*adhunika chikitsiya paddhatiyom se roga ka upachara nimoniya, vrikka vikarom, kana tatha sine ki pareshaniyom adi jaise lagabhaga kai jatilataom ko la sakata hai| yaha upachara ki shamanatmaka prakriti ke karana hota hai jo shuddhi prakriya ko rokati hai aura vishaile dravyom ko sharira mem punah adhika gaharai taka dhakelati hai| inpha़luenja़a ki tivra avastha mem, rogi ko sabhi thosa aharom se paraheja karana chahie aura kevala phala tatha sabji ke rasom ko roga ki gambhirata para nirbhara karate hue, pahale tina se pancha dinom taka, 50:50 ke anupata mem pani ke satha milakara pina chahie| isa rasa upavasa ko tapamana ke utarakara samanya hone taka jari rakhana chahie| isa avadhi mem anta sapha karane ke lie gunagune pani ka enima pratidina lena chahie| jvara utarane ke bada, yaha rogi do ya tina dinom ke lie kevala phalahara apana sakata hai| isa ahara niyama mem, rogi ko seba, nashapati, angura, santare, anannasa, ada़u tatha melana jaise taje rasadara phalom ka pancha ghante ke antarala para dina mem tina bara bhojana karana chahie| kele, ya sukhe, damapukha़ta ya dibbabanda phala, phira bhi, nahim lie jane chahie|  
isa phalahara mem anya khadya padartha nahim milana chahie; nahim to upachara ka mahattva nashta ho jaega|  
isaka anusarana agale do ya tina dinom taka phala tatha dugdhahara se kiya ja sakata hai| isake bada, rogi svasthya evam roga mem ahara ke 1 adhyaya mem darshae anusara tina mula bhojana vargom, jaise ki, danom, kashthaphalom tatha dhanyom, sabjiyom aura phalom ka eka susantulita ahara apana sakata hai|  
masale aura baghara, tatha achara, jo bhojana ko aura adhika svadishta banate haim tatha adhika khane ke lie badhya karate haim, se avashya dura rahana chahie| salada dresinga mem nibu ke rasa ka prayoga kiya ja sakata hai| inpha़luenja़a ke upachara mem gajara evam palaka ke rasa vishesha rupa se labhaprada pae gae haim|  
ina donom sabjiyom ke rasom ko alaga-alaga ya chhah aunsa palaka ke rasa ko dasa aunsa gajara ke rasa ke satha milakara sanyukta rupa se liya ja sakata hai| sabjiyom ko, phira bhi, rasa nikalane se purva, kitanashaka ke chhida़kavom adi ke avashesha ko hatane ke lie bahuta sare thande, bahate pani se achchhi taraha se dhona chahie| jvara ke krama ke daurana, tapamana ghatane ka prakritika upaya hai shitala paikom ke sadhana| yaha uchita hai ki pradahayukta kantha hone para gale mem eka paika ke satha, eka dina mem kai bara sharirika paika ka prayoga karem| yaha paika chadara ya anya linena kapada़om ke chaukora tukada़e ko thande pani mem nichoda़kara, ise rogi ke sharira tatha pairom ke thika charom tarapha़ lapetakara aura taba eka kambala se purnatah dhankakara banaya jata hai| gale ke paika ke mamale mem, linena ko eka pha़lalena ke tukada़e se dhanka ja sakata hai| isa paika ko ekadha ghante ke lie rakha ja sakata hai| isa paika ko hatane ke bada sharira ko gunagune pani ke satha spanja se sapha़ karana chahie| isa rogi ko bistara para hi rakhana chahie aura use vahim rahana chahie jaba taka ki vaha phira se achchha nahim ho jata| insonniya shabda nidra ke purna abhava ka yathashabda dyotaka hai| yaha, halanki, nidra ki sapeksha asamarthata ko suchita karane ke lie prayukta ki jati hai jisamem ninda ane mem kathinai, ninda lage rahane mem kathinai, jaldi jagane ya ina takalipha़om mem se kisi ka bhi sanyoga shamila hota hai| anidra roga vyakti ko manasika vishrama se vanchita karata hai aura phalasvarupa dina ke samaya mem usake kriya-kalapom mem badha dalata hai| jaba yaha eka adata bana jati hai to yaha eka gambhira svasthya sankata khada़a karati hai| nidra sharira ke lie vishrama ki eka niyatakalika avastha hai jo ki isake sakshama karya ke lie purnatah avashyaka hai| karya-shakti ke svasthyalabha ke lie yaha anivarya sthiti hai| yaha tanava se mukti deti hai, mastishka aura sharira ko vishrama deti hai tatha vyakti subaha mem taja़a aura tanavarahita hokara jagata hai| nidra ki yaha matra eka vyakti se dusare vyakti ke bicha bahuta vistrita sima mem badalati rahati hai| ama taura para, hara rata sata se atha ghante ki nidra adhikatara logom ke lie paryapta hoti hai| kuchha, halanki, chara se pancha ghante ke satha bhi achchha karate haim kyonki unaki nidra adhika gahari aura adhika sphurtidayaka hoti hai|  
