

A collection of fresh vegetables and herbs arranged on a light blue surface. In the center are four long, orange carrots. To their left is a large bunch of green leafy herbs, possibly rosemary. To the right of the carrots is a smaller bunch of green leafy herbs. Above the carrots are several small, round, reddish-brown fruits, possibly cherry tomatoes. Above these are several green and yellow lemons or limes. To the right of the lemons are several small, round, white fruits, possibly garlic. Below the carrots are several large, round, green leaves, possibly nasturtium leaves, with orange flowers. The entire arrangement is set against a light blue background.

Itangiriro 1:29

IMBARAGA Y'IMANA IVURA, IKORERA MU BYAREMWE

Igitabo cya 1

« Kandi Imana iravuga iti : dore mbahaye ibimera byose byera imbuto, biri mu isi yose, n'igiti cyose gifite imbuto zirimo utubuto twacyo : bizabe ibyo kurya byanyu. »

« Ibyo kurya bibe ari imiti, n'imiti dukeneye ibe ari ibyo turya » *Dr. E Schneider.*

1^{ère} édition, INTEGUZA YA KRISTO, Kanama/2004

Nta wundi muntu ufite uburenganzira bwo kwandika iki gitabo.

IJAMBO RY'IBANZE

Muri iyi minsi abantu bugarijwe n'ibibazo binyuranye by'ubuzima. Nk'ababwirizabutumwa bw'ijambo ry'Imana, baharanira imibereho myiza ku bantu bose, twabitekerejeho. Twasanze ikibazo gikomeye abantu bagira, kikabazahaza, kikababuza imibereho myiza, ko ari uburwayi bw'umubiri. Iyo umuntu arwaye ubuzima bwe buba bwahungabanye, ntabwo bimworohera kuba yagira icyo ageraho, n'ukuvuga ngo hagati aho aba ariho nabi: Abategets, Abacuruzi, Abahinzi-borozi, Abarimu n'Abanyeshuri n'abandi bose baba bahagaritse imirimo yabo.

No mu by'iyobokamana cyangwa se ubukirisitu, burya iby'Imana bitura mu magara mazima. Ntabwo byoroshye kwigisha ijambo ry'Imana abarwayi cyangwa abantu babangamiwe n'ubuzima. Ubuzima bubi nabwo bufite uruhare mu kudindiza ubukristu mu bantu. Niyo mpamvu Yesu mu murimo we w'ibwirizabutumwa hano ku isi, yazirikanaga cyane ubuzima bw'abantu ashiriye ubutumwa: abashonje akabagaburira, abarwaye akabakiza. Muri uwo murimo wo gukiza kandi yadusigiye isomo rikomeye ko « Imbaraga y'Imana ikorera no mu byaremwe ». Ibyo tubibona nk'igihe yahuraga n'impumyi imusaba ko yayihumura, yatobye akondo agasiga ku maso yayo, irahumuka. Isomo twabonye ku gifuniko cy'iki gitabo, ryatugaragariye ko Imana yaduhaye ibimera ngo abe ari byo bidufasha mu bibazo by'umubiri.

Bityo rero, natwe twageze ikirenge mu cye ngo twigishe abantu ijambo ry'Imana, tunazirikana ubuzima bwabo; bituma dushaka icyafasha abantu mu bibazo by'umubiri bifashishije ibyaremwe. Twegeraye abaganga banyuranye, twifashisha ibitabo by'abandi baganga b'abanyamahanga maze dukusanya ibyo baduhaye, nibyo bikubiye muri iki gitabo kibari imbere.

Turasaba abandi bigisha b'Ijambo ry'Imana, abizera Imana bose ko bakwegera iki gitabo kikabunganira. Tuributsa na none abazakoresha iki gitabo ko ibikubiyemo bidasimbura inama, gusuzumwa n'imiti dusanzwe duhabwa na muganga. Ibikubiyemo ni inyunganizi n'ubutabazi bw'agateganyo, ntibisimbura gusanga muganga kuko ari we muhanga w'ubuzima. Turasaba na none abazacyifashisha ko igihe cyose

badasobanukiwe n'ikimera icyo ari cyo cyangwa urugero rwo kugikoresha, bajya bakireka bakegera ukijijukiwe.

Turashima Imana cyane yadushoboje uyu murimo, kuko ariyo iduha byose twukeneyemo. Turashima abaganga badufashije n'abanditse ibitabo twifashishije. Tubifuriye imigisha y'Imana.

INTEGUZA ya Kristo

1. IJISHO.

Mu bwonko hari umwanya wagenewe gusobanura ibyo tubona byose, maze tugasobanukirwa n'ijambo dusomye cyangwa ubwoko bw'ikintu runaka, tugatinyuka guhamya ngo uyu ni kanaka, iki ni iki n'iki..., byose bigakorwa mu gihe gito cyane. Amaso niyo ashinzwe kubona, twayagereranya n'igikoreshe gishinzwe gufotora ibintu, kikageza amashusho mu bwonko, bukabimenya, maze nabwo bugafata amategeko runaka y'imyitwarire. Rifite bimwe mu bice byaryo bishinzwe kuririnda nk'ibitsike bibuza ibyuya gutembera mu jisho, bikanavuburira mu maso amazi y'urwunyungu yo kuribobeza. Hari ingohe zibuza umukungugu n'indi myanda kujya mu maso.

Imiterere y'amaso : Urisatuyemo kabiri wasangamo amazi ajya kuba nk'umurenda w'igi. Iyo ricaniriwe ayo mazi arafata nk'ayo mu igi. Rifubitswe n'uduhu dutatu ari two : sclérotine nicyo gice bita umweru w'ijisho, kibonerana cyane. Hari na choroïde ari narwo ruhu rw'umukara (iryo bara rishobora guhinduka bitewe n'abantu n'ubwoko bwabo) rufite hagati muri rwo akantu gato bita imboni. Hari kandi rétine ari nako gahu gato kabonerana, koroshye cyane kandi katihanganira urumuri. Niko gashamikiyeho umutsi wumva wo mu jisho ukagera mu bwonko (nerf optique) uri ahagana inyuma. Muri uwo mutsi niho amakuru yerekeranye n'ibyo ijisho ribona anyura ajya mu bwonko, ibyo biba mu buryo bw'ubwenge bukomeye umubiri wahawe n'imbaraga y'Imana irema.

Isuku y'amaso: Ni byiza kwirinda urumuri rukabije cyane cyane nko kureba mu izuba no mu rumuri ruzanwe n'amazi cyangwa umusenye, ibirahure n'ibindi byose bibengerana kuko binaniza amaso cyane. Igihe hari urumuri rwinshi, ushobora kurugabanya ukoresheje indorerwamo z'umukara si byiza gusomera ku rumuri rwinshi cyangwa rudahagije. Izo ndorerwamo nazo, si byiza ko zambarwa igihe uri ahantu hamurikiwe n'urundi rumuri rutari urw'izuba, nk'ahari amashanyarazi cyangwa amatara yandi, kuko urumuri rudahagije narwo rushobora kuba intandaro ya buriya bumuga cyane cyane ubwa Myopie. Ntukagerageze na rimwe guhanga amaso mu zuba no mu bindi bintu bifite urumuri rwihuta (nk'amatara y'amashanyarazi, ay'imodoka...). Igihe ijisho ritokowe, ntugakomeze kurikubamo; ahubwo ukomeze uhumirize, niba

ntawe wo kugutabara ngo agikuremo, bishyira kera amarira akagikuramo. Igihe bagutokora, ni ngombwa gukoresha akantu koroshye, kadasongoye kandi gafite isuku ihagije. Amaso ari mu bigaragaza niba umuntu yariye neza cyangwa nabi. Iyo wagize imirire myiza mu buzima bwawe, uba ufite amaso meza yeruruka, abonerana, abengerana, adaturura nk'ibishirira, kandi adafite ibitsike bivuvuka ngo ingohe zipfuke ubusa. Iyo Vit. A na B2 zabaye nkeya mu mubiri, byigaragariza mu maso, umuntu ntabone neza iyo hari urumuri rudahagije cyane cyane ku mugoroba w'ikirengarenga, ingohe zigahunguka, amaso agaturura n'ibindi.

INDWARA Z'AMASO :

- Uburwayi bwo gutukura kw'akugara gatwikiriye ijisho no kubyimba kw'igihenehene. Byongerwa cyane n'ivumbi, imyotsi, amazi yanduye n'urumuri rwinshi. Iyo ibyatsi birivura bitagize icyo bikora, bishoboka ko ubwo burwayi buba bufitanye isano no kubura Vit. A, cyangwa uburwayi bw'umwijima n'impayiko (*conjunctivite et blepharite*).

Ibimera wakoresha : guhekenya cyangwa kunywa Karoti, kogeshamo amazi abijijemo amababi y'icyayi, Kazingashya, Ubuhumuraneza (buhagaze), Umuyogera munini, Imbatabata, Camommille Allemande, Roza itukura, kogeshamo amazi abijijemo imbuto za Fénuil sauvage, ibibabi by'Umunyeganyege, Akamenampishyi, iby'Umubuza, iby'Umuhanga, Imbatabata n'Umuyogera munini na Bambuba.

- AGAKOKO : uburwayi bw'igihu kibonerana gitwikira ijisho kigatuma ijisho ritabona neza (*Kératite*).

Ibimera wakoresha : gukoresha amababi y'Umunyeganyege, ay'Umuyogera, gusekura ikimera cya Nyakatsi, Urukararambwe, kunywa cyangwa guhekenya Karoti, kogeshamo mazi abijijemo Ubuhumuraneza mu gitondo ; ibitonyanga 3 kabiri ku munsu by'Umushishiro cyangwa Uruvunanka rw'ikigabo igitonyanga 1 ku munsu.

- Isekera : ni akabyimba kaza ku mpera z'ibihenehene. Imiti bakoresha ni iyo kugira ngo gashye vuba (*Orgelet*).

Ibimera wakoresha : wajya ukubaho Uruteja.

- IGIHE CYOSE UTABONA NEZA ukwiye gukunda gukoresha cyane ibiribwa bikize kuri Vit .A nka Karoti, utarambiwe, ugeraho ukabona neza bidatinze rwose.
- Amaso afite intege nkeya gushyiramo ifu y'imizi y'Ubunyobwa ivanze n'utuzi ; na ho afite ibihu mu maso ukoresha Umubuza.

2. AMATWI.

Niyo ashinzwe kumva ijwi. Ugutwi kugizwe n'ibice by'ingenzi bikurikira:

- Ugutwi kw'inyuma: icyo gice nicyo kigaragara inyuma. Ibikobokobo nibyo kenshi bita amatwi; bikusanya amajwi bikayohereza mu bice bikurikiyeho biyanyujije mu muyoboro w'umuheha w'ugutwi w'inyuma ugera ku ngoma y'ugutwi

(tympan).

- Ugutwi ko hagati: icyo gice kigizwe n'agasanduku k'ingoma kagizwe n'utugufwa 3, kamwe gafatira ku ngoma y'ugutwi (étrier, marteau, enclume), kamwe kagenda gahereza akandi amakuru y'ijwi. Aho hari umuheha ukomeza imbere ukazahura n'umuheha w'amazuru n'akanwa.

- Ugutwi kw'imbere: kuboneka mu igufwa ry'umusaya. Niho haba urugingo rushizwe kumva nyakumva, bikorwa n'akantu kizunguriye bita limaçon; gashamikiyeho umutsi wumva ujyana amakuru mu bwonko. Kameze nk'igikonoshwa cy'ikinyamushongo.

Isuku y'amatwi: mu matwi habamo ubukurugutwa (cérumen). Iyo budakuwemo, bushobora gufunga umuheha w'ugutwi bugatuma umuntu atumva neza. Ni ngombwa rero koza mu matwi kenshi, wifashishije agati kariho ipamba ririho amavuta. Ntimukoze mu matwi mukoresheje ibintu bikomeye, bisongoye cyangwa bifite umwanda. Igihe uribwa mu matwi, ni byiza kuyivuzza.

INDWARA ZO MU MATWI

▪ UMUHAHA (Otite)

Ibimera wakoresha : Gushyira icyondo cy'ibumba ku gutwi, ukajya ubivugura. Kunywa amazi kenshi arimo ibumba, Indimu cyangwa Teyi. Umaze kozamo amashyira ukamuriramo Ikinetenete, Umuharakuku, Umugeshi, Inyabarasanya, Umushishiro, Igisura, Igikakarubamba, Umuyogera.

- UMUSONGA WO MU GUTWI : gukamuriramo igikatsi cy'Umunyeganyege.
- IGISIMBA CYINJIYE MU GUTWI : gusekura urubingo rutoto, ugakamuriramo.

3. UBWONKO.

Iyo tuvuze ubwonko aha tugomba kwiyumvisha ko nubwo ari igice twahereje ku mutwe, atariho bugarukiye gusa, kuko aribwo bukoresha ndetse bugategeka umubiri wose. Burakomeza no mu ruti rw'umugongo, ndetse bugashamikiraho n'imitsi imeze nk'insinga z'amashanyarazi kugira ngo bubashe kumenya ibibera mu bice binyuranye by'umubiri no gufata ibyemezo bikwiriye kandi bijyanye n'igihe, ahantu n'uburyo ibyo bintu byabereyemo, bukagira n'amategeko buha ingingo z'umubiri. Urwo rwunge rwose rw'ibice binyuranye rushinzwe guhuriza hamwe imirimo nk'iyi nirwo rwitwa : Urwungano rw'ubwonko. Rugizwe n'ibice byinshi binyuranye, iby'ingenzi ni ibi bikurikira:

1. Ubwonko bwo mu mutwe wo hejuru.
2. Nyabwonko iba mu mutwe w'inyuma ahagana hejuru y'irugu.
3. Icyo bita bulbe rachidien, (ako gace kameze nk'ipfundo riri ku ihuriro ry'ubwonko nyabwonko n'umusokoro wo mu ruti rw'umugongo)
4. Umusokoro wo mu ruti rw'umugongo.
5. Imitsi ikura amategeko mu bwonko (nerfs moteurs) n'ijyana amakuru mu bwonko iyakuye mu bice binyuranye by'umubiri (nerfs sensitifs) ariyo bita imitsi yumva.

Akamaro k'ubwonko:

Muri make rero mu bwonko niho hari icyicaro cy'ubwenge, icy'ubushake, icyo kwibuka, n'icyo kumva ukorakowe (sensibilité). Urugero: Iyo umutsi uhuza amaso n'ubwonko ukanguwe n'ikintu (isahani y'ibiryo umuntu arabutswe), iryo kangura rituma habaho umuriro w'amashanyarazi (influx nerveux), ukagera mu bwonko. Ubwonko bukakira ubwo butumwa buzanzwe n'uwo muriro bukabuhinduramo inyumvo yo kubona (sensation visuelle). Iyo nyumvo ifatwa nk'izanywe n'icyo kintu cy'ingirakamaro (ibiryo) kandi cyiza

(kwibuka); kiryoha cyongereweho salade cyangwa kirishijwe ibindi (ubwenge). Nuko ubwonko bugatanga itegeko buriha amaboko n'ibiganza ngo bukore ibya ngombwa byose bigatuma urya iryo gaburo ryiza (ubushake).

Nyabwonko ituma umuntu abasha guhagarara agakomera. Umuntu akuwemo ako gace k'ubwonko, ntiyabasha guhagarara, yatitira kandi ntabashe kuvuga neza, ntacyo yabasha gufata ngo agikomeze (imihore ye itakaza imbaraga zayo). Yapfa bidatinze. Bulbe rachidien ari ryo huriro ritegeka ibikorwa bitagendana n'ubushake bw'umuntu, n'ubwenge, n'inyumvo, imikorere y'umutima n'iby'imyanya y'ubuhumekero bikora umuntu atagombye kubyitaho (wabishaka utabishaka birikoresha).

Umusokoro wo mu ruti rw'umugongo ufasha umwanya w'umuyoboro ujyana mu bwonko ibibera ku mubiri byose biwugezeho ku bw'imitsi yumva iwushamikiyeho ikagera mu ngingo z'umubiri. Uwo musokoro umeze nk'umushumi kandi ujyana amategeko y'ubwonko mu bice by'umubiri. Hari n'igice cy'ubwonko bita système nerveux végétatif gishinzwe kugenzura no guhuza ibikorwa by'imyanya y'umubiri nk'inyama zo mu nda, imitsi y'amaraso, imihore n'imikaya y'umubiri yose ndetse n'imibereho y'ingirangingo fatizo z'umubiri wose (cellules). Icyo gice nacyo kirimo ibindi bice by'ingenzi bibiri: kimwe cyitwa le sympathique gishinzwe kugenzura imikorere y'ijisho, imivuburire y'ibyuya, amarira, amacandwe n'ibindi. Imitsi yacyo igera no mu miheha y'umwuka no mu bihaha, mu mutima (nicyo cyongerera umuvuduko w'umutima ugatera cyane nk'iyi wikanze, maze ikindi tureba hepfo cyo kikagabanya uwo muvuduko, maze bigahuriza hagati, bityo umutima ukongerera gutera nk'uko bisanzwe, gikoresha kandi inyama zo mu nda, (nicyo kigenga imikorere y'inda n'amara), kikagenzura imikorere y'uruhago n'inkari n'iy'imyanya ndanga gitsina. Ikindi gice le parasympathique cyo kigabanijemo ibindi bice bito bitatu:

a). *Umutsi witwa nerf pneumogastrique* uturuka muri rya pfundo riri imbere ya nyabwonko (bulbe rachidien) aho umusokoro wo mu ruti rw'umugongo utangirira. Uwo mutsi uzagenzura inyama zikoresha imitsi ijyana umwuka mu bihaha (muscles bronchiques), n'inyama z'igifu. Ugenzura ibyo kuvubura imisemburo yo mu gifu n'ibindi.

b). *Parasympathique céphalique* (ikirebana n'umutwe), nicyo kigenga ibijyanye n'imikorere y'imitsi yo mu mutwe.

c). *Parasympathique pelvien*, icyo cyo kigizwe n'imitsi ikomoka ahahera ku iherezo ry'uruti rw umugongo, ahagereye ikibuno. Niyo itegeka imikorere y'amara manini na rectum (iherezo ry'urura runini), umwoyo, uruhago rw'inkari n'udusabo tuvubura amasohoro y'umugabo mu gihe cy'imibanano mpuzabitsina (vesicules séminales). Nicyo kigenga ibyo gutuma amabyi n'inkari bifatwa ntibisohoke uko bishatse ngo umuntu abe yakwinyaraho cyangwa yakwitumaho atabyiteguye.

Murumva rero ko ubwonko bufite akamaro k'ingenzi, kuko buhuza ibikorwa by'ingingo zose n'imikorere yazo. Iyo ubwonko bwangiritse cyangwa bwananiwe cyangwa se bwahuye n'ibindi bibazo by'uburyo bwose bibubangamiye, umubiri wose uhagirira ingaruka. Ubwonko bwakira ingufu zigereranywa n'umuriro w'amashanyarazi (urumuri, amatwi, impumuro, ubushyuhe,...) bukazibika bukazihindura, maze bukazohereza mu mikorere y'ibice binyuranye by'umubiri, bwazihinduyemo imyitwarire, intekerezo, imvugo,... Ubwonko nibwo bugenga imikorere y'ubuzima bw'umuntu, imigendere y'amaraso, imihumekere, imitekerereze, imyumvire n'ibindi. Imikorere yabwo ni urusobekerane rw'ubuhanga bukomaye, iraruhije kuyumva. Urugero ni uko ubushobozi bw'umubiri bwo kurwanya indwara buterwa n'imikorere myiza y'ubwonko, kuko iyo hari urugingo rufashwe, bwohereza imbaraga nyinshi muri urwo rugingo. Buhita bwagura imitsi y'amaraso irujyamo, bukongera umubare w'abasirikare b'umubiri muri ako gace bajyanyweyo n'amaraso, maze noneho bukagabanya ubwinshi bw'amaraso y'aharwaye kugira ngo abasirikare b'umubiri babashye kwica udukoko dutera indwara. Hanyuma y'ibyo ubwonko bugahita bwongera amaraso ajyayo kandi bukayihutisha cyane muri rwa rugingo rurwaye kugira ngo akubure kandi atware imirambo y'utwo dukoko dutera indwara twapfuye.

Ingirangingo fatizo y'ubwonko igizwe ahanini n'amazi; iyo amazi ayishizemo irapfa (iyo amazi ashize mu ngirangingo fatizo y'umubiri, nibwo nyine aba yashize mu mubiri wose muri rusange). Amazi yihariye 80% by'ingirangingo zo mu bwonko na 60% by'izo mu mitsi. Ayo mazi aba arimo imyunyu ngugu nka kalisium, manyeziyumu, sodiyumu, potasiyumu. Iyo ngirangingo fatizo y'ubwonko kandi ifite

urugumbu rwinshi, kuko biba byikubye hagati ya 2-7 ugereraniye n'ibyo mu zindi nyama. Ibyo binure nibyo bifatira amazi mu bwonko akagumamo. Iyo ubwonko bufite amazi ahagije niho bukora neza. Iyo amazi abaye make, burikunja maze bugakora nabi. Iyo birengeje urugero, ingirangingo fatizo zabwo zirapfa (icyitegererezo ni ku igi iyo uritetse, amazi yari aririmo arakama, maze umurenda ugafata kandi ugahinduka umweru, nuko ubuzima bwaryo bukaba burangiriye aho). Intimatima y'ingirangingo fatizo ifite icyo bita acide désoxydo-ribo-nucleique (AND). Iyo aside twayigereranya n'urubaho rwandikwaho ibyo ubwonko bwafashe byose bukabibika. Iyo ntimatima ikikijwe n'umurenda ugizwe na acide ribo-nucléique (ARN) itubashisha gufata neza mu mutwe no kwibuka. Ibi bigenda mu maraso yuzuye umwuka wa Oxygène, ari nawo utuma ibyo twariye bitanga ingufu zikoresha umubiri wose cyane cyane ubwonko. Iyo uwo mwuka ubuze mu bwonko mu gihe cy'iminota ine gusa, buhita buhagarara gukora umuntu akaba arapfuye.

Tuributsa abakora umurimo w'ubutabazi ko bagomba kwibuka icyo, bagakora vuba kandi neza mu gihe batabara nk'umuntu waguweho n'inzu, uwarohamye, agisida, inkangu, umwana wavutse ananiwe n'ibindi.

Imihumekere y'ubwonko:

Ubwonko burahumeka cyane kuko bukoresha imbaraga nyinshi mu kugenzura imikorere y'umubiri wose. Nirwo rugingo rukenera umwuka mwinshi kurusha ahandi hose. Buhumeka umwuka uruta inshuro 20 uwo izindi nyama z'umubiri zikoresha. Ni ukuvuga ko bukoresha 20% bya oxygène umuntu ahumeka. Ibyo bikaduha urugero rungana hafi ya 40L z'uwo mwuka mu munota. Impamvu bukoresha mwinshi ni uko bukora butaruhuka, kuko buramutse buhagaze bwaba bwapfuye n'umubiri wose ugapfa. Aha twavuga ko iyo dusinziriye n'umubiri wose usinziriye muri rusange, ntibuba bwahagaze gukora, ahubwo imirimo yabwo iba yagabanutse, kuko nubwo umuntu yasinzira, umutima, ibihaha, igifu, amara, umwijima, impyiko, n'izindi nyama bikomeza gukora kandi bikoreshwa n'ubwonko.

Imigendere y'amaraso mu bwonko:

Kugira ngo amaraso agere mu bwonko, ajyanwamo n'imitsi, hakaba hanyuzemo imitsi myinshi isumbana mu bunini kandi isobekeranye.

Ubwinshi bw'iyoy mitsi mu gice runaka cy'ubwonko buterwa nuko imirimo ako gace gakora ingana. Iyo icyo gice gikora cyane, habonekamo imitsi myinshi y'amaraso. Iyo ubwonko bukoreshewa cyane rero, bukenera umwuka mwinshi biruseho, kandi ujyanwa n'amaraso, bityo noneho hagakenere ku jyanwamo menshi kugira ngo bubashe gusohozwa imirimo myinshi busabwa. Ibyo biratugararaiza ko ubwonko bw'abanyabwenge cyangwa n'abandi bakunda gukora imirimo myinshi isaba intekerezo ndende, bubamo imitsi y'amaraso myinshi cyane kuruta iba mu bw'abatabukoreshewa cyane. Kubera ko arirwo rugingo rukoreshe umwuka mwiza mwinshi bituma aribwo bugira ingaruka zikomeye iyo haramutse habaye imivurungano yo mu maraso bikaba intandaro y'indwara nyinshi zo mu mutwe, iyo umuntu arwaye indwara yo mu mitsi y'amaraso (arthériosclérose), ndetse izo ndwara zo mu mitsi zikaba zishobora kuba intandaro y'ibisazi. Abenshi mu basazi iyo bahawe imiti ivura indwara yo mu maraso, bakira ibisazi.

Vitamini mu bwonko:

Hari vitamini z'ingenzi ubwonko bukenera ku buryo bw'ibanze kugira ngo bukore neza. Izo ni nka Vit. A, B1, B2, B6 na C. Vitamini C iboneka ari nyinshi cyane mu bwonko; cyane cyane mu gice cy'inyuma gisa n'igitwikiriye icy'imbere. Ni nk'uruhu rwabwo. Iyo vitamini niyo iha ubwonko ubushobozi bwo gufata mu mutwe kandi umuntu ahagarara akomeye atazungera. Ibura rya vit. A na C mu mubiri rishobora gutera imivurungano mu bwonko. Ariko tugomba kwirinda kuyifata mu bwinshi mu miti y'ibinini, kuko bishobora kutuviramo kurenza urugero rwayo. Iyo birenze urugero, zigumira mu mubiri ntizisohoke bikaba byakurura imikorere mibi. icyangombwa ni ukurya ibyo kurya byiza kandi bihinduranywa.

- Ibitotsi: iyo habayeho kudasinzira cyangwa umuntu agasinzira amasaha make ugereranije nayo yagombye gusinzira ubwonko bubura ikiruhuko, umubiri wose ukagira umunaniro kurenza urugero, bikaba byakurizamo indwara ndende n'urupfu. Kugira ngo twiyumvishe uburyo ibitotsi ari ingenzi, tugendere ku rugero: imbwa iramutse ibayeho idasinzira ikamara iminsi 5 nta n'umunota n'umwe isinziriye yahita yicwa n'umunaniro, kuko ubwonko bwahita buhagarara kubwo kugwa ikinya. Umuntu we abayeho adasinzira na gato, nyuma y'iminsi igera kuri 20 ubwonko bwahita buhagarara gukora, agapfa. Kuko imbaraga z'ubwonko ziba zashize. Amasaha yo gusinzira agenda ahindagurika

bitewe n'umuntu uwo ari we, ndetse n'ikigero cy'ubukuru uwo muntu agezemo : umugabo akeneye gusinzira amasaha hafi 7 n'igice ku munsu mu masaha 24, naho umugore akeneye agera ku 8 n'igice ku munsu. Umusore w'imyaka kuva kuri 12-18, aba akeneye amasaha hafi 10 ku munsu. Umwana w'imyaka hagati ya 6-13 aba akeneye amasaha 12 ku munsu y'ibitotsi. Umwana w'amezi 6 kugeza ku myaka 6 aba akeneye amasaha agera kuri 15-16. umwana uri hasi y'amezi 6 we asa n'aho ahora yisinziye, keretse gusa igihe agomba guhabwa ibimutunga. Ikindi twavugaga ni uko ibiribwa n'ibinyobwa bikangura umubiri (excitants) nk'ibisindisha, icyayi, ikawa, inyama, urusenda n'ibindi ari umwanzi ukomeye w'ibwonko kuko bibumugaza maze bugasigara bumeze nk'ubwaguye ikinya ntibukore neza. Ntimukanywe rero inzoga kuko umusemburo wazo ugenda, wagera mu bwonko ugatwika vit. ziburimo, cyane cyane vit. B₁, kandi mwibuke ko izo vit. arizo biryo bibeshaho ubwonko. Iyo buzahajwe rero, ubwonko bugira imbaraga nkeya, noneho umubiri wose ukahazaharira. Ikawa n'icyayi ni ibinyobwa bikangura umubiri kimwe n'itabi. Aha tubwirwa n'impuguke mu by'ubuzima ko 30% by'abasazi baba barabikururiwe no kunywa ibisindisha. *Encyclopédie Africaine et Malgache*, P. 364.

Mbere yuko tureba indwara zimwe na zimwe z'ubwonko, turasabwa kugira umutima unezerewe : *Imigani* 17:22. Aha, dusabwa kurinda intekerezo zacu, kuko kwiheba no guhangayika byangiza ubuzima bwacu by'umwihariko ubwonko.

Dore ibanga ryo guhorana umunezero : reka tubanze turebe umunezero icyo ari cyo : umunezero ni ukuba uguwe neza mu by'umwuka

(gusabana n'Imana), mu bwenge (intekerezo), mu by'umubiri (kugira amagara mazima), no ku bidukikije (ibintu cyangwa abantu). Aha turasabwa kwimenyereza ibi bikurikira mu mibereho yacu yose :

1. Mu byo dukora byose, Imana niyo igomba gufata umwanya wa mbere.
2. Umuntu uwo ari we wese, agomba kugira umwanya wa kabiri nyuma y'Imana. Wibuke ko nta mubare w'amafaranga uriho wagura umuntu ; umuntu aruta ibintu rero. Ntuzigere ukora ikosa ryo kugereranya umuntu n'ibintu.
3. Bityo rero, ibintu biza nyuma ya byose. Niwuzuzwa ibi, nibwo uzagira imibereho ifite umunezero usesuye. Nubwo atari bibi kugira ibintu, ariko si byiza guhora uhangayikishijwe nabyo ubishaka utanyurwa. Nitugira ibyiringiro mu Mana, tukayigira

nyambere by'ukuri, no mu bihe by'ingorane, imiraba n'ibyago byiyungikanya, tuzashobora kugira umunezero.

INDWARA Z'UBWONKO :

- Uburwayi bwo guhora unaniwe waba wakoze cyangwa ntacyo wakoze (*épuisement*), no kubura imbaraga bitunguranye kandi nta kintu wakoze (*asthénie*).

Ibimera wakoresha : Kunywa igikoma cy'Igihuranda (umuceri wo mu gasozi), Umuhengeri, udutwe tw'Umwenya (Umusura) n'uturabo, kurya Tungurusumu, imboga za Cresson, Onyo, Sereri, Baraza, Inkeri za kizungu ziribwa, Sésame, Céleri, kunywa no kwoga Romarin, umutobe w'Igikakarubamba, Teyi, Baziriki, icyayi cya Bourrique.

- Kumva ucogoye mu bwenge, ubabaye, ubwonko ntacyo butekereza nta mpamvu igaragara ihari; biherekejwe no kubura *appétit*, kudasinzira, nta munezero nta n'icyo wakora. Iki gihe wirinda gukoresha ibinyobwa bikabura umubiri nk'urusenda, icyayi, ikawa, koka, inzoga n'itabi.... (*Dépression nerveuse*).

Ibimera wakoresha : Kunywa igikoma cy'igihuranda cyangwa umuceri wo mu gasozi, Umuhengeri, imizi iseye y'Isagara y'ikigabo, imizi iseye y'Igisengosengo kinini, gutogotesha Sereri, Kunywa Indimu mu mutobe ukanywa nko kuri Sereri, Sésame, Teyi.

- Guta umutwe wabuze amahoro nta mpamvu igaragara ibiguteye, ubwonko bwayayutse (*Nervosite et anxiété*).

Ibimera wakoresha : Kunywa igikoma cy'igihuranda cyangwa umuceri wo mu gasozi, kunywa Umwishywa, Akanyamata k'ihene, Umuhengeri, guhekenya Tungurusumu cyangwa kuyinywa mu mazi, amababi cyangwa indabo by'igiti cy'ironji cyangwa icy'indimu, Inkeri z'i gasozi zitaribwa, imizi iseye y'Isagara y'ikigabo, ikimera cya Marakuja igira amatunda cyangwa itayafite. Kuri ibi byose wavanga n'ubuki. Amavuta ya Onagre. Kunywa Ikinetenete, Umuhengeri wa kizungu wo ku rugo.

- Umunaniro ugira kubera impamvu runaka ikunanije.

Ibimera wakoresha : Umuhengeri, ikimera cya Marakuja igira amatunda cyangwa itayafite, imizi iseye y'Igisengosengo kinini,

Romarin, Roza itukura, icyayi cya Bourrique . Kuri ibibyose wavanga n'ubuki

- Kubura ibitotsi nta mpamvu cyangwa kubera kubyuka kare.

Ibimera wakoresha : Gukoresha inkeri z'i Gasozi zitaribwa, Akanyamata k'ihene, Umuhengeri munini, Marakuja y'amatunda cyangwa itayafite, Isagara y'ikigabo nko kuri Nervosité; koga Umuberanya; kunywa indabo cyangwa amababi by'igiti cy'Ironji; Kuri ibi byose wavanga n'ubuki. Mbere yo kuryama kunywa ubuki cyangwa ikirahure kinini cy'amata.

- Indwara mu ruhande rumwe ziterwa n'imibereho y'umuntu zikagaragarira muri bimwe muri ibi bimenyetso: igifu cy'igisebe, kuribwa mu mara, angine de poitrine (ubwoko bw'indwara y'umutima), guhinduka kw'ibara ry'uruhu agahande gato cyangwa ise n'uburima (*Maladies psychosomatiques*).

Ibimera wakoresha : kunywa Umukiryi, Roza itukura, kunywa no gukuba aharwaye ifu y'imizi y'Isagara y'ikigabo iri muri 1L y'amazi.

- Uburibwe bukomeye bukurikira umutsi wa nerf sciatique (*Douleurs et nevralgies*).

Ibimera wakoresha : Kunywa igiti cy'ironji, Indabo n'amababi bya Marakuja igira amatunda cyangwa itayafite. Dore urutonde rw'ibimera wasekura ukabishyira ahababara, ibiribwa ukabirya: ikimera cy'Umunyuwintama, Isagara y'ikigabo, Inkeri z'ishyamba zitaribwa, Nkulinyonga, amababi y'Umumara, Uburo, Umubombwe, Ivi, Umumenamabuye, Ikizimyamuriro, Umuharakuku, Umuyobora, Umugosora, Umutozo, Igitovu, Ituza, Umugombe, Umuno, Isusa, Mvulidahita, Umukuzanyana, Umumara, Gitinywa, Umutarishonga, Umubuza, Ikomambogo, Girarubamba; amababi n'imizi by'Umutoyi, igitoki cy'ikakama, ikimera cy'Uruvunanka, imizi y'igifumba, iya Nyiramuko, ibijumba bya Nyamagana n'urukararambwe. Aha iyo bikomeye, usanga muganga wa kizungu.

- Kuribwa umutwe biterwa n'impamvu zitandukanye :
- iyo amaraso yuzuye mu mutwe. Gushyira ibirenge mu mazi ashyushye arimo ifu ya Moutarde (utuyiko 2 tw'ifu muri 3L z'amazi).

- amaraso atava mu mutwe neza cyangwa se igogora ritagenze neza no gukora nabi kw'uruhago.

Ibimera wakoresha : ibyatsi by'Umuhengeri, amababi n'udutwetwe by'Umwenya (Umusura) Umwenya wo hasi bakunda kunywamo icyayi ku bazungu, kunywa utwatsi twa Perivashe, Nyiramabumba, gukandagira mu mazi ashyushye arimo ifu ya Moutarde.

- Akaberetwa : kuribwa cyane n'umutwe w'uruhande rumwe bikagenda bigaruka biherekejwe no kutabona neza ; ndetse mu gihe uribwa utyo, uribwa n'imitsi iva mu mutwe (Migraine). Mu bihe byinshi, ubu burwayi buterwa no kudakora neza kw'igifu cyangwa ibiryo runaka wariye.

Ibimera wakoresha : Igisengosengo kinini; kunywa igihwarara (ikigembegembe, ikirongorera); Baziriki; Véronique; Umugosora; igiti cy'ironji cyangwa icy'indimu; imizi y'Umunyeganyege; iy'Umukorokombe; amababi y'Umuretezaho.

- Kuba Ubwenge Budakora Bihagije: Kunywa igikoma cy'igihuranda cyangwa umuceri wo mu gasozi ; gukunda kurya Sésame; kunywa Teyi. Ukenere ibiribwa bikize muri acide linoléique na lécithine (uburo, ingano), Vitamine B, no mu myungu ngugu nka Fosifore.
- Guta Ubwenge : kunywa ibyatsi bya Perivashe hamwe n'ibyo twabonye byongera imbaraga z'ubwonko.

- Igicuri : Giterwa n'imivurungano yo mu bwonko.

Ibimera wakoresha : Kunywa Marakuja igira amatunda cyangwa itayafite; imizi iseye y'Isagara y'ikigabo; amababi y'Umubazi, ay'Umumenabuye, ay'Umusura, ay'Umucucu, ay'Umwishywa, ay'Urunyabutongo; amababi n'ibijumba by'Umwanzuranya, iby'Igicuracumu na Nyirabuyugi, ikimera cy'Umunyuwintama, imizi y'Ikibombwe.

- Indwara Zinyuranye Zo Mu Bwonko : amavuta ya Onagre ni ingenzi mu bibazo byose by'imikorere y'ubwonko, cyane nk'indwara ya Sclérose na Parkinson.
- Ibisazi.

Ibimera wakoresha : ibibabi by'umuhoko, Rwizilinga, Umuhengeri,

Umuhaka, Nyirabuyugi, Gangabukari, Gitinywa, Umwisheke wera, Umuhurura, Umuyobora, Isubyo, Igisura, Umusekera, Umuhanga, Umubimbafuro, Ubugomboro, Umukuzanyana, Umukeri, Umutsinduka, Umucyuro, Ituza; ikimera cya Gasaho, Ikibogeri, Uruteja, imbuto z'Umutanga, amababi n'ikijumba bya Rulira.

4. AKANWA

Uburyohe bwumvikana binyuze mu twoya twabigenewe tuba ku rurimi. Ni utwoya tubasha gutandukanya ibiryohereye, ibishaririye n'ibikereta. Bigezwa mu bwonko n'imitsi ishinzwe ibyo kumva uburyohe, udutwetwe twayo tugera mu bwoya bwo ku rurimi.

AMENYO.

Amenyo afite ishusho yamagufa. Niyo asya ibyo kurya uba watamiye mbere yo kujya mu gifu binyuze mu muhogo. Arimo ibyiciro binyuranye, ay'imbere, atyaye kandi ashinzwe gucagagura ibyo uri kurya igihe ari binini. Hari n'akurikiyeho asongoye cyane, n'ibijigo bimeze nk'insyo ari nabyo bitapfuna ibyo kurya. Umuntu mukuru agira amenyo 32; muri ayo 16 aba ari ku rwasaya rumwe rwo hejuru, andi 16 ari kurwo hasi. Ayo amenyo apanze ku buryo bukurikira: $4/4+2/2+10/10$. Amenyo agomba kwitabwaho cyane.

Isuku y'amenyo n'iyi mu kanwa: Iyo utapfunnye ibyo kurya ukabimira, buri gihe mu kanwa habamo ibisigara. Ibyo byasigayemo bibora vuba cyane, maze bikaba indiri y'ubukoko bwangiza umubiri wose muri rusange, n'amenyo by'umwihariko. Ni ngombwa rero koza mu kanwa buri munsi dukoresheje uburoso n'umuti w'amenyo; nibura mu gitondo na nimugoroba, ariko buri gihe nyuma yo kurya. Ubundi gahunda yo koza amenyo ni iyi: ku rwasaya rwo hasi woza uvana hasi ujyana hejuru (uzamura), naho ku rwasaya rwo hejuru uvana hejuru ujyana hasi (umanura). Ibyo ubikora imbere n'inyuma h'amenyo. Birabujijwe koza utambitse uburoso nk'uko benshi basanzwe babigenza. Uburoso ntibugomba kurenza amezi atatu bugikora, kandi bukwiye kubikwa ahumutse ahatari ivumbi. Ibi, biturinda kugira ibiryo dusiga mu menyo no gucukura ishinya. Uramutse ukurikijeho kurya rero nyuma yo koza amenyo, amasukari yo mu biryo na bwa buko, byinjiramo mu buryo

bworoheje, maze bikangiza amenyo mu buryo butangaje. Si byiza rero kurya cyangwa kunywa ukimara gukuba mu menyo. Kuberako amenyo ashobora guhongorwa n'ibintu bikomeye cyangwa bigakuraho irangi ry'amenyo ryagenewe kuyarinda, si byiza kuyarumisha ibintu bikomeye; bityo udukoko tukinjiramo tukanayangiza. Ubwo indwara z'amenyo zigatongora. Iyo byageze no ku mitsi y'iryinyo, bitangira kubabaza cyane umurwayi, ndetse bikaba byatera kubyimba igice cy'umutwe. Mu rwego rwo kuyirinda ni ngombwa kurya ibiribwa birimo imyunyu ngugu na Vitamini D.

INDWARA ZO MU KANWA

- Ubugendakanwa. Ni udusebe tuba mu kanwa turyana cyane, dushobora kwikiza hashize iminsi. Dushobora guterwa no kwandura mu kanwa ibiryo byamuteye allergies, kubura Vit. B cyangwa Fer.

Ibimera wakoresha: kogeshamo Inkeri z'ishyamba ziribwa; Teyi, ubundi ugashyiramo ubuki bw'umwimerere ; amababi ya Nkulimwonga, aya Munyuwintama, ay'Umukuzanyana ; Umukuzanyana, Imbatabata.

- Kuribwa iminwa igihe uyinyeganyeye cyangwa wasamye. Muri rusange biterwa no kuba ukennye ku butare bwa Fer.

Ibimera wakoresha : gusiga ku minwa amavuta ya Cacaoyer, ni ingenzi cyane.

- Kutaryohereza. Bishobora guherekezwa n'impumuro mbi mu kanwa. Muri rusange bifitanye isano n'uruhago n'amara bidakora neza.

Ibimera wakoresha : kunywa Igisengosengo kinini.

- Iyo abana bamera amenyo, barababara.

Ibimera wakoresha : guhekenyesha umwana umuzi usukuye w'Umuse munini uranda ; gukuba mu bishinya by'umwana Kalungu.

- Kuribwa Amenyo : guhekenya wogeshaga agasumari ka Kalafu (mu masoko); kogeshamo Kazingashya, icyozamenyo

(Cyumya). Guhekenya igikatsi cya Bwunyubwintama cyangwa icy'Ishegenyutsi kivanze n'Igikukuri, ukabijundika.

- Kuzana Amashyira Mu Menyo : kogeshamo Kenkina, Kazingashya, Teyi n'ibumba.

Ibyatsi byagufasha mu isuku y'amenyo : ushaka kujya woza n'isuku ihagije mu kanwa wakoresha : amababi n'indabo by'Inkeri z'ibiti binini batera; amababi n'ibishishwa by'imizi by'igiti cy'amapera cyangwa amakara y'inturusu za Mayideni.

5. AMAZURU.

Amazuru nirwo rugingo rushinzwe kumva impumuro. Imiheha y'amazuru ishashemo agahu korohereye cyane, gahora kabobezwa n'ibimwira. Igice cyo hejuru cy'ako gahu (cy'inyuma) kigizwe n'udushami tw'imitsi ishinze kumva impumuro, ikajyana ibyo yumvise mu bwonko, nabwo bukamenya ko ari impumuro nziza cyangwa mbi, bugafata ibyemezo bikwiriye.

Isuku y'amazuru: Hari ibyo bita ibicurane by'ubwonko biterwa no kubabuka kw'agahu ko mu mazuru, bigatera kuvubura ibimyira byinshi, kwitsamura n'ibindi, amazuru akifunga, ugasa n'aho utagihumurirwa. Icyo gihe ni ngombwa kwivuzwa. Kuba ugomba guhumekera mu mazuru, bituma ubwoya bwo mu mazuru bukusanyirizwaho imyanda inyuranye, imikungugu n'udukoko dutera indwara nyinshi, ukaba rero ugomba kuhasukura kugira ngo bidakurura ibibazo by'uburwayi. Amazuru, amatwi, umuhogo n'akanwa bifite aho bihuriza imiheha yabyo, bityo rero indwara zo mu mazuru zishobora kuba intandaro yo kurwara umuhaha, ndetse n'ibibyimba byo mu muhogo bita angine n'ibindi. Ni ngombwa gupfuna neza. Ntugapfune abana banyu cyangwa namwe ubwanyu mufashe kandi mufunze amazuru yombi, kuko icyo gihe bishobora gutuma ibimyira byiyongera mu miheha y'amatwi, bigatera indwara y'umuhaha. Iyo wipfuna cyangwa upfuna umwana, ni ngombwa gufunga izuru rimwe ugasunikana imbaraga ibimwira, hanyuma ugafunga n'irindi kugira ngo n'ibiri mu ryari rifunze nabyo bisohoke.

INDWARA ZO MU MUHOGO NO MU MAZURU

- **ANGINE** yo mu muhogo.

Ibimera wakoresha : gukaraza umutobe w'Umugosora, umutobe w'indimu, Teyi no kuyiyukisha, kunywa umutobe w'indabo za Capucine , iza Zinia ; kumira umutobe w'Umukololo, uw'Umuhengeri cyangwa se kumira amazi ukamuye mu mababi ya Gaperi.

- Kuribwa mu muhogo, wumva humye n'agakorora kumye.

Ibimera wakoresha : kunywa umutobe w'indimu, n'inanasi ; kunywa no gukaraza Akanyaruhima; gukaraza Imbatabata.

- **GAPFURA.**

Ibimera wakoresha : kunywa no gukaraza Umugosora, Akanyaruhima, Imbatabata, kunywa Igicumucumu; indabo z'Intomvu; Baharakwibuye yo ku rutare, Inyamapfundo ; kurya Radis mbisi cyangwa umutobe wayo. Gukoresha imizi y'Umukuzanyana, amababi y'Umuyogera, ay'Akayogera.

- **SINUSITE :** kwandura kw'imyanya y'ibikono byo mu gihanga bita sinus ibi bigaragazwa n'ibicurane by'ubwonko, grippe bikomoka kuri aleriji y'ibintu binyuranye nk'impumuro ikaze, ivumbi, ibintu bitumuka... ; ubundi ubu burwayi bugendana n'ubw'umwijima uremerewe, ku buryo abahanga basanze uvuye umwijima, urwagashya n'uruhago rw'inkari na sinusite bishobora kugendana.

Ibimera wakoresha : ni byiza kwirinda kogera muri pisine cyangwa se mu mugezi utemba, ibirenge bitose kandi bikonje, kunywa ibintu bikonje, guhita uhinduranya ubushyuhe n'ubukonje, mu gihe cy'itumba wifubike cyane kandi ni byiza gufubika umutwe uko bishobotse kose cyane nijoro ubishoboye n'ingofero, wirinde inkubi y'umuyaga (kugenda ku igare cyangwa kuri moto). Igihe uri muri Crise yayo wafunze amazuru, usige icyondo cy'ibumba mu ruhanga no ku matama y'imbere ahakikiye izuru. Wirinde kurya ibinaniza igifu nk'ibya chocolat, charcuterie....Iyo ukoresheje neza iyi rejime wirinda ubu burwayi ntibutinda gukira : gukunda kurya salade ya Karote, Radis na Capucine cyangwa se umutobe wa buri kimwe muri byo, umutobe wa Teyi ivanzemo ubuki, umutobe w'indabo za Zinia. Kogesha mu mazuru

amazi y'indabo za Roza itukura. Kwiukisha kandi wikandisha mu maso Umugosora, Pinusi, Romari ivanze na Teyi ni ingenzi cyane. Iyo watangiye kujya ubabara, ushyira igikoma cy'ibumba cyangwa ibibabi by'amashu biheze ahababara ukabirekeraho nk'amasaha abiri birakorohera n'ibimwira by'amashyira bigasohoka.

- Igihe ijwi riceceka cyangwa rikagenda ryigabanya, ubundi se rigahinduka ikijwi kibi (*Aphonie*).

Ibimera wakoresha : kunywa no gukaraza amazi arimo indabo za Rosa itukura.

- Kuva imyuna mu mazuru cyangwa se gukanuka : kuva amaraso mu mazuru, akenshi bitewe n'agatsi kaba kacitse cyangwa se umutima utera cyane (hypertension).

Ibimera wakoresha : gushyira ibitonyanga by'umutobe y'amababi y'igisura mu mazuru ukoresheje agatambaro gafite isuku ; gushoreza no kunywa ifu y'amababi y'Umuzabibu ;

- Ibicurane-muturanyi n'ibimwira byinshi mu mazuru.

Ibimera wakoresha : Mu gusukura mu mazuru, ushoreza amazi arimo ibumba ufashe izuru rimwe ugahindura no ku rindi, ukabikora iminsi itanu. Kurya bike ahubwo ukarya cyane imbuto no kunywa amazi kenshi cyangwa Teyi. Kwiukisha Pinusi (Umushishi) ; kunywa umutobe wa Capucine, gukoresha ibijumba by'Umukoni, amababi y'Akatsikamuranda. Gushoreza ifu y'amababi cyangwa imizi ya Gutwi kumwe.

- Ku burwayi bwa Grippe wiyukisha unywa Teyi ivanze na Romari cyangwa Cyprès uyibonye.
- Igihe umwuka usohoka mu kanwa uba unuka nabi ; bishobora guterwa no kuba urwaye ufite amashyira mu shinya y'amenyo, uburwayi bw'igifu kidakora neza ubwo mu mara cyangwa kutoza amenyo.

Ibimera wakoresha : kogesha mu kanwa cyangwa se kunywa Akamenampishyi, Kunywa amakara y'inturusu cyangwa n'ibindi bita. Kunywa Umwenya uranda umwe bakunda kunywamo icyayi, cyangwa Teyi.

- Kutaryoherwa (kubura appetit): Ikibazo icyo aricyo cyose cyo mu rwungano rw'ibiryo, mu gifu kugera mu mara gishobora kubuza appetit. Ni ukuvuga ko mbere yo gufata iyi miti tuguha ni byiza kubanza kumenya impamvu ibitera.

Ibimera wakoresha : Gukoresha Akamenampishyi ; Igicumucumu ; Igisengosengo kinini, Kurya no kunywa Igihwarara. Gangabukari, Kenkina.

- Gusarara (Kubura ijwi): kunywa Imbatabata.
- Umwuma mu muhogo: Gukenya utubabi tw'udutwetwe tworoshye tw'Umusave.

Ku bibazo byo mu muhogo nk'ibyo twavuze haruguru, utsirima amazi ya vinaigre (ibiyiko 2 byayo mu gakombe gato k'amazi), ukahafubika ngo hadakonja. Iyo ugira umuriro, ubandika icyondo cy'ibumba gikonje ku nda yo hasi, bikamara amasaha 2 ; ushobora kujya ubihinduranya.

5. UMUTIMA

Umutima nirwo rugingo rw'ingenzi mu migendere y'amaraso mu mubiri wose. Amaraso ntiyigera ahagarara na rimwe kandi agenda bikomotse ku miterere y'umutima uba ukoreshe n'ubwonko. Amaraso niyo ageza intungamubiri zose za ngo mbwa n'umwuka mwiza wa oxygène mu ngingo zinyuranye z'umubiri. Nirwo rugingo rujugunya amaraso meza ruyasunika akajya mu ngingo zose ; ukakira n'ayamaze kwandura mbere yo kuyohereza mu bihaha aho ayungururirwa akagaruka mu mutima amaze gukurwamo imyanda , nawo ukayohereza mu mubiri. Bigenda kuri gahunda ubudahagarara, mu buzima bwacu bwose.

IMITERERE YAWO

Inyuma : ni akanyama gakoze nk'agafuka, gatwikiriwe n'uruhu rukomeye kandi rudatoboyemo umwenge. Umutima uhereye mu gituza kandi ukikijwe n'ibihaha bibiri, uryamye kuri diaphragme iwutandukanya n'inyama zo mu nda (umwijima n'igifu), uri ahagana inyuma ya mugabuzi n'igikucangwa cy'imbavu kiba gihagaze hagati mu gituza imbavu zishamikiraho kuri 1cm uhareye kuri mugabuzi. Isonga ryawo rije imbere rigaterera ahagana munsu gato y'ibere ry'ibumoso. Mu bunini bwawo uri hafi kungana n'igipfunsi, ufite ibara ritukura, ibinure

biwihomyeho bituma inyuma y'umutima hagaragara nk'ibizinga bifite ibara ry'umuhondo. Ufite uruhu rw'inyuma runyerera, ahagana hejuru hari umubande ugaragaza urugabano rw'ibyumba byawo bibiri by'imbere.

