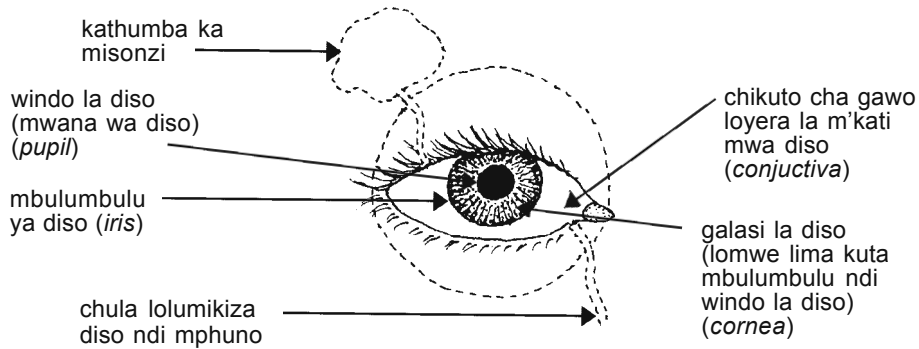


## 16



## Zizindikiro zowopsa

Maso amafunika kusamalidwa bwino chifukwa angathe kuvulala mosavuta. Pitani kuchipatala msanga zizindikiro zotsatirazi zikawoneka.

1. Chilonda chilichonse chimene chafira m'diso.
2. Madontho amtundu waphulusa komanso ofiirira mozungulira pa gawo loyera la diso.
3. Kupweteka kwambiri kwa m'maso.
4. Makulidwe osiyana a mawindo a maso ngati m'diso kapena m'mutu muli kupweteka.



Kusiyana kakulidwe ka mawindo a maso kumachitika bongo ukavulala kapenanso diso likavulala ndi sitoloko. Koma kwa anthu ena kusiyana ndi kwa chibadwidwe.

5. Ngati diso lina likulephera kuwona bwino.
6. M'maso mukalowa matenda kapena diso likatupa ndipo silikuphwa masiku asanu kapena asanu ndi limodzi akudutsa chilandirireni mankhwala a antibayotiki.

## Kuvulala m'maso

Kuvulala kwina kulikonse kwa diso ndi kowopsa chifukwa kukhoza kuyambitsa kusawona (khungu).

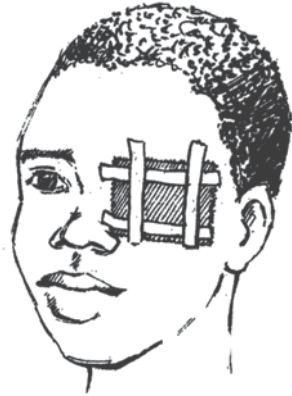
Kutemeka pang'ono kwa '**galasi la diso**' kungagwidwe ndi matenda ndipo munthu sangathe kuwona ngati sasamalidwa bwino.

Nzowopsa kwambiri ngati chilonda cha m'diso chalowa m'kati mwenimweni mwa '**galasi la diso**'.

Diso lingathe kuwonongeka ngati limenyedwa chibakera ndipo magari nkudzadza m'disomo (onani tsamba 236). Zimawopisa kwambiri pamene kupweteka kuwonjezeka pakadutsa masiku ochulukana ndipo kungachitse khungu (onani tsamba 233).

### Chithandizo:

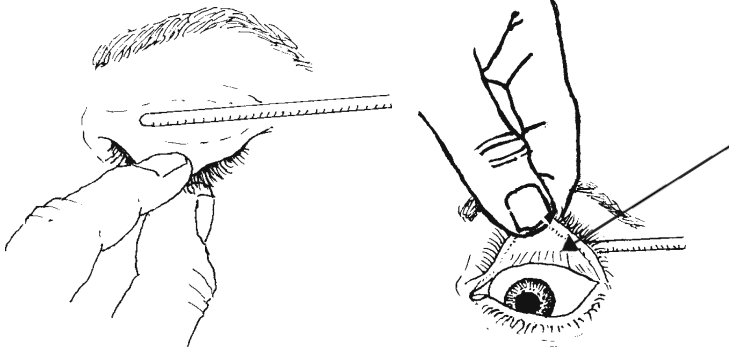
- Mthireni mankhwala a antibayotiki m'maso (tsamba 391) mwake ngati yemwe wavulalayo akuwonabe ndipo mumatepo pa diso ndi bandeji yofewa komanso yochindikala. Ngati diso silikupola pakatha masiku awiri, wovulalayo ayenera kupita kuchipatala.
- Ngati chilonda cham'disocho chalowa kwambiri m'kati kapena ngati m'disomo muli magari koterokuti wovulalayo sakutha kuwona, matamponi pa diso (tsamba 236) pake bandeji loyera bwino ndipo mupite naye **msanga** kuchipatala.
- **Musayesere** kuchotsa minga kapena tizitsotso tomwe tamatirira kudiso. M'malo mwake, muyenera kupita naye kuchipatala msanga wovulalayo.



