Cutar Sanyi Da Magungunanta A Gargajiyance (Gonorrhea and It's Cure in Hausa Traditional Medicines)

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Tsakure

Wannan aiki mai taken "Cutar Sanyi da Magungunanta a Gargajiyance" an tsara shi ne domin nazartar cutar sanyi da magungunanta a gargajiyance. Aikin ya ƙunshi bayani kan alamomin cutar sanyi, da hanyoyin da ake kamuwa da ita. Haka kuma, an fito da hanyoyin da ke ƙarfafa cutar da kuma dabarun kariya daga kamuwa da ita. Binciken ya kuma haska hanyoyin da al'ummar Hausawa ke amfani da su wajen warkar da ciwon sanyi ta hanyar amfani da itatuwa, tsirrai da sauran albarkatun ƙasa. An yi amfani da manyan hanyoyi da ƙananan hanyoyi wajen tattara bayanai, ciki har da hira da rangadi da kuma amfani da ƙamus da littattafai. Wasu daga cikin muhimman abubuwan da binciken ya gano sun haɗa da: bayani kan alamomin cutar sanyi, nau'ukan cutar, hanyoyin kamuwa da ita, hanyoyin kariya da kuma magungunan da Hausawa ke amfani da su a gargajiyance domin warkar da cutar.

1.0 Gabatarwa

Wannan aiki ne da aka gudanar kan magungunan ciwon sanyi a gargajiyance. Binciken ya fayyace cutar da ake yi wa laƙabi da cutar sanyi tare da fito da dalilai da abubuwan da ke haddasa ta ga al'ummar Hausawa da kuma alamomin cutar da magungunanta na gargajiya da kuma hanyoyin kariya da kamuwa da cutar. Kasancewar cutar ta zamo ruwan dare a cikin al'umma, wannan ya sa al'ummar Hausawa ma ba a bar su a baya ba wajen ganin sun yi tanadin wasu nau'ukan magunguna na gargajiya da suke amfani da su domin kariya da kuma kawar da cutar a cikin al'umma. Wannan bincike ne da ya fito da irin ƙoƙarin da Hausawa suke yi kan

magungunan da ke kawar da cutar ko rage matsalolin ta a jikin mutanen da suke ɗauke da ita. An fito da alamomin da ake iya fahimtar idan an kamu da ciwon sanyi, a gargajiyance kuma an duba a ɓangaren kimiyya. An yi nazarin alamomin inda aka bambance tsakanin na cutar sanyi da na wasu cututtuka na daban, waɗannan alamomin sun haɗa da fitar farin ruwa a al'aura da bayyana ƙuraje a jiki da ƙaiƙayin jiki da sauran su. Haka kuma, an fito da hanyoyin da ake kamuwa da ciwon sanyi, kamar saduwa tsakanin mace da namiji da shiga ruwan kududdufi da saka sutura mai sanyi da amfani da makewayi marar tsabta. An fito da hanyoyi da dabarun wakar da wannan cutar ta amfani da itace da tsirrai da wasu albarkatun ƙasa, kamar kanunfari da citta da namijin goro da harwatsi da kanwa da sauran su. An yi bayanin yadda ake haɗa wannan magani da yadda ake amfani da shi, kamar wanda ake sha da shafawa da kuma wanda ake wanka.

1.1 Dabarun Bincike

A ƙoƙarin ganin aikin da aka gudanar ya kai ga nasara, an kai ziyara wurare da dama da ake aiwatar da sana'o'in ba da magungunan gargajiya domin gani da ido, domin tattaro muhimman bayanai da suka taimaka wajen ganin an cimma nasarar wannan bincike. Wuraren da aka kai ziyara sun haɗa da Kasuwa wajen masu sana'ar sayar da magungunan gargajiya. An samu bayanai, kuma an ga nau'ukan magunguna daban-daban kama daga saƙe-saƙi da ganye da ake amfani da su domin maganin sanyi, waɗanda ake sha da kuma shafawa. Ziyarar masu sayar da magungunan ciwon sanyi a cikin gidaje maza da mata. An kai ziyara a cikin gidaje domin gani da ido a kan yadda mata na cikin gidaje masu wannan. An yi hira da masu sana'ar sayar da magungunan gargajiya inda aka samun bayanai a kan itatuwan da ake amfani da su wajen haɗa magani. A nan, an samu bayanai da suka taimaka wajen samun nasarar wannan aiki. Inda aka fahimci nau'ukan itatuwan da ake amfani da su domin maganin sanyi, da yadda ake haɗa su da kuma ƙa'idojin da ake amfani da su. Haka kuma, an yi nazarin litattafe da kundayen digiri da mujallun da kkuma kafar sadarwa ta intanet.

2.0 Ma'anar Magani

Duba ga yadda masana da manazarta da dama suka kalli ma'anar kalmar magani, sun yi rubuce-rubuce da dama game da abin da suke ganin ake nufi da magani. Waɗannan ra'ayoyin sun haɗa da:

Alhassan (1982), maganin gargajiya shi ne amfani da itatuwa ko rubutu ko addu'a ko surkulle, domin warkar da wata cuta ko neman wani amfani ko gusar da sheri ko haddasa wani abu saboda biyan buƙata.[1]

Wannan ma'ana ta Alhassan tana da giɓi a ɓangaren abubuwan da ake amfani da su a matsayin magani, domin ya bayyana itatuwa da rubutu da addu'a ko surkulle kawai, a matsayin hanyoyin da ake amfani da su domin samun biyan buƙata.

Ahmad (1984), ya ce magani shi ne duk wani abu da za a yi ko wata hanya ko kuma dabara da ake yi don gusar da cuta daga jikin mutum ɗugurumgum ko kuma kwantar da ita don kawo jin daɗi ga jiki ko zuciya da sauwaƙe duk wata wahala da damuwa da ita cutar kan iya haifarwa.[2]

[1] A duba a cikin Alhassan, H. da Musa, U.I. da Zarruk, R.M. (1982), Zaman Hausawa: Lagos Islamin Publication Bureau.

[2] A duba a cikin Ahmad, A. (1984), Cututtukan Ciki da Magungunansu. Kudin Digiri na ɗaya. Sashen Koyar da Harsunan Nijeriya, Jami'ar Bayero, Kano.

