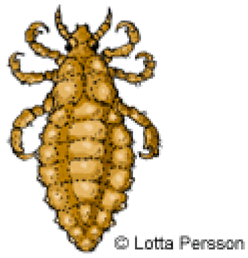
Somali



Injirta madaxa

Maxaad adigu sameyn kartaa?

Timahaaga ku feedh adigoo isticmaalaaha garfeedha injirta. Ku masax garfeedha warqad cad si aad u aragto injirta. Haddii aad leedahay injir, madaxaagu aad ayuu kuu cuncuni doonaa, laakiin waxaad yeelan kartaa injir iyadoo aanu madaxu ku cuncunin. Garfeedha injirta ayaa ah wax fiican oo lagu helo injirta, si loogu ogaado waxyeeladeeda, waxqabadka daawada iyo in la dilay injirta iyo ugxantooda.

Injirta madaxa ayaa caadi ahaan la arkaa bilowga sanad dugsiyeedka. Injirtu waxay caadi ahaan ku faaftaa madaxa oo la isku dhaweeyo. Sida ugu fiican ee lagu joojiyo fiditaankeedu waa in ilmaha loo feedho timaha iyo in la daaweeyo injirta ka hor bilowga dugsiga.

Injirtu midabkeedu waa wax cad, ama cawlaan ah, maariin ah, ama madow ah. Waxuu dhererkoodu noqon karaa 2-3 mm.

Haddii aad injir ama ugxanta injirta aad aragto, isku dey marka hore inaad isticmaasho saliidaha ay ku jiraan Dimetikon (waa daawo). Raac tilmaanta ku qoran warqada. Hubi in dhamaan daawooyinku leeyihiin calaamada CE.

Haddii ay daawadu ku caawin weydo, waa inaad ku daaweyso injirta daawooyinka warqada la’aanta lagaga soo qaato farmasiiga ee ay ku jiraan benzyl benzoate ama disulfiram. Raac tilmaamaha ku dhigan warqada.

Kaliya ka daawee ilmahaaga haddii aad ku aragtey injir ama ugxanta injirta. Eeg qoyska intiisa kale ama kooxaha dugsiga haddii aad heshay injir, adigoo isticmaalaaya garfeedha injirta maalin walba muddo ilaa laba todobaad ah.

Haddii aanay injirtu ka tagin, la xidhiidh adeegaaga daryeelka carruurta, kalkaalisada dugsiga ama ruggata caafimaadka.

Waxaad markasta wixii talo ah soo waci kartaa 1177 .

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