
ZAMKATIMU

Mndandanda wa zomwe zakambidwa mu chaputala chilichonse

MAU OYAMBA PA BUKHU LINO LA CHICHEWA

UTHENGA WA KWA WAZAUMOYO WA KUMUDZI w1

Umoyo wawo ndi umunthu wawo	w2	Kugwira ntchito ndi cholinga choti pakhale kulingana pakati pa	w17
Zinthu zambiri zomwe zimagwirizana ndi chisamaliro chaumoyo	w7	Kagwiritsidwe ntchito koyenera komanso malire a akagwiritsidwe ntchito ka mankhwala	w18
Liyang'aneni bwinobwino dera lanu	w8	Kudziwa ntchito yomwe yachitika (kuunika)	w20
Kugwiritsira ntchito zinthu zopezeka m'dera lanu lomwelo pofuna kukwaniritsa zofuna zanu	w12	Kuphunzitsa ndi kuphunzirira limodzi ndi wazaumoyo ngati mphunzitsi	w21
Kulingalira choti muchite komanso poyambira pake	w13	Zipangizo zophunzitsira	w22
Kuyesa nzeru zatsopano	w15	Kugwiritsira ntchito bukuli moyenera	w28
Kugwira ntchito pofuna kuti pakhale kugwirizana kwa a chiwerengero cha anthu ndi malo olima	w16		

Mutu 1

MACHIRITSO APAKHOMO NDI ZIKHULUPIRIRO ZA ANTHU 1

Machiritso apakhomo amene ndi othandiza	1	Njira zodziwira ngati machiritso apakhomo akugwira ntchito kapena ayi	10
Zikhulupiriro zomwe zingachize anthu	2	Mankhwala ochokera kuzomera	12
Zikhulupiriro zodwalitsa	4	Timitengo tokhazikitsa mafupa othyoka m'malo mwake	14
Ufiti	5	Mankhwala otsuka m'thupi: nthawi yomwe tisawagwiritse ntchito kapena ayi	15
Mafunso ndi mayankho pa zikhulupiriro ndi machiritso apakhomo	6		
Liwombo lolowa m'kati	9		

Mutu 2

MATENDA AMENE KAWIRIKAWIRI SITIWAMVETSA 17

Kodi chimayambitsa matenda ndi chiyani?	17	Zitsanzo za mayina amatenda m'madera osiyanasiyana	22
Matenda osiyanasiyana ndi zomwe zimayambitsa	18	Kusokoneza kodza chifukwa cha mayina	25
Matenda osapatsirana	18	Kusokoneza kwa pakati pa matenda otenthetsa thupi	26
Matenda opatsirana	18		
Matenda ovuta kusiyaniitsa	20		

Mutu 3

MOMWE TINGAPIMIRE WODWALA 28

Mafunso	28	Maso	32
Mmene umoyo ulili	29	Makutu, mmero ndi mphuno	33
Kutentha ndi kuzizira kwa thupi	29	Khungu	33
Kugwiritsira ntchito chipangizo chopimira kutentha kapena kuzizira kwa thupi (<i>Thermometer</i>)	30	Mimba	34
Kupuma	31	Minofu ndi mitsempha	36
Kagundidwe ka mtima	31	Kuyeza kuthamanga kwa magazi	38

