

Ovaluwa

Nneere havi wi Nimaalihe Ovaluwa Vade

(DIARREIA COMO TRATÁ-LA EM CASA)



Língua: Etakwane

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Título: Ovaluwa Nneere havi wi Nimaalihe Vade
(Diarreia como tratá-la em casa)
(Home Treatments for Diarrhea)

Língua: Etakwane

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Mwaana
mung'onong'ono
aavaluwaga,
aahikameliwa
mowaaguva
onofiyedha okwa.

Ahima
owaakwana macikwi
makumi matanu
enookwa yaaka

dhatedhene ni oredda ola. Ovaluwa onotatamula dhoorusa dhowopiha mmwiilini. Dhowoopiha nda dhineeriwa: dezidaratasawu (ohukanna mahinje mmwiilini).

Dezidaratasawu: Enatapulela wi mwaana kanakanna mahinje owaakwana mmuwilini mwaaye. Mwaana avaluwaga, onottattila mahinje majinji a mmwilini. Nda kadhinaapadduwela ahimave. Athu ateene enokanna dhorusa dhedhi. Mwa dhatedhene, dhithabwilese wowoopiha wa ahima ang'onong'ono. Muthu ahikanna mahinje, naari vang'onong'onove mmwiilini, onakala eeni: mulomo ni nlumi dhinowuuma, meento enovolowa, kananyemela, onogoma, naari kanakanna mitori.

Wamvahaga mwaana dhamahinje ang'waga vade, onomukamihedha wi ovaluwawa ohuttawe. Omvahege mwaanaya dhamahinje woona: masaza, caya a matakuru a nipeyara, mahinje a mataba owapiya, (sinora, mataba mateene makiti woona mukwani ni dhimohi) soro, naari mahinje apama.



Kumvahege dhooja dhokanna makura. Akala mwaanaya onokooda ong'wa, naari onoraveya, enofuneya ovilelege, omuwaddihedhege.



Omvahege dhamahinje nda mu mpimo ola:

- Ahima ehinaakwanihe yaaka biili dhobaliwa, ogomelihege vaari va kopo.
- Owunnuwelavo, kopo yodhala emohi.

Omvahege mpimo ola avaluwaga, naari afunaga ong'wa.

Ahima ang'onong'ono, wavahedhege mukoponi, naari mukwiyerini. Kumung'wihedhege mugarafwani, vowi nnorusa ohuwawa wi nikalege napamanene. Garafwa natakala, nnotatamula mareda amohi. Omvahegeve afunaga ong'wa.

Mwaana abulelaga onofuna dhooja dhookanna mavitamina.

Nda sofuneya vajinji wa ahima ang'onong'ono, naari eli owoondda ni oogoma. Aliwa enofuna dhooja dhinoonuwiha pama mwiili, dhinavaha kopolo. Mwaana onofuna dhooja dha musawu olena mudhidhi oli wateene, agali apameene, naari abulelaga, naari omambeelelo dhitatamulaga ovaluwa wulubalewene. Mwa dhatedhene dhinovulusa egumi yaaye. Mwaana avaluwaga, ajege vang'ono, wi nifu, nandege osila pama dhoojadha. Vavira mudhidhi mujinjene abulelaga nifu kannada osila dhoojadha. Ovaluwa wamaala mwaana onofuna ooja vajinji. Mowindo, onowelelihamo onyemela wahanyemeliye mwaha woovaluwa.

Dhinafuneya wi muthu aje akanne mwiili woliba si nda: mwanaku, mazayi, nyama yopiya yohukanna makura, cipamba ompiya omusila, ni somba.

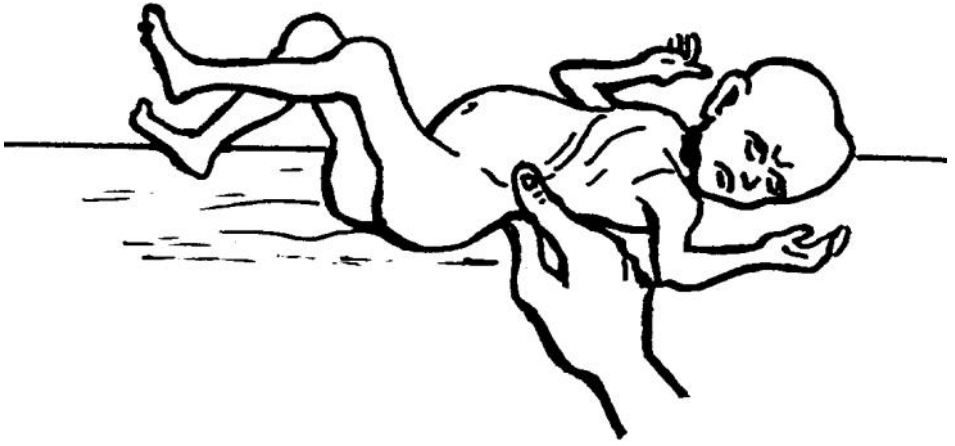
Dhooja dhinavaha kopolo si nda: mbuga, nyinga, nipapaya, kolowa, ni sima.

Muthu avaluwaga, kajege dhooja dhoheliwa makura; furuta dhikiti, pilipili, naari dhong'wa dhowaawa dhohiyana-hiyana.



Mukaka wammabeleni bwapama wa ahima. Mwaana avaluwaga mmwamwihegeve vakuvi-kuvi. Ameenya, teto, ejege wi ekalegena kopolo wi mmabeleni mukalege mukaka wowaakwana wa mwaana. Mukaka wa mmabeleni si yooja yowaakwanela ya mwaana. Mukaka wa mmabeleni onomwaakihedha mwaana mudhireddani. Oli wowaakwanene vomvaha mwaana, kunafuneya osasanyedhela. Kunalula, naari kunavudda.

Waamwiha onodhiha okala mumohini vaari va namabala ni mwaanaaye. Si yooja yokweya mutteengo. Kinafuneya ogula yego.



Mmuttukulele mwaana hosipitale, moona dhowi nda:

- Ahikanna kopolo;
- Akanna nipaddawe;
- Avaluwaga mudhidhi wateene;
- Avaluwaga ni mwaazi;
- Araveyaga vajinji;
- Meento yavolowa;
- Ttomela yatoda;
- Ahinyemelaga;
- Mwaana ahiyilaga mugamukamihedhe malabo meenddi vade.

Vowiireya nda, mutukuleleni mowaguva hosipitale yaddamelinyu.

Mwawelawo
hosipitale, mwiiregena
dhendo dhinaddeliwinyu ni
dotori, ofiyedha mwaana
akale pama. Vofuna ohiiha
wi onadhe awelele ovaluwa,
kaxixani mowi eeni:



- ⇒ Mumvahege mukaka wa mmabeleni mwaaninyu;
- ⇒ Mung'wege mahinje owaapisa, naari owacicitta;
- ⇒ Muhabege mmadadani mwafunaga opiya dhooja, muhunaje, muhunamwaamwihe mwaana, teto mwawelawo ocimbuzi;
- ⇒ Mvolowege mucimbuzi;
- ⇒ Mari a mwaana muttattilelege mucimbuzini, naari mwaatibelege pamadhene;
- ⇒ Ompopihe (vacina)mwaana ni addibilaaye ottawa oredda wa ttoba (sarampo) ni dhiredda dhimohi;
- ⇒ Ajege dhooja dhinonnuwiha mwiili: (mandduwi, cipamba, somba, nyama, mazayi) ni dhinavaha kopolo (mbuga, mavila, ni dhohadda dhimohi), malabo mateene.



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