
MASAMBA OBILIWIRA

Kagwiritsidwe ntchito, mlingo



Mankhwala am'gawo lino ayikidwa m'magulu molingana ndi ntchito yawo. Mwachitsanzo, mankhwala onse ogwiritsidwa pa matenda omwe amayamba chifukwa cha nyongolotsi alembedwa m'munsi mwa mutu wa A NYONGOLOTSI.

Pamene mukufuna kudziwa za mankhwala ena, pezani dzina la mankhwalawo mum'ndandanda wa mankhwala kuyambira tsamba 361, pitani patsamba lomwe lasonyezedwa.

Mankhwala amalembedwa mundandanda molingana ndi mayina awo odziwika ndi anthu onse kulikonse pa dziko lapansi kusiyana ndi dzina loperekedwa ndi makampani omwe amapanga mankhwalawa. **Mayina operekedwa ndi makampani amakhala otsika mtengo mukagula odziwika pena paliponse kusiyana n'kugula odziwika m'dera limodzi lokha.**

Nthawi zina mayina odziwika operekedwa ndi makampani omwe amawapanga amachokera kumayina odziwika pena paliponse. M'bukuli, mayina operekedwa ndi makampaniwa amalembedwa muiltalikisi ndipo akuyamba ndi chilembo chachikulu. Mwachitsanzo, fenegani ndi dzina loperekedwa ndi kampani yake pa *antihistamine* wotchedwa **promethazine**.

Ndi malangizo onse pamankhwala aliwonse, mipata yosalembedwa yasiyidwira inu kuti **mulembemo** dzina ndi mtengo wa mankhwala opezeka komanso otsika mtengo kwambiri m'dera lanu. Mwachitsanzo, ngati mankhwala otsika mtengo kwambiri kapena **tetracycline** wopezeka m'dera lanu ndi *terramycin*, mungalembe m'mipatamo chonchi:

Tetracycline (tetracycline HCL, oxytetracycline)

Dzina:*Terramycin*..... mtengo:MK.360..... pa makapisozi6....

Ngati mungathe kugula *tetracycline* motsika mtengo kwambiri kusiyana ndi *tetramycin*, lembani chonchi:

Dzina:*Tetracycline*..... mtengo:MK.300..... pa makapisozi ..60...

Chidziwitso: Mankhwala onse amene alembedwa m'masamba obiriwira siofunika m'kabokosi ka mankhwala kakumudzi. Chifukwa chakuti mankhwala osiyanasiyana amapezekanso m'mayiko osiyanasiyana, nthawi zina malangizo amaperekedwa pa mankhwala osiyanasiyana omwe amagwira ntchito imodzi.
Ndi kofunika kusunga ndi kugwiritsa ntchito mankhwala ochepa okha.

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Mlingo wa mankhwala

MMENE MAGAWO AMALEMBEDWERA

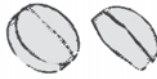
piritsi imodzi = piritsi la thunthu=



$\frac{1}{2}$ piritsi = theka la piritsi =



$1\frac{1}{2}$ piritsi = piritsi ndi theka =



$\frac{1}{4}$ piritsi = gawo la chinayi la piritsi =



$\frac{1}{8}$ piritsi = gawo la chisanu ndi chitatu la piritsi =



KULINGALIRA ZA MLINGO WA MANKHWALA KUWUTENGERA MMENE MUNTHU AKULEMERERA

M' masambawa malangizo a mlingo wa mankhwala umaperekedwa molingana ndi zaka za munthu kotero kuti mwana apatsidwe mlingo wocheperako kusiyana ndi akuluakulu. Komabe ndi kotheka kupereka mlingo wa mankhwala kungotengera kulemera kwa munthu. Malangizo a momwe mungachitire izi nthawi zina zimalembedwa mwachidule m'zigawo zomwe zili m' mapiritsi (). Mukawerenga.....

(100 mg/kg/pa tsiku),

izi zikutanthauza mamiligalamu 100 a kilogalamu ya kulemera kwa thupi pa tsiku. Tinganenenso kuti pamawola 24, mumapereka mamiligalamu 100 a mankhwala pa kilogalamu iliyonse yomwe munthu akulemera.

Mwachitsanzo, ngati mukufuna kupereka *aspirin* kwa mnyamata wolemera makilogalamu yemwe akudwala matenda otupa m'malo molumikizana mafupa, mlingo wa *aspirin* pa matendawa ndi mamiligalamu 100 pa kilogalamu iliyonse pa tsiku. Choncho chulukitsani:

$$100 \text{ mg} \times 36 = 3600 \text{ mg.}$$

Mnyamata ayenera kulandira mamiligalamu 3600 a *aspirin* pa tsiku. *Aspirin* mmodzi amakhala ndi mamiligalamu 300 a *aspirin*. Mamiligalamu 3600 amapanga mapiritsi 12. Choncho mupatseni mnyamatayo mapiritsi awiri kasanu n'kamodzi pa tsiku (kapena mapiritsi awiri pa mawola anayi aliwonse).

Iyi ndi njira imodzi yodziwira mlingo wa mankhwala osiyanasiyana. Kuti mudziwe zambiri za momwe mungayezere ndi kudziwira mlingo wa mankhwala, onani Mutu 8.

Chidziwitso kwa ophunzitsa opanga mapulogalamu azaumoyo ndi kwa ofalitsa bukuli.

Ngati bukuli lingagwiritsidwe pa mapulogalamu ophunzitsa ogwira ntchito zaumoyo m'midzi kapena likufalitsidwa ndi a pulogalamu yowona zaumoyo, **zambiri zokhudza mayina amankhwala m'dera mwawo ndi mtengo wa mankhwalawo ziyenera kukhalapo.**

Ofalitsa bukuli ayenera kukhala ndi mapepala awiri ofotokozera za mankhwalawo kuti akhoza kukalembedwa ndi aliyense wogwiritsira ntchito bukuli. Ngati kungatheke, muyikemonso **komwe kumapezeka mankhwala otsika mtengo** (onani tsamba 350).

MNDANDANDA WA MANKHWALA M'MASAMBA OBIRIWIRA

Mndandanda wa mankhwala m'masamba obiriwira

MANKHWALA OLIMBANA NDI TIZILOMBO TOYAMBITSA MATENDA (MA ANTIBAYOTIKI)

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ZOFUNIKA KUDZIWA ZAMANKHWALA

PENICILLIN: ANTIBAYOTIKI OFUNIKIRA KWAMBIRI

Penicillin ndi mmodzi mwa maantibayotiki ofunika kwambiri yemwe amalimbana ndi matenda osiyanasiyana ndi ena omwe amatulutsa mafinya. Mankhwalawa sathandiza pa matenda otsekula m'mimba, matenda a njira ya mkodzo, msana, kusupuka, chimfine, katsabola ndi ena oyamba ndi mavayirasi (tsamba 18 - 19).

Penicillin amayezedwa m'mamiligalamu (mg) kapena yunitsi (U). *Penicillin G*, 250 mg = 400,000 U.

Kuwopsa ndi kapewedwe kamitundu yosiyanasiyana ya *penicillin* (kuphatikizapo *ampicillin* ndi *amoxicillin*).

Kwa anthu ambiri *penicillin* ndi mankhwala osawopsa ndipo kumwa *penicillin* wambiri sikungawononge moyo. *Penicillin* wochepa sangathetse matenda ndipo angapangitse kuti bakiteriya alimbane ndi penicillinyo.

Anthu ena akamwa *penicillin* matupi awo amakhala ndi zotsatira zina chifukwa **chosagwirizana ndi mankhwalawa**. Zotsatira zina ndi munga kuyabwa kapena totupatupa. Izi zimayamba pakadutsa mawola kapena masiku angapo munthu akangomwa mankhwalawo. *Antihistamines* (tsamba 399) amachepetsa kuyabwako.

Si kawirikawiri pomwe *penicillin* amayambitsa zotsatira zina zoyipa. *Penicillin* akamwedwa kapena akabayidwa, wodwalayo amafowoka, amapuma movutikira komanso amawoneka kuti wasokonezeka maganizo kapena kuti thupi lonse kugwidwa ndi dzanzi (tsamba 78).

Zikatero pamafunika kumbaya jekeseni wa *epinephrine* (*Adrenalin*).

***Epinephrine* ayenera kukhala pafupi mukamabaya jekeseni ya *penicillin* (tsamba 398).**

Munthu yemwe anayamba wakhalapo ndi zotsatira zina chifukwa cha *penicillin* sayenera kumwanso kapena kubayidwanso mankhwalawo. Chifukwa izi zingayambitsenso zotsatira zoposa poyamba paja. (Kusonokezeka kwa m'mimba si

chimodzi mwazotsatira za kumwa *penicillin*.)

Anthu omwe samwa *penicillin* nthawi zina angamwe *tetracycline* kapena erythromycin. Matenda ambiriri angathe kuthetsedwa ndi *penicillin* woperekedwa kudzera mujekeseni ngowopsa kusiyana ndi wakumwa (onani masamba 369 ndi 370).

Penicillin wochita kubaya ayenera kugwiritsidwa ntchito pokhapokha pa matenda aakulu okha.

Musanapereke jekeseni wa *penicillin* kapena mankhwala ena aliwonse ndi bwino kusamalitsa kwambiri ndipo gwiritsirani ntchito malangizo opezeka pa tsamba 78.

Kulephera kwa *penicillin*:

Nthawi zina *penicillin* amalephera kulimbana ndi matenda omwe amagonja ndi *penicillin*. Izi zimakhala chonchi chifukwa bakiteriya amafika poti akutha kulimbana ndi *penicillin* kotero kuti satha kugonjetsedwa ndi *penicillin* (tsamba 59).

Matenda a *impetigo*, zilonda za pakhungu zotulutsa mafinya ndi matenda a m'mafupa. Ngati matendawa sakugonja ndi *penicillin* wamba, mungathe kuyesa maantibayotiki ena. *Penicillin* wina munga *methicillin*, *nafticillin*, *oxacillin*, *cloxacillin*, *dicloxacillin* amathandizanso.

M'maiko ambiri a padziko lapansi chinzonono sichitha mofulumira ndi *penicillin*; onani tsamba 374 kuti mudziwe za mankhwala ena a antibayotiki. Chibayo ndi nthenda imanso yomwe imavuta kuchiza ndi *penicillin*. Ndi bwino mutayesa *co-trimoxazole* (tsamba 372) kapena *erythromycin* (tsamba 369).

PENICILLIN WAKUMWA

Penicillin G* kapena *penicillin V

Dzina:mtengo:.....pa.....

Amakhala 250 mg (400,000 U) m'mapiritsi komanso *penicillin* wosungunula kapena kuti wamadzimadzi kapena wa paudala wokwana 125 kapena 250 mg pa supuni ya tiyi iliyonse.

(*Penicillin V* amagwira bwino ntchito kusiyana ndi *penicillin G* koma ngokwera mtengo.)

Penicillin wakumwa ayenera kugwiritsidwa pamatenda osawopsa kwambiri monga:

mano kapena zilonda
impetigo
 m'makutu
 sinusitisi
 zilonda zapakhosi, kutentha thupi
 akummero
 akafumbata kwa anthu omwe sanalandire
 katemera kapena omwe ali
 zilonda zikuluzikulu
 chibayo

Ngati matenda ngakulu, ndi bwino kuyamba ndi jekeseni ya *penicillin* komabe mungathe kumwetsa wodwalayo *penicillin*.

Koma ngati palibe kusintha pakadutsa masiku awiri kapena atatu, gwiritsirani maantibayotiki ena ndipo mupite kuchipatala.

Mlingo wa *penicillin* wakumwa mapiritsi 250 mg (20 mpaka 60 mg/kg pa tsiku):

Pa matenda aang'ono:

akulu: piritsi imodzi kapena awiri
 (250 mpaka 500 mg) kanayi pa tsiku
 ana a zaka 7 mpaka 12: piritsi limodzi
 (250 mg) katatu kapena kanayi pa tsiku
 ana a zaka 2 mpaka 6: theka la piritsi
 (125 mg) katatu kapena kanayi pa tsiku
 ana osakwana zaka 2: kagawo kachinayi
 kapiiritsi (62 mg) katatu kapena kanayi
 pa tsiku

Pa matenda akulu kwambiri: mlingo wafotokozedwa pamwambapo uwonjezedwe kamodzi.

Chofunika kudziwa: Pitorizani kumwa *penicillin* kwa masiku asanu ndiponso kwa masiku awiri kapena atatu kutentha thupi ndi zizindikiro zina zamatenda zikatha.

Imwani *penicillin* ola limodzi musanadye chakudya chilichonse kuti agwire bwino ntchito m'thupi. (Izi ndi zabwino pomwa *penicillin* G kusiyana ndi *penicillin* V.)

PENICILLIN WOPEREKEDWA KUDZERA M'JEKESANI

Jekeseni wa *penicillin* iyenera kugwiritsidwa ntchito pa matenda akulu kuphatikizapo otsatirawa:

malungo ogwira bongo
septicemia (mabakiteriya m'magazi)
 kafumbata
 chibayo
 zilonda zazikulu
 gangirini
 mafupa othyoka
 chinzonono
 chindoko

Penicillin woperekedwa kudzera mu jekeseni amakonzedwa mosiyanasiyana. Musanabayey jekeseni ya *penicillin*, onetsetsani kuti ali pa mlingo komanso ndi wamtundu woyenera.

Kusankha *penicillin* woyenera pobaya jekeseni:

Penicillin wina amagwira ntchito mwamsanga koma sakhalitsa. Wina amagwira ntchito pang'onopang'ono koma amatenga nthawi yayitali. Nthawi zina nkwabwino kugwiritsira ntchito mtundu umodzi.

***Penicillin* wotenga nthawi yochepa:** Awa amadziwika ndi mayina ambiri monga *crystalline penicillin*, *benzylpenicillin*, *penicillin* wamadzi, *penicillin* wosungunuka, *sodium penicillin*, *potassium penicillin* ndi *penicillin* wajekeseni wa G. *Mapenicillin*wa amagwira ntchito msanga koma amakhala nthawi yochepa m'thupi kotero kuti ayenera kubayidwa mawola 6 aliwonse (kanayi pa tsiku). *Penicillin* wosatenga nthawi yayitali ndi wabwino pa matenda onse akulu pamene mlingo waukulu wa *penicillin* ukafunika monga chilonda choopsa chovunda nthenda youmitsa khisi mafupa othyoka otulukira kunja.

***Penicillin* wotenga nthawi yosatalika kwambiri:** *Procaine penicillin* kapena *procaine aluminium monostearate*. *Penicillin* amagwira ntchito pang'onopang'ono ndipo amangotenga tsiku limodzi. *Procaine penicillin* kapena wophatikizapo *procaine* ndi *penicillin* wongotenga nthawi pang'ono ndi wabwino pa matenda ambiri ngati aperekedwa kudzera m'jekeseni.

Penicillin wotenga nthawi yayitali:

Benzathine penicillin. Uyu amalowa m'magazi pang'onopang'omo ndipo amatenga mwezi wathunthu. *Penicillin* amagwira ntchito pa matenda a chindoko ndi ena. Ndi ofunika kwambiri pamene wodwala akukhala kutali ndi yemwe amapereka jekeseni ya mankhwalawa. Pa matenda osawoposa kwambiri jekeseni mmodzi ndi wokwanira. *Benzathine penicillin* amaphatikizidwa ndi *penicillin* wogwira ntchito msanga.

Crystalline penicillin (wotenga nthawi pang'ono)

Dzina: mtengo: pa

Amakhala m'ma viyozzi a miliyoni U (625 mg) kapena 5 miliyoni U (3125 mg)

Mlingo wa *crystalline penicillin* kapena wina aliynse wotenga nthawi pang'ono pa matenda akulu:

Perekani jekeseni mawola anayi kapena asanu ndi limodzi aliwonse.

Mujekeseni aliynse perekani.

akulu ndi ana oposa zaka 8: 1 miliyoni U
ana a zaka za pakati pa 3 ndi 8: 500,000 U
ana osaposeza zaka 3: 250,000 U

Pa matenda ogwira *bongo* ndi matenda ena akulu, mlingo waukulu wa mankhwala oyenera nyenera kuperekedwa.

Procaine penicillin (wotenga nthawi yotalikirapo)

Dzina: mtengo: pa:

Amakhala m'ma viyozzi a 300,000 U., 400,000 U, ndi kuposerapo

Mlingo wa *procaine penicillin* pa matenda osawoposa kwambiri:

Perekani jekeseni **imodzi** pa tsiku

Pajekeseni aliynse perekani:

akulu: 600,000 mpaka 1,200,00 U
ana a zaka zapakati pa 8 ndi 12: 600,000 U
ana a zaka zapakati pa 3 ndi 7: 300,000 U
ana obadwa kumene, **musagwiritsire ntchito** pokhapokha ngati palibe *penicillin* kapena *ampicillin* wina, 75,000 U

Pa matenda akulu, perekani kawiri mlingo wafotokozedwawo. Komabe ndi bwino kugwiritsira ntchito *penicillin* wotenga nthawi yaying'ono.

Mlingo wa *procaine penicillin* kuphatikizapo *penicillin* wotenga nthawi yochepa ndi ofanana ndi *procaine penicillin* payekha.

Procaine penicillin ndi wabwino pochiza chindoko chosalimbana ndi *penicillin* ngakhale kuti pamafunika mlingo waukulu kwambiri (onani tsamba 374). Mlingo wa *penicillin* pa matenda a chinzonono ndi kutupa kwa mchinena/ mchibelekero ndi umodzi/chimodzimodzi.

Benzathine penicillin (wotenga nthawi yayitali)

Dzina: mtengo: pa

Amakhala m'ma viyozzi a 1,200,000 kapena 2,400,000 U

Mlingo wa *benzathine penicillin* – pamatenda osawoposa kwambiri:

Bayani jekeseni mmodzi pa masiku anayi aliwonse. Pa matenda osawoposa kwambiri jekeseni imodzi njokwanira.

akulu: 1,200,000 U mpaka 2,400,000 U
ana a zaka zapakati pa 8 ndi 12: 900,000 U
ana a zaka zapakati pa 1 ndi 7: 300,000 U
mpaka 600,000 U

Popewa kubwereranso kwa matenda m'thupi a kutupa kwa m'malo molumikizana mafupa, mupatseni wodwala mlingo uli pamwambapa pa milungu inayi iliyonse (onani tsamba 329).

Pa matenda a chindoko, *benzathine penicillin* ndi wabwino kwambiri (onani tsamba 254).

**AMPICILLIN NDI AMOXICILLIN:
AMALIMBANA YA ZIROMBO MITUNDU
YOSIYANASIYANA**

Ampicillin

Dzina:

Nthawi zambiri amakhala wosungunulira: pakati,

125 ndi 250 mg mtengo: pa.....
kapisozi, 250 mg mtengo: pa.....
jekeseni, 500 mg mtengo: pa.....

Amoxicillin

Nthawi zambiri amakhala wosungunulira: kapusolo kapena wamapiritsi:

125 ndi 250 mg/tsp mtengo: pa.....
amakhala wamadzimadzi:
125 mg
m'madzi a 5 ml mtengo: pa.....
kapena 250 mg
m'madzi a 5 ml mtengo: pa.....

Mitundu ya *penicillin* yomwe imapha mitundu yambiri ya bakiteriya imatchedwa kuti ndi ya “*broad spectrum*”. *Ampicillin* ndi m’modzi wa mtunduwu. Ndi wabwino kusiyana ndi maantibayotiki ena ndipo amathandiza kwambiri ana ang’onoanng’ono.

Ampicillin ndi *amoxicillin* nthawi zambiri amagwira ntchito mosasiyana kwenikweni kotero atha kugwira ntchito molowerana m’ malo. Izi zikusonyeza kuti m’buku lino mukauzidwa kugwiritsira ntchito *ampicillin* mutha kugwiritsira ntchito *amoxicillin* m’ malo mwake motsatira muyezo woyenera omwe walembedwa m’ munsimu. **Komatu musamwe amoxicillin pamene akulemberani jekeseni wa ampicillin** (chifukwa kulibe jekeseni wa *amoxicillin*). Dziwaninso kuti amoxicillin nthawizina sachiza matenda a shigera. Pofuna kuchiza *Shigella* gwiritsirani ntchito *ampicillin* kapena mankhwala ena a antibayotikisi (onani tsamba 158).

Ampicillin ndi *amoxicillin* ndi wokwera mtengo kupoza *penicillin* komanso mankhwalawa amatha kuyambitsa kutsekula kwa m’ mimba kapena tizigambazigamba ta pa mnofu wa m’ kamwa ndi kum’ mero. Kotero mankhwalawa asamagwiritsidwe ntchito pofuna kuchiza matendawa amene ayenera kuchizidwa ndi *penicillin* (tsamba 58).

Ampicillin amagwira ntchito yake bwino akamwedwa. Jekeseni wa *ampicillin* amayenera kugwiritsidwa ntchito pochiza matenda monga kakhosi, *peritonitis* ndi *appendicitis* kapena pamene wodwala akusanza ndiponso ngati sangathe kumeza mankhwala.

Ampicillin ndi *amoxicillin* nthawi zambiri amathandiza pofuna kuchiza chibayo kapena matenda a makutu kwa ana a zaka zochepera 6, matenda a m’ njira yoderamo nkodzo, chinzonono komanso *typhoid fever* (ngati matendawa sakutha kuchizidwa ndi *chloramphenicol*). *Ampicillin* nayenso amathandiza pofuna kuchiza nthenda yochititsa ululu m’ magazi (*septicemia*) komanso matenda ena kwa ana, kakhosi, *peritonitis* ndi *appendicitis*.

Anthu omwe thupi lawo siligwirizana ndi *penicillin* sayenera kugwiritsira ntchito *ampicillin* kapena *amoxicillin*. **Onani mawu osanyeza zoopsa ndi chenjezo** zokhudza mitundu ya *penicillin*, onani tsamba 351.

Mlingo wa *ampicillin* ndi *amoxicillin*:

A kumwa – (25 mpaka 50 mg/kg pa tsiku):
makapusulo a 250 mg; mankhwala a uchi
a 125 mg pa sipuni ang’ono (5 ml)

Ampicillin: Pekerani kayani pa tsiku.

Amoxicillin: Pekerani katatu pa tsiku.

Pa mulingo uliwonse pekerani motere:

akulu: makapusulo 2 kapena masipuni
ang’ono anayi (500 mg)

ana a zaka zapakati pa 8 mpaka 12:
kapusulo imodzi kapena masipuni
awiri atiyi (250 mg)

ana a zaka za pakati pa 3 ndi 7: theka la
kapusozo mmodzi kapena sipuni
imodzi ya tiyi (125 mg)

ana ochepera zaka 3: gawo limodzi la
magawo 4 a kapusulo kapena theka la
sipuni yaing’ono (62 mg)

ana akhanda: chimodzimidzi ndi ana a
zaka zochepera 3

Kwa nthenda ya *typhoid fever* omwe ikulephera kuchizidwa ndi *chloramphenicol*, ngati mulibe jekeseni wa *ampicillin* munthu wodwala mupatseni 200 mg/kg pa tsiku a *ampicillin* wakamwa kapena 100 mg/kg pa tsiku a *amoxicillin*.

Kwa matenda a chinzonono, onani tsamba 374.

Mlingo wa *ampicillin*:

Wa jekeseni: pa matenda akulu - (50 mpaka 100
mg/kg pa tsiku - mpaka 300 mg/kg pa tsiku
pa malungo akubongo):

kabotolo ka 500 mg

Perekani mlingowu kanayi pa tsiku pa mawola
asanu ndi limodzi aliwonse.

Pa mlingo uliwonse perekani motere:

akulu: 500 mpaka 1,000 mg (imodzi
mpaka iwiri 500 mg viyози)

ana a zaka zapakati pa 8 ndi 12: 250 mg
(¹/₂ la 500 mg viyози)

ana a zaka zapakati pa 3 ndi 7: 125 mg
(¹/₄ la 500 mg viyози)

ana osakwana zaka zitatatu: 62 mg (¹/₈ ka
500 mg)

makanda: 125 mg (kagawo kachinayi ka
500 mg viyози) **kawiri** pa tsiku

Pitirizani kupereka mankhwalawa kwa masiku
ena awiri zizindikiro zamatendawa zitatha.

PENICILLIN WA STREPTOMYCIN

Zinthu zosakanizira *penicillin* ndi *streptomycin* zimapezeka m’ mayiko ambiri ndipo zimagwiritsidwa ntchito kwambiri ngati chimodzi mwa zithuzi zikugwiritsidwa ntchito kwambiri m’ dera lanu, lembani izi:

Dzina:.....mg wa *penicillin*:.....
mg wa *streptomycin*:.....mtengo:..... pa.....

***Penicillin* ndi *streptomycin* ayenera kugwiritsidwa ntchito pamodzi mwapadera m’ malo mwa *ampicillin* ngati *ampicillin* sangapezeke kapena ndi okwera mtengo kwambiri. Asagwiritsidwe ntchito pa matenda aang’ono kapena chimfine.**

Kugwiritsira ntchito kawirikawiri *streptomycin* pa matenda ena kusiyana ndi chifuwa chachikulu kumapangitsa mabakteriya

a chifuwachi kukhala ndi mphamvu yolimbana ndi mankhwala choncho amavuta kuchiza kwake. Mankhwala amayambitsa ugonthi.

Streptomycin wa *penicillin* angagwiritsidwenso ntchito pa matenda ambiri ofunika *ampicillin* yemwe ndi wabwino kwa ana akhanda (tsamba 367).

Mankhwala wa wotsika mtengo komanso ndi wosavuta kudziwa mlingo wake *streptomycin* ndi *penicillin* akabayidwira payekhapayekha kusiyana ndi kuwaphatikiza.

Mlingo wa *penicillin* wa *streptomycin* pa matenda akulu:

Perekani *penicillin* wosatenga nthawi m'thupi, 25000U/kg kanayi pa tsiku ndipo *streptomycin* wosaposera 30 mpaka 50 mg/kg pa tsiku.

Pa ana akhanda, perekani *penicillin* wosatenga nthawi m'thupiyu 50,000 U/kg kawiri pa tsiku pamodzi ndi *streptomycin*, 20 mg/kg kamodzi pa tsiku.

| | Perekani <i>penicillin</i> wosatenga nthawi m'thupiyu wochulukira chonchi | ndi <i>streptomycin</i> |
|---------------------------------|--|--------------------------------|
| akulu | 1,000,000 U kanayi kamodzi pa tsiku | 1 gm (2 ml kamodzi pa tsiku) |
| ana a zaka zapakati pa 8 ndi 12 | 500,000U kanayi kasanu ndi kamodzi pa tsiku | 750 mg 1½ ml kamodzi pa tsiku |
| ana a zaka zapakati Pa 3 ndi 7 | 250,000 U kanayi kasanu ndi kamodzi patsiku | 500 mg (1 ml) kamodzi pa tsiku |
| ana osakwana zakazitatu | 125,000 U kanayi kasanu ndi kamodzi pa tsiku | 250 mg (½ ml) kamodzi pa tsiku |
| ana akhanda | 150,000 U kawiri pa tsiku | 60 mg (¼ ml) kamodzi a tsiku |

Pa matenda akulu monga *peritonitis appendicis*, malungo akubongo, (*osteomyelitis*) mlingo wochulukira wa *penicillin* ukhoza kuperekedwa koma mlingo wa *streptomycin* suyenera kukhala wokwera monga umene watchulidwawo.

Pa matenda aang'ono, *penicillin* wa *streptomycin*, *procaine penicillin* angagwiritsidwe ntchito ndi *streptomycin*. Mlingo wa *streptomycin* ndi womwe waperekedwa pamwambapo (tsamba 367).

Onetsetsani kuti mwawerenga kuwopsa ndi njira zopewera kuwopsa kwa *penicillin* ndi *streptomycin* (onani masamba 365 ndi 377).

ERYTHROMYCIN:

MANKHWALA OGWIRITSIDWANTCHITO M'MALO MWA PENICILLIN

Erythromycin

Dzina:.....

Amakhala m'ma:

piritsi kapena kapisozi

wa 250 mg mtengo:..... pa.....

sirapu wa 125 mg

kapena 200 mg

mu 5 ml mtengo:..... pa.....

wa madzimadzi a

1% kapena 3% mtengo:..... pa.....

Erythromycin amalimbana ndi matenda omwensu *penicillin* ndi *tetracycline* amalimbana nawo koma ndi wokwera mtengo. M'mayiko ambiri *erythromycin* akuthandiza kwambiri kusiyana ndi *penicillin* pa matenda a chibayo ndi, matenda ena a pakhungu.

Erythromycin angagwiritsidwe ntchito m'malo mwa *penicillin* kwa anthu omwe matupi awo sagwirizana ndi *penicillin* komanso *tetracycline* ndi amayi apakati ndi ana osayenera kumwa *tetracycline*. Onani masamba a m'bukuli omwe akukamba za nthenda iliyonse.

Erythromycin ndi wabwino koma pafunika kusamala kuti musampereke mopyola muyezo. Musamugwiritsire ntchito koposera masabata awiri chifukwa angayambitse nthenda ya chikasu (*jaundice*).

Mlingo wa *erythromycin*:

Imwani mankhwalawa mutadya popewa kusokonekera kwa m'mimba.

Perekani mlingo umodzi kanayi pa tsiku.

Mlingo uliwonse perekani:

akulu: 500 mg (mapiritsi 2 kapena masupuni a tiyi 4)

ana a zaka zapakati pa 8 ndi 12: 250 mg (piritsi 1 kapena masupuni a tiyi 2)

ana a zaka zapakati pa 3 ndi 7: 150 mg (½ piritsi kapena supuni ya tiyi 1)

ana osaposa zaka zitatu: 75 mpaka 150 mg (¼ mpaka ½ la piritsi kapena ½ mpaka supuni ya tiyi 1)

**TETRACYCLINES:
AMALIMBANA NDI MITUNDU
YAMBIRIMBIRI YA ZIROMBO**

Tetracycline (tetracycline HCL, oxytetracycline) wodziwika koma wokwera mtengo: Tetramycin

Dzina:.....

