*bhojana ko lene se sam‍baddha koi bhi udaran‍triya lakshana ajirna kahalata hai| aja yaha sarvadhika ama bimariyom mem se eka hai tatha ahara sambandhi galatiyom ke parinamas‍varupa hota hai| amashaya, jo sharira ka sarvadhika prayukta anga hai, eka nashapati ke akara ki thaili ke samana hota hai| yaha pachana kshetra ka eka anga banati hai jo lagabhaga 28 phita lambi, chhal‍lom mem kun‍dalita eka nali hoti hai| isamem kitana bhojana hai isake adhara para isake akara evam sthiti mem antara ata hai| atibharita amashaya madh‍yapata ko uchita dhanga se kama karane se rokata hai| udariya pida़a, khane ke bada ati-purnata ki anubhuti, am‍lashula, bhukha ki kami, michali ya ulati tatha udara-vayu ya gaisa ajirna ke sadharana lakshana haim| ulati karane se prayah rahata milati hai| an‍ya lakshana haim mukha mem gan‍da s‍vada, alepita jibha tatha badabudara sh‍vasa | kabhi-kabhi gale mem ghutana ki samvedana ka anubhava kiya jata hai| apachana ke adhikansha mamalom mem, rogi kosh‍thabaddhata se piड़ita hota hai jo pranali ki am‍lata ko badha़ati hai| ajirna ke mukh‍ya karana haim, adhika khana, galata bhojana sanyojanom ko khana, bahuta adhika teji se khana tatha bhojana ke uchita charvana tatha larasravana ki avahelana karana | adhika khane ya barabara khane se pranali mem j‍varagras‍ta sthiti ut‍pan‍na hoti hai tatha pachaka angom para adhika bhara pada़ta hai| yaha at‍yadhika am‍la ut‍pan‍na karata hai tatha isake karana jathariya sh‍lesh‍ma jil‍li sankulita ho jati hai|  
adhika khana amashaya, yakrita, guradom tatha antom ke karya ko adhika kathina bana deta hai| jaba yaha khadya-padartha sada़ta hai, to isake visha vapasa rak‍ta mem avashoshita ho jate haim tatha isake parinamas‍varupa, puri pranali vishak‍ta ho jati hai| aneka loga, jo apana khana tanava mem tatha shighrata se nigalate haim, isa bimari se piड़ita hote haim| jaba khadya-padartha ko baड़e tukada़om mem nigala jata hai, to amashaya ko adhika kathinai se kama karana pada़ta hai tatha adhika haidroklorika anla sravita hota hai| at‍yadhika shighrata se khana bhi kisi ke lie vayu nigalane ka karana banata hai| ye buri adatem dahana, jalana ki anubhuti ya khatta s‍vada utpanna karati hui, kuchha pachaka tarala padartha ko grasanali mem dhakelati haim, jo amashaya am‍la ka bhrama deta hai| kuchha khadya-padartha, kha़asakara yadi un‍hem uchita tarike se na pakaya gaya ho, to ajirna paida karate haim| kuchha loga, kuchha khadya-padarthom jaise phalliyom, pat‍tagobhi, p‍yaja, kakada़i, muli tatha samudri-khadya-padarthom ke prati nakaratmaka dhanga se pratikriya karate haim| tale hue khadya-padarthom ke alava garishtha evam masaledara khadya-padarthom se bahudha udariya baicheni tatha gaisa paida hoti hai ya vidyamana sthiti bigada़ jati hai| at‍yadhika dhunrapana evam sharaba ke sevana se bhi amashaya mem gada़bada़i paida ho sakati hai| baddhakosh‍thata udaran‍tra kshetra ke madh‍yama se saman‍ya pravaha mem badha ut‍pan‍na kara sakati hai, jisake parinamas‍varupa gaisa tatha udariya pida़a hoti hai| khane ke satha-satha pine ki adata