IMPHAL, SATURDAY, MARCH 18, 2023 ꯊꯥꯡꯖ, ꯂꯝꯇꯥꯒꯤ 26ꯅꯤ ꯄꯥꯟꯕ, ꯃꯥꯂꯤꯌꯥ ꯀꯨꯝꯁꯤꯡ 3420
ꯄꯥꯎꯆꯦ ꯑꯁꯤꯗ ꯐꯣꯡꯖꯔꯤꯕ ꯋꯥꯔꯦꯡꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯋꯥꯈꯜ, ꯃꯤꯠꯌꯦꯡ ꯑꯏꯕ ꯃꯁꯥ ꯃꯁꯥꯒꯤꯅꯤ꯫ ꯄꯥꯎꯆꯦ ꯑꯁꯤꯒ ꯄꯥꯎꯆꯦ ꯑꯁꯤꯒꯤ ꯋꯥꯈꯜꯂꯣꯟ ꯑꯃꯁꯨꯡ ꯃꯤꯠꯌꯦꯡꯒ ꯊꯣꯏꯗꯣꯛꯅ ꯃꯔꯤ ꯂꯩꯅꯗꯦ꯫

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ
ꯊꯥꯡꯖ, ꯃꯥꯔꯆ 18, 2023, ꯏꯝꯐꯥꯜ
14 ꯁꯨꯕ ꯆꯍꯤ, 320 ꯁꯨꯕ ꯃꯁꯤꯡ

obT\ꯂꯩ ꯃꯀꯩꯋ꯭ꯀ 2 ꯑꯦꯗꯤꯇꯣꯔꯤꯌꯦꯜ HUEIYEN LANPAO

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯋꯤꯖ-62
1) ‘‘ꯀꯪꯂꯥ ꯗꯥꯏꯔꯤ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ ꯑꯏꯕ ꯀꯅꯥꯅꯣ?
2) “ꯅꯨꯡꯁꯤꯔꯕ ꯃꯔꯨꯞꯀꯤ ꯃꯄꯥꯎ” ꯍꯥꯏꯅ ꯃꯤꯡꯊꯣꯟꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ ꯑꯏꯕ
ꯀꯅꯥꯅꯣ ꯑꯃꯁꯨꯡ ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ?
3) “ꯃꯩꯆꯥꯛ-ꯃꯩꯋꯥꯏꯔꯕ ꯏꯔꯝꯗꯝ” ꯍꯥꯏꯔꯤꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯑꯣꯔꯤꯖꯤꯅꯦꯜ ꯑꯏꯕ
ꯀꯅꯥꯒꯤ ꯂꯥꯏꯔꯤꯛꯇꯒꯤ ꯃꯅꯤꯄꯨꯔꯤꯗ ꯀꯅꯥꯅ ꯇ꯭ꯔꯥꯟꯁꯂꯦꯁꯟ ꯇꯧꯕꯒꯦ?
4) “ꯆꯤꯡꯂꯣꯟꯒꯤ ꯋꯥꯔꯤ ꯁꯤꯡꯕꯨꯟ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯀꯅꯥꯅ ꯏꯕꯅꯣ?
5) “ꯃꯣꯠꯂꯕꯁꯨ ꯃꯣꯠꯅ ꯅꯝꯊꯤꯔꯕꯁꯨ ꯅꯝꯊꯤꯅ/ꯅꯨꯃꯤꯗꯥꯡꯒꯤ ꯂꯪꯂꯕ ꯊꯥꯕꯜꯗ
ꯅꯠꯇ꯭ꯔꯒ ꯊꯥꯃꯝꯂꯕ ꯑꯍꯤꯡꯗ/ꯇ꯭ꯌꯨꯕ ꯂꯥꯏꯠꯀꯤ ꯂꯨꯄꯥ ꯃꯆꯨꯒꯤ ꯃꯩꯉꯥꯜꯗ/
ꯅꯝꯕꯨꯜ ꯇꯨꯔꯦꯜꯒꯤ ꯗ꯭ꯔꯤꯁ꯭ꯌ ꯁꯥꯊꯤꯅ ꯐꯖꯩ!” ꯁꯩꯔꯦꯡ ꯑꯁꯤ ꯑꯏꯕ ꯀꯅꯥꯒꯤ
ꯀꯔꯤ ꯂꯥꯏꯔꯤꯛꯇꯒꯤ ꯂꯧꯊꯣꯔꯛꯄ ꯁꯩꯔꯦꯡꯅꯣ?

ꯃꯊꯛꯇ ꯄꯤꯔꯤꯕ ꯋꯥꯍꯪꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯄꯥꯎꯈꯨꯝ ꯃꯥꯔꯆ 30, ꯁꯒꯣꯜꯁꯦꯟ
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꯫

ꯑꯀꯤꯕ ꯑꯃꯠꯇꯪ ꯍꯥꯏꯖꯧ ꯍꯥꯏꯔꯕꯗꯤ!

ꯋꯥꯏꯔꯨ-ꯋꯥꯏꯔꯨꯕꯗ
ꯍꯤꯗꯥꯛ ꯀꯥꯟꯅꯔꯕ ꯄꯥꯝꯕꯤꯁꯤꯡ : ꯇꯨꯃꯤꯠꯂꯥ # 383

- ꯗꯥ. ꯍꯨꯏꯗ꯭ꯔꯣꯝ ꯕꯤꯔꯀꯨꯃꯥꯔ -
ꯁꯤ ꯑꯦꯁ ꯑꯥꯏ ꯑꯥꯔ : ꯅꯣꯔꯊ ꯏꯁꯠ ꯏꯟꯁꯇꯤꯇ꯭ꯌꯨꯠ
ꯑꯣꯐ ꯁꯥꯏꯟꯁ ꯑꯦꯟꯗ ꯇꯦꯛꯅꯣꯂꯣꯖꯤ, ꯂꯝꯐꯦꯜꯄꯥꯠ
ꯏꯀꯣ-ꯇꯨꯔꯤꯖꯝ ꯗꯦꯁꯇꯤꯅꯦꯁꯟ
ꯊꯋꯥꯏ ꯌꯥꯎꯗ꯭ꯔꯤꯔ, ꯄꯨꯛꯆꯦꯜ ꯁꯦꯡꯗ꯭ꯔꯤꯔ
ꯃꯅꯤꯄꯨꯔꯒꯤ ꯑꯦꯁꯦꯝꯕ꯭ꯂꯤ ꯀꯟꯁꯇꯤꯇ꯭ꯌꯨꯑꯦꯟꯁꯤ 60 ꯃꯛꯇ
ꯏꯀꯣ-ꯇꯨꯔꯤꯖꯝ ꯗꯦꯁꯇꯤꯅꯦꯁꯟ ꯑꯃꯃꯝ ꯁꯦꯝꯒꯠꯅꯕꯒꯤ ꯊꯕꯛ
ꯃꯅꯤꯄꯨꯔ ꯂꯩꯉꯥꯛꯅ ꯄꯥꯏꯈꯠꯈ꯭ꯔꯦ꯫ ꯊꯧꯔꯥꯡꯁꯤ ꯉꯔꯥꯡ-ꯅꯍꯥꯟ ꯈꯛꯇꯗꯒꯤ
ꯄꯥꯏꯈꯠꯄ ꯅꯠꯇꯦ꯫ ꯀꯨꯝꯖꯥ 2017 ꯀꯤ ꯃꯥꯔꯆ 15 ꯗ ꯂꯤꯡꯈꯤꯕ ꯆꯤꯐ
