



Saathi ki guide

✿ OCD AUR BIN BULAAYE VICHAAR

Kisi ko OCD ke saath pyaar karna

Pati, patni ya saathi ki guide jab apna koi atke khayaalon aur dohraav mein phansa ho: tasalli ka loop todna, narmi se saath peeche hatna, aur apna khayaal rakhte hue joda bane rehna.

Yeh kiske liye hai: us patni, pati ya saathi ke liye jiska apna koi atke hue khayaalon, baar-baar jaanchne, dhone ya baar-baar tasalli maangne mein phansa hai.

Hawalon ke saath: NICE aur peer-reviewed shodh, jismein Bharat ki ek study bhi shaamil hai.

Bhashayein: English, Hindi, Marathi, aur Kannada.

weave.clinic/family par muft padhiye

1

✿ KYA YEH HUMARI BAAT HAI

Woh sawaal jo baar-baar laut aata hai

✿ CHHOTA SA SAAR

Agar aapke saathi ek hi sawaal baar-baar poochte hain, jaanchte hi rehte hain, ya haath saaf ho jaane ke kaafi der baad tak dhote rehte hain, to yeh tanaav aap apne mann se nahi gadh rahe. Ho sakta hai aap bhi ismein khinch gaye hon. Kuch sach mein ho raha hai, aur uska ek naam hai.

Ab tak aap iski shakl pehchaan chuke hain. Wahi sawaal, aaj raat dasvi baar. Taala jaancha, phir dobara jaancha. Haath itne dhoye ki tvacha sookhi aur dukhne lagi. Aap jawab dete hain, intezaar karte hain, madad karte hain, aur phir bhi baat laut aati hai. Aur is sabke neech, aapke andar, ek thakaan baithi hai jise aap shayad hi kabhi zor se kehte hain.

Yeh jaankar rahat milti hai ki yeh pattern doctoron ka jaana-pehchaana hai, aur iska ilaaj ho sakta hai. Jo doctori naam aap sun sakte hain, woh hai obsessive-compulsive disorder, yaani OCD. Sirf ek doctor hi bata sakta hai ki yeh naam laagu hota hai ya nahi, aur yeh kitaab aapke saathi par koi label nahi lagaati.

Pattern ko samajhna hi usse baahar nikalne ka pehla qadam hai. Yeh kitaab aap dono ki madad ke liye hai, is tarah ki raaste mein aap khud ko na kho dein.

Aap dono

is loop mein khinch jaate hain

Jab ek saathi atki hui chintaaon aur dohraav ke saath jeeta hai, to doosra bhi aksar ismein khinch jaata hai, jawab dete hue, jaanchte hue ya shaanti banaaye rakhne ke liye routine badalte hue.

Thaka hua mehsoos karne se aap bure saathi nahi ban jaate. Parivaar ke log, saathi bhi, aksar ismein khinch jaate hain. 20 jodon par hue ek chhote adhyayan mein dekha gaya ki jo saathi ismein zyaada khinche hue the, ve rishte se kam santusht the. Isliye ise saaf-saaf kehna zaroori hai. Yeh sehat ki ek samasya hai. Yeh koi charitra ki kami nahi hai, aur na hi is baat ki nishaani ki aapke saathi aap par bharosa nahi karte.



Wahi sawaal, phir se poocha gaya, aur ek saath jo jawab dene ka ek zyaada naram tareeqa seekh rahi hai.

Sneha aur Kartik ki shaadi ko chhah saal ho gaye hain. Kartik naram dil aur mazaakiya hai, aur Sneha se bahut gehra pyaar karta hai. Par kuch raaton ko koi shak use jakad leta hai. Kya usne gas band ki thi? Kya usne koi gandi cheez chhoo li? Kya usne kaam par kuch galat keh diya? Woh Sneha se baar-baar kehta hai ki uske saath phir se jaanch le, aur woh hamesha haan keh deti hai. Aajkal Kartik ke so jaane ke baad woh jaagti padi rehti hai, andar se ek aise khaalipan ke saath jise woh naam nahi de paati.