Imbere : umutima ufite utwumba tubiri tugabanijwe n'agasika gahagaze ; natwo kandi buri kumba kakaba kagabanijemo utundi tubiri duto n'agasika gatambitse. Utwo dufuka tubiri tunini dupfumuyemo imyenge isohokeramo, indi ikinjiramo imitsi minini yinjiza cyangwa asohora amaraso mu mutima. Hari umutsi munini ukura amaraso yanduye mu mutima ukayajyana mu bihaha ; usohokera ahagana hasi ukerekera iburyo ahagana inyuma. Uwo mutsi iyo ugeze hafi kuri 4cm-5cm wigabanyamo amashami abiri, rimwe rikajya mu gihaha cy'ibumoso, irindi rikajya mu gihaha cy'iburyo. Hari undi mutsi munini wita ruboroga (aorte), akaba ariwo mutsi w'inkomoko y'imitsi y'umubiri y'amaraso meza yose, usohokera mu kumba k'ibumoso k'umutima, ugasohokera hejuru ahagana ibumoso. Ahagana muri cm hagati ya 3 na 5uvuye ku mutima, uwo mutsi urihina ukamanukira mu ruhanda rw'ibumoso. Ku muntu mukuru nta mahuriro aba hagati y'iyo mitsi yombi (uw'amaraso meza n'amabi), ariko ku mwana ukiri mu nda ya nyina, iyo mitsi iba ihujwe n'umuyoboro bita canal artériel cyangwa conduit de Botal. Umwana akimara kurira bwa mbere, uhita wifunga, byerekana ko ibihaha bitangiye gukora. Naho ubundi umwana uri mu nda, ntahumeka; Oxygène akoresha ayikomora mu maraso ya nyina binyuze mu rururi.

Hari n'indi mitsi (veines pulmonaires) igarura amaraso amaze kuyungururwa ikayakura mu bihaha iyagarura mu mutima. Buri gihaha gifite imitsi ibiri, umwe hasi undi hejuru, migufi cyane, ariko minini, igasohokera ahagana mu cyumba cy'ibumoso cy'umutima, mu kumba gato ko hejuru (oreillette gauche). Hari n'indi mitsi bita veines caves ibiri, umwe hajuru undi hasi. Uwo hejuru (veine cave supérieure, ugarura amaraso mabi mu mutima uyakuye mu gice cy'umubiri cyo hejuru y'agahu gatandukanya inyama zo mu nda n'izo mu gituza bita diaphragme. Uwo mutsi usohorera mu gace ko hejuru ahagana imbere, mu cyumba cy'iburyo (oreillette droite). Uwo mutsi upima hafi cm7. naho uwo hasi veine cave inférieure, uvana amaraso mu gice cy'umubiri cyo hasi y'ako gahu, usohorera mu gace k'inyuma ahagana hasi mu cyumba cy'iburyo.

IMIKORERE Y'UMUTIMA

Imikorere yawo irimo ibyiciro bibiri by'ingenzi, kimwe gisa n'ikiruhuko cy'akanya gato, nibyo bita diastole, icyo gihe umutima uba utegereje kuzuramo amaraso kugira ngo uyohereze mu mubiri. Ikindi cyiciro ni igihe umutima uba umaze kuzuramo amaraso, maze ukayohereza mu mitsi nibyo bita systole. Iyo habayeho systole urusaku rw'umutima udiha rwumvikana cyane, rugakurikirwa n'urundi rusaku rugufi kandi ruto.

Amaraso agenda mu mubiri arihuta cyane ku buryo mu gihe cy'umunota umwe habamo ingendo ebyiri z'igenda ry'amaraso, ari nayo mpamvu uburozi bwihuta cyane kuko buba bugendana n'amaraso. Umuvuduko w'amaraso ugabanuka iyo umutima uterana imbaraga zidahagije (insuffisance cardiaque). Umutima utera inshuro zigera kuri 70 mu munota, iyo utera mu buryo busanzwe.

INDWARA Z'UMUTIMA

- Igihe umutima utera cyane, vuba vuba (*Tachycardie*).

Ibimera wakoresha : kunywa Igicumucumu.

- Igihe gutera k'umutima guhindutse mu mwanya muto bitewe n'ibibazo by'ubwonko, imiti runaka ufashe, cyangwa ibiyobyabwebge wafashe nk'ikawa, icyayi n'itabi (*Palpitations*).

Ibimera wakoresha : kunywa Umuhengeri; Umukiryi, Isagara y'ikigabo; amababi n'udutwe tw'Amashaza ya musambi; igiti cy'ironji cyangwa icy'indimu; imizi iseye y'isagara y'ikigabo; Umuharakuku; Ituza;

- Igihe umutima rimwe utera cyane, ubundi ugatera buhoro uhinduranya. Bishobora guterwa n'ibyokunywa by'uburozi bikabura umubiri wanywoye nk'icyayi n'ikawa cyangwa imiti runaka wafasha. Bigaterwa n'uko umutima umeza nabi ibyo bigasaba gusanga muganga akabireba (*Arythmie*).

Ibimera wakoresha : kunywa Isagara y'ikigabo.

- Angine yo mu gituza: uburibwe butunguranye bwo mu gituza buryana bugafata n'ukuboko kw'ibumoso ukumva usa n'ugiyeye

gupfa utunguwe. Biterwa n'uko hari imitsi imwe ikura amaraso mu mutima iba itameze neza yibyiganya yikomeje kuburyo ibangamiwe.

Ibimera wakoresha : Kunywa ifu y'Umwicanzoka muto, kandi tukirinda kurenza urugero kuko bimera nabi; kurya uduheke twa Tungurusumu cyangwa kuyinywa mu mazi ; kunywa Igicumucumu.

- Guhagarara gutera k'umutima warabiranye bitewe nuko amaraso adatembera ngo agere mu nyama z'umutima. (*Infractus du Myocarde*). Ibi byatsi wakoresha ni ibyo kurinda ubwo burwayi wongeyeho n'ibyo wakoresha kuri Angine yo mu giituzza.

Ibimera wakoresha : kurya imbuto za Sésame ahanu hanyuranye ; n'amavuta y'imbuto za Onagre muri Alimentation.

INDWARA Z'IMITSI IVANA AMARASO MU MUTIMA

- Igihe iyo mitsi ihawe amaraso menshi itari ashoboye gutwara, ikaba igomba kuyatwarana imbaraga no kuyihutisha (*Hypertension arterielle*). Bishobora guterwa n'impayiko zirwaye cyangwa iyo mitsi yuzuyemo ibinure byinshi.

Inama n'ibimera wakoresha : Kwirinda inyama n'umunyonyu kuko bizamura gutera nabi k'umutima. Umunaniro w'ubwonko n'uw'umubiri wose, urusaku no kudakorera muri gahunda byongera ubwo burwayi. Itabi, umubyibuho ukabije no kuba ukuze nabyo ni uko. Hakenewe cyane ikiruhuko cy'ubwonko cyane cyane umubiri wose, ubundi nijoro ukaryama amasaha 9. Kwirinda ibirungo bikaze, inyama, inzoga, alcool, icyayi, icyayi, ikawa ibya Charcuterie na Pâtisserie bacuruza. Isagara y'ikigabo; kurya Tungurusumu, kunywa amababi y'igiti cy'Elayo, kurya ibitunguru bya Onyo, kurya imbuto za Pome hamwe n'umuceri, kunywa imisatsi y'ibigori, Ikinetenete.

- Igihe iyo mitsi ifite imbaraga nke zo kujyana amaraso ndetse igasa n'ihondobera ngo iruhuke (*Hypotension arterielle*).

Inama n'ibimera wakoresha : Guhitamo koga amazi akonje; kwirinda kurya Bonbon, inzoga n'itabi. Kunywa Romari no kuryama mu mazi irimo bigabanya isereri, naho Urukarambwe cyangwa Igihwararaa birafasha. Amashaza ya musambi; Teyi, Baziriki. Igihe ubwo burwayi bukurembeje, ugomba guhita ujya kwa muganga kuko byakuzanira ingaruka zikomeye cyane.

- Guta ubwenge bitunguranye bishobora no gutuma witura hasi. Akenshi biba biherekejwe n'uburwayi bwa Hypotension (*Evanouissement*).

Ibimera wakoresha : wakoresha biriya byo kuri Hypotension, ukongeraho igiti cy'ironji, Umuhengeri, Umukiryi.

- Ukwikomeza bijyanye no kwiyegegeranya kw'imijyana y'amaraso bitewe n'ibinure byinshi bituma amaraso atagenda neza (*Arteriosclerose*).

Ibimera wakoresha : kurya Tungurusumu cyangwa kuyinywa mu mazi, utwatsi twa Perivanshe.

- Igihe imigabane y'umubiri ibona amaraso adahagije nk'uko iyakeneye. Bikora cyane cyane ku bwonko maze bigatera isereri, kubura ubwenge cyangwa kugabanyuka kwabyo.

Ibimera wakoresha : Kunywa utwatsi twa Perivanshe.

- Ibibazo biza mu gutembera kw'amaraso bitewe n'imbeho, bikagaragazwa n'utuntu turyana mu biganza, mu maboko, amaguru n'inzara (*Engelures*).

Ibimera wakoresha : Kunywa amababi y'umuzabibu.

INDWARA Z'IMITSI IGARURA AMARASO MU MUTIMA

- Kubyimba kw'imitsi igarura amaraso mu mutima amaraso ataza neza.

Ibimera wakoresha : Umuyogera munini ; igiti cy'ironji; imbuto za Cyprès; umutobe w'Indimu; no gukoresha amababi y'Umubuza n'Umuvuzi.

- Igihe ya mitsi yabyimbye yatangiye kwangirika :inflammation (*Phlebite*).

Ibimera wakoresha : ukoresha ibimera bakoresha kuri Varices.

- Igihe yamitsi yabyimbye ikanangirika izaho ibisebe bidakira biba hasi ku kuguru hejuru y'igitsi cy'ikirenge (*Ulcère variqueux*).

Ibimera wakoresha : gusekura imbuto za Cyprès ukagira ikintu kimeze nk'igitsima ukagishyira aharwaye, gufata ikibabi cy'ishu ukagiheresha icupa urihirikaho noneho ukagishyiraho kiromora; kubandikaho Imbatabata, Uruburamajo rubijije mu mazi hanyuma ukarusya.

Ibimera bigabanya amavuta menshi mu maraso:

Igihuranda cyangwa Umuceri wo mu gasozi; amavuta y'Ibihwagari; aya Onagre; aya Olive; ay'Umuzabibu; imboga za Artichaut; Pomme; Isuri; amavuta y'Ibigori; Sésame; Avoka.

7. URWUNGANO RW'AMARASO

Mu migendere y'amaraso mu mubiri, dusanga ko mu mitsi harimo inyuramo amaraso (veines et artères) n'indi inyuramo amatembabuzi (lymphe), iyo ya nyuma yo yitwa (vaisseaux lymphatiques). Ayo matembabuzi ni ayo kuhira imikaya (inyama z'umubiri) ikabobera, ikabamo amazi. Imitsi iyatwara ni myinshi cyane kuruta ijyana amaraso. Iyo mitsi iyo ari iyo mu mara bayita canaux chylifères, ikaba ariyo inyunyuzwa ibinure, protéine n'amasukari biri mu byo umuntu yariye iyo bigeze mu mara. Iyo mitsi iriho utuntu tumeze nk'uduheri tugiye tuyibaho cyane cyane aho ishamikiye (ganglions lymphatiques), tugakora akazi ko gutangira udukoko dutera indwara (microbes), maze mu gihe cyo kurwara kw'agace runaka k'umubiri tukabyimba (nibyo bita intakara). Igihe cy'uburwayi bukomeye, umurimo watwo uraturenga maze utwo dukoko tukagera mu maraso hakabaho ibyo bita septicémie (ni ukurogwa kw'amaraso, bikagaragazwa n'umuriro mwinshi ukururwa n'izo microbes zageze mu maraso cyangwa uburozi kwasutswemo nazo). Iyo izo microbes zibaye nyinshi mu maraso bitera ibibyimba ahantu hamwe na hamwe mu mubiri cyane cyane mu nyama zo mu nda. Iyo byageze aho, bishobora kwica umurwayi.

Aha ntawabura kuvuga ko na ka gakoko gatera igituntu bita bacille de KOCH gashobora gutera iyo septicémie. Izindi septicémie zishobora kugira inkomoko mu mura (nyababyeyi), igihe habayeho gukuramo inda hakoreshejwe ubugome (imiti inyobwa cyangwa ubundi

buryo bukoreshwa n'abakuramo inda kuko bazitwaye batabyifuza no kubyarira mu cyaro ukabyazwa n'ufite intoke zanduye. Umubyeyi wese utwite agomba guteganya kubyarira ku ivuriro rimwegereye, niba bakora umurimo wo kubyaza, cyane cyane muri maternité). Iyo ndwara ya septicémie ishobora kugaragazwa nanone n'ububabare bwo mu nda, kuruka indurwe n'amarso(mu gihe zageza no mu gifu), kugira agahinda, ictère ikomeye, inkari zitukura cyangwa z'ikigina, kugabanuka kw'amaraso. Iyo wayandujwe n'imbeba (igihe uzikozeho) ugira ububabare n'umuriro mwinshi (40°), kuribwa mu mutwe, kuribwa mu ruti rw'umugongo cyane cyane mu gace ko hasi (niyo bita rachialgie), kurwara mu muhogo, kuribwa mu ngingo (bigera ubwo bivamo rubagimpande, indwara yo guta umutwe (igaragazwa n'imivurungano mu myumvire: troubles sensitifs, sensoriels et psychiques), cyangwa bikabyara ihahamuka (traumatismes). Umuntu ashobora gupfa mu buryo butunguranye.

Iyo umuntu arwaye kanseri ayo matembabuzi niyo ajyana udukoko twayo mu bindi bice bitari byandura. Iyo niyo mpamvu nk'iyi umuntu yarwaye kanseri yo mu ibere, baribaga bakarikuraho, ariko badasize na twa dupfundo bita ganglions zo mu maha (munsi y'ukuboko). Umutsi munini wo muri ubwo bwoko ntuzenza 1cm y'uburebure.

SIDA

Kuri izi ndwara dusanzwe tumenyereye, hari n'izindi nyinshi tutabonye uko tuzivuga zose. Muri izo tugiye kuvugamo imwe yugarije isi muri iki gihe. Iyo ni indwara ya SIDA. Ntigira urukingo n'umuti kandi ihitana imbaga itabarika y'abantu hano kuri iyi isi. Mu mwaka ushize wa 2003 gusa, yahitanye abantu barenga miliyoni eshanu, kandi abandi bangana batyo banduye biyongera ku basanganywe ako gakoko. Ubu barenga miliyoni 45, kandi bose bashobora kuzaba barapfuye muri iyi myaka icumi iri imbere.

A. Twibukiranye gato iby'iyi ndwara :

Indwara ya Sida iterwa n'agakoko ko mu bwoko bwa za virusi abahanga bise VIH, kubera ko igabanya ubudahangarwa bw'umubiri (immunité),

bityo indwara zinyuranye zigashobora umuntu. Nk'uko twabibonye haruguru, mu maraso y'umuntu tubonamo igice kimwe kigizwe na za Globules blancs aribo basirikare bafite umurimo wo kurengera no kurinda umubiri wacu indwara z'uburyo butandukanye, cyane cyane iziterwa n'udukoko twawinjiyemo. Abo basirikare, bagerageza kwica no kutumaraho buri gihe tugeze mu mubiri. Abo basirikare bagira ababakuriye batanga amategeko y'imirimo yabo aribo bitwa lymphocytes T₄. Ako gakoko ka VIH, kagira ubushobozi bwo kwinjira muri abo bayobozi (officiers), kandi kakiyoberanya. Kubera ko izo za lymphocytes zimara igihe gito, agakoko ka VIH kazigeramo imbere kakabyara utundi twinshi dushobora kongera kwangiriza izindi, kandi kakangiza ubushobozi bwo gutanga amategeko ku bandi basirikare. Bityo umubiri ntubone uko utabarwa.

B. Uko twandura ako gakoko :

Ako gakoko kaboneka mu matembabuzi y'umubiri wacu (amaraso, amasohoro y'umugabo n'ay'umugore no mu mashereka...).

1. Umuntu ukoze imibonano mpuzabitsina n'umuntu wanduye ako gakoko, ashobora kukandura. Uburyo ubwo ari bwo bwose bw'imibonano mpuzabitsina buranduza, cyane cyane iyo hari agakomere gatuma amaraso ahura n'ayo masohoro.
2. Guhabwa amaraso y'umuntu wanduye cyangwa gukomeretswa n'ikintu cyanduye nk'urwembe, igikwasi n'ibindi.... Twibukiranye ko ubu kwa muganga bakora uko bashoboye bagatanga amaraso amaze gupimwa neza.
3. Umubyeyi utwite ashobora kwanduza umwana atwite mbere yo kuvuka gato, akivuka cyangwa amwonsa.

Muri ubu buryo bwo kwandura agakoko ka Sida, ubw'imibonano mpuzabitsina bwonyine bwihariye 85% by'abandura bose, kandi iyo nzira ikorwa biturutse ku bushake bw'umuntu. Turamutse dukoze imibonano mpuzabitsina twabanje gushishoza neza, murumva umubare w'abantu barokoka icyo cyorezo uko bangana! Kandi amaraso nayo ntiyakongera kwandura, umubyeyi uri mutaraga ntiyakwanduza umwana atwite cyangwa mu mashereka.

C. Uko twayirinda :

1. Kwirinda imibonano mpuzabitsina yanduza, twifata (abstinence) mu gihe tutarashaka, twirinda ubusambanyi (vagabondage sexuel), twubahiriza amategeko y'abashakanye (fidelité). Twibuke ko uwavuze ngo ntugasambane ari nawe wavuze ngo ntukice. Nusambana uzamenye ko uhiga ubugingo bwawe n'ubwa mugenzi wawe, ndetse n'abandi benshi bazandura bitewe nawe.
2. Kwirinda gusangira ibikoresho bikomeretsa nk'inzembe, ibikwasi, n'ibindi byose bituma habaho guhura kw'amaraso. Nko guhabwa amaraso, ubu kwa muganga babanza kuyapima, nta mpungenge biteye.
3. Umugore wanduye, yagombye kwirinda gusama ; ariko iyo bibaye ngombwa, kwa muganga hari imiti imwunganira ituma umwana ashobora kuvuka atanduye kandi ntazamuhe ibere na rimwe.

D. Ibyo tugomba gusobanukirwa kuri iyi ndwara :

1. Agakoko ka Sida (VIH), karimo ubwoko bubiri butandukanye cyane : VIH_1 na VIH_2 . Kuri VIH_1 konyine kagira uburyo butandukanye burenga igihumbi (6 sous-espèces principales et plus de mille variétés). Ubwo buryo nabwo buhora buhindagurika ku buryo VIH_1 yinjiye mu muyobozi mukuru lymphocyte T_4 havukiramo izindi nyinshi zidahuje ubukana. Bihora bihindagurika bityo, abasirikare bari biteguye kukarwanya kakabarusha imbaraga. Bityo icyizere ngo ejo hazaboneka urukingo cyangwa umuti, kikaba kikiri kure nk'ukwezi. Ibi twabigereranya n'urukingo rw'imatezi rwananiranye kuboneka, none iyo gahunda y'ubwo bushakashatsi ikaba isa n'iyahagaze.
2. Tumenye ko hagati yo kwandura no kuboneka k'ubwandu bw'agakoko mu maraso, bimara iminsi itandukanye : hari abo biboneka vuba nka nyuma y'ibyumweru bibiri, hari n'abandi bimara hafi amezi 6. Aha rero, umuntu wanduye ashobora kwibwira ko ari muzima kandi atari byo (faux zéro négatif). Inama ku bagiye kurushinga ni ukwifata,

kwirinda no kubahana ; kwipimisha byibuze inshuro 3, umuntu agenda yirenza amezi atatu. Ntabwo ari byiza ko abantu bashakana muri iki gihe batipimishije nibura gatatu mu gihe cy'umwaka, bityo bakubahiriza inama z'Umukozi w'Imana Mme White wavuze ko abazabana bakwiye kuba bamaze byibura imyaka 2 baziranye. Ibibabaje ni uko uwo muntu akomeza kuyanduza abandi muri icyo gihe.

Twese tugomba kumenya aho duhagaze kugira ngo dushobore kwirinda ubwacu no kurinda abacu. Ku bananiranye bumva izi nama nta n'imwe imureba yakwihanganira, ibyabo ni urupfu bahiga. Nubwo uwiye atagomba kuririrwa kandi ibyo bikaba bishobora kugira ingaruka ku batabifitemo uruhare, bene abo niba bagirwa inama yo gukoresha agakingirizo ngo byibura turengere abo bazandura bitewe n'ingaruka kuri abo, nko ku bashakanye.

Twese duhaguruke turwanye icyo cyorezo, kandi birashoboka; kuko ahanini tuyandura biturutse ku byemezo twifatiye ubwacu kandi tubishakira, 85% si nkeya !!!

INDWARA Z'AMARASO

- Kugabanuka kw'amaraso mu mubiri cyane za globules rouges.
Ibimera wakoresha : Kurya amashaza ya kizungu aterwa nk'indabo (Luzerne); kunywa cyangwa kurya Nyiramuko; imbuto z'Umuzabibu; Inkeri za kizungu ziribwa; Ikizimyamuriro; gukoresha ibiribwa bikize ku butare bwa Fer, ku misemburo no ku mavitamine cyane cyane iya C; kunywa umutobe w'Igisura cyangwa kurya imboga zacyo; kurya ibitunguru bya Onyo muri salade cyangwa se bitetse; gukunda kurya Avoka.

- Igihe amaraso yibumbiye hamwe munsu y'uruhu atari mu mitsi bitewe no gukomereka cyangwa indi mpanuka (Hématomes).
Ibimera wakoresha : Kubandikaho imizi iseye cyangwa itetse y'Umumanurankuba; Uruteja.

- Kuva amaraso. Ariko iyo uko kuva kudasanzwe, ni byiza kubanza kujya kwa muganga (Hémorragie).
Ibimera wakoresha : Ngingojana ; kunywa umutobe w'Igisura,

umutobe w'Igorogonzo ubundi ukayisya ugashyira ahava ; gukoresha imizi y'Umukorokombe, ikimera ubwacyo n'ibishishwa bya Kazingashya, amababi y'Igihondohondo, ay'Umumara, ay'Umusebeya.

- Igihe mu mutsi utemberamo amaraso hakoze akantu nk'akabuye akenshi gakunda kuza ahantu hari ibinure byinshi (Thrombose).

Ibimera wakoresha : Ibinini bya Onagre; Umuyogera munini ; kunywa umutobe w'Indimu, kurya Tungurusumu cyangwa kuyinywa mu mazi ; gukunda kurya imbuto za Sésame.

8. URWUNGANO RW'UBUHUMEKERO

Ihumeka ni umwe mu mirimo ijyanye n'imikorere y'umubiri ihuriweho n'ibinyabuzima byose. Akamaro ko guhumeka k'ingenzi ni ako kuvangura no gukura umwuka mwiza umubiri ukenera (Oxygène) mu mwuka usanzwe wo mu kirere, no kuwujyana mu nyama z'umubiri, hagasohoka umwuka mubi wangiza umubiri bita gaz carbonique. Uwo mwuka mubi ukaba uvanwa mu nyama z'umubiri unyuze mu maraso, nk'uko umwiza nawo ujyanwamo n'amaraso. Urwungano rw'ihumeka rero ni urwo gusimburanya mu mubiri umwuka mwiza winjira n'umubi usohoka.

Ingingo zigize urwo rwungano n'imikorere yazo : amazuru, umuhogo, akamironko, igihogohogo, indi miheha ijyana umwuka, ibihaha n'udufuka twabyo.

Buri muntu agira ibihaha bibiri biba bikikije inyama y'umutima, byicaye hejuru y'agahu kitwa diaphragme, kagira uruhare runini mu gutuma umuntu ashobora guhumeka kihinahina no kwirambura, gatandukanya inyama zo mu gituza n'izo mu nda. Ibihaha bishobora kwiregura bigatuma byaguka. Ibihaha nibyo byihariye igice kinini cy'igituza. Ku bagabo bishobora gupima g 1300.

Umwuka mwiza uvuye hanze ugezwa mu bihaha n'imiheha yabigenewe. Noneho ubwo uwo mwuka mwiza wabigeramo ugahuriramo n'amaraso yanduye aba avuye mu bice binyuranye

by'umubiri, huzuyemo wa mwuka mubi n'imyanda yose amaraso yakuye mu mubiri. Umwuka mwiza winjiye uhita ujya mu maraso. Umwuka mubi wari uyarimo ugahita ujya hanze. Ayo maraso meza ava mu bihaha akajya mu cyumba cy'ibumoso cy'umutima, nawo ukayohereza mu ngingo z'umubiri. Umwuka mubi wo, mbere yo kugera mu bihaha uvuye mu mubiri, ubanza kunyura mu cyumba cy'iburyo cy'umutima ukaba ariwo uyohereza mu bihaha.

Muri buri gihaha imiheha y'umwuka igenda yigabanyamo amashami kugeza ubwo iba uduheha duto cyane dusoza n'udufuka duto tw'umwuka tworohereye kandi tureguka, batwita alvéoles, tubarirwa muri miliyoni hagati ya 300 na 400. Ku munsu umuntu ashobora guhumeka hagati ya litiro ibihumbi 3000 ni 10000 z'umwuka. Biterwa n'imirimu yakoze ndetse n'ubunini bw'ibihaha bye.

Ibice byo hejuru by'inziya y'umwuka nk'amazuru n'ubwoya buyabamo bigira akamaro ko gushyushya umwuka cyangwa kuwukonjesha bitewe n'uko ikirere kimeze, kuwuyungururamo imyanda ibamo, bityo ibihaha bikarindwa ubushyuhe, ubukonje, ivumbi n'ibindi. Imyanda minini isigara mu mazuru, ihagaritswe n'utwoya n'ibimwira, indi mitoya igasigara mu gahogohogo no mu yindi miheha. Uduto cyane nitwo tugera mu dufuka tw'umwuka two mu bihaha. Iyo myanda isohoka iyo umuntu akoroye, yitsamuye cyangwa igasohokana n'ibimwira nabyo bifite akamaro ku gufata imyanda ibigezeho.

Buri gafuka k'ibihaha kaba gafite umusirikare (ingirangingo fatizo yera bita macrophage alvéolaire) igenewe kwica no kurya udukoko dutera indwara tugeze mu bihaha, ibifashijwemo n'imisemburo iyibamo ikarishye. Iyo utwo dukoko twanduza tubaye twinshi, abo basirikare bararya cyane, bakagwa ivutu rikabica, maze kuko abarinzi bapfuye, hagatongora indwara bita bronchite igaragazwa no gukorora cyane igikororwa rimwe na rimwe kivanzemo amashyira n'amaraso. Uwo musirikare w'agafuka agereranywa n'imbwa irinda agafuka k'umwuka. Iyo umuntu asohoye umwuka hanze mu gihe cyo guhumeka, ka gahu gashashe munsu y'ibihaha diaphragme kamanukahō 10 cm kakigira hasi, umwuka ukava mu bihaha.

Ibihaha bifite ubushobozi bwo kwakira umwuka ungana na litiro 5 cyangwa 6 icyarimwe. Iyo umuntu ahumeka yinjiza umwuka akawusohora, harimo umwuka uguma mu bihaha utajya usohokamo,

kuko niyo wahumeka, wose ntushiramo, hasigaramo ugera ku gipimo cya litiro n'igice. Umugabo ashobora kwinjiza umwuka ungana na litiro 4,5 cyangwa 5, naho umugore ni litiro 3,5. ku muntu ukora imyitozo ngororamubiri cyane, ibihaha bishobora kugira aho byakira umwuka ungana na litiro 6 cyangwa 7 ku mugabo ni litiro 4 cyangwa 5 ku umugore. Ubushobozi bwo kwakira umwuka mwinshi icyarimwe ni ikimenyetso cy'ubuzima bwiza. Kugirango wongere ubwo bushobozi, ni ngombwa gukora imyitozo ngororamubiri isaba guhumagira, nko kwiruka, koga, kuzamuka imisozi wihuta n'ibindi.

Imihumekere myiza mu gihe cy'imyitozo ngorora mubiri: iyo ntacyo uri gukora, udufuka two mu bihaha ntitugeramo amaraso ahagije. Naho iyo uhumagiye kubera gukora, umutima utera cyane, amaraso akagera mu bihaha ari menshi. Inyama ziri gukora mu gihe cy'imyitozo zohereza ikimenyetso mu gace k'ubwonko kabishinzwe, kakongera igipimo cy'umwuka kifashishije guhumeka vuba
(guhumagira) n'amaraso menshi, bityo umuntu akaba yagezaho ahumeka umwuka ungana na litiro 120 mu munota.

Umwana ukivuka iyo adahumetse akigera imusozi ngo arire, ahita agira ubwenge buke cyane ku bw'umwuka wabuze mu maraso ye. Bishobora kuba ngombwa ko bamwongeramo umwuka. Iyo ibyo bimaze iminota igera hafi kuri 20, uwo mwana ahinduka igicucu burundu (débile), kuko igice kinini cy'ingirangingo fatizo z'ubwonko ziba zapfuye.

INDWARA ZO MU RWUNGANO RW'IHUMEKA

- Bronchite : ni ukwangirika k'urusukume rutwikiriye utwenge tw'ibihaha ubundi bitewe n'umwanda, bikongerwa cyane no kumira ibyotsi bibi nk'iby'itabi n'ibindi.

Ibimera wakoresha : kurya cyangwa kunywa umutobe wa Karoti, kurya Tungurusumu, Ibihwagari ; kurya ibitunguru ; Baharakwibuye yo ku rutare ; Igicumucumu; Imbatabata; Agasengosengo gato ; kunywa no koga Gereveriya ; kwiukisha Inturusu za ruvuvu (mayideni); gukunda kurya Radis; kwishyiraho igitsima cy'ifu ya Moutarde; Capucine. Uruvange rwa Teyi, Fenuye n'Umwenya.

- Umusonga, Ikimoso , kwangirika kw'ingirangingo zimwe z'ibihaha bitewe no kwandura kwazo.

Ibimera wakoresha : Koga no kwiukisha Pinusi; kunywa Imbatabata; imizi yumye y'Umukuzanyana; kwishyiraho igitsima cya Moutarde ahababara; gukoresha amababi y'Igicumucumu, ay'Umutozo, ay'Umushyingura, ay'Umubagabaga/Umucyuro, ay'Umukunde, ay'Umucundura-rweru, ay'Ikibogeri, ay'Ubushwima, ay'Icyumwa. Inyabarasana ivanze n'Umunyu wa gikukuru, ukajya usiga ahababara.

- Asima : Asima: ni uburwayi burangwa no guhumeka biruhanije ndetse ugasemeka n'agakorora ubundi ukumva ubabara kubera utwenge tw'ibihaha tudakora neza. Muri rusange iterwa na Allergie runaka cyangwa kwandura muri iyo myanya.

Inama n'ibimera wakoresha : gutsirima no kunywa amababi y'Isagara y'ikigabo; kunywa Intomvu; n'ururabo rwitwa Move gukunda kurya Tungurusumu; amababi y'igiti cy'indimu; kurya ibitunguru muri salade cyangwa kubiteka mu tuzi duke ugashyiramo ubuki ubundi ukabirisha ikiyiko; gukoresha n'imizi n'ibishishwa by'Igisura, imbuto z'Umuko, iz'Umuzibaziba. By'umwihariko ku muntu warembye atabasha guhumeka, kubandika mu gituza no mu bitugu icyondo cy'Ibumba ukagerekaho n'ikibabi cy'Ishu giheze, birafasha cyane; ariko icyo gihe ni byiza kujya kwa muganga vuba vuba. Kunywa Kenkina na Teyi. Gukunda kunywa uruvange rwa Teyi, Romari n'umukuryi birimo ubuki. Gutegura indobo y'amazi ashyushye n'indi y'amazi akonje ashobora kugera mu mavi, noneho ugashyira amaguru yombi mu mazi ashyushye iminota 5, ugahindurira mw'akonje amasegonda 10, ukabikora 3 ugasoreza mw'akonje. Ibyo bishobora gukiza uburwayi. Gushyira amaboko mu ndobo yuzuye amazi ashyushye buhoro, ukagenda wongeramo ashyushye kurutaho buri munota kugeza ku yo wakwihanganira, bikamara iminota 10. Bituma umuntu ahumeka, amaraso akagenda neza mu bihaha, umutima ugakora neza.

- Iyo bronchite imaze igihe kirekire igenda igaruka, imitsi yo mu bihaha irabyimba cyane ikarwara (Emphyseme Pulmonaire).

Ibimera wakoresha : kurya imboga za Cresson de fontaine, mu masoko zirahari.

- Uburwayi butuma umuntu agarura amaraso (Hémoptysie), ariko bigomba kwemezwa n'umuganga ubizobereyemo kuko hari

igihe byaba ari ikibyimba cyangwa igituntu cyo mu bihaha kibitera .

Ibimera wakoresha: kunywa Ngingojana ; Igorogonzo, utwatsi twa Perivanshe.

• Inkorora .

Ibimera wakoresha: kunywa Akanyamata k'ihene; Akanyaruhima; Baharakwibuye yo ku giti no ku rutare; Inturusu; Coquelicot; Teyi; ururabo rwa Move.

IBIMERA BYA ANTIBIOTIQUE :

Tungurusumu ; Bwunyubwintama ; Capucine ; Ikigembegembe cyo hasi ; Drosera ; Onyo ; Radis ; Zinia (Rudbeckie).

BIMWE MU BIRIBWA N'AKAMARO KABYO

1. **Epinari** : zikomoka muri Peresi. Zigizwe n'ibi: amazi (93gm), albumine (2,3gm), ibinure (0,3gm), glucide (1,8gm). Kubera akamaro kayo gakomeye mu by'ubuvuzi, epinari ikunze guhabwa izina rya Pharmacie naturelle (iguriro ry'imiti y'umwimerere) . Ibyo biterwa nuko ifite vitamini, intungamubiri z'ibanze n'imyunyu ngugu myinshi nka calcium, phosphore na sufure. Yongera amaraso kuko ifite 0,009mg% by'umunyu wa arsénic hafi ya 10mg% by'umunyu w'umuringa (cuivre), iyode n'ubutare hiyongereho na vitamini C na chlorophylle nyinshi isa cyane na hémoglobine y'amaraso y'umuntu. Umutoke wa epinari ujya kunganya ibyangombwa n'uw'igisura, wongera amaraso. Ni ngombwa ko ukoreshe cyane n'abagore kimwe n'abarwayi babuze amaraso kubwo kuva cyane (cyane cyane igihe baviriye imbere). Kugira ngo epinari igire akamaro ni ngombwa kuyikoresha wirinda inyama, amagi, ibinyamisogwe n'ibinyampeke byinshi. Epinari zikize kuri vitamini B na C cyane ariko kuri vitamini A itazahazwa no gucanirwa bityo bigatuma umutoke wazo uba ingenzi ku mwana wonka n'ucutse no ku muntu wese wazahaye. Mu myaka ibihumbi mbere ya Kristo, Abarabu barayikoreshe kuko itera ivuburwa rikwiriye ry'imisemburo y'igifu, amara, umwijima

n'iy'urwagashya. Muri make rero izindi ndwara zivurwa na epinari ni izi: kubura amaraso, indwara z'uruhu zidakira (eczémas), impatwe idakira, imisemburo idahagije y'igifu cyane cyane ku wababutse imitsi y'amatembabuzi yo mu mubiri bita *lymphe*.

2. Intoryi : zikomoka mu Buhindi. Intungamubiri dusangamo zijya kungana n'iziba mu bihaza. Harimo albumine 1,3%, ibinure 0,2%, hydrates de carbone 4,8%, amazi 92%, calorie 27%, zitekwa mu buryo bumwe n'ubwo batekamo ibihaza. Intoryi ni ingenzi cyane ku barwaye umutima n'impayiko, umwijima, indwara zikomoka ku makosa y'imirire nka Diabète, goutte, rubagimpande, igifu n'amara. Birabujijwe kuzimenyereza cyane, kuko zibangamira ikoresha ry'umunyu ngugu wa lode, aribyo bitera indwara y'Umwungu (goître) no gukura nabi.

3. Amashaza : Akomoka mu Butaliyani bwo hagati. Iyo ariwe akiri urunyogwe, anogera abarwayi. Iyo bayaheze (pois cassé) atera imbaraga cyane ashyizwe mu mboga ariko bikunze kugora igifu kubera ko aba afite acide nyinshi. Urunyogwe rufite intungamubiri nkeya, ariko ruba rwiza gusumba izindi mboga z'ibyatsi. Rufite amasukari yoroshye, atarushya umubiri mu kuyakoresha. Rufite kandi imyunyu ngugu nka fosifore, ubutare, potasiyumu na lacithine. Amashaza akize cyane kuri amidon.

4. Lantille :

Ni ibyo kurya biboneye ku bantu bafite intege nke, abataye umutwe, abafite ibibazo byo gukererwa mu mikurire, ababuze amaraso n'abarya nabi. Kubera ko protéine za Lantille zinaniza igifu, ni byiza ku munyagifu kuzitekana n'izindi mboga cyangwa n'ibirayi. Amamininwa ya Lantille ni umuti w'inzoka zo mu nda. Lantille zirakize cyane, niyo mpamvu zisimbura inyama, kuko zizirusha kure protéine nyinshi.

5. Soya :

Kubwo gukoresha soya cyane, abanyaziya benshi baretse inyama, amata, foromaji n'amagi. Soya ifite protéine zose ziboneka mu nyama; nta acide urique iyibonekamo. Kugira ngo twirinde indwara zikururwa n'imirire igezweho, byaba byiza ukoresheje Soya mu mwanya twagombye gukoresha inyama, amafi n'amagi. Amavuta ya soya akize kuri Vit. F (ariyo bita acide gras non saturés) . Soya ni ikiribwa

gikomeye ku bwonko kandi irinda kwangirika k'umwijima. Ni byiza ko ikoreshwa n'abarwaye Diabète. Imyunyu ngugu ibonekamo yikubye inshuro 7 izibonaka mu mata, ikubye ishuro 5 iziboneka mu nyama n'amagi, ikubye inshuro 3 iziboneka mu ifarini y'ibinyameke, ikubye inshuro 2 iziboneka mu bindi binyamisogwe ni ukuvuga nk'ibishyimbo n'amashaza.

Ku bana amata ya soya, ashobora gusimbura andi mata ayo ariyo yose. Soya rero ni ikiribwa cy'ingirakamaro ku barwaye igituntu, kanseri, ababuze amaraso, abafite ibibazo by'imirire idashyitse. Ku buryo bw'umwihariko abarwaye impyiko, indwara zo ku ruhu (dermatose), rubagimpande, umutima utera cyane (hypertension), anjine yo mu gituza, indwara y'imitsi, asima (ubuhwima), (eczéma) ifata uruhu igatera uburyaryate ituma wishimagura.

6. Cocombre :

Iri mu muryango umwe n'ibihaza. Akamaro kayo gakubiye mu byiciro bitatu :

- Ni ako gutuma inkari zisohoka neza, bityo ikaba ingenzi ku barwaye indwara acide urique iboneka ari nyinshyi mu maraso (indwara ya uricémie), ku barwaye amabuye yo mu mpyiko n'izindi ndwara nk'imicanga yaho, rubagimpande n'izindi.
- Ni uko igirira umumaro abarwaye impatwe ihoraho, kuyikoresha ni ukuyishyira muri salade buri muni wayivanze n'indimu na onyo igatapfunwa neza.
- Ivura uruhu bakanywa umutobe wayo.

7. Inyanya :

Zifite Vit . A, B, C, E. Kuba zikize kuri Vit. E bituma bazita itunda ry'urukundo (-pomme d'amour), kuko yunganira imyanya yo kororoka. Zifite imyunyu ngugu idakunze kuboneka nka radiyumu, ubutare, umuringa, bore, nikeri na kobariti. Inyanya ni ngenzi ku bantu babuze amaraso, abafite ibibazo by' imikurire n'abarwaye arthrite indwara ifata mu mugongo. Kuba zikize kuri Vit. C bituma umutobe wazo ushobora gusimbura uw'imbutu z'amaronji. Amababi yazo ashobora gukorwamo imiti yica udukoko twangiza imyaka.

8. Ibirayi:

Ahanini bigizwe na Amido kuko muri gm 100 z'ibirayi habamo gm 21 za Amidon, kandi iyo Amidon iri mu zitaremerera imyanya y'igogora nk'igifu n'amara. Umutsima w'ibirayi (purée de pomme de terre) ni ingenzi cyane ku bana no ku barwayi b'uburyo bwinshi bazahaye n'abananiwe. Iyo ibirayi bihunitswe, ntibitakaza agaciro kabyo. Iyo bibitswe, mu mwijima (ahatabona), amidon yabyo yihinduranyamo amasukari afasha ibirayi kugumana ingufu no guhumeka. Iryo humeka ryacyo rigaragara iyo gitangiye kumera cyangwa kubora noneho ya masukari atagitwikwa agatuma icyo kirayi gisigara kiryohereye kuko yigumiramo. Uretse amidon, hari n'izindi ntungamubiri dusanga mu kirayi albumines, ibinure, hydrates de carbone, imyunyu ngugu, amazi. Imyunyu ngugu iboneka ni nk'ubutare aluminium n'inkeri, cobalt, zinc, manganèse, chrolure, potasium, sodium, calcium, magnesium, fosifate, sulfate, kolore. Kugira ngo kigire imyunyu myinshi, biterwa n'ubutaka cyahinzwemo, ikirere cy'aho n'ifumbire yakoreshejwe.

Bifite umunyu wa potasium mwinshi ushobora kwiyongera iyo babifumbije ifumbire iwukizeho. Hari n'igihe biba bikize ku munyu wa magnesium ufite akamaro ko kurinda indwara ya kanseri. Tubisangamo n'amavitamine menshi nka vit. A, B1, B2, PP, B6, C na K. Intungamubiri z'ibirayi nyinshi zizahazwa no kuziteka. Iyo bibaye ngombwa byaba byiza hakoreshejwe umutobe wazo kugira ngo intungamubiri zitahazaharira, ni byiza kubitekesha umwuka kuruta ko byatekeshwa amazi; uretse ko n'ibitetse ifiriri cyangwa sote bigumana nyinshi mu ntungamubiri zabyo. Byaba byiza kandi mu bihe runaka bitekanywe uruhu rwabyo (bitetse amaganda). Si byiza kurya ibirayi byahinduwe ibara bigasa n'icyatsi kibisi

(icy'umwanama) kuko biba bifite uburozi bwitwa solanine na alcaloïde butuma bisharira cyane. Iyo bitahinduye ibara, biba bifite ubwo borozi buke cyane ku buryo ntacyo bwatwara umubiri.

Agaciro k'ibirayi mu buvuzi : Umutsima w'ibirayi (purée de pomme de terre) ni ingenzi cyane ku ndembe n'abaciwe intege n'indwara. Umutobe wabyo ukiza igifu giterwa no kubura imisemburo ihagije. Professeur JAGIE we, ku barwaye indwara yo mu maraso ibyimbisha umubiri, abagira inama yo kujya barya ikiro cy'ibirayi buri munsu mu minsi itatu ikurikiranye; ukabirya mu byiciro 6 nta munyu n'amavuta ushyizemo.

Ni ukujya ubirya buri kwezi cyangwa buri byumweru bitatu. Abarwaye n'abazima, babibonamo karoli nyinshi na protéine z'agaciro gakomeye. Vit. n'imyungu ngugu bihambaye. Ababiteka bari bakwiriye kujya bibanda kubitekana ibihu byabyo. Ibirayi bihaswe bibazuwe nk'uko babivuga, bitakaza hafi $\frac{3}{4}$ by'ibya ngombwa, hagasigara amasukari gusa. Ntibitera umubyibiho ukabije.

9. Ibijumba :

Ibijumba bisa n'umuhondo nibyo bikize cyane kuri amidon. Ni ibigaragara ko ibijumba ari ingenzi mu buvuzi kubera ko bikungahaye muri vit. A. (U.I. 7700 kuri 40 gusa ziri mu birayi) mu ndwara zose ziterwa no kubura vit. A ni ngombwa kuzirwanya batibagirwa kuvanga ibijumba mu bindi biribwa iyo vit. ibonekamo. Iyo ndwara ni nk'iz'imiheha ijya mu bihaha, kutabona neza igihe hatari urumuri ruhagije (héméralopie), imisemburo y'igifu idahagije, agasabo k'indurwe, kutanukirwa, kudakura neza, amenyo, imivurungano mbere y'imihango y'abagore, uruhu rwumagaye, imisatsi yacuramye, acné igaragazwa n'ibiheri mu maso.

10. Ubuki :

Nubwo budahingwa, tumenye ko bugizwe na 90% by'ibimera, bityo tukabushyira mu bimera iyo tubwiga. Abadage babukoresha kuva kera cyane mu kuvura ibisebe no kubirinda kubora. Na n'ubu benshi mu banyaburayi baracyabukoresha. Bukungahaye kuri vit. nyinshi, imyungu ngugu, ferments, oligo-éléments nutritifs. Imyungu irimo ni nka potasium, sodium, phosifore, umuringa, ubutare. Harimo amasukari anyuranye nka levulose, dextrose na saccharose. Kugera mu kinyejana cya 17, nibwo buryo bwonyine bwakoreshwaga mu kuryohereza ibinyobwa n'ibiribwa. Ariko kuri ubu, isukari y'ibisheke na beterave yarabwirukanye. Ubwo buryo bwo gusimbuza ikiribwa kizima igipfuye ni imwe mu ntandaro z'indwara z'imirire zikururwa n'amajyambere. Nk'urwaye Diabète nibwo yagombye gukoresha mu kigwi cy'isukari isanzwe. Ubuki ni ingenzi ku barwaye umwijima kuko isukari yitwa levulose isebwa mu buryo bworoheje kurusha glucose yo mu isukari isanzwe, ikaruhura umwijima. Bukora mu kuvura n'izindi ndwara nk'umutima, guta umutwe, umunaniro w'ubwonko ukabije. Bukoresha kandi mu gukonjesha umubiri iyo buvanzwe n'amata yatetswe agishyushye ndetse bikongerera ubwonko imbaraga. Bwunganira umurimo wo kugogora ibiryo, kandi bukiza by'umwihariko indwara yo

kubura ibitotsi, cyane ku bakirutse vuba ni ingenzi cyane kugira ngo bumugarurire intege mu buryo bwihutirwa.

11. Umuceri : Umuceri ni ikinyampeke gikoreshwa cyane. Umuceri urakungahaye cyane mu isukari, ni cyo gituma utera imbaraga umubiri wose. Umuceri iyo utetswe neza ubarirwa mu byo kurya byihuta mu nda mu kunozwa. Ufite vitamine **A, B1, B2, B6** Utera igikuriro, wongera imbaraga zo gutuma ibyo kurya bikwirakwizwa neza mu mubiri. Utuma imitsi yumva n'ubwonko bihagarara neza. Umuceri ufite imyunyu mwimerere :

- Kalisiyumu, Fosifori, Ubutare
- Potasiyumu, Sodiyyumu, Sufre
- Manyeziyumu, Manganeze, Klore.
- Iyode, Zinke, Fluore, Arsenike.

Icyongereye kuri ibyo ni uko umuceri utera kwihagarika neza. Ugabanya umuvuduko w'amaraso. Utera umutuzo wo mu mutima no gusinzira neza. Tugomba kumenya ko utaribwa wonyine cyangwa igihe kirekire, kuko bishobora kugira ingaruka ku mubiri nk'indwara ya Beriberi.

12. Umunyu

Iyo umunyu ubaye mwinshi mu maraso dore ingaruka yabyo :

- Gukunda kuribwa n'akaberetwa (migraine)
- Kurwara ishinya n'ibinyigishi by'amenyo
- Kuribwa mu mara (intestin)
- Indwara ya karizo (hémorroïde)
- Usanga byoroshye gufatwa n'igituntu
- Umunyu mwinshi utera kanseri

Uyu munyu turya iyo ubaye mwinshi mu maraso, utuma amazi adasohoka mu mubiri nk'uko bikwiriye. Iyo ayo mazi adasohokeye mu mpyiko nk'uko bikwiriye n'imyanda nayo yagombaga gusohoka iguma mu mubiri maze uwo mubiri ukaba uhindutse urubuga rw'indwara nyinshi. Ibyo kurya bitagira umunyu n'ingira-kamaro ku bantu barwaye indwara z'umutima n'iz'umwijima n'indwara z'impayiko. Nyamara hariho indwara zimwe na zimwe zikeneye umunyu mwinshi.

- Indwara yo kuruka (vomissement)
- Indwara y'impiswi (diarrhées)
- Gusohorora ibyuya byinshi kenshi (sueurs)

Ikindi tugomba kumenya ni uko abantu bimenyereza kurya umunyu mubisi amaherezo bakunda kurwara indwara zo ku rurimi.....

13. Ubuho: Ubuho burakize cyane muri fosifore, manyeziyumu, ubutare, silice, fluore, manganese, isukari, inyubakamubiri, amavuta, amavitamine, n'imyunyu mwimerere. Ni ibyo kurya bikenewe ku bantu bakora imirimo isaba ubuhanga no kujijuka, ubuho butera ubwonko guhagarara neza, burakenewe ku bantu bafite amaraso akenye, burakenewe no ku bantu bafite amagara mazima, ku bashaka kugira amenyo meza, inzara (ongles) n'imisatsi myiza. Ni cyo gikoma kigenewe ku barwaye igituntu.

14. Isukari :

Wari uzi ko Imana yatanze isukari y'umwimerere, iva mu mbuto, mu binyampeke, mu buki no mu bindi..... Isukari iva muri ibyo bintu ntiyangiza umubiri, ahubwo iwuha imbaraga. Ariko isukari mvaruganda ifite indwara itera iyo igizwe nka gahunda yo kugenderwaho mu mirire y'umuntu. Izo ntitezivugaho cyane. Ahubwo igikenewe n'ukwerekana ukuntu isukari mvaruganda ihindura imico y'abantu ikaba mibi.

Icyitegererezo :

- Itera ubujura bukomotse ku kwifuza
- Ubwicanyi bukomotse mu kubura impuhwe
- Iruba rya kinyamaswa no gufata abagore ku ngufu (viole)
- Gutwika amazu gukomotse kw'igomwa.
- Gutandukana kw'abashakanye, bigasigara ari icyifuzo kinejeje.
- Ikindi kiranga ububi bw'isukari , na nyiri kuyikoresha nawe ubwe imumerera nabi.

Igabanya Vit. A na Vit. B1 mu muntu, bikabuza umuntu gukura mu bitekerezo, akananirwa guhangana n'ibibazo byo mu mibereho ye akareba hafi nk'abana.

Ukabura kuryohereza bigatuma ikintu cyose gihongerwa isukari.

Igabanya imbaraga zirwanira umubiri, umwana muto ukoresheje isukari nk'iy'umuntu mukuru ahorana ibicurane, indwara ya gripe ikamwadukaho igihe ishakiye.

Isukari tuvuga aha ni isukari dusanzwe dukoresha iwacu mu ngo, ari nayo sukari imeze nk'umusenyi. Amasukari ayibamo cyangwa ayo dushobora gusanga mu biribwa n'ibinyobwa binyuranye muri kamere

yabyo arimo amoko menshi nka sacchalose, glucose, fructose, lactose, martose. Kenshi abantu bakundaga kwikoreshereza ubuki mu mwanya w'iyo sukari, ariko siko biri ubu. Igisheke ni kimwe mu bihingwa bivamo iyo sukari. Gifite 15% by'isukari ya sacchalose. Iyo kigeze mu nganda, gikurwamo isukari ihatakariza hafi 93% by'umyunyu ngugu ya cuivre na magnesium n'indi. Iba kandi yatakaje 100% bya za vitamini zo mu gatsiko ka B zari ziri mu gisheke. Kugira ngo tube twinjije mu mubiri urugero rw'ibiyiko 2 by'isukari itunganijwe, tugomba kurya nibura hafi ml y'igisheke. Iyo sukari iyo tuyiriye, itunganirizwa mu rura ruto ikabona kwinjizwa mu maraso. Isukari yitwa glucose yo irenze urugero, ibikwa mu mwijima cyangwa mu nyama z'umubiri, iri ku izina rya glucogène. Iyo hari indi irenzeho ihindurwamo ibinure. Kugira ngo umubiri ubashe gukoresha isukari, ukenera umunyu ngugu na magnesium na vitamini zo mu gatsiko ka B.

Vitamini B1 ni ingenzi cyane mu guhindura isukari ya glucose kugira ngo ivemo imbaraga zo gukoresha mu mubiri. Iyo turiye amasukari menshi arenze urugero yo mu nganda, ibivumbikisho bya vit. B1 byari mu mubiri biragabanuka ku buryo bukomeye; bikabyara ingaruka zo kurakara ubusa n'ubwonko bugakora nabi. Niyo mpamvu buri gihe tugomba kwirinda kurenza urugero. Ndetse n'iyo tunyoye bigaherekezwa n'ibinyampeke kuko bikize muri vit. B1. Kugira ngo umubiri utunganye amasukari atari ayo mu nganda, biratinda maze isukari igasukwa mu maraso buhoro buhoro. Urwagashya narwo rukavubura insuline buhoro buhoro ku rugero. Iyo insuline niyo ishinze gushyira amasukari ku rugero rukwiye mu mubiri. Indengarugero ikabikwa mu mwijima no mu nyama z'umubiri.

