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KUCHIZA MATENDA POPANDA MANKHWALA

Pali matenda ambiri amene sasowa mankhwala. Matupi athu ali ndi chitetezo chachilengedwe kapena njira zomenyana ndi matenda. Chitetezo cha chilengedwechi ndi chofunika kwambiri ku moyo wathu kusiyana ndi mankhwala.

Anthu amachira matenda ambiri monga chimfine ndi kuphwanya kwa thupi popanda mankhwala aliwonse.

Pofuna kuti thupi lithe kulimbana ndi matenda, zosoweka ndi izi:

Ukhondo



Kupuma mokwanira



Idyani mokwanira ndi kumwa zakumwa mokwanira

Ngakhale matenda akhale owopsa, osowa mankhwala, **thupi pa lokha ndi limene limayenera kugonjetsa matendawo ndipo**; mankhwalawo amangothandiza. Ukhondo, kupuma mokwanira ndi chakudya chopatsathanzi ndi zimene zili zofunika kwambiri.

Tiwonetsetse kuti pa umoyo wathu, tisamadalire kwambiri mankhwala. Ngakhale mutakhala kumalo kumene mankhwala amakono sapezekako pali zinthu zambiri zomwe mungachite pofuna kupewa ndi kuchiza matenda ambiri.

Matenda ambiri angapewedwe kapena kuchizidwa popanda mankhwala.

Ngati anthu atadziwa kugwiritsira ntchito bwino **madzi**, atha kupewa ndi kuchiza matenda kusiyana ndi kugwiritsira ntchito mankhwala omwe nthawi zina sawagwiritsira bwino ntchito.

Kuchiza matenda ndi madzi

Ambiri mwa ife titha kukhala opanda mankhwala, koma palibe amene angakhale opanda madzi. Mu thupi la munthu, gawo lopitirira theka (lokwana kapena kupitirira 57%) ndi madzi. Aliyense wokhala pa famu kapena kumudzi atagwiritsira ntchito bwino madzi ndiye kuti matenda ndi imfa makamaka kwa ana zitha kuchepa ndi theka.

Mwachitsanzo, kugwiritsira ntchito bwino madzi ndi kofunika popewa ndi kuchiza kutsekula kwa m'mimba. M'madera ambiri, kutsekula m'mimba ndiko kumayambitsa kudwala ndi imfa ya ana. Madzi osasamala ndi amene nthawi zambiri amayambitsa zimenezi.

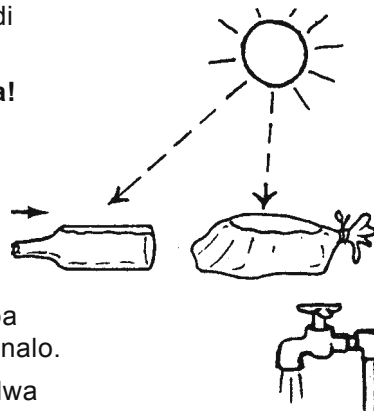
ngati nkotheka
musamagwiritsa
ntchito mabotolo

Kuphita madzi, ngakhale kwa miniti imodzi kumapha tizilombo (majeremusi) toyambitsa kutsekula kwa m'mimba. Ana aziyamwa mkaka wam'mawere nthawi zonse (onani tsamba 287) koma pamene tikufuna kuwapatsa ana zakudya zina zowonjezera, kapu ndi supuni zogwiritsira ntchito zikhale zowiritsidwanso m'madzi. Pewani kuyamwitsira ana m'mabotolo chifukwa ndi kovuta kusamala kuti akhale aukhondo ndi opanda vuto kwa mwanayo ngakhale pamene mabotolowo atamawiritsidwa kawirikawiri. Kusamba m'manja ndi sopo pochokera kuchimbudzi komanso tisanadye kapena tisanagwire chakudya ndi kofunikanso kwambiri.



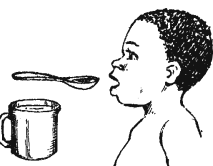
Ngati nkhuni palibe, gwiritsirani ntchito dzuwa!

Madzi akumwa pa tsiku atha kuyikidwa m'botolo lowonekera m'kati la galasi kapena pulasitiki kapenanso m'majumbo (matumba) a pulasitiki omanga bwino ndi kuwayika padzuwa kwa maola angapo. Mphamvu ya dzuwa imapha tizilombo m'madziwo ngakhale asanaphitsidwe. Mabotolo ndi matumba a pulasitikiwa atha kuzizira pa nthawi ya usiku ndipo madziwo angamwedwe tsiku linalo.



