*shishu ahara ke pratyeka dibbe para yaha likhana avashyaka hai ki mam ka dudha shishu ahara se uttama hai |  
bharatiya evam antarrashtriya vikhyata chikitsiya patrikaom mem yaha bina kisi sandeha ke siddha kiya ja chuka hai ki mam ka dudha sarvottama hota hai | stanapana kie hue bachchom ko bahuta kama pratyurjataem aura bimariyam hoti haim | mam ke rakta se pratirakshi bachchom mem mam ke dudha ke dvara sthanantarita hote haim |  
ayurveda mam ke dudha ke mahatva para ja़ora deta hai | yadi eka vyakti 110 grama chini ka pratidina upabhoga karata hai, to usako hridaya daure ka khatara kevala 60 grama upabhoga karane vale vyakti se 5 guna adhika hota hai | use rakta mem traiglisaraida aura kolestraॉla ko kama karane ke lie mithai aura madya ko ghatane ki salaha di jati hai | soviyata aura amariki vaijnanika yaha paramarsha dene ke lie eka satha age ae haim ki jitana apa pratidina chini ke antargrahana ko kama karenge utana hi hridaya aura sharira svastha hoga | chini jo hamare jivana ko adhika mitha banati hai vastava mem ise katu banati hai aura hamem bimara hone aura udhara ke samaya para jivita rahane ke lie badhya karati hai |  
prasiddha soviyata hridaya roga visheshajna daॉ, ena. ji. khaltayeva, isa prasiddha mata se asahamata haim ki chini hridaya ke lie hanikaraka hai, kevala yadi yaha sharirika vaja़na ko badha़ati hai| chini karbohaidreta hai, kailori se bhari vitamina, khanija aura reshe se rahita | jo bhi chini hama khate haim use urja utpanna karane ke lie kharcha kara deni chahie, aura yadi yaha nahim ho sakata hai taba yaha svasthya samasyaem utpanna karegi | unhonne 10 desha chune jo adhika chini ka upabhoga karate haim aura 10 desha jo kama chini ka upabhoga karate haim | unhonne paya ki desha jo chini ki sabase kama matra ka upabhoga karate haim vaham hridaya samasyaom ki sabase kama sankhya hai | upavasa ke dvara ankhem adhika chamakili aura adhika yuva ho jati haim aura drishti sudhara jati hai | upavasa ke bada vrikka aura yakrita behatara kama karate haim | yadi apa yakrita aura vrikka ki eka prachanda bimari se pida़ita haim, to savadhana rahana behatara hai| kyonki ye anga upavasa ke daurana sharira ke dushita padartha ke utsarjana mem sahayata karate haim, isalie unaka karyabhara badha़ jata hai | tvacha taja़i aura yuva ho jati hai | jurriyam, daga-dhabbe, rangahinata aura muhase upavasa ke daurana gayaba ho jate haim | kisi upavasa ki arambhika avastha para, spanda dara badha़ sakati hai | dhire-dhire yaha kama ho jati hai aura lagabhaga 40 spandana prati minata para tika jati hai | upavasa ke anta mem yaha lagabhaga 60 spandana taka phira se badha़ jati hai | spanda dara kama se kama 20 spandana prati minata taka bhi kama ho sakati hai | yadi spanda dara eka lambe samaya taka bahuta kama ya bahuta adhika rahati hai, to yaha upavasa toda़ne ka adesha hai | ve jo kisi hridaya roga se pida़ita haim vo spashta dekha sakate haim ki unaki spanda dara mem bhinnata bahuta adhika hai aura yaha aniyamita ho sakati hai | yadi yaha lambe samaya taka aniyamita bani rahati hai to rogi ko upavasa karana banda kara dena chahie | bahuta se upavasa se darate haim | unaki dharana hoti hai ki yadi ve upavasa karate haim to ve kamaja़ora ho jaenge aura samadhi ke nikata ja rahe honge | ve upavasa karane ko bhukhom marane se joda़te haim | isamem bahuta adhika ichchhashakti chahie | hama griha dhvansa mem phanse una logom ke bare mem bhi padha़te haim, jo isa kathina paristhiti mem bahuta dinom taka bina khana ya pani ke jivita rahate haim |  