ꯃꯤꯅꯤꯁꯇꯔ ꯑꯦꯟ ꯕꯤꯔꯦꯟꯒꯤ ꯑꯍꯥꯟꯕ ꯂꯩꯉꯥꯛꯇꯨꯅ ꯁꯦꯟꯕꯥ ꯆꯍꯤ
2020-21 ꯗꯒꯤ ꯍꯧꯔꯗꯨꯅ ꯍꯧꯗꯣꯛꯈꯤꯕꯅꯤ꯫ ꯍꯧꯖꯤꯛ ꯐꯥꯎꯕꯒꯤ ꯑꯣꯏꯅ
ꯇꯨꯔꯤꯁꯠ ꯗꯦꯁꯇꯤꯅꯦꯁꯟ ꯑꯃꯃꯝꯒꯤ ꯑꯄꯨꯟꯕ ꯁꯦꯟꯐꯝꯅ ꯂꯨꯄꯥ ꯂꯥꯈ
50/50 ꯅꯤ꯫ ꯁꯦꯟꯐꯝꯁꯤꯒꯤ ꯃꯅꯨꯡꯗ ꯂꯨꯄꯥ ꯂꯥꯈ 30/30 ꯅ ꯇꯨꯔꯤꯖꯝ
ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠꯅ ꯄꯨꯊꯣꯛꯂꯒ ꯂꯨꯄꯥ ꯂꯥꯈ 20/20 ꯒꯤ ꯁꯦꯟꯐꯝꯅ
ꯑꯦꯁꯦꯝꯕ꯭ꯂꯤ ꯀꯟꯇꯤꯇ꯭ꯌꯨꯑꯦꯟꯁꯤ 60 ꯒꯤ ꯑꯦꯝ ꯑꯦꯜ ꯑꯦꯁꯤꯡꯅ
ꯃꯈꯣꯏ-ꯃꯈꯣꯏꯒꯤ ꯂꯣꯀꯜ ꯑꯦꯔꯤꯌꯥ ꯗꯤꯚꯦꯂꯞꯃꯦꯟꯠ ꯐꯟꯗꯗꯒꯤ
ꯄꯨꯊꯣꯛꯀꯗꯕꯅꯤ꯫ ꯑꯗꯨꯒ ꯍꯥꯏꯔꯤꯕ ꯑꯄꯨꯟꯕ ꯁꯦꯟꯐꯝꯁꯤꯒꯤ ꯃꯅꯨꯡꯗꯒꯤ
ꯇꯨꯔꯤꯖꯝ ꯂꯣꯏꯁꯪꯗꯒꯤ ꯄꯨꯊꯣꯛꯐꯝ ꯊꯣꯛꯂꯤꯕ ꯂꯨꯄꯥ ꯂꯥꯈ 30/30 ꯒꯤ
ꯑꯄꯨꯟꯕ ꯁꯦꯟꯐꯝ ꯑꯣꯏꯅ ꯑꯦꯁꯦꯝꯕ꯭ꯂꯤ ꯀꯟꯁꯇꯤꯇ꯭ꯌꯨꯑꯦꯟꯁꯤ
60 ꯃꯛꯀꯤ ꯂꯨꯄꯥ ꯀ꯭ꯔꯣꯔ 18 ꯒꯤ ꯁꯦꯟꯐꯝꯗꯤ ꯀꯨꯝꯖꯥ 2021 ꯃꯥꯔꯆ
ꯊꯥꯗ ꯔꯤꯂꯤꯖ ꯇꯧꯈ꯭ꯔꯕꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯃꯥꯔꯆ 15, 2023 ꯐꯥꯎꯕꯗꯗꯤ
ꯑꯦꯁꯦꯝꯕ꯭ꯂꯤ ꯀꯟꯁꯇꯤꯇ꯭ꯌꯨꯑꯦꯟꯁꯤ 60 ꯒꯤ ꯃꯅꯨꯡꯗꯒꯤ ꯁꯨꯞꯅꯇꯒꯤ
9 (ꯃꯥꯄꯟ) ꯈꯛꯇꯗ ꯏꯀꯣ-ꯇꯨꯔꯤꯖꯝ ꯗꯦꯁꯇꯤꯅꯦꯁꯟꯁꯤꯡ ꯃꯄꯨꯡ ꯐꯥꯅ
ꯁꯦꯝꯒꯠꯄꯒꯤ ꯔꯤꯄꯣꯔꯠ ꯐꯪꯈꯤ꯫ ꯑꯗꯨꯕꯨ ꯃꯁꯤ ꯀꯔꯤꯒꯤꯅꯣ ꯍꯥꯏꯕꯅꯤ꯫
ꯃꯤꯌꯥꯝꯒꯤ ꯃꯤꯍꯨꯠ ꯑꯣꯏꯔꯕ ꯑꯦꯝ ꯑꯦꯜ ꯑꯦꯁꯤꯡꯒꯤ ꯃꯔꯛꯇꯒꯤ
ꯊꯕꯛꯁꯤꯗ ꯄꯨꯛꯅꯤꯡ ꯆꯪꯗꯕ, ꯊꯋꯥꯏ ꯌꯥꯎꯗꯕ ꯌꯥꯎꯕꯗꯒꯤꯔ ꯅꯠꯇ꯭ꯔꯒ
ꯄꯨꯛꯆꯦꯜ ꯁꯦꯡꯗꯕ ꯌꯥꯎꯕꯗꯒꯤꯔ ꯍꯥꯏꯕꯁꯤ ꯁꯣꯏꯗꯅ ꯍꯪꯂꯛꯄ ꯇꯥꯕꯅꯤ꯫
ꯑꯦꯁꯦꯝꯕ꯭ꯂꯤ ꯀꯟꯁꯇꯤꯇ꯭ꯌꯨꯑꯦꯟꯁꯤ 60 ꯃꯛꯀꯤ ꯑꯣꯏꯅ ꯆꯞ-
ꯃꯥꯟꯅꯅ ꯁꯦꯜ ꯀꯥꯏꯊꯣꯛꯈ꯭ꯔꯒ ꯍꯧꯖꯤꯛ ꯆꯍꯤ 2 ꯁꯨꯖꯤꯜꯂꯛꯂꯕ ꯐꯥꯎꯕꯗ
ꯀꯟꯁꯇꯤꯇ꯭ꯌꯨꯑꯦꯟꯁꯤ 9 ꯗꯒꯤ ꯍꯦꯟꯅ ꯃꯄꯨꯡ ꯐꯥꯅ ꯂꯣꯏꯁꯤꯜꯂꯝꯗ꯭ꯔꯤꯕ
ꯀꯔꯤꯒꯤꯅꯣ? ꯂꯩꯉꯥꯛꯀꯤ ꯑꯣꯏꯕ ꯄꯥꯟꯗꯝ ꯑꯃꯁꯨꯡ ꯋꯥꯈꯜꯂꯣꯟꯗꯕꯨꯗꯤ
ꯗꯦꯁꯇꯤꯅꯦꯁꯟꯁꯤꯡ ꯑꯁꯤ ꯁꯦꯝꯒꯠꯂꯒ ꯃꯁꯤꯕꯨ ꯅꯨꯄꯤ-ꯑꯉꯥꯡ ꯌꯥꯎꯅ
ꯑꯍꯜ-ꯂꯃꯟꯁꯤꯡꯒꯤꯁꯨ ꯒꯦꯗꯔꯤꯡ ꯄ꯭ꯂꯦꯁ (ꯄꯨꯟꯐꯝ ꯃꯐꯝ) ꯑꯃ
ꯑꯣꯏꯍꯟꯕꯅꯤ꯫ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯃꯄꯥꯟꯗꯒꯤ ꯂꯥꯛꯄ ꯇꯨꯔꯤꯁꯠꯁꯤꯡꯒꯤ
ꯄꯨꯛꯅꯤꯡ ꯆꯤꯡꯁꯤꯟꯐꯝ ꯑꯣꯏꯍꯟꯕꯅꯤ꯫ ꯃꯈꯣꯏꯅ ꯃꯤꯐꯝ ꯑꯃ
ꯄꯥꯡꯊꯣꯛꯀꯦ ꯍꯥꯏꯔꯕꯁꯨ ꯃꯗꯨꯒꯤ ꯈꯨꯗꯣꯡꯆꯥꯕ ꯐꯪꯍꯟꯕ ꯑꯃꯁꯨꯡ ꯆꯥꯕ-
ꯊꯛꯄꯒꯤ ꯃꯊꯧ ꯇꯥꯔꯛꯂꯕꯁꯨ ꯐꯪꯍꯟꯕꯅꯤ꯫
ꯆꯤꯐ ꯃꯤꯅꯤꯁꯇꯔ ꯑꯦꯟ ꯕꯤꯔꯦꯟꯒꯤ ꯏꯅꯤꯁꯤꯑꯦꯇꯤꯚ ꯑꯁꯤ ꯌꯥꯝꯅ
ꯐꯖꯕ ꯑꯃꯁꯨꯡ ꯀꯥꯟꯅꯒꯗꯕ ꯊꯧꯁꯤꯜꯅꯤ꯫ ꯗꯦꯁꯇꯤꯅꯦꯁꯟ ꯑꯁꯤꯒꯤ
ꯄꯥꯟꯗꯝꯒꯤ ꯃꯅꯨꯡꯗ ꯁꯦꯝꯒꯠꯀꯗꯧꯔꯤꯕ ꯁꯔꯨꯛꯇ ꯎ-ꯋꯥ ꯊꯖꯤꯟꯗꯨꯅ
ꯀꯥꯏꯊꯔꯛꯂꯤꯕ ꯃꯍꯧꯁꯥꯒꯤ ꯐꯤꯚꯝꯁꯤ ꯀꯟꯕꯗ ꯃꯇꯦꯡ ꯑꯣꯏꯅꯕ
ꯊꯕꯛꯁꯤꯡ ꯌꯥꯎꯍꯟꯕ ꯌꯥꯏ꯫ ꯎꯃꯪ-ꯋꯥꯃꯪ ꯄꯥꯛꯇꯛꯅꯅ ꯀꯣꯛꯊꯣꯔꯛꯄꯒꯤ
ꯃꯥꯌꯣꯛꯇ ꯃꯍꯧꯁꯥꯒꯤ ꯑꯏꯪ-ꯑꯁꯥꯒꯤ ꯈꯜ ꯀꯥꯏꯍꯟꯗꯅꯕꯒꯤ ꯄꯥꯎꯖꯦꯜ
ꯄꯤꯕ ꯃꯐꯝ ꯑꯃ ꯐꯥꯎꯕ ꯑꯣꯏꯍꯜꯂꯛꯄ ꯌꯥꯏ꯫ ꯑꯗꯨꯕꯨ ꯃꯥꯏꯀꯩ ꯐꯥꯡꯅ