Amakhala m'ma:

kapisozi a 250 mg: mtengo:.....pa.....
osakaniza
125 mg/5 ml mtengo:.....pa.....
mankhwalawa a m'maso
a m'chubu a 1%
kapena 3 % mtengo:pa.....

Tetracycline ndi **maantibayotiki omwe amapha** mabakteriya osiyanasiyana.

Tetracycline ayenera kumwedwa chifukwa sayambitsa mavuto ena kusiyana ndi jekeseni.

Tetracycline amagwiritsidwa ntchito pa matenda awa:

kutsekula m'mimba kapena kamwazi
woyamba ndi ameba
sinutitis
akummero
m'njira yamkodzo
typhus
brucellosis
kolera
trachoma
matenda a ndulu
chlamydia
chinzonono
pelvic inflammatory disease
malungo wosachizika ndi chloroquine

Tetracycline sathandiza pa chimfine ndi matenda ena abiri ngati momwe amapangira penicillin kapena sulfa ndipo ngokwera mtengo. Asamagwiritsidwe ntchito mopyola muyezo.

Kuwopsa ndi njira zopewera kuwopsa kwake:

1. Amayi oyembekezera sayenera kumwa **tetracycline** chifukwa angathe kuwononga mano ndi mafupa a mwana. Pa chifukwa chimenechi, ana a zaka 8 ayenera kumwa mankhwalawa pokhapokha ngati kuli koyenera kutero komanso kwa nthawi yochepa. M'malo mwake amwe *erythromycin*.
2. **Tetracycline** angayambitse kutsekula m'mimba makamaka akamwedwa kwa nthawi yayitali.
3. Ndi zowopsa kwambiri kumwa **tetracycline** yemwe wakhalitsa.

4. Si bwino kumwa mkaka kapena maantacid ola limodzi musanamwe kapena mutamwa **tetracycline** kuti agwire bwino ntchito m'thupi.

5. Anthu ena amatuluka totupa akakhala pa dzuwa pomwe akumwa mankhwalawa.

Mlingo wa tetracycline (20 mpaka 40 mg/kg pa tsiku) - makapisozi a 250 mg ndi osakaniza a 125 ml mu 5 ml -

M'mwetseni odwala **tetracycline** kanayi pa tsiku.

Mulingo uliwonse, perekani motere:

akulu: 250 mg (kapisozi m'modzi)
ana a zaka zapakati pa 8 ndi 12: 125 mg
($\frac{1}{2}$ kapisozi kapena supuni ya tiyi 1)
ana a zaka zochepera 8: **asamwe tetracycline** – m'malo mwake amwetseni *cotrimoxazole kapena erythromycin*. Ngati palibe mankhwalawa ena apatseni.
ana a zaka zapakati pa 4 ndi 7: 80 mg
($\frac{1}{3}$ kapisozi kapena $\frac{2}{3}$ supuni ya tiyi)
ana a zaka zapakati pa 1 ndi 3: 60 mg
($\frac{1}{4}$ kapisozi kapena $\frac{1}{2}$ supuni ya tiyi)
ana osaposa chaka 1: 25 mg ($\frac{1}{10}$ kapisozi kapena $\frac{1}{3}$ supuni ya tiyi)
ana akhanda (pamene maantibayotiki ena palibe) 8 mg ($\frac{1}{30}$ kapisozi kapena madontho 6 a mankhwalawa osakaniza)

Pa matenda akulu ndi matenda ena monga chinzonono, *chlamydia*, kolera, taifasi ndi chifuwa chachikulu ndi *brucellosis*, perekani mlingo wochulukira kawiri.

Tetracycline ayenera kupitirizidwa kumwa kwa tsiku limodzi kapena awiri zizindikiro za matenda zikatha. Pa matenda, pamafunika chithandizo chotenga nthawi yayitali: taifasi masiku 6 mpaka 10; *brucellosis*, masabata awiri kapena atatu; chinzonono masiku 3 mpaka 5, chinzonono ndi *chlamydia* masiku 7 mpaka 10. Komakwa nthenda yoti yafika povutitsitsa wonjezerani masiku kuchokera 10 mpaka 14. Pa kolera amwedwe kwa masiku 3 mpaka 5.

Doxycycline (dzina lodziwika bwino ndi **Vibramycin**)

Dzina:

Amakhala m'ma:

kapisozi a mapiritsi
a 100 mg mtengo:..... pa.....
timabotolo/kontena tokhala
ndi 100 mg
wobayira mtengo:.....pa.....

Doxycycline ndi mtundu wa *tetracycline* wokwera mtengo yemwe amamwedwa kawiri pa tsiku m'malo mwa kanayi pa tsiku. Akakhalapo, angathe kugwiritsidwa ntchito pa matenda omwe amafunika *tetracycline*. *Doxycycline* angamwedwe ndi mkaka kapena pamene mukudya. **Kuwopsa ndi njira zake zopewera ndi zofanana ndi za *tetracycline* (onani tsamba 370).**

Mlingo wa *doxycycline*:

– mapiritsi a 100 mg -

Wodwala amwe mankhwalawa kawiri pa tsiku.

Mulingo uliwonse, perekani:

akulu: 100 mg (piritsi 1)

ana a zaka zapakati 8 ndi 12: 50 mg ($1/2$ la piritsi)

ana ochepera zaka 8: **Musawamwetse *doxycycline*.**

CHLORAMPHENICOL: ANTIBAYOTIKI WA MATENDA AAKULU

Chloramphenicol (Chloromycetin)

Amakhala m'ma:

kapisozi a 250 mg mtengo:..... pa.....

osakaniza, 125 mg

mu 5ml mtengo:..... pa.....

pajekeseni, 1000 mg

per vial mtengo:..... pa.....

Antibayotiki ameneyu amalimbana ndi mabakteriya osiyanasiyana. Ndi wotsika mtengo koma pangakhale zowopsa zina atagwiritsidwa ntchito. Pa chifukwachi, kagwiritsidwe ntchito kake kasakhale kopyola muyezo.

Chloramphenicol ayenera kugwiritsidwa ntchito pa matenda a *typhoid* ndi matenda otsekula m'mimba kwambiri kapena ena omwe angachizidwe ndi *sulfas*, *penicillin*, *tetracycline* kapena *ampicillin* pa matenda owopsa kwambiri monga malungo ogwira *bongo*, *peritonitis*, zilonda zazikulu zam'matumbo, *septicemia* kapena kutentha thupi amayi akachira, *chloramphenicol* angagwiritsidwe ntchito ngati palibe mankhwalawa osawopsa kwambiri.

Ampicillin ndi wamphamvu kusiyana ndi *chloramphenicol* ndipo si owopsa. Koma vuto ndilakuti *Ampicillin* ndi wokwera mtengo choncho pali nthawi yina yomwe *chloramphenicol* angafunike kwambiri.

CHENJEZO: *Chloramphenicol* amawononga magazi a anthu ena ndipo ndi woopsa kwambiri kwa ana akhanda makamaka obadwa nthawi yawo isanakwane. **Ana akhanda omwe akudwala kwambiri ayenera kupatsidwa *ampicillin* kusiyana ndi *chloramphenicol* ngati kungatheke. Ana osapyola mwezi umodzi sayenera kupatsidwa *chloramphenicol*.**

Onetsetsani kuti musapereke *chloramphenicol* woposa mlingo. **Pakati pa ana, mlingo wake ngochepa.**

Pewani kugwiritsira ntchito nthawi yayitali kapena kubwereza kugwiritsira ntchito mankhwalawa.

Mukapereka chithandizo cha *typhoid*, sinthani *chloramphenicol* ndi *ampicillin* wodwala akachira [m'madera momwe *typhoid* amalimbana ndi *chloramphenicol*, chithandizo chonse chiyenera kukhala cha *ampicillin* kapena *co-trimoxole*.

Chloramphenicol wakumwa amagwira ntchito bwino kwambiri kusiyana ndi wa jekeseni ndipo ndi wosaopsa mungathe kupereka jekeseni ya *chloramphenicol* pokhapokha ngati **wodwala akulephera kumeza mankhwalawa.**

Mlingo wa *chloramphenicol*

- (50 mpaka 100 mg/kg pa tsiku):

- makapisozi a 250 mg kapena osakaniza a 125 mg mu 5 ml -

Wodwala amwe mankhwalawa kanayi pa tsiku.

Mlingo uliwonse perekani motere:

akulu: 500 mpaka 700 mg (makapisozi 2 kapena 3) pa matenda a *typhoid*, ***peritonitis*** ndi matenda ena owopsa mlingo wa mankhwalawa uyenera kukhala okulirapo (makapisozi atatu kanayi pa tsiku ndi makapisozi 12 pa tsiku)

ana a zaka zapakati pa 8 ndi 12: 150 mg (kapisozi 1 kapena masupuni 2 a tiyi)

ana a zaka zapakati pa 3 ndi 7: 125 mg ($1/2$ kapisozi kapena supuni 1 ya tiyi)

ana a mwezi umodzi mpaka zaka ziwiri: perekani 12 mg (gawo limodzi la magawo awiri a mankhwala osakanzidwa kapena gawo limodzi la magawo khumi ndi awiri a kapusozzi) pa kilogalamu **iliyonse** ya kulemera kwa thupi. (Apa mwana wolemera 5 mg, ayenera kulandira 60 mg imene ndi $\frac{1}{2}$ ya mankhwala osakaniza kapena $\frac{1}{4}$ ya kapisozzi pa mlingo uliwonse. Mwana wolemera 5 kg ndiye kuti angamwe kapisozzi mmodzi kapena masupuni a tiyi awiri pa tsiku.)

ana obadwa kumene: Mwalamulo musawapatse *chloramphenicol*. Ngati palibe mankhwala ena aliwonse, m'mwetseni 5 mg ($\frac{1}{4}$ ml kapena madontho asanu a mankhwala osakamzidwa) pa kilogalamu iliyonse yakulemera kwa thupi. Mwana wolemera 3 kg apatsidwe 15 mg kanayi pa tsiku kapena gawo la chinayi la kapisozzi pa tsiku. **Musampatse mankhwala ochulukana.**

MANKHWALA A SULFA (SULFONOMIDES): MANKHWALA OTSIKA MTENGO A MATENDA AMBIRI OFALA

Sulfadiazine, Sulfisoxazole, sulfadimidine kapena a triple sulfa

Dzina:

Amakhala m'ma:

piritsi a 500 mg mtengo pa.....
osakaniza, 500 mg
mu 5ml mtengo.....pa.....

Mankhwala a *sulfa* amapha mabakiteriya a mitundu yambiri ngakhale alibe mphamvu, monga maantibayotiki ena ndipo amayambitsa mavuto ena akamwedwa. Komabe mankhwalawa ndi wofunika chifukwa ndi wotsika mtengo.

Ndiponso mankhwalawa amagwiritsidwa ntchito kwambiri pa matenda a m'njira yamkodzo. Angagwiritsidwensu ntchito pa matenda a m'makutu, impetigo ndi ena apakhungu.

Mankhwala a sulfa sagwiritsidwa ntchito mofanana ndipo amakhala milingo yosiyana. Ngati muli ndi *sulfonamide* yekha, onetsetsani kuti mwagwiritsira ntchito mlingo woyenera musanamwe. *Sulfathiazole* ngofanana ndi sulfa ndipo ndi wotsika mtengo ngakhale ali osavomerezeka chifukwa amakhala ndi zotsatira zina zoipa.

Sulfa sakuthandizanso pamatenda otsukula m'mimba monga momwe ankachitira chifukwa

tizilombo toyambitsa matendawa tikutha kulimbana ndi matendawa kwa munthu yemwe alibe madzi okwanira m'thupi kangawononge impso ake.

CHENJEZO:

Ndi bwino **kumwa madzi ambiri**, pafupipafupi makapu 8 pa tsiku pamene mukumwa mankhwala a sulfa popewa kuwonongeka kwa impso.

Ngati sulfa akuyambitsa totupatupa, matuza, kuyabwa, kupweteka m'malo olumikizana mafupa kapena magari mumkodzo, **siyani kumwa mankhwalawa ndipo muzimwa madzi ambiri.**

Musapereke mankhwalawa kwa munthu yemwe alibe madzi okwanira m'thupi kapena ana osaposa chaka chimodzi.

Chidziwitso: Mankhwala ayenera kuperekedwa pa mlingo woyenera, womwe ngwaukulu. Onetsetsani kuti mwapereka mlingo wokwanira!

Mlingo wa sulfadiazine, sulfisoxazole, sulfadimidine, kapena triple sulfa (200 mg/kg pa tsiku):

- mapiritsi a 500 mg kapena osakaniza 500 mg mu 5 ml -

Perekani mankhwalawa kwa wodwala kanayi pa tsiku ndi **madzi ambiri!**

Pa mlingo uliwonse, perekani:

akulu ndi ana oposera zaka 10: 3 mpaka 4 mg (mapiritsi 6 kapena 8) poyamba, kenaka 1 gm (mapiritsi 2) pa milingo yotsatirayo. ana a zaka 6 mpaka 10: 750 mg (mapiritsi $1\frac{1}{2}$) pa mlingo uliwonse.

ana a chaka 1 mpaka zaka 5: 500 mg (piritsi 1 kapena supuni ya tiyi) pa mlingo uliwonse ana osaposeka chaka chimodzi:

Musawapatse mankhwala a sulfa. Ngati palibe mankhwala ena, apatseni *sulfa* 250 mg ($\frac{1}{2}$ piritsi kapena supuni 1) kanai pa tsiku.

Co-trimoxazole (sulfamethoxazole wa trimethoprin)

(mayina odziwika: **Bactrim, Septrim**)

Dzina:

Amakhala m'ma:

piritsi a *sulfamethoxazole* wa 100 mg ndi 20 mg *trimethoprim* mtengo:..... pa.....
piritsi a *sulfamethoxazole* wa 400 mg ndi 80 mg *trimethoprim* mtengo:pa.....
osakaniza *sulfamethoxazole* wa 200 mg ndi 40 mg *trimethoprim*
mu 5 ml mtengo:.....pa.....

Mankhwala osakaniziwa amalimbana ndi mabakiteriya ambiri ndipo ndi wotsika mtengo kusiyana ndi *ampicillin*.

Azimayi oyembekezera pa miyezi 3 yomaliza asamagwiritsire ntchito mankhwala a co-trimoxazole.

Co-trimoxazole angagwiritsidwe ntchito pa matenda a:

typhoid
kutsekula m'mimba mophatikiza ndi magazi komanso kutentha thupi kolera
brucellosis
chibayo
impetigo
mphenga
chancroid
chinzonono

Mlingo wa co-trimoxazole:

- mapiritsi a 400 mg a *sulfamethoxazole* wa 80 mg *trimethoprim* kapena supuni ya tiyi monga tafotokozero pamwambapa -

Pa mlingo wa mankhwalawa kawiri pa tsiku pamodzi ndi **madzi ambiri!**

Pa mlingo uliwonse perekani motere:

akulu ndi ana oposa zaka 12: mapiritsi 2 kapena masipuni a tiyi 4
ana a zaka 9 mpaka 12: piritsi $1\frac{1}{2}$ kapena masipuni a tiyi 3
ana a zaka 4 mpaka 8: piritsi 1 kapena masipuni a tiyi 2
ana a chaka 1 mpaka 3: $\frac{1}{2}$ la piritsi kapena masipuni ya tiyi 1
ana aang'ono osaposa chaka 1:

Asapatsidwe mankhwalawa. Koma ngati palibe mankhwala ena apatseni $\frac{1}{4}$ la piritsi kapena $\frac{1}{2}$ la sipuni ya tiyi 2 pa tsiku.

Pa matenda a mu njira ya nkodzo, perekani mlingo uli pamwamba kwa masiku khumi mpaka masabata awiri. Pa *typhoid* ndi nthenda ya kummo aperekeni kwa masabata awiri. Pa matenda a *chancroid*, perekani kwa sabata imodzi ndipo pa matenda a *shigella* perekani, mankhwalawa kwa masiku asanu kapena khumi.

Pa matenda a chinzonono omwe sagonja ndi *penicillin*, mankhwala ambiri a co-trimoxazole ayenera kuperekedwa (onani tsamba 374).

KANAMYCIN NDI GENTAMICIN

Kanamycin ndi *gentamicin* ndi maantibayotiki operekedwa kudzera m'jekeseni omwe amagwiritsidwa ntchito mopyola muyezo m'maiko **ambiri**. Mankhwala asamagwiritsidwe ntchito mopyola muyezo chifukwa angathe kuyambitsa ugonthi ndiponso kuwonongeka kwa impso. Komanso mankhwalawa amalephera kupha mabakteriya chifukwa chotha mphamvu (*streptomycin* ndi mankhwala ena a m'gululi koma amagwiritsidwa ntchito pa chifuwa chachikulu chokha (onani tsamba 377).

Mankhwala ayenera kuperekedwa ndi ogwira ntchito yachipatala omwe ndi a luso kwambiri pa matenda akulu okha ngati palibe mankhwala ena. Kapena ali okwera mtengo kwambiri. *Kanamycin* amagwiritsidwanso ntchito pa matenda a chinzonono kapena maso pakati pa ana akhanda (tsamba 232).

Kanamycin (Kantrex)

Dzina:..... mtengo:.....pa.....

Amakhala m'ma:

vayozi a jekeseni wa 75 mg, 500 mg kapena 1000 mg

Kuwopsa ndi njira zopewera:

Kumwa mankhwala ambiri a kanamycin kwa nthawi yayitali kungayambitse ugonthi. Ngati mukulephera kumva, siyani kumwa mankhwalawa ndipo kawonaneni ndi azachipatala. ***Kanamycin sayenera kumwedwa ndi amayi*** apakati kapena anthu omwe ali ndi vuto la impso.

Mlingo wa mankhwala a kanamycin (15 mg/kg pa tsiku): - vayozi wa madzi kapena ufa wosakanizira madzi kuti mupange 1gm ya *kanamycin* mu 2 ml -

Perekani kawiri pa tsiku.

Pa jekeseni aliyense perekani motere:

akulu 500 mg
ana a zaka zapakati pa 8 ndi 12: 250 mg
ana a zaka zapakati pa 3 ndi 7: 125 mg
ana osaposa zaka 3: 62 mg
ana akhanda: perekani 8 mg pa kilogalamu iliyonse ya kulemera kwa thupi; choncho mwana wolemera kg atatu alandire 24 mg

Pa matenda a chinzonono mankhwala ambiri amaperekedwa pa mlingo umodzi. Pa matenda a maso pakati pa ana obadwa kumene, perekani jekeseni mmodzi ya 25 mg pa kilogalamu iliyonse ya momwe mwana akulemerera. (Kotero mwana wolemera ma kilogalamu atatu alandira 75 mg.) Pa za matenda a chinzonono cha akuluakulu onani tsamba 374.

Gentamicin (Garamycin)

M'mayiko ambiri, *gentamicin* amagwiritsidwa ntchito m'malo mwa *kanamycin*. Zochita zowopsa ndi njira zake zopewera zowopsazo nzofanana koma mlingo wake ndi wocheperako (2 kapena 5 mg/kg pa tsiku). Mlingowu umagawidwa ndipo umaperekedwa katatu pa tsiku.

MANKHWALA A CHINZONONO NDI CHLAMYDIA

M'madera ambiri adziko lapansi. *Penicillin* sathandiza pa matenda a chinzonono chifukwa bakiteriya akutha kulimbana ndi mankhwalawa. Choncho maantibayotiki ena ayenera kugwiritsidwa ntchito. Funsani malangizo kuti mudziwe mankhwala oyenera m'dera lanu. Pano tikungotchula mankhwala omwe angavomerezeke kutengera ndi amene alipo ndiponso amene angagulidwe.

Kupweteka kukapanda kuleka masiku atatu akadutsa *chlamydia* mankhwala a chinzonono, ndiye kuti mankhwalawo akulephera kugonjetsa matendawo kapena munthuyo akudwala *chlamydia*. Matendawa ali ndi zizindikiro zofanana ndipo amayambira limodzi (tsamba 252). Ngati matenda a chinzonono ndi *chlamydia* akupezeka kwambiri m'dera lanu, ndi bwino kupereka mankhwala a matenda awiriwa nthawi imodzi. (Gwiritsirani ntchito kondomu) mpira wa abambo mpakana inu ndi bwenzi lanu mutachira mokwanira.

Mankhwala ena omwe atchulidwa pano angakhale ndi zotsatira zina zoyipa pa thupi akaperekedwa kwa nthawi yayitali kapena kwa ana akhanda kapena amayi apakati. Musanapereke chithandizo onetsetsani kuti masamba obiriwira ali ndi zambiri zokhudza mankhwalawa. Mlingo womwe wafotokozedwa m'munsimu ndi wa akuluakulu.

Pamatenda a chinzonono, gwiritsirani ntchito njira imodzi mwa zotsatirazi:

1. **Co-trimoxazole** (tsamba 372) angagwiritsidwe ntchito pa matenda a chinzonono. Mukamagwiritsira ntchito mapiritsi a 400 mg. *Sulfamethoxazole* ndi 80 mg *trimethoprim* perekani mapiritsi asanu

kawiri pa tsiku kwa masiku awiri kapena atatu.

2. Jekeseni imodzi ya 2 gm wa **kanamycin** (tsamba 373).
3. Mapiritsi a **tetracycline** (tsamba 370) kapena **erythromycin** (tsamba 369) angagwiritsidwe ntchito pa matenda a chinzonono ndi *chlamydia* nthawi imodzi ngakhale kuti nthawi zina matenda a chinzonono amalephera kugonjetsedwa ndi *tetracycline*. Perekani 500 mg kanayi pa tsiku kwa masiku 7 kapena 10.
4. Perekani jekeseni mmodzi ya 2 gm ya **streptomycin** (tsamba 377) ndipo mankhwalawa ogwiritsidwe ntchito pa chinzonono chimene sichimva mankhwala a *penicillin* mankhwala ena akakhalapo. Kugwiritsira ntchito *streptomycin* mopyola muyezo pa matenda ena kusiyana ndi chifuwa chachikulu kumachepetsa kufunika kwake pa matendawa.
5. Ngati matenda a chinzonono m'dera lanu amagonja ndi *penicillin*, bayani mayunitsi okwana mamiliyoni 4.8 a **procaine penicillin** kapena mamiliyoni 5 a **crystalline penicillin** kamodzi. Bayani theka la mlingo wa mankhwala m'thako lililonse ndipo perekani 1 gm ya **probenecid** wakumwa nthawi yomweyo. Kapena imwani 3500 mg wa **ampicillin** (kapena 3000 mg wa **amoxicillin**) ndi 1 gm ya *probenecid* kamodzinkamodzi.

Pa matenda a chlamydia gwiritsirani ntchito imodzi mwa njira zotsatirazi:

1. Perekani **tetracycline** (tsamba 370) kapena **erythromycin** (tsamba 369): 500 mg kanayi pa tsiku kwa masiku 7 mpaka 10.
2. Kapena perekani **doxycycline** (tsamba 370) 100 mg kawiri pa tsiku kwa masiku 7 mpaka 10.
3. **Mankhwala a sulfa** (tsamba 372) angagwiritsidwenso ntchito. Mwachitsanzo, imwani 500 mg *sulfisoxazole* kanayi pa tsiku kwa masiku 10.

MANKHWALAA CHIFUWA CHACHIKULU (TB)

Popereka chithandizo cha chifuwa chachikulu, **ndi bwino kugwiritsira ntchito mankhwala ena a chifuwachi a mitundu iwiri, itatu kapena inayi nthawi imodzi.** Mankhwala amodzi akugwiritsidwa ntchito, mabakteriya a chifuwachi amayamba kulimbana ndi mankhwalawa ndipo kumakhala kovuta kugonjetsa matendawa.

Matenda a chifuwa chachikulu amafunika chithandizo cha nthawi yayitali mwina miyezi 6 kapena 9 kapena kuposerapo. Kutalika kwa nthawi yopereka chithandizo kumatengera ndi mankhwala omwe akugwiritsidwa ntchito. Pofuna kuti matendawo asadzayambirensa, **chithandizo chokwanira chotenga nthawi yayitali n'chhofunika kwambiri.**

Mankhwala ena a chifuwachi ndi wokwera mtengo (*rifampin*, *pyrazinamide*, *ethambutol*) ngati agulidwa m'isitolo zogulitsa mankhwala. Maboma ambiri ali ndi mapulogalamu oyeza anthu chifuwachi nkumawapatsa mankhwala aulere.

Malangizo akuchipatala ndi ofunika poti chithandizo chimasintha ndiponso mabakteriya amalimbana ndi mankhwalawo choncho mankhwala ena angafunike. Mapulogalamu ena amapereka mankhwala kawiri pa sabata pa mlingo waukulu.

Isoniazid (INH) ayenera kuperekedwa pa matenda a chifuwachi. **Rifampin** ndi wamphamvu ndipo ayenera kugwiritsidwa ntchito kufikira ngati makhololo mulibe tizilombo toyambitsa chifuwachi. **Ethambutol** ndi **streptomycin** amagwiritsidwanso pa chifuwa chachikuluchi. Kumwa **pyrazinamide** wokhala ndi INH ndi *rifampin* kungafupikitse nthawi yolandira chithandizo. **Thiacetazone** ndi wosakwera mtengo koma amayambitsa zotsatira zina zoyipa pokhapokhapo ngati zitazindikiridwa msanga pachiyambi.

Ngati mankhwala a kuyambitsa kuyabwa, mawonekedwe chikasu pathupi ndi m'maso kapena kupweteka kwa m'mimba, kawonaneni ndi dotolo kuti mwina akusinthere ni mankhwala. Ngati totupa totuluka pathupi, siyani kumwa mankhwalawo mpakana mutawonana ndi dotolo. Pewani kumwa mowa pomwe mukulandira chithandizo cha mankhwala a chifuwa chachikulu makamaka wotchedwa INH.

Mankhwala ovomerezeka

Gwiritsirani ntchito amodzi mwa mankhwala osakaniza kutengera ndi momwe akupezekera, ngati mungakwanitse kugula komanso ngati ndi kuvomerezeka m'dera lanu:

1. Perekani *isoniazid*, *rifampin*, *ethambutol* ndi *pyrazinamide* kwa miyezi iwiri. Kenaka siyani kumwa *pyrazinamide* ndipo pitirizani kumwa *rifampin*, *isoniazid* ndi *ethambutol* kwa miyezi ina inayi.

2. Perekani *isoniazid*, *rifampin* ndi *ethambutol* kwa miyezi 9.
3. Phatikizani *isoniazid*, *rifampin*, *streptomycin* ndi *pyrazinamide* kwa miyezi iwiri kenaka perekani *isoniazid* wa *ethambutol*, *streptomycin*, kapenanso *thiacetazone* kwa miyezi 6. Ubwino wake ndi wakuti mankhwalawa ndi otsika mtengo chifukwa *rifampin* wochepea yekha ndiye amafunika.
4. Ngati *rifampin* palibe kapena ndi okwera mtengo kwambiri perekani *isoniazid*, *ethambutol* ndi *streptomycin* kwa miyezi iwiri kapena mpakana m'makhololo mutawonetsa kuti mulibe tizilombo toyambitsa chifuwachi. Pitirizani kupewera *streptomycin* kwa miyezi ina iwiri ndiponso perekani INH ndi *ethambutol* kwa chaka chimodzi.
5. Amayi apakati amene ali ndi chifuwa chachikulu ayenera kupita kuchipatala msanga. Amayiwa ayenera kupatsidwa *isoniazid* ndi *ethambutol*, *rifampin* kapena *thiacetazone* kwa miyezi 18. Perekanso 50 mg wa vitamin B₆ tsiku lililonse. Musapereke mankhwala a *pyrazinamide* kapena *streptomycin* mayi ali woyembekezera.

Isoniazid (INH)

Dzina:..... mtengo:..... pa.....

Amakhala m'mapiritsi a 100 kapena 300 mg.

Awa ndi mankhwala oyambirira a chifuwachi. Kuti achize chifuwachi, ayenera kuperekedwa pamodzi ndi mtundu wina wa mankhwala achifuwachi.

Kuwopsa ndi njira zotetezera kuwopsako:

Isoniazid amayambitsa (osati kawirikawiri) kuchepa kwa magazi m'thupi, kupweteka kwa mitsempha, m'mikono ndi m'mapazi kukokana kwa minofu kapena kukomoka pakati pa ana operewera zakudya m'thupi. Zotsatira zoyipazi zingathetsedwe pakumwa 50 mg ya *pyridoxine* (vitamini B₆) (tsamba 407).

Nthawi zina *isoniazid* ingawononge chiwindi. Anthu omwe amawonetsa zizindikiro za matenda a chikasu m'maso ndi pakhungu, kuyabwa, kusafuna kudya chilichonse, kupweteka kwa m'mimba akamamwa mankhwalawa, ayenera kuleka kuwamwa (onani tsamba 183).

Mlingo wa isoniazid - (5 mpaka 10 mg/kg pa tsiku): - gwiritsirani ntchito mapiritsi a 100 mg -

Perekani *isoniazid* kamodzi pa tsiku.

Perekani mlingo wotere kwa:

akulu: 300 mg (mapiritsi 3)
ana: 50 mg (¹/₂ piritsi) pa 5 kg aliwonse a momwe mwana akulemerera

Ana omwe ali ndi chifuwa chachikuluchi kapena anthu omwe ali ndi chifuwa chachikulu

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chogwira bongo ayenera kulandira chithandizo chochuluka mpakana atayamba kupeza bwino.