anidra roga vibhinna karanom se vayovriddha ke bicha samanya hai| vayovriddha ki nidra rata ke samaya alpakalina anidra dvara prayah pratibadhita hoti hai| aise mamalom mem yaha matra ki apeksha gunavatta hai jo sabase adhika prabhavita hoti hai| unra ke satha, gahari nidra ka avadhi mem dhire-dhire kami hoti hai|  
unra badha़ne ke satha nidra ki avashyakata bhi kama ho jati hai| 12 varsha ki ayu mem hara rata nau ghante ki nidra se lekara nidra ki ausata avashyakataem 20 varsha ki ayu mem atha ghante, 40 mem sata ghante, 60 mem 6 1/2 ghante aura 80 mem 6 ghante taka ghata jati haim| yadyapi ninda lage rahane mem kathinai sabase samanya prakara ka anidra roga hai, tathapi ekamatra lakshana jo aksara anidra roga ke akramana ko nishchita karata hai vaha hai ninda ane mem kathinai| anya lakshana haim bhavatmaka asthirata, samanvayana ki kami, bhranti aura udasinata ki eka sthira bhavana| anidra ka sabase samanya karana vyagrata, chinta, atishrama tatha atiuttejana dvara utpanna manasika tanava hai| vidvesha, krodha aura katuta ki dabi bhavanaom se bhi anidra roga ho sakata hai| koshthabaddhata, apacha, ratri mem adhika khana, shvetasarom, mithaiyom, chaya ya kaॉpha़i ka atyadhika sevana aura bhukhepeta sona inake anya karanom mem se haim| dhunrapana anidra roga ka eka anya asandehaspada karana hai kyonki yaha tantrika tantra mem jalana paida karati hai, visheshakara pachana tantra ki tantrikaom mem| paryavarana karaka jaise ati sankulata, atyadhika shora aura ghatiya bistara ya ghara ki paristhitiyam bhi asthayi nidra kathinaiyom ki ora le ja sakate haim|  
aksara, ninda na ane ke bare mem chinta hi kisi ko jagrita rakhane ke lie paryapta hai| ninda ki goliyam anidra ka upachara nahim haim| ye jaba lagatara li jati haim to adata banane vali aura kama karagara hoti haim| ninda ki goliyom ke parshva prabhavom mem apacha, tvacha para phunsi, sankramaka roga ke prati ghati hui pratirodhakshamata, parisanchari aura shvasa-sambandhi samasyaem, bhukha ki kami, uchcha raktachapa, vrikka tatha yakrita ki samasyaem aura manasika bhranti sammilita haim| anidra roga ke upachara mem ahara eka mahattvapurna karaka hai| shodhakarya darshata hai ki jirna anidra roga se pida़ita logom mem lagabhaga nirapavada rupa se bi-kampleksa vitaminom aura vitamina si tatha bi, aura kailshiyama, maignishiyama, maiganija़, poteshiyama tatha jinka jaise pramukha poshaka tatvom ki ullekhaniya kami hoti hai| nidra prakriya nipunata se karya karane mem asamartha hoti hai jaba taka ki ahara mem ina poshaka tatvom mem se pratyeka paryapta matra mem upasthita na hom| vibhinna khadya tatvom mem se, thaimina ya vitamina bi1 ka vishesha mahattva hai| yaha maja़buta, svastha tantrikaom ke lie atyavashyaka hai| kisi sharira ko eka lambe samaya taka thaimina nahim diya gaya ho to vaha svabhavika nidra lane ke lie paryapta vishrama karane mem asamartha hoga| isa vitamina ke bahumulya srota haim sampurna anaja ke siriyala, dala aura kashthaphala|  
anidra roga ke upachara mem khana-pana ke paitarna mem samanya sudhara ke satha eka santulita ahara bahuta hada taka asaradara hoga| aise ahara mem maide ke utpada, shakkara aura isake utpada, chaya, kaॉpha़i, chaॉkaleta, kola peya, madira, charbidara khadya, tale hue khadya, sanyojaka, parirakshaka, ranjaka, svadishtakara, lavana ka atyadhika prayoga aura teja baghara yukta khadya nahim hone chahie| rogi upachara ke prarambha mem tina ya chara dinom ke lie phalahara apana sakata hai| isa ahara niyama mem, use santare, angura, seba, nashapati, ada़u aura anannasa jaise taje rasadara phalom ka dina mem tina bara bhojana karana chahie| yaha rakta pravaha ko sapha़ karane aura sambhavya pachaka tatha antra-sambandhi gada़bada़iyom ko dura karane mem sahayata karega| isa kala mem antom ko gunagune pani ke enima se pratidina sapha़ karani chahie| phalahara ke pashchat, rogi eka parivartita khana-pana ke paitarna ka anusarana kara sakata hai jisamem subaha ke nashte mem taje aura sukhe phala, dane tatha dahi hone chahie| do pramukha bhojanom mem se, eka mem eka bada़i mishrita salada sammilita honi chahie aura dusara protina adharita hona chahie|  
