

A Royal Women's Hospital Well Women's Publication



WARQADA MACLUUMAAD KUSAABSAN UURKA IYO ILMA DHALISTA: MEY 2002
DAAWOYINKA DHIRTA LAGA DIYAARIYO EE SIDA DABIICIGA LOO ISTICIMAALO INTA
NAASKA LA NUUJINAYO

Daawooyinka dhirta laga diyaariyo ee sida dabiiciga ah loo isticimaalo inta naaska la nuujinayo

Daawooyinka dhirta laga diyaariyo ee sida dabeeciga ah loo isticimaalo waxa loo gudbin karaa ilmaha naaska la nuujinayo qaarkoodna waxay ku sababi karaan ilmaha beer xanuun. Guud ahaanba haweenayda ilmaha naaska nuujineysa waa in ay iska ilaalisaa isticimaalka daawooyinka dhirta laga diyaariyo ee dabeeciga loo isticimaalo ilaa inta ilmuhu ka gaadhayo laba jir.

Daawooyinka dhirta laga diyaariyo ee sida dabiiciga ah loo isticimaalo ee loo baahan yahay in layska ilaaliya waxaa ka mida:

- Dong Quai
- Gingko Biloba
- Nutmeg
- Comfrey
- Coltsfoot
- Butterbur
- Hound Tongue
- Ragwort
- Siberian Ginseng
- Garlic (in badan)

Inta aanada isticimaalin daawooyinka dhirta laga diyaariyo ee sida dabeeciga ah loo isticimaalo inta aad uurka leedahay iyo inta aad naaska nuujineysid la xidhiidh naturopath, homoeopath ama herbalist weydiina in ay ku tusaan wax cadeynaya in aan daawadu waxyeelo kuu laheyn.

Xartunta macluumaadka daawooyinka ee Royal women's Hospital

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