Hato ka jaboh jong ka lyer ka lah ban ktah ïa ki jingmih na ka fertility test? kaei kaba ki jingwad bniah ki pynpaw

Ki phthalates, kiba don ha ki katto-katne jait plastic bad ki mar pynitynnad bad sumar ïa ka met, ki dei ki kynja chemical kiba lah ban pynthut ïa ka rukom treikam jong ki hormone ha ka met. Kane ka jinglong jong ki la pynskhem bha lyngba ki jingwad bniah kiba bun. Man la u snem ha ka aiom tlang, haba ka jingjaboh jong ka lyer (Air Quality Index – AQI) ka nang kiew ha ki bynta bapher bapher jong ka North India, bun ki nongleit wad jingsumar na ka bynta ban ïoh khun ki ju kylli: Hato ka lyer kaba ngi ring mynsiem man ka sngi ka lah ban ktah ïa ki report fertility jong ngi?.



1. Kumno ka Jingjaboh jong ka Lyer Ka Lah ban Ktah ïa ka Koit ka Khiah jong ki kynthei?

• Ka Jingktah jong ka Air Pollution ïa ki Hormone bad Ovarian Function: Ka jingmad slem ïa ka PM2.5 bad kiwei ki kynja jaboh na ka mariang ki lah ban don jingïadei bad ki jingkylla ha ka menstrual cycle, ka ovarian function bad ka por menopause.

• Ki Jinglap na ka Jingwad Bniah (2026): Ka jingwad bniah ha Communications Medicine, kaba kynthup ïa 179,972 ngut ki kynthei, ka la lap ba ka jingmad ïa ka PM2.5 kaba palat 40 μg/m□ ka don jingïadei bad ka 24% ka jingkiew ha ka lad ban sdang menstruation kham hadien bad 23% ka jingkiew ha ka jingma ban poi sha menopause kham kloi. Hynrei, kane ka dei ka jingïadei kaba la lap, ym ka jingpynshisha ba ka pollution ka dei beit ka daw.

2. Ka Jingktah jong ki Chemical (Phthalates) ïa ka Ovarian Health

• Ka Jingktah jong ki Phthalates ïa ka Ovarian Function: Ki phthalates, kiba don ha katto-katne ki mar plastic bad personal care products, ki lah ban pynthut ïa ka rukom treikam jong ki hormone bad ki don jingïadei bad ka ovarian reserve bad ki jingmih na ka egg retrieval.

• Ki Jinglap na ka Jingwad Bniah (2024): Ka jingwad bniah ha F&S Science, kaba kynthup ïa 245 ngut ki kynthei ha India kiba shah sumar fertility lyngba ka ICSI, ka la lap ïa ka jingïadei hapdeng katto-katne ki phthalate metabolites bad ka ovarian function. Hynrei, kane kam pat pynshisha ba ka jingpyndonkam ïa ki mar plastic man ka sngi ka pynduna ïa ka fertility.

3. Ka Jingktah jong ka Air Pollution ïa ka Sperm Quality

• Ka Jingktah jong ka PM2.5 ïa ka Sperm Quality: Ka jingroi jong u sperm ka shim kumba 2–3 bnai. Ka jingwad bniah ha u snem 2018, kaba kynthup ïa 6,475 ngut ki shynrang ha Taiwan, ka la lap ba man ka jingkiew kaba 5 μg/m□ jong ka PM2.5 ka don jingïadei bad ka jinghiar 1.29% ha ka normal sperm morphology.

• Ka Jingbishar ïa ka Sperm Health: Watla ka jingmad ïa ka pollution ka lah ban don jingïadei bad ka jingkylla ha ka sperm quality, ym dei ban shu kynnoh ïa ka pollution tang na ka semen analysis kaba sniew. U doktor u dei ban bishar ruh ïa kiwei ki daw kum ka varicocele, ki jingduna ha ki hormone bad ki infection.

4. Kumno Ban Ïada ïa ka Fertility na ka Jingjaboh jong ka Lyer

• Ka Jingkhuid jong ka Lyer bad ka Jingpynkhreh: Pyndonkam ïa ki air purifier kiba don HEPA filter hapoh ïing bad peit ïa ka AQI shwa ban mih shabar. Ha ki por ba ka pollution ka jur, pynduna ïa ki exercise kiba khia ha ki jaka shabar.

