



ekuo dsisk.k ,o LokLF; ij cdjh dsnrk dh iks/hukadh vkuqf'kd cgq irk dk egro

vej fl g ehuk^{1,2} jktho ddkj¹ , I - , I - feJK¹

v: .k ddkj¹ I eysk ddkj¹ /lq ekykdj² , I - M³

Hkk-d-vuqj-& ddkh; HkM+, oa Au vuq dku I lFku] vfodkuxj&304 501] jktLFku] HkjrA

ikr%vxLr 2021

Lohdr%fl rj 2021

I kjkak

bl v/; ; u dk mnas; cdjh dsnrk dh dthi iks/hukadh vkuqf'kd cgq irk dsegro dh I ehk djuk gA cdjh dk nrk ekuo dsfy, cgr gh I qkP; , oavks/kh; xqkka qr gsrk gA cdjh dsnrk rFkk bl I scuusokyseW; I df/kz Ms jh mRi knkad fo"o ds vusdks'kkaeak gA m) fodkl dsdkj.k dthi iks/hukadh thukaecgr I kjh vkuqf'kd fofokrk dk fodkl gqk gA bl eacnyko dsdkjd ts sfclnqmRifjorZu] tMko@foykis u , oavlu; dkjdka dsdkj.k dthi thu dh iks/hu eacgr fofokrk mRiUu gsrk gA bl dsdkj.k cdjh dsnrk dsHkksrd] jkl k; fud rFkk tsod xqk iHkfor gsrsgsrFkk cdjh dsnrk eadthi dh ek=k I siuhj cukusdsxqk rFkk ml dsisk.k xqk Hk iHkfor gsrsgsrFkk cdjh dsnrk dscgr I kjs, s sykskadsfy, isk.k dk fodYi gS tksxk; dsnrk dksipk ugha ikrsgA bl idkj cdjh dsnrk dsisk/hu eacgr I kjs ts fO; k"kyh Nks/siSVkbM fufO; ; i eai k; stkrsgA ftudk ekuo dsLokLF; , oaisk.k eacgr egroiWkz LFku gsrFkk Hkfo'; eabu fO; k"kyh ts&siSVkbM I sfofHku idkj ds vksk/kh; xqkka qr fO; k"kyh Ms jh mRi knkad sfuekzk dh I Hkkouk gA

'kn ddkf'ck; kSDVo iSVkbM] dsi bu iks/hu] cdjh dk nrk] cgq irk] rduhdh xqka

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Importance of Genetic Polymorphism of Goat Milk Proteins on Human Nutrition and Health: A Review

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ABSTRACT

The objective of the study is importance of casein protein genetic polymorphism of goat milk. Goat milk is highly digestible and has medicinal properties in human being. Goat milk and its value added dairy products have higher demand in many countries of world. Due to evolution process, much genetic variability has been developed in casein protein genes. This is originated due to point mutation; addition/deletion and many other factors lead to huge genetic variation in goat casein genes. Because of this goat milk, chemical and biological properties have been affected. Goat milk casein contents decide

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¹Hk-d-vuqj-& ddkh; HkM+, oa Au vuq dku I lFku] vfodkuxj&304 501] jktLFku] HkjrA

²jkVh; Ms jh vuq dku I lFku] djuky&132 001] gfj; k.kk] HkjrA

³Hk-d-vuqj-& ddkh; dfrk vfhk; ki=dkh I lFku] Hkks ky&462 038] e/; i nsk] HkjrA

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the cheese making properties as well as nutritional and medicinal values. Goat milk is good alternative source of nutrition in human when people have cow milk problems. Goat milk has humerous inactive bioactive peptides in their casein protein. These have important place for human health and nutrition. In the future, this is great possibility for development of medicinal value functional dairy products from functional bioactive peptides.

Key words: Bioactive peptide, Casein protein, Goat milk, Polymorphism, Technological properties.

