



Dawooyinka dhirta laga diyaariyo ee loo Isticimaalo Uurka

Qarniyo badan ayaa Dhirta sida dabiiciga ah leysugu daaweeyo loo isticimaalijirey in laysga daaweeyo xanuuno badan. Dhirta sida dabiicigah leysugu daaweeyo sida badan Ustereeliya waxaa dadka kula taliya una qora dadka barta cilmiga Naturopaths, Homoeopaths, herbalists iyo kuwo kale oo ka shaqeeya daryeelka caafimaadka.

Warqadan waxaa loogu talo galey in ay ku hagto oo kaliya, macluumaadka ku jirna waxaa u asaas ah aqoonta haatan jirta ee ku saabsan Dhirta sida dabiiciga ah leysugu daaweeyo.

Guud ahaanba, waxaa lagu talineyaa in qofka ka fakaraya in uu isticimaalo Dhirta sida dabiiciga ah leysugu daaweeyo inta uu uurka sido ama naaska nuujineyo inuu talo raadsado.

Xarunta Macluumaadka Daawooyinka ee Cusbataalka Royal Women's Hospital kuma talinaayo in la isticimaalo Dhirta sida dabiiciga ah leysugu daaweeyo mudada haweenaydu uurka leedahay ama naaska nuujineysaba, taasna waxaa ugu wacan iyadoo aany jirin macluumaad ku saabsan waxyeelo la'antooda oo la qorey. Hadii lagula taliyo in aad isticimaashid Dhirta sida dabiiciga ah leysugu daaweeyo, isla markaana aad uur leedahey ama aad naaska nuujinesid, waxaad weydiisaa qofka kuu qoraya sida aany waxba kuu yeeleyn adiga iyo ilmahaaga.

Dhirta sida dabiiciga ah leysugu daaweeyo waa inaan laqaadan seddexda bilood ee koowad ee uurku uu caadiga yahay. Haseyeeshee, marka laga gudbo xiliyadaas uurku cusub yahay waxaa la qaadan karaa qaar kamid ah Dhirta sida dabiiciga ah leysugu daaweeyo. Waydii macluumaad intaa wixii ka badan qofka kuu qoraya.

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Sababah loo baahan yahay in looga taxadaro

- Inta badan Dhirta sida dabiiciga ah leysugu daaweeyo si cilmiyeysan looma tijaabin waxyeelada ay uurka u keeni karaan.
- Dhirta sida dabiiciga ah leysugu daaweeyo inta badan iibkoodu waa qaali, isla markaana intooda badan cilmi ahaan lama cadeyn sida ay wax u taryaan.
- Dawana ma badeli karto nafaqada wanaagsan, jimicsiga, iyo hurdada badan.
- Dhirta sida dabiiciga ah leysugu daaweeyo lama cadeyn in ay yihiin qaar badeli kara daawooyinka caadiga ah ee dhakhaatiirtu qoraan iyagoon waxyeelo aan u keeneyn qofka.

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WARQADA MACLUUMAADKA KU SAABSAN UURKA IYO DHALMADA: MEY 2002

Dhirta sida dabiiciga ah leysugu daaweeyo ee loo qaato uurka

Goorma iyo maxaa leyska ilaaliyaa

Mudada u dhaxeysa 12 ka wiig ee ugu horeeya iyo 12 ka wiig ee ugu dambeeya waa in layska ilaaliyaa Dhirta sida dabiiciga ah leysugu daaweeyo.

- Haddii hore uu kuu cabsi geliyey ama aad dhicisey.
- Haddii hore ay kuugu adkeyd in aad ilma qaado.
- Haddii wax calool xanuun ahi ku hayaan.
- Haddii dhabarka intiisa hoose uu ku xanuunayo.

Sidoo kale waa inaad iska ilaalisaa

- Dhirta sida dabiiciga ah leysugu daaweeyo ee caloosha socodsiiya.
- Dhirta sida dabiiciga ah leysugu daaweeyo ee bilaabi kara in ilma galeenku inuu furmo.
- Dhirta sida dabiiciga ah leysugu daaweeyo ee keeni kara in caadadu kugu soo deg-degto.

Liiska Dhirta sida dabiiciga ah leysugu daaweeyo ee loo baahan yahay in leyska ilaaliyaa aad buu u badan yahay. Kuwa soo socodaa waa tusaale kamid ah:

Pennyroyal	Mugwort	Bryonia
Angelica	Sage (in badan marka laga qaato)	Golden Seal
Senna	Origanum Oil	Male fern
Feverfew	Mistletoe	Parsley in medicinal dosage
Liquorice (xaaladah qaarkood)	Kelp	Rue
Kombucha tea	Juniper	Southerwood
Dong Quai	Aloes	Autumn crocus
Ginkgo Biloba	Blue or black cohosh	Wormwood
Nutmeg (dhooska badan)	Irish Moss	Buckthorn
Echinacea	Tansy	Roe
Broom	Thuja	Peppermint (dhooska badan)
Mandrake	Barberry	Blackroot

Feytamiinada iyo macdanaha leyska ilaalineyo

Vitamin A (Retinol)

Vitamin C (inta ka badan 1000mg maalintiiba)

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Inta aanad isticimaalin Dhirta sida dabiiciga ah leysugu daaweeyo waa in aad la xidhiidhaa dhakhtarkaaga **naturopath, homoeopath or herbalist.**

Xarunta Macluumaadka Daawooyinka ee Royal Women's Hospital

Shacadaha: 9am-5pm Isniinta- Jimcaha **Phone:** (03) 8345 3190

Email: drug.information@thewomens.org.au **Saacadah aan la shaqeyney:** waxaa kuu jawaabeya mashiin **Fakaska:**