



WFMH
World Federation for Mental Health

**Ekufl d LokF; , oanh?kdkyhu
“Kjhfjd chekjh**

“fujrj ,oa ,dhdr n{kkky dh vlo”; drk”

fo”o ekufl d LokF; fnol 2010

fo'k; I ph

MCy, Q, e, p dk; I ph

Ekufl d LokLF; ,oa i jkuh "Kjhfjd chekjh %ifjp;

folkk 1 & i jkuh "Kjhfjd chekjh ,oaekuf d LokLF;
rF; fooj.k@i=d] I kj I qki rFk I a kku L=kr

gn; jkx rFk ekufl d chekjh

- rF; fooj.k
- I qki @dFkl kj
- dk; bkgd dne

e/kqg rFk ekufl d chekjh

- rF; fooj.k
- I qki @dFkl kj
- dk; bkgd dne

d@j rFk ekufl d chekjh

- rF; fooj.k
- I qki @dFkl kj
- dk; bkgd dne

"ol u jkx rFk ekufl d chekjh

- rF; fooj.k
- I qki @dFkl kj

elvki k rFk ekufI d chekjh

- rF; fooj.k
- I fki @dFkI kj

foHkx 2 & ijkuh "kjfjd chekjh ,oaekufI d LoLF; %,dhd'r n{Hky dh vlo"; drk

- ekufI d LoLF; dsfcuk dk;LoLF; ugh— MWelbdy jlk
- ekufI d LoLF; vlg ijkuh "kjfjd chekjh xfl r dsfy; smik; kadal tkg eaiHfed n{Hky dh Hfedk — MWxscy vkbfc tkjs
- ekufI d LoLF; ,d fuošk %ylxr eacpr vlg n{Hky dh xqkorrk eal tkg – MMMSOM eDMM

foHkx 3 & miHorkvkvlg ifjokj eansHky djus okylads fy;sj.kulfr; H

- yphyki u cukuk
dk; bkh dne %yphyki u culusds10 rjhs
- I eFlu izHkyh cukuk
dk; bkh dne %I left d I eFlu cukuk
- vRe iclu
dk; bkh dne %ijkuh chekjh dsiclu ds10 vfuok; Zrjhds
- j{ld ,oal eFlu nasokys0; fDr
& I a klu I lexh %ikjokjd j{ld %vki dksmdrkusdsckjseaD; k irk gsk
plkg;s
& I a klu I lexh %ijkuh "kjfjd chekjh %ekufI d LoLF; ij iHlo %
vHkodla] n{Hkydrk vlg ;qk oxzdsI kfk dk; Zdjusokyladsfy; s
I puk; a

foHkx 4 & dk; bkh dk cykok & , dhdr n{Hky %bl dsfy; stu I ey t#jh gSA

- miHkx ifjokj rFk turk dh Hfedk — MWjkeVz, e yfou
- ekuf d LoLFk fpfdRI dka, oainkrkvach Hfedk — MWjkeVz, e yfou
- iHfed ,oafolks n{Hky fpfdRI dka dh Hfedk %iQj elbdy fdM rFk MW iNd dkdj
- I jdkjekj xs Lo;oh I hFkvlach Hfedk — MWtMW ckoI rFk MWMMom eDMM

foHkx 5 & I kku] fji kZvlg /W; okn

- I kku
- fji kZvlg i=
- /W; okn ds'kn

foHkx 6 & I pkj vlg ipkj

- 2010 fo"o ekuf d LoLF; fnol foKflr
- ehfM;k foKflr
- ueuk y{k] I aknd dks i=

ekufI d LokLF; dsfy; sfo"o I ḫk dk , tMk %ekufI d LokLF; dsfy; shkjh ncko

MCyQ,e,p us , sfo"o dh viuh ifjdYiuk ftI eaylokk dk ekufI d LokLF; , d iFfedrk gks] ds fy; s ncko cukuk tkjh j [kk gS ; | kfi ekufI d LokLF; I ok, a/khjs/khjs , d egRoiwl vlo"; drk ds #i eaLohdkj dh tkus yxh gS ij vHkh Hkh bl ea deh gSA

MCyQ,e,p ds I kSU; I s fofHku vf/košku tks fd ekufI d LokLF; I cfl/kr u; s bykt o vo/kkj.k; a iTrp djrh gS ; k fof"k'V "kkjhfd o ekufI d I g#X.krk ij iZk"k Mkyrs gS tS s e/keg o vol kn] , M o vol kn vlfn] tkjh gSA

gky gh eaMCyQ,e,p us bl ifjdYiuk dks gkfI y djus ds vi us iZ kl ka dks nqkuk dj fn; k gS & vks bl s `xV ijk' (Hkjh ncko) dk uke fn; k gSA MCyQ,e,p us MGMH eDv QW Xyky eyVy gYFk ds I kfk es xBtkM+fd; k gS ftI ds ckjs ea Lancet ea yek Hkh Nis gSA bl dh eq; vo/kkj.kk ; fuVh (, drk)] foftfcfyVh (iknf"kk) jkbVl (vf/kdkj)] fidojh (ipiiflr) vks lykfu;k (; kstuk) gSA

dN egRoiwl fdz kdyki tks MCyQ,e,p "kkfey djuk pkj jgk gS & cMs iekus ij dSi u pyuk rkd ekufI d LokLF; ds I cU/k ea tks#drk vks; s vks iFfedrk ea "kkfey gSA

dkkhuoyFk I fdfVz V vks UN Lisky I sku vks uk dE; fudoy fMtht ds I kfk dk; 2011 eafu/kkjr gSA I kfk gh `xV ijk' (Hkjh ncko) ds fy; si kijfjd vks I kekfd elM; k ds }kjk I eFku gkfI y fd; k tkuk Hkh "kkfey gSA

MCyQ,e,p us gky gh ea (**September 2010**) ea , d fjiwl tkjh dh gS eVy gYFk , M MoyieV' ftI ea fd "kkjhfd o ekufI d LokLF; ds , dh dj.k ij cy fn; k gSA ekufI d LokLF; vUrr% f"kk vks ekuo I d kuka ds fodkl I s tMk gvk gSA gekjs fo"o ekufI d LokLF; fnol dh bl I ky dh Fkhe (ukjk) ekufI d LokLF; vks "kkjhfd LokLF; ds tMk dks jkdr djrh gSA vI dted nh?kdkyhu jks tS s e/keg] I kW dh chekfj; kW vlfn LokLF; ds fy; s cMs [krjs ds #i ea mikkj h gsvks ekufI d LokLF; ds I kfk budk ?fu'B vks vo"; Hkkoh I cdk gSA

vr ea lcl se[; ckr ; gh gsf d ekufI d LokLF; ds fcuk dks LokLF; ugha gS vks LokLF; vks ekufI d LokLF; ds fcuk fodkl ugha gks I drk A dIk; k `xV ijk' (Hkjh ncko) ea gekjs I kfk tMkA

fot; xtw(I dVjh tujy@I h bZ vks)
oYMZQmjsku QW eVy gYFk

Vijay Ganju, Secretary General/CEO
World Federation for Mental Health

fo'o ekufi d LokLF; I ~~ak~~ (WFMH) ml I ius dks ftI esfd ekufi d LokLF; dks izkkurk nh tk; } fujrj vksys tkus ea iz kl jr gSA gkykfd ekufi d LokLF; I ~~ok~~, a fujrj c<+jgh g*s* ijUrqos lk; klr ugha g*s*A mUga u rks oks lk; klr I kku v*k* u gh oks I eFku feyrk g*s*ftI dsfd oks gdnkj g*s*A

fo'o ekufi d LokLF; I ~~ak~~ (WFMH) 68 I ky ijkuh vUrjkVh; Lrj dh I fefr g*s* t*s* fd ekufi d LokLF; I s I Ecfl/kr ubz ubz rduhdh dh [kst] mudk i*t* kj , oWjkdfkke i j dk; Z djrh g*s* v*k* fo'ksk fo'k; ka rFkk {ks h; #fp ds fo'k; ka t*s* s fd , p-vkbzoh@ , M+ v*k* mnkl h rFkk e/k*p*g , oWmnkl h t*s* s fo'k; ka lkj gkus okyh I fefr; ka ea I keatL; LFKfir djrh g*s* v*k* mudk I eFku Hkh djrh g*s*A fi Nys o'k 2009 ea WFMH dh fo'k; oLrq ekufi d LokLF; I ~~okvka~~ v*k* i*k*fed fpfdRI k I fo/kkvka ds , dhdj.k i j] dsUnr Fkh rFkk e[; fcUnq] i*k*fed fpfdRI k I fo/kkvka dh ekufi d chekfj; ka dk i rk yxkus dh {kerk dks c<lkuk Fkk A

gky gh ea fo'o ekufi d LokLF; I ~~ak~~ us vi us I ius dks I kdkj djus ds fy;s , d i*t* kl ftI s fd ge "x*V* i*q*k" ds uke I s iplkjrs g*s* dks nksqk dj fn; k gsA **WFMH** ds bu i*t* kl ka dk v*nktk` The Lancet`* esfujUrj Ni us okys y*[k]* s yxk; k tk I drk g*s*A bu y*[k]* s i rk pyrk g*s*fd ekufi d chekjh fo'o 0; ki h chekfj; ka dk , d v*x* g*s* v*k* ekufi d LokLF; dh i*k*fedrk rFkk /; kudk'k gekjs v*k* l*fxd* , oWl kekfd fodkl ea , d cgr gh egRoiw*k* H*kedk* fu*hk*; x*h* A "x*V* i*q*k" dh egRoiw*k* fo'k; oLrq , drk n"; r*k* vf/kdkj] y*[k]* , oWbl dh ; kstuk fujrj fodkl dh v*k* v*x* j g*s*A

dN egRoiw*k* fd*z* kdyki ftUga **WFMH** y*dj* vksys c*<k* g*s* fu*fu* i*dkj* g*s* & bl v*f*hk**; ku dk t*M*+ I s fodkl rkfd ekufi d LokLF; dh n"; rk dks vUrjkVh; Lrj i j y*k* tkus v*k* ml s i*k*fedrk n*z* dksu o*yf* I *sfVz* V ds I k*k* x*j* I *dked* chekfj; ka i j gkus okys fo'ksk vf/ko*sku* ea o ; wkbVM us*kui* ds y*[k]* y*k*ka ds fodkl i*fdz* k ea H*kkxhnkjh* v*kfn* A

fo'o LokLF; I ~~ak~~ Bu us gky gh ea (**September, 2010**) , d fji*V*"ekufi d LokLF; , oWfodkl " ds uke I s i*dkf*"kr dh g*s*ftI esfd ekufi d LokLF; v*k* fodkl ds i*t* kl ka ds , dhdj.k i j tkj fn; k x; k g*s*A ftI i*dkj* I s*f'k*ekuo m*Rikndrk* I s t*M* g*b* g*s*] ml h i*dkj* ekufi d LokLF;] fodkl ds ey {ks I s/k*fU*'Brk I s t*M* g*yk* g*s*A

fo'o ekufi d LokLF; I **ak** (WFMH) ds bl o'k dh fo'k; oLrqekufi d chekjh vks "kkjhfjd chekfj; k dks jskdr djrh gSA t\$ k fd ge tkurs gfd vl dkd chekfj; k t\$ sfnv dh chekjh e/eg] d\$ j rFkk "ol u I Ecl/k chekfj; k, d egkfoifrr gvs vks budk I Ecl/k ekufi d chekfj; k ds I kFk ?kfu" B o vifjgk; Z gSA urhtk ; g gsf d fcuk ekufi d LokLF; ds LokLF; ughavks fcuk LokLF; ds dk\$z fodkl ughavks u gh ekufi d LokLF; A

ifjp; %

ik; % "kkjhfjd , oaeukufi d fodkj I kFk I kFk gks gSA vuq ikku crkrsgfd yEch o ijkhu "kkjhfjd chekjh ds I kFk ekufi d fodkj Hkh gks yxrs gSA bl ds I kFk tks yks ijkhu ekufi d chekjh ds f"dkdj gks g mudh "kkjhfjd I eL; k dk ; k rks irk ughapy ikrk ; k fQj fcuk funku ds jg tkrs gSA bl fLFkfr es; g okLrfodrk Hkh "kkfey gsf d ekufi d chekjh dks vkt Hkh , d I kerktd dyd dh rjg gh nskk tkrk gsvks T; knkrj ejht i gys (eukfpfdRI d I sugh cfYd) I kekU; fpfdRI d I s ijk" k yss gS] bl fu'd'k dks cy feyk gsf d ekufi d voLFkk vks "kjhj dh nskkky dk , dhdj.k gks vks [kki rks ij vPNs ekufi d LokLF; dsfy; s i kfed voLFkk es gh i jhkk.k vks bykt nksukagh gksA

68 o'k ijkhu vUrjkVh; I **xfBr** fo'o ekufi d LokLF; I **ak us**; **kbV** uskII ds I ykgdkj ds #i es, d fopkj fodfl r dj mls i kgu fn; k gSA vks I u~2009 es fo'o ekufi d LokLF; fnol ds #i es euk; k A fo'o ekufi d LokLF; fnol dk mnns; ekufi d LokLF; dk bykt o I dk dk , dhdj.k Fkk A I **ak** dh e[; fo'k; oLrqgS fd fdI idkj I s i kfed I ko/kfu; k vks ekufi d fpfdRI k I fo/kk if}fr es I qkj yk; s rkfd ekufi d chekfj; k dk irk py I ds vks mudk bykt fd; k tk I dsA

bl o'k I **ak us vi us**"n skkky dk , dhdj.k" ds ukj dk foLrkj ekufi d LokLF; xMeM rFkk yEch chekjh es I Ecl/k ij dsUnr fd; k gSA t\$ k fd fo'o LokLF; I **xBu** tks fd ; w, u-vks dh , t\$ h g\$ us pkj yEch chekfj; k gn; jks] gn; ?kkr] e/eg HIV/AIDS] d\$ j dk gokyk fn; k gS tks fd fo'o es gks okyh 60% elksa ds fy; s ftEenkj gSA

fi Nyaks n"kdka es yEch chekjh vks ekufi d chekfj; k ds ckj es i Lij I Ecl/k ds ckj es gekjh I kp es cMs gh ukVdh; < I s foLrkj gyk gSA vc ge tkurs gfd yEch chekjh da ykska es vol kn o Hk; dk Hkko I k/kj.k ykska dh ryuk es T; knk gk k gS tks mudh dk; Z {kerk dks de djrk gftl ds dkj.k mudk fpfdRI k [kpZ Hkh

c^{er}k gSA ekufI d o yEch chekj h dh mi fLFkrh euq; dh Loa n[kkky dju^s dh {kerk vks LokLF; ykk gsr vkgkj] 0; k; ke rFk bykt dh fu; ferrk dks de djrh gSftI dh otg I seR; qnj c^{er} gSA

I cl segRoi wZ ckr ; g gSfd T; knkrj yEch pyus okyh "kkj hfj d chekfj; k ds I kfk gh ekufI d chekfj; kWHkh gks tkrh gftI ds dkj.k ejhtk dh dk; Z {kerk e egRoi wZ deh vk tkrh g vks gn; jkx] gn; ?kr] e/eg] HIV/AIDS] dI j rFk vU; xEHkhj chekfj; ks ds i vksku dh fLFkr dks fcxkM+nsk g A chekj]] chekj h QSkus okys dkj d vks dk; Z izkkyh ; s I c bykt dh xqkorrk e egRoi wZ ; knku ns g A chekj ; k ml ds ?kj okys bu chekfj; k ds dkj .k dh u rks vPNh rjg igpu djrs g vks u gh vPNh rjg dkj .k dks tkurs g ; k fQj bykt djokua e mnkl hu gks g A bykt djus okyk gks I drk gS fd i wZ if"kf{kr u gks] gks I drk gS fd ml ds i kl cpko ds mfpr I kku lk; klr u g A dk; Z izkkyh e dN vojkdk o dfe; k gks I drh g ; k fQj ekufI d ykk ds fy; svkFFkd rkh gks A

fQj Hk ekufI d LokLF; dk bykt I Ekk gSA gekjs ikl bu chekfj; k dh jkDFkke ds I kku g A ykska dh nsud I el; kvk dks de djus ds fy; s I kku g yfdu cgk dN djus dks ckdh gSA chekj vks ml ds i fjokj ds I nL; k ds chp chekj h ds dkj .k o ml ds bykt ds ckjs e vPNh I e> t#jh gSA t#jr bl ckr dh gS fd eMhd y dkyst ekufI d chekfj; k dk , dhdj.k ajaA LokLF; ykk nsus okyh i }fr bl ckr dks I e>s fd ekufI d chekfj; k ds bykt ds [kpZ dks de fd; k tk; sA

I ak dk , tSMk Li 'V gSA ges mEhn gS fd tks I kexh fo"o ekufI d LokLF; I ak us fodfl r dh gS og ml dh dk; Z izkkyh dks c<kok nsxh A

fot; xatq] I sdv tujy , oal h bz vks
oYMZ QMjsku vkk eV y gYFk

(Vijay Ganju, Secretary General/CEO

World Federation for Mental Health)

i Eke Hkkx %

yEch "kjhfd chekjh vks ekufi d fodkj rF; tkudkjh vks mi pkj

bl o'kz fo"o ekufi d LokLF; I gkBu] nh?kdkyhu "kjhfd jkska l s xfl r 0; fDr; k e i gpkuh uk xbZ ekufi d chekfj; k dh ekstnkh vks foftkuu "kk[kkvks ds fpfdRI dka }kjk feydj ,d ,dhdr fpfdRI k izkkyh }kjk bykt djus dh vko"; drk dks jskdr dj jgk gSA **WFMH** ds ,d l os ds vuq kj vol kn nli jh yEch chekfj; k dh ryuk e 0; fDr ds LokLF; ij xgjk vI j Mkyrk gSA vol kn ds l kfk l kfk dkbs ,d ; k ,d l svf/kd yEch chekjh ns k ds vR; f/kd fupys LokLF; Lrj dks Hkh crkrh gS vks bu vksMka e ,d l snl js ns k ds vksMka e T; knk vUrz fn[kkbs ugha ns k A

vI dted@ijkuh@yEch chekfj; kWe k d k e [; dkj.k gSA MNW xksMu xsk] **UN/WHO** dks/kMhut/j vks gYFk i ekv/j us ik; k fd pkj i ekv chekfj; kW tS s dkjFM; kOkLdyj] e/ksq] dI j rFkk "ol u l EcU/kh chekfj; kWo"o e 60% elks dsfy; sftEenkj gS vks bu chekfj; k ds dkj.k gh 80% elks xjhc ns kka e gkrh gSA

fo"kskKka dk ekuuk gS fd vxj bl fn"kk e dne ugha mBk; k x; k rks ge nks fd 388 fefy; u yks vI kef; d elks ds f"kdkj gksA bu xEhkj chekfj; k dh jkdfkke ; k i cl?ku usfi Nyao'kks e ykska dk /; ku vksd'kz fd; k gS D; k fd bl dk l hkk vI j er; qnj] LokLF; l kku] ,owthou Lrj ij iMrk gS vks l jdkj dk vksFkld cks Hkh c

yEch chekjh l s tMs gq cgr l s [krjk e ,d [krjk HkkouRed iHko Hkh gS] cgr l kjh yEch chekfj; kW 0; fDr ij xgjk ekufi d rFkk HkkouRed diHko Mkyrh gS A vks tc chekjh dk funku ugha gks i krk gS rks mI 0; fDr dh chekjh l s yMs dh {kerk ij Hkh vI j Mkyrh gSA

, - dkFkj u ikol z] ,e -, M- Mk; jDVj QW l Vj QW eVY gYFk l foI s] ; w, l - l cLVl ,c; n eVY gYFk l foI st ,MfefuLVku (**SAMHSA**) dgrsgfd gairk gS fd i jkuh vks ych chekfj; k l s i hfMr cgr l s

0; fDr; kae i gpkuh ugh xbz ekufI d chekfj; kW; k u"ls dh vknraHkh gksh g&vkj ; smudh LokLF; dh xHkj voLFkk vkj nksukarjg dh chekfj; k l smcjus dh I Hkkouk dks vkj Hkh tfVY cuk nsrh gSA

s T; knkrj ykska ea yEch chekjh I s yMuk dkQh ruko iwL fLFkfr gks tkrh gS vkj yEcs I e; rd chekjh I s yMuk yksks dh fpurk dk dkj.k cu tkrk gSA ejhtk vks muds i fjokjka ea; g , d vI kekJ; ckr ughs gS fd yEcs I e; rd pyus okyh chekjh vkj ml ds nqjHko fpurk ds dkj.k cu tkrs g&A fpurk ds I dkska ea "kkjhfd y{k.k tS sfD "okl ea ijskkhj I husea t dMh] dHuk fl j nnz jgu] pDdj vkkuk ; s I c eukOKlfud dkj.k gS rFkk bI ckr dk Mj fd D; k gksk] dkfj ejht dh fQdI djxkk vkj fdI rjg chekjh Bhd gksh vkn A vki D; k egl v djrsg] D; k I kprgs vks fdI rjg bu fopkjka I s fui Vrs g] vki dh yEch chekj I s yMus dh {kerk ij cgf vI j Mkyrh gSA

fMi8ku (vol kn) yEch chekfj; k l s xfl r ykska ea I cI scMs i &ekus ij i kbz tkus okyh tfVyrk gSA , d vI k/kj.k fLFfr ea I k/kj.k i frfdz k dks vol kn ds uke I s tkuk tkrk gSA vr%; g , d vk"p; Z dh ckr ugh gS fd fMi8ku yEch chekjh I s xfl r ykska dh I k/kj.k tfVyrk gS vkj yEch chekjh dh fpfdRI h; gkyr dk dkj.k Hkh A I kekJ; r; k fMi8ku dk [krjk vks rka ea 10 I s 25 ifr"kr vkj enkjea 5 I s 12 ifr"kr gksk gSA tks yks yEch chekjh I s xfl r gks gS muea; g [krjk 25 I s 33 ifr"kr T; knk gksk gSA vuq dku crkrs gS fd vol kn 0; fDr ea bl rjg ds ifjorZu ys vkrk gS tks fd ml dh "kkjhfd chekjh dks vkj Hkh c< k nsrh gS rFkk ml dh bykt djokus dh "kfDr dks Hkh ?Vv nsrh gS vkj "kkjhfd rFkk ekufI d chekjh dks y{k.kka ds xEHHkj gks tks dk , d pdz "k# gks tkrk gS A

*Web MD, Coping with Chronic Illnesses and Depression

<http://www.webmd.com/depression/guide/chronic-illnesses-depression>

gn; jkx ,oWvol kn (fMi \$ku)

rF; fooj.k

- fMi \$ku dh fLFkfr iR; d 5 eal s, d ckg; ejhtka dks ftudks dkjkujh gkVZ ikye gsvkj iR; d 3 eal s1 dks ftudks datfLVo gkVZ QY; yj g\$ dks gkrh gsfQj Hkh vf/kdrj dks dks i gpkuk ugh tkrk vkj I gh mi pkj ugha fn; k tkrk A
- vf/kd vol kn dh fLFkfr ,d I keku; 0; fDr ea dkjkujh gkVZ ikye ds fodkl ae dkQh [krjukd I kfcr gks I drh gSA gn; jkx; ka ea vol kn ?kkrd chekjh; ka ds [krjs dks t\$ s fd gn; ?kkr ;k [ku ds FkDds cuuk vlfn dks c<kok nsr gSA 15 ifr"kr mu jkx; ka ea tks dkjFM; ksdkLdyj chekjh I s xfl r gsvkj 20 ifr"kr ejht dks ckbz i kl I tjh djok pds gsmueaxkij vol kn dh fLFkrh i kbz tkrh gsA
- ,d egroi wkJ v/; u ea fMi \$ku dk fjdojh ds ckn Hkh yxkrkj cusjguk 6 eghuka ds vUnj gn; ?kkr ds dkj.k gksusokyh ekf ds [krjs dks 17% rd c<ks nsr g\$ (vol kn jfgr gn; jkx; ka ea eR; qnj ek= 3% gkrh g\$) [kkI dj mu ykska ij ftu gsa in ZeHkh ; schekjh jg poh gSD; ka fd mUgagn; jkx dk [krjk vR; f/kd gkrk gSA
- ?kfV; k thou"ksyh dh vknra t\$ s fl xjy i huk] "kjkc dk vR; f/kd I ou] dljr uk djuk] ?kfV; k [kkuk vkj I kekftd I eFlu dk vHko] gn; jkx dh fpfdRI k ij udkjRed iHko Mkyrk gSA
- vefjdu gkVZ ,I kfI ; \$ku us ; g fl Qkfj"k dh gsfds fMi \$ku gn; jkx; ka ea [krjukd I kfcr gkrk gsvr%gn; jkx; ka ea fMi \$ku dh tkp dh tkuh pkfg; sA
- ftu ykska dks fMi \$ku dh fLFkfr ek; kdkfMz y buQkD"ku da ckn gkrh gs mu ij I ko/kkuh iDf fuxjkuh j [kuh pkfg; sA

dkfMz kolkdyj chekjh vkg ekufI d jkx

I keku; r%gj i kpk eal s, d 0; fDr dks thou eaxEHkj vol kn de I sde , d ckj gkrk gSA ; g fxurh mu ykska eaT; knk c<+tkrh gS(iR; d nks ea , d) tksfd gn; jkx I s xfl r gkrs gA gn; jkx dk [krjk mu ykska ea nksuk gkrk gs tks yks fMi \$ku dsejht gkrs gA okf"kaVu ; uhofl I/h vKD eMhfI u rFkk I SV Y; w osVjUI vQs I Z emhdy I SVj ds i QI j vKD I kbdSh tQh , Q Ld\$jj] ih, p+M+dgrs gfd nw js [krjukd dkj . kks dks I ek; kstr cukus dskctm fMi \$ku gn; jkx dh vkg b"kkjk djus okyh , d egRoiwz Hkfo'; ok.kh gSA

ekufI d ruko vkg fMi \$ku dkfMz ks oEdyj chekfj; kaij xgjk vi j Mky I dtrs gS vkg LokLF; ykk ikr djus dh fn"kk ea #dkoV i hik dj I dtrs gS A Mhu vkefzlk] ih, p- Mh viuh i lrd ***Love and Survival : The Scientific Basis for the Healing Power of Intimacy*** eafy[krs gfd gn; jkx; kae fMi \$ku fudV Hkfo'; eakr gkrs okyh ek dh , d , h Hkfo'; ok.kh gS tsh fd u"kkckth] ek/kik ; k fQj i jkuk gn; /kr A vu d v/; ; u ; g int"kr dtrs gfd tks yks vds gkrs gS vol kn xfl r (depressed) gkrs gA ; k vius vki dks nw jk I s vyx j [krsgs mueakr dk [krjk 3 I s 5 xpk c<+tkrk gSA

ftu ejhtk egn; ?kr gkrk gS muea vol kn dk ifr"kr 40 I s 65 ifr"kr rd gSA "kkk fMi \$ku vkg er; q dk [krjk ; k dkjkujh gkvZ fMtht eadeh dk vki I eal Ecl/k crkrs gfd

