

KUGWIRITSA NTCHITO MANKHWALA AMAKONO MU NJIRA ZOYENERA NDI ZOSAYENERA

Mankhwala ena omwe amagulitsidwa ku masitolo akumidzi ndi malo ena ndi othandiza pamene ena ndi achabechabe. Nthawi zina anthu amagwiritsira ntchito mankhwala omwe ndi abwino kwambiri mu njira yosayenera kotero mankhwalawo m'malo moti agwire bwino ntchito m'thupi, amawononganso. Kuti mankhwala athandize, **ayenera kugwiritsidwa ntchito bwino.**

Anthu ambiri, kuphatikizapo madokotala ndi ena ogwira ntchito zachipatala, amapereka mankhwala opitirira muyezo. Izi zimadzetsa matenda ena ngakhale imfa imene.

Kugwiritsira ntchito mankhwala aliwonse kukhoza kukhala kowopsa.

Mankhwala ena ndi owopsa kwambiri kusiyana ndi ena. Ndi zachisoni kuti anthu ena amagwiritsira ntchito mankhwala owopsa kwambiri pa nthenda yaing'ono chabe. (Ine ndidawona mwana akumwalira chifukwa chakuti amayi ake adamupatsa mankhwala owopsa otchedwa *chloramphenicol*, pamene mwanayo ankadwala chimfine). **Musagwiritsire ntchito mankhwala owopsa pa nthenda yaying'ono.**



Kumbukirani kuti : Mankhwala amapha.

Njira zoyenera kutsata pogwiritsa ntchito mankhwala

1. Gwiritsirani ntchito mankhwala pokhapopokha pamene akufunikiradi.
2. Dziwani kugwiritsira ntchito mankhwalawo moyenera ndi chenjezo lina lililonse lokhudza mankhwalawo (onani Mapeji Obiriwira).
3. Gwiritsirani ntchito mlingo woyenera wa mankhwala.
4. Ngati mankhwala sakuthandiza kapena akudzetsa mavuto ena, asiye.
5. Ngati mukukayika, funsani azaumoyo.

Dziwani kuti: Madokotala ndi anthu ena ogwira ntchito zachipatala amapereka mankhwala pamene sakusoweka. Amachita zimenezi pofuna kusangalatsa odwala. Awuzeni adokotala anu ndi ena ogwira ntchito zachipatala kuti mukufuna mankhwala pamene akufunikadi. Mukatero mudzasunga ndalama ndipo moyo wanu sudzakhala pachiswe.

Gwiritsani ntchito mankhwala pamene muli ndi chitsimikizo kuti akusowekadi ndiponso pamene mukudziwa kuwagwiritsa bwino ntchito.

Magwiritsidwe alakwika ndi oopsa kwambiri a mankhwala

Nawu mndandanda wa zolakwika zowopsa zimene anthu amachita pogwiritsira ntchito mankhwala amakono/achizungu. Kagwiritsidwe ntchito kosayenera kamankhwalaka kamapha anthu ambiri chaka chilichonse. **Kotero samalani!**

1. *Chloramphenicol* (*Chloromycetin*) (tsamba 371)



Kukonda kugwiritsira ntchito kwambiri kwa mankhwalawa pamatenda otsekula m'mimba ndi matenda ena osadetsa nkhawa kwambiri ndi zolakwika kwambiri chifukwa nkuika moyo pachiswe. Mankhwala a *chloramphenicol* agwiritsidwe ntchito pamatenda owopsa okha monga vingwangwa/kaliwawa (onani tsamba 196). Mankhwala amenewa asaperekedwe kwa ana akhanda.

2. *Oxytocin* (*Pitocin*) *Pituitrin* ndi *Ergometrine* (*Ergotrate*) (tsamba 404)



Ndi zomvetsa chisoni kuti azamba ena amagwiritsira ntchito mankhwalawa pofuna kuti amayi oyembekezera abereke msanga kapena “kupereka mphamvu” kwa amayi oyembekezera omwe ali pafupi kubereka. Mchitidzewu ndi woopsa kwambiri ndipo ungate kupha amayi oyembekezera kapena mwana yemwe akuyembekezera. Mankhwala agwiritsidwe ntchito pokhapokha pochepetsa magazi omwe amatayika mwana akabadwa (onani tsamba 282).

