✿ YEH FAISLA AAPKA HAI

ADHD ki dawaiyan: kin baaton ko taulna hai

✿ YEH FAISLA AAPKA HAI

Koi ek sahi jawab nahi hota

✿ CHHOTA SA SAAR

Agar aapko, ya aapke kisi apne ko, ADHD hai ya ho sakta hai, to dawa shuru karna ek sachcha aur samajhdari bhara vikalp hai. Pehle doosre sahaare khade karna bhi utna hi sahi hai. Dono raaste jaayaz hain, aur yeh faisla aapko ek doctor ke saath milkar karna hai.

Ho sakta hai kisi doctor ne dawa ki baat chhedi ho, ya ho sakta hai yeh sawaal aapke apne man mein utha ho. Jo bhi ho, yeh faisla bhaari lag sakta hai. Hamare kai gharon mein dono taraf ek chupchaap chinta chalti rehti hai: ek dar yeh ki dawa ka matlab hai kuch bahut galat hai, aur utna hi bada yeh dar ki bachcha bina madad ke school aur imtihaanon se joojhta rahega. Yeh faisla in dono mein se kisi dar ke bharose chhodne ki zaroorat nahi hai.

Yeh chhoti-si kitaab aapko na is taraf dhakelti hai, na us taraf. Yeh bas chunaav ko saaf-saaf samne rakh deti hai, taaki aap use taul sakein aur phir apne sawaal lekar doctor ke paas jaayein. Sirf ek doctor hi pakke taur par bata sakte hain ki ADHD waqai sahi tasveer hai ya nahi, aur aage ka raasta wahi aapke saath chalte hain. Yeh kitaab koi nidaan nahi hai, aur yahan kisi baat ka faisla aaj hi karna zaroori nahi hai.

DONO PALDON KI SACHCHI BAAT

Aap kin baaton ko taul rahe hain

CHHOTA SA SAAR

Dono raaste yahan aamne-saamne rakhe hain, bilkul aasaan shabdon mein. Har line ko baayein se daayein padhiye. Zyadatar parivaar hamesha ke liye koi ek raasta nahi chunte; ve kahin se shuru karte hain aur phir samay ke saath apne doctor ke saath milkar usmein badlaav karte rehte hain.

	AGAR AAP DAWA SHURU KARTE HAIN	AGAR AAP PEHLE DOOSRE SAHAARE KHADE KARTE HAIN
Yeh kaise madad kar sakta hai	Kai logon mein dawa se dhyaan tikaana aur khud par kaaboo rakhna saaf taur par aasaan ho jaata hai, aksar pehle kuch hafton ke andar hi.	Roz ka dharra, sikhaane-sambhaalne wali madad ya therapy, aur school ya kaam ki jagah par badlaav, ye bhi madad karte hain, aur sabse mazboot nateeje aksar tab milte hain jab inhein dawa ke saath-saath joda jaata hai.
Yeh kya nahi karta	Yeh ADHD ko jad se khatm nahi karti, na hi sab kuch theek kar deti hai; yeh asli mushkil ko sirf tab tak halka karti hai jab tak ise liya jaa raha ho.	Jab rozmarra ki mushkilein kaafi badi hon, to akele ye sahaare kam pad sakte hain, aur aise mein doctor dawa bhi sujha sakte hain.
Iski keemat kya ho sakti hai	Aam side effect hain bhookh kam lagna, thoda wazan ghatna, aur neend aane mein dikkat; ye aam taur par sambhaale jaa sakte hain aur doctor samay ke saath yojana mein badlaav karte rehte hain.	Iske liye ghar aur school mein lagataar waqt aur mehnat chahiye, aur use nibhaate rehna padta hai; shuru mein tarakki dheemi lag sakti hai.
Hum kitne pakke hain	Mazboot shodh aur badi medical guidelines mein ise ilaaj ka ek asardaar hissa maana gaya hai.	Guidelines aur aamne-saamne tulna karne wale adhyayan inhein bhi achchhe, har insaan ke hisaab se bane ilaaj ka hissa maante hain.

