*yaha bicha ka bhojana thoda़i matra mem hona chahie tatha niyamita ahara mem kama bhojana khana chahie|   
inhem nirdishta samaya jaise subaha 11 baje, shama ko 4 baje aura sone jane se purva lena chahie| rogi ko svasthyavardhaka bhojana khana chahie jo ki sharira mem urja ki apurti karata hai| landana ke charlsa di koti marsha ne apani pustaka ‘priskripshana phaॉra enarji’ mem thakana dura karane tatha urja badha़ane ke lie bhojana nirdharita kie haim| unhem unaki svabhavika avastha mem lena chahie| ye makai danom ke siriyala haim| inhem taja़a pisana chahie| hamare pasa anapake anajom mem uttama svasthya ke lie eka uchita bhojana hai jisamem avashyaka vitamina tatha urja sarjaka hote haim| anaja danom ke atirikta, marsha chhilakom se sidhe li gai taji kachchi giriyom aura kanda-mulom ki bhi salaha dete haim| ve kahate haim ki koi bhi bija ya kanda-mula jo phira se uga jaenge, ve manava jivanashakti ko navina karenge| rogi ko bijom, giriyom tatha anajom, sabjiyom evam phalom se nirmita anukulatama ahara lena chahie| lagabhaga, hara khadya-padartha samuha ko tina bara ke bhojanom mem se eka ke adhikansha ki apurti karani chahie| ankurita karana bijom, binom tatha anajom ko kachche rupa mem khane ka eka achchha tarika hai, ankurana khadya-padarthom ke paushanika mahattva ko badha़a deta hai aura ankurana ke samaya bijom mem kai nae vitamina banate ya vriddhi karate haim| rogi ko vishesha rakshaka khadya-padarthom jaise dudha, uchcha koti ke bina garama kie tilahanom ya giriyom ko dabane se prapta aparishkrita vanaspatika tela aura shahada sahita tina svasthyakaraka bhojana samuha mem vriddhi karana karana chahie| rogi ko paushanika kamiyom ke prati eka prabhavakari driढ़ pramana ke rupa mem prakritika vitamina aura khanija mem vriddhi karana chahie kyonki aisa paya gaya hai ki ye kamiyam thakana mem eka karaka haim| paintothenika anla ki kami, e bi vitamina, vishesha rupa se charama thakana ki ora agrasara karati hai kyonki isa vitamina ki kami adhivrikka granthiyom ke kshaya se sambandhita hai| phira bhi, alaga se pentothenika anla lete samaya, yaha yada rakhana chahie ki, anya bi vitaminom ke asantulana se bachane ke lie isake satha sampurna bi kampleksa bhi liya jana chahie| vastava mem, sampurna bi kampleksa granthiyom ke poshana tatha niyantrana mem sahayata karake tantrikaom ki raksha karata hai aura urja badha़ata hai| vitamina bi se sanriddha shakahari bhojana gehum aura anya sampurna anaja siriyala, hari pattidara sabjiyam, bina paॉlisha ka chavala, dudha, giriyam, kela, yista, dalem tatha matara haim| anya vitamina vividha rogom se sambandhita thakana mem vishishta bhumika nibhate haim| kamiyom ko sudharane se thakana gayaba ho jaegi| potaishiyama thakana ke viruddha sanrakshana ke lie vishesha rupa se avashyaka hai| kachchi hari sabjiyam isa khanija se sanriddha hoti haim| kailshiyama vishrama ke lie anivarya hai aura anidra tatha tanava donom ke mamalom mem jo ki thakana ki ora agrasara kara sakate haim, labhaprada hai| sodiyama aura jinka bhi thakana ke upachara mem labhaprada haim| kachchi sabjiyom ke rasa, visheshakara alaga se ya chukandara aura khire ke rasa ke satha milakara liya gaya gajara ka rasa, thakana se ubarane mem atyadhika mulyavana haim| solaha aunsa ke rasa ke sammishrana mem dasa aunsa gajara, tatha chukandara aura khire pratyeka ke tina-tina aunsa ke anupata ko upakari mana jata hai| rogi ko urja badha़ane ke lie espirina, prashantaka tatha anya aushadhiyom ko lene, kaॉphi ya madira pine, dhunrapana karane, kuchha sharkara ya mithai khane jaise saharom para nirbhara karane se bachana chahie| ye kevala asthayi vriddhi dete haim aura isake shighra bada hi yaha vyakti ko pahale se bhi badatara sthiti mem chhoda़te hue, urja stara ko niche gira deta hai| aise sahare antatah bahuta hanikaraka hote haim aura alpaglukoja़raktata ya ninna rakta sharkara tatha madatyaya jaisi bimariyom mem parinita ho sakate haim| pramukha samasyaem jo pittashaya ko pida़ita karate haim, ve kolisistaitisa aura pittapathariyom ke rupa mem jani jane vali eka shotha avastha hai| shotha avastha prayah kolilithiesisa ya pitta-pathari ki ora agrasara hoti hai, jo samanyatah pitta ke sammishrana mem gada़bada़i ke karana