Madzi a pampope kapena pa mjigo amene athiridwa mankhwala ndiye abwino. Yesetsani ngati kungatheke kuti madzi otere akhaleko kwano.

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Nthawi zambiri ana amamwalira chifukwa chosowa madzi m'thupi (onani tsamba 160). Vuto la kuchepa kwa madzi m'thupi mwa mwana lingachepe pomumwetsa madzi ambiri (osakaniza ndi shuga, uchi kapena mchere, onani tsamba 161).

Mwana amene watsekula m'mimba ndi bwino kumupatsa zakumwa zambiri kusiyana ndi kumupatsa mankhwala ena aliwonse. Ngati mwana apatsidwa zakumwa zokwanira, palibe mankhwala amene amafunikanso pochiza kutsekula kwa m'mimba.






Pamasamba otsatirawa palembedwa matenda ena omwe akusonyeza kuti **kugwiritsira ntchito bwino madzi ndi kothandiza kusiyana ndi mankhwala.**

Mtenda omwe kagwiritsidwe ntchito kabwino ka madzi kamathandiza kusiyana ndi mankhwala

Kupewa

Pofuna kupewa	Kagwiritsidwe ntchito ka madzi	Tsamba	
1. kutsekula m'mimba, njoka zam'mimba, vuto la m'matumbo	phitsani madzi akumwa, sambani m'manja	140	
2. matenda a pa khungu	kusamba kawirikawiri	138	
3. mabala osapolerapo,	kutsuka mabala ndi sopo ndi madzi, muyenerabe kulandira katemera wa kafumbata	85, 90	
4. nyongolotsi m'thupi kapena m'miyendo	osalova anthu kuviika mapazi pa chitsime potunga madzi, kusefa madzi ndi kansalu ndi kuphitsa madziwo asanamwedwe	152	

Kuchiza

Pofuna kuchiza	Kagwiritsidwe ntchito ka madzi	Tsamba	
1. kutsekula m'mimba kusowa madzi m'thupi	kumwa madzi ambiri	161	
2. matenda ophwanya kwa thupi ndikutentha thupi	kumwa madzi ambiri	76	
3. kutentha thupi kwambiri	kuthira (kunyowetsa) thupi ndi madzi ozizira	77	
4. matenda a m'njira ya mkodzo (amagwira kawirikawiri amayi)	kumwa madzi ambiri	245	
5. chifuwa, mphumu, nthenda ya m'mapapo (bronchitis), chibayo chifuwa chokoka mtima.	kumwa madzi ambiri, kufungatira nthunzi; mukadwala chibayo kapena chifuwa chokoka mtima muyenera kumwa mankhwala opha tizirombo toyambitsa matenda; matendawa sachizika pomwa madzi	177	

Pofuna kuchiza	Kagwiritsidwe ntchito ka madzi	Tsamba
6. zilonda, mphere, chipere, mphumu ndi ziphuphu	kudzikhula ndi sopo ndi madzi	213, 214 217, 223 227
7. mabala osapolerapo zithupsa/zotupa, zidzolo	kansalu konyika m'madzi otentha	89, 214
8. kubinya kwa chidendene	madzi ozizira kwambiri pa tsiku loyamba lenileni	104
9. kupweteka mokumanirana mafupa, mnofu wopweteka	nsalu yonyika m'madzi otentha	205, 206 207
10. kuyabwa	nsalu yonyika m'madzi ozizira	205, 206
11. mabala a moto	nyikani malo a bala m'madzi ozizira	98
12. zilonda zakukhosi	kumwa madzi otentha othira mchere	328
13. asidi, zitsotso kapena chinthu china chonyerenyesa m'maso	kuthira madzi ozizira m'maso kwa nthawi yokwana maminiti khumi ndi asanu	
14. mphuno zotsekeka	kufwenthera madzi a mchere	173
15. kudzimbidwa, kuchita chimbudzi chouma	kumwa madzi ambiri (kugwiritsira ntchito enima)	15, 131
16. zilonda kapena matuza	ikani m'bulu wa aisi pathuza kwa ola limodzi ndi kutentha thupi	242



Pa matenda ambiri (kapatula chibayo) pamene madzi agwiritsidwa bwino ntchito, sipafunikanso mankhwala. Mu buku lino mupezamo njira zambiri zochizira matenda popanda kugwiritsira ntchito mankhwala. **Gwiritsirani ntchito mankhwala pamene afunikiradi kwenikweni.**