

## MATENDA A PAKHUNGU

# 15

Mavuto ena apakhungu amayamba ndi matenda kapena zipere. Mavuto ena apakhungu ndi zizindikiro za matenda amene amagwira thupi lonse monga totupatupa tachikuku kapena chilonda ndiponso kuuma kwa khungu chifukwa chosowa zakudya m'thupi. Zilonda zina kapena zina zochitika pa khungu ndi zizindikiro za matenda wowopsa monga chindoko, khate kapena chifuwa chachikulu.

Mutu uno ufotokoza za matenda apakhungu opezeka m'madera a m'midzi. Matenda apakhungu alipo ankaninkhani. Ena amawoneka ngati ofanana moti nkovuta kuwasiyanitsa kwake komano zoyambitsa ndi chithandizo chake zikhoza kukhala zosiyana kwambiri.

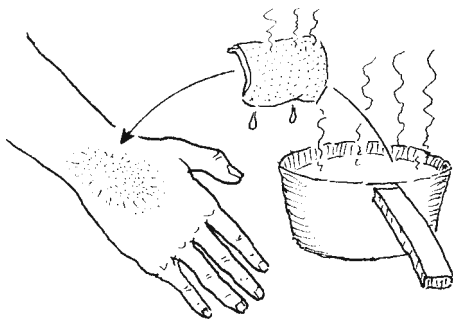
**Pitani kuchipatala ngati matenda apakhungu sakusinthana ngakhale mukumwa mankhwala.**

### Malamulo ena a chithandizo cha mavuto apakhungu

Ngakhale kuti mavuto ambiri apakhungu amafunika chithandizo chapadera, pali zithandizo zina zofanana zomwe zingathandize:

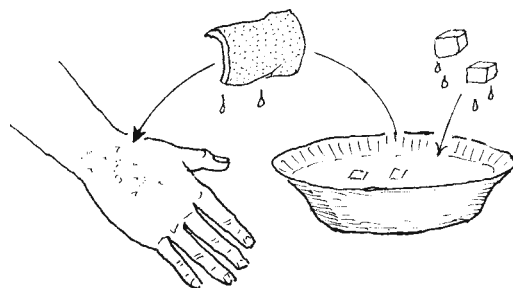
#### Lamulo loyamba

Ikani nsalu yonyowa koma **yotentha** ngati pamalo pomwe pakhudzidwapo pakutentha ndi kupweteka.



#### Lamulo lachiwiri

Ngati pamalopo pakuyabwa, kulumaluma, pakutuluka madzimadzi kapena magazi, ikamponi nsalu **yozizira** kwambiri kapena yothowera.



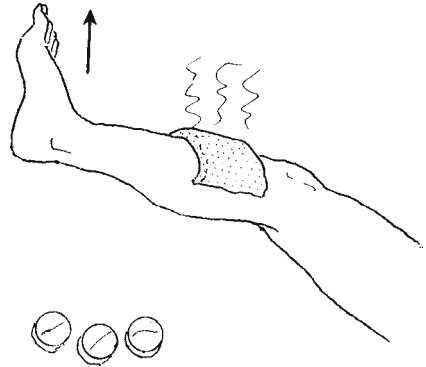
**Lamulo Loyamba** (mwatsatanetsatane)

Khungu likawonetsa zizindikiro zosonyeza kugwidwa ndi matenda monga:

- mjinji (wakhungu lodera pamalo ozungulira)
- chotupa
- ululu
- kumva kutentha kwambiri
- mafinya

Chitani izi:

- Malo okhudzidwawo akwezedwe m'mwamba ndipo asayendeyende.
- Ikanipo nsalu yonyowa koma yotentha.
- Mupatseni wodwalayo maantibayotiki (*penicillin* kapena *sulfonamides*) ngati wodwalayo watentha thupi kapena ngati matendawo akula kwambiri.

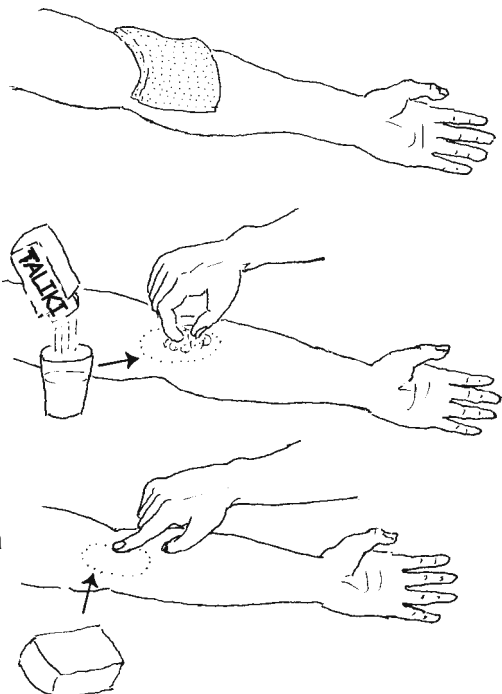


Zizindikiro zowopsa ndi izi: mzere wakuda pamwamba pamalo okhudzidwawo kapena fungo loyipa, kutupa kwa malo omwe muli anabele. Mupatseni wodwala maantibayotiki kapena mutengereni kuchipatala ngati zizindikirozi zikupitirira kuwoneka.

**Lamulo lachiwiri** (mwatsatanetsatane)

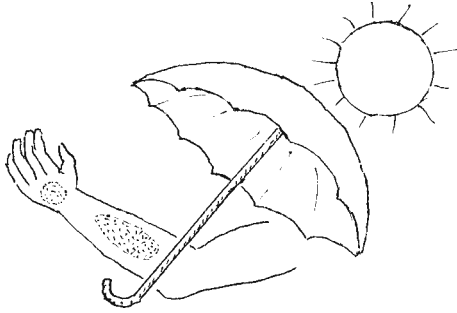
Ngati malo okhudzidwawo akuyabwa, kutuluka magazi, kulumaluma komanso kutuluka totupatupa chitani zotsatirazi:

- Ikanipo nsalu yonyowetsedwa m'madzi wozizira pamodzi ndi viniga woyera.
- Ngati pakhungupo payamba kupola, sipakutulukanso magazi ndipo pamera khungu latsopano, wazamponi madzi osakaniza ndi taliki (*talk*).
- Pakhungupo pakapoleratu ndipo khungu latsopano layamba kukhakhala pakamponi mafuta ophikira kapena odzola kuti pafewe.



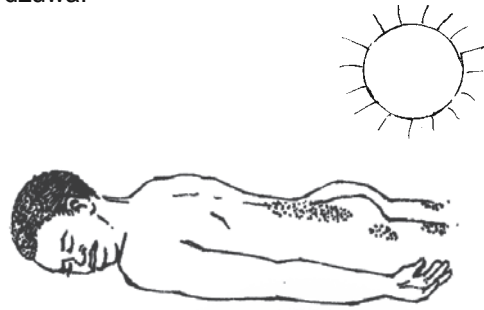
## Lamulo lachitatu

Ngati malo apakhungu omwe agwidwa ndi matenda ali pa ziwalo zathupi zomwe zili pamtunda atetezeni malowo kudzuwa.



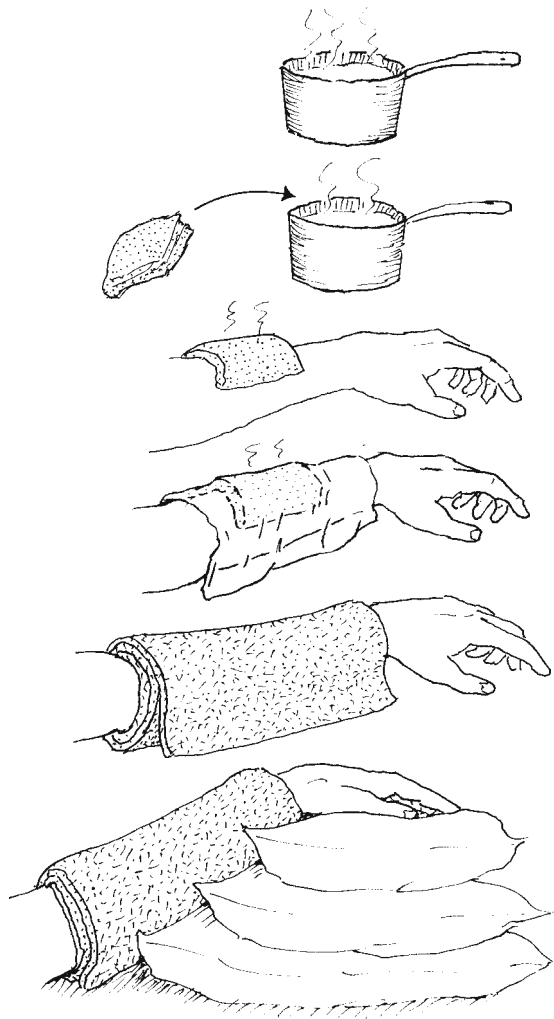
## Lamulo lachinayi

Ngati malo apakhungu omwe agwidwa ndi matenda amabisika ndi zovala nthawi zambiri, kwa mphindi makumi awiri kawiri kapena katatu pa tsiku asiyeni pamtunda kuti awombedwe ndi dzuwa.


