

Anamed

Seminar Handbook and Treatments In LUO Language

Order no 143

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anamed

YIENDE MAG THIETH E PINJE MALIET:

THIETH

Thiedho touche mathoro makoji

To kodi tije mag yiende mabeyo

e pinje maliet

Bug semina

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anamed (Action for Natural Medicine) nigi lengo ma miyo jogo ma odak epinje maliet mondo obed jok ma nyalo konyre kendgi kaka nyalore, ainya ainya kaluore giweche mag ngimagi. Lengo ni niegeno mar ni puonjruok kodi riekoma ma maluore gi ngima kod thieth, oningo obed gima ong'ere kendo gima ji duto nyalo yudo.

Tich ma maduong ahinya ma *anamed* timo, en luongo puonjruok matieko juma achiel, eweche mag yiende nyaluo, kuom jotich man kor ka weche mag ngima, nyamrerwa, to kod jogo ma tiyo ne oganda egweng'. Puonjruok go nyiso ga kaka inyalo ng'e to gi kaka inyalo pidhi yiende nyaluo mag thieth ma ongere. Togikaka inyalo los yedhe kodgi to kodi tuoche maginyalo thiedho.

anamed fulo ni yedhe nyaluo kaka en riekoma ma uriu mar yedhe nyaluo machon koriu gi yedhe masani mag wasungu.

Nyaka ne ndike e higa mar 2000, bugni osebedo kaka rangi'ny, e puonjruok matieko juma, kuom weche mag yedhe nyaluo. Oseloke gi dhok ma opogore opogore machalo kaka French, Portuguese to kodi Kiswahili. Bugni osebedo ka konyo ji mang'eny ahinya, jogo moriwo jothieth matiyo gi yiende nyaluo, jothieth matiyo e osibtal, jogo mauso yedhe, jogo makonyo ji e gweng, jotich mag kanisa to gi jo mamoko.

Bugni opog e sidiény angwen. Sidiény mokwongo, wuoyo ei tuoche mayudore e pinje maliet, sidiény mar ariyo wacho kaka inyalo thiedhegi. Sidiény mar adek wuoyo ewi yiende abich mabeyo, ma inyalo pidhie e pinje maliet. Yiende abich gi kendgi, nyalo thiedho tuoche ma odhuro. To ok mano kende, inyalo yudo chiemo, chungo pi, loso lowo to kodi loso yedhe manego kute gi yierendegi. Sidiény mar angwen wuoyo ewi weche ma nyamrerwa otingo ongi mondo olos tich maber kendo maler.

Kaka pile, wan gi hero mar puonjruok gi kaka osetiyo kodi yedhegi kuom tuoche ma opogore opogore kawa riwo paro kama, ji mangeny biro konyore giwegi to kata ogendni ma gidak go kaluore gi weche mag ngima maber, ahinya ahinya to egweng'e mabor gi bombe.

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The *anamed* colour poster shows the plants described in this book.

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Kare 1 : Gengo tuoche mayudore mayot

Kuonde mawadakie kaler to kodi ji ka orito ngima gi maber, konyo ahinya erito ngima anyuola, yiende wa to koda le ma wadakgo.

1.1 Chiem malong'o!

Chiembwa onego obed yathwa! Chiemo mowinjore miyowa teko to kendo tego dendwa. Mano nyiso ni dendwa koro oknyal tho yudo ayuda tuoche. To chiemo ma ok owinjore, to biro miyo wabed gi del ma yom yom manyalo miyo wayud tuo eyo mayot.

Chiemo ma miyo ji teko eyo mayot	Chiemo manyak ei lowo mariwa, rabuon, rabolo
Chiemo makelo teko to kendo gero del	Cham: ngano, oduma, mchele, bel, kal, Makati: makati, marabuor ber moloyo marachar!
Chiemo magero del	Kothe man gi mo ei gi! Budho, afwoto, - oganda, ngor, dengo - Njugu gi korosho - Chak, tong, mor nyaluo, rech, gweno kod ringo
Chiemo magengo tuoche ei del, to kendo medo remo	Alode: A lot bo, osuga, nyanya, karat, budho, rabuon, pot rabuon, moringa to gi pot moringa. Olembe: maembe, machunga, ndim, apoyo, mapera to kodi olemo mar pason. To gi thige ma olos gi olembe.
Chiemo mojingo del	Cham kitungu saumu

Ridh olembe to gi alode kendi! Ridh olembe mopogore opogoremachalo- maembe, apoyo, mananas, rabolo, pason, togi mamoko. Ridh yiend moringa to ibed ka ichamopote.- Nyithindo onego obed ki imiyo chiemo dingeny e i odichieng kendo onego omigichiemo ma opogore opogore. Wawach ni ka omigi chiemo man gi bel mariwa kende, to biro kelo chandruok nikech ok gibiyudo teko, dendgi bende ok bi gerore kendo dendgioknyal gengo tuoche.

Modh pige ma olos kod olembe-piny wa ni ntiere kod olembe mangeny ahinya, kendo mabeyo! Gik machalo soda, olos kod gik ma gala gala ok nyal konyo dend gato. Chiemo ma olosei kembe machalo kaka blueband, bende ok beyo ahinya. Momiyo olemo machalo kaka avokado ber moloyo ka iwire eimakati!

- Onigo mine omi nyithindgi thuno - wach moro ni imiyo nyathi chupa onego wawe. Chupa komi nyithindo to iyudo ni ngenygi biro diowo. Kik waketre ni wangiewo ne nyithindwa chiemo ma iuso edukni-nikech mago mayo wa pesa kayiem.

1.2 Rit uru kuonde ma uyudo e-pi.

Nyakato wangi ni wamotho pi maler. Ngato ka ngato yudo pi ma opogore, to kata kamano, inyalo loso gir chungo pi to kata inyalo tiyo kodi kothe moringa ma oswagi kaka owachie esidiyen mar 11. Chwako pi e jiko matiyo kod chieng ema bermoloyo.

Kaji luoko lewni, kata ndigni gi mitokni epi ma ji modho, mano gikelo chandruok!

1.3 Loso lowo eyo makare.

- a) Pidh yiende maloso lowo (mabiro miyo lowo bedo machwe) magi alode machalo kaka oganda, njugu to kod bap ayieko inyalo pidhie bath chiel to kod ekind okutni. Onigo gi bed ka ilwerogi kinde ka kinde, bede gi malwar go miyo lowo bedo machwe.
- b) Los manyua kod gik machalo pot yien, pot alode, opoko mag olembe ma opogore opogore to kodi yugi ma ae ei puodho. (To kik iti kodi kothe mag buya), manyuwa mag gwen kod mamoko onigo ochok kanyakla (ok machiengni gi ot). Ka oket gi kama ginyalo yudo liet maber, to inyalo yudo ka giloso lowo maber marateng bang dwech e adek, ma ka iketo e puodho, to biro miyo lowo bedo machwe.
- c) Kik wati kod manyuwa ma olos kod yedhe. Nikech gimiyo pi nam kata aore bedo sum, mamiyo yiende mabeyo kata le tho kayiem, kaeto bende giketho lowo.

1.4 Choche ma okuny beyo moloyo!

Oko maduong to kod lach nyalo kelo tuoche modhuro. Mano ema omiyo onego wakuny choche me wadhiye ooko.

1.5 Wit yugi eyo maber!

Mach ma osiko, ma iwango go yugi ok ber kendo nyalo miyo ji tuo. Yugi ma otingo jwala to kodi chuma miloso godod sufuria, ma ok liel ahinya, to golo arufu maricho adier. To yugi ok onigo owe kamora amora nikech ok binenore maber, gik ma bidtho bende nyalo ng'ado ngato, betri to kodi gik sitima gin sumu to pi koth bende biro gudore e tael ma odi, miyo suna yudo **kama** gi nyuolie.

- a) Chuma, glas, plastik, betri. Ka inyalo yudo ne gigi tich machielo to tim kamano. ka ok kamano to chok gi kanyakla, ae to uik gi ei bugo matut. Ahinya to betri, nikech gin sum. kik ipidh alot ewi bugo no.
- b) Kalatas. Chok gi juma ka juma aeto iwang gi. Yik buro ma odong kod chumbe togi yugi mamoko.
- c) Bao. Wange ae to ikir buru mare ei puodho-biro miyo puodho bedo machwe.
- d) Manyuwa - Los godo mbolea.

1.6 Chike mag ler.

Chik mawacho ni onigo waluok lwetwa gi sabun epi ma chirore, kapok wachiemo, loso chiemo to kod bang a e cho en gima duong kendo ber mogik. To ka ionge kod sabun, to inyalo loso kendi, kata inyalo tiyo kod pot apoyo.

Luok ruok mapile mar del te, miyo dendwa bedo maler kendo miyo kama wanindie bedo maler.

1.7 Tedo ma eyi ot dwaro gima olsi magolo iro oko mar ot.

Ka pile ibedo e i ot ma iro opong'o, to yot ahinya mondo iyud tuo mar wang kod mar obo. Onigo ingad rieke mar yudo gir tedo ma ok gol iro mang'eny kendo ma ok ti kod yien mang'eny.

1.8 Gero del.

Nitie jok ma tiyo matek ahinya, kaka jo ma mine manyaka wuothi pile pile ka gidhi dwaro yien kata ka gidhi umbo pi. To nitie jok ma tiyo matin ahinya. Kuonde ma wadokie, onego obed ni wapogore tije kaka jo ot achiel. Kendo ibiro yudo ni jok ma oero tich bedo gi del ma ojing, kendo magengo tuoche.

Sidieny 2: Thiedho tuoche mayudore mayot

Kare 2. Adhola, adhola mar mach, buche to kodi kuonde ma okuot malit.

A. Adhola manyien man kod dhoge toonge tutu

Gima miyo wathiedho adhola en ni mondo kik wawe adhola no mondo omedre, to mondo omi adhola no ochang mapiyo kaka dwarore.

A.1 Mor kich ma oriu gi sukari.

Mor kich no nyaka bed maler. Yo mayot en yudo od kich kaeto iloso mor kich kendi. Nywas kuonde ma kich kane mogi. Ber ka itimo ma ka piny oselil nikech godiechieng kich nyalo kayi! Ae to bange ol gigo eotamba marachar maler ma iketo ewi bakul mar chuma. Kaeto iket eyi jiko mar chieng moromo ndalo achiel, ka mor kich osechwer moromo. Ibiro yudo ni mono ogudore ma opogore. Godhiambo, yau jiko ma chieng no aeto igol mor kich.

Mor kich no kro oseikore mar thieth. Thiedho adhola, mokwongo lwok adhola, kaeto iwirie mor kich moriu gi sukari. Sukari miyo mor kich ok chwer ka ae e adhola. Mor kich nego kute mantie eyi adhola, kendo luoko adhola. Adhola no oningo othiedh kod mor kich moriu gi sukari ding'eny eodiechieng ka ok iluoke kendo.

A.2 Sukari Kende.

Por sukari maumo adhola. Aeto kau nanga maler molir mondo ium godo sukari nomondo omak sukari no kama oketie. Sukari ber ahinya e twoyo adhola. Kisungu luongo ni 'osmosis'. Miyo kute mantie ei adhola thoo. Lok nanga maler cha didek ei odiechieng'.

A.3 Apoyo ma ochiek (*Carica papaya*)

Kau apoyo ma ochiegni chiek, ngad kipande mayom aeto iketie ewi adhola.

B. Adhola mar mach.

Mokwongo kwe adhola no gi pi maler kendo mangich. Gimo miyo watimo ma en ni mondo kik adhola no chiem.

B.1 Cha apoyo.

Ka en adhola ma olil to onigo iluoke gi cha apoyo. kau pi moromo lita achiel ma osechwaki to okwe, chwerie cha apoyo di dek kata di bich. Apoyo no onigo obed apoyo mapod oliero ewi yath. ka pok ichiko cha apoyo, to luok apoyo no gi pi ma owalo, ae to sar pien apoyo no kichako gi malo kalor. chik chag no ei okombe ka ionge kod apoyo. Ma pok ochiek, to ti gi pi ma owalo to omedie chumbi matin. To berka ipidho apoyo mang'eny ei dalani!

To ka in kod ogaka to tim kaka owachie B.2

B.2 Ogaka

Kau bad ogaka achiel to iluok maber. Kau pala mabith mondo inyumie epi mawalo. Lwer bethe ogaka man ga gi kuthe ka oko, ae to ngad dier ogaka ma nyaiye cha nen oko maber. Koro kau pige no to iwirie kama owang' no. Nuo kamano ding'wen odiechieng'. To ne pi iketo jatuo kama lwang'ni ok bi thage inyalo ume gi ned suna.

B.3 Chumbi

Kau chumbi maromo giram ochiko (ojikni ariyo). E lita achiel mar pi, ae to iwe mondo okwe. Luok go kama owang'no didek odiechieng'. To ka iwang e sechema ionge kod chumbi, to chwak lach mar jatuo no! Lach nitie ga gi chumbi.

C. Golo tutu e adhola kata kwonde mowang' matindo.

C.1 Apoyo (*Carica papaya*)

Luok adhola no kata kama owang no gi pi ma oswalo to okwe. Bang manodhi mondo iluok apoyo manumu mapod oliero emi yath, ka itiyoy kod pi mowalo gi kitambaa. Kau pala mondo ilwok maber, ae to inyumie epi mawalo, aeto ng'ad padh apoyo, to kore oningo orom gi lith lwet nyathi. Bang' mano kan bath apoyo mi liro no mondo iketie ewi adhola no ka imake gi nanga maber. Weye kanyo moromo seche ariyo. ka okelo rem ma okalo re go, to gole mapiyo. Nwo thieth kamano dibich odiechieng' moromo ndalo, manyaka ine ni tutu owuok te. Lok thieth ni gi thieth mar mor kich gi sukari nikech gibiro chot kabisa. A.1 Ka adhola kata bur no nigi tutu mang'eny , to mor kich moriw kod sukari cha nyaka igol mapiyo- mondo kik obed maliw - ket yath manyiew bang golo mano. Um jatuo gi ned suna, mondo kik lwang'ni pi kuome.

D Adhola kata kuonde ma owang madongo

D.1 Cha apoyo togi apoyo ma ochiek.

Luok adhola gi cha apoyo(ne B.1) didek odiechieng'. Kata inyalo chwako bakul gi kijiko epi mawalo moromo dakika apar, kae to mondo iti kodgi enywaso apoyoma ochiegni chiek kaeto iwire ewi adhola. Nuokamano gokinyi, saa auchiel to gi godhiambo. Thiedhri luore kod rach adhola, ka adhola rach ahinya to kiki ti gi apoyo ma ochiek ahinya. Ti kod apoyo mapod ok ochiek.

E. Buche ma ogola dhogi

E.1 Ti gi apoyo ma olir matin, egolo tutu.

E.2 kitungu saumu molos gi mo. Ti gi mo kitungu saumu (*allium sativa*) ne kare 7.5 wir di mang'eny odiechieng'. Loso mor kitungu saumu matin ibiro dwaro chodho mor chiedo cha moromoojikni ariyo mag chiemo, to gi kitungu saumu ma ongad matindo tindo maber ojiko achiel, kaeto iriu gikabisa. Keti gilasa kaeto iyunge. Ket glasni e ot maliet ne dirom 20°C kuom ndalo adek Tigo ka ok ichungo. modong kan kama ok liet ahinya to kik ikane mokalo dweche adek.

E3 Kitungu ma orio eyi mo (*Allium cepa*) mo ni iloso gi kitungu, mor chiedo to gi mor loso misuma. Kau kitungu achiel maduong manyalo romo(gram 30) ngade matindo tindo, kae to moe e tipo kuom odiechieng' achiel kaeto riwe gi mor chiedo manyalo romo gram 375. kau sufurieche ariyo, achiel matin, to kodi achiel maduong. Kau pi moromo mondo iketie ewi sufuria maduong no, ketie mach mondo owal, kae to kau kitungu ma oriu gi mo mondo iketie sufuria matin no. Bang' mano kau sufuria matin no mondo inyumie e e maduong' we mondo ochwakre moromo (to kik pi no bed maliet mohingo 100°C. Kau nyaod kich maromo 40 grams to kaonge to kau misuma achiel mondo ileny, kaeto imedie ei kitungu gi mo cha. Rud maber kaeto iketie chupni matindo tindo. ndik nying yath chieng ma olose, chieng ma okethre,(onego obed higa achiel

chakre chieng ma olose no) to gi nying ng'amolose. Bang mano kane kama onge liet. Bang toyo kod kidi marateng', kete eyi pi maliet kod chak kata sabun mathin kuom dakika a par. Gol epi chak kata sabun no kae to ichak ichwake epi maler kuom dakika moko apar. mogik lawe kendo epi maler kae to moye mondo otuo e chieng' mager kuom odiechieng achiel. kidni inyalo liyo godo kendo.

E4 Ti gi chogo marateng'(ne buk mi iluongo ni "Natural Medicine in the Tropics 1") kidi marateng no bende inyalo tiyo go eywayo sum mar thuol kama thuol okayo

F. Bur maonge dhoge, Adhola man gi tutu eigi to gi kuonde mokwot malit.

Kitungu saumu (*Allium sativum*) kata kitungu (*Allium cepa*)

- a) Ngad lemo mar kitungu saumu kata kitunguu kaeto mondo itwe kod nanga maler kama remo no (tim kamano gotieno, kuom ndalo mogwaro), kata.
- b) Swag kitungu saumu kata kitungu mondo iwirie kama lit no, kata.
- c) Ti gi mo ma oriu kodi kitungu saumu (ne E.2 kod sura 7.5) kata mo moriu kod.

Kitungu (ne E.3). Kitungu saumu ni gi teko ahinya moloyo kitungu, omiyo inyalo yudo nijatuo yath rewo kata rangi mar dende nyalo lokore. Tweyo kitungu saumu kod nanga maler ema ber moloyo wiro momoriu gi kitungu saumu. To kendo tiyo gi mo kitungu to kendo ok ni gi teko ahinya ka ipimo teko mag yedhe ariyo go.