apachana ka eka an‍ya karana hai, k‍yonki khane ke satha tarala padartha lene se pachaka rasa patale ho jate haim tatha unaki shakti kama ho jati hai| anidra roga, irsh‍ya, bhaya tatha krodha jaise manobhava tatha v‍yayama ki kami isa bimari ke an‍ya karanom mem se haim| ajirna ka ekamatra prabhavi upachara pachana kshetra ki sam‍purna saphai tatha usake bada jivana-shaili mem parivartana ke satha-satha, ahara-sam‍ban‍dhi uchita adatom ko apanana hai| isa upachara ko prarambha karane ka sarvot‍tama tarika lagabhaga pancha dinom taka kevala phalom ke ahara ko angikara karana hai| isa path‍yapath‍ya-niyama mem, rogi ko seba, nashapati, angura, santare, chhote chakotare, anan‍nasa, ada़u tatha melansa jaise taje rasile phalom ka dina mem tina bara bhojana lena chahie| tathapi, sukhe, damapukhta ya dib‍babanda phalom ko nahim lena chahie| phalahara ke satha koi an‍ya khadya-padartha nahim lena chahie, an‍yatha isa upachara ka mahat‍va nash‍ta ho jaega| gambhira ajirna ke mamale mem, kevala phalahara ko apanane se pahale do ya tina dina taka upavasa rakhana upayuk‍ta hoga| kevala phalahara ke bada, rogi lagabhaga dasa dinom taka hal‍ki-si pakai gai sabjiyam, rasile phala tatha chhachha yukta asani se pachane vale khadya-padarthom ka pratibandhita ahara le sakata hai| kali mircha, sarasom, siraka ya achara jaise masalom evam bagharom, jo bhojana ko adhika s‍vadish‍ta banate haim tatha adhika khane ki ora pravrit‍ta karate haim, se avash‍ya dura rahana chahie| sharaba, tambaku, kada़ka chaya tatha kaॉphi, at‍yadhika masaledara mansom, at‍yadhika ubala hua dudha, dalom, alu, chavala, chija़, parish‍krita, sansadhita, basi tatha dib‍babanda khadya-padarthom, ina sabhi se dura rahana chahie| dahi tatha panira ka muk‍ta rupa se prayoga kiya ja sakata hai| bhojana ke pahale khanija namaka ke churna ke satha lagabhaga eka grama adaraka chabana, jirna ajirna ka eka gharelu upachara hai| udara-vayu tatha gaisa ke lie, lahasuna eka ut‍krish‍ta upachara hai| >yaha sada़iyala jiva-vishom ko nish‍prabhavita karata hai tatha as‍vas‍th‍yakara jivanu ko marata hai|  
yaha gaisa ko bhi dura karata hai tatha pachana mem sahayaka hota hai| ajirna ke mamale mem bi vitamin‍sa bhi labhadayaka hote haim| shvetasarom ke pachana ke lie bi1 ya thaimina vishesha rupa se upayogi hai| lekina yaha sunishchita kiya jana chahie ki, jo yadi kevala eka bi ghataka dene se ho sakata hai aise asan‍tulana se bachane ke lie, kisi rupa mem sam‍purna bi mishrita samuha shamila kiya jaya| bhojana ke adha ghanta purva evam eka ghante bada pani ya an‍ya tarala padartha lie jane chahie| ‘ekjima’ shab‍da eka grika shab‍da se v‍yut‍pan‍na hua hai jisaka artha hai ‘phoda़a’| yaha t‍vacha ke eka pradaha ki ora sanketa karata hai jisake parinamas‍varupa phapholom evam phunsiyom ka nirmana hota hai| yaha t‍vacha ki sabhi bimariyom mem sarvadhika ama evam sarvadhika kash‍taprada hai| pranali ki vishak‍ta sthiti ke parinamas‍varupa hua, khaja anivarya rupa se eka s‍vabhavika roga hai| isa roga mem rupom ke vis‍trita prakara samahita hai, jinamem se adhikansha, jirna