

സാന്നാഥ ചികിത്സയുടെ മാനസിക തലങ്ങൾ

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(സൈക്കോക്രിസ്റ്റ്, സാന്നാഥ ചികിത്സാ കേന്ദ്രം, തൃശ്ശൂർ)

tNmZyw: (1) Hcp at\mtcmK hnZKp s\l\ \nebnÄ k m´ z\ Nnl nÖ mcwK´ v Xm; Äj v {}tXyl ambn Fs´ Ämw sNçm³ I gn bpf p?

D´ cw: B Zyambn tl Ähn; mc\ml m³ £ atbmsS k m[n; p p. A Xv F sâ tPmenbnÄ A Xymhi yamWv A Xpsl mv F \nj v [mcmfw hnhcw I ncp p. tcmKnbpsS A k pJ s´ ; änbpw Npâp] mSns\, änbpw Hcp a\pj ysâ Gâhpw {} [m\amb B i - | | fpw {} Xymi | fpw F´ msW p w Adnbm³ I gnbp p.] ns p am\k n l - ambn F´ v AhØ bñWrt, mÄ B a\p - j y³ XcWw sNç p p. Xv A bmfpsS Dä - hcpsS at\m\ne, mhw F p nhbpw Gsd - j psd] nSn ncp p. am(XaÄ, am\k n l - tcmKw aâp I mcyS fite; pw shfn´ w hoi m\m-hp p. shdpw am\k n l - tcmKwsl mv amcl - tcmKw Ds-p. [m - cWbpÄ hscbpw I papcp p. CS s\ I ncp hnhcw h´ v tcmKnsbbpw I pSpw - _s´ bpw] ; mfn fmi n] cnl mcl m - cyS Ä \nAt±i n; m\pw k l mbl aml p - p.

tNmZyw: (2)] pl hen aqew Rm³ i zmk tl mi I m³ k ÄtcmKn-bm-bn-cn; p p. CtX tcmKwaqew`mcybptci n; p p. k l - Nmclmbm `mcybpsS tcmK´ n\pw I mcWw F sâ] pl henXsp p. Fsâ sXmgnÄ cl nX\mb Gl at³ R S sf i p(i qj n´ p l gnbp p. Cu tcmKntbmSpw A bmfpsS tcmKnmbm `mcytbtmSpw i p(i qj | \mb al t\mSpw F S s\ Hcp k p² {} hÄ´ |³ k wk mcn´ p XpS - S Ww?

D´ cw: tNmZy´ nse B Zy `mKw {i ² n; pl . sXmgnensÄ´ nepw A N´\½ amsc t\mj Wsa p al sâ a\É v GXragap - l nen\pw Hcp shÄ n; k hpv GXv I mcyhpw s\Käothm t] mk äothm B bn - l mWmw F p v \ap; dnmatÄm. al³ sNç p p. DÄ l rj s. {} hr´ nsb F Sp´ v l m«n ÇmL n; pl . Ah\A Xv t{] mÖ ml \ambn-cn; pw. am(XaÄ amXm -] nXm; Äj pw A Xv i cnbmsW p v t_ m² ys, Spw] pl hen, tcmKl mcWam - l mw. F p mÄ] pl hen; m´ hÄj pw tcmKw hcp p-tÄm? F p v Nq+n; m - «mw. adn´ pw. hen; p p hÄj vhcmsXbp - ancn; mw. I pä t_ m [w l pdl bpl bpwUn{ } - j \nte; pÄ hmXn-ensâ] gpXv sXsÄm p v sNdpXm; pl bpw sNç pw. A Xn\pti j w`qXl me´ nsâ B emwK -

\´ nÄ\l p v] pd´ p h p v C p s´ A hØ bnÄ sNtç Xmb l mcyS sf - j pdn´ p NÄ´ sNç pl bmWmhi yw. I gn - a Xv tl Xp hmsW p m l nepw AsX - j pdn´ nt, mÄ Xe] pl a ncp {} tbtmP\ - sam p panÄtÄm. R S fmemhsXÄmw acp - p mbpw sshl mcl Xms mbpw AÄ´ - ambpw (DZm:ssdk v l nä) k l mbn; m³ Xç mdmWv C´ cw] mentbäohv l mcy - S Ä \ne-hnepÄ l me-L «´ nsâ {} tbtmP\ w k zol cn; m\hsc t{] cn, n - j pw.

tNmZyw (3) Xsâ ap³ P.] m] amWv al sâ tcmK - l mcWw F p v hne] n; p p.] nXmhn - t\mSv amXmhn t\mSv F´ p] dbWw? A Ö hni zmk n l fmb Chsc F S s\ B i zkn, n; Ww?