jo marate haim ve bhukhe rahane se nahim balki aghata ya bhaya sahita kuchha anya vibhinna karanom se marate haim | marusthala mem khoe ya jalayana vidhvansa mem phanse vyakti samanyatah pyasa se marate haim na ki bhukhe rahane se | dhruviya kshetra mem khoe loga samanyatah atyadhika thanda se marate haim aura khane ki kami se nahim jaisa ki yaha trutipurvaka mana jata hai | udaharana ke lie, khanom mem, majadura samanyatah vishaili gaisom ya gandi vayu ki chapeta mem a jate haim jo antatah unaki nrityu lati hai | eshiya aura aphrika ke kuchha deshom mem akala ki sthitiyom mem, logom ko paryapta khana nahim milata hai | yadi eka purna poshita aura svastha janavara ko bhukha se mara jata hai to usaki arthi taka pahunchane mem usako jo samayavadhi lagati hai vaha usake sharira ki sthiti aura sangrahita vasa para nirbhara karegi | yaha dekha gaya hai ki marane ke pahale vaha sharira ka lagabhaga adha vaja़na ghatata hai | kuchha udaharanom mem vaha apane sharira ka adhika se adhika 60% vaja़na ghatata hai | jaba ki, yadi vaha poshita kiya jata hai, to vaha purnatah bahala ho sakata hai | ausata vaja़na ka eka svastha vyakti bhukhe rahane ke karana nrityu hone ke pahale apane sharira ka adha vaja़na ghataega | eka manava upavasa ke daurana pratidina lagabhaga eka paunda vaja़na ghataega |   
aba, mana lijie hama usi vyakti ko 30 dinom ke lie eka chikitsiya upavasa rakhavate haim, to vaha apane sharira ka lagabhaga 1/5vam vaja़na ghataega aura vaha bilakula surakshita hai | yaha dekha gaya hai ki upavasa ke daurana eka vyakti prathama saptaha mem pratidina lagabhaga eka paunda vaja़na ghatata hai, tina se chara paunda usake bada vale saptaha mem, aura panchave saptaha ke age kevala 1 – 2 paunda saptahika | atah hama nishkarsha nikala sakate haim ki atirikta vaja़na vale loga lamba upavasa adhika surakshita rupa se kara sakate haim bajaya unake jo patale haim | patale logom ko khuda ko upavasom mem dalane ki avashyakata nahim hai, ve eka chhoti upavasa avadhi le sakate haim aura avashyakata ho to ise tina mahine bada dohara sakate haim | kuchha dinom taka ka eka upavasa bhojana nalika ko sapha karega aura ise dushita padarthom ke sancharana se mukta karega | yaha apane apa hi vaja़na mem eka prarambhika paryapta kami utpanna karega | prarambha mem yaha eka dina mem 2–5 paunda ho sakata hai | isa kami mem shamila hogi pani ki kami jo samanya namaka ke pratidina antargrahana ko rokane se utpanna hoti hai | yaha bhranti paida karata hai ki upavasa ke prathama kuchha dinom mem vaja़na shighrata se ghatata hai | lekina sharira ka vaha bhaga jo mota nahim hai phira se bahala ho jaega jaba samanya khana phira se shuru karate haim | vastavika kami upavasa ke daurana sharirika vasa ka indhana ke rupa mem upayoga ke karana hoti hai | eka paunda sharirika vasa 3000 kailori ke barabara hoti hai | upavasa ke daurana vastavika vaja़na hrasa ina ankada़om se apekshakrita thoda़a adhika hota hai kyonki kuchha avasiya utaka bhi nashta ho jate haim | eka ja़oradara, purna upavasa avadhi ke daurana, mansa-peshiyam, rakta, yakrita aura anya jaivika angom ka vaja़na ghata jata hai, lekina, ashcharya janaka rupa se, mastishka ka nahim | eka madhyama matra mem vyayama karata hua aura bhari sharirika shrama mem nahim bandha hua ausata vyakti eka dina mem lagabhaga eka paunda ghatata hai |   
upavasa anubhava ke shuruata mem aura 21vem dina ke anta mem bhi phaॉsphorasa ka hrasa naganya hota hai |  
poteshiyama ka hrasa upavasa ke 21vem dina ke anta ki apeksha shuruata mem lagabhaga tina guna tha |  
sodiyama jo hamari adatom aura khane mem sadharana namaka (sodiyama kloraida) ki achchhi matra milane ki pratha ke karana hamesha sharira ki avashyakata se adhikata mem hota hai, upavasa ke daurana bahuta adhika sravita hota hai | hama dekha sakate haim ki upavasa ke shuruata mem sharira se nishkasita sodiyama 21vem dina kama hue ki apeksha lagabhaga 30 guna adhika hai | upavasa ki avashyakata hai eka shaktishali mastishka aura eka uchita vatavarana | upavasa karate samaya apako utsahita karane ke lie yadi apake asa-pasa mitra haim to yaha asana ho jata hai | upavasa ke