Ahmad ya taƙaita tunaninsa wajen warkar da cuta kawai, ya manta da akwai magungunan da ake nema ba don ana fama da wata cuta ba. Don haka wannan ma'ana tana da cikas, sai an sake duba ta.

Musa (1986), ya bayyana ma'anar magani da cewa, wata hanya ce kawai ta neman biyan buƙatar wata matsala da ke damun mutum ko kuma yana ganin matsalar nan tana yi masa barazana.[3]

Wannan ma'anar magani da Musa (1986) ya bayar tana da giɓi, taƙaita ma'anar a wajen matsalar da ke damun mutane, ya manta da cewa akwai abubuwan da ba matsala ce ba, amma kuma ana iya a nemi magani domin samun biyan buƙatu na rayuwa.

Tukur (1988:14-15) a nasa ra'ayi ya bayyar da ma'anar magani inda yake cewa: " magani shi ne duk wani abu da ɗan adam kan yi don samun warkarwa da buƙata da ɗaukaka a rayuwarsa ta yau da kullum. Don kuwa ɓangaren rayuwar ɗan Adam duk tafiye take wajen fafitikar neman maganin warkewa daga cututtuka da kwantar da damuwar zuciya, in ya samu, sai kuma ya shiga neman maganin ɗaukaka da kariya wajen abokan hamayya. Haka kuma rayuwar ɗan Adam take tafiya kullum. In ya yi maganin wannan yana buƙatar wancan."

Bunza (1995), ya bayyana ma'anar magani da cewa " wata hanya ce ta warkarwa ko kwantar da ko rage cuta ta ciki ko ta waje, ko wadda ake samu daga haɗari ko kuma neman kariya ga cutar abokan hamayya ko cutar da su, ko neman ɗaukaka ta daraja ko ta buwaya ta hanyar siddabaru da sihirce-sihirce na ban al'ajabi".[4]

CNHN (2006-78): (i) Abin da ake sha ko shafawa a jiki ko ɗurawa a jiki ta hanyar jin allura don neman samun lafiya. (ii), wato harhaɗa wasu abubuwa da yin surkulle da nufin cutar da wani musamman abokin gaba. (iii), harhaɗawa ko yin wasu abubuwa na musamman don shawo kan wani, ko samun galaba a kan wani abu.

Wannan ma'ana tana da cikas, domin ba sai neman waraka da samun galaba ko cutar da wani ake neman magani ba, har da wasu buƙatu na rayuwa waɗan da ba a ambata ba a cikin wannan ma'ana ba.

Bayan nazarin ra'ayoyin masana da ƙamusoshi game da ma'anar magani, an fahimci akwai giɓi da ke tattare ga wasu ma'anoni da aka bayar, wanda wannan bincike yake son ya cike. An dubi ma'anar magani kamar haka:

A tawa fahimta, magani shi ne duk wata hanya da za a bi domin samun biyan buƙatar rayuwa ta rashin lafiya ko ta buƙatun yau da kullum ta hanyan sha ko shafawa ko shaƙawa, domin cimma manufar waraka ko damuwa da aka sami kai a ciki.

2.1 Ma'anar Ciwon Sanyi

Dangane da ma'anar ciwon sanyi kuwa, masana da dama sun rubuta ra'ayoyinsu game da abin da suke ganin ake kira ciwon sanyi. waɗannan ra'ayoyin sun haɗa da:

Fadama (2019:10) sanyi wata damuwa ce da ke raunana jikin mutum, sakamakon ciwon da ake iya ɗauka ko kamuwa da shi, domin yawaita shiga ruwa ko yin sammako a jeji, lokacin damina musamman lokacin da ake samun raɓa sosai ko yawan tu'ammali da abu mai sanyi. Haka ma, ana ɗaukar ciwon sanyi sakamakon saduwa ta fuskar jima'i da mace ko namijin da ya harbu da cutar. Cutar sanyi idan ta daɗe a jikin mai fama da ita, takan shafi hanyar mafitsara da ƙoda, ta raunana su ta yadda ba su iya aiki yadda ya kamata.

[3] A duba a cikin Yakubu, A. (2023), Amfanin da Sassan Bushiyoyin Gwanda da Mangwaro Wajen Haɗa Wasu Manungunan Hausawa Na Gargajiya. Kudin Digiri na Biyu. Sashen Koyar da Harsunan Nijeriya, Jami'ar Bayero, Kano.

[4] A duba a cikin Bunza, A.M. (1995), Magungunan Hausa a Rubuce: Nazarin Ayyukan Malaman Tsibbu, Kudin Digiri na Uku. Sashen Koyar da Harsunan Nijeriya, Jami'ar Bayero, Kano.

Ciwon sanyi na nufin, wani irin ciwo da ake ɗauka ta hanyar saduwar mace da namiji. [5]
A tawa fahimta, ciwon sanyi cuta ce da take kama wasu sassan jikin ɗan'adam ta hanyar saduwa a tsakanin namiji da mace, ko wasu hanyoyi na shiga ruwa ko amfani da bayan ɗaki da ba ya da tsafta da rashin goge jiki idan an gama biyan buƙata, ko saƙala wani abu a cikin al'aura da ba ya da alaƙa da shi ko amfani da wasu sinadarai a cikin abinci.

3.0 Alamomin Cutar Sanyi

Akwai alamomin da ake iya fahimtar cuta idan aka kamu da ita, alamomin suna iya kasancewa waɗanda ke bayyana a gan su a zahiri, kuma akwai waɗanda ake iya fahimta ta hanyar la'akari da yanayin da jikin ɗan Adam ke shiga na wani sauyi na rashin kuzari ko damuwa. Haka abin yake a cutar sanyi, akwai irin alamomin da suka keɓanta da ake iya fahimta idan mutum ya kamu da ita kamar haka.

