International Journal of Research in Social Sciences
Vol. 9, Issue 1, January - 2019,
ISSN: 2249-2496 Impact Factor: 7.081
Journal Homepage: http://www.ijmra.us, Email: editorijmie@gmail.com
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Hkkjr esa efgykvksa vkSj fd'kksfj;ksa dk iks"k.k

'kks/kd=h
MkW0 cythr flUgk
O;k[;krk
xgfoKku foHkkx
Lukrd egkfo|ky;] bLykeiqj] ukyUnk

lkjka'k

dqiks"k.k] lØe.k vkSj vU; [kjkc LokLF; vkSj lkekftd fLFkfr;ksa ds lkFk dykjh] çksVhu] foVkfeu] vkSj [kfutksa dh deh ds dkj.k cheku LokLF; ds :i esa ifjHkkf"kr fd;k x;k gS] tks nfu;k Hkj esa yk[kksa efgykvksa vkSj fd'kksj yMfd;ksa dh rkdr vkSj HkykbZ dks dke djrk gSA gkykfd blls leqg ij dqiks"k.k ds çHkko dk n'kdksa ls ekU;rk nh xbZ gS] yfdu efgykvksa vkSj fd'kksfj;ksa dh fof'k"V iks"k.k lcaf/kh leL;kvksa dks nj djus esa cgqr gh de çxfr gqbZ gSA dqiks"k.k ds y{k.kksa ds ckjs esa vKkurk] tSls fd lLrh vkSj ykg dh deh ds dkj.k vo/kku] dks ÞlkekU;Þ ;k egRoghu ds :i esa [kkfjt fd;k tk ldrk gS] leL;k dks vkSj c<+k ldrk gSA blh i= esa *भारत में महिलाओं और किशोरियों के पोषण पर विश्लेषण प्रस्तुत करने का प्रयास किया गया है।*

मुख्य–[illegible]**ब्द:** *भारतीय महिलाएं; कुपोषण; एनीमिया; आयोडिन की कमी; नीतिगत विकल्प।*

ifjp;

i;kIr iks"k.k] fdlh Hkh O;fä ds LokLF; dh ,d cfu;knh vkèkkjf'kyk gS] fo'ks"k :i ls efgykvksa ds fy, egRoi.kZ gSA D;ksafd vi;kIr iks"k.k u doy efgykvksa ds Lo;a ds LokLF; ij cfYd mudh cPpksa ds LokLF; ij Hkh dgj <krk gSA dqiksf"kr efgykvksa ds cPpksa dks lKkukRed gkfu] NksV dn] lØe.k ds fy, de çfrjksèkd vkSj thou Hkj chekjh vkSj eR;q dk vfèkd [krjk gksrk gSA dqiks"k.k ls efgykvksa dks dbZ rjg ds [krjs gSA ;g efgykvksa dh çtuu iznMk ls cpu dh {kerk dks detksj djrk gS] mUgs lØe.k ds çfr vfèkd lonu'khy cukrk gS] vkSj chekjh ls mcjus ds fy, mUgs de HkaMkj ds lkFk NksM nsrk gSA ,pvkbZoh lØfer ekrk,a tks dqiksf"kr gS] mudh f'k'kqvksa esa ok;jl dks lpkfjr djus vkSj ,pvkbZoh ls i.kZ fodflr ,Mh ds fy, vkSj vfèkd rth ls lØe.k dks vuHko djus dh lHkkouk gks ldrh gSA dqiks"k.k efgykvksa dh mRikndrk] vk; mRiUu djus dh {kerk vkSj mudh ifjokjksa dh n[kHkky djus dh {kerk dks detksj djrk gSA

efgykvksa ds dqiks"k.k dks lckfèkr djus ls ldkjkRed çHkko iMrk gS D;ksafd LoLFk efgyk,a viuh dbZ Hkwfedkvksa dks ijk dj ldrh gS & vk; mRiUu djuk] viu ifjokj dk iks"k.k lfuf'pr djuk vkSj LoLFk cPp ink djuk & vfèkd çHkkoh <x ls vkSj ftlls vfxe n'kdksa ds lkekftd vkfFkZd fodkl esa enn feyrh gSA efgyk, vDlj ?kj ds fy, Hkkstu cuku vkSj r;kj djus ds fy, ftEenkj gkrh gS] blfy, iks"k.k ds ckjs esa mudk Kku & ;k vHkko & ij ifjokj ds LokLF; vkSj iks"k.k dh fLFkfr dks çHkkfor dj ldrk gSA vfèkd yfxd lekurk dks c<kok nsu] ftlesa lalkèkuksa ij efgykvksa dk fu;a=.k c<kuk vkSj fu.kZ; yu dh {kerk 'kkfey gS] egRoi.kZ gSA efgykvksa ds iks"k.k esa lèkkj djus ls jk"Vª dk lgL=kCnh fodkl y{;ksa esa ls rhu gkfly djus esa enn fey ldrh gS] ftUgs vkerkSj ij fodkl çxfr dk ekiu ds fy, ,d :ij[kk ds :i esa Lohdkj fd;k tkrk gS ¼rkfydk 1 n[ksa½A ;g lq{ko efgykvksa ds iks"k.k esa lèkkj ds egRo ij ppkZ djrk g vkSj ldkjkRed cnyko çkIr djus ds fy, uhfr fodYi lq>krk gSA[1]