- 18 I s 20 ifr"kr dkjkujh gVZ fMtht ds jkx ftu dksfd dHkh gn; ?kr u gvk gks fMi \$ku egl w dtrs gSA
- xEHkj vol kn gkvZ vVsd ds f"kdjk 0; fDr dks [krjk vkg c<+nsk gS rFkk ml dh v{kerk dks Hkh c<+nsk gSA vol kn LokLF; ykk dh ikfn; kks u ykswdjusea , d egRoiwz Hkfo' fukkrk gSA
- Tks yks gkvZ vVsd I s cp tks gS ijUrq xEHkj fMi \$ku dh fLFkfr eakr gS mudh er; q 6 eghuka eakr dh I EHkouk; s mu ykska dh ryuk ea tksfd fMi \$ku dh fLFkfr eau ghgk 3 I s 4 xpk c<+tkrh gSA

dk; Zizkyh %

A Healthy Place

<http://www.healthyplace.com/depression/nimh/co-occurrence-of-depression-with-heart-disease/menu-id-1419/>

- chekjh ds y{.k. dh vun{.k. u djuk % LOKLF; delz dks fMi \$ku dh I EHKOUK tksfd gn; jkx ds I kFk ?kfVr gkrh g\$ ml I sge\$kk gk\$"k; kj jguk pkfg; sA ejht ; k ml ds?kj okyks dks bl I eL; k dks i Fkd i Fkd fpfdRI dks I s fopkj foe"kz djuk pkfg; sA fdI h euko\$Klfud ; k ekufI d jkx fpfdRI d I s I ykg yus vks funku dh i wkl tkudkjh yus dh I ykg nh tkrh gsA
- tkx#drk dk egRo vke ykska ea fMi \$ku ds I kFk gn; jkx gksus dh I EHKOUKA ds i fr tkx#drk ij cy fn; k tkuk pkfg; s A
- Lkepk;] 0; ol kf; d yks] bl rjg dh chekfj; k ds funku ea l g; kx nsus okys I xBu rFkk i\$ dks fMi \$ku rFkk gn; jkx ds ckjseal nsk i kfjr djus pkfg; sA

dk; Zizkyh %

gn; jkx rFkk ekufI d LokLF;

, d ubZ Mp [kkst ea i k; k x; k fd fpurk (, atk; Vh) gn; ?kkv (gkVZ vVsd)] gkVZ QY; kj] dh I EHkkoukvka dks c<krh gSA bI [kkst ds "k# ea 1000 ykx tks fd LVcy dkjkuh gkVZ fMtht Is xfl r Fkq mues fpurk ds dkj.k gksuokys xMefM+ ka dk v/; ; u 5-6 o'kz rd fd; k x; k A

bl v/; ; u ds I e; dy 371 dkjFM; ks okLdyj ?kVuk; a ?kfVr gpoA (gn; ?kkv ; k vU; ?kVuk; a tks gn; jkx ds fy; s ?kkrd gks h g\$ A dkfMZ ks okLdyj ?kVukvka dh i fr o'kz nj fpurk (, atk; Vh) ds 106 ejhtka ea 9-6 i fr"kr Fkh vkj nli js 909 ejhtka ea; snj 6-6 i fr"kr Fkh A nli js cgr Is dkj.kka t\$ sfd LokLF; I eL; k gns; jkx dh xEHkhjrk vksf/k mi; kx vknf I eL; kvka dk I ek/kku djus ds ckn "kkkdrk us fu'd'kz fudkyk fd fpurk jkx (, atk; Vh fMI vkmj) gn; jkx ds [krjs dks 74 i fr"kr c<k nsrs g\$A

MkW ekfVu rFkk ml ds I g; kx; k ds vuq kj cgr Is dkj.k [krjk dks c<kok nsrs g\$ tks fuEu izdkj g\$%

- fpurk dks “**Fight or Flight**” gkjekh dh rhork I s Hkh tkmk tk I drk g\$ bu gkjekh dks a dVdksy kekbull ds uke I stukuk tk rk g\$ tks fd gn; jkx ds [krjk I s I Ecflkr gksu g\$A
- fpurk 0; fDr dks ; fn dkjFM; ks okLdyj jkx (CHD) ds y{k.k gks rks Hkh os viuh mnkl turk dh Hkkouk ds dkj.k bykt yus ea njh djrs g\$A
- ; g Hkh I EHko g\$ fd dN vkkjHkr dkj.k fpurk vkj gn; jkx nkSu ka dh ?kVukvka dks c<kok nsrs g\$A

fLFkj dkjkuh gkVZ fMtht (, atk; Vh) ds I kFk I kFk fpurk ds ejhtka ea mu ejhtka dh ryuk ea tks fd , atk; Vh ds f"kdjk ughs gks} dkfMZ ks okLdyj ?kVukvka dk [krjk T; knk gksk g\$ t\$ sfd gkVZ vVsd] efLr'd ?kkv rFkk eR; qA okLro ea I EHkkfor o plksuokys ifjorZka dks vuqy cokus ds ckn Hkh dkfMZ ks okLdyj urhds 74 i fr"kr c<kA

MkW ekfVu ds vuq kj gkVZ vVsd vkj fpurk ea , d etc I Ecflkr ik; k x; k ft I sfd chekjh dh xEHkhjrk I } LokLF; vkpj.k vkj t\$od ek/; e I sof.kr ughfd; k tk I drk A bl I sfu'd'kz fudyrk g\$fd **GAD** (tujukbTM , atk; Vh fMI vkmj) gn; jkx ds fodkl ea , d egRoiwz dkj.k g\$ ft I dks fd I gh bykt ds }kjk nj fd; k tk I drk g\$A

Vke | feJ.k (Common Combination) %

gklykfd 24 | s 31 i fr"kr CHD ds ejhtka ea fpurk ds y{k.k ik; s tks g§ y§du d§y dN v/; ; uka ea fpurk dh egRoiwl Hkiedk dk irk pyrk g§ [kk] rk§ ij tc ge fMi§ku dh foLrr tkudkjh gkfl y djrs g§ A v/; ; udrklyfy[krk gs fpurk ds dkj.k Hkfo'; ea gkus okyh CHD /Vukvka ij v/; ; u djus ij fojkly fu'd'k l keus vk; s A Archives of General Psychiatry, 2010

MKW ekfVZu crkrs g§ fd geus n§kk fd fMi§ku ds y{k.k v§ dkfM§ ks okLdyj /Vuk; a LokLF; ds i fr yki jokg v§ "kjhifjd #i | s vfdz k"ky ykskaeaT; knk i kbz tkrh g§ A

v/; ; udrklyus 1015 ckg; jkx; ka dk eW; kbu fd; k tks fd CHD | s Hkh xfI r Fks A v/; ; u dk d§n z fcunq ekufI d xMefM rFkk dkfM§ ks okLdyj ?Vuk; a Fkk A | Hkh ejhtka dk | k{kkRdkj gyk v§ muds [ku o i§kkc dh t§p dh xbz rFkk VM fey V§V Hkh gyk A v/; ; u es tc fi Nys o'k GAD dh mi fLFkfr rFkk fi Nys eghus fMi§ku dh xMefM kaks dEI; Wj | s vkbk x; k rks dy 106 (10.4%) ejht GAD ds y{k.k ds ik; s x; s A

GADarFk dkfM§ ks o§dyj jkxkadk c<k gyk [krjk %

vud akuka us ; g crk; k fd 5-6 o'kk rd ejhtka dk Qklyks vi (v/; ; u) djus ds ckn dy 371 dkfM§ ks o§dyj ?Vuk; a g§ A mez dks I ek; k§tr djus ds ckn I kekU; ejhtka ea dkfM§ ks o§dyj ?Vukvka dk i fr"kr 6-6 Fkk tcfd GAD (fpurk jkx) | s xfI r 0; fDr; ka ea dkfM§ ks o§dyj ?Vukvka dk i fr"kr 9-6 Fkk A GAD dkfM§ ks o§dyj ?Vukvka ds [krjs dks 62 i fr"kr c<k nsrk g§ A MKW ekfVZu dk ; g Hkh dguk g§ fd cgj | s "kk ds ckn Hkh fpurk jkx v§ dkfM§ ks o§dyj ?Vukvka ds chp ds i Hkko ds t§kko ds Bhd Bhd dkj.ka dk irk ugh yxk; k tk I dk tks fd Hkfo'; ea vud akku dh vko"; drk dksfn [krk g§ A

The study appears in the July 2010 issue of the journal *Archives of General Psychiatry*, 2010;67:750-758.

<http://www.medicinenet.com/script/main/art.asp?articlekey=117818>

e/keg v/s vol kn (Diabetes & Depression)

- v~~u~~M~~s~~crkrsg~~s~~fd iR; s~~d~~ 4 e~~a~~1 e/~~k~~eg dsejht eafMi~~s~~ku ds y{k.kka i k; s tkrsg~~s~~A tks y~~k~~x e/~~k~~eg ds ejht g~~s~~ mueafMi~~s~~ku dk fodkl nj nks x~~u~~k g~~u~~rk g~~s~~A
 - fMi~~s~~ku e/~~k~~eg dsejht~~k~~as eR; qds [krjs dls 30 ifr"kr c<krk g~~s~~A
 - I u~2000 ds e/~~k~~eg ds v~~u~~M~~s~~ ds vu~~u~~ kj 43 fefy; u e/~~k~~eg dsejht~~k~~as eafMi~~s~~ku ds y{k.k i k; s tkrsg~~s~~A
 - e/~~k~~eg ea~~v~~kFk~~d~~ H~~k~~j , d egroiw~~k~~ H~~k~~edk fuH~~k~~krk g~~s~~A vxj fMi~~s~~ku ds I kFk I kFk e/~~k~~eg H~~k~~h g~~u~~ks rks bykt dk [kpz 50 I s 75 ifr"kr c<+tkrk g~~s~~A
 - ftu y~~k~~ks~~k~~ dls e/~~k~~eg rFk~~k~~ fMi~~s~~ku ds xEH~~k~~hj y{k.k g~~u~~smu y~~k~~ks~~k~~dh dk; Z {kerk e~~a~~dehi v~~k~~s nokb; k~~a~~dk [kpz mu y~~k~~ks~~k~~dh ryuk eaf~~t~~lgsfd d~~o~~y e/~~k~~eg g~~u~~rk g~~s~~ I s T; knk g~~u~~rk g~~s~~A
 - v/; ; u crkrsg~~s~~fd fMi~~s~~ku toku y~~k~~ks~~k~~e~~p~~ V~~k~~bi & 2 e/~~k~~eg ds [krjs dls 20 ifr"kr c<krk g~~s~~A
 - fMi~~s~~ku ds dkj.k 0; fDr uhj I ft~~u~~nxh thus yxrk g~~s~~ t~~s~~ s fd dijk~~s~~'kr vkgkj] 0; k; ke u djuk~~j~~ /kei ku djuk~~j~~ "kjkc i huk~~j~~ v~~k~~s vf/kd otu A ; s I H~~k~~h dkj.k e/~~k~~eg ds fy; s [krjs dh /k~~a~~h g~~s~~ v~~k~~s "k~~o~~j ds Lrj dls ?V~~k~~us ea ef"dy~~a~~ i h~~k~~ djrs g~~s~~A
 - e/~~k~~eg v~~k~~s fMi~~s~~ku ds vki I h I Ecl/k~~a~~ dls vPNh rjg I s ugha I e>k tk I drk g~~s~~A fQj H~~k~~h e/~~k~~eg v~~k~~s fMi~~s~~ku dk dk~~b~~z H~~k~~h I Ecl/k el~~s~~ dk dkj.k cu I drk g~~s~~A e/~~k~~eg rFk~~k~~ fMi~~s~~ku dk vki I h I Ecl/k chekjh ds bykt dls tfV~~y~~ cukrk g~~s~~A
 - vxj vki e/~~k~~eg dsejht g~~u~~rk~~s~~ vi us M~~k~~DVj I s fMi~~s~~ku dh Ldtfux ds fy; s t#j dgaA geaughairk fd okLro ea fMi~~s~~ku e/~~k~~eg ds dkj.k g~~s~~; k ughai j fQj H~~k~~h geairk g~~s~~fd fMi~~s~~ku e/~~k~~eg dh fLFkfr dls v~~k~~s H~~k~~h [krjukd cukrk g~~s~~A

bUvjuškuy Mk; fcVht QMjšku ds vuq kj fo"o eš e/keš ds ejhtka dh I q; k fi Nys nks n"kdka eš vkl eku Nus yxh gš; kfu fd e/keš ds ejhtka dh I q; k 30 fefy; u I s 230 fefy; u i gš xbz gſftl ds dkj.k yk[ka ykska dh ekſ gks tkrh gſ vkl bI egkekjh I s yMus eš vlfkfd fLFkfr [kjkc gks tkrh gsA e/keš ekufI d xEHkhj chekfj; ka ds dkj.kka eš I s ,d chekjh gſftl sfd jkstuk cgr gh I [r dne mBkdj dkcwefd; k tk I drk gSA e/keš ds ejht dks vi uh thou "ksyh eš 0; ki d i fjorž ykus plfg; s rkfd vi uh chekjh dks dkcwefd; k tk I ds vkl gks I drk gſ fd i fjorž ds ifj. kke Lo#i og dN dfBukbzegl djs vkl eu eš udkjRed I kp i ſhk gks tks fd ml ds thou Lrj ij vI j Mky I drh gſ vkl gks I drk gſ u; s i fjorž dks vi ukus eš ml s rdyhQ gks yſdu ; s ruko e/keš

dk§ vlg T; knk tfVY cukrk g§ftl ds ifj. lk Lo#i 0; fDr gks l drk g§fd gn; jlxh] vU/kki u] gn; ?kk] fdMuH dh l eL; k dk f"dklj gks tk; s; k ul ka ea{kfr ftl ds dkJ.k ml fgLI s dks dVokus dh fLFkfr Hkh i hik gks l drh A

v/; u bl ckr dh ifjV djrs g§fd e/keg ds ejht Hkkop ekuf d #X.krk egl l djrs g§ e/keg ds ejhtka ea fpurk dh nj vke vkneh dh ryuk ea rhu xpk vlg fMi§ku dh nj rhu l s pkj xpk T; knk i kbZ tkrh gs A tks ylk bu nkuka chekjh ds f"dklj gks g§mues e/keg ij dkcw iuk dfBu l eL; k gkrh gs A bl i dkJ ds ejht vf/kd [kkuk [kkrs g§ [kk rlg ij de i kfr [kkuk [kkrs g§ftl ds dkJ.k mudk "lkj yoy c<rk g§ tks fd chekjh dh rhork dks c<rk g§A os ylk /keiku djrs g§ "kjkc i hrs g§ vlg 0; k; ke djus l s th pjkr g§ vlg ; s l kjh phtae/keg dh chekjh dks vlg vf/kd [krjukd cuk nsr g§A

WHO dh fj i k/Zo bUVjušuy Mk; fcVht QMjsku us e/keg ds ejhtka adk /; ku ekuf d rUn#Lrh dh vlg vklf/kir fd; k g§A ekuf d LokLF; i cu/ku dks , d mi yfc/k i klr djus ds #i ea egRo fn; k x; k g§ rkfd es/kclfyd l eL; ka ea deh ykbZ tk l daA e/keg dh chekjh ea Hkkopdrk ij dkcw iku dh f"kk dk [kk fpfdRI h; egRo g§D; kif Hkkopdrk o ekuf d ruko funku ea gks okyh xMefM; fu'Qy bykt] funzkk ds i kyu ea deh vlg [krjk dh tfVyrk dks c<rk g§

Hkkopdrk ds dkJ.k fnekv ij i Mts okys tkj l s e/keg dh chekjh vlg Hkh c<rk g§A v/; u crkr g§ fd Lofu; k djus vlg chekjh ij dkcw iku dh {kerk ea dkkQh egRoi wkl Ecu/k gks g§A bl fy; s l Hkh l curka ds vklkj ij ;g fu'd'k fudkyk tk l drk g§fd e/keg ds bykt ds {ks ea ruko de djus ds dkJxj bykt vlg Hkkopdrk eglr{ks djus ds rjhdk dk e/keg ds l k/kkj.k bykt ds l kfk , dhdj.k gks ; gh l cl scMh i kfedrk g§A

vPNk bykt ogh gks l drk g§tc chekjh ds funku dh ifd; k ea falku falku i dkJ ds fo"ksKka dks ejht o ml ds ifjokj l s tkMk tk; s t§ s fd fQtf"k; u e/keg dk bykt dj} , d eukfpfdRI d ejht dh Hkkoukvka dk ?; ku j [ks vlg ejht dh l kp dks cnyus ea enn dj} ifjokj dk fpfdRI d ifjokj dh enn dj} MkbVhf"k; u [kkui ku dh l gh l ykg nsA

dk; Zizkyh %

vol kn (Depression) vkg e/kg (Diabetes)

American Diabetes Association

- e/kg dsejhtkae vol kn dk [krjk it; %T; knk gkrik gSA]
- e/kg dsbykt ea deh ds dkj.k vol kn ds y{k.k irhr gks l drs gSA
- vxj chekjh ds "kkjhj j dkj.k ughafn [kkbz ns rks rjUr ejht dks eukspfdRI d ds i kl ekufi d bykt dsfy; s Hkst nsuk plfg; sA

fMi\$ku dh fLFkfr dk vu\$ko , d nks ckj gksuk l k/kj.k g\$ y\$du dbz ckj y\$ brus mnkl gks g\$ fd tks fQj dHkh nj g h ughgksh A thou eafujk"kk g h utj vrh gSA bl rjg dk vu\$ko nks l Irkg ; k vf/kd fnukard egl w gks rks ; s xEHkhj fMi\$ku ds y{k.k gSA

D; k e/kg fMi\$ku dk dkj.k gS

fdl h , d l e; e/kg ds T; knkrj ejht fMi\$ku ds f"dkdj ughgkrsA y\$du v/; u crkrs g\$ fd e/kg ds ejhtkae fMi\$ku dh chekjh gksuk dk [krjk mu y\$ka dh ryuk eafu\$gs e/kg dh chekjh ugh g\$ T; knk gkrik gSA ; g ckr D; ka l gh g\$ bl ckr dk dkbz mRrj ughgksh A

jkstuk e/kg dk bykt y\$us ds dkj.k vki dks ruko gks l drk gSA vki vdyki u egl w dj l drs g\$; k dke dh vf/kdrk ds dkj.k vi usnkterka vkg i fjokj ds l nL; ka l s njh cokus dh dks"kk djrs gSA

vxj vki e/kg dh tfVyrk t\$ sfd ul ka eau\$ku vknf] l s t dM\$gq g\$; k fQj vki ds "kj yoy ij dkcw i kus eau\$dkde gks jgs g\$ vki , \$ k egl w djks fd vki e/kg dks dkcw eau\$gh dj ik jgs gSA ; gWrd fd vki ds vkg vki ds M\$Vj ds chp dk ruko vki dks fu#RI kfgr vkg n\$kh dj l drk gSA

fMi\$ku vki dks [krjukd pdz e QW k l drk gSA ; g vki ds Lo; Wns Hkhjy djus dh {kerk dks fcxkM+ l drk gSA vxj vki vol kn xLr g\$ vkg vki ds v\$nj ÅtLz dh deh g\$ rks vki dks vDI j fujUrj "kj dk V\$V djks dh t#jr i M\$rh gSA vxj vki brus 0; kd\$y g\$ fd vki l gh ugh l kp l drs rks vki ds fy; s l gh [kuiku ij /; ku nsuk ef"dy gks tkrk gSA dHkh dHkh vki fcYdy Hkh [kuk i l n ughadjksA vr% ; g fuf"pr gh vki ds "kj y\$y dks i Hkfor djss A

fMi\$ku dh igpku %

fMi\$ku dh igpku djuk I cl si gyk dne gsvkj ml dsckjs eenn ysk nijk A_vxj okLro eavki vius vki dks nkh ; k vdyk egl l dj jgs gfuEu y{k.kk i j /; ku na%

- vkuun dh deh %ftu phtka l svkuun dh ikflr gksh gsvxj vki mues #fp ugh yrsA
- I kus dh vknr ea cnyko % vxj vki dks I kus ea rdyhQ gksh g\$ vki vDI j jkr ea mB tkrs g\$; k vki vko"; drk I sT; knk I krs g\$; gWrd fd fnu ea Hkh A
- tYnh mBuk %D; k vki vDI j tYnh mB tkrs g\$ vki nqkjk ugh l ks i krs g\$A
- Hkh ea cnyko % t#jr I s; k rks T; knk ; k fQj de [kkrs gftl dh otg I s; k rks vki dk otu c<us ; k fQj ?kVus yxk g\$A
- , dksrk ea rdyhQ % vxj vki dks TV ds i ksh nks I e; dkbz rdyhQ gksh g\$; k fQj dkbz y\$ k i <fs I e; njsfopkj vkrsgjrs g\$A
- mtkl dh deh %vxj vki gj I e; FkdkoV egl l djrs g\$A
- cpn jguk %vxj vki , sk egl l djrs g\$fd vki vc T; knk nj rd , d txg ughacB l drsA
- vijk/k ck\$ %vxj vki ; g egl l djrs g\$fd vki dkbz Hkh dke l gh rjhsd l s ugha djrs vkj fpflrr jgrs g\$ fd vki nijk i j , d ck> g\$A
- I qg I qg nkh gkuk %vxj vki fnu ds I e; dh vi{k l qg I qg vr; Ur nkh egl l djrs g\$A
- vkr gR; k dk fopkj vruk ; k fQj vius "kjbj dks upl ku igpkus ds rjhdk dsckjs eal kruk A vxj mi ; Dr dkj.kka ea l s vki ds vUnj rhu ; k rhu l s vf/kd y{k.k ekstn g\$; k fQj vki ea , d ; k nks dkj.k g\$ yfdu vki vius vki dks nks l rkrg rd nkh egl l djrs g\$ rks ; g l gh I e; g\$fd vki fdI h dh enn yaA vxj vki ea fMi\$ku ds y{k.k ekstn g\$ rks mUga vius rd l hfer u j [ka I cl si gys vius MkdVj I s fopkj foe" kldjaD; kfd gks l drk g\$fd bl dk dkbz "kjhfjd dkj.k gksA

e/eg ds bykt ea deh ds dkj.k fMi\$ku ds y{k.k gks l drs g\$A fnu ds I e; T; knk ; k de "kjy yby dh otg I s vki FkdkoV ; k 0; kdjy egl l dj l drs g\$A "kjy yby ea deh Hkh T; knk Hkh rFkk T; knk [kkus dh vknr dks c<kok nsh g\$A vxj vki dk "kjy yby "khe ds I e; de gksk g\$ rks ; s vki dh uhn ea fo?u i sh dj l drk g\$A vxj vki dk "kjy yby "khe ds I e; c<+tkrk g\$ rks vki dks ckj ckj i sikk vkrk g\$ vkj fnu ea FkdkoV egl l gksh g\$A

fMi\$ku ds njs "kjhfjd dkj.kka ea fuEu dkj.k Hkh l fEfyr g\$%

- "kjkc ; k fQj MXI dk u"kk A
- FkkbjkbM dh l eL; k
- fdUgh nokb; k dh otg l smI ds nqifj.khe A

fcuk MKDVj dh I ykg ds nok yu^uk cUn ughadju^uk pkfg; sA vxj vki dh mnkl h@f[dkurk dk dkbz "kkjhfjd
dkj.k gsrksml dk irk yxkus eavki dk MKDVj vki dh enn djxk A

ekufi d LokLF; dk bykt %

; fn vki ; k vki dk MKDVj chekjh ds "kkjhfjd y{.kka dks fl js l s [kkfjt dj ns rks vki dk MKDVj vki dks
fo"kskK ds i kl Hkstxk A vki eukspfdRI d] eukoKkfud] eukspfdRI d ul } iathdr l ksy odj ; k I ykgdkj l s
ckr dj l drs gSA okLro eavki dk MKDVj e/keg dsbykt dsckjs eavPNs fo"kskK l s l ykg ys pdk gsk gSA

; s l Hkh euktokLF; fpfdRI d vki dks fMi\$ku l s mHkjus eavki dk ekxz n"ku dj l drs gSA l k/kj.kr; k nks
izdkj dsbykt gks gSA

- eukspfdRI k ; k I ykg
- fMi\$ku fujkdkd nokb; ka }jk bykt

eukspfdRI k %

, d vPNk if"kr eukspfdRI d vki ds fMi\$ku dh l el; k dk irk yxkus eao l el; k l s N/dkjk iku eavki
dh enn dj l drk gSA fpfdRI k Nkh; k fQj yEch gks l drh gSA bl fy; s vki dks ; g nsuk pkfg; sfd fdI
fpfdRI k eavki vPNk egl l djrs gSA

cpho %

vxj vki dks nokb; Hwysu^us dh l ykg nh tkrh gsrks vko"; drk bl ckr dh gsf d vki vi us eukspfdRI d
tksfd i frf{kr vlg ekufi d jkckdsckjs eavlg mudsfunku dk fo"kskK gsk gSA l s l ykg ySA

vxj vki ,Uvh fMi\$ku nokb; Hwysu^ui l Un djrs gsrks eukspfdRI d o i kfed mi pkj nsus okys l s l ykg
yda vlg ; g Hkh l fuf"pr djaf d og vki dh e/keg dh l el; k dks d\$ s dkcweaj [kskA ; g Hkh l fuf"pr dj yos
fd tc vki dks MKDVj dh l ykg dh t#jr i Msrks vki ml l s l ykg dj l daA

vxj vki eafMi\$ku ds y{k.k gsrks enn dsfy; sT; knk bUrtkj u djA vxj vki dk LokLF; dk /; ku j [kus
okyk vki dks eukspfdRI d ds i kl jQj ughadju^uk gsrks vki yksdy eukd kd kbVh ; k fdI h eMhd y dkyst ds euk
jks foHkx l s l Ei dZ dj l drs gSA ; k fQj ekufi d LokLF; l ykgdkj l s l Ei dZ dj l drs gksA

d&I j v&I ekufI d jkx

- v&k[&jh LVst ; k mPp Lrj d&I j ds v&kls ejht ?kfV; k ekufI d LokLF; ds f"dkdj gks gSA [kkI rkj ij fMi&ku] fpUrk ; k I keatL; e&deh (, MtLVe& fMI v&Mj) , s yksks ds I keus tksfd v&k[&jh LVst ; k mPp Lrj d&I j ds ejht gks gsmuds I keus ijskuh i&hk dj nsrh gSA tcfd v&k[&jh LVst ds ; k mPp Lrj ds v&kls ejht fMi&ku] fpUrk ; k I keatL; e&deh ds f"dkdj gks g&d&I j ds d&oy v&kls ejht gh ekufI d LokLF; y&hk i&lr dj ikrsg&A
- ftu ykska es d&I j ds I kFk I kFk fMi&ku dh I eL; k Hkh gks h gS mues eR; q nj 25 ifr"kr T; knk gks h gS v&I ftu ykska eavol kn dh i&gpkmu gks tkrh gS gS mues; g nj 39 ifr"kr vf/kd gks h gSA
- d&I j v&I fMi&ku e&vki I h I Ecl/k cgr gh tfVy gksk gSA d&I j dh nokb; kW 0; fDr e&fMi&ku dh chekjh dks i&hk djrh g& d&I j I s I EcflU/kr vU; I eL; k; e&ejht ds thou ij i&kkko Mkyrh g&A fMi&ku dh fLFkfr ; dk; d Hkh i&hk gks I drh gSA Hkhdky e&x&tjh g&fd I h ?kVuk ds dkj.k ft I dk fd d&I j I s dk&bZ I Ecl/k ugh gS0; fDr fMi&ku dh fLFkfr e&vk tkrk gS t& sfd Hkhdky eamI dsfd I h fi; tu dh eR; q v&kfn A
- [kkI rkj ij c&V d&I j ; k Q&M& dk d&I j Ldh&tkQ&fu; k ds ejhtka e& gks okyh eR; q dk n& jk I cl s cM& dkj.k gSA Ldh&tkQ&fu; k ds ejhtka e&d&I j e& dk , d cM& dkj.k gSftue&fd d&I j dk [krjk I k/kkj.k ykska I s 50 ifr"kr T; knk gksk gSA bl dh vke otg gSfd bykt e&njh tksfd ejht dk /; ku bl chekjh ds y&k. kka ij u n&s ds dkj.k gks h gS
- lk; k&r bykt v&I fMi&ku dh i&gpkmu mu ykska ea tksfd d&I j ds ejht g& mu yksks dh thoup; k& e&dkQ&h ennxkj gks I drs g& v&I ckdh dh ftUnxh vPNh rjg I s x&tkj I drs g&A dN y&k fMi&ku ds y&k. kka dks crkus e&f>>drs g& tcfd I ykgdkj dks ; g crkuk vfr vko"; d gksk gSA

