

The ENHANCE and ECLIPSE Showcasing Event

This event was held on December 8, 2023, at the National Science Foundation Colombo. The event drew together a diverse array of minds, with both foreign and local expert delegates converging to share their knowledge and expertise.

This event was hosted by the IRD, in collaboration with esteemed partners such as the National Institute for Health and Care Research (NIHR), Keele University, The University of Liverpool, United Kingdom; Human Development Research Foundation, Pakistan; University of Liberal Arts,



Bangladesh, and Transcultural Psychosocial Organization, Nepal, unfolded at the National Science Foundation Colombo.

(For more information and pictures please visit to the www.ird.lk)

Presidential Award for scientific research

Dr. Kaushalya Jayaweera graciously accepted the award on behalf of the esteemed team comprising Helena M. S. Zavos, Bethan Dalton, Lisa Harber-Aschan, Gayani Pannala, Anushka Adikari, Stephani L. Hatch, Sisira Siribaddana, Athula Sumathipala, Matthew Hotopf, and Frühling V. Rijsdijk. The recognition is attributed to their paper titled “The relationship between independent and dependent life events and depression symptoms in Sri Lanka: a twin and singleton study” published in Social Psychiatry and Psychiatric Epidemiology, The International Journal for Research in Social and Genetic Epidemiology and Mental Health Services.



CEI Workshop on Agriculture Research



The IRD organised a workshop in collaboration with the Postgraduate Institute of Agriculture (PGIA), University of Peradeniya on “Enhancing the Quality of Agriculture Research with Community Engagement and Involvement (CEI)”. The workshop was held on November 11, 2023, at the University of Peradeniya as a pre-congress workshop for the PGIA 35th Annual Congress 2023. The workshop was targeted at academics and researchers in the discipline of agriculture. An eminent panel

of resource persons who conducted the workshop included Dr. Jim Elliott, Advocate for Patients in Health Research, Health Research Authority, UK, Prof. Athula Sumathipala, Honorary Director, IRD and Chairman, National Institute of Fundamental Studies (NIFS), Dr. Godwin Kodituwakku, Honorary Chairman, IRD, Prof. Duminda Guruge, Department of Health Promotion, Faculty of Applied Sciences, Rajarata University of Sri Lanka, Dr. Thilini Agampodi, Country Co-lead, ECLIPSE Project Sri Lanka and Dr. Prabhath Ranasinghe, Consultant Community Physician, Provincial Department of Health Services, Central Province, Sri Lanka. Prof. C. M. B. Dematawewa, Director, PGIA, University of Peradeniya, Prof. Warshi Dandeniya, PGIA 35th Congress Coordinator; Prof. Chandrika Perera, Chairperson/ Publicity and Finance Committee, Annual Congress,



PGIA and Dr. Chandana Jayawardena, Senior Lecturer, Faculty of Agriculture, University of Peradeniya also contributed to the workshop. The workshop was supported by Kings College London, Keele University UK, University of Liverpool, National Institute for Health Research, and the Medical Research Council, UK.

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- Prof. Goninda Ponnamperna
(MBBS(Colombo),Dip.Psych,MMEd,PhD.(Dundee))
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(BDS, LLM,Attorney-at-Law)

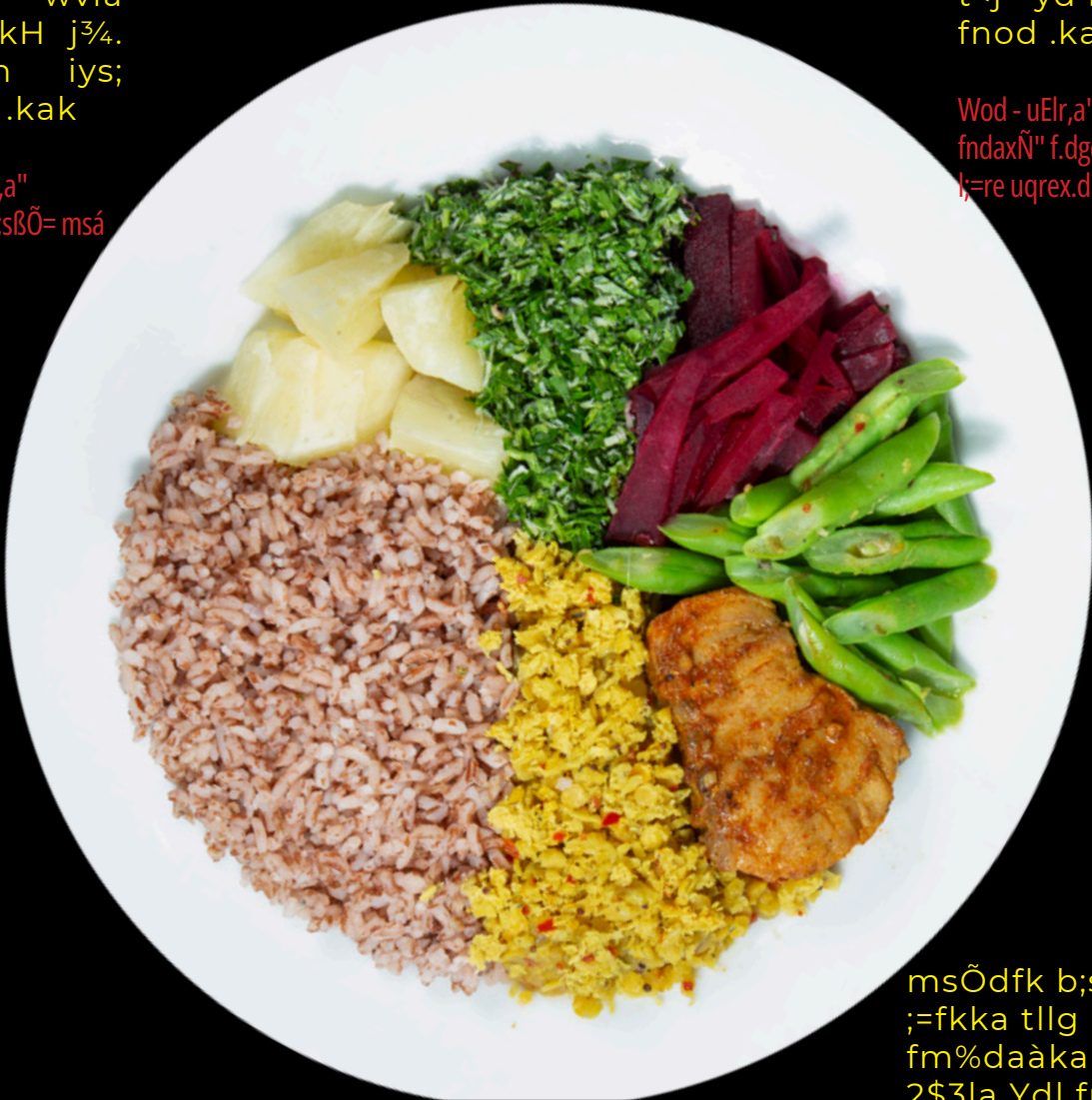
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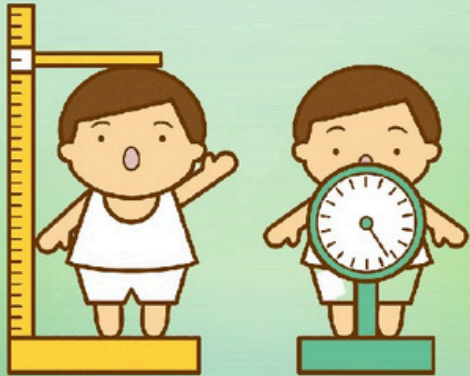
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$$\text{ශරීර ස්කන්ධ දර්ශකය BMI} = \frac{\text{බර (කිලෝ ග්‍රෑම්)}}{\text{උස} \times \text{උස (වර්ග මීටර්)}}$$



අඩු බර	18.5 ට වඩා අඩු	<ul style="list-style-type: none"> සමබල අහාර වේලක් ගැනීම මගින් අවශ්‍ය කැලරි ප්‍රමාණය වැඩි කර ගැනීම මධ්‍යස්ථ නිව්‍යතාවයේ ශාරීරික ක්‍රියාකාරකම්වල නිරතුරුව නිරත වීම ප්‍රධාන වශයෙන් මාංශ පේශි ශක්තිමත් කරන ව්‍යායාම වල නිරත වීම
සාමාන්‍ය බර	18.5 සිට 24.9 දක්වා	<ul style="list-style-type: none"> සමබල අහාර වේලක් ගැනීමත් සමඟ මධ්‍යස්ථ නිව්‍යතාවයේ සිට දැඩි නිව්‍යතාවයේ ශාරීරික ක්‍රියාකාරකම් වල නිරත වීම
අධි බර	25 සිට 29.9 දක්වා	<ul style="list-style-type: none"> අහාර වලින් ගන්නා කැලරි ප්‍රමාණය අඩු කර ගැනීම බර අඩු කිරීම ඉලක්ක කරගත් මධ්‍යස්ථ නිව්‍යතාවයේ සිට දැඩි නිව්‍යතාවයේ ස්වයං ශාරීරික ක්‍රියාකාරකම් හා මාංශ පේශි ශක්තිමත් කරන ව්‍යායාම වල නිරත වීම
ස්ඵුලතාවය (කරබාරුව)	30ට වැඩි	





wdishd:slhka ldfndayhsâf³/₄g wdydr

nyq, j mßfNdackh lrkafka wehs@

f,dafha úúO m%foaYj, wdydr reÑl;ajh ie,lsh
hq;=f,i fjkia jqj o, ñksia YÍrfha uQ,sl n,Yla;s
m%Njhla f,i ldfndayhsâf³/₄g yeÈkaúh yels h.
m³/₄fhaIlhkaf.a wjOdkhg ,la jQ tla wdl³/₄ICēh wdydr
rgdjla jkafka f,dalfha wfkl=;a m%foaYj,g idfmalaI j
wdishdkq rgj, ldfndayhsâf³/₄g idfmalaI by<
mßfNdackhhs' wdishdkqjkaf.a fi jeä ldfndayhsâf³/₄g
mßfNdack rgdjg fya;= iy fuu wdydr m%jk;dfō
jdis-wjdis fudkjd o hkak wms úú³/₄Ykh lr n,uq'



ft;sydisl iy
ixialD;sl
n,mEu

f,dalfha fiiq rgj,g jvd wdishd;slhka jeä ldfn
mBfNdackhla fmkakqī lsúg tla uQ,sl fya;=jla f,i
iy ixialD;sl iim%odh fmkajd Èh yels h. iy,a ;sBÖ=
jir oyia .Kkla ;siafia wdishdkq ixialD;Skays m%O
úfYalfhka u ù f.dú;ek wdishdkq lDlsl¾udka;fha
w;r th ;sridr fmdalKhla imhhs. ldfndayhsâf¾gj,s
u; mj;sk fuu ft;sydisl r|d meje;au wdishdfö wdyd
we;.

wêlldfndayhsâf¾g mBfNdackhi|yd wd¾Ól idOl o ie,lsh
hq;= ld¾hNdrhla bgq lrhs. fndfyda wdishd;sl rgj, by< ck
>k;ajhla iy i;a;aaj md,kh i|yd iSñ; bv m%udKhla we;. tys
m%;sM,hla jYfhka, iy,a iy wfkl;=a OdkH jeks Ydl m%Ól i|yd wdydr”
uia iy lsB wdY%;s; kslamdokj,g jvd oeBh yels iy myiqfjka ,nd .;
yels uÜgfī we;s fmdalK m%Nj ù we;.

wdydr rgd iy
úúO;ajh

wdishdkqwdydr j¾. úfYal jkafka tajdfha úúO
iy úúO rihkaf.ka hq;a ùu ksid hs. idim%odhsl wdi
fndfyda úg n;a fyda kQâ,aia, t<jç, udç fyda fiöh v
m%Njhkaf.a l=vd m%udKj,ska iukaú; fō. fuu wdyd
ldfndayhsâf¾g wdydr fōf,ys uQ,sl n,Yla;s m%Njh
w;r iuia; fmdalKh i|yd úúO t<jç iy fiöh wvq fm%d
tjeks wdydr rgdjka wdishdkqjkaf.a by< ldfndayhs
ù we;.

wdishd;sl uq;=kañ;a;ka mqrDKfha isgf.dú;ek jeks, ldhsl
Yla;sh wêl j jehjk /lshdj, kshe “Kq ksid, Tjqyq Yla;sfhka nyq,
wdydr .ekSug jeä keUqrejla oelaüu. tneúka OdkH j¾.; w, j¾. wdydr
fjsf,ys nyq, j olakg ,enq,.

cdkuh iy
mßjD;a;Sh idOl

i,ld ne,sh hq;= ;j;a wx.hla jkafka ldfndayhsâ
wdishd;slhkaf.a we;s yelshdjg odhl jk cdkuh idOl
wOHhkj,ska fmks hkafka wdishd;slhka jvd;a ld¾h
mBjD;a;Sh i|yd cdkuh keUqre;d|la iuÖ mBKduh ù
Tjqkaf.a ft;sydisl wdydr rgdjka g wkqj¾;khla úh y
wdydr fōf,ys ldfndayhsâf¾g i|yd we;s reÑl;ajh ;jy

wêl ldfndayhsâf¾g mßfNdackfha jdis

laI, l iy ;sridr Yla;s m%Njhla f,i

ldfndayhsâf¾g hkq YÍrh jvd;aleu;sYla;sm%Njhls'mßfNdackhIrkúg
.aÆfldaiaj,g leã hhs" th ffi, u.skaYla;shksmoùui|ydmyiqfjkaNdú;lrhs'by
mßfNdackh ia:djr iy myiqfjka ,nd.;yelsn,Yla;sm%Njhlay;slIrkw;rthYdíBl
ffoksl Id¾hhka i|yd jvd;a iqÿiq fõ'

u,,l%svlhka i|yd udxY fmaYs Yla;sh jeä ÈhqKq lsíu

oeä YdíBl l%shdldrlij, fhfok l%svl l%Säldjka iy mqa.,hkag ldfndayhsâf
m%fhdackj;a fõ' by< ldfndayhsâf¾g wdydr fõ,la u.ska ordeksfí yelshdj'
idOkh jeä ÈhqKq flf¾' ldfndayhsâf¾g udxY fmaYsj, .a,hsfldacka f,i .nvd
l%shdldí;ajh i|yd Yla;s m%Nj ixÑ;hla f,i l%shdIrhs'

;ka;=iy wdydr Ô¾K fi!LHh

OdkH" m,;=re iy t<jç jeks fndfyda ldfndayhsâf¾g fmdfydi;a wdydr
fõ' ;ka;= jeä m%udKhla wdydrhg tl;= lr .ekSu ld¾hlalu wdydr Ô¾Khg o
p,kh kshdukh lrhs" iy u<noaOh j<lajd .ekSug WmldB fõ' wdydr reÑh m
i|yd ;ka;= odhl fõ'

wêl ldfndayhsâf¾Ü mßfNdackfha wjdis

nr jeäüu iy ;rndrelu

wêl ldfndayhsâf¾g" úfYalfhka iSks iy iqÿ mdka jeks msßmyÿ l< iy
lsífi jvd;a m%uqL wjdishla jkafka nr jeäüfi iy ;rndrelfi jeä wjodkuhs' Y
yels m%udKhg jvd jeä ldfndayhsâf¾g mßfNdackh lrk úg" w;sBlá;h fiöh
wejEfuka" fuh YÍrfha nr jeäüug fya;= úh yels h' th fo jk j¾.fha Èhjeähd
wys;lr fi!LH ;;a;aj i|yd wjodki idOlhls'

reêr iSks uÜgu by< hdu

úfYalfhka by< .a,hsisñla o¾Ylhla iys; wdydr wêl f,i mßfNdackh" reêrfha
by< hdug fya;= úh yels h' Èhjeähd frda.Skag fyda Èhjeähdj je<Éfi wjod
yels h' reêrfha iSks uÜgu wLKav j by< hdu bkaishq,ska m%;sfrdaOhg o
bkaishq,skaj,g M,odhs f,i m%;spdr fkdolajk ;;a;ajhla jk w;r th ;jÿrg;a re
fõ'

fojk j¾.fha Èhjeähdj we;süfi wjodku jeä üu

wêl ldfndayhsâf¾Ü mßfNdackh" úfYalfhka msßmyÿ l< ldfndayhsâf
Èhjeähdj j¾Okh üfi jeä wjodkula we;s lrhs' fuu ksoka.; ;;a;ajh
we;s jkafka YÍrfha bkaishq,ska i|yd jk m%;sfrdaOh ÿ¾j, jk úg iy
reêrfha iSks uÜgu ksrka;rfhka by< hk úg h' ldfndayhsâf¾g nyq,
wdydr fõ,la fuu frda.fha j¾Okhg yd m%.;shg odhl úh yels h'

yDo jdyskS wdY%;s; fi!LH .eg"

ldfndayhsâf¾g nyq,,wdydr fõ,la úfYalfhka ix;Dma; fio yd g%dkai
ixl,kh jqj fy;d;aaa yDo fi!LHhg wys;lr f,i n,mE yels h. wêl ldfndayhsâf¾g
uÜgu by< hdug fya;= úh yels h' th yDo frda. we;süfi jeä,wjodkula we;s
yd wd>d;j,g ;=vq Èh yels wef,kiq" M,l Oyks ;=< f.dvke.Sug;a Ouks isysk

o;a wdY%\$; .eg"

ldfndayhsâf¾g nyq, wdydr úfYaIfhka iSks tI;= l< wdydr o;a l=yr iy .eg" j,g odhl ùh yels h. uqLfha we;s nelaàßhd iSks u; fmdalKh jk w;r o;a Èrdhdug ;=vq fok wī, ksmojh.'s fuu wjodku wju lslú ilyd fyd| uqL fi!LH

iSñ; fmdaIl úúO;ajh

wêl ldfndayhsâf¾g wvx.= wdydr .ekSu fmdalH mod¾: W!k;dJg fya; ie,lsh hq;= fldgila ldfndayhsâf¾gj,ska ,əfnk úg fm%daaàk fio úgñka iy w;HjYH fmdalH mod¾: ilyd wvq bvla ;sìh yels h . fuh iuia; fi!LHhg wjYH wiu;=,s; wdydr fõ,lg fya;= ùh yels h.



