ꯑꯦꯗꯤꯇꯣꯔꯤꯌꯦꯜ IMPHAL, SATURDAY, NOVEMBER 05, 2022 ꯊꯥꯡꯖ, ꯍꯤꯌꯥꯡꯒꯩꯒꯤ 12ꯅꯤ ꯄꯥꯟꯕ, ꯃꯥꯂꯤꯌꯥ ꯀꯨꯝꯁꯤꯡ 3420 obT\ꯂꯩ ꯃꯀꯩꯋ꯭ꯀ 2 HUEIYEN LANPAO

ꯄꯥꯎꯆꯦ ꯑꯁꯤꯗ ꯐꯣꯡꯖꯔꯤꯕ ꯋꯥꯔꯦꯡꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯋꯥꯈꯜ, ꯃꯤꯠꯌꯦꯡ ꯑꯏꯕ ꯃꯁꯥ ꯃꯁꯥꯒꯤꯅꯤ꯫ ꯄꯥꯎꯆꯦ ꯑꯁꯤꯒ ꯄꯥꯎꯆꯦ ꯑꯁꯤꯒꯤ ꯋꯥꯈꯜꯂꯣꯟ ꯑꯃꯁꯨꯡ ꯃꯤꯠꯌꯦꯡꯒ ꯊꯣꯏꯗꯣꯛꯅ ꯃꯔꯤ ꯂꯩꯅꯗꯦ꯫

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ
ꯊꯥꯡꯖ, ꯅꯣꯚꯦꯝꯕꯔ 05, 2022, ꯏꯝꯐꯥꯜ
14 ꯁꯨꯕ ꯆꯍꯤ, 195 ꯁꯨꯕ ꯃꯁꯤꯡ
ꯈ꯭ꯋꯥꯏꯔꯝꯕꯟꯗ ꯀꯩꯊꯦꯜ
ꯀꯨꯔꯨꯈꯦꯇ꯭ꯔꯒꯤ ꯂꯥꯟꯐꯝ ꯑꯣꯏꯍꯟꯗꯕ ꯉꯝꯂꯔꯣꯏꯗ꯭ꯔꯥ
ꯂꯩꯕꯥꯛꯁꯤꯒꯤ ꯃꯅꯨꯡꯗ ꯈꯛ ꯅꯠꯇꯅ ꯃꯥꯂꯦꯝꯒꯤ ꯃꯐꯝ ꯄꯨꯝꯅꯃꯛꯇ ꯅꯨꯄꯤ
ꯉꯥꯛꯇꯅ ꯐꯝꯕ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯆꯥꯎꯕ ꯀꯩꯊꯦꯜꯁꯤ ꯈ꯭ꯋꯥꯏꯔꯝꯕꯟꯗ ꯀꯩꯊꯦꯜꯅꯤ
ꯍꯥꯏꯕꯗ ꯂꯥꯟꯗ꯭ꯔꯦ꯫ ꯄꯨꯝꯆꯨꯝ ꯆꯨꯝꯂꯕ ꯋꯥꯐꯝ ꯑꯃ ꯑꯣꯏꯔꯕꯅꯤ꯫ ꯀꯩꯊꯦꯜꯁꯤ
ꯑꯗꯨꯉꯩ ꯅꯤꯡꯊꯧ ꯄꯥꯜꯂꯤꯉꯩꯗꯒꯤ ꯂꯩꯔꯛꯂꯕ ꯄꯨꯋꯥꯔꯤꯒꯤ ꯃꯅꯨꯡꯗ ꯌꯥꯎꯗꯨꯅ
ꯂꯥꯛꯂꯕꯅꯤ꯫ ꯕ꯭ꯔꯤꯇꯤꯁ ꯂꯥꯛꯂꯕ ꯃꯇꯨꯡꯗ ꯏꯅ ꯀꯨꯞꯂꯝꯕ ꯀꯩꯊꯦꯜꯁꯪꯁꯤꯡ
ꯖꯤꯡꯘꯅ ꯁꯤꯟꯗꯣꯛꯅꯕꯒꯤꯃꯛ ꯁꯤꯗꯣꯛꯂꯨꯕꯗ ꯄꯣꯠꯐꯝ ꯐꯝꯕꯤꯁꯤꯡꯅ
ꯃꯈꯣꯏꯒꯤ ꯀꯩꯊꯦꯜ ꯁꯤꯗꯣꯛꯂꯦ ꯍꯥꯏꯗꯨꯅ ꯋꯥꯔꯧꯔꯒ ꯀꯩꯊꯦꯜ ꯀꯥꯅꯔꯛꯈꯤꯗꯕ
ꯑꯃꯁꯨꯡ ꯄꯣꯠꯐꯝ ꯐꯝꯅꯔꯗꯕꯒꯤ ꯊꯧꯗꯣꯛ ꯐꯥꯎꯕ ꯊꯣꯛꯈꯤ꯫ ꯅꯨꯄꯤꯁꯤꯡꯅ
ꯀꯩꯊꯦꯜ ꯀꯥꯅꯔꯛꯈꯤꯗꯕꯒꯤ ꯅꯤꯡꯊꯧꯅ ꯅꯨꯄꯥꯁꯤꯡꯕꯨ ꯈ꯭ꯋꯥꯏꯔꯝꯕꯟꯗ ꯀꯩꯊꯦꯜ
ꯀꯥꯔꯛꯇꯨꯅ ꯐꯝꯍꯟꯈꯤꯕꯗꯒꯤ ‘ꯅꯤꯄꯥ ꯀꯩꯊꯦꯜ’ ꯍꯥꯏꯗꯨꯅ ꯐꯥꯎꯕ ꯂꯩꯔꯝꯂꯤꯕꯅꯤ꯫
ꯄꯨꯝꯅꯃꯛꯁꯤ ꯀꯩꯊꯦꯜ ꯑꯃꯒꯤ ꯃꯔꯨ ꯑꯣꯏꯕꯁꯤꯡ ꯑꯗꯨꯗꯒꯤꯅꯤ꯫ ꯃꯤꯑꯣꯏꯕ
ꯈꯨꯟꯅꯥꯏꯗ ꯀꯩꯊꯦꯜ ꯍꯥꯏꯕꯁꯤ ꯇꯉꯥꯏꯐꯗꯅ ꯌꯥꯎꯗꯕ ꯌꯥꯗꯦ꯫ ꯅꯨꯄꯤꯅ ꯐꯝꯕ,
ꯅꯨꯄꯥꯅ ꯐꯝꯕ, ꯅꯨꯄꯤ-ꯅꯨꯄꯥ ꯄꯨꯟꯅ ꯐꯝꯃꯤꯟꯅꯕ ꯅꯠꯇ꯭ꯔꯒ ꯄꯤꯛꯄꯥ ꯆꯥꯎꯕꯅ
ꯑꯇꯣꯞꯄ ꯋꯥꯐꯝ ꯑꯃꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯄꯨꯝꯅꯃꯛꯁꯤꯒꯤ ꯃꯊꯛꯇ ꯂꯧꯎ-ꯁꯤꯡꯎꯕꯅ
ꯁꯤꯟꯐꯝ ꯑꯣꯏꯕ ꯃꯤꯒꯤ ꯃꯁꯤꯡꯅ ꯅꯝꯅ ꯂꯩꯕꯒꯤ ꯃꯊꯛꯇ ꯃꯈꯜ ꯀꯌꯥꯒꯤ
ꯁꯦꯟꯊꯣꯛꯂꯝꯕꯤ ꯃꯇꯤꯛ ꯆꯥꯅ ꯂꯩꯒꯗꯕ ꯃꯤꯑꯣꯏ ꯀꯌꯥꯒꯤꯗꯤ ꯈ꯭ꯋꯥꯏꯔꯝꯕꯟꯗ
ꯀꯩꯊꯦꯜꯁꯤ ꯍꯤꯡꯕꯗ ꯆꯪꯕ ꯁꯦꯟꯗꯣꯡꯒꯤ ꯁꯦꯜꯁꯤꯡ ꯇꯥꯟꯐꯝ ꯃꯔꯨ ꯑꯣꯏꯕ
ꯃꯐꯝ ꯑꯃꯅꯤ꯫ ꯃꯁꯤꯃꯛꯅ ꯀꯩꯊꯦꯜ ꯑꯁꯤꯒꯤ ꯃꯊꯛ-ꯃꯈꯥꯒꯤ ꯈꯨꯗꯣꯡꯆꯥꯕ
ꯆꯥꯎꯕ ꯑꯆꯧꯕ ꯁꯪ ꯑꯍꯨꯝ ꯈꯝꯕ꯭ꯔꯥꯡꯅꯅ ꯁꯥꯗꯨꯅ ꯄꯣꯠꯐꯝ ꯐꯝꯕꯤꯁꯤꯡ ꯅꯦ-
ꯇꯥꯅ ꯐꯝꯍꯟꯕ ꯍꯧꯔꯛꯂꯤꯕꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯑꯅꯧꯕ ꯀꯩꯊꯦꯜꯁꯪ ꯑꯍꯨꯝꯁꯤꯅ ꯐꯥꯎꯕ
ꯀꯣꯟꯅꯔꯛꯇꯕꯗꯒꯤ ꯍꯥꯟꯅ ꯂꯩꯔꯝꯕ ꯑꯣꯜꯗ ꯗꯤꯁꯇ꯭ꯔꯤꯛꯠ ꯍꯣꯁꯄꯤꯇꯥꯜꯒꯤ
ꯃꯐꯝꯗꯁꯨ ꯇꯦꯝꯄꯔꯔꯤ ꯃꯥꯔꯀꯦꯠ ꯁꯦꯗ ꯑꯃꯁꯨ ꯁꯥꯒꯠꯂꯛꯂꯕꯅꯤ꯫
ꯃꯁꯤꯅꯁꯨ ꯄꯣꯠꯐꯝ ꯐꯝꯕꯤꯁꯤꯡꯒꯤ ꯃꯁꯤꯡꯒ ꯆꯥꯟꯅꯔꯛꯂꯣꯏꯗꯕꯒꯤ ꯐꯤꯚꯝ
ꯂꯩꯔꯛꯄꯗꯒꯤ ꯇꯣꯝꯕꯤꯁꯅꯥ ꯍꯥꯏ ꯁ꯭ꯀꯨꯜꯒꯤ ꯀꯦꯝꯄꯁꯇ ꯐꯥꯎꯕ ꯑꯅꯧꯕ ꯀꯩꯊꯦꯜ
ꯑꯃ ꯁꯥꯒꯠꯄ ꯍꯧꯔꯛꯂꯤꯕꯅꯤ꯫ ꯊꯧꯔꯥꯡ ꯄꯨꯝꯅꯃꯛ ꯂꯩꯉꯥꯛꯀꯤ ꯃꯥꯏꯀꯩꯗꯒꯤ
ꯄꯣꯠꯐꯝ ꯐꯝꯕꯤꯁꯤꯡꯒꯤꯗꯃꯛ ꯄꯥꯏꯈꯠꯂꯛꯄ/ꯄꯥꯡꯊꯣꯔꯛꯄ ꯉꯥꯛꯇꯅꯤ꯫

ꯑꯗꯨꯕꯨ ꯍꯥꯏꯔꯤꯕ ꯁꯦꯜꯁꯨ ꯃꯌꯥꯝ ꯆꯪꯕ, ꯑꯆꯧꯕ ꯊꯕꯛꯁꯤꯡꯁꯨ ꯑꯣꯏꯔꯤꯕꯁꯤꯡ
ꯑꯁꯤ ꯄꯥꯡꯊꯣꯔꯛꯂꯒꯁꯨ ꯍꯧꯖꯤꯛ ꯐꯥꯎꯕꯗ ꯂꯣꯏꯁꯤꯟꯕ-ꯈꯝꯖꯤꯟꯕ ꯉꯝꯗꯅ