Mutu 4

KUSAMALIRA MUNTHU WODWALA 40

Malo oyenera munthu wodwala **40**

Chisamaliro chapadera wa munthu amene
wadwala **41**

Zakumwa **41**

Chakudya **42**

Ukhondo wa wodwala ndi kusintha kusintha mbali
yogonera **42**

Kuyanganira zizindikoro zakusintha **42**

Zizindikiro za matenda owopsa **43**

Kuyitanitsa thandizo la kuchipatala **44**

Zoyenera kuwuzza wazaumoyo **44**

Lipoti la wodwala **45**

Mutu 5

KUCHIZA MATENDA POPANDA MANKHWALA 46

Kuchiza matenda ndi madzi **47**

mankhwala **48**

Mtenda omwe kagwiritsidwe ntchito kabwino ka
madzi kamathandiza kusiyana ndi

Mutu 6

KUGWIRITSA NTCHITO MANKHWALA AMAKONO MU NJIRA ZOYENERA NDI

ZOSAYENERA 50

Njira zoyenera kutsata pogwiritsa ntchito
mankhwala **50**

Kodi mankhwala asamwedwe nthawi iti? **55**

Magwiritsidwe alakwika ndi oopsa kwambiri a
mankhwala **51**

Mutu 7

KAGWIRITSIDWE NTCHITO KA MANKHWALA OLIMBANA NDI MATENDA

OYAMBA NDI TIZILOMBO TABAKITIRIYA 56

Njira zoyenera kutsata pogwiritsa ntchito
maantibayotiki onse **57**

Ubwino wogwiritsa ntchito maantibayotiki
mosapyola muyezo **59**

Tingatani ngati antibayotiki sakuthandiza? **58**

Mutu 8

MMENE MUNGAYEZERE NDI KUPEREKERA MANKHWALA 60

Mankhwala amadzimadzi **62**

Kodi mankhwala amwedwe bwanji? **64**

Mmene mungaperekere mankhwala kwa ana
aang'ono **63**

Mutu 9

MALANGIZO NDI MASAMILDWE A MAJEKESANI 66

Kodi jekesini igwiritsidwe kapena isagwiritsidwe
ntchito pati? **66**

Kupewa zotsatira zowopsa za jekeseni wa
penicillin **72**

Chimene chimafuna jekeseni chithandizo
chamsangamsanga **67**

Mmene sirinji ya jekeseni angakonzekeredwe **73**

Tibaye bwanji? **74**

Mankhwala osayenera kuperekedwa kudzera
mujekeseni **68**

Mmene jekeseni imapuwalitsira ana **75**

Mmene mungatsukire zipangizo zobayira
jekeseni **75**

Kuwopa kwa jekeseni ndi kapewedwe kake **69**

Kutentha kwa thupi **76**

Zotsatira zowopsa zobaya jekeseni wa mankhwala
ena **71**

Mutu 10

CHITHANDIZO CHOYAMBIRIRA MUSANAPITE KUCHIPATALA 76

Kusokonezeka maganizo (shoko) 78	Zilonda za zipolopolo, mpeni ndi zina zowopsa 91
Kusazindikira chomwe chikuchitika 79	Kupotokola kwambiri kwa m'mimba 94
Pamene munthu watsamwidwa 80	Appendicitis ndi Peritonitis 95
Kumira m'madzi kobanika nako 80	rupture kapena hernia 97
Mungatani munthu atasiya kupuma: kupomira m'kamwa ndi kukamwa kwanu: 81	Zilonda zamoto 98
Kukokana kwa minofu chifukwa cha kutentha 82	Mfupa othyoka 100
M'mene mungaleketsere kutayika kwa magari pachilonda 83	Mmene munthu wovulala kwambiri anganyamulidwire 102
M'mene mungaleketsere kamfuno (kuluka kwa magazi m'mphuno) 84	Kusemphana kwa mafupa m'malo awo olumikizirana 103
Kutemeka, kusupuka ndi zilonda zing'onozing'ono 85	Kubinya 104
Mmene mungatsekere potemeka papakulu 86	Kumwetsedwa poyizoni 105
Mabandaji 88	Kulumidwa ndi njoka 106
Zilonda zomwe zalowa matenda 89	Poyizoni wa mankhwala ophera tizilombo ta mbewu 110
	Matenda oyamba chifukwa chosowa zakudya 112

Mutu 11

ZAKUDYA ZOYENERA KUTI MUKHALE ATHANZI 112

Ndi chifukwa chiyani kuli kofunika kudya chakudya chabwino? 114	Maganizo oyipa okhudza chakudya 128
Zakudya zodalirika kwambiri komanso zakudya zina zowonjezera 115	Mavuto azaumoyo okhudzana ndi zomwe anthu amadya 129
Mmene mungazindikirire kuperewera kwa chakudya m'thupi 117	Kuchepa kwa magari m'thupi 129
Kudya zakudya zabwino pamene mulibe ndalama zambiri ndiponso malo olima 120	Matewe 130
Kumene mavitamini angapezeke: m'mapiritsi kapena m'zakudya 123	Kuthamnga kwambiri kwa magari 130
Zoyenera kupewa m'zakudya zathu 124	Anthu onenepa 131
Chakudya chabwino cha ana 125	Kudzimbidwa 131
	Matenda a shuga 132
	Asidi wolepheretsa kugaya zakudya, kutentha kwa pachifuwa zilonda zam'mimba 133
	Nkhwiko (chotupa cha pakhosi) 135