Sneha ne kuch galat nahi kiya, aur na hi Kartik ne. Jo bojh woh uthaati hai woh sachcha hai, aur jisse woh lad raha hai woh bhi. Uski haan pyaar hai, aur woh use ek pal ke liye shaant kar deti hai. Par shak laut aata hai, aur poochna badhta jaata hai. Yeh un dono mein se kisi ki kami nahi hai. Yeh ek pattern hai, aur jab pattern dikhne lagta hai, to woh badal sakta hai.

● YEH KARKE DEKHEIN

Do din tak, bas dhyaan dijiye, usi pal uski baat chhede bina. Shak kab sabse zyaada uthta hai? Der raat, ghar se nikalne se pehle, kisi parivaarik mulaaqaat ke baad? Jab aisa hota hai, to aap kya karte hain? Aap abhi kuch theek nahi kar rahe. Aap bas apne hi loop ki shakl seekh rahe hain.

2

✿ YEH KYA HAI, AUR KYA NAHI

Khayaal ko ichchha nahi hai

✿ CHHOTA SA SAAR

Baar-baar lautne waale anchaahe khayaal is pattern ke beechon-beech hain. Khayaal, ichchha ya yojna ek baat nahi hain. Dohraav aur sawaal dar se aate hain. Ve aapke baare mein koi sandesh nahi hain.

Lagbhag har kisi ke mann mein kabhi-kabhi ajeeb, pareshaan karne waale khayaal aate hain. Ek kaala sa "agar aisa ho gaya to". Kisi tasveer ki ek jhalak jo humare swabhaav se mel nahi khaati. Is pattern mein aise khayaal baar-baar aate hain aur sachchi takleef dete hain. Koi ek khayaal aapke saathi ko sataata reh sakta hai, jo chahte hain ki woh chala jaaye par use hata nahi paate.

Phir aate hain dohraav. Ye dhona ho sakta hai, jaanchna, cheezon ko ek tay kram mein rakhna, ya aapse baar-baar yeh kehelwaana ki sab theek hai.

Khayaal ko ichchha nahi hai, aur dohraav dar ki aawaaz hai, aap par koi faisla nahi. Jab aapke saathi jhalla uthein, ya ek aur jawab ke liye minnat karein, to uske neechे dar ho sakta hai. Use dar ki tarah dekhne ki koshish kijiye, zid ki tarah nahi, aur aapke pyaar ki pareeksha ki tarah bhi nahi.



Jis din main samjhi ki uske sawaal dar se aate the, avishwaas se nahi, us din se maine har "pakka na?" ko ilzaam ki tarah sunna band kar diya.

Sneha, patni, 32

Kabhi-kabhi khayaal daraawne hote hain. Aapke saathi ko dar ho sakta hai ki ve aapko, kisi bachche ko ya maa ya pita ko nuksaan pahuncha sakte hain. Ve kisi aise khayaal se pareshaan reh sakte hain jo paap jaisa ya sharmnaak lagta ho. Is pattern mein aise khayaal aam hain, aur aksar inhein khatre ki nishaani samajh liya jaata hai. Ho sakta hai aapke saathi inse dahal jaate hon, aur inhein zor se kehne mein bahut sharm mehsoos karte hon.

Shak ka rukh aapki or bhi ho sakta hai. "Kya main sach mein usse pyaar karta hoon?" "Kya wahi sahi insaan hai?" "Kya maine galat chuna?" Yeh sunna chaaku jaisa lag sakta hai. Koshish kijiye ki us pal mein ise apni shaadi ke baare mein kisi chhipe sach ki tarah na lein. Kai Bhaarteeya gharon mein faisla jaldi suna diya jaata hai, rishtedaaron ki taraf se ya aapke apne mann se. Woh faisla bhaari hota hai, aur uski koi jaldi nahi. Ek doctor ya therapist aap dono ko yeh samajhne mein madad kar sakte hain ki yeh shak asal mein kya hai.

YAAD RAKHIYE

Khayaal koi sachchaai, ichchha ya yojna nahi hai. Sawaal, jaanchna aur dhona dar se aate hain. Ye is baat ke sanket nahi hain ki aapke saathi aapse kitna pyaar karte hain. Yeh baat chupchaap khud se kehna sabse mushkil palon ki chubhan ko kuch kam kar sakta hai.

