

MACHIRITSO APAKHOMO

NDI ZIKHULUPIRIRO ZA ANTHU

1

Kulikonse pa dziko lapansi anthu amatha kuchiza matenda ngakhale pakhomo. M'madera ena njira zakale zochizira matenda yakhala zikugwiritsidwa ntchito kwa zaka mazanamazana ndipo mibadwo yosiyanasiyana ikutsatira njirazi.

Machiritso ambiri apakhomo ndi othandiza kwambiri pamene ena ndi osathandiza kwenikweni, komanso ena ndi owopsa. Machiritso apakhomo monganso mankhwala amakono, ayenera kugwiritsidwa ntchito mosamala.

Yesetsani kuchita zinthu mosamala kuti musadzivulaze kapena kumlaza wina. Gwiritsirani ntchito njira zochizira zapakhomo ngati muli ndi chitsimikizo kuti palibe chovuta china chilichonse komanso pamene mukudziwa bwinobwino zoyenera kuchita.

Machiritso apakhomo amene ndi othandiza

Pa matenda ambiri, njira zapakhomo zochizira matenda zimagwira ntchito monganso mankhwala amakono mwinanso **kuposera**. Njirazi ndi **zotsika mtengo** komanso nthawi zina zimawoneka kuti ndi **zosawopsa**.

Mwachitsanzo, mankhwala azitsamba osiyanasiyana amene anthu amagwiritsira ntchito pochiza chifuwa ndi chimfine sayambitsa zovuta zambiri kusiyana ndi mankhwala achifuwa ndi mankhwala amphamvu omwe madokotala ambiri amapereka.

Kuwonjezera apo, mankhwala akumwa azitsamba, madzi a mpunga kapena zakumwa zotsekemera zomwe amayi amapatsa ana amene akutsekula m'mimba zimagwira bwino ntchito kusiyana ndi mankhwala amakono. Chofunika kwambiri ndi chakuti mwana amene akutsekula m'mimba azimwa zakumwa zambiri (tsamba 160).



Pofuna kuchiza chimfine, chifuwa komanso kutsekula m'mimba, mankhwala akumwa azitsamba ndi abwino, otsika mtengo komanso osaopsa kusiyana ndi mankhwala amakono amakono.

Zopinga zina pa machiritso apa khomo

Matenda ena angachizidwe ndi mankhwala azitsamba pamene ena angachizidwe bwino ndi mankhwala amakono. Izingoona polankhula za mtenda ambiri oopsa. Matenda monga chibayo, kafumbata, Taifodi, T.B, matenda ogwira mbali ya matumbo (*appendicitis*), matenda opatsirana pogonana ndi kutentha thupi komwe amayi amadwala akangobereka ayenera kuchizidwa ndi mankhwala amakono. Pa matenda ngati amenewa musataye nthawi ndi mankhwala azitsamba ayi. Mwachitsanzo, pali mankhwala azitsamba omwe amachiza bala lolumidwa ndi njoka. Kwina amagwiritsira ntchito masamba ena pamene m'madera ena amagwiritsira ntchito mwala wina wakuda womwe ndi wotchuka kwambiri pochiza bala lanjoka.

masamba amene
amagwiritsidwa ntchito



mwala wakuda



Nthawi zambiri, mankhwala a njoka azitsamba amawoneka ngati amagwira ntchito chifukwa chakuti njokayo sikhala yaululu. Ndipo ngakhale ikhale yaululu, mwina poyizoni amene analowa m'thupi kudzera m'mano a njokayo amakhala kuti adali wochepa (onani tsamba 106) kutanthauza kuti munthuyo akadakhala bwino ndithu. Chifukwa chakuti munthuyo wachira ndiye zimawoneka ngati mankhwala a njoka azitsamba agwira ntchito. Komabe, anthu ena amafa pamene alumidwa ndi njoka. Choncho ndi bwino kupita msanga kuchipatala komwe mankhwala ochotsa poyizoni m'thupi (**antivenom**) angaperekedwe.

Nthawi zina ndi kovuta kudziwa mankhwala azitsamba omwe amagwira bwino ntchito ndi omwe sagwira bwino ntchito. Kotero ndi pofunika kuchita kafukufuku wokwanira. Pa chifukwa chimenechi:

Ndi bwino kuchiza matenda aakulu pogwiritsira ntchito mankhwala amakono motsatira malangizo a ogwira ntchito zathanzi ngati ndi kotheka.

Njira zakale ndi zatsopano zochizira matenda

Njira zina zamakono zochizira matenda zimawoneka bwino ntchito kusiyana ndi zakale. Koma nthawi zina njira zakalezi ndizo zimakhala zopambana. Mwachitsanzo, njira zamakolo zosamalira ana ndi anthu okalamba zimawoneka kuti ndizo zachifundo ndipo zimawoneka bwino ntchito kusiyana ndi njira zatsopano.

Si kale kwenikweni pamene anthu ambiri ankakhala akuganiza kuti mkaka wa m'mawere ndi chakudya chopambana cha mwana. Izi ndi zowona! Kenaka makampani aakuluakulu omwe amapanga mkaka wam'chitini ndi mkaka wina womwe siwachilengedwe adayamba kuwuzwa amayi kuti kuyamwitsa mwana ndi mkaka wabotolo ndi kwabwino. Ngakhale kuti zimenezi ndi zabodza, amayi ambiri adakhulupirira ndipo adayamba kuyamwitsa ana mkaka wa m'mabotolo. Zotsatira zake ndi zakuti ana ambiri akhala akudwala ndi kumwalira chifukwa cha matenda omwe amadza chifukwa cha kuyamwitsa kotere komanso chifukwa cha njala. Pa zifukwa zimenezi, **mkaka wa m'mawere ndi wabwino kwambiri**, onani tsamba 287).

