*yaha eka svayam ka anurakshana karane vala yantra hai tatha yaha svayam ko jivita rakhane vala bhi hai|  
yaha svayam ko nipunata se chala sakata hai aura jaba avashyakata ho to apani marammata bhi kara sakata hai| yadi apa apani galatiyom ko janate haim aura unhem karane se bachate haim to apa apane svasthya mem sudhara laenge- apa eka shaktishali vyakti haim| yadi apa apani galatiyom ko janate haim aura unhem karate rahate haim to apa asvastha ho jaenge kintu apani galatiyom ko sudharakara apa isase bahara nikala sakate haim| apa eka samanya vyakti haim| yadi apa galatiyam karate haim aura yadi apa nahim janate ki apa unhem kara rahe haim, taba to apa unase bachane mem asamartha haim tatha apa rogi ho jaenge aura isase bahara nahim nikala sakenge- apa eka durbala vyakti haim| svasthya manushya ka janmasiddha adhikara hai| svastha rahana utana hi svabhavika hai jitana ki janma lena| sabhi rogatmaka paristhitiyam, sabhi roga tatha roga ki sabhi pravrittiyam, sharirika aura svasthyakara niyamom ke atikramana ke parinama haim| yaha svasthya ke isa vijnana ko ati sankshepa mem kahane ka eka dhanga hai|  
samaya bitane ke satha hamem jnata hua hai ki yaha aisa nahim hai| penisilina ki apani sva simaem haim|  
hara 2-3 sala mem hama maisina ke eka nae utpadana ka vikasa karate haim aura 2-3 sala mem ve pratirodhi jivanu ki vriddhi ke karana prabhavahina ho jate haim| ve sankramana rokane mem sahayata karate haim, isamem sanshaya nahim hai, kintu ve parshva prabhava bhi utpanna karate haim| kainsara aura edsa ke agamana ke satha hama aushadhiyom ki simaom ko samaja pae haim| hama janate haim ki hama jo bhojana karate haim aura paryavarika khatare kainsara ke lie jimmedara haim| ahara mem adhika vasa aura tantuom ka abhava kainsara utpanna karata hai| naya shodha sharira ke bhitara hi - roga-pratikaraka pratikriya ke madhyama se, sharira ke pratirakshi tantra para nirbhara karate hue upachara vikasita karane para hai| yadi hama apane bhojana, vyayama tatha vishrama se satarka nahim haim, to hamare sarvottama vaijnanika jnana ke bada bhi, nae roga utpanna hote rahenge|  
jaba apako jvara ata hai to chikitsaka ke pasa mata dauda़ie, 2-3 dinom taka pratiksha kijie, ho sakata hai yaha apane apa utara jae| jaba apako jvara hota hai, to 400 sentigreta (1020 pheranahaita) para roga-pratikaraka ka nirmana 20 gune se adhika badha़ jata hai| isaka artha hai ki sharira svayam se lada़ne ke lie sakshama bana raha hai| sardi ya siradarda jaise mamuli rogom ke lie aushadhiyam na lem, pratiksha karem aura dekhem, adhikatara bara ye kuchha dinom ke andara ojala ho jaenge| sardi eka vishanujanya sankramana hai, yaha apane apa ko kama karane ke lie 5-7 dina lega hi, chahe apa aushadhiyam lem ya na lem|   
vastava mem, vishanujanya sankramana ke lie koi bhi aushadhi prabhavakari nahim hoti hai| sabase ahanikara dikhane vali aushadhiyam vastava mem ahanikara nahim haim, unake bhi parshva prabhava hote haim| eka achchha chikitsaka chunie jo kama se kama aushadhiyam batalata hai| roga ki sahi pahachana usaki visheshajnata aura kaushala para nirbhara karata hai| isilie yaha behatara hai ki 2-3 dinom taka pratiksha karem aura upachara se purva roga ka uchita nirnaya karavaem, sharira ko svayam ka upachara karane ka eka avasara pradana karem| yoga chikitsa vijnana ka uddhara karane ke lie kai prakara se a raha hai| vastuom para mana ki pakada़ adhunika yuga ka chamatkara bana gai hai| sadiyom se bharata ke yogi sva-niyantrana ka abhyasa karate rahe haim| ve una rogom ka upachara karane mem samartha hue haim jise chikitsaka karane mem asamartha the| ve jaiva pratipushti mem vishvasa karate haim aura unaka mukhya vakyansha hai "rogi svayam se achchha hota hai"| prayoga darshate haim ki samvedanashila yantrom ki sahayata se, rogi kuchha vishesha sharirika karyom ko niyantrita kara sakata hai, jise pahale aniyantraniya samaja jata tha| vaijnanikom ne paya hai ki hridaya, mastishka, mansapeshi samudayom aura parisanchari tantrom se sambandhita rogom para, jaiva pratipushti se yadi unhem purna rupa se rogamukta nahim kiya ja sakata to, ka़abu avashya paya ja sakata hai, jo prantastha (kaॉrteksa) ke thika niche sthita limbika tantra ke alpha mastishka tarangom aura vidyuta avegom ko niyantrita karane ki hamari kshamata se juda़i hui hai| 1935 mem vaijnanikom ne kaha ki jaba hama dura ke sthana mem ekataka dekhate haim aura taba hamari ankhe kuchha samaya ke lie banda hoti haim to samanyatah alpha tarangem prakata hoti haim|  
