

MATENDA OMWE AMAPEZEKA KWAMBIRI SASOWA PAKATI PA ANTHU

13

Kuchepa madzi mthupi

Ana ambiri amene amamwalira akatsekula m'mimba, amafa chifukwa chosakhala ndi madzi okwanira m'matupi mwawo.

Kusowa kwa madziku kumachitika pamene thupi litaya madzi kwambiri. Zimenezi zimachikika pamene munthu watsekula m'mimba kwambiri makamaka pamene akusanza. Kusowa madzi m'thupi kumachitikanso pamene munthu wadwala kwambiri ndipo sangathe kudya chakudya chokwanira kapena kumwa zakumwa zokwanira.

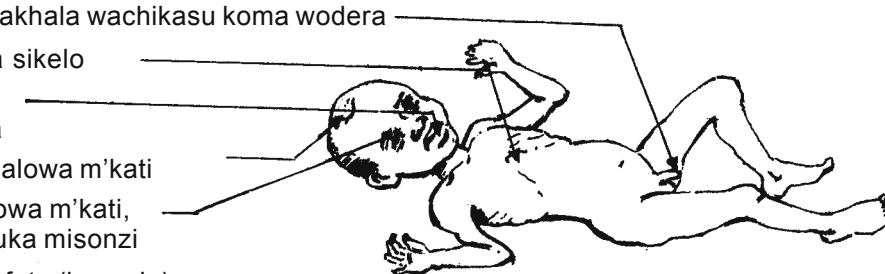
Munthu aliyense akhoza kusowa madzi m'thupi koma **kusowa madzi m'thupiku kumachitika kwambiri ndipo ndi kowopsa kwambiri kwa ana aang'ono.**

Mwana aliyense amene watsekula m'mimba atha kukhala ndi vuto lochepa madzi m'thupi mwake.

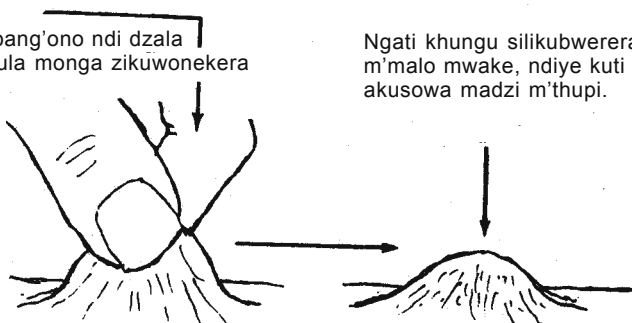
Ndi kofunika kuti aliyense makamaka amayi adziwe zizindikiro za kuchepa kwa madzi m'thupi komanso kapewedwe ndi chithandizo chake.

Zizindikiro za kuchepa kwa madzi m'thupi:

- ludzu
- mkodzo wochepe mwinanso kusakodza kumene
- mkodzo umakhala wachikasu koma wodera
- kutsika kwa sikelo
- m'kamwa mumawuma
- liwombo limalowa m'kati
- maso amalowa m'kati, ndipo satuluka misonzi
- khungu limafota (kunyala)



Tsinani khungu pang'ono ndi dzala ziwiri ndi kulitukula monga zikuwonekera apa:



Ngati khungu silikubwerera msanga m'malo mwake, ndiye kuti mwanayo akusowa madzi m'thupi.

Kusowa madzi kwambiri kutha kuyambitsa mtima uzithamanga koma mopanda mphamvu (tsamba 78), kupuma mofulumira, kutentha thupi, mnofu wofota, tulo tofa nato ngakhalenso imfa. Pamene mwawona zizindikiro zotere, **onani chochita mwamsanga.**

Kupewa ndi kuchiza vuto la kuchepa kwa madzi m'thupi:

Ngati munthu watsekula m'mimba, chitani zinthu izi **mwachangu**:

- **Mupatseni zakumwa zambiri.** Madzi owonjezera mphamvu m'thupi ndiye abwino kwambiri. Kapenanso mupatseni phala lamadzimadzi, tiyi, supu, ngakhaleenso madzi enieni.
- **Mupatseni chakudya nthawi ndi nthawi.** Pamene wodwalayo walola kudya, muzimupatsa zakudya zimene iye amakonda.
- Ngati wodwalayo ndi mwana wamng'ono, **mayi wake azimuyamwitsa kawirikawiri** ndipo asamupatse zakumwa zina.

Chakumwa cha ORS chimathandiza kupewa ndi kuchiza kuchepa kwa madzi m'thupi makamaka pamene munthu watsekula m'mimba kwambiri.

NJIRA ZIWIRI ZOPANGIRA ORS PAKHOMO		
<p>1. Tengani mchere ndi shuga.</p>		
<p>Mu lita imodzi yamadzi (1L)</p> 	<p>thirani mchere theka la supuni yaying'ono</p> 	<p>ndi shuga supuni zazing'ono zisanu ndi zitanu.</p> 
<p>Chenjezo: Musanathire shuga lawani madziwo ndipo muwone kuti mawawidwe a mchere ndi ocheperako kusiyana ndi misonzi.</p>		
<p>2. Tengani ufa (wa mpunga, wa chimanga, wa tirigu, wa mapira kapena mbatata zophika ndi kuzinyenya).</p>		
<p>Mu lita imodzi yamadzi (1L)</p> 	<p>thirani mchere theka la supuni yaing'ono</p> 	<p>ndi ufa supuni zazing'ono zisanu ndi zitanu zodzadza kwambiri kapena kutapa kamodzi pogwiritsira ntchito manja awiri..</p> 
<p>Wiritsani madzi kwa mphindi zisanu kapena zisanu ndi ziwiri kupanga phala lamadzimadzi. Likazizira phalalo, mudyetseni mwanayo.</p>		
<p>Muzakumwa zonsezi mutha kuthiramo theka la kapu yamadzi a zipatso, madzi a kokonati, nthochi yakupsa yonyenya. Mu zinthu zimenezi mumapezeka <i>potassium</i> amene amathandiza ana kuti azikonda kudya.</p>		
<p>Chenjezo: Muyenera kulawa zakumwazi musanazipereke kwa odwala pofuna kuti muwonetsetse kuti sizinawonongeke.</p>		
<p>MFUNDO YOFUNIKA: Popanga zakumwazi; pangani malinga ndi zipangizo zomwe zikupezeka kudera kwanu.</p>		

Wodwala azimwa zakumwazi pang'onopang'ono mphindi zisanu zilizonse masana ndi usiku mpaka atayamba kukodza bwinobwino. Munthu wamkulu amayenera kumwa malita atatu kapena kupitirira atatu pa tsiku. Mwana wamng'ono amafunika lita limodzi pa tsiku. **Pitirizani** kupereka zakumwazi pang'onopang'ono **ngakhale pamene wodwala akumasanza**. Madzi onse amene wamwawo si kuti angawasanze ayi.

Chenjezo: Ngati vuto la kuchepa kwa madzi m'thupi likupitirirabe kapenanso ngati zizindikiro zina zowopsa zikuwoneka, pitani kuchipatala mwamsanga (tsamba 168). Mwina kungakhale kofunika kumuika diripi wodwalayo.

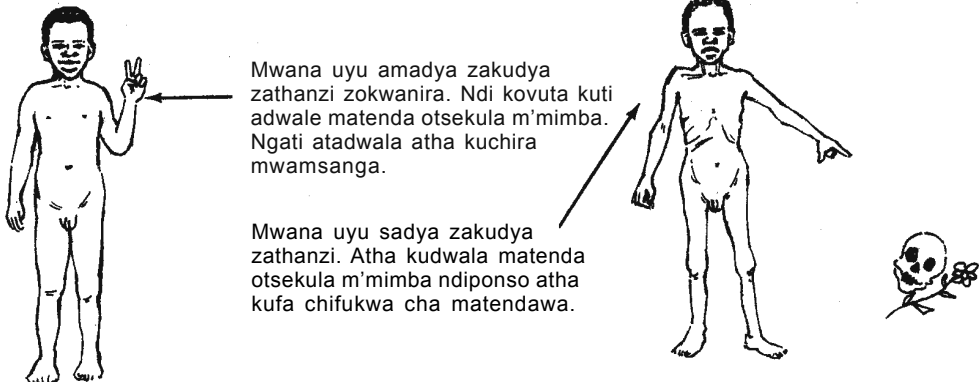
Dziwani kuti: Mu maiko ena mapaketi a ORS amapezeka amene amayenera kusakanizidwa ndi madzi. Mu ORS mumapezeka shuga, soda, mchere ndi *potassium* (onani tsamba 395) komabe zakumwa zopangidwa pakhomozi, maka zopangidwa ndi ufa zikapangidwa moyenera ndi zotsika mtengo komanso zosapatsa matenda ndi zothandiza kwambiri kusiyana ndi ORS wa m'mapaketi.

Kutsekula kwa m'mimba ndi mwa kamwazi

Pamene munthu akuchita chimbudzi chofewa, chamadzimadzi ndiye kuti watesekula m'mimba. Koma ngati chimbudzi chake ndi chosakanikirana ndi zinthu za madzimadzi zokhala ngati mamina komanso magari ndiye kuti akudwala kamwazi.

Kutsekula m'mimba kutha kukhala kochepe komanso kutha kupyola muyezo. Kutsekulaku kutha kuchitika kwambiri ndiponso mwadzidzidzi mwinanso kutha kumachitika masiku ambiri.

Kutsekula m'mimba kumachitika kawirikawiri komanso ndi kowopsa kwambiri kwa ana makamaka amene sakulandira chakudya choyenera.



Kutsekula m'mimba kumadza pa zifukwa zambiri. Nthawi zina pamafunika mankhwala a padera. **Komabe matenda otsekula m'mimba atha kuchizidwa bwino bwino mosavuta pakhomu** pogwiritsira ntchito ORS ngakhale pamene simukudziwa bwino chenicheni chomwe chayambitsa. Ngati mwana sakudya kwambiri, mupatseni chakudya pang'onopang'ono kangapo pa tsiku.

ZOMWE ZIMAYAMBITSA KUTSEKULA M'MIMBA

- Zakudya zosayenera (tsamba 163): Zakudyazi zimafowoketsa mwana ndipo zimachititsa mwana kuti azitsekulanso pa zifukwa zina.
- Kusowa kwa madzi ndi ukhondo (kusowa kwa zimbudzi). Zimenezi zimafalitsa majeremusi amene amayambitsa matendawa.
- Mavairasi amayambitsa kutsekula kwa m'mimba, komanso bakiteriya (tsamba 167), *ameba* (tsamba 150) ndi *giardia* (tsamba 151) – tonseti ndi tinthu ta moyo to sawoneka ndi maso.
- Zinthu zina za kunjira zosakhudzana ndi njira yodzeramo chakudya m'thupi monga nthenda ya zilonda kukhutu (tsamba 328), kukhosi (tsamba 328), chikuku (tsamba 330) ndi matenda omwe amagwira njira yodzeramo mikodzo (tsamba 244).
- Malungo (tsamba 181).
- Chakudya chokhala ndi poyizoni (kapena chowonongeka) (tsamba 140).
- Kulephera kwa thupi kuti ligaye zakudya zokhala ndi mkaka (makamaka ana amene akusowa zakudya zoyenera m'matupi mwawo komanso akuluakulu ena).
- Ziwengo chifukwa cha zakudya zina (tsamba 175). Nthawi zina matupi a ana amadana ndi mkaka wa ng'ombe kapena mitundu ina ya mkaka.
- Matenda akudza chifukwa cha thupi kusagwirizana ndi mankhwala ena (tsamba 59).
- Mankhwala akumwa otsuka m'thupi.
- Mavuto amene amadza chifukwa chogwiritsira ntchito mankhwala ena monga *ampicillin* ndi *tetracycline*.
- Kudya zipatso zosapsa kapena zakudya za mafuta ambiri.
- Ana kuvutika kuti agaye zakudya zomwe matupi awo akuziwona zachilendo
- Nthenda ya Edzi.

Kupewa nthenda yotsekula kwa m'mimba:

Ngakhale kuti nthendayi ili ndi zoyambitsa zambiri, zoyambitsa zake zenizeni ndi **kusowa kwa ukhondo** ndi **kuperewera kwa zakudya**. **Pokhala aukhondo ndikumadya zakudya zoyenera, titha kupewa matenda otsekula m'mimba.** Nthendayi itachizidwa bwino, ana ambiri amene amadwala nthendayi angakhale ndi moyo osamwalira.

Ana amene amadya moperewera amadwala matenda otsekula kusiyanana ndi omwe amadya zakudya zokwanira. komanso kutsekulaku kumayambitsa kuperewera kwa zakudya m'thupi. Ndipo ngati kuperewera kwa zakudya kulipo kale, kutsekula m'mimba kumangowonjezera vutoli.



Kupelewera kwa zakudya m'thupi kumayambitsa kutsekula m'mimba. kutsekula m'mimba kumayambitsa kuperewera kwa zakudya m'thupi.

Pamenepa zinthu zikuyenda mozungulira ndipo chinthu china chikuchititsa chinzake kuti chikhale chovuta kwambiri. Pa chifukwa chimenechi, **zakudya zabwino ndi zofunika popewa ndi kuchiza nthenda ya kutsekula kwa m'mimba.**

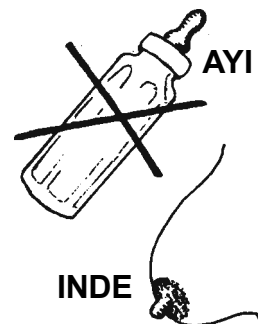
Pewani kutsekula kwa m'mimba popewa kuperewera kwa zakudya. Pewani kuperewera kwa zakudya popewa kutsekula kwa m'mimba

Pofuna kuphunzira za mitundu ya zakudya yomwe imathandiza kulimbana ndi matenda, kuphatikizapo kutsekula m'mimba, werengani Mutu 11.

Kuti tipewe kutsekula m'mimba, **zakudya zabwino** ndi **ukhondo** ndi zofunika. Malangizo okhudza ndi ukhondo akupezeka pa Mutu 12. Malangizowa akukamba za kugwiritsira ntchito **zimbudzi**, kumwa **madzi aukhondo**, ndi **kuteteza chakudya** ku fumbi ndi ntchentche.

