*chavala ko paॉlisha karane ka kama lagabhaga bada ke kala mem para isi karana se prarambha hua| yadi apa chavala ko usake chokara se nikala lem, to yaha svachchha evam adhika sapheda dikhata hai| ise kitanuom se kharaba hue bina varshom taka rakha ja sakata hai| chokara vitamina bi-kampleksa ke sabase sanriddha srotom mem se eka hai| bhojana mem isaki kami se beri beri hota hai| rogi ekagrata ki kami, durbala chavala ko paॉlisha karane ka kama lagabhaga bada ke kala mem para isi karana se prarambha hua| yadi apa chavala ko usake chokara se nikala lem, to yaha svachchha evam adhika sapheda dikhata hai| ise kitanuom se kharaba hue bina varshom taka rakha ja sakata hai| chokara vitamina bi-kampleksa ke sabase sanriddha srotom mem se eka hai| bhojana mem isaki kami se beri beri hota hai| rogi ekagrata ki kami, durbala snriti, raktalpata, aura yaham taka manovikriti tatha sathyape se pida़ita hota hai| eka nau-sena chikitsaka, daॉ. takaki ne, beri beri ka adhyayana kiya jo nausena mem eka samanya ghatana thi| eka lambi samudriyatra ke pashchat yaha eka samanya avastha thi aura adhe navikadala isase prabhavita hua karate the| daॉ. takaki ne, vistrita anusandhana ke pashchat, yaha nishkarsha nikala ki yaha eka ahariya roga tha tatha palisha kiye hue chavala aura protina ki kami ke karana hua tha| 9 mahine ki eka samudra yatra para unhonne sampurna gehum ke breda ko milaya aura dudha ke ansha ko bhi badha़aya| unhem 300 sadasyom ke navikadala mem se beri-beri ke kevala 9 mamale mile, jabaki pahale unaki sankhya 169 thi|  
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durbhagyavasha yaha utana svasthyakara nahim haim, yaha uchcha tapamana ke karana bhojana se sabhi vitamina si ko nikala deta hai| skarvi balyavastha ke prathama varsha mem jaba gaya ke dudha ke atirikta nibu vansha ke phalom ke rasa aura sabjiyam nahim di jatim taba vikasita hota hai| skarvi mem ama maleriya, susti, kamaja़ori, sansa phulane evam haddiyom tatha sandhiyom mem pida़a ki samanya shikayata hoti hai| sujana aura rakta sravita karate masuda़e samanya hote haim| skatalainda ke eka nausena shalyachikitsaka, jensa linda ne, 1747 mem, skarvi para nibu aura santare ke achchhe prabhava dikhae the| bada mem, britani sena ne apane dala ko santare, nibu aura sabjiyam upalabdha karana prarambha kiya| vitamina si se skarvi ka upachara ho sakata hai| aja hamem kuchha adhika janakari bhi hai ki vitamina si kainsararodhi hai| apake ahara mem adhika phala aura sabjiyam kainsarakari prabhava ko kamaja़ora karate haim aura apaki antom ko adhika nipunata se chalane mem sahayata karate haim| samanya sardi ke upachara ya rokathama ke lie vitamina si ke prayoga ne atyadhika abhiruchi jagai hai| upalabdha pramana yaha sanketa karata hai ki isaka prayoga shvasa-sambandhi roga ki ghatanaom ko kama nahim karata hai para akshamata ke dinom ki kula sankhya ko avashya kama kara deta hai| surya snana svasthyavardhaka hota hai aura bachchom mem behatara asthi vriddhi ko protsahita karata hai| riketsa ka mukhya karana surya prakasha, taja़i hava aura vyayama ki kami hai| surya snana kevala asthiyom ki behatara vriddhi mem hi sahayata nahim karata hai parantu elarji ki rokathama aura vishrama ko badha़ava dene mem bhi sahayata karata hai| nikotinika anla ki kami se pelagra hota hai| udayapura manasika chikitsalaya mem bharti pelagra ke 128 rogiyom ke bicha karyanvita eka sarvekshana mem yaha paya gaya tha ki ve mukhya rupa se makai khane vale the| yaha eka pani mem ghulanashila padartha, nikotinika anla, ki kami ke karana hua tha, jo makai aura jvara ke atirikta adhikatara anajom mem paya jata hai|  
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vishesha rogom se pida़ita vyaktiyom ke lie vishesha ahara nirdharita kiya jata hai| kai chikitsaka vishesha hridaya ya vrikka rogom ke rogiyom ke lie kama namaka vale ahara nirdharita karate haim| kuchha vyakti kuchha khadya utpadom jaise dudha, tamatara, straॉberi, gehum, alu, ande, machhali, kashthaphala, chakaleta ya suara ke mansa ke erlaji sambandhi ya tvacha ki pratikriyaom se pida़ita hote haim| vishesha samuha ke logom ki jisamem taruna bachche aura vriddha loga bhi sammilita haim, vishesha ahariya avashyakataem haim| eka santulita ahara mem kisi vyakti ko svasthya rakhane ke lie avashyaka sabhi khadya tatva sammilita hote haim|  
