# BUUGGA DAAWEYNTA CUDURADA

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*Xuquuqda buuggan way dhowran tahay. Lama daabacan karo, lamana soo saari karo nuqullo ka mid ah ayada oo aan fasax qoran laga haysan qoraaga buugga.*

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## MAHAD NAQ

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## MALARIA=DUUMO

Cudurka Malaariyada waa cudur kudhaca unugyada dhiiga cas ee loo yaqaan (red blood cells) ama (RBC) wuxuuna aad ugubadan yahay meelaha biyo dageennada ah malariyada waxey kamid tahay cudurada ugu halista badan ee kudhaca dadka malariyada pf ta ah wexay waxyeelee saa maskaxda waxaa jira dad ee maleriyada hal kii isbuuciba mar eykudhacdo wana dadka unugul cudurkaan sidoo kale waxaa jira dad uusan kudhicin malaariyada waxaana u sababa dhiiga kujira jirkiisa oo ah nuuc malaariyada ay kudhimato

### Waxaasaba (Causative agent)

Cudurka duumada waxaa sababaS (protozoa) oo ah xasharaad waxaana keena ama ka dhasha

Afarplasmodium) waxeyna kala yihiin:-

- Plasmodium falciprium
- Plasmodium malaria
- Plasmodium v ivaxis
- Plasmodiumovala

### Calaamadaha (Symptoms)

- ✓ Qandho sere
- ✓ Madax xanuun

- ✓ Murqo xanuun
- ✓ Dhaxan
- ✓ Qoor xanuun
- ✓ Afqaraar.

**Daaweda (Treatment)**

(Adult)

- ❖ Artemether inj 80mg 6 xabo isticmaal 2 xabo kadib 1x1
- ❖ Hadii uujiro xanuun sii prastimol ama nobalgin 500mg injection

(Children)

- Cotoxin syrup 80mg isticmaal 2 qaado kadib 1x1
- Paracetamol syrup 60ml 1x2
- Multivitamin syrup 100ml 1x2

Hadii uu xanuun jiro sii;

- Paracetamol syrup 500mg ama Novolgin drop

(Infents)

- ➢ Chloroquin syrup 60ml 1x1 halqqado

## TIIFOW =TYPHOID

Tiifoowga waxuu kamid yahay cudurada laga qaado biyaha wasaqeysan raashiinka iyo caanaha tiifowga waxuu saa meyaa jirka oo dhan qofkii ugu horeyay ee laga helo waxay kashaqeyn jirtay maqaayad kutaal dalka mareekanka waxaana lo oran jiray salmonella wana haweyneydii ugu horeysay oo uu kudahaco cudurkaan loo yaqaano typhoid wuxuuna kudhacaa dheef shiidka iyo xubnaha kuxeeran tiifowga waa labo nuuc oo kala ah nuuc kudhaco madaxa oo looyaqaano salmonella( O ) iyo nuuc loo yaqaao salmonella( H)

**Waxaa sababa (Causativeagant )**

Bagtaariyada layiraah ( Salmonelle )

**calaamadaha (symptoms)**

- Qandho sare
- Madax xanuun
- Lalabo
- Murqo xanuun
- Caloosha oo istaagta
- Nabro ka soobaxa afka

**Daaweda (Treatment)**

(Adult)

- Glucose infusion 500 cc ugudar +
- Chloromphenicol injection
- Vitamin Bcomplex injection sadax dooda waa la iskudarayaa hadii matag ama lalabo eey jirto ugudar
- Plasil injection

Waa hab kale oo aad ku daweyn karto qofka tiifowga qaba waa

Cipro floxacin infusion 200mg 8 xabo 1x2 isticmaalkaHadii uu xanuun jiro sii xanuun baabiye kaniini ama cirbad

(Children)

- Chloramphenicol syrup 125mg 1x2 hal qaado

**CAGAARSHOW =JAUNDICE**

Cagaar showga waa cudur kudhaca beerka waxuuna saa meeyaa jirka oo dhan waxa uu kamid yaha cudurada saameenta ugeysta beerka iyo dheef shiidka cagaarshowga waa uu nuucyo badan yahay balase jaundice waa midka ugu caansan ee kudaca dadka wax ana lagu arkaa qofka qaba cagaar showga

muuqaalo kaladuwan sida indhaha, bushumaha,iyo kaadida waana calaamadaha ugu horeyo oo lagu arko

**Waxaa sababa(Causativaagent)**

Virus loo yaqaanno (virus infection of the liver)

**Calamadaha (Symptoms)**

- Qandho sare
- Lalabo iyo matag
- Abiteetka oo xirma
- Indhaha iyo jirka oo cagaarta
- Beerka oo xanuuna
- Kaadida oojaale noqota ama cagaarata
- Saxarada ooatkaata

**Daaweda (treatment)**

(Adult)

Glucose infusion 500mg 12xabo + 12 Vitamin B complex ijection

+ Ceftriaxone injection

Eparema syrup 1x3

Hadii uu xanuun jiro sii xanuun baabiye sida Novolgin injection

(Children)

Cruurta da doodu udhaxeeysa 8- 15 sii

Glucose infusion 200mg 8 xabo + 8 xabo Vitamin B complex 1x2

+ Ampicilininjection 500mg Vitamin B complex syrup

Hadii uu xanuun jiro sii xanuun baabiya

Waxaa dhici karta in uu ubahdo qofka qaba cagaar showga cirbada matag joojintaUgudar faLeembada Metoclopramide injection (plasil)

**GAASKA =GASTRITIS**

Gaasku waaastaan xanuun oo aan lajecleesan marka uu kuhayo waxuuna kudhacaa caloosha iyo mindhicirada ama **duodenum-ka** halkaas oo ah meesha ey iska galaan mindhicirka iyo caloosha

Gaaska wuxuu kacaa marka ay maaddooyinka dhoor eey isku qasmaan oo kala ah

- NitrogenCarbon dioxide
- Oxygen
- Hydrogen
- Methane

Markaas waxaa sameeysaa gaaska midhicirada hadaba gaaska midhicirada wuxuu kujiraa

Marinka habdhiska dheef shiidka kabiloo caloosha ilaa dabada

## QEYBAHA GAASKA

Gaaska waa labo qeybood oo kala ah;

- Midkudhaca habdhiska dheef shiidka hoose
- Midkudhaca habdhiska dheef shiedka sare

**Waxaa sababa (Causativeagent)**

Guud ahaan gastariiga waxaa keena bactariyo loo yaqaan **(Helicopacter pylori)**

Cuntooyinka qaar sida basbaska

Cuntada oo aan sifiican looruugin ama loo burburin

Dheef shiid xumo

**Calaamadaha (Symptoms)**

- Caloosha oo hurta
- Cuntada oo xiranta
- Tabar daro iyo dhidid
- Mindhicirada oo xanuun

**Daawada (treatment)**

(Adult)

Hadii uu yahay gaaska mid aad udaran sii cirbado sida

1. Omeprazole injection 40mg 10 xabo 1x2
2. Amoxcillin Cap500mg 20 xabo 1x2
3. Sii bukaanka biyo badan

**Mika fudud**

4. Mucogel 180ml 1 xabo 1x2
5. Amoxcillin Cap 500mg

Sii biyo badan

(Children)

1. Ant acid syrup 120 ml 1xbo 1x3 hal qaado
2. Amoxcilin syrup 250mg
3. Sii biyo badan

**ROMATIISIMO**

Roomatiisimada waa cudur kudhaca lafaha iyo kalagooysyada jirka waxaana keena difaaca jirka oo weerara unugyada jirka isaga oo u arkaaya cudursababe waxaana kadhasha in eey dhamaato carjawda udhexeeysa labdii lafoodba waxa

uuna qofku dareemaa xanuun kala gooysyada iyo lafaha ah

**Waxaa sababa (Causative agent)**

Waxaaa sababa jeermis loo yaqaano **(Streptococci)** hadii aan ladaaweyn wuxuu cuuryaamin karaa kalagoosyada lafaha

**Calaamadaha (Symptoms)**

- Lafaha oo isxoqa
- Carjowda oo dhammaata
- Jilbaha oo biyo galaan
- Lafaha oo xanuuna
- Xanuun kalagoosyada ah

**Daawada (treatment)**

- Romatiisimada waxey leedahay nuucyo kala duwan oo dawa ah sii mid kamid ah nuucyadaan
- Tenoxicam oo ah (Epicotil)20mg 9 xabo 1x2 ama
- Diclofenac injection 75mg 10xabo 1x2
- Ibuprofen taps400mg 30xabo 1x3

