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Bhumika:

Q. HIV ki? Human Immuno-deficiency Virus

Q. AIDS ki? Acquired Immune Deficiency Syndrome

Ei duyer modhye ekti paroshporik samporko ache. HIV holo ekprokar jibanu ja sharer ke akromon kore. AIDS holo folafol, karon sharer krome jekonoprokar rog protirodhe akkhom hoye pore ( eder sadharonoto bola hoy, 'dwitiyoprokar sujogsandhani rogsankromonkari' ('secondary opportunistic infections'), karon era sharer e takhani akromon kore jakhan sharirer rog protirodh khomota oi jibanur upasthitir fole kome ashe). Ekjon byaktir HIV thakte pare, kintu AIDS noy, ekhetre chikitshak ra sadharonoto bole je byakti ti "HIV positive". Jeshomosto byaktir AIDS ache tara sakaleii HIV er jibanu bohon kore, ekjon byakti jar rog protirodh khomota kom othoba ditiyo kono sankramito rog bohon korche, dhore neo ahoy je tar AIDS ache, eiprokar byakti HIV o bohon kore (HIV+).

HIV sharirer rog protirodh byabostha ke akromon kore; je babostha sharer ke khomota day rog ebang durbolota protirodh korar. Udahoron hishebe bola jaay, jakahan kono byakti rogakranto hoy, sharrir chesta kore shei rog/durbolota ke protirodh korar jaate sharir susthyo thaake. HIV jibanu sharir er ei rog protirodh khomota ke durbal kore day jar fol e sei rog/durbolota protirodh korte pare na. jakhan keu HIV dwara akranto hoy takhan shei jibanu dhire dhire sharir er rog protirodh babostha ke akromon korte shuru kore, jakhan ei protirodh babostha otyonto durbol hoye pore onyanyo rog/durbolota protirodh korte, takhan ebang shei sujoge onyo rog/durbolota sharir e prabesh kore, takhan bola hoy shei byakti AIDS akranto. AIDS er ekti chikitshashastra sankranto byakhya o ache, seta holo, jakhan ekjoner CD<sub>4</sub> kosher sankhya charsho er niche hoye jaay, jakhan kono byakti AIDS er karone mara jay, se sudhumatro HIV jibanur thekeii mara jay na. Barang, HIV jibanu sharir ke durbol kore fele, fole 'dwitiyoprokar sujogsandhani rogsankromonkari' ('secondary opportunistic infections') mrityur karon hoy. Ekhetre byakti ti ekebareii hoyto durbol hoye pore na, kintu oi jibanu sharer er rog protirodh khomota ke durbole kore deoar fole ei dhorerog rog/durbolota mrityur karon hote pare. HIV akranto byakti shothikbhabe rog/durbolota protirodh korte na para fole aneksamayeii dwitiyoprokar shankramoner dwara mara jay (jamon, malaria, tuberculosis (TB), or pneumonia). Erakam ghote tar karon jakhan kono byakti HIV bohon kore tar

sharer durbol hoye pore ebang nijeke shathikbhabe protirokkha korte pare na. beshirbhag khetre, HIV ebang dwitiyoprokar rog/durbolotaii karon hoy AIDS sankranto mrityur.

Porjalochona:

HIV ki?

AIDS ki?

HIV ebang AIDS kibhabe shambondhojukto?

HIV shairer ki kore?

Kibhabe ekjoner AIDS theke mrityu ghote?

Poribohon:

1. Oshurokkhito jouno shomporko amon dui byaktir modhye jader modhye ekjon jibanu ti bohon korche ebang onnojon je bohon korche na. Er mane jekono dhorer jouno shangam (payu, moukhik, jounango) kono shurokkha babostha charai (jamon, condoms). Condoms holo ekmatro jonmo-nirodhok upaay, ja HIV poribohon rodh korte shokkhom. Kintu condoms takhani karjokor jodi shathikbhabe babohrito hoy, shathikbhabe shanrokkhito hoy, ebang obaboharjoggo na hoye giye thake. Tabuo condoms eksho satangsho karjjokori noy, kichu porikkha aujayi, condoms tiranobboi shatangsho(93%) karjjokori. Jodi dui byaktir modhye oshurokkhito jounoshangam ghote abang shei dujone keuii jibanu ti bohon na kore tabe tader keuii er dwara akranto habe na- eta amader dekhay ekjone abosthan jana ebang HIV porikkha kora kotota guruttopurno. Ei jibanu akranto byaktir deho theke opor byakti je ei jibanu dwara akranto noy, tar dehe poribahito hoy. Ei jibanu-r sangospore asha hras kora sambhab jounosomporko komsankhyak sangir modhye shimaboddho rekhe. Ager katha anujayi, eke poorer HIV abosthan janata guruttopurno. Ekjon jodi ei jibanur sangospore na ashe, tabe se HIV+ habe na, eibhabe anek adorsho (dhormiyo, paribarik, protha, ittadi) jor daay, shongjam, ebang jubak-jubati der bilombito jounoshongshorger opore. Eta mone rakha ottonto jaruri je pochasi shatangsho(85%) HIV shankromon ghote jounoshomporko dwara. Nimnolikhito dui dhorer poribohon guruttopuno kintu eti holo bishes guruttopurno.
2. Rokter sange rokte sanjog. Er mane holo je byakti HIV akranto tar rokto jakhan opor ek byakti je ei jibanu bohon kore na tar rokto mishe jay (sangospore ase). Kajei je byakti ei jibanu bohon kore na, sheo ei sanjoger fole HIV+ hoye porbe. Eta bibhinnobhabe ghot te pare. Udahoron holo, sooch babohar/ ekjon byaktir rokto onno ekjon byaktir dehe shoncharito korar sutre, khub kom porimaane holeo. Tai shomosto sooch jathajothobhabe porisodhon hoye jaruri ( jodi jontrpati na thake, bleach/Clorox othoba adh ghonta groom jol e bostu ti ke futiye nileo kaa habe). Erambhabe aro kichu khetre eidhorer poribohon ghot te pare: gof-dari kamano, tattoo-r jonne babohrito sooch, jekono dhorer sharir e bidhonor jonne

babohrito bostu, daag utapoton er jonne babohrito jantrangsho, ittadi. Eidhoroner poribohoner onnotomo karon holo ekjoner deho theke onnojoner dehe rokto shonchalon prokriya. Jodi rokto shodhon kora na hoye thake, tabe jibanu ti bohokari rokto opor byaktir dehe chole jete pare ebhabe. Bortoman e ei dhorer poribohon er madhyom anektaii hras peyeche porikkha-nirikkha/ porishodhon poddhotir dwara kintu kuri bochor aage eta bishes shomosshyar byapar chilo America te.

3. Maa- er theke shantan er dehe (MTCT ba, PMTCT). HIV+ mohilar deho theke tar shishur er dehe ei jibanu poribahito hote pare. Eta ghot te pare gorbhabosthay, shishur jonmer samaye aar stonpaan er samaye. Kichu chikitshar dwara ei shombhobona anektaii hras kora shambhab, anek sthaneii ei dhorer chikitsha binamullye hoye thake. Ei shurokkha nebar jonne ekjon maa- er tar nijer HIV abosthan sambondhe owakibohal thaka bishes jaruri. Je mohila HIV bohon korena se tar shantan er dehe ei jibanu ti poribohon o korbe na. Je mohila jibanu ti bohon kore poitrish shatangsho(35%) shombhabona je se tar shisur dehe seti poribohon korbe (eta ekta shombhabona).

Mone rakha proyojon, pochasi shatangsho(85%) poribohon ghote Jouno sangosporsho dwara. Onnyano poribohon er madhyom gulo o jene rakha darker tabe prothomtir byapok probhaber jonne otar opore jor deoata bishes proyojon.

#### Porjalochona:

Konti sabcheye sadharon upaay HIV dwara akranto hobar?

Ki ki upaaye ei dhorer poribohon hras/ protirodh kora shambham?

Rokter sange rokter sanjog ki?

Maa-yer theke shishur dehe shonkromon (MTCT) ki?

Ki ki upaaye ei dhorer poribohon hras/ protirodh kora shambham?

Ei tin dhorer poribohon rodh korte konta sabcheye upojogi?

Jouno poribohon er opor jor deoa jaruri keno?

Swasthyo ebang khadyomullyo sharir er protirodh o poripuon er khetre guruttopurno bhumika palon kore, bishes kore, rog/ durbolota theke. Ekjon byakti kebolmatro ekti sanjog er dwara HIV+ hoye porte pare abar nao pare. Keu keu jouno sanjog er dwara HIV+ hoye pore abar keu keu shongosporke eleo hoyna. Keu keu mone kore je eta swasthyer sange shomporkojukto. Jodi ekjon swasthyoban hoy tabe tar deho rog/ durbolota protirodh korte probolbhabe shokkhom. Eta mone kora hoy je ekjon swasthyoban byakti opor kono rugno byaktir chaite apekkhakrito anektaii beshi rog/

durbolota protirodher khomota ache. TB ebang malaria-r moto onnyannp rog/ durbolotar khetreo eta ekta onnotomo bishoy.