Malangizo ena othandiza kuteteza ana kumatenda otsekula m'mimba ndi awa:

- **Ana ayamwe mkaka wam'mawere osati wam'botolo.** Ana akhale akuyamwa mkaka popanda chakudya chilichonse kwa miyezi inayi (4). Mkaka wa m'mawere umathandiza ana kulimbana ndi majeremusi omwe amyambitsa nthenda yakutsekula m'mimba. Ngati ndi kosatheka kuti mwana ayamwe mkaka wam'mawere, ikani mkaka mu kapu ndi kumumwetsa ndi supuni. Musagwiritsire ntchito botolo chifukwa limavuta kusamala ndipo pa chifukwachi litha kuyambitsa matenda.
- Pamene mwayamba kumupatsa mwana zakudya zolimba kapena zatsopano, yambani pang'onopang'ono ndipo chikhale chakudya chonyenya bwino chosakaniza pang'ono ndi mkaka wam'mawere. Thupi la mwanayo ndi loyenera kuti liphunzire kugaya chakudyacho. **Musaleke kuyamwitsa mwana mkaka wam'mawere mwadzidzidzi. Yambani kupereka zakudya zinazo pamene mwanayo akadayamwabe.** Mukamuyambitsa kudya zakudya zatsopano zambiri nthawi imodzi, atha kuyamba kutsekula m'mimba.
- Mwanayo akhale wa ukhondo komanso pa malo aukhondo. Onetsetsani kuti asamayike zinthu zonyansa m'kamwa mwake.
- Musapatse ana mankhwala amene zakufunikira.



Kuyamwitsa mwana mkaka wa m'mawere kumapewetsa kutsegula m'mimba.

Chithandizo:

Kawirikawiri nthenda ya m'mimba sisowa mankhwala. Ngati matenda akula, vuto lalikulu limene lingakhalepo ndi **kuchepa kwa madzi m'thupi**. Ngati kutsekula kukupitirirabe, vuto la **kuperewera kwa chakudya m'thupi** litha kudzanso. Choncho chofunika kwambiri ndikupereka **zakumwa zokwanira** kwa odwala komanso **chakudya chokwanira**. Pa matenda aliwonse otsekula m'mimba, onetsetsani izi:

1. PEWANI KUPEREWERA KWA MADZI M'THUPI. Munthu amene watsekula m'mimba azimwa zakumwa kwambiri. Pamene watsekula kwambiri ndipo akuyamba kuwonetsa zizindikiro zowonetsa kuchepa kwa madzi m'thupi mupatseni O.R.S. Ngati akukana kumwa muwumirizeni kuti amwe basi. Amwe kangapo pa mphindi zingapo zilizonse.

2. ZAKUDYA ZIKHALE ZOYENERA. **Munthu amene watsekula m'mimba ayenera kuti azipatsidwa chakudya pa nthawi imene wachifuna chakudya.** Zimenezi ndi zofunika kwambiri kwa ana komanso kwa anthu ena amene m'matupi mwawo muli mopereweredwa chakudya. Komanso pamene munthu watsekula m'mimba chakudya chimadutsa m'matumbo mofulumira. Choncho si chakudya chonse chimene chimagwira ntchito. **Choncho wodwala apatsidwe chakudya kawirikawiri** – makamaka pamene akudya chakudya chochepa pa ka nthawi.

- Mwana amene **watsekula m'mimba apitirize kuyamwa.**
- Mwana amene watsika sikelo azidya zakudya zopatsa mphamvu ndi zomanga thupi pa nthawi yonse imene akutsekula ndipo pamene wachira chakudya chawonjezenso. Ngati wasiya kudya chifukwa chodwala kapena kusanza, ayambenso kudya pa nthawi yomwe angathe. **ORS angayambitse kuti mwana ayambenso kudya.** Ngakhale kuti kupereka chakudya motere kumachititsa kuti wodwala azichita chimbudzi pafupipafupi, moyo wake umakhala wotetezedwa.
- Mwana amene watsika sikelo ndipo watsekula kwa masiku ambiri, kapena pamene kutsekulako kukupitirira, mupatseni chakudya chambiri kawirikawiri. Alandire chakudya kasanu kapena kasanu ndi kamodzi pa tsiku. Si pafunikanso mankhwala ayi.

ZAKUDYA ZA MUNTHU AMENE AKUTSEKULA M'MIMBA

Pamene munthu akusanza kapena akulephera kudya chifukwa chodwala, azimwa:

zakudya za madzimadzi; madzi a mpunga, phala la ufa wachimanga kapena mbatata

msuzi wa: nyama, nyama ya nkuku, mazira, nyemba

zakumwa zotsekemera

ORS

Mkaka wa m'mawere.

Pamene munthu wayamba kudya, powonjezera zakudya zalembedwa kumanzereku, azidyanso zakudya izi:

Zakudya zopatsa mphamvu:

nthochi zakupsa kapena zophika, mpunga, mondokwa, mbatata, mapapaya; (thirani shuga kapena mafuta ophikira mu zakudya zina)

Zakudya zomanga thupi:

nyama ya nkuku (yophika kapena kuwamba) nyama (yophikidwa bwino, yopanda mafuta ambiri) nyemba, nsawawa (zophikidwa bwino kapena kunyenyedwa) nsomba (zophika bwino), mkaka (koma umayambitsa mavuto ena)

MUSADYE KAPENA KUMWA

zakudya za mafuta ambiri zipatso zosapsa

mankhwala aliwonse otsuka m'thupi

komanso kudya zakudya zothirako zokometsera zambiri ndi kumwa mowa

Kutsekula m'mimba ndi mkaka:

Mkaka wa m'mawere ndi chakudya chabwino kwambiri cha ana. Pityirizani kumuyamwitsa mwana ngakhale pamene akutsekula m'mimba. Kuyamwitsa sikuyambitsa kutsekula kwa m'mimba ndipo kumathandiza kuti mwana achire mwamsanga.

Mkaka wa ng'ombe, mkaka waufa (woumitsa), mkaka wa m'chitini ndi wabwino popereka zakudya zomanga thupi kwa ana. Koma kwa ana amene m'thupi mwawo mulibe zakudya zokwanira, akhoza kukhala ndi vuto kuti mkakawu ugayidwe bwino m'thupi, ndipo zimenezi zikhoza kuwonjezera kutsekula kwa m'mimba. Ngati zimenezi zachitika, yesani kupereka mkaka pang'ono ndi kuwusakaniza ndi zakudya zina. Koma kumbukirani: **mwana amene ali ndi vuto lakuperewera kwa chakudya m'thupi yemwenso akutsekula m'mimba ayenera kudya zakudya zopatsa mphamvu komanso zomanga thupi.** Ngati amwa mkaka pang'ono azidya zakudya zophika bwino, zonyenyedwa monga nkhuku, mazira (gawo lachikasu), nyama, nsomba kapena nyemba. Nyemba sizivuta kugayidwa pamene zachotsedwa chikopa chake ndi kuzipanga chipere. Zisaphikidwe m'mafuta. Mkaka wa soya, wopangidwa kuchokera ku nyemba za soya ndi wabwinonso (tsamba 122).

Pamene mwana wayamba kuchira, amayamba kumwa mkaka wambiri ndipo satsekula m'mimba.

Mankhwala ochiza kutsekula kwa m'mimba:

Kawirikawiri matenda otsekula m'mimba sasowa mankhwala. Koma nthawi zina kugwiritsira ntchito mankhwala oyenera ndi kofunika. Mankhwala ambiri ochiza nthendayi sathandiza kwenikweni. Enanso mwa mankhwalawa ndi owopsa.

POCHIZA KUTSEKULA KWA M'MIMBA MUSAGWIRITSIRE NTCHITO MANKHWALAWA

Mankhwala oletsa kutsekula okhala ndi *kaolin* ndi *pectin* (monga *Kaopectate*) (tsamba 397) amapangitsa chimbudzi kuti chikhale cholimbirako ndipo kuti wodwala asachite chimbudzi kawirikawiri; koma mankhwalawa samathetsa vuto lakuchepa kwa madzi m'thupi kapena kuchepetsa tizilombo tolowa m'thupi toyambitsa matendawa. Mankhwala ena monga *diphenoxylate* (*Lomotil*) amapangitsa kuti munthu asachire msanga.



MANKHWALA OLETA KUTSEKULA M'MIMBA ALI NGATI MAPULAGI OTSEKERA KU KOMWA KWA BOTOLO. IWO AMASUNGA MATENDA M'THUPI M'MALO MOTI MATENDAWO ATULUKE



Mankhwala oletsa kutsekula m'mimba monga *neomycin* kapena *streptomycin* sayenera kugwiritsidwa ntchito chifukwa amawononga m'matumbo.

Mankhwala monga *ampicillin* ndi *tetracycline* ndi abwino nthawi zina. Komanso mankhwalawa pawokha amatha kuyambitsa kutsekula kwa m'mimba. Makamaka kwa ana aang'ono. Ngati mwamwa mankhwalawa kwa masiku opitirira awiri kapena atatu ndipo kutsekula m'mimba kukupitirirabe, asiyezi musamwenso. Ndiye kuti mwina mankhwalawo ndi amene akuyambitsa kutsekulako.

Chloramphenicol ndi owopsa (tsamba 371) ndipo asamagwiritsidwe ntchito pamene m'mimba mwatesekula pang'ono kapena kuperekedwa kwa ana asanatthe ndi mwezi umodzi omwe.

Mankhwala otsuka m'thupi asaperekedwe kwa anthu amene atsekula m'mimba chifukwa amangowonjezera vutoli.

Momwe tingachizire matenda otsekula m'mimba a mitundu yosiyanasiyana:

Matenda ambiri otsekula m'mimba angachizidwe popereka **zakumwa** ndi **chakudya chambiri popanda mankhwala**, komabe nthawi zina pamafunika mankhwala apadera.

Poganizira zochiza matendawa, tiziganziranso kuti matenda ena otsekula m'mimba amene amagwira ana aang'ono amayamba ndi matenda ena kunja kwa thupi osati m'matumbo. Nthawi zonse muzipima matenda ena monga nthenda **zam'makutu, kukhosi komanso nthenda zomwe zimagwira malo ena monga njira yodzera mkodzo**. Ngati nthendazi zilipo, ziyambe zachizidwa. Onaninso ngati pali zizindikiro za **chikuku**.

Ngati mwana watesekula m'mimba pang'ono komanso ali ndi chimfine, ndiye kuti kutsekulako kwayamba chifukwa cha mavairasi ndipo pamenepa palibenso chifukwa choperekera mankhwala. Perekani zakumwa zambiri kwa wodwalayo.

Nthawi zina, pofuna kupereka mankhwala oyenera, kumafunika kupima chimbudzi ndi zinthu zina. Komanso mutha kudziwa zambiri pofunsa wodwalayo mafunso, kapena kuwona chimbudzi chake, ndikufufuzanso zizindikiro zina. Malinga ndi zizindikiro zomwe zikuwoneka nazi mfundo zina zoyenera kutsata pochiza matenda otsekula m'mimba.

1. Kutsekula pang'ono mwadzidzidzi komanso thupi losatentha. (Kupweteka kwa m'mimba komanso kuzidzidwa ndi kupweteka kwa m'matumbo?)

- Kumwa zakumwa zambiri. Nthawi zambiri, sipafunika mankhwala aliwonse. Kasakaniza wa mankhwala a *kaolin* ndi *pectin*, mwachitsanzo **Kaopectate** atha kugwiritsidwa ntchito, koma si kuti ndi ofunika kwenikweni kuthetsa vuto la kuchepa kwa madzi m'thupi. Nanga muwonongerani ndalama zanu kugula mankhwalawa? Musapereke mankhwalawa kwa anthu amene akudwala kwambiri kapena kwa ana. (Muyezo wake onani pa tsamba 397.)
- Ngati m'matumbo mukupweteka kwambiri, mankhwala otchedwa belladona amathandiza. (Muyezo ndi chenjezo lake onani pa tsamba 394)

2. Kutsekula m'mimba pamodzi ndi kusanza. (Kumayamba pa zifukwa zambiri)

- Ngati munthu watesekula m'mimba komanso akusanza, vuto lakusowa kapena kuperewera madzi m'thupi litha kuyamba, makamaka kwa ana. **Ndi kofunika kupereka ORS** (tsamba 161), tiyi kapena zakumwa zina. **Perekani zakumwazo ngakhale odwala akusanza.** Zakumwa zina zimatsalirabe m'thupi. Azimwa pang'onopang'ono pambuyo pa mphindi zisanu kapena khumi zilizonse. Ngati sakusiya kusanza msanga gwiritsirani ntchito mankhwala otchedwa *promethazine* (tsamba 399) kapena *phenobarbital* (tsamba 402).
- Ngati kusanza sikukusiya kapena ngati vuto lakuchepa kwa madzi m'thupi likupitirira, pitani kuchipatala msanga.



3. Kutsekula m'mimba kosakanikirana ndi zamadzimidzi ngati mamina komanso magazi. Kutsekula kwa nthawi yayitali. Thupi silitentha. Madzi osachepa m'thupi Nthawi zina odwala amatsekula m'mimba pamene masiku ena amadzimidwa. (Mwina akhoza kukhala kamwazi wa amoeba, onani pa tsamba 150)

- Gwiritsirani ntchito *metronizadole* (tsamba 383) kapena *diloxanide furoate* (tsamba 383). Imwani mankhwala motsata muyezo. Ngati kutsekula m'mimba kukupitirira pambuyo pakumwa mankhwalawa, pitani kuchipatala.

4. Kutsekula kwambiri ndi kutentha thupi pamodzi ndi magari koma nthawi zina opanda magari. (Kodi zikatero akhoza kukhala kamwazi wa bakiteriya? Taifodi? Kapena wa Malungo?)

- Ngati wodwalayo watentha thupi kopitirira mawola asanu ndi limodzi pambuyo poyamba kumwa mankhwala othandiza kubwezeretsa madzi m'thupi ndipo akuwoneka wodwala kwambiri, mpatseni *ampicillin* ngati ndi kotheke (tsamba 367). Apo ayi, mupatseni *tetracycline* (tsamba 370).
- Ngati munthu wadwala kwambiri ndipo sakusiantha pambuyo pakumwa *ampicillin* kapena *tetracycline*, pitani kuchipatala. Ngati pali zizindikiro za taifodi (thupi la *typhoid*) (tsamba 196), mupatseni wodwalayo *chloramphenicol* (tsamba 371) potsata muyezo woyenera.
- Kumadera kumene kulinso malungo, ndi bwino kuti anthu amene akutsekula m'mimba azipatsidwanso mankhwala a malungo (tsamba 379).