ꯀꯨꯝ ꯂꯥꯏꯅꯥ ꯅꯥꯔꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯒꯤ ꯐꯤꯚꯝꯗ ꯂꯩꯔꯛꯂꯤꯕꯅ ‘ꯁ꯭ꯇ꯭ꯔꯤꯠ
ꯚꯦꯟꯗꯔ’ ꯁꯤꯡꯒꯤ ꯋꯥꯐꯝꯅꯤ꯫ ꯑꯅꯧꯕ, ꯑꯆꯧꯕ ꯀꯩꯊꯦꯜ ꯁꯪ ꯑꯍꯨꯝ ꯁꯥꯔꯦ꯫
ꯇꯦꯝꯄꯔꯔꯤ ꯃꯥꯔꯀꯦꯠꯁ ꯁꯥꯔꯦ ꯑꯗꯨꯕꯨ ꯋꯥꯐꯝꯁꯤꯗꯤ ꯂꯩꯈꯥꯏ ꯇꯥꯗ꯭ꯔꯦ꯫ ꯀꯨꯝ
ꯄꯨꯗꯨꯅ ꯆꯍꯤ ꯀꯌꯥꯒꯤ ꯃꯃꯥꯡꯗꯒꯤ ꯂꯩꯔꯛꯂꯦ꯫ ꯋꯥꯊꯣꯛꯁꯤꯕꯨ ꯃꯔꯤ ꯂꯩꯅꯔꯤꯕ
ꯏꯝꯐꯥꯜ ꯃ꯭ꯌꯨꯅꯤꯁꯤꯄꯥꯜ ꯀꯣꯔꯄꯣꯔꯦꯁꯟ (ꯑꯥꯏ ꯑꯦꯝ ꯁꯤ), ꯃꯥꯍꯨꯗ ꯂꯣꯏꯁꯪ,
ꯂꯣꯏꯁꯪꯁꯤꯕꯨ ꯈꯨꯠꯄꯥꯏꯔꯤꯕ ꯃꯤꯅꯤꯁꯇꯔ ꯑꯃꯗꯤ ꯆꯤꯐ ꯃꯤꯅꯤꯁꯇꯔꯅ
ꯐꯥꯎꯕ ꯑꯃꯨꯛ ꯍꯟꯅ ꯊꯣꯛꯂꯣꯏꯗꯕ ꯐꯤꯚꯝꯗ ꯋꯥꯔꯣꯏꯁꯤꯟ ꯄꯨꯔꯛꯄ
ꯉꯝꯂꯔꯣꯏꯗ꯭ꯔꯥ? ꯂꯝꯐꯦꯜꯗ ꯁ꯭ꯇ꯭ꯔꯤꯠ ꯚꯦꯟꯗꯔꯁꯤꯡ ꯐꯝꯍꯟꯅꯕ ꯀꯩꯊꯦꯜꯁꯪ
ꯁꯥꯒꯠꯂꯦ ꯍꯥꯏꯕꯁꯨ ꯂꯩꯔꯤ꯫ ꯃꯇꯝ ꯈꯔꯒꯤ ꯃꯃꯥꯡꯗꯁꯨ ꯄꯨꯂꯤꯁꯅ ꯎꯇꯨꯞ-
ꯋꯥꯇꯨꯞ ꯐꯥꯎꯕ ꯁꯤꯖꯤꯟꯅꯗꯨꯅ ꯈ꯭ꯋꯥꯏꯔꯝꯕꯟꯗ ꯀꯩꯊꯦꯜꯒꯤ ꯑꯀꯣꯏꯕꯗꯒꯤ
ꯇꯥꯟꯈꯥꯏꯔꯒ ꯐꯝꯍꯟꯈꯤꯕꯁꯨ ꯂꯩꯔꯦ꯫ ꯍꯧꯖꯤꯛꯁꯨ ꯇꯦꯝꯄꯔꯔꯤ ꯃꯥꯔꯀꯦꯠꯁꯨ
ꯁꯤꯐꯠ ꯅꯥꯏꯅ ꯈꯥꯏꯗꯣꯛꯂꯒ ꯐꯝꯍꯟꯅꯕ ꯊꯧꯔꯥꯡ ꯐꯥꯎꯕ ꯂꯧꯈꯠꯂꯛꯂꯦ,
ꯑꯣꯔꯗꯔꯁꯨ ꯊꯣꯛꯂꯦ꯫ ꯑꯗꯨꯕꯨ ꯀꯥꯟꯅꯗ꯭ꯔꯦ꯫ ꯀꯔꯤ-ꯀꯔꯝ ꯇꯧꯔꯒ ꯌꯥꯒꯗꯒꯦ?
ꯑꯟ-ꯁꯣꯜꯕ ꯄ꯭ꯔꯣꯕ꯭ꯂꯦꯝ ꯑꯣꯏꯅ ꯂꯩꯔꯛꯂꯤꯕꯁꯤꯗꯤ ꯉꯁꯤ ꯉꯔꯥꯡꯇꯒꯤ ꯋꯥꯐꯝ
ꯑꯣꯏꯔꯛꯇ꯭ꯔꯦ꯫ ꯑꯣꯏꯔꯛꯂꯤꯕ ꯐꯤꯚꯝꯁꯤꯡ ꯑꯁꯤꯗꯒꯤ ꯁ꯭ꯇ꯭ꯔꯤꯠ ꯚꯦꯟꯗꯔ
ꯑꯣꯏꯔꯤꯕꯁꯤꯡꯒꯤ ꯃꯔꯛꯇꯒꯤ ꯊꯣꯔꯛꯄ ꯂꯨꯞ ꯃꯁꯤꯡꯁꯨ ꯑꯣꯈꯥꯛ ꯌꯥꯝꯂꯦ꯫
ꯌꯥꯝꯖꯁꯅꯨ, ꯃꯈꯣꯏꯒꯤ ꯄꯣꯠꯐꯝ ꯐꯝꯐꯝ ꯐꯪꯖꯅꯕꯒꯤꯗꯃꯛ ꯍꯣꯠꯅꯖꯔꯛꯄ
ꯉꯥꯛꯇꯅꯤ꯫ ꯂꯩꯉꯥꯛꯀꯤ ꯃꯥꯏꯀꯩꯗꯒꯤꯁꯨ ꯁꯔꯚꯦ ꯐꯥꯎꯕ ꯇꯧꯔꯦ ꯍꯥꯏ꯫ ꯁ꯭ꯇ꯭ꯔꯤꯠ
ꯚꯦꯟꯗꯔꯁꯤꯡꯒꯤ ꯃꯁꯤꯡ ꯂꯤꯁꯤꯡ ꯃꯔꯤꯔꯣꯝꯅꯤ ꯍꯥꯏꯕ ꯋꯥꯐꯝ ꯐꯥꯎꯕ
ꯐꯣꯡꯗꯣꯔꯛꯈ꯭ꯔꯦ꯫ ꯑꯗꯨꯕꯨ ꯁꯣꯂ꯭ꯌꯨꯁꯟꯗꯤ ꯄꯨꯔꯛꯇ꯭ꯔꯦ ꯍꯥꯏꯕꯅꯤ꯫ ꯍꯧꯖꯤꯛ
ꯂꯥꯛꯂꯤꯕ ꯋꯥꯐꯝꯗꯤ ꯀꯩꯊꯦꯜ ꯐꯝꯕꯤꯁꯤꯡꯒꯤ ꯃꯔꯛꯇ ꯆꯤꯟ ꯀꯥꯡꯖꯩ ꯇꯧꯅꯕ
ꯅꯠꯇꯦ꯫ ꯋꯥꯐꯪꯅꯕꯁꯨ ꯅꯠꯇꯦ꯫ ꯉꯥꯏꯍꯥꯛ ꯂꯩꯇꯅ ꯄꯨꯂꯤꯀ ꯃꯨꯛꯅꯕꯁꯨ ꯅꯠꯇꯦ꯫
ꯑꯥꯏ ꯑꯦꯝ ꯁꯤꯒꯤ ꯑꯣꯐꯤꯁ ꯀꯝꯛꯄ꯭ꯂꯦꯛꯁꯇ ꯊꯣꯝꯖꯤꯟꯗꯨꯅ ꯄ꯭ꯔꯣꯇꯦꯁꯠ-
ꯍꯟꯖꯤꯟ-ꯍꯟꯖꯤꯟ ꯇꯧꯔꯕꯁꯨ ꯑꯔꯣꯏꯕ ꯋꯥꯇꯦꯝꯕ-ꯋꯥꯈꯩꯅꯕ ꯑꯃ ꯄꯨꯔꯛꯇ꯭ꯔꯤꯕ
ꯐꯥꯎꯕꯗꯤ ꯌꯥꯈꯤꯔꯣꯏ꯫ ꯃꯔꯝ ꯑꯁꯤꯅ ꯂꯩꯉꯥꯛꯀꯤ ꯃꯥꯏꯀꯩꯗꯒꯤ ꯄꯔꯃꯤꯅꯦꯟꯠ
ꯑꯣꯏꯕ ꯁꯣꯂ꯭ꯌꯨꯁꯟ ꯑꯃ ꯑꯊꯨꯕ ꯃꯇꯝꯗ ꯄꯨꯔꯛꯅꯕ ꯍꯣꯠꯅꯧ꯫ ꯑꯉꯝ-ꯇꯥꯟꯅꯕ,
ꯃꯨꯛꯅꯕꯒꯤ ꯃꯍꯨꯠꯇ ꯇꯦꯝꯄꯔꯔꯤ ꯃꯥꯔꯀꯦꯠꯇ ꯄꯣꯠꯐꯝ ꯐꯝꯍꯟꯅꯤꯡꯏꯕ
ꯄꯨꯝꯅꯃꯛ ꯌꯥꯎꯅ ꯃꯔꯤ ꯂꯩꯅꯕ ꯄꯨꯝꯅꯃꯛꯅ ꯇꯔꯦꯠ-ꯇꯔꯥ ꯊꯣꯛꯅ ꯈꯟꯅꯧ꯫
ꯑꯃꯁꯨ ꯑꯃꯁꯨ ꯁꯥꯟꯇꯥꯏꯅꯕꯒꯤ ꯋꯥꯈꯜꯂꯣꯟ ꯆꯦꯜꯍꯟꯗꯨꯅ ꯈꯣꯡꯐꯝ ꯈꯔꯥ
ꯍꯨꯟꯗꯣꯛꯅꯗꯨꯅ ꯃꯇꯝ ꯆꯨꯞꯄꯒꯤ ꯑꯣꯏꯅ ꯆꯠꯅꯕ ꯌꯥꯕ ꯋꯥꯔꯣꯏꯁꯤꯟ ꯑꯃ
ꯄꯨꯔꯛꯎ꯫ ꯈ꯭ꯋꯥꯏꯔꯝꯕꯟꯗ ꯀꯩꯊꯦꯜꯕꯨ ꯌꯥꯝꯅ ꯇꯣꯏꯅ ꯀꯨꯔꯨꯈꯦꯇ꯭ꯔꯒꯤ ꯂꯥꯟꯐꯝ
ꯑꯣꯏꯍꯟꯕꯒꯤ ꯊꯕꯛ ꯃꯈꯥ ꯁꯝꯊꯍꯜꯂꯛꯄ ꯆꯨꯝꯂꯣꯏ꯫ ꯀꯩꯊꯦꯜꯗ ꯏꯔꯥꯡ
ꯊꯣꯛꯂꯒ ꯂꯩꯕꯥꯛ ꯂꯥꯡꯕꯅꯤ ꯀꯥꯎꯒꯅꯨ꯫

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯋꯤꯖ-53
1) ‘‘ꯋꯥꯈꯜꯒꯤ ꯂꯩꯀꯣꯜ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ ꯑꯏꯕ ꯀꯅꯥꯅꯣ
ꯑꯃꯁꯨꯡ ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ?

2) “ꯊꯤꯌꯦꯇꯔ ꯑꯃꯁꯨꯡ ꯅꯨꯡꯒꯤ ꯋꯥꯈꯜ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯀꯅꯥꯅ
Ibno?

