

 YEH FAISLA AAPKA HAI

Bipolar mein lambe samay ki dawa: kin baaton ko taulna hai

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Koi ek sahi jawab nahi hota

 CHHOTA SA SAAR

Mood ke bahut upar chadh jaane ke kisi bade daur, ya bahut neeche gir jaane ke kisi gehre daur ke baad, doctor mood ko lambe samay tak sthir rakhne ke liye dawa ka sujhaav de sakte hain. Kuch log ise shuru karte hain. Kuch log abhi rukte hain aur baad mein is par dobara sochte hain. Jo bhi raasta ho, yeh faisla aapka hai, jise aap ek doctor ke saath milkar lete hain.

Neha 29 saal ki hain aur Nashik ke ek school mein padhaati hain. Mood ke bahut chadh jaane ke ek mushkil daur ke kai mahine baad, ab ve phir se apne jaisi mehsoos karne lagi hain. Unke doctor ne lambe samay ki dawa ki baat chhedii hai. Unki saas ko saalon tak goliyaan khaane ki chinta hai, aur is baat ki bhi ki rishtedaar kya kahenge. Unke pati ko zyada chinta is baat ki hai ki kahin phir se koi daur na aa jaaye.

Hamare kai gharon mein chinta dono taraf kheenchti hai. Yeh faisla in dono mein se kisi bhi darr ke bharose chhodne ki zaroorat nahi hai.

Yeh kitaab aapko na is taraf dhakelti hai, na us taraf. Yeh bas chunaav ko saaf-saaf saamne rakh deti hai, taaki aap use taul sakein, aur phir apne sawaal lekar doctor ke paas jaayein. Mood ke is dharre ke liye jo doctori naam aap sun sakte hain, woh hai bipolar, aur sirf ek doctor hi bata sakte hain ki yeh naam theek baithta hai ya nahi. Yahan likhi koi bhi baat nidaan (diagnosis) 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

Guidelines salaah deti hain ki yojna ko samay-samay par dobara dekha jaaye, taaki aap apne doctor ke saath milkar waqt ke saath usmein badlaav kar sakein.

	AGAR AAP LAMBE SAMAY KI DAWA LETE HAIN	AGAR AAP ABHI RUKTE HAIN AUR DOOSRE SAHAARON PAR TIKTE HAIN
Yeh kaise madad kar sakta hai	Jaanch-parakh wale adhyayanon mein, parkhi gayi zyadatar dawaon ne, lambe samay tak li jaane par, theek rehte hue bhi, ek aur daur aane ki sambhaavna kam ki, chaahe daur mood chadhne ka ho ya girne ka.	Jaanch-parakh wale adhyayanon mein, jab dawa ke saath-saath mood ke is dharre ke baare mein seekhna aur tay tareeke se chalne wali therapy jodi gayi, to ek aur daur aane ki sambhaavna kam hui.
Yeh kya nahi karta	Yeh daur aane ki sambhaavna kam karti hai, par use poori tarah khatm nahi karti. Kuch logon ko ise lete hue bhi daur aate hain.	Adhyayanon ne in sahaaron ko dawa ke saath-saath parkha, dawa ki jagah nahi, isliye unse yeh pata nahi chalta ki akele ye kitna kaam karte hain.
Iski keemat kya ho sakti hai	Side effect har dawa mein alag-alag hote hain. Kuch dawaon ke liye niyमित roop se khoon ki jaanch aur check-up karwaane padte hain.	Dawa wale adhyayanon mein, dawa na lene walon mein zyada logon ko ek aur daur aaya. Ek daur kaam, padhaai aur parivaar par bhaari pad sakta hai.
Faisla kaise hota hai	Guidelines ke mutaabik, zyadatar logon ke liye lambe samay ki ek khaas dawa ke paksh mein sabse mazboot saboot hain. Doctor ise side effect, check-up aur aapki apni zindagi ke saath taulte hain. Kuch logon ke liye doosri dawaiyan behtar baithti hain.	Abhi rukna bhi ek faisla hai jo doctor ke saath milkar liya jaata hai, ek saaf yojna ke saath ki kin shuruaati sanketon par nazar rakhni hai aur kab is par dobara sochna hai.

