AeditoriyeL IMPHAL, SATURDAY, JULY 16, 2022 Fkic, IZlExg 18 eg wkEq, maliya kuMsiZ 3420 obT\lE mkEwkB 2 HUEIYEN LANPAO

paUce Asid foZjrib wareZsiZ Asigi waSL, miTyeZ AIb msa msagini> paUce Asig paUce Asigi waSLloN AmsuZ miTyeZg HoIdoKn mri lEnde>

huIyeN laNpaU
ꯊꯥꯡꯖ, ꯖꯨꯂꯥꯏ 16, 2022, ꯏꯝꯐꯥꯜ
14 sub chi, 090 sub msiZ

ꯃꯤꯅꯤꯁꯇꯔꯗꯒꯤ ꯔꯤꯖꯥꯏꯟ ꯇꯧꯕ
ꯑꯩꯈꯣꯏꯁ꯭ꯋꯥꯏꯗꯗꯤ ꯊꯣꯛꯇꯕꯒꯨꯝꯕꯅꯤ
ꯀꯨꯝꯖꯥ 1949 ꯒꯤ ꯑꯣꯛꯇꯣꯕꯔ 15 ꯗꯒꯤ ꯃꯅꯤꯄꯨꯔ ꯂꯩꯕꯥꯛꯁꯤꯒꯤ ꯐꯤꯕꯥꯟꯅꯨꯡꯗ
ꯇꯤꯜꯂꯦ꯫ ꯑꯗꯨꯒ ꯖꯅ꯭ꯌꯨꯋꯥꯔꯤ 26, 1950 ꯗ ꯂꯩꯕꯥꯛꯁꯤꯅ ꯃꯄꯨꯡ ꯐꯥꯕ ꯔꯤꯄꯕ꯭ꯂꯤꯛ
ꯑꯃ ꯑꯣꯏꯔꯛꯄꯗꯒꯤ ꯄꯥꯡꯊꯣꯔꯛꯂꯤꯕ ꯃꯤꯈꯜꯒꯤ ꯊꯕꯛ-ꯊꯧꯔꯝꯁꯤꯡꯗ
ꯇꯣꯠꯁꯤꯟꯅꯗꯨꯅ ꯊꯔꯣ-ꯊꯔꯣ ꯑꯣꯟꯃꯤꯟꯅꯔꯛꯂꯦ ꯑꯗꯨꯕꯨ ꯃꯅꯤꯄꯨꯔꯒꯤꯗꯤ
ꯁ꯭ꯇꯦꯠꯁꯤꯒꯤ ꯑꯣꯏꯅ ꯂꯩꯖꯔꯛꯈꯤꯕ ꯄꯣꯂꯤꯇꯤꯀꯦꯜꯒꯤ ꯄꯨꯋꯥꯔꯤꯁꯤꯡꯒꯤ
ꯂꯃꯥꯏꯁꯤꯡ ꯃꯊꯪ-ꯃꯊꯪ ꯍꯪꯒꯠꯅ ꯐꯥꯛꯀꯠꯇꯨꯅ ꯌꯦꯡꯂꯨꯕꯗ ꯂꯩꯕꯥꯛꯁꯤꯒꯤ ꯁꯔꯨꯛ ꯑꯃ
ꯑꯣꯏꯗ꯭ꯔꯤꯉꯩ ꯑꯣꯒꯁꯠ 15, 1947 ꯇ ꯕ꯭ꯔꯤꯇꯤꯁꯅ ꯊꯥꯗꯣꯛꯂꯝꯕꯗꯒꯤꯅ ꯍꯧꯖꯤꯛ
ꯐꯥꯎꯕꯗ ꯂꯩꯔꯛꯈꯤꯕ ꯂꯩꯉꯥꯛꯁꯤꯡꯗ ꯌꯥꯎꯈꯤꯕ ꯃꯤꯅꯤꯁꯇꯔꯁꯤꯡꯒꯤ ꯃꯔꯛꯇꯒꯤ
ꯔꯤꯖꯥꯏꯟ ꯇꯧꯗꯨꯅ ꯇꯣꯛꯊꯣꯛꯈꯤꯕꯒꯤ ꯊꯧꯗꯣꯛ ꯊꯣꯛꯈꯤꯗ꯭ꯔꯤ ꯍꯥꯏꯕ ꯌꯥꯏ꯫
ꯁꯨꯡꯊꯣꯛ ꯊꯣꯛꯈꯤꯗꯕꯃꯛꯇꯤ ꯅꯠꯇꯦ꯫ ꯑꯗꯨꯉꯩ ꯀꯨꯝꯕꯤ ꯑꯦꯁꯦꯝꯕ꯭ꯂꯤ ꯀꯟꯁꯇꯤ-
ꯇ꯭ꯌꯨꯑꯦꯟꯁꯤꯒꯤ ꯁꯤ ꯄꯤ ꯑꯥꯏꯒꯤ ꯇꯤꯀꯦꯠꯇ ꯀꯥꯔꯛꯂꯝꯕ ꯅꯤꯡꯊꯧꯖꯝ ꯃꯪꯒꯤꯅ
ꯃꯇꯝꯗꯨꯒꯤ ꯆꯨꯡꯁꯤꯟꯅꯕ ꯂꯩꯉꯥꯛꯇ ꯌꯥꯎꯗꯨꯅ ꯋꯥꯌꯦꯜ ꯄꯥꯏꯃꯤꯟꯅꯔꯛꯄꯗ ꯈꯔ
ꯍꯦꯟꯅ ꯆꯥꯎꯕ ꯄꯥꯔꯇꯤꯗꯨꯗ ꯑꯣꯟꯁꯤꯟꯗꯨꯅ ꯂꯨꯞꯁꯤꯜꯂꯨ ꯍꯥꯏꯕ ꯌꯥꯗꯦ ꯍꯥꯏꯕꯒꯤꯗꯃꯛ
ꯃꯤꯅꯤꯁꯇꯔ ꯐꯝꯗꯒꯤ ꯔꯤꯖꯥꯏꯟ ꯇꯧꯗꯨꯅ ꯇꯣꯛꯊꯣꯛꯈꯤꯕ ꯊꯧꯗꯣꯛ ꯑꯃꯗꯤ
ꯊꯦꯡꯅꯈ꯭ꯔꯦ꯫ ꯃꯔꯛ-ꯃꯍꯥꯗ ꯃꯤꯅꯤꯁꯇꯔ ꯑꯣꯏꯈꯤꯕꯁꯤꯡꯅ ꯔꯦꯖꯤꯒꯅꯦꯁꯟ ꯂꯦꯇꯔ
ꯄꯤꯁꯤꯟꯅꯕꯒꯤ ꯊꯧꯗꯣꯛꯇꯤ ꯊꯦꯡꯈꯥꯡ ꯈꯔꯗꯁꯨ ꯊꯣꯛꯈ꯭ꯔꯦ꯫ ꯑꯗꯨꯕꯨ ꯊꯧꯗꯣꯛꯁꯤꯡꯗꯨ
ꯉꯥꯏꯍꯥꯛꯀꯤ ꯂꯩꯉꯥꯛ ꯄꯥꯏꯔꯤꯕꯁꯤꯡꯒꯤ ꯃꯔꯛꯇ ꯌꯥꯅꯗꯕ, ꯅꯤꯡꯉꯥꯏ ꯇꯧꯅꯕ ꯍꯥꯏꯕꯗꯤ
ꯃꯈꯣꯏ ꯃꯁꯦꯜꯒꯤ ꯃꯔꯛꯇ ꯉꯥꯏꯍꯥꯛꯀꯤ ꯑꯣꯏꯅ ꯊꯣꯛꯄ ꯊꯧꯗꯣꯛ-ꯋꯥꯊꯣꯛꯁꯤꯡ
ꯂꯣꯏꯅ ꯑꯣꯏꯈꯤ꯫ ꯍꯥꯏꯕꯗꯤ ꯂꯩꯕꯥꯛ ꯃꯤꯌꯥꯝꯒꯤ ꯑꯣꯏꯕ ꯋꯥꯊꯣꯛ ꯑꯣꯏꯕ ꯏꯁꯨ ꯀꯌꯥ
ꯂꯩꯈ꯭ꯔꯕꯁꯨ ꯃꯈꯣꯏꯁꯤꯡꯗꯨꯅ ꯃꯔꯤ ꯂꯩꯅꯅ ꯃꯤꯅꯤꯁꯇꯔ ꯑꯃꯠꯇꯅ ꯃꯁꯥꯒꯤ ꯃꯣꯔꯦꯜ
ꯔꯦꯁꯄꯣꯟꯁꯤꯕꯤꯂꯤꯇꯤ ꯈꯪꯅ ꯊꯧꯗꯥꯡ ꯂꯧꯖꯗꯨꯅ ꯃꯤꯅꯤꯁꯇꯔ ꯐꯝꯗꯒꯤ ꯇꯣꯛꯈꯤꯕꯒꯤ
ꯊꯧꯗꯣꯛꯁꯤ ꯌꯥꯎꯈꯤꯗ꯭ꯔꯤ ꯍꯥꯏꯕꯃꯛ ꯌꯥꯏ ꯍꯥꯏꯕꯅꯤ꯫ ꯑꯗꯨꯝ ꯑꯣꯏꯅꯃꯛ
ꯔꯤꯖꯥꯏꯟ ꯇꯧꯕ ꯌꯥꯕꯒꯤ ꯊꯧꯗꯣꯛꯁꯤꯡ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯄꯣꯂꯤꯇꯤꯀꯦꯜꯒꯤ ꯑꯦꯔꯦꯅꯥꯗ
ꯊꯣꯛꯈꯤꯗꯦ ꯍꯥꯏꯕꯗꯤ ꯌꯥꯔꯣꯏ꯫

ꯑꯗꯨꯕꯨ ꯂꯩꯕꯥꯛꯁꯤꯒꯤ ꯁ꯭ꯇꯦꯠ/ꯌꯨꯅꯤꯌꯟ ꯇꯦꯔꯤꯇꯣꯔꯤꯁꯤꯡꯒꯤ ꯃꯅꯨꯡꯗ
ꯌꯥꯎꯅ ꯃꯥꯂꯦꯝꯒꯤ ꯂꯩꯕꯥꯛꯁꯤꯡꯗꯗꯤ ꯃꯀꯣꯛ ꯏꯊꯣꯡ-ꯊꯣꯡꯕꯁꯤꯡ ꯌꯥꯎꯅ ꯃꯤꯌꯥꯝꯒꯤ