3) “ꯋꯥꯀꯠ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ ꯑꯏꯕ ꯀꯅꯥꯅꯣ ꯑꯃꯁꯨꯡ
ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ?

4) “ꯐꯅꯥꯟꯇꯤꯛ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯑꯣꯔꯤꯖꯤꯅꯦꯜ ꯀꯅꯥꯅ ꯏꯕꯗꯒꯤ
ꯃꯅꯤꯄꯨꯔꯗ ꯀꯅꯥꯅ ꯀꯔꯤ ꯃꯃꯤꯡ ꯊꯣꯟꯗꯨꯅ ꯍꯟꯗꯣꯛꯄꯒꯦ?
5) “ꯑꯑꯣꯟꯕ ꯁꯃꯥꯖ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ ꯑꯏꯕ ꯀꯅꯥꯅꯣ?

ꯃꯊꯛꯇ ꯄꯤꯔꯤꯕ ꯋꯥꯍꯪꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯄꯥꯎꯈꯨꯝ ꯅꯕꯦꯝꯕꯔ 15, ꯂꯩꯕꯥꯛꯄꯣꯛꯄ
ꯅꯨꯃꯤꯠꯀꯤ ꯑꯌꯨꯡ ꯄꯨꯡ 11 ꯐꯥꯎꯕꯒꯤ ꯃꯅꯨꯡꯗ ꯄꯥꯎꯆꯦ ꯑꯁꯤꯒꯤ ꯑꯣꯐꯤꯁꯇ ꯅꯠꯇ꯭ꯔꯒ
I-meL hueiyenliteraryquiz@gmail.com sid meL AoIn
ꯊꯥꯕꯤꯔꯛꯄ ꯌꯥꯒꯅꯤ꯫ ꯄꯥꯎꯈꯨꯝ ꯄꯤꯕꯤꯔꯛꯄ/ꯊꯥꯕꯤꯔꯛꯄ ꯃꯇꯝꯗ ꯃꯤꯡ, ꯂꯩꯐꯝ,
ꯃꯍꯩꯒꯤ ꯊꯥꯛ ꯑꯃꯁꯨꯡ ꯀꯟꯇꯦꯛꯠ ꯅꯝꯕꯔ ꯃꯌꯦꯛ ꯁꯦꯡꯅ ꯏꯕꯤꯔꯛꯎ꯫
ꯋꯥꯍꯪ ꯈꯨꯗꯤꯡꯃꯛꯀꯤ ꯄꯥꯎꯈꯨꯝ ꯆꯨꯝꯅ ꯅꯠꯇ꯭ꯔꯒ ꯃꯁꯤꯡ ꯌꯥꯝꯅ ꯆꯨꯝꯅ ꯄꯤꯕꯤꯔꯛꯄ
ꯃꯤꯑꯣꯏꯁꯤꯡ ꯑꯗꯨꯗꯒꯤ ꯗ꯭ꯔꯣ ꯑꯣꯠꯆꯔꯒ ꯂꯥꯏꯕꯛ ꯐꯕ ꯃꯤꯁꯛ ꯑꯃ ꯈꯟꯖꯒꯅꯤ꯫
ꯂꯣꯏꯅꯅ ꯈꯜꯂꯕ ꯃꯤꯁꯛ ꯑꯗꯨꯗ ꯃꯅꯥ ꯄꯤꯖꯒꯅꯤ꯫

ꯅꯍꯥꯟ ꯅꯨꯃꯤꯗꯥꯡꯋꯥꯏꯔꯝꯗꯤ ꯏꯃꯥꯏ! ꯏ ꯈꯦꯒꯠꯂꯛꯄ ꯄꯥꯈꯪ ꯃꯆꯥ ꯑꯅꯤ ꯒ꯭ꯌꯥꯁ ꯌꯦꯟꯐꯝ ꯑꯃꯒꯤ ꯁꯨꯃꯥꯡꯗ ꯇꯞ ꯇꯥꯈꯩ ꯅꯥꯍꯤ ꯑꯣꯔꯣ ꯑꯣꯔꯣ ꯇꯥꯈꯩ ꯊꯤꯟꯗꯠꯅꯈ꯭ꯔꯦ꯫ ꯂꯩꯔꯝꯕ ꯃꯌꯥꯝ ꯆꯪꯗꯅ ꯅꯥꯀꯜ
ꯅꯥꯀꯜ ꯐꯥꯗꯣꯛꯅꯔꯒ (ꯑꯩꯁꯨ ꯌꯥꯎꯅ) ꯃꯕꯥꯅꯤꯁꯨ ꯈꯥꯝꯗꯣꯛꯅꯩ꯫ ꯈꯥꯝꯗꯣꯛ ꯈꯥꯝꯗꯣꯛꯅ ꯀꯥꯎꯕ
ꯊꯤꯟꯕꯗꯤ ꯑꯗꯨꯝ ꯂꯦꯞꯅꯈꯤꯗꯦ꯫ ꯊꯤꯟꯒꯥꯏꯅꯈꯤꯕꯒꯤ ꯃꯔꯨ ꯑꯣꯏꯕ ꯃꯔꯝꯅ ꯇꯨꯡꯗ
ꯂꯦꯞꯂꯝꯕ ꯐꯨꯔꯤꯠ ꯑꯉꯥꯡꯕ ꯃꯆꯨ ꯂꯤꯠꯄ ꯄꯥꯈꯪ ꯃꯆꯥꯗꯨꯅ ꯑꯐꯥꯎ ꯁꯥꯗꯨꯅ ꯀ꯭ꯌꯨ ꯊꯨꯒꯥꯏꯗꯨꯅ
ꯃꯤꯒꯤ ꯏꯆꯨꯝ ꯆꯨꯝꯅ ꯃꯃꯥꯡꯗ ꯍꯥꯟꯅ ꯂꯦꯞꯆꯔꯝꯕ ꯐꯨꯔꯤꯠ ꯍꯪꯒꯥꯝ ꯃꯄꯥꯜ ꯃꯆꯨ ꯂꯤꯠꯄ
ꯄꯥꯈꯪꯃꯆꯥ ꯑꯗꯨ ꯊꯣꯛ ꯀꯥꯟꯊꯣꯛꯂꯝꯃꯒ ꯒ꯭ꯌꯥꯁ ꯂꯧꯒꯦ ꯍꯣꯠꯅꯔꯨꯕꯅꯤ꯫ ꯍꯪꯒꯥꯝꯃꯄꯥꯜ ꯃꯆꯨ
ꯂꯤꯠꯄꯗꯨ ꯀꯔꯤ ꯀꯔꯤꯅꯣ ꯈꯖꯤꯛ ꯀꯜꯂꯞ ꯍꯥꯏꯔꯨꯕꯗꯒꯤ ꯃꯃꯜ ꯌꯥꯝꯂꯕ ꯃꯥꯒꯤ ꯅꯥꯍꯤ
ꯑꯗꯨ ꯇꯥꯕꯐꯥꯎꯕꯒꯤ ꯊꯥꯛ ꯌꯧꯅꯔꯛꯄꯅꯤ꯫ ꯑꯉꯥꯡꯕ ꯂꯤꯠꯄ ꯑꯗꯨꯃꯁꯨ
ꯃꯌꯥꯗꯨꯅ ꯇꯦꯛꯂꯝꯗꯧꯕ ꯃꯥꯜꯂꯤ ꯏ ꯈꯔ ꯃꯈ꯭ꯌꯥꯠꯇꯒꯤꯐꯥꯎ ꯕ꯭ꯔꯨ
ꯕ꯭ꯔꯨ ꯀꯥꯝꯗꯨꯅ ꯇꯥꯔꯛꯄ ꯎꯔꯦ꯫ ꯃꯃꯩꯗ ꯑꯉꯥꯡ ꯑꯅꯤꯗꯨꯗ ꯅꯈꯣꯏ’
ꯅꯈꯣꯏꯒꯤ ꯅꯄꯥ ꯅꯄꯥꯗꯨ ꯐꯣꯟꯗ ꯀꯧ ꯀꯧ ꯍꯥꯏꯗꯨꯅ ꯃꯌꯥꯝ ꯆꯪꯗꯅ ꯃꯁꯥ
ꯃꯁꯥꯒꯤ ꯐꯣꯟꯗ ꯃꯄꯥ ꯃꯄꯥꯁꯤꯡ ꯃꯐꯝꯗꯨꯗ ꯂꯥꯛꯅꯅꯕ ꯀꯧꯍꯜꯂꯦ꯫
ꯃꯃꯩꯊꯪꯗ ꯋꯥꯏꯅꯔꯤꯕ ꯁꯟ ꯂꯝꯆꯥ ꯑꯅꯤ ꯑꯗꯨꯒꯤ ꯑꯄꯣꯛꯄ
ꯑꯍꯜ ꯂꯃꯟꯁꯤꯡꯗꯨ ꯈꯠꯅꯐꯝꯗꯨꯗ ꯒꯥꯔꯤ ꯃꯆꯥ ꯇꯣꯡ ꯇꯣꯡꯗꯨꯅ
ꯊꯤꯟꯗꯅ ꯂꯥꯛꯂꯔꯦ꯫ ꯃꯕꯥꯅꯤꯗꯨ ꯍꯦꯛ ꯎꯅꯕꯗ ꯇꯥꯗ-ꯇꯥꯗ ꯏꯅꯥꯎ
ꯍꯥꯏꯅ ꯍꯦꯛꯇ ꯀꯧꯅꯈ꯭ꯔꯦ꯫ ꯑꯗꯨꯒꯗꯤ ꯃꯄꯥ ꯃꯄꯥ ꯑꯅꯤꯗꯨ ꯀꯔꯤ
ꯑꯣꯏꯔꯝꯒꯦ ꯍꯥꯏꯕꯕꯨ ꯂꯩꯀꯥꯏ ꯑꯃꯠꯇꯗꯗꯤ ꯑꯣꯏꯔꯝꯃꯦ꯫ ꯑꯃꯅ
ꯃꯃꯥꯡ ꯂꯩꯀꯥꯏꯗꯒꯤ, ꯑꯗꯨꯒ ꯑꯃꯅ ꯑꯋꯥꯡ ꯂꯩꯀꯥꯏꯗꯒꯤ꯫ ꯂꯩꯀꯥꯏ
ꯃꯁꯦꯜꯅꯤ ꯑꯉꯥꯡꯁꯤꯡꯅ ꯄꯪꯗꯨꯅ ꯁꯤ ꯊꯣꯛꯂꯤꯕꯁꯤ ꯏꯆꯤꯜ ꯏꯅꯥꯎ
ꯁꯥꯎꯅꯒꯨꯝꯁꯤ ꯍꯥꯏꯅꯔꯒ ꯋꯥ ꯑꯗꯨ ꯈꯪꯇꯦꯟ ꯇꯦꯟꯁꯤꯟꯅꯈꯤ꯫
ꯑꯃꯔꯣꯝꯗ ꯇꯣꯜꯂꯕ ꯖꯤꯕꯁꯤꯡꯗꯨꯅ ꯊꯤꯟꯗꯠꯅꯔꯤꯕꯗꯨ
ꯃꯇꯤꯛ ꯆꯥꯏ ꯌꯥꯏ, ꯊꯥꯒꯠꯂꯤ ꯈꯠꯅꯖꯁꯅꯨ, ꯐꯨꯒꯥꯏꯅꯖꯁꯅꯨ