3. Majekeseni a matenda ena aliwonse



Chikhulupiriro chakuti mankhwala operekedwa kudzera m'majekeseni ndi abwino kusiyana ndi mankhwala akumwa si chowona. Nthawi zambiri mankhwala akumwa amagwira ntchito bwino kapena ndi abwino kuposa operekedwa kudzera m'majekeseni. Komanso, **mankhwala ambiri ndi owopsa akaperekedwa kudzera m'jekeseni kusiyana ndi kumwa.** Kugwiritsira ntchito majekeseni kuyenera kuchepetsedwa kwambiri (werengani Mutu 9 mosamala).

4. *Penicillin* (onani tsamba 365)

Penicillin amagwira ntchito pa matenda ena okha basi osati matenda onse. Kugwiritsira ntchito *penicillin* ukabinya, ukasupuka, chimfine kapena kuphwanya kulikonse kapena kutentha thupi ndi kulakwitsa kwambiri. Mwalamulo, kuvulala kosang'amba thupi ngakhale thupi lisupuke kwambiri sikungafalitse matenda mthupi; choncho ndi kosayenera kugwiritsira ntchito *penicillin* kapena mankhwala olimbana ndi matenda omwe amayambitsidwa ndi tizilombo tating'onoting'ono kwambiri ta bakiteriya. *Penicillin* ndi owopsa kwa anthu ena. Mankhwalawa asanagwiritsidwe ntchito, mpofunika kudziwa kuwopsa kwake ndi njira zake zodzitetezera, onani masamba 71 ndi 365.

5. *Kanamycin* ndi *Gentamycin* (*Garamycin*) (tsamba 373)

Kugwiritsira ntchito kwambiri kwa mankhwala amenewa olimbana ndi matenda oyambitsidwa ndi tizilombo tating'onoting'ono ta bakiteriya kwachititsa ana zikwizikwi kukhala agonthi pamoyo wawo wonse. Mankhwalawa aperekedwe kwa ana pokhapokha ngati adwala matenda omwe akhoza kupha anawo. Pamatenda osiyanasiyana a ana obadwa kunrene, *Ampicillin* amagwira ntchito bwino ndipo si owopsa kwambiri.

6. Mankhwala olimbana ndi kutsekula m'mimba okhala ndi *hydroxyquinol* (*Clioquinol*, *di-iodohydroxyquinoline*, *halquinol*, *broxyquinoline*: *Diodoquin*, *Enteroquinol*, *Amicline*, *Quogyl*) (tsamba 383)

M'mbuyomu mankhwala a *clioquinols* amagwiritsidwa ntchito kwambiri pochiza matenda otsekula m'mimba. Masiku ano mankhwala owopsawa ndi oletsedwa m'mayiko ambiri koma m'mayiko ena amagulitsidwabe. Mankhwalawa angathe

kupha ziwalo, kupangitsa khungu, ngakhalenso kudzetsa imfa. Pa momwe mungaperekere chithandizo cha mankhwala otsekula m'mimba, onani Mutu 13.

7. Manxwala a zotupatupa monga khate (*Cortisone ndi cortico-steroids, prednisolone, dexamethasone*)

Awa ndi manxwala othana ndi kutupa kwa ziwalo amene amafunikanso pa khate lomwe lawononga mitsempha (onani masamba 199 ndi 399). Mukafuna kudziwa zakugwidwa ndi mphumu yowopsa (tsamba 176). Onani pa tsambali mukafuna kudziwa za kutupa kwa m'malo olumikizana mafupa kapenanso kusagwirizana ndi zinthu zina m'thupi. Koma m'maiko ambiri *Steroids* amaloledwa kugwiritsidwa ntchito pa ululu wocheperako chifukwa zotsatira zake zimakhala zachangu. Uku ndikulakwitsa zedi. *Steroids* ali ndi zotsatira zake zoipa makamaka akagwiritsidwa ntchito kwambiri kapena kwa masiku ambiri. Manxwalawa amachepetsa chitetezo cham'thupi kumatenda osiyanasiyana. Manxwalawa angathe kuchititsa kuti chifuwa chachikulu cha TB chifike poipa kwambiri popeza amayambitsa kutayika kwa magazi kudzera m'zilonda zam'mimba komanso amafowola mafupa kotero kuti amathyoka mosavuta.

8. Anabolic Steroids (*Nandrolone decanoate, Durabolin, Deca-Durabolin, Orabolin, stanozolol, Cetabon; oxymetholone, Anapolon; ethylestrenol, Organaboral*. Ikani maina onse amankhwala.)