Lemekezani miyambo yanu ndi kuipititsa patsogolo.

Zikhulupiriro zomwe zingachize anthu

Machiritso ena apakhomo amawonetsa mphamvu yawo m'thupi. Pamene machiritso ena amagwira bwino ntchito chifukwa cha chikhulupiriro chathu. **Chikhulupiriro chikhoza kukhala ndi mphamvu yaikulu yochiritisa.**

Mwachitsanzo, ndidawonapo munthu amene ankadwala mutu wa ching'alang'ala. Pofuna kumuchiza, mayi wina adamupatsa kachibenthuka ka mbatata. Adamuwuzwa wodwalayo kuti mbatatayo imapha ululu. Iye anakhulupirira kotero kuti ululuwo udasiya mwamsanga.

Mosakayika konse, chikhulupiriro cha wodwalayo ndi chomwe chidamuchiza osati mbatatayo ayi.



Machiritso ambiri apakhomo amagwira ntchito m'njira imeneyi chifukwa chakuti anthu amawakhulupirira. Pa chifukwachi, machiritso otere ndi ofunika **pochiza matenda oyamba chifukwa cha maganizo kapena chifukwa cha zikhulupiriro, nkhwala kapena mantha.**

Mu gulu la matenda otere muli ufiti kapena matsenga, matenda amutu, obwebweta, kuphanya kosadziwika bwino kwa thupi, madandaulo, mphumu, ntchirichiro/chidikhodikhho, kusagayika kwa chakudya m'thupi (*indigestion*), zilonda zam'mimba (*ulcers*) ndi njerewere (*warts*).

Pa matenda onsewa **machitidwe a wochizayo ndi ofunika kwambiri**. Ndi kofunika kuwonetsa chisamaliro chanu, kumuthandiza wodwalayo kuti akhulupirire kuti achira kapena kuti apulumuka.

Nthawi zina chikhulupiriro cha munthu chitha kuthandiza kuchiza matenda oyambika pa zifukwa zodziwika bwino. Tanena kale za machiritso a bala la njoka. **Mankhwala ambiri omwe amagulitsidwa** alibe mphamvu yeniyeni koma amawoneka ngati amathandiza chifukwa amatsatsidwa malonda mokwanira ndipo anthu ambiri amawakhulupirira. Awa ndi mankhwala **ongokopa anthu**. Kawiri kawiri mankhwala a chifuwa ndi oletsa kupweteka kwa thupi ndi mankhwala ongokopa anthu chabe. Mankhwala amangopereka chiyembekezo ndipo wodwalayo sakondwa mankhwalawo akasowa ngakhale kuti munthuyo akhoza kuchira popanda mankhwalawo.

Anthu ena amaganiza kuti mapemphero amayenera kulowa m'malo mwa mankhwala. Thupi lomwe Mulungu adatipatsa lili ndi mphamvu yoti likhoza kudzichiritsa lokha makamaka pamene tikukhala m'moyo umene iye amafuna. Anthu ambiri amalandira chitonthozo ndi machiritso kudzera mu mphamvu ya mapemphero omwe amapemphera pawokha kunyumba kwawo kapena ku malo opembedzera kapena kunyumba za machiritso. Pamene nkhwacha yachoka ndipo mphamvu ya ziwanja yachoka ndikuyamba kukhala moyo wabwino wodziletsa munthuyo amapeza mtendere, ndipo amakhala wokondwa ndi wa moyo wabwino.

Koma ngakhale tikhale anthu abwino ndi owopa Mulungu, **ngozi ndi zovuta zina zimachitika pakati pathu zomwe zingakhudze moyo wa wina aliyense**. **Tiyenera kuthokoza kuti mankhwala amaphamvu amapezeka ngakhaleenso njira zotetezera moyo**. Zimenezi ndi mphatso za Mulungu kwa ife ndipo zikhoza kukhala yankho kumapemphero athu.

Kuchira kwa mayi woyembekezera kunyumba ya mzamba kumakhala kosangalatsa ngati zinthu zonse zayenda bwino ndiponso ngati mzambayo ali wodziwa njira zaukhondo ndi zabwino zochizira. Koma pangakhale vuto ngati mzambayo pamodzi ndi omuthandiza sadziwa **zizindikiro za zovuta zina** (onani tsamba 272) zomwe zingasowe kuti mayi woyembekezera akathandizidwe ku chipatala.



Mayi aliyense woyembekezera ayenera kupimidwa ndi mzamba amene waphunzira ntchito zachipatala. Kupezeka kwa mzamba kukhoza kukhala yankho la mapemphew anu lochokera kwa mulungu.



Zikhulupiriro zodwalitsa

Mphamvu ya chikhulupiriro itha kuchiza anthu, komanso mphamvuyi itha kuwaononga. Ngati munthu amakhulupirira kwambiri kuti chinthu china chimupweteka, manthawo atha kumudwalitsa. Mwachitsanzo:



Tsiku lina ndinayitanidwa kuti ndikawawone mayi amene adali atabereka mwana wakufa (adapita padela) ndipo pa nthawi anali kutayabe magazi pang'ono. Pafupi ndi nyumba yake padali mtengo wa malalanje. Ndidapereka maganizo akuti amweko madzi a malalanje. (Malalanje ali ndi vitamini C.) Adamwako madziwo ngakhale kuti anali ndi mantha kuti mwina chakumwacho chimupweteka.