ꯃꯤꯍꯨꯠ-ꯂꯩꯉꯥꯛꯂꯣꯏꯁꯤꯡꯅ ꯃꯤꯌꯥꯝꯒꯤꯗꯃꯛ ꯑꯣꯏꯕ ꯊꯕꯛ ꯊꯧꯔꯝꯁꯤꯡꯒ ꯃꯔꯤ
ꯂꯩꯅꯅ ꯃꯁꯥꯅ ꯄꯥꯏꯕ ꯑꯋꯥꯡꯕ ꯐꯝꯗꯒꯤ ꯃꯊꯟꯇ ꯀꯨꯝꯊꯖꯔꯛꯄꯒꯤ ꯊꯧꯗꯣꯛꯁꯤꯡ
ꯊꯣꯛꯏ ꯑꯃꯁꯨꯡ ꯊꯦꯡꯅꯩ꯫ ꯑꯩꯈꯣꯏꯁ꯭ꯋꯥꯏꯗꯅ ꯊꯧꯗꯣꯛꯁꯤ ꯑꯣꯏꯍꯜꯂꯛꯄ/
ꯊꯣꯛꯍꯜꯂꯛꯄ ꯌꯥꯕꯒꯤ ꯃꯇꯥꯡ 100 ꯗ 100 ꯆꯥꯔꯕꯁꯨ ꯌꯣꯡꯅ ꯆꯨ ꯄꯥꯏꯕꯒꯨꯝ
ꯈꯨꯕꯥꯝ ꯆꯦꯠꯅ ꯄꯥꯏꯁꯤꯟꯗꯨꯅ ꯂꯩꯅꯔꯛꯈꯤ ꯍꯥꯏꯕꯁꯤꯃ ꯀꯛꯅꯤꯡꯉꯥꯏ ꯑꯣꯏꯗ꯭ꯔꯦ꯫
ꯑꯗꯨꯕꯨ ꯃꯤꯅꯤꯁꯇꯔ ꯑꯃꯅ ꯃꯁꯥꯅ ꯐꯝꯂꯤꯕ ꯋꯥꯡꯂꯕ ꯆꯧꯀ꯭ꯔꯤ ꯃꯈꯣꯡ ꯇꯦꯛꯇꯨꯅ
ꯇꯥꯔꯛꯄ/ꯀꯤꯟꯊꯔꯛꯇꯨꯅ ꯂꯩꯃꯥꯏꯗ ꯎꯄ꯭ꯔꯥꯡ ꯁꯤꯠꯅ ꯇꯥꯁꯤꯟꯕꯃꯛ ꯅꯠꯇ꯭ꯔꯕꯁꯨ
ꯃꯁꯥꯅ ꯈꯪꯅ ꯏꯔꯦꯟꯖꯅ ꯀꯨꯝꯊꯖꯔꯛꯄ ꯌꯥꯕꯒꯤ ꯊꯧꯗꯣꯛꯇꯤ ꯑꯗꯨꯝꯃꯛ ꯂꯩꯕꯥꯛ
ꯃꯤꯌꯥꯝꯅ ꯍꯛꯊꯦꯡꯅꯗꯨꯅ ꯂꯥꯛꯏ꯫ TEKOE ꯀꯥꯡꯗꯅ ꯂꯦꯞꯇꯅ ꯊꯣꯛꯄꯃꯛ
ꯅꯠꯇ꯭ꯔꯕꯁꯨ ꯃꯔꯛ-ꯃꯔꯛꯇ ꯑꯗꯨꯝꯃꯛ ꯊꯣꯛꯏ꯫ ꯍꯟꯗꯛ ꯆꯍꯤꯒꯤ ꯂꯧꯎ ꯄꯥꯟꯊꯥ
ꯃꯅꯨꯡꯁꯤꯗ ꯂꯧꯃꯤꯁꯤꯡꯅ ꯂꯧꯕꯨꯛꯇ ꯁꯤꯖꯤꯟꯅꯒꯗꯕ ꯌꯨꯔꯤꯌꯥ ꯍꯥꯔꯁꯤꯡ ꯃꯔꯥꯡ ꯀꯥꯏꯅ
ꯑꯃꯁꯨꯡ ꯃꯇꯝ ꯆꯥꯅ ꯐꯪꯍꯜꯂꯒꯅꯤ ꯍꯥꯏꯗꯨꯅ ꯂꯩꯉꯥꯛꯅ ꯃꯔꯨ ꯑꯣꯏꯅ ꯂꯧꯎ-ꯁꯤꯡꯎ
ꯂꯣꯏꯁꯪꯅ, ꯃꯤꯅꯤꯁꯇꯔꯅ ꯇꯠꯇꯅ ꯍꯥꯏꯔꯕꯁꯨ ꯆꯤꯟꯒ ꯈꯨꯠꯀ ꯃꯥꯟꯅꯔꯛꯇꯕꯗꯒꯤ
ꯊꯣꯛꯍꯟꯅꯤꯡꯗꯕ ꯊꯧꯗꯣꯛ ꯑꯃꯁꯨꯡ ꯏꯔꯥꯡꯁꯤꯡ ꯊꯣꯛꯄꯒꯤ ꯄꯨꯝꯁꯥ-ꯁꯥꯒꯠꯅꯗꯨꯅ
ꯂꯩꯔꯤꯉꯩꯗ ꯖꯨꯂꯥꯏ 11, 2022 ꯒꯤ ꯅꯨꯡꯊꯤꯜ ꯄꯣꯕꯣꯞꯇ ꯀꯛꯆꯤꯡ ꯗꯤꯁꯇ꯭ꯔꯤꯛꯠꯀꯤ
ꯋꯥꯕꯒꯥꯏ ꯂꯝꯈꯥꯏꯒꯤ ꯂꯟꯅꯥꯏ ꯃꯤꯑꯣꯏ ꯑꯃꯒꯤ ꯗꯨꯀꯥꯟ ꯃꯅꯨꯡꯗ ꯌꯨꯔꯤꯌꯥ ꯍꯥꯔ ꯕꯦꯒ
400 ꯄꯩꯁꯤꯟꯗꯨꯅ ꯊꯝꯂꯝꯐꯝ ꯊꯣꯛꯄ꯭ꯔ ꯍꯥꯏꯕꯅꯤ꯫ ꯃ꯭ꯌꯥꯟꯃꯥꯔꯔꯣꯝꯗ ꯄꯨꯁꯤꯟꯅꯕ
ꯍꯣꯠꯅꯔꯝꯕꯅꯤ ꯍꯥꯏꯕ ꯌꯨꯔꯤꯌꯥ ꯍꯥꯔ ꯇ꯭ꯔꯛ ꯃꯄꯣꯠ ꯈꯔ ꯄꯨꯂꯤꯁꯅ ꯐꯥꯒꯠꯈꯤꯕ
ꯂꯩꯈ꯭ꯔꯦ꯫ ꯑꯗꯨꯕꯨ ꯍꯥꯔꯁꯤꯡ ꯑꯗꯨꯗꯤ ꯂꯩꯉꯥꯛꯅ ꯀꯟꯇ꯭ꯔꯣꯜ ꯇꯧꯗꯨꯅ ꯂꯧꯃꯤꯁꯤꯡꯗ
ꯑꯦꯝ ꯑꯦꯜ ꯑꯦ/ꯃꯤꯅꯤꯁꯇꯔꯁꯤꯡꯒꯤ ꯈꯨꯠꯊꯥꯡꯗ ꯐꯪꯍꯜꯂꯛꯂꯤꯕꯁꯤꯡ ꯑꯗꯨ
ꯑꯣꯏꯔꯝꯗꯕꯗꯒꯤ ꯃꯔꯤ ꯂꯩꯅꯕ ꯃꯤꯅꯤꯁꯇꯔ ꯐꯥꯎꯕꯅ ꯃꯈꯧ ꯄꯣꯡꯅ ꯁꯦꯡꯗꯣꯛꯈꯤ꯫
ꯑꯗꯨꯕꯨ ꯋꯥꯕꯒꯥꯏ ꯂꯝꯈꯥꯏꯒꯤꯁꯤꯗꯤ ꯀꯝꯗꯧꯕ? ꯍꯥꯔꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯃꯇꯥꯡꯗ ꯑꯦꯝ
ꯑꯦꯜ ꯑꯦ ꯑꯅꯤꯒꯤ ꯃꯃꯤꯡꯁꯨ ꯄꯟꯅꯈꯤ꯫ ꯄꯟꯒꯦꯔ/ꯄꯜꯂꯣꯏꯔ ꯌꯨꯔꯤꯌꯥꯁꯤꯡ ꯑꯗꯨ
ꯃꯅꯤꯄꯨꯔ ꯂꯩꯉꯥꯛꯀꯤ ꯈꯨꯠꯇꯒꯤ ꯆꯠꯈꯤꯕ ꯍꯥꯔꯁꯤꯡꯅꯤ꯫ ꯃꯇꯧ ꯀꯔꯝꯅ ꯀꯔꯝꯕ
ꯂꯝꯕꯤꯗ ꯂꯤꯠꯇꯨꯅ ꯂꯩꯅꯕ ꯃꯤꯅꯤꯁꯇꯔꯅ ꯐꯝꯂꯤꯕ ꯑꯋꯥꯡꯕ ꯊꯥꯛꯀꯤ ꯆꯧꯀ꯭ꯔꯤꯗꯨ
ꯃꯩꯊꯛꯇ ꯊꯥꯡꯒꯠꯄ ꯉꯥꯡꯁꯪ ꯉꯥꯡꯂꯕ ꯈꯥꯡ ꯑꯣꯏꯔꯛꯇ꯭ꯔꯤꯕꯔ? ꯂꯦꯝꯅ ꯀꯨꯝꯊꯔꯒ
ꯏꯪꯅ ꯐꯝꯍꯧꯕꯅ ꯁꯥꯐꯒꯗ꯭ꯔ ꯍꯥꯏꯕ ꯋꯥꯍꯪ ꯍꯪꯅꯕ ꯌꯥꯎꯔꯛꯂꯦ ꯍꯥꯏꯕꯅꯤ꯫

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯋꯤꯖ - 46
1) "ꯀ꯭ꯔꯤꯁꯅꯔ, ꯖꯦꯁꯁꯂ, ꯑꯥꯜꯂꯥꯔ/ꯅꯠꯇ꯭ꯔꯒ ꯁꯅꯥꯃꯍꯤꯔ? ꯀꯅꯥꯅꯣ
ꯑꯃꯍꯦꯛꯇ/ꯑꯩꯕꯨ ꯄ꯭ꯔꯂꯣꯏꯁꯤꯗꯒꯤ ꯑꯃꯨꯛꯇ ꯀꯜꯂꯨꯅꯦ/ ꯀꯜꯂꯨꯅꯦ
ꯑꯩꯕꯨ ꯄ꯭ꯔꯂꯣꯏꯁꯤꯗꯒꯤ ꯑꯃꯨꯛꯇ꯫" ꯃꯅꯤꯄꯨꯔꯒꯤ ꯁꯛꯅꯥꯏꯔꯕ ꯀꯕꯤ
ꯑꯃꯒꯤ ꯁꯩꯔꯦꯡ ꯃꯇꯦꯛꯅꯤ꯫ ꯀꯕꯤ ꯑꯁꯤ ꯀꯅꯥꯅꯣ ꯑꯃꯗꯤ ꯁꯩꯔꯦꯡ
ꯃꯇꯦꯛ ꯑꯁꯤ ꯃꯍꯥꯛꯀꯤ ꯀꯔꯝꯕ ꯂꯥꯏꯔꯤꯛꯇ ꯌꯥꯎꯕ ꯀꯔꯤ ꯁꯩꯔꯦꯡꯗꯒꯤꯅꯣ?