Amasukari yatunganirijwe mu nganda yo atunganywa n'umubiri mu buryo bwihuse cyane. Iyo twarengeje urugero, isukari igera mu maraso ari nyinshi kandi mu buryo butunguranye. Bikaba ngombwa ko urwagashya ruvubura insuline nyinshi kugira ngo itunganye ayo masukari kandi iyashyire ku rugero. Isukari ikaba nyinshi ku buryo ihindurwamo ibyo bita triglicerides ibinure byihomuka ku mitsi y'amaraso bikongera ibibazo by'imitsi n'umutima. Bityo kandi Urwagashya cyane birenze urugero hypersensibilité), hanyuma byakomeza bityo Urwagashya rugakomeza kuvubura insuline nyinshi kandi amasukari yo atari menshi. Iyo bimaze igihe kirakire bimeze

bityo, Urwagashya rurananirwa ku buryo bigera ubwo ruba rutagishoboye kuvubura insuline, bityo ikaba ari indwara ya Diabète iba yaje.

Ibimenyetso biranga isukari nkeya mu mubiri:

Isukari iri mu biribwa bitanga ingufu zikoreshwa mu mubiri, mu mirimo yose isaba imbaraga z'umubiri dukora, imirimo y'ubwenge n'iy'ubwonko. Iyo igiye ku rugero ruri hasi y'urwo umubiri wari ukeneye rero, bigira ingaruka ku mubiri wose.

Iyo isukari ibaye nkeya mu bwonko igira ingaruka z'imivurungano mu myifatire y'umuntu: nko kurakara nta mpamvu, gucika intege, kwiheba, guta umutwe, gukanguka kurenze urugero k'umubiri maze umuntu ntabatshe kwihanganira urusaku n'urumuri rwinshi, kugira ibibazo byo gushikama ku murimo, kuribwa mu mutwe, kugira ibibazo byo gufata mu mutwe, guhondobera, guhubuka, guta ubwenge, kumva mu matwi hahindira, kugira iseseme, gutitira. Mu rwego rwa rusange, ucika intege, umutima ugakabakabwa maze ugasimbagurika, kubabara mu nyama z'umubiri no gukunda kurwara imbwa zo mu maguru, kugabanuka kw'imbaraga z'umubiri muri rusange bikazana n'imikorere mibi y'igifu.

Ibimenyetso biranga isukari nyinshi mu mubiri:

Ubundi ubwonko bukenera umwuka mwiza mwinshi wa oxygène n'isukari ya glucose na vit. B1 kugira ngo bukore neza. Iyo isukari ibaye nyinshi mu bwonko rero cyangwa ikaba nkeya, ubwonko bukora nabi bigatera umuntu kugira imyifatire mibi.

Muganga HOFFER we yagize ati: gutegekwa n'isukari ni bibi kuruta ibindi biyobyabwenge bibaho. Ibyo biterwa nuko isukari tuyifata ari urugero ruto cyane bigakurikirwa n'urugero rwinshi rwayo mu maraso, bitera kwiyumvamo umunaniro no gucika intege, bigakururira umuntu kongera kugira irari ry'ibinyasukari. Bityo isukari igahita iba indengarugero mu maraso, urwo rugero rukongera rukazamuka rukajya hejuru cyane biherekejwe n'ingaruka mbi. Ibyo bigatera indwara ya Diabète.

Ku mutima ; Isukari ndengarugero ituma imitsi yirega cyane ; ku menyo : iyo utoza amenyo umaze kurya ibinyasukari cyangwa iyo uyogeje mbere yo kubirya kuko ari nko guharurira umuhanda isukari, nabyo birayangiza: bituma abora cyangwa agashirira ku menyo y'abana

b'ubu bakunda kurya bombo, fanta na shokora birabigaragaza. Ku myanya y'inzira y'ibiryo ; ku byerekeranye no kwirwanaho k'umubiri; irari ry'isukari nyinshi : iyo wamenyereye kuyinywa, wumva nta kindi wanywa kitarimo isukari. Ibyo rero bigaragaza ubushobozi buke bw'igikuriro mu bwenge, mu by'ubuzima ntube umuntu uhamye mu ntekerezo, ugahora wimereye nk'umwana utabasha kwitegeka.

Urugero rw'isukari ikwiriye kunyobwa:

Ni byiza gukoresha amasukari akomoka mu biribwa by'umwimerere kandi irahagije rwose, (ibinyampeke: umutsima cyangwa umugati wuzuye utari uw'ifarini yera yo mu magazini), imbuto, imineke, ibisheke cyangwa umutobe wazo; isukari twongeramo ni iyo kudutwara amafaranga gusa, kera ikazangiza umubiri wacu. Niba dukoresheje isukari mvaruganda ni byiza kutarenza ibiyiko bitatu ku munsu kandi tukayinywa ivanze mu binyampeke.

15. AMAZI

Amazi yonyine nicyo kinyobwa gishobora gukamura imyanda iri mu ngingo, iba yatumye rudakorana n'izindi. Ni yo arinda kandi agahuriza hamwe imisemburo yagiye itangwa n'ingingo z'ibishinzwe, maze amazi akayijyana aho ikenewe hose. Ni yo ajyana indurwe zishinzwe kunogereza ibyo turya ni yo asohora imyanda yose y'umubiri. Yoroshya amaraso, akayatera kugenda neza, amazi akoresha neza udutsi dushinzwe gukwirakwiza amavuta mu mpagarike y'umuntu. Ni yo ashinzwe kugenza gahunda y'ubushyuhe bw'umubiri, niyo atera kwihagarika neza, kandi amazi yoroshya amara maze akayatera gukora neza. Kunywa amazi bitera kubaho neza. Uramenye ntukibwire ko amazi tuvana mu biryo ahagije; umubiri wacu ukeneye amazi bugezi.

Uko amazi anyobwa.

Kunywa ikirahuri kimwe cyangwa bibiri ukibyuka mu gitondo, ayo mazi akaba akonje ku rugero rwiza, cyangwa ukayanywa usigaje igice cy'isaha ngo unywe igikoma cya mu gitondo. Umurimo wayo mazi ni ukuboneza igifu, kandi agatuma umuntu yituma neza.

Ayo mazi ashobora no kuvangwa n'umutobe w'indimu. Iyo amazi anyowe hasigaye isaha 1 cyangwa igice cy'isaha ngo ufungure ibyo kurya bya saa sita n'ibya nimugoroba atuma ingingo zigarura

ubuyanja maze ingingo zinoza ibyo kurya zigatunganya umurimo wazo zifite imbaraga. Ayo mazi atuma igifu gikora n'umwete umurimo wacyo. Kunywa amazi ashyushye, bigira icyo bimarira abafite umubabaro n'abarakazwa n'ubusa, biruhura abakozi babuze amahoro. Icyitonderwa : Si byiza kunywa amazi uri kurya, kuko ari byo bitera abantu benshi umubyibuho w'ikirenga (*obésité*).

Kuvurisha amazi (hydrotherapie)

Kuvurisha amazi bisaba ubwitonzi no gusobanukirwa ngo ubanze umenye indwara uvura uko imeze, Hariho urugero na gahunda idahinduka isabwa gukurikizanywa ubwitonzi. Ayo mazi anyobwa umuntu akibyuka ku buriri atarakaraba mu kanwa ataragera hanze, avura indwara nyinshi, izasonzoranijwe ni zi zikurikira :

Amaraso akenye; Indwara z'amagufa; Kuribwa mu mutwe: Kuziba kw'imitsi y'umutima mu ruhande rw'uburyo; Umutima utera vuba vuba : ubwo buryane bubabaza nyirabwo bushobora guterwa n'impagarara no kubura amahoro y'umutima . Uretse kunywa amazi uyirwaye agomba kurya ku masaha adahinduka kandi akaryama ku gihe; Inkorora idakira ; Igituntu ; Kwituma amaraso ; Diabète : Ubikora iminsi 30. Indwara z'amaso; Sinezite; Indwara zo mu matwi; Kanseri iyo uyakoresheje amaze 6.

KUVURISHA AMAZI MENSHI KANDI UTAYANYOYE :

N.B: birabujijwe kubikora uri mu mihango y'abakobwa cyangwa warembejwe n'indwara y'umutima cyangwa uri kunanirwa guhinura ingingo nko gusutama cyangwa kunama. Rimwe na rimwe ayo mazi yo kwicaramo ashobora kugira ibindi avangwamo. Kwicara mu mazi menshi cyangwa kuyakandagiramo cyangwa kuyaryamamo cyangwa ukarambika ahakurya igitambaro cyinitswe mu mazi, bishobora kuvura indwara nyinshi :

1. **Kwicara mu mazi ashyushye ku rugero rwiza :** bivura : kuribwa mu kiziba cy'inda hose, kuribwa mu ruhago, kuribwa muri nyababyeyi, kuribwa mu kibuno, abarwaye kalizo, avura imihango y'abakobwa idashyitse, indwara z'imitsi y'amaguru avura uburibwe buva mu itako bukagera mu ivi. Kwicara muri

- ayo mazi bishobora gukorwa mu minota 5-10 rimwe mu munsu. Ibyiza ni ukubikora saa kumi n'imwe za nimugoroba.
2. **Kwicara mu mazi y'akazuyazi cyangwa akonje** : avura izi ndwara : agabanya uburibwe mu mubiri cyane cyane ku bahorana umubabaro, abadasinzira neza, iruba rirenze urugero, ku bagira impagarara zo mu bwenge, ku bana bagira amahane kandi bakunda kurira, abana bafatwa n'umuriro uza gitunguro. Ku birebana n'indwara y'umuriro bishobora kumara umwanya munini, ariko bikoze mbere yuko umuriro uba mwinshi ngo utitize umwana nibyo byiza.
 3. **Kwinika igitambaro mu mazi akonje ikindi mu mazi ashyushye** : Ugiye urambika ku mutwe w'umurwayi ukajya uguranura, ariko bikajya biguranurwa iminota ibiri ishize byakiza indwara zikurikira : ibicurane, grippe, inkorora, umuriro utwika uruhu, iseru, ubushita, indwara zo kubyimbagirana mu muhogo, amashyamba, kuguranura ibitambaro ku mutwe biri mu mazi anyuranye, akonje n'ashyushye, bihagarika indwara y'umuriro.
 4. **Gukandagiza mu mazi akonje ibirenge n'amaguru** : Nabyo bikiza indwara zikurikira : indwara yo kuribwa umutwe uhoraho, grippe, ibicurane bitera amazuru kuziba, umusonga. Ayo mazi ushobora kuyavangamo umunyu w'urugera, ibiyiko 2 muri L1 y'amazi. Ibyo bishobora gukiza indwara zitwika uruhu n'izitera amaraso kwibumbira mu ruhago rumwe n'imvune.
 5. **Kwiyuhagira amazi akonje cyangwa y'akazuyaze** : bikiza indwara zikurikira : byongera imbaraga, biruhura umubiri, bikomeza abafite amaraso akennye, bibuza amaraso kwibumbira hamwe n'indwara zo kubyimbagirana hamwe n'ibibyimba bitameneka; biruhura imitsi yumva y'abantu badasinzira, biruhura ubwonko burushye kuko amazi akonje akura amaraso yirunze hamwe abitewe no gukoresha intekerezo nyinshi, ayo maraso akongera gusubira mu mwanya yavuyemo. Amazi ni umugisha twahawe n'Imana. Nicyo kinyobwa cya mbere cyagenewe kumara inyota abantu n'inyamaswa. *Zaburi 104 :11,12.*

Amazi niyo atunganya ibimera. Amazi anyowe ashyushye asohora imyanda, avanzemo indimu avura rubagimpande, diabète, yoza ikiziba cy'inda, amazi anyowe akonje aruhura umubiri, amazi menshi anyerewe rimwe akiza umutwe ariko bigakorwa ku rugero.

VITAMINI

Vitamine A

Ituma umuntu abona neza; itera igikuriro ; amagufwa arakomera ; ibisebe n'imvune bikira vuba ; uruhu rw'umubiri rumera neza ; irinda kurwaragurika ; ituma umubiri ukoresha neza ibinyamavuta.

- **Aho iboneka** ni mu isombe, karoti, itomate, Epinari, ibijumba,...
- **Ibimenyetso k'uwayibuze** ni ukutareba neza nimugoroba, mu maso hazamo ibisebe, nta marira, udusebe ku ruhu, kudakura kw'abana, kurwaragurika...
- **Ku munsu** umuntu mukuru akeneye mg 1.5.

Vitamine B₁

Ituma umubiri ukoresha neza ibinyamasukari; yongera gukunda ibiryo (appétit) ; irinda inyama n'inyakura ; ubwonko bukora neza ; ituma umuntu akura neza ; uruhu rw'umubiri rumera neza ; umutima utera ufite ingufu.

- **Aho iboneka** ni mu gihu n'umumero w'ibinyampeke n'ibinyamisogwe, mu mboga z'icyatsi kibisi no mu mbuto...
- **Ibimenyetso k'uwayibuze:** kuremara, kugagara, guta ubwenge, gucika intege, Beriberi...
- **Ku munsu** umuntu akeneye mg 1.25-3.

Vitamine B₅

Ituma umubiri ukoresha neza ibinyamavuta wariye ; ni ngombwa mu gukora kw'inyanya imwe y'umubiri; ituma uruhu rugira ibara ryarwo; irinda imyanya y'ubuhumekero.

- **Aho iboneka** ni mu musemburo, ibijumba, ibinyampeke, imboga rwatsi...
- **Ibimenyetso k'uwayibuze** ntabwo biragaragara cyane ko umuntu ashobora kuyibura mu mubiri.
- **Ku munsu** umuntu akeneye mg 1.5.

Vitamine B₆

Ituma umubiri utunganya neza ibyubaka umubiri n'ibitera ubushyuhe ; ituma habaho ivugururwa, isimburwa ry'amaraso ashaje ndetse n'abasirikare b'umubiri.

- **Aho iboneka** ni mu binyampeke, mu mboga, imbuto, ibinyamisogwe, mu musemburo...

- **Ibimenyetso k'uwayibuze** ni umunaniro, guta umutwe, kubura amaraso, imivurungano mu mikorere y'uruhu.
- **Ku munsu** umuntu akeneye ni mg 2.

Vitamine C

Ifasha umubiri mu gutunganya ibyubaka umubiri n'ibitera imbaraga ; irinda indwara ; ifasha mu gukora amenyo, imiyoboro y'amaraso, amagufwa ; ituma amaraso avura igihe umuntu akomeretse kandi ituma umubiri ubasha gufata no gukoresha ubutare (fer) umuntu yariye ; isana umubiri.

- **Aho iboneka** ni mu mbuto (indimu, amapera, amaronji, inyanya, amapapayi, imyembe, mandarini...) ; imboga (karoti, epinari, amashu, ibirayi, ibitoki by'inyamunyu, imineke). Ariko tumenye ko ubushyuye bw'umuriro, imbuto zimaze igihe zisaruwe biyangiza. Ni byiza gukoresha ibiciriweho, kandi ntubiteke.
- **Ibimenyetso k'uwayibuze** anemie, gucika intege, kweruruka, kurwaragurika cyane cyane ku bana, kuva amaraso mu menyo, ibikomere ntabwo bikira, kuva amaraso ahahera mu mitsi y'uruhu, kurwara ishinya...
- **Ku munsu** umuntu akeneye mg 100.

Vitamine D

Ituma umubiri utunganya neza phosphore na Kalisium, bityo amagufa agakomera. Ituma umwana akura muri rusange.

- **Aho iboneka** imirasire y'izuba rya mu gitondo cyangwa kiberinka, ituma ikorwa mu mubiri wacu rihereye ku byo twariye. Amata, amagi, fromage, amavuta ashwirwa mu biryo.
- **Ibimenyetso k'uwayibuze** urutirigongo ruta forme yarwo, amagufwa akangirika, abana batinda gukura (Rachitisme) ntibabere barebare. Naho ku bakuru, amagufa avunika ubusa (Ostéomalacie).
- **Ku munsu** umuntu akeneye mg 0.25.

Vitamine E

Ni ngombwa ku byerekeranye n'imyororokere y'abantu, ituma imyakura n'inyama bimera neza ; ituma uduhinjira dukura neza.

- **Aho iboneka** mu mavuta ava mu bihingwa, ay'ubunyobwa, aya

Olive n'ay'imbuto z'impeke cyane cyane zimeze...Urugero :amamera ; Salade y'amashu na Epinari...

- **Ibimenyetso k'ubwayibuze** ibibazo mu kubyara, kurwara umutima n'imiyoboro y'amaraso
- **Ku munsu** umuntu akeneye mg 20.

Vitamine K

Ituma hakorwa ibintu bituma amaraso avura mu gihe umuntu akomeretse

- **Aho iboneka** ni muri Epinari, inyanya, amashaza y'umutonore, ibirayi, inkeri...
- **Ibimenyetso k'ubwayibuze** ku bana bava amaraso bashobora kuvira imbere, ku bantu bakuru bava amaraso byizanye cyangwa bakomereka ntavure, imyuna.
- **Ku munsu** umuntu akeneye mg 4.

Vitamine PP cyangwa Vit. B₃ cyangwa Niacine:

Ifite inshingano yo kurinda uruhu guhinduka injaba . Bituma yitwa **Nicotinamide** hamwe na **niacine**. Yihutisha igikuriro, ituma haba imikorere ikwiriye y'imitsi yo mu bwonko bushinzwe gahunda y'ubwenge. Yongera umuvuduko w'imikorere y'uruhuzahuze rw'ingingo, mu magufa no mu nyama. Igoboka umubiri iyo isukari yo mu biryo itari gukwirakwira neza mu mubiri. Ifasha imikorere y'igifu mu gukoresha ibitera imbaraga, ibyubakumubiri n'ibiwurinda indwara.

Iyo ibuze mu mubiri impagarara zirangwa n'ibi :

- Impagarara mu mikorere y'uruhu.
- Imvururu mu myanya inoza ibyo kurya.
- Guhungabana kw'inzira z'ubwenge.
- Impagarara mu mbaraga zikoresha umubiri.

Aho ikomoka ni :

- Mu mashu, Mu ngano zimejejwe, mu muceri, no mu itomate

Vitamine B₁₂: igoboka ubuho amaraso birenze urugero. Niyo vitamini yonyine igaragaramo cyane umunyu ngungu witwa kobaliti. Igira uruhare mu ikorwa ry'amaraso kandi ni ngombwa cyane mu mikorere myiza y'ubwonko. Ibashisha umubiri gukoresha protéine zose. Igoboka ubuho amaraso bikabije n'izindi ndwara bigendana, mu

kuvura umuntu wabazwe, ku muntu urwaye indwara zandura no ku barwaye indwara z'igifu.

- **Aho iboneka** : muri choux fleur no mu ngano zimeze ibamo nkeya.
- **ku munsu** umuntu akeneye mg 2.
- **Ibimenyetso k'ubwayibuze** : imivurungano mu mitunganirize y'amaraso no mu bwonko cyane cyane mu musokoro wo mu ruti rw'umugongo, kubura amaraso bikomeye cyane biturutse ku igabanuka rya globules rouges ziha amaraso ibara ritukura, kuko umubiri wacu unanirwa gukoresha ubutare bw'icyuma (fer) tuvana mu biryo.

Vitamini Bc (ari nayo vitamini M cyangwa “ acide folique ”) :

Kimwe na vitamini B12, yongera amaraso iyaha ibara ritukura. Ni ngombwa kandi mu mikorere y'agahu k'imbere mu gifu n'ako mu mara.

Aho iboneka ni mu mata, imboga z'ibara ryijimye, choux fleur, no muri epinari.

Ku munsu umuntu akeneye hafi gr 0,1-0,2

Ibimenyetso k'ubwayibuze : kudakura neza, kubura amaraso.

Vitamini B₁₃ (acide arotique, acide carbonique) :

Itera igikuriro, igatuma hakorwa ururenda kandi igatuma vitamini B12 ikoreshwa neza mu mubiri. Igoboka abarwaye umwijima no mu mara, abadakura neza.

Aho iboneka ni mu mata y'intama n'ay'ihene (mu mata y'inka ho harimo nkeya cyane, amashereka y'abagore ni nkaho ntayirimo).

Ku munsu umuntu akeneye mg 50-200.

Ibimenyetso k'ubwayibuze kubura igikuriro cyiza, amara agakora nabi n'ururenda ntirukorwe neza.

Icyitonderwa : vit. B₁₃, iburizamo ubwandure bw'indwara ya kanseri.

Vitamini B₁₅ :

Ituma ingirangango fatizo zisohora imyanda neza umubiri ugahumeka neza kandi igafasha umubiri gutunganya neza amasukari. Igoboka abarwaye umutima, abafite ibibazo by'imikorere mibi y'umubiri, ibyo guhumeka neza kw'umutima, abarwaye rubagimpande.

Aho iboneka ni mu mpeke z'ibimera, ibihari by'umuceri, mu mbuto za abricots n'ahandi.

ku munsu umuntu akeneye mg 2. Igihe cy'uburwayi, urugero ni mg 15 (ni ukuzifata gatatu ku munsu).

Ibimenyetso k'ubwayibuze : kudahumeka neza k'umubiri.

Vitamini bita MESO-INOSITOL :

Kurwanya ukuremererwa n'ibinure k'umwijima mu gihe cyo gufata indyo yategetswe abarwaye *cholestérolémie* (iterwa nuko cholestérol yabaye nyinshi mu maraso). Igoboka ku ndwara z'umwijima n'igihe umwijima uremerewe n'ibinure. Ifatanije na vitamini E, uyitabaza igihe inyama z'umubiri zigabanuka mu bunini ku buryo bugaragara (kunanuka).

Aho iboneka ni mu mbuto (nka pomme, imineke, amaronji, pêche), imboga (nk'ibishyimbo, karoti, epinari, inyanya), ibinyampeke (nk'ingano n'ibigori), ibirayi, amata n'amagi,...

Ku munsu umuntu akeneye gr 1-1,5

Ibimenyetso k'ubwayibuze ntabwo twabashije kubibona.

Vitamini H (niyo yitwa vitamine "antiséborréique", "vitamine dermophylaxique", cyangwa "Biotine", cyangwa "Facteur dermique") :

Ituma ururenda n'ibinure bikorehwa neza. Igoboka mu gihe cy'indwara ya Leiner ifata uruhu, igihe imvubura z'uruho (glandes cébacées) zidakora neza, k'ubarwaye acné (indwara y'uruho igaragazwa n'ibiheri mu maso), igihe cy'imivurungano y'uruho, igihe inzara zidakura neza, igihe imisatsi yatukuye.

Aho iboneka ni mu mboga z'amababi, imbuto, umuceri, amata, impeke z'ibimera, umuhondo w'igi.

Ku munsu umuntu akeneye mg 0,01-0,03

Ibimenyetso k'ubwayibuze : uruhu rurumagara ndetse ntiruvubure amavuta azamukira mu twenge tw'ubwoya, ururimi n'uruho rw'umubiri birababuka, irari ryo kurya rirabura, ukagira umunaniro, ukiheba ukagira iseseme, kubabara mu nyama z'umubiri, kugira imivurungano mu mitsi yumva y'uruho (iyo ni indwara ya *hyperesthésie* cyangwa *anesthésie*), kubura amaraso.

Vitamini P :

Ikomeza imikorere myiza y'imitsi y'amaraso, yongera gukomera kwayo, itera umubiri gukoresha neza vitamini C kandi igatuma ingirangango

fatizo zihumeka neza. Igoboka igihe imitsi y'amaraso yorohereye, igihe umuntu yiyumvamo ko agiye kuva imyuna cyangwa amaraso mu shinya. **Aho iboneka** ni mu mababi y'ibimera, imbuto (cyane cyane izitwa agrunes)

Ibimenyetso k'ubwayibuze : imikorere mibi y'amaraso (bigaragazwa no kubira ibyuya byinshi mu gihe kitari ngombwa), kwigaragaza k'ububimbe bw'umubiri washingamo urutoki hagasigaramo umwobo (oedèmes), no kuva amaraso (mu mazuru, mu shinya y'amenyo), korohera kw'imitsi y'amaraso.

IMYUNGU NGUGU

Akamaro kayo:

- **Kalisiyumu** : gukorwa kw'amagufa, yunganira mu mikorere y'umutima n'ubwonko.

Iboneka mu mboga za Luzerne, Igihuranda, Ibitunguru, Imyembe, Pomme, Igisura, Sésame.

- **Phosphore**: ni ingenzi mu bigize amagufwa n'urwungano rw'ubwonko.

Iboneka mu mboga za Luzerne, mu gihuranda, Ibitunguru, Imyembe, Pomme, Sesame, Karoti.

- **Ubutare bwa Fer**: ni ingenzi mu gutanga amaraso.

Iboneka muri Avoka, Cresson, Urubobi, Amapera, Pomme, Igisura, Umufumba w'ihene, Nyiramuko, Sésame, Imizabibu na Epinari.

- **Magnesium**: ifite imirimo y'ingenzi mu maraso n'amagufa.

Iboneka muri Baraza, Ibitunguru, Amashu, Pomme, Sesame.

- **Potassium**: yongera inkari mu ruhago aribyo bishaka kuvuga ko ifasha mu gusohora imyanda mu mubiri.

Iboneka muri Artichaut, Urubobi, ibitunguru, Urwiri, Indimu, Imizabibu, Karoti.

- **Silicium** : niyo yunganira mu gutera ubwiza bw'uruhu, gukomera kw'imisatsi n'inzara; ni ingenzi ku barwaye arthrose na ostéoporose.

Iboneka muri Baraza, Igisura, Urwiri, Ngingojana.

- **Iode**: ni ingenzi mu guteza imbere imikorere y'ubwonko n'iy'akagingo ka Thyroïde. Iyode ikora mu muhogo, mu gikanu, mu mwijima, mu bwonko bushinzwe kurema imisemburo y'ibyara, mu dusabo turera intanga z'abagore twitwa (**ovaire**). Iyode irinda indwara zo ku byimba inkovu cyangwa zigapfa kubyimba nta mpamvu nko mu misaya mu gituza, n'ahandi henshi hashobora kwipfundikanya hakanyenya. Iyode yica imyanda, irakenewe ku babazwe, abarwaye indwara z'imitsi, n'abaribwa n'impiko, abarwaye inkorora, ibibyimba byose. Irinda n'uruhu kurwara ibibyimba. Akarere runaka gashobora kutayigira mu butaka, ibyo kurya ntibiyigire, no mu mazi ishobora kubura, akarere gateye gatyo karangwa no kubamo indwara z'umwingo. Aha biradusaba gukoresha umunyu wo mu maduka bita sel iodé. Twese abo mu karere k'ibiyaga bigari biratureba cyane, nk'abaturiyeye ikiyaga cya Kivu nta namba.

Iboneka muri Cresson, Isharankima yo ku rutare. Imboga zitwa bete, Amashaza y'urunyogwe; Imboga za leti (laitue), Radis; Inkeri za kizungu (fraise), Umuzabibu (Raisin), Amazi y'isoko nziza

- **Kwivre** : Irinda umuntu kwandura indwara

- **Manganeze** : irinda abantu ibicurane, ubuhwima, indwara z'uruhu ituma amaraso agenda ku rugero, irinda umuntu akaberetwa, indwara z'impiko n'imitsi yo mu matakoko.

- **Sufre** : Niyo itera umwijima gukora neza. Mwibuke ko igiteye umwijima gukora neza kiba kivuguruye impagarike yose.

- **Aliminyumu** : Uyu munyu mwimerere utuma ubwenge butera imbere bukiyongera bugacukumbura, ikingira kandi ivura ibisebe bidakira. Iruhura imitsi yumva igatera gusinzira neza. Ishinzwe gukwirakwiza ubushyuhe mu mubiri, itera amahoro mu ntekerezo no gusinzira neza.

Fluorer : Nayo ituma amenyo akomera ntarwaragurike. Iramutse itabonetse fosifore na kalisiyumu ntabwo byasohozwa umurimo wabyo. Indwara zo mu muhogo zitandukanyeye zishobora guterwa no kubura kwa fluore. Ifite uruhare mu byo kubyara. Iyo igabanutse umuntu arwara ibikanu.

- **Kwivre**, irinda ibibyimba by'ubwoko bwose no kwandura indwara.

- **Manganeza** : ikomeza amaraso ikarinda umuntu indwara yo guta umutwe.

- **Nikeli**: Irinda umuntu kwishimagura intoki n'ibiganza

- **Kobalite** : Ishinzwe kugeza intungamubiri aho zikenewe hose no kurinda indwara z'uruhu.

- **Brome** : iturinda kugira umwuka unuka nabi mu birenge no mu biganza. Iturinda kokorishe na Gripe.

- **Titane** : itera kwituma neza, irinda indwara zanduza, irinda indwara zo kwishimagura uruhu urwaye ubugora.

- **Arisenike** :

- Iturinda indwara z'umugongo.

- Kuribwa mu mara, Amaraso make, Kubyimba umwijima, Imyuna.

- Irinda indwara ya marasme.

Arisenike iboneka mu byo kurya bikurikira :

- Tungurusumu, ingano zimejeje, amashu atukura, Ibirayi byatetswe maganda, Karote, Itunda rya pome.

Iyi myunyu mwimerere ivuzwe muri make nyamara irakenewe mu kubaho k'umuntu. Ni yo irema imisemburo ituma imirimo imwe ikorerwa mu ikorana buhanga ry'umubiri rigerwaho. Iyi myunyu mwimerere niyo iyobora gahunda nyinshi zo mu mirimo nshingwabikorwa yo mu ngingo z'umuntu.

INDWARA ZIKOMOKA KU MIRIRE

- Kurya ntibigire icyo bikumarira cyangwa se ibyo kurya bidafite intungamubiri zihagije, bitabasha kunyura umubiri.

Ibimera wakoresha: Luzerne, ibinini cyangwa agafu k'urubobi, igisura, Amapera, kubona indyo yuzuye kandi ihagije.

- Kunanuka akenshi bishobora kuba ari nta mpamvu igaragara ibitera, icyo gihe, ni byiza kwisuzumisha kwa muganga bakamenya impamvu ibitera. Hamwe n'ibyo dore **ibimera wakoresha:** Igihuranda (umuceri w'agasozi), Ibigori.

- Umubyibuho urengeje.

Ibimera wakoresha: Umugosora, Tungurusumu, Onyo, Inanasi, Akayogera gato, Umuzabibu, Urwampinga (Umushabishabi),

Isharankima imera ku rutare, kutaryagagura, gukora imirimo y'ingufu na sport ya buri gihe.

- Goutte: ni uburwayi buterwa no kwiyongera kwa acide bita « Urique » mu maraso, cyangwa ikibika mu ngingo aribyo "Arthrite urique ou d'arthritisme" ndetse no mu ngirangingo z'impiko. Ubu burwayi bukunda gufata gusa abagabo maze bugatangira humvikana uburyane mu ngingo z'ino rinini; uretse ko bishobora no gufata n'izindi bikamumugaza.

Inama n'ibimera wakoresha: kubandika ibumba ahababara ukajya urihinduranya cyangwa ibibabi by'amashu biheze imigongo. Kujya woga amazi ashyushye kuri 39°. Guhagarika ibirimo imisemburo: inzoga, inyama amashu na Epinard, ahubwo ukajya urya ubuki cyangwa imizabibu myinshi: ikiro ku munsu. Kunywa eau minerale L 1-2 ku munsu. kunywa Indimu; imboga za Cresson de fontaine na Pissenilt, Cereri; Igisura, Urubonde; Inkeri za kizungu; gushyira izo ngingo mu mazi arimo Gereveriya, Ihuma; Romari; fenuye, Baziliki, Camomile ukanabinywa bigabanya ibishyimbo. Kunywa Ibishyimbo.

- Inzara idashira akenshi iterwa no guhangayika n'ibindi bibazo by'ubwonko.

Ibimera wakoresha: imboga za Laitue sauvage, Isagara y'ikigabo, Isharankima yo ku rutare.

- Diabete: ni uburwayi bwo kubura imisemburo ya insuline ikorerwa mu Rwagashya, ikaba ariyo ituma ibinyamasukari byo mu maraso bikora; aha rero biba byabaye byinshi.

Ibimera wakoresha: Tungurusumu, imboga za Artichaut iz'Amashu, Igihwarara, kunywa imisogwe y'Ibishyimbo, indabo za Galéga, imizi y'Uruteja, na Bwunyu bw'intama. Kunywa amazi kenshi.

- Igihe akanyama ka Thyroïde gakora cyane umusemburo wako wa Thyroïne bigatera uburwayi bwa Hyperthyroïde.

Ibimera wakoresha: Karoti, Ibigori.

- Igihe Thyroïde idakora uriya musemburo wayo nabyo bitera uburwayi bwa Hypothyroïde.

Ibimera wakoresha: Isharankima yo ku rutare.

- Deshydration:

Ibimera wakoresha: amababi y'Umunyu w'intama, ay'Umuko, ay'Umukurazo, ay'Umubazi, ay'Igifashi, ay'Umutinsyi, ay'Umucundura rweru, ay'Akayogera. Iyo bikabije ujya kwa muganga bakamwongerera amazi yatakaje (sérum cyangwa SRO...)

- Umwingo

Ibimera wakoresha : gushyiraho ifu y'imbutu z'Icyashya, gusya imizi y'Igikumbaburime ugashyiramo utuzi dukeya ubundi ukanywa umira utuzi buhoro buhoro.

AMARA

Amara arimo imigabane ibiri :

- **Amara manini (gros intestin)** akorera ibumoso n'iburyo, ni yo anyurwamo n'umwanda usohokera mu mwoyo (rectum) maze umuntu akajya kwituma. Ayo mara afite uburebure bwa metero imwe na santimetero 60 (1,60m) . Afite ubugari buto cyane bwa santimetero 7. Si byiza gupakizamo ibintu byinshi. Umurimo w'ayo mara ni ukunoza no kurema no kubumbabumbira hamwe imisemburo ishinze kwagura amara ngo ye kuba imfungane no kunyunyuza amazi hagasigara imyanda ikomeye twituma.
- **Amara mato : intestin grele :** Ayo mara afite uburebure bwa metero 8, ariko ni mato cyane kuko afite ubugari bwa santimetero 3. Umurimo wo kunoza ibyo kurya, urangirira mu mara mato, kuko ariho intungamubiri zohererezwa mu migabane inyuranye binyuze muri za canaux chylifères bikajya mu maraso, hanyuma mu mubiri gukoreshwa.

INDWARA ZO MU MARA N'IMITI YAZO

- Kugira umwuka mwinshi wo mu mara. Bikaba biterwa no : Kurya ibyo kurya bifite inyubaka mubiri binyuranye ukabihuriza mu nda umwanya umwe ari nyinshi, amaherezo bishobora gutera amara kuziba no kubora. Amara iyo yazibye cyangwa akarwara udusebe twinshi. Ubukonje bwinshi bw'ibyo kurya cyangwa

bw'ibyo kunywa bishobora gutera iyindi ndwara. Kuba ahantu hatagira umwuka mwiza, kurya ibyo kurya bishyushye cyane na byo bishora gutwika igifu, ubwo bushyuhwe bukanyura mu mara akarwara.

Ubibwirwa no:

- Gusura kenshi, umusuzi mubi, gutura amangati; Ibintu byigorora mu nda; Kujorora mu nda no mu mugongo; Gusohora amazi menshi ku mugore utwite; Kwituma umwanda ufite ibara ryijimye cyangwa ufite urubobi.

Ibimera wakoresha : Karoti : zifite amavuta aturinda iyo gaz na Pilipili manga. Tungurusumu : zikura za bacterias mu mara zazanywe n'uko kubyimba. Camomille : bitunganya igogora kandi bigatuma amara akora neza. Umwanya, Fenouil : bikura iyo gaz mu gifu bigatuma amara akora neza. Umuberanya, Kumino : bitera appetit bikabuza kubyimba icyuka. Igisengosengo kinini : cyoroshya igogora kandi kigasohora gaz, kigatunganya mu mara. Umugombe : utuma igifu gikora neza ugasohora gaz. Umwanya uranda : wirukana gaz ukarwanya imikorere mibi y'amara. Agasengosengo gato : isukura mu mara, appetit, ntitume gaz ikorwa. Amababi y'Avoka : atunganya igogora akirukana gaz.

- Indwara irangwa no kuziba kw'amara, bizanywe no guhora urya ibyo kurya bitagira imisemburo yitwa **Anzime (enzyme)** hamwe n'indurwe bishinzwe kunoza ibyo kurya (*Fermentation intestinales*). Uko bisanzwe ibyo kurya bigomba kunogerezwa mu mara mato akaba ariho binanyura byinjizwa mu maraso. Maze mu mara manini hakinjiramo amazi n'ibisigazwa bw'ibyo kurya bidashobora kwinjira mu maraso. Iyo atari ko bigenze maze ibyo kurya byagera mu mara bikabura indurwe ihagije, maze ibyo kurya bikinjira mu mara manini bitaranogerezwa bihagije. Imyanda myinshi irimo yivanga nibyo byo kurya maze bikavura (fermentation), bikagaga, bikabyara impumuro mbi, maze imivurungano no kuribwa mu nda bigakurikiraho.

Ibimenyetso biranga iyo ndwara :

- Kwituma kenshi kandi cyane.
- Guhitwa umwanda unuka cyane.
- Inyota nyinshi cyane mu mwanya uwo ariwo wose.
- Kuruka kenshi.

- Kugabanuka k'uburemere bw'amaraso.
- Impyiko zidakorana n'umwijima (perturbation).

Ibimera wakoresha : Amakara y'inturusu, Inzuzi z'ibihaza, Kenkina, Time " Teyi, Luzerne: amashaza ya kizungu aterwa nk'indabo: ikize ku misemburo maze ikarwanya ubwo burwayi. Igisengosengo kinini:

- Nkuko bisanzwe bizwi mu mara manini habamo utunyabuzima tugize ururenda rw'urusukume. Rukora imirimo inyuranye mu murimo wo kunozwa kw'ibyo kurya, ndetse rushobora kurema na vitamine k. Iyo ukoresheje antibiotike, ukayinywa cyangwa ukaba urwaye mu mara, urwo rurenda rwo mu mara rushobora kubamo umuvurungano, maze imwe mu migabane yarwo igasumba indi, indi migabane ikagabanuka cyangwa igashira. icyo bibyara ni imikorere mibi yo mu mara (*Alteration de la flore intestinale*).

Ibimera wakoresha:

Tungurusumu : iringaniza urwo rurenda. Irinda imbaraga muri urwo rurenda rubereyeho kwica imyanda yazanywe n'ibyo kurya, ikarwongeramo imbaraga. Amakara y'intusi : gukuramo uburozi bw'indwara buri mu mara. Teyi : Irinda imvururu no kubora mu mara. Onyo : yica imyanda no gutanga ururenda rwiza mu mara, ikayarinda kubora, yirukana imyanda itera impagarara mu mara ziterwa n'ibytwa **Indole** na **Scatole**, ayo moko yombi y'imyanda niyo nkomoko ya kanseri yo mwiheremo ry'urura runini, niyo mu mura ari nazo ngingo zishinzwe gusohora umwanda ugiye kwituma. Niyo mpamvu Onyo irinda kanseri yo mu mara.

- Indwara irangwa no kuribwa mu gifu no mu mara, ibyo bigatera umuntu kuruka, guhitwa, rimwe na rimwe ukagira umuriro (*Gastro-Enterite*). Ibyo biterwa n'imyanda yihoma mu nzira zijya mu gifu no mu mara. Kuvura iyi ndwara neza ni ukwimenyereza kurya kuri gahunda idahinduka. Mu minsi ibanza ukirinda kurya ibyo kurya bikomeye, gukaraba intoki mbere yo kurya, kwirinda iby'imyanda nk'ivumbi, amasazi....

Ibimera wakoresha : Ifu y'umwumbati, Pome: Abongereza bavuze ko, kurya pome imwe buri gihe ngo nibwo buryo bwiza bwo kwigiza

abaganga kure y'umubiri wabo.

Kunywa Inkeri za kuzungu ziribwa, Roza itukura : Impiswi iyo ariyo yose cyane cyane ku mpeshyi, Itera imbaraga imyanya inoza ibyo kurya, irinda kuva amaraso mu ngingo izo arizo zose. Umuse munini uranda: yoroshya mu nda ikaharinda imidugararo. Akamenampishyi (ikimera cyose): irinda ibibazo by' ururenda rwo mu nzira y'ibiryo yose. Inkeri z'ikinani ziribwa: irwanya guhitwa igakomeza ingirangingo hamwe n'Umuzabibu wongeraho kurwanya kuva amaraso.

- Indwara iryanira mu rura rubika umwanda mbere y'uko umuntu yituma, ubwo buryane buca umugongo umuntu akababara mu kiziba cy'inda (*Colite*). Muri rusange iyo ndwara iterwa n'imyanda yibumbira hamwe; ishobora guterwa n'imiti tunywa yo kwa muganga nka Antibiotique; cyangwa ibifite ubumara nk'ikawa. Imivurungano yo mu rurenda rwo mu mara itewe n'impagarara zo mu mitsi yo mu bwonko, nabyo bishobora kuyitera.

Iyi ndwara irangwa n'ibi : Gucika umugongo wose ; Kubabara mu rubavu rw'ibumoso ; kugeza munsu y'ibere ; Kuribwa mu mbavu z'iburyo ; Kwituma umwanda urimo amaraso ; Kuribwa mu kiziba cy'inda ; Kumva uremereye mu kizaba cy'inda ; Guhitwa amazi gusa ; Gutonekara mu mukondo.

Ibimera wakoresha: Akayiko gato k'ibumba muri $\frac{3}{4}$ by'ikirahure cy'amazi, wabiteguye nimugoroba ukabinywa mu gitondo umaze kongera kubivanga (remuer). Umutobe wa Karoti womora mu mara, ibirahure 2 mu minsi 2 ukajya uwusimburanya n'uw'amashu, ikirahure mu gitondo ntacyo urafata amezi abiri, nawo womora mu mara iyo hajemo ibibyimba. Kunywa Teyi n'umukiryi; gutapfuna cyane ukanoza ibiryo mu kanwa, ukirinda kunywa urimo kurya; kwimenyereza imbuto ariko ukazirya ukwazo ni byiza. Tungurusumu: irinda ururenda rwo mu mara ngo rutangirizwa n'imyanda. Amakara y'intusi : anyunyuzwa imyanda iri mu mara. Ipapayi:itunganya imikorere y'amara. Iri tunda rifite akamaro n'imirimu myinshi. Ifu y'Ubugari. Kurya Pomme no kunywa Teyi.

- Indwara y'amacinya, irangwa n'ibimenyetso byinshi : guhitwa amaraso cyangwa ururenda rwo mu mara ; kuribwa cyane mu

nda. Iyi ndwara iba icyorezo bitewe n'uko yandura. Iyo microbe yayo igeze mu mara icamo ibiscbe, ukaribwa cyane kwituma ukabanza kwituma ibisa n'umweru w'igi bitintimirana, nyuma ukituma ibivanze n'amaraso, nyuma akaba amaraso gusa. Imyanda ibitera iba mu mara manini.

Ishobora kwandura mu buryo bwinsbi: Kwegerana n'umurwayi wayo, ukarya udakarabye; Kwambarana n'uyirwaye; Kuryama aho uyirwaye aryamye; Kurya imboga zituranye n'akarere kayirwaye, utazogeje neza.

Ibimera wakoresha: Bambuwa = Urujenone, Umuzabibu na Ngingojana: birayirwanya no kuva amaraso. Amababi y'Umufumbegeshi, ay'Umuzibaziba, ay'Umunaba, ay'Igikoro, ay'Umunkamba, ay'Igitembetembe, ay'Umumara, Umuvumu, Umuhanga. Imbatabata; kujya kwa muganga

- Ku mpiswi ikomeye kandi ikamara igihe, wakoresha kunywa gatatu ku munsu ibitunguru 3 bikatiye muri L1 y'amazi wabanje kubiza wayakuye ku muriro ugashyiramo. Kurya gm 300 za pome kane ku munsu mu munsu 3, icyo gihe iyo umurwayi agize inyota umuha icyayi kitarimo isukari. Gucanira mu tuzi duke imineke 3, ukarya nka kane ku munsu gm 250 buri nshuro. Kunywa amakara icyumweru cyose. Kunywa ibumba gatanu ku munsu.
- Kurwara mu mara binyuze mu dutsi duta dushinzwe itumanaho ryo mu mara, iyi ndwara irangwa n'ibi bimenyestso: Impatwe rimwe na rimwe; Kwiya dukiza kw'impiswi; Kwituma umwuka gusa; Imvururu zo mu mara no kuribwa; Kuribwa n'umugongo w'uruhande rumwe; Kubabara mu kiziba cy'inda; Umusonga wo mu kibuno; Guhitwa amazi gusa; Kwituma umwanda unuka cyane; Kwihagarika rimwe na rimwe inkari zijimye; Abana baradara (Konda); Abana bakunda kurira no kuribwa mu nda.

Ibimera wakoresha :

- Guteka amababi y'Indimu cyangwa Ironji, Marakuja y'amatunda cyangwa itayafite, kurya Ipapayi. Roza itukura: ziruhura ubwonko kandi zigatunganya imikorere yabwo. Hamwe n'Isagara y'ikigabo.

- Kwikanya kw'inyama z'amara, bigatuma uribwa mu nda hose, bikabyara ibibazo binyuranye byo mu mara hafi ya byose (*Colique Intestinale*).

Ibimera wakoresha: Amababi ya Marakuja ; kunywa ibyatsi by'Umuhengeri munini ; Umuyogera munini ; Camomille Romaine na Allemande; imbuto za Bisikusi; Icyagara.

- Impatwe: kutituma cyangwa kwituma biruhije cyane. Iyi ndwara akenshi iterwa no kubura imbaraga ko mu mara zo gusohora imyanda. Iyo iyi miti dutanze itagize icyo ikumarira mu minsi 3 cyangwa 4, ni byiza kujya kwa muganga bakareba impamvu zabyo.

Inama n'ibimera wakoresha : kuba uhagaritse ibiryo byo mu nganda nk'umuceri ifarini.... Ubyutse mu gitondo kunywa ibirahure 2 by'amazi akonje, na none mbere yo kurya ibya mu gitondo ugafata akayiko 1 k'amavuta y'Elayo avanze n'umutobe w'indimu 1. Ibyiza ni gukunda kurya imbuto, imboga rwatsi na salade ; ariko wibagirwe ibiryo bisoza ibindi ((dessert) birimo amasukari. Bishobotse urye pome nimugoroba mbere yo kuryama. Iyo ibi bitagufashije, ufata umutobe wa Karoti, Radis, Pissenilt, Chicorée sauvage, Umwicanzoka muto n'Umunini, Ururabo rwa Mauve. Amababi y'Ivumavuma, ay'Umusununu, ay'Umusange, ay'Umuhanurankuba, imizi y'Igifumba, iy'Umukuzanyana, Umwishywa, Umwanzuranya. Gukora imyitozo ngororamubiri no gutsirima amazi akonje ku nda nka mu gitondo.

- Kubura imbaraga kw'inyama zo mu mara ngo imyanda isohoke (*atonie intestinale*), bikaba byatera impatwe ihoraho. Iyi miti tubabwira iherekezwa n'imyitozo ngororamubiri koga inda...

Ibimera wakoresha : Fenouil sauvage, Camomille Allemande, Pissenilt.

- **INZOKA ZO MU MARA :** inzoka zo mu mara zimwe na zimwe zizanwa n'imyanda turya, izindi zizanwa no kurya ibyo kurya bidafite intungamubiri zihagije. Izindi ndwara zikazanwa n'amahoro make yo mu ntekerezo. Icyongereyeho n'uko indwara zo mu mara zishobora guterwa n'inzoka zo mu mara. Ni byiza kwisuzumisha kwa Muganga kugira ngo bamenye ubwoko bw'inzoka ufite.

Reba zimwe muri izo nzoka n'imiti yazo

* OXYRES: Ni utuyoka duto tw'umweru, n'utunyo dushobora kubonwa n'amaso y'umuntu igihe ari kwituma.

Ibimenyetso biyiranga.

Ibuza amahoro mu bwonko, bikagaragazwa:

- Kubura umutekano wo mu ntekerezo.
- Amahane, Kuzimiza ubwenge bibanzirizwa n'ikizungera, kureba ibikezikezi, ibyuya bikonje, gusamira ko mu mwatwi, kwikubita hasi ubanje kuzimiza ubwenge. Umutima utera buhoro ukawumvira kure.
- Gususumira kw'akanya gato cyane cyane ku bana.
- Kwishimagura mu kibuno.
- Kurwara apandisite, bitewe n'uko utwo tuyoka dushobora kwipakira mw'iherezo ry'urura runini. Iryo herezo ry'urura runini rw'iburyo niryo rytwa **apandise**. Indwara ifashemo ikitwa apantisite. Rimwe na rimwe utwo tuyoka nitwo dutera iyo ndwara.

Ibindi bimenyetso bya ogizire bishobora kuboneka mu myanya ndanga bitsina : Inyama zo mu myanya ibyara zirakomera, bamwe babura ubushake bw'imibonano, abandi bakananirwa imibonano, abandi bakanuka mu gitsina. Abagore bakabura amazi ashinzwe kurinda imyanya ndangagitsina. Uruhu runyenya, Uduheri duto tunyenya ahazengurutse ikibuno, no ku myanya ndanga gitsina, iyo ndwara iboneka ku bitsina byombi, ibihushi bidakira n'ubugora

Inama n'ibimera wakoresha: kurya gm 500 z'inkeri za kizungu mu bihe batatu bya mu gitondo uagenda ucishamo iminota 30. Ukabikora nta kindi urafata, kandi ntugire icyo ufata mbere ya saa sita. Gufata uduheke 4 twa Tungurusumu duseye ukabiza mu mazi cyangwa mu mata, ukabitereka ijoro ryose, maze ukabinywa mu gitondo nta kindi urafata, ukabikora ibyumweru 3. Kuja unywa umutobe w'amashu nta kindi urafata, ibitondo 3 bikurikiranye. Gusya imbuto z'indimu n'ubuki ukajya ubinywa nko ku mashu. Kunywa camomile romaine nta kindi urafata. Kunywa Umucyuro n'akayiko gato ku mwana; naho ku mukuru unyuza Tungurusumu mu kibuno. Umubilizi, Umwishywa n'Umusororo bituma wituma Ogizire.

* **ASCARIS (Runwa)** : Ni inzoka nini ndende, ikunda kuryanira mu nda, itera umuntu iseseme , no kutaryoherwa. Inzoka ya ascaris na oxyre zifite ibintu byinshi zihuriyeho.

Reba ibimenyetso bya ascaris mu nda

- Kuribwa mu kameme, Gutumba kenshi, kuruka no guhitwa, Guhora ukeneye kurya buri kanya , ikizungera cya buri gihe; Gukunda gufatwa n'indwara y'umuriro mwinshi akanya gato; Guhorana imbeho, n'amaraso ahorana intege nke, agenda buhora bigatuma uwo muntu ahorana imbeho; Impiswi izira aho ishakiye; Kwikubita hasi gitunguro. Ascaris nayo ishobora gutera ibibazo muri Apandise. Utubyimba two mu muhogo; Indwara zisa n'igicuri; Isusumira idahoraho; Guta ubwenge n'ibitekerezo; Kugwa ikinya kw'ikinyita kimwe ku mubiri (paralysie); Kuribwa mu kibuno no kubyiringira amazuru; Urujijo mu ntekerezo n'ibitekerezo bike; Kugira ubwoba bwinshi nijoro; Gukunda gukangarana no kwikanga ubusa; Indwara y'ubuhumyi no kureba ibintu igice; Gupfa amatwi no kutumva neza ; Inkorora y'akayi kadacika vuba. Hamwe n'ibindi byinshi bitavuzwe aha haruguru
- Ishobora gutuma amara afunguka nyuma akaziba ; gufungira indurwe ijya mu gifu, umuntu agahinduka umuhondo. Ibibyima byo mwijima no kuribwa n'imitsi yo mu mwijima no mu mpindura.
- Ascaris ishobora no kuyobera mu bwonko kandi bigira ingaruka mbi cyane kuko uwo murwayi aba agomba kubagwa ; kandi inaha iwacu ntibyoroshye.

Imiti y'Ascaris na Ogizire:

Tungurusumu; Onyo ; Umugombe ; Amavuta y'ikibonobono ; umutobe w'Igikakarubamba na wo ukawunywa umaze kunywa umugombe ; ubikore iminsi itatu wikurikiranije. Umugombe uvura Asikaris gusa. Inzuzi z'ibihaza ; Igishihe cy'ikigabo

TENIA : guhitwa, kugira amaraso akennye, kuribwa mu nda, gusohora ibice by'iyi nzoka rimwe na rimwe.