hoti hai| kolestraॉla aura pitta lavanom ke anupata mem koi parivartana, jamava ke nirmana mem parinita ho sakate haim| pittashaya dasa sentimitara lamba aura tina sem pancha sentimitara chauda़a, eka nashapati ke akara ka anga hai| yaha yakrita ki bhitari-sataha para dayim ora pasali ke nichale kinare ke thika niche hota hai| pittashaya ka karya yakrita dvara sravita pitta ko pachana ki prakriya mem sahayata dene ke lie ise uchita samaya para dyodinama mem pahunchane ke lie sanchita evam sandra karana hai| pitta mukhyatah pitta lavanom evam anlom, ranga dravyom tatha kolestraॉla ka bana eka utsarga hai| pitta vasa ke pachana evam avashoshana mem sahayata karata hai aura vasa mem ghulanashila vitaminom e, di, i tatha ke, khanijom tatha kailshiyama ke avashoshana mem sahayata karata hai|  
pittashaya samanyatah bhara hua aura bhojanom ke madhya shithila hota hai| pachana ki prakriya ke daurana, jaba bhojana dyodinama mem pahunchata hai, to kolisistokainina namaka eka harmona ka antarika shleshmika jilli mem utpadana hona prarambha hota hai| jaba yaha harmona rakta pravaha dvara pittashaya mem pahunchata hai, to yaha pittashaya ko sankuchita hone ke lie prerita karata hai, phalasvarupa pitta sravita hota hai jo eka ubhaya vahini ke dvara dyodinama mem ekatrita hota hai| shuru mem, pittapathariyam mahina bajari ke rupa mem ho sakati haim| parantu ye mahina kana anta mem adhika bada़e pathariyom ke nirmana ki agrasara hote hue aura adhika jamavom ke lie nabhi banate haim| pittapathariyom ki ghatana vishesha rupa se sthulakaya aura 40 varsha se adhika unra vali mahilaom mem, purushom ki apeksha pancha guna adhika hota hai| pittashaya ke rogom ka mukhya lakshana hai tivra ya bicha-bicha mem hone vali adhijathara ki pida़a| apacha, gaisa, bhojana ke bada purnata ka anubhava, koshthabaddhata, michali aura drishti dosha anya samanya lakshana haim| vasa ke prati asahishnuta, chakkara, piliya, raktalpata, munhasa aura anya ghava bhi ho sakate haim| apasphita shiraem, bavasira aura keshikaom ka nashta hona bhi pittashaya ke rogom se sambandhita gada़bada़iyam haim|  
motape se pittashaya ke rogom ka sambandha sade ahara para jivita, adima logom mem unaki suchita durlabhata se milakara ye batate haim ki ina rogom ke vikasa mem ahariya karaka mukhya bhumika nibhate haim|   
pittashaya ke vikarom ka mukhya karana parishkrita karbohaidretom, vishesha rupa se sharkara se hua adhika-poshana hai kyonki reshom ki hani urja antargrahana ke eka prakritika avarodha ko hata deta hai|  
adhika-poshana bhi kolestraॉla ke srava mem vriddhi karane ki ora agrasara karata hai| vasa se sanriddha bhojana pittayasha pida़a ya pittapathari udarashula ka daura utpanna kara sakata hai| jirna kabja़ pahale se hi pravritta karane vala eka sabase mahattvapurna karaka hai| kamaja़ora svasthya, anuvanshika ghataka, tanava, merudandiya visthapana, galata mudra tatha mansapeshiya tanava se bhi pittashaya ke vikara utpanna ho sakate haim| chini pittashaya ke vikarom ko krodha ki bhavana se joda़te haim| yadi pittapathariyam bahuta bada़i hom ya una mamalom mem jinamem ve lambe samaya se upasthita hom to shalyakriya avashyaka ho jati hai| chhote pittapathariyom ko, phira bhi, ahariya upacharom dvara hataya ja sakata hai| pittashaya ke sujana va jalana ke tivra mamalom mem, rogi ko do ya tina dinom ke lie upavasa karana chahie, jaba taka ki tivra avastha samapta nahim ho jati| upavasa ke daurana pani ke atirikta kuchha bhi nahim lena chahie|  
upavasa ke bada, rogi ko kuchha dinom ke lie phala tatha sabji ke rasom ka sevana karana chahie|  
gajara, chukandara, chhote chakotare, nashapati, nibu ya angura ke rasom ka upayoga kiya ja sakata hai|   