Mantha akewo adakula kwambiri kotero kuti posakhaliitsa adayamba kudwala kwambiri. Ndidamupima koma palibe chovuta chilichonse chomwe ndidapeza. Ndidayesa kumupatsa chilimbikitso ndi chithonhozo pomuwuza kuti panalibe china chilichonse chovuta. Koma iye anali kunena kuti afa basi. Kenaka ndidam'baya jekisoni wa madzi enieni. Jekisoni wamadziyu sakhala ndi mphamvu iliyonse yamachiritso. Tsono popeza iye ankakhulupirira jekisoni kwambiri, adachira mwamsanga.

Madzi a malalanje aja si kuti ndi amene adamudwalitsa ayi. Chomwe chidamudwalitsa chidali **chikhulupiriro** chakuti madziwo akhoza kumudwalitsa. Komanso chomwe chidamuchiza ndi chakuti chikhulupiriro chake jakisoni amachiza.

Chimodzimidzinso, anthu ambiri amakhala akukhulupirira zinthu zabodza monga ufiti, jekeseni, zakudya ndi zina zambiri. Zotsatira zake kumakhala kudwala kosadziwika bwino.

Nkutheka kuti mwa njira ina mayiyu ndidamuthandiza, koma pamene ndidaganiza mozama ndidazindikira kuti mwina ndidamulakwira. Kotero ndidamuchititsa kuti akhulupirire zinthu zabodza.

Ndidafuna kuti azindikire zenizeni. Patatha masiku angapo, atachira ndithu, ndidapita ku nyumba kwa mayi uja kukamupepesa pa zomwe ndidachita. Ndidayesa kumufotokozera kuti chomwe chidamudwalitsa ndi **mantha** osati madzi a malalanje aja. Komanso ndidamuwuza kuti jakisoni wa madzi uja si yemwe adamuchiza koma kuti kuchoka kwa mantha kudamthandiza kuti iye achire ndi kumvetsotsi.

Pomvetsa za malalanje aja, za jakisoni uja ndi zochitika m'maganizo ake nkutheka kuti mayiyu pamodzi ndi banja lake sadzakhalanso ndi mantha ndipo adzatha kusamalira moyo wawo m'tsogolo muno popeza **umoyo** umagwirizana ndi **kusakhala zinthu ndiponso mantha**.

Zinthu zambiri zimapweteka chifukwa choti anthu amakhalupitira kuti zingapweteke.

Ufiti

Ngati munthu akhulupirira kwambiri kuti munthu akhoza kumulodza, athadi kuyamba kudwala. Aliyense amene amakhulupirira kuti walodzedwa kapena kuti wathiriridwa mankhwala (nyanga) amangovutika chifukwa cha mantha ake omwe (onani tsamba 24).

Mfiti ilibe mphamvu kwa anthu ena koma kuti mfitiyo imangowapanga anthu kukhulupirira kuti iyo ili ndi mphamvu zotero. Pa chifukwa chimenechi:

Ndi kosatheka kulodza munthu amene sakhulupirira za ufiti.

Anthu ena amaganiza kuti alodzedwa pamene akudwala matenda achilendo kapena ochititsa mantha (monga zotupa zam'mimba kapena misala). Matenda otere sakhudzana ndi ufiti kapena matsenga ayi. Matendawa amayambika mwachilengedwe.

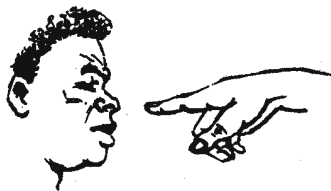


Musataye ndalama zanu kwa asing'anga amene amanena amachiza ufiti. Komanso musadziteteze kapena kubwezera mfiti chifukwa ndi zosathandiza. Ngati mwadwala kwambiri, pitani ku chipatala.

Ngati
mwadwala
nthenda ya
chilendo:



musaloze mfiti chala,



musapite kwa
asing'anga
kukabwezera
zaufitizo,



koma funsani
malangizo
amakono ku
chipatala.



Mafunso ndi mayankho pa zikhulupiriro ndi machiritso apakhomo

Mwina zikhulupiriro za anthu a mtundu wanu ndi zofanana. Ganizani za zikhulupiriro za m'dera lanu zomwe zimadzetsa umoyo wabwino komanso zomwe sizidzetsa umoyo wabwino.

Pamene munthu walodzedwa kodi ndi zowona kuti angachire pamene abale ake apha mfitiyo kapena kuyivulaza?



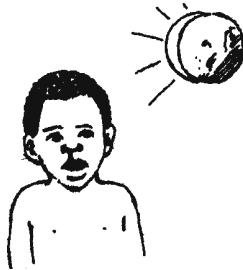
Bodza!! Palibe munthu angachire chifukwa chakuti wina waphedwa kapena kuvulazidwa.

Kodi ndi zowona kuti liwombo la mwana likalowa m'kati ndiye kuti mwanayo afa ndi matenda otsekula m'mimba ngati salandira thandizo lapadera?



Izi zimakhala zowona nthawi zambiri chifukwa liwombo limalowa m'kati pamene mwana wataya madzi ambiri (onani tsamba 160). Atha kufa ngati salandira madzi ena (onani tsamba 161).

Kodi ndi zowona kuti kuwala kwa mwezi womwe waphimbidwa ndi dzuwa kukafika pa mayi woyembekezera, mwanayo amabadwa ndi chilema?



