



**UZUZA IMIBEREHO YAWE  
IBYISHIMO N'UMUNEZERO**



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# UZUZA IMIBEREHO YAWE IBYISHIMO N' UMUNEZERO

**Cyasobanuwe mu Kinyarwanda n'itorero ry'Abadiventisiti b'  
Umunsi wa Karindwi mu Rwanda**

**B.P.367 Kigali-Rwanda  
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## IJAMBO RY'IBANZE

Bizera, bavandimwe, tunezejwe no kubagezaho iki gitabo gikubiyemo ibyigisho byo kudufasha kwitungira amagara yacu neza. Ibi byigisho byateguwe n'Icyiciro cy'Ubuzima mu Nteko Nkuru Rusange y'Itorero ry'Abadiventisiti b'Umunsi wa Karindwi bikaba byarahinduwe mu Kinyarwanda na Union y'Urwanda.

Umwanditsi umwe yaravuze ati: “Dukoresha uburetwa ubuzima bwacu Imana yaduhaye dushaka ubukire, bityo tugahinga, tukiyuha akuya, nuko tukabika. Nyuma ariko tugatanga ubwo butunzi bwacu bwose dushaka ubuzima ariko gusa tukabona igituro”. Nubwo ubuzima nyabwo tuzabubonera mu ijuru, ariko tukiri muri iyi si yamaze kwangirika, hari byinshi dufiteho ububasha kandi dushobora guhindura haba mu mico, no mu buryo butari bwiza twimenyereje kubaho, bityo ubuzima bwacu bukaba bwarushaho kuba bwiza, ibisigaye tukabiharira Imana. Ubuzima bwiza bushobora kutakugaragarira nk'ikintu gikomeye ariko iyo wabubuze wibona ntacyo ufite muri iyi si. Kugira ngo tugire amagara mazima, duhamagarirwa kugira amahitamo meza buri munsi. Ubuzima bwiza ni igikoresho gituma tugera ku iherezo ariko si iherezo ubwaryo.

Ibi byigisho rero nk'uko muzabibona bigizwe n'amahame 12 akubiye mu ijambo rihinye ry'Icyongereza, ari ryo “CELEBRATIONS”, buri nyuguti yose y'iryo jambo ikaba ifite icyo isobanuye. Aya mahame niyo yasimbuye ayo twagenderagaho mu bihe bishize yari akubiye mu buryo buhinnye mu magambo abiri ari yo “NEW START”.

Tugenekereje, tunakurikije ibikubiye muri ibi byigisho, iryo jambo “CELEBRATIONS” mu Kinyarwanda twaryise ngo “Uzuza imibereho yawe ibyishimo n'umunezero”.

Ubuyobozi bw'Icyiciro cy'Ubuzima muri Union y'Urwanda burabashishikariza kugira aya mahame ayanyu. Mureke tuyitoze tuyatoze n'abana bacu, bityo buri wese amenye uko yakwitungira neza ubuzima bwe dore ko ngo iyo atewe hejuru umwe asama aye undi agasama aye.

Imana ibasesekazeho imigisha yayo mu gihe musoma iki gitabo kandi Mwuka Muziranenge abasobanurire ibyasa n'ibidasobanutse anabafashe kubishyira mu bikorwa.

UMUYOBOZI W'ICYICIRO CY'UBUZIMA MURI UNION Y'URWANDA

## IRIBURIRO.

Insengero nini zo mu Burayi ni ibimenyetso byerekana ibintu bya kera biranga ukwizera, ibyiringiro no kwihangana. Nyuma y'Intambara ya Kabiri y'Isi yose, mu matongo yahiye akaba amakara y'Urusengero rukuru rw'ahitwa Coventry mu Bwongereza, hagaragara inkingi z'ibisigazwa zihagaze nk'ibiti byabaye urutare. Ikirere cy'ubururu, cyiza, cyari gihabanye n'ibiranga ugutwikwa n'ibiteye ubwoba byagaragazwaga n'ibisigazwa by'urwo rusengero runini. Nyamara iruhande rw'aho, hari haratangiye kubakwa urusengero rushya. Rwari urusengero rwubatswe mu buryo bugezweho. Urwo rusengero bari bararuhaye idirishya ryihariye, rifite imfuruka ku buryo ryohereza imirasire y'izuba aho umubwiriza ahagarara (alitari).

Abantu benshi basura ahashyirwaga imirambo mu nsengero, bagasura amasanduku yashyirwagamo imirambo ndetse n'imva zo kuri izo nsengero. Ikigo cy'Abihayimana cya Westminster kimeze nk'inzu ndangamurage y'abantu b'ibyamamare bapfuye. Usanga ahakikije aho hantu hijimye, kandi ibisenge birebire bikaba bitwikiriye aho abantu bicara, bigatuma abantu banyura munsu yabyo bagaragara nk'udushishi.

Nyamara rimwe na rimwe imbere muri izi nkuta zijimye kandi zirimbishijwe uhumva amajwi atangaje arangira. Uhumva amajwi y'abana b'abahungu, amajwi ayunguruye baririmba basingiza. Amajwi meza yo gusingiza asohoka aya mu nanga zicurangwa kuri gahunda aba uruhurirane n'amajwi y'indirimo z'abantu baje gusenga. Ubu noneho rwa rusengero rwahoze rwijimye rufite isura itandukanye n'iya mbere. Bya bisenge byari bitwikiriye imva ubu byahindutse ibyumba biririmbirwamo n'abantu baramya Imana. Ni iki gituma bitandukana? Ni umwuka mwiza wo gusingiza Imana, kwishimira agakiza, kunezezwa n'uko Kristo yatsinze icyaha, ugushima kw'abahawe umudendezo ndetse no gushima kuvuye ku mutima kw'abanesheje.

Ibyiciro byo mu itorero byasobanuye intego zabyo mu buryo bwumvikana neza. Ibyiciro bimwe byibanda ku bagore n'abakobwa, ibindi bikibanda ku rubyiruko cyangwa abana ndetse n'umuryango nawo wibandwaho. Muri ibyo byiciro byose, gusingiza, ibyiringiro n'ibyishimo bihurizwa mu kwishimira agakiza kacu. Mu cyiciro cy'ubuzima, icyo tugambiriye

ni ubuzima bwiza ku bantu bose. Abantu benshi bafata ibigize ubuzima, bagerageza kubihuza nyamara nta kibifatanya. Usanga impande zimwe zitunganyije neza. Nk'uko abahanga mu bwubatsi bubatse za nsengeru, abantu bafite umugambi wo gukora ibyo bashoboye byose ku nyubako y'ubuzima. Ababaji b'amabuye bashoboraga rimwe na rimwe gushushanya ku mabuye amasura y'abantu b'abanyacyubahiro n'ab'insuzuzugurwa, bakagerageza kubika ubutazasibangana ibintu bimwe byarangaga abo bantu byagaragaraga ko ari ingirakamaro muri icyo gihe. Bityo, turabona umugambi w'abo banyabugeni mu buryo burambuye. Mu myaka yakurikiyeho, ibyo bintu byinshi byarangaga umuntu byatakaje ubusobanuro bwabyo, ahubwo bisigara bigaragaza ubuhanga mu bugeni rusange. Mu gishushanyo rusange tubonamo ubuhanga bw'umwubatsi. Nk'abanyabugeni bayobowe n'Umuhanzi w'Icyatwa, mu Cyiciro cy'Ubuzima, ntitwari dukwiriye gushimangira imyumvire yacu bwite tugira ku bintu tutarabisobanukirwa ngo twirengagize ukuri n'ibyo abantu bakeneye.

Ubutumwa bwerekeye ubuzima bumeze nk'inyubako y'urusengeru rukomeye. Abantu bamwe bari muri uyu murimo bameze nk'abanyabugeni, ariko umwubatsi ni Imana. Rimwe na rimwe dufata agace k'ibuye ry'agaciro tukagasena neza kandi tukumva ko imfuruka twubatse uko twihitiyemo ari yo y'ingirakamaro kurusha izindi. Nyamara bimeze nk'aho iyo uduce twose twuzuzanya ari ho tugira inyubako y'ubuzima yuzuye kandi nziza.

Abantu bamwe bakoresha umucyo w'izuba nk'itara mu gihe abandi bubaka amadirishya atuma uwo mucyo winjira mu nzu. Nyamara abandi bo bubaka inzira n'ingazi kugira ngo abaza kuramya Imana babone uko bagenda biboroheye. Abandi bacukura aho kubatiriza mu gihe abandi bahasasa imitako igaragaza ubwiza bw'amazi. Bamwe bita ku murimo wo ku ruhimi no ku myizerere shingiro maze bakiringira Imana. Ahakorera umurimo w'urusengeru hose, uhereye aho ibiribwa n'imyambaro bishobora guhabwa abakene, nabyo ni umugabane umwe muri gahunda ngari.

Mu cyiciro cy'ubuzima, turi abubatsi b'ingoro yo guturwamo n'Imana. Nyamara rimwe na rimwe imbaraga zikoreshejwe nabi zubaka inyubako yijimye, irimo ibyago. Ahangaha inkingi zo kwitegeka ziba ari ndende, zugariye kandi zikomeye. Ibisenge byubakishije amabuye bigaragaza ko aho bisakaye hazaba hatuje. Aya marembo abuza kwinjira abakene bishimye n'abashaka kwitanga. Dusanga ko hari abaza mu itorero bake muri

iyo miterere mibi y'ubuzima. Mbega ukuntu ari ingenzi kuba ukwirinda kwagombye kuba ukugengwa n'Imana aho kuba ukwitegeka wowe ubwawe gusa!

Hanze hari urusaku n'umuvurungano. Abantu barasakuza, bagaseka kandi bagakina. Abana b'abakobwa barakina kandi ibintu bikomeje kugenda uko bisanzwe. Urusengero rumini rw'Icyiciro cy'Ubuzima rwifuzaga gufungurira imiryango abantu bose atari abantu bake gusa batoranyijwe.

Rimwe na rimwe habaho umwuka wo kutishimira imisengere ya kera yarangwagamo umwijima, umubabaro, ukwibombarika, nta kuvuga, nta guseka, nta kwisanzura. Ikibura ni ibyishimo bitewe no gusingiza, ukwishimira mu ndirimbo ziririmbirwa Imana yo yitiriwe inyubako y'urwo rusengero. Ikibura ni ukumenya ko Uwitete Imana yawe iri muri wowe imbere, ni Intwari kandi irakiza. Izakwishimana inezerewe, uzaruhukira mu rukundo rwayo, izakunezererwa iririmba. (Zefaniya 3:17).

Mu Cyiciro cy'Ubuzima umugambi wacu ni ukuramya. Dukeneye kubaho dusingiza Imana. Nk'uko urusengero rubaho kugira ngo rutume abantu begera Imana, ni nako ubuzima n'Icyiciro cy'Ubuzima bifite uwo mugambi nabyo. Mu byo urusengero rubereyeho, hagomba kubamo umubano hagati y'Imana n'umuntu, hakabamo gusingiza no kuramya. Bityo mu Cyiciro cy'Ubuzima tugomba kugaburira iyo sano kandi tukerereza ubwiza bw'ubuntu.

Ubuntu bw'Imana gusa nibwo butuma hariho urusengero urwo ari rwo rwose. Urusengero rwacu (ari rwo mibiri yacu) nta kindi ruri cyo uretse ukwigaragaza k'ubuntu bwayo binyuze mu kutubeshaho. Kwita kuri urwo rusengero ntabwo biterwa gusa n'uko inyubako yarwo itangaje. Si no kugira ngo umuntu avumbure amashusho amwe ari ku rukuta. Ubutunzi bwacukuriwe ntabwo ari bwo bugaragaza akamaro k'urusengero. Kunezerwa no kwishimira ubuntu bisohoza umugambi insengero zacu zashyiriweho. Wubahe Imana kandi ukomeze amategeko yayo, kuko ibyo ari byo bikwiriye umuntu wese. (Umubwiriza 12:13).

Ni mu buhe buryo duha Imana ikuzo? Ni mu buhe buryo ibikorwa byacu bishobora kugira icyo bikora ku Mana? Mu byishimo byacu, mu kuyisingiza, mu munezero wacu nk'abana bayo, Imana iranyurwa. Kubera ko umugambi Imana ifitiye abana bayo uruta kure cyane igitekerezo kiruta ibindi umuntu yagira. (Counsels to Parents, Teachers and Students, p. 364).

Urusingero rw'ubuzima rugizwe n'ibice byinshi nk'uko insengero zo mu Burayi, insengero zo mu Burasirazuba bwa Kure, n'imisigiti ya Isilamu bimeze. Ibyo bice bigize urusingero bisa n'ibyo dusanzwe tuzi ku isi, nyamara iyo bifatanyijwe bikora ikintu gitangaje gihesha Imana Umuremyi ikuzo. Ibi byigisho ni urukomatanye rw'ibintu bike byoroheje bigomba gushyirwa mu bikorwa byagaragajwe ko byatuma umuntu agira ubuzima buzira umuze kandi twabihawe mu mpine y'amagambo ari yo "CELEBRATIONS." Ibi ntabwo ari ukwikingira abantu kugerageza gufata ingamba nshya. Ibi byigisho rero ntabwo bisaba kurwana urundi rugamba rushya rudafite ishingiro. Nta n'ubwo bigendereye ukwiyanga. Iyi gahunda ikuraho imvugo yo kwiha amabwiriza yo gukurikiza, imyanzuro ikomeye nk'icyuma, isesengura ridafashije na gahunda yo kwirwariza. Ahubwo duhanga amaso ku Mana. Muri Yo turi abaneshi; muri Yo turatsinda; mu mpano yayo yo kwizera dushobora kwishimira insinzi. Ingingo zigize "CELEBRATIONS" ni ibituma ubuzima uko bwakabaye bwose buba insinzi.





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## DORE IBIGIZE “CELEBRATIONS” MU MAGAMBO MAKE:

**C** ihagarariye ijambo ry’icyongereza “Choices” ari byo bivuga “Amahitamo.” Aho iherezo ryacu ritangirira. Amahitamo tugira ni amarembo yinjira mu rusengero ry’ubuzima.

**E** ihagarariye ijambo ry’icyongereza “Exercises” ari byo bivuga “Imyitozo ngororangingo.” Umuti utuma imbaraga z’umubiri zibaho ntizishire. Imyitozo iri ngombwa kugira ngo umuntu aje mu rusengero , idufasha kwinjira mu kuramya.

**L** ihagarariye ijambo ry’icyongereza “Liquids” ari byo bivuga “Ibisukika”. Ibihehereza imikorere y’ingingo z’imibiri yacu. Amazi abeshaho byaba mu buryo bw’umubiri n’ubw’umwuka azatuma ugusingiza kwacu kuba kuzima.

**E** ihagarariye ijambo ry’icyongereza “Environment”, ari byo bivuga “Ibidukikije.” Ibibeshejeho abantu. Kwigira ku byaremwe mu buryo bwo guhimbaza ni ingirakamaro nk’umucyo w’izuba wo ku munsu utangira impeshyi.

**B** ihagarariye ijambo ry’icyongereza “Belief” ari byo bivuga “Ukwizera” Ishingiro ry’imibereho yacu mu by’umwuka. Ukwizera kuri mu mitima yacu kudutera gukora twishimye.

**R** ihagarariye ijambo ry’icyongereza “Rest” ari byo bivuga “Ikiruhuko”. Ni cyo gisana ubushobozi bwacu budufasha kuva mu mavunane n’umunaniro by’umubiri. Mbega ikiruhuko tubonera mu kwicara imbere y’Umuremyi n’Umucunguzi wacu!

**A** ihagarariye ijambo ry’icyongereza “Air”, ari byo bivuga “Umwuka.” Ni wo ukoresha ubushobozi bwacu bwo kubaho. Umwuka ufutse utuma tugarura ubuyanja kandi tugakomera. Uyu mwuka uradufubika ukaduha kubaho haba mu buryo bw’umubiri n’ubw’umwuka.

**T** ihagarariye ijambo ry’icyongereza “Temperance” ari byo bivuga “Ukwirinda”. Ibi ni byo ngoro yo gutungana kwacu. Hagati mu nkuta z’uru rusengero, ukwirinda guhindura indirimbo /muzika mu buryo bukwiye kugira ngo iyo ndirimbo ibe ifite amajwi yuzuzanya.

**I** ihagarariye ijambo ry’icyongereza “Integrity” ari byo bivuga

“Ubusugire”, ukudatezuka k’ubupfura bwacu. Ni mu buhe buryo twaba interenganya kandi Imana iri muri twe?

O ihagarariye ijambo ry’icyongereza “Optimism” ari byo bivuga “Kwizera ko ibintu bizaba byiza.” Ibi bituma tugira ibitekerezo bizima. Uburyo tubonamo ko ibintu bizagenda neza nibyo bidutera gusingiza Imana dufite umuhati.

N ihagarariye ijambo ry’icyongereza “Nutrition” ari byo bivuga “Imirire.” Kugaburira umubiri wacu. Ibyokurya dufata bimeze nk’umuntu ushinzwe gusana no kwita ku rusengero. Ahora asana, asiga irangi kandi avugurura urusengero. Ibibwirizwa ni ibyokurya byacu by’umwuka, bidutegurira guhangana no gushidikanya kuba mu mitima yacu ndetse n’ibigeragezo.

S ihagarariye amagambo 3 y’icyongereza “Social, Support, Service” ari byo bivuga “Ukunganirana mu mibanire n’abandi no Kugira icyo ubakorera.” Aho imibanire yacu ishyirirwaho ikimenyetso kiyishimangirirwa. Gusobanukirwa n’ubwiza bw’urusengero rwacu bwite (imibiri yacu) ndetse n’icyo rubereyeho. Turi ibisonga byiza, bifata neza kandi bikita kuri iyi nyubako yo gusingirizamo. Uru rusengero rurangwamo ibyishimo, aho Imana n’umuntu bahurira. Na none kandi tuzagira umutima udutera kugira umurimo dukorera insengero (imibiri) z’abandi bantu.

Kugira ngo twishimire ibyiza bihebuje, dukeneye gufata aya mahame ya CELEBRATIONS nk’amabwiriza akubiye hamwe twahawe tugomba gukurikiza. Ntitwari dukwiye kuvuga tuti: “Tuzanywa ibisukika byinshi ariko ntidushaka guhindura akamenyero k’uburyo bubi tubaho bwo kutaruhuka bihagije!” Ibi bizatuma tuba abantu b’abarakare, bazwi cyane n’abo duturanye nk’abantu b’abaka, b’abarakare mu by’ubuzima. Dufashe nk’uru rugero, imibereho itari ku rugero rukwiriye ntituma tugira ubuzima bwiza. Guhora ukangurwa (irritability) bifite ingaruka mbi nyinshi ku buzima. Dukeneye kuba abantu bagenda mu rugero rukwiriye mu mikoreshereze y’amahame twahawe kubahiriza.

Ikibazo gifatika twakwibaza ni iki, “Ni irihe tandukaniro riterwa n’aya mabwiriza yerekeye ubuzima?” Kuva mu myaka ya 1950, abashakashatsi bo muri Leta Zunze Ubumwe za Amerika, abo muri Ositaraliya, Noruveje, Ubuyapani, Poland, New Zealand, Ibirwa bya Caribbea n’abo muri Netherlands, basohoye inyandiko zirenga 247 ku bushakashatsi mu by’ubuhanga zivuga ku miterere mu buzima bw’Abadiventisiti b’Umunsi

wa Karindwi (Iri ni ryo tsinda ry'abantu ku isi ryakozweho ubushakashatsi cyane mu myifatire mu mibereho ). Nubwo Abadiventisiti b'Umunsi wa Karindwi bose badakurikiza aya mahame yose agenga ubuzima, hari igihamba gikomeye kigaragaza akamaro ka buri hame. Ingero zimwe turazisanga mu byagezweho mu bushakashatsi bikurikira:

Abagabo b'Abadiventisiti b'Umunsi wa Karindwi bo mu Budage (Dutch) bagira uburame bw'impuzandengo y'imyaka 8,9 kurusha abo bari mu kigero kimwe batari Abadiventisiti. Abadiventisiti b'igitsina gore bo mu Budage bo babaho imyaka 3,7 kurusha abandi.<sup>1</sup>

Abadiventisiti b'igitsina gabo bo muri Noruveje bo babaho impuzandengo y'uburame y'imyaka 4,2 kurusha bagenzi babo batari Abadiventisiti. Abadiventisiti b'igitsina gore b'Abanyanoruveji bo bagira impuzandengo y'uburame bw'umwaka 1,9 kurusha abandi b'igitsina gore batari abadiventisiti.<sup>2</sup>

Abadiventisiti b'igitsina gabo bo muri Poland bagira impuzandengo y'imyaka y'uburame 9,5 kurusha abandi bantu b'igitsina gabo batari Abadiventisiti. Abadiventisiti b'igitsinagore bo muri iki gihugu bo barama imyaka 4,5 kurusha abandi bahuje igitsina.<sup>3</sup>

Abadiventisiti b'igitsina gabo bo muri California muri Leta Zunze Ubumwe za Amerika bafite impuzandengo y'uburame bw'imyaka 9,4 kurusha abatari abadiventisiti b'igitsina gabo. Abadiventisiti b'igitsina gore bo muri iyo Leta bo bakarama imyaka 6,2 kurusha abandi bahuje igitsina batari Abadiventisiti.

Iyi myaka yiyongeraho muri rusange ni imyaka ishimishije irangwamo ubuzima buzira umuze.

Uwitwa Gary E. Fraser M.D, Ph. D, umukuru w'abashakashatsi kandi akaba n'umuyobozi w'Ikigo gikora ubushakashatsi ku Buzima cya Kaminuza ya Loma Linda, ni n'umwarimu 12

w'iby'ubuvuzi n'uburyo indwara z'ibyorezo zikwira mu bantu mu mashami y'iyo kaminuza yigisha ubuvuzi n'iby'ubuzima bw'abantu muri rusange, aravuga ati: "Ku bagabo no ku bagore ariko mu buryo butandukanye, ubu twerekanye ko, guhindura imyifatire mu by'ubuzima, nk'imirire, imyitozo, kuba umuntu yaranyoye itabi, umubyibuho ukabije no gukoresha imisemburo ituma abagore bakomeza kugira uburumbuke no mu gihe bacuze, ibyo byose hamwe biba intandaro yo gutuma habaho

itandukaniro ry'uburame ku mpuzandengo y'imyaka 12." Kugira ngo abantu bishimire ibyiza bihebuje, abantu bagomba guhindura akamenyero kabo mu mirire no gukora imyitozo bagejeje hafi ku myaka 30; nyamara inyungu ku buzima zishobora kubonerwa mu guhindura imyitwarire ku kigero icyo ari cyo cyose ariko atari mu buryo bukomeye nk'ubwo.

Ibi byagezweho n'ubushakashatsi bizwi neza mu bazi iby'ubuhanga bitewe n'ibintu byinshi byanditswe ndetse no gusobanurira inyandiko mu makoraniro y'impuguke, bityo ibyo bikaba byarakanguye abandi bashakashatsi n'abayobozi mu butegetsi.

Muri ibi byigisho, tuziga ibice bigize CELEBRATIONS. Iteka twagombye guhora twibuka ko umugambi wacu ari imyitwarire ishimishije tugira kubera ibyo Imana yadukoreye.

Mwishimire Umutware w'Abatware n'Umwami w'Abami. Mu kuramya Imana kwacu, turasingiza, kandi mu gusingiza kwacu dushima Imana, mu gushima kwacu tugira uko twitwara ku Mana, kandi tuvugurura ubuzima bwacu binyuze mu buryo tuyitwaraho.

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## IGICE CYA I AMAHITAMO

Nk'uko twabonye mu iriburiro, ibi byigisho bikubiye mu ijambo rihinye ari ryo CELEBRATIONS. Tugiye kurisesengura dufata inyuguti ku nyuguti.

C ihagarariye ijambo ry'icyongereza "Choices" ari byo bivuga "Amahitamo." Aho iherezo ryacu ritangirira.

*Bishoboka ko igihe cyose utabonera iherezo mu itangiriro, nyamara amahitamo yawe ni yo iteka akena iherezo ryawe. Amahitamo yerekeza ku buzima buzira umuze agira ingaruka nziza ku muntu ku giti cye, ku muryango n'aho ubarizwa. Amahitamo ataganisha ku buzima buzira umuze n'ibitekerezo byiza bibera inkomyi imibereho y'abantu bose. Nta muntu umeze nk'ikirwa. Kwishimira umudendezo wo gukora amahitamo agamije ubuzima buzira umuze, ni igikoresho twifashisha kugira ngo tugere ku zindi mpano nziza zose z'ubuzima.*

Ugukomanga ku rugi kwari gukomeye kandi kurimo itegeko. Bishoboka ko ari inkoni yakoreshwaga yatumye uko gukomanga kumvikana cyane. Emile yari afite hafi imyaka 14, mushiki we yari afite imyaka 22 kandi uyu mushiki we yari afite uruhinja rumaze amezi make. Umugabo wa mushiki we yari amaze imyaka mike agiye kugira ngo agerageze kubona amakuru y'uburyo yacika.

Emile yakinguriye urugi umuntu w'umurakare, wari umusirikare utarasekaga. Uyu musirikare yari umwe mu bari barigaruriye agace k'iwabo. Uwo musirikare yaramubwiye ati, "Ejo saa mbiri za mu gitondo muzitabe polisi."

Mu gitondo cyakurikiyeho, Emile yambaye inkweto ze za bote. Se yari yarazikoze mu mwaka wabanjirije uwo. Zari inkweto nziza, izo se warimo yipfira yari yarakoranye urukundo azikorera umwana we umwe w'umuhungu yagiraga. Zakozwe zijya kuba nini ho gato, ariko ubu bwo ziramukwira rwose, kandi Emile yari atagikura. Afite imyaka 14, yumvaga izo nkweto se yamukoreye zitamumereye neza nk'umuntu mukuru.

Yambaye igitambaro kimurinda imbeho mu ijosi maze ahamagara mushiki

we aramubwira ati: “Saa mbiri zirabura hafi iminota 30!” Mushiki we yaramusubije ati: “Ndaje!” Aza afashe mu maboko ye uruhinja rufubitswe neza, maze wa mubyeyi ukiri muto ajyana na musaza we baramanuka bafata agahanda gato berekeje ku cyicaro cya polisi. Aho hari uruvunge rw’abantu. Abapolisi banditse amazina yabo maze babajyana gutegerezanya n’abandi. Aho hantu hari abantu benshi. Ikintu kidasanzwe ni uko abari bahamagawe bose bari Abayahudi.

Abapolisi barababwiye bati, “Kubera impamvu z’umutekano, tugiye kuba tubakuye mu mazu yanyu by’igihe gito. Ntimugire ikibazo. Umutungo wanyu uzitabwaho neza cyane.

Kubera impamvu z’ibihe by’intambara, muzagenda mu modoka zitwara imizigo, ariko urugendo ruzaba rugufi. Ba bapolisi bashoreye rya tsinda ry’abantu maze baryerekeza aho igare ry’umwotsi rihagarara. Igare ry’umwotsi ritwara imizigo ryahagaze aho maze abantu bose baryinjizwamo. Umupolisi yaravugaga ati, “Ni ko bimeze, mwegerane. Mureke n’aba bandi babiri bajyemo. Mwegerane cyane. Ni byiza!” Inzugi nini z’icyuma zahise zikingwa; bahita bashyiramo n’icyuma kizifunga.

Abantu bari muri iyo modoka bari bumiwe. Bafite ubwoba, kandi bahangayitse, bagendaga bongorerana. Hanze bahumvaga induru n’urusaku rw’abantu biruka. Bumvise umuntu avugirije maze umuntu w’umugome ahonda kuri ya modoka. Abantu bari imbere mu modoka barihinze, bagasunikana, bakituranaho nyamara ntibagwe hasi kubera ko bari begeranye cyane ku buryo nta wagwa hasi.

Umubyeyi yahumurije umwana we witwa Hanan ati, “Nta kibazo, Humura Hanan.” Umwana nawe ati: “Ariko ndashaka kwituma Mama!” Umubyeyi ati: “Urabikora mu kanya mwana wanjye!” Umwana ati, “Oya Mama, sinshobora kwihangana.” Maze umubyeyi avuga yoroheje ati: “Ni uko ngaho bikore mu ipantalo yawe.”

Rya gare ry’umwotsi ryakomeje kugenda ryihuta, rikomeza inzira yaryo ikoze mu byuma. Muri rya gare ry’umwotsi imbere, byari bikomeye. Ijoro ryaraguye maze muri iryo joro ryose, iryo gare rikomeza kugenda ribomborana ryihuta n’imbaraga nyinshi ubudatuza. Bwarakeye izuba rirarasa. Abari muri iryo gare nta kintu barya cyangwa banywa bari bafite. Ikinuko cy’amazirantoki nticyari kigitera amazuru ikibazo.

Umukobwa w’inkumi yatangiye gutaka agira ati: “Sinshobora

kubiyihanganira, sinshobora kubiyihanganira.” Yazamuye umutwe we maze awucisha mu mwenge muto wari hejuru muri iryo gare. Urusaku rw’isasu rwaravuze, maze wa mukobwa agwa muri rya gare yapfuye, amaraso yuzuye mu maso he hari heza. Igihe ijoro rya kabiri ryagwaga, ubwoba bwinshi no kumirwa byasabye izo mfungwa.

• Ku munsu wa gatatu, izuba ryaracanye cyane. Rya gare ry’umwotsi ryageze aho birikomereye kugenda rirahagarara. Habayeho urusaku rw’abantu, kuvuza induru, n’urusaku rutewe n’inzugi zafungurwaga maze izo nzugi zirakingurwa. Babonye umucyo w’izuba bananirwa kureba. Iryo tsinda ry’abantu bari buzuye inkari n’umwanda, banuka basohotse muri iryo gare badandabirana kugira ngo basanganizwe urwunge rw’amagambo mabi.

• Kuraho! Vanaho! Abagabo bajye ibumoso! Abagore bajye iburyo! Abagabo banyure aha. Abagore n’abana banyure iburyo.

• Mwihute! Mutambuke vuba.! Emile yarashidikanyije. Abo bantu benshi bakomezaga bajya imbere. Mbese Emile yari umugabo cyagwa yari umwana w’umuhungu? Bakomeje kubwirwa ngo, “Abagabo muce aha. Abagore n’abana namwe munyure aha.”

• Emile yari yambaye za bote se yari yakoze, ku buryo uwamurebaga yabonaga ari muremure. Yagaragaraga ko ari umugabo. Yararebye maze arabukwa mushiki we wari wambaye igitambaro cy’imbeho mu ijosi anatwaye ku rutugu kishywa ke. Mushiki we yagendaga muri cya kivunge cy’abantu bihuta bagiye. Emile ntiyongeye kumubona ukundi. Mushiki we bamujyanye mu byumba byabaga bifungiyemo ibyuka bihumanya. Emile yajyanywe mu nkambi bafungiramo imfungwa z’intambara.

Emile yararokotse kugira ngo avuge iyo nkuru y’ibyamubayeho kandi igitangaje muri yo ni imbaraga ya kwa guhitamo kumwe yagize. Igihe yari ahagaze mu mahuriro y’inzira y’ubuzima, yari guhitamo ate?

Uyu munsu urabazwa ikibazo. Uhitamo ute? Buri munsu duhura n’ibintu bidusaba gukora amahitamo menshi kandi ibi nibyo bigena amaherezo yacu. Buri gihe ntabwo tugira amahirwe amwe nyamara hariho amahitamo agomba gukorwa n’abantu bose. Amahitamo meza n’amabi. Aya mahitamo ashobora kugira ingaruka (nziza cyangwa mbi) ku burere bwacu, umutekano, umutungo wacu ndetse no ku buzima bwacu uko byagenda kose. Reka dufate ingero:

• Kunywa itabi cyangwa kutarinywa ni amahitamo.



- Kunywa ibisindisha cyangwa kutabinywa ni amahitamo.
- Gushyira mu bikorwa akamenyero ko kwitungira amagara mazima cyangwa kutabikora ni amahitamo.

Dr. Nedra Belloc na Lester Breslow, bakora mu ishami ry'ubuzima bw'abantu muri rusange, i Berkeley muri California, bari mu bashakashatsi ba mbere batanze ibisubizo abantu bemera ku kamenyero umuntu agira mu mibereho bigatuma arama cyane. Mu bushakashatsi bakoze kera, mu ngo 6928 z'abantu bakuru batuye ahitwa Alamenda muri California, basanze ko hari uburyo 7 bw'imibereho bwabaye intandaro yo kurama cyane. Ubwo buryo ni:

1. Gusinzira mu buryo buhagije (amasaha 7 kugeza ku 8 buri joro);
2. Kutagira ibyo urya hagati y'amafunguro agenwe (Kutaryagagura);
3. Ifunguro rya mu gitondo rya buri muni ryuzuye;
4. Kugumana ibiro by'umubiri bigenwe bijyaniranye n'uburebure bw'umuntu, uko amagufa ye ateye ndetse n'imyaka ye y'ubukuru;
5. Gukora imyitozo ngororangingo ya buri gihe;
6. Kudakoresha ibinyobwa bisindisha;
7. Kutanywa itabi.

Ugukurikirana iyi myifatire kwakozwe mu myaka 9 kwagaragaje ko umubare w'ibyo umuntu yakurikije akabigira akamenyero mu mibereho igamije ubuzima buzira umuze, byagiranye isano itaziguye ku kuba bapfa cyangwa ntibapfe. Kiriya gihe cy'imyaka 9 kirangiye, basanze ko mu bantu bubahirije ziriya ngingo uko ari 7, abagabo 5,5 ku ijana n'abagore 5,3 ku ijana gusa nibo bapfuye ugereranyije n'abagabo 20 ku ijana n'abagore 12,3 ku ijana bapfuye, igihe hubahirijwe gusa ingingo 3 cyangwa se muni yazo icyarimwe.<sup>2</sup>

- Gukora imyitozo ngororangingo cyangwa kutayikora ni amahitamo.
- Kunywa amazi ahagije cyangwa kutanywa ni amahitamo.
- Kwishyiramo ko ahazaza hazaba habi cyangwa ko hazaba heza ni amahitamo.
- Kwiringira Imana cyangwa kutayiringira ni amahitamo.

## ICYO BITWIGISHA MU BY'UMWUKA

Ubuzima bugizwe n'amahitamo. Buri mwanya wose tuba duhamagarirwa

guhitemo. Guhitamo neza cyangwa nabi mu by'ubuzima ni urugamba rukomeza. Urugamba nk'urwo runarwanwa mu ntambara y'iby'umwuka. Uyu muni nimwitoranyirize uwo muzakorera. Ariko nje n'inzu yanjye tuzakorera Uwitaka. (Yosuwa 24:15).

Mu mahitamo yose tugira, uguhitamo kw'ishingiro ni uguhitamo Imana. Mbese ntidukwiriye guhitamo kugirana umubano n'Imana? Yego. Dukwiriye kubihitamo! Biradukwiriye kubera ko muri uyu mubano havamo:

• Amahoro;

• Ibyishimo;

• Ukwihangana;

• Ukwirinda;

• Urukundo;

• Ubugwaneza;

• Ubudahemuka;

• Kwicisha bugufi;

• Ukubonera.

Aya ni amabuye fatizo y'imibereho irangwa n'ubuzima buzira umuze, imibereho yuzuye umunezero kandi ikora igatanga umusaruro(imibereho yunguka). Tugomba kwitonda kugira ngo buri muni duhitamo neza, bityo Imana ishobora kuzuza imibereho yacu ibyishimo n'umunezero.