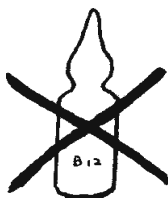
Masiteroidzi ndi manxwala amene amapangidwa kuchokera ku mahomoni achimuna ndipo amagwiritsidwa ntchito molakwika m'mankhwala opereka m'phamvu/nyonga pothandiza ana kuti akule bwino. Poyamba mwana akhoza kukula mofulumira koma kenaka ndikusiya kukula motalika kusiyana ndi mmene akadakhaira, akadakhala kuti sadagwiritsire manxwalawa. Masiteroidziwa amayambitsa mavuto aakulu. Asungwana amamera tsitsi pa nkhope ngati anyamata. Tsitsilo silingathothoke ngakhale asiye kugwiritsira ntchito manxwalawa.

Musapereke manxwala okhala ndi m'phamvu yokulitsa kwa ana. M'malo mwake, gulani chakudya chabwino pofuna kuthandiza ana kuti akule bwino.

9. Manxwala a kutupa kwa m'malo molumikizana mafupa (*Butazones: oxyphenbutazone, amidozone, ndi phenylbutazane, Butazolidin*)

Manxwala a kutupa kwa m'malo molumikizana mafupa angathe kuyambitsa matenda owoposa, nthawi zina amapha komanso kudzetsa matenda owononga magazi (*agranulocytosis*). Akhozanso kuwononga mimba, chiwindi ndi impso. Musagwiritse ntchito manxwala oopsawa. *Aspirin* (onani tsamba 392) kapena *ibuprofen* (tsamba 393) ndi abwino komanso otsika mtengo pofuna kuthana ndi kutupa m'malo molumikizana mafupa. *Paracetamol (acetaminophen)* angagwiritsidwe ntchito ngati thupi likuphwanya kapena kutentha.

10. Vitamini B ndi mavitamini opezeka m'chiwindi komanso majekeseni owonjezera magazi (tsamba 406)



Vitamini B komanso mavitamini opezeka m'chiwindi sathandiza pa vuto looperwera kwa magazi kapena kufowoka ngakhale kuti nthawi zina mwa apo ndi apo amathandiza. Ndi oopsanso kuwagwiritsira ntchito kudzera mu jekeseni. Agwiritsidwe ntchito pamene dotolo walamula kutero **atawapima/kuyeza kaye magazi**. Pewani kupereka manxwala a magazi kudzera m'jekeseni monga manxwala a **Imferon**. Pofuna kuthana ndi vuto lakuhepa kwa magazi, imwani mapiritsi a magazi otchedwa ayironi omwe ndi abwino komanso amphamvu (onani tsamba 129).

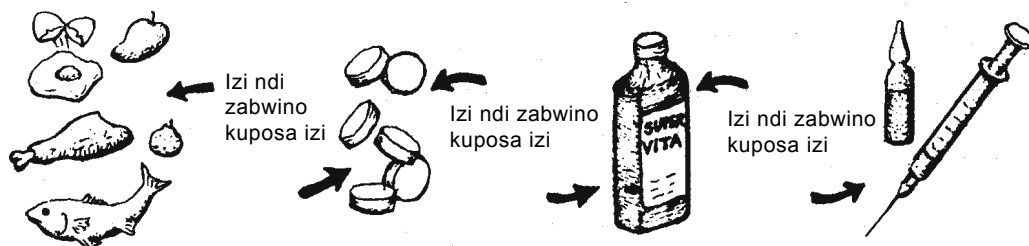
11. Mavitamini ena (onani tsamba 405)

Mwalamulo, mavitamini **asaperekedwe kudzera m'jekeseni**. Kupereka manxwala kudzera m'jekeseni nkowoposa ndipo ndi kofunika ndalama zambiri ndiponso sikugwira ntchito kuposa mapiritsi.

N'zomvetsa chisoni kuti anthu ambiri amawononga ndalama zawo pogula mankhwala opatsa mphamvu, amadzi okhathamira ndi ena okhala ndi mavitamini. Ambiri mwa mankhwalawa sakhala ndi mavitamini ofunikira. Ngakhale kuti mavitamini alimo m'mankhwalawa, ndi koyenera kugula zakudya zambiri ndi zabwino. Zakudya zomanga thupi monga mazira, nyama ndi zipatso zili ndi mavitamini komanso ndi zina zambiri zofunika m'thupi (onani masamba 121-122). Zakudya zabwino zingamuthandize munthu amene wafowoka kwambiri kusiyana ndi kumupatsa mankhwala okhala ndi mavitamini.

Munthu amene amadya chakudya choyenera safunanso mavitamini owonjezera.

