal0w ; d:of (Conduct Disorder) ePsf]xg; S5 eG]lgZsif0f kl]gkf] \

afnaflnsf tyf lszf]-lszf]lx?sf]efjgftds ; d:ofx? -b]w, 8/, lrgtf jf 56k6fx6 ; lxtsf]c; lfd t]nofpg]
bl3\$fnlg tgj_ xf]-xf0] egl kQf nufpg l]dgs/fx? ; f]gkf] :

- k]oM 56k6fpg] ; lhn}l/; fpg] bvl xg]xG5 <
- lqmfnsnfkx?df ?lr jf cfgb x/fPsf]5 <
- w]})lrgtfx? 5g\
- w]})8/ nflg]jf ; lhn}t; g]jf 8/fpg]xG5 <
- k]oM 6fpsf] k] b]v\$]l; sfot ul//xG5 <
- af/Daf/ bvl xg]jf /f0/xg]xG5 <
- lglZrt cj:yfx?nf0{ajf:tf ug]jf Psbd}dg
gk/fpg]G5 -h:t}:ofxf/stf]f6 56k6g, goF
dfG5] e]g, jf aG 7fp]f_<

olb o:t}e0/x\$]5 eg]b]gs, JolQmut, kfl/jfl/s,
;fdflhs, z]fs, jf c6o l]qdf ljrf/glo sl7gf0x?
5g\egl k]g ; f]gkf] \ / o;df klg 5 eG]pQ/
cfPdf afnaflnsf tyf lszf]-lszf]lx?df efjgftds ; d:of ePsf]xg ; S5 .

efjgftds ; d:ofnf0{g/fdf]agfpg ; Sg]jf To; nf0{hgfpg ; Sg]zf/l]s cj:yfnf0{; Daf]vg ub]hfgkf] \ . Toxf
lgDg sg}; \$] jf n]f0f b]vPsf xg ; Sb5g\

- yf0/f08sf] ; d:of,
- Pr-cf0{el=P8\ ; lxt c6o ; qm]ds /f]x?,
- /Qmclktf,
- df]f]g,
- skf]f0f,
- bdsf]/f] ,
- cf]fwlsf gsf/f]ds c; /x? -h:t] bdsf]/f]sf]nflu ln0g]cf]fwlx?af6_ . o:tf]cj:yfdf Zf/l]s
; d:ofx?sf]Jo]j:yfkg ub]hfgkf] \

ISnlgsn gf0 M
afnaflnsf=lszf]-lszf]l]df pd] cg; f/sf]8/ tyf
lrgtf
; fgf aRrfx? -(dlxgf - @ j if{ M gf]f]glrg\$]f]
JolQm; e 8/fpg] :ofxf/stf{e 56k6bf tgj xg].
afnaflnsf -pd] @-% j if{ M xfjfx/L, cfuf] kfgl,
c]woF] 8/nf]ubf]; kgf / hgj] /; e .
d]wo af]nosfn -pd] ^-!@ j if{ M /f]f; , et,
ls/fx?, k]s[ts k\$]k, zf/l]s /f]x? / g/fdf] e
3f0t}rf]k6s xg]8/ .
:shsf]af/]f jf c?sf]cuf]8 k|tlt ug]f lrgtf .
lszf]-lszf]l -pd] !#-!* _ M ; fylx?n]Tof]ub5g\
eg] lrgtf xg; c?sf]cuf]8l k|tlt ug]f lrgtf,
zf/l]s /f]x?, ISnlgsn k\$]f, ljg]zx? -h:t}o4,
cf]ssf/l xdnf, k\$]k, _ sf]lrgtf .

lszf]-lszf]/lx?df xg]dWod b]v uDel/ vfnsf]l8k]gsf]nyfhf]yf ug{Mood h6o ; d:of -h:t}emsf]nflg] lg/fz jf bMl xg] jf sg}s/fdf ?lr x/fPsf]jf lqmfnsfkx?df /dfpg g;s\$] h:tf ; d:ofx? b]vPsf 5g\ egl ; fl]gxf] \. olb o:tf]ePsf]/x\$ eg] uPsf]b0{xktfdf k]oM h; f]lgDg yk nlf0fx? b]vPsf lyP < egl k]g ugxf] \.

- lgbfpg uxf]ePsf]jf cl3 kl5 e6bf w}]lgbf nflg]
- vfgsf]?lr jf t]ndf ljrf/glo kl/j t6-36\$]jf a9\$],
- cfkml a\$Ddf=dNloxlg ePsf]dfGg] cTolws kZrftk xg]
- ysfj jf zIQmgePsf]
- Wofg s]Gb† ug{sl7gf0 ePsf]
- lg0f6 lng÷ug{sl7g ePsf]
- zf/lI/s si6, zf/lI/s 56k6,
- ;w\$]e6bf la:tf/}af]lg]jf lx8g]u/\$]
- lg/fzf, dNloxlgtf jf ;xof]xlgtfsf ;f]x?,
- cfldxTofsf];f] jf k6f; u/\$].

ol nlf0fx?sf ;fy}b]gs, JolQmut, kfl/jfl/s, ;fdflhs sfox? ug{jf c6o lf]df ljz]f sl7gf0x? 5g\ls ; fl]gxf] \. olb 5g] eg]efjg]f]ds ; d:of xf]ls eg] ljrf/ ugxf] \jf Toxl cg;f/sf]nyfhf]yf ugxf] \. olb xf] eg]l8k]g xf]ls ljrf/ ugxf] \.

olb nlf0fx?sf ;fy}b]gs, JolQmut, kfl/jfl/s, ;fdflhs sfox? ug{jf c6o lf]df ljz]f sl7gf0x? e0{x\$]5 eg]mania eP gePsf]/ ev{} sg}7hf]xfgl=lf]t gf\$;fgl ePsf]eP To;df s:tf]kl]lqmf /x6f]egl kQf nufpgxf] \. o;sf]nflu l8k]gsf]kf7df hfgxf] \. of]; 6; 6;c6o klyds MNS cj:yfsf]nyfhf]yf ugxf] \.

To;sf] ;fy}olb cfldxTofsf] t]sf]n hf]vd 5 eg] hf]vdsf]nyfhf]yf / Joj:yfkg ugxf] \. To;sf nflu cfldxTof÷cfldxfg]sf]kf7sf];xof] lngxf] \.

ToxFMNS cj:yfx?; 6;c? ; d:ofx? klg 5g\< nyfhf]yf ugxf] \. nfukbfy\$]k6f]sf]sf/0fn]ePsf]; d:of nyfhf]yf ug{gla; 6' x]hf . o;sf nflu nfuc]fw k6f] ;Dal6w kf7df hfgxf] \ afnaf]nsfx?df ePsf] ljsf;f]ds ; d:ofx?sf]nyfhf]yf ug{gla; 6' x]hf . o;sf nflu 5f/]/f]sf]kf7df hfgxf]hf .

3/fo;L jftfj/0fsf]nyfhf]yf ugxf] \.

efjgflDs, Jojxfl/s jf ljsf; flDs ; d:ofx?n]tgfjk0f{cj:yfx?nf0{sltsf]uDel/ agfPsf]5 jf ol ; d:ofx?
tgfjk0f{ eofjx cj:yfx?sf kl/Ofd÷kl|tlqmf xg xfl0gg\egl lgDg s/fx?sf]cfwf/df n\yfhf]f ugxf] \

- Case history lnE bJoxf/ jf lx;fdf k/}sf]sg}; s; lbG]nlfofx? 5g\Vs ofb ugxf] \
- xfn}e0/x}sf]jf lg/Gt/ e0/x}sf]tgfjsf uDel/ sf/s tJx? -h:tM kl/jf/df s; }sf]d[o', jf sg}; b:o /f]l xg', afRgdf sl7gf0{/ cfly\$; d:ofx?, c?n]wDSof0Psf]jf xfgl k%of0Psf] 5g\Vs xgxf] \
- cfjZostf k/}df afnaflnsf ; Af0f s}bdf l; knf/; ugxf] \
- tgfjsf sf/s tJx?sf]vfh] tyf Joj:yfkg ugxf] \
- afnaflnsf tyf lszf]-lszf]lx?sf]; /Iff klxf]k]yldstsf ?kdf ; lglZrt ugxf] \
- ;a} afnaflnsf tyf lszf]-lszf]lx?nf0{ lx;faf6 ; /Ift ug{ cfjZos 5 egl pglx?nf0{ cfjZ:t agfpgxf] \
- lx;fdf k/}df d4tsf]nflu sx]fhg]egl hfgsf/l k}fg ugxf] \
- ljz]f1; E l; knf/; sf ; fy-; fy}yk ; xof]sf]Joj:yf ugxf] \
- pkoQm / clgjfo{ePdf sfg]l / ; fdbfos >f]x?nf0{; Dks{ugxf] \
- yk dgf]fdflhs ; xof]x?df Wofg lbgxf] \

:ofx/stf}afnaflnsf=lszf]-lszf]l x]rxf ug]lfdtdf c; / kfg{; Sg]sg}klg k]ylds MNS cj:yf 5 <

ljz]f u/l nfu'kbfy{; }gsf]sf/Ofn]ePsf]l8k]gsf]af/}f ljrf/ ugxf] \ olb 5 eg]:ofx/stf}MNS cj:yfsf] n\yfhf]f / Joj:yfkg ugxf] \ t/ olb 5g eg]s] afnaflnsf]3/df kof]t dfqdf v]g] c?x?; E cGt/lqmf jf s/fsfgl ug]df}x? kf0/x}sf 5g\eg]lj ifodf hfgxf] \ To; sf nflu lgDg s/fx? ; fl]gxf] \

- 3/df w]h; f]; do afnaflnsf]sf] E latfp5g\
- tkf0Eafnaflnsf; E s; /l v]g]G5< slQsf]v]g]G5 <
- tkf0Eafnaflnsf; E s; /l s'/fsfgl ug]G5 < slQsf]ug]G5 <

olb ol k]gx? ubf{; d:of b]vof]eg]pd] cg; f/ pkoQmxg]k]l; fxg / cleefjst]sf]nflu ; enj k}fg ugxf] \ jf afn ljsf; x]rxf s}bdf l; knf/; ugxf] \ To; lj ifodf tkf0f0{ yk hfg dg n]lof]eg]lgDg lnsdf uP/ clloog ug{ ; Sg]G5 M http://www.who.int/maternal_child_adolescent/documents/care_child_development/en/

pknAw ePsf]afn ; jf s}bdf l; knf/; ug]sf]; fy}afnaflnsfnf0{rflxg]cfjZos yk ; xof]sf]nflu ljrf/ ugxf] \

lSnlgsgf M :ofx/stf}l8k]gsf]; d:of ePdf pglx?sf]afnaflnsf=lszf]-lszf]lx?sf]efjgflDs, Jojxfl/s jf ljsf; flDs ; d:ofnf0{emg\ulDe/ agfp5 .

Isnlgsn gfm afnaflnsf] pkrf/sf] qmddf p; n] sb] b]o]xf/ ef]sf] / To; sf sb] lr6x jf ; s]x? 5g\ls n]vfhf]v ug]f] \To; sf nflu Zff/Ll/s lx:f h:t}M 3fp r]f]x?-h:t}M lgn8fd, hn]sf] 3f6. Gofs]f] 8fd jf k]lsf] 8fdx?, sf]f]f c6o j:t', sb]uDel/ jf c; fdf6o r]f]sf af/]f gatfpg' jf cgkoQm JofVof, of]h6o lx:f h:t}M of]f]E jf dnáf/df r]f] jf nlf0fx?, of]h6o ; qndOf jf uef]:yf, Sexualised behaviours-h:t}M c]Sg]pd] cgkftdf cglrt of] 1fg, a]f:tf h:t}ls c; f]w}k]f]L a:g' jf cgkoQm nufx? Nufpg', sk]f]f0fs]nlf0f, g/fd]b6t cj:yf, ef]g]f]ds lx:f / c6o ; a]k]f/sf b]o]xf/x? h:t}ls Jojxf]l/s jf ef]g]f]ds :t/df crfgs jf p]n]v]glo kl/jt6 c]Psf]hg c6o sf/Of4f/f JofVof ul/Psf]56 h:t}c; fdf6o eo jf uDel/ tg]f k]msfpg ufx]xg] ?j]f0{(Inconsolable crying)pkoQm cgludgsf] ; lglZrt ug]f] \.

Isnlgsn ; em]j M afnaflnsf tyf Iszf]-Iszf]lx? l]sl;t / ;/lft 5g\eg] pglx?nf0{l;w}ol s'/fsf] af/]f ; f]v]g]f] \ pbf]x/Ofsf]nfluM sltko cj:yfdf x]l]jrf/ ug]df65h]b]o]xf/ kl]g u/]f]xg; S5, To; h]o:tf s'/fx? p; sf] cuf]8 g; f]v]f g]/fd]x65 . Iszf]-Iszf]lx?nf0{:ofx/stf]f? lagf g]cfkm}e66 c]fpg]df]sf k]f]g ug]f]5{.

IjBfnosf]jftfj/Ofsf]n]vfhf]v ug]f] nflu afnaflnsf=Iszf]-Iszf]l IjBfno u0{x]f 5g\ls 56g\ ; f]v]g]f] \olb hf65g\eg]afnaflnsf=Iszf]-Iszf]lnf0{lgDg ; d:ofx? 5g\ls n]vfhf]v ug]f] \M

- c?n]lh:sfPsf]
- ; xeful xg g; s]f]j]f k96=l; Sg g; s]f]
- IjBfno hfg grfx]f]j]f cl:j]sf/ u/]f].

olb dfl]y n]v]Psf sb]j]f ; j}; d:ofx? /x]5g\eg] ; j]k]yd afnaflnsf=Iszf]-Iszf]l IjBfno hfg}5f6]f]j]f uon ePsf]/x]5 eg]pglx?nf0{; s]Dd rf8f]IjBfno hfg]jftfj/Of agfpg]sfd ug]f] \ uon xg]sf]sf/Of kOf nufpg]f] \.

olb afnaflnsf=Iszf]-Iszf]l IjBfno hfg] u/]f] 56g\eg] z]Nfs ;]fsf] af/]f hf]gsf/l k]f]g ug]f] / afnaflnsf=Iszf]-Iszf]lnf0{IjBfnodf /fv]g slQsf]dx]j]k0f{5 egl ; s]Dd w}]1fg k]f]g ug]f] \.

Jo] :yfkg

afnaflnsf=Iszf]-Iszf]lx?sf] ; -:jf:Yo sfod /fv]g k]f]v] xg]lgb]z]gsf]cl]woog ug]f] \ olb tkf0{6 pknAw 5g\eg]l]j/fdl tyf :ofx/stf]f?nf0{pknAw u/fpg]f] \. JolQm / :ofx/stf]f?nf0{dg]l]z]ff / cleef]s]Tj ; Dal6w ; n]nfx÷; em]j k]f]g ug]f] \. tg]j]sf sf/s t]j, tg]j sd ug]f] / ; fdf]hs ; xof]v] alnof] agfpg]af/]n]vfhf]v / Jo] :yfkg ug]f] \. ; dbfodf pknAw c6o >f]x? ; + ; dg]o u/fpg]f] \. cf]j]zostf cg]f/ pkoQm ; do tf]nsf agfP/ cgludg ug]f] \.

cfjZostf cg' f/ lzlfxs? / cGo ljBfno sd{f/lx?; 6 dWo:Yostf\$]eidsf lgjfx ugxf] \.

!@ jif{eGbf sd pd}sf afnaflnsfnf0{ISnlgsn pkrf/sf]nflu ;Nnfx glbgxf] \.

olb dgf]ldz{; xof] k6fj sf/l gePdf ljz]f1 ;]fsf]nflu dflylnf]c:ktfn jf dgf]rlsT; s sxflk7fpgxf] \.

cfjZostfsf cfwf/df cgludgsf]Joj :yf ldnfpgxf] \.

dgf]fdflhs ; xof]

afnaflnsf=lszf]-lszf]lx?sf]; -:jf:Yo / blgs ; sf/flDs lqmfnsnfkx?sf]k]b6sf]nflu lgbzg M

- ;d:of eP jf gePsf ; a}afnaflnsf=lszf]-lszf]lx? / :ofxf/stf{?nf0{klg of]lgbzg k6fg ug{ ;ls65 .
 - :ofxf/stf{f0{lgDg s'/fdf k] ; fxg ugxf] \M
 - afnaflnsfx?; 6 /df0nf]lqmfnsnfk u/] ; do latfpgxf] \. cfSgf afnaflnsf= lszf]-lszf]lx?; 6 vlg]/ s'/fsfgl ug]ugxf] \.
- http://www.who.int/maternal_child_adolescent/documents/care_child_development/en/
- pglx?sf]s'/f ; Ggxf] \ a%gxf] V ; Ddfg b]yfpfgxf] \.
 - sg}klg ls]; dsf]b]Jo]xf/ h:t}c?n]lh:sfpg] 3/, ljBfno / ; dbfoaf6 xg ; Sg]lx;faf6 pglx?nf0{ arfpgxf] \.
 - of]g cj:yf, ljBfnosf]z?jft jf ef0{axgl]sf]h&d h:tf hljgsf]k6v kl/jt6x?nf0{l:jsf/ ugxf] V ; dyg k6fg ugxf] \.

afnaflnsf= lszf]-lszf]lx?nf0{lgDg s'/fx?df ; xof] / k] ; fxg ugxf] \M

- kof]t dfqdf ;Tg] M lgoldt ;Tg] ; do tflnsf agfpgxf] / ;Tg] sf]faf6 l6-el jf cGo ljBlto pks/Ofx? x6fpgxf] \.
- lgoldt vfgf vfg]M ; a}afnaflnsf=lszf]-lszf]lx?n]sldtdf lbgf]# k6s -laxfg,lbpFf] / a]sf_ vfgfvfhf vfgkb5 .
- zf/ll/s ?kdf kmlt{f]xgk5{M olb pglx? ; lfd 5g\eg}%-!& aif\$afnaflnsf lszf]-lszf]lx?n] blgs sldtdf ^) ldg6 jf ; f]eGbf a9L ; do zf/ll/s lqmfnsnfk jf v]hsbdf latfpg'k5{.
- www.who.int/dietphysicalactivity/publications/recommendations5_17years) xgxf] \
- ;Dej eP;Dd ljBfnodf / ;fdbflos jf cGo ; fdf]hs lqmfnsnfkdf ; xeful xg]jftfj/Of ldnfpgxf] \.
- ljZjf; glo ; fylx? / kl/jf/; 6 ; do latfpg]jftfj/Of ldnfpgxf] \.
- nfuC]fw, /S;L / lgsf]l6ghGo kbfa6 6f9f /xg]Aoj:yf ldnfpgxf] \.

JolQm / :ofxf/stf{dgf}zIff / cleefjstj ; DalGw ; emfj

- afnaflnsf÷ lszf]-lszf]lx?nf0{I9nf0{jf sl7gf0{ePsf]sf/Of pkoQm?kdf atfpg]/ zIQm / >f]x?sf] klxrfg ug{pglx?nf0{; xof] ug{f] \.
- :ofxf/stf{/ afnaflnsf÷ lszf]-lszf]lx?nf0{pglx?sf]d]gtsf]kz;#f ug{f] \.
- :ofxf/stf{efjg]f]ds, Jojxf]/s / ljsf; f]ds I9nf0 jf ; d:of ePsf afnaflnsf÷ lszf]-lszf]lx?nf0{x]rfx ug{r]gf]tk0f{sf]d xf]egl JofVof ug{f] \.
- dfgl; s :jf:Yo ; d:of ePsf]JolQmf0{; d:of ePsf]df bf]f lbg' xGg elg atfpgkf] \. pglx? k]t bofn'; xof]L, :g], k] b]y]fpgsf]nflu k]f]; fxg ug{f] \.
- ;a}JolQm / kl/jf/sf]dfgj clwsf/sf]/Iff / kj4g ug{f] \ dfgj clwsf/ / dof]f sfod /Vg ; r] xgkf] \.
- Jojxf]/s ; d:ofs] cfzsf gul/Psf] ePtfklg :ofxf/stf{x?n] olb cfSgf afnaflnsf÷lszf]-lszf]lx?sf] Jojxf/n]ubf{sl7gf0 e]lu/x\$]f 5g\eg]pglx?nf0{Jojxf/df ; wf/ Nofpgsf nflu dfu{lgb]zg lbgkf] \.

Jojxf/df ; wf/ ug{f]lg]dt lgb]zsf

:ofxf/stf{lg]dg s'fx?sf]nflu k]f]; fxg ug{f] \

- cfSgf afnaflnsfx?; E x/\$ lbg v]lg]/ df]f ug{ug{f] \. lszf]-lszf]lx?nf0{tkf0{E /fd/]l s'/fsfgl ug{df]f k]fg ug{f] \.
- afnaflnsf÷ lszf]-lszf]lx?n]s]ug{G5 jf ug{Eg eG]af/]df hfgsf/ /xgkf] \. s]ug{G5 jf xEg eG]af/]:ki6, ;/n / 5f]s/ldf hfgsf/L lbg]ug{f] \.
- afnaflnsf÷ lszf]-lszf]lx?n] 3/sf ug{; Sg]; lhnf sfdx? lbg]lbg}lbgkf] \ / pglx?n] sfd ul/; s]kl5 t?Gt}kz;#f ug{f] \.
- uDeL/ emu8f jf ufx]cj: yf cfpg glbgsf]nflu pkfox? vf]lgkf] \.
- afnaflnsf÷lszf]-lszf]lx?sf]/fd]Jojxf/ b]vg]ePdf kz;#f ug{f] \ jf pkxf/ lbgkf] \ ; d:ofQm Jojxf/ b]vPdf sg]pkxf; gug{f] \.
- tkf0{cfkml' zfgt ge0Gh]h; Dd afnaflnsf÷ lszf]-lszf]lx?; E 5nkmn gug{f] \. cfnf]gf ug{ s/fpg]/ gfd /Vg]h:tf sfdx? gug{f] \.
- wDsl lbg]jf zf/LI/s ; hfo lbg' lx#f xf]. zf/LI/s ; hfo lbgfn]afnaflnsf / :ofxf/stf{lar ; DalGw laug ; S5 . o; sf ; fy}cGo lj]lwx?n]sfd ub] / Jojxf]/s ; d:of emg\w/fa agfpg ; S5 .
- cfSgf]pd] cg'f/ pkoQm v]h v]lg afnaflnsf÷lszf]-lszf]lx?nf0{k]f]; fxg ug{f] \-h: t] v]h]sb, lrq agfpg]jf cGo ?lrx?_ / Jojxf]/s lqmf]snfkx?df pd] cg'f/ ; fxfotf k]fg ug{f] \-h: t] u]sfo{jf cGo hl]g pkfo]L ; lkx?df_

lj sf; flds l9nf0 jf ; d: ofsf]af/df dgf]z lff

lgDg s/fx?sf]nflu : ofxf/stf{f0{kf]; fxg ugxf] \.

