INFORMATION ABOUT TUBERCULOSIS

PUNJABI

qpidk bwr jwxkwrl

THE LUNG ASSOCIATION

Capital Health

INFORMATION ABOUT TUBERCULOSIS
qpidk bwr jwxkwrI

1. What is tuberculosis? qpidk kI h?

- qpidk iek Cq dI blmwrI h ijhVI iek As ikrm qN hdI h ijs n itabrkI bsIIs **(tubercle bacillus)** kihd hn[
- iks n vI tIbI (qpidk) d ikrm lg skd hn[
- jdN qsIN swh lNd h qW tIbI d ikrm srIr ivc dw^I h jWd hn Aq Awm qr q PPiVAW ivc itkwxw bxw lNd hn[ies QW qN iPr srIr d dj ihisAW ivc PI skd hn[
- jdN pihlW pihI qhwn tIbI d ikrm lgd hn, Awm qr q qsIN blmwr nhIN hd pr ikrm qhwf srIr ivc sq **(inactive)** pe rihd hn[
- ieh ikrm qhwf srIr ivc kd vI jwg **(active)** skd hn[swr lkW n sq ikrmW nwI tIbI dI blmwrI nhIN jwgdI[Awm qr q ieh as vkq hdI h jdN qsIN vfI amr d h jWd h, jW qhwn kel hr blmwrI lg jWdI h Aq qhwfI Cq dIAW blmwrIAW nwI lVn dI qwkq Gt jWdI h[
- jdN ieh ikrm jwg pNd hn qW ienW nwI ah blmwrI h jWdI h ijs n tIbI kihd hn[
- ijnW lkW n sq ikrmW dw Cq-rg h, anW n ieh blmwrI qN bcwax leI dvweI dx vwsq h[

2. How is TB spread? tIbI ikvN PIwel jWdI h?

- jdN tIbI nwI blmwr ivAkqI swh bwhr kFdw h, imswI d qr q KGxw, iCk mwrnI jW glW krnIAW, tIbI d ikrm anW dI CwqI ivcN bwhr hvw ivc cI jWd hn[
- ijhVI hvw ivc tIbI d ikrm hd hn, lk as hvw ivc swh lk ieh blmwrI PV lNd hn[
- ijhV lk tIbI nwI blmwr hn, ahI lk ieh blmwrI PIw skd hn[ijnW lkW ivc ieh blmwrI sqI pel h, ah dj lkW n blmwrI nhIN d skd[
- bhqI vwrI tIbI anW lkW n lgdI h ijhV bhqw smW as ivAkqI kI gzwrd hn ijs ivc tIbI d ikrm jwg hn, ^ws qr q ijhV iek Gr ivc rihd hn[

3. How do you know if you have been infected? qhwn ikvN pqw lg ik qhwn ieh blmwrI lg gel h?

- iek tst h ijs n tIbI sikn **(skin** cmVI**)** tst kihd hn ijhVw qhwn ieh ds dvgw ik qhwn ieh blmwrI h ik nhIN[
- sikn tst ieh nhIN dsdw ik ieh blmwrI qhwn kdN hel h jW ik ieh ikrm jwgd hn jW sq pe hn[

4. What if the skin test shows infection? j sikn tst ieh blmwrl ds qW iPr kl ha?

- j sikn tst qN pqw lg ik qhwf srlr ivc ikrm hn qW fwktr ieh tst krvwegw ik kl ikrm jwgd hn jW sq pe hn[
- Cwql dw Aks-r ieh dsgw ik kl qhwf PPiVAW ivc kel nkswn hieAw h[
- fwktr qhwfw Qk ijhVw KGx nwl qhwf Cwql qN AwaNdw h, as dw QVw ijhw ihsw ieh dKx lel tst krvw skdw h ik kl ikrm qhwf PPiVAW ivc jwgd hn[
- j qhwn ieh blmwrl h qW kel dvwel ijhVl qhwn cwhldl h qhwn m&q idql jwegl[
- iks Awdml dw iemlgrSn dw drjw tlbl d ikrmW nwl blmwrl kwrn nhlN bdldw[

5. How is inactive infection treated? sq ikrmW d Cq-rg dw ielwj ikvN hdw h?

- j qhwn blmwrl h Aq ah sql pel h qW fwktr qhwn ienW ikrmW qN Ctkwrw dvwax lel Aq BivKq ivc ienW ikrmW qN bcx lel ik ieh blmwrl pdw nw krn, dvwel d skdw h[
- AwelA~nA~c **(INH isoniazid** elsinAwizf**)** Awm qr q sql hel blmwrl lel dvwel idd hn[
- sql hel blmwrl vwl ivAkql n AwelA~nA~c **(INH)** Enw icr dvwel lxl pNdl h ijnw icr fwktr kh Aq ieh kel mhln vwsq h skdl h[

6. What are the symptoms of TB disease? tlbl dl blmwrl dlAW kl inSwnlAW hn?

- jwgl hel qpidk dlAW inSwnlAW hn:
  - KG d h&q jW ies qN vD rh, ^ws qr q jdN qslN KGd h qW Qk jW ^n PPiVAW qN Awv[
  - b^wr
  - Bwr ivc kml
  - rwq n pslnw
  - BK dw Gtxw
- ieh inSwnlAW kel vwr as vkq qk nhlN hdlAW jdN qk ieh blmwrl pihlW hl nkswn nw kr ckl hv[
- ieh inSwnlAW djlAW blmwrlAW nwl rlgf h skdlAW hn[

