*yaham taka ki paudhom ki vriddhi para bhi sangita ka achchha prabhava hai | vaijnanika rupa se, yaha paya gaya hai ki paudhom ke lie prati dina bajae gae sangita ne unako behatara phalane phulane mem sahayata ki apekshakrita unake jinako sangita ka labha nahim mila | yaha gayom ke lie bhi satya haih yadi unake lie sangita bajaya jata hai, to ve adhika dudha deti haim | muje lagata hai ki garbhavastha ke daurana poshana aura vyayamom ko uchita mahatva avashya dena chahie | kuchha bimariyom mem anuvanshika karaka ko hama inkara nahim kara sakate haim | yadi hama eka svastha vyakti ke gale ki eka khurachana lete haim aura sukshmadarshi se parikshana karate haim to hama ise bahuta si bimariyom ke jivanu se chhidrita paenge | sharira mem hamem bimariyom se mukta rakhane ki shakti hai aura phira bhi jivanu ko ashraya deta hai | yadi hamare pasa uchcha stara ki jivana shakti hai to jaba hama isake samparka mem ate haim taba bhi hama bimari se aprabhavita rahenge | jaba hamari pratirodhakata ya jivana shakti kama hoti hai, ye jivanu sankhya mem badha़enge aura hama para akramana karenge aura taba hama isake shikara ho sakate haim | hama eka uchita poshana, aramadayaka ninda, vyayama dvara, bahuta sara pani pikara, kabja़ se bachate hue aura apane apa ko tanavamukta rakhate hue jivana shakti ko uchchatara stara ki ora le ja sakate haim| hamem bimari ke karya-karana sambandha mem manasika sthiti ki bhumika ko nahim bhulana chahie | yaha bahuta si bimariyom mem eka mukhya bhumika nibhati hai | roganu ko marane aura bimari dura karane ke lie adhunika vijnana ka siddhanta hai | yadi hama isa siddhanta ko uparyukta tathya ke sandarbha mem dekhate haim ki "apa roganu ko ashraya de sakate haim aura phira bhi shayada bimari se pida़ita nahim hom" to yaha vastava mem eka tarka sangata mastishka ko pasanda nahim ata hai | sharira svayam hi bimariyom se chhutakara pane ka adhika utsuka hota hai aura isako yaha kshamata prapta hai | isake pasa eka svayam raksha yantravinyasa hai | jaba hamare shatru, bimari utpanna karane vale jivanu se samana hota hai, to usake lie hamare sharira mem eka sannihita raksha yantravinyasa hai | sharira ka prathama bachava bahya tvacha aura antarika angom ke charom ora ki jilli hai | dono kinchita pratirodhi tarala haim | udariya anla khana pachane ke atirikta bahuta se khataranaka akramakom ko bhi marata hai jo hama logom dvara aksara nigale jate haim | jaba sharira ki pratirodhakata kama hoti hai aura kitanu samvedanashila kshetrom mem pravesha karate haim, sharira ki sena, rakta ki shveta rakta koshikaem, apani raksha ke lie sainika karyavahi mem utha khada़i hoti haim | ausata manava sharira mem ve 30000 lakha hoti haim | jaba kitanu pravesha karate haim, ye koshikaem sankramana ke sthana para ekatra aura samvriddha ho jati haim aura ise avashoshita karake aura pacha kara shatru ko mara deti haim | isalie ina bahadura yoddhaom ko phaigosaitsa (khane vali nalika) ka nama diya gaya hai | bahuta si phaigosaitsa yuddha ke samaya mara jati haim jo sankramita kshetra, jaise eka phoda़a, mem prakopita hoti haim | ina koshikaom ka nrita sharira mavada ke rupa mem ekatrita hota hai | eka dina phoda़a phutata hai, puri mavada bahara ati hai aura phoda़a thika ho jata hai | rogapratikaraka rakta mem jivanu ke pratibhedana dvara entijena ya visha ki pratikriya mem bane vishishta padartha hote haim | ve bimari ke samaya sharira mem raha rahe roganuom se lada़ai karane ke lie bane vishishta padartha hote haim | yaha rogapratikaraka bimari se lada़ne mem sabase prabhavakari hai aura roganu ina rogapratikarakom ke prati kabhi bhi pratirodhakata nahim vikasita kara sakate haim kyonki ve jivanu dvara utpanna entijena ya visha ki pratikriya ke parinamasvarupa sharira ke tatkalika utpada hote haim |  