Popewa chifuwa chachikulu m'banja momwe anthu ake ali ndi chifuwachi, ndi koyenera kupereka mankhwala omwe atchulidwa pamwambapa a INH kwa miyezi 6 mpakana 9.

Rifampin (rifampicin, rifamycin)

Dzina:..... mtengo:..... pa.....

Mankhwala amakhala m'makapisozi kapena mapiritsi a 150 kapena 300 mg.

Ngakhale kuti antibayotiki ndi okwera mtengo amalimbana kwambiri ndi chifuwa chachikulu. Mankhwala angathe kufupikitsa nthawi yolandira chithandizo ndi miyezi yambiri makamaka akaperekedwa pamodzi ndi isoniazid ndiponso mankhwala ena a chifuwachi. (*Rifampicin* amathandizanso pa matenda a khate- onani tsamba 378.)

Ndi koyenera kumamwa *rifampicin* nthawi ndi nthawi mosalekeza. Muziwonetsetsa kuti mankhwalawa muli nawo okwanira.

Zowopsa ndi njira zopewera zowopsa za mankhwalawa:

Rifampin angathe kuwononga kwambiri chiwindi. Munthu amene ali ndi vuto la chiwindi kapena mayi wapakati ayenera kumwa mankhwalawa moyang'aniridwa ndi achipatala.

Zotsatira zoyipa za mankhwalawa: *Rifampin* amasintha mawonekedwe a mkodzo, manyi, malovu mamina ngakhaleenso makhololo. Si kawirikawiri pomwe *rifampin* amayambitsa kutentha thupi, kusowa kapena kukhala ndi chilakolako chofuna kudya kwambiri, kusanza, kusokonezeka maganizo, zotupa pa khungu ndi mavuto a akazi akakhala kuti ali kumwezi.

Rifampin amachepetsa mphamvu yamankhwala akulera omwe amawedwa. Choncho amayi omwe akumwa mapiritsi azakulera ayenera kupita kuchipatala kuti akawawonjezere mlingo wa mankhwalawa kapena angathe kugwiritsira ntchito njira zina zakulera pamene akumwabe mankhwalawa.

Mlingo wa rifampin wa chifuwa chachikulu:
- (10 mg/kg pa tsiku): - mapiritsi kapena makapisozi a 150 mg kapena 300 mg -

Perekani *rifampicin* kamodzi pa tsiku, ola limodzi musanadye kapena awiri mutadya.

Pa mlingo uliwonse perekani motere:

akulu: 600 mg (mapiritsi awiri a 300 mg kapena anayi a 150 mg)
ana a zaka zapakati pa 8 ndi 12: 450 mg
ana a zaka zapakati pa 3 ndi 7: 300 mg
ana osaposeza zaka 3: 150 mg

Pyrazinamide

Dzina:..... mtengo:.....pa.....

Zowopsa ndi njira zotetezera kuwopsa kwa mankhwalawa:

Amayi apakati sayenera kumwa *pyrazinamide*.

Zotsatira zowopsa za mankhwalawa:

Angathe kuyambitsa kupweteka kwa m'malo olumikizirana mafupa, kusowa chilakolako chakudya, kunyansidwa ndi kusanza, kupweteka pokodza, kutopa ndi kutentha thupi.

Mlingo wa pyrazinamide - (20 mpaka 30 mg/kg pa tsiku): - kumwa mapiritsi a 500 mg -

Perekani mankhwalawa tsiku lililonse kwa miyezi iwiri pamodzi ndi mankhwala ena a chifuwa chachikulu. Pa mlingo uliwonse, perekani motere :

akulu: 1500 kapena 2000 mg (mapiritsi 3 kapena 4)
ana a zaka zapakati pa 8 ndi 12: 1000 mg (mapiritsi 2)
ana a zaka zapakati pa 3 ndi 7: 500 mg (piritsi 1)
ana osaposa zaka 3: 250 mg ($1/2$ la piritisi)

Ethambutol (dzina lake lodziwika: **Myambutol**)

Dzina:..... mtengo:..... pa.....

Amakhala m'mapiritsi a 100 kapena 400 mg.

Kuwopsa ndi njira zopewera kuwopsako:

Ethambutol angayambitse kupweteka kwa maso kapena kuwonongeka kumene ngati amwedwa ambiri kwa nthawi yayitali. Mankhwala ayenera kusiyidwa vuto la masolo likayamba. Vuto lamaso loyamba ndi *ethambutol* kawirikawiri limaliya pang'onopang'ono wodwala akasiya kumwa mankhwalawa.

Mlingo wa mankhwala a ethambutol - (25 mg/kg pa tsiku pa miyezi 2 yoyambirira, 15 mg/kg pa tsiku):
- mapiritsi a 100 mg kapena 400 mg -

Perekani kamodzi pa tsiku.

Pa miyezi iwiri yoyambirira perekani motere:

akulu: 1200 mg (mapiritsi a 400 mg kapena khumi ndi awiri a 100 mg)
ana: perekani 15 mg pa kg iliyonse yakulemera kwa mwana. Pa chifuwa chachikulu chofika kubongo perekani 25 mg pa kilogalamu iliyonse ya kulemera kwa mwana.

Miyezi iwiri yoyambirira ikadutsa, perekani motere:

akulu: (mapiritsi awiri a 400 mg kapena asanu ndi atatu a 100 mg)
ana: apatseni 15 mg pa kilogalamu iliyonse yakulemera kwa mwana

Streptomycin

Dzina:..... mtengo:..... pa.....

Amakhala m'maviyozi a jekeseni wa 500 mg mu mililita iliyonse.

Streptomycin ndi mankhwala ofunikabe pochiza chifuwa chachikulu. Mankhwalawa alibe mphamvu kwambiri ngakhale ali otsika mtengo kusiyana ndi *rifampin*.

Kuwopsa ndi njira zopewera kuwopsa kwa mankhwala:

Ndi pofunika kusamalitsa kuti musapereke mlingo woposa womwe ndi wovomerezeka. Kumwa mankhwalawa kwa nthawi yayitali, kungayambitse ugonthi. M'makutu mukayamba kulira kapena kugontha, siyani kumwa mankhwalawa ndipo kawonaneni ndi azachipatala. Mungathe kugwiritsira ntchito thiacetazone ngati kungatheke.

Mlingo wa streptomycin (15 mg/kg pa tsiku):

- vayozi wa madzi kapena waufa wosakanizira madzi ndi 1g wa *streptomycin* mu 2 ml -

Kupereka chithandizo cha chifuwa chachikulu:

matenda akhala akulu kwambiri: perekani jekeseni imodzi pa tsiku lililonse kwa masabata 3 mpaka 8

matenda akulu pang'ono: perekani jekeseni mmodzi 2 kapena 3 pa sabata kwa miyezi 2

Wa jekeseni iliyonse:

akulu: perekani motere: 1 g (kapena 2 ml)

akukuakulu oposa zaka 50: apatsidwe 500 mg (1 ml)

ana azaka zapakati pa 8 ndi 12: apatsidwe 750 mg (1½ ml)

ana azaka zapakati pa 3 ndi 7: apatsidwe 500 mg (1 ml)

ana osaposa zaka 3: apatsidwe 250 mg (½ ml)

ana obadwa kumene: apatseni 20 mg pa kg ya kulemera kwa thupi;

mwachizatsanzo mwana wolemera ma 3 kg alandire 60 mg (⅛ ml)

Ntchito ya streptomycin pa matenda ena osati a chifuwa chachikulu:

Penicillin ndi *streptomycin* angagwiritsidwe ntchito pa matenda ena akulu adzidzidzi (onani *penicillin* wa *streptomycin*, tsamba 368). Komabe ndi pofunika kugwiritsira ntchito mankhwalawa pa matenda enawo mosapyola muyezo chifukwa ngati agwiritsidwa ntchito mopyola muyezo, angapangitse mabakiteriya kuyamba kulimbana ndi mankhwalawa. *Streptomycin* angagwiritsidwenso ntchito pa matenda a chinzonono omwe amalimbana ndi *penicillin* (onani tsamba 374).

Thiacetazone wophatikiza ndi *isoniazid*

Dzina:..... mtengo:..... pa.....

Amakhala m'mapiritsi ophatikiza ndi *isoniazid* (INH) okula kuwiri kosiyana motere.

aakulu: INH 300 mg/*thiacetazone* wa 150 mg

aang'ono: INH 100 mg/*thiacetazone* wa 50 mg

Zotsatira zake zowopsa za mankhwalawa:

pomwe mlingo wamankhwalawa ndi wongokulirapo pang'ono kusiyana ndi wovomerezeka kutengera ndi kulemera kwa wodwalayo, mankhwalawa angayambitse nsungu ngati za chikuku ndi zilonda za m'milomo. Ngati chithandizo sichisiyidwa mwamsanga, mankhwalawa angapitirire kuyambitsa totupa thupi lonse ndi zilonda pakamwa ndi m'maso ngakhale infa. Odwala onse makamaka omwe ali ndi edzi ayenera kuyezedwa kuti muwone kulemera kwawo akamayamba kulandira mankhwalawa kumene. **Kwa omwe ali ndi HIV/Edzi, ayenera kupatsidwa mankhwalawa ena osati thiacetazone.**

Mlingo wa thiacetazone (2.5 mg/kg pa tsiku):

Perekani kamodzi pa tsiku.

Pa mlingo uliwonse perekani motere:

akulu: **ngati akulemera kuposa 40 kg:**

apatsidwe mapiritsi atatu kapena limodzi (300 mg/150 mg)

achikulire pang'ono: **20 mpaka 40 kg:**

apatsidwe mapiritsi 2 (200 mg/100 mg) ana a zaka zapakati pa 5 ndi 12: **10**

mpaka 20 kg: apatsidwe piritsi 1 (100 mg/50 mg)

ana ang'ono kwambiri **osaposera 10 kg:** apatsidwe ½ la piritsi (50 mg/25 mg)

MANKHWALA A KHATE

Popereka mankhwala a khate ndi kofunika kudziwa mtundu wa khate womwe munthuyo alinalo. Ngati pakhungu pa munthuyo pali timadonthomadontho ndiponso sakumva kalikonse akakhudzidwa kapena khungu lake likapanda kukhakhala, ndiye kuti munthuyo ali ndi khate la **tubercloid** lomwe limafunika mankhwala a mitundu iwiri yokha. Akakhala ndi zotupa ndiye kuti ali ndi khate la **lepromatous**, lomwe limafunika mitundu itatu ya mankhwala. **Ngati kungatheke wodwala ayenera kumwa mankhwala akhate moyang'aniridwa ndi dotolo.**

Chithandizo cha matenda a khate chiyenera kupitirira kwa miyezi 6 mwinanso pa moyo wonse. Popewa mabakiteriya oyambitsa khate kuti asayambe kulimbana ndi mankhwalawa, ndi kofunika kupitiriza kumwa mankhwala mosalekeza. Onetsetsani kuti muli ndi mankhwala okwanira nthawi zonse.

Mankhwala ovomerezeka a khate:

Khate la tuberculosis, wodwala amwe mankhwala a mitundu iwiri kwa miyezi 6.

Dapsone - tsiku lililonse

Rifampin - mwezi uliwonse

Wodwala ***khate la lepromatous*** ayenera kumwa mankhwala onsewa kwa zaka ziwiri kapena zisanu:

Dapsone - tsiku lililonse

Clofazimine - tsiku lililonse ndi mankhwala amwedwe ambiri pamwezi

Rifampin - mwezi uliwonse

Chidziwitso: Ngakhale kuti kuchiza khate kumafulumira ndi mankhwala a *dapsone* pamodzi ndi mankhwala ena, nthawi zina mankhwala omwe amapezeka ndi a *dapsone* okha, *dapsone* akamwedwa yekha, wodwala khate amachira ndithu.

Chithandizo cha matendawa chiyenera kupitirira kwa zaka ziwiri kapenanso mpakana imfa. Nthawi zina wodwala akhoza kukhala ndi vuto lalikulu lobwera chifukwa cha mankhwala omwe akumwa.

Zikhoza kukhala zotupatupa, kutentha kwa thupi, kupweteka kwa m'malo olumikizana mafupa, kutupa kwa manja ndi mapazi, kufiira maso zomwe zingapangitse khungu. Ndi kofunika kupitiriza kumwa mankhwala a khate wodwala akapezeka ndi mavuto ena monga afotokozera pamwambapa (tsamba 399). Wodwala ayenera kupita kuchipatala mavutowa ngati akupitirira.

Dapsone (diaminodiphenylsulfone, DDS)

Dzina: mtengo:pa.....

Amakhala m'mapiritsi a 50 ndi 100 mg.

Dapsone (diaminodiphenylsulfone, DDS) nthawi zina amayambitsa matenda akuchepa kwa magazi m'thupi kapena totupa. Ngati khungu likusupuka kwambiri, siyani kumwa mankhwalawo.

CHENJEZO: DDS ndi, mankhwala owopasa ndipo ayenera kusungidwa patali ndi ana.

Mlingo wa DSS - (2 mg/kg pa tsiku)

- mapiritsi a 100 mg -

Mwani kamodzi pa tsiku.

akulu: 100 mg (piritsi 1 la 100 mg)

ana a zaka zapakati pa 13 ndi 18:

apatsidwe 50 mg ($\frac{1}{2}$ la piritsi la 100 mg)

ana a zaka zapakati pa 6 ndi 12: apatsidwe

25 mg ($\frac{1}{4}$ la 100 mg)

ana a zaka zapakati pa 2 ndi 5: apatsidwe

25 mg ($\frac{1}{4}$ la piritsi la 100 mg) **katatu pa**

sabata

Rifampin (rifampicin, rifamycin)

Dzina:..... mtengo:..... pa.....

Amakhala m'mapiritsi kapena makapisozi a 150 mg ndi 300 mg.

Rifampin ndi mankhwala okwera mtengo koma pamangofunika ochepa okha pochiza matenda akhatewa. Mankhwalawa amwedwe pokhapokha achipatala atavomereza kutero (tsamba 376).

Mlingo wa *rifampin* wa khate – (10 mpaka 20 mg/kg):

- mapiritsi a 300 mg -

Rifampin ayenera kumwedwa kwa mwezi umodzi ndipo ayenera kumwedwa ola limodzi asanadye kapena mawola awiri atadya.

Pa mlingo uli wonse wa mankhwala omwedwa pa mwezi perekani motere:

akulu: 600 mg (mapiritsi 2 a 300 mg)

ana a zaka zapakati pa 8 ndi 12:

apatsidwe 450 mg (piritsi 1 ndi $\frac{1}{2}$ la 300 mg)

ana a zaka zapakati pa 3 ndi 7:

apatsidwe

300 mg (piritsi 1 la 300 mg)

ana a zaka zosaposepa 3: apatsidwe

150 mg ($\frac{1}{2}$ la piritsi la 300 mg)

Clofazimine (Lamprene)

Dzina:..... mtengo:..... pa.....

Amakhala m'makapisozi a 50 ndi 100 mg.

Clofazimine ndi wokwera mtengo. Ngakhale kuti mankhwalawa si amphamvu kwambiri, ndi ofunika chifukwa amachepetsa zotsatira zoyipa za mankhwalawa makamaka pa khate la *lepromatous*.

Zotsatira zake zoyipa za mankhwalawa:

Amapangitsa khungu kufiira kwa nthawi yochepa ndipo zimatha chaka chimodzi kapena ziwiri wodwala atasiya kumwa mankhwalawo. *Clofazimine* angayambitsenso kupweteka kwa m'mimba ndipo ndi wosavomerezeka kwa mayi wapakati.

Mlingo wa mankhwala a *clofazimine* - 1 mg/kg pa tsiku:

- makapisozi a 50 mg -

Perekani mlingo wa mankhwalawa kwa odwala tsiku lililonse ndi mlingo wina waukulu kamodzi pa mwezi.

Pa mlingo watsiku lililonse perekani motere:

akulu: apatsidwe 50 mg (kapisoni m' modzi wa 50 mg)
ana a zaka apakati pa 8 ndi 12: apatsidwe 37 mg ($\frac{3}{4}$ ya kapisozi wa 50 mg)
ana a zaka zapakati pa 3 ndi 7: apatsidwe 25 mg ($\frac{1}{2}$ ya kapisozi wa 50 mg)
ana osaposerera zaka zitatu: apatsidwe 12 mg ($\frac{1}{4}$ ya piritsi wa 50 mg)

Pa mlingo uliwonse woperekedwa pamwezi, perekani motere:

akulu: apatsidwe 300 mg (makapisozi 6 a 50 mg)
ana a zaka zapakati pa 8 ndi 12: apatsidwe 225 mg (makapisozi $4\frac{1}{4}$ a 50 mg)
ana a zaka zapakati pa 3 ndi 7: apatsidwe 150 mg (makapisozi 3 a 50 mg)
ana osaposerera zaka 3: 75 mg (apatsidwe mmodzi ndi theka wa 50 mg)

Chidziwitso: Mankhwala ochuluka a *clofazimine* omwe angagwiritsidwe ntchito tsiku lililonse pochepetsa zotsatira zoyipa za mankhwalawa amakhala bwino akaperekedwa ndi malangizo a chipatala.

MANKHWALA ENA MANKHWALAA MALUNGO

Pali mankhwala osiyanasiyana a malungo. Ndi zokhumudwitsa kuti madera ambiri pa dziko lapansi, malungo sakugonjetsedwanso ndi mankhwala ake makamaka malungo owopsa kwambiri (malungo a *falciparum*).

Ndi bwino kudziwa makamaka oyenera m'dera lanu kuchokera ku Dipatimenti ya zaumoyo.

Mankhwala ena atsopano akupangidwa koma awa akhoza kukhala amphamvu kwa nthawi yochepa.

CHOFUNIKA KUDZIWA: Malungo angathe kupha anthu amene alibe mphamvu zokwanira zachilengedwe zolimbana ndi matendawa m'thupi. Anthu onse amene amapita m'madera a malungo

kwambiri, ayenera kulandira chithandizo msanga. Mankhwala a malungo angagwiritsidwe ntchito m'njira ziwiri:

1. CHITHANDIZO kwa munthu yemwe akudwala malungo. Mankhwala amaperekedwa tsiku lililonse kwa masiku angapo.

2. KUPEWA KUTI tizilombo toyambitsa malungo tomwe tili m'magazi kuti tisawononge m'thupi njira yopewerayi imagwiritsidwa ntchito m'madera mmene mumapezeka malungo kwambiri makamaka pofuna kuteteza ana omwe ali ofowoka kapenanso odwala. Kupewaku kumangwiritsidwanso ntchito ndi anthu omwe akupita m'maderawa ngati chitetezo ku malungo (tsamba 182). Tsatiraninso malangizo omwe afotokozeredwa m'mitu ina m'bukuli popewa kulumidwa ndi udzudzu.

Mankhwala ena amachiza malungo pomwe ena amangoteteza anthu ku malungo. Mankhwala ena amachiza ndiponso kuteteza ku malungo.

Kufikira m'chaka cha 1996, **chloroquine** wakhala akugwiritsidwa ntchito popewa ndiponso kuchiza malungo m'madera ambiri akumvuma kwa Africa, *chloroquine* akulephera kulimbana ndi malungo. M'madera ngati awa, **quinine** ndi ofunikira kwambiri kulimbana ndi malungo ngakhale ogwira *bongo*.

Mefloquine ndi mankhwala atsopano oteteza ndiponso kuchiza malungo omwe akulimbana ndi chloroquine. **Proguanil** amagwiritsidwa ntchito pamodzi ndi *chloroquine* popewa malungo. **Tetracycline** naye akugwiritsidwa ntchito tsopano pochiza ndi kuteteza anthu ku malungo.

Chloroquine

Chloroquine ali m'mitundu iwiri wa *phosphate* ndi *sulphate*. Mlingo wawo ndi wosiyana koma pa piritsi lililonse, kuchuluka kwa *chloroquine* ndi kofanana.

Chloroquine phosphate (odziwikanso ndi maina doti **Resochin**, **Avlochlor**, **Aralen**), m'mapiritsi a 250 mg momwe muli chloroquine wokwana 150 mg.

Chloroquine sulphate (amadziwikanso ndi dzina doti **Nivaquine**), m'mapiritsi a 200 mg amakhalanso ndi chloroquine wina wa 150 mg.

Choncho mlingo wa mankhwalawa uyenera kuperekedwa polingaliranso *chloroquine* yemwe ali kale m'mankhwalamo komanso msinkhu ndi zaka za wodwalayo.

Anthu omwe akulira m'madera momwe muli malungo ambiri amakhala ndi tizilombo ta malungo koma sawonetsa zizindikiro pokhapokha akazidwa kwambiri. Anthu otere amatengadwa kuti ali ndi chitetetzo chachilengedwe chochulukirapo m'thupi mwawo.

Anthuwa akadwala malungo sayenera kulandira mlingo waukulu wa mankhwala kusiyana ndi anthu omwe apita kumene kumadera a malungowo.

Zotsatira zake zowopsa za mankhwalawa:

Chloroquine amayambitsa kuyabwa kwambiri m'thupi monse pakati pa anthu ambiri. Akhozanso kuyambitsa vuto lolephera kuwona bwino.

Mankhwala akumwa a *chloroquine*:

Pa mlingo wopitirira muyezo malungo akavuta kwambiri:

Mlingo woyamba pekerani motere:

- akulu: apatsidwe mapiritsi 4 (600 mg)
- ana a zaka zapakati pa 10 ndi 15: apatsidwe (mapiritsi 3)
- ana a zaka zapakati pa 6 ndi 9: apatsidwe (mapiritsi 2)
- ana a zaka zapakati pa 3 ndi 5: apatsidwe (piritsi 1)
- ana a chaka 1 mpaka 2: apatsidwe ($\frac{1}{2}$ la piritsi)

Kupereka kwa chiwiri kwa mankhwalawa kuyenera kuchitika pakatha mawola 6 kuchokera pamene wapatsidwa mlingo woyamba wa mankhwalawa kenaka apatsidwe theka la mankhwalawo. Muyezena kubwereza mankhwalawa kwa masiku ena awiri

- akulu: apatsidwe mapiritsi 2 (300 mg)
- ana a zaka zapakati pa 10 ndi 15: apatsidwe ($\frac{1}{2}$ piritsi)
- ana a zaka zapakati pa 6 ndi 9: apatsidwe (piritsi 1)
- ana a zaka zapakati pa 3 ndi 5: apatsidwe ($\frac{1}{2}$ la piritsi)
- ana a chaka 1 ndi zaka 2: apatsidwe ($\frac{1}{4}$ la piritsi)

Ana aang'ono angathe kumwetsedwa *chloroquine* wamadzi otsekemera wa 50 mg mu 5 ml (sipuni imodzi yang'ono) ndipo imagwiritsidwa ntchito kawirikawiri. Sipuni imodzi ndi theka imagwirizana ndi $\frac{1}{2}$ piritsi.

Anthu omwe aliko ndi chitetezo chachilengedwe chachikulu apatsidwe mankhwala motere:

- akulu: apatsidwe (mapiritsi awiri kawiri pa tsiku kwa masiku awiri kapena atatu)
- ana: achepetsereni mankhwala moyenera

Kupewa malungo:

Perekani, mankhwala kamodzi pa sabata kuyambira sabata loyamba ndi kupitiriza kwa masabata anayi akasamuka kumadera amalungo aja.

- akulu: apatsidwe mapiritsi 2 (400 mg)
- ana a zaka zapakati pa 10 ndi 15: apatsidwe $\frac{1}{2}$ la piritsi (300 mg)
- ana a zaka zapakati pa 6 ndi 9: apatsidwe piritsi 1 (200 mg)
- ana a zaka zapakati pa 3 ndi 5: apatsidwe $\frac{1}{2}$ la piritsi (100 mg)
- ana a zaka zapakati pa 1 ndi 2: apatsidwe $\frac{1}{4}$ la piritsi (50 mg)
- ana osaposera chaka 1: apatsidwe $\frac{1}{8}$ la piritsi (25 mg)

Chithandizo cha vuto la chiwindi loyamba ndi ameba: Pogwiritsira ntchito mapiritsi a 250 mg

a *chloroquine phosphate* kapena 200 mg wa *chloroquine* wa chitetezo.

- akulu: apatsidwe mapiritsi 3 kapena 4 kawiri pa tsiku kwa masiku 2 kenaka mapiritsi $1\frac{1}{2}$ kapena 2 tsiku lililonse kwa masabata 3.
- ana: apatseni mankhwala ocheperako kutengera ndi zaka kapena kulemera kwa anawo.

Quinine (wa sulphate ndi bisulphate)

Dzina:..... mtengo:..... pa.....

Amakhala m'piritsi a 300 mg kapena 600 mg.

Quinine amagwiritsidwa ntchito pofuna kuchiza malungo omwe amalimbana ndi mankhwala kuphatikizapo malungo ogwira bongo ngati mumasanza mukamwa *quinine* ndibwino kumamwanso *promethazine*.

Zotsatira zake zoyipa za mankhwalawa:

Quinine amayambitsa chitungu kwambiri, kulira m'makutu kapenanso kulephera kumva, kusawona bwino, chizungulire, kunyansidwa komanso kusanza ndi kutsekula m'mimba.

Mlingo wa quinine pa matenda a malungo kugwiritsira ntchito mapiritsi a 300 mg:

Perekani mankhwalawa katatu pa tsiku kwa masiku atatu motere:

- akulu: mapiritsi awiri (600 mg)
- ana a zaka zapakati pa 10 ndi 15: mapiritsi $1\frac{1}{2}$ kapena 2 (450 mg)
- ana a zaka zapakati pa 6 ndi 9: piritsi 1 (300 mg)
- ana a zaka zapakati pa 3 ndi 5: $\frac{1}{2}$ la piritsi (150 mg)
- ana a chaka 1 mpaka zaka 2: $\frac{1}{4}$ la piritsi (75 mg)
- ana osaposa chaka 1: $\frac{1}{8}$ la piritsi (38 mg)

Jekeseni ya quinine kapena chloroquine: Iperekedwe nthawi iti:

Jekeseni ya quinine kapena *chloroquine* iyenera kuperekedwa mwa apo ndi apo, makamaka pa matenda adzidzidi. Ngati munthu akuwonetsa zizindikiro za malungo kapena akukhala m'madera momwe anthu amadwaladwala malungo kwambiri akusanza kukomoka kapena akuwonetsa zizindikiro matenda owunitsa khosi (tsamba 195), akhoza kukhala ndi malungo akubongo, mbayeni **jekeseni wa quinine msanga**. (Ngati palibe mankhwala ena, m'bayeni jekeseni wa *chloroquine*). **Pamafunika kusamalitsa kuti mukupereke mlingo woyenera.**

Jekeseni wa quinine wa dihydrochloride, 300 mg mu 2 ml.

Jekeseni wa *quinine* iyenera kubayidwa pang'onopang'ono ndipo asachite kukafikiratu m'mitsempha chifukwa zingakhale zowopsa ku mtima.

Bayani hafu ya mankhwalawa ku thako lililonse pang'onopang'ono. Musana abaye muyambe kukoka pampu ya jekeseni kenaka bajani ndipo mukaona kutuluka kwa magazi, bayani pamalo pena. Mankhwalawo mobayenso pakatha maola 12.

akulu: 600 mg (timabotolo 2 mu 2 ml)
 ana: 0.07 ml pa kg iliyonse yomwe
 mwana akulemera (mwana wa chaka
 chimodzi wolemera 10 kg ayenera
 kulandira 0.70 ml)

Majekeseni a chloroquine a 200 mg mu 5 ml:

Bayani jekeseniya kamodzi kokha:

akulu: 200 mg (chubu yonse ya 5 ml)
 ana: bayani 0.1 ml ($\frac{1}{10}$) pa kg iliyonse
 yomwe mwana akulemera. (Mwana wa
 chaka 1 wolemera 10 mg ayenera
 kulandira 1 ml.)

Mlingowu uyenera kubwerezedwa tsiku limodzi
 likadutsa ngati palibe kusintha kwina kulikonse.

Mefloquine (Lariam)

Dzina:mtengo:.....pa.....

Amakhala m'mapiritsi a 250 mg.

Mankhwala amateteza komanso kuthetsa
 malungo osagonja kwa *chloroquine*.

Njira zopewera ndi zotsatira zake zoyipa za mankhwalawa: *Mefloquine* sayenera kumwedwa ndi amayi apakati kapena anthu odwala khunyu. Anthu omwe ali ndi matenda a mtima kapena openga ayenera kumwa mankhwalawa atavomerezedwa kaye ndi azachipatala. *Mefloquine* nthawi zina amayambitsa khalidwe losadziwika bwino. Kusokonezeka m'maganizo, chizungulire, kusokonezeka m'mimba, mutu, kulephera kuwona, komanso kukomoka. **Mankhwala ayenera kumwedwa wodwala atadya chakudya chambiri.** Zotsatira zake zoyipa nzambiri ndiponso zowopsa chifukwa cha mlingo wochulukira wa mankhwalawa.

Mlingo wa mefloquine:

Kaperekedwe ka mankhwalawa ngati nthenda ya malungo yakulu kwambiri:

Perekani kamodzi:

akulu: mapiritsi 5 (1250 mg)
 ana a zaka zapakati pa 12 ndi 15:
 mapiritsi 4 (1000 mg)
 ana a zaka zapakati pa 8 ndi 11:
 mapiritsi 3 (750 mg)
 ana a zaka zapakati pa 5 ndi 7:
 mapiritsi 2 (500 mg)
 ana achaka 1 ndi zaka 4: piritsi 1
 (250 mg)
 ana osaposa chaka: $\frac{1}{2}$ piritsi (125 mg)

Poteteza anthu malungo:

Perekani kamodzi pasabata kwa masabata
 anayi munthu atachoka ku dera lomwe anthu
 amadwaladwala malungo kwambiri.

akulu: piritsi 1 (250 mg)
 ana olemera kuposa 45 kg: piritsi 1 (125 mg)
 ana olemera pakati pa 31 ndi 45 kg: $\frac{3}{4}$
 piritsi (188 mg)
 ana olemera pakati pa 20 ndi 30 kg: $\frac{1}{2}$
 piritsi (125 mg)
 ana olemera 15 mpaka 19 kg: $\frac{1}{4}$ piritsi
 (62 mg)
 ana osaposa 15 kg: sayanera kulandira
 mankhwalawa

Pyrimethamine wa sulfadoxine (Fansidar)

Dzina:mtengo:.....pa.....

