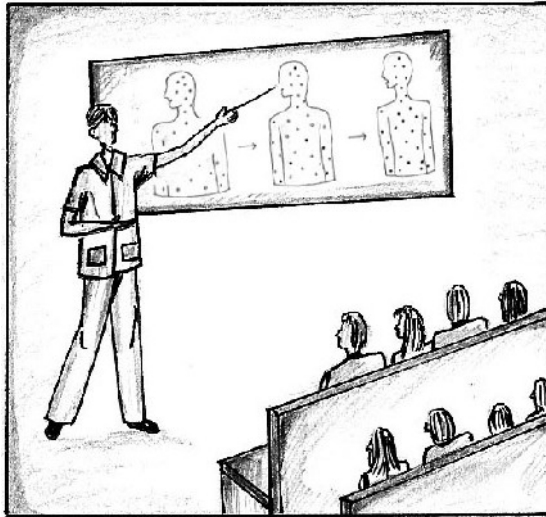


# HIV/AIDS

## Kapewedwe ndi Kasamalidwe kake

Potengera Mau a Mulungu



*“Mwa ichi mutataya zonama, lankhulani zoonu yense  
ndi mnzake; pakuti tiri ziwalo wina ndi mnzake.”*

*Aefeso 4:25*

*Amene anaikako maganizo awo m'bukuli:* Linda Barany, NP, Gina Mares, Mlangizi Wovomerezeka wa Red Cross pa nkhani ya HIV/AIDS, Rosa Scott, Katswiri woyang'anira zopima matenda m'chipatala; Joe Friberg, MA Theology; Ukachenjede wa ziyankhulo; Tammie Friberg, MDiv B.L.; *Wojambula zithunzi:* Beutyani (Mimi) Cheung

Kusula Ophunzira 2008

***HIV/AIDS Kapewedwe ndi Kasamalidwe Kake: Potengera Mau a Mulungu***

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Joe Friberg, MA Theology; Ukachenjede wa ziyankhulo

Tammie Friberg, MDiv B.L.

***Wojambula Zithunzi:***

Beutyani (Mimi) Cheung

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# 1: Chiyambi

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## ***Kodi HIV/AIDS ndi chiyani?***

Mau akuti **HIV** ndi achingerezi ndipo amaimira **H**uman **I**mmunodeficiency **V**irus (a retrovirus).

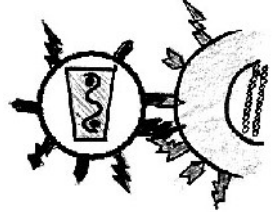
Kachilombo kameneka kamalowa mthupi la munthu ndi kuononga chitetezo cha mthupi, chimene chimalimbana ndi matenda mthupi.

Mapeto ake zimabweretsa matenda a **A**cquired

**I**mmune **D**eficiency **S**ndrome (**AIDS**) pakutha pa zaka 5 mpaka 10

ngati simulandira chithandizo, komanso zimatengera m'mene thupi la

munthu liliri. AIDS ndiye mapeto enieni a kachilombo ka HIV mthupi la munthu.



**HIV** ndi kachilombo kamene kamalowa mwa munthu  
**AIDS** ndi matenda amene amayamba chifukwa cha  
kachilombo ka HIV

## ***Kodi munthu amatenga bwanji kachilombo kameneka?***

HIV imafala kuchoka kwa munthu amene ali ndi kachilombo kupita kwa munthu wina kudzera m'madzi ochoka mthupi monga awa:

magazi • umuna • ukazi • mkaka wa m'mabele

## ***Kodi ukakhala ndi HIV umadziwa bwanji?***

Ndi adokotala okha amene amatha kudziwa munthu amene ali ndi HIV.

Adokotala amayembekezera munthu kuti ali ndi HIV/AIDS ngati munthuyo ma cell ake a magazi ukuonetsa kuti sukupitilira 200) CD4, komanso ngati munthuyo tizilombo talowa mochuluka kuposa munthu wabwinobwino. Kumbukirani kuti anthu ambiri amene kachilombo kanalowa mthupi mwawo amaoneka a thanzi. Kotero kuti kuyedzetsa kokha ndi kumene kungathe kutsimikiza kuti munthuyo ali bwino kapena ayi. Njira zoyezera munthu zimene ziripo ndi izi.