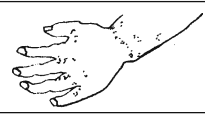


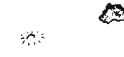







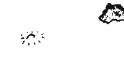







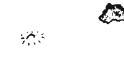




















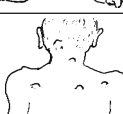


## Malamulo a momwe mungagwiritsire ntchito nsalu yoviikidwa m'madzi otentha




1. Bwatitsani madzi ndikuwasiya kuti azizire kotero kuti mungathe kuyika dzanja lanu m'madzimo.
2. Pindani nsalu yoyera bwino ndipo ikulirepo kuposa pamalo pomwe pagwidwa ndi matendapo. Iviikeneni nsaluyo m'madzi otentha kenaka muifenyeye.
3. Ikani nsaluyo pamalo ogwidwa ndi matendawo.
4. Nsaluyo iphimbeni ndi pepala la pulasitiki.
5. Ikulungeni ndi kathawulo kuti chifundizi chisathe.
6. Malo okhudziwawo ayenera kukwezedwa m'mwamba.
7. Nsaluyo ikayamba kuzizira iyikeninso m'madzi otenthawo kenaka nkuikanso pamalopo.

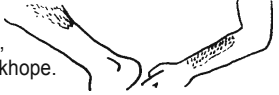








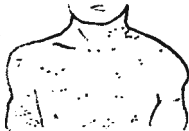


## Matenda apakhungu: Momwe mungawazindikirire




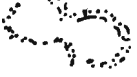





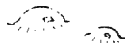







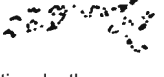



Ngati khungu lili ndi:	Ndipo likuwoneka ngati:	Mungakhale ndi:	Onani tsamba:	
	Timabampu/zilonda zoyabwa kwambiri, poyamba pakati pazala, pamkono kapena m'chiuno.		mphere	211
tizilonda towoneka ngati ziphuphu       	Tizithupsa kapena tizilonda tokhala ndi mafinya toyamba chifukwa chokanda pomwe mwalumidwa ndi tizilombo touluka zimuthanso kutupitsa anabele.		matenda ayamba ndi bakiteriya	213
      	Tizilonda tofalikira towala ndi tamabowo tachikasu.		<i>impetigo</i> (woyambidwa ndi bakiteriya)	214
      	Totupatupa pa nkhope pa achinyamata, pachifuwa ndi kumsana tokhala ndi mitu ya mafinya.		zotupatupa ziphuphu (zisungu)	223
	Chotupa chomwe chimakhala ndi timabowo tachilonda pankhope kapena m'manja. Chimatenga nthawi kuti chipole.		<i>leishmaniasis</i>	204
chilonda chachikulu cha pakhungu 	Chilonda chosapola chozunguliridwa khungu. Zilonda chifukwa cha phapo pafupi ndi akakolo a anthu akuluakulu omwe ali ndi mitsempha yotupa.		chifukwa chakusayenda bwino kwa magari	225 132
	Zilonda pamwamba komanso fupa ndi m'malo molumikizirana mafupa a munthu wodwala kwambiri yemwe sangathe kudzuka pabedi.		zilonda zapabedi	225
	Zilonda zozindikirika kuti wakhudzidwa (sizipweteka ngakhale zibayidwe ndi mazingano).		khate	199
zotupa kungsi kwa khungu 	Chotupa chotentha ndi chopweteka kwambiri chomwe chimatulutsa zamadzimidzi zikabayidwa.		chithupsa	214
	Chotupa chimene chimangokula poyamba chomwe sichipweteka.		khansa (onansoni mfundo za mjintchi)	296 297
	Chotupa chotentha ndiponso chopweteka kwambiri bere la mayi woyamwitsa.		masititisi (yoyamba ndi bakiteriya) ingakhale khansa	297 89
	Zotupa zozungulira pa mutu, pakhosi kapena pachifuwa, m'ntchafu.		khungu la muntsinje (onaninso mfundo za mjintchi)	201 89

## Momwe mungawazindikirire

Ngati khungu lili ndi:	Ndipo likuwoneka ngati:	Mungakhale ndi:	Onani tsamba:	
	Zotupa m'mbali mwa khosi zomwe zimatulutsa zamadzimadzi zikabayidwa nkusunga zipsera.		sikulofula (mtundu wa chifuwa chachikulu)	224
	Totupa tosintha mtundu kapena pamwamba pa khungu.		nthenda ya anabele yopatsirana pogonana	254

kusinthika kwa maonekedwe a zigambazigamba pakhungu	Ming'alu yowoneka ngati kupsa ndi dzuwa m'mikono, m'miyendo pakhosi ndi pankhope.		<i>pellagra</i> (nthenda yosonyeza kusoweka kwa zakudya)	220
	Kukhakhala m'miyendo ya m'munsi kowoneka ngati khokho la lalanje kapena kukwinyika ngati nkhamba onkosasiyasisi.		<i>onchocerciasis</i>	201
	Zigambazigamba za pakhungu ndi kusupuka kwa m'masaya m'mikono ndi m'mapazi.		ekizema	227
	Zigamba zigamba zoderi pakhungu kapena m'kamwa zomwe zimayamba zili zazingonozing'ono kenaka zimakula.		Kaposi Sakoma (KS khansa yokhala ngati ya kachilombo koyambitsa Edzi)	257 - 259
	Mithembamithemba yowoneka zmosavutu m'malo mokwinyika khungu nthawi zina kuoneka ngati mkaka oundana.		matenda ofalikira a moniliasis (oyambitsidwa ndi yisiti)	242
	Kutupa kupweteka ndi kutentha mbali ili yonse yathupi.		chithupsa chotambalala	214
	Malo osinthika mtundu pa nkhope, pa khosi, pachifuwa, pamwamba pa khungu pamakhala bwinobwino.		<i>tinea versicolor</i> (nthenda ya fangasi)	218
	Tizigambazigamba tosintha mtundu wa khungu pankhope, m'thupi, m'matako mophati zana ndi kuchita dzanzi kapena ayi.		chiyambi cha khate	199
	Madonthomadontho, kusintha mtundu wa khungu m'miyendo kuwoneka ngati khungu la kambuku.		<i>onchocerciasis</i> pakatha nthawi yaitali	201
	Malo osinthiratu mtundu wa khungu m'manja, pakamwa kapena pakati pa miyendo.		<i>vitiligo</i>	218
Tizigambazigamba chifukwa chosupuka khungu ndi kutupa m'miyendo ndi m'mikono. Tsitsi lofiirira burauni.		kwashoko kusowa chakudya mthupi	221	
Totupa toyabwa kwambiri (timabwera ndi kutha mofulumira).		zotsatira zosagwirizana ndimankhala ena m'thupi	215	