D´ cw: ap³ P.] m] amW p hnhÉ tZi l mem - [n; vTnXamb H p m l bñÄ A Xns\ J WU n; p p. Xn\DuÄÖ w] mgm-t; - XnÄ. cqV aqeamh hni zmk S sf tNmZyw sNç p p. hsc A e] w i ; tbtmsS hne n; m\XnSbm; pl bw AhuS p - tS m«v l mcyS Ä apt p m«p sl mpt] m - l m\pÄ Hcp Ccp, phi w l m«m\Xv DX - l pl bnÄ. {} XypX GXv DZml cWk l n - Xw, A \p´ htam,] pcmWtam A SnØ m - \s, Sp´ n Ahsc t_ m² ys, Sp´ mw. A k pJ w] nSns, «n«ps-; nÄ, Cui zc - \Xn\XmÄj menl tam i zmi zXtam B b] cnl mchpw l mWn´ pXcp p ps - p p Xpw] dª psl mSp; mw.

tNmZyw (4) I m³ k dn\msSm, w Xsp p _oUntcmKw F p dnbs, Sp p l qSnbpÄ cp tcmKn - l sf; nepw \ap; px HcmÄ Ct, mgpw aZyhpw _oUnbpw B hi ys, Sp p p. k p² {} hÄ´ |³ F´ p] dbWw?

D´ cw: _oUn {] i \w. B Xy´ n ambn Ah\ - h\ v F´ vthWsa p Xp \nY bnt; Xv B hyà nXs p bmWv _oUn \nÄ´ n - bmÄ Gsd; psd C p s´ AhØ - bnÄ \nÄj msa p pw A Äm´] £ w AhbhS tfmtcm p mbn sh«napdn; - n-h-cp-sa p pw (F sâ \m«nse sl ms¼mSn apl ½Zv Xsp p Zrj sm´ w)] dª p a\É nem; Ww. thWsa; nÄ \nÄ´ msa p Xv AhÄj v k m [n; p - sa p pw AhÄt; A Xp k m [n; q F p pw a\É nem; n; Ww. F´ mbmepw B hyà n CXv sNhs l mÄ msX] gb -] Sn XpSÄ p v tcmKw hj fml p p] £ w,] dª X\pk cn; m´ Xnsâ sshcmKyw h´ v \mw Abmsf l sç mgnbnsÄ p p

B h p q [X k l m b w s N b X p s l m S p j p -
 sa q] p w D d , m b n] d b W w .
 tNmZyw (5) X s â ` m c y [] k h n i X t â X ã m - a l Ä
 i p { i q j n j p q H c p t c m K n \ a p j p v
 ` m c y A t ± l s - D t] - E n - p t] m b n
 i p { i q j n j p q s] - l p « n s b t c m K n
 " A k p c h n - v F q m W v h n f n j p q X v
 k q ² [] h Ä - l \ v F § s \ C S s] -
 S m ³ l g n b p w ?
 D - c w : A k p c h n - v p t c m K n b o p s S ` m c y b v v
 a s ä m c m f n e p m b k ´ m \ w F ´ m b m e p w
 a \ p j y \ b v p z m t c \ W a m W v (A b m -
 f p s S k z ´ w a j s f h n s ? A \ p j w K n l -
 a m b n t N m Z n j p q p .) A b m s f Ø q e a m b
 H c p _ Ö - n s â t] c n e m b m e p w i p { i q
 j n j m ³ X ç m d p Ä B l p « n s b A k p c -
 h n - v F q v h n f n j [n t E] n j p q A b m -
 s f j p d n i p w \ a p s j m « m s l a \ É n e m t p -
 q p . C h n s S [] [m \ [] i \ w i p { i q j n
 j p q h y à n j v C u h n f n l m e l t a W ,
 A X n Ä \ n q] p n m d m \ p Ä t [] c W b m t m -
 s a q] X m W v A t X m s S t c m K n \ n c m e w _ -
 \ m t b p w s N ç p w F q \ n e b n Ä \ ½ p s S
] c a a m b [A ½ w C u t c m K n b o p s S A h -
 k m \ B { i b w \ j § s , S p q] s X m g n h m -
 j p l b m W v A X n \ m Ä \ m w { i ² n t j -
 X v B l p « n b o p s S [] h Ä - \ w A w K o -
 l c n j p l b p w B l p « n s b A h Ä
 s N ç p q] a l - c a m b l m c y s - , ä n
 t _ m [h X n b m j p l b p w . A X n \ v] n ´ p -
 W b p w t [] Ö m l \ h p t a l p l b p w s N ç p -
 q] X n e m - W v . A b m s f ´ p s l m v B
 l p « n s b " A k p c h n - v F q v h n f n j p q p
 F q v \ b - n Ä t N m Z n i d n b W w . F q n e p
 A b m f p s S Z p J - n Ä G l X W Ä C u
 " A k p c h n - v " " a m { X t a D Ä p F q] v a \ -
 É n e m j n s l m S p j W w . l q « - n Ä \ s ½ -
 t] m s e A b m f p s S] c n c - E W w s N ç p -
 q] h s c Ä m w X s q] B \ y m b w h i v A k p -
 c h n - p j f m b v l W j m t j - X s Ä
 F q] p w . C - c w l p k r X n t i m Z y w k n t \ l -
] q Ä Æ w N n e t , m f b m f p s S l ® p X p d -
 s q] q] p h c p w .
 tNmZyw (6) c E n X m j f p s S b p w _ Ö p j f p s S b p w
 F X n Ä , n s \ A h k - W n i p s l m p X s q]
 A b Ä h m k n b o p w l m ³ k Ä t c m K n b o p a m b
 h r ² s b] c n - N c n v j p q t l m t f P v
 h n Z y m Ä ° n \ s ½ s N d p X m j n j f a p h -
 s Ä m . C u h n Z y m Ä ° n b o p s S D u Ä Ö w
 F § s \ b m W v H c p k t p i a m j n a m ä m ³
 l g n b p l ?