## M'mene mungachotsere chitsotso kapena mchenga m'maso

Mungathe kuchotsa zitsotso kapena mchenga m'maso pothiramo madzi (tsamba 49) kapena pogwiritsira ntchito kansalu koyera bwino kapena nsonga ya thonje lonyowa.

Ngati chitsotso chili kansi kwa chikope, chichotseni potembenuza chikopecho ndi kamtengo wochotsedwayo akuyang'ana pansu.



Kachitsotso kamabisika m'kangalande ka m'mbali mwa chikope. Kachotseni ndi nsonga ya kansalu kaukhondo.

Ngati simungathe kuchotsa chitsotso mozavutikira, mthireni mankhwala a antibayotiki ndipo mumate pa diso ndi bandeji ndikupita naye kuchipatala.

## Makemikolo akawotcha m'maso

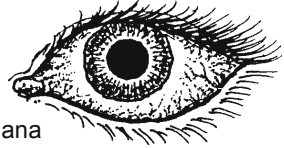
Asidi wa m'mabatire, mafuta a petulo kapena mankhwala ophera tizilombo tambewu ngowopisa ngati agwera m'maso. **Zikatero litsekuleni disolo ndikuthiramo madzi oyera ndi ozizira bwino. Chitani izi kwa mphindi makumi atatu mpakana latasiya kupweteka.** Muwonetsetse kuti madzi omwe mukutsukira disolo sakugwera diso linalo.



## Maso ofiira opweteka kwambiri omwe zoyambitsa zake ndi zosiyanasiyana

Mavuto osiyanasiyana amafiiritsa ndi kupweteketsa maso. Tchatu lili m'munsili likuthandizani kudziwa zomwe zimayambitsa kufiira ndi kupweteka kwa diso:

zitsotso zogwera m'maso (tsamba 229)	nthawi zambiri zimakhudza <b>diso limodzi</b> lokha; kufiira ndi kupweteka kumasiyana siyana
zowotcha kapena zamadzimadzi zopweteka diso (tsamba 49)	diso limodzi kapena onse awiri kufiira ndi kupweteka kumasiyana siyana
nthenda ya maso ( <i>conjunctivitis</i> , tsamba 230) kutentha m'maso chifukwa chadzuwa (tsamba 174) kusawona ( <i>trachoma</i> ) (tsamba 231) chikuku (tsamba 330)	kawirikawiri diso kapena <b>maso onse awiri</b> akhoza kuyamba kusowetsa mtendere monga kufiira kwambiri m'mbali mwake koma chakunja kwake kapenanso kupweteka kotsagana ndi kutentha.
nng'ala chifukwa cha kukankha kwa mphamvu kwa madzi a m'maso (tsamba 233) nthenda ya mbulumbu wa diso ( <i>iris</i> ) (tsamba 232) chilonda cha pa galasi la diso ( <i>cornea</i> ) (tsamba 235)	nthawi zambiri <b>diso limodzi</b> lokha kufiira kwambiri pafupi ndi galasi la diso ( <i>iris</i> ) kupweteka kwambiri



Njira yabwino yosamalira maso ofiira opweteka kawirikawiri imadalira chinthu choyambitsa vutolo chikadziwika. Kotero muzionetsetsa zizindikiro za masowo kaye.

### Diso lachikasu (*Conjunctivitis*)

Matendawa amafiiritsa diso, kutulutsa mafinya ndi kutentha pang'ono m'diso kapena maso onse. Zikope zimamatitirana munthu akadzuka. Matenda amagwira ana kwambiri.

#### Chithandizo:

Poyamba chotsani mafinya m'maso ndi kansalu koyera bwino ndipo thiranimu mankhwala a antibayotiki (tsamba 391). Chikokereni m'munsi chikope cham'munsi ndi kuikamo mankhwala pang'ono ngati chonchi.



Sizothandiza kuika mankhwala kunja kwa diso.