**JABTO =GONORRHOEA**

Jabtadu waa cudur ku dhaca habdhiska taranka ee raga iyo dumarka(**human reproductive system**) waana cudur kamid ah

cudurada lagu kala qaado galmoodka waana cudur can ku ah bulshada dhexdeeda qofka qaba jabtada waxaa suurta gal ah rag iyo dumarba in uu burburiyo ugxanta qofka qaba jabtada waa in aad loogu dadaalaa waayo waxey waxyeeleen kartaa mustaqbalka dhalmo ee qofka jabtada waxey sababi kartaa cuuri yaanimo waana infection-ka ugu weyn ee kudhaca dadka

**Waxaa sababa (Causative agent)**

Jabtada waxaa sababa bactaria loo yaqaano **(Neisseria gonorrhea** ama **gonococci)**

**Calaamadaha (Symptoms)**

- Kaadida oo gubta marka ay soo baxeyso
- Xubinta taranka raga oo xanuuna
- Kaadida oo jaale noqota
- Keliyaha oo xanuuna

**Calaamadaha Dumarka jabtadaqaba**

- Saaxaha dumarka oo lahankaca
- Kaadoda oo jaale noqata
- Kaadida oo gubta
- Kiliya oo xanuuna

**Daawada (treatment)**

- Penicillin g 5mega injection 1x2 20 xabo ugudar
- Gentomycine 80mg injection 14 xabo 1x2
- Teetracyline cap 250mg 2x3 (15 xabo)
- Multi -vitamine syrup 1x3 1xabo
- Spectinomycine inj 1gr ama 2gr single Dos I/M inj only

**ISFIILITO =SYPHILIS**

Isfiilitada waa cudur ka mid aha cudurada galmoodka lagu kala qaado calaamadiisa ugu horeysana waa boog sida nabarka oo kale ah (**ulcer**) nabarkaasoo lagu arki karo cowrada raga iyo dumarka (**genitals**) haweenkane wuxuu ugu soo baxaa in the **vagine**) mana la ogaan karo waayo wuxuu qofka jirkiisa ku qarsoonaan karaa mudo 9-90maalmood waana nabar ana xanuun laheeyn wuxuuna ka mid yahayy cudurada halista ah hadii si la hubaa aan loo daawynin wuxuu awood buuxda u leeyhay inuu naafeeyo xubno badan oo jirka ka mid ah

**Waxaa sababa (Causative agent)**

Isfiilitada waxa sababa bacteria loo yaqaano **(treponema palladium)**

**Calaamadaha (Symptoms)**

1. Nabar aan xanuun aan laheyn
2. Afka gudihiisa oo nabar ka soobaxa
3. Qajirada oo barara
4. Madax xanuun
5. Jirka oo lahan kaca
6. Timaha oo luma
7. Lafa iyo murqaha oo xanuuna
8. Dareenka maskaxda oo luma
9. Hoyada oo ilmaha soo tuurta iyadoo watigeeda gaarin

**Daawada (Treatment)**

- benzathine penicillin 1.2 unit 1200 unit by I/M inj 3 maalmoodba sii halmar 6 xabo ama sii
- benzathine penicIline 2.4 unit -2400 unit sinta( im inj) isbuuciiba mar 6 xabo ugudar
- griseofulvin tablet 100mg 30 xabo 1x3)
- multivitamin tap 30 xabo 1x2

## CHOLESTEROL

Choleseterol Waa shey dufan ah uu jirka ubaahan yahay inuu kushaqeeyo waxaana lugu sameeyaa beerka waxaana laga helaa cuntada katimaada xoolaha sida hilibka subaga ukunta Cholestero-ka waa labo nuuc oo kala ah mid jirka ufiican iyo mid jirka uxun midka xun oo subaga kasoo biya beerka kaasoo kubata dhiiga ayaa loo yaqaanaa **(bad cholesterol)** wuxuu keenaa wadna xanuun , iyo xidida dhiiga oo xirma waana qatarta ugu weyn ee soo wajahda wadnaha marka laga reebo kansarka

### Waxaasababa (Causative agent)

Waxaa sababa isticmaalka cunoo yinka kaladuwan ay kubadanyihiin dufanka iyo qofka oo aan sijoogta ah aan udhaq dhaqaaqin

### Calaamadaha (Symptoms)

Cudurkaan waxaa loo yaqaanaa dilaaga Aamusan sababtuna wax calaamad ah oo lugu garto malaha waxasa laga yaabaa calamada ugu horeeyso in ey noqoto

- wadano qabad
- xanuun murqaha lugta markaad socotid

**Daawada (Treatment)**

- Atrvastatin tab 10mg 30 xabo 1x1

**JUUDAAN =LEPROSY**

Cudurka juudaanka waxuu kamid yahay cudurada faafa mana ahan cudur kubadan bulshada dhaxdeeda waxuuna waxyeeleyaa maqaarka jirka oodhan waana cudur soo daaha **(Choronic Disease)** dadka qaar ayaa aaminsan juudaanka in uu yahay bahal lakiim ma ahan juudaanka bahal balse waa cudur kudhaca qofka kasoo fool xumeeya muuqaalka wajiga iyo jirka

**Waxaa sababa (causative agent)**

Cudur kaan waxaa sababa noole bactaria ah oo loo yaqaano **(Myco bacteriumum leprosy)**

**Calaamadha (Symptoms)**

- Dareenka qofka oo luma
- Midabka maqaarka oo isbadala
- Gacmaha .cidiyaha.iyo lugaha oo balaarta
- Xanuun joogta ah

**Daawada (treatment)**

- Rifapencin tab 450mg 90 xabo isticmaalka halbil
- Clafazamin tab 3oomg maalka halsano ama ilaa uu kanoqdo **(negative)**
- Dapsone tap 100mg malin walba hal xabo

**ROQOR =WORT**

Roqorta waa waxyaabo kuus kuusan oo kasoobaxa jirka gaar ahaan maqaar kore waana mid aan xanuun le heyn dadka ugu badan oo uu kudhaco waa reermiiga roqorta waxey kasoobixi kartaa meelo kaladuwan oo jirka kamid ah

**Waxaa sababa (Causative agent)**

Waxaa sababa virus loo yaqqanno **(Human papillma virus)**

**Daawada (Treatment)**

- Bleomycin injection 3xabo 1x3
- Keratlytic drop 1x2 isticmaalka goojada waa Kudhibci hal dhibic oo gojada ah hana gaar siin Meel aan roqorta aan eheyn
- Dabka koronta ah

## BUSBUS =CHICKEN POX

Busbuska waa cudur kudhaca dadka xiliyada qaar waxa uuna saameen kuyeeshaa jirka oo dhan waxa uu kasoo saraa jirka nabro farabadan waxa uu leyyahay xanuun joogta ah waana lakala qadaa buska ma ahan cudurada soo laa laabta intabadan dadka hal mar ayuu kudhacaa

**Waxaa sababa (Causative agent)**

Waxaa sababa noole ilma aragto ah **(Vrus)**

**Calaamadaha (Symptoms)**

- Nabro jirka oo dhan ah
- Cuncun
- Raaxo daro
- Qandho sere
- Hurdo la aan

**Daawada (Treatment)**

- Chlorpheniramine 4mg 20 xabo
- Asepso soap 1x4
- Qubees badan

## DHICISKA =ABORTION

Cudurka dhiciska waa ilmo kudhasha ayoogoo aan bilo dhameysan ama dilma xiliga hore ee uurka waxaana lugu gartaa dhiig kayimaada

Ilmo galeeka inta lagu guda jiro 28 isbuuc ee uurka ugu horeysa wana mid halis ah wey udhiman kartaa hooyada

**Waxaa sababa (Causative agent)**

Waxaasababa daris kunoole loo yaqaan (Toxoplasmosis)

**Calaamadaha (Symptoms)**

- Dhiig kayimaada bilaha hore ee uurka
- Cadad yar yar oo dhiig ah
- Malax iyo dhiig wada socda

**Daawada (Treatment)**

- Pharnycotin tap 1.5mg 100 xabo 1x3 ama
- Spermycine 1.5 mg 100 xabo 1x3
- Isoxsuprine (vascular) 20mg 80xabo 1x3 ukudar.
- Amoxicilin cap 500mg 21xabo 1x2

FGdaawoyinkaan dhicska qaar kamid ah haweenka uurka leh wey isticmaali karaan sida (vascular)

## CAADO WARER =MENSTRUATION

Cado wareerka waa xaalad dhibaato oo eey dumarka lakulmaan xiliyada qaar. imaashiyaha dhiiga caadada waxaa qeyb weyn kaqaata hormonada loo yaqaano **estrogen** iyo **progesterone** caado wareerka waxaa keena infection

### Calaamadaha (Symptoms)

- Xanuun mindhicirada ah
- Qandho sare
- Caajis
- Dhabar xanuun

Marka ugu horeysa waa inlaga daaweeyaa caabuqa marka uu dhameysto daawada caabuqa ayaa lasinayaa daa wada cado wareerka.

