

Ka jingpang prie pynhiar. Ki dak ki shin bad jinggiada

Ka por slap ka wanrah shibun ki jingkyrkhu iangi hynrei ha kajuh kapor ka wanrah ruh shibun ki khniang jingpang bad ki jingpang ba har rukom. Ki jingpang kum ki jingpang shitmet, baiõng khlieh, jyrhoh ki jur bha ha kine ki por, hynrei ka jingpang prie pynhiar kadei kaba kynrei tam haka por slap. Kane ka jingpang ka neh la kumno kumno 2-4 sngi hynrei wat la ka neh tang katto katne sngi, ka met jingphi pat ka tyrkhong bha bad tlot namar ka jingmih ki um ba don haka met lyngba ka jingleit paiõnkhana khah khah. Kane ka wanrah iaka jingbysngew tynnad haka met bad kalah ruh ban wanrah jingma kaba khraw lada ym sumar ha kapor kaba biang. Kadei ka jait jingpang kaba phi kwah eh ban lait noh kloï kloï naki katba lah haba ia nujor bad kiwei pat ki jait jingpang.

Ka daw jingpang prie pynhiar: Baroh ngi tip ba ka por lyiur kadei ka por ba ki jingbam ki sniew kloï naka daw ka jingshit ka suinbneng bad ka jingkharoi ki khniang jingpang bad ka um ka jaboh naka jingwan tuid ki umslap. Namar kata ka jingpang prie pynhiar ka ju jia bha haka por lyiur naka daw ka jingbam iaki bam ba lah sma bad sniew noh bad dih iaka um jakhliha ne khlem da shet lypa ban dih bad ka nang pynsniew shuh shuh lada ktah ne shet iaki jingbam daka kti ba jakhliha khlem da sait bha. Katto katne ki khniang jingpang kiba pyndap lyer iaka kpoh, kynroi prie (gastro-enteritis) bad pynhiar kpoh khah khah ki long:

Bacteria - Salmonella lane ki Escherichia; Viruses- Norovirus or Rotavirus; Parasites- Giardia Intestinal.

Ki dak ki shin ka jingpang prie pynhiar: Ka jingleit khyndew kaba long um khah khah; Ka jingkyroi prie bad prie; Ka jingsuh khyrwait ka kpoh bad ka jinglot ki dohksah; Ka jingshit met; Ka jingtyrkhong ka met; Ka jingbym sngew thngan ne bym kwah bam.

Kine ki jingshitom kin jah hadien katto katne sngi hynrei phi donkam ban thiah pynaram ialade bad dih shibun ka um katba lah hapdeng kine ki por. Ymdon eiei palat iaka jinglah ban dih um lane ki Oral Dehydration Solution (ORS) kiba khlehleng bad ka um.

Ka jingai jingmut bad jinggiada: Ki don shibun ki jingai jingmut ban iada na kine ki jait jingpang kiba phi lah ban bud ryntih ban ioh ia ka met kaba koit ba khiah.

Jingdih ka um kaba khuid: Katkum ka jingshem ki nongwadbniah ki ong ba 80% kiba ioh iaka jingpang prie pynhiar kadei naka jingdih iaki um jakhliha bad ki bym da tap bha bad ka por slap kadei kapor ha kaba baroh ki tyllong um ki tngit bad jaboh shibun eh kiba wanrah shibun ki khniang jingpang kaba ialam sha ka jingkyroi ki jingpang jingshitom khamtam ka jingpang prie pynhiar. Namarkata phi dei ban pyndonkam da ki um kiba khuid ban shet ban tiew bad da shet pynthnam bha iaka um shuwa ban dih. Da kaba leh kumne kan iarap pyllait iaphi na shibun ki jingpang jingshitom bad ki iada khamtam naka jingpang prie pynhiar. Ban dih iaka um ba la dep shet kan pyniãp ia baroh ki khniang jingpang kiba don ha ka um bad da kaba pynmlien ban shet bad dih man ka sngi kan ai jingkoit jingkhiah iaka met bad lait na shibun ki jingpang jingshitom.

Ka jingdih umshetja: Ka um shetja kadei kawei ka lad ba biangtam ban sumar haba pang prie pynhiar. Kadei ka dawai bah kaba lah ban tehlakam iaka jingsuh kpoh bad iada naka jingtyrkhong um haka met. Ka um shetja ymtang ba ka pynbiang iaka um haka met ban iada naka jingtyrkhong ka met, hynrei ki iarap ruh ban pynduna iaka jingleit khyndew palat namar ki don ha ki ka low fiber kaba lah ban pyllait naka jingsuh ka kpoh bad ka jingleit khyndew kaba long um. Phi lah ban shet 1 pela u khaw bad 2 pela ka um la kumno kumno 10 minit haduh ba kin longdih. Pjiar iaki nangta sa dih da kaba ber mluh ne shini malu mala. Kine kin iarap shibun haba prie pynhiar.