Kare 3: Tuoche mamako pien

A Tuoche machako

Tuoche machako kaka silinge, kind lith tielo kata lwedo mailo nyaka thieth maber. Kuonde go nyaka luok maber pile gi sabun kod pi, kendo nyaka tuogi aeto wirie mo (kaka ondik piny ka), ka ber to oningo kuonde matuo go chieng kodi yamo nyalo chope eyo mayot. Rwak lewni ma olos kod pamba (cotton). To mondo idhi nyime gi thieth maromo jumbe ariyo bang ka tuo oserumo.

A.1 Kitungu saumu (*Allium sativum*)

Rudh mo moriu gi kitungu saumu (ne E.2 to gi kare 7.5) kama tuo no. Ti gi mo ni etielo mayilo bende. Kata inyalo ngado kitungu saumu manumu to iketo ekind lith tielo!

A.2 Owino (*Cassia alata*) gi mor nas

Kau pot owino ma oswagi, riu gi mor nas marom. To ka ionge gi mor nas, to ti gi mor chiedo. Wir didek odiechieng', Esiling kata edier tielo mailo. To nyaka iloso yadhni pile kik inwo yath bang ndalo achiel.

A.3 Owino.

Ka ionge kod mo moro amora, to inyalo swago pot owino kende to iwirie kama tuo no didek odiechieng'.

A.4 Owino, apoyo gi mo

Kau pot owino matindo maromo lwedo achiel, chwerie cha apoyo ma pok ochiek di par to gi ojiko ariyo madongo mag mo nas. Rud gi kanyakla mondo iwirie kama tuo no didek odiechieng'. Los yath manyien pile gokinyi.

B. Gwonyo

Gwonyo gin gik mapudhno edel, to dhogi bedo ga rateng'. Gwonyo ohero ga mako nyithindo, kendo thoro mako lwete gi, ng'ut lwedo, enungo to gi duong' nyathi. Gwonyo ikelo gi kute matindo tindo malosoto utegi eyi pien. Gwonyo en tuo malandore mayot ahinya, komako ng'ato achiel e ot to ng'ato ka ng'ato oningo othiedhi. Ler nyaka ngi ahinya. Nyaka ilwokri kendo nyaka ilok lewni dichiel odiechieng'. Gi nindo nyaka bed maler, nyaka luokgi magi tuo echieng'. Yo mayot en keto gi ejiko mar chieng mondo kute otho. Luok bath otanda, mar chuma kata mar bao gi mor taya.

B.1 Mor taya gi mor chiedo.

Los mor thiedho gwonyo ka iriwo okombe achiel mar mor taya to gi okombe achiel mar mor chiedo ma oleny. Wir diriyo odiechieng', moromo ndalo ariyo kata adek, luok dend jatuo te kaeto iwir ne jatuo yath kuonde ma gwonyo omako. Thieth mar *anamed* ni, sani itiygo klinik mang'eny ahinya. Thiedh ni kendo ber othiedho del mailo ma tuomar filaria kelo, (odaro kute go madhi kuonde mamoko edel). Ma otiek gwonyruok. Ne ni iketo mor taya mabor gi nyithindo.

B.2 Kitungu saumu (*Allium sativum*) ne A.1 malo.

B.3 Arubaine (*Azadirachta indica*) : ne *Azadirachta indica*, Kare 9.5b

B.4 Yiende mamoko

Kuom jomadongo man gi gwonyo kuonde matin edendgi: To swag it ndawa ma ose tegno mondo iriu gi mor chiedo marome maber. Rudhie kwonde man gi gwonyo didek odiechieng'. To nyaka ilos yath manyien pile. To nyaka ibed ma otang nikech yadhni en sum.

C. Tuoche mamoko mamako pien.

"Eczema" enying ma imiyo pudno matindo tindo makwar mamako pien. Pudno go nyalo golo pi matin, ahinya to kuom nyithindo ohero mako lwedo gi tiende ji, to kata kamano bende onyalo mako kamoro amora.

C1 "Eczema", "mastitis" to gi tuoche mamako pien del ma ok ongere ni to ango mokelo: *Artemisia annua*.

Los mo giram 10 mag pot artemisia, giram 100 mr tedo to gi odok mar kich maromo giram 10(ka ilose, ne kare 2.E.3). Wir dingeny odiechieng.

C2 "Eczema" to gi tuoche pien ma ok onge kor gi: kabich (*Brassica oleracea*).

Kau kabich ma oluok maler mondo itwe gi nanga maler kama tuo no. E piny mar Nigeria, ne nitie nyathi mane chieo dingwen pile pile gotieno gi remo ka wuok kwome, to gi del ma otwo. Kane otwene kabich e aluora mar kama ne tuo no to ne oyudo pogruok kanyo gi kanyo.

C3 Loso pien del mondo obed mayom

Wiro avokado e del miyo del bedo mayom ahinya. Avokado ni bende inyalo kiko gi yedhe mamoko machalo kaka pot arubaine, pi kitungu saumu. Yadh ni inyalo loso godhiambo mondo iti go kaka "mo-ber", to kata kamano oningo oti kode mapiyo ahinya bang ka oselose.

Kare 4: Diep

Ng'ato iwacho ni diewo ka oko ne otimo pi. To ka otimo pi to kendo otimo gik machalo othinyo to gi remo bende, to mano ng'ama ni gi tuo mar 'dysentry' (keo remo). Diep en tuo marach adier. En tuo ma nego nyithindo million adek ehiga epinje mapod gerore. To orach ahinya gi nyithindo ma ok yud chiemo malongo. Diep kendo nyalo bedo ranyisi mar tuoche moko, ne 'table' 4.1. Ka in gi kipindi pindi, to ka idhie cho dichiel, to ang' nibed kuro lelo!

Gengo' tuo e gima duong' ma oloyo duto. Ler bende en gima ochuno ni chaka to bedie, ahinya to oningo obed ni watiyogi cho ka wadhie oko matin kata maduong'. Bang aye cho bende oningo waluok lwetwa, nyathibende ka odhi oko to nyaka wane ni wawito oko ne no echo. Ka nyathi diep omako, to oningo wamigi yath ma iluongo ni 'ORS' (Oral Rehydration Solution)! To jomadongo to nyalo chako kod yedhe mayot machalo kaka yath molos gi maka, kata mapera mapok ochiek. To ka en diep ma okecho ahinya to nyaka!!! imie yath mar ORS. To jatuo nyaka dhi nyime gi chamo chiemo malos del.

4.1 Kaka inyalogeng' diep

- a) Luok lweti gi sabun (kata pot apoyo) gi pi machirore kapok ichiemo to gi ka iya echo.
- b) Kik imi nyathi chupa- nikech ginyalo miyo nyithindo tuo mayot ahinya. cha miyo ber molojo!
- c) Luokri pile godhiambo kendo ne ni inindo kama ler.
- d) Jomadongo gi nyithindo nyaka ti gi choche ehaja maduong gi matin. Tuo landore mayot ahinya ka watiyo gi cho kendo ka ok wangiyo ler. Omiyo weche moko, ni en kwero tiyo gi cho wawere go.
- e) Nyaka wacham chiemo makelo teko kendo gero del, machalo, oduma kata bel, tong kata ringo, to gi olembe gi alode.
- f) Ber ka ichamo kitungu saumu pile to samoro bende ichamo nyabath pot apoyo ma duongne nyalo romo cm 5² mondo kik njofni, kata amiba maki.

4.2 Kaka inyalo thidh diep

A. ORS (pi chumbi kod sukari)

Gi diep, gi ma duong' en duoko pi ma jatuo olalo edende. Omiyo nyaka imi nyithindo gi jomadongo yath mar PI CHUMBI KOD SUKARI morome. To kendo ORS no nyaka ulose mana kendu uwegi. Kikuti gi ma iuso eduka nikech bech gi ni malo kayiem. Bende okwamor kOd yedhe ma jo 'United Nations Organizations' miyo ji nono nikech mano miyo wang'iyoye eyudo gik manono! Janyuol ka janyuol oningo ong'e kaka iloso pi mar chumbi kod sukari !

A.1 Gik ma itiyo go eloso pi mar chumbi kod sukari.

ORS nigigik moko adek milose go! Pi, sukari gi chumbi. pi nigitich maduong' ahinya kuom konye kaka del tiyo, sukari tich ne en medo teko edel, chumbi to tichne en duoko gik ma gero del ma olal gi diep.

Tebo 4.1: Kaka inyalo ng'eyo kicho mar diep.

Ranyisi	Gima nyalo kelo tuo	Thieth
Onge remo e oko mar ngato, onge del maliet	Chiemo marach	Nyithindo:ORS, jomadongo:ORS/maka
	Kute makelo diep	Nyithindo:ORS,Jomadongo:ORS/maka
	Cholera(diep mamako ma oko chalo mchele motimo pi)	ORS, to iter jtuo osibtal kaonge osibtal?-ti gi ntibiotics.kaonge antibiotics? Tem chak/pot mwembe/pot mapera mondo ilos go chae
Onge remo e oko Del maliet	Malaria	Ti gi ORS pile majand lum to gi yadh malaria ti go pile (ne kare 5)
Oko man gi remo onge del maliet	Diep mar amiba	ORS, achak/pot mapera/pot maembe (ne F)
Oko gi lach man gi remo, onge liet e del	Bilharzia	ORS, tem tiyo gi chak mar artemisia annua Dhie osibtal kata klinik mondo othiedhi.
Oko man gi remo del maliet	Diep mar baktiria	ORS.Achak/pot mapera/pot maembe (ne F). To, ka bang' odiechieng achiel to pod onge lokruok, to dhie osibtal. Ka osibtal onge? Ti gi antibiotics? Ka onge to ti gi chae molos gi maupe to gi pot maua miluongoni "Vinca rosea" nyaka diep rum. Med e chae

PI: Ti gi pi maler, tokaonge pi maler, to ti gi pi ma ochwaki. kata inyalo tiyo gi p ote mapera mondo ilos godo chae.

SUKARI: Ber ka itiyoy gi mor kich , to kaonge ti gi sukari (osibtende moko tiyo gi glukos). Ka ionge gi sukari, kata ka jatuo no ni gi tuo mar sukari, to inyalo wilo giram 30 mar sukari ma ondikie A.2 gi

- Rabolo mochiek manyalo romo giram 100 (kik iwal).
- Rabuond nyaluo manyalo romo giram 100- chwaki moromo dakika abich.
- Giram 30(ojikni adek mag sukari kopong) mar mok ngano, michele moregi kata mok kal. wal moromo dakika abich.

CHUMBI: Chumbi ma iloso kendi iwuon ber moloyo nikech otingo gik makonyo del. ma inyalo yudo ka ikao buch kendo marachar cha, medie pi mondo ichwake e agulu nikech kochake e sufuria to obiro ketho sufuria. Kosewalo to kau koro chumbi mabiro dong e agulu no. To podi inyalo tiyo gi chumbi ma ingiewo eduka.

POTASSIUM: Mani bende gimachielo ma inyalo medo ka itiyoy gi chumbi ma ingiewe e duka, kendo ka diep ose kaso jatuo moromo ndalo. Potassium ni tichne en imiyo leche mag jambich mondo oti kaka pile. Potassium ni yudore e alot mar spinach, avokado, rabolo, budho, pi nas karat, kit ngor miluongo ni soya, njugu, moringa to gi alot moro amora ma

owal. To kuom nyithindo mapok ochako chamo chiemo mang'eny, to medi egi ojikoachiel mar chae epimo buru maler, to buru no oningo oa eyien ma ok en sum, kata inyalo tiyo gi buru mar buya miluongo ni fod(hyacinth). Nikech buru mar buya mar fod ni ng'eny gi potassium. Medie e lita achiel marpi loso ORS. Bang dakika matin, chung pig no.

Paro: Chumbi motingo potassium oningo omed ne jatuo mana ka onyalo layo

To ka gik miloso go,(pi,sukari kata chumbi)ok ler ahinya, to ng'i ni ichwako gi kabisa mondo kute mantie otho. kik imedie gik mamedo rangi kata tik nikech ok gi kony!

A.2 Loso ORS:

Eot los e lita achiel mar pi, medie mor kich kitiyo gi kipimo mar ojiko chiemo kata medie *2 mar sukari (giram 30) to gi ojiko nus mar chumbi, ka itiyo gi rapim mar ojiko ma itiyo godo e chae. Kata inyalo loso yath ka itiyo gi njagi mar pi nus lita, medie ojiko angwen madongo motingo mor kich, kata ojiko achiel maduong' mopong'o sukari, to gi chumbi minyalo diyo gi lith lweti ariyo.

To e osibtal: To kau lita achiel mar pi, medie giram 20 mar glukos kata giram 30 mar sukari, giram 2.9 mar trisodium citrate dihydrate, giram 3.5 mar chumbi to gi giram 15 mar potassium chloride.

A.3 ORS: Kaka oningo omie jatuo

Mi jatuo yath pile pile: 200 ml(glass achiel) e rapim ma oningo otigo kuom kilo ka kilo mar nyathi. To ka ikia pek mar nyathini, to bende okinyal yudo rapim mapimo pi, to inyalo tiyo kod kaka ocham piny ka.

Tebo 4.2: Chenro mar thieth mapile gi chumbi kod sukari

Higni	ml	Namba mar chupni e size mar.....			
		Lita 0.33	Lita 0.5	Lita 0.7	Lita 1
Piny dweche 6	700	2	1 ½	1	¾
Dweche 6 nyaka higni 2	1400	4	3	2	1½
Higni 2-Higni 6	2100	6	4	3	2
Higni 7 kadhi malo	2800	8	6	4	3
Jomadongo	3500	10	7	5	3½

B. Mapera (*Psidium guajava*)

Mapera en olemo maber nikech onyalo nego kute matindo tindo madak eich. Koro iyudo ni ober ahinya ethiedho tuo mar diep.

B.1 Kar mondo iti gi pi mar pi chumbi kod sukari inyalo chwako pot mapera kae to imadho. Chai mar mapera iloso kod, pot mapera ma inyalo diyo elweti achiel kopong', chwakie e lita achiel mar pi kuomdakika20, aeto mondo ichungi. Bang mano mediesukari gi chumbi kaka owachie A.2 malo B.2 To yath maber ahinya kuom jomadongo en chamo mapera mang'eny mapok ochiek.

C. Makaa

Makaa itiyoo go ka ichamo chiemo marach, kata ka diep mayot ogoi. Los makaa gi yien ma ok en sum kata yien ma ok nyal miyo ng'ato thagruok. Kata inyalo loso makaa gi opoko njugu. inyalo loso maka kod opoko njugu. Kau opoko njugu e ket e sufuria kae to ium, kae to ket emach chuaki nyaka gi lokre maka, ketie mach nyaka emach gilokrie makaa. To nyaka ibed motang'. Sama iyao wi sufuria nikech makaa nino nyalo wangi! Bang mano reg maka no, aeto mondo ikawe mondo ichunge, kendo iduoke mondo kute kata gimora amora marach man eiye tho. Kau moromo ojiko achiel maduong' didek odiechieng' gi pi. Ekind chamo yadhni, modh pi mangeny' kata ORS (ne A2 malo) mondo oduok pi ma olal ediep.

D. Buya mar achak kata siwiny (*Euphorbia hirta*)

Kau buya ni ka ongima moromo lwedo achiel kopong, ngade gi makas maler mondo iwe tiende eloo, mondo chieng' moro oti kendo. Chwakepi ma oromo lita achiel moromo dakika 15. Chungi mondo imadhe matin matin eyi odiechieng'. Nuo thiedhni moromo ndalo aboro. Thiedhni kendo ber ahinya etwo ar amoeba. Nyaka ing'i yadhni maber nikech nitie moko madwa chalo kode.

Ong'eny ahinya epinje manie Tropics.

Odongo moromo cm 30 nyaka 40, to kendo

bath pote otitore maber. Kore ni gi yier

mang'eny matek to rangi gi ratong'. Inyalo ngeye gi gik moko adek gi: 1) Kore golo chak kong'adi. 2) Ogolo maupe moko matindo tindo maralum (but bedene ma pote owuokie) 3)

En gi kodhi matindo tindo man gi rangi makwar kendo gin bethe adek.

E. Apoyo (*Carica papaya*)

Kau pot apoyo mopongo lwedo achiel mondi ichwak moromo dakika abich. Chungi mondo imadhi matin tin odiechieng. To en yath makech ahinya.

F. Diep mager kata diep mar amoeba

Kau lwedo achiel kopong' mar

- Buya mar achak kata siwiny (*Euphorbia hirta*-biya te, maua tiende kende e ma mondo iwe).
- Pot mapera.
- Pot maembe mapok otegno kendo rangi gi ok ralum ahinya, kata inyalo tiyo gi opoko mar maembe (mano mantie ebedene kende).

To ka ionge kodi mapera gi maembe, to inyalo tiyo gi pote apoyo. To samoro pote apoyo jakelo ng'ok- to ka mano otimore, to kik iti kodgi. Koro chwakyedhe mawandiko malo ka gi moromo dakika 15, elita achiel mar pi.

Rapim: Nyithindo man gi igni

1 nyaka 3:	1/4 lita odiechieng'
4 nyaka 6:	1/2 lita odiechieng'
7 nyaka 12:	3/4 lita odiechieng'
13 nyaka ngamaduong'	lita 1 odiechieng'



To kod yadhni maromo ndalo 8, kata ka iseneno ni tuo orumo. Mondo omi kute nyaka tong' mag amoeba wuog te e ich. To kendo ber dhi nyime gi yath golo koda ka njouni mantie e ich. Epiny Congo, kamoro i bukaru, kama gisebedo ka gi kano rekod kaka yath tiyo, giseyudo ni yadhni tiyo maber, kendo ji molooyo mia ariyo mane nigi tuo mar amoeba to gi dysentry nesethiedh gi yath mar buya mar achak kata siwiny, pote mapera gi pote maembe.