Amader sharirer jonno muloto charti(4) prodhan khaddyo upadaan proyojoniyo: Prothomoto, proteins (ja mangsho, dudh, dim, lentils ba beans e paoa jay) amader peshi ke shoktishali korte ebang rogprotirodh babostha ke shrokkhito korte shahajjyo kore. Amon noy je sudhumatro proteins kheleii amader sharir er rog protirodh babostha sabchaite bhalo thakbe, charti (4) upadaan ii suswasthyer jonne upojogi. Ditiyoto, fats (ja tel, mangsho, shak-shabji ebang aro anek kichu te paoa jay) amader shokti sonchoy ebang sharir shongrokkhon e shahajjyo kore. Tritiyoto, carbohydrates sharir e shokti utpadon e shahajjyo kore (j apaoa jay, khaddoshosyo, ruti, chini,, folmul, ittadi te). Porishese, amader sharir er proyojon bishuddho jol.

Ekjoner porishkar-poricchonota ebang mol-mutradi tyag o shu-swasthyer sange shomporkojukto. Eta attonto guruttopuno, ekjoner niyeke porishkar-poricchonno rakha, niyomito jol diye dhoya ebang jothopojuktobhabe sharir er khoto sharano. Ageo ja bola hoyeche, HIV/AIDS sharirikbhabe dubol kore day ebang onnanyo rog/ durbolota dwara sharir ke nosto kore felte shahajjyo kore. Jheteu HIV sharir er protirodh o poripurok babostha ke akkhom kore fele tai sabrokomer rog/ durbolotar chikitsa koranota bishes jaturi.

Keno HIV shankromon kromosho bereii choleche: Samajik karon (sankhipto bhabe)

Ograjjhyo: “eta amar habe na” ei dhorer chintabhabna onnanyo sabkichur modhye ograjjhyo kora ta HIV/AIDS er khetre shottyi ekta shomoshya.

Lingo: Jounachar, mohila der nichu kore rakha, shamajik ebang orthonoitik boishommyo, ebang sharirgoto karon.

Shikkha: Shimito shampad, bhoor dharona, badha deoar shikkha, ebang kolonkito hobar bhoy.

Prochar madhyom: Jounotar bishwayon, ja holo prochar maddhyom er bheto jounotar bishwayon ebang jouno porjoton, aneksameyeii tule dhora hoy ebang othoba boro kore dekhano hoy sambad madhyom ebang onnanyo prochar madhome. Ei dhorer prochar maddhyom aneksamayeii surakkha ebang jouno-poribahito rog jamon HIV shomporke kichu bole na.

Chikitsa babostha: Khorochshapekkho, abhab, dhorochoyair baire, kolonkito hobar bhoy, ghontay ghontay badha, surokkhar abhab, STD-r (jounota dwara poribahito sankromoner) chikitsar abhab (khoroch ebang shamajik kolonko).

Sanskriti: Jounota sambondhiyo alochonar okkhomota ebang boishommyo jonito karone surokkhito jouno samjhota korte na para.

Shamajik-orthonoitik: Apushti, swasthyo mullyo, jibondharon, chikitsa/ surokkhajonito byay.

Jounota dwara poribahito sankromon (STD's): Ei dhorer shonkromon holo shohojogi bishoy (era poribohon er shombabona briddhi kore) HIV shonkromon er khetre.

Bibad: Jounachar, jonogon er andolon (birodhita, shamorik bahini, shoronarthigon).