i#"kksa dh rqyuk esa efgykvksa dk iks"k.k lcèkh dfe;ksa dh vfèkd lHkkouk gS] efgykvksa ds çtuu tho foKku] de lkekftd fLFkfr] xjhch vkSj f'k{kk dh deh lfgr lkekftd dk;

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ijijkvk vkj ?kjy dke d iVu e vlekurk Hkh efgykvk d dikf"kr gku dh IHkkouk dk c<k Idrh gA ofÜod :i I] IHkh xHkorh efgykvk e I 50 çfr'kr ,uhfed g] vkj de fodfIr n'kk e de I de 120 fefy;u efgyk, de otu dh gA vuIekku I irk pyrk g fd de otu gku I efgykvk dh mRikndrk e ckèkk vkrh g vkj chekjh vkj eR; nj e of) gk Idrh gA dN {k=k e] vfèkdk'k efgykvk dk otu de gk nf{k.k ,f'k;k e] mnkgj.k d fy,] vuekfur 60 çfr'kr efgyk, de otu dh gA

dÃ efgyk, tk de otu dh g] o Hkh viuh me d fy, vkIr nt dh ÅpkÃ I uhp ;k uhp [kMh gA LVÇVx çIfr Icèkh tfVyrkvk d fy, ,d Kkr tkf[ke dkjd g tI fd ckfèkr Je vkj çIo d nkjku d'ky gLr{ki dh vko';drk] ekrkvk vkj mud uotkr f'k'kvk d fy, pkV ;k eR; d fy, vx.khA ;g Hkh de dk; {kerk d IkFk tMk gvk g A

fd'kkj yMfd;k fo'k"k :i I dik"k.k dh piV e g D;kfd o thou d igy o"k d ckn fdIh Hkh Ie; dh ryuk e rth I c< jgh gA mUg fd'kkjkoLFkk d fodkI e Igk;rk d fy, çkVhu] ykgk vkj vU; I{e ik"kd rRok dh vko';drk gkrh g vkj ekfId èke d nkjku ykg dh 'kjhj dh c<h gÃ ekx dk ijk dju d fy,A xHkorh gku okyh fd'kkjkoLFkk e fofHkUu tfVyrkvk dk vfèkd [krjk gkrk g D;kfd o vHkh rd c<r g, IekIr ugÈ gk Idrh gA xHkorh fd'kkjkoLFkk tk de otu okyh ;k vLr&0;Lr g] fo'k"k :i I ckfèkr Je vkj vU; çIfr Icèkh tfVyrkvk dk vuHko gku dh IHkkouk gA bI ckr d Icr g fd vHkh Hkh c< jgh fd'kkj ek vkj mId cPp d 'kjhj e ik"kd rRok d fy, çfrLièkk gk Idrh g] ftIIs f'k'k d tUe d Ie; de otu ¼2]500 xke I de d tUe d otu d :i e ifjHkkf"kr½ vkj 'k#vkrh eR; gk Idrh gA[2]