Mutu 12

KUPEWA: MMENE TINGAPEWERE MATENDA OSIYANASIYANA 136

Kudzisamalira/ukhondo komanso matenda omwe angadze chifukwa chosowa ukhondo 136	Tizilombo ta Amiba (<i>Ameba</i>) 150
Njira za momwe mungadzisamalire 138	Gidiya (<i>Giardia</i>) 151
Njoka zam'mimba zozungulira (<i>Ascaris</i>) 146	Nyongolotsi za Guinea (<i>Guinea worm</i>) 151
Njoka zam'mimba zokhala ngati ulusi (<i>Enterobius</i>) 147	Likodzo (<i>Schistosomiasis, Bilharzia</i>) 153
Njoka yam'mimba yowoneka ngati chikwapu (<i>Trichuris</i>) 148	Katemala ndi chitetezo chosavuta komanso chosimikizika 154
Njoka zam'mimba za ngowe (<i>Hookworm</i>) 148	Njira zina zopewera matenda ndi kuvulala 155
Njoka zam'mimba zokhala ndi magawomagawo (<i>Tapeworm</i>) 149	Zizolowezi zokhudza moyo 155
Trichinosis (nthenda ya njoka zobowola matumbo) 150	Kumwa mowa 155
	Kusuta 156
	Kugwiritsa ntchito mankhwala mosayenera 158

Mutu 13

MATENDA OMWE AMAPEZEKA KWAMBIRI SASOWA PAKATI PA ANTHU 160

Kuchepa madzi mthupi	160	Chifuwa	177
Kutsekula kwa m'mimba ndi mwa kamwazi	162	Nthenda ya m'mitsempha yolowa m'mapapo (<i>Bronchitis</i>)	179
Chisamaliro cha munthu amene watsekula m'mimba kwambiri	169	Chibayo	180
Kusanza	170	Malungo	181
Kupweteka kwa mutu ndi mutu waching'alang'ala	171	Malungo ogowola m'mafuna (<i>Dengue</i>)	182
Chimfine ndi fuluwenza	172	Nthenda yowononga chiwindi (<i>Hepatitis A</i>)	183
Mphuno zotsekeka ndi zamamina	173	Kutupa kwa malo okumanira mafuta (<i>Arthritis</i>)	184
Vuto la kupweteka m'mafuna m'mkati mwa phuno (<i>Sinusitis</i>)	174	Kupweteka kwa msana	184
Thupi la Hay (<i>Hay fever</i>)	174	Mitsempha Yotupa (<i>Varicose veins</i>)	186
Ziwengo (<i>Aleji, allergy</i>)	175	Nthenda ya mudzi (payiloz))	186
Mphumu	176	Kutupa kwa mapazi ndi ziwalo zina za thupi	187
		Matenda akugwa	188
		Chifufu (Linjirikyiri)	188

Mutu 14

MATENDA OWOPSA OSOWA MANKHWALA AKUCHIPATALA 189

TB (Chifuwa chachikulu)	189	Khate	199
Chiwewe	191	<i>Onchocerciasis</i> (<i>River blindness</i>)	201
Kafumbata	192	Mitundu ina ya mtchetcha (<i>Filariasis</i>)	202
Nthenda yowumitsa khosi (Kakhosi)	195	Kawodzera (<i>Trypanosomiasis</i>)	203
Brucellosis (<i>Undulant fever</i>)	196	Matenda amalungo achikasu	203
Taifodi (<i>Typhoid fever</i>)	196	Leishamianiasis (<i>Leishmaniasis</i>)	204
Taifasi	198	Kutupa kwa chiwindi (<i>Hepatitis B</i>)	204

Mutu 15

MATENDA A PAKHUNGU 205

Malamulo ena a chithandizo cha mavuto apakhungu	205	Zikanga za m'thupi ndi kumanso	218
Malamulo a momwe mungagwiritsire ntchito nsalu yoviikidwa m'madzi otentha	207	Anapweri (Alubino)	219
Matenda apakhungu	208	Matenda apakhungu chifukwa chosowa zakudya zoyenerera m'thupi	220
Mphere	211	Njerewere (njewere)	221
Nsabwe	212	Zikundu	222
Nthata	213	Ainhum	222
Matekenya	213	Keloyidi (<i>Keloid</i>)	222
Ntchentche ya tumbu	213	Ziphuphu (<i>Acne</i>)	223
Zilonda zing'onozing'ono zokhala ndo mafinya	213	Khansa ya pakhungu	223
Impetigo	214	Chifuwa chachikulu cha pakhungu kapena mwanabere	224
Zithupsa	214	Gangarini (gangarini wokhala ndi gasi)	224
Zotupa zoyabwa kapena ziwego yutikaria	215	Zilonda zikuluzikulu za pa khungu zoyamba chifukwa cha kusayenda bwino kwa magazi	225
Zomera ndi zinthu zina zomwe zimayambitsa kuyamba kapena kuwotcha kwa thupi	216	Zilonda chifukwa chogonera kumodzi	225
Mashingozi (Matuza akuluakulu otentha kwambiri, <i>Herpes Zoster</i>)	216	Mavuto a pa khungu la ana	226
Zipere, tiniya (matendawa oyamba ndi mafangasi)	217	Ekizema (timatuza tofiira)	227

