*isa arambhika upavasa ke bada, do saptahom ke lie bahuta hi sanyamita prakriti ke ahara ka anugamana kiya jana chahie| isa pathyapathya niyama mem, subaha ke nashte ke antargata santare ya angura athava anya koi bhi rasila mausami phala shamila ho sakata hai| shama ke bhojana mem apane hi rasa mem bhapa se paripakita palaka, pattagobhi, phulagobhi gajara ya shalagama jaisi sabja़iyam tatha kuchha giriyam athava seba, nashapati aura angura jaise katipaya phala shamila ho sakate haim| isa suchi mem roti ya anya kisi bhi bhojya vastu ka samavesha nahim kiya jana chahie| eka chhote-se upavasa ke bada sanyamita pathyahara upachara arambha hone ke tina mahine bada duharaya jana chahie, aura yadi avashyaka ho to tina mahine bada eka bara phira| upavasa ke daurana, aura avashyakata paड़ne para bada mem bhi, hara roja ushma jala ki enima se antom ki saphai ki jani chahie| marija ko bina chokara ki roti, shakkara, malai, parishodhita anajom, chavala, ubale hue alu, pudinga, tatha kachauड़i, teja chaya athava kaॉphi, surasara vale peya padarthom, masalom, acharom, saॉsom ya anya tathakathita pachana-sahayaka tatvom se paraheja karana chahie| aise adhikadhika pramana samane a rahe haim jo yaha darshate haim ki kai mamalom mem samuchita poshaka upachara se motiyabinda ko vastuta: thika kiya gaya hai| tathapi, aise upachara ke lie chha: mahine se tina varsha taka ka samaya laga sakata hai| amerika ki eka sukhyata poshana visheshajna, ऍdila devisa, ne dhyana dilaya hai ki yadi janavarom ko triptophana ke atmikarana ke lie avashyaka paintothinika esida evam amino esida tatha triptophana aura vitamina bi-6 se vanchita kara diya jae to unhem motiyabinda ho jata hai| ve batati haim ki motiyabinda ke marija ke ahara mem bi2, bi6 aura satha hi pure bi kaॉmpleksa, paintothinika esida, vitamina si, di, i evam anya poshaka tatva adhika hone chahie|  
pathyahara upachara ke satha-satha, marija ko ankhom ko tanavamukta aura majabuta banane ki vibhinna paddhatiyam apanani chahie | inake antargata ankhom ko halke se upara-niche, eka ora se dusari ora tatha eka golai mem, ghaड़i ki sui ki disha mem aura phira ghaड़i ki sui ki ulti disha mem ghumana; gardana ko vrittakara evam arddha-vrittakara rupa se ghumana tatha kandhom ko ghaड़i ki sui ki disha aura phira viparita disha mem phurti se ghumana shamila hai| hatheliyom se dabana tanava hatane aura ankhom tatha unake asa-pasa ke utakom ko arama pahunchane mem bahuta hi adhika labhadayaka hai| ankhom ko hatheliyom se dhankie, dahini hatheli dahini ankha para aura baim hatheli baim ankha para| khuda ankhom para unaka davaba mata dalie| phira apani kohani apane ghutanom para girane dijie, jo apasa mem eka-dusare se najadika hom| kalima ki kalpana karane ki koshisha kijie, jo kali aura adhika kali hoti ja rahi ho|  
taji hava aura ghara se bahara kie jane vale halke vyayama, jaise tahalana, isa upachara ke anya anivarya pahalu haim| samanya sardi, jise tivra jukama se bhi jana jata hai, vishanu ke sankramana ke karana upari shvasa-nalika ki eka sujana hai | yaha anya sabhi rogom ki tulana mem kahim jyada hoti hai| ausata rupa se, eka vyakti sala mem tina bara isa roga ka shikara hota hai| sardi samanyata: tina se dasa dinom taka rahati hai| marija pahale tina dina ya adhika dayaniya anubhava karata hai| sardi ke prathama lakshana haim gale mem kharasha ka