ks.ukh

wdishdkq wdydr fõf,ys ldfndayhsâf¾g ilyd we;s reÑl;ajh ft;sydisl" idOl u; .eUqßka uq,a nei we;' ldfndayhsâf¾g wfkl;=;a w;HjYH fmdalH m f;dard .;a úg" iuia; fi!LH iy hymeje;au ilyd jdis lsysmhla ,nd fohs' tfuka iïmkak wdydr fõ,l w;HjYH wx.hls' flfia fj;;a" jvd;a jeo.;a fi!LH m%;s,dN i ir, ldfndayhsâf¾g wdydrhg .ekSu wju lrñka wju jYfhka ieliQ wdydr iy i flfrys jeä wjOdkh fhduq lslú w;HjYH fõ'

BS&HMS Food Science & Technology (USJP)
m¾fhalk iylr
m¾fhalk iy ix¾Ok wdh;kh

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ñksidf.a mdkSh
c, wjYH;dj"
isis,a îu
l³/₄udka; úiska
Wýrd
.ekSug W;aidy
orkjd

fi W;iadyhk awm smrdch l< h;qh=s

uydpd³/₄h frdydka ùriQíh
c, .=Kd;aul m³/₄fhaIK uOHia:dkh
cd;sl uQ,sl wOHhk wdh;kh

Uydpd³/₄h;=uks" wdydr ixialD;sh.ek

fkdi,ld u neye' Tn c,h iinkaO j
iqúfYaI wOHhk .Kkdjl u ksr; fj,d
bkak flfkla' wehs fudlla o fi c,fha
;sfnk úfYaI;ajh@

;sfh k a f k a '

mqoa.,fhla jYfhka Ôj úoHd;aul j c,h
jeo.;a jkafka fldfydu o@

c,h msßmyÿ fldg Ndú; lsú kqijqiy o@

Tõ" c,h lshkafka bõd u jeo.;a' Èklg ñksia Ndú;hgudb;dufyd|',xldfö
úfYal u fohla' we;a;g ùc;fhjYH c,h m%udKhla ;juuyrm%foaYj,^ñyska;h
úoHd;aul Ndjh" c,fha ysisíh kjde kmqoa.,hl= msgwldk&uqs% d"yÿfkdl<c,h
ksis úoHd;aul meyeË,s dshumevekg iudk jkf;la Èklg ;sfhkjd'tajf.aukqjr
keye' idudkHfhka 'kE u,hKh,hq;=hs' orefjda jevafka kdjm%foaYj,jdykfias
ødjhl .s,Sug ,lafjkjd' tfy;fa kak leu;s c,fha ;sfhk (Car wash) mjdb;dmsßiqÿc,h
c,h >K jqKd u c,h u; fi!uHNdjh ksíd' úh,s l qm fha kjd'c,fhaúúO;ajhla
mdfjkjd' tfyu fkdjqkd kiyq, j mj;sk frda. ilyd c, fha rjaj'c,hiajNdjO³/₄ufha
f,dalfha Ôjhg meje;aul mksÿ c,h ke;slu ^mdkhg loödhdohla'thfydçka
c,fha ;sfhk úfYal;ajhla ;ud >k" keye" wêl ,jK msúuK m akslãla'
øjH iy jdHQ jYfhka mßi wfa;gu mdkSh c,h mqoa.,hdf.a
mej;Su' wms okakjd yBuo dsl jv;hg jY-H;djla' ,xldfö mjd
la jqK;a" mDÓúfha mejje]afimuk fi mdkSh c, m%Yakhg
wjYH;dj wkqj >k" øj ya jdHQ njg uqyqK §,d ;sfhkjd' óg tl u
m;afjkjd' c,h Nhdkl yB;ú d u c,h msßmyÿj fkuhs"
jdHQjla fkuhs' mDÓúfha WlaK;ajh ;sfhk c, m%Ndj wrldald lr
md,khg c,h fndfyda f, .ekysa'hs'
fjkjd' c,hg wd.ñl jYfhkq;a
by< ms<s.eksula ,nd § ;sfnkj'd'
ñksia Yírh .;a;;a ishHg 75]la
u ;sfhkafka c,h' yBhg u c,fha
yeislu fkdokak ksíd iuy
wjia:dj, § id³/₄:l ks.ukj,g
hkak neye' ta ksíd c,h wrldald
lsú ilyd f,dalfha fm<ö,d
12 2024 ckjdß - wfma%,a .föIK

mqoa.,hka úêhg wms gúw
mdk j³/₄. fjkqjg msßiqÿ c,h mdkh we;a;gumsßmyÿ
bõd u jeo.;a' Èklg ñksia Ndú;hgudb;dufyd|',xldfö
c;fhjYH c,h m%udKhla ;juuyrm%foaYj,^ñyska;h
ysisíh kjde kmqoa.,hl= msgwldk&uqs% d"yÿfkdl<c,h
u,hKh,hq;=hs' orefjda jevafka kdjm%foaYj,jdykfias
fa kak leu;s c,fha ;sfhk (Car wash) mjdb;dmsßiqÿc,h
fi!uHNdjh ksíd' úh,s l qm fha kjd'c,fhaúúO;ajhla
kiyq, j mj;sk frda. ilyd c, fha rjaj'c,hiajNdjO³/₄ufha
mksÿ c,h ke;slu ^mdkhg loödhdohla'thfydçka
msúuK m akslãla'
wfa;gu mdkSh c,h mqoa.,hdf.a
jv;hg jY-H;djla' ,xldfö mjd
afimuk fi mdkSh c, m%Yakhg
d u c,h msßmyÿj fkuhs"
WlaK;ajh ;sfhk c, m%Ndj wrldald lr
ekysa'hs'
ek yBuo
úoHd;aul meyeË,s lslug j;auka
úoHdjg ;ju
fkdyels ù ;sfnkj'd'

wúêu;a ixj³/₄Okh ksíd
msßmyÿ lrkak fj,d ;sfhkjd'
tfy;atysßfhod.kakdridhks
wms gúw
ul<hq;=j;sfnkj'd'
Ndú;hgudb;dufyd|',xldfö
a' Èklg ñksia Ndú;hgudb;dufyd|',xldfö
;juuyrm%foaYj,^ñyska;h
d"yÿfkdl<c,h
jdykfias
mjdb;dmsßiqÿc,h
ajhla
c,hiajNdjO³/₄ufha
loödhdohla'thfydçka
m akslãla'



c,fha yeislu .ek yBuo
úoHd;aul meyeË,s lslug j;auka
úoHdjg ;ju
fkdyels ù ;sfnkj'd'

fldfyduo mdi,a jhfa b|,d c,h .ek
ksjerÉ wjfndaOhla ,nd fokafk@

Y%S ,xldj lshkafka
c,fhkajgjQ¥m;la'fmdä
orejka
.;a;;ac,hgb;dleu;shs't;
ekska
mgkaf.kwmsgc,fhaje
o.;a

ngj
jgydÈhyelshs'wOHdm
kmoaO;shg
thoeäwjYH;djla'c,fha.
=K
iinkaOj.S;yo,;a;sfhkjd
'
jf.au;jc,mß,Khlayo,d
:sfhkjd,oeKq;sfhkmb,
j'kj'd tyssBY%dh,hb;dj

fö.hb;dwvqhs'tfy;aac,
wkafö
;sfhk,dlakS,yelstus,=
Kdx;
Ndú;h;ayö,wñk;
fö.hb;dby-ki jeä fofklä Bg fhduq föú'
dx.

úúO mdk j¾.j,ska c, wjYH;dj imqrd.kak
ñksiaiq yqre ù isákjd' tajd ke;s lslú ilyd
c,h yd ne÷Kq wd¾Ólhla f.dvke.Su b;d
jeo.;a

c,h jeämqr Ndú;h lslú kqiajyiq o@

c,h WKq lr Ndú; lslú .ek hula
lsöfjd;a@

fufyuhs' ´kE u fohla

´kEjg jeäh fyd| kE lshk

ixl,amh c,hg;a wod,hs

wjYH;dj wkqj Ndú;h fy

we;af;ka u isis,a iu l¾

wjYH;dj" Tjqkaf.a lD;%

¾fhaIk imqrd,Sug W;aid

ewmæ'fi W;aidyh mrdch

tys § we,auereKq c,h

fyad lksid wél WKqia c,hg j

dl,lasu ;ud wél is;; c,h;a fyc

ke,ye,'hjeys c,h Ndú;h;a iqy

key,e' wms wikSm fj,djg m

cyhm fdkq;skäia,hska j;=r Nd

dy,kj'd' fudto.gmsBisy c,fha

ix> qk,ksjerÉ j u ;j u

y÷kdf.k ke;s ksid'

mdkSh c,h" ksjdij,g.nd .ekSfi m%uql
u l%uhla njg k,ud¾. Tiafia ,nd
.ekSu isj flfrkj'd tys § hi .eg"
u;=úh yels o@

c,fha .=Khla ;ud ´kE
ufohlaÈh lslífi yelshdj'
WodyrKhla úÈyg .=ref,a;a;=fö
iy ma,diaála Ndckhl j;=f¾ rih
wmg fjk u y÷kd.kak mqjka'
k, c,h §¾> ld,hla hk úg th
wys;lr úh yelshs' m%ñ;s.; ng
f,dalfha ;sfhkjd' tajd ,xldfö.
Ndú; fjkafka kE' úúO .i j¾.
Ndú;h;a fyd| kE'

mdkSh c,h Ndú; l hq;=wdldrh jhia
ldKav wkqj fjkia fjkd o@

Yírhg c,h wjYH kt
Yírfha c,h b,a,kjd' tksid jhia
ldKav wod< fjkafka keye,'we;s
;ri c,h Ndú;h b;d fyd|hs' ja;a
úúO mdk j¾.j,ska c, wjYH;dj
imqrd.kak ñksiaiq yqre ù isákjd'
tajd ke;s lslú ilyd c,h yd ne÷Kq
wd¾Ólhla f.dvke.Su wjYH's'



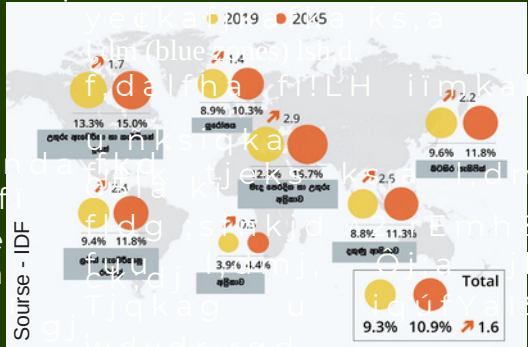


wmsg .e<fmk wdydr rgdj lu=la o@

úfYal{ ffjoH frdayK
ohdr;ak

ñ ksqka mdrimBl j Èhjeähdj jeä u frda. Sk ädm%soydh sl wdydr
mj;ajdf.k wd iim%odhs f, wvma rg y=kajkak mrg;dka.mj;ajd .ksñka
rgdj fjka fjñka ;sfnkjd. ngysr ck;dj ±ka .kafk ÒjfidLH jkmkækk;dj o
Ôjk rgdj f,dal mßudKfka wdydr fkd fõ. Tjqka fj f,dalfha
jHdma; fjñka mj;sk w;r wvq ñ,g .; yels wdydr isákjd. Tjqka w;r fnda
ngysßka iys jqkQ la ksl wdydr eksu i lyd: fast food
rgd o jHdma; ùfuka fndy; dala bksl wdydr mß: NdaackjHdma;sh b;d u
idim%odhsl wdydr rgdj jeä; ò;sfnkjd. wd¾ Ólh: Ksfrda. s Óú; .; lrkjd.
fya;= ù we; . óg wjqrey wblgfmuka;ajh fu;r;ri fidapkSh
fmr Èhjeähdj, wê reer fkd yQ;ha Tyqg mj d fi vdyoka w;r
ms<sl d jeks fnda fkd jxfad;sh;we;=f<a ksjer wjqrey 100lg jvd jeä
wvqfjka mej;s rgj,, wo fjndaj KSh wdydr fõ,la, ò;fnkafka
tajdfha nyq, f,i me; síf;keye. lrk msßi (centenarians) nyq,
m%jk;djla olskag we; óg wjqrey 40g muK fmr jYfhka isákjd. fi wh
rgdfõ we;s jQ fjkia ùi Èhjeähdj fkd;snq we;ei úfYal m%foaY
is>% f,i fnda fkd jk frda fda,sh m%foaY wo,Èhjeähdj
me;slug tla m%Odk fy; any,jm%foaY wjgm;a fj,d

ó g wjqrey 40g muK fmr
Èhjeähdj fkd;snq we;ei



Source - IDF

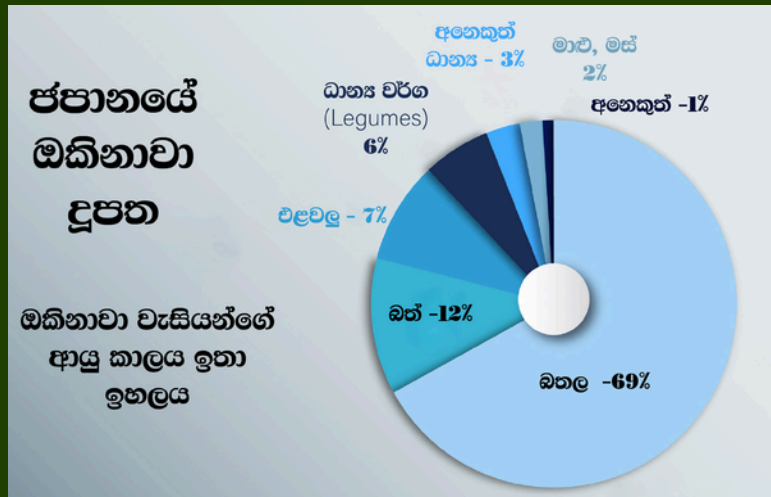
fuu ;¾ckhg jeämqr u uo yQ;ha Ôjk rgdj
md ;sfnkafka ol=Kq wdishdkq,
wdishdkq meis*sla yd ol=Kq wefußld-
kq rgj,a. tfia u wm%slid fhu;ähdj we;=¿ f
rgj,a o fi ;¾ckhg f.d÷re küfrda.j,g f.dyre ùf
;sfnkjd. IDIsld¾ñl wd¾ Ólhla iy wê
m%jk;djla gsidQwre; pgg, a fjm,d ;sfnkafka
kQ;k Ôjk¾ Ól rgdjlg u dxiaw;sj,g wkq.; jQ
kd.llrKh uu o Ksid fuu ck;djg. tfia jqja Y;¾l
;a;ajhg uqyqK md ;sfnkjd kQ;djla ;siafia ;uka f
ol=Kq wdishd;sl rgj,a le,l ug fõ,j;aj we;s m%foaY

wkq.ukh lrk w;r, jvd
 i;=áka mjq,a Óú; iy m%cdj
 iu. lsÜgq iinkaO;d we;s i
 Ôj;a jk ck;dj nj y÷k
 f.k ;sfnkjd. jeäysá ú
 jQ miq o Ôú;fha wjikh olajd
 o hym;a YÍr yd cjiimkak
 f,i Tjqka Ôj;a fjkjd.
 Tjqkaf.a ksfrda.S nj iy §¾>dhq
 nj ,eiug m%Odk fya;=jla
 jkafka Tjqka wkq.ukh lrk
 iqúfYaIS wdydr rgdjhS.