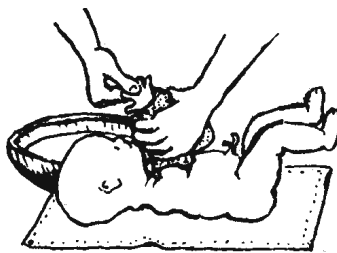
Izi ndi zonama! Koma mwanayo atha kubadwa ndi chilema wozelezeka wogontha kapena ndi chilema china pamene mayi woyembekezera sagwiritsira ntchito mchere wokhala ndi Ayodini kapena pa zifukwa zina (onani tsamba 337).

Kodi ndi zowona kuti mayi woyembekezera azikhala m'chipinda cha mdima pa nthawi yochira?



Ndi zowona kuti maso a mayiyo ndi mwana wobadwayo safuna kuwala kwambiri. Komabe kuwalako kukhale kokwanira kuti azamba athe kuwona zomwe akuchita.

Kodi ndi zowona kuti mwana wongobadwa kumene asasambitsidwe mpaka mchombo utapola?



Zowona!! Pamchombo si payenera kunyowa mpaka patapola, koma mwanayo atha kumapukutidwa ndi kansalu kabwino konyowa.

Pamene mayi wabereka (wachira) adikirire masiku angati kuti ayambe kusamba?



Pamene mayi wachira, asambe madzi ofunda **tsiku linalo**. Mwambo wa makolo womakhala sabata zingapo osasamba ukhoza kuyambitsa matenda.

Kodi ndi zowona kuti umuna wa abambo umayika poizoni mu mkaka wa m'mawere?



Bodza!! Koma mwambo wokhala wosagonana pamene mwana akuyamwa umathandiza kuti mayi asatenge mimbamimbamwa msanga.

Kodi ndi zowona kuti kuyamwitsa mwana mkaka wa m'mawere ndi kwabwino kusiyana ndi kuyamwitsa pogwiritsira ntchito mkaka wa m'botolo?



Zowona!! Mkaka wa m'mawere ndi chakudya chabwino ndipo umateteza mwana kumatenda. Mkaka wachikasu (*yellow*) womwe umatuluka koyamba ndiye wabwino kwambiri kwa mwana.

Pamene mayi ali woyembekezera komanso pa sabata zingapo zoyambirira pamene wachira, ndi zakudya ziti zomwe ayenera kuzipewa?



Pamene ali wodwala komanso pamene wangochira kumene, mayi sayenera kupewa zakudya zopatsa thanzi. Adeye zipatso, masamba, mkaka, mazira, nyama, nyemba, mpunga ndi zina (onani tsamba 294).

Kodi ndi bwino kumusambitsa munthu wodwala kapena kumusambitsaku kumamudwalitsa kwambiri?



Ndi bwino kumusambitsa wodwala. Asambitsidwe tsiku lililonse ndi madzi ofunda.

Kodi ndi zowona kuti malalanje, magwafa ndi zipatso zina si zabwino pamene munthu akumva kuphwanya m'thupi kapena pamene watentha thupi?



AYI!! Zipatso zonse komanso madzi ake amathandiza pamene munthu akumva kuphwanya thupi kapena pamene watentha thupi zilibe vuto lililonse.

Kodi ndi zowona kuti pamene munthu watentha thupi kwambiri azifunditsidwa kuti mpweya usamamudwalitse?



AYI!! Koma muchotse zofunda ngakhalenso zovala kuti mpweya ufike pa thupi lake. Izi zimathandiza kuti thupi lizizire (onani tsamba 77).

Kodi ndi zowona kuti ana ena amangobadwa kuti afe?



AYI!! Koma kuti ana ena amabadwa ndi magazi opanda mphamvu ndipo zimenezi zimachititsa kuti afe msanga (onani tsamba 336).

Kodi ndi zowona kuti madzi ophitsa akhungwa la mtengo wa nimu amathandiza kuti thupi lizizire ndi kuletsa kupwetaka?



Zowona, khungwa la nimu lili ndi mphamvu ya mankhwala achilengedwe, komanso kudzola mafuta opangidwa kuchokera ku njere za nimu kumathawitsa udzudzu.

Liwombo lolowa m'kati

Liwombo ndi malo ofewa opezeka pa mutu pamwana wobadwa kumene. Komanso iwowa ndi malo amene mafupa achibade chake amakhala asanagwirane kwenikweni. Nthawi zambiri mafupawa amagwirana bwinobwino pakatha chaka chimodzi kapena chimodzi ndi theka.

Amayi ambiri m'mayiko osiyanasiyana amazindikira kuti pamene liwombo lolowa m'kati ndiye kuti ana awo ali m'mavuto. Iwo ali ndi zikhulupiriro zambiri zofotokoza za izi. Ena amakhulupirira kuti zimenezi zimachitika chifukwa chakuti mayi wakhala akudya zakudya za mtundu wa nthochi ndipo amachiza vutoli popakapo mankhwala azitsamba. Ena amaganiza kuti bongo wa mwanayo watsikira chapansi. Amayesa kuchiza vutoli potukula mbali yakumwamba ya m'kamwa, pogwiritsira ntchito mankhwala azitsamba komanso pomuzondotsa mwanayo ndi kuwomba mapazi ake. Zonsezi ndi zosathandiza chifukwa **kulowa kwa liwombo kumayamba chifukwa cha vuto la kusowa kwa madzi m'thupi** (onani tsamba 160).



Zimenezi **zimatanthauza kuti mwanayo akutaya madzi ambiri kusiyana ndi amene akumwa**. Thupi limakhala louma chifukwa cha kutsekula mwinanso kutsekula kophatikiza ndi kusanza.