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yxHkx 4 dBI j ejhtka ea l s ,d ejht ftue fd cPp} Vhust I Z vks toku Hkh gks I drs g} dks bykt ds nkku dHkh u dHkh fMi \$ku dk vutko gksk gSA ;s y{k.k gS & uhn dh deh thou I s ekj Hkk gks tkuk fpUrk >HylgV] ,dkxrk ea deh] vks xEHkhj ekeyka ea vkRe gR; k djus ds fopkj & ;s I Hkh y{k.k 0; fDr dh thou "ksyH dks fuEu Lrj dk cukrs gSA nHkk; dh ckr g\$fd dBI j ds T; knkrj ejht vks muds ifjokj ds I nL; ;g I kprs g\$fd vxj dBI j dk bykt py jgk g\$rks vol kn xtr gksk ;k nqkh gksk ,d LokHkkfod ckr gSA dHkh dHkh ;g I e>k tkrk g\$fd dBI j ds ejht ea fMi \$ku dh I eL;k ,d LokHkkfod ckr gSA y\$du dBI j ds ejht es fMi \$ku dh fLFkr dHkh Hkh I k/kkj.k ckr ugha gksuh pkfg; s A **Dr. Michaelle Riba, Director of the Psycho-oncology Programme at University of Michigan Cancer Centre** crkrs g\$fd vDI j dBI j ds ejht dgrs g\$fd vks nli jh chekj; ka I s yM\$us dh vi \$kk dBI j xfl ra 0; fDr dks vi uh Hkkoukvka ij fu; &.k j [k iuk vf/kd ej"dy gksk gSA

; g vfr vko"; d g\$ dBI j ds ejhtka ea fMi \$ku ds eY; Hku ds I k/kuk i j /; ku fn; k tk; rkfd dBI j ds ejhtks dks bl dk yHkk fey I ds vks mu i j dBI j I s yM\$us ds HkkokRed diHkkoka dk bykt fd; k tk I ds A MKW jhck crkrs g\$fd dBI j ds ejht vks muds ifjokj ds I nL; HkkokRed I eL; kvka ds ckjs ea MKWVj I s fopkj foe"Kz vo"; djA vxj vki fpfUrr g\$;k Hkfcr g\$;k vi us vki dks dks rks g\$rks vki ;k vki ds ifjokj ds I nL; ka dks MKWVj I s bl dk dkj.k rFkk mi pkj iNuk pkfg; s A

- dBI j ds ejhtka ea fMi \$ku ds eY; Hku ea fuEu ckr Hkh "kkfey g\$ %
- funku ds ckjs ea ea fopkj ka dk I ko/kkuhi oDl eY; Hku
- eMhdjy fgLVh (bfrgkl)
- fMi \$ku ;k vkrRegR; k ds ckjs ea 0; fDrxr ;k i kfjokfjd fgLVh (bfrgkl)
- gky gh dh ekufI d fLFkrh
- chekj h vks ml ds bykt ds nqifj .k
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- Ekjht dks mi yC/k I gk; rk

"**W**orlFdrkVka ds vuq kj d8I j vks fMi\$ku ds ejht dksfnekx dk Hkh bykt yuuk pkfg; s tks fd ml ds "kjhj ds fy; s dkQh enn xlkj gkrik gSA **Dr. David Spiegel, MD, Stanford University Study** ds vuq kj mPp Lrj ds d8I j ds xfl r efgyk; a tks fd gj I lrkg enn yus vkrh Fkh oks djhc nks xpk T; knk ftUnk jgh mu ykska dh ryuk eftUga dkBZ enn mi yC/k ugha Fkh A MWW Li kbky dgrs g8d8I j ds ejhtka eafMi\$ku dk bykt djuk u doy muds nnj th fepyuk vks detkjh dks de djrk g8cfYd muds thou Lrj dks vPNk cuk; s j [kus e vks T; knk fnu rd ftUnk jguseenn djrk gSA

vPNs i fj .kke i klr djus ds fy; s ; g fcYdy I kQ g8fd d8I j] fdI h Hkh i dkj dk gk8 ml s i Fkd djds ugh bykt djuk pkfg; s cfYd ml ds I kFk ml ds ekufI d i Hkkoka ij Hkh fQthf"k; u] ejht Lo; Wvks ml ds i fjkj ds I nL; kdk; ku nsuk pkfg; sA

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d&l j ,oahkouRedrk %D;k vol kn xfI r gsk I kew; gS?

Michelle B. Riba, M.D., M.S.

n& jh chekfj ; kdh vi&kk d&l j ds euk&kkoka ij fu; &.k j [kuk vDl j ej"dy gsk gsA ; g dk&Z v&p; Z dh ckr ugha g&fd d&l j ds 50 ifr"kr ejht&ea bykt ds nk&ku euk&odkj ik; s tkrs gsA **The Dana-Farber Cancer Institute and Brigham and Women's Hospital in Boston** us, d "kk&k eaik; k fd vk[kjh Lrj ; k mPp Lrj dsejht&ea 50 ifr"kr ejht fp&urk fMi&ku ; k ,MtlVe&V fMI v&W dsf"kdkj ik; s x; s A nk&X; dh ckr g&fd mueal svk&ks ykx gh enn ik l dsft l dh fd mllgs t#jr Fkh A

"kk&kdrk&bl v&j b"kk&k djrs g&fd d&l j dsejht ds bykt e&ekufl d LokLF; dk bykt Hkh I ek; kstr fd; s tkus dh vko"; drk g&D; kfd fMi&ku v&j fp&urk "kk&hfjd nnz l s T; knk ?kkrd gks l drs gsA

muds vu&j kj v&W&ksy&ftLV rF&k fQthf"ku dks pkfg; sfd os d&l j dsejht dh ekufl d chekfj ; kdh Hkh t&W dja v&j ejht dks bykt dsfy; s l i k&z xj ds i kl Hkst&A

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- eukspfdRI k dks , d dyd egl l djuk
- bykt dsnl̄ku , d l eL; k eanljh dks l ek; kstr djuk
- ejht dHkh dHkh bl ckr l s "keZ egl l djrk gSfd og fpflrr gS ; k nqkh gS
- ejht dksbl ckr dk Mj fd fQthf"ku ml sudkjRed rjhds l s nEkrk gS
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- cgr u; k ; k cgr i jkuk ejht
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- oksyks ftudsu rksnkr gSvks uk gh l ekt es mudk mBuk cBuk gS
- oksejht ftudh euklKfud fgLVl gks
- oksejht ftuks dll j ds l kFk vks eMdy l eL; k; gksA

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- HkE k eacnylo
- tYnh l ks tkuk ; k nj rd l ksuk
- fEku em
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; fn ejht ea fMi \$ku ds , d ls T; knk y{.k. de ls de nks l Irkg rd ik; s tk; s rks ; gh l gh l e; fd ml ejht dk l eifpr eukoklfud elY; kdu fd; k tk; sA

Houkvadk Lrj %

- bykt ds nksu cgr l sejht nqk ; k fpfurr yxrs gSA gks l drk g\$fd og tYnh l ks tkrk gks ; k nj rd l krk gks vlg vi us Hko'; ds ckj s efpfurr jgrk gks ; k bykt dk ml ij ; k ifjokj ij i Mts okys i Hko l sfpfurr gksA
- , d ckj bykt dk dk; d cu tk; s rks T; knkrj ejht mRl kfgr vutko djrs gSA fQthf"k; u ds fy; s ; g vfr vko"; d g\$fd og ejht ea thus dh pkg tlxr djrk jgs vlg ifjokj ds l nL; k dks l gh l ykg nsrk jgsA D; k gks l drk g\$ bl dh vfxe prkouh ruko dks de djrh gSA
- dN bykt ejht ds em dks i Hkkfor dj l drs g\$ ml dh fpfurr dk dkj.k gks l drs g\$; k ejht dks fMi \$M dj l drs gSA dN xEHkhj ekeyka ejht vRRe gR; k djus rd dh l kp l drk gSA nokb; k dks dkj.k ejht dh "kkjhfd fLFkr fcXM+ l drh g\$ t\$ s fd otu ?Vuk ; k otu c~~ek~~ l ks e rdyhQ] FkdkoV rFkk ckydk fxjuk A bl ds vykok dN dhetEksih ejht dh ; k bPNk ij ifrdiy i Hko Mky l drs gSA tc dBI j dk mi pkj ijk gks tk; rksejht dks p\$ vi dsfy; s t#j tkuk pkfg; sA vDI j ejht vlg ml ds ifjokj ds fy; s ; g cMk gh dfBu l e; gksk gSA bl i dkj dh mEhn Hkh dh tk l drh g\$fd ejht i% vi us fnup; k ds l kjs dkedkt igys dh rjg fQj "k# dj n% i% dke ij tkuk "k# dj ns vlg l ekt eamBuk cBuk HkhA y\$du vDI j ; s l kjh phtae"dy gSA dBI j ds bykt ds ckn dh FkdkoV cgr fnuk rd ugh tkh gSA vDI j dBI j ds ejhtka ea bykt ds ckn ejht dh i Fkfedrkvka ds egRo ea cnyko vkk LokHkfod gSA bykt ds ckn ejht ds "kkjhfd < Hks e ; k bPNk "kfDr ea Hkh cnyko vkk l drk g\$ vlg dHkh dHkh ejht thou l kfkh dks crk; s fcuk thou ea Hkjh cnyko ykus dk fu.kz Hkh ys l drk gSA

I qlo %

dBI j ds bykt ds l e; eukjkska dh Ldtfux dks Hkh bykt dk , d fglI k cuk; k tkuk pkfg; sA **The National Comprehensive Cancer Network (NCCN)** us ruko l s l Ecflkr dN xkbMykbU fpfdrI dks dsfy; sfodfl r dh g\$rkfd ejht dh Ldtfux dh tk l dsA

http://www.nccn.org/professionals/physician_gls/about.asp

eukoklfud elY; kdu vlg funku ds ckn bykt "k# djus ds cgr l kjs fodYi gSA bykt ea fuEu dks Hkh l ek; kftr fd; k tkuk pkfg; s%

- I kbdkFkjsh (I gkjkl I KkRed] 0; ogkfjd] I kbdkMk; ufed] vki I h rkyey] ckypky)
- cgr I kjh fMi \$ku fujksd vks fpUrk I s Nvdkjk iksdsfy; s nokb; kwm i yC/k g\$ tks fd 0; fDr dk eM rFkk uhn dh I el; k dks nj djus esdkQh ennxkj gks h gSA
- i kfjokfjd ;k ykbQ i KVuj Fkjsh cgr gh egRoiwkgSA
- xij Fkjsh] i kRl kgu] vfhk0; fDr xij Fkjsh

; g cgr gh t#jh g\$ fd d\$ j ds ejht ds euukkokak dk eM; kdu fd; k tk; rFkk fQj ml dk bykt fd; k tk; A , s sejhtk dh Ldhuax I cl si gyk dne gSA ejht vks ml ds ifjokj okyks dks vi us MkdVj I seukkokak ds ckjs esckrphr djuh pkfg; s A , \$ k d\$ kh Hkh uk I kpa fd d\$ j dh chekjh esfpUrk] fMi \$ku] mUekn vkn , d I k/kkjk. k ckr gSA vxj vki vi us vki dks fMi E M] 0; kdy ; k Hkfer vukko dj jgs g\$; k vi us vki I s ?k. kk gks us yxh gsrks vki vks vki ds ?kj okyks dks bu y{k. kks ds dkj .kks vks bykt ij /; ku nsuk pkfg; s A

MkdVj vks ul Z ds fy; s Hkh ; g vfr vko"; d g\$ fd oks ruko ds dkj .kks ds ckjs es tks vks ejht dks fcuk fdI h HknHko ds ml ds izuka dk I gh mRrj n A vxj vki ds vknj fdI h i dkj ds y{k. k g\$ rks if"kf{kr eukspfdRI d I seukkokak dk bykt djok; s A ifjokj okyks dks pkfg; s fd os bykt ds ckjs es ejht dks i kRl kfgr djrsjgSA bykt ds fy; s bU"; k jS dEifu; kwmkh ennxkj I kfcr gks h gSA

Michelle B. Riba, M.D., M.S.

Director, Psycho-Oncology Program

University of Michigan Comprehensive Cancer Center

<http://www.cancernews.com/articles/cancer&depression.htm>

"ol u jkx rFkk ekufd d chekj; k"

- dksud vks VdfVo i yekujh fMth (COPD) fodykrk vks ekr dk , d eq; dkj.k gSftI ds dkj.k vdsys vefj dk ea 11-4 fefy; u yks iHkfor gsvks dbZ djkM+yks fo"o eaA
- 20 ifr"kr yks ftUga vLFkek vks COPD dh chekj h gkrh gS os xEHkj fMi\$ku ds vks fpurk (I k/kkj.k fpurk gM€Mh vks Hk;) dsejht gks gSA ; g I kekU; turk ds vks fMi\$ku I s dghaT; knk gSA
- fMi\$ku vks fpurk dk ey ejht dh "ol u I Ecfl/kr y{.k.ka vks OQMI&dh xEHkjrk dks vks c<k nsrk gSA
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- "ol u I Ecfl/ku ejhtka eafMi\$ku mudh thou "k\$yh ecyko ykus ea vks muds thou Lrj dh xqkorrk c<ku\$ tks fd chekj h I smHkj us ds fy; s t#jh gS ck/kk; a i \$k djrh gSA
- v/; ; uka I s irk pyrk gS fd ekufd vksf/kfoKku rFkk ekufd d&l keftd bykt vLFkek i j dkew ikus dh fLFkfr dks I dkj I drs gSA

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gn; jkx ds ckn "ol u jkx tS s vLFkek vks COPD nfu; kWejk ds I cI s cMs dkj.k gSA pkyhl I s vf/kd foHkkju "ol u jkx gks vks ; sc<fs gh tk jgs gks vks gekjs I keus ubz puksr; kW [KM] dj jgs gSA jkx dh otg I s "ol u izkkyh ea yxkrkj vks okys cnyko 0; fDr ds I kekftd] "kkjhfjd vks futu dk; Zdyki ka ij Hkh dj Hkkko Mkys gftt I sfd 0; fDr ds ekufI d rFkk HkkoukRed LokLF i j udkjRed i Hkkko i MfRk gSA

n vksy; u yk QkmUM'sku (**The Australian Lung Foundation**) dk dguk gsfid ; g t#jh gsfid ge ejht dks I kekftd & "kkjhfjd & ekufI d rukok I s yMus eI {ke cuk; A ; fn "ol u jkx dh ns[khky dks ekufI d LokLF; fpfdRI k ds I kFk , dhdri ugha fd; k x; k rks udkjRed Hkkouk; a tS s fd xqI k] ruko] dqBk] fujk"kk rFkk vol kn 0; fDr ds Lokkkko dks cjh rjg I s iHkkfor dj I drh gSA COPD dsejhtkae spk (Anxiety) o vol kn dk vksMkt 40 I s 90% rd gStcfid vke turk eI; g 8 I s 20% rd gSA

; | fi cgpr I s "kkdrkkausfpk] vol kn rFkk "ol u jkx eI dkk ns[kk gSyfdu u; svuq zku ; g Hkh crk jgs gsfid ekufI d chekj; ; "ol u jkx vks xkkj cuk I drh gsvks ejht dks vLirky eaHkrhZ gksus ij etcij dj I drh gSA

; g , d egRoiwZ rF; gStksfd ; g crkrk gsfid COPD dsejhtkae spk rFkk vol kn dk , d cMs [krjs ds #i eI bykt fd; k tkuk pkfg; s vks bl s vU; Nkkh chekj; k dh rjg gYds I s ugha fy; k tkuk pkfg; s A **Jean Bourbeau, MD, Director Respiratory Epidemiology & Clinical Research Unit of McGill University Montreal** bl fjI pziij dsizk us; g tkudkjh nh A HkkoukRed Lrj ds] "ol u izkkyh vks vLFkek ij iMus okys iHkkko ds ckjs eI dkQh vuq zku fd; k x; k gSA ubz tkudkj; ; s crkrh gsfid "ol u r= HkkoukRed Lrj ds vu#i ifrdz k nsrk gsvks ; s vLFkek dh nj dks c<k I drk gSA

T; knkrj ejhtkae ekufI d chekjh ds bykt I s muds ijs emdy ifjn"; eI dkjRed ifjorzu n[ks x; s gftt I s 0; fDr dh thou xqkorrk eI qkxj ns[kk x; k vks 0; fDr dh bykt ifdz k ds vuq j.k] thou "ksyh ea cnyko eI of} gpkA

gky ds o'kk̥ ea "ol u jk̥xka v̥kj ; φkvka ea i k; s t̥kus okys fp̥rk o vol kn ds t̥M̥ko ij fnypLih c<rh tk̥ jgh gSA vuq žkkuka us ; g crk; k g̥fd de mez ea "ol u r̥f̥ ea ifjorž ekuf d jk̥xka dh c<rh nj Is t̥M̥s g̥s g̥s v̥kj ; g t̥M̥ko Dylfudy rFkk I kekftd nk̥uka gh i zdkj ds ueuuka ea i k; k x; k A "ol u jk̥xka I s ihfMr cPpk̥ rFkk ; φkvka ea ckn eaqksus okys ekuf d jk̥xka dh I žkkouk I kekU; tu dh ryuk eanks I spkj x̥uk rd i kbz xbz gSA "ol u r̥f̥ v̥kj
ekuf d jk̥xka ea t̥M̥ko gkbikdKUM; kfI I] fl xjV i huk v̥kj v{kerk dks I ek; k̥str djsus ds ckn Hkh i k; k x; kA

vLFkek dk Loicak̥ p̥uk̥sh Hkj k gks I drk g̥s v̥kj vol kn bl ij dižkk̥o Mkyus okys dkj dka ea I s , d gSA vol kn v̥kj "ol u jk̥x nk̥uka I s x̥r 0; fDr dh bykt dks chp ea gh NKM+nsus dh I žkkouk] ml ejht Isftl eafd vol kn ughagS] I s rhu x̥uk v̥f/kd g̥sh gSA vuq žkk̥ crkrsg̥fd vLFkek v̥kj vol kn ea , d `ikjLifjd pdz i k; k tk̥rk gSA vol kn] vLFkek dk dkj .k Hkh g̥s v̥kj vLFkek dk i žkk̥o Hkh A v̥kj ; g nk̥-jQk I eak , d dHkh u [k̥re gksus okys pdz dks t̥le nsrk g̥s tksfd "kkjhfjd o ekuf d LokLF; eayxkrkj fxjkoV dsfy; sftEenkj g̥sk̥ gSA

; g mEhn dh tk̥rh g̥fd vLFkek ds I kFk vol kn dk bykt djsus I s] I g#X.krk ds uekj Red i žkkuka dks de djsus eaenn feysh A vol kn dk bykt djsus I s bykt ds vuq j .k v̥kj vLFkek ds Loicak̥ eaof} g̥sh v̥kj vLFkek I s t̥M̥s elsk̥ea deh v̥k; sh A vol kn ds bykt I s thou dh xqkorrk ea ukVdh; #i I s I qkkj gks I dsk̥ A

ekvki k vlg ekufI d jkx

rF; fooj.k (Fact Sheet)

- ekvki k rFkk fMi\$ku vlg fpUrk ea dk;kZ vkl ku | Ecu/k ughagSA
- fMi\$ku rFkk fpUrk vLoF; vkpj.k l s l Ec{?kr gkrh gS t\$ s fd ?kfV; k [kkuk] "kkjhfd vdeL; rk ; k detkj;j Bgjk gvk thou Lrj] rEckdwI ou] eknd i nkFkk dk vf/kd l ou A T; knkrj mijkDr vLoLF; vkpj.k ekvki s ds fodkl ds dkj.k l s l Ec{u/kr gkrh gSA
- ekvki k rFkk fMi\$ku ds yxHkx ,d t\$ s y{k.k gkrh gS t\$ s fd l kus ea fnDdr] vlgkenk; d ftUnxh] ?kfV; k fdLe dk [kkuk] ijUrqT; knkrj dkj.k vyx gkrh gS vlg ft l dh otg l s l gh bykt ughagks i krk gSA
- 60 ifr"kr pkyw fMi\$ku ds ; k xEHkhj fMi\$ku ds ejht mu ykska dh ryuk ea ftue fd fMi\$ku dh fgLVh ugha gkrhj ekvki s gkus dh l EHkkouk; aT; knk gkrh gSA
- oksyks tks fd xEHkhj fpUrk ds ejht gkrh gS mu ykska dh ryuk ea ftue fd fpUrk dh chekj;j uk gk ekvki s gkus dh l EHkkouk; a30 ifr"kr T; knk gkrh gSA
- **The Centre for Disease Control and Prevention (CDC)** dh fj i kVZ ds erfcod ekvki s ds l kFk l kFk dN xEHkhj chekj;j; kWHkh gkrh gS t\$ s fd dkj.kujh gkVZ fMtht] gn; ?kk] ?k/uka es nnz dh l eL; k vlfn ft l dh otg l s ekvki s dk i kkodkj;j bykt djuk vfr vko"; d gks tkrk gSA
- ekvki k xEHkhj fMi\$ku l s gM gq s [krjk ds dkj.k lks thouHkj ds fy; sc< k nsrk gS vlg [kkI rkg ij efgyk vka ea vol kn rFkk i Sud vVd (cpuh ds nk) lks c< k nsrk gSA
- dN vuq U/kku crkrs gS fd fd"kkjkoLFkk dk ekvki k ; pkoLFkk ea fMi\$ku dk dkj.k cu l drk gS tc fd nLjs v/; ; u bl vlg b"kkjk djrs gS fd fd"kkjkoLFkk dk fMi\$ku ; pkoLFkk ea ekvki s dk dkj.k gksrk gSA

ekviki k vks ekufi d jks

fo"o LokLF; I xBu (WHO) dk fo"okl gSfd ge fo"o0; ki h egkekjh ds pxy e atdMgq gsvks , s k vuoku gSfd I u~2020 e ekviki fo"o e l cl scMh , d egkekjh gksh A

eukoKkfud xMeMh tks fd ekviki ds dkj.k mRiuu gksh gSml e fMi\$ku] [kkus i hus dh xMeMh fodr "kkjhfjd <dk> dh fodfr Nfo rFkk vrRe I Eeku dh deh vkn "kkfey gSA ekviki s vks ekufi d xMeMh ds I EcU/kka dks I e>uk]] , d cgr gh egroiwlz fo'k; gS D; k fd nkksa gh voLFkkvks dk fo"o Lrj dh LokLF; ykk i }fr ij egroiwlz i Hkko i Mfk gSA **Swedish Obese Subjects (SOS)** v/; ; u ds I crkrsgSfd bykt dsfgl kc I s xEhkj fMi\$ku i rys ykska dh ryuk e ekviki s ykska e 3 I s 4 xuk T; knk ik; k tkrk gSA **Prof Marianne Sullivan of Sahlgrenska University Hospital, Sweden** rFkk mudh Vhe ds I nL; crkrsgSfd eukoKkfud #X.rk ekviki s ykska e T; knk i kbZ xbZ A muds vuq kj xEhkj nnz ds ejhtka dh ryuk e ekviki s ykska e fMi\$ku dh fLFkfr vf/kd cjh Fkh A

ykbykt fMi\$ku ekviki ds dkj.k vks i Hkko nkksa gh gks I drs gSA oks vksxs fy[krs gSfd , d cPpkd dk i skoj eukspfdRI d gks gq s eus cPpkd vks fd"kkjka e ekviki s vks fpUrk e I kQ I kQ I EcU/k ns[kk gSA

University of Minnesota }jk gky gh e tkjh , d v/; ; u 0; Dr djrk gSfd ftUga vkoj oV gksu dh otg I sfp<k; k x; k Fkkj mues [kp dh udkjkRed Nfo vks vrRe I Eeku dk fuEu Lrj ik; k x; k vks fMi\$ku ds y{k.k Hkh ik; s x; s A mUgksu ik; k fd 26 ifr"kr fd"kkjka dks ftUgs fd Ldy vks ?kj ij ekviki ds dkj.k fp<k; k x; k vks gr; k ds ckjs e I kpk vks 9 ifr"kr us vks gr; k dk iz kl fd; kA vks gr; k fd"kkjka e eR; q dk rhl jk egroiwlz dkj.k gSA

fMi\$ku rFkk ekviki pkjka vks cjh rjg I s QSys gq gftI dk fd i Hkko vke vknch ds LokLF; ij Hkh i Mfk gS [kkj rkj ij gn; jkska dks c<kus eA gky gh ds v/; ; uks us fMi\$ku vks ekviki ds I EcU/kka dh ifV dh gSA fMi\$ku ekviki gksu dh i Hkkouk dks 18% c<krk gSA

v/; ; u crkrsgSfd fMi\$ku rFkk ekviki e i kLi fjd I EcU/k gksk gSA yxkrkj ns[kkky djus okys dks vol kn xLr 0; fDr ds otu ij fujrj fuxjkuh j [kuh pkfg; s D; k fd otu c<uk fMi\$ku dk og dkj.k gS tks fd ckn e utj vkrk gSA bI h rjg ekviki ; k T; knk otu okys 0; fDr ds eM ij Hkh fuxjkuh j [kuh pkfg; s A ; gh tks#drk] ftu ykska e ekviki dk [krjk gksk gSml dh jksFkke dks c<ok nsu gS chekjh dk i rk yxku e l gk; d gksh gS vks vUr eankuagh ifjflFkfr; k ds ck> dks ?vkrh gSA

xEHkj "KkjHjd o ekufI d chekjh %, dhdr nsHKky dh vko"; drk lkjp;

