*chunki ve grahana kie gae isa bhojana ke samasta shvetasariya tatvom ka upayoga nahim kara sakate, ata: jivavisha sangraha hone lagate haim aura atyadhika anla apashishta ka parinama hota hai sandhiyom ki maujuda sthiti mem vriddhi | alpatama karbohaidreta ghataka ke satha lagabhaga 2,000 kailori vale alpa-kailori ahara ka sujava diya jata hai| tathapi, isa ahara mem vitaminom, kailshiyama, phaॉsphorasa aura lauha ki paryapta matra ka samavesha hona chahie| gathiya ke marija ka ahara kshariya prakriti ka hona chahie tatha \*usamem pratiraksha ke lie phalom aura sabjiyom tatha urja ke lie protina aura karbohaidreta ka samavesha hona chahie| isamem saladom ke rupa mem eka-do taji kachchi sabjiyam aura kama se kama do paki hui sabjiyam ho sakati haim| pattagobhi, gajara, ajamoda, khira, kasani, kahu, pyaja, muli, tamatara aura jalakumbhi kachche salada ke lie prayukta kie ja sakate haim| paki hui sabjiyom mem shatavari, chukandara, phulagobhi, pattagobhi, gajara, ajamoda, baingana, masharuma, pyaja, matara, binsa, palaka, skvasha, tamatara aura shalagama shamila ho sakate haim| gambhira sthitiyom mem, yaha uchita hoga ki marija ko lagabhaga eka saptaha ke lie vanaspatika rasopachara para rakha jae| gajara, ajamoda tatha lala chukandara ke rasa mem milakara kisi bhi hari pattedara sabji se nikala hua hara rasa gathiya ke lie vishesha rupa se sahayaka hota hai| kachche rasom ki kshariya kriya sandhiyom ke asa-pasa tatha anya utakom mem ekatrita sangrahom ka vilaya karati hai| taja ananasa bhi upayogi hai kyonki taje ananasa rasa ka kinvaka, asthisandhishotha tatha amavati gathiya mem jalana aura shotha ko kama karata hai| hara do mahine ke antaralom para punaravritta rasa upavasa ki salaha di jati hai| amavata tatha gathiya ki dashaom mem kachche alu ka rasopachara atyadhika saphala jaivika upacharom mem se eka mana jata hai| yaha sadiyom se loka aushadhi mem vyavahrita hota aya hai| alu ka rasa taiyara karane ki purani vidhi thi bina chhilaka utare alu ko patale-patale katarom mem katana aura ratabhara thande pani se bhare eka baड़e gilasa mem chhoड़ dena| yaha pani subaha-subaha khali peta piya jana chahie| aluom se taja rasa bhi nikala ja sakata hai aura 50:50 ke anupata mem pani ke satha milakara, subaha-subaha sabase pahale piya ja sakata hai|  
kuchha kha़asa khadya padartha gathiya ke marijom ke lie hanikaraka haim aura unhem bhojana se nikala diya jana chahie| inamem shamila haim kisi bhi prakara ke vatita jala, panira ko chhoड़kara sabhi chija़, bekana, haima, saॉseja tatha sanrakshita mansa, pestri, keka, pai, mithe bana aura sapheda dabalaroti, sabhi salada dresinga, mansa rasa se bane sabhi supa, chavala tatha maide ke utpada| kaindi, madhuraka, shakkara, aiskrima, masalom, chaya aura kaॉpha़i se bhi paraheja kiya jana chahie| gathiya mem jina phalom ki anumati di gai hai ve haim seba, nimbu, santare, kele, nasapatiyam, vividha beriyam, khubani, ananasa, alubukhare aura melana| vitamina e aura di sankramana se bachava karane, phalasvarupa gathiya ko rokane, mem mahatvapurna bhumika nibhate haim| santare, papite, gajara, shuddha dudha aura makkhana, sabhi hari pattedara sabjiyam, tamatara aura kachche kele vitamina e se sanriddha haim| vitamina di mukhyata: tvacha ko dhupa dikhane se prapta hota hai| gathiya ke nivarana mem suryaprakasha eka pramukha karaka hai| kabja se bachana chahie kyonki yaha pranali ko vishakta karata hai tatha joड़om ki jalana aura sujana baढ़ata hai| tahalane jaise halke vyayama labhadayaka hote haim| gathiya rokane mem sharira ka samanya vajana banae rakhana bhi eka mahatvapurna karaka hai| motapa vajana sahane vale joड़om para atyadhika davaba dalata hai aura kandaraom, asthibandhom aura sapeshiyom ke nirbadha karya mem hastakshepa karata hai| sharira ko hara samaya garma rakha jana chahie| joड़om para kasakara patti nahim bandhi jani chahie kyonki yaha anga-sanchalana ko parisimita karata hai tatha rakta ke mukta paribhramana mem dakhala deta hai| shayana kaksha mem prachura samvatana honi chahie| gathiya se grasita logom ke lie arama baड़a mahatvapurna hai(arama baड़a mahatvapurna hai unake lie jo gathiya se grasita haim), jinhem apana karya ya vyayama bahuta nahim karana chahie ya na hi manoranjanatmaka karyakalapom mem lipta hona chahie| shvasanali-shotha phephaड़e ke shvasa-nali athava vayu marga ke sujana ki ora sanketa karata hai| yaha ni:shvasana-prakriya ko prabhavita karane vala eka shvasana vikara hai| jyadatara mamalom mem, kuchha sankramana naka aura gale mem bhi hote haim| shvasanali-shotha tivra ya chirakalika ho sakata hai|   