5. Chimbudzi cha madzi chonunkha kwambiri, nthawi zina chimbudzi chachikasu chokhala ndi thovu ndi magari koma nthawi zina chopanda magari. (Ndi Giadiya (*Giardia*)? tsamba 151)

- Kutsekula kotere kutha kuyamba ndi tizilombo totchedwa giardia komanso kuperewera kwa zakudya zoyenera m'thupi. Wodwala azipatsidwa zakumwa zambiri, zakudya zopatsa thanzi komanso azipuma mokwanira. Ngati munthu wadwala kwambiri ndi matenda otere angachizidwe ndi mankhwala otchedwa metronizadole (tsamba 382).

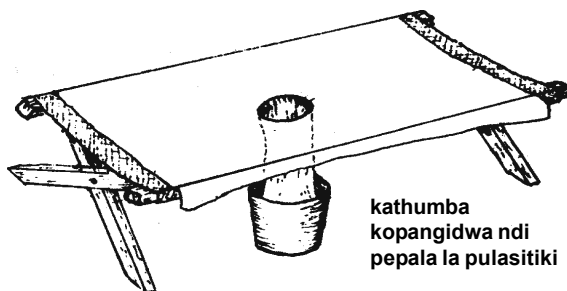
6. Kutsekula m'mimba kwa nthawi yayitali kapena kutsekula komwe kumayamba kwasiya kenaka ndi kuyambiranso.

- Zimenezi zimachitika chifukwa cha kuperewera kwa zakudya zoyenera m'thupi. Mwana azidya zakudya zopatsa thanzi makamaka zomanga thupi (tsamba 115). Ngati kutsekula kukupitirirabe pitani kuchipatala. Ngati kutsekula kotere kukuchitikira munthu wamkulu, ndiye kuti mwina akudwala Edzi.

7. Kutsekula m'mimba komwe chimbudzi chimawoneka ngati madzi a mpunga. (Kodi zikatero ndi kolera?)

- Chimbudzi chowoneka ngati madzi a mpunga ndi chizindikiro cha kolera. Ku mayiko komwe kuli nthenda ya kolera, nthendayi ikayamba imagwira anthu ambiri nthawi imodzi ndipo ndi nthenda yovuta kwambiri kwa ana okulirapo komanso akuluakulu. Thupi limasowa madzi makamaka pamene wodwalayo akusanzanso. Pofuna kuthana ndi vuto la kuchepa kwa madzi m'thupi wodwala amwetsedwe madzi obwezeretsa madzi mthupi ndipo apatsidwe *tetracycline* (tsamba 370), *co-trimoxazole* (tsamba 372) kapenanso *chloramphenicol* (tsamba 371). Ngati kwagwa nthenda ya kolera, dziwitsani ogwira ntchito za umoyo mwamsanga.

Kama (bedi) logonapo munthu wodwala kolera ngati Ili limathandiza munthu aliyense amene akutsekula m'mimba kwambiri. Onani kuchuluka kwa madzi omwe wodwalayo wataya ndipo onetsetsani kuti wapatsidwa ORS madzi obwezeretsa m'phamvu m'thupi.



kathumba
kopangidwa ndi
pepala la pulasitiki

Kusamalira ana amene akutsekula m'mimba

Matenda otsekula m'mimba ndi owopsa kwa ana akhanda komanso kwa ana okulirapo. Kawirikawiri mankhwala si ofunika koma ndi pofunika kusamala chifukwa mwana atha kumwalira chifukwa chakuperewera kwa madzi m'thupi.

- Pitirizani kuyamwitsa ndipo m'mwetseni madzi obwezera madzi ndi mchere m'thupi (ORS) wopangidwa ndi madzi, shuga ndi mchere basi (tsamba 161).
- Ngati ali ndi vuto lakusanza, ayamwe pafupipafupi koma mochepa pa kanthawi. Mupatseni ORS pang'onopang'ono ziri zonse mphindi zisanu mpaka khumi (tsamba 170).
- Ngati mkaka wa m'mawere palibe, mupatseni zakudya zina za mkaka monga mkaka wa nyemba za soya (tsamba 122), **wosakanizidwa mochepa mphamvu ndi madzi owiritsa**. Ngati mkakawu ukuwonjezera kutsekulaku, mupatseni mwana zakudya zina zomanga thupi (nyama ya nkhuu yonyenya, mazira, nyama yopanda mafuti, chipere cha nyemba chosakaniza ndi uchi kapena shuga, mpunga wophika bwino, chakudya chilichonse chopatsa mphamvu pamodzi ndi madzi ophitsa owiritsidwa).
- Ngati mwana sanakwanitse mwezi umodzi, funsani ogwira ntchito zachipatala musanapereke mankhwala aliwonse. Ngati palibe ogwira ntchito zachipatala koma mwana wadwalika, mupatseni mankhwala a Imfanti sirapu omwe amakhala ndi *ampicillin*; theka la supuni yaing'ono kanayi pa tsiku (tsamba 367).

MUYAMWITSENI BERE



MUPATSENI NSO ORS

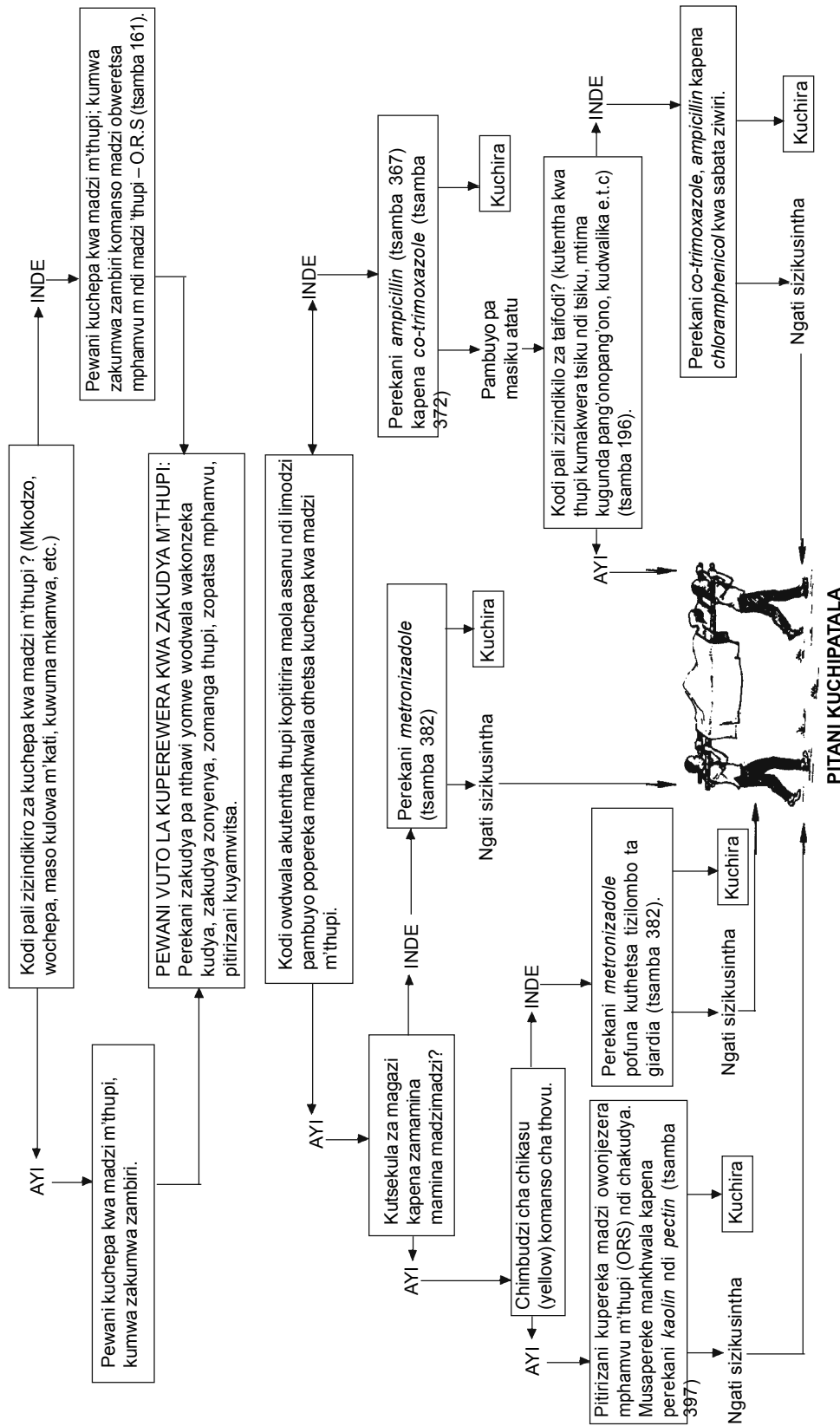


Nthawi yoyenera kupeza thandizo la kuchipatala pamene munthu akudwal a matenda otsekula m'mimba

Kutsekula wamba kwa m'mimba, kwa kamwazi ndi koopsa kwambiri makamaka kwa ana. **Pezani thandizo la kuchipatala:**

- Pamene kutsekula m'mimba kukupitirira pambuyo pa masiku anayi kapena pambuyo pa tsiku limodzi lokha akakhala mwana wamng'ono.
- Pamene wodwala akusowa madzi m'thupi ndipo akudwaliradwalirabe.
- Pamene mwana akusanza zonse zomwe wamwa, kapena pamene sakumwa chilichonse kapenanso ngati kusanza kukupitirira mawola atatu pambuyo pakumwa mankhwala obwezeretsa madzi ndi mchere m'thupi (ORS).
- Pamene mwana akumachita chifufu (linjirinjiri) komanso ngati nkhope ndi mapazi zikutupa.
- Pamene munthuyo anadwala kwambiri a kufooka kapena kutupa, kapenanso ngati m'thupi munali moperewera zakudya kutsekulako kusanayambe (makamaka mwana wamng'ono kapena munthu wokalamba kwambiri).
- Kupezeka kwa magari ambiri mu chimbudzi cha wodwala ndi kowopsa ngakhale pamene wodwalayo akutsekula pang'ono (tsamba 95).

CHISAMALIRO CHA MUNTHU AMENE WATSEKULA M'MIMBA KWAMBIRI



Kusanza

Anthu ambiri, makamaka ana nthawi zina amakhala ndi vuto la m'mimba lomwe limayambitsa kusanza. Choyambitsa zimenezi nthawi zambiri sichidziwika. Nthawi zina m'mimba mumapweteka pang'ono kapenanso m'matumbo ndipo thupi limatentha. Kusanza kotere sikowopsa kwenikweni ndipo kumatha kusiya kokha.

Kusanza ndi chizindikiro cha matenda osiyanasiyana m'thupi. Matenda ena amatha kukhala owopsa koma ena osawopsa. Choncho ndi kofunika kuti wodwala apimidwe. Kusanza kumadza chifukwa cha vuto la m'mimba kapena m'matumbo (tsamba 162), kumadzanso chifukwa chakudya zakudya zowonongeka (zowola) (tsamba 140) kapenanso pamene chinthu china chatseka m'matumbo. Matenda aliwonse amene amatenthetsa thupi kapena kupweteketsa m'mimba atha kuyambitsa kusanza monga malungo (tsamba 181) ndi matenda a chiwindi (*hepatitis*) (tsamba 183). Matenda a zotupa m'mbali mwakhosi zotchedwa sungu (*tonsillitis*, tsamba 328), nthenda ya kukhutu (tsamba 328), nthenda youmitsa khosi (tsamba 195), nthenda imene imagwira njira ya mkodzo (tsamba 244), kupweteka mu ndulu (tsamba 344) komanso kupweteka mutu (tsamba 171).



Mukawona zizindikiro zowopsa za kusanza, pitani kuchipatala msanga!

- Kuchepa kwa madzi m'thupi kumapitirira ndipo kumakanika kuti muletse vutoli (tsamba 160)
- Kusanza mowirikiza kupyola maola 24.
- Kusanza mwamphamvu. Masanzi amakhala obiriwira modera (*dark green*), wofiirira (*brown*) kapena wonunkha ngati chimbudzi (chizindikiro cha kutsekeka m'matumbo, tsamba 95).
- Kupweteka kosalekeza m'matumbo, makamaka pamene wodwala akulephera kuchita chimbudzi kapena pamene m'mimba mwake simukulira (tsamba 95).
- Kusanza magazi (tsamba 133), zilonda zam'mimba (tsamba 343) kutola chiwindi.

Zothandiza kuletsa kusanza:



- Musadye kanthu pamene kusanza kwafika pachimake.
- Imwani kokakola kapena jinja elo (*ginger ale*) ndi zakumwa zina za zitsamba monga *camomile* ndi zothandizanso.
- Ngati madzi achepa m'thupi, azimwa pang'onopang'ono kokakola, tiyi, madzi obwezeretsa mphamvu m'thupi (ORS, tsamba 161)
- Ngati kusanza sikukusiya, gwiritsirani ntchito mankhwala oletsa kusanza monga *promethazine* (tsamba 400), kapena *diphenhydramine* (tsamba 400).

Ambiri mwa mankhwalawa ndi mapiritsi, ena ndi akumwa (a madzi), ena ndi a jekeseni komanso enanso amayika m'thupi kudzera ku chiwalo chotulukira chimbudzi. Matabuleti ndi mankhwala ena amadzi atha kuyikidwanso m'thupi kudzera ku chiwalo chotulukira chimbudzi. Nyenyani tabuleti ndi madzi pang'ono ndipo gwiritsirani ntchito enima kapena sirinji (*syringe*) yopanda zingano ndi kupopera madziwo m'thupi podzera m'chiwalochi.