2rEmh - f,dalfha ks,a l,dm

ñksiqkaf.a Ôjk rgdj fjkia ùu yd laIKsl wdydr j,g yqreùu fuf,i frda.S ùug m%Odk fya;= njg m;a fj,dj



3 rEmh - Tlskdjd wdydr rgdfõ ix>gl

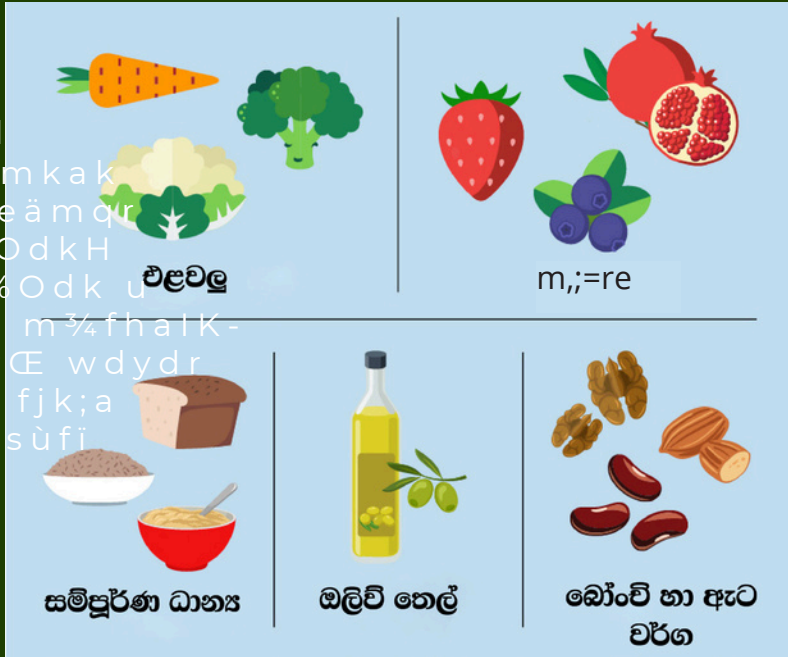
Tlskdjd wdydr msróvh

f,dalfha jeä u ishla wdhq iem
 Ôj;a jk rfÜ ck;djf.a wdydr fõ,
 y÷kajkafka Tlskd(join a wdydr
 diet) rgdj f,ihs. Tlskdjd wdydr
 ix>gl 3 rEmfha ±lafjkjd

Y;j¾I .Kkdjla ;siafia ;ukaf.a
 idim%odhsl wdydr rgdj ta
 wdldrfhka mj;ajdf.k hk m%foaY
 ;sfnkjd. Tjqka w;r fnda fkd jk frda.
 jHdma;sh b;d wvqhs.

uOHOrÆ wdydr fõ,
 (mediterranean diet)

uHOrÆ wdydr fõ, Ydl
 mokī jQ wdydr iy fi!LH iimkak
 fīo iys; wdydr fõ,la. tys jeämqr
 u we;af;a t<j", m,;=re iy OdkH
 j¾., T,sõ f,;a fīoh ilyd m%Odk u
 uQ,dY%h fjkjd ^4 rEmh & m¾fhaIK-
 j,skafmkS hkafka uOHOrÆ wdydr
 u.ska yDo jdyskS frda. iy fjk;a
 fndfyda ksoka.; ;a;aj we;sùfi
 wjodku wvq l< yels njhs.



4 rEmh - uOHOrKS wdydr fõf,ys wvx.= ix>gl

Èhjeähdj je<fokafka fmdai;a whg o@

T!IO fjkqjg wdydr

Èhjeähdj yefokafka fmdfyd ;a wfub lf,dalfha ;sfnk w ;a u ixl,amhla.
 lsh,dwfma iudcfha h i u;hla ;snqkldav by,ia fjkafka keye wdydr mu
 wOHhkj, ska fy<s fj,d ;sfhkafka, w hja: ähd\$ u T!IO fjkqjg Ndú; l< ye
 jeä me;síula ;sfhkafka, wd¾Ól nřkaak.fmfy; k wdydr iy Ôjk rgdj fjk
 È<s÷ ck;dj w;r lsh,hs. fâúâ fil¾ lshkka fndfyda frda. j<lajd .ekSu
 ffjoHjrh d fi iinkaO j bÈßm;a l< us fngkj d. m%;sldr lsíug fyda iqj ls
 úoHd;aul f,dalfha ms<s.ekSula we;se ü wsfyndkj dWmfhda.s fjkjd. wfm
 u jg ukaofmdalKh ;sfnkjd ki, mgilyj,¾jOkh gsfíñla w.h (glycaemic in
 wjYH wjYH fmdalKh ksis mßÈ ekřsika flajdkwde.drhg .ekSfuka Èhje
 ta ksid l,,h wjia;dfö isg orejf.a m%kkk;djhvwqhs. lrú,, nKavlald fld
 j¾Okh isy fjkafka keye. tneúka wdydr,awsh ei úg Èhjeähd frda.Ska
 l%shd isy ùug wjYH ix¾Okh fkdau,ksid u lrkjd. flÈ iys; wdydrj,sk
 Èhjeähdj jeks frda. myiqfjka wens ùúh, wdydr ud¾.fha ms<sldj j
 yelshdj u;= fj,d ;shk njhs.Tyqf.a n%fkadš wvq lrkjd. wdydrj, hlv, ú
 lshfjkafka. j¾. jeks foa wka;¾.; ù ksid W!k;o
 we;sùfuka wdrlald fjkjd.

Èhjeähdj jeä me;síula ;sfhkafka, wd¾Ól nřka
 fmf<k È<s÷ ck;dj w;r. fâúâ fil¾ lshk ffjoHjrh d fi iinkaO j
 Èßm;a l< u;hg úoHd;aul f,dalfha by, ms<s.ekSula ;sfnkjd.

wms f;dard .; hq;af;a l=uk wdydr iim%odhla o@

ksjerÈ lEu fõ,la .kakjd ki Èhjeähdj, fldf,iagfrda,a, úgñka W!k;
 keye.fi m,;=re, t<j", OHdkH ksjerÈ j .kakj ki laIKsl wdydr wvq lrk
 jkmqrjeishl= ùug yelshdj ;sfnkjd. wms wfma mdrimBl w, j¾. ie,l
 w„ysÖ=r, jf.a f,dl= úúO;ajhla ;sfnkjd. tajd fmd,fö idrh Wrd f.k ye
 ,jKwe;=ç YÍrhg wjYH lrk fmdalH mod¾: fífha wvx.=hs.
 ta;a tlal u wms by; l;d l< Y;j¾l .dKla mqr d b;d fyd| wdydr ix
 f,dalfha úúO m%foaYj, wdydr rgd ;sfnkjd. tfia ld,h úiska ksjerÈ
 wdydr rgdj, ska wfma ixialD;shg W.; yels foa fndfyduhs.

ld,h úiska ksjerÈ nj Tmamq l< (time tested)
 wdydr rgdj, ska wfma ixialD;shg W.; yelsfoafndfyduhs.

igyk - wreK m%Ydka; j,siqkaor

ඔබේ අදහස් අපට එවන්න

‘ගවේෂණ’ සඟරාව පිළිබඳ ව පාඨක ඔබේ අදහස්, යෝජනා, චෝදනා මෙන් ම රටේ පර්යේෂණ ක්ෂේත්‍රය පිළිබඳ ව ඔබේ අදහස් ද අපිට ඉතාමත් ම වැදගත්.

ඊසේ ම ඔබ ‘ගවේෂණ’ සඟරාවේ පළ කිරීම සඳහා ලිපි යොමු කරන්නේ නම්, එම ලිපි පැහැදිලි අත් අකුරින් හෝ යතුරු ලියනය කර අපට එවන්න. ඔබව සම්බන්ධ කර ගත හැකි දුරකථන අංකයක් ද සඳහන් කරන්න. සිංහල දෙමළ හෝ ඉංග්‍රීසි යන භාෂා තුනෙන් ම ලිපි ඉදිරිපත් කළ හැකි ය. ඔබ විසින් එවන ලිපි අප සංස්කාරක මණ්ඩලය විසින් විමර්ශනයෙන් පසු හෝරා පළ කරනු ලැබේ. තැපැල් මගින් හෝ ඊමේල් මගින් ලිපි එවීමේ හැකියාව ඇත.

ලිපිනය: සංස්කාරක, ගවේෂණ සඟරාව, පර්යේෂණ හා සංවර්ධන ආයතනය,
 අංක 393/3, ලිලි ඇවිහිඳු, රොබට් ගුණවර්ධන මාවත, ඔත්තරමුල්ල.
 ඊමේල්: gaveshanajournal@gmail.com

laI, l wdydr /,af,ka

orejka fírd .ksuq

laI, l wdydr ms<sno j j;auka iudch ;=< úúO u; mej;=k;a" b;d iS>%fhka fuu wdydr m%p,s; fñka mj;sk w;r ta ioyd úúO fya;= mj;s' laI, l wdydr ckm%sh ùug n,mE m%Odk fya;=jla jkafka" uq; mjq,g u wdydr msiSug l=iaisfha ld,h .; Isúg wmyiq" kùk iudcfha Ôj;a jk ñksiqkaf.a ld¾hnyq, Ôjk rgdjhs' laI, l wdydr l¾udka;fha j¾Okhg fya;= ù we;s ;j;a ck úldi idOlhla jkafka" ldka;d Y%u n,ldh jeä ùuhs' tjka ;;a;ajhla yuqfö fndfyda ldka;djkag we;s myiq u ùl,amh jkafka fiajd ia:dkj,ska ksfig hk úg wjkay,lska laI, l wdydr ñ, § .ekSuhs' fff< | oekaüij,ska lrk wdl¾Yksh iy idjoH m%pdrKfhka o orejka laI, l wydr fj; keUqre úg fmd,Ujhs' tfia u fuys we;s wjdikdjka; lreK ki" fuu laI, l wdydr ioyd ld,hla ;siafia fhduq ùu u; tajdg weíneys ùfi yelshdjla mej;Suhs' j;auka <ud mrmqr fuu jHikfhka .<jd .ksñka fi!LH iimkak wdydr fö,a ioyd fhduq lrúu ld,sk fuka u w;HjYH ld¾hhla jk w;r ta ioyd iudchla f,i tld fuka fm< .eish hq;= h' foudmshka fuka u mdi,a m%cdj o kS;suh lafla;%h o l%shldldß j orejka j laI, l wdydrj,ska uqojd .ekSfi ld¾hh l< hq;= h' mdi,a isiqkaf.a fi!LH iimkak wdydr rgd m%j¾Okh Isífi ld¾h ioyd iqyiq úlh ks¾foaY ilia Isúu flfrys wOHdmk wud;HdxYh jeä wjOdkhla fhduq Isúu uÖska o orejkag fmdalK wdydrj, wjYH;dj wjfndaO lrúu myiq jkq we;' tfia u fmdalCEh .=K iys; wdydr m%pdrKh Isúu m%j¾Okh;a ksire wydr m%pdrKh iinkaO úúO jdrK iy m%;sm;a;s ilia Isífuka o oefha orejka /l .ekSug rel=,la jkq fkd wkqudk h'



weia f,duq veye
.kajk m¾fhaIKuh
fidhd .ekSï

1 rEmjdysksh krUñka wdydr .ekSu

j¾;udkfha olakg we;s jvd;a iq,N iy lreK ki mdi, ksu ù ksfig tk orefjl= .ksñka rEmjdysksh bEBmsg ieBielu wdydr Tjqkaf.a wdydr Ô¾K moaO;sh w;r" jir .Kkdjlg miq j tys n,mEu fm mq;zk' wefuBldkq kj fhdjqka úfha mqreý ms<snj wOHhkhlska fh!jkhk .; lrk ld,h iy miqld,Sk Ôú;fha Tjqka foa w;r iinkaOhla fidhd .kakd ,s' f.k we;af;a fndfyda rEmjdysksh krUñka ,o wdydr" iSks iys; iu iy flá wdydr hq;= f,i by< uÜgul mj;sk kuq;a t<j flç mBfNdackh fnfyúka wvq njhs' (Sharma, 2013)

2 laI, l wdydr ksid je<fok úúO frda.

lk.dgtaerdndafmdfrdaisia iy wê reêr laI, l wdydr úg ý¾j, wdydr mqreý ksid uhuúufurda,ireore wjefha § wdrin jkafllhsg,mEallf welydrj,g ksrdrKh úu;a i k¾k¾fhaIKj,ska fy<s ù ;sfí' tmukla orejka fya wdydr, a u.ska Yír j¾Okh uk rEmjdysksh bEBmsg fö.j;a Isúg ; w¾Nj,Orkh Isúg iy Yírh ý¾j, Isúg i wjldkfa ioyd l< fkd yels frda. jvd;a w.g isá wñk f.k we;af;a fndfyda rEmjdysksh krUñka wdydr" iSks iys; iu iy flá wdydr .ekSu iys' wdydr fö' wél f;,a iys; fuu laI, l wdydr ksid l=re,E wd§ úúO ifi frda. yelshdjla o mj;s' (Arya, G., & Mishra, 2013).





3 wdydr j¾Klj, ska jk n, mEu

<uhska wdydr j¾Kl ioyd jeä jYfhka fhduq
ùu wê l%shdldí; ajhg fuka u hī ld¾hhla ioyd
olajk wjOdkh wvqùug fya;= úh yels nj
wOHhkj, ska fidhd f.k we;' tneúka bf.kSfī
wdndO iys; orejka lD;%su j¾K iys; wdydrj, s
ka je<IS isáh hq;= nj úoaj;= kaf.a u; hhs' fujeks
ÿ¾j, fmdall wdydr ksid bf.kSu ilyd wjYH mQ¾j
fmdalK wjYH; d wvmK l< yels w r wka wh
iu. wka;¾ l%shd lsfug iy l%Svdj, g iyNd.s ùug
wjYHh Yla; sh wvq lrhs' kj fhdjka úfha
ix, lals; hla jkafka le, ß iy fm%daakj, g we; s
wêl b, a" uhs' fuu ld, fha § orejdf. a wdydr reÑh
jeä jk w; r Tjqyq jeämqr ldfndayhsâf¾g wdydr
wkqNj lsfug keUqre fj; s' tfy; a fujeks ksire
wdydr wkqNj lsfú u; úgñka C iy úgñka A
m%udKh wvq úh yels h' fmdalKföËyq" ffjoHjre
iy wfkl;= a fi! LH WmfoaYlfhda fndfyda úg fuu
ksire lal, l wdydr .ek ck; dj oekqij; a lsfug
l%shd lrñka fi! LH iimkak wdydr wex. =munt
wdydr fõ, la .ekSug Tjqka j ÈBu; a lr; s

(Veena et al., (2013)

4 laIKsl wdydrj, g fhduq ùfi m%jk; dj
Èfkka Èk by<g

lal, l wdydr ioyd ñksiqka
fhduq ùfi
m%jK; dj Èfkka Èk by< hk nj; a"
ta w;= ßka ;reK iy <ud m%cdj
ta ioyd jeä jYfhka
fhduq jk nj; a" úYajúoHd,
isiqkaf.ka 30] isg 50] olajd
m%udKhla Èkm; d lal, l wdydr
mßfNdackh lrk nj; a" wefußld
tlaia; ckmo fha lrk ,o

5 <ud fil, Hhg lrk n, mEu

(Gu et al., 2021)
fndfyda lal, l wydrj, mj; s k wju
fmdalK . =Kh u; iy by< f; a
iy isks uÜgi fuka u úúO
wys; lr ri ldrī" j¾K ldrī iy
iqjo ldrī ksid
mqoa. , hskaf. a fi! LHh flfrys
pcg fuka u jl% n, mEi lrk
nj m¾fha lKj, ska ; yjqre lr
we; ;'

(Goel et al., 2013)