Aur jaanna chahein to ^

Dar ko insaan se alag karne ka matlab har baat ko chhoot dena nahi hai. Iska matlab yeh bhi nahi ki aap par pada bojh chhota hai. Iska matlab hai ki aap ek aise kirdaar se ladna band kar dete hain jise aapne khud gadha tha, aur ek aisi samasya ka saamna karne lagte hain jo aap dono ki saajhi hai. "Tumhaara mann tumhein dara raha hai, aur thakaan mujhe bhi hai, to chalo iska saamna saath milkar karein", yeh aisa vaakya hai jiske saath aap dono khade ho sakte hain. "Tumhaare saath to rehna hi naamumkin hai", yeh nahi.

3

✿ WOH LOOP JO AAP BAAR-BAAR DOHRAATE HAIN

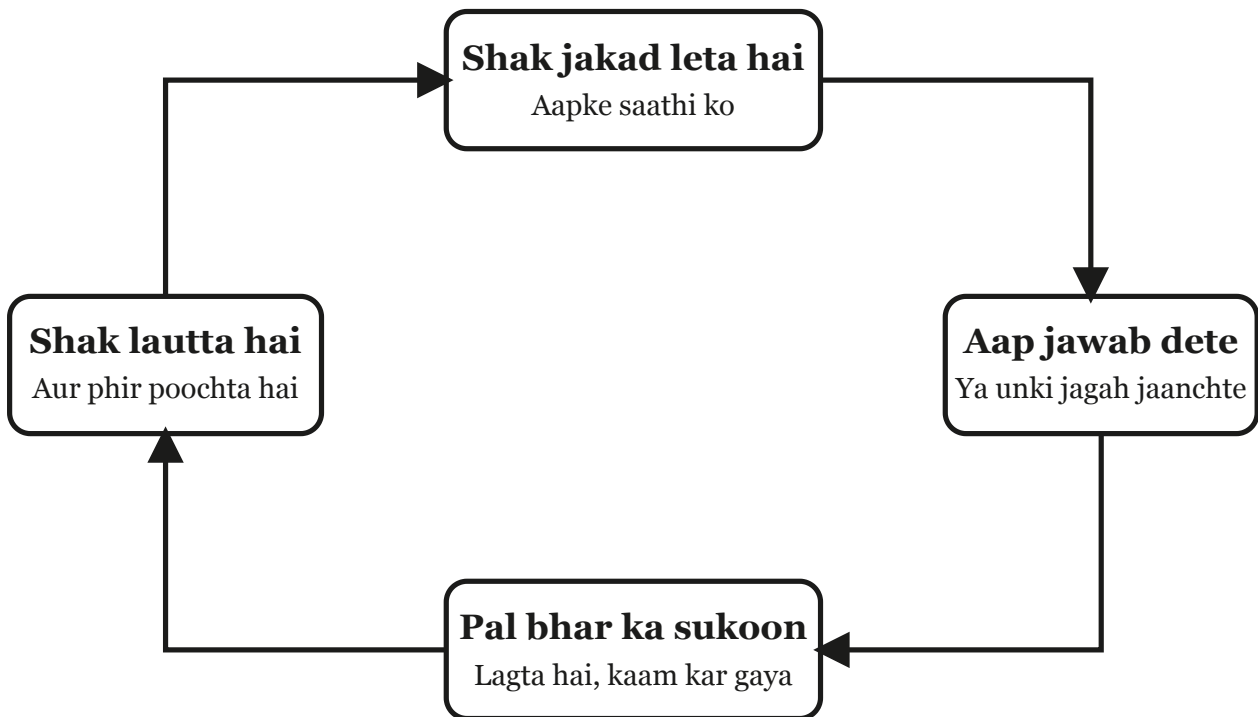
Poochna, jawab dena, aur phir wahi chakkar

✿ CHHOTA SA SAAR

Kisi jode ka ek loop mein phisal jaana aasaan hai. Aapke saathi ko koi shak jakad leta hai. Aap jawab dete hain, jaanchte hain, ya daraane waali cheez hata dete hain. Dar kuch der ke liye tham jaata hai. Phir shak laut aata hai aur dobara poochta hai.