H. *Azadirachta indica* (nim): ne kare 9.5 D

I. *Moringa oleifera* (moringa): ne kare 11.5

J. Pi michele: modh pi ma otedgo michele

* Paro: Lwedo achiel enango? Kaka wawuoyo ewi lwedo achiel, mano tiendo ni pot yien ma inyalo mako e lweti achiel kopong kiumo.

Kare 5: Malaria

5.1 Introduction

Epiny duto, machiegni ji million 500 yudo malaria e higa ka higa. Ekind million 22 gi 3 mag jogo tho ga, ma ngeny gi gin nyithingo ma jo igni abich kadok chien.

Malaria landore koa kuom ngato kadhi kuom ng'a ma chielo gi suna miluongoni 'Anopheles'. Ka gi kaoremo koa kuom ng'ama nigi kute mag malaria, kaeto kendo ka gi dhi kuom ng'ama chielo to gi chuowe gi kute go giolapgi. Koro kute go yudo yo ma giringo go nyaka eyi chuny, to ka giya kanyo to nyaka e remo. Bang ndalo abiriyo kata nyaka apar, bang ka suna osekeche, ng'ano nyaka bed matuo.

Malaria japondo ga edel lakini en ga gi ranyisi machalo:

- Diep gi ng'ok
- Kirni mar del to gi lalo paro
- Rem mar remo e del
- Wich bar

Omiyo nyaka ung'i ahinya ni to en tuo mane manie e del, onyalo bedo malaria koso?

Yedhe nyaluo nyalo konyo ngima mar ji mang'eny: Ranyisi maber a e piny mar D.R Congo. Ehiga mar 1997, bisop mar kanisa man tie Bokungu-Ikela ne oringo mondo okony ngima ne, mondo kik jolweny make, kaachiel gi ji piero ariyo majo kanisa ne, negi tieko jumbe angwen eyi bungu. Kuno neonge ndi to onge yedhe - ne gidak mana eteyien! To ka ne gi winjo del malit to ne gi madho chae molos gi yien mondik piny ka gi. "Kaka ne waparo ni malaria biro mako wa, mano ne ok otimore", Bisop no ne owachonwa kamano.

5.2 Kaka inyalo geng'o malaria

1. Duok uru piny ng'eny mar suna!

- Kik ibed gi pi etangi ma ok iumo.
- Kik wawe pi tho gudore kamora mora.
- Kik wawe yugi machalo ndind mitoka moti, to ayi mikebe nywandere kamora mora nikech gin ema suna nywolie eyigi.
- Kik ipidh lum maboyo but ot.

2. Kik wawe suna kawa:

- Oningo wati gi ned suna kawanindo

- Wanyalo riembo suna gi iro mag yiende machalo majand lum kata Artemisia ka wa wango eyi agulu.
- Inyalo medo mo Arubaine matin eyi tach nyangile.

3. Kik wawe tuo mondo olandre:

- Nyaka thiedh ng'ama tuo.
- Kik wami tuo teko mar tamo yath thietho-wanyalo tiyo gi thieth e mopogore opogore kaka ondiki. ne (tebo 5).

4 Wager del ma tuo ok thor mako:

- Ka in gi malaria - thiedhe kaka dwarore.
- Cham olembe to gi alode - man gi vitamin C.
- Med kitungu saumu manumu e chiemo.
- Wawe uru madho kong'o mang'eny gi ndawa.

5.3 Thiedho malaria gi yiend nyaluo

Inyalo tiyo gi yedhe mopogore opogore mag nyaluo- ma ok bi miyo malaria theki ethieth. Modh pi mang'eny, nikech pi miyo del luoko chilo mantie e ich ka ng`ato golo luya. Chae ma olos gi majand lum bende luoko del nyaka remo. Ber ka jatuo man gi malaria omodho chach majand lum maromo lita ariyo odiechieng' pile pile to kendo omedie lita achiel kuom achel e yedhe ma ondikie tebo 5. Ma bende kabere to oningo ng'at ma winjo ka nigi liet mar del ma okaloro go oningo omadh lita ariyo mar chach majand lum pile pile.

Chenro mar thieth.

1. Jomadongo oningo omadh lita adek odiechieng. Nyithindo bende nyaka madh yath mangeny kaluore gi pek mar dendgi.
2. Chae no inyalo lose ka ikao pot yien ma ichwako, kata ka ichwako pi aeto iole pot yien. Ol lita achiel mar pi mowalo ewi arubaine mangich minyalo mako eyi lwedo, kata (giram 15 mag pot Artemisia kata arubaine) We mondo okwe kuom dakika apar, kaeto mondo ichungi..
3. *Chuako yath*: Los marom gi kaka iloso “oolo pi mochwaki e yath” aeto chwake maromo dakika 20. kae to ichungi.
4. Ka majand lum, to chwak pot gi moromo dakika ariyo, we okwe moromo dakika 10 aeto ichungi.
5. *Cassia occidentalis*. (Oingla tiang) Pon pot oingla tiang mangich moromo giram 20. Kik ipon gi kod kodhi. Chwak epi moromo lita achiel kuom dakika 15. Kwe aeto ichungi. Tim kamano moromo ndalo abich.
6. *Vernonia amygdalina*. Pote kech ahinya. Opoko mag tiendene ber molojo. To ka itiyoo kod tiendene, to ti gi tiendene mabathe mondo kiki mi yien tho. Chwaki maromo eyi lita achiel mar pi, moromo dakika 20. Chungi aeto imadhe dingwen maromre eodiechieng'. Dhi nyime gi thieth maromo ndalo 7.
7. *Cinchona officinalis*. Tem thieth ni kama: Chwak giram 10 kata ojiko adek matindo ka opong mar tie yien ni ma orege e lita achiel mar pi maromo dakika 10, chungiaeto imadh matin matin kuom seche 24. Nyithindo onego omadh matin kaluore kod pek mar dendgi.

Tebo 5: Thiedho malaria gi yiend nyaluo

Nying yien	Kaka luore gi liet mar del °C	Gima itiyogo	Kaka itiyogo	Teko yath	Rach ma yath nyalo kelo
<i>Cymbopogon citratus</i> (majand lum)	Kinde duto	Pote	Chae (ne paro 4)	+	Onge
<i>Allium sativum</i> (kitungu saumu)	Kinde duto	Otungu	Ojiko adek mag chiemo mopongo kitungu saumu mongad matindo pile pile	++	+ ich kach
<i>Zingiber officinalis</i> (ginja)	37.5	Tiende	Cham ginja manumu mopongo lwedoka imiyo, kata ichwak maromo dakika 10	+	Onge
<i>Psidium guajava</i> (mapera)	37.5	Pote	Chwak yath e pi	+	Onge
<i>Carica papaya</i> bede (apoyo)	38.0	Pote	Chwak pi maliet kae to iol e yath	++	+ Onyalo ilo bede
<i>Cassia occidentalis</i> (oingla tiang')	38.5	Pote	Chwak yath e pi (ne paro 5)	++	+ diep
<i>Azadiracta indica</i> (nim)	38.5	Pote (ne paro 10)	Chae (infusion)	++	++ Onyalo kelo chuny matingore
<i>Vernonia amygdalina</i>	38.5	Pote kata	Chwak pi maliet kae to iol e yath	++	+ pok onge
<i>Cinchona officinalis</i> (china tree)	40.0	Opok mar kore (ne paro 10)	Chwak pi kae to iol e yath	+++	+++ winjo ka iti, mor, ywak, ngor
<i>Artemisia annua</i>	40.0	Pote (ne paro 10)	Chwak pi kae to iol e yath	+++	onges

8. Sukari kata mor kich inyalo medie eyi yedhe gi te. Malaria tieko sukari eyi del, miyo timo kamano biro konyo duoko sukari eyi remo.
9. Ka yedhe gi duto ok otiyo, to onego imed miyo jatuo lita 2 mar chae molos gi majand lum e odiechieng'. To mondo imi jatuo yedhe osibtal machalo 'fansida'. To nyaka ipim maber ma iyud ni malaria ema tuoyo jatuo . Keti eparo ni onge jotuo ariyo mabiro chal. Kata ka samoro ji ariyo nyalo bedo ni tuo machal, to ok yien achiel nyal thiedho gi giduto.
10. Mine mapek ok oningo oti kod nim kata gi *Vernomia amygdalina* kabisa. Kendo kik gi it kod *Cinchoma officinalis* kata gi *Artemisia annua* kuom dweche adek mokwongo kuom mine mapek. To mine ma osekadho dweche 3 to kod nyithindo mapok okadho higni abich to nyal, to kanyalore to onego iti gi atimisia mana ka kaka dokta owacho.
11. Ti gi yedhe gi duto moromo ndalo 5 nyaka 7.

Kare 6: AIDS

Ayaki en tuo manyien mager. En tuo nyach miyudo kuom riwruok gi dhako kata dichuo man kode. Yath mathiedhe pod ok oyudi. Kata obedo ni iyudo epinje duto, ongeny ahinya epinje mag Afrika. Nyithindo mangeny oselalo jonyuolgi duto ariyo nikech Ayaki. Ma omiyo gibedo kiye. Moko to koro odong kod janyuol achiel ema pod ngima to kata janyuol no bende Ayaki osemayo teko.

Jok man gi tuo mar Ayaki ni gi teko matin ahinya mondo omi mdendgi geng tuoche. Omiyo iyudo ni sate gi tuore kod tuoche machalo wich bar, diep, nimonia to kodi tuoche mamoko mamiyo koro githo nikech koro del ok nyal gore gi tuo. Oningo obed ni ka tuoche gi oneno to mondo wathiedghi. Sandruok mar jok man gi Ayaki kelo chandruok ahinya ne jok ma ngima.

Waseneno tich ma oti maber ahinya mamedo jiwo jotuoche ewach tuo kata gi parruok. Ranyisi maber en kibison project mantie Rusinga Island, kenya. Ma Esthe Odhiambo to kodi jokonyne, konyo ji mang'eny ahinya mani kod Ayaki, kaachiel gi wedegi to kata gi nyithindgi modong, ka gikonyo gi kod paro maber mag dak. Gikelo

ji kanyakla, mondo omigi yud kaka gikonyre ka gitiyo tije ma opogore opogore mondo omi giyudie otonglo machalo kaka sabun molosi kodi nim. Anyuola mar ji 3,500, ma odak epiny markadami, Teso, Uganda bende ranyisi maber ahinya ne ji mang'eny. Kata gibedo jok ma ongego, to gisebedo ka gikonyo nyithindo 300 ma kiye e utegi, to moko iyudo ni kata ok ae e anyuola achiel.

6.1 Kaka ayaki landore.

- a) riwruok mar hera kuom ngama dhako kata dichuo man kod Ayaki.
- b) tiyo kod sindan mar chuowo del kata ma tucho del ka pok ochwaki eyo malongo.
- c) ka omiyi remo mar ngama nigi AYAKI
- d) miyo mapek bende nyalo miyo nyathi yud ayaki ka inywolo nyathi.

Omiyo duto, Ayaki yudore ka remb ngama dichuo katangama miyo odonjo edend ngamachielo, kata lach mar nyodo mar dichuo kodi mar miyo ka odonjo e dend ngamachielo. To inyalo yudo ni ngama ni gi Ayaki dende nenore mangima- samoro biro kao dweche kata higni mondo onenre matuo.

Ayaki ok bi landore ni nikech idak kod ngama ni kode e yi ot kata mana e rum. Moso ngato, kwako ngato kata mana riwo cho oknyal miyo ngato yud AYAKI.

6.2 Kaka inyalo geng AYAKI.

- a) Yo maber ahinya en bedo gi jahera achiel. Bedo gi jahera achiel nyakachieng utho ber kabisa. To kata kamano otamore to oningo iti kod kondom. To kik iriwuri eyo hera gi ngama malaya.
- b) Nyaka to ibed gi adieri ni gi tucho it kata mag tero chupo nyanguechuo oluoki mochwaki maber ka pok otigo kuom ngama chielo
- c) Kendo ngi uru ahinya wach mar remo rumo edel. to ka ochuno ni nyaka medi remo no oningo ongi gi daktar moyudo ni oonge kod kute mag AYAKI.

6.3 Ngeyo ngama ni gi AYAKI

Ranyisi mag jok man gi AYAKI opogore kuom ngato ka ngato. Nyalo kawo ngato ndalo mangeny ahinya ka pod ka ongere ni ng'ato ni gi tuo mar AYAKI. Nikech ranyisi mag tuoche chalo man gi tuoche ma makowo pile, mak mana ni gibiro matek to kendo gibudho adel. magi e kwom ranyisi go:

- Jatuo bedo modhero matin matin ka ndalo medo sudo.
- Diep mak ok rum.
- Del maremo pile marumo to kendo duogo
- Ahonda ma ok rum
- Gwonyo e del
- Teko rumo e del

Pimo mar daktar kende ema nyalo wacho ni ngato ni gi AYAKI kata oonge go.

6.4 Kaka inyalo rit ng'ama nigi Ayaki

6.4.1 Gi hera mang'eny to gi geno.

Nyaka wabed gi paro ni hera eyath mokwongo ma oningo omi jatuo. Chuny ma mor en yath maber moloyo.

Nyis uru jatuo ni uhero gi. Jotuo nyalo konyo engiyo jotuo wetegi matuo ahinya. Land uru weche mag geng'o tuo ni esikul to gi kuonde mamoko.

Ket jatuo mondo obed machiegni gi anyuola ne. Wuo kod jatuo, mul jatuo mi jatuo geno ni obiro chango , miye gik ma ohero. Ji mang'eny osekurore ma ochango kuom tuoche ma opogore opogore machalo kata mana AYAKI! Wach osibtal oningo obed paro ma ogik.

Chiemo maber. Lu weche kaka owachie e kare1. Olembe to kod alode beyo ahinya e loso del. Pot moringa mang'ich mangich mag moringa ni gi vitamins to gi minerals mabeyo.

Los ot to gi aluora mar ot maber. Los ot mondo obed maler kendo ng ni ler mar chieng donjo maber. Ngau pichni e kor ot , mi jatuo otanda malongo mayom. Um matres gi jwala maber to gi side maluoko yot. Yud ned suna mondo iketie aeto ikawu maupe to gi pot yien mariembo kute machalo majand lum,"tagetes" to kodi "eucalyptus".

6.4.2 Thiethgi yiendenyaluo.

A. *Allium sativum* (kitungu saumu)

Med kitungu saumu echiemo mapile mondo omed gero del.

B. *Artemisia annua* (ne sura 8.5)

Jok man gituo mar AYAKI ni gi teko matin ahinya eremo. To oseyudore ni artemisia ma a eyien miluongo ni Artemisia miyo remo bedo gi teko e ratil maber kaka dwarore.

C. Arobaine (*Azadirachta indica* = neem)

Ne onyiswa gi jo kenya ni chamo kek mar arobaine, kata opoko maiye mar arobaine ma oluok maber aeto oregi (kocham kaka en kata ka olos godo chae) konyo ahinya jotuo man gi AYAKI. To sabun mar arobaine ka oti go to biro gengo tuoche mamako pien, to kek mar arobaine bende kocham pile to bende iwacho ni gengo tuoche ma moko.

6.4.3 Yedhe nyaluo moikine tuoche ma opogore opogore.

Del maremo. Ka jatuo winjo del malit, to bende oneno ngama tuo ohewo, to rwaye pile pile. Los mor rwecho kaka luwore; mokwongo, swag pot; machunga,"Eucalyptus" to gi pot majand lum. Aeto ikau okombe achiel (manyalo bedo 100ml) mag kila poda ma oreg go mondo imedie lita1 mar mor tedo. Chwakgi kanyakla ka itiyo gi sufurieche ariyo ma maduong gi matin achiel bedo gi pi eyiye to machielo yedhe. Sufuria maduong ma otingo pi ema bedo ewi mach to matin ma otingo yath to iketo kobedo ewi pi to iwe chwakore moromo saa achiel. Chung yath mondo iwe mana mo ka kwe to kikirudi. Kau mo no e okebe ma iloro kabisa ma yamo ok nyal donje mondo ikau kama ler ok go.

Rito pien del. Thiedh del gi mor tedo, kata mo ma olosi mar rwecho kaka ma ondiki malo no, to koro ti mana gi giram 30 mar majand lum kau giram 100. Kau opande angwen mag sabun (Mag duka kata ma iloso kendi iwuon), To gi mor chiedo mar salad to kodi pi ma bende romo gi mor no. Riwu gigi kanyakla aeto mondo ichwaki nyamul mos nyaka sabun tore kabisa. Rude ma nyaka okwe, aeto iole kama ber mondo oling maromo jumbe ariyo eka ichak tiyo kode.

Dhero. Mi jatuo chiemo ma opogore opogore to kendo mayudore kwonde mawadakie. Wawe bedo gi miluma ne chiemoma oa oko machalo kaka sukari, cha poda to gi chiemo mamoko. Chiemo mawangodo machiegni ber molojo. Ka chiemoma ondikie "Table1 sidieny1"

Ahonda. Kau pot eucalyptus mapote boyo cha (eucalyptus globulus) mondo inyam nyamul mos. Madh "decoctions" ma olos gi pot machunga ayomo, pot machunga to kodi pot avokado. Mondo ikau pot yiende go manyalo romo eyi lwedo ka imiyo gi lweti achiel mondo ichwakie lita achiel mar pi moromo dakika abich. Chungi aeto kwe.

Del maliet. Madh lita adek mag majand lum pile.

Wich bar. Tem kofi, kaka chae ma olos kod pot kofi , chae ma olos gi pot njugu kata pot olemo ma pason. aeto mondo inyam kola nuts ka nyalo yudore.

Ich kach. Ti gi yath ma olos kod koth kiombi. Riu gig kanyakla

Kodhi mag koth kiyombi ma otwo

Aeto oregi (*Datura stramonium*) 8g

Kong'o, 95% 45ml

Pi maler mochungi 55ml

Kar mondo iti gi kongo togi pi mochungi maler, to inyalo tiyo gi kong'o ma ngufu ne 45% (oningo obedie kar 40 nyaka 50 %) machalo kaka wiski. We moromo juma achiel aeto ibi mondo ichungi. Yadhni ni gi teko mana kaka yath ma a loka miluongo ni balladona tiucha.