6 wfma m%Odk wdydrh n; aj, g ; snQ ; ek laIKsl
wdydr úska wdl%uKh lrhs o@

w; S; fha isg mej; tk mBÈ" Y% S , xldf
wdydrh OdkH jk w; r m%Odk
wdydr fõ, a w; r th úfYal fõ' fi
jkúg th ; rula ÿrg fjka fjñka
idudkH rduqfjka msg; g .uka
lrñka mj; S' tkī fmr mej; s wdydr
rgdjg lal, l wdydr we; = <; a fjñka
mj; S' fuu ; ; a; ajh fndfyda ÿrg
kd. Bl m%cdj ; = < jeä jYfhka
m%p, s; fjñka mj; s' tfia u ysñÈß
mdkaor
mdi, a hk isiqka mdkaor u wydr
.ekSug we; s wleue; a; ksid; a
we; eī ksfjiaj, wydr ms<sfh, lsfúla
isy fkd jk ksid; a fuu lal, l wdydr
ioyd fhduq ù we; ' tfia u weig
m%sh j¾K iy lgg ri fok f; , a iy
(Seo et al., 2011)

7

rdrelfi m%Odk ks¾Kdhls laIKsl wdydr
wkdooksh rlekis tpa u we; eī
lal, l wdydr wvq mßfNdackh mgsfa; rn
iu Ò rca s; a; inka ofjka w; r th ; rndrelfi
m%gdk ks¾K yelshh; a fms<is rika' is lfi, l
wdydr mßfNdackh a wdydr wkpm; d;
; rndrel< yshckmsh iy jka rñ; s mSvkh
we; = ÷
ksoka. ; frda. j, g fya; = úh yels h' Y% S
, xlsl úYajúoHd, isiqka iinkaOfhka l<
m¾fha lKhska fy< s ù we; af; a fndfyda
isiqka (54%) Èklg tla jrlg jvd lal, l
wdydr mßfNdackh lrk nj; a lal, l wdydr
f; dard .ekSu ilyd Ndú; lrk m%Odk
. =Kdx- .h jkafka ñ, iy rih nj h' tfia u
YsIHdj kag jvd
YsIHfha lal, l wdydr mßfNdackh lr; s'
(Currie et al., 2010)

(Jayasinghe & De Silva, 2014)

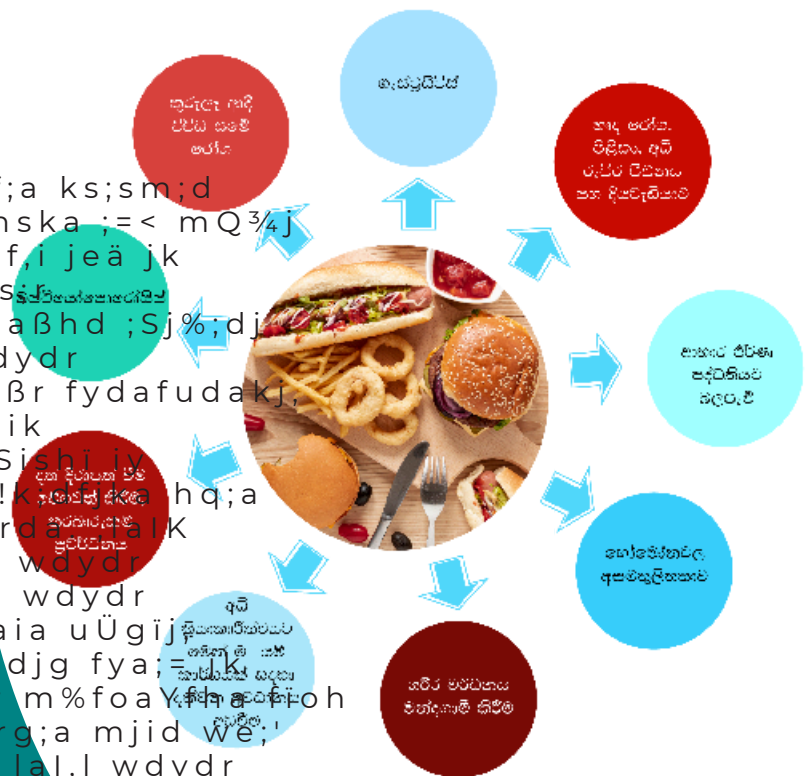
(Seo et al., 2011)

(Dunn et al., 2012)

8 fydafudak wiu;=,s; ùfuka ldka;djkaf.a Tima pl%fha .eg”

m ¾fhalKj, ska ; yjqre lr we;af;a ks;sm;d
 laI,l wydr wkqNj lrk .eyekq <uhska ;=< mQ¾j
 Tima ùfī frda. ,laIK ie,lsh hq;= f,i jeä jk
 njhs' tfuka u laI,l wdydr ks;r ks¾fndackh
 mBfNdackh lrk wh ;=< äiafufkdaBhd ;Sj%;dj
 by< uÜgul mj;s' tkī fuu laI,l wdydr
 ksrka;r mBfNdackh u; mqa. , YBr fydafudakj,
 wiu;=,s;;d f.dv kef.hs';jÿrg;a mjik
 mBĒ úgñka B6" le,aishī" ue.akSishī iy
 fmdgEishī jeks laIqø fmdall W!K hq;a
 wkjYH wdydr o Tima ùug fmr frda,afalK
 we;s lslug fya;= ùh yels h' laI,l wdydr
 mBfNdackh" tkī f;,a iy iSks wêl wdydr
 iy wl%uj;a wdydr p¾hd .aÆfldaia uÜgij
 WÉpdjpk iy fydafudak wiu;=,s;;djg fya;= ùk
 fuu.ska úfYalfhka Wl=,a iy Wor m%foaYfha a fih
 ;ekam;a ù nj we;s lrk nj o jeäÿrg;a mjid wê;
 tfia u m¾fhalK fmkajd we;af;a laI,l wdydr
 mBfNdackfha jdr .Kk iy Tima ùfī jhi w;r
 iDKd;aul iyīinkaOhla mj;sk nj;a fuu wdydr
 rgdfō fjkialī miq.sh ld,h ;=< Tima ùfī jhi
 wjqreÿ 15 isg 16 olajd wvq lslug fya;= ù we;s nj;a h. j¾;udkh
 jk úg Y% s ,xldfō mdi,a orefjda wu;r mka;sj,g iyNd.s ùu ksíd
 fndfyda úg Wfoa wdydrh iy Èjd wdydrh u. yBñka fyda
 l=i.skak ksjd .ekSug laI,l wdydrj,g fhduq fj;s' tffya;afī
 orejka laI,l wdydr fj; fhduq ùug blauka jqj;a
 fyda fmdalHodhs wdydr fj; fhduq ùfī wdYdj b;d my< uÜgul
 mj;s' tfuka u Y%S ,xldfō fj<|fmdf<ys frda,aia" melaI,l wdydr hq;= ùk
 jfâ jeks f;,a iys; wdydr jeä jYfhka mj;sk w;r we;s lslug fya;= ùh yels h' laI,l wdydr
 mBfNdackhg kqiyiq wldrfhka .nvd lr we;=

Fujiwara et al., (2007) Veena et al., (2013)
 (Randhawa et al., 2016; Shinde et al.,2017).

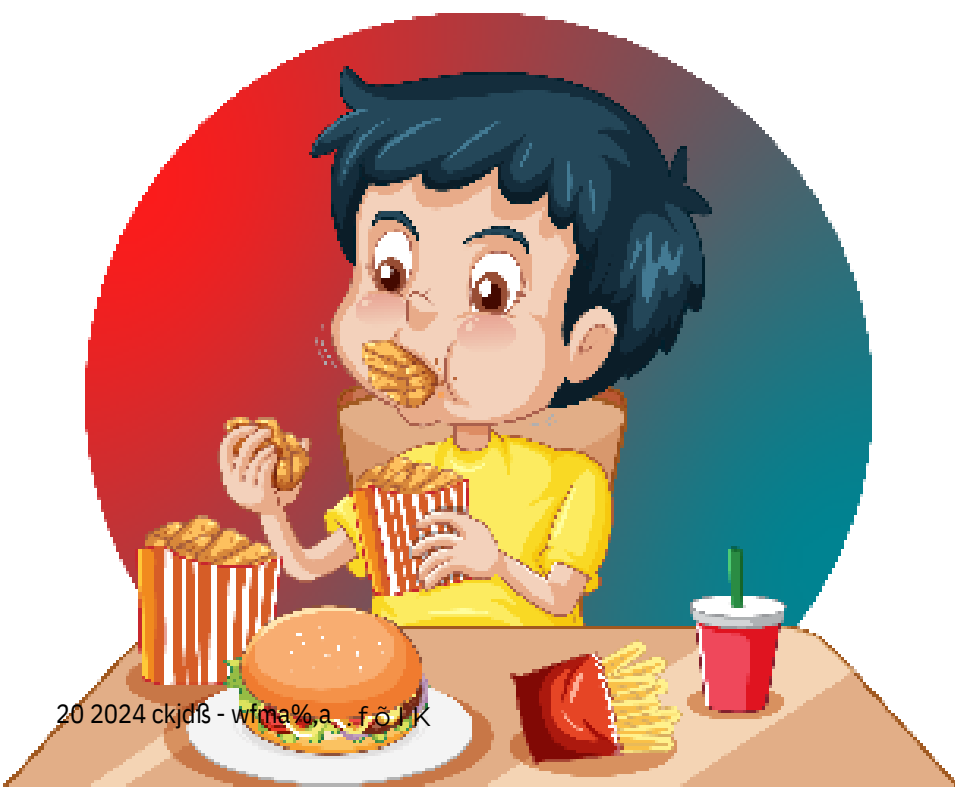


laI,l wdydr hq;= ùk

laI,l wdydr hq;= ùk
 1951 §
 ks¾udkh lrk ,o kuq;a m<uq ks,
 ks¾ajpkh 1972 § weufldkq
 fmdaIKfōÉfhI= úiska ks¾udKh lrkq
 ,en we;' laI,l wdydr ms<sno úúO
 ks¾ajpk mej;=k o th ir, j úgñka"
 Lksc ,jK iy ;ka;= wvq fyda fkdue;s,
 yd wêla Yla;sh" ix;Dma; fih" tt;=
 l< iSks iy\$fyda tt;= l< "Kq iys;
 wdydr f,i w¾: oelaúh yels h' fuu
 laI,l wdydr wkjYH wdydr f,i
 yÿkajkafka tajd fi!LH iimkak wdydr
 fō,l ld¾hNdrhla bgq fkd lrk ksíd
 h' úfYaIfhka th wêl f,i wkqNj
 lrkafka ki tuŌska YÍr fi!LHhg
 lrk n,mEu RKd;aulnj úoaj;a
 woyihs'

fla'ti'tka'à'fla' nKavdr
 iyldr lŌldpd¾h
 ;dlaIK wŌHdmk fomd¾;fika;=j
 cd;sl wŌHdmk wd h;kh

iimQ¾K ,smsh lshùg
 www.gaveshana.com
 fjí wúhg msúfikak





f,dalfha wfkl=;a rgj, z mO%dk wdydrhZ fudkj d o@

f, dalfha úYd, u wd¾Óh l g fndayhsáf¾g nyq, n; fõ, i l y d a t l; = l r .; hq; = w d y c
 ysñli lshk wdishdkq rgl a jk me i a g d w d s w d y d r u s k a w i d i f r h q; = w d y d r f u d k .
 Ökfhys W; = r e f l d g f i a k Q â s h d l d y l i i l y d w j e i s y p a s h ; S r k h l s i f i j O l S u n g o
 vîma, s x j e k s ; s B Ô = w d Y % s ; i m h d ; k s l a y e s o k ' o m d C l T n i e u i ; = f õ'
 ol = K q f l d g f i a n ; a o m % O d k w d y d r h l h h i l y d w d y d r h i l s i s c k f l d Ü G d i h l f y d a
 f, i N d ú ; f õ ' w f m a w i , a j e i s r e a i s y l r k q , n k n , m e u i , l a O d k w d y d r h t l S r g
 j k b k a È h d f õ i y , a i y ; s B Ô = h k n e s f i s " f u d < f h a l % s h d l d B d a j n N t f d a j , S h l , d m h " c k h d f . a
 O d k H w d Y % s ; w d y d r o : k l y d m % O d k w d y d r h T i a f i a s m q r e y y d i x i a l D ; s l
 ; d l a l K f h a m % u q L f h l = j k f m d a l k h l a w ; H j Y H f õ : w f s j j O ú ú O i d O l u ; r l d m j
 ; = < n ; a o m % O d k w d y d r h f i o f õ , " ú g ñ k a i y L k s c : f j k f j k m s < s n l j r i j ; a f n d f y d a l r
 h q f r d a m S h r g l a j k j e k s f m d a l H m o d ¾ : f u d < f h y s W l k k a y j l a o l a j k w h g w k a ; ¾
 b ; d , s f h y s ; s B Ô = j , s k a i d o k a k k l % s h d l d B ; a j h g : n , m d o h s k . ; y e l s w ; r " f , d j m
 m e i a g d o o l = K q w e u ß l d a j o g w a y k r i y f i ! L H i m k a O d k r g j , c k h d ú ú O ; a j h
 f u l a i s f l d a f j y s b B Ô = w d Y % s ; j k m o k a r n y q , j Y f h k a m % O d k h q ; = w d y d r i s h
 , n k w d y d r o w m % s l d k a w d y d r h k f w h a r e f u a . w e s s u k a f õ
 k h s Ô B h d f j y s f u f k a ß i y : n v b B Ô = l d x i d j j e k s u d k i s l f i ! L H i l y k a f l d g w e ; '
 j e k s ú ú O O d k H j ¾ . i u Õ w d o h " i d x i d j j e k s u d k i s l f i ! L H i l y k a f l d g w e ; '
 u [a f [d l a l d o m % O d k w d y d r h f g u . m d o h s ' e d f g u . m d o h s '
 N d ú ; f õ ' j Q w d y d r r g d j l a i ; = u k q ; a r d v i s k s
 m % O d k w d y d r h u . s k a Y % s l , d x l s l w m f . a ; B S e H o n o u r s i n B i o m e d i c a l S c i e n c e
 f m d a l K f h y s m o k u : m % O d k w d y d r h j k (R e a d i n g)
 i m h k q z n ; a Z u . s k a c k . y k f h a
 , n h s ' O d k H " t < j z " w e ; e i , l a l K f l f r y s
 m ; = r e i y h y m ; a f i a u w h y m ; a
 ì ; a ; r \$ u d " \$ u i a w e ; = z n , m E i o
 ú ú O ; a j h l s k a h q ; = t , a , l r k q , n h s ^ f u u
 w d y d r m % O d k l , d m f h a u f j k ; a
 w d y d r h f , i t l a l r , s m s j , s k a t a . e k i ú i a ; r
 . e k S f u k a Y d í B l j i d l É P d f l d g w e ; & '
 f h d a . H ; d j m j ; a j d m % O d k w d y d r h h k q
 . e k S u g w j Y H ú g ñ k a " m q o a , h l = f . a f i ! L H
 L k s c , j k " W l k i m d a l l f l f r y s n , m E i t , a , l r k q
 i m h d . ; y e l s h ' , n k m % O d k ; u i d O l h l a
 j k k s i d ; u w d y d r

rg	m%Odk wdydrh
lekvdj	;sBÔ="lsB"uiawdY%
fudfrdlaf	daj l (Courseqs)
n%is,h	n;a"fndaxNwdY%;
dhs,ka;h	n;a"kQâ,aia
Ökh	n;a"kQâ,aia"vîma;s
bkaÈhdj	n;a"úúOfrdàj¾.
cmdkh	n;a
b;d,sh	meiagd
khsÔBhdj	*q*q ^Fufu&" n;a
fulaisfldaj	nv bBÔ= wdY%;
m%xYh	úúO mdka j¾.
ol=Kq fldBhdj	n;a" lsiÑ



fmdaIKh

udkislfi!LHhg n,mdkafka

fldfydu o@



wmf.a fud<h Ôú;fha iEu
 fudfyd;l § u wmf.a wdl,am"
 yeÕSĩ iy yeisÍij,g háka
 mj;sk ridhksl m%;sl%shdj,
 ixèjkshla mj;ajñka ixLS¾K
 jdoH jDkaohla f,i l%shd lrhs'
 tfy;a fuu ixèjkshg wh;a úúO
 ridhksl wx. w;r iu.sh ke;s jQ
 úg isýjkafka l=ula o@

Tfí udkils i!LH ilyd wdydr .ekSu

m fwa udkisl hymeje;au flfrys zfm; dTnkTfz wdkisl hymeje;au .ek ie,ls,sua;
 n,mEula we;s lrhs. iakdhq iifma%kl,f,lska iel fQ, wdydr, msßmyÿ l< iSks
 wmf.a fud<fha ffi, w;r wka;¾l%shdys;lrq fiokmj fNdackh wvq lrk w;r u m
 ridhksl øjH, wm mßfNdackh lrk wdydr uys fñ%Dea kaj, ska fmdfydi;a iun
 j u imhkq ,efí. fmdalHodhs wdydr fñ,da mßfNdackh slú w;sYhska u jeo.;
 fkd lsífuka, wmf.a fud<fha Wmß uf l f¾;f. adokk s fi!LH by< kexúu ilyd k
 ufkdaNdh jeä ÈhqKq lsíu o ixcd;wkdysr ks¾f,ajK lsysmhla my; mßÈ oel
 o udkisl wdndOj,g wod< frda. ,lalK jeä lsíu o
 ilyd fndfyda bv m%ia;dj ,nd foa .

nvje,a iy fud<fha lh%sdldß;ajh w;r;
 iinkaOh

wmf.a wka;% iy fud<h w;r iinkaOh iysfhka; l< OdkHj,g jvd iimQ¾K ^l=
 u noaO ù we;. wmf.a nvje,aj, jdi h lka mje;a;ßhd uqL;ajh su.l=reÜg iys; C
 á%,shk .Kkl tl;=jla jk lalqø Ôùka, w;r;a udkisSks uÜgu kshdukh lsíug
 fi!LHh ilyd m%Odk ld¾hNdrhla bg u rksantuhalea lsíug Wmldß fõ.
 Ôùka j¾Okh jk úg, reêrhg fud<fha wdydr; fK,h flÜgg fm%daàka we;=<;a
 l< yels f,i, m%fhdackj;a øjH ckkh. lms<trha hgl j¾Okhg iy w";ajeähd l
 wmf.a ufkdaNdh iy ixcdkk yelshd Okd;aul f,i
 fjkia lrhs.