#### **Aho byakomotse.**

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## IGICE CYA 2

# IMYITOZO NGORORANGINGO

E ihagarariye ijamba ry'icyongereza "Exercises" ari byo bivuga "Imyitozo ngororangingo." Umuti utuma imbaraga z'umubiri zibaho ntizishire.

*Hari ingororano nyinshi ziherekeza imyitozo ngororangingo. Izo ni nk'imbaraga z'umubiri, ukwihangana, kugira umubiri ugororotse, ingufu, ubuzima bwiza bwo mu mutwe, kwigirira icyizere n'ubushobozi bukomeye bwo kurinda umubiri. Ikindi kandi ni uko imyitozo ngororangingo igabanya ingorane zo gukunda kugira agahinda, ingorane zo kurwara kanseri, ihungabana, diyabete, indwara z'umutima, ugutera cyane k'umutima, umubyibuho ukabije, ukugabanuka k'ugukomera kw'amagufa n'uburemere bwayo bikunze kuba ku bantu bakuze, umunaniro ukabije w'ubwonko n'izindi ndwara. Muri iyi minsi abahanga batanga inama ko buri munsu umuntu agomba kugira iminota 30 y'imyitozo ikorewe ahantu hari umwuka mwiza, nubwo n'umwanya w'iminota 15 ufatwa inshuro 2 nawo waba mwiza. Imyitozo isaba gukoresha imbaraga itera umuntu kumva amerewe neza. Nimureke twishimire iyi mpano itanga imbaraga y'imyitozo ngororangingo kugira ngo tuvugurure ubuzima bwacu, ubushobozi bwacu bwo kugira ibyo twunguka ndetse n'imyaka y'uburame.*

Mu mwaka wa 1998, ikinyamakuru cya Leta ya Oregon muri Leta Zunze Ubumwe za Amerika, cyanditse inkuru y'umugabo wari ushaje. Uwo ni Ben Levinson w'imyaka 103 y'ubukuru akaba ari we waciye agahigo ko kunaga ibiremereye kure mu bagabo barengeje imyaka 100 ku isi. Yanaze ibiremereye kuri metero 30 na santimetero 85 . Nyamara kuri uyu mugabo Ben, icyo yari agezeho ni ugushobora kunaga afite imyaka irenga 100!

Mu myaka 13 mbere y'uko aca ako gahigo, Ben Levinson yari arwaye indwara yo kwigunga no guhorana agahinda , ari umusaza w'imyaka 90 w'intege nke, ugenda adandabirana, wagaragaraga ko yegereje igihe cyo gupfa. Yari yarabaye umuntu udashobora kugira icyo yimarira agafashwa n'abandi kandi w'umunyantega nke bitewe no kudakora imyitozo ngororangingo. Yaje kugira amahirwe ahura na Dave Crawley,

wari umutoza w'umukino wo gusiganwa ku maguru wamubwiye ko ashobora kongera kwiyumvamo ko afite imyaka 80 y'ubukuru. Ben yatangiye gahunda yo kwitoza, agakora urugendo rumara iminota 20 ku munsu agenda ku muvuduko wa km 3 na m750 mu isaha, kandi inshuro 3 cyangwa 4 mu cyumweru agakora imyitozo yo guterura ibintu bifite uburemere bunyuranye. Wa mutoza we witwa Dave Crawley aravugaga ati, "Yiyongereyeho santimetero 5, ubona ahagarara neza kandi ubona ashikamye."

Niba gahunda yo gutuma ubuzima bugenda neza yarashoboye gukorera uriya musaza w'imyaka 90 ibimeze bitya, tekereza ibyo iyo gahunda yagukorera!

### IBYZA BY'IMYITOZO NGORORANGINGO

Imyitozo ngororangingo ikorwa mu buryo buhoraho ntabwo ari uburyo bwo kwirinda indwara gusa; ahubwo inatuma ubuzima bukomeza kumererwa neza. Hari ibyiza byinshi bikomoka ku myitozo ngororangingo, 1, 2. Muri byo twavugaga ibi bikurikira:

- Imyitozo ngororangingo ituma umuntu arushaho kugira imbaraga kandi igatuma umuntu yumva amereye neza.
- Imyitozo ngororangingo ifasha mu kugabanya indwara y'umuvuduko ukabije w'amaraso. Ikinyamakuru cyitwa New England Journal of Medicine cyanditse ibyavuye mu bushakashatsi bwagaragaje ko, ku barwayi bafite umutima utera mu buryo bukabije, imyitozo ituma umuntu ahumeka neza igabanya umuvuduko ukabije w'amaraso mu buryo bukomeye.<sup>3</sup> Nyamara na none gufata imiti yo kwa muganga ni ngombwa mu rwego rwo guhangana n'uburwayi bwo gutera gukabije k'umutima. Kugabanya umuvuduko ukabije w'amaraso bishobora kunganirwa na gahunda yo gukora imyitozo ngororangingo mu buryo buhoraho. (Ibi bikorwa hakurikijwe inama ya muganga ukurikirana umurwayi).
- Imyitozo ngororangingo ituma amagufa akomera. Ubushakashatsi bwakorewe mu Ishuri ry'Ubuvuzi rya Washington riri St. Louis bwagaragaje ko umugore ashobora kongera ugukomera kw'amagufa ye kuva kuri 2% kugeza kuri 3%, abishobojwe no gukora imyitozo yo

guterura ibintu biremeye mu buryo butandukanye (ibi byagaragaye nyuma y'igihe runaka cy'ubushashatsi).<sup>4</sup>

• Imyitzo ngororangingo ituma ubwoko bwiza bw'ibinure byitwa HDL(Ubwoko bw'ibinure birinda indwara z'umutima) bwiyongera. Ubushakashatsi bwakozwe ku isano iri hagati y'ubwinshi bw'ubu bwoko bw'ibinure n'uko abantu bifata, bwagaragaje ko ku bagabo hafi 3000, imyitzo ngororangingo yari ifitanye isano n'ubwinshi bwa buriya bwoko bw'ibinure.

• Imyitzo ngororangingo ishobora gufasha mu guhangana n'indwara za diyabete. Abashakashatsi bo muri Kaminuza ya Havard bagaragaje ko imyitzo ngororangingo igabanya ingorane zo kurwara diyabete mu myaka y'izabukuru.<sup>6</sup> Imyitzo ngororangingo yongera ubushobozi bw'utwanya tugize imihore bwo kujyana isukari mu ngirangingo. Ubu buryo bwihariye bwo kujyana iriya sukari ntabwo bushingiye ku musemburo ukorwa n'impindura(pancreas) ufasha mu gutuma habamo isukari iri ku rugero rukwiye mu maraso [insulin]. Bityo ibi bituma hakenerwa uyu musemburo ku rwego rwo hasi. Imyitzo ngororangingo ikorwa mu buryo buhoraho, kandi ikitabwaho ituma uriya musemburo umara igihe ufite ubushobozi bwo kurushaho gukora neza. <sup>7</sup>

• Imyitzo ngororangingo ishobora kugabanya ingorane zo kurwara kanseri zimwe na zimwe. Ubushakashatsi ku gukwirakwira kw'indwara z'ibyorezo buvuga ko habaho ukugabanuka ko kurwara kanseri y'amara manini ku bantu bakora imyitzo ngororangingo mu buryo buhoraho.<sup>8</sup>

• Imyitzo ngororangingo ituma ubuzima burushaho kumera neza. Abantu bari mu nama yari yatumijwe n'ibigo by'igihugu bishinzwe iby'Ubuzima bagaragaje ibindi byiza biboneka mu buzima biturutse ku myitzo ngororangingo. Muri byo hari ubuzima bwo mu mutwe bumeze neza, umunaniro muke w'ubwonko, umuhangayiko muke no kudaherana n'agahinda.<sup>9</sup>

• Imyitzo ngororangingo ivugurura uburyo bwo kuvugana n'abandi kw'abantu bafite uburwayi bwo gutakaza imbaraga ku bwonko(Alzheimer's disease). Mu bushakashatsi bwigaga ku bushobozi bwo kuvugana n'abandi no kumenya ibyo abandi bavuze bwakozwe

ku matsinda abiri y'abantu barwaye iriya ndwara yo kugabanuka k'ubushobozi bw'ubwonko, basanze ko abarenga 40% bari mu itsinda rikora imyitoto yo kugenza amaguru bongeye ubushobozi bwo kumva no kuvugana n'abandi ku rwego rugaragara. Ku rundi ruhanda rw'abadakora imyitoto, nta guhinduka kugaragara kwabonetse ku itsinda ryahawe amasomo yo kuganira.<sup>10</sup>

Imyitoto ngororangingo ivugurura ubuzima bwo mu mutwe. Ubushakashatsi bwakozwe ku barwayi badafite indwara yo kugabanuka k'ubushobozi bw'ubwonko (Alzheimer's disease) bwagaragaje uguhinduka kugaragara ku mikorere myiza y'ubwonko binyuze muri gahunda y'imyitoto ikorewe ahari umwuka mwiza yamaze ibyumweru 9 kugeza ku 10. <sup>11</sup> Bitewe no kongera ibyo umuntu akora, hagaragaye imikorere irushijeho kuba myiza y'ibitekerezo ku Banyamerika bageze mu za bukuru. Hari isano igaragara iri hagati y'urwego rw'ibyo umuntu akora n'ubushobozi bw'intekerezo.<sup>12</sup> Binyuze mu gukoresha umubiri kuri gahunda ihoraho, umuntu ashobora kumva arushijeho kumererwa neza, akarushaho kugira imbaraga, akumva atuje adahangayikishijwe n'ibimugora bya buri muni. <sup>13</sup>

Imyitoto ngororangingo ituma umutima urushaho gukora neza. Iyi myitoto itera umutima imbaraga, igatuma urushaho gukora neza, igatuma igihe cyose wikaye wohereza amaraso menshi.

### IMYITOTO ITEGETSWE GUKORWA

Hari amoko atatu rusange y'imyitoto ngororangingo:

- a) Imyitoto yo guhumeka, cyangwa ituma umuntu ashobora kwihangana [endurance exercise];
- b) Imyitoto yo kurambura cyangwa kunanura ingingo;
- c) Imyitoto yo kubaka imbaraga/gukomeza umubiri. Muri yo twavuganye nko guterura ibintu biremereye.

Nubwo iyi myitoto yose ari ingirakamaro, abantu basabwa cyane gukora imyitoto ikorewe ahari umwuka mwiza bitewe n'ingaruka nziza igira ku rwungano rw'itembera ry'amaraso no kurw'ihumeka ndetse no ku mubiri wose muri rusange. Hari inyungu nyinshi cyane zibonwa n'abatakaza kalori zisaga 3500 buri cyumweru bakora imyitoto ngororangingo, ariko kandi

n'abatakaza kalori 750 buri cyumweru nabo babikuramo inyungu ikomeye. 14

Ni ingenzi cyane kuzirikana ko ibyo uhutiyeho ugapfa kubikoresha umubiri wawe bidakwiye kwitiranywa n'imyitozo ngororangingo. Imyitozo ngororangingo ni igikorwa umuntu akora cyateguwe, gifite gahunda gikurikiza, gisubirwamo kandi gifite icyo kigamije ku rwego rw'uko intego yayo iba kuvugurura no kubungabunga imikorere myiza y'umubiri.<sup>15</sup>

Imikorere myiza y'umubiri ni iki? Dukurikije ibivugwa n'ikigo cyo muri Amerika cy'Ubuvuzi bukoresha Imikino, imikorere myiza y'umubiri ni ubushobozi bwo gukoresha umubiri ibikorwa bitangira biri mu rugero bikaganisha ku bisaba imbaraga ariko ntunanirwe.<sup>16</sup>

Ingero rusange z'imyitozo iri mu rugero zavuzwe n'Urugaga Rusange rw'Abaganga babaga bo muri Amerika ni izi zikurikira:

- Kwiruka n'amaguru igihe cy'iminota 15,
- Gukina [umupira w'intoki banaga mu gatebo kamanitse] mu gihe cy'iminota kuva kuri 15 kugeza kuri 20,
- Gukina umukino wo koga mu gihe cy'iminota 20,
- Gukora mu busitani mu gihe cy'iminota 30,
- Kugendesha amaguru wihuta mu gihe cy'iminota 30, cyangwa
- Gukina umupira w'amaboko mu gihe cy'iminota 45.

Dogiteri Kenneth Cooper uzwi mu by'imyitozo ikorerewe ahantu hari umwuka mwiza, ashyigikira imyitozo ikoresha imbaraga nke, nko kugendesha amaguru wihuta bihabanye no kwiruka. Ashyigikira imyitozo ikoresha imbaraga nke kubera ko 48% by'abantu biruka kuva ku kilometero kimwe n'igice kugera ku bilometero 30 buri cyumweru bagira ibikomere mu ngingo zabo no mu mikaya (inyama/imihore) yabo. Kugendesha amaguru bibereye abantu benshi kubera ko bishobora gukorerwa aho ari ho hose n'igihe icyo ari cyo cyose. Birashimisha, bibereye abantu, nta kiguzi bisaba kandi ni umwitozo ushobora kwishimira gukora wenyine cyangwa uri kumwe n'inshuti. Nta byangombwa bidasanzwe usaba. Ibikenewe gusa ni inkweto zo kugendana n'imyenda bikwiriye umuntu. Kugendesha amaguru wihuta bitera udukomere tworoheje cyane ariko bukoresha imikaya n'imyanya myinshi by'umubiri. Uyu mwitozo utuma imisemburo igabanya ububabare mu mubiri ikorwa bigatuma kumva umuntu amerewe neza byiyongera. Mu myaka isaga 150 ishize, Ellen G. White yaranditse ati, "Kugendesha amaguru

mu bihe byose aho bishoboka, ni umwitozo ngororangingo uruta iyindi kubera ko iyo umuntu agendesha amaguru, imihore yose irakora.”<sup>17</sup>

Mu mwaka wa 1995, Ikigo gishinzwe gukumira indwara ndetse n’Ikigo cyo muri Amerika cy’Ubuwuzi bukoresha Imikino byasohoye inyandiko yabyo isaba ko, ‘Mu minsi hafi ya yose y’icyumweru (byaba byiza ikaba yose), buri muntu mukuru wese yagombye gufata igihe cy’iminota 30 cyangwa irenga akora igikorwa gisaba imbaraga ziri mu rugero.’<sup>18</sup>

### IMYITOZO NGORORANGINGO N’URUGERO RWO KUMENYEREZA UKO UMUTIMA UTERA.

Iyo bashaka kumenya urwego rwo hejuru rw’imyitoto umuntu yakora, urwego rwo hejuru rwo gutera k’umutima rwaba hafi incuro 220 ukuyemo imyaka y’uwo muntu. Iyi ndorerwamo bita Ugutera k’Umutima ko mu rwego rwo Hejuru (MHR=Maximum Heart Rate) bayikoresha nk’igipimo cyifashishwa bashaka kubara igipimo bagenderaho bakoresha umutima imyitoto (THR=Training Heart Rate). Iki gipimo gihera kuri 60 ukageza kuri 80% by’urwo rwego rwo hejuru rwo gutera k’umutima(MHR). Umuntu aramutse afite imyaka 50, umubare wo hejuru w’urwego rw’imyitoto yakoresha waba 170. Ibi byabonetse hafashwe 220 ukuyemo 50 (imyaka ye). Iyo hakorwa imyitoto, urwego rwo gutera k’umutima w’umuntu ufite imyaka 50 rwaba rugamijwe rugomba kuba ku rugero ruri hagati y’incuro 102 na 136 mu munota. Uru rugero rwo gukoresha umutima imyitoto rukenewe kubahirizwa mu gihe cy’iminota hagati ya 20 na 30 kugira ngo bamenyereze umutima kuba wagera ku rwego rwo hejuru rw’imikorere yawo.



**URUGERO RWO KUMENYEREZA UKO UMUTIMA UTERA[THR]  
(60-80% BY'UGUTERA K'UMUTIMA KO MU RWEGO RWO  
HEJURU [MHR]**

IKIGERO CY'UBUKURU (mu nyaka)	INSHURO UMUTIMA UTERA MU MUNOTA(THR)
20-24	120-160
25-29	117-156
30-34	114-152
35-39	111-148
40-44	108-144
45-49	105-140
50-54	102-136
55-59	99-132
60-64	96-128
65-69	93-124
70-74	90-120

Iyi mbonerahamwe ishobora gukoreshwa kugira ngo berekane urwego rwifuzwa rwo gutera k'umutima ku muntu ukora imyitozo ngororangingo ikorewe ahantu hari umwuka mwiza. Uru rwego rw'imyitozo ruvugurura imikorere myiza y'umutima n'imiyoboro y'amaraso ndetse n'uburyo bwo kujyana umwuka mwiza (okisijeni) mu bika bigize umubiri. Uburyo bworoshye bwo kumenya urugero umutima utera ni ukubara incuro utera mu gihe cy'amasagonda atandatu maze ukazikuba 10.

Nubwo imyitozo iri mu rugero ari ingirakamaro, imyitozo irengeje urugero igeza aho inaniza umuntu ishobora gutera ingorane<sup>19</sup>. Imyitozo ikwiriye ikurikirwa no kumva umerewewe neza. Umuntu ukora imyitozo maze akagira umunaniro udashira ashobora kuba akora imyitozo mu buryo burengeje urugero.

Mu ngorane rusange zidahita zigaragara zifitanye isano n'imyitozo ngororangingo dusangamo:

• Kunanirwa kwirambura/ kwinanura cyangwa kwishyushya

- Kugira umwuma;
- Imyitoto irengeje urugero;
- Kunanirwa gusubiza umubiri uko wari umeze;
- Kwitotoza ukarenza urugero;
- Kwitotoza ntugere ku rugero;
- Gukoresha inkweto cyangwa imyenda bidakwiriye;
- Gukorera imyitoto ahantu hababaza umubiri cyangwa hataringaniye;
- Gukorera imyitoto ahantu hashyushye cyane;
- Guhubukira gukora imyitoto umaze igihe ufite akamenyero ko kutayikora;
- Kwirengagiza uko umuntu ateye yarabivukanye cyangwa uburwayi bwagaragajwe na ba muganga;
- Kwirengagiza ibimenyetso by'indwara umubiri wawe waba ufite.

Impine y'amagambo ikoresha kugira ngo umuntu yibuke ibintu bigize gahunda y'imyitoto ngororamubiri ni FIT.

F: Inshuro (ukora imyitoto)

I : Uburemere (bw'imyitoto ukora)

T : Igihe (umara ukora iyo myitoto)

Inshuro: Inshuro zagombye kuba nibura 2 cyangwa eshatu mu cyumweru.

Wabishaka warayikora buri muni.

Uburemere: Ibyo tugiye kuvuga birebana n'abantu bafite amagara mazima. (Umuntu uri ku miti agomba kubanza yagisha muganga we inama kugira ngo abone kujya muri gahunda y'imyitoto ngororangingo).

Uburemere bw'imyitoto bwagombye kuba bujyaniranye n'urwego rw'imikorere myiza y'umubiri. Reba imbonerahamwe y'urugero rwo kumenyereza uko umutima utera twabonye haraguru. Niba uko umutima wawe utera igihe ukora imyitoto biri hejuru y'umubare wo hejuru abantu bo mu kigero cyawe bagarukiraho, gabanya. Niba kandi biri hasi y'umubare wo hasi w'urugero rw'abantu bo mu kigero cyawe ongera uburemere bw'imyitoto ukora ariko ubanje kubyumvikanaho na muganga wawe.

Igihe: Igihe imyitoto imara cyagombye guhera ku minota 20 ku gipimo cyawe cyo gukoresha umutima imyitoto (THR) ukageza kuri gahunda yo kwitotoza imara isaha imwe. Iki gihe gikubiyemo imyitoto yo kwinanura no kwishyushya, hakanabamo iminota 20 yo gukora imyitoto ikorewe ahantu hari umwuka mwiza, iminota 20 y'imyitoto yo gukomeza umubiri n'indi

minota icumi y'imyitoto yo kwinanura/ kuruhuka no kunanura ingingo.

### **IMYENDA IKWIRIYE MU GIHE CY'IMYITOZO**

Umuntu yagombye kwambara imyenda yorohereye ituma agira ukwisanzura mu byo akora kandi inajyanye n'uko ikirere kimeze. (hashyushye cyangwa hakonje). Imyenda imwe yo muri iki gihe ikoze ku buryo ituma ibyuya bisohoka ariko ntitume ubuhehere bugera ku mubiri. Mwirinde imyenda ikoze ku buryo ifata ubushyuhe n'ibyuya. Igihe ukorera imyitoto ahantu hatuwe cyane (nko mu muji), koresha imyenda ifite amabara agaragara cyane kubw'umutekano wawe. Ku byerekeye imyenda ijyanwa mu myitoto ngororangingo, abagore n'abakobwa bagombye kwitonda mu buryo bwihariye bambara imyenda ifata neza imibiri yabo.

### **INKWETO ZIKWIRIYE MU GIHE CY'IMYITOZO**

Ibirenge byikorera ibiro by'umubiri wose. Ni ingenzi rero ko inkweto ziba zikwiriye umuntu neza. Mwibuke kwambara inkweto z'abasiganwa ku maguru zifite hafi santimetero imwe n'ibice bibiri kugeza kuri ebyiri n'igice hagati y'aho amano arangiriye n'izuru ry'inkweto. Zigomba kuba zirimo utuntu tworoheye dufata ibyuya, zifite igice cyo hasi gikoze neza, agatsinsino kajyamo neza, zidakanyaraye, zituma umwuka utambuka kandi zifite imishumi umuntu afunga igakomera bitabanje kubabaza uzambaye. Ibyiza ni uko wagura inkweto zo gukoresha imyitoto nimugoroba igihe ibirenge biba bisa n'ibibyimbye kugira ngo zizagukwire neza.

### **ICYO BITWIGISHA MU BY'UMWUKA.**

Nk'uko imyitoto ngororangingo ituma umuntu ahumeka neza (aerobic exercise) idufasha kubaho neza, ni nako bimeze ku myitoto yo kwizera, kwiringira Imana kugira ngo ituyobore kubaho nk'uko amabwiriza yayo yuje urukundo yerekeye ubuzima ari. "Ni yo iha intege abarambiwe, kandi utibashije imwongeramo imbaraga. Abasore b'imigenda bazacogora baruhe, n'abasore bazagwa rwose. Ariko abategereza Uwitoka bazasubizwamo intege nshya, bazatumbagira mu kirere bagurukishe amababa nk'ibisiga,

baziruka be kunanirwa, bazagenda be gucogora.” (Yesaya 40:29-31).

Tugomba kumenya neza ko tubaho imibereho irangwa n’ubuzima buzira umuze, burimo no gukora imyitozo ngororangingo ikorerwa ahari umwuka mwiza ndetse tukagira kwizera Imana. Bityo Imana ishobora kuzusa mu mibereho yacu ibyishimo n’umunezero!

**Aho byakomotse.**

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## IGICE CYA 3

# IGISUKIKA GIKENEWE MU BUZIMA: AMAZI

Nk'uko twabonye ko ibi byigisho bikubiye mu ijamba rihinye ari ryo CELEBRATIONS, dukomeje kurisesengura inyuguti ku nyuguti. Ubu tugeze ku nyuguti ya L ihagarariye ijamba ry'icyongereza "Liquids", ari byo bivuga "Ibisukika".

L ihagarariye ijamba ry'icyongereza "Liquids" ari byo bivuga "Ibisukika". Ibihehereza imikorere y'ingingo z'imibiri yacu.

Buri ngirabuzimafatizo yose y'umubiri wacu, buri ngirabuzima na buri gika, byose bikeneye amazi kugira ngo bishobore gukora.

Amazi afasha mu gutuma ubushyuhe bw'umubiri buguma ku rugero rukwiye, amazi ajyana ibitunga umubiri ndetse n'umwuka mwiza (okisijeni) mu ngirabuzimafatizo, amazi asohora imyanda, arinda impatwe, ahehereza ingirabuzima, atuma mu ngingo horohera kandi agatuma amaraso akomeza gutembera. Iyo tutanywa amazi ahagije, amaraso amera nk'agiye kuvura. Iyo ikigereranyo cy'insoro zo mu maraso ugereranyije n'amaraso yose kiri hejuru ya 50 [HEMATOCRIT], uko umutima utera kwikuba kabiri ku bagabo naho ku bagore bikikuba kane. Ujye unywa amazi mensi kuruta uko uyasabwa n'inyota. Amata, imbuto n'umutobe w'imboga bigira uruhare mu guha umubiri amazi, ariko ikawa, icyayi n'ibinyobwa bisindisha byongera gutakaza amazi k'umubiri. Amazi meza y'urubogobogo abonerana nka diyama nyamara ayirusha agaciro. Ujye utangira umunsi unywa ikirahuri kimwe cyangwa bibiri by'amazi kandi wiyuhagire amazi y'akazuyazi kugira ngo ugire imbaraga. Ujye wikandakandisha amazi ashyushye buri munsi kugira ngo wisukure, uruhuke kandi ukire indwara. Ishimire iyi mpano y'ingirakamaro cyane y'amazi!

Igisukika kirusha ibindi byose agaciro ni amazi. Amazi ari ku isi yacu afite ubuso bwa 2/3 by'ubuso bw'isi yose, nyamara amenshi muri yo ntabwo yakoreshe mu buhinzi ndetse n'umuntu ntiyayanywa. Nyamara amazi ni

umutungo ufite agaciro cyane kandi kuyitaho ni ingenzi. Amazi ni ngombwa kugira ngo ubuzima bwiza bubeho. Urebye ku buremere bw'umubiri, 75 ku ijana by'ibiro by'umwana w'uruhinja biba ari amazi naho ku muntu mukuru amazi akaba 70 ku ijana. Ku muntu ufite ibiro 90, hafi ibiro 63 by'umubiri we ni amazi. Ubwonko bugizwe hafi na 85 ku ijana by'amazi, amaraso akagirwa na hafi 83 ku ijana by'amazi, imihore ikagirwa na hafi 75 ku ijana by'amazi ndetse n'imisokoro yo mu magufa igizwe hagati ya 20 na 25 ku ijana by'amazi.<sup>1</sup> Amazi ni ngombwa kugira ngo buri ngirabuzimafatizo yose y'umubiri ibashe gukora. Hafi buri ngirabuzimafatizo n'ingirabuzima yose y'umubiri wacu ntabwo ifite amazi gusa ahubwo ihora yinitswe mu rurenda kandi iba isaba amazi kugira ngo ikore imirimo yayo.

Amazi ari yo gisukika gikenewe mu buzima ni:

- Uburyo bukoreshe n'umubiri wubaka ingirabuzimafatizo hasohorwa n'imyanda muri zo;
- Ni uburyo bwo gutwara ibigenda mu mubiri;
- Yoroshya mu ngingo kugira ngo zishobore kunyeganyega;
- Afasha mu igogorwa ry'ibiryo;
- Asohora imyanda hifashishijwe impyiko;
- Arafasha mu kuringaniza ubushyuhe mu mubiri;
- Ni yo mugabane w'ingenzi mu maraso atembera mu mubiri.

Hafi 2/3 by'amazi agera mu mubiri tuyakura mu binyobwa, naho hafi 1/3 cyayo umubiri uyakura mu byokurya. Amazi make aboneka igihe ibyokurya nabyo biba bitunganywa mu mubiri. Mu buryo bukwiriye, umubiri ugumana uburinganire hagati y'amazi watakaje buri munsu n'ayo wakiriye kugira ngo asimburwe ayatakajwe. Amazi asohoka mu mubiri buri munsu ashingira ku kuntu ikirere kimeze (hashyushye cyangwa hakonje) ndetse n'ibyo dukora nk'uko imbonerahamwe ikurikira ibigaragaza:

## AMAZI ATAKARA BURI MUNSI (MURI MILITIRO) KU MUNTU URI MU RUGERO

	UBUSHYUHE BUSANZWE	IMYITOZO IKOMEYE IMARA IGIHE KIREKIRE
Asohoka atagaragara (ava mu ruhu)	350ml	350ml
Asohoka atagaragara (ava mu bihaha)	350ml	650ml
Ibyuya	100ml	5000ml
Asohoka mu mwanda munini (Amazirantoki)	100ml	100ml
Asohoka mu nkari	1400ml	500ml
Igiteranyo cy'ibisohoka	2300ml	6600 ml

Iyi mbonerahamwe yerekana ko ibyuya bisohoka byikubye incuro 50 iyo umuntu ari gukora imyitozo ikomeye imara igihe kirekire ugereranyije n'iyi nta cyo ari gukora kandi hari ubushyuhe busanzwe. (ni ukuvuga 5000 ml ugereranyije na 100 ml). Dusanga ko umuntu atakaza amazi agera kuri mililitiro 2300 buri munsi iyo hari ubushyuhe busanzwe, kandi agatakaza mililitiro 6600 iyo akora imyitozo ikomeye imara igihe kirekire. 2

Bigenda bite mu mubiri iyo umuntu anywa amazi adahagije?

- Nubwo umubiri ugerageza kubika amazi, ukomeza kugira ayo utakaza anyuze mu guhumeka, uruhu, inkari no kwituma.
- Gutakaza amazi menshi mu mubiri byangiza imikorere y'umubiri ituma ubuzima bubaho. icyo umubiri ukora kugira ngo uhangane n'icyo kibazo; ugabanya ibyuya bisohoka ndetse n'inkari.

Kubura kw'amazi mu mubiri bizana ingaruka zikurikira:

- Ukwangirika kw'imikorere y'umubiri itegeka ubushyuhe kandi ibyo bikajyana no kwiyongera k'ubushyuhe;
- Kudasohoka neza kw'imyanda yo mu mubiri;
- Amaraso arushaho kumera nk'avura nk'uko bigaragara ku mubare wo hejuru w'ijanisha ry'insoro zo mu maraso ugereranyije n'amaraso



yose (Hematocrit). Iyo nta kibazo gihari iryo janisha riba ari 42.3 Niba umubare wa ririya janisha uri hejuru ya 50, ingorane zo kugira ibibazo ku itera ry'umutima ndetse no mu miyoboro yayo ziriyongera haba ku bagabo no ku bagore.<sup>4</sup> Kuvura kw'amaraso bigira uruhare mu buryo atembera mu miyoboro yayo kandi bikagira ingaruka ku mubiri. Umuvuduko muto w'amaraso no kuba atavuze cyane bigabanya ingorane zo guturika imitsi yo mu bwonko.<sup>5</sup>

- Kuba amazi yanyunyujwe cyane n'urura runini bituma umwanda munini (amazirantoki) ukomera. Ibi nabyo bikabyara impatwe. (iyi ni ingorane y'igifu n'amara yabaye rusange muri Leta Zunze Ubumwe za Amerika. Iyi ngorane ituma hafi abantu miliyoni 2 buri mwaka bajya kwa muganga kubera iki kibazo ). Nubwo impatwe yarwanywa no gukora imyitozo ngororangingo no kurya ibyokurya birimo fibres(ni ibisigara mu mara ntibijye mu maraso nyuma y'igogora ry'ibyo kurya bimwe na bimwe, fibres ziboneka cyane mu binyampeke, mu mboga no mu mbuto), igabanywa cyane na none no kunywa amazi ku rugero rukwiye. Abantu benshi barivura batagombye gushaka ubufasha bwa muganga nk'uko bigaragazwa na miliyoni 725 z'amadorari Abanyamerika batanga buri mwaka ku bintu bituma amara akora neza agasohora umwanda munini. <sup>6</sup>
- Kubura kw'amazi mu mubiri bishobora gutuma umuntu yumva ababara umutwe cyangwa akazengera. Iyo bimeze bityo imiti igabanya uburibwe ntikemura impamvu y'uko kubabara umutwe; ahubwo icyo gihe umuntu asabwa kunywa amazi menshi. Igihe umuntu akora imyitozo ngororangingo imara igihe kirekire kandi isaba imbaraga, uwo muntu ashobora kugira umwuma mu buryo bukomeye. Iyo bimeze bityo, umuntu asabwa kwitonda akanywa amazi.

### IBYZA BYO KUNYWA AMAZI

Abantu basabwa kunywa amazi ahagije kugira ngo bagabanye ingorane zo kurwara impyiko n'umwijima (ibintu bimeze nk'amabuye biza mu mwijima no mu mpyiko) . Hari ibintu byinshi byavuye mu bushakashatsi byanditswe ku ngingo y'imiterere y'uko amaraso atembera ndetse n'isano byaba bifitanye n'amoko menshi y'indwara<sup>9,10,11,12</sup>. Ibi byavuye mu bushakashatsi

bigaragaza ko kunywa amazi ku rugero rukwiriye bikajyanirana no gushyira mu bikorwa imibereho ituma umuntu agira amagara mazima, bishobora kurinda indwara z'amoko menshi. Ikinyamakuru cy'Ishyirahamwe ry'Ubuwuzi muri Amerika cyakangukiye kureba ingorane z'umwihariko Abanyamerika bageze mu za bukuru bahura nazo bitewe no kutanywa amazi ku rugero rukwiye. 13

Byagaragaye ko kunywa amazi ku rugero rukwiye kw'abantu bakuru byabarinda iminsi myinshi cyane bamara baryamye mu bitaro ndetse bikanarengera miliyoni nyinshi z'amadorari atangwa buri mwaka bivuzwa. Ibi byagaragaye bifite icyo bivuze ku matsinda yose y'imyaka y'ubukuru y'abantu.

### WANYWA AMAZI ANGANA ATE?

Nk'uko bivugwa na Dogiteri Mervyn Hardinge, igerageza ryakozwe na Dogiteri Pitts kuri Kaminuza ya Havard ryagaragaje uburyo kunywa amazi bigira icyo bikora ku bushobozi bwo gusiganwa ku maguru. 14

Mu igerageza rya mbere ryakozwe, abasiganwa ku maguru bahawe amabwiriza yo gusiganwa baca aho batorezwa bakagenda ku maguru bafite umuvuduko wa km 5,5 ku isaha kandi bagakora urwo rudendo nta mazi banyoye. Mu masaha atatu n'igice (3,5h) ubushyuhe bw'umubiri bw'abo bantu bwarazamutse bujya hejuru ya dogere 38.9, kandi nabo barananirwa kugeza aho batakomeza isiganwa. Kuri ubwo bushyuhe bungana butyo, imikorere y'umubiri irangirika cyane, kandi hatabayeho ubutabazi, hakurikiraho kwikubita hasi.

Mu igerageza rya kabiri, ba bantu basiganwa bahawe uburenganzira bwo kunywa amazi igihe cyose babishakiye. Igihe basiganwaga banywa amazi, byafashe amasaha atandatu kugira ngo bagere aho bananirwa ku buryo batakomeza isiganwa. Dogiteri Pitts yavumbuye ko aba bantu basiganwaga banyoye amazi aburaho 1/3 cy'ayo batakaje mu byuya. (Banyoye 2/3 by'amazi batakaje mu byuya.) Mu yandi magambo, amazi bari bakeneye mu by'ukuri yanganaga n'ayo banyoye wongeyeho 1/3 cyayo.

Mu igerageza rya gatatu, ba bantu basiganwa bategetswe kunywa amazi nk'ayo banyoye mu igeragaza rya kabiri wongeyeho 1/3 cyayo. Bakoze batyo, ubushyuhe bw'umubiri ntibwigeze bugera kuri dogere 37.8 oC.

Amasaha 7 arangiye, rya gerageza ryageze ku musozo nyamara ba bantu basiganwa bumvaga bashobora gukomeza urugendo.