vk;ju dh deh vkj ,uhfe;k

vk;ju dh deh vkj ,uhfe;k nfu;k e IcI T;knk çpfyr ik"k.k Icèkh deh gA 'kjhj ghekXykfcu dk mRiknu dju d fy, ykg dk mi;kx djrk g] ,d çkVhu tk jä çokg d माध्यम से फेफड़ों से ऑक्सीजन को शरीर के अन्य ऊतकों में पहुंचाता है, और एनीमिया को एक fof'k"V Lrj I de ghekXykfcu Lrj ¼12 xke I de ghekbykfcu çfr MIhyhVj½ I de d :i e ifjHkkf"kr fd;k x;k gA xj xHkorh efgykvk e jä ¼tk @ Mh,y½(xHkorh efgykvk e 10 xke @ Mh,y I de½ A4 de fodfIr n'kk e ,uhfe;k fodfIr dju okyh vfèkdk'k efgyk, i;kIr ek=k e ykg ;ä [kk| inkFkk dk lou ugÈ dj jgh g ;k ,I [kk| inkFkk dk [kk jgh g tk ykg d vo'kk"k.k dk jkdr gA gkykfd] eyfj;k Hkh ,uhfe;k dk dkj.k cu Idrk g vkj dN {k=k e cgr vfèkd LFkkfud ,uhfe;k d fy, ftEenkj gA ,uhfe;k d vU; dkj.kk e gdoe vkj f'kLVkIkfe;kfII] ,pvkÃoh @ ,MI] vU; I{e ik"kd rRok dh deh vkj vkuof'kd fodkj 'kkfey gA[3]

de fodfIr n'kk e ,uhfe;k çtuu vk; dh yxHkx 43 çfr'kr efgykvk dk çHkkfor djrk gA xHkkoLFkk d nkjku efgykvk e fo'k"k :i I ykg dh deh vkj ,uhfe;k d fy, vfrIonu'khy gkr g] vkj de fodfIr n'kk e IHkh xHkorh efgykvk e I yxHkx vkèk ,uhfed gkr g] gkykfd nj {k=k e dkQh fHkUu gkrh gA ykg dh deh vkj ,uhfe;k d dkj.k Fkdku gkrh g] dk; {kerk de gk tkrh g] vkj ykx vfèkd Ionu'khy gkr gA IØe.k d fy,A xHkhj ,uhfe;k efgykvk dk çIo d nkjku eR; d mPp tkf[ke e j[krk g vkj çIo d ckn dh vofèkA gky d 'kkèk I irk pyrk g fd gYd ,uhfe;k Hkh efgykvk dk eR; d vfèkd tkf[ke e Mkyrk gA

vk;kMhu dh deh

'kjhj dh vk;kMhu vko';drkvk dk ijk dju e foQy gkuk ekufIkd dk;'khyrk dk बाधित करता है और यह गण्डमाला (थायरॉयड ग्रंथि की सूजन) और हाइपोथायरायडिज्म का कारण

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cu ldrk g] tk Fkdku vkj detkjh }kjk fpfàr ,d 'kr gA fd'kkj yMfd;k e] vk;kMhu dh deh l ekufld detkjh] 'kkjhfjd fodkl e ckèkk vkj Ldy d çn'ku dk udlku gk ldrk gA gkykfd vk;kMhu ued d dk;Øek u fiNy 10 o"kk e ukVdh; :i l vk;kMhu dh deh d fodkjk d çlkj dk de dj fn;k g] fQj Hkh vk;kMhu ;ä ued dh ?kjy igp e 0;kid fHkUurk g] yfVu vefjdk e 80 çfr'kr l ydj eè; vkj ioÊ ;jki e 28 çfr'kr rdA de l de 130 n'kk e vk;kMhu dh deh l gku oky fodkjk d xHkhj [krj gA[4]

foVkfeu , dh deh ¼VAD ½

;g fodkl enrk vkj fcxMk gvk ।f"V ink dj ldrk g] vkcknh d chp ,d egRoi.k lko tfud LokLF; eík g tk i;klr foVkfeu , dk miHkkx ugÊ djrk g] tk fd i'k mRikn vkj dN Qyk e ik;k tkrk g] ftle vke Hkh 'kkfey gA xHkhj VAD vèkkiu dk dkj.k curk g(de xHkhj VAD çfrj{kk ç.kkyh dk ckfèkr djrk g] ftll ykxk dk lØe.k d çfr vfèkd lonu'khy cuk fn;k tkrk g vkj mUg eR; dk [krjk c< tkrk gA ijthoh vkj Mk;fj;k tlh chekfj;k d lkFk leorÊ lØe.k] lkFk gh lkFk dÃ xHkèkkj.k Hkh ,d lkFk cn gk tkuk] oh,Mh dk c<k ldr gA xHkorh efgyk, fo'k"k :i l VAD dh piV e vkrh gA mnkgj.k d fy,] uiky e] tgk VAD dN lenk;k e çpfyr g] 10 e l ,d xHkorh efgyk dk VAD d dkj.k jrkèkh dk vuHko gkrk gA