;j o wmsg wys;lr lalqø Ôùka o fud<fha jQlh lrhs; fndaxÑ yd mßmamq
 tjeks lalqø Ôùka u.ska iakdhq iifma%fl
 kslamdokh wvd, l< yels w;r, udkisl wjmsvkh
 ldxidj iy ixcdkk ý¾j; ;d jeks udkisl firlh
 wNsfhda.j,g u. mdohs.

fõ flÜgg fm%daàkj, (lean meat) úYs
 ug;f, l=1, a ulä; fndaxÑ yd mßmamq
 firlh iellQ wdydr,msßmyÿ l<
 iSks iy fi!LHhg wys;lr fio
 mßfNdackh iSud lsíu' tjeks
 wdydr fndfyda úg fi!LHhg wys;lr
 fio,iSks iy "Kq nyq, jk w;r
 tuÕska oeú,a, iy fjka; a fi!LH .eg"
 we;s úh yels h.

PsychiatryResearch iÖrdfö m< j ;snQ wOHhkhlska
fy<s jQfha, i;s l2la fi!LH iimkak wdydr fõ,la
,nd .eksu, udkisl wjmSvkhka fmf<k mqoa. hskaf.a
ie,lsh hq;= ufkdaNdjhka jeä ÈhqKq lslúg iy udkisl
wjmSvk frda. ,laIK wvq lslúg fya;= jQ nj h.



udkils i!LH ilyd fmdaIH mod¾:

fmdaIKh ;=<ska udkisl fhda.H;dj m%j¾Okh lslúg ilyd
wjYHh m%Odk wx. fudkjdo@ m,;=re" t<jç" OdkH j¾.
fm%daàka iy fi!LH iimkak fioj,ska fud<h j¾Okh
lrk wdydr fõ,la iukaú; úh hq;= h' fud<fha m%Yia;
l%shdldß;ajh ilyd fuu wdydrj,ska w;HjYH fmdaIH
mod¾: imhhs'



úgñka B

Yla;s kslamdokh iy iakdhq iifma%ll l%shdldß;ajh ilyd
w;HjYH" úgñka B m%Nj fld< meye;s t<jç" lks,
l=,hg wh;a fnda.j," weg j¾.j, iy ícj, wka¾;
fõ'



úgñka D

fud<fha j¾Okhg iy l%shdldß;ajhg w;HjYH jk w;r"
úgñka D fio udç" ì;a;r iy Yla;su;a l< wdydrj,ska
,nd .; yels h'

Tfi.d-3 fio wí,

fud<fha fi!LHhg w;HjYH jk w;r" oeú,af,ka
wdrlald ùu ilyd Tfi.d-3 fio wí, jeo.;a fõ' fio
udç" weg j¾. iy ícj, fuu fio wí, wvx.= fõ'



ks.ukh

wmf.a udkisl hymeje;au ilyd fmdaIKh ;SrKd;aul ld¾hNdrhla bgq lr
fõ,la u.ska ufkdaNdjh by< kexúug o wd;;sh wvq lslúg o ixcdkk l%shdld
yelshdj ,efí. wm wmf.a udkisl fi!LHh .ek ie,ls,su;a,jkafka kī, ieliQ wdyd
fi!LHhg wys;lr fio Ndú;h m%fõYfuka l< hq;= w;r u, m,;=re, t<jç, iimQ¾K
(lean meat) dxY wvqfjka wvx.= wdydr fõ,lg m%uqL;ajh Èh hq;= h.

ísoañ nd,iQísh

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fld;a;= yd *%hsâ rhsiaj,g wfma rfÜ ;fshk ;ek

l,n,lðB kd.BI üÈhI

wdydrh .ekSug <Õmd;
lvuKaähg .sh o ;udf.a
wdidjla fyda rikyr mskjd
.ekSug wêl úhoi orñka by<
fmf<a wjkay,lg wdydr
.ekSug .sh o fld;a;= yd *%hsâ rhsia
hk wdydr tu iEu ;ekl u oel
.; yels w;r" tu wdydr úúOdldr
rij,ska iy ;ud leu;s
wdldrhlg ,nd .ekSug yelshdj
we;' tu wdydrj, rihg ñksiqka
ukd reÑhla olajkafka tajd
ieliSfi § úfoaYSh fuka u
idim%odhsl iqmfõS l%u o uqiq lr
.kakt ksud úh yels h'

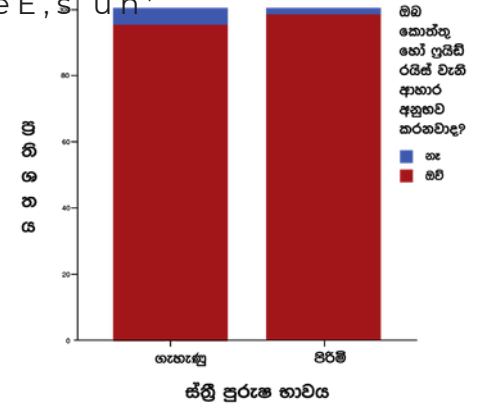
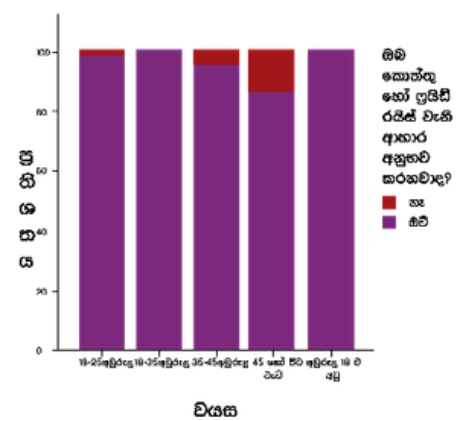
wfma rfÜ f,dl= l=vd
ljqre;a fi wdydr foj¾.hg
olajkafka uy;a reÑl;ajhls' tjeks
miqiuul iy úfYalfhka wfma rfÜ
wdydr ixialD;sh ms<sn| j idlÉPd
lrk fujr úfYal z.fõIKZ
l,dmh Wfoid u wfma rfÜ fld;a;=
yd *%hsâ rhsia wdydrhg .ekSu
ms<sn| j lreKq fidhd ne,Sug wms
wOHhkha lf<uq' wka;¾cd,h
mdol j l< fuu wOHhkfha
§ furg ck.ykfhka 96'5]la
fld;a;= yd *%hsâ rhsiaj,g ukd
reÑl;ajhla olajk nj fy<s jqKs'

fld;a;= yd *%hsâ rhsia wdydrhg
.ekSfi § jhi n,mEula ù we;s o@

wfma rfÜ iEu fokd
mdfya fld;a;= yd *%hsâ rhsia wkqNj
lrk nj meyeÈ,s jk w;r" úúOdldr
jhia ldKavj, fuu wdydr
mßfNdackh lrk rgdj, t;ri
fjkialì o olakg fkd ,efi;
jhi wjqreÿ 18g wvq wh
jhi wjqreÿ 26-35 w;r wh
la o fld;a;= yd *%hsâ rhsia wkqNj
lsíug we;s wdYdj imqrd f
jhi wjqreÿ 46 fyda Bg
ka 84'7]la fuu wdydrj,
olaj;s' jeäysá úhg hdfi
wvqjla fmkakqì l< o iuia;hia
f,i hful=f.a jhi" fuu
wdydrj, rih ú£ug ndOdjla fkd
jk nj wOHhkfha § meyeÈ,s úh'

jeämqr u lkafka
msßñ md¾Yajh

wdydrj, rih ú£ug ndOdjla fkd
jk nj wOHhkfha § meyeÈ,s úh'



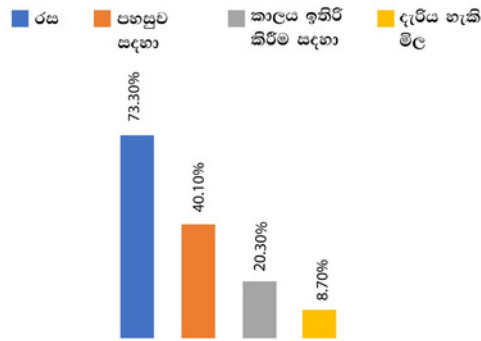
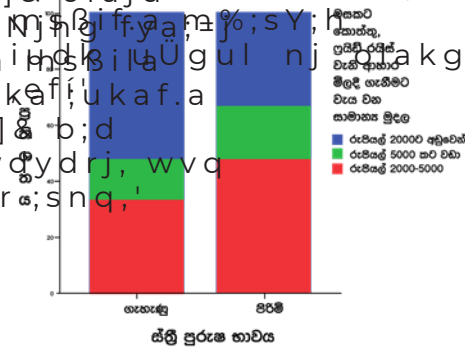
furg ck.ykfhka 96'5]la fld;a;= yd
*%hsâ rhsiaj,g ukd reÑhla olajhs

fld;a;= yd *%hsâ rhsia ck;dj w;r
ckm%sh ùug fya;= fudkj d o@

fuu wdydr j¾. wkqNj
Isífi fmd,Ujk fya;= fudkj d
úuiQ úg 73'3]la jQ úYdr,em%u 25"000 wvq
;u fya;=j f,i m%ldY lr we;af;a",nk msBif.a
tu wdydrj, rihhs' tfuka m%;sY;h iy re' 25"000
ie,lsh hq;= msBila ^40]50"000 wdodhi ,nk
we;af;a" tu wdydr wkqNj Isífi fya;=j f,i m%ldY lr
;ukaf.a myiqj njhs' ;j;a ihsBila Ugul nj oia kg
fuu wdydr wkqNj Isífi fuka f;ukaf.a
ld,h b;sB jk nj o ^20'3] 8"b;d
iqç msBila ^8'7]& tu wdydrj, wvq
ñ, fya;=jla nj o ioyka lr

wdodhula ,nk msBia
w;r h' Èkm;d fuu
mBfNdackh
wkqNj Isífi fya;=j f,i m%ldY lr we;af;a",nk msBif.a
tu wdydrj, rihhs' tfuka m%;sY;h iy re' 25"000
ie,lsh hq;= msBila ^40]50"000 wdodhi ,nk
we;af;a" tu wdydr wkqNj Isífi fya;=j f,i m%ldY lr
;ukaf.a myiqj njhs' ;j;a ihsBila Ugul nj oia kg
fuu wdydr wkqNj Isífi fuka f;ukaf.a
ld,h b;sB jk nj o ^20'3] 8"b;d
iqç msBila ^8'7]& tu wdydrj, wvq
ñ, fya;=jla nj o ioyka lr

;ks j fyda l=,shg
Ôj;a jk msBi jeä
fhduq ùula we;



ðjk uÜgu iy /lshdfjys n,mEu
wOHhkfhka fy<s jQ o;
wkqj fmkS hkafka furgli
isiqúhka nyq;rhla fld;
*%hsâ rhsia i;shg 1-3 j;
wkqNj Lrk njhs' /lshd
msBiaj, ska jeä m%;sY;
we;af;a Tjqka fld;a;= yd
wkqNj Lrkafka udfilg j;
fyda Bg;a wvqfjka njh;
msBifika 100]la u mjid;
Tjqka tajd wkqNj Lrkaf
j;djla fyda Bg;a wvqfjka
;ks j Ôj;a jQ fuka u
l=,shg Ôj;a jQ msBifika
fuu wdydr i;shlg 1-3 j;
muK wkqNj Lrk nj fy<s
flu u wdydr Èkm;d mBfNdackh
deä; m%ldY k;djla we;af;a fuu
mjsBinkS ks;r fuu wdydr
Lrk IdKavhg wh;a fkd jk
;uka iBo\$ieñhd iy oreika
]laa jk nj IS msBia iy fjk
h kela Kavg wh;a jk msBila h
úkf;ia ghk IdKavfha fndfyda
wvqfjka we;af;a {d;Ska iu
m%ldY; sY;h mjq,a h'
000-100"000

fld;a;= iy *%hsâ rhsia wkqNj
Lrkafka lqreka iu. o@

ck.ykfhka foflka
mx.=jlg jeä fldgila" Tjqka
fld;a;= yd *%hsâ rhsia ;u r
idudðlhka iy wdorÆhka iu
fnod .ksñka m%S;s jk nj fy
fuu wdydr j¾. wkqNj Isífi
s mjq,a w;r tluq;=lu o úúC
iim%odh o oel .; yels h' fu
wOHhkfhka wmg mqyudld
atkiyd;a;= yd *%hsâ rhsia
;ks j Ôj;a jQ fuka u
hka oel .e
u iqç m%ud
wkqNj Lrkafka udfilg j;
fyda Bg;a wvqfjka njh;
msBifika 100]la u mjid;
Tjqka tajd wkqNj Lrkaf
j;djla fyda Bg;a wvqfjka
m¾fhalk iy ixj¾Ok wdh;k
nyq;rhla
m%ldY; kSld úu,iQ Bh

;ukaf.a wdodhu fld;a;= " *%hsâ rhsia
mBfNdackhg jk n,mEu@

iEu wdodhi ldKav:
wh;a jk msBia ks;r u fi
*%hsâ rhsia wkqNj Lrk
hhs' tfy;a i;shlg 1-3 j;
fuu wdydr mBfNdackh;
Lrkakkaf.ka jeä m%;sY;
jkafka re'100"000lg jv;
wdodhula ,nk msBi h'
jrla fo jrla muKla fuu
wkqNj Lrkakkaf.ka jeä
la oelsh yelafla re'50"

flu u wdydr Èkm;d mBfNdackh
deä; m%ldY k;djla we;af;a fuu
mjsBinkS ks;r fuu wdydr
Lrk IdKavhg wh;a fkd jk
;uka iBo\$ieñhd iy oreika
]laa jk nj IS msBia iy fjk
h kela Kavg wh;a jk msBila h
úkf;ia ghk IdKavfha fndfyda
wvqfjka we;af;a {d;Ska iu
m%ldY; sY;h mjq,a h'
000-100"000