3.1 Fitar Farin Ruwa a Gaba (Al'aura)

Wannan wata alama ce da ake iya gane mai ciwon sanyi, idan wasu fararen ruwa suna fita a al'aurar namiji ko mace, waɗanda suka bambanta da ruwan fitsari ko maniyi ko kuma maziyi da sauransu. Waɗanana fararen ruwan suna fita ne ko da yaushe, ba su da wani lokaci takamaimai, sai dai mai ɗauke da wannan cutar ya ji sanyin ruwan a jikinsa. Fararen ruwan suna fita tsaroro ba kauri a lokacin da cutar tana farkon kamawa. Idan cutar ta yi tsanani fararen ruwan sukan sauya launi kuma su yi kauri. A lokacin da ruwan suke fita, sukan fita tare da tsananin zafi a al'aurar mai ɗauke da wannan cutar, kuma za a ji ruwan suna da tsananin wari a lokacin da suke fita.[6] Fitar farin ruwa shi yake tabbatar da cewa an kamu da mummunar cuta ta sanyi, wadda a Larabce ake kiran ta da "*iltihabultanassili*" wadda Bature ke kira da *venereal diseases or sexual transmitted diseases or leucorrhea.* Idan aka ce lekohiya cututtuka ne da ke kama gaɓoɓin maƙyanƙyasar ƙwayoyin halitta tun daga cikin mahaifa da bututun mahaifa da makwancin ƙwayaƙwai da wuyan mahaifa da cikin al'aura da wajen al'aura. Akwai dalilai da dama da ke sa a kamu da shi , waɗanda suka haɗa da: Shan gurɓataccen ruwa da cin abincin da ya lalace da amfani da ban ɗaki da ba ya da tsafta, da kuma yawan saka sinadarai masu ƙarfi a cikin abinci, kamar kayan gwangwani da kayan leda kamar magi da timatir, ko maltina da dai sauransu. Duk irin su da ake saka wa (preservatives) wato sinadarin da ke hanawa abubuwan da ke daɗewa a aje lalacewa, to da zarar wuyan mahaifa ya kamu, to yakan haifar da *leucorrhea*, ta nan ne ake samun farin ruwa su fara fita, wannan shi ne mataki na farko wanda ake kira "white dischange." Wato sinadarin farin ruwa, amman fa yana iya canzawa ya koma kore, ko ya zama ƙasa-ƙasa, kamar duhu-duhu haka, to a lokacin da ruwan nan suka fara fita to lallai alama ce ta cewa tun daga cikin mahaifa har ga zuwa wuyan mahaifa an sami *infection* da ake kiran sa da "iltihabun biɗalitin rahim wa iltihabul ulukin rahim."[7]
A kimiyance ya danganta ga yanayi, wato a farkon ciwon ko zuwa ƙarshen ciwon, kuma ya danganta daga abin da ya zamo mafarin ciwon, kamar satin farko to waɗannan fararen ruwa ba su da kauri, abin da ke kawo wannan fitar farin ruwan marar kauri su ne: *Non specific bacteria*

[5] A duba a cikin CNHN (2006), {amusun Hausa Na Jami'ar Bayero, Zaria: Ahmadu Bello Universiyu Press.
[6] Hira da Alhaji Amadu Yahaya Sardaunan masu bayar da Magani na jihar Kebbi, ɗan kimanin shekara 53 wanda yake zaune a garin Asarara a ƙaramar Hukumar Mulki ta Birnin Kebbi. A ranar 9/01/2024. Da misalign ƙarfe goma na safe 10: 00. Wanda ya ɗauki tsawon shekara ishirin yana wannan sana'ar ta sayar da maganin Sanyi, inda ya bayyana cewa sanyi na yi wa jama'a illar sosai, idan ba a yi saurin ɗaukar mataki ba. Haka kuma ya nuna cewa sanyi yana saka ma'aurata faɗa a tsakinsu, domin yana rage wa mace ni'ima idan tana ɗauke da cutar.
[7] An samu wannan bayani daga Dr. Nura Salihu Adam (Salihanur) a kafar Sada zumunta ta Facebook mai adireshi kamar haka:- https://www.facebook.com/reel/1498277380835736?s=chYV2b&mibextid=6AguK9.

infection, wato cutar da ba a gane haƙiƙanin faruwar ta ba. Akwai waɗanda ke fitar da ruwa masu kauri waɗanda koyaushe ana iya samun su, wato *Gloria*, waɗannan su ne nau'in fararen ruwan da ke fita suna wari a wani lokaci.[8]

3.2 Warin Gaba (Al'aura)

Cutar sanyi cuta ce da kan haddasa abubuwa da yawa ga jikin mutum, daga cikinsu akwai warin gaba ko warin al'aura, musamman ta ɓangaren mata. Daga cikin abubuwan da ke haddasa warin gaba, fitar fararen ruwa a al'aurar mace, idan sun ɗauki lokaci suna zuba ba a ɗauki mataki ko aka tsaftace ba, to za ta fara warin gaba, tun tana jin warin jikinta ita kaɗai har ya kai ga bin jikinta, duk mutum ya kusance ta za ya fahimci tana wani wari a jikinta.[9] Wannan warin gaba yana daga cikin abin da ke damun mata a wannan lokaci, saboda da zarar mace ta kamu da ciwon ciwon sanyi, sai kaga ta kasa ɗaukar mataki akai, to da zarar cutar tayi yawa a cikin jikinta, za ta kai matakin da za ta fara ganin fararen ruwa na fita a cikin al'aurar ta, to fitar waɗannan fararen ruwan a al'aurarta, to yakan haddasa mata wannan warin gaba.[10]

A kimiyance an tabbatar cewa, ƙurajen gaba da fitar farin ruwa a gaba su ne ke haddasa wannan warin gaba, amma wani lokaci a bakin al'auran mace cutar ciwon sanyi kan sa ta rufe ko ya rage girma wato ya matse, to a wannan lokaci jinin al'ada ba ya samun damar fita gaba ɗaya, to wannan yana ɗaya daga cikin abin da ke ƙara sa mata suna warin gaba.

3.3 Ƙurajen Gaba

Bayyanar ƙuraje a gaba wata alama ce ta ciwon sanyi. Cutar sanyi tana haddasa ƙuraje a gaban namiji ko mace a lokacin da cutar ta yi tsanani, ƙuraje kan feso a gaban mutum su riƙa ruwa. Wannan cutar ta fi tsanani mafi yawa ga mata, sai al'aura ya kamu da ƙuraje, su riƙa yin ruwa suna wari da ƙaiƙayi. Idan cutar ta kai wannan mataki sai an yi kamar da gaske kafin a samu waraka.[11] Mafi yawanci ana kamuwa da wannan nau'in cutar ta hanya saduwa da mace ko namiji mai ɗauke da wannan cutar.