ꯀꯥꯟꯅꯕꯗꯒꯤ ꯂꯩꯉꯥꯛꯅꯁꯨ ꯂꯨꯄꯥ ꯂꯥꯈ 30/30 ꯐꯥꯎꯕ ꯔꯤꯂꯤꯖ ꯇꯧꯔꯕ
ꯐꯥꯎꯕꯗ ꯑꯦꯁꯦꯝꯕ꯭ꯂꯤ ꯀꯟꯁꯇꯤꯇ꯭ꯌꯨꯑꯦꯟꯁꯤ 60 ꯃꯛꯇ ꯆꯞ
ꯃꯥꯟꯅꯅ ꯊꯕꯛꯇ ꯑꯣꯟꯊꯣꯛꯄ ꯉꯝꯗ꯭ꯔꯤꯕ ꯀꯔꯤꯒꯤꯅꯣ? ꯇꯉꯥꯏꯐꯗꯅ
ꯂꯩꯒꯗꯕ ꯑꯦꯀꯔ 2 ꯌꯧꯗ꯭ꯔꯕꯁꯨ ꯑꯦꯀꯔ ꯑꯃ ꯐꯥꯎꯕꯒꯤ ꯄꯥꯛ-ꯆꯥꯎꯕ
ꯂꯝ ꯂꯩꯇꯕ, ꯐꯪꯗꯕꯒꯤꯔ? ꯐꯪꯅꯅꯕ ꯊꯤꯗ꯭ꯔꯕꯔ? ꯋꯥꯔꯛ ꯑꯦꯖꯦꯟꯁꯤ
ꯑꯣꯏꯔꯤꯕ ꯗꯤꯁꯇ꯭ꯔꯤꯛꯠ ꯔꯨꯔꯦꯜ ꯗꯤꯚꯦꯂꯞꯃꯦꯟꯠ ꯑꯦꯖꯦꯟꯁꯤ (ꯗꯤ
ꯑꯥꯔ ꯗꯤ ꯑꯦ) ꯒ ꯗꯦꯁꯇꯤꯅꯦꯁꯟ ꯑꯁꯤꯕꯨ ꯁꯦꯝꯒꯠꯅꯕ ꯀꯃꯤꯇꯤꯒꯤ
ꯆ꯭ꯌꯦꯔꯃꯦꯟ ꯑꯣꯏꯔꯤꯕ ꯗꯦꯄ꯭ꯌꯨꯇꯤ ꯀꯃꯤꯁ꯭ꯅꯔꯁꯤꯡꯒꯒꯤ ꯃꯔꯛꯇ
ꯋꯥꯔꯣꯏꯁꯤꯟ ꯄꯨꯔꯛꯄ ꯉꯝꯗꯕ ꯏꯁꯨꯁꯤꯡ ꯊꯣꯛꯂꯛꯂꯕ꯭ꯔ ꯅꯠꯇ꯭ꯔꯒ
ꯃꯔꯤ ꯂꯩꯅꯕ ꯑꯦꯝ ꯑꯦꯜ ꯑꯦꯁꯤꯡꯅ ꯃꯈꯣꯏꯒꯤ ꯂꯣꯀꯜ ꯑꯦꯔꯤꯌꯥ
ꯗꯤꯚꯦꯂꯞꯃꯦꯟꯠ ꯐꯟꯗꯗꯒꯤ ꯄꯨꯊꯣꯔꯛꯀꯗꯕ ꯂꯨꯄꯥ ꯂꯥꯈ 20/20 ꯒꯤ
ꯁꯦꯟꯐꯝ ꯄꯨꯊꯣꯔꯛꯇꯕꯗꯒꯤꯔ ꯍꯥꯏꯕꯁꯤ ꯂꯩꯉꯥꯛꯀꯤ ꯏꯀꯣ-ꯇꯨꯔꯤꯖꯝ
ꯗꯦꯁꯇꯤꯅꯦꯁꯟꯁꯤꯡ ꯑꯁꯤ ꯑꯔꯥꯡꯐꯝ ꯑꯣꯏꯔꯤꯕ ꯇꯨꯔꯤꯖꯝ ꯂꯣꯏꯁꯪ
ꯊꯣꯏꯗꯣꯛ ꯍꯦꯟꯗꯣꯛꯅ ꯆꯤꯐ ꯃꯤꯅꯤꯁꯇꯔꯅ ꯊꯤꯗꯣꯛꯄ ꯆꯨꯝꯒꯅꯤ꯫
ꯍꯣꯏ, ꯀꯨꯝꯖꯥ 2021 ꯒꯤ ꯃꯥꯔꯆꯇ ꯔꯤꯂꯤꯖ ꯇꯧꯈꯤꯕ ꯁꯦꯟꯐꯝꯁꯤꯒꯤ
ꯃꯇꯨꯡꯗ ꯑꯅꯧꯕ ꯑꯁꯦꯝꯕ꯭ꯂꯤ ꯏꯂꯦꯛꯁꯟ ꯄꯥꯡꯊꯣꯛꯈꯤꯕꯗꯒꯤ
ꯀꯟꯁꯇꯤꯇ꯭ꯌꯨꯑꯦꯏꯁꯤ ꯈꯔꯗ ꯑꯦꯝ ꯑꯦꯜ ꯑꯦ ꯍꯣꯡꯗꯣꯛ-ꯍꯣꯡꯖꯤꯟ
ꯇꯧꯕꯕꯨꯗꯤ ꯌꯥꯎꯈ꯭ꯔꯦ꯫ ꯃꯁꯤ ꯑꯣꯏꯔꯒꯁꯨ ꯍꯥꯟꯅꯒꯤ ꯑꯦꯝ ꯑꯦꯜ
ꯑꯦꯁꯤꯡꯒꯤ ꯃꯔꯛꯇꯒꯤ ꯇꯧꯔꯝꯗ꯭ꯔꯕꯁꯨ ꯃꯈꯣꯏꯒꯤ ꯃꯍꯨꯠꯇ
ꯀꯥꯔꯛꯂꯕꯁꯤꯡꯅ ꯅꯧꯍꯧꯅꯅ ꯇꯧꯕ ꯌꯥꯏ꯫ ꯄꯥꯏꯈꯠꯄ ꯍꯧꯒꯠꯂꯝꯂꯒ
ꯂꯣꯏꯁꯤꯟꯕ ꯅꯪꯂꯝꯗꯕ ꯑꯣꯏꯔꯕꯁꯨ ꯍꯧꯖꯤꯛ ꯂꯩꯔꯤꯕ ꯑꯦꯝ ꯑꯦꯜ
ꯑꯦꯁꯤꯡꯅ ꯂꯣꯏꯁꯤꯟꯅꯕ ꯍꯣꯠꯅꯕꯁꯨ ꯌꯥꯏ꯫ ꯑꯗꯨꯕꯨ ꯇꯨꯔꯤꯖꯝ ꯂꯣꯏꯁꯪꯅ
ꯀꯨꯝꯖꯥ 2021 ꯗ ꯃꯊꯧ ꯇꯥꯕ ꯁꯦꯜ ꯔꯤꯂꯤꯖ ꯇꯧꯈ꯭ꯔꯕ ꯐꯥꯎꯕꯗ ꯑꯦꯝ ꯑꯦꯜ
ꯑꯦꯁꯤꯡꯒꯤ ꯃꯔꯛꯇꯒꯤ ꯈꯔꯅ ꯃꯈꯣꯏꯒꯤ ꯁ꯭ꯌꯦꯔ ꯄꯨꯊꯣꯔꯛꯇꯕꯗꯒꯤ
ꯃꯉꯝ ꯁꯥꯟꯗꯕ ꯑꯣꯏꯔꯕꯗꯤ ꯆꯨꯝꯗꯦ꯫ ꯁ꯭ꯋꯥꯏꯗ ꯄꯨꯛꯆꯦꯜ ꯁꯦꯡꯕ
ꯑꯃꯁꯨꯡ ꯊꯋꯥꯏ ꯌꯥꯎꯕꯒꯤ ꯃꯊꯧꯗꯤ ꯇꯥꯔꯤ ꯍꯥꯏꯅꯤꯡꯏ꯫

ꯑꯍꯝ! ꯄꯥꯕ ꯂꯣꯏꯔꯒ ꯈꯪꯕꯤꯒꯅꯤ꯫ ꯑꯩꯅ ꯀꯤꯖꯕ ꯑꯃꯠꯇꯪ ꯍꯥꯏꯔꯒꯗꯤ,
ꯄꯥꯕ ꯂꯣꯏꯔꯝꯗꯥꯏꯗ ꯈꯪꯕꯤꯒꯅꯤ ꯍꯥꯏꯗꯨꯅ ꯀꯥꯟꯊꯣꯛꯂꯒꯗꯤ ꯄꯥꯕꯤꯒꯅꯨ,
ꯇꯥꯃꯣꯈꯣꯏ, ꯏꯆꯦꯈꯣꯏꯅ꯫
ꯅꯤꯡꯊꯝꯊꯥꯒꯤ ꯏꯪꯕ ꯃꯥꯔꯆ ꯊꯥ, ꯂꯝꯇꯥ ꯌꯧꯁꯤꯜꯂꯛꯄꯗ
ꯈꯣꯏꯗꯧ ꯋꯥ ꯁꯥꯟꯅꯗꯨꯅ ꯅꯩꯁꯤꯟꯗꯨꯅ ꯂꯩꯕ ꯉꯝꯗꯦ꯫ ꯆꯩ
ꯄꯥꯏꯗꯨꯅ ꯃꯩ ꯊꯥꯗꯨꯅ ꯇꯥꯟꯅꯕ ꯍꯣꯠꯅꯕꯗ ꯃꯔꯩ ꯃꯔꯥ ꯇꯧꯗꯨꯅ
ꯆꯠꯂꯣꯏꯗꯕꯒꯤ ꯐꯅ ꯈꯥꯡꯗꯨꯅ ꯂꯩꯖꯔꯝꯕꯤ ꯃꯅꯨꯡ ꯀꯟꯕꯤ
ꯏꯆꯦꯝꯃ ꯅꯤꯡꯊꯝꯊꯥ ꯍꯥꯏꯕꯤꯗꯣ ꯆꯠꯈ꯭ꯔꯦ꯫ ꯌꯥꯎꯁꯪꯒꯤ
ꯊꯥꯕꯜ ꯌꯥꯎꯔꯝꯗꯅ꯫ ꯃꯥꯒꯤ ꯐꯤꯖꯤꯗ ꯑꯕꯦꯔ ꯃꯍꯤ
ꯄꯦꯆꯀꯥꯔꯤꯅ ꯀꯥꯞꯄ ꯅꯪꯈꯤꯗ꯭ꯔꯦ꯫ ꯍꯟꯈ꯭ꯔꯦ ꯑꯕꯦꯔ
ꯇꯩꯔꯛꯀꯅꯤ ꯀꯤꯕꯅ ꯉꯥꯎꯁꯤꯟꯅꯕ ꯂꯝꯇꯥ ꯑꯉꯥꯎꯕꯒꯤ
ꯈꯨꯠꯁꯥꯅ꯫
ꯅꯤꯡꯊꯝ ꯀꯥꯂꯦꯟ ꯑꯅꯤꯒꯤ ꯂꯪꯗꯥꯏ ꯑꯣꯏꯔꯤꯕ
ꯃꯕꯨꯡꯉꯣ ꯌꯦꯡꯅꯤꯡꯊꯥ ꯃꯥꯅ ꯃꯣꯃꯣꯟ ꯅꯣꯛꯅ
ꯂꯦꯡꯊꯣꯏꯔꯛꯂꯕꯗ ꯈꯨꯅꯤꯡ ꯀꯥꯏꯕꯤ ꯏꯕꯦꯝꯃ
ꯅꯤꯡꯊꯝꯊꯥꯅ ꯐꯨꯇꯥꯅꯤ ꯇꯧꯕ ꯉꯝꯐꯝ ꯊꯣꯛꯂꯤꯕ꯭ꯔ?