#### Kupewa kwake:

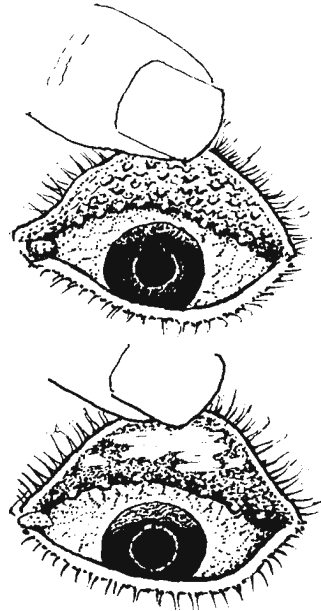
Matenda a maso a chikasu (*conjunctivitis*) ndi opatsirana ndipo amafalikira mosavuta. Mwana wodwala matendwawa asasewere kapena kugona ndi anzake komanso asapukutire chisusu chimodzi. Musambe m'manja mukagwira m'maso.

## Nthenda ya maso (*Trachoma*)

*Trachoma* ndi amodzi mwa matenda a maso a chikasu (*conjunctivitis*) omwe amakula pang'onopang'ono. Ngati wodwala salandira chithandizo msanga, matendawa akhoza kuyambitsa khungu. Amafala pongokhudzana kapena ndi ntchentche ndipo amapezeka m'madera momwe muli anthu ochulukana komanso amene ali osauka ndi opanda ukhondo.

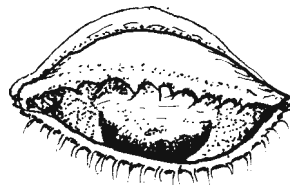
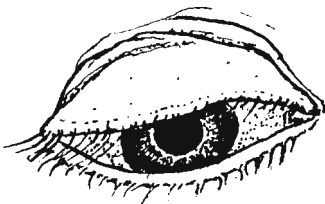
### Zizindikiro zake:

- Matenda a maso kutuluka (*trachoma*) amayamba ndi kufiira; madzi kutuluka m'maso monga momwe amayambira matenda ofira maso a *conjunctivitis*.
- Pakatha mwezi kapena yochulukirapo timatuzata tapinki totuwa totchedwa mafolikozi timayamba m'kati mwa chikopa cham'mwamba. Chitembenuzeni chikope ngati mufuna kutiwona timatuzato (tsamba 229).
- Choyera chadiso chimatupa pang'ono.
- Mukayang'anitsitsa bwino, mungathe kuwona kuti diso loyera likuwoneka lotuwa chifukwa lili ndi timitsempha ting'onoting'ono ta magazi (*pannus*).
- Mafolikozi akaphatikizana ndi mapanasi, amayambitsa matenda a maso (*trachoma*).
- Pakatha zaka zambiri mafolikozi amatha ndipo m'kati mwachikope mumakhala zipsera zoyera.



Zipserazi zimachititsa zikope kuchindikala ndiponso kuti zisamatsekuke kapena kutsekeka.

Kapena zipserazo zingamagwetsere nsidze m'maso ndikumakanda diso loyera ndikuyambitsa khungu.



### Chithandizo chake:

Thirani 1% *tetracycline* m'kati mwa maso (tsamba 391) katatu pa tsiku kwa mwezi wathunthu. Kuti muchiriretu chitani chakumwa *tetracycline* (tsamba 370), *erythromycin* (tsamba 369) kapena *sulfonamide* (tsamba 372) kwa masabata awiri kapena atatu.

### Kupewa kwake:

Kulandira msanga chithandizo chamatendawa kumathandiza kuti asafalikire kwa ena. Anthu omwe akukhala ndi wodwala maso (*trachoma*), makamaka ana ayenera kumayesedwa maso awo kawirikawiri ndipo ngati zizindikiro ziwonekera, ayenera kulandira chithandizo msanga. **Ndi bwinonso kutsatira ndondomeko yoyenera ya ukhondo yomwe yafotokozedwa M'mutu 12.**

Ukhondo umathandiza kupewa matenda a maso a *trachoma*.

## Matenda a maso kwa ana akhanda

M' masiku awiri oyambirira amoyo wa mwana wakhanda, ngati maso ake afiira, atuwa komanso ngati muli mafinya ambiri, izi zikhoza kutanthauza mwanayo ali ndi **matenda a chinzonono** (tsamba 252). Zikakhala choncho mwanayo ayenera kulandira chithandizo **msanga** popewa khungu. Matenda a masowo akayamba mwana ali ndi masabata apakati pa imodzi ndi atatu akhoza kukhala ndi matenda a **chlamydia**. Mwana amawatenga matendawa kuchokera kwa amayi ake.