Ibindi bimera wakoresha : amababi y'Igicumucumu, ay'Ishikashike, ay'Umumanura ; ikimera cy'Umucungwe, Iraba. Gufata amababi y'Umuziranyenzi n'ay'Umuruku wasekuye, amazi avuyemo

ukayatekesha igitoki cy'inkashi, ukajya ukiryaho gatatu ku muni. Kunywa ifu y'imbutu z'Umugombe, ukoresheje akayiko gato ku bana.

INZOKA YA AMIBE: (Dysenterie amibienne = igihe uhitwa amaraso menshi): Ikizwi ni uko ifite amoko menshi, kandi ikaba ishobora gutuma ingingo nyinshi z'umubiri zikora nabi umurimo zishinzwe. Reka dusubire ku moko yazo ho gato. icyakora kuyisuzuma birarushya kuko ihindagurika hakurikije urugendo rwayo n'inzira yenda kunyuramo

1. **Amoeba coli:** iyi yibera mu iherezo ry'amara manini, ahashinzwe kubika imyanda igomba kwitumwa. Ica umugongo igatuma umuntu ababara mu kiziba cy'inda.
2. **Intamoeba + histolitica:** ni yo amibe itera guhitwa amaraso.
3. **Dientamoeba :** ituma umuntu atumba kandi akaribwa mu nda, akumva afite imivurungano mu nda. Iyo nzoka itungwa no kugabanya ubutare mu muntu amaraso y'uryirwaye agahora ari make.

Bimewe mu bimenyetso biyiranga :

Kuribwa mu nda bigutunguye ; Intege nke z'ikirenga; Konda cyane; Kwituma ururenda rurimo amaraso ruvanzemo imyanda yitwa **Débris**. Kuribwa cyane mu mara manini; Gushaka kwituma ntibishoboke; Gukubirwa ukituma icyuka gusa; Umuriro muke no guhora wigondoye; Kwishimagura amatako akavuvuka; Intege nke mu ntekererezo; Amibe ishobora gukomeretsa umura ukituma amaraso atavanze.

N.B : Amibe ishobora kujyanwa n'amaraso ikagera mu zindi ngingo zinyuranye z'umubiri nk'umwijima, ibihaha, impyiko n'ubwonko. Amibe ishobora gutera ibibyimba byo mu mwijima; mu bihaha, mu mpyiko, mu ruhago, mu mura; Igicuri kitumva imiti; Rubagimpande iryanira mu itako. Tumenye ko ububyimba bw'umwijima bukunze kugaragara cyane , kandi iyo utivuje vuba, bushobora kuguhitana.

- Ukajya ugira umuriro mwinshi.
- Guhinda umushyitsi ugakomanya amenyo.

- Amaraso aragabanuka ariko akihuta.
- Kwihagarika kenshi muri uwo mwanya.
- Kugaragaza umubabaro.

Imiti yo kuvura inzoka ya amibe:

1) Gusekura ibi bikurikira:

- Amababi y'Urujenone; amababi y'Umwanya; ibishishwa by'Umushengeshi byamara kunoga, ukongerera gusekuriramo uturayi dutatu twa tungurusumu. Nibimara kunoga wanike nibyuma wongere usekure. Ufate ifu yuzuye ibiyiko bitatu by'urwo ruhuzahuze rwasekuriwe hamwe, uvange mu biyiko 15 by'amagaja. Ukoroge ujye unywa ikiyiko kimwe buri gitondo ubikore iminsi 15 udasiba.

2. Kunywa ikirahure 1 cy'amazi uvanzemo igice cy'ikiyiko cy'ifu y'ibumba; maze ugacagaruriramo agaheke kamwe ka Tungurusumu, gatatu ku munsu. Amababi y'Umugombe, Ikimera cya Kazibannyo, icy'Ubugomboro.

3. Amababi y'Umubilizi, Umuravumba, Tungurusumu, Amapera, Urujenone, Umwanya, Umuhe, Umwisheke, ukabisekura ubundi ukajya unywa igice cy'ikirahure gatatu ku munsu.

4. Gufatanywa ibi byatsi biri muri utu twugarizo « Imbatabata, Umuhanga, Amagaja, Ibifuraninda ». « Umushengeshi, Karungu, Umukuzanyana ». « Urujenone, Umwanya, Umushengeshi ». « Tungurusumu, Amagaja, ukabirya mu biryo ». « Tungurusumu, Ubuki, Imbuto z'ibipapayi, Tangawuzi gatatu ku munsu ». « Guhekenya Tungurusumu ikarangishije amagaja ». « Imbatabata, Umuhanga, Ikibombwe ». « Ishikashike, Ibishishwa by'Umubirizi, Imizi y'Umuziranyenzi n'amababi, ½ cy'ikirahure ku munsu ». « Ikirahure cy'ibumba kirimo Tungurusumu, kimwe mbere yo kurya ».

ANKILOSTOME

Gufata ifu yuzuye ikiyiko y'amababi n'indabyo z'Umugombe, ukabiza amazi, yamara gushya, ukaminjiramo ya fu, bikamara iminota itatu cyangwa ibiri. Buri gitondo iminsi itatu bisaba gukurikiza gahunda yo kuvura inzoka zitera ibibazo mu mara.

Indi miti yagufasha kuvura inzoka: Amata n'imbuta by'Ipapayi

avanze n'ubuki; Umwenya uranda wiyirije ubusa; Quassia; Ikigembegembe cyo hasi kuri Tenia na Ascaris; Pili-pili manga.

IBIMERA BIVURA GUHITWA: Karoti, Umugosora, Icyayi, Tungurusumu, Bambuwa, Igisura, Intomvu, Ishikashike ibumbye, Imyumbati, Gasaho, Pome, Amapera, Inkeri z'ikinani ziribwa n'iza kizungu ziribwa, Umuzabibu, Ifurwe y'ishyamba (iminyonza), Roza itukura, Inkononwa (Ntirihinwa), Amakara y'inturusu.

IBIMERA BITUMA UMUNTU YITUMA: bishobora kubikora byongera amazi mu myanda ngo bisohoke, bitera imbaraga (kwikanya) mu mara cyangwa se byongera indurwe mu rura rw'amata:

Amavuta y'Elayo, Luzerne (amashaza ya kizungu aterwa nk'indabo), Isharankima, Agashihe karanda, Pissenilt, Ipapayi, Chicorée sauvage, Umwicanzoka muto n'umunini, Akayogera gato, Ururabo rwa Mauve, Pome, Nyiramuko, Inkeri za kizungu, Ibihaza, Urwampinga (Umushabishabi), Umutini, Panseyi, Inkeri z'ibiti binini batera.

UMWIJIMA

Umwijima niwo mvubura nini cyane y'umubiri. Uhereye mu gace ko hejuru k'iburyo k'inda, mu gituzza hasi y'agahu kagabanya inyama zo mu nda n'izo mu gituzza. Ufite ishusho nk'iy'igi. Umutsi bita *veine cave inférieure* ufasheho, n'ibindi. Muri rusange upima hagati ya 1500gm na 2000gm ku muntu mukuru, uburebure bwawo ni 24-27cm. Naho ubugari bwawo ni 18-20cm, umubyimba wawo ni 6-8cm. Umwijima uba ari munini ku mwana akiri muto mu nda ya nyina. Igihe hashize amezi atatu uhereye ku munsu wo gusama, umwijima uba uherereye munsu y'umukondo. Mu gihe cy'ibyumweru 6, niho uba wihariye mu nda hose, ukagenda ugabanuka uko umwana akura. Ibara ryawo ni umutuku w'ikigina. Iyo umuntu ahanutse ahantu harehare cyane akagwa, umwijima urasandara cyangwa iyo habayeho kwikanga kw'agace k'inda ko hejuru ahagana iburyo. Umwijima niwo kigega cy'umubiri ni uruganda rukomeye. Umwijima ufite kandi n'undi murimo ukomeye cyane wo kuvubura indurwe. Mu gihe cy'amasaha 24 gusa, umwijima uvubura indurwe ingana na gm hagati y'1000 n'1200. iyo ndurwe ifasha cyane cyane umubiri kunyunyuza ibinure no

kubitunganya ndetse no gusohora umwanda, kuko ituma amara ahora yikunjakunja. Umwijima kandi ukora amasukari yitwa glucogène ikayabika, agakoreshwa igihe umubiri uyakeneye.

Undi murimo ukomeye w'umwijima ni uwo gukora urée, ni yo CO(NH₂), iboneka mu nkari, ikaba ri imyanda umubiri ukora uyivanye mu myunyu bita acide aminé n'indi yitwa sels ammoniacaux, iyo myanda ya urée impyiko zo ziyikura mu maraso zikayohereza hanze ziyinyujije mu nkari. Iyo urée igira umumaro wo gutuma umuntu abasha kwihagarika. Iboneka no mu byuya, mu mazi yo mu jisho, (si amarira ahubwo ni yayandi aboneka imbere mu jisho rwagati) iboneka muri liquide amniotique (ni y'amazi aboneka mu ngobyi ibamo umwana igihe umugore atwite agakikiza kandi akarinda umwana guhungabana), ikaboneka no mu maraso, no mu ruzi ruboneka mu bice bimwe by'ubwonko (liquide céphalo-rachidien). Urémie ni indwara yo mu maraso iterwa ni uko urée yabayemo nyinshi.

Undi murimo ukomeye w'umwijima tutabura kuvuga ni uwo gusohora imyanda no kuyirinda kuzahazwa n'uburozi. Umwijima rero ushimangira, ukaburizamo kandi ugasohora uburozi bwitwa poisons minéraux et organiques, n'ingirangingo z'udusimba dutera indwara. Umwijima utwika ibisigazwa by'ingirangingo fatizo z'umubiri n'izitukura zo mu maraso yanduye maze ugahindura hémoglobine (niyo ijyana umwuka hagati y'ingingo n'urwungano rwo guhumeka) yabyo ikaba bilirubine iboneka mu ndurwe y'umwijima na biliverdine ikomoka kuri bilirubine iyo itwitswe n'umubiri, iboneka mu ndurwe. Umwijima ugabanya ibinure mu mubiri bitewe n'ibihe n'aho umuntu ari.

Hari n'agasabo k'indurwe y'umwijima gashobora kwakira indurwe ingana hafi na gm 30 icyarimwe. Iyo karimo ubusa karikunja, kaba karimo indurwe kakiregura maze inyuma hako hagasa n'ahanyerera; kaba mu kimeze nk'umwobo uri mu mwijima ahagana hasi ariko umutwe wako ugasohokera hasi ukarenga inyuma y'umwijima. Umuheha ugasohokamo ugahura n'uva mu mwijima mbere yo kugera mu ihuriro ry'igifu n'amara aho indurwe yisuka. Iyo uwo muheha uhuye n'uwo mwijima bikora undi witwa canal cholédoque. Uwo muheha wa canal cystique uva muri ako gasabo ufite hafi cm 3, n'umurambararo wa cm 2-3. Canal cholédoque yo ifite uburebure

bungana na 2-7cm bitewe nuko uburebure bwa canal cystique na canal hépatique bureshya. Ahagana hagati, canal cholédoque inyuma ya duodénum aherekeye ku mutwe w'urwagashya, hanyuma ikanyura inyuma ya duodénum ku gace kayo ka kabiri aho ikora agashyundu bita ampoule de VATER ari naho hasohorera na none canal de Wirsung, umuheha w'urwagashya.

INDWARA ZIKUNDA KWIBASIRA UMWIJIMA:

- Umwijima ukora nabi : ubusanzwe umwijima ufite inshingano eshatu z'ingenzi :
 1. Gutunganya bimwe mu bidutunga.
 2. Gutanga indurwe ikenewe mu igogora ry'ibinyamavuta mu gifu.
 3. Kurinda amaraso kwandura. Igihe umwijima udasohozza izi inshingano zawo :

Ibimera wakoresha : Kunywa Umugosora ; kurya no kunywa ibitunguru bya Onyo ; Ikigwarara (Ikigembegembe) ; imboga za Artichaut ; iza Pissenlit ; iza Shikore ; Agashihe karanda ; Kurya Radis ; Gangabukari ; Nkuyimonga ; Kalindula.

- Igihe umwijima wangiritse bitewe na Virusi. Birangwa no guhinduka umuhondo k'uruhu bitewe n'uko umwijima udashobora hémoglobine ishaje na bilirubine noneho yo igaca mu maraso ikinjira mu ruhu no mu zindi ngirangingo z'umubiri (Hépatite). Kuribwa mu kabavu gahera iburyo, umusonga uhinguranya mu rwano i buryo.

Inama n'ibimera wakoresha : kubona umwuka uhagije wa Oxygène no gukora imyitozo ngororamubiri. Indimu; Ibinini by'urubobi; Onyo; Umwenya; Artichaut; Radis; Ikigwarara; Pissenlit; umuzabibu; Igisura cy'ikinyamugezi.

- Imyanda y'uburozi mu mwijima : ushobora kwangizwa n'imiti yo kwa muganga cyangwa iyo mu nganda byatwinjiyemo, ibihumyo by'uburozi.

Ibimera wakoresha : Radis, Ikigwarara, amababi ya Magaru.

- Amazi mu nda: ni igihe amazi yabaye menshi mu nda kenshi bitewe n'indwara ya Cirrhose, ingaruka z'inzoga, ukabyimbagirana, umubiri ukajya unyenya amazi.

Ibimera wakorsha: imboga za Shikore; Umuzabibu; Onyo n'Indimu; Ikigwarara.

- Ibibazo mu gasabo k'indurwe: ubundi Agasabo k'indurwe niko kohereza indurwe ituma igogorwa ry'ibinyamavuta rikorwa; ariko hari igihe ibyo bidakorwa. Ibyo ubibwirwa no kugugara k'ibiryo mu gifu, kuribwa aho umwijima uherereye no mu rushyi rw'ukuboko, iseseme no kuribwa umutwe. Hari n'igihe bishobora guterwa n'amabuye ari muri ako gasabo.

Ibimera wakoresha: amavuta y'Elayo; Uruburamajyo; Pissenilt; Gangabukari; Quassia; kuyimonga; Ishikashike ibumbura (imwe batera Padiri ku muni w'isakaramentu).

- Iyo agasabo k'indurwe gashatse gusohora amabuye akarimo, bitera kwikanya kudasanzwe kw'imihore yako n'imiyoboro yako isuka indurwe mu rura rw'amata. Mu gihe ibyo bikorwa ukababara, ufite iseseme, uruka mbese muri rusange ukamererwa nabi. N'inzoka za Runwa zishobora kuyoberayo zigafunga inzira (*colique biliaire*).

Ibimera wakoresha: kunywa Marakuja y'amatunda cyangwa itayafite; indabo za Camomille; Musiki (Bisikusi, Ambrete).

- Kugabanuka kw'imvubura zo mu gifu zituma igogorwa rikorwa:

Ibimera wakoresha: kunywa no kurya Igisura; amababi n'amata y'Ipapayi; Igihwarara.

IBYATSI BYONGERA INDURWE KANDI BIKOROSHYA KUYOHEREZA MU GIFU.

Amavuta y'Elayo; Umwenya (Umusura); Uruburamajo (kuyisohora); Artichaut; Agashihe karanda; Radis; Pissenilt; Cyimbazi; Gangabukari; Curcuma; Quassia; Gasaho (kuyisohora); Nkuyimonga; Rubarube cyangwa Kalindula, Romarin (kuyongera); Igikaka rubamba cyangwa Ikigembegembe cyo hasi (kuyisohora).

- Urwagashya = Igisyo: kuribwa mu kabavu gahera k'i bumoso no mu rwano rw'i bumoso.

Ibimera wakoresha: amababi y'Umuhe.

URWUNGANO RW'IGOGORA (gutunganya ibiryo)

Urwo rwungano nirwo bita urwungano ngogozu. Igogora ni umurimo ukorwa n'umubiri ugamije guhindura ibyo kurya twariye bikavamo utuntu duta tw'intungamubiri dushobora guhitanya uruhu n'amara tukagera mu maraso. Muri iryo gogora, inyama nyinshi zo mu nzira y'ibiryo zibigiramo uruhare rukomeye, buri nyama n'umurimo wayo.

IMIKORERE Y'IMYANYA Y'INZIRA Y'IBIRYO

Igogora rikorwa mu byiciro byinshi kandi binyuranye, mu nzira ndende :

- Mu kanwa, ibyo kurya biratapfunwa, bikavangwa n'amacandwe mbere yo kubimira. Amacandwe afite ubushobozi bwo kugira icyo ahindura ku byo kurya byavanzwe nayo mu rwego rwo gucagagura intungamubiri zimwe na zimwe cyane cyane ibinyamafu.
- Mu gifu, ibyo kurya birasebwa ku buryo bukomeye cyane, bikongerwamo imisemburo ya ngombwa, igifu kikabihindura nk'urusukume rw'igikoma.
- Mu mara, byongerwamo indi misemburo. Nyuma y'ibyo byiciro binyuranye, ibyo kurya bicagagurwa na ya misemburo hakavamo utuntu duta cyane (molécules), ducengera ku ruhu rw'amara tukajya mu maraso. Ibyo bikorwa ku bw'imisemburo iba muri icyo nzira yose icyo misemburo niyo bita enzymes.
- Amacandwe yibasira kandi anozza amidon yo mu birayi niyo mukati, kubera umusemburo uyabamo witwa amylase, ushobora no gukomeza akazi kawo no mu gifu.
- Igifu kandi kubw'imisemburo ikibamo, bituma caséine yo mu mata ivura kubera umusemburo wa présure, maze igacagagura za protéine zo muri yo. Ibi bihe ni byiza ku bana

bonka banywa amata meza nk'ay'inshyushyu kuko ikivuguto kivuna igifu.

- Mu mara, ibyo kurya byahindutse nk'igikoma bihahurira n'umusemburo uvuye muri pancréas (suc pancréatique) uwo musemburo ubamo za acide, igacagura za protéine kubwa trypsine, zikavamo ibyo bita acides aminés, acides biliaires ivanze n'indurwe, icagagura ibinure ikabivanamo polypeptides.
- Igogora (isebwa ry'ibiryo) rirangirira mu rura ruto, hasigaye ibyagogowe bikanyunyuzwamo intungamubiri zikenewe. Urura runini rwo iyo birugezemo rukomeza kunyunyuzamo amazi. Ururenda rwo mu gifu n'urwo mu mara, ruboneza amara maze ibyagogowe bikanyuramo nta nkomyi kugira ngo amara atangirizwa n'imiseburo na za acide (enzymes proteolytiques). Ibivuye mu biribwa nibyo bisana kandi bigatunga umubiri w'uwabiriye.

Imiseburo myinshi ifasha mu igogorwa ry'ibyo kurya, ivuburwa ku rugero no mu bwiza runaka bitewe n'impamvu zinyuranye, zirimo uko mu ntekerezo hamerewe, mu bwonko no mu by'imiseburo yabigenewe (hormones).

Nko kubona cyangwa guhumurirwa n'ibyo kurya bitetswe neza kimwe no kurya wishimye kandi wisanzuye kandi wishimiwe n'abandi, byongera ubwiza n'ubwinshi bw'imiseburo. Ariko indwara nko kuribwa mu mutwe, umunaniro, ibibazo bikuremereye, agahinda, kwiyumvamo ko utisanzuye aho uri n'ibindi, bituma iyo miseburo itavuburwa neza, n'igifu kigakorana imbaraga nkeya, ku buryo gishobora gufatwa n'indwara zimwe na zimwe nka gastrique na ulcère gastrique (ibisebe byo mu gifu), cyangwa ukaribwa mu gifu no mu mara bitewe n'umunaniro urenze utuma igifu kitikunjakunja neza mu gihe cy'igogora.

Inama tugirwa:

Kugira ngo imirimo y'igogora igende neza ni ngombwa:

- kurya buhoro witonze, gutapfuna neza ukanoza ibyo uri kurya, gufata neza amenyo yawe ntiyangirizwe n'umwanda cyangwa ibindi;

- Kurya mu mutuzo usesuye udasakuza kandi wishimye.
- Kurya kuri gahunda y'amasaha adahindagurika, ntuhindagure amasaha yo kuriraho buri munsu, kuko imisemburo nayo ivuburwa kuri gahunda ihamye.
- Nyuma yo kurya, ni byiza kwigenzagenza buhoro cyangwa gukora imyitozo ngororamubiri yoroheje kugira ngo byoroshye igogora. Iyo ukeneye gukora urugendo rurerure cyangwa gukora imyitozo ikomeye, ugomba gutegereza nibura amasaha atatu nyuma yo kurya cyangwa abiri mbere yuko utangira imirimo yo kwiga.
- Kwirinda kunywa igihe uri kurya, ahubwo ni ngombwa kunywa amazi hasigaye iminota gahati ya 30 na 45, kuko ariyo amazi amara mu gifu bikaba bisaba rero ko abanza gukamukamo ukabona gushyiramo ibyo kurya. Impamvu ni uko tugomba kwirinda gufungura imisemburo yo mu gifu mu gihe tugihaye umurimo wo gusya; biramutse bibaye ngombwa ko unywa ayo mazi, nta kurenza ikirahure gito mu gihe cyo kurya kandi adakonje cyane. Ibyo kurya byo bimara mu gifu amasaha hagati ya 5 na 7. Muri rusange ubwo ni amasaha 6 bitewe n'ibyo kurya wariye. Si byiza rero kurya ayo masaha atararangira nyuma y'igaburo riheruka, kugira ngo udahungabanya gahunda y'igifu, amara n'indi myanya y'igogora, ukaba wakurizamo indwara zinyuranye z'iyi myanya.

IGIFU:

Ni agafuka kabikwamo ibyo umuntu yariye mu gihe bikigogorwa, kaba hagati y'umuhogo n'amara. Ni muri ko ibyo kurya bigogorerwa, mbere yo kujya kunogerezwa mu mara. Ako gafuka gahagaze kaba mu gice cy'igihimba mu ruhande rw'ibumoso, aharinganiye n'imbavu zo hasi, hafi yo muri mugabuzi, munsu y'umwijima na diaphragme (agahu kagabanya inyama zo mu gituza n'izo mu nda hasi), cyicaye hejuru y'urura runini ku gice cyarwo giheruka n'icyo hagati. Igisa n'umubande wacyo ureba i bumoso utwikiriwe n'umwijima na diaphragme ibumoso. Umwobo wacyo wo hasi ufite utunyama twifunga, tukifungura iyo ibyo kurya birangije

kukigogorerwamo, bigahita bikomeza mu mara mato. Ahagana i bumoso hejuru, hari ya diaphragme igitandukanya n'umutima ari nayo mpamvu iyo cyifoye cyane kubw'ibikirimu byinshi bishobora kubangamira imikorere iboneye y'umutima. Ahagana hasi werekera imbere, hazamuka hasa n'ahagereye umwijima n'uruhu rw'inda ku mugongo wacyo ahagana hasi kikegera urwagashya. Inyama yacyo (uruhu rwacyo) igizwe n'utunyama dutatu tugerekeranye. Ak'imbere niko kavubura ururenda ruhora rutwikiriye igifu nka varini, rukirinda kwangirizwa na za acides z'imisemburo iba mu gifu.

Iyo igifu cyuzuye ibyo kurya bihuriramo n'imisemburo. Muri iyo twavugamo nka acide chlorydrique, pepsine, pressure. Iyo misemburo ni ingirakamaro cyane. Pressure itunganya amata naho lipase ishinze gutunganya ibinure. Uko ibiribwa bigenda bisebwa ni nako bigenda bisukwa mu rura ruto, binyuze mu mwenge wo hasi w'igifu. Iyo ibyo kurya twariye bifite igihu gikomeye, urwo ruhu rwabyo rucagagurwa n'imisemburo yo mu gifu bikabona kugera mu mara buhoro buhoro. Ibiribwa bitinda mu gifu, ni ibikomeye bidashoborwa n'imisemburo y'igifu. Iyo bitinzemo cyane, kibyohereza mu mara uko byakabaye. Byaba bidashobora kunyura muri pylore (ni ukuvuga ka kenge ko hasi k'igifu), bikaba ngombwa ko bikurwa mu gifu umuntu agombye kubiruka, kuko bidashobora kuguma mu igihe cyose, kikabyikiza kibinyujije hejuru.

INDWARA Z'IGIFU

- Igifu kirangwa no kubyimba icyuka mu gifu, gutura imibi nyinshi ugasuragura mu nda byigorora kuko igifu kizigama umwuka mwinshi.

Ibimera wakoresha: imbuto za Fenuye; Baziliki; Ikinetenete, Pilipili – manga, Umwenya.

- Igifu kirangwa no kwokera mu kameme, ariho hitwa umunwa w'igifu: aho igifu gihuriye n'umugongo. Ibyo biterwa nuko Acide yo mu gifu yabaye nyinshi noneho ikareka kuguma mu gifu, maze kubwo kwiyongera kwayo ikazamuka mu muhogo, igatangira kuryana.

Ibimera wakoresha: Karoti; Indimu; Ubugari bw'imyumbati; Ibihaza; kunywa Isharankima yo ku rutare, Igihaza.

- Iyo igifu cyakiriye ibiryo kivubura ibigifasha gusya ibiryo. Kubura imvuburwa ihagije mu gifu, bituma ibyo kurya bitanoga uko bikwiriye, bigatera imisonga no kumva igifu cyose gitonekara kandi bikaremera, amara akaziba bigatera gutumba no gusura kenshi. Kuri benshi bitera amaraso akennye.

Ibimera wakoresha: kunywa Umuberanya; Inanasi; Igisengosengo kinini; Igihwarara; Gangabukari; Umwenya uranda banywamo icyayi, Pilipili - manga.

- Igifu cy'ikinyanteye nke kidashobora kunoza vuba, n'iyoye kigerageje nyiracyo aba aribwa cyane (*dyspepsie*). Ukirwaye yumva asa n'uwikoreye umutwaro cyangwa akaribwa mu gifu, kugira umwuka mwinshi mu nda, umuriro waka mu gifu, ikirungurira; biherekejwe no gutura imibi myinshi, amangati no gusuragura kenshi. Ibyo bigakunda kubaho urangije kurya. Icyo gifu bita *dyspepsie* ni imikorere mibi yaba iy'igifu, inzira z'impindura n'amara. Bishobora guterwa n'impamvu nyinshi: impamvu ikomotse ku mirire, ku mikorere y'ingingo z'umubiri cyangwa ubwonko, bishobora no gukomoka ku myanya runaka y'umubiri nk'ibisebe byo mu gifu, guhombana kw'inzira zijya mu gifu bita stenose, n'izindi mpamvu zikomeye. Impamvu zimwe z'imirire mibi nizo ntandaro y'iyoye ndwara: guhekenya ntunze, kurya ukarenza urugero cyangwa amoko menshi y'ibiryo cyangwa ibirimo uburozi (nk'itabi, inzoga, ikawa), kurya urakaye.

Ibimera wakoresha: kunywa Kazingashya; Luzerne; Igisura; Camomille; Fenouil; Umwenya; Umuberanya; Igisengosengo kinini; Igihwarara; Ishikashike ibumbye; Umuhengeri wa kizungu wo ku rugo; Umwenya uranda banywamo icyayi; Nkulinyonga; Igikakarubamba; Kenkina.

- Descente d'estomac : Ubu burwayi bakunda kubwita : Hypotonie ou ptose gastrique. Kirangwa nuko igifu kibyimbagirana bitewe n'ibyo kurya birengeje cyangwa gukora ntikirangize umurimo wo kumara ibyo kurya muri cyo. Iyo

ndwara iyo yafashe umuntu, indiba y'igifu yigira hasi. Ni indwara ikunze kwibasira abagore bakunze kugira imbyaro nyinshi cyangwa ku bakunze kwambara corset (ni akambaro gahambiriye cyane gafata amabere n'amayunguyungu, kakamanuka kagahambira n'imyanya ndangagitsina nk'aho ari ikariso). Mu by'ukuri iyo ndwara ni ukwiregura kw'igifu. Ibimenyetso byayo ni imivurungano igaragazwa n'igogora ritinda cyane, flatulences, kubyimbagana inda, guhondobera. Abayirwaye bakunze guhora bababaye (anxieux), bagakunda gutinya kurya, bakabura irari ryo kurya, bakananuka kandi ntibagire imbaraga z'umubiri.

Ibimera wakoresha: Umwenya; Igisengosengo kinini; Gangabukari.

- Kuruka bitewe nuko imihore y'igifu cyabo ikunda kwikanya bitunguranye. Uhorana impagarara zo mu mara no guciragura. Ariko mbere yo kukivura ubanza kwisuzumisha ukamenya neza impamvu zabyo.

Ibimera wakoresha: Umuhengeri; icyayi; Ikigwarara; Umwenya; Ikigwarara.

- Igifu kirya umuntu iyo atamerewe neza mu ntekerezo. icyo gifu giterwa n'intekerezo zitaguwe neza, zibuza igifu gukora neza. Umuganga mukuru witwa Pavlov yavuze ko gusuzuma igifu neza ari ukugihira mu bwonko, kuko ibifu byinshi birwaye byazanywe n'intekerezo zitaguwe neza.

Ibimera wakoresha: Igiti cy'ironji; Isagara y'ikigabo; Baziliki; Ikinetenete; Umwenya; Ikigwarara.

- Uburwayi bukwiye kwitonderwa cyane, uburwaye akihutira kwisuzumisha kwa muganga. Ukirwaye arangwa no kuruka amaraso cyangwa akayituma. Abarwaye igifu cyo kuruka amaraso bakunda kugaragaza kunanuka, isereri kenshi, ibyo biterwa n'ibisebe biba mu gifu cyangwa mu mugongo.

Ibimera wakoresha: Ngingojana; Igorogonzo.

- Igifu kirya . gikoresheje kubabira nk'ikirimo urusenda (gastrite). Akenshi giterwa n'imyanda iva mu itabi, mu nzoga, mu ikawa cyangwa ibinini bya aspirine ibyo kurya bishyushye

cyane, ibikonje cyane, kutanoza ibyo kurya neza bitewe n'amenyo atameze neza cyangwa se kurya vuba vuba. Iyi ndwara ishobora guterwa n'ubundi bwandure runaka nk'umwijima wa hépatite hamwe na grippe.

Ibimera wakoresha: Karoti; Igihuranda; Akamenampishyi; amavuta y'Elayo; Baraza; ubugari bw'Imyumbati; Kalindula; Avoka. Kuvura iki gifu bisaba ibyo kurya byoroshye bivanzemo ibibisi ugatapfuna witonze.

- Indwara y'igifu irangwa no kugabanuka kw'imyanya y'igifu kikuma kikananuka, imitsi ikaba mito, nacyo ubwacyo kikaba gito cyane bikagitera kwizinga, kikajya gitera nyiracyo kwikanga no kwikubita hasi gitunguro, kigakunda guterwa no kubura indurwe ihagije cyangwa kubana n'ibitakuguye neza (*Gastrite Chronique*).

Ibimera wakoresha: Uburabyo bw'Umuberanya; Inanasi; amata y'igiti cy'ipapayi; Gangabukari; Igihehaheha; Umuhanga.

- Igifu kirangwa n'ibisebe biryana buryane, biboneka mu ntango y'igifu ahagana mu irembo rigana mu mara. Biterwa n'imbaraga akarandaryi ko mu gifu kagenda gatakaza ubutaraga bw'ako karandaryi bukagabanuka, igifu kigatangira kugabanuka. Hari n'igihe iyi ndwara ishobora kuzanwa na acide nyinshi ya chlorhydrique imwe yo mu gifu. Ibyo bishobora guterwa n'imyanda ya micro-organismes yibumbira ku rugingo ikangiza igifu.

Ibimera wakoresha: umutobe wa Karoti, Amashu na Roza itukura bibisi; Luzerne; ubugari bw'Imyumbati; Kalindula.

INDWARA ZO MU KIBUNO:

- Kubw'impatwe cyangwa kutituma neza, hari igihe haza igisebe mu nnyo kandi bikababaza cyane cyane nyuma yo kwituma (*fissure anale*).

Ibimera wakoresha: Umwicanzoka muto.

- Kuryaryatwa no mu nnyo ugashimagura hakaba igihe hatukura.

Ibimera wakoresha: kunywa no kubandikaho ururabo rwa Mauve; Igitovu; imizi n'amababi by'Umukararambwe; Ikirumbi cy'amavuta;

Imbuto z'Intobo; amababi y'Umugirakamaro, ay'Imbogeru, Gangabukari; Isagara.

- Kwangirika k'umwoyo (*Protite, Rectite*). Wakogeshya kandi ukanywa ururabo rwa Mauve.
- Kalizo: ni igihe imitsi yo mu nnyo ibyimba hamwe igice gihera cy'urura runini hakaba ubwo bigaragara inyuma (*Hémorroïdes*). Uretse izindi mpamvu, iterwa no kwituma impatwe cyangwa gutwita.

Inama n'ibimera wakoresha: gukora imyitozo ngororamubiri uri ahari umwuka mwiza. Kujya woga kandi ukicara mu mazi akonje; kunywa ibumba mu gitondo ntacyo urafata; ku nywa no kwicara mu mazi arimo imbuto za Cyprès; kunywa Umuyogera munini; umutobe w'Indimu; kwicara mu mazi arimo Ikigwarara; kunywa no kwicara mu Muzabibu; koza, kwicara no kubandikaho ururabo rufite amababi nk'ay'igishihe; ay'Umusagara; Umwanzuranya, Umuhashya (n'ibijumba byabyo).

D. URUHAGO RW'INKARI (VESSIE)

Ni agafuka kakira inkari zivuye mu mpyiko mbere y'uko zigera hanze. Imiterere n'ubunini bwawo bihindagurika bitewe n'abantu. Ruhereye mu kiziba cy'inda. Iyo ari nta nkari zirimo ntirurenza cm3. icyo gihe ruba ruherereye aharinganiye n'ahamerera ubwoya bwo ku myanya ndangabitsina (insya). Ariko icyo rwuzuyemo inkari, rushobora kuzamuka rukaba rwagera no hafi y'umukondo. Ahagana hejuru n'inyuma ku ruhago, haboneka imyobo ibiri isohokeramo imiheha ikura inkari mu mpyiko zombi (urétères), aho icyo miheha isohorera hameze nk'udusate (fentes taillées en biseau) dufite cm3-5 z'uburebure. Ahagana mu nsi, imbere, hari undi mwobo usohokeramo umuheha usohora inkari hanze icyo umuntu yihagarika (urètre). Umwobo wo hasi (orifice de l'urètre ou col de la vessie) ni nk'agasate gatambitse (fente transversale). Ku basaza gashobora gusa naho kifunze, bityo inkari ntizisohoke. Ku basaza kandi hari ubwo inkari zidasohoka zose ngo zishire mu ruhago, zikitekamo maze bigakurura indwara za "calculs".

Uruhago ruzima rushobora kwakira inkari zingana na 250gm ku mugabo. Naho ku mugore zishobora kurengaho buhoro. Iyo rwuzuye,

nibwo umuntu yumva ashaka kwihagarika, keretse iyo rurwaye nibwo umuntu ashaka kwihagarika hakigeramo udukari duke cyane (en cas d'inflammation de la vessie). Iyo rwagutse cyane (chez les hypertrophiés), rushobora kwakira amalitiro menshi y'inkari.

INDWARA ZO MU MYANYA ISHINZWE INKARI (IMPYIKO) :

- Igihe utuntu tumeze nk'utubuye twibumbira mu nzira y'inkari cyangwa y'amaraso (*Lithiase Urinaire*). Dushobora kuba duto, ukadusohora igihe ugiye kwihagarika; cyangwa tukaba tunini tukamera nk'ikibyimba gikomeye nk'ibuye, kikaba mu kiziba cy'inda, cyangwa mu ntakara, cyangwa no mu mpyiko. Ibyo birangwa no kuribwa, cyangwa kwihagarika ukaribwa cyangwa inkari ntizize, cyangwa ugatonyanza udukari duke. Iyi miti ikwiye gukoreshwa igihe kirekire nko kuva ku kwezi 1kugeza kuri 6, ukajya uruhuka igihe runaka. Ubundi iyi miti ni iyo kubuza ko utwo tubuye dukorwa, ariko na none ishobora no kutuvura mu gihe runaka.

Ibimera wakoresha :

Karoti ; Intanwa ; Indimu n'Urubonde: umutobe wayo ukiza amaguru abyimba , amazi yirundanya mu ngingo, guturika kw'imitsi mito, kalizo, urinda umubiri kwipfundikanya (isununu, imiburu...). Igitunguru cya Onyo: nacyo gishinzwe gusohora imisenyi y'indurwe iba mu mwijima no mu mpyiko yitwa acide urique. Onyo ifite ibyitwa Fibrinolytique bishinzwe gusohora uruvirirane rw'amaraso bita caillot ruba ruri kwirunda mu ngingo, ndetse inabuzwa amaraso kuvirirana cyane; ushobora kuyifatana n'Indimu. Pome n'Igisura: nabyo gisohora imyanda yo mu mpyiko no mu ruhago. Inkeri za kizungu: nazo zifite umurimo nk'uw'indimu. Ikigembegembe; kwicara mu mazi arimo Imbuhu ; Umusatsi w'ibigori ; Urubonde.

- Igihe imitsi y'umuyoboro uvana inkari mu mpyiko uzijyana mu ruhago igerageza gusohora imyanda iba yibumbiye hamwe, maze igafatana, uwo muyoboro ukaziba cyangwa ukagabanuka cyane (*Coliques Néphretiques*). Ibyo bitera uburibwe burenze urugero mu mpyiko bugenda bugana mu itako aho impyiko

ihereye bigatuma umuntu ananirwa guhagarara. Ubwo buryane bwumvikanira aho inda ihuriye n'ikibero. Igikenewe ni ukunywa ibinyobwa ugasohora inkari nyinshi.

Ibimera wakoresha : Marakuja ifite amatunda cyangwa itayafite ; Umugosora ; Camomille; Musiki (Bisikusi, ambrette) ; Umuhengeri wa kizungu wo ku rugo; Urubonde. Kubandika amakara atohejwe ahababara. Amababi y'Umukararambwe; ay'Isagara; ay'Igihondohondo; ay'Igicunshu; imizi y'Umubirizi; iy'Umusororo; Rubamba. Onyo Indimu na Tungurusumu bifatirwa hamwe.

- Indwara irangwa no kubyimba amazi mu binyita by'umubiri (Oedème). Bishobora gukomoka ku muriro mwinshi wagurumanye mu mpyiko bigatuma inkari zidasohoka mu rugero rukwiriye, cyangwa bigaterwa n'amaraso agenda nabi binyuze kuri izo mpamvu uko ari ebyiri. Amazi avanze n'umunyu bishobora kwivanga n'amaraso bikagenda bisigara mu muhore w'inyama bigatera umubiri kubyimbagirana. Ibyo bitera impagarike kumva wiremereye, maze ntukunde kwihagarika kenshi.

Ibimera wakoresha:

Umusatsi w'ibigori; Urubonde; Ikigembegembe; Urwampinga (Umushabishabi).

- Kubyimbagirana impagarike yose bitewe n'umubiri wose uba wagize amazi menshi ukamera nk'igishanga (*Hydropisie*).

Ibimera wakoresha: kurya ibisohora amazi mu mubiri nka Onyo, citron. Bishobora gukoreshwa igihe kirekire; Amashaza ya musambi; Akayobora; Sureau noir muri Alimentation.

- Kwihagarika amaraso ukaribwa cyane, ukananirwa guhagarara wemye neza (*Hématurie*).

Ibimera wakoresha: Urujenone; Igorogonzo; imizi ya Kalungu; Karoti; Onyo; Igorogonzo.

- *Néphrite et Néphrose* : ubu buryane bwa mbere bita Néphrite, burangwa no kuryana, umuriro waka, kubyimba ; kimwe muri ibi uko ari bitatu iyo kigaragaye indwara iba igaragaye. Ibyo biba mu mpyiko, bikabuza umuntu kwihagarika inkari nyinshi

ahubwo zikajya zivangamo amaraso. Uyirwaye anyara inkari z'urushyuhirane, mu mpyiko hakabamo amazi menshi akaba aribyo bitera impyiko kugurumira no kubyimba. icyongereyeho ni uko amaraso agenda birenze urugero. Naho Néphrose ni ubundi buryane bw'impayiko butuma umuntu yihagarika inkari zivanzemo inyubakamubiri nyinshi, inkari zigasa n'izikengerana, zikaryana, zigasa n'izirimo ibintu by'umweru.

Ibimera wakoresha: umusatsi w'ibigori; Pome; Umuzabibu; Urubonde; Isuri (iraranda) ivura na Rubagimpande; Cacaoyer; Inzuzi z'ibihaza.

- Ubwandu bwo mu mpyiko butewe n'imyanda (*Pyelo-Néphrite*). Bigaragazwa no kurwara indwara y'umuriro no kuribwa mu mpyiko.

Ibimera wakoresha: Antibiotique nka Capucine, Onyo, na Tungurusumu; Umushunguru.

- Kwandura mu nzira z'inkari (*Infection Urinaire*) binyuze mu kwambarana, kogera mu ibase imwe n'uyirwaye, bikaba byatuma haziramo zindi ndwara nk'Imitezi, Tilikomoni na Mburugu.... Ibyo birangwa no gishima kenshi mu mwanya ndangagitsina, kubabara mu gihe cy'imibonano, uburyane bwinshi mu mwanya ndangagitsina, ibisebe cyangwa uduheri ku gitsina, kubyimbagirana kw'igitsina, gusohora amazi y'umweru kandi arenduka, cyangwa hakaba ubwo hasohoka ay'umukara, umuhondo cyangwa amaraso yijimye.

Ibimera wakoresha: Urwiri (imizi); indabo za Zinia (*Rudbeckia*) imizi; kunywa Teyi no kuyibandika ku nda yo hasi ishyushye; kurya Capucine; Tungurusumu ishobora gukiza indwara zo mu mwanya ndanga bitsina. Ibijumba by'Umumara n'amababi y'Umusororo. Ahabyimbagirana n'aharyaryata uhatsirimisha igikatsi cya Capucine ukanayirya; Teyi.

- Uburyane bwo mu ruhago, biba bitewe muri rusange n'imyanda izamuka mu muyoboro w'inkari iturutse inyuma hanze (*cystite*). Iyi ndwara ishobora gufata umuntu yakira ikongera ikamusubiramo. Cyane ifata igitsina gore. Kuyivura bisaba

umwanya ushobora gutwara nk'ibyumweru bitatu kugira ngo ikire neza.

Ibimera wakoresha: Umusatsi w'ibigori; Akamererezi; Umushunguru; inzuzi z'ibihaza zitetswe cyangwa mbisi.

- Uburibwe buryanira mu muyoboro uvana inkari mu ruhago ukazisohora hanze (*Urétrite*). Ahanini biterwa n'imyanda iboneka kuri uwo muyoboro. Kenshi cystite irabutera.

Ibimera wakoresha : Urwiri; Umushunguru.

- Indwara yo kwihagarika utabishaka cyangwa utabizi (*Enurésie*); ikunda kuboneka ku bana b'ingimbi, ndetse hariho n'abananirwa kwifata iyo igihe cyo kwihagarika kigeze. Kunyara aho uryamye.

Inama n'ibimera wakoresha : kuba uhagaritse inyama, isukari, bonbon, confiture, ikawa, icyayi, chocolat. Kwirinda kunywa urimo kurya. Koga amazi akonje; kubandika icyondo cy'ibumba, ku ijosi no ku kiziba cy'inda, bikajya bihamara isaha imwe buri mugoraba, iminsi munani wikurikiraniye. Imbuto za Cypres: zitera imbaraga uruhago zikarushoboza gutangira inkari. Zishobora no gukiza indwara yitwa Syndrome prostatique, irangwa no kwihagarika ukananirwa, ukabura n'imbaraga z'imibonano mpuzabitsina bitewe no kubyimba kw'icyitwa prostate iba munsu y'uruhago rw'abagabo. Umuyoborantanga bita Canal éjaculateur niho unyuze. Ikiranga ko umuntu afite iyi ndwara ya prostate ni ukwihagarika ubanje kwikanira usohora inkari zitonyanga gusa bitewe nuko inzira z'inkari zitugariye. Kwihagarika kwa buri kanya, cyane cyane nijoro kandi uribwa. Kunywa Ishikashike ibumbura indabo; uruvange rw'Umwenya, Isagara y'ikigabo n'Umukiryi.

- Indwara irangwa no gusohora inkari utabishaka. Ishobora guterwa n'impamvu zinyuranye, ariko nko ku babyeyi hari igihe uruhago rwabo ruva mu mwanya warwo rukamanuka, cyangwa kubyimba kwa Prostate y'abagabo.

Ibimera wakoresha : Cypres (igishipiri).

INDWARA ZIFATA URWUNGANO RW'IMYOROROKERE

A. ABAGABO

- Iyo ubwandu bufashe mu kanyama kaba munsu y'ubugaho ku bagabo bita *prostate*. Bukunda gufata ingimbi n'abasore, naho ku bukuru barengeje imyaka 50 iyo Prostate irabyimba cyane maze bakabyita hypertrophie.

Ibimera wakoresha: imbuto za Cyprès; Umushunguru; inzuzi z'ibihaza; ururabo rugufi ruteze nka palmier ngufi y'imbuto (Palmier de Washingtoni); ururabo rwa Zinia (Rudbeckie).

- Ubugumba ku bagabo

Ibimera wakoresha: icyayi cya Bourrique cyongera intanga kandi zikagira imbaraga.

- Kudashobora gukora imibonano mpuzabitsina kubwo kuteguka kw'igitsina mu gihe cy'imibonano. Hari impamvu zifatiye ku bwonko zishobora kubitera n'indwara nka Diabète.

Ibimera wakoresha: Igihuranda (umuceri wo mu gasozi); Sésame; icyayi cya Bourrique; Ginseng. Ibibabi by'Intanwa, Bambuba, Umunyinya, Igishinyaguzi (Nyiramunukanabi), Gasaho.

- Uburwayi bwo gusohora vuba mu gihe cy'imibonano. Uretse ibi bimera twanditse aha, wongeraho n'ibikoreshwa mu kongera imbaraga z'ubwonko.

Ibimera wakoresha: icyayi cya Bourrique.

- Uburwayi bwo guhorana ubushyuhe bwinshi ushaka imibonano kenshi.

Ibimera wakoresha: Inkeri z'ishyamba zitaribwa; Akanyamata k'ihene; kunywa amazi menshi kenshi.

Avoka ni ingenzi ku bagabo.

B. ABAGORE

IBIMERA BYONGERA AMASHEREKA : Igisura, Fenuye, Baziliki, Cumino, Agasengosengo gato, indabo za Galega.

IBIMERA BITUNGANYA IMIGENDEKERE Y'IMIHANGO Y'ABAGORE: ariko si byiza ku bagore batwite: Akanyaruhima, Camomille, Baziliki, Kalungu, Umwenya uranda banywamo icyayi, Igikumbaburimi, Gereveriya, Umuse, Persil, Kalindula, Akanyamata k'igiti gikomeye, Igikakarubamba, Icyagara.

- Ni ukudasama kwihariye, nta yindi ndwara ifatika nka Amibe cyangwa Umwijima. Iyo ndwara igizwe n'imikorere mibi y'ingingo ituma ingingo zidakora umurimo zagenewe, kandi ugasanga nyirazo atagaragaje kuremba. Ibyo bigaterwa n'ubwonko bubishinzwe bukora nabi, ingingo ntizijye zikura ngo zigere aho zagenewe, cyangwa se imiyobora ntanga ikaziba. Ubugumba rero bukira vuba ni ubushingiye ku ngingo zikora zigacumbika umurimo wazo utarangiye, naho ingingo zitigera zigerageza gutangira umurimo wo kwakira no kurera intanga z'umugabo, izo kuzikiza bitwara igihe kinini, biratinda kuko umurimo wabyo ushingiyeye mu bwenge.

Ibimera wakoresha: amavuta ya Onagre, Ginseng, icyayi cya Bourrique. Ibiribwa byose bikize kuri Vit. A na Vit. E.

- Igihe abagore batwite babura appetit, ntibabone intungamubiri zihagije:

Ibimera wakoresha: ibinini by'urubobi, imisatsi y'ibigori, Sésame, Umutini.

- Utubyimba tuza ku moko y'ibere ry'umubyeyi (*Crevasses du mamelon*). Kubivura bisaba isuku nyinshi kandi byitondewe, kuko bishobora kuvamo kurwara ibere ryose cyangwa ibibyimba, ubundi ugahagarika konsa.

Ibimera wakoresha: Inkeri za kizungu ziribwa; amavuta y'ururabo rwa Lisi.

- Kurwara ibere mu gihe cyo konsa; akenshi biterwa na twa tubyimba tuza ku moko z'ibere (*Mastite*).

Ibimera wakoresha: ibimera bya Antibiotique; ubundi ukogeshaho icya Pervenche.

- Igihe imihango y'igitsina gore itagenda neza cyangwa ku gihe kandi ikaba iherekejwe no kuribwa bitewe no kwikanya kwa nyababyeyi (*Dysménorrhée*).

Ibimera wakoresha: amababi n'indabo by'igiti cy'indimu; Umuhengeri; Marakuja; amavuta ya Onagre; Akanyaruhima; Ambrette; Camomille; Baziliki; Kalungu; Umuhengeri wa kizungu wo ku rugo; Umwenya uranda; Ifurwe y'ishyamba (Iminyonza); Akanyamata k'igiti gikomeye.

- Kutubahiriza igihe ku mihango y'abakobwa. Kugira ngo gahunda y'imihango igende neza biterwa n'imisemburo ibishinzwe itangwa na Hypophyse hamwe n'imirerantanga. Ibibazo byo mu mihango akenshi bikunda kubaho mu gihe cy'ubwangavu cyangwa cyo gucura bitewe no kwi Yongera cyangwa kugabanuka kwayo.

Ibimera wakoresha: amavuta ya Onagre; Perisile; Kalindula; Capucine.

- Imihango iza mu bihe binyuranye bikamara igihe kirekire (*Règles trop abondantes*). Burya gahunda iyobora imihango ishingiye ku misemburo myiza itangwa n'ibytwa Hypophyse hamwe n'imirerantanga bita Ovaire.

Iyo gahunda itagenze neza, dore ibimenyetso bigaragara: kuribwa mu kiziba cy'inda, kudakenere imibonano, gutonekara mu gihe cy'imibonano cyangwa kubikenere impitagihe. Ariko iyo imisemburo ishinzwe imibonano yiyongereye cyangwa ikaba mike, niho haboneka imihango irangwa no kuva cyane kandi bikamara igihe kirekire. Twibuke ko imihango itagira gahunda iba idafite ibyangombwa byuzuye. Ikunda kuboneka ku bakeneye gushyingirwa, ku bapfakaye, ku bafite ubugumba bwo mu bwonko, ku batinze gukurikiza abana, ku bafite ibytwa Trompe byazibye. Ni igihe amaraso aza mu mihango y'abagore aba ari menshi cyane cyangwa se akaza ubudatuza. Ni byiza kubanza kureba niba nta yindi mpamvu yaba ibitera ikwiye kuvurwa; Ibi bimenyetso ushobora no kubisanga kuri Dysmenorrhée, Règles irrégulières niyo mpamvu bisaba isuzuma ry'abaganga babijijukiwe kugira ngo hatabaho kubyitiranya.

Ibimera wakoresha: Aha ikihavura ni Persile ivanze n'ibyo kurya. Iki cyatsi gitera ingingo zitegura imisemburo y'imibonano imbaraga no

kwiyongera. Ngingojana, Igorogonzo, Igisura, Umuzabibu, Ifurwe y'ishyamba (Iminyonza), ururabo rufite amababi nk'ay'igishihe.

- Kwihagarika kw'imihango. kumara amezi runaka utajya mu mihango kandi udatwite. Iterwa no kubura Vit. zishinzwe gahunda y'imihango. Izo Vit ni nka Vit. A na E.

Ibimera wakoresha: Ikirahure kimwe cy'amazi ukavangamo akabumba kuzuye akayiko gato ugakoroga, ukanywa iminsi cumi wikurikiranyije, buri gitondo. Igihe ubonye imboga zitwa Persile, ugakunda kuzirya ari mbisi, kuko Persile yongera imihango kandi igabanya uburyane, cyane cyane ubonye imbuto zayo. Uko kuba ingirakamaro kwa Persile kuzanwa n'amavuta meza igira yitwa Apiole hamwe n'ayitwa Myristicine. Ayo niyo yihuriza hamwe agatera abakobwa imihango myiza. Persile ifite imirimo myinshi kuko ifite Vit. A, C. E. Izi Vit. Ziyitera kumenya gusanura ahasenyutse ho mu mubiri. Ushobora no gukoresha ibimera nk'ibyo wakoresha kuri Oedemes. Kunywa amazi y'imisogwe y'Ibishyimbo ; Urubonde.