Hkkjr ds ikl djhc 27.80 ifr"kr i"kkku dh vkcknh dñy cdjh dh gS%20ohai "kkku tux.kukj 2019% ftl ea 61.26 ifr"kr cdjh dh vkcknh fefJr idkj rFkk dñy 26.97 ifr"kr vkcknh "kkj uly ds: i eagaa cdjh dksnks mnns; kadsfy, ikyk tkrk gaa ftl l seka rFkk nñk iklr fd;k tk l dñ ekd dsfy, cdjh ds ikyu dk T; knk mi; kx gqk gaa tcf d nñk dh iñkokj rFkk xqkork ds fy, vHkh Hkh Hkkjr eavkupa"kd l qkkj ughagqk gaa tcf d Yñl , oaliu eanñk dsfy, Hkh cdjh ikyu us0; ol k; dk : i ysj [kk gaa D; kñd bl ds nñk dksekuo dsfy, l qkp;] vkSk/kh; xqk rFkk ekuo iksk.k dsfy, l okre ekuk x; k gaa bl ds nñk eacgr idkj dh iks/hu i kbz tkrh gaa ftul s ekuo ds iksk.k dsfy, cgr l seV; l ñ/kz mRi kn cuk; s tk l drs gaa ftl l s cdjh ikyu l s vfrfjDr vkenuh iklr gks l dsxhA vkusokys l e; eacdh ds nñk dk eV; l ñ/kz mRi kn fuekZk rFkk nñk dsfy, vf/kdre vkuo"kdh p; u l s cdjh ikyd dh vkenuh c<kusea l gk; d fl) gksxhA bl ds fy, dñhu iks/hu ds fofHklu vkuo"kd idkj dk Ms jh mRi knkads l kfk l h/kk l ñV/k LFkkfir djuk gksxhA ftl l sml dsmRi knk adk okftc nke feyA cdjh ds nñk eacgr l kjsi iks/hu mifLFkr gksr gS yñdu 95 ifr"kr i ks/hu cdjh ds thuk eamifLFkr 6 thukal sgh curs gaa budksnks oxkñ eafokkftr fd;k x; k gaa bl eav?kyu"kh i ks/hu dñhu dgykrh gSrFkk nñ jh Ogsi ks/hu tks?kyu"kh i ks/hu gaa ftl eapkj dñhu thu izyrl s, d nñ jsl s tñh jgrh gaa ; g pkj dñhu thu cdjh ds xqk l ñ; k 6 ij 250 fdykñ ds LFky ij mifLFkr gksr gaa ftl ea mifLFkr ds ðe vuq kj , YQk , l &1] chVkj , YQk , l &2 , oadklik dñhu dsuke l stkuh tkrh gaa tks ðe"kk pkj idkj dh dñhu i ks/hu , YQk , l &1 dñhu] chVkj dñhu] , YQk , l &2 dñhu , oadklik dñhu i ks/hu ds: i eanñk eamifLFkr gksr gaa bl thu ds 250 fdykñ LFky dks dñhu ykñl ; k l ij ykñl ds: i eatkuk tkrk gaa nks Ogsi ks/hu , YQk yñVñ YC; ñeu , oachVñ yñVñ ykñfCy u gksr gaa Mh ekjyñk , V vky] 2007% dñhu i ks/hu dh

thu l jpuj vkuo"kd fodYi kñ, yhyks rFkk i ks/hu dh vehuks vEys dh l ñ; k dh folrñ 0; k [; k cdjh rFkk xk; es dh tk pñh gaa dñhu thu dh i ks/hu dk v/; ; u bl fy, t: jh gñd ; g nñk dsek=kRed rFkk xqkRed xqk dks i Hkkfor djrh gaa dñhu thu dh fofHklu i ks/hu ea , dy U; ñDy; kñ/kbM cg: irk (snp) tñko ; k foyki u rFkk vu; vkuo"kd ifjorñ ds dñk . k ifr i "kqfofo/krk i kbz tkrh gaa rFkk bl l s dñhu i ks/hu dh i k fkd l jpuj ds vehuks vEys ds ðe ea cnyko l s nñk ds Hkñrd xqkka ea cnyko gksr gS tksfd cdjh ds nñk l s cuus okys fofHklu Ms jh mRi knk dh eV; & l ñ/kz dks i Hkkfor djrk gaa bl fy, Hkkjr ea i kbz tkus okyh l Hkh cdjh dh ulykads dñhu i ks/hu rFkk Ogsi ks/hu dh i jh 0; k [; k djuk t: jh gñftl l s Hkfo'; eafokHklu idkj ds Ms jh mRi knk dks fodfl r fd;k tk l ds yñdjyñ , V vky] 2009%