2) "ꯌꯥꯊꯪ" (1967) ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ
ꯑꯃꯁꯨꯡ ꯃꯁꯤꯒꯤ ꯑꯏꯕ ꯀꯅꯥꯅꯣ?
3) ꯃꯣꯏꯔꯥꯡ ꯅꯤꯡꯊꯧꯒꯤ ꯃꯆꯥꯅꯨꯄꯤ ꯑꯃ "ꯂꯩꯕꯥꯛꯀꯤ ꯑꯋꯥꯕ ꯀꯣꯛꯅꯕ
ꯇꯧꯈꯤꯕꯤ ꯑꯃꯗꯤ ꯃꯄꯥꯒꯤ ꯌꯥꯊꯪ ꯂꯩꯕꯥꯛ ꯇꯥꯍꯟꯈꯤꯗꯕꯤ ꯄꯨꯛꯆꯦꯜ ꯆꯥꯎꯕꯤ
ꯅꯨꯄꯤ ꯑꯁꯤꯒꯤ ꯃꯔꯝꯆꯠ ꯎꯠꯅꯤꯡꯕꯗꯒꯤ ꯃꯩꯇꯩ ꯃꯌꯦꯛꯇꯒꯤ ꯈ꯭ꯋꯥꯏꯅ
ꯈꯪꯅꯕ ꯕꯥꯡꯒꯂꯥ ꯃꯌꯦꯛꯇ ꯁꯤꯟꯗꯣꯛꯇꯨꯅ ꯁꯥꯄꯥ ꯅꯝꯕ ꯌꯥꯅꯕ
ꯁꯦꯝꯗꯣꯛꯆꯕꯅꯤ꯫" ꯍꯥꯏꯔꯤꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯀꯔꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ
ꯑꯃꯁꯨꯡ ꯀꯅꯥꯅ ꯕꯥꯡꯒꯂꯥ ꯃꯌꯦꯛꯇ ꯁꯤꯟꯗꯣꯛꯄꯅꯣ?
4) ꯁꯛꯅꯥꯏꯔꯕ ꯀꯕꯤ ꯑꯩꯆ ꯅꯟꯗ ꯃꯩꯇꯩꯒꯤ ꯁꯩꯔꯦꯡ 103 ꯕꯨ ꯀꯅꯥꯅ ꯏꯪꯔꯥꯖꯤꯗ
ꯀꯔꯤ ꯃꯃꯤꯡ ꯊꯣꯟꯗꯨꯅ ꯍꯟꯗꯣꯛꯈꯤꯕꯒꯦ?
5) "ꯃꯩ ꯆꯪꯂꯕ ꯆꯦꯛ" ꯍꯥꯏꯕꯁꯤ ꯀꯅꯥꯅ ꯏꯕꯅꯣ ꯑꯃꯁꯨꯡ ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ
ꯂꯥꯏꯔꯤꯛꯅꯣ?

ꯃꯊꯛꯇ ꯄꯤꯔꯤꯕ ꯋꯥꯍꯪꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯄꯥꯎꯈꯨꯝ ꯖꯨꯂꯥꯏ 30, ꯊꯥꯡꯖ ꯅꯨꯃꯤꯠꯀꯤ
ꯑꯌꯨꯛ ꯄꯨꯡ 11 ꯐꯥꯎꯕꯒꯤ ꯃꯅꯨꯡꯗ ꯄꯥꯎꯆꯦ ꯑꯁꯤꯒꯤ ꯑꯣꯐꯤꯁꯇ ꯅꯠꯇ꯭ꯔꯒ
ꯏ-ꯃꯦꯜ hueiyenliteraryquiz@gmail.com ꯁꯤꯗ ꯃꯦꯜ
ꯑꯣꯏꯅ 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꯫
ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯂꯤꯇꯔꯦꯔꯇꯤ ꯀ꯭ꯋꯤꯖ-45 ꯒꯤ ꯑꯆꯨꯝꯕ ꯄꯥꯎꯈꯨꯝ ꯊꯥꯕꯤꯔꯛꯈꯤꯕꯁꯤꯡꯗꯤ
1) ꯃꯣꯏꯔꯥꯡꯊꯦꯝ ꯒꯪꯒꯨꯂꯤ, ꯀꯛꯆꯤꯡ ꯇꯨꯔꯦꯜ ꯋꯥꯡꯃ ꯅꯤꯡꯊꯧ ꯄꯔꯦꯡ - (2,3,5)
2) ꯑꯅꯟꯗꯀꯨꯃꯥꯔ ꯈꯨꯟꯖꯥꯃꯌꯨꯝ, ꯇꯥꯎꯊꯣꯡ ꯑꯌꯨꯡꯕ ꯃꯌꯥꯏ ꯂꯩꯀꯥꯏ - (1,2,3,5)
3) ꯊꯣꯡꯒ꯭ꯔꯥꯝ ꯔꯣꯃꯦꯟ ꯃꯩꯇꯩ, ꯀꯩꯔꯛ ꯇꯣꯃꯥꯜ ꯃꯈꯣꯡ - (2,5)
4) ꯊꯤꯌꯥꯝ ꯔꯥꯖꯦꯟꯗ꯭ꯔ ꯂꯨꯋꯥꯡ, ꯊꯥꯡꯃꯩꯕꯟꯗ ꯊꯥꯎ ꯀꯝꯄ꯭ꯂꯦꯛꯁ - (1,2,3,5)
5) ꯃꯥꯏꯁ꯭ꯅꯥꯝ ꯕꯨꯙ, ꯆꯤꯡꯉꯥꯃꯈꯥ ꯃꯥꯏꯁ꯭ꯅꯥꯝ ꯂꯩꯀꯥꯏ - (1,3,5)
ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯋꯤꯖ-45 ꯒꯤ ꯋꯤꯟꯅꯔ
ꯑꯅꯟꯗꯀꯨꯃꯥꯔ ꯈꯨꯟꯖꯥꯃꯌꯨꯝ, ꯇꯥꯎꯊꯣꯡ ꯑꯌꯨꯡꯕ ꯃꯌꯥꯏ ꯂꯩꯀꯥꯏ (ꯗ꯭ꯔꯣꯗ ꯋꯤꯟꯅꯔ ꯑꯣꯏꯈ꯭ꯔꯕ)
ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯋꯤꯖ 45 ꯒꯤ ꯁꯦꯜꯒꯤ ꯃꯅꯥ ꯑꯁꯤ ꯋꯤꯟꯅꯔ ꯑꯣꯏꯔꯕ ꯃꯤꯑꯣꯏ
ꯑꯁꯤꯒꯤ ꯕꯦꯡꯛ ꯑꯦꯀꯥꯎꯟꯠꯇ ꯑꯣꯏꯅ ꯍꯥꯞꯆꯤꯟꯖꯔꯒꯅꯤ꯫

ꯑꯣꯇꯣꯔꯤꯛꯁꯣ ꯑꯗꯨ ꯑꯉꯝ ꯑꯔꯥꯏ ꯈꯪꯗꯅ ꯊꯧꯔꯛꯏ꯫ ꯅꯨꯄꯤ
ꯑꯃꯈꯛ ꯅꯨꯄꯤ ꯑꯅꯤꯅ ꯀꯣꯜꯂꯗꯨꯅ ꯀꯞ ꯂꯥꯎꯔꯗꯨꯅ ꯍꯣꯁꯄꯤꯇꯥꯜ ꯇꯝꯅ
ꯄꯨꯈꯠꯂꯛꯄꯅꯤ꯫ ꯑꯣꯇꯣꯔꯤꯛꯁꯣꯒꯤ ꯃꯅꯤꯡ ꯊꯪꯕ ꯃꯤ ꯐꯝꯐꯝꯗ ꯅꯨꯄꯥ
ꯑꯅꯤ ꯑꯃꯁꯨ ꯐꯝꯂꯤ꯫ ꯅꯨꯄꯤ ꯑꯃꯅ ꯍꯥꯏꯔꯛꯏ "ꯏꯕꯨꯡꯉꯣ, ꯈꯔꯒ ꯀꯟꯅ ꯊꯧꯅꯦ꯫" ꯗ꯭ꯔꯥꯏꯚꯔ ꯑꯗꯨꯅ ꯀꯟꯅ ꯅꯦꯠꯂꯤ꯫ ꯂꯝꯕꯤꯗ ꯈꯥꯀꯤ ꯃꯆꯨ ꯁꯦꯠꯄ ꯃꯤꯑꯣꯏ
ꯃꯔꯤ/ꯃꯉꯥꯅ ꯒꯥꯔꯤ ꯆꯦꯛ ꯇꯧꯕ BT! ꯒꯥꯔꯤꯒꯤ ꯆꯦ ꯆꯥꯡ ꯆꯦꯛ ꯇꯧꯅꯕ
ꯃꯈꯣꯏꯅ ꯑꯣꯇꯣꯔꯤꯛꯁꯣ ꯑꯗꯨꯕꯨ ꯃꯃꯥꯡꯗꯒ ꯂꯦꯞꯁꯤꯜꯂꯒ ꯈꯥꯝꯂꯛꯏ
ꯇꯥꯟꯖꯥꯗꯨꯗ꯫ ꯒꯥꯔꯤꯗꯨ ꯄꯥꯝꯕꯩ ꯂꯩꯇꯗꯨꯅ ꯈꯥꯝꯃꯤ꯫
"ꯍꯩ ꯒꯥꯔꯤꯗꯨ ꯃꯨꯠꯊꯠꯂꯨꯅꯦ, ꯃꯤ ꯎꯁꯤꯠꯇꯕ ꯁꯥꯔꯗꯅ꯫ ꯆꯦ ꯆꯥꯡ
ꯌꯦꯡꯒꯦ ꯀꯗꯥꯏ?"