ꯃꯔꯝꯗꯤ ꯃꯈꯥꯒꯤꯁꯤꯗꯪꯗꯤ ꯑꯃꯨꯛꯇ ꯄꯥꯕꯤꯌꯨ! ꯃꯍꯧꯁꯥꯗꯤ ꯂꯩꯀꯥꯏ
ꯑꯉꯥꯡꯁꯤꯡ ꯂꯩꯀꯥꯏꯒꯤ ꯁ꯭ꯀꯨꯜ ꯑꯃꯗ ꯄꯨꯟꯅ ꯇꯝꯃꯤꯟꯅꯗꯨꯅ
ꯃꯁꯛ ꯃꯁꯥ ꯏꯈꯪ ꯈꯪꯅꯔꯝꯃꯤ ꯑꯗꯨꯕꯨ ꯍꯧꯖꯤꯛ ꯂꯩꯀꯥꯏ ꯑꯉꯥꯡꯁꯤꯡ
ꯃꯣꯕꯥꯏꯜ ꯐꯣꯟ ꯄꯥꯏꯔꯒ ꯏꯃꯨꯡꯗ ꯃꯇꯣꯝ ꯃꯇꯣꯝꯗ ꯇꯨꯃꯤꯟꯅ
ꯈꯔ, ꯏꯃꯨꯡꯗ ꯃꯇꯣꯝꯗ ꯇꯤ ꯚꯤ ꯌꯦꯡꯗꯨꯅ ꯂꯩꯅꯈꯤꯕꯅ ꯈꯔ,
ꯇ꯭ꯌꯨꯁꯟ ꯆꯠꯅꯈꯤꯕꯅ ꯈꯔ, ꯊꯥꯞꯅ ꯊꯥꯞꯅ ꯆꯠꯅꯔꯤꯕ (ꯂꯩꯀꯥꯏ
ꯃꯆꯥꯅ ꯇꯝꯗꯕ) ꯁ꯭ꯀꯨꯜꯗ ꯇꯝꯈꯤꯕꯅ ꯈꯔ, ꯃꯤꯔꯩꯕꯥꯛꯇ ꯂꯩꯀꯥꯏ
ꯍꯨꯟꯗꯣꯛꯂꯝꯂꯒ ꯂꯥꯞꯅ ꯂꯥꯏꯔꯤꯛ ꯇꯝꯅꯈꯤꯕꯅ ꯈꯔ, ꯕꯣꯔꯗꯤꯡꯗ ꯂꯩꯅꯈꯤꯕꯅ ꯈꯔ ꯍꯧꯖꯤꯛꯇꯤ ꯂꯩꯀꯥꯏꯒꯤ ꯑꯉꯥꯡꯁꯤꯡ ꯑꯃꯠꯇ ꯎꯅꯗꯨꯅ ꯃꯁꯝ ꯃꯁꯥ ꯈꯪꯅꯅꯕ ꯇꯥꯟꯖꯥ ꯂꯩꯔꯛꯇ꯭ꯔꯦ꯫ ꯑꯁꯨꯝꯃꯥꯏꯅ ꯇꯧꯔꯕꯅꯤꯅ ꯂꯩꯀꯥꯏꯁꯤꯒꯤ ꯑꯉꯥꯡ ꯃꯁꯦꯜ ꯑꯃꯐꯥꯎꯕ ꯃꯁꯛ ꯈꯪꯅꯗꯕ ꯇꯥꯕꯅꯤ꯫
ꯅꯨꯡꯁꯤ ꯆꯥꯟꯅꯅ ꯂꯩꯃꯤꯟꯅꯔꯝꯒꯗꯧꯕ ꯑꯉꯥꯡꯁꯤꯡꯗꯨ ꯈꯪꯅꯗ꯭ꯔꯕꯅꯤꯅ ꯋꯥꯍꯩ ꯑꯃ ꯍꯥꯏꯔꯛꯄꯗ ꯃꯕꯨꯛ ꯌꯦꯛꯅꯔꯦ ꯑꯗꯨꯅ ꯂꯩꯀꯥꯏ ꯑꯁꯦꯜ ꯏꯍꯤꯡ ꯅꯥꯍꯤꯡ ꯁꯥꯈꯩ ꯃꯤꯇꯣꯞꯀ ꯈꯠꯅꯕ ꯑꯗꯨꯝꯃꯥꯏꯅ ꯈꯠꯅꯕ ꯐꯨꯅꯕ ꯎꯁꯤꯠꯅꯗꯕ ꯏꯔꯥꯏ ꯂꯥꯏꯅ ꯉꯝꯅꯔꯦ꯫ ꯃꯔꯝꯁꯤ ꯃꯈꯣꯏꯅ ꯈꯠꯅꯕꯁꯤ ꯊꯣꯏꯅ ꯄꯪꯀꯥꯏ ꯀꯥꯏꯗꯦꯅ ꯈꯜꯂꯤ꯫ ꯃꯇꯝ ꯑꯃꯗ ꯑꯩꯒꯤ ꯈꯨꯡꯒꯪ ꯑꯁꯤꯃꯛꯇꯗ ꯀ꯭ꯂꯥꯁ ꯇꯨ ꯐꯥꯎꯕ ꯇꯝꯕ ꯌꯥꯕ ꯂꯩꯉꯥꯛꯀꯤ ꯁ꯭ꯀꯨꯜ ꯑꯃ ꯃꯄꯥꯟ ꯐꯅ ꯍꯥꯏꯅ ꯍꯨꯝꯅ ꯄꯥꯜꯂꯝꯃꯤ꯫ ꯑꯉꯥꯡꯁꯤꯡꯅ ꯐꯝꯅꯅꯕ ꯕꯣꯔꯥ ꯌꯥꯜꯂꯒ ꯆꯠꯄ ꯐꯥꯟ ꯂꯩꯇꯕ ꯎꯐꯨꯜ ꯐ꯭ꯔꯪ ꯐ꯭ꯔꯪ ꯍꯧꯕ ꯐꯛꯂꯥꯡ ꯏꯁꯦ ꯁꯦꯒꯥꯏꯕ ꯁ꯭ꯀꯨꯜ ꯑꯗꯨꯗ ꯑꯩꯈꯣꯏꯒꯤ ꯂꯩꯀꯥꯏꯒꯤ ꯃꯇꯝꯗꯨꯒꯤ ꯂꯥꯏꯔꯤꯛ ꯇꯝꯕ ꯌꯥꯕ ꯍꯦꯛ ꯂꯩꯔꯝꯕ ꯑꯉꯥꯡ ꯈꯤꯕꯤꯛꯃꯛꯀ ꯑꯃꯠꯇ ꯆꯤꯠꯊꯗꯅ ꯃꯐꯝꯗꯨꯗ ꯍꯨꯞꯇꯨꯅ ꯌꯥ ꯌꯥ ꯂꯥꯡꯗꯨꯅ ꯇꯝꯃꯤ꯫ ꯃꯁꯤ ꯅꯠꯇꯕ ꯑꯇꯩ ꯑꯇꯣꯞꯄ ꯂꯩꯀꯥꯏ ꯋꯥꯡꯃꯒꯤ ꯁ꯭ꯀꯨꯜ ꯑꯃꯗ ꯑꯩꯈꯣꯏ ꯂꯥꯏꯔꯤꯛ ꯇꯝꯕ ꯆꯠꯄꯒꯤ ꯋꯥ ꯂꯩꯅꯔꯝꯗꯦ꯫ ꯑꯩꯈꯣꯏ ꯄꯨꯝꯕ ꯁ꯭ꯀꯨꯜ ꯑꯁꯤꯗ ꯇꯝꯃꯤꯟꯅꯔꯛꯏ, ꯆꯥꯎꯃꯤꯟꯅꯔꯛꯏ, ꯁꯥꯟꯅꯃꯤꯟꯅꯔꯛꯏ, ꯈꯪꯅꯔꯛꯏ꯫ ꯑꯩꯈꯣꯏꯒꯤ ꯁ꯭ꯀꯨꯜꯑꯁꯤꯗ ꯆꯥꯎꯊꯣꯏ, ꯕꯤꯔꯦꯟ, ꯖꯟꯖꯤꯠ, ꯅꯣꯕꯤꯟ, ꯏꯉꯣꯆꯥ, ꯃꯦꯔꯥꯖꯥꯎ, ꯀꯩꯅ꯭ꯌꯥꯍꯟꯕꯤ, ꯃꯦꯝꯆꯥ, ꯅꯤꯡꯉꯣꯜꯂꯩꯃꯥ, ꯁꯄꯅ, ꯕꯤꯃꯣꯂꯥ, ꯔꯥꯙꯥ, ꯏꯆꯟꯇꯣꯝꯕꯤ, ꯃꯅꯤꯛꯆꯥꯟꯗ, ꯏꯉꯣꯕꯤꯅꯆꯤꯡꯕ ꯑꯩꯒ ꯄꯨꯟꯅ ꯇꯝꯃꯤꯟꯅꯩ꯫ ꯂꯩꯀꯥꯏ ꯑꯁꯤꯒꯤ ꯑꯉꯥꯡ ꯄꯨꯝꯅꯃꯛ ꯑꯃꯒ ꯑꯃꯒ ꯂꯣꯏꯅ ꯆꯥꯟꯅꯩ꯫ ꯂꯩꯀꯥꯏꯒꯤ ꯏꯃꯥꯟꯅꯕ ꯏꯃꯥꯟꯅꯕꯤꯁꯤꯡꯗꯨ ꯅꯨꯃꯤꯗꯥꯡꯋꯥꯏꯔꯝ ꯀꯕꯥꯗꯗꯤ, ꯑꯊꯥꯂꯤ, ꯐꯤꯕꯨꯜ ꯍꯥꯕꯤ, ꯑꯉꯥꯡ ꯊꯥꯕꯤꯅꯆꯤꯡꯕ ꯃꯈꯜ ꯃꯈꯜꯒꯤ ꯃꯁꯥꯟꯅ ꯁꯥꯟꯅꯃꯤꯟꯅꯩ꯫ ꯌꯥꯆꯪꯂꯛꯄꯒꯤ ꯆꯣꯡꯉꯥꯁꯤꯡꯅ ꯆꯦ ꯆꯦ ꯈꯣꯡꯂꯗꯨꯅ ꯃꯌꯨꯝ ꯁꯅꯩꯕꯤ ꯋꯥꯄꯜ ꯃꯔꯛ ꯄꯥꯏꯁꯤꯟꯅꯔꯛꯄ ꯃꯇꯝꯗꯨꯗ ꯁꯥꯟꯅꯕ ꯌꯥꯕ ꯁꯥꯟꯅꯃꯤꯟꯅꯔꯝꯂꯒ ꯑꯈꯣꯏꯁꯨ ꯁ꯭ꯀ uLgi ꯁꯥꯟꯅꯕꯨꯡꯗꯨꯗꯒꯤ ꯀꯥꯏꯅꯔꯒ ꯆꯣꯡꯉꯥꯁꯤꯡꯗꯧꯅ ꯌꯨꯝ ꯌꯨꯝꯗ ꯍꯟꯖꯤꯜꯂꯤ꯫
ꯍꯧꯖꯤꯛ ꯍꯧꯖꯤꯛꯇꯤ ꯂꯩꯀꯥꯏꯒꯤ ꯑꯦꯂ ꯄꯤ ꯁ꯭ꯀꯨꯜ ꯑꯁꯤꯗ ꯑꯉꯥꯡꯁꯤꯡ ꯑꯃꯠꯇ ꯐꯨꯠ ꯊꯣꯛꯄꯗꯧꯅ ꯂꯥꯏꯔꯤꯛ ꯂꯥꯏꯁꯨ ꯇꯝꯅꯈꯤꯗ꯭ꯔꯦ꯫ ꯍꯧꯔꯛꯂꯤꯕ ꯂꯩꯀꯥꯏꯒꯤ ꯑꯉꯥꯡꯁꯤꯡꯁꯨ ꯀꯥꯡꯈꯊꯥꯡ ꯇꯥꯔꯕ ꯁ꯭ꯀꯨꯜ ꯂꯝꯄꯥꯛ ꯑꯗꯨꯗ ꯅꯣꯡꯃꯇ ꯁꯥꯟꯅꯕꯐꯥꯎ ꯈꯣꯡꯒꯨꯜ ꯇꯥꯔꯛꯈꯤꯗ꯭ꯔꯦ ꯍꯥꯏꯗꯨꯅꯤ꯫ ꯃꯇꯝ ꯑꯃꯗ, ꯃꯐꯝ ꯑꯗꯨꯗ ꯂꯥꯏꯔꯤꯛ