### Chithandizo cha chinzonono:

- Mwana m'bayeni jekeseni wa *kanamycin* wokhala ndi magiramu a pakati pa 50 ndi 75 (tsamba 373). Komanso *crystalline penicillin* kawiri pa tsiku kwa masiku atatu. Kapena m'mwetseni theka la sipuni yaing'ono (tiyisupuni) ya *co-trimoxazole* wa madzi otsekemera kawiri pa tsiku kwa sabata imodzi (onani tsamba 372).
- Mungathenso kugwiritsira ntchito mankhwala a maso a *tetracycline* pothira pang'ono mankhwalawo m' maso mwa mwana ola lililonse tsiku loyamba kenako katatu pa tsiku kwa masabata awiri. Yambani kaye mwachotsa mafinya m' maso musanathiremo mankhwalawo, tsamba 230.

**Chithandizo chlamydia:** Gwiritsirani ntchito mankhwala a m' maso a *tetracycline* monga momwe zafotokozeredwa pamwambapa. Odwala angapatsidwenso mankhwala amadzi otsekemera a *erythromycin* wa 30 mg, kanayi pa tsiku kwa masabata awiri. Mankhwala amathandizanso pa matenda a chibayo omwe amakhudza ana odwala *chlamydia*.

### Kupewa kwake:

Maso a ana akhanda ayenera kutetezedwa ku chinzonono ndi *chlamydia*, makamaka maso a ana omwe mayi awo angakhale ndi matendawa kapena omwe bambo awo amamva kupweteka pokodza. Amayi akhoza kukhala ndi chinzonono kapena *chlamydia* koma mosadziwa.

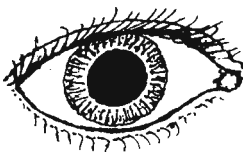
Maso a mwana ayenera kutsukidwa bwino mwanayo asanatsekule maso akangobadwa. Mwana akatsekula maso ake thirani dontho la *povidone-iodine* (**Betadine**) kapena *silver nitrate* kamodzi kokha m'diso lililonse njira ina ndikugwiritsira ntchito pang'ono mankhwala a maso a *tetracycline* m'diso lililonse.

Ngati mwana ali ndi chinzonono kapena *chlamydia* cha m' maso, makolo ake **onse** ayenera kulandira chithandizo cha matendawa.

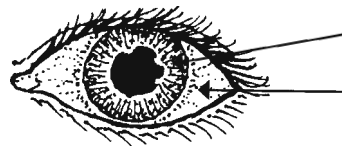
## Iritisi (Kutupa kwa diso lakuda)

### Zizindikiro:

DISO LABWINO



DISO LOGWIDWANDI IRITISI



windo limaoneka laling'ono komanso lokhotakhota m' mbali mwake

kufiira kuzungulira mbulumbulu ya diso

Matenda a iritisi amagwira diso limodzi. Ululu umayamba mwadzidzidzi kapena pang'onopang'ono. Disolo limataya madzi kwambiri ndipo limapweteka kwambiri pamalo owala kwambiri. Diso limapweteka kwambiri likakhudzidwa koma simukhala mafinya monga mmene zimakhallira ndi diso la matenda a *conjunctivitis*. Munthu sawona bwino.

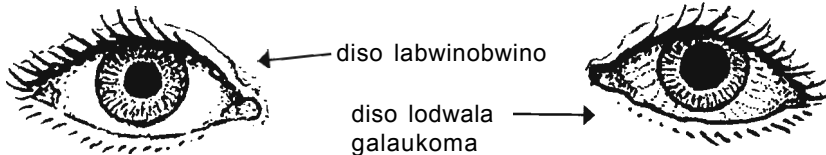
**Matendawa amafunika chithandizo cha kuchipatala msanga.** Mankhwala a antibayotiki sathandiza.

## Mankhwala a galaukoma

Matenda owopsawa amayamba chifukwa chikupanikizidwa kwambiri kwa diso. Makamaka amayamba munthu akakwanitsa zaka makumi anayi ndipo amayambitsa kusawona (khungu, makamata matenda a shuga). **Pofuna kupewa khungu, ndi bwino kuzindikira msanga zizindikiro za matendawa ndikupita kuchipatala.**

Pali mitundu iwirii ya galaukoma:

**Galaukoma yofulumira:** Iyi imayamba mwadzidzidzi ndi kupweteka kwa mutu kapena kupweteka kwambiri m'maso. Diso limafiira ndipo wodwala saona bwino. Disolo limalimba likakhudzidwa. Wodwala akhoza kumasanza. Diso lakuda (pyupo) la diso lopwetekalo limakula kwambiri kusiyana ndi limnzake.