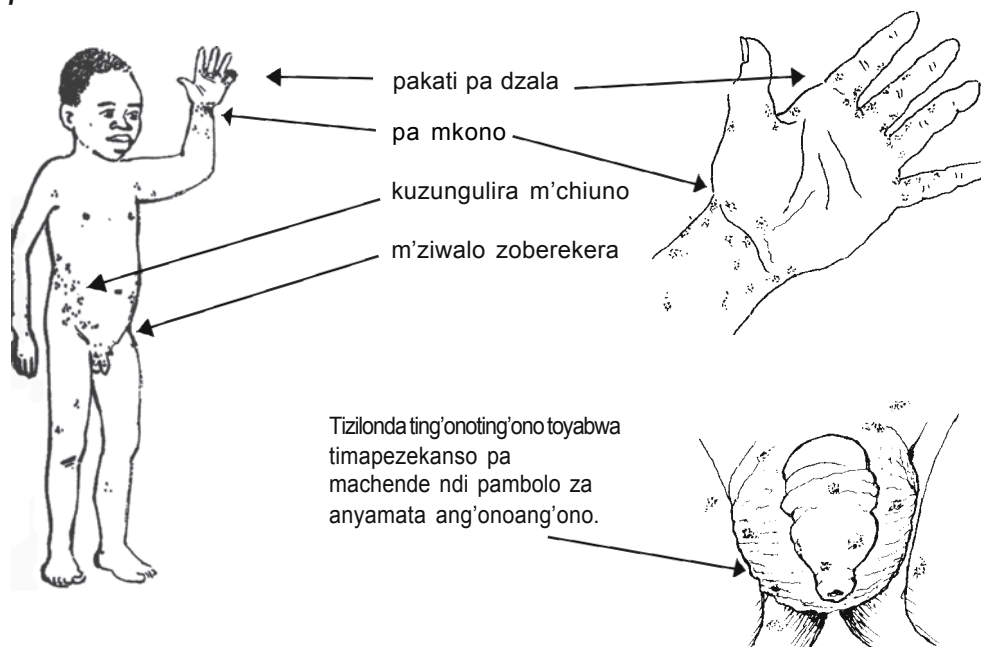
## Momwe mungawazindikirire

Ngati khungu lili ndi:	Ndipo likuwoneka ngati:	Mungakhale ndi:	Onani tsamba:
mawatsi 	Mawatsi ang'onoang'ono. 	mawatsi oyamba ndi mavayirasi	221
	Mawatsi akuluakulu nthawi zambiri m'mapazi ndi nyendo. 	mtundu wa chifuwa chachikulu	224
	Zipere zing'onozing'ono zomwe zimapitiriza kukula kapena kufalikira ndiponso kunyerenyetsa. 	chipere cha fangasi	217
zipere zokhala ndi m'mbali mwa mabampu zomwe zimakhala zosalala pakati pake 	Zipere zikuluzikulu zadazi pakati zomwe sizinyerenyesa. 	chindoko chikafika povutitsa	253
	Zipere zafikuluzikulu zokhala ndi kabowo pakati. (Kotero munthu atabaya ziperezo ndi kazingano sangathe kumwa kupweteka.) 	khate	199
	Zipere zing'onozing'ono zokhala ndi kabowo kakang'ono pakati zopezeka pamphuno, m'khosi kapena m'mbali mwa mutu. 	khansa ya pakhungu	223
	Matuza okhala ndi mabampu, oyabwa ndiponso otulutsa magari kapena za madzimadzi. 	nthenda ya khungu yopatsirana pokhudzana ndi wodwalayo	216
matuza 	Matuza ang'onoang'ono ndi madontho thupi lonse kuyambira kumsana komanso pachifuwa. 	tchikeni pokosi (nthomba, chicken pox)	330
	Matuza owawa amene amaundana malo a modzi mbali imodzi ya thupi. 	hepezi zosita (mashingozi)	216
	Malo otuwa kapena akuda, onunkha ndipo a matuza okhala ndi thovu ndi . 	gangarini wokhala ndi gasi (nthenda yoopsa yoyamba kamba bakiteriya)	224
timadonthomadontho tofirira thupi lonse komanso kutentha kwa thupi 	Totupa tomwe ena amakhala nato thupi lonse. Timayambira pa nkhope nkufalikira m'thupi lonse. 	chikuku	330
	Pakatha masiku angapo mwana akutentha thupi totupa ting'onoting'ono takapesi timawoneka pa thupi ndipo munthu amadwala kwambiri. 	kaliwawa (thaifodi)	196

## Mphere

Mphere zimagwira ana kwambiri. Zimayambitsa totupa tonyerenyetsa tomwe timawoneka m'thupi lonse pakati pa totupato.

### Mphere zimakhala kwambiri:



Mphere zimayamba ndi tizilombo tating'ono totchedwa mayiti (mite) timene timapanga tinjira kungsi kwa khungu. Mpherezi zimafala pokhudzana. Kubwerekana zovala ndi zogonera kukanda kumayambitsa tizilonda tomwe timatulutsa mafinya kapena kutenthetsa thupi kapenanso kutupa kwa anabele.

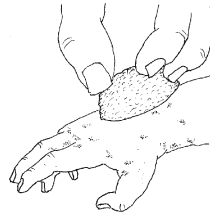
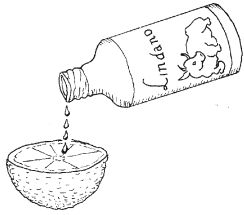
### Chithandizo chake:

- Banja lonse liyenera kulandira chithandizo ngati mmodzi m'banjamo ali ndi mphere.
- Ukhondo ndi wofunika kwambiri. Sambani ndi kusintha zovala tsiku lililonse. Chapani zovala ndi zogonera zonse nkuziyanika padzuwa.
- Sambani kwambiri thupi lonse ndi sopo komanso madzi otentha.
- Dzolani *benzyl benzoate* (tsamba 386) thupi lonse kupatula kumaso ndipo asiye ni mafutawo kuti awume kwa mawola 24.
- Tsiku lotsatiralo, sambani ndi kudzolanso mafutawo kwa mawola 24.
- Mukadzola mafutawo, valani zovala zoyera bwino komanso mufunde zogonera zabwino.

Ngati mankhwala a *benzyl benzoate* palibe, mungathe kugwiritsira ntchito awa:

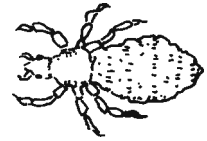
- *Lindane* (tsamba 386) muwasakanize ndi mafuta odzola, gawo limodzi mumagawo khumi ndi asanu amafuta odzola. Mudzole mukasamba monga tafotokozera pamwambapo. Tsiku lotsatira sambani thupi lonse. Mubwereze pakatha sabata limodzi. *Lindane* ndi poizoni chotero asagwiritsidwe ntchito pa ana ang'onoang'ono kapena amayi apakati kapenanso oyamwitsa.

- Mankhwala a lindane angadzoledwe pothira madontho anayi patheka la ndimu. Pakatha mphindu zisanu mungathe kuwadzola thupi lonse kupatula kumaso.



- Monosufiramu ngati **sopo wa Tetimosol** (tsamba 386): Adzoledwe ngati *benzyl benzoate*. Tsiku lotsatiralo musambe ndi kudzolanso mafutawo. Mungathenso kuchapira zovala sopoyi.
- Safa (tsamba 386) angathe kupangidwa kukhala mankhwala odzola kapena angasakanizidwe ndi mafuta odzola nkumawagwiritsira ntchito kwa masiku ambiri. Amagwira ntchito bwino koma mochedwa.

## Nsabwe



Nsabwe za m'mutu ndi m'thupi zimayambitsa kunyerenyesa nthawi zina matenda ndi zotupa m'thupi. Pofuna kupewa nsabwe, muyenera kudzisamalira kwambiri. Zogonera zonse kuphatikizapo bedi ndi mtsamiro ziyenera kuikidwa padzuwa. Sambani ndi kutsuka tsitsi nthawi zonse. Muyang'ane m'tsitsi la ana ngati muli nsabwe. Ngati zilimo apatseni mankhwala msanga. Ana omwe ali ndi nsabwe asagone limodzi ndi omwe alibe.

### Chithandizo chake:

- Tsukani tsitsi bwinobwino ndipo pakani mafuta a *permethrin* (tsamba 386). Pakatha mphindi khumi achotseni.
- Mungathenso kupanga sopo wapadera watsitsi (shampu) wa *lindane* (tsamba 386) madzi ndi sopo. Potsuka tsitsi samalitsani kuti lindane asagwere kumaso. Mukapaka lindaneyo mudikire kwa mphindi khumi ndi zisanu kenaka mulitsuke tsitsilo ndi madzi woyera. Bwerezaninso pakatha sabata limodzi.
- Kuti muphe mazira a nsabwe, linyowetseni tsitsi m'madzi otentha a viniga kwa theka la ola kenaka mulipese bwinobwino.



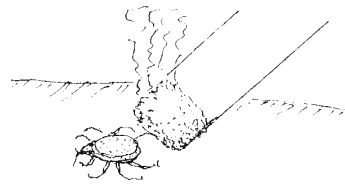


## Nthata

Makamachotsa nthata yomwe yakanirira pathupi, samalitsani kuti timano take tisadukire nkutsalira pa khungu powopa kuyambitsa matenda ena. Musakoke thupi la nthatayo:

pofuna kuichotsa ikani mowa pomwe ilipo kapena  
mufikitse pafupi nayo ndudu ya fodya yoyaka

Ziwazeni mankhwala a ufa a safu musanalowe m'munda popewa kulumidwa ndi nthata. Ziwazeni mankhwala m'makololo, m'chiuno ndiponso m'kwapa.