### Daawada (Treatment)

- Microgynon 75.18mg 28xabo 1x1 ama
- Clomid 50mg 28 xabo
- Usii sida uku saxan raac falaarta kaniiniga

## KILIYO XANUUN= RINAL PAIN)

Kiliyaha waa labo xubnood waxayna kuyaalaan uur kujirta qeybteeda sare (**abdominal cavity**)

Kiliyo xanuunka waxaa keeni karo wax yaabo kala duw n oo ey kamid yihiin

Jugta .infectionka.Dhagaxaanta kiliyaha gala. Jabtada

**Calaamaha (Symptoms)**

- Dhabar xanuun
- Kaadida oo kubta
- Kadida oo oo kalar keeda is badala
- Barar

**Daawada (Treatment)**

(Adult)

| | | | | |
|---|---|---|---|---|
| 1. | Ceftriaxone inj | 1000mg | 10 xabo | 1x2 |
| 2. | Rinal.s | 5mg | 12xabo | 1x2 |
| 3. | Hyoscinee inj | 10mg | 5xabo | 1x1 |

**DHAGAXAANTA KILIYA LAGA HELO**

Dhaga xaanta kiliyaha laga helo waxey saameen kuyee shaan

Kiliyaha kaadi, mareenka,iyo kaadi heeysta wuxuuna qofka dareemaa had iyo jeer kliyo xanuun dhagaxaanta kiliya saameenta ugeysta waxaa kamid ah

- RBC castis
- Granular casts
- WBS casts

**Daawada (Treatment)**

- Rowatainex 100 xabo 2x3
- Ceftrixone injection 1000mg 14xabo 1x2
- Rina s 12xabo 1x2

**BURADA= TOMOR (melegnant)**

Burada waxey kamid tahay cudurada ugu halisan ee kudhaca dadka waana mid halis ku ah nolasha dadka

Burada waxey uqeeybsantaa dhoowr qeeybood oo kala ah:

1.Normal tomor midaad ah

2.Melegnant bad tomor Mid halis ah

**Calamadaha (Symptoms)**

- Buro biyo ah
- Buro muruq camal ah
- Buro adag

**Daawada (Treatment)**

Daawada Normal tomor ka waxaa kamid ah

- Tyroxine 100mg
- Tujrixin 50mg
- DaawadaMelegnant bad tomor

- ❖ Carbimizele 5mg
- ❖ Metemizole 50mg

**SHUBANKA**

Shubanka waa saxaro jilicsan uu dhigo qofka 3 sadax jeer iyo in kabadan.

Hadaba hadii uu gaaro 24 saac wuxuu sababi karaa fuuq bax (Dehydarotion).

Shuban ka wuxuu ukalabaxaa dhoor qee boo doo kala ah:

- Shuban biyood — Water diahrrha
- Shuban dhiig — Dysentery
- Shuban ilkow — Dental diahrrha
- Xiliga umusha ilmaha — Intantal diahrrha

**Calaamadaha (Symptoms)**

- ➢ Shuban joogta ah
- ➢ Tabar daro
- ➢ Indhaha oo god gala
- ➢ Maqaarka caloosha oo jilca

**Waxaa sababa (Causative agent)**

Shubanka waxaa sababa xaya waan nool oo ilma aragto ah Sida

Bacteria, Virus, Worms, ama VibriaCholorea

**Daawada (Treatment)**

(Children)

1. Metronidazole IV Infusion 100ml 6xabo 1x2 kuxiji
2. Ringer-lactate IV Infusion 150mi 6xabo ugudar falembada cirbada.
3. Ampicillin injection 5oomg 6xabo hadii uu yahay shubanka mid daran sii milanka ORS (OralRehydration Salts)

( Adult )

1. Metronidazole iv Infusion 100ml 8xabo 1x2
2. Ringer-lactete IV Infuion 500 ml 8xabo 1x2 ugudar faleembada
3. Ceftriaxone injection 1000mg 8xabo 1x2 hadii ujiro gaas ugudar
4. Omeprazole capsules 40mg 10 xabo

Shubanka hadii uu yahay mid fudud sii ilmaha

- Metronidazole and Norfloxacin Syrup 1xabo

Shubanka aan darneeyn ee ilmaha waxaa lasiinayaa dawooyinka kala ah:

- Mitroidazole and norfloxacin 100ml 1xabo 1x2
- Loperamide capsules 2mg 10xabo 1x2

## DAACUUN =CHOLERA

Daacuunka waa cudur halis ku ah bulshada wuxuuna kamid yahay cudurada fafa waxuuna saba baa fuuqbax iyo dhimasho hadii aan lala tacaalin

**Waxaasababa (Causativr agent)**

Waxaa sababa noole bactria-ah oo looyaqaano **(Vibrio cholera)**

**Calaamada (Symptoms)**

- Shuban biyo ah
- Matag
- Indhaha bukaanka oo god gala
- Kaadida oo yaraata
- Tabar daro

**Daawada (Treatment)**

(Adult)

- O .R. S 1-2 litter 30 kii daqiiba mar
- Co-trimoxazole tablets 480mg 20xabo 1x2

## CANBAARTA =ECZEMA

Cudurkaan wuxuu kamid yahay cuddurada kudhaca

Maqaarka wuxuuna sababaa cuncun sidookale canbaarta waxaa loo qaybiyaa noocyo badan ookala ah

1. **Atopic eczema** noocaan waxuu aad ugubadan yahay Caruurta yayar waxuuna kasoobaxaa madaxa.wajiga Lugaha .xusulada.lugaha
2. **Seborrhoeic eczema** noocaan waxaa loo yaqanaa (Subcute dermatitis) waxayna aad ugubadantahay dadka waa weyn waxeyna inta badan kasoo baxdaa madaxa . wajiga.sanka iyo xabadka

Canbaarta nuuca madaxa ka soobaxda ama jirka intiisa kale ee u sameeysan sida war wareeg oo kale waxaa loo yaqaanaa (Ringworm) cudurkaan wuxuu ku badanyahay caruurta dugsileeyda ah.

**Calaamadaha (Symptoms)**

- ✓ Tinta oo go goda
- ✓ Nabro
- ✓ Tinta oo war wareg ku goda
- ✓ Cad cadaan madaxa ah
- ✓ Finan yayar afka biyo kuwata
- ✓ Cuncun maqaarka ah

**Waxaa saba (Causative agent)**

- ❖ Fangey
- ❖ Dharka la islaqaato
- ❖ Nadaafad darada

**Daawada (Treatment)**

(Children)

- Ketaconazole crem 20mg 1xabo 1x2 ugudar
- Griseofulvin tap 125mg 30xabo 1x2
- Ketoconazole shampo 1x2

(Adult)

- Ketaconazole crem 30mg 1xabo 1x2 ugudar
- Ketaconazole tap 45mg 30 xabo 1x2
- Asepso soap 1xabo 1x2

**QAWADKA =TINEA VERSICOLOR**

Qawadka wuxuu kamid yaha cudurada ugucaansan maqaarka.wuxuuna saa meeyn kuyeeshaa midabka jirka iyo muu qaalka wajiga waana cudur fudud

Dadka waaweyn badanaa kooda wey qadaan qawadka laakiin ma ahan cudur daran

**Waxaa sababa (Causative agent)**

1. Fangas loo yaqaano **(pitrosporumorbiculare)**

**Calaamadaha ( Symptoms)**

- Wuxuu kasoo muuqdaa qoorta
- Dhabarka qeebtisa danbe
- wajiga
- wuxuu ley yahay cuncun

**Daawada (Treatment)**

(Adult)

- Weat fit crem 20mg 1xabo 1x2
- Avil tap 75mg 30 xabo
- Asepso soap 1x2

(Children)

- Weat fit crem 15mg 1x2
- Griseofulvin tablets 125mg 21xabo 1x2

**CABEEB**

Cabeebka ama umulowga waa infekshan guud oo kudahaco jirka meelihiisa jilicsan qaas ahaan afka ibta naasaha iyo cowrada.