anubhava tatha nasika marga ka sankuchana| halanki ama taura para yaha bimari naka aura gale mem shuru hoti hai, parantu yaha sharira ke sabhi angom ko prabhavita karati hai| isake samanya lakshana haim naka ka bahana, chhinkana, tapamana mem vriddhi, siradarda, gale mem kharasha, kampakapi, sharira mem darda aura takalipha tatha bhukha ki kami| nasarandhrom ke pasa ki tvacha suja sakati hai| sadharana sardi vishanu ke samparka mem ane ke parinamasvarupa hoti hai| parantu, isaki tivrata vyakti ke svasthya evam paryavaraniya karakom para nirbhara karegi| ninna jaiva shakti, naka aura gale mem pratyurjata sambandhi gaड़baड़iyam, sharira mem kampakampi, ninda na ana, avasada, thakana tatha tapamana mem akasmika parivartana, dhula tatha chiड़chiड़apana utpanna karane vali anya chijom ka antah shvasana jaise karaka sardi ki bimari ko baढ़ane mem yogadana dene vale pramukha tatva haim| tathapi, sardi ka vastavika karana hai khane-pine ki doshapurna adatom dvara sharira mem utpanna vishakta sthiti , jaiseki shvetasara, karbohaidreta, protina evam anya anla-janaka khadya bahuta jyada matra mem grahana karana| ata:, sardi manaviya pranali ke andara se vishakta apashishta ko bahara nikalane ka prakriti ka saralatama marga hai| sardi ki avadhi sharira ke andara sangrahita visha-tatva ki matra aura unhem bahara nikalane ki tvaritata para nirbhara karegi | sardi ka upachara ऍspirina, kodina, adi jaisi paramparika shamanakari aushadhiyom se karana bhavishya mem aura bhi adhika gambhira prakriti ki samasya ka marga prashasta karana hoga kyonki aisa upachara usa samaya jari nirmulanakari prakriya para sahasa purnavirama laga deta hai aura vishakta padartha ko dhakiyakara puna: utakom mem pahuncha deta hai| isake atirikta, aushadhiyom ka asara sardi ki miyada para nahim paड़ta|  
bilkula sahi kaha gaya hai ki sardi dava le kara eka haphte mem thika ki ja sakati hai, anyatha yaha sata dinom mem kama ho jaegi| sardi ka ekamatra vastavika upachara hai sahi ahara| upachara arambha karane ka sarvottama tarika hai marija ko do dinom ka upavasa karane ke lie chhoड़ dena| isa avadhi mem nimbu ke rasa aura shahada mile hue ushma jala ya phalom ke rasa aura sushma jala ke siva aura kuchha bhi nahim liya jana chahie| rakta ki anliyata ko udasina karane ke lie phalom ke rasa ka tarala ahara adhika matra mem jaruri hai tatha gurde ki saphai ke lie garma peya avashyaka haim | khasa taura para ananasa ka rasa bahuta hi labhakari hai| isa avadhi mem antom ki saphai ke lie ushma jala ki enima ka hara roja prayoga kiya jana chahie| isa alpakalika rasa-upavasa ke bada tina dinom taka vishuddha rupa se taje phalom ka ahara lena chahie| isa pathyahara mem, marija ko pratidina seba, nashapati, angura, santare, ananasa, satalu, tarabuje jaise taja़e aura rasile ya anya kisi rasile mausami phala ka dina mem tina bara ahara lena chahie| kele, sukhe ya sije hue ya tinabanda phala nahim lene chahie|   