Ngati wodwala salandira chithandizo msanga matendawa akhoza kuyambitsa khungu m'masiku owerengeka okha. Opaleshoni ndi yofunika pamatendawa choncho wodwala **ayenera kupita kuchipatala msanga.**

Kupanikizika kwa diso kumayamba pang'onopang'ono ndipo wodwala samamva kupweteka. Munthu amasiya kuwona pang'onopang'ono kuyambira, m'mbali ndipo wodwala sazindikira msanga. Kuyeza kuwonerera m'mbali kungathandize kudziwa ngati wodwalayo wayamba kusiya kuwona.

### KUYEZA MATENDA A GALAUKOMA



Wodwalayo atsinzine diso limodzi, lina akuyang'ana nalo pa chinthu china mochilunjika kwambiri. Muwone ngati angathe kuwona koyamba zala zomwe zikuyendetsedwa kuchokera kumbuyo kwa mbali zonse za mutu.

Kwa munthu wabwinobwino zala zimawoneka koyamba.

Kwa munthu amene akudwala matendawa chala chimawoneka chikuyenda chakutsogolo.

Matendawa akadziwika msanga, kuthira mankhwala a maso apadera (*pilocarpine*) kungathandize kupewa khungu. Mlingo wa mankhwalawa ungaperekedwe ndi a dotolo amene angamayeze mphamvu ya maso nthawi ndi nthawi. Mankhwala awo ayenera kumathiridwa m'maso mwa wodwala pa moyo wake wonse. Ngati nkotheke opaleshoni ndi njira yokhayo yothana ndi matendawa.

### **Kupewa kwake:**

Anthu omwe ali ndi zaka zoposa makumi anayi kapena omwe abale awo akudwala galaukoma ayenera kumayesedwa mphamvu ya maso awo kamodzi pa chaka. Matenda a shuganso.

## Matenda a m'thumba la misonzi (*Dacryocystitis*)

### Zizindikiro:

Kupweteka ndi kutupa m'munsi mwa diso pafupi ndi mphuno. Diso limangokha madzi ambiri. Chotupa chikafinyidwa, madontho a mafinya amawoneka m'mbali mwa maso.



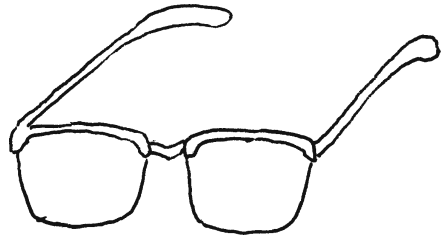
### Chithandizo:

- Ikani nsalu yoviikidwa m'madzi otentha pamalopo.
- Thirani mankhwala a antibayotiki m'masomo.
- Imwani *penicillin* (tsamba 365).

## Kuvutika kuwona bwinobwino

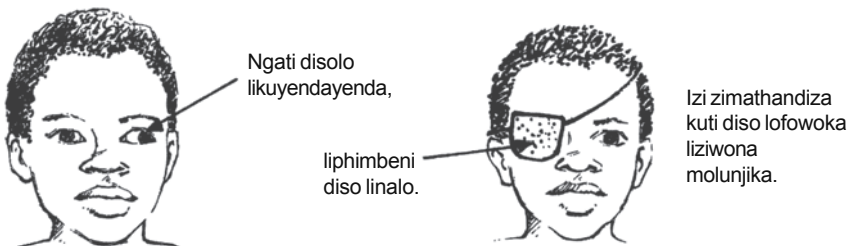
**Ana** omwe ali ndi vuto lowona bwinobwino kapena amene mutu ukuwapweteka kapenanso kumva kupweteka powerenga ayenera kumavala magalasi (mandala). **Maso awo ayenera kuyezedwa** mwamsanga (makamaka ali ndi zaka zinayi).

**Pakati pa akuluakulu** nzosadabwitsa chifukwa akamakula kumakhala kovuta kuti awone bwinobwino zinthu zomwe ali nazo pafupi. Kuwerenga pogwiritsira ntchito magalasi kumathandiza. Choncho pezani mandala omwe angakuthandizeni kuwona bwinobwino pa mtunda wa masentimitala 40 kuchokera pomwe muli. Ngati mandala sakukuthandizani, kawonaneni ndi dotolo msanga.



