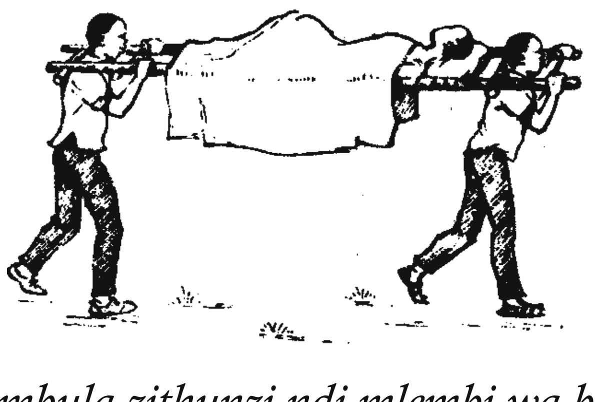
Pamene Palibe Dokotala

buku loyenera pa umoyo

lolembedwa ndi
David Werner
ndi
Carol Thuman, Jane Maxwell
ndi Andrew Pearson



oyambula zithunzi ndi mlembi wa bukhuli
ndi Felicity Cary

UMOYO TRUST

gtz

Bukuli lafalitsidwa ndi
Kachere Series
P.O. Box 1037, Zomba, Malawi

ISBN 978-99908-87-17-4
(Buku la Mvunguti no. 26)

ndi

UMOYO TRUST
Private Bag 13, Maselema
Blantyre 8, Malawi

Mau olembedwa © The Hesperian Foundation

Bukhuli lidasindikizidwa koyamba mchaka cha 1979

Kumasulira: Alick Bwanali
Maonekedwe a buku: Tom Mvula, Henry J. Malunda ndi Katarina Korenkova
Akonzi a bukhuli: Silvester Ngoma, Fraction Dzinjalamala ndi Katarina Korenkova
Anakonza chikutiro cha buku: Essential Marketing ndi Corporate Graphics
Zinthuzi za pa chikutilo chabukhuli: Arjen van de Merwe

Bukuli lasindikizidwa m'South Afrika

Printed by Creda Communications

The Hesperian Foundation
1919 Addison Street
Suite 304
Berkeley
California 94704
USA
www.hesperian.org

Ndithandizo lanu bukhuli likhoza kupangidwa kuti likhale labwino koposa mmene liliri panopa. Ngati inu muli wogwira ntchito yazaumoyo, dokotala, mai kapena aliyense yemwe ali ndi maganizo kapena malangizo omwe angathandize kuti bukhuli lisinthidwe munjira yoti pamapeto pake likhale lothandiza pazosowa za anthu anu, chonde lemberani kalata kwa mlembi wa bukhuli pa keyala ya UMOYO TRUST. Zikomo chifukwa chathandizo lanu.

Kuthokoza

Ndikuyamika anthu onse amene anathandiza kuti ndisindikize m'Chichewa bukhu lodziwika kwambiri padziko lonse lotchedwa "Where There is No Doctor" m'Chingerezi. Poyambirira ndifuna ndithokoze a Tawnia Litwin ndi anthu onse ogwira ntchito ku bungwe la Hesperian Foundation amene anandipatsa chilolezo chomasulira bukuli m'Chichewa. Ndiyamikanso koposa bambo Klaus Fiedler ndi bungwe lawo la Kachere Series polola ku kusindikiza bukhuli. Ndiyamikanso unduna wa zaumoyo polola kuti ntchito yomasulira bukhuli ichtike m'dziko muno.

Nkoyenera kuti ndithokozenso kwambiri bambo Constantine Simwaka, amene panopa ndi membala wa bungwe la Umoyo Trust, chifukwa cha malangizo awo akuya amene anathandiza ndithe kukumana ndi anthu ena amene ananandithandiza kukonza bukuli m'Chichewa. Ndiyamika koposa bamboo Alick K. Bwanali, katswiri wa zachiyankhulo ku Yunivesite ya Malawi pogwira ntchito yomasulira bukuli kuchoka m'Chingerezi kupita m'Chichewa. Ndiyamikanso bambo Silvester Ng'oma, mphunzitsi wa ku Centre for Distance Learning pokonza zina ndi zina m'bukuli, bambo Henry Malunda a ku MIJ ndi a Tom Mvula a ku Blantyre Press pa ntchito yawo yosanja zolembedwa m'bukuliu. Potsiriza, ndifuna kuyamika bambo Fraction Dzinjalamala, mphunzitsi wa pakoleji ya zaudotolo ya College of Medicine chifukwa chokonza zolakwika zina ndi zina. Ndiyamikanso a Chite Kumwenda, Felix Tsokonombwe ndi Kasongo Kayira a ku Essential Marketing ndi a Paul Kite a ku Corporate Graphics pokonza maonekedwe a chikuto cha bukuli.

Ndiyamikanso bamboo James W. Manda, amene anayambitsa nawo bungwe la Umoyo Trust omwenso ndi wapampando wa bungweli. Kukanakhala kovuta kutsiriza ntchito imeneyi popanda luntha lawo, malimbikitso ndi chidwi chawo. Ndine wonyadira koposa pokhala ndi mnzanga wodalilika chomwechi! Mwapadera ndifuna kuyamikanso mamembala ena a bungwe la Umoyo Trust: a Gwen Munthali, Eunice Theu ndi a Waluza.

Sizikanatheka nkomwe kuti ntchito yonse yosindikiza bukuli itheke popanda chithandiza cha ndalama. Kotero, ndiyamika koposa mzanga Henk Coetzer ndi a Jaco Dellemijn a ku Shoprite Malawi, bambo. A. Gaffar Jackura ndi a Ahmed Sunka a ku Gift of the Givers Foundation, a Abdul Munaaf Rashid ndi a Siku Suleman a ku Siku Transport komanso a Bashir Patel a ku Drill Tech Engineering.