## Matekenya

Anthu omwe amayenda opanda nsapato m'dothi lamchenga angathe kulowedwa matekenya m'zala zawo. Matekenya amayamba ndi tinthata ting'onoting'ono timene timalowa pansu pa khungu nkuikirapo mazira. Pabowo pomwe taikirapo mazira pamakula chinthu choyera chomwe chimanyerenyesa.

Mungathe kuchotsa matekenya ndi zingano. Nthatayo ikathyokera pomwepo ndi kutulutsa mazira ake, akhoza kuswa nkuyambitsanso anavuto opasa oyamba aja.

## Ntchentche ya tumbu

Mtundu wa ntchentchezi umayikira mazira pa khungu la mwana makamaka la m'mutu. Kachilombo komwe kamaswedwa kumazira ake kamadzikwirira m'thupi ndikukula nkuyambitsa chotupa (tsamba 214). Kamwa la kachilombo limakhala kunsonga kwa chotupacho komwe kumapumira kumawoneka kakuyendayenda.

Mankhwala ake ndi osavuta. Pakani **Vaselini** pamwamba pa chotupacho kotero kuti kachilomboko sikangathe kupuma ndipo kamatuluka. Zikatero tsukanipo ndi kupakapo mankhwala a *gentian violet*.

## Zilonda zing'onozing'ono zokhala ndo mafinya

Matenda apakhungu a zilonda zing'onozing'ono zokhala ndi mafinya zimayamba chifukwa chodzikanda, kulumidwa ndi tizilombo, mphere ndiponso zikhalabo zakuda.

### Chithandizo chake:

- Tsukani zilonda ndi sopo komanso madzi otentha. Chitani izi tsiku lililonse ngati pali mafinya.
- Zilonda zing'onozing'ono zisamangidwe mabandeji koma zazikulu zokha ndipo bandejilo lizisinthidwa pafupipafupi.
- Ngati khungu lozungulira pachilondapo likutentha ndipo ndi lotupa komanso ngati munthu watentha thupi ndi kutuluka anabele, mupatseni maantibayotiki monga matabuleti a *penicillin* (tsamba 365) kapena matabuleti a safu (tsamba 372).
- Musakande pachilonda. Izi zimakulitsa chilondacho ndipo chingafalitse matenda kuziwalo zina za thupi. Muyenera kuwenga zikhadabo za ana kapena muwaveke magolovesi kuti asamakande zilondazo.
- Musalole ana omwe ali ndi zilonda kapena matenda ena a pakhungu kusewera kapena kugona ndi omwe ali bwinobwino.



## Impetigo

Awa ndi matenda oyamba ndi mabakteriya omwe amafalitsa mofulumira zilonda zowala ndi zokhala mutimabowo tachikasu. Zilondazi zimakhala kumaso kwa ana makamaka kuzungulira pakamwa. Matenda a impetigo amafalikira kwa anthu ena kudzera m'zilonda kapena zala zomwe zili ndi mabakteriya oyambitsa matendawa:



### Chithandizo chake:

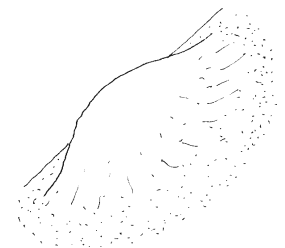
- Tsukani malo omwe agwidwa ndi matendwawa ndi sopo komanso madzi owiritsidwa, nkumafewetsamo m'timabowoto toutmato.
- Zipakeni zilondazo mafuta a *gentian violet* (tsamba 384) kapena mankhwala antibayotiki a kirimu monga ***Polysporin*** (tsamba 384).
- Mupatseni wodwala matabuleti a *penicillin* (tsamba 365) kapena *erythromycin* (tsamba 369) kapena *co-trimoxazole* (tsamba 372) ngati chilonda chafalikira malo akulu kapena ngati chikuyambitsa kutentha kwa thupi.

### Kupewa kwake:

- Tsatirani njira zaukhondo (tsamba 138). Asambitseni ana ndipo atetezeni ku nsikidzi ndi ntchentche zoluma. Mwana akatenga mphere, mupatseni chithandizo mwamsanga.
- Ana omwe ali ndi matenda a impetigo asagone limodzi ndi omwe alibe matendawa. Ana ayambe kulandira chithandizo mwamsanga akangowonetsa zizindikiro za matendawa.

## Zithupsa

**Zithupsa** ndi zotupa zomwe zimakhala ndi mafinya pansa pa khungu nthawi zina zimabwera chifukwa cholandira jekeseni wokhala ndi zingano wosawiritsa. Pamalo pomwe pali chithupsa pamatupa, pamatentha, kupweteka ndipo pamawoneka kufiira. Ngakhale kuti chithupsacho chikaphulika nkutulutsa mafinya chimachepetsa ululu, koma ululuwo ukhoza kutha msanga ngati chitachita kutumbulidwa ndi zingano. Ngati ndi kothekeka pitani kuchipatala.



**Zotupa zotchedwa boyilo** ndi tizithupsa tokhala m'tsinde mwa tsitsi m'thupi ndipo timayambitsa ululu waukulu.

### Chithandizo chake:

- Ikani pa chithupsapo nsalu yoviikidwa m'madzi otentha mobwerezabwereza tsiku lililonse (onani tsamba 207)
- Chisiyeni chithupsacho chiphulike chokha. Pitirizani kuikapo nsalu yonyikidwa m'madzi otentha. Asiyeni mafinya atuluke koma musachifinye chithupsacho chifukwa izi zingapangitse kuti matenda afalikire kuziwalo zina zathupi.
- Imwani *penicillin* (tsamba 365) kapena *erythromycin* (tsamba 369) ngati kupweteka kwa chithupsako kwafalikira nkutenthetsa thupi komanso kutupitsa malo omwe muli zoyipa zam'thupi (anabele).

## Zotupa zoyabwa kapena ziwego yutikaria (*Urticaria*)

Kugwira, kudya, kubaya kapena jekeseni kungayambitse totupa toyabwa kapena mahayivi m'matupi mwa anthu omwe sagwirizana ndi zinthu. Zina zake onani pa mutu wa zotsatira zosagwirizana ndi mankhwala m'thupi, tsamba 175.

Mahayivi ndi totupa towoneka ngati munthu walumidwa ndi njuchi ndipo timayabwa kwambiri. Iti timabwera komanso mofulumira kapena kuyenda kuchoka pamalo amodzi kupita pena.

Onetsetsani ngati pali zotsatira zina zobwera chifukwa cha mankhwala makamaka majekeseni a *penicillin* ndi olimbana ndi poyizoni. Totupa kapena mahayivi angathe kuwoneka kuyambira mphindi zingapo kufika masiku khumi mankhwala akabayidwa m'thupi.



**Musagwiritsirensa ntchito komanso musiye kugwiritsira ntchito mankhwala omwe amayambitsa kuyabwa, mahayivi ndi zotsatira zina chifukwa cha mankhwala ena.**

Izi ndi zofunikira popewa kuwopsa zotsatira za mankhwala ena monga a ALEJIKI SHOKO (onani tsamba 71).

### Chithandizo cha kuyabwa:

- Sambani madzi ozizira kapena gwiritsirani ntchito nsalu yonyikidwa m'madzi ozizira kapena oundana.
- Kugwiritsira ntchito nsalu yonyikidwa m'madzi ozizira a chakudya cha mawoti kumachepetsa kuyabwako. Gwiritsirani ntchito madzi ozizira a maotsi mutayamba mwawabwatitsa kaye.
- Ngati kuyabwako kwawonjeza kwambiri, imwani *antihistamine* monga *chloropheniramine* (tsamba 399).

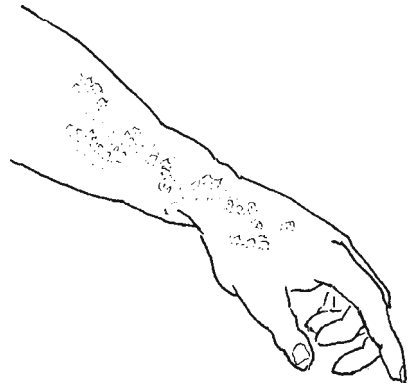


- Pofuna kuteteza mwana kuti asazikande yekha muwengeni zikhadabo zake kapena mvekeni magolovesi.