ahara mem anya koi bhi khadya-vastu shamila nahim ki jani chahie kyonki isase upachara ki sari upayogita samapta ho jaegi| vishishta phalahara ke bada, marija kramika rupa se tina adharabhuta khadya shreniyom, yatha bija, gariyom, tatha anajom, sabjiyom aura phalom para utara sakata hai| salaha di jati hai ki kuchha dinom ke lie mansa, machhali, ande, panira tatha shvetasara-yukta bhojya padarthom se paraheja kiya jae| sharira ke lie vanchhita sabhi vitaminom aura khanija tatvom ki apurti karane vala ahara lekara marija ko apani sampurna pranali majabuta bana leni chahie| tathapi, ina poshaka tatvom ki suchi mem sarvopari hai vitamina si| yaha vyakti ko sankramana se bachata hai tatha eka hanirahita pratijaiviki ka kama karata hai| yaha nimbu prajati ke phalom, hari pattedara sabjiyom, ankurita bangala chane aura hare chane mem paya jata hai| eka nobela puraskara vijeta vaijnanika, daॉ. lainasa paॉlinga, ke anusara, isa vitamina ka ishtatama dainika matra mem prayoga samanya sardi se bachaega aura yadi sardi pahale hi ho chuki hai, to isa vitamina ki baड़i khurakem lakshanom se rahata dengi aura isaki miyada kama karengi|  
vo anumana lagate haim ki pratidina eka se do grama athava 1000 migra. se lekara 2000 migra. taka ki matra isa vitamina ki lagabhaga ishtatama matra hai| unaka sujava hai ki sardi-jukama ka prathama lakshana ubharate hi vitamina si ke eka ya do 500 migra. vale taibaleta nigale lie jaem aura pratyeka ghante eka atirikta taibaleta lete hue upachara jari rakha jae| kai adhyayanom mem yaha paya gaya hai ki pani mem patala karake aura dina mem kai bara piya gaya pyaja ke rasa ke satha lahasuna ka tela sadharana sardi ke upachara mem atyanta hi prabhavi hoga| bhapa ka antahshvasana naka ke utakom ke sankuchana se rahata pane mem madada karega| namaka milakara garma jala se garara karana gale ki kharasha ke lie labhakari hai| sardi mem prayukta 'chesta paiksa' dinabhara mem do-tina bara lagae jane chahie kyonki ve phephaड़om ki jakaड़na dura karenge aura jami hui shleshma ko hatane mem madada karenge| samanya sardi ke upachara mem anya upayogi upaya haim halki dhupa senkana, taji hava aura gahara shvasana, teja kadamom se tahalana, gahari ninda, mausama ki avashyakataom ke hisaba se apane kapaड़om aura adatom ka samanjasya bithana, taki mausama ke badalava ko nishprabhavita kara diya jae| atyanta gambhira mamalom mem, ghava rakta-srava ka karana bana jata hai aura marija mavada evam shleshma ke satha khuni mala-tyaga karane lagata hai|  
yaha roga baड़i anta ki bhittiyom se sati najuka jilliyom mem lambe samaya se upasthita kshobha ke karana hota hai| yaha bahuta chhote bachchom se lekara baड़e logom taka sabhi ayu-vargom ko prabhavita karata hai|  
samanyata:, baड़i anta ka prakarya yaha hai ki vaha apashishta padartha ko tabataka jama karati rahati hai jabataka adhikansha tarala padartha na hata die jaem taki nirgata kie jane yogya ashoshya khadya padarthom se bana sugathita narma mala bana sake | jo loga antra-kshubdhata ke shikara hote haim unamem aniyamita aura doshapurna sankuchana pae jate haim jo baim ora khasa taura para drishtigochara hote haim| purane ghava vale vrihadantrashotha ama taura para antaड़iyom ke nichale hisse mem shuru hota hai aura upara ki ora phailane lagata hai| pahala lakshana hai mala-tyaga ki pahale se jyada tvaritata aura usake bada peta mem maroड़ ke satha darda aura mala mem rakta-sanita shleshma ka ana| jaise-jaise roga upara ki ora phailata hai, mala panila aura jyada bara ata hai, tatha malashaya mem khinchava ke lakshana ate haim| antom se rakta aura drava ki isa kshati ke parinamasvarupa kamajori, bukhara, chakkara ana, ulti, bhukha ki kami aura raktalpata ke lakshana ubharate haim| marija ko bada mem peta phulane jaisa bhi mahasusa ho