Pamene mankhwala amwedwa, amezedwe ndi madzi pang'ono ndipo musamezenso zinthu zina mpaka patatha mphindi zisanu. Musapyole muyezo woyenera. Musapereke mankhwala kachiwiri mpaka pamene vuto lakusowa kwa madzi m'thupi latha ndipo wodwala wayambanso kukodza. Ngati kutsekula ndi kusanza kukulepheretsa kuti mankhwala apite m'thupi pakumwa kapena podzera ku chiwalo chotulukira chimbudzi, m'bayeni wodwalayo jekeseni pogwiritsira ntchito amodzi mwa mankhwalawa. *Promethazine* amagwira bwino ntchito koma musapereke mopyola muyezo.

Kupweteka kwa mutu ndi mutu waching'alang'ala

Matenda wamba a kupweteka kwa mutu angathe pokhala ndi nthawi yokwanira yopuma komanso kumwa aspirin. Nthawi zina zimathandiza kunyika kansalu m'madzi wotentha ndi kusiya kumbuyo kwa khosi ndi kumathowa khosilo ndi mapewa pang'onopang'ono. Njira zina zochizira matenda pakhomo zimathandizanso.

Nthawi zambiri munthu amadwala mutu pamene akudwalanso matenda ena otenthetsa thupi. Ngati mutu ukupweteka kwambiri, yang'anani zizindikiro za kakhosi (nthenda youmitsa khosi) (tsamba 195).

Nthenda ya mutu imene imati ikayamba nkusiyanso ikhoza kukhala chizindikiro cha matenda ena okhalitsa kapena kuperewera kwa zakudya m'thupi. Ndi bwino kumadya zakudya zokwanira ndi kukhalanso ndi nthawi yopuma yokwanira. Ngati mutu sukusiya msanga pitani kuchipatala.

Mutu wa ching'alang'ala ndi mutu umene umapweteka kwambiri mbali imodzi. Munthu amatha kudwala mutu wotere nthawi zina kawirikawiri, komanso nthawi zina pambuyo pa zaka kapena miyezi.

Mutu waching'alang'ala umayamba ndi kusawonetsetsa, kuwona timadontho towala tachilendo kapenanso kukhala osamva kanthu padzanja kapena pamwendo pamene munthu wakhudzidwa. Kenaka mutu umapweteka kwambiri ndipo umatenga masiku ambiri kuti usiye. Kawirikawiri wodwala amasanza. Mutu wotere umapweteka kwambiri koma si kuti ndi owopsa ayi.

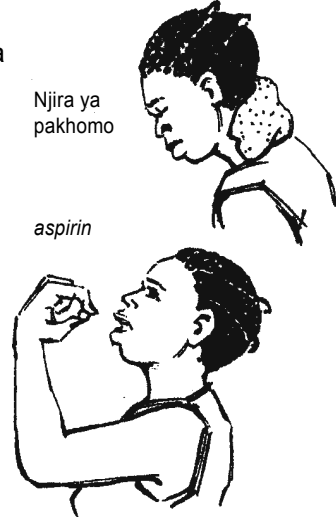
Pofuna kuletsa mutu waching'alang'ala chitani lizi

- Imwani matabuleti awiri a *aspirin* pamodzi ndi khofi yemwe wakolera kwambiri kapena ndi tiyi yemwe wakolera kwambiri wopanda mkaka.
- Gonani pamalo opanda phokoso, a mdima. Yesetsani kupuma. Yesetsani kuyiwala mavuto anu.
- Ngati mutu waching'alang'ala ukupweteka kwambiri, pezani matabuleti a *ergotamine* ndi *caffeine* (**Cafergot**) (tsamba 393). Imwani matabuleti awiri poyamba ndipo kenaka imwani tabuleti imodzi pa mphindi makumi atatu aliwonse mpaka kupweteka kutaleka. Musamwe matabuleti opitirira asanu ndi imodzi pa tsiku.

Pa matenda wamba a mutu
Njira zochizira matenda pakhomo
Nthawi zina zimagwira ntchito
bwino ngati njira za makono.

Njira ya
pakhomo

aspirin



aspirin



Chenjezo: Musamwe **Cafergot** pamene muli woyembekezera.

Chimfine ndi fuluwenza

Chimfine ndi fuluwenza ndi matenda amene amayamba ndi mavairasi. Wodwala amatuluka mamina, kutsokomola, zilonda zakukhosi, kutentha thupi ndiponso nthawi zina amamva kuphwanya mokumanira mafupa. Ana aang'ono amatha kutsekulanso m'mimba pang'ono.



Chimfine ndi fuluwenza nthawi zambiri zimatha popanda mankhwala. **Musamwe penicillin, tetracycline kapena mankhwala ena olimbana ndi bakiteriya (antibiotics)**. Mutha kungowononga ndalama zanu chifukwa mankhwalawa sathandiza.

Chenjezo: Jekeseni akhoza kuyambitsa matenda ena. Chimfine cha mtundu wina chimayamba ndi mavairasi amene amayambitsa poliyo. Kubaya jekeseni kutha kupangitsa kuti chiwalo obayidwawo akhale akufa (onani tsamba 333).

- Imwani madzi ambiri ndi kupumanso mokwanira.
- *Aspirin* (tsamba 392) kapena panadolo (*acetaminophen, paracetamol*), tsamba 393) amathandiza kuti thupi lizizire ndi kuthetsanso kupweteka kwa thupi ndi mutu. Mankhwala a ndalama zambiri a chimfine si kuti amaposa *aspirin* ayi. Nanga mutayilanji ndalama zanu?
- Simusowa zakudya zapadera ayi. Komabe madzi a zipatso, makamaka madzi a malalanje kapena mandimu ndi othandiza kwambiri.

Mukafuna mankhwala okhudza zifuwa zodza ndi zingwangwa, werengani masamba otsatirawa.

Pamene chimfine ndi fuluwenza zatha nthawi yopitirira sabata imodzi, kapena ngati wodwala watentha thupi, kapenanso akutsokomola **makholo amagazi**, ndiponso pamene akupuma mofulumira koma mosakoka mpweya kwambiri, ndiye kuti mwina nthenda ya chibayo kapena nthenda ina yogwira ziwalo zopumira ikuyamba (tsamba 179 ndi 180). Mutha kugwiritsira ntchito mankhwala olimbana ndi bakiteriya (*antibiotics*). Vuto lakusinthika kwa matenda kuchoka pa chimfine kufika pa chibayo limachitika kwambiri mwa anthu achikulire ndi anthu ena amene ali ndi vuto la nthenda zina za m'mapapo.

Zilonda za kukhosi (nsungu) ndi gawo limodzi la chimfine. Sipasoweka mankhwala apadera ayi koma zimathandiza kuvumata madzi otentha ndi kumakoka mpweya m'mphuno madziwo ali m'kamwa (onani tsamba 328).

Kupewa chimfine:

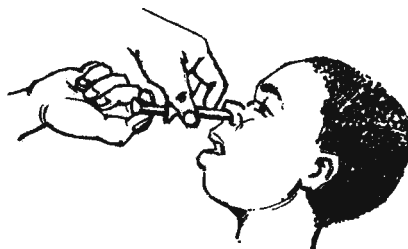
- Kugona nthawi yokwanira komanso kudya zakudya zabwino kumathandiza kupewa chimfine. Kudya zipatso monga malalanje, matimati ndi zipatso zina zokhala ndi vitamin C kumathandiza.
- Si zowona kuti chimfine chimayamba chifukwa chozidwa kapena kunyowa. Chimfine chimatengedwa kwa ena omwe ali nacho ndipo amayetsemulira mavairasi mu mpweya omwe ena amaupuma.
- Popewa kupatsira ena chimfine, munthu wodwala azidya ndi kugona payekha ndiponso asamakhale pafupi ndi ana. Pamene akutsokomola kapena kuyetsemula azitseka pakamwa kapena mphuno.
- Pofuna kudziteteza kuti chimfine chisamapweteketse kukhutu (tsamba 328), **musamamine, musingopukuta mamina**. Aphunzitseni ana kuchita chimodzimidzi.

Mphuno zotsekeka ndi zamamina

Mphuno zitha kutsekeka kapena kuchita mamina chifukwa cha chimfine kapena ziwengo. Mamina akachulukwa m'mphuno atha kuyambitsa matenda a kukhutu mwa ana aang'ono kapenanso m'mafupa a mphuno wodwala akakhala wamkulu.

Pofuna kuchotsa zoipa m'mphuno zotsekeka chitani izi:

1. Ngati ndi mwana wamng'ono popani mamina m'mphuno ndi chubu chobayira jekeseni **chopanda zingano** monga zikuwonekera apa:



2. Akakhala mwana okulirapo kapena munthu wachikulire, ikani madzi a mchere m'dzanja lawo ndipo anunkhize madziwo m'mphuno. Zimathandiza kuti mamina asungunuke (akhale a madzimadzi).

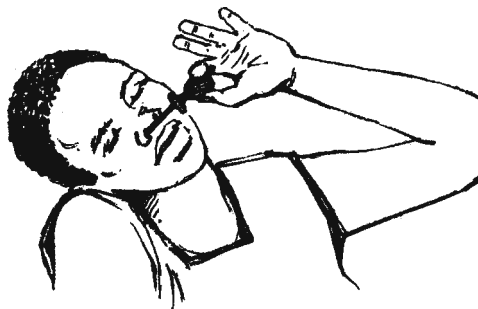
3. Kufungatira n'thunzi ya madzi otentha (tsamba 177) kumathandiza kuchotsa zoipa m'mphuno zotsekeka.

4. Pukutani mphunoyo **m'malo momina**. Kumina kutha kuyambitsa nthenda ya kukhutu kapena kudzetsa vuto la m'mafupa a m'mphuno.

5. Anthu amene amadwala nthenda ya kukhutu kapena kukhala ndi vuto mu mafupa a mphuno pamene ali ndi chimfine atha kupewa mavuto amenewa pogwiritsira ntchito mankhwala **odonthozera m'mphuno** otchedwa *phenylephrine* (tsamba 397). Atha kupanganso mankhwala odonthozera m'mphunowa pogwiritsira ntchito mankhwala a *ephedrine* (tsamba 398). Pambuyo ponunkhiza madzi a mchere, donthozerani mankhwala m'mphuno motere:

Pendamitsani mutu cham'mbali, ndipo thirani madontho awiri kapena atatu m'munsi mwa bowo la mphuno. Dikirani mphindi pang'ono ndipo kenaka donthozeraninso mbali inayo.

Chenjezo: Gwiritsirani ntchito mankhwala odonthozerawa mosapitirira katatu pa tsiku, mosapitiriranso masiku atatu.



Mankhwala ena akumwa (okhala ndi *phenylephrine*) amathandizanso.

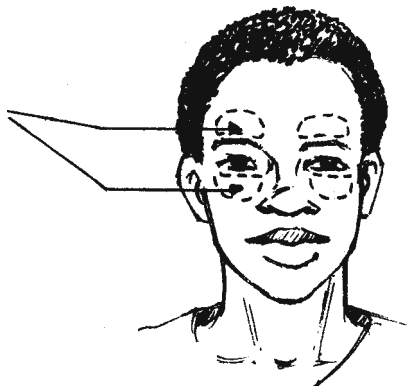
Pewani vuto la nthenda ya kukhutu ndi vuto la m'mafupa a m'mphuno. Musamakonde kumina koma muzingopukuta mphuno.

Vuto la kupweteka m'mafuna m'mkati mwa phuno (*Sinusitis*)

Nthenda imeneyi imatupitsa mphako za mafupa a m'kati mwa mphuno.

Zizindikiro zake:

- Kupweteka kumaso pamwamba ndi pansi pa maso: (Kupweteka kumamveka kwambiri pamene mwakhudza pang'ono pa mafupawa kapena pamene mwawerama.)
- Mamina kapena mafinya m'mphuno, nthawi zina zimenezi zimakhala ndi fungo loipa. Mphuno zimatsekeka.
- Kutentha kwa thupi (nthawi zina).
- Mano ena amapweteka.



Chithandizo:

- Kumwa madzi ambiri.
- Nunkhizani (fwentheran) m'madzi a mchere m'mphuno (tsamba 173).
- Thowani kumaso ndi kansalu konyika m'madzi otentha.
- Gwiritsirani ntchito mankhwala odonthezera m'mphuno monga *phenylephrine* (**Neo-synephrine**, tsamba 397).
- Gwiritsani ntchito mankhwala monga *tetracycline*, *ampicillin* kapena *penicillin* (tsamba 365).
- Ngati wodwala sakuchira, pitani kuchipatala.

Kupewa:

Pamene muli ndi chimfine kapena mphuno zotsekeka, chotsani zoipa mphuno mwanu (tsamba 173).

Thupi la Hay (*Hay fever, allergic rhinitis*)

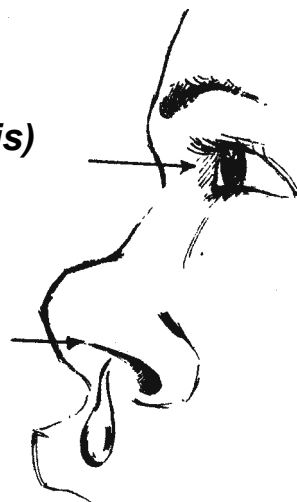
Iyi ndi nthenda yoyetsemula ndi kunyerenyesa m'maso chifukwa cha zinthu zina zomwe munthu wapuma mu mpweya. Nthendayi imagundika nyengo zina za pachaka.

Chithandizo:

Gwiritsirani ntchito *antihistamine* monga *chlorpheniramine* (tsamba 400). *Dimenhydrinate* (**Dramamine**, tsamba 401) amagwiranso ntchito.

Kupewa:

Pezani zinthu zomwe zimayambitsa nthendayi monga fumbi, nthenga za nkhuku, mungu (**pollen**), nguwi (thubza) ndipo muzipewe.



Ziwengo (Aleji, *allergy*)

Ziwengo ndi kusokonezeka kwa thupi komwe kumachitika kwa anthu ena pamene zinthu zomwe iwo sagwirizana nazo...