cdjh ds nñk dh i ks/hu kñds fodYi

vkuo"kd fofu/krk dk mRi l u gksr , d yxkrkj pyus okyh m) fodkl ifñ; k gS tksfd , dy U; ñDy; kñ/kbM cg: irk rFkk Mh, u, ds {kkj ðe eafoyki u ; k tñko l s vkrh jgrh gaa Pkkj idkj ds dñhu i ks/hu i "kkku ds nñk eafeyrs gS tksfd 80 ifr"kr ds djhc i ks/hu Hkx gksr gaa bl h idkj dñhu ds fofHklu i ks/hu dh nñk eak=k ml thu dh vkuo"kd fofu/krk ij fuHkj djrk gaa Mh, u, ds , Dtku rFkk buVñu Hkx U; ñDy; kñ/kbM ds cnyko l s Hkh dñhu thu dh ek=k rFkk i ks/hu ds xqk dks i Hkkfor gksr gaa buVñu Hkx eavkuo"kd cnyko fd l h fof"kv dñhu i ks/hu dh nñk eamifLFkr dks de ; k T; knk djrk gaa tcf d , Dtku Hkx ea cnyko l s fd l h fof"kv dñhu i ks/hu dh ek=k rFkk ml ds Hkñrd] jkl kfu; fud , oatñod xqk ea ifjorñ gksr gñftl l s, s nñk l scuusokys Ms jh mRi knk dh xqkoñk i Hkkfor gksr gaa ; gka bl yñk ea dñhu ds i ks/hu dks i Hkkfor djus okys vkuo"kd fodYi kñ, yhyks dk o.kñ fd;k tk jgk gaa

cdjh dsniik ea, YQk , l &1 dthu iks/hu dh ek=k ea
l cl sT; knk vlrj fofHku uLyka ds l nL; kaefeyrk gA
vHkh rd fo"o ea23 vkupf"kd fodYi [kksts tk ppsgA
mijkdr vkupf"kd fodYi ka dh fdl h i "kqeamifLFkr l s
gh , YQk , l &1 iks/hu dh ek=k fu/kkZjr gkrh gA bu
fofHku , yhyka dh cdjh dsniik eamifLFkr dsvk/kj ij
pkj oxkkaekV/k x; k gS13 , yhy dksizy , yhy ds: i
ea tkuk tkrk gS D; kAd budh cdjh eamifLFkr l s gh
, YQk , l &1 dthu iks/hu dh ek=k vf/kd jgrh gS/djhc
3&5 xte@yhVj@, yhyA rhu , yhyka dh e/; e ek=k
1/4&1&1&8 xte@yhVj@, yhy1/2 rhu , yhyka dh fuEure
ek=k 1/0&45&0&6 xte@yhVj@, yhy1/2, oapkfksoxZeaPKj
, d s, yhy Hkh [kksts tk ppsgAftudh cdjh ds thuke ea
mifLFkr l s, YQk , l &1 dthu dh niik eaek=k dk vHkko
; k vuqfLFkr jgrh gS budks uy , yhy dgrs gA bl
idkj , YQk , l &1 dthu iks/hu dh mPp ; k de ek=k dh
niik eamiyC/krk l s iuhj cukus rFkk ekuo ds iksk.k ds
mi ; kx ds cgr l kjs eW; l oA/kR mRi kn cukus ds fy,
mi ; kx eafy; k tk l drk gS1/4Mh ekjyV/k , V vky] 2007
, oadckyh , V vky] 20161/4