Ubu bushakashatsi ndetse n'ayandi bigaragaza ko inyota atari bwo buryo iteka bwashingirwaho bwerekana ko umuntu akeneye amazi.

Amabwiriza akwiriye gushyirwa mu bikorwa ku kunywa amazi, ni ukunywa amazi menshi ubyutse mu gitondo kandi mu munsu wose ukanywa n'andi hagati y'amafunguro kugira ngo inkari ibe ibonerana nk'amazi kandi ifunguye. (Mumenye ko inkari izagira ibara ry'umuhondo nyuma yo kurya ibinini bya vitamini B2-Riboflavin- bigira ibara ry'umuhondo. Inkari izagira iryo barabitewe no gusohora imyanda.

Ni byiza gutangira umunsi unywa amazi mu gitondo kubera ko iyo umuntu asinziriye, umubiri utakaza amazi mu buryo budapfa kugaragara. Ni byiza kunywa amazi mu munsu wose ariko intera iri hagati y'igihe n'ikindi uyanywera ikaba idahindagurika.

Kunywa amazi ni akamenyero gatera kugira ubuzima bwiza. Bika amazi yo kunywa neza uyarinde kuba yakwanduzwa n'udukoko dutera indwara. Amazi ni cyo kinyobwa kiruta ibindi tugomba kunywa kubera ko nta bintu biri mu mazi, nka kafeyine (iboneka mu cyayi no mu ikawa), bituma ingirabuzimafatizo n'urwungano rw'inkari bikora mu buryo budasanze. Ibinyobwa birimo alukolo uretse kuba byangiza umubiri bitewe na alukolo, bitera impyiko kongera uko isohora inkari. Ibinyobwa byinshi bidasindisha byuzuyemo isukari igira uruhare mu guteza ibibazo by'umubyibuho ukabije, diyabete no gushirira kw'amenyo.

Uburyo bwo kuvura indwara ukandishije amazi ahababara ni uburyo bworoshye bwakoreshwa mu rugo. Ni Uburyo bwiza bwo gufasha mu kuvura kubabara inyama z'umubiri ndetse n'udukomere duta. Igihe umuntu avura kubabara inyama z'umubiri, kugenda yikandisha igitambaro gishyushye aho ababara akajya agisimburanya n'igitambaro gikonje hanyuma akarangiza akoresha igikonje, ibi bituma amaraso yongera gutembera neza. Igihe umuntu amaze akanya gato akomeretse cyangwa yagize udukomere duta imbere mu nyama, gukandisha amazi akonje bigira umumaro. Igihe umuntu arwaye indwara z'uruhu cyangwa rwakomeretse agomba kwitonda mu gihe akandisha amazi. Iyo amaraso adatembera neza cyangwa imyakura nayo idakora neza, gukandisha amazi ashushye bishobora gutera gukomereka gukomeye. Ahangaha na none dusabwa

gukorana ubwitonzi, by'umwihariko ku bantu barwaye diyabete. Hariho uburyo bwinshi bwo kuvura indwara hakoreshejwe amazi. Twavuga nko guhambira igitambaro ku kiganza maze ukagikandisha ku ruringo rubabara woroheje, kogesha ibirenge amazi ashyushye, kwikandisha amazi ashyushye cyangwa amazi y'ubutita.

Birababaje kubona ukuntu abantu bake ari bo bakoresha amazi bivura. Umugabo umwe wari mu kibuga akina yikomerekeje mu nkokora. Ntiyashoboraga kumva inama yo gukandisha amazi y'ubutita aho umutsi wacikiye imbere mu nkokora (iby byakorwaga kugira ngo amaraso yaviraga imbere ashobore kugabanuka). Ku munsu wakurikiyeho ha hantu hakomerekeye imbere ku nkokora ye hari habyimbye cyane ku buryo yahise ajya kwa muganga. Umuganga yamuhaye inama yo kujya mu rugo akajya yikandisha amazi yabaye urubura maze amuca amadorari 100 (amafaranga 57500) yo kwisuzumisha!

Kwikandisha amazi ni bumwe mu buryo bworoshye cyane kandi bw'ingirakamaro bwo gutuma itembera ry'amaraso mu mubiri riba ku rugero rukwiriye. Nyamara ntabwo abantu benshi bigeze bagarageza ngo bamenye ibyiza biva ku gukoresha amazi uko bikwiye. Abantu bese bagombye kujijuka ku byerekeye imikoreshereze y'amazi mu kwivurira imuhira indwara zoroheje.<sup>15</sup>

Akamaro gakomeye k'amazi kaboneka mu kwiyuhagira. Kwiyuhagira gukura ku mubiri imyanda ishobora gutera indwara bityo bikagabanya ingorane zo kuba umuntu yakwandura. Inshuro umuntu agomba kwiyuhagira zishobora kugenwa n'uko amazi aboneka.

Guhora umuntu akaraba intoki bishobora kugabanya ikwirakwira ry'udukoko twanduza indwara umuntu ku wundi. Iyaba abantu bakarabaga intoki zabo bakoresheje amazi n'isabune mbere y'uko barya n'igihe barangije ibikorwa byanduza intoki zabo, umubare munini w'indwara zandura zacika.

Hejuru y'inama zo gukoresha amazi mu buryo bukwiriye, turasaba abatuye isi kwita kuri ibi bikurikira:

1. Kwirinda gupfusha amazi ubusa. Uburyo bumwe ibi bigomba kugerwaho ni ugusunika imyanda yo mu musarane urekuye amazi make, gukoresha amazi make mu bwiyuhagiriro, gufunga robine igihe urangije kuyikoresha no gusana utwuma twa robine tumena amazi. Ukurikije aho uri, tekereza ku buryo bukwiriye bwo kubika

amazi. 2. Kwirinda guhumanya amazi. Amazi ahumanywa n'imyanda isohoka mu mubiri w'umuntu, imyanda iva mu nganda ndetse n'imyanda iva mu buhanga bw'ubutabire abantu bakora. Gahunda zo kororera ahantu hagari ntabwo zishobora guhumanya amazi gusa ahubwo zinatwara amazi menshi igihe babaga amatungo bashaka inyama. Ku bw'ibyo, abantu batungwa n'ibyo kurya bikomoka ku bimera ntibapfusha amazi ubusa kuko ibiribwa bikomoka ku bimera bisaba amazi make kugira ngo bitange ibyo kurya.

Nta mazi ahari, ubuzima ntibwabaho. Buri mikorere yose y'umubiri isaba amazi. Amazi arasukura, asubiza intege mu mubiri kandi afasha cyane umubiri kwisana.

Mu buryo nk'ubwo, mu mibereho yacu y'iby'umwuka, ntidushobora kubaho ubuziraherezo tudafite amazi y'ubugingo. Mbese amazi y'ubugingo asobanuye iki? Mu myaka ibihumbi bibiri yashize, Yesu yahuriye n'umugore i Samariya. Uwo mugore yari aje kuvoma amazi ku iriba. Yesu yamusabye amazi yo kunywa kandi mu kiganiro cyakurikiyeho yamubwiye ko ashobora kumuha amazi azamumara inyota by'iteka ryose. Ku kibazo umunyasamariyakazi yabajije, Yesu yaramusubije ati, "Umuntu wese unywa aya mazi azongera kugira inyota, ariko unywa amazi nzamuha ntazagira inyota rwose iteka ryose, ahubwo amazi nzamuha azamuhindukiramo isoko y'amazi adudubiza kugeza ku bugingo buhoraho." (Yohana 4:13,14).

Amagambo nk'aya yerekeranye no kumarwa inyota mu by'umwuka. Abafite inyota ikaze y'amahoro, ibyishimo, umudendeze wo gukira igishinja ku mutima, kubabarirwa no komatana n'Imana bazashira inyota. Abakristo babona icyo gisubizo muri Yesu Kristo. Imibereho ye yari itandukanye cyane no guhangayika, gusharirira abandi, ishyari no kutanyurwa byarangaga abantu bo mu gihe cye ndetse bikaranga n'abo mu gihe cyacu. icyo aturarikira twese ni uko twamusanga maze tukifatanya nawe mu murimo. Asezerana ko ibi bizaturuhura umuruho, guhangayika no kunanirwa kw'intekerezo zacu, bikaduha ikiruhiko no guturiza muri we. Irarika rye riracyafite agaciro na n'uyu munsu. Igihe abantu benshi banywaga, bakiyuhagira ndetse barengerwa n'mpuhwe ze, urukundo rwe no kwemerwa nawe, bumvise kubura amahwemo kwabo, kubura amahoro no kumva nta gaciro bafite bihindutse.

Nimureke tugire imibereho irangwa n'ubuzima buzira umuze, ari bwo bukubiyemo gukoresha amazi neza kandi twitabane ubwuzu twakire Amazi y'Ubugingo Kristo aduha, bityo ashobora kuzuza imibereho yacu ibyishimo n'umunezero!

**Aho byakomotse.**

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## IGICE CYA 4

### IBIDUKIKIJE

Nk'uko twabonye ko ibi byigisho bikubiye mu ijambo rihinye ari ryo CELEBRATIONS, dukomeje kurisesengura inyuguti ku nyuguti. Ubu tugeze ku nyuguti ya E.

E ihagarariye ijambo ry'icyongereza "Environment", ari byo bivuga "Ibidukikije", Ibishyigikiye aho dutuye.

Iyo usubije amaso inyuma mu mateka, usanga imico yaragiye ikwirakwira uherye mu turere tuberanye no guturwamo. Ni ukuvuga ahari ubutaka burumbuka n'amazi meza. Imiterere n'imikorere y'ibinyabuzima bidukikije nk'umwuka, ubushyuhe, ubutaka, izuba, ibimera, ibiti, n'amazi, byose bishimangira ububasha bifite bwo gutuma ubuzima bushoboka. Reka rero ibi bintu nkenerwa, kandi by'ingirakamaro, bikangurire intekerezo zacu ku buzima bwo mu myaka iri imbere. Nk'uko kwirinda ari bwo buryo bwiza butuma tugira amagara mazima, ninako ibidukikije bikwiye kubumbatirwa. Nibyo koko, ntabwo byoroshye guhumanura amazi, gusubizaho amashyamba yatsembwe, guhumanura umwuka wahumanye, n'ubutaka bwamaze kwangirika kugira ngo bisubirane isura byahoranye. Nta mucyo w'izuba, nta mwuka mwiza, nta sanzure, nta butaka nta n'amazi, inyokomuntu ntiyabaho. Mureke twishimire iyi mpano itanga ubuzima ibonerwa mu bidukikije, kandi dukore uko dushoboye kose tubungabunge ubusugire bwabyo.

Dushingiye ku busobanuro dusanga mu nkoranyamagambo, ijambo ibidukikije bisobanura urusobe rw'ibintu byose n'uburyo bwose bigira uruhare mu mikurire y'ikinyabuzima cyangwa itsinda ry'ibinyabuzima. Mu bidukikije, hakubiyemo ibintu byinshi bituzengurutse. Twavuga nk'isanzure, ikirere cy'ijuru ry'ahantu, umucyo w'izuba, amazi, ubutaka, hamwe n'ibimera. Abantu baha ubuzima agaciro, nibo bita ku bidukikije. Ubwinshi bw'ibihumanya, nk'umwotsi w'itabi, imyotsi irekurwa n'amamodoka, imyotsi yo mu nganda, imyotsi ikomoka ku itwikwa ry'ibyatsi, amavuta

yarengeje igihe, ibintu birangaye bitabwamo imyanda, imyanda ikomoka ku mazi yo mu ngo, ibi byose bigaragaza neza uruhare rwa buri wese mu guhumanya ikirere. Hatabayeho ibidukikije binejeje birimo umwuka mwiza, amazi meza, n'umucyo w'izuba, imibereho yacu ndetse n'ubuzima bwacu muri rusange bishobora guhura n'ingaruka zitari nziza.

Ubuzima bwose ku isi bushingiye ku ngufu zikomoka ku izuba. Muri make, ubuzima bwari guhita buhagarara iyo hatabaho urumuri rw'izuba. Umucyo w'izuba ugizwe n'ingufu ziri mu nzego zinyuranye. Izo ngufu zisakazwa mu buryo bw'ingendo z'imirasire y'izuba. Iyi mirasire y'izuba igera ku bantu, igabanijemo ibyiciro bitatu:

v Hari imirasire iza mu buryo butagaragara (ultraviolet). Ubu bwoko bw'imirasire, nibwo bugira uruhare runini mu kugira ingaruka zaba nziza cyangwa mbi ku mikorere n'imiterere y'ikiremwa muntu (5% by'imirasire y'izuba). Urundi rumuri rutagaragara (infra-red) rutanga ubushyuhe ku rugero rwa 54% by'ubushyuhe bwoherezwa ku isi.

v Urumuri ruboneka rwo rwihariye 40% by'ubushyuhe bugera ku isi.

v Imirasire migufi ikwirakwizwa hirya no hino. Harimo iyo mu bwoko bwa gamma-rays na X-rays. Imirasire miremire n'indi isigaye byiharira igice gisigaye.

Imirasire y'izuba ku rugero rukwiriye, ni myiza ku buzima bwacu. Ariko kuba ku zuba rikarishye umwanya munini, bishobora gutuma uruhu rwangirika cyangwa bikadutera kanseri z'uruhu. Ibimera ntibishobora kubaho nta zuba cyane ko biryifashisha mu gukora ibibitunga. None se mu by'ukuri izuba rimaze iki?

1. Urumuri rw'izuba ruringaniza igipimo cy'ubushyuhe n'ubukonje ku isi. Muri ubu buryo izuba rifasha mu mibereho haba iy'inyamaswa cyangwa iy'ibimera; ni ukuvuga ko ari ikivumbikisho cy'ibidukikije.

2. Ibimera bikenera izuba kugira ngo bibashe kwikorera ibibitunga byo ubwabyo (photosynthesis). Bikurura umwuka wa karuboni (CO<sub>2</sub>), hakwiyongeraho amazi, bikaremamo umwuka wa okisijeni (O<sub>2</sub>) (byohereza mu kirere.) Nyuma yaho, bikora ibibitunga harimo za vitamini, amaporoteyine (ibyubaka umubiri), amasukali (atanga ingufu mu mubiri), ibinure ndetse n'ibituma intungamubiri zigera aho zikenewe.



3. Urumuri rw'izuba rutuma tubona vitamini D. Urumuri rw'izuba rutuma kolesterole (ni ukuvuga ibintu biba mu maraso abaganga bemeza ko bishobora gutera indwara y'umutima) iba mu ruhu ihindurwamo vitamine D, 2 igahita ikururwa ikajya mu miyoboro y'amaraso. Hari ubwoko bwa vitamini D ikomoka mu mavuta yo mu bihingwa bikora byifashishije urumuri rw'izuba rutagaragara.<sup>3</sup> Izuba rifasha mu gukomeza no gusana amagufwa bitewe n'ubwiyongere bwa vitamine D mu mubiri. Mu kota izuba, habaho ikururwa ry'umunyu wa kalisiyumu ukinjira mu mubiri, bityo bigafasha mu gukomeza amagufwa no kurwanya indwara za rachitisme (indwara igaragazwa n'amagufa adakomeye kubera kubura vitamine D ku bana hagati y'amezi 6 na 18) na osteomalacie (rachitisme ku bantu bakuru).

Abantu bitaruye koma y'isi (ni ukuvuga umurongo fatizo ugabanya isi mo ibice bibiri bingana), bafite umuco wo kwitwikira hose, abarwayi cyangwa se abandi bose bakenera kwitabwaho n'abandi kimwe n'abana batajya bagera ku izuba, bose bakwiriye guhabwa vitamine D ku buryo bw'inyongera. Ibi byagombye kwerekana akamaro k'indyo irimo vitamin D.

Abaturaye ibice bya koma y'isi babona vitamini D bakomora ku rumuri rw'izuba, bakenera kumara nibura iminota itanu ku munsu bota izuba, cyane cyane mu maso no ku biganza. Abantu bafite ibara ry'uruhu rwirabura, bo bibasaba inshuro esheshatu kurenza abafite ibara ry'uruhu rwera kugira ngo bagire vitamine D ingana. Iyo hari izuba rikaze, igihe cyiza cyo kota izuba ni mu gihe cy'agasusuruko ka mugitondo, cyangwa mu masaha ya ni mugoroba izuba rijya kurenga.

4. Urumuri rw'izuba rwica imbuto z'indwara nyinshi, za virusi ndetse rukarinda ibintu kuzaho uruhumbu. Dufate nk'urugero rw'igikoresho cyabibwemo imbuto z'indwara, ikigikoresho kikaba kigabanijemo ibihande bibiri. Igihande kimwe gifundikiye mu gihe ikindi gitwikuruwe ku buryo urumuri rw'izuba rugeramo. Imbuto z'indwara zizororoka cyane muri cya gihande izuba ritageramo mu gihe aho rigera, nta kororoka kuzabaho namba, kubera ko izuba rizaba ryishe za mbuto z'indwara! Ni byiza gufungura ibitambaro byo mu madirishya ndetse n'amadirishya by'inzu kugira ngo umucyo w'izuba ugere mu byumba ushobore kwica imbuto zitera

indwara zigenda mu mukungugu. Ibirahuri biyungurura umucyo uturuka ku zuba wangiza kandi bikarinda ingorane zo kubaburwa n'izuba. Mu nyubako z'amazu, ni byiza cyane gukora ibishoboka kugira ngo hagere mo umwuka ndetse n'urumuri rw'izuba bihagije. Ni byiza rwose ko muri buri cyumba cy'inzu hageramo urumuri rw'izuba n'umwuka bihagije. Nta cyumba na kimwe bararamo kidakwiye gufungurwa ku manywa kugira ngo hageremo umwuka n'urumuri rw'izuba. 5

5. Urumuri rw'izuba na kanseri. Umuhanga umwe witwa H.G. Ainsleigh yabonye ko hari isano iri hagati y'izuba n'igabanuka ry'imfu ziterwa na zimwe muri za kanseri. Ibyo biterwa n'ubushobozi bwa vitamini D (iboneka mu mirasire y'izuba) bwo kuburizamo imikurire ya za kanseri. 6

Iyo urebye, usanga kanseri ifata agasoko gakora amasohoro yivanga n'intangagabo (prostate) igenda yiyongera uko abantu bagenda begera impera y'isi ya ruguru. Ese intandaro ntiyaba ari uko hatagera izuba rihagije?

6. Izuba rigira uruhare mu ruhererekane rw'ikorwa ry'imvura n'iringanizwa ry'amazi ku isi. Iyo izuba rivuye, amazi meza azamuka mu kirere mu buryo bw'umwuka. Iyo uyu mwuka uhuye n'ubukonje bwo mu kirere, urakonja ugatanga ibicu. Iyo imvura iguye isukura umwuka, igatuma uwo umwuka wiganje ku isi bita nitorojeni wivanga n'ubutaka nuko bigatuma amazi asukuye yongera gukwira mu migezi, inzuzi n'ibiyaga.

7. Urumuri rw'izuba rutuma habaho ikorwa ry'umusemburo bita serotoninine (utuma habaho imikorere myiza y'imiyoboro y'amaraso, ubwonko ndetse n'igifu). Ubushakashatsi bwerekanye ko urumuri rurabagirana n'urumuri rw'izuba iyo bifatinyirije hamwe bituma ikorwa rw'uwo musemburo riyongera ku manywa maze hakabaho igabanuka ry'umunaniro no gutentebuka<sup>7</sup>. Mu mwaka wa 1984, Dogoteri Norman. Rosenthal, umuhanga mu bijyanye n'indwara zo mu mutwe, ukorera mu kigo cy'igihugu cyita ku buzima bwo mu mutwe, yashyize ahagaragaraga indwara z'imikorere mibi mu byo kugaragaza amarangamutima zijyana n'uko igihe cyifashe (ikirere). Bene uko gutentebuka kujyana n'igihe runaka kugaragazwa

n'ibimenyetso by'uburwayi bikurikira:

Gutakaza ingufu z'umubiri;

Kutagira ubushake bwo kurya;

Gushaka gusinzira birenze urugero;

Gutakaza ubushobozi bwo gushyira umwete mu byo ukora no

Kumva umuntu atishimye akagira umujinya n'uburakari.

Umuntu ugaragaza ibi bimenyetso mu bihe bibiri by'itumba bikurikiranye ariko ntabigaragaze mubihe by'amezi y'impeshyi n'urugaryi, bishoboka ko yaba arwaye indwara y'imikorere mibi mu byo kugaragaza amarangamutima bijyana n'uko igihe cyifashe.

Umuti urasobanutse neza. Nta wundi ni ukujya ahari urumuri rwinshi mu gihe cy'amezi y'itumba.

Dogiteri Mark Levy, umuyobozi w'ishami ryita ku kuvura indwara zo mu mutwe hakoreshejwe uburyo bwo kuganiriza abarwayi ibirebanye n'ubuzima bwabo mu kigo cyitwa San Fransisco, yaravuze ati, "Ku bantu bumva bakonje buhoro ni byiza kumara nk'iminota 30 bakora imyitozo ngororangingo bari hanze mu gihe cy'agasusuruko hafi y'inkengero z'inyanja mu gihe cy'itumba."

Ni ingezi kumenya ko mu myaka 80 yashize mbere y'uko ikibazo cy'iyi ndwara gishyirwa ahagaragara, E. G. White nawe ubwe wari utuye mu gice cy'amajyaruguru yagize icyo akivugaho. Yavuze ko hari bamwe babona ko kugira ngo bishimire ubuzima kandi bagire umunezero bagomba kubona umucyo w'izuba, umwuka mwiza bagakora n'imyitozo ngororangingo bihagije. Bakwiye kwambika abahungu n'abakobwa babo neza kandi mu buryo bukwiye, hanyuma kandi bakabareka bakajya gukinira ahitaruye hari umwuka bakishimira ubuzima bwuzuye umunezero.<sup>9</sup> Akomeza avuga ko uko imyaka y'ubukure igenda yiyongera ari ko ingufu zigenda zigabanuka bityo bigasiga umubiri uba utagishobora guhangana n'ibyangiza ubuzima. Ku bantu bageze mu za bukuru, ni ngombwa kubona urumuri rw'izuba n'umwuka mwiza kandi usukuye mu buryo bahagije.<sup>10</sup>

Guhumana kw'ikirere bitewe n'ibyuka byanduye byangiza agakingirizo k'izuba (kagizwe n'imyuka itandukanye gakingiriza isi kugira ngo izuba ritangiza ibiyiriho), bituma ubushyuhe bwiyoungera ku isi. Nk'ingaruka rero kanseri nyinshi z'uruho ziriyongera.

a) Kanseri itera utubyimba twirabura mu ruhu ( bayita Malignant

melanoma). Hagati y'imyaka 20 na 30 ishize habayeho kwiyongera gukabije kw'iyi ndwara. Abahanga mu bijyanye n'indwara z'uruho barakangurira abantu kwambara ingofero z'izuba no kwisiga amavuta arinda uruhu kwangizwa n'izuba, ibi bigakorwa mu rwego rwo kugabanya ingaruka ziterwa n'imirasire y'izuba itagaragara. Amavuta arinda uruhu kwangizwa n'izuba arimo ubwoko bwinshi. Ariko ahanini ayo kurinda uruhu kwangizwa n'izuba akwiye kwisigwa mbere yo kujya hanze kandi akisigwa kenshi nk'uko bisabwa cyane cyane nyuma yo koga. Mu myaka ya 1998 amavuta yakundaga gukoreshwa yitwaga PARSOL.

b) Kanseri ifata ibice by'umubiri bigerwaho n'izuba rikarishye umuntu yahuye naryo mu gihe cy'imyaka myinshi (bayita Squamous cell carcinoma.) Ubu ni ubwoko bwa kanseri ifata abantu bamara igihe kirekire ku izuba. Ikaba igaragara mu bantu batuye mu bice birangwamo izuba ry'igikatu.

c) Kanseri ifata ingirabuzimafatizo z'igice cy'imbere cy'uruho ( bayita Basal cell carcinoma.) Ubu ni ubwoko bwa kanseri ifata abantu bafite ibara ry'uruho rwera batuye mu gice cy'isi gituriye koma y'isi (umurongo wahimbwe utambitse ukagabanya isi mu ibice 2 bingana.). Muri ibyo bice, kwangirika k'uruho kuriyongera hanyuma abana benshi bagahura n'ubushyuhe bw'izuba bwangiza uruhu bityo bikaba intandaro yo kuzarwara kanseri z'uruho mu myaka iri imbere mu buzima bwabo. Ibi rero bishimangira impamvu ari ngombwa kurinda abana izuba ryinshi.

Uguhuma kw'ikirere ni cyo kibazo ahanini gihangayikishije abantu. Iki kibazo kizavugwaho mu buryo burambuye mu ngingo ivuga ku mwuka. Nyamara birahagije kuvuga ko iyoherezwa mu kirere ry'umwuka mubi witwa gazi karuboniki (CO<sub>2</sub>) ari byo bigira uruhare runini mu kwanduza ikirere. Ibi biramutse bidahagaritswe byaba intandaro y'ihungabana ry'ubuzima bw'abatuye uyu mubumbe w'isi. Ibyuka byoherezwa n'inganda mu kirere byuzuyemo ibyotsi binuka bituma hagwa imvura irimo uburozi ibasha kwangiza ibimera kandi ikongera guhumana kw'amazi y'ibiyaga nabyo bikagira ingaruka ku binyabuzima bibamo cyane cyane hakabaho ingaruka yo kutororoka kw'ibyo binyabuzima. Abantu batuye mu duce tugwiriyemo inganda bazwi ko ari bo bakunze guhura n'ibibazo

by'ihumeka. Twavugaga nk'ubuhima (asthma) n'izindi ndwara zifata imyanya y'ubuhumekero ziherekezwa n'inkorora.

Abana bato bakurira ahantu haba ibyuka byanduza ikirere bakunze kugaragaza ikibazo cy'ibihaha bitiyongera mu mubyimba ku rugero rwa 1% kurusha abana baba ahantu hari umwuka udahumanya.

Hari ubushakashatsi bwakozwe mu mwaka wa 1993 muri Los Angeles. Muri ubu bushakatsatsi hatoyijwe amatsinda 12 y'abantu baturije uyu mujiy kugera nko kuri metero 200 uvuye mu mujiy rwagati. Buri mwaka abana barasuzumwaga kugira ngo barebe imikorere y'ibihaha byabo. Hapimwaga ubushobozi bwo guhumeka bw'ibihaha byabo. Abashakashatsi bagaragaje ko ukwiyongera kw'imikorere myiza y'abana batuye mu gace k'umujiy karangwamo ibyotsi byinshi biri hasi ugereranyije n'abana bahumeka umwuka mwiza. Abana bagaragaje imikorere n'imikurire mibi by'ibihaha ni nabo bagaragarwaho n'indwara z'akarande zifata imyanya y'ubuhumekero igihe bamaze gukura.<sup>11</sup>

Nk'abatariye umubumbe w'isi rero, dukwiye kubungabunga ibidukikije cyane cyane turwanya itsembwa ry'amashyamba, turwanya guhumanya ikirere, twita ku mikoreshereze myiza y'ibitanga ingufu, amazi hamwe n'imyanda itandukanye. Ni ngombwa kuzirikana ko hari ingorane zigaragara haba mu bihugu byateye imbere cyangwa ibiri mu nzira y'amajyambere.

Tugarutse ku ruhare rw'umuntu ku giti cye, ikoreshwa ry'ibitanga ingufu ni ikibazo giteye inkeke. Ubunini bw'ingo zacu, amamodoka, ikoreshwa ry'umuriro w'amashanyarazi n'ibindi, ibi byose ni ingingo buri wese akwiriye gutekerezaho. Ikoreshwa ry'ibindi bitanga ingufu nk'izuba, umuyaga n'amazi byaba akarusho aho bishoboka. Uruhare rwa buri muntu ku hamukikije rugira icyo rukora ku bidukikije muri rusange. Dufashe nk'urugero rwo kuzimya amatara no gukoresha icyuma gishyushya mu nzu ku rugero ruringaniye byafasha mu kuzigama ingufu zikoreshwa. Guteka buri mwanya bitwara umuriro urenze ukenewe.

Ukwaduka kw'indwara zandura akenshi biterwa n'amazi yanduzwa n'imyanda ituruka mu ngo. Ikibazo nk'iki na none giterwa no guhumana kw'amazi akoreshwa yandujwe n'imyanda yo mu nganda, akenshi biterwa no kutayibika aho ikwiye kubikwa. Ikigeretse kuri ibyo, amazi akoreshwa azanwa n'ibitembo agenda aba mabi kugera ku rwego rw'uko atanyobwa. Gufata neza ibigega n'ibitembo by'amazi nibyo byakagombye kuza

ku mwanya w'imbere. Iyi myanda yaba ishobora kubyara ubushyuhe bwakwangiza cyangwa bukica abantu, yaba amavuta ashaje, imyanda irimo uburozi cyangwa imyanda itabora byose bihumanya ubutaka. Ibikoresho byinshi bikomoka kuri peteroli (bya parasitiki) ntibibora ahubwo bibasha kumara imyaka myinshi cyane.

Ibibazo bifitanye isano n'amafumbire nvaruganda hamwe n'imiti yica udukoko bikomeza guteza ingorane haba ku bahinzi ndetse no ku bita ku bidukikije. Imishinga yo kuvomerera ibihingwa hamwe n'ikoreshwa ry'amafumbire mvaruganda byagiye bitera ibibazo byo kwangirika k'ubutaka n'ibibugize mu bihe byinshi.

Nk'uko ibidukikije bidufitiye akamaro, Imana mu rukundo rwayo rwuje imbabazi igirira inyokomuntu yahaye buri wese amahoro yo mu mutima, ibyishimo n'umunezero ititaye ku rwego arimo. Imana yahaye abantu bose umugisha w'ubuzima. "Avusha izuba rye ku babi no ku beza, kandi akagusha n'imvura ye ku ntungane no ku bagome." Matayo 5:45 BII.

Niba amajwi yanyu azamuwe mu ijuru mu mucyo w'isengesho, Nyagasani Yesu we mucyo n'ubugingo n'amahoro n'ibyishimo, azumva gutaka kwanyu. We Zuba ryo gukiranuka azamurikira ibyumba by'intekerezo zanyu kandi amurike mu mitima yanyu. 12

Iyo twakiriye Zuba ryo gukiranuka, ubugingo bwacu bwose buramurikirwa kandi bugahinduka. Iyo tunyoye ku isoko y'amazi y'ubugingo aduha, ntitwongera kugira inyota ukundi. Iyo duhumetse umwuka w'ab'ijuru tuba amahoro masa. Iyo dushinze imizi mu butaka burumbuka bw'ukuri kwa Bibiliya tugira imibereho izira amakemwa kandi Imana yuzuza imibereho yacu ibyishimo n'umunezero!

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## IGICE CYA 5

### UKWIZERA

Nk'uko twabonye ko ibi byigisho bikubiye mu ijambo rihinye ari ryo CELEBRATIONS, dukomeje kurisesengura inyuguti ku nyuguti. Ubu tugeze ku nyuguti ya B.

B ihagarariye ijambo ry'icyongereza "Belief", ari byo bivuga "Ukwizera". Ishingiro ry'imibereho yacu mu by'umwuka.

*Ingoma zose zikomeye zabayeho zari zubakiye ku myizerere mu by'iyobokamana no ku mico mbonera cyangwa indangagaciro byatumaga umuryango mugari w'abantu ugira gahunda. Kugira imyizerere mu ndangagaciro z'ibya mwuka ni uburyo bukomeye bukururira umuntu gufata abandi neza no guteza imbere imibanire yuzuye amahoro hagati y'abantu. Amateka agaragaza ko imiryango migari y'abantu itagira ibyo yizera kandi ntigire imico mbonera; iyo miryango irangirika cyane ku buryo idashobora kubaho igihe kirekire. Ukwizera ni ikintu kiranga ubuhanga buhanitse (siyansi) kimwe n'iyobokamana. Nk'uko ukwizera ihame mu by'ubuhanga buhanitse byemezwa iyo amagerageza agaragaje ko imikoreshereze y'iryo hame iyobora ku myanzuro nyayo, ni nako ukwizera Imana gushimangirwa iyo gutanga umusaruro ushimishije. Ubushakashatsi bugaragaza ko abantu bafite ibyo bakora mu by'umwuka bagize akamenyero, abantu bajya mu ikoraniro ry'abizera; abantu nk'abo bararama, bakabaho neza, kandi baba bafite ingorane nke cyane zo guturika imitsi yo mu bwonko cyangwa kurwara umutima. Ukwizera gushobora kuguha imbaraga zo gutsinda umunaniro ukabije w'ubwonko n'ingeso zangiza. Ukwizera gushobora kuguha amahoro yo mu mutima kandi kukagushoboza kugera ku bushobozi 64*

*bwawe bwose binyuze mu guhitamo neza. Ishimire ukwizera, impano ikomeza umuntu!*

Umuganga wari mu biro bye ku munsu wari ukeye yaje guhinduka nk'umuntu wikinira. Umurwayi yari ashinzwe yakomezaga gutaka avuga ko afite ibimenyetso byinshi cyane by'indwara, nyamara ibyo bimenyetso



ntibyari bifitanye isano n'indwara ikomeye yaba izwi. Uwo murwayi yagaragaje akababaro ke ko yatererejwe imyuka mibi kandi ikaba ari yo imutera kurwara. Bityo muganga yafashe uducupa tubiri (nka twa tundi kwa muganga bakoresha bafata amaraso mu mutsi) maze ashyira umuti bakoresha boza ibisebe muri kamwe, akandi agashyiramo amazi. [Uyu muti nawo usa n'amazi]. Uwo murwayi ntabwo yari azi ko ibyo byashyizwe mu ducupa bitandukanye. Wa muganga yafashe amaraso muri wa murwayi maze ayatonyangiriza muri wa muti woza ibisebe. Nk'uko bisanzwe, ya mvange yahise ibira itangira no kuzana urufuro maze muganga wari uzi ibibaye azunguza umutwe aravuga ati, "Ibi bizakugirira akamaro." Umuganga yateye uwo murwayi urushinge rwa ya mazi arimo umunyu bakoresha muri serumu. Hashize umwanya muto, muganga yongeye guhamagara wa murwayi aho yari ategerereje. Umuganga yongeye kumufata amaraso maze ayasuka muri ka gacupa ka kabiri karimo amazi masa. Amaraso n'amazi byarivanze ntibyabira cyangwa ngo bizane urufuro. Muganga yamubwiye ko ya myuka mibi yirukanywe maze wa murwayi ataha yumva amerewe neza cyane. Mbega ingaruka zimenyerewe zo kuvurisha imiti itarimo ubushobozi bwo kuvura (placebo)!

Mu kumva kandi akizera ko akize, yabwiye inshuti ze nyinshi ibyamubayeho. Ku munsu wakurikiyeho ubwo wa muganga yaje 65

atwaye imodoka yerekeza ku biro bye maze asanga huzuye abantu. Yaranyonyombye yisubirira imuhira maze ahamagara ushinzwe kwakira abantu aramubaza ati: "Ni ibiki byabaye?" Wa wundi wakira abantu yaramusubije ati, "Bose bamenye uburyo ushobora kwirukana imyuka mibi, none nabo bashaka ko ubavura nk'uko wavuye wa muntu!"

Ibi bintu byabaye bigaragaza imbaraga ikomeye cyane yo kwizera, ari bwo bushobozi bwo kwiyemeza ikintu. Ibi byabaye ni isoko ikomeye ikoresha mu kwinjiza amafaranga. Abacuruzi benshi b'indyarya bubaka ubukene butari bwo mu bitekerezo by'ababagana. Bityo bagurisha imiti ikoze mu ruvange rw'ibyatsi, bakagurisha ibindi bintu bitari ngombwa bitava mu byatsi cyangwa ku nyamaswa, bakagurisha ibyo kurya bidasanze, bakanavurisha uburyo bukoresha rukuruzi cyangwa amashanyarazi babinyujije mu dusanduku turimo ubusa n'ibindi bikoresho. Baba bacuruzi bashingiye ku bujura. Abantu bamwe bafite ubuzima bwiza batakaza amafaranga yabo bivuzwa muri ubwo buryo. Mu gihe hari uburwayi bwa

kanseri, rimwe na rimwe ugukererwa kwivuzza kugeza umuntu ku ngaruka mbi cyane cyangwa ku gupfusha ubusa umutungo w'agaciro kenshi ukagenda ku miti idafite akamaro. Ni ingenzi gushyira ukwizera n'ibyiringiro byacu mu kintu cyizewe.

Ahantu harangwa iby'iyobokamana, byagaragaye ko ukwemera cyangwa ukwizera bifite ibyiza bikomeye cyane biruta kuvurisha imiti idafite ubushobozi bwo kuvura. Ubushakashatsi bwitondewe bwakozwe bwasesenguye imibereho mu by'iyobokamana y'Abanyamerika bagejeje ku myaka 100 y'ubukuru. Muri abo bantu 66

bagejeje ku myaka ijana, abashakashatsi babonye ko imibereho y'iby'iyobokamana yari yaratumye ubuzima bugira imbaraga mu buryo bukomeye. Nubwo hakiriho ibibazo byinshi bitarasubizwa, inyungu zo kwiringira Imana ziva mu birenze gupfa kujya aho abantu basengera.1

Ubushakashatsi bukomeye bwakozwe ku matsinda y'abantu batemera iby'iyobokamana n'abayemera bo mu bwoko bwa Kibbutzim bo muri Isiraheli, bwagaragaje neza umubare uri hasi w'abantu bapfa mu itsinda ry'abagira imibereho irangwa n'iyobokamana. Ibi byagaragaye mu ikurikirana ryakozwe mu myaka 15 ku bantu barangwa n'iby'iyobokamana. Ikigereranyo cyo kuba haba ingorane zo gupfa ku muntu utagira aho ahurira n'iby'iyobokamana wo muri buriya bwoko ni 1,8 ku bantu b'igitsina gabo na 2,7 ku b'igitsina gore.2 Naho ku itsinda ry'abagira imibereho irangwamo iyobokamana, buriya bigereranyo bigabanuka kabiri.

Biratangaje ko inyungu zikomeye cyane ziva ku kwizera zirenga imbibi z'imyaka y'ubukuru n'iz'amoko. Ubushakashatsi bwakozwe vuba aha ku Banyamerika bafite inkomoko muri Afurika, bwabonye ko abantu bajyaga muri gahunda z'iby'iyobokamana bari bararushijeho kugira ubuzima bwiza ndetse barananyurwa. 3 Ibisa n'ibyo, inyandiko y'uwitwa C.G. Ellison mu birebana n'Ubuvuzi n'Ubumenyi ku mibanire y'abantu, yavumbuye ko mu Banyamerika bafite inkomoko muri Afurika kutagira aho ubarizwa mu by'iyobokamana byongera ingorane zo guheranwa n'agahinda.4

Isano iri hagati y'imibanire y'abantu n'abandi no kurama yagaragajwe mu bushakashatsi bwinshi. Uwitwa V.J. Schoenbach 67

n'abandi bafatanyije ubushakashatsi bagaragaje iki kintu by'umwihariko ku bagabo bafite uruhu rwera.5

Bumwe mu buvumbuzi bwizewe bwagezweho bwakozwe mu moko yose

ni uko imibereho y'iby'umwuka ituma imibereho irushaho kuba myiza mu buryo bwimbitse. Inyungu zikomeye zigaragara ku rwego rw'imibereho ziterwa no kwizera zisobanurwa n'umushakashatsi wo muri kaminuza ya Duke mu buryo bukurikira:6

- Kuja aho abantu bakurikirana iby'iyobokamana no kubyiga wiherereye bitera imbaraga gahunda y'umuntu y'imyizerere mu by'iyobokamana.
- Uburyo bw'imikorere mu by'iyobokamana bushikamye, iyo buherekejwe no kudashidikanya kuri ku rwego rwo hejuru, ubwo buryo bugira icyo bukora gikomeye kandi cyiza mu mibereho myiza y'umuntu.

- Abantu bafite ukwizera mu by'iyobokamana gukomeye bavugwaho kugira urwego rwo hejuru rwo kunyurwa mu mibereho yabo, bagira umunezero wihariye ukomeye ndetse n'ingaruka mbi nke mu bitekerezo n'imibanire zikomoka ku bibaho bibahamamurira mu buzima.

Iyindi ngingo itangaje y'iby'umwuka ni uko bidafasha gusa abizera ahubwo binagirira umumaro abatizera b'aho abo bizera babarizwa. Ubushakashatsi bwagaragaje ko abantu babona inyungu mu by'ubuzima iyo muri bo hari umubare munini w'abantu b'abayobokeye b'ukwemera gutandukanye gushimangira ukumvira 68

Imana n'amabwiriza yayo ngenderwaho agenga imyitwarire. 7 Birashoboka ko impamvu abatizera nabo babona inyungu ari uko amahame yabo ngenderwaho mu muryango w'abantu ashyigikira gukurikiza imibereho irangwa n'ubuzima buzira umuze usangana abaturanyi babo bimbitse mu by'iyobokamana.

Abantu bemera iby'iyobokamana, by'umwihariko ingimbi n'abangavu bakomoka mu miryango iha agaciro iby'iyobokamana kandi ijya muri gahunda z'iyobokamana, igasenga kandi igasoma ibyanditswe; bariya basore b'ingimbi n'abangavu bagira ibibazo bike cyane byo kunywa ibisindisha, itabi n'ibindi biyobyabwenge ugereranyije na bagenzi babo batita ku by'iyobokamana. 8

Abashakashatsi kandi babonye ko iyobokamana rifitanye isano ryiza n'imyitwarire myiza mu by'amarangamutima ndetse n'imyifatire yemewe mu muryango w'abantu nko kwita ku bandi cyangwa ikindi gikorwa gikoranywe ubushake akenshi abantu bakanguriwe n'ihuriro ryabo mu by'iyobokamana.9

Uwitwa Harold G. Koenig, M.D. asesengura ibyagezweho na Idler na Kasl. Aba banyamakuru bombi babonye isano iri hagati y'imibereho myiza mu by'amarangamutima n'amasano akomeye mu mibanire y'abantu bita cyane ku by'iyobokamana. Ibi akenshi bikaba byaragaragariye mu kugira umubare mutoya w'abantu badashoboye bagomba kwitabwaho n'abandi muri iryo tsinda ry'abantu bita ku by'iyobokamana. Igikorwa gikoresheje umubiri kijyanirana no kwidagadura no kugira ibyo umuntu akorera abandi ntabwo ari byo byonyine byagize akamaro ko kugira ibyiza byinshi mu mibereho y'aba bantu. Bityo Harold G. Koenig, M.D. yarangije 69

avuga ko hari ikintu gikomeye gikorwa n'iby'iyobokamana gisigara mu muntu na nyuma yo kuzirikana ibikorwa byo kugira ibyo ukorera abandi. 10

Dusanga kwizera Imana yuje urukundo ari uburyo bwiza cyane kandi bukomeye bw'imitekerereze buteza imbere ubuzima bwiza.

Nta kindi kintu gisubiza icyizere mu muntu nk'amahoro no kunyurwa bigirwa n'abashyira imibereho yabo mu biganza by'Imana yuje urukundo kandi bazirikana urukundo ibakunda. Ibi bituma umuntu agira amagara mazima, umunezero no kumva afite intego. Kwizera Imana bishobora kugirana isano no kugabanuka k'umunaniro ukabije w'intekerezo (stress), guheranwa n'agahinda n'ubwigunge. Ibarurishamibare ryakozwe mu 1990 ryagaragaje ko 36% by'Abanyamerika babana no kwiyumvamo ubwigunge bwabaye akarande. Nk'uko ubushakashatsi bwakozwe n'itsinda ry'abashashatsi bo kuri kaminuza ya Princeton bubigaragaza, nibura 2/3 by'Abanyamerika bumva umunaniro ukabije w'ubwonko nibura inshuro imwe mu cyumweru. Umunaniro ukabije w'ubwonko, ubwigunge no gucika intege nabyo bishobora gutera ingaruka mbi cyane. Hagati ya 75% na 90% by'abajya gushaka muganga bose usangamo impamvu zifitanye isano n'umunaniro ukabije w'ubwonko.11

Ubuganga mu by'ubuvuzi bwavumbuye ko ugize umuhangayiko bitewe no guhura n'ingorane, amarangamutima mabi atuma habaho ukurekurwa kw'imisemburo imwe maze bigakangura ubwonko ku buryo uwo muhangayiko ugera mu migabane 70

(ibika) myinshi y'umubiri. Iyo hashize igihe kirekekire ibyo bika bihanganye n'uwo muhangayiko, bicika intege. Iyo bicitse intege, biba byiteguye cyane gufatwa n'indwara zitandukanye. Inzira ndetse urwego ibika bifatwamo n'indwara bishingira ku kuntu umuntu yavutse, uko

umubiri we wubatswe, ibimukikije n'imibereho ye. Reka dufate ingero:

1. Umunaniro ukabije w'ubwonko/ umuhangayiko (stress) utuma habaho kurekurwa k'umusemburo utera amaraso kwihuta (bita adrenaline) bigatera umutima gutera cyane kandi ukoresheje imbaraga. Uwo muhangayiko ushobora gutera umuntu kugira ikibazo cyo gusimbagurika k'umutima. (Ibi bikaba ari ibintu bibi ku gutera k'umutima).
2. Iyo imisemburo ikorwa kubera umuhangayiko iteye imiyoboro y'amaraso gufungana (kugabanya ubunini bwayo), bishobora kongera ugutera cyane k'umutima maze bikagabanya uko amaraso atembera mu ngingo zihurika izindi bityo bigatera intoki n'ibirenge gukonja bikagagara.
3. Umunaniro ukabije w'ubwonko/ umuhangayiko ushobora gutera guhumeka insigane bijyana no kwaguka kw'inzira ijyana umwuka mu bihaha, bityo ibyo bigatera guhumeka mu buryo bukabije kwihuta kandi bigatuma mu mubiri hataboneka karisiyumu ikwiye ari byo bitera imihore(/inyama) y'umubiri kujya yikaya mu buryo budategatswe n'ubwonko 71 kandi budasanzwe.
4. Umunaniro ukabije w'ubwonko/ umuhangayiko utuma amaraso atajya mu myanya igize urwungano ngogozi, maze bikagira ingaruka ku igogorwa ry'ibiryo.
5. Umunaniro ukabije w'ubwonko/ umuhangayiko utera kwiyongera ko kuvura kw'amaraso. Ibi nubwo mu bihe bimwe birinda umubiri, mu bindi bihe bishobora kuwangiza.
6. Ibintu umuntu anyuramo bihora bimuhangayikisha bishobora kongera uburyo umubiri usohora ibyuya, ibyo nabyo bigatera umubiri gutoha mu buryo butanzezeza.
7. Umunaniro ukabije w'ubwonko/ umuhangayiko utuma isukari yiyongera mu maraso (kugira ngo ibe isoko yihuse y'ingufu mu mubiri). Ku bantu bafite ingorane yo kuba barwara diyabete, umuhangayiko wabaye akarande ushobora kwihutisha gufatwa n'iyondwara cyangwa ugatuma diyabete zo mu bwoko bwa mbere n'ubwako kabiri zifata umuntu zifite ubukana bwinshi.
8. Umunaniro ukabije w'ubwonko/ umuhangayiko ushobora gutera

ihindagurika mu mikorere y'igifu n'ubura ndetse n'urwungano rw'inkari. Abantu 72

bamwe bashobora kugira ikibazo cy'inshuro inkari ikenera gusohoka kandi bakagira ikibazo cyo kurwara amara.

9. Umuntu ufite umuhangayiko/umunaniro ukabije w'ubwonko ashobora kujya kubonana na muganga kubwo kubabara umubiri mu buryo bwinshi kandi ashobora kugira ikibazo byo mu ntekerezo nko guhangayika, kwigunga, ubwoba bukabije kandi budafite ishingiro, ingorane zo gukoresha ubwenge, ingorane zo gutafa ibintu mu mutwe no kubyibuka ndetse no gusinzira nabi.

Mu bushakashatsi bwakorewe Ohio muri Leta Zunze Ubumwe za Amerika<sup>12</sup> bwerekeye ingaruka z'isengesho ku mibereho myiza, muri rusange hari abantu 560 bakozweho ubwo bushakashatsi 95% muri bo bavuze ko babaho imibereho irangwamo iyobokamana, 54% bari Abaporotesitanti naho 25% bakaba Abagatulika. Bakoze isesengura maze bashobora kwerekana amoko 4 y'isengesho ari yo aya:

1. Isengesho risaba: Gusenga Imana uyisaba ibintu bifatika ukeneye.
2. Isengesho ry'umuhango: Gusenga Imana usoma igitabo cyanditswemo amasengesho.
3. Isengesho ryo gutekereza: Gusenga Imana wumva uri imbere yayo.<sup>73</sup>
4. Isengesho ry'ikiganiro: Gusenga Imana nk'uvugana n'inshuti kandi uyisaba kukuyobora mu myanzuro ufata.

Muri aya moko yose y'amasengesho, buriya bushakashatsi bwagaragaje ko isengesho ry'ikiganiro rifitanye isano cyane n'umunezero no kunyurwa mu by'iyobokamana. Ku rundi ruhande, isengesho ry'umuhango rifitanye isano n'ibigaragara ku muntu bibi ndetse no kwiyumva ubabaye, uri wenyine, uhangayitse kandi ufite ubwoba.

Kubwira Imana nk'ubwira inshuti ye, kuyibwira ibyishimo byacu n'umubabaro wacu wose; bishobora kuzana umunezero, gukiza indwara ndetse no kumva unyuzwe mu by'iyobokamana. Isengesho ni ingirakamaro cyane mu kuvura ku buryo Dogiteri Larry Dossey yavuze ati, "Nafashe umwanzuro ko kudakoresha isengesho mvura abarwayi banjye byari bihwanye no kwimana umuti ukomeye cyangwa kudafata gahunda yo kubaga umuntu."<sup>13</sup>

Abantu benshi bagerageje gukemura ibibazo byabo bifashishije imyitozo ibafasha gutegeka umubiri n'intekerezo byabo ndetse bakanagira ubuzima bwiza (yoga). Bashobora na none kwifashisha gahunda yo kwiyubaka igira ibyo yinjiza mu mico yabo. Nyamara ubu buryo ntibutanga umusaruro umwe. Dogoteri Freda Morris, wahoze ari umwarimu wigisha ibyo gusesengura imyitwarire n'imitekerereze mu by'ubuvuzi kuri Kaminuza ya California i Los Angeles, (muri Leta Zunze Ubumwe za Amerika) avuga ko akenshi mu by'ukuri izi gahunda ari uburyo bwo kwiyobagiza. 74

Bibiliya iravuga iti, "Ugushikamijeho umutima uzamurinda abe amahoro masa, kuko akwiringiye." (Yesaya 26:3) Iyo dufitanye n'Imana umubano ukomeye, tugira amahoro yo mu mutima. Ibi ntabwo bisobanuye ko imibereho yacu itazabamo ibibazo. Ibyago no guhagarika umutima bishobora kutugota, nyamara twishimira gutuza n'amahoro by'umutima ibyo ab'isi batazi. Aya mahoro y'imbere mu mutima agaragarira mu mibereho ifite imbaraga kandi ikura ireshya abo duhura nabo bose. Ntabwo amahoro y'Umukristo ashingiye ku bitanga amahoro biri ahamukikije ahubwo aya mahoro ashingiye kuri Mwaka w'Imana uba muri we. 14

*Nk'uko umusizi witwa Power yabivuze ati:*

*"Iyiringire, uraba witeguriye gukorwa n'isoni.*

*Iringire inshuti zawe, zizapfa maze zigusige.*

*Iringire amafaranga, ashobora kuguca mu myanya y'intoki.*

*Iringire kuba icyamamare, abantu bamwe baharabika bazakwibasira.*

*Nyamara niwiringira Imana, ntuzigera ukorwa n'isoni haba ubu n'iteka ryose."*

Kwiringira no kwishingikiriza ku Mana y'imbaraga kandi yuje urukundo bitanga ubushobozi bwo kwishimira imibereho irangwa n'ubuzima buzira umuze. Uko kwiringira Imana gushyitse gutuma yuzuza imibereho yacu ibyishimo n'umunezero! 75

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## IGICE CYA 6

# IKIRUHUKO

Nk'uko twabonye ko ibi byigisho bikubiye mu ijambo rihinye ari ryo CELEBRATIONS, dukomeje kurisesengura inyuguti ku nyuguti. Ubu tugeze ku nyuguti ya R.

R ihagarariye ijambo ry'icyongereza "Rest", ari byo bivuga "Ikiruhuko".

*Gukenera ikiruhuko ni ikintu kiruta ibindi mu gihe nyamara bisa nk'aho ari nta mwanya cyateganirijwe. Igihe utagira igihe cyo kuruhuka n'igihe cyo kwidagadura ushobora guhinduka umuntu utagize icyo yimariye. Ku manywa ujye unyuzamo ufate uturuhuko duta maze widagadure, uhumeke, cyangwa ukore utwitozo tworoshye. Ujye usinzira amasaha umunani kugeza ku icyenda buri joro. Kugira ngo usinzire neza kandi umubiri wongere gusubizwamo intege, ujye urya ibyo kurya byoroshye ku mugoroba. Ujye wirinda kuryagagura nijoro, wirinde imirimo ya nijoro, no kureba televiziyo ijoro ryose; kandi ujye uryama ku gihe kidahinduka kandi uryame umaze kwiyuhagira amazi ashyushye. Mu gihe cy'Impinduramatwara yo mu Bufaransa n'iyo mu Burusiya hamwe no mu gihe cy'intambara ya kabiri y'isi yose, habayeho ikibazo cyo kongera iminsi y'akazi ikarenga iminsi itandatu ngo haboneke umusaruro mwinshi ariko biba imfabusa. Ayo magerageza yerekana ko imiterere y'umubiri ikenera umunsi umwe w'ikiruhuko nyuma y'iminsi itandatu y'akazi, bityo rero, ujye ufata umunsi umwe uwuruhukemo buri cyumweru. Ikiruhuko kiboneka mu buryo bwinshi: hari ukuruhuka nyuma y'amasaha runaka, kuruhuka uryamye nijoro, ikiruhuko cy'umunsi umwe wa buri cyumweru, n'ikiruhuko cya buri mwaka. Kugira ngo ukomeze kugira imbaraga zo gukora, ugire intekerezo nzima, n'ingufu nyinshi, ntukagire ikiruhuko na kimwe muri biriya ureka! Ishimire impano nzima y'ikiruhuko.*

Muri gahunda ya cyamunara, umucuruzi w'imodoka yiyemeje gutangira amafaranga make cyane imodoka nshya yakozwe n'uruganda rukora imodoka za siporo ku muntu uzashobora guhagarara umwanya muremure kurusha abandi ahanze amaso iyo modoka. Abantu 34 bahise biyemeza

gutangira ku wa Gatanu nyuma ya saa sita, ariko hashize amasaha 24 benshi batangiye kunanirwa bavamo bitewe no kugira ibitotsi. Ibyo bimenyetso byarimo no kugwa ibinya mu maguru, kuvugishwa, kudakomeza guhanga amaso, guta umutwe, n'imyifatire idahwitse. Bamwe bicwaga n'ibitotsi bahagaze maze bakikubita hasi. Bigeze ku Cyumweru nimugoroba, hari hasigaye abarushanwa babiri gusa, maze nyuma y'amasaha 77 n'iminota 28, umwe na we aragenda, haba hasigaye umuntu umwe ari na we wahise yegukana intsinzi. Ibyo kandi byabaye igihe yizihizaga umunsi mukuru wo kuvuka kwe.

Benshi muri twe ntibashobora gukora umwitozo nk'uwo wo guhara ibitotsi. Uko tugenda dutwara igihe cyacu cyo gusinzira, uko iminsi igenda isimburana, ni ko bidutera kugira ibyo dutakaza mu mubiri no mu ntekerezo. Igihe tugezemo cyuzuye abantu bishwe n'umunaniro, barwana n'ubuzima, basunikiriza, bagerageza gushaka uko babaho. Muri Leta Zunze Ubumwe z'Amerika, umunaniro ni imwe mu mpamvu 10 kurusha izindi zituma abantu bajya kwa muganga<sup>1</sup>.

Mu by'ukuri, Abanyamerika bagera kuri miliyoni 3.3 bajya kwisuzumisha ku baganga babo indwara yo kubura ibitotsi<sup>2</sup>. Mu kigereranyo, purusa zigera kuri 60 z'Abanyamerika bafite ibibazo bifitanye isano no gusinzira, bimeze nk'iby'abandi batuye ku isi<sup>3,4</sup>. Dukeneye kuruhuka, kuko ari bwo buryo butuma imibiri yacu ibona igihe cyo kongera kwiyubaka no gusubirana ibyo yakoresheje. Hariho ubwoko bubiri bw'ikiruhuko:

- Ikiruhuko cya buri munsi;
- Ikiruhuko kiza nyuma y'igihe runaka

Mu munsi umwe, ikigereranyo cyo gutera k'umutima kingana n'inshuro ibihumbi 110(110.000), n'amaraso akiruka umuvuduko ungana na za miliyoni z'amametero agenda anyura mu mitsi ijyana amaraso mu ngingo z'umubiri, mu mitsi ikura amaraso mu ngingo z'umubiri ikayajyana mu mutima, no mu yindi mitsi mitoya y'umubiri. Tuvuga amagambo ibihumbi, tugahumeka inshuro ibihumbi 28(28.000), tugakoresha imikaya minini inshuro amagana, kandi imibiri yacu igakoresha ingirabuzima fatizo ziri hagati ya miliyari 15-20 z'ubwonko bwacu. Nta gushidikanya ibitotsi ni ingenzi mu kutugaruramo imbaraga no gukomeza ubuzima bwacu. Nk'uko Shakespeare yabyanditse, ibitotsi bisubiza ubuyanja ahazahaye h'umubiri.

Umwana w'uruhinja asinzira ikigereranyo cy'amasaha 20 ku munsi;

uw'imyaka 6 agasinzira amasaha 10; uw'imyaka 12, amasaha 9; naho umuntu mukuru, agasinzira amasaha agera ku 8. Imihindagurikire y'ibigereranyo by'ayo masaha iterwa na none n'imiterere y'abantu.

Breslow na Belloc berekanye mu bushakashatsi bw'ibyo bagezeho ko abantu basinzira amasaha 8 kugera ku masaha 9 mu ijoro bagaragara ko bagera kuri byinshi kandi bakagira amagara arushijeho kuba meza kurusha abadasinzira ngo bageze kuri ayo masaha cyangwa bakayarenza bikabije. Rimwe na rimwe, hariho abantu nka Ben Franklin na Thomas Edison, bagiye basinzira amasaha 4 cyangwa 5 nijoro; nyamara na none, abo ni abantu badasanzwe, mu buryo bunyuranyije n'itegeko ryo kuruhuka. Benshi mu basinzira ayo masaha make nijoro, bafata igihe kigufi cyo gusinzira ku manywa.

Albert Einstein yakeneraga gusinzira nibura amasaha 9. Gusinzira bihagije byagombye kurinda umuntu kugira ibitotsi no guhunyiza akumva yacitse intege ku manywa, kandi bigatuma umuntu yumva aguwe neza mu mubiri anatekereza neza. Abanyeshuri biga ijoro ryose mbere yo gukora ikizamini kenshi bahura n'ingaruka zo kubura ibitotsi kandi bakagira amanota make. Gahunda z'akazi zidatuma umuntu asinzira bihagije zibasha kugendana no guhora ukora akazi mu buryo butitaweho.

Imiterere n'imikorere y'ibitotsi ntisobanukira abantu mu buryo bwuzuye. Inyigisho zimwe zo muri iki gihe zishingira kuri siyansi zivuga ko ibitotsi ari imikorere itagaragara y'imirimo runaka y'ubwonko ikorerwa mu bice by'ahantu h'ubwonko umuntu atabasha kugenzura<sup>5</sup>. Ibitotsi bifasha ibintu by'ingenzi bibiri bigira ingaruka ku mikorere y'umubiri. icya mbere ni igikorwa gikorera mu rwungano rw'imitsi yumva, aho ingorane y'ibura ry'ibitotsi ihoraho igendana n'ikibazo cy'imikorere mibi y'ibitekerezo kimwe ndetse n'ibigendanye n'amarangamutima yo mu mubiri byongera gushyirwa kuri gahunda nziza no gusinzira neza. Ingaruka ya kabiri ku mubiri isa n'itagaragara neza ariko igendana n'umurimo wo gutuma imitsi yumva yongera gukora neza ihurijwe hamwe. Ahantu ho mu bwonko hatuma ibitotsi biboneka ni mu gice cy'ipfundo ryo hagati ry'umugabane w'ubwonko bw'ahagana hasi. Kwiyongera kw'ibitotsi kugenda guturuka muri iryo pfundo kukagenda gukwira mu bice by'urwungano rw'ubwonko, mu migabane y'ubwonko yo hasi n'iyi hejuru, kugakomeza guhereza urwungano ruhuza ubwonko n'ibindi bice, maze iryo kwirakwira ry'ibitotsi

rikagera aho risohora ubwoko bw'imisemburo ya proteyini z'ingirakamaro cyane ku bwonko no ku maraso bita serotoninini [serotonin]. Ikorwa ry'izo proteyini rifitanye isano no kubona cyangwa kubura ibitotsi. Bitewe n'ivumburwa ry'izo proteyini, byagaragaye ko izo proteyini zigira uruhare runini mu kongera ibitotsi. Hari n'ubundi bwoko bw'imitsi bubasha na bwo kugira uruhare mu gutanga ibitotsi.

Ubushakashatsi bwakorewe muri za laboratwari ku byerekeranye n'ibitotsi, hifashishijwe ibyuma kabuhariwe mu kumenya no kwerekana imikorere y'ubwonko, bwagaragaje ubwoko bubiri bw'ingenzi bw'imikorere y'ibitotsi. icyuma kireba imikorere y'ubwonko kigaragaza umurongo cyangwa umuvuduko uhindagurika w'iyo mikorere, ari nabyo byerekana ko ubwonko buba buri mu kazi mu gihe umuntu asinziriye.

1. Imikorere Igenda Buhoro y'Amaso ari mu bitotsi. Iki gihe cy'umubiri udakora kirangwa n'ibyiciro bitatu:

Icyiciro cya I : Umurimo w'ubwonko uba umeze nk'aho umuntu akiri maso; iki gihe, umuntu yumva ananiwe cyane, ariko na none aba akibasha kumva amajwi n'urusaku.

Icyiciro cya II: Umurongo cyangwa umuvuduko w'imikorere y'ubwonko uba ugenda buhoro kandi ukamara igihe, kandi umuntu yumva agenda aruhuka. icyo gihe, gukanguka biba bikomereye umuntu.

Icyiciro cya III : Umurongo cyangwa umuvuduko w'imikorere y'ubwonko urushaho kugenda buhoro kandi ukiyongera cyane. Iki ni igihe umuntu aba yashyizweyo, adashobora kumenya ibirimo kuba. Ibi ni ibitotsi biremereye.

2. Imikorere Yihuta y'Amaso asinziriye: ni igihe cy'ingenzi cyane mu kugarura imbaraga mu mirimo y'ibitekerezo n'iy'ubwonko. Ni igihe kizwi nko kuruhura ibitekerezo. Muri iki gihe, icyuma gisuzuma ibitotsi cyerekana mu buryo bwihuse kandi bwumvikana igikorwa cyo gusinzira nk'aho umuntu yaba ari maso. Amaso agenda asinzira asa n'ayinjira imbere kandi yihuta. Muri icyo gihe, abantu bamwe baba bagona, abandi baba bagenda bari mu bitotsi, abandi banyara ku buriri, abandi bahekenya amenyo, n'abandi barota, ndetse ibyo barose ntibashobore kubyibuka neza.

Urugendo rwose rw'ibitotsi rufata iminota yagera kuri 90 kandi rubasha kongera rugatangira guhera ku nshuro enye rukageza ku nshuro esheshatu

mu ijoro rimwe. Iyo mikorere yombi y'amaso asinziriye tubonye haruguru ni ingenzi mu kugarura ikiruhuko mu mubiri no mu bitekerezo<sup>6</sup>.

Umubiri ukora amasaha 24 y'umunsi. Ibi bikaba bishingiye ku mihindukire isanzwe iranga ibihe mu burebure bw'amanya n'ijoro. Kenshi uburebure bw'umunsi bugira ingaruka ku gihe cy'irekurwa ry'imisemburo n'ubwinshi bwayo.

Urugendo rw'ibitotsi rutuma habaho irekurwa ry'iyi misemburo ikurikira:

1. Koritizoli. [Cortisol]. Uyu ni umusemburo urekurwa mu gihe umuntu asinziriye, mu gice cya kabiri cy'urugendo rw'ibitotsi rwa nijoro, ari na cyo giteguriza umubiri gukora akazi k'umunsi ukurikiyeho. Koritizoli [Cortisol] ifite ingaruka nyinshi, zirimo gukoresha igipimo cy'isukari yo mu maraso mu buryo buri mu rugero, gushyira ku rugero imyunyu ya sodiyumu na potasiyumu umubiri ukenera, gushyira ku rugero umuvuduko w'amaraso mu mubiri, no gukoresha imbaraga z'imikaya y'umubiri. Kugira akamenyero ko gusinzira amasaha adahinduka bituma gahunda y'irekurwa ry'imisemburo ya Koritizoli [Cortisol] idahinduka.

2. Umusemburo utera gukura. Uyu musemburo urekurwa ari mwinshi cyane mu gihe umuntu asinziriye. Uyu musemburo ugira ingaruka zo kurema isukari n'ibivumbikisho by'ibanze bya za vitamini umubiri ukenera.

3. Umusemburo witwa Melatonini [Melatonin]. Ubwinshi bw'irekurwa ry'uyu musemburo bugenda bwiyongera mu gicuku ariko bushobora kugira uruhare rwinshi mu kuringaniza iby'imibonano mpuzabitsina kurusha ibyo kuringaniza ibitotsi.

Hari umubare w'ibintu runaka bituma umuntu abasha gusinzira. Ibyo ni ibi:

1. Kudahindagurika kw'ibihe byo kuryama no kubyuka, kudahindagura akazi, ingendo zidahinduka kandi zitari ndende, kudahindura ibihe byo kuryama mu mpera z'icyumweru, no gukomeza akamenyero ka gahunda wiyemeje yo gusinzira.

2. Kuryama mu cyumba gituje, kitarimo umucyo mwinshi n'urusaku, gifasha umuntu gusinzira neza.

3. Igihe kibanziriza kujya kuryama kigomba kutarangwamo amagambo y'impaka cyangwa intonganya, gahunda mbi za televiziyo, n'ibintu bitera impagarara n'ubwoba. Gikwiriye kuba igihe cy'umutuzo kandi gituma

turuhuka ibyo twiriwemo uwo muni.

4. Imyitozo ya buri gihe no kurinda umubiri umunaniro ukabije ni ibintu by'ingenzi.

5. Ibyo kurya bya nimugoroba bikwiriye kuba byoroshye kandi bikaribwa hasigaye amasaha make ngo umuntu aje kuruhuka.

6. Gukaraba amazi y'akazuyazi, adashyushye cyane, bifasha umubiri kuruhuka neza mbere yo kujya kuryama.

7. Ni ngombwa kwirinda inzoga, itabi, kafeyine, n'ibindi bintu bikabura umubiri bigatuma gahunda y'ibitotsi itagenda neza.

8. Igihe hari ibibazo by'uburwayi nko kubura ibitotsi, guhumeka nabi, ibibazo by'umutima, ubwoba, n'ibindi bibazo byo mu mutwe, ni ngombwa gushaka inama z'abaganga.

Bibiliya idutegeka kuruhuka buri cyumweru, kandi icyo kiruhuko ni cyo kidufasha kuruhuka bihagije imirimo myinshi tuba twakoze. Hari imigisha myinshi ibonerwa muri icyo kiruhuko cya buri cyumweru.

Mu ntambara ya II y'isi yose kwongera umusaruro w'akazi byashoboye kugerwaho ari uko gahunda yo gukora buri gihe nta kuruhuka yari yashyizweho hashakishwa uko umusaruro wakwiyongera ivanyweho igasimbuzwa amasaha 48 y'akazi buri cyumweru. Icyo gihe umusaruro wiyongereyeho 15% kandi ibyo byerekanye ko no mu bihe abantu bugarijwe, baba bafite aho bagarukira mu bushobozi bw'akazi.

Ku itariki ya 29 Nyakanga, 1941, hasigaye amezi atandatu ngo Leta Zunze Ubumwe z'Amerika zinjire mu ntambara ya kabiri y'isi yose, Minisitiri w'intebe Winston Churchill yaratangaje ati, "Niba tugomba gutsinda intambara, dukeneye kuzigama imbaraga. Niyo mpamvu tugomba kugira umunsi umwe w'ikiruhuko mu cyumweru, n'icyumweru kimwe cy'ikiruhuko mu mwaka. Kandi ibyo byaremejwe bishyirwa mu itegeko!"

Ibiruhuko by'igihe runaka bigizwe n'ibiruhuko by'umwaka. Ibyo biruhuko ntibivuze ko ari igihe cyo kutagira icyo umuntu akora, ahubwo ni uguhindura imirimo wari usanzwe ukora n'ahantu wari usanzwe ukorera. Ibi bihe bituma ibitekerezo n'ubwenge bisubizwamo imbaraga kandi bigafasha mu guhanga ibishya no kugirana ibihe n'umushyikirano n'abagize umuryango. Uhoraho Umuremyi wacu azi neza ko imibiri yacu ikeneye ikiruhuko gikwiriye cya buri muni, mu buryo bw'umubiri, mu bitekerezo,

mu bwenge, no mu mibanire yacu. Azi neza kandi ko kugira ngo tubashe gukora neza kandi bihagije, dukeneye ikiruhuko cya buri cyumweru, nk'uko yabidutegetse mu gitabo cy'Iyimukamisiri 20:8-10: "Wibuke kweza umunsi w'Isabato, mu minsi itandatu ujye ukora, ariko uwa karindwi ni wo Sabato y'Uwiteka Imana yawe: ntukagire umurimo wose uwukoraho, wowe ubwawe, cyangwa umuhungu wawe, cyangwa umukobwa wawe, cyangwa umugaragu wawe, cyangwa umuja wawe, cyangwa itungo ryawe, cyangwa umunyamahanga wawe uri iwanyu."

Uwiteka ashaka ko tugirana umushyikirano na we cyane cyane ku munsi w'Isabato, kuko turi abana be yiremeye.

Umugabane umwe w'imigisha tubonera mu kiruhuko cy'Isabato uzanwa no kubonana n'abandi tugasabana na bo.

