*maim shirshasana (shirsha para khada़a) ki salaha nahim deta hum | kevala ve loga jinaka achchha svasthya hai shirshasana se labhanvita ho sakate haim| kamajora loga sarvanga asana (kandhe para khada़a) karake usi prakara labhanvita honge | vyayama ki dara ghatai ya badha़ai ja sakati hai | yadi apa mahasusa karate haim ki apane paryapta vyayama nahim kiya hai to apa gati badha़a sakate haim jaba taka ki apa thaka hua na mahasusa karem | lambavata sthiti ki apeksha avanata sthiti mem kiye gaye vyayamom ko adhika parishrama ki avashyakata hoti hai | yadi apako sahare ki avashyakata hai to apa vyayama karane ke lie eka vishishta upakarana chuna sakate haim | yadi apako mansa-peshiyam pasanda haim, to mansa-peshiyom para tanava dalie, phira pratirodhakata badha़ana jari rakhie | eka nishchita bindu taka jukana asana hai, isa bindu ke age apa apani mansa-peshiyom mem tanava mahasusa karenge aura yadi apa phira bhi age jate haim to apa darda mahasusa karenge | yadi apa vyayama karana jari rakhate haim to joda़om ki gatishilata badha़ti jati hai | darda ka bindu kuchha dinom mem tanava ka bindu ho jata hai aura dhire-dhire apa phira bhi bina darda ke isa bindu ke age ja sakate haim | yaha siddhanta susthira joda़om vale rogiyom ko vyayama karane mem upayoga kiya ja chuka hai | gatishilata aura darda aparoksha rupa se sambandhita haim | vyayamom ki sahayata se, jaise-jaise vaha apani gatividhi badha़ata hai, darda kama hota jata hai, aura antatah vaha pida़amukta ho jata hai | yadi yaha gatividhi darda ke bindu taka puri ho jati hai, to mansa-peshiyam sanrakshatmaka pratikriya mem tana jati haim aura abhishta parinama nahim prapta honge | eka avyavasthita aura laparavaha shaili mem vyayama na karem | vyayamom ko dhyanapurvaka, achchhi taraha se aura uchita gati se karana chahie | jaba apa vyayamom ko karate haim, to unhem puri ekagrata ke satha kijie | pratyeka kshana apake mastishka ko maluma hona chahie ki apaka sharira kya kara raha hai | apako vyayamom ko eka saja़a ki taraha nahim karana chahie | apa vyayamom ko sangita ke satha-satha kara sakate haim ya eka vishishta samaya ke lie uchita vyayama chuna sakate haim| apane vyayamom ko shvasana ke satha sanyukta kijie | yaha apane achchhe prabhava ko samvriddha karega, isalie unhem taba karem jaba apa tanavamukta hom | yaham taka ki eka halke tanava se tantrika urja ka apakshaya hota hai | vyayama eka hi bara mem nahim pure kie jane chahie |   
pratyeka vyayama ke bada, thoda़i dera ke lie arama karem | yaha apaki vyayama karati mansa-peshiyom ko rakta se purnatah bhara jane mem sahayata karega | yaha phephada़om ko rakta se sabhi thakane vale visha ko akarshita karane aura sapha karane mem sahayata karega | ruchi ko jivita rakhane ke lie apane vyayama ka khela-kuda, naukayana ya tairaki ke satha ekantarana kijie | apa vyayama ka ekantarana yogasana ke satha kara sakate hai | vyayama eka dina kijie aura yogasana agale dina | yogasana sharira ko svastha aura tantrikaom ko majabuta banata hai | yadi vyayama mahatvapurna haim, to arama bhi usi prakara hai| arama ke bada, apa urjavana mahasusa karenge aura yaha urja vyayamom ko karane mem upayoga ki jani chahie | yadi apa isaka upayoga nahi karate haim, to ya to yaha vyartha ho jata hai ya sharira isako utpanna karana banda kara deta hai | arama ke daurana, sharira apashishta padarthom ko nikalata hai, nayi koshikaem