Ndiyamikanso koposa bungwe la German Technical Cooperation (GTZ) amene anapereka thandizo lochuluka losindikizira buku lofunikirali. Kotero ndikoyenera kuti ndithokoze anthu ogwira ntchito ku bungwe la GTZ: Huzeifa Bodal, Dieter Koecher, Danielle Haenggi ndi a Juliette Papy, chifukwa chothandiza mowolowa manja.

Kukanakhalanso kovuta kusindikiza bukuli popanda chithandizo ndi chilimbikitso kuchokera kwa anzanga komanso abale anga. Iwowa ndi amene amandigwira dzanja zinthu zikavuta. Chilimbikitso ndi chikhulupiriro chawo pantchitoyi zinandithandiza kugwira ntchitoyi mpaka pamapeto pake. Ndiyamika anzanga Catrin Opperman, Kushboo Malhotra, Noran Wali, Kamel Bashir, Eun Jung Ma, Nathalie Rose, Saso Badovinac, Steeve ndi Dora Namwera. Ndiyamikanso mayi Alice Pope amene akhala akundisamalira ngati mwana wawo komanso kundilimbikitsa ndi kundithandiza

pantchitoyi zomwe zasintha moyo wanga kwambiri. Zikomo kwa Paul Lawrence posatopa ndi kundithandiza. Lero pakhomo pawo ku Kabula Hill Lodge kunasanduka kwathu

Ndizindikira kuti popanda Mulungu palibe chimene chikanachitika. Choncho ndiyamika koposa Atate Mulungu amene sanandisiye ndekha ndipo Iye kudzera mu bukuli wandikonzera ulendo wofika kwa Iye. Dzina Lake litamandike.

Bukuli ndikulipereka kwa mayi Flora a ku Chiradzulu amene ndi mmodzi mwa amayi opezeka ndi kachirombo ka HIV. Ngakhale kuti mayiwa anatisiya, sanatope ndi kuthandiza anthu osowa chithandizo. Mtima wawo unandilimbikitsa kuti ndilembe bukhuli. Aliyense amene apindula ndi bukuli ayenera kuyamika mayi Flora.

Katarina Korenkova

Membala woyambitsa komanso Mkulu woyendetsa ntchito za Umoyo Trust

Acknowledgement

I would like to express my gratitude to all those who gave me the possibility to complete this Chichewa version of the world acclaimed “Where There is No Doctor” handbook. Firstly I want to thank to Tawnia Litwin and the staff from the Hesperian Foundation without whose permission and translation grant this book would not be possible. My thanks also go to Klaus Fiedler and Kachere Series for accepting this book to be published under their authority. I thank to the Ministry of Health for accepting this project.

I am bound to Constantine Simwaka, presently a trustee of Umoyo Trust, for his advices, directions and guidelines that lead me to meet people who could further develop the Chichewa version. The most importantly I want to thank to Alick K. Bwanali, the language specialist from Chancellor College for his enormous work on the translation. My thanks to Silvester Ng’oma, the lecturer at the Centre for Distance Learning for proofreading the manuscript, to Henry Malunda from MIJ and Tom Mvula from Blantyre Press for their exhaustive work on the layout setting. Finally my great thanks to Fraction Dzinjalamala, the lecturer of pharmacology at the College of Medicine, for his valuable corrections and editing. I need to thank Chite Kumwenda, Felix Tsokonombwe and Kasongo Kayira from Essential Marketing and Paul Kite from Corporate Graphics for their work on the Cover design.

I am deeply indebted to James W. Manda, the cofounder and presently the chairman of UMOYO TRUST. His consultancy, encouragement and belief for this project have become the most precious source of the strength without which I wouldn’t be able to accomplish this venture. I am grateful for having such a great colleague! I wish also to thank other trustees of Umoyo Trust: Gwen Munthali, Eunice Theu and Mr. Waluza for their guidance.

The book project would not succeed without the financial support from Henk Coetzer and Jaco Dellemijn from Shoprite Malawi, A. Gaffar Jackura and Ahmed Sunka from Gift of the Givers Foundation, Abdul Munaf Rashid and Siku Suleman from Siku Transport and to Bashir Patel from Drill Tech Engineering.

A special note of appreciation goes to the primary donor of this publication; the German Technical Cooperation (GTZ) provided the much needed funds to enable the publication and printing of this valuable handbook. I would like to thank the people behind GTZ’s cooperation: Huzeifa Bodal, Dieter Koecher, Danielle Haenggi and Juliette Papy, for their support and most generous sponsorship.

This book would never been done without the support of my friends and family. They’ve been there for me when the times were difficult. Their encouragement and belief in me made me to continue and never to give up. I thank to my friends Catrin Opperman, Khushboo Malhotra, Noran Wali, Kamel Bashir, Eun Jung Ma, Nathalie Rose, Saso Badovinac, Steeve and Dora Namwera. I am indebted to Alice Pope whose motherly care, support and encouragement made a difference in my life and to Paul Laurence for his continuous assistance. Their place Kabula Hill Lodge has become my second home.

Nothing would be allowed to happen without God, I give my most precious thanks to Him, that He has never abandoned me, that He turned this book project into my inner self journey to Him.

I would like to dedicate this book to Flora from Chiradzulu, one of the many HIV positive women in Malawi. Although her desease she never gave up to help others. She has been my inspiration. Anybody whom this book will assist shall be thankful to her.

Katarina Korenkova

Cofounder and Executive Director of
Umoyo Trust