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ve svasthya ke prati adhika jagaruka ho rahe haim aura bahuta adhika shaka aura sabjiyam kha rahe haim|   
santripta vasa mukhya rupa se pashu utpada hai aura ghi, makkhana, ande tatha mansa mem paya jata hai|  
isa sankarepana ko dhamaniyom ki starom ki kathorata kahate haim (artiosklerosisa) jo hridaya rogom tatha uchcha raktachapa ke lie uttaradayi hai| eka anya prakara ki vasa bhi hoti hai jise asantripta vasa kaha jata hai(jo kai vanaspatika telom mem paya jata hai para sabhi mem nahim)| anya shabdom mem, yadi apa suara ki charbi ya ghi ki bajaya, suryamukhi ya soyabina tela mem pakaem, to apa dhamaniyom ki starom ki kathorata (artiosklerosisa) se kama prabhavita hogem| yadi apa bahuta adhika asantripta vasa lene ki ora pravrita hote haim jaise ki japani karate haim, to rakta adhika patala ho jaega aura rakta bahane ka samaya bhi badha़ jaega| isaka ullekha karana prasangika hoga ki japaniyom mem hridaya roga ki akasmika ghatanaem kama hoti haim kintu daura pada़ne ke (mastishka ki rakta vahiniyom se sambandhita) rogom ki akasmika ghatanaem adhika hoti haim| atyadhika khatara isa bata ka hai ki kai loga asantripta vasa ka upabhoga karana svasthyakara samajate haim| eka hala hi ke hridaya rogom ko kama karane ke sambhavita upayom para narve mem kie gae adhyayana se yaha nishkarsha nikala hai ki khatare ko kama karane ka sabase achchha tarika hai santripta ya asantripta sabhi vasaom ko kama karana| amariki vayaska purushom mem kolestraॉla ka ausata stara prati 100 sisi 230 migra. hai aura gramina japana mem yaha prati 100 sisi 160 migra. hai| hridaya roga yu.esa.e. mem japana ki apeksha adhika hai| pakka shakahari ahara mem kama kolestraॉla hota hai| mansahariyom ke lie, mishrita ahara upayukta hai| apane ahara mem resha badha़aem, rakta mem kolestraॉla aura traiglaiseraidsa kama karane mem isaka achchha prabhava hota hai| vivekasammata pathyahara ke dvara kolestraॉla ko 15% taka kama kiya ja sakata hai | poshahara mem vasaom ko niyantrita karake 10% aura kama kiya ja sakata hai | yaha akalana kiya gaya hai ki yadi uparyukta niyantranom ka anupalana kiya jata hai, to hridaya rogom ke khatare mem do guni kami hona sambhava hai | jana-madhyama mem adhika prabhava vala prachara vyakti ko yaha vishvasa karane para majabura karata hai ki shishu ahara achchha hai aura yaham taka ki mam ke dudha se bhi behatara hai| chikitsakom aura vaijnanikom ke shora-gula ke bada isa prakara ke vijnapanom para kuchha pratibandha lagae gae haim aura logom ko yaha batane ka prayatna kiya gaya hai ki mam ka dudha shishu ahara se behatara hota hai |   
snriti, raktalpata, aura yaham taka manovikriti tatha sathyape se pida़ita hota hai| eka nau-sena chikitsaka, daॉ. takaki ne, beri beri ka adhyayana kiya jo nausena mem eka samanya ghatana thi| eka lambi samudriyatra ke pashchat yaha eka samanya avastha thi aura adhe navikadala isase prabhavita hua karate the| daॉ. takaki ne, vistrita anusandhana ke pashchat, yaha nishkarsha nikala ki yaha eka ahariya roga tha tatha palisha kiye hue chavala aura protina ki kami ke karana hua tha| 9 mahine ki eka samudra yatra para unhonne sampurna gehum ke breda ko milaya aura dudha ke ansha ko bhi badha़aya| unhem 300 sadasyom ke navikadala mem se beri-beri ke kevala 9 mamale mile, jabaki pahale unaki sankhya 169 thi|  
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yadi loga jitani khapata karate hai usaki apeksha adhika kailori lete haim, to unaka vajana badha़ta hai|   