Jingsait khuid ia ki kti: Ka jingpang prie pynhiar kalah ban iabit na uwei u briew sha uwei pat na ka jingjaboh jongka kti, namarkata phi dei ban sait khuid ia la ki kti man la kapor shuwa bad hadien ba lah dep bam ka long kaba donkam namar ka lah ban iarap pynduna naka jingsaphriang jongki khniang jingpang. Katkum ka jingwadbniah bala pynmih daka Cochrane Database of Systematic Reviews, ki ong ba ka jinglah ban sait khuid ia la ki kti man la ka por kan iarap pynduna ia kine ki jait jingpang da kumba 30%. Namarkata saithkuid iaki kti man ka por ban iada ymtang na ka jingpang prie pynhiar hynrei na shibun ki khniang jingpang kiba lah ban ktah iaka jingkoit jingkhiah jong ka met jongphi.

Ki rukom bam ki jingbam ba tei, ba khuid ba ai jingkoit jingkhiah: Ka jingkitkhlieh iaka jingkoit jingkhiah ba pura ka shong eh ha ka bam ba ngi bam. Ka jingbam iaki bam balah sma ne sniew ka ialam sha ka jingiohpang gastroenteritis bad beit beit sha ka jingpang prie pynhiar. Ban lait naka jingsniew kloï ki jingbam donkam ban da pynkhuid bha iaki jingshetja bad ki tiar kiba phi ju pyndonkam man ka sngi. Ka jingleh khuid iaka iing shetja kan pynjingai iaki khniang jingpang na ki jingbam ki balah ban boi ne kha pylleng haki jingbam. Ym baroh ki jingbam ki long ban bam haba pang prie pynhiar hynrei bam tang iaki jingbam kiba lah baniãrap haba prie pynhiar bad kiba tei iaka met kum ka kait, ka ja, u soh apple, u phan bad kiwei kiwei de ki jingbam teimet namar kine ki long ki jait jingbam kiba pyneh iaka kpoh bad kiba don ka low fiber kiba lah ban pynjem kloï naka jingpang prie pynhiar.

Wat kilanmet ha ka por ba ktah ka jingpang prie pynhiar: Haba phi iohpang prie pynhiar, la met jongphi ka la tyrkhong lypa bad tlot, kiãr lane wat leh kino kino ki jingkilanmet ha kum kine ki por jong ka jingpang, namar kan pyntlot shuh shuh ar shah ia ka met kaba lah ban nangpynsniew shuh shuh ia ka jingkoit jingkhiah jong ka met. Ka bha ban pynaram shuwa katto katne sngi ia ka met tad haduh ba phin sngewkhlain nangta phi lah ban sdang kilan met biang ban ioh iaka jingkoit jingkhiah ba pura jong ka met.

Pynbna u Sanjay Leela Bhansali ia ka phlim Love & War

U nongshna phlim ba pawnam jong ka Maverick u Sanjay Leela Bhansali, la pynbna ban pynmih ia ka phlim thymmai ban wan ka 'Love & War', kan long ha ka taiew ba khatduh jong ka Ri India. Ki nongshna ki la pynbna paidbah ia ka tarik ban pynlait ha 21 tarik u bnai Kyllalyngkot, 2027 jong ka taiew jingrakhe Republic Day jong ka ri India na ka bynta ki nongkyrshan riew ieit phlim.



Kane ka dei kawei na ki phlim drama jingieit ba la khmih lynti bha. Ha kane ka phlim la wanrah ia ki nongak kiba kynthup ia u Ranbir Kapoor, u Vicky Kaushal bad ka Alia Bhatt ha ka saga kaba donbor bad kaba don ka jingsngew ba beh. Da kaba rah ia ka muhor Bhansali jong ka jingiatuhkhana kaba pynngam jylliew bad ka pyrthei phlim, la khmih lynti ba ka phlim kan pynpoi sha ka jingheh bad jingyilliew jong ka jingsngew na ka bynta ki nongpeitkai ha kylleng ka pyrthei.