- Ni igihe umugore cyangwa umukobwa ugera mu gihe cy'imihango aho gusohora amaraso agasohora amazi.

Ibimera wakoresha: Umutonore w'ibishyimbo bya kizungu (bitabonetse wakoresha ibisanzwe uretse ko biriya aribyo byiza) bikunda kuba binini, ukabicagagurira mu mavuta ayo ariyo yose, ukavanga n'indimu ikarishye, ukarya mu byo kurya by'amanywa iminsi itatu buri cyumweru. Gufata ikiro kimwe cy'ibishyimbo ukakigabanyamo inshuro cumi, agace kamwe ukagacagagura ugashyiramo L1 y'amazi ugatogotesha hagasigara igice, ayo mazi ukayanywa umunsi wose, ukajya ubikora kabiri mu cyumweru. Kunywa umusatsi w'ibigori.

- Igihe cya nyuma yo gucura : ni igihe mu buzima bw'umugore imihango iba yahagaze hamwe n'ibigendanye n'iby'imyororokere. Ubundi byo ntabwo ari uburwayi ahubwo ni igihe imisemburo ibishinzwe iba yahindutse. Ubwo rero ubuzima bw'umugore bugomba kwimenyereza icyo gihe cya *Ménopause*.

Inama n'ibimera wakoresha : kwicara mu mazi akonje iminota 3 mu gitondo ntacyo urafata, birafasha. Koga no kunywa amazi arimo Romari

cyangwa Cyprès byongera imbaraga bikagufasha mu bibazo ugira byo kuba utakibyara. Kunywa Umuzabibu. Igihe imihango iza igatinda gukama cyangwa inda yo hasi yiremereye, ubandika icyondo cy'ibumba ku nda yo hasi. Ariko ntabwo ugishyiraho mu gihe cy'imihango.

- Igihe imyakira-ntanga idafite ibyangombwa byo gukora intanga-ngore, kwakira no kurera intanga z'umugabo, ariwo murimo wa Ovaire (*Insuffisance dans l'ovaire*). Imirera ntanga ishinze kwerekana ibimenyetso byo gukenera imibonano mpuzabitsina. Iyo ibuze ubushobozi ntishobora kwakira intanga z'umugabo no kuzigeza aho zigomba gukurira. Ibiranga ko idafite imbaraga zihagije: kudakenera imibonano, kutagira ururenda ruhagije muri nyababyeyi, hari abatigera bajya mu mihango ahubwo igihe cyagera bakamererwa nabi, bakaribwa, bakava imyuna myinshi yo mu mazuru.

Iyo ndwara irangwa no kubura imihango ihagije ifite ibyangombwa byo kwakira no kurera intanga z'umugabo itera ubugumba. Icyongereyeho kuri iyo ndwara ni umugabane wayo wa kabiri uriya urangwa no kugera igihe cy'imihango y'abakobwa ukaribwa nyuma ukava imyuna yo mu mazuru. Ishobora no kongera kugaragaza utubyimba two mu nda; utwo tubyimba dushobora gufunga inzira zimwe na zimwe, ndetse hari igihe haba habonetse icyitwa Kyste à l'Ovaire.

Ibimera wakoresha : amavuta ya Onagre, icyayi cya Bourrique. Gusiga icyondo cy'ibumba mu kiziba cy'inda bikamara isaha imwe, kugeza ukize; ubundi ukarinywa.

- Igihe ururenda rusanze rusohoka mu nda ibyara rufashe rusa n'umweru ariyo irukora cyangwa se nyababyeyi (*Leucorrhée*). Rushobora guterwa n'ubwandu bwaho cyangwa imikorere idasanze y'imisemburo y'iby'ibyara.

Ibimera wakoresha : (Irrigation) kogeshamo Ifurwe y'ishyamba (Iminyonza), Roza itukura. Ariko si byiza kuhoza ku mugore utwite.

- Ni igihe ubwandu bwo muri nyababyeyi buterwa na za bacteries cyangwa virus; maze hakaza urusukume ubundi rusa n'amashyira (*Cervicite*). Na none ubibwirwa no kubabara mu

gihe cy'imihango cyangwa icy'imibanano.

Ibimera wakoresha : kogeshamo amazi arimo uturabo twa Roza itukura.

IMIKORERE Y'IBANZE Y'UMUBIRI MU BY'IMYOROROKERE:

Intanga y'umugore: kugira ngo intanga iboneke mu mubiri w'umugore kuri gahunda nziza, ni uko umubiri we uba ukora neza ku buryo busanzwe. Umubiri w'umugore uba ufite utunyama tubiri tw'imbere mu mubiri duto cyane bita imirerantanga, kamwe kaba i bumoso akandi kaba i buryo. Muri two niho intanga zikurira kugeza igihe zigeza mu gihe cyo gusohokamo zikuze, ari nacyo gihe umugore aba ashobora gusama. Imikorere myiza y'imirerantanga iterwa nuko ubwonko buri gukora neza maze bugashyira kuri gahunda ivuburwa ry'imisemburo yagenewe kurera no gukuza intanga. Izo mvubura zitanga iyo misemburo ni nka hypothalamus, Hypophyse na Ovaire. Imikorere mibi yazo iterwa n'umunaniro, kuko muri icyo gihe ubwonko bwibanda ku gusubiza kuri gahunda imikorere y'umubiri maze iby'imirerantanga bikaza ku mwanya wa kabiri; ndetse nabwo bukaba bwahakura umunaniro. Imikorere mibi y'imirerantanga mu kwezi k'umugore igaragazwa nuko imihango yabonetse mbere cyane y'igihe yagombye kuboneka cyangwa igatinda. Iyo uwo munaniro urangiye n'ibindi bisubira kuri gahunda isanzwe. (Dr. Aguilar, *Femme et Mère*, p. 48-53.

Ivuburwa ry'intanga :

Umuntu w'igitsina gore ukiri muto aba afite imikorere y'umubiri idatandukanye cyane n'iy'uwigitsina gabo. Iyo mikorere y'umubiri itangira gutandukana ku buryo bugaragara mu by'imyororokere uherye mu kigero cy'imyaka hafi 12 na 13. Nibwo ya mirerantanga itangira gukora no kuvubura intanga. Imwe mu mikorere y'imyifatire y'umwana w'umukobwa igatangira guhinduka, nibwo atangira kujya agira isoni za gikobwa, kumera amabere kugira ijwi ritoya kandi ribengeye, kugira umubiri ukeye kandi woroshye, unoze, imisatsi ikaba myiza kandi yoroshye, kwitangira imirimo ya kigore cyane, kujya imugongo, kumera ubwoya mu bice bimwe na bimwe by'umubiri nk'aherekeye imyanya ndangagitsina no mu kwaha. Muri icyo kigero umuhungu we atangira kugira imbaraga nyinshi, kugira ijwi rihindira, kugira umubiri ukomeye,

kumera ubwoya hamwe na hamwe ku mubiri nk'ubwanwa, mu gatuza, inshakwaha, imyanya yegereye imyanya ndangagitsina n'ibindi. Aha ariko turibanda ku byerekeye n'abagore ; uko igihe kigenda cyiyongera niko intanga z'umugore zigenda zigabanuka mu mubare kuko buri kwezi hagomba gusohoka nibura intanga imwe. Intanga zose ziba ziri mu mubiri we, siko zose ziba zifite ubushobozi bwo gutanga abana. Mu ngirangingo fatizo zivamo intanga aba afite mu kigero cy'imyaka 20, ziba zigera ku bihumbi hagati ya 400.000 na 800.000. Iziba zishobora kuvamo intanga zatanga abana, ziba zibarirwa hagati ya 400 na 800 gusa mu buzima bwose bw'umugore. Uko urushaho gukura mu myaka, niko zigenda zigabanuka n'amahirwe yo kubyara akagenda agabanuka. Yagombye kubyara akiri muto, kuko iyo atangiye kubyara akuze ashobora gucura vuba cyane, kandi byagombye kubaho mu kigero cy'imyaka hagati ya 35 na 45. Iyo myaka ishobora kwiya cyangwa ikagabanuka.

Ukwezi k'umugore :

Muri rusange, ukwezi k'umugore kugira iminsi 28, ishobora guhinduka bitewe n'umuntu ku giti cye cyangwa imibereho ye, ibibazo afite, aho aba, imirire n'iminywera ye n'ibindi. Batangira kubara ukwezi k'umugore ku munsu wa mbere nyirubwite yabonyeho imihango. Ni ukuvuga ko iyo ubonye imihango, kuri uwo munsu ukwezi kuba kwarangiye, ukundi gukurikiyeho kwatangiye. Muri make umunsu wa mbere w'imihango ni iherezaho ry'ukwezi n'itangiriro ry'ukundi. Sicyo gihe cyo gusama rero, nk'uko bamwe bajya babyibeshyaho, ahubwo igihe cyo gusama kiba cyarabayeho mu byumweru hafi bibiri mbere y'uko imihango iboneka. Uretse ko bishoboka ko n'igihe cyo gusama cyagera n'imihango ikirimo, ariko ibyo biba byatewe nuko imihango yatinze cyane ikageza nko hejuru y'iminsi 10, n'ukwezi gukurikiyeho kukaba kwaba kugufi cyane bitewe n'impamvu runaka zinyuranye. Ku munsu wa mbere w'imihango rero, hahita hatangira irondora ry'izindi ntanga. Hagati y'umunsu wa mbere n'uwa kane w'imihango (w'ukwezi k'umugore); zimwe mu ngirangingo fatizo z'intanga (ovocytes) zirarobanurwa hakurikijwe ubushobozi bwazo bwo gukura vuba n'imyumvire mu by'ikanguka yazo. Hagati y'umunsu wa kane n'uwa 11, imwe muri za follicles zarobanuwe ikura vuba kurusha izindi. Iyo itangiye gusiga izindi mu mikurire, itangira no kuvubura imisemburo bita OMI ibuza izindi gukura zageraho zigapfa. Iyo follicles yakuze

vuba itavubuye umusemburo wa OMI uhagije, hashobora gukura izirenze imwe, maze haramuka habayeho gusama, hakaba hashobora kuvuka abana b'impanga barenze umwe.

Ariko mumenye ko hari n'uburyo bushobora gutuma havuka impanga, igihe zahuriye mu igi rimwe (les vrais jumeaux). Ku munsu wa 14 w'ukwezi, intanga y'umugore iba ikuze maze igasohoka mu murera ntanga. Iyo hatabayeho gusama, umurerantanga uba ugomba kuruhuka mu kwezi gukurikiyeho. Ubwonko buhita bumenya ko warangije uwo murimo kandi ko ugomba kuruhuka mu kwezi gukurikiyeho, maze bukamenyesha undi murerantanga ko ariwo utahiwe mu kwezi gukurikiyeho; iyo nta sama ryabayeho nyine. Ku munsu wa 14, iyo ubwonko bwamenye ko intanga yakuze butuma havuburwa umusemburo witwa LH (hormone Luthéinisante) utuma intanga isohoka ikavaho yarerewe. Ubwo hatangira kuvuburwa undi musemburo witwa progèstèrone ushinze gutegurira umubiri kwakira urusoro rw'umwana ushobora gusamwa. Uwo musemburo niwo utuma ubushyuye bw'umubiri w'umugore ugeze mu gihe cyo gusama bwiyongera, bugatuma irari ryo kwifuza kubonana n'umugabo riyongera. Iyo nta sama ribayeho, ibyari byiteguye kuzarera umwana biri muri nyababyeyi, nyuma y'iminsi 14 intanga isohotse, nyuma y'iminsi 28 uhaye ku munsu wa mbere w'imihango irasohoka: niko kujya mu mihango y'abagore, bagatangira kubona ibintu bimeze nk'amaraso. Ibyo biba ku munsu wa 28 hafi, uhaye ku munsu wa mbere w'imihango aherukamo.

Intanga ngabo:

Intanga ngabo zikorera kandi zikorerwa mu dusaho tw'intanga aho zihora ziteguye gusohoka igihe habayeho imibonano. Intanga ngabo zitangira gukorwa igihe umwana w'umuhungu agejeje mu myaka nka 12,13. Uretse ko iyo myaka ishobora kugabanuka cyangwa ikiyongera bitewe n'imiseburo umuntu yakuriyemo, ahantu, imirire ye n'ibindi. Intanga ngabo niyo iba irimo imico umwana azavukana abirazwe na se, kandi niyo iba irimo ibyangombwa (chromosomes) byose byo gutanga ibitsina. Buri munsu umugabo aba afite intanga zikuze kandi ziteguye gusohoka. Iyo zisohotse zifite ubushobozi bwo kugenda mu nzira yazo, inda ibyara, zikagera muri nyababyeyi zambukiraniye inkondo y'umura, zigakomeza zinyura mu miyobora ntanga y'umugore. Ziba zifite umuvuduko ungana na mm3 ku munota, ni ukuvuga ibirometeri hafi 70

ku isaha ku muntu wiruka. Iyo zigenda mu myanya y'imbere y'umugore, ziba zitwikiriye protéine nk'iz'igi riboneka nyuma yo gusama kugira ngo zibashe kuhanyura ziyoberanije ze kwicwa na acide iboneka muri iyo myanya, ndetse n'abasirikare b'umubiri w'umugore. Zifite ubushobozi bwo kubaho iminsi igera kuri 3 mu mubiri w'umugore zitarapfa, ndetse rimwe na rimwe no kurenzaho, mu gihe intanga ngore iba ifite ubushobozi bwo kubaho gusa mu gihe cy'amasaha 18 ibasha gutanga umwana, yarenzaho ikaba imaze gucika intege.

Iyo intanga ngabo zimaze gusohoka, zizamuka nyababyeyi yose no mu miyoborantanga zishakisha ko intanga gore yaba yasohotse. Iyo ari igihe cyo gusama bakunze kwita igihe cy'uburumbuke bw'umugore, imiyoborantanga y'umugore iraguka ku bw'umusemburo witwa oestrogène. Intanga ngabo ziba zifite urugendo rugera kuri 20cm zigomba gukora mu nda y'umugore. Intanga z'umugabo zizatanga abahungu nizo zihuta cyane, zigasiga iz'abakobwa, ariko izizatanga abakobwa nizo zirama cyane; kuko imbaraga nyinshi z'iz'abahungu zishirira mu nzira ziri kwiruka cyane.

Gusama:

Ku mugore iminsi yo gusama ni iyegereye uwa 14 w'ukwezi kwe (hagati y'umunsi wa 14 n'uwa 17) ku mugore ufite ukwezi kudahiduka cyane. Ibi biratugaragariza ko ashobora no gusama nyamara kandi uwo munsi atahuye n'umugabo, kuko intanga z'umugabo zishobora gutegereza iminsi igera cyangwa irengaho gato kuri 3. Bashobora kubonana rero, intanga ngore yasohoka nyuma y'iminsi 2 cyangwa 3 babonye igasanga hariyo iz'ingabo zikiyitegereje zitarapfa umugore agasama. Ikindi ni uko iminsi y'ukwezi k'umugore ishobora guhinduka bitewe n'impamvu runaka. Buri gihe rero ntabwo iba 28, ishobora kugabanuka ho gato cyangwa ikiyongera bitewe nuko yariye muri uko kwezi cyangwa yahuye n'ibibazo byamuteye ubwoba cyangwa bikamubabaza, impagarara yagize mu muryango, ibyamuhangayikishije, n'ibindi. Ubundi iminsi yo gusama ihamye mu kwezi k'umugore ni 3, 2 ibanziriza irekura ry'intanga n'uwo intanga yasohotseho. Impamvu ibyo kwirinda bizamuka bigafata ku munsi wa 17 ni uko bagomba guteganya ko ukwezi gushobora kugira iminsi nka 32 cyangwa irenga. Bityo rero birumvikana ko nikugira nka 32 intanga izasohoka ku munsi wa 16. Iyo minsi ishobora guhindagurika hagati ya 24 na 33 ku bagore basanzwe, keretse gusa byatewe n'impamvu ukomeye runaka. icyo gihe cy'isama

nicyo umugore yiyumvamo yifuza cyane kubonana n'umugabo kuko ubushyuhe n'irari ry'umubiri buba bwazamutse.

Isama ribera mu muyoborantanga w'umugore. Iyo intanga ngabo ziyigezeho, zose zirwana intambara yo kuyipfumura ngo zinjire. Iyo hagize ibasha kuyipfumura mbere, haboneka igi. Nyuma y'amasegonda 15 gusa urwo rusoro rutangira kuvubura umusemburo wirukana izindi ntanga ngabo zasigaye inyuma zigahunga ubwo bumara. Iryo gi ritangira kwigabanyamo uduce twinshi tudatandukana ngo duhwane, kuko dutandukanye hahita haboneka abana b'impanga. Ariko ntiriyongerera mu bunini. Tubanza kuba tubiri, hanyuma 4, 8, 16, 32, bityo bityo. Iyo tubaye 16 utw'imbere tuba tunini cyane kuruta utw'inyuma. Utw'imbere nitwo tuzaba umwana, naho utw'inyuma tuzamo ingobyi. Iryo gi rigera muri nyababyeyi nyuma y'iminsi ine habayeho isama. Kugera ku munsu wa 6 riba rigendagendamo kandi rikura vuba cyane. Ku munsu wa 7 ibyari biritunze biba byashize, maze rigatangira gushakisha aho ricukura ngo rihafate kuri nyababyeyi kugira ngo rinyunyuze ibiritunga rikomeze kubaho. Rihita rikora icyari, ricukura mu minsi 5. Ku munsu wa 12 riba ryafashe (nk'uko ivunja riba rimeze mu mubiri). Maze amaraso agatangira gutembera no guhindagurwa hagati y'umwana na nyina; ibyo byose biyoborwa n'Imana ikoresheje ubwonko ari nabwo butegeka, bukagenzura kandi bugashyira kuri gahunda ihamye ibyo byose

Umwana ahuzwa na nyina n'umuheha (cordon ombilical) urimo imitsi itatu ijyana amaraso. Iyo mitsi yinjirira mu mwana ahazaba umukondo, maze yamugeramo ikigabanyamo utundi dutsi duto. Utwongeraniye kamwe ku kandi twapima metero nyinshi cyane. Uwo muheha ushobora gupima hagata ya 30cm (hafi ya 1/3 cya m) na ml. Muri rusange ni cm 50. Umwana aragwa n'ababyeyi be imico n'imiterere y'umubiri n'ibice byawo binyuranye. ½ (50%) cy'uwo murage kiba gikomoka ku mugabo, naho ikindi cya kabiri (50%) akakiragwa na nyina.

Umwuka :

Ingobyi igira uruhare rukomeye mu mihumekere y'umwana uri mu nda kuko umwuka ugera mu mubiri unyuzemo mu maraso, nayo aba avuye mu mubiri wa nyina. Iyo umwuka w'umwana umaze kwandura, wigumira mu ngobyi hafi y'amaraso maze hakabaho guhinduranya amaraso hagati

y'umwan na nyina. Ibihaha by'umwana nta ruhare bibigiramo, ntibikoreshwa mu ihumeka. Ariko iyo avutse, umwana agomba gusakuza arira kugira ngo ibihaha bye bitangire gukora bwa mbere mu buzima bwe. Ibyangombwa byose umwana akenera, abihabwa na nyina binyuze mu ngobyi. Umubyeyi utwite agomba kuba ahantu hari umwuka uhagije, kandi akarya neza, akirinda itabi, icyayi, inzoga, ikawa n'ibindi byose byangiza umubiri. Itabi rishobora kwica umwana uri mu nda. Aramutse adapfuye, ashobora kuvukana ubwenge buke, ugeranyije n'ubwo yagombye kuvukana, cyangwa akavukana ubumuga, akajya akunda no kwibagirwa ndetse no kwibasirwa n'indwara nyinshi. Umwana ugejeje mu gihe cyo kuvuka, aba apima hafi 50cm z'uburebure n'ibiro hafi ya 3 na 3,5.

Umusemburo wa progesterone uvuburwa na nyababyeyi niwo wongera ubunini bw'amabere. Iyo progesterone itangira kuvuburwa uhereye ku mezi abiri nyuma yo gutwita. Irinda umwana ikamufureba, ukamuzanira umwuka n'ibindi bya ngomwa byo kumukuza. Yoroshya umura, ariko igakomeza ku nkondo y'umura kugira ngo amazi abamo adasohoka haramutse hifunguye hanyuma bikabyara ingaruka z'uko inda ishobora kuvamo. Ihagarika umusemburo wa LH kugira ngo hatagira indi ntanga isohoka mu gihe cyo gutwita hakaba hakongera kubaho irindi sama mu gihe undi mwana ataravuka.

Amazi:

Mu mezi 9 umwana amara mu nda, aba asa n'uwo mu ruzi rumukikije impande zose, aho yibereye mu gafuka k'ingobyi. Mu byumweru 8 uherereye ku isama, ayo mazi aba angana na ml 30, mu mezi 8 aba agera kuri 1L. Ashobora no kugera kuri 2L kuri bamwe. Igihe cyo kuvuka, ni hafi icya kabiri cya 1L.

Akamaro kayo mazi: ku buryo bwimbitse, ayo mazi ni ayo kumuzanira amazi akeneye ku munsu mu mubiri n'imyungu ngugu, atuma umwana ashobora kwinyeganyeza mu nda atababaje nyina, arinda umwana ihungabana riturutse hanze ku guhungabana k'umubiri wa nyina ndetse n'igihe yaba aguye, agakubitwa cyangwa akavunika ibibero. Kubera ko ako gafuka abamo kaba kifunze neza, ayo mazi atagira ubwandu arinda umwana udukoko dushobora kumutera indwara. Yorohereza umwana gusohoka nta ngorane mu gihe cyo kuvuka. Iyo ayo mazi abaye menshi

cyane (habayeho icyo bita hydramios), umwana avuka ari mutoya. Umubyeyi ufite inda itubutse rero, si ikimenyetso simusiga ko ariwe uzabyara umwana munini. Umwana amira amwe muri ayo mazi, akanyura mu nzira y'ibiryo no mu maraso akagera mu mpyiko, akazasohoka anyuze mu mpyiko za nyina. Ayo mazi ntaguma muri ako gafuka igihe kirekire ngo agumemo ari amwe kugeza mu gihe cyo kuvuka nkuko bamwe baba babyibwira, ahubwo agenda ahora ahinduranywa kenshi kandi vuba na vuba. Umwana amara mu nda iminsi hafi 280 uhaye ku munsu wo gusama. Mu cyumweru cya mbere urusoro ruba rupima mm1,5. Mu cyumweru cya gatatu riba ripima igice cya cm0,5 kandi riba rigabanyijemo ibice bitatu: icy'imbere icyo hagati n'icy'inyuma kimeze nk'uruhu. Hagati y'icyumweru cya kane n'icya munani, ibyo bice nibyo bivamo ingingo zinyuranye z'umuntu: icy'inyuma bita hectoblaste nicyo kizatanga ubwonko n'uruhu rw'umubiri; icyo hagati aricyo bita mésoblaste kivamo igikanka cy'amagufwa, inyama zihuza izindi (tissus conjonctifs), imikaya ariyo nyama z'umubiri, impyiko n'umutima. Uhaye mu cyumweru cya munani, umutima uba utera mu buryo bushobora kugaragara hakoreshejwe ibyuma byabigenewe, kandi uwo mutima uba upima hafi mm 2, naho igice cy'imbere aricyo entoblaste kivamo imyanya y'inzira y'ibiryo iriho igifu n'amara, umwijima, agasabo k'indurwe, urwagashya, ndetse n'ibihaha. Mu gihe cy'ukwezi kwa kabiri, umwana atangira kumera ingingo (amaboko n'amaguru), mu maso hakigaragaza, amatwi, amazuru, umunwa n'amaso. Ku iherezo ry'uko kwezi kwa kabiri, iby'ingenzi mu bice by'umubiri w'umuntu biba bigaragara (c'est la fin de la période embryonnaire)

Icyiciro cya 3 cy'imikurire y'umwana mu nda ya nyina gihera ku kwezi kwa gatatu kikageza mu gihe cyo kuvuka. Ni icyiciro cyo gukura no gukomera kw'ingingo. Izo ngingo zitangira gukora neza uhaye nko mu cyumweru cya 36. Ahagana mu cyumweru cya 15 baba bashobora kubona umutwe, ibirenge n'ibiganza binyeganyega, iyo bakoresheje ibyuma (echographie). Umubyeyi atangira kumva umwana yinyeganyeza mu nda, ari nabwo bavuga ko inda yonka cyangwa se icura mu byumweru 18 cyangwa se icya 20. Uko konka kw'inda ni ibigaragaza ko umwana uri mu nda afite ubuzima bwiza.

Umwana aravuka:

Umwana avuka hashize amezi 9 asamwe ashobora kwiyongeraho iminsi mike, ni hafi iminsi 280. Icyo gihe umusemburo wa progèstorone watuma umura wifunga ntiwikunje uragabanuka, maze undi witwa oestrogène ukaba ari wo wiyongera umura ugatangira kwikunjakunja bigatuma umwana asohoka iyo igihe kigeze (nibyo bita ibise). Iyo umutwe w'umwana usunitse ku nkondo y'umura, uko gukabakabwa kw'inkondo y'umura gutuma ubwonko butegeka ivuburwa ry'umusemburo wa ocytocine nawo utera kwikunja k'umura. Iyo umugore afite amagufwa y'ikibero yubatswe neza, nta kibazo agira mu kubyara. Iyo yakurikije inama zose z'ingenzi mu gihe yari atwite, mu by'imyifatire, imirire n'iminywere, inyifato, imyitozo ngororamubiri, imibanire ye n'abandi n'ibindi. Igihe umwana ageze hanze, ingobyi nayo yagombye gusohoka imukurikiye nyuma y'iminota 10 na 15. Mu kubyara umubyeyi atakaza amaraso agera kuri ml 400, zingana n'ayagombye kuba yarasohotse mu bihe by'imihango yamaze amezi 9 itaba.

Ibintu bidasanze bishobora kubaho mu gihe cyo gutwita (gestation)

Imikorere y'inzira y'ibiryo: iseseme no kuruka ; Guciragura (ni byo bita sialorrhée) ; kubabirwa mu gifu cyane cyane uherye mu kwezi kwa 5; guhurwa ; kurarikira ; Kwituma impatwe; Kurwara kalizo ; Indwara z'amenyo;

Kubyimba imitsi cyane iy'amaguru:

Iryo byimbagana rishobora kurangira igihe amaze kubyara cyangwa bikaba byakomeza kubaho na nyuma yo kubyara. Ibyo biterwa nuko amaraso yisukira cyane mu mitsi kandi imitsi yo ikagabanuka mu bushobozi bwo kwaguka. Ushobora kurwanywa umubyeyi aramutse yirinze gukunda kujya amara igihe kirekire ahagaze, akirinda utwenda tumuhambiriye cyane cyane udufata amabere n'indi myenda yose. Kuko bituma amaraso adatembera neza mu mitsi. Igihe aryamye agomba kwirinda kwihina, igihe yicaye hasi akajya arambura amaguru, ibyo bigira umumaro ku mubyeyi ufite ibyo bibazo n'ushaka kubyirinda.

Imivurungano ku ruhago rw'inkari:

Nayo ikunze kubaho ku bagore batwite. Iterwa nuko uruhago ruryamirwa, bikabangamira imikorere yarwo. Uruhago ntirubasha kwifora neza cyane cyane mu gihembwe cya nyuma y'inda ni ukuvuga

mu mezi atatu ya nyuma hejuru y'amezi atandatu, maze bigatuma atihagarika neza. Ibibazo mu ubwonko

Isuku y'umubyeyi: Mu byerakeranye n'imyambarire, umubyeyi utwite agomba kwambara amakanzu atamuhambiriye, ndetse ahubwo agacika burundu ku majipo. Impamvu ni uko imyambaro nk'iyi bisaba ko ikenyererwa mu nda, bikabangamira ubwisanzure bw'umwana uri mu nda. Iyo kanzu igomba kuba ari nini bihagije. Agomba kwambara imyambaro ishyushya umubiri igihe ari mu bihe bikonje. Imyambaro y'imbere nayo (sous-vêtements) kimwe n'ifata ku mabere igomba ku ba migari kugira ngo bitabuza umubiri guhumeka neza. Agomba kwirinda kwambara inkweto zimufunze. Izo nkweto ntizigomba kuba ari ndende mu buryo buterura agatsinsino.

Ni ngombwa ko yiyuhagira buri munsu. Igihe amaze kwiyuhagira, agomba kwirinda ubukonje, bukamukiza imibabaro inyuranye yagombye guhura nayo. Amazi y'akazuyazi amugirira neza cyane iyo ayoze. Agomba gutegura amabere umurimo wayo wo konsa uyategereje agakunda kota akazuba kadakarishye (igihe rikirasa mu gitondo n'igihe riri kurengarenga), kugira ngo uruhu rukomere cyane cyane imoko z'amabere. Ibyo bitangira uherye ku mezi 8 cyangwa mbere ho gato. Iyo imoko ari ntoy cyangwa itagaragara cyane ni ngombwa ajya ayikurura buhoro buhoro ndetse abibisikanya no kujya ayitsikamizaho ikiganza asa n'ugisiritaho.

Isuku yo mu kanwa nayo ni ingenzi. Akoza mu kanwa buri gihe uko amaze kurya. Ni byiza ko umubyeyi utwite adakoresha uburoso igihe yoza amenyo, ahubwo agomba gukoresha agatambaro gasukuye bihagije n'umuti w'amenyo, cyangwa umunyu utekwa kuko uburoso bucukura ishinya y'amenyo kandi muri icyo gihe ishinya n'amenyo biba byoroshye cyane.

Agomba kandi kwimenyereza ibyo gukora imyitozo ngororamubiri nko kugendagenda ariko yirinda kunanirwa cyane, agakora n'imyitozo yo kurambura no guhina ingingo n'inyama z'umubiri n'iyi guhumeka yinjiza kandi asohora umwuka mwinshi cyane, ahagaze ahatari umuyaga mwinshi, agendagenda hanze cyangwa aryamye, ariko akirinda kunyeganyeza inda cyane. Uburyo bwiza bwo gukora imyitozo yo guhumeka ni ubwo kuririmba ahanitse ijwi. Iyo

myitozo yo guhumeka itegetswe buri mubyeyi utwite ukora imirimo idatuma yinyeganyeza igihe kirekire.

Kugira ngo ubwonko bw'umubyeyi n'ubw'umwana atwite bugire gahunda ihamye, ni ngombwa ko akora imyitozo yo kwimenyereza kwihangana, kwirinda impagarara n'ibimubabaza, uburakari, intekerezo ndende, agahinda (ishavu) no kutanyurwa; kuko byangiza imico, umubiri n'ubuzima ndetse n'intekerezo by'umwana azabyara. Agomba kwimenyereza guhora atekereza ibyiza, kwirinda gutekereza cyane ku byo kubyara, akirinda n'ubwoba byamukururira. Uburyo bwiza ni ubwo kubyigishwaho neza no gushaka ibitabo bibivugaho akabisoma cyangwa akabisomerwa.

IMIBEREHO Y'UMUGORE UTWITE

Uburyo bwo kubaho na gahunda za buri munsu, bigomba guhinduka hakurikijwe ubushobozi bwe.

1. Ku byerekeranye n'imirimo yo mu rugo, agomba gukora itamuruhije haba mu bwenge haba no ku mubiri, cyane cyane mu mezi abanza n'aheruka y'inda. Agomba kwirinda ubunywewe, kugira ngo ubwenge bwe budatwarwa n'intekerezo mbi no gushavura. Niba akora imirimo yo hanze y'urugo itamunaniza cyane nk'akazi gahemberwa n'ibindi, agomba kuyihagarika ku mezi 8 kugira ngo abone uko yitegura ibyo kubyara, ariko bitavuze ko agomba kureka byose n'uturimo tworoheje tw'imuhira.
2. Iyo akunda kuva cyangwa yarigeze gukuramo inda mu bihe byashize, agomba kwirinda ingendo zinaniza, cyane cyane akitonda biruseho mu minsi y'imihango yagombye kubera mu.
3. Imibonano n'umugabo ntacyo itwaye ariko nibyo kwirindwa mu ntangiriro yo gutwita kuko byatuma igi ribaduka inda ikavamo, no mu gihembwe cya nyuma n'ukubwirinda (uhereye ku mezi 7) kuko inda ibyara ishobora kumererwa nabi akaba yabyara udashyitse niba iyo mibonano ikozwe, siyo gukorwa kenshi, ariko bitari muri bya bihe byavuzwe haruguru. No mu gihe bayikora bagomba kwirinda ibyakanda inda y'umugore kuko byatera ihungabana ry'umwana mu nda.

Ikindi agomba kwirinda ni itabi, n'ibisindisha kuko byangiriza ubuzima bw'umwana na nyina, bikaba byazagabanya ubwenge bw'umwana, n'igihe avutse akazagira ubumuga bunyuranye cyangwa inda ikavamo, cyangwa akaba yapfa akimara kuvuka, yaba abayeho nabwo akazaba umuntu ukunda kurwaragura, cyane cyane uherye mu myaka 6 (abana b'abanywi b'itabi bakunda no kurwara umuhaha).

INDWARA UMUBYEYI UTWITE ASHOBORA KUGIRA

I. a). Indwara zanduza umwana uri mu nda: Iyo myanda ishobora kuba yibumbiye hamwe cyangwa ikaba ari udukoko, iyo myanda ishobora kuniga umwana akananirwa guhumeka ari kuvuka.

b). Umwana ashobora kwandura indwara z'ibyuririzi yandujwe na nyina, nk'indwara yitwa syphilis. Iyo ndwara irangwa n'uduheri twiburungushuye tugaragazwa no gukengerana tw'aho turi bufate. Utwo duheri dufata ahazengurutse inzira y'inkari ku bagabo naho ku bagore ishobora kuba mu myanya igaragara inyuma cyangwa mu nzira igana muri nyababyeyi.

c). Umubyeyi ashobora gukunda kurwara mu nda no kuribwa mu kiziba cy'inda ahagana mu mpyiko, bizanwa no kutituma neza no kwihagarika nabi. Ibyo bishobora kuremerera impyiko bikayonona, bishobora gutuma mu nkari habamo inyubakamubiri zisohokera ahadakwiriye, maze hakaryana, gukunda kuruka, umuriro w'urudaca, kuribwa n'umugongo cyane cyane mu ruhande rw'ibumoso kwihuta kw'amaraso. Bene abo bakeneye ibyo kurya bigizwe n'imboga, ibinyampeke n'amatunda menshi n'ubuki.

d). Umubyeyi urwaye igituntu ashobora kunyuza mikorobe yacyo mu ngobyi y'umwana, kigafata umwana ari uko amaze kuvuka. Nicyo gituma ari byiza gukingiza abana bato. Niba bizwi ko nyina arwaye igituntu, bamutandukanye na we ye kumwonsa.

e). Umubyeyi ashobora kwandura indwara yitwa toxoplasmose. Ni indwara ikomoka ku mazi adatetse cyangwa ishobora no gufata umuntu ayikomoye ku njangwe cyangwa imbwa. Iyo ndwara irangwa n'intege nke z'ikirenga, kuribwa ibinyita n'ingingo, umuriro mwinshi, kurwara ibisebe umubiri, gukunda kuruka no guhitwa. Iyo ndwara ishobora kunyura mu mubyeyi igafata umwana. Iyo igeze mu mwana imutera

umutwe wa buri gihe, guhumeka nabi, ubwenge ntibwiyongera, kugira amazi mu mutwe. Izindi nyinshi zigaragara amaze kuba mukuru.

f). Hari izindi ndwara umwana yandurira kuri nyina, zirangwa no kuzimiza ibiro, kudakura, ingorane mu bwenge, amaraso make, kubyimba umwijima, n'indwara yitwa igisyo yo kubyimba mu rubavu rw'ibumoso. Umwana ashobora no kwandura indwara z'umwijima.

II. Ibityimba byo muri nyababyeyi. Abagore 8/100 bakunda kurwara ibityimba muri nyababyeyi cyangwa mu nzira ziyigeraho.

Hari ubwo icyo kityimba kingana n'itunda. Gishobora gufata mu mihore ya nyababyeyi maze umugore uri mu mihango akava cyane. Icyo kityimba gishobora no gufata mu miyoborantanga, agahora aya buri gihe. Hari n'ikindi kityimba gishobora gufata mu mutsi wo mu kiziba cy'inda, icyo cyo ntabwo gitera umugore kuva amaraso. Ibimenyetso biranga aho gishingiye ni uko hahora haryana. Ibimenyetso bifatika ni ukuva amaraso, kuremererwa mu kiziba cy'inda, kwihagarika habaye ingorane, kubyimba. Ufite ikityimba mu nda atwite, iyo agiye kubyara biragorana cyangwa icyo kityimba kigatuma inda zikunda kuvamo. Cyakora ibyo biterwa naho icyo kityimba cyafashe. Ikindi cyongereyeho ni uko hari na kanseri yo muri nyababyeyi. Imiti ivura iyi ndwara ni ukwicara mu mazi akanya gato, ukabikora igihe kirekire, kurya ibyo kurya bidatetswe umunsi umwe buri cyumweru, ukabikora igihe kirekire.

III. Nyababyeyi iremetse nabi: Iyi nyababyeyi iremetse nabi ifite ibimenyetso biyiranga: ntigira rutangira mu kwihagarika, gahunda nke mu mihango, imibonano iruhanyije no kubura ubushake, ubugumba, kuvamo kw'inda kenshi, kubyara imburagihe cyangwa kubyara biruhaniye, imyanya y'igitsina ishobora kuba mito, inzira nto zisohora inkari cyangwa kwituma biruhaniye.

IV. Kugira ivata ryinshi muri nyababyeyi. (*Liquide amniotique*): Umubyeyi utwite agira amazi muri nyababyeyi yitwa ivata. Ni umubumbe w'amazi arenduka abikwa mu mufuka wabigenewe aho umwana yagenewe kwiyuhagirira umubiri. Ayo mazi ashinzwe kumimuna intungamubiri ziri mu bishobora gutunga umwana mu nda ya nyina. Ayo mazi niyo ahesha kwishyira akizana. Iyo abaye make, inda ntikura neza, kandi ibise ntibiyihute igihe cyo kubyara. Ayo mazi agomba kuvugururwa mbere ya buri gice cy'isaha. Ayo mazi urugero

rwayo n'igice cya L1-L2. Iyo arenzeho bishobora guhinduka uburwayi. Ayo mazi agizwe n'ibitunga umwana n'inkari z'umwana n'undi mwanda uva kuri uwo mwana uri mu nda ya nyina. Hariho igihe ayo mazi ashobora kuba menshi akarenga amaritiro abiri. Ibyo bikunda kuboneka inda imaze kuba nkuru; ni ukuvuga igeze mu mezi arindwi.

Ibimenyetso biranga ayo mazi abaye menshi: Kumva uremerewe mu kiziba cy'inda, kubyimba inda n'amaguru, impumu nyinshi no guhumeka biruhanyije, umubyeyi yumva kugenda bimuruhije, kuri benshi kwiyongera kw'iryo vata ntacyo bitwara inda cyangwa ngo bitere umubyeyi kubyara nabi. Kuri benshi inyunganizi ni ugufata umwana munini wo kuryama, kandi akagabanya umunyu mu byo kurya cyangwa yabona abyimbye cyane akareka umunyu.

N.B.: Ayo mazi ashobora kurenga L2 akagera kuri L5. Kenshi na kenshi iyo amazi yiyongereye, bishobora kuba ikimenyetso cy'uko umwana ashobora gupfira mu nda cyangwa agaheza umwuka akivuka. Iyo habaye ingaruka mbi y'ayo mazi, ikibiranga ni ugusohora amazi mabi aremereye, rimwe na rimwe ayo mazi akaba anuka nabi. Iyo ayo mazi agaragaye inda ikiri nto cyane, aba ari ikimenyetso kibi. Ibyo bimerera nabi umwana uri mu nda. Iyo ayo mazi abonetse mu kwezi kwa gatatu kugeza mu kwa munani byaremaza ingingo z'umwana kandi bigatuma umubyeyi abyara imburagihe.

V. Kuva amaraso igihe umugore atwite.

Iyi ndwara irangwa no kuva amaraso menshi iyo umugore atwite. Ibyo bishobora gutangira mu mezi abanza cyangwa mu mezi aheruka. Ibyo biterwa no kuva mu byimbo k'uruhu rutwikira ingobyi y'umwana mu nda. Ibyo bishobora kumerera umubyeyi nabi ariko cyane cyane umwana uri mu nda. Ibyo bisaba ikiruhuko gihagije. Hari n'ikindi kibazo kiboneka mu bagore batwite, ni impagarara zo mu ntekerezo, gusa n'umukecuru, guta umutwe, ibisazi, ibinya mu mubiri wose, umujinya...bikajya biboneka rimwe na rimwe. Izindi ngorane ni amaraso y'ubwoko bubi akomotse ku biribwa bibi cyangwa imiti baguteye bikabuza imihore gusohora imyanda. Kurwara indwara y'umuriro mwinshi ukabiye, inda ishobora kumerera nabi nyirayo bikomotse ku kurya inyubakamubiri nyinshi zigasohokera mu mpyiko. Nyirazo iyo yihagaritse araribwa.

Amaraso akennye kubyimbagirana, kuribwa imitsi kandi ukabyimba, amagufa adakomeye, gutinda kw'ibise uri kubyara, kurwaragurika, kuva mu kwezi kwa gatatu. Inama ku bagore barwara ikirungurira batwite: bashobora kunywa ibyatsi byitwa mente. Igihe bahorana umubabaro n'agahinda, bagomba gutogotesha amababi y'indimu bakavangamo ubuki, ibirahure 2 buri munsu. Igihe umubyeyi atwite afite ubuhwima, ashobora gukandagira mu mazi akonje n'ashyushye akaguranura no kuzamuka umusozi. Iyo afite amaraso akennye aje akunda kurya imboga nyinshi, amatunda mu gitondo n'ibyo kurya by'ibanze kuri soya. Uribwa mu mbavu z'ibumoso no mu bitugu yicare mu mazi ashushye mu rugero. Gupfukira ibintu bishushye aharinganiye n'impiko no kurya imboga zinoze.

Niba akunda kurwara umugongo aje anywa igikoma cy'ibinyampeke cyane? Kunywa igikoma niba nta muriro arwaye. Arambike ibitambaro bikonje mu mugongo, niba arwaye rubagimpande atogoteshe fenouille igiye gusa n'igitunguru cya puwaro, maze akandagiremo iminota itageze ku 10. Niba agira impatwe aye ibinyampeke bitagiye mu ruganda cyangwa umukati wuzuye n'amatunda atanu n'ibinyomoro umwana umwe. Niba kutituma bimubabaje ashobora kunywa igikoma kirimo soya akavanga n'ubuki. Niba arwaye muriro akandagire mu mazi akonje. Niba arwaye umutima agabanye umunyu kandi amamuke amaguru kuko umutima ukora nabi utera n'amaguru kubyimba. Niba arwaye inkorora atogoteshe amababi y'inturusu anywe igice cy'ikirahure mu gitondo ikindi nimugoroba, cyangwa aye Onyo.

e). Ikindi gishobora gutuma umwana uri mu nda amererwa nabi ni igihe nyina ahorana impagarara akabura amahoro y'umutima. Umubyeyi utwite agomba kwirinda ikintu cyose cyamutera amahoro make. Akirinda ibikorwa bibi bimutera kudahuza n'abandi, intekerezo ziremereye kandi mbi zikomoka ku kibazo cy'umuntu ku giti cye, ku bintu bibi byabaye, ibyo wasomye mu gitabo. Ikindi umugore utwite yirinda ni ibiganiro bibi. icyo yakwimenyereza ni ugusoma ibyiza no guteza amatwi ibimunezeza bigakuzza ibitekerezo bye. Ibyo nibyo bimerera neza umwana uri mu nda n'igihe azavukira. Ikindi ni uko agomba gukunda kuririmba indirimbo zimunezeza agakunda kugambirira ibyiza kandi birashoboka. Agomba kwirinda kutihemukira

cyangwa ngo ahemukire bagenzi be. Kwemera inama ahawe nziza. Ahoze abeshya kandi akibwira igihombo nko gupfa, kwangwa, kugawa, ibyo byose bishobora gutuma umwana uri mu nda abura ubwenge, ubuzima, akagira ingeso mbi.

f). Indi ngorane umwana ahura nayo, ni ubujiji bw'akarere nyina atuyemo. Kubwo kudasoma bihagije kw'abagabo n'abagore, bituma bamenya kubara ariko ntiyige kurera abo babyaye, ahazaza habo n'ah'abana babo ntihigere haba mu bwenge bwabo, umwana agahabwa uburezi bumeze nk'ubw'amatungo abereyeho kurya no kwambara, agakurikiza ibyo abona, atagira uwo kumwerekera ibikwiriye. Amaherezo ni urubyaro rutazi kwikura mu kaga, maze rukaba urw'imburamumaro. Ubwo bujiji butuma benshi batamenya ibibakwiriye, n'igihe bari mu kaga ntibabimenya.

Urugero: Nko kutamenya ibyo kurya bikwiriye umubyeyi utwite bituma benshi babyara nabi cyangwa bakabyara uduhinja turwaye, ikindi ntibamenye n'inda imeze neza n'imeze nabi, bigatuma babyimbagira ahadakwiriye. Ku baganga bamwe batabishoboye, bikomotse ku kuntu nabo batabisobanukiwe bitewe n'ubujiji, ibyo bishobora guteza akaga kenshi. Ubwo bujiji bwatuma abana bavukana uturwara twinshi, ibiro bike, guhumeka nabi, gupfira mu nda.

Ikindi giteye abana ingorane ni ukuvuka ku babyeyi bamaze kugira abana benshi, umwana uvutse muri uwo muryango ntiyitabwaho, inda ye ntiyishimirwa. Urwango no kwirengagizwa agirirwa ari mu nda, bituma umubiri umererwa nabi. Akarere kajijwe gatuma abagabo n'abagore batamenya imyambarire y'isuku, gukora no kuruhuka ku babyeyi. Ingaruka yabyo ikazagera ku bantu bose yabanjirije ku mwana. Umugore utwite yirinda imyambaro imufashe cyane, akwiriye guhinduranya ibyo kurya ariko bikaba ibyo kurya byoroheje. Ibinyampeke (umutsima w'uburyo bwose, impungure z'ibigori byokeje, umuceri n'ingano). Ibinyamavuta (soya, ubunyobwa, inzuzi). Imboga (isombe, isogo, igisura, karoti, amashu). Amatunda (ipapayi, umwembe,...). Ibi ibishobora gukoreshwa rimwe na rimwe kandi ntibigomba kubura mu maraso y'umubyeyi utwite. Ubujiji bwo kutamenya imirire ikwiriye umugore utwite, ituma umuryango uhomba imari yo kuzamubeshaho cyangwa umuntu wari kuzagira akamaro agapfa. icyongereyeho ni uko benshi batazi ko umubyeyi utwite akeneye

isuku yo kwiuhagira cyane cyane mu mezi aheruka kugira ngo umubiri uruhuke kandi imyanda ye kwiyongera mu mubiri.

Akandi kaga gaterwa n'ubujiji ni ugutwara inda mu buryo butemewe n'amategeko mboneza mubano maze nyirayo akabura umutekano, bikagira icyo bitwara ubwenge n'ubuzima bw'umubiri w'umwana ndetse na nyina. Bamwe batera abana babo kuba ibigoryi, abandi bagashaka kwiyahura, bigatuma umwana avuka abura urugwiro, ubwihebe no kwizinukwa bitera benshi kononekara kw'ubwenge bigatera gushaka kwicira umwana mu nda, maze bigatuma umwana avukana umutima w'ubugome, ibinyoma, urugwiro ruke ndetse umuntu ashobora kubura umubano. *Guide de la vie familiale, Vol. 1. P. 29.*

IBIMERA UMUBYEYI UTWITE YIRINDA

Igikakarubamba :	Gitera kwikanya ko muri nyababyeyi
Ikawa :	Ibangamira umwana mu gukura kwe
Cresson de fontain :	Zishobora gukuramo inda
Igikumbaburimi :	Gishobora gukuramo inda
Persil :	Ishobora gukuramo inda
Rubarube:	Ituma amaraso yo muri bassin yiyongera
Kalungu:	Iyo ari nyinshi ishobora gukuramo inda
Umwicanzoka muto :	Utera kwikanya kwo muri nyababyeyi

INDWARA Z'ABANA.

Indwara nyinshi abana bazikomora ku babyeyi babo binyuze mu nzira zinyuranye. Ubuzima ababyeyi bafite nibwo baha umwana babyaye. Nicyo gituma bamuha indwara zabo, imico, n'imyifatire. Ikindi gihindura umwana n'igihe n'ahantu uwo mwana asamiwe. Akarere kabi gashobora guhindura ubuzima bw'umwana. Ibyaha by'ababyeyi nabyo byatuma umwana avukana intege nke cyangwa ubumuga. Amafuti y'akarere ashobora gutuma umwana avuka afite ibyo abuze. Umwana ahorana ingorane nyinshi: Indwara za nyina, indwara zo gutwita inda, indwara z'uruhinja mu nda, indwara zikomoka ku bantu bamuzengurutse.

Indwara za nyina:

a). Nyina w'umwana unywa itabi bituma umwana adahumeka neza kandi imyanya ndangagitsina y'uruhinja ikangirika, umwana akagira ibiro bike cyane. Izi ndwara zishobora no gufata uruhinja nyina atanywa itabi, ahubwo rinyobwa n'abandi, umwotsi umuntu akawuhumeka.

b). Hari indwara zinyuranye mu maraso ya nyina. Zinjirira mu mukondo ariwo muyoboro ugaburira umwana ukiri mu nda ya nyina. Indi myanda inyura mu myanya ndangagitsina; iyo nayo ishobora kwanduza umwana. Nicyo gituma umubyeyi asabwa kugira isuku mu kurya, mu kunywa, mu kwiyuhagira no mu gutunganya imyambaro yambaye.

c). Indwara ya Diabète ishobora gutuma umwana avukana indwara z'impiko n'urwagashya cyangwa se uburema.

d). Umubyeyi urwaye indwara y'umutima ashobora gupfa amaze kubyara cyangwa ahaba hafi yo gupfa. Iyi ndwara irangwa no kumva inda iremereye umugore utwite uherye mu mezi abanza. Abaganga bagomba kumuba hafi ari kubyara kugira ngo ataruha cyane, kandi akabona intungamubiri zihagije.

e). Umubyeyi ashobora kugira amaraso akennye (*anémie*) abuzemo ubutare na Vitamine B. aya mavitamine arakenewe cyane kuva mu kwezi kwa kane n'ukwa gatanu. Abuze umwana yagira ingorane: guhinduka k'uruhu, umunwa, inzara n'ibitsike by'amaso, gukunda kuribwa n'umutwe, ikizungera n'injereri zo mu matwi, kutaryohereza, kuribwa n'ururimi n'umunaniro, amaso agahinduka umuhondo ndetse n'undi mubiri. Iki ni ikimenyetso cya globules rouges zamaze gusaza maze zikirundanyiriza mu mwijima ziteguye kujya mu mara ngo umuntu azitume. Iyo zimaze kugera mu mwijima niho umubiri n'amaso bihinduka umuhondo.

Indwara umwana avukana:

a). Izi ndwara abana bavukana zigizwe n'ubumuga bushobora kugaragara inyuma n'ubundi budashobora kugaragara buri imbere mu mubiri, n'uburwayi bukomoka ku ntanga z'umugabo n'umugore zahuye zitujuje umubare wagenwe. Zishobora kurenga cyangwa zikaba nkeya. Izo ndwara zishobora kugaragara zitya: kutajya mu mihango uherye mu bukumi, gusaduka izuru uruhande rw'ibumoso (ikibari), umunwa

udakura, udafite amagufa yose, umwana ufite umutwe munini urimo amazi, ibikanu binini bitangiriye ku ntugu bikarangwa no kugira imitanzi irenze ijosi, kuba munini ukarenza ubukuru bwawe ariko ubwenge ari bugufi, kuvuka hari ingingo zimwe zidahari (nk'igufa), imyanya ndanga gitsina mito bikabije, ubwoba burenze urugero butagira impamvu, amatwi n'umutwe muto cyane bikabije, kugorama uruti rw'umugongo; hariho n'abana bavuka bagahita bapfa, abandi bakarangiza ukwezi, abandi bapfira ku mezi atatu. Gufatwa n'uburwayi ubusa ubusa, kurira cyane kandi umwana akarira nk'injangwe, gususumira no guhumaguza amaso hagati y'iminota 30 na 50, igicuri kidakira, agahinja gato cyane katagira itoto. Ibi bijyanye no kuremeka nabi umuntu avukana.