1. *Kugwiritsa ka mtengo kapena pulastiki yokhala ndi thonje imene imagwiritsidwa kupopera madzi amthupi.* Iyi ndiyo njira imene iri yodziwika kwambiri poyeza kachilomboka. Ndiyo njira yodalirika

poyezera. Njira imeneyi imagwira kupezeka kwa HIV mthupi la munthu, awa ndiwo adani olimbana ndi asilikali a mthupi.

2. *Kupima magazi* kungathe kugwiritsidwa kuyesa adani mthupi.
3. *Kupima magazi* kungathe kugwiritsidwa kuyesa kachilombo kenikeniko ka HIV. Njira imeneyi ndi yokwera mtengo kwambiri. Kuyeza kutatu konseku ndi kodalirika pofuna kupeza kachilombo ka HIV.

### ***Zimene munthu amamva mthupi komanso zooneka ndi maso***

Sizonse zimene munthu amamva mthupi zimachitikira aliyense ali ndi HIV, kapenanso kuti ndi zokhazo zimene zimachitikira amene ali ndi matendawa.

- Thupi kuchepa ndi 10% ya kulemera kwa thupi lonse.
- Kufooka thupi.
- Kumva malungo, kukhosomola, mutu kupweteka, kapenanso chimfine.
- Kutsegula m'mimba.
- Kukhala ndi zilonda ku maliseche.
- Kusintha kwa khungu kapena tsitsi; ziwengo, zilonda; kutuwa khungu.
- Kusinthika kwa mafupa.
- Kumva ululu mchiuno maka kwa azimayi.
- Kuiwalaiwala.

### ***Kodi HIV inachokera kuti?***

Akatswiri a sayansi mpaka lero lino sadziwa kumene HIV inachokera, koma inadziwikira cha m'ma 1980. pali maganizo osiyanasiyana okhudza matendawa. Ena amanena kuti kachilombo kofanana ndi ka HIV kamapezeka mwa anyani ndipo amakatchula m'chingerezi kuti Simian Immunodeficiency Virus (SIV). Akatswiri a sayansi amanena kuti kachilombo kameneka kanatengedwa kuchoka kwa anyani atakhudza magazi ake pamene amapha nyani kapenanso kudya nyama yake kumene. Ndipo kachilomboka kanayenera kusintha kuti kalowe bwino mwa munthu.

Palinso maganizo ena amene ali ofananiranako, ndipo ena mwa maganizowo amakhala odzudzula zinthu zina. Ngakhale sitingathe kudziwa kumene HIV inachokera, komabe tingathe kutengapo mbali

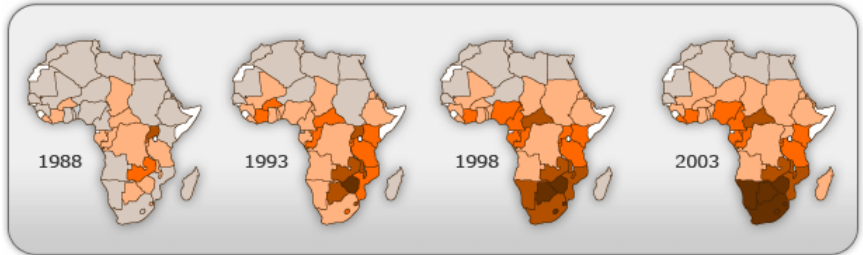
poteteza kuti matendawa asafalikire. Ingathe kupewedwa komanso kuthetsedwa.

***Kodi HIV/AIDS inafalikira bwanji?***

AIDS poyamba inadziwikira m’chaka cha 1981 m’dziko la United States. Zotsatira zake zinaonekera nthawi yomweyo mdziko la Uganda. Komabe mbiri yake inayambira pakanthawi:

- 1930 (mongoganizira)** – HIV inalowa mwa munthu ku Africa
- 1959** – munthu anamwalira ndi AIDS m’dziko la Congo (magazi anayezedwa m’chaka cha 1998)
- 1966 (mongoganizira)** – HIV inachoka ku Africa kupita ku Haiti
- 1970 (mongoganizira)** – HIV inachoka ku Haiti kupita ku United States
- 1970s** – madokotala ku DR Congo ndi Burundi anazindikira za kuchuluka kwa matenda ena a chilendo, kuonjezera kufooka kwa mthupi
- 1981** – AIDS inaonekera ku United States maka pakati pa azibambo amene amagonana okhaokha
- 1982** – matenda oopsa ofooketsa thupi anapezeka ku Uganda
- 1984** – AIDS inafalikira koopsa m’madera ambiri a mu Africa
- 1986** – Anthu okwana 38,000 anapezeka ndi matenda a AIDS kuchokera ku maiko 85
- 1990** – anthu okwana 5,500,000 anapezeka ndi HIV ku Africa
- 1997** – anthu okwanira 22,000,000 anapezeka ndi HIV padziko lonse lapansi, mwa anthu amenewa 70% amene ali (15,000,000) anali ochokera ku chigawo cha sub-Saharan Africa
- 2007** – anthu pafupifupi 33,000,000 anapezeka ndi HIV padziko lonse lapansi; ndipo anthu opitilira 25,000,000 anamwalira ndi matendawa kuyambira mchaka cha 1981