A kimiyance ana iya gane ciwon sanyi ta hanyar bayyanar wasu ƙuraje a gaban mace ko namiji, sai dai mafiyawan lokaci an fi samun cutar ga mata, abin da ke haddasa wannan cutar ga mata, saboda jinin al'ada da suke yi, kasancewar su waɗannan ƙwayoyin cutar suna amfani da jinin

[8] Tattaunawa da Dr, Abdulahi Alhassan ɗan kimani shekara 57 a ofishinsa da ke Kebbi Medical Centre Birnin Kebbi, ƙwararren likita ne da ya yi zama a Sir Yahayya Memorial Hospital Birnin Kebbi a matsayin H.O.D department of Surgery,kuma ya yi zama a matsayin H.O.D department of Uriology Federal Teaching Hopital Birnin Kebbi. Wanda yake yanzu a matsayin H.O.D Surgery department of Surgery Kebbi Medical Centre Kalgo.

[9] Hira da Aisha Abubakar mai kimanin shekara 41 a ranar 15/6/2024, wadda ke sayar da magungunan mata na cutar ciwon sanyi da kuma hakin maye. Inda ta bayyana fitar ƙuraje a gaban mata babbar illar sanyi ce, wadda idan ya ɗauki lokaci mai tsawo ba a shawo kansa ba, ke iya zama wata matsala ta daban. Ta bayyana min cewa wannan matslar sanyi na damun mata sosai, shi yasa yanzu ake samun masu bayar da magani barkatai, har waɗanda ba su ƙware ba ana samu suna bayar da maganin sanyi.

[10] Malama Jamila Gombe a cikin Tinkirawa T.V Inda ta yi bayanin yadda ya kamata mata su tsabtace farjinsu bayan sun gama al'ada saboda yana ɗaya daga cikin abubuwan da ke haddasa warin gaba, ta amfani da abin aski domin da misalign ƙarfe huɗu na yamma aske gashin mara, wanda jini yake iya maƙalewa ya haddasa kamuwa da wata cuta. Ana amfani da turare da auduga domin goge jiki bayan kamala askin, wannan yana ya sa wurin ya samu zama da tsabta.

[11] Hira da Aisha Abubakar mai kimanin shekara 41 a ranar 15/6/2024, wadda ke sayar da magungunan mata na cutar ciwon sanyi da kuma hakin maye. Inda ta bayyana fitar ƙuraje a gaban mata babbar illar sanyi ce, wadda idan ya ɗauki lokaci mai tsawo ba a shawo kansa ba, ke iya zama wata matsala ta daban. Ta bayyana min cewa wannan matslar sanyi na damun mata sosai, shi yasa yanzu ake samun masu bayar da magani barkatai, har waɗanda ba su ƙware ba ana samu suna bayar da maganin sanyi.

al'ada ya zamo kamar abinci a gare su, to wannan ne ya sa cutar tafi shafuwar mata. Maza yawanci sun fi ɗaukar cutar ga mata ne.[12]

3.4 Ƙarancin Maniyi

Daga cikin alamun cutar sanyi akwai ƙarancin maniyi. Wannan yana faruwa ne idan cutar sanyi wadda ta shafi ɓangaren saduwa ta kama namiji, sai ta haddasa masa ƙarancin maniyi. Cutar tana kama mafi yawan jiyojin da ke taimaka wa mazakutar ɗa namiji domin gudanar da aikin da mazakuta ke yi ta sanya su yi rauni. Tana kama jiyojin da ke fitar da maniyi a lokacin saduwa, sai ya zama ba su iya gudanar da aiki da ya dace su yi yadda ya kamata, sai ta hana musu halbo maniyi da ƙarfi. Wannan yana hana wa ma'aurata gamsuwar junansu.[13]

A kimiyance, idan cutar sanyi ta shafi ɗiyan maraina na mutum, to za su kumbura daga baya sai su zuƙe, idan sun yi hakan to za a sami ƙarancin maniyi. Saboda hanyar da ya dace maniyi ya biyo ya shiga cikin kan azzakari takan rufe a sanadiyar cutar ciwon sanyi, sai ya zamo ko da akwai maniyin to ba za ya iya fitowa ba.

3.5 Jin Zafi a Mafitar Fitsari

Ciwon sanyi cuta ce da ka iya haddasa wa mutum cututtuka mabambanta a cikin jikinsa. Cutar kan saka mutum jin zafi a lokacin da yake fitsari, idan za ya yi fitsari sai ya kama jin zafi a cikin zakarinsa ko a al'auran mace. Ana gane wannan alama ce a lokacin da mutum ya fara fitsari ko lokacin da mutum ya gama fitsari, to ta wannan hanya ce mutum kan iya gane yana ɗauke da cutar sanyi a jikinsa musamman idan ba ya da wata masaniya game da yadda ake ji idan cutar ta kama mutum.[14]

A kimiyance ana samun irin wannan alama a cutar ciwon sanyi, saboda idan mutum yana ɗauke da cutar ciwon sanyi kan haifar da zafi lokacin fitsari, ko a farko ko a ƙarshe ko daga farko har zuwa ƙarshe, wannan ya danganta da matsalolin da suka haifar da wannan cutar.[15]

4.0 Hanyoyin Kariya Daga Kamuwa da Cutar Sanyi

Akwai hanyoyin da dama da ake iya yin amfani da su wajen ganin an kare kai daga kamuwa da sanyi. Kiyaye waɗannan hanyoyi shi za ya bayar da damar a sami raguwar kamuwa da cutar a cikin al'ummar Hausawa. Waɗannan hanyoyi akwai waɗanda suka keɓanta ga mata kawai kasancewar yanayin halittar al'aurasu ya fi sauƙin kamuwa da cuta. Haka kuma, akwai hanyoyin kariya da aka yi tarayya tsakanin maza da mata. Kiyaye waɗannan dokokin kan sa a samu raguwar kamuwa da cutar ciwon sanyi a cikin al'ummar Hausawa. Hanyoyin da za a iya amfani da su domin kariya daga cutar sanyi sun haɗa da:

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[12] Tattaunawa da Dr, Abdulahi Alhassan ɗan kimani shekara 57 a ofishinsa da ke Kebbi Medical Centre Birnin Kebbi, da misalin ƙarfe goma na safe. Wannan ƙwararren likita ne da ya yi zama a Sir Yahayya Memorial Hospital Birnin Kebbi a matsayin H.O.D department of Surgery,kuma ya yi zama a matsayin H.O.D department of Uriology Federal Teaching Hopital Birnin Kebbi. Wanda yake yanzu a matsayin H.O.D Surgery department of Surgery Kebbi Medical Centre Kalgo.