AKAMARO KO KWIYIRIZA UBUSA NO KURYA BIKE

Kugira akamenyero ko guhora urya kandi ukarya byinshi biremerera ingingo zishinzwe kunoza ibyo kurya, maze bigatuma ingingo zose zigira intege nke. Abameze batyo kandi bakaba bamerewe nabi, bene abo bashobora kwikorera ubwabo ibyo batakorera n'undi wese. Bagomba gutangirira mu kuruhura ingingo zabo imitwaro zikorejwe.

INGARUKA YO KURYAMANA IBYO KURYA

Wari uzi ko hariho amasaha ushobora kurya ukunguka guhaga gusa, umubiri wawe ntugire icyo wunguka ? Ni yo mpamvu mu gitabo cyitwa Kumenya kurya neza urupapuro rwa 266 handitse ingaruka yo kuryama igifu kigifite umurimo :

- Kurota nabi no kwibwira ibibi
- Kubyukana ubute kandi bikurhije
- Kubyuka udashaka kuvuga waba unavuze ukavuga nabi utabifitiye urwitwazo
- Kuribwa mu mutwe cyane
- Kutaryohereza mu gihe cyo kunywa igikoma cya mu gitondo"
- Kubyuka wamenaguritse umutwe cyangwa ukurya.

Muri icyo gitabo hakomeje havuga bati : "banza ureke igifu kiruhuke ubone kuruhura umubiri wawe". Byibura amasaha abiri n'igice hagati yo

kurya no kuryama. Gahunda nziza yo kurya ni ukurya ugahaga mu gitondo no ku manywa, naho nijoro ugafata duke natwo tworoshye tudatinda mu gifu.

AKAGA KO KUNYWA INZOGA

Ijambo alcool ari cyo gisindisha : iryo jambo risobanurwa ngo ni umuhanga woshya umuntu akamutera kwibeshya. Kunywaho buhoro buhoro ni ukwibeshya ho gato kugeza ubwo bizahitana ubwenge, agaciro kawe n'ubutunzi bwawe. Kuko inzoga zigabanura ubuzima bw'impagarike n'intekerezo, bigatuma umuntu atagira gahunda mu murimo we. Alikoro irwanya ibyo kurya. Ikamya imisemburo yo mu gifu n'ururenda rushinzwe gahunda yo mu mara. Iburizamo gukwirakwizwa kwa vitamine A , B1, B2. Uyinywa agatangira kurwara umugongo, ubwenge bwo kwita ku bantu ashinzwe bukagabanuka, agatangira kubabuka iminwa. Umuryango ushinzwe ubuzima ku isi (O.M.S) wavuze ko kuba umusinzi ari ubumuga nk'ubundi, ngo uwafashwe n'ubusinzi ahombye igihugu n'abaturanye nawe. Abyara abo atenda kurera, akavuna Leta n'abavandimwe. Mu turere tumwe na tumwe two ku isi, inziga ziyongera kuruta abaturage. Byatumye abana bamwe bafite imibereho y'imfubyi kandi ababyeyi babo bakiriho.

Ubwigenge n'ubwigunge bimaze guhitana imiryango myinshi bitewe n'icyo cyorezo cy'inzoga. O.M.S. ikomeza igira iti: mu bihugu bikiri mu nzira y'amajyambere leta nizihagurukire kurwanya inzoga, kuko benshi bibwira ko ari ikinyobwa gikwiriye abagabo, kikaba n'ikimenyetso kiranga ko umuntu afite ubukire. Inzoga irimbura ubwonko n'umwijima. Ikagabanya kwiyumvisha, inzira z'ubwenge zikagenda zigabanyuka buhoro buhoro, maze umuntu akajya, agendera kuby'abandi bemeje atakigira imbaraga yo kwitegeka. Imigabo n'imigambi irashira , maze guhuriza hamwe imigambi yawe bikakunanira. Iyo imaze kukumaramo vitamine B birangwa n'uko umubiri wawe utangira kugira ibibazo, mu bwonko hakabamo impagarara

Ingero:

- kudasinzira neza; Guhinduka mu mico; Kudafata mu mutwe; Kujijuka n'ubuhanga bikagabanuka; Kurwara isusumira n'ibinya mu ngingo; Amaguru agatangira gukora nabi; Ibibyimba byo mu mwijima; kuzura amazi mu nda; Imyuna ishobora gukora

k'ubuzima bw'umusenzi; Inzoga yonona n'abana bakiri mu nda; inzoga yonona n'abana umuntu azabyara kandi bikamubaho karande, kuko nawe ubwo busembwa ashobora kubuha umwana umukomokaho. Ngiyo impamvu yatumye Imana ibuzanya inzoga

AKAGA KO KUNYWA ITABI

Muri make itabi si ikinyobwa kandi si ikiribwa kuko nta ntungamubiri n'imwe rigira. Ahubwo ni ubuvunderi (nicotine) bwivanga n'amavuta ari mu mubiri maze bwagera mu bwonko, bukica ubushake bwiza, kandi ubuze ubushake bwiza ntagira kwiyumvisha. Ubuze kwiyumvisha ntabona abahannyi. Umuntu nk'uwo aba ameze nk'icyuma gikonje imbere y'inyundo y'umucuzi (forgeron).

Mu mpagarike y'umuntu itabi ryica imyanya yo guhumeka, umutima n'udutsi duto, ribuza imyanda gusohoka mu mubiri maze kureba, kuryoherwa, guhumurirwa ntibyongere gukora neza. Itabi ritera kanseri yo mu ruhago no mu mpyiko. Itabi rigabanya ubushobozi bw'imibonano mpuzabitsina. Itabi ribuza ubuhanga gukora neza, ribuza umuntu gufata mu mutwe, ryica ubushake no gushishoza.

Ibyo kurya bigenewe ushaka kurireka : kugira ubushake nicyo cya mbere.

Indimu (citron) : ukajya uyinywa mu mazi.

Amacunga (orange): akaribwa mu gitondo wenda kunywa igikoma.

Imboga mbisi z'icyatsi kibisi: persili salade na karoti; bikaribwa mu byo kurya by'amanywa. Ariko bikagenda bisimburanwa. Kunywa amazi menshi mu gitondo ashyushye ku rugero rwiza mu minsi itanu ubudasiba kandi akubahiriza amasaha.

Kujya uhekenya Agakeri ko mu gasozi kakiri gatoto mu menyo mu mwanya w'itabi, ugeraho ukamenyera ako.

INDWARA Z'URWUNGANO RW'IGIKANKA

• Rubagimpande :

Ibyatsi birinda kandi bikavura Rubagimpande: amababi ya Nkulimwonga, imizi n'ibijumba by'Isagara y'ikigabo, Umugosora, Tungurusumu, amavuta ya Onagre, Umuturanyoni (Bambuwa), Igisura,

Pinusi, Camomille, Urusenda, Umwenya (Umusura), ibijumba by'Umuberanya, Umugwegwe, Cereri, Urubonde, Inkeri za kizungu, Gereveriya, imizi n'ibijumba by'Isuri (iraranda), Moutarde, Gutwi kumwe y'indabo, Romari, Ivi, Inkeri z'ibiti binini, Teyi.

- Rubagimpande yo mu ngingo isa n'ihoraho:

Inama n'ibimera wakoresha: kunywa L 2 z'amazi ku munsu mu kwezi kose; imbuto za Gereveriya, Indimu. Gutsirima ahababara Tungurusumu, Cyprès, Inturusu, Gereveriya no guhoza impumuro y'ibi bimera aho uba. Na none gutsirima uruvange rwa Tangawuzi, Romari, indabo zumye za Camomille n'amavuta y'Elayo, kabiri ku munsu bikajya bimara iminota 15, ukabikora ibyumweru 3. Kubandikaho icyondo cy'ibumba gikonje, cyane igihe wumva byakurembeje. Koga amazi ashyushye ugenda uyasimburanya n'akonje mu mwanya umwe: ashyushye n'akonje igihe gito. Kuja muri Sauna birafasha niba muganga atabikubuza. Gukora imyitoto ngororamubiri ushoboye.

- Igihe wikubise ku kintu gityaye cyangwa gisongoye ukabyimba; si kenshi ukomereka, ahubwo ushobora kugira impfunira.

Ibimera wakoresha : gukandishaho ibishishwa n'imbutu za Pinusi bicaniriye, gukubaho amazi y'Umugwegwe, kubandikaho umuzi usekuye utetse w'Umumanurankuba, kubandikaho ibibabi bikasemo kabiri bishyushye bya Ntiruhunwa (Inkononwa), imizi y'Uruteja.

- Kuvunika k'urugingo ndetse rukaba rwahetama cyangwa imitsi y'imikaya runaka igacika (*entorse*). Iyo bigenze bityo, tugomba gukora ibyatuma urwo rugingo rugororwa ubundi rukaguma hamwe. Akenshi ntabwo ruba rwavuye mu mwanya warwo.

Ibimera wakongera kuri ibyo : gukandishaho ibishishwa n'imbutu za Pinusi bicaniriye, kuhoza no gukubaho Umuse, gukanda no gukubaho Romari bishyushye. Amababi y'Igiherahere, ay'Umusororo, Gahago, Ngingwijana, Gutwikumwe, Bwunyubwintama.

- Uburibwe bwa Rubagimpande ni uburibwe bw'igikanka (amagufa, inyama z'imikaya, ingingo, imitsi uturandariye) biherekejwe no kumva wokerwa.

Ibimera wakoresha : kunywa no gukubaho ifu y'imizi y'Isagara y'ikigabo, kubandikaho Urusenda ruryana cyane, gukubaho amavuta

y'indabo za Camomille, Umwenya (Umusura), kubandika no gutsirimaho Romari bishyushye.

- Uburibwe bwa Rubagimpande buryanira mu mugongo wo hasi ; bamwe bakunda kwibeshya ngo ni impyiko zirwaye (*lumbago*). Mu kuvura ubu burwayi dukwiye kwirinda kuhateza imbeho ubundi tukajya tuhakandisha buhoro amazi ashyushye.

Ibimera wakoresha : kunywa no gukubaho ifu y'imizi y'Isagara y'ikigabo, gukandishaho ibishishwa n'imbuta za Pinusi bicaniriye, kubandikaho Urusenda ruryana cyane, kunywa no gutsirimaho Romari bishyushye.

- Kuryana k'umutsi witwa « *nerf sciatique* ». Ubu buryane bufata hasi mu itako ahagana imbere bugakomeza bukurikiye uwo mutsi ; kandi muri rusange bufata uruhande rumwe.

Inama n'ibimera wakoresha : kuruhuka uryamye mu buriri, ukarambika ahababara ku bintu bishyushye. Gutsirima ahababara amavuta ya Gereveriya cyangwa aya Romari. Kubandika icyondo gishyushye cy'ibumba ahababara. Kurya cyane ibirimo Vit. B₁, B₆, B₁₂. kubandikaho ibibabi bisekuye bya Nkuyimwonga, kunywa no kubandikaho imizi y'Isagara y'ikigabo cyangwa Umugosora, ifu ya Moutarde.

- Uburibwe buhozaho butewe n'uko ingirangingo z'imikaya yo mu ngingo z'umubiri zigenda zibura ubushobozi bwazo, ibyo bigatera uburibwe (*Arthrose*). Akenshi bukunda gufata mu mavi no mu biyunguyungu.

Ibimera wakoresha : kunywa Inyamapfundo. Uruvange rw'imizi y'Umugombe, Pissenlit, Urwampinga cyangwa Umushabishabi ugenda ufataho gm 10. Gutsirima Roamari cyangwa Cyprès.

- Uburibwe bwo mu ngingo buterwa nuko mu mubiri hibitsemu acide urique (*arthritis urique*).

Ibimera wakoresha : Tungurusumu, Indimu, Igisura, Umuzabibu, Urubonde, Inkeri za kizungu.

- Uburwayi bw'amagufa agenda ata uburemere no gukomera kwayo, biyatera kuvunika cyangwa se guhinarara (*osteoporose*).

Ibyo biba byaratewe n'imikorere itaragenze neza y'imisemburo y'imyororokere, bikongerwa cyane no gukunda kurya inyubakamubiri cyangwa umunyu byinshi cyane.

Ibimera wakoresha : kunywa Inyamapfundo.

- Uburwayi bufata umwana mu mikurire ye (*Rachitisme*). Kubera ko atabona intungamubiri zikwiye arazingama, igikanka cye kikaba kitameze neza kubera kubura Vit.D.

Ibimera wakoresha : imboga za Luzerne.

- Kubw'isuku nke by'umwihariko ku barwaye Diabete cyangwa ibibazo by'imitsi, usanga ibirenge byarangiritse.

Ibimera wakoresha : kubandikaho Baraza, kogesha Ifurwe y'ishyamba (Iminyonza).

- Gukora sport inaniza cyangwa uhatiriza : wanywa Igihuranda (Umuceri w'agasozi), imbuto za Noix n'iza Sésame.
- Inkabya : ni akantu gasa n'akabyimba gato ariko katagira umutwe, kabyimbira imbere mu ruhu bikagaragara inyuma mu bujana bw'ikiganza.

Ibimera wakoresha : gucaho indasago ntoya, ubundi ukajya ushyiramo cyangwa ukubaho amazi y'ibibabi by'Umuhanga. Amababi y'Umuyogera na Kazingashya.

INDWARA Z'URUHU

- Ibisebe n'ibibyimba. Ibisebe bishya bivurwa bomora naho ibisebe by'umufunzo barabyomora ubundi bakabandikaho ibyo bimera bivura; kimwe n'ibibyimba.

Ibimera wakoresha : kubandikaho imboga za Cresson de fontaine bituma haza uruhu rushya; gusigaho Umufumba w'ihene (Umufumbegeshi), byomora ibibyimba n'ibisebe by'umufunzo; Camomille; kubandikaho Ikigwarara; ifu y'imbuto za Noix; Ivi; kogesha Igihehaheha ; Romari; amavuta y'Ishikashike ibumbura (batera padiri ku isakaramentu); ururabo rwa Zinia (Rudbeckie). Inyabarasanya ; Icyumwa; Akanyamapfundo.

- Igihe ku ruhu hakomera cyane cyane ku ruhu rw'ingingo z'intoki n'amano, akenshi biterwa no kugenda wikuba ku kindi kintu.

Ibimera wakoresha : gukubaho no gusigaho udutwetwe n'utubabi twa Kalindula ; gushyiraho amata ava mu mababi y'Umutini.

- Ibintu bisa n'urundi ruhu, bikura hejuru y'uruhu twari dusanganywe, iyo bije bituma uruhu twari dusanganywe rukomera amaga. Amasununu.

Ibimera wakoresha : gukubaho no gusigaho udutwetwe n'utubabi twa Kalindula ; gushyiraho amata ava mu mababi y'Umutini ; gukubaho no gusigaho amababi y'Icyagara.

- Utuntu dusa n'utubyimba duto tuza ku ruhu tumeze nanone nk'urundi ruhu rwatwo rushaka kuzaho ; duterwa na za virusi ziba hasi y'innyo cyangwa ku myanya ndangabitsina (*condylomes et papillomes*).

Ibimera wakorasha : ni nk'ibyo tumaze kuvuga hejuru ku masununu.

- Cevasses de la peau : ni igihe uruhu cyane cyane urwo mu kiganza imbere cyangwa mu kirenge aho dukandagiza hasaduka. Akenshi impamvu ikunda kubitera ni Allergie iterwa n'imiti runaka tuba dukoramo cyangwa kubura Vitamine zihagije n'izindi nyubakamubiri.

Ibimera wakoresha : gukubaho amazi y'amababi y'Inkeri za kizungu ; gusigaho Igikakarubamba ; gukubaho no kubandikaho amazi y'amababi y'Ivi.

- Igihe ahantu runaka ku ruhu hakuryaryata cyane ukumva wahashimagura ngo bikoroherewe. Bishobora guterwa n'uduheri duto warwaye cyangwa uburwayi bwageze mu maraso cyangwa mu mwijima ; ni byiza na none kumenya neza impamvu ibiteye ngo niba ari ubundi burwayi bubanze buvurwe.

Ibimera wakoresha : kuhogesha amazi y'ibijumba by'Umuberanya ; kuhogesha no kuhasiga amazi y'ururabo rwa Panseyi ; aya Camomille allemande ; Ibumba.

- Kwokerwa k'uruha usa n'uwababutse. Bishobora guterwa n'udusebe duto waba wagize ; ibintu runaka bibabira wahuye nabyo cyangwa izuba ryinshi ryagutwitse n'ibindi bintu.

Ibimera wakoresha : gusigaho amavuta y'Elayo ; gukubaho amazi y'ururabo rwa Mauve ; amavuta ya Kalindula ; kubandikaho ikibabi gishyushye cya Ntiruhunwa (Inkononwa).

- Ubugora cyangwa Urukerera :

Inama n'ibimera wakoresha : Guhagarika icyayi, Ikawa, ibirungo byinshi, Epinard. Kunywa ibumba urisimburanya n'amavuta y'Elayo avanze n'Indimu, byose nta kindi urafata. Kunywa ibituma Umwijima ukora neza. Kurya Karoti ; amavuta ya Onagre ; imboga za Cresson de fontaine ; gusiga no gukubaho Igisura ; gukubaho Umuyogera w'indabo z'ubururu zirwanya cyane Eczéma ; kogeshaho Camomille ; kurya Pissenilt (Akanyamata gato kagufi) ; gukubaho ibibabi by'Ikibonobono cyangwa gusigaho amavuta yacyo ; Igikakarubamba ; kunywa Urubonde ; kunywa Panseyi. Umukararambwe, Igitovu, Ikirumbi cy'amavuta, Intobo, Umugirakamaro, Imbogeru, Gangabukari, Isagara.

- Igihe hari ibintu bigenda bibaduka ku ruhu maze uruhu rugasa n'urutukura (*psoriasis*).

Ibimera wakoresha : gukubaho Umuyogera w'indabo z'ubururu ; gusigaho Igikakarubamba ; kunywa Umushabishabi (Urwampinga runini) ; Panseyi ; kunywa no gusigaho indabo za Zinia (Rudbeckie).

Kutagira ubwiza bw'uruha : nubwo abantu benshi bakunda gukoresha amavuta yo gusiga inyuma ngo babe beza ku ruhu, ariko burya ubwiza nyabwo bukomoka ku mirire myiza n'amaraso meza.

Ibimera wakoresha : kurya no kwisiga Karoti, Inkeri za kizungu, Igikakarubamba ; kwisiga Roza itukura ; gukuba no kubandika Uruteja.

- Kubyimbagirana kw'ingirangiro zo mu ruhu imbere aho ingingo zihurira (*cellulite*). Biterwa n'amazi cyangwa ibintu by'uburozi bidasohoka ahubwo bikabyimbira mu mubiri.

Ibimera wakoresha : gukubaho amazi y'Intanwa ; kunywa Pissenilt, Urubonde ; gukubaho amazi y'Isharankima yo ku rutare, Ivi.

- Ubuheri buza ku mubiri buba burimo amashyira, kandi bushobora kongerwa no gukomeza kurya ibinure byinshi n'ibindi bituma umubiri wikuramo imyanda ; iyo bikorwa rero hashobora kuza ubwo buheri (*Acne*).

Inama n'ibimera wakoresha : Kureka inyama n'ibinure bikomoka ku nyamaswa, alcool, ibyo mu nganda n'ibyataye umwimerere wabyo. Kurya no gukubaho Karoti; amavuta ya Onagre; kubandikaho Umufumbegeshi, igitunguru cya Onyo, ibibabi by'Amashu biseye; gusigaho Igikakarubamba, Bwunyubwintama, Panseyi, amababi y'Icyumwa cyangwa Umubazi. Kunywa Pissenlit cyangwa uw'Amashu. Kunywa ibumba mu gitondo nta kindi urafata. Gukunda ibifite Vit.A. koga kenshi ukoresheje isabune yabigenewe. Kubiza Igisura n'Imbatabata iminota 10, ukajya ubyoga witsirima ahari ubuheri. Kubandikaho icyondo cy'ibumba gishyushye, ukacyogesha umutobe w'Indimu.

- Hari uduheri tubyimba aho ubwoya bwameze bita *Furoncles*, icyo gihe ubandikaho icyondo cy'Ibumba gikonje cyangwa Onyo ishyushye amanywa yose. Kunywa Tungurusumu, Isuri iranda, Bwunyubwintama.
- Uruhu rwumagaye = Umwera w'uruho rudafata amavuta .

Ibimera wakoresha: kurya no kunywa Karoti; amavuta ya Onagre; umutobe w'Indimu uvanze n'amazi; gukubaho ururabo rwa Véronique, Inkeri za kizungu, kalindula, Panseyi.

- Kwiyasa k'uruho rugacikamo imirongo rukururuka, akenshi bikunda kuboneka ku mugore utwite cyangwa igihe ibiro by'umubiri bihindagurika. Impatwe n'ubwonko buruhijwe byongera ubu burwayi.

Ibimera wakoresha: kubandikaho Isharankima yo ku rutare; Igikakarubamba, amavuta y'Avoka; gusigaho Panseyi.

- Inzara zoroshye ; iyo bimeze bityo usanga zivamo cyangwa zikavunguka zirwara mu buryo bunyuranye. Ibyo akenshi biterwa nuko umubiri uba ukennye mu mavitamine n'imyungu ngugu nka Fer na Silicium.

Ibimera wakoresha: kurya Karoti no kuyibandikaho, amavuta ya Onagre, gukaraba no gusigaho indimu.

- Uruhara rwo ku mutwe no kuja upfuka ubwoya. Ubundi rukunda gufata abagabo. Rimwe na rimwe rushobora guterwa no kubura intungamubiri zihagije, ubumara mu mubiri cyangwa se n'ubundi burwayi. Ubundi muri rusange ku mutwe w'umuntu hari imisatsi 100.000, ariko umuntu mukuru agenda atakaza imisatsi 70 ku munsu. Abagore bo cyane mu mezi atatu akurikira igihe cyo kubyara, batakaza myinshi kurushaho.

Ibimera wakoresha: kunywa ibimera bitunganya imikorere y'umwijima. Kunywa Umugombe, Pissenlit, Urwampinga, ukavanga akayiko kabyo gato mu kirahure cy'amazi yabanje kubira, nyuma y'amagaburo 2 ku munsu. Kubandikaho imboga za Cresson de fontaine no gusigaho amazi yazo; kunywa no kubandikaho amazi y'Igisura; kubandikaho Akanyaruhima; amavuta y'imbuto z'ibibonobono cyangwa amababi yoroshye asekuye; amavuta ya Avoka; ibibabi bya Kenkina; Capucine, Teyi.

- Imvuvu zo mu mutwe.

Ibimera wakoresha: kogeshamo umutobe w'indimu; gusigamo amavuta ya Avoka.

- Ikibyimba kirimo amashyira.

Ibimera wakoresha: kubandikaho ikibabi cy'Ishu gikeze kiriho icyondo cy'ibumba, Inkeri z'ikinani ziribwa, kunywa no kubandikaho indabo za Zinia biracyomora n'igisebe; kubandikaho ifu y'ubugari ivanze n'umutobe w'indimu, Ikizimyamuriro, Umutini byagihisha vuba.

- Uburwayi bufata uruhu rukazaho ubuheri bwinshi bunyanya burimo n'ibintu by'ururenda (*mycoses cutanees*).

Ibimera wakoresha: kogeshaho Umuhengeri; kunywa no gusigaho Igikakarubamba.

- Uduheri tuza ku mubiri duto cyane tutagaragara neza, duterwa n'ibyuririzi runaka maze tukaryana akenshi umuntu amaze kuryama (*gale*).

Ibimera wakoresha: kogeshaho Teyi kuko irwanya ibyuririzi n'udusimba turyana.

- Uburwayi bufata ku ruhu rw'umutwe umusatsi wavuyeho cyangwa aho ugarukira, bukarangwa n'utuntu tumeze nk'uduheri tunyanya cyangwa se uruhu rucika kandi bikaryana (*teigne*).

Ibimera wakoresha : kogeshaho amababi cyangwa imbuto za Noyer ; by'umwihariko gusigaho Igikakarubamba.

- Intongi

Ibimera wakoresha : imizi y'Ikimomo; amababi ya Gisayura cyangwa ay'Isununu.

Ikimera cyomora ni **Kalifuma**.

- Amahumane

Ibimera wakoresha : amababi ya Rwagara, ay'Umucasuka, aya Runyinyira, hamwe n'uruti rw'Akagetugetu, aya Manayeze, ay'Imbatura, ay'Umunanira, ay'Umuhanga, aya Gangabukari, ay'Umugosora, ay'Ikigwarara, ay'Umugombe, Umumara; Umuhokoro.

- Ibinyoro

Ibimera wakoresha : amababi y'Icyumwa, ay'Umutanga, Umwishywa, Umushishiro, Isusa, Umuzigangore, Nkulimwonga, Igihondohondo, Akayogera, imizi y'Umufumbegeshi, Umugombe.

- Zona

Inama n'ibimera wakoresha : kubandika icyondo cy'ibumba kimara nk'amasaha 2. Kubandika ibibabi by'amashu biheze imigongo yabyo, bigabanya uburibwe. Amavuta y'Ishikashike ku bisebe. Kunywa imvange ya Teyi, Romari, Umukiryi. Kurya ibiribwa bikize kuvi Vit. B₁, B₆, B₁₂, na C. Uyu murwayi wa Zona agomba guhita ajya kwa muganga bakamufasha.

- Iseru

Inama n'ibimera wakoresha : kunywa kenshi umutobe wa Teyi; hagati aho ukabandika icyondo cy'ibumba ku nda yo hasi bikonje, kikamara amasaha 2 ukajya ubivugurura. Uyu murwayi agomba kujyanwa kwa muganga byihutirwa.

INDWARA ZITERWA N'UBWANDU (infection).

- Kubura imbaraga zo kurwanya indwara. Akenshi biterwa no kubura indyo yuzuye, kudakora imyitozo ngororamubiri, cyangwa kudakoresha ibirwanya indwara neza maze ugakunda kurwaragurika.

Ibimera wakoresha: Tungurusumu ni Antibiotique y'umwimerere kandi bitanga imbaraga zo kurwanya indwara; kurya imboga za Luzerne; Gangabukari; indabo za Zinia.

- Uburwayi bwo guhinda umuriro. Ubundi mbere yo kwita ku byo kugabanya umuriro w'urwaye, dukwiriye kubanza kwisuzumisha kwa Muganga ngo tumenye impamvu yateye uwo muriro. Iyo ibyo birangiye ukoresha ibi bimera biherekeza imiti y'ubwo burwayi butera uwo muriro, bikawugabanya ndetse bigatuma umubiri usohora imyanda y'uburozi uwurimo.

Ibimera wakoresha : Indimu, Camomille Allemande, ibishishwa by'igiti cya Pome, Umubagabaga (Umucyuro), Umwishwa, Urwiri, Kenkina, ibumba.

- Igihe umurwayi aba akirutse indwara agifite intege nke. Kugira ngo abashe kwisana no kugarura imbaraga mu mubiri.

Ibimera wakoresha : Igihuranda (Umuceri w'agasozi), Urubobi, Igisengosengo kinini, Igihwarara, Sezame, Kunywa Romari, Igishokoro kinini, Ibumba.

- Indwara ya za bagiteri umuntu akura mu mata y'inka no mu bworozi bw'Ihene n'intama (*brucellose*).

Ibimera wakoresha : Ibumba na za Antibiyotike.

- Kuruka no guhitwa maze bigatera umwuma (*Chorela*).

Ibimera wakoresha : kunywa Igisura, ibumba. Amababi n'imizi by'Igitoki cy'inkashi; imizi y'Umwembe; amababi y'Ipapayi; aya Nkulimwonga ; ay'Uruheza n'imizi.

- *Diphtherie* : uburwayi bwo mu muhogo no mu mazuru, bukunda gufata abana.

Ibimera wakoresha : Gukaraza umutobe w'indimu, ukoresheje agatambaro gasukuye neza ugashyira mu mazuru uwo mutobe iyo naho hamaze gufatwa.

- *Salmonellose* : niyo Fièvre typhoïde. Ni ukuvuga ngo ku miti ya Typhoïde wongeraho Tungurusumu, Pome, kunywa Teyi.
- *Syphilis* : uburwayi bw'imyanya ndangabitsina buvurwa umuntu abanje kujya kwa muganga. Iyo ndwara irangwa n'uduheri twiburungushuye tugaragazwa no gukengerana tw'aho turi bufate. Utwo duheri dufata ahazengurutse inzira y'inkari ku bagabo naho ku bagore ishobora kuba mu myanya igaragara inyuma cyangwa mu nzira igana muri nyababyeyi.

Ibimera wakoresha : Isuri iranda.

- Kokolishe: uburwayi bwo gukorora kenshi kandi bikamara igihe kirekire.

Ibimera wakoresha : mu gihe urimo gukoresha ibimera bivura inkorora, wakongeraho : Akanyamata k'Ihene, Akanyaruhima, Imbuto za Kokeriko.

Ibindi wakoresha ni kubandika mu gituzo no ku muhogo ibibabi 3-4 biheze, bikonje cyangwa bivuye mu mazi y'akazuyaze, bikamara amasaha 4 cyangwa ijoro ryose, ubishyizeho nijoro. Ubundi ushobora gukoresha Tungurusumu mu buryo bunyuranye :

- Kubiza gr 250 z'amazi ugashyiramo gr 60 za Tungurusumu ukabipfundikira amasaha 10 akajya abinywa ku kiyiko.
- Kubiza muri litiro 1 y'amazi gr 50 za Tungurusumu na gr 15 za Teyi, akajya abinywa ku kayiko gato.

Ushobora no kubandikaho icyondo kinini cy'ibumba gikonje kikamara amasaha 2, ukajya ubisimburanya. Twibuke ko umurwayi agomba kuba ahari umwuka uhagije, hasusurutse, kandi ashobora kujya yiyukisha Teyi. Ibindi ni amababi y'Umuretezaho, Umwenya, Manayeze, Ipera, Umuhanga.

- Grippe : Uburwayi buterwa na virusi kandi bukagaragarira mu guhindagana umuriro, kuribwa inyama z'imikaya y'umubiri, kudahumeka neza n'ibicurane.

Ibimera wakoresha : kunywa no kwiukisha imbuto za Cyprès, indimu, indabo za Zinia na Capucine.

- Sida : ntabwo ibi bimera tuvuga bivura iyi ndwara burundu, ahubwo ni ibirwanya gukura no kuganza umubiri kwayo, bikongera imbaraga z'umubiri maze umuntu akabana n'ubwandu bw'agakoko ka SIDA mu buzima ashigaje, afite imbaraga.

Ibimera wakoresha : kurya Tungurusumu no kunywa indabo za Zinia (Rudebeckie), anywa Igikakarubamba n'Ibumba.

- Igituntu : kumva unaniwe mu gituza uremerewe, ukagira inkorora idakira, gukaya amaraso.

Ibimera wakoresha : ibi bimera ubwabyo ntibikiza indwara, ahubwo byunganira umurwayi agakira, biha umubiri imbaraga : Baharakwibuye yo ku rutare, indabo za Zinia; Tungurusumu, Kenkina Teyi.

- Malariya.

Ibimera wakoresha : kunywa Gangabukari, igiti cya Quassia, Kenkina. Gukoresha uruvange rw'ibi bimera nabyo bikiza Malariya mu buryo busumbyeho: Inturusu za Mayideni, Umuravumba, Umwisheke, Ikizimyamuriro, Amapera, Umwenya na Cyprès ugafata urushyikuri buri bwoko, ukabicanira mu mazi menshi ari mu gisafuriya kinini, bikabira cyane, noneho ugafataho ayo uzajya unywa (½ cy'ikirahure mu gitondo na nimugoroba), warangiza ukiyukisha ibyasigaye mu isafuriya witsirima ibyo bibabi, nyuma ukaza koga ayo mazi yabyo.

IZINDI NDWARA

- Ubushye : Ibi byatsi bivura ubushye bwo kokerwa n'ubushye butuma umubiri wo hejuru ubyimbamo amazi. Naho ubushye bwakongoye inyama z'umubiri wacitse ibisebe bikomeye, tugomba kubijyana kwa Muganga; gusa iyo bidakabije, ubutabazi bwihutirwa ni ugushyira urugingo rwahiye mu mazi asukuye iminota 10, kubandikaho icyondo cy'Ibumba, ikibabi cy'Ishu ukagerekaho ubuki biromora ntihagire ibimenyetso byabwo; kunywa cyane. Ku bushye bworoheje (kubabuka), washyiraho Vinaigre, ibirayi bibisi biseye.

N.B. Ntugahite wambura imyenda uwahiye, kuko iyo ubushye buhuye n'umwuka wo hanze nibwo buryana. Ntukagire ikindi ushyiraho utazi neza ko cyabuvura. Gutwikira uwahiye ukamuryamisha nibyo byiza. Kumuha amazi menshi atarimo umunyu cyangwa isukari.

Ibyo wakoresha : Amavuta y'Elayo, kubandikaho Imbatabata, Amagaja, Amata ya Kalindula, Igikakarubamba, ay'Ishikashike y'indabo zibumbura; Amababi y'Igicunshu; ay'Umutagara; ay'Igifashi; ay'Umutarabana; ay'Umukunde; ay'Uruvunanka; imizi y'Umunaba; Ivu ry'Umuhanga.

- Ubumara : Aha turavuga kwanduzwa n'ibinyabumara cyangwa imiti, ibiribwa byangiritse. Ariko ni byiza kwisuzumisha kwa Muganga.

Ibyo wakoresha : Amavuta y'Elayo, kunywa Gutwi kumwe, indabo za Zinia, Amakara y'inturusu.

- Kurumwa n'inzoka

Ibimera wakoresha : amababi y'Umugombe, Umutagara, Umunkamba, Ubugomboro, Umukeri, Umutagara, imizi y'Umuhanga.

- Abanywi b'inzoga : abantu bari barazahajwe n'inzoga bakaba bakeneye ibibunganira kurushaho ngo bazireke burundu, bakeneye ibyabafasha.

Ibyo wakoresha : kunywa amababi n'indabo bya Marakuja, kurya Radis, Igihwarara.

- Abanywi b'itabi : kunywa itabi bitera ibibazo n'uburwayi bunyuranye ; cyane iyo ariretse hari igihe yumva atamerewe neza. Icyo gihe aba akeneye ibimera bimwunganira.

Ibyo wakoresha : kurya Karoti, Tungurusumu, Radis, kunywa Agasengosengo gato, udutwetwe tw'Inkeri z'ikinani ziribwa, koza mu kanwa no gukaraza Igishokoro kinini.

- Kurumwa n'ibikururanda : Iyo urumwe na byo cyangwa n'inzoka y'ubumara, hari ubutabazi bwihutirwa uhita ukoresha, hamwe nabwo.

Ukoresha : gukubaho Imbatabata cyangwa kuyibandikaho (urayiteka nyuma ukayisekura).

• Kurumwa n'udusimba tundi

Inama n'ibimera wakoresha: Gushyira mu idirishya indabo z'inyanya, kumanika mu cyumba Inturusu byirukana udusimba bikazana umwuka mwiza. Ukimara kurumwa n'agasimba ushobora gutsirimaho Onyo, Tungurusumu, Imbatabata, Itomati, Amashu. Niba aho karumye habyimba cyangwa hagakomeza kokera, usigeho Indimu cyangwa icyondo cy'Ibumba. Ni byiza gusanga muganga kuko wenda ako gasimba gashobora kugutera ingorane zikomeye. Koza no kubandikaho Umukiryi, gukuba no kubandikaho Imbatabata itetse isekuye, kubandikaho Perisile isekuye cyangwa amazi yayo, kunywa indabo za Zinia.

Inda zo mu mutwe : gukubishamo amazi y'Umunyanya (M.Poliot).

- Kanseri : Ubundi kubw'impamvu runaka, hari igihe uburwayi bwa Kanseri buba buri mu mubiri bukazigaragaza mu gihe runaka, cyangwa tukaba twabukomora ku bandi. Iyo ndwara nayo ifite amako menshi.
- Kanseri yo mu maraso n'iyiyo mu magufa: itera kugurumana mu mubiri ukumva uri gushya, ukaba wababuka mu biganza uruhu rwaho rugatumuka. **Ibimera wakoresha** ni Igisura, Igikakarubamba, Ibumba.
- Kanseri yo mu bihaha: wumva mu bihaha haryana, icyo gihe biba bibyimbye, unanirwa guhumeka rimwe na rimwe ukaba wakorora amaraso. **Ibimera wakoresha** ni Teyi n'ubuki cyangwa Rubamba ivanze n'ubuki.
- Kanseri y'Uruhago: umuntu aribwa mu miyoboro y'inkari yose n'uruhago rukabyimba, kunyara bikamurushya. **Ibimera wakoresha** ni ukwicara mu mazi arimo Indimu; guhekenya inzuzi zikaranze; Onyo n'Indimu.
- Kanseri yo mu mabere: ibibyimba biza ku mabere bigaturika. **Ibimera wakoresha** ni Ifu y'Umunyinya, iy'Akayogera n'iy'Umugombe bivanze n'amavuta y'Elayo.
- Kanseri yo mu Mpyiko: kuribwa mu mpyiko no mu mugogo, impyiko zikabyimba. **Ibimera wakoresha** ni Igisura, Ibumba, Onyo, Indimu.

- Kanseri yo mu mpindura: kuribwa mu mukondo, ukabona umukondo uraturumbutse hamwe n'ibindi bimenyetso by'uburwayi bw'Impindura. **Ibimera wakoresha** ni Onyo n'Indimu; amavuta y'Elayo n'Umwenya cyangwa se Elayo na Tungurusumu.
- Kanseri y'Uruhu: ifata nk'Ikibyimba kibyimba nyuma kigaturika hakajya havamo inyama itukura. **Ibimera wakoresha:** iyo gituritse usekura amashu ugapfukiraho bikamara imitsi 3, nyuma ugashyiraho ifu y'Umunyinya, Umugombe n'Akayogera, kucyoza ni ugukoresha Teyi ivanze na Romari. Ibi bimera birakunganira muri ubu burwayi, ariko ni byiza kujya kwa Muganga bakareba uko bimeze.

Hari n'izindi kanseri zipfa kwiya dukiza aho zibonye hose.

- Ibibyimba byo mu mutwe; ibiyimba byo mu ngingo zo guhina; kanseri yo mu maraso ibunga mu mitsi yumva.

Impamvu zitera kanseri nazo zimaze kuba nyinshi.

- Kunywa itabi; Kunyura muri radio kenshi; ibyuma bisuzuma indwara zihereye inyuma.

Ibyo wakoresha: gukunda kurya Karoti birinda gukwira kwa Kanseri; Tungurusumu irinda ibibyimba byayo cyane cyane ibyo mu nzira y'igogora; Ibitunguru bya Onyo bibisi birinda Kanseri yo mu mara bikaharinda n'ubundi burwayi, umutobe w'Amashu nayo arayirinda, indabo za Zinia zirayinda muri rusange. Kunywa amazi kenshi bitari hasi y'amezi 6. Pome n'Indimu.

- Uburwayi bwo kuribwa mu gatuza rimwe na rimwe wahumeka ukababara, hari igihe bifata n'uruhande rumwe rw'Umubiri, ubundi ukumva bizana agasonga muri urwo ruhande rukurya. Agakorora gake. Ubundi biterwa n'ibintu bifite ubumara cyangwa se bitumuka uba ukoramo cyangwa warabihozemo bigenda byinjira mu mubiri. Kwemeza ubu burwayi ni ibya muganga, ni ukuvuga ko ugomba kujya kwa muganga.

Ibimera wakoresha: kunywa, kwiya ukisha (wiya mbuye ugatuza) no gutsirima ahababara Teyi na Romari; kunywa Ibumba no kuribandika aho ubabara; kurya Tungurusumu mbisi; kunywa amakara y'inturusu.

IBIMERA

UMUTI WA MBERE, UBONEKA MU BIMERA MWIMERERE.

“ Ibibaya n’udusozi ni amafarumasi meza ”

“ Ibimera bishobora kubaho nta bantu n’inyamaswa ; ariko abantu n’inyamaswa ntibabaho n’umwanya muto badafite ibimera. Niyo mpamvu tugomba kubirinda no kubikoresha. ”

ISARURA

-Ibimera bikenewe kuvura bisarurwa bikuze : ni ukuvuga bitari bitoya cyangwa se bidashaje, kuko icyo gihe nta mbaraga zo kuvura biba bifite, ahubwo bikuze.

-Ibimera bitanga impumuro nka Teyi n’ibindi, biba bifite imbaraga iyo byatewe ahari umucyo, kandi mu butaka budatoshye cyane. Teyi cyangwa Igisengosengo kinini biri mu butaka buhehereye bita impumuro ya byo kandi ikenewe. Hari ibimera byagenewe gukurira mu misozi, iyo ubiteye mu bibaya ntibigira icyo bimara.

Buri kimera n’ubutaka bwacyo : ahahehereye, ahari izuba, ahari umusenye...

-Igihe turi kumwe n’abana, dukwiriye kubarinda gupfa gufata ku bimera ibyo aribyo byose, kuko harimo ibyabangiza. Kandi niba hari ikimera (ururabo) utazi neza, urwihorere nturusarure.

-Wirinde ibimera biri aha hakurikira :

- Hafi y’umuhanda: kuko hari ibisigazwa by’imyanda, ibyotsi bibi by’uburozi bituruka mu modoka biba byarazangiye ; abagenzi ba nijoro bamwe na bamwe bashobora kubyitumaho.
- Impande z’ibiziba cyangwa imirima ihingwa, kuko ibyo biziba byabyanduza, n’igihe batera imiti y’uburozi yica udukoko mu myaka ishobora kuba yaraguye kuri ibyo bimera biri hafi, twabikoresha bikaturoga.
- Hafi y’inganda : kuko ibyotsi n’imyanda bizivamo byanduza ibimera biri hafi aho.

-Wirinde ibimera bisa n’ibyatangiye kuribwa n’udusimba duto cyangwa hari amabyi y’udusimba yabiguyemo.

- Dukunde ibimera by'ahantu humutse, kuko iby'ahantu hatose birushya kubikwa bikabora vuba.
- Igihe usarura ibimera, wirinde kubyangiza ushikuza cyangwa kujya mu mashyamba ya Leta nta ruhushya ubifitiye.
- Kugira ngo hatabaho kwibeshya, si byiza kuvanga ibimera bidahuje ubwoko mu kintu kimwe.
- Igihe usaruye indabyo, urebe ko zigejeje igihe, kandi wirinde kuzitwara mu kintu gishyushye cyangwa icya plasitiki.
- Na none niba ari amababi ushaka, uyasarura indabo zitarakura kuko aribwo amababi aba afite imbaraga zo kuvura; kandi ntuyatware uyarundaniye avunagurika, ahubwo uyarambitse neza atangirika.
- Iyo ari uruti ushaka, urusarura amababi amaze kuza, mbere yuko indabo ziza, nicyo gihe cyiza.
- Iyo ari umutwetwe w'aho ururabo ruzavukira hariya haba horoshye ushaka, ukoresha imakasi kuko ibiganza byakwangiriza, maze ugakatira ahacyoroshye; si hasi hagikomeye.
- Ubundi igishishwa gisarurwa mbere y'Umuhindo, mbere y'indabo nibwo kiba gikize ku matembagiti.
- Imizi isarurwa mu gihe cy'impeshyi cyangwa mu gihe amababi yahungutseho, kandi mbere yo kuyibika urabanza ukayozza ngo uyikize imyanda n'udusimba twayiyometseho tutayangiza, gusa ukirinda kuyikuba no kuyiharura ngo utayikuramo iby'ingenzi biri mu gahu k'inyuma.

KUBIKA

- Mu kubika ibimera tugomba kwirinda ahantu hahehereye cyane kuko bituma udusimba duto tuvuka maze tukabyangiza. Kuva kuri 15% z'ubuhere, utwo dusimba turakura.
- Mu gihe hashyushye, ibimera byuma vuba, iyo dushaka kubibika. Twirinde kwanika ibimera ku izuba, kuko rituma bitakaza imbaraga zabyo; ahubwo ahantu hafutse, hatari umukungugu. Tubyanike ku mpapuro cyangwa amakarito ashashe hasi kugira ngo tubirinde sima cyangwa amakaro basasa hasi. Izi mpapuro ntizikwiye kuba zanditseho cyangwa ziriho ibindi bishushanijeho, kuko uwo muti wakwinjira muri ibyo bimera.
- Indabo cyangwa imitwetwe twasaruye idashobora guhunguka,

dushobora kuyimanika hamwe ku mugenzi hafi y'idirishya maze tukayifunika mu gipapuro ngo urumuri rutayangiza. Ibyiza nuko yakoresheva vuba.

-Si byiza kubika mu kintu cya plasitiki, kandi si ngombwa gupfukindikira icyo wabitsemo iyo miti, gusa wandikeho izina, ahantu, n'igihe icyo kimera cyasaruriwe.

-Ibibitswemo ibyo bimera biterekwa ahantu hijimye, hafutse kandi humutse. Umucyo mwinshi, ubushyuhe n'ahatose nibyo byangiza ibyo bimera. Gusa uje ugenzura buri gihe ko nta dusimba twajemo. Ubundi ibimera bibitswe ntibikwiriye kurenza imyaka ibiri.

UBURYO BWO GUTEGURA IBIMERA

1. Iyo bavugaga gushyira ikimera mu mazi ashyushye : ni ukuvugaga ko ayo mazi uba wabanje kuyabiza noneho ukayakura ku ziko ubundi ugashyiramo cya kimera (amababi, indabo, udutwetwe cyangwa uruti rucyoroshye), ukabiteruka nk'iminota hagati ya 10-30 bitewe no gukomera kw'icyo washyizemo, ubundi ukayungurura witegura kubikoresha. Si ukubiteka cyangwa kubicanira. Ibi bishobora kubikwa amasaha atarenze 12; ubundi bitegurwa mu gitondo ngo bikoreshe uwo munsu. Ushobora kubibika muri firigo wajya kubikoresha ukajya ubishyushya buhoro utabibiza.

2. Gucanira imigabane ikomeye y'ikimera nk'imizi, ibijumba, ibishishwa cyangwa imbuto ; byo ni ukubibiza kugira ngo ubonemo ibigufasha, nubwo hari n'ibyo utakaza uko bitinda ku ziko : kubibiza nk'iminota 10 ubundi ukabiteruka gato, ukayungurura. Bishobora kubikwa nko muri firigo n'ahandi bikaba byageze ku cyumweru cyose, ariko ntukirenze.

Urugero rwo kunywa ibi bimera urusanga aho byanditse ; naho ku bana :

- imyaka 6-12 : banywa $\frac{1}{2}$ cy'iby'umuntu mukuru.
- Imyaka 2-6 : banywa $\frac{1}{3}$ cy'iby'umuntu mukuru.
- Uvutse – ku myaka 2 banywa $\frac{1}{4}$ cy'iby'umuntu mukuru. Abana ntibahabwa ibimera bifite ubumara.

Uko bishobotse kose, ikimera gikwiye kunyobwa mu mwimerere wacyo, ariko iyo kirura cyangwa ku bana, abarwayi ushobora gushyiramo ubuki. Gusa iyo uri kuvura inzoka haba ku bana n'abantu bakuru,

wirinda gushyiramo ubwo buryohe kuko bumerera neza inzoka zikiyongera. No ku bimera bitera apeti nta buryohe wongeramo kuko byatuma umuntu atumva inzara. Umurwayi wa Diyabete nawe ntabwo ashyiramo. Ubuki nibwo bw'ingenzi mu koroshya umuti kuruta isukari, kuko ari umwimerere kandi bufite n'izindi ntungamubiri ; ahari ububuza nibwo wabusimbuza isukari ijya kwirabura cyangwa umutobe w'imbutu.

3. Umutobe w'ibimera nk'amashu n'ibindi..., uboneka basekuye maze bagakamura, bakayungurura cyangwa se bagakoresha imashini zabigenewe. Ni byiza gukoresha ikimera kimaze gusarurwa kikiri gishya, kuko nibwo kiba gifite intungamubiri zose. Umutobe w'ibimera bikaze ushobora kunywaho gake gake cyangwa se ukavanga n'amazi kuko hari igihe wakumerera nabi mu gifu.

KUBANDIKA IBYATSI AHARWAYE

Ni imbuto cyangwa amababi cyangwa imizi cyangwa ibishishwa basekura noneho bikaba nk'umutsima, bakabishyira mu gitambaro cyorohereye cyane bakabishyira aharwaye bishyushye.

-Igihe wateguye Tisane (gucanira amababi, imbuto, ibishishwa, imizi... mu mazi) bimaze gushya uterura ku muriro, ntabwo uhita upfundura ngo urangaze kuko umwuka wabyo wavamo.

-Igihe iyo Tisane ari inyobwa, ubundi si ngombwa gushyiramo isukari ; gusa iyo ikenewe nko ku bana cyangwa abarwayi badashoboye, wakoresha ubuki.

Iyo utegura umutobe, ukoresha ibimera bisaruriweho nibyo biba bikize kandi igihe unyoye umutobe w'ibiyatsi ukumva utakumereye neza mu nda ku bw'uburwayi usanganywe, ushobora gushyiramo utuzi duke kugira ngo woroshye imbaraga zawo.

-Imbutu z'ibibonobono ni uburozi bubi cyane, eshatu zishobora kwica umwana ; ariko amavuta yazo afite imbaraga zo gusukura mu mubiri (ku nzoka).

Inkorora : gukata ibitunguru ukabicanira mu tuzi n'ubuki bwinshi bikaba nk'igikoma gifashe ukajya ubirisha ikiyiko.

N.B: Igihe udasobanukiwe n'ikimera icyo ari cyo, cyangwa se ntusobanukirwe n'urugero rwo kugikoresha, ukwiye kucyihorera ntugikoreshe, kuko ugikoresheje nabi cyagutera ingorane.

IBIMERA N'AKAMARO KA BYO

Ibumba ryakunze kuvugwa si ibumba umuntu apfuye gutora aho abonye hose nubwo ubushakashatsi kuri ryo bugikomeje; kugeza ubu ibumba twabonye ni irisa n'icyatsi niryo rifite imbaraga. Ariko hari n'iryandi mabara nk'umutuku... ryakoreshwa. Mbere yo kurikoresha banza ubaze urizi akurangire. Irikunda kuboneka ino kandi ryiza riva muri Congo kandi risa n'icyatsi.

A. IBIMERA BIVANGWA N'AMAZI BAKAYICARAMO

Capucine : bitunganya kandi bigashyira muri gahunda imihango y'abagore.

Igihwarara : bifasha ku ndwara ya Kalizo kandi byomora ibisebe byica udukoko.

Igishipiri (Umubunda :cypres) : bigabanya ubunini bwa Kalizo n'uburibwe bwayo.

Imbatabata : Bifasha abarwaye kalizo mu gihe uyogeshaho.

Inkeri zo mu gasozi ziribwa : bifasha abarwaye kalizo, bikazirinda kuva.

N.B. : -Si byiza ko abantu bahora bicaye : nk'abashoferi n'abahora bicaye mu biro...kuko aribo bakunda gufatwa na za Hémorroïdes.

-Kuri Hémorroïdes ukoresha amazi akonje, kandi ntabwo kwicara mu mazi bikwiye gutinda (kurenza iminota 3) keretse aho bakoresha amazi ashyushye niho wageza ku minota 10. Ubusanzwe wabikora 2 cyangwa 3 ku munsu uhinduranya amazi.

- Igihe urwaye umutwe (maux de tête) ushobora gushyira mu mazi ifu ya moutarde; ugashyiramo ibirenge, biragufasha. Ushobora no gushyira mu mazi amababi ya vigne cyangwa ortie blanche igihe amaraso atagenda neza mu birenga.
- Igihe amaraso atagenda neza mu biganza, ushyiramo Ginko mu mazi ajya gushyura buhoro, maze bikagufasha.

B. IBIMERA BIFASHA AMASO

KAROTI : ikize cyane kuri Vit. A ari nabyo bituma umuntu abona neza, ikunganira mu kuvura uburwayi bw'amaso n'uruhu, akagira uruhu rwiza n'ururenda rwo mu mubiri we rugatunganywa, gukora amaraso kandi

bikongera abasirikare b'umubiri, irinda uburwayi bw'amabuye mu ruhago rw'inkari, igakenerwa mu kuvura bronchite na sinezite, ituma ururenda rwo mu gifu rukora neza, kandi ikaringaniza imvubura zo mu gifu, irakenewe mu komora ibisebe by'uruhu ni ibyo mu mubiri imbere, yoroshya uburibwe bwo mu gifu no kwiyoungera kw'Aside mu gifu, irwanya impiswi n'inzoka zo mu nda : ku nzoka urya karoti 2 mu gitondo nta kindi urafata. Ituma amenyo aba meza kandi agatyara cyane iyo uyihekenya, ni ingenzi cyane ku bashaka kureka itabi kuko isohora ubumara bwaryo mu mubiri, kuyibandika isekuye ku bisebe, ubushye, ubuheri no k'uruhu rusanze iraruvura kandi igatuma uruhu rurushaho kuba rwiza ; ikangura imihango y'abagore. Imbuto zayo zikura icyuka cyibyimba mu gifu.