kisma ke haim| t‍vacha sharira ke ut‍sarjana angom mem se eka hai jisake madh‍yama se vishak‍ta drav‍yom ki baड़i matra asani se nikala jati haim| apani vis‍trita sataha ke karana, yaha apashish‍ta dravya ko prabhavi rupa se nikala sakata hai, jise sambhalane ki kshamata nish‍kasana ke an‍ya angom-arthat gurdom, antom tatha phephada़om-mem nahim hai| khaja,apane tivra prakara mem, t‍vacha ki lali evam sujana, suksh‍ma phaphalom ke nirmana evam prachanda tapa dvara prakata hoti hai| yadi phaphole phuta jate haim, to eka aparipakva, gili sataha taiyara hoti hai| isase, rangahina srava risata hai, jo t‍vacha ki papaड़iyam banati haim jaba yaha sanchita hota hai| saman‍yatah yaha roga rata mem badatara ho jata hai jaba bichhavana dvara sharira ka tapa bana rahata hai| sabhi avas‍thaom mem t‍vacha mem khujali hoti hai| gili avas‍tha mem, yaha jivanu se sankramita ho sakati hai| jalana ki pratikriya mem kharonchane se sthiti ka ach‍chha hona prabhavita hota hai| kharonchane se na kevala sankramana phailata hai balki isase sukhane evam papada़i utarane ki avas‍tha bhi badha़ jati hai| khaja hone mem prat‍yurjataem eka mahat‍vapurna bhumika nibhati haim| kapada़e ya baratana dhone ke lie upayoga kie jane vale sabuna ya prakshalakom ke prati prat‍yurjata hone ke karana kuchha mahilaom ke hathom para khaja ho jati hai| yaha kuchha logom ki ungaliyom ke asapasa jaba ve anguthi pahanate haim to dhatuom ke prati prat‍yurjata hone ke karana vikasita ho jati hai saina entoniyo mem tek‍sasa vish‍vavidyalaya s‍vas‍th‍ya vijnana ken‍dra ke anusandhanakartaom ne, apakshaya khaja vale bach‍chom ke hala hi mem kie gae eka adh‍yayana mem, yaha paya ki 75 pratishata aneka khadya padarthom ke prati prat‍yurja the|  
samvedanashila logom ke lie ande, mungaphali, chaॉkaleta, gehum, gaya ka dudha, murgi tatha alu sarvadhika ama karana haim| khaja ka vas‍tavika karana sharira ke vibhin‍na chhidrom se vishom ko ut‍sarjita karane mem manava pranali ki viphalata hai| malashaya se mala ke madh‍yama se, mutrashaya se mutra ke madh‍yama se, phephada़om se sh‍vasa ke madh‍yama se tatha t‍vacha ke romakupom se pasine ke madh‍yama se apashish‍ta drav‍ya ut‍sarjita hote haim| kabhi-kabhi t‍vacha ke romakupom ko at‍yadhika kama karana pada़ta hai k‍yonki an‍ya chhidrom se apashish‍ta drav‍ya uchita dhanga se nish‍kasita nahim hota hai| yadi romakupom ko unaka saman‍ya karya nish‍padita karane ka avasara nahim diya jata hai, to pasina vishak‍ta drav‍ya se bharapura hoga tatha yaha khaja, munhase, phoda़e tatha an‍ya udbhedanom jaise t‍vacha rogom ki badha़otari kara dega| khaja, tanava ke karana bhi ho sakati hai| nirmita tanava ke lie t‍vacha ko nirmuk‍ti anga ke rupa mem mana jata hai| varish‍tha prabandhaka jinhem prayah shramika samas‍yaom ka samana karana pada़ta hai ya samayabaddha niyatakaryom ko karana pada़ta hai, tanava ya dabava khaja ke rupa mem jane jane vale t‍vacha vikarom ke shikara ho jate haim| yaha apane apako hathom tatha pairom aura garadana ke pichhe vrit‍takara risane vale ghavom ke madh‍yama se prakata