• Ka Jingïada Shimet: Lada donkam ban mih shabar ha ki por ba ka lyer ka jaboh, phong ïa ka N95 ne N99 mask kaba biang bha. Kine ki lad ki iarap ban pynduna ïa ka jingmad ïa ka pollution, watla ym pat don jingpynshisha ba ki pynbha beit ïa ki fertility test results.

5. Kaei Kaba Phi dei ban Tip Shaphang ka Fertility Test Report?

• Ka Jingbishar ïa ki Fertility Reports: Ki report kum ka semen analysis bad AMH kim dei ban shah bishar tang marwei. Ki dei ban pynïasoh bad ka rta, ki jingmih na ka ultrasound bad ka histori jong ka koit ka khiah. Lada ka semen analysis ka pyni ïa ki jingduna, ka doctor ka lah ban bthah ban leh biang ïa ka test.

• Ka Jingïakren bad u Specialist: Lada phi ju mad slem ïa ka tdem kali, ka pum-pum na ki karkhana lane ki chemical ha ka jaka trei, pyntip ïa kane ha u fertility specialist. Kane kan iarap ïa u doktor ban bishar bniah bad ban rai la donkam ne em ïa kiwei pat ki jingeksamin.

6. Ka jingkoit jingkhiah jong ka jingmut jingpyrkhat bad ka jingneh ka long kaba kongsan

• U Kohli u shim ruh ïa ka meditation bad mindfulness kum ki rukom ban pynjahthait ïa ka jingmut jingpyrkhat bad ban pynneh ïa ka jingïatylli hapdeng ka met bad ka jingmut.

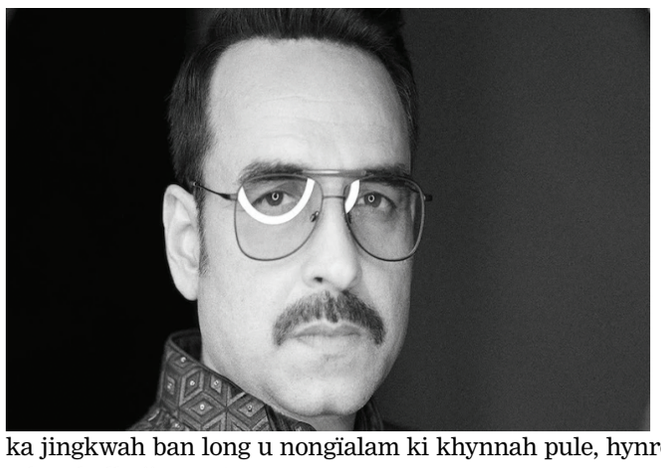
• Ka jingpynlut por bad ki briew kiba ieit, ka jingjahthait bad ka jingpynneh ïa ki rukom im kiba bha ki ïarap ban pynbha ïa ka jinglong mynsiem bad ka jingkoit jingkhiah.

7. Ka jingkylla jong u ha u snem 2012 ka pyni ïa ka bor jong ka jingaiti lut

• Ka jingjaboh jong ka lyer ka dei kawei na ki mat jong ka koit ka khiah kaba ki nongwad bniah ki dang pule bniah halor ka jingïadei jong ka bad ka reproductive health. Hynrei, ym dei ban shu kynnoh ïa ka jingjaboh jong ka lyer tang namar ba ka fertility report kam long kaba biang. .

“Nga kwah ban long u nongïalam ki khynnah pule”: Pankaj Tripathi u pynpaw ba u la shah shoh ha ki pulit

Nalor kaba ïathuh shaphang ki jingeh kiba u la mad ha ki sngi mynshwa, u nongak phlim Pankaj Tripathi u la pynpaw ruh ba hadien ba u la seng skhem ïa lade ha ka kam ak phlim, u la ïoh pdiang ïa ki jingtyrwa ban rung sha ka saiñ pyrthei. Dang shen, u Pankaj Tripathi u la paw ha ka prokram The Great Indian Kapil Show, kaba la pynïaid da u Kapil Sharma, ryngkat bad u nongkren comedy Zakir Khan bad u nonghikai Dr Vikas Divyakirti. Ha kane ka prokram, u la phai dien sha ki sngi pule jong u, ki jingeh ha kaba sdang jong ka jingim bad ka jingïaid lynti kaba la pynlong ïa u ban ïoh nam ha ka kam ak phlim.