Ab side effect ki baat, yaani dawa ke saath aane wali dikkatein, kyunki logon ko sabse zyada chinta inhi ki hoti hai. Is tarah ki jin dawaon par doctor soch sakte hain, unse sabse aam taur par bhookh kam lagti hai, wazan thoda ghatta hai, ya neend aane mein dikkat hoti hai. Shodh mein ye aam taur par aisi hi dikkatein nikalti hain jinhein halka kiya jaa sakta hai ya jo apne aap baith jaati hain, khatarnaak nahi. Doctor bhookh, wazan, kad, neend aur dil ki dhadkan par nazar rakhte hain, aur dawa ki maatra, uska samay, ya dawa ka chunaav us insaan ke hisaab se badalte rehte hain. Zyada maatra apne aap behtar nahi hoti, isliye koshish yahi rehti hai ki utni hi kam maatra di jaaye jitne se madad mil jaaye.

YE APNE SAATH LE JAAIYE

Doctor ke paas le jaane laayak sawaal

CHHOTA SA SAAR

Aapko na akele faisla karna hai, na ek hi baar mein. Inmein se kuch sawaal apni agli mulaqaat mein saath le jaaiye. Achchhe sawaal us mulaqaat ko oopar se sunaaye gaye faisle ke bajaay, saath milkar liya gaya faisla bana dete hain.

1. Aapne ab tak jo dekha hai, uske hisaab se aapko kya lagta hai, hamari haalat mein dawa se sachmuch kitni madad milegi?
2. Doosre sahaare kaun-kaun se hain, jaise roz ka dharra, sikhaane-sambhaalne wali madad, therapy, ya school aur kaam ki jagah par badlaav, aur kya hum unhein pehle ya saath-saath aazma sakte hain?
3. Hamein kin side effect par nazar rakhni chahiye, aur har mulaqaat mein aap kya-kya jaanchenge?
4. Yeh pata chalne mein kitna waqt lagega ki dawa kaam kar rahi hai ya nahi, aur hum dono milkar ise kaise naapenge?
5. Agar hum shuru karte hain, to baad mein maatra badalna, doosri dawa par jaana, ya band kar dena kitna aasaan hai, agar yeh hamein raas na aaye?
6. Agar hum rukkar intezaar karne ka faisla karein, to kya hoga? Aage chalkar kin baaton ki wajah se aap dawa par dobara sochne ko kahenge?

Yahan koi jawab galat nahi hai, bas wahi sahi hai jo aapki zindagi mein baithta ho. Dawa shuru karna, badalna ya band karna hamesha ek saajha faisla hota hai jo aap apne doctor ke saath milkar lete hain, aur ve ismein yeh taulte hain ki dawa ka aap par apna asar kya raha, aapki apni pasand kya hai, aur aapke haalaat kaise hain.

YEH KARKE DEKHEIN

Apni agli mulaqaat se pehle woh ek cheez likh leejiye jo dhyaan ya roz ki zindagi mein aap sabse zyada badalna chaahenge, aur oopar diye sawaalon mein se ve do chuniye jo aapke liye sabse zyada maayne rakhte hain. Inhein apne phone mein rakhiye. Itni chhoti-si list lekar jaana us baatcheet ko shaant bana deta hai, aur faisla mazbooti se aapke hi haath mein rakhta hai.

YEH JAANKARI KAHAN SE HAI

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AUR PADHNE KE LIYE

- NHS: Attention deficit hyperactivity disorder (ADHD), Treatment

Yeh sochne aur poochhne mein madad karta hai. Yeh koi salah ya parchi nahin hai. Doctor ke saath nirnay lein.

Kya sab kuch bahut zyada lag raha hai? **Sankat card padhein.** Madad ek panne door hai.