D - c w : t l m t f P v h n Z y m Ä ° n b o p s S D u Ä Ö w :
 \ ½ Ä B l p « n] T n j p q t l m t f P n Ä
 t] m l W w . B l p « n s N ç p q] l m c y S Ä
 A ² y m -] l / h n Z y m Ä ° n k a q l s -
 t _ m ² y s , S p - W w . H c p w o r l d
 p a l l i a l i e D a y t j m a t ä m B
 h n Z y m Ä ° n b o p s S l q « p l m c p s S b p w , _ Ö p -
 j f p s S b p w , K p W t ` m à m j f m b l p S p w -
 _ j m c p s S b p w k l l c W t - m s S B
 l p « n s b B Z c n j W w . k q ² k w L S -
 \ l f p s S { i ² b n Ä C u l p « n s b
 s l m p h c W w . B l p « n - b o p s S
 P o h n X [] i \ § Ä (D Z m l c W w] T \ - n
 \ p Ä k m ¼ - n l w a p X e m b h)] c n l c n -
 j m ³ { i a n j W w . B l p « n b o p s S B ß -
 _ e w h Ä ² n j p w . B l p « n a m X r l b m l p w .
 A X \ p k c n j m ³ l q S p X Ä t] Ä h c p w .
 h o « p l m Ä j v] ç s â [] h r - n i c n -
 b m b n c p q] p s h q] v t _ m ² y s , S p w .
 tNmZyw (7) t c m K n l f m b] p c p j . m c p s S] q Ä Æ l m e
 P o h n X w ` m c y a m c p w s] - a j f p w
] e t , m g p w N p c p Ä \ n h Ä - m d p v F Ä m -
 h c p w a Z y] m \ s - j p d n i p w A X p - h c p -
 - n s h b v j p q [] i \ § s f j p d n i p w
 h n e -] n j p q p . k a q l t - m S v C u [] i \ -
 s - j p d n i v K n c n [] : m j W s s i e n b i e -
 Ä m s X F § s \ k w h m Z w X p S - S n -
 s h b v j m w ?
 D - c w : \ ½ Ä C u l m c y - n Ä l m c y a m s b m q] p w
 s N t ç X n Ä . A h Ä] d b p q] X v t l Ä j p -
 l . F q n e v A s X Ä m w l g n a X p w \ a p -
 j n \ n b t § s m « v s N t ç - s X q] v F q] v
 B t e m N n j m w F q] v] d b p l . t _ m [-
 h Ä j c W h p w k w h m Z h p w \ S - m ³
 [m c m f w t] Ä D v t a Ä] d a l p -
 g n a P o h n X s s i e n j m Ä j p w , a ä p Ä -
 h Ä j p w F Ä m w l m c y - S Ä t h { X
 { K m l y a p v F q] n c p - q] m e p w N n e Ä
 X m t ´ m q] n l f m b n \ S j p q] p . A { X a m { X w .
 ` m c y - m c p s S b p w s] - a j f p s S b p w
 a t \ n i m h w C j q « Ä s j X n s c b m s W : n Ä
 A k p J w _ m [n i b m Ä C t , m Ä t c m K n
 b m s W : q] p w , B] c n - K W \ a m { X s a
 C t , m Ä s l m S p j m h q F q] p w] d a p
 a \ k n e m j m ³ { i a n j m w . a p ³ l m e s -
 a p ³ [m c - W l Ä] l t] m j m ³ h o W p l n
 « n b A h k c a m b n A b m f p s S t c m K n h -
 Ø s b l m W c p s X q] p w] d b m w . C - c -
 - n Ä \ S j m - h Ä j p w a m c l t c m K -
 § Ä h q] p l q S m b l l b n s Ä q] p w t _ m ² y -
 s , S p - W w .