ve bahuta vishishta hote haim; ve raha rahe jivanu ke sthana para pahunchate haim | isalie sharira ke ve anga ya bhaga jo bimara nahim haim prabhavita nahim hote haim | jaham isaki avashyakata hai yaha usi sthana para kriya karega lekina usi samaya yaha sharira ke anya bhagom ya angom para jaham isaki avashyakata nahim hai, kshatikaraka tarike se kama karega | sabhi aushadhiyom mem abhishta prabhava dene ke atirikta hanikaraka parshva prabhava bhi hote haim | yadi koi aushadhi lambe samaya taka upayoga ki jati hai, to parshva prabhava badha़ne jari raha sakate haim aura sharira ke anya bhagom ko kshati pahuncha sakate haim | eka sadharana dardanashaka amashayi shotha utpanna kara sakata hai, pachana kharaba kara sakata hai, aura yaham taka ki hridaya, gurde aura yakrita ko bhi prabhavita kara sakata hai | lekina adhikatara mamalom mem parshva prabhava bhi ane mem manda hote haim | ve rogi ko turanta nahim maluma pada़te haim | kabhi-kabhi ve eka lambe antarala ke bada prakata hote haim aura rogi nayi bimari ke karana ko pahale li gayi aushadhi ke kharaba prabhava se joda़ne mem sakshama nahim hota hai | koi bhi chikitsaka ka yahi mata hoga ki kisi bimari ka upachara karane ka sabase achchha tarika hai bina aushadhiyom ka upachara | yaham hama dhyana akarshita kara sakate haim ki jaba yuddha phaigosaitsa aura rogapratikarakom dvara jita ja chuka hai, taba bhi sharira rogapratikarakom ko viyojita nahim karata hai| yakrita aura lasika tantra mem bane naye rogapratikarakom dvara samaya-samaya para sudridha़ hone ke karana, ve rakta ki dhara mem lambe samaya taka bane rahate haim, isalie yadi vahi roganu lautata hai, to upayukta rogapratikaraka unake akramana ka pratirodha karane ke lie intaja़ara karate haim | jaba koi bachcha khasara ya chhoti chechaka se pida़ita hota hai, taba isa bimari se ise rodhakshamata prapta hoti hai, dusara akramana samanyatah nahi ata hai | yaha yogyatama ki uttara jivita hai, juggi-jopada़iyom mem rahane vale bachche samanyatah bahuta si una bimariyom ke lie pratirakshi hote haim jo anyatha susampanna parivarom mem bachchom ko mara sakati haim | isalie jaba apako jvara ho to pareshana na hom | lekina isako bahuta adhika badha़ne na dem- jaise 104 digri phaॉrenahaita se upara | apa ise niche lane ke lie eka barpha ki topi aura eka shitala ponchha ka upayoga kara sakate haim | samanyatah yaha 2-3 dinom mem arama aura upavasa ke dvara samanya taka a jaega | yadi apa dava lekara jvara kama karate haim to apa uchita roga nidana mem badha dalate haim | rodha kshamata svayam-raksha yantravinyasa hai jisake dvara sharira svayam ko akramana karane vale roganuom aura jivanu se bachata hai | isamem bi aura ti limphosaitsa, monosaitsa, asthi majja mem koshikaem, lasika granthiyam, peyarsa paichesa aura thaimasa shamila haim |  
rakshatmaka rodhakshamata sambhavatah rogotpadaka sukshmajivom ke sagara mem, jinamem hama rahate haim, manavom dvara uttarajivita ke lie mahatvapurna hai | hama pine, dhunrapana karane, galata prakara ka khana khane, kuchha samaya taka bina vyayama ke rahane mem lipta ho sakate haim aura usi samaya yaham taka ki bahuta sara tanava saha sakate haim, lekina yadi yaha lambe samaya taka jari rahata hai to sharira isake satha kiya gaya anyaya nahim saha sakata hai | isake pasa apana samanjana hai aura yaha sharira ko apani uchchatama kshamata taka ina anyayom ke prati dashanukulita karane ki koshisha karata hai | eka nishchita avastha para isaka samanjana asaphala ho jata hai | sharira apane para kie gae aura adhika pratada़na ko nahim saha sakata hai | yaha tutana shuru ho jata hai aura bimari dikhani shuru ho jati hai | eka sima hai jisake age sharira "isa boja" ko nahim sahega, isake bada yaha kahata hai : ‘mainne hara mana liya hai’ | isake bada anajane sakriya pratibhagi isa para achanaka akramana karate haim aura apana atidushta karya shuru kara dete haim | hamare sharira ko svastha rakhane ke do upaya haim | prathama galata khadya khane mem lipta hone se bachem |  