ꯇꯝꯃꯤꯟꯅꯗꯨꯅ ꯂꯩꯀꯥꯏꯒꯤ ꯑꯉꯥꯡ ꯃꯁꯦꯜ ꯃꯁꯛ ꯃꯁꯥ ꯎꯅꯔꯝꯕꯗꯨ ꯑꯃꯨꯛ ꯍꯥꯟꯅ ꯎꯕ ꯐꯪꯈꯤꯗ꯭ꯔꯦ ꯑꯃꯗꯤ ꯃꯈꯣꯏ ꯃꯥꯅ ꯃꯥꯅ ꯊꯣꯛꯄ ꯃꯀꯥꯏ ꯃꯀꯥꯏ ꯇꯧꯅꯈ꯭ꯔꯦ꯫ ꯀꯗꯥꯏ ꯀꯗꯥꯏꯗꯅꯣ ꯂꯥꯏꯔꯤꯛ ꯇꯝꯅꯈ꯭ꯔꯦ, ꯕꯁꯅ ꯂꯧꯔꯕ ꯌꯥꯎ, ꯚꯦꯟꯅ ꯂꯧꯔꯕ ꯌꯥꯎ꯫ ꯂꯩꯀꯥꯏꯒꯤ ꯑꯉꯥꯡꯁꯤꯡꯁꯨ ꯑꯍꯜ ꯂꯃꯟꯁꯤꯡꯅ ꯃꯁꯛ ꯃꯁꯥ ꯎꯒꯦ ꯐꯪꯂꯛꯇꯔꯦ꯫ ꯑꯦꯜ ꯄꯤ ꯁ꯭ꯀꯨꯜ ꯑꯗꯨꯒꯤ ꯃꯁꯝꯗꯨ ꯃꯄꯣꯛ
ꯍꯧꯔꯕ ꯀꯠꯊꯣꯛꯂꯕ ꯑꯣꯖꯥ ꯑꯍꯨꯝꯈꯛ ꯃꯇꯝ ꯁꯥꯡꯅ ꯄꯨꯔꯝꯃꯤ꯫ ꯃꯈꯣꯏ
ꯑꯍꯨꯝꯈꯛ ꯃꯇꯝ ꯁꯥꯡꯅ ꯄꯨꯔꯝꯃꯤ꯫ ꯃꯈꯣꯏ ꯑꯍꯨꯝꯃꯛꯇꯨ ꯄꯦꯟꯁꯟ
ꯆꯠꯈ꯭ꯔꯕ ꯃꯇꯨꯡꯗ ꯃꯇꯝꯒꯤ ꯈꯣꯡꯂꯩ ꯃꯇꯨꯡꯏꯟꯅ ꯃꯍꯩꯔꯣꯏ ꯑꯃꯠꯇ
ꯂꯩꯇꯕ ꯁ꯭ꯀꯨꯜ ꯑꯣꯏꯈ꯭ꯔꯦ꯫ ꯑꯣꯖꯥꯐꯥꯎꯕ ꯂꯩꯇꯕ ꯍꯥꯏꯕꯗꯨ ꯑꯣꯏꯈ꯭ꯔꯦ꯫
ꯁꯥꯕꯥꯁ! ꯏꯌꯨꯝꯒꯨꯝꯂꯕ ꯂꯩꯀꯥꯏꯒꯤ ꯑꯦꯜ ꯄꯤ ꯁ꯭ꯀꯨꯜ ꯑꯗꯨꯗꯒꯤ ꯀ꯭ꯂꯥꯁ ꯇꯨ
ꯄꯥꯁ ꯇꯧꯔꯒ ꯑꯋꯥꯡꯕ ꯀ꯭ꯂꯥꯁ (ꯀ꯭ꯂꯥꯁ ꯍ꯭ꯔꯤ) ꯇꯝꯅꯕ ꯑꯩꯈꯣꯏ ꯄꯨꯝꯅꯃꯛ ꯑꯃꯨꯛ
ꯃꯤꯔꯩꯀꯥꯏꯒꯤ ꯁ꯭ꯀꯨꯜ ꯑꯃꯗꯃꯨꯛ ꯄꯨꯜꯂꯞ ꯍꯧꯗꯨꯅ ꯃꯤꯡ ꯑꯃꯨꯛ ꯆꯟꯁꯤꯜꯂꯨꯏ꯫
ꯕꯤꯖꯦꯟ, ꯀꯥꯟꯇ, ꯁꯥꯟꯇꯥ, ꯊꯣꯏꯕ, ꯒꯣꯕꯤꯟ, ꯁꯥꯟꯇꯤꯀꯨꯃꯥꯔ, ꯇꯣꯝꯕꯤ, ꯑꯅꯤꯇꯥ,
ꯍꯣꯃꯦꯁ꯭ꯋꯔꯤ, ꯁꯨꯃꯤꯂꯥ, ꯒꯤꯇꯥꯅꯆꯤꯡꯕ ꯊꯦꯡꯅꯔꯦ꯫ ꯌꯥꯍꯨ! ꯑꯅꯧꯕ ꯃꯥꯏꯊꯣꯡ ꯃꯌꯥꯝꯒ
ꯑꯃꯨꯛ ꯄꯨꯜꯂꯨꯔꯦ ꯅꯨꯡꯉꯥꯏꯃꯤꯟꯅꯔꯦ꯫ ꯁ꯭ꯀꯨꯜ ꯑꯗꯨꯗ ꯇꯝꯂꯝꯗ꯭ꯔꯕꯗꯤ ꯃꯈꯣꯏ
ꯃꯌꯥꯝ ꯑꯗꯨ ꯇꯥꯏꯕꯪꯄꯥꯜ ꯑꯁꯤꯗ ꯂꯩꯔꯝꯒꯅꯤ ꯍꯥꯏꯕ ꯋꯥꯈꯜꯐꯥꯎ ꯂꯥꯝꯕ ꯐꯪꯂꯨꯗꯦ꯫
ꯀꯌꯥꯗ ꯅꯨꯡꯁꯤꯟꯈ꯭ꯔꯕ ꯁ꯭ꯀꯨꯜꯒꯤ ꯃꯄꯥꯜꯗꯒꯤ! ꯑꯗꯨꯒꯤ ꯑꯉꯥꯡꯁꯤꯡꯕꯨ
ꯅꯨꯡꯁꯤꯅꯍꯟꯈꯤꯕ ꯑꯅꯧꯕ ꯁ꯭ꯀꯨꯜ ꯑꯗꯨꯃꯁꯨ ꯀꯥꯏꯅꯊꯪꯗꯗꯤ ꯇꯨꯃꯤꯠ ꯀꯥꯡꯐꯥꯎ
ꯄꯥꯏꯗ꯭ꯔꯕ ꯃꯇꯝ ꯑꯃꯒꯤ ꯁ꯭ꯀꯨꯜ ꯑꯃ ꯑꯣꯏꯈ꯭ꯔꯦ꯫ ꯉꯁꯤꯗꯤ ꯃꯃꯥꯏ ꯍꯪꯒꯠꯅ
ꯌꯦꯡꯖꯕ ꯉꯝꯗ꯭ꯔꯕ ꯃꯃꯥꯏ ꯉꯥꯡꯂꯕ ꯁ꯭ꯀꯨꯜꯒꯤ ꯑꯗꯨꯒꯤ ꯃꯃꯥꯡ ꯁꯝ ꯁꯝꯗꯨꯅ
ꯐꯨꯔꯤꯠꯈꯥꯎ ꯆꯣꯜꯂꯕ ꯕꯁ ꯑꯃꯗꯤ ꯚꯦꯟ ꯀꯌꯥꯅ ꯂꯩꯀꯥꯏꯒꯤ ꯃꯍꯩꯔꯣꯏ ꯀꯌꯥ
ꯑꯊꯥꯞ ꯑꯊꯥꯞꯄ ꯁ꯭ꯀꯨꯜꯁꯤꯡꯗ ꯍꯣꯟ ꯍꯣꯟꯗꯨꯅ ꯆꯠꯂꯤ꯫
ꯑꯀꯣꯟꯕꯒꯤ ꯑꯅꯤꯁꯨꯕ ꯁ꯭ꯀꯨꯜ ꯑꯗꯨꯗꯒꯤ ꯀꯂꯥꯁ ꯑꯥꯏꯠ ꯑꯃꯨꯛ
ꯄꯥꯁ ꯇꯧꯅꯔꯒ ꯀ꯭ꯂꯥꯁ ꯇꯦꯟ ꯐꯥꯎꯕ ꯇꯝꯕ ꯌꯥꯕ ꯈꯖꯤꯛ ꯂꯥꯞꯄ ꯑꯇꯣꯞꯄ
ꯃꯤꯔꯩꯀꯥꯏꯒꯤ ꯍꯥꯏ ꯁ꯭ꯀꯨꯜ ꯑꯃꯗꯃꯨꯛ ꯑꯩꯈꯣꯏ ꯄꯨꯜꯂꯞ ꯍꯧꯗꯨꯅ ꯃꯤꯡ
ꯆꯟꯁꯤꯜꯂꯨꯔꯦ꯫ ꯀꯅꯥꯃꯇ ꯆꯣꯏꯊꯣꯛꯅꯗꯕꯤꯅꯤ꯫ ꯑꯇꯣꯞꯄ ꯑꯅꯧ ꯑꯅꯧꯕ
ꯏꯃꯥꯟꯅꯕ, ꯏꯃꯥꯟꯅꯕꯤꯁꯤꯡꯒꯤ ꯃꯀꯥ ꯂꯥꯝꯂꯕ ꯃꯥꯏꯊꯣꯡ ꯐꯅ ꯌꯥꯝꯅꯃꯨꯛ
ꯑꯩꯈꯣꯏꯅ ꯐꯪꯖꯔꯦ ꯅꯣꯛꯃꯤꯟꯅꯔꯦ꯫ ꯕꯥꯕꯥꯅ ꯈꯣꯡꯒ꯭ꯔꯥꯎ ꯑꯁꯥꯡꯕ ꯑꯃ ꯑꯃꯨꯛ
ꯂꯩꯕꯤꯗꯨꯅ ꯃꯗꯨꯃꯨꯛ ꯑꯍꯥꯟꯕ ꯑꯣꯏꯅ ꯁꯦꯠꯂꯦ꯫ ꯍꯥꯟꯅꯗꯤ ꯋꯥꯔꯤ ꯁꯥ ꯁꯥꯗꯨꯅ
ꯁ꯭ꯀꯨꯜꯗ ꯈꯣꯡꯅ ꯆꯠꯃꯤꯟꯔꯝꯕꯅꯤ ꯑꯗꯨꯕꯨ ꯍꯥꯏ ꯁ꯭ꯀꯨꯜ ꯀꯥꯔꯛꯄꯗꯒꯤꯗꯤ
ꯑꯩꯈꯣꯏ ꯁꯥꯏꯀꯜ ꯑꯃꯃꯝ ꯇꯣꯡꯂꯒ ꯆꯠꯂꯤ꯫ ꯁꯥꯏꯀꯜ ꯑꯃꯗ ꯑꯈꯣꯏ ꯑꯍꯨꯝꯐꯥꯎꯕ ꯅꯝꯁꯤꯟꯗꯨꯅ ꯆꯠꯄ ꯌꯥꯎꯅꯩ꯫ ꯇꯨꯡ ꯑꯣꯟꯊꯣꯛꯂꯒ ꯁꯥꯏꯀꯜ ꯐ꯭ꯔꯦꯝꯗ, ꯙꯣꯔꯥꯗ, ꯍꯦꯟꯗꯜꯗ, ꯀꯦꯔꯤꯌꯔꯗ ꯇꯣꯡꯕ, ꯃꯈꯜ ꯃꯈꯜꯅꯤ ꯇꯣꯡꯕꯗꯁꯨ꯫ ꯑꯩꯈꯣꯏꯒꯤ ꯂꯩꯀꯥꯏꯒꯤ ꯏꯔꯤꯜ ꯇꯨꯔꯦꯜꯒꯤ ꯍꯤꯗꯦꯟ ꯇꯥꯐꯝꯗ ꯃꯔꯨꯞꯅꯧꯁꯤꯡꯁꯨ ꯂꯥꯛꯇꯨꯅ ꯌꯥꯍ ꯂꯥꯎꯔꯗꯨꯅ ꯇꯨꯔꯦꯜꯗ ꯆꯣꯡꯊ ꯆꯣꯡꯊꯗꯨꯅ ꯏꯔꯨꯖꯃꯤꯟꯅꯔꯔꯦ, ꯏꯔꯣꯏꯃꯤꯟꯅꯅꯔꯔꯦ꯫ ꯑꯩꯈꯣꯏꯁꯨ ꯃꯈꯣꯏꯒꯤ ꯂꯩꯀꯥꯏꯒꯤ ꯆꯤꯡꯗ ꯀꯥꯗꯨꯅ ꯍꯩꯇ꯭ꯔꯣꯏ ꯍꯦꯛꯂꯒ ꯆꯥꯃꯤꯟꯔꯨꯏ꯫ ꯃꯇꯝꯗꯨꯗ ꯂꯩꯀꯥꯏ ꯑꯅꯤ ꯑꯍꯨꯝ ꯑꯁꯤꯒꯤ ꯑꯉꯥꯡ ꯈꯨꯗꯤꯡꯃꯛ ꯎꯅꯕꯗ ꯃꯁꯛ ꯃꯁꯥ ꯈꯪꯅꯗꯕ ꯑꯃꯠꯇ ꯌꯥꯎꯅꯔꯝꯗꯦ꯫ ꯑꯩꯈꯣꯏꯅ ꯇꯝꯂꯛꯄ ꯍꯥꯏ ꯁ꯭ꯀꯨꯜ ꯑꯗꯨꯁꯨ ꯍꯧꯖꯤꯛꯇꯤ ꯃꯇꯝꯒꯤ ꯏꯆꯦꯜ ꯏꯔꯩꯅ ꯀꯥꯎꯁꯤꯡ ꯀꯥꯎꯔꯥꯡ ꯑꯣꯏꯅ ꯑꯗꯨꯝ ꯆꯦꯟꯊꯈ꯭ꯔꯦ꯫ ꯀꯅꯥꯗ ꯇꯥꯏꯅꯔꯨꯅꯤ꯫ ꯑꯉꯥꯡꯁꯤꯡꯗ ꯇꯥꯏꯅꯔꯨꯒꯗ꯭ꯔꯥ?