Yeh loop naram aur nek iraade waala hota hai, aur isiliye ise pehchaanna itna mushkil hai. Aapke saathi poochte hain ki darwaaza band hai ya nahi. Aap kehte hain haan. Ve phir poochte hain, aur aap phir haan kehte hain, thoda zor se. Ek pal ke liye dar tham jaata hai. Phir shak lautta hai, aur poochna phir shuru ho jaata hai. Har jawab pyaar se diya jaata hai, aur phir bhi poochna chalta rehta hai.

Samay ke saath poora ghar dar ke ird-gird jhuk sakta hai. Ho sakta hai aap ghar ke routine badal dein, kapde ek tay tareeqe se dhoyein, ya mehmaanon ko kuch kamron se door rakhein. Ho sakta hai aap rasoi ke aise niyam maanne lagein jin par aap kabhi raazi nahi hue the, ya jaanchne ka kaam unki jagah khud karne lagein. Is jhukaav ko parivaar ka dar ke hisaab se dhal jaana (family accommodation) kehte hain, aur yeh pyaar se aata hai. 41 adhyayanon ko milaakar dekha gaya ki jahaan ghar dar ke hisaab se zyaada dhala tha, wahaan lakshan bhi zyaada gambheer the. Isse ek judaav dikhta hai, yeh nahi ki pehle kaun-sa aata hai.



Woh loop jismein koi joda phisal sakta hai. Yeh pyaar se aata hai, aur aap mein se koi bhi isse baahar nikal sakta hai.

Aapke saathi ko koi shak jakad leta hai, aur dar tezi se badh jaata hai.

Ve poochte hain, ya aapse jaanchne ko kehte hain, aur aap jawab de dete hain.

Dar ek pal ke liye tham jaata hai, to lagta hai ki yeh kaam kar gaya.

Shak laut aata hai, aur poochna phir shuru ho jaata hai.

Loop ko dekh paana pehla qadam hai. Maqsad yeh tay karna nahi ki galti kiski hai. Har qadam apne aap hone jaisa lagne lagta hai, aur isiliye achche iraade hamesha kaafi nahi hote. Aapki samasya pyaar ki nahi hai. Aapki samasya ek pattern hai, aur pattern badal sakte hain.

Aur jaanna chahein to ^

Dhyaan dijiye ki aap dono loop mein kahaan se daakhil hote hain. Unka daakhila shak ki lehar hai. Aapka daakhila woh pal hai jab aap uska jawab dene ya use gaayab karne ke liye daud padte hain. Aap unka shak band nahi kar sakte. Par is silsile mein apna qadam aap badal sakte hain. Yeh unhein chhod dena nahi hai. Yeh narmi se aur ek yojna ke saath, apni chaal waapas apne haath mein lena hai.

● YEH KARKE DEKHEIN

Agli baar jab aapko loop shuru hota mehsoos ho, to use narmi se, khulkar naam dijiye: "Mujhe lagta hai shak phir se pooch raha hai." Ise jhagde ki tarah nahi, balki saath milkar saamna karne wali cheez ki tarah kehna, us pal ki kuch garmi kam kar sakta hai.

4

✿ ASAL MEIN KYA MADAD KARTA HAI, KYA ULTA PADTA HAI

Narmi se aur saath milkar peeche hatna

✿ CHHOTA SA SAAR

Jo madad kaam karti hai, woh pehle-pehal ajeeb lagti hai: jawab kam dena, aur paas bane rehna. Har qadam saath milkar, dheere-dheere tay kijiye. Is pattern ke liye mukhya baatcheet waali therapy bhi isi soch par kaam karti hai, ek baar mein ek qadam.

Aapko koi perfect jawab nahi chahiye. Jab shak zor se bol raha ho, tab shaant aur paas bane rehne ki koshish kijiye, uska jawab phir se diye bina. Ek aur baar tasalli dene ke bajaye, garmjoshi bhara bharosa dijiye. Kuch aisa, "Mujhe pata hai yeh bahut bada lag raha hai. Us sawaal ka jawab ab dobara nahi, par main yahin tumhaare saath hoon." Aap insaan ka saath de rahe hain, unki jagah shak se nahi lad rahe.