Uko bayitegura :

-Kuyihekenya, kunywa umutobe wayo : aha twibuke ko ibyiza bya karoti ubibona byibuze nyuma y'ukwezi uyikoresha. Karoti ntiyicwa n'uko itetswe, ahubwo yicwa n'ubushyuhe bw'urumuri.

-gr 30 z'imbuta za karoti : muri litiro y'amazi, ibirahure 3 k'umunsi.

UBUHUMURA NEZA

Ni ikimera cyoza mu maso, bashobora no kugikaraza mu nkanka igihe mu mihogo handuye.

Uko butegurwa :

-gr 40 zabwo : muri litiro y'amazi. Ayo mazi amaze gutegurwa ashobora:

- a) koza amaso mu gitondo ugenda utonyanzaho
- b) urwaye Collyre, ni ibitonyanga 7 muri buri jisho kane ku munsi
- c) Gukaraza amazi yabwo urwaye mu muhogo
- d) Koza mu mazuru urwaye gapfura

C. IBIMERA BIFASHA IMIKORERE Y'UBWONKO

IGIHURANDA (Umuceri w'agasozi):

Byongera imbaraga z'umubiri wose by'umwihariko ubwonko bunaniwe. Igikoma cyacyo kirakenewe ku bakora imyitozo ngororamubiri, abanyeshuri.

Uko bagitegura: - Kunywa igikoma cy'impeke zayo

- Akayiko k'ifu yacyo mu kirahure cy'amazi ashushye, ibirahure 3 ku munsu; ushaka koga uyasuka mu yandi ukoga.

IRONJI

Indabo zacyo zoroshya umutwe, imbuto zacyo zongera imbaraga z'umubiri by'umwihariko ubwonko; ariko abarwaye Agasabo k'indurwe bakwiye kuyirinda kuko yakadaha kagasigaramo ubusa. Amaronji arakenewe ku bantu bananiwe by'umwihariko ubwonko igihe budakora neza, ku maraso atagenda neza. Izo mbuto, zituma umuntu asinzira neza iyo ananiwe. Bifasha abagore baribwa mu gihe cy'imihango. Ibishishwa by'indimu ni ingenzi ku babyimbye amazi mu mubiri, imitsi yabyimbye no kuvura kw'amaraso. Atera igifu imbaraga kigakora neza maze tukagira appetit.

Uko bayategura:

- Ibibabi 3 cyangwa indabo 6 muri litiro y'amazi, ibirahure 3 k'umunsi mbere yo kurya
- Kubiza gr 30 z'ibishishwa by'igiti byumye muri ½ cya litiro y'amazi mu minota 15, ikirahure nyuma ya buri gaburo. (Ushobora gushyiramo ubuki).

RWIZIRINGA

-Irwanya kwikanya kw'inyama zo mu nda. Ariko kigira ubumara, niyo mpamvu ari icyo kwitondera cyane, ntugikoreshe utagihawe n'ubijijukiwe. Inyuma k'uruhu cyoroshya uburibwe bwa rubagimpande.

Uko itegurwa:

- Ifu y'amababi, nturenze gr 0,2, inshuro 3 k'umunsi.
- Babandika amababi asekuye ku ngingo zibabara.

INKERI Z'I GASOZI ZITARIBWA

Zoroshya imitsi yumva, zikongera imbaraga igifu, zituma umuntu asinzira yari yabuze ibitotsi, zivura umutwe uryana, zigabanya iruba nko ku basore, zivura igogora riruhije no kubura appetit.

Uko zitegurwa:

- Kunywa gr 20 z'uturabo twazo, muri litiro y'amazi, ibirahure 3 ku munsu
- Gutsirima ahababara indabo zazo zishyushye
- Kubandika: Gushyira imbuto zazo mu gatambaro maze ukabyinika mu mazi ashushye, ukabibandika ahababara. Wirinde kurenza urugero wahawe, kuko zagutera iseseme.

AKANYAMATA K'IHENE

Karoroshya kakaruhura umubiri maze bigatera gusinzira neza, kavura inkorora, kakagabanya iruba.

Uko bagategura:

- Kubiza gr 100 zako muri litiro y'amazi, iminota 10, ibirahure 3 ku munsu n'ikindi 1 mbere yo kuryama. Ushobora gushyiramo ubuki.

UMUKIRYI

Uraruhura, ukoroshya imitsi n'umubiri wose, ugatunganya imikorere y'ubwonko.

Uko bawutegura:

- Gr 35 z'udutwetwe turabije n'amababi muri litiro y'amazi, ibirahure 3 k'umunsu nyuma y'igaburo. Ushobora gushyiramo ubuki.
- Ibitonyanga 4 kabiri ku munsu. Amazi yawo, ashobora koza ibisebe, ibibyimba, ukabandikaho iminota 20. Ushobora kuyatsirima kw'ijosi, umugongo no mu mavi hababara. Wirinde kurenza urugero wahawe kuko byagutera umutwe n'umuriro.

IBYATSI BY'UMUHENGERI MUNINI

Utunganya gahunda y'imikorere y'ubwonko, woroshya ibibazo by'ubwonko bunaniwe cyangwa burwaye, uvura umunaniro w'umubiri, ukumva wangushye uruhutse, uwunyweye nimugoroba utanga ibitotsi k'uwabibuze. Woroshya kuribwa ku bagore bari mu mihango n'uburwayi bunyuranye mu mubiri.

Uko bawutegura :

- gr 25 zawo muri litiro y'amazi, ibirahure 3 ku munsu.
- uwumye ni gr 0,5 mu kirahure gatatu ku munsu.

-gitsirima ku mubiri ni gr 40 zawo muri litiro y'amazi. Ushaka koga wayavanga n'andi ugiye koga.

MARAKUJA (ifite amatunda cyangwa itayafite)

Iroroshya ikanaruhura umubiri by'umwihariko ibitekerezo, itanga ibitotsi nta ngaruka. ivura uburibwe no kwikanya kw'inyama z'imyanya zo mu nda: igifu, amara, impindura, uruhago, nyababyeyi. Irwanya uburwayi bw'Igicuri, ifasha abamenyereye kunywa inzoga n'ibindi biyobyabwenge igihe bashaka kubireka, ikabarinda uburwayi bw'umutwe n'ububikomokaho, amatunda yayo ni meza ku munaniro n'abakirutse indwara. Kunywa marakuja biruhura ubwonko bwananiwe.

Uko bayategura :

- gr 30 z'indabo n'amababi muri litiro y'amazi ashyushye bikamaramo iminota 3, ibirahure 3 ku munsu. Ushobora gushyiramo ubuki. Ufite ikibazo cy'ibitotsi, ufata ikirahure mbere yo kuryama.
- Ku barimo kureka ibiyobyabwenge bongeramo garama zayo kugeza ku gr 100 muri litiro.

ISAGARA Y'IKIGABO

Yoroshya imitsi ikagabanya kwihuta cyane kw'amaraso mu mitsi n'uburibwe, kandi igatanga ibitotsi ku babibuze. Iruhura ubwonko kandi ikoroshya uburwayi bwose bw'umutwe uyoze cyangwa ukayiyukisha. Igabanya uburwayi bw'Igicuri, kuyinywa birinda uburwayi bwa Asima.

Uko itegurwa :

- gr 20 z'imizi isekuye muri litiro y'amazi, ukareka bigatuza amasaha 5, ibirahure 5 ku munsu harimo n'ubuki ubishatse. Ufite ikibazo cy'ibitotsi ufata ikirahure iminota 30 mbere yo kuryama. Iyo ari ugukoresha ifu y'imizi, ufata gr 1 inshuro 3 ku munsu.
- Kuyitsirima ni gr 70 z'imizi yumye ibijije muri litiro y'amazi iminota 10, ukabikoresha bishyushye ahababara. Ibyo na none ushobora kubishyira mu mazi ugiye koga bikaruhura umubiri.

UMUGOSORA

Uvura umutwe w'akaberetwa n'uryana ukurikiye umutsi (migraine et névralgie) n'ubundi buribwe bw'umutwe, uburwayi bwa Rubagimpande n'uburibwe bw'umutsi wa sciatique, irwanya guhitwa n'uburwayi bwo mu mara, ituma indurwe yo mu mpindura ikorwa bikoroshya uburwayi bw'umwijima, yongera amazi mu mubiri ukihagarika cyane bikavura uburwayi bw'umwijima n'umubyibuho ukabije, ivura uburwayi bwo mu muhogo no mu nzira z'ubuhumekero, unywa, wiyuka, utsirima ibyatsi byayo bishyushye mu maso.

Uko bawutegura : Umugosora ukiri mushya.

- gr 20 zawo muri litiro y'amazi ashyushye, ibirahure 3 ku munsu ; ni nabyo biyukisha bakabitsirima ahababara.
- Kubiza gr 20 muri litiro y'amazi iminota 10, ibirahure 3 ku munsu.
- Amazi bakaraza mu kanwa ni gr 45 muri litiro y'amazi.
- Kubandika : bawushyira mu gitambaro bakabishyushya n'ipasi ubundi bakabibandika.

D.IBIMERA BIFASHA MU KANWA NO MU MUHOGO.

UMUSE MUNINI (usa n'ujya kuranda)

Woroshya uburibwe bwose bwokera haba ku ruhu inyuma cyangwa se imbere nko mu gifu, mu rurenda rwo mu mubiri. Umuzi wawo usukuye neza ushobora guhabwa abana bamera amenyo bagasa n'abawuhekenya biborohereza uburibwe.

Uko utegurwa: gr 30 z'amababi n'indabo cyangwa gr 30 z'imizi ukabicanira muri litiro 1 y'amazi, ibirahure 3 ku munsu harimo ubuki.

IMISUMARI YA KALAFU (iboneka mu masoko)

Yongera imbaraga mu mubiri, ikagabanya uburibwe, yica mikorobe ku muntu urwaye mu kanwa no mu menyo handuye, ikanahazana impumuro nziza; itera apeti, ikavana umwuka mu gifu utuma inda ibyimba.

Uko bayitegura:

- Udusumari 3 mu kirahure ukanywa 1 kuri buri gaburo; ayo mazi niyo asukura mu kanwa.
- Igihe urwaye iryinyo, ushobora kurishyiraho agasumari kayo ugasa n'uhekenya.

KAZINGASHYA

Ivura ishinya y'amenyo, ikongera imbaraga z'igogora, ikamura ururenda, ikomora ibisebe, yica mikorobe zo mu kanwa igihe mu shinya hava amaraso n'amashyira, ukaraza amazi yayo ukayogeshamo bigakira hakazamo n'impumuro nziza; yongera imbaraga igogora riruhanya cyane nko ku bafite intege nke no ku bakirutse indwara, yomora ibisebe n'ibibyimba, yoza amaso yarwaye atukuye cyangwa abyimbye.

Uko bayitegura:

Gushyira gr 50 z'ibijumba, imizi cyangwa amababi yumye asekuye muri litiro 1 y'amazi ashyushye, ibirahure 4 ku munsu. Byaba byiza udashyizemo ubuki kugira ngo wongere ingufu zako. Ayo mazi ushobora kuyakaraza, kuyogesha, ku bisebe no mu maso.

GATERANYA

Ikomeza amenyo, igahumuza mu kanwa. Ubundi bakomeretsa uruti rwayo maze bagahakenya ururenda ruvuyemo rusa n'urufashe. Bivura mu ishinya hajemo amashyira maze bigakomeza amenyo; guhekenya urwo rurenda ruvuyemo ni ingenzi cyane ku menyo; koza mu kanwa n'amazi yayo ni byiza ku isuku y'amenyo: gr 100 z'amababi n'uruti rworoshye bagacanira muri litiro 1 y'amazi, ukabyogeshamo 5 ku munsu n'uburoso.

E. IBIMERA BIFASHA UMUTIMA**AMASHAZA YA MUSAMBI**

Yongera imbaraga mu gukora k'umutima.

Kuyanywa ni gr 4 z'amababi n'udutwetwe turabije mu kirahure cy'amazi ashyushye, ikirahure 1 ku munsu. Uytondere nturenze urugero kuko byatera kuruka.

IGICUMUCUMU

Gikomeza imikaya y'umutima maze kikaba ingenzi ku mutima utera cyane na Angine yo mu gituza; gitera kwikanya ko muri nyababyeyi maze bikabyutsa imihango y'abagore; cyoroshya kugugara ko mu gifu, kigasukura ibikomere.

Uko bagitegura:

Gr 40 z'udutwetwe turabije n'amababi muri litiro 1 y'amazi, ibirahure 3 ku munsu; ayo mazi abonetse niyo yoza ibikomere. Wirinde kurenza urugero, kuko byatuma umutima ukora nabi.

F. IBIMERA BIFASHA IMITSI IJYANA AMARASO MU MUTIMA**TUNGURUSUMU**

Zikomoka mu Buraya bw'iburasirazuba, no muri Aziya yo hagati. Si ku busa gusa zikomoka muri Aziya yo hagati, kuko ariho hakunze kuboneka abantu bashaje cyane ku isi. Itera kurama rero. Igira impumuro itama cyane niyo mpamvu bamwe iyo bamaze kuyirya barya Pome cyangwa Persil. Gusa, Tungurusumu ni nziza : muri Egiputa ya kera abacakara bubakaga ibihome byaho barayibagaburiraga ngo bagire imbaraga; no mu Bugiriki abakoraga amarushanwa yo kwiruka babanzaga kuyibaha ngo ibamare impumu. Ariko si nziza ku bantu barimo kuva amaraso kubw'indwara zinyuranye cyangwa abagore bari mu mihango, kuko zituma adakama vuba cyane cyane ku bayirya mbisi. Na none ku bagore batwite bakwiye kwirinda gukomeza kurya nyinshi.

Igabanya umuvuduko ukabije w'amaraso ku barwaye Hypertension; irwanya kuvura kw'amaraso maze agatembera neza mu mubiri; igabanya isukari mu maraso; ni Antibiotique et Antiseptique général: irica kandi igahagarika gukura kwa mikorobe na virusi zibangamira abasirikari b'umubiri, niyo mpamvu ifasha ku barwaye inzoka, guhitwa, uburwayi bwo mu mara n'ururenda rwaho; iha ingufu abasirikari b'umubiri bakarwanya indwara; irwanya gukwira kwa SIDA; ni ingenzi ku barimo kureka itabi; irinda ibibyimba byo mu nda.

Uko bayitegura:

- Kuyirya mbisi ni uduheke 3 ku munsu.
- Ifu yayo ni nziza kuko idahumura cyane: kurya ikiro cyayo ku munsu.
- Kubiza agaheke 1 muri litiro y'amazi iminota 5, ibirahure 3 ku munsu. Nubwo ku ifu no kuyibiza hari ibyo utakaza, impumuro yayo iba itumvikana.
- Gusekurira impeke nyinshi zayo mu mavuta y'Elayo, ukajya urya kuri uwo mutsima
- Koza mu mara urwaye inzoka:
 - Ibiyiko 3 by'uriya mutsima muri litiro 1 y'amazi ukabirya
 - Kunyuzwa mu kibuno agaheke gasize amavuta y'Elayo cyangwa Amagaja, byoroshya uburyaryate bwaho ku bana bikavura inzoka nka Ogizire.

IGIHWAGARI

Kigabanya ubwinshi bw'amavuta mu maraso, kunywa indabo n'uruti rworoshye bivura inkorora na bronchite; amavuta y'ibihwagari akoresha ku barwaye diyabete, umwijima no ku barwaye indwara z'uruhu.

Uko bagitegura:

- Gr 100 z'indabo n'uruti rworoshye muri litiro 1 y'amazi ashyushye, ibirahure 3 ku munsu
- Kkurya amavuta yabyo.

AMAVUTA YA ONAGRE

Agabanya ibinure mu maraso; avura ibibazo byo mu rwungano rw'amaraso, akarinda impanuka zo kuvira mu bwonko (thrombose et hémorragie cérébrale) maze amaraso agatembera neza; arwanya ibibazo byo mu myanya ndanga-gitsina: kutagenda neza kw'imihango y'abagore kandi iryana; kutabyara bitewe n'ibibazo byo muri nyababyeyi; arwanya ingorane zo mu mikorere y'ubwonko; afasha abana badafite imico myiza, abarwaye alergie, asima, ise, ibishishi byo mu maso, koroha kw'inzara, ibibazo by'uruhu muri rusange bayatsirima ku mubiri, avura rubagimpande **ni ingenzi ku bantu bakuze.**

Aboneka mu nzu zicururizwamo ibiribwa (Alimentation)

AMAVUTA YA ELAYO

Kera byari ibyo kurya ariko ubu ni umuti ukomeye. Agabanyaz guhindagana k'umuriro mu mubiri, afasha abarwaye umutima (hypotension); akize ku ma vitamine: A, B₁, B₂, P, imyunyu n'imisemburo yo mu gifu, Niyo mpamvu atera appetit n'imbaraga igogorwa ry'ibiryo. Yoroshya umubiri, akomora ubushye n'ibisebe; avura kokera ko mu gifu gutewe n'ibinyobwa bikaze, ibirungo cyangwa ibinini bya Aspirine. Iyo ariwe nta kindi kintu wariye, afasha mu gusohora inzoka zo mu mara; afasha mu gusohora indurwe maze bikagabanya ibibazo byo mu mara. Ikirahure cyayo mu mazi ashyushye, bituma uwariye ubumara aburuka.

Uko ategurwa

- Gucanira gr 50 z'amababi y'igiti muri litiro y'amazi, kugeza hasigayemo ½ cya litiro, ibirahure 3 ku munsu.
- Igihe ayo mavuta aribwa, atera appetit haba mu biryo cyangwa muri salade.
- Iyo yandikiwe abarwayi, aribwa nta kindi kintu umuntu yariye, akayiko gato 1 cg 2.
- Bashobora kuyasiga ku mubiri cyangwa ku bikomere.

UTWATSI TWA PERIVASHE

Turwanya ubusaza, ibibazo byo kugenda nabi kw'amaraso yo mu bwonko aribyo bitera isereri, kudihaguza mu mutwe ukabyumvira mu matwi. Tuvura umutwe wa migraine, kuvira imbere, impiswi na diyabete. Umugore ushaka guhagarika konsa, aratunywa akanadusiga ku mabere; twongera imbaraga mu nzira z'igogorwa ry'ibiryo.

Uko dutegurwa:

- gucanira gr 40 z'amababi muri litiro 1 y'amazi iminota 2, ibirahure 4 ku munsu. Ushatse washyiramo ubuki. Ayo mazi iyo ashyushye niyo usiga ku mabere ushaka guhagarika konsa, iminota 15 inshuro 2 ku munsu. Ku bava amaraso, bayakoresha akonje.

G. IBIMERA BIFASHA IMITSI IGARURA AMARASO MU MUTIMA

IGISHIPIRI (Cyprès)

Itera imikorere myiza mu nzira y'amaraso n'uruhago rw'inkari; ikoreshwa ku barwaye utubylimba two ku ruhu rw'amaguru (uburima, urukerera cg ubugora...) karizo (hémorroïde) kuyinywa, kuyogeshaho no kwicara mu mazi yayo. Ku bantu bakuze bava muri nyababyeyi, k'uruhago rudakora neza no kuri prostate barayinywa bakanicara mu mazi yayo. Ivura impiswi n'indwara zo mu nzira y'ubuhumekero, ikagabanya guhindagana umuriro.

Uko bayitegura

- Gucanira gr 30 z'imbuto zayo zisekuye muri litiro 1 y'amazi iminota 10, ikirahure 1 mbere yo kurya, 3 ku munsu.
- Ukoresheje gr 50 muri litiro y'amazi, abarwaye karizo bayicaramo byibura 3 ku munsu
- Abarwaye bronchite barayiyukisha.

UMUYOGERA MUNINI

Urinda uburwayi bw'imitsi (thrombose); utubylimba two ku ruhu; kubylimba amazi mu mubiri (oedème); kalizo; amaguru aremereye; kuvura kw'amaraso; kugugara mu gifu kubwo kwikanya kw'igifu n'amara maze bikarwanya gusinzira ubusa. Woza amaso arwaye, atukuye.

Uko utegurwa: gr 50 zawo muri litiro 1 y'amazi ashyushye, ibirahure 3 ku munsu. Ayo mazi niyo yoza amaso arwaye.

H. IBIMERA BIFASHA AMARASO

INDIMU

Ku barwaye Goutte, kuribwa mu ngingo. Abarwaye utubuye mu ruhago bafata ku rugero rukurikira: kurya indimu 8 ku munsu ukamara iminsi 3, ubundi ukajya ugenda ugabanya, ugacishamo icyumweru utazirya ikindi ukazirya kugeza bikize. Amababi y'igiti cy'indimu avura umutwe uryana; ibishishwa by'indimu bituma igogorwa rikorwa neza kandi bikagabanya umuriro; umutobe wayo utunganya acide mu gifu; irakenewe cyane ku barwaye imitsi no kubylimbagana kwayo; ifasha

abarwaye gapfura, iyo ubwo burwayi bugeze mu mazuru bayisukuza n'agatambaro keza mu mazuru; yoza ibisebe n'ibibyimba. Ituma inzara zikomera, imisatsi n'uruho bikaba byiza kandi ikarwanya imvuvu.

Twibutse abantu ko ibinyobwa byitirirwa indimu atari byiza kuko akenshi biba byaranyuze mu nganda bakongeramo ibindi bintu byangiza ubuzima.

BAMBUWA = URUJENONE

Irwanya impiswi no kuva amaraso, bakunda kuyikoresha bahagarika imihango y'abagore yabaye myinshi cyangwa igatinda, amaraso mu nkari. Ariko twibutse ko indwara yose isohora amaraso igomba kujyanwa kwa muganga bakamenya impamvu nyayo. Ihagarika impiswi uko yaba imeze kose; umuriro wa tifoyide; ifasha abarwaye Rubagimpande; isohora acide urique mu nkari, niyo mpamvu ari ingenzi ku barwaye goutte n'utubuye mu mpyiko.

Bakoresha amababi yumye mu mazi, ibirahure 3 ku munsu.

LUZERNE: amashaza ya kizungu aterwa nk'indabo.

Akize ku ntungamubiri cyane maze akarwanya kuva amaraso kose; niyo mpamvu ari ingenzi ku bazingamyeye, ab'imirire mibi, kugugara mu gifu no mu mara kubera ko afite imisemburo myinshi n'impatwe.

Uko itegurwa:

- udutwetwe tworoshye nk'imboga za salade.
- gr 30 muri litiro y'amazi ashyushye, ibirahure 4 ku munsu.

CRESSON iba mu masoko ariko abagore batwite bakwiye kuzirinda.

IGOROGONZO

Riomora kandi rikarwanya kuva amaraso n'imihango yabaye myinshi; ryomora ibisebe biva cyangwa ibyanduye.

Uko baritegura: gr 15 zaryo muri litiro 1 y'amazi ashyushye, ibirahure 3 ku munsu. Ifu y'ibibabi byumye ikoreshe nk'indyoshyandyo.

UMUFUMBA W'IHENE = UMUFUMBEGESHI

Ikize kuri Vit.C, isukura umubiri, itera apeti, yongera imbaraga, ni ingenzi kubarwaye n'abazahaye, umutobe wayo uromora ugasukura

ibisebe n'ibibyimba byanduye.

Uko utegurwa: gr 30 z'amababi muri litiro 1 y'amazi ashyushye, ibirahure 3 ku munsu. Ushaka umutobe wayo unywa ikirahure 1 ku munsu; kandi niwo woza ahangiritse ku ruhu; ushobora no kubandika ibibabi bibijije ku ruhu.

IGISURA

Abagiriki bakundaga kugikubita munsu y'amabya ngo gikangure iby'imibonano, ku barwaye Rubagimpande, arthrite, goutte; utubuye mu mpyiko, umusenyi mu maraso. Ni ingenzi ku kugabanuka kw'amaraso mu mubiri, abakirutse indwara, abafite intege nke. Gihagarika kuva amaraso mu mazuru n'impiswi uko yaba imeze kose, gikangura igogora rikagenda neza; ibibabi byacyo bigabanya isukari mu maraso; cyongera amashereka ku bagore bonsa; ku babuze imisatsi; ku barwaye ise n'ubuheri cyangwa se ibiseswa ku ruhu. Ni byiza kukinywa niho gikora cyane.

Uko gitegurwa:

- Umutobe wacyo ni ugusekura amababi ugakamura, ibirahure 2 ku munsu, nibwo buryo bwiza bwo kugikoresha.
- Gr 50 zacyo muri litiro 1 y'amazi ashyushye bikamara iminota 15, ibirahure 3 ku munsu.
- Umutobe wacyo niwo basiga, bomoresha, batsirima aharwaye nka 3 ku munsu; ni nawo bashyira mu mazuru ku muntu ukanuka bakoresheje agatambaro gasukuye.

I. IBIMERA BIFASHA MU NZIRA ZO GUHUMEKA

AKANYARUHIMA

Kavura inkorora yumya mu muhogo n'indi nkorora yose, ibibazo byo mu muhogo bigendana n'ako gakorora bakaraza amazi yako. Gafasha abarwaye Bronchite; gatunganya gahunda y'imihango y'abagore bikagabanya uburibwe bwayo; gakomeza imisatsi n'aho itari ikongera kumera.

Uko bagategura:

- Gr 30 zako nta mizi muri litiro 1 y'amazi ashyushye n'ubuki kugeza ku birahure 6 ku munsu. Ni nayo mazi bakaraza mu kanwa.
- Gucanira gr 100 zako muri litiro 1 y'amazi kugeza havuyeho 1/3 cyayo ugashyiramo nka gr 250 z'ubuki, ukabinywa ku biyiko; ni ingenzi cyane ku nkorora y'abana.
- Kubandika ku mutwe gr 100 zisekuye, bikamera nk'ingofero ku mutwe, ukabipfukisha igitambaro bikamara iminota 30, bifasha ababuze imisatsi.

IGITUNGURU

Kivura bronchite, Arthrite goutte, Rubagimpande no kuribwa mu ruhago rw'inkari. Umutobe wacyo ni Antibiotique ku nkorora, bronchite, Angine na Asima cyangwa abahuye n'ibintu bitumuka nk'ivumbi; gishobora kuvura uduheri two ku ruhu; kukibandika ku kibyimba bishyushye gishya vuba; gifasha abarwaye Hypertension, ababyibushye cyane; gituma amaraso yoroha agatembera neza ntiyirememo utubuye. Kubirya bibisi, bivura inzoka za Ogizire na Asikarisi; bigabanya isukari mu maraso; cyongera imbaraga mu igogora ryo mu gifu no mu mara, ariko abafite acide nyinshi ntibakwiye kugifata; ahubwo gikenewe ku barwaye umwijima. Gitunganya urusukume rwo mu mara, bityo kikirinda Kanseri yaho; cyongera amaraso; gitunganya uruhu cyane nk'uruzana uduheri ugikubaho agaheri kakuma bidatinze.

Uko bagitegura:

- Kurya igitunguru kibisi nibyo bigira imbaraga cyane: 1 kiringaniye ku munsu mu gihe urya.
- Umutobe wacyo: igitunguru + indimu + ubuki, ibiyiko 3 ku munsu.
- Gutsirima ku ruhu igitunguru ubwacyo cyangwa umutobe wacyo.

UMUKUZANYANA

Uvura Bronchite ikomeye ndetse n'umusonga.

Kuwukoresha ni ugucanira akayiko gato k'umuzi wumye usekuye mu kirahure cy'amazi, ikirakure 1 n'igice ku munsu. Amababi n'uruti ni bibi iyo ari bibisi.

AKAMEREREZI = NYAKATSI

Gafasha abarwaye Bronchite kandi kagasohora amazi mu mubiri ku barwaye uruhago no mu mara.

Gucanira gr 30 zayo muri litiro 1 y'amazi iminota 15, ukanywa kugeza ku birahure 5 ku munsu. Urwaye Bronchite, uyinywa ishyushye irimo n'ubuki.

ISHARANKIMA YO KU BITI

Umuti uvura ibicurane, bronchite, Asima, Igituntu cyo mu bihaha ; igahagarika kuruka ku bagore batwite.

Kuyitegura ni ugucanira gr 20 zayo muri litiro 1 y'amazi iminota 2. Kugira ngo ugabanye kurura kwayo, wongera guhindura ayo mazi ugashyira muri litiro 1,5 kugeza ubwo hasigara litiro 1, maze ukabinywa bishyushye ibirahure 3 ku munsu n'ubuki.

INTURUSU (bibaye byiza iy'umweru = Mayideni)

Ifite imbaraga mu kuvura Bronchite uko yaba iri kose, Asima n'inkorora. Amakara yayo avura uwariye ubumara, uhitwa cyane, kugugara ko mu mara. Amakara abonetse yose avura gushirira kw'ibiryo ushyiriyemo ku ziko.

Uko bayitegura :

- gr 30 z'amababi muri litiro 1 y'amazi ashyushye bikamara iminota 10, icyo birimo gipfundikiye neza, ibirahuri 3 ku munsu harimo n'ubuki.
- Kunywa ibitonyanga 8 mu munsu.
- Kwiyukisha inturusu nibwo buryo bwiza cyane bwo gufashwa nayo : ubiza amazi akatura noneho ugashyiramo amababi yuzuye urushyi, ubundi ukiyambura igituza, ukitwikira umwenda maze umwuka wayo ukinjirira mu gihanga no mu gatuza, ugasukura ibihaha rwose n'izindi nzira z'ubuhumekero, ugakura ubumara mu mubiri.
- Amakara yayo aseye neza gr 8 mu kirahuri, 5 ku munsu, ushobora no guhakenya ikara biramutse byihutirwa.
- Ushobora kuvanga ayo makara n'amavuta ya Elayo, maze bikavura

kugugara mu nda, impiswi no mu mara...
N.B : Si byiza kurenza ibipimo kuko yakwangiza mu gifu.

URUKARARAMBWE

Rworoshya ibikororwa by'urwaye bronchite maze bigasohoka, bityo rukavura bronchite, asthme na angine; ruvura kugugara ko munda, rugasohora n'inzoka zo mu mara, rwomora ibisebe.

Uko barutegura :

- Kunywa gr 50 zarwo muri litiro 1 y'amazi ashyushye, ibirahure 3 ku munsu bishyushye harimo ubuki iyo uvura bronchite. Ayo mazi niyo wogeshya ibikomere, ukaba wayakaraza mu kanwa ari ngombwa.

INYAMAPFUNDO

Yoroshya inkorora n'uburwayi bwo mu mihogo nk'Asthme n'Igituntu, ibikororwa byazo bigasohoka; igabanya guhindaganya umuriro, itera appetit, ituganya igogora.

Uko bayitegura :

- Gr 30 z'udutwetwe turabije n'amababi muri litiro 1 y'amazi ashyushye, ibirahuri 3 ku munsu harimo n'ubuki.

UMUSHISHI

Uvura indwara z'ubuhumekero : Bronchite, Ibicurane, Sinusite, ukongera amazi aribyo bituma usohora imyanda mu mubiri; koga amazi yawo ashyushye byorohereza abarwaye Asthme. Uvura Rubagimpande n'izindi ndwara zo mu mikaya y'umubiri; wongera imbaraga mu mubiri. Amazi yawo atunganya uruhu akavura n'ibibazo byarwo.

Uko bawutegura :

- Gr 30 z'imbutu zawo muri litiro 1 y'amazi ashyushye, ibirahuri 3 ku munsu.
- Gr 500 z'imbutu muri litiro 4 z'amazi ukabicanira iminota 30 ukabiyungurura, noneho bigishyushye ukabishyira mu yandi mazi yo koga birafasha; naho kuwuyukisha ni gr 50 mu isafuriya irimo litiro 2 z'amazi.

IMBATABATA

Ivura indwara za : Bronchite, Asthme, Igituntu, Inkorora, Umusonga. Ivura no mu mihogo nka Angine, Gusarara no mu kanwa igihe ishinya y'amenyo yarwaye icyo gihe urajundika ugakaraza amazi mu kanwa no mu nkanka. Ivura guhitwa, kokera ko mu mara, kubyimbagana mu nda, impatwe, karizo kubwo kwicara mu mazi yayo. Ifasha abarwaye amaso atukuye kandi yabyimbye bayogeshamo. Ivura uburima (urukerera) yomora ibisebe kubwo kubandikaho ibyatsi byayo bisekuye bishyushye. Gukuba no kubandika aharumwe n'udusimba twose ndetse n'inzoka iyo umaze gukora ubutabazi bw'ibanze bwagenewe abarumwe n'inzoka.

Uko bayitegura :

- Gr 30 z'amababi n'imizi muri litiro 1 y'amazi, ukabibiza iminota 5, ibirahure 4 ku munsu.
- Naho amazi yo gukaraza, koza amaso, gutsirima ku ruhu no kwicaramo ni gr 100 muri litiro y'amazi.
- Kubandika ibibabi byayo byashyuhijwe mu mazi ku bisebe ukirinda kugikorakora n'intoki ahubwo ugakora ku mpera z'ikibabi ngo utacyanduza, ugahinduranya 3 ku munsu. Kubandika ugakoresha ibibabi bibijije bisekuye.

NYIRAMABUMBA

Ivura indwara zifata mu myanya y'ubuhumekero; Rubagimpande, Goute n'uburwayi bw'umutwe uryana.

Uko bayitegura :

- Gucanira iminota 15 gr 40 z'imizi cyangwa ibijumba byayo bisekuye muri litiro 1 y'amazi, ibirahure 3 ku munsu harimo n'ubuki.
- Gushyira gr 30 z'indabo zayo muri litiro 1 y'amazi ashyushye, ibirahure 5 ku munsu. Wongeye ibindi mu mazi bikageza aho biba ibifashe nibyo babandika ku ruhu.

IGISHEKE

Cyoroshya Bronchite, Asthme n'inkorora. Kubona umutobe wacyo ni ukugisekura. Ubundi ushobora kubiza gr 250 gisekuye muri litiro 1 y'amazi ukajya uyanywa.

BARAZA

Ni ingenzi ku banyeshuri bari mu bizamini bananiwe. Ikize ku myunyu-ngugu no kuri vitamine B na C, ivura bronchite zose, yoroshya kokerwa ko mu gifu no kugugara ko mu mara. Ivura kokera k'uruhu kubw'izuba, kwishimagura, kwiya k'uruhu... cyangwa ibinyabumara byakurumye. Ivura umunaniro kuko yongerera imbaraga mu mubiri kuko ikize kuri vitamine n'imyunyu-ngugu.

Uko bayitegura :

- Kuyirya nka salade cyangwa kuyiteka nka epinari.
- Gucanira gr 30 zayo muri litiro 1 y'amazi iminota 15 ikirahure 1 mbere ya buri gaburo.
- Guteka gr 100 ziseye muri ½ cya litiro kugeza bibaye igitsima, ukabibandika aharwaye.

J. IBIMERA BIFASHA INZIRA Z'IGOGORA

CAMOMILLE ROMAINE

Ivura ibibazo byo kugugara mu gifu n'iseseme; kuribwa mu mara, mu ruhago, mu gihe cy'imihango y'abagore, rubagimpande. Kuyibandika byomora ibisebe; yoza amaso arwaye.

Uko bayitegura :

Kunywa gr 8 z'udutwetwe muri litiro 1 y'amazi kugeza ku birahure 5 ku munsu.

- Kuvanga gr 5 z'ifu yayo mu mazi arimo ubuki, ukanywa.
- Gutsirima gr 30 z'udutwetwe turi muri litiro 1 y'amazi ashyushye ku ruhu; ayo mazi ni nayo yoza amaso.

FENUYE

Isohora umwuka ubyimbye mu gifu no mu mara; igafasha igifu kugogora. Ivura bronchite n'ibicurane; yongerera amashereka ku bonsa, yoza amaso ahora atukuye.

Uko bayitegura :

- Akayiko gato k'imbuta zayo mu kirahure cy'amazi ashyushye, ibirahure 3 ku munsu nyuma yo kurya; ayo mazi niyo yoza amaso. Ku bicurane, wongeramo ubuki.

MUSIKI = BISIKUSI

Yoroshya inyama z'imikaya zo mu nda, bigatuma ifasha abarwaye mu mara, mu ruhago rw'inkari no kwikanya ko muri nyababyeyi bitera kuribwa mu gihe cy'imihango. Yorohereza ubwonko mu mirimo yabwo.

Uko bayinywa :

Gr 50 z'imbutu zayo muri litiro 1 y'amazi ashyushye, ibirahure 3 ku munsu.

CAMOMILLE ALLEMANDE

Kuyinywa nk'icyayi ni byiza ku basore n'abantu bakuze. Irwanya kwikanya ko mu gifu no mu mara bitewe n'ibibazo by'ubwonko. Ifasha kandi imenyereza inzira z'ibiryo gukora neza cyane nko ku barwayi babazwe vuba cyangwa ababyimbye umwuka mu nda n'amara adakora neza. Irwanya igogora rirushya, iseseme, kuruka, ikabyutsa appetît. Yongera imbaraga imihango y'abagore ikayishyira kuri gahunda, ku rugero rukwiriye kandi ikayoroshya igihe iryana. Irwanya guhindagana umuriro cyane ku bana; yoroshya kuribwa umutwe; irwanya z' alergie zitera uburwayi ku maso no mu myanya y'ubuhumekero. Yoza ibisebe, ise n'ibindi bibazo by'uruhu; amaso atukuye, kalizo. Ivura rubagimpande mu kuyitsirima ku ruhu. Uyishyize mu gasashe yirukana udusimba; amazi yayo atuma imisatsi ishashagirana.

Uko bayitegura :

- Gr 8 z'udutwetwe muri litiro 1 y'amazi ashyushye, ibirahure 4 ku munsu bishyushye.
- Kuyogesha ahari ngombwa, ugira gr 50 z'udutwetwe muri litiro 1 y'amazi ashyushye; ushaka kuyoga wongeramo amazi bikoroshya umubiri unaniwe.
- Amavuta yayo ni gr 100 z'udutwetwe muri ½ cya litiro y'amavuta ya elayo, ukabicanira amasaha atatu, ukayungurura ukajya uyakoresha abitse mu icupa.

UMWENYA = UMUSURA

Wongera imbaraga mu mubiri, ukavura uburibwe mu mubiri n'umutwe uryana. Kuyinywa ni gr 20 z'amababi n'udutwetwe muri litiro 1 y'amazi ashyushye, ibirahure 4 ku munsu.

ICYAGARA

Cyoroshya uburibwe bwo mu mara kicarwanya impiswi n'umwuka ubyimba mu gifu. Kukinywa ni gr 30 zacyo muri litiro 1 y'amazi ashyushye, ikirahure 1 gishyushye nyuma ya buri gaburo; ushobora gushyiramo ubuki.

BAZIRIKI

Yoroshya ibibazo byose by'igogora ritagenda neza byose no kuribwa umutwe n'ibibikomokaho. Ku bananiwe mu bwonko no gutera buhoro k'umutima irabafasha. Yongera amashereka ku bonsa; ituma imihango y'abagore igenda neza kandi ntiryanze.

Uko bayitegura :

- Gr 30 z'indabo n'amababi muri litiro 1 y'amazi ashyushye, ikirahure 1 nyuma ya buri gaburo gishyushye harimo n'ubuki.

IKINETENETE

Gifasha igogora ritinda kikoroshya mu nda; gifasha abantu bazahajwe n'umunaniro w'ubwonko bakabura ibitotsi; cyoroshya kwikanya kw'imitsi y'ubwonko, umuntu akagwa neza mu mutwe. Gifasha ku ndwara z'ubuhumekero na Rubagimpande.

Uko bagitegura :

- Gr 50 z'udutwetwe muri litiro 1 y'amazi ashyushye, ibirahure 3 ku muni.
- Gutsirima ayo mazi ku barwaye Rubagimpande.

PILIPILI-MANGA

Yoroshya igogora rikihuta kubwo kongera imbaraga imvubura z'imisemburo mu gifu. Igabanya guhindagana umuriro; yica inzoka zo mu mara; yongera iruba.

Uko bayikoresha :

Iribwa nk'ikirungo mu biryo; ariko wirinda nyinshi kuko yatera kokerwa mu gifu no mu ruhago, ukaba wanyara amaraso. Agatwe k'ikanya

kuzuye karahagije mu biryo. Abarwaye Igifu, Urwagashya, kalizo, Hypertension, bakwiye kuyirinda.

TANGAWIZI

Yoroshya igogora, ikongera iruba, igafasha abananiwe n'ababuze appetit.

Uko bayikoresha :

Inyobwa nk'ikirungo cyangwa gr 2 z'ikijumba cyayo gisekuye muri ½ cya litiro 1 y'amazi ashyushye, ikirahure 1 nyuma ya buri gaburo. Nturenze urugero kuko byatera Gastrite.

K. IBIMERA BIFASHA AGASABO K'INDURWE

URUBURAMAJYO

Rufasha gusohora ibiri mu Gasabo k'indurwe ku bakarwaye; rwongera imbaraga igogora; rwomora ibisebe n'ibibyimba byanduye mu kurubandikaho.

Uko barutegura :

- Gr 30 zarwo muri litiro 1 y'amazi ashyushye, ibirahure 2 ku muni.
- Kubiza iminota 30 gr 80 zarwo muri litiro 1 y'amazi, ukabisya kugeza bibaye igitsima wabandika ahababara.

ARTICHAUT

Yongera indurwe ku barwaye umwijima uyikeneye; igabanya ibinure mu maraso, isukari mu mubiri niyo mpamvu ari ingenzi ku barwaye Diabète; yunganira mu gusohora imyanda yo mu ruhago rw'inkari.

Uko bayitegura :

- Gr 80 zayo muri litiro 1 y'amazi ashyushye, ibirahure 3 ku muni mbere y'ibiryo.
- Gukora umutobe w'ibibabi byayo, ukajya unywa ikirahure buri gaburo.

AGASHIHE karanda

Gafasha abakunda kugira Impatwe zihoraho; ibibazo mu gasabo k'indurwe; Bronchite n'inkorora yumye; kagasohora inzoka zo mu mara.

Uko bagategura :

- Gucanira gr 30 z'imizi muri litiro 1 y'amazi kugeza hasigaye ½ cyayo, maze ukabitereka amasaha runaka, ibirahure 3 ku munsu.
- Gukoresha ifu y'imizi ni gr 1 mu kirahure, ibirahure 3 ku munsu

RADIS

Ivura umwijima, ikarwanya cyane sinusite. Yongera ikorwa ry'impindura y'umwijima, maze agasabo k'indurwe kagakora neza. Ni umuti ku barwaye umwijima w'ubwoko bwose n'uwajemo ubwandu. Ni Antibiotique ku barwaye Bronchite, Sinusite, ababaswe n'itabi barimo kurireka, igabanya ubumara bwaryo mu mubiri; itera appetît, igasukura umubiri. Iribwa ari mbisi muri salade cyangwa nk'ikirungo mu biryo; umutobe wayo ushobora kuwuvanga n'ubuki ukanywa.

IKIGWARARA (ikigembegembe, ikirongorera)

Kivura Umwijima w'ibinure cyangwa uwandujwe n'imiti, udusimba, inzoga nyinshi... n'uwa cirrhose. Gifasha uburwayi bw'umutwe (migraine); umunaniro w'ubwonko. Kunywa ikirahure 1 mbere yo kujya mu rugendo birinda iseseme no kuruka.

Uko bagitegura :

- Kurya utubabi tworoshye nta mahwa ari tubisi.
- Gucanira gr 50 z'imbutu zisekuye, amababi n'imizi muri litiro 1 y'amazi ibirahure 4 ku munsu.

PISSENLIT

Inshuti magara y'umwijima n'impayiko. Yongera imbaraga igogora kuko ifasha mu kuvubura imisemburo n'indurwe bikenewe mu gifu. Ni ikimera gikora cyane ku ndurwe niyo mpamvu ari ngombwa ku barwaye : umwijima w'indurwe nke, agasabo gakorana intege nke, abafite utubuye mu gasabo k'indurwe. Yongera inkari maze bigafasha mu

gusohora imyanda mu mubiri. Iyo abantu batituma hari igihe barwara indwara z'uruho, yoroshya rero ibyo bibazo.

Uko bayitegura :

- Uyivanze n'indimu cyangwa amavuta ya Elayo iribwa nka salade.
- Ushobora gusekura ibibabi n'imizi ukabona umutobe wayo, utuyiko 3 mbere ya buri gaburo, ukaba wamara nk'ukwezi cyangwa ukarenza.
- Gr 60 zayo muri litiro 1 y'amazi ashyushye, ikirahure mbere ya buri gaburo.

L. IBIMERA BIFASHA IGIFU

UMUBERANYA

Utera kuryohereza; woroshya igogora ryose ritagenda neza; ukura icyuka cyabyimbye mu nzira z'ibiryo; woroshya imikaya n'imikorere y'ubwonko; ukayura Rubagimpande kandi ugatera ibitotsi ababibuze. Uvura ibibazo by'uruho.

Uko bawutegura :

- Akayiko gato k'imizi isekuye mu kirahure cy'amazi, ibirahure bibiri ku munsu.
- Kuyoga ni gr 500 z'imizi isekuye muri litiro 1 y'amazi ugashyira mu mazi yo koga.

INANASI

Isimbura imvubura zo mu gifu; woroshya inkorora, ikagabanya kuryohereza.

Uko iribwa : udusate 2 mbere yo kurya cyangwa ikirahure cy'umutobe wayo iminota 15 mbere yo kurya. Iyo ibitswe ita agaciro kayo.

IGISENGOSENKO kinini

Gitera kuryohereza cyane, kikoroshya igogora, kigakura icyuka kibyimba mu gifu. Kivura uburwayi bwo kumanuka kw'igifu, akaberetwa gakomotse ku mirire, ku bari mu bizamini, ukora ibinaniza

ubwonko cyangwa undi mutwe wose uryana. Cyoroshya inkorora.

Uko bagitegura :

- Gucanira gr 30 z'umuzi usekuye (kuko ariwo ufite akamaro cyane) muri litiro 1 y'amazi, ikirahure mbere ya buri gaburo, ushobora kongeramo amababi yoroshye n'imbuto.
- Kucyoga ni gr 100 muri litiro 1 y'amazi, ukabisuka mu yo koga.

GUTWI KUMWE

Irarutsa cyane, nk'igihe umuntu yandujwe n'inzoga iramufasha. Itera impiswi bashaka kuvura amatungo. Ku bapfukiranywe n'ibimyira mu mazuru.

Uko bayinywa :

- Gr 8 z'imizi n'utubabi tworoshye mu kirahure cy'amazi ashyushye, nturenze 2 ku munsu.
- Agatwe k'akayiko gato k'ifu y'imizi n'ibibabi byumye karahagije ku munsu.

N.B : Nturenze urugero kuko byagutera kuva mu gifu no mu mara. Ubundi imbisi niyo yateza akaga kuruta iyumye.

AMASHU

Umutobe wayo uvura ibisebe byo mu gifu : iyo unywa uwo mutobe wayo nyuma y'iminsi 4 uburibwe burashira, naho nyuma y'ibyumweru 3 ibyo bisebe biba byakize; ni ikirahure 1 mbere ya buri gaburo. Amashu yongera amaraso, arwanya kuzahara, agabanya ubwinshi bw'isukari mu maraso ku barwaye Diabète. Asohora imyanda mu mubiri, iyo unywoye uwo mutobe ntacyo wariye bisohora inzoka zo mu mara. Kubandika ikibabi gishyushye ku ruhu bivura ibisebe n'ibindi bibazo by'uruhu. Arinda ibibyimba bya Kanseri.

Uko bayategura :

- Kunywa umutobe wayo ikirahure mbere yo kurya cyangwa nta kindi wariye.
- Gusya imigongo y'ikibabi, ukagishyushya n'ipasi, ubundi ukacyibandika ku ruhu.

N.B : Kurya amashu igihe kirekire udahagarika, bitera Umwingo.

IPAPAYI

Ivura inzoka cyane Tenia. Ivura impatwe no kokera mu mara.

Uko bayitegura :

- Amata y'ipapayi aboneka usharuye ku mbuto cyangwa ku giti bigifite ibara ry'icyatsi, ugafata gr 20 ukavanga n'ubuki n'amazi ashyushye nyuma ya buri gaburo mu kuvura inzoka.
- Gr 30 z'amababi muri litiro 1 y'amazi ashyushye, ibirahure 3 ku munsu.

UMUGOMBE

Wirukana icyuka kibyimba mu gifu n'ibindi bibazo byo mu gifu ; umurimo wawo w'ibanze ni ugusohora inzoka za Ascaris na Ankylostome.

Uko unyobwa ni : gr 20 z'amababi n'indabo muri litiro 1 y'amazi ashyushye : iyo ushaka gukemura ibibazo byo mu gifu unywa ikirahure 1 nyuma y'igaburo ; naho ku nzoka unywa ikirahure 1 mu gitondo nta kindi wari wafata, ukabikora iminsi 3, warangiza ukanywa ibisohora imyanda nk'amagaja, igikakarubamba maze inzoka zigasohoka.

IGIHWARARA

Cyongera imbaraga imikorere y'igifu, kigatera appetit no kuruka. Cyongera imvubura z'igifu zifasha mu gusya ibiryo ; gifasha umwijima udakora neza, gucika intege no ku bakirutse indwara ; kigabanya umuriro mu mubiri, isukari nyinshi mu maraso, cyomora ibisebe.

Uko bagitegura :

- Gr 40 z'amababi mabisi cyangwa ayumye muri litiro 1 y'amazi ashyushye, ibirahure 3 ku munsu mu gihe urya. Ubonye birura washyiramo ubuki. Ayo mazi niyo utsirima ku ruhu ahangiritse cyangwa ukayicaramo ari ngombwa.

N.B : Si byiza kurenza urugero kuko byatuma uruka.

AKAMENAMPISHYI

Koroshya igogora n'ibibazo bijyanye naryo byo mu gifu cyangwa mu rwagashya no kutaryohereza. Gakura icyuka kibyimba mu gifu.

Karwanya kwikanya kw'inyama z'imikaya; gaha imbaraga imikorere y'ubwonko n'abakirutse uburwayi; karwanya impumuro mbi mu kanwa ku barya Tugurusumu, Ibitunguru, abanywa itabi.

Uko bagategura :

- Gr 30 z'imbutu muri litiro 1 y'amazi ashyushye, ikirahure 1 nyuma y'igaburo.
- Akayiko gato k'ifu y'imbutu zako zumye uvanze n'ubuki, ikirahure nyuma y'igaburo.

N.B. Wirinde kugakoresha ari kabisi kandi nturenze urugero.

GANGABUKARI

Yo na Kenkina bivura Malaliya.

Yongera imbaraga z'imikorere y'igifu; igafasha mu ikorwa ry'indurwe n'Agasabo gakorana intege nke; yongera imbaraga mu kurwanya indwara.

Uko bayitegura:

- Gushyira igice cy'umuzi wayo gr 10 muri litiro 1 y'amazi akonje, ukabitereka amasaha 5, ibirahure 3 ku munsu mbere y'igaburo, ntushyiremo ubuki.
- Kubiza gr 10 z'umuzi muri litiro 1 y'amazi, ukabicanira isaha yose, ½ cy'ikirahure mbere ya buri gaburo 3 ku munsu.

N.B: Nturenze urugero; abarwaye ibisebe mu gifu yabangiza kuko ivubura imisemburo myinshi bikaba byabatera ibibazo.

ISHIKASHIKE itabumbura indabo

Ivura ibibazo by'igifu: kugogora cyangwa bitinda bikarushya cyane; impiswi. Yongera imbaraga mu mubiri igakangura imikorere y'ubwonko.

Uko bayitegura:

Gr 30 zayo muri litiro y'amazi ashyushye, ibirahure 5 nyuma y'igaburo.

UMUHENGURI WA KIZUNGU (ku rugo)

Uvura ibibazo by'igogora ritagenda neza, kuribwa mu mihango; ibibazo by'imikorere y'ubwonko.

Uko bawunywa: gr 30 z'amababi muri litiro 1 y'amazi, ikirahure nyuma ya buri gaburo.

IMYUMBATI

Yoroshya mu gifu, ni ingenzi ku barwayi b'igifu n'abacitse intege; ifu yayo ivanze n'indimu bishyushye bihisha ibibyimba n'uduheri twanduye iyo ubibanditseho. Ifu yayo ni nziza kuyivugamo umutsima.

UMWENYA WO HASI bawunywamo icyayi

Wongera imbaraga mu igogora, ugakura icyuka kibyimba mu gifu; wongera indurwe; woroshya uburibwe bw'umutwe bukomotse ku mikorere mibi y'amara. Uvura inkorora na Kokolishe; woroshya ibibazo byo mu mihango y'abakobwa; usohora inzoka zo mu nda iyo uwunywa nta kindi wafashe. Usukura mu kanwa harwaye cyangwa havamo impumuro mbi. Uvura ibisebe by'uruhu.