ꯃꯥꯏꯍꯤꯡ ꯌꯥꯔꯕꯤ ꯅꯤꯡꯊꯝꯊꯥ ꯒ꯭ꯂꯤꯁꯔꯤꯟ ꯂꯤꯛꯂꯤ
ꯃꯌꯥꯝ ꯂꯣꯏꯁꯤꯜꯂꯝꯂꯒ ꯃꯇꯦꯐꯝꯗ ꯇꯦꯈ꯭ꯔꯦ,
ꯃꯍꯟꯐꯝꯗ ꯍꯟꯈ꯭ꯔꯦ, ꯅꯠꯇ꯭ꯔꯅꯦ ꯇꯥꯃꯣ!
ꯃꯤꯅ ꯄꯨꯛ ꯐꯠꯇꯦ, ꯑꯆꯥꯟ ꯃꯤꯔꯥꯟ ꯅꯥꯏ, ꯁꯛ
ꯃꯥꯏ ꯌꯦꯡꯗꯦ ꯍꯥꯏꯒꯦ ꯍꯥꯏꯖꯁꯅꯨ ꯅꯤꯡꯊꯝ ꯃꯃꯩ, ꯀꯥꯂꯦꯟ
ꯃꯀꯣꯛ ꯏꯗꯨꯅꯤꯡꯊꯧ ꯌꯦꯅꯤꯡꯊꯥ ꯈꯣꯡꯗꯣꯏ ꯍꯨꯟꯕꯤꯔꯛꯄ
ꯃꯇꯝ ꯑꯁꯤꯐꯥꯎ ꯚꯣꯠ ꯄꯤꯖꯔꯦ꯫ ꯆꯥꯔꯦ ꯂꯩ ꯅꯨꯡꯉꯥꯏꯔꯦ,
ꯌꯦꯡꯂꯦ ꯃꯤꯠ ꯅꯨꯡꯉꯥꯏꯔꯦ, ꯇꯥꯔꯦ ꯅꯥ ꯅꯨꯡꯉꯥꯏꯔꯦ, ꯑꯏꯪ
ꯑꯁꯥ ꯍꯥꯏꯔꯦ ꯎꯟꯁꯥ ꯅꯨꯡꯉꯥꯏꯔꯦ꯫ ꯃꯅꯝ ꯅꯝꯂꯦ
ꯅꯥꯇꯣꯟ ꯅꯨꯡꯉꯥꯏꯔꯦ ꯍꯩꯔꯥꯡ ꯂꯩꯔꯥꯡ ꯃꯅꯝ ꯅꯣꯕꯥꯞ ꯃꯄꯥꯜ
ꯑꯁꯤꯅꯆꯤꯡꯕ ꯑꯁꯤꯅꯆꯤꯡꯕ꯫ ꯑꯁꯪ ꯑꯃꯥꯟ ꯉꯥꯛꯇ꯫
ꯁꯤꯗꯒꯤ ꯍꯦꯟꯅ ꯅꯨꯡꯉꯥꯏꯕ, ꯃꯕꯨꯛ ꯃꯄꯥꯎ ꯐꯕ ꯀꯕꯤ (ꯋꯥꯛꯃꯥ) ꯊꯝꯃꯣꯏ ꯃꯊꯨꯝ ꯃꯔꯥꯡ ꯍꯧꯕ ꯂꯩꯔꯔꯣꯏ꯫ ꯌꯦꯡꯈꯤ ꯌꯦꯡꯈꯤꯕꯗ ꯍꯅꯨꯖꯔꯁꯨ ꯊꯝꯃꯣꯏ ꯃꯔꯥꯡ ꯍꯧꯍꯟꯕ ꯉꯝꯕ ꯏꯃꯨꯡ ꯃꯅꯨꯡ ꯐꯥꯎꯕ ꯀꯥꯎꯊꯣꯛꯄ ꯉꯝꯕ ꯏꯗꯨꯅꯤꯡꯊꯧ ꯌꯦꯅꯤꯡꯊꯥ ꯍꯥꯏꯕꯗꯨꯃꯛꯅꯤ꯫ ꯏꯔꯥꯡ ꯊꯥꯡꯕ-ꯊꯥꯡꯕꯤ ꯂꯩꯔꯥꯡ, ꯈꯣꯏꯃꯨ, ꯎꯄꯥꯜ-ꯋꯥꯄꯥꯜ, ꯎꯆꯦꯛ-ꯋꯥꯌꯥ, ꯁꯖꯤ, ꯈꯩꯔꯣꯏ, ꯎꯔꯦꯡꯀꯣꯟꯊꯧ ꯄꯨꯝꯅꯃꯛꯀꯤ ꯄꯨꯛꯅꯤꯡ ꯄꯥꯉꯟ ꯊꯥꯅꯤ꯫ ꯂꯝꯈꯨꯅꯨ, ꯃꯣꯡꯕꯤꯅꯥꯎ, ꯁꯦꯟꯗ꯭ꯔꯥꯡ, ꯃꯃꯤꯡ ꯈꯪꯗꯕ ꯈꯪꯗꯕꯤ ꯎꯆꯦꯛ ꯃꯌꯥꯝ ꯂꯣꯏꯅ ꯍꯔꯥꯎꯕ ꯃꯇꯝꯅꯤ꯫ ꯍꯩꯅꯧ ꯃꯄꯥꯜ, ꯅꯣꯡꯃꯥꯡꯈꯥ ꯃꯄꯥꯜꯅ ꯏꯗꯨꯅꯤꯡꯊꯧ ꯌꯦꯅꯤꯡꯊꯥ ꯂꯥꯛꯄꯒꯤ ꯇꯔꯥꯝ ꯇꯔꯥꯝꯅ ꯑꯣꯛꯂꯤ꯫ ꯍꯩꯅꯧ ꯃꯄꯥꯜꯒ ꯌꯦꯅꯤꯡꯊꯥꯒ ꯅꯣꯡꯃꯠꯇ ꯁꯪꯀꯠꯅꯕ ꯅꯠꯇ꯭ꯔꯒ ꯂꯥꯎꯊꯠꯅꯕ ꯂꯩꯈꯤꯗꯦ꯫ ꯐꯥꯒꯤ ꯐꯥꯒꯤꯗꯒꯤ ꯑꯩ ꯁꯩꯔꯦꯡ ꯏꯅꯤꯡꯂꯛꯀꯗꯧꯔꯦ ꯏꯆꯦ꯫ ꯌꯥꯗꯦ, ꯑꯣꯟꯊꯣꯛꯅ ꯐꯖꯅ ꯁꯦꯝꯂꯝꯈ꯭ꯔꯦ ꯃꯥꯒꯤ ꯃꯍꯧꯁ ꯏꯗꯨꯅꯤꯡꯊꯧ ꯌꯦꯅꯤꯡꯊꯥ ꯑꯁꯤ ꯀꯔꯤꯒꯨꯝꯕ ꯇꯥꯏꯕꯪꯄꯥꯜ ꯑꯁꯤꯗ ꯂꯩꯔꯝꯗꯕ ꯇꯥꯔꯕꯗꯤ ꯑꯩ ꯃꯥꯂꯦꯝꯗ ꯃꯤ ꯑꯣꯏꯅ ꯂꯩꯕꯗ ꯈꯣꯏꯗꯧꯗ ꯁꯥꯎꯒꯠꯂꯒ ꯂꯩꯔꯝꯕꯁꯨ ꯀꯅꯥꯅ ꯈꯪꯕꯅꯣ?