Yeh saath milkar aur dheere-dheere kijiye, kabhi achaanak nahi. Kisi shaant pal mein baat kijiye. Tay kijiye ki kaun-se jawab ya kaun-si jaanch aap sabse pehle kam karenge. Shuru mein aapke saathi zyaada ghabrahat, ya gussa bhi, mehsoos kar sakte hain. Us pal ke liye saath milkar योजना बनाaiye, ho sake to kisi therapist ke saath. Garmjoshi ke saath peeche hatna rookhaapan nahi hai. Ilaaj ki guidelines kehti hain ki ilaaj ko parivaar ke logon ki madad karni chahiye, taaki ve narmi se aur sahaare ke saath dohraav se peeche hat sakein. Ek chhote adhyayan mein dekha gaya ki jin jodon mein saathi therapy ke baad bhi ismein khincha hua tha, wahaan therapy ka asar kam raha.

Yeh kaam karti hai

Dar ka saamna karne wali therapy

ERP (Exposure and Response Prevention) naam ki ek baatcheet wali therapy bahut se logon ki madad karti hai.

Saath milkar

Saathi bhi iska hissa ban sakte hain

Kuch therapist saathi ko bhi shaamil kar sakte hain, taaki aap dono ek team ki tarah peeche hatna seekhein.

Is therapy ko batana aasaan hai. Ek therapist ke saath, aapke saathi daraane waale khayaalon ka saamna karte hain, aur dohraav na karne par kaam karte hain. Ise ERP (Exposure and Response Prevention) kehte hain, yaani dheere-dheere dar ka saamna karna aur majboori waala kaam na karna, aur yeh CBT (soch aur vyavhaar badalne waali therapy) ka hissa hai. Kai adhyayanon mein dekha gaya ki is therapy ne ilaaj ke intezaar mein baithe rehne ya nakli ilaaj ke muqaable kahin zyaada madad ki. Guidelines sujhaati hain ki jo saathi unke saath rehta hai, use ek madadgaar ke taur par shaamil kiya ja sakta hai, jahaan yeh aap dono ko theek lage.

Dar bedroom tak bhi pahunch sakta hai. Keetaanuon ki chinta chhoone ko mushkil bana sakti hai. Rishte ke baare mein shak nazdeeki ko bhaari bana sakte hain. Agar aapke saathi door hatte hain, to ise apne baare mein koi faisla maanne se bachiye. Bedroom ke baahar, narmi se is par baat kijiye. Chhote-chhote qadamon mein chaliye, aur yeh jaaniye ki ismein bhi ek therapist madad kar sakte hain.

YAAD RAKHIYE

Ek baar, narmi se jawab dijiye, phir tike rahiye. Jab aap paanchvi baar taala jaanchne waale hon, to rukiye. Khud se poochiye ki kya iske bajaye aap unke paas khade reh sakte hain, jab ve shak ke saath baithe hon. Ek aur jawab ke bajaye garmjoshi aur narmi se tike rehna chuniye.

YEH KARKE DEKHEIN

Koi ek chhota, kam daanv waala sawaal chuniye jo aapke saathi aksar poochte hain. Kisi shaant pal mein, saath milkar tay kijiye ki aap uska jawab ek baar denge. Uske baad aap kahenge, "Humne tay kiya tha ki iska jawab dobara nahi." Jab shak virodh kare, tab paas bane rahiye. Baad mein unhein bataaiye ki aapko garv hai ki unhone koshish ki.

5

✿ KHUD KO KHOYE BINA

Aapki apni zindagi bhi maayne rakhti hai

✿ CHHOTA SA SAAR

Aapne ise paida nahi kiya, aap iska ilaaj nahi kar sakte, aur phir bhi aap madad kar sakte hain. Aapka aaraam, aapke dost, aur shaadi ke baahar aapki zindagi swarth nahi hain. Yahi aapko madad karne ke kaabil banaaye rakhte hain.