[13] Tattaunawa da Alhaji Musa da misalin ƙarfe huɗu da rabi na marece 4:30, ɗan kimanin shekara 75, wanda ya ɗauki shekaru yana bayar da maganin sanyi da magungunan da suka shafi ƙarfin mazukuta.

[14] Tattaunawa da Bashar Tukur ɗan kimanin shekara 52 da misalin ƙarfe huɗu na yamma 4:00, a gangaren bakin gulbi Argungu, wanda ya daɗe yana bayar da maganin gargajiya na sanyi. inda ya nuna cewa maganinsu yana warkarwa sosai, domin mutane da dama suna kar~ar maganin kuma ana samun waraka.

[15] Tattaunawa da Abdulrashid Salisu ɗan kimanin shekara 37, a ofishinsa da ke Federal Medical Center Birnin Kebbi. A ranar 22/11/2024 da misalin ƙarfe goma sha biyu na rana rana 2:00

4.1 Tsaftace Ban Ɗaki

Tsafta tana nufin tsarkin jiki ko tufa ko muhalli. (Ƙamusun Hausa, 2006:449). A fahimtar wannan bincike, tsafta tana nufin kula da tsaftace jiki ko muhalli ko abinci da sutura da sauran baubuwan da suka shafi rayuwa ta yau da kullum. Kula da tsabtace jiki da muhalli yana sa a rage yaɗuwar cututtuka mabambanta a cikin al'umma, domin kyautata jin daɗin rayuwa.

Tsaftace ban ɗaki yana daga cikin hanyoyin da ke bayar da kariya daga kamuwa da ciwon sanyi. Idan ana kula da tsaftace ban ɗaki kowane lokaci, abu ne mai wuya ne a sami wasu ƙwayoyin cututtukan da kan shiga jikin mutum, idan ya je wata lalura a cikin ban ɗaki. Dole ya kasance kowane lokaci ana wanke ban ɗaki da abubuwan da suka dace, sannan ana amfani da wasu sinadarai kamar Detol da Hypo Azel da ke kashe ƙwayoyin cuta da ke cikin ban ɗaki. Akwai buƙatar aƙalla duk bayan kwana biyu a wanke ban ɗaki a saka masa sinadaran da ke kashe ƙwayoyin cuta. Akwai buƙatar a wanke kowane waje daga cikin ban ɗaki da kuma kayan da ake amfani da su a cikin ban ɗaki, yin hakan shi za ya sa a sami ingantacciyar natsuwa a lokacin da ake biyan wata buƙata a cikin ban ɗaki.[16]

4.2 Wanke Hannaye Bayan an Gama Amfani da Ban Ɗaki

Wanke hannaye bayan gama amfani da ban ɗaki yana taimakawa wajen bayar da kariya daga kamuwa da cutar sanyi. Yana da matuƙar muhimmanci a kula da tsaftace hannaye da sabulu bayan gama amfani da ban ɗaki, wannan za ya taimaka wajen kawar da wasu ƙwayoyin cuta da za su iya shiga jiki. Rashin kula da wannan kan haifar da kamuwa da ciwon sanyi.[17]

4.3 Sanin Dabarun Tsarki

Fara tsarkin wurin fitsari kafin wurin kashi yana bayar da matuƙar kariya ga kamuwa da cutar sanyi, saboda cutar da ke cikin kashi kan iya shiga cikin al'aurar namiji ko mace, musamman ma al'aurar mace, saboda ita a buɗe take da zarar ruwan sun shige ta, wasu ƙwayoyin cutar da ke cikin kashi za su iya maƙalewa a ciki. wannan ya sa ake son idan za a yi lalura, a fara tsarkin wurin fitsari a farko saboda kariya daga kamuwa da ciwon sanyi. Yana da kyau idan an gama biyan buƙata a tabbatar da an fara yin tsarkin wurin fitsari kafin wurin kashi. Yin hakan za ya taimaka wurin kare kai daga kamuwa da ciwon sanyi, domin wasu idan suka gama biyan buƙatarsu, za su saka ruwa a gabansu su fara wanke wurin kashi, sannan su wanke al'aurarsu, yin hakan kan sa aka kamu da cutar ciwon sanyi, saboda ƙwayoyin cutar da ke cikin wurin kashi idan suka taɓa saman al'aura ko suka shiga cikin al'aura to cutar za ta shiga jikin mutum.[18]

4.4 Yawan Tsaftace Al'aura Kowane Lokaci

Wannan wata hanya ce mai matuƙar muhimmanci da ke hana kamuwa da ciwon sanyi. Ana son a riƙa kula da tsaftace al'aura lokaci zuwa lokaci, kasancewar al'aura wuri ne mai buƙatar kulawa ta musamman. Idan an ɗauki lokaci ba a kula da al'aura ba, za a riƙa jin yanayin muhallin al'aurar ya canza, saboda kayan cikin da ake amfani da su za a ji yanayinsu ya canza sun fara wani wari-wari ko bashi-bashi, sai a kasa samun natsuwa.

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[16] Tattaunawa da Hajiya Hadiza Muhammad Barade 'yar kimanin shekara 41, mai wayar da kan mata a kan abin da ya shafi tsabtace jikinsu da kuma muhalli da misalin ƙarfe tara na safe 9:00, a ranar 12/10/2024, a gidanta da ke a babbar makarantar kwana ta mata da ke garin Argungu.

[17] Tattaunawa da Dr, {asim mai kimanin shekara 42, ranar 5/09/2024 da misalin ƙarfe 3:00 na rana, a wani Sashe na Asibtin UDUTH, wanda yake Consultant a cututtukan da suka shafi mata wato Ganiecology

[18] Tattaunawa da Dr, Muhammad Abubakar Nuhu a Sakkwato ɗan kimanin shekara 26, da misalin ƙarfe biyar na yamma 5:00, a kanwuri Sakkwato wanda yake Department of Internal Medicine Federal Medical Centre Gusau.

Akwai buƙatar ana tsaftace al'aura kowane lokaci, musamman idan aka tafi wanka duk inda ke ajiyar wani datti a tabbatar da an wanke shi yadda ya dace. Haka kuma idan an gama wanka sai a nemi tawul (towel) mai kyau a shafe al'aura yadda ya dace ba tare da an bar wani sanyin ruwa ga al'aurar ba, saboda barin ragowar sanyin ruwa a al'aura kan iya haifar da cutar sanyi. Haka kuma, akwai buƙatar kulawa da al'aura ta hanyar aske gashin da ke a gaban al'aura, saboda wannan gashin idan ana ɗaukar lokaci ba a gyara shi ba to yakan ajiye datti mai maƙalewa a gashin wanda ke saka gashin al'aurar ma ya canza kama. Idan ma an ɗauki lokaci ba a gyara al'aurar ba to ko an wanke dattin ba za ya fita ba, sai an ɗauki lokaci mai tsawo ana gyarawa. Haka nan ma, aske gashin al'aura kan taimaka wajen bayar da kariya daga kamuwa daga wasu cututtuka.[19]

5.0 Cutar Sanyi da Hanyoyin Magance ta a Gargajiyance

Akwai hanyoyi daban-daban da Hausawa ke amfani da su domin magance cutar sanyi a gargajiyance. Waɗannan hanyoyin sun danganta da yadda cutar take a jikin mutum.

5.1 Fitar Farin Ruwa a Gaba (Al'aura)

Wannan cutar sanyi ce da farin ruwa ke fita a gaban mata ko maza masu ɗauke da ita. Akwai magunguna da dama da ake amfani da su wajen magance wannan cutar. Kowane magani da yadda ake sarrafa shi domin samun sauƙi ko waraka daga cutar baki ɗaya. Idan za a magance wannan cutar za a nemi abubuwa kamar haka:-

1. ǀawon ruman
2. Ruwa masu ɗumi

Za a nemi Ruman. Wannan wani abinci ne na kayan marmari da Allah ya albarkace mu da shi, wanda a nan Nijeriya ma ana shuka shi. Za a nemi ɓawan Ruman a niƙa shi, sai a sami ruwa masu ɗumi a zuba shi a ciki, ko a shayi ko kunu ko fura ko a zuba shi a ruwan sha,idan aka yi haka duk cutar da ta shafi cikin mahaifa da ayarin mahaifa za a ga zubar farin ruwan ya daina. A kimiyya ta Musulunci ƙarara ana iya niƙa shi da yawa a tafasa shi a zuba cikin ruwa, mace ta riƙa shiga ciki ta zauna. Duk abin da ya shafi daɗewar ƙuraje da tsagewa a cikin al'aura da ciwo a cikin al'aura wanda idan mace za ta yi fitsari ma sai ta riƙa jin zafi a cikin al'auranta. Idan dai mace za ta riƙa shiga a cikin waɗannan ruwan da aka tafasa da ɓawan Ruman, za a sami lafiya da ikon Allah.[20]

Wata hanya ta magance fitar farin ruwa a gaban mata za a yi amfani da wani ganye kamar haka:-

1. Ganyen harwatsi (Gogamashi)
2. Ruwa masu ɗumi

Za a nemi wani ganyen da ake kira Harwatsi, (gogamashi). Wannan ganyen yana da matuƙar muhimmanci ga masu fama da cutar sanyi, kamar fitar farin ruwa a gaba da kuma ƙaiƙayin gaba. Idan aka same shi, za a tsaftace shi, a sa ruwa a wanke shi sosai, daga nan sai a niƙa shi. Idan ya sha iska, sai a sake niƙa shi ya zama gari, sai a nemi cokali na bai wa jarirai magani, a nemi ruwa masu ɗumi, a ɗibi maganin adadin ƙaramin cokalin ɗaya a zuba a cikin ruwa masu zafi a sha sau

[19] An samu wannan bayani ne a kafar sada zumunta ta facebook mai adireshi kamar haka https://www.facebook.com/share/r/RCMZ7QWAOWE5cvb6/Khadija.

[20] Hira da Alhaji Amadu Yahaya Sardaunan masu bayar da Magani na jihar Kebbi, ɗan kimanin shekara 53 wanda yake zaune a garin Asarara a ƙaramar Hukumar Mulki ta Birnin Kebbi. A ranar 9/01/2024. Da misalign ƙarfe goma na safe 10: 00. Wanda ya ɗauki tsawon shekara ishirin yana wannan sana'ar ta sayar da maganin Sanyi. inda ya bayyana min cewa sanyi na yi wa jama'a illar sosai, idan ba a yi saurin ɗaukar mataki ba. Haka kuma ya nuna cewa sanyi yana saka ma'aurata faɗa a tsakinsu, domin yana rage wa mace ni'ima idan tana ɗauke da cutar.

ɗaya a rana. Idan kuma ciwon ya yi tsanani sosai, sai a yi amfani da cokalin ɗaya a sha sau biyu a rana ko sau uku, wato da safe da rana da kuma yamma, domin a yaƙi cutar sosai. [21]

A wata hanya ta kawar da wannan cutar kuma ita ce, za a sarrafa abubuwa kamar haka:-

1. Citta
2. Namijin goro
3. Tafarnuwa

Irin wannan ciwon sanyi idan ta kama mutum**,** za a nemi citta a niƙa ta, a yi garin ta, sai a ɗibi cokali biyar na garin da kuma tafarnuwa ɗanya wadda ba ta bushe, ba ita ma a niƙa ta, idan ta bushe a mayar da ita gari, sai a sa cokali biyar. Haka nan za a kuma nemi namijin goro ɗanye wanda bai shanye ruwansa ba a saɓe shi, a shanya ya bushe a mayar da shi gari, shi ma cokali biyar. Daga nan sai a haɗa su waje ɗaya a sa su a tukunya a sa ruwa kimanin wadanda za a iya shanyewa cikin sati ɗaya, sai a dafa su. Bayan sun dahu, sai a bar su nan a cikin tukunyar sai sun kwana wato sun ƙara tsima sai a tace maganin a riƙa shan ƙaramin kofi da safe kafin a ci abinci da kuma dare bayan an ci abinci. Idan wadannan ruwan sun ƙare, sai a sake haɗa wani wanda za a iya sati ɗaya ana amfani da shi, da ikon Allah za a rabu da wannan ciwon sanyi da ke fitar da farin ruwa ga al'aurar mutum.[22]

5.2 Bayyanar Ƙuraje a Jiki

Wannan wani nau'i na ciwon sanyi ne wanda ake ganewa ta ganin ƙuraje ƙanana a jikin mai ɗauke da wannan cutar.