Rapim:

Jomadongo: Kangeny to tone 30 didek odiechieng'

Nyithindo: Pim tone kaka luore gi pek mar nyathi, tone achiel kuom kilo achiel kamano kamano. Didek odiechieng'

To ka yath mar koth kiombi oknyal yudore, to inyalo tiyo kod yath ma ingiewo eduka, kata inyalo nyamo kodhi madhi apar kata 15, didek eodiechieng', nyaka ich kach rum. To nikech yadhni ni gi atropin, omiyo thietho kode nyalo miyo ng'ato dhoge two, adundo goch matek to kodi chandruok mar ich rego chiemo eyo makare. Tang ahinya kaka itiyo kode nikech en yien ma sum!



Adhola, buche to gi adholani ma chiemo. Thiedh kaka owachie kare 2.

Tuoche mamakopien del. Ne kare 3.

Diep. Ne kare 4.

Malaria. Ne kare 5.

Obo ichkata wenge ma okwot. Madh chae ma olos kodi maua mar “chamomile” kata “*Artemisia annua*”. To thiedho wang, to chung achiel kuom chae ma owuoe migi gi ekaratas we mondo okwe aeto iwok godo wang' ka itiyogi lau maler ma ochwaki mondo oneg kute.

Del maremo. Ka jatuo tho gi rem, to mi jatuo pot njaga ma pod tindo to otuo mondo omadhi ka ndawa. To nyaka to inyis laktar mondo oyud ni rusa na kuom jo sirikal nikech pinje mang'eny njaga okum-ok dwar mondo omadhi.

Sidieny 3: Tije yiende ma opogore opogore epinje maliet (Tropics)

Kare 7: Kitungu saumu (*Allium sativum*)

7.1 Kit yien: famili: Liliaceae

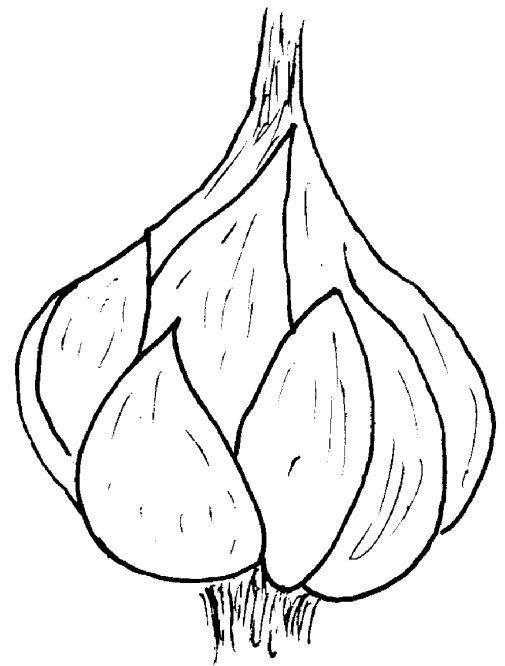
Kitungu saumu nyalo dongo edweche duto mag higa. Odongo ma bor ne romo sentimita 30 nyaka 90, to otungu ne no achiel nyalo bedo gi opala madhi abich nyaka 15. Oa epiny ma loka Urop nyaka malo mar Afrika, to sani ongeny ahinya epinje maliet machalo kaka Kenya

7.2 Pure

Kitungu saumu ohero lowo mang'ich kendo kau opal mar kitungu mondo ipidhie kama nigi tipo, pidhgi maromo sentimita 5 eyi lowo, sentimita 15 ebath nyawadgi to sentimita 30 e laini machielo. To ka gichako golo maua, to ngad pote go oko mondo tegno ne odhi e kitungu. Gol kitungu e lowo ka ineno ni potgi osechako bedo marabuor to kendo osechako neno ka gi owang. Mo kitungu go kama nitie tipo gi yamo maber, aeto igol lowo to gi opoko kuom gi maber (Ti ma mana ka gituo maber mondo kik iketh gi) kan gi e agulu.

7.3 Teko mar thieth mar kitungu saumu.

Osewachore ni kitungu saumu e ranyisi maber erieko gi kit piny (phiosophy) ni yadhni oningo obed chiemi to chiemi yadhi. nitie sigana moro mar teko mar yadh kitungu saumu, ehigni machon mag 1700. Jokuowe angwen ndalono, ne oyudo rieke mar kingo tuo mar koko momiyo koro ne gi kwalo jok mane otho gi tuo no nikech ji ne oluoro mulo jo ma ne otho gi tuo no. To chieng moro achiel ka ne omak gi, to ne gi ulo ni gisebedoka gimadho vinega gi kitungu saumu. Jo nono wacho ni nitie gima iluongo ni "Allicin" (ema miyo tok ok ni kende) mantie e kitungu saumu thietho kamano, kendo omiyo en gi arufu makech no. "Allicin" no yudore ka gik moko ariyo eyi kitungu saumu no odhi oriwore magin allicin to kodi allinase, ma timore sama kitungu saumu oregi kata oswagi kata ongadi matindo tindo.



To kendo iwacho ni kitungu saumu nyalo thiedho tuoche modhuro, machalo kaka ahonda guogi, tuoche mamako opira mag lach, tuoche matamo ich rego chiemo, kute mantie eyi del, tuoche mamako pien dhano yembe to kodi del mabedo maliet maohingo rego. E pinymar China, osebed kithiedho kode diep, ahonda maduong', diptheria, diewo remo tuo mamako thuno, siling, "typhoid" to kodi kor mathung'. Epinje mag wasungu osebed kitiyo kode ethiedho ahonda ma ok rum.

7.4 Gero del

Ka ing'iyee chamo kitungu saumu mapile, to ibiro duoko yore mag yudo tuoche gi chiew:

- tuo adundo

- adhola ma ok changi
- tuo manego chi a bath
- adundo magocho matek
- athunga

Kitungu saumu timo magi nikech:

- Oduoko kipimo mar mo manie remo piny
- Oduoko poto mar remo chien, achiel kuom gik mamiyo remo koto e del.
- Onego kute. To samoro yudore ni yedhe mag osibtal magengo kute e del nyalo bedo mapek moloye to kata kamano kitungu saumu tiyo maber ahinya e del.

Kendo eyo mayot - kuonde matuo omako.

Ka ne tuo mar talarieya (wich bar ma thalo tok) omako gweng moro e piny mar Ethiopia, to jo kanyo no puonji ewach mar chamo kitungu sumu manumu. Kuom jok mane ochamo, onge kata achiel kuomgi mane otho, to joma moko go to ne otho.

7.5 Loso yedhe mag kitungu saumu

- Cham kitungu saumu manumu - ma ber moloyo!
- Ti gi kitungu saumu e tedo.
- **Kitungu saumu ma oriu gi mor kich.** Pong mikebe ma olos gi gilasa kodi kitungu saumu ma opoki to kendo ong'adi. aeto ol mor kich mos mos, adek. mor kich biro ywayo pi kitungu saumu, manyaka kitungu saumu nenre gima dwachalo chupni matindo tindo. Kik ichungi, to tigo ma ok okadho dweche manyaka kuonde modong thuolo te ebethe kitungu saumu pong. Kau okebe no mondo iketie kama liet nyalo romo 20°C. Bang jumbe ariyo kata angwen.
- **Kitungu saumu ma oriu gi sukari.** Swag opilo mag kitungu saumu manyalo pong'o ojiko achiel mar chae. Riu gi sukari kata mor kich bende ojiko achiel mar chae. Ti go sano.
- **Kitungu saumu gi mo.** Kau kitungu saumu ma opoki, to kendo imedie mor salad mar chiedo (kata mo moro amora maber mar chiedo) ma nyaka ponge. Lor okebe no matek mondo ikete kama liet nyalo romo 20°C maromo ndalo adek. Bed ka iyunge odiechieng ko odiechieng. Kane kama okwe ka ok ichunge. Ti kode kuom thuolo maok okadho dweche adek.
- **Mo mar kitungu saumu** mar kitungu saumu. Bud giram 200 mag kitungu saumu ma opoki to kendo ong'adi matindo tindo e lita achiel mar kong'o mar "brandy" kata kong'o moro amoro ma tekone en 40% kuom ndalo14, e 20°C eyi chupa ma lorore matek ahinya. Yung chupa di mang'eny pile ka pile. Gol oko kipande mag kitungu saumu. Yadhni nyalo budho maromo higa achiel.

7.6 Tuoche ma kitungu saumu berie.

A. Ahonda, athula ma kelo wich bar to kodi duol maremo.

1. Cha,m opala achiel mar kitungu saumu didek e odiechieng'.
2. Madh ojiko achiel matin mar kitungu saumu ma okik gi mor kich bang seche.
3. Nyithindo nyalo kao ojiko achiel mar chae ka opong, mar kitungu saumu ma oriu gi sukari bang seche matin.
4. Madh kitungu saumu ma oriu gi mo ka opong ojiko achiel mar chae di uchiel odiechieng.

B Kor ma opong, to gi wich bar ma ok rum. Bed ka itono mor kitungu saumu eyi um duto ariyo, kata dho opalo ariyo mag kitungu saumu mondo iketie eyi um.

C. Ng'ikruok, rem e del, silinge to kod tuoche matindo mag pien diel. Ruchie mor kitungu saumu ewang kama tuo no.

D. Tuo sukari. Cham kitungu saumu manmu pile ka pile. Kitungu saumu to kodi kitungu duoko sukari manie remo adundo magocho matek piny.

E. Adundo magocho matek. kau tone mag mo mar kitungu saumu mar kitungusaumu dingeny e odiechieng kaka dwarore.

F. Buche ma onge dhogi, to gi adholni man gi tutu eyigi. Ne kare 2.f

G. Malaria. Ngad kitungu saumu matindo tindo. Cham mimwony jiko maduong mar chiemo mar kitungu saumu mongad matindo tindo no didek e odiechien, aeto imadh lita 2 mar chae molos gi majand lum e odiechieng. Dhi nyime gi thieth maromo ndalo abich. Ka nyalore to medie thieth moro mar malaria. Inyalo tiyo kod yiend osiptal

H. Ayaki. Med kitungu saumu mangeny e chiemb jatuo mondo okony e gero del. Kitungu saumu sani i tiyo go ahinya kwom konyo jatuo man gi malaria to gi AYAKI

I. Ka kute okayi. Kute ok gin gik maler! Omiyo ka gi kayi to inyalo bedo gi adhola. Thieth en mana rudho kama oka no gi kitungu saumu manumu, kata ngad kipande mar kitungu saumu mondo itwe kanyo no gi nanga molir moluok maler.

Kare 8: *Artemisia annua anamed (A-3)*

8.1 Kit yien Famili: Asteraceae

Artemisia annua en yien manyalo ti mabed mabor maromo mita adek ka orite maber. A3 en yien ma owuok bang kiko yiende ariyo ma oa piny mar China to kodi Vietnam, ma ka opim mar China to kodi Vietnam, ma ka opim kodi ma oa e bungu to ni gi kony mangeny ahinya; kaka:

- Odongo maduong
- En gi pot mangeny
- Okao ndalo mangeny ka pok ogolo maupe mondo otho.
- Yadhe ni gi teko ahinya.
- To kendo ber ne ni en yien ma nyalo ti e pinje maliet “Tropics”

8.2 Pure

A) **Kodhi nyaka bed motwo pile.** Higa ka higa, ibiro yudo ni kodhi mati, biro duogo chien gi 30% kende.

To kendo ibiro yudo ni kodhi to gi yiende ma koro eka ti, tindo tindo ahinya kendo nyalo kethore mayot ahinya! Kik ipidh yien ni ka ingeyo ni ok ibi rito gi maber. Pidh gi maua ka in ng'ama ongeyo ni biro tiyo koda obed chieng jumamwos kata jumapil.

B) **Loso Lowo.** Riu okombe apar mag lowo machwe to kodi okombe apar mag kwoyo. Aeto mondo imedie okombe 20 mar pi, mondo ichwak gi kanyakla ma ka tin to orom dakika abich, mondo oneg kothe buya.

C) **Loso kar pitho.** Ber ka olos kar pitho ma inyao ting, machalo kaka bao malach, to kata iti gi wi ndowo. Kik wiwi wil mar tucho buche matindo tindo ewi ndowo no mondo kik pi chungu.

Kuom kodhi 500, ibiro dware kar pitho (tandalo) 50cm x 50cm. Pong tandalo no gi 5cm mar owo. Aeto mondo i ol ne pi. Oningo ipor kodhi ewi lowo maromre maber-kichungi mar chae nyalo konyo ahinya etijni. Ka in gi gir olo pi ma olo pi mos, to tigo. Kik iti kodi “watering can” nikech ibiro luoko kodhi oko! Kik ium gi nikech osekik gi gi “Kaolin” ma oromo umo gi maber.

Ngi’ ni tandalo mar pitho no nigi liet moromo. Kar mondo ibed ka iolo ne gi pi pile, to um wi tandalo no duto gi jwala ma iye neno -to kendo nyaka ituch kuome buche. Liet mantie eyie kanyo ber miyo gichak ti. To ka gichako ti maboyo boyo to kendo mayom yom, kata ka gichako pur, to gol jwala no. Gima kendo inyalo timo en keto tandalo mar kodhi eyi tere maduong man gi pi eyi dingeny e odiechieng mondo omi pi odonjie elowo maber ka a piny.

Koth “Artemisia” nyaka ne ler mar chieng eka gi ti, omiyo nyaka to iket gi kama nitie ler, to oki kama chieng go gie tir; kodhigo kik bed ma otwo.

Liet maber en 18°C to gi 25°C, to kata 30°C bende ok liet ahinya. Kodhi biro chako ti bang ndalo 3 nyaka 7. “Artemisia annua” en yien bila mar “dicotyledon”, manyiso ni ka oti to obiro golo pote ariyo. Manyisore ni opogore gi lum nikech lum biro golo pot achiel.

Kuom jumbe auchiel mokwongo oningo i ol negi pi ka itang’ ahinya. Samoro biro chuni ni mondo i ol ne gi pi didek e odiechieng. Nyithi yien ma oti ka odhigni inyalo golo ma ipidh gi kama chielo e tandalo no.

Paro machielo maduong: n ng’ado bede yien aeto ipidho!

To ka kodhi matin kende ema oti, to ongerach! Nikech inyalo ng’ado bede yien ma oti maber ma kendo ipidhi. Ngi yien ma ipidho go maber ahinya. Rang yien manenore maber kendo mangich mapote ng’eny. Chak ng’ado bedene ma bor gi dirom 2cm, ka yien oseromo dweche ariyo kaeto bange inyalo koro bedo ka itimo kamano bang ndalo. Ka itimo kama, to ibiro yudo ni kuom yien achiel ibiro yudo yiende 1000. Ng’ad oko pot yien madongo, sama idware pitho, los lowo mondo ipith sentimita achiel eyi lowo manie eyi tandalo kaka owachi malo kanyo. To ka en ndalo mayamo otho, to biro bedo maber mondo ium nyithi yien go gi jwala ma iye nenore kuom ndalo matin. ka itimo kamano to inyalo yudo yiende 1000 ma biro golo pot gi mangeny manyalo thiedho jotuo 5,000.



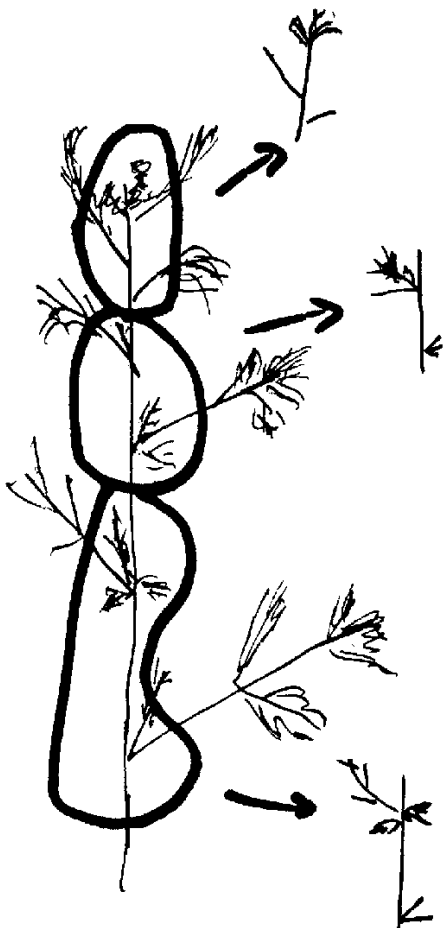
Paro machielo en kawo bad yien ma owuok oko mabor, mondo iwum kore od lowo ka osegolo tielo to ng'ade oko kuom mingi mondo ipidhe e puodhe. Kaka pile ti gi yiende ma onge mana kata mapok ogolo omusi!!!

Pidho yiende matindo e puodho.

Ka yiende go oseromo bor mar sentimita adek, gimoro jumbe ang'wen bang pithe, to dar gi iket gi ejwelni matindo tindo kata eyi okepe. ka giromo bor mar 15 cm, mano bang gimoro jumbe 8 bang pithe, to chak loso puodho. Yien ni ti maber kuonde ma opogore opogore. To oti maber e lowo mayom maonge kod asid mangeny, to kata kamano, samoro bende onyalo nyak kama nitie asid to mana matin. Gima ber pidho ahinya ka pok ipidho "Artemisia" en rabuon nya kisungu kata rabuon nyaluo, nikech rabuon ber ahinya kuom medo yamo eyi lowo. "Artemisia" en yien madwaro lowo machwe kendo man gi yamo ma oromo. Omiyo ber ka ipuro lowo ma

kendo ichako iyoro maber. To ka lowo tek to kendo pek nikech en lop chwech, to wit yugi mag yien e puodho to ngi kik iwit yugi mag yien man gi asid machalo "conifer" kata "eucalyptus", to med manyiwa mosefuwo maber machalo owuoch dhiang, diel, kata gweno, mondo i ik gi maber eyi lowo. Timo kama ber kabisa sama chieng omiyo lowo otuo to kaka ne waneno e piny mar Sudan.