LkjHkj % i kFfed nsHKky ds {ks e fMi \$ku dh Ldifuax} tks fd xEHkj chekjh ts s fd fny ds jks ; k e/kpj I s I EcU/k j [krh g\$ l kkj djus dh vko"; drk g\$ A cgr l kjs mik; g\$ ftudks ekufI d LokLF; fo"kskK i kFfed fpfdRI k ds {ks e l ekfgr dj l drs g\$! vke tu dsLokLF; dsfy; s, \$ s dne mBkus dh vfr vko"; drk g\$A

ekufI d LokLF; dsfcuk LokLF; ugha%

i kFfed LokLF; rFkk [kki jksa dh fpfdRI k i }fr e chekjh dh i dM+vkj ml ds bykt djus e l kkj ykus dh vko"; drk g\$A fMi \$ku , d xEHkj] fodykrk okyh voLFkk g\$ tks fd fuEu thou Lrj I s I EcU/k j [krh g\$dk; Z {kerk dks de djrh g\$ Lo; anHKky dh eukFLfr dks fcxkMFrh g\$ rFkk bykt ds [kpZ dks c<krh g\$ [kki rkj ij mu ykska ea tks fd e/kpj rFkk dkfMz ks okLdyj chekjh I s Hkh xfI r g\$A

i kFfed fpfdRI d vkt fMi \$ku rFkk fpUrk ts h chekfj; k dh i gpku djus e vf/kd I {ke g\$; fn ejht mugs "KkjHjd chekjh dh vi\$kk eukoKlfud l eL; k crk ns g\$ (Kirmayer, et al), A "KkjHjd y{k.k ea tks [kki dkj.k g\$ og g\$ 0; fDr dk f[klu gksuk vkj fpUrk dk f"kdjk gksuk (Simon , et al 1999)A ekufI d LokLF; e l kbdks/ksi d nokb; k l vfdz k khy ftUnxh] vkl/fud [kkuiku] rFkk ekufI d chekjh ; s l Hkh jks dh #X.krk dks c<ks g\$ vkj tYnh ekf dks nkor ns g\$A bl fy; s; g vfr vko"; d g\$fd mu voLFkkvka vkj chekjh ds [krjk dh i gpku tYnh I s tYnh dj yh tk; svkj ijLij l g; koh ekMVI rFkk i f"k{k.k ds ek/; e I s bu tfVy l eL; kvk dk l ek/kku fudky fy; k tk; A

vLoLF; rk ds nks e[; dkj.k & e/kpj vkj fMi \$ku rFkk dk&ekjfcM fMi \$ku ; s l Hkh [kki vi j Mkyrs g\$A mPp dk&ekjfcM fMi \$ku ds ckctm Hkh e/kpj ds ejhtka ea vDI j fMi \$ku dh i gpku ugha gks i krh g\$ vkj uk gh ml dk bykt rFkk nks frgkbz ejhtka ea nksa dk gh bykt ugha gks i krk A (Katon 2008). 80 ifr"kr rd e/kpj rFkk fMi \$ku ds Bhd gq ejhtka ea fMi \$ku ds y{k.k djhc 5 l kyka ds ckn fQj mHkj vkr g\$A fMi \$ku e/kpj e[0; fDr dh udkj Red l kp dks ts s fd e/kpj dh Lo; Wijokg u djuk [kks ds i frcl/ksa dks u ekuukj nokb; klyus ea yki jokgh] CyM Xyokd ij fuxjkuh u j [kuk vkj l cl s [krjukd ckr g\$fd bykt ds urhtka dks udkjuk vkn dks c<kok ns k g\$ (Katon 2008). A

,¹ k n²kk x; k g³ fd 30 l s 40 i⁴r"kr fny ds ejht⁵ e⁶fMi⁷ku ds y⁸{k.k feyrs g⁹ (**Thombs et al.**). A fMi⁷ku ds [kk] xM¹⁰M¹¹ ds y⁸{k.k dkfM¹² ks okLdyj urht¹³ ds l kFk yxHkx 20 i⁴r"kr ejht⁵ e⁶ fo | eku jgrs g⁹ A fMi⁷ku dkfM¹² ks okLdyj chekj¹⁴ ds i¹⁵jEHk l s l Ecfl/kr g¹⁶s v¹⁷k ejht ds bykt dk [kp¹⁸z c<krk g¹⁹ ejht dh mez dks de djrk g¹⁶s v¹⁷k nob; k ds i⁴r yki jokgh dks rhu x²⁰uk c<krk g¹⁶A okLro e²¹dkfM¹² ks okLdyj chekj¹⁴ dk i²²ok²³ku fMi⁷ku ds y⁸{k.k dh xEHkjrk l s t²⁴g²⁵k g¹⁶A y⁸{k.k dh xEHkjrk l s chekj¹⁴ dk [krjk c<rk g¹⁶s ckct²⁶ bl ds fd ejht fMi⁷ku dk bykt ys jgk g¹⁶; k ughA fMi⁷ku] dkfM¹² d ds [krjk ds l Qy dkj.k dks v¹⁷k i²⁷ok²⁸ dks de djrk g¹⁶s Fkk mPp Lrj dh n²⁹kkky v¹⁷k [kp¹⁸z dks c<krk g¹⁶s v¹⁷k thou ds Lrj dks de djrk g¹⁶A

Tkcf¹d bl ckr ij cgl dh vko"; drk fd Ld²fu³ dsfy; s dks l smidj.k fd l [kk] ejht dsfy; s l cl s vPNs gks l drs g⁹ e¹⁰hdy l ekt ekufl d LokLF; dks bykt e¹¹ l ekfo'V djus dh xg.k'khyrk dh n¹²o?kk e¹³ g¹⁶A eq[; dk; z; g g¹⁶s bl rjg ds l k/ku fodfl r fd; s tk; s tk ejht dk mRl kgo/ku dj] l g; kx na v¹⁷k fpfdRI dk¹⁸rFkk ejht¹⁹ dks i²⁰l kgu narkfd os euko²¹klfud y⁸{k.k t²²s fd fMi⁷ku] fpUrk] v¹⁷Re gR; k dh Hkkouk v¹⁷fn dks Hkh #Vhu Ld²fu³ ds eki n²³ka e²⁴fu; fer vUrkjy ds ckn l ekfo'V djrs jg¹⁶A ejht dks euko²¹fpfdRI d@ekufl d LokLF; nkrk ds i²⁵l Hkst us ds mnkgj.k v¹⁷k rjhds LFkkfir fd; s tkus pkfg; s A dN dke; kc ek²⁶YI es l fEefyr g¹⁶euko²¹LF; fpfdRI dk¹⁸ dks t²⁷ks fd e¹⁰hdy i²⁸ks l s t²⁹g¹⁶s, d gh l kFk j [kuk A i³⁰kkfed fpfdRI k e¹¹fpfdRI dk¹⁸; k e¹⁰hdy ds {k³¹ e¹¹dk; z djus okys euko²¹fpfdRI dk¹⁸ dh VS³²Qksu] b³³es v¹⁷k of³⁴ ij rRij ig³⁵ dN v¹⁷k ek²⁶YI e¹¹ fEefyr g¹⁶A

Lipkj 0; oLFkk] l g; kx v¹⁷k i³⁶kf.kr n²⁹kkky dN eq[; dkjd g¹⁶A ge tkurs g¹⁶fd l eL; k dkQh fo"kk y¹⁷du ge ejht dh euko²¹LFkfr ds l kFk l kFk v¹⁷k Hkh l g#X.rk ds eW; Hkh] i³⁷U/k rFkk bykt ds l cl s vPNs rjhds fodfl r djus pkfg; s A

ekufI d LokLF; , oWijkuh xEHkj "kkjhfjd chekjh %

, dhd'r fpfdRI k dh t#jr

I kjjak & T; knkrj yksdks ekufI d vks "kkjhfjd chekjh I kFk I kFk gkrh gSA ; fn bykt I EHko gS rks nkska ds bykt dh I fo?kk mi yC/k vyx vyx gkrh gSA Nks vks e/; e oxz ds nskka ea ekufI d LokLF; dh nskhky ds fy; scgr gh I hfer 0; oLFkk gkrh gSA mi ; Dr if"k{k.k ds }kjk i kfed mi pkj dh 0; oLFkk ekufI d vks "kkjhfjd #i I schekj 0; fDr; kadsfy; s I EHko gSA

ekufI d chekjh rFkk "kkjhfjd LokLF; vki I earkus cks dhi rjg cks gq s gSA cgr I s ejht tks fd ekufI d chekjh ds f"kdjk gkrh gq s gSA cgr I s ejht tks fd i f. kke Lo#i ; k fQj chekjh dh tVyrk ds dkj.k "kkjhfjd #i I s Hkh chekj gkrh gSA cgr I s LokLF; funku raf nksa ekufI d , oW"kkjhfjd chekfj; kdk I pk# #i I s , dhdj.k ugha dj i krs A T; knkrj ejht ekufI d jks dk bykt , d I tFkk I s rFkk "kkjhfjd chekjh dk bykt njs I s djok i krs gSA dN ekeykaea, d chekjh dh voLFkk njs ds ckn gh nskh tk I drh gSA

fu'd'k; g fudyrk gsf fd ejht dh mfpr nskhky ugha gkrh bl hfy; s I kfor vk; qo'k de gks tks gsrFkk mudk thou Lrj fcxM+ tkrk gSA cgr I s ejht tks fd xEHkj ekufI d chekjh ds f"kdjk gkrh gq mUga vks njs "kkjhfjd jks gks tks gq vks mudks njh voLFkkvka I s xqjuk i Mfr gft I ds dkj.k mudk LokLF; ijh rjg fcxM+ tkrk gSA

bl I ky fo"o ekufI d LokLF; fnol (**WMHDAY**) dk /; ku ijh rjg I s yEcs "kkjhfjd jks vks ekufI d LokLF; I EcU/kka i j dflnr gSA ; g gevol j inku djrk gsf fd ge vius gkykrka i j fpuru dja; k nf'V Mkya vks u; sjkLrs [kksaA

fnekx vks "kjhj ds I EcU/kka i j I kpus dh vko"; drk dkZ ubZ ugha gSA MkwI h, e- fcfyaxVu us fcVt'k eshdhy tujy (**10 t 1933**) ds , d ysk eafVli .k djs gq fy[k gsf fd I fn; k I s , k ekuk tkrk gsf fd bdku ds "kjhj dh I jpu , d pgs ; k xk; ds tsh gSA fuf"pr gh I e; vk x; k gsf fd ge vius dk; Z vks ifjdYi uk ea bl ckr dks I e>fd gekjs ejht ds vlnj fnekx gkrk gq vks ; gh vf/kd I H; ; k fodfl r fgLI k "kjhj i j ijk i Hko Mkayrk gSA MkwfcfyaxVu us fVli .k dh fd tujy iDVi"kul Z vius nsud thou ea , d fufobkn I R; dk I keuk djrs gsf fd i jsehdhy i sks eafnekx vks "kjhj ds chp ds I EcU/kka dks geskk /; ku ejkuk pkfg; sA

nHk; I s oks yks tks fnekx vks "kjhj ds vyx vyx gksa dk I eFku djrs gq s gSA ; k rks vds , d voLFkk ds vks k j i j tks nrs gS ; k LokLF; I EcU/kh I fo/kkvka ds fof"k'Vhdj.k ds vks k j i j tks nrs gq vks dkQh gn rd fnekx vks "kjhj ds I EcU/kka dks rkMts ea dke; kc Hkh jgs gSA

2008 fo"o LokLF; fji k/Z % bl ea fpfdRI k r# ea i kfed fpfdRI k I fo/kk ij i q% /; ku dflnr djus ij vR; f/kd t#j fn; k x; k gS tcfed geskk fof"k'Vhdj.k ij [kpk gksk gS v# ftI dh otg I sfnex v# "kjij ds I Ecu/kk ea dVko dh fLFkfr i k gks tkrh gSA fji k/Z ds vu# kj i kfed n[kkky ds e[; rRo tks fd 1978 dh vYek&vkVk ?kksk.kk ds }jk Li 'V fd; s x; s Fk eKU; gS v# I cds LokLF; ds fy; s t#jh Hkh A fji k/Z ea; g Hkh dgk x; k gS fd LokLF; yHkh i }fr dks fodfl r djus ds fy; s ge dBkj uhfr; ka v# usRo dh vko"; drk gS tks fd I Hkh dks LokLF; yHkh ns I dksA

vYek&vkVk ?kksk.kk ds Bhd , d I ky i gys rd n# js rFkk rhl js i dkj dh {k-h; I okvka ij vLx /; ku fn; k x; k ftI ds dkj.k LFkuh; I ok; a [kM [kM gks xbZ A T; knkrj ekeyka ea vLi rkyka }jk LokLF; I ok; a nsus ij cgr vf/kd /; ku dflnr djus dk fo"okl Qy gks x; k D; ksd ; s I LFkk; a 0; fDr ds funku ij vPNs rjhds I s /; ku dflnr djus ea ukdkj jgh [kkl rk# ij ekufi d LokLF; ij tgkWij fd ejht , d ughavud voLFkkvka I s tprk gSA yEch ekufi d fLFkfr ik%; "kjhfjd chekjh dh n[kkky I s t#j gksk gS v# yEch "kjhfjd LokLF; n[kkky ekufi d LokLF; i jskfu; ka l sA

xEHkhj ekufi d #i I s i hM ejht vDI j i kfed fpfdRI k d#n# ea vks gS tks fd mudh i gyh i kfedrk gksA i kfed fpfdRI k I fo/kk; s vDI j ?kj ds i k gh mi yC/k gksk gS ftI ds dkj.k bl chekjh ds dyd ea deh vkrh gSA , d 0; ofLFkr I ekt ea n[kkky dh I s v# v# n[kkky dh fujrjk dks c<k; k tkrk gSA

bu fu'dk ds ckctm Hkh **WHO** dh **mhGAP** fji k/Z (2008) ea ik; k x; k fd cgr I s ykx tks fd ekufi d chekjh I s xfl r gks gS m#ga oks "kjhfjd ; k ekufi d LokLF; I ok; a mi yC/k ugha gks i krh ftudh m#ga t#jr gS ; k tks m#ga pkfg; s A mPp vk; ds n#kka ea eukfpfdRI d rFkk tuju iflyd dk vu#kr **10.5** ifr **1,00,000** gS e/; e vk; n#kka ea **2.7** ifr **1,00,000** rFkk fuEu vk; n#kka ea ; g vu#kr **0.05** ifr **1,00,000** gSA eukfpfdRI dk tuju iflyd ea vu#kr **14** ifr **1,000,000** mPp vk; n#kka ea **1.8** ifr **1,00,000** e/; e vk; n#kka ea rFkk **0.04** I s **0.6** ifr **1,00,000** fuEu vk; oxZ n#kka ea gSA eukul k dk tuju iflyd ea vu#kr **32.95** ifr **1,000,000** mPp vk; n#kka ea **5.35** ifr **1,00,000** e/; e vk; n#kka ea rFkk **0.16** I s **1.05** ifr **1,00,000** fuEu vk; oxZ n#kka ea gSA I kelftd dk; drk v# dk vu#kr vke ulxfjdka ea **15.75** ifr **1,000,000** mPp vk; n#kka ea **1.5** ifr **1,00,000** e/; e vk; n#kka ea rFkk **0.04** I s **0.28** ifr **1,00,000** fuEu vk; oxZ n#kka ea gSA

mi ; Dr v#M crkrs gS fd fo"o Lrj ij I kelftd LokLF; I ok ds fy; s tks I d k?ku mi yC/k gS oks vi ; k gS A ekufi d v# "kjhfjd chekjf; ka ds funku ds fy; s I Lrs rFkk if"kfkr Jfedka dh gea vko"; drk gS tks fd eVY gYFk rFkk fQthdy gYFk n#kka dks n#k I dA , s Jfed i kfed fpfdRI k d#n# }jk mi yC/k gks I drs gS A **Starfied** v# muds I g; kx; ka us (2003) I g#X.krk dk ifr"kr vf/kd ik; k rFkk I ykg nh fd d#oy , d chekjh dk funku djuk I gh ugha gSA i kfed fpfdRI k fo"ksK cgr cMs i kus ij turk dh LokLF; n[kkky djrs gS A bl ds fy; s m#ga I Hkh chekjf; ka ij i w#fu; a.k i kus ds fy; s vPNh rjg r#kj jguk gkx A

vPNh i kFfed fpfdRI k fujrjk dksdk; e j [krh gSD; kfd ejht rFkk Vhe ds I nL; , d njs dks HkyHkkH
i gpkus yxrs gA bl dk ifj.kke ; s gkrd gSfd LokLF; ykk dk [kpZ de gks tkrk gSA I k{; crkrs gSfd ejht
, d h i kFfed fpfdRI k I s I UrqV gkrs gS vks vdsys fdI h fo"ksk I ok yus dh ryuk ea bl ds ifj.kke vke ykska ea
dkQh vPNs gkrs gS D; kfd i kFfed fpfdRI k ejht dh ns[kkky djus eadkQh I q fTtr gksh gSA

cgr I s v/; ; u es ekuf d ejhtka dk eR; qnj cgr vf/kd ik; k x; k A yxHkx 50 ifr"kr ejhtka ea xEHkj
ekuf d chekjh ds ejhtka ea i gpus tkus okyh "kkjhfjd LokLF; I g#X.krk ikbz tkrh gSA 35 ifr"kr ykska ejks ds
funku u gkrs dh otg I s xMeMh rFkk yxHkx 20 ifr"kr ykska efpfdRI k ; k; I eL; k; s gksh gS tks fd ejht dh
eukSLFkfr ds dkj.kka dks ; k chekjh dh n"kk dksfcxkMfr gS A yEch chekjh dh foHklu voLFkkvka ea tks "kkfey gS oks gS
vLFkek] "okW yus ea rdyhQ] dkjkujh gkVZ fMtht (CHD) tkska ea nn] dN [kkI idkj dh xkB ; k QkMh
d8l j] pez jks ftI ea lksj; kfl I rFkk /keiku I s I EcU/kr chekfj; kWA bl I abykt dk [kpZ 70 ifr"kr c<+tkrk gS
tc ejht dks ekuf d I eL; k ds I kFk I kFk "kkjhfjd LokLF; I eL; k Hkh gksh gSA

, d ; jks ; u I eh{kcrkrh gSfd ekuf d LokLF; rFkk "kkjhfjd LokLF; I EcU/kh I eL; k; ka ea tu gkfu rFkk
/ku gkfu nkka gh gkrs gS vks vupku ds rkij yxHkx 436 fcfy; u ; jks [kjkc ekuf d LokLF; ds dkj.k [kpZ gkrs
gS tks fd ifr ifjokj 2000 ; jks ds cjkcj vkrk gSA ekuf d LokLF; I eL; kvks ds ejhtka ea "kkjhfjd chekjh dk
gkuk ejht ds Aij gkrs okys ns[kkky ds [kpZ dks 70 ifr"kr vfrfjDr c<krk gSA bl v/; ; u ea ekuf d LokLF;
rFkk "kkjhfjd LokLF; ea I dkjRed ikjLifjd I EcU/k ik; k x; k vks ; jks ; u ; fu; u us ekuf d LokLF; dh igb
dh vko"; drk dk I eFlu fd; k A

cgr I s yks ekuf d LokLF; nsus vks "kkjhfjd LokLF; dh ns[kkky dh i kFfed fpfdRI k ij itu fplg
yxkrs gSA Qseyh MKDVI Z ds fo"o I epk; rFkk fo"o LokLF; I xBu us I u~2008 eafo"o 0; ki h I k{; iLr fd; s
fd mPp] e/; e , oWfuEu vks oxZ ds ns[kkky dh i kFfed fpfdRI k Vhe vPNh i Hkkoh , oWI Lrh ekuf d LokLF; I ok; a
inku dj I drh gS vks ejhtka dks I UrqV dj I drh gSA

i kFfed fpfdRI k dh ns[kkky djus okyka dk vPNk if"k{k.k vPNs ifj.kke ns I drk gS yfdu tujy
i DVh"KUI Z dks ejht ds fnekx , oW"kjhj ds I EcU/kka dks I e>us dh vko"; drk gSA I u~2007 ea Qseyh MKDVI Z ds
fo"o I epk; us , d I oZQKU] teuh eSI hdks ckthy] o vklVsfy; k eafd; k A ; g I oZGPs rFkk ejhtka dks fnekx
, oa"kjhj ds chp I EcU/kka dks tkuus ij vklkfr Fkk A 252 ejht , s Fks ftUgkus de I s de MKW I s , d ckj mi pkj
fy; k vks 501 GPs dk Hkh I oZfd; k vks ml dsfu'd'kfuEu i zdkj I s Fks %

- 78 ifr"kr GPs us ekuk fd fnekx , oa"kjhj ea I EcU/k dk vflrRo gksh gSA
- 85 ifr"kr fnekx , oa"kjhj ds I EcU/kka dh tkudkjh I smug ejht ds funk u eadkQh enn feyrh gSA
- 93 ifr"kr us ekuk fd bl tkdkjh I smug ejks ij dkciwku eadkQh enn feyh A

- 84 ifr"kr us ekuk fd fnekx , oa "kj hj ds I EcU/kk dh tkudkjh ds ckjs ea mlgks Hkh if"k{k.k fn; s tk; s dh vko"; drk gSA
- 62 ifr"kr ejhtka us ftUgksus , d ckj vol kn dk bykt djk; k Fkk ekuk fd mlgksus fnekx , oa "kj hj I EcU/kk ds ckjs ea vi us GPs I s fopkj foe"k fd; k Fkk A

mu ykska us ftUgksus , d ckj vol kn dk bykt djk; k Fkk vks ekurs Fks fd fnekx , oa "kj hj es I EcU/k gksk gS mu ykska dh ryuk ea ftUgksus vol kn dk , d ckj bykt rksfy; k yfdu ; g ughaekurs Fks fd fnekx , oa "kj hj ea I EcU/k gksk gS 68 I lrkg igysvi us fpfdRI d ds ikl igpA bl I o;us ; g I kfcr dj fn; k fd tujy ifcyd rFkk Qseyh MKDVI Z vks mudh Vhe dks fnekx , oa "kj hj ds I EcU/kk ds ckjs ea if"k{k kr fd; s tkus dh vko"; drk gSA

i jEjkxr rjhds t\$ s fd fof"k'V n[dkky ds I k/kuka ij vlfJr jguk I k/kkj.k 0; fDr dh chekjh dh I g#X.krk ij dkci kus ea rFkk ekufI d LokLF; dh n"kk I dkjus dh fn"kk ealk; klr ughagSA ge ; g vPNh rjg I s tkurs gfd i kfed fpfdRI k ekufI d o "kj hfjd LokLF; dh fn"kk e fo"o Lrj ij vPNs ifj.kke nsus ea l {ke gSA buds chp dh njh dks de djus ea i kfed fpfdRI k dks n;js I d k/kuka] ejht o ml ds i fokj ds I nL; k dks I elfgr djuk i Msk rkfd ejhtka dks vks plkfd #i I s LokLF; ykk gks I ds vks ; s I fo/kk; a gj I enk; ds ykska dksfey I daA

"kj hfjd LokLF; dh n[dkky ds I k/kuka dh mi yfc/k }jk gh vPNk ekufI d LokLF; ik; k tk I drk gSA bl h i dkj vPNs "kj hfjd LokLF; dks i kus ds fy; s ekufI d LokLF; dh igpHk etca gkuh pkfg; s A fnekx vks "kj hj dks vyx djus I s nkuka ea dkQh njh gks tkrh gS vks ejht dks bl I s gkf u gks gSA fo"o ekufI d LokLF; fnol geabI egRoiwz igywij iq% /; ku dSUnr djus dks dgrk gS rkfd vPNk LokLF; , d I PpkbZ ds #i ea I keus vks I ds A