ꯄꯥꯎꯆꯦ, ꯔꯦꯗꯤꯑꯣ ꯑꯃꯗꯤ ꯇꯤ ꯚꯤ ꯑꯁꯤ ꯃꯔꯛ ꯃꯔꯛꯇ ꯃꯈꯣꯏꯅ ꯍꯥꯏꯕ ꯋꯥ ꯌꯥꯝꯅ ꯇꯥꯏ
ꯌꯣꯟꯅꯔꯛꯄ ꯂꯩꯈꯤ꯫ ꯃꯈꯣꯏ ꯑꯣꯏꯗꯕ ꯋꯥ ꯉꯥꯡꯕ ꯀꯧꯕ ꯌꯥꯗꯦ꯫ ꯃꯈꯣꯏꯅ
ꯃꯤꯌꯥꯝꯗ ꯅꯣꯡ-ꯆꯤꯡ ꯇꯥꯅꯤ ꯍꯥꯏꯕꯒꯤ, ꯅꯨꯡꯁꯤꯠ ꯁꯤꯠꯀꯅꯤ ꯍꯥꯏꯕꯒꯤ
ꯄꯥꯎ ꯃꯇꯥꯡ ꯆꯥꯅ ꯆꯥꯅ ꯄꯤꯔꯛꯏ꯫ ꯍꯦꯛ ꯏꯟꯇꯔꯅꯦꯠ ꯂꯥꯛꯈꯤꯕꯗꯒꯤ ꯃꯤ
ꯄꯨꯝꯕ ꯔꯦꯗꯤꯑꯣ, ꯇꯦꯂꯤꯚꯤꯖꯟ, ꯄꯥꯎꯆꯦꯗꯧꯅ ꯇꯧꯔꯛꯏ꯫
ꯑꯥꯍ! ꯃꯁꯤꯅ ꯋꯥ ꯑꯃ ꯑꯣꯏꯈ꯭ꯔꯦ꯫ ꯃꯤꯌꯥꯝꯅ ꯅꯣꯡ
ꯇꯥꯅꯤ ꯍꯥꯏꯅ ꯃꯤꯗꯤꯌꯥꯗ ꯍꯥꯏꯔꯛꯄꯗ ꯃꯌꯥꯝ ꯅꯨꯡꯉꯥꯏꯅꯩ꯫
ꯃꯅꯤꯄꯨꯔ ꯑꯁꯤ ꯏꯆꯥꯎꯁꯨ ꯌꯥꯝꯅ ꯊꯣꯛꯀꯟꯕ, ꯏꯀꯪꯁꯨ
ꯌꯥꯝꯅ ꯊꯣꯛꯀꯟꯕ ꯇꯥꯕꯗ ꯑꯉꯛꯄ ꯑꯣꯏꯅꯔꯤꯕ
ꯂꯝꯗꯝ ꯑꯃꯅꯤ꯫ ꯍꯧꯖꯤꯛ ꯍꯧꯖꯤꯛ ꯑꯣꯐꯤꯁꯤꯑꯦꯜꯂꯤꯗꯤ
ꯏꯀꯪ ꯊꯣꯛꯇ꯭ꯔꯤꯕ ꯂꯝꯅꯤ꯫ ꯑꯟ ꯑꯣꯐꯤꯁꯤꯑꯦꯜꯂꯤꯗꯤ
ꯏꯀꯪꯅꯤ꯫ ꯃꯤꯌꯥꯝ ꯄꯨꯝꯕ ꯌꯥꯔꯤꯕꯃꯈꯩ ꯐꯤꯔꯣꯜ ꯁꯨ ꯆꯥꯝꯅꯕ
ꯏꯁꯤꯡ ꯂꯩꯇꯦ ꯍꯥꯏꯅꯔꯛꯂꯕꯅꯤ꯫ ꯀꯦꯕ ꯅꯥꯟꯒꯗꯕ
ꯏꯗꯨꯅꯤꯡꯊꯧ ꯌꯦꯅꯤꯡꯊꯥꯒꯤ ꯃꯇꯝ ꯑꯁꯤꯗ ꯊꯥꯕꯜ ꯆꯣꯡꯕꯗ
ꯁꯦꯠꯅꯕ ꯐꯤ ꯐꯥꯎ ꯁꯨꯕ ꯐꯪꯂꯛꯇꯕꯒꯤ ꯐꯤꯚꯝꯅꯤ꯫ ꯅꯍꯥꯟ
ꯄꯥꯎꯆꯦꯒꯤ ꯂꯃꯥꯏꯗ ꯃꯥꯔꯆ 14, 2023 ꯀꯣꯔꯧ ꯅꯣꯡꯖꯥ
ꯑꯁꯤꯗ ꯅꯣꯡ ꯇꯥꯅꯤ ꯍꯥꯏꯅ ꯌꯥꯎꯕꯤꯔꯛꯏ꯫ ꯃꯤꯌꯥ ꯀꯌꯥ,
ꯁꯥꯕꯤ-ꯁꯥꯅꯧ ꯀꯌꯥ, ꯑꯉꯥꯡ-ꯑꯍꯜ ꯂꯥꯏꯔ-ꯏꯅꯥꯛꯈꯨꯟꯕ
ꯃꯌꯥꯝ ꯀꯨꯝꯒꯤ ꯅꯣꯡ ꯍꯩꯊꯔꯛꯀꯅꯤ ꯍꯥꯏꯕ ꯇꯥꯕꯗ ꯇꯨꯄꯤ,
ꯐꯨꯔꯤꯠ ꯂꯧꯊꯣꯛꯇꯨꯅ ꯑꯇꯤꯌꯥꯗ ꯂꯪꯈꯠꯅꯈꯤ ꯑꯗꯨꯕꯨ ꯇꯥꯏꯕꯪ
ꯃꯤꯒꯤ ꯊꯝꯃꯣꯏ ꯀꯥꯏꯍꯜꯂꯒ ꯍꯔꯥꯎꯒꯟꯕꯤ ꯅꯣꯡꯗꯣ
ꯃꯥꯒꯤ ꯍꯧꯅꯕꯤ ꯑꯗꯨꯝ ꯆꯦꯡꯖꯪꯕꯤ ꯑꯣꯏꯈ꯭ꯔꯦ꯫ ꯈꯕꯔ
(ꯄꯥꯎꯆꯦ) ꯃꯥꯏ ꯉꯥꯡꯏ꯫ ꯅꯍꯥꯟ ꯇꯥꯡ 14 ꯗ, ꯑꯗꯨꯕꯨ
ꯃꯥꯔꯆ 15 ꯗ ꯅꯣꯡꯂꯦꯝꯅ ꯍꯋꯥꯒꯥꯔꯤ ꯌꯥꯗꯕꯒꯤꯔ ꯐ꯭ꯂꯥꯏꯠ
ꯊꯦꯡꯊꯕꯅꯔ ꯅꯍꯥꯟ ꯃꯥꯔꯆ 15 (ꯃꯥꯔꯆ, 2023) ꯅꯨꯃꯤꯠ
ꯑꯁꯤꯗ ꯈꯣꯡꯗꯣꯏ ꯍꯨꯟꯕꯤꯔꯛꯇꯨꯅ ꯅꯣꯡ ꯈꯔꯗꯤ
ꯈꯤꯛꯈ꯭ꯔꯦ, ꯂꯦꯟ ꯑꯣꯏꯅ ꯑꯌꯥꯝꯕ ꯄꯤꯅꯕꯤꯔꯛꯈꯤ,
ꯏꯁꯤꯡ ꯑꯣꯏꯅ ꯄꯤꯅꯕꯤꯈꯤꯗꯦ, ꯑꯗꯨꯕꯨ ꯂꯦꯟ ꯑꯗꯨ ꯍꯦꯛ
ꯁꯧꯗꯣꯛꯂꯒ ꯏꯁꯤꯡ ꯑꯣꯟꯕꯅꯤꯅ ꯀꯔꯤꯁꯨꯕꯨꯗꯤ ꯀꯥꯏꯗꯦ꯫ ꯄꯤꯅꯕꯤꯅꯤꯡꯕ ꯃꯑꯣꯡꯗ ꯄꯤꯅꯕꯤꯕ ꯃꯥꯒꯤ ꯀꯨꯁꯤꯅꯤ꯫ ꯗꯦꯂꯤꯚꯔꯤ ꯅꯨꯡꯉꯥꯏꯅꯕ ꯃꯥꯂꯦꯝꯗ ꯈꯔꯈꯤꯠ ꯊꯨꯅ ꯌꯧꯅꯕ ꯈꯔ ꯂꯨꯝꯕ ꯂꯦꯟ ꯑꯣꯏꯅ ꯄꯤꯅꯕꯤꯔꯛꯄ ꯃꯑꯣꯏꯔꯤꯅꯤ꯫ ꯊꯥꯒꯠꯆꯔꯤ꯫ ꯇꯥꯡ 14 ꯗ ꯃꯥꯏ ꯉꯥꯛꯈꯤꯗ꯭ꯔꯕꯁꯨ ꯇꯥꯡ 15 ꯗ ꯄꯥꯎꯆꯦꯒꯤ ꯃꯤꯗꯤꯌꯥꯒꯤ ꯃꯥꯏ ꯅꯣꯡꯅ ꯉꯥꯛꯂꯛꯈꯤ꯫ ꯃꯌꯥꯝ ꯈꯨꯕꯥꯛ ꯄ꯭ꯔꯣꯛ ꯄ꯭ꯔꯣꯛ ꯈꯨꯅꯔꯝꯒꯅꯤ, ꯐꯖꯕ ꯁꯩꯔꯦꯡ ꯑꯃ ꯍꯦꯛ ꯂꯣꯏꯕꯗ ꯈꯨꯅꯕꯗꯧꯅ꯫ ꯍꯔꯥꯎ ꯃꯊꯣꯏ ꯀꯥꯅꯈꯤ꯫ ꯅꯣꯡ ꯇꯥꯔꯛꯄ ꯍꯥꯏꯕꯁꯤ ꯈꯨꯡꯒꯪꯗ ꯇꯉꯥꯏꯐꯗꯅ ꯍꯔꯥꯎꯕꯒꯤ ꯋꯥꯅꯤ꯫ ꯑꯩꯗꯤ ꯌꯥꯝꯅ ꯀꯤꯔꯤ꯫ ꯉꯥꯏꯍꯥꯛꯀ ꯂꯩꯔꯦ ꯂꯩꯈꯣꯝꯗ ꯍꯦꯛꯇ ꯄꯨꯠꯊꯕꯗ, ꯉꯥꯏꯍꯥꯛ ꯂꯩꯔꯦ ꯂꯩꯈꯣꯝ ꯍꯦꯛꯇ ꯆꯣꯡꯏ, ꯉꯥꯏꯍꯥꯛ ꯂꯩꯔꯦ ꯃꯩ ꯍꯦꯛꯇ ꯃꯨꯠꯂꯤ, ꯉꯥꯏꯍꯥꯛ ꯂꯩꯔꯦ ꯍꯦꯛꯇ ꯆꯨꯏ꯫ ꯃꯔꯥꯏꯕꯛ ꯊꯤꯔꯕꯤ ꯏꯆꯟ ꯁꯛꯂꯕꯤ ꯈꯨꯡꯒꯪꯒꯤ ꯂꯝꯕꯤꯁꯤꯡꯅ ꯑꯇꯣꯟꯕꯤ ꯃꯆꯥꯒꯨꯝ ꯈꯨꯗꯥꯡ ꯄꯤꯐꯝ ꯇꯩꯕ ꯌꯥꯎꯅ ꯂꯩꯅꯕꯁꯨ ꯌꯥꯎꯔꯤ꯫ ꯀꯨꯝꯒꯤ ꯅꯣꯡꯖꯨ ꯃꯥꯒꯤꯗꯤ ꯃꯊꯧꯅꯤ ꯍꯥꯏꯅ ꯁꯨꯝ ꯆꯨꯔꯛꯀꯅꯨ ꯍꯥꯏꯕ ꯌꯥꯔꯣꯏꯗꯣ, ꯁꯣꯝꯗꯅ ꯂꯩꯉꯥꯛꯅ ꯐꯅ ꯁꯦꯝꯂꯁꯨ ꯒꯥꯔꯤ ꯊꯧꯕ ꯍꯩꯅꯗꯗꯨꯅ ꯂꯝꯕꯤ ꯃꯌꯥꯝ ꯁꯣꯛꯆꯤꯜꯂꯦ꯫ ꯅꯣꯡ ꯂꯥꯛꯄꯗ ꯑꯩꯗꯤ ꯌꯥꯝꯅ ꯀꯤꯖꯩ꯫ ꯇꯁꯦꯡꯅ ꯀꯤꯀꯣ, ꯀꯤ ꯍꯥꯏꯔꯤꯁꯤꯅꯤꯍꯦ꯫=

ꯑꯩꯈꯣꯏꯒꯤ ꯂꯝꯗꯝ ꯃꯅꯤꯄꯨꯔꯗ ꯌꯨꯝ-ꯀꯩ ꯁꯥꯕ ꯑꯃꯗꯤ
ꯎꯄꯨ-ꯀꯥꯡꯊꯣꯜ ꯆꯟꯕꯗ ꯄꯥꯛ-ꯁꯟꯅ ꯑꯃꯗꯤ ꯄꯥꯝꯅ
ꯁꯤꯖꯤꯟꯅꯔꯤꯕ ꯑꯅꯤꯁꯨꯕ ꯒ꯭ꯔꯦꯗꯀꯤ ꯎ ꯄꯥꯝꯕꯤ ꯑꯁꯤꯗ
ꯍꯤꯗꯥꯛꯀꯤ ꯑꯣꯏꯕ ꯃꯒꯨꯟꯁꯤꯡ ꯑꯗꯨꯃꯛ ꯌꯥꯎꯔꯤ꯫
ꯃꯤꯌꯥꯝꯅ ꯊꯣꯏꯗꯣꯛ-ꯍꯦꯟꯗꯣꯛꯅ ꯃꯦꯗ (Meda) ꯍꯥꯏꯅ
ꯀꯧꯅꯔꯤꯕ ꯇꯨꯃꯤꯠꯂꯥ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯑꯁꯥꯃꯤꯖꯗ ꯃꯨꯒꯥ
(Muga) ꯅꯠꯇ꯭ꯔꯒ ꯁꯨꯋꯥꯂꯨ (Sualu), ꯕꯦꯡꯒꯣꯂꯤꯗ ꯕꯥꯔꯥ-
ꯀꯨꯀꯨꯔꯆꯤꯇꯥ (Bara-Kukurchita), ꯍꯤꯟꯗꯤꯗ ꯃꯦꯗꯥ
(Meda) ꯅꯠꯇ꯭ꯔꯒ ꯒ꯭ꯋꯥ (ꯘꯋꯥ) ꯅꯠꯇ꯭ꯔꯒ ꯁꯤꯡꯒ꯭ꯔꯥꯐ
(ꯈꯤꯅꯒꯔꯥꯐ) nTrBg ꯀꯥꯇꯃꯥꯔꯥ (Katmarra) ꯅꯠꯇ꯭ꯔꯒ
ꯖꯪꯒꯂꯤ-ꯔꯥꯏ-ꯑꯦꯝ (ꯓꯥꯅꯒꯂꯤ-rai-am), ꯈꯥꯁꯤꯗ ꯗꯤꯌꯦꯡ
ꯁꯣ ꯐꯣꯁꯀꯤ (Dieng ꯁꯣꯍ phohskei), ꯃꯔꯥꯊꯤꯗ
ꯔꯥꯅꯝꯕꯥ (Ranamba), ꯃꯤꯖꯣꯗ ꯅꯧꯊꯥꯛ (Nauthak),
ꯅꯦꯄꯥꯂꯤꯗ ꯀꯨꯠꯃꯤꯔꯣ (Kutmiro), ꯁꯪꯁꯀ꯭ꯔꯤꯠꯇ
ꯃꯥꯏꯗꯥ-ꯂꯀꯔꯤ (Maidaa-ꯂꯥꯀꯗꯤ), ꯇꯥꯃꯤꯜꯗ ꯄꯤꯁꯤꯟ
ꯄꯥꯇꯥꯏ (Picinpattai), ꯇꯦꯂꯦꯒꯨꯗ ꯆꯤꯔꯨ ꯃꯥꯃꯤꯔꯤ
(Chiru ꯃꯥꯃꯤꯗꯤ), ꯆꯥꯏꯅꯤꯖꯗ ꯖꯤꯌꯥ-ꯁꯤ-ꯃꯨ-ꯖꯤꯌꯥꯡ-
ꯖꯤ (Jia ꯈꯍꯤ ꯃꯨ jiang ꯉꯤ), ꯁꯥꯏꯟꯇꯤꯐꯤꯛ ꯅꯠꯇ꯭ꯔꯒ
ꯕꯣꯇꯥꯅꯤꯀꯦꯜꯒꯤ ꯑꯣꯏꯕ ꯃꯃꯤꯡꯗ ꯂꯤꯠꯁꯤꯌꯥ ꯅꯣꯅꯣꯄꯦꯇꯥꯂꯥ
(Litsea ꯃꯣꯅꯣꯄꯦꯇꯥꯂꯥ (Roxb.) Pers.) ꯅꯠꯇ꯭ꯔꯒ
ꯂꯤꯠꯁꯤꯌꯥ ꯄꯣꯂꯤꯌꯥꯟꯊꯥ (Litzea polyantha ꯓꯨꯁꯁ.)