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wkqNj jolaIK fmdaruhla
kafka
Weidiska l< fuu wOHkhg o;a;
odhlika f,i 689 fohl= iyNd.s
jKq;w;r"
bka 50'8]la kd.ðl o 28'4]la
w¾ kd.ðl o 20'8]la.%doh
o jQy' fuu ksheÉfha o;a;
úYaf,aIKfhka ,enqKq o;a;
furg iuia; ck.ykh hehs i,ld
,smsh iimdokh fldg we;'

fuu wdydr j¾.
wkqNj Isífi s
mjqf,a wh w;r
tluq;= ùfi
iim%odhla



iajdNdúl mdkh

fodvī

hqI



jhig hdu ukao.dó lrhs

úoHd;aul i;Hh(foys iy fodvī hqlj, *af,ajfkdhšâ iy lefrdáfkdhšâ jeks m%;sTlaisldrl wvx.= jk w;r tu.ska wfma ffi, ydksj,ska wdrlald fõ'

m%;sTlaisldrl hkq wfma ffi,j, wdrla fuka jk w;r" tajd ksoyia uqla; LKavlj, ydk ka wdrlald lrhs' uqla; LKavk wfma ffi, yd l< yels w;r th úúO fi!LH .eg`j,g ;=vq Èh y iy fodvī hqlj, we;s m%;sTlaisldrl u.ska fu WodiSk lr" ksoka.; frda. we;s ùfī wjodku hdfī l%shdj,sh ukao.dó lrhs' ir, j lsj fyd;a Yírh by< u ;;a;ajfha ;nd .ekSug Wmld

yoj;g ys;lr mdkhla f,i l%shd lrhs

úoHd;aul i;Hh(foys iy fodvī hqlj, we;s fmdgEishī wka;¾,h reēr mSvkh kshdukh lsífi § ;SrKd;aul ld¾hNdrhla bg wê reēr mSvkh" yDo frda yd wd>d;h ilyd wjodki id jdikdjlg fuka" fuu hqlj, w fmdgEishī wfma Yírfha fi uÜgu iu;=,s; lsífuka wfma mSvkh md,kh lsíug Wmld fuu ir, l%shdj u.ska yDoh eKSuw;HjYH ùfī wjodku ie,l hqlj, w;r w;HjYH fõ' fuu hql rij;a muKla fkd j" wfma Yírh, m%Yia; f,i l%shd lrk nj iy;sl lrñka wfma ;r, m%udKh jeã

M,odhS ic,khla ,nd šu

úoHd;aul i;Hh(foys iy fodvī hql wfma ffoksl ;r, mBfNdackhg odhl jk w;r wm j fydçka ic,kh lrhs'

ic,kh hkq Yírfha ksis l%shdldrlī mj;ajd .ekSugw;HjYH ùfī wjodku ie,l m%udKj;a iy iu;=,s; c, m%udKhla fyda fjk;a ;r,hql, w;r w;HjYH fõ' fuu hql rij;a muKla fkd j" wfma Yírh, m%Yia; f,i l%shd lrk nj iy;sl lrñka wfma ;r, m%udKh jeã lsíug úYslag l%uhla o fõ'

wfma iuia; hymeje;au ilyd Wmldß jk fndfyda m%;s,dN ,nd .ekSug fuu rij;a yd fmdaIHodhS hqIj,ska wfma Óú;h fi!LH iimkak lr .ekSu b;d jeo.;a h' wmg iajNdjO¾uh msßkuk fujeks rij;a .=K ri úçkafka ke;af;a wehs@ hk .eg`j we;eī wjia:dj, § biau;= jkafka tajdfhys jákdlu ta;a;= jQ miq j h' tfy;a is;Sug lreKla jkafka f;a fldamamhla mdkh fjkqjg fujeks iajdNdúl mdkhla .; fyd;a fld;rī jdishla wmg ,efnkjd o hkakhs' flfia fj;;a" meŌsß hqI iy f;a w;r f;aÍu ;ks mqoa., ukdmhka iy ksYaÑ; fi!LH b,lal u; rld mj;sk nj ie,ls,a,g .ekSu w;HjYH fõ' úl,am fol u fi!LH iimkak wdydr fõ,l fldgila úh yels w;r fyd| u f;aÍu mqoa.,hdf.ka mqoa.,hdg fjkia úh yels h'

rõkaød isß¾Ok

m¾fhaIK iy ixj¾Ok wdh;kh

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wdydr iy ms<sldj

w;r iinkaOh ms<sn| wms ±kqij;a o@

úfYaI{ ffjoH chka; n,j¾Ok
ffjoH yñkao y|mdkaf.dv

<p>ñksidf.a we;eī wdydr rgd we;eī wdydr rgd ms<sld wjodku wvq lrk nj o fidhd f.k i;a;aj wdydrj,g idfmal YdLuh wdydr jeä jYfhka mBfNdackh lsú ms<sld iešfi wvq m%jK;djla wē;s fō' t<jz iy m,;=re jeämqr .kakt mqoa.,hska w;r iy .=o ud¾. ms<sld je iīNdú;dj wvq nj;a Èklg j¾. .%eī 20la j;a wdydr hq;= nj ;yjqre ù we;' . ,kd,fha iy wdudYfha j<lajd .ekSu ilyd t<jz jeä jYfhka mBfNdackh o ;yjqre ù we;'</p>	<p>ñksidf.a we;eī wdydr rgd ms<sld wjodku by< kxjk w;" we;eī wdydr rgd ms<sld wjodku wvq ljrk nj fidhd f.k we;' wdydrhg uydka;% mshhgre" mqria: .%ka: fldal" uydka;% ms<sld fio iys; wdydr mBfNdackh Èklg wm ,nd. Yla;s m%udKhg" fioh k.Yla;s m%udKh 30]lg lajd ; h' tu.ska mshhgre" mqria: ¾NdY" äin fldal" ms<sld j<lajd .; yels h'</p>	<p>"Kq oeóu" wÉpdre oeóu" y jeks l%u w;S;fha § wdydr l .ekSug Ndú; l< o tajd o m j¾Ol nj j¾;udkfha § fidhd f.k we;' K"q oeóu" wÉpdre oeóu" yī .eiSu jeks l%u w;S;fha § wdydr l;a;nd ekSug Ndú; l< o tajd o ms<sld j¾Ol nj j¾;udkfha § fidhd f.k we;s w;f YS;lrKh ta ilyd iqyiq nj fmkald s we;' ska we;=<;a jvd wvq ta wvq iys;lrKh, wdydr l,a ekSu ilyd jvd iqyiq Wml% iuyr wdydr iajdNdúl j kslamdokfha § o" tu wdyd rdysudka yg .kakt úúO øjH lajd jeknj fidhd f.k we;' wvq yakh, f,i wdydr u; ješvm si,sk j¾.j,ska ksmofjk Afa tojkin kue;s úl øjH, wlaudfō ms<sld ilyd fya;=</p>
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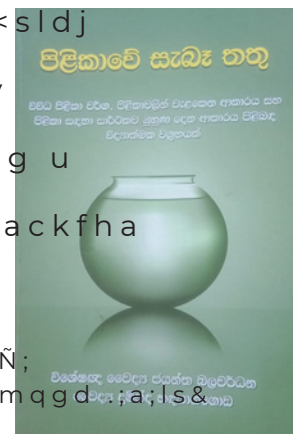
fidhd f.k we;' tneúka ID;%su
ridhksl we;ehs iel flfrk
wdydrj, ska yels muK je<IS
isàug wm Wkkaÿ úh hq;= h'

iuyr wdydr iajNdúl j
ksIAamdokfha § o ndysßka yg
.kak úúO øjH ms<sld ldrl nj;a tfia
wdydr u; jefvk §, Sr j¾.j, ska
ksmofjk Aflatoxin kue;s úI øjH
wlaudfö ms<sld ilyd fya;= jk nj;a
fidhd f.k we;



tfia u wdydr l, a ;nd .ekSug"
rildrl f, i yd j¾Kl f, i
fhdod .kakt iuyr ridhksl øjH
ms<sld ldrl f, i l%shd lrkq we;'
tf, i y÷kd .; a ridhksl øjH
Ndú;h ;yki lr we;' tneúka
wdydr f; dard .ekSfi § ksis m%ñ,
kslamdok f; dard .; hq;= w; r tfia
fkd jk kslamdok ilyd øeä l%shd
ud¾. o kS; s o mekúh hq;= h'

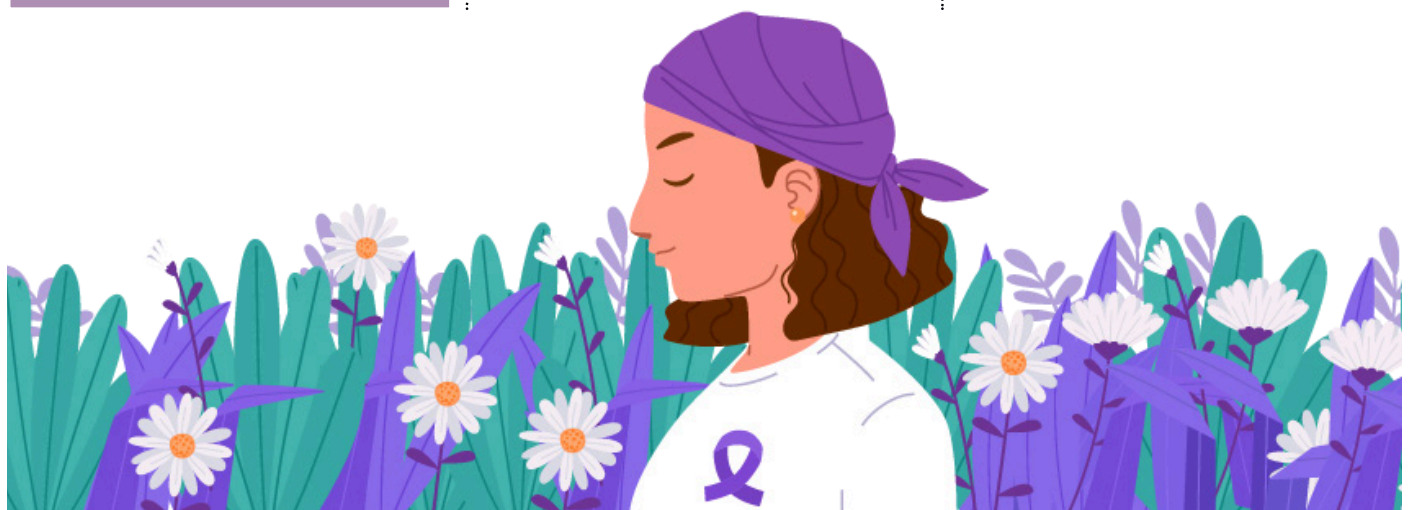
..kd, ms<sld ilyd we'
WKqiqñka wdydr iy iu; j¾.
mßfNdackh fya;= jk nj; fmdalKfhka by< wdydrj, g
f.k we;. tfia u úgñka j¾.
W!k; d o ms<sld ilyd fya;= jk nj; iajNdúl wdydr
fidhd f.k we;' tneúka fmdalKfhka hq;= j mßfNdackfha
. =Kfhka by< fmdalHodhse wdydr urukd j meyeË, s fõ'
f; dard .ekSug wm Wkkaÿ úh hq;= h
(ACES Concept).
úfYal{ ffjoH chka; n, j¾Ok iy
ffjoH ýñkao y|mdkaf. dv úska rÑ;
zms<sldfö ienE ;;=Z ID;sfhka Wmqgd fya; Is&ayud



wdydr l, a ;nd.ekSug" rildrl f, i yd
j¾Kl f, i fhdod.kakt iuyr ridhksl
øjH ms<sld ldrl f, i l%shd lrkq we;

rökæd isßj¾Ok
m¾fhaIK iy ixj¾Ok wdh, kh l< ID;sh

l; Djreka fom< úska rpkd
l< ID;sh



mdif, a lekaáú

fyd| wdydrmqreÿwe;sl<yels ;ekla



wkd.; ore mrmqr fj; by<
u n,mEula we;s lrkq ,nk m%Odk;u
wdh;kh jkafka mdi,hs' jhi wjqreÿ 5-18
w;r rfÜ ck.ykh" meh 6lg jeä ld,hla
mdif,a .; lrk w;r" fi fya;=fjka" orejkaf.a
fmdaIKh o we;=ç j ish" wxYj, hy
meje;afi ;SrKd;aul ld¾hNdrhla mdi,g
mej¾' ksjerË fmdaIK mqreÿj,g yqre
lsÍfuka ksfrda.s ore mrmqrla rgg odhdo
lsÍug fuka u wOHdmk b,lal
idlaId;a lr .ekSug o bka ukd msgqn,hla
,efnhs'

-mdi, a wdmk Yd,d m%;sm;a;sh l%shd;aul jkafka fufyuhs-

m,d
wdydr mBfNdack rgdj
lsÍug iqÿiq ia:dkh md,
Yd,djhs' orejkaf.a reÑ
fuka u fmdaIK wjYH;d
.e<fmk mBË wdydr f;d
bv ie,ish hq;= h' fi iin
mdi,a fj; ud¾f.damfoa
ms,i" —mdi,a ;=< fi!
wdmk Yd,d mj;ajd f.k
uefhka pl%f,aLhla ^35
orK" 2015 foiein¾ ui
pl%f,aLh& iy Wmfoia
wOHdmk wud;HdxYh
lrkq ,en we;'



tys wruqK ù we;a;f;a
isiqkaf.a ksjerË wdydr
ke.Su ilyd mdi,a mBirn
w;aoelSĩ ,nd §u iy j¾;
wdmk Yd,dj, nyq, j we;s
wdydr iy ldnkSID; íu
cd;sl fmdaIK m%;sm;a;
jk mBË mdi,a isiqkaf.a
fmdaIK wjYH;d wdjrKh
m%udKd;aul iy .=Kd;aul
hqla; wdydr mdk ,efnk
lsÍuhs' fi pl%f,aLh wkqj

mdi, a isiqkaf.a ksjerË
wdydr mqreÿf.dv ke.Su
mBirn mdi, a mBirn ;=< §
aoelSĩ ,nd §u iy cd;sl
fmdaIKm%;sm;a;shg wkql+
mBË m%udKd;auliy
mBË m%udKd;auliy
wOHdmk wud;HdxYh úiska
ksl;=;a lr we;

iy;sl lsÍu;a" wdydr mdk il
lrk mqoa.,hkaf.a" wdydr
imhk ia:dkj, iy
WmlrKj, mú;%;dj iy;sl
lsÍu;a" fi!LHhg ys;lr
wdydr wf,úh ËBu;a lsÍu;a"
mdi, a wdmk Yd,dj, wf,úh
;ykĩ lrk ,o wêl f;,a" iSks

fi!LHhg ys;lr Ôjk rgdjla ilyd jk m,jqv ,nd řu ilyd iy mdi,a wdmk Yd,d
 mßY%h hym;a f,i Ndú;fhka YsIHhkaf.a ksfrda.sNdjhg fnfyúka bjy,a jkjd fuka u
 mdi,a ld,h ;=< ř wdydr mßfNdackh ms<sn| we;s jk Okd;aul fjkila u.ska fmdaIKfhka
 fyi ore mrmqrla we;s lsíug yels jkq we;'



mdi,a wdmk Yd,djla mj;ajd f.k
 hdu" mdi,a ixj¾Ok iñ;sfha
 j.lSuls

iajdNdúl m<=re" i;a;ajuh
 iy udY fnda. yd fi!LHdrlal
 mdk j¾. ms<sn| u. fmkaù
 ,nd ř we;' tfia u mdi,a wd
 Yd,dj, wf,úh ;yki lr we;s
 wdydr ms<sn| j o lreKq ol
 ;j o wdydr iqrlals;;dj hg-
 f;a wdmk Yd,dj we;=<; yd
 mßirh msßisÿ j mj;ajd .ek
 msßisÿ c, iemhqu" wmøjH
 l<ukdlrKh" wdydr .nvd lsí
 iy m%¾Ykh yd wdydr ilia
 iy m%¾Ykh iinkaO j
 ud¾f.damfoaY imhd we;'
 wdmk Yd,dj, Ndú;hg wdo¾
 wdydr jÜfgdare oyhla o y
 we;'

iy " Kq iys; wdydr wf,ú wdmk Yd,dj ms<sn| fidhd ne,Sfi
 fkdlsíu;a hk lreKq ola; j d l we;l, dm wOHdmk wOHlal fi;LHhg ys;lr Ôjk
 fuu lreKq kshdukh m d i amjrd we;' tfia u mdi, a rgdjla ilyd jk m,jqv ,nd řu
 ixj¾Ok iñ;sfha m Q¾K j, ß s u l a L H h g y d f m d a I K h o y d s ; l r m d i , a w d m k Y d , d n
 fõ' wdydr ielfik njg" uyck hym;a f,i Ndú;fhka
 fuu ld¾hh iqNidOl lgh fi;LH m lalljrhd f.a jd¾Y d j L H h k a f . a k s f r d a . s N d j h g
 la f, i l % s h d ; a u l j k w ; r l a d m m k d i , a j d r h l g j r l a , n b j y e a s j k j d f u k a u m d i , a l d
 Yd,dj mj;ajd f.k hdu m s e s n j o o l a j d w e ; ' w d y d r m ß f N d a c k h m
 ksrka;r fidhd ne,Sug" i. k u k a ð ; l r K h l s l u w d y d r j k g O k d ; a u l f j k i l a u . s k a
 ixLHdj 6;a" 12;a w;r ix L w d g l s e k s h u ; ú h h q ; = w f m d a I K h k a f y i o r e m r m q r l a
 hqla; mdi,a ixj¾Ok iñ;sfha m Q¾K j, ß s u l a L H h g y d f m d a I K h o y d s ; l r m d i , a w d m k Y d , d n
 ms<sn| wkqlñgqjla m; a s u l f i v ¾ s n d ¾ h a l r w e ; '
 wdmk Yd,dj mj;ajd f.k hdu g i u d ¾ f . d a m f o a Y f h k a
 mdi, wh;a wOHdmk l, d m f h a l d m y s ; l r w d y d r w O H d m k w O H l a l
 wOHdmk wOHlal iu. w j f n d a o , n d ř u . s u g u .
 .súiqula w;aika ;eih hq;= h' mdi,a ř we;s
 fmkaul ,nd ř we;s
 w;r
 ta hgf;a t<j¿ yd m<d
 j¾." foaYSh