## Zomera ndi zinthu zina zomwe zimayambitsa kuyamba kapena kuwotcha kwa thupi

Manetozi, 'mitengo yoluma', sumaki', poyizoni ayive', ndi zomera zina zambiri zimayambitsa matuza, zilonda zamoto kapena mahayivi oyabwa akakhudza khungu. Tsitsi kapenanso timadzi totsekemera tomwe ziyabwe ndi tizilombo timatulutsa zimayambitsa zotsatira zofanana ndi za zomera monga zafotokozedwa pamwambapa.

M'matupi mwa anthu omwe sagwirizana ndi mankhwala ena totupatupa kapena tizilonda timayamba chifukwa cha zinthu zina zomwe zimakhudza khungu kapena kuvalidwa. Nsapato za labala, malamba a wotchi, mankhwala a m'khutu ndi mankhwala ena, mafuta akumaso, perefumu kapena sopo akhoza kuyambitsa zovuta zina.



### Chithandizo chake:

Zovuta zonsezi zimachoka zokha ngati zinthu zomwe zimaziyambitsa zikasiya kukhudza khungu. Madzi osakaniza ndi ufa wa mawoti amathandiza kuletsa kuyabwa. *Aspirin* kapena *antihistamines* (tsamba 399) amathandizanso. Mankhwala a kirimu a *cortisone* kapena *cortico-steroid* (onani tsamba 384) akhoza kugwiritsidwa ntchito ngati thupi likuyabwa kwambiri.

## Mashingozi (Matuza akuluakulu otentha kwambiri)

### Zizindikiro:

Mzere wa zotupa zopweteka kwambiri omwe umawoneka mwadzidzidzi mbali imodzi ya thupi ungakhale mashingozi. Mzerewu umawoneka kwambiri kumbuyo, pachifuwa, pakhosi kapena kumaso. Zotupazo zimatha masabata awiri kapena atatu kenaka zimatha zokha. Nthawi zina ululu umapitirira kapena umayambiranso zotupa zitatha kale.

Mashingozi amayamba ndi tizilombo ting'onoting'ono tamavayirasi tomwe timayambitsa katsabola ndipo mashingoziwa amagwira munthu yemwe anadwalapo kale katsabola. Matendawa si wowopsa (komabe, pakati pa akuluakulu nthawi zina mashingozi amakhala chizindikiro cha matenda ena owopsa monga Edzi kapena khansa).



### Chithandizo:

- Mangani bandenji lopepuka kuti malaya asatikhudze.
- Imwani *aspirin* kuti muthetse ululu. (Maantibayotiki sathandiza kuthetsa kapena kuchepetsa ululu.)

## Zipere, tiniya (matendawa oyamba ndi mafangasi)

Matenda oyamba ndi mafangasi angathe kukhala pena palipose m'thupi koma kawirikawiri amakhala pa:



Matenda ambiri oyamba ndi mafangasi amakula mozungulira ndipo amanyerenyetsa. Zipere za m'mutu zimakhala zozungulira ndiponso zigamba zoyera za mamba ndiponso zopanda tsitsi. Zikhadabo zomwe zagwidwa ndi matenda amafangayi zimakhala zolimba ndi zochindikira.

### Chithandizo:

- Sopo ndi madzi. Malo onse amene ali ndi zipere ayenera kutsukidwa ndi sopo.
- Yesetsani kuti malo omwe ali ndi zipere ndi ouma ndipo ayenera kukhala pa mtunda kuti azipitidwa mphepo komanso kumenyedwa ndi dzuwa. Sinthani zovala zam'kati komanso sokosi makamaka mukamatuluka thukuta.
- Pakani mafuta a kirimu a safu sungunulani sipuni imodzi ya safu mu masipuni khumi a mafuta).
- Mafuta a kirimu a *salicylic* kapena *undecylic acid* (tsamba 385) amathetsa mafangasi apakati pa zala za m'manja ndi m'miyendo. *Miconazole* kirimu amakhala wamphamvu (tsamba 386).
- Ngati zipere za munthu sizikutha ngakhale mutapaka mankhwala atchulidwawa imwani *griseofulvin* akukuakulu galamu imodzi ndipo ana amwe theka la galamu tsiku lililonse (tsamba 385). Zikhoza kukhala zofunikira kuti mupitirize kumwa mankhwala kwa masabata kapena miyezi ingapo pofuna kuthetseratu matendawa.
- Zipere zambiri za m'mutu zimatha mwana akafika pa msinkhu wa zaka 11 ndi 14. Zipere zikuluzikulu zoyambitsa zigamba zotupa zokhala ndi mafinya ziyenera kuthetsedwa pogwiritsira ntchito nsalu yonyowetsedwa m'madzi othena (tsamba 207). Ndi bwino kumeta tsitsi lonse pa malo pomwe pali chiperecho. Ngati ndi kotheke gwiritsirani ntchito *griseofulvin*.



**Mmene mungapewere matenda oyamba ndi mafangasi:**

Zipere ndi matenda ena onse oyamba ndi mafangasi ndi opatsirana (amafala mosavuta). Popewa kuti asafalikire kwa ana ena:

- Mwana yemwe akudwala matenda oyamba ndi mafangayi sayenera kugona limodzi ndi ana omwe ali bwinobwino.
- Musalole ana kugwiritsira ntchito chipesu chimodzi kapena kubwerekana zovala pokhapokha zitachapidwa kaye.
- Ana onse omwe akudwala ayenera kulandira chithandizo msanga.

**Zikanga za m'thupi ndi kumanso**

Zikanga zomwe zimawoneka m'khosi, pa chifuwa ndi kumsana ndi matenda oyamba ndi mafangasi otchedwa **tinea versicolor** ndipo sayabwa komanso safuna chithandizo chakuchipatala.

**Chithandizo chake:**

- Pangani mankhwala a mafuta a kirimu ndi safu ndipo muwapake m'zikanga tsiku lililonse mpaka zitatha.
- *Sodium thiosulfate* amathandiza. Tengani *sodium thiosulfate* wodzadza supuni ndi kumu sungunura m'kapu ya madzi ndi kupaka pa khungu ndi thonje loviikidwa mu viniga.
- Ndi koyenera kupakanso mankhwala masabata awiri aliwonse popewa kuti zikangazo zingayambirensa.
- *Selenium sulfide* (tsamba 385) kapena mankhwalawa a *Whitfield* angathandizenso.



Kachigambagamba ka chiwengo patsaya kapena pakhosi pa mwana kangakhale kovuta kusiyantsa ndi zizindikiro zoyambirira za khate. Ngati mankhwala amitundu iwiri atchulidwa pamwambapa sakuthandiza, mtengereni mwana kuchipatala. Khate limatenga nthawi yayitali kuti lidziwike (tsamba 199).

**Vitiligo**

Anthu ena khungu lawo lakuda lachibadwidwe m'malo ena athupi limachoka nkubweramo loyera. Izi zimachitika makamaka kuzungulira pakamwa kapena m'manja ndi m'mapazi kapenanso kuthako kapena ziwalo zoberekerana. Onetsani kuti munthu amvetse kuti kuchoka kwa khungu lakudali **si** chizindikiro cha khate kapena matenda ena owopsa. Khungu loyerali lingafanizidwe ndi imvi. Munthu wokhala ndi khungu loyerali amachita manyazi ndipo ngati lili kumaso, munthuyo angathe kusintha mtundu wa khungulo ndi mankhwala. Khungu loyerali lilibe mankhwala koma angathe kugwiritsira ntchito mankhwala a *thiacetazone* monga momwe amagwiritsidwira ntchito pofuna kuchiza chifuwa chachikulu (tsamba 377). Nthawi zina khungu lakuda limabwerera lokha popanda mankhwala ena onse.

## Zina zomwe zimapangitsa khungu loyera:

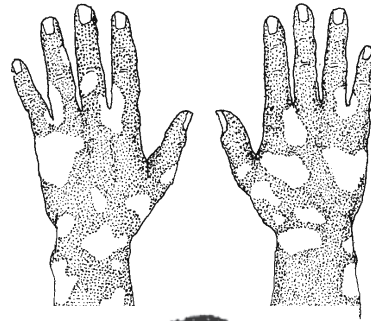
Khungu loyera kapena loderapo m'mawonekedwe ndipo lomwe silimva kalikonse likabayidwa ndi phini kapena zingano, lingathe kukhala **khate** (onani tsamba 199).

Kuvulala makamaka kopsa ndi moto kumapangitsa kusendeka kwa khungu lakuda.

Matenda ngati a **chikuku** amene amapangitsa kusendeka kwa thupi amapangitsanso kuchoka kwa zinthu zimene zimabweretsa mtundu wa khungu m'malo ogwidwa ndi matendawa.