- afnaflnsf] tfut / sdhf]l / pglx?n] s; /l /fd/l l; S5g\ pglx?nf0{s] sf/0fn] Jojxf] /s ; d: of cfpБ / To; nf0{s; /l /f\$g ; ls65 e6g]af/df hf6gxf] \.
- afnaflnsf s; /l s'/fsfgl u56\ / s; /l k|tlqmf hgfpБg\ e6g]af/df hf6gxf] \-h: t] zAb, xpefp, cgxf/sf]efj / Jojxf/sf]k6f] \.
- pglx?sf]b]gs lqmfnsfk / v]hsbdf ; Ælg e0{afn lj sf; sf]nflu ; xof] ugxf] \.
- /df0nf]/ ; sf/flds lqmfnsfkaf6 g]afnaflnsfx?n]; a}e6bf /fd] u l; Sg ; S5g\.
- pglx?nf0{b]gs lhjgdf Ps ; dodf Pp6f ; /n sfo{x?df ; dfj z u/fpgxf] \.
- lgoldt ; dodf vfg] v]lg] k9\ / ; Tg]b]gs tflnsf agfpgxf] \.
- 3/sf]jftfj/0f /fd] /fVgxf] \ nfd]; do; Dd s'/f ug]df6] ljgf Psn}g5f\$gxf] \ l6-el jf lj Blto v]hx? v]lg]; do ; ldf tf]slbgxf] \.
- hlt ; Sbf]nfd]; do; Dd pglx?nf0{l]Bfnosf]kl/j zdf /fVgxf] \. cftzs ; dosf]nflu dfq eP klg dVo ljBfnodf pkl:yt u/fpgxf] \.
- ;6tInt cgzf; g k6f] ugxf] \. afnaflnsf=-lszf]-lszf]ln]/fd] sfd u/]afkt k':sf/ k6fg ugxf] , pglx?n]ug{gxg]sfo{x? ul/x\$ f 5g eg]pglx?nf0{To:tf sfo{x?af6 x6fpgxf] \.
- lj sf; flds ; d: of ePsf]JolQmf cS; / Jojxf] /s ; d: of ; u; u}xg ; Sb5g\hg : ofxf/stf{f0{Joj: yfkg ug{ufxf]x65 . Jojxf/df ; wf/ ug\$]nflu lgbz g x6xf] \.

JolQm / kl/jf/sf]dfgj clwsf/sf]; Af0f / dof] sfod /fVg]af/df ; r] /xgxf] \.

- Educate carers to avoid institutionalization.
- :jf:Yo hfgsf/l / ; j]fx?sf]kxFsf]af/df hfgsf/l lbgxf] \.
- lz lff / c6o k\$ f/sf]z]fs kxFtsf]af/df hfgsf/l lbgxf] \.
- Joj ; fox?sf]kxFsf]af/df hfgsf/l ugxf] \.
- kl/jf/ / ; dbflos hljgdf ; xeflutfsf]; lglZrtf ugxf] \.

lszf]-lszf]lx?df xg]efjg]flds ; d: of=l8k]g ; lxt c6o ; d: ofaf/]dgf]z lff M

- kl/jf/df tgj k0f{cj: yf h: t}cleefj sx? larsf]emu8f jf cfdfa6fsf]; d: ofx?nf0{Joj: yfkg ugxf] \.
- : ofxf/stf{tyf kl/jf/nf0{u0f: tl/o ; dosf]nflu cj; / k6fg ugxf] \.
- afnaflnsf=-lszf]-lszf]lx?nf0{cfg6bbfol / ; fdlhs ultlj lwx? hf/l /fVg jf kn] / ; ? ug{k]; fxg / ; xof] ugxf] \.

- afnaflnsf=lszf]-lszf]lx?nf0{lgoldt zf/li/s lqmfnsnfk cEof; ug{/ la:tf/}to; lqmfnsnfksf]cjlw a9fpb}hfg kfl; ffg ugxf] \.
- afnaflnsf=lszf]-lszf]lx? / :ofxf/stf]nf0{cf/fdbfol cEof; -h:tm Zjf; kZjf; cEof;_ / c6o ;f:s[ts sfoqmd h:tf lqmfnsnfkdf ;xeful u/fpgxf] \.
- lgoldt ;Tg]afgl agfpgxf] \. lgoldt ;dodf vfg] vlg] k9g]/ ;Tg]blgssf]; do tflnsf agfpgxf] \.

cToflws / cJoxfl/s 8/sf]nflu M

- afnaflnsf=lszf]-lszf]lx?n]sg}gofkpf; ubf]jf ;fx;l kOf{sfd ubf]pglx?nf0{kz;f ugxf] \.
- la:tf/}la:tf/}afnaflnsfnf0{sl7g cj:yf ;fdgf ug]sf]nflu tof/ ugxf] \jf l;sfpgxf] \. olb afnaflnsf x]rfxstf{f 6fl9g 8/fp5 eg] :ofxf/stf]glhs}x]pglx?nf0{w}]; do; Dd PSn}vlg]sf]nflu ;xof] ugxf] \.
- afnaflnsf]cgej / lr6tf :jlsf/ ugxf] V pglx?nf0{cf]Sgf 8/x?sf]; fdgf ug{kfl; ffg ugxf] \.
- eofjx cj:yf cfPdf To; sf]; fdgf ug]sf]nflu of]hg agfpg afnaflnsf=lszf]-lszf]lx?nf0{;xof] ugxf] \.
- efjg]ds ;d:of ;fdfo xf]/ hf]sf]lnf0{klg xg ;S5 egl JofVof ugxf] \. efjg]ds ;d:of b]yf kg]sf] dtna sg}JolQm sdhf] jf cN5l ePsf]xf]g .
- efjg]ds ;d:ofn] ubf]lg/fzjfbl / dNloxlg h:tf cglrt ;f]x? cpg ;S5g\ . Psk6s efjg]ds ;d:ofdf ;wf/ cfPk15 o:tf ;f]f0]df ;wf/ cpg ;S5 egl jOf] ugxf] \.
- olb pglx?df cfdxfgl jf cfdx]ofsf] ljrf/x? b]vPdf pglx?n] ljZjf; glo JolQmf0{atfpg / t?}t} ;xof]sf]nflu cpg'k5{eg] ;r] u/fpgxf] \.

:ofxf/stf]sf]nflu ;xof]

- afnaflnsf=lszf]-lszf]lx?df eljiosf] sfoqmd}hg; f ;Dal6wt ;d:ofx?af6 xg ;Sg] dgf]fdflhs c;/x?sf] af/]f hfgsf/L lnP/ / pglx?nf0{JolQmut, ;fdflhs / dfgl; s :jf:Yosf]cfjZostfx?df ;xof] k]ofpgxf] \.
- pglx?sf]kl/jfl/s hljg, /f]huf/L, ;fdflhs lqmfnsnfk / :jf:Yosf]nflu cfjZos >f] / ;xof]sf]nflu kfl; ffg ugxf] \.
- ljz]fu/L olb aRrfsf]lj sf; df s]l ;d:of 5 eg]pglx?sf ;Af0fsf sfdx?nf0{s]l ;dosf nflu yfEl /fv] /fxtsf sfoqmdf ;nlg u/fpgxf] \.
- pglx?sf]kl/jf/x?nf0{kg; Sg];fdflhs tyf kfl/jfl/s ;d:ofx? ;dfwfg ug{cfjZos ;xof] kl]fg ugxf] \.

ljBfnosf]lzlfs / c6o sd{f/lx?; f klg ;xof] / ;dg]osf]jftfj/Of ldnfpgxf] \

- afnaflnsf=lszf]-lszf]lx?sf]l; sf0df / ljBfnodf xg]c6o lqmfnsnfkdf cykOf{;xeflutfsf nflu s] s:tf ;xotf rlx65 egl lzlf s/ ljBfnosf c6o sd{f/lx?; f ;Nfx / ;dg]o ugxf] \ . afnaflnsf=lszf]-lszf]lx?sf]dfgl; s :jf:Yo ;d:ofx?n] pglx?sf]l; Sg] Jojxfl/s, ;fdflhs lqmfnsnfkdf c;/ k]of0/x]f]/ lzlf]sn]w}];xof]x? ug{; S5g\eg]s/f aenfp]pgxf] \.

➤ sg}klg tgfjk0f{cj:yfx? h;sf]sf/0fn]ub{afnaflnsf÷lszf]-lszf]lx?sf]efjgflDs ;':jf:Yo tyf pglx?sf]l;sf0df s]l kltsh c;/kl//x\$]5 ls eg]af/df 5nkm ugxf] \. olb s;af6 sg}lx:#fDs sfo{ePsf]eP lzlfnsf0{To; sfo{/f\$g plrt ;Nnfx ;emfj lbgxf] \.

➤ afnaflnsf?nf0{ljBfnosf]lqmfnsfkdf ;nlg u/fpg of]hgfx?sf]dNoflg ugxf] \. 1fg cfhg ug];lk, ;dfjz]ls/0f / ;xflutf u/fpg];ksf nflu cfjZos ;xof] kbf] ugxf] \.

;fdfGo ;emfjx? M

➤ afnaflnsf÷lszf]-lszf]lx?nf0{cf\$gf]lfdtf / /fd] klfx? k|tt ug]cj ; / kbf] ugxf] \.

➤ ljBfylhf0{s]lffdf cufl8 a:g cfux ugxf] \]f qm]sf cfwf/df ;a]hf0{cufl8 a:g]df\$ kbf] ugxf] \.

➤ ljBfylhf0{a%g / u{xfo{ug\$]nflu yk ; do kbf] ugxf] \ .

➤ nfd]u{xfohf0{;fgf];fgf]6qmfdf afB]xf] V Ps k6sdf Pp6f ug{nufpgxf] \.

➤ ljBfyl\$]sf]z;sf nflu yk kz;# / ;kmtfsf]nflu k/:s[/ k];flxt ugxf] \.

➤ wDsl jf zf/lI/s ;hfox? jf cToflws dfqdf cfnf]gflDs zAbx?sf]kbf] gugxf]hf .

➤ slffdf ljz]f ;d:of ePsf]ljBfyl\$]nflu slffdf ljz]f Wofg lbg]sf]nflu Ps ljBfyl{a/fa/ Ps :jod\ ;]s kl/rfng ug]jf ljBfylhf0{csf]ljBfyl{E hf\$] agf0lbgxf] \h; n]p;nf0{l;Sg}k9g]a]hdf ;xfotf k]ofpg ;sf] \.

➤ olb afnaflnsf÷lszf]-lszf]lx? ljBfnoaf6 lgsflnPsf]jf lgl:sPsf]eP, pglx?nf0{k0f{Ps]ls/0f tflnsf agfP/ rfBf]e6f rfBf]ljBfno k]s6 d4t ugxf] \. k]p]ss/0fsf];dodf ljBfylhf0{kl/lff / ;fdfGo lqmfnsfk jf sfdaf6 6f9f /fv]gxf] \.

➤ Jojxf]s ;d:of gb]vPtfklg afnaflnsf÷lszf]-lszf]lsf]Jojxf/n]ufx]ePsf]jf lbSs ePsf :ofxf/stf]hf0{Jojxf/ ;wf/ ug\$]nflu s]l ;xof] kbf] ugxf] \.

dgf]fdflhs ;xof]sf];Hfkt hfgsf/l

ljZj :jf:Yo ;#7gn]cleefj sx?df xgkg];lk ;DalGw tflnd / ljsf;f]Ds ;d:of ePsf afnaflnsf?sf] :ofxf/stf]hf0{cfjZos kg];lk ;DalGw lgb]zsf lgdf0f u/\$]5 To;nf0{xg}{k9g jf tflnd lng / kbf] ug{ ;ls65 .

cgludg

;jkyd JolQmf ;wf/ cfp6]5 ls 5g x]xf] V k]o\$ e]df afnaflnsf÷lszf]-lszf]lsf]nlf0f, Jojxf/nf0{/sfo{zntfsf]k]M n]vfh]yf ugxf] \.

olb ;wf/ cfp6]5 eg]nlf0fx? sd gxGh];Dd Joj:yfkg / cgludg of]hgf lg/Gt/ agfpgxf] \. yk dgf]z]lff kbf] ug]/ dgf]fdflhs dgf]j]dz{nufot dgf]fdflhs ;xof]sf nflu dgf]j]b\]f dgf]j]dz\$tf{sxf]lg/Gt/

e3f6sf] Aoj:yf ldnfpgxf] \ . cleefjssf] eldsfdf sg} sdl b]vPdf ;d] yk ;Nnfx ;emj lbgxf] \ .
dgf]rlsI;ssf];Nnfxdf c]fwl ;]g ul//fv\$]ePdf dgf]rlsI;ss};Nnfx lnP/ lj:tf/}c]fwl\$]dfqf 36fpg]/
To;sf]cgludg ugxf] \ . nlf0fx? sd ePkI5 / b]gs sfo{/fd/L ug{;Sg]ePkI5, JolQnsf]e3f6sf]klqmf0{sd
ub}hfgxf] \

olb ;wf/ cfPsf]5g eg]cfjZostf cg'f/ yk dgf]lzlff / cleefj\$nf0{cfjZos k/fdz{jf ;Nnfx k]fg ugxf] \ .
dgf]fdflhs ;xof] / Joj:yfkg of]hgx? kg c]nf\$g ugxf] \ .afnaflnsf÷lszf]-lszf]lnf0{/ :ofxf/stff0{klg
lg0f6 lng]s/fdf ;xeful u/fpgxf] \ . e3f6nf0{lg/Gt/tf lbgxf] \ .dgf]lj 1 jf dgf]jdz\$tf6 lgoldt ;]f klu\$]
gklu\$]dNof\$g ugxf] \ olb /fd] 6 ;]f klu/x\$]^ dlxgdf klg nlf0fx? jf÷/ sfdsfhdf ;wf/ gePdf, yk ;xof]
k]fg ugxf] \ . cfjZostf cg'f/ cgludgs]qnd a9fpgxf] \ . yk n]fhf]yf, dNof]g / Joj:yfkg\$]nflu ljz]f1sxf
k7fpgxf] \

k]o\$ e3df M

% j if{e6bf sd pd]sf]afnaflnsf]nflu afnlj\$;sf]n]fhf]yf ug]ugxf] \

sg}klg gofF;d:of b]vof]jf Jojxf/, lj\$; cyjf k9f0{6 ;Dal6wt ;d:ofsf nlf0fx? b]vPdf To;sf]hfF ugxf] \ .
lszf]-lszf]lsf]ljifodf sg}klg dgf]fdflhs ;d:ofsf nlf0fx? lbSs nflu] emsf]nflu] l5\$]l/;fpg] bMv nflu]jf
cfdx]of ug] ;f]f0{cfPsf]lyof]ls lyPg eg] klg hfF ugxf] \

sg}klg 3/df, :shdf jf sfd ug] :yfgdf xg] dgf]fdflhs tgjx? ;6;6} lx;f jf b]o]xf/ eP gePsf]yxf
kfpngxf] \ / olb ePsf] /x\$ eg]To;sf] ;Daf]wg ugxf] \ . afnaflnsf÷lszf]-lszf]lx?sf] nflu kfl/jfl/s tyf
;fdflhs sfo6f ;n]lg xg] c] ;/x? kQf nufpgxf] \ / To;df ;n]lg xg] jftfj/Of ldnfpgxf] \ . :ofxf/stf\$]
cfjZostf / kl/jf/n]p;nf0{lbPsf];fysf]hfF ugxf] \ . ;Dej eP;Dd ljBfnodf lgoldttsf]hfF ugxf] \ .
ljle6g n]fhf]yfsf cwf/df Joj:yfkg of]hgnf0{k]lj{f/ ugxf] \ / dgf]fdflhs ;xof]af6 ePsf]kl/jt6nf0{
lg/Gt/ hfF ugxf] \ . ljz]f1af6 c]fwl rnfPsf]ePdf, To;sf]k6f] / c; /x?sf]af/df Wofg lbgxf] \

18d16; of (Dementia)

kl/ro

18d16; of dl:tisdf cfpj]kl/jt6x?sf sf/Of xg]tyf sdzMa9b}hfg]bl36fnlg Ps dfgl; s :jf:Yo ;d:of xf] hg; S}pd]df xg ;Sg]eP tfklg of]j 4j 4fdf a9L b]v65 . 18d16; of ljZje/ g}j 4j 4fdf ckfEt / k/lge{tf u/fpg]k0Vf sf/Ofx? dWo]Ps xf] . o;n]:ofxf/stf{x?, kl/jf/x? tyf ;dfhnf0{zf/lI/s, dgf]}flgs tyf cfly6 ?kdf k0fj kfb5 .

18d16; ofn]ubf{sltko pRr:tl/o dfgl; s lfdtdf Ps k\$f/sf]lfo eP/ JolQmsf]:d/Of zIQm Ir6tg, jI/kl/ e0{x\$ ultljlx? k[tsf]hfu?stf, dgg, lx;fa lsf, gofs/f I;Sg]lfdtf, ljr/ tyf ;j, Jojxf/ tyf cfd pI;fxdf klg x; cfp}hf65 . of];d:of ePkI5 kfoM a9b}hfg]tyf nfd];do ;Dd /lx/xg]of]/f cftdf JolQmf0{I;S:t agf0{lb65 / lj:tf/}k/fjndal agfP/ ;do e6f klxn]g}Hofg Ing ;Sg];Defjjgf a9L x65 . 18d16; of ljle6g lsl;dsf x65g\.

18d16; of u/fpg]cj:yfx?n]JolQmsf]af]4s lfdtf, JolQm] tyf Jojxf/df kl/jt6 Nofp5g\ . 18d16; of ePsf dfg;x? ;fdgotof :d/Of zIQm tyf b]gs lqmfnsnksf nflu rfxg];lkx?df ;d:of ePsf]cgej ub5g\ . o;sf]k0V sf/Of cNhf0d/ /f eP tfklg lbfudf nllg]ljle6g /fux? tyf rf0k6sx?n]ubf{klg 18d16; of xg ;Sb5 . 18d16; of ePsf dfg;x?n]kfoM lj:d[t jf l8k]g dxz' u/\$f]kf065 . 18d16; ofsf c6o nlf0fx?df efjgTds lgo6qOf, ;fdlhs Jojxf/ / pTk]Ofdf lu/fj6 cfp' klg xg\ . 18d16; of ePsf JolQm? o:tf kl/jt6x? af/]k0f{?kdf cgle1 xg ;S5gV c6tt sg};xof; ;j gvf]g]klg x65g\ . kl/jf/sf ;b:ox?n]eg] pglx?sf]:d/Of zIQmf ;d:of, Jojxf/ tyf JolQm]df kl/jt6, cNfdNndf k/\$f] ef]fl/g] cyjf lb;flk;fa sk8fd}rlxg]h:tf]nlf0fx? b]g;S5g\ . 18d16; of ePsf s]l JolQm? / Itgsf :ofxf/stf{x?n]eg]la/fdlsf]:d/OfzIQmf sdl jf ;Dal6wt ;d:ofx? x6}gePsf]atfpg ;S5g\ . 18d16; ofsf sf/Of Cognitive functioning df x; cfp5 / ;fdgotof b]gs sfdsh h:t}nuf wg] nuf nufpg] vfgf vfg] JolQmut ;/;knf0{tyf zf;fno hfg]lqmfnsnfx?df afwf ku\$fb]v65 . o:tf];d:of e}s]kl5 k0f{pkrf/ gxg]ePsfn];Dk0f{?kdf lgsf]kfg]{sl7gf0{x65 . t/ ;dod}klxrfg u/L ;xof]l pkrf/ lbg]xf]eg]18d16; of ePsf JolQm? tyf Itgsf :ofxf/stf{x?sf]hljg Psbd};wfg{;ls65 / 18d16; ofePsf JolQm?sf]zf/lI/s :jf:Yo, Cognition tyf b]gs lqmfnsnk cg5h agfpg ;ls65 .