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ekufI d LokLF; , d iW h %

[kpZ eadeh vks I kjh n§kkky dh fo"ksrk

by Dr. David McDaid

Lkjlk % vlfFkd i gywij utj Mkyus I s ekufI d LokLF; vks "kkjhfjd LokLF; dks , d I kfk tkmus ds fy; setar I k{; feys gSA mPp vk; oxZ ds nskk e a l g#X.krk ds bykt ds [kpZ eadeh ds lk; klr I k{; gSA bl e a bykt dk de [kpZ] dk; LFky I s vuqfLFkr jgus e a deh] I e; I s iDZ fjk; jeW e a deh vks dY; k.kdkjh dkeka ij de ylxr "kkfey gA c8kj gks dk [krjk Hkh de gks I drk gSA e/; e rFkk fuEu vk; oxZ ds nskk I s chekjh ij [kpZ vks yHkh ds vks I k{; dh t#jr gSA

yEch "kkjhfjd rFkk ekufI d chekjh ds I EcU/kks ds egRo dks n"kkZ k x; k gS i jUrqbI I g#X.krk ds ckjs e a ge D; k tkurs gS\ D; k os LokLF; dks fcxkMfs gS\ ukdjh ; k f"kk i j mudk D; k iHko iMrk gS\ D; k os 0; fDr ds fodkl eack/kd gS\ fdI I hek rd , dhdrt rFkk I aDr I ok; schekjh I s Nydkjk ikus e a enn djrh gS\ D; k buea I s dN [kpZ dks c<krh gS\ fdI rjg I s bu ck/kkv dks fu; f=r fd; k tk I drk gS\

bu I Hkh i zuka ds mRrj uhfr fu/kkj dka a o ; kstuk cokus okyka ds ; g fu.kz yus e a enn dj I drs gS\ fd vklrfjd vks ckgz I d k/kuka dk fdI idkj vPNk mi ; kx fd; k tk I drk gSA , s I e; e a tcfd fo"o ds T; knkrj ns k vlfFkd I dV I s xoj jgs gI l pukvka ds vks/kkj i j I g#X.krk i j gks okys [kpZ dk i rk pyrk gSA vud iHko % gekjs I keus cgr I s I k{; gS tks detkj ekufI d LokLF; ds 0; fDrxr] I kekftd vks vlfFkd i fj.kkeka ds ckjs e a crkr gSA mnkgj.k ds rkj i j ; jkki ; u ; fu; u e a , d ifjokj ds vks ru [kpZ dk 2000 ; jks ifr o'k i R; d ifjokj dk vdsys "kkjhfjd chekfj; k i j vkrk gS vks bl dk , d frgkbZ fgLI k LokLF; izkkyh i j A bl ds dkj.k 0; fDr dke I s vuqfLFkr jgrk gS I e; I s igys I ok fuofr ys ysk gS ; k fQj fdI h rjg dke I s Nydkjk ikuk pkgrk gS vlfn dkj.k "kkfey gS tcfd ejht ds nskkky ds dkj.k ifjokj ds vU; I nL;] cPpk I fgr] i <kbZ] dke ds vol jk vlfn I so spr jg tkrs gS

vlfFkd iHko dk thou Lrj ,oa I kfk gh ekufI d ,oW"kkjhfjd ifjfLFkr; kwdk 0; fDr rFkk ml ds ifjokj i j Hkh fo"ksk vI j iM+I drk gSA

vU; 0; fDrxr] iHkoh ,oW[krjukd dkj.kka dh otg I s 0; fDr I ekt I s ckgj] c8kj gks tkrk gS ; k fQj vijkf/k; k ds I Ei dZ e a vks tkrk gSA dN dkj.k yEcs Hkh gks I drs gS % cPpk e a detkj eukfLFkr ds dkj.k ; pkoLFkk e a yEcs

ifj. kke Hkkkrus i M+I drs g§ vls vol j Hkh I hfer gks tkrs gA ; s I Hkh ekuoh;] I kekftd rFkk vlfkfd i Hkk fuEu vls; vls e/; e vls; ds nskkae@tgkWl kekftd I j{kk uk dscjkcj g§ vls tgkWekufl d chekjh dk I kekftd vflk"kki vflrRo eagST; knk gks g§ A

c<fs gq s I k{; crkrs g§ fd chekfj; k dh I g#X.krk ds dkj.k "kkjhfd chekfj; k dh fLFkfr fcxMh g§ [1] vol kn dh I g#X.krk rFkk "kkjhfd chekjh us mPp vls; oxz 0; fDr ds vdsys LokLF; [kpZ dks 50 ifr"kr c<fs fn; k g§ [2] A T; knk [kpZ dN [kk voLFkkvka eags I drk g§ t\$ sfd e/ks ds I kfk vol kn dk gksuk LokLF; [kpZ dks 4-5 xpk c<fs nsr g§ vi {kkdr mu yksa ds ftUg fd doy e/ks dh chekjh gksrh g§ [3] A dkfMh ls okLdyj rFkk detkj LokLF; dh I g#X.krk ds dkj.k bykt dk vfrfjDr [kpZ 15 I s 40 ifr"kr c<+tkrk g§ [4] Adetkj LokLF; vls ekW i skh o vflk dh chekjh dkexkj dh vuijflkfr c<krh g§ rFkk I g#X.krk bl [kpZ dks vls c<fs nsr g§ [5] A ekW dks gksus okyk vol kn cPpk ds eukt LokLF; ij i Mus okys dj Hkk vls v/kjs Vhdkdj.k ds [krjs dks c<krh g§ [6] A de ,oa e/; e vls; ds nskkae@detkj ekufi d LokLF; I dked jksa dks ?Vkus dh i Hkk "khyrk dks Hkh de djrs g§ t\$ s HIV/AIDS [7] and tuberculosis [8]

cgr I s dkj.k vfrfjDr [kpZ dks c<lus ea I g; ksh gks I drs g§ A detkj ekufi d LokLF; bl ckr dh I EHkkouk dks dkQh de dj nsr g§ fd oks vi uh "kkjhfd chekjh ds bykt I s I Ecflu/kr fd I h Hkh I ykg dks ekusck A ekufi d jks I s xtr 0; fDr vius igpus tkus ds Mj I s i Fkfed fpfdRI k I ok ; k vJ; fd I h LokLF; I ok ds I Ei dz ea vkus I s drjk I drk g§ A nksa & i Fkfed fpfdRI k ; k fo"ksk fpfdRI k chekj ejht dh "kkjhfd ; k ekufi d I eL; k dk irk yxkus ea vJ Qy gks I drs g§ A LokLF; I ok r@ e@ ekufi d LokLF; rFkk I kekU; LokLF; fpfdRI k I fo"kkvka eavki I h I Fkkxr ck/kk; gks I drh g§ tks dkQh gn rd fodkl ,oa, dhdR nskkky dh i g§ dks ckf/kr dj I drh g§ [8] A

detkj ekufi d LokLF; bl ckr dh I EHkkouk dks dkQh de dj nsr g§ fd oks vi uh "kkjhfd chekjh ds bykt I s I Ecflu/kr fd I h Hkh I ykg@bykt dks ekusck A

bykt I Ecflu/kr dk; R@vlfkfd {kerk dk mi ; kx

ekufi d I eL; k ds I kfk I g#X.krk ds bykt ij gksus okyk [kpZ , d puksh g§ A ; g t#jh g§ fd u doy bykt ds mi k; k ds ckj s ea tkudkjh nh tk; scfyd bykt ea vkus okys [kpZ vls bykt ds }jk feyus okys cgrj LokLF; dh otg I s gksus okyh [kpZ dh cpr ds ckj s ea Hkh crk; k tk; sA fuEu vls; rFkk e/; e vls; oxz ds nskkae@Hkh cgr I kjs de [kpZ cphs cpko I k/ku ekufi d I eL; k dks jksa dks ea i Hkkoh I kfcr gq g§ A bykt u djokus ij gksus okyh "kkjhfd

chekfj; k*i*j v^kkus okys [kpz] ft l*s* fd cpk; k*t*k l*d*rk g*S*] dks j*[kkfdr* djus l*s* bu chekfj; k*i*j fd; s*t*k j*gs* b*llotVeV* (fuos*k*) dks l*Hkh* {ks=k*eac<kok* fey*s*k} [9] A

mnkgj.k d*s* r*kj* i*j*, s*k* vu*q*ku g*S* fd c*grj* fuj*rj*, d*hd* r*i**kkfed* n*[kkky* l*s* v*ds* y*s*; j*ks*i; u*l* e*pk*; dks 18 fc*fy*; u*l* s*50* fc*fy*; u*l* ;j*ks* i*fr* o*'k* d*s* [kpz] l*s* cpk; k*t*k l*d*rk g*S* [1]A LokLF; [kpz] dks c*<kdj* n*ll* j*sen* e*g* k*us* okys ?*kkVs* l*s* cpk t*k* l*d*rk g*S* A mnkgj.k d*s* r*kj* i*j* u*ks*j*h* e*a* l*kkj* ft*l* d*s* dk*j*.k j*k'Vh*; m*Ri* k*ndrk* r*Fkk* l*jdkj* d*k* f*jo*; w*c<rk* g*S*A b*l* f*y*; s*LokLF*; u*hfr* fu*/kk*.k e*a* f*u*; k*Drk* v*kj* v*ll*; y*ks* dks "kkfey djuk t*#jh* g*S* A

y*ks* d*s* "kkjhfjd LokLF; v*kj* e*kufl* d*l* e*L*; k*vka* i*j* fuj*rj* fuxjku*h* l*s* v*R*; f*kd* y*kkh* g*ks* A i*g* s*dh* d*her* l*e>uk* c*gr* g*h* l*e>nkjh* d*k* d*ke* g*S* t*ks* fd chekj*h* l*s* cpko dks c*<kok* n*rs* g*S* A t*ll* s*fd* b*l* c*kr* i*j* v*uq* z*ku* fd; k*t*k l*d*rk g*S* fd fof*kkUu* v*kkFkld* v*kj* v*kkFkld* i*yk* l*ku* LokLF; 0; og*kj* d*s* c*nyus* e*a* f*drus* l*gk*; d*g* A mnkgj.k d*s* f*y*; s*i**kkfed* f*pfdRl* k*l* f*jo/kk* e*a* f*u*; fer t*kk* d*s* c*<kok* n*sk*] l*kFk* g*h* l*kFk* 0; f*Dr*; k*eami*; D*r* LokLF; 0; og*kj* d*s* c*<kok* n*sk* A

; g*n**kkuk* H*kh* eg*Roik* g*S* fd e*kufl* d*LokLFk* l*EcfU/kr* l*g#X.krk* mu y*ks* e*a* f*tues* fd x*Ekkhj* "kkjhfjd chekj*h* i*gys* l*s* e*ks* g*S* d*s* f*u*; &.k ,o*jk**dfk* e*g* k*us* okys de [kp*hys* r*jhdk* d*s* c*kj* e*ge* f*druk* t*kurs* g*S* A l*k/kk*.k*r*; k*de*, o*a* e*/*; e*v*k; d*s* n*sk* e*a* l*k*{; i*wk* c*<kok* H*kh* l*gk*; rk*dj* l*d*rk g*S*], d*rkd* ro*j* rd*z* n*us* e*a* fd l*dked* j*ks* d*s*?*Vkus* e*a* v*urj* k*'Vh*; ennx*kj* r*Fkk* l*gk*; d*l* x*Bu* e*kufl* d*jks* d*s* f*u*; &.k e*a*, d*l* g*k*; d*m* d*j*.k d*h* r*jg* ml*y{*; d*s* i*ku* e*enn* d*j* l*drs* g*S*A v*f/kd* v*k*; d*s* n*sk* e*a* de [kp*hys* d*kjxj* m*k*; [k*ks* t*k* l*drs* g*S*A d*N* i*dk*"k vol*kn* x*fl* r*mu* x*Ekkhj* "kkjhfjd chekfj; k*ds* v*f/kd* i*gpk* r*Fkk* i*dk* e*Mkyuk* p*kfg*; s*] t*ll* s*fd* e*k**eg*, o*ll* vol*kn* d*h* l*g#X.krk* e*a* US e*feys* t*ys*, o*l* h*kor* r*jhds* fd; k*x*; k*US* [10]A ; g*,* d*p**u**kh* g*S* fd D*;* k*s* r*jhds* n*ll* j*s* {ks=k*e* H*kh* de [kp*hys* g*S* A "kkjhfjd LokLF; L*rj* d*h* fuj*rj* fuxjku*h* t*ks* fd LokLF; o*'k* r*jhdk* l*s* t*ll* g*h* g*ks* e*kufl* d*LokLF*; i*js* k*fu*; k*l* s*xLr* 0; f*Dr*; k*e* [kp*z* d*h* y*ks* r*jhdk* d*s* c*<krh* g*S* A [kp*z* d*s* eg*Ro* d*h* p*kh* d*s* l*e>uk*, d*ig*"k g*S*] t*ks* j*ks* d*fk* d*s* r*jhdk* d*s* i*kkfor* d*jrh* g*S* A mnkgj.k d*s* r*kj* i*j*, d*vuq* z*ku* d*h* H*kkfedk* fof*kkUu* v*kkFkld*, o*xj* v*kkFkld* v*uq* k*uks* d*s* c*ks* e*g* k*s* l*drh* g*S* t*ll* s*fd* & i*kkfed* mi p*kj* d*s* r*jhdk* e*a* fuj*rj* "kkjhfjd LokLF; d*h* t*kk* d*s* c*<kok*] l*kFk* g*h* y*ks* e*a* LoLF; 0; og*kj* d*i**fjor* z*ku* d*s* c*uk*; s*j* [k*us* d*s* c*<kok* n*sk* A l*kjk* e*a*; g*d*g*k* t*k* l*d*rk g*S* fd v*kkFkld* c*p**r*, d*eg* Roik g*S* i*gyw* g*S* v*kj* fof*kkUu* i*dkj* d*s* {ks=k*e* i*kkoh* v*kj* de [kp*hys* r*jhdk* d*s* [k*ks* t*k*, d*p**u**kh* g*S* r*kd* e*kufl* d*o* "kkjhfjd chekfj; k*ds*, d*l* k*Fk* by*kt* d*s* i*kkoh* rd*z* fn; s*tk* l*d* A*

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Hx rhu -

miHxDrk vks i kfjokjd j{kd gsrqdk; z ; k tuk

Hx ,d - chekjh I smHkjusdh fLFkr (yphyki u) { Building Resilience}

thou ea cnyko vkus ij T; knkrj yks dks tkus ea vks ubZ ckrk dks dS s viuk; k tk; } bl ea fudy tkrk gSA dN yks tYnh pr tkrs gsrFkk bykt yks "k# dj ns gS vks viuh thou dh fnup; k i kEhk dj ns gS A tcf d nls yks dks fy; s; s dfBu dke gksk gSA yphyki u ; k chekjh I s mHkjus dh {kerk thou Lrj dk ,d fgLI k gS vks ; g Lo; Wugha vkrh A dN yks dks ; g I h[kuk ; k fI [kkuk i MFr gS fd chekjh I s dS s mHkj k tk; s A **American Psychological Association** crkrh gS chekjh I s mHkjus dh {kerk tks fd dN yks ea i kbZ tkrh gS dkbZ tletkr xqk ugha gSA bl ea 0; fDr dk vpkj.k ml ds fopkj] dk; z dyki vkn "kkfey gks gS ftUga I h[kk vks fodfl r fd; k tk I drk gS A MWW fot; ih "kekZ viuh i[rd **Gaining Psychological Control of Your Chronic Illness** ea crkr gS fd vxj dkbZ chekjh ; fn vki ds yEcs I e; jgrh gS rks vki mrus gh ml chekjh dks Bhd djus ea n<+fuf"p; h gks tkrs gS vks vki ds thou dk Lrj Hkh I qkj tkrk gSA pkgs rks vki dks vKFkj kbfVI gks ; k e/keg] gkVZ fMtht] dS I j ; k vks dkbZ nli jh yEch chekjh gks vki ml ij dkciwku s ea {ke egl I djrs gS A vki chekjh dks Bhd djus ea vks ml I s yMus ea vPNk jksy vnk djuk I h[k I drs gS vks bl ds vPNs ifj. kke ik I drs gsrFkk vPNh ftUnxh th I drs gS vks

tc vki viuh chekjh ds vPNs Kkrk gks tkrs gS rks vki ml chekjh ij vPNh rjg dkciw k I drs gS vks vki dks bl ckr dk Kku gks tkrk gS fd dks I s dke I s vki dh tfVyrk; ade gks I drh gS A vki Lo; Wvi us vki I s fuEu i tu iNs vks ; fn I Ehk gks rks muds mRrj Hkh fy[kfd %

- 1- fdI dkj.k I s vki dh rch; r vPNh ; k [kjkc gks h gS \
- 2- ; fn vki dks chekjh ds y{k.k fn[kks vki dks ; k vki ds i fjojk dks chekjh ij dkciwku ds fy; s D; k djuk plfg; s \
- 3- dks I s dkj.k [krjukd gks I drs gS ftue fd MWDVj dh I ykg ; k enn dh vko"; drk gks I drh gS \
- 4- vki vius MWDVj ; k ml dh Vhe I s D; k mEehn djrs gS vks vki dks Lo; Wdk D; k djuk plfg; s \

<http://www.mindpub.com/topic16.htm>

chekjh I s mHkjus dh fLFkr ; k yphyki u vkrfjd xqks vks vpkj.k dk ,d feJ.k gS ysdv ; g ckgjh okrkoj.k I s fodfl r fd; k tk I drk gS t\$ s fd I kekftd I eFlu 0; oLFkk vks emhdv Vhe ds I kFk vPNs I Eclu/k A **Angela L. Carter** vius y{k "Resilience Do You have What it takes to bounce back after

illness \ fy[krh g\$fd I kekftd I eFku rHkh gkok tc fd vki ds nkr glks i fjokj gkok ; k ykok dk I epk; tks fd vki ds vyx vxr jhdka l s vki dks I eFku nsA

yEch ekufi d o HkkouRed chekjh pukfr; ka dk I keuk djus ds fy; s okLrfod rFkk I dkjRed I kp dh vko"; drk gkrh gSA viuh gkyr ds ckjs ea I kpuk vls Hkfo'; ds ckjs ea I kpuk vI Hkko gks I drk g\$yfdu bl s gkfI y fd; k tk I drk gSA gky gh fdMu h ds dN ejht tksfd gj gfrs **Dialysis** ij Fk ds v/; u eaik; k x; k fd mudk em o thou Lrj , d I k/kj.k LoLF; 0; fDr ds tS k ik; k x; k A

, d if"lf{kr eukoKlfud vki ds fopkjka ea yphyki u cuk; s j [kus ea enn dj I drk g\$ rkfd vki xEHkhj chekjh I s mHkj I daA vki ds fQthf"k; u vU; fo"ksKka ds I kf feydj vki dh chekjh I s yMus dh vPNh ; kstuk cuk I drk g\$ tksfd doy vki ds bykt dks gh dkjxj ughacukrh g\$cfYd vki dh chekjh ds ckjs ea vki dh I kp dks Hkh iHkfor djrh gSA

yEch chekjh I s yMus ds dN fuEu I pho g\$%

- **I Ei dz ea jguk %** ifjokj vls nktrka I s I EcU/k LFkkfir djuk vls mlgs cuk; s j [kuk A cgr I h LokLF; I LFkk , s ejhtksdk , d I eFku I eg cuk ysh g\$ tksfd , d tS h chekjh ds f"dkj gks gSA ; g I eg vki dks doy LokLF; yHk ea gh enn ugh djrs cfYd vki dks vol j inku djrs g\$ fd vki Hkh mudh rjg nli jkdh enn dj&A
- **Lo; an Hkky djuk %** chekjh dh fpurk dks vi us [kkui ku] 0; k; ke] vkjke ; k eukjatu ea 0; o/kku iHk djus okyh ck/kk ughacukuk pkfg; s
- jkstuk dk dk; z fuR; i fr djrs jguk pkfg; s vls viuh gkht dks cjkj cuk; s j [kuk pkfg; s A bl I s vki ds thou ea flFkjrk cuh jgsh A

; qkvkaeamHkjusds I keF; Z dks c<kok %

gklykfd yEch chekjh ds mijkr I Hkkfor vkl; q dks dkQh gn rd , d ukVdh; <> I s I dkjxj x; k g\$yfdu ; qkvka vls muds ifjokjka ea eukoKlfud fodkl ij cgr de /; ku fn; k x; k g\$ rFkk doy fodylkrk I scpko ij tkj fn; k x; k vls fd"kjka dh LokLF; rFkk fodkl I s I EcU/kr I eL; kvka dh miqk dh xbZA LokLF; fpfdRI d bl fLFkfr ea g\$ fd osejht ds ekufi d o "kjhfjd LokLF; ifj .kkeh i j /; ku ns I daA

vPNk LokLF; ikr djus ds fy; sejhtka vls ml ds ifjokjka ds fy; s vuq Ukkuka ds vklkj ij dN I pkok dks c<kok fn; k x; k gSA ; g I p g\$ fd xEHkhj chekjh ds ejht vls muds ifjokj ds I nL; nks xpk ekufi d I eL; kvka I s f?kjs gks g\$ vls , dhdfr ; kstuk; a tksfd I dkjRed LokLF; I ok; a inku djrh g\$] mudks de egRo fn; k tkrk gSA bl ds vykok fd"kjka ea ekufi d LokLF; yHk cuk; s j [kus ds fy; s ifjokj ds I nL; ka dk /; ku bl vls gkok pkfg; s D; ka fd ifjokj ds I nL; fd"kjka ds fodkl vls fuR; i fr nsud dk; kse cgr I gk; d gks gSA

; pkvka ea chekj h l s mtkj us dh l keF; l dks c<kus dsfy; sfuEu 3 fl Qkfj "k dh xbz %

1- fd"kkj kavlj muds ifjokj ldk bykt dh ; kstuk ea"kkfey djuk %

fd"kkj vkJ ml dk ifjokj xEhkj chekj h dks fu; f=r j [kus ea eq; Hkfedk fuHkkrk gSA bl fy; sennxkj dks ; g l e>uk vfr vko"; d gk rk gS fd chekj h dk ejht dh fnup; k i j D; k i Hkko i Mfk gS rkfd ml h i ddkj okLrfod dk; l kstuk r\$ kj dh tk l dsA bykt ; kstuk bl i ddkj dh gks fd ifjokj ds l nL; ijsku u gk vkJ fd"kkj dk LokLF; fodfl r gks l dsA bykt ds nkjku l gk; dks dks ifjokj ds l nL; k dks Hkh "kkfey djuk pkfg; srkfd tc osckgj gk rks ifjokj ds l nL; ejht dh nEhkky dj l da A mnkgj.k ds r\$ ij cPpkal s ifjokj dsckjse atkudkj h gkfl y dj yuh pkfg; sA

2- fd"kkj adh rkdr o ; Hk; rku\$ kj mi pkj ; kstuk r\$ kj djuk %

I keF; l vkJ ; k; rk dh igpku ds vkJ i j l gk; d }kj r\$ kj fd; s x; s jkdlkke ds rjhds fd"kkj rFkk xEhkj chekfj; k ea ml dh {kerk ea of} djrs gSA l kfk gh fd"kkj k dks dN [kk] tkudkj h mudh dfe; k rFkk mudh ; k; rk ds ckjse vko"; d gk rk gS rkfd oks , d ; FkkFkbnh Hkfo';] f"kk] thou Lrj vkn dsckjse l kp l daA tks; kstuk; s ?kkVs i j vkJ/fk j gk rk gS mul s fd"kkj dk fodkl l hfer gks tkrk gS

3- fd"kkj adh vkJ.k fodkl dh t#jrldk irk yxuk %

"kkj hfjd chekj h j{kd dsfy; s /; ku dk dLns cu tkrh gS vkJ ekufI d l eL; k dh mi qk gk rk gSA xEhkj chekj h l s xLr fd"kkj Hkh vi us LoLFk l kfFk; k t\$ s gh gk rs gS bl fy; s fd"kkj k ds LokLF; dsfy; s l gt mi k; k dk irk yxuk pkfg; sA ifjokj vkJ ejht ds j{kd nkuk dks pkfg; s fd os chekj h ds u; s mi k; k ds ckjse l kp A fpfdRI k l fo/kk inku drk bl i fiorLdkj h l e; dks ubz rFkk fcYdy Bhd l pu; a iR; d Hkh i j inku djds vkl ku cuk l drs gSA bykt ds rjhdk dk l e; l e; i j eW; kdu djuk pkfg; srkfd ekyp i M+l dsfd og mudsfy; smudh mez ds vuq kj mi ; Dr gS; k ughA

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"kkj hfjd vLoLFk gk rs gq Hkh ekufI d LoLFk gks dsfy; s vki dks vi us bA ku gks dh dher l e>uh pkfg; sA vi uh chekj h dks vi uh igpku u cuus nA vki dks bl s vi ukuk l h[uk pkfg; s rFkk vi uh gj bPNk dsfy; sjpu Red jguk pkfg; sA fdI h "kkj hfjd detkj h gks dsckt m Hkh vki dks ; g , gl kl gkuk pkfg; s fd vki 0; fDr ds #i eaT; knk egRoi wZ gSA

dk; Zizkyh %

I keF; Z(yphyis u) dscukusds10 u[ks

American Psychological Association

<http://www.apa.org/helpcenter/road-resilience.aspx>

I EcWk cukuk %& nktl; i fjoj ds I kFk rFkk vU; yloxa I s vPNs I EcU/k LFKfir djuk cgr gh egRoiwkZ gSA tks ylk vki dh enn djrs gSmudh ckr I quk vki dh I keF; Z dks c<kr gSA dN ylk ekurs gfd ulxfjdks ds I kFk jguk fo"okl ik= I LFKkvka I s tMuk I kelftd I gk; d I eij ds I kFk fdz k"hy jguk vki dh mEhnka dks txkrk gSA t#jr ds I e; yloxa dh enn djuk Hkh dkQh yHknk; d gksk gSA

I dV dksvftot ; h I eL; k I e>uk %& vki rukoiwkZ rF; k dks ughacny I drsyfdu vki mudh dS s0; k djrs gsvkj vki dh D; k ifrfdz k gksb bl I kp dks cny I drs gSA orZku I s gVdj vPNs Hkfo'; dh vkj nskuk pkfg; svkj mu i fjlFLkfr; k dks ukt djuk pkfg; sftUga vki dfBu ekurs gSA

cnylo dks Lohdkj djuk %& dN y{; k dks [kjkc i fjlFLkfr; k ds dkj.k ikr ugfd; k tk I drk A bl ckr dks Lohdkjuk fd vki i fjlFLkfr; k dks ughacny I drs vki dk /; ku mu i fjlFLkfr; k i j dfUnr dj I drk gSftUga vki cny I drs gSA

y{; dh vkj c<uk %& ; FkkFkbknh y{; k dks fodfl r djA dN u dN fu; fer #i I s djrs jgpkgs Nk;k gks ; k cmk ; g vki dks vki ds y{; dh vkj ys tkuseenn djxk A vI EHko dk; Z dks djus dh ctk; vius vki I s iNa“

dk; I h pht gSftI se&tkurk gVkj vkt dj I drk gVkj tks eys vksys tkuseenn dj I drk gS A fu. d dne mBk; a%& [kjkc i fjlFLkfr; k emruk gh dke djaftruk fd vki dj I drs gSA I eL; k vkj ruko I s ijk rjg vyx gks dh ctk; fu. k d dne mBk; vkj mEhn djfd I eL; k snj gks tkosk A

vol jkadh irk dk djA %& dfBu I e; eaylk vDI j vius vki dks T; knk tku ikr gS vkj oks nskrs gfd viuh yMkZ ds dkj.k oks vf/kd fodfl r gks x; sA cgr I s ylk tks dfBu i fjlFLkfr; k vkj =kl nh I s xq;js gq gks gS vPNs I EcU/k LFKfir dj yrs gS vPNs I keF; Z dks i k yrs gSA viuh vkrk dk vf/kd fodkl dj yrs gS vkj thou dseV; dks T; knk vPNh rjg I s igpku ikr gSA

I dkjRed I kp jkuk %& I eL; k dk I ek/kku ik ysk rFkk viuh ; k; rk i j Hkj k djuk vki ds I keF; Z dks c<kr gSA

pht k dks I gh egRo nsuk %& nnzkd i fjlFLkfr; k dk I keuk djrs oDr Hkh rukoiwkZ fLFkfr dks I k/kj.k I e>uk pkfg; svkj ml s bruk gh egRo nsuk pkfg; sA ?Vukvka dks c< k p<kdj I e>us I scpu k pkfg; sA

mEehn Hjk nf'Vdkak j[kuk %& vki"kkoknh nf'Vdkak vki ea; g fo"okl txkrk gSfd vki ds thou ea tks dN glosk vPNk gh glosk A

Lo; Wdh i jokg dj%& viuh t#jrka vlg Hkkoukvla dk /; ku j[kA oks dk; Z djsftuea vki dks vkuun vkrk gks vlg vki I gt egl w djrs gSA [kp dk /; ku j[kuk vki ds fnehx ,oa "kjhj dks mRre j[kus ds fy; s mu phtka ea enn djrk gSftI eafd I keF; Z dhi vko"; drk gksh gSA

vfrfjDr mik; tksI keF; Z dks<krsgSylHnk; d gkrs gS%& mnkgj .k ds fy; s dN ylk vius thou ea ?KVs I neal s I Ecfl/kr fopkj vlg Hkkoukvla ds ckjs ea fy [krsgS ; k fQj nih jh rukoi wkl?kVukvla ds ckjs ea A fpuru vlg vkl; kfRed vkpj .k dN ylk dks I Ecfl/k cukus ea vlg mEehn txkus ea enn djrs gSA

mu mik; k dks i gpkuk tksfd vki ds dke ea enn djrs gS I keF; Z c<ks ds I cI scMh dth gSA

miHkDrk vks ikjokjd j{kd grqdk; l ; kstuk

Hkx 2 & I gk; d r= dksukuk %&

xEHkhj chekjh ds funku ds ckn l cl s i gyk dne vki dh chekjh ij fu; a.k j[k ikus ds fy; s dN l h[uk vks l eFkU iuk gA tks yks vki ds vkl ikl gks gA vki dks ft l HkkoukRed vks "kkjifjd l i kZ dh t#jr gks gS ns l drs gS vks vki Lo; fDr gS tksfd viuk l cl s cMk l eFkZ cu l drk gSA vki dh chekjh ea vki dh l fdz Hkkfedk vki ds l gk; d r= dks c<ks es vks Hkfo'; ds fy; s , d vPNk lyku cukus es ennxkj gks gA tks yks chekjh ds i cl/ku es , d l fdz Hkkfedk vnk djrs gA mudsfy; s dkjxj lyku cuk; s tkus dh t#jr gSA

gejk u; k dk; lde ft l s dkQh egRo feyk gS & 'Self Management Support System' A The Institute for Patient & Family Central Care bl dh 0; k ; k bl rjg l s djrk gS "f"kk vks l a k/ku" tks fd nh?kdkyhu jkska l s xLr 0; fDr dks muds vksRefo"okl o {kerk ea<krjh djuseenn djrs gSA ifjokj] ejht vks l g; kxh vki l ea i kJifjd l Ecl/k cukrs gA ft l ea fd l Hkh , d nL js dks bTtr ns gS l pukvka dk vknku i nku djrs gS Hkkoukvka vks t#jrka dk /; ku j[krs gS vks ikjokjd y{; k dh i kflr dks egRo ns gSA , d l kfk feydj Dyluhidy l SVx dks?kj ij mi yC/k djkus dk vPNk ; kstuk rS kj dj l drs gSA