ꯃꯇꯝ ꯑꯁꯤꯗꯗꯤ, ꯃꯇꯝꯒꯤ ꯊꯧꯏꯟꯁꯤꯟ ꯃꯇꯨꯡꯏꯟꯅ ꯕꯁ ꯅꯠꯇ꯭ꯔꯒ ꯚꯦꯟ ꯇꯣꯡꯗꯨꯅ ꯅꯠꯇ꯭ꯔꯒ ꯕꯣꯔꯗꯤꯡꯗ ꯂꯩꯗꯨꯅ ꯃꯥꯅ ꯃꯥꯅ ꯄꯥꯝꯖꯕ ꯇꯣꯉꯥꯟ ꯇꯣꯉꯥꯟꯕ ꯁ꯭ꯀꯨꯜꯁꯤꯡꯗ ꯂꯥꯞꯅ ꯂꯥꯞꯅ ꯆꯠꯇꯨꯅ ꯂꯥꯏꯔꯤꯛ ꯇꯝꯅꯈ꯭ꯔꯦ (ꯃꯊꯛꯇꯁꯨ ꯄꯟꯖꯈ꯭ꯔꯦ)꯫ ꯂꯩꯀꯥꯏꯒꯤ ꯑꯉꯥꯡ ꯀꯌꯥ ꯇꯥꯟꯈꯥꯏꯕꯤꯔꯕ ꯁꯜꯂꯨꯞꯀꯨꯝꯅ ꯀꯥꯡꯖꯥꯏ ꯐꯨꯖꯥꯏꯅꯈ꯭ꯔꯦ꯫ ꯕꯣꯔꯗꯤꯡꯗ ꯂꯩꯇꯕ ꯂꯩꯀꯥꯏꯁꯤꯡꯁꯨ ꯑꯌꯨꯛ, ꯅꯨꯡꯊꯤꯜ, ꯅꯨꯃꯤꯗꯥꯡ ꯄꯥꯗꯨꯅ ꯇ꯭ꯌꯨꯁꯟ ꯆꯠꯄꯗꯗ ꯃꯈꯣꯏ ꯃꯁꯦꯜ ꯃꯁꯛꯃꯁꯥ ꯑꯃꯠꯇ ꯎꯅꯕ ꯐꯪꯈꯤꯗ꯭ꯔꯦ꯫ ꯃꯈꯣꯏ ꯑꯗꯨꯅ ꯅꯨꯃꯤꯗꯥꯡꯋꯥꯏꯔꯝꯒꯤ ꯇ꯭ꯌꯨꯁꯟ ꯂꯣꯏꯔꯒ ꯍꯜꯂꯛꯄꯗ ꯁꯥꯟꯅꯕꯨꯡꯗ ꯊꯣꯔꯛꯅꯕ ꯃꯈꯣꯏ ꯃꯇꯝ ꯉꯥꯏꯍꯥꯛ ꯁꯪꯂꯦ ꯍꯥꯏꯅ ꯈꯜꯂꯁꯨ ꯌꯨꯝꯗꯒꯤ ꯃꯄꯥꯜ ꯊꯣꯛꯅꯕ ꯅꯨꯃꯤꯠ ꯂꯩꯇ꯭ꯔꯦ꯫ ꯏꯃꯨꯡꯗ ꯐꯝꯂꯒ ꯐꯃꯨꯡꯗ ꯍꯤꯞꯂꯒ ꯃꯣꯕꯥꯏꯜ ꯐꯣꯟ ꯑꯃ ꯃꯦꯠꯂꯒ ꯒꯦꯝ ꯁꯥꯟꯅꯕ, ꯇꯤ ꯚꯤ ꯌꯦꯡꯕ ꯅꯠꯇꯅ ꯀꯔꯤꯁꯨ ꯇꯧꯅꯤꯡꯉꯥꯏ ꯇꯧꯅꯈꯤꯗ꯭ꯔꯦ ꯑꯗꯨꯅꯗꯤ ꯈꯨꯡꯒꯪꯒꯤ ꯂꯩꯀꯥꯏ ꯑꯃꯒꯤ ꯂꯦꯡꯃꯥꯟꯅꯕ ꯑꯉꯥꯡꯁꯤꯡ ꯀꯗꯥꯏꯗ ꯎꯅꯔꯒ ꯃꯁꯛ ꯃꯁꯥ ꯈꯪꯅꯗꯧꯔꯤꯅꯣ? ꯁꯥꯒꯩꯒꯤ ꯃꯈꯨꯔꯥ, ꯃꯇꯣꯜ, ꯃꯅꯦ, ꯃꯆꯦꯝ ꯎꯅꯕꯗꯐꯥꯎꯕ ꯃꯤꯇꯣꯞ ꯃꯤꯌꯥꯝꯆ ꯎꯅꯕꯗꯧꯅ ꯀꯧ ꯂꯥꯛꯇ꯭ꯔꯦ꯫ ꯑꯉꯥꯡ ꯑꯃꯒ ꯑꯃꯒꯒꯤ ꯃꯔꯛꯇ ꯃꯥꯏꯜ ꯂꯤꯁꯤꯡ ꯂꯥꯞꯅꯈ꯭ꯔꯦ꯫ ꯍꯥꯏꯔꯤꯕ ꯑꯁꯤꯁꯨ ꯈꯨꯡꯒꯪꯗꯅꯤ ꯍꯥꯏꯔꯤꯁꯦ꯫ ꯁꯍꯔꯒꯤ ꯋꯥ ꯉꯥꯛꯇ ꯅꯠꯈꯤꯗ꯭ꯔꯦ, ꯈꯨꯡꯒꯪꯗꯁꯨ ꯌꯨꯝꯂꯣꯟꯅꯕ ꯏꯃꯨꯡ ꯑꯅꯤꯒꯤ ꯑꯉꯥꯡꯁꯤꯡ ꯆꯦꯛꯄꯜ ꯈꯥꯖꯤꯟꯅꯗꯨꯅ ꯎꯅꯕ ꯐꯪꯅꯔꯛꯇꯕꯒꯤ ꯐꯤꯚꯝ ꯌꯧꯔꯛꯈ꯭ꯔꯦ ꯆꯍꯤ ꯇꯔꯥꯃꯨꯛꯁꯤꯗ꯫ ꯅꯍꯥꯟꯒꯤ ꯅꯥꯍꯤ ꯇꯥꯅꯈꯤꯕꯗꯨ ꯃꯃꯥꯏ ꯃꯃꯤꯠ ꯀꯥꯏꯅꯈꯤꯕꯗꯨ ꯑꯉꯥꯡ ꯃꯁꯦꯜ ꯃꯁꯛ ꯃꯁꯥ ꯍꯥꯟꯅ ꯈꯪꯅꯔꯝꯂꯕꯗꯤ ꯏꯆꯝ ꯆꯝꯅ ꯃꯣꯃꯣꯟ ꯃꯣꯃꯣꯟ ꯅꯣꯛꯅꯔꯒ ꯇꯣꯛꯂꯝꯕ ꯌꯥꯏ꯫ ꯍꯧꯖꯤꯛꯇꯤ ꯑꯉꯥꯡ ꯑꯃꯠꯇ ꯅꯛꯅꯗ꯭ꯔꯦ꯫ ꯃꯤꯒ ꯃꯤꯒ ꯂꯥꯞꯅꯕ ꯄꯣꯛꯄꯗꯒꯤ ꯑꯗꯨꯝ ꯍꯧꯔꯦ꯫ ꯂꯩꯀꯥꯏꯗ ꯑꯐ ꯑꯐꯕ ꯁ꯭ꯀꯨꯜ ꯍꯤꯡꯍꯟꯅꯤꯡꯏ꯫=

ꯍꯧꯒꯠꯂꯛꯄꯗ ꯉꯥꯏꯔꯤ ꯍꯦꯟꯖꯤꯜꯂꯛꯈꯤꯅꯤ
ꯋꯥꯏꯔꯨ-ꯋꯥꯏꯔꯨꯕꯗ
ꯅꯥꯎꯁꯦꯛꯂꯩ ꯍꯥꯏꯔꯤꯕ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯑꯩꯈꯣꯏꯒꯤ ꯂꯝꯗꯝ ꯃꯅꯤꯄꯨꯔꯗ ꯍꯤꯔꯝ ꯀꯌꯥꯃꯔꯨꯝꯗ ꯃꯒꯨꯟ ꯂꯩꯅ ꯁꯤꯖꯤꯟꯅꯕ ꯄꯥꯝꯕꯤꯂꯛꯇꯒꯤ ꯑꯃꯅꯤ꯫ ꯅꯥꯎꯁꯦꯛꯂꯩ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯏꯪꯂꯤꯁꯇ ꯁ꯭ꯋꯤꯠ ꯕꯦꯁꯤꯜ (Sweet ꯕꯥꯁꯤꯂ), ꯅꯠꯇ꯭ꯔꯒ ꯍꯦꯔꯤ ꯕꯦꯁꯤꯜ (ꯊꯥꯔꯔꯌ ꯕꯥꯁꯤꯂ), ꯍꯤꯟꯗꯤꯗ ꯕꯥꯋꯥꯔꯤ-ꯕꯥꯋꯥꯏ (Bawari bawai), ꯁꯪꯁꯀ꯭ꯔꯤꯠꯇ ꯕꯔꯕꯦꯔꯤ (Berbery), ꯑꯁꯥꯃꯤꯖꯗ ꯔꯥꯝ-ꯇꯨꯜꯁꯤ (Ram ꯇꯨꯂꯥꯁꯤ) ꯅꯠꯇ꯭ꯔꯒ ꯔꯥꯝ-ꯇꯨꯂꯣꯁꯤ (Ram ꯇꯨꯂꯣꯁꯤ), ꯄꯟꯖꯥꯕꯤꯗ ꯅꯤꯌꯥꯖꯕꯣ (Niazbo), ꯑꯥꯌꯨꯔꯕꯦꯔꯗꯤꯛꯀꯤ ꯃꯃꯤꯡꯗ ꯕꯥꯔꯕꯥꯔꯤ (Barbari) ꯅꯠꯇ꯭ꯔꯒ ꯇꯨꯚꯥꯔꯤ (Tuvari) ꯅꯠꯇ꯭ꯔꯒ ꯕꯥꯕꯨꯏ
ꯇꯨꯜꯁꯤ (Babui ꯇꯨꯂꯁꯤ), ꯌꯨꯅꯥꯅꯤꯗ ꯐꯔꯟꯃꯤꯛꯁ (Farnjmisk),
ꯁꯥꯏꯟꯇꯤꯐꯤꯛ ꯅꯠꯇ꯭ꯔꯒ ꯕꯣꯇꯥꯅꯤꯀꯦꯜꯒꯤ ꯑꯣꯏꯕ ꯃꯃꯤꯡꯗ
ꯑꯣꯁꯤꯃꯝ ꯕꯦꯁꯤꯂꯤꯀꯝ (Ocimum ꯕꯥꯁꯤꯂꯤꯆꯨꯃ L.) ꯅꯠꯇ꯭ꯔꯒ
ꯑꯣꯁꯤꯃꯝ ꯑꯜꯕꯝ (Ocimum album L.) ꯅꯠꯇ꯭ꯔꯒ
ꯑꯣꯁꯤꯃꯝ ꯑꯦꯅꯤꯁꯦꯇꯝ (Ocimum album L.) ꯅꯠꯇ꯭ꯔꯒ
AosimM AeniseTtM (Ocimum anisatum Benth.)