mastishka samanyatah kevala bita tarangem utpanna karata hai aura yaha ama taura para sharira tatha tantrika tantra ko dhimi aura shithila karati hai| 1910 mem, jarmana sammohaka johana shultja़ ne, rogiyom ko vishrama ki avastha mem svayam se batem karana sikhaya| unhem ashcharyajanaka parinama mile| udaharana ke lie, jaba ve "mere hatha garama haim" vakyansha ko duharae to unake hatha vastava mem adhika garama ho gae the|   
1964 mem amariki chikitsakom ne shultja़ ke prayogom ko upakaranom, jisase tvacha ke tapamana ko maॉnitara kiya gaya tha, ke madhyama se pramanita kie| svayansevakom ko vishrama karane aura apane hathom ko adhika garama hote hue anubhava karane ke lie kaha gaya tha| upakarana ne unake hathom ke tapamana mem vriddhi ankita kiya| isamem sirpha़ roga ke abhava ke atirikta bahuta kuchha shamila hota hai| vastava mem, eka svastha vyakti kevala achchha hi anubhava nahim karata hai balki, vaha anya logom ke satha achchhe se milajula kara rahata hai aura jivana ke prati yatharthavadi drishtikona rakhata hai| achchha svasthya logom ko apane lakshyom ko prapta karane aura jivana ka bharapura ananda lene mem sahayata karata hai| atah logom ko manava sharira ke bare mem maulika jnana avashya hona chahie, ki yaha kaise karya karata hai, aura isaki jatila suraksha prakriya kya haim| achchhe svasthya ke bare mem jnana ko hara eka ki shiksha ka bhaga banana chahie taki chhoti unra se hi ve jana jaem ki kya unake sharira ke lie achchha hoga aura kya ise hani pahunchaega| sharirika svasthya ko banae rakhane ke lie, sharira ke sabhi bhagom ko milajula kara kama karana chahie| eka achchhi sharirika evam manasika sthiti mem kisi vyakti mem sakriya jivana ka ananda lene aura dainika jivana nirvaha ke tanava ko sahane ke lie urja aura shakti hoti hai| achchhe jivana nirvaha ke lie poshana, vyayama, sustana, vishrama, nidra, svachchhata aura chikitsiya tatha danta sambandhi dekha-bhala anivarya shartem haim| eka santulita ahara svasthya, uchita vriddhi tatha vikasa ke lie sabhi bhojana pradana karata hai| ahara vijnom ne poshaka tatvom ko pancha pramukha vargom mem vargikrita kiya hai: karbohaidreta, vasa, protina, vitamina tatha khanija| jala jivana ke lie anivarya hai parantu ise poshaka tatvom se alaga mana jata hai| eka santulita ahara mem vistrita prakara ke khadya padartha sammilita hote haim| phala aura sabjiyam vitamina tatha khanija pradana karate haim| mansa, kukkuta, machhali, ande, dugdha utpada tatha kashthaphala protina ke sanriddha srota haim| dabalaroti, siriyala aura alu karbohaidreta ke satha-satha vitamina tatha khanija pradana karate haim| achchhe poshana mem prati dina bhojana ko uchita matra mem khana shamila hai, adhika khana mutapa ki ora agrasara karata hai| avashyakata se adhika vajana hridaya para atirikta tanava dalata hai aura kisi vyakti mem madhumeha tatha anya rogom ke hone ki sambhavana ko badha़ata hai| vajana kama karane ka sabase achchha tarika, ahara tatha upachara ke eka niyamita svasthya utpadaka karyakrama ka anusarana karana hai| vyayama mansapeshiyom ko maja़buta banata hai aura parisanchari tatha shvasana tantra ke karya ko behatara banata hai| yaha sharira ko tanava sahane ke lie sakshama banata hai anyatha yaha sharirika aura bhavatmaka samasyaem utpanna kara sakata hai|  
vishrama tatha nidra thakana para ka़abu pane aura urja ki punah prapti mem sahayata karate haim| svachchhata jivanuom tatha kitanuom ki vriddhi ko niyantrita karati hai| dainika snana sharira ko maila tatha gandha se mukta rakhati hai| balom ko bhi niyamita rupa se dhona chahie| danta-sambandhi dainika dekhabhala, dantom ko thika se sapha़ karana aura unhem svachchha rakhana, achchha svasthya banae rakhane ke lie anivarya haim|  