eka uchita poshahara ka palana karem, prati dina vyayama karem, aura tanava se dura rahem | sharira ki manga ko dhyana purvaka sunem, jaba apa asvastha mahasusa karem ya kisi bimari se pida़ita hom to chetavani chinhom ke prati dhyana dem aura sharira ke punah svasthya labha mem sahayata karane ke lie apane jine ki shaili ko badalem | svasthya stara sudhara kara bimari se chhutakara pane ki koshisha karem | khana aura pine ki adatem sva-niyantrana mem honi chahie, jisase ki jitani jaldi sambhava ho apako bimari se bahara nikalane ke lie sakshama banane ke lie sharira mem hui kshati simita ho | kai bara hama sharira ki manga ko nahim sunate aura atidushta adatom ko jari rakhate haim | uchcha jivana shaili ka tarika jisake hama adi ho chuke haim itana priya hai ki hama sharira ki chhoti mangom aura isake chetavani chinhom ko sunane se bachate haim | bimari akshunya chalati rahati hai aura eka samaya ata hai jaba yaha yathochita sahayata ke bahara ho jati hai | kuchha samaya pahale, eka chikitsa mahavidyalaya ke pradhanacharya apani gardana mem aura kandhe ke joda़ mem darda ki samasyaom ke satha mere chikitsalaya mem ae | chaubisa varsha pahale, vo mere shalya chikitsa ke prophesara the, aba ve rogagrasta the | apane adhika yuva dinom mem ve apane anushasana aura sahasa ke lie jane jate the | eka pratishthita shalya chikitsaka, eka atyuttama adhyapaka, ve eka shrinkhalabaddha dhunrapana karane vale the | ve apane vidyarthiyom ko hamesha uchita dhanga se taiyara aura kakshaom ke lie samaya para ate dekhana chahate the | jaba mainne paya ki ve dhunrapana chhoda़ chuke the, to maim unhem dekhakara aura adhika ashcharyachakita tha | mainne unase puchha kya ho gaya tha |  
mainne apane sahakarmiyom mem se eka se paramarsha liya jisane hamase kaha ki shvasanali shotha ka karana dhunrapana tha| maim dhunrapana nahim chhoda़ saka, isalie shvasanali shotha badatara hota raha | mainne unase dusari bara paramarsha liya | unhonne muje eka bara phira dhunrapana na karane ki salaha di | mainne nahim chhoda़a |  
chhah mahine bada maim unake pasa tisari bara gaya | isa bara ve gambhira the | eka sampurna parikshana ke bada, unhonne meri sthiti ki gambhirata ke bare mem muje savadhana kiya aura age kaha ki yadi mainne dhunrapana jari rakha to mere pasa jine ke lie lagabhaga chhah mahine honge | taba isake bada mainne dhunrapana banda karane ka nirnaya kiya | mainne 3 mahine taka dhunrapana nahim kiya | bada mem 6 mahine taka mainne eka sigareta paika aura eka machisa ki dibbi apane jeba mem rakhi| dhunrapana chhoda़na asana hai lekina dhunrapana ke pralobhana se bahara nikalana adhika kathina hai | taba mainne paya ki yadi mere pasa eka sigareta aura eka machisa ki dibbi hoti thi to bhi muje dhunrapana ki chahata nahim hoti thi| usa dina muje mahasusa hua ki mainne sigareta hamesha ke lie chhoda़ diya tha | durbhagyavasha loga vahi galata kama karate rahate haim isa vastavikata ke bavaja़uda ki ve janate haim ki yaha unake lie achchha nahim hai | yadi apake pasa eka samvedanashila sharira aura eka sashakta dimaga़ hai, to apane sharira ko punah svasthya labha prapta karane mem sahayata karane ke lie, ise eka uchcha svasthya stara taka le jane ke lie, apa apane jine ke tarikom ko parivartita karane mem sakshama ho sakate haim, jisase ki apa eka bara phira, sanyata tarike se, apane ananda ke lakshya mem lipta ho sakate haim | lekina hama aksara apani svayam ki adatom ke kaidi ho jate haim | hamara ananda sharira ki avashyakataom se utkrishta ho jata hai | hama madya, nashili davaom ya sigareta ke adi ho jate haim | apani praiktisa ke daurana mainne paya ki khane ki lata hamari sabase bada़i bimariyom mem se eka hai | kevala atyadhika dabava ke antargata loga apane khane ki adata kuchha samaya ke lie parivartita karate haim aura phira ve apane purane tarikom para lauta ate haim |  
ve aksara aisi tippani karate haim, ki yadi unhem unaki pasanda ke anusara ahara na mile, to unake jivana ka koi matalaba hi nahim hai| ve aise chikitsaka ko pasanda karate haim, jo ahara mem kisi bhi prakara ka parivartana nahim karata ho| ve chikitsakom aura aspatalom ko, moti rakama (adhika rashi) vale chikitsakiya bila ada karane aura kitani bhi davaiyam aura khuraka lene ke lie taiyara hote haim|   
kintu yadi ve sharira ki chetavani para dhyana nahim dete haim aura ina davaom va khurakom ke abhashi sahayoga ke anusara karya karate haim, to ye saba bahuta lambe samaya ke lie karagara sabita nahim hoti haim|*