Aap unke saath hain, unke therapist nahi. Aapne ise paida nahi kiya, aap iska ilaaj nahi kar sakte, aur phir bhi aap madad kar sakte hain. Aapka apna aaraam, neend, dost aur kaam swarth wali faaltu cheezein nahi hain. Yahi cheezein aapko madad kar paane ke kaabil banaaye rakhti hain. Ise chupchaap akele uthane se bachiye. Pehle apni oxygen bachaakar rakhiye.

Hadein tay karna narmi hai, rookhaapan nahi. Yeh kehna theek hai ki aap unke saath baithenge, par bartan dobara nahi dhoyenge. Yeh kehna theek hai ki aap teesri baar gas nahi jaanchenge. Apne andar jama hoti naaraazgi, thakaan aur udaasi par nazar rakhiye. 50 parivaarik dekhbhaal karne waalon par hue ek Bhaarteeya adhyayan mein, aadhe se zyaada ne dekhbhaal ka bhaari bojh bataaya.

Kai Bhaarteeya gharon mein sanyukt parivaar bhi ismein khinch jaata hai. Koi saas dhone ke niyamon mein shaamil ho sakti hain, ya chupchaap har chinta ka jawab deti reh sakti hain. Koi aur rishtedaar ise zid keh sakte hain, ya aapko dosh de sakte hain. Aur "log kya kahenge" poori baat ko chhipaane par majboor kar sakta hai.

Jab dohraav praarthana ya shuddhta ke niyamon jaise dikhte hain, to kuch log unki taareef kar sakte hain aur kuch mazaak uda sakte hain. Aastha samasya nahi hai. Yeh pattern kabhi-kabhi dhaarmik roop le sakta hai, aur aastha aur dar ke beech ki rekha dekhna mushkil ho sakta hai. Sawaal yeh hai ki koi reeti sukoon deti hai, ya use dar chala raha hai. Aapke saathi ki sehmati se, ek doctor kisi bharsemand dhaarmik ya samudaay ke aguaa se madad le sakte hain. Aapko har baatcheet jeetni nahi hai. Ek chhoti, tiki hui pankti madad karti hai: "Hum is par saath milkar kaam kar rahe hain, ek doctor ki madad se." Phir parivaar se kahiye ki sab ek hi saajhi योजना par chalein.

Aur jaanna chahein to ^

Ek aisa insaan dhoondhiye jo aapke saath ho, ek behen, ek dost, koi jo samajhta ho. Jo mushkil hai use kisi aise insaan se khulkar kehna jo aapko judge na kare, aapke seene se bojh utaar sakta hai. Naaraazgi aur akelapan, dono chuppi mein badhte hain. Apna khayaal rakhna unke saath dhokha nahi hai. Jab aap aaraam paakar zyaada sambhle hue hote hain, to isse shaadi ko bhi madad milti hai.

● YEH KARKE DEKHEIN

Is hafte, ek aisi cheez chuniye jo sirf aapke liye ho: kisi dost ke saath ek ghanta, phone chhodkar ek sair, jaldi so jaana. Use bina apraadh-bodh aur bina maafi maange lijiye. Dhyaan dijiye ki kya us ek ghante ghar sambhla rehta hai, aur kya aap jitna sabr lekar gaye the, usse thoda zyaada lekar lautte hain.

6

✿ KAB AAGE BADHNA HAI, AUR SANKAT

Madad lena, aur surakshit rehna

✿ CHHOTA SA SAAR

Doctor se miliye jab khayaal aur dohraav bahut waqt lene lagein, sachchi takleef dene lagein, ya aapka ghar chalaane lagein. Aap unka poora ilaaj nahi ban sakte, aur kisi visheshagya ko saath laana un sabse pyaar bhare kaamon mein se ek hai jo aap kar sakte hain.