Ha ka jingïakren, u la kynmaw ruh ïa ka por ba u trei ha ka hotel shwa ban long u nongak phlim. Haba uwei na ki nongpeitkai u la kylli la u la ju pyrkhat ne em ban jied ïa kawei pat ka kam ha ki sngi ba u dang pule, u Pankaj u la ïathuh ba ha kaba sdang u la don ka jingkwah ban long u nongïalam ki khynnah pule, hynrei kawei ka jingjia bad ki pulit ka la pynlong ïa u ban kylla jingmut.

U la ong, “Nga kwah ban long u nongïalam ki khynnah pule, hynrei ki pulit ki la shoh ïa nga haduh katta katta ba nga la kylla jingmut ha kata hi ka sngi. Nga la trei ruh ha kawei ka hotel la kumba ar snem, ha kaba nga ju khylliap ïa ki onion bad potato. Nga sngew ba ka jingthmu jong ka jingim jong nga ka don hawei pat, ym hangne. Hadien kata, nga la rung sha ka kam ak phlim. Kumta, kine kiei kiei ki ju jia hi ha ka rukom kaba ki dei ban jia; ai ba ki jingjia kin ïaid katkum ka lynti jong ki.”

U ‘Gen Z Baba’ ba 19 Snem na Vrindavan u kren pyrshah ïa ki comment kiba palat pud ha social media

U Shashwat Acharya, uba la tip paidbah kum u ‘Gen Z Baba’, u nongkren shaphang ka niam bad ka jingngeit uba dang 19 snem na Vrindavan, u la pynpaw ïa ka jingsngewsih halor ki comment kiba ym shongkun ha ki post jong u ha social media. Ha ka jingïakren bad ka NDTV, u la ong ba don katto-katne ki briew kiba la palat ïa u pud jong ka akor bad ka burom, haduh ba u la sngew kumba la pynkheiñ ïa ka burom jong u. U la pynpaw ruh ba lada u hi u sngew sngewsih na kum kine ki comment, lah ban mutdur katno ki kynthei ki shah ktah haba ki mad ïa ki jingkren kiba kham sniew ha ki jaka paidbah.



U Shashwat Acharya, uba pynithuh ïa lade kum u ‘Young Bhagwat Katha Vachak’ bad uba dei u Peethadhishwar jong ka Shridham Goda Vihar Mandir ha Vrindavan, u la pawnam bha ha social media namar ka dur jong u kaba dang samla. Ki paidbah ki la ai ïa u ïa ka kyrteng ‘Gen Z Baba’, bad ki post jong u ki la khring ïa bun ki jingïaroh bad ki comment kiba sngewtynnad. Hynrei, u la pynpaw ba ka jingai comment ha social media ka dei ban don pud, burom ïa ka jingsngew jong kiwei bad ïada ïa ka akor briew.

Ha Gurgaon uwei u briew u pynbthei ia u firecracker na ka kali kaba dang ïaid ha Dwarka Expressway

Ha kine ki sngi, kawei ka video kaba la saphriang paidbah ha social media ka la pynkhih ïa ka jingkhuslai, ha kaba la pyni ïa uwei u briew uba pynbthei ïa ki firecracker na ka kali kaba dang ïaid ha Dwarka Expressway, Gurgaon, ha ka por lehkmen Diwali. Ki jingpynbthei ki paw ha suiñ katba ka kali ka dang ïaid, kaba lah ban buh ha ka jingma ïa kiwei pat ki nongñiah kali kiba don marjan. Katba ki briew ha kylleng ka ri ki rakhe ïa ka Diwali da kaba thang ïa ki diva, bam ïa ki jingbam tynrai bad ki mithai, don pat kiba pynlong ïa kane ka jinglehkmen kaba sngewma ban kylla long ka jingjia kaba buh jingma ïa kiwei.



` Kane ka jingjia ka la wanrah ïa ka jingkynthoh paidbah halor ka jingbym salia ïa ka jingshngaiñ ha surok, namar kum kine ki stunt ki lah ban pynlong ïa ki nongñiah kali ban duh jingsynshar ïa ki kali, wanrah ïa ki accident bad pynmynsaw ïa ki nongïaid kjat bad kiwei ki nongleit nongwan. Ka video ka la pynmih biang ïa ka jingïakren halor ka jingñiah kali khlem akor bad ka jingdonkam ban pyntreikam tyngeh ïa ki kyndon ñiah kali ha ki por lehkmen. Uwei u nongpyndonkam X u la pynpaw ïa ka jingsngew pyrshah da kaba ong, “Kane kam dei ka jingshlur lane ka jingpynsngewtynnad, hynrei ka dei ka jingleh khlem pyrkhat kaba buh jingma ïa ka jingim jong ki briew kiba lui-lui.