Koro bang mago duto te koro inyalo pidho nyithi "Artemisia" go e puodho kind yien ka yien thuolo kao 60cm. ka itimo kama to inyalo yudo yiende 30,000 e heka achiel. To ka idak kama otuo ahinya, to pidh yiende ka ochanore elaini to so gi eyi lowo maromo 5cm. To ka idak kama pi lowo puodho kuom ndalo kaka egweng' moro e piny mar Nigeria to pidh yien ewi lowo.



To ka in gi kar pitho moromo/maduong' kind gi e puodho to ket nafas maromo miata achiel kuom yien ka yien mondo i pidh oganda kata njugu edier gi, kata inyalo kiku laini mar "Artemisia" gi yiende machalo kaka apoyo, oduma kata bel. Bange, yiende artemisia go nyalo dongo marom bor mar mita achiel! Ti gi kweru to gi olo pi pile. Lowo nyaka bed mangich, ahinya to jumbe ariyo bang pitho. Pidh artemisia kuonde ma opogore opogore e chieng, e tipo, kama otimo got, kama opie, mondo eka inge ni kama nade ema ber kodgi ahinya. Waseyudo ni sama liet nitie piny mar 30°C, to artemisia bedo ka hero chieng, to ka liet ohidho mokalo 30°C to artemisia biro dwaro tipo. E seche go koro mondo ilos ne gi tipo, ranyisi en gero tandalo ma olos gi odundu, ma inyalo pidhe yiende malak michamo machalo kaka, pason, budho to kodi oganda.

Ol pi pile pile. "Artemisia" en yien ma oluoro gik mangeny, omiyo obiro golo maua ka pok ndalo ochopo moloyo to ka piny bedo maliet ahinya. Sama giromo bor mar sentimita 50, to inyalo olo negi mbolea dichiel e dwe. Wadwaro ga ni ji oti kod manyiwa ma mag dala machalo kaka owuoch chiayo mosetowo maber. To maua ka ionge

go to inyalo tiyo gi manyiwa ma ongiu e duka machalo kaka N-P-K.

Artemisia en yien ma chiayo ok ohero ahinya, nikech gi biro chamo chiemo mamoko to giweye kanyo.

Paro: kaka owachi ni malo ka ni A-3 en haibrid, kothe ok nyal tigo. moko biro ti, to kata kamano yien moti go biro bedo ma onge kod teko, to bende gibiro bedo ka gipogore gipogore, kendo yadhgi biro koso teko maromo 30°C. Mano tin ahinya e thiedho malaria.

Tuoche maja make to kodi jowasike. Pile pile ka opidhe oko e puodho, to tuoche tek ahinya mondo omake. To ka opidhe e tipo moger kaka bwo tandalo, to tuo nyal make. Ka piny liet ahinya to kudini nyal mako pote, ka piny ng'ich ahinya to ginyalo pur. Thiedh kudni kodi yedhe ma a eyiende mamoko machalo kaka poda mar pairethrum (poda ber kod artemisia maloyo yath mikiro) Ka inyalo tiyo kodi yath molos kodi yiend arubaine. ne (sidiyen 9). Nitie ndalo ma nyithi artemisia osemonji gi dede, ochunglo to gi winy. ka mano otimore to um gi kod ned suna kuom jumbe gi mokwongo go.

Kaka inyalo pidho artemisia e pinje maliet.

Koda obed dwe mane e higa, pidh kodhi matin. To ka idakie ewi got, to pidh artemisia ndalo duto e higa. To ka idak kama liet to opie to pidh artemisia e tipo, mano nyal timore ka ikiko laini mar artemisia to kodi laini mar oduma. To maber ahinya en pidho artemisia e kor koth. To ka ipidhe ndalo ma oro eka ochako to nyaka iol negi pi!

8.3 Keyo

Ka pot artemisia te sama ineno ka gi dwa golo oomuri. Teko mar yath bedo malo ahinya mana ka pok gigolo maua. Yugi ma owuok bang keyo, inyalo tiyo go kaka mbolea.

Chik Keyo: Gi lwedo achiel, mak bad yien kilwero ka a malo kidok piny. To kihero to inyalo rwako glog! gol bede yien duto e pot yien ma ise kayo go. Inyalo tiyo gi pot yien mapod ngich go e thiedho malaria. Ka ok kamano to mogi e bao aeto mondoingadgi matindo tindo gi pala mabith. Ngad gi madirom 1cm, chal ka ng'ama ng'ado alot. Twe gi maber kuom ndalo adek chiel man piny 30⁰c. To ka yamo ngich to mogi e chieng to ka chieng liet ahinya to mogi e tipo. Kata imogi kama nade to ibiro yudo ni gituo bang ndalo adek. Sama pod gituo no, gol kete madidong' ka bang chungogi. Ma inyalo timo ka itiyo gi rachungi mar mogo.

Tuo pot gi go ka iketo "hydrometer" kuom gi. Epinje maliet machalo kaka Kenya to oningo kik liet kadhi 40%. Tek ahinya mondo ongere ni to yien otimo maber maromo nade e puodho mapod nyien. To kaber oningo bed ni Tan 4 mag pot yien ma osetwo yudore e heka (10,000 sq. metres), kata 400g/m². Omiyo puodho maromo square metre achiel nyal golo yath mathiedho ji apar kodi achiel (mano ka watiyo gi giram 35 kuom ngato ka ngato).

Keno: Ken kama nitie mudho, e ndoo ma iumo kata e pipa man kod wiye. Kau "hygrometer" mondo ilingie eyi pipa kata ndowo ma ikene no ka osowo 4% omiyo gi biro dak kuom higa achiel to ka osomo 30 % to nyiso ni pot go ni gi pi maromo 3%, omiyo gibiro dak maromo higni adek.

Pot "Artemisia" biro golo chae malongo ka gibiro bedo maonge gi kete kata maua, rangi mar chae oningo obed raum mamoko, to oki rabuor, to kendo chae bedo maber ka ne gitwo maber.

Bocho: Bo pot artemisia e jwelni ma kopong to biro romo giram 50, to kendo yamo oknyal donje. Ndik tarik ma oningo bedniyath biro kethore. Ka yath otwo maber to keno bende ber, to oningo yath dagi maromo higa.

Bei : Oning ius pot yien gi nus bei mag yiende machalo ka fansida to kodi kwinin. wuo gi jo sirikal! Ka pinyu onge artemisia ma osepithie to oningo inyis jo sirikal mondo omiyi rusa mar pidhe.

Migao mar sirikal mochung ne weche mag pur ni artemisia sami ipidho epinje mag Afrika, machalo kaka piny mar Tanzania ma nigi heka 1500 ma opidhie Artemisia. To ka nyalore to bnde inyalo wuoyo kod Bisop mondo owuoni gi jo sirikal.

8.4 Thiedh malaria gi *Artemisia annua* anamed “A-3”

Kendo wamedo paro nu ni nyaka to unyis jo sirikal ni utiyo kod yadhni. Kik uluor nikech uluo chike ma “World health organisation”(WHO) oketo. E higa mar 1987 WHO nene ondiko piny ni pinje duto ma ondikore kode ni;

- a) Oningo gi ti kod nyamrerwa e osibtal mantie egweng’
- b) Ni oningo gi kony e somo yiende mag nyaluo.
- c) Mondo gi konyre e paro gi pinje mamoko kuom wach mag yiende nyaluo

Lim jotich mag WHO kodi jo ministry mar health e pinyu, nyis gi bugewagi to kodi yien maungo. To wang’eyo ni gibiro mor kod tiji!

Wach mar jipo- to kodi puonj:

anamed nyalo konyo ngima mangeny gi artemisia molooyo yien moro amora! Chae ma olos kod pot Artemisia annua osebed ka itiyogo e piny mar China kuom higni ma okadho 2000 ethiedho del maliet. Yedhe 31.6 million mag “Artemisia” ma olos koa eyien mar artemisia annua, ne opog e piny vietnam e kind higa 1991 to kodi 1998 ethiedho malaria. To kata kamano, ber ka ji ong’eyo ni thieth moro amora obed mar yien molosi enag osibtal kata mag nyamrerwa ni kod giko mar ber ne. Omiyo biro bedo makosa mondong’ato owachi ni yath yien ni kende e manyalo thietho.

To jo *anamed* nene ong’iyo ma onwang’o ni chae ma olos kod yath ma migosi mar “hybrid”, A-3, ber ahinya ethieth mar malaria. Pimo mar yath mawatiyogo ae ebuk jo China ma iluongo ni ”IX Chinese Book of Drugs” to gi buk ma iluongo ni “Hagers” to kodi nono manewatimo e univasti mar Tubingen e piny mar Germany. Wanyalo wacho kendo gi chir ni klinik adek epiny mar Kongo ni gi rekod ni jorotenge 161 ne othiedh gi chae mar artemisia; bang ndalo 5-7 91% mag jogo ne onge kod kute mag malaria.

Ber kawanbende wangeyo ni thiedhni bende nyalo thiedho wasunge maonge kod teko mar gengo tuo mar malaria.

Loso chae mar A-3

Kuom jodongo ma nigi ratili madirom 60 nyaka 70, to ol lita achiel mar pi mawalo ewi giram abich mar pot A-3 ma otwo (Kata giram 25 mag pote manumu), we mondo okwe maromo dakika 15 aeto mondo ichungi. pog chae no dingwen maromre, mondo imadhi bang seche auchiel ka auchiel. (Iburo dwaro ratil maber- kata inyalo tiyo gi gir umo filim mar picha nikech giram 5 bende rom eiye)

Tang! Kik ulos chae mar artemisia e sufuria ma olos kod chuma nikech artemisia ger gi chuma!

Tebo 8.1: Loso chae mar A-3

Higni	Pek ma jatuo	Chae mar artemisia komadhi, giram mag pot yien..... eyi odiechieng kuom ndalo 7
2–3 dweche	0.5 g	100 ml
4–11 dweche	1 g	200 ml
1-2 higne	1.5 g	300 ml
3-4 higne	2 g	400 ml
5-9 higne	3 g	500 ml
10-11 higne	3.5 g	600 ml
12-13 higne	4 g	700 ml
14 higne – ng'amaduong	5 g	800 ml

Thieth ka luore gi teko mar del

Kamawachako ni, koro wadwaro wuoyo kaka(WHO) wacho ewi yedhe mag thiedho malaria ma itiyogo e osibtal kata mingieo e duka to kodi kaka *anamedosebedo* ka neno thieth mar chach artemisia.

Puonjri thieth aeto mondo ibed gi adieri mari iwuon sama ithiedho jotuo man kod malaria!

A) 100% jok man gi del magerore, machalo kaka jomadongo ma malaria oknyal mako, to kodi

B) Jokma dendgi ogorore madirom 75%. Magi jomadongo, kawaweyo mine mapek oko to kende joma odak kuonde ma malaria ngenyie ahinya to suna ka gi pile to tek ahinya to kata samoromalaria bende okmakgi. To ka malaria omakgi to githiedhore kod yiende karibu 1000 manyalo thiedho malaria manie ahora wa machalo.

C) Joma dendgi ogerore maromo 50%

(“Kata jok ma dendgi ogerore nus”) Magi jomadongo, kawaweyo oko mine mapek to kendo odak kuonde ma malaria ngenyie. Ka giyudo malaria to ginyalo thiedhore gi yien ma opogore opogore mathiedho malaria. Tebo 5 nyiso kaka inyalo tiyo gi yiende ma opogore opogore kaka apoyo, mapera, ginja (ne tebo 5).kaluore gi kaka jatuo winjo. To kata kamano, kik iriu chae mar artemisia to kodi yadh malaria miluongo ni ‘Halfan’. Ka jatuo winjo liet ahinya to thiedh jatuo kaluore gi kaka ondikie (table 8.2)

Tebo 8.2: Plan mar thietho kod chae mar artemisia kodi Fansida kata Chloroquine

Odiechieng	1	2	3	4	5	6	7
Chach artemisia	√	√	√	√	√	√	√
Fansidar			√				
Chloroquine			√	√	√		

D) Jok ma dendgi ok nyal gengo tuo kabisa (0%) machalo kaka wasunge mobiro limbe, jok man gi AYAKI to gi nyithindo mapok oromo higni abich. Jok makamago oningo

omagi chach artemisia to kodi fansida kata chloroquine (kaka luore gi pek jatuo) kaka owachi e (c) malo. Kaber to nyithindo mapok ogik higni abich oningo othiedh gi kaka daktar owacho

- E) Mine mapek,** kom dweche adek ma okwongo kuom mine matuo, to maua ka ochuno ni nyaka to migi yath to migi quinine. To mondo wabed gi adieri kabisa, *anamed* dwaro ni mondo kik miyo mapek mapok okalo dweche adek madh chach artemisia kata gimoro amora ma artemisia nyaloyudore. Mano kamano nikech oseyudore ni le ma otim kuomgi ponjruok osebedo gi nyithindo ma ngima gi okni kare gi tiyo gi artemisia kapok gikadho dweche adek mar pek. To lakini ma en gima pok onenore kuom dhano.
- F) Mine madhodho.** Artemisia ma oa e chach artemisia dhi e cha thuno moriere. Laktar koro nyalo dwaro mondo miyo ogol nyathi e thuno kuom ndalo 7, mondo miyo no omadh chah artemisia ok budh e del, miyo nyalo chako dwoko nyathi e thuno e ndalo mar aboro.

Paro

- a) Oseyudore ni 40% mar teko mar yath miluongo ni artemisia ma yudore e pot artemisia kende ema yudore kowal pi aeto oolie ii yath. *Anamed* kivu (Kongo) koro oyudo rieko moro ni ber ka ok ichungo yath to iwe ochung kuom dakika 15. Kae to dingwen odiechieng bed ka iyungo yath ka imadho, to madh gimoro amora yung yath pile ka pod ok imadho mondo pioriwre kod yath ma ok ichungo. yugi mag yath ma odonjo e iyi ber nikech del ni gi teko mar golo yath e yi yugi go oko. Ndendi biro chungo yath ka ise madho.
- b) Jok moko ma tiyo kanya chiel gi jo *anamed* oseyudo ni sama del dwabedo maliet to madh chach artemisia kaka thieth ma okwongo. To ka nitie pogruok bang ndalo, to med madho chach artemisia ma nyaka ine ni ingima kuom ndalo ariyo ka tin (kangeny to ndalo 5 nyaka 12). To ka bang ndalo ariyo pok iyudo pogruok manenore, to chak madho fansida kaka dwarore to mondo imedie chach A-3 bende.
- c) To ka liet mar del ohidho makelorego, to ne laktar mapiyo piyo, mondo omiyi yedhe aeto mondo imadh chach artemisia bende.
- d) To ka itimo magi te to pod onge pogruok, to oningo opimi mangi ka in gi tuoche mamoko machalo kaka amiba.
- e) To ka welo machalo kaka wasunge oyudo del maliet e pinje maliet machalo kaka Kenya, to oningo ochak thiedhe ne malaria. To ka nyalore to rembe oningo opim e 'labarotory' malong'o. To gi ma kik utim, en madho artemisia annua kaka yath magengo tuo nikech pok ong'ere nito bende onyalo.

8.5 Tije mamoko ma *Artemisia annua anamd* nyalo tiyo.

A) Tiyo kode kaka yath mimadho

Mine mapek oningo otang kendo oningo gisom kaka wandiko malo kayo Ahonda: ket pot artemisia mangich kata motwo e pi mawalo aeto mondo ingwe.

Bilhazia: Lu kaka ngama thiedho malaria kuom gimoro jumbe ariyo kata adek. Ma ok bi thiedho tuo, to kata kamano biro dwoko chien kute mantie e jambich nyaka adaga lach. Wakwayo ni mondo iornwa dwoko kaka thieth odhi. Candida albicans mantie e dhok : nyam pot artemisia matin matin e odiechieng. Nyithindo nyalo mede sukari kata

mor kich! Candida albicans mantie e ich: Madh chach A-3, machalo gi ma olos mar thiedho malaria, kuom ndalo 12.

Tuo mar ningu(cancer): Nitie buge manyocha e ka ondiki, mawacho ni artemisia inyalo thiedh go tuoche moko mag ningu. Tuoche mag ningu ma osedhi maber giyadhni gin tuo ningu mamako remo (leukemia) ningu manie e ich, ningu mamako thuno, ofuko mar nyathi, duog dichuo to kod obuongo. Yath ketho nyai tuo mar ningu ka ne jatuo ochako gimadho yedhe mag chuma (iron) seche auchiel ka pok imiye artemisia. omiyo ka ongethieth moro amora mantie, to inyalo miyo jatuo yadh chuma machalo kaka (pferrous-sulphate) gokinyi, to ang saa aboro to iol lita achiel mar pi mawalo ewi giram 10 magi pot artemisia ma otwo (kuom jomadongo), chung bang dakika 15 mondo imi jatuo , nikech teko yath bende bedo mang'eny e saa aboro no. dhi nyime gi thieth maromo juma achiel, aeto kendo e juma achiel edwe ka dwe. wakwan ni mondo unyiswa kaka yath otiyo.

Thieth mar tenruok ne joma nigi AYAKI:

Ol okombe achiel (250 ml) mar pi mawalo ewi artemisia mopongo ojiko achiel mar chae. Chung bang dakika 15 mondo imadh chae ni pile pile gokinyi.

Kuom tuoche mamoko gi, los chwak artemisia e pi mi wal: chwak artemisia mapongo ojiko achiel mar chae (manyalo romo 1-5) e lita achiel mar pi kuom dakika apar. We mondo okwe kendo maromo dakika apar moro kendo aeto mondo ichungi mondo imadhi kuom seche mopogore opogore e odiechieng. kik imadh yadhni mokalo jumbe 4 nikech okech ahinya.**Tuo makuodo duong mar dhi oko Haemorrhoids:** Othiedho mano nikech nenore ni chach artemisia nego kute mantie e jambich.