Chithandizo cha mankhwala:

1. Mupatseni mwanayo zakumwa zambiri: mkaka wam'mawere, madzi osakaniza ndi shuga komanso mchere (onani tsamba 161) kapena madzi ophitsa.
2. Ngati ndi kofunika, thetsani chomwe chayambitsa kutsekula ndi kusanzako (onani tsamba 161 - 170). Mankhwala si ofunika kwenikweni.

POFUNA KUCHIZA LIWOMBO LOLOWA M'KATI . . .

musachite izi



(kuchiza kokhudzana ndi matsenga ndi kosathandizanso)

chitani izi



kapena chitani izi



Chidziwitso: Kutupa kwa liwombo kutha kukhala chizindikiro cha nthenda yowumitsa khosi. Koteru ndi bwino kupeza thandizo la mankhwala msanga (onani tsamba 195).

Njira zodziwira ngati machiritso apakhomo akugwira ntchito kapena ayi

Ngakhale anthu ambiri amagwiritsira ntchito machiritso apakhomo, sizitanthauza kuti machiritsowa amagwira bwino ntchito kapena tinene kuti sakhala ndi zovuta ayi. Nthawi zambiri kumakhala kovuta kusiyanita njira zomwe ndi zothandiza ndi zomwe zili zowopsa. Ndi pofunika kafukufuku wokwanira kuti zimenezi zidziwike. Dziko lililonse komanso mtundu uliwonse wa anthu uli ndi zikhulupiriro zake. Zitsanzo zomwe zili patsamba lino ndi zochokera ku midzi ya ku Mexico lomwe ndi limodzi mwa mayiko opezeka pakati ku America. Ku Africa kumachitikanso zinthu zosiyanasiyana. Inu mukudziwa zinthu zimene zimachitika m'dziko mwanu. Malamulo anayi otsatirawa angakuthandizeni kudziwa za machiritso omwe ndi okayikitsa kuti angagwire ntchito komanso ndi owopsa.

1. Pamene mitundu ya machiritso ikuchuluka pa nthenda imodzi ndi zokayikitsa kuti machiritso atheke.

Mwachitsanzo: Kumadera akumidzi aku Mexico, pali mitundu **yambiri** ya machiritso pa nthenda ya chithokomiro (*goiter*), ndipo **palibe** machiritso ndi amodzi omwe ndi othandiza. Ena mwa machiritso ndi awa:

1. Kumangirira nkhanu pa chithokomiro



MUSATERO!

2. Kusita chithokomiro ndi dzanja la mwana wakufa



MUSATERO!

3. Kupaka bongo wa mwimba pachithokomiro



MUSATERO!

4. Kupaka chimbudzi cha munthu pachithokomiro



MUSATERO!

Mwa zonsezi palibe chomwe ndi chothandiza. **Pamene matenda ali ndi machiritso amodzi, nthawi zambiri machiritso amakhala othandiza.** Pofuna kuchiza kapena kapewa nthenda ya chithokomiro, gwiritsirani ntchito mchere wokhala ndi ayodini (onani tsamba 135).

2. Machiritso a fungo lopsa kapena odetsa kukhosi nthawi zambiri amakhala osathandiza ndipo nthawi zambiri amakhala oopsa.

Chitsanzo: Maganizo akuti khate lingachizidwe ndi chakumwa chopangidwa kuchokera ku njoka zowola.

MUSATERO!



Zimenezi ndi zosathandiza komanso zowopsa. Kukhulupirira zotere zingachedwetse kupeza machiritso oyenera.

3. Machiritso amene amadalira kugwiritsa ntchito chimbudzi kapena mkodzo wa nyama ndi anthu angayambitse matenda oopsa ndipo musazigwiritse ntchito zimenezi.

Zitsanzo:

1. Kupaka chimbudzi cha munthu mozunguliza diso sikuthandiza kuti munthu aziwona bwino ndipo kuchita zotere kukhoza kumayambitsa matenda.

MUSATERO!



2. Mkodzo wa ng'ombe wosakaniza ndi fodya ndi kachasu umagwiritsidwa ntchito nthawi zina pochiza mwana wodwala linjirinjiri (chifufu kapena khunyu).

MUSATERO!

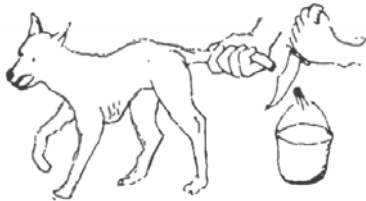


Komanso ndowe za kalulu ndi nyama zina sizithandiza pochiza mabala a moto. Kugwiritsira ntchito zimenezi ndi kowopsa. Ndowe za ng'ombe zimene zatengedwa m'manja sizingachize linjirinjiri. Mankhwala akumwa ochokera kundowe ya nyama iliyonse sangachize matenda aliwonse koma zikhoza kudwahtsa anthu. Musapake chimbudzi pa mchombo wa mwana wongobadwa kumene ndipo zimenezi zikhozakuyambitsa kafumbata.

4. Pamene machiritso afanana kwambiri ndi matenda ochizidwawo nthawi zambiri zotsatira zake zimachokera ku mphamvu ya chikhulupiriro.

Mgwirizano pakati pa matenda otsatirawa ndi machiritso ake ndi wachidziwikire.

1. Pochiza chilonda cholumidwa ndi galu kumwa tiyi wochokera ku mchira waqaluyo.



2. Pamene munthu walumidwa ndi chinkhanira kumangirira chinkhanira ku chala cholumidwacho.

3. Kumuveka mwana chingwe m'khosi chomangirirako mano a njoka pamene wayamba kumera mano kuti asatsekule m'mimba.



4. Kuwawula miyendo pamoto kutha kuyambitsa mabala amoto: mwana amene akumva ululu chifukwa cha linjirinjiri amawoneka wowopsa koma kuwawula miyendo yamwanayo sikungamuwopseze mwanayo kuti akhale ndi moyo. Kuwawula kumangopangitsa zilonda za moto kumapazi.