Mutu 16

MASO 228

- Zizindikiro zowopsa **228**
Kuvulala m'maso **228**
M'mene mungachotsere chitsotso kapena mchenga m'maso **229**
Makemikolo akawotcha m'maso **229**
Maso ofiira opweteka kwambiri omwe zoyambitsa zake ndi zosiyanasiyana **230**
Diso lachikasu (*Conjunctivitis*) **230**
Nthenda ya maso (*Trachoma*) **231**
Matenda a maso kwa ana akhanda **232**
Iritisi (Kutupa kwa diso lakuda) **232**
Mankhwala a galaukoma **233**
Matenda a m'thumba la misonzi **234**
Kuvutika kuwona bwinobwino **234**
- Maso am'mbali ndi oyendayenda m'mbali kapena aulesi **234**
Chotupa cha m'chikope (*Sty, Hordeolum*) **235**
Pterygium **235**
Kusupuka, zilonda kapena chipsera m'diso loyera **235**
Kutuluka magazi m'diso loyera **236**
Kutuluka magazi kuseri kwa diso loyera **236**
Mafinya kuseri kwa diso loyera **236**
Ng'ala (*Cataract*) **236**
Khungu la mumdima ndi *xerosis* (kuperewera kwa vitamini A) **237**
Timadontho kapena touluka kumanso **238**
Kuwona zinthu ziwiriziwiri **238**
Riva Bulaindinesi (*Onchocerciasis*) **238**

Mutu 17

MANO, NKHAMA NDI PAKAMWA 239

- Kusamalira mano ndi nkhamu **239**
Ngati mulibe mswachi **240**
Kupweteka ndi kutupa kwa dzino **241**
Matenda a m'nkhamu (*Pyorrhoea*) **241**
- Zilonda kapena kung'ambika mmbali mwa pakamwa **242**
Timadonthomadontho toyera m'kamwa **242**

Mutu 18

NJIRA YA MKODZO NDI ZIWALO ZOBEREKERA 243

- Matenda a m'njira ya mkodzo omwe satha kufala kudzera chifukwa cha nkugonana **244**
Miyala ya mu impso ndi m'chikhodzodzo **245**
Kukula kwambiri kwa magalandi omwe amapanga za madzimadzi onyamula umuna **245**
Nthawi ndi momwe tingagwiritsire **246**
ntchito kafatala (Chubu chochosera) **246**
Mavuto a amayi **248**
Mmene amayi angapewere matenda ambiri **249**
Kupweteka kwa m'munsi mwapakati pa mimba ya amayi **250**
- Abambo ndi amayi osabereka **251**
Matenda opatsirana pogonana **252**
Chinzonono ndi chlamydia **252**
Chindoko **253**
Mabomu (kuphulika kwa anabele a mchinena) **254**
Zilonda za ku maliseche **255**
HIV/ EDZI **257**

Mutu 19

ZOYENERA KUDZIWA AMAYI NDI AZAMBA 261

- Nthawi ya kusamba (nthawi ya msambo) **261**
Kusiya kwa msambo pamoyo wa munthu wamkazi **262**
Mimba (pathupi kapena pakati) **263**
Kukhala ndi moyo wabwino pa nthawi ya mimba **263**
Zovuta zina pa nthawi ya mimba **264**
- Zizindikiro zowopsa nthawi ya mimba **265**
Kuyendera sikelo pa nthawi ya mimba **266**
Tchati chosonyeza thanzi **269**
Zinthu zomwe mayi ayenera kukhala nazo asanabereke **270**

Kukonzekera kubereka **272**
 Zizindikiro zosonyeza kuti mwana watsala pang'ono kubadwa **274**
 Zigawo za leba **275**
 Kusamalira mwana pamene wabadwa **278**
 Kusamalira mchombo womwe wadulidwa **279**
 Kutuluka kwa thumba lomwe munalali mwana asanabadwe (*Placenta*) **280**
 Kutaya mwazi wochulukira **280**
 Kugwiritsira ntchito moyenera mankhwala ochepetsa kutaya magazi panthawi yobereka (*oxytocics: ergonovine, oxitocin, pitocin*) **282**
 Kubereka kovuta **283**
 Kung'ambika kwa chiwalo chotulukira mwana pobadwa **285**