l8d; ofsf sf/Of

l8d; of log}sf/Ofx?n]dfq x65 e6g]:ki6 gePtf klg dVo sf/Ofx?df lgDg /x\$ f 5g\

- cNhf0d/h6o ; d:of -Alzheimers disease)
- Multi-infarct/stroke
- Nutritional : Vitamin B11/ B12
- dfbskbfy{b?kof} -Alcoholism)
- Hypothyroidism

l8d; ofsf nlf0f

l8d; of xbf b]vg]w]h; f]nlf0fx? lgDg k\$ f/ /x\$ f 5g\

- ts{ug]lfdtdf sdl cfpq]tyf ; df6o ; d:ofx? klg ; dfwfg ug{g; Sg]xg'}
- ldt, ; do tyf :yfgsf ; Dj6wdf 1fg x/fp}hfg'}
- cf7fn]b]y\$ f s'/fx? glr6g' tyf glhs-6f9fsf]b/L cyjf ; Da6w 566fpg g; Sg'}
- s'/fsfgl ubf{cyjf n]vg]ahfdf rflxPsf]zAb ge]6g'}
- ; fdgx? cnkq kfl/ rflxPsf]ahfdf e\$ fpg g; Sg'}
- :j]j]z zIQm lf0f xg' cyjf uDg'}
- 3/fo;L tyf Joj ; flos lqmfnsnfkaf6 lj dV xg'}
- JolQmf :d/OfzIQmf]sdlN] ; fx}ehcSs8 e0 b]gs hljgofkgdf sl7gf0{xg' vf; u/L ev{ \$ f 36gfx? / JolQmf gfdx? ; d] la; 6' cyf\ev{ ; g\$ f jf hfg\$ f ; r6fx? la; 6' pbfx/Ofsf nfluM ldt, ; do, lbg / 36gfx?,
- af/Daf/ Pp6}s'/fx? ; f]w/xg; klxn]cfkmh]ul//x\$ f sfo{x? ug{c? jf kl/jf/sf ; b:ox? dfly e/ kg{
- of]hgf th6f ug{tyf ; d:of ; dfwfg ug6f r6f]L xg]ub5 To; df klg csx?; 6 ; Dal6wt sfo{tflnsf agfpg, sfof]og ug6f ufxf]ePsf]dxz'; ub5g\ . h:tf] wf/f, lahl tyf c6o dxzhx? ; dodf Itg{ g; Sg' Psfufdf sdl cfpqsf sf/Of sfo{; Dkfbg ug{klxn\$ f]thgdf nfd] ; do nflu]ub5 . ; w}u/\$ f 3/fo;L, Jofj ; flos cyjf ; df6o sfd ug{klg c; dy{xg'}
- hfgl ; s\$ f / ul; s\$ f sfo{ug{ufxf]xg]ub5 . To; df klg cNhf0d; 6f6 k6fljt JolQm? cf\$gf]b]gs sfo{; Dkfbg ug{sl7gf0 dxz'; u5g\ . h:tf]Is cfkm'klxn]g]lrg\$ f]jf uPsf]:yfg; Dd ofqf ug{ cf\$gf] b]gs vr\$ f]lx; falstfj /fVg, cfkm'n]v]g]u/\$ f / hfg\$ f v]hsb af/\$ f lgodx? la; 6] jfSox? k/f ug{ sl7gf0 dx; z ug{]j ifz ul/ n]vgdf, ldt, ; do, df}d af/]l7s k\$ f/n]hfgsf/L /fVg sl7gf0 xg'}
- l8d; ofaf6 k6fljt JolQmf0{c? JolQm?; 6 s'/fsfgl ug{/ a% g klg ; d:of xg ; S5 . s'/fsfglsf] bf}fg alrdf c8\sg]/ k6M lg/6t/tf lbg sl7gf0{dxz'; ub5g\; fy}7ls zAbx? rog ug{ 7ls tl/sf; 6 pRrf/Of ug{; d] sl7gf0{dx; z ub5g\h; sfsf/Of JolQm]s]e6g vf]h\$ f]xf]a% g ufxf]kb5,

- I8dI; ofaf6 kēflj t JolQm?n]; fdfgx? x/fpg', 5f8\$ f / /fv\$ f] 7fpFlj ; 6; h; sf/Of vflg] sōdf w] ; do v] hfg, 'slxn\$fxl c?nf0{; fdfg rf]sf]cf/flk nufpg ; d] kl5 gkg{/ of]sō kl5 uP/ emg\ a9b} hfg;
- I8dI; ofaf6 kēflj t JolQm?sf]lgOf6 lng]lfdtdf sdl x6}hfg' / pglx?n]lgOf6 lng sl7gf0{dxz'; ug{
- I8dI; ofaf6 kēflj t JolQm? cf\$gf]b]gsl / ; fdfhs lqmfnsnfkaf6 kl5 x6} rf; f]/Vg 5f8} , cf\$gf] dg kg]sfd, k}f, v]hdf :d/OfzIQmf sdl cfpg\$ f]sf/Of uIlt xg]8/n]pglx?sf]: jefjdf kl/j t6 cfpg] ub5 h; sf sf/Of pglx? ; dfhaf6 6f9f a:g vflg]xg ; S5g\
- I8dI; ofaf6 kēflj t JolQm?sf]larf/ tyf JolQm]df kl/j t6 cfpg ; S5 . pglx? e]dt, zsfm; pbf; , ql; t / lrl6tt xg]u56 . 3/df, sfof6odf / ; fylx? df ^ l56f]l/; fpg]tyf ^ l56]ub5g\.
- I8dI; ofaf6 kēflj t JolQm? dWo]s; h}f0{b]l6df ; d:of cfpg]klg xg ; Sb5 . pglx? k9}df, 6f9f / glhssf]b/l 5\$ofpg / /u 5\$ofpg sl7gf0{dxz'; ub5g\h; sf]sf/Of ; jf/l ; fwg rnfpgdf ; d:of cfpg ; Sb5 .

n]fhf]f

क्लिनिकल नोट: General neurologic asesment dfkml :d/Of, r]gf tyf eflifs blftsf]dllofsg ugxf] \. pknAw eP ; f:s[ts ?kdf Culturally adapted tools S} kof] ugxf] \. cfwf/e} x]rfxf]hfgsf/ xgxf] \. k}v hfgsf/ JolQmf0{ c6t]ftf{ lngxf] \-h; n] JolQmf0{ /fd/l lrgb5_ / p; 6 xfn; fn} JolQmf ePsf kl/j t6x?M ; f]lj rf/, ts{ :d/Of, ; do, 7fpF JolQmsf]r]gdf cfPsf kl/j t6 af/]; f]vgxf] \ j}j} fdf cfsn emsn :d/Of zIQmf sdl xg' ; fwf/Of xf]t/ slxn\$fxl dfq eP tfklg sg}; d:of eg]Psbd}hl6n xg; S5 .

pbfx/Ofsf nflu k]om h; f]; fdfg sxfF/fv\$ f]eg] la; 6]ug{x65 ls eg] ; f]vgxf] \. Ps lbg cl3 s]ePsf] lyof]e6]s/f slxn\$fxl la; 6]ug{; Sgk65 < s]Tof]JolQm]cfkml'sxfF5' e6]s/f slxn\$fxl la; 6]ug{x65 < hfgsf/ JolQmf0{tl ; d:of slxn]; ? ePsf]xf] / cem lauf]uPsf]5 ls ; f]vgxf] \.

; a]yd :d/Of zIQm tyf=jf r]gf ; Dal6w sg}; d:ofx? 5g\ls ; f]vgxf] \h:t}lsm cl3Mnf]lbg s]ePsf]lyof] cyjf tkf0{clxn]sxfF}x65 eg] .

; f]vgxf] \s JolQmf0{cf\$gf k}v eldsf lgj f} ug{s6}ck7}f/f]5 h:t}b]gs lqmfnsnfkx?-lsgd]h, lan Itg] vfgf ksfpg] cflb. olb JolQmf ol dflysf ; d:of 56 eg]I8dI; of gxg; S5 . o; f]ePdf ca tkf0{c6o mns cj :yfx?sf]hfF ugxf] \.

olb JolQmf ol dflysf ; d:of 5÷5g\eg]JolQmf nlf0fx?sf ; fy}nlf0fx?nf0{JofVof ug{; lsg]sf/Of 5g\Vs x6}f] \; f]vgxf] \ tl nlf0fx? b]yf k/\$f]tyf lauf]uPsf]slt ; do eof]; f]vgxf] \. olb 5 dlxgf e6f sd ePsf]/x\$ eg]tnsf lj ifodf cj :yf x]l ; f]vgxf] \M

- PSsf;l ;? ePsf]xf]<
- 5f6f]; dof]lw -s]l lbg jf s]l xktf_ cufl8 ePsf]xf]<
- /ftdf ; d:of allNemg]tyf xf] df u8a8l xg]x65 <
- ;do tyf 7fpFyxf gkfp]cj:yf 5 <

olb o:tf]cj:yf /x5 eg]Delirium को आशंका गर्नुहोस् र ;Deflj t **Medical causes** (Toxic/metabolic;/ ePsf]sf]dNof]g ug]xf] \.

- ; ePsf]gePsf]dNof]g ug]sf nflu /ut, lk;fa hfF u/fpg]xf] \.
- cf]fwlx?sf]kg/fjnf]sg ug]xf] \. ljz]ftM dx]k0f{Anti-cholinergic kl]tsh c;/x? (h:t] Antidepressants, antihistamines and antipsychotics)
- bvf0sf]ny]fhf]yf ug]xf] \. kf]f0sf]cj:yf dNof]g ug]xf] \. le6fldgsf]sdl ePsf]jf On]6kf]06df u8a8l af/]; f] agfp]g]xf] V kl/lf0f ug]xf] \.

olbdfly elgPsf nlf0fx? b]vPsf]5 dlxg] jf ;f]e6bf al9 e0;s]f]/x5 eg] JolQmf0{l8k]g ePsf]xf]ls eg] cfzsf ug]xf] \. o;sf nflu l8k]gsf]kf7df hfg]xf] V ;f]L cg'f/ ny]fhf]yf ug]xf] \. o;qmddf JolQmf dWod jf ulDe/ vfnsf]l8k]g b]vof]eg]l8k]gsf]pkrf/ ug]xf] V l8k]gsf]pkrf/ ul/; sk]l5 l8d]6; ofsf] dfkb08sf nflu kg/fjnf]sg ug]xf] \jf JolQmf dWod jf ulDe/ vfnsf]l8k]g /x5 eg]l8d]6; ofsf]cfzsf ug]xf] \.

o:tf]cj:yfdf JolQmf tnsf dWo]sg}cj:yf 5 eg] ny]fhf]yf ug]xf] \; f]vg]xf] \M

- ^) aif6bf sd pd]df nlf0f b]vk/]f]xf]<
- 6fpsfsf]rf6, dl:tis3ft jf xf] \udfPsf]cj:yf kZrft\ nlf0fx? z?jft ePsf]xf]<
- Hypothyroidism sf ; s]x? unufB (goiter), slow pulse, dry skin ePsf]xf]<
- HIV/AIDS nufot c6o of]gh6o ; ePsf]cj:yf xf]<

olb JolQmf o:tf]ljz]ftf, nlf0fx? jf cj:yf b]vPdf tl ;d:of; 6 ;Dal6wt ljz]f1 sxfl; knf/; ug]xf] \.

olb JolQmf o:tf]ljz]ftf, nlf0fx? jf cj:yf b]vPsf]5g eg]JolQmf cxf/sf]sdl, skf]f0f jf /QmcNktf 5 ls eg] ny]fhf]yf ug]xf] \. o;qmddf JolQmf cxf/sf]sdl, skf]f0f jf /QmcNktfsf]cj:yf b]vPdf vfgf÷cxf/sf]u0f:t/ a9fpg / t]h cg]udg ug]dx]k0f{x65 . olb JolQmf cxf/sf]sdl, skf]f0f jf /QmcNktf 5g eg]jf ;df6o cj:yfdf kl]g JolQmf Åbo /f]sf hf]vd t]jx? 5gVs eg] ny]fhf]yf ug]xf] \.

h:t]lSm pRr /Qmrfk, sf]h]66h, dwd]x, wdk]fg, df6]k]g, d6/f] -5ftlsf]bvf0{ Åbo3ft_, ljutdf dl:tis3ft jf Transient ischaemic attack ePsf]jf o:t}5 ls eg] xg]xf] \.

olb /x5 eg]To; ;Dal6w ljz]f1 sxfl; knf/; ug]xf] \.

Åbo/f]sf hf]vd t]jx? 36fpg, wdk]fg a6b ug] / df6]k]gsf nflu pkoQm cxf/sf]; Nnfx lbg]xf] \.

pRr /Qmrfk tyf dwd]x]sf]pkrf/ ug]xf] \.

tkf0{ca :ofxf/stffsf cfjZostfx?sf]dNoflg ugxf] \. :ofxf/stffnf0{;fdgf ug{sl7gf0{ePsf]5 jf tgj dxz'; ub{xgk65 < olb ub{xgk65 eg]dgf]fdflhs ;xof]ux? h:t}Respite care, ;fdbflos ;xof] ;~hfnst] ;lqmotf tyf pknAw ePdf kl/jfl/s÷JolQmut y]fkl jf dgf]fdflhs ;xof] lbnfpg sf]z; ugxf] \. o;u/L :ofxf/stffnf0]l8k]g dxz'; ub{xgk65 jf :ofxf/stffnf0{;d:ofdf k/3f]JolQmf0{;ofxf/ ubf{cfo>f]df sdl ePsf]jf yk cfly\$ Joo ef/ k/3f]5 eg]klg :yflgo :t/d}cfly\$;xof]sf ljsNkx? kQf nuf0{;}fdf hf8yxf] \.

JolQmf tnsf dWo]sg]l8d]; ofsf Jojxf]/s jf dgf] }flgs nlf0fx? 5g\vg]xf] M

Jojxf]/s nlf0fx? h:t]M	dgf] }flgs nlf0fx? h:t]M
➤ ef]fl//xg'	➤ lr6tf
➤ /flqsfnlg u8a8l	➤ Hallucinations/ delusions
➤ pQ]hg	➤ ;Dxfllg g; lsg]efjg]f]ds cfj]u
➤ cfqnfds Jojxf/	

JolQmf cfdx]ofsf] t]sfh hf]vd ePdf ;] adf]hd n]yfhf]yf tyf Joj:yfkg ugxf] \. To;sf] nflu cfdx]gl÷cfdx]ofsf]kf7df hfgxf] \. olb JolQmf ;]afx\$ c6o MNS cj:yfx? 5g\veg]cuf8l a9g' cl3 tl cj:yfx?sf]n]yfhf]yf tyf Joj:yfkg ugxf] \.

Joj:yfkg

- l8d]; of ePsf JolQm tyf :ofxf/stffnf0{dgf]z]lff k6fg ugxf] \.
- Cognitive functioning ;wf/ ug\$ nflu :ofxf/stffnf0{la/fdlnf0{;xof] k6ofpg k]/t ugxf] \.
- cfdlge{tf, sfoz]ntf tyf ultz]ntfnf0{a9fpgxf] \.
- :ofxf/stffnf0{;xof] k6fg ugxf] \.
- Alzheimer's disease sf]lgbfg ePsf]cj:yf tyf cf]fwlsf gsf/]f]ds k6fj cgludg ug\$ nflu :ofxf/stf{/ kof]tf ;xof] Pj +; kl/j]f0fsf nflu ljz]f1 pknAw ePdf dfq cf]fwl pkrf/sf]ljrf/÷; f] agfpgxf] \.
- Jojxf]/s tyf dgf] }flgs nlf0fx?sf]Joj:yfkg ugxf] \.
- la/fdl jf :ofxf/stffnf0{t]sfh sg]hf]vd ePdf tyf nlf0fx? /lx/x]df cyjf t]sfh xgl k6ofpg]hf]vd 5 eg]Antipsychotic medication k6f] af/]; f] agfpgxf] \. pknAw ePdf ljz]f1sxf]l;krf]/; ugxf] \.

dgf] fdflhs ; xof]

dgf]ziff

l8d]G; ofsf]n]yfhf]yf ePsf JolQm?nf0{; d:ofsf]lgbfg hfgg OR5s eP gePsf]; f]gxf] V ; f]s/fsf]5nkm sf] G xf] \efg]rfxgxG5 egl ; f]gxf] \.

- /f]sf]af/df a%g]efiffdf aofg ul/lbgxf] \tfls To; ; DalGw 1fg / hfgsf/L pglx?nf0{:d/Of /xf] \.
- ; fdfGg hfgsf/L lbgxf] \w}]s/f atfP/ ef/L gagf0lbgxf] \.

kdf]v ; Gb]x? M

- l8d]G; of lbdfusf]; d:of xf]/ of]; do; G}a9D}hfg]u5{.
- o; nf0{lgdh ug]pkrf/ kffnl geP tfklg JolQm tyf kl/jf/sf]; xof]n]w}]ug{: lsg5 .
- sltko rf; f]f lj ifo tyf Jojxf/x? Itgsf]pTklQ; G}Joj:yfkg ug{: lsg5 . JolQmnf0{; xh u/fpg tyf :ofxf/stf]f]; xof] lbg]sfohf0{sd tgfju|t agfpg ; lsg5 .

Jojxf]s tyf dgf]]flgs nlf0fx?sf]Joj:yfkg ugxf] \.

- Jojxf/nf0{kefj kfg{: Sg] zf/ll/s :jf:Yo ; d:ofx?sf]klxrfg tyf pkrf/ ugxf] \. zf/ll/s hfFdf bvf0{ ; emdOf cflb af/]n]yfhf]yf ugxf] \-cfwf/et x]rfx tyf cEof; k7df hfgxf] \ cfjZostf k/df ljz]f1sxfFk]f0f ugxf] \. Jojxf/df ; d:of cufj}b]yfkgl]f aNenfpg]36gxf? -h:t] ahf/df lsgd]h ug] cyjf sf/s t]jx? -h:t}PSn}aflx/ hfg] sf]klxrfg ugxf] \. ; Dej eP; Dd pS; fpg]t]jx?nf0{lgoGqOf ul/gkg]atfpgxf] \.
- jftfj/Oflo cgShtf h:t}pkoQm cfzg, ; /lft lx88h ug]7fpF?, ; s] lrgx? -h:t}M k]yfg lgif]w egl af6flt/ /flvPsf]lrgx jf z]f]fnox?df /fv]f ; s] lrgx?_ sf]kff]sf af/df atfpgxf] \; sfpgxf] \. cf/fd u/fpg] ; fdo agfpg]cyjf Wofg ljsif]of u/fpg]/Ofgl]tx? k]f]; fvg ugxf] \. JolQm]/df0nf]dfGg] lqmfnsnfk -h:t}M lx88h ug] ult-; ult ; Gg] ghssf]cfkn]t tyf ; flyef0{G s/fsgl ug] df efu lng ; Nnfx lbgxf] \ljz]ftM lemf]dfg]f]cj:yfdf_ .

b]gs sdfs]h tyf ; fdbflos hljgsf lqmfnsnfk ; DalGw sfoZlntf k]G ugxf] \.

- b]gs ul/g]sdfs]h tyf ; fdbflos hljgsf lqmfnsnfkdf ; xefultf a9fpg cfwf/et x]rfx tyf cEof; k7sf]d4t lngxf] \. :jtGg lqmfnsnfk clej[4 u/fpg] sfo]zntf a9fpg] ; lk uxOf tyf ljsf; ug] tyf ; xof]sf]cfjZostf Gols/Of u/fpg]tl/sf l; sfpgxf] V lgTo sdfs]h ; DalGw of]hg] agfpgxf] \. o:tf ; xof]sf]cfjZostf ePsf JolQm tyf Itgsf :ofxf/stf]f?nf0{of]hg] tyf sfof]ogdf ; dfj]z u/L pglx?sf] sfo]zntf tyf ; fdbflos ; xefultf a9fpgxf] \. pknAw ; fdflhs ; f]; fwgx?; G ; dg]o u/L ; xof] ugxf] \.

- cflldge{ e0{zfr}fno hfg cfpq ;Sg]agfpq :ofxf/stf{f a;] 5nkm u/l cfjZos ;lk l;sfpgkf] \ -lb;flk;fa sk8fd}ePsf]v08df ;Dk0f{;Deflj t sf/0fx?sf]dNoflg ug{k5{/ To;nf0{lb3{fnlg xf]egl lgisif{f kllg'cl3 kl/lf0f pkrf/x? ug{kf] \.
- n8g] tyf r{fk6s nflg] hf]vd Gols/Of ug{sf nflu 3/sf]jftfj/Of ;/lft agfpqkf] \. kl/jf/sf ;b:ox?nf0{la/fdl a:g]3/sf]e0{f ;/;fdfgx? hyfefjl /fVg gxb]af/]hfgsf/L lbgkf] \tfls cNem] n8g] hf]vd Gols/Of ug{;lsG5 .
- JolQmsf]3/ p;sf nflu cgsh agfpqsf nflu l;kmf/; ug{kf] \. /lnEx? /fVbf ;xof]l xg ;S5 . k{v :yfgx? -pbf/Ofsf nfluM zfr}fno, :fgsf, ;lg] sf]f_ af/] ;s] lrGxx?n]JolQm 3/df x/fpg jf cndndf gkg{;3fp k{ofp5 .
- lfltlzntf sfod ug{tyf n8g] hf]vd sd ug{sf nflu zf/l/s lqmfsnfk tyf Jofofd af/] ;Nfx lbgkf] \
- dgf]~hg]tds lqmfsnfkx? af/]l8d]G; ofsf r/Of tyf ulDeof{f cg'f/ ;Nfx lbgkf] \.
- 1fg]b]osf];d:of h:t] sdhf] b[i6 jf ;gf0{sf nflu pkoQm pks/Ofx? -h:t}M rZdf, >jOf ofqx?_ af/f Joj:yfkg ug{kf] \.
- pknAw ePsf]v08df Occupational therapy Sf nflu l;kmf/; ug{kf] \.

Cognitive functioning ;wf/ u/fpg]lsl; dsf ;xof]x?

:ofxf/stf{nf0{lgDg sfdsf nflu k]f; ffg ug{kf] \M

- lgoldt ?kdf lbg, ldl, ;do, dflg;sf gfd af/];r]gf u/fpg]cEof; u/fpgkf] \.
- ;#f/ a9fpg xfnsf ultljlx?df ;r] u/fpg, :d/Of hfuf] u/fpg / pglx?sf]cge]nf0{af8g tyf dxj lbg kqklqsfx?, /]8of]jf l6=el sfo{mdx? kl/jf/sf tl:j/x? tyf 3/sf ;/;fdulx?sf]k{of] ug{kf] \.
- dfl]vs ;#f/ ubf{:ki6tfsf nflu ;/n tyf ;Hfkt jfSox?sf]k{of] ug{kf] \. xf]xNnf h:t] /]8of] l6=el jf c6o s'/fsfgl h:tf afwf k{ofpg] cfjfhx?nf0{Gols/Of ug]k{of; ug{kf] \. l8d]G;of ePsf JolQmsf] s'/nf0{Wofgk]§ ;Ggkf] \.
- ;a\$]f ;/n /fVgkf] \. lgoldt tflnsdf kl/jtG gu/fpgkf] \ / ;s]Dd To:tf JolQmf0{gf]f tyf clldnfpq]k\$]f/sf 7fp{f6 6f9f /fVgkf] \.