Machiritso amenewa komanso ena ambiri ofanana nawo alibe mphamvu iliyonse yamachiritso paokha. Mwina atha kuthandiza malinga ndi chikhulupiriro, koma pamene pali matenda aakulu, si bwino kutaya nthawi ndi zimenezi m'malo mofufuza thandizo lenileni la mankhwala.

Mankhwala ochokera kuzomera

Zomera zambiri zili ndi mphamvu ya machiritso. Ena mwa manhwala abwinokwambiri a makono ndi opangidwa kuchokera ku zomera zam'tchire.

Komabe si kuti zomera zonse zili ndi mphamvu ya mankhwala ayi, ndipo zomwe zili ndi mphamvuyi nthawi yambiri zimagwiritsidwa ntchito molakwika. Yesetsani kufufuza za zomera zopezeka m'dera lanu ndipo mupeze zomwe ndi zofunika.



Chenjezo! Mankhwala ena azitsamba ndi owopsa ngati amwedwa mopyola muyezo. Pa chifukwa chimenechi ndi bwino kugwiritsa ntchito mankhwala amakono popeza muyezo wake ndi wodziwika bwino.

Nazi zitsanzo za mitengo kapena zomera zothandiza ngati zitagwiritsidwa ntchito moyenera:

Mtengo wa masamba owawa (*Vernonia amygdalina*)

Masamba a mtengowu amagwiritsidwa ntchito ndi anthu ovinira anzawo chinamwali cha mdulidwe pofuna kuchepetsa kutuluka kwa magazi.

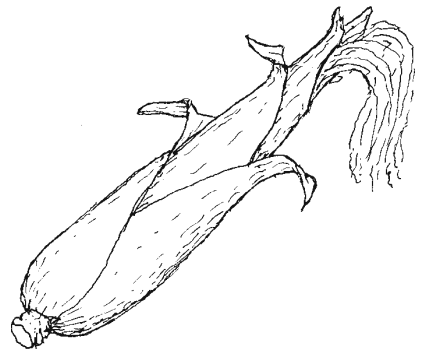
Masamba angapo a mtengowu amamatidwa ndi kutikitidwa pakati pa zikhatho ndipo madzi otulukawo amagwera pabalapo. Pambuyo pake tsamba lathunthu limayikidwa pabalapo.



Nyenje (*ndevu za chimanga*)

Madzi ophitsa kuchokera ku nyenjezi amachepetsa kutupa kwa mapazi makamaka kwa amayi oyembekezera (onani masamba 187 ndi 264).

Nyikani m'madzi nyenje zodzada dzanja limodzi ndikuphitsa madziwo. Imwani tambula imodzi kapena awiri a madziwo. Palibe chowopsa chilichonse mukatero.



Mapapaya

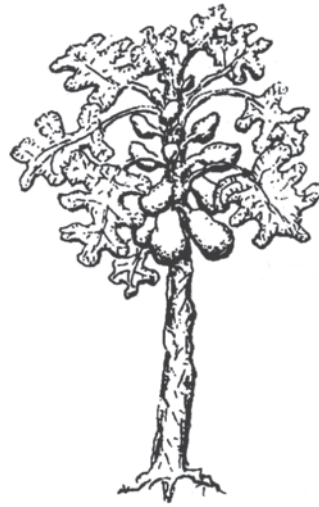
Mapapaya akupsa ali ndi mavitamini ambiri komanso amathandiza kuti chakudya chigayike m'mimba. Kudya mapapaya ndi kwabwino makamaka kwa anthu ofowoka ndi okalamba amene amavutika ndi m'mimba akadya nyama, nyama ya nkuku kapena mazira. Papaya amathandiza kugaya zakudya zimenezi.

Papaya amachotsanso njoka zam'mimba, ngakhale kuti mankhwala amakono ndi amene amagwira ntchito bwino koposa.

Sakanizani madzi ooneka ngati mkaka aja a mtengo wa papaya masupuni aang'ono atatu kapena anayi (15-20 ml.). Tengani mlingo wofanana wa uchi ndi kuzitakasa pamodzi mu kapu ya madzi otentha. Imwani madziwo.

Muthanso kuwumitsa njere za mapapaya ndi kuzipera. Sakanizani zoperedwazo zokwana masupuni atatu aang'ono mu tambula ya madzi kapena ya uchi ndipo imwani katatu pa tsiku kwa masiku asanu ndi awiri (sabata imodzi).

Papaya angagwiritsidwenso ntchito pochiza zilonda zomwe zimadza chifukwa chogonera mbali imodzi nthawi yaitali (onani masamba 42 ndi 225). Papaya ali ndi zinthu zothandiza kufewetsa khungu ndi kuchititsa kuti khungu lofundula lichoke mosavuta. Poyamba tsukani chilonda chomwe chili ndi mfundu. Kenaka nyowetsani kansalu ndi madzi ogoba kuchokera ku mtengo wa papaya ndipo ikani kansaluko pa chilondacho. Chitani zimenezi katatu pa tsiku.



Mafuta ophikira ndi mandimu

Miyala yopezeka mu ndulu itha kudutsa mosavuta pogwiritsira ntchito mafuta ophikira ndi mandimu.