Amakhala m'mapiritsi ophatikiza 25 mg wa
pyrimethamine ndi 500 mg wa *sulfadoxine*.

Fansidar amagwiritsidwa ntchito pofuna
 kuthana ndi malungo osamva mankhwalawa.

CHENJEZO: *Fansidar* sayenera kumwedwa
 ndi wina aliyense yemwe anakhalapo ndi
 zotsatira zina zoyipa za mankhwalawa a *sulfa*.
 Ngati mankhwalawa akuyambitsa kuyabwa
 ndiponso totupatupa m'thupi, **imwani madzi
 ambiri ndipo musamwense mankhwalawo.**

Mlingo wa mankhwalawa pofuna kuchiza
 malungo:

Perekani kamodzi motere:

akulu: mapiritsi 3
 ana a zaka 9 mpaka 14: mapiritsi 2
 ana a zaka 4 mpaka 8: piritsi 1
 ana a chaka 1 mpaka 3: $\frac{1}{2}$ la piritsi
 ana a ochepera chaka chimodzi: theka la
 theka la tabuleti

Proguanil (Paludrine)

Dzina:mtengo:.....pa.....

Amakhala m'mapiritsi a 100 mg

Proguanil amamwedwa pamodzi ndi
chloroquine popewa malungo osamva
chloroquine.

Mlingo wa *proguanil* kupewa malungo:

Perekani mankhwalawa tsiku lililonse
 kuyambira tsiku lomwe munafika kudera la
 malungo ambiri mpakana masiku 28
 mutachokako kuderalo.

akulu: mapiritsi 2 (200 mg)
 ana a zaka 9 mpaka 14: piritsi $1\frac{1}{2}$ (150 mg)
 ana a zaka 3 mpaka 6: piritsi 1 (100 mg)
 ana a chaka 1: $\frac{1}{4}$ la piritsi (25 mg)
 ana ochepera chaka chimodzi: theka la
 theka la tabuleti (25mg)

Primaquine

Dzina: mtengo:.....pa.....

Amakhala m'mapiritsi a 26.3 mg a *primaquine*
phosphate wokhala ndi 15 mg wa *primaquine*.

Mankhwalwa amagwiritsidwa ntchito pambuyo pogwiritsira ntchito mankhwala ena a malungo kuti malungowo asabwerenso.

Zotsatira zake zoyipa za mankhwalawa: Amayi apakti sayenera kumwa *primaquine*. Pakati pa anthu ena akuda, mankhwalawa amayambitsa vuto loperewera kwa magazi m'thupi.

Mlingo wa mankhwala a *primaquine*.

Perekani kamodzi kwa masabata awiri.

Pa mlingo uliwonse wa mankhwalawa perekani motere:

akulu: piritsi 1 (15 mg)
ana a zaka 8 mpaka 12: $\frac{1}{2}$ la piritsi (7 mg)
ana a zaka 3 mpaka 7: $\frac{1}{4}$ la piritsi (4 mg)

Tetracycline

Tetracycline angagwiritsidwe ntchito m'madera momwe tizilombo toyambitsa malungo timalimbana ndi mankhwala a *chloroquine*. Mankhwalawa ayenera kuperekedwa pamodzi ndi ena chifukwa amagwira ntchito pang'onopang'ono. Alendo m'maderawa angathe kumwa *doxycycline* tsiku lililonse popewa malungo (tsamba 370).

MANKHWALAA AMEBA NDI GIARDIA

Kutsekula m'mimba komanso kamwazi woyamba ndi ameba amakhala ndi magazi komanso ntchofu. Matumbo amatha kukokana ndipo thupi limatentha pang'ono. Kamwazi woyamba ndi ameba amagonjetsedwa ndi mankhwala a *metronidazole* pamodzi ndi *diloxanide furoate* kapena *tetracycline*. *Chloroquine* nthawi zina amagwiritsidwa ntchito pakakhala kuti palibe *metronidazole*. *Iodoquinol* ndi mankhwala ena a kamwazi woyamba ndi ameba koma ali ndi zotsatira zake zoyipa.

Pofuna kupha ameba m'matumbo, mankhwala okwera mtengo kwambiri ndiponso omwedwa nthawi yayitali ayenera kugwiritsida ntchito. Zimakhala bwino kusiya kupereka mankhwala wodwala ngati sakuwonetsanso zizindikiro za matendawo kuti thupi lidzitha kulimbana ndi matenda palokha makamaka m'madera momwe wodwala akhoza kugwidwa ndi matenda ena.

Pa matenda otsekula m'mimba oyamba ndi giardia, manyi amakhala achikasu koma

opanda magazi kapena ntchofu. Mankhwalwa a *metronidazole* amagwiritsidwa ntchito pa matendawa.

Metronidazole (Flagyl)

Dzina:.....

Amakhala m'mapiritsi
a 200 mg kapena
250 mg mtengo:.....pa.....
olowetsa ku maliseche kwa
akazi a 500 mg mtengo:.....pa.....

Metronidazole ndi ofunika pa matenda a m'matumbo oyamba ndi ameba ndi giardia komanso amathandiza pa matenda otsekula m'mimba chifukwa chomwa maantibayotikisi osiyanasiyana. Amathandizanso pa matenda a kumaliseche kwa mkazi oyamba ndi *Trichomonas* kapena mabakteriya ena.

CHENJEZO: Musamwe mowa pamene mukumwa mankhwalawa. Amayi apakti sayenera kumwa mankhwalawa makamaka m'miyenzi itatu yoyambirira. Amayi oyamwitsa sayenera kuyamwitsa ana awo kwa mawola 24 chimwereni *metronidazole*. Munthu yemwe ali ndi nthenda ya chiwindi asamwe *metronidazole*.

Mlingo wa mankhwala a *giardia*:

Mlingo umodzi wa 2 mg wa *metronidazole* (mapiritsi 8) angamwedwe. Ngati palibe mankhwala ena perekani mlingo wocheperako katatu pa tsiku kwa masiku asanu:

akulu: 250 mg (piritsi 1)
ana a zaka 8 mpaka 12: 250 mg (piritsi 1)
ana a zaka 3 mpaka 7: 125 mg ($\frac{1}{2}$ la piritsi)
ana a zaka zosaposeka 3: 62 mg ($\frac{1}{4}$ la piritsi)

Mlingo wa mankhwala a *nyongolotsi zam'mimba*:

Perekani mlingo wofanana ndi wa *giardia*, katatu pa tsiku kwa masiku khumi.

Mlingo wa matenda a *Trichomonas* a kumaliseche kwa mkazi:

Mzimayi ayenera kumwa mapiritsi 8 (2 mg) pa mlingo umodzi. Ngati matendawo si owoposa kwambiri, mzimayi angagwiritsire ntchito zinthu zoyika kumaliseche kwa mkazi kawiri pa tsiku kwa masiku khumi. Mwamuna ndi mkaziyo onse ayenera kulandira chithandizo cha *Trichomonas* nthawi imodzi. Mwamuna ayenera kulandira chithandizo ngakhale asakusonyeza zizindikiro za matendawa.

Mlingo wa mankhwala a **kamwazi oyamba ndi ameba** - (25 mpaka 50 mg/kg pa tsiku) - mapiritsi a 250 mg -

Perekani mankhwalawa a *metronidazole* 3 pa tsiku kwa masiku 5 kapena 10.

Pamankhwala aliwonse perekani motere:

akulu: 750mg (mapiritsi 3)
ana a zaka 8 mpaka 12: 500 mg (mapiritsi 2)
ana a zaka 4 mpaka 7: 375 mg (piritsi 1 $\frac{1}{2}$)
ana a zaka 2 mpaka 3: 250 mg (piritsi 1)
ana osaposera zaka 2: 80 mg mpaka 125 mg (1/3 mpaka 1/2 piritsi)

Kwa nthenda ya m'mimba mwakamwadzi wodwala azimba mankhwala a *metronidazole* pamodzi ndi mankhwala a *diloxanide furoate* kapena a *tetracycline*.

Diloxanide furoate (Furamide)

Dzina:mtengo:.....pa.....

Pa kamwazi woyamba chifukwa cha *amiba* imwani *metronidazole* mophatikiza ndi *diloxamide furoate* kapena *tetracycline* makhala m'mapiritsi a 500 mg kapena amadzi otsekemera a 125 mg mu 5 ml.

Zotsatira zake zoipa za mankhwalawa:

Mankhwala kamayambitsa kupweteka kwa m'mimba, kunyansidwa komanso mpweya oyipa m'mimba.

Mlingo wa *diloxanide furoate* (20 mg/kg pa tsiku) – mapiritsi a 500 mg -

Aperokedwe katatu pa tsiku ndipo amwedwe wodwala atadzya. Chithandizo chonse chamankhwala chimatenga, masiku 10.

Pa mlingo uliwonse perekani motere:

akulu: piritsi (500 mg)
ana a zaka 8 mpaka 12: 1/2 piritsi (250 mg)
ana a zaka 3 mpaka 7: 1/4 piritsi (125 mg)
ana osaposa zaka 3: 1/8 piritsi (62 mg)
kapena kucheperapo.

Tetracycline (onani tsamba 370)

Chloroquine (onani tsamba 379)

Hydroxyquinolines (clioquinol, iodoquinol, di-iodohydroxyquinoline, halquinol, broxyquinoline (mayina ena odziwika: ***Diodoquin, Amicline, Floraquine, Enteroquinol, Chlorambin, Nivembin, Quogyl, Entero-Vioform*** ndi ena ambiri)

Mankhwala amagwiritsidwa kwambiri m'mbuyomu pa matenda otsekula m'mimba masiku ano amapha ziwalo, kuyambitsa khungu ndi imfa imene, **musagwiritsire ntchito mankhwala owopsawa** (onani tsamba 51).

MANKHWALA A MATENDA A KU MALISECHE A MKAZI

Zotuluka ku maliseche a mkazi, kuyabwa ndi kusapeza bwino zimayamba ndi zinthu zosiyanasiyana makamaka **mabakteriya, yisiti** (*candida* ndi *moniliasis*), ndi tizirombo totchedwa *trichomonas*. Ukhondo ndiponso mankhwala otsukira ku maliseche kwa mkazi zimathandiza kuchepetsa matenda a kumaliseche kwa mkazi.

Mankhwala enieni ndi omwe ali m'munsiwa: vinega woyera wotsukira kumaliseche kwa mkazi

Mtengo:.....pa.....

Sakanizani masupuni atiyi awiri kapena atatu a *vinegar* woyera mu lita imodzi ya madzi obwatitsa. Tsukaniko kamodzi kapena katatu pa sabata kenaka tsiku lililonse (tsamba 248). Izi zimathandiza kwambiri pa matenda akumaliseche kwa mkazi oyamba ndi mabakteriya.

Metronidazole: za mapiritsi ndi kumaliseche kwa mkazi (onani tsamba 382):

Za matenda oyamba ndi bakteriya a kunyini muzigwiritsira ntchito mankhwala a *metronidazole* ngati mwaona kuti viniga ndi mankhwala amadzimidzi otsukira kuniyini sakukuthandizani.

Nystatin kapena **miconazole**, mapiritsi, kirimu ndi mankhwala oyika ku maliseche kwa mkazi (tsamba 386).

Gwiritsirani ntchito pa matenda a kumaliseche kwa mkazi oyamba ndi yisiti.

Gentian violet (crystal violet) gwiritsirani ntchito 1% ya mankhwala osungunula (tsamba 384).

Mtengo:..... pa.....

Mankhwala maperekedwa pa matenda oyamba ndi yisiti ndi ena akumaliseche kwa mkazi.

Pakani mankhwalawa kamodzi tsiku lililonse kwa masabata atatu.

Povidone Iodine (Betadine)

Mtengo:..... pa.....

Otathandiza pa matenda oyamba ndi bakiteriya ku maliseche kwa mkazi.

Sakanizani masupuni atiyi awiri a *povidone* ayodini m'madzi ofunda okwana lita imodzi. Tsukani ku maliseche kwa mkazi kamodzi kwa masiku khumi kapena masabata awiri.

Mankhwalawa akhozanso kuthiridwa m'maso mwa ana akhanda (tsamba 232, 286). Mankhwalawa amadzi okwana 10% ayenera kusungunulidwa ndi madzi opanda mchere asanaperekedwe kwa odwala.

MANKHWALAA MATENDA A PAKHUNGU**Sopo**

Kusamba m'manja ndiponso kusamba thupi lonse kawirikawiri ndi sopo kumathandiza kupewa matenda a pa khungu ndi m'mimba. Zilonda ziyenera kutsukidwa bwino ndi sopo komanso madzi otantha. Zisanamangidwe mabandaji.

Kusamba mogwiritsira ntchito sopo komanso madzi ndi njira yabwino yochotsera fundu, ziphuphu, *impetigo*, zipere ndi matenda oyamba ndi mafangayi m'thupi. Ponyula ndi bwino kuti sopo akhale ndi mankhwalawa ophera tizilombo monga ayodini wokhala ndi *povidone (Betadine)* ngakhale kuti *Betadine* angasokoneze zina ndi zina pakhungu. Choncho mankhwalawa sayenera kugwiritsidwa ntchito pakhungu.

Sulfa

Amakhala wa ufa koma wachikasu.

mtengo:.....pa.....

Wina amakhala wamadzi.

Sulfa ndi mankhwalawa a bwino pa matenda ambiri apakhungu:

1. Amathandiza kupewa nsabwe, nthata, matekenya ndi tizilombo tina tating'ono. Musanapite m'nkhalango momwe muli tizilomboti tambiri, ziwazeni khungu lanu makamaka miyendo, akakolo, pamkono, m'chiuno ndiponso m'khosi mankhwalawa a sulfa.

2. Pofuna kuthetsa mphepe, matekenya, tinthata m'thupi kapena pathupi, sakanizani *sulfa* ndi *Vaselini* kapena mafuta anyama ndi kupaka pakhungu (onani tsamba 212).

3. Zipere ndi matenda ena oyamba ndi mafangasi pakani mankhwalawa katatu kapena

kanayi pa tsiku kapena mafuta a madzi a *sulfa* ndi viiniga (onani tsamba 218).

4. Mankhwalawa omwewa angathandizenso kuchotsa fundu m'mutu.

Gentian violet

Amakhala a mtambo.

mtengo:..... pa.....

Gentian violet amalimbana ndi matenda ena a pakhungu kuphatikizapo impetigo ndi zilonda zamafinya. Angathandizenso pamatenda oyamba ndi yisiti.

Sungunulani *gentian violet* mutheka la madzi okwanira lita imodzi kenaka pakani pa khungu kapena m'kamwa.

Mankhwalawa odzola a antibayotiki

Dzina:.....mtengo:.....pa.....

Mankhwalawa ndi wokwera ngokwera mtengo koma ndi ngamphamvu kuposa *gentian violet*. Mankhwalawa sasintha mtundu wa khungu kapena zovala ndipo ndiofunika pa matenda ngati impetigo, mankhwalawa abwino ndi omwe ali ndi *Neosporini* ndi *Polysporin*, mankhwalawa odzola a *tetracycline* angagwiritsidwenso ntchito.

Mankhwalawa odzola a cortico -steroid

Dzina:.....mtengo:.....pa.....

Mankhwalawa angagwiritsidwe ntchito pamene thupi likuyabwa kwambiri chifukwa cholimidwa ndi tizilombo ting'onoting'ono, kugwira mbewu zapoyizoni kwambiri ndi zina. Amathandizanso pochiza ekizema. Pakani mankhwalawa katatu kapena kanayi pa tsiku (tsamba 227). Musagwiritsire ntchito mankhwalawa nthawi yayitali kapena kupaka malo akulu a pakhungu.

Petroleum jelly (petrolatum, Vaselini)

mtengo:..... pa.....

Ndi ofunika pokonza mankhwalawa odzola kapena mabandaji popereka mankhwalawa

amphere (tsamba 211 ndi 386)

zipere (tsamba 385)

kunyerenyetsa (tsamba 147)

zilonda zamoto (tsamba 98 ndi 99)

zilonda zapachifuwa (tsamba 92)

MANKHWALAA ZIPERE NDI ENA OYAMBA NDI MAFANGASI

Matenda ambiri oyamba ndi mafangasi ndi ovuta kuwathetsa kwake. Kuti athetsedweretu, pafunika kuti chithandizo chiperekedwe kwa masiku kapena masabata angapo zizindikiro zikawoneka. Kusamba ndi ukhondo ndi zofunikanso kwambiri pofuna kuthetsa matendawa.

Mankhwala odzola okhala ndi *benzoic*, *salicylic* ndiponso *undecylenic*

Dzina:.....mtengo:.....pa.....

Mankhwala angagwiritsidwe ntchito pa zipere zamatenda ena amafangasi apakhungu. Kawirikawiri mankhwalawa amasakanizidwa ndi *sulfa*. Mankhwala odzola okhala ndi *salicylic acid* ndi *sulfa* angagwiritsidwenseo ntchito pa matenda a *seborrhea*.

Mankhwala odzola a Whitfield
amakhala osakaniza *salicylic* ndi *benzoic* asidi. Mankhwala ndi ofunika kwambiri pamatenda oyamba ndi mafangasi kuphatikizapo *tinea versicolor*. Pakani mankhwalawa kawiri pa tsiku kwa masabata awiri mpakana anayi.

Mankhwala odzolawa ndi wotsika mtengo mukawapanga nokha. Sakanizani magawo atatu a *salicylic* asidi ndi magawo asanu ndi limodzi a *benzoic* asidi ku magawo zana limodzi a *Vaselini*, *petrolatum*, maminolo a mafuta, mafuta anyama kapena ndi 40% wa mowa. Pakani pa khungu katatu kapena kanayi pa tsiku.

Sulfa ndi viniga

Mankhwala odzola amadzi a magawo asanu a *sulfur* ophatikizidwa kumagawo zana limodzi a viniga amathandiza kulimbana ndi matenda a mafangasi. Mankhwala odzolawa angapangidwenseo posakaniza gawo limodzi la sulfa ndi magawo khumi a mafuta anyama.

Sodium thiosulfate

Amakhala oyera ndipo amagulitsidwa m'sitolo zotsuka zithunzi.

Mtengo:.....pa.....

Mankhwala amagwiritsidwa ntchito pamatenda apakhungu a *tinea versicolor* (tsamba 218).

Sungunulani supuni imodzi ya tiyi ya '*hypo*' m'kapu ya madzi ndi kuwaza pakhungu ndi kansalu. Kenaka pakani pakhungu ndi kansaluko mutayamba mwakaviika mu viniga kwa masiku awiri mpakana timadontho tonse titachoka kuti timadonthoto tisawonekenso ndipo muzipaka kamodzi pa masabata aliwonse.

Selenium sulfide

Dzina:.....mtengo:.....pa.....

Mankhwala amakhala ngati mafuta odzola amadzi okhala ndi 1 kapena 2.5 % ya *selenium sulfide*.

Mankhwala odzola amadzimadzi okhala ndi *selenium sulfide* amagwiritsidwa ntchito pa matenda a *tinea versicolor*. Pakani pamalo okhudzidwapo kenaka nkutsukapo pakadutsa mphindi 30. Gwiritsirani ntchito mankhwalawa kwa sabata imodzi.

Griseofulvin

Dzina:mtengo:.....pa.....

Amakhala m'mapiritsi kapena makapisozi a 250 kapena 500 mg.

Kusakaniza timphumphu ta mankhwalawa wa ndiyo njira yabwino kwambiri.

Griseovulin ndi wokwera mtengo kwambiri choncho ayenera kugwiritsidwa ntchito pa matenda akulu okha oyamba ndi mafangasi ndiponso a tiniya vasikala. Amagwiritsidwanso ntchito pa matenda a mafangasi a m'zikhadabo ngakhale kuti amatenga nthawi mwinanso osagwira ntchito konse. Amayi oyembekezera sayenera kugwiritsira ntchito *griseofulvin*.

Mlingo wa mankhwalawa a *griseofulvin* – (15 mg/kg pa tsiku): - tikakhala timagawo ting'onoting'ono kwambiri ta makapisozi a 250 mg -

Perekani kamodzi pa tsiku kwa mwezi wa thunthu motere:

akulu: 500 mpaka 1000 mg (makapisozi 2 kapena 4)
ana a zaka 8 mpaka 12: 250 mpaka 500 mg (piritsi 1 kapena 2)
ana a zaka 3 mpaka 7: 120 mpaka 250 mg ($\frac{1}{2}$ piritsi la kapisozi)
ana osaposeza zaka 3: 125 mg ($\frac{1}{2}$ la kapisozi)

Gentian violet: Mankhwala othandiza matenda oyamba ndi yitisi (tsamba 384).

Nystatin kapena miconazole

Dzina:.....mtengo:.....pa.....

Amakhala a madzimadzi osungunula, aufa, mapiritsi otsukira ku maliseche kwa mkazi, mafuta odzola.

Mankhwalawa amagwiritsidwa ntchito pa matenda oyamba ndi yisiti m'kamwa, kumaliseche kwa mkazi, kapena m'makwinya a khungu. *Nystatin* amangogwira ntchito pa matenda oyamba ndi yisiti basi ngakhale kuti *miconazole* amathandizanso pa matenda a mafangasi.

Mlingo wa mankhwala a *nystatin* ndi *miconazole* – wa ana ndi akulu ndi ofanana.

Tizilonda tam'kamwa: Vumatani madzi osungunula okwana 1ml kwa mphindi imodzi musamameze. Chitani izi katatu kapena kanayi pa tsiku.

Matenda a yisiti pakhungu: Onetsetsani kuti khungu ndi louma ndipo gwiritsirani ntchito *nystatin* kapena *miconazole* wa ufa kapena mankhwala odzola katatu kapena kanayi pa tsiku.

Matenda a mafangasi kumaliseche a mkazi: Ikani mankhwala a kirimu kumaliseche a mkazi kawiri pa tsiku kapena ikaniko sopo usiku uliwonse kwa masiku 10 mpaka 14.

Zipere zapathupi, m'mutu kapena m'zala zakumiyendo: Pakani kirimu wa *miconazole* osati *nystatin* (tsamba 217).

MANKHWALA OPHERA TIZILOMBO

Gamma benzene hexachloride (lindane)
(mayina ena odziwika: ***Kweli, Gammexane***)

Dzina:mtengo:.....pa.....

Mankhwalawa amakhala okwera mtengo kwa anthu koma otsika ku nyama ngakhale kuti amagwira ntchito mofanana. *Lindane* amagwiritsidwa ntchito pa nkhusa. Mankhwalawa osambitsira ng'ombe kumalo ozisambitsirako ndi wotsika mtengo ndipo amakhala m'madzi amankhwalawa osungunula koma ayenera kuchepetsedwa mphamvu ndi 1%. Sakanizani gawo lamodzi la 15% wa *lindane* wokhathamira ndi magawo 15 amadzi kapena ***Vaselini*** ndipo mupake pa khungu la mphere potsatira malangizo omwe afotokozedwa kale m'bukuli (tsamba 212).

CHENJEZO: *Lindane* ndi woopsa ndipo angathe kuyambitsa zotsatira zoyipa kuphatikizirapo kukomokakomoka makamaka ana akhanda. Choncho si bwino kugwiritsira ntchito mopyola muyezo wa mankhwalawa. Pafunika kungodzola kamodzi kokha mankhwalawa ndipo ngati ndi koyenera, mungathe kubwereza kamodzi pa sabata. Ichi ndi chifukwa chake kuli koyenera kupita ku chipatala.

Benzil benzoate, wokhala ndi 25% kirimu kapena loshoni (Ascabiol)

Dzina:.....mtengo:.....pa.....

Mankhwalawa ayenera kugwiritsidwa ntchito ngati *gamma benzene hexachloride* wa kirimu kapena wamadzi.

Sopo wa monosulfiram (Tetmosol)

Sopoyu akhoza kugulidwa m'sitolo zambirimbi ndipo ayenera kugwiritsidwa ntchito pa matenda a mphere komanso pofuna kupewa matendawa.

Sulfa wokhala mu petroleum jelly (Vaselini) kapena mafuta a nyama

Gwiritsirani ntchito *sulfur* pa matenda a mphere ngati palibe sopo wa *monosulfiram*.

Sakanizani gawo limodzi la *sulfa* m'magawo makumi awiri a ***Vaselini***, maminolo a mafuta kapena mafuta a nyama kuti mupange 5% ya mankhwala odzola a *sulfa*.

Permethrin

Dzina:.....mtengo:.....pa.....

Amakhala 1% ya madzi madzi muli osungunula omwe ali ndi *pyrethrin*, ochokera ku mbewu ya *pyrethrum*.

Mankhwalawa amapha nsabwe zonse ndipo ndi wosawopsa kusiyana ndi (*lindane*) musanasakanize ndi madzi, wazani mankhwalawa mtsitsi lowuma mpakana lonse litanyowa. (Musawaze pa nsidze) mukatero, dikirani kwa mphindi khumi ndipo mulitsuke tsitsilo ndi madzi ofunda ndi sopo kapena mankhwala otsukira tsitsi (shampu). Bwerezani izi pakadutsa sabata imodzi. Muyenera kusintha zovala ndi zofunda mukalandira chithandizo (tsamba 212).

Crotamiton (Eurax)

Dzina:mtengo:.....pa.....

Mankhwalawa amakhala a kirimu kapenanso amadzi omwe ali ndi 10% ya *crotamiton*.

Crotamiton amagwiritsidwa ntchito pa mphere osati pophera nsabwe ayi. Mukasamba pakani thupi lonse mankhwalawa osayiwala m'makwinyamakwinya mwa khungu. Mungathe kudzolanso mankhwalawa tsiku lotsatiralo. Pakatha masiku awiri

chipakireni mankhwalawa, sambani thupi lonse kuti muchitse mankhwala akirimu omwe munadzola m'thupimo ndipo musinthe zovala ndi zogonera zonse.

MANKHWALA A NJEREWERE ZA KUMALISECHE

Podophyllin

Dzina:.....mtengo:.....pa.....

Mankhwala ndi amadzi osungunula osakaniza,

10 mpaka 15 % a *podophyllin* wophatikizidwa ndi *benzoin*.

Mankhwala amagwiritsidwa ntchito kuti njerewere zogwira ziwalo zoberekerazifote. *Podophyllin* amayabwa choncho ayenera kugwiritsidwa ntchito mosamala kwambiri. Musanapake mankhwalawa, ndi bwino kuyamba mwateteza malo ozungulira njerewerezo ndi mafuta odzola a *Vaselini* kapena ena aliwonse agirizi. Kenako pakani mankhwalawo panjerewerezo ndipo muwasiye kuti awume. (Izi nzofunikira makamaka m'malo momwe khungu labwino lingakhudzane ndi njerewerezo.) Pakadutsa mawola 4 mpaka 6, tsukani malowo kuti muchotse mankhwala omwe manapakawo. Mungathe kubwereza kupaka mankhwalawa kamodzi pa sabata. Nthawi zina pamafunika chithandizo cha masabata ochulukirapo.

CHENJEZO: Ngati khungu likuyabwa, musagwiritsenso ntchito mankhwalawa komanso mankhwalawa ndi wosayenera pa njerewere zomwe zikutuluka magazi. Nawo amayi apakati ndi omwe akuyamwitsa sayenera kugwiritsira ntchito *podophyllin*.

Asidi wa bichloroacetic kapena asidi wa trichloroacetic

Dzina:..... mtengo:.....pa.....

Amakhala amadzi oyera kwambiri.

Ngati mankhwala a *podophyllin* palibe, bichloroacetic angathe kugwiritsidwa ntchito kuti njerewere zifote koma mosamala kwambiri chifukwa amawononga khungu labwino. Choncho khungu lozungulira njerewerero liyenera kupakidwa mafuta odzola a *Vaselini*. Mosamalitsa kwambiri tsetekani njerewere zakufa ndipo wazani asidi m'njerewerezo ndipo onetsetsani kuti asidiyo akulowa ndithu munjerewerezo. Mungathe kubwereza kupaka mankhwalawa kwa masabata angapo.

CHENJEZO: Asidiyo angathe kuyambitsa

zilonda zamoto choncho tetezani manja ndi khungu lopanda njerewere ku asidi ndipo musambe msanga ngati asidiyo wakugwerani pa khungu.

MANKHWALA A NJOKA ZAM'MIMBA

Mankhwala pawokha sangathandize kuthetsa matenda oyamba chifukwa cha njoka zam'mimba. Pafunikanso kutsatira mfundo za ukhondo. Banja lonse liyenera kulandira chitathandizo ngati mmodzi wa m'banjamo ali ndi njokazi.

Mebendazole (Vermox) - mankhwala a matenda oyamba ndi njoka zam'mimba

Dzina:.....mtengo:.....pa.....

Mankhwala amakhala m'mapiritsi a 100 mg.

Mebendazole amapha njoka zonse zam'mimba. Kuphatikizapo za *Strongyloides*. Mankhwala amathandizanso pa *trichinosis*. Popereka chithandizo cha matenda a njokazi, wodwala okhoza kumva kupweteka m'mimba kapenanso akhoza kutsekula m'mimba komano sizichitika kawirikawiri.

