

Niyad-jabka Dhalmada Kadib



Haween badan waxay yeeshaan jabka dhalmada ee dhalmada kaddib dhaca. Haddii aad qabto jabka dhalmada, waxa dhici karta inaad yeelato isbeddello muudh, dareento murugo, walaac ama harqin, aad iska ooydo, bilaa amateed noqoto, ama hurdadu kaa xumaato.

Jabka dhalmadu sida badan wuxuu ku tagaa dhawr maalmood ama toddobaad. Astaamuhu ma aha qaar daran umana baahna daawayn.

Astaamaha niyad-jabka dhalmada kadib wuxuu jiraa muddo ka dheer waanu ka dhib badan yahay. Waxa sidoo kale dhici karta inaad dareento rajo-beel iyo liidasho, iyo inaad ilmahaba danayn waydo.

Waxa dhici karta inay kugu soo dhacaan fikrado inaad naftaada ama ilmaha waxyeesho. Marmar iyo dhif, hooyooyinka da'da yar waxay yeeshaan wax ka sii halis badan.

Waxay yeelan karaan isla-hadal ama waxay isku dayaan inay naftooda ama ilmaha waxyeelaan. Waxay u baahan yihiin inay daawayn helaan isla markaaba, sida badan cusbitaalka ka helaan.

Niyad-jabka dhalmada kadib wuxuu bilaabmi karaa markasta sannadka koowaad gudhiisa kadib dhalmada. Sababta lama yaqaan.

Isbeddello hoormooneed ama jidheed kadib dhalmada iyo warwar daryeelista ilmaha dhashay ayey dhici kartaa inay door ku leeyihiin. Haweenka yeesha niyad-jabka ayaa halis badan kujira.

Haddii aad u malaynayso inaad leedahay niyad-jabka dhalmada kadib, u sheeg bixiyahaaga daryeelka caafimaad. Daawooyinka, ay kujiraan niyad-jabka biiya iyo daawaynta hadalka ah ayaa kuu caawin karta inaad caafimaado.

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