Isabato yabereyeho umuntu, umuntu si we wabereyeho Isabato! (Mariko 2:27). Gusinzira ku gihe no kuruhuka buri cyumweru biduha imbaraga zituma twakira imigisha ituruka ku Mana Niyi mpamvu Ibasha kuzuzanya imibereho yacu ibyishimo n'umunezero!

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## IGICE CYA 7

### UMWUKA

Nk'uko twabonye ko ibi byigisho bikubiye mu ijambo rihinye ari ryo CELEBRATIONS, dukomeje kurisesengura inyuguti ku nyuguti. Ubu tugeze ku nyuguti ya A ihagarariye ijambo ry'icyongereza "Air" risobanura Umwuka. Ni wo ukoresha ubushobozi bwacu bwo kubaho.

*Kugira ngo intekereze n'imirimo y'ingufu bishoboke, uturemangingo two mu bwonko ndetse n'umubiri ubwawo, bigomba kugira umwuka wa okisijeni uhagije. Ihumeka riyobowe n'igicamakoma (diaphragme) nibwo buryo bubonye bwo guhumeka. Iyo habuze umwuka wa okisijeni, ubwonko ni bwo buhazaharira bwa mbere. Iyo okisijeni ibaye nke, umubiri ugwa ikinya hakagaragara uburakari kandi umubiri ntukanguke. Iyo okisijeni ibuze n'iyi byaba iminota mike, icyo gihe umuntu agwa muri koma ndetse akaba yanapfa. Bityo rero, mu gihe cyose hari umwuka mwiza, ni ngombwa gukingura amadirishya yose y'inzu cyangwa se ugatembera hanze kugira ngo wishimire uwo mwuka mwiza wa mugitondo ubasha guhembura umuntu. Uko bishoboka kose, irinde umwotsi w'itabi n'indi myuka yose ihumanya, ahubwo wishimire iyo mpano y'umwuka ihebuje ibonerwa mu byaremwe haba mu misozi, ku nkombe z'inyanja n'imigezi. Mbega ibyiza! Twishimire ubuzima duhumeka umwuka mwiza.*

Mu myaka mike ishize, hari umuryango umwe w'abantu batanu watembereye ahantu h'imisozi mu biruhuko bya Noheli mu gihe cy'ubukonje bukaze bwo mu kwezi k'Ukuboza. Ku munsu ubanziriza Noheli, mu kazu bari bubatse, bacanyemo umuriro mbere yo kuryama mu rwego rwo kwirinda ubukonje bwo mu ijoro bwari bukabije. Mu gitondo cya Noheri, nta cyakomaga muri ako kazu. Ubwo umwe mu bashinzwe aho hantu yahageraga, yasanze bese uko ari batanu bapfuye. Impamvu nkuru yateye urwo rupfu, yari umwuka wuzuyemo uburozi (carbon monoxide) wabujije iyinjizwa rya okisijeni mu maraso. Aba bantu bapfuye bazize kubura umwuka.

Umwuka ni uruhurirane rwa za gazi: ni ukuvuga 78% bya nitorojeni



(nitrogen), 21% bya okisijeni na 0.9% bya arugo (argon). Ikindi gice gisigaye kiba kigizwe na gaze karubonike (carbon dioxide), heliyumu (helium), idorojeni (hydrogen) n'indi myuka. Tugereranyije buri gihe umuntu aba afite icya kabiri cy'umwuka wa okisijeni mu maraso, mu bihaha, no mu zindi ngingo z'umubiri. Iyo uturemangingo tw'ubwonko tubuze okisijeni mu gihe kirenze iminota ine dutangira gupfa. Kubera iyo mpamvu, ishycharamwe nyamerika ryita ku bihaha (ALA) ryihaye intego igira iti: "Ikibazo cy'ubuzima n'ihumeka kiriho kandi kiragaragara." Ubushobozi bwo guhumeka kimwe no gusobanukirwa n'akamaro k'umwuka wa okisijeni ni ingenzi mu buzima bwacu. Dukenera umwuka kugira ngo tubeho, by'umwihariko umwuka wa okisijeni utuma tugira ubuzima buzira umuze. Umwuka mwiza, ni umwuka uboneye kandi udahumanye. Umwuka utanga ubuzima, ni ukuvuga uduce fatizo (molecules) twa okisijeni, ntugomba guhumanywa. Okisijeni ituma ingirabuzimafatizo zikora neza; cyane cyane mu gihe cyo guhindura no kubyaza ibyo twariye ingufu no kuzikwirakwiza mu mubiri.

Umwuka mwiza wangizwa n'ikwirakwizwa ry'umwotsi w'itabi mu nyubako, ibyuka bihumanye byo mu migi n'ibindi. Ku rundi ruhande, umwuka uboneye ukwiye kuboneka hose kandi uhagije. Twavugaga nk'ahitaruye, mu bidukikije, by'umwihariko ahari ibiti n'ibindi bimera bifite ibara ry'icyatsi kibisi, mu misozi n'amashyamba, hafi y'amazi atemba, ibiyaga, inyanja, amasumo no mu gihe imvura ihise. Ugereranyije ibimera byo mu mazi (algae) bitanga hafi 90% bya okisijeni yoherezwa mu kirere. Igice gisigaye gitangwa n'ibimera byo ku butaka. Umwuka mwiza usubiza intege mu bugingo. Tekereza ukuntu wumva umerewe igihe ugeze ku isumo cyangwa ku nyanja. Iyi yaba ari yo mpavu shingiro ituma abantu bajya kuruhukira bakanidagadurira mu misozi no hafi y'inyanja. Ibimera bituma umwuka mwiza uboneka ahakikije ingo zacu. Ibimera bikurura umwuka wa gazi karuboniki (CO<sub>2</sub>) bikenera hanyuma bikohera umwuka wa okisijeni ari wo umwuka mwiza dukenera. Umwuka uhumanye uboneka cyane cyane mu nzira nyabagendwa, ku bibuga by'indege, mu mihanda y'ibiri n'ahandi hantu hose hafunganye umwuka utagera mu buryo buhagije. Uruhurirane rw'imyuka ihumanye n'imyotsi y'itabi bitera guhangayika, kurwara umutwe, iseseme no kuruka, ibibazo by'amaraso, uburakari no guhumeka nabi. Abaturage bagera kuri miliyoni esheshatu cyane cyane abana bapfa

buri mwaka bazize indwara zikaze zifata imyanya y'ubuhumekero kandi ziterwa ahanini n'ubwandu buturuka ku myotsi yo mu gikoni itayobowe cyangwa yayobowe nabi. Mu isi yose imfu ziterwa n'indwara zikaze zifata imyanya y'ubuhumekero zikubye inshuro eshatu imfu ziterwa na malariya ndetse zirenze kure izikomoka ku ndwara z'impiswi.

Kubera ko umwuka mwiza ari ingirakamaro ku buzima, ni iby'igicro cyinshi guhumeka umwuka mwiza uko bishobotse kose. Twavuga nko mu gihe cy'imyitozo ngororangingo ya mu gitondo ikorewe hanze. Aha, ingufu ushobora kugira ziruta izo wabonera ahari indi myuka yahumetswe, iboneka mu byumba n'ibiro dukoreramo cyangwa se mu nganda. Kugubwa nabi hamwe n'ibindi bimenyetso by'indwara ziterwa no guhumeka umwuka mubi w'aho dukorera, twavuga nko mu mazu afunze neza kuburyo umwuka ugeramo hifashishijwe amamashini, nibyo bikunze kugaragara. Nk'ingaruka rero, haziramo ubwandu bukomotse ku mwuka mubi, indwara zijyanye n'ikirere cy'ahantu, ndetse ubuhima (asthma) bwo burushaho gukara bitewe n'umwuka wamazwe guhumana. Ibi byose bishimangira ibyiza byo guhumeka umwuka mwiza kandi uboneye.

Ihumeka ni igikorwa karemano ntagengwa. Mu ihumeka, hakoreshwa nibura litiro 20.000 z'umwuka ku munsu. Uko umwuka winjiye mu bihaha, habaho ibisikana rya okisijeni (O<sub>2</sub>) na gazi karuboniki (CO<sub>2</sub>) inshuro zirenga miliyoni 600 mu dufuka tw'umwuka tugize ibihaha twitwa uduhumetsi (alveoli). Utu dufuka kandi dukorana cyane n'udutsi duta tw'amaraso tuba mu bihaha. Muri byo, amaraso n'umwuka bitandukanywa n'utwugara duta cyane. Hano rero akaba ari ho habera ibisikana rya okisijeni na gazi karuboniki. Amaraso yanduye, ni ukuvuga arimo gazi karuboniki azanwa mu bihaha kugira ngo ayungururwe; gazi karuboniki irasohorwa hakinjira okisijeni. Iyi okisijeni ikimara kwinjira yakirwa n'amamiliyoni y'insoro zitukura ziba mu maraso hanyuma igakwirakwizwa mu ngingo z'umubiri wose. Tuzirikane ko iri bisikana ry'iyi myuka yombi rikorwa mu kanya nk'ako guhumbya; ni ukuvuga muri 1/1000 cy'isegonda. Ni ukuvuga ko nko mu munota umwe, amaraso yose atembeye mu bihaha aba amaze gusukurwa!

Kugira ngo umubiri ube winjije umwuka ukwiriye, bisaba ko ikigereranyo nyacyo cy'uwo mwuka uba wageze mu bwonko. Ariko ibiri amambu, abantu benshi ntibajya bagira amahirwe yo kwinjiza umwuka uhwanyeye n'ubunini

bw'ibihaha byabo. Ntibahumeka ngo bashyitse, bityo rero hari ibice bimwe by'ibihaha byabo bitagerwamo n'umwuka<sup>1</sup>.

Kugira ngo tugire amaraso meza, tugomba guhumeka mu buryo bukwiriye. Ni ngombwa guhumeka umwuka mwiza wa okisijeni mu buryo bwuzuye kandi bwimbitse kugira ngo usukure amaraso yacu. Ibi biyaha isura irabagirana kandi bigatuma n'izindi ngingo zose z'umubiri zigaburirwa. Ihumeka rikozwe neza rituma imitsi yumva (imyakura) ikora neza, rituma umuntu agira ubushake bwo kurya kandi rigatuma igogorwa ry'ibiryo rikorwa neza, ikigeretse kuri ibyo, rituma umuntu agira ibitotsi byiza.<sup>2</sup>

Imyitozo ngororangingo ni yo rufunguzo rutuma ibihaha bikora neza. Hari ibintu bibiri by'ikubitiro mu ihumeka riboneye: uko umuntu yifashe (position) hamwe no guhumeka bishingiye ku gicamakoma (diaphragme).

Uburyo umuntu yifashe (position) bugira ingaruka ku iyinjizwa ry'umwuka n'uburyo amaraso akwirakwizwa mu mubiri.<sup>3</sup> Dogiteri Mervyn Hardinge, umuyobozi wa rimwe mu mashami y'ishuri ryita ku buzima bw'abantu (LLU), yagaragaje ko uburyo turimo duhumeka bubasha kuvugururwa. Yashyize ahagaragara intambwe esheshatu zafasha abantu kuba mu buryo bukwiriye.

1. Kurambura neza amagufwa yo mu mayunguyungu mu gihe imikaya yayo yikanya ikanikanyura.
2. Guhagarara wemye hanyuma ukaganisha urutirigongo imbere n'inyuma.
3. Kuganisha umutwe inyuma, akananwa gatambitse, amaso atumbiriye imbere.
4. Amaguru agomba kuba atandukanye gato, kandi areba imbere, amaboko arambuye neza mu mpande.
5. Kora uwo mwitozo kugira ngo imikaya inanuke kandi igire ingufu.

Kugabanyiriza igituza ubushobozi bitewe n'uburyo bubi umuntu arimo (position) cyangwa se izindi ndwara ziterwa n'imiterere mibi akenshi biterwa n'igabanuka ry'ubunini hamwe n'ubushobozi by'ibihaha. Imiterere myiza yongerera ubushobozi imyanya y'ubuhumekero ndetse n'imyitozo ikarushaho gukorwa neza.

## Reka tugereranye uburyo (position) bubi n'uburyo bwiza

Uburyo bubi	Uburyo bwiza
1.Umutwe ucuramyeye	1.Umutwe wegutse
2.Umugongo uhese	2.Umugongo utunganyeye
3. Intugu ziburungushuye.	3.Intugu zitunganyeye
4. Igituza gitebeye.	4.Igituza cyegutse
5. Inda iturumbutse.	5.Inda idaturumbutse
6. Rimwe mu magufa y'amayunguyungu rihengamiye imbere	6. Amagufa y'amayunguyungu aringaniye neza

Abantu bagubwa neza kandi bakubahiriza iyi gahunda, baba bongerera ingufi imyanya y'ubuhumekero, muri yo igicamakoma (ururingo rw'umubiri rutandukanya inyama zo mu nda n'izo mu gatuza rukaba rugenga ihumeka) kikaba ari cyo kiza ku ikukitiro.

Guhumeka hakoreshejwe igicamakoma:

1. Hagarara urambure amaboko yawe hejuru cyane y'umutwe.
2. Injiza umwuka buhoro buhoro kandi umunwa ufunze. Muri rusange imbavu zo hepfo zizarambuka.
3. Agura igituza cyawe mu buryo bushoboka igihe winjiza umwuka mu buryo bwo hejuru.
4. Sohora umwuka wose, witsa buhoro buhoro kandi ubumbuye umunwa. Sa n'ukorora kugira ngo umwuka wose usohoke.
5. Jya ubisubiramo buri gitondo inshuro ziri hagati y'eshanu n'icumi.

Guhumeka mu buryo bukwiye ni ingenzi, kubera ko uburyo bwo guhumeka buyobowe n'igicamakoma bwagura kandi bukaboneza imyanya y'ubuhumekero. Ikindi bigabanyana ni ingorane zo kwandura indwara (infection). Iyo duhumeka tudashyitsa twinjiza mililitiro 500 gusa kandi akaba ari zo dusohora, mu gihe iyo duhumetse mu buryo bukwiye, hakoreshwa mililitiro 4.000 ni ukuvuga inshuro munani ugereranije n'ihumeka ridashyitsa.

Ingirabuzimafatizo zizaharira mu ibura ry'umwuka wa oksijene ni

ingirabuzimafatizo z'ubwonko. Ubwonko ni icyicaro cy'intekerezo, gushyira mu gaciro, hamwe n'ubushake. Niho impagarike yacu yose iyoborerwa. Ni muri ubwo buryo rero ari ingenzi cyane ko iki gice cy'umubiri kibona umwuka wa okisijene uhagije, dukwiye kwirinda kujya aho uwo mwuka udahagije bitewe n'ibyuka nka gazi karuboniki bishobora kuwubangamira.

Ingaruka zo kuba mu byumba bifunze kandi umwuka ukaba utagera mo neza ni izi: intekerezo zigwa ikinya kandi ntihabeho ivugurura. Ni ngombwa kujya dufata akanya ko guhumeka umwuka mwiza ufutse, mu buryo bwimbitse, mu bihe bitandukanye igihe twiga cyangwa dukora, kugira ngo tugarure intege mu mubiri, kandi ubwonko bwongere bugire imikorere iboneye (by'umwihariko ibi bikorewe hanze byaba akarusho).

### ICYO BITWIGISHA MU MIBEREHO Y'IBY'UMWUKA

Uwiteka Umuremyi wacu, yaduhaye umwuka kugira ngo ubuzima bwacu bukomeze kubaho. Uwiteka Imana yaremye umuntu mu mukungugu wo hasi, hanyuma amuhumekera mu mazuru umwuka We w'ubugingo nuko umuntu ahinduka ubugingo buzima. (Itang.2:7). Nk'uko umwuka utuma ubuzima bukomeza kubaho mu mibereho yacu, ni nako Mwuka Muziranenge ari Wo utuma tubaho mu by'umwuka. Birashoboka ko twaba twarahumetse imyuka ihumanye itandukanye y'icyaha, irari, no kwangirika. Ubu rero, iki ni cyo gihe cyo gusubiza amaso inyuma, tukisunga Mwuka Muziranenge akatuyobora mu mibereho yacu y'iby'umwuka.

Ku munsu wa Pentekote, Mwuka Muziranenge yamanukiye ku ntumwa zari zitegereje umeze nk'umuyaga w'ishuheri. Reka natwe dushakishe ukuntu ibi natwe byatubaho, bityo imyanda y'ibyaha bihuhwe bijyanwe kure yacu. Satani ahumanya ikirere cy'ahadukikije maze kamere y'icyaha igahora ihanganye na Mwuka wa Kristo ishaka icyicaro mu mitima yacu. Mureke tubeho imibereho itunganye irimo guhumeka umwuka mwiza buri gihe. Mureke kandi duharanire kuyoborwa na Mwuka Muziranenge kugira ngo Imana yuzuze imibereho yacu ibyishimo n'umunezero.

#### **Aho byakomotse.**

1. Ganong WF. Review of Medical Physiology (New York: Lange Medical Books/Mc Graw-Hill Medical Publishing Division, 2001), p. 635.

2. The Ministry of Healing, p. 272.
3. Ibid, p. 636.
4. Testimonies for the Church, vol. 1, p. 702

## IGICE CYA 8

### KWIRINDA

Nk'uko twabonye ko ibi byigisho bikubiye mu ijambo rihinye ari ryo CELEBRATIONS, dukomeje kurisesengura inyuguti ku nyuguti. Ubu tugeze ku nyuguti ya T ihagarariye ijambo ry'icyongereza "Temperance" ari byo bivuga "Ukwirinda", ingoro yo gutungana kwacu.

*Kwimenya ni ngombwa cyane kugira ngo turwanye imyifatire yacu mibi ishobora kwangiza ubuzima. Inzoga, itabi hamwe n'ibindi biyobyabwenge, bikurura abantu kubera ko byamamazwa nk'ibintu byiza bikangura umubiri, bikagabanya umunaniro n'uburibwe. Twibuke kandi ko na bimwe mu binyobwa bizwi cyane bifatwa nk'ibyoroshye biba birimo ibiyayura umutwe. Hano twavugaga nka tewofiline (theophylline) iboneka mu cyayi na kafeyine (caffeine) iba yihishe mu ikawa ndetse n'indi mitobe (colas). Imbutu zikoreshwa mu guhindura uburyohe bw'imitobe, usanga akenshi muri iyo mitobe harimo ibiyayura umutwe nyuma yo gukonjeshwa. Gukoresha inzoga (ibisindisha), itabi, hamwe n'ibindi biyobyabwenge mu buryo ubwo ari bwo bwose ni nko kwigerezaho kubera ko bishobora kuganisha ku gushayisha no kwangirika. Amwe mu mabwiriza arebana n'ikoreshwa ry'ibiyobyabwenge agaragaza ko bishobora kurarura umuntu, bityo rero kubikoresha bisaba ubwitonzi cyane kandi mu gihe ari ngombwa gusa. Ibiyobyabwenge byangiza ubuziranenge bw'intekerezo cyane cyane mu gukurura irari. Byangiza ubuziranenge bw'intekerezo mu gihe bituma habaho gushayisha (gukabya), kugira imyifatire idahwitse mu bijyanye n'ibitsina ndetse no guhubuka. Ibiyobyabwenge byangiza ubutungane bw'umubiri cyane ko bibasha kuwuteza indwara n'urupfu. Aho gukoresha ibikabuzo (stimulants) bihimbano bituzanira ingaruka mbi, ni byiza kugera ku rugero ruhanitse rw'imibereho dukoresheje imyitozo ngororangingo. Mu mwanya wo gukoresha ibyakozwe mu nganda bikangura umubiri cyangwa bikawugabanyiriza ingufu, wagerageza gusubiza intege mu mubiri bikomotse ku mirasire y'izuba, amazi meza hamwe n'ikiruhuko. Mwishimire iyi mpano yo kwirinda nk'ingabo y'ubutungane, muzibukire ikoreshwa*

*ry'ibiyobyabwenge. Mubasha gukoresha imitobe ikomoka ku mbuto, icyayi gikomoka mu byatsi cyangwa se ikawa ikomoka ku bindi binyampeke.*

Abana bariho batakamba, umugore yari ashavuye kandi atentebutse, ababaye bidatewe no kwiheba mu by'ukuri! Ibi byari bitewe n'uko byari ku nshuro ya 25 Joe atakaje akazi ke kandi ibi byose bitewe n'inzoga. Yari yacitse intege, ariko nta mahane, gusa impamvu yari imwe. Ubusinzi! Ugusiba kenshi ku kazi no kutakitaho, byagaragariraga mu masaha yo kugatangira cyangwa kugasoza.

Joe yari azwi cyane mu matsinda yahuriragamo n'abakinnyi. Yahoraga ari, kandi yiteguye kumara amasaha menshi mu bunywero, asangira n'inshuti zitari zishishikajwe no kumumenya, cyane nko mu bihe bigoye yarimo byo gutakaza akazi. Uretse ikibazo cy'ihungabana ry'ubukungu mu muryango, hari n'ikibazo cy'ahazaza h'abana be. Babiri mu bana be batatu, nabo ubwabo bahindutse imbata z'inzoga. Ubuzima bwe bwite bwari bwarahazahariye; kumusuzumamo kanseri yo mu maraka (larynx) nabyo byakagombye kuba byaramuteye umwete wo kuzibukira inzoga ndetse n'itabi. Igihe cyose Joe yari kuba akirutse, byari kuba iby'igihe gito, yakagombye kuba yaravuze ati: "Ngomba kureka itabi n'inzoga, ntabwo ndi imbata yabyo." Ariko, ikibabaje, ni uko yakoze ibihabanye n'ibyo!

Abantu benshi ntabwo basobanukiwe no kwirinda by'ukuri. Kuri benshi kwirinda bifatwa gusa nk'aho ari ukumenya kwifata cyangwa kudakabya mu mirire no mu minywere. Tugendeye ku busobanuro dukura mu nkoranyamagambo, "Kwirinda" ni ukudakabya mu bikorwa, intekerezo, amarangamutima cyangwa kudakabya mu mirire no mu minywere, cyangwa se bikaba kwirinda kwanduzwa n'ibinyobwa. Ubundi busobanuro bwo kwirinda ni uko kwirinda by'ukuri ari ukutwigisha kwibuza mu mpagarike yacu yose ikintu icyo ari cyo cyose cyakwangiza ubuzima bwacu, ahubwo tugakoresha neza byimazeyo icyatuma tugira amagara mazima.

Bityo rero, kwirinda bivuze kuzibukira ikintu kibi icyo ari cyo cyose kandi ntidukabye no mu gukoresha ibintu byiza. Ese hari icyo bimaze kudakabya mu ikoresha ry'ibintu birimo uburozi bwa ariseniki (bivuga uburozi bukaze cyane) hamwe n'ibindi bimeze nka bwo? Ntacyo bimaze rwose. Ibintu bimwe na bimwe ni ngombwa kubirwanya rwose. Muri byo twavugaga nk'itabi, inzoga, kimwe n'ibindi byose biturarura bikadutera gushayisha.



## INZOGA

Inzoga ni ikintu kiturarura kigomba kwamaganirwa kure. Bivugwa ko ujanishije, kugera kuri 15% by'abakoresha inzoga bashobora kugira ibibazo by'ubusinzi cyangwa se bakaba imbata z'inzoga. Inzoga ni uruvange rw'ibintu binyuranye harimo etili cyangwa etanolo (ni ukuvuga bimwe mu bituma inzoga zigira ubukarihe bwo gusindisha) biboneka mu binyobwa bitandukanye. Hari abavuga ko vino kimwe n'inzoga zoroheje bitangiza ku rwego rumwe n'urw'inzoga zikaze cyane. Ariko uko bimeze kose hari igipimo cya etanolo kiba kiri mu nzoga tutitaye aho yakomotse, kandi iyo etanolo niyo igira ingaruka. Ugereranije, muri buri bwoko bw'izi nzoga bukurikira, ushobora gusangamo igipimo cya garama 15 za etanolo:340 g za 80% by'inzoga zikaze, 142 g za vino na 340 g z'inzoga zisanzwe.

Mu gushaka kumenya alukolo iri mu maraso hakoresha igipimo cya mg za alukolo muri decilitiro y'amaraso (mg/dl). Ubwandu bw'amaraso bugendana n'ikigero cya alukolo iyarimo ku buryo bukurikira:

- <10mg/dl (<0.01%) nta gipimo cy'ubwandu
- >10mg/dl (>0.01%) ubwandu bugaragara bubasha gutera ingaruka
- 20mg/dl (0.02%) hano hatangira kuza akanyamuneza
- 50mg/dl (0.05%) igipimo cyo hejuru muri rusange
- 80mg/dl (0.08%) gutangira gutakaza ubushobozi bwo kwiyobora
- 100mg/dl (0.10%) ibyo kwiyobora birazamba
- 200mg/dl (0.020%) kwivanga kw'ibintu
- 300mg/dl (0.030%) guta ubwenge
- 400mg/dl (0.040%) kugwa muri koma ndetse n'urupfu

Abantu benshi banywa inzoga bitewe n'icyo zikora mu mibiri yabo. Bitwaza ko zibatera kumva ko umubiri uguwe neza, zirabatinyura, kandi zikoroshya uburibwe n'umubabaro. Ibi byiyumviro biterwa n'uko agace k'imbere k'ubwonko kaba kahungabanijwe n'inzoga kandi bizwi ko ariho cyicaro cyo kwiyoroshya, ubushobozi, kwibuka no gushyira mu gaciro.

Uko ubushobozi bw'ubwonko bwo kwakira amakuru bugenda bugabanuka, bitewe n'inzoga, umuntu asa n'aho aguwe neza. Niyo mpamvu inzoga ikunze kuvugwa ko ari mucyurabuhoro.

Mu gifu habamo umusemburo witwa alcohol dehydrogenase ufite

ubushobozi bwo gusenya 15% gusa bya alukolo yinjiye mu mubiri. Ibindi 85% bisigaye bihita bijya mu mwijima. Abagore bagira ubwoko bw'uwo musemburo muke ugereranije n'abagabo. Ni muri urwo rwego rero iyo umuhungu n'umukobwa bahwanije ibiro bahawe inzoga ingana, umukobwa azagira igipimo cya alukolo nyinshi mu maraso kurenza umuhungu. Abantu b'igitsina gore bagerwaho n'ingaruka z'inzoga nyinshi ugereranyije n'ab'igitsina gabo.

Iyo umuntu anyoye inzoga, hari ingaruka zifatika zibasha guhita zigaragara; haba mu mpagarike yacu, mu marangamutima cyangwa mu buzima bwacu muri rusange:

Ubwirinzi bw'umubiri buzahazwa n'inzoga, n'iyi byaba ari ukuyikoresha mu byiswe kudakabya, cyane ko uko biri kose ikoreshwa ry'inzoga ryongera ingorane zo kwandura indwara zinyuranye:

a) Bisaba ibirahuri bibiri gusa by'inzoga mu mubiri, maze ubushobozi bwawo bwo gukora abasirikari bawurinda bo mu bwoko bwa limfosite B (lymphocytes-B) bukagabanuka ku kigereranyo cya 67%.

b) Inzoga zica intege ingirabuzimafatizo zo mu bwoko bwa NK, bityo ingorane zo kwandura kanseri zo mu kanwa, mu maraka, mu bihaha, mu mihogo, mu gifu, mu mwijima, amabere, no mu kibuno (rectum) zikiyongera.

c) Inzoga zonona kandi zigahungabanya imikorere y'insoro zera zo mu bwoko bwa Polymorphonuclear ; ni ukuvuga ubwoko bw'abasirikari baba mu maraso bashinzwe kurinda umubiri kwandura indwara. Ingaruka zitangira kwigaragaza ku gipimo cya 0.05% mu maraso ; ni ukuvuga munsu ho gato y'ikigero cyemerwa n'amategeko. 5 Uko igipimo cy'inzoga kigenda cyiyongera mu mubiri, ubushobozi bwa za nsoro zera twavuze bwo kurwanya ubwandu bugenda buyoyoka. Uko inzoga yiyongera ni nako ububasha bw'ubwirinzi bw'umubiri bugenda buburizwamo.<sup>6</sup>

Ibibazo byo mu nda, 7, 8, 9 (ibinuri byinshi mu mwijima, umwijima wasabitswe n'inzoga, kubyimba inda -cirrhose-, kubyimba imitsi yo mu muhogo -esophageal varices-, kurwara impindura-pancreatitis-, kurwara igifu -gastritis-).

Inzoga zituma ingirabuzimafatizo zo mu bwonko zipfa ku buryo bukabije (ubwonko burazahara ntibube bugishoboye gukora neza kandi by'igihe

kirekire).

Inzoga zongera umuvuduko w'amaraso (hano, abagore basa n'aho aribo bahazaharira cyane kubera kubura wa musemburo ugabanya alukolo mu mubiri). Inzoga yanyobwa uko yaba ingana kose ku munsu, yongerera umuntu ingorane yo kugira ibibazo by'ubwiyongere bw'umuvuduko w'amaraso ku bagore by'umwihariko bigera kuri 40% !<sup>10</sup>

Inzoga kandi zongera ingorane zo guturika kw'imitsi yo mu bwonko. Ubushakashatsi bwamamaye bwiga ibijyanye n'umutima bwa Honolulu bwagaragaje ko n'uvuga ko anywa akayoga k'ubusabusa nawe abasha guhura n'ingaruka zo kugira ikibazo cy'ivirirana mu bwonko (stroke) birenze inshuro ebyiri.<sup>11</sup>

Nubwo bivugwa kenshi ko inzoga ari ingirakamaro ku mutima, biragaragara neza ko ibibazo byinshi bijyanye n'indwara z'umutima bifatanye isano ya bugufi n'inzoga (imfu nyinshi zitunguranye zigaragara mu banywi, ziterwa ahanini n'ihungabana ry'imikorere y'umutima.<sup>12</sup> ,kuva kuri 20% kugeza kuri 30% by'abantu bafite ibibazo by'umutima muri Leta Zunze Ubumwe za Amerika, babiterwa n'inzoga gusa).<sup>13</sup>

Inzoga nizo muzi w'ibibazo byose bijyanye n'isigingira mu bwonko byakagombye kwirindwa.<sup>14</sup>

Uburwayi buterwa n'inzoga ku mwana uri mu nda, bukubiye mu ngingo eshatu z'ingenzi zikurikira :

- a. Kugwingira mu buryo bugaragara mbere na nyuma yo kuvuka
- b. Uruhare rugaragara rw'ubwonko muri ibi byo kugwingira: twavugaga nk'uburangazi bukabije, hamwe n'ubuhubutsi, kwangirika k'ubushobozi bw'ubwenge.
- c. Ibimenyetso by'ubumuga bwo mu maso nko kutabasha kubumbura amaso neza, agatwe gato, umunwa wo hasi muto, uruhu ruzinze iminkanyari ku nguni z'amaso, hamwe n'amazuru afunganye.

Hari ibindi bibazo byinshi biterwa n'inzoga. Ibi bidufasha gusubiza ikibazo cyibazwa niba ari ngombwa cyangwa atari ngombwa kuzinywa. Igisubizo kirumvikana ni Oya !

Ubushakashatsi bwakozwe na guverinoma ya Leta zunze Ubumwe z'Amerika bwagaragaje ko inzoga zitera imfu zirenga 100 000 ku mwaka. Kuri ibyo rero, mu biyobyabwenge bikoreshwa, inzoga iza ku mwanya wa kabiri mu bitera imfu zitunguranye nyuma y'itabi, ikaza ku mwanya wa

gatatu mu bihitana abantu muri iki gihugu.<sup>16</sup>

Dogiteri Sdney Cohen, umuhanga mu bijyanye n'ikoreshwa ry'ibiyobyabwenge, asobanura ko inzoga ari cyo kiyobyabwenge cya mbere kibi ku isi. Umutungo ukoreshwa mu kwita ku buzima bw'abashayisha mu nzoga muri Amerika honyine urenga miliyari 20 z'amadolari y'Amerika ku mwaka. Ugusiba ku kazi bikunze kugaragara muri Guverinoma ya Amerika akenshi biba bitewe n'inzoga. Ibi rero byahabwa agaciro kagera kuri miliyoni 500 z'amadolari ku mwaka. Igiciro ntagereranywa ku byangirika mu muryango w'abantu muri rusange (society) cyo kibarwa mu mibabaro, kwiheba, indwara ndetse n'urupfu.

Bite se ku kuri kw'ibyamamazwa mu itangazamakuru, bivuga ko inzoga igira akamaro mu bijyanye n'itembera ry'amaraso ku bayikoresha? Bikunze kumvikana ko inzoga ifasha muri byinshi. Ariko, hari ibindi bintu byinshi by'ingirakamaro dusanga mu mitobe nko mu nkeri. Hari inyigisho nyinshi zigaragaza inzoga nk'ikinyobwa cy'ingirakamaro, ariko igishimishije ni uko ako kamaro bavuga katagaragara mu bakiri bato. Ibibi by'inzoga birasobanutse ndetse tutirengagije ingorane zo gusarikwa nazo ugatwarwa umutima nazo burundu. Ibi rero ntawe abahanga babikangurira. Ubwanditsi n'iyamamaza ku bijyanye n'iyi ngingo, bugaragaza ko inyungu n'ingaruka ziva mu gukoresha inzoga ntabwo bikwiye kugereranywa ku buryo bakangurira abantu batanywa inzoga gutangira kuzikoresha!<sup>17,18</sup>

## ITABI

Hagati y'umwaka wa 1975 n'umwaka wa 1986, ikigo cy'Igihugu cyiga ku ikoreshwa ry'ibiyobyabwenge muri Amerika, cyakoze ubushakashatsi mu banyeshuri b'amashuri makuru, kugira ngo barebe umubare w'abanyeshuri bashobora kuba barafashe ku biyobyabwenge bibujijwe hamwe n'inzoga. Ubushakashatsi bwagaragaje itandukaniro rinini hagati y'abanyeshuri banywa itabi n'abatarinywa n'ingaruka mbi ibiyobyabwenge bigira ku ntekerezo.

	Abanywa itabi	Abatarinywa
Ibiyobyabwenge bibujijwe	95%	27%
Marijuwana	94%	20%
Kokayine	49%	5%
Inzoga	18.4%	1.7%
Inzoga zikaze	67.9%	17.2%

Iyi raporo iragaragaza uburyo abanyeshuri banywa itabi ari bo nanone baba bararikiye kugerageza kunywa n'ibindi biyobyabwenge, ugereranije n'abatarinywa. Ni muri ubu buryo rero itabi ryitwa ko ari ryo rembo riganisha ku biyobyabwenge. Ikoreshwa ry'itabi ni ikintu kigomba kwamaganirwa kure kubera ko ari cyo kintu cy'ikubitiro gitera indwara n'imfu z'imburagihe. Muri Amerika umwe mu bantu batanu bapfa, aba azize itabi.<sup>19</sup> Kuva mu 1990 kugeza mu 1994 habaruwe buri mwaka imfu z'imburagihe zigera kuri 430.700 zitewe n'itabi kandi amadolari agera kuri miliyari 53 yakoreshejwe ku bijyanye n'ubuvuzi burebana no gukoresha itabi mu 1993 gusa.<sup>20,21</sup> Muri iyi minsi, harabarurwa imfu zikabakaba miliyoni eshanu mu isi yose! Buri mwaka, igiciro cy'ubuvuzi bujyanye n'ingaruka zo kunywa itabi kiri hagati ya 6% na 8% by'amafaranga atangwa ku buvuzi bw'Abanyamerika bose. Ariko, iyi mibare bigaragara ko ibasha kwiyongera ikagera kuri 12%, bitarenze imyaka mike iri imbere.<sup>22</sup> Ikigeretse kuri ibyo kandi, ni uko iri gereranya risa n'aho ari rito, cyane cyane ko izindi ngaruka zikomoka ku yindi myotsi ikomoka ahadukikije zitabariwemo. Ntihakariwemo kandi ingaruka z'imyotsi ikomoka ku itwikwa ry'ibifitanye isano n'itabi, ukwita ku bana bavukana ibiro bidashyitse bafite ababyeyi banywa itabi, cyangwa izindi ngaruka nk'itakara ry'imirimu hamwe n'ibura ry'umusaruro ku kazi.<sup>23</sup>

Mu mwotsi w'itabi, harimo ibintu by'ubwoko bugera ku bihumbi 4.800

. Ubugera kuri 69 muri bwo, ni bwo butera kanseri.<sup>24</sup>Muri bwo twavugaga nka N-nitrozamine, uburozi bukomoka kuri karuboni( irangwa n'umwotsi w'umukara iyo itwitswe), kimwe n'ibindi biri mu bitera kanseri. Mu mwotsi w'itabi kandi, harimo n'ubundi bwoko bw'uburozi bugera kuri 300 buzwi. Muri bwo harimo nicotine, arisenike (uburozi bukaze cyane), rado, siyanide, fenolo, D.D.T, asibestosi, benzene, umwuka w'uburozi wa karuboni, na formalideyide; ibi byose akaba ari ubwoko bw'uburozi buba mu mwotsi w'itabi. Uburozi butatu bwa mbere bubi buba mu masegereti y'itabi ni: nicotine, tar (soma ta ni ukuvuga ibintu bifatira biboneka mu bihaha by'unywa itabi), hamwe n'umwuka w'uburozi wa karuboni (carbon monoxide).