CHENJEZO: Amayi apakati ndi ana osaposera zaka ziwiri sayenera kumwa mankhwalawa.

Mlingo wa mankhwala a *mebendazole* pogwiritsira ntchito mapiritsi a 100 mg.

Ana ndi akulu ayenera kupatsidwa mlingo wofanana wamankhwala.

Pa njoka zam'mimba zokhala ngati mapini, wodwala apatsidwe piritsi limodzi kamodzi pa sabata kwa masabata atatu.

Pa njoka zam'mimba zozungulira (*Ascaris*), zachikwapu (*Trichuris*), zangowe ndi za *Strongyloides*: wodwala apatsidwe piritsi limodzi kawiri pa tsiku kwa masiku atatu.

Albendazole (Zentel) - wa matenda osiyanasiyana a njoka zam'mimba

Dzina:.....mtengo:.....pa.....

Mankhwala amakhala m'mapiritsi a 200 mg ndi 400 mg.

Abendazole ndi ofanana ndi *mebendazole* ngakhale ali wokwera mtengo. *Abendazole* amapha njoka zam'mimba monga zangowe, zozungulira, zachikwapu, zamapini ndiponso za *Strongyloides*. Mankhwala sakhala ndi zotsatira zoyipa.

CHENJEZO: Amayi apakati ndi ana osaposera zaka ziwiri sayenera kumwa mankhwalawa.

Mlingo wa mankhwala a *albendazole* – pogwiritsira ntchito mapiritsi a 200 mg.

Akulu ndi ana omwe apatsidwe mlingo wofanana wa mankhwalawa.

Mapiritsi awiri a 400 mg ayenera kumwedwa nthawi imodzi pofuna kupha njoka zam'mimbazi kupatula za *Strongyloides* zomwe zimafunika mapiritsi awiri a 400 mg kawiri pa tsiku kwa masiku atatu ndikubwerezanso pakadutsa sabata imodzi.

Piperazine – mankhwala a njoka zam'mimba zozungulira (*Ascaris*) ndi zamapini (*pinworm*, *Enterobius*)

Dzina:

Mankhwala a *piperazine* ndi monga *citrate*, *tartrate*, *hydrate*, *adipate* kapena *phosphate*. amakhala:

m'mapiritsi a 500 mg mtengo:.....pa.....
mtengo:.....pa.....

Mlingo waukulu wamankhwalawa umaperekedwa kwa masiku awiri pofuna kupha njoka zam'mimba zozungulira. Mlingo wocheperako umaperekedwa tsiku lililonse pa sabata pofuna kupha njoka zamapini ndipo mankhwalawa sakhala ndi zotsatira zake zoyipa.

Mlingo wa *piperazine* wa njoka zam'mimba zozungulira (*Ascaris*) - (75 mg/kg pa tsiku)
- aperekedwe mapiritsi a 500 mg kapena osakaniza 500 mg mu 5 ml -

Perekani kamodzi tsiku lililonse kwa masiku awiri motere:

akulu: 3500 mg (mapiritsi 7 kapena masupuni a tiyi 7)
ana a zaka zapakati pa 8 ndi 12: 2500 mg (mapiritsi 5 kapena masupuni a tiyi 5)
ana a zaka zapakati pa 3 ndi 7: 1500 mg (mapiritsi 3 kapena masupuni a tiyi 3)
ana a chaka 1 mpaka 3: 1000 mg (mapiritsi 2 kapena masupuni a tiyi 2)
ana aang'ono osaposa chaka 1: 500 mg (piritsi 1 kapena supuni 1 ya tiyi)

Mlingo wa mankhwala a *piperazine* a njoka zam'mimba (*pinworm*, *Enterobius*) zokhala ngati mapini - (40 mg/kg pa tsiku):

Perekani mankhwala kawiri pa tsiku lililonse kwa sabata imodzi motere.

akulu: 1000 mg (mapiritsi 2 kapena masupuni a tiyi 2)
ana a zaka zapakati pa 8 ndi 12: 750 mg (mapiritsi 1½ kapena masupuni a tiyi 1½)
ana a zaka zapakati pa 3 ndi 7: 500 mg (piritsi 1 kapena supuni 1 ya tiyi)
ana osaposa zaka 3: 250 mg (½ lapiritsi kapena ½ ka supuni ya tiyi)

Thiabendazole - pa matenda osiyanasiyana a njoka zam'mimba

Dzina:.....mtengo:.....pa.....

Mankhwalawa amakhala m'mapiritsi a 500 mg kapena osakaniza 1g mu 5 ml.

Chifukwa chakuti *thiabendazole* amayambitsa zotsatira zoyipa zambiri kusiyana ndi *mebendazole* kapena *albendazole*, ayenera kugwiritsidwa ntchito pokhapokha ngati mankhwala enawa palibe kapena pa njoka zomwe sizili m'matumbo.

Thiabendazole angagwiritsidwe ntchito pa njoka zangowe ndi za *Strongyloides*. Komanso amathandiza pa njoka zozungulira ndi za mapini. Mankhwala *piperazine* ali ndi zovuta zocheperapo. Mankhwala ndi othandiza kuchizira njoka za gine komanso *trichnosis*.

CHENJEZO: *Thiabendazole* angachititse kuti njoka zam'mimba zozungulira zifike kukhosi zomwe zingachititse kuti mpweya usadutse. Choncho ngati mukukayikira kuti munthu wina ali ndi njokazi powonjezera njoka zina zam'mimba, ndi bwino kupereka mankhwala a *piperazine* musanapereke a *thiabendazole*.

Zotsatira zoyipa za mankhwalawa:

Thiabendazole amachititsa kuti munthu azingomva kutopa, kumwa ngati ukudwala komanso kusanza.

Mlingo wa *thiabendazole* - (25 mg/kg pa tsiku):
- mapiritsi a 500 mg kapena osakaniza 1 mg mu 5 ml -

Mankhwalawa ayenera kuperekedwa kawiri kwa masiku atatu. Wodwala angathe kungokulumunya mankhwalawa monga switi.

Pa mlingo uliwonse wa *thiabendazole* perekani kwa:

akulu: 1500 mg (mapiritsi 3 kapena supuni ya tiyi 1½)
ana a zaka zapakati pa 8 ndi 12: 1000 mg (mapiritsi 2 kapena supuni 1)
ana a zaka zapakati pa 3 ndi 7: 500mg (piritsi 1 kapena ½ la piritsi)
ana osaposa zaka 3: 250 mg (½ la piritsi kapena ¼ ya supuni ya tiyi)

Pyrantel (Antiminth, Cobrantril, Helmex)

Dzina:.....mtengo:.....pa.....

Amakhala ngati *pamoate* kapena *embonate*.

Mankhwala amakhala:

m'mapiritsi a 250 mg mtengo:.....pa.....

Amadzi ake osakanizira

okwana, 250 mg

mu 5 ml mtengo:.....pa.....

Pyrantel amapha njoka zam'mimba monga zongowe, zozungulira (*Ascaris*) ndi za mapini ngakhale kuti ndi wokwera mtengo. Mankhwala amachititsa chizungulire kupwereteka mutu komanso kusanza.

Mlingo wa *pyrantel* - (10 mg/kg):

- kugwiritsira ntchito mapiritsi a 250 mg -

Pa njoka zam'mimba zangowe ndi zozungulira, perekani mankhwalawa kamodzi kokha koma pa njoka za mapini, bwerezani mankhwalawa pakadutsa masabata awiri.

Mlingo uliwonse, uperekedwe motere:

akulu: 750 mg (mapiritsi 3)
ana a zaka zapakati pa 10 ndi 14: 500 mg (mapiritsi 2)
ana a zaka zapakati pa 6 ndi 9: 250 mg (piritsi 1)
ana a zaka zapakati pa 2 ndi 5: 125 mg ($\frac{1}{2}$ piritsi)
ana osaposepa chaka 2: 62 mg ($\frac{1}{4}$ piritsi)

**MANKHWALAA NJOKA
ZAM'MIMBA ZA TAPEWORM**

Pali mitundu yosiyanasiyana ya njoka zam'mimba za *tapeworms*. *Nyclosamide* ndi mankhwala abwino a njokazi ngakhale kuti *praziquantel* naye amathandiza kwambiri.

Niclosamide (Yomesan) - mankhwala a njoka zam'mimba za matepi

Dzina:.....mtenga:.....pa.....

Mankhwala amakhala m'mapiritsi ochita kukulumunya a 500 mg.

Niclosamide ndi mankhwala abwino kwambiri a njoka zam'mimba za matepi. Amapha njoka zamtundu wu m'matumbo koma osati timagawo tanjokazi tomwe timakhala kuti sitinalowe m'matumbomo.

Mlingo wa mankhwala a *niclosamide* ophera njokazi - mapiritsi a 500 mg:

Kulumunyani mankhwala omwe mwapatsidwa. Onetsetsani kuti musadye mawola awiri musamwe mankhwala kapena idyani mawola awiri akudutsa chimwereni mankhwala.

akulu ndi ana oposa zaka 8: 2 mg

(mapiritsi 4)

ana a zaka zapakati pa 2 ndi 8: 1 mg

(mapiritsi 2)

ana a zaka zosaposepa 2: 500 mg

(piritsi 1)

Praziquantel (Biltricide, Droncit)

Dzina:mtengo:.....pa.....

Amakhala m'mapiritsi a 150 ndi 600 mg.

Mankhwala a *praziquantel* ndi mankhwala amphamvu ophera njoka zam'mimba zamatepi. Koma ngokwera mtengo kuposa *niclosamide*.

CHENJEZO: Amayi apakati ndi ana osaposa zaka zinayi sayenera kumwa *praziquantel*. Amayi oyamwitsa ayenera kusiya kuyamwitsako pamene akumwa *praziquantel* ndiponso kwa mawola 72 atamwa mankhwalawo.

Zotsatira zoyipa za mankhwalawa:

Praziquantel angayambitse chizungulire, kupweteka kwa mutu, kutopa ndiponso kusowa chilakolako cha chakudya. Zotsatirazi zimakhala mwa apo ndi apo wodwala akamwa mlingo wochepe wa mankhwalawa monga wam'musimu.

Mlingo wa mankhwala a *praziquantel* a njoka zambiri zam'mimba za matepi kuwonjezerapo njoka za matepi m'nyama za ng'ombe ndi nkumba (10 mpaka 20 mg/kg):

- kugwiritsira ntchito mapiritsi a 600 mg -

Pogwiritsira ntchito kamodzi kokha motere.

akulu: 600 mg (piritsi 1)

ana a zaka zapakati pa 8 ndi 12: 300 mg

($\frac{1}{2}$ la piritsi)

ana a zaka zapakati pa 4 ndi 7: 150 mg

($\frac{1}{4}$ la piritsi)

Njoka zam'mimba za matepi zifupizifupi (**H. nana**) zimafunika mlingo waukulu wa mankhwala:

Pogwiritsira ntchito kamodzi kokha motere.

akulu: 1500 mg (mapiritsi $2\frac{1}{2}$)

ana a zaka zapakati pa 8 ndi 12: 600

mpaka 1200 mg (piritsi 1 kapena

mapiritsi 2)

ana a zaka zapakati pa 4 ndi 7: 300

mpaka 600 mg ($\frac{1}{2}$ la piritsi)

MANKHWALAA LIKODZO

M'madera ambiri adziko lapansi, muli mitundu yambiri ya likodzo omwendo amafunika chithandizo chosiyanasiyana. *Praziquantel* ndi mankhwala omwe amathandiza pa matenda onse a mtundu umenewu. Mankhwala a *metrifonate* ndi *oxamniquine* amathandiza pa mitundu zia ya likodzo. Mankhwala a matendawa ayenera kumwedwa moyanglariridwa ndi ogwira ntchito kuchipatala.

Praziquantel (Biltricide, Droncit)

Dzina:.....mtengo:.....pa.....

Mankhwala amakhala m'mapiritsi a 150 mg mpaka 600 mg.

CHENJEZO: Amayi oyembekezera sayenera kumwa praziquantel. Amayi oyamwitsa ayenera kusiya kuyamwitsa pamene akumwa mankhwalawa atatha kumwa mankhwalawa ayenera kutenga mawola 72 asanayamwitsenso. Apsinye mkakawo ndi kuufaya. Anaso osaposa zaka 14 sayenera kumwa praziquantel.

Zotsatira zoyipa za mankhwalawa:

Kawirikawiri praziquantel amachititsa chizungulire, kupweteka kwa mutu, kusowa chilakolako cha zakudya komanso kutopa. Simuyenera kusiya kupereka chithandizo kwa odwala ngakhale atawonetsa zotsatira zoyipazi. Pofuna kuchepetsa zotsatira zoyipazi, praziquantel ayenera kumwedwa wodwala atadya chakudya chochuluka.

Mlingo wa mankhwala a praziquantel pa matenda alikodzo - (40 mg/kg): - pogwiritsira ntchito mapiritsi a 600 mg -

Popereka chithandizo cha matenda alikodzo omwe amachititsa kuti mu mkodzo mukhale magazi (*S. hematobium*), perekani pa mlingo wa mankhwalawa motere:

akulu: 2400 mpaka 3000 mg (mapiritsi 4 ndi 5)
ana a zaka zapakati pa 8 ndi 12: 200 mpaka 1800 mg (mapiritsi 2 kapena 3)
ana a zaka zapakati pa 4 ndi 7: 600 mg (piritsi 1)

Mlingo wamankhwala wonse uli pamwambapa ungathandizenso mtundu umodzi wa likodzo wopezeka kumvuma ndi pakati pa Afrika ndi kumwera kwa America womwe, umayambitsa magazi m'manyi. Koma kumvuma kwa dziko la Asia, likodzo yoyambitsa magazi m'manyi limafunika mlingo wochuluka wa mankhwala (60 mg/kg):

Mankhwala aperekedwe kamodzi pa tsiku motere:

akulu: 3600 mpaka 4200 mg (mapiritsi 6 kapena 7)
ana a zaka zapakati pa 8 ndi 12: 1800 mpaka 2400 mg (mapiritsi 3 kapena 4)
ana a zaka zapakati pa 4 ndi 7: 900 mg (piritsi 1½)

(Popewa zotsatira zoyipa za mankhwalawa, mlingo waukuluwu ungagawidwe m'milingo itatu ing'onoring'ono, yoperekedwa tsiku limodzi.)

Metrifonate (Metriphonate, Bilarcil)

Metrifonate ndi mankhwala otsika mtengo omwe angagwiritsidwe ntchito pa matenda alikodzo oyambitsa magazi mu mkodzo. Amayi oyembekezera sayenera kumwa mankhwalawa.

Dzina:.....mtengo:.....pa.....

Mankhwala a *metrifonate* amakhala m'mapiritsi a 100 mg.

Perekani milingo itatu pamasabata awiri aliwonse.

Mlingo wa mankhwala a *metrifonate* - (7.5 mpaka 10 mg/kg): - okhala m'mapiritsi a 100 mg -

Pa mlingo uliwonse, perekani motere:

akulu: 400 mpaka 600 mg (mapiritsi 4 mpaka 6)
ana a zaka zapakati pa 6 ndi 12: 300 mg (mapiritsi 3)
ana a zaka zapakati pa 3 ndi 5: 100 mg (piritsi limodzi)

Oxamniquine (Vansil, Mansil)

Dzina:.....mtengo:.....pa.....

Amakhala:

m'makapisozi a 250mg mtengo:.....pa.....
m'mankhwala amadzi
otsekemera a 25 mg
mu 5 ml. mtengo:.....pa.....

Oxamniquine amagwiritsidwa ntchito pa matenda alikodzo oyambitsa magazi m'manyi m'maiko a kumwera ndi pakati pa America (chithandizo cha matenda a *S. mansoni* opezeka mu Africa chiyenera kukhala chochuluka) mankhwala amagwira bwino ntchito akamwedwa wodwala atadya kaye.

CHENJEZO: Amayi apakati sayenera kumwa oxamniquine. Mankhwala amayambitsa matenda onga ngati khunyu ndi chizungulire komanso kugunthira. Anthu akhunyu ayenera kumwa *oxamniquine* ngati akumwanso mankhwala a matenda a khunyu.

Mlingo wa mankhwala a *oxamniquine* (akulu: 15 mg /kg pa tsiku, ana: 10 mg/kg pa tsiku):
- pogwiritsira ntchito makapisozi a 250 mg -

Perekani kwa tsiku limodzi lokha motere:

akulu: 750 mg mpaka 1000 mg
(makapisozi 3 kapena 4)

Ana apatsidwe mankhwala kawiri pa tsiku motere:

ana a zaka zapakati pa 8 ndi 12: 250 mg (kapisozi limodzi)
ana a zaka zapakati pa 4 ndi 7: 125 mg (½ la kapisozi)
ana a chaka chimodzi mpaka 3: 62 mg (¼ la kapisozi)

MANKHWALA AKHUNGU LA ONCHOCERCIASIS

Mankhwalawa amphamvu a matendawa ndi ivermectin. Mankhwalawa atsopanowa amapha tiana tanyongolotsi pang'onopang'ono ndipo sayambitsa zotsatira zina zilizonse zoyipa. Koma ngati mankhwala a *ivermectin* palibe, katswiri wa zachipatala angathe kupereka *diethylcarbamazine* kaye kenaka *suramin*.

Ivermectin (Mectizan)

Dzina:.....mtengo:.....pa.....

Amakhala m'mapiritsi a 6 mg ndi 3 mg.

Pofuna kudziwa mlingo woyenerera wa mankhwala, yambani mwadziwa kulemera kwa wodwalayo ndipo mupereke mlingo wa mankhwala umodzi ndipo wina uperekedwe pakadutsa miyezi 6 kapena chaka chimodzi.

CHENJEZO: Ana olemera makilogalamu osaposa 15, amayi oyembekezera ndiponso oyamwitsa kapenanso odwala matenda ogwira bongo sayenera kupatsidwa mankhwala a *ivermectin*.

Mlingo wa mankhwala a *ivermectin*.

Perekani kamodzi motere:

akulu olemera kuposa ma 64 kg: mapiritsi 2 (12 mg)

akulu olemera pakati pa 45 ndi 63 kg: piritsi $1\frac{1}{2}$ (9 mg)

akulu ndi achinyamata olemera pakati pa 24 ndi 44 kg: piritsi limodzi (6 mg)

ana olemera pakati pa 15 ndi 25 kg: $\frac{1}{2}$ la piritsi (3 mg)

Diethylcarbamazine (Hetrazan, Banocide)

Dzina:mtengo:.....pa.....

Amakhala m'mapiritsi a 50 mg.

Mankhwalawa amapha ana anjoka zam'mimba msanga. Ana anjokazi akamafa, amayambitsa mazoti, ndi kutentha thupi komanso kupweteka m'malo olumikizirana mafupa koma kunyereketsetsa kwambiri usiku. **Mlingo wa mankhwala uyenera kukhala wochepea poyamba kenaka nkumauchulukitsa pang'onopang'ono.** Pamene njoka zam'mimba zazikulu zili moyobe ndipo zikubereka ana, mankhwala ayenera kuperekedwabe. Mapiritsi a *phenobarbital* ayenera kugwiritsidwa ntchito kuti wodwala athe kugona usiku.

Mankhwalawa azigwiritsidwa ntchito pokhapokhapo ngati ogwira ntchito za chipatala akuzani kutero.

Posafuna kuononga maso n'kofunika kuyamba kugwiritsira ntchito mankhwala ochepea. Mankhwalawa muzimwa motere:

Tsiku loyamba: $\frac{1}{2}$ mg/kg, ulendo umodzi wokha

Tsiku lachiwiri: $\frac{1}{2}$ mg/kg, kawiri pa tsiku

Tsiku lachitatu: $\frac{1}{2}$ mg/kg, katatu pa tsiku

Pitirizani kumwa 1 mg/kg, katatu pa tsiku kwa masiku owonjezera okwana 13. (Chitsanzo: Munthu yemwe pa sikelo amalemera 60 kg ayenera kumwa mankhwalawa okwana 30 mg tsiku loyamba, kwa tsiku lachiwiri ayenera kumwa 30 mg pa nthawi imodzi kwa maulendo awiri komanso kumwa 60 mg pa nthawi imodzi kokwana maulendo atatu pa tsiku kwa masiku 14). Mankhwalawa imwani mukatha kudya.

Mankhwalawa a *diethylcarbamazine* ali ndi vuto lakuti amapangitsa munthu kuti ayambe kuletsedwa zotsatira zosasangalatsa zomwe zikhoza kusiyana ndi mankhwala a *antihistamines* kapena a *cortico - steroids* mutauzidwa kutero ndi munthu wa zaumoyo.

Zotsatira za *diethylcarbamazine* zikhoza kukhala izi: litsipa, kutopa, kufooka, kusakhala ndi chilakolako cha zakudya, nseru, chifuwa, kupweteka kwa pamtima, kupweteka kwa mu mnofu kapena molumikizana mafupa, kutentha kwa m'thupi ndi ziwengo/nsungu.

Suramin (Naphuride, Bayer 205, Fantrypol, Germanin)

Dzina:.....mtengo:.....pa.....

Mankhwalawa ndi amphamvu kusiyana ndi Diethylcarbamazine popha njoka zoti zakula ndipo ayenera kumwedwa mutamaliza kulandira chithandizo cha *diethylcarbamazine*, zotsatira zina zoipa za mankhwalawa zitasiya. *Suramin* nthawi zina amawononga impso. Ngati mapazi atupa komanso ngati zizindikiro zosonyeza kuti mumkodzo muli poyizoni ziwonekera, muyenera kusiyana kupereka mankhwalawa. Anthu omwense ali ndi vuto la impso sayenera kumwa mankhwalawa.

Mankhwalawa a *suramin* ayenera kuperekedwa kudzera m'mitsempha mothandizidwa ndi akatswiri a zachipatala. Akuluakulu ayenera kubayidwa jekeseni ya 1mg ya *suramin* mu 10 ml ya madzi opanda mchere **kamodzi pa sabata** kwa masabata 5 mpaka 7. Yambani kaye ndi mlingo wochepea wa 200 mg. *Antihistamine* ayenera kugwiritsidwa ntchito ngati anthu ena matupi awo sakugwirizana ndi mankhwala a *suramin*.

MANKHWALAA MASO

Mankhwalwa othira m'maso a antibayotiki – pa matenda a maso achikasu (*conjunctivitis*).

Ena mwa mankhwalawa ndi *oxytetracycline*, *gentamycin* kapena *chlorotetracycline*.

Dzina:.....mtengo:.....pa.....

Mankhwalawa angagwiritsidwe ntchito pa matenda a maso oyamba ndi bakiteriya ndiponso *trachoma*. *Tetracycline* (tsamba 370) kapena *erythromycin* (tsamba 369) ayenera kumwedwa kuti matenda a maso atheretu.

Mankhwalwa a maso kuti agwire bwino ntchito ayenera kuthiridwa m'kati mwa chikope osati kunjwa kwake. Thirani katatu kapena kanayi pa tsiku.

Pofuna kuteteza ana akhanda ku chinzonono ndi *chlamydia*, gwiritsirani ntchito mankhwalwa a m'maso a *tetracycline* kapena *erythromycin* wothira m'maso wa 1%.

Mwana akangobadwa, thirani mankhwalwa m'maso onse awiri ndipo musawatsuke (tsamba 232).

Silver nitrate wothira m'maso. 1 % - kuteteza maso a ana akhanda.

Dzina:.....mtengo:.....pa.....

Ngati palibe mankhwalwa a m'maso a antibayotiki omwe atchulidwa pamwambapa, thira 1 % ya *silver nitrate* m'maso onse a mwana akangobadwa. Mankhwalawa angateteze maso a mwana ku chinzonono koma osati *chlamydia*.

CHENJEZO: Musathire m'maso *silver nitrate* yemwe ali wokhathamira – angathe kuwononga maso a mwana.

MANKHWALA OLE TSA KUPWETEKA KWA M'THUPI: ANALGESICS

Chidziwitso: Pali mankhwalwa ambiri ochepetsa kupweteka m'thupi, ena mwa iwo ndi owopsa kwambiri (makamaka amene ali ndi **dipyrone** monga **Novalgin**) gwiritsirani ntchito mankhwalwa okhawa omwe mukudziwa kuti si wowopsa monga **aspirin** ndi **acetaminophen (paracetamol)** kapena **ibuprofen** (tsamba 393). Mukafuna mankhwalwa amphamvu kwambiri othetsera kupweteka kwa m'thupi werengani za **codeine** (tsamba 397).

Aspirin (acetylsalicylic asidi)

Amakhala:

m'mapiritsi a 300mg (5) mtengo:.....pa.....

m'mapiritsi a 75 mg

(1 $\frac{1}{4}$) a ana mtengo:.....pa.....

Aspirin ndi wo thandiza kwambiri komanso wotsika mtengo. Amathandiza kuchepetsa kupweteka m'thupi kutentha thupi ndiponso kutupa m'malo olumikizirana mafupa. Amathandizanso kuchepetsa kutsokomora ndi kuyabwa m'thupi.

Mankhwalwa ambiri ochepetsa – kupweteka m'thupi amakhala ndi *aspirin* koma ndi okwera mtengo kwambiri. Mankhwalawa si kutinso ndi amphamvu kuposa *aspirin* ayi.

Njira zotetezera kuwopsa kwa mankhwalawa:

1. Musamwe *aspirin* pamene m'mimba mukupweteka kapena kudzimbidwa. *Aspirin* ali ndi asidi ndipo angathe kukulitsa vuto la m'mimba ndiponso kudzimbidwa. **Anthu omwe ali ndi zilonda zam'mimba sayenera kumwa aspirin.**
2. *Aspirin* amayambitsa kupweteka kwa m'mimba kapena kutentha pa chifuwa pakati pa anthu ena. Popewa izi, imwani *aspirin* pamodzi ndi mkaka, soda pang'ono kapena ndi madzi ambiri. Mungathenso kumwa *aspirin* pamene mukudya chakudya.
3. Munthu yemwe alibe madzi okwanira sayenera kupatsidwa mlingo wa *aspirin* woposa kamodzi pokhapokha atayamba kukodza mosavutikira.
4. Ana osaposerera zaka 12 ndi onse odwala mphumu sayenera kupatsidwa *aspirin*. M'malo mwake mungawapatse anawa *acetaminophen (paracetamol)*.
5. *Aspirin* ayenera kusungidwa patali ndi ana. *Aspirin* wochulukira akhoza kuwawononga ana ngati atamwa.
6. Amayi apakati nawo sayanera kumwa *aspirin*.

Mlingo woyenera wa *aspirin* pochepetsa kupweteka kapena kutentha kwa thupi:
- wokhala m'mapiritsi a 300 mg (5) -

Imwani *aspirin* mmodzi m'mawola anayi kapena asanu ndi limodzi. Koma asaperekedwe kwa ana kuposa kanayi pa tsiku.

akulu: piritisi limodzi kapena 2

(300 mpaka 600 mg)

ana a zaka zapakati pa 8 mpaka 12:

piritisi limodzi (300 mg)

ana a zaka zapakati pa 3 mpaka 7:

$\frac{1}{2}$ la piritisi (150 mg)

ana a chaka chimodzi mpaka 2:

$\frac{1}{4}$ la piritisi (75 mg)

(Mankhwala akhoza kuwonjezedwa ngati munthu wodwala akumva kupweteka kwambiri. Kapena perekani 100 mg/kg pa tsiku. Ngati m'khutu mwayamba kulira, chepetsani mlingo wa mankhwala.)

- mapiritsia *aspirin* (75 mg) wa ana -

Amwetseni ana *aspirin* kanayi pa tsiku motere:

ana a zaka zapakati pa 8 mpaka 12:
mapiritsi 2 kapena 3 (150 mpaka 225 mg)
ana achaka chimodzi mpaka 2: piritsi 1
(75 mg)
ana osaposa chaka chimodzi sayenera
kupatsidwa *aspirin*

Acetaminophen (paracetamol, Panadolo)

- thupi likamapweteka ndi kutentha

Dzina:mtengo:pa.....

Amakhala m'mapiritsi a 500 mg komanso wamadzi otsekemera.

Panadolo ndi wabwino kwa ana kusiyana ndi *aspirin*. Mankhwala sayambitsa vuto lina lililonse m'mimba ndipo anthu omwe ali ndi zilonda zam'mimba angathe kumwa *panadology*. Amayi oyembekezeranso angathe kumwa mankhwala popanda vuto lina lililonse.

Mlingo wa mankhwala a *panadolo* thupi likamapweteka komanso kutentha:

- wokhala m'mapiritsi a 500 mg -

Odwala amwe *panadolo* kanayi pa tsiku.

Pa mlingo uliwonse wa *panadolo* perekani motere:

akulu: 500 mg (piritsi 1 kapena 2)
ana a zaka zapakati pa 8 mpaka 12:
500 mg (piritsi limodzi)
ana a zaka zapakati pa 3 mpaka 7:
250 mg ($\frac{1}{2}$ la piritsi)
ana achaka chimodzi kapena ziwiri:
125 mg ($\frac{1}{4}$ piritsi)
ana osaposeka chaka chimodzi:
62 mg ($\frac{1}{8}$ ya piritsi)

Ibuprofen

Dzina:mtengo:pa.....

Amakhala m'mapiritsi a 200 mg

Ibuprofen amathandiza mutu ukamapweteka kwambiri, kutupa kwa mitempha, kupweteka kwa m'malo olumikizana mafupa ndiponso kuchepetsa kutentha kwa thupi. *Ibuprofen* ndi okwera mtengo kusiyana ndi *aspirin*.

CHENJEZO: *Ibuprofen* sayenera kumwedwa ndi anthu omwe matupi awo sagwirizana ndi *aspirin*. Amayi apakati nawo sayenera kumwa *ibuprofen*.