## Maso am'mbali ndi oyendayenda m'mbali kapena aulesi (*Strabismus*, 'squint')

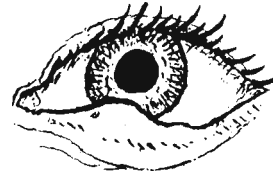
Nthawi zina maso akamayendayenda chonchi, nthawi zina akamawona kutsogolo bwinobwino, sipafunika kuti mudandaule. Disolo lingadzabwerere m'chimake nkumawona molunjika bwinobwino. Koma ngati diso likungotembenukira m'mbali, ndipo ngati mwana salandira chithandizo msanga sangadzathenso kuwona bwinobwino. Kawonaneni ndi dotolo wamaso mwamsanga pofuna kupeza ngati ndi koyenera kuchita opaleshoni kapena kupeza mandala apadera.



Opaleshoni yochitika mwana atakula ingathe kubwezeretsa maso pakati kuti aziwona molunjika ndipo mawonekedwe a mwana amasintha koma sizithandiza kuti diso lofowoka liziwona bwino.

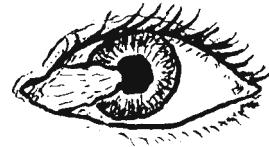
## Chotupa cha m'chikope (*sty, hordeolum*)

Chotupa cha m'chikope chimakhala m'mpheapete mwa chikope. Chotupacho chingaphwere ngati muika nsalu yoviikidwa m'madzi a mchere otentha pa chotupacho. Mungathenso kuthira m'maso mankhwala a anthibayotiki katatu pa tsiku popewa zotupa zina. Kaonaneni ndi dokotala kuti akuwuzeni za kutalika kwa nthawi yolandirira mankhwala.



## Pterygium

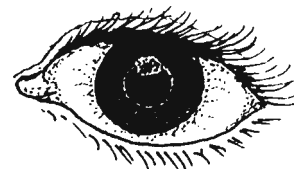
Uwu ndi mnofu wa pamwamba pa diso womwe umamera kuchokera m'mphete mwa diso pafupi ndi mphuno chifukwa cha kuwala kwa dzuwa, mphepo ndi fumbi. Mandala akuda angathandize kuchepetsa kunyerenyesa ndiponso kukula kwa mnofu. Mnofuwu uyenera kuchotsedwa pochita opaleshoni usanafike ku diso lakuda. Ngakhale izi zitachitika, mnofu ukhoza kumeranso.



Kugwiritsira ntchito mankhwala a ufa wa mashelo (khombe) kungawononge maso. M'malo mwake kuthira madontho a tiyi wa kamomile wopanda shuga kungathandize kuchepetsa kuyabwa ndi kutentha. Komanso mungathe kuyika nsalu yoviikidwa m'madzi ozizira padisopo (onani tsamba 206).

## Kusupuka, zilonda kapena chipsera m'diso loyera

Kakhungu kopyapyala kam'diso loyera kakasupuka kapena kuwonongeka ndi matenda, m'diso loyeralo mumayamba chilonda chimene chimapweteka kwambiri. Mukayang'anitsitsa kwambiri m'malo mmene muli mowala kwambiri, mungathe kuwona kachigambagamba kotuwa koma kowala pang'ono pamwamba pa diso loyera (*cornea*).



Chilonda cha m'diso loyera chingayambitse khungu ngati sichisamalidwa bwino. Pakani maantibayotiki m'maso kanayi pa tsiku kwa sabata limodzi komanso wodwalayo amwe *penicillin*. Disolo muliphimbe ndipo ngati silikupola pakatha masiku awiri, pitani naye kuchipatala msanga.

**Chipsera cha m'diso** ndi kachigambagamba koyera ka m'diso loyera sikapweteka. Chipserachi chimabwera chifukwa cha chilonda cha m'diso loyera, kutentha kapena kupweteka kwa m'diso. Opaleshoni (yoyikamo diso lina loyera) ndi yomwe ingathetse vutoli ngakhale kuti ndi yokwera mtengo. Opaleshoni iyenera kuchitika ngati wachita khungu koma akutha kuwona kuwala.





## Kutuluka magari m'diso loyera

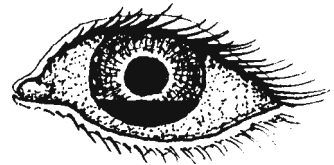
Munthu akanyamula chinthu cholemera, akayetsemula kwambiri kapena akamenyedwa pa diso nthawi zina mumawoneka chinthu chofiira chosapweteka m'diso loyera. Kutuluka magari kumayamba timitsempha tamagazi tikaphulika ndipo sikumapweteka kutuluka kwa magari kumasiya kokha popanda mankhwala m'masabata awiri, koma kawirikawiri sabata ziwiri sizikwana.



