*isa ahara niyama mem, use kele ko chhoda़kara seba, nashapati, angura, santare tatha anannasa jaise taje rasadara phalom ka dina mem tina bara bhojana karana chahie| sabhi vasa jaise ghi, makkhana, malai tatha telom se kama se kama do saptaha ke lie avashya paraheja karana chahie, tatha isake bada ahara mem makkhana aura jaituna ka tela sammilita kiya ja sakata hai parantu unaka kama se kama upabhoga karana chahie| sabjiyom tatha phalom se prapta sarvashreshtha, vasarahita, eka halka karbohaidreta ahara lena chahie|  
rogi ko taji sabjiyom tatha phalom ke rasom ka prachura matra mem sevana karana chahie| pratidina ki kachchi shakahari salada mem dugdhatikta ki pattiyom, pattiyom sahita muli aura endaiva ko milana chahie|   
kachche seba tatha nashapati vishesha rupa se labhaprada hote haim| dina ke samaya kai bara piya gaya, jau ka pani, piliya ke lie achchha upachara mana jata hai| eka kapa jau ko sava do litara pani mem ubalana chahie aura dhimi ancha para tina ghante taka pakana chahie| pachana gada़bada़iyom se avashya bachana chahie| ahara mem dala aura phaliyom ki taraha nichali antom mem uttejita hone ya sada़ne ki pravriti vale khadyom ko sammilita nahim karana chahie| nibu rasa ke satha bahuta sara pani pine se kshatigrasta yakrita koshikaem surakshita rahengi| piliya ka rogi upara ke ahara niyama dvara bahuta asani se paristhitiyom para kabu pa sakata hai aura apane bimara yakrita ko svastha bana sakata hai jaba taka ki vaha eka bara phira samanya rupa se kama na karane lage| ahara tatha jivana shaili ki uchita dekhabhala, niyamita, niyantrita vyayama tatha dhupa, taja़i hava ki barambara anashrayata aura paryapta vishrama ke satha yakrita pida़a ki punaravritti se bacha ja sakata hai| shodhakarya darshate haim ki yakrita mem svayam ko punarutpanna karane ki utkrishta kshamata hoti hai basharte ki sabhi avashyaka poshaka tatvom ki paryapta matra mem apurti ki gai ho| protina, vitamina si, aura bi vitamina, vishesha rupa se kolina, tatha vitamina i se sampurna uchcha ahara isake punarutpadana ko jaldi kara sakati hai| svathya labha ke bada bhi, pida़a ki punaravritti ko rokane ke lie eka lambi avadhi taka isa ahara ko banae rakhana avashyaka hai| yakrita ka sirosisa koshikaom ki ullekhaniya kami dvara visheshita yakrita rogom ke sabhi prakarom ki ora ishara karate haim|  
yaha yakrita sambandhi sabase gambhira rogom mem se eka hai| yakrita dhire-dhire akara mem sankuchita hota jata hai aura kada़a tatha chamada़e ke samana ho jata hai| yakrita sharira ke sabase mahatvapurna granthiya angom mem se eka hai| yaha madhyapata ke thika niche udara ke dahine bhaga mem upara ki ora sthita hota hai| yaha eka vishala rasayanika prayogashala hai jo kai mahatvapurna karya karata hai| yaha pitta, kolestraॉla, lesithina, rakta elbyumina jo ki utaka avasheshom ko hatane ke lie atyavashyaka hai, prothraॉmbina jo rakta ke thakka banane ke lie anivarya hai aura bahuta se enja़aimom ka nirmana karata hai| yaha una harmonom ko nishkriya bana deta hai jinaki aba aura avashyakata nahim hoti hai, kai amino anlom ka sanshleshana karata hai jo utaka nirmana mem prayukta hote haim aura protinom ko jaba inaki urja ke lie jarurata hoti hai to sharkara tatha vasa mem vibhajita karata hai| yaha vitaminom tatha khanija padarthom ka sanchaya karata hai| yaha hanikaraka padarthom ko nashta karata hai aura dragom, vishom, rasayanom tatha jivanvika sankramanom se utpanna jivavishom ka vishaharana karata hai| yakrita ki kshati ina sabhi karyom mem badha utpanna karati hai| yakrita ke sirosisa mem, halanki punarutpadana ki kriya jari rahati hai, yakrita koshikaom ki kami koshika pratisthapana se adhika hoti hai| vahikiya tantra mem bhi vikriti ata hai jo yakrita se hokara bahane vale portala rakta pravaha mem badha dalata hai| teji se phailane vala yakrita ki sanrachana tatha karya ka yaha vikara anta mem yakrita sambandhi viphalata aura nrityu ki ora le ja sakata hai| sirosisa ke kai prakarom mem sabase samanya hai portala sirosisa, jo henoka ke sirosisa ke rupa mem bhi jana jata hai| isa roga ki