Mlingo wa mankhwala a *ibuprofen*

- okhala m'mapiritsi a 200 mg -

Wodwala ayenera kumwa *ibuprofen* mawola 4 kapena 6 aliwonse.

Pa mlingo uliwonse wa mankhwala, perekani motere:

akulu ndi ana oposa zaka 12: apatseni
200 mg (piritsi limodzi)
ana osaposa zaka 12: asapatsidwe
mankhwala

Mapiritsi awiri angathe kuperekedwa ngati limodzi silikuchepetsa kupweteka m'thupi. Musamwe mapiritsi oposa 6 pa mawola 24.

Ergotamine wokhala ndi caffein (Cafergot)

- wa mutu (litsipa) wa ching'alang'ala

Dzina:mtengo:pa.....

Amakhala m'mapiritsi a 1 mg a *ergotamine*.

Mlingo wa mankhwala wa pa mutu wa litsipa:

akulu: Imwani mapiritsi awiri zizindikiro za mutu wa ching'alang'ala zikayamba kenaka piritsi limodzi pa mphindi zitatu zilizonse mpaka kupweteka kutasiya. Koma musamwe mapiritsi oposa 6.

CHENJEZO: Musamamwe mankhwala kawirikawiri ndipo amayi oyembekezera sayenera kumwa mankhwala.

Ngati thupi likupweteka kwambiri, imwani **codeine**. (tsamba 397).

KUTHETSA KUPWETEKA PAMENE MUKUSOKA ZILONDA: MANKHWALA OZIZIRITSA PABALA KUTI PASAMVEKE ULULU

Lidocaine(Xylocaine)

2 % (wokhala kapena wopanda *epinephrine*)

Dzina:mtengo:pa.....

Amakhala m'ma chubu kapena m'mabotolo a jekeseni.

Lidocaine angathe kubayidwa m'mbali mwa chilonda chisanasokedwe pofuna kuti malowo achite dzanzi kuti musamve kuwawa pobaya.

Bayani jekeseni ya *lidocaine* m'kati ndi kunyi kwa khungu pa malo otalikirana 1cm. Bayani pang'onopang'ono pogwiritsira ntchito 1 ml ya mankhwala ochititsa dzanzi pa masentimitala awiri aliwonse akhungu. Ngati chilonda nchotsukidwa bwino, mungathe kubaya m'mbali mweni mweni mwa chilondacho. Koma ngati chili chosatsuka, bayani jekeseni kudzera pakhungu mutachitsuka kaye mozungulira chilondacho ndipo **kenaka chitsukeni mosamala musanachisoke**.

Gwiritsirani ntchito *lidocaine* wa *epinephrine* posoka zilonda. *Epinephrine* amachititsa dzanzi kuti litenge nthawi yayitali ndiponso kuti magazi asatayike.

Pazilonda za pazala, zam'manja ndi m'miyendo, pa mbolo, makutu ndi mphuno, mugwiritsire ntchito *lidocaine*. Ndi kofunika kutero chifukwa *epinephrine* angathe popanda *epinephrine* kuyimitsa kufika kwa magazi kumalowa nkowononga kwambiri.

Ntchito ina ya *lidocaine* wa *epinephrine* kamfuno: **Ikani thonje lonyowa m'mphunomo.** *Epinephrine* amachititsa kuti mitsempha inyale ndikuchepetsa kutuluka kwa magazi.

KUMANGANA KWA MATUMBO: MANKHWALA OLETSA VUTOLI

Belladonna (wa *phenobarbital* kapena wopanda *phenobarbital*)

Dzina:mtengo:.....pa.....

Amakhala m'mapiritsi a 8 mg.

Mankhwala oletsa vutoli amakonzedwa mosiyanasiyana. Ambiri amakhala ndi *belladonna* kapena *atropine*, *hyoscyamine* ndipo nthawi zina *phenobarbital*. Mankhwala sayenera kugwiritsidwa ntchito kwambiri koma angagwiritsidwe ntchito mwa apo ndi apo pochepetsa kupweteka ndi kumangana kwa matumbo. *Belladonna* amachepetsanso kupweteka kwa matenda a mundulu kapena ndulu yotupa. Amathandizanso pa zilonda zam'mimba.

Mlingo wa mankhwala a *belladonna* - pa matumbo omangana:

- okhala m'mapiritsi a 8 mg aperekedwa motere -

akulu: piritsi limodzi, 3 mpaka 7 pa tsiku
ana a zaka zapakati pa 8 mpaka 12: piritsi
limodzi, 2 kapena 3 pa tsiku
ana a zaka zapakati pa 5 ndi 7: 1/2 piritsi, 2
kapena 3 pa tsiku
ana osaposepa zaka zisanu asapatsidwe
mankhwala

CHENJEZO: Mankhwala ndi owopsa ngati amwedwa ambiri. Muyenera kuwasunga patali ndi ana.

Anthu omwe ali ndi *glaucoma* sayenera kumwa mankhwala okhala ndi *belladonna* kapena *atropine*.

MANKHWALA AASIDI WODZIMBITSA M'MIMBA KUTENTHA PA MTIMA NDIPONSO ZILONDA ZAM'MIMBA

Aluminum hydroxide kapena *magnesium hydroxide* (wa *mkaka*)

Dzina:.....mtengo:.....pa.....

Amakhala m'mapiritsi a 500 mpaka 750 mg kapena 300 mpaka 500 m'madzi okwana 5 ml.

Nthawi zina mankhwalawa amasakanizidwa pamodzi ndi *magnesium trisilicate*. *Simethicone* amachepetsa mpweya m'mimba akaphatikizidwa ku *magnesium*.

Mankwala othetsa asidiwa angagwiritsidwe ntchito mwa apo ndi apo polimbana ndi kutentha kwa pa mtima komanso kudzimbidwa ngati mbali imodzi ya chithandizo cha zilonda zam'mimba. Mankhwala ayenera kumwedwa ola limodzi mutadya ndiponso nthawi yogona. Bulumunyani mapiritsi awiri kapena atatu. Mungamwe mapiritsi atatu kapena asanu ndi limodzi ngati muli ndi vuto lalikulu la zilonda zam'mimba pa ola lililonse.

CHENJEZO: Musamwe mankhwalawa ngati mukumwa *tetracycline*. *Maantacid* okhala ndi *magnesium* amayambitsa kutsekula m'mimba ndipo okhala ndi *aluminum* angayambitse kudzimbidwa kwa m'mimba.

Soda (*sodium bicarbonate*, *bicarbonate* wa *soda*)

Amakhala wa ufa woyera mtengo:.....pa.....

Ngati antiasidi, mankhwala ayenera kugwiritsidwa ntchito mosapyola muyezo ngati wina akuvutika m'mimba ndiponso akumva kutentha pa mtima. **Soda sayenera kugwiritsidwa ntchito pa zilonda zam'mimba kapena kudzimbidwa kosatherapo.** Poyamba angawoneke ngati akuthandiza koma amachititsa kuti m'mimba mukhale asidi wambiri, soda amathandiza kwa munthu yemwe ali ndi matsire a mowa. Pothetsa matsire, soda angathe kumwedwa pamodzi ndi *panadolo* kapena *aspirin*. **Alka-Seltzer** wosakaniza soda ndi *aspirin*. Ngati mankhwala ochotsa asidi wa apo ndi apo, sakanizani theka la supuni ya tiyi ya soda ndi madzi ndipo mumwe.

Soda wosakaniza ndi mchere angagwiritsidwe ntchito ngati mankhwala otsukira mano (tsamba 240).

CHENJEZO: Anthu omwe ali ndi vuto la mtima kapena amene akutupa mapazi kapena nkhope sayenera kumwa *sodium bicarbonate* kapena mankhwala ena aliwonse okhala ndi *sodium* wochuluka (ngati mchere).

Calcium carbonate

Dzina:mtengo:.....pa.....

Amakhala m'mapiritsi a 350 mpaka 850 mg.

Mankhwalawa amagwira ntchito pang'onopang'ono kusiya ndi soda. *Calcium carbonate* ndi othandiza kwambiri pamtima pa kamatenta kapena ngati chakudya chikulephera kugayidwa m'mimba koma sayenera kugwiritsidwa ntchito kwa nthawi yayitali kapena pa zilonda zam'mimba. Kulumunyani piritsi limodzi la 850 mg kapena awiri a 350 mg. Zizindikiro zikayamba. Ngati ndi kofunika, imwaninso mankhwala ena pakadutsa mawola awiri.

Cimetidine (Tagamet)

Dzina:.....mtengo:.....pa.....

Amakhala m'mapiritsi a 200 mg kapena majekeseni a 200 mg mu 2 ml.

Mankhwalawa ndi okwera mtengo kwambiri koma ndi othandiza pazilonda zam'mimba ndi m'matumbo. Amachepetsa ululu ndikuchiza matendawo. Kuwagwiritsira ntchito kwa nthawi yayitali kungathandize kuteteza zilonda zam'matumbo kuti zisayambirensa. Koma ngakhale kuti kuletsa kuyambiranso kwa zilonda zam'mimba ndi kofunika ndichanzerunso kusamalira ndi kudya zakudya zapadera (tsamba 133).

CHENJEZO: Amayi oyembekezera sayenera kumwa mankhwala a *cimetidine* kapena amene akuyamwitsa.

Zotsatira zoopsa: Nthawi zina mankhwalawa ayambitsa kutsegula m'mimba, chizungulire, tulo ndi nsungu.

Mlingo kwa munthu wodwala chilonda cha m'mimba.

400 mg (mapiritsi 2 a 200 mg lililonse) kawiri pa tsiku

800 mg (mapiritsi 4 a 200 mg lililonse) pogona kwa miyezi 6 mpaka 8

Mlingo kothandiza kuti chilonda cham'mimba chisayambirensa:

400 mg (mapiritsi 2 a 200 mg lililonse) pa nthawi yogona kwa nthawi yokwana chaka chimodzi.

Ranitidine (Zantac)

Dzina:mtengo:.....pa.....

Mankhwalawa amakhala a mapiritsi a 150 kapena 300 mg.

Ranitidine amafanana ndi *cimetidine* koma ndi okwera mtengo kwambiri. Amachepetsa ululu komanso amapoletsa chilonda. Komatu muzionetsetsa kuti mukutsatira malangizo omwe ali pa tsamba 133 ndi cholinga chochiza zilonda.

Mlingo wa *ranitidine* pofuna kuchiza zilonda:

150 mg kawiri pa tsiku kapena 300 mg mukatha kudya chakudya chamadzulo kwa masabata 6 mpaka 8

Mlingo wochizira chilonda cha m'matumbo kuti chisabwerevenso:

150 mg (piritsi limodzi la 150 mg) kwa masabata 6 mpaka 8

**KUTHA KWA MADZI M'THUPI:
ZAKUMWA ZOBWEZERETSA MADZI
M'THUPI NDI ORS**

Malangizo opangira zakumwazi, onani tsamba 161.

M'mayiko ena mapaketi a shuga ndi mchere opangira mankhwalawa amagulisidwa m'masitolo kapena amapezeka m'zipatala. Ngakhale kuti mapaketi amenewa ndi othandiza mungathenso kupanga nokha zakumwa zimenezi kunyumba kwanu (onani tsamba 161). Mukasakaniza shuga ndi mchere kunyumba zimathandiza kuthetsa vutoli. Ndi chanzeru kupanga nokha kusiya ndi kukagula chifukwa mumangowonongapo ndalama. **Onetsetsani kuti mukupitiriza kumuyamwitsa mwana mkaka** wam'mawere mwana amene watsekula m'mimba. **Ndipo yambani kumupatsa chakudya mwanayo akayamba kulandira chakudyacho.** Kumupatsa mwana chakudya pamodzi ndi zakumwa zobwezeretsa madzi m'thupi ndi kothandiza kwambiri ndipo kumateteza mwana kuti asafowoke.

CHENJEZO: M'mayiko ena mapaketi a ORS amagulisidwa m'mitundu yosiyanasiyana omwe amafunika milingo yosiyanasiyana ya madzi kuti mukonze chakumwa choyenera. **Ngati mukugwiritsira ntchito mapaketi a ORS onetsetsani kuti mukugwiritsira ntchito mlingo woyenera wa madzi.** Kuchepetsa madzi osungunulira ndi koopsa.

CHENJEZO: Ngati mwakonza zotengera mwana yemwe akutsekula m'mimba kuchipatala, muyenera kumupatsa zakumwa zambiri ndipo ngati ndi kotheke amwetsedwe madzi osakaniza shuga ndi mchere musananyamuke kupita naye kuchipatala. Mutenge madzi ena oti mudzimuputsa m'njira komanso pamene mukudikira kuti alandire chithandizo. Mwanayo ayenera kumwetsedwa madzi ambiri komanso pafupipafupi. Ngati akusanza, m'mwetseni madziwo pang'onopang'ono mphindi iliyonse. Madzi enawo akawameza, angathandize kuti asasanzenso kwambiri.

KUDZIMBIDWA: LAXATIVES

Pa tsamba 15, pafotokozeredwa za kagwiritsidwe ntchito koyenera ndi kosayenera kwa mankhwala othandiza kufewetsa tui tolimba m'matumbo (*constipation*). Mankhwala akumagwiritsidwa ntchito mopyola muyezo kwambiri. Mankhwala ayenera kugwiritsidwa ntchito mwa apo ndi apo pofuna kuthandiza kufewetsa tui tolimba ndiponso opweteka pakuchita chimbudzi. **Mankhwala sayenera kuperekedwa kwa wina aliyense yemwe akutsekuka m'mimba kapena yemwe alibe madzi okwanira m'thupi.** Musapereke mankhwala ofewetsa tui kwa ana ochepera zaka ziwiri.

Zakudya monga chinangwa kapenanso nsima yamadeya zimathandiza kwambiri kufewetsa tui tolimba. Kudya zipatso zambiri ndi kumwanso madzi ambiri (pafupipufupi makapu asanu ndi atatu pa tsiku kumathandizanso pavutoli).

Mankhwala a mkaka wa magnesia (magnesium hydroxide) (laxatives ndi antacid)

Dzina:..... mtengo:pa:.....

Mankhwala amakhala ngati mkaka.

Khutchumulani musanagwiritsire ntchito ndipo mumwe madzi nthawi zonse mukamwa mankhwalawa.

Mlingo wa magnesia wa madzi.

Ngati mankhwala olimbana ndi mpweya wa antacid:

akulu ndi ana oposa zaka 12: supuni ya tiyi imodzi mpaka atatu 3 kapena 4 pa tsiku ana a chaka 1 mpaka zaka 12: $\frac{1}{2}$ la supuni ya tiyi kapena supuni imodzi 3 kapena 4 pa tsiku

Ngati mankhwala othandiza kufewetsa tui tolimba perekani mlingo umodzi pogona:

akulu ndi ana oposa zaka 12: masupuni atiyi 2 mpaka 4 ana a zaka 6 mpaka 11: supuni ya tiyi 1 kapena 2 ana a zaka 2 mpaka 5: $\frac{1}{3}$ supuni ya tiyi mpaka supuni 1 koma musapereke kwa ana ochepera zaka 2

Mchere wa Epsom (magnesium sulfate) – ngati mankhwala ofewetsa tui tolimba ndiponso kuyabwa

Dzina:..... mtengo:.....pa:.....

Mankhwala ngowoneka ngati ufa woyera kapena *crystals*.

Mlingo wa Epsom wokhala ndi mchere:

Ngati mankhwala othandiza kufewetsa tui tolimba - sakanizani *Epsom* wokhala ndi mchere mu kapu ya madzi ndi kumwa (amakhala bwino musanadye kalikonse):

akulu: masupuni a tiyi 2 ana a zaka zapakati pa 6 ndi 12: $\frac{1}{2}$ mpaka supuni 1 ya tiyi ana a pakati pa zaka 2 ndi 6: gawo la chinayi $\frac{1}{4}$ mpaka $\frac{1}{2}$ ya supuni ya tiyi koma musapereke kwa ana osaposa zaka 2

Epsom wokhala ndi mchere pothandiza kuletsa kuyabwa: sakanizani masupuni a tiyi asanu ndi atatu a *Epsom* m'madzi okwana lita imodzi kenaka ayikeni pa khungu pomwe pakuyabwapa pofuna kuziziritsapo.

Maminolo oyilo (mineral oil) ngati mankhwala othandiza kufewetsa mauji tolimba kuti atuluke bwino

Dzina:..... mtengo:.....pa:.....

Mankhwala amawedwa ndi anthu omwe ali ndi matenda a mudzi ndipo akulephera kuchita chimbudzi chifukwa cha kupweteka ndi kulimba kwa tui. Komabe sikuti mankhwalawa amafewetsa kwambiri tui tolimbato koma amangopaka tuvito mafuta kuti tisavute pochita chimbudzi. Zakudya monga chimanga ndiponso chinangwa zimathandiza kwambiri.

Mlingo wake:

Akulu ndi ana a zaka 12 kapena kuposerapo: supuni 1 mpaka 3 pakadutsa ola limodzi chidyereni chakudya chamadzulo (mgonero). Mankhwala asamwedwe pa nthawi ya chakudya chifukwa mafutawa angathe kuchotsa mavitami kuchokera m'chakudyacho.

CHENJEZO: Ana osakwana zaka 12 asapatsidwe mankhwala. Chimodzimodzinso nkhalamba, amayi oyembekezera kapena oyamwitsa ndi anthu omwe akulephera kumeza chakudya sayenera kupatsidwa mankhwalawa.

Glycerine suppositories (Dulcolax)

Dzina: mtengo:.....pa:.....

Awa ndi mapiritisi obulungira ngati mpholopolo omwe amayikidwa kuthako.

Mankhwala amapangitsa kuti matumbo amasuke zomwe zimathandiza kuti tui tituluke mosavuta.

Mlingo wake wa *glycerine*.

Akulu komanso ana a zaka zopitirira 12 lowetsani mankhwala kuthako kuti akhaleko kwa maminiti 15 mpaka 30. Mankhwalawa amagwira bwino ntchito akakhaliisa kuthako.

PA MATENDA OTSEKULA M'MIMBA: MANKHWALA OLETA KUTSEKULA

Kaolin wokhala ndi pectin (Kaopectate)

Dzina:.....mtengo: pa.....

Mankhwalawa amakhala ngati mkaka.

Mankhwalawa angagwiritsidwe ntchito polimbisa tui tamadzimadzi komanso kuchepetsa kupweteka.

Kaolin sachiza matenda otsekula m'mimbawa ayi ndiponso sathandiza kupewa kapena kuchiza vuto losowa madzi m'thupi. **Mankhwalawa si ofunikira kwambiri pochiza matenda otsekula m'mimbawa ndipo kuwagwiritsa ntchito ndikungowononga ndalama chabe.** Mankhwalawa sayenera kuperekedwa kwa anthu odwala kwambiri kapena kwa ana aang'ono. **PANO PA ATCHULIDWA PONGOFUNA KUCHENJEZA KUTI ASAMAGWIRITSIDWE NTCHITO.**

Mlingo wa *kaolin* wa *pectin* pa matenda otsekula m'mimba pang'ono pogwiritsira ntchito kasakaniza odziwika monga ***Kaopectate***

Perekani mlingo 1 wodwala akachita chimbudzi 4 kapena 5 pa tsiku.

Pa mlingo uliwonse perekani:

akulu: masupuni 2 mpaka 8
ana a zaka za pakati pa 6 mpaka 12: supuni 1
kapena 2
ana ochepera zaka 6: ASAPATSIDWE
MANKHWALAWA

MPHUNO ZOTSEKA

Pofuna kutsekula mphunozi, chofunika ndi kupuma madzi okhala ndi mchere pang'ono monga momwe zafotokozedwera pa tsamba 173. Mwa apo ndi apo, mungathenso kugwiritsira ntchito mankhwala ochita kudonthetsera m'mphuno:

Wamankhwalawa a m'mphuno a ephedrine kapena phenylephrine (Neo-Synephrine)

Dzina:mtengo:pa.....

Awa amathandiza m'phuno mukauma kapena mamina akamatuluka pafupipafupi makamaka ngati munthu ali ndi matenda a m'kati mwa khutu.

Mlingo wa mankhwala odonthetsera m'mphuno:

Dothetserani dontho 1 kapena 2 m'mphuno monga momwe zaonetseredwa pa tsamba 173. Chitani izi kwa masiku **osaposera 3** kapena musachite chizolowezi chogwiritsira ntchito madontho a mankhwalawa.

Kuti mudziwe zambiri za mankhwala odonthetsera m'mphuno opangidwa kuchokera kumapiritsi a *ephedrine*, onani tsamba 398.

KUTSOKOMOLA

Kutsokomola ndi njira yomwe thupi limagwiritsira ntchito pofuna kuchotsa zinthu zoyipa m'timachubu momwe mpweya wopita m'mapapo umadutsa pofuna kupewa majeremusi ndiponso zinthu zina zoyipa kuti zisafike m'mapapo. Chifukwa chakuti kutsokomola ndi njira imodzi ya chitetezo ya thupi, mankhwala oleta kutsokomola akagwiritsidwa ntchito nthawi zina amakhala owononga kwambiri. Mankhwalawa ayenera kugwiritsidwa ntchito pa chifuwa chomwe sichichititsa kuti munthu agone. Palonso mankhwala ena othandiza kutsokomola kuti makhololo atuluke mosavuta.

Zowona zake ndi zakuti mitundu yonse ya mankhwala a chifuwa a madzi amagwiritsidwa mopyola muyezo. Mankhwalawa ambiri a chifuwa amadzi ndi osathandiza ndipo ndikungowononga ndalama kugwiritsira ntchito.

Mankhwalawa abwino ndi ofunika kwambiri a chifuwa ndi madzi. Kumwa madzi ambiri ndi kupuma mpweya wa madzi otentha kumapangitsa kuti makhololo amasuke ndiponso amathandiza kuti kutsokomola kuchepete kusiyana ndi mankhwala ambiri a chifuwa a madzi (tsamba 177). Pa tsamba 178 pali malangizo a momwe mungapangire mankhwala achifuwa a madzi pakhomu panu.

Mankhwalawa oleta kutsokomola: (codeine)

Dzina:.....mtengo: pa.....

Kawirikawiri amakhala amadzi otsekemera. Nthawi

zina amakhala a mapiritsi a 30 kapena 60 mg okhala opanda *aspirin* kapena *acetaminophen* (*paracetamol*, **Panadolo**).

Codeine ndi mankhwala amhamvu oleta kupweteka komanso oleta kutsokomola. Mankhwalawa amakhala amadzi osakaniza otsekemera kapenanso m'mapiritsi. Kuti mudziwe mlingo wake, tsatani malangizo a kapangidwe kake. Mankhwalawa ochepera okha amafunika pofuna kuchepetsa kutsokomola. Pofuna kuletsa kutsokomola pakati pa akuluakulu *codeine* wokwana 7 mpaka 15 mg ndi okwanira. Ana ayenera kumwetsedwa mankhwala ochepera molingana ndi zaka komanso kulemera kwawo (onani tsamba 63).

Wodwala ngati akumva kupweteka kwambiri: akulu amwe *codeine* wokwana 30 mpaka 60 mg maola 4 aliwonse.

CHENJEZO: Kumwa *codeine* kumayambitsa chizolowezi chomwa mankhwalawa. Imwani mankhwala kwa masiku ochepa okha.

MPHUMU

Onani tsamba 176 momwe mungapewere ndiponso kuchiza matenda a mphumu. Anthu odwala mphumu ayenera kumasungira mankhwala kunyumba. Mankhwala a mphumu ayambe kugwiritsidwa ntchito zizindikiro zosonyeza kubanika zikayamba. Pokhapokha adokotala atalangiza.

Ephedrine

Dzina:.....mtengo:..... pa

Mankhwala amakhala m'mapiritsi a 15 kapenso 25mg

Ephedrine ndi ofunika pofuna kuchepetsa ndiponso kupewa mphumu yamphamvu kwambiri. Mankhwala amathandiza potsekula tinjira tampweya wopita m'mapapo kuti mpweya udziyenda mosavuta.

Angagwiritsidwenso ntchito pomwe munthu akulephera kupuma bwinobwino chifukwa cha chibayo. Mankhwala a *ephedrine* amakhala osakaniza *theophylline* kapena *aminophylline* nthawi zina *phenobarbital*. Mupewe kugwiritsira ntchito mankhwala osakanizidwa pokhapokha ngati mankhwala ena aliwonse a mphumu palibe.

Mlingo wa *ephedrine* wa mphumu: (1 mg/kg iliyonse kumwa katatu pa tsiku zizindikiro zikayamba):

- gwiritsirani ntchito mapiritsi a 15 mg -

Mankhwala ayenera kumwedwa katatu pa tsiku.

Pa mlingo uliwonse perekani kwa:

akulu: 15 mpaka 60 mg (piritsi 1 kapena 2)
ana a zaka 5 mpaka 10: 15 mpaka 30 mg
(piritsi 1 kapena 2)
ana a chaka 1 kufikira zaka 4: 15 mg
(piritsi 1)
ana osaposepa chaka chimodzi:
ASAPATSIDWE MANKHWALAWA

Ephedrine angagwiritsidwenso ntchito m'mphuno zomwe zatseka posungunula piritsi limodzi m'madzi okwanira supuni imodzi ya tiyi.

Theophylline kapena aminophylline

Dzina:.....mtengo:.....pa:.....

Mankhwala amakhala m'mapiritsi ndiponso amadzi otsekemera amphamvu zosiyana siyana.

Mankhwala amathana komanso kuthandiza kupewa mphumu.

Mlingo wa mankhwalawa: (3 mpaka 5 mg/kg iliyonse pa maola 6 aliwonse):

- mankhwala a mapiritsi a 100 mg -
Pamaola 6 lililonse perekani motere:

akulu: mapiritsi 2
ana a zaka 7 mpaka 12: piritsi limodzi
ana osaposepa zaka 7: $\frac{1}{2}$ la piritsi
ana akhanda: ASAPATSIDWE
MANKHWALAWA

Ngati matendawa sakugonja ndi mankhwalawa, onjezerani mlingo wa mankhwalawa koma mosaphyola muyezo. Ngati wodwala sakuyankhula, pitani naye kuchipatala msanga.

Salbutamol (albuterol)

Dzina:..... mtengo:.....pa

Mankhwala amakhala m'mapiritsi a 4 mg kapena amadzi otsekemera a 2 mg mu 5 ml.

Salbutamol angagwiritsidwe ntchito payekha kapena mophatikizidwa ndi *theophylline* pofuna kuthana ndi kupewa matenda a mphumu.

Mlingo wa *salbutamol* - (0.1 mg/kg pamaola 6 mpaka maola 8 aliwonse):

- gwiritsirani ntchito mapiritsi a 4 mg kapena amadzi otsekemera okhala ndi *salbutamol* wolemera 2 mg mu mu supuni ya tiyi -

Perekani mankhwalawa maola 6 mpaka 8 aliwonse kwa:

akulu: piritsi 1 kapena masupuni 2
ana a zaka 6 mpaka 12: $\frac{1}{2}$ piritsi kapena
supuni 1
ana a zaka 2 mpaka 5: $\frac{1}{4}$ mpaka $\frac{1}{2}$ la
piritsi kapena $\frac{1}{2}$ mpaka 1 la supuni
ana akhanda: MUSAWAPATSE
MANKHWALAWA

Kwa odwala mphumu kwambiri, mlingo wamankhwala unganthe kuwonjedzeredwa.

Epinephrine (adrenaline, Adrenalin)

Dzina:..... mtengo:.....pa:.....

Mankhwala amakhala amaampyulesi a 1 mg mu 1 ml.

Epinephrine ayenera kugwiritsidwa ntchito pa:

1. **odwala mphumu kwambiri** pamene akuvutikira kupuma
2. **omwe matupi awo sagwirizana** ndi jekeseni ya *penicillin*, *antitoxin* wakafumbata kapena *antitoxin* wina aliyense wopangidwa kuchokera ku seramu wa bulu (onani tsamba 71).

Mlingo wa epinephrine wa mphumu:

- pogwiritsa chubu chokhala ndi 1 mg mu 1 ml -

Poyamba, werengani kugunda kwa magazi kenaka bayani jekeseni pansu pakhungu (tsamba 176):

akulu: $\frac{1}{3}$ ml
ana a zaka 7 mpaka 12: $\frac{1}{5}$ ml
ana a chaka 1 mpaka 6: $\frac{1}{10}$ ml
ana osakwana chaka 1: ASAPATSIDWE
MANKHWALAWA

Mlingo wa epinephrine kwa munthu yemwe ali ndi shoko:

- yosala zina zake muyezera kugwiritsira ntchito ampules wa 1 mg yosungunulidwa m'madzi a 1 ml -

Bayani m'mitsempha ya:

akulu: $\frac{1}{2}$ ml
ana a zaka 7 mpaka 12: $\frac{1}{3}$ ml
ana a chaka 1 mpaka zaka 6: $\frac{1}{4}$ ml
ana osakwanira chaka chimodzi:
ASAPATSIDWE MANKHWALAWA

Ngati angafunikebe, mlingo wamankhwala wungaperekedwe pakadutsa theka la ola. Musapereke milingo yoposera 3. Ngati kugunda kwa magazi kwadutsa 30 pa mphindi imodzi chibayireni jekeseni yoyamba ija, musaperekenso mlingo wina wamankhwala.

Popereka mankhwala a epinephrine, musamalitse kuti musapereke mopyola mlingo wovomerezeka.**Prednisolone**

Dzina:..... mtengo:.....pa:.....

Kwawirikawiri amakhala m'mapiritsi a 5 ml.

Mankhwala angagwiritsidwe ntchito pamatenda a akulu a **mphumu** mutayamba kaye mwapereka adrenaline. Musapitirize kugwiritsira ntchito mankhwalawa kwa masiku ena ochulukirapo ngati sizofunikira (tsamba 176). Kupereka mankhwalawa kwa nthawi yayitali kumafunika pa matenda **akhate** popewa kuonongeka kwa mitsempha (tsamba 378).