Uko bawutegura:

- Kubiza litiro 1 y'amazi, ugatereka , ugashyiramo gr 20 zawo, wamara kuyungurura ugashyiramo ubuki ukanywa.
- Ku bibazo by'igogora unywa ikirahure nyuma ya buri gaburo.
- Kuri bronchite, abagira ibibazo mu mihango, ufata ikirahure cyawo gishyushye buri masaha abiri harimo ubuki. Ayo mazi yawo niyo yoza mu kanwa no ku ruhu hangiritse.

AGASENGOSENKO gato

Gakemura ibibazo by'igogora kakongerera appetît, kagasukura mu mara, kavura asthme, bronchite n'abashaka kureka itabi kuko gasohora ibikororwa neza. Ku borozi b'amatungo kongera amata mu gihe cyo konsa. Ni keza ku bana mu gihe babyimbye icyuka mu nda cyangwa barwaye impiswi.

Uko bagategura :

- Gr 3 z'imbutu zako mu kirahuri cy'amazi ashyushye, ibirahure 3 ku munsu bishyushye cyane nyuma y'ibiryo; ushobora gushyiramo ubuki.
- Ku bana ni akayiko gato k'imbutu zumye muri ¼ cya litiro y'amazi ashyushye, ukamuhesha ako kayiko cyangwa ukamuha muri Bibero. Ubuki ku mpinja si bwiza.

QUASSIA

Yongera imvubura z'igifu maze kigasya ibiryo vuba; ikaba umuti mwiza ku igogora rirushya cyangwa ritinda. Igabanya guhindagana umuriro mu mubiri; iyo uyogesheje mu kibuno, ivura inzoka zo mu kibuno ziriyana ziriyata.

Uko bayitegura : Gucanira gr 10 z'ibishishwa cyangwa uruti muri litiro y'amazi, ukajya unywa ikirahure mbere ya buri gaburo. Ayo mazi niyo wogesha mu kibuno urwaye inzoka; mu kuyinywa wirinda kurenza urugero kuko byatera kuruka; abari mu mihango nabo barayirinda.

Ururabo rwa VERONIKA

Ruvura kutaryohereza, kuremererwa mu gifu bityo rugafasha cyane abarwaye umutwe wa migraine utewe n'ibibazo by'igifu. Ruvura uburwayi bwo mu myanya y'ubuhumekero, rworoshya mu mihogo, rukagusha neza umubiri wose; rukavura kugubwa nabi ku ruhu.

Uko barutegura : gr 40 zarwo muri litiro 1 y'amazi ashyushye, ibirahure 3 ku munsu. Iyo ushaka kuryohereza urunywa mbere yo kurya. Rushobora gukurwamo umutobe. Ayo mazi abijijwe, noneho ushobora kuyatsirima ku ruhu aharwaye.

M. IBIMERA BIFASHA AMARA**GASAHO**

Itunganya igogora; ikamura ibitameze neza mu mubiri, niyo mpamvu ari ingenzi ku babyibushye cyane, abarwaye diabète n'umutima utera cyane. Ibibabi byayo bitera impiswi kandi iyo ubibanditse ku matwi

bivura ibibazo byaho ; indabo zivura Grippe na Bronchite.

Uko bayitegura :

- Ururabo rwayo ruraribwa rugakorwamo n'umutobe bashyiramo ubuki.
- Kunywa : ibibabi 3 mu kirahure (cyangwa indabo 2) ibirahure 3 ku munsu.
- Ibibabi bisekuye nibyo bakoresha aharwaye.

NKULIMONGA = GISAYURA

Isukura mu mara ikoresheje gutera guhitwa ku bafite impatwe; itera indurwe gusohoka.

Uko bayitegura :

- Akayiko gato k'imizi cyangwa ibibabi bisekuye mu kirahure cy'amazi ashyushye, ibirahure 3 ku munsu harimo ubuki.
- Ukoresha ifu ni gr 3 ku munsu igabanyijwemo 3 ku munsu.

UMWICANZOKA muto

Utuma imyanda y'ibiryo yagugaye mu mara isohoka cyane ku bagize Impatwe bitewe n'ingendo, guhindura amoko y'ibiryo, nyuma yo kubara cyangwa yo kubagwa. Guhitwa biba nyuma y'amasaha atandatu umaze kuwufata.

N.B : Abatwite, abari mu mihango y'abagore, abarwaye mu mara (cystite ou colite) barawirinda. Abarwaye kwiya ko mu kibuno cyangwa kalizo nabo bakoresha muke cyane kandi bitonze.

Uko bawutegura :

- Kunywa gr 3 z'ifu y'indabo ni mugoroba mu mazi, ariko ntiwikurikiranye iminsi irenze 7. Ku bana ubaha $\frac{1}{2}$ cy'urwo rugero. Ushaka kuwogeshya ni gr 20 muri litiro 1 y'amazi ashyushye.

UMWICANZOKA munini

Niwo mwiza kuruta mu gusohora imyanda yagugariye mu mara no ku barwaye Impatwe ; nta ngaruka ku bana n'abantu bakuru.

Uko bawutegura : ni gr 50 z'imisogwe muri litiro 1 y'amazi abira, ukayungurura, ikirahure $\frac{1}{2}$ mu gitondo.

AKAYOGERA gato

Gasukura mu mara gasohora imyanda yagugariyemo mu gutera guhitwa kudafite ingaruka nko ku bafite impatwe, ababyibushye cyane cyangwa abafite acide nyinshi mu ruhago.

Uko bagategura ni gr 100 z'amababi muri litiro 1 y'amazi ashyushye n'ubuki, ibirahure 3 ku munsu mbere yo kurya. Si byiza gukoresha imbuto zako.

IGIKUMBABURIMI

Gisohora imyanda yagugariye mu mara ; kivura inzoka kandi kigakangura imihango y'abakobwa. Ariko si cyiza ku batwite n'abarwaye mu mara.

Uko bagitegura ni gr 2 z'ifu y'imizi yacyo muri $\frac{1}{2}$ cy'ikirahure cy'amazi ashyushye harimo ubuki. Naho ku bana ni mg 50 bitewe n'ibiro bafite.

IGISHIHE cy'ikigabo

Ikijumba cyacyo kigagaza (paralyser) inzoka zo mu mara nka Teniya, noneho nyuma yo kugifata amasaha runaka ukanywa ibisohora imyanda mu mara, izo nzoka zigasohoka. Kivura rero : Teniya, Bothriocéphale, Ankylostome duodéal.

Uko bagitegura ni gr 5 z'ifu y'ikijumba n'imizi mu gitondo n'izindi gr 5 nimugoroba (ku bana ni gr 2,5), hashira iminota 15 ugafata ibisohora imyanda mu mara.

N.B. gukoresha iki kimeru bisaba kwitonda cyane nturanze urugero kuko byagutera uburwayi bunyuranye. Umuntu wanyoye inzoga, uwariye amavuta, uwazahaye, urwaye igifu n'umutima ntabwo bagikoreshe.

POMME

Ivura Impiswi yose nk'izana ibirenduka n'amaraso ; kuyirya mu gitondo nta kindi wafashe, byoroshya mu nda n'umubiri wose ; iyo hari ubumara mu mubiri irabusohora (ukoresheje amababi n'indabo byarutaho) ; ifasha aba Rubagimpande, kuribwa mu mavi n'abafite amabuye mu ruhago rw'inkari ; abarwaye umutima utera cyane ; igabanya ubwinshi bw'amavuta mu maraso ; ni ingenzi ku bananirwa mu bwonko mu mikorere yabo.

N.B. Kuri ubu burwayi twavuze, ufashe ikiro cyangwa bibiri bya pome mu minsi ine, aribyo urya byonyine byarushaho kugufasha cyane nko ku mpiswi.

AMAPERA

Ibibabi n'ibishishwa by'imizi birwanya diarrhée na dysenterie ; amazi yayo uyogesheshe unakaraza mu kanwa bivura ubwandu bw'ururenda rwo mu mihogo na angine ; imbuto zayo zifasha abazahaye n'abananiwe kuko zikize kuri vit.A,B, by'umwihariko vit.C.

Uko bayategura : Ni ugucanira gr 50 z'amababi n'ibishishwa by'imizi muri litiro 1 y'amazi, ikirahure 1 buri masaha 4 kugeza aho diarrhée ikiriye. Ayo mazi ni nayo ukaraza wogeshya mu kanwa.

RUBARUBE

Unyoye ½ cy'ikirahure, byoroshya igogora ritagenda neza n'impiswi; unyoye ikirahure cyose, bisohora imyanda bigafasha n'umwijima ugakora neza; unyoye ibirahure 2 n'igice bisohora inzoka n'imyanda ku rugero rwo hejuru. Biba byiza nyuma yayo ukurikijeho ibisana umubiri nka pomme.

Uko bayitegura : Ni gr 8 z'imizi yayo muri litiro 1 y'amazi ashyushye, ibirahure 2 ugiye kuryama.

IKIBONOBONO: Amagaja.

Amavuta y'imbutu zacyo asohora imyanda cyane cyane inzoka zo mu mara. Amavuta n'ibibabi byacyo byomora ibisebe binavura ibibazo byo ku ruhu.

N.B : Imbuto 3 ku bana cyangwa hejuru 10 ku bakuru zishobora kwica.

Uko bagitegura : Ni gr 7 z'amavuta yacyo ku bana na gr 20 ku bakuru, mu gitondo mbere yo kurya nta kindi wari wafata. Amavuta yacyo bayasiga ahangiritse, naho ibibabi byacyo bisekuye nibyo babandika ku ruhu.

NYIRAMUKO

Kuko ikize ku munyu wa fer irwanya ubuzahare bwo kugira amaraso make cyangwa kubura uwo munyu; igasukura umubiri nko ku bafite impatwe; ibibabi byayo byomora ibisebe.

Uko bayitegura :

- Ibibabi byayo biribwa nk'imboga zindi.
- Gr 30 z'ibibabi cyangwa imizi yumye isekuye muri litiro 1 y'amazi ashyushye, ibirahure 3 ku munsu. Ushobora kunywa umutobe w'amababi wasekuye : ikirahure 1 ku munsu.
- Kubandika ibibabi n'imizi isekuye ku bisebe n'ibibyimba.

UMUBAGABAGA = UMUCYURO

Uwuvanze n'umwicanzoka muto bisohora imyanda yagugariye mu mara nta ngaruka; wongerera ikorwa ry'indurwe bigatuma ibinyabinure bigogorwa neza, kandi bigafasha gusohora indurwe ijya mu rura gutunganya ibyaserewe mu gifu; ifasha abahindagana umuriro n'abakora imyitozo ngorora-mubiri ibongerera imbaraga. Ibibabi byawo byica inzoka zo mu mara kandi bikahoroshya.

Uko bawutegura :

- Gr 40 z'imbutu (imisogwe) bivanze n'amazi kugeza ku birahure 3 ku munsu.
- Gr 30 z'amababi muri litiro 1 y'amazi ashyushye, ibirahure 3 ku munsu.

N. IBIMERA BIFASHA MU KIBUNO

INKERI z'agasozi ziribwa

Amazi y'utukiri dutoto n'amababi bifasha abarwaye kalizo ntikomeze kuva amaraso no gukura; ibyo iyo ubyongeyeho inkeri zihishije, umutobe w'ibyo 3 bivura Impiswi, ubwandu bwo mu gifu, indwara zo mu muhogo no mu kanwa. Umutobe w'inkeri zeze ufasha ku ndwara zitera guhindagana umuriro; amazi y'ibibabi yomora ibisebe n'ibibyimba.

N.B : Abanywi b'itabi bashaka kurireka, bagize ubushake bashobora kujya bagenda bahekenya inkeri ikiri ntoya, uburyohe bwayo busimbura ubw'itabi akamenyera atyo, akarireka.

Uko zitegurwa :

- Gucanira gr 40 z'udukeri tukiri duto n'amababi muri litiro 1 y'amazi iminota 8, ibirahure 3 ku munsu.
- Gucanira gr 80 zazo muri litiro 1 y'amazi, ayo mazi niyo bicaramo bakanayatsirima ku nda yo hasi ku barwaye kalizo, bakanayogesha mu kanwa. Amababi asekuye niyo yomora uyabanditse aharwaye.

IMIZABIBU

Ivura ibibazo byo mu maraso kandi ikize ku ntungamubiri cyane; ivura ubwandu bwo mu gifu butera impiswi irimo amaraso, kuva amaraso ku bantu bakuze n'abari mu mihango. Ibibabi byayo bihagarika kuva imyuna, amazi y'igiti cyayo aromora; imbuto zifasha abazahaye n'abananiwe cyane; zikavura indwara z'impiko, umutima no kuribwa mu ngingo.

O. IBIMERA BIFASHA MU NZIRA Z'INKARI

UMUGWEGWE

Ufasha ababyimbye amaraso cyangwa amazi mu mubiri; amazi ava mu ruti rwayo aromora; agafasha ku bibazo by'igogora n'umwijima.

Uko bawutegura :

- Ni gr 30 z'imizi n'ibibabi byumye bisekuye muri litiro 1 y'amazi ashyushye, ibirahure 3 ku munsu harimo ubuki.
- Amazi ava mu ruti cyangwa mu bibabi aromora.

URWIRI

Rufasha abarwaye impyiko, goutte, arthrite; rutera kubira icyuya ku barwaye grippe n'iseru...

Uko rutegurwa :

- Kubiza gr 40 z'imizi yumye muri litiro 1 y'amazi iminota 10, ibirahure 3 ku munsu.

CERELI

Ifasha abarwaye impyiko no kuribwa cyangwa kubyimba mu ngingo; kubw'uko ikize ku myunyu ngugu itera appetit ikongera imbaraga abananiwe cyane mu bwonko unyoye umutobe wayo.

Uko bayitegura :

- Iribwa nka salade, isosi yayo n'ibitunguru, mu mutobe.
- Gr 8 z'imbutu mu kirahure cy'amazi ashyushye, ikirahure nyuma y'igaburo.
- Gucanira gr 40 z'imizi muri litiro 1 y'amazi ibirahure 3 ku munsu.

N.B : Abagore batwite bakwiriye kuyirinda.

UMUSHUNGURU

Ni umuti mwiza uvura indwara zo mu nzira z'inkari cyane.

Kuwutegura : Ni gr 50 z'amababi muri litiro 1 y'amazi ashyushye, ibirahure 3 ku munsu ; ayo mazi niyo bogesha umuyoboro usohora inkari mu gitsina (urètre).

URUBONDE

Rufasha ababyimbye amazi mu mubiri; kubyimba mu ngingo bibanziriza imihango kuri bamwe; amabuye mu mpyiko; Goutte na Arthrite; rwomora ibisebe; ibishishwa byarwo bigabanya guhindagana umuriro.

Uko barutegura :

- Gr 40 z'amababi n'imbutu (bourgeon) muri litiro 1 y'amazi ashyushye, harimo ubuki ukanywa ikirahure 1 ku munsu; ayo mazi niyo yomora ibisebe.
- Gucanira gr 70 zarwo muri litiro 1 y'amazi kugeza hasigaye ½ cya litiro, ibirahure 3 ku munsu harimo ubuki.

IKIGEMBE GEMBE

Gifasha ababyimbye amazi mu maguru no mu birenge; Arthrite yo mu ngingo n'abarwaye amabuye mu mpyiko; imizi yacyo nayo itera kuryoherwa.

Uko bagitegura :

- Iyo kikiri gitoto kiribwa nka salade.
- Gr 40 z'imizi isekuye muri litiro 1 y'amazi ashyushye, maze ureke bihore bikonje, ibirahure 3 ku munsu ariko ntubibike ngo urenze uwo munsu.

INKERI ZA KIZUNGU

Zitanga ubwiza bw'uruhu kuruta amavuta yandi yose; ku barwaye kubyimba no kuribwa mu ngingo kubw' acide urique, uzirya zonyine. Zivura impatwe n'amara afite intege nke; zongera imbaraga mu mubiri. Amababi yazo afasha abahitwa, aromora, ku ndwara zo mu kanwa no mu mihogo ukaraza amazi yazo.

Uko bazitegura :

- Kurya kg 1 yazo ku munsu nta kindi wariye, iminsi 3.
- Gr 50 z'amababi muri litiro 1 y'amazi ashyushye, ibirahure 4 ku munsu. Wongeye ayo mababi amazi yayo aromora akaba ariyo bakaraza mu kanwa.

GEREVERIYA

Ifasha ababyimbye amazi na acide urique nyinshi mu mubiri; Bronchite, Tuberculose, yongera imihango y'abagore; ivura Rubagimpande.

Uko bayitegura :

- Kurya imbuto zayo 6, gatatu ku munsu nyuma y'igaburo.
- Gr 30 zazo muri litiro 1 y'amazi ashyushye kugeza ku birahure 3 ku munsu.
- **N.B:** Nturenze rugero kandi imbuto zayo si nziza ku bagore batwite n'abanyara amaraso.

UMUSE

Usukura mu ruhago rw'inkari; wongera imihango, ukagabanya n'uburibwe mu gihe cyayo; womora ugabanya uburibwe bw'ibibyimba.

Uko bawutegura :

- Gr 30 zawo muri litiro 1 y'amazi ashyushye, ibirahure 3 ku munsu harimo ubuki.
- Ukoresheje gr 60 niyo wogesha ukanatsirima ku mubiri.

PERISILI

Ifasha ababyimbye amazi mu mubiri, yongera imihango, abafite intege nke, ku mikorere y'umutima, abanyara inkari nke, uwazahaye, uwabuze appetit n'ukirutse indwara bakoresha imizi. Ifasha ku mihango idakurikiza igihe, ugakoresha imbuto. Ifasha uwarumwe n'agasimba.

N.B: Abagore batwite bakwiriye kwirinda kuyirya cyane.

Uko bayitegura :

- Gr 30 z'amababi cyangwa gr 15 z'imizi icagaguwemo uduce, cyangwa gr 5 z'imbuto muri litiro 1 y'amazi ashyushye, ikirahure mbere y'amagaburo 3 y'umunsu.
- Utuyiko 3 duto tw'umutobe mbere ya buri gaburo.
- Ibibabi bisekuye nibyo ubandika aharwaye.

IBISHYIMBO

Imisogwe y'ibishyimbo isohora amazi ku bayabyimbye mu mubiri n'ababyimba batyo mbere y'imihango; ifasha abarwaye Goutte, amabuye mu mpyiko n'abafite acide urique nyinshi irasohoka. Yongera imbaraga imikorere y'umutima; igabanya isukari mu maraso; ni ingenzi cyane kuri Diabète.

Uko babitegura :

Gucanira gr 100 z'imisogwe yumye muri litiro 1 y'amazi bikageza aho hasigara ½ cyayo, ayo mazi asigaye niyo unywa umunsi wose.

IHUMA

Rirwanya amabuye yirema mu mpyiko; igafasha ababyimbye kandi baribwa mu ngingo.

Uko baritegura :

- Kurya imbuto 20 mu gitondo cyangwa saa sita.
- Guacanira gr 100 muri litiro 1 y'amazi, ibirahure 3 ku munsi.

ISURI (igenda iranda ku kintu)

Ivura Rubagimpande, kuribwa no kubyimba mu ngingo; indwara z'impiko no guhindagana umuriro; kutaryohereza no kuremererwa mu gifu; indwara z'uruhu.

Uko bayitegura :

Gr 30 z'imizi n'ibijumba bisekuye muri litiro 1 y'amazi ashyushye, ibirahure 3 ku munsi mbere y'igaburo.

N.B: Wirinde imbuto zayo.

ISHIKASHIKE (ibumbura indabo)

Ivura ubwandu bwo mu mpyiko butera indwara zinyuranye, ubwā prostate no kuribwa mu ruhago; ivura goutte, arthrite, eczemas, umubyibuho ukabije, guhitwa cyane nko ku bana bari kumera amenyo; yomora ibisebe.

Uko bayitegura :

- Guacanira gr 40 z'udutwetwe turiho indabo muri litiro 1 y'amazi iminota 8, kunywa kugeza ku birahure 5 ku munsi. Ku bana ucanira cyane kugeza ubwo hasigaye ½ cya litiro noneho ugashyiramo ubuki ukamuha ku kayiko.
- Gutsirima no gusiga ku ruhu, ni ugucanira gr 100 muri litiro 1 y'amazi.

- Kubandika, ni ibisekuye bikamara iminota 15 ku ruhu kabiri ku munsu.

IKIGORI

Byoroshya kandi bikarinda ururenda rwo mu mara; bitunganya imikorere y'umubiri niyo mpamvu ari ingenzi ku bashaka kubyibuha, abazahaye n'abakirutse indwara; ariko ucyongeraho n'ibindi bitanga izindi nyubakamubiri (protéines) kuko ibigori byonyine bidahagije. Kigabanya amavuta mu maraso; ku baribwa mu ruhago cyangwa ubwandu buzamukira mu muheha w'inkari w'igitsina, babandika ifu yabyo ku mpyiko bishyushye bakanywa n'imisatsi yabyo. Iyo misatsi na none ifasha abarwaye kubyimba amazi, indwara z'umutima, abariye umunyu mwinshi mu biryo, Goutte, Arthrite n'amabuye yo mu ruhago rw'inkari.

Uko babitegura:

- Kubirya mu buryo bunyuranye
- Gr 30 z'imisatsi yabyo muri litiro 1 y'amazi ashushye, ukabinywa mu gitondo cyangwa saa sita, ibirahure 4 ku munsu; ariko ntubinywe nimugoroba.
- Ku barwaye impyiko, uyinywa unabandika ifu yabyo ku nda yo hasi iminota 10, kabiri ku munsu.

P. IBIMERA BIFASHA IMYANYA NDANGABITSINA Y'ABAGABO

IGIHAZA

Birinda kubyimba kwa Prostate, niyo mpamvu inzuzi zabyo ari ingenzi ku bantu bakuze; bivura uburwayi bunyuranye bwo mu ruhago by'umwihariko kwihagarika buri kanya; inzuzi zivura inzoka nka Teniya na Ascaris; umaze igihe uzirya ugomba kurya ibisohora imyanda mu mubiri zigasohoka; ibihaza byoroshya inzira z'ibiryo zose, niyo mpamvu ari ingenzi ku barwaye mu izo nzira, kalizo n'impayiko. Zikize ku munyu wa Zinc niyo mpamvu ari ingenzi ku bwonko.

Uko babitegura:

- Kurya ibihaza
- Inzuzi zishobora kuribwa gr 100 kabiri ku munsu
- Iyo uzikoresha ku nzoka ubigenza utya:
 - ubanza kumara amasaha 12 nta kindi ufata keretse amazi, uhareye nyuma ya saa sita.
 - Gusekura gr 800 z'inzuzi
 - Kuzigabanya 3: iza mu gitondo, saa sita na nimugoroba, akaba aribyo urya byonyine, keretse wenda karoti kuko nayo irwanya inzoka.
 - Hashira isaha umaze gufata ibya nyuma, ukanywa ibisohora imyanda mu mubiri nk'amagaja, umwicanzoka muto.
 - Kugenzura mu myanda wituma ko zasohotse, iyo ntazo urongera ukabisubira. Ku bana ukoresha gr 400.

UMUKINDO W'I WASHINGTONI (ururabo rufite amababi nk'ay'ikinanda bacuranga)

Uhagarika mu buryo bukomeye uburwayi bunyuranye bwa Prostate : kubyimba kwayo, kunyara bikuruhije, kumva ushaka kunyara buri gihe ; ni ingenzi kuri prostate ikomeye kandi ihoraho. Ushora imyanda mu mubiri.

Uko bawutegura:

- kurya imbuto zihishije gr 100 ku munsu
- gucanira gr 100 z'imbuto ukanywa.

SEZAME

Igabanya ibinyamavuta mu maraso; ikize ku ntungamubiri ukeneye, ni ibiryo byuzuye; yongera iruba ryo kuryamana n'imbaraga zo kubikora; ifasha abakora ibinaniza umubiri n'ubwonko cyane.

Uko bazitegura ni ukubanza kuyitoramo amabuye, ukayinyuza mu mazi ngo utubuye duto dusigare mu mazi, ukayikuramo, ukayikaranga buhoro buhoro nk'ubunyobwa n'akunyu gake ku bawurya, ibiyiko 2 ku munsu.

ICYAYI CYA BURIKE nacyo kibyutsa iruba kikogera imbaraga mu mikorere y'ubwonko.

Akanyamata k'ihene n'Inkeri z'i gasozi zitaribwa, bigabanya iruba; kunywa amazi menshi. Naho ibimera byongera iruba ni Igitunguru, Umwenya, Pilipili-manga, Tangawuzi, Umuberanya, Gangabukari, Icyayi cya burike, Romari na Capucine.

R. IBIMERA BIFASHA IMYANYA NDANGABITSINA Y'ABAGORE

Ibimera byongera amashereka

Igisura, Funulle, Baziriki, Kumino, Agasengosengo gato. Naho ibigabanya amashereka ni utwatsi twa Pervache

UMUHASHYA

Abakunda kuribwa mu gihe cy'imihango bakwiye kunywa imizi yawo.

Kuwutegura ni ugucanira gr 50 z'imizi icagaguye muri litiro 1 y'amazi, kugeza hasigaye 1/3 cya litiro harimo ubuki, utuyiko 2 duto buri gaburo, 3 ku munsu.

IFURWE Y'ISHYAMBA = IMINYONZA

Kuyinywa bikemura impagarara zo mu myanya ndangabitsina y'abagore: kuva, kuribwa mu mihango, imihango idakurikiza gahunda; kuyogesha mu gitsina imbere bihagarika ururenda rw'umweru ruzamo (leucorrhée); ihagarika guhitwa bitewe n'ibiryo cyangwa amazi byanduye; yomora ibisebe; gushyira ibirenge mu mazi yayo, byoroshya umunaniro w'ibirenge k'uwakoze urugendo rururure.

Uko bayitegura:

- gr 20 z'amababi muri litiro 1 y'amazi ashyushye, ibirahure 3 ku munsu.
- Kubiza gr100 zayo muri litiro 1 y'amazi iminota 10, akaba aribyo utsirima, usiga, wogesha, imbere cyangwa inyuma aharwaye.

ROZA ITUKURA

Isukura imyanya ndangabitsina y'abagore haba imbere ku basohora ururenda rw'umweru (leucorrhée) cyangwa ubundi bwandu burimo imbere cyangwa gusukura inyuma. Ihagarika guhitwa, ubwandu bw'imyanya y'ubuhumekero babitewe n'inzoga, sinusite; ukaraza mu kanwa no mu nkanka; yoza amaso ariyana kandi atukuye; yoroshya ibibazo by'umunaniro w'ubwonko n'indwara zishamikiyeho; irasukura kandi igatunganya uruhu ikadukiza ubuheri n'iminkanyari.

Uko bayitegura: ni gr 30 z'indabo muri litiro 1 y'amazi ashyushye, ibirahure 5 ku munsu, ushobora gushyiramo ubuki. Ayo mazi niyo ukoresha usukura n'ahandi hose.

AKANYAMATA k'agati gakomeye

Gakangura imihango y'abakobwa iza ari mikeya cyangwa rimwe na rimwe, kakanatunganya gahunda yayo, karinda uburibwe ku babugira muri icyo gihe.

Uko bagategura : ni ukunywa umutobe wako buri munsu mu cyumweru cyose kibanziriza imihango kugeza igihe iziye : uwo mutobe ni ugusekura gr 30 zako.

S.BIMERA BIFASHA MU MIKORERE Y'IBITUNGA UMUBIRI

URWAMPINGA = UMUSHABISHABI

Rusukura mu mpyiko rusohora amazi ku bayabyimbye mu mubiri n'umubyibuho ukabije; rutuma uruhu ruhumeka rugasohora imyanda iri mu mubiri bikaturinda indwara za : eczéma chronique kandi bigafasha abarwaye Impatwe.

Uko barategura :

- Rutekwa nk'ibindi biryo mu buryo bunyuranye.
- Gr 50 z'imizi yumye muri litiro 1 y'amazi ashyushye, ibirahure 3 ku munsu.

ISHARANKIMA yo ku rutare

Igabanya kuryohereza, ukumva uhaze ntukenera guhora urya; igabanya acide nyinshi mu gifu; ikize ku ntungamubiri nyinshi n'imyungu-ngugu, irwanya umubyibuho ukabije; ikize kuri iode niyo mpamvu ifasha abarwaye umwingo (urayinywa ukanayitsirima ku mwingo); isukura inatungana uruhu ikarurinda iminkanyari no kwiya...

Uko bayitegura :

- Ishobora kuribwa nk'imboga wihanganiye uburyohe bwayo.
- Gucanira iyumye : gr 20 muri litiro 1 y'amazi, ibirahure 3 ku munsu.
- Mu kugabanya umubyibuho, uyifata mu minota 15 mbere yo kurya.
- Kuyitsirima ku ruhu uyikoreshe ishyushye bikamara iminota 10, kabiri ku munsu.

T. IBIMERA BIFASHA IMIKAYA NO MU NGINGO

ROMARI

Ivura umunaniro wose cyane ku bantu bakuze bafite intege nke n'abarwaye umutima utera buhoro : uyinywa unayitsirima ahababara; isohora amabuye yo mu mpyiko; yoroshya igogora ritagenda neza iyo uyifashe nyuma y'igogora; ivura rubagimpande, imvune, kubyimba amazi mu mubiri, kuribwa inyama z'imikaya : utsirimisha alukoro yayo cyangwa romari ishyushye ivuye mu mazi, maze bikoroshya umugongo n'ahandi hababara; yomora ibibyimba n'ibisebe kandi iyo uyijunditse ugakaraza mu kanwa ivura amashyira mu kanwa. Iyi Romari uyivanze na Teyi, ukabyiyukisha ubundi ukabinywa bifasha abarwaye Sinuzite rwose.

Uko bayitegura :

- Gucanira cyane bikamara nk'iminota 15 bibira, gr 40 muri litiro 1 y'amazi, ibirahure 3 ku munsu.
- Kuyoga ni ugucanira gr 100 muri litiro 1 y'amazi, ukayakoreshe ukaraza unatsirima ahababara.
- Uko bakora alukoro ya romari : gufata romari yuzuye urushyi ugashyira mu icupa ripfundikirwa umwuka ntuhite, ririmo ml 120 z'alcool éthylique, bikamaramo iminsi 3 bipfundikiye, ukajya uyitsirima ahababara.

UMUMANURANKUBA

Ntabwo bawunywa, uvura inyuma ku ruhu gusa : gukomereka n'ipfunira. Ubandika ku ruhu imizi isekuye itetse, inshuro 3 ku munsu.

U. IBIMERA BIFASHA URUHU

IGIKAKARUBAMBA

Wari uzi ko Igikakarubamba ari igiti gifite akamaro kuruta uko benshi babitekereza ? Kirakize muri vitamini A : Kivugurura amaso, gitera ubuzima bwiza mu ruhu, kitarinda utugingo duto duto two mu mubiri. Gifite vitamini B1, bituma gitera imihore gukora neza, gigatanga n'imbaraga mu mpagarike. Gifite vitamini B2 na B6 byombi byihuriza hamwe bikarema amasaro y'amaraso. Gifite vitamini B3 ishinze guhuriza imisemburo ituma urwagashya n'indi mvubura yitwa tiroïde bikora neza, bikayobora neza ihindagurika riba mu mubiri, rishinze ibyinjira n'ibisohoka bikajya kuri gahunda ikwiriye. Gifite vitamini B₁₂, iyo vitamini irinda amasaro gukena kandi ikavugurura amasaro ntuku ashinze guhindura ibyo kurya amasaro. Iyo vitamini yo ubwayo ishinze imirimo 3 mu muntu :

- Ishinze ibyinjira n'ibisohoka
- Iha imbaraga intunga mubiri zigakwirakwira neza
- Ishinze no kongera amasaro.

Igikakarubamba gifite na vitamini C na E. Ayo ma vitamini yombi iyo ahuriye mu mubiri, birinda umuntu indwara zanduka. Gitera inguma gukira n'ubuzima bw'uruhu. Kirinda n'ibinyita by'ingingo. Gifite ibyitwa choline (vitamini B complexe) bishinze gusana udutsi duto tujyana amasaro mu mutima. Iyo vitamini ituma ibyo kurya bikwirakwizwa neza mu ngingo n'imyanda igasohoka neza mu mubiri.

Igikakarubamba gifite n'imyunyu mwimerere :

Akamaro k'Igikakarubamba n'uko gifite n'imyunyu mwimereri myinshi, irenga 20.

Gifite karisiyumu na fosiforire byombi bitera amagufwa gukura . Gifite potasiyumu irinda kuva imyuna (Epistaxis). Gifite ubutare bwongera amasaro no gutuma umwuka mwiza witwa oxygène winjira mu ngingo. Gifite sodiyumu ituma indurwe igendana n'amazi mu

maraso ikarinda amazi kwirundanya hamwe, ni yo ituma amazi asohoka neza mu ngingo no mu mihore. Gifite chlore yongera imbaraga z'imikorere y'ingingo, ikirukana imyanda yonona umubiri. Gifite manganzeze na manyeziyumu, iyo bihuriye mu maraso bituma inyama zikora neza. Gifite cuivre ishinze kumererwa neza kw'ingingo. Gifite chrome ishinze gukoresha neza imisemburo ikomoka mu rugumbu rw'amavuta turya. Gifite n'ibitwa zinc, uyu munyu ushinze gukangura no gukoresha inyubakamubiri mu gusana ahangiritse.

Igikakarubamba gifite n'ibitwa acide aminé. Acide aminé ni utuvungukira tw'inyubakamubiri, dusimbukira mu mubiri tutanogerejwe cyane, ni two dutanga imbaraga zigabanya amazi mu mubiri iyo agiye kuba menshi. Ni zo zishinze kuyobora gahunda ikorera imbere mu buryo butagaragara, nko gutumanaho k'ubwonko n'imitsi yumva hamwe n'umubiri. Ni zo zigoboka mu gusana ibinyita by'umubiri byononekaye. Ubusanzwe umubiri w'umuntu ubeshwaho na aside aminé 22. Mu'izo 22 harimo izo mu rwego rw'ibanze zigera ku 8. Izo ntizishobora gupfa kuboneka mu mubiri, hakaba n'izindi 14 zishobora kuremwa n'umubiri muzima.

Umubumbe wa zose uko ari 22, rubamba ifite 19. Muri za zindi 8 zikenewe cyane, igikakarubamba cyihariye aside amine 7. Izo ni zo izi zikuririkira : izolesine, lésine, valine, lésine, lysine metiyonine, fenilanine, furewonine.

Igikakarubamba gifite n'ibitwa anzime (enzyme) :

N'imisemburo irwanya impagarara zibonetse mu mubiri no kugarura ubuzima fatizo. Gifite iyitwa bradikinaze ishinze kurinda umubiri kuribwa, yongera ubutaraga n'ubudahangarwa (immunité), gifite seliraze ituma uturemangingo tunogerezwa neza mu myanya ishinze kugogora. Gifite iyitwa fosifokinaz ishinze gutanga imbaraga mu nyama, gifite na fosifataze na aside irinda abagabo kanseri yo muri prostate (aho ni munsu y'uruhago). Gifite na fosifotaze alikaline ishinze gukosora no gukoresha umwijima neza. Gifite ibitwa fosifotaze ishinze kujyana inyubakamubiri aho zigiyeye gukora.

❖ Dore indwara zivurwa n'igikakarubamba :

Igikakarubamba kivura inguma ikanazirinda imyanda yonona, cyihutisha ibyo kurya mu kunozwa, gituma amaraso akwirakwizwa neza. Gikoreshe impyiko neza kandi irinda amaraso kwipfundikanya,

gikoresha umwijima n'impindura, kigabanya uburibwe bwa rubagimpande no kuribwa mu mitsi yo mu mpyiko.

Kunywa umutobe w'igikakarubamba utuma mu mara hakora neza, cyongerera ubutaraga bw'umubiri. Umutobe w'igikakarumba wirukana imvururu zo mu mubiri zizanwa n'amaraso make (nko kuribwa uruhu ukishimagura cyangwa kwitsamura kenshi) gikiza kubyimbagirana k'uwarewe n'udusimba duto (insectes).

Igikakarubamba kivura indwara ya rubagimpande n'umugongo ugitsirimye aho hakubabaza (masser). Abenshi iyo bakinyoye, ingingo zari zarapfuye zisubiramo ubutaraga bwazo. Gishobora kunyobwa kikavura inkorora yabaye akarande n'ubuhwima (asthme) butewe n'amaraso make. Gikiza ubushye butewe n'umuriro, izuba, umuyaga n'amazi ashyushye; kigabanya uburibwe kikarinda ubushye buvurwa buruhaniye. Bitewe nuko igikakarubamba gifite ubushobozi bwo gusana, byatumye abaganga bo muri Leta zunz'Ubumwe z'Amerika n'iza Abasoviete bacyita **igiti gikora ibitangaza**. Kandi igikakarubamba kivura indwara z'uruhu. Kirakenewe ku ndwara zo mu ngingo kuko kirinda kalisiyumu igakwirakwira mu mubiri. Kirakenewe ku bantu barwaye igifu n'amara kuko kirinda ibisebe byo mu gifu kikirukana ingorane mu myanya inoza ibyo kurya . Gitera amara gukora neza , kirinda uburibwe bwo mu mara.

Kirakenewe mu mwijima. Umurimo w'igikakarubamba ni ukwirukana imyanda yangiza umwijima. Iyo kinyowe kiravugurura, kigatunganya imikorere y'umwijima. Gishobora guhagarika indwara y'umwijima yitwa siroze ikunda gufata abanywi b'inzoga. Igikakarubamba ni ingirakamaro ku bantu barwaye igituntu. Binyuze mu kukinywa cyangwa kugiteka ugapfukiranya umurwayi bishobora gukiza umurwayi w'igituntu. Ibi byavuzwe n'uwitwa *Romain Zago* w'i Betelehemu. Ni we wavuze ko kuvanga umutobe w'igikakarubamba n'ubuki bikiza kanseri. Ibi byongeye kuvugwa n'umuganga witwa Klimusizi wo muri Polonye, wari warabaye ikirangirire mu gihugu cyabo. Nawe yavurishije kanseri ubuki n'umutobe w'igikakarubamba. Ubushakashatsi bukomeje kwerekana ko umutobe wa igikakarubamba ufite imirimo myinshi yo kongera ubudahangarwa mu ngingo z'umubiri bigatuma gitera abarwayi ba sida kurama. Kunywa ikirahure 1 cy'amazi avanze mw'ikiyiko 1 cy'umutobe wa rubamba n'ikiyiko 1 cy'ubuki, ubivanze ukabinywa mbere yo kurya byongerera umubiri imbaraga.

Uwitwa Christophe Colomb yavuze atya ati: "Hariho ibimera 4 bikenewe mu mibereho y'umuntu: ingano, inzabibu, umwelayo n'igikakarubamba. Ingano zitunga umubiri w'umuntu, inzabibu zinezera umutima we, umwelayo utera ingingo gukorera hamwe n'igikakarubamba nacyo kikawukiza indwara". Igikakarubamba gishobora no kuvura indwara z'amenyo. Kucyogesha mu kanwa gishobora gutuganya amenyo n'ibinyigishi. Kirinda indwara yo gutoboka amenyo no gucika kw'ishinya. Gufata ifu yacyo ukayivanga n'umuti w'amenyo bishobora kurinda umuntu indwara z'amenyo. Igikakarubamba ukinyoye kuri gahunda bishobora kunganira ubwonko bw'abantu bahangayitse, abafite intimba n'abafite imitsi yumva yananiwe kuruhuka.

Igikakarubamba gishobora kuruhura amaso cyangwa aremereye, ibitsike biryana n'agaho k'umweru ko mu mboni, iyo ndwara y'agaho ku mu mboni yitwa umunyezi (cataracte). Umaze kuyisuzuma neza, ukayimenya ushyiramo igitonyanga ukoresheje akantu keza uyirwaye agiye kuryama.

Kugira ngo igikakarubamba gifashe abarwaye kanseri, hariho amategako agomba kugenderwaho. Nk'uko mwamaze kubisoma, ko igikakarubamba kirwanya kanseri ibanje kuvangwa n'ubuki, dore uko bikorwa. Gufata ikinyagu cy'ubuki (livre de miel) n'amababi y'igikakarubamba ukabicagagura, ukabisya ukoresheje utumashini dushinzwe gusya cyangwa ugasekura. Ukavangamo amazi meza ugakamura neza; umurwayi akajya anywaho ikirahuri 1 mu gitondo, ikindi ni mugoroba iminsi 10. Umurimo w'ubuki ni ugutunganya no kuboneza impagarike y'umuntu yose kugeza mu mfuruka. zihishe z'ingingo z'umuntu, maze igikakarubamba kigakurikiraho kiri gusana no gukiza ahasenyutse, ayo mazi agasohora imyanda y'iyo ndwara. Iyo amaraso amaze gutungana wumva ugenda worohereza rwose ugakira.

N.B : Si byiza guha umutobe mwinshi w'igikakarubamba, umuntu uri mu mihango y'abakobwa, cyangwa umugore utwite cyangwa abantu barwaye kalizo. Ntihabwa impinja.

Ufashe gr 0,1 z'umutobe wacyo gitera appetit kandi kikongera imbaraga igogora rikoroha, kikongera n'imihango y'abagore. Naho iyo ufashe gr 0,5 gitera guhitwa usohora imyanda iri mu mara. Umurenda wacyo womora ibisebe, ubushye ariko iyo bukabije ujya kwa muganga. Ibibazo byo kwangirika ku ruhu byose n'ibimeme byo mu mano kirabikemura.

Gisukura uruhu kikarugira neza imisatsi n'inzara; gifasha abarwaye udusebe mu gifu, cyongerera imbaraga zo kurwanya indwara niyo mpamvu ari ingenzi ku barwaye kanseri na sida.

Indi nyunganizi :

- Akayiko 1 cyangwa 2 dutoya tw'umutobe wacyo uvanze n'amazi cyangwa umutobe w'izindi mbuto, inshuro 3 ku munsu. Ubundi babifata mu gihe cy'igaburo. Naho ku barwaye udusebe mu gifu ni iminota 30 mbere yo kurya. Uko gikoreshwa ni ugusiga umurenda wacyo ahakenewe no kunywa umutobe wacyo.

N.B: Igikakarubamba gishobora gutera alergie ku bakisiga ku ruhu, ariko si kenshi. Iyo ucyisize kikakocyera, ubwo urakireka ugakoresha ibindi. Na none abari mu mihango, abagore batwite, abarwaye kalizo n'abana bato cyane ntibagihabwa kuko cyabatera ingorane zinyuranye.

BWUNYUBWINTAMA

Nka antibiotique, kubutsirima ku ruhu n'agatambaro birarutunganya kandi bukarurinda uburwayi bwawo bwose; bufasha abarwaye Goutte, Arthrite, mu ngingo n'amabuye yo mu mpyiko; bugabanya amasukari mu mubiri ku barwaye Diabète.

Uko babutegura :

- Ni gr 50 z'imizi muri litiro 1 y'amazi ashyushye, ibirahure 3 ku munsu, ayo mazi niyo utsirimisha ku ruhu 5 ku munsu.
- Gutereka gr 30 zabwo muri litiro 1 y'amazi amasaha 6, nyuma ukayabiza umunota 1, ibirahure 3 ku munsu.
- Kubandika ugakoresha ibibabi bisekuye cyangwa bitetse bikamara iminota 10 kenshi ku munsu.

IKIZIMYAMURIRO

Gifasha abazahaye, gisohora inzoka zo mu mara; kubandika amababi yacyo asekiye ku bibyimba bishya vuba ubundi kikomora ibisebe.

Uko bagitegura :

- Bakirya kibisi cyangwa bakagiteka.
- Amababi bayabandika ku ruhu bakagenda bahinduranya nka 2 ku munsu.

IVI

Ryomora ibisebe bikomeye; kuritsirima no kuryoga bivura rubagimpande n'ubundi buribwe bwo mu nyama z'umubiri.

Uko rikoresheya :

- Gutsirima no koza ahangiritse : gr 30 z'amababi muri litiro 1 y'amazi ashyushye.
- Ibibabi byaryo babibandika ku ruhu ahababara.

N.B: Ivi ntabwo ari ryiza kurinywa kuko imbuto zaryo zifite ubumara.

ICYAGARA

Cyomora ibisebe, cyica mikorobe , kigafasha mu mikorere y'agasabo k'indurwe no ku mihango y'abagore.

Uko bagitegura :

- Gr 40 z'amababi muri litiro 1 y'amazi ashyushye ukabicanirana, ibirahure 3 ku munsu. Ayo mazi niyo yomora ku ruhu.

ISHIKASHIKE ibumbura, batera Padiri

Ni umuti ukomeye uvura ubushye n'ibisebe ibyo ari byo byose (usigaho amavuta yayo); yoroshya uburibwe, yica mikorobe, isana umubiri mu gihe cyo komora; ifasha abarwaye Asthme na Bronchite; ifasha igogora igabanya acide ikunganira mu mikorere y'Agasabo k'indurwe; ihembura abananiwe mu bwonko igafasha n'abana banyara mu buriri.

Uko bayitegura :

- Gr 30 zayo yumye muri litiro 1 y'amazi ashyushye, ikirahure nyuma y'igaburo.
- Amavuta yayo : ufata gr 100 z'udutwetwe dusaruwe vuba twumye, ugashyira mu mavuta ya Elayo ari mu kintu, ukabitereka iminsi 25 uagenda ucugusa buhoro , ukabiyungurura, ugapfundikirira mu kindi kimeze neza ahatarizuba kandi bigahora bipfundikiye keretse ugiye kuyakoresha. Iyo uyarangaje cyane ntacyo bimara kuko biba byataye imbaraga zabyo.

N.B: Aho wayasize wirinda kuyategeza izuba kuko byakokera uruhu.

NTIRIHINWA = INKONONWA

Imbuto zayo zivura impiswi, inkorora, kwihagarika inkari zidahagije; ibibabi byomora ibisebe no kokerwa ku ruhu.

Uko bayitegura :

- Imbuto zayo barazisekura bitonze kubw'amahwa, bakazinywa nka sirop.
- Iyo imbuto bazikataguye bagashyiramo isukari bikamara iminota 10, barayungurura ukabona umutobe unywa ushyushye ku biyiko.
- Ibibabi ubikasemo kabiri ukabishyushya buhoro mu ifuru, ubibandika ahangiritse.

AVOKA

Ifasha abazahaye, igabanya amavuta mu maraso; amavuta yayo yoroshya uruhu kandi iyo abagore batwite bayisize ku nda byoroshya ibibazo by'uruhu; agabanya imvuvu agahagarika gukwira k'uruhara, agakomeza imisatsi kandi ikoroha. Kuyatsirima byoroshya uburibwe bwa Rubagimpande no mu ngingo. Urubuto rwayo ruseye ruhisha ibibyimba, kandi iyo urutekanye n'amazi biseye bivura Macinya n'inzoka zo mu mara. Abahinde b'abanyamegisike bayise igiti cy'amabya.

Uko bayitegura :

- Ibibabi 5 muri litiro 1 y'amazi ashyushye, ibirahure byinshi ku muni.
- Gucanira imbuto 9 zayo zisekuye muri litiro 1 y'amazi bikajya kumera nk'igitsima, ½ cy'ikirahure 3 ku muni. icyo gitsima nicyo babandika ku ruhu.
- Gufata avoka zihishije cyane hafi kubora, noneho ukazibiza mu mazi ari mu isafuriya, ukayungurura neza Avoka isigaye ivamo amavuta avura ku ruhu no mu misatsi.

URUTEJA

Rusukura mu mubiri, bityo rugafasha abarwaye Diabète; rworoshya ibibazo by'uruhu n'ibimeme uruhu rukagira ubwiza.

Uko barutegura :

- Gucanira gr 15 z'ikijumba cyarwo muri litiro 1 y'amazi, ibirahure 3 ku munsu. Iyo batsirima ku ruhu bashyira muri ayo mazi gr 90 z'ibijumba byarwo. Ushobora no kubandika ibyo bijumba bisekuye ku ruhu.

N.B: Ibibabi n'imbutu zarwo ni ubumara kandi n'ibijumba nturenze urugero.

IKIGEMBE GEMBE cyerera ururabo hasi

Kivura Grippe n'Ibicurane byabaye gikwira; kukinywa cyonyine iminsi 4 wikurikiranyije bivura Tenia na Ascaris; cyongera imbaraga igogora ry'ibiryo.

Uko bagitegura :

- Ni ugucanira gr 25 z'imizi isekuye muri litiro 1 y'amazi, ibirahure 2 ku munsu. Nturenze urugero bitagutera iseseme.

KENKINA

Ivura malaria, ikagabanya guhindagana umuriro ku ndwara zinyuranye; ivura kubura appetit no kugugara mu mara; yomora ibisebe ivura mu kanwa cyane ku bagira amaraso n'amashyira mu nshinya y'amenyo; kuyitsirima mu mutwe bifasha ababuze umusatsi.

Uko bayitegura :

- Gutereka gr 25 z'ibishishwa muri litiro 1 y'amazi isaha yose, ikirahure 1 mbere y'amagaburo 3 y'umunsu.
- Agace k'akayiko gato k'ifu y'ibishishwa mu kirahure cy'amazi ashyushye, ikirahure 1 mbere y'igaburo nturenze 4.
- Gutsirima ni gr 35 z'ibishishwa muri litiro 1 y'amazi ukabibiza iminota 10, noneho ukajya ubitsirima ku ruhu no mu misatsi iminota 10, gatatu ku munsu. Ayo mazi ni nayo bakaraza boza mu kanwa k'uharwaye.

ZINIA (Rudbeckie)

Yongera ubushobozi bwo kurwanya indwara mu rwego rwo hejuru; irwanya ubwandu bwo mu mubiri n'inyuma ku ruhu; ihagarika irwanya ubumara bwinjiye mu mubiri; irwanya za virusi zinjira mu mubiri na

kanseri; ntabwo ihita ikora uwo mwanya ariko ifasha cyane abarwaye izi ndwara zigenda zigaruka : Sinusite, Grippe, ubwandu bw'inzira y'ubuhumekero, ubw'amaraso, Tyfoïde na Sida; yomora ibibyimba byose n'ibisebe, kurumwa n'udusimba cyangwa inzoka z'i gasozi, prostate mu kuyinywa no kuyitsirima ahababara. Hamwe n'indi miti bivura ibibyimba bya kanseri.

TEYI

Ni Antiseptique ikomeye. Yongera imbaraga imikorere y'ubwonko n'abananiwe kubw'akazi kenshi nta bitotsi idateye ingaruka nk'iz'icyayi n'ikawa isimbura. Yongera imbaraga igogora ikarinda icyuka cy'ibyimba mu gifu no kutagubwa neza mu mara. Isohora inzoka nka Tenia kandi ni umuti w'Inda n'Imbaragasa. Ivura abanduye mu kanwa bava amashyira n'amaraso n'ubwandu bwo mu mihogo (gapfura). Ifasha abarwaye Sinusite, Bronchite, Asthme, Inkorora na Kokolishe : uyinywa unayiyukisha. Isukura mu gitsina cy'abagabo cyangwa abagore igihe hari ubwandu bwahateye ; kuyibandika ishyushye ahababara : ku barwayi b'impyiko ; abarwaye Rubagimpande yatewe na Goutte cyangwa kuribwa mu ngingo n'inyama z'imikaya y'umubiri bajya bayitsirimaho kandi bakayinywa ; yica mikorobe mu gisebe no ku ruhu ikaturinda ubuheri.

Uko bayitegura :

- Ni gr 30 z'udushami turabije muri litiro 1 y'amazi, ibirahure 5 ku munsu.
- Gutegura amazi bogesha mu kanwa, ku ruhu no gutsirima ni ugucanira gr 120 z'udushami twayo muri litiro 1 y'amazi bikabira kugeza hasigaye ½ cy'iyi litiro.
- Gushyira indabo n'amababi mu gatambaro ka linge, ukabitera ipasi ngo bishyuhe maze ukabibandika ahababara nko ku mpyiko zirwaye.

CAPUCINE

Ni Antibiotique ku barwaye Sinusite, Gapfura, Angine, Ibicurane na Grippe. Ivura ubwandu bwo mu ruhago rw'inkari ku buryo nyuma y'amasaha 9 ubona inkari zahindutse ; ku ruhu yomora ibisebe, ikomeza imisatsi ku bafite uruhara ; ikize cyane kuri vit. C kurusha ibindi byose, kubw'ibyo yongera umubiri imbaraga ; kwicara mu mazi arimo indabo

n'amababi byayo bishyira imihango y'abakobwa kuri gahunda ; yongera iruba niyo mpamvu bamwe bayita ururabo rw'urukundo.

Uko bayitegura :

- Iribwa ari mbisi : indabo n'amababi byoroshye.
- Gucanira gr 30 z'indabo, amababi n'imbuta muri litiro 1 y'amazi, ikirahure 1 buri masaha 4.
- Kubashyira imihango kuri gahunda wicara mu mazi irimo.

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