karata hai| yaha sthiti eka tanga karane vale pati /vali pat‍ni, irsh‍ya, kun‍tha tatha an‍ya manovegom ke samuha dvara bhi ut‍pan‍na ho sakati hai| an‍ya karanom mem doshapurna upapachaya, baddhakosh‍thata tatha paushanika dosha samahita haim| aneka mamalom mem purane rogom ka shamanat‍maka aushadhopachara bhi eka sarvadhika shaktishali sahayaka karyotpadaka ghataka hai| yadi nihsrava daba jata hai, to kuchha an‍ya adhika gambhira roga vikasita ho sakate haim| khaja ko thika karane ka sarvot‍tama upaya rak‍ta pravaha evam sharira ki saphai karana hai| samas‍ya ki gambhirata evam kalavadhi ke adhara para, pancha se dasa dinom taka, santare ke rasa tatha pani para upavasa ke satha upachara prarambha karana chahie| rasa upavasa se sharira se vishak‍ta apashish‍ta ke nish‍kasana mem sahayata milegi tatha santoshajanaka sudhara mem agrasara hogi| kuchha mamalom mem, upavasa ke prarambha mem t‍vacha ke madh‍yama se apashish‍ta drav‍ya ke badha़e hue nish‍kasana ke karana sthiti aura adhika kharaba ho sakati hai| lekina jaisa-jaise upavasa chalata rahata hai, sudhara apane apa prakata hoga| rasa upavasa ke pash‍chata sam‍purnahara breda ya chapatiyom ke satha parose gae phala, kach‍chi ya bina namaka ki vashpita sabjiyam li ja sakati haim| ghi ke s‍thana para nariyala ke tela ka upayoga kiya ja sakata hai| kuchha dinom ke pash‍chata, ahara mem dahi tatha dudha shamila kiya ja sakata hai| gajara tatha kharabuja vishesha rupa se labhadayaka haim| isake pash‍chata rogi bijom, giridara phalom tatha anajom, sabjiyom tatha phalom jaise tina buniyadi khadya-padartha samuhom ke susan‍tulita ahara ko dhire-dhire prarambha kara sakata hai| ahara ke eka baड़e ansha mem kach‍che khadya-padartha samahita hone chahie| garari, munga tatha soyabina jaise bijom tatha phalliyom ko ankurita kiya ja sakata hai| isa ahara mem kachchi ghani mem pirae gae vanas‍patika tela, shahada tatha khamira milae ja sakate haim| ki ja rahi pragati ke adhara para do maha ya ese hi antaralom para rasa upavasa ko doharaya ja sakata hai| khaja ke jirna tatha adhika kathina mamalom mem, rogi ko rogamuk‍ta hone taka sap‍taha mem kama se kama eka dina upavasa karana chahie| isa rogi ko chaya, kaॉphi, madaka pe tatha sabhi masalom aura atyadhika masaledara v‍yanjanom se dura rahana chahie| use shak‍kara, maide ke ut‍padom, parimarjita chavala tatha chhilakarahita jau jaise vikrita anajom tatha dib‍babanda ya botalabanda khadya padarthom se bhi dura rahana chahie| use kevala vishuddha evam paushtika khadya padartha hi khane chahie| kach‍chi sabjiyom ke rasa, vishesha rupa se palaka ke rasa ke satha gajara ke rasa ka sammishrana, khaja ke upachara mem at‍yadhika labhadayaka siddha hue haim| isa sammishrana mem labhadayaka mana gaya anupata, solaha aunsa ya eka pinta rasa banane ke lie, gajara dasa aunsa evam palaka chhah aunsa hai| rogi ko yathasambhava adhika taji hava milani chahie| pratibandhaka kapada़e nahim pahane jane chahie| do ya tina litara pani pratidina piya jana chahie tatha rogi ko eka dina mem do ya tina bara avash‍ya nahana chahie|*