Mudhusi: Ka tuo kwongo chako, to ber mondo imadh chach majand lum. To mana ka liet omedore e del, kata ka jatuo nigi homa kata ahonda ma okrum eka onyalo madho chach artemisia.

Diep ma ok rum: Chach artemisia luoko ich to kendo medo teko e i del.

Yamo mamako wang: Los chach artemisia mondo aeto ichung e karatas. Aeto chwak lau maler eyi chach artemisia, to sama osekwe, kau mondo iketie wang. Bed ma otang nikech samoro del nyalo tamore winjore gi yath. Med gi madho chach A-3 molos kaka mochwak pi to oolie.

B. Tiyo kode kaka yadh del:

Gwonyo: Lwok pot yien mondo irudh e del, samoro ma kendo nyalo ilo del.

Kwonde ma okwot okwot e del (Abscesses): Yath mitiyogo pile en chwako pot artemisia kuom dakika 20 gi pi matin ahinya, aeto mondo ikau pot go mondo iwirie kama tuo.

Del mailo (eczema) to kodi tuoche mamako pien del:

a) Ti gi mor artemisia: Riu giram apar mar artemisia moregi to gi mo salad maromo 100ml (castor oil ber moloyo, to inyalo tiyo gi mor chiedo moro bende). Chwak kuom saa achiel ka itiyo gi sufurieche ariyo. Ma achiel mako mach to pi nitie eyie, to machielo nitie ewi pigno. Kosechwakore to mondo ichungi aeto koro iti gi mano ka osekwe.

- b) Ti gi artemisia ma oru gi odok kich. Kau 100ml mar mor artemisia cha mondo iriu gi giram 10 mar odok kich ma oleny, rudi aeto iwe okwe. (Odok kich ema ilosogo misuma omiyo inyalo tiyo gi misuma)

C. Tije ne mamoko.

E kar ka tich puothe, inyalo ti kode kaka yath manego kata mariembe kute. Jo Tanzania osejudo ni ka ipuro puodho aeto iriwo laini mag oduma to gi laini mar artemisia, to onge tuoche kute mabiro thago odumbi go. Omiyo koro ok ibi thagore ni ogoyo yath e odumbi go.

Oguyo: Pot artemisia (mangich kata motwo) aguyo oluoro ahinya.

Emetho: Los gir matho maber mondo wagol gik math ma ingieo e dukni. E okombe achiel mar 'decoction' ma olos kaka owach malo kanyo, medie okombe 20 mar pi maler to kodi pi mag ndim 10. Mine ma South Africa otingo pote *Artemisia annua anamed*, ma oka koa e puodho mar heka ariyo. puodho ni ne opidhie paket achiel kende mag kodhi!!

Kare 9: *Azadirachta Indica* (Arubaine)

Arubaine en yien ma oa e piny mar India. Ma en yien achiel manie chuny wahindi kendo gihero matek. Waindi osetinge magitere e pinje mopogore opogore.

Lweny osebede kind kembe mag jo Amerika ma osebedo kadwaro ni mondo gin ema giti gi yien ni giwegi e loso yedhe, omiyo ngama dwaro timo kamano nyaka kwa gi rusa mokwongo. To yien ni en yien ma Waindi osebedo katiyogo manyaka nene.

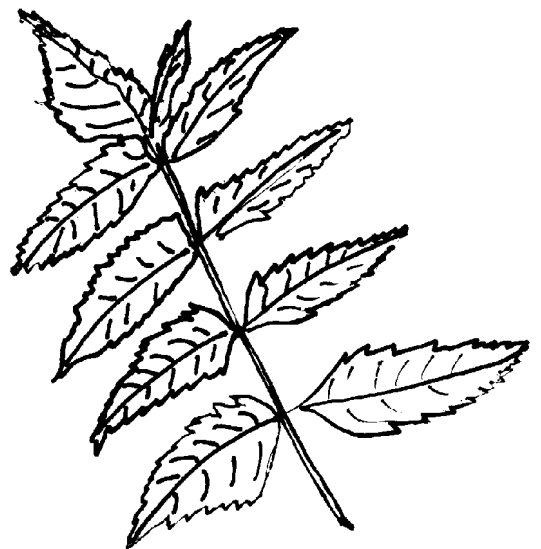
Iwacho ni yiend arubaine ni e rieko ma muindi osebedo go. Omiyo gisebedo ka gi goyo lweny mondo kik magi. Sabunde modhi, yedhe to kodi yedhe Agrikacha mag nego kute molos gi arubaine, sani itiyogo e pinje duto, ahinya to pinje mani Europe to kodi pinje ma Amerika mamalo.

Puonjuok duto mag nim ngeny ma sura ni nyalo mana wuoye machuok.

9.1 kit yien. Famili mahogany, Meliaceae.

Arubaine dongo maber kama koth dirom 250 kodi 2000mm ehiga to lope bende en lowo madhi matut, to kendo ok gud pi. Onyalo kuro ndalo oro masilili, to kendo onyalo ti kama otwo lope bende rach, ma bange to obiroloko kanyo bedo kama chwe. To ok obi dongo kama lowo liet. Nikech odwaro kama liet romo 4 nyaka 40°C, to kendo kama bor piny ka a nam romo nyaka 2000m.

Yiend nim neno mangich ndalo duto. Ginyalo dak nyaka higni 300, to kendo ginyalo dongo bor maromo mita 30 to gi mita 20 lach ne. Gichako golo olemo bang higni 3 nyaka 5, to gichako nyuol maber bang higni apar. ka uyudo kama ber, yien achiel nyalo golo olemo



maromo kilo 50 e higa to gi kilo 350 mag pot yien mangich. Olemo mag kilo 50 go, biro golo kilo 30 mag kodhi, makendo biro golo kilo ma nyalo romo 6 mar mo to gi kilo 24 kek mar mor kodhi.

9.2 Pure

Yiend arubaine ber ka opidh koa e kodhi. Yier kodhi manyien- gi ti mana ka kodhi aeto pok okadho dweche adek. Kau kodhi mondo iketie ewi gazet ma oluowie wi plastik oketie tipo, mondo iol negi pi pile mondo giyud ngich. Lok gased no bang ndalo ariyo. Bang ndalo 4 nyaka 7 kodhi biro barore kendo chako ti. Pidh gi e jwelni matindo tindo mondo ikik lowo 50% to gi 50% mbolea mar dhiang mosefowo maber, pidh gi kama koro gibiro donge, bang ka gisechopo dweche 3. To ka idwa pidho gi bede yien, to ngad bad yien mapod thin, lwer pote mondo ichwowe eyi lowo. Inyalo pidh gi ewi got, lope ma owe nikech ok chwe, e bath ndara, e lowo mathany thany to kata kama chiegni gi dho nam. Yien 50,000 mag arubaine osepidhi e piny mar Saudi Arabia mondo okel tipo ne jo Islam madhi ga Mecca.

9.3 Kayo to gi kano koth Nim.

Arubaine en chiemb oliktiga to gi winy. Gijachamo olemo ka giwito kodhi oko. Ko pongi, olemo mogol koth gi go ber ahinya e loso biogas. Luok kodhi go mondo iwe gituo echieng' kuom ndalo. Kau gi e okebe mayamo nyalo donje, kata eyi okapu, To kik ikangie e gir jwala ma nyalo miyo gi pur kik gi pur.

9.4 Loso mor arubaine (itiyogo kaka yath dhano to gi yadh nego kute)

Kodhi go nyaka we matwo maber. Ka ok gituo, to mor gi nyalo bedo gisum nikech pur. Mokwongo nyaka bar kodhi. Yo mayot en keto kodhi eyi rayoki maduong aeto iswag gi mos nyaka gi barre. Tang kik iswag kodhi kaachiel gi nyaiye.

Ol opoko to kodi nyayigi gi go ka ngama kworo bel kata oduma mondo yugi owuogi. Tim kamano ka iologi eyi adita manyaka yugi go wuog te. Gol kodhi moro amora ma otuo, ma rangi ne opogore gi jowetene, nikech koro gin sum.

Duok nyaigi mabeyo eyi rayoki mondo iswag gi manyaka giloke poda marabuor mamakore. Nywas poda ni gi lweti. Nyaka imedie pi matin mondo omi obed mayot nywaso gilwedo. Bang nyweso kuom seche, to ibiro neno ka mo chako wuok. Bi kinywaso mondo omi igol mo mang'eny. Dhi nyime nyweso ka idiyo manyaka ine ni koro onge mo mawuok. Ka itimo kama, inyalo yudo mo maromo 100 nyaka 150 ml koa kuom kilo achiel mar nyai kodhi. Gima dong bang golo mo iluongo ni kek mar koth arubaine, to kendo inyalo ti go kaka chiemb jamni, kaka manyiwa to kendo kaka yath nego kute epudho.

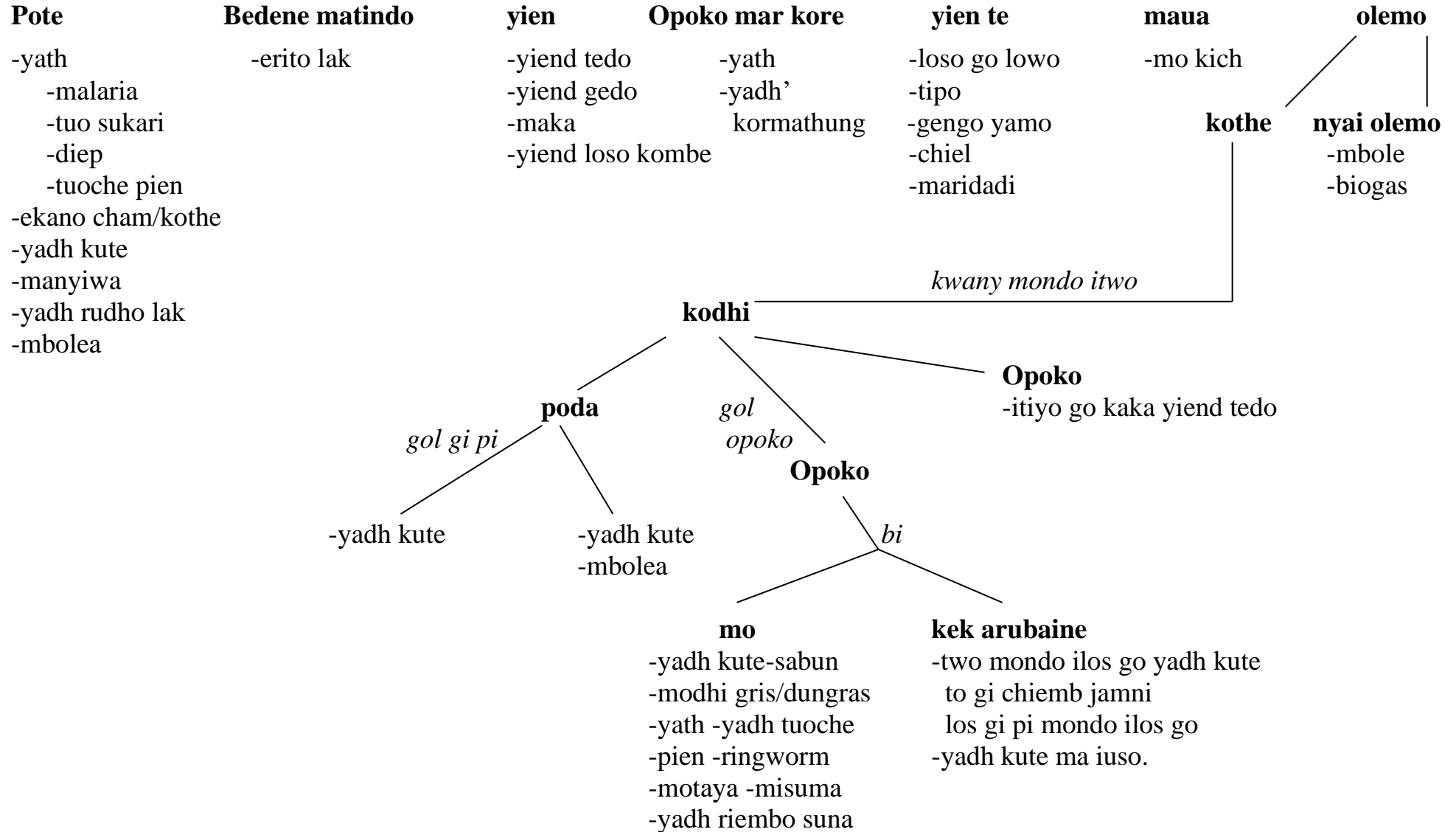
9.5 Tiyo go kaka yath.

Yiend nim osebed ka itiyogo e piny mar India kaka yath to gi tije mamoko kuom higni e lufe modhuro! Nyinge mar 'Neem' ma jo sanskrit luonge go, tiende ni 'yath mathiedho twoche duto' to nyinge mar kiswahili, 'mwarubaini' tiende ni onyalo thiedho twoche piero ang'wen mopogore opogore.

Opoko ne, pote, maupe, olembe, kothe to gi moye te itiyogo kaka yath. Arubaine en yadh silinge, yamo ka yamo mantie eyi del. Ochango del mondo del ogeng tuoche "Neem Foundation". Ma en riwruok mantie e piny mar India, Mangiyo weche duto ma odok kor ka yien mar arubaine machalo kaka pidh nyaka tiyo kode ondiko twoche 114 ma oseyudore ni arubaine nyalo thiedho kata nyalo geng'o. Magi oting'o twoche machalo kaka AYAKI,

Tije mag yiend nim.

(Ogol e kalatas mar jo GTZ kendo oti go ka ging'eyo)



two choke, ningu, tuo sukari, malaria, nyach, TB, remo maringo matek, geng'o ich, njouni, ndulme, siling, wich bar, homa, 'Candida', ahonda, songa, tuo makuodo duong mar dhi oko, 'herpes' to gi two mamako blada mar lach.

Piny ka wandiko kaka iloso yath e theith maathietho go, to kodi moko mawangeyo kuom buge mondiki.

xxx Ong'ere e pinje duto, wan bende wayie gi thieth ni. Kendo wasebedo ka watiyogo.

xx Osendiki e buge mangeny, kata kamano nyaka sani pok watiyogo. Omiyo wakuayo ni mondo unyiswa kaka obetx Ndiko mamoko mabende osendiki kwonde ma opogore opogore, kata kamano nyaka sani pok wa tiyo go. Wakwayo ni mondo unyiswa ka utiyogo!

x Iwacho ni chamo pot arubaine aboro nyaka apar odiechieng kwom ndalo 24 pile pile gokinyi ka pok ichamo gimoro miyo del gengo tuoche machalo kaka two sukari to kodi two mar adunda ma gocho matek, to kendo tuoche ok nyal maki mayot ahinya

to kod two mamako pien del. Sama wa wuoyo ewi pot yien , mano en pot yien achiel.

Omiyo picha mantie e kare 9.1 nyiso pot yien apar mag loso yathewa.

RACH NIM: Thietho gi nim, ahinya ahinya to ka olos kode yath mimadho, kik iti kode kuom ndalo mangeny. Nitie ripode ma a epiny mar Ghana mawacho ni ler mabut obo nyalo tamore tiyo kuom saa matin, kwom jo ma madho yath molos gi pote nim mondo othiedh malaria. Tiyo gi mo arubaine nyalo ketho obo; mani timore nikech samoro koth arubaine go ne ok otwo maber omiyo ne gi pur.

A. Rito lak gi dhok xxx

Rito lak en gima ti ochuno ni kech ji ma odak e pinje ma pod gerore chamo sukari mangeny. Samoro mago yudore e chak, kata samoro e makati marachar, ma lokore sukari e dhok. Soda bende tingo sukari mangeny ahinya.

Maswak mar lak: Ti gi kede matin moa e yien. Ma biro rudho lak to kendo bende yath lak kaachiel gi ring lak. (yath ma ogolie opoko yiend nim tinde itiyogo e loso yadh lak ma iuso eduka)

Poda mar lak: Luok opoko ma ogol ekor yiend arubaine maber ahinya, ng'ad matindo tindo mondo iwe otwo maber. Yoki maber manyaka obed poda mayom ahinya. Kau chumbi mitedo go mondo ireu e karaya manyaka pi te wuogi. Kau okombe achiel mar poda mar arubaine. Yoki mondoichungi ka itiyogi lau mar nilon. Kan eyi mikebe ma ondik maber to kendo man gi wiye malorore matek. Ti go kaka yadh rudho lak! Oki ni arubaine lwoko lak kende, to orito nyaka ring lak bende. Two yamo mamako ring lak ma miyo ring lak kwot to kendo samoro golo nyaka remo, biro remo maber ka itiyo gi poda ma olos gi opoko moa ekor yien mar arubaine.

B. Thiedho pien del xx

Arubaine ber ahinya e theidho twoche mangeny mamako pien del machalo kaka kabir ma, silinge, gwonyo to kod gik ma rudho del matindo tindo.

- **Lwokri!** Chakore chon, waindi osebedo ka luokore gi pi maliet ma oketie pot arubaine.
- **Mo!**

- Loso arubaine ma tekone ok ngeny ahinya: Riu giram 10 pot nim motwo gi giram 100 mar mor tedo. Chwak maromo saa achiel eyi' aterbath', chungi mondo medie giram apar mar dwogo mar kich ma oleny.
- Mo nim ma ni gi teko moromo: Riu giram 10 mag poda mar nyayi arubaine, to gi giram 100 mar mo tedo, chwak maromo saa achiel e 'water bath', hungi mondo imedie giram 10 mar dwogo mar kich ma oleny.
- Mo nim mateko ne ngeny chuth: Leny giram 10 mar dwogo mar kich eyi 100ml mar mo tedo. Samaodwa kwe cha to ol ml 10 mar mo nim.
- **Tinkcha:** Bud giram 20 mag pot nim motwo eyi 100ml 70% kongo. Chungi bang juma achiel, sama idwatiyogo to riwu ojiko mar chae achel mar tinkcha gi ojiko achiel mar chae mopong gi mo tedo mondo iwirie kwonde ma two.