Waxaana keena jeermiska khamiiriyaha (fungus) gaar ahaan **candida albicans**. Wexeey jeceshahay in eey ku korto meelaha jlicsan ee jirka sida afka, waxa eey

kudhuumataa maqaarka sare ee gacanta, dabada agagaarkeeda, marmarka qaar koodna kilkilaha.

**Waxaa sababa (Causative agent)**

Waxaasababa jeermiska qamiiriyaha ee loo yaqaanno (Candida Albicans).

Cabeebka wuxuu kubadan yahay caruurta shanta sano kayar.

Waxaa kale ee uu ku dhacaa dadka joogteeya cunista qalajiyaha( antibiotic), dadka ku luqluqda daawooyinka lagudilo bakteeriyada afka.

**Calaamadaha (Symptoms)**

- Cadcad afka ah
- Guduud kujira wareega camanka
- Carabka oo gogo
- Saxaha dumarka oo guduuta

**Daawada (Treatment)**

(Children)

- Micnazole oral gel 20mg 1xabo 1x2 ugudar

- Amoxcillin syrup 250mg 1xabo 1x2
  (Adult)
- Nystatin tablets 5,00,000 20xabo 1x2
- Amoxycillin capsules 500mg 21xabo 1x2

## XASAASIYADA =ALLERGE

Xasaasiyada ama cuncunka waxey dhacdaa marka jirka uu jawaab kaceliyo shey waxaana jira nuucyo xajiinta ah oo kala duwan kuwa ugu badan waxey kalayihiin.

- Xasaasiyada hawada kadhalata sida busta ama boor dufta xoolaha
- Xasaasiyada taabashada sida birta kiimikooyinka .
- Xasaasiyada kadhalata cuntada sida ukunta. Looska. Caanaha. Digaaga.
- Xasaasiyada kadhalata daa wooyinka

**Calaamadaha (Symptoms)**

- ✓ finan
- ✓ hindhiso
- ✓ indhaha oo cun cun leh
- ✓ barar
- ✓ qufac

**Daawada (Treatment)**

(Adult)

- cetirizine tablets 10mg 10xabo 1x2 amaDexamethasone 1.5 mg 10xabo 1x2 (Children)
- pormethazine syrup 5mg 1xabo 1x2 ama
- Dexamethasone Syrup 10mg 1xabo 1x2

**QALAL KA =EPILEPSY**

Cudurkaan qalalka ah wuxuu kamid yahay cuddurada ugu qatarsan ee dadka kudhaca wuxuuna qofka qaba cuddurkaan kusababaa naxdin farabadan wuxuuna saameyaa nolosha qofka

**Waxaa sababa (causative agent)**

Waxa uu kadha shaa qalalka marka ey xidida dhiiga qada siqaldan aay iskutaabtaan

**Calaamadaha (Symptoms)**

- Qofkaoo ujareyo sida qof koroto kudhagantahay oo kale
- Af ka oo ubur kayimaada
- Tabar daro

- Miir la aan

**Daawada (treatment)**

- Tegratol tab 200mg 20 xabo 1x1
- Ferrous sulphate tab 20 xabo 1x2

**H.I.V =AIDS**

Aids-ku waa cudur dilaa ah isla markaana awood buuxda u leh inuu baabi'yo unugyada cad cad WHITE BLOOD CELLS WBC

Hadaba cudurka Aids ks ah waxaa laga soo gaa biyay afar xaraf oo kala ah

- Haleelid aquied
- Bad qab immuune
- La aan deficiency
- calaamad syndroome

**Waxaa sababa (Causative agent)**

Aidska waxaa sababa virus loo aqaano (HIV) marka la kala qaadana wauxuu noqonayaa Huma immune virus

**Calaamadaha (Symptoms)**

1. Shuban
2. Dhiig yari
3. Daciifnimo

4. Qandho
5. Qufac qalalan
6. Afka oo bukada
7. Caatoobid
8. Timaha oo luma ama googo

**Daawada (Treatment)**

1. Azid -vodine azid thomodine AZT 200mg 300mg cap 1x4Retrover cap 100-200mg 1x1.

## MASKAX GARAAD =MENINGITIS)

Maskax garaad waa cudur ku dhaca maskaxda iyo nawaaxigeeda waxaana sababa bacteriya loo yaqaano (meningococc) waxayna qofka ka weerartaa wadooyinka neef mareenada (respiratory system) waxeeyna wax yeeshaa xuubka daboola maskaxda ee loo yaqaano (membrane)

**Calaamadaha (Treatment)**

- Qando sare oo aan kala go'laheen
- Tabar dari iyo matag faro bada
- Qoorta bukaha oo dib u laalaadsanta ama ku dhegta laf dhabarta qeybteeda sare
- lug iyo gacan is xiga oo soo bararta
- Dhabar xanuun danqasho leh
- Shoog iyo dhimasho

Ogow cudurkaani wuxuu ku dhacaa caruurta kar yar shanta sano waxaana laga helaa iskuulada la seexdo kuleejooyinka xeryaha mileteriga iyo kuwa qaxootiga.

**Daawada (Treatment)**

Solution dextrose 500Ml 6xab0 1x1

Penicillin inj 1000mg 1x3 (21 xabo)

Diazepam inj 5mg i/v 1xabo 1x1

Tetracyclinecap : 20xabo 1x2

**HARGAB =COMMON-COLD**

Hergabka waa cudur kusoo bood ah oo si sahlan ku fida meelaha ay isugu yimaadaan dadka (over crowding) iyo waliba qaadashada dharka wasaqeysan (dirt clothes).Hadaba hergabka wuxuu aad ugu badan yahay meelaha ay isugu yimaadan carruurta ka yar shanta sano.

**Calaamadaha (Symptoms)**

1) Sanka oo xirma isla markaana biyo kulul iyo diif adag uu ka yimaado
2) Hindhisyo
3) Xoogaa qandho ah way jir karaan
4) Madax xanuun

5) Dhuunta oo qalsha iyo wax liqida oo adkaata
6) Indhaha ruuxa oo u ekaada sidii ruux daaf qaba

**Waxaa sababa (Causative agent)**

Hargabka waxaa sababa noole yar oo ilma aragto ah oo loo yaqaan virus

**Daawada (Treatment)**

(Children)

- Trimex syrup 60ml 1xabo 1x2
- Paracetamol syrup 125mg 1x2
- Quudin wanagsan ama cabitaan fara badan

(Adult)

- Combicold tap 10 xabo 1x2
- Prednisolone 5mg 10 xabo 1x2
- Quudin wanaagsan

## QUMANKA =TONSILLIT

Qumanka waa caabuq kudhaca qanjirada afka

Gudihiisa cuddurkaan qayb ahaan waxaa loo qaybiyaa

Labo qaybood oo kala ah mid uu sababo (bacteria) iyo mid uusababo (virus)

**1.Calaamadaha qeybta bactaria**

- Xanuun cunaha ah
- Neefta afka oo aan wanag saneyn
- Dhuunta oo barara

**Daawada (treatment)**

(Adult)

- Pinicillin 1g 10 xabo 1x2
- Co- trimoxazole tab 480mg 20xabo 1x2
- Kuluqluqo biyo diiran oo cusbo leh subaxdii waqtiga hore adigoo cunaha gaarsinayo

(children)

- Ceftrixone injection 500mg 8xabo 1x2
- Co-trimoxazole 200mg 1xabo 1x2

2. **Calaamadaha qeybta vruska**
   - Qanjirada oo gaduudta
   - Qumanka oo barara

**Daawada (treatment)**

- Biyo kulul ama diiran xadi macquul ah adigoo kudaraya cusbo kaarsii qumanka kuna hay mudo 10 ila 5 daqiiqo ah

**Waxaa sababa (Causative agent)**

Waxayaabaha sababa qumanka waa labo nooc oo kala ah bacteria loo yaqaano (strptococ) iyo virus

**DHAGA XANUUN= OTITIS**

Otitis ku waa dhaga xanuun ku dhaca dhagaha **inflammation of the ear**sidoo kale otitis ayaa waxaa loo qeybiyaa 2 qeybood oo kala ah:-

- ✓ Dhaga xanuun ku soo bood ah oo loo yaqaan acute otitis
- ✓ Dhaga xanuun soo daba dheeraada oo loo yaqaano chronic otitis.

**Lahankaca Kusoo boodka Ah (Acute Otitis)**

Waa lahan kac ku soo bood ah ee dhagta ah wuxuuna uu qeybsamaa 2 qeebood oo kala ah:

- ❖ Qeebta banaanka Otitis exterial
- ❖ Qeebta gudaha iyo otitis media

## OTITIS EXTERNAL

Waa lahankaca maqaarka jilicsan ee wadada dhegta iyo banaankeeda.