tUe d oDr] f'k'kq d otu e deh gkuk

ykg dh deh vkj vi;klr dykjh lou lfgr fofHkUu çdkj d ik"k.k lcèkh udlku] ,d efgyk d tUe d le; de otu oky f'k'k gku dh lHkkouk dk c<k ldr gA de tUe dk otu gj lky de fodflr n'kk e 20 fefy;u l vfèkd f'k'kvk dk çHkkfor djrk g vkj ,d cPp d mÙkj thforh dk lcl etcr fuèkkjd gA dÃ de fodflr n'kk e thou d igy lIrkg e f'k'k eR; d cger d fy, de otu d [kkr oky f'k'kA ij 'k'kokoLFkk e eR; dk vfèkd [krjk gkrk gA tk cp tkr g o viu lkfFk;k dh ryuk e NkV vkj gYd cu jgr g] tk o;Ldrk d nkjku dke dju dh mudh {kerk dk udlku igpkrk gA de tUe d f'k'k f'k'kvk dk vDlj lKkukRed gkfu] fodkl lcèkh leL;k, vkj chekjh dh vfèkd lHkkouk gkrh gA de tUe dk otu Hkh chekjh d vfèkd ck> vkj çkjfHkd eR; nj d lkFk tMk gvk gA[5]

l{e ik"kd rRok dh deh

ekrkvk e l{e ik"kd rRok dh deh mud f'k'kvk dk [krj e Mkyrh g] D;kfd Hk.k dk ek l vko';d ik"kd rRo feyr gA ;gk rd fd gYd ekr dik"k.k Hk.k d fodkl dk ckfèkr dj ldr gA

ykgk

,uhfe;k yxHkx 35 çfr'kr jkdFkke ;kX; tUe d otu d fy, ftEenkj gA D;kfd de ykg dk ,ufed ekrkvk l mud Hk.k e LFkkukrfjr fd;k tkrk g] f'k'kvk e vk;ju dh deh dk [krjk gkrk g vkj çkjfHkd voLFkk e ,uhfe;k gkrk gA ,uhfe;k l ihfMr ekrkvk d fy, ink gku oky f'k'kvk e vfèkd tkf[ke gkrk g de tUe otu] le; l igy tUe vkj fcxMk lKkukRed fodkl A

foVkfeu ,

foVkfeu , d de ekr HkMkj foVkfeu , d cPpk d HkMkj l le>krk djr g] ftll mu cPpk dk chekjh vkj eR; dk vfèkd [krjk gkrk gA gky d ,d vè;;u l irk pyk g fd eykoh e ,pvkÃoh d lkFk xHkorh efgykvk dk foVkfeu , dh [kjkd çnku dju l tUe d otu vkj uotkr of) e lèkkj gvk g vkj f'k'kvk e ,uhfe;k dh 0;kidrk de gk xÃ g] lkFk gh ekrkvk l f'k'kvk e ,pvkÃoh lpj.k dh nj de gk tkrh g A

vk;kMhu

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tk ekrk, i;kIr ek=k e vk;kMhu dk lou ugÈ djrh g] mue xHkikr gku dh lHkkouk vfèkd gkrh g ;k cPp dk tUe gkrk gA thfor jgu oky cPpk dh 'kkjhfjd of) vkj ekufld fodkl vDlj xHkhj :i l fcxMk gvk gkrk g] vkj cPpk dk vifjoruh; ekufld enrk dk lkeuk djuk iM ldrk g A- mu {k=k e tgk vk;kMhu dh deh 0;kid g] xHkorh efgykvk dk vk;kMhu dh [kjkd çnku dju l f'k'k eR;q nj e deh vkÃ g vkj tUe d le; otu c< x;k gA -

QkyV vkj vU; ch foVkfeu

xHkkèkku d le; QkyV dh deh f'k'kvk e U;jy Vîc nk"k ink dj ldrh g] vkj ekr tLrk dh deh çhVje fMyhojh] de tUe d otu vkj c< g, f'k'k eR;q nj d lkFk tMh gÃ है। बी 6 और बी 12 सहित अन्य बी विटामिन बच्चों के स्वस्थ न्यूरोलॉजिकल विकास को सुनिश्चित dju d fy, egRoi.k gA

vU;

efgykvk e dik"k.k l ifjokjk] lenk;k vkj n'kk dk vkfFkd udlku gkrk g D;kfd dik"k.k l efgykvk d dke dju dh {kerk de gk tkrh g vkj o ih<h nj ih<h Qyu oky rjx çHkko ink dj ldr gA ,l n'kk tgk dik"k.k vke g] viuh rkRdkfyd ykxrk l fuiVuk pkfg,] ftl e dikf"kr ukxfjdk l de vk; Hkh 'kkfey g] vkj nh?kdkfyd leL;kvk dk lkeuk djuk iMrk g tk de tUe d otu l lcfèkr gk ldr g] ftue o;Ldk e ân; jkx vkj eèkeg dh mPp nj 'kkfey gA