M'maso mwa ana akhanda mumawoneka kwambiri tinthu tofiira. Iti ntosasowa kupitira kuchipatala.

## Kutuluka magari kuseri kwa diso loyera

Kutuluka magari kuseri kwa diso ndi chizindikiro chowopsa kwambiri popeza kumachitika munthu akavulala m'maso, akamenyedwa ndi chibakera kapena chida chopanda nsonga. Ngati munthu akumva kupweteka, kapena sakuwona ndi bwino kumtengera kuchipatala kwa dotolo wa maso msanga. Kaya ngati sakumva kupweteka kwamabiri ndipo akuwona, m'mateni bandeji ndipo muloleni kuti apumule kwa masiku angapo (tsamba 233). Ngati kupweteka kukupitirira nkutheka kuti ndi galaukoma choncho mtengereni wodwalayo kwa dotolo wa maso nthawi yomweyo.



## Mafinya kuseri kwa diso loyera

Mafinya opezeka kuseri kwa diso amasonyeza kutupa kwa maso. Nthawi zina mafinya amawoneka pa chilonda cha m'diso loyera. Wodwalayo ayenera kumwa *penicillin* (tsamba 365) ndipo mtengereni kuchipatala msanga. Chilonda chikalandira mankhwala bwinobwino, mafinyawo amachoka okha.



## Ng'ala (*Cataract*)

Tinthu tonga magalasi m'maso (lenzi) kuseri kwa mbonekera timatuwa kupangitsa kuti mbonekera awoneke woyera kuwala kukalowa m'maso. Akuluakulu ambiri amakhala ndi ngala m'maso mwawo koma mwa apo ndi apo zimapezekanso m'maso mwa ana. Munthu wakhungu yemwe ali ndi ng'ala ngati akutha kudziwa kuti nthawi yausiku kapena masana, atamuchita opaleshoni akhoza kuyambanso kuwona. Komabe angafunike mandala amphamvu kwambiri. Mankhwala sathandiza kuti ng'ala ichoke m'maso. M'zipatala zina momwe amachita opaleshoni, timagalasi tam'masoti tomwe ndi tapulasitiki tingathe kuikidwa m'masomo choncho mandala amphamvu sangafunike.



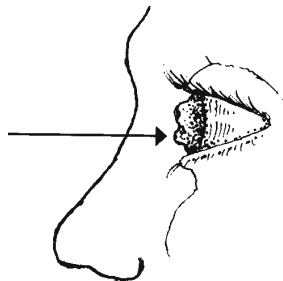
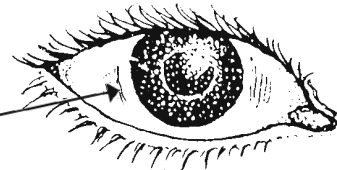
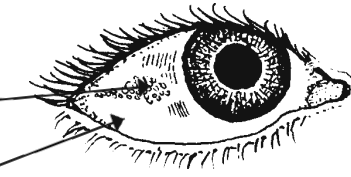
## Khungu la mumdima ndi xerosis (kuperewera kwa vitamini A)

Matenda a masowa amagwira ana azaka zapakati pa ziwiri ndi zisanu ndipo amayamba chifukwa chosadya zakudaya zosakwanira zokhala ndi mavitamini A. Matendawa akapanda kuzindikiridwa msanga nkupita nawo kuchipatala, mwana akhoza kukhala wa khungu.



### Zizindikiro zake:

- Poyamba, mwana akhoza kukhala ndi **khungu la mumdima**. Mwanayo sangathe kuwona bwino mumdima monga momwe amachitira anthu ena.
- Kenaka **m'maso mumauma** (*xerosis kapena xerophthalmia*). Diso loyera siliwalanso ndipo limayamba kunyala.
- Timadontho tathovu lotuwa timawoneka m'maso.
- Matendawa akamakulirakulirabe, diso loyera nalo limauma ndipo siliwona.
- Gawo la m'masoli (choyeracho) limafewa, kututuma kenaka ndikuphulika koma osapweteka konse. Khungu lingayambe chifukwa cha matenda ena m'maso, zipsera ndi kuvulala kwina konse.
- Kuuma m'maso kumayamba kapena kumachitika pamene mwana akudwala matenda ena monga kutsekula m'mimba, chifuwa chokoka mtima kapena chikuku. **Maso a ana odwala ndi otsika sikelo ayenera kuyezedwa.**