Akwai hanyoyi da dama da ake amfani da su domin samun waraka daga wannan nau'in cutar ciwon sanyi ta amfani das u wadannan abubuwa:

1. Ganyen gwanda
2. Ganyen magarya

A irin wannan cutar sanyi za a nemi ganyen gwanda, wanda yana da girma sosai ba ƙarami ba, sai a wanke shi a tsaftace turmin da za a niƙa shi (saɓe shi). Bayan an niƙa shi, sai a nemi ruwa masu ɗumi-ɗumi kimanin rabin lita, sai a sa a cikinsa a riƙa shan rabin ƙaramin kofi da safe da rana da kuma dare har tsawon kwanaki ko kuma lokacin da mutum ya samu sauƙi ko ya warke sai ya daina sha.[23]

Wata hanyar ta magance cutar sanyi wadda ke haifar da fesowar ƙuraje a jiki, za a nemi abubuwa kamar haka:

1. GanyenmMagarya
2. Ganyen sabara ('Yardutsi)
3. Lalle

A wajen magance irin wannan nau'in ciwon sanyi mai haddasa fesowar ƙuraje a jiki, za a nemi ganyen magarya a wanke su a shanya su a cikin inuwa sai sun bushe, a kuma nemi ganyen 'yardutsi (sabara), ita ma a wanke ta a shanya ta a inuwa sai ta bushe, a haɗa su waje ɗaya a niƙa

[21] Hira da Aliyu Ibrahim Yauri mai kimanin shekara 48 a garin Yauri unguwar Sarki kusa ga police station. Mai bayar da maganin ciwon sanyi. wanda ya daɗe yana wannan sana'a. Ya nuna wannan sana'a gadon gidansu ne. su san ciki da wajenta gwargwadon hali.

[22] Hira da Salihu Suleiman ɗan kimanin shekara 42 a ranar 3/2/2025, a ƙauyen Tiggi da ke ƙaramar hukumar mulki ta Augie. Mai sana'ar bayar da magungunan gargajiya.

[23] Hira da Muhammad Isma'il Batsari ɗan Jihar Katsina a ranar 10/03/2024 a garin Birnin Kebbi. ɗan kimanin shekara 43 mai tallar maganin sanyi da mota. Inda ya bayyana min cewa cutar sanyi ita ce ya naƙalta ciki da bai, domin ya jima yana bayar da magungunan sanyi kuma ana samu waraka. Ya fadamin dalilan da ya sa ya ce ana samin waraka kasancewar duk lokacin da ya ɗauki lokaci mai tsawo ba ya jiyarci inda yake sayar da magungunansa ba to jama'ar wannan yankin sukan kira sa a waya suna tambaya yaushe za ya zagayo wajensu

su a riƙa sha da kunu ko nono.haka nan kuma, za a nemi lalle da sabara da magarya a dafa su, sai sun tafasa a riƙa yin wanka da wadannan ruwan sau uku a rana. To sai dai kuma, idan an fara shan wannan garin maganin, za a ga ƙurajen sun ƙara fita a jikin wanda ke ɗauke da wannan cutar, ba matsala ba ce,za a ci gaba da sha kuma a fake yin wanka da ruwan maganin, da ikon Allah bayan kwana uku ko sati ɗaya za a ga an kawar da wannan cutar. Za a bayar da lokaci kamar tsawon sati biyu, sai a sake niƙa sabara da magarya a yi garin maganinsu ana sha lokaci-lokaci, sannan a kuma dafa ganyen sabara da lalle da magarya ana wanka da su, domin a kawar da cutar baki ɗaya daga jikin mai fama da ita.[24]

5.3 Ƙabewar Wani Sashe na Jiki

Wannan nau'i na cutar sanyi mai haddasa ƙabar jiki ga wanda yake ɗauke da ita, ana magance ta, ta amfani da wadannan abubuwa:

1. Saiwar gwanda
2. Farar albasa
3. Tafarnuwa

Idan cutar sanyi ta ciwon ƙabewar wani sashe na jiki ta kama mutum, za a nemi saiwar bishiyar gwanda da farar albasa da tafarnuwa a wanke su sosai, sai a hada su a waje ɗaya a saɓe su sosai a riƙa shafawa wajen da ke da kumburin, ya zamo duk bayan wani ɗan lokaci ana shafawa wajen, sai an ɗauki lokaci ana shafawa, sai an ga kumburin ya gushe.[25]

Wata hanya ta warkar da cutar sanyi mai sanya ƙabewar wani sashe na jiki ita ce, za a nemi abubuwa kamar haka:

1. Saiwar mangwaro
2. Saiwar zogale
3. Lemun tsami
4. Barkono

Idan wannan cutar sanyi ta kama mutum za a iya neman saiwar bishiyar mangwaro da saiwar zogale da lemun tsami da barkono. Za a hada su duka sai a tsima su da ruwa har sai sun jiƙa tsawon kwanaki biyar, sai a riƙa ɗibar ruwan ana sha da ƙaramin kofi sau biyu a rana. Da ikon Allah za a sami waraka.[26]

A wata hanyar kuma, za a nemi wannan ganye:

1. Ganyen sabara

Za a nemi kunnuwan sabara, wato 'yardutsi, a wanke su a tsaftace su, sai a shanya su a ciki inuwa inda rana ba za ta buge su ba , har sai sun bushe. Bayan sun bushe, sai a sami ruwa masu tsafta a tafasa su ko a yi garinsa, idan kuma an tafasa ne to za a riƙa ɗibar ruwan ana sha lokaci-lokaci, idan kuma garin ne aka yi to za a riƙa saka shi a cikin kunu ko farin nono ana sha na

[24] Tattaunawa da ɗangaladiman Makwashe Shugaban Masunta na Jihar Kebbi ɗan kimanin shekara 48, mai bayar da maganin sanyi, a ranar Juma'a 29/11/2024 da misalin ƙarfe biyar na yamma 5:00, a bakin kogin Matan Fada a garin Argungu.

[25] A duba a cikin Yakubu, A. (2023) Amfani da Sassan Bishiyoyin Gwanda da Mangwaro Wajen Hadda Wasu Magungunan Hausawa na Gargajiya. Kudin Digiri na Biyu: Sashen Koyar da Harsunan Nijeriya, Jami'ar Bayero, Kano.