:ofxf/stf{sf nflu ;xof]l

- kfl/jfl/s hljg, /fhuf/, ;fdflhs lqmfsnfkx? tyf :jf:Yo ;DalGw cfjZos ;xof]l tyf ;f]f;fwgx? ;lg]Zrt ug{sf nflu :ofxf/stf{f k/\$]k{efj tyf cfjZostfx? n]yfhf]f ug{kf] \.
- l8d]G;of ePsf JolQmsf] x]rxf ug{Psbd}lg/fzfhgs tyf tg]k0f{xg;S5 e6g] s'/f dgg ug{kf] \. l8d]G;of ePsf JolQmsf]dof]nf0{;Ddfg ug{:ofxf/stf{nf0{k]f; ffg ug{k5 . pglx?dfly cfqmds Jojxf/ gug{jf pglx?nf0{j]f:tf gug{k]/t ug{k5 .

- cfšgf lkphgsf] x]rxf ug] qmddf sl7gf0 jf tgfj dxz'; u/\$f] v08df ;xof]sf] vf]hlsf] nflu :ofxf/stff(f0{kf]; fxg ugxf] \.
- l8d]G; of ePsf JolQm?sf]rfxgfnf0{Wofgdf /fv] :ofxf/stff(f0{l8d]G; of ;DalGw hfgsf/L k]bfg ugxf] \. cfjZostf k/df ljz]f ;lkx? ;DalGw tflnd tyf ;xof] k]bfg ugxf] \. h:t] sl7g Jojxf/ Joj:yfkg . ;a]Gbf a9l k]fj sf/L agfpgsf nflu ;lqmo ;xeflutf u/fpgxf] \h:t] /f]h Kn]u/fP/ Toxl cg'f/ 3/df x]rxf ug]g[atfpgxf] \.
- cgsh ePsf]cj:yfdf Jojxf]s ;xof] h:t] 3/df cfwfl/t Respite care k]bfg ug]af/]; f] agfpgxf] \. :ofxf/stff(f0{s]l ;dosf nflu /fxt lbg jf cG sfdsfh ug]sf nflu ;do lbg sf nflu csf]sg}kl/jf/sf ;b:on]jf pkoQm JolQm]l8d]G; of ePsf]JolQm]sf]; k/lj]f0f tyf :ofxf/ ug]; Sb5 .
- l8d]G; of ePsf]JolQm sg}ckfEtf ;xlnot jf cG sg};fdlhs=cfly\$;xof] -;/sf/L jf u};/sf/L_ kfpgsf nflu of]o 5 ls 5g egl vf]hl ugxf] \.

Jojxf]s /÷jf dgf]]flgs nlf0fx? gePsf]l8d]G; ofsf nflu

- l8d]G; ofsf la/fdlx?df Cholinesterase inhibitors (like Donepezil, Galantamine & Rivastigmine), Memantine sf]lgoldt k]bfg ugxf] \.ljz]f1sf];emfj lngxf] \.
- Alzheimer's disease sf]ljz]f lgbfg ePsf] / ljz]f14f/f kof]t ;xof] tyf ;k/lj]f0f / cf]fwlsf gsf/fltds c;/x?af/] x] { lfd 5g\eg] ePsf] v08df dfq}cf]fwl pkrf/nf0{lg/t/tf lbg ;lsG5 . Jojxf]s tyf dgf]]flgs nlf0fx?sf nflu **Antipsychotic medication** sf]k]bfg kydt M dgf]fdlhs ;xof] k]bfg ugxf] \.
- JolQm jf :ofxf/stff(?nf0{t]sfn sg}hf]vd ePdf Antipsychotic medication sf]k]bfg af/]laz]f1;G k/fdz{ugxf] \jf l;kmf/z ugxf] \. Antipsychotic medication sf]lj:t] hfgsf/l sf nflu ;f0sf]; ; Joj:yfkg v08df hfgxf] \.

lgDg l; 4fGtx?sf]kfngf ugxf] \M

- “Start low, go slow” (Titrate) l; 4fGtdf pkrf/ ;?ugxf] \V lgoldt ?kdf cfjZostfsf]kg/fjnf\$g ugxf] \-sd]tdf k]o\$ dlxgdf Ps k6s_
- Lowest effective dose k]bfg ugxf] \.
- Extrapyramidal Symptoms (EPS) sf nflu JolQm]lgu/fgl ugxf] \.
- Diazepam sf]k]bfg ugxf] \.

cgudg

cgudgdf cfPsf ahf ;wf/sf]n\yfhf\yf ugxf] \

s]JolQmI:y/ 5g\< -nlf0fx? a9b)guPsf]jf sfozLntfdf x|; gcfPsf] Jojxfl/s=dgf] }flgs nlf0fx?df ;wf/ xB} uPsf] olb 5 eg]Joj:yfkg ofhgfnf0{lg/t/tf lbgxf] \. k|o\$ # dlxgdf sDtldf ! k6s ;Dks{e0 ugxf] \. olb I:y/ 5g eg] cf]fwf]krf/df gePsf]v08df pkoQm eP cf]fwf]krf/ ;? ugxf] \. cf]fwf]krf/df ePsf]v08df cf]fwf]lsf]cgkfngf, k|tsh c;/x? tyf dfqf kg/fjnf\$g ugxf] \. dgf]fdflhs ;xof]usf]kg/fjnf\$g ugxf] \. lgoldt n\yfhf\yf ugxf] \. k|o\$ e0df lgdg s/fx?sf]lgoldt n\yfhf\yf tyf ;Daf]wg ugxf] \.

Antipsychotic Cf]fwf]l pkrf/df ePdf cf]fwf]lsf k|tsh c;/x? Extrapyramidal Symptoms (EPS) Sf]hfF ugxf] \. To;sf]nflu ;f0\$fl] ; kf7df hfgxf] \. Extra pyramidal Symptoms ePdf cf]fwf]lsf]dfqf 36fpgxf] \ jf aGb ugxf] \.

Ps}sl; dsf **Medical** tyf **MNS** cj:yfx?

b]gs sdfsfx? tyf cG0 ;xof]usf cfjZostfx?df ;xeful xg ;Sg]lfdtf

;/lffsf hf]vdx? tyf /f] a9b)uPsf]v08df pkoQmJojxfl/s kl/dfhg ;DalGw pkrf/ ugxf] \-h:t}uf8l rnfpg] vfgf ksfpgh:tf sfd sd ug[. _

gof]Jojxfl/s tyf dgf] }flgs nlf0fx?

l8k]gsf nlf0fx? -l8k]gsf]kf7df hfgxf] \cyjf cf]dxTof÷cf]dxfglsf]tTsfn hf]vd ePdf cf]dxfgl÷cf]dxTofsf]kf7df hfgxf] \.

:ofxf/stf{x?sf cfjZostfx?

dgf]fdflhs ;xof]u k|bfg ugxf] \ .

sfozLntf k|ag ug[tyf dgf]fdflhs lzlff k|bfg ug[sf0f0{lg/t/tf lbgxf] \.

kf7M P3f/

nfucfjfw kofuaf6 xg]dfgl; s tyf Jojxfi/s :jf:Yo ; d:of -Mental and behavioral disorders due to substance use)

kl/ro

sg}klg lsl; dsf]kfs[ts jf /; folgs kbfy{h; sf]; jgn]JolQmsf]z/L/ / s]Gbφ :gfo' kφffnldf kφfj kf/L dl:tissf]lgoldt k\$φfdf kl/j tφ Nofp5 To; nf0{nfuKbfy{elg65 . American Medical Association (AMA) n]nfukbfy{b]o{gnf0{; g\! (%^ df /f]sf] ;ksf kl/efliff u/\$f]lyof]eg]; g\! (%* df WHO (World Health Organization) n]klg o; nf0{/f]sf] ;kdf kφf0ft u/\$f] 5 . nfukbfy{df lge{ ePsf]JolQmndf zf/ll/s, dfgl; s, ; fdflhs / cWoflTds klfdf ljs[t tyf ; d:of cfpgsf ; fy}dl:tissf]sfoφf clgoldttf b]v65 .

nfukbfy{ kofu; 6 ; Dal6wt ; d:ofx?n] nfucfjfw tyf dfbskbfy{ kofuaf6 xg] ; d:ofx? h:t} Acute intoxication, overdose and withdrawal ; dfj z ub5 . Acute intoxication eg\$]Pp6f lfl0fs cj:yf xf] h;df Psychoactive substance sf]; jg kZrft JolQmsf]r]gf, Cognition, perception, affect sf ; fy} Jojxf/df ; d:of b]yf kb5 . Overdose eg\$]sg}klg nfukbfy{sf]clws kofu xf]h; n]JolQmsf]zf/ll/s tyf dfgl; s :jf:Yodf tlj|?kdf gsf/flds c;/ kφofp5 . Withdrawal eg\$]nfd]; dob]v w}dfqdf zf/ll/s tyf dfgl; s ?kdf lge{ xg]u/L nfukbfy{; jg ug]JolQm]cs:dft ; jg ug{5f\$φf jf dfqdf sdl ubf{p; sf]zl//df cPsf lje6g clkφ nlf0fx?sf]cgej xf]. o:tf nlf0fx? tl nfukbfy{?sf]; jgaf6 b]yf kg]nlf0fx? e6bf ljkl/t x65g\.

Harmful use eg\$]:jf:Yodf v/fa c;/ k]g]u/L nfukbfy{sf]kofu ug]z]l xf]. o; sf c;/ zf/ll/s - h:t] sn]hfdf ; d:of, dfgl; s -h:t] l8k]g,; fdflhs kl/Offdx? -h:t] kfl/jfl/s ; d:of jf sfddf ; d:of tyf sfgg] kl/Offdx? -h:t] lx#f, b36gf_ xg ; S5g\.

Dependence eg\$]physiological, behavioural and cognitive phenomena xf]h; sf]kofu]n]JolQmndf c6o ; a)dxTj k0f{lqmfnsnfk jf Jojxf/x? e6bf a9L klyldstf kfp65 . o; cj:yfdf JolQmf0{nfuKbfy{sf] clws tntn nflg]sf ; fy}kofu k]t cf±gf]lgo6q0f klg udfp5 . of]cj:yf nfukbfy{sf]c]olws ; jg / PSSfl; 5f\$φf b]vg]withdrawal state ; 6 klg ; Dal6wt 5 .

nfukbfy{ } kfg{ } c; / tyf k{ } sf cfwf/df o; sf k{ } / x; nf0{ } lgdgfg; f/ tlg efudf lje fhg ug{ } ; IsG5 M

- CNS depressant drug -n{ } kfg{ } cf{ } fwL_M /S;L, a{ } hf{ } f0h{ } kf0g -Inlaod, 8f0h{ } kfd_, x{ } /f0g, j{ } k{ } g{ } f{ } kng, sf{ } l8g, d{ } yf8g cflb .
- Hallucinogens -e{ } d{ } k{ } b{ } f ug{ } M uf{ } Ff, r/}, LSD , gzn' Rofp cflb .
- Stimulant drug -pQ{ } hgf Nofpg{ } cf{ } fwL_M Amphetamine, sf{ } l8g, a{ } h{ } l8g, 8{ } h{ } l8g cflb .

nfukbfy{ } nf0{ } JolQm?n{ } k{ } f{ } u{ } /s{ } cfwf/df o; nf0{ } lgdgfg; f/sf{ } efudf jul{ } /of ug{ } ; IsG5 M

nfukbfy{ } lge{ } tf -DSM -IV cg; f/_ M ænfukbfy{ } lge{ } tf ePsf{ } 8folgf{ } ; -lgbfg_ ta ul/G5 ha kbfy{ } ; Dalwt ; d:ofsf afjhb klg JolQm]lg/Gt/ dfbs kbfy{ } jf nfukbfy{ } k{ } f{ } ul//xG5 . kbfy{ } k{ } f{ } ug{ } sd ubf{ } jf 5f{ } k{ } f{ } stf{ } ljeGg Isl; dsf zf/ll/s / dfgl; s ljrng / ; d:ofx; b{ } /fkg{ } f{ } ; fy}clgolqat ; kdf tntn (craving) nflg]/ sg}klg pkfo lgsfn} nfukbfy{ } k{ } f{ } ug{ } afWo xG5 / Withdrawal -nfukbfy{ } ; }g ug{ } gkfp{ } z/L/ / dl:tisn}b{ } /fpg}kl{ } tlqmf_ sf ; a{ } s{ } x; b{ } /fpg ; S5 .Æ

dgf{ } }flgs lge{ } tf M dgf{ } }flgs lge{ } tf eGgn}ænfu"kbfy{ } lge{ } tf JolQmsf}dgdf ePsf{ } lge{ } tf xf] h; n}nfu"kbfy{ } k{ } f{ } ug{ } k{ } an OR5f, emls{ } , lgbf{ } gnflg; g{ } /zotf xg' / vfg 8/fpg'h:tf nlf0x;nf0{ } hgfp{ } 5 . dgf{ } }flgs lge{ } tf sg}kbfy{ } k{ } f{ } u{/k15 0gfdsf ; kdf kfpGc; /af6 pTkGg xG5 eGg]l; CfGtaf6 ; fef/ ul/Psf]xf].

zf/ll/s lge{ } tf æo; n}sg}klg kbfy{ } nfd] ; do; Dd k{ } f{ } ul/Pdf To; sf]glthfsf ; kdf z/L/n]To; kl{ } t b{ } /fpg} ; xgzlntfnf0{ } æmf{ } 5 ; fy}pQm kbfy{ } k{ } f{ } ug{ } Psf{ } f{ } 6 /f}spdf jf k{ } f{ } ug{ } dfqf sd ul/Pdf gsf/flds zf/ll/s kl/Offdx; b{ } /f kb{ } 5\ . nfu"kbfy{ } b}o{ } g ug{ } afgl k{/k15 k{ } f{ } gubf{ } b}vg]c; /x; s}l lbg, xktf, jf dlxgf}; Dd klg /lx/xg ; S5g\ . ol s{/fx; k{ } f{ } ul/Psf]dfqf, kbfy{ } f}k{ } f{ } / JolQmf klg e/ kb{ } 5 .Æ

DSM - IV sf cg; f/ dfbs kbfy{ } ltsf] lge{ } tf M of] dfbs kbfy{ } ltsf] lge{ } tfsf] af/df JofVof ug{ } dgf{ } rlsT; slo 8folgf{ } ; -lgisif{ } xf]. DSM - IV df pNn} ul/P cg; f/, cf}krfl/s ; kdf 8folgf{ } ; -lgisif{ } _ df klg !@ dlxgfleq, lgdglnlvt & dWo{ } f # dfkb08 d{ } h vfg'kb{ } 5 .

- ; ?sf b0{ } dfkb08 zf/ll/s lge{ } tf; ; Dalwt 5g\ M Tolerance / withdrawal . t}f{ } / rfyf}dfkb08n] dfbs kbfy{ } ; }g ug{ } agf0Psf]lgod eE u{/ clgolqat ; kdf lkpg; dfbs kbfy{ } ; }g ug{ } 5f{ } g} k{ } f{ } ; ljkmm ePsf]9fFf : yfikt ub{ } 5 .
- kfFf}tyf 5}f}dfkb08n]; do ; ; dfbs kbfy{ } ; }gdf vr{ } ; dosf]j[4sf ; fy; fy}hljgz}ldf cfpg] kl/jt{ } nf0{ } klg hgfp5 . ; ftf}dfkb08 ta k{/ xG5 ha dfbs kbfy{ } ; }gsf sf/of cfPsf]dgf{ } }flgs tyf zf/ll/s ; d:ofsf afjhb klg JolQm]dfbs kbfy{ } ; }gnf0{ } lg/Gt/tf lbG5 .

- dfbs kbfiy{t lge{tf ePsf]lgZsif{lgfNf ;ft dWof tlg dfkb08 dfq eP k05 . To; h]; a}JolQm;df b]vg]; aS] jf ;d:of Pp6}vfnsf]gxb ;S5 .
- To; h]dfbs kbfiy{t lge{tf ePsf ; a}JolQm;df zf/ll/s lge{tf gxb ;S5 . dfbs kbfiy{tsf]lge{tfnf0{ nfukbfy{bJo{gaf6 tolerance / withdrawal h:tf ; aS]sf cfwf/df 56df0G5 .

nfukbfy{bJo{gsf sf/Ofx;

nfukbfy{bJo{gsf sf/Ofx;ol g}xg\eg/ eG ;ls; t/ klg dVo sf/Ofx;nf0{lgDgfg'f/ plNy ul/Psf]5

h]s tyf zf/ll/s sf/Ofx;	dgf]flgs tEjx;	;fdlhs ;f:s[ts tEjx;
<ul style="list-style-type: none"> • jzf0fut uOf, • dl:tissf]sfo{ffnldf u8a8l, • bl3{f}=-dfgl; s /f}, • Go/f]66; ld6/df u8a8l cflb. 	<ul style="list-style-type: none"> • ckl/kSj tf, • efjgfTds tyf ; j}fTds ;d:of, • ;d:of ;dfwfg ug]lfdtdf sdl, • ;xgzlQm;df sdl , • tgfjk0f{jftfj/Ofnf0{;fdgf ug]lfdtdf sdl, • cf:tljs ;f]f0{tyf wf/Ofx? h:t} nfukbfy{sf] kof} lagf hljg lg/; xG5 . eujfg lzjn]klg nfukbfy{sf]kof} u5g\ =. d c? eGbf km/s b]vgk5{ = cflb. • gofJftfj/Ofx?df ;dfof]hg ug{g;Sg] • jf:tljs lhjgaf6 6f9f xg vfl]g], • t?Gt ;Gtli6 rfxg]afgl , • cfkkl}t gsf/ftds efjgf , • cfTd;Ddfgdf sdl , • c;km xg]8/ cflb . 	<ul style="list-style-type: none"> • n8f0{ o4, aGb, • cfly\$;d:of, • e}efjk0f{jftfj/Of , • kfl/jfl/s jftfj/Of, • bf}/L ;dXsf]bjfj , • kZf , • ;dfhlj/f}l sfo{? , • cfkm'eGbf 7hfsf]gSsn , • /l}tl/jfh, wd{; :s[t, • ;lhn}pknAwtf cflb .

nŷfhŷf (Assessment)

bŷfosf lj ifosf cfwf/df JolQmf nfufŷfw bŷo{glaf6 xg]dfgl; s :jf:Yo ;d:of (Disorders due to substance use) sf]nŷfhŷf ugŷf] \M

cfsl:ds nŷfhŷf M

S]intoxication jf withdrawal sf]cfzsf ul/Psf]5 <

- s]pQm JolQm nŷf] bŷv65 <
- s]pQm JolQm pQ]ht, lrl6tt jf 56kl6Psf]bŷv65 <
- s]pQm JolQm e]dt bŷv65 <
- s]pQm JolQm]psychoactive substance x?sf]kŷf] u5{<
- s]nfukbŷf]xflgsf/s kŷf] 5 <
- s]pQm JolQm nfukbŷf] lgeŷ 5 <

nfukbŷf{kŷf]; ŷ ;Dal6wt ;d:ofx?sf]cfsl:ds k|tlts/Ofx?

Alcohol intoxication: Zjf;df dfbskŷf]u6w, n/a/fPsf] af]hl, lg;sf] Jojxf/, ;r]gf, cognition, perception, affect jf Jojxf/df u8a8l

Opioid overdose: k|tlqmŷ ghgfpg]jf 66gt d k|tlqmŷ hgfgpg] Zjf; kZjf; sf]ultdf sld, pinpoint pupils

Alcohol or other sedative withdrawal: xft sflg] kl;gf cfp] af]tf xg] /Qmrfk / d6sf]w8sg a9g] 56k6fx6, 6fpsf]bVg] jfsjfs nflg] lrl6tt, ulDe/ cj:yfdf sDkg cfp] / e]df kg'ı

Stimulant intoxication: Dilated pupils, pT;flxt xg] racing thoughts, cJojl:yt ;f]r, cgf]f]Jojxf/, xfn;fn}psychoactive substance sf]kŷf] u/\$f] /Qmrfk / d6sf]w8sg a9g] cJojl:yt, cfqmfds jf lx;fTds Jojxf/ .

Delirium associated with substance use: Stimulant intoxication jf dlb/f -jf c? sedative sf] withdrawal ;ŷ ;Dal6wt nlf0fx? h:t} e]df kg] hallucination, racing thoughts, lrl6tt, 56k6l, disorientation Cflb .

JolQm nŷf] bŷv65 < olb bŷv65 eg]

Sedative intoxication ePsf]cfzsf ugŷf] \. -dlb/f, **opioids,** C6o **sedatives)**

ISnlgsn gf]M
sf/Of :ki6 gePsf]nŷf] cj:yf /
Zjf;kZjf;sf] ult sd ePsf]
JolQmf sedative intoxication
jf overdose sf]cfzsf ugŷf] \.

Airway, Breathing, Circulation (ABC) hf]Rgxf] \.

kylds Zj; kZj; ; xofu kbfg ugxf] \ / oxygen lbgxf] \.

t/ pQm JolQmndf sg)k|tlqmf b]vEg jf Gojtd k|tlqmf 5 jf respiratory failure df 5 eg] vital sign x?sf] lgu/fgl ugxf] \. Aspiration xg gbgf nflu JolQmndf{sf]6f]kf/] /fVgxf] \. pknAw ePdf oxygen lbgxf] \. Consider intravenous (i.v.) rehydration but donot give fluids orally while sedated.

JolQm kOf{?kdf lgsf]geP ; Dd jf c:ktfn gku]; Dd lgu/fgl u/L /fVgxf] \.

cf]sf]gfgl hfF ugxf] \.

<p>Normal pupils</p> <p>Opioid overdose sf]Gog ; Defjgf 5 . dfbs kbfy{jf C6o sedative Sf]overdose jf c? lSnlgsn sf/Ofx? -h:tl] 6f]psf]sf]rf]k6s, ; emdOf, jf hypoglycemia) af/] ; f]gxf] \.</p>	<p>Pinpoint pupils 5 eg]</p> <p>Opioid overdose Sf]cfzsf ugxf] \ Respiratory support nf0{lg/Gt/tf lbgxf] \; Deflj t ABC ; DalGw pkrf/ lj lwx? kfngf ugxf] \.</p>
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ljzi6 :jf:Yo ;]f pknAw ePsf]:jf:Yo s]bdf l;knf/; ugxf] \. JolQm clt pQ]ht, lrlGtt jf 56kl\$Psf] b]vEg eg]c]nf]sg -observation) df /fVgxf] \ V n]vfhf]f ugxf] \.