ik"kd rRok dh deh l tMh chekfj;k u de fodflr n'kk e efgykvk dh mRikndrk dk dkQh de dj fn;k gA ;g fuèkkfjr djuk ef'dy g fd ekr dik"k.k d dkj.k mu gkfu;k dk D;k vuikr g] yfdu gky d 'kkèk l ldr feyrk g fd 5 o"k l de vk; d 60 çfr'kr cPpk dh eR;q dik"k.k l tMh g & vkj cPpk d dik"k.k dk ekrkvk dh fuèkurk l xgjk lcèk g A- mnkgj.k d fy,] ,uhfe;k l lcfèkr leL;k,] cPpk e lKkukRed gkfu vkj o;Ldk e de mRikndrk lfgr] vdy nf{k.k ,f'k;k e çfr o"k 5 fcfy;u अमेरिकी डॉलर की लागत ।- ik"kd rRok dh deh l tMh chekjh u de fodflr efgykvk e mRikndrk e dkQh deh dh gA ,f'k;k dh gkfy;k fjikV l irk pyrk g fd dik"k.k ekuo mRikndrk dk 10 çfr'kr l ?kVkdj 15 çfr'kr vkj ldy ?kjy mRikn dk 5 çfr'kr l ?kVkdj 10 çfr'kr dj nrk gA fd'kkfj;k vkj efgykvk d ik"k.k e lèkkj djd] jk"V LokLF; n[kHkky ykxr dk de dj ldr g] ckf)d {kerk e of) dj ldr g] vkj o;Ld mRikndrk e lèkkj A

uhfrxr fodYi

efgykvk vkj fd'kkfj;k d ik"k.k e lèkkj d fy, çHkkoh gLr{ki dju d fy, l;ä jk"V d lnL; jk"Vk }kjk 2000 pukrh oky jk"Vk }kjk LFkkfir lglkCnh fodkl y{;A vkt bl rjg dh dkjokÃ dju l u doy yMfd;k vkj efgykvk d LokLF; e lèkkj gkrk g] cfYd bld njxkeh vrjtuinh; çHkko gkr g tk n'kk dk fodflr dju e enn dj ldr gA

dik"k.k dk jkdu d fy, ,d jktuhfrd çfrc)rk dh vko';drk gA lkoZtfud LokLF; ç.kkfy;k dk l{e ik"kd rRok dh deh dk jkdu vkj mudk bykt dju dh t:jr g] ?kjk dk efgykvk vkj fd'kkfj;k dh vkgkj lcèkh t:jrk dk ijk dju d fy, çkRlkfgr dj vkj mPp x.koÙkk okyh LokLF; lokvk] LoPN ikuh vkj i;kIr LoPNrk rd mudh igp lfuf'pr djA uhfr fuekZrkvk dk efgykvk dh fuEu lkekftd fLFkfr dk Hkh lckfèkr djuk pkfg,] vkj ;g lfuf'pr djuk pkfg, fd yMfd;k dh f'k{kk rd igp gk & ftl ik"k.k lcèkh tkudkjh 'kkfey gkuh pkfg,A bl rjg d uhfrxr mik; igyh xHkkoLFkk e efgykvk dh me c<ku e enn djr g] ekr LokLF; vkj cky vfLrRo d ,d egRoi.k fuèkkjd g] vkj efgykvk

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dk viu tUe LFkku d fy, çkRlkfgr dj ldrh gA

fu"d"k

efgykvk d fy, i;kIr ik"k.k u doy blfy, egRoi.k g D;kfd bll mUg lekt d mRikn lnL; cuu e enn feyrh g] cfYd bldk lhèkk vlj ekrRo ik"k.k dk vxyh ih<h d LokLF; vkj fodkl ij iMrk gA bl lHkkouk d ckj e Hkh Çprk c< jgh g fd ekr dik"k.k de fodflr n'kk e o;Ldk d ân; vkj vU; xj&lpkjh jkxk d c<r ck> e ;kxnku n ldrk gA vr e] ekr vkj f'k'k vfLrRo ij ekr dik"k.k Vky çe[k ofÜod fodkl y{;k dh vkj n'kk d dke d jkLr e [kMk gA

lnHk

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