ni jh dthu iks/hu chVk dthu cdjh dsniik eagkrh
gS ftl dh ek=k vl; dthu iks/hu l s vf/kd gkrh gS
ftl dsvHkh rd 9 , yhy cdjh ds thuke ea i rk fd; st k
ppsgA ftl dksniik eamiyC/krk ; k vHkko dsvk/kj ij nks
HkxkaekV/k x; k gA , d oxZl keku; chVk dl hu dh ek=k
niik ea cuk; sj [krk gS rFkk ni js oxZ ds l nL; ea chVk
dthu dh niik eamiyC/krk ugha jgrh gA ftudks uy
1/4null allele1/2 , yhy dgrs gS 1/4Mh ekjyV/k , V vky.] 2007
, oadk d t k , V vky.] 20121/4

rhl jsi iks/hu , YQk , l &2 dthu gkrk gS ftl dsvHkh
rd 8 , yhy igpkustk ppsgSrFkk nksmioxZHkh igpkus
tk ppsgA bl dthu iks/hu dh niik eamiyC/krk dsvk/kj
ij rhu HkxkaekV/k tk l drk gA ikp , yhy , dy
U; fDy; k/kbM cnyko ds d k . k mRi lu gq gSftudh 2&5
xte@fyVj@, yhy ds djhc niik eamiyC/krk jgrh gA
rFkk nks , yhy dh ek=k niik eacgr gh de jgrh gSrFkk
uy , yhy ds d k . k bl iks/hu dh ek=k dk niik eavHkko
gkrk gS tks fd , dy fclnq mRi fjoRZ ds d k . k iks/hu
l rysk.k dk vlr tYnh gks tkrk gA bl iks/hu ds nks
mioxZHkh ik; stkrsgS tks fd l a/kr , yhy ds 4 vflre
vehuks vEy dk foyki u l h&fdukjs dh vkj gks tkrk gS
1/4Mh ekjyV/k , V vky] 2007 , oal 1/4okxh , V vky] 20141/4

mijkdr rhuka dthu iks/hu dSYI ; e l oRnu"kyh iks/hu
dgykrs gS tks m) fodkl ds nks ku , d&ni js l s l a/kr
rFkk l j f {kr gSrFkk pkskk dthu iks/hu dklk dthu dbZ
Hkksrd rFkk l j pukRed xqkkae dSYI ; e l oRnu"kyh r l s
fHku gkrk gA dklk dthu iks/hu dsvHkh rd 23 iks/hu
, yhy i rk gks ppsgAftudks vkbl k&bySDVd i kbUV ds
vk/kj ij nks l e g ea fofHkfr fd; k x; k gA ch&l e g
, yhy eadklk dthu dh ek=k , &l e g dh vi\$kk niik ea
vf/kd gkrh gS1/4Mh ekjyV/k , V vky.] 2007 , oaxjyVks , V
vky.] 20151/4