hamem apane sharira ke svastha hone ki kshamata ka puri taraha se ehasasa nahim hua hai| prakriti ne hamare sharira ke rogom se lada़ne ke lie eka suraksha prakriya banaya hai| isalie svasthya utpadana kheta mem utpadana karane se kuchha adhika bhinna nahim hai| behatara poshana, surya prakasha, taji hava, vyayama tatha manasika vishrama se apaka svasthya khila jaega| isa sharira mem svastha hone ki prakritika kshamata hai|  
shalyachikitsaka haddi ke tute hue sirom ko milakara rakhenge, palastara ki eka patti se unhem unake sthana para rakhenge aura kuchha saptahom ke bada ye haddiyam eka bara phira juda़ jaengi| dhire-dhire ghava bharata jata hai, eka nai tvacha ka nirmana hota hai, aura papada़i apane svayam ke bhara se jada़ jati hai| kahie ki eka durghatana ke bada, jaba eka bahya padartha sharira mem antahsthapita ho jata hai, to ho sakata hai ise shalyachikitsaka se hataya jaya para vaha achchha prakriti ke dvara hi hota hai| yadi shalyachikitsaka upalabdha nahim hai, aura yaha padartha hataya nahim gaya hai, to pida़a badha़ jaegi, tatha bahya akramaka ke charom ora sujana aura jalana arambha ho jaega| chikitsiya shabdom mem, bhakshakakoshikaem utpanna hoti haim, pipa bana jata hai aura yaha bahya pinda ya to pacha liya jata hai ya phira pipa ke satha bahara phenka diya jata hai| jaba hama bimara pada़te haim to prakriti, eka mata ki taraha, hamare sanrakshana ke lie satha hoti hai, aura yadi hama svastha haim to hamare svasthya ko utkrishta banati hai| hama svasthya utpadana ki tulana khetom mem kie jane vale krishi utpadana se kara sakate haim| yadi hama achchhe bijom ka upayoga karate haim, uchita urvarana, nami, surya prakasha aura eka sahi tapamana rakhate haim to phasala halahaegi| yadi inamem se koi eka bhi anupasthita hai, yadi phasala ko uchita nami ya uchita tapamana ya sahi prakara ka urvaraka nahim milata hai to vriddhi ruka jaegi| yadi anupasthita karaka ko vapasa de diya jaya to yaha phasala phira se svastha aura hari-bhari ho jaegi| krishi mem, bija ki utkrishtata ka pramukha mahattva hai| eka achchhi kisma ka bija eka achchha utpadana dega| yadi hama eka kharaba kisma ke bija ko urvaraka, sahi nami, surya prakasha tatha garmi denge, to bhi utpadita phasala utani achchhi nahim hogi jitani ki eka achchhe kisma ke bija se hogi| thika yahi manava sharira ke lie bhi satya hai| yadi hama achchhe svasthya vale mata-pita pane vale bhagyavana haim, to bahuta hada taka hama bhi achchha svasthya virasata mem paenge| isa bata ka aba ehasasa ho gaya hai ki dhunrapana ya sharaba athava bahuta adhika chaya ya kaॉpha़i bhi badha़te hue bachche para pratikula prabhava dala sakate haim| atah, mata ka sharirika svasthya evam manasika svasthya, santana ki vriddhi ko prabhavita karate haim| yaha mata ke garbha mem ropita "bija" ke prakara para nirbhara karata hai ki, abhi paida hone vala bachcha eka sannyasi, eka ugra vyakti, eka sangitakara, eka darshanika ya eka aparadhi hoga| mahabharata mem, yoddha arjuna ki eka kahani hai, jo usaki garbhavati patni (unake pahale putra abhimanyu ka garbha dharana ki hui) se sambandhita hai aura jo sainya nirmanom ki jatilata aura unaka kaise samana karem, ke bare mem hai| usane usako isake bare mem bataya ki kaise vaha shatru ke shivira (chakravyuha) mem phansa gae the aura kaise ve aura unake sainika bahara nikalane mem saphala hue| unaki patni, eka sansarika stri hone ke nate samarika ghatanaom ke prati utsuka nahim thi, aura jaba arjuna yuddha ki bhumi mem apani virata ke bare mem vyaktavya ko vistarita kara rahe the to vaha nipata uba vasha so gai| abhimanyu ka janma hua aura vaha eka achchhe sainika ke rupa mem praudha़ hua| vaha apane pita ke hi samana paristhiti mem phansa gaya| vaha shatru ke jala se bahara nahim nikala pa raha tha, aura vaha samana karate hue pakada़a gaya tatha mara gaya| isaka karana isa sachai se ho sakata hai ki jaba arjuna, shatru ki rachana se bahara kaise nikale, isa guढ़ta ka vivarana kara rahe the to usaki mata so gai| yaha kahani ujagara karati hai ki eka mam ki manasika avastha ka badha़te hue bachche para suspashta prabhava tha hindu dharmagrantha paramarsha dete haim ki garbhavastha ke daurana mam ke pasa eka prashanta vatavarana hona chahie, use achchhi pustakem aura dharmika sahitya padha़ne ke lie kahana chahie, aura achchha sangita sunane ke lie kahana chahie, taki badha़te hue bachche ke mastishka mem uchita bija boya ja sake |*