JolQm]xfn;fn}sedatives sf]kOfu ug{5f8\$sf]/ clxn]ol nlf0fx?M sfDg] kl;gf cfpg] afftf xg] /Qmrfk / w8\$g a9g] 56k6l xg] b]vPsf] 5 eg]alcohol, benzodiazepine jf C6o sedative Sf]withdrawal ePsf] cfzsf ugxf] \.

Withdrawal sf]Jo: yfkg M

- olb JolQmndf sDkg xg] kl;gf 56g]jf vital signs df kl/jtg b]vof]eg]Diazepam -10 mg) vfg lbgxf] \ ; Dej eP; Dd t?Gt c:ktfn jf detoxification ; ljwf ePsf]; ;ydf l;knf/; ugxf] \.
- Withdrawal sf nlf0fx? -sDkg, kl;gf cfpg] /Qmrfk / w8\$g a9g] c]nf]sg ugxf] \ / /lx/xdf cfjZostf cg'f/ ! dfqf b]v]ofpgxf] \.
- dfbs kbfy{withdrawal sf nflu dfq % lbgf nflu Thiamine 100 mg b]gs rnfpgxf] \.

lgDg nlf0fx? b]vfk/]df t?Gt c:ktfndf l;knf/; ugxf] \M

- Hepatic encephalopathy, gastrointestinal bleeding or head injury h:tf C6o ulDe/ lSnlgsn ;d:ofx?,
- sDkg M klxnf Diazepam 5–10 mg iv jf oral lbgxf] \.

- Delirium klnf Diazepam 5–10 mg iv jf oral lbgxf] \. o;n]sfd gu/df jf nlf0f ulDe/ xB}uPdf Chlorpromazine 50 mg lbgxf] \ Diazepam 10 mg lbP/ withdrawal Sf C60 nlf0fx? -sDkg, kl; gf cfpj] tyf vital signs kl/jt6_ sf]pkrf/ ugxf] \.
- JolQm]xfn}cocaine, Amphetamine Type Stimulants (ATS) jf C60 stimulants kofu u/\$f]/ lgDg Inlvt lrx? b]vPdf Dilated pupils, lrgtf, 56k6L, cto6t pQ]ht cj:yf, racing thoughts, /Qmrfk / w8sg a9y] ePdf acute stimulant intoxication Sf]cfzsf ugxf] \ V tn pN]lvt pkrf/ k\$6fdf hfgxf] \.

la/fdl zftt jf xllsf n] cj:yfdf gcFP ;Dd Diazepam 5-10 mg lbgxf] \ ;ljwf ;DkGg ;#yfdf l;knf/; ugxf] \.

Diazepam Sf] kofu]n] psychotic nlf0fx?nf0{sg}c; / gu/df ;f0sf]; ;sf] kf7df hfgxf] \. 5ftl bVg] tachyarrhythmias jf C60 neurological nlf0f b]vPdf dflyNnf]c:ktfndf l;knf/; ugxf] \. Post-intoxication r/0fdf cfdxlofsf]; f] jf lqofsnfx? klt ;r] /xgxf] \. olb cfdxlofsf]; f]x? 5g\eg] cfdxfgl=cfdxlofsf] kf7df hfgxf] \.

JolQm]xfn}opioids Sf]kofu ug{5f8sf]/ lgDg Inlvt ;S]x? b]vPdf Dilated pupils, df;kzL bVg] k6 bVg] 6fpsf] bVg] jfsjfs nllg] aftf xg] kvfnf nllg] cfrf /l;nf]xg]/ gfsaf6 kfgl alg] lrl6tt xg] 56k6L xg]f:tf sg}nlf0f b]vPsf]cj:yfdf acute opioid withdrawal Sf]cfzsf ugxf] \ :jf:Yo ;#yfdf kfylds Joj:yfkg u/l opioid withdrawal Sf]yk Joj:yfkg nflu ;ljwf ;DkGg ;#yfdf l;knf/; ugxf] \.

cl3Nnf s]l lbgdf JolQm]clwstd dBkfg u/\$f]/ lgDg dW0 sg}nlf0fx? b]vPdf M

- Nystagmus (Involuntary, rapid and repetitive movement of the eye),
- Ophthalmoplegia (Weakness/paralysis of one or more of the muscles that control eye movement),
- Ataxia (Uncoordinated movements).

Wernicke's encephalopathy Sf]cfzsf ugxf] \. o;sf nflu # b]v % lbg ;Dd Thiamine100-500mg b]gs @- # k6s;Dd kofu u/l pkrf/ ugxf] \ cfjZostf cg;f/ dflyNnf]c:ktfndf l;knf/; ugxf] \. cl3Nnf s]l lbg otf JolQm]stimulants kofu u/\$f]M Dilated pupils, pQ]hgf, racing thoughts, cJoj]:yt ;f]f0x?, cg]f] Jojxf/, xfn}psychoactive substance Sf]kofu u/\$f] /Qmrfk / w8sg a9sf] cfqnds, c;fwf/Of jf lx:ftds Jojxf/ ePdf stimulant jf hallucinogen intoxication Sf]cfzsf ugxf] \. la/fdl xllsf n] cj:yfdf gcFP;Dd Diazepam5-10mg lbgxf] \ / ;ljwf ;DkGg c:ktfndf l;knf/; ugxf] \. Diazepam Sf] kofu]n] psychotic nlf0fx?df sg}c; / gb]vPdf 5f6f]cj]lwsf nflu antipsychotic h:t}Chlorpromazine 50-100 mg Sf]kofu ugxf] \. olb JolQm]psychotic nlf0fx? b]v kl//xdf ;f0sf] kf7df hfgxf] \.

nfukbfy{kofu; E ; Dalwt ; d:ofx?df b]vg]; fdfgo k|tits/Ofx?

- dfbskbfy{jf cgo nfukbfyaf6 kfljt b]vg' -dfbskbfy\$]uow, n/al/Psf]afhl, nfi k/\$f] c; fdfgo Jojxf/_,
- xfn}nfukbfy{kofu u/\$f ; s]x? -xfn}l; l/Ghkofu u/\$f]bfu, 5fnfdf ; emdOf_,
- tTsf Jojxf/df cfPsf kl/jtgsf nlf0f tyf ; s]x?, lb3\$fnlg kofusf c; /x? jf withdrawal features ,
- ;fdlfs sfozIntfdf xf; cfpq'-3/ tyf sfddf sl7gf0, l3gnflbf]:j?k_,
- sn]hf]; Dalw bl3\$fnlg /f]sf nlf0fx? Abnormal liver enzymes, jaundice (SdnlkQ_, palpable and tender liver edge (in early liver disease), ascites (distended abdomen is filled with fluid), spider naevi (spider-like blood vessels visible on the surface of the skin)and altered mental status (hepatic encephalopathy),
- lx88h ug{ balance, coordinated movements df ; d:of / nystagmus,
- Incidental findings: Macrocytic anaemia, low platelet count, elevated Mean Corpuscular Volume (MCV)
- Substance withdrawal, overdose, jf intoxication df b]vg] cfsl:ds nlf0fx? . JoIQm nfi, overstimulated, pQ]ht, lrl6tt jf e|dt ePsf]h:tf]b]vg ; S5 .

nfukbfy{;]g ; Dalw ; d:of ePsf JoIQm?n]To; ; E ; Dalwt sb]klg ; d:ofx? g/x\$]eG ; S5g\ . To; h] lgDg s/fx? ljrf/ ugxf] M

- Analgesics Sf ; fy}psychoactive medications Sf nflu af/Daf/ cg/f]w ugI
- rfok6sx?
- Intravenous drugs Sf]kofu ; E ; Dalwt ; emdOfx? (HIV/AIDS, Hepatitis C)

ISnlgsn gf M :jf:Yo ; jf s]bdf cfpq]; Dkof{JoIQm?nf0{; tl{tyf dfbskbfy{kofusf]af/d]f ; f]gk5{.

Psychoactive substance :Acute behavioural effects, withdrawal features and effects of prolonged use

Psychoactive substance	Acute behavioural effects	Withdrawal features	Effects of prolonged use
Alcohol	Ataxia, slurred speech, nystagmus, loss of consciousness, hypotension, hypothermia, unsteady gait	Seizures, delirium, hallucinations, autonomic hyperactivity	Loss of brain volume, reduction in cognitive capacity, impaired judgement, loss of balance, liver fibrosis, gastritis, anaemia, increased risk of some cancers and other medical problems
Benzodiazepines	Ataxia, unsteady gait	Autonomic hyperactivity, seizures, delirium, hallucinations	Memory impairment, increased risk of falls in the elderly, risk of fatal sedative overdose
Opioids	Pinpoint pupils, respiratory depression, constipation, hypogonadism	Dilated pupils, sweating, tachycardia, hypertension, nausea, vomiting, diarrhoea, muscle aches, anxiety, irritability	Constipation, risk of fatal sedative overdose, hypogonadism, adaptations in reward, learning and stress responses
Stimulants	Increased heart rate, blood pressure, anxiety, insomnia, loss of appetite, weight loss, stimulant-like effects	Depression, fatigue, increased appetite, weight gain, irritability, hostility, dysphoria	Lung disease (in tobacco smokers), cardiovascular disease, risk of cancers and other health effects.

Cocaine, methamphetamine & amphetamine-type stimulants	Dilated pupils, /Qmrfk / w8\$g a9g', pI; flxt, euphoric, hyperactivity, rapid speech, lj rf/df Cl:y/uf, paranoia, cfqmfds, lx;#fTds	ysfg, vfgf ?Rg', pbf; /xg', emsfkkgf -cfdxTofsf ; f]sf]lj rf/ ugxf] \	Hypertension, increased risk of cerebrovascular accidents (CVAs), arrhythmias, heart disease, anxiety, depression
Uffrf	cfwfsf]gfgl ; fdfGo xg' t/ /ftf]xg'; ;:t k tlqnof lbg] euphoric / cfgGb dxz'; ug{	pbf; /xg', lrGtf, emsfkkgf, lgb]df u8a8L, -k 6 nlf0fx? gxg ;S5_	Increased risk of mental health problems including anxiety, paranoia and psychosis, lack of motivation, difficulty in concentration, increased risk of vasospasm leading to myocardial infarction and stroke
Tramadol	Opioid effects (sedation, euphoria etc.) followed by stimulant effects (excitation and in high doses seizures)	Predominantly opioid withdrawal effects but also some Serotonin Norepinephrine Reuptake Inhibitor (SNRI) withdrawal symptoms (depressed mood, lethargy)	Opioid dependence, risk of seizures, disturbed sleep
Volatile solvents	l/uf nflg', disorientation, euphoria, light headedness, delusions, increased mood, hallucinations, incoordination, visual disturbances, anxiolysis, sedation	Increased susceptibility to seizures	Decreased cognitive function and dementia, peripheral neuropathy, other neurological sequelae, increased risk of arrhythmias causing sudden death

Hallucinogens	/Qmrfk / w8\$g a9g, z/l/sf]tfksd a9g, vfgf g?Rg, jfsjfs nllg, afctf xg, motor inco- ordination, pupillary dilation, hallucination	sg}kdf0f gePsf]	Acute or chronic psychotic episodes ,flash backs, experiencing of drug effects long after termination of use
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pQm JolQmn] nfukbfy{kofu ug[u/\$f] 5 eg] JolQmf0{ ;tl{ dfbskbfy{/ psychoactive prescription
 cf]fwlsf]kofu af/];fv]gxf] \. kl/jz tyf :jf:Yo ;:yfdf cfp]sf k|tlts/0fsf cfwf/df uf]f tyf cGo
 nfukbfy\$]kofu af/];fv]gxf] \.

olb of]qmdf ;fv]f 5g eG]nfudf psychoactive substance ;]g gubf\$]:jf:Yo nfesf af/df hf]lbgxf] \
 . / o; sf]pkrf/sf]cfjZostf gePsf]atfpgxf] \.

olb of]qmdf 5 eG]nfudf nfukbfy\$]kofu xflgsf/s 5 eg] xg]xf] \. kofu ul/Psf k]o\$
 nfukbfy\$]n]vfhf]v]f ug]xf] M

Frequency And quantity of use -gf]M “tkf0{xktfsf]slt k6s of]kbfy{kofu ug]G5 <, lbgf]slt dfqdf
 kofu ug]G5 <E eg] ;fv]gxf] \.

Harmful behaviors -gf]M “S]nfukbfy{kofu]n]tkf0df s]l ;d:of lgD]ofPsf]5<” ;fv]gxf] \.

- rf]k6sx? tyf b36gf,
 - dfltp/ ;jf/l ;fwg rnfpg]
 - ;0 kofu u/\$f] Pscfk; df ;f6; f6 u/\$f]jf kgM kofu u/\$f]
 - nfukbfy{kofu]sf sf/0f ;DaGwdf ;d:of,
 - gzdf ePsf]a]hf c; /lft ofg ;DaGw /fv]f]/ To; af/]kl5 k5tfPsf]
 - cfly\$ tyf sfqgl ;d:of,
 - lhD]f/lsf ;fy afnaRrf]f/vb]v] ug]g; s\$]
 - cGo JolQm dfly lx]fTds Jojxf/,
 - k9f0{/ sfddf afwf klg,
 - ck]lft ;fdlhs eldsdf afwf klg' -pbfx/0fsf nfluM afnaRrf xsf]pg, pglx?sf]:ofxf/; ;f/, /vb]v] .
- ;fv]f dfly dWo]sg]df jf w]df olb 5 eG]pQ/ cfPdf kl5 kofu ug]f nflu n]vfhf]v]sf qmdf ol pQ/x?
 ofb /fv]gxf] \.

ca tkf0[nyxf kfpgfx] \. JolQmf nfukbfy{lge{tfsf}; Defjgf 5 ls 5g eg} . To; sf nflu kofu ul/Psf k]o\$ nfukbfy\$ nflu lge{tfsf ljz]ftfx? af/]tn lb0Psf k]gx?sf]cfwf/df ; f]k5 ugxf] \

- af/Daf/ clwstd dfqdf nfukbfy\$]kofu,
- nfukbfy\$]c]olws tntn jf kofu ug]g]af]Wotfsf]dx; ; ,
- ;f]kbfy\$]kofu]sf hf]vd tyf xfglx? x]fx]klg To; sf]dfqf :jMgoGqOf ug{sl7gf0 xg]
- ToleranceSf nlf0fx? j[4 x]f]g]/ 5f]B withdrawal symptoms b]vg].

ISnlgsn gf]M dfbs kbfyk]t lge{tf ePsf]hgfp]k] [Qx?M ; It{M lbg]w}k6s, k]oh; f]laxgaf6}; ? ug]

- dlb/f M b]gs ?kdf jf Ps rf]6df ^ j6f eGf a9L standard drink ;]g ug]Prescription df lb0Psf]eGf a9L dfqdf cf]fwsf];]g ug]/ emb]af]f] cf]fwl lsG]
- Uff]f M b]gs sDtdf ! uf]d uff]f vfg] .

cf]dx]ofsf] t]sf] hf]vd ePdf o;sf]n]fhf]yf tyf Joj:yfkg ugxf] \. To;sf nflu cf]dx]gl=cf]dx]of kf7df hfgxf] \ . s] nfukbfy\$] kofu xfgs/s 5 < To;sf nflu dfly lb0Psf] k]gx?sf] pQ/vf]gxf] \x]gxf] \ qmdz tnsf lgb]gx?nf0{kfngf ugxf] \.

xfgs/s kofu]df s]ug{; lsG5 eG]af/]hf hfgf]

dgf]z]lf k]f]g ub]nfukbfy{;]gsf]r/Of tyf kj [Qn]:jf:Yodf xfg k]of0{x\$]s/fdf hf] lbgxf] \. JolQmf0{nfukbfy{;]g u/fpg] k]s t]jx? kQf nufpgxf] \ . o;sf nflu motivational interviewing ; lsG5 . o;sf nflu brief psychosocial intervention – motivational interviewing sf]t]fnd lngxf] \ ; f]l cg;f/ ugxf] \ . ;s]Dd nfukbfy{kOf{?kdf 5f]G cyjf xfgl k]ofpg]k\$]n];]g gug{; Mnf] lbgxf] \. o;sf nflu JolQmf0{tkf0[nyxf]xofu ug{0R5s /x\$]atfpgxf] \. pxfFo; kl/jt]gsf nflu tof/ eP gePsf]; f]gxf] \. o;sf nflu Strategies for reducing or stopping use / Strategies for reducing harm x]gxf] \.

JolQmf]vfg]kg, a; f0E/ /f]huf/L ; Dalw cfjZostfx? ; Daf]vg ug] sf]zz ugxf] \. o; kl5 JolQmf0{p;sf]b]gs hljg / nfuc]f]wsf kofu]sf af/]hf cgludg ugxf] \.

ISnlgsn gf] :
 nfukbfy{kofu]sf]af/]hf hfgsf/L
 ln]f lqdg s/fx? ; f]gxf] \

JolQm]s; /L nfukbfy{kofu] ug{
 yf]lof]<

s]xn]f6 kofu] ug{yf]lof]<

To]ta]hf p; sf]hljgdf s]e0/x\$]f]
 lyof]<

s]p; sf]kl/jf/sf sg]; b:on]jf
 ; fdf]hs ; -hfnsf sf]l c?n]klg
 kofu] ub]5g<

s]pQmJolQm]To: tf]kofu]
 36fpg]kof; u/\$]f]5< lsg < s]

olb pQm JolQm Iszf]-Iszf]L jf khhgg pd]sf dlxf, ue]tl jf :tgkfg u/f0/x\$]f dlxf ePdf ljz]f ; dxdf/fv] xg]f] \.

Ige]tfdf s]ug]; Is65 e6g]I; sf]M olb JolQm opioids df Ige] 5 eg]M

- ; fdf6otof detoxification e66f maintenance treatment a9L k6f]sf/L x65 . ; f] sf] nflu pkoQm ; :yfdf I; knfI/; ug]f] \.
- olb JolQm Benzodiazepine df Ige] 5 eg]M lj ifz]1 sx]F; knfI/; ug]f] \.
- PSSf]; 5f66f sDkg / delirium xg ; S5 .

olb JolQm alcohol df dependent 5 eg]M

- PSSf;L dlb/f 5f66f sDkg/ delirium xg ; S5 . oBlk olb JolQm dBkfg k/} 5f66f rfx65 eg]To; k]qmfnf0{; xhls/Of ug]f] \. dBkfg 5f66f nflu pkoQm jftfj/Ofsf] klxrfg ug]f] \ / cfjZos eP inpatient detoxification Sf]nflu I; knfI/; ug]f] \.
- z?df JolQmf0{b]6S Thiamine 100 mg ;]g ug]; Nnfx lbgkf] \.
- dlb/f 5f66f kZrft]ve]tf bf]f]g glbg motivational interviewing tyf dg]fdflhs ; xof]nf0{lg/Gt/tf lbgkf] \.

c6o ; DkOf{nfukbfy6f nflu M

- nfukbfy{;]g kOf{?kdf 5f66f; Nnfx lbgkf] \ To; sf nflu pxf]f0{; xof] ug]dg; fo /x\$]f]atfpgkf] \. pxfFo; kl/jt6sf nflu tof/ eP gePsf]; f]gkf] \.
- pknAw ePdf peer help groups jf rehabilitation/residential therapeutic community df k]fOf ug]f] /; f]gkf] \.
- JolQmsf]vfglkg, a; f0E/ /f]huf/Lsf cfjZostf? ; Daf]vg ug]f] \.
- s]l ; d:ofx? nfukbfy{k6f] ug]{5f66f}kZrft]w/fpg]ePsf]k6f] ug]{5f66f}@-# xktfkI5 s]l zf/ll/s jf dfgl; s ; d:ofx? b]vk/\$f 5gVs 5gg\n]f]h]f]f ug]f] \ tl ; d:ofx?sf]pkrf/ ug]f] \.

; DkOf{cj :yfdf M

- dg]lzlff k]fg ug]f] \.
- cfjZostf eP detoxification Services jf pknAw ePsf]7fp6f inpatient facility df pkrf/ sf]Jo]y: yf ug]f] \. cfjZostf cg'f/ withdrawal symptoms sf]pkrf/ ug]f] \.
- JolQmf0{cf]Sgf] nfukbfy{Ige]tf]sf]pkrf/df ; xeful xg k]f]; f]g ug]6f nflu motivational interview h:tf brief intervention pknAw u/fpgkf] \.

Alcohol withdrawal s]ug{; ls65 e6g]af/]s'/fsfgl u/f]M

- hlt; Sbf] zfgt / pQ]ht gagfpg]jftfj/Ofdf /fVgxf] \ lbgdf kof(t k\$fz ePsf]/ /flt ; t\$] ; dodf pl7xfndf gn8g]lsl; dsf]pHofnf]7f]df /fVgxf] \.
- kof(t dfqdf em]h kbfi{lnPsf]/ z/L/df potassium / magnesium h:tf electrolyte sf]cfjZos dfqf kl't{ePsf]; lglZrt ugxf] \.
- hnljof]hg ; Daf]vgM zl//df kZ:t t/n kbfi{sfod ul//fVg] cfjZostf ePdf i.v. hydration k]fg ugxf] \ / t/n kbfi{lkpg k]f] ; fxg ugxf] \. Wernicke's encephalopathy xgaf6 arfpgsf nflu glucose e6bf Cl3 thiamine lbgxf] \.

cf]fwl pkrf/ M

- pkoQm ePdf Alcohol withdrawal sf nlf0fx?sf]pkrf/ ugxf] \. Planned detoxification sf]cj:ydfd Diazepam sf]kof]af/f withdrawal sf nlf0fx?sf]/f\$yfd ugxf] \. Withdrawal sf]juf]Deo{fsf cfwf/df Diazepam pkrf/ dfqf / ; dofj lw km/s k5{.
- ;?df #-& lbgf nflu b]gs #) mg ; Dd Diazepam -lbgdf \$ k6s %-!) mg jf b]gs @ k6s !)-!% mg_ lbgxf] \ nlf0fx? x/fp]uPKI5 la:tf/}cf]fwl]dfqf /÷jf k6s 36fp]hfgxf] \. x/\$ JolQmdf o; cf]fwl]c; / le6g xg]ePsf]lgl/t/ c]nf\$g ul//xgxf] \.
- Impaired hepatic metabolism ePsf JolQm;df -h:tM j]j]f jf liver disease sf ; s] ePsf JolQm;df_ Benzodiazepines n]nfd] ; do ; Dd sfd ug[ePsf]z'z'sf lbgx;df lbgf]Ps k6sm %-!) mg lbgxf] \.

tn lb0Psf]; fjwfgl ckgfpgxf] \ Respiratory depression u/fpg]xgfn]Benzodiazepine ; ? ubf{jf o; sf] dfqf a9fp] ; fjwfgl ckgfpgxf] \. Hepatic encephalopathy jf respiratory disease ePsf JolQm;df ; fjwfgl ckgfpgxf] \.