ꯅꯠꯇ꯭ꯔꯒ ꯑꯣꯁꯤꯃꯝ ꯕꯨꯂꯦꯇꯝ (Ocimum ꯇꯍꯌꯔꯁꯤꯐꯂ orum
L.) ꯍꯥꯏꯅ ꯀꯧꯏ ꯑꯃꯁꯨꯡ ꯂꯦꯃꯤꯌꯦꯁꯤ (Lamiaceae) ꯁꯥꯒꯩꯒꯤ
ꯃꯅꯨꯡ ꯆꯜꯂꯤ꯫ ꯁꯥꯒꯩ ꯑꯁꯤꯗ ꯆꯟꯕ ꯃꯔꯨ ꯑꯣꯏꯕ ꯄꯥꯝꯕꯤ
ꯈꯔꯗꯤ - ꯇꯨꯜꯁꯤ ꯄꯥꯝꯕꯤ (ꯑꯣꯁꯤꯃꯝ ꯁꯦꯛꯇꯝ - Ocimum
ꯁꯥꯅꯆꯇꯨꯃ L.), ꯇꯨꯛꯃꯥ ꯄꯥꯝꯕꯤ (ꯍꯤꯞꯇꯤꯁ ꯁꯧꯚꯤꯑꯣꯂꯦꯟꯁ-
ꯊꯌꯄꯇꯤꯁ suoveolens Poit), ꯃꯌꯥꯡꯂꯦꯝꯕꯨꯝ ꯄꯥꯝꯕꯤ (ꯂ꯭ꯌꯨꯀꯁꯥ
ꯑꯦꯝꯄꯦꯔꯥ - Leucas aspera ꯈꯄꯔꯦꯅꯒ), ꯅꯃꯨꯡꯁꯤ ꯍꯤꯗꯥꯛ
ꯄꯥꯝꯕꯤ (ꯃꯦꯟꯊꯥ ꯑꯥꯔꯚꯦꯟꯁꯤꯁ- Mentha arvensis L.)
ꯑꯁꯤꯅꯆꯤꯡꯕꯅꯤ꯫ ꯅꯥꯎꯁꯦꯛꯂꯩ ꯄꯥꯝꯕꯤꯒꯤ ꯖꯤꯟꯁꯀꯤ ꯃꯃꯤꯡ
ꯑꯣꯁꯤꯃꯝ ꯍꯥꯏꯕꯁꯤ ꯒ꯭ꯔꯤꯛꯀꯤ ꯋꯥꯍꯩ ꯑꯣꯖꯣ (Ozo) ꯍꯥꯏꯕꯒꯤ
ꯑꯔꯊꯗꯤ ꯃꯅꯝ ꯌꯥꯝꯅ ꯆꯦꯟꯕ ꯑꯁꯤꯗꯒꯤ ꯂꯧꯊꯣꯛꯄꯅꯤ ꯑꯗꯨꯒ
ꯁ꯭ꯄꯦꯁꯤꯁꯀꯤ ꯃꯃꯤ ꯕꯦꯁꯂꯤꯀꯝ ꯍꯥꯏꯕꯁꯤꯅ ꯒꯔꯕꯤꯛꯀꯤ
ꯋꯥꯍꯩ ꯕꯦꯁꯤꯂꯤꯌꯁ (Basileus) ꯍꯥꯏꯕꯒꯤ ꯑꯔꯊꯗꯤ ꯀꯤꯡ (King) ꯍꯥꯏꯕꯗꯤ ꯅꯤꯡꯊꯧ ꯍꯥꯏꯕꯁꯤꯗꯒꯤ ꯂꯧꯊꯣꯛꯄꯅꯤ꯫ ꯃꯁꯤꯒꯤ ꯃꯄꯨꯡ ꯑꯣꯏꯕ ꯑꯔꯊꯗꯤ ꯅꯥꯎꯁꯦꯛꯂꯩ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯃꯅꯝ ꯅꯨꯡꯁꯤꯕ ꯄꯥꯝꯕꯤꯁꯤꯡꯒꯤ ꯃꯅꯨꯡꯗ ꯊꯣꯏꯗꯣꯛ-ꯍꯦꯟꯗꯣꯛꯄ ꯃꯒꯨꯟ ꯑꯗꯨꯗꯒꯤꯅꯤ꯫
ꯅꯥꯎꯁꯦꯛꯂꯩ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯃꯤꯑꯣꯏꯕꯅ ꯇꯣꯉꯥꯟ ꯇꯣꯉꯥꯟꯕ ꯍꯤꯔꯝꯁꯤꯡꯗ ꯁꯤꯖꯤꯟꯅꯩ꯫ ꯄꯥꯝꯕꯤ
ꯑꯁꯤꯒꯤ ꯃꯁꯥ ꯄꯨꯝꯅꯃꯛꯇ ꯃꯅꯝ ꯌꯥꯝꯅ ꯀꯟꯕ ꯍꯪꯒꯥꯝ ꯃꯄꯥꯜ ꯆꯪꯂꯞ ꯇꯧꯕ ꯏꯁꯦꯟꯁꯤꯑꯦꯜ ꯑꯣꯏꯜ ꯍꯥꯏꯕ ꯊꯥꯎ ꯃꯈꯜ ꯑꯁꯤ ꯌꯥꯎꯖꯔꯕꯁꯨ ꯍꯤꯗꯥꯛ ꯁꯥꯕꯗ ꯃꯔꯨ ꯑꯣꯏꯕ ꯃꯆꯜ ꯑꯃ ꯑꯣꯏꯅ ꯁꯤꯖꯤꯟꯅꯩ꯫ ꯅꯥꯎꯁꯦꯛꯂꯩ ꯄꯥꯝꯗꯤꯒꯤꯕꯤ ꯑꯀꯪꯕ ꯃꯀꯨꯞ ꯑꯗꯨ ꯆꯥꯏꯊꯣꯛꯄꯗ ꯃꯅꯥ-ꯃꯁꯤꯡꯗ ꯇꯥꯕ ꯂꯥꯏꯅ-ꯇꯤꯜꯅ ꯑꯗꯨ ꯍꯥꯠꯄ ꯉꯝꯃꯤ ꯍꯥꯏꯅ ꯄꯥꯎꯗꯝꯅꯤ꯫ ꯌꯨꯝꯒꯤ ꯑꯀꯣꯏꯕꯗ ꯅꯥꯎꯁꯦꯛꯂꯩ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯊꯥꯕꯗ ꯌꯨꯝ ꯑꯗꯨꯗ ꯀꯥꯡ, ꯍꯌꯤꯡ ꯑꯃꯁꯨꯡ ꯇꯤꯜ ꯂꯥꯛꯄꯗꯒꯤꯁꯨ ꯉꯥꯛꯊꯣꯛꯄ ꯉꯝꯃꯤ꯫ ꯄ꯭ꯔꯤꯊꯤꯕꯒꯤ ꯃꯐꯝ ꯀꯌꯥꯃꯔꯨꯝꯗ ꯅꯥꯎꯁꯦꯛꯂꯩ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯅꯥ ꯑꯗꯨ ꯑꯦꯟꯁꯥꯡ ꯊꯣꯡꯕꯗ ꯃꯅꯝ ꯅꯨꯡꯁꯤꯅꯕ ꯑꯃꯗꯤ ꯃꯍꯥꯎ ꯍꯦꯟꯒꯠꯍꯟꯅꯕ ꯑꯣꯏꯅ ꯍꯥꯞꯅꯩ꯫ ꯚꯤꯇꯥꯃꯤꯟ ꯑꯦ, ꯚꯤꯇꯥꯃꯤꯟ ꯁꯤ, ꯚꯤꯇꯥꯃꯤꯟ ꯀꯦ, ꯀꯦꯜꯁꯤꯌꯝ ꯑꯥꯏꯔꯟ, ꯃꯦꯒꯅꯦꯁꯤꯌꯝ ꯃꯦꯡꯒꯥꯅꯤꯖ ꯑꯃꯁꯨꯡ ꯄꯣꯇꯥꯁꯤꯌꯝꯒꯤ ꯆꯥꯡ ꯌꯥꯝꯅ ꯋꯥꯡꯅ ꯌꯥꯎꯔꯤꯕ ꯅꯥꯎꯁꯦꯛꯂꯩ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯅꯥ ꯑꯃꯁꯨꯡ
ꯃꯇꯣꯟ ꯑꯗꯨ ꯄꯤꯖꯥ(Pizza), ꯁꯤꯡꯖꯨ (ꯈꯥꯂꯥꯗ) ꯑꯃꯁꯨꯡ ꯁꯥ-ꯉꯥ ꯊꯣꯡꯕꯗ ꯃꯍꯥꯎ ꯑꯃꯁꯨꯡ ꯃꯅꯝ ꯅꯨꯡꯁꯤꯍꯟꯅꯕ ꯃꯆꯥꯛ ꯑꯃ ꯑꯣꯏꯅ ꯍꯥꯞꯅꯩ꯫ ꯄꯥꯝꯕꯤ ꯑꯁꯤꯒꯤ ꯊꯣꯏꯗꯣꯛ ꯍꯦꯟꯗꯣꯛꯄ ꯃꯒꯨꯟꯁꯤꯡ ꯂꯩꯕꯗꯒꯤ ꯄꯥꯝꯕꯤ ꯑꯁꯤꯕꯨ ꯀꯤꯡ ꯑꯣꯐ ꯍꯔꯕꯁ (King of ꯍꯦꯔꯕꯁ) ꯍꯥꯏꯅꯁꯨ ꯀꯧꯅꯩ꯫
ꯅꯥꯎꯁꯦꯛꯂꯩ ꯄꯥꯝꯕꯤꯒꯤ ꯍꯤꯗꯥꯛꯀꯤ ꯑꯣꯏꯕ ꯃꯒꯨꯟꯁꯤꯡ ꯑꯁꯤ ꯊꯣꯏꯗꯣꯛ-ꯍꯦꯟꯗꯣꯛꯅ ꯁꯤꯡꯊꯥꯅꯤꯡꯉꯥꯏ ꯑꯣꯏ꯫
ꯌꯥꯝꯅ ꯑꯔꯤꯕ ꯃꯇꯝꯗꯒꯤ ꯍꯥꯏꯕꯗꯤ ꯁꯤꯙꯥ (ꯈꯤꯗꯗꯍꯥ)
ꯑꯃꯁꯨꯡ ꯑꯥꯌꯨꯔꯕꯦꯗ (ꯑꯌꯨꯔꯚꯦꯗꯥ) ꯒꯤ ꯂꯥꯌꯦꯡ ꯄꯊꯥꯞꯇ