Perekani kwa odwala masupuni aakulu anayi a mafuta ndi ndimu limodzi pamphindi khumi ndi zisanu zilizonse mpaka kumaliza theka la lita. Zimenezi zimayambitsa kutsekula kwa m'mimba. Chimbudzi cha wodwalayo chifufuzidwe bwino ngati chili ndi miyala.



Adyo

Chakumwa chopangidwa kuchokera ku adyo chimachotsa njoka zam'mimba (nyongolotsi) ndi kuletsanso kutsekula kwa m'mimba. Duladulani adyo munayi ndi kumunyika mu tambula imodzi ya madzi kapena mkaka. Pofuna kuthetsa njoka zam'mimba (nyongolotsi) imwani tambula imodzi pa tsiku kwa sabata zitatu.

Pofuna kuletsa kutsekula kwa m'mimba imwani tambula imodzi pa maola awiri aliwonse mpaka kutsekula kutasiya.

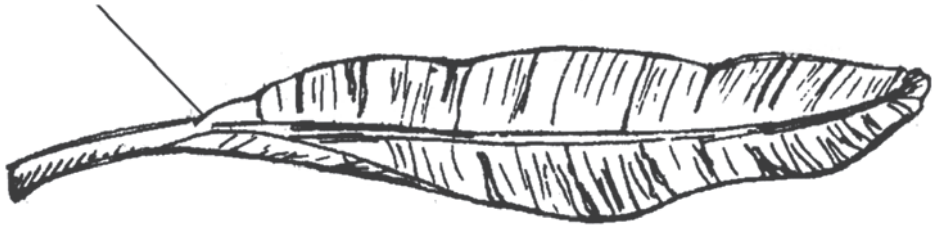
Matenda ena a kumaliseche kwa amayi angachizidwenso ndi adyo (onani tsamba 249).



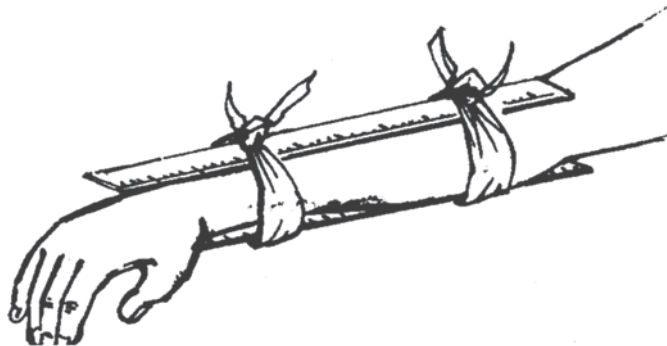
Timitengo tokhazikitsa mafupa othyoka m'malo mwake

Mafupa othyoka amafunika kuti asamayendeyende (onani tsamba 100) pogwiritsira ntchito timitengo. Mtibo wa tsamba la nthochi womwe wadulidwa muyezo woyenera ndi wotheadiza kwambiri pa mafupa omwe athyoka pa mkono kapena pamwendo. Mangirirani mtibowo kumalo okhudzidwawo ndi tinsalu.

Dulani apa



Pamene munthu wavulala pamkono ku sukulu, malula atha kugwiritsidwa ntchito podikira thandizo lapadera.

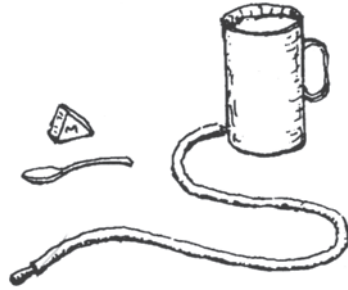


Chenjezo! Ngakhale kuti timitengoto sitinamangidwe kwambiri, malo ovulalawo atha kutupa nthawi ina. Ngati munthu akudandaula kuti timitengo tamangidwa kwambiri kapena kuti zala zake zikumuvuta, chotsani timitengoto ndipo manganinso mosathinitsa. Yang'anani ngati magazi akuyendanso m'misempha pakanikiza chikhadabo m'munsi mwa pamene tupa lathyoka. Chobani chalacho (khadabolo) pamene munakanikizapo. Ngati magazi ayambanso kutuluka patapita kanthawi ndiye kuti mwamanga kwambiri.

Mankhwala otsuka m'thupi: Nthawi yomwe tisawagwiritse ntchito kapena ayi

Anthu ambiri amagwiritsira ntchito mankhwala otsuka m'thupi pa dziko lonse lapansi.

Mankhwala otsuka m'thupi (pachingerezi enema, pachichewu tiziti enima) amagwiritsidwa ntchito kwambiri pakhomo ndipo kawirikawiri ndi owopsa. Anthu ambiri amaganiza kuti kutentha kwa thupi ndi kutsekula m'mimba zingathetsedwe pogwiritsira ntchito **enima** (madzi amene amayikidwa m'matumbo podzera ku chiwalo chotulukira chimbudzi (mtumbo) kapena pogwiritsira ntchito mankhwala ena amphamvu otsuka m'thupi akumwa. Mankhwala otsuka m'thupiwa nthawi zambiri amangopitiriza kuwononga m'matumbo.



Enima pamodzi ndi mankhwala ena otsuka m'thupi nthawi zambiri sathandiza ayi. Nthawi zambiri mankhwala otere amakhala owopsa.

Enima ngakhaleenso mankhwala ena otsuka m'thupi ndi owopsa kwa odwala osiyanasiyana.

Zitsanzo za njira zoopsa pogwiritsa ntchito enema ndi mankhwala otsuka m'thupi

Musagwiritsire ntchito enima kapena mankhwala aliwonse otsuka m'thupi kwa munthu amene akumva kupweteka kwambiri m'mimba (onani tsamba 94) ngakhale atakhala masiku angapo osachita chimbudzi.