mijkdr pkjs iks/hu dh ek=k dksniik ea vf/kd djus
ds fy, pkjka iks/hu ds fofHku thu ik: i 1/4fodYi@, yhy l 1/2
dk l a kstu , d l kFk djuk vko"; d gA D; kAd pkja
dthu iks/hu ds fofHku , yhyka dk , d &ni js dthu dh
ek=k ij i Hkko i Mrk gA bl fy, Mh, u, vk/kkZjr vkf.od
fplgd 1/4ekd j 1/2 l spkja dthu iks/hu ds, yhy dk puko
djuk vko"; d gA Hkkrh; df'k vuq d kku ifj'kn] ubZ
fnYyh ds djuky] eFkj k , oavfodkuxj ds oKkfudka dh
Vhe uscdjh dsniik dh dl hu iks/hu ds Hkkrh; cdjh dh
uLykaeai k; stkusokysvkupf"kd cg: i rk dk i rk yxk; k
gA Hkkrh; cdjh dh uLykae 8 dklk dthu thu dh
iks/hu eavkuof"kd fodYi ; k , yhy l l oA fke i rk yxk; k
x; k gS l kFk ea cgr l s dklk dthu thu ds l kbySV
oFj, UV , oangyBk , yhy l dk Hkh i rk Hkkrh; cdjh dh
uLykae [kkst x; k gA 16 dklk dthu iks/HU l oFj, UV
fl jkgh] teqkijh] cjcjh] t[kjkuk] Cyd cakky] xlte]
jk; x< , oafefJr cdjh ds uLykae dtkuojkaes, Dtku&4
ij ik; s x; s gS 1/4xkfe , V vky] 20191/4 bl l s; g fl)
gkrk gS fd Hkkrh; cdjh dh uLykae niik dh iks/HU l ea
cgr vkupf"kd fof/krk i kbZ tkrh gA ml vkupf"kd
fofo/krk dks cdjh ds niik l s cuus okys Ms jh mRi knkae ds
l kF l a k LFkfr djuk t: jh gA ftl l smi ; kxh vkupf"kd
oFj, UV ds fy, cdjh ds tkuojkae p; u fd; k tk l dA
bl h idkj ehuk , V vky] 2020 usHkh jktLFkku jkT; ea
i kbZ tkusokyh fl jkgh cdjh] t[kjkuk cdjh , oaejokMh
cdjh ea Hkh , YQk , l &1 dthu] , YQk , l &2 dthu , oa
dklk dthu thukaecgr l kjsvkupf"kd oFj, UV dk i rk
yxk; k x; k gA bl ea cdjh niik ds l ns'kokgd , e&
vkj, u, dh vuqde dh Hkh 0; k [; k dh xbz gS 1/4vui fcy l M
dk; 1/4 vr% Hkkrh; cdjh ds niik eamifLFkr fofHku
iks/HU l oFj, UV dk i rk yxkuk , oamudk Ms jh mRi knkae
mi ; kxh i Hkko ds l a k dks tkuuk t: jh gA ftl l scdjh

dsnik l sekuo dsisk.k ,oaLokLF; mi ; kxh xqkka dk irk fd; k tk l dA

cdjh dh dthu thu cgq irk dk iñko , oaegRo

cdjh ds nñk ea ikbz tkus okyh pkj dthu iñ/hu ka ds fofHkuu vkupñ"kd mRifjorñ l sfodfl r , yhykadk ekuo dsisk.k l sl h/kk l ðdk gA ftl ds fofHkuu xqk ds ckjse a foLrkj l so.ñu bl yqk eaf d; k x; k gS

ñdñrdudh xqk

cdjh dspjkadthu thuka dh iñ/hu dh nñk eamiyC/krk mudsfofHkuu vkupñ"kd fodYi l siñkkfor gkrh gA mi jkDr pkjka dthu thuka ds fofHkuu icy fodYi ka ds , d l kfk fdl h cdjh dh uLy ea ik; stkus l snñk eadthu iñ/hu rFkk ol k dh ek=k c<ñh gA ftl l sml nñk l siuhj dk mRiknu Hkh vf/kd gkrk gSññh ekjyñk , V vky] 2007½ rFkk bl h idkj nñy fodYi ka dh fdl h cdjh ds uLy ds thuka eagks l sl cl sde dthu iñ/hu dh mi fLFkr nñk ea gks ikrh gSftl l sml nñk l siuhj dk mRiknu ux. ; gkrk gA oKkfud [kkst l s; g fl) gñk gSfd pjka dthu ds fofHkuu fodYi ka ds l a kstu l s, ð sthuik: i dk ppko fd; k tk l drk gA ftl ds dkj. k cdjh ds nñk l siuhj dk mRiknu vf/kdre c<k; k tk l dA Yñl , oaLiñ ea cdjh dh uLy dk vf/kdre iuhj mRiknu ds oxhñj. k }kjk vyx&vyx xqkork ds nñk ds vk/kkj ij cdjh dh uLy eavkupñ"kd l ðkkj fd; k tk ppk gA , ð h cdjh ds Ms jh mRikna dh ek mRiknu l sT; knk gSññh ekjyñk , V vky] 2007 , oadñkyh , V vky] 2009½ Hkjr; cdjh dh fofHkuu uLyka dthu thu dh nñk eami fLFkr ds vk/kkj ij igpku djuk t: jh gSftl l sfd iuhj mRiknu ds fy, mi ; Dr i "kñka dk ppko fd; k tk l dsrFkk Hkjr ea cdjh fd fofHkuu uLyka dh nñk mRiknu l sMs jh mRikna dk fuek.k fd; k tk l dA bl ds }kjk cdjh ikyu l s vfrfjDr ykñk dek; k tk l ds kA