Wernicke's encephalopathy sf]/f\$yfd tyf pkrf/ M

cTolws dlb/f ;]gsf lb3\$fnlg kof]stf? **Wernicke's encephalopathy** (Athiamine deficiency syndrome characterized by confusion, nystagmus, ophthalmoplegia- trouble with eye movements), and (ataxia- uncoordinated movements) sf]pRr hf]vddf x65g \.

of]xg glbg dlb/f ;]gsf bl3\$fnlg kof]stf?nf0{k]o\$ lbg 100-500 mg Thiamine lbgxf] \. Wernicke's encephalopathy xgaf6 arfpgsf nflu glucose e6bf Cl3 Thiamine lbgxf] \.

ISnlgsn gf M

ofhgfa? kdf dBkfg 5f8ysf nflu JolQm withdrawal sf]slQsf]hf]yddf 5 egl n]vfhf]yf ugxf] \. lgdg kZgx? ; f]vgxf] \

- s]ljutdf seizures or delirium nufotSf severe withdrawal symptoms b]vPsf lyP <
- s]JolQmndf c6o zf/ll/s jf dfgl; s ; d:ofx; 5g\
- kl5llnf]k6s dBkfg u/3f]^ 306fd}dxTj kOf{withdrawal features b]vg yfn3f]lyof}<
- ljutdf alx/ax ; j]faf6 dfts kbfi{56fpgsf nflu u/3f]kOf; ljkm ePsf]lyof}<
- s]JolQm 3/af/ ljxlg ePsf]jf ; fdf]hs ; xof] gkfPsf]cj:yfdf 5 <

hf]vd a93f]cj:yfdf out-patient detoxification e6bf inpatient detoxification nf0{kfyldstf lbgxf] \

sg}klg k3f/sf]withdrawal Joj:yfkgf nflu ckgfpg' kgI; fdf6o l; 4f6tx? M

- z/l/df t/n kbfi3f]ko{t dfqf sfod ugxf] \.
- Withdrawal sf lglZrt nlf0fx? b]vfkgl]lalQs}Joj:yfkg ugxf] \h:t}jfsjfs nlf]bf anti-emetics, bvf03f nflu simple analgesics / insomniaSf nflu light sedatives lbgxf] \. olb JolQm]:jf:Yo pkrf/ 5f8g rfxdf p; nf0{To; f]ug{lbgxf] \. Detoxification kZrft pkrf/ / ; xof]nf0{lg/Gt/tf lbgxf] \
- Withdrawal sf ahf, To; kZrft jf post-intoxication period df l8k]gsf nlf0fx? b]v kg{; S5g}jf JolQmndf klxn]g}l8k]g ePsf]xg; S5 . cfTdxTofsf]hf]vdaf/]; hu /xgxf] \. hg :yfgdf detoxification ul/Psf] eP tfklg ; a}JolQmf0{; km detoxification kZrft lg/Gt/ pkrf/, ; xof] / cgludg k6fg ugxf] \.

Opioid withdrawal

ljz]f u/L injection sf]kOf] ePsf]cj:yfdf opoids withdrawal ;? ug{cl3; fjwfgl ckgfpg' xf] \. Opioid dependence Sf nflu Opioid Substitution Therapy pkoQm x65 . t;y{OST ; ljwf pknAw ePsf]:jf:Yo ; :yfdf l; kmf/; ugxf] \.

Opioid Agonist Maintenance Treatment (OAMT)

Opioid Agonist Maintenance TreatmentSf nflu PS :yflkt / ; ~rflnt /fli6a ; Argfsf]pkl:ylt cfjZos x65 . o; sf]jul3/of nfd]; do ; Dd sfd ug]Methadone jf Buprenorphine h:tf Opioid Agonists x?Sf] b]gs ; kl/j]f0f ; lxt vfg lbPsf]l; kmf/; sf]cfwf/df x65 . Methadone jf Buprenorphine x?Sf]kOf] af6 ul/g]Agonist Maintenance Treatment n]nfuc]fw]sf]unt kOf] kef]sf/L ?kdf 36fp5 e6g] HIV sf] ; qndOf tyf d[ob/ / ck/flws lqmf]snfk 36fp5 / zf/ll/s / dfgl; s :jf:Yo tyf ; fdf]hs ult]lwdf ; wf/ Nofp5 .

cgludg M Opioid Agonist Maintenance pkrf/df kofu ePsf cfjfwlx? b?kofu xg ;Sg];Defjgf xG5 . To; h] sfoqmdx?n]/yby/df /x] cfjfwl ;]g ug{nufpg}h:tf ljwx? ckgf0{cfjfwlsf}b?kofusf]hf]vd sd u/fpg' k5{. Benzodiazepine withdrawal Sf]Joj:yfkgf]nflu ;ljwf pknAw ;:yfdf k]f0f ugxf] \.

dgf]fdflhs ;xofu]x? dgf]z]ff

;fdGtof nfukbfy{kofu]; H ;DalGwt ;d:ofx?sf]kfej]sf/L ?kdf pkrf/ ug{;IsG5 / pkrf/ kl5 JolQm?df ;wf/ klG cfpB . nfukbfy{kofusf]5nkmn}clwsfz JolQmf0{nfh jf c;lhnf]dxz'; u/fpg ;S5 . nfu" kbfi{kofusf af/df s'/fsfgl ubf{kjfu]xl gxgxf] \ . ;]fu]xlnf0{kjfu]xl ePsf]dxz'; ePdf pglx? vh] s'/f ug{;SbGg\ . ;]fu]xln]lbPsf]sg}klg kltlqmfdf cfZro{gdfGxf] \ . dlb/fsf]xfglsf/s kofu Golgs/Of ug{ Pj-k0f{?kdf 5fB} ;IsG5 eG]s/fdf ljZjf; lbnfpgxf] V o; ;DalGw cem]5nkmn ug{rfx]df JolQmf0{kGm cfpgsf nflu k]];fxg ugxf] \ . nfukbfy\$];]g 5fB}lgOf6 JolQm:jodh]u/df ;km xg];Defjgf a9L xG5 .

Motivational interviewing (brief intervention)

Motivational interviewing Sf]kofu]af6 ul/g]brief intervention cGtu] kjfu]xl ge0sg nfukbfy{kofu] ;DalGw 5nkmn ul/G5 . o;n]JolQmf0{nfukbfy\$]kofu] ug{cfSgf]5gf6 klt kltlalDat u/fpg k]];fxg u5{ o;nf0{nfukbfy{kofusf]xfgl jf hf]vd 36fpg}5fB}ljwlsf]?kdf kofu] ug{;IsG5 . ;fy}o;nf0{nfukbfy{k]tsf] lge{tfnf0{ ;Daf]wg ug{ ljleGg ;qdf xg] j]t 5nkmsf ?kdf klG kofu] ug{ ;IsG5 h;nf0{ motivational enhancement therapy elG5 .

5nkmsf]cj]lwe/ o; k]qmf]sf ;Dkof{efux? h:tl] ;dfgelt b]fpg] ljZjf; sf]jftfj/Of l;hGf ug[/ ;fy} p;sf s'/fx?sf];sf/f]ds tyf gsf/f]ds klfx; cf]f]ofpg h?/L 5 . JolQmf]unt wf/Ofx?nf0{rGf]t lbgxf] \ t/ JolQm; H ax; gugxf] \ . JolQm]tkf0{ToxfPpglx?sf]cfnf]gfsf nflu ge0{;xofu] ug{pkl:yt ePsf]dxz'; ug{k5{ . olb JolQm]clxn]g}nfukbfy\$]xfglsf/s ;]g 5fB} s/fdf k]ta4 xg ;ls/x\$]5G eg]To;sf] sf/Of ;f]gxf] \ . oBlk s]ck]ff ul/Psf]5 egl hah{tl eGg gnufpgxf] \.

Techniques for more in-depth discussions

- nfukbfy{kofusf]kj]Qx?sf];Defljt hf]vdx?sf]af/df, nfukbfy\$]xfglsf/s kofu] jf nfukbfydf lge{ eP gePsf] ;fy}o:tf]kofu]n]cfkml/ cGonf0{s]l c;/ klu/x\$]5 5G eG]af/]JolQm ljZjf kltlqmf lbgxf] \.
- JolQmf0{p;n];]g ug]nfukbfy\$]5gf6sf nflu ;fy}To; ;DalGw s; \$f];xfotf lng]jf g]ng]eGg] ljifodf ;f]g cfkml :jøn]g}lhDd]f/L lng k]];fxg ugxf] \ . o;af/]5nkmn ubf{pglx? cfkml'nfu"kbfi{kofu] ;DalGw slQsf]lrlGtt 5g\egl ;f]gxf] \.

- JolQm; E p; n]nfukbfy{; }g ug\$ sf/Ofx? nufot cGo ; DalGwt s'/fx? h: tM dfgl; s :jf:Yo ; d:of, tgj]sf ljz]f sf/s t]jx? / pglx?sf] ljrf/df 5f]f] cj]lwsf] nflu eP klg nfukbfy{; }gaf6 kfPsf knf0bfx? af/]; f]Vgxf] \.
- JolQmsf]ljrf/df nfukbfy{; }gn]ubf{p; df ePsf]; sf/]tds / gsf/]tds glthfx? ; f]Vgxf] V olb JolQm] knf0k]sf s'/fnf0{pRr d]nof]g / a]knf0k]sf s'/fnf0{gsf5{eg]To; nf0{r]gf]L lbgxf] \.
- JolQmf0{p; sf]n]losf]af/]f ; f]Vgxf] V ToxfFklg p; n]ul//x\$]nfukbfy{kof]n]; fy lb0/x\$]5 jf afwf k]ofPsf]5 eG]af/]; f]Vgxf] \.
- JolQm; E nfukbfy{kof]n, To; sf]sf/Of, glthf / JolQmsf]n]losf]egf0sf cfwf/df 5nkm ugxf] \h; n] JolQmsf]n]lo / nfukbfy{kof]n]sf]glthf alrsf]leGtf kQf nufpg d4t ub5 .
- cfk; l ; Denbf/Ldf lj]s]kx?sf]5nkm ub]oyfy{/s n]lox? l]gwf{Of ugxf] \.
- ol kl/jtGx? cfd; ft ug{JolQmf0{; xof]n ugxf] X pxf]n] hljgdf ; sf/]tds kl/jtG Nofpg' xG5 eG] s'/fdf ljz]:t /x\$]atfpgxf] \. cfjZostf cg; f/ cfudl kg/f]n]f\$g, detoxification, dgf]fdflhs ; xof]n, dgf]z]lff h:tf pkoQm hfgsf/L lbgxf] \. pknAw ePdf pglx?n]3/ lnP/ hfg ; Sg] ; fdfullx? lbgxf] \.

; f]Vg' kg] k]gx?sf] pbfx/OfM k]f]f]xl ge0\$g l]Dg k]gx? ; f]V nfukbfy{ ; }g af/] JolQmsf] ljrf/ eG] nufpgxf] \

!= nfukbfy{; }gsf sf/Ofx? -æs]tkf0n]slx]lo]of]kbfy{lsg kof]n u5{eG]af/]ljrf/ ug]Psf]5 A_

@= pglx?sf]ljrf/df o; sf]kof]naf6 s]knf0bfx? xG5g\< -ænfukbfy{n]tkf0n]f0{s]u5{< s]o; n]tkf0n]f0{sg}; d:of l]D]ofp5 <A_

#= pglx?sf]ljrf/df nfu"kbfy{b?kof]n]sf]jf:tl]s tyf ; Defljt xfglx? s]s:tf xG5g\< -æs]ol kbfy{n]tkf0n]f0{sg}xfgl k]ofPsf]5 < s]el]iodf o; n]sg}xfgl k]ofpg ; S5 <A_

\$= JolQmsf nflu ; a]Gbf dx]jk0f{s]xf]< -æt]kf0\$ nflu cf\$gf]hljgdf ; a]Gbf dx]jk0f{s]/f s]xf]<A_

nfukbfy{kof]n 36fpg]tyf /f\$g] /Ofgl]tx?

- ; a}lsl; dsf nfukbfy\$]kof]n 36fpg]jf /f\$g]sbdx?M olb JolQm nfukbfy\$]kof]n 36fpg rfxG5 eg] l]Dg pkfox?df r/Ofa4 ?kdf 5nkm ugxf] \.
- nfukbfy\$]kof]n s]sf/Ofn]ubf{xG5 eG]s]/f klxrfg ugxf] V To; af6 6f9f /xg]pkfox? kQf nufpgxf] \ pbfx/Ofsf nfluM e\$] jf JolQm]nfukbfy{kfpg]7fpK? .
- nfukbfy\$]kof]n a9fpg]vfnsf ef]jgf]tds tgj]x?sf]; f] klxrfg u/l tl tgj]sf]; fdgf ug]; sf/]tds lj]lwsf]klxrfg ugxf] \h:t]M ; DaGwdf cfpg]; d:of, sfddf xg]; d:of cflb_
- 3/df nfukbfy{g/f]Vgsf nflu k]n]; fxg ugxf] \.

Mutual help groups

Smart Recovery mutual help groups offer structured activities, such as 12-step programs, to help people with substance use disorders. Smart Recovery mutual help groups offer structured activities, such as 12-step programs, to help people with substance use disorders.

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- Intravenous drug use, HIV/AIDS, Hepatitis B and C, septicemia, endocarditis, spinal abscesses, meningitis, and other serious infections.
- Injection techniques, sterile needles, and syringe exchange programs.
- HIV/AIDS, hepatitis B, and hepatitis C.
- Hepatitis B vaccination.
- Condom use.
- HIV/AIDS and hepatitis B.

Co-morbidities

Have a low threshold for screening for TB in people who have disorders due to substance use.

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- pglx;sf]JolQmut, ;fdflhs / dfgl; s :jf:Yo cfjZostfsf]nyfhf]yf ugxf] \. sg}lsl; dsf]kfyldstfdf k/xf dfgl; s ;d:of ePdf To; sf]pkrf/ ugxf] \.
- Support groups af/]hfgsf/L lbgxf] V pknAw ePdf, kl/jf/ tyf :ofxf/stfxf nflu support groups jf cGo ;fdflhs ; f]x; ; kxF a9fpgsf nflu ; xof] ugxf] \.

ISnlgsn gfM

HIV/TB/Hepatitis and substance use

nfukbfy{inject ug]JolQm? ljz]ft sterile equipment kof] gubf{jf nfukbfy{kf]t ugxf nflu c; %lft of] ;Dks{ubf{HIV / AIDS /Hepatitis sf]pRr hf]vd xG5g\ . ; qndOf eP kZrft\pglx?sf]prognosis klg /fd] xG . HIV / AIDS sf]; qndOfn]lfo/f]sf]klg hf]vd a9fp5 / HIV / AIDS ; qndt JolQmsf]d[osf]dVo sf/of eg} active TB xf]. dlb/f tyf nfukbfy{sf]cTolws kof] ug]JolQm? klg lfo/f]sf]pRr hf]vddf k5g\ . To; h] ; fdfgotof nfukbfy{b?kof] ug]JolQm? ljz]ft i.v. heroin sf]kof] ; ; DalGwt JolQm?df lfo/f]sf ; qndOf, HIV / AIDS / Hepatitis Ps}f]6 b]fk5{.

nfukbfy{tyf dlb/f kof] ug]JolQm?sf]pkrf/ ug];]fx?df nfukbfy{inject ug]; a}JolQm?df HIV/AIDS / Hepatitis sf]lgoldt hfF klg ;dfj z xgk5{/ ?3fvf\$L nfu\$] H] /f]cfPsf] /flt kl;gf cfp]u/\$f]jf tfh 36\$ h:tf nlfOf b]fk/df JolQm?df lfo/f]sf]pRr cfzsf ugxf] \.

HIV/AIDS/ lfo/f]sf]pkrf/df blgs cf]fwl ;]g ugkb5 . o;df x/\$ lbg dxTjK0f{xG5 . k]oIf lgu/fgl df ul/g]pkrf/n]pkrf/ k]tsf]cfa4tfd ;wf/ Nofp5 . Hepatitis sf]pkrf/ blgs jf xktf xktfd xG5 . Hepatitis B jf C ePsf JolQm?nf0{dlb/f kOf{?kdf 5f\$; Nnfx lbgk5{.

ljz]f ;dX

lszf]-lszf]lx;

lszf]-lszf]lsf]nyfhf]yf lgdgfg; f/ ugxf] \

- :jf:Yo ;]f kbf] ubf{5nkm ul/g] ljifox; uff]o /xG5g\ / s]s:tf cj:yfx?df dfq cleef]s jf :ofxf/stfxf;nf0{hfgsf/L lb0G5 eG]lj ifodf JolQmf0{ki6 kfgxf] \.
- lszf]-lszf]lsf]hljgdf c? s]s]e0/x\$ 5g\egl ; f]vgxf] \. pglx?sf]dVo ;d:of s]xf]klxrf] ugxf] \ ; fdfgotof lszf]-lszf]lx; cf\$gf ;d:of ; lhn}JoQm ug]g; Sg]vfnsf xG5g\eg]s/fnf0{Vofn /fVgxf] \.
- 3/, lzIf, /fhuf/L, vfgkfg, lqmfnsnfx?, nfukbfy{tyf dlb/f, n]Estf, ;%lff, cf]dx]of÷l8k]g h:tf ljifo af/]hfgsf/L lng]sddf vNnf kZgx? ; xof]L xg ; S5g\ . 5nkmsf nflu kof]t ; do lbgxf] \ . ;fy} cGo priority MNS conditions -kfylds dfgl; s :jf:Yo_ cj:yfx?sf]nyfhf]yf ugxf] \. olb sg}To:tf ;d:of bl]vPdf afnaf]nsf tyf lszf]-lszf]lx?df xg]dfgl; s tyf Jojxfl/s ;d:ofx? xgxf] \.

lszf]-lszf]lsf]nflu dgf]zlf

- JolQmsf]:jf:Yo / ;fdflhs sfozIntfdf dlb/f tyf cfo nfukbfy]kfg]c;/x; af/]lszf]-lszf]l tyf cleefjsx?nf0{hfgsf/l lbgkf] \.
- lszf]-lszf]lsf] Jojxf/nf0{ ;d:ofsf] ?kdf cff]ofpg' ebf klg pglx;sf] jftfj/Of tyf lqmfnsfkx?df kl/jtg Nofpg]s'/fdf kff];fxg ugxf] \. lJBfno jf sdfsfh tyf ultljwx?df ;xeful xg kff];fxg ugxf] \. lszf]-lszf]lx?df ;lk clej[4 u/fpg]/ ;dfhnf0{of]ubfg k%ofpg]vfnsf ;/lft ;fdlxs ultljwx?df ;xeful xg kff];fxg lbgkf] \. lszf]-lszf]lx?nf0{hg lqmfnsfkx;df ;lr 5, To;df ;nlg u/fpg'cto6t dxlj kOf{x65 .
- cleefjs /÷jf :ofxf/stf(?nf0{lszf]-lszf]l sxfF5g\sf] 6 5g\sl//x\$ 5g\slt ajhf 3/ kms(5g\ e6g]s'/fdf hfgsf/ /xg kff];fxg ugxf] V lszf]-lszf]lsf lqmfnsfkdf pglx; cfm'hjfknb]l xg]ck]ff ug{kff];fxg ugxf] \.

dlb/f ;]g

- ue]tl dlxnf? jf ue]f/Of ug] of]hgdf /x\$ dlxnf;nf0{ dlb/fsf] kff] kOf{ ?kdf 5f8y ;Nfx lbgkf] \.
- ue] :yfsf];?jftdf cfdn]yf]dfqdf dBkfg ubf{klg e]fsf]ljsf;df c;/ u5{/ w]}dfqdf ;]g ugf] ljsf; ;Dalw uDe/ ;d:ofx? -h:t Fetal Alcohol Syndrome) lgDofpg ;S5 e6g]s'/fsf]hfgsf/l lbgkf] \.
- :tgkfg u/f0/x\$ dlxnf?nf0{dlb/f ;]g kOf{;kdf 5f8y ;Nfx lbgkf] \.
- kOf{:tgkfg -ljz]ft klxn]^ dlxgf ;Dd_ sf knf0]fx? af/]atfpgkf] \. olb cfdn]lg/Gt/ dBkfg ul//x\$l l5g\eg]dlb/f ;]g sd ug{:Nfx lbgkf] \. b'waf6 dfbskbfy{hfg];Defjg Golgs/Of ug\$ nflu dlb/f ;]g ug{cuf]8 :tgkfg u/fpg]/ /utdf dfbs kbfy\$]tx zGof gcfP ;Dd gu/fpg]-nueu x/\$ Unf;sf] nflu @ 306f kl5 -e6gn]olb @ Unf; ;]g u/\$]5 eg]\$ 306f;Dd gv]fpg] jf expressed breast milk lbg ;ls65 e6g]s'/fsf]hfgsf/l lbgkf] \.