ꯍꯦꯛ ꯍꯥꯏꯕꯒ ꯗ꯭ꯔꯥꯏꯚꯔꯅ ꯒꯥꯔꯤꯗꯨ ꯃꯨꯠꯊꯠꯂꯤ꯫
ꯄꯨꯔꯛꯂꯤꯕꯤ ꯅꯨꯄꯤ ꯑꯗꯨ ꯌꯥꯝꯅ ꯀꯟꯅ ꯅꯥꯍꯦꯔꯤ, "ꯑꯩ
ꯁꯤꯔꯦ-ꯁꯤꯔꯦ, ꯑꯌꯣ-ꯑꯌꯣ ꯏꯃ, ꯑꯩ ꯁꯤꯔꯦ-ꯁꯤꯔꯦ"꯫
ꯃꯅꯤꯡꯗ ꯇꯣꯡꯂꯝꯕ ꯍꯣꯁꯄꯤꯇꯥꯜꯗ ꯄꯨꯈꯠꯂꯤꯕꯤ
ꯅꯨꯄꯤꯗꯨꯒꯤ ꯅꯨꯄꯥ ꯑꯗꯨꯅ ꯇꯍꯥ ꯇꯍꯥ ꯀꯨꯝꯊꯔꯒ ꯈꯥꯀꯤ
ꯀꯥꯡꯕꯨ ꯑꯗꯨꯗ ꯍꯥꯏꯔꯛꯏ, "ꯍꯧꯖꯤꯛ ꯑꯅꯥꯕ ꯑꯁꯤ
ꯏꯃꯔꯖꯦꯟꯁꯤꯅꯤ꯫ ꯍꯧꯖꯤꯛꯄꯨ ꯀꯔꯤ ꯆꯦ ꯆꯥꯡꯒꯤ
ꯋꯥ ꯇꯣꯛꯄꯤꯈꯣ꯫ ꯑꯅꯥꯕ ꯑꯁꯤꯅ ꯅꯥꯍꯦꯔꯤꯕ ꯑꯁꯤ
ꯇꯥꯕꯤꯌꯨ꯫ KOT ꯉꯥꯝꯂꯕꯗꯤ ꯍꯥꯏꯗꯨꯅ ꯌꯥꯝꯅ ꯄꯥꯈꯠꯂꯦ꯫
ꯃꯇꯝ ꯃꯥꯡꯍꯟꯕ ꯌꯥꯗ꯭ꯔꯕꯅꯤ, ꯏꯅꯥꯎꯁꯥ꯫"
"ꯀꯔꯤꯅꯣ ꯍꯥꯏꯔꯤꯁꯤꯕꯨ ꯐꯥꯒꯤꯔꯣ ꯍꯥ? ꯆꯦ ꯆꯥꯡ ꯑꯃꯠꯇ
ꯁꯨꯗꯅꯕꯨ ꯒꯥꯔꯤ ꯊꯧꯔꯕꯗꯤ ꯐꯥꯕ ꯇꯥꯕꯅꯤ ꯅꯤꯌꯣꯝꯅꯤ ꯅꯤꯌꯣꯝ꯫"
ꯂꯥꯛꯃꯤꯟꯅꯕ ꯆꯍꯤ ꯀꯨꯟꯊ꯭ꯔꯥ ꯁꯨꯗ꯭ꯔꯤꯕ ꯅꯥꯔꯤꯕ
ꯅꯨꯄꯤꯗꯨꯒꯤ ꯃꯧꯄ꯭ꯋꯥ ꯑꯗꯨꯅ ꯐꯤꯡꯂꯞꯅ WE ꯂꯥꯎꯅ ꯒꯥꯔꯤꯗꯒꯤ
ꯆꯣꯡꯊꯈꯤ꯫ ꯑꯗꯨꯒ ꯍꯥꯏꯔꯛꯏ, "ꯌꯥꯔꯦ ꯆꯠꯆꯔꯒꯦ꯫ ꯃꯔꯩ
ꯌꯦꯠꯅꯔꯔꯣꯏꯁꯤ꯫ ꯑꯅꯥꯕ ꯑꯁꯤ ꯑꯩꯒꯤ ꯏꯆꯦꯅꯤ꯫ ꯃꯥꯒꯤ ꯊꯋꯥꯏ ꯀꯟꯗꯕ
ꯌꯥꯗꯦ꯫ ꯅꯨꯄꯤ ꯑꯣꯏꯕꯤꯒꯤꯗꯤ ꯑꯉꯥꯡ ꯎꯟꯅꯕ ꯑꯁꯤ ꯁꯤꯐꯝ ꯅꯥꯐꯝꯅꯤ"꯫
ꯅꯨꯄꯤ ꯑꯗꯨ ꯒꯥꯔꯤ ꯃꯅꯨꯡꯗꯨꯗ ꯁꯤꯔꯗꯧꯕꯒꯨꯝꯅ ꯂꯥꯎ ꯈꯣꯡꯂꯤ꯫ ꯑꯃꯨꯛꯁꯨ ꯍꯦ
ꯏꯁ꯭ꯋꯔ ꯑꯩꯕꯨ ꯂꯧꯁꯤꯟꯕꯤꯔꯣ ꯍꯥꯏꯅ ꯀꯞꯂꯤ꯫"
ꯗ꯭ꯔꯥꯏꯚꯔꯅ ꯆꯦ ꯆꯥꯡ ꯃꯊꯪ ꯃꯊꯪ ꯂꯧꯊꯣꯛꯂꯒ ꯒꯥꯔꯤ ꯄꯥꯟꯅꯕ ꯃꯤꯑꯣꯏꯁꯤꯡ
ꯑꯗꯨꯗ ꯄꯤꯁꯤꯜꯂꯤ꯫ ꯐꯅ ꯀꯨꯏꯅ ꯆꯦ ꯆꯥꯡꯁꯤꯡ ꯑꯗꯨ ꯐꯥꯀꯠ ꯐꯥꯛꯊ ꯇꯧꯗꯨꯅ
ꯌꯦꯡꯂꯒ ꯃꯇꯨꯡꯗ ꯍꯥꯏꯔꯛꯏ, "ꯅꯍꯥꯛꯀꯤ ꯑꯁꯤ ꯇꯦꯛꯁ ꯇꯣꯜꯂꯦ꯫ ꯇꯦꯛꯁ ꯊꯤꯗꯣꯛꯂꯝꯗ꯭ꯔꯕꯗꯤ ꯆꯠꯈꯤꯕ ꯌꯥꯔꯣꯏ꯫" ꯅꯨꯄꯤꯗꯨꯒꯤ ꯃꯧꯄ꯭ꯋꯥꯗꯨꯅ ꯄꯤꯁꯨꯝ ꯁꯨꯛꯂꯒ ꯁꯥꯎꯅ ꯍꯥꯏꯔꯛꯏ, "ꯗ꯭ꯔꯥꯏꯚꯔ ꯊꯧꯕꯤꯔꯣ꯫ ꯃꯇꯝ ꯃꯥꯡꯍꯜꯂꯒꯨꯝꯁꯤ꯫ "ꯇꯦꯛꯁ ꯄꯤꯔꯝꯗ꯭ꯔꯕꯗꯤ ꯆꯠꯄ ꯁꯨꯛꯌꯥ ꯌꯥꯔꯣꯏ꯫ ꯄꯤꯔꯝꯂꯒ ꯆꯠꯈꯤꯕ ꯌꯥꯅꯤ꯫ ꯅꯠꯇ꯭ꯔꯗꯤ ꯌꯥꯔꯣꯏ꯫"
ꯅꯨꯄꯤꯗꯨ ꯑꯔꯣꯏꯕ ꯈꯣꯡꯐꯝꯗ KI ꯁꯪꯗꯨꯅ ꯂꯥꯎꯔꯤ꯫ ꯂꯥꯛꯂꯤꯕ ꯅꯨꯄꯥꯁꯤꯡ ꯑꯃꯗꯤ ꯂꯥꯛꯃꯤꯟꯅꯔꯤꯕ ꯅꯨꯄꯤ ꯑꯅꯤ ꯑꯗꯨ ꯅꯨꯄꯤꯗꯨꯒꯤ ꯀꯞ ꯂꯥꯎꯕꯗꯨꯗ ꯇꯥꯕ ꯉꯝꯗ꯭ꯔꯦ꯫ ꯂꯝꯕꯤꯗ ꯆꯦ ꯆꯥꯡ ꯆꯦꯛ ꯇꯧꯔꯝꯂꯤꯕ ꯃꯈꯣꯏ ꯑꯗꯨꯗꯤ ꯊꯧꯋꯥ ꯏꯁꯥ ꯁꯥꯗꯅ ꯑꯗꯨꯝ ꯃꯈꯣꯏꯅ ꯊꯣꯛꯄ ꯃꯔꯩ ꯑꯗꯨꯝ ꯌꯦꯠꯇꯨꯅ ꯂꯩ꯫
ꯃꯧꯄ꯭ꯋꯥꯗꯨꯅ ꯁꯥꯎꯅ ꯍꯥꯏꯔꯛꯏ, "ꯍꯧꯖꯤꯛ ꯃꯗꯨꯒꯤ ꯃꯇꯝ ꯅꯠꯇꯦ꯫ ꯁꯦꯜ ꯑꯗꯨꯗꯤ ꯀꯣꯟꯅ ꯄꯤꯅꯔꯣ"꯫ ꯄꯨꯂꯤꯁꯁꯤꯡ ꯑꯗꯨꯅ ꯍꯥꯏꯔꯛꯏ "ꯃꯗꯨ ꯅꯍꯥꯛꯀꯤ ꯅꯊꯧ ꯅꯠꯇꯦ꯫ ꯑꯩꯈꯣꯏꯅ ꯍꯥꯏꯔꯤꯕꯁꯤ ꯗ꯭ꯔꯥꯏꯚꯔꯗꯅꯤ꯫ ꯅꯍꯥꯛ ꯋꯥ ꯑꯍꯦꯟꯕ ꯌꯥꯝꯅ ꯉꯥꯡꯒꯅꯨ"꯫ ꯅꯨꯄꯤꯗꯨꯒꯤ ꯃꯧꯄ꯭ꯋꯥꯗꯨꯕꯨ ꯃꯈꯣꯏꯅ ꯈꯨꯠꯄꯥꯛꯅ ꯑꯅꯤꯔꯛꯁꯨ ꯊꯥꯖꯤꯟꯕꯤꯔꯦ꯫ ꯗ꯭ꯔꯥꯏꯚꯔ ꯑꯗꯨꯅ ꯂꯨꯄꯥ 100 ꯆꯠꯄꯤ ꯑꯃ
ꯃꯈꯣꯏꯗ ꯄꯤꯕꯗ ꯂꯧ ꯍꯥꯏꯕ ꯌꯥꯗꯦ, ꯆꯅꯤ ꯄꯤꯔꯕꯗꯁꯨ ꯂꯧ ꯍꯥꯏꯕ ꯌꯥꯗ꯭ꯔꯦ꯫
ꯂꯨꯄꯥ 500 ꯗꯒꯤ ꯇꯥꯕ ꯌꯥꯔꯣꯏ ꯍꯥꯏꯗꯨꯅ ꯀꯟꯅ ꯃꯨꯛꯇꯨꯅ ꯂꯩꯈ꯭ꯔꯦ꯫
ꯃꯅꯨꯡꯗ ꯇꯣꯡꯂꯝꯕ ꯅꯨꯄꯤ ꯑꯅꯤꯗꯨ ꯆꯩꯅꯥ ꯈꯥꯡꯂꯤꯕꯤ ꯅꯨꯄꯤꯗꯨ ꯊꯥꯗꯣꯛꯄ
ꯌꯥꯗꯦ꯫ ꯃꯈꯣꯏꯁꯨ ꯇꯥꯕ ꯌꯦꯡꯕ ꯉꯝꯂꯛꯇꯕꯗꯒꯤ ꯍꯥꯏꯔꯛꯏ, "ꯏꯕꯨꯡꯉꯣ
ꯅꯈꯣꯏ ꯁꯦꯜ ꯆꯣꯞꯄ ꯍꯦꯟꯃꯜꯂꯤꯍꯦ, ꯈꯔ ꯂꯧꯔꯒ ꯌꯥꯔꯦ꯫"
ꯗ꯭ꯔꯥꯏꯚꯔ ꯑꯗꯨꯅ ꯂꯨꯄꯥ ꯆꯥꯃꯉꯥ ꯆꯠꯄꯤ ꯑꯃ ꯄꯤꯔꯦ꯫
ꯁꯦꯜ ꯑꯗꯨ ꯂꯧꯔꯒ ꯀꯔꯦꯝꯅꯅ ꯃꯈꯣꯏꯅ ꯍꯥꯏꯔꯛꯏ,
"ꯌꯥꯔꯦ, ꯌꯥꯔꯦ ꯆꯠꯂꯣ꯫ ꯅꯍꯥ ꯑꯃ ꯌꯥꯎꯕꯗꯨ ꯈꯔꯗꯤ