Kusamala mwana wongobadwa kumene **286**
 Chisamaliro chapadera kwa ana obadwa aang'ono kapena obadwa masiku asanakwane komanso amene sikelo yawo ndi yotsika **288**
 Matenda omwe amadwala ana obadwa kumene **289**
 Kodi mwana azichitidwa mwambo wa jando kapena kuti mdulidwe? **293**
 Moyo wa mayi pambuyo pobereka **294**
 Nthenda ya kutentha kwa thupi pambuyo pobereka **294**
 Kusamalira mawere **295**
 Zotupa m'munsi mwa mimba **298**
 Kupita padera (kupita pachabe) **299**
 Zovuta zakudza chifukwa chotaya mimba **300**

Mutu 20

KULERA – KUMAGWIRIZANA NDI CHIWERENGERO CHA ANA AMENE MUKUFUNA 302

Kodi njira zakulera n'zabwino? Komanso kodi ndi zotetezedwa? **303**
 Kusankhanjira yolerera **304**
 Njira yakulera pomwa mankwala a mapiritsi **305**
 Njira zina zakulera **309**
 Njira yolekeza kugonana **310**

Njira ya mafuta **311**
 Njira za Kaphatikiza **311**
 Njira zakulerakwa amene sakufunanso kukhala ndi ana **312**
 Njira zochitikira kunyumba zopewera mimba **313**

Mutu 21

MOYO NDI MATENDA A ANA 314

Kodi tingachite chiyani kuti titeteze moyo wa ana? **314**
 Kukula kwa ana komanso 'msewu wopita ku moyo wa thanzi' **316**
 Tchatu cha moyo wa mwana **317**
 Mbali yoyamba **317**
 Kubwereza: Mavuto pamoyo wa mwana amene afotokozedwa m'mitu ina **324**
 Matenda ena a ana amene sanafotokozedwe m'mitu ina **328**
 Kupweteka kwa khutu ndi matenda a khutu **328**
 Matenda a mtundu wa zilonda zapakhosi **328**
 Matenda akumva kuwawa ndi kuwotcha malo okumana mafupa ndi m'minofu **329**
 Matenda a ana ofalitsidwa ndi tizilombo **330**
 Katsabola (*Chickenpox*) **330**
 Chikuku **330**
 Chikuku cha German **331**
 Masagwidi/Kadukutu **331**

Chifuwa chokoka mtima **332**
Diphtheria **332**
 Poliyo (*Polio, Poliomyelitis*) **333**
 Mmene mungapangire ndodo zoyendera olumala **334**
 Mavuto amene ana amabadwa nawo **335**
 Mwendo kuchoka malo amene umakumana ndi fupa la m'chiuno **335**
 Nthenda yobadwa nayo ya kuchepa kwa magazi m'thupi **336**
 Kutalika mchombo **337**
 Tchende lotupa (*Hydrocele* kapena *Hernia*) **337**
 Ana oganiza mochedwa (operewera), ogontha kapena opuwala **337**
 Mwana wa minofu yomangika (*Cerebral Palsy*) **339**
 Kuchedwa kukula m'miyezi yoyambirira ya moyo wake (*Retardation*) **339**
 Kuthandiza ana kuphunzira **340**

Mutu 22

ZA UMOYO NDI MATENDA A OKALAMBA 341

Chifupikitso cha mavuto a za umoyo amene
atchulidwa m'mitu ina **341**

Matenda ena okhudza anthu achikulire **342**

Kusamva **342**

Kukanika kugona (*Insomnia*) **343**

Kulephera kugwira bwino ntchito kwa chiwindi **343**

Matenda okhudza ndulu **344**

Matenda a mtima **345**

Matenda akupha mphawu za ziwalo (*Apoplexy,*
CVA - Cerebro-Vascular Accident) **346**

Mawu kwa anthu achichepere omwe akufuna
kukhala a moyo wa mgwiro paukalamba
wawo **347**

Kuvomereza imfa **348**

Mutu 23

MOSUNGIRAMO MANKHWALA 349

Mmene mungasa malire kabosi kosungiramo
mankhwala **350**

Kugula mankhwala oyika m'kabokosi kosungiramo
mankhwala **350**

Kabokosi kosungiramo mankhwala pa banja **351**

Bokosi la mankhwala la kumudzi **353**

Mawu kwa ogulitsa kapena opereka mankhwala
m'mudzi **355**

MASAMBA OBILIWIRA - Kagwiritsidwe ntchito, mlingo 359

Mndandanda wa mankhwala m'masamba obiriwira 361

Zofunika kudziwa zamankhwala 365