7. What happens if someone has active TB? j iks n AsIN tIbI dI blmwrI h jwe qW kI hdw h?

- PPiVAW dI tIbI lgI heI blmwrI vwI lkW n keI h&q hspqwI jwx dI lV h[
- iek vwr tIbI nwI blmwr ivAkqI kJ h&q dvweI l lv, ikrm iPr as qN dijAW n nhIN lgd[Awm qr q ah ivAkqI Awpx km, skI jW hr srgrmIAW ivc vwps jw skdw h[
- tIbI dI blmwrI vwIw ivAkqI Awm qr q kJ h&q dvweI lx nwI Ag nwIN vDIAw mihss krdw h[ieh bhq zrrI h ik ijnw icr fwktr kh dvweI KwxI jwrI rKxI cwhIdI h BwvN qsIN blmwrI mihss nhIN vI krd[nhIN qW tIbI dI blmwrI n Awrwm nhIN AwaNdw Aq ieh iPr mVk h skdI h[

8. What are the medications used to treat TB? tIbI d ielwj vwsq ikhVIAW dvweIAW vrqIAW jWdIAW hn?

- tIbI d jwgd ikrmW n mwrn vwsq dvweIAW d keI ns^ vrqx dI lV h[Awm dvweIAW hn, AwiesinAwizf **(isoniazid INH)** AweIA~nA~c Aq irPmipn **(rifampin RMP** AwrAmpI)[
- ieh dvweIAW An as qrW lxIAW cwhIdIAW hn ijvN fwktr kh, Awm qr q C qN nN mhIn[
- Awpx fwktr n ds j qsIN keI hr dvweI l rh h[
- Awpx fwktr n ds j qsIN grBvqI h jW qsIN ielwj d drwn grBvqI h ge h[
- Awpx fwktr jW Pwrimisst n tIbI dIAW dvweIAW Kwx d nqIj vjN hx vwI srIr q BV AsrW n KIk dsx leI pC[

9. Important: zrrI gIW

- dvweIAW bSk tIbI dI blmwrI leI qjvIz kIqIAw hx jW hr blmwrIAW leI, hT ilK d AsIW q clxw cwhIdw h:
- dvweIAW An as qrW lv ijvN ikhw igAw h[
- j qsIN TIk vI mihss kr, swrIAW dvweIAW lv ijvN qjvIz kIqIAW geIAW hn[

10. Is there a new strain of TB, which is more dangerous? kI tIbI dI keI nvIN iksm h ijhVI izAwdw ^qrnwk h?

- keI vwr tIbI d ikrm swirAW nwIN vDIAW d dvweIAW AwiesinAwizf **(isonoazid INH AweIA~nA~c)** Aq irPmipn **(rifampin RMP AwrA~mpI)** d Asr ivc rkwvt pdw kr idd hn[
- qpidk d ieh ikrm dvweIAW dw ivrD krn d Xg ies kwrn h jWd hn jdN mrIz dvweIAw n fwktr dI nsIhq Answr nhIN lNd[
- ies iksm dI tIbI bVI gBIr hdI h ikaNik ies iksm dI tIbI dw ielwj Awm tIbI dIAW dvweIAW nwI nhIN h skdw[
- ijnW lkW n dvweIAW d nw Asr hx vwII tIbI h jWdI h, anW n ^ws mwihr ielwj dI lV h[

11. What are the names of the most common medications for TB? tIbI dIAW swirAW nwlN Awm pclq dvwelAW dw kI nW h?

Chemical names kmIkl nW	Brand name mwrk dw nW
Isoniazid (INH) AwelsinAwizf (AwelA-nA-c)	**Isotamin** Awiestimn
Rifampin irPmipn **Rifampicin** irPmplisn	**Rifadin** irPifn **Rimactane** irmstn, **Rofact** rPkt
Ithambutol ieQwmbtl	**Myambutol** imAwbtl, **Etibi** ieitbI
Pyrazinamide pwelrzInmwelf	**Tebrazid** tbrwizf

12. What are the possible side effects of TB medication? tIbI dIAW dvwelAW d srIr q sBv BV Asr kI hd hn?

- tIbI dIAW dvwelAW dw kel gBIr BVw Asr nhIN pNdw Aq bhq lkW q qW ieh hdw hI nhIN[
- j qsIN **rifampicin** (rIPmplisn) I rh h qW qhwfw ipSwb, Qk Aq hJ sgqrI rg d dKwel d skd hn[ieh dvwel dI swDwrn pqlikAw h[ieh dvwel qhwf kWtkt lnzW n pk qr q rg nwl dwgI kr skdI h[ies vwsq ienW n nw pihn[
- **Rifampicin** (rIPmplisn) brQ ktrl dIAW gIIAW dw Asr Gtw iddI h[j qsIN ieh gIIAW vrq rh h qW qhwn hr grB rk qrIk ijvN kNfmz vI vrqx cwhId hn[
- fwktr **isoniazid** (AwelsinAwizf) d BV AsrW qN bcwax lel qhwn ivtwimn **B6** (bI6) lx lel qjvlz kr skdw h[

13. Contact your doctor if you have any of the following reactions: j qhwn hTW idqlAW pqlikAwvW ivcN kel vI mihss hv qW Awpx fwktr nwl sprk kr:

- cmVI ivc lwII
- Kwj hxw (Krk)
- jIA kcw kcw hxw
- altI Awaxw
- BK dw Gtxw
- imhd ivc drd
- qwkq dw Gtxw, Qkwvt mihss krnI
- jVW jW piTAW (mslz) ivc drd
- lwI Aq hr rgW d dKx ivc qbdIII mihss krnw[
- hQW Aq lqW ivc snpxw jW drdIII srsr hxw[

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