ꯅꯠꯇ꯭ꯔꯒ ꯇꯦꯇ꯭ꯔꯥꯟꯊꯦꯔꯥ ꯑꯦꯜꯅꯣꯏꯗꯤꯖ (Tetranthera
alnoides Miq.) ꯅꯠꯇ꯭ꯔꯒ ꯇꯦꯇ꯭ꯔꯟꯊꯦꯔ ꯐ꯭ꯔꯨꯇꯤꯀꯣꯁꯥ
(Tetranthera ꯐꯔꯨꯇꯤꯆꯣꯁꯥ Buch.- ꯊꯥꯃ.ex Meisn.) ꯅꯠꯇ꯭ꯔꯒ ꯇꯦꯇ꯭ꯔꯥꯟꯊꯦꯔꯥ ꯍꯤꯔꯥꯅꯥ Tetranthera ꯍꯤꯔꯥꯅꯥ Buch-ꯊꯥꯃ. ex. Wall.) ꯅꯠꯇ꯭ꯔꯒ ꯇꯦꯇ꯭ꯔꯥꯟꯊꯦꯔꯥ ꯃꯣꯅꯣꯄꯦꯇꯥꯂꯥ (Tetranthera ꯃꯣꯅꯣꯄꯦꯇꯥꯂꯥ Roxb.) ꯅꯠꯇ꯭ꯔꯒ ꯇꯣꯃꯦꯛꯁ ꯃꯣꯅꯣꯄꯦꯇꯥꯂꯥ (Tomex ꯃꯣꯅꯣꯄꯦꯇꯥꯂꯥ (Roxb.) ꯊꯣꯐꯐ ꯃꯥꯅꯅꯁ.) ꯅꯠꯇ꯭ꯔꯒ ꯇꯣꯃꯦꯛꯁ ꯄ꯭ꯌꯨꯕꯤꯁꯦꯟꯁ Tomex ꯄꯨꯕꯦꯁꯆꯦꯅꯁ Wall. ex Meisn.) ꯍꯥꯏꯅ ꯀꯧꯏ ꯑꯃꯁꯨꯡ ꯂꯧꯔꯦꯁꯤ (Lauraceae) ꯍꯥꯏꯕꯗꯤ ꯂꯧꯔꯦꯜ (Laural) ꯁꯥꯒꯩꯒꯤ ꯃꯅꯨꯡ ꯆꯜꯂꯤ꯫ ꯁꯥꯒꯩ ꯑꯁꯤꯗ ꯆꯟꯕ ꯃꯔꯨ ꯑꯣꯏꯕ ꯄꯥꯝꯕꯤ ꯈꯔꯗꯤ - ꯇꯦꯖꯄꯥꯇꯥ ꯅꯠꯇ꯭ꯔꯒ ꯇꯦꯖꯕꯥꯠ ꯄꯥꯝꯕꯤ - ꯕꯦ ꯂꯤꯐ Cinnamomum ꯇꯥꯃꯥꯇꯥ Nees & Eberm.), ꯎꯁꯤꯡꯁꯥ ꯄꯥꯝꯕꯤ - ꯑꯦꯔꯣꯃꯦꯇꯤꯛ ꯂꯤꯁꯁꯤꯌꯥ (Litsea Citrata Blume), ꯎꯅꯤꯡꯊꯧ ꯄꯥꯝꯕꯤ (Phoebe hainesiana Brandis) ꯑꯁꯤꯅꯆꯤꯡꯕꯁꯤꯡꯅꯤ꯫ ꯂꯤꯠꯁꯤꯌꯥꯒꯤ ꯀꯥꯡꯂꯨꯞꯇ ꯆꯟꯕ ꯄꯥꯝꯕꯤꯁꯤꯡ ꯑꯁꯤ ꯑꯌꯥꯝꯕꯅ ꯗꯦꯁꯤꯀꯨꯑꯁ ꯍꯥꯏꯕꯗꯤ ꯅꯥꯀꯦꯟꯊꯥꯒꯤ ꯃꯇꯝꯗ ꯃꯅꯥ ꯀꯦꯟꯒꯜꯂꯕꯁꯨ ꯄꯥꯝꯕꯤ ꯃꯈꯜ ꯈꯔꯗꯤ ꯑꯦꯚꯔꯒ꯭ꯔꯤꯟ ꯍꯥꯏꯕꯗꯤ ꯃꯇꯝ ꯄꯨꯝꯅꯃꯛꯇ ꯃꯅꯥ ꯑꯗꯨ ꯁꯪꯗꯨꯅꯇ ꯂꯩ꯫ ꯂꯤꯠꯁꯤꯌꯥ ꯖꯤꯅꯁꯀꯤ ꯃꯅꯨꯡꯗ ꯁ꯭ꯄꯤꯁꯤꯁ 180 ꯔꯣꯝ ꯂꯩꯕꯒꯤ ꯄꯥꯎꯗꯝ ꯂꯩ꯫
ꯇꯨꯃꯤꯠꯂꯥ ꯍꯥꯏꯔꯤꯕ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯐꯨꯠ 60 ꯔꯣꯝ ꯋꯥꯡꯕ ꯑꯗꯨꯒ ꯃꯈꯣꯡ ꯑꯗꯨꯗ ꯁꯦꯟꯇꯤꯃꯤꯇꯔ 60 ꯐꯥꯎꯕ ꯆꯥꯎꯕ ꯃꯌꯥꯏ ꯑꯣꯏꯔꯞꯅ ꯆꯥꯎꯕ ꯎ ꯄꯥꯝꯕꯤ ꯑꯃꯅꯤ꯫ ꯄꯥꯝꯕꯤ ꯑꯁꯤꯒꯤ ꯎꯒꯤ ꯃꯀꯨ ꯍꯥꯏꯕꯗꯤ ꯕꯥꯔꯛ (Bark) ꯑꯗꯨ ꯆꯣꯀꯂꯦꯠ ꯃꯆꯨ ꯑꯣꯏ ꯑꯗꯨꯒ ꯃꯅꯨꯡ ꯊꯪꯕ ꯁꯔꯨꯛ ꯑꯗꯨꯅ ꯑꯉꯧꯕ ꯃꯆꯨ ꯑꯣꯏ ꯑꯃꯁꯨꯡ ꯊꯣꯏꯗꯣꯛꯅ ꯃꯅꯝ ꯆꯦꯟꯗꯦ꯫ ꯇꯨꯃꯤꯠꯂꯥ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯅꯥ ꯑꯗꯨ ꯀꯣꯏꯇꯛꯅ ꯁꯥꯡꯏ ꯑꯃꯁꯨꯡ ꯃꯈꯥ ꯊꯪꯕ ꯃꯃꯥꯏ ꯑꯗꯨ ꯑꯉꯧꯕ ꯃꯆꯨꯒꯤ ꯑꯀꯨꯞꯄ ꯁꯝꯁꯤꯡ ꯀꯨꯡꯅ ꯄꯥꯜꯂꯤ꯫ ꯄꯥꯝꯕꯤ ꯑꯁꯤꯒꯤ ꯃꯍꯩ ꯑꯗꯨ ꯃꯇꯨꯝ ꯇꯥꯔꯞꯅ ꯃꯤꯂꯤꯃꯤꯇꯔ 7 ꯂꯣꯝ ꯆꯥꯎꯏ꯫

ꯇꯨꯃꯤꯠꯂꯥ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯆꯥꯏꯅꯥ ꯑꯃꯁꯨꯡ
ꯑꯦꯁꯤꯌꯥꯒꯤ ꯑꯁꯥꯕ ꯇ꯭ꯔꯣꯄꯤꯀꯦꯜꯒꯤ ꯂꯝꯗꯝꯁꯤꯡꯗꯒꯤ
ꯍꯧꯔꯛꯈꯤꯕꯅꯤ꯫ ꯇꯨꯃꯤꯠꯂꯥ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯃꯍꯧꯁꯥꯒꯤ
ꯑꯣꯏꯅ ꯅꯦꯄꯥꯜ, ꯚꯨꯇꯥꯟ, ꯑꯋꯥꯡ ꯅꯣꯡꯄꯣꯛ ꯏꯟꯗꯤꯌꯥꯒꯤ
ꯑꯌꯥꯝꯕ ꯃꯐꯝꯁꯤꯡ, ꯃ꯭ꯌꯥꯟꯃꯥꯔ, ꯀꯝꯕꯣꯗꯤꯌꯥ, ꯂꯥꯎꯁ,
ꯃꯂꯦꯁꯤꯌꯥ, ꯄꯥꯀꯤꯁꯇꯥꯟ, ꯊꯥꯏꯂꯦꯟꯗ ꯑꯃꯁꯨꯡ
ꯚꯤꯌꯦꯠꯅꯥꯝꯒꯤ ꯃꯐꯝꯁꯤꯡꯗ ꯍꯧꯏ꯫ ꯆꯥꯏꯅꯥꯒꯤ ꯃꯅꯨꯡꯗ
ꯒ꯭ꯋꯥꯡꯗꯣꯡ, ꯒ꯭ꯋꯥꯡꯁꯤ, ꯒꯨꯏꯖꯧ, ꯍꯥꯏꯅꯥꯟ ꯑꯃꯁꯨꯡ
ꯌꯨꯅꯥꯟꯒꯤ ꯃꯐꯝꯁꯤꯡꯗ ꯇꯨꯃꯤꯠꯂꯥ ꯄꯥꯝꯕꯤ ꯑꯁꯤ
ꯍꯧꯕꯒꯤ ꯄꯥꯎꯗꯝꯁꯤꯡ ꯂꯩ꯫ ꯅꯦꯄꯥꯜꯗꯗꯤ ꯇꯨꯃꯤꯠꯂꯥ
ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯆꯤꯡꯈꯣꯡꯗꯒꯤ ꯃꯤꯇꯔ 1450 ꯋꯥꯡꯕ
ꯃꯐꯝꯁꯤꯡꯗ ꯃꯍꯧꯁꯥꯒꯤ ꯑꯣꯏꯅ ꯍꯧꯖꯩ꯫ ꯑꯩꯈꯣꯏꯒꯤ
ꯂꯝꯗꯝ ꯃꯅꯤꯄꯨꯔꯗꯗꯤ ꯇꯨꯃꯤꯠꯂꯥ ꯄꯥꯝꯕꯤ ꯑꯁꯤ
