»Okugatta ebirime by‘omuzabbiibu«

Olw‘okuba ekirime ekirimu ebiriisa, omutindo n‘obungi bw‘eizabbiibu bisinziira ku tekinologiya akozeseddwa, embeera y‘obudde n‘ekika ky‘ekirime.

Ewagenda okulimirwa wasalibwawo ne kwe banaalimira ne biteekebwawo nga tebannasimba era n‘amabanga ne galerwa mu bipimo bya fuuti kkumi ku mukaaga oba kkumi ku ttaano. Emizabbiibu gisobola okusimbibwa mu nkola y‘okusala enduli wabula, endokwa ezirina emirandira zisimbibwa okuva mu mmerusizo ne zitwalibwa mu nnimiro. Enkola y‘emirandira ya maanyi era ekola bulungi n‘amazzi amatono era eziyiza okutereka omunnyo ogw‘obutwa.

Endabirira y‘ebirime

Ekirime kigumira ebiwuka era kikozesa ekipimo ky‘ekirungo kya cytokines ekiwera ekiyamba mu kugimusa obulungi amaaso g‘ebimuli. Ebirime ebigattiddwa biwa amagoba ga kipimo kya bitundu 20-30% era kino kireetera obutabi bw‘emirandira okukula obulungi mu nnimiro.

Mu kwongerako, yiwa amazzi mu nnimiro olumu okusobozesa emirandira okwala ne kigobererwa okufukirira okw‘amatondo. Lekako obutabi bubiri bwokka oluvannyuma lw‘emyezi ena egy‘okusimba era oteekewo eniwanirira okusobozesa ebirime okuwanvuwa era osibeko akaguwa.

Okwongerezaako, tereeza ebipimo by‘ekirungo kya Mg ne Zn mu ntandikwa y‘okusimba ng‘ofuuyira ebigimusa ku bikoola. Amatabi agaliko emirandira gagattibwa n‘enkola ya cleft grafting era mu kino, londa emiti gy‘okugatta egirina omubiri gwa kitaka nga girina obuwanvu bwa inch nnya okusinziira ku bika ebyetaagibwa mu kugatta ebirime.

Ebirime by‘emirandira ebikuze oluvannyuma lw‘emyezi mukaaga mu nnimiro gisigazibwa era emirala ne giggibwawo. Sala mu ngeri ya bukiika mu buwanvu bwa inch bbiri ku njuyi zombi ez‘emiti egy‘okugattibwa era oggyeko omutunsi gw‘obutabi bw‘emirandira ku buwanvu bwa fuuti emu n‘ekitundu era osale mu buwanvu bwa inch bbiri.

Emiti egy‘okugatta gikuume ng‘ogisiba n‘obuveera okusobola okunyweza ennyingo. Ebirime ebigatte bitandika okumeruka mu wiiki ssatu ku nnya era oluvannyuma lw‘ennaku ana mu ttaano ng‘ebigattiddwa bivuddemu bulungi, lekawo ekirime kimu kyokka mu buli kifo. Okusobozesa emirandira n‘emizabbiibu okukula obulungi, okugattira ebirime mu nnimiro kikubirizibwa.

Ekisembayo, ebirime ebigatte bivaamu bulungi ng‘ebbugumu liri ku kipimo kya 25-30 degrees centigrade n‘obungi bw‘amazziagali mu mpewo agasukka ebitundu 90% era kisinziira ne ku bukugu bw‘omuntu agatta ebirime n‘endabirira y‘ekirime oluvannyuma lw‘okukigatta.