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jyom hi ankhe bhojana ko dekhati haim aura gandha naka taka pahunchati hai, pachana arambha ho jata hai, taba lara sravita hoti hai| hamem bhojana ko sada banana chahie para satha hi satha ise lubhavana aura kshudhavardhaka banane ke lie hamem hamari kalpana ka prayoga karana chahie| yaha behatara hai ki hama hamare bachchom mem svasthyavardhaka adatem dala dem| jaise hi apako pata chalata hai ki eka kha़asa bhojana apake svasthya ko prabhavita kara raha hai, to ise badalane ke lie taiyara rahem| apako aisa karane ke lie eka shaktishali mana aura ichchhashakti ki avashyakata hogi| ahara eka aisa kshetra hai jisa para ichchhita matra mem shodha nahim kiya gaya hai| kainsara tatha edsa jaise asadhya rogom ke agamana se, unhem rokane ki hamari chinta aura adhika vastavika hai| hala hi mem vishva ke vibhinna logom ke bicha bahuta adhika adhyayana kiya gaya hai| jaham roga adhika prachalita haim, vaham ke ahara se sambandhita ashcharyajanaka tathya sarvajanika chinta ka vishaya bana gae haim| isa shatabdi ke arambha mem, amariki ahara mem 50% kailori karbohadreta se, 30% kailori protina se tatha 20% kailori vasa se sammilita the| sampannata ke karana, rashtriya dugdhashalaem bahuta adhika makkhana, chija़ aura dudha nikala rahi haim| ausata amariki ke bhojana mem vasa ki matra eka chaunka dene vali sankhya, kula kailori ke 40% taka pahuncha gai hai| bhojana ka matalaba ho gaya hai milka sheka ke kuchha glasa aura gomansa ke tikke ka bada़a tukada़a| amariki ahara mem kolestraॉla ki uchcha matra se hridaya rogom tatha daurom mem kha़taranaka vriddhi hui hai| jaba sharira ko urja, vriddhi aura marammata ke lie jitani avashyakata hoti hai usase adhika bhojana khaya jata hai, to vaha sharira ke bhagom mem vasa ke rupa mem jama ho jata hai| hridaya ke lie uchcha ghanatva vale laipoprotina achchhe hote haim| bahuta amariki shakaharavada ki ora palata rahe haim aura kai salada parlara khula gae haim|  
ve svasthya ke prati adhika jagaruka ho rahe haim aura bahuta adhika shaka aura sabjiyam kha rahe haim|   
santripta vasa mukhya rupa se pashu utpada hai aura ghi, makkhana, ande tatha mansa mem paya jata hai|  
isa sankarepana ko dhamaniyom ki starom ki kathorata kahate haim (artiosklerosisa) jo hridaya rogom tatha uchcha raktachapa ke lie uttaradayi hai| eka anya prakara ki vasa bhi hoti hai jise asantripta vasa kaha jata hai(jo kai vanaspatika telom mem paya jata hai para sabhi mem nahim)| anya shabdom mem, yadi apa suara ki charbi ya ghi ki bajaya, suryamukhi ya soyabina tela mem pakaem, to apa dhamaniyom ki starom ki kathorata (artiosklerosisa) se kama prabhavita hogem| yadi apa bahuta adhika asantripta vasa lene ki ora pravrita hote haim jaise ki japani karate haim, to rakta adhika patala ho jaega aura rakta bahane ka samaya bhi badha़ jaega| isaka ullekha karana prasangika hoga ki japaniyom mem hridaya roga ki akasmika ghatanaem kama hoti haim kintu daura pada़ne ke (mastishka ki rakta vahiniyom se sambandhita) rogom ki akasmika ghatanaem adhika hoti haim| atyadhika khatara isa bata ka hai ki kai loga asantripta vasa ka upabhoga karana svasthyakara samajate haim| eka hala hi ke hridaya rogom ko kama karane ke sambhavita upayom para narve mem kie gae adhyayana se yaha nishkarsha nikala hai ki khatare ko kama karane ka sabase achchha tarika hai santripta ya asantripta sabhi vasaom ko kama karana| amariki vayaska purushom mem kolestraॉla ka ausata stara prati 100 sisi 230 migra. hai aura gramina japana mem yaha prati 100 sisi 160 migra. hai| hridaya roga yu.esa.e. mem japana ki apeksha adhika hai| pakka shakahari ahara mem kama kolestraॉla hota hai| mansahariyom ke lie, mishrita ahara upayukta hai| apane ahara mem resha badha़aem, rakta mem kolestraॉla aura traiglaiseraidsa kama karane mem isaka achchha prabhava hota hai| vivekasammata pathyahara ke dvara kolestraॉla ko 15% taka kama kiya ja sakata hai | poshahara mem vasaom ko niyantrita karake 10% aura kama kiya ja sakata hai | yaha akalana kiya gaya hai ki yadi uparyukta niyantranom ka anupalana kiya jata hai, to hridaya rogom ke khatare mem do guni kami hona sambhava hai | jana-madhyama mem adhika prabhava vala prachara vyakti ko yaha vishvasa karane para majabura karata hai ki shishu ahara achchha hai aura yaham taka ki mam ke dudha se bhi behatara hai| chikitsakom aura vaijnanikom ke shora-gula ke bada isa prakara ke vijnapanom para kuchha pratibandha lagae gae haim aura logom ko yaha batane ka prayatna kiya gaya hai ki mam ka dudha shishu ahara se behatara hota hai |*