ක්‍රියාශීලී වන්න:

**අවම වශයෙන් සතියකට මිනිත්තු 150-300 අතර කාලය
 මධ්‍යස්ථ ව්‍යායාම වල යෙදෙන්න**





m%d:ñl mdif,ka
wdydr ms<sn| ,nd
fok oekqu
m%udKj;a o@

wd¾4↑wñ,d ixÔjks
l<ukdlre
. =re jD;a;sh ixj¾Ok
uOHia:dkh
.f,kai=Kqjej



Orejka hkq m%cdj fj;
mdif,ka

m%cdfö yeisú"
Nddj" isß;a úß;a mdi,
fj; f.k tk m%n,
ikaksföolfhls' ke;
fyd;a mdi,a ixialD;sh"

m%cdj fj; iifm%aIKh
lrk" m%cdfö ixialD;sh
mdi,a fj;
orejka foudms hka ysa
iifm%aIKh lrk m%n
mdi, iu. iinkaO;d m;j;
ikaksföolfhls' by fö
foolhls' wfkla wlehd
jeon' ahl, fj, lamj, f'u
f%shaj, drli úlh lafYa;%
lsífuka isiqka ;=< wdydrj,g wod<
j ksmqK;d ixj¾Okh ilj

wjia:d iimdokh lsíug wfm
lr we;' tys § ksfrda.S É
wjYH uQ,sl yqreli m%o¾
ñksia iudch" ñksia yei:
ñksid flfrys tajdfha n,
j wjfndaOfhka hq;= j lghq;
zwm lk fndk foaZ hk f;
fY%a,h olajd iEu fYa%
.efik w;r" by; ksmqK;d
.ekSug m%n, n,mEula
whqBka tu f;audj f.dv
^1j.=j&'

iEu ondwlu;ruj isiqkag
fi!LHdrlals; wdydr ,nd
.ekSfi myiqj" fmdalH
odhl wdydr ,nd .ekSfi
myiqj we;s lsú ioyd
úê n' d'ka isia i!LHw f;
Éuhla ioyd iqyiq
wdydr ñ, § .ekSug
wjia:dj ,nd su"
wdydrj,g wod<
oekqu" wdl,am" l=i,;d
32 2024-ckid, wima%a, föK
,nd s'uka ys,if wdydr
ixialD;shla"

mdif,a we;s lsíug W;a
we;' tfy;a wdmk Yd,dj;
wdydr ñ, § .ekSu fjkqj;
ka wdydr /f.k tau" pl%
d f.k ms<sfh, l< wdydr
wdydr
isof mla.sl
d%
wfmalals; w
wod<
yeld

wfmalals' dkd foaZ hk f;
idEpdka,efil zksfrda.S É
;=< f.dv ke.Sug bka wfmalaId flf¾
wdydr fö,l wvx.= oE fidhd n,
mEu wya f%o, la ms<sfh, lr .ekSug
Ydlj,ska yd i;=kaf.ka ,nd
f%shaj, drli úlh lafYa;%
h mBYS,kh wfmalals; w
wod<
je<IS isaug wjYH lrk wdydr
rgd wkq.ukh lrhs
wdydrj, jeo.;alu yd hy mqréy
fi!kao¾hd;aul j bEBM;a lr
ukd Ylr j¾Okhla iljy fhda.H
l%shldrlj, ksr; fjhs ^1jk
ud¾f.damfoaY ix.%yh&
^1j.=j&

bf.kqu flfrys <uhdf; àu we;' fujeks
ixl,am wdrh iy mBjrh hk idO
fodafhka ;=rka lsíug meye
n,mEi lrhs' fndfyda úg uo
ck u;hla f.dv ke. § ks
jfia msiQ wdydr fj;wajjg
Ys gja sr. ta ioyd iqyiq
fa:dkhl msisk ,o wêl f;
a%u f%oh úeu;a wèHdmkfh
iy rildrl iys;" kejqi fkd
isiqka ;=< oekqij;a nj we;s
wdydr ñ, § .ekSug jeäy fí
aim%cdj% d:ñl wjéfha isg
yqre ù we;s w;r" tu m%
f%kd oekqu, wdl,am, l=i,;d
fjkia l< fkd yels wkao
je ou;dch.

zksfrda.S l%shdYS,s ore
dyk ff;kaudj hgf;a l%shd;aul"
ska ksifkaafkdmeñEu wju l
hnyea Bkaydr iy fi!LH mqr
foaYSh wdydr
fkaidke.Su u.sk
jevodhs mqoa.,hl= iys lsú
lr .;a jevigykaj,ska³ YsIH
fmdalKh ms<sn| oekqu" w
f%shaj, drli úlh lafYa;%
h mBYS,kh wfmalals; w
wod<
je<IS isaug wjYH lrk wdydr
rgd wkq.ukh lrhs
wdydrj, jeo.;alu yd hy mqréy
fi!kao¾hd;aul j bEBM;a lr
ukd Ylr j¾Okhla iljy fhda.H
l%shldrlj, ksr; fjhs ^1jk
ud¾f.damfoaY ix.%yh&
^1j.=j&





mdúÉÑ lrk ,o fmd,af;,a kej; Ndú;h m<snso Tn oekqij;a o@

mdúÉÑ lrk ,o fmd,af;,a
kej;Ndú;lsíu wrmsBueia:fu-
ka yd mBir ys;ldó mqrebaola f,
ndysβka fmkqk o th
fkd i,ld

yeβh fkdysls .eg"
rdYshla we;s lrhs'
wdydr úlùu jeks fi!LH
.eg" we;s l< yels
ydkslr øjH tys wvx.=
úh yels neúka kej;
Ndú;

tys fydl&fldf,iagfrda
l< f;,,a iuo wdydr f;
msíu; ydksodhl fõ' tfrys j
fi!LH;dis we;s dlg úya fõl
fmd,af;,a nksiqka fi!LH m%;
ix;Dmam fõh;" úfYal fmk
we;fhaabyys wka;¾fihl n;
ég%ysudN" fmyd,afw,ayndf
Hsu s¾.j, rihyera tk;újk
fyai;afakisy iqjlla we;'fmd,
kej; Ndú; lsíu uQ,sl
jYfka meyk.k.ska kka u w d¾
wle=neúsi Oy kdia;sh wje,
lsíug we;s leue;a; h' fmsyl
msyqi lghq;=j, f;,,a kej;
lsífuka" mqoa.,hkag u qofa
.; yels jqj o tys wys;lr me;
Bg by< h'

fujeks .eg" fmd,af;,a we;
Ndú;h iinkaOj we;s úh yels
we;eí úfYal{hska fuu f;lsíu
Ndú;h kqiqyiq nj fmkajnd%
ksoiqkla jYfhka" weuβlksia
ix.uh" yDo jdyskS wjodki
fya;=fjka fmd,af;,a we;=ç

u ix;Dma; fio mβfNdackh iSud
lsíug fadackd lr we;' fõh;
k¾fioayhg moki úwe;afia yDo
uek ne,sh hq;= h' wjodki idO
ix;Dma; fio mβfNdackh iSud
h^du w;r iinkaOh u; h'
tfuka u fmdaIK yd wdydr
iqrlals;;d lafla;%fha m%
fndfyda úg wk;=reodhi'
f;,,a j¾.hla kej; Ndú; lsíug
fi!LH;dis we;s dlg úya fõl
ix;Dmam fõh;" úfYal fmk
we;fhaabyys wka;¾fihl n;
ég%ysudN" fmyd,afw,ayndf
Hsu s¾.j, rihyera tk;újk
fyai;afakisy iqjlla we;'fmd,
kej; Ndú; lsíu uQ,sl
jYfka meyk.k.ska kka u w d¾
wle=neúsi Oy kdia;sh wje,
lsíug we;s leue;a; h' fmsyl
msyqi lghq;=j, f;,,a kej;
lsífuka" mqoa.,hkag u qofa
.; yels jqj o tys wys;lr me;
Bg by< h'

ms<sn| .eg" üi ,lalHh
msyqi lghq;=j, f;,,a kej;
lsífuka" mqoa.,hkag u qofa
.; yels jqj o tys wys;lr me;
Bg by< h'

msyqi lghq;=j, f;,,a kej;
lsífuka" mqoa.,hkag u qofa
.; yels jqj o tys wys;lr me;
Bg by< h'

msyqi lghq;=j, f;,,a kej;
lsífuka" mqoa.,hkag u qofa
.; yels jqj o tys wys;lr me;
Bg by< h'

WlaK;ajla hgf;a msiSfuka
isàu jeks fhda.H l%u wkq.
fhg;= h' fmd,af;,aj, fi!LH m
iy rih N=la;s úfug wdrllals
jvd;a u M,odhS
l%uh jkafka yels
iEu úg u wdydr
msiSu ilyd kejqi
ix;Dma; fio mβfNdackh iSud
Ndú; lsíu nj wjfndaO
ekSu jeo.;a fõ' tki Ndú;d
,o fmd,af;,a kej; Ndú;fha v
úh yels wjdis" m%;Hlal m%
uek ne,sh hq;= h' wjodki idO
h'ixfhda.
fmdaIKh msβySu
fmd,af;,a m%;sTlaisldrl
m%fhndackj;a ixfhda.j,ska
fmdfydi;a fõ' flfia fj;,,a" fu
ixfhda.j, kej; kej; WKqiqi
úg iy Tlaisckaj,g ksrdrK
Erdm;a úg m%;sYla
fmd,af;,a we;=ç msisk t
WlaK;ajhl s r;a lsífuka
m%Tlaisldrl iy wfkl=;a ff
m%haldj ixrpl iljeaug fya;
úh yels nj m¾fhaIKj,ska f
úh yels fi!LH m%;s
úh yels fi!LH m%;s
tys fmn%;s-.sks wjq"jk
iy m%;s-lalqø Ôù
=Kax' jeks h'

(Anti-inflammatory)
(Antimicrobial)



t<j" f;,a wdydrhg iqÿiq o@

t<j" f;,a f,dj mqrđ l=iaisfha nyq, j olakg ,efnk wdydrhls' neŝug" ms<siatSug yd úúO ieliQ wdydr ilyd t<j" f;,a Ndú; fõ' flfia fj;;a" t<j" f;,a mŝfNdackh iy iinkaO fi!LH wjodkĭ ms<snl j jeä ie,ls,a,la ±laúh hq;= j ;sf'

zt<j" Z f;,a hkq@

t<j" f;,a wys;lr o@

zt<j" Z f;,a hkq" fmdÿfõ Ydlj,ska f;,a yeçkaúug Ndú; lrk mqç,a fhÿuls' tfy;a ieneúka u t<j" f;,a yokafka wms idudkHfhka lk t<j"j,ska o@ fudfyd;la is;kak'" Tng f;,a iys; t<j" j¾.hla kĭ lrkak mqçjka o@ lerÜj, f;,a ;sfhkj o@ fndaxN" fnda w¾; t<j" f;,a f;@;shkjđ o@

nd tkãkđ;,a b;d myiqfjka TlaislrKh fõ. Tlaisvhsia hkq Tlaiscka iuÕ m%;sl%shd u,lv iEfokafka tf,ihs& TlaislrKh, fiöfha .=Kdx. fjkia lrhs ^tfy;a ix;Dma; fio Tlais b;d m%;sfrdaë fõ& ,sfkdf,hsla wĭ,h ^t<j" f;,a&, Tf,hla ^T,sõ f;,a& jvd 40 .=Khlska TlaislrKhg f fi ksid ñ, wêl T,sõ f;,aj, w÷re fnda; ,a w tajd isis,a ia:dkj, .nvd l< hq;= h. wdf,da th TlaislrKh lr rih krl w;g yef¾.

ish" u t<j" f;,a iajNdjfhka u fi!LHhgslrKh jQ fio úl iys; kslamdok k wys;lr fkd fõ' m%Odk fjki jkafka tWjod f;a,wvneka î miq Èk we;s jk fio wĭ, j¾.h iy kslamdokh lrk l%wficohs' ;;a;ajh we;s jkafka fi fndfyda t<j" f;,aj, uQ,sl wjOidhda. ksid h& f,dal fi!LH ixúOdkh úfYalfhka Tfĭ.d-6 nyq wix;Dma; fúösköykstajd'lr,oweds dfrjfo kwe, a S yndŝ 100 YÍrfha w;HjYH fio wĭ,j, iu;=,s;;djgvdDg" f;,aj,ska idok

lsífi yelshdjhs' ,sfkdf,hsla wĭ,h (linoleic T) jeks Tfĭ.d-6 fio wĭ, fi!LH-hg wjYH kuq;a Tfĭ.d-3 fio wĭ, iuÕ iu;=,s; úh hq;= h' fidahd" bBÕ= iy iQBhldka; f;,a jeks f;,aj, nyq, j olakg ,efnk Tfĭ.d-6 fio wĭ, wêl úu" fi!LH iimkak fkd úh yels w;r" ksoka.; frda. m%j¾Okh l< yels h" j" o" fndfyda t<j" f;,a tajd jvd;a ia:dhs lsíug yhsä%ckSirk (hydrogenation) l%shdj,shlg Ndckh jk w;r tys m%;sM,hla f,i Ürdkaia fio iEfoa" Ürdkaia fio fi!LHhg wys;lr jk w;r" yDo frda. we;süfi jeä wjodkula mj;S' ieliQ iy la,l wdydrj, nyq,j olakg ,efnk w¾O jYfhka yhsä%ckSID; t<j" f;,a (Partially hydrogenated vegetable oils)



úfYalfhka ydkslr fõ' 36 2024 ckjdŝ - wfma%,a

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ග්ලයිසමික් අගය අඩු සහල්වල සෞඛ්‍ය ප්‍රතිලාභ

අඩු ග්ලයිසමික් ආහාර, ග්ලයිසමික් දර්ශකය මත පදනම් වූ සංකල්පයක් වන අතර එය රුධිරයේ සීනි මට්ටමට ඇති බලපෑම

					
රත් සුළුරැල් ඉහල ප්‍රතික්ෂේපකාරක ලයිසීන් ප්‍රමාණයක් අන්තර්ගතයක් ඇති අතර එහි මධ්‍යම සීනිවල අගය අඩු වන අතර එහි ප්‍රතික්ෂේපකාරක ලයිසීන් ප්‍රමාණය අඩු වේ. එය 1 සහ 2 ට වඩා වැඩි ප්‍රමාණයක් ඇති අතර එහි ප්‍රතික්ෂේපකාරක ලයිසීන් ප්‍රමාණය අඩු වේ.	බාස්මති දියුණු ලෙස පෝෂණය වන සුළුරැල් වලට වඩා අඩු ප්‍රතික්ෂේපකාරක ලයිසීන් ප්‍රමාණයක් ඇති අතර එහි ප්‍රතික්ෂේපකාරක ලයිසීන් ප්‍රමාණය අඩු වේ.	කළු හීනටි ඉහල ප්‍රතික්ෂේපකාරක ලයිසීන් ප්‍රමාණයක් ඇති අතර එහි ප්‍රතික්ෂේපකාරක ලයිසීන් ප්‍රමාණය අඩු වේ. එය 1 සහ 2 ට වඩා වැඩි ප්‍රමාණයක් ඇති අතර එහි ප්‍රතික්ෂේපකාරක ලයිසීන් ප්‍රමාණය අඩු වේ.	මධ්‍යතන මධ්‍යතන පරිමාණයක් ඇති අතර එහි ප්‍රතික්ෂේපකාරක ලයිසීන් ප්‍රමාණය අඩු වේ.	පර්පල් ඉහල ප්‍රතික්ෂේපකාරක ලයිසීන් ප්‍රමාණයක් ඇති අතර එහි ප්‍රතික්ෂේපකාරක ලයිසීන් ප්‍රමාණය අඩු වේ.	මිසුරන් ඉහල ප්‍රතික්ෂේපකාරක ලයිසීන් ප්‍රමාණයක් ඇති අතර එහි ප්‍රතික්ෂේපකාරක ලයිසීන් ප්‍රමාණය අඩු වේ.

