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MEDICAL-EXAMINATION 3

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hum normal examination mein apne senses ka upyog karke dekhte hain yaani see(look) for shape and movement ,hear for sounds,feel with hands(touch).mouth for speech and nose for smell and tongue for taste.

हम परीक्षा करने के लिए अपने सामान्य ज्ञानेंद्रीयों का इस्तेमाल करते हैं। आकार और चाल को देखने के लिए आँख, आवाज़ सुनने के लिए कान, महसूस करने के लिए हाथ और सूँघने और स्वाद चखने के लिए मुँह और नाक।।

nose for smell - inka upyog hum jyaada nahi karte hain lekin laboratory mein specimen ko samajhne ke liye kiya jaa sakta hain jaise thuk mein se gandi baans aana, ya muh se durgandh aana(mouth se gandi smell. sputum ke smell ke dvaara disease ki pehchaan.

सुगंध से कुछ रोगों को पहचाना जा सकता है।

tongue for taste iska bhi upyog hum nahi kar sakte kyunki aise gande padarth ko hum taste karna nahi chahenge kyunki yeh haanikarak hain aur yeh koi apna bhi nahi sakta.

see (look) for shape inspection.hamare sharir ka shape kaisa hain.human body normally symmetrical rehta hain yaani right aur left dono equal.lekin kisi bhi disorder mein shape kisi bhi bhaag ka bigad sakta hain yaani hamare sharir ke regions chest(chaati),abdomen(peth),head and neck (siir aur gardan), limbs (paair aur haath).chest ka shape bigadna yaani lungs ya heart ke bimari ka sanketh.peth ka shape bigadna yaani organ ka enlarge hona jaise hepatomegaly,splenomegaly.limbs ko shape bigadna yaani haddi ke tootne par yeh hota hain.

see or look for movement.ismein haare sharir ke kshetra mein aane vale movements ko dekha jaata hain yaani movements of head,movements of chest,movements of abdomen,movements of limbs. movements of chest mein chaati ka hilna yeh normally saans lene vale aadmi mein dekha jaa sakta hain. yaani saans lene par chaati expand hota hain aur phir kam ho jaata hain. lekin yeh movements kaise rehte hain yaani lagaatar hain ya thode der ruk kar hote hain inka charecter kaise hain yeh hamein samajhne ke liye thoda waqt lagta hain.yaani isse measure karne par hamein rate,rhythm,depth aur expansion malum pad sakta hain. movements of chest mein hi precordium area jismein heart ya hruday rehta hain.ismein hruday jab contract aur dilate hota hain tab iske kaaran chaati par dhakka lagta hain jise hum beats kehte hain. yeh dhakke ke kaaran wahan ka kshetra hilne lagta hain.isse hum cardiac impulse kehte hain yeh do tarah ke hain jaise heart beat aur apex beat.isse bhi hum measure kar sakte hain yaani rate (kitne baar dhakka),rhythm(kis tarah).

hear for sounds.hamare sharir mein kai tarah ke aavaz aate hain organs ke kriya ke kaaran.yeh aavazz normal bhi ho sakte hain ya abnormal bhi ho sakte hain.normal sounds yaani muh se nikalne vale aavaz jise hum speech kehte hain yeh aavaaz hamare niyantran mein rehta hain.aisa kataai nahi ho sakta bina soche samjhe hum koi bhi aavaz nikaalte rahein. dosra aavaz hain saans ke aavaz yaani saans lete samay aane vale aavaz jise hum breath sounds kehte hain.yeh do tarah ke hain bronchial breath sounds aur vesicular breath sounds. hruday mein khoon ke behne ke kaaran aane vale aavaz yeh aavaz hruday(heart) mein rehne vale valves ke close hone par aati hain .ismein do sounds aate hain jinhe hum first heart sound aur second heart sound kehte hain. peth mein aane vale sounds

feel with hands (touch).ismein haath ke dvaara mehsus kiya jaata hain kaunsa organ kis kshetra mein kahan par hain.kabhi kabhaar aankhon se jo cheej nahi dikhti wah haathon se mehsus ki jaa sakti hain.haath se karne vale procedure do tarah ke hain jise hum palpation aur percussion kehte hain.palpation yaani kisi flat surface se feel karna aur percussion yaani uss bhaag par impact dena

taaki uska sach ka nature malum pade.

feel with hands palpation - hum pulse **ko** bhi measure kar sakte hain yaani feel kar sakte hain. ज्यादातर इसे radial artery mein measure kiya jaata hain. pulse yaani leher jo hruday se aati hain aur radial artery tak pahuchti hain yaani (paani ki leher jo kinaare tak aakar chale jaati hain).

aavaz hoti hain yaani hum jab unguli se rakhkar uss par impact dete hain tab wah **ek** prakaar ka **aavaz** nikaalte hain, liquid **ke aavaz ko** hum - tympanic note kehte hain, **air-** resonant **sound**. dull **sound** indicates the presence of a solid mass under the surface. A more resonant **sound** indicates hollow, **air-** containing structures.

Tympanitic, **drum**-like sounds heard over **air** filled structures during the abdominal examination. Hyperresonant (pneumothorax) said to **sound** similar to percussion of puffed **up** cheeks. Normal resonance/ Resonant the **sound** produced by percussing a normal chest. Impaired resonance (mass, consolidation) lower than normal percussion sounds. Dull (consolidation) similar to percussion of a mass **such** as a **liver**. Stony dull the sounds produced on percussion from the pleximeter with no contribution from the underlying area.

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