NJIRA ZABWINO ZOPEZERA MAVITAMINI:



Kuti mudziwe zambiri za mavitamini, pamene ali ofunikira ndi zakudya zomwe amapezeka, werengani Mutu 11, tsamba 112.

12. Mankhwala osakaniza

Nthawi zina m'piritsi limodzi mumakhala kuti mwasakanizidwa mankhwala osiyanasiyana. Mankhwala akapangidwa chonchi, kawirikawiri sakhala amphamvu komanso amakhala okwera mtengo. **Nthawi zina mankhwala otere amakhala owononga kwambiri.** Musataye ndalama pa mankhwala otere.

Yesani kupewa:

- **Mankhwala a chifuwa** amene amatsekereza chifuwa posungunula mamina ndi kulimbikitsa kutsokomola.
- **Mankhwala olimbana** ndi tizilombo tating'onoting'ono ta bakiteriya osakanizidwa ndi olimbana ndi kutsekula kwa m'mimba.
- **Mankhwala othetsa ululu** monga *aspirin* ndi *paracetamol* amagwira ntchito yofanana.

13. Calcium



Kubaya jekeseni ya *calcium* m'mitsempha nkowopsa kwambiri. Munthu akhoza kufa ngati sabayidwa **pang'onopang'ono**. Kubaya jekeseni ya *calcium* m'matako kungayambitse kutupa kapenanso matenda ena.

Musabaye jekeseni wa *calcium* musalandire malangizo a kuchipatala!

14. Kudya kudzera m'mitsempha

M'madera ena, anthu opanda magazi okwanira kapena amene ali ofowoka amawononga ndalama zawo pogula madzi a shuga ndi mchere operekedwa kudzera m'mitsempha. Ambiri amakhulupirira kuti madziwa angawapatse mphamvu ndiponso kuwonjezera magazi m'matupi mwawo. Uku nkulakwitsa!

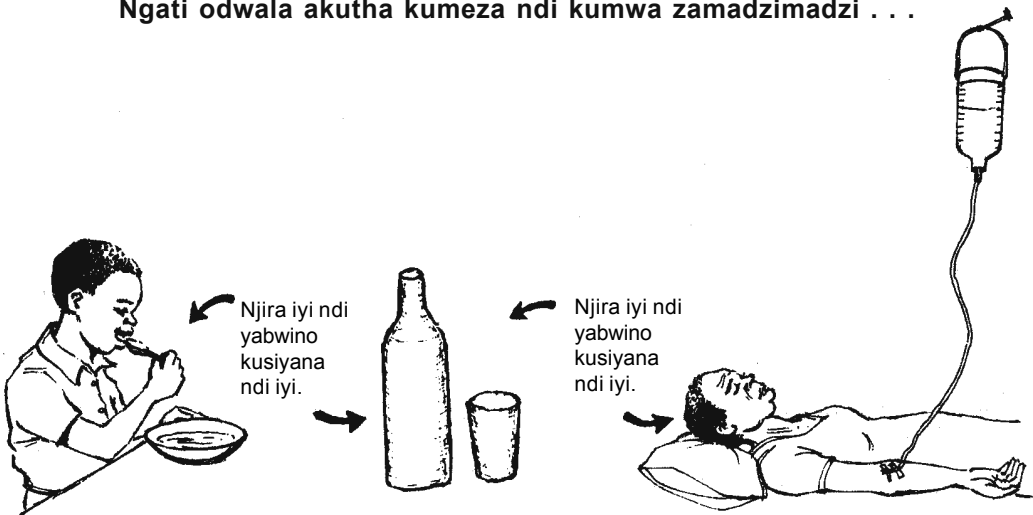
Madzi ogulidwawa ndi madzi chabe komanso Madziwa amapereka mphamvu pang'ono basi komanso amachepetsa kukhuthala kwa magazi. Madzi sangathetse vuto la kusowa kwa magazi mthupi la munthu ndipo. Matenda akhoza kulowa m'magazi ngati munthu wosaphunzitsidwa bwino abaya jekeseni ya madziwa m'mitsempha mosayenera. Izi zingathe kupha munthu wodwala.

Madzi a shuga ndi mcherewa ayenera kugwiritsidwa ntchito ngati munthu sangathe kudya kapena ngati alibe madzi okwanira m'thupi mwake (onani tsamba 160).

Odwala apatsidwe madzi okwana lita imodzi a shuga ndi mchere ngati angathe kumeza (onani Chakudya chobwezeretsa madzi m'thupi, tsamba 161). Izi zingamuthandize kwambiri kusiyana ndi kubaya jekeseni ya madziwa kudzera m'mitsempha.