ñkñ, ythñ scplo

i "ñku ds nñk ea ik; stkus oky scgñ l siñ/hu l sekuo dks , ythñ vfñkfð; k "kjñ eagkrh gA D; kñd ekuo ds nñk ea , YQk , l &1] , YQk , l &2 , oachVñ yðVñkyñcyu Ákñ/hu ugha ikbz tkrh gA mi jkDr iñ/hu dh vf/kd ek=k ds dkj. k ðcdjh] xk;] Hkñ , oa Hkñññ nñk dks ekuo ds }kjk xg.k djus ij "kjñ ea , ythñ vfñkfð; k gkrh gñ tks fd fcuk l ko/kkuh dsekuo ds fy, upl kunk; d gA bl fy,

vc rd oKkfud "kkñ l s, ð scgñ l kjsfodYi ksdh [kkst fofHkuu i "kñka dh tk ppñh gA ftl ea fofHkuu idkj dh dthu iñ/hu dh mi fLFkr nñk eavñko ; k cgñ de jgrh gA , ð sthuik: i okysi "kñka ds Nñk/usi sekuo eanñk l s gks okyh , ythñ l scplo fd; k tk l drk gSññh ekjyñk , V vky] 2007 , oadñkyh , V vky] 2009½

ñkñtñ& fð; kñy iñvñbM

cdjh ds nñk ea ekñm iñ/hu ea cgñ l kjñ iñvñbM dk ekuo ds LokLF; , oai ksk.k l ðdk vuñd ykñkdñkj iñko gA ; s iñvñbM muds eny iñ/hu ea fð; kñy ugha gkrh gñ yñdu ekuo ds ikpu rñ ds , ðtkbe }kjk ikfr gks ij Hkñstu uyñ eafð; kñy gkrh gñ ftudh fofHkuu idkj dh fð; kñy rñ tñ s feujy ds l kfk tññko] ifrñ {kh rñ ij iñko] gkeñ dh rñj ekuo ds LokLF; ij vuñdka ykñkdñkj iñko gkrh gñ vñkh oKkfud "kkñ l s, ð sxqkdñkj iñvñbM dk irk cdjh ds nñk ea yxk; k tk jgk gA ftl l sñko'; eacdjh nñk ea fofHkuu LokLF; ykñkdñkj Ms jh mRikna dk fuek.k fd; k tk l dsrFkk ftudks Hkñstu eal fñefyr djus ij fofHkuu idkj ds LokLF; fodkjka dks de ; k nñj fd; k tk l dA tñ s xk; ds nñk ea chVñ dthu iñ/hu ea 67 txg ij fgLVññhu vehuka vñyka ds gks l sekuo ds }kjk xg.k djus ij ikpu&rñ ea chVñ&dñ kñkñQñ&7 uked tñ fð; kñy iñvñbM , ðtkbe ds ikpu l sikpu&rñ ea ekñm gkrk gñ tñ sekuo ds ifrñ {kh rñ dks iñkkfor djrk gSftl l sekuo ea Mñ; fcVñt idkj&1] ññ; jks rFkk vñ; idkj ds fodkjka eaf) gkrh gA bl dks , &1 idkj dk nñk dgrsgñrFkk Hkjr; uLyka dh xk; ead; knññkj chVñ&dthu iñ/hu ea 67 txg ij iñyhu vehuks vñy ds gks l s chVñ&dñ kñkñQñ&7 tñ fð; kñy iñvñbM dh ek=k vñp; ðtud : i l s de gks tkrh gA bl dks , &2 feYd dgrsgñ tñs , &1 feYd ds gñkfudkj d iñko dks de djrk gSññh ekjyñk , V vky] 2009½ vf/kd ek=k ea , &1 feYd dk mi ; kx djus l sekuo ds LokLF; ij gñkfudkj d iñko i Mñk gñ D; kñd bl l sekuo ea Mñ; fcVñt , oa ññ; jks gks dh l Hkñkouk c<+ tkrh gA bl fy, chVñ&dthu ea iñyhu vehuks vñy&67 fodYi dks Hkñ'; ea xk; dh iñtñu dh fofk l sc<k; k tkuk pñg, A cdjh ds chVñ&dthu iñ/hu eanñk iñyhu vehuks vñy&67 gh iñbz tkrh gA bl h idkj cdjh dh dthu rFkk Ogs iñ/hu ea cgñ l kjñ tñ&fð; kñy iñvñbM iñbz tkrh gA tñ sekuo LokLF; ds