**Onchocerciasis** ikakhala ku mapeto kwake, ingathe kuwonetsa khungu loyera m'tsogolo mwa miyendo yam'munsi ndipo imatchedwa 'khungu la kambuku'. Kumsana kungathe kuwoneka tizigambazigamba towoneka ngati makoko a lalanje.

Impetigo



## Kutha kwa mtundu wa khungu ndi tsitsi

Matenda a **kwashoko** (tsamba 118) ndi amene kawirikawiri anayambatsa vuto la kutha kwa mtundu wa khungu ndi tsitsi pakati pa ana a msinkhu woyambira miyezi a mpaka zaka ziwiri .

Kusintha kwa khungu kumawonekera kwambiri pa matenda osowa zakudya m'thupi ndi chifuwa chachikulu zikamugwira munthu nthawi imodzi (tsamba 189). Ndi pofunika kupita kuchipatala msanga.

## Anapweri (Alubino)

Ana ena amabadwa opanda mtundu wa khungu kapena tsitsi ngakhalenso maso awo. M'madera otentha, anapweri amapuwala kwambiri chifukwa munthuyo samatha kudziteteza kudzuwa.

Ndi koyenera kuti anapweri azikhala m'nyumba makamaka masana. Akamayenda masana pafunika kuvala chisoti chakhonde, mandala (adzuwa akuda) ndi kuvala zovala zokwanira bwino. Tsitsi lawo likhoza kudetsedwa. Ngati atapeza njira yotetezera ndipo akutha kuwona bwinobwino akhoza kumapita kusukulu nkumakakhoza bwino.

Unapweri wamawonekedwe abulonzi womwe munthu amabadwa ndi tsitsi lofiirira mowala, siwoopsa ayi.

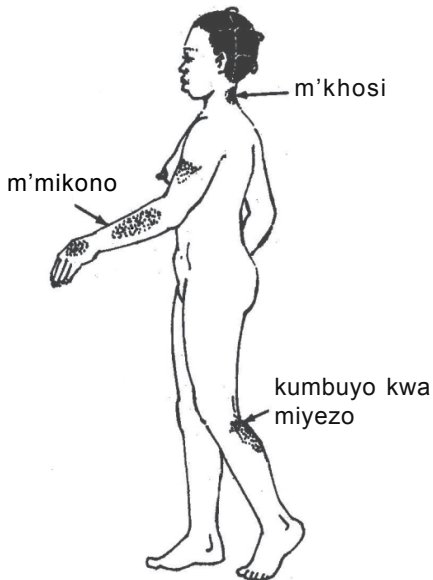


Napweri wotere ndi wosiyana ndi anapweri ena. Azaumoyo ayenera kumaunikaunika khungu la anapweri nthawi ndi nthawi pongofuna kuwona ngati makungu awo akuwapatsa mavuto ena ndi ena kapena ngati ali ndi khansa ya pakhungu. Mafuta a kirimu (*sun-tan lotion*) akhoza kumadzoledwa pofuna kuteteza khungu lomwe lili pamtunda.

## Matenda apakhungu chifukwa chosowa zakudya zoyenerera m'thupi

**Pellagra** ndi amodzi mwa matenda osowa zakudya zoyenerera m'thupi amene amagwira khungu ndipo nthawi zina amagwira mitsempha ndi zigawo za m'thupi zogaya chakudya. Amapezeka kwambiri m'madera mmene anthu amadya chimanga chambiri ndi zinsano zokhala ndi zakudya za sitachi koma popanda nyemba, nyama, mazira, ndiwo zamasamba zokwanira ndi zakudya zina zomanga thupi ndi zoteteza kumatenda (onani tsamba 115).

Matupi a anthu akuluakulu omwe akudwala matendawa amakhala owuma ndiponso mbali zina zathupi zimene zamenyedwa kwambiri ndi dzuwa makamaka:



Khungu lakupsa 'miyendo ya mayiyu' ndi chizindikiro chenicheni cha *pellagra*.

Ana odwala **kwashoko**, khungu lawo la miyendo (nthawi zinanso m'mikono) limakhala ndi zizindikiro zakuda kapena zilonda zosupuka, mapazi amatha kutupa (onani tsamba 118).

Pamene matendawa awoneka, kawirikawiri pamakhalanso zizindikiro zina zakuperewera kwa chakudya m'thupi (**zina chifukwa choperewera mavitamini**) zilonda zam'mbali mwakamwa (onani tsamba 242), zilonda za pa lirime, kusafuna kudya, kulephera kukula thupi ndi kutupa mimba (onani Mutu 11, tsamba 112).

### Chithandizo:

- Matenda a *pellagra* amachizika ndi zakudya ndi zofunikira zina zonse za m'thupi. Munthu ayenera kudya nyemba, mtedza, nkukhu, nsomba, mazira, nyama ndiponso mkaka. Ngati mutapatsidwa mwayi wosankha ndi bwino kumadya tirigu kusiyana ndi chimanga.
- Pa matenda akulu a *pellagra* ndi matenda ena osowa zakudya zoyenerera m'thupi zikhoza kuthandiza kumadya zakudya zokhala ndi mavitamini popeza chakudya chabwino ndi **chimene chili choyenera kwambiri**. Onetsetsani kuti muzidya zakudya zambiri zokhala ndi mavitamini B monga yisiti wofululira mowa yemwe ali ndi mavitamini B ambiri.



## Zizindikiro za pakhungu za kwashoko:



mnyamata  
asanayambe  
kudya  
←

zakudya  
zabwino  
→



Kutupa ndi madontho akuda m'miyendo ndi mmapazi mwa mnyamatayu ndi zotsatira za kuperewera zakudya m'thupi. Amangodya chimanga chakalekale popanda zakudya zina zokhala ndi mavitamini ndiponso zomanga thupi.

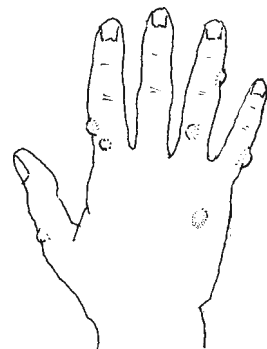
Sabata imodzi atayamba kudya nyemba ndi mazira komanso chimanga chachiwisi, kutupa miyendo kuja kunatha ndiponso madontho akuda ajanso anachoka (onani tsamba 115).

## Njerewere (njewere)

Njerewere makamaka za ana zimatha zaka zitatu kapena zisanu kenaka zimatha zokha. Njerewere zophwatalala zopweteka ngati njere m'zidendene za m'mapazi zimatchedwa (kapena zingakhale) zikundu (*plantar warts*).

### Chithandizo chake:

- Njerewere zimatha ndi mankhwala achikuda koma si koyenera kugwiritsira ntchito zomera za poyizoni kwambiri kapena maasidi amphamvu kwambiri chifukwa izi zingayambitse zilonda zamoto kapena zilonda zina zowoposa kuposa njerewere.
- Ziwazeni/zipakeni *podophyllin* kapena *biochloracetic acid* (tsamba 387) kwa masiku atatu kapena anayi.
- Njerewere zapulantara zopweteka kwambiri ziyenera kudulidwa ndi ogwira ntchito za umoyo.
- Njerewere zomwe zamera pa chiwalo cha amuna kapena chiwalo cha akazi (onani tsamba 255).

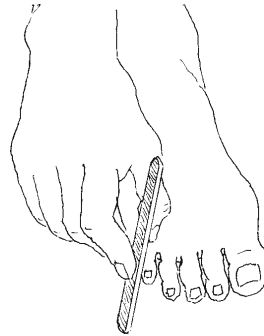


## Zikundu

Chikundu ndi gawo la khungu lolimba ndiponso lokhakhala. Chimayamba pamalo pamene nsapato kapena masandasi zikukhulana ndi khungu kapena zala zam'miyendo zomwe zikukhulana kotero zikundu zimapweteka kwambiri.

### Chithandizo chake:

- Vulani sandasi kapena nsapato zomwe sizikukhula pa chikundu.
- Kuti zikundu zisamapweteke kwambiri chitani izi:
  1. Viikani phazi m'madzi ofunda kwa mphindi khumi ndi zisanu.
  2. Zichepetseni kwambiri zikundu pozipala ndi tupa (fayilo).