ꯋꯥꯔꯛꯎ꯫ ꯃꯥꯅ ꯑꯐꯥꯎ ꯁꯥꯕꯗ ꯑꯅꯥꯕꯒꯤ ꯇꯥꯡꯂꯕ ꯃꯇꯝ
ꯑꯁꯤ ꯀꯌꯥ ꯃꯥꯡꯍꯜꯂꯦ ꯀꯔꯤꯁꯨ ꯅꯠꯇꯕꯗ꯫ ꯉꯁꯥꯏꯅ
ꯂꯨꯄꯥ ꯆꯥꯃꯉꯥꯁꯤ ꯀꯣꯛ ꯄꯤꯔꯒ ꯑꯗꯨꯝ ꯆꯠꯈꯤꯕ ꯌꯥꯔꯕ
ꯑꯁꯤꯕꯨ꯫" ꯁꯦꯜ ꯈꯔ ꯍꯦꯛ ꯄꯤꯕꯒ ꯇꯦꯛꯁꯀꯤ ꯋꯥꯐꯝꯅꯤꯒ
ꯀꯔꯤꯝ ꯍꯥꯏꯔꯛꯇ꯭ꯔꯦ ꯆꯠꯂꯣ ꯍꯥꯏꯔꯛꯂꯦ ꯆꯂꯥꯟ ꯐꯥꯎꯕ
ꯀꯛꯇ꯭ꯔꯦ꯫ ꯈꯥꯀꯤ ꯁꯦꯠꯄꯁꯤꯡ ꯑꯗꯨꯅ ꯃꯤ ꯎꯁꯤꯠꯇꯅ
ꯀꯔꯦꯝꯅꯕ ꯃꯤꯅꯣꯛ ꯑꯃ ꯅꯣꯛꯂꯗꯨꯅ ꯄ꯭ꯔꯞ ꯄ꯭ꯔꯞ
ꯆꯠꯂꯣ ꯍꯥꯏꯗꯨꯅ ꯑꯁꯨꯝ ꯇꯥꯟꯕꯒꯨꯝꯅ ꯂꯥꯎꯔꯗꯨꯅ ꯂꯩ꯫
ꯑꯃꯔꯣꯝꯗ ꯑꯅꯥꯕ ꯄꯨꯔꯛꯄ ꯑꯣꯇꯣꯔꯤꯛꯁꯣ ꯑꯗꯨꯗꯤ
ꯁ꯭ꯇꯥꯔꯠ ꯇꯧꯅꯕ ꯐꯅ ꯂꯥꯛꯅꯩ ꯑꯗꯨꯕꯨ ꯍꯧꯗ꯭ꯔꯦ꯫
ꯒꯥꯔꯤꯒꯤ ꯊꯣꯛ ꯊꯣꯛ ꯅꯣꯝꯕ ꯑꯗꯨꯗ
ꯅꯨꯄꯤꯗꯨꯅ ꯆꯩꯅꯥ ꯈꯥꯡꯂꯗꯨꯅ ꯍꯥꯏꯔꯛꯏ, "ꯏꯃꯥ
ꯑꯩ ꯁꯤꯔꯦ꯫ ꯍꯣꯁꯄꯤꯇꯥꯜ ꯌꯧꯒꯗꯕ ꯀꯌꯥꯝ
ꯋꯥꯠꯂꯤꯕꯒꯦ? ꯑꯩ ꯁꯤꯔꯦ"꯫ ꯃꯥꯒꯤ ꯃꯆꯤꯟꯗ
ꯁꯤꯔꯦ ꯍꯥꯏꯕ ꯋꯥꯍꯩ ꯑꯁꯤ ꯅꯨꯡꯁꯤꯠꯃꯨꯛ ꯀꯨꯡꯏ꯫
ꯅꯨꯄꯤ ꯑꯗꯨ ꯇꯨꯃꯤꯟ ꯂꯩꯈꯤ ꯑꯗꯨꯒ ꯃꯌꯥꯝꯅ ꯀꯔꯤ
ꯇꯧꯈ꯭ꯔꯕꯒꯦ ꯈꯟꯅꯩ꯫ ꯑꯃꯨꯛ ꯁꯤꯗ ꯁꯤꯔꯗꯧꯕ
ꯈꯣꯟꯖꯦꯜꯗ ꯂꯥꯎ ꯈꯣꯡꯂꯛꯏ꯫ ꯃꯌꯥꯝ ꯇꯥꯕ ꯉꯝꯗꯦ
ꯉꯁꯥꯏꯃꯈꯩ ꯃꯥꯕꯨ ꯁꯦꯟꯅꯔꯛꯄꯤ ꯅꯨꯄꯤ ꯑꯃꯗꯨꯅ
ꯍꯥꯏꯔꯛꯏ, "ꯏꯕꯦꯝꯃꯁꯦ ꯒꯥꯔꯤ ꯃꯅꯨꯡꯗ ꯑꯉꯥꯡ
ꯎꯅꯔꯃꯥꯜꯂꯦꯅꯦꯍꯦ꯫"
ꯇꯥꯟꯖꯥ ꯑꯗꯨꯗ ꯄꯨꯂꯤꯁ ꯀꯥꯡꯕꯨ ꯑꯃ ꯂꯥꯛꯂꯒ
ꯃꯧꯄ꯭ꯋꯥꯅꯨꯄꯥ ꯑꯗꯨꯗ ꯋꯥ ꯈꯔ ꯍꯪꯂꯛꯂꯦ꯫ ꯂꯥꯛꯂꯤꯕ
ꯄꯨꯂꯤꯁ ꯀꯥꯡꯕꯨ ꯑꯗꯨꯗ ꯉꯁꯤꯒꯤ ꯃꯈꯣꯏꯒꯤ ꯊꯧꯗꯣꯛ
ꯑꯗꯨ ꯁꯝꯄꯠꯅꯗꯪ ꯂꯤꯗꯪ ꯂꯤꯔꯨꯕꯗ ꯃꯈꯣꯏꯗ ꯑꯐꯥꯎ
ꯁꯥꯔꯝꯕ ꯄꯨꯂꯤꯁ ꯀꯥꯡꯕꯨ ꯑꯗꯨꯕꯨ ꯐꯥꯔꯒ ꯄꯔꯦꯡ
ꯁꯥꯅ ꯂꯦꯞꯍꯜꯂꯒ ꯑꯌꯣ ꯏꯃꯥ ꯑꯌꯣ ꯏꯃꯥ ꯂꯥꯎꯅ ꯐꯨꯙꯕ ꯍꯧꯔꯛꯏ꯫ ꯑꯀꯣꯟꯕꯒꯤ ꯄꯨꯂꯤꯁ ꯀꯥꯡꯕꯨ ꯑꯗꯨꯅ ꯍꯥꯏꯔꯛꯏ, "ꯃꯈꯣꯏ ꯑꯁꯤꯅꯤ ꯄꯨꯂꯤꯁ ꯁꯥꯔꯒ ꯃꯁꯤꯒꯤ ꯂꯝꯈꯥꯏ ꯑꯁꯤꯗ ꯃꯤꯉꯣꯟꯗꯒꯤ ꯑꯌꯨꯛ ꯅꯨꯡꯊꯤꯜꯗ ꯍꯟꯗꯛ ꯃꯔꯛ ꯁꯦꯜ ꯈꯥꯏ ꯍꯥꯏꯕꯗꯣ꯫ ꯉꯥꯎꯁꯤꯟꯅꯕ ꯑꯉꯥꯡ ꯉꯥꯛꯇꯅꯤ ꯃꯈꯣꯏ ꯑꯁꯤ꯫"
ꯍꯥꯟꯅꯒꯤ ꯄꯨꯂꯤꯁꯃꯥꯟꯁꯤꯡ ꯑꯗꯨꯅ ꯀꯞꯂꯒ ꯑꯀꯣꯟꯕꯒꯤ ꯄꯨꯂꯤꯁ ꯀꯥꯡꯕꯨꯗ ꯂꯥꯟꯖꯔꯦ ꯑꯃꯨꯛꯇꯗꯤ ꯀꯟꯕꯤꯌꯨ ꯍꯥꯏꯗꯨꯅ ꯎꯄ꯭ꯔꯥꯛꯅ ꯎꯞꯂꯒ ꯈꯨꯔꯝꯃꯤ꯫ ꯑꯗꯨꯕꯨ ꯃꯈꯣꯏꯕꯨ ꯄꯨꯂꯤꯁ ꯑꯁꯦꯡꯕꯁꯤꯡꯅ ꯑꯗꯨꯝ ꯌꯩꯔ ꯌꯩꯔꯒ ꯄꯨꯕꯤꯈ꯭ꯔꯦ꯫ ꯅꯀꯂꯤ ꯄꯨꯂꯤꯁ ꯃꯈꯣꯏ ꯃꯉꯥꯃꯛ ꯌꯨꯅꯤꯐꯣꯔꯝꯒ ꯂꯣꯏꯅ ꯂꯧꯊꯣꯛꯍꯜꯂꯦ ꯑꯗꯨꯒ ꯈꯣꯡꯒ꯭ꯔꯥꯎ ꯃꯆꯥ ꯑꯃꯃꯝ ꯊꯥꯔꯤꯕ ꯑꯗꯨꯗꯃꯛ
ꯅꯠꯇꯅ ꯀꯔꯤ ꯑꯃꯠꯇ ꯁꯦꯠꯅꯈꯤꯗ꯭ꯔꯦ꯫ ꯐꯠꯇꯕ ꯃꯤꯗꯤ ꯑꯐꯕ ꯃꯤꯅ ꯋꯥꯔꯛꯏ꯫ (ꯑꯅꯥꯕꯒꯤ ꯀꯥꯡꯕꯨꯒꯤ ꯑꯣꯇꯣꯔꯤꯛꯁꯣ ꯑꯗꯨ ꯍꯣꯁꯄꯤꯇꯥꯜ ꯌꯧꯔꯗꯨꯅ ꯃꯅꯨꯡꯗ ꯊꯧꯖꯤꯟꯈ꯭ꯔꯦ꯫)=

ꯄꯨꯂꯤꯁꯃꯦꯟ ꯑꯃꯗꯤ ꯄꯨꯂꯤꯁꯃꯥꯟ
ꯋꯥꯏꯔꯨ-ꯋꯥꯏꯔꯨꯕꯗ
ꯍꯤꯗꯥꯛ ꯀꯥꯟꯅꯔꯕ ꯄꯥꯝꯕꯤꯁꯤꯡ : ꯅꯥꯄꯨ-ꯅꯥꯄꯤ # 350
ꯑꯩꯈꯣꯏꯒꯤ ꯂꯝꯗꯝ ꯃꯅꯤꯄꯨꯔꯗ ꯍꯥꯖꯣꯡꯕ ꯄꯥꯝꯕꯤ
ꯑꯃ ꯑꯣꯏꯅ ꯌꯥꯝꯅ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯍꯧꯕ ꯑꯗꯨꯒ ꯃꯁꯛ
ꯑꯗꯨ ꯈꯣꯡꯖꯥꯏ ꯅꯥꯄꯤ ꯃꯥꯜꯂꯞ ꯇꯧꯕ ꯅꯥꯄꯨ-ꯅꯥꯄꯤ ꯄꯥꯝꯕꯤ
ꯑꯁꯤ ꯑꯩꯈꯣꯏꯅ ꯊꯧꯋꯥ ꯏꯁꯥ ꯁꯥꯕꯤꯗ꯭ꯔꯕꯁꯨ ꯄꯥꯝꯕꯤ ꯑꯁꯤꯗ
ꯍꯥꯏꯔꯤꯕ ꯍꯤꯗꯥꯛꯀꯤ ꯑꯣꯏꯕ ꯃꯒꯨꯟ ꯑꯁꯤꯗꯤ ꯊꯣꯏꯗꯣꯛꯅ