Nikotine itera ingaruka z'imikorere ku myanya y'umubiri ikurikira:

Umutima: ituma haba irekurwa ry'umusemburo witwa katekolamine (catecholamines), ukaba wongera umuvuduko w'amaraso, itera ry'umutima hamwe n'ubwiyongere bw'ikenerwa rya okisijeni mu mubiri.

Ubwonko: ituma haba ihuzamikorere hagati y'ingirabuzimafatizo z'ubwonko kandi ikazikangura, binyuze mu gice cy'ubwonko cyumva nicotine cyane. Ingaruka za nicotine, zihita zigera ku bwonko ni iyo waba utumuye bwa mbere umwotsi mu gihe cy'amasegonda arindwi gusa.

Bimwe mu bigize umwotsi w'itabi, harimo ibituma mu miyoboro y'amaraso habamo ibintu bifatira (artherosclerosis). Ibintu bibiri by'ingenzi bituma iki kibazo kibaho, ni nikotini hamwe n'umwuka w'uburozi wa karuboni (carbon monoxide). Nikotini yangiza utwugara tw'imitsi y'amaraso, bigatuma ibintu by'ibinure biva mu maraso bifatira ku myanya itsikamiwe n'iyi mitsi, hanyuma kwa kwirema kwa atherosclerosis kugatangira kubaho. Iyi ndwara rero ni nayo igira uruhare mu gutera izindi ndwara zinyuranye kandi ubwiyongere bwazo buterwa no kunywa itabi.<sup>25</sup> Iyo rero imitsi y'amaraso izibye, cyangwa igabanutse mu mubyimba, umunywi w'itabi abasha guhura n'ingorane nyinshi, harimo: ikibazo cy'umuvuduko ukabije w'amaraso, ukubyimba bidasanze k'umumisha remezo (ni ukuvuga umumisha remezo ujyana amaraso mu mubiri indi yose ishamikiyeho, uku kubyimba gushobora gutuma umumisha uturika amaraso akareka mu mubiri-) hamwe n'ikibazo cy'itembera ry'amaraso. Umuntu abasha guhura n'ikibazo cy'ubuke bw'umwuka wa okisijeni mu mutima, uburibwe, indwara zifata imyanya y'ubuhumekero, izi zose zibasha kwiyongera. Iyo

uyu mumisha uzibye burundu, igice kimwe cy'umutima kibura amaraso, imwe mu myanya y'umutima igatangira gupfa, hanyuma bikarangira umuntu arwaye umutima. Uku gukura kw'iyi ndwara kugaragarira cyane mu banywi b'itabi.

Iyo uku kuziba kw'imiyoboro y'amaraso kubereye mu mutsi w'ubwonko, ubwonko burangirika. Uku kwangirika gushobora kuba gucika k'umutsi ujyana amaraso mu bwonko, cyangwa guturika k'umutsi hanyuma bigatuma amaraso areka mu bwonko bikabwagiriza. Kubera ko imyakura y'ubwonko ikorana n'ibice by'umubiri bibusanye n'igice ubwonko ubwabwo burimo, ibimenyetso bizagaragarira mu gice cy'umubiri mu buryo bw'imbusane (nk'urugero: igice cy'ubwonko cy'iburyo nicyo gitegeka ibikorwa by'umubiri ku ruhande rw'ibumoso).

Umwuka w'uburozi (CO) wongerera ubukana indwara yo kuziba kw'imitsi y'amaraso, ikagira kandi n'izindi ngaruka nyinshi zangiza umubiri. Iyo ingirabuzimafatizo iba mu maraso, ifite ubushobozi bwo kujyana okisijeni mu mubiri (hemoglobin) ihuye n'umwuka w'uburozi (CO), ubushobozi bwo gukwirakwiza okisijeni buragabanuka. Ingirabuzima zose z'umubiri harimo n'umwana uri mu nda nazo bisa n'aho zibura umwuka wa okisijeni.

Ubudahangarwa bw'umubiri w'umunywi w'itabi burashegeshwa kandi nyuma y'aho abasha kugira ingorane z'uburyo bwinshi zikurikirana kuri ubu buryo: ibicurane, bikurikirwa na kanseri zifata ibindi bice by'umubiri bitari inzira y'ihumeka gusa, kandi ubu bwandu bukaba bwakagombye kuburizwamo n'ubudahangarwa bw'umubiri ukora neza muri rusange.

Kunywa itabi ni yo mpamvu ya mbere itera kanseri. Mirongo itatu ku ijana by'imfu ziterwa na kanseri zikomoka ahanini ku kunywa itabi.<sup>26</sup>

Dore ingero zimwe z'imyanya y'umubiri ifatwa n'iyi kanseri:

1. Ibihaha, igihogohogo n'amashami yacyo (90%)

Amaraka (84%)

2. Akanwa (iminzwa, ururimi, n'akamironko) (92%).

Umuhogo (78%).

Kunywa itabi bigira uruhare mu gukwirakwiza izindi kanseri. Hari izindi ngaruka ziterwa no kunywa itabi muri zo twavugaga:

1. Kubabara umutwe bishobora kuba byaterwa n'umwuka w'uburozi (CO) cyangwa kubura amaraso mu bwonko.

Abanywi b'itabi bakunze gufatwa n'ibicurane incuro 6 kurenza abatarinywa bitewe n'uko ubudahangarwa bw'umubiri wabo buba bwaciwe intege.

Kunywa itabi bishobora gutera ingorane z'ubugumba haba ku bagore cyangwa abagabo kugera ku rugero runaka.

Indwara zifata imyanya y'ubuhumekero.

Kugaragara nk'ushaje kandi uri muto

Kugira umwuka unuka ku buryo icyo kibazo kiba kidakosorwa n'imiti yoza mu kanwa cyangwa umuti w'amenyo.

Kuzana imyenge mu menyo bigaragara cyane mu banywi b'itabi ugereraniye n'abatarinywa. Ibyo bigaragara incuro 3 mu banywi b'itabi bitewe n'imbuto z'indwara zibasha kwiyomeka ku menyo yabo akagenda ahongoka buhoro buhoro.

Ukwirinda nyako ntabwo ari ukurwanya ikoreshwa ry'ibiyobyabwenge bitewe n'uko byangiza ubuzima bwacu gusa, ahubwo ni no kudakabya mu mikoreshereze mu buzima y'ibintu byiza bikurikira:

Ibitotsi: Gusinzira cyane byangiza ubuzima. Umushakashatsi witwa E. C. Hammond, yagaragaje ko hari umubare muto cyane w'imfu zigaragara mu bagabo bamara kuva ku masaha 7 kugera ku masaha 8 basinziriye buri joro, mu gihe haba ababurizamo ibitotsi cyangwa bamara igihe kirekire basinziriye mu mariri yabo bapfa bakiri bato ugereranyije n'abasinzira amasaha ari ku rugero. 27

Izuba : Nubwo rituma tugira vitamini D, iyo rikabije rishobora kuba inkomoko ya za kanseri.

Imyitozo ngororangingo : Iyo ikozwe ku rugero ni ingirakamaro ku buzima. Ariko imyitozo irengeje urugero kugera ubwo umuntu yumva atentebutse ikunze kugaragara ahanini mu bakora amarushanwa yo gusiganwa ishobora kugira ingaruka mbi ku mubiri<sup>28</sup>

Imibonano mpuzabitsina. Nubwo ari impano y'Imana, akenshi iteshwa agaciro no kuyikorana agakabyo.

Ibyo kurya : nubwo ari ngombwa bishobora kuribwa mu buryo bukabije bigatera umubyibuho ukabije, byaba bike bigatera ibibazo bigendanye no kubura ibya ngombwa umubiri ukeneye.

Bityo rero kubahiriza amahame yo kwirinda cyangwa se mu yandi magambo kwita kuri iyi mpano y'Imana yo kumenya kwitegeka haba no mu



bintu byiza bikwiriye gushyirwa mu bikorwa.

### ICYO BITWIGISHA MU BY'UMWUKA

Uwiteka Imana Umuremyi wacu azi ko kugira ngo tugire ubuzima buzira umuze tugomba kwirinda gukoresha ikintu icyo ari cyo cyose gisa n'uburozi. Ntukagerageze kunywa itabi, inzoga cyangwa se ibiyobyabwenge by'ubwoko bwose. Niba ubikoresha urararikirwa kubizibukira n'ingoga.

Bibiliya iduhishurira ibanga ryadufasha kugira ubuzima butarangwamo ibiyobyabwenge. «Mugire wa mutima wari muri Kristo Yesu » (Abafilipi 2 :5)

Kwirinda by'ukuri kutwigisha kuzibukira ikintu icyo ari cyo cyose cyangiza ubuzima hanyuma tugakoresha neza icyatuma tugira amagara mazima.<sup>29</sup>

Imana yadusezeranyije insinzi muri byose, hakubiyemo no kubaho imibereho myiza izira amakemwa. «Nshobozwa byose na Kristo umpa imbaraga. » (Abafilipi 4: 13)

Imana ibasha kuzuza imibereho yacu ibyishimo n'umunezero.

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## IGICE CYA 9

# UBUDAHEMUKA

Nk'uko twabonye ko ibi byigisho bikubiye mu ijamba rihinye ari ryo CELEBRATIONS, dukomeje kurisesengura inyuguti ku nyuguti. Ubu tugeze ku nyuguti ya I. I ihagarariye ijamba ry'icyongereza "Integrity", ari byo bivuga "Ubudahemuka", ari bwo budakemwa bwacu butagira iherezo.

*Biroroshye kugereranya ibintu maze tugahakana imyitwarire mibi yangiza ubuzima ndetse n'ibimenyetso bigaragara bigendana no gukoresha ibiyobyabwenge. Dukeneye kwimenyereza ubwacu kuba abantu b'indakemwa kugira ngo turwanye bene iyo myifatire yo guhakana. Dukwiriye kandi kubera abandi abanyakuri kugira ngo batwizere kandi imibanire iri hagati yacu na bo itere imbere. Abagirana imibanire myiza n'abo bashakanye, inshuti zabo, n'ab'urungano rwabo bararama kandi bakagira ubuzima bwiza. Ongera inshuti mu buzima bwawe, kandi ujye umarana igihe n'ab'umuryango wawe, inshuti zawe, abaturanyi bawe, kandi ugire ibihe byihariye byo kubana n'Imana kugira ngo bigufashe kugabanya ubwihebe, kwigunga, n'izindi ndwara nyinshi. Idagadure kandi wishimishe mu budahemuka no mu mibanire myiza n'abandi bityo bikunganire mu bitekerezo, ku mubiri no mu by'umwuka.*

Nk'uko inkoranyamagambo ya Webster ivuga, ubudahemuka bisobanura imico cyangwa imibereho irangwa no kugendera ku mahame adahinduka y'ibitekerezo, ubunyangamugayo, ubunyakuri, n'ubupfura. Kugira ubunyangamugayo no kudahinduka bisobanura ko dukeneye kuba abanyakuri ubwacu no kubera abandi abanyakuri.

Hari uburyo bwinshi imico igaragariramo, ariko ubudahemuka ni imwe mu y'ingenzi kurusha iyindi. Imico y'abatuye ibihugu itera imbere, hanyuma igasubira inyuma kimwe n'abaturage b'ibyo bihugu. Kugira ngo igihugu icyo ari cyo cyose gikomeze kujya mbere, abaturage bacyo hamwe n'abazagitura mu gihe kizaza bagomba guharanira kugira imico n'indangagaciro byo mu rwego rwo hejuru.

Mu budahemuka dusangamo kubaha, ubupfura, kwifata, kwiringirwa,

umuco wo gushima, kwita ku bo ushinzwe no ku byo ushinzwe, gufatanya, n'ubutwari. Ntituvukana ubudahemuka; ntidushobora kugura ubudahemuka; tugomba kwiga no kwimenyereza ubudahemuka.

Ubudahemuka bureba umwana muto w'umuhungu ubwirwa na mama we ati, "Uramenye ntugire capati n'imwe urya muri capati ziri mu isorori mbere y'uko urya ibyokurya byawe."

Umwana agasubiza nyina ati: "Yego mama, unyizere rwose."

Mu gihe amasaha ya mugitondo yari ageze hagati, ubwo Mama w'uwo mwana yari ahugiye gukora isuku mu cyumba cyo hejuru, umwana yaranyarutse ajya mu gikoni maze nk'uko twese tubyumva yahise yumva umutima umubwira ngo afate capati imwe, nubwo yari yagiranye amasezerano na nyina yo kudafata capati. Birumvikana ko yari hamwe na Mama we igihe yakoraga izo capati ziryoshye. Yari yatwawe n'impumuro nziza y'amavuta, isukari, n'ibirungo byamuhumuriye bituruka mu ifuru bari babitekeyemo. Ariko kuko yari yabivuze, akabisezerana, yagombaga kwirinda iki kigeragezo gikomeye maze akanga kugira capati n'imwe afata muri izo zose nk'uko zari zatekanywe ubuhanga kandi ziryoshye nk'ibyo kurya byavuye mu ijuru. Nubwo ku myaka itandatu yari atarasobanukirwa bihagije n'ubudahemuka icyo ari cyo, yari yarigishijwe ko kuba umunyakuri ari ikintu cy'ingenzi kigomba kuranga imico ye. Bityo rero, ubunyakuri ni ubundi busobanuro bw'ubudahemuka.

Ubudahemuka burakenewe no ku mwana w'imyaka 12 witwa Megan. Ubwo yasomaga itangazo ryamamaza iby'inzoga, yagombaga guhangana n'ikibazo cy'ubudahemuka. Yari yarigishijwe mu ishuri ko inzoga zigizwe na purusa 4 za alukoro, kandi ko uruganda rukora ibinyobwa rwibasiye cyane kugeza ku bakiri bato ibinyobwa by'amatunda avanze n'ibintu bitanga amabara ngo bibamare inyota. Azi ko amategeko yo mu gihugu cye atemerera umuntu ukiri muto wese utarageza ku myaka 21 kunywa ubwoko ubwo aribwo bwose bw'ibinyobwa bifite alukoro. Mama we yamuteguriye ikinyobwa kinyuranye n'icyo gifite alukoro. Kubera ko bibujijwe kandi itegeko ritabyemera, ubudahemuka bwe bumusaba kubaha itegeko n'ibyo ababyeyi be bashaka, hanyuma nk'umwana w'umwangaavu, agomba no kumenya guhakana ntiyemere guhabwa bene ibyo binyobwa byavuzwe mbere.

Ubudahemuka kandi ni ngombwa no ku bantu bose bagize uyu

muryango, harimo na Kristina, mukuru wa Megan ufite imyaka 16, akaba atari yahabwa uburenganzira kugeza ubu bwo kwishyira akizana ajya aho ashaka. Ababyeyi be bakomeje kujya bamuganiriza ku byerekeranye n'imibonano mpuzabitsina. Nyamara ntibyoroshye. Bagize amahirwe ariko vuba aha ubwo Kristina n'ababyeyi be basomaga amagambo yo mu kinyamakuru cyitwa Newsweek<sup>2</sup>, maze bakamenya ko atari buri mwangavu wese ukora imibonano mpuzabitsina. Umubare w'ingenzi w'abakobwa biga mu ishuri ryisumbuye barifata. Muri Leta Zunze Ubumwe za Amerika umubare w'abakobwa bakora imibonano mpuzabitsina wagabanutseho purusa 10 mu myaka cumi ishize. Imibonano mpuzabitsina ku bangavu ni ikintu cyo kwigerezaho, cyane cyane ku bakobwa, kuko ari bo bahura n'akaga ko kwandura indwara zifatira mu mibonano mpuzabitsina (STDs). Uko batangira gukora iyo mibonano mpuzabitsina hakiri kare, ni nako baba bafite ingorane nyinshi zo kwandura.

Kwifata ukirinda imibonano mpuzabitsina ni yo myifatire yo kwiringirwa ku bifuza gushyingiranwa. Na none kandi, indwara zose zandurira mu mibonano mpuzabitsina binyuze mu nzira y'igitsina gore zibasha no gukwirakwira binyuze mu munwa cyangwa mu kibuno.

Kristina yiyemeje kwifata bitewe n'ubudahemuka bwe, gukunda umuryango we, n'imyizerere ye mu by'umwuka ashikamyemo. Kwifata bigendana no kubaha ufiteye mugenzi wawe. Kenshi abantu bakora ubusambanyi ntibamenya niba bafite indwara yandurira mu mibonano mpuzabitsina, cyane cyane ngo bamenye niba baranduye agakoko gatera Sida (HIV), kuko igipimo cy'ubwandu gishobora kutabugaragaza kandi umuntu yanduye. Ubusugi bushobora kurinda ikwirakwizwa ry'indwara zandurira mu mibonano mpuzabitsina n'ingaruka zo kwangiza ubushobozi bwo kubara bw'umuntu iyo yanduye. Nyuma yo gusoma iyi nyandiko hamwe na Kristina, mama we na papa we bashoboye kumenya neza ingingo z'ingenzi zitandukanye. Basanze ko ibyerekeranye n'igitsina bifite ubushobozi bukomeye cyane kandi bikwiye kwitabwaho. Basanze ko igitsina gifite ubushobozi bwo gutanga ubuzima, kandi kikagira n'ubushobozi bwo gukuraho ubuzima. Agakoko gatera SIDA ni umwicanyi wa mbere ku bantu bakiri bato mu bihugu bimwe, kandi kica umuntu wese wanduye.

Imibonano mpuzabitsina y'imburagihe iteza akaga ko kwica intekerezo z'umukobwa cyane cyane igihe amenye ko icyo umuhungu yashakaga

ari ukuryamana na we ijoro rimwe gusa. Urubyiruko rugomba kugira ubwenge bwo kwirinda rukitegura kuzabana neza n'abafasha babo. Kugira ubunararibonye no guca akenge birakenewe kugira ngo umuntu ahangane n'ibyo bihe.

Ingingo z'ingenzi zatangajwe mu gitabo cyitwa "Special Projects of Regional and National Significance" zivuga ko igikorwa cyo gukorana imibonano mpuzabitsina ku bantu batashakanye gishobora guteza ingaruka mbi zikomeye mu ntekerezo no mu mubiri, naho ubwizerane bwa buri wese mu mibanire y'abashakanye akaba ari rwo rugero rukenewe mu gikorwa cyo guhuza ibitsina kiranga abantu. Amatsinda y'ingenzi y'abaganga hamwe n'abashyigikiye gahunda zikuye ruhanda z'uburezi bwerekeranye n'ibitsina nk'abagize Inama ku Burezi n'Ihugurwa ku Byerekeranye n'Ibitsina, bemeje ko kwifata ari cyo kintu cy'ingenzi kigomba kwamamazwa kikaba ari cyo gikoreshwa mbere y'ibindi byose mu nyigisho zerekeranye n'imibonano mpuzabitsina.

Amashuri yisumbuye yo muri Amerika arenga kimwe cya gatatu yigisha kwifata kugeza igihe abantu bashakanye, kandi imiryango yigenga yigisha kwifata muri za Leta zose 50 z'Amerika. Abantu bifuzaga gutangira iyo gahunda mu buzima bwabo bashobora kugira isezerano ryabo bwite biyemeza kongera kuvuka bundi bushya baba amasugi, cyangwa bakivugurura mu busugi bwabo. Bityo rero, Kristina, mama we, na papa we bafite ababashyigikiye benshi. Kristina ntari kuri urwo rugamba wenyine.

Ian [Iyani] ni umwana w'imfura mu muryango w'iwabo. Afite imyaka 18, bityo akaba ari mu kigero cyo gutora. Amaze imyaka ibiri atwara imodoka ariko aracyarwana intambara y'itabi. Ntabwo ari uko ari umunywi w'itabi. Ahubwo afite inshuti mbi zimuhatira kunywa itabi, ndetse no kurirya, ariko akomeje kwanga ibyo inshuti ze zimuhatira. Ubu yitaye cyane ku buzima bwe bwite. Inshuti ze ni abanywi b'itabi, kandi bitewe no kubana na bo, ahumeka umwuka w'itabi bamunywera iruhanda. Yumva na none ababajwe n'abavandimwe be igihe izo inshuti ze ziri iwabo kuko zituma abo bavandimwe bahumeka bene uwo mwuka mubi w'itabi. Umwuka mubi w'itabi utera gukorora, ibibazo byo mu buhumekero, kumva uguwe nabi, kandi utera ibihaha gukora nabi, ndetse ubasha gutera urupfu ku batari abanywi b'itabi. Bisaba ubudahemuka n'ubutwari kubwira inshuti ze ngo zireke kunywera itabi iruhanda rwe, cyangwa n'iruhanda rw'ab'umuryango

we. Bakeneye guhumeka umwuka mwiza bihitiyemo ubwabo, atari umwuka w'itabi uhumanye uba ufite ibintu 69 bitera kanseri.

Abana ndetse n'abantu bakuru bahanganye n'intambara yo kumenya uko bifata imbere y'ibibazo bigamije kugamburuza ubudahemuka bwabo. Mama afite inshuti ifite ikibazo gikomeye cyo kubana n'umugabo wabaswe n'icyorezo cy'ubusambanyi bwo mu mashusho. Ni iki yakora kandi ashobora gukora ngo afashe iyo nshuti ye Carol?

Akaga kandi ni uko umugabo wa Carol ari umudiyakoni mw'itorero ryabo. Mbese Carol cyangwa inshuti ye yajya kubivugana na Pasitoro? Urubuga rwa interineti rushyira buri muni ku mugaragaro programu nshya zerekana amashusho y'ubusambanyi zigera kuri maganatatu cyangwa maganane. Abantu batagira ingano bata igihe cyabo bagaburira imitwe yabo ibyo bintu biyonona. Ubudahemuka burangirika kandi bugashira mu gihe ibyo bintu birimo kurebwa, igihe byandikwa, kandi bigashyirwa ahagaragara. Abana ntibangizwa n'icyo cyorezo gusa, ahubwo banatwarwa no kujya mu byumba bireberwamo amashusho ku busambanyi. Ni ayahe mahirwe abana bacu bafite kandi ni uruhe ruhande babasha gufata mu gihe na bamwe mu bayobozi bo mu itorerero ndetse rimwe na rimwe n'ababyeyi babo bwite bafite ibibazo nk'ibyo? Kenshi Carol ahura n'ibibazo by'ihohoterwa rishingiye ku kubwirwa nabi, ndetse n'ihohoterwa ryo ku mubiri. Ubugizi bwa nabi bwo mu ngo bwabaye gikwira ku isi yose. Ibyo tubonye kugeza ubu rero biratwerekako buri wese ugize uyu muryango ahura n'intambara z'ibibazo by'ubudahemuka.

Papa na we nta rukingo rwabyo afite. Ahura na byo no mu kazi ke nka muganga. Ahanganye no gutanga imiti ikwiriye kandi yemewe mu buganga ayiha abarwayi be no kubahiriza ibyo abo barwayi bisabira bitagenzuwe neza kandi bitemewe.

Muri ibi bihe ubushakashatsi burambuye bwagaragaje ingorane iterwa no gusimbuza imisemburo yo mu mubiri. Ikibazo cyabereye ingorabahizi cyane abagore benshi bagiye bafata bene iyo misemburo kugira ngo iborohereze ibimenyetso byo gucura nyamara inagabanya ingorane zo kurwara umutima. Muri iki gihe na none ariko, habonetse imiti ku masoko ijyana no gukoresha imirire ishingiyeye ku bikomoka kuri soya n'imiti ituruka ku byaremwe. Soya ifite ibyangombwa bikize ku misemburo igabanya ibibazo bizanwa no gucura.



• Mu bushakashatsi bugeze kuri butandatu bwakozwe, proteyini zikomoka kuri soya zagaragaye ko ari nziza kimwe na proteyini zikomoka ku mata mu gukiza ubwo burwayi, kandi ubushakashatsi bubiri bwerekanye ko uburemere bw'ubwo burwayi bugenda bugabanuka mu rugero hamwe n'ibimenyetso byabwo.

• None se muganga yakora iki ku miti itaragenzuwe kandi ikoreshwa n'abarwayi? Ikibazo cy'imiti itaragenzuwe kandi ikoreshwa n'abarwayi ni uko kenshi imiti y'ibyatsi kimwe n'indi miti nk'iyi itagira igipimo cyagenzuwe n'ubuvuzi bubifitiye ubushobozi; benshi mu bakora imiti ntibakurikiza amabwiriza agenga imiti cyangwa ibipimo bigaragaza uburozi bwo mu miti. Kenshi ntibazi ko bene iyo miti itarapimwe igirana ingaruka n'imiti wandikirwa kwa muganga. Ntibashobora kumenya ingaruka zo kuyikoresha keretse igihe bahuye n'ibibazo. Hariho imiti mike cyane muri iyo miti itari iyo kwa muganga iba yarasuzumwe mu buryo bw'igeragezwa ku bantu, babaha ibipimo bibaze ku buryo butibeshya. Inyungu abantu bibwira ko babona mu miti yo mu bimera itasuzumwe ziba zishingiye ku byo abantu bayitanga bibwira kandi na bo baba batabijijukiwemo.

• Kwandikirwa imiti na byo kandi bigira ingaruka zindi, ariko kenshi muganga aba azizi neza mbere y'igihe, maze muganga n'umurwayi bakabasha gufatira hamwe icyemezo bitewe no kugereranya ingaruka hamwe n'inyungu zituruka mu gufata iyo miti, aho kugendera ku cyizere gusa.

• Bamwe batekereza ko imiti yo mu byaremwe ari yo myiza kandi ifitiye icyizere. Ntabwo igihe cyose imiti yo mu byaremwe yaba myiza kandi ngo igirirwe icyizere. Imiti y'ibyatsi, nk'uko bandika imiti isanzwe yo kwa muganga, na yo iba igizwe n'uruvange rw'ibintu bishingiye ku butabire kandi bigira ingaruka mu mubiri; bitabaye ibyo, iyo miti y'ibyatsi ntiyagira icyo ihindura mu mubiri. Imwe mu miti y'ibyatsi myinshi itari ku gipimo kandi ifite ubusharire igira ingaruka zitera umubiri kwivumbagatanya, ingorane, ndetse rimwe na rimwe ingaruka z'urupfu. Ibi kandi bishobora kuba ukuri no ku miti iba yapimwe, ariko hariho itandukaniro ry'ingenzi rishingiye ku bintu bibiri:

• **Icyamba mbere:** Imiti itangwa iba yarabanje kugeragerezwa ku nyamaswa no ku bantu mu buryo bukurikije amabwiriza asobanutse yashyizweho n'Ikigo Gishinzwe Imirire no Gutanga Imiti (FDA). Naho imiti y'ibyatsi ntiba

yasuzumwe na gato kandi ntiba ikurikije amabwiriza atangwa n'icyo kigo. Ikigo gishinzwe iby'imiti cyo muri Amerika gishobora kuzasuzuma iyo miti no kuyipima mu gihe kizaza.

**Icyo kabiri:** Abaganga n'abatanga imiti baba ari abantu babyigiye kandi buri mwaka bahora bahugurwa mu mirimo yabo na za leta, n'ibigo byabo, kandi bagahabwa amabwiriza n'imyitwarire bakanakomeza kugenzurwa n'ibyo bigo byabo. Imirimo y'abaganga igenzurwa kandi na bagenzi babo bakorana. Abatanga imiti y'ibyatsi ntibaba barabihuguriwe, cyangwa se bakaba bafite amahugurwa adahagije, baba ari abantu bigenga kandi batagenzurwa na bagenzi babo, bityo nta n'umwe ukurikirana ibikorwa byabo, gusa ikibasha kubatera ubwoba ni uko umuguzi w'imiti yabo yajya kubarega mu nzego z'ubuyobozi cyangwa akabajyana mu rukiko.

Mu ntangiriro z'ikinyejana giheruka, abaganga bakoreshaga imiti myinshi itarapimwe, kandi ibyo byazaniraga abarwayi ingaruka nyinshi. Mu ntangiriro z'ikinyejana cya 21, abarwayi benshi bakoresha imiti y'ibyatsi itarapimwe kandi rimwe na rimwe iteje akaga, kandi bagasaba bakomeje abaganga ko bayibavurisha. Muganga agomba gukoresha igihe cyose ubudahemuka bwe mu guhora ari maso kubwo imitangire y'imiti ikwiriye kandi akirinda kuvuza imiti ibasha kugirira nabi umurwayi aho kumukiza, bona n'ubwo yabihatirwa n'abo avura.

Tugomba kuba ari twebwe dutangira ivugurura. Niba twebwe ubwacu tutiyubashye, mbese tubasha kubaha abandi dute? Dukeneye kuba abantu barangwa n'ubudahemuka! Turarikirwa mu buryo bw'umwuka no mu buryo bw'idini kuba indahemuka. Niba dushaka kuzuza imibereho yacu ikarangwa n'ibyishimo n'umunezero tugomba gukoresha ubudahemuka. Tujye twibaza ibi bibazo:

Mbese nshobora kwiyiringira ubwanjye?

Mbese nshobora kukwiringira?

Mbese dushobora kuba abiringirwa?

Twabishobora niba aya magambo akurikira ari yo ntego

yacu : "Ibisigaye benedata, iby'ukuri byose, ibyo kubahwa byose, ibyo gukiranuka byose, ibiboneye byose, iby'igikundi byose n'ibishimwa byose, niba hariho ingeso nziza kandi hakabaho ishimwe, abe ari byo mwibwira. (Abafilipi 4:8).

Nimureke tubeho imibereho irangwa no kugira ubuzima buzira umuze,

ari bwo bukubiyemo ubudahemuka bugomba kuranga umuntu wese mu miryango yacu, mu baturanyi bacu, no muri twebwe ubwacu, kugira ngo Imana ibashe kuzuza imibereho yacu ibyishimo n'umunezero.

**Aho byakomotse.**

1. National School Board Association USA.
2. Newsweek, Dec. 9, 2002; pp. 67-74.
3. Menopause, vol. 6, p. 7,1999; vol. 7, p. 236, 2000

## IGICE CYA 10

# ICYIZERE NO KUBONA IBINTU MU BURYO BWIZA

Nk'uko twabonye ko ibi byigisho bikubiye mu ijambo rihinye ari ryo CELEBRATIONS, dukomeje kurisesengura inyuguti ku nyuguti. Ubu tugeze ku nyuguti ya O.

O ihagarariye ijambo ry'icyongereza "Optimism", ari byo bivuga "Kugira icyizere", ari na cyo gituma tubaho neza..

*Abantu babiri bari muri gereza. Bacishije amaso hagati mu byuma by'iyi gereza, umwe yarebaga ibyondo, undi akareba inyenyeri. Icyizere gishingiye ku byiringiro no kwemera ko ibintu bizashyira bikagenda neza. Icyizere cyuzurira mu Kwizera. Icyizere ni uruhande rwo kwizera rumurikira imibereho y'abandi bigatuma ibasha kwishimira umucyo urabagirana uturuka mu mwijima w'icuraburindi. Amaso y'umuntu ufite icyizere arebera mu kirahuri akabona icya kabiri cyuzuye naho amaso y'udafite icyizere akabona icya kabiri kiringiye ubusa. Kurebana ibintu icyizere bituma tumwenzura, kandi tumwenzura ni umuti ukomeye. Nta gushidikanya ubushakashatsi bwakozwe na Breslow-Belloc ku bantu bakuze bagera ku bihumbi 7,000 bwavumbuye ko abantu batarangwa no kwishima bahura n'ikibazo cy'urupfu kuri purusa 57 kurusha abantu bagira ibyishimo. Imyidagaduro yongera umunezero n'akanyamuneza, ari na byo bituma habaho ibyiringiro n'icyizere. Ujye uhora wishimye buri munsu kugira ngo urinde ubuzima bwawe n'imibereho yawe!*

Indege yari yuzuye abantu. Twari dutangiye urundi rugendo rurerure cyane turi mu kirere. Byasaga n'aho intebe twari twicayemo zari zarushijeho kwegerana cyane kuruta uko bisanzwe! Aho imitwaro yacu yari ibitse hari hatsindagiye cyane kandi abagenzi bari batangiye kwivovota bitewe n'uko aho imitwaro yabo yari iri hari kure y'aho bari bicaye.

Nari natwawe n'ibitekerezo by'urwo rugendo rwuzuyemo umubyigano kandi ruruhije ubuzima mu gihe numvaga ijwi ry'inshuti y'umugore ukiri

muto wari wicaye iruhande rwanjye avuga amagambo yatumye nongera kugarura ibitekerezo bisanzwe ku rugendo twari tukirimo. Yarambajije ati: “Mbese hari icyo byagutwara mbaye mfashe amaraso ngo nsuzume isukari mfite?” Ndamusubiza nti, “Rwose nta kibazo”. Ubwo twahise dutangira ikiganiro. Yari umunyeshuri wigiraga kuba umudogiteri mu buvuzi, ari mu kwandika igitabo cy’ubushakashatsi bwe ku ndwara ya kanseri. Yari umugore mwiza, w’umuhanga, kandi urangwa n’umunezero. Hanyuma noneho, nk’aho ari ibintu bisanzwe, arambwira ati: Maze imyaka 22 mfite diyabete. Kandi nagize umugisha wo kuba narabayeho imibereho itangaje imeze ityo, hamwe n’amahirwe menshi nayigiriyemo. Yakomeje rero ampa ubuhamya bwo kwizera afite mu Mana hamwe n’uburyo yitangiye kuyikorera. Iki kiganiro cyatanze umucyo ku by’abaganga benshi bagenzuye, bemeza ko kenshi abafite imitwara iremereye cyane y’ubuzima binuba gake cyane (cyangwa se ntibinube na busa). icyizere ni cyo gituma habaho impinduka!

Umuntu urangwa n’icyizere aba areba uruhande rwiza rw’imibereho. Abantu babiri barebera mu cyumba kimwe cya gereza bashobora kubona ibintu bitandukanye bitewe n’abo ari bo (umuntu ufite icyizere cyangwa umuntu udafite icyizere):

• Ufite icyizere abona inyenyeri nziza zimurikira ijoro.