Pakadutsa masabata 2 mpaka 4 mukupereka mlingo wa mankhwalawa, mungathe kuyamba kuleka pang'onopang'ono, koma ndi koyenera kupeza malangizo kwa azachipatala.

CHENJEZO: si koyenera kugwiritsira ntchito mankhwalawa pa anthu omwe adali ndi zilonda zam'mimba kapena odwala chifuwa chachikulu.

Mlingo wa prednisolone:

Perekani mlingo umodzi m'mawa muli monse mutatha kudya kadzutsa kwa masiku 7 motere:

akulu: 20 mpaka 30 mg (mapiritsi 4 mpaka 6)
ana a zaka 7 mpaka 12: 10 mpaka 15 mg
(mapiritsi 2 kapena 3)
ana a zaka 2 mpaka 6: 5 mg (piritsi limodzi)

KUSAGWIRIZANA NDI MANKHWALAWA NDIPONSO KUSANZA:

Mankhwala othetsa vuto lodana ndi zinthu zina monga mankhwala kapena zakudya (*antihistamine*) awa ndi mankhwala omwe amakhudza thupi m'njira zosiyanasiyana:

1. Amachepetsa kapena kupewa kusagwirizana kwa mankhwala ndi thupi monga zithupsa ndiponso totupa toyabwa ndinso shoko.
2. Amathandiza kupewa kapena kuthana ndi kusanza.
3. Nthawi zambiri amayambitsa matenda ogonagona. Pewani kugwira ntchito zolemetsa kwambiri, kuyendetsa makina kapena kumwa mowa pamene mukumwa mankhwalawa.

Promethazine (Phenergan) ndi **diphenhydramine (Benadryl)** ndi mankhwala amphamvu amene amayambitsa kugonagona kwambiri. **Dimenhydrinate (Dramamine)** ndi ofanana ndi **diphenhydramine** ndipo amagwiritsidwa ntchito pa matenda ogona ukuyenda. Komabe, **promethazine** amagwira bwino ntchito pamene munthu akusanza chifukwa cha zifukwa zina.

Chlorpheniramine ndi mankhwala a *antihistamine* wotsika mtengo ndipo sayambitsa kugona kwambiri. Pa chifukwachi, ndi bwino nthawi zina kugwiritsira ntchito **chlorpheniramine** pochepetsa kuyabwa makamaka masana. **Promethazine** ndi ofunika makamaka usiku chifukwa amalimbikitsa tulo pa nthawi yomwense akuletsa kuyabwa.

Palibe umboni weniweni wotsimikiza kuti *antihistamine* amathandiza pamatenda a chimfine. Mankhwala amagwiritsidwa ntchito mopitirira muyezo.

Antihistamine sayenera kugwiritsidwa ntchito pamatenda a mphumu chifukwa amalimbitsa kwambiri makhololo ndipo angachititse kupuma kukhala kovuta.

M'bokosi lanu lamankhwala mumangofunika kukhala *anti-histamine* wabwino kwambiri. **Promethazine** ndiye wabwino kukhala naye. Koma chifukwa chakutisapezeka kawirikawiri, mungathe kupereka milingo ina ya ma *antihistamine*.

Antihistamine ayenera kumwedwa. Majekeseni angagwiritsidwe ntchito pongofuna kuchepetsa kusanza kwambiri kapena musanapereke mankhwala a *antitoxin* (pakafumbata ndi pomwe wina walumidwa ndi njoka). Ana ayenera kuyikidwa masapozitare kuthako kuti agwire bwino ntchito.

Promethazine (Phenergan)

Dzina:.....

Mankhwalawa amakhala:

m'mapiritsi a 12.5 mg mtengo:pa.....
 majekeseni kapisozi
 a 25 mg mu 1 ml mtengo:pa.....
 aasapozitare a 12.5 mg
 25 mg ndi 50 mg mtengo:pa.....

CHENJEZO: Amayi oyembekezera ayenera kugwiritsira ntchito *promethazine* pokhapokha ngati kuli koyenera kutero.

Mlingo wa *promethazine* - 1 mg/kg pa tsiku:
 - pogwiritsira ntchito mapiritsi a 12.5 mg -

Odwala ayenera kumwa mankhwalawa kawiri pa tsiku.

Mlingo uliwonse perekani motere:

akulu: 25 mpaka 50 mg (mapiritsi 2 mpaka 4)
 ana a zaka 7 mapaka zaka 12: 12.5 mpaka
 25 mg (1 kapena ma piritsi 2)
 ana a zaka 2 mpaka zaka 6: 6 mpaka 12 mg
 ($\frac{1}{2}$ mpaka piritsi limodzi)
 ana a chaka 1: 4 mg ($\frac{1}{3}$ piritsi)
 ana osaposerera chaka chimodzi: 3 mg
 ($\frac{1}{4}$ piritsi)

- pogwiritsira majekeseni, 25 mg mu 1 ml -

Bayani kamodzi ndiponso pakadutsa maola 2 kapena 4 ngati kuli koyenera kutero.

Mlingo wa jekeseni kwa:

akulu: 25 mpaka 50 mg (1 kapena 2 ml)
 ana a zaka 7 mpaka zaka 12: 12.5 mpaka
 25 mg ($\frac{1}{2}$ mpaka 1 ml)
 ana a zaka zoposera 7: 6 mpaka 12 mg
 ($\frac{1}{4}$ mpaka $\frac{1}{2}$ ml)
 ana akhanda osaposerera chaka chimodzi:
 2.5 mg (0.1 ml)

- pogwiritsira ntchito mankhwalawa oikira ku mtumbo a 25 mg -

Mankhwalawa ayikidwe kuthako ndipo abwerezedwe pakadutsa maola 4 kapena 6.

Ikani mankhwalawa motere:

akulu ndi ana oposera zaka 12: 25 mg
 (piritsi limodzi)
 ana a zaka 7 kufika zaka 12: 12.5 mg
 ($\frac{1}{2}$ piritsi)
 ana a zaka 2 kufika zaka 6: 6 mg
 ($\frac{1}{4}$ piritsi)

Diphenhydramine (Benadril)

Dzina:.....mtengo:.....pa.....

Mankhwalawa amakhala m'ma:

kapisozi a 25 mg
 ndi 50 mg mtengo:.....pa.....
 jekeseni - chubu chokwana
 10 kapena 50 mg
 mu 1 ml iliyonse mtengo:.....pa.....

CHENJEZO: Mankhwalawa sayenera kuperekedwa kwa ana akhanda kapena kwa amayi oyamwitsa. Amayi apakati agwiritsire ntchito mankhwalawa pokhapokha ngati kuli koyenera kutero.

Mlingo wa *diphenhydramine* - (5 mg/kg pa tsiku):

- pogwiritsira ntchito makapisozi a 25 mg. -

Perekani mankhwalawa katatu kapena anayi pa tsiku motere:

akulu: 25 mpaka 50 mg (kapisozi 1
 kapena 2)
 ana a zaka 8 mpaka zaka 12: 25 mg
 (kapisozi m'modzi)
 ana a zaka 2 mpaka zaka 7: 12.5 mg
 ($\frac{1}{2}$ kapisozi)
 ana akhanda: 6 mg ($\frac{1}{4}$ kapisozi)

- pogwiritsira ntchito majekeseni obayidwa m'mitsempha, 50 mg mu millilita iliyonse -

Diphenhydramine ayenera kubayidwa kwa omwe amakhala ndi zotsatira za shoko. Bayani kamodzi ndipo mubayenso pakadutsa maola 2 kapena 4 ngati kuli koyenera kutero.

akulu: 25 mpaka 50 mg ($\frac{1}{2}$ mpaka 1 ml)
 ana: 10 mpaka 25 mg kutengera ndi
 msinkhu ($\frac{1}{5}$ mpaka $\frac{1}{2}$ ml)
 ana akhanda: 5 mg ($\frac{1}{10}$ ml)

Chlorpheniramine (Piriton)

Dzina:..... mtengo:.....pa:.....

Amakhala m'mapiritsi a 4 mg (komanso m'mapiritsi a okulirapo mosiyanasiana ndiponso ena amadzi otsekemera).

Mlingo wa mankhwalawa:

Imwani mlingo umodzi katatu kapena kanayi pa tsiku.

Mlingo uliwonse perekani motere:

akulu: 4 mg (piritsi limodzi)
 ana osachepera zaka 12: 2 mg ($\frac{1}{2}$ piritsi)
 ana akhanda: 1 mg ($\frac{1}{4}$ piritsi)

Dimenhydrinate (Dramamine)

Dzina:..... mtengo:.....pa.....

Mankhwala amakhala m'mapiritsi a 50 mg amakhalanso amadzi otsekemera ndiponso ofewetsa tuvi oyikidwa kuthako.

Mankhwala amagulitsidwa ku matenda otchedwa "motion sickness" koma angagwiritsidwe ntchito ngati ma *antihistamine* ena poletsa zotsatira zoyipa za mankhwala ena komanso pofuna kulimbikitsa kugona.

Mlingo wa dimenhydrinate:

Imwani mankhwalawa kanayi pa tsiku.

Pa mlingo uliwonse, perekani motere:

- akulu: 50 mpaka 100 mg (piritsi limodzi kapena awiri)
- ana a zaka 7 kufika zaka 12: 25 mpaka 50 mg ($\frac{1}{2}$ kapena piritsi limodzi)
- ana a zaka 2 kufika zaka 6: 12 mpaka 25 mg ($\frac{1}{4}$ mpaka $\frac{1}{2}$ la piritsi)
- ana osaposeka zaka 2: 6 mpaka 12 mg ($\frac{1}{8}$ mpaka $\frac{1}{4}$ la piritsi)

MANKHWALA OCHOTSA POYIZONI M'THUPI (ANTITOXINS)**CHENJEZO:**

Mankhwala ochotsa poyizoni ambiri amapangidwa kuchokera ku seramu monga mmene alili mankhwala a kafumbata ndi ochotsa poyizoni wa njoka kapena zinkhanira. Mankhwala angayambitse zotsatira zina zoyipa m'thupi (onani tsamba 71). Musanabaye *antitoxin* wa seramu, **onetsetsani kuti muli ndi epinephrine mwangozi ngati patakhala zovuta zina zake**. Kwa anthu omwe apatsidwa kale *antitoxin* wa mtundu wina uliwonse wopangidwa kuchokera ku seramu, ndi bwino kubaya kaye *antihistamine* monga *promethazine (Phenergan)* kapena *diphenhydramine (Benadryl)* mpindi khumi ndi zisanu musanapereke *antitoxin*.

Antivenin kapena antitoxin woperekedwa munthu akalumidwa ndi njoka

Dzina:..... mtengo:.....pa.....

Mankhwala amakhala m'botolo la majekeseni. Mankhwala oteteza thupi ku poyizoni anapangidwa pofuna kuti azigwiritsidwa ntchito anthu akalumidwa ndi njoka m'madera ambiri a dziko lapansi. Ngati mukukhala m'madera momwe anthu amalumidwa kapena kuphedwa ndi njoka kawirikawiri, **pezani ma antivenin omwe alipo ndipo mudzikhala nawo nthawi zonse**. Ma antivenom ena angathe

kusungidwa ngakhale palibe firiji. Koma ena amayenera kuti asungidwe m'malo ozizira.

Mankhwala otsatirawa amagulitsidwa m'madera ena a mu Afirica:

Ethiopia: *Antivenin wa polyvalent. Behringwerke laboratories.*

Egypt: *Antivenin wa polyvalent.* Opereka kudzera ku boma lokha.

Kuzambwe kwa Africa: *Antivenin wa polyvalent* wolimbana ndi njoka zaululu monga mbobo ndi zina amaperekedwa ndi boma lokha. *Antivenin* wolimbana ndi ululu wa njoka za mtundu wa *Echis* zokha amafunikiranso m'madera ena.

M'kabokosi ka mankhwala mumakhalanso malangizo a momwe mungagwiritsire ntchito ma *antivenin*. Awerengeni malangizowo musanagwiritsire ntchito mankhwalawo. Ngati njoka ili yayikulu ndi munthu wolumidwa ndi wamng'ono, perekani antivenin wochulukirapo. *Antivenin* ayenera kubayidwa mwamsanga munthu akalumidwa ndi njoka.

Muyesetse kupeza njira zotetezera zotsatira za mankhwalawa zomwe ndi zoyipa (tsamba 71).

Antitoxin wa kafumbata

Mankhwala oteteza kafumbata a *Tetanus Immune Globin* amakhala m'timabotolo ta mayunitsi 250.

Antitoxin wa kafumbata amakhala m'timabotolo ta mayunitsi 1500, 20000, 40000 ndi 50000.

Bokosi la mankhwala liyenera kukhala ndi antitoxin wa kafumbata m'madera momwe anthu sanalandire katemera wa kafumbata. Katemerayu alipo wa mitundu iwiri, wina wopangidwa kuchokera ku seramu wa anthu ndipo amatchedwa *Tetanus Immune Globin (Hyper-tet)* ndi wina wopangidwa kuchokera kwa bulu wotchedwa *antitoxin* wa kafumbata (*tetanus antitoxin*). **Gwiritsirani ntchito Tetanus Immune Globin ngati alipo chifukwa kawirikawiri sayambitsa zotsatira zina zoyipa m'thupi.**

Koma ngati mufuna kugwiritsira ntchito mankhwala opha tizilombo ta kafumbata opangidwa kuchokera ku magazi a bulu, samalirani chifukwa ena amawawanga. Ngati munthu ali ndi matenda a mphumu kapena ziwengo zina kapena sanalandirepo mankhwala ena a mtundu wotere, mubayeni jekeseni wa *antihistamine* monga *promethazine*. Wodwala abayidwe jekeseni yu patatsala maminitsi 15 asanabayidwe jekeseni opha tizilombo ta kafumbatayu.

Ngati munthu amene sanamalize kulandira katemera wakafumbata ali ndi bala lomwe lingathe kuyambitsa nthendayi (tsamba 90) mubayeni mayunitsi 250 katemera wa kafumbata (*tetanus immune globulin*)

zizindikiro za kafumbata zisanayambe kuwoneka. Ngati mukugwiritsira ntchito mankhwala akupha tizilombo ta kafumbata (*tetanus antitoxin*), bayani mayunitsi pakati pa 1500 mpaka 3000 koma akakhala mwana mubayeni mayunitsi 750 a mankhwalawa.

Pamene munthu ali ndi zizindikiro za kafumbata, mubayeni mayunitsi okwana 5000 a *tetanus immune globulin*. Bayani m'matako kapena pa ntchafu. Komanso theka la mlingo wa mankhwalawa atha kuperekedwa kudzera mu diripi, ngati pali munthu amene amadziwa kuyika diripiyo.

Zizindikiro za kafumbata zimanka zikulira pamene munthu akulandira mankhwalawa. **Njira zina zochizira matendawa zomwe zalembedwa pa tsamba 192 ndi 193 ndi zofunikanso.** Ndi bwino kuyamba kupereka thandizo la mankhwala mwamsanga.

PAMENE MUNTHU WAMWA POYIZONI

Syrup wa Ipecac - mankhwala osanzitsa

Dzina:..... mtengo:.....pa.....

Mankhwala kawirikawiri amakhala amadzimadzi.

Pofuna kuti munthu asanze pamene wameza poyizoni. **Musagwiritsire ntchito mankhwalawa pamene munthu wameza asidi, mafuta a galimoto kapena a nyale.**

Mlingo wake:

Sipuni yayikulu imodzi kwa munthu wa msinkhu uliwonse. Bwerezani mlingowu ngati munthuyo sakusanza pamene papita theka la ola.

Makala opera - pamene munthu wamwa poyizoni

Mtengo:..... pa.....

Poyizoni amalowera m'makala ndipo amachepa mphamvu.

Mlingo wake:

Sipuni imodzi yaikulu ya makala kusakaniza ndi madzi kapena madzi azipatso

Mlingo wa makala amphamvu:

Kapu imodzi yosakaniza ndi madzi kapena majuwisi a zipatso kachulukidwe kake.

PAMENE MUNTHU AKUDWALA LINJIRINJIRI (KUPHIRIPHITHA KUTSALIMA)

Phenobarbital ndi *phenytoin* ndi mankhwala amene amagwiritsidwa ntchito kawirikawiri pamene munthu akudwala linjirinjiri kapena majini. Mankwala enanso alipo koma ndi okwera mtengo. Madokotala amakonda kulemba

mankwala a mitundu iwiri kapena ingapo. Komabe, mankhwala a mtundu umodzi amagwira bwino ntchito ndipo sakhala ndi zovuta zambiri. Mankwala ochiza matendawa amagwira bwino ntchito pamene amwedwa pa nthawi yogona chifukwa chakuti mankhwalawa amadzetsa tulo. Mankwala a *diazepam* amathandiza kuchiza linjiri njiri lomwe latenga nthawi yaitali koma sayenera kumwedwa tsiku ndi tsiku.

Phenobarbital (phenobarbitone)

Dzina:.....

Mankhwala amakhala:

| | |
|--------------------|---------------------|
| mapiritsi a 30 mg | mtengo:.....pa..... |
| amadzimadzi 200 mg | |
| mu 1 ml | mtengo:.....pa..... |

Mankhwala angamwedwe pofuna kuteteza 'linjirinjiri' lomwe limadza chifukwa cha kafumbata. Mlingo wochepera wa mankhwalawa unagwiritsidwe ntchito pofuna kuchepetsa kutsokomola pamene munthu akudwala chifuwa chokoka mtima. Kumwa mankhwalawa pang'ono nthawi yausiku kumathandiza odwala amene akudwala matenda a maso oyambitsa khungu (**onchocerciasis**) kuti athe kupeza tulo tabwino.

Pofuna **kuchiza khunyu**, mankhwalawa amafunika kumwedwa kawirikawiri kwa miyezi kapena zaka zambiri ngakhale pa nthawi yonse ya moyo wake wa munthu. Mlingo wa mankhwalawa ndi wofunika kuwugawa bwino kuti mphamvu zake zizifika pa nthawi yodzuka m'mawa.

Ngati matenda sakuleka, mlingo wa mankhwala utha kuonjezedwa kufika pamalekezero malinga ndi sikelo ya munthu wodwalayo. (Koma onani **Chenjezo!**) Nthawi zina *phenobarbital* angamwedwe limodzi ndi *diphenylhydantoin*.

CHENJEZO: *Phenobarbital* wambiri amachepetsa kapumidwe kapenanso kusiya kupuma kumene. Zimenezi zimayamba pang'onopang'ono koma zimatha nthawi yaitali (maola 24 kapena kupitirira makamaka ngati munthu sakukodza) **samalani ndi kuwonetsetsa kuti simukupereka mlingo wopyola!**

Mlingo wa *phenobarbital*: 3 mpaka 6 mg/ kg pa tsiku pogwiritsira ntchito mapiritsi a 30 mg

Mapiritsi amwedwe katatu pa tsiku pa nthawi yotalikirana bwino. Mwachitsanzo: 6 koloko m'mawa, 2 koloko masana ndi 10 koloko usiku.

Pa mlingo uliwonse perekani motere:

akulu: 30 mpaka 120 mg (piritsi 1 mpaka 4 ana a zaka 7 mpaka 12: 15 mpaka 30 mg (1/2 piritisi mpaka malire piritisi limodzi) ana asaposeza zaka 7: 15 mg (1/2 piritisi)

Munthu wamkulu yemwe mlingo wake ndi mapiritsi 2, katatu pa tsiku angasowe mapiritsi 180 pa mwezi. Mapiritsi azikhala olongedzeratu ndipo odwala adzipatsidwa mankhwala okwanira mpaka tsiku lodzapitanso kuchipatala. Mankhwala amasungika bwino m'zitini.

Pofuna kuchiza linjirinjiri lakudza chifukwa cha kafumbata, kungakhale kofunika kupereka mlingo wa *phenobarbital* kawiri.

Jekeseni wa *phenobarbital* angaperekedwe pofuna kuteteza linjirinjiri lakudza chifukwa cha kafumbata.

Mlingo wa jekeseni wa *phenobarbital*:

- mankhwala a 200 mg mu 1 ml bayani jekeseni mu mnofu -

Tsatirani dongosolo ili:

akulu: 200 mg (1 ml)
ana a zaka 7 mpaka 12: 150 mg ($\frac{3}{4}$ ml)
ana a zaka 2 mpaka 6: 100 mg ($\frac{1}{2}$ ml)
ana a zaka zochepa 2: 50 mg ($\frac{1}{4}$ ml)

Ngati linjirinjiri silikusiya, bayaninso jekeseni pambuyo pa maminitsi 15, ndipo kenaka musaperekenso mankhwalawa. Ngati wodwala akudwala kafumbata bwerezani mlingowu katatu pa tsiku ndipo ngati linjirinjiri likuchepa yambani kuchepetsa mlingo wa mankhwala pang'onopang'ono.

Phenytoin (diphenylhydantoin, Dilantin)

Dzina:.....

Mankhwala amapezeka mu:

makapusulo a 25 mg, 30 mg
ndi 100 mg mtengo:.....pa.....
amadzimadzi 125 mg mu 5 ml (supuni
yaying'ono imodzi) mtengo:.....pa.....

Mankwala amaletsa linjirinjiri. Mankhwala amayenera kumwedwa pa nthawi yonse ya moyo. Gwiritsirani ntchito mlingo ochepetsetsa omwe unganthe kuthetsa linjirinjiri.

Zovuta zake za mankhwalawa: Nkhama zimatupa ndi kukula kwambiri mankhwalawa akagwiritsidwa ntchito kwa nthawi yayitali. Ngati vutoli likupitirira ndi bwino kugwiritsa ntchito mankhwala a mtundu wina. Kutsuka m'mano pambuyo pakudya kumathandiza kuchepetsa vutoli.

Mlingo wa *phenytoin* pa matenda a linjirinjiri - (5 mg/kg pa tsiku):

- kamwedwe ka makapusulo a 100 mg -

Yambani ndi mlingo uwu kamodzi pa tsiku pa nthawi yogona:

akulu ndi ana opitirira zaka 12: 100 mpaka
300 mg (1 mpaka 3 kapasulo)
ana a zaka pakati pa 7 mpaka 12: 100 mg
(1 kapasulo)
ana a zaka 7 kutsika zaka zam'munsi:
50 mg ($\frac{1}{2}$ kapasulo)

Ngati linjirinjiri silikutha ndi mlingo umenewu, chulukitsani mlingo wa mankhwala kawiri koma osati kupitirira pamenepa.

Ngati linjirinjiri layamba kutha, chepetsani mlingo wa mankhwala pang'onopang'ono mpaka mutapeza mlingo wochepetsetsa omwe ungachize matendawa.

Diazepam (Valium)

Dzina: mtengo:.....pa.....

Mankhwala nthawi zambiri amakhala a jekeseni wa 5 mg mu 1ml yamadzimadzi kapenanso m'mapiritsi a 2 mg kapena 5 mg.

Ntchito ya *diazepam* ndi yofanana ndi ntchito ya *phenobarbital* koma ndi wokwera mtengo. Mankhwala atchulidwa chifukwa nthawi zina amatha kupezeka pamene *phenobarbital* wasowa.

Pofuna kuthetsa linjirinjiri: mlingo wake ndi wotere: Akulu - 5 mg mpaka 10 mg.

Bwerezani pambuyo pa maola awiri ngati ndi kofunika kutero.

Mungathe kugwiritsira ntchito *diazepam* kapena *phenobarbital* pomuyika kuchiwalo chotulukira chimbudzi. Ngati muli ndi mankhwala amadzimidzi oyenera kumwedwa, mutha kuyikanso ku chiwalo chotulukira chimbudzi (kuthako) podzera mu sirinji yomwe ilibe zingano. Komanso mutha kunyena piritsi ya *diazepam* kapena *phenobarbital* ndi kusakaniza m'madzi ndipo kenaka ndi kuyika kuthako.

Pofuna kuchiza kafumbata, perekani mankhwala okwanira othetsa njirinjiri za kafumbatayo. Yambani ndi 5 mg (kapena kucheperako akakhala ana) ndi kuonjezera ngati ndi kofunika, koma osapitirira 10 mg pa nthawi imodzi kapena 50 mg pa tsiku. Ngati ndi kotheka, *diazepam* angaperekedwe pamodzi *phenobarbital* koma ndi bwino osaonjeza kwambiri.

Pofuna kuthetsa ululu, bayani jekeseni 10 mg kwa akulu patatsala maminitsi 15 kuti mumange mafupa othyoka. Kapena odwala amwe 10 mg ya mankhwalawa patatsala maminitsi 30 musanamange mafupa othyoka.

Diazepam amathandizanso pamene munthu wachita mantha kapena kudzidzimuka kwambiri koma asagwiritsidwe ntchito mwachisawawa pochiza vutoli.

Mlingo wa jekeseni wa *diazepam*:

- pogwiritsira ntchito 10 mg mu 2 ml motere -

akulu ndi ana opitirira zaka 12: 5 mg
mpaka 10 mg (1 ml mpaka 2 ml)
ana a zaka 7 mpaka 12: 3 mg mpaka 5 mg
ana oyambira chaka 1 mpaka 6: 1 mg
mpaka 5 mg

MUSAPEREKE MANKHWALAWA KWA
ana ochepa chaka chimodzi

Bwerezani mlingo wa mankhwala pa katha maola atatu kapena anayi pa tsiku ngati kuli kofunika kutero.

CHENJEZO:

1. Ngakhale kuli kofunika kubaya jekeseni wa *diazepam* mu mnofu osati mu mtsempha, jekeseniya sagwira ntchito mwamsanga. Ngati mukufuna mu mtsempha, sankhani mtsempha waukulu ndipo muzibaya **pang'onopang'ono**.

2. *Diazepam* wambiri amachepetsa kapumidwe choncho si bwino kupereka muyezo wochuluka.

3. *Diazepam* ndi mankhwala ozolowereka ndipo opatsa chilakolako. Si bwino kugwiritsira ntchito mankhwalawa kawirikawiri. Mankhwala asungidwe pamalo abwino.

**KUCHEPETSATS VUTO LOTAYA MWAZI
PAMENE MAYI WANGOBEREKA KUMENE
(POSTPARTUM HEMORRHAGE)**

Onani pa tsamba 282 pa zakagwiritsidwe ntchito koyenera kapena kosayenera ka mankhwala pamene mayi wabereka mwana. **Mankhwala monga *ergonovine* ndi *oxytocin* azigwiritsidwa ntchito pofuna kuchepetsa vuto lotaya mwazi pamene mwana wabadwa.** Kugwiritsira ntchito mankhwalawa pofuna kufulumizitsa kuti mwana abadwe msanga komanso kupereka mphamvu kwa mayi pa nthawi yobereka kungakhale kowopsa kwa mayi komanso mwana. Mankhwala asagwiritsidwe ntchito mpaka pamene mwana wabadwa makamakanso pamene thumba lomwe munali mwana asanabadwe la amayi latuluka (*placenta*). Ngati mayi akutaya mwazi wambiri thumba lomwe munali mwana asanabadwe lisanatuluke (koma mwana wabadwa) mubayeni wodwalayo mu mnofu jekeseni wa *oxytocin*, $\frac{1}{2}$ ml (mayunitsi 5). **Musagwiritsire ntchito *ergonovine* thumba lomwe munali mwana asanabadwe lisanatuluke** chifukwa zimenezi zitha kupangitsa kuti thumbalo lisatuluke.

Pituitrin ndi mankhwala ofanana ndi *oxytocin*, koma ndi oopsa choncho sayenera kuperekedwa pokhapokha pamene mwazi wayamba kutayika mwadzidzidzi komanso pamene *oxytocin* ndi *ergonovine* palibe.

Ngati mwana wongobadwa kumene akutuluka magazi gwiritsirani ntchito vitamini K (onani tsamba 407) koma vitaminiya **sagwira ntchito pamene** mwazi ukutayika pamene mayi wangobereka kumene kapena kutaya mimba. Mayi akataya magazi kwambiri mupite naye kuchipatala.

***Ergonovine/ergonometrine maleate*
(*Ergorate, Methergine*)**

Dzina:.....

Mankhwala amakhala:

jekeseni wa 0.2 mg

mu 1 ml mtengo:.....pa.....

mapiritsi a 0.2 mg mtengo:.....pa.....

Pofuna kuchepetsa kutaya mwazi pamene thumba lomwe munali mwana asanabadwe latuluka.

***Mlingo* wa jekeseni wa *ergonovine*:**

Pamene munthu akutaya mwazi wambiri (kupyola makapu 2) pamene thumba lomwe munali mwana asanabadwe latuluka, bayani 0.2 mpaka 0.4 mg ya *ergonovine* mu mnofu (kapena kabotolo kamodzi ka mankhwalawa mu mtsempha poika diripi pamene zinthu zavuta kwambiri). Mlingowu utha kubwerezedwa ngati ndi kofunika pambuyo pa theka la ola kapena pamene pakadutsa ola limodzi. Pamene mwazi waleka kutuluka, mutha kuyamba kupereka mapiritsi a *ergonovine*.

***Mlingo* woyenera kumwa wa *ergonovine* ndi mapiritsi a 0.2 mg.**

Pofuna kuchepetsa kutaya mwazi pamene mayi wangobereka kumene makamaka kwa amayi amene magazi awo ndi ochepe perekani piritsi limodzi katatu kapena kanayi pa tsiku kuyambira pa nthawi imene thumba lomwe munali mwana asanabadwe latuluka. Ngati mwazi ukutuluka kwambiri perekani mamapiritsi 2 pa nthawi iliyonse imene mankhwala akumwedwa.

Oxytocin (pitocin)

Dzina:mtengo:.....pa.....