rasom ke pashchat, rogi ko eka aise susantulita bhojana ko apanana chahie jisamem sabhi anivarya poshaka-tatvom ki paryapta matra honi chahie| adarshatah, bhojana kachchi aura paki sabjiyom, phala evam sabji ke rasom, tatha madhyama matra mem phala va bijom para ja़ora dene ke satha, dugdha-shakahari hona chahie| nashapati udaratapurvaka khaya jana chahie kyonki inase pittashaya para eka vishesha upacharatmaka prabhava hota hai| bhojana mem dahi, panira tatha eka bada़a chammacha jaituna ka tela bhi dina mem do bara sammalita karana chahie| tela vasa ko pachane vale enja़aimom, pitta aura laipesa ke utpadana mem eka uttejaka padartha ki taraha kama karata hai| bhojana mem uchcha gunavatta vala vanaspatika tela pitta-pathari ke nirmana ko bhi rokata hai| rogi ko tina bada़e bhojanom ki apeksha bara-bara thoda़e-thoda़e bhojana karana chahie| pitta pathariyom ko dura karane ke lie kuchha prakritika upachara karane vale chikitsakom dvara tela upachara ki salaha di jati hai| kachcha, prakritika, aparishkrita vanaspatika telom, udaharana ke lie, jaituna ya surajamukhi tela, ka upayoga kiya jata hai| eka aunsa vanaspatika tela, variyata se jaituna tela, subaha mem sabase pahale lena aura isake turanta bada chara aunsa chhote chakotare ya nibu ka rasa pina, yaha prakriya hai| yaha upachara kai dinom taka, yadi avashyaka ho to, yaham taka ki haphtom taka, hara subaha kiya jana chahie| peta ke upari kshetra mem garama paika ya sikaim ke prayoga se pitta-pathari ki udara pida़a kama ki ja sakati hai| yadi rogi ko kabja़ hai to sharira ke tapamana para garama pani ka enima maliya sanchayana ko nikalane mem sahayata karega| gaistraitisa amashaya ki sataha ka sujana va jalana hai| yaha eka kashtadayaka avastha hai jo yadi samaya para upachara nahim kiya gaya to vrana(alsara) sahita kai jatilataom ki ora agrasara kara sakata hai| kabja़ isa avastha ko kisi anya vikara ki apeksha aura adhika bigada़ta hai| jvalanashila vikshati (lija़na) tivra aparadanakari amashaya shotha ya jirna apakshayi amashaya shotha mem se koi eka ho sakata hai| dusara prakara lauha nyuna raktalpata se pida़ita adhe rogiyom mem upasthita paya gaya hai| amashaya shotha ke pramukha lakshana bhukha ki kami, michali, ulati, siradarda aura chakkara haim| amashaya ke kshetra mem pida़a aura vikalata ka anubhava bhi hota hai| adhika jirna mamalom mem, peta mem purnata ka anubhava hota hai, kha़asakara bhojana ke bada| lambi bimari aksara vaja़na ki kami, raktalpata aura kabhi-kabhi amashaya ke rakta srava mem parinita ho jati hai|  
tivra akramana ke daurana aura jirna amashaya shotha ke adhikatara mamalom mem bhi haidroklorika anla ke srava mem kami aura shleshma ka atyadhika nissarana ho sakata hai| amashaya shotha ke sabase adhika niyamita karana hai ahariya asavadhani jaise ki adatana adhika khana; anuchita rupa se mishrita ya anuchita dhanga se pakae bhojana ko khana, kada़i chaya, kaॉphi ya madaka peyom ka atyadhika sevana, masale, saॉsa ka adhika matra mem adatana upayoga karana adi| kabhi-kabhi yaha kuchha rogom jaise khasara, rohini(dipha़thiriya), inpha़luenja़a, vishanujanya nimoniya adi ka anusarana kara sakata hai|  
prayah, yaha chinta, vyagrata, dukha, aura dirghakalina tanava ke bhi phalasvarupa hota hai| kuchha aushadhiyom, teja anlom aura ksharaka padarthom ke prayoga bhi amashaya shotha ko badha़a sakate haim| rogi ko tivra tatha jirna donom mamalom mem upavasa prarambha karana chahie| tivra mamale mem, rogi samanyatah do ya tina dinom ke alpakalika upavasa ke pashchat achchha ho jata hai| jirna avastha mem, upavasa ko sata dina ya aise hi lambi avadhi ke lie ja़ari rakhana pada़ sakata hai| vikalpa ke rupa mem, ho rahi pragati para nirbhara karate hue, alpakalika upavasa ki eka ya do mahine ke antara mem punaravritti ki ja sakati| yaha upavasa phala ke rasom para rakha ja sakata hai| upavasa se, takalipha़ dene vali vastuom ka sevana turanta prabhavapurna dhanga se banda ho jata hai, amashaya ko arama milata hai aura jalana utpanna karane vali, vishakta avastha, ko ghatane diya jata hai| upavasa se nishkasana mem vriddhi hoti hai aura sharira mem ekatrita atirikta vishakta padartha ko phenka diya jata hai| tivra lakshanom ke ghatane ke bada, rogi ko agale tina dinom ke lie kevala phalahara apanana chahie| rasile phalom jaise seba, nashapati, angura, chhote chakotare, santare, anannasa, chiku aura melanom ko isa avadhi ke daurana pancha ghante ke antara para liya ja sakata hai| rogi ko madira, nikotina, masale aura bagharom, mansahari bhojanom, mirchiyom, khatti chija़om, acharom, kada़i chaya va kaॉphi ke upayoga se paraheja karana chahie| use mithaiyom, pestriyom, kekom aura vatita jala ka bhi paraheja karana chahie| dahi aura ghara ka bana panira liya ja sakata hai|*