prarambhika avastha mem, kabhi-kabhara michali tatha ulati sahita, gaisa aura apacha ke bara-bara akramana ke atirikta shayada kuchha aura adhika na ho| thoda़i udara pida़a ya vajana mem kami ho sakati hai| unnata avastha mem, rogi ko ninna shreni ka jvara ata hai| usaki badabudara sansa, piliyagrasta tvacha aura udara mem phuli hui shiraem hoti haim| chehare, gale, hathom tatha dhada़ para bala ki taraha, chhoti makada़iyom ke samana, lala chihna prakata ho sakate haim| udara phula tatha suja jata hai, dimaga़ dhundhala ho jata hai aura peta se bahuta adhika raktastravana ho sakata hai| lambe samaya taka madira ka atyadhika prayoga yakrita ke sirosisa ka sabase prabala karana hai| isaka akalana kiya gaya hai ki yunaiteda steta mem 12 mem se 1 dirghakalika madyavyasaniyom ko sirosisa hota hai| yadi yaha vyakti madira se paraheja nahim karata hai, to yaha roga yakrita sambandhi viphalata ki antima-avastha ki ora agrasara ho sakata hai| sirosisa madira grahana karane ki avadhi tatha usaki pratidina upabhukta matra se sambaddha pratita hoti hai| hala ka shodhakarya yaha sanketa karata hai ki sirosisa utpanna karane ke lie madira grahana karane ki ausata avadhi 10 varsha hai aura madira ki matra pratidina 16 aunsa se adhika hona akalita ki gai hai| sirosisa ke vikasa mem aparyapta poshana dusara utpadaka karaka ho sakata hai aura eka dirghakalika madyavyasani prayah gambhira kuposhana se bhi pida़ita rahata hai, kyonki vaha kabhi-kabhi hi bhojana karata hai| sirosisa ke anya karana atyadhika masaledara bhojana ka bahuta adhika antargrahana, ushnadeshiya vatavarana mem lambi avadhi taka kvinaina ka adatana sevana aura upadansha, jvara tatha anya rogom ke lie aushadhi upachara haim| sadharanatah yaha sharira ki uchcha vishakta sthiti ka bhi parinama ho sakata hai| vastava mem, jo kuchha bhi yakrita ki koshikaom para lagatara atyadhika boja dalata hai aura unake antima vikara ki ora le jata hai, vaha sirosisa ka eka sahayaka karana ho sakata hai| rogi ko bistara para hi rakhana chahie|  
use kisi bhi prakara ke madira se purnatah paraheja karana chahie| use sata dinom ke rasa upavasa ke satha prarambhika yakrita svachchhata karyakrama se gujarana chahie| isa avadhi mem lala chukandara, nibu, papite aura angura se taje-nikale rasom ka sevana kara sakata hai| do ya tina saptaha taka phala tatha dugdhahara dvara isaka anusarana kara sakata hai| isa ahara niyama mem, rogi ko taje rasadara phalom aura dudha ka eka dina mem tina bara bhojana karana chahie| phalom mem seba, nashapati, angura, chhote chakotare, santare, anannasa aura ada़u sammilita ho sakate haim| pahale dina tina pava dudha le sakata hai| ise pratidina pauna pava se dedha़ ya paune do kilo taka badha़ana chahie| ise bahuta dhire-dhire ghutakana chahie| phala aura dugdhahara ke pashchat, rogi ko jaivika rupa se ugae gae kachche khadyom para bala dete hue tina mulabhuta bhojanom ka susantulita ahara dhire-dhire arambha karana chahie| sirosisa mem paryapta uchcha koti ki protina avashyaka hai| yakrita ke rogiyom ke lie sabase utkrishta protina bakari ke kachche dudha, griha-nirmita aparishkrita panira, ankurita dane aura anaja tatha kachche kashthaphalom, visheshakara badama se prapta hote haim|  
isa sthiti mem chukandara, skvasha, karela, bhata, tamatara, gajara, muli aura papite jaisi sabjiyam labhadayaka hoti haim| sabhi vasa aura telom ko kai saptaha taka ahara se nikala dena chahie| rogi ko sabhi parishkrita, sansadhita tatha dibbabanda khadyom, kisi bhi rupa mem shakkara, masale tatha baghara, kada़i chaya aura kaॉpha़i, tale khadya, ghi mem pakae sabhi vyanjanom, tela ya makkhana tatha sabhi charbi sanriddha mansom se paraheja karana chahie| namaka ka prayoga simita hona chahie| rogi ko bhojana mem sabhi rasayanika sanyojiyom aura jaham taka ho sake hava, pani tatha vatavarana ke vishom se bhi dura rahana chahie| upachara kala mem antom ki saphai karane ke lie gunagune pani ke enima ka prayoga karana chahie| yadi koshthabaddhata jirna hai to isake unmulana ke lie sabhi upaya karane chahie| bari-bari se yakrita