## Ainhum

Matendawa amayamba makamaka pakati pa alimi omwe amayenda opanda nsapato. Kusokonezeka kwa magazi opita ku zala zazing'ono za m'mapazi kungayambitse pang'onopang'ono kupuwala kwa zalazo. Chala chimazunguliridwa ndi zipsera. Kuyenda kumapweteka kwambiri ndipo kenaka pakadutsa miyezi yambiri munthu kumva ululu chalacho chimaduka. Zala zonse zakumapazi zikhoza kukhudzidwa ndi vutoli. Mofunika kupita kuchipatala msanga kuti akadule chala kapena zalazo. Katemera wa kafumbata ndi wofunikanso pachiyambi pomwe (tsamba 154).



## Keloyidi (Keloid)

Keloyidi ndi kukula koposa muyezo kwa chipsera ndipo kumayamba chilonda chikalowedwa ndi tizirombo timatenda. Mwachitsanzo mtsikana akabowola makutu kuti ayikemo ndolo koma popanda njira yodzitezera chipsera chotsatira cha keloyidi chimachititsa khutu kuti lipunduke. Asing'anga azitsamba akayesera kuchotsa thupi lowonjezekera kumera kukhutuko zikhoza kungopangitsa thupilo kukula kwambiri. Zikatero pitani kuchipatala msanga komanso musataye mtima ngati matendawo akulephera kutha.



## Ziphuphu (Acne)

Achinyamata nthawi zina amakhala ndi ziphuphu kumaso, pachifuwa komanso kumsana makamaka ngati matupi awo ali ndi mafuta ambiri achilengedwe. **Ziphuphu** ndi tinthu tating'ono tomwe timayambitsa timitu toyera ting'onoting'ono tamafinya kapena takuda. Nthawi zambiri ziphuphu zikhoza kuyambitsa zilonda zokulirapo.

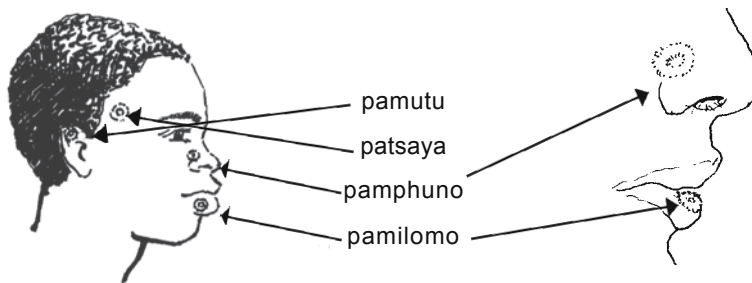


### Chithandizo chake:

- Sambani kumaso tsiku lililonse ndi sopo komanso madzi otentha.
- Kuwala kwa dzuwa kumathandiza kuthetsa ziphuphu. Onetsetsani kuti dzuwa likumenya mbali ya thupi yomwe ili ndi ziphuphu.
- Idyani chakudya chabwino, imwani madzi ambiri komanso gonani mokwanira.
- Musanagone, sakanizani safa ndi akoholo ndi kusamba kumaso.
- *Tetracycline* angathandize kuthetsa ziphuphu zikuluzikulu zokhala ndi mafinya ngati zikulephera kutha ndi njira zina zomwe zatchulidwa kale. Imwani kapisozi mmodzi, kanayi pa tsiku kwa masiku atatu kenaka makapisozo awiri tsiku lililonse. Kungakhale koyenera kumwa kapisozi mmodzi kapena awiri tsiku lililonse kwa miyezi ingapo.

## Khansa ya pakhungu

Khansa ya pakhungu imagwira kwambiri anthu akhungu loyera omwe amakonda kukhala pa dzuwa nthawi zambiri. Khansayi imagwira malo amene amamenyedwa ndi dzuwa kwambiri makamaka:



Khansa ya pakhungu imabwera mosiyanasiyana nthawi zambiri imayamba ngati kamphete kakang'ono kukhala ndi kabowo pakati pake ndipo kamakula pang'onopang'ono.

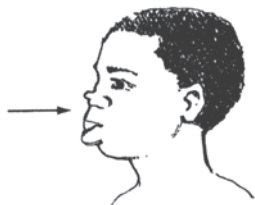
**Matenda a khansa ya pakhungu si owopsa ngati wodwala alandira chithandizo msanga.** Pamafunika opaleshoni kuti achotsedwe. Ngati muli ndi chilonda chosapolerapo, chimenecho chikhoza kukhala khansa ya pakhungu ndipo muyenera kukawonana ndi dotolo.

Pofuna kupewa khansa yapakhungu, anthu amakungu oyera ayenera kumadziteteza okha ku dzuwa ndiponso ayenera kumavala zisoti. Anthu omwe adadwalapo khansa ya pakhungu ayenera kudzola mafuta odzitetetza ngati afuna kugwira ntchito padzuwa. Mankhwala a zinki okusayidi ndi otsika mtengo ndipo amathandiza kwambiri.

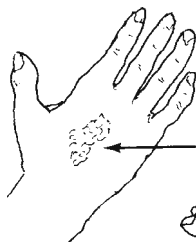
## Chifuwa chachikulu cha pakhungu kapena mwanabere

Tizilombo ting'onoting'ono tosawoneka ndi maso tomwe timayambitsa chifuwa chachikulu cha m'mapapo timakhalanso nzotsatira zina pakhungu monga njerewere ndi zilonda zosapweteka, zitsango:

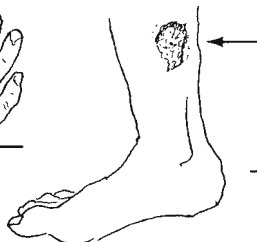
zotupa zam'bongo zomwe zimasintha mawonekedwe a thupi



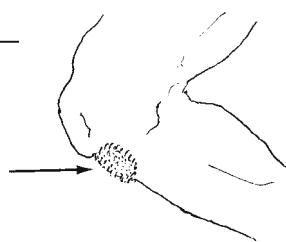
zilonda zosapolerapo



zilonda za pakhungu



njerewere zikuluzikulu



Chifuwa chachikulu cha pakhungu chimayamba pang'onopang'ono ndipo chimatenga nthawi yayitali ndipo chikatha chimayambiranso kwa miyezi mwinanso zaka zambiri.

Chifuwachi chimagwiranso m'malo momwe mumakhala zoyipa zina zam'thupi (anabele) makamaka m'khosi kapena pakati pa khosi ndi phewa. Malo okhala zoyipawa amakula kutsekuka, kutulutsa mafinya ndi kutsekeka kwa kanthawi nkudzatsekukanso ndi kutulutsanso mafinya kawirikawiri mosapweteka.



TB ya mfundo za mijintchi (anabele) kapena scrofula

### Chithandizo:

Ngati ndi chilonda chosapolerapo kapena malo omwe muli zoyipa zam'thupi otupa, ndi bwino kupita kuchipatala kuti wodwala akapimidwe pofuna kupeza chomwe chikuyambitsa matendawa. Chithandizo cha chifuwa chachukulu cha pakhunguchi ndi chofanana ndi cham'mapapo (onani tsamba 190). Mankhwala ayenera kumwedwa kwa nthawi yayitali kuti matendawo asadzayambirenso.

## Gangarini (gangarini wokhala ndi gasi)

Ichi ndi chilonda chowopsa, chotulutsa madzi ofiirira ndi owoneka ngati phulusa ndipo amanunkha. Khungu lapafupi ndi chilonda chimakhala ndi timatuza takuda ndipo minofu imakhala ndi thovu la mpweya. Gangarini amayamba pakadutsa mawola asanu ndi limodzi ndi masiku atatu munthu akavulala. Chimakula ndikufalikira mwamsanga. Munthu akhoza kufa ngati salandira chithandizo msanga.

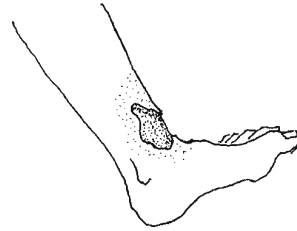


### Chithandizo:

- Chilonda chitsekulidwe kwambiri ndikuchitsuka ndi madzi otentha ndi sopo. Chotsani minofu yowonongeka ndiponso yotha ntchito. Thiranipo *hydrogen peroxide* pachilondapo.
- M'bayeni wodwalayo jekeseni ya *penicillin* (ya *crystalline* ngati kungatheke) mawola atatu aliwonse.
- Chilonda chikhale pamtunda kuti chipitidwe mphepo ndipo mupite naye kuchipatala mwachangu.