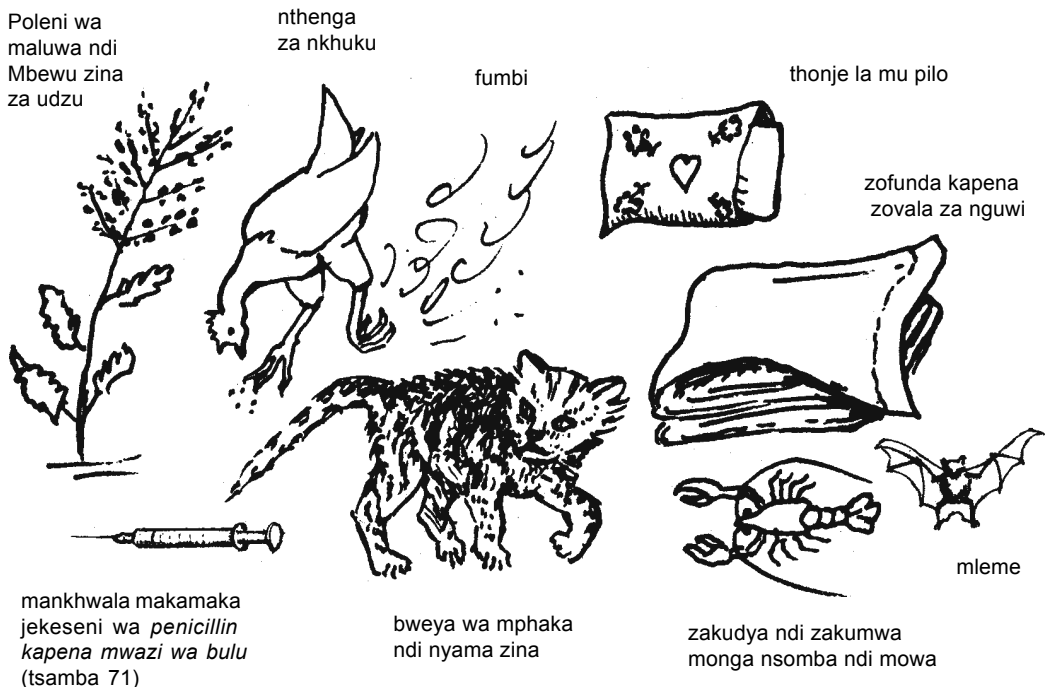
- zapumidwa
- zadyedwa
- zabayidwa m'thupi mwawo
- zakhudza khungu lawo

Zizindikiri za aleji zomwe zikhoza kukhala zovuta pang'ono kapena kwambiri ndi monga izi:

- tizilonda tonyerenyesa kapena zidzolo (tsamba 215)
- chimfine, kuyabwa kapena kuwotcha kwa m'maso (*hay fever*) (tsamba 174)
- kuyabwa kukhosi, kupuma movutika kapena mphumu (onani tsamba lotsatira)
- alajiki shoko (tsamba 71)
- kutsekula m'mimba (ana omwe sagwirizana ndi mkaka) (tsamba 162)

Ziwengo zoterezo n'zosapatsirana ndipo zina zimatha kukhala zachibadwa. Komabe ana ena omwe makolo awo ali ndi aleji nawonso amakhalanso ndi aleji.

Anthu amene amadwala ziwengo amavutika pa nyengo zina kapenanso pamene akhudzana ndi chinthu chowavutacho. Ziwengo zambiri zimayamba ndi:



Mphumu

Munthu wodwala mphumu amapuma movutika. Mvetserani ngati pakumveka phokoso popuma, makamaka pa nthawi imene munthu akupumira kunja. Pamene akupumira m'kati, khungu lopezeka kuseri kwa mafupa a m'mapewa komanso lopezeka pakati pa nthiti limatha kulowa m'kati pamene akuyesetsa kukoka mpweya.

Onani momwe akuyankhulira. Ngati akulephera kumaliza chiganizo chimodzi, ndiye kuti wadwala kwambiri. Amatha kulephera kupuma ndipo pa chifukwa chimenechi, amalephera kuti adzuke ndi kukhala pansi.

Ngati munthu sakulandira mpweya wokwanira, zikhadabo zake ndi milomo yake zimasanduka zobiriwira (*blue*) kawirikawiri thupi silimatentha.

Mphumu zimayamba pamene munthu ali mwana ndipo zimapitirira pamoyo wonse wa munthu. Mphumu sapatsirana ayi, koma amene amadwala kwambiri ndi ana amene achibale awo adadwalaponso nthendayi. Nthendayi imagundika kwambiri pa miyezi ina ya pa chaka. Imagundika kwambiri usiku ndipo wodwala amatsokomola koma osatuluka makhololo. Anthu amene amadwala mphumu kwa nthawi yayitali mapapo awo amatha kuwonongeka kwambiri (tsamba 179).

Nthenda ya mphumu imatha kuyambika pamene munthu wadya kapena kupuma zinthu zomwe sagwirizana nazo (zinthu zomwe zingamuwenge) (tsamba 175). Mphumu zikhoza kuyambanso chifukwa cha chimfine. Kwa anthu ena, zinjenje kapena madandaulo zimatha kuyambitsa mphumu. Kwa anthu enanso, mphumu zimatha kuyamba pogwira ntchito kwambiri makamaka pamene mpweya ndi wozizira kapenanso owuma kwambiri.

Chithandizo:

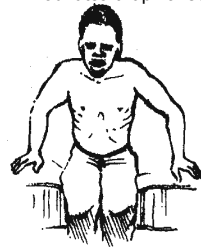
- Ngati munthu wadwala kwambiri mphumu m'nyumba, atulukemo kupita panja kumene mpweya uli wabwino. Khalani wodekha ndi munthuyo ndipo mulimbikitseni kuti akhala bwino.
- Mupatseni zakumwa zambiri. Zimenezi zimatsekula m'mphuno ndipo kupuma kumakhala kosavuta. Kufungatira nthunzi ya madzi kumathandizanso (tsamba 177).
- Ngati munthuyo sadwala kwambiri, mupatseni *ephedrine*, *theophylline* (tsamba 398) kapena *salbutamol* (tsamba 398).
- Ngati munthu wadwala kwambiri, alandire jekeseni wa **Adrenalin**. Akulu azilandira muyezoz wa theka ($\frac{1}{2}$) ndipo ana alandire muyezo wa kota ($\frac{1}{4}$). Bwezerani muyezowu pa theka la ola lililonse koma osapitirira katatu (tsamba 398). Mutha kuperekanso *prednisolone* matabuleti a 5 mg. Odwala amwe mapiritsi wa anai, asanu kapena 6 m'mawa uliwonse kwa sabata imodzi (tsamba 399).
- Ngati munthu watentha thupi, kapenanso ngati akutsokomola makhololo a girini (obiriwira) kapena chikasu (*yellow*), mupatseni makapasulu a *tetracycline* kapena *erythromycin* (tsamba 369).
- **Ngati munthu sakuchira, pitani kuchipatala.** Pali mankhwala ena masiku ano omwe amalowa m'thupi pokoka mpweya kudzera m'mphuno kapena m'kamwa. Mankhwala okokera mpweya m'thupiwa amachiza bwino mphumu ndipo mwina sizimayambiranso. Vuto lake ndi lakuti mankhwalawa ndi okwera mtengo komanso ndi oyenera kuti azimwedwa kwa zaka zambiri.

Kupewa:

Munthu wodwala mphumu azipewa kudya kapena kupuma mpweya wa zinthu zimene zimayambitsa matendawa. Pakhomo pazikhala paukhondo chimodzimidzinsu kumalo kogwirira ntchito. Nkhuku ndi nyama zina zisamalowe m'nyumba. Onetsetsani kuti mileme sikukhala kudenga la nyumba yanu. Muziyanika zofunda zanu pa dzuwa. Nthawi zinanso ndi bwino kumagona panja. Anthu odwala mphumu amakhalako bwino akasuntha kukakhala dera lina kumene mpweya wake ndi wabwino. Makamakanso azipewa kupuma fungo lochokera mu zinthu zosiyanasiyana monga mankhwala, utsi wa kufakitale, penti ndi mankhwala ophera tizilombo.

Ngati mukudwala mphumu, musamasute fodya. Kusuta kumaononga mapapo anu kwambiri.

khalani pansi koma modzutsa thupi lonse



Bayani jakisoni ndi mankhwala

Chifuwa

Chifuwa si kuti ndi matenda pawokha koma chizindikiro cha matenda osiyasiyana amene ziwalo monga kukhosi (kum'mero), mapapo, komanso **mitsempha imene imalowa m'mapapo**. Pamusipa pali m'ndandanda wa mavuto omwe amadza ndi chifuwa cha mitundu yosiyanasiyana:

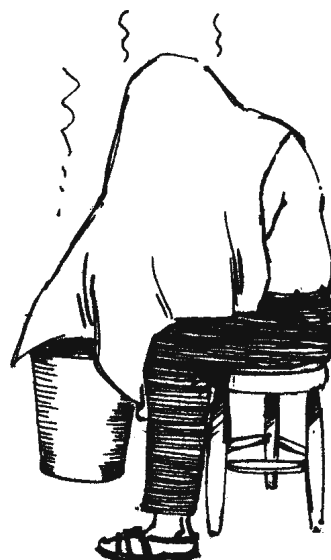
CHIFUWA CHOPANDA MAKHOLOLO, KAPENA CHOKHALA NDI MAKHOLOLO PANG'ONO	CHIFUWA CHA MAKHOLOLO	CHIFUWA CHOMVEKA PAKHOSI (KULIRA) M'CHIFUWA KOMANSO CHOPUMA MOVUTIKA
<ul style="list-style-type: none"> • chimfine kapena fuluwenza (tsamba 172) • nyongolotsi pamene zidutsa m'mapapo (tsamba 146) • chikuku (tsamba 330) • chifuwa cha fodya (tsamba 156) • chifuwa cha mphumu (tsamba 176) 	<ul style="list-style-type: none"> • nthenda ya m'mitsempha yolowa m'mapapo (tsamba 179) • chibayo (tsamba 180) • mphumu (tsamba 176) • chifuwa cha fodya, makamaka podzuka m'mawa (tsamba 156) 	<ul style="list-style-type: none"> • mphumu (tsamba 176) • chifuwa chokoka mtima (tsamba 332) • zilonda zakukhosi (tsamba 332) • mavuto a mtima (tsamba 345) • kutsamwa (tsamba 80)
CHIFUWA CHOSATHERAPO	CHIFUWA CHA MAGAZI	
<ul style="list-style-type: none"> • TB (tsamba 189) • chifuwa cha fodya, chifuwa cha anthu ogwira ntchito mu mgodi (tsamba 156) • mphumu (tsamba 176) • chifuwa chamgonagona (tsamba 179) • chifuwa cha mphumu (tsamba 179) • Edzi (ngati chifuwa chipitirira mwezi umodzi (tsamba 257) 	<ul style="list-style-type: none"> • TB (tsamba 189) • chibayo (makhololo achikasu, girini kapena magari) (tsamba 180) • nyongolotsi (njoka zam'mimba) (tsamba 146) 	

Kutsokomola ndi njira imodzi imene thupi limachotsera zoipa mu ziwalo zopumira (zoipa monga makhololo komanso majeremusi kukhosi ndi m'mapapo). Choncho pamene mukutsokomola makhololo, **musamwe mankhwala oletsa kutsokomolako, koma yetsani kuti makhololo atuluke ndithu.**

Chithandizo:

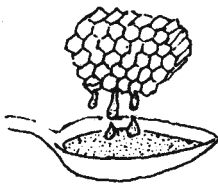
1. **Pofuna kuti mamina asungunuke imwani madzi ambiri** komanso pofuna kuchepetsa kutsokomolako. Zimenezi zimathandiza kusiyana ndi mankhwala aliwonse.

Komanso **muzifungatira nthunzi yamadzi otentha**. Khalani pa mpando ndipo panso pakhale chidebe chamadzi otentha kwambiri pafupi ndi mapazi anu kapena ka tebulo kakang'ono pambali panu. Fundani nsalu kumutu kwanu ndipo nsaluyo ivundikirenso chidebecho kuti nthunzi yochokera m'madzimo isathawe koma izikwera kufika mphuno mwanu kuti muyipume. Chitani zimenezi kangapo pa tsiku. Anthu ena amakonda kusakaniza madziwa ndi mpungabwi kapena masamba abulugamu koma madzi otenthanso pawokha amathandizanso kwambiri.

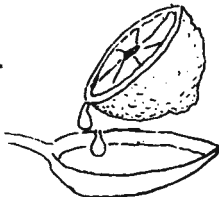


2. **Pa chifuwa cha mtundu uliwonse**, makamaka chifuwa chosatulutsa makhololo, mankhwala akumwawa atha kuperekedwa:

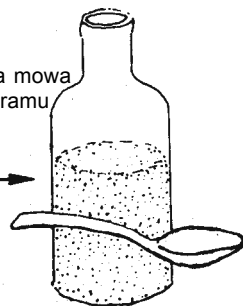
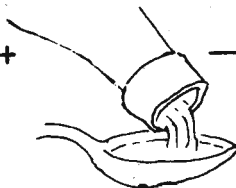
Sakanizani: gawo limodzi la uchi



gawo limodzi la mandimu



gawo limodzi la mowa wa jini kapena ramu



Imwani supuni imodzi yodzadza pa maola awiri kapena atatu mutambula yamadzi otentha. Kwa ana kapena anthu amene akuvutika kupuma, musasakanize ndi mowa.

3. **Ngati mukutsokomola kwambiri (popanda makhololo) ndipo mukulephera kugona**, imwani mankhwala a *codeine* (tsamba 397). Matabuleti a *aspirin* osakaniza ndi *codeine* (kapena *aspirin* yekha) amathandizanso. Ngati makhololo achuluka kapenanso ngati m'chifuwa mukumveka phokoso potsokomola, musagwiritse ntchito *codeine*. Ngati chifuwa sichikutha kwa sabata imodzi, ndiye kuti ndi mphumu, ngakhale kuti kutsokomola kwake kutakhala kosachita phokoso m'chifuwa.

4. **Chifuwa chomveka phokoso m'chifuwa** (kapena kupuma movutika), onani nthenda ya mphumu (tsamba 176) Nthenda ya mitsempha yolowa m'mapapo (*bronchitis*, tsamba 179) ndi nthenda ya mtima (tsamba 345).

5. **Yesetsani kufufuza nthenda yomwe yayambitsa chifuwacho ndipo chizani nthendayo**. Ngati chifuwa chikukhalitsa ndipo ngati makhololo ndi a magazi, a mafinya kapena onukha kapenanso ngati wodwala akutsika sikelo ndipo akuvutika kupuma, pitani kuchipatala.