• Udafite icyizere abona hanze hasa n’umwanda mubi (icyondo) maze bikongera umubabaro we.

Ufite icyizere abona ikirahure gicagase kugeza mu cya kabiri, naho urangwa no kutagira icyizere akibona kirimo ubusa kugeza mu cya kabiri.

Mu kuri, kurangwa n’icyizere ni uruhande rugize kwizera kwacu. Gushingiye kuri ibi bintu:

• Ibyiringiro no kwishingikiriza ku Mana

• Kwizera ko Ibasha kudukorera ibyiza byose, nk’uko tubibwirwa mu Baroma 8:28: “Tuzi yuko ku bakunda Imana byose bifataniriza hamwe kubazanira ibyiza”.

Bityo rero, umuntu urangwa no kugira icyizere ashobora kumwenyura, ndetse n’igihe ibintu bitagenda neza nk’uko byitezwe. Umuntu urangwa no kugira icyizere yerekana ko kumwenyura ari umuti ukomeye. Umuntu utagira icyizere we abona ko kumwenyura bikomeye. Iyo duhisemo kuba abarangwa no kugira icyizere, tuba dufunguriye imibiri yacu kumwenyura hamwe n’ibyiza byabyo.

Hari igitekerezo cy'umuntu wavumbuye ko umutima unezerewe ari umuti mwiza, nk'uko byanditswe mu Migani 17:22.

Norman Cousins, umwanditsi w'igitabo cyitwa Imiterere y'Uburwayi [Anatomy of Illness]<sup>1</sup>, yabaye umwanditsi mukuru w'ikinyamakuru cyitwa Urwibutso rw'Umunsi wa Karindwi [Saturday Review] mu myaka irenga 30, kandi akaba n'umwigisha w'isomo ryigisha ibyerekeranye n'ubuhanga mu bibazo byo mu mutwe n'imyitwarire y'umubiri [psychiatry and biobehavioral science] muri Kaminuza ya California, mu mugi wa Los Angeles. Muri icyo gitabo cye, ashimangira cyane akamaro ko kugira ubuzima burangwa no guhora unezerewe. Avuga by'umwihariko imibereho ye y'uburyo yahuye n'uburwayi bukomeye bwo ku mubiri bita kolajene. [collagen disease].

Mu kwezi kwa Kanama 1964, umubiri warabyimbaganye bigera no mu ngirabika no mu ngingo zose. Uruhu rw'ibiganza bye rwarikubye, ntirwabasha kurambuka, rurakanyarara, rurorohera, rusa n'urunyerera, ibyo bigatuma intoki ze atabasha kuzirambura mu buryo bworoshye. Yari afite kandi ikibazo cyo kutabasha gukoresha amaboko ye ndetse no guhindukira ari ku buriri. Umubiri we wose wari wajeho ibibyimba byerekana ukuntu uburwayi bwe bwari bwatangiye gukwira umubiri wose. Imisaya ye ntiyakoraga mu buryo bworoshye, bitewe n'uruho rwari rwafashwe kandi rwakanyaraye; n'umunwa we wasaga n'aho wifunze.

Muganga we, Dogiteri William Hitzig, yafatanije kumuvura n'umuganga w'inzobere witwa Dogiteri Howard Rusk wo mu ivuriro ryo mu mugi wa New York rivura indwara zo ku mubiri. Bamaze kumusuzuma neza, bemeje ko afite indwara y'uruho igera imbere mu mubiri yitwa kolajene [collagen disease], hamwe n'indi ndwara yitwa ankilozingi sipondilitisi [ankylosing spondylitis] ari byo byavugaga ko umubiri we wari wagize ibibazo bikomeye cyane kandi wihinnye, ingingo zitabasha kurambuka. Abaganga bamwandikiye imiti itandukanye yo koroshya uburibwe no kwica mikorobi zitera ubwo burwayi, irimo:

- Aspirine (aspirin).
- fenilbutazone cyangwa butazolidine (phenylbutazone or butazolidine).
- kodeyine (codeine).
- kolikisine (colchicine).
- n'ibinini binyuranye byo kumutera gusinzira.

Yahawe ibinini 26 bya aspirine n'ibinini 12 bya fenilbutazone (phenylbutazone) agomba kubinywa buri muni. Ingaruka yo gufata iyo miti yateye umubiri kwivumbagatanya, biwutera indwara ituma uruhu ruzaho amabara y'umutuku ku mubiri wose, maze akumva umubiri usa n'uwariwe n'intozi nyinshi cyane! Yumvaga cyane uburibwe buterwa n'ingaruka z'iyi miti yose mu mubiri we. Imibare yerekana ko umuntu umwe gusa mu bantu 500 barwara iyo ndwara ari we ushobora kuyikira. Ni indwara igenda yiyongera kandi ahazaza hayo hatizewe.

Norman Cousins yumvaga amerewe nabi cyane bitewe n'uburibwe, maze umunsi umwe abivugana n'umuganga we. Aramubwira ati ndumva mu by'ukuri maze kurambirwa gufata iyi miti hamwe n'ingaruka zayo mbi. Ndashaka rwose kugenda maze nkagerageza gushaka uko nakwinezera. Yiyemeje rero gushaka uwitwa Allen Funt, usanzwe ategura akanashyira kuri televiziyo ikurikirwa n'abantu benshi gahunda bita Candid Camera yerekana amafilimi ya kera ashimisha abantu, maze bakajya bayamwerekana. Hari umuforomo wari warahuguriwe uburyo bayerekana.

Mu buryo butangaje, yaje kuvumbura ko igihe asetse, uburibwe bwe bwagabanukaga. Yasanze ko buri minota 10 yamaraga amwenyura mu buryo bwuzuye kandi biturutse mu mubiri imbere, ibyo byamuberaga umuti mwiza watumaga uburibwe bwe bugabanukaho nibura amasaha abiri akabasha gusinzira. Iyo uburibwe bwongeraga kumerera nabi umubiri, yarongeraga agafungura icyuma maze akongera kureba amashusho, bityo bikamugabanyiriza na none uburibwe akabasha kubona igihe cyo gutora agatotsi. Rimwe na rimwe umuforomo yamusomeraga ibitabo birimo ibintu bisetsa. Cousins yanzezwaga rwose n'izo filimi hamwe n'ibitekerezo bisekeje. Ingaruka mbi y'iyi gahunda ariko, yari uko Norman yashoboraga guseka cyane bigatuma abuza amahoro abandi barwayi. Niyo mpamvu bamushakije ukuntu bamwimura bakamukura mu bitaro maze bajya kumushakira icyumba muri hoteli. Ariko rero, bakomeje no kujya bafata amaraso ye kugira ngo basuzume uburibwe buterwa n'uburwayi bwe, bityo bagakomeza gukurikirana ibipimo. Igipimo cye cy'amaraso (sedimentation rate) cyavuye kuri milimetero 112 ku isaha (112mm/hour) kigera kuri 15 ku isaha (15 mm/hour). Hanyuma ku iherezo ry'umunsi wa munani, yabashaga gukoresha intoki z'ibikumwe bye nta kibazo kandi nta buribwe acyumva. icyakurikiyeho ni uko:

- Ibibyimba byari ku ijosi no mu mugongo byatangiye gukira.
- Yarakize bihagije maze asubira ku kazi ke k'ubwanditsi bw'ikinyamakuru Urwibutso rw'Umunsi wa Karindwi (Saturday Review) nk'uko bisanzwe.

Buri mwaka umubiri we wagendaga woroherwa ku buryo yageze ubwo ashobora:

- Gukina tenisi
- gukina umukino wa golufe
- kugenda ku ifarasi
- gufata icyuma cya kamera akoresheje noneho ibiganza bye
- gucuranga imiziki kuri piano.

Mu by'ukuri, guseka ni umuti ukomeye. Reka dufate akanya gato maze turebe akamaro guseka guturutse ku mutima bigirira imibiri yacu:

- Bituma ibihaha bikora neza.
- Bikangura urwungano rutuma amaraso atembera mu mubiri.
- Byongera umwuka duhumeka ujya mu bihaha maze amaraso akawohereza mu ngirabuzima fatizo z'umubiri.
- Bimeze nko gukora imyitozo yo kwirukanka, kuko:
  1. Gukora k'umutima, guhumeka, no gutembera mu mubiri kw'amaraso biriyongera nyuma y'inseko nziza ivuye ku mutima;
  2. Na none kandi umuvuduko no kwihuta kw'amaraso biragabanuka;
  3. Imikaya yo ku magufa kandi ikora neza.

Ubushakashatsi bwakozwe bwerekana ko igihe cyose umuntu anezerewe kandi agaseka bivuye ku mutima (atari uguseka guturutse ku mbaraga aho umuntu aseka azeze nk'utabishaka), inzira y'urwungano rw'imitsi irakanguka maze ikaremera umubiri imisemburo yitwa katekolamine (catecholamines) itanga ingirabuzima fatizo zikenewe mu mubiri. Iyo misemburo ya katekolamine (catecholamines) na yo ikangura umugabane w'imbere wo mu bwonko ugatanga imisemburo bita endorufini (endorphins).

- Imisemburo ya endorufini (endorphins) ni imisemburo isanzwe y'umubiri ituma umubiri uhumeza neza kandi ikaruhura ubwonko (gusinzira neza). Ibasha kumara uburibwe mu mubiri mu buryo bwiza kurusha imisemburo bita morufine (morphine).
- Imisemburo ya endorufini (endorphins) yongerera umubiri kugubwa neza.



Imisemburo ya endorufini (endorphines) ibasha kongerera imbaraga ingirabuzima fatizo zirinda umubiri zikabasha gukora zihuta.

Mu by'ukuri, kunezerwa cyangwa guseka ni umuti mwiza, nk'uko Bibiliya yabivuze; ibyo kandi bikaba byaranahamijwe n'imibereho y'abantu benshi! Mu by'ukuri tubasha kunezerwa kandi tukagira umunezero nyakuri cyane cyane iyo twiringira Imana mu buryo bwuzuye, tuzirikana ko ari yo igenga ubuzima bwacu.

Ubushakashatsi bwakozwe mu kinyejana cya makumyabiri na ba Dogiteri Belloc hamwe na Breslow bo mu Cyiciro cy'Ubuzima bwa Rubanda, i Berkeley muri California ku byerekeranye n'imyitwarire y'abantu, bwashimangiye ko hariho isano ikomeye hagati yo kurama imyaka myinshi n'imyifatire y'abantu irangwa no kugira umunezero. Ubu bushakashatsi bwakorewe ku bantu bakuru ibihumbi 6,928 batuye mu ntara ya Alameda, kandi imyanzuro yerekanye ko abantu barangwaga no kutagira umunezero baturaga n'urupfu ku kigero cya purusa 57 kurusha abantu bahora barangwa kenshi no kugira umunezero mwinshi<sup>2</sup>.

Ntibyoroshye igihe cyose guhora umuntu anezerewe kandi aseka, ariko imyifatire myiza ishobora kwimenyerezwa. Ubushakashatsi bwagaragaje ko imyifatire irangwa no kubona ibintu mu buryo bwiza izana inyungu nyinshi. Mu myaka yashize, Dogiteri Fawzy yatangiye ubushakashatsi bugaragaza ko hariho isano hagati yo kugira imyitwarire n'intekerezo nziza hamwe no kwishyiramo akanyabugabo k'uburyo abarwayi biyumva, maze ibyo bikerekana ko imyifatire igendana n'intekerezo nziza igirana isano no kugira ubuzima bwiza.

Ubushakashatsi butangajye<sup>3</sup> bwakozwe na Dogiteri David McClelland werekaga itsinda ry'abanyeshuri ifoto y'umugabo n'umugore bari bicaye ku ntebe rusange yari iruhande rw'umugezi. Yasabye ko buri munyeshuri yandika inkuru ivuga uko abona abo bantu, kugira ngo bimushoboze kuvumbura uko buri munyeshuri abona ibintu, n'uko abigaragaza mu ntekerezo ze. Ibi ni byo ubwo bushakashatsi bwagaragaje :

Abanditse inkuru zigaragaza ipica nziza y'ukuntu babonaga abo bantu, baberekana nk'abantu bashimishijwe no kugira umunezero, ubucuti nyakuri, ubufatanye, ubwubahane, no gusangira ibyifuzo byiza by'urukundo rubaranga, bagaragaye ko imibiri yabo irangwa no kugira abasirikari barinda umubiri bafite imbaraga yinshi, hamwe n'ubwandu buke butera

indwara mu gihe cy'umwaka ubanziriza uwo bari barimo.

Abanditse inkuru zigaragaza ipica mbi y'ukuntu babonaga abo bantu, baberekana nk'abantu bahindagurika, baryaryana, cyangwa bashwana, bagaragaye ko imibiri yabo irangwa no kugira abasirikari barinda umubiri bafite imbaraga nke, kandi bagaragaza ko bagiye barangwa no kugira imibereho igaragazwa n'uburwayi bwinshi mu mwaka wabanzirizaga uwo bari barimo<sup>4</sup>.

Igihe utekereza abandi mu buryo bwiza na byo ubwabyo bigira ingaruka nziza ku burinzi bw'abasirikari b'umubiri wawe. Na none kandi tubona ko iyo utekereza abandi mu buryo bubi bibasha guteza uburwayi mu mubiri w'umuntu. Nta gushidikanya, niyo mpamvu mu Migani 17:22 hakomeza havuga ngo, “ariko umutima ubabaye umutera konda (kunanuka)”.

Ubushakashatsi bwakorewe ku banyeshuri bo muri Kaminuza ya Harvard nyuma y'uko bakoze ikizamini cy'imyitwarire y'umuntu cyerekana igipimo cya buri wese ku kwihangana, kugira icyizere, no kwiyingira. Amaraso amwe yapimwe yerekanye ko igihe hasuzumwe ingirabuzima fatizo zitwa NK ziri mu maraso maze zigashyirwa ku ngirabuzima zitera kanseri (cancer cells) mu gihe cy'amasaha 4, haboneka ibi bisubizo:

ü Ingirabuzima za NK z'abanyeshuri bafite ubuzima bwiza, imyitwarire n'imyifatire myiza, zicaga ingirabuzima za kanseri nyinshi kurusha abafite imyifatire yo mu rindi tsinda.

ü Ingirabuzima za NK z'abanyeshuri bagaragaje ko bari ku rwego rwo hejuru mu kugira ikibazo cy'indwara yo kwigunga no guheranwa n'ishavu mw'isuzumwa ry'imyitwarire yabo, bakarangwa no gucika intege no gukora ibintu mu buryo butarimo ubuhanga kandi batiyiringira, bagaragaye ko bafite imbaraga nke zo kurwanya ingirabuzima za kanseri<sup>5</sup>.

Abantu barangwa no kwihangana kandi biyiringira bakigirira icyizere babasha kubona ibibageraho byose mu buryo bwiza, bityo bakagira ubuzima bwiza.

## UBURYO TWABISHYIRA MU BIKORWA MU BURYO BW'

### UMWUKA

Kugira ngo tugire amagara mazima, Imana idusaba kwirinda intekerezo mbi kandi zibuze ubwenge. “Ntiwishime ubwenge bwawe, ujye wubaha

Uwiteka kandi uve mu byaha. Bizatera umubiri wawe kuba mutaraga, ukagira imisokoro mu magufwa yawe. (Imigani 3:7, 8). Nimurebe uburyo Bibiliya ikoresha imvugo y'igereranya kandi itangaje ivuga imisokoro yo mu magufwa nk'aho ari isoko y'ubuzima bwiza. Ubuvumbuzi bwa siyansi bwo muri ibi bihe bwerekanye ko ahantu imisokoro yo mu magufa iboneka ari ahantu h'ingenzi hatuma ingirabuzima zirema abasirikari barinda umubiri bavuka kandi bakiyongera. Kugira ubushobozi bwo kwirinda indwara bibonera urufatiro mu misokoro y'amagufa.

Nimureke tubeho imibereho irangwa n'ubuzima buzira umuze, ariyo ikubiyemo kubona ubuzima mu buryo bwiza, bwaba ubuzima bwacu ubwacu, kimwe n'ubuzima bw'abandi, bityo ibyo bizatuma Imana ibasha kuzuza imibereho yacu ibyishimo n'umunezero !

#### **Aho byakomotse.**

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## IGICE CYA II

### IMIRIRE

Nk'uko twabonye ko ibi byigisho bikubiye mu ijamba rihinye ari ryo CELEBRATIONS, dukomeje kurisesengura inyuguti ku nyuguti. Ubu tugeze ku nyuguti ya N. N ihagarariye ijamba ry'icyongereza "Nutrition" ari byo bivuga "Imirire." Kugaburira umubiri wacu.

*Ibiribwa ni ikintu cy'ingenzi mu bihe byinshi by'umunezero. Kuki? Kubera ko ibiribwa biryoha kandi bishimisha ndetse kurya bishobora kuba ikintu gituma abantu basabana cyane. Muri buri gaburo ryose umuntu ashobora kwishimira ibitunga umubiri bihagije, impeke zitagize ibyo zikurwamo (zuzuye), imigati yokeje, ibinyampeke, ibiva mu nganda bikize ku biva mu bimera, imbuto z'amoko atandukanye ndetse n'imboga. Ishimire kubona za aside z'ingenzi z'ibinure ziboneka mu guhekenya ububemba n'ibindi byo muri ubwo bwoko n' impeke, karisiyumu ikomeza amagufa iboneka mu mata afutse arimo ibinure bike cyangwa mu mata ya soya atunganijwe neza, ibinyamisogwe bikize kuri fibres( ibisigara mu mara nyuma y'igogora no gukoresha ibyo kurya mu mubiri),ibishyimbo, amashaza, n'ibindi byo muri ubwo bwoko nka lentilles biteguranye n'imboga rwatsi zitoshye n'amavuta make akomoka ku bimera, isukari ndetse n'umunyu. Hitamo kurya ibi biribwa bitera umubiri imbaraga, ibyubaka umubiri, ubirye ku rugero rwatanzwe ku Mbonerahamwe y'Ibiribwa bikomoka ku Bimera, (Vegetarian Food Pyramid) kugira ngo ugabanye ingorane zo kurwara kanseri, umutima, diyabete, umuvuduko ukabije w'amaraso, indwara zo mu mara, umubyibuho ukabije no koroha kw'amagufa gukunze kuba ku bantu bageze mu za bukuru (osteoporosis). Buri gaburo ritekereze nk'iry'umunsi mukuru, iry'ibirori! Ritekereze nk'iry'ibyishimo n'umunezero!*

Ahenshi mu mico y'iki gihe, imiryango ikora iminsi mikuru y'amavuko, gushyingiranwa, amasabukuru, iminsi mikuru itandukanye y'umwaka, n'ibindi bihe bidasanzwe biherekezwa n'ibirori byo kurya no kunywa mu buryo budasanzwe. Ni mpamvu ki tugomba gutegereza ibihe bidasanzwe

kugira ngo twinezeze? Mbese ntitwari dukwiye kunezererwa buri gaburo ritera amagara mazima turya dushima? Ibyo turya bidufasha kuba abantu bafite amagara mazima kandi bamerewe neza.

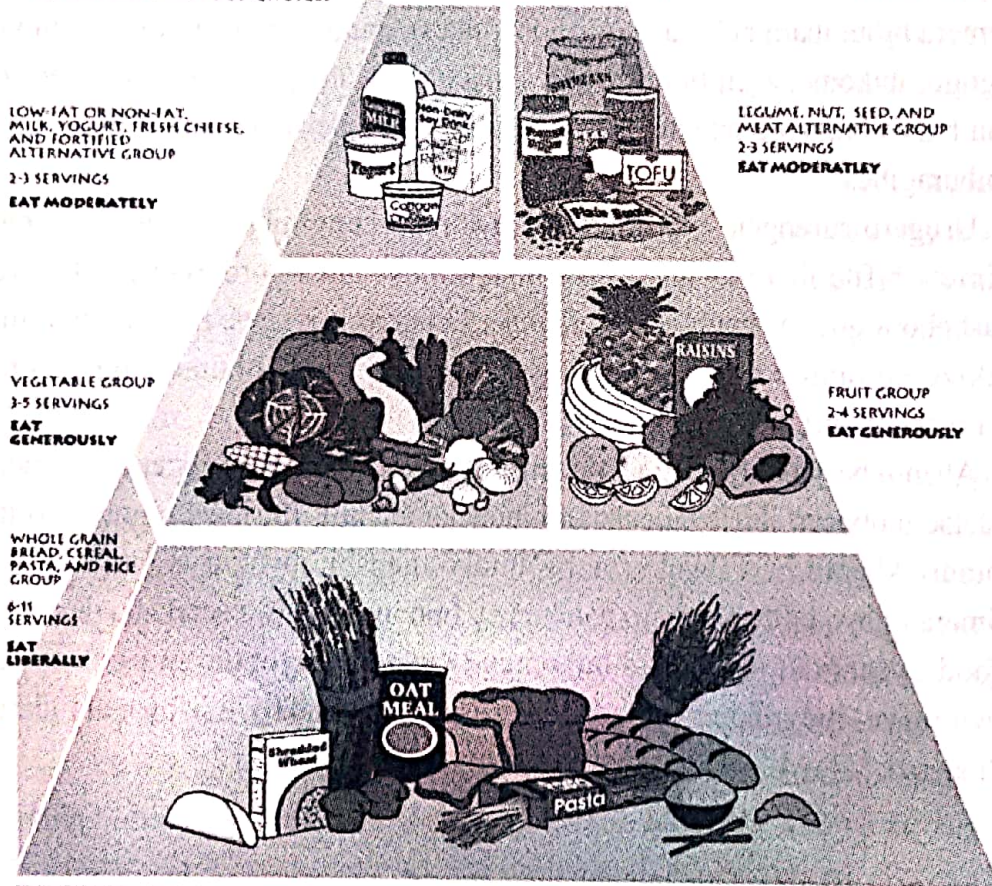
Abantu baremwe mu buryo bwa gihanga kandi baremanywe ingingo z'umubiri n'imikorere yazo bigoye gusesengura. Indyo yuzuye ni yo itanga ibyo umubiri ukeneye (nutrients) byose bya ngombwa kugira ngo umubiri ukure kandi witabweho: poroteyine, n'ibindi bitera imbaraga biboneka mu bimera bifite ibara ry'icyatsi (Carbohydrates), ibinure, za vitamini, imyunyu ngugu, ibikomoka ku bimera, fibres, n'amazi. Kutarya ibi bintu by'ingenzi mu buryo buhagije bitegurira umubiri kurwara ndetse umuntu akaba yapfa imburagihe.

Urugero rurengeje rwa za kalori ziva mu bitera imbaraga biboneka mu bimera bifite ibara ry'icyatsi (carbohydrates), muri poroteyine, n'ibinure rushobora gutera umubyibuho ukabije. Urugero rurengeje rwa za vitamini zikize ku binure ndetse n'imyunyu ngugu y'ubwoko bumwe bishobora kuroga umubiri.

Abantu barya indyo z'amoko menshi. Imirire igaragaza imigenzo n'imico ndetse n'uburyo ibiribwa runaka biboneka ahantu. Ibiribwa bimwe biruta ibindi. Ahantu hari ibyokurya by'amoko menshi, ibyokurya bituruka ku bimera ni byo bifite akamaro gakomeye. Imbonerahamwe zerekana ibiribwa (food pyramids) ni uburyo bukomeye cyane butuyobora mu guhitamo ibyo turya, iyo mbonerahamwe igaragaza amatsinda y'ibiribwa atandatu y'ingenzi.

# THE VEGETARIAN FOOD PYRAMID

A DAILY GUIDE TO FOOD CHOICES



THE HEALTHY VEGETARIAN © 1994 New Line Foods Group, Inc., Marlton, NJ 08053 USA • Telephone USA 1-800-526-8700 • Canada USA 1-501-393-3267 • Fax 1-800-794-8401  
Illustrated by Mark Purton  
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**Itsinda rya 1:** Ku ntango /intangiriro y'imbonerahamwe y'ibiribwa hari impeke zuzuye (zitagize ibyo zitakaza); imigati(imitsima), macaroni n'umuceri utatonowe ngo usigarane ibara ry'umweru. Ibi biribwa bikize cyane kuri fibres no ku bitera imbaraga biboneka mu bimera bifite ibara ry'icyatsi (carbohydrates). Hatangwa amabwiriza ko, bishingiye ku myaka y'ubukuru, igihagararo n'uburyo umuntu atakaza ingufu, ku munsu umuntu arya amoko y'ibi biribwa kuva ku nshuro 6 kugeza ku nshuro 11 kugira ngo bibe urufatiro rw'imirire.

**Itsinda rya 2 n'irya 3:** Ku rwego rukurikiraho rw'iriya mbonerahamwe hari imbuto n'imboga. Muri zo urugero rusabwa buri munsu ni inshuro 5 kugeza ku nshuro 9.

**Itsinda rya 4:** Ku rwego rwa 3 rw'imbonerahamwe y'imirire harimo ibikomoka ku mata n'amagi nk'inkomoko ya za poroteyine. Kuri ubu bwoko, inshuro 2 kugeza kuri 3 z'ibikomoka ku mata birimo ibinure bike cyangwa ibindi byatunganijwe neza bihwanye na byo ni ingenzi. Ibiribwa bikomoka ku matungo nk'ibiva mu mata n'amagi bitanga Vitamini B12 kimwe n'ibindi by'ingenzi umubiri ukeneye. Iriya Vitamini y'ingenzi bita B12 iboneka muri biriya biribwa ituma habaho kwigabanya gukwiyeye kw'ingirabuzimafatizo, bikarinda bumwe mu bwoko bw'ibura ry'amaraso (pernicious anemia) kandi bikanarinda imikorere mibi y'imyakura. Mu buryo bwumvikana iki ntabwo ari ikibazo kubera ko abantu barya ibikomoka ku bimera nabo barya n'ibikomoka ku mata ndetse n'amagi mu byokurya byabo. Abantu barya indyo itarimo ibirimo poroteyine ziva ku matungo bagomba gufata inyongera ya vitamini B12 cyangwa bakarya ibyokurya bihagije byongewemo vitamini B12.

**Itsinda rya 5:** Ku rwego rwa 3 rw'imbonerahamwe y'imirire harimo imboga, ububemba n'ibindi byo muri ubwo bwoko, impeke n'amoko amwe y'inyama. Abarya ibikomoka ku matungo bashobora gushyira amafi, inkoko n'izindi nyoni zitazira muri iri tsinda nyamara bagombye kumenya ko basabwa kurya izo nyama mu rugero.

**Itsinda rya 6:** Ku gasongero k'iriya mbonerahamwe hari ibinure, amavuta, ibinyasukari umunyu urimo iyode. Nubwo biba bikenewe ku rugero ruto, za aside z'ibinure na sodiyumu ni ingenzi ku buzima. Iyode nke ishobora kuboneka mu buryo bworoshye iyo hakoreshejwe umunyu urimo iyode ariko aho utaboneka umunyu wo mu nyanja cyangwa w'ingezi cyangwa se ibindi biwusimbura bigomba gukoreshwa.

Ibanga ryo kugira indyo ishingiye ku bimera ni ukurya amoko atandukanye y'ibiribwa bifite ibara, imiterere n'impumuro bituma igaburo riba rishimishije. Ibyo kurya dutoranya buri munsu bigomba kuba ibirinda ubuzima bwacu. Guhitamo neza imbuto turya, imboga ndetse n'impeke zuzuye birinda ubuzima. Akenshi uko amabara ari mu byo kurya aba atandukanye niko ubushobozi bwabyo bwo kurwanya kanseri n'indwara

y'umutima buba burushijeho kwiyongera. Buri muni, umuntu yagombye gufata inshuro hagati ya 11 na 20 z'ibyo kurya byo mu rwego rwo hasi rwa ya mbonerahamwe ukurikije kalori akoresha. Iyo havuzwe inshuro imwe iteka biba bishatse kuvuga  $\frac{1}{2}$  cy'agakombe k'ibyo kurya bitetse n'agakombe kamwe k'ibidatetse. Hitamo gufata ku bwoko kuva ku nshuro 5 kugeza ku nshuro 10 ku byo kurya birimo ibikomoka ku mata, imisogwe, ububemba n'ibindi byo muri ubwo bwoko ndetse n'ubundi bwoko bw'ibinure by'ingenzi ku mubiri. Umuntu uhisemo kurya amafi cyangwa inyama zindi yagombye kuzirikana ko inshuro imwe y'izo nyama itagombye kurenga garama 100.

### IBYZA BY'IGABURO RIGIZWE N'IBIKOMOKA KU BIMERA.

Byagaragajwe ko igaburo rigizwe n'ibikomoka ku bimera rigabanya ingorane z'indwara z'umutima (CHD= Coronary Heart Diseases). Ibihamya byerekana ibitunga umubiri bigaragaza ko amafunguro atarimo ibinure bitatunganijwe, bikoreshejwe nk'ubwoko bw'ibinure bwiganje mu byo kurya, amafunguro akize kuri za aside z'ibinure bita Omega-3, amafunguro yiganjemo impeke zuzuye zikaba ishingiro ry'ibitera imbaraga biboneka mu bimera bifite ibara ry'icyatsi, ndetse akaba akungahaye ku mbuto n'imboga; ayo mafunguro agabanya ingorane zo kurwara indwara z'umutima (CHD). Imirire nk'iyi ijyanirana n'imyitozo ngorongingo ya buri gihe, ukanirinda kunywa itabi, kandi ugakora ku buryo ugumana ibiro by'umubiri bikwiye; ibi byose bituma umubare munini w'indwara z'umutima n'imiyoboro y'amaraso zitinda gufata umuntu.<sup>1</sup> Ubushakashatsi bushingiye ku Bigo by'Igihugu bishinzwe Ubuzima bwakozwe na Kaminuza ya Loma Linda bushyigikira iyo myanzuro.

Kurya ububemba n'ibindi byo muri ubwo bwoko ndetse n'ibikomoka ku mpeke zuzuye (zitagize ibyo bazikuramo bindi) birinda indwara z'umutima zihitana abantu ndetse n'izoroheje ziterwa no kubura kw'amaraso mu bice bimwe by'umutima (IHD= Ischemic Heart Diseases).<sup>2</sup> Abantu barya ububemba n'ibindi bimeze nka bwo, maze bakabirya inshuro zirenga 5 mu cyumweru, bagabanya 50% ku ngorane zo kurwara indwara z'umutima(CHD). Kurya ibishyimbo incuro 3 cyangwa zirenga mu cyumweru bizagabanya  $\frac{1}{2}$  ku ngorane zo kurwara kanseri y'amara.

“Hari igihamya gishingiye ku byizwe ku mirire n'uburyo indwara



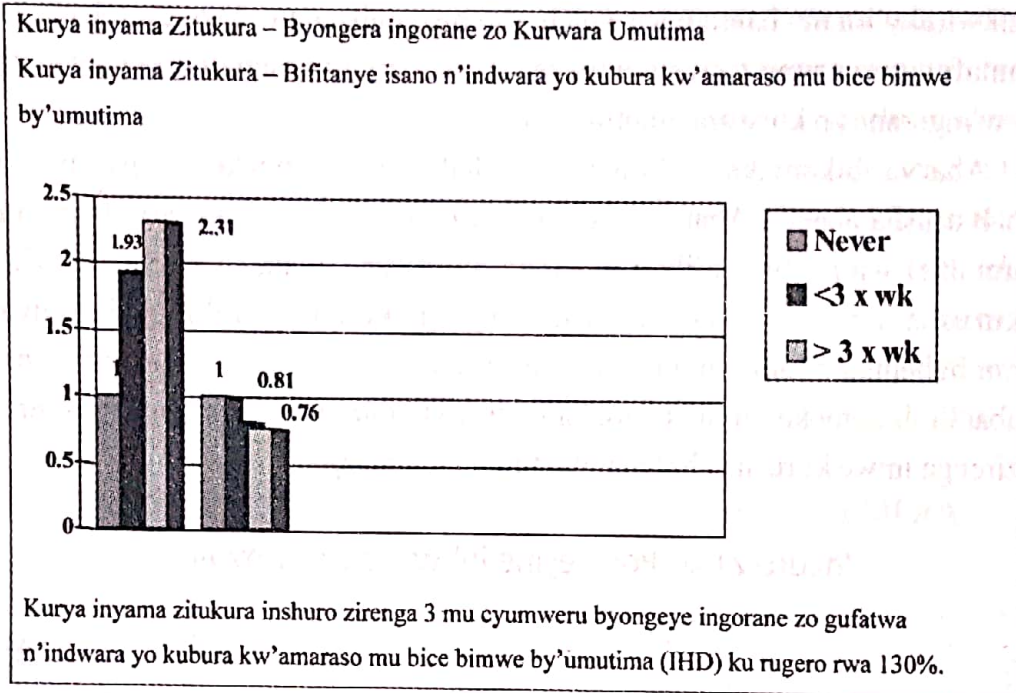
zikwirakwira mu bantu ndetse n'uburyo bwo guhangana nazo cyerekana ko amafunguro arimo fibres n'impeke zuzuye afitanye isano no kugabanuka kw'ingorane zo kurwara umutima(CHD).”<sup>3</sup>

Abarya ibikomoka ku bimera barushaho kurya impeke zuzuye incuro 6.4kurusha abandi. Abarya ibikomoka ku bimera, mu cyumweru; bungura umubiri wabo ibisa n'ibyo dusanga mu nyama inshuro zirenga ebyiri kurusha abarya ibikomoka ku matungo, bakungura imibiri yabo ibiva mu bubemba n'ibindi bihuje ubwoko inshuro irenga imwe n'igice kurusha abarya ibikomoka ku matungo, kandi bakiyungura ibiva mu mboga inshuro zirenga imwe kurusha abarya ibikomoka ku matungo.

### Incuro z'uko Poroteyine iribwa mu cyumweru

Ibiribwa	Umuntu urya ibikomoka ku bimera	Uvanga ibikomoka ku bimera n'ibiva ku matungo	Urya ibikomoka ku matungo gusa
Ibisa n'inyama	3,50	3,15	1,40
Ububemba n'ibindi bihuje ubwoko	3,71	3,01	2,10
Imboga	2,38	1,96	1,26
Amagi	1,33	1,68	2,17

Byagaragajwe ko ibyokurya bikomoka ku bimera bigabanya ingorane zo kurwara indwara z'umutima kandi ko kurya inyama zitukura byongera ingorane zo gufatwa n'izo ndwara bita CHD.5 (Coronary Heart Diseases).



Ibigereranyo bya kanseri y'amara, amabere, ibihaha n'umura biri hasi ku bantu barya ibikomoka ku bimera ugereranyije n'abarya ibikomoka ku matungo.