### Bishwer prekkhapot e HIV/AIDS

UNAIDS (Jatiyo Bishwa Porishod er AIDS) er Dec. 2005 er shomikkha nujayi, HIV/AIDS dwara akranto chollish (40) million manush boshobas korche. Akhono porjonto, gonona anujayi pochis (25) million er itimodhyeii mrityu ghotche. Bakider modhye jara akhono HIV dwara akranto hoye boshobas korche tader modhye nobboi sankhyok(90%) manush janeii na je tader AIDS ache ebang eder ekta bishal sankha unnayanshil deshe boshobas korche. Jubak-Jubati ebang kishor boyoskora sabcheye beshi jhuki-r modhye ache (tabe jekono boyosher manush ii er dwara akranto hote pare). 2005 saal, ponchas satangsher(50%) o beshi jara natun kore akranto hoyeche tader beshirbhag er ii boyos ponero theke chobbish er modhye (15 and 24). Protidin aat hajarar (8000) o beshi manush HIV/AIDS er karone mara jay ebang choddo hajar (14,000) manush natun kore akrato hoy (protidin). Jara natun kore akranto porikkhay bole araisho (250) (onnomote er chaiteo beshi sankhyak, pray duh ajar (2000) ) holo shoddojato shishu jara jonmokale ba stonpaner madhyom e HIV dwara akranto. Ei tatkhonat jibon ebang mrityur folafol charao HIV/AIDS aaro anek manush ebag shamajik dik ke probhabito kore. Choddo(14,000,000) million shishu itimodhyeii anath hoyeche AIDS samporkito mrityur karon e. Akhono porjonto, jara itimodhyeii mara gache, tader modhye shaat (7,000,000) million holo krishak- ei sankhya ashonka kora hcche je du hajar kuri saal (2020) er modhyeii pray sholo (16,000,000) chobe. AIDS jonito mritu shikkhok der o akromon koreche (South Africa te pochasi shatangsho (85%) mrityu ghotche AIDS er karone) jehetu sekhane chikitsha babosthya jothopojukto noy, upojukto tohobil er abhab royeche ebang proyojon er tulonay kom babosthya royeche (gore ponchash theke ashi satangsho (50-80%) haspatal er shojja ii HIV/AIDS dwara akranto byakti der dwara bhora).

### Porjalochona:

Protirodher er khetre khadyomullyo ki bhumika palon kore?

Chikitsha keno jaruri?

Keno HIV/AIDS khromosho bereii choleche?

Aar ki ki karon tumi jukto korte paro?

Sthaniyobhabe kongulo sabtheke guruttupurno bishoy?

Bishyawan mulok bishoy gulo kibheb ersange shomporkito?

HIV/AIDS e tatkhonik probhabguli ki ki?

Kongulo aaro shudu prosarito probhab?

## Protirodh

HIV/AIDS akranto manush der kichu upaye shahajjyo kora jete pare: ek (1) anti-retroviral chikitsar dwara, jodio HIV-r kokhono sharano jay na, dui (2) protirodh babosthyar shongrokkhon, ebang tin (3) dwitiyoprokar sankromon/rog er chikitsa dwara.

Antiretroviral chikitsa kono suraha noy, HIV/AIDS kokhononii sharano jay na. Ei chikitsa sharir er protirodh khomotaay shahajjyo kore ebang HIV/AIDS er goti ke komiye daay. Eta HIV akranto byaktir aayu briddhi kore. Ei osudhguli ashaddhyo sadhon korte pare karon chikitsar du masher modhyeei swasthyer unnati goteche etc.

Antiretroviral chikitsa-r kichu kufol o ache. Eta khub ii khorochshapekkho. Unnayanshil deshe eidhoroner chikitsa koranota dhorachoyar baire, ebang er parsho-protikriya o ache (kuri theke tirish sathangsho (20-30%) HIV/AIDS dwara akranto manush jara America-y boshobas korche, ei antiretroviral osudh nite pare na). Jibanu ti jehetu osudh keo badha daay, tai antiretroviral chikitsa o kom upojogi hoye pore eksamay.

Antiretroviral chikitsa ekjon atirikto durbol manush ke shusthyo kore tulte shahajjyo korleo take purupuri shariye tulte pare na. Sharirer rog protirodh babosthya o shuswasthyo ebang jathajotho khadyomullyo er dwara surokkhito kora sambhab.

Mone rakha proyojon je HIV shankranto mrityu sharir er rog protirodh babosthya khotigrosto hoye porar sange jukto. Ei karone, swasthya rokkha hetu dwitiyoprokar sujogsandhani rogsankromoner ('secondary opportunistic infections') chikitsa howa ta bishes jaruri HIV/AIDS akranto byaktider. Ei chikitsar fole HIV/AIDS akranto byaktir ayubriddhi ghot te pate.