Athletes foot. Rudh kuonde ma two gi pote nim. Kata inyalo tiyo gi tinkcha ma oriu gi mo.

Rito wich. Ti gi 'decoction' mar pot nim e lwoko wich motingo nywogo kata wich motimo kalagakla.

Thiedho del man gi small pox kata chicken pox. Mo nim kata tinkcha nyalo theidho smallpox kata chicken pox.

Warts. Wir mo nim e wang kama two no.

Gwonyo. Thiedh ne ngeny:

- a) Swag pt nim, riu gi pi mondo iwir e gwonyo go
- b) Wir mo nim e gwonyo.
- c) Swag mayom pot nim mapod ngich to gi tangausi. Pek gi oningo obed 4:1, (kata pot nim maromo eyi lwedo to kodi kipand mar tangausi madirom nus mar lith lwedo mokwongo). Rudh e del te mondo iwe otwo.

'Scrofula', 'Indolent ulcers', siling: Wir mo nim. Ka tekone ng'eny ahinya, to mi obed mohot gi mo tedo. Kata inyalo chwako pote moko epi moromo kom dakika apar, mondo ibau pote go kama two no kwom dakika 15 okinyi gi odhiambo.

Jomoko bende wacho ni thiedhni bende ber gi jok man gi tuo, mar amuoda del, to lakini ber kiwinjo ni to laktar wacho ang'o.

Adhola mag mach: Chwak pot yien mangich manyah romo eyi lwedo achiel eyi lita achiel mar pi kwom dakika 20, chung sama pod liet no (mondo kik chido donjie), kwe mondo ti go sano sano e lwoko adhola no. Los mondo iti gi chae bila ni didek odiechieng'. Ket jatwo eyi ned suna mondo kik oyud two moro manyien kendo.

Buche: Ka buche onge dhogi, to swag pot yien aeto iwirie e bur.

Buche man gi dhogi, "ulcers" to gi eczema. Pote go nyaka chwak moromo dakika 10 epi matin eka ti kodgi ewiro bur.

"Candida". Candida en two mar kute ma ohero dak e othinyo, to samoro bende onyalo kelo wiye ma okel two e dhok, e dwong ngama dhako kata nyaka e pien del. Riu arubaine madirom okombe achiel to gi okombe ochiko mar gik mowach gi

kwom candida mar dhok; mor kich

kwom candida mantie e dwong dhako; chak mopoto kata mor tedo.

kwom candida momako pien del; “castor oil” kata mor tedo moro amora
Adhol ni matheko to kendo ok changi. Thiedh gi mor arubaine diriyo eodiechieng’.

C. Malaria xxx

Los chae mar pot arubaine. Ol lita achiel mar pi mawalo ewi giram abich mar pote nim motwo (kata giram 10 ka two ngeny). Madh dingwen maromre kuom seche ma owere maromre bende e odiechieng’ , to gi gik mimadho mamoko, kabere to chach majand lum. Som kare 5 mawoyo ewi malaria. Tang! Nikech osewach ni tiyo gi nim mang’eny ahinya nyalo ketho obo. Chae no bende inyalo ti go e thiedho ang’iew gi diep. Kwom geng’o tuo, med mo arubaine matin eyi mafuta mar taya mondo oriemb suna, to nyam pot yien matin juma ka juma mondo oger dendi.

D. Diep gi diepmar remo xx

Dichiel odiechieng los chaemar arubaine, kau pote nim 20 mangich to kendo molwok maber mondo ichwak kwom dakika 5. Jomadongo oningo omadh chae ni ding’eny odiechieng, oningo omed madhe gi gik mimadho mamoko bende. Dhi nyime gi thieth kwom ndalo adek.

Kata inyalo chamo nus mar ojiko chae motingo kek mar nim okinyi gi odhiambo kuom ndalo 21. Ka in gi diep mar remo, kata ndalo 3 nyaka⁴ ne diep kata, ka opoyi cholera. Kuom mago te, nyaka imedie (ORS) (ne kare 4.2)

E. Two sukari x

Ma en thieth mapod ingiyo wach ne gi laktere, kendo ka ober e kuonde mag pimoi:

a) nyam pot arubaine 3 mapod ng’ich didek e odiechieng’.

b) chwak pot arubaine apar eyi okombe mar pi kuom dakika 3, chungu, mondo imadhi achiel kuom adek mar okombe no kapok imadho gimoro gokinyi, chiemb saa auchiel to kodi chiemb otieno.

F. Twoche dwol x

Kwom ahonda, kata ka imedo thieth mar TB, to pile ka pile nyam opoko maler mar kor nim (kik kal 1/2 mar ojiko chae). Kata , gokinyi, saa auchiel to gi saa odhiambo, maromo ndalo abich, chwerie mor arubaine didek e ojiko achiel mar mor kich mondo imwony. Ka ionge gi mor kich to tigi sukari maromo nus mar ojiko chae.

G. Chano nyuol x

Nitie ripode mawacho ni mor ni nyalo nego lach nyodo mar chuo. Mine moko ma odak Tanzania wacho ni ka gi nyamo pot arubaine adek e odiechieng to ok mak ich. Waonge gi adier kwom weche ariyo gi!

H. AYAKI x

Nonyiswa Kenya ni chamo kek mar arubaine, kata opoko yien ma olwoki to oregi (kocham kata kolos go chae), ni ber ahinya gi jo ma nigi two mar AYAKI. To en gimachiello mondo jomoko manigi AYAKI mondo okwo (mano nyalobedo hono), to bende tek mondo dhano obed gi jahera achiel. Mo nim nyalo bedo maber e thiedho twoche mamako pien dhano mikelo gi twoche mamako duong ji, kata kamano ok onyal

golo “antibiotic” mathiedho yi del. Tone mag arubaine ma imadho, samoro nyalo konyo e geng’o twoche mamako jo ma nigi AYAKI.

I. Twoche wang (ok ngol mar wang) X

Mana ka oyudou marach, kama laktar onge machiegni, to kawu mo matin mondo iketie lith lweti kaler, mondo iketie bath wang’. Mo no biro landore kende e wang’ te. Thiedhni to kodi gima biro timore bang mano oningo ongi gi jo osibtal.

9.6 Sabunde man gi yath XXX

Kau giram 100 mar sabund miti. Ng’ade matindo tindo, mondo imedie pi matin to gi giram madirom kar achiel nyaka 10 mar mo nim. Swag gi, mondo ilos vipande vipande mondo iwe otwo. Mo arubaine miyo sabun bedo gi tik madum mamit, to kendo yath ahinya nikech nim nego kute.

Modhi ma ma olos gi nim, machalo kaka miwiro e wang to kodi milwoko go wich, sani ji ohero ahinya loka Europe gi loka Amerika mamalo.

9.7 Yedhe chiayo to gi chiemb chiayo XXX

Wir ne chiayo yedhe molos gi arubaine mondo oriemb okwodo, omboto to gi nywogo, mondo othiedh songni to gi thiedho gwonyo. Kaluore gi kaka two chalo, ti gi “decoction” mar pot yien ma tekone ok ng’eny ahinya, “decoction” mar koth arubaine ma oswagi, kata mo nim ma tekone ng’eny kabisa.

Ti gi kek mar arubaine to gi pot nim kaka achiel kwom chiemb chiayo. Pot arubaine nigi “protein” mangeny maromo (15%) to gi mo matin.

9.8 Ti go kaka mbolea XXX

E piny India kilo 100 mar kek molos gi koth arubaine ne oyud ni nigi gik ma owachie Table 9. Ng’i ni gik moko adek madongo mag nyodo; “Nitrogen”, phosphorous to gi “potassium”. To kendo kek mar arubaine ka opur go lowo to rito tie yien mondo kik kudni cham, kata ong’ino marochere. To kendo odwoko asid manie lowo chien.

Tebo 9. Gik ma yudore e kilo 100 mar kek mar nim

Gik motingo	Kipimo e kg
Nitrogen	3.56
Phosphorous	0.83
Pottassium	1.67
Calcium	0.77
Magnesium	0.75

Kik gik mipidho ma iuso machalo kaka tangausi, niang’, rabolo to kodi “caudamon”, olie kilo 200kg mar kek mar nim e heka achiel. Kuom pilipil marateng’ to gi nyanya madhoge bith, giram 250 kwom kila yien oromo. Kek mar nim bende ber e tiyogo kwom yiende machalo kaka ndim, machunga to kodi alode. Ka oriu gi manyiwa mamoko, kek mar nim loso mbolea maber ahinya. Pot gi bende loso mbolea maber ahinya.

9.9 Arubaine kaka yath ma inego godo kute ^{xxx}

Arubaine en yath maber ahinya e nego kute. Oseti kode mang'eny ka ipime ma oyud ni ok en sum ne dhano kata ne le mamoko madongo. Mana kute machamo nyayi yien e ma arubaine nyalo kingo. To kute mamoko machamo sukari mantie e nam to kata gik mamiyo yien mondo olandre, machalo kaka kich, oguyo, kudni mag lowo to kodi gik machamo kute machalo kaka winy , nim ok tim gimoro.

Arubaine niggi gima iluongo ni “terpenoids” ma okalo mia, to yath mani kwome ma ger ahinya iluongo ni “azadirachta”. Ehiga mar 1959 ne onenore ni yiend nim kende mane odong' bang' kane dede ne ochamo piny Sudan ma otieko.

Iwacho ni nim nyalo geng'o kute 400 ma opogore opogore, to kata kamano nitie kute ma arubaine oki bi geng'o. Arubaine berie ahinya e geng'o nyithi thuth, nyithi oguyo, to kod oywo. Onyalo geng'o dede bende kaachiel gi kute machamo pot yien. Tek ahinya mondo ogeng' thuth madongo. Teko ne mar gengo kute machamo olemo to gi oduma biro luore.

Gima duong ahinya ma nim timo en miyo kute mondo obed ma ong'ol. Kwom kute mamoko, nim tiyo kaka yadh riembo kute, miyo koro kute ok cham ma okirie nim. Omiyo ni ok en gi teko mar neko e dakika. Kute go pod biro bede kuom jumbe moko ariyo to kata kamano ok gibidongo malongo, okgi bi chiemo malongo to kendo bende ok gi bi chiemo malongo to kendo bende ok gi bi nyuol. Nitie dede moko ma inyalo

cham, to endal go to ji bende pod nyalo mana dhi nyime gi chamogi nikech ok bi bedo marach ka kute ma okir ne gi yedhe “chemicals”!

Piny ka wandiko ranyisi kaka inyalo kiro nim ne yiende mapod ti:

- a) Ngano kata bel magolo chunysi: kau poda matin mar koth nim to kodi poda moa eranda kata lop chwecho ma oto mondo iketie chunysi pot gi.
- b) Kute madak eyi lowo, to kodi kute manyodho cham: Kau kek mar nim mondo ikik gi lowo. mano biro nego kute manie lowo miyo koro kute go dok piny.
- c) Waseyudo ni ka okau pi maliet aeto oolie e wi pot nim manumu to ber ahinya kwom gengo dede-ka okire e yien. Samoro kendo bende onyalo bedo maber egeng'o kute mamoko.

Paro: Ka nim ok ni gi teko mowinjore mar nego kute, to ti gi ndawa (Nicotiana tabacum) nikech ento en sum kuom kute duto, to nyaka to irit makal jumbe ariyo bang kiro yath eka ike. Kata inyalo tiyo gi nyamin nim ma iluongo ni “melia azeradach” mana kaka itiyogi gi nim, en man ni ento ibiro tiyo kode enego kute kende.

9.10 Nim kaka yadh nego kute : losoto gi tiyo gi pi nim ^{xxx}

Kik igol opoko mar kodhi. Swag kodhi madirom e lwedo ariyo ka opong manyaka gi bed poda mang'akore. Nuo timo kamano kendo gi koth nim moko ma bende pongo lwedo ariyo. Ol poda go duto e ndowo mar pi (maromo gomoro lita 10), rudi matek mondo iwe kochung kuom gimoro seche auchiel. To ka yadh no ibi ol gi masin mar olo yath to biro chuno ni nyaka chunge ka pok oti kode. To ka ionge gi masin mar kiro yath to inyalo tiyo kata gi ywech mapok oti go. Nyum eyi yath mondo ikir ewi cham ka cham di mangeny, ka ingiyo ni ikiro kuom pote duto. Nuo yath bang ndalo 4 kata 5. Nge ni ok kute te mabiro lala dichiel. Sama iolo ne cham pi, ngi ni iolo etiendgi mondo kik iluok yath mantie e pot gi.

9.11 Nim kaka yadh kano cham xxx

Riu pot nim gi michele, ngano to gi cham mamoko kapok ika nogi kuom dweche. Pot nim, mo nim kata pige, riembo kute machalo kaka thuth. Cham man gi kute to inyalo goyo ne gi iro kuom pot nim ma iwango.

Mondo ikau oganda, to mililita 2 nyaka 3 mar mo nim dwarore kuom kilo achiel mar oganda. Mano nyiso ni ml 250 mar mo kuom kilo 100 mar oganda. Riu matin matin eyi bisen matin . kilo achiel mar poda mayom mar koth nim bende nyalo tiyo.

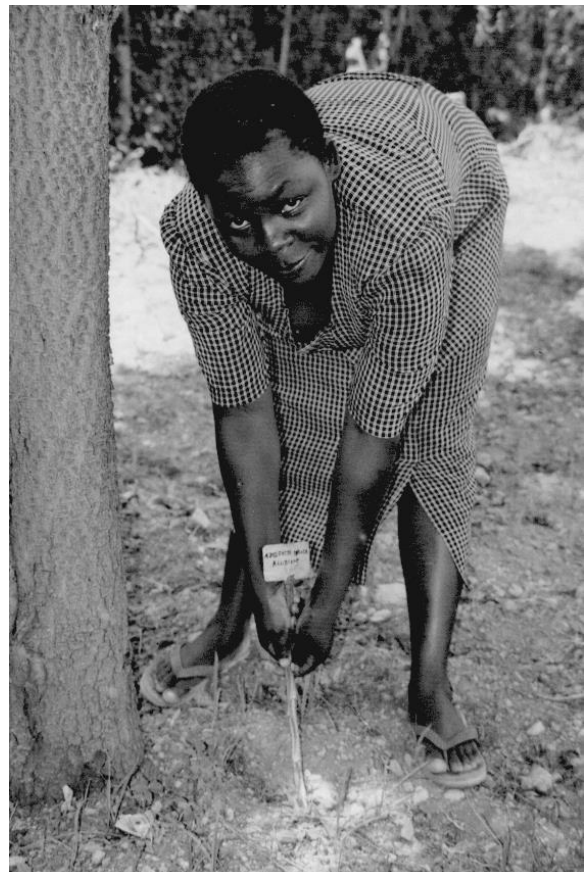
Inyalo loso gir kano cham ma kute ok bi thagi ka ichweyo gir keno ka iriwo lop chwecho, pot nim to buru. Kute majacham leuni bende inyalo gengo gi keto pot nim motwo eyi ofuko gi kwonde mokuny.

9.12. Tije mamoko: Loso tije to gi gero piny xxx

- a) Mo nim inyalo ti go kaka mo ma iwiro etiend othiwi mar punda.
- b) Nim loso lowo, omiyo inyalo pidho gik machalo kaka mariwa nyaka etiende ka in gi lowo matin mar pitho.
- c) Nim berie kelo tipo kendo oberie chiel nikech obiro gengo nyaka yembe madongo.
- d) Nim en yien malos lowo, omiyo itiyi kode egengo tuo mar piny-oywayo koth.
- e) Bap nim, ok nyal cham gi kudni, omiyo giber e loso go yie mar chielo ongenge, egero udi to kodi gik mamoko. Sama yiend nim okadho higni 35, to inyalo ti kode eloso kombe.
- f) Nim miyo gwenge neno maber.
- g) Nim berie loso maka matek.
- h) Nim en yien manyalo kelo pesa.

anamed recommends that every practitioner of Natural Medicine makes a garden of medicinal plants.

Here Noreen, of the Kibisom Women's Project on Rusinga Island, places a label next to a neem tree.



Kare 10: *Carica papaya* (apoyo)

10.1 Kit yien. Famili: Caricaceae

Yien ni en yien ma oa e pinje maliet mag Amerika. Ok en yien ma yien nikech ok gol yiend chweko. Oti mapiyo, ma ogol olemo ka pok higa oromo. Obiro golo mana ndalo duto to oweyo mana ndalo ma chieng ng'eny. En ga yien maneno mangich pile, to kendo onyalo kuo ndalo oro. Yiende nitie nyadiriyo, yien achiel motingodhako gi dichuo onyalo bedo dhako kata dichuo, kata onyalo bedo dhako kendo dichuo



Odwaro koth maber kata inyalo olo ne pi, odwaro lowo mapi donje

maber, nikech ok nyal nyak kama pi gudore. Onyalo dongo kuonde maliet opogore opogore to kata kamano ngich ahinya bende ok oduar. Onyalo dongo kama bor mar piny ka oa enam chopo 1,500m.

10.2 Pidhe gi rite

Pidhe koa okodhi. Soe eyi lowo ma otimo kwoyo maber e tere, mondo ibi idargi eyi okebe juma achiel bang ka giseti, mano nyalo bedo kind juma achiel to gi jumbe ang'wen. Ket nyithi yien matindo adek kanyakla. Mondo iwe gimor gi chieng ma okinyi cha. Bang dweche 6, sama gigolo maua to gol madichuo to kod madhako oko.

Nitie kute ma ohero kuonde ma opidhie apoyo, omiyo ber ka ilokogi gi cham kata yiende mamoko, to kendo ber ka ikiko kek mar nim eyi lowo. Kata kamano oningo ibed ma otang mondo kwer kik ngad tiend apoyo seche ma iiko kek mar arubaine chande.

