**lqijQwM Lih#fyuk**

ƒ-M‚- vfouk'k cksgjk ,oa „-çksQslj ,s-cksgjk

ƒ- lgk;d vkpk;Z ] ouifr 'kkL= foHkkx ] efgyk ih th egkfo|ky; tks/kiqj

„- funs’kd] foKku foHkkx ] efgyk ih th egkfo|ky; tks/kiqj

fLi#fyuk ,d uhyh gjh 'kSoky gS vkSj ,d tyh; ouLifr gS fLi#fyuk nqfu;k Hkj esa lqij QwM dh rjg tfu tkrh gSLih#fyuk esa çksVhu] vk;ju] dkij vkSj foVkfeu ch1] foVkfeu ch2] foVkfeu ch3 cgqrk;r esa ik, tkrs gSaA Lih#fyuk esa dSyksjh rks de gksrh gh gS lkFk gh vksesxk &6 vkSj vksesxk&3 QSVh ,flM dh Hkh ekStwnxh gSA;gh ugha reke [kwfc;ksa ds ckotwn o;Ldksa dks Lih#fyuk egt 4 xzke gh lsou djuk pkfg,A blls T;knk Lih#fyuk dk lsou [krjukd gks ldrk gSA

vkb;s bl lqijQwM ds ckjs esa dqN vkSj Hkh tkurs gSa

**jä pki fu;af=r djrk gS**&ekuk tkrk gS fd mPp jä pki reke fdLe dh chekfj;ksa dh tM+ gS elyu ân;k?kkr] fdMuh lEca/kh chekjh vkfnA v/;;uksa us bl vksj b'kkjk fd;k gS fd blds lsou ls jä pki dks fu;af=r fd;k tk ldrk gSA,uhfe;k ds ejhtksa ds fy, ;g fdlh jkeck.k bykt ls de ugha gSA tks ejht ,uhfe;k ls ihfMr gS] muds fy, Lih#fyuk dk lsou

**vksjy dSalj dh vka'kdk esa deh** &dqN v/;;uksa ds eqrkfcd Lih#fyuk esa ,aVh dSalj rRo Hkh ik, x, gSaA fo'ks"kdj vksjy dSaljA reke ç;ksx bl ckr dh vksj Hkh b'kkjk djrs gSa fd Lih#fyuk ds lsou ls vksjy lc E;wdl Qkbczksfll ls fuiVus esa Hkh lgk;rk feyrh gS

**,aVh&vkDlhMsaV vkSj ,aVh&bU¶ysesVjh** &Lih#fyuk esa Qkbdkslk;fuu uked ,aVh vkDlhMsaV ekStwn gSA Qkbdkslk;fuu Lih#fyuk dks Cyw&xzhu jax çnku djrk gSA ;gh ugha Qkbdkslk;fuu gekjs 'kjhj esa ekStwn jsfMdYl ds lkFk yM+rk gS lkFk gh gekjs 'kjhj esa gq, uqdlku dh HkjikbZ Hkh djrk gSA

**CyM 'kqxj dks fu;af=r djrk** gS&reke v/;;uksa ds eqrkfcd CyM 'kqxj dks fu;af=r djus ds fy, Lih#fyuk csgrjhu [kk| inkFkZ gSA Vkbi 2 Mk;fcVht ds ejhtksa ij gq, v/;;uksa ls bl ckr dh iqf"V gqbZ gS fd Lih#fyuk 'kqxj Lrj dks de djus esa lgk;d **gSA**

**ân; lEca/kh chekjh esa deh**&fo'ks"kKksa ds eqrkfcd Lih#fyuk esa ân; lEca/kh chekjh esa Hkh deh vkrh gSA bruk gh ugha Lih#fyuk ds lsou ls [kjkc dksysLVªksy dks de fd;k tk ldrk gS lkFk gh VªkbXyhljkbM~l dks Hkh fu;a=.k esa j[kk tk ldrk gSA ;gh dkj.k gS fd Lih#fyuk ds lsou ls ân; lEca/kh leL;k esa fxjkoV vkrh gSA

Reference:

http://www.onlymyhealth.com/health-slideshow/knowing-what-is-superfood-spirulina-in-hindi-1457939575.html