Ab check-up ki baat. Is samooch ki kuch dawaon ke liye, jinhein aksar mood ko sthir rakhne wali dawaiyan (mood stabilizer) kaha jaata hai, niyमित roop se khoon ki jaanch karwaani padti hai. In jaanchon se pata chalta hai ki khoon mein dawa ki maatra kitni hai aur shareer ise kaise sambhaal raha hai. Kuch doosri dawaon ke liye wazan, blood sugar aur dil ki sehat ki niyमित jaanch zaroori hoti hai.

Agar aage chalkar bachche ki योजना ho sakti hai, to iske baare mein jaldi poochhiye, ho sake to pregnancy se pehle hi. Is samooch ki kuch dawaon mein pregnancy ke aaspaas योजना badalni padti hai. Agar आपको pata chale ki आप pregnant hain, to khud se kuch bhi badalne se pehle, turant apne doctor se baat keejiye.

Dawa band karne mein bhi yahi saavdhaani chahiye. Achaanak band karne se daur aane ki sambhaavna badh sakti hai, isliye doctor आपके साथ milkar dheere-dheere, nazar rakhte hue badlaav ki योजना banaate hain. Guidelines yeh salaah bhi deti hain ki आप jo bhi raasta chunein, therapy ka vikalp diya jaaye, jismein parivaar ke साथ milkar hone wali therapy bhi shaamil hai.

Agar kabhi udaasi ke daur mein aise khayaal aayein ki jeene ka koi matlab nahi hai, to yeh bojh akele mat uthaiye. Usi din kisi doctor se baat keejiye, ya Tele-MANAS ko 14416 par phone keejiye, jo man ki sehat ke liye sarkaar ki muft helpline hai. Emergency ho, to 112 par phone keejiye.

✿ 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 jaiye. Achchhe sawaal us mulaqaat ko saath milkar liye gaye faisle mein badal dete hain.

1. Mere pichhle daaron ko dekhte hue, aapko kya lagta hai, lambe samay ki dawa se ek aur daur aane ki sambhaavna kitni kam hogi?
2. Mere liye doosre sahaare kaise honge, jaise mood ke baare mein seekhne wale session, therapy, ya mood ki diary, aur kya hum unhein abhi se shuru kar sakte hain?
3. Hamein kin side effect par nazar rakhni chahiye, mujhe kaun-kaun se check-up karwaane honge, aur kitni baar?
4. Agar aage chalkar bachche ki yojna ho sakti hai, to usse ilaaj ki yojna mein kya badlega, aur hamein is baare mein kab baat karni chahiye?
5. Hamein kaise pata chalega ki yojna kaam kar rahi hai, aur kaun-se shuruaati sanket dikhne par aap mujhe jaldi dekhna chaahenge?
6. Agar hum shuru karte hain, to baad mein dheere-dheere aur surakshit tareeke se ise kaise badlenge ya band karenge? Aur agar hum rukte hain, to kin baaton par aap is par dobara sochne ko kahenge?

Man ki sehat ke ilaaj mein, faisla lene mein madad karne wale digital saadhanon par hui ek sameeksha mein, logon ko apne faislon ko lekar duvidha kuch kam mehsoos hui, par iske saboot kamzor hain. Lambe samay ki dawa shuru karna, jaari rakhna ya band karna ek saajha faisla hai jo aap apne doctor ke saath milkar lete hain, aur ve ismein aapka pichhla itihaas, aapke liye kya maayne rakhta hai, aur aapke haalaat, sab taulte hain.

● YEH KARKE DEKHEIN

Apni agli mulaqaat se pehle woh ek cheez likh leejiye jise aap is faisle se sabse zyada bachaakar rakhna chaahte hain: theek bane rehna, apne jaisa mehsoos karna, kaam, padhaai, ya parivaar ki yojnaayein. Phir upar diye sawaalon mein se ve do chuniye jo aapke liye sabse zyada maayne rakhte hain, aur unhein apne phone mein rakh leejiye. Agar parivaar ka koi sadasya aapke saath aa raha hai, to pehle yeh list unke saath baant leejiye. Yeh chhoti-si list faisle ko aapke hi haath mein rakhti hai.

YEH JAANKARI KAHAN SE HAI

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AUR PADHNE KE LIYE

- NHS: Bipolar disorder, Treatment
- Royal College of Psychiatrists: Bipolar disorder

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.
- Tele-MANAS, muft rashtriya helpline: **14416**. Kisi bhi samay, din ho ya raat. Bharat sarkar ki seva.
- Soch rahe hain ki kisi se baat karein ya nahin? **Padhein ki jaanch kaise hoti hai.** Koi jaldi nahin, koi dabaav nahin.