**Waxaa sababa (Causative agent)**

Otitis external waxaa sababa badanaa waxyaabo dhegta dibada uga yimaado mararka qaarna waxaa sababa fungus ama cambaar.

**Calaamadaha (Symptoms)**

- Xanuun
- Malax
- Maqal normal ah
- Nabro

**Daawada (Treatment)**

Aspirin or paracetamol for pain

Tetracyiline skin ointmentKu dhaq dhegta normal syline or alcohol 1x3x3days

## OTITIS MEDIA

Dhaga xanuunka gudaha waaa cudur ku soo bood ah wuxuuna dhaawacaa dhegta gudaheeda wuxuuna badanaa ku soo daba ganbadaa cudurada ay ka midka

yihiin common cold, pharangitis, tonsillitis, kuwaas oo can ku ah wadooyin neef mareenada.

**Waxaa sababa (Causative agent)**

Dhaga xanuunka gudaha waxaa sababa bacteria taas oo qofka ka weerarta dhinaca naso pharnx-ka waxaana ka mid ah streptococca pneeumoniacoc and heamophilis calaamadaha otitis media wxaa loo qeybiyaa labo qeybood oo kala ah

1 .Calaamado ku soo bood ah

2. Calaamado soo daba dheeraada

Hadaba calaamadaha kusoo boodka waxaa ka mid ah

- Qandho sare
- Xanuun dhegta dhexdeeda ah
- Durbaanka dhegta oo soo guduuta hadan malax keena

Calaamadaha soo deeraadana waxaa ka mid ah:

Qandho yar ama qandho la'aan

Xanuun dhegta dhexdeeda ah

Malax isku qasan oo dhegta ka timaada

**F.G:** Hadii bukaanku u ellergic ka qaado DAAWEDA penicillin V waxaad ugu badaleysaa erthromycine tab 250mg

**Daawada (Treatment)**

- ✓ Penicillin V 250mg 2x2x7 days (28xabo)
- ✓ P.P.F inj for 10 days
- ✓ Hadii uu xanuun jiro ASA or paracetamole 500mg

**MIDKA DAAHA (CHRONICOTITS)**

Waa infection daaha isla markaana ku dhaca dhegta dhexdeeda iyo qeybaha xididada

**Calaamadaha (Symptoms)**

- ✓ Isbeddel daaha oo dhagta dhexdeeda ah
- ✓ Infection soo raaca qandho iyo xnuun faro badan
- ✓ Maqalka dhegta oo xirma

**Waxaa sababa (Causative agent)**

Chronic otitis waxaa sababa bacteria loo yaqaano streptococc & pneumoniacocc

**Daawada (Treatment)**

(Children)

- ✓ Ampicilline Injection 500mg 10 xabo 1x2 ugudar
- ✓ Cotrimaxazole syrup200mg 1xabo 1x2
- ✓ Gentamycin Ear Drops 0.4% 10ml 1x3 labo dhib cood markiiba
- ✓ Aspirin tab 300mg 10 xabo 1x2

(Adult)

- ➢ Ampicilline Injection 1000mg 10 xabo 1x2 ugudar
- ➢ Cotrimaxzole tap 480mg 10 xabo 1x2
- ➢ Chloramphenicol Ear Drops o.5% 10ml 1x2 labo dhibcood markiiba

**CUKURKA= LARANGITIS**

Lahankaca ama cudurka ku dhaca habdhiska neefmareenada qaasatan larynx and vocal cords ka ama codeeyaha ayaa loo yaqaanaa larangitis.

**Calaamadaha (Symptoms)**

1. Cun cun
2. Qofka codkiisa oo xabeeb yeesha
3. Qufac
4. Qofka oo ay neefta ku adkaato
5. Wadooyinka neefmareenada oo xirma

**Daawada (Treatment)**

(Adult)

- Penicillin v 500mg 30 xabo 1x2
- Cotrimaxazole 480mg 20 xabo 1x2
- Paracetamol tab 500mg 10 1x2

(Children)

- Penicillin v 250mg tab 30 xabo 1x2
- Cotrimaxazole syrup 1xabo 1x2
- Paracetamol syrup 1xabo 1x2

**ISNADAAMIS =SCABIES**

isnadaamiska waa cudur ku dhaca maqaarka kaa soo badala muu qaalka jirka wuxuuna intabadan kasoo baxaa faraha.cajirka. iyo meelaha laab labatada ah wuxuuna kadhashaa nadaafad darada iyo biyaha wasaqeysan waana mid xanuun iyo cuncun lah

**Waxaa sababa (Causative agent)**

Waxaa sababa noole parasite ah oo loo yaqaano

**(Sercoptic scabies)**

**Calaamadaha (Symptoms)**

- Maqaarka oo madoobada

- Cucun fara badan
- Nabro yaryar oo afka biyo kuwata
- Cuncun xiliyada qabooha ah gaar ahaan habeenkii

**Daawada (Treatment)**

(Adult)

- ✓ Benzyl benzoate solution 100ML 1X2
- ✓ Asepso soap or medicated soap 1x2
- ✓ Amoxycillin cap 500mg 30 xabo 1x2

(Children)

- ❖ Benzl benzoate crem 1x2
- ❖ Asepso soap 1x2
- ❖ Amoxycillin syrup 250mg 1x2

**SANBOOR =SINUSITIS**

Lahankaca ku dhaca sanka iyo moqoradiisa jilicsan ayaa loo yaqaanaa **Sinusitis** waxaana sababa **Allergic Rhinitis Nasal Obestraction** sidoo kale waxaa sababi kara marka uu dhaawacmo sanka ama jug ay gaarto.

**Waxaa sababa (Causative agent)**

Carruurta ka yar shanta sano sanboorkooda waxaa sababa Heomophilis Influenza dadka

waa weyna waxaa sababa mararka qaarkood bacteria loo yaqaano (**Pneumoniacocc.)**

**Calaamadha (Symptoms)**

1. Xanuun
2. Diif baddan oo sanka kayimaada
3. Hindhisyo fara badan
4. Dulalka sanka oo xirma
5. Goon jab ama madax xanuun

**Daawada (Treatment)**

(Adult)

- usamee nadiifin ama tittir sanka
- Cotrimaxazole 480mg 2x2x7 days
- Ampicilline capsule 250mg 1x2
- Hadii uu naqaska ku dhegen yahay sii jel-iston tablet 5mg 2x2

(Children)

- Ampicillin syrup 250mg 1xabo 1x2
- Dexamethasone Nasal Drops 30mg 1x2

## BURUKIITO = BRONCHISTIS )

- Burukiitada waa lahankaca tubooyinka neefmareenada ee sanbabada lahankacaas

wuxuu sababaa qufac iyo feera xanuun sidaas daraadeed wuxuu u kala baxaa labo qeybood oo kala ah:-

- Burukiito ku soo bood ah ( Acute bronchitis
- Burukiito soo daba dheeraatay ( Chronic bronchitis )

Waa lahankaca wareedka ku soo bood ah wuxuuna ku dhacaa tubooyinka ee sanbabada ama meelaha jilicsan ee loo yaqaan(Bronchial **Mucos,)**

**Calaamadaha (Symptoms)**

Badanaa waxaa soo hor mara lahankaca neefmareenada sare(Upper Respiratory Tract Infection U. R. T. I)

Qufac la'aan maraarka qaar waxaa jirikara qufac

Qandho garaadkeedu sareeyo

Garaaca feeraha oo badan

**Daawada (Treatment)**

( Children )

- Ka ilaali bukaha qabowga
- Ampicilline syrup 250mg 1x2 ama sii Ceftrixorixone injection 500mg 6xabo 1x2
- Paracetamole syrup 500mg 1xabo 1x2
- Nafaqo heer sare ah
- Hadii uu naqas kudhagan yaha ugudar dawada naqaska cirbad ama shoroopo

( Adult)

- ❖ Ceftrixone injection 1000mg 10 xabo 1x2
- ❖ Dexamethsone tap 1.5mg 10 xabo 1x2
- ❖ Omeprazole 40mg 10 xabo 1x2

**QAAR JEEX =PNEUMONIA)**

Bneumoniawaa cudur ku soo bood ah isla markaana ku dhaca sanbabada **lungs** iyo wadooyinka neefmarenada inta badan cudurkaan wuxuu daba socdaa cudurada laga qaado meelaha busta badan.