Mankhwala amakhala mu timabotolo ta mayunitsi 10 mu 1 ml.

Pofuna kuchepetsa kutaya mwazi wambiri kwa mayi amene wabereka koma thumba lomwe munali mwana asanabadwe lisanatuluke. (Mankhwala amathandiza kuti thumbalo lituluke, koma asagwiritsidwe ntchito ndi cholinga chimenechi pokhapokha ngati akutaya mwazi wambiri kapena ngati thumba lomwe munali mwana asanabadwe likuchedwa kutuluka.)

***Mlingo* wa *oxytocin* pamene mayi wabereka kumene:**

Bayani jekeseni $\frac{1}{2}$ ml (mayunitsi 5). Ngati mwazi upitirira kudza wambiri, wonjezerani $\frac{1}{2}$ ml ina pambuyo pa minitsi 15.

**POFUNA KUCHIZA MATENDA
A MUDZI (*HEMORROIDS*)**

Mankhwala a mudzi

Dzina: mtengo:.....pa.....

Iti ndi timbulu tomwe timayikidwa kuthako. Zilonda za mudzi zimanyala ndipo ululu umachepe. Mankhwala amakhala osiyanasiyana. Ena amakhala ndi ***cortisone*** kapena ***cortico-steroid***. Palinso mankhwala ena odzola. Zakudya zofewetsa chimbudzi ndi zofunika (onani tsamba 131).

***Mlingo wake*:**

Ikani kam'bulu kapiritsi ku thako tsiku ndi tsiku pambuyo pochita chimbudzi komanso m'bulu wina pa nthawi yogona.

KUTHETSA VUTO LA KUCHEPA KWA ZAKUDYA M'THUPI KOMANSO MAGAZI

Mkaka wa ufa:

Dzina:.....mtengo:.....pa.....

Kwa ana, **mkaka wam'mawere ndiye wabwino kwambiri**. Mu mkaka umenewu muli zakudya zomanga thupi komanso mchere. Ngati mkaka wam'mawere palibe, mkaka wa ufa utha kugwiritsidwa ntchito. Kuti mkakawu ukhale wabwino kwambiri kwa ana, usakakanizeni ndi shuga ndi mafuta ophikira (onani tsamba 125)

Mu kapu imodzi ya madzi ophitsa thirani motere:

masupuni aang'ono 12 a mkaka wa ufa,
masupuni 2 a shuga,
masupuni 3 a mafuta ophikira

Mavitamini osakaniza

Dzina: mtengo:.....pa.....

Mankhwalawa amapezeka osiyanasiyana koma mapiritsi ndi amene ali ndi mtengo wotsika komanso ndi amene amagwira ntchito bwino. Jekeseni wa mavitamini ndi wosafunika kwenikweni, amangotha ndalama zanu. Iyeyu amayambitsa kupweteka kosafunika komanso amayambitsa zotupa kapena matuza.

Chakudya chopatsa thanzi ndi chimene chimapatsa mavitamini ambiri. Ngati kuli kofunika kuonjeza mavitamini m'thupi ndi bwino kugwiritsira ntchito mapiritsi a mavitamini.

M'zakudya zosapatsa thanzi ndi bwino kumaonjezeramo mavitamini. Muzionetsetsa kuti munthu azimwa mapiritsi omwe ali ndi mavitamini (onani tsamba 123) omwe iye akuwasowa mthupi.

Piritsi imodzi ya mavitamini osakaniza ndi yokwanira pa tsiku limodzi.

Vitamini A (retinol) - amathandiza kumatenda a kusawona bwino kwa maso

Dzina:..... mtengo:.....pa.....

Mankhwalawa nthawi zambiri amakhala makapasulu a mayunitsi 200,000, 60 mg ya *retinol*, jekeseni wa mayunitsi 100,000

CHENJEZO: Vitamin A wambiri amayambitsa linjirinjiri. Musapereke mopyola muyezo ndipo mankhwalawa akhale pamalo pomwe ana sangawapeze.

Kuthandiza kupewa matenda a kusawona bwino kwa maso: Kumadera kumene matendawa amafala kwambiri kwa ana, ndi bwino kumadya zipatso zachikasu komanso ndiwo zamasamba. Mazira ndi

chiwinda ndi zothandizanso kumatendawa. Mafuta a nsomba ali ndi vitamin A wambiri. Muthanso kupereka makapasulo a vitamini A. Perekani kapasulo mmodzi kamodzi pa miyezi 4 kapena 6 iliyonse osapitirira pamene pa.

Amayi angateteze ana awo kumatendawa pakumwa kapasulo imodzi ya vitamini A (mayunitsi 200 000) pamene mwanayo wangobadwa kumene kapena pambuyo pa mwezi umodzi chibadwire mwanayo.

Ana amene akudwala chikuku angathe kudwala matenda a masowa mosavuta. Choncho anawa ayenera kupatsidwa vitamini A (200,000 U) pamene matendawa ayamba.

Kumadera kumene samapeza vitamini A wambiri zakudya zapadera kapena makapasulo a vitamini A amathandiza ana kupulumuka ku chikuku ndi matenda ena oopsa.

Kuchiza: Perekani kapasulo mmodzi wa vitamini A wokwana 200,000 U kuti wodwala amwe kapena jekeseni 100,000 U. Tsiku linalo perekani kapasulo imodzi ya vitamini A ya 200,000 U kuti wodwala amwe. Perekaniso kapasulo imodzi pambuyo pa sabata ziwiri.

Kwa ana ochepera chaka chimodzi, chepetsani mlingo wa mankhwalawa ndi theka.

Iron sulfate (ferrous sulfate) - mankhwala owonjezera magari

Dzina:.....mtengo:.....pa.....

Mankhwalawa amakhala: mapiritsi a 200, 300 kapena 500 mg (aliponso mankhwala a madzimadzi a ana)

Ferrous sulfate amathetsa vuto la kuchepa kwa magari. Mankhwalawa akakhala akumwa amatenga miyezi itatu. Ngati palibe kusintha, ndiye kuti vuto la kuchepa kwa magazilo layamba chifukwa cha vuto lina osati kusowa kwa ayironi. Pezani thandizo la mankhwala mwamsanga. Ngati kuli kovuta kupeza thandizoli, yesani kuchiza vutoli ndi *folic acid*.

Ferrous sulfate ndi ofunika kwambiri kwa amayi apakati amene ali ndi vuto la kusowa kwa magari kapena amene ali ndi vuto la kuperewera kwa zakudya m'thupi.

Iron amagwira ntchito bwino pamene wamwedwa pamodzi ndi vitamini C (zipatso za mtundu wa malalanje, ndiwo zamasamba kapena piritsi ya vitamini C). Izi zichitike adokotala akalangiza.

Ferrous sulfate nthawi zina amadzetsa vuto la m'mimba ndipo amakhala bwino pamene wamwedwa pa nthawi yakudya. Mankhwalawa amatha kudzetsa vuto lodzimbidwa ndipo amapangitsa chimbudzi kukhala chakuda. Kwa ana osapitirira zaka zitatu, phwanyani piritsi limodzi la mankhwala ndi kusakaniza mu chakudya.

CHENJEZO: Onetsetsani kuti mlingo ndi woyenera. Mankhwalawa akachulukitsa amasanduka poyizoni. Mankhwalawa akhale pamalo otalikirana ndi ana. Musapereke mankhwalawa kwa anthu amene matupi awo ndi wopereweredwa kwambiri chakudya.

Mlingo wa mankhwalawa:

- mapiritsi a 200 mg -

Pekerani katatu pa tsiku, nthawi yakudya perekani motere:

Pa mlingo uliwonse perekani motere:

akulu: 200 mpaka 400 mg (piritsi 1 kapena 2) ana a zaka zopitirira 6: 200 mg (piritsi limodzi) ana a zaka 3 mpaka 6: 100 mg ($\frac{1}{2}$ la piritsi) ana a zaka zosapitirira 3: 25 mpaka 50 mg ($\frac{1}{8}$ mpaka $\frac{1}{4}$ yophwanyidwa ndi kusakaniza ndi chakudya)

Folic acid - amathandizanso vuto la kuchepa kwa magazi m'thupi

Dzina:..... mtengo:.....pa.....

Mankhwalawa amakhala mapiritsi a 5 mg.

Folic acid amathandiza kuchiza vuto lochepa magazi m'thupi komwe kumadza chifukwa cha matenda a malungo kapena chifukwa cha mavuto ena. Munthu woperewera magazi m'thupi yemwe kapamba wake watupa kapena thupi lake likuone ka chikasu akhoza kukhala kuti akusowa kupatsidwa *folic acid* ngati sakupezape bwino atalandirra *ferrous sulfate*. Ana aang'ono amene amamwetsedwa mkaka wa mbuzi ndi amayi apakati omwe akupereweredwa zakudya m'thupi angathandizidwe popatsidwa *folic acid* yemwe amapezeka pakudya ndiwo zamasamba, nyama, chiwindi kapena pakumwa mapiritsi a *folic acid*.

Kawirikawiri ana amasowa kumwa mankhwalawa kwa sabata ziwiri ngakhale kuti nthawi zina amayenera kumwa mankhwalawa kwa zaka zambiri pamene akudwala **matenda a sickle cell** ndi **thalassemia**. Amayi apakati amene akupereweredwa magazi kapena chakudya angathandizidwe pakumwa *folic acid* ndi mapiritsi a iyroni tsiku ndi tsiku pa nthawi yomwe ali ndi pakatipo.

Mlingo wa *folic acid*

- mapiritsi a 5 mg -

Mankhwalawa amwedwe kamodzi pa tsiku.

akulu ndi ana opitirira zaka 3: piritsi limodzi (5 mg)

ana osapitirira zaka 3: $\frac{1}{2}$ piritsi (2 $\frac{1}{2}$ mg)

Vitamini B₁₂ (cyanocobalamin) - mankhwala othandiza kuchiza matenda otaya magazi omwe sawonekera (*pernicious anemia*).

Mankhwalawa a vitamini B₁₂ (*cyanocobalamin*) si mankhwala wothandiza kwenikweni komabe Vitamini B₁₂ amagwiritsidwa ntchito pa matenda akusowa kwa magazi kwa mtundu wina wake komwe sikuchitika kawirikawiri. Kusoweka kwa magazi kwa mtundu umenewu kumatha kugwira kwambiri anthu amene apitirira zaka 35 omwe nthawi zambiri makolo awo anachokera ku mpoto kwa mayiko aku Ulaya (*Northern Europe*).

Musataye ndalama zanu ndi vitamini B₁₂ ndipo mupatsidwe mankhwala pokhapokha magazi anu apimidwa mokwanira ndipo mwapezeka kuti muli ndi vuto lotaya magazi lomwe ndi losawonekera **pernicious anemia**.

Vitamini K (phytomenadione, phytonadione)

Dzina: mtengo:.....pa.....

Mankhwalawa amakhala m'timabotolo 1 mg mu 2.5 ml yamadzimadzi owoneka ngati mkaka.

Pamene mwana wongobadwa kumene wayamba kudza mwazi kuchokera pa chiwalo china chilichonse cha thupi lake monga: (m'kamwa, pamchombo, kuthako), ndiye kuti ali ndi vuto losowa vitamini K. Mubayeni 1 mg ya vitamini K pa ntchafu. Musabaye mankhwala ochuluka kwambiri ngakhale mwaziwo utapitirira kutuluka. Ana amene amabadwa ochepa kwambiri (osakwana 2 kg) bayidwe jekeseni wa vitamini K pofuna kuchepetsa vutoli.

Vitamini K asagwiritsidwe ntchito pofuna kuchepetsa vuto la kutuluka kwa mwazi pamene mayi wangobereka kumene.

Vitamini B₆ (pyridoxine)

Amakhala wa mapiritsi a 25 mg

mtengo:.....pa.....

Anthu amene akudwala TB ndipo akulandira mankhwala a *isoniazid* amatha kukhala ndi vuto losowa vitamini B₆. Pofuna kupewa izi 50 mg wa vitamini B₆ azimwedwa tsiku ndi tsiku ndi anthu amene akumwa *isoniazid*.

Mlingo wa vitamini B₆ - pamodzi ndi *isoniazid*:

Imwani mapiritsi 2 a 25 mg tsiku lililonse.

NJIRA ZAKULERA

Mankhwala olera akumwa (mapiritsi akulera)

Zonse zokhudza mankhwalawa zalembedwa pa tsamba 303 mpaka 304. Zomwe zalembedwa pano ndi zothandiza mayi wina aliyense payekha kuti athe kusankha mankhwala oyenera.

Mapiritsi akulera ambiri amakhala ndi mankhwala amitundu iwiri kapena ofanana ndi madzimadzi ena opezeka m'thupi la mayi otchedwa *estrogen* ndi *progesterone* omwe amakhala ndi gawo pa msambo wa amayi. Mapiritsiwa ali ndi mayina osiyanasiyana komanso mphamvu zosiyana koma onse amakhala osakaniza ndi madzimadzi amitundu iwiri.

Mankhwala omwe amakhala ndi mahomoni awiriwa pa mlingo wochepa ndi abwino kwambiri ndinso osaopsa kwa azimayi ambiri. Maphiritsi omwe mlingo wawo ndi ochepa amapezeka m'gulu 1, 2 ndi 3:

Gulu 1: Mapiritsi a Triphasic

Mapiritsiwa amakhala ndi mphamvu chochepa ya mankhwala a *estrogen* ndi a *progesterin* ndipo iwowa amasintha mukamwa. Popeza kuchuluka kwa mphamvu za mankhwalawa kumasinthwa mukamwa koteru n'kofunika kumwa mankhwalawa mwandondomeko yoyenera.

Mankhwala omwe amapezeka wamba ndi awa:

| | | |
|------------------|-------------------|------------------|
| Logynon | Tricyclen | Trinovum |
| Synophas | Trinordiol | Triquilar |
| Triphasal | | |

Gulu 2: Mapiritsi a mlingo wochepa

Mapiritsiwa amakhala a mlingo wochepa wa mankhwala a *estrogen* "*ethinyl estradiol*" kapena a *estrogen* wa mayikulogilamu 50 "*mestranol*" komanso a *progesterin* omwe sasintha m'kamwa munthu akamwa mankhwalawa.

Mankhwala omwe amapezeka wamba ndi awa:

| | |
|-------------------------------|---------------------|
| Brevicon 1+ 35 | Ovysmen 1/35 |
| Noriday 1+ 50 | Neocon |
| Norinyl 1+ 35, 1+ 50 | Norimin |
| Ortho-Novum 1/35, 1/50 | Perle |

Gulu 3: Mapiritsi a mlingo wochepa

Mapiritsiwa ali ndi mphamvu yaikulu ya *progesterin* ndiponso ali ndi mphamvu yochepa ya *estrogen* (mayikulogilamu 30 kapena 35 a *estrogen* "*ethinyl estradiol*")

Mankwala omwe amapezeka wamba ndi awa:

Lo-Femenal
Lo-Ovral
Microgynon 30
Microviar
Nordette

Pofuna kutsimikizira kuti mankhwalawa atha kuletsadi msambo komanso pofuna kuchepetsa zovuta monga (kutuluka timagazi nthawi zina zake pamene nthawi ya msambo isadakwane mwezi uliwonse) imwani mapiritsiwa pa nthawi imodzimodzi yoyenera kumwera mankhwalawa tsiku lililonse makamaka mapiritsi omwe ndi a mlingo wochepa wa mahomoni. Ngati vuto

lotuluka timaganizoto pamene nthawi ya msambo isanafike likupitirirabe kokwana miyezi 3 kapena 4, yesani kumamwa mankhwala a m'gulu 3. Ngati votolo likupitirirabe pakatha miyezi ina itatu, yesani mankhwala a m'gulu 4.

Mwa lamulo, mayi yemwe amamwa mapiritsi akulera sataya magazi ambiri pa nthawi ya msambo wawo. Kutereko ndi chinthu chabwino makamaka kwa amayi omwe ali ndi magazi ochepa. Koma ngati munthu wamkazi sadachite msambo kwa miyezi ingapo kapena sakukodwa ndi timagazi tomwe timatuluka osati pa nthawi yake ndi kwabwino atasintha mtundu wa mankhwala ndi kumamwa mankhwala ochulukirapo a *estrogen* a m'gulu 4.

Kwa mkazi yemwe amataya magazi ambiri pa msambo wake wa mwezi ndi mwezi kapena amene mawere ake amapweteka pamene akuyembekezera kuchita msambo mwezi ndi mwezi ndi bwino kumamwa mankhwala amene ali ndi mphamvu yochepa ya *estrogen* koma omwe ali ndi mphamvu yaikulu ya *progesterin*. Mapiritsiwa ali m'gulu la 4.

Akazi omwe amavutikabe kapena kusachita msambo mwezi ndi mwezi pamene ali kumwa mankhwala a m'gulu 3 kapena omwe adatenga pakati pamene anali kumwa mapiritsi a mthundu wina ali ndi mwayi womagwiritsira ntchito piritsi lomwe lili ndi mphamvu yochulukirapo ya *estrogen*. Mapiritsi oterewa ali m'gulu 4.

Gulu 4: Mapiritsi a mlingo waukulu

Mapiritsiwa ali ndi mphamvu yaikulu ya *estrogen* (mamayikologiramu 50 a *estrogen* "*ethinyl estradiol*") komanso ambiri a mankhwalawa ali ndi *progesterin* wochulukuka. Mankhwala omwe amapezeka wamba ndi awa:

| | |
|-----------------|-------------------|
| Eugynon | Norlestrin |
| Femenal | Ovcon 50 |
| Minovlar | Ovral |
| Neogynon | Primovlar |
| Nordiol | |

Ngati vuto likupitirirabe ngakhale pamene mukumwa mapiritsi a m'gulu 4, vutolo likhoza kutha mutamwa mankhwala a *Ovulen* komanso a *Demulen*. Komatu mankhwalawa ali ndi mphamvu kwambiri ya *estrogen* koteru achipatala sapereka mankhwalawa kawirikawiri. Komabe mankhwalawa amathandiza kwambiri azimayi omwe amakhala ndi ziphuphu kwambiri pathupi pawo.

Azimayi omwe amachita mseru pafupipatupi nthawi ya m'mawa pamene iwowo atenga pakati posachedwapa kapena akamavutika pakatha miyezi 2 kapena 3 pamene iwowo ali kumwa mapiritsi akulera komanso kwa azimayi omwe magazi amaundana, ndi bwino kuti aziyesa kumamwa mapiritsi a *Triphasic* omwe ndi mankhwala akulera. Mankhwala ali ndi mphamvu yochepa ya *estrogen* komanso a *progesterin* omwe ali m'gulu 1.

Kwa azimayi omwe ali oyamwitsa kapena omwe saloledwa kumamwa mapiritsi nthawi zambiri chifukwa chakuti amadwala litsipa kapena omwe amadwala matenda akuthamanga kwambiri kwa magazi mwina akhoza kufuna kugwiritsira ntchito piritsi lomwe lili ndi mphamvu ya *progestin* yekha. Mapiritsi a m'gulu 5 amatchedwanso dzina lakuti “mini-piritsi”.

Gulu 5: Mapiritsi okhala ndi *progestin* basi

Mapiritsiwa amatchedwanso dzina lakuti “mini-piritsi” popeza amakhala ndi *progestin* yekha.

Mapiritsiwa muyenera kumamwa nthawi imodzimodzi yomweyo tsiku lililonse ngakhale pamene muli kuchita msambo. Zikatero msambo umachitika mosinthasintha. Komanso mkazi amatha kutenga pakati mukayiwala kumwa kapiritsi ngakhale kamodzi kumene.

Mankhwala omwe amapezeka wamba ndi awa:

**Ferrulen Micronor Nor-OD
Micronovum**

Mitundu ya mankhwalawa ikhoza kugwiritsidwira ntchito mukafuna kuyamba kulera mosakonzekera. Taonani gawo lotsatirali.

**Microlut Microval Neogest
Neogeston
Ovrette**

NJIRA ZADZIDZIDZI ZAKULERA

Mapiritsi othandiza mwa njira yadzidzidzi yakulera ndi mlingo wapadera wothandizira nawo mayi yemwe anagona ndi mwamuna mopanda kugwiritsira ntchito chishango pamene iyeno safuna kutenga pakati. Kugwiritsira ntchito mapiritsi akulera motere ndi kwabwino ngakhalenso kwa azimayi omwe sayenera kugwiritsira ntchito mapiritsi nthawi zonse.

Mlingo: Mapiritsi othandiza mwa njira yadzidzidzi yakulera amayenera kumwedwa mkati mwa masiku atatu chichitikireni kosadziteteza. Mukangotha kugonana kopanda kugwiritsira ntchito chishango ndi kumwa mapiritsi mwamsanga zikatero simungatenge pakati. Mukafuna kutsatira njira yadzidzidzi yakulera, ndi bwino mutatsatira malangizo otsatirawa.

Imwani mapiritsi 2 amphamvu yaikulu akulera opezeka GULU 4 mkati mwa masiku 3 chigonanilani mosagwiritsira chishango kenaka imwani mapiritsi 2 owonjezera a m'GULU 4 pakangotha maola 12.

KAPENA

Imwani mapiritsi 4 amphamvu yaing'ono akulera opezeka GULU 2 kapena GULU 3 pasanapite masiku 3 chigonanilani mosagwiritsira ntchito chishango kenaka imwani mapiritsi 4 owonjezera a m'GULU 2 kapena GULU 3 pakangotha maola 12.

KAPENA

Imwani mapiritsi 25 a *progestin* okhaokha kapena “mini piritsi” opezeka m'GULU 5 osanapite masiku 3 chigonanilani mosagwiritsira ntchito chishango kenaka imwani mapiritsi 20 owonjezera a m'GULU 5 pakangotha maola 12.

Mapiritsi atsopano akulera kwadzidzidzi akumapangidwa ndi cholinga chothandiza kulera kwa mtundu. Mapiritsiwa mwina atha kupezeka m'dera lanu. Mitundu ina ya mankhwalawa ndi awa: **Norlevo, Plan B, Postinor-2, Schering-PC-4** ndi **Tetragynon**. Ngati mukugwiritsira ntchito *Postinor-2* omwe ali ndi progres muyenera kumwa piritsi limodzi pasanapite masiku 3 kugonana kutachitika mosagwiritsira ntchito chishango kenaka imwani piritsi limodzi lowonjezera patangotha maola 12.

Zovuka zake:

Kupitirira theka la azimayi onse omwe amagwiritsira ntchito njira yadzidzidzi yakulera amachita mseru ndipo amasanza. Ngati kusanzako kukachitika asanathe maola 3 kuyambira pa nthawi yomwe mwamwa mankhwalawa ndi bwino kubwereza kumwa mankhwalawo. Ngati kusanzako kuli kuchitika ndi bwino kumwa 25 mg ya *promethazine* kawiri pa tsiku. Kapenanso m'malo mwakumwa mapiritsi akulera kwadzidzidzi ndi bwino kuika mapiritsiwo ku nyini. Njira imathandizanso kulepheretsa kutenga pakati. Njirayi sikuti imaletsa mseru kapena kusanzako, koma imakuthandizani kuti musasanze mapiritsiwo.

Mapiritsi a *progestin* mukamwa paokha amathandiza kuchepetsa mseru komanso kusanza. Azimayi amene amadwala nthenda ya ntima, kuundana kwa magazi komanso sitoloko ndi bwino kuti azigwiritsira ntchito mapiritsi a *progestin* okha.

Makondomu

Dzina: mtengo: pa

Nthawi zambiri makondomu amakhala atatuatatu, iliyonse yokutidwa payokha.

Makondomu alipo amitundu yosiyanasiyana. Ena amakhala amafumafuta a maonekedwe osiyanasiyana komanso ena amachepetsa mphamvu yaumuna.

Powonjezera kuthandiza kulepheretsa kutenga pakati, makondomu amathandizanso (makamaka makondomu omwe amachepetsa mphamvu yaumuna) **kuti anthu asapatsirane matenda omwe amafala chifukwa cha kugonana**. Anthu ambiri amagwiritsira ntchito makondomu pamodzinso ndi njira ina yakulera.

Ntchito ya makondomu komanso kusamalira kwake muntha kukuwerenga pa tsamba 309.

Chifundatima (Diaphragm)

Dzina: mtengo:pa.....

Kuti chifundamtima chigwire bwino ntchito yake ndi bwino kugwiritsira ntchito *spermicide cream* kapena *jelly* omwe ayenera kuikidwa m'kati mwa chifundamtima cha kondomu kapena m'mbali mwake chishanalowe pa nyini (onani tsamba 309).

Dzina la *jelly* kapena *cream*: mtengo:

Contraceptive foam (mitundu yodziwika bwino ndi: **Emko, Lempko, Delfen**)

Dzina: mtengo:

Makafuna kudziwa zambiri zokhudza ntchito ya foam, onani tsamba 309.

Mapiritsi oyika kumaliseche (Neo Sampoo)

Dzina:.....mtengo:.....

Mapiritsi amenewa amakhala ndi mankhwala amene amapha mphamvu yaumuna. Mayi amayika piritsi m'katikati mwa maliseche ake pafupi ndi khomo la chiberekero asanayambe kugonana ndi mwamuna. Piritsi ilowetsedwe mphindi 15 musanayambe kugonana (tsatirani malangizo omwe alembedwa). Ndi njira yothandiza yakulera makamaka ngati anthuwo akugwiritsira ntchito kondomu.

Lupu (IUD)

Dzina:.....mtengo:.....

mtengo woyikira lupu:.....

Zambiri zokhudza lupu zalembedwa pa tsamba 309. Pali mitundu iyi ya lupu: **Copper T, Copper 7, Lippes Loop**, ndi **safetycoil**. Palinso mtundu wina wotchchedwa **Progestasert** omwe umayenera kusinthidwa kawirikawiri kusiyana ndi mitundu ina. Pali mtundu winanso wotchchedwa **Dalkon shield** umene umadzetsa mavuto kotero si wabwino kuugwiritsira ntchito.

Chifukwa cha matenda ndi zovuta zina zomwe zimadza chifukwa cha lupu, ndi bwino kuti amayi okhawa amene ali pafupi ndi chipatala azigwiritsira ntchito lupu. Lupu ingagwiritsidwe ntchito ndi amayi amene sanaberekepo koma ngati matenda alowapo chifukwa cha kuleraku, kumakhala kovuta kudzatenga mimba patsogolo.

Nthawi yabwino yogwiritsira ntchito lupu ndi pamene mayi akusamba kapena pamene wangotsiriza kumene.

Jekeseni wakulera: (Depo - Provera, Perlutal, Net-En)

Dzina:.....mtengo:

Jekeseni wakulera amagwiritsidwa ntchito m'maiko ambiri koma anthu akutsutsanabe ngati jekeseni ndi wabwino pa nkhani ya umoyo kapena ayi. Anthu ambiri akuganiza kuti palibe chovuta kupatula kwa amayi amene ali ndi zovuta zina pa nkhani ya zaumoyo wake (tsamba 188).

Vuto lomwe limachitika kawirikawiri ndi lakuti amachititsa kutuluka magazi apo ndi apo kuchokera ku nyini. Mkazi akhozanso kumatuluka magazi kwambiri kwa mwezi wathunthu kapenanso akhoza kukhala osatuluka magazi ngakhale pang'ono kwa mwezi wonse. Azimayi aakulu amene amaleka kuchita msambo kuyambira pamene abayidwa jekeseni wakulera akhoza kuganiza molakwa kuti asiya kuchita msambo kotero amasiya kupitiriza kubayidwa majekeseni. Chotsatira chake ndi chakuti amatenga pakati.

Nthawi zinanso jekeseni amachititsa munthu kukhala wosabereka. Izi kawirikawiri zimachitikira azimayi kuti asatengenso pakati kwa chaka chonse kapena kupitirira chaka azimayiwo akasiya kubayidwa majekeseniwo. Ngati mayi abayidwa jekeseniyo pamene watenga kale pakati, pamakhala vuto lakuti mwana wodzabadwayo adzakhala ndi vuto lina lake pobadwa.

Monganso mmene alili mapiritsi akulera palibe umboni wokwanira okhudza mahomoni kuti tidziwe kuti mankhwala akulera ochita kubaya amayambitsa vuto la chiberekero kapenanso khansa ya m'mawere (onani tsamba 288).

Implants (Norplant)

Dzina:.....mtengo:.....

Mtengo woyikira noropulanti:

Implant ndi njira yabwino komanso ili ndi kuyipa kwake.

Timachubu ta labala 6 timayikidwa m'kati mwa khungu pa gawo la mkono wa pamtunda wa mayi ndi munthu amene amadziwa bwino za ntchitoyi. Noropulant imateteza mayi kuti asatenge mimba kwa zaka 5. Mayi sachita kumavutika ndi kumamwa mapiritsi kapena kumapita kuchipatala miyezi 3 iliyonse kumakalandira jekeseni yakulera.

Zotsatira zina zoipa za njirayi nazi: kuchita msambo masiku ena, litsipa, kusosoka tsitsi, kunenepa, zinsungu, kusasangalala, kusinza kukwinja kwa minofu, kupweteka kwa m'thupi.

Vuto lalikulula la njirayi ndi lakuti malabalawo akaikidwa mayi alibe mwayi weniweni wochita chomwe afuna. Kuchotsa malabalawo kumafunika kuchitika ndi yemwe adaphunzitsidwa kutero. Kuchotsa malabalawo kumadzetsa ululu kusiyana ndi kuyika ndipo kukhoza kuononga ndalama zambiri potinso ochotsa amasowa.

Monga mwa njira zina zonse zakulera, ndi njirayi mayi ali ndi ufulu wodziwa ngati njira yakulera ili ndi ubwino ndi kuipa kwake. Alinso ndi ufulu wodziwa zotsatira kapena zovuta zake pofuna kuti adzisankhire njira yomwe angakonde.