I fEefyr Lo; a i cku l gk; rk i jijkxr l gk; dk l s jks dh ds fy; s r= dSUnr i k#ika ,oa ifjokj dSUnr rjhdka es cny ns h gSA ejht] muds ifjokj] ,oa l gk; d , d vki l h l Eekuuh; l Ecl/k cukrs gA tgkW l Hkh , d nL js dks dk l Eeku djrs gS] tkudjh dk vknku i nku djrs gS] ,oaejht ds ckjs ea ,d l fEefyr l kp cukrs gS rFkk ikjokjd mnns;] i kFfedrk; a] eW; rFkk t#jrka l kfk gh l k{; i wZ fpfdRI dh; mi k; k ds ckjs ea os ,d l kfk ,d ; kstuk cukrs gS tksfpfdRI ky; karFkk ?kj ij ns[kkky dks elxz nf"kr djrh gSA

nL jk {k tgkWij l a k/ku a ij /; ku ns dh vko"; drk gS l kekftd l gk; rk i f jokj ds l nL; ls rFkk nL js ykska dk fuLokFkZ l ok Hkko A v/; ; u crkrsgSfd fcuk l "kDr l i kZ fl LVe ds chekjh dk dkJxj i cl/ku l Hkko ugh gSft l ds cVl j ifj.kke] vLirky ea HkrtZ gksuk ejhtka dks [kpZ c<krk gSA ,d vks yksr i Hkkoh l eFkU dk l k/ku gS vki l dk l i kZ xi dk gksuk A ; g xi ejht dks mUgh ds t\$ h chekjh ds nL js ykska l s l Ecl/k LFkkfi r djus dk vol j ns k gS rFfd mudh thou ; k=k vkl ku gks l dsA ; g i f jokj ds fy; s Hkh dkQh ennxkj gSA

I u~2006 eadSyhQksuz k gYFkds j QkmUM'sku us mUufr ds 7 i#i ,d ii= ea idkf"kr fd;s tks yEch chekjh Is xfl r jkfx; kads I g; kfx; kads I gk; rk i kxke grqFksA vki bl i wknLrkost dksfuEu I kbV ij n[k I drs g&

[http://www.familydocs.org/files/Building%20Peer%20Support%20Programs%20CHCF.pdf.](http://www.familydocs.org/files/Building%20Peer%20Support%20Programs%20CHCF.pdf)

iR; d 0; fDr dsfy; s ;g vR; Ur vko"; d g\$fd oks vi us jkLrs vi us vki [kst} mu yksks dks < s tks fd ml dh enn dj I drs g\$vkj ml dh vko"; drkvkjkj 0; fDrRo ds vu#i gk A dN yks doy ifjokj dh enn yrs g\$ rFkk dN yks vU; I i kVfI LVe ij fo"okl djrs g\$ft l e cjkcj ds yksdk xij] Lo; Wdh fpfdRI k j nkkr] I kekftd xij vkJ o&I kbV vkn "kfeey gA ;g tkuuk vfr vko"; d g\$fd vki dks dk&u h enn pkfg; s rkfd vki viuh chekjh Is yM+I daA

dk; Zizkyh %

I kekftd I gk; d ræ rs kj djuk

US Center for Mental Health Services

vius I kerlf; d l d k/kuka dks [kksA A D; k vich I eL; k l s I Ecfl/kr dkbl I i k/Z xi gS\ ykdy v[kckj] jSM; k Vhoh- l d k/kuka dk i d k. k djrs gA D; k vki tkurs gfd vki ds ykdy vLirky] I kekftd I ok I tFkk ; k LokLF; folkkx vki dks D; k ns jgk gs tks fd vki ds fy; s ykkdkjh gks I drk gSA "kk; n vki dh ykdy ykbcjh ea vki dh chekj h l s I Ecfl/kr dN fdrkagks I drh gSA vr%I pukvkdh tkudkjh ds fy; smugab"; wdjok yaA

The U S Centre for Mental Health us Illness Management and Recovery Workbook
 cuk; k gSftl es, d i klyV es I kekftd I i k/Z cuk; k gSftl ds l kjk e vki ds thou es I kekftd I gk; rk c<ks dsckjse/; ku dflhr fd; k x; k gSA

I kekftd I gk; rk l s rkRi ;Z gs ,S s I EcU/k cukuk tks fd I rksktud] egroiwkz rFkk I gk; d gkA I EcU/k I i k/Vb dgs tk l drs gsvkj os I dkjkRed gk de l s de erkkn gkA fopkjka e flkkurk gksuk fdI h kk I EcU/k es I kko gS vkj I i k/Vb I EcU/kka es dkkh dkkh vI gefr gks I drh gSA vI gefr dk "kkUr okrkoj.k es vPNs rjhds l s I ek/kku gks I drk gSA

I kekftd I gk; rk foHkku I EcU/khtuka l s i k; k tk l drk gSftl es i kfjokfjd l nL;] nkkr] ifr@iRuh] ckW QM@xyz QM] I gdeh] /kfezd 0; fDr ; k vkv; kfRed xi] I gikBh] eukpfdfRI d gks I drs gSA I i k/Z fl LVe flkku flkku l dfr; ka ea flkku gks I drk gSA

dk&l h phta I EcU/kka dks l i k/Vb curh gfbI ckjs es i R; d 0; fDr ds vius fopkj g mudk viuk nfVdkak gSfd os I EcU/kka l s D; k pkgrs gsvkj D; k os mul s l UrqV gSA fuEu i'ukdh enn l s I kekftd I i k/Z D; k gks gS ; g l e>uk vki ku gk gS%

- vki ds thou es dk ykx gS tks fd vki dks l gk; rk djrs gS\
- ykx D; k djrs gS tks fd vki dks l gk; d yxrk gS\
- I EcU/kka dks fdI i gyw l s vki l UrqV gS\
- I EcU/kka dks fdI i gyw dks vki cnyuk pkgs gS\
- njs ykx dks vki fdI rjg l gk; d gks I drs gS\
- ftI rjg l s ykx dks fy; s l gk; d gS D; k vki ml l s l UrqV gS\
- D; k vki vius thou es vki I kekftd I gk; rk pkgrs gS\

Lkekftd I gk; rk dks<lok %

it; % yksx I kekftd I gk; rk dks c<kus ea vki I Eclu/kks dks I dkkjus ea #fp j [krsgs A bl ds ds fy; s nks I k/kkj.k rjhds vi uk; s tk I drs g%]

- ftu yksx I svki ds I dks gamu yksx dh fxurh ea of} djuk
- ftu yksx ds I kfk vki ds jkstuk ds I Ei dZ gamuds I kfk I Eclu/kks ea I dkkj A dN yksx ds fy; s nksarjhdak feJ.k mi ; Dr yxrk g%

feyusdk LFku %

vki yksx I sfaI h Hkh txg fey I drs gA feyus dh I Ekkoukvka ds ckjs ea tkxr jguk vPNs I Eclu/kks ds fy; sennxkj gsk gSA ; g I Ekkou gSfd vki yksx I scgr I kjs fHkU LFkuku ij fey I drs g] fQj Hkh dN LFku g tgkWij vki kuI I sfeyk tk I drk gsvks eukjatu fd; k tk I drk gS ; k dke dh ckra dh tk I drh gA dN mnkgj .k fuEu g%

- I keplf; d I LFk; ats sifcyd ykbcjh
- Ldy ; k Dykl
- Lkgk; rk I eg
- dk; ZLFky
- og LFku tgkWij /kfed ; k vki; kfRed dk; k I svkrsgs t\$ spp] i LFkuk Hkou] efUnj] efLtn
- gYFk Dyc ; k 0; k; ke Dyc t\$ s YMCA, YWCA
- i kdZ
- E; ft ; e
- Lkekjkg LFky
- Okg LFku tgkWij [kkl #fp ds yksx vkrsgs t\$ sjktulfr] gkht] [ksydm
- cpl LVk] dkDh gkm
- Lo; Woh I eg

ckrphr "k# djusdsu[ks%

fdl h dks I e>us ; k ml ds ckjs ea vf/kd tkudkj h gk y djus ds fy; s ; g t#jh g\$fd ckrphr "k# dh tk; A ckrphr dh "k#vkr vkj vkulnnk; d cukuk , d fefJr dyk gSA bl es , s 0; fDr dks puk tkuk pkfg; s tks fd vki dh ckr I puk #fpdj ml ds i kl Hkh dgus ds fy; s dN #fpdj gks vkj tks n jka ea #fp j [krk gks A

ckrphr ds fy; s dN [kl cks%&

, s 0; fDr tks 0; Lr u gks%

, s 0; fDr dks puk tks fd 0; Lr u gks A vxj 0; fDr dN dj jgk g\$ rks og ckrphr djus ds fy; s vi us dke dks ugha NkMek A

#fpdj fo'k; %

ckrphr dk fo'k; og gks tks fd vki ds dke I sft I s vki dj jgk gks A mnkgj .k ds rkj ; fn vki vkvz xsyjh egs rks vki dks ckrphr i SUVXI ds ckjs ea djuh pkfg; sft lga fd vki n[k jgs gSA vki vj; dkbo fo'k; t s ek s ej gky gh dh ?Vuk; L i k vkn dkbo Hkh puk I drs gSA vxj vki ml 0; fDr dks ugha tkurs rks vi uk ifjp; nsdj ckrphr "k# dh tk I drh gSA

0; fDr dh vkj n[k%&

tc vki ckr dj jgk g\$ rks n[j s 0; fDr dh vkj n[kdj ckr dj rh pkfg; s D; kfd ; g crkrk g\$fd vki ml 0; fDr ea #fp j [krk gSA vxj vki dks I keus okyh dh vkkka dh vkj n[kuk vPNk ughayxrk rks vki ml ds ekEks ; k ukd dh vkj /; ku nsdj ckr dj I drs gSA

ckrak quseaeqdkuk vkj fl j fgykuk %

n[j s dh ckr I puk ea; g dkQh ennxkj I kfcr gks I drk g\$fd tks vki I s ckr dj jgk g\$ vki ml ea #fp ys jgs gSA A n[j s 0; fDr dh ckr ea #fp ysk ; g I kfcr dj rk g\$fd vki ckrphr ea , dkf/kdkj ugha tekuk pkgrs gSA

I keusokyh dh ckr I sey [kuk %&

chp chp ea i tu i Nuk vkj tokc nuk ; s trkrk g\$fd vki ml ds nf'Vdkk ea #fp ys jgs gSA vxj 0; fDr ckr ea #fp ughayjgk g\$ rks ckrphr dk fo'k; cny nuk pkfg; s ; k f"V rjhs I s ckrphr dks cUn dj nuk pkfg; s A

viuh futh ckrauk dgs%&

tc vki ckrphr dj jgs gks rks viuh futh ckrk i j ml I s ppk ugha djuh pkfg; s A bl rjg dh ckra dHkh dHkh 0; fDr dks cpn dj nrh g\$ vkj ml I s ckrphr ef"dy fn[kus yxrh gSA

djlc vkusdsrjids%&

ylkka ds djhc vkkj I Ecu/ka ea utnhdh ykuk vkj nktrh dks etar cukuk cgr gh egRoi w y{; gSA utnhdh I Ecu/ka ds fy; s ; g t#jh gksk g\$fd , d n[j s dh fpurk djuk , d n[j s ds nf'Vdkk ij fopkj djuk A tc , d n[j s dks cgrj tkuus yxarc futh fo'k; k dks Hkh ckrphr ea "kkfey fd; k tk I drk gSA

I kelftd I gk; rk cokusdk I kj %

- I ks; y I i k/Z dk vFkZ gSfd I dkjkRed I Ecl/k
- I Ecl/k thou dk , d vflklu vx gSA
- I i kVb I Ecl/k ykxdk ruko de djrk gSvkj fQj I schekjh gks dh fLFkfr dks de djrk gSA
- T; knk ykxdk s I Ei dZ djds I ks; y I i k/Z dks c<k; k tk I drk gSA
- ykxks dks feyus ds fy; sfofHku LFku gSA
- ckrphr "kj# djus ds fy; s, k 0; fDr p#s tks 0; Lr u gkj ckrphr dk fo'k; egRoiwkJ gksuk pkfg; s rkfd n#jk 0; fDr ckrphr e#fp ysA
- n#js 0; fDr dks ; g , gl kl fnykuk fd vki ml e#fp j [krs g] I Ecl/k dks etcir cukrk gSA
- e/kj I Ecl/k ds fy; s t#jh gSfd vki dk nf'VdkSk dks I e>a rkfd I kfk I kfk dke fd; k tk I ds vkj mudhi enn ds fy; s rRij jguk pkfg; sA
- e/kj I Ecl/k ds fy; s t#jh gSfd /kj s /kj s , d n#js ds ckjs e#vf/kd tkudkjh gkfI y djA

Reference:

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<http://mentalhealth.samhsa.gov/cmhs/communitysupport/toolkits/illness/workbook/handout4.asp>

mihork vks ikjokjd j{kd dh ;ktuk

Hox 3 & I YQ e&steW (Lo; WicWku)

xEHkj voleFkkvka esjkstuk chekjh dh n[dkky djuk ejht vks ml ds ifjokj okyds fy; s , d | eL; k cu tkrk gSA vkt ds ; k esdkQh yks xEHkj chekfj; k ds f"dkdj gS vks fQthf"k; UI dh deh ds dkj.k ; s vR; Ur gh t#jh gks x; k gSfd 0; fDr Lo; Wdh n[dkky ds rjhds l h[ks rkfd chekjh ij fu; k j [kk tk | ds A Lo; Wn[dkky , d egkojk cu x; k gSft | eafd ejht vks ml ds ifjokj ds yks chekjh dks fu; k j [kus ds fy; s vi us fu. k yrs gSA bl esnn] FkdkoV] nokb; Wysk rFkk ykbQ LVkby dks cnyus ds fy; s [kkui ku dk /; ku n[kuk] 0; k; ke rFkk ruko esdeh vlfn voleFkk; "kifey gSA

I YQ e&steW ejht dks i kjeifjd rjhdk | sfl [kkus | s dN gVdj gSft | e | eL; k dk | ek/kku Lo; WcWku] [kp dh n"kk | qkjkuk vks ejht dh ; k; rk dks c<uk rkfd og okLrfod thou dks vkjkenk; d vks ruko jfgr egl | djA bl ubz i }fr esitkfed fpfdRI k esI qkjk vlfn "kifey gSA tujy iDvh"kul Zejht dks MkdVj vks ejht ds e/; fopkjek dk vknku iku djds ml dh enn dj | drs gsrkfd ejht viuh | eL; k dk | kp | ek/kku dj | daA ejht dks fy; sf"k{k i k; % LokLF; fo"kskKls ds }jk | kkyh tkrh gS Lo; Wn[dkky dks fl [kkuk vks | eFku dks c<ok LokF; fpfdRI d }jk fn; k tk | drk gS vkfQI ds | kfFk; k | g; kfx; k rFkk vks | keftd | i k/z fl LVe Hh enn dj | drs gSA

, d ejht gks ds uks vki dks vki dh chekjh ds ckjs es c<k gvk Kku vki ds vUnj ds | keF;] chekjh | s yMts dh {kerk vks ml ij fu; k j [kus dh ; k; rk dks n"kk gSA Kku vki ds 0; fDrxr | keF; Z dks crkrk gSA fuEu pkj ckra xEHkj ejht dks tkuuk vfr vko"; d gS%

1- mudh chekjh xEHkj gS& dN bl rjg ds ejht gks gSfd os viuh e/epg t\$ h xEHkj chekjh dks Hh | k/kj.k #i esyrs gSA ; fn oks ; g fo"okl ugh djrsfd ; g , d xEHkj | eL; k gS rks mudh rfc; r esI qkjk ugh gks | drk

2- mudh vofLk Loicdu IsIbj Idrh gS& fnutkj ea ejht tks Hh fu.kz yrsk gS ; gWrd fd oks D; k [kkrs gS D; k oks Vgyrs gS ; k cl ea tks gS bl dk iHko muds LokLF; ij iMfk gSA ejht dks crkuk pkfg; s fd os gh og 0; fDr gSftlgafd mudh chekjh dk [; ky j[kuk gSA

3- muds ikl fodYi gS& , k ugh gSfd , d chekjh dk , d gh bykt gksA mnkgj.k ds rks ij e/eg dk bykt [kui ku vks 0; k; ke] vky y nob; k bU yhu ; k vU; rjhdk l sfd; k tk I drk gSA ejht dks fofkuu fodYi tks fd chekjh ds fy; s mi yC/k gS muds ckjs ea Kku gkuk pkfg; s vks bl ckr ds fy; s ikl kfgr fd; k tkuk pkfg; s mugs og h bykt yrsk pkfg; s tks fd muds 0; fDrxr chekjh ds fy; s ykkknk; d vks de [kphik gksA doy ejht dks gh I kpkuk gSfd mugs ykk vf/kd gS ; k mudk [kpZA

4- vlpj.k ea cnyk & ik; % ejht MKVj ds ikl Is vks gh mudh I ykg dks ekuuk "k# dj nsk gS tcfd okLrfodrk ; g gSfd mu ij /khjs /khjs vey fd; k tkuk pkfg; s vks vi us y{; fu?kkfjr dj yrsk pkfg; s rkfd mugs ikr fd; k tk I dsA

dk; Zizkyh %

?krd chekj; k dscpkd dsnl vlo"; d u[ks

Cynthia Perkins, M.Ed

fdl h dh chekj h dks l e>us vlo ml dh ftEenkjh yus dk eryc gsk gSfd ge ml 0; fDr dks ml dh okLrfodrk ls voxr djks gq ml s v1 gk; o fujk"k thou ls eDr djrs gq ijh vlo"kk ds l kfk thus dh ubz jkg fn[kkdj ml eau; k tkk o mRl kg ds l kfk vlo"fo"okl ijk dja

:gkij dbz l kjs l ek/ku fn; sgSftUgaf fd chekj h ds l ek/ku dsfy; sfy; stk l drsgs] ;s l ek/ku l rk g l s l rk g o 0; fDrxr: lk l s ifjorl"kh ydu LokLF; nskjek dh jkg esdN t#jh rF; gsfunku pkgs tks Hkh gks A

a

dg vlo"; d gs&

1- lk; kr o l rifyr iksk.k

vki D; k [kkr gks \ [kkuiku vki t\$ k [kkr g\$os s ghi ekuf d o "kkjifjd LokLF; ij iHko Mkyrs gA LoLF; jgusdsfy, gekjk [kkuiku ikskd o l rifyr gksuk pkfg, A

vr%geavius [kkus esphuh] dQhu] fjQkbUM QMI vLokF; o/kd ol k okyk Hkstu de [kkuk pkfg, ; k ugha [kkuk pkfg, bl ds cnys geajh l fct; kW vukt] uV o l hMI] Qkstu ehV] vMs vlo Qy [kkus pkfg, A gekjs [kkus es dsedy] fo'kSys i nkFk] thok. kpk'kd nokb; kW [kjirokj] , fMfVol] jatd vlo fitjofVo ugha gksuk pkfg, A vLokLF; o/kd [kkuk [k jgs 0; fDr ds LokLF; ea l qk j ugha vlo l drk A

2- 0; k; ke

jkskuk 0; k; ke djus ls ges i kdfrd mtk feyrh gSft l ls ges LoLFk "kjbj] fneks o thou "kfDr feyrh gA gekjs efLr'd esvnHk mtk dk l pkj gsk gS tks nnz fuokjd Hkh gA

bl ds I kFk I kFk 0; k; ke I s geafny dh chekjh I s Hkh jkgr feyrh gA 0; k; ke gfMM; ka o eld i f"k; ka dks Hkh etar
cukrh gS rFkk otu dks Hkh de djrh gA jkstuk 0; k; ke djus I s 0; fDr ruko ePr jgrk gS rFkk] dsk] ncko o
vol kn I s Hkh gea NY dkjk feyrk gA

jkstuk 0; k; ke djus I s vPNh o xgjh uhm vrh gS] vkr LoLFk jgrh gAvk jkx ifrjk skd {kerk dk fodkl gsk gS

3- vK; kfRed iksk.k

vK; kfRed "kfDr ikr djuk mruk gh t: jh gsftruk iV Hkjusdsfy, Hkkstu] bl dsfy, iksk.k A mu dk; kse Hkkx
yatksgea iwk vK; tkfor egl w djk; vK; cEgkM I s ,dkdkj egl w djuseenn djA

; kx] /; ku] iFkuk; s] I ahr] dyk yku] ?keuk vK; vi us vPNs fopkj o vkpj.k I s vPNs yksk ds I Ei dZ ea vkus
I s Hkh vK; kfRedrk dk iksk.k gsk gSA

4- vPNsLoLFk ds ifr I tx gsk

vki dks vi us MkDVj dh I ykg yus ds ctk; vi us LokLF; ds ifr I tx jguk gsk D; kif vki vi us "kjhj ds I kFk
24 ?ksjgrs gA vki dks ekye gSfd vki dks D; k gyk gA vki dk LokLF; dS k gSdksn jk bl ckr dks ughal e>
I drkA

vi us bykt ds ifr I pr jfg; } vi us fpfdRI d ds I Ei dZ ejg dj I Hkh rjg dh I Hkkoukvks ds I kFk vi us LokF;
dk ijk /; ku jf[k; A

5- fopkj foe"k

bekunkjh ds I kFk LokLFk I j{k.k dSk} vi us fe=k fj "rskjka o vi us ifjokj ds I kFk [kys ep i j LokLFk I ckh fopkj
foe"k djavk viuh o n jkdh I eL; kvk dk funku djA

iR; d 0; fDr dks pkfg, fd vki I e fopkj foe"k } jk viuh I eL; kvk dk fujkdj.k dj ds , d n jsk ds I e>us o
vki I eutnhd; kwc< k dj thus dh jkg vkl ku djA

6- Lofood ¼f"kk½

vki viuh chekjh dskjse Lo; agh ijh tkudkjh j [k] viusfpfdRI d I sijh ckr I e> vius LokLFk ds fy; s l gh iks.k D; k gS \ D; k yuk gS \ ; s l c 0; fDrxr : lk I s I e> bl ds fy, fdrkc i< bUvju\ ij Hkh [kkst] I Hkh tkudkjh; \ viusfnekx ej [k] D; k fd Lofood cgr cM "kfDr gA

7- Xfr"hyrk

viusdk; Z ds i fr I tx jgl vkl ku o dfBu dk; Z dks "kfDr rFkk I e; kuq kj ml dk; Z dh mi; kxrk dks /; ku ea j [krs gq i kf fedrk n A tks dke t: jh gks og igys djafQj n jk dk; Z dj, d I kf yxkrkj dke u djaml ea chp chp eafjke nA viuh {kerk dsvuq kj dke dksI ekir djavkj ; fn vko"drk i Msrkschp eavkjke djA

8- gkL; vkg ij.kk

gkL; o ij.kk I s gekjh vkrk dks I pnu feyrk gS vkg gekjs udkjRed fopkjka e I dkjRed I kp i h k gksh gA gkL; I s gekjs efLr'd dks rktxh feyrh gS ge viusvki dks gydk egl I djrs gA

jstuk pYdys]] gah etkd dh fQYej fl uek i kdfrd n";] dkjVII fdrkcs] fQYeo if=dk; a] i trdkva vkg bUvju\ ds tfj; shh ge viusefLr'd dksLoLFk j [krs gS vkg ubzmtk dk I plj djrs gA

9- utnhdh fj"rks I gskuk

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10-ruko dksde djuk

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ftEenkjh dks n[jk ds l kFk ckA viuh t#jr lsT; knk dh xfrfok; k dks de djA ; fn gks l ds rks ekfy"k] i kFkuk] /; ku ; kx] 0; k; ke t\$ h xfrfok; k eahkkx ya tksruko de djusea l gk; d gA thou dks pk nkM+ea Qd us l s jkdsA vf/kdkk l ekt LoLFk thou ds fy; s gkfudkjd vr; f/kd rhoz jQrkj l s thrk gSA

thou dks l jy j[vks thou dh Nksh Nksh [kf"k; k dk vkuUn gA

Cynthia Perkins, M.Ed. is a holistic health counselor helping individuals living with chronic illness or chronic pain to live life more fully. She is also author of, "Living Life to the Fullest: Creative Coping Strategies for Managing Chronic Illness," learn more by visiting her at <http://www.holistichelp.net/>.