Doctor se miliye agar dohraav ki wajah se roz ke kaam bahut der tak khinchne lagein. Tab bhi miliye, agar khayaal aapke saathi ko pareshaan karein, ya dohraav kaam par ya ghar ke logon par asar daalein. Is par bhi nazar rakhiye ki kahin aapke saathi dar ki wajah se der se to nahi pahunchte, thake-haare to nahi rehte, ya ghar mein hi atke to nahi reh jaate. Madad lena haar maanna nahi hai. Ilaaj madad kar sakta hai, aur poochne ke liye aapko kisi sankat ka intezaar nahi karna hai.

Kuch nishaaniyon par aur jaldi madad chahiye. Gehri udaasi, roz ki zindagi se haath kheench lena, sehne ke liye bahut zyaada sharab peena, ya is duniya mein na rehna chaahne ki koi bhi baat, in par nazar rakhiye. Agar aapke saathi apni jaan khatm karne ki baat karein, to ise gambheerta se lijiye aur unse saaf-saaf poochiye. Adhyayanon mein dekha gaya hai ki aatmahatya ke baare mein poochne se aatmahatya ke khayaal nahi badhte. Unke saath rahiye, un cheezon tak pahunch kam kijiye jinse ve khud ko chot pahuncha sakte hain, aur abhi madad lijiye.

 AAPKE SAATH

Agar aapke saathi is duniya mein na rehna chaahne ki baat kar rahe hain, ya aapko kisi se baat karni hai, to aap **Tele-MANAS ko 14416 par** phone kar sakte hain, yeh mann ki sehat ke liye sarkaar ki muft helpline hai. Yeh 24 ghante, hafte ke saaton din, 20 Bhaarteeya bhaashaon mein chalti hai, aapke liye bhi aur unke liye bhi. Agar kisi ko turant khatra ho, to 112 par phone kijiye. Neeche jude sankat card par aur bhi log hain jin tak aap kisi bhi waqt pahunch sakte hain.

Aapke mann mein ek aur sawaal ho sakta hai. Agar ve daraawne khayaal sachche hon, to? Ilaaj ki guidelines un doctoron se, jo aise khayaalon ko lekar pakka na hon, kehti hain ki ve is pattern ke kisi visheshagya se poochein. Aap bhi yahi kar sakte hain. Kisi aise doctor se yeh baat kahiye jo is pattern ko achchi tarah jaante hon. Ve aap dono ko, bina sharm ke, ise samajhne mein madad kar sakte hain.

Aur dawa ka kya? Kuch logon ke liye doctor dawa ka sujhaav de sakte hain, akele ya therapy ke saath. Yeh faisla aapke saathi ek doctor ke saath milkar lete hain, har maamle ko alag se taulkar. Dawa kabhi bhi apne aap shuru ya band karne waali cheez nahi hai. Jab ise band kiya jaata hai, to guidelines salaah deti hain ki khuraak dheere-dheere, kai hafton mein kam ki jaaye.

 YAAD RAKHIYE

Aap unka poora ilaaj nahi ban sakte, aur aapse kabhi yeh ummeed thi bhi nahi. Aapka tika rehna madad karta hai, par jo hisse aap nahi utha sakte, unhein koi visheshagya uthaata hai. Shak ka saamna ek team ki tarah kijiye, doctor ko saath lijiye, aur yeh sab karte hue apna khayaal rakhte rahiye. Isi tarah aap dono aur mazboot hote hain.



*Wahi saathi jiska mann kisi shak
par atak jaata hai, ab bhi wahi
insaan hai jise aapne chuna tha.
Aap dono saath milkar, madad ke
saath, dar ka saamna kar sakte
hain.*

● YEH KARKE DEKHEIN

Aaj raat, aapke saathi ne aaj jo ek chhota bahaadur kaam kiya ho, chahe kitna hi chhota, uska naam lijiye aur use zor se kahiye. Phir ek aisa sawaal likh lijiye jo aap kisi doctor ya therapist se poochna chahenge, ek sachche udaaharan ke saath. Use apne phone mein rakhiye. Do chhote qadam, ek ek-dosre ki or aur ek madad ki or, isi tarah lamba raasta shuru hota hai.

YEH JAANKARI KAHAN SE HAI

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Yeh guide samajhne mein madad karti hai. Yeh nidaan nahin hai. Uske liye doctor se milein.

- 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.