



Mota wookumiha eveneno ya matthiyokha

ETTHU XEENI, EVENENO YA EPHEPA YA MATTHIOKHA OWAWA ENIPATTUXA AYA?

Nyu mwamulya krakata oruwiwa ni ephepa ya matthiyokha owawa ohitaratarawe saanene poti:

- Woohapalani mmalihakaru omulya; munimona opaceryakani naruryu, woowereyani muru, woowereyani niphu, wooporari, orapheyasa ni mwatakhalawa munimokwa
- *Konzo*; eretta enimurakaliha mutthu meetto soothene ni owo konetta. Eretta ela enikhumelela isumana vakhani, okhuma nihiku nimunnlawe karakata a ephepa ya matthiyokha owawa ohitaratarawa.

NTO EVENENO EYO ENKHUMIHIWA MOTA XEENI?

1



Okweya: Mphime ephepa ya matthiyokha muntthuna anyu oruwa.

2



Vano ephepa ela muhele mukhantarawuni wala mpasiyani, mmwaryamwarye saana ni mphime ni mwaalo.

3



Muhele maasi vakhani- vakhani ni mootowele, mpakha ephepa ela onana yothene ni erowe ohokolowela mutita yoole wopacerya muhinatthi ohela maasi. Ephepa ela ehana enanaka yoothene, masi muhihiyeryerye epakeyaka mahasene, ni ehikhalane maroko.

4



Mwaryamwarye sanene ephepa ela ni ntata muthokwani wala vatthereni. Muhiye vamatthuthini iwora thanu.

5



Muhele maasi mmwapuni, ekaphule saanene ni mwiitthele ephepa eyo, ekaphulele saanene ni mpacerye oruwa. Muruwe saanene. Muhatthihe maasi, mana maasi yale murapihanne anyu ephepa ela kanuma othene.

6



Mwira sa mukhalane ekekahi wiira eyoolya munavaha anyu amusi anyu ti yoorera ni kenrowa omurakaliha mutthu.