ꯁꯤꯡꯊꯥꯅꯤꯡꯉꯥꯏ ꯑꯣꯏ꯫ ꯅꯥꯄꯨ-ꯅꯥꯄꯤ ꯑꯁꯤ ꯏꯪꯂꯤꯁꯇ ꯄꯔꯄꯜ ꯐ꯭ꯂꯤꯕꯦꯟ (Purple Fleabane) eGfDjxe [lK smjr WDmgqlE (Ash coloured Fleabane) ꯅꯠꯇ꯭ꯔꯒ ꯂꯤꯇꯜ ꯑꯥꯏꯔꯟ ꯋꯤꯗ (Little iron ꯄꯅꯅꯛ), ꯍꯤꯟꯗꯤꯗ ꯁꯥꯍꯥꯗꯦꯕꯤ (Sahadevi), KIKsDjgGf BGfAsE\ksk (Uttamkanyaka), qlixmgr ꯀꯨꯛꯁꯤꯝ (Kuksim), ꯀꯝꯕꯣꯔꯤꯌꯥꯗ ꯀꯕꯥꯜ ꯔꯨꯏ (ꯁꯨꯃꯦ ruy), ꯃꯂꯦꯁꯤꯌꯥꯗ ꯂꯤꯗꯥ [Ecgi (Lidah anging), cwkegcr \kAqkjb ogxOfkT (Yambaru higotai), ꯂꯥꯎꯁꯇ ꯅ꯭ꯌꯥ ꯐꯦꯏꯟ ꯗꯤꯟ ꯌꯦꯟ (ꯞꯧꯃ phaen din yen), ꯕꯔꯃꯤꯖꯗ ꯕ꯭ꯌꯥꯡ-ꯀꯥꯏ-ꯄꯤꯟ (Byaing-Chay-pin), ꯐꯤꯂꯤꯄꯤꯅꯣꯗ ꯑꯒꯥꯁ ꯃꯥꯔꯣ (ꯝꯤꯃꯀ ꯂꯃꯗꯍ), ꯊꯥꯏꯗ ꯌꯥ-ꯁꯥꯝ-ꯋꯥꯟ (Yaa-saam-wan), ꯁꯥꯏꯟꯇꯤꯐꯤꯛ ꯅꯠꯇ꯭ꯔꯒ ꯕꯣꯇꯥꯅꯤꯀꯦꯜꯒꯤ ꯑꯣꯏꯕ aagir zjeOeg\k KkTeljg\k (Vernonia Cinerea (L.) Less) eGfDjx sOegck vkTelEKgK (Conyza Chinensis L.) eGfDjx zjeOeg\k [lqDjgzg-\kfk (Vernonia abbreviata DC.) eGfDjx zjeOeg\k wkjzgWDmOjk (Vernonia ꯩꯃꯗꯆꯡꯇꯦ ꯍꯗꯃ Reinw. ꯅꯒ Blume) ꯅꯠꯇ꯭ꯔꯒ ꯕ꯭ꯂꯨꯃꯤꯌꯥ ꯆꯥꯏꯅꯦꯟꯁꯤꯁ (Blumea chinensis (L.) DC.) okTe syT [aKbi [lKfjlKg (Asteraceae) Kkxpxg ꯃꯅꯨꯡ ꯆꯜꯂꯤ꯫ ꯁꯥꯒꯩ ꯑꯁꯤꯗ ꯆꯟꯕ ꯑꯇꯣꯞꯄ ꯃꯔꯨ ꯑꯣꯏꯕ ꯄꯥꯝꯕꯤ ꯈꯔꯗꯤ - ꯈꯣꯡꯖꯥꯏ ꯅꯥꯄꯤ (ꯑꯦꯖꯦꯔꯦꯇꯝ ꯀꯣꯅꯤꯖꯣꯏꯗꯤꯁ), ꯅꯨꯃꯤꯠꯂꯩ (ꯍꯦꯂꯤꯌꯥꯟꯊꯁ ꯑꯦꯅꯨꯁ), ꯎꯆꯤ ꯁꯨꯝꯕꯟ ꯄꯥꯝꯕꯤ (ꯏꯀ꯭ꯂꯤꯞꯇꯥ ꯑꯦꯜꯕꯥ) ꯑꯁꯤꯅꯆꯤꯡꯕꯅꯤ꯫
ꯅꯥꯄꯨ-ꯅꯥꯄꯤ ꯑꯁꯤ ꯁꯦꯟꯇꯤꯃꯤꯇꯔ 90 ꯐꯥꯎꯕ ꯋꯥꯡꯕ, ꯃꯇꯣꯟꯗ ꯃꯁꯥ-ꯃꯔꯦꯡ ꯌꯥꯝꯅ ꯂꯣꯡꯕ ꯑꯊꯣꯠꯄ ꯄꯥꯝꯕꯤ ꯑꯃꯅꯤ꯫ ꯄꯥꯝꯕꯤ ꯑꯁꯤꯒꯤ ꯃꯅꯥ ꯑꯃꯁꯨꯡ ꯂꯩꯁꯤꯡ ꯑꯗꯨ ꯍꯦꯛ ꯌꯦꯡꯕꯗ
ꯈꯣꯡꯖꯥꯏ ꯅꯥꯄꯤ ꯃꯥꯜꯂꯞ ꯇꯧꯏ꯫ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯅꯥꯄꯨ ꯅꯥꯄꯤ
ꯀꯧꯅꯕꯒꯤ ꯃꯔꯝꯗꯤ ꯄꯥꯝꯕꯤ ꯑꯗꯨꯒꯤ ꯂꯩꯁꯤꯡ ꯑꯗꯨ ꯅꯥꯄꯨ ꯃꯆꯨ
ꯑꯣꯏꯕꯗꯒꯤꯅꯤ꯫ ꯆꯍꯤ ꯑꯃꯔꯣꯝꯇꯃꯛ ꯄꯨꯟꯁꯤꯒꯟꯕ
ꯅꯥꯄꯨ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯑꯦꯁꯤꯌꯥꯒꯤ ꯂꯝꯗꯝꯁꯤꯡ ꯃꯔꯨ
ꯑꯣꯏꯅ ꯏꯟꯗꯤꯌꯥ, ꯆꯥꯏꯅꯥ, ꯅꯦꯄꯥꯜ, ꯕꯥꯡꯂꯥꯗꯦꯁ ꯑꯃꯁꯨꯡ
ꯑꯐ꯭ꯔꯤꯀꯥꯒꯤ ꯂꯝꯗꯝꯁꯤꯡꯗꯒꯤ ꯍꯧꯔꯛꯈ꯭ꯔꯕꯁꯨ ꯉꯁꯤꯗꯤ ꯃꯥꯂꯦꯝꯒꯤ ꯑꯌꯥꯝꯕ ꯃꯐꯝꯁꯤꯡꯗ ꯁꯟꯗꯣꯛꯇꯨꯅ ꯍꯧꯈꯔꯦ꯫ ꯑꯋꯥꯡ ꯅꯣꯡꯄꯣꯛ ꯏꯟꯗꯤꯌꯥꯒꯤ ꯑꯌꯥꯝꯕ ꯃꯐꯝꯁꯤꯡ ꯃꯔꯨ ꯑꯣꯏꯅ ꯃꯅꯤꯄꯨꯔꯗ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯍꯧꯕ ꯊꯦꯡꯅꯩ꯫ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯁꯟꯖꯥꯕꯨꯡꯒꯤ ꯑꯀꯣꯏꯕ, ꯂꯝꯕꯤꯒꯤ ꯃꯇꯥꯡ, ꯈꯣꯡꯕꯥꯟ-ꯂꯨꯄꯥꯟ ꯑꯃꯗꯤ ꯇꯨꯔꯦꯜꯒꯤ ꯃꯄꯥꯜꯁꯤꯡꯗ ꯇꯣꯏꯅ ꯍꯧꯕ ꯊꯦꯡꯅꯕꯤꯒꯅꯤ꯫ ꯅꯥꯄꯨ-ꯅꯥꯄꯤ ꯄꯥꯝꯕꯤ ꯑꯁꯤꯒꯤ ꯍꯤꯗꯥꯛꯀꯤ ꯑꯣꯏꯕ ꯃꯒꯨꯟꯁꯤꯡ ꯑꯗꯨ ꯌꯥꯝꯅ ꯁꯤꯡꯊꯥꯅꯤꯡꯉꯥꯏ ꯑꯣꯏ꯫ ꯏꯟꯗꯤꯌꯥꯒꯤ ꯑꯔꯤꯕ ꯑꯔꯌꯨꯕꯦꯗꯤꯛ ꯐꯥꯔꯃꯥꯀꯣꯄꯤꯌꯥꯒꯤ ꯑꯅꯥ ꯂꯥꯌꯦꯡꯗ ꯅꯥꯄꯨ-ꯅꯥꯄꯤ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯌꯥꯝꯅ ꯇꯣꯏꯅ ꯍꯧꯒꯟꯕ ꯑꯔꯨꯝ-ꯂꯥꯏꯍꯧ, ꯅꯨꯄꯤꯅ ꯐꯤꯉꯧ ꯆꯠꯄ, ꯄꯣꯝꯕ ꯑꯃꯗꯤ ꯑꯄꯥꯠꯄ, ꯑꯁꯥꯕ ꯂꯝꯗꯝꯥꯤꯡꯗ ꯌꯥꯝꯅ ꯇꯣꯏꯅ ꯅꯥꯒꯟꯕ ꯐꯤꯂꯥꯔꯤꯌꯥꯁꯤꯁ (ꯊꯡꯦꯃꯗꯡꯃꯀꯡꯀ) ꯍꯥꯏꯅ ꯈꯪꯅꯕ ꯀꯥꯡꯅ ꯁꯟꯗꯣꯛꯀꯟꯕ ꯏꯒ ꯃꯔꯤ ꯂꯩꯅꯕ ꯂꯤꯝꯐ ꯅꯣꯗꯁ (Lymph nodes) ꯑꯃꯁꯨꯡ ꯂꯤꯝꯐ ꯚꯦꯁꯦꯜ (Lymph ꯆꯅꯀꯀꯅꯦ) ꯂꯥꯏꯅꯥꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯍꯤꯗꯥꯛ ꯁꯥꯕꯗ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯃꯔꯨ ꯑꯣꯏꯕ ꯃꯆꯜ ꯑꯃ ꯑꯣꯏꯅ ꯁꯤꯖꯤꯟꯅꯩ꯫ ꯑꯉꯥꯡꯁꯤꯡꯅ ꯏꯁꯤꯡ ꯆꯠꯄꯗ ꯌꯥꯝꯅ ꯁꯥꯕ ꯑꯃꯗꯤ
ꯂꯤꯛꯅ ꯆꯠꯄꯗ ꯅꯥꯄꯨ-ꯅꯥꯄꯤ ꯄꯥꯝꯕꯤꯒꯤ ꯅꯧꯇꯛ ꯇꯧꯕ ꯃꯅꯥ ꯑꯗꯨ ꯁꯨꯒꯥꯏꯔꯒ ꯂꯧꯕ ꯃꯍꯤ ꯑꯗꯨ ꯄꯤꯊꯛꯇꯨꯅ ꯂꯥꯌꯦꯡꯅꯕꯒꯤ ꯄꯥꯎꯗꯝꯁꯤꯡ ꯂꯩ꯫ ꯈꯣꯡ ꯀꯟꯅ ꯍꯥꯝꯊꯕ, ꯊꯖꯤꯟ ꯁꯥꯎꯒꯠꯄ, ꯂꯣꯛ ꯊꯨꯡꯕ ꯑꯃꯁꯨꯡ ꯄꯨꯛ ꯅꯨꯡꯁꯤꯠ ꯀꯥꯕꯗ ꯅꯥꯄꯨ-ꯅꯥꯄꯤ ꯄꯥꯝꯕꯤ ꯑꯗꯨ ꯏꯁꯤꯡꯗ ꯐꯖꯅ ꯆꯥꯝꯊꯣꯛꯂꯒ ꯈꯣꯟꯒꯨꯝꯕ ꯑꯃꯗ ꯁꯨꯒꯥꯏꯔꯒ ꯂꯧꯕ ꯃꯍꯤ ꯑꯗꯨꯗ ꯑꯆꯥ-ꯊꯨꯝ ꯈꯔ ꯇꯨꯝꯍꯜꯂꯒ ꯁꯦꯝꯕ ꯃꯍꯤ ꯑꯗꯨ ꯄꯤꯊꯛꯄꯗ ꯊꯣꯏꯗꯣꯛꯅ ꯀꯥꯟꯅꯕ WM ꯐꯪꯕ ꯉꯝꯃꯤ ꯍꯥꯏꯅꯁꯨ ꯄꯥꯎꯗꯝꯂꯤ꯫ ꯇꯣꯟꯁꯤꯂꯥꯏꯇꯤꯁ (Tonsilitis) ꯍꯥꯏꯅ ꯈꯪꯅꯕ ꯉꯧꯄꯣꯝꯕꯤ ꯇꯧꯕꯗ ꯅꯥꯄꯨ-ꯅꯥꯄꯤ ꯄꯥꯝꯕꯤꯒꯤ ꯅꯧꯇꯛ ꯇꯧꯕ ꯃꯅꯥ ꯑꯃꯁꯨꯡ ꯃꯇꯣꯟ ꯑꯗꯨ ꯂꯥꯗ ꯌꯣꯝꯂꯒ ꯑꯆꯥꯛꯄ ꯃꯩꯇꯥꯜꯗ ꯃꯨꯟꯅ ꯂꯧꯔꯒ ꯑꯀꯨꯡꯕ ꯐꯤꯅ ꯌꯣꯝꯂꯒ ꯐꯣꯡ-ꯐꯣꯡ ꯁꯥꯔꯤꯉꯩꯗ ꯉꯧꯄꯣꯝꯕꯤ ꯇꯧꯐꯝ ꯑꯗꯨꯗ ꯍꯤꯒꯥ ꯌꯩꯕꯗ ꯊꯣꯏꯗꯣꯛꯅ ꯀꯥꯟꯅꯕ WM ꯄꯤꯕ ꯉꯝꯃꯤ꯫ ꯃꯈꯜ ꯃꯈꯥ ꯀꯌꯥꯒꯤ ꯎꯟꯁꯥꯒꯤ ꯂꯥꯏꯅꯥꯁꯤꯡ ꯑꯗꯨꯗ ꯅꯥꯄꯨ-ꯅꯥꯄꯤ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯅꯥ ꯑꯃꯁꯨꯡ ꯃꯇꯣꯟ ꯑꯗꯨ ꯁꯨꯒꯥꯏꯔꯒ ꯂꯧꯕ ꯑꯅꯪꯕ ꯃꯍꯤ ꯑꯗꯨꯅ ꯆꯥꯡ ꯅꯥꯏꯅ ꯅꯣꯡꯃꯗ ꯑꯍꯨꯝꯂꯛ ꯅꯨꯃꯤꯠ 15-20 ꯂꯣꯝ ꯇꯩꯕꯗ ꯌꯥꯝꯅ ꯀꯥꯟꯅꯍꯟꯕꯒꯤ ꯄꯥꯎꯗꯝꯁꯨ ꯂꯩ꯫ ꯌꯥꯝꯅ ꯂꯤꯔꯕ ꯑꯅꯥ-ꯂꯥꯌꯦꯡ ꯄꯊꯥꯞꯇ ꯅꯥꯄꯨ-ꯅꯥꯄꯤ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯔꯥ ꯑꯗꯨ ꯁꯨꯒꯥꯏꯔꯒ ꯁꯨꯝꯗꯨꯅ ꯂꯧꯕ ꯃꯍꯤ ꯑꯗꯨꯅ ꯆꯥꯡ ꯅꯥꯏꯅ ꯁꯨꯝꯖꯤꯟꯗꯨꯅ ꯑꯄꯥꯠꯄ ꯑꯗꯨ ꯂꯥꯌꯦꯡꯅꯔꯛꯂꯤ꯫ ꯂꯦꯄ꯭ꯔꯣꯁꯤ ꯍꯥꯏꯅ ꯀꯧꯕ ꯀꯨꯁꯇꯤ (Kushti) ꯂꯥꯏꯅꯥ ꯑꯁꯤꯗꯁꯨ ꯅꯥꯄꯨ- ꯅꯥꯄꯤ ꯄꯥꯝꯕꯤ ꯁꯨꯒꯥꯏꯗꯨꯅ ꯂꯧꯕ ꯃꯍꯤ ꯑꯗꯨ ꯁꯨꯒꯥꯏꯔꯒ ꯆꯥꯡ ꯅꯥꯏꯅ ꯇꯩꯗꯨꯅ ꯂꯥꯌꯦꯡꯕꯁꯨ ꯌꯥꯏ꯫ ꯏꯁꯤꯡ ꯃꯔꯤꯗ ꯅꯨꯡ ꯂꯩꯔꯕꯗꯤ ꯅꯥꯄꯨ-ꯅꯥꯄꯤ ꯄꯥꯝꯕꯤ ꯑꯗꯨ ꯄꯣꯞꯂꯤ-ꯄꯣꯞꯂꯤ ꯁꯨꯒꯥꯏꯔꯒ ꯑꯐꯕ ꯏꯁꯤꯡꯗ ꯑꯍꯤꯡ ꯑꯃ ꯇꯤꯡꯂꯒ ꯃꯍꯤ ꯑꯗꯨ ꯆꯥꯖꯨꯝ ꯑꯃꯗ ꯆꯨꯝꯊꯣꯛꯂꯒ ꯂꯧꯕ ꯃꯍꯤ ꯑꯗꯨ ꯆꯥꯡ ꯅꯥꯏꯅ ꯅꯣꯡꯃꯗ ꯑꯅꯤꯔꯛ ꯅꯨꯃꯤꯠ 20-25 ꯔꯣꯝ ꯄꯤꯊꯛꯇꯨꯅ ꯇ꯭ꯔꯥꯏꯕꯦꯜ ꯀꯥꯡꯂꯨꯞ ꯈꯔꯅ ꯂꯥꯌꯦꯡꯅꯩ꯫ ꯌꯥꯝꯅ ꯀꯟꯅ ꯌꯥ ꯆꯤꯛꯄꯗ ꯅꯥꯄꯨ-ꯅꯥꯄꯤ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯔꯥ ꯑꯗꯨ ꯄꯣꯞꯂꯤ-ꯄꯣꯞꯂꯤ ꯁꯨꯒꯥꯏꯔꯒ ꯑꯅꯥꯕ ꯌꯥ ꯑꯗꯒꯤ ꯌꯥꯈꯣꯡꯗ ꯊꯣꯝꯕꯗ ꯑꯅꯥꯕ ꯆꯩꯅꯥ ꯑꯗꯨ ꯍꯟꯊꯍꯟꯕ ꯉꯝꯃꯤ ꯍꯥꯏꯅꯁꯨ ꯁꯤꯖꯤꯟꯅꯩ꯫ ꯍꯥꯏꯔꯤꯕ ꯑꯁꯦꯝꯕ ꯑꯗꯨ ꯖꯤꯟꯖꯤꯚꯥꯏꯇꯤꯁ (Gingivitis) ꯍꯥꯏꯅ ꯈꯪꯅꯕ ꯏꯁꯤꯡ ꯄꯨꯛꯆꯠꯀꯤ ꯂꯥꯏꯅ ꯑꯁꯤꯗ ꯅꯥꯄꯨ-ꯅꯥꯄꯤ ꯄꯥꯝꯕꯤ ꯑꯗꯨ ꯏꯁꯤꯡꯗ ꯐꯨꯠꯂꯒ ꯁꯦꯝꯕ ꯃꯍꯤ ꯑꯗꯨ ꯆꯥꯡ ꯅꯥꯏꯅ ꯄꯤꯊꯛꯇꯨꯅ ꯂꯥꯌꯦꯡꯕꯒꯤ ꯄꯥꯎꯗꯝꯁꯨ ꯂꯩ꯫ ꯆꯥꯏꯅꯥꯒꯤ ꯑꯔꯤꯕ ꯑꯅꯥ ꯂꯥꯌꯦꯡꯗ ꯅꯥꯄꯨ- ꯅꯥꯄꯤ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯑꯄꯣꯝ ꯑꯇꯪ ꯑꯃꯁꯨꯡ ꯀꯦꯟꯁꯔ ꯃꯈꯜ ꯈꯔ ꯂꯥꯌꯦꯡꯕꯗ ꯁꯤꯖꯤꯟꯅꯩ ꯍꯥꯏꯕꯒꯤ ꯄꯥꯎꯗꯝꯁꯨ ꯂꯩ꯫ ꯄꯥꯎꯗꯝ ꯑꯃꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯅꯥꯄꯨ-ꯅꯥꯄꯤ ꯑꯗꯨ ꯏꯊꯥꯅꯣꯜ ꯍꯥꯏꯔꯤꯕ ꯌꯨ ꯃꯈꯜ ꯑꯗꯨꯗ ꯁꯨꯒꯥꯏꯔꯒ ꯁꯦꯝꯕ ꯃꯍꯤ ꯑꯗꯨ ꯎꯆꯦꯛ-ꯋꯥꯌꯥ ꯑꯃꯁꯨꯡ ꯌꯦꯟꯗ ꯅꯥꯒꯟꯕ ꯚꯥꯏꯔꯁꯅ ꯊꯣꯛꯍꯟꯕ ꯔꯥꯅꯤꯈꯦꯠ ꯗꯤꯖꯤꯁ (Ranikhet ꯛꯡꯀꯅꯃꯀꯅ) ꯑꯁꯤ ꯉꯥꯛꯊꯣꯛꯄ ꯉꯝꯃꯤ ꯍꯥꯏꯅ ꯌꯣꯟ (Youn) ꯑꯃꯁꯨꯡ ꯃꯍꯥꯛꯀꯤ ꯀꯥꯡꯕꯨꯅ ꯀꯨꯝꯖꯥ 2015 ꯗ ꯄꯥꯎꯗꯝꯈꯤ꯫=

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯋꯤꯖ - 45 ꯒꯤ ꯄꯥꯎꯈꯨꯝ
1) "ꯇꯅꯧ ꯇꯅꯧꯕꯤ" ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ ꯑꯏꯕ ꯀꯅꯥꯅꯣ ꯑꯃꯗꯤ ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ? :- ꯑꯏꯕ - ꯅꯤꯡꯁꯟ ꯂꯩꯁꯤꯋꯣꯟ; ꯂꯥꯏꯔꯤꯛꯀꯤ ꯃꯈꯜ - ꯅꯣꯚꯦꯜ;
ꯑꯍꯥꯟꯕ ꯐꯣꯡꯕ, 2014꯫
2) "ꯗ ꯒꯥꯏꯗ: ꯂꯝꯖꯤꯡꯕ" ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯑꯣꯔꯤꯖꯤꯅꯦꯜ ꯀꯅꯥꯅ ꯏꯕ ꯀꯔꯤ ꯂꯥꯏꯔꯤꯛꯇꯒꯤ ꯃꯅꯤꯄꯨꯔꯤꯗ ꯀꯅꯥꯅ ꯍꯟꯗꯣꯛꯄꯅꯣ? :- ꯑꯣꯔꯤꯖꯤꯅꯦꯜ ꯂꯥꯏꯔꯤꯛꯀꯤ ꯑꯏꯕ - ꯑꯥꯔ ꯀꯦ ꯅꯔꯥꯌꯟꯒꯤ ꯏꯪꯔꯥꯖꯤꯗ ꯏꯕ The Guide ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛꯇꯨꯗꯒꯤ ꯃꯅꯤꯄꯨꯔꯤꯗ ꯑꯥꯏ ꯑꯥꯔ ꯕꯥꯕꯨꯅ ꯍꯟꯗꯣꯛꯄꯅꯤ꯫ ꯑꯍꯥꯟꯕ ꯐꯣꯡꯕ, ꯃꯥꯔꯆ 2003꯫
3) "ꯁꯥꯕꯟ ꯌꯨꯝꯐꯝ" ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ ꯑꯏꯕ ꯀꯅꯥꯅꯣ? :- ꯑꯏꯕ - ꯂꯟꯆꯦꯟꯕ ꯃꯤꯇꯩ; ꯑꯍꯥꯟꯕ ꯐꯣꯡꯕ, 2008꯫
4) "ꯁꯣꯜꯂꯕ ꯀꯣꯛꯁꯤꯗ ꯄꯨꯕꯗꯤ ꯉꯝꯖꯗ/ꯄꯦꯟꯕ ꯅꯥꯏꯗꯅ ꯊꯛꯆꯤꯜꯂꯨꯔꯦ/ꯅꯪꯒꯤ ꯃꯥꯏꯊꯣꯡꯒꯤ ꯀꯜꯂꯕ ꯌꯨꯒꯤ ꯅꯦꯁꯥ꯫/ꯑꯍꯤꯡ ꯆꯨꯞꯄ ꯈꯥꯡꯖꯩ ꯆꯩꯅꯥ, ꯅꯤꯡꯖꯔꯨꯕꯒꯤ/
ꯍꯟꯗꯣꯛꯇꯨꯅ/ꯂꯥꯟꯖꯈꯤꯗꯕ ꯆꯤꯟꯁꯤꯗꯒꯤ/ꯅꯪꯒꯤ ꯅꯃꯤꯡ/ꯂꯦꯞꯄ ꯂꯩꯇ꯫" ꯃꯅꯤꯄꯨꯔꯒꯤ ꯁꯛꯅꯥꯏꯔꯕ ꯀꯕꯤ ꯑꯃꯒꯤ ꯁꯩꯔꯦꯡꯅꯤ꯫ ꯀꯕꯤ ꯑꯁꯤ ꯀꯅꯥꯅꯣ, ꯃꯍꯥꯛꯀꯤ ꯀꯔꯝꯕ
ꯂꯥꯏꯔꯤꯛꯇ ꯌꯥꯎꯕ ꯀꯔꯤ ꯃꯃꯤꯡ ꯊꯣꯟꯕ ꯁꯩꯔꯦꯡꯅꯣ? :- ꯀꯕꯤꯒꯤ ꯃꯃꯤꯡ - ꯔꯥꯖ
ꯀꯨꯃꯥꯔ ꯚꯨꯕꯟꯁꯅꯥ; ꯂꯥꯏꯔꯤꯛꯀꯤ ꯃꯃꯤꯡ - ꯃꯩ ꯃꯝꯒꯦꯔ ꯕꯨꯙꯤ ꯃꯝꯒꯦꯔ; ꯁꯩꯔꯦꯡꯒꯤ ꯃꯃꯤꯡ - ꯌꯨꯒꯤ ꯅꯦꯁꯥ; ꯑꯍꯨꯝꯁꯨꯕ ꯈꯨꯠꯅꯝ, ꯐꯣꯡꯕ ꯃꯥꯔꯆ, 1012꯫
5) "ꯅꯨꯔ ꯕꯦꯒꯝ" ꯍꯥꯏꯕꯁꯤ ꯀꯅꯥꯅ ꯏꯕ ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ? :- ꯑꯏꯕ - ꯏꯕꯣꯇꯣꯝꯕꯤ ꯃꯉꯥꯡ; ꯂꯥꯏꯔꯤꯛ ꯃꯈꯜ-ꯎꯄꯅ꯭ꯌꯥꯁ; ꯑꯍꯥꯟꯕ ꯐꯣꯡꯕ ꯃꯦ, 2010꯫

- ÿ- ꯗꯥ. ꯍꯨꯏꯗ꯭ꯔꯣꯝ ꯕꯤꯔꯀꯨꯃꯥꯔ-ÿ-
ꯁꯤ ꯑꯦꯁ ꯑꯥꯏ ꯑꯥꯔ : ꯅꯣꯔꯊ TKG ꯏꯟꯁꯇꯤꯇ꯭ꯌꯨꯠ
ꯑꯣꯐ ꯁꯥꯏꯟꯁ ꯑꯦꯟꯗ ꯇꯦꯛꯅꯣꯂꯣꯖꯤ, ꯂꯝꯐꯦꯜꯄꯥꯠ