ꯁꯃꯨꯗ꯭ꯔ ꯏꯃꯥꯏꯗꯒꯤ 2500 ꯐꯥꯎꯕ ꯋꯥꯡꯕ ꯆꯤꯡꯒꯤ
ꯃꯐꯝꯁꯤꯡꯗ ꯑꯗꯨꯃꯛ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯍꯧꯕ ꯊꯦꯡꯅꯩ꯫
ꯄꯥꯎꯗꯝꯁꯤꯡꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯃꯤꯊꯥꯅꯣꯜ ꯍꯥꯏꯔꯤꯕ ꯌꯨ
ꯃꯈꯜ ꯑꯗꯨꯗ ꯇꯨꯃꯤꯠꯂꯥ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯅꯥ ꯑꯗꯨ ꯁꯨꯒꯥꯏꯔꯒ
ꯁꯦꯝꯕ ꯃꯍꯤ ꯑꯗꯨꯗ ꯑꯦꯜꯀꯥꯂꯣꯏꯗ (Alkaloid),
ꯐ꯭ꯂꯦꯚꯣꯅꯣꯏꯗ (Flavonoid), ꯄꯣꯂꯤꯐꯤꯅꯣꯜ
(Polyphenol), ꯒ꯭ꯂꯥꯏꯀꯣꯁꯥꯏꯗ (ꯘꯂꯌꯆꯣꯁꯤꯗꯦ),
ꯄ꯭ꯔꯣꯇꯤꯟ (Protein), ꯇꯔꯄꯤꯅꯣꯏꯗ
(Terpenoid), ꯁꯦꯄꯣꯅꯤꯟ (ꯈꯥꯄꯣꯅꯤꯅ) ꯑꯃꯁꯨꯡ
ꯀꯥꯔꯕꯣꯍꯥꯏꯗ꯭ꯔꯦꯠ (Carbohydrate) ꯃꯈꯜꯁꯤꯡ
ꯑꯁꯤ ꯌꯥꯎꯏ꯫

ꯇꯨꯃꯤꯠꯂꯥ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯃꯤꯑꯣꯏꯕꯅ ꯃꯈꯜ ꯀꯌꯥꯒꯤ ꯍꯤꯔꯝꯗ ꯁꯤꯖꯤꯟꯅꯩ꯫ ꯀ꯭ꯌꯨꯕꯤꯛ ꯃꯤꯇꯔ (Cbm) ꯑꯃꯗ ꯀꯦꯖꯤ 540 ꯔꯣꯝ ꯂꯨꯝꯕ ꯇꯨꯃꯤꯠꯂꯥ ꯄꯥꯝꯕꯤꯒꯤ ꯎ ꯑꯗꯨ ꯌꯨꯝ-ꯀꯩ ꯁꯥꯕ, ꯎꯄꯨ-ꯀꯥꯡꯊꯣꯜ ꯑꯃꯗꯤ ꯇꯦꯕꯜ-ꯆꯧꯀ꯭ꯔꯤ ꯆꯟꯕꯗ ꯌꯥꯝꯅ ꯄꯥꯝꯅ ꯑꯃꯗꯤ ꯄꯥꯛ-ꯁꯟꯅ ꯁꯤꯖꯤꯟꯅꯩ꯫ ꯇꯨꯃꯤꯠꯂꯥ ꯄꯥꯝꯕꯤꯒꯤ ꯅꯧꯇꯛ ꯇꯧꯕ ꯃꯅꯥ ꯑꯗꯨ ꯁꯥ-ꯁꯟ ꯃꯔꯨ ꯑꯣꯏꯅ ꯍꯥꯃꯦꯡꯒꯤ ꯑꯐꯕ ꯁꯖꯤꯛ ꯑꯃ ꯑꯣꯏꯅ ꯁꯤꯖꯤꯟꯅꯩ꯫ ꯇꯨꯃꯤꯠꯂꯥ ꯄꯥꯝꯕꯤꯗ ꯍꯤꯗꯥꯛꯀꯤ ꯑꯣꯏꯕ ꯃꯒꯨꯟꯁꯤꯡ ꯊꯣꯏꯗꯣꯛꯅ ꯌꯥꯎꯏ ꯑꯃꯁꯨꯡ ꯑꯔꯤꯕ ꯂꯥꯌꯦꯡ-ꯄꯊꯥꯞꯇ ꯁꯤꯖꯤꯟꯅꯩ꯫ ꯑꯩꯈꯣꯏꯒꯤ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯑꯔꯤꯕ ꯑꯅꯥ-ꯂꯥꯌꯦꯡꯗ ꯅꯧꯇꯛ ꯇꯧꯕ ꯇꯨꯃꯤꯠꯂꯥ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯅꯥ ꯑꯗꯨ ꯃꯈꯨꯝ ꯆꯦꯠꯅ ꯈꯨꯝꯕ ꯄꯥꯇ꯭ꯔ ꯍꯥꯏꯕꯗꯤ ꯆꯐꯨ ꯑꯃꯗ ꯏꯁꯤꯡ ꯈꯖꯤꯛꯇꯪ ꯍꯥꯞꯇꯨꯅ ꯐꯨꯠꯂꯒ ꯃꯄꯪ ꯑꯗꯨ ꯂꯁꯤꯡꯒꯤ ꯀꯨꯡꯇꯛ ꯇꯧꯕ ꯐꯤ ꯑꯃꯅ ꯌꯣꯝꯁꯤꯜꯂꯒ ꯁꯥꯔꯤꯉꯩꯗ ꯍꯤꯒꯥ ꯌꯩꯗꯨꯅ ꯈꯣꯡ-ꯈꯨꯠ ꯂꯩꯊꯦꯛꯄ ꯑꯃꯗꯤ ꯑꯄꯣꯝ-ꯑꯇꯪ ꯇꯧꯕ ꯑꯗꯨ ꯂꯥꯌꯦꯡꯅꯩ꯫ ꯏꯟꯗꯤꯌꯥꯒꯤ ꯇ꯭ꯔꯥꯏꯕꯦꯜ ꯀꯥꯡꯂꯨꯞ ꯑꯃꯅ ꯇꯨꯃꯤꯠꯂꯥ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯅꯥ ꯑꯗꯨ ꯇꯛꯈꯥꯏꯔꯒ ꯁꯦꯝꯕ ꯑꯅꯪꯕ ꯃꯍꯤ ꯑꯗꯨꯅ ꯆꯥꯡ ꯅꯥꯏꯅ ꯇꯩꯗꯨꯅ ꯇꯥꯡ ꯆꯥꯎꯊꯣꯛꯇꯨꯅ ꯆꯤꯛꯄ-ꯅꯥꯕ ꯇꯧꯕ ꯃꯌꯥꯝꯅ ꯑꯔꯊ꯭ꯔꯥꯏꯇꯤꯁ (Arthritis) ꯍꯥꯏꯔꯤꯕ ꯂꯥꯏꯅꯥ ꯑꯗꯨ ꯂꯥꯌꯦꯡꯅꯩ꯫ ꯊꯖꯤꯟ ꯁꯥꯎꯒꯠꯄ ꯑꯃꯗꯤ ꯄꯨꯛ ꯅꯥꯕꯗ ꯇꯨꯃꯤꯠꯂꯥ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯅꯥꯒ, Uri hiZcabi (Mikania micrantha) AmsuZ samu paN (Amorphallus ꯕꯨꯂꯕꯤꯐꯦꯔꯥ) ꯒꯤ ꯃꯎ ꯑꯗꯨꯒ ꯄꯨꯟꯅ ꯁꯨꯒꯥꯏꯃꯤꯟꯅꯔꯒ ꯁꯦꯝꯕ ꯑꯅꯪꯕ ꯃꯍꯤ ꯑꯗꯨꯅ ꯄꯨꯛ ꯅꯥꯔꯤꯕ ꯃꯐꯝ ꯑꯗꯨꯗ ꯆꯥꯡ ꯅꯥꯏꯅ ꯇꯩꯗꯨꯅ ꯂꯥꯌꯦꯡꯅꯩ꯫ ꯇꯨꯃꯤꯠꯂꯥ ꯄꯥꯝꯕꯤꯒꯤ ꯎꯒꯤ ꯃꯗꯨ ꯑꯗꯨ ꯏꯁꯤꯡꯗ ꯐꯨꯠꯂꯒ ꯂꯧꯕ ꯁꯦꯝꯕ ꯃꯍꯤ ꯑꯗꯨ ꯄꯤꯊꯛꯇꯨꯅ ꯈꯣꯡ ꯍꯥꯝꯊꯕ ꯑꯃꯁꯨꯡ ꯏꯇꯣꯟ ꯐꯥꯏꯕ ꯑꯗꯨ ꯂꯥꯌꯦꯡꯅꯕꯒꯤ ꯄꯥꯎꯗꯝ ꯂꯩ꯫ ꯇꯨꯃꯤꯠꯂꯥ ꯎꯒꯤ ꯃꯀꯨ ꯑꯗꯨ ꯁꯨꯒꯥꯏꯔꯒ ꯊꯣꯝꯗꯨꯅ ꯁꯔꯨ ꯇꯦꯛꯄ ꯑꯗꯨ ꯂꯥꯌꯦꯡꯅꯩ꯫ ꯇꯨꯃꯤꯠꯂꯥꯒꯤ ꯃꯔꯥ ꯑꯗꯨ ꯁꯨꯒꯥꯏꯔꯒ ꯊꯣꯝꯗꯨꯅ ꯑꯁꯣꯛ-ꯑꯄꯟ ꯑꯃꯁꯨꯡ ꯑꯄꯣꯝ ꯑꯇꯪ ꯑꯗꯨꯁꯨ ꯂꯥꯌꯦꯡꯅꯩ꯫=