chirakalika mamalom mem, roga lambi avadhi se rahata hai| yaha tivra prakara se jyada gambhira kisma ka hai kyonki ho sakata hai phephaड़om mem sthayi parivartana ho chuka ho, aura isa prakara unake samanya karya-sanchalana mem badha pahuncha raha ho| chirakalika shvasanali-shotha ayu-vriddhi ki eka dasha aura sambhavatah shvasa-nali ka vikara hai joki vatavaraniya pradushana, shvasa mem lie gae jaivikom tatha dhunrapana karane valom mem, kai varshom se sansom mem svayam lie ja rahe kshobhakari tatvom se prapta jalana ke kai varshom ke adhina hai| yaha mahilaom ki tulana mem purushom mem jyada raha hai aura nrityu-dara bhi purushom mem kahim adhika hai| shvasanali-shotha ke adhikansha mamalom mem, kanthanali, shvasa-pranala tatha shvasa-nalikaem tivra rupa se shothagrasta ho jati haim| jalana ke karana utaka suja jate haim| kaphi matra mem shleshma bahara nikalati hai aura shothagrasta shleshma-jilliyom ki raksha ke lie vayu pravaha-nali mem uda़ela di jati hai| samanyata: thoड़a bukhara, aura sansa lene mem kathinai ke satha-satha chhati mem gahara balagama rahata hai| anya lakshana haim gala baithana, chhati mem darda, takata ki kami aura khinnata| shvasana ki yaha kathinai taba taka bani rahati hai jaba taka sujana kama nahim ho jati aura shleshma nikala nahim jati| chirakalika mamalom mem, shvasa-nali mem atyadhika shleshma paida hone ke atirikta, sankramana aura phephaड़e ka kshaya bhi hota hai|  
tivra shvasanali-shotha bahudha samanya sardi jukama ke pratiphala ke rupa mem ya imphluenja ke hamale ke parinamasvarupa ho sakate haim| roga ki gambhirata sankramana ke vistara ki adhikata para nirbhara karati hai jo sardi, ardrata aura dhuem ki avasthiti se ugra ho jata hai| tivra shvasanali-shotha ke bara-bara akramana aura doshapurna ahara adatom ke karana roga chirakalika bana jata hai| adatana parishkrita aharom, jaise shveta sharkara, parishodhita anajom aura maide ke utpadom ka prayoga karane ke phalasvarupa pranali mem vishakta padartha jama hone lagata hai aura yaha vishakta apashishta shvasa-nalika mem ikattha hone lagata hai|  
shvasanali-shotha ke anya karana haim atyadhika dhunrapana, damaghontu vatavarana mem rahana ya kama karana tatha purva rogom ke shamana ke lie davaom ka upayoga| vatavaraniya dasha aura jalavayu roga ke akramana ke mahatvapurna karaka tatva haim| pradushana jitana hi adhika hoga, chirakalika shvasanali-shotha ki dara bhi utani hi adhika hogi| shvasanali-shotha ke tivra mamalom mem, lakshanom ke shanta hone taka marija ko santare ke rasa aura jala para upavasa karana chahie| prakriya yaha hai ki 8 baje subaha se 8 baje rata taka eka santare ka rasa eka glasa garma pani mem pratyeka do ghante para liya jae| isa avadhi mem, ushna jala ki enima se antom ki rojana saphai ki jani chahie| rasa-upavasa ke bada, do ya tina dinom ke lie marija ko purna phalahara apanana chahie| chirakalika shvasanali-shotha ke mamale mem, upachara ke arambha mem marija pancha se sata dinom ke lie purna phalahara apana sakata hai| isa pathyahara mem, use hara roja tina bara taje phalom jaise sebom, nasapatiyom, angurom, chhote chakotarom, santarom, ananasom, ada़uom aura melanom ka ahara grahana karana chahie| kele aura sukhe athava damapukha़ta ya tinabanda phala nahim khane chahie| peya ke rupa mem, mithasa-rahita nimbu pani athava thanda ya garma sada pani liya ja sakata hai|  