## Zilonda zikuluzikulu za pa khungu zoyamba chifukwa cha kusayenda bwino kwa magazi

Zilonda zikuluzikulu zowonekera za pakhungu zimayamba m'njira zosiyanasiyana. Koma zilonda zosapolerapo za pa akakolo a anthu akuluakulu makamaka azimayi omwe ali ndi mitsempha yotupa zimayamba chifukwa chakusazungulira bwino kwa magazi m'thupi (monga matenda a shuga). Magazi sayenda mofulumira m'miyendo. Zilonda zimayamba motere zimakula kwambiri. Khungu lozungulira chilondacho limawoneka ngati mtambo woderako, limanyezimira komanso limakhala lopyapyala ndipo phazi limatupa.



### Chithandizo:

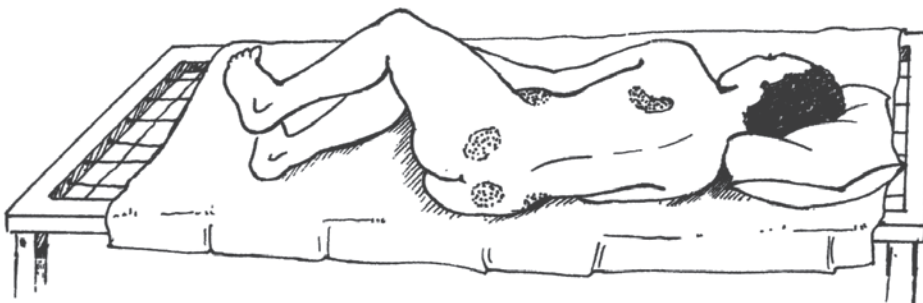
- Zilondazi zimapola pang'onopang'ono ndiponso ngati mukuzisamalira. Chofunika kwambiri ndi kuika phazi kawirikawiri pamalo pokwera. Pogona, phazilo lizikhala pa mtsamiro. Masana phazilo lizikhala pa malo okwera kwa mphindi khumi ndi zisanu kapena makumi awiri aliwonse. **Kuyenda kumathandiza kuti magazi azizungulira bwino kuposa kuimira malo amodzi ndi kukhala miyendo itaponda pansi.**
- Ikani nsalu yonyowetsedwa m'madzi amchere pang'ono otentha pa chilondapo - sipuni imodzi ya tiyi yodzadza ndi mchere izi zithiridwe m'madzi owiritsa. **Phimbani chilonda ndi nsalu yoyera ndipo chizikhala chosamalidwa.** Kupaka uchi kungathandize kusamala chilonda (onani tsamba 226).
- Mangani mabandaji kapena valani sokosi pofuna kuthandizila mitsempha yotupa. Pitirizani kuchita izi ndikuuyika mwendo pamalo okwera kufikira chilonda chitapola. Samalitsani kuti simukukanda pa chipsera pamene chilonda chikupola.



**Pewani zilonda za pakhungu - salamani mofulumira mitsempha yotupa (onani tsamba 186).**

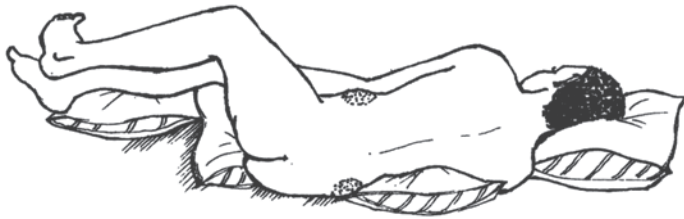
## Zilonda chifukwa chogonera kumodzi

Zilonda zosapola msanga zimagwira anthu odwala kwambiri omwe sangathe kutembenuka pa bedi akagona makamaka akuluakulu omwe ali ochepe minofu momwe khungu likukhulana. Zilondazi zimapezeka m'matako/kumsana ndi m'mapazi.



### **Mmene mungapewere zilonda zoyamba chifukwa cchogonera mbali imodzi modzi:**

- Msambitseni tsiku lililonse ndi kumudzodza mafuta.
- Muzimuyalira ndi kumfunditsa zogonera zofewa ndipo zizisinthidwa tsiku lililonse.
- Komanso nthawi zonse wodwala akawonongera zogonerazo ndi mkodzo manyi kapena masanzi pafunika kumazisamalira.
- Pansi pomwe wodwala wagona ikani mitsamiro yofewa kuti magawo athupi opanda minofu yambiri asamakhule kwambiri.



- Mdyetseni wodwalayo chakudya chabwino. Muzimdyetsa zakudya zina zamavitamini (onani tsamba 123).
- Mwana yemwe akudwaladwala ayenera kunyamulidwa m'nsalu.

#### **Chithandizo:**

- Chitani zonse zimene zatchulidwa pamwambapa.
- Tsukani zilonda ndi madzi osakaniza ndi mchere pang'ono kapena *hydrogen peroxide*. Tetezani zilondazo ndi mabandeji opanda majeremusi.
- Pofuna kupha tizilombo ndi kuti chilonda chipole msanga, ikani pa chilonda chiphalaphala chopangidwa ndi uchi ndi shuga kawiri tsiku lililonse.

## **Mavuto a pa khungu la ana**

### **Kuyabwa kwa matewera**

Totupatupa tofiirira topezeka pakati pa miyendo ndi matako a mwana tomwe timayamba chifukwa cha matewera kapena zogonera zonyowa ndi mkodzo.



#### **Chithandizo:**

- Msambitseni mwana tsiku lililonse ndi madzi ofunda komanso pogwiritsira ntchito sopo.
- **Popewa kapena kuthetsa totupatupa, mwana ayenera kuti asavekedwe thewera ndipo ayenera kuyikidwa pa dzuwa kwa kanthawi.**



- Mwana ayenera kusinthidwa thewera pafupipafupi. Matewera azichapidwa ndi madzi osakaniza ndi viniga.
- Gwiritsirani ntchito mankhwala wotchedwa *tal/c* (talki waufa) pokhapokha totupatupa timatha.

## Kirado kapu (Seborrhea, Mfundu)

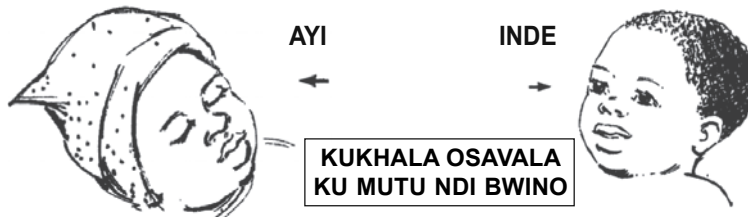
Kirado kapu ndi kadzenje kakabanzi (kachikasu) kamafuta komwe kamakhala pa khungu lapa mutu wa mwana. Khungu limakhala lofiira ndiponso limayabwa. Kirado kapu imayamba chifukwa chosasambitsa mwana m'mutu kwambiri kapena chifukwa chomangomuveka mwana chisoti nthawi zonse.



### Chithandizo chake:

- Msambitseni mwana m'mutu tsiku lililonse ndi sopo wokhala ndi mankhwala ngati ndi kotheka (onani tsamba 384).
- Mosamala chotsani mfundu pa kadzenjeko. Pofuna kuti mamba ndi kadzenjeko katakasuke, mkulungeni mutu ndi kathawulo koviikidwa m'madzi ofunda.
- Mwana asavekedwe chisoti kuti azipitidwa mphepo ndi kumenyedwa ndi dzuwa m'mutu.

Musafundike kumutu mwana ndi chipewa kapena nsalu. Mutu uzikhala pantunda.



- Ngati pali chizindikiro cha matenda ena, mupatseni chithandizo chofanana ndi cha impetigo (onani tsamba 214).

## Ekizema (timatuza tofiira)

### Zizindikiro:

- Nthawi zina ana amakhala ndi totupatupa m'masaya kapena m'mikono ndi m'manja. Totupatupato timakhala ndi zilonda zing'onozing'ono kapena matuza omwe amatuluka zamadzimadzi akaphulika.
- Pakati pa akuluakulu ndi ana okulirapo ekizema (timatuza) timakhala touma ndipo timachulukana kutseri kwa dzanja kapena pamkono kapena pamwamba pa phazi. Timapezeka m'manja ndi m'miyendo momwe.



### Chithandizo:

- Ikani nsalu yoviikidwa m'madzi ozizira patotupatupato.
- Ngati zizindikiro za kuti pali tizirombo ta matenda (tsamba 89), mupatseni chithandizo cha impetigo (tsamba 214).
- Dzuwa lidzimenya pamalo pomwe pali totupato.
- Gwiritsirani ntchito *cortisone* kapena *cortico-steroid* wa kirimu zikavutitsitsa (onani tsamba 384) ndipo pitani kuchipatala.
- Musagwiritse ntchito *cortico-steroid* kwa masiku opoza anayi mosauzidwa ndi a dokotala.