*mainne paya hai ki logom ko kisi vishesha prakara ke khane ka vyasana hota hai | yadi ve vahi udipta karane vala khana nahim khate haim jo ve hamesha lete a rahe haim aura adi ho gae haim, to ve santushta nahim mahasusa karenge | jaba apa eka bhojana chhoda़te haim, taba khane ki lalasa bahuta badha़ jati hai |   
eka vyasani ki taraha jisaki aushadhi roka li gayi hai apa vinivartana lakshana prapta karenge |  
yadyapi isaka mula samaya ke bicha mem kho gaya hai, tathapi upavasa para jane ki parampara ne mukhya dharmom ki pratha mem eka mahatvapurna bhumika nibhai hai | prachina dharmom mem, upavasa ishvarom ko anukula banae rakhane, ya khadya apurti ko sudharane ki ichchha se sambandhita tha | upavasa ke madhyama se, dharmika samuha, apane kukrityom aura papom ke lie kshamadana mangate haim | kuchha dharmom mem shoka ke daurana eka upavasa kiya jata hai | anyom mem, loga manate haim ki upavasa unake mastishka ko bhautika vastuom se upara uthaega aura adhyatmika ananda aura khushi ki avastha utpanna karega | ullekha karane ke lie kuchha hinduvada, islama, isaivada ya jainavada mem upavasa ke mahatvapurna dina hote haim | yahudi kanuna prayashchita ke dina, yaॉma kippara para eka varshika upavasa ka adesha deta hai upavasa ke dinom ke daurana isai loga thoda़a khana khate haim | bauddha auऱ hindu niyamita rupa se upavasa karate haim, visheshatah dharmika avasarom ke daurana | mahatma gandhi ne upavasa ka upayoga, prayashchita aura virodha ke eka rajanaitika hathiyara donom ke rupa mem kiya | vaijnanikom ne sharira para upavasa ke prabhavom ka adhyayana kiya hai|  
ve janate haim ki khane ka antargrahana isaka chayapachaya badha़akara sharira ko prabhavita karata hai | upavasa ke bada, chayapachaya samanya dara se adhika se adhika 22 pratishata kama ho sakata hai | lekina anusandhanom ne yaha bhi darshaya hai ki upavasa ki lambi avadhi ke bada, svatah chayapachaya ki dara ko kama karake sharira apane apa hi samanjasya karane ki ora pravritta hota hai | upavasa ke bada, vyakti ko dhire-dhire khana phira se shuru karana chahie | dharmika samuha manate haim ki upavasa sva-niyantrana ko protsahita karata hai aura ichchhashakti ko prabala karata hai | usane ise usi mudra mem baithe hue kiya | asurom dvara haddiyam hathiyara ke rupa mem upayoga ki gayi thim | kahane ki avashyakata nahim hai ki, unhonne yuddha jita| yaha bahuta si pauranika kathaom mem se kevala eka hai | bahuta se lambe upavasom aura dhyana ka varnana bhagavata gita aura ramayana mem diya gaya hai | upavasa ne dirghayu prapta karane mem sahayata ki hai | yaha urja sangrahita kara sakata hai jo svasthya badha़anem, dainika dharmika kriyaom ko utsaha ke satha jari rakhane aura adhika mahana lakshyom ko prapta karane mem sahayata karata hai | bahuta pahale nahim, eka airisha neta baॉbi saindsa 66 dinom ki bhukha hada़tala ke bada belaphasta jela mem, naॉrdana ailainda mem mare | baॉbi saindsa ne, jo taba 27 ke the, apana eka tihai jivana jela mem bitaya | isa nidara yuva vyakti dvara yaha upavasa jela adhikariyom ki chaukasa ankhom ki dekha-rekha mem kiya gaya tha |  