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ft l s vki pkgrs g§ l; k djs g§ ; fn vki dks irk yxsfd ml s d§ j] Mk; foVht] ; k dkbz , \$ h ?krnd chekjh l s xtr g§ rks vki vi us vki dks vR; f/kd vI gk; o ykpkj egl w dj l drs g§

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- gefcydy Li 'V gkuk pkfg, fd dks f"rskj o nktr gekjh enn dj l drk g§ , \$ se geenn ds fy, "keZ ugha djuh pkfg,] pkga l qg "kke dk [kkuk gks ; k cPpk ds Ldy tks vkus dk i'uA

dbz i fjlFkfr; ka e enn djus okys ylk døy HkkoukRed l gkj ; k MkdVj ds i kl tkus okys 0; fDr l s dgta T; knk gks g§ A os dbz vU; dke Hkh djrs g§ t§ s jkstejkz dk dke n§uk] ejht "kjhfjd] HkkoukRed o vkfFk #i l s enn djuk vlg ml ds ?kj ds l nL; k enn xkj 0; fDr; k dks ubz i fjlFkfr; k ea ubz ftEenkfj; k ds l kfk muds gky ij Nkm+fn; k tkrk g§ A

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- fnup; k^le^lh cnyko vkrk g^lD; kafd chekj 0; fDr dh vko"; drkvka dh l hek c<+tkrh g^l ckdh l nL; k^l dks vf/kd l e; chekj 0; fDr ds l kFk jguk i M^lkk g^lA
- ifjokj ds l H^lh l nL; H^lkoukRed : i l s vi uh ftEenkjh ful^lkrss gq ml chekj 0; fDr dh l e; kud kj l ok dj^l v^l bl ?krd chekj h l sfutkr fnykusdsfy, viuk nkf; Ro ijk dj^lA
- vijk/kj d^lmnkl hi u] H^l;] o mRl p^lrk bPNk; ao fMi M em ds ckjs ea ifjokj ds l nL; vius dVq vu^lko dks vius ifjokj ds l keus [kydj crk; A
- chekj 0; fDr dks v^lRe ful^lj cuus dh t#jr jgrh g^lftruk fd oks chekj h ds l kFk cu l dsA
- chekj h v^l ml dh otg l s c<+ftEenkjh; k^ldscktm ifjokj dks ,d "I gt elgk^l" cukuk pkfg; s rkfd chekj 0; fDr ds vijk/k ck^l ea deh v^l; s v^l oks ftruk l E^lko gks l gt rjhs l s vius ifjokj ds l kFk thou 0; rhr dj l dsA

(American Association of Marriage & Family Therapy -

http://www.therapistlocator.net/families/Consumer_Updates/ChronicIllness.asp

I kj l^lky djusokys i kfjokfjd l nL; dks "kkjhfd Je o H^lkoukRed fopkjka l s tM+dj , s ?krd chekj dks rc rd l^lkyuk pkfg, tc rd ml d^lavki dh vko"; drk g^l ml ds fodkl ds fy, ftruk vki dj l drs mruh l ok dj^l gks l drk g^lfd vki dh enn l sog vol kn l sm^lkj dj tYnh Bhd gks tkoA

M^lCy^lQ, e, p ckMz ds i l hM^lV v^l Qseyh dfj; j] VkuhQld bl ckr l s l ger g^lfd pruko l c txg nfu; k H^lj es g^lft l dh otg l s gh 0; fDr vol kn e^lpyk tkrk g^lv^l, s h ruko dh ifjFLFkrh ea 0; fDr dh ekufi drk ea l^lkkj ykus grq ml s ns^lkkj dh cgr t: jr g^l jkxh ds l kFk ges yxkrkj jguk gkxh ml s fnykl k nsuh gkxh ml ds ekufi d fopkjka ea ifjorl djuk gkxh ml dk eukcy c<ukuk gkxhA ; g l ok tc rd og Bhd u gks tk; s rc rd dj^lA tg^lrd gks l ds ml ds l kFk jg dj ml s vol kn dh fLFkrh l s fudkyuk gkxhA n^lkkj; o"k ; fn og bl dk; l dksu dj ik jgk gks rks ml s, s e^lavl; l kku o nl jsrk^l rjhs viuk dj H^lh jkxh dh enn dj l drs g^lA

"nfu; k^le^ldoy pkj i dkj ds ylk g^l& tks ns^lkkj dj p^lds g^l tks or^lku ea n^lkkj dj jgs g^l] tks ns^lkkj dj^ls v^l ftUgs ns^lkkj dh t#jr gkxh." - Former U.S. First Lady Rosalyn Carter

dk; Zizkkyh %

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ds vuq lk mudsfy, vk/kfud fpfdRI k I fo?kk] u; srkj rjhds I s tks I Hko gks vius ifjokj dh j{kFkZ djrs gA t\$ s
t\$ s I Hkkfor vk; qea<krjh gks jgh g\$bl ckr dh I Hkkouk c<+xbZ g\$fd ; k rks ge n[dkkky dju sokyka ea I s gkks
; k ns[khky iku sokyka I s gkks ; k nkukHkh gks I drs g\$A

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- ftruh rkdr I svki dke djrs gks vcamruh rkdr vki es ugh gA
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- I kus o vkJke djus dsckn Hkh vki geskk Fkdk Fkdk I k egl || djrs gA
- vki viuh t: jrk dks Vky ns g\$D; k d ; k rks vki 0; Lr g\$; k /; ku ugh ns A
- gekjh ftUhxh i wkh% I ok es g\$ftI I s geaijh rjg I rksk Hkh ugh feyrk gA
- I gk; rk ekstn gksus ij Hkh vki ruko I k egl || djrs gA
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djrk g\$fd vki viusfy; s I e; fudkyA bl dsfcuk vki ds vUkj u rks ekufI d LokLF; jgsk vkj uk gh vki dh
"kkjhfjd rkdr ruko dh fLFkfr dks cnkZr dj I drh g\$A jkst vkJke djarFkk nsud dk; Z dj a vks vkuUn mBks
bl I s vki dks , d cgrj n[dkkky dju soky cuuse Hkh enn feysh A

Lo; Wdh n{ Hky dsrjhds%

- mu phtks Hkh vi us dk; Z dyki ka ea "kkfey djøftlgs vki i l Un djs gøA I øhr I øj cokxokuh djøvkj vi uh gkøh ftl eafd vki dks vkuUn i klr gksk gks djøA
- [kp I s l; kj djøA FkkMk xezi ku h I s Luku djøA ekfy"k vls i l kku ds fy; s FkkMk I e; fudkyøA
- I Urifyr vkgkj ya A 0; k; ke ds fy; s l e; fudkyøA vls pkgs FkkMk gh I gh jkstukuk ?keus tk; s A jkr es djøc 7 ?k/s t#j I ks aA
- gWuk I cl s vPNh nok gøA dN gkL; tud fdrkca [kjhma ; k fdjk; s ij ys vkos A tc Hkh I e; gks FkkMk ga h etkd djøA
- vi us fopkjka vls Hkkoukvka dks fy [kb] I s vki ds nf'Vdkak ds cnyko eadkQh enn feysxh A
- ifjokj ds l nL; k nktrka vls I kelftd dk; Zdrkka ds l kFk Qku ij I Ei dZ djs jgarkfd jkstukuk dkbz u dkbz vki I sckr djrk jgsA
- jkstukuk I øg "kke ?keus ds fy; s l e; fudkyøA ifjokj vls nktrka I s mudh enn elaks rkfd dN I e; vki ?kj ds okrkoj.k I s nj jg I døA vxj ; s ef"dy gks rks nktrka dks vi us ; gkWvke=r djømuds l kFk fopkj foe"kz djøA ; g vfr vlo"; d gøfd vki muds l kFk , d nli js ds fopkjka dks tkusA

To view the full fact sheet please go to http://www.helpguide.org/elder/caring_for_caregivers.htm.

dk; Zizkyh %

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bl dk iHko ekrk firk dsfy; st kudkjH n[dky

Royal College of Psychiatrists, UK

ifjp; %

cPpk e@ xEHkj chekjh nks dkj.kka l s yEch gksr gS , d rks "kkjhfjd rFkk nlijs ekufI d I el; kvka ds dkj.k ; k fQj [kjkc vkpj.k ds dkj.kA ; g l gh gSfd "kkjhfjd chekjh esfnekx Hkh l fEfyr gksr gS

ekufI d chekjh bruh vle D; kgS

xEHkj chekjh vle fodykrk ifjokj e@ dke dks c<krh gS vle ruko i@k djrh gS [kkI rkj ij ekrk firk dsfy; sA tks cPps chekj gksr gS muas ruko T; knk gksr gS rgyuk e@ mu cPpk ds tks fd chekj ugha gksr A dN cPps bl l s ijsku gksr gS vle dHkh dHkh mudh ; g ijskuh c<+tkrh gSA

fdI idkj l s; g cPpsvle ifjokj dks iHfor drk gS

xEHkj #i l s chekj cPps ds ekrk firk bykt dsfy; s b/kj m/kj pDdj dkVrs dkVrs ijsku gks tks gS A

nHkdkyhu iHko %

- chekj cPps dks cgr gh de vol j gksr gS fd og jkstejkZ dh pht@ l h[k l ds vle vi uh #fp vle gkHht dks fodfl r dj l dsA bues "kskf.kd l el; k; avke gSA
- vki ds cPps dks vDI j Ldy l s vuij fLFkr jguk iM+l drk gS vle i<kbZ eardyQ vle l drh gSA
- vi us cPps ds v/; ki d ds cjkjc l Ei dZ eajgA vki ds cPps dks vf/kd l g; kx dh vko"; drk gks l drh gSA
- vki dk cPpk vi us vki dks nlijk l s vyx l e> l drk gS vle oks ml l s ?k.kk dj l drs gSA
- dN cPps vol kn l s iHfMf gks tks gSA
- dN cPps [krjukd vle /kkl tekus okys gks l drs gSA

ekrk firk gksr ds ukrs gks l drk gS fd vki ml dh t#jr l s T; knk n[dky djA vki ds fy; seuk djuk ; k dkcw djuk ef"dy gks l drk gS tks fd vki ml dh l k/kj.k fLFkr e@ dj l drs Fks A dHkh dHkh ; g ef"dy gks tkrk gS fd ml dh chekjh dk bykt fdI MHDVj l s yA ; g l Hkh dsfy; srukoiwZ fLFkr gksr gSA

cPps ds cfgu HkkbZ ; g egl w djrs gfd mudh mi gk dh tk jgh gSA os vi us HkkbZ ; k cfgu ds ckjs eI kpdj
0; kdy gks yxrs gsvkj oks dHkh dHkh Ldy] I kekftd dk; ZE Hkh NM+I drs gsvkj nktrka dks Hkh A

dS senn dja\

; g ; kn j [kuk cgr gh egRo i w gfd yEch chekjh cPpk vkj muds ifjokj ds yks dh ef"dyac< nsh gS

- ftruk I EHko gks I kkkj.k thou th; aA
- cPps ds ef"dyak ds ckjs eI cPps ds I kFk [kydj ckr djA
- cPpk dks de I s de jkdaA
- cPpk dks mHkj us eI enn djarkfd oks nI js vi uh ge mez ds cPpk dks I kFk feys tyaA
- cPps dks ftruk gks I ds LokoyEch gks ds fy; s i kI kfgr djA
- nI js bl h i dkj ds ifjokj kads I kFk I EcU/k cuk; sj [kaA
- vxj vki fu; f=r ughadj ik jgagS rks nI jkaI senn ekksA

bul s I eL; k dks c<us I s jkdu ds fy; s cgr dN fd; k tk I drk gSA ekWcki tks cPps dh vkj ifjokj ds vuq i
I nL; k dh Hkkoukvka dks I e>rs goks I eL; k dk I ek/kku tYnh <ksaI {ke gks gSA

enn dgWfey I drh gS\

bl ckr dks I fuf"pr dj yu;k plfg; s fd lk; k enn mi yC/k gSA ifjokj vkj nktrka dh enn ds vykok fuEu I s
Hkh enn dk ykk ys I drs gsa%

- ikfjokjd o&I kbV ij I Ei dZ djA
- vi us tujy iDVi"kulZ ds I Ei dZ djA
- Lo; al oh I Ekkvka I s I Ei dZ djA
- Lkekftd I okvka dk ykk mBk; aA
- Ldy
- LokLF; dk; Zdrk I s I Ei dZ djA
- Ldy ul Z I s

;fn vki ,\\$ k egl \| djrs gfd vki ds cPps e dN HkkoukRed ifjorl ;k ml ds vkpj.k e dN ifjorl
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nksA oks vki dks dN ikfjokfjd dke crk l drs gatks fd cPps dks enn djksA nli jsfpfdRI dks l s l Ei dZ l s Hkh

cPps ds bykt ea l qkj gks l drk gSA bl l s bykt ds l EcflUkr l eL; kvka ds funku ea dkQh enn feyxh
vlg ;g Hkh l fu"pr dj yfd iR; d 0; fDr viuk dke l pk# #i l sdj jgk gSA

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;g ii= ekrkfirk] f"kk{kdka vlg de mez 0; fDr; ka ds fy; s r\$ kj dh tk jgh Jdkyk **Mental Health & Growing Up** dk ,d fgLI k gSA bl ii= dk mnns; 0; ogkfjd] ekufi d LokLF; ds ckjs ea rktkrjh
tkudkfj; ka (HkkoukRed) vkpj.k rFkk ekufi d jkx) mi yC/k djuk gS tks cPpk rFkk fd"kkjka dks yHkkfUor dj
l dsA ;g ii= n"kkjk gS fd yEch "kkjhfjd chekfj; kafd"kkjka ds ekufi d LokLFk ij vI j Mkyrh gS rFkk l ykg ns
gS fd l rjg bl chekfj; kdksi gpkuk rFkk fu; f=r fd; k tk; sA

References

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tſod v[Dyhuldy v/; ; u[l s i rk pyrk gſ fdI i dkj "kjhj rFkk efLr'd chekj h v[LokLF; e[i kJifjd I okn LFkkfir djrs gſ A ; g I kQ gſ fd eMhdy I g#X.krk v["kjhfjd fLFkrh e[doy I gHko ; k I gvfLrRo gh ughgk rk cfYd nkuk dk chekj h dh fLFkr ds fodkl eankuks ds tMko dk i kFfed I Ecl/k gk rk gſ A yſdu M[DVj] fpfdRI k r[v[ejht dsfy; sbl ubz [kst dh igpku usubz p[ksr; kwi[k dj nh gſ A geabl Kku dks ejht dh fnup; k[e[v[ml ds bykt eaykxwdjus dh t#jr gſ A tſ k fd ge tkurs gſ fd bl fn"kk e[cgr dN djus dh t#jr gſ A fQygky bl ckr dh t#jr gſ fd I g; k[x; k[dk ejht k[, oavke ukxfj dks tks fd "kjhfjd rFkk ekufI d chekj h ds chp ds I Ecl/k ds ckjs e[vltku gſ] bl ckjs e[voxr djk; k tk; A

, d I h/kh igp ; g gſ fd bl sbl o'k dh fo'o ekufI d LokLF; fnol dh fo'k; oLrq e[iLrp dj nſ A "k[k[.kd v[I pukRed dk; k[os vol j inku djrs gſ ftuds }jk mu y[ksk rd ig[k tk I drk gſ tks fd ekufI d chekfj; k[l s xfl r g[v[tks y[k bl {k[eau[kfu d rFkk I gk; d I ok inku dj jgs gſ A geabl chekj h dh ifjdYi uk v[ck/kv[dks , dhd'r djus dh t#jr gſ rkfd bl I s i[kfor y[ksk dks enn fey I ds v[n[hlky ds r[dks , dhd'r fd; k tk I ds] v[; sdk; k[bl e[egRoi w[k[fiedk fuHkk I drs gſ A

mi HORN ifjokj rFkk turk dh Hnedk

Dr Robert M. Levin, MD, MPH

I kjk% ; g vfr vko"; d g\$fd turk dks "kkjhfjd vkj ekufi d fodkjka ds ckjs ea f"kf{kr fd; k tk; s vkj dkj xj mik; djus ds gekjs I keus cgr I kjs fodYi mi yC/k g\$A fo"o ekufi d LokLF; fnol gea LFkuh; I enk; rd igpus vkj LokLF; I ok nusokys dks if"kf{kr djus ds vol j inku djrk g\$A

eMhdly rFkk ekufi d fodkjka ds chp ds I Ecu/k turk rd igpuk vko"; d g\$A ; g vfr vko"; d g\$fd turk ea bl ckjs ea tlx#drk i h k dh tk; t\$ s fd fMi\$ku vkj fpfirk fdI rjg I s thou ds eki n. Mks dks vkj 0; fDr ds I keF; Z dks i Hkfor djrh g\$A ; g\$Wrd fd , d LoLF; 0; fDr dks ftI s dkbZ xHkhj chekjh ugh g\$ml s Hkh jkdfkhe ds rjhdk vkj chekjh dh tfVyrkvka ds ckjs e egRoi wklz ekufi d i Hkko ; k "kkjhfjd LokLF; I s voxr djuk pkfg; sA

dk; Zde vkj jkdfkhe ds ckjs ea fopkj %

fo"o ekufi d LokLF; fnol ds [kkI i h k e] 0; fDr ds ekufi d rFkk "kkjhfjd chekjh; k ds chp I Ecu/kka ds ckjs ea tlx#drk ykus ds fy; s cgr I s fodYi g\$ vkj mu cgr I s fodYi ka ea I s , d dks LFkuh; I enk; vkj I ekt ds vu#i puk pkfg; sA

- gekjh eMvy g\$Fk Ms (Ekufl d LokLF; fnol) dh fo'k; oLrq us gea ; g vol j fn; k g\$fd ge ykska dk muds ifjokjka rFkk vke turk dks ekufi d chekjh ds ckjs ea vkj bl ds c<rs gq [krjka ds ckjs ea I pr o f"kf{kr dj I daA bl ea thou "ksyj LFkuh; fpfdRI k I fo/kvka dk mi ; kx vkj ekufi d chekjh; k ds "kkjhfjd nqj Hkko ds ckjs ea tkudjh nusokys dk; Zde "kkfey fd; s tk I drs g\$A

"; g igpkuuk vko"; d g\$fd 99% jkska dk mi pkj ykska ds lo; a ds rFkk muds ifjokj ds gkfkk e gS] mi pkj ?kj] dk; Z LFky rFkk fo | ky; e A tcfd gekjk LokLF; r= vkhk Hkh ; gh I e>rk g\$ fd chekjh dk bykt doy i QskuyI] DylfuDI rFkk vLirky e gS ."

- Noreen Clark, PhD, Center for Managing Chronic Disease

- nqj k i h k g\$ ejht] ml ds ifjokj ds yks ekufi d LokLF; vkj bykt ij fopkj foe"l dja ftI e fd ul vkj MkbVhf"k; UI Hkh "kkfey gka A [kkI fo'k; g\$ & mfpr [kuiku rFkk i ksk.k] yhfFk; e dk eMhdly i Hkko] fMi\$ku fojk kh nok; eM Bhd j [kus dh nokb; kV vYdkgy dk i Hkko] rEckdw [kus ds ifj.kke] ; k\$u I Ecu/k

I eL; k; fu; fer eMhd y p& vi] fdl rjg ykdy gYFk fl LVe I sI gh bykt djk; k tk; vks ekufI d jkfx; kaevkerks ij i kbz tkusokyh nh?dkyhu chekfj; k t\$ se/kps] mPp jDrpki] "okl I ecu/kh jksx dks d\$ s igpkuk tk; rFkk vks mudk bykt fdl izdkj gksA

- bUjusV , d vks I kku gftI ds tfj; sI pukvka dks , df=r fd; k tk I drk gSA ftu yksx dks I keplf; d I ok; ami yC/k ughagks ; k ftUgks ekufI d LokF; dk; Zekas [kp I fefyr gks ea I kekfd vflk"kki yxus dks Mj gks mugs bUjusV ; k o&I kbV ij tkdj I puk; s , df=r djuh pkfg; sA bl izdkj ds iksxe cokks dksfy; s Hkh I gk; d gks I drs gSA mnkgj.k dsnkj ij phu eabl izdkj ds iksxe cokks eadkQh ipfyr gSA

ekufI d LokF; fpfdRI d rFkk I ok djusokysdh Hmedk %

- ekufI d LokF; I ok nus okyks dks pkfg; s fd oks vi us deplfj; k ds fy; s ejht dh ekufI d LokF; voLFkkvka ds ckjs ea dk; Zekas vks kstr djA fcuk fpfdRI dh; i'BHie ds I kekfd dk; Zdrkksa rFkk vU; ds fy; s , d s dk; Zekas dQh ykksdkjh gks I drs gD; kfd os geskk ejht dks I ok nus ds fy; s muds ikl ekstn jgrsga vks ukh I kbdVd I ok nus eafRkk eukfpfdRI d I sI idZ djuseacgr gh vge Hmedk vnk djrs gS
- bl izdkj dh ppkZ fQthf"k; u] ul] U; fMf"k; u] QkektI LV vkn ds }jk chekjh dh voLFkkvka ij tkj nrs gq] ejht dks fdl rjg I snksk tk; sA fdl ds ikl jQkj fd; k tk; s vkn ds fo'k; eadkQh tk I drh gSA
- bl fo'k; eadkQh eMhd y chekfj; k] ekufI d chekfj; k dh nokb; k ds dQHko] "kkjhfd vks efLr'd r= I s I ecu/kh y{k.k t\$ s T; knk i l huk vks] e] I [kuk] dEi u] [kkuiku I s I Ecu/kh fo'k;] vI jf{kr ; k] I Ecu/kh xHkbfLkk ds nksku bykt ds [krjs rFkk Lruiku vkn dh I eL; vks dks I fefyr djuk pkfg; sA

iFfed rFkk [kk] nSHky djusokysfQth"ku dk jky %

Professor Michael Kidd and Dr Patrick Coker

iFfed rFkk fo'k; fo"ksk ds fQth"k; u dks ejht dh "kkjhfjd LokLF; vks ekuf d rlh#Lrh ds chp ds I EcU/kks dks /; ku esj [kuk pkfg; sA

ejhtka dh "kkjhfjd chekfj; kks ds ekuf d LokLF; ij iMts okys ifj.kkeka ds ckjs eage vPNh rjg ls tkurs gSA xEHkj #i ls vLoLF; ejhtka esfMi \$ku ,d vke I g#X.rk gS t\$ fd d\$ j] fny ds jks] e/keg] HIV rFkk Vhch A ge ;g Hkh tkurs gfd ds ekuf d LokLF; "kkjhfjd LokLF; ij vI j Mkyrk gSA bl dk vI j 0; fDr ds ck\$}d Lrj ij iMrk gSA

World Health Organisation (WHO) rFkk World Organisation of Family Doctors (Wonca) ds ,d TokblV iCyhdsku eseyy gYFk dks ,dhd'r djus ij tlj fn; k x; k gS vks crk; k x; k gS fd ;gh ,d ,k rjhdk gS ftl ls fd l fuf"pr fd; k tk l drk gS fd ejht og l fio/kk; aik jgk gS ftl dh fd ml s t#jr gSA ekuf d LokLF; dk ,dhdj.k cgr gh t#jh gS pkgs rks og iFfed ;k fQj nli jh nSHky gksA

bl dk; Z ds fy; s turk es tkx#drk ykus dh vks ekuf d LokLF; ds ckjs es Kku nsus dh vfr vko"; drk gSA bl esftu phtk dks l fefyr djus dh vko"; drk gSoks gS & f"k{kk} vks tks ejht xEHkj LokLF; l eL; kvks ds f"dkj gS mudk irk yxkus ds fy; s if"k{kk} A bl esMhy ds Nk=] dfu'B M\$VI Z dks "kkfey fd; k tk l drk gS vks bl seMhy iDvh"KUZ ds fy; s thou i ;lfpfdRI k f"k{kk} dk vx cuk nsuk pkfg; sA

bl dk; Z esjkVh; vks jkT; l jdkj ds l eFlu dh vfr vko"; drk gS ftl es fd forrh; l gk; rk "kkfey gS vks ;g Hkh l fuf"pr fd; k tk l ds fd ejht dks ,dhd'r l fio/kk; afev i k jgh gS vks yks iFfed rFkk Li\$KVh esMhy l ok ikr dj ik jgs gSA

forrh; l gk; rk l svuq dku dk; kseac<krjh glosk vks ekuf d LokLF; ds ,dhdj.k dks chekfj; kks ds nsud icaku esmi ;ks esyk; k tk l drk gSA vuq dku dks ekuf d LokLF; ds "kkjhfjd LokLF; ij iMts okys iHkkoka ij /; ku nsuk gksk A

Michael Kidd is Wonca Executive at Large; Flinders University, Australia. His email address is:

Michael.kidd@flinders.edu.au.

Patrick Coker is President, West African College of Physicians, Nigeria. His email address is:

patcoker@hotmail.com.

Reference:

WHO/Wonca. Integrating mental health into primary care: a global perspective. World Health Organization and World Organization of Family Doctors (Wonca). 2008.