ꯅꯥꯎꯁꯦꯛꯂꯩ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯑꯅꯥ-ꯂꯥꯌꯦꯡ ꯃꯈꯜ ꯀꯌꯥꯃꯔꯨꯝꯗ ꯍꯤꯗꯥꯛ
ꯑꯣꯏꯅ ꯁꯤꯖꯤꯟꯅꯔꯛꯄꯒꯤ ꯄꯥꯎꯗꯝꯁꯤꯡ ꯂꯩ꯫ ꯅꯥꯎꯁꯦꯛꯂꯩ
ꯄꯥꯝꯕꯤꯒꯤ ꯅꯨꯡꯁꯤꯔꯕ ꯃꯅꯝ ꯑꯗꯨ ꯌꯨꯖꯦꯅꯣꯜ (Eugenol) ꯑꯃꯁꯨꯡ
ꯂꯤꯃꯣꯅꯤꯟ (Limonene) ꯍꯥꯏꯔꯤꯕ ꯀꯝꯄꯥꯎꯟꯗꯁꯤꯡ ꯑꯁꯤ
ꯌꯥꯎꯕꯅꯅꯤ꯫ ꯅꯥꯎꯁꯦꯛꯂꯩ ꯄꯥꯝꯕꯤꯕꯨ ꯊꯤꯖꯤꯟꯕꯗ ꯌꯨꯖꯦꯅꯣꯜ, ꯔꯣꯖ
ꯃꯦꯔꯤꯅꯤꯛ ꯑꯦꯁꯤꯗ (Rosamarinic acid), ꯑꯦꯄꯤꯖꯦꯅꯤꯟ
(ꯑꯄꯤꯒꯦꯅꯤꯅ), ꯃꯤꯔꯇꯤꯅꯦꯜ (Myrtenal), ꯂ꯭ꯌꯨꯇꯤꯜꯂꯤꯜ
(Luteolin), ꯕꯤꯇꯥ-ꯁꯤꯇꯣꯁꯇꯦꯔꯣꯜ ꯑꯃꯁꯨꯡ ꯀꯥꯔꯅꯣꯁꯤꯛ
ꯑꯦꯁꯤꯗ (Carnosic acid) ꯁꯤꯡ ꯑꯁꯤ ꯆꯥꯡ ꯋꯥꯡꯅ ꯌꯥꯎꯕ
ꯃꯔꯝꯅ ꯀꯦꯟꯁꯔ ꯂꯥꯏꯅꯥ ꯃꯈꯜ ꯈꯔ ꯉꯥꯛꯊꯣꯛꯄ ꯉꯝꯒꯅꯤ
ꯍꯥꯏꯅ ꯑꯈꯪ ꯑꯍꯩꯁꯤꯡꯅ ꯄꯥꯎꯗꯝꯅꯔꯤ꯫ ꯃꯁꯤꯒꯤ ꯃꯊꯛꯇ
ꯎꯟꯁꯥꯒꯤ ꯂꯥꯏꯅꯥꯁꯤꯡꯗꯁꯨ ꯊꯣꯏꯗꯣꯛꯅꯥ ꯀꯥꯟꯅꯍꯜꯂꯤ꯫ ꯅꯥꯎꯁꯦꯛꯂꯩ
ꯄꯥꯝꯕꯤꯗ ꯑꯦꯟꯇꯤꯑꯣꯛꯁꯤꯗꯦꯟꯠ (Antioxidant) ꯆꯥꯡ ꯋꯥꯡꯅ
ꯌꯥꯎꯕ ꯃꯔꯝꯅ ꯃꯤꯑꯣꯏꯕꯕꯨ ꯊꯨꯅ ꯑꯍꯜ ꯑꯣꯏꯁꯤꯟꯍꯟꯕꯒꯤ
ꯈꯣꯡꯖꯦꯜ ꯑꯗꯨ ꯇꯞꯊꯍꯟꯕꯗꯁꯨ ꯃꯇꯦꯡ ꯄꯥꯡꯕ ꯉꯝꯒꯅꯤ꯫
ꯅꯥꯎꯁꯦꯛꯂꯩ ꯄꯥꯝꯕꯤꯗ ꯀꯦꯔꯌꯣꯄꯥꯏꯂꯤꯟ (Caryophyllene)
ꯒꯤ ꯆꯥꯡ ꯋꯥꯡꯅ ꯌꯥꯎꯕ ꯃꯔꯝꯅ ꯇꯥꯡ ꯆꯥꯎꯊꯣꯛꯇꯨꯅ ꯆꯤꯛꯄ-ꯅꯥꯕ
ꯇꯧꯕ ꯑꯔꯊ꯭ꯔꯥꯏꯇꯤꯁꯀꯤ ꯂꯥꯏꯅꯥ ꯑꯃꯁꯨꯡ ꯆꯥꯛꯈꯥꯎ ꯅꯥꯕ ꯑꯃꯗꯤ ꯊꯖꯤꯟ ꯁꯥꯎꯒꯠꯄꯗꯁꯨ ꯊꯣꯏꯗꯣꯛꯅ ꯀꯥꯟꯅꯍꯜꯂꯤ꯫ ꯅꯥꯎꯁꯦꯛꯂꯩ ꯄꯥꯝꯕꯤ ꯑꯁꯤꯒꯤ ꯃꯅꯥ ꯑꯗꯨ ꯁꯂꯥꯗ ꯑꯣꯏꯅ ꯆꯥꯕꯅ ꯃꯤꯑꯣꯏꯕꯒꯤ ꯍꯛꯆꯥꯡꯗ ꯕꯦꯛꯇꯔꯤꯌꯥ ꯊꯣꯛꯍꯟꯕ ꯑꯃꯥꯡ ꯑꯇꯥꯁꯤꯡꯗꯒꯤ ꯉꯥꯛꯊꯣꯛꯄ ꯉꯝꯍꯜꯂꯤ ꯍꯥꯏ ꯄꯥꯎꯗꯝꯅꯤ꯫ ꯅꯥꯎꯁꯦꯛꯂꯩ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯄꯥꯜ ꯑꯗꯨ ꯀꯥꯔꯃꯤꯅꯦꯇꯤꯚ (Carminative) ꯍꯥꯏꯕꯗꯤ ꯄꯨꯛ ꯅꯨꯡꯁꯤꯠ ꯀꯥꯕ ꯑꯗꯨ ꯐꯍꯟꯕ ꯉꯝꯕꯒꯤ ꯃꯊꯛꯇ ꯍꯛꯀꯤ ꯏꯁꯤꯡ ꯌꯥꯝꯅ ꯂꯤꯛꯅ ꯆꯠꯇꯨꯅ ꯌꯥꯝꯅ ꯁꯥꯕ ꯑꯃꯗꯤ ꯅꯥꯕꯗꯁꯨ ꯍꯤꯗꯥꯛ ꯑꯣꯏꯅ ꯁꯤꯖꯤꯟꯅꯩ꯫ ꯂꯣꯛ ꯊꯨꯡꯗꯨꯅ ꯅꯥꯇꯣꯟ ꯐꯨꯟꯕ ꯑꯃꯗꯤ ꯈꯧꯅꯥꯎ ꯃꯔꯦꯡ-ꯃꯔꯦꯡ ꯆꯠꯄꯗ ꯅꯥꯎꯁꯦꯛꯂꯩ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯄꯥꯟ ꯑꯗꯨ ꯃꯇꯝ ꯈꯔ ꯁꯥꯏꯗꯨꯅ ꯆꯥꯁꯤꯟꯕꯗ ꯀꯥꯟꯅꯕ ꯐꯜ ꯐꯪꯕ ꯉꯝꯒꯅꯤ꯫ ꯀꯅꯥꯒꯨꯝꯕ ꯃꯤꯑꯣꯏ ꯑꯃ ꯈꯣꯡ ꯍꯥꯝꯊꯔꯕꯗꯤ ꯅꯥꯎꯁꯦꯛꯂꯩ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯔꯨ ꯑꯗꯨ ꯁꯨꯒꯥꯏꯔꯒ ꯏꯁꯤꯡꯗ ꯄꯨꯡ 1-2 ꯔꯣꯝ ꯇꯤꯡꯂꯒ ꯂꯧꯕ ꯃꯍꯤ ꯑꯗꯨ ꯄꯤꯊꯛꯄꯗ ꯐꯍꯟꯕ ꯉꯝꯃꯤ ꯍꯥꯏꯅꯁꯨ ꯄꯥꯎꯗꯝꯂꯤ꯫ ꯅꯥꯀꯣꯡ ꯂꯥꯏꯈꯨꯟ ꯇꯧꯗꯨꯅ ꯆꯤꯛꯄ-ꯅꯥꯕ ꯈꯣꯟꯖꯦꯜ ꯇꯥꯕ ꯋꯥꯠꯄꯗ ꯅꯥꯎꯁꯦꯛꯂꯩ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯅꯥ ꯁꯨꯒꯥꯏꯔꯒ ꯗ꯭ꯔꯣꯞ ꯑꯣꯏꯅ ꯍꯥꯞꯇꯨꯅꯁꯨ ꯂꯥꯌꯦꯡꯅꯩ꯫ ꯅꯨꯄꯤꯅ ꯐꯤꯉꯧ ꯆꯠꯄꯗ ꯅꯥꯎꯁꯦꯛꯂꯩ ꯄꯥꯝꯕꯒꯤ ꯃꯅꯥ ꯄꯤꯖꯕꯗ ꯀꯥꯟꯅꯍꯜꯂꯤ꯫ ꯃꯅꯥꯒꯤ ꯃꯍꯤ ꯑꯗꯨ ꯄꯤꯊꯛꯄꯗ ꯅꯨꯄꯤꯅ ꯑꯉꯥꯡ ꯎꯟꯅꯕꯒꯤ ꯆꯩꯅꯥ ꯑꯗꯨ ꯍꯟꯊꯍꯟꯕ ꯉꯝꯃꯤ ꯍꯥꯏꯅꯁꯨ ꯄꯥꯎꯗꯝꯂꯤ꯫ =

ꯍꯤꯗꯥꯛ ꯀꯥꯟꯅꯔꯕ ꯄꯥꯝꯕꯤꯁꯤꯡ : ꯅꯥꯎꯁꯦꯛꯂꯩ # 366

– ꯗꯥ. ꯍꯨꯏꯗ꯭ꯔꯣꯝ ꯕꯤꯔꯀꯨꯃꯥꯔ –
ꯁꯤ ꯑꯦꯁ ꯑꯥꯏ ꯑꯥꯔ : ꯅꯣꯔꯊ ꯏꯁꯠ ꯏꯟꯁꯇꯤꯇ꯭ꯌꯨꯠ
ꯑꯣꯐ ꯁꯥꯏꯟꯁ ꯑꯦꯟꯗ ꯇꯦꯛꯅꯣꯂꯣꯖꯤ, ꯂꯝꯐꯦꯜꯄꯥꯠ