- Whooping caugh = xiiq dheerta
- Common-cold = hergebka
- Bronchitis = burkiitada
- Iyo cuduro kale oo xun xun( serious diseases)

**Calaamadaha (Symptoms)**

1) Neefsasho fara badan oo mararka qaar quura leh
2) Waxaa laga yabaa in ay kala baxaan dulalka sanka marka la neefsanaayo
3) Qufac inta badan ay la socoto diif malax leh ama dhiig leh
4) Marar xanuun laabta ah
5) Qofka wuxuu umuuqdaa qof tabar daran

**N.B:** ilmaha yar yare e buka isla markaana neefsanaya lixdan neefsasho iyo wax ka badan waxaa la oran karaa waxay qabaan cudurada **Pneumonia**

**Daawada (Treatment)**

(Adult )

- Penicillin injection 1000mg 14xabo 1x2
- Sulphanamide tab 20 xabo 1x2

( Children )

- Ampiciline inj 500mg 10xabo 1x2
- Salbutamol syrup 2mg 1xabo 1x2
- Paracetamol syrup 500mg 1x2

**NEEF =ASTHMA**

Neefta waa cudur ku dhaca habdhiska neefmareenada sidoo kale qofka qaba neefta marar ayay ku adkaataa

neefta bal dhageyso in ay jirto shanqar quuro leh mid foori le ama mid xabeeb leh marka uu qofku neefsanayo ama neef qaadanayo waxaana laga yaabaa in uu dib u nuugo maqaarka ka danbeeyo kalxamihiisa iyo kan u dhexeeya feerihiisa hadii uu san qofku heli Karin hawo ku filan waxaa la oran karaa wuxuu qabaa cudurada neefta.

**Calaamadaha (Symptoms)**

1. Qofka neefta qaba waxaa laga yaabaa in cidiyihisa iyo bushimihiisu ey u eg yihiin buluug taas oo sababta hawo la'aanta jirta.
2. Xididada dhiiga ee luqunta ayaa laga yaabaa in ay bararan yihiin
3. Inta badan xumad majirto.

Neefta waa laka la dhax laa

**Daawada (Symptoms)**

Haddii qofka neefta kusoo boodo waa in uu guriga si dag dag ah uga baxaa ama oo uu tagaa meel uu hawo fiican ka heli karo sii cabitaan fara badan waayo cabitaanku wuxuu jilciyaa diifka badan ee ka imaanayo qofka wuxuuna howlo yareeyaa neefsashada badan.

Sidoo kale hadii ay neeftu adag tahay waxaad siisaa

- Emphydrine Injection 1Gr 6xabo x1x2
- Ama Aminophyline Inj By I/V Slowly 4xabo 1X1

1.Qofka neefta qaba waa in uu iska ilaaliyaa cuntooyinka neefta kiciya

2.Guriga iyo meelaha uu seexanayo waa in ay ahaadaan

Kuwo nadiif ah

3.Ha u ogolaan in guriga dhexdiisa ey soo galaan digaaga iyo xoolaha hadii uu seexanaayo qof neef qaba

4.Waa in uu dibada seexdaa ama meel oxygein laga heli karo

**F.G:** dadka neefta qaba waxaa laga yaabaa in bog soodaan hadii ay tagaan meel ay ka heli karaan hawo fiican.

**QAAXO=TUBERCULOSIS**

**TB-da** waa cudur ku dhaca habdhiska neefmareenada qaasatan sanbabada iyo xunbo kale oo jirka ka mid ah

**Waxaa sababa (Causative agent)**

Waxaana sababa jeermis ama bacteria loo yaqaano Myco-Bacterium Tuberculosis Human Avian and BaviaN.

**Calaamadaha (Symptoms)**

1) Bukaha oo raashinka ka go'o
2) Miisaankiisa oo hoos udhaca
3) Daal iyo caajis fara badan
4) Qandho iyo dhidhid habeenkii ah
5) Qufac 20 cisho iyo in ka badan ah
6) Qofka xaakadii oo uu dhiig soo raacdo
7) Goobo ama tuur
8) Shuban aada u ur baddan

**Daawada (Treatment)**

2. riferter tab
1. isojazid tab
2. Ethambutol tab
3. Pyrazanamid tab
4. Refampcine tab

**F.G:** habkaan waxaa lagu daaweyaa bukaanka qaba cudurka T.B-da waxaana lasiiyaa maalin kasta mana la badiyo ilaa uu daawada ka dhamaeysto mudo ka kooban afar bilood iyadoo ah xiligaas ka dibna loo raacinayo dabar goyn mudo laba bilood aha ahase ahaatee

Daawda T.B da waxaa lugu bixiyaa dada iyomiisaanka qofka

## GOOJIS=TETANUS

Tetanadu waxay ka mid tahay lixda cudur ee dilaaga ah waxaana sababa bacteria loo yaqaano (Clostridium Tetanus)hadaba bacteriyada cudurkaan waxay qofka jirkiisa ka gaartaa ama ay saameysaa meelaha boogaha ah taas oo ay taabato ciid wasaqeysan waxayna qofka jirkiisa kusii daysaa sun toxine suntaasina waxay si dag dag ah u weerartaa qulqulka dhiiga **Blood Sterms** waxayna waxyeeshaaa habdhiska neerfayaasha Nervious System waxayna sababtaa murqa roor Muscle Spasma

### Calaamadaha (Symptoms)

1) Murqaha oo koga
2) Gowsaha iyo ilkaha oo isku dhega
3) Indhaha oo taagma
4) Qandho heerkulkeedu gaarayo $40c^0$
5) Xis la'aaan iyo dhimasho

### Daawada (Treatment)

- ✓ tetano anti-toxine 1500 oo unit by i/m inj skin test = ku tijaabi maqaarka.
- ✓ Phenobarbirtone inj 200mg 4xabo 1x2
- ✓ Diazepam inj 5mg / ml 2ml I/V 3ml i/m 4xabo 1x1
- ✓ Penicillin injection 5000mg 6xabo 1x2

## GOWRACATO =DIPHTHERIA

Gowracatadu waxay kamid tahay lixda cudur ee dilaaga ah waxaana sababa **bacteria** loo yaqaano **Corena Bacteria Diphtheria.**

**Waxaa sababa (Causative agent)**

Bacteria cudurkaan waxay jirka ku sii daysaa sun **Toxine** suntaasina waxay dhaawacdaa murqaha iyo wadnaha **Muscular and Heart.**

Markii daraasaad laga sameeyay ah na dadka uu saameyay waxaa la ogaaday in ay da'dooda u dhaxeeyso 2-5sano jir

Cudurkaani wuxuu ku fidaa hawada by Air

**Calaamadaha (Symptoms)**

1. Bukaha qaba cudurkaan wuxuu umuuqdaa mid aad u itaal daran ama u liita
2. Heerkulka cunuga qaba gowracatada wuxuu garaa 40c°
3. Cunuga qaba cudurkan dhuuntiis waxaa ku sameysano xuub
4. Hadii ay hooyada is tiraah ka wareeji xuubka waxaa imaankara dhiig iyo xafaf
5. Suntan gowracatada waxay sii xirtaa dareen wadaka qaabilsan wax liqida

**Daawada (Treatment)**

✓ Sii diphtheria Anti-toxin 24000 oo unit I/M inj 1xabo

**XIIQ DHEER =WHOOPINGCOUGH)**

Cudur kaan waxuu ka mid yahay lixda cudur ee dilaaga ah waxa uuna saamee yaa carurta yayar wuxuuna kusababaa qufac joogta ah

**Waxaa sababa (Causative agent)**

Waxaa sababa bacteria loo yaqaan (PortatellaPertosis.)