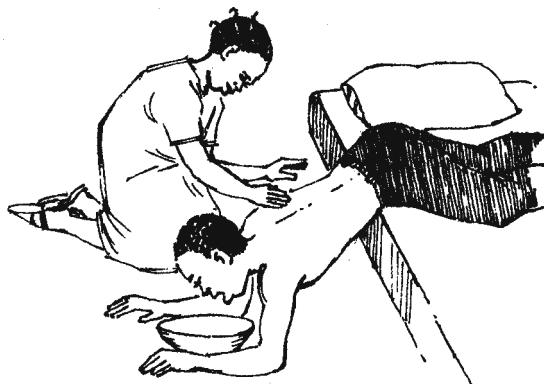
6. Ngati muli ndi chifuwa cha mtundu uliwonse, musasute fodya. Kusuta fodya kumawononga mapapo.

Pofuna kupewa chifuwa, musasute fodya. Pofuna kuchiza chifuwa, chizani nthenda yomwe yayambitsa chifuwacho. Musasute fodya pofuna kuziziritsa chifuwa ndi kusungunula makhololo komanso imwani madzi ambiri ndipo musasute fodya.

Kuchosa makhololo m'mapapo

Pamene munthu yemwe wadwala kwambiri chifuwa ndi wokalamba kapena wofowoka ndipo sangathe kuchotsa makhololo m'chifuwa mwake potsokomola, zingathandize atati azimwa madzi ambiri, komanso kuchita izi:

- Poyamba azifungatira nthunzi yamadzi otentha pofuna kusungunula makhololo.
- Kenaka akadali pa bedi, aweramtse mutu nagwira pansu, miyendo yokha itsale pabedipo. Muzimenya pang'onopang'ono pa msana pake kwa mphindi khumi kangapo pa tsiku ngati kuli kofunika kutero. Zimenezi zingathandize kutulutsa makhololo.



Nthenda ya m'mitsempha yolowa m'mapapo (*Bronchitis*)

Nthenda yowopsa kwambiri

Iyi ndi nthenda yomwe imagwira mitsempha yomwe imalowetsa mpweya m'mapapo. Kutsokomola kwake kumakhala kwa phokoso ndiponso kumatulutsa makhololo. Nthendayi imayamba chifukwa cha mavairasi choncho mankhwala opha bakiteriya (*antibiotics*) samathandiza. **Mankhwala a 'antibayotiki' angagwiritsidwe ntchito pamene kutsokomolaku kwapitirira sabata** ndipo wodwala sakuchira kapenanso akuwonetsa zizindikiro za chibayo, komanso ngati ali ndi mavuto ena akalekale okhudza mapapo ake. Nthawi zina njoka zam'mimba zandendera kapena zozungulira (*roundworm*) ndi zomwe zimadzetsa mavutowa ndipo ngati ndi choncho yesani mankhwala otchedwa *mebendazole* (tsamba 387).

Nthenda ya bronchitis yangonamgona (yokhalitsa)

Nthendayi imayamba chifukwa cha kusuta kapenanso kukhala pa malo afumbi.

Zizindikiro:

- Chifuwa cha makhololo chomwe chimatenga miyezi kapena zaka nthawi zina munthu akudwala kwambiri ndipo amatentha thupi. Munthu wa chifuwa chotere ndipo ngati sakudwala matenda ena okhala nthawi yayitali monga TB ndiye kuti mwina akudwala nthenda ya m'mapapo (*bronchitis*) yokhalitsa.
- Nthendayi kawirikawiri imagwira anthu achikulire amene amasuta fodya kwambiri ndipo amenewa ndi amene atha kudwala nthenda ya kuwonongeka kwa mapapo ngati atapitiriza kusuta.
- Munthu amene akudwala nthenda ya kuwonongeka kwa mapapo (***emphysema***) amavutika popuma, makamaka pogwira ntchito. Nthawi zina pa chifuwa pamafufuma. Kuwonongeka kwa mapapo kobwera chifekwa chonthendayi nkosachiwiritsika.



Nthenda ya kuwonongeka kwa mapapo (*emphysema*) imadza chifukwa cha mphumu yokhalitsa, ya m'mapapo kapena kusuta.

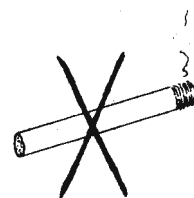
Chithandizo:

- Siyani kusuta ndipo pewani kukhala pamalo afumbi.
- Gwiritsirani ntchito mankhwala olimbana ndi mphumu pamodzi ndi ephedrine komanso *theophylline* (tsamba 398).
- Anthu odwala nthendayi agwiritsire ntchito *ampicillin* kapena *tetracycline* pamene ali ndi chifuwa kapena chimfine komanso kutentha kwa thupi.
- Ngati munthu wodwalayo akutsokomola makhololo ogwirana, azifungatira nthunzi ya madzi otentha (tsamba 177), ndipo kenaka azizondotsa mutu wake atagwira pansu miyendo ili pabedi kuti makhololo azichoka kukhosi (tsamba 178).



Ngati muli ndi chifuwa chosatherapo kapena mukufuna kupewa chifuwachi,

MUSASUTE FODYA!

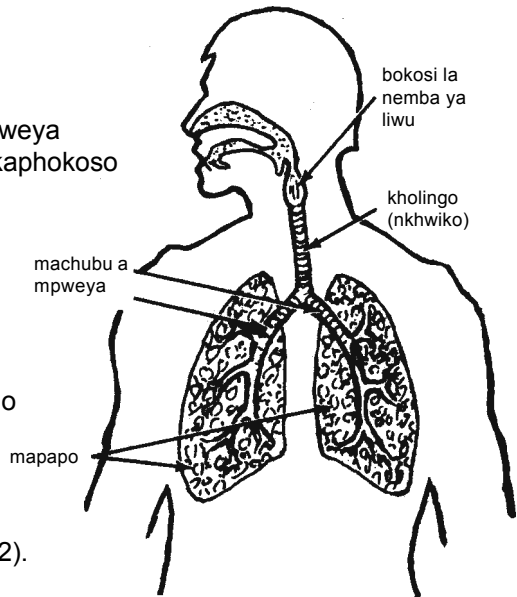


Chibayo

Chibayo ndi nthenda yam'mapapo. Nthendayi kawirikawiri imayamba pambuyo pa nthenda zina zomwe zimagwiranso ziwalo zopumira. Izi ndi nthenda monga chikuku, chifuwa chokoka mtima, fuluwenza, mphumu komanso nthenda zina zambiri zomwe zimagwira ana aang'ono komanso anthu okalamba. Munthu amene akudwala Edzi atha kuyambanso kudwala chibayo.

Zizindikiro:

- Kuzizidwa kenaka kutentha kwa thupi.
- Kupuma mofulumira koma mosakoka mpweya kwambiri, ndipo m'chifuwa mumamveka kaphokoso munthu akamapuma.
- Kutentha kwa thupi (nthawi zina ana ongobadwa kumene, anthu okalamba komanso ena amene afowoka kwambiri amadwala koma osatentha thupi, mwina limangotentha pang'ono).
- Chifuwa (chomwe chimadza ndi makhololo achikasu, komanso obiriwira).
- Kupweteka kwa pa chifuwa.
- Munthu amawoneka wodwala kwambiri.
- Zilonda kumaso ndi m'milomo (tsamba 242).



Mwana amene wadwala kwambiri amene akupuma mosakoka mpweya kwambiri komano kukoka mpweyawo kopitirira maulendo 60 pa mphindi imodzi ndiye kuti mwina akudwala chibayo.

(Ngati kupuma kukuchitika mofulumira kwambiri komanso motulutsa liwu lapansipansi, werengani mfundo yokamba za kuchoka kwa madzi m'thupi, tsamba 160 kapena kupuma kofulumira kwambiri kotchedwa *hyperventilation*, tsamba 24.)

Chithandizo:

- Pa matenda a chibayo, mankhwala olimbana ndi bakiteriya (*antibiotics*) atha kupulumutsa munthu ku imfa. Mupatseni wodwala *co-trimoxazole* (tsamba 372), *penicillin* (tsamba 365) kapena *erythromycin* (tsamba 369). Matenda akakula, wodwala abayidwe jekeseni wa *procaine penicillin* (tsamba 367). Akulu alandire mayunitsi 395,000 (250 mg) kawiri kapena katatu pa tsiku kapena *ampicillin* (tsamba 367), 500 mg, kanayi pa tsiku. Ana alandire kuyambira $\frac{1}{4}$ mpaka $\frac{1}{2}$ ya mlingo poyerekeza ndi akulu. Kwa ana ochepera zaka zisanu ndi chimodzi ampicillin ndi wabwino kuposa mankhwala onse.
- Perekani *aspirin* kapena panadolo (*acetaminophen; paracetamol*, tsamba 393) pofuna kuti thupi lizizire kapenanso kuchepetsa ululu.
- Wodwala apatsidwe zakumwa zambiri. Ngati sakudya, mupatseni zakudya zamadzimadzi kapena chakudya chobwezeretsa madzi ndi mchere mthupi ORS (tsamba 161).
- Chepetsani kutsokomola ndi chimfine pomupatsa wodwalayo madzi akumwa ambiri komanso kumuthandiza kuti azifungatira nthunzi ya madzi otentha (tsamba 177 ndi 178).
- Ngati m'chifuwa mwake mukumveka phokoso (kulira ngati wenzulo) mankhwala ochiza mphumu mophatikiza ndi *theophylline* kapena *ephedrine* akhoza kuthandiza.

Malungo

Malungo ndi nthenda yam'magazi yomwe imachititsa munthu kuti azidwe komanso kutentha thupi. Nthenda yamalungo imafalitsidwa ndi udzudzu. Udzudzu umayamwa tizilombo toyambitsa malungo kuchokera m'magazi a munthu wodwala ndipo pamene udzudzuwo uluma munthu wina, umasiya tizilombo ta munthu wodwala uja m'thupi la winayo.

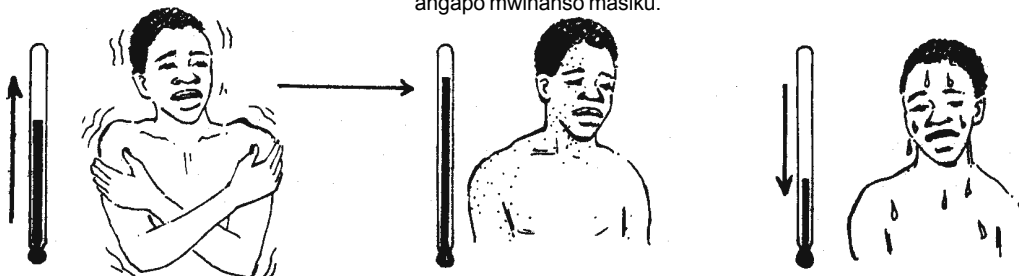
Zizindikiro za malungo:

- Malungo ali ndi magawo enieni atatu:

1. Kumamva kuzizira, kupweteka kwa mutu ndi kufowoka kwa thupi. Munthu amanjenjemera kwa mphindi khumi ndi zisanu (15) mwinanso ola limodzi.

2. Pambuyo pakumva kuzizira thupi limatentha kufika 40°C kapena kupitirira. Wodwala amafowoka ndipo nthawi zina mutu wake sumagwira. Kutentha thupiku kumatha mawola angapo mwinanso masiku.

3. Potsiriza munthuyo amayamba kutuluka thukuta ndipo thupi limazizira.



- Kawirikawiri malungo amayambitsa kutentha thupi masiku atatu aliwonse kapena awiri aliwonse (malinga ndi mtundu wa malungo) koma kumayambiro thupi limatentha tsiku ndi tsiku. Pa chifukwachi, **aliyense amene thupi lake latentha mosadziwika bwino ayenera kuyezetsa magazi kuti awone ngati akudwala malungo.**
- Malungo akakhala nthawi yayitali amachepetsa magazi m'thupi ndinso kutupitsa kapamba (onani tsamba 129).
- Kwa ana aang'ono kuchepa kwa magazi m'thupi komanso kuyezuka kumayamba pambuyo pa tsiku limodzi kapena awiri. Ana amene akudwala malungo a m'bongo amachitanso chifufu kenaka amatha kukomoka. M'manja mumasintha mtundu kusanduka mobiriwira komanso muli motuwa (*blue gray*). Wodwala amapuma mofulumira ndipo amakoka mpweya kwambiri. (Dziwani kuti ana amene sayamwitsidwa mkaka wa m'mawere atha kugwidwa ndi malungo mosavuta.)

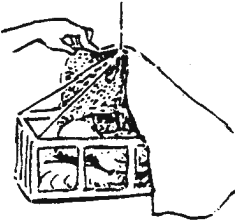
Chithandizo:

- Ngati mukuganiza kuti muli ndi malungo kapena kuti thupi likumatenthatentha, pitani mukayezetse magazi kuchipatala.
- Ngati *chloroquine* amathandiza ndipo ngati pali matabuleti a 150 mg ndipo akulu azimwa matabuleti awiri kawiri pa tsiku kwa masiku atatu. Muyezo wa mankhwala a ana onani tsamba 380. Matabuleti a *chloroquine* amayamba kugwira ntchito pambuyo pa mphindi makumi atatu. Sisisoweka kuyamba ndi jekeseni wa *chloroquine*. Kutentha thupi kumatha tsiku limodzi kapena awiri. Chofunika ndi kutsiriza muyezo wa matabuletiwo.
- Ku madera kwina kuli malungo amene sachizika ndi mankhwala a *chloroquine* ndipo mankhwala ena monga **Fansidar** ndi *quinine* atha kugwiritsidwa ntchito (onani tsamba 379 mpaka 382). Funsani malangizo kuchipatala chomwe chiri pafupi.
- Ngati munthu wodwala malungo wayamba kuchita chifufu kukomoka kapena linjirinjiri, ndiye kuti mwina akudwala malungo a m'bongo. Pitani msanga kuchipatala kuti akalandire jekeseni wa malungo (tsamba 381).

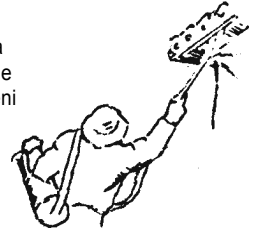
Kupewa malungo

Malungo amavutitsa kwambiri nthawi ya mvula. Ngati anthu atagwirizana, ndi kosavuta kupewa malungo. Njira zonse zopewera malungo zidzichitika mwachangu.