daurana, badha़ti hui kamaja़ori ke karana apa manasika rupa se kamaja़ora ho jate haim | upavasa jari rakhane ke lie apako apani ankhem eka sadhe hue lakshya para rakhani chahie | apako upavasa ke anta mem svasthya ki disha mem apako milane vale bahuta sare phayadom ke bare mem apane apa ko yada dilana chahie | upavasa ke daurana apa turanta hi shakti nahim khote haim | pahale 2-3 dinom taka apa asani se apane dainika karya kara sakate haim | yadi apaka karya tanava bhara nahim hai, to apa kuchha aura dinom taka vaisa hi karana jari rakha sakate haim | yadi apa sardi, bukhara ya dasta se pida़ita rahate hue upavasa karate haim, to eka tatkalika pratikriya ke lie apako pura arama karana chahie | atipati bimari ki avashyakata hai tatkala upavasa karana aura yadi apa patale haim phira bhi upavasa karem kyonki isako kevala 3-4 dinom ke upavasa ki avashyakata hogi | yadi apako dirghakalika bimariyam haim, to eka achchhi taiyari ke bada hi upavasa karem | vyakti jo sharirika rupa se maja़buta haim eka, do ya yaham taka ki tina haphtom taka ka eka lamba upavasa rakha sakate haim | yadi apane pahale upavasa nahim kiya hai, to eka lambe upavasa ka khatara mata uthaie | prarambha karane valom ke lie maim daॉ. dive ka subaha ke nashta rahita yojana ki salaha dena chahunga | yaha vidhi yu. esa. e. mem lokapriya thi | daॉ. dive ne apane rogiyom ko subaha ka nashta lena banda karane kaha | madhyahna bhoja ke samaya taka apane pachana tantra ko arama dem | lekina savadhani ka eka vachana, brancha mem atyadhika na khaem | subaha ka nashta chhoda़ne ke bada yadi apa 25 ya 50 pratishata adhika khate haim to pura uddeshya samapta ho jaega | daॉ. dive ka nirikshana tha ki, isa tathya ke bavaja़uda ki bhinna-bhinna chikitsaka apane rogiyom ko bhinna-bhinna davaem dete haim; roga mukti ka pratishata vahi rahata hai | unhonne nishkarsha nikala ki bimari ko thika karane mem dava ne mushkila se hi koi bhumika nibhai | unhonne eka gariba yuva lada़ki ka parikshana kiya | apane darda ke karana vaha pani taka bhi nahim pacha sakati thi | gariba hone ke karana vaha davaem nahim vahana kara sakati thi | upavasa ke kuchha dinom bada, apane apa hi vaha pani dharana karane mem sakshama ho gayi thi | dhire-dhire usane shakti prapta karani shuru kara di | usaki tvacha sapha ho gayi aura jibha svachchha aura lala | 35vem dina usane khane ke lie manga aura vaha bhi dharita ho gaya tha | usaka bukhara chala gaya tha, usaki spanda dara samanya ho gayi aura kuchha dinom mem vaha pahale se adhika svastha ho gai thi | daॉ. dive ashcharyachakita the kyonki ve janate the ki yadi isa lada़ki ko jabaradasti khilaya jata aura dava di jati, to vaha mara gai hoti | daॉ. dive apane rogiyom ko kama se kama aushadhiyam dene mem vishvasa karate the, jaise ki eka sadharana darda nashaka yadi darda bahuta adhika tha ya virechaka yadi rogi mem koi gati nahim thi | khadya ke rupa mem vaha thoda़a ubale chavala ka pani ya daliya ka sujava dete the| unhonne dudha ka nuskha nahim likha| yadi apa nashta rahita yojana ke satha achchha samanjasya karate haim, to yaha apake tantrom ke lie chamatkara kara sakata hai | taba apa ratri bhoja aura madhyahna bhoja ki avashyakataom ko sudharane ki koshisha kara sakate haim | kama matra lem aura mukhya khane mem salada aura hari sabja़iyam lem | yaha apako 3 dinom ke upavasa para jane ke lie taiyara karega aura upavasa ki yojana ki adata ho jaegi | ina chhote upavasom ke daurana sharira dushita padartha ki thoda़i matra se chhutakara paega; apako prabala pratikriyaem nahim hongi jaisai ki ye lambe upavasom mem ho sakati haim |  
jaba apa upavasa aura isake phayadom se adhika achchhi taraha se parichita ho jate haim, taba apa apane sharira aura upavasa ke daurana yaha kaise pratikriya karega ko samajenge | taba apa eka bahuta lambe upavasa ke lie taiyara ho sakate haim |*