Cudurkaani wuxuu ku fidaa hawada by **Air**

**Calaamadaha (Symptoms)**

1) Qandho iyo qufac
2) Sanka ilmaha oo diif uu ka dareero
3) Labo usbuuc kadib waxaa bilowda codka xiiq dheerta
4) ilmuhu waxay qufacaan marar badan iyadoo qaadanayna wax hawo ah ilaa ay kasoo qufacaan xabka
5) Ilmaha marka ay qufacayaan hawadu waxay dib ugu carartaa sanbabada iyadoo sameysa codka xiiq dheerta

**Daawada (Treatment)**

(Children)

- Chloramphenicol inj ½ 500mg 10xabo 1x2 uqeebi cirbada
- Salbutamol syrup 2mg 1xabo 1x2
- Tetracycline capsule 250mg 14 xabo 1x2
- Quudin saa'id ah iyo cabitaan fara badan

**DABEYL =POLIO**

Dabeyshu waa cudur halis ah waxey sameen xoogan ugeysataa dadka waxey kureebtaa calaamado kala duwan

**Waxaa sababa (Causative agent)**

waxaana sababa virus loo yaqaano (**Polio my lets**)

**Calaamadha (Symptoms)**

1. Sida runta ah cudurkaani wuxuu ku bilowdaa sida hergabka oo kale.
2. Mararka qaar xubnaha jirka xubin ka mid ah ayaa waxay noqotaa mid tabar daran ama naafo ah
3. Lug ama labada lugood mid naafeysani uma korto sida mid fayow oo kale

**Daawada (Treatment)**

1) Marka uu bilowdo cudurkaan isla markaaana uu saameyo qofka ma lahan wax daawo ah
2) Sii bukaanka xanuun baabi'iye

3Talaalkiisa ugu wanaagsni waa labo dhibcood oo afka ah

**JADEECO =MEASLES)**

Cudurka jadeecada waa cudur halis ah oo dilaa ah wuxuuna ka mid yahay lixda cudur ee caruurta dilaa

**Waxaasababa (Causative agent)**

waxaa sababa nooc **viruska** kamid ah

**Calaamdaha (Symptoms)**

1. Xumada cunuga qaba jadeecada kor ayey u kacdaa maalinta ugu horeysaa iyadoo gaarayso $39c^0$ -$104f^0$
2. Maalinta 2aad ee jirada bukaha waxaa kasoo baxa finan.yaryar iyo afka oo gaduuta

**SHUCAACA FEERAHA**

Shucaaca feeraha waa xanuun saameya feera iyo inta kuxeeran

Shucaaca feeraha wuxuu kabiloowdaa qufaca

**Calaamadaha (Symptoms)**

- Qufac joogta ah
- Miisaanka oo hoos udhaca
- Tabardaro

**Daawada (Treatment)**

(Children) )

- ✓ Ampicillin 500mg 15 xabo 1x3 ugudar
- ✓ Co-trimoxazole 120mg 15xabo 1x2
- ✓ Promethazine syrup 5 mg 1xabo 1x2
- ✓ Quudin wanaagsan

(Adult)

- ❖ Ampicillin injection 1000mg 15xabo 1x2 ugudar
- ❖ Co-trimoxazole tab 20xabo 1x3
- ❖ Dexamethasone tab 1.5mg 20xabo 1x2
- ❖ Quudin wanaagsan

**BAABASIIR =HAEMORRHOIDS**

Baabasiirka waa buro kasoobaxda wareega dabada

Waxay dilaaciyaan xididada dabada baaba siirka guud ahaan waxaa loo qaybiyaa labo qayboob oo kala ah

Baabasiirka gudaha oo loo yaqaano **(interal hemorrhoids)** midka dibad **(external hemorrohoids)**

**Calaamadaha (Symptoms)**

- Barar wareega dabada ah
- Xanuun mindhicirada ah
- Saxarada oo ad kaata
- Xubinta taranka oo gaabis kuyimaada

**Daawada (Treatment)**

- Hydrocortisone micronized (Sediproct) 20mg 1x2
- Asepso soap 1x2

**DABKA ama GUBASHADA**

Dabka wuxuu naqon karaa mid fudud iyo mid aad udaran habka loo daweeyo way kaladuwan yihiin

Waxaan kasoo qadaney naa mid guud daawada

- Dermazine Crème 1x2
- Tetracyclin Ointment 1x2
- Dhayid wanaagsan

**INDHAHA =EYES DISEASES**

Cudurada indhaha kudhaca wey kala duwan yihiin waxaana kamid ah

- Daafka
- Tiricomada
- Glaucoma

- Xasasiyada
- Indho biyoodka

## DAAFKA=CONJECTIVES

Daafka waa cudur kusoobood ah oo kudhaca dadka waxeyna waxyeelo ugeysto indhaha waxuuna intabadan uu bilaadaa xiliga dabeelaha cudur kaan wuxuu weeraraa qaybta ee isha ugu danbeentii waxa uu lumiyaa qaybta qaabilsan gudbinta ilayska

**Waxaa sababa (Causative agent)**

Waxaa sababa , vrus, infetion

**Calaamadaha (Symptoms)**

- Xanuun indhaha ah
- Cuncun indhaha
- Indhaha oo barara
- Indhaha oo gaduudta

**Daawada (Treatment)**

(Adult)

- Tetracycline eye ointment 14g 1x2
- Penicillin v 500mg 21xabo 1x3
- Avil tab 25mg 15xabo
- Leaf buoy soap 1x2

(Children)

- Tetracycline eye ointment 4g 1x2
- Penicillin v syrup 250mg 1x2
- Promethazine syrup 1x2

## TRACHOMA

Waa caabuq daaha oo isha dhaxdeeda ah wuxuuna kudhacaa qeybta madoow ee isha waana( chronic conjunctivitis)

**Waxaa sababa (Causative agent)**

Jeemis looyaqaano **(Chlamydia trachomatis)**

Wuxuuna sababaa dhibaatooyin farabadan oo xaga araga ah islamarkaas hadii aan ladaweyn ama aan laga hortagin wuxuu sababi karaa indho la aan **(blandness)** waayo guud ahaan qaybta araga waxaa daboola hilib kaasoo qariya araga

**Calaamadaha (Symptoms)**

- Nabro kasoobaxa isha
- Isha oo gaduudata
- Baro kasoobaxa qaybta cad ee isha

**Daawada (Treatment)**

- Teracyciline eye ontment 2xabo 1x2

- Erthromycine tab 250mg 30xabo 1x2
- Chloramphenicol eye drop 1xabo 1x3

## GLAUCOMA

Waa cudur halis ku ah dadka kaasoo kudhaca indhaha waxa uuna intabadan kudhacaa dadka waaweyn hadii aan qofka qaba cudurkaa ladaaweyn waxaa kudhaca indho la,aan waxa uuna bukaanka dareemaa xanuun indhaha ah waxaana yaraada araga

Cudurkaan waxa uu uqeeyb samaa 2 qeybood oo kala ah **(Acute Glaucoma)** marxalada koobaad uu bukaanka dareemo calaamadaha lagu garto waxaa kamid ah

1 xanuun indhaha ah

2 indhaha oo gaduudta

3 araga oo yaraada

**(Chronic Glaucoma)**

Xanuunka soodaha ee kudhaca indhaha calaamadihiisa waxaa kamid ah

1 araga isha oo yaraada

2 xanuun isha ah

3 isha oo soobararta

4 biyaha isha oo yaraada

**Daawada (treatment)**

- Chloramphenicol eye drop ml 1x2 4 dhibcood
- Ampicillin-Cloxacillin capsules 500mg 30xabo 1x2

**DHIIG YARI =ANAMIA**

Dhiig yarida ma ahan cudur ee waa calaamad uu lakulmo qofka dhiig yarida wuxuu uqeeyb samaa labo qeebood ah

- Dhiig yari ubaahan vitamin uu heerkeedu yahay 6_ilaa iyo 10
- Dhiig yari ubaahan dhiig kushubid uu heer keedu yahay 5 iyo wixii kahooseeya

**Waxaa sababa (Causative agent)**

- Cunto la'aanta
- Caadada
- Hurdo yarida
- Dhafarka badan
- Muqaa daraadka
- Dhiig baxa

**Calaamadaha (Symptoms)**

- Wareer
- Tabardaro
- Daal
- Hurdo la aan

**Daawada ( Treatment)**

(Adult)

- Hemoglobin Syryp 200mg 1x3
- Quudin wanaagsan

(Children)

- Multivitamin Syrup 100mg 1x3
- Quudin wanaag san

**CUDURKA MACAANKA =DIABETIC**

Cudurka macaanka waxuu kamid yahay cudurada soo daaha **chronic disease** hadaba is tic maalka sokorta unugyada waxay ubahan yihiin dhicaan loo yaqaano **insulin** waana dheecaan uu soodaayo beerka yaraha **(pancreas)** waxuuna kacaawiyaa in uu dhiiga kasoo qaado sokorta unageeyo unugeeyo unugyada jirka si ay uisticmaalaan waxaana loo badalaa tamar

**Waxaa sababa (Causative agent)**

Sonkorta ilmaha kudhacda waxa eey ku timaadaa qaab dhaxal ah, halka mida dadka waaweeyn loo aaneeynaayo in eey kadhalato cayilka iyo jimicsi la'aanta ayadoo qofku uu cunayo cunto badan.

**Daawada (Treatment)**

- Insuline.
- Mtmoformin hydrochloride
- Dawaline
- Diamet
- Clocomit m.