### Kupewa ndiponso chithandizo chake:

Kuuma maso kungapewedwe podya zakudya zokhala ndi vitamini A. Chitani zotsatirazi:

- Muyamwitseni mwana mpaka akwanitse zaka ziwiri.
- Akatha miyezi isanu ndi umodzi, yambani kumupatsa zakudya za vitamini A monga mango mapapaya, mazira, chiwindi ndiponso ndiwo zamasamba zobiriwira kwambiri.
- Ngati mwana simungampatse zakudyazi ndipo akuwonetsa zizindikiro za khungu la usiku kapena kuuma maso, m'mwetseni makapisozi a vitamini A, mayunitsi 200,000 (60 mg *retinol*) kamodzi pa miyezi isanu ndi umodzi iliyonse (tsamba 405). Ana osaposera chaka chimodzi ayenera kumwa mayunitsi 100,000.
- Ngati mwana ali wodwala kwambiri, mpatseni mwana mayunitsi 200,000 a vitamini A tsiku loyamba ndi lachiwiri ndi mayunitsi ena 200,000 pakatha masabata awiri. Ana osaposera chaka chimodzi amwe theka la mlingowu.



- Diso loyera likatutuma, mangani bandeji pa disopo nkutengera kuchipatala wodwalayo.
- M'madera amene *xerophthalmia* ikupezeka kwambiri, apatseni mayunitsi 200,000 a vitamini A kamodzi pa miyezi isanu ndi umodzi uliyonse kuphatikiza amayi oyamwitsa ndiponso omwe ali ndi pakati.

**Chenjezo:** Vitamini A wambiri akhoza kuyambitsa poyizoni wambiri m'thupi kotero musapereke mavitamini ochuluka koposa omwe anenedwawa.

**Ana amatetezedwa ku khungu akamadya ndiwo zamasamba obiriwira ndiponso zipatso.**

## Timadontho kapena touluka kumanso

Nthawi zina anthu akuluakulu amadandaula ndi timadonthotimadontho toyendayenda akayang'ana pa chinthu chowala kwambiri monga khoma. Timadonthoto timayenda maso akamayenda ndipo timawoneka ngati tintchentche tating'onoting'ono. Tinthuti si towopsa ndipo nkosayenera kupeza chithandizo. Komabe, tikawoneka mwadzidzidzi tili muunyinji ndipo simukutha kuwona ndi diso limodzi, **mpofunika kupita kuchipatala msanga.**

## Kuwona zinthu ziwiriziwiri

Kuwona zinthu ziwiriziwiri zimayambika ndi zinthu zosiyanasiyana.

Ndi bwino kupita kuchipatala msanga ngati kuwona zinthu ziwiriziwiri kwayamba mwadzidzidzi ndipo sikukutha.

Koma ngati zichitika nthawi ndi nthawi chingakhale chizindikiro chakufowoka kapena kutopa mwinanso kusowa zakudya zofunikira m'thupi. Yesani zakudya zabwino. Koma ngati vutoli lipitirirabe, pitani kuchipatala msanga.



## Riva Bulaindinesi (*Onchocerciasis*)

Munthu akamadandawula za maso ake, mfunseni ngati akumva kunyerenyetsa, msana ukuphwanya, malo molumikizana mafupa mukupweteka komanso kuti muwone ngati ali ndi timatuzza ting'onoting'ono m'mutu kapena m'chiuno ndiponso kusintha kwina kulikonse m'thupi (onani tsamba 201).

**Zosokoneza zam'maso n'zowopsa.** Poyamba maso angafiire komanso kutuluka misonzi kenaka amawonetsa zizindikiro za iritisi (tsamba 232). Diso loyera siliwala ndipo zipsera zimayamba kuchokera m'mbali cha m'munsi mwa theka la disolo (tsamba 237). Pamapeto pake munthu amaleka kupenya chifukwa chakuyera kwa disolo ndi kuvulala kwina m'kati mwa disolo.

Kulandira chithandizo pachiyambi pomwe kumathandiza ndipo kungapewe kuchita khungu (tsamba 202). Mankhwala abwino ndi a *ivermectin* komanso a *diethylcarbamazine* ndi *suramin* nawo ndi othandiza kwambiri akagwiritsidwa ntchito mosamala (tsamba 391). Palibe mankhwala omwe angachize khungu pamene khungulo labwera.



poyambirira



pakapita  
nthawi