

Amakuru afatika yerekeye rumogi

Urumogi ni cyo kiyobyabwenge kinyobwa kurusha ibindi muri Leta Zunze Ubumwe z'Amerika. Ingimbi n'abangavu banywa urumogi ku mpamvu zitandukanye. Bashobora kurunywa kubera amatsiko, gushaka guhuza n'abandi cyangwa kugendana n'ibigezweho, cyangwa bakabihatirwa n'izindi ngimbi n'abangavu. Ingimbi n'abangavu bashobora no kunywa urumogi kubera guhangayika, umujinya, akababaro, cyangwa irungu.

Urumogi rugira ibara ry'icyatsi, iry'igitaka cy'inombe cyanga ikigina rukaba ari uruvange rw'ibibabi, udushami duto, imbuto n'indabo by'igiti cy'urumogi biseye. Amazina akunze gukoreshwa bavuga urumogi mu rurimi rw'icyongereza ni: kanabisi (cannabis), widi (weed), icyatsi (grass), poti (pot), hashi (hash: ikintu) cyangwa hashish (hashish). Urumogi runywebwa baruponze mu gipapuro nk'isegereti (cyitwa igipondo) cyangwa rugatumurwa mu nkono y'itabi. Iyo umuntu arimo kunywa urumogi, rumugeramo ako kanya, bakavugako "arihoro" (yasinze).Uko gusinda guterwa n'ubumara buba mu rumogi bwitwa THC, bukora ku bwonko n'ibindi bice by'umubiri. Kunywa urumogi bigira ingaruka z'ako kanya n'iz'igihe kirekire.

Ingaruka z'Ako Kanya:

Muri ako kanya, kunywa urumogi bishobora gutera ibibazo bikurikira mu mubiri:

- Akanyamuneza (horo: gusinda)
- Ibibazo mu gushyira umutima hamwe no kwita ku kintu runaka.
- Kugabanuka kw'imibonere, imyumvire no guhuza ibintu
- Ibibazo byo gutandukanya ikibi n'icyiza
- Gutinda kugira icyo ukora ku kibaye
- Ibibazo byo kugenda
- Ibibazo byo kwibagira
- Gutukura amaso
- Kumirana mu kanwa
- Gushaka kurya cyane
- Guteraguzwa umutima
- Guhangayika, ubwoba, kutizera cyangwa urwikekwe
- Gushikagurika
- Ibibazo byo kubura ibitotsi
- Ibikomere bitagambiriwe nk'impanuka z'imodoka

Ibibazo by'Igihe Kirekire:

Kunywa urumogi kenshi cyangwa mu gihe kirekire bishobora gutera ibibazomumubiri:

- Ibibazo by'ubuhumekero
- Kugabanuka kw'igipimo cy'ubwenge (IQ)
- Ingaruka ku myigire
- Kugabanuka k'ukwishimiraubuzima
- Akababaro
- Guhangayika
- Gutekereza kwiyahura
- Kwiyongera kw'ibibazo byo mu rugo, gushwana

Izindi mpamo ku rumogi wari ukwiye kumenya.

Urumogi rufite aho ruhurira no gutsindwa mu mashuri. Ingaruka z'urumogi ku bushobozi bwo gushyira umutima hamwe, kwibuka, n'imyigire zishobora kumara iminsi myinshi ndetse n'ibyumweru byinshi- cyane cyane iyo urunywa kenshi. Ingimbi n'abangavu banywa urumogi usanga ari bo bagira amanota make kandi nibo bakunda kuva mu ishuri cyane kurusha abaturanywa. Kunywa urumogi binashobora kugabanya igipimo cy'ubwenge (IQ) yawe iyo urunywa buri gihe mu myaka yawe y'ubugimbi cyangwa ubwagavu. Abantu banyweye urumogi igihe kirekire bagaragaraho kutishimira ubuzima, ibibazo byo kwibagira n'iby'imibanire,

ibibazo by'ubuzima bwo mu mutwe n'ubw'umubiri ugereranije n'abandi, imishahara mito no kutagera kure mu kazi (Zwerling, 1990).

Kubera ko urumogi ruhungabanya ubushobozi bwo gutandukanya ikibi n'icyiza, bishobora gushyira abantu mu bibazo byo kugira nabi. Urumogi kimwe n'ibindi bikoreshwa nk'ibiyobyabwenge, rushobora guhindura uburyo busanzwe bwo gushishoza hagati y' ikibi n'icyiza. Ibi byashora urunywa mu myitwarire yamutera ibibazo nk'indwara zandurira mu mibonano mpuzabitsina nka Virusi y'Agakoko Gatera SIDA (HIV).

Ntibyizewe gutwara ikinyabiziga wanyweye urumogi. Urumogi rugira ingaruka ku bumenyi busabwa kugira ngo utware ikinyabiziga mu buryo bwizewe- ubushishozi, gushyira umutima hamwe, guhuza ibintu, n'igihe cyo kugira icyo ukora ku kibaye. Urumogi rutuma bigorana kubona no gupima intera ndetse no gukurikiza ibyapa n'amajwi mu muhanda. Nyuma y'inzoga, urumogi ni cyo kiyobyabwenge gifite aho gihurira n'impanuka zo mu muhanda, harimo n'izica abantu.

Urumogi rushobora kugira urunywa imbata yarwo. Ntago buri muntu unywa urumogi aba imbata yarwo. icyakora, gukomeza kurunywa bishobora gushora nyir'ubwite kurubera imbata. Ibi ni ukuvuga ko nyir'ubwite adashobora kureka urumogi kabone n'iyoyaba abyifuza.

Urumogi rufatwa nk'"urufunguzo ku biyobyabwenge". Abantu banywa urumogi bashobora no gusogongera ku bindi biyobyabwenge, binakomeye kururusha mu kindi gihe.

Aho byavuye: Ikigo cy'Igihugu Gikurikirana Imikoreshereze Itemewe y'Imiti n'Ibiyobyabwenge (National Institute on Drug Abuse); Ibigo by'Igihugu Bishinzwe Ubuzima (National Institutes of Health); Minisiteri y'Ubuzima n'Imibereho y'Abaturage ya Leta Zunze Ubumwe z'Amerika (U.S. Department of Health and Human Services).