Musagwiritsire ntchito enima kapena mankhwala aliwonse otsuka m'thupi kwa munthu amene ali ndi bala la chipolopolo kapena kuvulala kwa mtundu uliwonse m'matumbo.

Musagwiritsire ntchito enima kapena mankhwala aliwonse otsuka m'thupi kwa munthu wofowoka kapena wodwala kwambiri, chifukwa mukatero adzafowokanso kwambiri.

Musagwiritsire ntchito enima kapena mankhwala aliwonse otsuka m'thupi kwa mwana amene sanakwanitse zaka ziwiri.

Musagwiritsire ntchito enima kapena mankhwala aliwonse otsuka m'thupi kwa mwana amene watentha m'thupi, kusanza, kutsekula m'mimba kapena amene ali ndi zizindikiro za kuchepa kwa madzi m'thupi (onani tsamba 160).

Musakhale ndi chizolowezi chogwiritsira ntchito mankhwala otsuka m'thupi kawirikawiwiri (onani kudzimbidwa 131).

Kugwiritsa ntchito enima koyenera

1. Enima angathe kuthetsa vuto la kudzimbidwa (kuchita chimbudzi chouma, chovuta komanso cholimba). Gwiritsirani ntchito madzi ofunda kapena madzi a sopo pang'ono.
2. Pamene munthu akusanza kapena alibe madzi m'thupi mungabwezeretse madziwo pogwiritsira ntchito enima ya madzi osakaniza shuga ndi mchere. Madziwo alowe m'thupi **pang'onopang'ono** (onani tsamba 161).

<p>Nsatsi (<i>castor oil</i>) Tsamba la Senna Cascara</p>	<p>Mankhwalawa ndi onyerenyesa ndipo ndi owopsa. Kuli bwino kusiya osawagwiritsira ntchito.</p>
<p><i>Magnesium Hydroxide</i> <i>Milk of magnesia</i> Episomu sotsi (<i>Magnesium Sulfate</i>) (onani tsamba 396)</p>	<p>Mankhwalawa ndi amchere. Musamwe ambiri ndipo musagwiritsire ntchito mankhwalawa kawirikawiri ndiponso musawagwiritse ntchito pamene m'mimba mukupweteka.</p>
<p>Minolo oyilo (<i>mineral oil</i>) (onani tsamba 396)</p>	<p>Mankhwalawa nthawi zina amagwiritsidwa ntchito pofuna kuthetsa vuto lodzimbidwa kwa anthu amene ali ndi zilonda m'njira ya chimbudzi. njirayi si yabwino.</p>

Kugwiritsira ntchito koyenera kwa mankhwala otsuka m'thupi

Ena mwa mankhwalawa ndi amphamvu kuposa anzake. Mankhwalawa onse amene atchulidwa pamwambawa amagwira ntchito mocheperako mphamvu pamene mlingo wake ndi wochepera ndipo amagwira ntchito mwamphamvu kwambiri pamene mlingo wake ndi wochulukuka. Mankhwalawa ocheperako mphamvuwa amafewetsa chimbudzi ndi kuthandiza kuti munthu azichita chimbudzi mosavuta pamene mankhwalawa ochulukirako mphamvu amayambitsa kutsekula kwa m'mimba.

Mankhwalawa amphamvu otsuka m'thupi: Mankhwalawa amwedwe pamene munthu wamwa poyizoni pofuna kuchotsa poyizoniyo (onani tsamba 105). Koma nthawi ina iliyonse mankhwalawa ndi owopsa.

Mankhwalawa ochepera mphamvu otsuka m'thupi: Munthu atha kugwiritsira ntchito mankhwalawa a mtundu wa *Magineziyamu* pofuna kuthetsa vuto la kudzimbidwa. Anthu amene ali ndi zilonda kapena zotupa kuthako ndipo alinso ndi vuto la kudzimbidwa angamwe minolo oyilo (*mineral oil*) koma zimenezi zimangothandiza kuti chimbudzi chawo chikhale choterera osati chofewa. Mlingo woyenera wa mankhwalawa ndi masupuni aang'ono kuyambira atatu kulekeza asanu ndi imodzi pa nthawi yogona. Musamwe mankhwalawa pa nthawi yakudya chifukwa mafuta opezeka m'mankhwalawa atha kutengako mavitamini opezeka mu chakudyacho choncho imeneyi si njira yabwino.

Njira yabwino

Zakudya zokhala ndi timitsitsi. Njira yabwino ndi yaukhondo kuti munthu azichita chimbudzi chofewa kawirikawiri ndiyo kudya zakudya zambiri zokhala ndi timitsitsi ta chilengedwe monga ***chinangwa, chilazi, madeya*** ndi zakudya zina za mtundu wa chimanga ndi mpunga (onani tsamba 131). Kumwa madzi ambiri ndi kudya zipatso zambiri kumathandizanso.

Anthu amene amadya chakudya chokhala ndi timitsitsi kawirikawiri sakhala ndi vuto lodzimbidwa kapenanso kuchita zilonda mu njira ya chimbudzi komanso sadwaladwala khansa (*cancer*) ya m'matumbo kusiyana ndi anthu amene amadya zamakono.

Pofuna kuti muzichita chimbudzi kawirikawiri, pewani kudya zakudya zomwe chilengedwe chake chasinthidwa ndipo m'malo mwake muzidya zakudya za mtundu wa chimanga kapena mpunga zomwe sizinachotsedwe deya wake.