kshetra ko dabane ke bada sadharana gili chadara se ragada़ne ka prayoga labhaprada hoga| subaha mem shushka gharshana aura shvasana tatha anya vyayama, upachara ki niyamita dainika visheshata banani chahie| adhakapari eka prachina aura vikata roga hai| isane sija़ra, darvina tatha phrayada jaise pratishthita vyaktiyom ko pareshana kiya| yaha rahana-sahana ki adhunika paristhitiyom mem bhayanaka anupata mem hua hai aura aba vishva ki janasankhya ke lagabhaga 10 pratishata ko piड़ita karati hai aisa mana jata hai| adhakapari ko bahuta adhika siradarda ke satha, aksara sira ke eka tarapha aura pachana, yakrita tatha drishti ki gada़bada़iyom se sambandhita avegi pida़a ke rupa mem bataya ja sakata hai| yaha prayah taba hota hai jaba koi vyakti atyadhikamanasika tanava mem hota hai ya achanaka usa avastha se chhutakara pa jata hai| unake lie, sabakuchha usi samaya hona chahie aura jaba ve khatma karate haim; achanaka ve atyadhika manasika tanava ki avastha se bahuta adhika rahata ke ehasasa mem utara jate haim| sira tatha gale ki mansapeshiyam, lagatara tanava ke prati pratikriya karati huim atishramita ho jati haim| kasi hui mansapeshiyam dhamaniyom ko sankuchita kara deti haim aura rakta pravaha ko kama kara deti haim| taba, jaba vaha vyakti achanaka vishrama karata hai, sankuchita mansapeshiyam, rakta-vahika ki divara ka vistara karati hui phaila jati haim| hridaya ke hara dhada़kana ke satha, rakta ina vahikaom se hokara age badha़ta hai tatha tivra pida़a utpanna karate hue unhem aura adhika phailata hai| adhakapari ke siradarda adhivrikka ke harmona stravana ke dainika avartana se sambandhita haim aisa mana jata hai| adhivrikka ke harmona ka stara pratahkala mem apane shikhara para hota hai aura lagabhaga dopahara 3 baje eka ninna stara para pahunchate hue, sandhyakala mem dhire-dhire kama ho jata hai| ina harmonom ka vahikiya mansapeshi ke tana ko niyantrita karane aura vahikavisphara se bachane ka eka mahattvapurna karya hai| jaba adhivrikka harmonom ka utpadana kama hota hai, to rakta vahikaem phailava ki ora adhika pravritta hoti haim| isalie adhakapari ka siradarda prayah sandhyakala mem aura kabhi-kabhara pratahkala mem shuru hote haim| adhakapari ka eka nishchita rupa hota hai| sira ke eka tarapha़ hi isa pida़a ka prakopa hota hai aura prayah ankha se phailati hai| eka akramana mem sira ka dahini tarapha prabhavita ho sakata hai aura dusare mem shayada banyi tarapha| adhakapari ke akramana se pahale ama taura para thoda़e samaya ke lie udasi, chida़chida़apana aura bhukha ki kami hoti hai| kuchha logom ko yaha daura roja़ana, anyom ko hara mahine athava hara dusare ya tisare mahine aura kaiyom ko kai salom mem sirpha़ eka ya do bara pada़ta hai| adhakapari ko ubau siradarda ke rupa mem bhi jana jata hai| isake mukhya lakshana dhamakadara pida़a, michali aura ulati haim| sira ke prabhavita bhaga ki rakta vahikaem bahara nikali hui aura dhada़kati hui hongi| adhakapari akramana karane se purva uchita chetavani deti hai| yaha rogi apane samane prakasha ki chamaka ya kale dhabbe ya vastuom ke kevala bhaga dekhata hai| vaha eka bhuja ya paira athava chehare ke eka bhaga mem samvedanashunyata ya durbalata anubhava kara sakata hai| kabhi-kabhi yaha samvedanashunyata chehare ke donom tarapha aura jibha tatha vani ko bigada़ti aura kathina banati hui pure mukha ko prabhavita kara sakati hai|  
jaise-jaise siradarda vikasita hota hai, pachana ki gada़bada़i eka spashta lakshana hota hai| adhakapari ka eka tivra akramana bahuta thakau hota hai aura rogi ko bistara para arama karana pada़ sakata hai taki use jaham taka ho sake prakasha tatha shoragula se bahara nikala ja sake, kyonki donom hi pida़adayaka uttejana utpanna karati haim| pura sira atisamvedanashila ho jata hai aura yaham taka ki thoda़i si bhi gatividhi atyadhika pida़a badha़ati hai| hara eka vyakti ke satha akramana ki avadhi bhinna hoti hai|  
kuchha loga kevala kuchha ghantom mem hi gambhira lakshanom se nijata pa sakate haim| anya logom ko samanya sthiti mem ane ke lie eka dina ke arama ki jarurata hoti hai|*