I jdkj rFkk Lo; d oh I bFkkvkd dh Hfedk %

Dr John Bowis, OBE, and Dr David McDaid

I kjk& I jdkj dks , d h ulfr cukuh pkfg; s fd ft I s turk d h ekuf d LokLF; d h vko"; drkvkd dk irk yxk; k tk I ds vks ekuf d LokLF; dk "kkjhfd LokLF; ds I kfk , dhaj.k gks I ds A cgr I s rdz fuEu ekuf d LokLF; ds ckjs eafn; s tk I drs gS tks fd I jdkjh vks xj I jdkjh dk; k dk I eFku djrs gSA djhc 450 fefy; u yks fo"o eafnekxh ; k ekuf d chekjh ds f"dkj gSA 121 fefy; u yks vdsys fMi gku ds f"dkj gS vFkkd iR; d 100 es 3 0; fDr ifr o'kA djhc 1 fefy; u yks vRe gr; k djrs gS vks 10 fefy; u vRe gr; k dk iz kl djrs gS A djhc 3 es 1 iFkfed LokLF; dtnz tkus okys es ekuf d I eL; k dk jksh gksk gS vks iR; d 6 es 1 dk funku ekuf d chekjh gksk gSA D; k ; g mfpr I e; ugh gS tcfd ulfr fu/kk dks bl fn"kk es dne mBkus pkfg; s A ges ekuf d LokLF; I eL; kvkd ds 0; fDr ij iMokys I kerktd iHkkoka dk Hkh /; ku j [kus d h t#jr gSA

bligh rdk d h otg I s LokLF; r# es FkkMh cgr rjDdh d h gS vks yks es gkus okys "kkjhfd LokLF; I eL; kvkd vks ekuf d LokLF; d h xMefM+ka d h vks /; ku vkdfk fd; k gSA dkQh I e; rd bu I eL; kvkd d h ulfr vks 0; ogkj es mi gk d h tkrh jgh gS gkykfd budk vI j "kkjhfd vks ekuf d I eL; kvkd ij dkQh vf/kd iMk A

I jdkjh ; k xj I jdkjh nkska dks u doy bl ckr ij fopkj djuk gS fd d s turk dks ekuf d fodkjka ds ckjs es enn nh tk I drh gS cfYd bl ckr dks Hkh fopkjuk gS dS s "kkjhfd LokLF; ds ckjs es ykska tks#drk ykbz tk; s A turk dks xEkkhj chekj; k vks mul sgkus okys ekuf d LokLF; [krjk dks tkuus dk vf/kdkj gSA iFkfed LokLF; dk; Zdrk dks vkn"k #i es "kkjhfd vks ekuf d nkska i dkj d h chekj; k dk bykt djus es I {ke gkus pkfg; s A D; k I e; ugh v k x; k gS tc ekuf d vks "kkjhfd nkska gh 0; kf/k; kW, d I kfk gkus I s feyus okys vuHko dks LokLF; ulfr; kads fu/kk .k es mi ; kx es yk; k tk; s A

D; k ; g I jdkj ds fy; sfoRrh; egnk ugh gS fd dk dne mBk; k tk; s \ T; knkrj yks chekjh ds [krjk dks f"dkj gksr jgs gS [kkrk i j fMi gku ds A bl ds I kfk gh 0; fDrxr vks jkVh; vlfkfd ck d k iHkklo LokLF; ctV ij c<rk tk jgk gSA ekuf d LokLF; ctV ij Hkh bl dk uplunk; d iHkklo gksk A , dhdr I fo/kk; a inku djds ; jkfi ; u ; fu; u es 50 fefy; u ifr o'k d h vlfkfd cpr d h tk I drh gS rksn jh txg D; k ugh \

Lkjdkj us dne mBkus "k# dj fn; s gS rkfd vlfkfd; k, Wde gk ekuf d LokLF; I gk; rk dks c<kok fn; k gS rkfd ekuf d LokLF; dks c<k; k tk I ds A jkVh; vks {ksh; Lrj ij vlfkfd vks LokLF; ykk i j tkj fn; k tk jgk gS rkfd I g#X. rk d h jkFk gks I ds A u; sjkLrs [ksts tk; s rkfd bl fn"kk es tks#drk v k I ds A ; jkfi ; u

; flu; u }ijk ekufi d LokLF; gsjfd; k x; k u; k ; jikfj ; u vuçik bl fn"kk esmBk; s tk jgs dne dk , d mnkgj .k gSA ge I Hkh dsfy; s ; st#jh gSfd ge bu vkjffkd dne i j vi us vks vks okys dk; Zde vkj utfr; k dks cuk; a vkj , s dne mBk; sftue "kkjhfjd o ekufi d I g#X.krk ds nji Hkkok dks jdk tk I dsA

jkh; vkj LFkuh; Lrj ij I jdkj dks bl i dkj dh I g#X.krk dh jkdfkke djus ds yHkk ds "kkjhfjd o vlfkld nkuk i gyvka i j fopkj djuk pkfg; s A I jdkj abl i dkj ds jkLrs [kst I drh gftuds }jkj bl fo'k; e tkx#drk c< ; s bl fo'k; i j "kjkf.kd dk; Zde vj; kstr djuj foHkuu i dkj ds yHkk dks i nku djus ds }jkj fd; k tk I drk gSA os bl ckr i j Hkh fopkj dj I drh gfd fQthf"k; u vkj eukspfdRI d ds e/; I g; kx dh LFki uk dsfy; sfdl i dkj ds yHkk fn; s tk I drs gSA

ekufi d jkx; kals tM gbj xj I jdkj h LFkk; a Hkh I jdkj ds I keus bl fn"kk esdne mBkus ds fy; s ncko cuk I drh gsvkj os LokLF; I ok I s tM fofHkuu 0; fDr; k dks , d I kfk , d ep i j ykdj , d vke I gefr cukus dk i zRu dj I drh gSA

geekyie gSfd pukfhi dfBu gSA fupys ekufi d LokLF; ds ekuo;] I kelftd o vlfkld ifj .kke vr; f/kd gS vkj os ?kfV; k "kkjhfjd LokLF; I s vkj Hkh c<+ tkrs gSA utfr fu/kj dks ds fy; s ; g I e; gS tc os nh?kdkyhu xHkhj chekfj; kals xLr ejhtka es gkus okyh ekufi d chekfj; k dhi gpk o mi plj es fuosk dks c<kok naA ; fn ejhtka dks ekufi d chekj h gks tkrh gS rks os vr; f/kd I onudkar gks tkrs gsrFkk os I jdkj vkj , u th vks (xj I jdkj h LFkk) i j muds "kkjhfjd o ekufi d LokLF; ds I j{k.k gsjfutkj gks gSA muds i k fo"okl ds fy; s vkj dkbz ughagSA vc I e; vj x; k gSfd ge muds fo"okl dks Vwus I scpk; A

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David McDaid is at the London School of Economics & Political Science in the UK. His email address is: d.mcdaid@lse.ac.uk.

fu'd'k%

ejht dh n[dkky fHkuu fHkuu fopkj dks , dhdr djds dh tkh pkfg; s vkj yHkk rFkk fHkuu i dkj dh I ok i nku djus okys dks Hkh "kkfey fd; k tkuk pkfg; s A chekj h ds bykt vkj jkdfkke nkuk es gea "kkjhfjd vkj ekufi d vofLkkvka nkuk dks vyx vyx utfj; s I s nkuk cñ djuk pkfg; s A fo"o ekufi d LokLF; fnol ejht] emhdhy Dylfuf"k; u] LokLF; I ok r= rFkk vke turk dks , d I kfk , dhdr djus dks vol j i nku djrk gSA ge yks dks ekufi d rFkk "kkjhfjd LokLF; ds i kLifjd i Hkk dskjse Kku i nku djds rFkk vHkh ekstn r= dks I a kstr rFkk , dhdr djds enn dj I drs gSA

I g#X.k "kkjhfjd rFkk ekufi d jkx I Hkkfor vj; qmEehn (Life Exponentency) i j cjk vj j Mkyrs gSA vkj thou dscgr I ky 0; Fkzu'V gks tkrs gSA

SECTION FIVE

Resources, Reports and Thanks

In this section we have provided you with many resources and articles to help you find more detailed information on all the topics covered in this year's theme.

We also provide you with a Report Form so you can let us know about the highlights of your WMHD Event. Please send us reports on your events – no matter how big or small – so we can show everyone how WMHD is covering the world.

Lastly, we cannot do this program each year without thanking those involved – it takes a team effort and some very generous groups and people to make this happen. We send out our World of Thanks to everyone who helps create, produce and publicize the World Mental Health Day Campaign.

The following Section contains:

Resources

2010 Report Form

World of Thanks

2010 WMHDAY RESOURCES

International Council of Nurses
3, Place Jean Marteau
1201 - Geneva
SWITZERLAND
Phone: +41-22-908-01-00
Email: icn@icn.ch
Web: www.icn.ch

Family Health International Headquarters
2224 E NC Hwy 54
Durham, NC 27713 USA
T 1.919.544.7040
F 1.919.544.7261
Web: www.fhi.org

Center for Managing Chronic Disease
University of Michigan
1415 Washington Heights
Ann Arbor, MI 48109-2029 USA
Phone: 734.763.1457
Fax: 734.763.7379
Web: <http://cmcd.sph.umich.edu/>

The Global Alliance for Chronic Diseases
1st Floor, 28 Margaret Street
London W1W 8RZ
UNITED KINGDOM
Tel: +44 (0) 20 7637 4333
Fax: +44 (0) 20 7637 4336
Email: info@gac-d.org
Web: www.gac-d.org/

American Assn of Marriage and Family Therapy
112 South Alfred Street
Alexandria, VA 22314 USA
Phone: (703) 838-9808
Fax: (703) 838-9805
Web: www.aamft.org

Royal College of Psychiatrists
17 Belgrave Square
London SW1X 8PG
UNITED KINGDOM
Tel: 020 7235 2351
Fax: 020 7245 1231
Web: <http://rcpsych.ac.uk>

Health Promotion International
Oxford University Press
Great Clarendon Street
Oxford OX2 6DP
UNITED KINGDOM
Tel: + 44 (0)1865 353907
Fax: + 44 (0)1865 353485
Web: <http://heapro.oxfordjournals.org/>

Center for Mental Health Services, SAMHSA
P.O. Box 2345
Rockville, MD 20847 USA
Phone: 1-800-789-2647, Int'l: 240-221-4021
Fax: 240-221-4295
Web: <http://mentalhealth.samhsa.gov/>

American Psychological Association
750 First Street, NE
Washington, DC 20002-4242 USA
Telephone: (800) 374-2721 or (202) 336-5500
Web: www.apa.org

American Psychiatric Association
1000 Wilson Boulevard
Suite 1825
Arlington, VA 22209 USA
Phone: 1-888-35-77924 or 1-703-907-7300
Email: apa@psych.org
Web: www.psych.org

Hogg Foundation for Mental Health
The University of Texas at Austin
P. O. Box 7998
Austin, Texas 78713-7998 USA
Phone: 512-471-5041
Email: Hogg-Info@austin.utexas.edu
Web: <http://www.hogg.utexas.edu>

World Health Organization
Avenue Appia 20
CH - 1211 Geneva 27
SWITZERLAND
Web: www.who.int

World Organization of Family Doctors
Wonca Working Party on Mental Health
The Wood Street Health Centre
6 Linford Road, Walthamstow, London
E17 3LA UNITED KINGDOM
Phone: 44 208 430 7712
Email: Gabriel.ivbijaro@gmail.com

Wonca member websites:
www.globalfamilydoctor.com/links/molinks.asp?ref_url=aw

Institute for Patient & Family Centered Care
7900 Wisconsin Avenue, Suite 405
Bethesda, Maryland 20814
Phone 301-652-0281
Fax 301-652-0186
E-mail: institute@ipfcc.org
Web: www.ipfcc.org

California Healthcare Foundation
1438 Webster Street Suite 400
Oakland, CA 94612
Tel: 510.238.1040
Fax: 510.238.1388
Web: www.chcf.org

Chronic Illness Alliance
818 Burke Road
Camberwell Victoria 3124
AUSTRALIA
Telephone:
03 9882 4654
Web: www.chronicillness.org.au/

"Managing Chronic Illness Using the Four-Phase Treatment Approach: A Mental Health Professional's Guide to Helping Chronically Ill People"
Psychiatr Serv 56:759-760, June 2005 © 2005 American Psychiatric Association
<http://psychservices.psychiatryonline.org/cgi/content/full/56/6/759>

"Chronic Illness, Disability, and Mental and Social Well-Being: Findings of the Ontario Child Health Study"
PEDIATRICS Vol. 79 No. 5 May 1987, pp. 805-813
<http://pediatrics.aappublications.org/cgi/content/abstract/79/5/805>

"A Logic Model for the Integration of Mental Health into Chronic Disease Prevention and Health Promotion"
Prev Chronic Dis. 2006 April; 3(2): A61.
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1563949/>

"Non-communicable diseases now biggest killers"
<http://www.who.int/mediacentre/news/releases/2008/pr14/en/index.html>

"Collaborative Management of Chronic Illness"
December 15, 1997 vol. 127 no. 12 1097-1102
<http://www.annals.org/content/127/12/1097.full>

If you would like to find more information on DIABETES:
List of National Diabetes Organizations in 142 countries:
<http://www.medicalwatches.com/organizations.html>
WorldWIDE
PO Box 3709
New York, NY 10163-3709
USA
Fax: +1 212-915-9130
Email: worldwide@worldwidediabetes.org

National Diabetes Education Program (NDEP)
1 Diabetes Way
Bethesda, MD 20814-9692
Phone: 1-800-438-5383
Fax: 703-738-4929
Email: ndep@mail.nih.gov
Web: www.ndep.nih.gov

National Diabetes Information Clearinghouse
1 Information Way
Bethesda, MD 20892-3560
Phone: 1-800-860-8747
TTY: 1-866-569-1162
Fax: 703-738-4929
Email: ndic@info.niddk.nih.gov
Web: www.diabetes.niddk.nih.gov

International Diabetes Federation (IDF)
Chaussée de la Hulpe 166
B-1170 Brussels, Belgium
Tel: +32-2-5385511*
Fax: +32-2-5385114
Email: info@idf.org

International Society for Pediatric and Adolescent Diabetes
c/o KIT, Kurfürstendamm 71
10709 Berlin
Germany
Phone: +49 30 24603210
Fax: +49 30 24603200
Email: secretariat@ispad.org

"The Psychologist in Diabetes Care"
Clinical Diabetes Vol. 16 No. 2 1998
<http://journal.diabetes.org/clinicaldiabetes/v16n21998/PG91.htm>

Diabetes, Depression, and Quality of Life
A population study
Diabetes Care May 2004 vol. 27 no. 5 1066-1070
<http://care.diabetesjournals.org/content/27/5/1066.full>

If you would like to find more information on CANCER:

List of National and International Cancer Organizations:
www.cancerindex.org/clinks7.htm

Association of Oncology Social Workers
100 North 20th St., 4th Floor
Philadelphia, PA 19103
Phone: (215) 599-6093
Fax : (215) 564-2175
Email: info@aosw.org
Web: www.aosw.org /

Cancer Support Association Inc
80 Railway Street, PO Box 325,
Cottesloe, WA, 6911
AUSTRALIA
Phone (08) 9384 3544,
Fax (08) 9384 6196
Email: cса@cancersupportwa.org.au/
Web: www.cancersupportwa.org.au/

The International Confederation of Childhood Cancer
Parent Organizations
c/o VOKK
Schouwstede 2B.
3431 JB Nieuwegein, NETHERLANDS
Phone: +31-30-242-2944
Fax: +31-30-242-2945
Email: icccpo-secretariat@vokk.nl
Web: www.icccpo.org/

“Cancer Survivors at Higher Risk Of Mental Distress”
Archives of Internal Medicine, July 27, 2009
<http://www.reuters.com/article/idUSTRE56Q57S20090727>

“Mental Illness Affecting Half of Cancer Patients”
http://www.associatedcontent.com/article/376550/mental_illness_affecting_half_of_cancer.html?singlepage=true&cat=70

“Psychiatric Disorders and Mental Health Service Use
among Caregivers of Advanced Cancer Patients”
Journal of Clinical Oncology, Vol 23, No 28 (October
1), 2005: pp. 6899-6907
<http://jco.ascopubs.org/cgi/reprint/23/28/6899>

If you would like to find more information on
CARDIOVASCULAR DISEASES:

List of National and International Cardiac Organizations:
www.cardiologyonline.com/organizations.htm

Cardiology Online, Inc
PO Box 17659,
Beverly Hills, CA 90209, USA
Tel: +1 310 657 8777
Fax: +1 310 659 4781
Email: klimedco@ucla.edu
Web: www.cardiologyonline.com

Heart Research UK
Suite 12D, Joseph's Well
Leeds, LS3 1AB.
UNITED KINGDOM
Phone: 0113 234 7474
Fax : 0113 297 6208
Email : info@heartresearch.org.uk
Web: www.heartresearch.org.uk/index.htm

Heart and Stroke Foundation of Canada
222 Queen Street, Suite 1402
Ottawa, ON K1P 5V9
Telephone (613)569-4361
Fax (613)569-3278
Web: www.heartandstroke.com

“Psychiatry and Cardiovascular Disease”
Focus, Spring 2005; 3: 208 - 224.
<http://focus.psychiatryonline.org/cgi/reprint/3/2/208>

“Heart Disease and Depression: Don't Ignore the
Relationship”
Cleveland Clinic Journal of Medicine September 2003
vol. 70 9 745-746
<http://www.ccjm.org/content/70/9/745.full.pdf+html>

If you would like to find more information on
RESPIRATORY DISEASES:

List of International Respiratory Organizations:
<http://www.irccouncil.org/newsite/links/index.cfm>

Further resources in US and Canada:
<http://www.aarc.org/links/>

Global Alliance against Chronic Respiratory Diseases
(GARD)

Dept of Chronic Diseases and Health Promotion
World Health Organization
20, Avenue Appia
CH-1211 Geneva 27
SWITZERLAND
Tel: +41 22 791 3960/2578
Fax: +41 22 791 4769
Email: gard@who.int
Web: www.who.int/gard/en/

*"New opportunities for respiratory research in Europe:
FP7"*
ERJ February 1, 2007 vol. 29 no. 2 223-225
<http://erj.ersjournals.com/content/29/2/223.full>

*"Examining the Relationships between COPD and
Anxiety and Depression"*
Putman-Casdorph H, McCrone S *Heart Lung.*
2009;38:34-47
<http://www.medscape.com/viewarticle/589345>

"Study Links Asthma and Mental Illness"
By Julie Robotham, Medical Reporter
December 2, 2003
<http://www.smh.com.au/articles/2003/12/01/1070127350267.html>

If you would like to find more information on
CARER/CAREGIVER Resources:

Carers UK
20 Great Dover Street
London SE1 4LX
UNITED KINGDOM
T: 020 7378 4999
F: 020 7378 9781
Email: info@carersuk.org
Web: www.carersuk.org

Family Caregiver Alliance
180 Montgomery St, Ste 1100,
San Francisco, CA 94104 USA
phone: (415) 434.3388 (800) 445.8106
fax: (415) 434.3508
web: www.caregiver.org

National Family Caregivers Association
10400 Connecticut Avenue, Suite 500
Kensington, MD 20895-3944
Toll Free: 1-800-896-3650
Phone: 301-942-6430
Fax: 301-942-2302
E-mail: info@thefamilycaregiver.org
Web: www.nfcacares.org

Family Caregiving 101
www.familycaregiving101.org

**This list is intended to supplement the resources listed
in the preceding text. It is by no means a complete list of
good resources on this theme. Do not hesitate to do your
own searches and further educate yourself on the
subject!

WORLD MENTAL HEALTH DAY REPORT FORM

How Did You Celebrate The Day?

Here is your chance to let us know about your World Mental Health Day events and help us improve future education packets. The strength of this project lies in the effect it has in the field - therefore we urge you to send in a report of your 2010 activities. We hope everyone will join in, not only by doing something to 'spread the word' but also by letting the rest of the world know what you are doing by writing back to us! Every event - no matter how large or small - is important to us. Your pictures, news articles, and promotional materials are welcome. Most of the prominent activities will be posted on the WFMH Website, as time allows. Please be sure to send us your full reports by March 5, 2011. We look forward to hearing from all of you!

(PLEASE PRINT ALL INFORMATION)

NAME:

ORGANIZATION:

ADDRESS:

PHONE: FAX:

EMAIL:

1. How has this educational packet improved your ability to educate people in your community?

2. What impact has the WMHDAY program had on...

- Reducing stigma in your community?
- Improving treatment or access to means of treatment?
- Bringing more attention to your organization and work in the community?

3. Where and how did you use the material in this packet?

4. How many people did you reach with your event? What kinds of people did you reach?

5. If you were to choose the one outcome that you are most proud of accomplishing through your World Mental Health Day Event, this year, what would it be? (Use additional pages, if needed)

6. How will you follow up on what you did for WMHDay this year?

Please return this form to:
World Federation for Mental Health
12940 Harbor Drive, Suite 101
Woodbridge, VA 22192 USA
wmhd@wfmh.com

WORLD OF THANKS

2010 has continued our focus on the integration of health and health care with attention focusing on chronic illness or non-communicable diseases and the impact of developing mental or emotional disorders. We hope that in the last few years you have been able to see the great need and overwhelming desire for more understanding of co-existing illnesses, more collaboration between patients and their entire medical team, and more health care systems focusing on patient centered care. As mentioned earlier, we have appropriate interventions to address these problems, reducing the burden on people's lives and the economic and social burden on society.

This is, again, our opportunity to show the benefits of focusing on total body health. We must remember that working together is the only way forward. Each health movement would benefit from reaching out and working with others. Together we can create a stronger message and actually see our advocacy turn into reality. The WFMH will continue to use our World Mental Health Day campaigns to bring much needed global attention to mental illness and how our mental health is critical to our ability to obtain the best quality of life possible. The World Mental Health Day campaign is a great example of what can happen when groups and people work together for a common goal. This year's campaign was made possible by a number of dedicated health professionals from around the world whom we would like to bring to your attention.

We would like to recognize the WFMH staff and special partners for their efforts in putting this campaign together. A special thanks to Patt Franciosi and Deborah Maguire for their continued effort and leadership in keeping the WMHDAY program alive. Our new CEO/Secretary General, Dr Vijay Ganju, has focused much of his first two months on making this material the best it can be for all levels of people and professions. Our appreciation goes out to Ellen Mercer who volunteered her time to assist with the writing and editing of this year's material. Also, Dr Gabriel Ivbijaro, Wonca Working Party on Mental Health, deserves special thanks for his significant involvement in helping pull together the campaign this year. The continued support of Wonca and Dr Ivbijaro has given WMHDAY more visibility and the opportunity to reach new audiences. We would also like to thank our guest writers for their dedication to global mental health and their support of WMHDAY. Professor Michelle Riba, MD; Professor Michael Kidd, Dr Patrick Coker, Dr David McDaid, and Dr. John Bowis, OBE.

And as always we are indebted to the people and organizations that are willing to translate the material. If you are reading this material in any language other than English, you should thank:

- Arabic – Eli Lilly and Company, Middle East and North Africa
- Chinese - Diversity Health Institute, Australia
- French – Diversity Health Institute, Australia
- Hindi – Agrawal Neuropsychiatry Center, Directors- Dr. M.L. Agrawal, Dr Aruna Agrawal
- Japanese – Janssen Pharmaceutical KK, Marketing Division/CNS Marketing Dept/CNS Scientific Planning and Dr Shimpei Inoue of Kochi University, Japan
- Russian – AstraZeneca, Russia
- Spanish – Diversity Health Institute, Australia

And finally, the WFMH would like to thank our sponsors for giving us the ability to continue producing and distributing these materials:

**Eli Lilly and Company H. Lundbeck A/S Otsuka America, Inc
Takeda Pharmaceuticals**

SECTION SIX

Communication and Publicity

In order to create more publicity around your WMHDAY events, the World Federation for Mental Health has put together sample press releases, media releases, the official 2010 Proclamation and information on Marching for Mental Health.

The best way to reach a larger audience with powerful advocacy tools is to use your media outlets, create a group presence, and work together with others to show solidarity.

The following section contains:

A WMHDAY Proclamation

A sample Media Release

A sample article, letter to the editor

WORLD MENTAL HEALTH DAY 2010 PROCLAMATION



WHEREAS, the major chronic illnesses - such as cardiovascular, diabetes, cancer and chronic respiratory illness - are responsible for 60% of the world's deaths and 80% of those occur in the poorest populations of the world;

WHEREAS, chronic illness can complicate anyone's life and a person's emotional wellbeing and resilience are among the most important factors in helping to find quality of life while coping with the challenges of ongoing illness;

WHEREAS, addressing depression, anxiety and other mental disorders associated with chronic conditions can contribute to a better quality of life, improve medical outcomes, reduce mortality, and reduce medical costs;

WHEREAS, we envision an integrated health system where all doctors and specialists work together to give the best in patient-centered care;

AND WHEREAS, the World Federation for Mental Health has designated the theme for World Mental Health Day 2010 as "*Mental Health and Chronic Physical Illnesses: The Need for Continued and Integrated Care*," and urges increased availability of appropriate and equitable treatment through primary healthcare services and facilities for those experiencing mental health problems and chronic illness;

THEREFORE, I, _____, _____ (TITLE) _____ OF THE _____ (TOWN/CITY/COUNTRY AGENCY, ORGANIZATION, MINISTRY) _____ DO HEREBY PROCLAIM 10 OCTOBER 2010 AS WORLD MENTAL HEALTH DAY IN _____ TOWN/CITY/COUNTRY _____ and urge all governmental and non-governmental organizations and agencies to work in concert with elected and appointed public officials to increase public awareness about, and acceptance of, mental illnesses and the people living with these disorders; promote improved public policies to enhance diagnosis, treatment, and support services for those who need them through the primary healthcare system; and to reduce the persistent stigma and discrimination that too often serve as barriers for people seeking services and other assistance.

I FURTHER URGE ALL CITIZENS to join and support the local, state/provincial, and national non-governmental organizations that are working to make mental health a priority in communities throughout our nation.

Together, we will all make a difference and promote mentally healthy communities and citizens!

Signed _____

Title _____

Ministry/Office/Agency _____

Date _____

(SEAL)

SAMPLE PROCLAMATION - CAN BE LOCALIZED AND USED AS IS, OR UTILIZED AS A GUIDELINE FOR DEVELOPING YOUR OWN PROCLAMATION.

PLEASE SEND A COPY OF THE SIGNED PROCLAMATION TO THE WFMH SO WE ARE ABLE TO KEEP A RECORD OF ALL FINAL PROCLAMATIONS.

2010 WMHDAY MEDIA RELEASE

General Media Release for World Mental Health Day 2010

For Immediate Release

(Date)

18th Annual World Mental Health Day on 10 October Focuses Attention to Mental Health and Chronic illnesses

The World Federation for Mental Health has selected the need to provide integrated care for those people with coexisting chronic physical and mental illness as the theme for this year's World Mental Health Day. The annual event, observed worldwide on 10 October, this year targets the close association of depression with chronic ill health.

Chronic illness, lasting more than four months, affects multitudes. These medical conditions may require careful lifelong management or periods of intensive treatment. Four of them – cardiovascular disease, diabetes, cancer and respiratory illnesses – are leading causes of disability and account for 60% of deaths around the world.

Other conditions often coexist with chronic illness, complicating care and further diminishing quality of life. One, frequently found, is major depression, a disabling illness that seriously impact overall health. Research shows that depression carries an increased risk for physical illness, while conversely a number of chronic illnesses carry an increased risk for depression.

Physical and mental illness do not always coincide, but do so often enough that medical professionals should give it special consideration. It affects substantial numbers of those with cardiovascular disease, diabetes, cancer and respiratory illnesses.

Mental illness is treatable. Integrated care can help people with coexisting mental and physical illness to manage both. The World Health Organization recommends incorporating mental health into primary care as a cost-effective and convenient way of providing services and reducing stigma and discrimination. Referrals from primary care to specialized services should be available as needed.

The World Federation for Mental Health was founded in London in 1948. It established World Mental Health Day in 1992 to provide an annual opportunity for public education about current issues and improving wellbeing. It is the only annual global awareness campaign to focus attention on specific aspects of mental health and mental disorders.

The World Federation for Mental Health encourages local, national and regional authorities and organizations to observe World Mental Health Day on 10 October with events and programs that focus on "Mental Health and Chronic illness: The

Need for Continued and Integrated Care.” Campaign materials prepared by the World Federation are available for download on its website (www.wfmh.org).

**2010 WORLD MENTAL HEALTH DAY
SAMPLE NEWSPAPER OP-ED ARTICLE OR LETTER TO THE EDITOR**

Chronic Care Management Should Include Mental Health

The failure to provide mental health care for people with chronic illnesses is a major gap in health services. People with long term physical illnesses require comprehensive health services that address complex medical issues. Mental health disorders are often associated with chronic illness, and should be addressed as part of general care. Patients often have mental health problems that are connected with their illness, or have mental illnesses that increase their vulnerability to chronic physical conditions.

Each year the World Federation for Mental Health selects a topic of current concern for its annual public education campaign which centers on World Mental Health Day (10 October). This year the chosen theme is “Mental Health and Chronic illness: The Need for Continued and Integrated Care.”

There are established links between depression and chronic conditions like heart disease, diabetes, cancer and respiratory illnesses. While it is not inevitable for people to have physical and mental illnesses together, it happens often enough that physicians should routinely consider the possibility.

Research shows that people with serious physical illnesses are at higher risk of experiencing depression, while those with depressive symptoms are at higher risk of cardiovascular disease, diabetes, cancer and respiratory illness. In addition, untreated depression can contribute to adverse outcomes when patients are unable to follow directions for care. In diabetes, for example, untreated depression can cause a higher risk for serious complications.

People with chronic long term physical illnesses face demanding programs of treatment and ongoing disease management. The debilitating nature of depression can further diminish their quality of life. Failure to view physical and mental health as an integrated area of care is a common treatment gap, even although mental illnesses can be successfully treated.

The World Health Organization and the World Association of Family Doctors have pointed out that with training and appropriate planning, primary care providers can address physical and mental problems together as now happens in the health systems of several countries. Patients can be referred to specialty mental health services when needed. The World Federation for Mental Health is using its annual public education campaign this year to encourage health professionals, patients and their families to advocate for integrated care of physical and mental health. Government health departments and local health authorities should pay close attention to the importance of this issue in planning for services.



WORLD FEDERATION FOR MENTAL HEALTH
12940 HARBOR DRIVE
SUITE 101
WOODBRIDGE, VA 22192

PHONE: 703.494.6515, FAX: 703.494.6518
WEBSITE: WWW.WFMH.ORG

*WORLD MENTAL HEALTH DAY IS A REGISTERED SERVICE MARK OF
THE WORLD FEDERATION FOR MENTAL HEALTH*