eka chikitsaka pratidina usaka nirikshana karata tha | usaki nrityu ke pahale samachara patra-patrika mem usaki sthiti ka vistara mem varnana karate hue usake svasthya para pratidina eka vijnapti prakashita ki jati thi | ‘nrityu taka upavasa’ phaishanebala ho gaya | yaha una netaom ke hathom mem eka hathiyara hai jo apani mangom ke lie dabava dalate haim | dharma mem, upavasa eka purani pratha hai | dharmika neta svasthya ke lie upavasa ke labhom ko janate the aura ise isa prakara samavishta kiya ki ise unake sansarika astitva ka hissa hona chahie | eka prakara se, upavasa purva-aitihasika avadhi mem prachalita tha |  
hamare purvaja jangala mem rahate the | unhem khane ke lie shakom aura phalom ya janavarom para nirbhara rahana hota tha | unhem anta mem kai dinom taka bhukhe rahana hota tha | sambhavatah yahi karana tha ki ve durusta aura svasthya ke charama mem the | jangala ki paristhitiyom mem rahane aura shikara ke lie durusta hone ke lie yaha avashyaka tha | kevala tabhi ve jivita raha sake the, kyonki ve svastha the | hamare pasa eka prakritika pravritti hai, bhukha aura jaba avashyakata ho sharira dvara khane ki manga | masala chhaunka aura talane ke satha, hama khane ko apane svadanukula banate haim aura adhika khane ki ora pravritta hote haim |  
hama bahuta jaldi-jaldi khate haim aura isilie hama nahim janate ki vastavika bhukha kya hai | dhire-dhire hama sharira ki prakritika pravritti ko kho dete haim, jaise ki bhukha, bhojana ke lie sharira ki manga, jaba isako isaki avashyakata hoti hai | upavasa ko pani ko chhoda़ kara, sabhi aharom se dura rahane ke rupa mem varnita kiya gaya hai | jaise bhukha manushya ki eka pravritti hai, vaise hi yaha janavarom mem bhi hai | koi janavara khana tabhi banda karata hai jaba yaha bimara ho aura bhukha nahim ho | matsya andajanana ki khoja mem pravaha ke viparita disha mem saikada़om milom taka tairate samaya silvara sailmaॉna haphtom taka upavasa karati hai | rani chinti kuchha bhi nahim khati hai jaba taka ki andom se bachche nahim nikala jate haim| bahuta se kita aura pashu shita nishkriyata ke daurana khane se paraheja karate haim | aushadhi ke janaka, hippokraita, apane bahuta se rogiyom ko upavasa ki salaha dete the | unhonne kaha, jaba apa kisi bimara ko khilate haim, taba apa bimari ko khilate haim, dusari tarapha yadi apa khane ko dura rakhate haim, bimari kshina ho jati hai | itihasa aura vijnana ke bahuta se mahana purushom ne upavasa kiya | sukarata aura plaito ne manasika aura sharirika durusti ko prapta karane ke lie 10 dinom taka upavasa kiya|  
isa masiha ne parvata para 40 dinom taka upavasa kiya aura isilie shaitanom dvara mohita nahim kie ja sake | mosesa ne parvata para kai dinom taka upavasa aura prarthana ki | gandhiji ne 21 dinom taka chalane vale kai upavasa kie | paithagorasa ne alekja़endriya vishvavidyalaya mem pariksha lene ke pahale 40 dinom taka upavasa kiya | mohammada aura buddha ne kai dinom taka upavasa kiya | jarmani mem bushingara sainetoriyama ke baida piramaॉnta mem 48 varsha ki avadhi taka 70,000 rasa upavasa sanchalita kie gae |  