purna phalahara ke bada, marija ko tina mulabhuta suvargom, yatha, bijom, kashthaphalom aura anajom, sabjiyom tatha phalom, para adharita eka susantulita ahara ka palana karana chahie, jaisaki "svasthya aura roga mem ahara" ke adhyaya 1 mem rekhankita kiya gaya hai| marija ko mansom, shakkara, chaya, kaॉpha़i, masalom, acharom, parishkrita evam sansadhita bhojya padarthom, nridula peyom, kaindiyom, aiskrima tatha shakkara aura maide se bane utpadom se paraheja karana chahie| shvasanali-shotha ke upachara mem kuchha kha़asa sabjiyom ke rasa bahumulya pae gae haim| gajara aura palaka ka sammishrita rasa vishesha rupa se labhadayaka hai| isa sammishrana mem nuskha anupata upayogi paya gaya hai, vaha hai 16 aunsa ya 1 pinta rasa taiyara karane ke lie 10 aunsa gajara aura 6 aunsa palaka| akramana ki tivra avastha mem hara ya hara dusari rata ko garma ipsama namaka snana atyanta labhadayaka rahega| marija ko lagabhaga 20 minata taka snana mem nimajjita rahana chahie| chirakalika shvasanali-shotha ke mamale mem, yaha snana saptaha mem do bara liya ja sakata hai| garma nichoड़e hue taulie ka chhati ke upari bhaga para prayoga karana bhi upayogi siddha hota hai| shvasanali-shotha ke upachara mem taji hava aura ghara se bahara kie jane vale vyayama bhi avashyaka haim aura marija ko pratidina lambi duri taka tahalana chahie| isa shabda ka shabdika artha hai jalaprapata| yaha ankha ke lensa mem aparadarshita ki ora ingita karata hai jisase drishti dhundhali ho jati hai| jaba prakasha kiranem lensa ki kshamata se gujara kara ankhom mem pravesha nahim kara sakatim to parinamasvarupa andhapana a jata hai| motiyabinda ka prathama lakshana hai drishti ka dhundhalapana| marija vastuom ko kendrita rupa se dekha pane mem kathinai anubhava karata hai| jaise-jaise motiyabinda baढ़ta jata hai, marija ko dohari drishti ya dhabbe athava donom ka anubhava ho sakata hai| andhapana dhire-dhire baढ़ta jata hai| shuru mem, dina ke prachura prakasha ki tulana mem suryasta ke samaya mem drishti behatara ho sakati hai kyonki andhere mem adhika vyapaka phaili putaliyom se hokara prakasha pravesha karata hai| baढ़i hui avastha mem, vastuem aura loga mahaja prakasha ke dhabbe dikha sakate haim| antima avastha mem, putaliyom mem dhusara-sapheda rangahinata a jati hai|  
motiyabinda aksara ankha ke anya doshom ke sanga-sanga paya jata hai| chara karaka haim jo lensa ki paradarshita ke kshaya mem yogadana karate haim| jaisaki bahutere rogom mem hota hai, ahara sambandhi gaड़baड़iyom tatha doshapurna jivana-shaili ke karana rakta-pravaha mem upasthita visha, motiyabinda ka asali karana haim|  
rakta-pravaha mem upasthita visha-tatva kinhim upalabdha durbala sthalom para ashraya pane ke lie pure sharira mem phaila jata hai| yaha lensa ko prabhavita karata hai yadi yaha bhaga tanava, ankhom ke atishaya prayoga ya sthaniya jalana ke karana kamajora ho chuka hai| samaya gujarate-gujarate sthiti badatara ho jati hai aura taba motiyabinda baढ़na shuru ho jata hai| kuchha visheshajnom ki manyata hai ki aneka motiyabindom ka sabase mahatvapurna karana hai kuposhana| yaha bata motiyabinda ki usa koti ke bare mem bhi sacha ho sakata hai jise ama taura para buढ़ape ya baढ़ti unra ka motiyabinda kaha jata hai| karana jivana bhara ka kuposhana ho sakata hai| netra visheshajna daॉ. maॉrgana raiphoda, jinhonne kai varshom taka motiyabinda ke bare mem adhyayana kiya hai, doshapurna poshana ko motiyabinda ka eka adharabhuta karaka manate haim| apane anubhava se unhonne yaha paya hai ki motiyabinda se bachava karane ka arambha poshana mem sudhara karane se hota hai|  
samajauta karane ke lie motiyabinda sarvadhika aड़iyala sthiti hai| agara isane apani gahari jaड़em jama li haim to sankata ke nivarana ke lie shalya-karya se kama kuchha bhi sahayaka nahim hoga| parantu, yadi, motiyabinda arambhika avasthaom mem hai, to isa vyadhi para prakritika sadhanom se niyantrana kara pane ke suavasara hote haim| yaham taka ki baढ़e hue mamale bhi badatara hone se roke ja sakate haim| pranali se vishakta padartha ka saphaya karane ki sampurna prakriya atyavashyaka hai| arambha karane ke lie, santare ke rasa aura jala ke satha tina se chara dinom ka upavasa rakhana labhadayaka rahega| isa avadhi mem ushma jala ki enima li ja sakati hai|*