1. Pewani udzudzu. Muzigona pamalo popanda udzudzu. Pa kabedi kamwana muzikungapo mosikitoneti kapena kansalu kopyapala bwino. Masikito onyikidwa m'mankwala ndiye abwino.



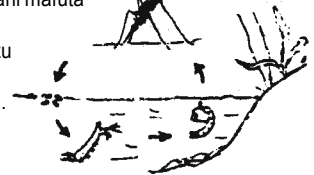
2. Muzigwirizana ndi anthu opereka malungizo okhudza nthenda ya malungo pamene afika ku dera kwanu. Awuzeni ngati kuli anthu amene akumatentha thupi ndipo apempheni kuti ayeze magazi a odwalawo.



3. Ngati mukuganiza kuti ndi malungo, imwani mankhwala mwamsanga. Pamene mwamwa mankhwala, udzudzu umene ungakulumeni pambuyo pake sunga falitse malungo kwa anthu ena.



4. Iphani udzudzu ndi ana ake omwe. Udzudzu umaswana m'madzi osayenda, m'madamu, m'mayenje, m'miphika yosweka. Zikatero kumbani ngalande kuti madzi aziyenda kapena thirani mafuta m'madzi osayenda ndi m'zithaphwi momwe udzudzu umaswaniranamo. Zitsa za nsungwi zithiridwe mchenga.



5. Malungo atha kupewedwa pakumwa mankhwala oletsa malungo nthawi yoyenera. Onani masamba 379 mpaka 380.

Malungo ogowola m'mafuna (*Dengue*)

Nthendayi nthawi zina imayesedwa ndi malungo. Imayambika ndi mavairasi omwe amafalitsidwa ndi udzudzu. M'zaka zapitazi, nthendayi yayamba ikupezeka m'mayiko ambiri. Nthendayi imagwira anthu ambiri nthawi imodzi makamaka m'nyengo yamvula. Munthu atha kudwala nthendayi kangapo. Pamene munthu adwala nthendayi kachiwiri kapena kupitirira, amadwala kwambiri ndithu. Pofuna **kudziteteza** ku nthendayi, pewani kulumidwa ndi udzudzu monga zafotokozedwa pamwambapa.

Zizindikiro:

- Kutentha thupi mwadzidzidzi.
- Kuphwanya kwambiri kwa thupi, mutu ndi zilonda zakukhosi.
- Munthu amadwala, kufowoka ndipo sasangalala.
- Pambuyo pa masiku atatu kapena anayi wodwala amapeza bwino kwa mawola ochepe mpaka masiku awiri.
- Matenda amayambanso ndipo munthu amadwala kwa tsiku limodzi kapena masiku awiri ndipo tizilonda timatuluka m'manja ndi m'mapazi.
- Tizilonda timafalikira m'mikono, m'miyendo kenaka thupi lonse (koma osati kumaso).
- Nthawi zina m'kati mwa khungu mumachita magazi (timadontho tating'ono takuda).

Chithandizo:

- Palibe mankhwala amene amachiza nthendayi koma imasiya yokha pambuyo pa masiku angapo.
- Kupuma, kumwa zakumwa zambiri, panadolo (*acetaminophen, paracetamol*)). (koma **osati aspirin**) kumathetsa kupweteka ndi kutentha kwa thupi
- Ngati magazi akutuluka kwambiri, musamaleniyeni moyenera (tsamba 78).

Nthenda yowononga chiwindi (*Hepatitis A*)

Nthendayi yoyambitsidwa ndi mavairasi imawononga chiwindi. Poyamba pa nthendayi, munthu amatentha thupi ndipo amatsika sikelo. Pamene thupi likuzizira, maso amasanduka chikasu. Nthendayi simavuta kwambiri mwana koma imavuta kwambiri anthu akuluakulu. Nthendayi imavutanso kwambiri kwa amayi oyembekezera ndipo ikhoza kudzetsa imfa. Anthu ena amati nthenda iliyonse yodzetsa chikasu m'maso ndi 'Yellow fever'. Nthenda imeneyi ndi mtundu umodzi wa nthenda yowononga chiwindi yotchedwa hepatitis yomwe imagwira anthu ambiri nthawi imodzi (tsamba 204).

Anthu amene ali ndi maso achikasu si onse amene ali ndi nthenda ya 'yellow fever' yeniyeni.

Zizindikiro:

- Munthu safuna kudya kapena kumwa. Amakhala masiku ambiri osadya kanthu.
- Nthawi zina amamva kupweteka kumanja pafupi ndi chiwindi kapena m'munsi mwa nthiti.
- Amamva kuyabwa thupi lonse.



- Atha kumva kutentha kwa thupi.
- Pambuyo pa masiku angapo maso amasanduka a chikasu.
- Kuwona chakudya fungo lake kumamuyambitsa kusanza.
- Mkodzo umasanduka wodera (*dark yellow*) ndipi chimbudzi chimakhala chonkera koyera.

Munthu amadwala kwambiri kwa sabata ziwiri ndipo amakhala ofowoka kwa nthawi ya pakati pa mwezi umodzi mpaka miyezi itatu yotsatira. Kuti mudziwe za *Hepatitis B* onani tsamba 204.

Chithandizo:

- Maantibayotiki sachiza nthenda yowononga chiwindi. Mudziwe kuti mankwala ena amakulitsa vuto la nthendayi. **Kotero sibwino kuti muzigwiritsira ntchito mankwala ena ayi.**
- Wodwala azipuma mokwanira ndi kumamwa zakumwa zambiri. Ngati akukana chakudya, mupatseni madzi a malalanje, mapapaya kapena zipatso zina pamodzi ndi msuzi ndi nkuku kapena zakudya zina zomanga thupi (tsamba 115). Ndi bwinonso kudya mavitamini.
- Kuti muletsa kusanza onani tsamba 170.
- Pamene wodwala wayamba kudya, perekani zakudya zopatsa mphamvu komanso zomanga thupi. Mupatseni wodwala madzi a malalanje, mapapaya ndi zipatso zina komanso msuzi ndi nyama ya nkuku. Nyemba, nyama, nkuku, ndi mazira owiritsa ndi abwinonso. Pewani zakudya zamafuta. Mukhale **osamwa mowa** kwa nthawi yaitali.

Kupewa:

- Mavairasi oyambitsa nthendayi amafala kuchoka mu chimbudzi cha munthu wodwala kupita pakamwa pa munthu wina kudzera mu madzi kapena chakudya chomwe chili ndi matenda. Pofuna kupewa kuti ena asatenge matendawa, ndi kofunika kumakwirira kapena kutentha chimbudzi cha munthu wodwala ndi kumamusamala kwambiri. Munthu wosamala wodwalayo ayenera kusamba m'manja nthawi iliyonse imene wamuyandikira wodwalayo.
- Ana aang'ono amadwala matendawa popanda zizindikiro zilizonse koma atha kufalitsa matendawa kwa ena. Ndi bwino kuti aliyense m'nyumbamo atsate malangizo onse aukhondo (tsamba 138 mpaka 145).
- Kwa sabata zitatu, pambuyo pakusiyana zizindikiro za nthendayi, yesetsani kuti musafalitse nthendayi kwa ana, gwiritsirani ntchito mbale zosiyana pakudya ndiponso musagwire zakudya. Pewani kugonana, ngakhale patakhala kondomu.

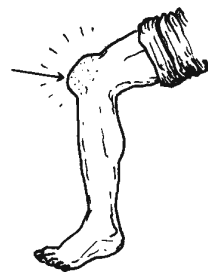
Kutupa kwa malo okumanira mafupa (Arthritis)

Kupweteka kwa malo okumanira mafupa kumene kumagwira anthu achikulire sikungachizidwe kotheratu. Komabe zinthu izi ndi zothandiza:

- **Kupuma:** Ngati kungatheke pewani ntchito yolemetsa kapena masewero olimbitsa thupi amene amakhudzana ndi malo okumanira mafupawa. Ngati matendawa akutenthetsa thupi ndi bwino kukhala ndi nthawi yogona masana.
- **Kuthowa ndi madzi otentha** (nsalu yonyikidwa m'madzi otentha): Thowani m'malo mopweteka (tsamba 207).
- **Asprin** amathandiza kuchepetsa ululu. Muyezo ochizira nthendayi ndi waukulu kusiyana ndi pamene tikungofuna kuchepetsa ululu wina chabe. Imwani matabuleti atatu kanayi pa tsiku kapena kasanu ndi kamodzi pa tsiku. M'makutu mwanu mukayamba kumveka maberu, imwani mankhwala ochepa. Pofuna kuthetsa vuto la m'mimba limene lingayambe ndi *aspirin*, imwani pamodzi ndi chakudya, mkaka, bikaboneti wa mu soda ndi madzi ambiri.
- Ndi bwino kuchita masewero osavuta **olimbitsa thupi** pofuna kuti mafupa aziyendayendako ngakhale akupweteka.

Pokhapokhapo ngati ndi malo amodzi amene atupa ndipo akuwotcha, ndiye kuti matenda alipo makamaka ngati thupi latentha. Gwiritsirani ntchito mankhwala ngati *penicillin* (tsamba 370) ndipo ngati ndi kotheka onanani ndi ogwira ntchito zaumoyo.

Kutupa m'malo okumanirana mafupa kwa achinyamata ndi ana aang'ono kutha kukhala chizindikiro cha nthenda ina youmitsa ndi kupweteketsa malo okumanirapo mafupa (*rheumatic fever*) (tsamba 329), kapenanso ikhoza kukhala TB (tsamba 189).



Kupweteka kwa msana

Kupweteka kwa msana kumayamba pa zifukwa zambiri. Zina mwa izo ndi izi:

Kupweteka kwa msana nthawi yayitali pamodzi ndi chifuwa komanso kutsika sikero ndi chizindikiro cha TB ya m'mapapo (tsamba 189).

Kupweteka kwa msana pang'ono ndi chizindikiro cha TB ya kumsana makamaka ngati kumsana kuli chotupa. Kapenanso ndiye kuti mwanayo ali ndi chotupa kumsana.

Kupweteka m'munsi mwa msana pambuyo pogwira ntchito yolemetsa monga kunyamula zinthu ndi chizindikiro cha kukokeka kwa mitsempha.

Kupweteka kwambiri m'munsi mwa msana komwe kumadza ponyamula kanthu kapena potembenuka ndi chizindikiro cha kusuntha (kuchoka m'malo) kwa fupa lina (*disc*) kumsanako.

Ngati mwendo kapena phazi limodzi likupweteka kapenanso kufowoka ndi kusamva kanthu pamene mwakhudzidwa ndiye kuti mwina mtsempha waduka.

Kumadera kumene kumagwa nthenda ya khungu (matenda a kusawona) kupweteka kwa msana, mapewa ndi mafupa a m'matako ndi chizindikiro cha matendawa ngakhale pamene masowo asanagwidwe kwenikweni ndi nthendayi (tsamba 201).

Kwa anthu akuluakulu, kupweteka kwa msana nthawi yayitali ndi chizindikiro cha nthenda yotupa m'malo okumanirana mafupa.

Kupweteka pa mtunda pa msana ndi chizindikiro cha nthenda ya ndulu.

Kupweteka kwambiri kwa msana kapena kupweteka kwa nthawi yayitali ndi chizindikiro cha vuto mu ziwalo zodzera mkodzo (tsamba 344).

Kupweteka kwa msana m'munsi si chinthu chachilendo kwa amayi ena pa nthawi imene akusamba kapena ali ndi pathupi (tsamba 244).

Kupweteka m'munsi mwenimweni mwa msana nthawi zina kumadza chifukwa cha vuto m'chiberekero, m'ziwalo zochokera mazira amayi komanso m'thumba lalikulu momwe chimbudzi chimakhalamo chisanatuluke (tsamba 264).



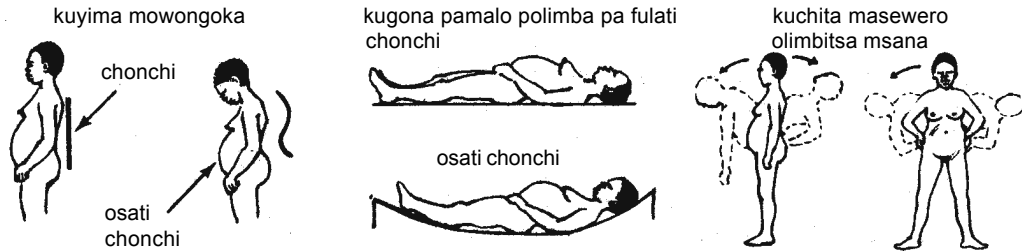
Kupweteka kwa msana pang'ono kwa ana ndi chizindikiro cha TB ya ku msana kapenanso ndiye kuti mwanayo ali ndi chotupa kumsana.

Kukhala kapena kuima molakwika mapewa atagwa ndi chinthu chimodzi chimene chimayambitsa kupweteka kwa msana.

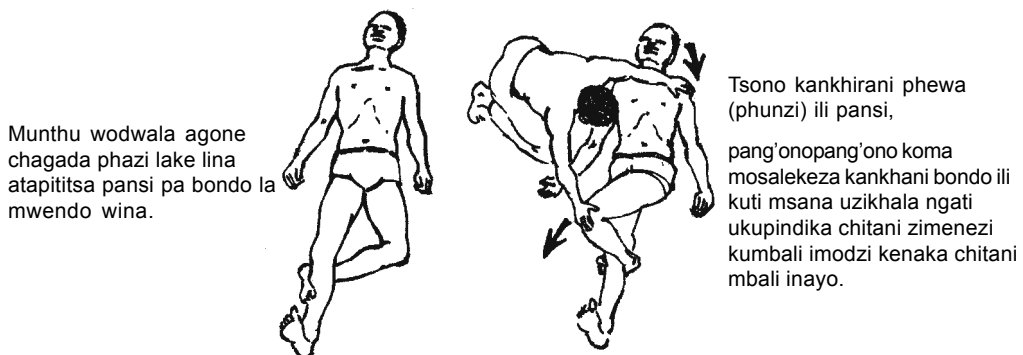


Kuchiza ndi kupewa kupweteka kwa msana:

- Ngati msana ukupweteka chifukwa cha TB, nthenda ya khungu (kusawona), nthenda ya kuwonongeka kwa ziwalo zodzeramo mkodzo, nthenda ya ndulu, muyambe mwachiza nthenda inayi musanachize nthenda ya kupweteka kwa msana. Ngati mukuwona kuti pali matenda ena owopsa, pitani kuchipatala.
- Kupweteka kwa msana pang'ono monganso kupweteka kwa msana pamene mayi ali woyembekezera kungapewedwe pochita izi:



- Kumwa *aspirin* ndi kuthowa msana ndi madzi otentha (tsamba 207) kumathandiza kuti kupweteka kwa msana kusiye.
- Kupweteka kwa m'munsi mwa msana komwe kumadza ponyamula zinthu kapena kukokeka kwa mitsempha kungathe mwachangu pochita izi:



Munthu wodwala agone chagada phazi lake lina atapititsa pansi pa bondo la mwendo wina.