banata hai aura purani ki marammata karata hai | jaba apa thaka hua mahasusa karem to apako arama avashya karana chahie | yadi apane uchita matra mem vyayamom ko kiya hai to apa eka aramadayaka ninda ke bada taja़a ho jaenge| ninda ki avashyakata bhinna-bhinna logom ke lie bhinna-bhinna hoti hai | bahutom ka kama chhah ghantom se chala sakata hai; anyom ko 8 se 10 ghantom ki avashyakata ho sakati hai | yadi apa achchhi taraha se arama karana janate haim, to apani ninda se pahale arama karem, apaki ninda ki avashyakata kama ho jaegi | eka majabuta aura sugathita sharira jivana ki eka mahana sampatti hai | yaha viparita paristhitiyom ka samana karane tatha apake peshevara jivana vritta aura dina-pratidina ki kriyaom mem adhika unchaiyam prapta karane mem sahayata karata hai | eka prajnavana poshahara ke satha nitya kriyaom ki eka suniyojita kramavyavastha apako aura unchi upalabdhiyom ki ora le ja sakata hai aura manasika tatha bhavanatmaka kathinaiyom se ubarane mem sahayata karata hai aura antarmana se prasannata lata hai | achchha svasthya aura utkrishta sharirika shakti vyayamom aura vishishta niyamom ke palana dvara uparjita ki ja sakati hai | jaisai-jaisai apa paripakvata ki ora badha़te haim yaha prakritika rupa se nahim ata hai | hama jo khana khate haim vaha mahatvapurna hota hai | khana dainika karya ke lie urja pradana karata hai, vriddhi mem sahayata karata hai aura vitamina tatha khanija pradana karata hai jo hamem achchha svasthya banae rakhane mem sahayata karate haim | shvasana sharira ki vriddhi ke lie avashyaka sabase mahatvapurna karakom mem se eka hai | hama bina bhojana ke kai dinom taka raha sakate haim, bina pani ke kuchha dinom taka, lekina bina hava ke hama pancha minata taka bhi nahim raha sakate | sharira ki vriddhi ke lie shuddha vayu eka mahatvapurna karaka hai | apane sone ke kamare ki khida़kiyom ko khola dem | ashvasta hom ki vaham dina aura rata taji hava ki apurti hoti hai | adhikadhika loga kamare ka tapamana, ardrata aura samvatana ko vatanukulakom ke dvara niyantrita karate haim | kama se kama, yaha uchita samvatana mem sahayata karata hai | hama janate haim ki 50% sharira mansa-peshiyom ka bana hai | unaki thika prakara se vriddhi aura vikasa ke lie upayukta vyayama avashya karana chahie | jaba eka purusha apane sharira ka vyayama karata hai, to vaha hatta-katta ho jata hai aura jaba eka stri apane sharira ka vyayama karati hai to yaha gola-matola aura vakriya hone mem sahayata karata hai | prakriti ne stri ke sharira ko isa prakara banaya hai ki mansa-peshiyam usi prakara se nahim badha़ti haim jaise ki purusha ki mansa-peshiyam badha़ti haim |  
bahuta se loga samajate haim ki achchha svasthya kisi ajnata vastu se ata hai | aba yaha suspashta hai ki uttamatara svasthya koi bhi prapta kara sakata hai jo eka prayatna aura eka chhota sa tyaga karane ke lie taiyara hai | bahuta se loga adhika sharirika urja vale aura dirgha kala taka yuva lagate haim |  
yaha taba hota hai jaba ve ise apane janakom se vanshanukrama se prapta karane mem saubhagyashali hote haim |  
ve apane sharira ka dushprayoga aura durvyavahara karate dikhate haim aura phira bhi apaneapa ko svastha rakhate haim | ve, vastava mem, apane purvajom se prapta jivanashakti ka vyaya kara rahe haim | lekina unaki santati ko isaka mulya chukana pada़ sakata hai | yadi hama una logom ke jivana ka adhyayana karate haim jinaka lamba jivana raha hai, unaki dirghayu ka rahasya unake poshahara aura dainika vyayamom mem paya gaya hai|  