Katto katne ki bynta jong ka phlim, la ring ha ka jaka ring dur ha Mumbai, da kaba thaw biang ia ka mynnor Italy jong ki snem 1970 ban pynneh ia ka jingiohi jngai jong u nongpyniãid katba u dang iãid lyngba ia ki jingeh ha ka liang ki jingpynbiang. Ia kane ka phlim la shna ha ka rukom kaba beh bha, kaba la pynlong ia ka kum kawei na ki drama ba sngewtynnad tam jong ka SLB haduh mynta. Ka phlim Love & War yn pynlait pyllait ha ka ktien Hindi, Tamil bad Telugu.

Ka la don ka jinglait tuh ki dur tyngshop jong kane ka phlim Love & War. Ha kaba sdang jong une u snem, ki katto katne ki dur na ki set jong ka phlim Love & War ki la paw online kiba kynthup ia u director u Sanjay Leela Bhansali, u nongshad u Ganesh Acharya, bad ki aktor ba hakmat eh u Ranbir Kapoor bad ka Alia Bhatt Ka dur ka paw shai ba ka long kaba la rim - kaba la pynlong ia ki jingmutdr shaphang ka por ha kaba la buh ia ka phlim.

Shah kem u Robbot ha Macau ba pyntieng ia ki longkmie kiba la 70 snem rta

Uwei u robot uba long kum u briew ha Macau, China, u la paw pyrthei bha ha ingternet, hadien ba la ong, ba u la "shah kem" namar ba u la pyntieng ia ki longkmie kiba la kaba 70 snem ka rta shaneng.

Kane ka jingia ka la jia hajan kawei ka jaka sah briew ha kaba une u robot ba la ithuh kum ka Unitree G1 model u la ieng shadien bad sha kyndong jaka rieh bad mih kynsaw bad pyntieng pynkyndit ia ki longkmie kiba la noh rta kaba don jingma ia ka jingim jongki na ka jingting jingkyndit.

Watla ki longkmie kim don jingmysaw hynrei ki la shah rah shah pynkit sha sha hospital kum ka jinggiada bad jingpynthikna ia ka koit ka khiah bad hadien bva la eksamin bniah la pyllait noh ia ki.

Ha katei ka video kaba la saphriang bha, lah ban iohi ia ki pulit, kiba rung bad ialam ia utei u robot sha jngai, katba ki maham ruh ia u nongpyniãid jong u, ba un kham husiar bha, haba pyndonkam ia une u robot ha ki jaka paidbah uba pyntieng ia ki tymmen.

Hadien kata ki heh sorkar ki la pynshai ba ia une u robot la test da kawei ka jaka ai jinghikai. U nongpyniãid u la ong ba u robot u la shu sangeh ban ap ia ka kynthei ban khieh, hynrei ka jinglong jingman ka la pynmih ia ka jingsngewkhia halor ka jingpyndonkam kaba shngaiãi ia ki robot ha ki jaka paidbah.

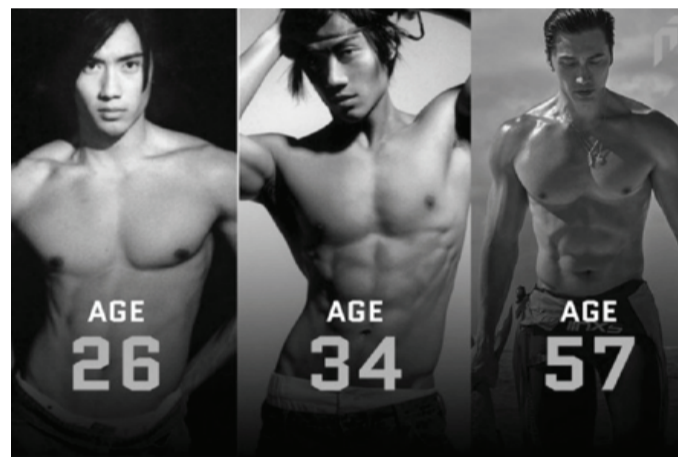


U Model uba lah 60 snem u pynlyngngoh ia ka Internet ba dangi kum uba dangsamla

U Chuando Tan, u nongshon dur fash ion bad u model na Singapore dang shen u la dap 60 snem ha ka 3 tarik u Lber. U la rakhe ia ka sngi kha jong u, da kaba buh ia ka dur ha Instagram ryngkat bad ki 60 tylli ki balloon. Katei ka jingthoh, ka la saphriang bha, bad bun ki briew ha ka internet ki la lyngngoh namar ba u dang i kumba u dang kham samla shibun ban ia ka rta jong u.

