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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 ज्ञानेन्द्रियों का इस्तेमाल करते हैं। आकार और चाल को देखने के लिए आँख, आवाज 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 chanenge 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 donon 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](#) aursecond [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 aakhon 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. jyaadatar isse 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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