Ka PVR INOX ha Bengaluru ka la khang ïa kawei ka juice counter halor ka jingpyndonkam biang ïa ki disposable cups

Kawei ka juice counter jong ka PVR INOX ha Forum Mall, Bengaluru, la hukum ban khang hadien ba ka video ha Instagram ka la pynpaw ïa ka jingkynnoh ba ki nongtrei ki sait bad pyndonkam biang ïa ki disposable cups kiba la dep pyndonkam. Hadien ka jingtohkit, ki ophisar Food Safety jong ka Karnataka ki la lap ïa ki jingpynkheiñ ïa ki kyndon jingshngaiñ bam bad ai notice ïa katei ka jaka. U Myntri ka Koit ka Khiah, U.T. Khader, u la pynskhem ïa kane ka sienjam bad ban jur ba baroh ki jaka die jingbam ki dei ban bud ryntih ïa ki kyndon khuid jingsuba.



Ka jingjia ka la paw hadien ba u Mithil Kumar u la sam ïa ka video ha Instagram ha ka 5 tarik u Naiwieng, kaba la kynnoh ba ka pyni ïa ki disposable cups kiba la sait bad pyndonkam biang ban ai jingdih ïa ki nongwan peit phlim. Ka Forum South Bengaluru ka la panmap halor kane ka jingjia bad pyntip ba ka kynhun PVR ka dang pynlong ïa ka jingtohkit, bad yn shim ïa ki sienjam kiba dei hadien kata. Katba ka PVR INOX kam pat pynmih ïa kano-kano ka jingpynbna kaba pura, u Myntri Khader u la kyntu ïa baroh ki jaka die jingbam ban buh hakhmat eh ïa ka koit ka khiah bad jingshngaiñ jong ki nongthied.

U Bittu Tabahi u mad ïa ka jingpang ha ki snier hadien ba pynkhuid ïa ka Ajnar River kaba jaboh tam ha MP

U Surendra Singh Choudhary, uba la tip paidbah kum u Bittu Tabahi, u nongtrei na ka bynta ka mariang, u la pynmih ïa ka jingsngewkhia halor ka jingma ïa ka koit ka khiah jong ki briew kiba khuid ïa ki wah kiba jaboh. U la mad ïa ka jingpang ha ka snier, kaba kynthup ïa ka jingsyep, ka jingmih phlang snier, ka jingpang bad ka jingmong ha ki kti bad ki kjat, hadien ba u la trei ban khuid ïa ka Ajnar River ha Madhya Pradesh. Ha ka video kaba u la sam ha Instagram, u la pyni ïa ka jinglong jong ka snier jong u, kaba la paw ba ka la shah ktah hadien ka jingtrei slem hapoh ka um kaba jaboh bad ka jingkhuid ïa ki jaboh kiba la pyut. Kane ka jingjia ka la pynkynmaw ïa ka jingma kaba lah ban wan na ka jingïadei beit bad ka um jaboh, ka sewage bad ki jaboh kiba don ki khniang jingpang.



U Bittu, uba ju pyndonkam ïa ki tiar kum ki rubber gloves, ki boot, ki rake bad ki dieng ban khuid ïa ka wah, u la pynmih ruh ïa ka jingkylli la kine ki tiar jingïada kiba suk ki biang ne em ban ïada na ka jingma jong ki jaboh kiba don ha ka um. Bun ki nongbud jong u ha social media ki la kyntu ïa u ban shim khia ïa ka koit ka khiah jong u, pyndonkam ïa ki tiar jingïada kiba kham biang bad leit ïoh jingsumar na ki doktor. Nalor kane, u la kyntu ïa ki paidbah ban long ki nongshong shnong kiba don jingkitkhlieh bad ban sangeh noh ïa ka jingbret jaboh sha ki wah bad ki jaka paidbah. kaba la ïoh ïa ka jingïaroh na kiba bun ki briew.