Anthu amene akutha kudya, zakudya zokhala ndi zofunikira zonse zimawapatsa mphamvu kusiyana ndi madzi ena aliwonse a shuga ndi mchere.

Ngati odwala akutha kumeza ndi kumwa zamadzimidzi . . .



15. Mankhwalu othandiza kuchita chimbuzi (onani tsamba 396)



Ndi kowopsa kupereka mankhwalu othandiza kuchita chimbuzi kwa ana kapena wina aliyense amene wafowoka kwambiri, alibe madzi m'thupi kapena akumva kupweteka kwambiri m'mimba. N'zomvetsa chisoni kuti anthu ambiri amakhulupirira kuti mankhwalu amathandiza kapena amachotsa zoipa m'thupi. M'mutu 1, **mwafotokozeredwa kuti mankhwalu amtundundi oyipa ndipo zambiri amapweteka mmalo modzetsa ubwino.**

Onani tsamba 15, kuti mudziwe kagwiritsidwe ntchito koyenera ka mankhwalu othandiza kuchita chimbuzi.

Kodi mankhwala asamwedwe nthawi iti?

Anthu ambiri ali ndi zikhulupiriro za zinthu zomwe sayenera kuchita kapena kudya pamene akumwa mankhwala ofunikira. Zowona zake n'zakuti palibe mankhwala amene amabweretsa vuto lina lililonse chifukwa chakuti akumwedwa ndi zakudya zina monga nkhumba, tsabola, magwafa, malalanje kapena chakudya china chilichonse. Zakudya zokhala ndi zokometsera kwambiri zikhoza kuyambitsa mavuto a m'mimba kapena matumbo pamene mankhwala ena aliwonse akumwedwa kapena ayi (onani tsamba 133). Mankhwala ena sagwirizana ndi mowa (onani *metronidazole*, tsamba 382). *Tetracycline* sagwira bwino ntchito ngati amwedwa pamodzi ndi zakudya zokhala ndi mkaka (onani tsamba 370).

Pali nthawi zina pamene mosakayika konse, **si bwino** kugwiritsira ntchito mankhwala.



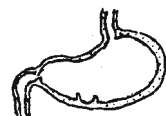
1. Amayi oyembekezera kapena oyamwitsa azipewa mankhwala osafunikira konse. (Komabe angathe kumwa mapiritsi a mavitamini ndi ayironi mosapyola muyezo popanda chowopsa chilichonse.)

2. Ndi kofunika kusamala kwambiri pomwetsa ana akhanda mankhwala. **Ngati kungatheke n'kwabwino kufunsa kaye dotolo ana asanapatsidwe mankhwala ena aliwonse.** Onetsetsani kuti simukuwamwetsa ana mankhwala mopyola muyezo.



3. Munthu amene thupi lake limatana ndi mankhwala ena ake kapena amamva kuyabwa akamwa penicillin (*penicillin*), *ampicillin*, *sulfonamide* kapena mankhwala ena, **sayenera kumwanso mankhwalawo kwa moyo** wawo wonse chifukwa zingakhale zowopsa atatero (tsamba 71).

4. Anthu omwe ali ndi zilonda m'mimba kapena akumva kutentha kwa pamtima sayenera kumwa mankhwala okhala ndi *aspirin*.



5. Pali mankhwala ena apadera omwe ndi owopsa kuwamwa pomwe munthu akudwala matenda ena ake. Mwachitsanzo, anthu omwe ali ndi vuto la kutupa kwa chiwindi (*hepatitis*) sayenera kupatsidwa mankhwala olimbana ndi matenda omwe amayamba ndi tizilombo tating'onoting'ono ta bakiteriya chifukwa chiwindi chawo n'chowonongeka ndipo mankhwalawo angathe kuwawononga thupi lawo (onani tsamba 183).

6. Anthu omwe alibe madzi okwanira mthupi mwawo kapena ali ndi matenda a impso ayenera kusamala kwambiri ndi mankhwala omwe akumwa/amamwa. Tisapereke mankhwala oposa mlingo umodzi omwe akhoza kuwononga thupi pokhapokha ngati munthuyo akukodza bwinobwino. Mwachitsanzo, ngati mwana watentha thupi ndipo alibe madzi okwanira m'thupi (onani tsamba 77), si bwino kumupatsa mlingo woposa umodzi wa *aspirin* mpaka atayamba kukodza.

Musapereke Sulfa kwa munthu amene alibe madzi okwanira m'thupi mwake.