[26] Hira da Abdulmalik Adamu Rijiyar Lemu, kusa da Asibitin Waziri Giɗaɗo ɗan kimanin shekara arba'in a kasuwar Argungu. A ranar 09/01/2024. Inda ya bayyana cewa wannan sana'a ya gade ta a wajen mahaifinshi, tun yana ɗan kimanin shekara goma sha takwas ake yawo da shi zuwa garuruwa daban-daban na cikin arewanci Nijeriya. Bayan rasuwar mahaifinsa ya ɗauke sana'ar gadan-gadan yana yawo garuruwa.

tsawon lokaci, to ikon Allah za a sami sauƙin wannan cutar ciwon sanyi mai kumbure wani sashe na jikin mutm.[27]

Wata hanya ta magance cutar ciwon sanyi mai kumbure jiki it ace, za a yi amfani da abubuwan da suka haɗa da:

1. Saiwar magarya
2. Saiwar gumbi
3. Jar kanwa

Za a nemi sayen magarya da sayen gumbi da jar kanwa. Idan an sami waɗannan, za a tsaftace su a sami ruwa masu tsafta a sa su a cikin tukunya a tafasa su, idan suka tafasa sai a sauke su, in suka huce, sai wanda ke fama da nau'in wannan cutar ya riƙa sha sau uku a rana har tsawon sati ɗaya.[28]

5.4 Jin Zafi a Mafitar Fitsari

Wannan cutar sanyi ce da ke haddasa zafi a lokacin fitsari, ga wanda yake ɗauke da ita.

1. Akwai hanyoyin da ake amfani da su domin magance ta kamar haka:-

1. Ganyen gwandar gida
2. Albasa ɗaya
3. Tsamiya guda 8
4. Tafarnuwa 3
5. Ɗanyar citta 3
6. Ruwa lita 2

Idan mutum ya kamu da wannan nau'in ciwon sanyi, za ya nemi kunnen gwanda ta gida, da albasa guda ɗaya madaidaiciya ba mai girma sosai ba sai ya kuma nemi tsamiya kwara takwas da tafarnuwa kwara uku da ɗanyar citta kwara uku da ruwa kimanin lita biyu, amman a tabbatar da an tsaftace waɗannan abubuwa da aka lissafa, kuma ruwan da za a yi amfani da su, su kasance masu tsafta, waɗanda ba sa da wasu cututtuka a cikinsu. Idan an sami waɗannan, sai jika su sai sun yi kwana ɗaya a jiƙe, sai a tace ruwan a riƙa ɗiba da ƙaramin kofi ana sha da safe da rana da kuma dare, kuma duk wanda aka jiƙa ya kwana ba za a sake zuba masa ruwa ba, sai dai a sake jiƙa wani sabon haɗi.[29]

Sakamakon Bincike

Wasu daga cikin sakamakon da wannan binciken ya gano sun haɗa da:

i. Wannan bincike ya gano dalilan da ke haddasa cutar sanyi a gargajiyance, inda aka yi bayanin waɗannan hanyoyin, samun kariyar daga garesu.

ii. Binciken ya fito da hanyoyin ake amfani da su domin kariya daga kamuwa da cutar sanyi, tare da bayanin yadda ya dace a yi amfani da su, domin cimma manufar da ake buƙata. Wanann binciken ya gano cewa, waɗannan hanyoyin, amfani da su yana da matuƙar muhimmanci game da kariya daga kamuwa da cutar sanyi a gargajiyance.

[27] Hira da Kamba Rabo Augie ɗan kimanin shekara 70, a ranar 20/2/2025, a cikin garin Augie a Unguwar Rahawa a ƙofar gidansa da misalin ƙarfe biyar na yamma. Wanda ke sana'ar sarkanci, kuma yana bayar da maganin cutar ciwon sanyi. bayan tattautanawar da muka yi da wannan bawannan Allah, ba a ɗauki lokaci Allah ya yi masa cikawa. Allah ya jiƙansa da rahama, amin.

[28] Hira da Jirgin Kabi ɗan kimanin shekara 55 a ranar 24/11/2024 da misalign ƙarfe 12 na rana a ƙofar gidansa inda yake sana'ar sayar da itace.

[29] Tattaunawa da Bashar Tukur ɗan kimanin shekara 52 da misalin ƙarfe huɗu na yamma 4:00, a gangaren bakin gulbi Argungu, wanda ya daɗe yana bayar da maganin gargajiya na sanyi. inda ya nuna cewa maganinsu yana warkarwa sosai, domin mutane da dama suna kar~ar maganin kuma ana samun waraka.

iii. Binciken ya gano alamomin da ake iya fahimtar cutar idan aka kamu da ita, inda aka gane cewa daga cikin alamomin akwai waɗanda ake iya gani a bayyane da kuma waɗanda za iya fahimtar su ta yanayin da jikin ɗan Adam ke shiga na wani sauyi ko rashin kuzari ko damuwa.

iv. Wannan bincike ya gano cewa, akwai gudummuwar da magungunan gargajiya suke bayarwa wajen warkar da cutar sanyi.

v. Haka ma, bincike ya gano nau'o'in cututtukan sanyi da ake da su a gargajiyance, tare da bayanin yadda ake kamuwa da su da bayanin illar da yake yi wa ɗan'adam, da kuma irin matakin da ya dace a ɗauka domin samun sauƙin cutar.

Naɗewa

Wannan babin ya yi bayanin hanyoyin kariya daga kamuwa da cutar sanyi, inda aka bayyana tsabtace jiki da muhalli suna daga cikin manyan hanyoyin da aka bayyana suna hana kamuwa daga cutar sanyi. Haka kuma, an kawo abubuwan da ake amfani da su wajen haɗa magungunan ciwon sanyi, waɗanda suka haɗa da namijin goro da citta da lemun tsami da sauran su. Waɗannan abubuwa ana amfani da 'ya'yansu ko saiwoyinsa ko ganyensu domin haɗa magani. Haka ma, abubuwa ne da ake samu a ƙasar Hausa waɗanda Hausawa ke amfanin yau da kullum da su. An ƙara fito da yadda ake amfani da waɗannan magungunan, wasu daga cikin su sha ake yi, wasu suraci ake yi, wasu kuma shafawa da wanka ake yi.

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