Tsono kankhirani phewa (phunzi) ili pansi, pang'onopang'ono koma mosalekeza kankhani bondo ili kuti msana uzikhala ngati ukupindika chitani zimenezi kumbali imodzi kenaka chitani mbali inayo.

Chenjezo: Musachite zimenezi ngati kupweteka kwa msana kwadza chifukwa chakugwa kapena kuvulala.

- Ngati kupweteka kwa msana kwadza chifukwa chonyamula zinthu kapena kukokeka kwa mitsempha ndipo mukumva kupweteka ngati mwabayidwa ndi mpeni pamene mwawerama, kapena ngati kupwetekako kukufika ku miyendo, kapenanso ngati simukumva chilichonse pa phazi lanu pamene mwakhudzidwa komanso ngati phazilo ndi lofowoka. Zikatero ndiye kuti matenda akula kwambiri. Mtsempha wa mu msana ukhoza kukhala kuti wakodwa ndi mafupa mu msana momwemo. Ndi bwino kupuma mutagona chagada kwa masiku angapo. Zimathandiza kutsamira chinthu cholimba pansi pa mawondo komanso pansi pa msana.
- Imwani *aspirin* komanso muzithowa m'thupi ndi madzi otentha. Ngati kupweteka sikukuleka, pitani kuchipatala.



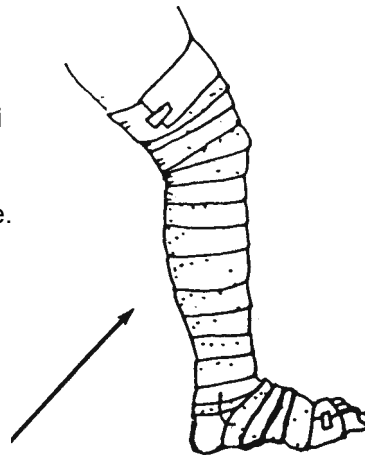
Mitsempha Yotupa (*Varicose veins*)

Iyi ndi mitsempha yotupa, yosemphana ndipo nthawi zambiri imapweteka. Mitsempha yotere nthawi zambiri imawoneka m'miyendo ya anthu akuluakulu komanso amayi amene ali ndi pakati kapena amene anaberekapo kale ana ambiri.

Chithandizo:

Palibe mankhwala ochiza nthendayi koma zomwe zatchulidwa panozi ndi zothandiza:

- Musayime kapena kukhala nthawi yaitali mapazi anu ali pansi. Ngati kuli koyenera kuti mukhale pansi kapena kuyima kwa nthawi yaitali, yesetsani kugona mapazi ali m'mwamba kwa nthawi yochepa pa theka la ola lililonse. Pamene mukuyima, yesani kuyenda pamalowo kapena kutukula zitendene zanu kuchoka pansi kupita pamwamba ndi kupondetsanso pansi. Pogona, mapazi anu azitsamira pilo.
- Valani sokosi za lasitiki kapena mangani bandeji ya lasitiki kuti mitsempha igwirane. Muchotse sokosi kapena bandeji usiku pogona.
- Kuzisamalira kotere kungakutetezeni ku zilonda zosapolerapo (*varicose ulcers*) mu zitendene zanu (tsamba 225).



Nthenda ya mudzi (payilozi)

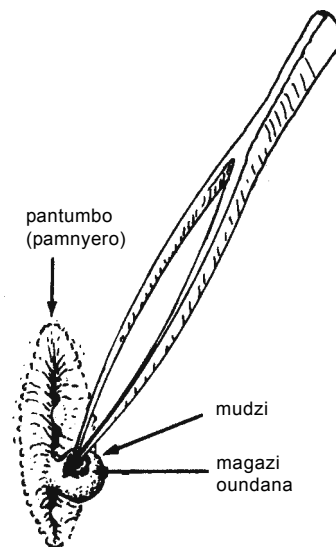
Mudzi nthenda ya mitsempha ya kuchiwalo chotulukira chimbudzi kapena ya mu thumbu lomwe limasunga chimbudzi chisanatuluke yomwe imakhala ngati timibulu kapena timipira ting'onoting'ono. Mudzi umapweteka koma sikuti ndi owopsa ayi. Mudzi umachita pamene mayi ali woyembekezera koma kenaka umachoka.

- Mudzi kapena utoto owawa wa zomera zina ukathiridwa pa zotupazi, amachititsa kuti zinyale (tsamba 405).
- Mudzi umatha kuyamba chifukwa cha kudzimbidwa. Ndi bwino kumadya zipatso kapena zakudya zokhala ndi timitsitsi monga chinangwa.
- Mudzi ukakula kwambiri pamafunika kuwuchita opaleshoni. Pitani kuchipatala.

Ngati magari ayamba kutuluka pa mudzi ndipo sakuleka atha kuleka pochotsa magari owumirira opezeka m'kati mwa mtsempha wotupawo. Chipangizo chopanira ngati ichi (*tweezer*) chigwiritsidwe ntchito pambuyo powiritsidwa.

Chenjezo: Musadule chotupa chonse (mudzi)

chifukwa munthuyo atha kutuluka magari mpaka kufa.



Kutupa kwa mapazi ndi ziwalo zina za thupi

Kutupa kwa mapazi kumayamba chifukwa cha zovuta zosiyanasiyana. Zina ndi zifukwa zazikulu, zina zazing'ono. Koma ngati nkhope ndi ziwalo zina zatupanso ndiye kuti matendawo ndi aakulu.

Mapazi a amayi nthawi zina amatupa miyezi itatu yomalizira pamene ali ndi pakati. Limeneli si kuti ndi vuto kwenikweni. Kutupa mapazi kotere kumayamba chifukwa cha sikelo ya mwanayo yomwe imakankha misempha yochokera ku miyendo kotero kuti kayendedwe ka magazi kamachepa. Koma ngati manja ndi nkhope ya mayiyo zatupanso, amamva ngati tulo, sawonetsetsa, sakodza mkodzo wambiri ndiye kuti pali vuto lokhudzana ndi pakatipo (mthupi mwalowa poizoni wanthawi ya pathupi, **toxemia**, tsamba 265) choncho pitani kuchipatala mwamsanga.

Anthu okalamba amene amakhala pansi kapena kuima nthawi yaitali pamalo amodzi amatupa mapazi chifukwa chakusayenda bwino kwa magazi. Kutupa kwa mapazi kwa anthu akuluakulu kukhoza kukhalanso chifukwa cha nthenda ya mtima (tsamba 345) komanso kamodzikamodzi chifukwa cha nthenda ya impso (tsamba 244).

Kutupa kwa mapazi kwa ana aang'ono kumadza chifukwa cha vuto la kuchepa kwa magazi (tsamba 129) kapena kuchepa kwa zakudya m'thupi (tsamba 117). Vutoli likakula kwambiri mwa ana, nkhope ndi manja zimatupanso (tsamba 118).

Chithandizo:

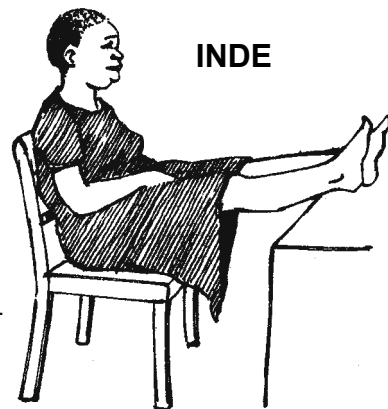
Pofuna kuchiza vuto la kutupa mapazi, chizani nthenda yomwe ikuyambitsa kutupako. Mu chakudya, musamathire mchere kapena muzingothira mchere pang'ono. Tiyi amathandiza kuti azikodzakodza ndipo amathandiza kwambiri (tsamba 12). Chitaninso izi:

PAMENE MAPAZI ANU ATUPA:

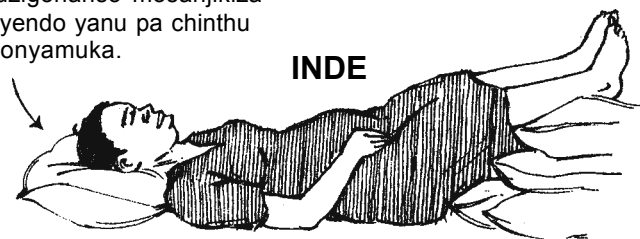
Musakhale pansi mutaponetsa miyendo yanu pansi. Zimenezi zimachititsa kuti atupe.



Pamene mwakhala, mapazi anu azikhala pamwamba (potukuka). Poto kutupa kumachepa. Muzichita zimenezi kambirimbiri pa tsiku.



Muzigonanso mosanjikiza miyendo yanu pa chinthu chonyamuka.



Matenda akugwa

Tikanena kuti munthu akudwala nthenda yakugwa ndiye kuti amagwa mwadzidzidzi osadziwa chomwe chikuchitika ndipo amaphiriphitha. Zimenezi zimachitika chifukwa cha vuto la m'bongo. Kwa ana aang'ono nthendayi imayamba chifukwa cha **kutentha thupi kwambiri, malungo a m'bongo, nthenda youmitsa khosi (meningitis)** komanso **kuwonongeka kwa chakudya (poizoni mchakudya)**. Munthu amene amadwala nthenda ya kugwa mwina amakhala ndi nthenda ya chifufu kapena linjirinjiri.

- Yesani kupeza chomwe chayambitsa ndi kuchiza chomwe chayambitsacho.
- Ngati mwana watentha thupi, yesetsani kuti lizizire pogwiritsira ntchito madzi ozizira (tsamba 77).
- Ngati mwana akusowa madzi m'thupi mwake muyikeni enima ya madzi obwezeretsa mphamvu m'thupi **pang'onopang'ono**. Pitani kuchipatala ndi wodwala ndipo musamupatse mankhwala aliwonse.
- Ngati pali zizindikiro za nthenda youmitsa khosi (*meningitis*) (tsamba 195) yambani kupereka mankhwala ndipo pitani kuchipatala.
- Ngati mukuganiza kuti wodwala akudwala malungo a m'bongo (tsamba 181), abayidwe jekeseni wa *chloroquine* (tsamba 381) koma poyamba mwanayo ayezede pa sikelo. Muyezo wa mankhwala ukhale woyenera.

Chifufu (Linjirikyiri)

Chifufu chimachititsa anthu amene akuwoneka ngati ndi amoyo wabwino kuti adwale matenda akugwa. Kugwaku kutha kuchitika pambuyo pa mawola, sabata kapena miyezi ingapo. Kugwaku kumachititsa anthu ena kuti asazindikire chomwe akuchita ndipo pamene agwa thupi limaphiriphitha mowopsa. Maso amatembenuka. Nthawi zina munthu amachita zinthu zosadziwika bwino. Matenda a chifufu amakhala a ku mtundu m'mabanja ena. Nthawi zina matenda a chifufu amayamba chifukwa cha kuwonongeka kwa bongo pobadwa, kutentha thupi pamene munthu ali mwana kapenanso chifukwa cha timatumba tokhalamo nyongolotsi m'bongo (*tapeworm cysts*, tsamba 149).

Chifufu si nthenda yopatsirana. Iyoyi ndi nthenda monga nthenda iliyonse. Si kuti ndi nthenda yochititsa manyazi ku banja ayi. Ogwira ntchito zachipatala ayenera kuwonetsa chikondi ndi kumvetsa. Nthendayi nthawi zambiri imakhala pa moyo wake wonse wa munthu. Koma kwa ana, nthendayi mwina imasiya.

Mankhwala oteteza chifufu:

Mankhwala sachiza chifufu koma amathandiza kuteteza. Kawirikawiri mankhwalawa amayenera kumagwiritsira ntchito pa nthawi yonse ya moyo wa munthu.

- *Phenobarbital* amateteza chifufu. Mankhwala ndi otsika mtengo koma ayenera kuperekedwa mokwanira pofuna kuteteza chifufu. Ayenera kumwedwa mosalekeza pa miyezi yambiri (tsamba 402). Ngati mankhwala alekezede, matendawa amapitirirabe.
- Pamene *phenobarbital* akulephera kugwira ntchito, *diphenylhydantoin* amatha kugwira ntchito. Nthawi zina mankhwala onsewa amafunikira pa nthawi imodzi. Gwiritsani ntchito muyezo wochepa kwambiri omwe ungate kuthandiza kupewa nthendayi (tsamba 403).

Pamene munthu wagwidwa ndi nthendayi:

- Yesetsani kuti munthuyo asadzipweteke: chotsani zipangizo zonse zolimba kapena zakuthwa
- Ngati mano alumana, musakamize nsagwada kuti zilekane popeza mutha kuwononga mano.
- Pamene kumphiriphitha kwamichoka wodwalayo amafuna kugona choncho mulekeni agone.
- Ngati kuphiri phitha kukukhala nthawi yaitali, wodwalayo alandire jekeseni wa *diazepam (Valium)* kapena *phenobarbital* (tsamba 403). Ngati matenda sakusiya pambuyo pa mphindi khumi ndi zisanu, perekanso mankhwala.
- Ngati mankhwala sangaperekedwe kudzera mu jekeseni kapenanso ngati wodwalayo sangathe kumwa, matabuleti onyenya m'madzi atha kupoperedwa m'thupi kudzera ku chiwalo chotulukira chimbudzi pogwiritsira ntchito sirinji ya pulasitiki yomwe zingano wake wachotsedwa.