fofHkUu jkskadh jkdFke dsfy, ykHkdKjh gsrFkk "kq" : i ea
ykHkdKjh t&iVkbM dksfoyxu l shkfo'; eaykHkdKjh Ms jh
mRi knkadk fuekZk fd; k tk l drk gA cdjh ds nkk dk ekuo
ds LokLF; ij ykHkdKjh iHko gksus l sb dh ek c<us ij
cdjh ds nkk l sfdl ku dks vfrfjDr vkenuh gks l dxhA

fu'd'kZ

thukfed rFkk iks/kfed rduhdh ds }kjk Hkkjrh; cdjh ds
nkk eamifLFkr dthi iks/hukadh 0; k[; k djuk t: jh gA
ftl l shkfo'; eacdjh ds nkk l shk fofHkUu xqkkRed Ms jh
mRi knkadk fuek.k fd; k tk l dA dthi iks/hu ds fofHkUu
vkuo"kd fodYi k dsp; u l siuhj mRi knu] mUke ekuo
isk.k ds fy, mi; pr thuik: i dk puko rFkk t&
f0; k"thy iVkbM dh igpku l shkfo'; eafofHkUu izkj ds
f0; kRed vksk/kh; xqkkads Ms jh mRi knkadk fuekZk fd; k
tk l drk gA bl l scdjh ds nkk dk vf/kdre mi; kx
fd; k tk l dskA nkk ds iks/hu dh vkuo"kd fof/krk
ekuo ds isk.k dks iHkkfor djrh gA igyk] dthi iks/hu
ds fofHkUu fodYi @, yhy tksfdl h fof"kv dthi iks/hu
dh ek=k dks nkk eade djrk gAm l dksekuo ds isk.k ds
fy, fof"kv izkj ds f0; k"thy Hkkf; mRi kn cukus ea
mi; kx esfy; k tk l drk gA tS sde , ythz okyk nkkA
bl h izkj vkf.od fplgd ds l g; kx l scdjh ds iztuu
dk; De ea l qkkj djds vf/kd ; k nqzy dthi iks/hu
fodYi dk puko fd; k tk l drk gA Hkfo'; eacdjh ds
nkk dh iHkkokj c<kusdh vikj l EHkkouk, agA bl dsmRi kna
dh ekx igys l sgh iHkkokj dh vi\$kk T; knk gA bl ds nkk
dk l gh l shkfo'; eaeV; l o'kZu mRi kn cukusea mi; kx
gksus ij fd l ku dh vkenuh c<kusea l gk; d fl) gkskA

I mHkZ

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