**NABARAHA WAJIGA**

Nabraha wajiga ka soo baxa waxaa keen a cudura kala du wan laa kiin badanaa waxaa wajiga saamee ya

nabraha ee kee naan isfiilitada xasaasiyada iyo infectionka

**Calaamadaha (Symptoms)**

- Finan yar yar oo wajika ah
- Nabro kuus kuusan

**Daawada (Treatment)**

- Neodex cream 15mg 1x2
- Asepso soap 1x2
- Penicillin v tab 500mg 20xabo 1x2

**BIIJADA AFKA**

Biijada afka waa nuucyo badan tahay weeyna kala duwan yihiin

Waxey sameen kuyee lataa qofka xiliga uu wax cunayoSidoo kale waxey badashaa muqaalka quruxda wajiga

**Waxaa sababa (Causative agent)**

Infection-ka, fangayga, iyo yaraashaha vitamin C

**Calaamadaha (Symptoms)**

- Wareega afka oo gaduuta
- Jeexjex faruuryaha afka
- Xanuun

**Daawada (Treatment)**

(Adult)

- Predinisole injection 5mg 10 xabo 1x2
- Megnizole oral 30g 2xabo 1x2

- Feroous sulphate tablets 60xabo 1x2
  (Children)
- Predinisole Syrup 5mg 1xabo 1x2
- Mecnizole oral 20g 2xabo 1x2
- Fero B complex Syrup 1xabo 1x2

## AFQALOOC =STROKE

Afqalooca waxow kamid yahay xanuunada ugu daran ee kudhaca dadkasaameena kuyeesha qaab dhismeedka afka

**Waxa sababa (Causative agent)**

Neerfe kayimaada xubnaha jirka

**Calaamadaha (Symptoms)**

- Afka oo qaloocda
- Dhareer badan
- Qandho

**Daawada (Treatment)**

(Adult)

- Nerobion injection 100mg 14 xabo 1x2
- Prednisolone injection 5mg 6 xabo 1x2
- Nerozin Syrup 240ml 1xabo 1x2

(Children)

- Prednisolone Syrup 5mg 2xabo 1x2

- Nerobion injection 40mg 10 xabo 1x2
- Gentomycin injection 8xabo 1x2

## KANSAR = CANCER

Kansarka waxa uu kamid yahay cudurrada ugusaameenta badan dunida

Waana magacyada cudur ee ugu naceb yihiin dadka in ee maqlaan in uu hayo cudur kaas maxaa yeelay wuxuu kamid yahay cudurada loo dhinto.

Kansarka waxa uu ku dhacaa meelo badan oo jirk kamid ah:

Kansarka dhiiga, kansarka maqaarka, kansarka beerka, kansarka caloosha, mindhicarrada, kansarka minka iyo meelo kale oo badan.

### Waxaa sababa (Causative agent)

- Shucaaca
- Infagshanada daaha
- Kiimikaalka
- Daawooyika qaar oo muddo dheer la adeegsado

**Daawada (Treatment)**

- Mechlorethamine o.1mg inj 16xabo 1x1
- Chlorambucil 0.2mg tablets 24xabo 1x1
- Pemetred 500mg sadaxdii isbuucba mar

**LEISHMANIASIS**

Lishaamaniyaasis waxaa sababa dariskunoole loo yaqaan leishmania oo uu soogudbiyo setsetefly tisxiga layiraahdo.

Gooryaankaan waxa uu ku badanyahay koofurta soomaalia gaar ahaan meelaha wabigu kadhawyahay.

**Calaamadaha (Symptoms)**

Gooryaankaan waa dhoowr nuuc waxa uuna kudhacaa meelo badan oo jirka ah.

Kan kudhaca xubnaha gudaha sida beerka iyo caloosha waxa uu sababaa calol barar iyo beerka.

Kan kudhaca maqaarka waxa uu sababaa nabarro guud ahaan maqaarka ah

Sidookale wuxuu leeyahay hurdo badan

**Daawada (Treatment)**

- Amphotericin B 1.0mg iv invusion 1x3
- Sodium stibogluconate 20mg im or iv 30 xabo 1x1
- Liposomal amphotericin 5mg iv invusion 1x1

**LUG MAROODI = ELEPHANTIASIS**

Cudurkaan oo uu sababo gooryaan katirsan bahda falariasis ayaa waxa uu kudhacaa qaarka danbe ee jirka gaar ahaan lugaha.

Gooryaankaan ayaa qofka ka soo weerara dhanka dibadda isagoo maqaarka kasoodusaya.

**CUDURKA BEERKA =HEPATITIS B**

Cudurka hepatitis B waa cudur kamid ah cudurada kudhaca beerka

Wuxuuna kamid yahay cudurrada ugu saameenta badan dunida

**Waxaa sababa (Causative agent)**

Hepatitis B virus waana mid Kamiah nuuc yada Virus.ka

**Calaamadaha (Symptoms)**

- ❖ Beerka oo xanuuna
- ❖ Beerka oo barara
- ❖ Beerka oo jirada

Cudur kaan intabadan dowo malahan lakii wuxuu leeyehay kaal maati siada

(Adult)

- ➢ Dextros solution 500mg 12xabo 1x2
- ➢ Ceftrixone injection 1000mg 12xabo 1x2
- ➢ Eperama Syrup 2xabo 1x2
- ➢ Malab saafi ah

**DHIIG KAR =HYPERTENSION**

Dhiig karka waxow kamidyahay cudurada saa meenta kuyeesha habsami usocodka dhiiga kaa soo saameeya xubin kasto oo jirka kamid ah marka oo dhiig karka kudhaco qofka

**Waxaa sababa (Causative agent)**

Majiro cudur sababa dhiig karka lakiin dhiig karka waxow kadhashaa qaar kamid ah cun tooyinka sida cusbada,daawooyinka qaldan iyo walwalka

**Calaamadaha (Symptoms)**

- Wareer

- Daal
- Dhidid
- Hurdo la aan
- Gacan iyo lug oo bareelis noqda

**Daawada (Treatment)**

Dhiig karka marka hore waxaa la is ticmaalaa daawooyink garaam kooda uu yayahay mid yar

Ha kubilaabin dawo garaam keedu weyn yahay

- Atenolol 50mg 10 xabo 1x1
- Pracetimol tab 500mg 10xabo 1x2
- Lasinex tab 40mg 10xabo 1x2

**NEERBE =NERVE**

Neerfaha waxaa look ala qadaa sadax qeeboob oo kala ah maskaxda, xangulaha ,iyo neerfe yaasha dibada aada guud ahaan waxaan rabnaa in aan ogaano in xubin kata oo jirka kamid ah aynan shaqeyn Karin ama aynan dhaqdhaqaaqi Karin neefe la aantiis

**Waxaa sababa (Causative agent)**

Neerfaha ma ahan cudur ee waxalad uu qofka lakulmo xaaladaas oo katimid jawaab qaldan ee bixiyeen neerfa yaasha jirka

**Calaamadaha (Symptoms)**

- Xanuun jirka oodhan ah
- Bareelis
- Hurdo la aan
- Qofka oo jareeyo
- Kabaabiyo

**Daawada (treatmen)**

Daaweynta xanuunka neerfaha waa ey kaladu wanyihiin waayo xubin kasta oo neerfe ah wuxuu leey yahay lata caamul gooni ah waana sababta dhaqaatiir gooni ah loogu sameeyey laa kiin waxaa jira daawooyin fudud oo kaal maati ah sida kaniini yaasha iyo cirbada neerfayaasha

**GAIRDIA**

Jaaridiga waa daris kunoolaha ugu saameenta badan goor yaamada ilma aragtada ah kaasoo kunool mindhiciradaa aadamiga iyo xoolaha wuxuu sababaa shuban

**Calaamaha (Symptoms)**

- Calol majiir
- Cantuuf badan
- Caloosha oo howo buuxisa
- Nabro yayar

**Daawada (treatment)**

(Adult)

- Metronidazole solution 0.5ml 14xabo 1x2
- Albendzole tab 400mg 12xabo 1x2

(children)

- Metronidzole syrup 120ml 1x2
- Albendazole 20mg /ml 1x2

(Infents) Metronidzol syrup 25mg 1xabo

**AMOEBA**

Amoba-ha waa noole ilma aragto ah oo kunool mindhicirada aadamiga iyo xoolaha wuxuuna kadhashaa cuntooyinka iyo cabitaanka wasaqeysan iyo saxarada oo afka gaarta wuxuuna sababaa shuban dhiig **(dysentery dierrhea)**

**Calaamadaha (Symptoms)**

- Calool majiir
- Shuban goos goos ah
- Shuban axal lasocoto