sakata hai kyonki vata ka avashoshana ya nishkramana samanya dhanga se nahim hota hai| kuchha marija eka ke bada eka kabja aura dasta ke shikara ho jate haim| kuchha anya marija eka satha kai salom taka dirghakalika pechisha ke shikara ho sakate haim| marija ama taura para kuposhita ho jata hai aura usake vajana mem gambhira rupa se kami a sakati hai| aksara vaha anidra roga se bhi grasita ho ja sakata hai| apane gambhira rupa mem ghava vala vrihadantrashotha poshana sambandhi samasyaom ko bhi janma de sakata hai| sujana ki dashaom ke karana bhojana ka thika se atmasata na hona abhava-janita rogom ko utpanna kara sakata hai| isaka parinama kramasha: snayavika chiड़chiड़apana, thakana evam avasada ho sakata hai | atyanta gambhira mamalom mem marija atmahatya ki pravritti ka vikasa bhi kara sakata hai| vrihadantrashotha ka mukhya karana hai dirgha kalika kabja evam dastavara davaom ka sevana| kabja kathora maliya padarthom ke jama ho jane ka karana banata hai jo kabhi bhi thika prakara se bahara nahim nikala pate| dastavara davaom ka sevana kshubdhata baढ़ata hai| aksara, vrihadantrashotha khasa taura para kupachita rukhaड़e anajom evam karbohaidreta ke karana hota hai jo antom mem kshobha utpanna karate haim| yaha katipaya bhojya padarthom, khasa taura para dudha, gehum aura andom ke prati pratyurja-janita samvedanashilata ke karana bhi ho sakata hai| aksara, pratijaiviki davaem lene se antom mem jivanuom ka pushpana bigaड़ sakata hai tatha ye samuchita pachana-kriya mem hastakshepa kara sakati haim|  
atishaya tanava bhi ghava-janita vrihadantrashotha utpanna kara sakata hai| kisi bhi prakara ke atishaya tanava ke daurana, edrinala haॉrmona ka srava sharira ke protina ki itani kshati karata hai ki kai bara to antom ke kinare ki bhitti-rekhaem manom sachamucha chata kara di jati haim| aisa tanava sharira ko paintothinika anla se bhi rikta kara deta hai| janavarom para kie gae prayoga yaha darsha chuke haim ki jaba unhem paintothinika anla se rahita ahara diya jata hai to ve ghava-janita vrihadantrashotha se grasta ho sakate haim|  
vrihadantrashotha ke upachara mem ahara eka mahatvapurna bhumika nibhata hai| salaha di jati hai ki vrihadantrashotha ke jyadatara mamalom mem pancha- dinom ke lie kevala rasom ke satha upavasa rakha jae| rasom mem thoड़a ubala hua pani milaya ja sakata hai| papite ka rasa aura kachchi pattagobhi athava gajara ka rasa vishesha rupa se labhadayaka hai| nimbu ke rasa se paraheja karana chahie| ushma jala ki enima se antom ki roja saphai ki jani chahie| isa rasa-upavasa ke bada, marija ko kramasha: mulayama rupa se paki ya bhapa para sijai hui sabjiyom, chavala, daliya (gehum ke rukhaड़e danom vali) tatha achchhi taraha pake hue phala jaise kela aura papita, dahi aura ghara mem bane kutira panira ke samavesha vala halka kintu adhika bara liya jane vala ahara apanana chahie| 10 dinom ke bada dhire-dhire isa ahara mem ankurita bija evam anaja, purnakara danom se bani roti tatha kachchi sabjiyam shamila ki ja sakati haim| nridula nariyala pani atyanta labhadayaka hai kyonki yaha baड़i anta ki mulayama shlaishmika jilli ko arama pahunchata hai| lauha evam phaॉsphorasa ke apane prachura sankendrana ke karana pakae hue seva bhi ghava ki dashaom mem arogya mem sahayaka hote haim| sabhi khadya padathorrram ko dhime-dhime aura khuba chaba kara khana chahie|*