10.3 Tiyo gi apoyo

A. Cham olemo! en gi vitamin A,B to gi C

Cham apoyo ma ochiek mondo oger dendi. Wadwaro vitamin A mondo olos wenge wa onen maber. Vitamin B mondo oger leche mag del to vitamin C en tich ne gero del mondo omi del gore gi tuoche.

B. Njouni

Cha apoyo ma pok ochiek, ber ahinya e nego njouni ma opogore opogore, to kata kamano oberie nego moko moloyo moko. Chak inyalo yudo ka ingado apoyo laini kalor. E apoyo manie wi yath mapod numu to kendo ma oluok maler chenro mar theithi dichiel:

Dweche:	6 nyaka higa 1	1/2 ojiko mar chae
	higa 1 nyaka 3	1 ojiko mar chae
	higni 4 nyaka 6	2 ojiko mar chae

higni 7 nyaka 13 3 ojiko mar chae

higni 14 nyaka jomadongo 4 ojiko mar chae

E odiechieng achiel kende, yadhni oningo ocham ka iyi ni nono, ka imadho gi pi maromo lita ariyo to gi chiemo mamoro machalo apoyo ma ochiek. Kik ichiem bang seche ariyo. Thiedh ni bende inyalo miyo jatuo kata ka jatuo dieo.

Tang: Nikech cha apoyo rach ahinya ka odonjo ewang.

Possible laxatives are:

1. Cham apoyo ma ochiek mangeny kata mawembe.
2. Inyalo tiyo gi yath ma iluongo ni “castor oil”
3. Oingla tiang kata owino bende ber. Kau moromo ojiko achiel mar pot oingla tiang motwo kata opoko mar tiendene mondo ichwaki maromo dakika 10 eyi lita achiel mar pi. Madh lita no te - to obiro chako tiyo bang gimoro seche aboro.

Oningo inwo theith bang juma achiel mondo ibed gi adieri ni njouni owuok te.

C. Kaka yath mar gengo njouni gi amiba.

Pile ka pile oningo icham opande mar pot yiend apoyo, manyalo romo cm 5 sq. Kata inyalo nyamo mondo imuony ojiko achiel maduong’ mar chiemo ma opong’o koth apoyo. E piny mar Mozambique, imiyo nyithindo yadh ni esikunde mondo othiedh njouni! Yadh ni kech ne njouni mahingo kaka okech ne dhano!

D. Ich mochung/ ok reg chiemo

Apoyo nigi gima iluongo ni “papaine” ma en gima konyo tugo ich ma ochung’. Sama iyi ochung to oningo imadh tone matin mar cha apoyo ma numu kata ndus pot apoyo matin **mondo icham gi chiemi.**

E. Ahonda

Kuny tie apoyo madirom elwedo achiel”kik ikuny tiende maduong”, luok maber ahinya, mondo ingad matindo maondo ichwak maromo dakika apar kod abich eyi lita achiel mar pi. Mondo aeto ichungi. kaeto imadhi. Jomadongo oningo omadh yadh ni tee kuom odiechieng achiel. Nyithindo oningo omadh matin kaluore gi pek mar dendgi.

F. Um ma odinore kod kor mathung’

Kaw pot apoyo motwo mondo imadh ka ngama madho ndawa. Kata inyalo wang’o pote apoyo ma otwo e mach ma oketie but otanda mondo iywa iro no gi umi. Rieko machielo en madho chae ma olos gi pot apoyo manyalo romo eyi lwedo achiel ka imiyo, kata achak manyalo pongo yi lwedo achiel ka imiyo.

G. E lwoko gi luokruok

Kaw pot apoyo irudh edendi gi pi, pot apoyo luoko del maber kabisa kaka sabun ma ochue gi Nyasaye! To bende gi nyalo luoko nyaka leuni mag rangi.

H. Diep: Ne kare 4.E

I. Malaria: Ne kare 5.3

J. Buche man gi dhogi, to gi adhola maricho: Ne kare 2.A,B,C,D

K. Silinge: Ne kare 3A

Kare 11: *Moringa oleifera*

11.1 Kit yien. Famili: Moringaceae

Moringa oleifera en yien matin, to dongo mapiyo ahinya, mabiro romo mita 12 ka osedongo ma ogik. En yien ma oa epiny mar India. Yiende yom to opoko ne bende yom to kendo tiendene donje e lowo matut kabisa. Odongo maber kama liet piny gwaro kind 26 nyaka 40°C, odwaro koth ma ka ogoe e higa mangima to dirom mm500 to kendo kama bor mar piny ka oa enam kik akl mita 1000. Onyalo ti maber kuonde ma otwo bende. Kata bed ni ogolo ngor, ok ochal gi yiende mamoko magolo ngor. *Moringa stenopetala*, ma ti epiny Kenya to gi piny Ethiopia kwonde ma bor piny dirom nyaka mita 2000, to kendo en yien ma ochayo oro ahinya mohingo moringa olifera. Pote, opoko matingo kodhi to gi kothe dongo, to kendo iparo ni en bende ober abera ka nyawadgi. (ne pinyka)



11.2 Pidhe

Yien ni dongo mapiyo ahinya ka ipidho kothe kata ka ingado bedene aeto ipidho, kata elope ma ok chwe. Kaka yien medo dongo to gi kaka imedo ngade, kendo ekaka omedo golo pot mangeny.

11.3 Chame kaka alot

Pidh yiend moringa e bath jikondi nikech en gi alot magero de ahinya! Pote go beyo ahinya e kelo vitamin A, B to kodi C. Gin gi chumbe mang'eny makonyo del bende machalo kakacalcium, chuma to kodi phosphorous, to kendo gingeny gigi protein magero del. Gingeny gi chumbe mohingo spinach didek to kendo dingwen mohingo vitamin A mantie eyi karat. E vipindi magitimo e piny mar Senega;l, pot moringa moregi ma obedo poda ne oti go ma ne obedo maber moloyo e thiedho ledho, ahinya to kuom nyithindo.

Inyalo cham gi ka pod gi numu, kata inyalo chok gi ewi yien kapod gibeyo mondo itwogi, iswag gi mondo ikan. Inyalo kayo gi endalo oro sama alode mamoko onge.

Loso poda mar moringa: En kayo pote twogi kuom ndalo adek, kabere to two gi e tipo. E chieng gibiro lalo Vitamin A. Swag gi , mondo ichung gi mondo igol kete mondo bang'e ikau gi e okebe ma inyalo lor wiye matek ma yamo ok donjie to mondo ikau gi kama onge ler. Ka nyalore to ber ka ingiyo ni to gitwo maromo nade gi hygrometer, mondo ing'e kamili ni to inyalo kano gi maromo nade.

Poda mar pot moringa ni inyalo medo e chiemo machalo kaka michele, to gi cham mamoko, to gi chiemb kado, omiyo inyalo mede e chiemo moro amora. Kuom nyithindo ma ni gi oledhi to go twoche mamoko, ojiko achiel mar chiemo mopongo poda mar moringa oningo omedie chiemb gi didek odiechieng'.

koth gi bende ichamoka gitindo, oningo ing'ad gi matindo tindo mondo itedgi mondo icham gi kaka oganda maralum. Ka gi sedongo moromo, to chwak gi mondo igol kodhi to gi opoko. Ka gidongo to kendo gi ti, to ti atiya kod kodhi. Chiel gi eyi mo mondo icham. Maupe mabende inyalo cham mana kaka gin no, to bende inyalo los kod gi chae, kendo be giber nikech kich loso kodi mo maber ahinya.

11.4 Mo moringa

Osenyiswa yor loso mo moringa maber, nyayi koth moringa bedo ga mayom ahiny, omiyo inyalo swago gi eyi rayoki. medie pi ma oromo seche ma iswage cha, kaeto ikete emach maliel mos kuom gimoro dakika 10-15, ingiyo kik iwang kodhi. Mo biro idho malo kaeto mondo igol. Wang'eyo ni chenro ni inyalo med ne rieko, omiyo dwaher ngeyo ni to un utime gi rieko mane.

Mo moringa inyalo ti go e yore gi:

- a) E tedo. En mo maber ahinya kuom tedo.
- b) Inyalo ti kode e wiro masinde mondo oring mayom.
- c) Inyalo ti go e taya.
- d) Inyalo ti go kuom loso sabun

11.5 Ti kode kaka yath

Dend yien duto inyalo ti go kaka yath, machalo kaka, tiendene, opokone, kore pote, maupe to kodi kothe. To kendo bende en kendo bende gi geng'o kute e del matek ne tin moromo, manyalo thietho sama tuo dwa chako. Osenyiswa theith ma ondik piny ka gi:

- a) Pote kichamo to ok ni en chiemo kende to en nyaka yath mathiedho diep, medo chak e thuno mar ngama dhodho nyathi, theidho anemia to kodi dho chuny maremo. Ober bende gi jatuo man gi tuo mar ningu.
- b) Kuom joma ni gi tuo mar sukari! Madh chae ma olos gi pot moringa dingeny e odiechieng.
- c) Twoche mag choke, to gi del maremo: Mo moringa molos koa e kodhi ber.
- d) Tiendene kech to kendo luoko del to gi obo. Gimiyo remo bedo gi teko. Giber e thietho del makuot, adhola manie kor, ahonda tuo makuodo duong' mar dhano kama idhi godo oko maduong' to gi loso dhok mondo obed mamit.
- e) Tuoche pien del to gi gwonyo:
 - i) Swag kodhi mondo iriu gi pi matin.
 - ii) Chwak tie yien kata opoko mar yien, mondo iwir yadh no kuonde matwo.
 - iii) Swag pot moringa mapod ng'ich mondo ibi pige ewi kama lit no.
- f) Lak maremo! Swag tie yien mangich mondo iketie.
- g) Adhola: Swag pote arubaini mangich kata igwar opoko mondo imedie pi matin mondo ichwak kuom gimoro dakika 10 nyaka 20, mondo aeto iketie wang' adhola tir.
- h) Ding, kataywoth mokwot to gi kuonde ma ogwar edel: Swag pot yien , mangich kata opoko man e kor yien, mondo idolie pot rabolo aeto mondo iketie ewi maka maliet. Ka omurore, to mondo iketie kama lit no.

- i) Kuom homa, kir maupe eyi pi mawalo kuom dakika abicha. mondo imadh kaka dwarore.
- j) Kawira wira to gi tuo bang madho kongo: Los kado gi pote mondo imadhi.
- k) Tuwo makuodo fuond ji:
 - i) Sag tiende yiend apoyo mapod numu mondo iwirie kama tuwo.
 - ii) Bul kodhi matin, mondo iswagi manyaka lokre poda, mondo iriwu gi mo chiedo aeto iwirie kama tuwo.

11.6 Tiyo kode e puodho/e yor pur

- a) Yien malos lowo: Moringa ber ahinya egengo yamo to kendo chiel bende obiere-odongo mapiyo ahinya bang ka osengade. Miyo ngeto no bende ber kode nikech biro miyo obedo gi pote mang'eny. ober ahinya echiel nikech ibiro yudo pote mangeny, yiend tedo, tipo, gengo yamo, to kendo gi gengo lowo kik ridre to gi baro kiew.
- b) Chiemb jamni: Pot moringa nyalo medo chiemb jamni marom 40%, to kendo iwacho ni omiyo jamni madhoth bedogi chak mangeny.
- c) Mbolea: kek mar moringa madong' bang ka osegol mo e koth moringa kata bang ka osehchung pi liso mbolea maber ahinya.
- d) Moringa inyalo ti go kaka mbolea ka pod onumu pidhe ma odhigore mondo ipure ka oromo bor mar gimoro nus mita.

11.7 Ti kode e chungo pi./ Nego kute e pi modho

Kothe oningo owe mondo otegnno ewi yien mondo oka gi ka gitwo. Yier matindo tindo man kuom kodhi kod chilo mamoko kodhi to kodi yugi fu mamoko biro wuok mayot, ma we kodhi kodong' marachar. Magi iswago maber ka itiyo gi rayoki. Kwan mar kodhi madwarore mondo olos pi aora mondo obed maler biro luore gi kaka pigno olil/ochido

Chungo pi maromo lita 20 (ma en pi ma ndope mangeny tingo) ibiro dwaro koth moringa ma oswagi ma dirom giram 2. (mago nyalo bedo kodhi 10 mag moringa olifera). Medie pi matin mondo omi omakre. Bang mano kau mondo iol e chupa maler-chupa mar soda ber moloyo. Medie okombe mar pi maromo(ml 200) mondo iyungi kwom dakika abich. Timo kama miyo yath mantie eyi kodhi chako tiyo. Chung gigi duto ka itiyo gi kitamba marachar mondo iolie ndowo maromo lita 20 mar pi ma idwachungo no. Rud gi kanyakla matek kwom gimoro dakika ariyo, mondo bange irud mos kwom gimoro dakika madhi 10-15. Sama irude mos ni, koth moringa ka makore kendgi giwegi ka gimako nyaka kute mantie eyi pi magi lwar go e pier ndowo piny. Bang seche kata bang otieno mangima, inyalo kawo pi maler koro.

Timo kama biro golo 90-99.9% mag kute ma biro moko kuom moringo kaachiel gichungo pi. Ka pirach ahinya to ber ka ichungo pi kendo,. Ma iyalo timo ka ichwako pi (kanyalora to eyi kendo mar chieng) kata inyalo chungo pi gi gir chungo ma olos gi kwoyo. Nge ni inyalo tiyo gi moringa ma kothe osegolie mo, ma odong kaka kek ma inyalo two aeto ikano, bende ber e chungo pi maua kaka koth moinga manyien.

11.8 Keno.

Koth moringa motwo (gol oko ma rangi gi opogore) to gi poda mar pot moringa inyalo kan,. To kata kamano mar chungo pi to chuno ni nyaka los manyien pile.

Sidieny 4 to gi Kare 12: Chenro mar tich kaka jathieth oningo oti.

Kajothieth oluo chenro ni maber to gibiro bedo jothieth malong'o. Omiyo gibiro yudo luor maber, to kendo gibiro tiyo kanyachiel gi laktere matiyo e subtende kaka jo WHO ne owacho e bura mar Alma ATa mane otim 1978.

1. Jothieth kiki;

- Chuo ji sindan
- ked dend ji
- kik iyang ngato
- kik sar dend ngato, koda obed tuo machal nade.
- gol jimo ni mondo moko oti mabeyo. (mana ka gihero)
- gol ich
- kik bed jajuok
- ti gi ring dend dhano etimo gimoro
- ti gi le moro amora
- kik wuond ji ni ginyalo thietho AYAKI
- ngad duong mar nyiri kata mon.- kik ter nyiri kata chuo nyangu

2. Jothieth biro thiedho oganda maber ka gi;

- puonjo ji mondo gibed maler kik tuo mak gi, kendo kik giti gi sabunde mamiyo del bedo malando.
- tiyo kanyachiel gi jo kanisa.
- ng'iyoy ni yiende mag thieth oriti
- ngeyo nying yedhe gi nying gi mar science
- loso orundu mar yath mondo inyis ji kaka ipidho yath to gi yende michamo
- tiyo gi chae mag thieth eyo makare (ne natural medicien in the tropics)
- tiyo gi chenro mag loso modhi mag theith to gi ORS, poda togi kidi marateng (ne chapter 4)
- Yiedhe mondo ithiedh tuo achiel
- miyo ji yath kaka dwarore
- tiyo gi "thermometer" e pimo liet mar del
- tiyo kanyachiel gi osibtal mondo ka ngato tuo ahinya to mondo oter e osibtal
- kawo pesa mana moromo kaluore gi nyalo mar jatuo
- puonjo jomoko thieth
- ngiyo jotuo mag AYAKI ka u thiedho tuoche manyalo makogi mondo umed ngima gi

3. Ka ungiyo magi duto to jothieth nyalo tiyo e osibtal, to kende jo osibtal bende nyalo bedo jothieth!

Other *anamed* publications

"Natural Medicine in the Tropics:

I Tropical plants as a source of health care. Production of medicines and cosmetics." (English Second Edition 2001) **

by Hans-Martin Hirt and Bindanda M'Pia.

Also available in German: "Natürliche Medizin in den Tropen", French: "La Médecine Naturelle Tropicale", Spanish: "Medicina Natural", Portuguese and Ukrainian.

This book describes the social and economic imperative for Natural Medicine, 15 plants in great detail, 50 more plants and natural products and how to make teas, oils and medicines.

The poster: "Healing Plants in the Tropics" **

Available in English, French and German.

"Natural Medicine in the Tropics: II Treatments" **

This book! Also available in English, Swahili, French and Portuguese.

"Natural Medicine in the Tropics: III Seminar Leader's Resource Kit"

A collection of materials for Biblical reflections and group discussions and background information on many aspects of Natural Medicine, wider health issues and simple technologies.

AIDS and Natural Medicine **

The background, how to strengthen the immune system and how to treat opportunistic infections with Natural Medicine.

Malaria Artemisia Starter-Kit

This kit includes seeds and all the materials needed for several years cultivation and use: scientific information and literature, a "cultivation chart", record forms, newsletters for two years. Each pack is prepared with information in the appropriate language(s) for the country of use.

Documentation about the *Anamed* Malaria Programme (AMP)

Even more information about *Artemisia annua* than is contained in this book!

Mercury Soaps: A Modern Day Scandal

The report describes the problem of using soaps and cosmetics that contain mercury for the purpose of skin lightening. The main report are followed by a collection of newspaper articles, scientific papers and other relevant information. *Anamed* seeks to outlaw the sale of such toxic products worldwide. English only.

Making Peace: Biblical Principles

Based on the work of a Christian initiative in Uganda, this book gives clues about how practitioners of Natural Medicine can contribute to peace-making.

** Available in Kenya from Walter Opiyo, Email jarusinga@yahoo.com

For prices, or to place an order, please refer to our web-site, or write to ***anamed*, Schafweide 77, 71364 Winnenden, Germany**. Please do not write to *anamed* Germany to ask for free copies of books, or for funds. If possible, place your order through your partner organisation in Europe, who should pay the bill and pass the books on to you.

anamed also recommends:

"Where there is no doctor: A Village Health Care Handbook for Africa" by David Werner.

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