;fjwfgl M nfukbfy\$]xflgsf/s kff] ug];DkOf{cfdx? tyf ; ;fgf afnaf]nsfx?nf0{pknAw ;fdflhs ;xof] ;]fx;sf ;fy}rlsT; slo hfF e]sf s]df yk ;Ts]L hfF, parenting training / afn:ofxf/ kff] ug]k65 .

nfukbfy\$]kff]

dlxnfsf]dlxgfj/l af/];f]gkf] V nfukbfy\$]kff]n]dlxgfj/l df kff] kfg{:S5 / slxn\$fxl ue]f/Of ;Dej 5g e6g]unt aemf0 kfg{:S5 egl hfgsf/l lbgkf] \.

cjw nfukbfy{x?sf kofun]e0fsf]lj sf; df xfglk?ofpg ; S5 eG]af/]5nkm ugxf] V dlxnsf nflu kefj sf/L ueG/f]ws ; fwgx?df kxF ; lglZrt ugxf] \.

ue[tl dlxnf;nf0{; Dk0f{nfukbfy{x?sf]kofu k0f{; kdf 5f8g ; Nnfx / ; xofu lbgxf] \. Opioids df lge{ ePsf ue[tl dlxnf?nf0{Methadone h:tf opioid agonist kofu ugI; Nnfx lbgk5{.

nfukbfy{kofu; E ; DalGwt ; d:of ePsf cdfx?sf aRrfx?nf0{Neonatal Abstinence Syndrome h:tf withdrawal symptoms sf nflu hfF ugxf] \ ; d:of ePdf ; ljwf ; DkGg ; ayfdf l; kmf/; ugxf] \.

:tgkfg u/f0/x\$?sf cdfx?nf0{sg}klg cjw nfukbfy{x?sf]kofu gug{; Nnfx lbgxf] V ; xofu ugxf] \.

nfukbfy{kofu; E ; DalGwt ; d:ofx? ePsf cdfx?nf0{ljz]f1n]:tgkfg gu/fpg ; Nnfx glbP; Dd sd; \$d ; ?sf] ^ dlxgf ; Dd k0f{:tgkfg ug\$?sf nflu ; Nnfx tyf ; xofu lbgxf] \.

cgldg tyf kg e03f6

; wf/sf]n]vfhf]yf ugxf] \. kto\$ e0df lgDg s/fx?sf]n]vfhf]yf ugxf] M

- nfukbfy{kofu]sf]dfqf tyf k6s, dfgl; s tyf zf/ll/s :jf:Yo, hf]vd tyf ; /Iffsf tJx? -h:tm ; DaGw, a; f0{ /fhuf/L cflb_
- nfukbfy{kofu]sf sf/s tJx? tyf kl/0ffdx? af/]; f]gxf] \.

slt k6s ; Dks{ugIeG]af/]; emfj

- xflgsf/s kofu]M Ps dlxgdf cgldg ugxf] \. To; kZrft\cfjZostf cg'f/ cgldg ugxf] \.
- lge{tm klxnf]b0{xktf ; Dd k6s k6s, To; kl5 Ps dlxgf ; Dd xktsf]Ps k6s cgldg ugxf] \. ; wf/ b]vPkI5 dlxgfsf]Ps k6s / To; kZrft\cfjZostf cg'f/ cgldg ugxf] \.

j t0fg ; dodf nfukbfy{x?sf]kofu M

- xfgl 36fpg]/0fglltx?sf]lj sf; ugxf] \.
- :jf:Yo ; d:ofx?sf]pkrf/ ugxf] \.
- kofu 36fpg]/0fglltx? agfpgxf] \.
- JolQm ; xdt ePdf detoxification jf maintenance pkrf/sf]Joj :yf ugxf] \.
- lgoldt kg/fjnf\$g tyf e0 ugxf] \.

nfukbfy{sf]kpf] ev{)5f}sf]jf ;/Iift kpf] tkm(nfu\$sf]

Abstinence/non-harmful use nf0{lg/Gt/tf lbgst nflu k[]; fxg ug{; sf/fTds ; emj lbgxf] \. cGo lSnlgsn ; d:ofx?sf]pkrf/ ugxf] \. Relapse xg glbgsf nflu psychosocial therapies/ mutual help groups sf af/df ljrf/ ugxf] \. a; f[]f; tyf /f]huf/ h:tf relapse sf]hf]vd 36fpg]tTjx?df ; xof] ugxf] \.

nfd]; dob]v nfukbfy{kpf] ug{5f}sf]jf ;/Iift kpf] tkm(nfu\$fx?sf nful M

- ; sf/fTds ; emj k[]fg ugxf] \.
- a; f[]f; tyf /f]huf/ h:tf relapse sf]hf]vd 36fpg]tTjx?df ; xof] ugxf] \.
- cGo lSnlgsn ; d:ofx?sf]pkrf/ ugxf] \.
- Mutual help group df ; xeful xg k[]; fxg ugxf] \.
- slxn\$fxlRkg/fjnf\$g ugxf] \.

bl3\$fnlg ?kdf nfukbfy{tyf÷jf cTolws dfqdf ul/Psf]dlb/f ;]gsf ; \$]x?M

sn]h\$]f] /f] M Jaundice (sdnlkQ_, palpable and tender liver edge (in early liver disease), ascites (distended abdomen filled with fluid), spider-naevi (spider-like blood vessels visible on the surface of the skin), and altered mental status (hepatic encephalopathy) h:tf ; \$]x? xgxf] \.

Cerebellar damage: balance, walking, coordinating movements df sl7gf0 / nystagmus h:tf lrGxx? xgxf] \.

ol hfFx? af/]; f] agfpgxf] M

- Liver enzymes: Liver disease sf ; \$]x? h:t}elevated liver enzymes / elevated ammonia eP gePsf] xgxf] \.
- Complete blood count: macrocytic anaemia / low platelets eP gePsf]xgxf] \.

bl3\$fnlg ?kdf ul/Psf nfukbfy{;]gsf ; \$]x?

- cf\$Sg]Vofn /fVg g; Sg] poor dentition, h[]f] jf nt}h:tf k/hlj; G ; DalGw 5fnfsf]; emdOf / skf]fOf
- Injection kpf]sf ; \$]x?M kvv/f tyf v\$df ; 0sf k/fgf]jf gofBfux? b]vPsf]5÷5g egl xgxf] \. JolQmf0{ p;n]z/l/sf]sg 7fp[]f ; 0 nfp]u/\$f] 5 ; f]lgxf] \ tl :yfgx?df local infection eP gePsf] ; lglZrt ugxf] \.

➤ nfukbfy{; 0 dfknf ;]g ugrn]xg]:jf:Yo ;d:ofx?M o:tf JolQm? HIV/AIDS, Hepatitis B / C / Ifo/f]sf] pRr hf]vddf xG5g\ . l;l/Gh kof] u/\$f]7fpf 5fnfdf klg ;endOf xg ;S5 . sltko cj:yfdf of];endOf /utaf6 kn]n65 / septicaemia, endocarditis, spinal abscesses, meningitis jf d[0'h:tf kl/Ofd klg xg ;S5 .

yk hfFx? M

; 0qf6 nfukbfy{kof] ug]u/\$f]JolQmf0{Blood-borne viruses, HIV/AIDS, Hepatitis B / C cflbsf hfFsf nflu serological testing ug{; enfj lbgkf] \ .

olb JolQm]c;/lft ofg ;Dks{/fvf\$]5 eg]ofg; DaGwaf6 xg]HIV, syphilis, chlamydia, gonorrhoea and Human Papilloma Virus (HPV) h:tf ;endOfx? ;DalGw hfF ug{; enfj lbgkf] \ .

Ifo/f]sf]cfzsf ePdf Ifo/f] hfFM vsf/sf]gdgf hfF tyf chest X-ray u/fpgkf] \ . Chronic productive cough, fevers, chills, weight loss h:tf nlf0f tyf lrGxx? xg]xf] \ .

kf7M afx |

dfgl; s :jf:Yo ; Dal6w c6o dxTjk0f{l; sfotx?
-Other significant mental health complaints)

kl/ro

o; k'tsdf klxn]sxlFklg pNny gul/Psf dfgl; s :jf:Yo ; Dal6w c6o dxTjk0f{l; sfotx?sf]cfwf/et ?kdf
Joj:yfkg ug{o; kf7sf]dVo p2]o xf]. ol l; sfotx?sf af/df kf7 b0{dfgl; s :jf:Yodf ; d] ; d]6Psf]5 .
ol l; sfot l8k]g (depression) sf nlf0fx?; E ldnbf]hNbf]xg; S5g\ . t/ glhsaf6 hfr ubf{tl l; sfotx?
ToxfFpNny ul/Psf cj:yf e6bf le6g xg ; Sb5g\.

Wofg lbgkg]s]l lj ifox? M

- mhGAP sf sg]klylds cj:yfx?sf]dfkb08 k/fug]JolQmsf nflu o; kf7sf]k0f] ug{kb5 .
- l8k]g 5g egl Plsg e0; s]f cj:yfx?df dfq o; kf7sf]k0f] ug{kb5 .
- joZsx?nf0{ ; xof] ug]qnddf dfq o; kf7nf0{k0f] ul/Gf' kb5 . afnaflnsf jf lszf]-lszf]Lxsf xsdf eg]afnaflnsf tyf lszf]-lszf]Lx?df xg]dfgl; s tyf Jojxf]l/s ; d:ofx? ; Dal6w kf7df hfgxf] \.

dfgl; s :jf:Yo ; Dal6w c6o dxTjk0f{l; sfotdf ; fdf6otof b]vg]nlf0fx? M

dfgl; s :jf:Yo ; Dal6w c6o dxTjk0f{l; sfotdf ; fdf6otof b]vg]nlf0fx? lgDg adf]hd /x]f 5g\

- cTolws ysf, lg/fz, l' +f]nflg] lrl6tt xg]jf tgfju|t /xg].
- lSnlgsn ?kdf aofg ug{g; lsg]zf/l]s nlf0fx? -h:t]nlf0fnf0{k0f{?kn]JofVof ug{ ; Sg]sg} zf/l]s sf/Of gePsf]_

slxn]fxl dfg; x?n]zf/l]s nlf0fx?sf]af/df atf0/x]f x65g\No:tf]ahdf ; j]k]yd klxrfg ePsf]zf/l]s nlf0f tyf sf/0fsf]Joj:yfkg ul/; s]l5 olb cfjZostf ePdf dfq c6o pkrf/ yf]g' kb5 .

n\fhf\

o; df klg Wofg lbgkg[s/ f s]5 eg]tl nlf0fx?n]JolQmsf]b]gs ug[kg]sfo{x?df sl7gf0{e0/x\$}5 / ; xof]sf]cf]jZostf dxz'; u/\$}5 eg]dfq pkrf/ ; ? ug[kb5 . n\fhf\fsf qmddf JolQmPSSf; L cf0kg[r/d tgjx?af6 ul; t 5 ls -h:t}zf/ll/s jf of]h6o lx;f, 7hf b36gf, zf\$ jf c6o dVo lft_ ; f]k5 ug{x} \. JolQmf dfgl; s :jf:Yo ; Dal6w c6o dxTjk0f{l; sfotx?sf af/df n\fhf\ ubf{l9Dg s/fx?nf0{Wofg lbgkf} \

- JolQmf b]vPsf nlf0fx? sg}zf/ll/s /f] xg jf xf0gg\egl olsg ug{x} \.
- l8k]g jf c? sg}MNS sf cj:yfx?nf0{olsg=lg/Sof] ug{x} \.
- JolQm] ; f] ; d:ofsf] ; dfwfg ug{s; }f0{d2t dfu\$}5÷5g jf p; nf0{b]gs sfo{ug{ck7df/f]ePsf] 5÷5g e6g]s/fsf]n\fhf\ ug{x} \.
- JolQm r/d tgjdf (extreme stress) k/\$}5 ls 5g e6g]s/f kQf nufpgkf] \.
- t]sf n cfTdxgl=cfTdxTofsf]hf]vd eP gePsf]n\fhf\ ug{x} \.

Jo j:yfkgM JolQmf dfgl; s :jf:Yo ; Dal6w c6o dxTjk0f{l; sfotx?sf Jo j:yfkg ubf{l9Dg lgbZgx?nf0{kfngf lbgkf} \

- ljz]f1n] ; Nnfx glbP ; Dd anti-anxiety jf anti-depressant cf]fwlx? glbgkf] \.
- le6fldgsf] ; 0{jf c6o pkof]l gxg]pkrf/x? glbgkf] \.
- ; a}cj:yfdf tgj] 6olgs/Of ug{ ; xof] ug{x} \ ; fdf]hs ; xof] alnof]agfpgkf] \.
 - j t6fg dgf] fdf]hs tgjx?sf] ; Daf]vg ug{x} \.
 - ; xof] k0ffnlnf0{ ; zQm agfpgkf] \.
 - Tfghj Jo j:yfkg sf tl/sf h:t}cf/fdbfol cEof; -relaxation techniques) x? l; sfpgkf] \.
- nlf0f JofVof ug{Sg] zf/ll/s sf/Of kQf gnfu\$}f] cj:yfdf, k|tt ul/Psf zf/ll/s nlf0fx?nf0{l:j sf/l ; DefJo hfgsf/lx? lbgkf] \.
- :ki6 lSnlg sn ; s] -h:t} abnormal vital signs) geP; Dd k0f]zfnf ; Dal6w yk hfF jf c6o cg'; 6wfgx?sf nflu ; 6nfj glbgkf] \.
- sg}cj:yfdf yk hfFsf]h?/L ePdf JolQmf0{ck]lft kl/Offd ; fdf6o xg ; S5 egl cfZj:t agfpgkf] \.
- JolQmf sg}k\$}f/sf]ulDe/ :jf:Yo ; d:of b]yf k/eg] p; nf0{hfgsf/l u/fpgkf] \. lSnlg sn tyf c6o hfFsf] ; fdf6o kl/Offdx?sf af/df 5nkmn ug{x} \.
- olb JolQm]yk cg'; 6wfgx? ug{l9kl u/df cgfjZos hfF ug{xfglsf/s xg; S5 lsgeg]o; n]cgfjZos tgj tyf k|tsh c; /x? u/fpg ; S5g\egl atfpgkf] \.

- nlf0fx? sflklgs xfggg\;fy}cToflws tgj u/fpg]nlf0fx?sf]Joj:yfkg ug{h?/L xg]s'/f atfpgxf] \.
- JolQm :jof0{g}nlf0fsf sf/0faf/]JofVof ug{nufpgxf] \ / To; ; DaGwl JolQmsf]rf;f] ; flVgxf] \. o;f] ug{f]JolQmsf tgjjsf ; flx? af/]s]l hfgsf/L ldlngsf ;fy}JolQm; E ljZj;sf] ; DaGw :yfkgf ug{; xofl kfof5 / pkrf/sf]cgkfnf a9fp5 .
- efjgflDs tgjfn]k bVg] df+kZl tgj u|t xg]muscle tension h:tf zf/ll/s cgeltx? u/fpg ;S5 . JolQmsf]efjgf=tgj / nlf0fx?sf]larsf] c6t/; DaGwsf af/df JolQmf0{ ; flVgxf] \.
- blgs ultljwLx? hf/L /fVg kf] ; ffg ugxf] \.
- tgj sd ugI/ ; fdlhs ; xofl ; hfnx?nf0{ ; zQm kfg]cEof; u/fpgxf] \.

r/d tgj ePsf JolQm?sf dfgl; s :jf:Yo ; DalGw l; sfotsf]Joj:yfkg

r/d tgj -h:t}zf/ll/s jf ofg zlf0f, hl6n 36gxf?, zfs jf c6o dVo Iflt_ePsf JolQm?sf dfgl; s :jf:Yo ; DalGw l; sfotsf]Joj:yfkg ug{lgDg lgbZgx?sf]kfnf lbgxf] \

- r/d tgj kZrftVolQm]efjgflDs, zf/ll/s jf Jofjxf]s ; d:of gb]fP tfklg ; Dk0f{cj:yfdf dfly JofVof u/]cg;f/ ; xofl kbf] ugxf] \. Wofgk] s'f ; Ggxf] \. JolQmf0{36gfsf]af/df s'f ug{bafa glbgxf] .
- JolQmsf] ; fdlhs cfjZostf?sf] ; DafVg ugxf] \
 - JolQmf0{p;sf]cfjZostf / rf;f]f af/df ; flVgxf] \.
 - cfwf/e't cfjZostf k'f ug{tyf ; jf / ; ljwfx?sf]kxFsf nflu JolQmf0{d2t ugxf] \. kl/jf/ / c6o ; fdlhs ; xofl ; ~hfn; E hf8gxf] \.
 - cfjZostf k/df JolQmf0{xfglaf6 arfpgxf] \.
 - klxn]f]h:t}lbgrof]f kmg kf] ; fg ugxf] \. h:t} ; Dej / pkoQm eP; Dd 3/df, sfddf / ; dfhdf .
- kfv xfgl=Ifltsf]cj:yfdf lgDg s'fx?sf]JofVof ugxf] \
 - kfv Iflt=xfgl ePsf]cj:yfdf zfsfsh xg' :jefl]s xf]. JolQm]sf]l udfpE, sg}7fpFj ; DklQ jf cfSgf] :jf:Yodf Iflt klbf klz zfsfsh xg]u5g\ . zfsdf dfgl; s / zf/ll/s bj}kfej x65g\.
 - dflg; ljleGg tl/sfn]zfsdlGf xg]u5g\ . sf]l ulde/ ?kdf efj]jef] x65g\eg]sf]l xbgg\ . ?g' eg]f]sdhf] xg' xfg . g?g]dflg;n]klg c6o JolQm]em]efjgflDs lk8f dxz'; u/]f x65g\t/ pglx?sf]JoQm ug]tl/sf km/s x65 .
 - w]h;f]cj:yfdf, zfs ; do ; E}36b}hf65 . dflg;n]bMv, rfxgf jf kl8f slxNo}hf6g eg] ; fl]5g\t/ klom h;f] ; do ; E}o:tf efjgxf? sd xE}hf65g\ slxn]f]lFdf]l;nf0{yf]}; dosf]nflu 7ls ePh:tf] dx;'xg ; S5, clg sg}s'/fn]Ifltsf]af/df ; DemfE kGM klxn]f]h:t}p;n]g/fd]dxz'; ug{ ; S5 .

zfsdlug xgsf nflu sg}/fdl]jf g/fdl]tl/sf 5g . sg}hf w}bMv nflu ;S5, sfl ahf r]gf/lxt, z6o -numb), / sg}ahf cfkm' /df0nf]ug{klg ;km x65 . o:tf cgejx? ;dofg'f/ sd x6}hf65g\.

- cfdlo JolQm udfpbf ;fdl]hs ?kn]pkoQm zfsf tl/sfsf]af/df 5nkm ugxf] \ .
 - plrt zfs ;df/f}÷lj lw eP gePsf]jf To; sf]of]hgf agf0Psf]lyof]lyPg egl ; flvgxf] \ . olb lyPg eg] afwf c8kxg?sf]af/df 5nkm ugxf] V To; sf]; Dafvg ugxf] \ .
- olb zfs ; Dal6w bl36nlg ;d:of /xsf]cfzsf ePdf To; sf]Joj:yfkg / dNofsgsf nflu ljz]f1sf] ;Nnfx lngxf] \ .
 - blgs ultljwdf sldtdf ^ dlxgf ;Dd ck7df/f] ePsf] v08df bl36nlg ?kdf zfs ;d:of xg ;Sb5 ;fy}d]fs k]tsf]lt;g Pj+r/d efjg]ds lk8f h:tf nlf0fx? x65g\.
- xfn;fn}sg}cf3fth6o 36gfsf] ;fdg u/\$f]cj:yfdf lgdg s'fx? JoVof ugxf] \ .
 - k]oM JolQm]o:tf 36gf kl5 k]tlqmf b]fpg]u5g\ . JolQm-JolQm alr k]tlqmf km/s xg ;S5gV tl k]tlqmf ;do; 6}kl/jtg x65g\.
 - Zff/LI/s nlf0fx? Hf:t}d6sf]w8sg tla|ePsf]cgej ug] bv0{/ kl8f, kfrgdf u8a8L Pj+ 6fpsf] bVg ;S5g\ . lgbf]gnflg] bvl xg] lr6tf nflu] emsf]df6g]/ cfsds xg]h:tf efjg]ds / Jojxfl/s nlf0fx? klg b]f k5g\.
 - tgjjoQm 36gfsf] ;Demg lbnfpg] ;\$] jf tgj]sf gofFs/s t]jx?n]klg o:tf efjg]fx? allenfpg ;S5 .
 - w}h;f]cj:yfdf nlf0fx? ;do; 6}36b}hfg ;S5g\ljz]ft JolQm]cf/fd, ;fdl]hs ;xof] kfPsf]/ cfkm'" :jo+tgj 6olgs/0fdf nfu\$]cj:yfdf_ .
- cf3fth6o 36gf kZrft]sf]tgj]k0f{cj:yf -PTSD_ cfzsf ePsf]v08df dNofsg / Joj:yfkg]nflu ljz]f1 ;6 ;Nnfx lngxf] \ .
 - cf3fth6o 36gf kZrft\JolQmsf blgs ultljwdf sldtdf ! dlxgf ;Dd sl7gf0{ePdf 8/nflbf] ;kgf b]vg] emen]sf]cfpg]jf cfkm'h]grfx\$] ;Demg]x? cfpg]t]kZrft\8/ / qf;sf]dxz' ug] To:tf 36gfsf] emen]sf]lbnfpg]s'fx?af6 kl65g] vt/gfs s'fx?af6 Psbd ;hu /xg}rf;f]/fVg]jf 7hf]cfjfh / cgk]lft rfn]s8f k]tlqmf b]fpg]h:tf nlf0fx? ePdf JolQm]df PTSD xg ;S5 .

cgldg

JolQm]df ;wf/ cfpbf eg]pkrf/nf0{lgoldt ugxf] \ / cfjZostf cg'f/ cgldg ugxf] \ . nlf0fx?df ;wf/ cfPg jf sg};dodf tl nlf0fx? a9b}uPdf, @-\$ xktfdf To; JolQm]f0{ km]L cfpg eGxf] \ . olb JolQm]df ;wf/ cfPsf] 5g eg] tyf JolQm jf :oxf/stf] yk hfF / pkrf/ ug{vfl]df ljz]f1; 6 ;Nnfx lnP/ ;fl cg'f/ ugxf] \ jf ljz]f1 sxfR; kmf/; ugxf] \ .

cf/fdbfol cEof;

dfgl; s :jf:Yo ; Dal6w c6o dxTj k0f{I; sfotx?sf] Joj:yfkgsf nflu ljle6g cf/fdbfol cEof; ug{ls65 .
o:tf cf/fdbfol cEof;x? k]L6 ; Eotf c6tu{ of] Wofg klg kb5g\eg] sltko o:tf cEof;sf]gd6f tkf0{
xhdln]066/g6df klg ; lhn}kfpq ; Sb5f}. cf/fdbfol cEof; 066/g6df www.manosamajik.com.np df
u0{To; nf0{; lhn}8fpqnf8 ug{/ o; nf0{df]f06 Plkns]gsf]dfWodaf6 k6f] ug{; d] ; ls65 .
cf/fdbfol cEof;sf]Ps gd6f tnsf]lb0Psf]5 .