Ha ka khubor sngi kha jong u, u Tan u la iasam ia ka jingthoh kaba dap da ki symbob pyrkhath ba bha shaphang ka jingim. U la ong ba ka por ka dei kaba kordor tam ha ka jingim bad ba man la ka sngi thymmai ka dei ka jingai sngewbha. U la kitbok kitrwiang ruh ia ka jingsuk ha ka pyrthei bad u la ong ba u sngewnguh ba u dang im bad dang koit dang khiah.

Bun ki nongkyrshan kim lah ban ngeit ba u la dap 60 snem ka rta. Don kiba la khot ia u da kaba kren danda u "vampire" namar ba um i kumba u la tymmen. Kiwei pat ki la ong ba u i kumba u dang don tang kumba 35 snem ka rta bad ki la iaroh ia ka dur samla jong u.



Shah kynthoh u YouTuber ba kyntait ban shong ha ka Economy class ha liengsuin

Uwei u YouTuber uba leit jingleit u la mad ia ka jingshah kynthoh online hadien ba u la ong ba u la "sahkut" ha Singapore namar ka jingthut ki liengsuin kiba iãidei bad ka thma Iran. Bun ki briew ki la kynthoh hadien ba la pynpaw ba ki liengsuin ki don bad ki ai jingshakri, hynrei um kwah ban shong ha ka Economy Class.

U YouTuber Daniel Goz, uba la tip ruh kum u Nonstop Dan, u don palat ia ka shi million ngut ki subscriber. Ha ka video kaba la ai kyrnteng "Ym don shuh ki liengsuin kiba sah", u la kren shaphang ka jingpyrshang jong u ban leit na Singapore sha Europe ha ka por ba don ka jingpynthut.

Hynrei katba dang peit ia ki lad ki lynti ban iãid liengsuin ha ka video, la pyni ba ki jaka shong ha ka economy class ki don. U Goz u la kam ba kine ki jaka shong ki don hynrei u la batai ba ki long kiba rem dor bha bad kiba duna jaka shong bha. Bun ki la kynthoh ia u ha ki social media, da kaba ong ba um shym la sahkut shisha namar ba ki liengsuin ki dang don. Katto katne ki nongpyndonkam ki la kren kynthoh ba u dei ban shu shim ia ka liengsuin economy ha ka jaka ban ap ia ka jaka shong kaba kham duna dor.

Ha ka jubab, u Goz u la ong ba ki khyndiat tylli ki jaka shong economy kiba dang sah ki shong dor palat \$1500 na ka bynta ka tiket kaba leit tang shisien bad ki lah ban lut noh shen. U la batai ruh ba ka channel jong u ka kham pynleit jingmut ha ka leit ka wan kaba kham duna dor, hynrei ka jingmut ba kongsan jong u ka long ba ka rukom pyniãid liengsuin ha ka pyrthei ka iãkynduh ia ki jingthut kiba khraw kiba ktah ia kiba bun ki nongleit jingleit.



Phong u nongrep da ka jaiã Dngiem ban iada ia ki jingthung na ki shrieh

Uwei u nongrep ha ka shngong Firozpur, Sambhal district (Uttar Pradesh), u la pawnam bha hadien ba u la phong ia ka jaiã Dngiem ban pyntieng ia ki shrieh kiba pynjulor ia ki jingthung jingtep jong u. Ha katei ka video la iohi ia u nongrep u Dharambir ba u iãid lyngba ki lyngkha jong u da kaba riam kum u Dngiem. U la ong ba ki shrieh ki ju pynjot ia ki jingthung kum u phan bad u sohshan, kaba wanrah ia ka jingduhnong kaba khraw.

Ki nongkhmih ia ka bideo u Dharambir ki don palat 100 tylli ki shrieh ha katei ka jaka, bad ki phet krad haba ki iohi ia ki briew kiba riam ha katei ka riam. U la bynrãp ba katto katne ngut ki nongrep ki la sdang ban pyndonkam ia kane ka rukom, bad ka dor jong ka jaiã ka shongdor haduh T. 4,000 eiei.

Ka video ka la pur stet ha ka internet, ha kaba bun ki briew ki la kynthoh halor kane ka jingpynbeit kaba ppher hynrei kaba thymmai. Ha kajuh ka por, uwei u heh ka tãad khlaw u la ong ba kane kam dei ka lad kaba neh bad pynthikna ba yn pyrshang ban kem bad pynkynriãi ia ki shrieh khnang ban pynduna ia ka jingeh.