**INGORANE ZO KURWARA KANSERI MURI RUSANGE**

**NINKEYA KU BARYA IBIKOMOKA KU BIMERA**

Kanseri	Abarya Iblkomoka ku bimera	Abarya Iblkomoka ku matungo
Amara manini	1.00	1.88
Amabere	1.00	1.25
Ibihaha	1.00	1.16
Umura	1.00	1.17

**Abantu barya inyama inshuro zirenga imwe mu cyumweru bafite ingorane zirenga 80% zo kurwara kanseri y'amara manini kurusha abarya ibikomoka ku bimera.**

**Kanseri y'amara manini no Kurya inyama zitukura**

<b>Uko inyama zitukura ziribwa</b>	<b>Uko Ingorane bijyana zingana.</b>
Kutazirya	1 - 1.00
Kutarenza 1 mu cyumweru	1.37 (0.85 - 2.20)
Kurenza 1 mu cyumweru	1.86 (1.15 - 3.02)

Ndetse n'abarya ibikomoka ku matungo gusa barya inyama zitukura ntibageze ku gipimo cya 1 kandi bakarya inyama z'umweru ku gipimo cya 1 mu cyumweru, bongera ingorane zo kurwara kanseri y'amara manini ku kigereranyo cya 67% kurusha abarya ibikomoka ku bimera. Abatarya ibikomoka ku bimera barya inyama zitukura n'iz'umweru inshuro irenga imwe mu cyumweru, bongera ingorane zo kurwara kanseri y'amara manini ku kigereranyo cya 380%.<sup>6</sup>

**Kanseri y'amara no kurya inyama zitukura n'iz'umweru**

Kurya inyama zitukura muni y'inshuro 1 mu cyumweru	1.37
Kurya inyama zitukura n'iz'umweru muni y'inshuro 1 mu cyumweru	1.67 (0.94 - 2.41)
Kurya inyama z'umweru n'izitukura inshuro zirenga 1 mu cyumweru	3.80 (1.45 - 6.20)
Kutarya inyama zaba izitukura cyangwa iz'umweru	1.00

Indyo ishingiyeye ku bikomoka ku bimera, ikaba ikize kuri potasiyumu na manyeziyumu ndetse ikaba irimo umunyu muke, iyo ndyo ifasha mu kugabanya umuvuduko ukabije w'amaraso. Muri Leta Zunze Ubumwe za Amerika no muri Australia, abarya indyo igizwe n'ibikomoka ku bimera bafite ingorane nke zo kugira umuvuduko ukabije w'amaraso ugereranyije n'abashyira inyama zitukura n'iz'inkoko mu mafunguro yabo.<sup>7</sup> Ingano ya poroteyine, ibinure byinshi, n'amagi bisa n'ibitagira uruhare mu muvuduko ukabije w'amaraso. Hari itandukaniro ryo kumisha amaraso k'umutima (ukwikaya k'umutima)[systolic blood pressure] rigera ku nshuro kuva kuri 13 kugera kuri 15 hagati y'abarya ibikomoka ku bimera n'abatungwa n'inyama. Hari kandi ukwaguka k'udufuka tugize umutima kugira ngo twuzure amaraso (ukwikayura)[diastolic blood pressure] kugera ku nshuro nke ziva kuri 6 kugera ku 8 ku barya ibikomoka ku bimera ugereranyije n'abatungwa n'inyama.

	Ukwikaya(systolic)	Ukwikayura (Diastolic)
Umuntu urya ibikomoka ku bimera gusa	112.5	63.3
Urya ibikomoka ku bimera, amata n'amagi	111.8	68.8
Urya ibikomoka ku matungo gusa (E Boston)	120.8	76.4
Urya kubikomoka ku matungo gusa(Framingham)	118.9	79.0

Ukwigaragaza kw'indwara yo gutera gukabije k'umutima mu Badiventisiti barya ibikomoka ku matungo gusa, kwagaragaye ko kwari kwikubye inshuro zirenga 2 ugereranyije n'abarya ibikomoka ku bimera.

Ibyagezweho n'ubushakashatsi bwinshi bigaragaza ko indyo igizwe n'ibikomoka ku bimera ishobora kugabanya ingorane zo guturika udutsi two

mu bwonko.<sup>8</sup> Imboga, imbuto, impeke zuzuye n'indyo itarimo inyama biba birimo kalori nke cyane ugereranyije n'indyo igizwe n'inyama, urwikuzo n'ibyokurya bitekanye n'inyama, amagi n'imboga.

Umuntu w'igitsina gabo ufite imyaka y'ubukuru kuva kuri 40 kugeza kuri 65 urya ibikomoka ku matungo ufite uberebure bwa metero 1 n'igice, agira ibiro 6 by'uburemere kurusha undi mugabo urya ibikomoka ku bimera. Naho umuntu w'igitsina gore we wo muri urwo rwego arusha ibiro 5 n'igice undi urya ibikomoka ku bimera.

Dogoteri Fraser, akaba ari umushakashatsi mukuru kuri Kaminuza ya Loma Linda avuga ko abantu barya ibikomoka ku bimera bashobora kugira ingorane nke zo gufatwa n'indwara bitewe no kutarya inyama, ariko na none bishoboka ko uku kurindwa indwara gushobora kuba guterwa n'uko barya imbuto cyane, imboga, impeke zuzuye n'ububemba.

Mu bushakashatsi ku buzima bwakozwe na Kaminuza ya Loma Linda, abantu barya ibikomoka ku bimera bagize uburemere bw'umubiri bugabanutseho igipimo kingana na 2 ugereranyije na bagenzi babo baryaga inyama.

Umubyibuho ukabije (Hifashishijwe Igipimo cy'Uburemere bw'Umubiri [B.M.I.])		
	Abarya ibikomoka ku bimera	Abarya ibikomoka ku matungo
Abagore	23,73	25,88
Abagabo	24,26	26,24

### Igipimo cy'Uburemere bw'Umubiri (B.M.I.) [Body Mass Index (BMI)]

Ku bantu benshi, Igipimo cy'Uburemere bw'Umubiri (BMI) ni imvugo nshya. Ni igipimo cyahiswemo n'abaganga ndetse n'abashakashatsi biga iby'umubyibuho ukabije. Iki gipimo (BMI) gikoresha impine y'ihame ryo mu mibare rireba ku burebure bw'umuntu n'ibiro by'umubiri we. Iki gipimo (BMI) kingana n'uburemere bw'umuntu mu biro ugabanyije n'uburebure

bwe muri metero ifite ubwikube bwa kabiri..(BMI=kg/m<sup>2</sup>).

### Isano iri hagati y'indyo igizwe n'ibikomoka ku bimera n'indwara yo mu bwoko bwa rubagimpande bita Rheumatoid Arthritis

		Ibiribwa bikomoka ku bimera	Ibiribwa bikomoka ku bimera
Rheumatoid Arthritis-	Abagore	1.00	1.57
	Abagabo	1.00	1.50

Iyi ndwara (Rheumatoid arthritis) igaragara buhoro mu bantu barya ibikomoka ku bimera. Ibi byagezweho n'ubushakashatsi bisaba ko hazakorwa ubundi bushakashatsi buruseho.

Indyo igizwe n'ibikomoka ku bimera yiganjemo fibres ifasha mu kurwanya impatwe ndetse no kwifora kw'amara gutewe n'impatwe imaze igihe bikaba byatuma ayo mara yapfumuka (diverticulosis). Ibirinda umubiri biruta ibindi ni indyo yiganjemo fibres igizwe n'impeke zuzuye, imbuto ndetse n'imboga. Indyo igizwe n'ibikomoka ku bimera igabanya ingorane zo kurwara diyabete. Imbuto n'imboga, impeke zuzuye ndetse n'ibyo kurya bikize ku byubaka umubiri, bituma isukari yo mu maraso ikomeza kuba ku rugero rukwiye ibyo bikaba bihabanye n'ibyo kurya bikize cyane kuri za kalori. Umubare muto wa za diyabete mu bantu barya ibikomoka ku bimera ufite isano n'uko aba bantu badafite umubyibuho ukabije 10.

### Isano hagati y'ingorane zo kurwara diyabete n'imirire

Abarya ibikomoka ku bimera	Abarya ibikomoka ku matungo	
Abagabo	1.00	1.97
Abagore	1.00	1.93

Ufashe abarya inyama, amafi n'inkoko muni y'inshuro imwe mu cyumweru ukabagereranya n'abazirya inshuro irenga imwe mu cyumweru 1 abarya ibikomoka ku matungo gusa bafite ingorane zikubye 2 zo kurwara za diyabete ugereranyije n'abarya ibikomoka ku bimera.

Kurya indyo ikize ku mbuto n'imboga mu buzima bwose bishobora kugabanya indwara y'ishaza n'ingorane zo gucika intege kw'amaso.

Kurya cyangwa kunywa ibikomoka ku mata birimo ibinure bike, imboga zifite amababi y'icyatsi na tofu irimo kalisiyumu (calcium), bituma umuntu agira amagufa akomeye kandi aremereye, kandi bigatuma agira ingorane nke zo kuvunika no kugwa. Indyo irimo poroteyine nyinshi nk'uko iboneka mu nyama zitukura no mu nkoko, iyo ndyo ishobora kongera ingorane zo koroha kw'amagufa gukunze kuba ku bantu bageze mu za bukuru (osteoporosis) bitewe no kwiyongera ko gusohoka mu mu biri kwa kalisiyumu.

Ibyo kurya bikomoka ku bimera birimo ibintu bigabanya kolesiterole, hakabamo fibres zitunga umubiri, bikabamo za kolesiterole zikomoka ku bimera, hakabamo ibinure bike, ibirwanya imikorere mibi y'ingirabuzimafatizo ndetse n'ibindi bigabanya

kolesiterole nka tokoferoli ( tocopherols), asikorubate (ascorbate), karotenoyide (carotenoids), saponini ( saponins) na falavonoyide (flavonoids).

Ibiranga indyo igizwe n'ibikomoka ku bimera

Imboga, imbuto, impeke zuzuye n'ububemba:

- a. bikize kuri fibres.
- b. bikize ku byo umubiri ukomeye bituruka ku bimera (phytochemicals).
- c. bikize ku binure umubiri ushobora gukoresha bitagoye (unsaturated fats.)
- d. bikize ku bigabanya kolesitelore nka tokoferoli (tocopherols), asikorubate (ascorbate), karotenoyide (carotenoids), saponini ( saponins) na falavonoyide (flavonoids).
- e. bikize ku birwanya imikorere mibi y'ingirabuzimafatizo (anti-oxidants.)
- f. bifite ku rugero rukwiye ibiva muri poroteyine (indoles), bikanagira ibyitwa izotiyosinate (isothiocynates) bishobora kugabanya kuba umuntu yarwara kanseri.155.
- g. bifite kolesitelore nke, ibinure bike umubiri ukoresha bigoranye, bikagira ibishobora gutera kanseri bike cyane ndetse ntibibe byanabaho12.

Gahunda y'imirire yatuma umuntu agira ubuzima bwiza ikubiyemo amahame meza dusanga mu mbonerahamwe y'imirire.

Hari amahame shingiro 7 y'imirire yagaragajwe muri aya akurikira:

**1. Kurya amoko atandukanye y'ibiribwa (Variety).** Uko icyumweru gishize ikindi kikaza, fata amoko atandukanye y'ibiribwa, ufate kuri buri bwoko bwo muri aya matsinda atandatu. Aya matsinda ni: (1) impeke zuzuye, (2) imboga, (3) imbuto, (4) ibikomoka ku mata cyangwa ibyo bihuje, (5) ububemba, ibinyamisogwe, n'ibindi bibonekamo poroteyine ariko bikomoka ku bimera, (6) ibinure biri ngombwa ku mubiri n'imyungu ngungu. Ibyo kurya by'amoko atandukanye bitanga ibitunga umubiri byinshi, ibiwubaka bikomoka ku bimera, za vitamini n'imyungu ngugu isabwa kugira ngo umuntu agire umubiri muzima. Ikindi kandi uburyo bw'inshi bw'imiterere y'ibyo kurya ndetse n'uburyohe byongera kwishimira kurya.

**2. Ingano ya buri bwoko bw'ibiribwa (Proportion).** Hitamo ibyinshi mu byo kurya uhereye ku ndiba ya ya mbonerahamwe y'ibiribwa kandi ubifate ku ngero zatanze. Ibi ubisanga mu gice cya ya mbonerahamwe kirimo impeke zuzuye, ibinyampeke hiyongereyeho n'igice kirimo imbuto n'imboga.

**3. Ubukire bw'ibiribwa (Quality).** Hitamo ibiribwa bikize ku byubaka umubiri kurusha ibikize kuri za kalori nk'urwikuzo 156

(dessert), amabombo n'ibinyobwa bibamo amasukari menshi (nka fanta).

**4. Iringaniza (Balance).** Mu bihugu byinshi umubyibuho ukabije utera ibibazo bikomeye by'ubuzima. Iringaniza hagati y'ingufu zisohoka mu mubiri (mu myitozo) n'ibwinjizamo ingufu

(ibyokurya) rizagabanya umubyibuho ukabije.

**5. Ibyo kurya bikwiriye (Adequacy).** Kurya amoko atandukanye y'ibiribwa ukita no ku gaciro kabyo (uko bikize ku byo umubiri ukeneye) muri buri bwoko bw'ariya matsinda 6 y'ibiribwa bituma ibyo uriye biba birimo ibyangombwa biranga indyo yuzuye. Aya moko atandukanye y'ibiribwa n'agaciro kabyo bikize mu ndyo igizwe n'ibikomoka ku bimera.

**6. Kurya ku rugero ruringaniye (Moderation).** Ibinure, isukari n'umunyu iyo bikoreshejwe mu rugero ruto bifasha kongera impumuro nziza n'uburyohe bw'ibiryo. Ibi biribwa kandi bijyana mu mubiri za vitamini zitunganya ibinure, bikanajyanamo za aside z'ibinure z'ingenzi ku mubiri ndetse n'ibindi bifasha ingirabuzimafatizo kwinjiza ibizitunga no gusohora imyanda izirimo.



**7. Kwirinda (Avoidance).** Kwirinda cyane ibidafite akamaro ko gutunga umubiri nk'itabi, ibisindisha, ikawa cyangwa ibinyobwa bifite amasukari menshi (sodas). Muri rusange ibiribwa byanyujijwe mu nganda bigatunganywa, biba byarakuwemo bimwe mu byangombwa byabyo bitunga umubiri.157

Muri aya mahame yose tubonye, iryo kurya amoko atandukanye y'ibiribwa ni ryo riruta ayandi. Kugira ngo ukoreshe amoko atandukanye, tekereza ku ibara ry'ibiribwa. Nk'uko umukororombya n'amabuye y'agaciro biboneka ku isi hose, ni nako amoko atandukanye y'ibiribwa by'amabara anyuranye biboneka mu bihugu byinshi byo ku isi. Kubika ibyo kurya mu bikombe byabugenewe, kubyanika, no kubibika mu bukonje igihe byeze, bizabirinda kandi bitume biboneka igihe atari ku mwero wabyo.

Aho bishoboka, kuri buri gaburo, hitamo ibiribwa bifite amabara ku buryo buri bara ry'umukororombya riboneka-umutuku, ubururu, umuhondo, ikigina, ikijuju n'andi- Amafunguro yacu yagombye kuba agaragaramo ariya mabara.

Indyo ituma umuntu agira amagara mazima ishobora kongera uburame ndetse n'urwego rw'imibereho. Mu by'ukuri Imana iradukunda kandi yifuza ko twagira imibereho irangwa n'amagara mazima ndetse n'imbaraga ziruseho. Dushobora kwishimira amoko y'ibiribwa bifite amabara anyuranye Imana yaduhaye.

Ibyokurya bya Mwuka biboneka mu ijambo ry'Imana. Ni ingenzi kuri twe kugaburira umuntu w'imbere tumugaburira ku masezerano ari muri Bibiliya, ibitekerezo birimo, inama zirimo ndetse n'amasengesho. Bigaragaza ibyabaye mu mibereho ya benshi mu bana b'Imana babayeho mu myaka myinshi. Ntidukwiye kwirengagiza gufata igaburo rya buri muni ry'Ijambo ry'Imana.

Nk'uko twibanze ku kuntu hakenewe amoko anyuranye y'ibiribwa, hagakenerwa iringaniza ry'ibyinjira n'ibisohoka mu mubiri, hagakenerwa impumuro n'uburyohe ni nako dukeneye kuringaniza uko twiga Ijambo ry'Imana. Twagombye guharanira kubaka insengero zacu za Mwuka ari na ko twubaka imibiri yacu. 158

Iringaniza (hagati y'ibi byombi) no kubwitaho bituruka mu gushyira mu bikorwa udukebakaba inyigisho twakuye mu gusoma Ijambo ry'Imana.

Igihe dukora ibi, tuzaba dufite icyizere cy'amahirwe akomeye cy'imibereho ifite imbaraga kandi yuzuye ubuzima buzira umuze. Iyo dukora dutyo dutuma Imana yuzuzwa imibereho yacu ibyishimo n'umunezero!

**Aho byakomotse.**

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## IGICE CYA 12

# KUNGANIRANA HAGATI Y'ABANTU NO KUGIRA ICYO UKORERA ABANDI.

Nk'uko twabonye ko ibi byigisho bikubiye mu ijamba rihinye ari ryo CELEBRATIONS, dukomeje kurisesengura inyuguti ku nyuguti. Ubu tugeze ku nyuguti ya S. S ihagarariye amagambo 3 y'icyongereza "Social, Support, Service" ari byo bivuga "Ukunganirana mu mibanire n'abandi no kugira icyo ubakorera." Imibanire n'abandi nk'umugabane umwe mu migabane y'ubuzima byacu.

*Ubushakashatsi bwerekanye ko abantu bagirana uriya mubano n'abandi kandi bakagira icyo bakorera abandi; abo bantu bagira ubuzima bwiza cyane kandi bakanezerwa cyane. Kugira ngo tube abantu beza bita ku buzima bwacu, ibidukikije ndetse n'ubuzima bw'abandi, tugomba kwiga gutanga no kwakira. Abantu bavuga bati, "Ni umubiri wanjye, bityo rero ntawe bireba ahubwo ni njye bireba. Uko nawukoresha kose ni uwanjye." Cyangwa bakavuga bati, "Ibyaba ku bandi njye simbyitayeho." Abantu nk'aba ntibamenya ko umuryango w'abantu muri rusange ugirira ingorane mu mahitamo mabi mu by'ubuzima ya buri muntu cyangwa mu bikenewe mu buzima bitagezweho. Umubiri utangaje w'umuntu ukwiye kwitabwaho. Shora mu hazaza huzuye ubuzima buzira umuze kuri wowe ubwawe no ku bandi wemera impano 12 zihagarariwe mu mpine y'amagambo twasesenguye ari yo **CELEBRATIONS!***

Kunganirana hagati y'abantu ni ikintu cy'ingenzi mu buzima bw'abantu no ku muryango w'abantu muri rusange. Dan Harnon avuga inkuru ikurikira: Umugabo yajyanye imbwa ye aho umuvuzi w'amatungo akorera. Iyo mbwa yari yagagaye kandi yagaragaraga ko yapfuye. Nyamara uyu mugabo ntiyashakaga kubona umuhamiriza ko imbwa ye yapfuye.

Umuganga w'amatungo yabwiye uwo mugabo amwemeza ko iyo mbwa yapfuye.

Uwo mugabo yataye umutwe maze arabaza ati, "Mbese Muganga nta rindi suzuma ushobora gukora? Mbere y'uko ntangira kugira ibyo nyikorera kugira ngo mbone amahoro, ngomba kumenya neza ntashidikanya ko imbwa yanjye yapfuye." Wa muganga w'amatungo yatekereje akanya gato maze arivugisha ati, "Ikindi nakora ni iki kugira ngo nemeze uyu mugabo ko imbwa ye yapfuye?"

Yahise yunguka igitekerezo maze ahita yongorera umufasha we, amwohereza mu kindi cyumba ahita agarukana injangwe nzima nini yarimo. Iyo njangwe yayishyize ku meza iruhande rwa ya mbwa. Ya njangwe yatangiye guhunahuna ya mbwa ihereye ku mutwe igeza ku murizo. Irangije guhunahuna umurizo, ya njangwe yarasimbutse iva kuri ya meza maze yisubirira mu cyumba.

Wa muganga w'amatungo yaravuze ati, "Nta gitangaza rwose. Iyi mbwa yapfuye." Yakurikijeho kwandika urupapuro rwo kwishyuriraho amatorari 200. Wa mugabo yarumiwe maze arabaza ati, "Ngo iki? Amatorari 200? Simbyumva. Ushatse kuvuga ko uri kunyishyuzwa amatorari 200 yo kuba wasuzumye niba imbwa yanjye yapfuye?" Muganga w'amatungo yaramusobanuriye ati, "Oya, Si uko bimeze. Isuzuma nakoze ryishyurwa amatorari 50 gusa. Ayandi matorari 150 ni ayishyurwa isuzuma ryakozwe n'injangwe!" (Cat162 Scan). Mbega igiciro kinini yishyuye bitewe no kudashobora kwemera ko imbwa ye yapfuye!

Dukeneye kwemera ko inyokomuntu igize umuryango umwe. Dukeneye kunganirana hagati yacu ndetse tukagira n'ubushake bwo gutanga ubufasha tukabuha abandi. Turi ibiremwa bikenera kubana n'abandi. Ugukurura wishyira n'ubwibone bitandukanya ibihugu, ubwami, amoko n'imiryango. Gushaka inyungu za buri muntu ku giti cye bizana ibidutandukanya. Iyobokamana ritwigisha ko amahanga yose ari amwe mu maso y'Imana. Hari ubumwe mu muryango w'inyokomuntu. Wirengagije ibara ry'uruhu rwacu, twese turi ab'umuryango umwe kubw'iremwa, kandi dukeneye kugaragariza inyifato yuje impuhwe abandi bo mu muryango w'abantu muri rusange kandi tukagaragaza ubushake bwo kugira icyo dukorerana.

Umuntu yabaza ati, " Kuki kunganirana n'ubushake bwo kugira icyo

ukorera abandi ari ingenzi ku mibereho yacu ya buri munsu?" Umuhanga mu by'imibereho n'imatekerereze y'abantu witwa Abraham Maslow yabonye ko urukundo ari ingenzi ku mikurire y'ikiremwanuntu nk'uko za vitamini, imyunyungugu na za poroteyine ari ngombwa.

Hari ahantu 4 h'umwihariko ukunganirana no kugira icyo ukorera abandi ari ingenzi cyane:

### 1. Imuhira

Imibanire mu muryango urimo amahoro kandi unezerewe, ishyiraho urufatiro rwo kumererwa neza ku muntu ku giti cye, ku muryango muto, ku muryango mugari no ku gihugu. Mu bushakashatsi bwakozwe ku buzima bw'ingimbi n'abangavu (ku banyeshuri 72000) ku rwego rw'igihugu muri Leta Zunze Ubumwe za Amerika, ibyagezweho bidashidikanywaho ni uko ingimbi cyangwa umwangavu wiyumvamo ko afitanye ubumwe n'umuryango agaragaza kwiyumvamo atekanye ku rwego rwo hejuru. Ingimbi n'abangavu bumva bakunzwe n'ababyeyi uzasanga mu marangamutima yabo badakunze guhangayika cyane cyangwa ngo banywe itabi, ibisindisha (inzoga), cyangwa urumogi. Ingimbi n'abangavu bafitanye umubano ukomeye na ba nyina bakunze gutinda kwishora mu mibonano mpuzabitsina ugereranyije n'abandi badafitanye umubano nk'uwo n'abo babyeyi. Icyo umubyeyi w'umugore avuze gifasha kuboneza imyumvire y'ingimbi cyangwa umwangavu ku byerekeye ibitsina. Hatitawe ku bwoko bwabo, idini, umuryango cyangwa urwego rw'ubukungu n'imibanire, ingimbi n'abangavu bafitanye umubano n'imiryango n'ababyeyi kandi bakanabarizwa mu mashuri bagira ubuzima bwiza kurusha abadafite uwo mubano. Ubushakashatsi bwinshi bwagaragaje ibyiza byo kunganirana n'ubushake bwo kugira icyo ukorera abandi mu muryango.

Ubushakashatsi bwakorewe muri Kaminuza imwe, bugatangazwa mu kinyamakuru ku buvuzi muri Amerika, bwafashe abagabo bubatse 10,000 batigeze bagira indwara yo kubabara mu gituzza (angina pectoris), nyamara bafite ibyabatera kugira ingorane nyinshi zo kubabara mu gatuza nko kugira kolesiterole nyinshi, umuvuduko ukabije w'amaraso, ubukuru, za diyabete n'ibibazo mu gutera k'umutima. Aba bagabo bari bafite ingorane zo kubabara mu gituzza zikubye inshuro 20 mu gihe cyo kubakurikirana cyamaze imyaka

5. Biratangaje kubona ko ku kibazo cyabazaga ngo, “Mbese umugore wawe akugaragariza urukundo rwe?” abasubije ngo “Oya” bagaragayeho buriya burwayi incuro 2 kurusha abasubije, “Yego.” Uko kolesiterole n’umuvuduko w’amaraso byari hejuru, kandi kubabara no guhangayika nabyo bikaba ku rwego rwo hejuru; urukundo rw’umugore ku mugabo we rwari ingenzi mu kurushaho kugabanya ziriya ngorane. Abashakashatsi bafashe umwanzuro ko urukundo rw’umugore mwashakanye no kukunganira kwe ari ingingo y’ingenzi mu kugabanya ingorane. Ibyo bigaragazwa n’igabanuka ryo kubabara mu gatuza ndetse n’igihe hari impamvu nyinshi zatuma umuntu yarwara iyo ndwaral.

Dogiteri Nancy Collins wo kuri Kaminuza ya California, i Los Angeles, yasesenguye iby’abagore batwite bakomoka mu moko atandukanye, kandi bafite imibereho mibi agira ngo arebe niba kwitabwaho n’abandi bishobora kurushaho gutegura neza uko bazasohoka muri uko gutwita haba mu buryo bw’umubiri n’ubw’ibitekerezo. Abagore bunganiwe neza igihe bari batwite bagize ibibazo bike cyane igihe babyaraga, babyaye abana bafite amagara mazima (nk’uko byagaragajwe na Dogiteri Virginia) kandi bafite uburemere buri hejuru. Bariya bagore kandi bagaragaweho ko nyuma yo kubyara bagira gucika intege kuri ku rwego rwo hasi<sup>2</sup>. Basuzumye ibyo ubushakashatsi burenga 144 bwagezeho, Dogiteri Hoffman na Dogiteri Hatch bo kuri Kaminuza ya Columbia bafashe umwanzuro ko kwitabwaho n’uwo bashakanye cyangwa umwe mu bagize umuryango, bituma umwana ukiri mu nda ya nyina arushaho gukura neza. Ku bagore bumva bakunzwe kandi bashyigikiwe, ibintu bihangayikisha mu buzima bibabaho batwite ntibibongerera ingorane zo kubyara batagejeje igihe.<sup>3</sup> Kwitabwaho n’abandi bigirira akamaro rwose baba abagore batwite ndetse n’abana babari mu nda.

## 2. Ishuri.

Iyo abanyeshuri biga ku mashuri afite abarezi babitaho kandi afite amabwiriza y’ikinyabupfura arangwa no kubumva, ntibakunze kwishora mu gukoresha ibiyobyabwenge, guhohotera abandi ndetse n’imibonano mpuzabitsina ikozwe bakiri bato.<sup>4</sup>

Dogiteri David C. McClelland na bagenzi be bakoze ubushakashatsi ku matsinda abiri y’abanyeshuri b’abakorera bushake. Itsinda rimwe

ryasabwe kureba filimi yagombaga kumara iminota 50 igaragaza ibikorwa by'urukundo Mama Tereza yakoreye abarwayi agapfira mu kajagari k'umujyi wa Calcutta. Iyo filimi yari yaratoranijwe mu buryo budasanzwe kugira ngo itume bagaragaza amarangamutima meza no kwita ku bandi. Irindi tsinda ry'abanyeshuri ryasabwe kureba filimi ikomeye igaragaza ibyabaye mu ntambara ya kabiri y'isi. Iyi filimi yari yatoranijwe kugira ngo ikangure amarangamutima mabi n'umujinya cyangwa uburakari. Itsinda ry'aba banyeshuri bitegereje filimi ya Mama Tereza, muri rusange bagize ukwiyongera kugaragara kw'insoro zo mu bwoko bwa A zo mu macandwe zirwanya indwara, izo akaba ari abasirikari barinda umubiri bakarwanya virusi zimwe na zimwe. Ku rundi ruhande, itsinda ryitegereje filimi y'intambara ya kabiri y'isi ntiryigeze rigaragaza impinduka zigaragara.5

### 3. Aho umuntu aba/ Umuryango mugari w'abantu (The Community):

Dogiteri Sheldon Cohen na bagenzi be bo kuri Kaminuza ya Carnegie-Mellon n'iya Pittsburgh bakoze ubushakashatsi kugira ngo barebe niba ibihuza abantu (ubumwe mu bantu) [ari byo kunganira abantu no kugira ubushake bwo kugira icyo ukorera abandi] bifasha 166

umubiri w'umuntu mu kurwanya indwara zandura. Abantu bazima b'abakorerabushake bagera kuri 276, bafite imyaka y'ubukuru iri hagati ya 18 na 55, bashyizwe mu mazuru igitonyanga kirimo virusi itera ibicurane ( rhinovirus). Bityo hasuzumwe amoko 12 y'umubano hagati y'abantu ari yo aya akurikira: Kugirana umubano na 1. uwo mwashakanye, 2. ababyeyi, 3. ababyeyi b'uwo mwashakanye, 4. abana, 5. abagize umuryango ba bugufi, 6. abaturanyi ba bugufi, 7. inshuti, 8. abo mukorana, 9. abo mwigana, 10. abakorerabushake mufatanyaga ibikorwa by'ubugiraneza cyangwa umurimo wungura umuryango w'abantu muri rusange, 11. abo mu matsinda adafite aho abarizwa mu by'iyobokamana (imyidagaduro cyangwa abahuzwa n'imirimo yihariye bakora), 12 .kimwe n'abagize amatsinda y'iby'iyobokamana. Ubushakashatsi bwagaragaje ko abantu bavuze ko bafite umubano kuva kuri umwe kugera kuri itatu muri iriya yose bari bafite ingorane zo kurwara ibicurane zikubye incuro zirenga 4 kurusha abavuze ko bafite umubano kuva kuri 6 cyangwa se andi moko atandukanye y'umubano.

Aya matandukaniro ntabwo yasobanuwe mu buryo bwuzuye n'inzego z'abasirikari b'umubiri, kunywa itabi, imyitozo ngororangingo, igihe umuntu amara asinziye, ibisindisha (inzoga), vitamini C cyangwa se ibindi bintu. Ikindi cyiyongereyeho ni uko abashakashatsi bavumbuye ko "kugirana umubano utandukanye n'abantu benshi" byari ingirakamaro cyane ku bantu bose babajijwe. Mu magambo make, abantu bagiraga uruhare mu mubano wo kunganirana n'abandi bantu batandukanye, hatitawe ku mibereho yabo y'igihe cyashize, bongera ubushobozi bwo guhangana na virusi yanduza ibicurane<sup>6</sup>.

#### 4. Itorero.

Kugira icyo ukorera abandi hagati y'abantu nk'umuryango mugari bigabanya imyitwarire iteza ingorane. Ubushakashatsi ku buzima bw'ingimbi n'abangavu bwakozwe ku rwego rw'igihugu (ADD) bwashyizwe ahagaragara mu kinyamakuru cy'Ishyirahamwe ry'Ubuwuzi muri Amerika mu 1997 ryakozwe ku ngimbi n'abangavu 90.000 n'ababyeyi 18.000 bo muri Leta zunze ubumwe za Amerika<sup>7</sup>. Ubu bushakashatsi bwagaragaje ibintu bibiri by'ingenzi birinda abana n'urubyiruko imyitwarire myinshi itera ingorane. Muri izo ngorane twavugaga nko kwiroha mu busambanyi, guhohotera abandi, guhangayika, kugerageza kwiyahura no gukoresha ibiyobyabwenge.

Bya bintu bibiri by'ingenzi ni:

1. **Kugirana umubano n'Imana.** Ingimbi cyangwa umwangavu uha agaciro iby'iyokamana no gusenga aba afite ingorane nke zo kunywa itabi, inzoga (ibisindisha) cyangwa kwishora mu mibonano mpuzabitsina mbere yo gushyingirwa.
2. **Kugirana umubano n'abandi.** Bidatewe n'ubwoko, ibara, imiterere y'umuryango, ubukire cyangwa ubukene; ingimbi cyangwa abangavu bafitanye umubano n'ababyeyi babo, imiryango yabo n'abo babana ku ishuri baba barinzwe imyitwarire myinshi iteza ingorane nko gukora imibonano mpuzabitsina mbere yo gushyingirwa, guhohotera abandi, kugerageza kwiyahura, gukoresha ibiyobyabwenge n'indi myitwarire ifitanye isano no kugira umubabaro ukomeye mu bitekerezo. Nta muntu wibereye ikirwa. Twese twifuza cyane kwemerwa cyangwa kwakirwa



no kugirana umubano n'abandi kugira ngo batwunganire kandi badutere ubutwari. Kwemerwa no kunganirwa n'abandi bigabanya gukenera gukoresha ibiyobyabwenge.

### ICYO BITWIGISHA MU BY'UMWUKA

Tumaze kubona ibyiza bigaragara byo kunganirana hagati y'abantu n'abandi n'ubushake bwo kugira icyo ukorera abandi, dushobora gusobanukirwa n'impamvu hari ubusobanuro bwongerwa ku magambo yavuzwe mu myaka myinshi yashize. Ayo magambo ni aya akurikira : **“Ubugwaneza bwa Gikristo no kwitanga kuvuye ku mutima bigomba guhora bigaragarira mu mibereho.”**<sup>8</sup>

Muri Bibiliya hari amasomo menshi atanga inama zihariye ku buryo tugomba gushyira ubugwaneza mu bikorwa n'uburyo bwuje urukundo bwo kugaragaza kunganirana hagati y'abantu n'abandi. Dore ingero z'ayo masomo:

#### Isezerano Rishya

- Ø Mukundane (Yohana 13:35);
- Ø Mubabarirane (Abakolosayi 3:13);
- Ø Mwemerane/mwakirane (Abaroma 15:7);
- Ø Musabirane (Yakobo 5:16);
- Ø Muhumurizanye (1 Tesalonike 4:18);
- Ø Mufatanye (1 Yohana 1:7);
- Ø Mugirirane neza (Abefeso 4:32);
- Ø Mugirirane imbabazi (1 Petero 3:8);<sup>169</sup>
- Ø Mucumbikirane (1 Petero 4:9); n'andi.

#### Isezerano rya Kera

- Ø Mucumbikire abashyitsi (Itangiriro 18:2-5);
- Ø Ntimukamamaze impuha (Kuva 23:1);
- Ø Mukore ibitunganye (Mika 6:8);
- Ø Mwubahe ababyeyi banyu (Kuva 20:12);
- Ø Muhe agaciro bagenzi banyu (Kuva 20:15);
- Ø Mukunde bagenzi banyu (Abalewi 19:18);

Ø Inshuti nyakuri ikunambaho kurusha umuvandimwe (Imigani 18:24).  
 Kugirana umubano uhamye n'Imana bizatuma habaho amasano yuje urukundo kandi bizatuma habaho kunganirana hagati y'abantu. Tuzahana agaciro nk'abana b'Imana tutitaye ku mateka yacu. Ntituzahangayikishwa n'icyo dukwiriye kuvuga cyangwa gukora kubera ko ishami rifashe ku Muzabibu nyakuri, iri shami rizera imbuto zo gukundana, kunganirana, gukomezanya no guterana ubutwari, kubabarirana no gusabirana.

Nimureke tugire imibereho irangwa n'ubuzima buzira umuze, bukubiyemo ukunganirana hagati yacu gushyitse ndetse n'ubushake bwo kugira icyo buri wese akorera mugenzi we, twemerera Imana kuzuza imibereho yacu ibyishimo n'umunezero.

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8. Medical Ministry, p. 204.



**UZUZA IMIBEREHO Yawe  
IBYISHIMO N'UMUNEZERO**