sote samaya shahada se mitha kiya gaya eka kapa dudha labhadayaka hota hai kyonki dudha mem sammilita amino esida triptophena nidra lata hai| anidra roga ke upachara mem ajavaina ko bhi labhaprada mana jata hai| rata mem dera se bhojana karana aksara anidra lati hai| atah, anidra roga se pida़ita ko, sone se kama se kama tina ghante purva apana antima bhojana khana chahie| jaba koi bhavukatavasha ashanta ya thakana athava tivra avasada se pida़ita ho to use kabhi bhi bhojana nahim karana chahie kyonki yaha jathariya piड़a mem parinita ho jaega| ve jo anidra roga se pida़ita haim unhem hamesha eka aramadeha vatavarana mem bhojana karana chahie| yaha dina ke kisi bhi samaya para mahattvapurna hai, kintu adhika vishesha rupa se rata mem| samasya para ka़abu pane ke lie ahariya upachara ke satha-satha, anya prabhavakari upayom ko bhi apanana chahie| inamem ridha़ ki haddi para garama senka ka anuprayoga, garama pani mem paira snana ya bari-bari se garama aura thande pani mem paira snana tatha sone ke samaya lamba tatastha nimajjana snana (92o se 96o pheranahaita) sammilita haim| jitana sambhava ho sake utane tanava karakom ko dura karane ke lie sabhi prayasa bhi karane chahie| isa disha mem uthaye gae kadamom mem tanava mukti ke kisi bhi upaya ka niyamita abhyasa ya dhyana takanika, dhire se kama karane ki kala vikasita karana, kha़asakara khane, chalane aura bolane jaisi kriya-kalapom ki, dina ka karya samaya nau ya dasa ghante taka simita karana, tatha saptaha mem 5 1/2 dina, srijanatmaka shauka vikasita karana aura haradina kuchha samaya isa para vyatita karana shamila hona chahie| sabhi yakrita vikarom mem piliya sabase samanya hai| yaha eka avastha hai jisamem tvacha ka pila vivarnana ho jata hai aura rakta mem pitta rangadravya, bilirubina, ki vriddhi ke karana shleshma jilliyam payi jati haim| yaha pitta, yakrita dvara utpanna kiya jata hai, aura eka atyavashyaka pachaka rasa hai jo uchita poshana ke lie anivarya hai|  
yaha pachana ki samanya prakriya para sabase anukula prabhava dalata hai| yaha bhojana mem hone vale vikara parivartanom se bhi bachata hai| yadi pitta ko anta mem pravesha karane se roka diya jata hai to gaisa aura anya utpadom mem vriddhi ho jati hai| ama taura para, pitta ka utpadana aura isaka pravaha anavarata hota hai| piliya ke lakshana haim atyadhika durbalata, siradarda, jvara, bhukha ki kami, anavashyaka thakana, gambhira koshthabaddhata, michali aura ankhom, jibha, tvacha tatha mutra ki pili rangata| rogi yakrita kshetra mem halki pida़a bhi anubhava kara sakata hai| pratirodhatmaka piliya atyadhika khujalahata se sambaddha ho sakata hai|  
piliya yakrita ki kharabi ka parichayaka hai| yaha pitta vahikaom ke avarodha se ho sakata hai jo pitta lavanom tatha rangadravyom ko anto mem nissarita karati haim| pitta taba rakta ke satha mila jata hai aura yaha tvacha ko pili rangata deta hai| pitta vahikaom ke ye avarodha yakrita ke pitta-pathariyom ya sujana aura jalana ke karana ho sakate haim, jo eka vishanu se hone vale yakrita-shotha (hipetaitisa) ke rupa mem jana jata hai| bada ke mamale mem, yaha vishanu phailata hai aura ati sankulata, gande pasa-paड़osa, asvasthyakara paristhitiyam tatha bhojana aura pani ke dushana ke karana mahamari ki ora le ja sakata hai| piliya ke anya karana haim ghataka raktalpata aura yakrita ko prabhavita karane vale vishesha roga jaise taiphaida, maleriya, pita-jvara tatha kshayaroga| sadharana prakara ke piliya ka ahara upachara tatha vyayamom dvara teja़i se upachara kiya ja sakata hai| gambhira mamalom mem, jo pitta vahikaom mem avarodha ya dabava ke karana hue haim, svathya labha, phira bhi, dhimi gati se hoga| rogi ko roga ke tivra lakshanom ke ghatane taka vishrama karana chahie| rogi ko eka saptaha ke lie rasa upavasa para rakhana chahie| santare, nibu, angura, nashapati, gajara, chukandara tatha ganne ke rasom ka sevana kiya ja sakata hai| isa avadhi mem, niyamita antra malatyaga ko sunishchita karane ke lie, tatha phalasvarupa rakta pravaha mem sada़e hui, vishakta dravyom ke avashoshana ko rokane ke lie pratidina garama pani ka enima lena chahie| tivra lakshanom ke ghatate taka rasa upavasa jari rakhana chahie| rasa upavasa ke bada, rogi agale tina se pancha dinom taka phalahara apana sakata hai|*