JolQm cfkhn]s]s]ug{xg5 e6g]s/fsf]JofVof ugxf] \M

aed tkf0f0{z/L/ / dlitisnf0{cf/fd lbg]vfnsf];f; knt]tl/sf l; sfp65' . s]l cEof; u/]kZrft\dfq
tkf06f o;sf]k0f{?kdf c;/ b]f kg{yfn5 . oxfH;sf0Psf tl/sfn];f; knt]klqmfnf0{hf8 lbg]sf]sf/Of
s]xf]eg]xhdlnf0{tgfj x6f xfdl l56l56f]5f6f];f; knt]f]h;n]xhdlnf0{eng\w}]tgfj lb65 . cf/fdbfol
cEof;sf] z?jftdf ;f; knt]tl/sf abNg'k5{. ;? ug{e66f cuf18 xfdl z/L/nf0{cf/fd lb65fF.

cf/fdbfol cEof; la:tf/};? ugxf]V ;f; knt]tl/sf b]fpgxf] \.

"cf/fdk]6 cfSgf xft / v66f vshf]agfpgxf] \. cfSgf xft / v66fnf0{lj:tf/}em6sflngxf] / vshf]xg
lbgxf] \. cfSgf]sfWnf0{k5f18 nu] 6fpsf]nf0{bf6f af6f xlnfpgxf] \. ca Pp6f xft k6df /fVg]clg
csf]xft 5ftlsf]dflyNnf]efudf /fVgxf] \. tkf0{cfSgf]k6df ahg 5 eg] ; flngxf] \clg tkf0f] ;f;
knt]f{Tof]ahgnf0{knhfp6}xg65 egl sllkgf ugxf] \h;n]ubf{tkf06f]k6 kmlg5 . ;f; aflx/ knt]f{Tof]
ahgsf]xfjf klg hf65 / k6 ; dtn x65 . ;?df dnf0{xgxf] \; ak]yd d ;f; aflx/ knfn] k6sf] ;a}xfjf
aflx/ lgsfn5' . k6af6 ;f; knt] b]fpgxf] \ k6 leq / aflx/ ug]sfo6f cln hf8 lbgxf] \.

;f; knt]tl/sfdf Wofg lbgxf] \.

"d ; 6; 6}k6af6 ;f; knt]sf]z; ugxf] \. ofb /fVgxf] \xhdln]k6af6 ;a}xfjf lgsfn] ;? u5f] clg To;
kl5 ;f; leq tf6g]sfd u5f]. ;Sgk65 eg]gfsaf6 ;f; leq lngxf] V dvaf6 aflx/ knflngxf] \. bf]f]sfd
eg]sf] la:tf/)ugxf] \jf cfSgf] ;f; knt]ult 36fpgxf] \. ;f; # ;68 nufP/ leq lngxf] \ @ ;68 ;f;
leq)/fVgxf] V kgM # ;68 nufP/ ;f; aflx/ lgsflngxf] \. d tkf0{6; 6}u6g]5' . tkf0{cfSgf]cfWf a6b
jf vlnfklg /fVg ;Sgk65 . la:tf/};f; knt]xf] \!, @, # . ;f; yfDgxf] \!, @ . ca !, @, # df ;f;
aflx/ lgsflngxf] \. of]cEof;nf0{nueu ! ldg6 ;Dd bf]f]ofpgxf] \ ! ldg6 lj>fd lngxf] \clg knl/ of]
klqmf @ k6s kn]L ugxf] \.E :j -cfkn] cEof;sf nflu k]l; fxg ugxf] \.

"! ldg6 cfkn]k6f; ugxf] \. of]tkf0{cfkhn]g}cEof; ug{ ;Sg]s/f xf].

कर्मचारी

चर्चा ; द; फलस जो : यकिसो ली जो : तः ? -Other relevant managerial aspects)

गणना ; /स/न] लजस ली त/ओ उग] एलपस दगल; स : ज: यो पकर/स चिह्न?

! = g=	Name of psychotropic medications included in the Essential Drug List of Nepal Government
!	Tab Chlorpromazine 100 mg
@	Tab Amitriptyline 10 and 25 mg
#	Tab Alprazolam 0.25 mg
\$	Tab Phenobarbitone 60 mg
%	Tab Carbamazepine 200 and 400 mg
^	Inj. Diazepam 2 ml
&	Tab Risperidone 1 and 2mg
*	Cap Fluoxetine 10 and 20 mg
(Tab Sodium Valproate 200 and 300 mg
!)	Tab Diazepam 2 and 5 mg
!!	Tab Trihexyphenidyl 2 mg
!@	Tab Thiamine 100 mg

o; k:tsdf kof] ePsf s]l zAbx?sf]zAbfy{

o; k:tsdf kof] ePsf zAbx?nf0{slxn\$fxl km/s tl/sfn] cyf{\:yfg ljz]fdf cf-cf\$g}tl/sfn] JofVof u/\$f]klg kf065 t;y{o; k:tsnf0{k9g]tyf o; k:tssf]abnf0\$cf cfwf/df pkrf/ ubf{tn lb0Psf]cy{/ JofVofnf0{cfwf/ df'g'xg cg/f] ul/65 .

नियन्त्रण म नियन्त्रण एगन] ; d:ofsf] cj:yfnf0{yxf kfg' eG] alen65 . ; d:of s:tf] k\$[tsf] xf] slt ulx/f0df 5 eG] s'/sf]dfkg ug{nyfhf]yf ug{xf]. cyf{\cj:yfsf af/df yxf kfgg}nyfhf]yf ug{xf]. o; nf0{cul] zAb assessment sf]g]fnls/Ofsf]?kdf o; k:tsdf kof] ul/Psf]5 .

l; kmf/; M :jf:Yosdl[sg}klg la/fdlsf]cfknh]u/\$f]nyfhf]yf, Aoj:yfkg, dNofsg tyf clxn]Dd cfknh] To; la/fdlnf0{u/\$f]pkrf/ tyf c]nfs\$gsf cfwf/df cf\$gf]/fo ; lxt cfkm'eGbf dflyNnf]ljz]f1 jf c:ktfn jf cGo s; nf0{la/fdl l/km' ug{jf k7fpg' eG]a%g' kb5 . o; zAbn]la/fdlnf0{dflyNnf]c:ktfn jf ljz]f1 jf cGo s; \$df k7fpgfh0{dfq gaen0{cf\$gf]/fo tyf clxn]; Ddsf]pkrf/sf]5f]s/l ljj/Of ; lxt la/fdlnf0{k7fpg' eG]alen65 .

k]f0f M k]f0f zAbn]csf]:jf:Yo s]b]j f dfl]n]f]:jf:Yo ; :yf jf ljz]f1 jf c6o lgsfosf]df yk ;]fsf nflu k7fpg'e6g]a%g' kb5 .

cgludg M sg}klg :jf:Yo ; :yfdf cfPsf]JolQmf0{n]yfhf]yf ul/;s]kl5 klg yk n]yfhf]yf ug{ pkrf/sf] d]nofsg ug{ tyf pkrf/sf]k6f]sf/Ltf xg{ ;]fuf]xl :jom]ug]kg]sfdx? u/]gu/]sf]hfF ug{ cf]fw]sf];xl k6f] eP gePsf]hfF ug{;do ;dodf lgoldt ?kdf lj/fdl / :jf:Yosdl{alrsf]e63f6nf0{hgfp65 . o; zAbn]o:tf]e63f6 tyf d]nofsg :jf:Yo ; :yf, JolQm jf ;]fuf]xl]sf]3/df jf xfd] ; dbfodf ; #flnt sg}klg lSnlgx?df xg ; Sb5 .

d]nof]g M sg}klg :jf:Yosdl]la/fdlnf0{pkrf/sf]qmdf cfPsf kl/jt6sf]dfkgnf0{a%g' kb5 . o; zAbn] n]yfhf]yf ; d]nf0{a6f]p65 . o; k':tsdf sxlst}n]yfhf]yfsf];f6f]d]nofsg zAb ; d] k6f] ul/Psf]5 .

cjnf]sg M sg}klg la/fd]sf]zf/LI/s, dfgl;s tyf p;sf xfpefpnf0{glhsaf6 lgo]ng'xf]. o; zAbn]p;n] lbPsf ; rgfnf0{k]tlqmf jf xfpefpalr slQsf]tfnd] 5 eg] xg]yxf kfpghf0{c]nf]sg eg] alen65 .

;djtl}M sg}klg NMS cj:yf;u;6]JolQmf ePsf]c6o zf/LI/s jf NMS cj:yfx? e6g]a%g' kb5 .

cgkfng M sg}klg lb0Psf];Nfx, ; 6fj tyf pkrf/ lj]wsf]kfngf ug{e6g]alen65 .

Withdrawal: sg}klg nfukbfy]f]bl36fnlg k6f] kZRft\JolQm]k6f]nf0{qmdz 36f]p]hfF jf PSSfl; ;]g a6b u/]sf]cj:yfdf b]vg]zf/LI/s jf dfgl;s cj:yfnf0{withdrawal elg65 .

ljed -Delusions_ M sg}klg JolQmf ; fdlhs, z]fs, ; fEs[ts tyf k]fut cj:yf;6 dh gvfg]b6 sflklgs ; f]x?nf0{ljed (Delusions) elg65 .

dlt]jed -Hallucinations) : sg}klg JolQm]yfy{?kdf gePsf]s/f, 1fg]6b dfkm[; fRrs};g]f] b]y]f] af]sf]dxz'; ug{g]dlt]jed -Hallucinations) xf].

d8 -Mood_M d8 e6gn]dgsf]cj:yf xf]h;df JolQmf];f], wf/Off, b]i6sf]nf0{dfgl;s tyf zf/LI/s ?kdf b]vg]k]tlqmfnf0{lgwf]Of ub5. h:tf]sl df65]f]dg v';L 5 eg]p;sf]d8 k] 5 .

Intoxication : sg}klg JolQm]nfukbfy]f]c]oflws ;]g u/]kZRft\b]vg]zf/LI/s, dfgl;s tyf Jojxf]/s cj:yfnf0{intoxication elg65 .

lSnlg]n gf6M o; k':tsdf lSn]sn gf6 tyf lSnlg]n ; 6fj eg] /flvPsf zAbn]n]yfhf]yf, Joj:yfkg, ug] qmdf k]ljws ?kdf /x]f k]fx?nf0{;6fjx?nf0{a6f]pgsf nful, lrlst;also cyf]tkf0]f nful yk 1fg xg e6g]a%g' kb5 .

dgf]fdflhs M dgf]fdflhs zAbn]JolQmf]dgf]flgs cj:yf -h:t] x]f0{ ; f], a6f0{ efjgf, Jojxf/, cflb_ /;fdflhs klf -h:t] kl/jf/, ; dbfo, jftj/Of, /l]tl/jfh, rfnrng, cflb_ sf]c6t/lqmf / To;af6 p]k6g xg] cgej / Jojxf/nf0{a6f]p65 . dgf]fdflhs df dfgl;s k]lqmf cf6t]/s xg]/ ;fdflhs k]lqmf af]x6 xg]eP klg b]j]Pscsf]nf0{k6f] kfl//xg]ub5 . h:t] dgdf h]h:tf]efjgf cfp5 Toxl cg]f/ xfdl ;fdflhs ; #/nf0{cgej u5f}. o;6/L c]sf]Jojxf/, ; dbfos]tf]tl/sf, ;f:s[ts /l]tl/jfh cflbn]xfdf];f], efjgf / Jojxf/nf0{c;/ ug]ub5 . of]dgf]/ ;fdflhsnf0{Ps csf]6 566fpg ; l6g . xfdl h]h:tf]5f]/ x65f]-To;nf0{ol b0]f c6t/lqmf jf ; Da6wn]k6f] kfg]ub5 .

dgfljdz{ M dgfljdz\$tf{ / ;j f÷; xofl Ing] JolQm -; j fufxl_ alrsf] Pp6f ofhgfa4 ; xofl sf] klqmf g}
 dgfljdz{ xf] h; df dgfljdz\$tf{ n] ; xofl sf] cfjZostf -; d:ofdf k/\$f_ ePsf JolQmf0{ ; lkdf cfwfl/t
 s/fsfgl tyf c6o Jofjxfi/s lj lwx; sf dfWodaf6 p; sf; d:of, Jofjxf/ / ck7df/fx; df ; wf/ jf ; dfwfgsf]
 nflu ; xofl ul/65 . b04lr sf] ; Da6w Psfk; df cfb/efj, d4lk0f{ ; xofl k0f{ ljZjfl; nf] / e/kbf]x65 .
 dgfljdz{f klom s/fsfgl u/tyf Jofjxfi/stfsf dfWodaf6 ; d:ofdf ePsf JolQmf0{ ; jufids ; xofl
 (emotional support) lbE]p; sf ; d:of ; dfwfgsf nflu pkfox; vflg ; xofl k%ofpg]Pp6f klqmf xf]

dfgl; s :jf:Yo ; d:ofsf]pkrf/sf nflu kofl xg]OPD /lhi6/sf]gdgf

मानसिक स्वास्थ्य सेवाका लागि ओ.पी.डि.रजिस्टरमा प्रत्येक एक व्यक्तिका लागि एक पेजका दरले तयार
 पार्नु पर्दछ । यसमा सुरुको पेजमा सबैको नाम कोड र पेज नम्बर दिएर छोटकरीमा राख्न सकिन्छ ताकि
 कस्को कति पेजमा छ भनेर हेर्न सजिलो हुनेछ ।

sf\$ gdj /M

la/fdlsf]gfdM

7ufgfM

hft hftlsf]sf\$'M

pd]÷lnEM

; Dks{gdj /M

I; = Q=	/lh: 6kg gDj /	IdIT	I/km' ug]loIQm; : #yf	dVo n lfofx?	dfgl; s ; d: ofsf]kixrfg	c]ff]wl pkrf/	xfnsf ; bafj , cguog of]hgf	k]hfg ul/Psf cGo ; J]fx?	yk pkrf/s]nflu I/km'n	s]knot
			<p>!= ; dbfosf JoIQm @= CIDTKp]u/ l dlxnf :jf:Yo :jod ; J]sf (FCHV) #= lzlfs \$=:jf:Yosdl{ %= cfd ; dX ^= wfdl en]f]m &=cGo-s]kof vhfpgkf] \</p> <hr/> <p>=</p>		<p>!= l8k]g (Depression) @= ; f0sf;] (Psychoses) #= c]ff]dxfgl ÷c]ff]dx]of (Self harm/suicide) \$= 5f/] /f]u (Epilepsy) %= s]geh]g l8; c8{ (Conversion disorder) ^= P]h]f]o]6 l8; c8{ - Anxiety disorder/ l]r]t]f]h]6 /f]u) &= afnaf]nsf tyf lszf]- lszf]lx?df xg] dfgl; s tyf Jo]j]xl/s ; d: ofx? (Child and adolescent mental and behavioral disorders) *= l8d]6; of - la; g] /f]u ÷Dementia) (= nfuc]f]fw b]Jo{ glaf6 xg] dfgl; s :jf:Yo ; d: of -Mental and behavioral disorders due to substance use) !)= dfgl; s :jf:Yo ; Dal6w cGo dx]j]kOf{ l; s]otx? (Other significant mental health complaints)</p>				<p>!= cGo zf/l] /s lrlst; lso ; J]f @= l]lzi6 dfgl; s ; J]f(Psychiatric services) #=c]ff]wl pkrf/ afx\$ cGo ; J]f(Police,NGOs etc.) \$= dg]l] dz\$tf{ (Psychosocial counselor) %=cGo - vhfpgkf]h_</p>	

hfthfltsf]sf\$!= blntM sfdL, bdf0{ ; fsl{ uf0g] jfbl cfbL @= hghftLM gjf/, ysfnl, u?^a, du/, tdfd^a, /f0{ lnda', zkf{ ef} jfn^a, snjf/, uguf{ sdfn, lh/h, bgjf/, yf?, wfgS, /fhjzl -sf}_, ; tf/ -; byfn_, ^fu8 cflb #= dwzLM ofbj, tnl, snjf/, /fhkt, df/jf8L, sfo:y, /fhkt, hq, jflgof, s':jxf cflb \$= dl:ndM dl:nd, r/f}]= aDxOf÷ IfqLM aXdf -kxf8_, IfqL-kxf8_ ^= cGoM 7s/L, ;Gof;L÷bzgfdL cflb .

tflnd lgb]zsf lgdfOf ;ldlt

o; tflnd lgb]zsf agfpgsf nful /fli6o :jf:Yo tflnd sD| :jf:Yo ;Jf ljefun]b]fosf ;b:ox? /x\$]Ps Technical advisory committee tyf tflnd lgb]zsf lgdfOf kfljws ;ldlt u7g u/\$f]lyof]h;n] kfljws ?kdf ;xhls/Of tyf ;emj lbg]sfo{u/\$f lyof].

Technical Advisory Committee

- != >l >ls[Of e\$, lgb]zsf,/fli6o :jf:Yo tflnd sD| 6\$'.
- @= >l ef]D|/fh 8f}h, lgb]zsf kfylds :jf:Yo ;Jf kghf/Of dxzfzvf, :jf:Yo ;Jf ljefu, 6\$'.
- #= 8f= obrCb|l3ld/] /fli6o :jf:Yo tflnd sD|.
- \$= >l ;/h sf}f/fnf, sfo\$F/L kdV, ax'f:s[ts dgf]fdflhs ;:yf gkfn .
- %= kltglw, NHSSP gkfn .
- ^= 8f= slknb] pkfwofo, jl/i7 dgf]rlst;s .
- &= kf= 8f= ;/fh k|fb cfmf, dgf]rlst;s, lq= lj= lzlfOf c:ktfn, dx/fhuh, sf7df08f)gkfn .
- *= 8f= sDf/ d/x\$, dgf]rlst;s, ljZj :jf:Yo ;u7g, gkfn .
- (= kf= 8f= lzlz/ ;Aaf, dgf]l 1, lq= lj= sltK/, sf7df08f)gkfn .

kfljws ;ldlt M

- != 8f= slknb] pkfwofo, jl/i7 dgf]rlst;s .
- @= kf= 8f= ;/fh k|fb cfmf, dgf]rlst;s, lq= lj= lzlfOf c:ktfn, dx/fhuh, sf7df08f)gkfn .
- #= kf= 8f= lzlz/ ;Aaf, dgf]l 1, lq= lj= sltK/, sf7df08f)gkfn .
- \$= 8f= obrCb|l3ld/] /fli6o :jf:Yo tflnd sD|.
- %= >l ljho >]7, /fli6o :jf:Yo tflnd sD|.
- ^= >l ljho qmflGt zfSo, kfylds :jf:Yo ;Jf kghf/Of dxzfzvf, :jf:Yo ;Jf ljefu .
- &= >l l; tf/fd k|f0F Technical advisor, NHSSP.
- *= 8f= sDf/ d/x\$, dgf]rlst;s, ljZj :jf:Yo ;u7g, gkfn .
- (= 8f= sdn uf}d, dgf]rlst;s, ax'f:s[ts dgf]fdflhs ;:yf gkfn .
- !)= >l lktfDa/ sf}f/fnf, sfoqnd ;ef]hs, ax'f:s[ts dgf]fdflhs ;:yf gkfn .

o; k':tssf]n]yg ;Dkfbg tyf Technical reviewer committee

kđv nŷg tyf ; Dkfbg d08n	Technical reviewer
>l lktfDa/ sfQ{fnf 8f= sdn uf}d 8f= slknb} pkflWofo	kf= 8f= ; /f}h k} fb cf}mf, lq= lj= lzlf0f c:ktfn. kf= 8f= lzlz/ ; Aaf, lq= lj= slltk} / 8f= obrGb l3ld/} /fli6o :jf:Yo tflnd s}b . >l ;/h sfQ{fnf, ax' f:s[ts dgf]fdflhs ; :yf g}kfn . >l laho qmflGt zfsO, PHCRD. >l ;ltf/fd k} f0{ NHSSP. 8f= s}f/ d/x}f, WHO. >l /ŷf /f0ff, NHSSP.

o; k':tsnf0{0-d}h dfk}t k}k}t u/l review u/l ; l}nfx ; }mfj k7fpg' xg]dxfg}fjx? M

!= 8f= kzklt dxt, dgflj b}\l; Pd|; , g}kfn .

@= >l /fdnfn >}7, sfo}f/l lgb}z}S, l; Pd|; , g}kfn .

#= >l ; [i6 nfld5fg] oPdPg, g}kfn .

\$= 8f= zfnlu}fd e}f/f0{ ax' f:s[ts dgf]fdflhs ; :yf g}kfn .

%= >l l; tfdfnf nfd, ax' f:s[ts dgf]fdflhs ; :yf g}kfn .

^= >l clDasf anfd, ax' f:s[ts dgf]fdflhs ; :yf g}kfn .

&= >l /Tgdfnf nfd, ax' f:s[ts dgf]fdflhs ; :yf g}kfn .

o; lgb}z}sf sf]; }mfj ; }ng ug}; ~rfng ul/Psf]sfo}z}nf uf}i7df ; xeful hgfpG]sfof}ox? M

!= :jf:Yo ; }f ljefu .

@= /fli6o :jf:y tflnd s}b|.

#= k}ŷyds :jf:Yo ; }f kg}fu/Of dxzfzvf .

\$= Aoj:yfkg dxzfzvf .

%= lq= lj= lzlf0f c:ktfn, dx/fhuh .

^= lq= lj= dgflj 1fg ljefu .

&= ljZj :jf:Yo ; }7g, g}kfn .

*= sf}z; g}kfn .

(= l; Pd l; , g}kfn .

!)= ax' f:s[ts dgf]fdflhs ; :yf -6l-k}l-cf] g}kfn .

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