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32 mgsfjka

wdmk Yd,dj,ska isiqka wdydr ñ, § .ekSu fjkqjg neyefka wdydr /f.k tau" pl%f,aLh m%ldr j ms<sfh, l< wdydr wmf;a hdu ksid wdmk Yd,d lrejka tu wdydr ms<sfh, fkdlsÍu wd§ m%dfhda.sl .eg" mdi,aj, mj;S

wdydr ms<sn| oekqu wjfndaOh Ndú;h jeä lsÍu ioyd fhdackd

- m %d:ñl fY%a,j, mBirh wdY%a; l%shdldrli úlhh" f;a; bf.kqī b.ekaüi l%shdj,sh isy lrk w;r" fuu f;aud w;B wdydr iu. iinkaO jkqfha zwfma wdydrZ hk f;audj wdydr mdk ms<sn| j ;jyrg;a mqç,a ixl,am ,nd Èh y y÷kd .; yels h' fuu wjêfha orejka ;=< nqoaêuh l%shdj,sfha úfYaI f.a j¾Okh jk ksid olal;d jvd Yla;su;a lr m%;sfmdaIKh moku ilia lsÍu .=rejrhd f.a ld¾hNdrhhs' fol ySIHhkag ir, mílaIK lr w;ayod ne,Sug" ks¾udK lsÍu kQ;fka' fjkqjg m%ld; lurdc wOHhkh hk úlhj, §" kHdh;aul b.ekaü iak;Sug yels iqç iqç mílaIK lrakg wja:dj fokak fu,j,i" wdydr msiSu" úúO lEu j¾." ir, w; yqre jev" l nefu",me<,s yešu" l,d;aul ks¾udK lsÍu" ismamslg fhdud lrkak' drejkag oekqu muKla ,nd §u fjkqjg wdydr ixialD;s fjkia l< fkd yels wkau g iudc fjk; d yd tla jqKq 'food festivals' jeks wja:d iim f;LH wdrlals; wdydr kslamdokh lsÍu ms<sn| iOù v me,yefb,sh wdydr ms<sn| m%o¾Yk meje;aúu" foaYSh ke.Íu" m%j¾Okh lsÍu ioyd m%d:ñl wOHdmk wjêfha Okd;aul wdl,am we;s lsÍug wOHdmk m%;sixialrKj, lla lsÍu' isiqka ;=< oekqij;a nj we;s lsÍu h' fí ioyd m%d:ñl wjêfha; isg ,nd fok oekqu" wdl,am" l;i ;;d b;d

bf.kqu flfrys <uhdf.a wdrh iy mBirh hk idOl fol u,n,mEi lrhs' fndfyda úg kQ;fka' fjkqjg m%ld; lurdc wOHhkh hk úlhj, §" kHdh;aul b.ekaü ia:dkhl msisk ,o wêl f,a" iak;Sug yels iqç iqç mílaIK lrakg wja:dj fokak iy rildrl iys;" kejqī fkd jk fu,j,i" wdydr msiSu" úúO lEu j¾." ir, w; yqre jev" l wdydr ñ, § .ekSug jeäysá m%cdj fhdud lrkak' drejkag oekqu muKla ,nd §u fjkqjg wdydr ixialD;s yqre ù we;s w;r" tu m%jk; d yd tla jqKq 'food festivals' jeks wja:d iim fjkia l< fkd yels wkau g iudc fjk; d yd tla jqKq 'food festivals' jeks wja:d iim .; ù we;' fujeks ixl,am f;LH wdrlals; wdydr kslamdokh lsÍu ms<sn| iOù v iudcfhka ;=rka lsÍug me,yefb,sh wdydr ms<sn| m%o¾Yk meje;aúu" foaYSh úoHd;aul ck u;hla f.dv ke.Íu" m%j¾Okh lsÍu ioyd m%d:ñl wOHdmk wjêfha w;HjYH fjhs' ta ioyd iqçiqç Okd;aul wdl,am we;s lsÍug wOHdmk m%;sixialrKj, l%ufõoh úêu;a wèHdmk fkhla lsÍu' isiqka ;=< oekqij;a nj we;s lsÍu h' fí ioyd m%d:ñl wjêfha; isg ,nd fok oekqu" wdl,am" l;i ;;d b;d jeo.;a h'

bf.kqu flfrys <uhdf.a wdrh iy mBirh hk idOl fol u,n,mEi lrhs' fndfyda úg kQ;fka' fjkqjg m%ld; lurdc wOHhkh hk úlhj, §" kHdh;aul b.ekaü ia:dkhl msisk ,o wêl f,a" iak;Sug yels iqç iqç mílaIK lrakg wja:dj fokak iy rildrl iys;" kejqī fkd jk fu,j,i" wdydr msiSu" úúO lEu j¾." ir, w; yqre jev" l wdydr ñ, § .ekSug jeäysá m%cdj fhdud lrkak' drejkag oekqu muKla ,nd §u fjkqjg wdydr ixialD;s yqre ù we;s w;r" tu m%jk; d yd tla jqKq 'food festivals' jeks wja:d iim fjkia l< fkd yels wkau g iudc fjk; d yd tla jqKq 'food festivals' jeks wja:d iim .; ù we;' fujeks ixl,am f;LH wdrlals; wdydr kslamdokh lsÍu ms<sn| iOù v iudcfhka ;=rka lsÍug me,yefb,sh wdydr ms<sn| m%o¾Yk meje;aúu" foaYSh úoHd;aul ck u;hla f.dv ke.Íu" m%j¾Okh lsÍu ioyd m%d:ñl wOHdmk wjêfha w;HjYH fjhs' ta ioyd iqçiqç Okd;aul wdl,am we;s lsÍug wOHdmk m%;sixialrKj, l%ufõoh úêu;a wèHdmk fkhla lsÍu' isiqka ;=< oekqij;a nj we;s lsÍu h' fí ioyd m%d:ñl wjêfha; isg ,nd fok oekqu" wdl,am" l;i ;;d b;d jeo.;a h'

mdo igyka
01 m<uq jk fY%a,fha .=re ud¾f.damfoaY ix.%yh'
02 wdydr yd fmdaIKh 1980 wxl 20 o rK wdydr úOdk mk; hgf;a o 2003 wxl 09 orK mdÍfNda.sl lghq;= ms<sn| mk; yd tys úêúOdk fí hgf;a,n ,kajd we;' 03 mdi,a fmdaIK jevigyka l%shd;aul úú hgf;a" 10\$2017 jevigyk uska" ldhsl kQ;fka' fjkqjg m%ld; lurdc wOHhkh hk úlhj, §" kHdh;aul b.ekaü ia:dkhl msisk ,o wêl f,a" iak;Sug yels iqç iqç mílaIK lrakg wja:dj fokak iy rildrl iys;" kejqī fkd jk fu,j,i" wdydr msiSu" úúO lEu j¾." ir, w; yqre jev" l wdydr ñ, § .ekSug jeäysá m%cdj fhdud lrkak' drejkag oekqu muKla ,nd §u fjkqjg wdydr ixialD;s yqre ù we;s w;r" tu m%jk; d yd tla jqKq 'food festivals' jeks wja:d iim fjkia l< fkd yels wkau g iudc fjk; d yd tla jqKq 'food festivals' jeks wja:d iim .; ù we;' fujeks ixl,am f;LH wdrlals; wdydr kslamdokh lsÍu ms<sn| iOù v iudcfhka ;=rka lsÍug me,yefb,sh wdydr ms<sn| m%o¾Yk meje;aúu" foaYSh úoHd;aul ck u;hla f.dv ke.Íu" m%j¾Okh lsÍu ioyd m%d:ñl wOHdmk wjêfha w;HjYH fjhs' ta ioyd iqçiqç Okd;aul wdl,am we;s lsÍug wOHdmk m%;sixialrKj, l%ufõoh úêu;a wèHdmk fkhla lsÍu' isiqka ;=< oekqij;a nj we;s lsÍu h' fí ioyd m%d:ñl wjêfha; isg ,nd fok oekqu" wdl,am" l;i ;;d b;d jeo.;a h'

Y%S ,dxlsl wdydrj,g úfoaYslhkaf.a we;s — b,a" u —

is" u ixpdrlhka ´kE;juo" úúO fmdaIK
.ukdka;hl úúO wdydr wkqNjhg
lsíug W;aidy lrk neúkaixpdrlhkaf.k
ixpdrjHdmrfa § zwnyazhla b,a d
jeo.;a ;ekla ysñ fõ' Y%Sisákafka ;rula
wdydrj,g ixpdrj yd i;aldet iys; foaYSh
lafla;%fha fyd| b,a" ula wdydr iy ngy sr
cd;Hka;r fjf<|fmd< ;=< wdydr hixialD;sh
wdydr ksis f,i m%j¾Okh iúoao jQ wdydr
u.ska" rgg wd¾Óluh jYHka;jY%is,sk
iy.; wjia:d Wod lrkq we;fõ'



foaYSh wdydr hkq"

Isishī ixialD;shla' l, c
fyda rglg úfYals; jQ
wdydrhla úh hq;= h'

ixpdrlhka w;r foaYSh wdydr
m%j¾Okh lsíu iylf furg
iqmföskaf.a fhackd

. =Kd;au lNdjh
mj;ajd .ekSu
ilyd ldnksl
foaYSh wuqøjH
Ndú; lsíu wjYH

foaYSh wdydr rfgys wkqNjhg wvú ixj¾Okh"
ms<siUq lrhs' foaYSh wdydr iúoao m%j¾Okh"
foaYSh ixialD;sl w;aoel foaYSh wdydr jd¾;d
mðBfNda.slhka iuõ fnd; %;m%ls cd;Hka;r
h' Y%S ,dxflah ck;dj foaYSh f;dgqm,j,
wdydr wkqNjhg muKla mka;+r iy ùäfhda
wOHd;añl lghq;=j,g iy fõ'cd;Hka;r fjf<|fmd< b,la
foújrekag kuialdr lsíug foaYSh wdydr ek
lr;s' Y%S ,xldfõ wmg ,m%y¾E;s lsífi s" fY;ajd;isl
foaYSh wdydr ´kE ;ri w;Kd;h f;lyer oljñka
wdydrj, rih iy tajd msisk meyeÈ,s lsíu' úfYalfhkak
wldrh l,dmfhka l,dmhg fjk,a,Hka;r ixpdrlhka iylf w;r" ùäfhda cd;Hka;
fõ' foaYSh wdydr ms<sn| b,m%ajD;fa;s kd,sld iy iÖro

fõ' fydag,aj,
foaYSh wdydr
m%j¾Okh lrk
úg" wd hq¾fõo
ffjohjrekaf a¾;k fyda
05 b,x.%S,ls mBj¾;k
pðh;ajh foaYSh. lEuj¾.
ek ms<sn| ùäfhda m< lsí
fuka ks uk u we;
wf,úlrKh flfrys wjOd
kh fhduq lsíu jvd fyd|
m< lsíu'

Y%S ,xldfõ wdydr ixialD;sh
b;d wdl¾YkSh wxYhls' wdydr msíu
ilyd úúO yev iy m%udKj,skaf a" fydag,a" .iúqka iúO
ueá Ndck Ndú; lrk w;r" tla j iúu wdydr msífi
m%udKh iy yevh wkqj wdydr iylf lrkq ,nk w;r; tjeks
WmlrK Ndú; lsíu o fjkia f; wjia:dj,g .ijeishka j mrey
iuyr Ndck úfYals; wdydr iylf m%y¾Kq lr ;sífuka w fma;
úfYalfhka ks¾udKh lr we; wdydrj, ixpdrj wdl¾Ykh
,xldjg meñfKk fndfyda jeä EhqKq ùug fya;= ika we;
ixpdrlhkag foaYSh wdydr msíu fydag,aj, Tj
i;=ggodhl iy Okd;aul wjkayf,a cd;Hka;r nq
m%;srEmhla we;' Tjqyq Y;%fí, xldfõhaIK m%;sM, u;
úúO lEuj¾." t<j" m,;=re" m%hij ul, wdydrhla f
j¾. lEug leue;a;la olajk m%Odk nqf*a tlg foam s h wdydr j¾Okwdh;kh
bka fndfyda fokl= n;a" we;=<;a lsíu jvd fyd| nj
lrmsxpð" uqyqy wdydr" wdydr hixialD;sh a" we;
mBmamq" l=l, a uia lB" bwdmam"
biaika" wU" wkakdis" fldia hkdsh
lEug m%sh lr;s' iQmföskag wkq, lQmföska l¾udka;hg
Y%S ,xldfõ wdydr ier h" rj;e h' wdydrj,

06 v%S ,xldfõ wdydr ms<
jeä wjfndaOhla we;s
lsíu iylf cd;Hka;r
ixúOdkj, iyfhda.fhka
foaYSh wdydr ieKfl<s
ixúOdkh lsíu'
jeä EhqKq ùug fya;= ika we;
https://www.researchgate.net/pub-
lication/362805767_The_Demand_for_Local_
Food_in_Fiveand-Four-Star_Hotels_in_Sri_Lan-
ka_@ont_the_Perception_of_Sri_Lankan_Chefs

The 17th Global Forum on Bioethics in Research (GFBR)



Ms. Krishani Jayasinghe of the Institute for Research and Development, Sri Lanka, participated in the event as well

The 17th Global Forum on Bioethics in Research (GFBR) took place in Montreux, Switzerland, from November 28-29, 2023, focusing on empowering communities in research and setting research priorities. The meeting aimed to bring together researchers, research policymakers, and ethicists from low- and middle-income countries (LMICs) to share experiences and promote collaboration, emphasising the importance of involving communities in research.

Key highlights from the event included presentations and

discussions on various aspects of bioethics in research, such as e

mpowering communities in research, shared decision-making, and research priority setting.

Ms. Krishani Jayasinghe of the Institute for Research and

Development, Sri Lanka, participated in the event as well
What is priority setting in research?

The allocation of limited health research resources is an ethical question, not just a technical one. The lack of coordination among various actors involved in research exacerbates the problem of wasteful research. The perpetual scarcity of resources for research requires ongoing, difficult decisions about

what should be prioritised, outputs, and who gets to decide these matters.

Research priority setting occurs whenever decisions are made about how to allocate limited resources.

This process takes various forms, distinguished by explicit or implicit nature, direct or indirect impact, diverse scopes (geographical, topical), and different levels of granularity. Decisions are made that influence research without their priorities, always being explicitly stated but these decisions can still be ethically evaluated.

Direct priority setting involves funders deciding on program renewals or grant applications, while indirect forms include journal preferences, patient advocacy, and research priority lists from academic societies. The scope can range from global to individual trials, and priority setting may occur at various levels within organizations.

Priority Setting in Practice

Priority setting can take various forms, including explicit and implicit, direct and indirect, and at different levels of granularity. Structured methods, such as the Child Health and Nutrition Research Initiative (CHNRI) method, the combined approach matrix (CAM),

the Essential National Health Research (ENHR) strategy, and the James Lind Alliance (JLA) framework, provide a systematic approach to setting research priorities and help address the complex nature of the process

Ethical Issues in Research Priority Setting

The involvement of diverse stakeholders, transparency, and genuine representation are crucial in addressing ethical issues in priority setting. The nature and extent of stakeholder involvement in priority setting exercises and in decisions about the allocation of resources for health research varies widely. Maximising inclusiveness and guarding against tokenism are essential in ensuring ethical priority setting.

The success of research priority setting can be evaluated by monitoring and evaluating the outcomes of research and the impact on the populations served. By promoting a global discussion on the ethics of research priority setting, the Global Forum on Bioethics in Research (GFBR) aims to move the debate beyond identifying injustices and towards solutions that are ethically informed and sensitive to real-life constraints.

IRD Genetics

The IRD GENETICS serves as a centralized hub, facilitating collaboration and resource allocation for pioneering research placements of many of Sri Lanka's leading private universities, creating an environment that elevates research initiatives to academic excellence. These institutions include BMS, IIHS, SLIIT, AIBS, KIU, and Horizan Campus all of which contribute significantly to the country's educational landscape. These mutually beneficial partnerships reflect the importance of enhancing knowledge in Molecular biology and Microbiology through collaborative research and supporting societal progress, as well as the transformative power of research and development for creating a better future for this nation.