mahilaem purushom se adhika teja़i se budha़i hoti haim, kyonki, purusha apaneapa ko adhika sakriya rakhate haim | jaba apa vyayama karate haim to apake pasa eka maja़buta hridaya, maja़buta udara hota hai aura isilie apake mastishka ko bhi behatara poshana milata hai | apa eka vyayama chunie aura ise niyamita rupa se karie, lekina, yada rakhie, eka sundara sharira ka nirmana karane ke lie varshom lagate haim | pratyeka ke pasa unake ilake mem vyayamashala nahim hoti hai | phira bhi, yadi koi vyayamashala jana vahana nahim kara sakata hai, to sabase achchha vikalpa hai tahalana, teja़i se chalana ya dhire-dhire dauda़na | yaha vyakti ki ayu aura takata ke anusara niyantrita kiya ja sakata hai | yadi apa dukhi ya udasa haim, to tahalem aura soddeshya tahalem, aura apa apani udasi se bahara a jaenge | yada apako koi samasya ya bhavanatmaka tanava hai, to ghara se bahara nikalem aura tahalane ke lie jaem aura apa ise hala karane mem sakshama honge | tahalem aura apake pasa sochane ka samaya hoga | apani samasya ko samajem aura jivana ko achchha banane ke lie apani niti ki yojana banaem | tahalana eka ruchikara kriya hai |  
apa bahuta se naye mitra banaenge aura yaha apako manava kriyaom ko bantane ka ehasasa dilaega | yaha budha़e aura adheda़ unra ke logom ke lie achchha hai | yuvaom ko aura adhika kathora vyayama karana chahie ya prabalata se dauda़na chahie | unhem krida़aom mem bhaga lena chahie | striyom ke lie vyayama purushom ki apeksha adhika mahatvapurna haim | ve takata aura sundarata prapta karati haim | yadi ve hrishta-pushta haim, to ve apane bachchom mem shakti pradana karengi | yadi ve kamaja़ora haim, to unake bachche kamaja़ora honge |  
asaphala shadiyom ka pata sharira ki kamaja़oriyom aura ninna jivanashakti mem lagaya ja sakata hai |  
yadi stri adhika sajiva, adhika sunanya aura svasthya se sampanna hai to shadi mem asaphalataem kama hongi tairaki eka achchha vyayama hai | tairaki mem sharira ke pratyeka bhaga ka vyayama hota hai kyonki apa hava mem eka chida़iya ki taraha, sabhi dishaom mem chalane ke lie mukta hote haim | ainkiloja़inga spaॉndilaitisa mem anga-vikriti samanyatah baithane ya letane ke daurana kharaba mudra ke karana hoti hai |  
dhire-dhire ina marija़om ka jukava aura gatishilata ki pratibaddhata badha़ti jati hai | unhem eka kathora bistara para eka patale takie ke satha sone ki koshisha karani chahie | unhem kuchha minatom ke lie bina kisi sahare ke pitha para aura aundhe sone ki koshisha karani chahie | unhem hamesha eka sidhi prishtha vali kursi para baithana chahie aura vyayama karana jari rakhana chahie yaham taka ki jaba unhem thoda़a sahana karane layaka darda ho taba bhi | isa prakara ve ane vali anga vikriti ko roka ya kama kara sakate haim, adhika gatishilata pa sakate haim aura darda bahuta kama ho jaega | ye sandhiyam shighra hi sakha़ta ho sakati haim aura gatishilata kho sakati haim| yaham taka ki roga ke akramana se jaba pida़a tivra ho, taba bhi eka dhimi sthaniya sandhi gatividhi dina mem eka ya do bara, thoda़e samaya ke lie prarambha karani chahie| rogi ko svayam se ya chikitsaka dvara sandhiyom ko sahara dekara, vyayama karane ke lie protsahita karana chahie| vyayama ke bada pida़a mem vriddhi gati ki atyadhika matra ki ora sanketa karata hai|*