## Maa-yer theke shishur dehe shonkromon (MTCT) protirodh

Jeshomosto HIV akranto mohila ra gorbhoboti hon tader khetre poitrish shotangsho (35%) shombhabona thake tader theke tader shishur dehe oi jibanu poribahito hobar. Ageo ja ullekh kora hoyeche, chikitsar dwara ei dhoroner shombhabona rodh kora shombhob. Nevirapine namok ekti osudh maa ke tar shishur proshob er age o pore dile ei poribohon er shombhabona hras kora sambhab jaar daam o apekkhakrito kom, chaar dollar matro (\$4 USD). Ei chikitsa beshirbhaag samayeei kora hoye thake karon eti daam eo shasta aar proyog kora o shahaj. Amonki kichu osudh shongstha binamullye o ei chikitsa kore thake. Ja mukkhyo ta holo ei je, maa ebang shishu dujoneerii HIV abosthan sambandhe shommyok ghyan thakata jaruri jaate shomoy moto chikitsa shuru kora jay. Porjalochona:

HIV akranto byaktider jonnie kon tin ti upaay royeche?

Antiretroviral chikitsa ki?

Eta ki kore?

Er kono uposhom ache?

Er kufol guli ki?

Echara aar ki ki shomoshya ache er?

Maa-yer theke shishur dehe shonkromon (MTCT) ki?

Nevirapine ki?

HIV shonkromon er haath theke manush ke bachanor chabikathi ti ki?

## Lingo

HIV/AIDS oshamonjoshyorupe prothome purush der akromon korte shuru kore, pore aboshyo mohilara o khromosho er dwara akranto hote thake. Duh ajar paach saal e (in 2005), ponchas shotangsher o beshi (over 50%) mohila er dwara natun kore akranto hon. Mohila der sharirik ghothon, shamajik-orthonoitik poristhiti, odhikaar, ebang obosthan er jonne daayi. Purush der motoi, odhikangsho poribohon ghoteche purush-narir jounoshongom er karone. Bortomaan kale, HIV+ mohilar sankhya dwigun hare briddhi peyeche. Unnoyonshil deshe protti kuri second e gore ekjon mohila HIV+ hoye poren. Poribar er daay-dayitto rokkhay mohilader odhikaar ebang bhumika, bisheshoto poribarar kono ekjon jodi HIV+ hoye ppore, tabe ta mohila der chikitshar sujog ba obolombon komiye daay. HIV+ mohilader kromobordhomaan haar er karonguli holo:

1. Sharirik gathon: Jounoshongom er shomoy mohila der deher dharon khomota purush der chaite beshi amonki, mohila der shaire dharok shonkhya o purush er chaite beshi ekhetre. Tai jounoshongom kale ei dhoron er sharirik gathon mohilader anekbeshi jhukir modhye fele daay. Echarao, proshob kaal eo mohilaar deho theke taar shishur dehe HIV poribahito hote pare (MTCT).
2. Shomaj/Shanskriti: Shamajikbhabe nichu obosthaner karone mohila ra jounojibon eo poradhinar shammukhin hoye thaake; kokhono kokhono jaa sanskritik mullyobodher shangeii jorito. Ei shamajik nichu abosthan jounacharer madhyome ebang seisange obodomon/ottyachar/nrishongshota thekeo ghot te paare- eta shoktiproyog kimba jounobyabsa (CSW)-er madhyome o ghot te pare, jaa aneksamayeii dehobyabsa name porichito. Kichu kichu mohila eo mone koren je tader jounojibon sanbandhe kholakhul katha bolar odhikaar nei, amonki shrokkhito jounojibon niye alochona korar o khomota tader nei.
3. Orthonoitik: Mohila-ra kokhono kokhono badhyo hoy jounobyabsa-y jog dite (dehobyabsa) karon tader chakri korar odhikar jamon nei tamonii tara orthonoitikbhabeo purush der opore nirbhorshil je purush ra tader porityag o korte paare (mrityur karone ba bibabo-biccheder dwara), othoba amono hote paare je shamaje kaajer/chakrir kono shujog ii nei (khaddyo ba ortho sangosthan nei). Komboyeshi meyera aneksamayeii “boyosko dhoni byakti”, jara jubati der daami

daami jinis upohaar daay jouno shonshorger binimoye (“Sugar Daddies”) der proti akrishto hoy tader ortho/obosthan/jinish er akorshone. Eishomosto karon jugmobhabe mohila der shamajik o shanskritik bhabe nichu abosthaner jonje daayi.

4. Mohamari: Kichu mohila-r proshob er samaye rokto grohon er proyojon ghote jaar fole ekhetre purush der tulongay mohila ra barti jhukir shikar hoy ei jibanu poribohon er dik theke.