prakritika svasthyakara sairagahom mem daॉ. albarta bartana nem haja़arom upavasom ko sanchalita kiya | mahana paraselsasa ne eka bara kaha tha upavasa hamare andara sabase mahana chikitsaka hai| araba chikitsaka evisina ne 3-5 haphtom ke upavasa ka nuskha bataya | plutarka ne kaha aushadhi ka upayoga karane ki bajaya behatara hai eka dina ka upavasa karo | jarmani mem, daॉ. adolpha meyara ne kaha upavasa kisi bimari ko thika karane ka sabase prabhavi sadhana hai| shikago vishvavidyalaya ke shariravijnana vibhaga ke prayogakartta, daॉ. karlasana aura daॉ. kunde ne eka 30 varshiya vyakti ko 14 dinom ke upavasa para rakha | upavasa ke anta mem unhonne paya ki sharirika sthiti mem usake utaka eka 17 varsha ke yuva ke jaise the | daॉ. kunde ne kaha ki, upavasa ke daurana, vaja़na 45% taka kama ho gaya | 18 mai 1933 ko jaba gandhiji apane 10vem dina ke upavasa para the, unake chikitsakom dvara unaka parikshana kiya gaya tha | unamem se eka ne gandhiji ke svasthya para tippani karate hue kaha sharirika drishti se yaha bharatiya neta chalisa ke kisi vyakti jitana svastha tha | vaja़na ka sampurna hrasa 157 paunda mula sharirika vaja़na se lagabhaga 38 paunda tha | bharata mem prakritika rogamukti ke eka patha-pradarshaka, daॉ. vithala dasa modi ne apane karya ke 48 varshom ki avadhi mem, gorakhapura ke apane aspatala arogya mandira mem 35,000 upavasom ka nirikshana kiya | unhonne 40 dinom ka eka upavasa rakha aura isa upavasa ki hindi mem prakashita ‘upavasa se labha’ (upavasa ke labha) eka dainiki likhi | yaha sochana thika nahim hai ki upavasa se koi vyakti kamajora aura durbala ho jata hai | upavasa ke daurana samvedanaem tikshna ho jati haim | yaham taka ki khane ki thoda़i si mahaka apake nathunom para hamala kara sakati hai | eka upavasa ke daurana, koi vyakti behatara dekha sakata hai, behatara suna sakata hai aura behatara socha sakata hai | jibha para svada kalikaem upavasa ke bada atirikta samvedi ho jati haim | yaham taka ki sadharana khane ka svada bhi achchha lagata hai | upavasa ke daurana, apa kama so sakate haim | lekina yadi apa anidra se pida़ita haim to apako pratidina sambhavatah jyada se jyada 20 ghantom ki behatara ninda aegi |  
upavasa hridaya, dhamaniyom aura rakta ko sahayata karata hai | rakta mem kolestraॉla ka stara niche chala jata hai | upavasa rakta mem ninna ghanatva vale laipoprotinom ko kama karane mem sahayata karata hai jo hridaya ke lie kharaba haim aura uchcha ghanatva vale laipoprotinom ko badha़ata hai jo hridaya ke lie achchhi haim | rakta nalikaom mem rakta bharava kama hota hai aura isi prakara rakta chapa kama hota hai | phephada़om ki sankulata upavasa ke dvara kama hoti hai | kisi upavasa ke bada apa adhika vayu aura bahuta asani se sansa andara le sakate haim | sharira ke andara aise eka mahana kayapalata ke bavaja़uda khana lene ki lalasa se sangharsha karane ki koshisha karem | jaisai-jaise sharira ke sanchaya sharira ka poshana shuru karate haim ye lakshana dhire-dhire gayaba ho jaenge | chinta mata kijie; eka dina ke lie phalom para jivita rahane ki koshisha karem | eka bara mem eka phala, dina mem tina bara lem | sardi, pha़lu, atisara ya halke darda jaisi chhoti bimari ke daurana, eka chhote upavasa para jaie | ahara lena puri taraha se banda kara dem| aba shayada apa apana tina divasiya upavasa karane ke liye taiyara haim| khuba sara pani piliye| apa apani dinacharya jari rakha sakate haim| yadi apa jvaragrasta ya kamajora mahasusa karem, to arama kijiye|*