Mapu ali pansipa akuonetsa m’mene HIV yafalikira kuno ku Africa. Kumaiko ena maka kum’mwera kwa Africa, anthu akuluakulu okwanira 33% ali ndi HIV.



■ 20%-30%  
 ■ 10%-20%  
 ■ 5%-10%  
 ■ 1%-5%  
 ■ 0%-1%  
 palibe chiwerengero  
 (kuchokera ku <http://www.avert.org/history-aids-africa.htm>)

### ***Zochitika mu Africa pa nkhani ya HIV***

Pali kusiyana kwa chiwerengero cha anthu omwe ali ndi HIV pakati pa anthu akuluakulu muno mu Africa kutengera ndi madera amene anthuwo akupezeka:

- Kumwera kwa Africa kumene kukupezeka maiko 8 kumeneku kuli chiwerengero chopitilira 16%
- Pakati ndi Kuvuma kwa Africa kumeneku kuli chiwerengero cha anthu a pakati pa 3 mpaka 11%
- Kuzambwe kwa Africa chiwerengero chake sichikudutsa pa 10% koma kawirikawiri chimakhala pakati pa 1 mpaka 5%
- Kumpoto kwa Africa (Chigawo cha Sahara) chiri ndi chiwerengero chochepa zedi

### ***Amayi ndi omwe ali pachiopezo chachikulu***

Amayi amatenga matendawa mwachangu kusiyana ndi abambo komanso amayi ochuluka ndi omwe ali ndi kachilomboka kusiyana ndi abambo. Mwachitsanzo:

- Ku Kenya kumapezeka amayi 18 opezeka ndi HIV pa abambo khumi alionse
- Ku Nigeria kumapezeka amayi 15 opezeka ndi HIV pa abambo khumi alionse
- Ku DR Congo kumapezeka amayi 14 opezeka ndi HIV pa abambo khumi alionse
- Ku Uganda kumapezeka amayi 14 opezeka ndi HIV pa abambo khumi alionse
- Ku South Africa kumapezeka amayi 14 opezeka ndi HIV pa abambo khumi alionse

- Ku Botswana kumapezeka amayi 12 opezeka ndi HIV pa abambo khumi alionse

### ***N'chifukwa chiyani HIV ikufala motere kuno ku Africa?***

Nkhani yokhudza chikhalidwe monga:

- Kusadziwitsidwa mwachangu zakuopsa kwa matendawa, komanso kusoweka chidziwitso za matendawa
- Kusamukasamuka kwa anthu chifukwa cha mikangano, njala, komanso kusakasaka chuma
- Umphawi umene uli pakati pa amayi
- Kuchuluka kwa kuvomereza kokhala ndi zibwenzi zingapo zogonana nazo
- Kukanizidwa kugwiritsa makondomu chifukwa cha chikhalidwe
- Kuchuluka kwa mikangano pogwiritsa kugwililira amayi monga chida cholimbana ndi adani munyengo ya nkondo. Kumadera kumene kuli nkondo chiwerengero cha asilikali amene ali ndi HIV chimakwera kufika pa 40 mpaka 60%.

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## **2: Kodi HIV imakhudza bwanji thupi?**

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### ***Chimachititsa ndi chiyani kuti AIDS/HIV ikhale yoopsa zedi?***

HIV/AIDS payokha simapha anthu. Koma imafoola chitetezo cha mthupi kotero kuti thupi limalephera kulimbana ndi tizilombo ta matenda ena tolowa mthupi. Thupi la munthu amene thanzi lake liri bwino limalimbana ndi tizilombo tolowa mthupi mosavuta. Koma kwa anthu amene ali ndi HIV, tizilombo totereti kwa iwo timakhala toopsya zedi.

### ***Kufotokoza mokhudzana ndi sayansi: m'mene HIV imaanongera chitetezo cha mthupi***

#### ***HIV imalimbana ndi maselo oyera a magazi (white blood cells).***

Magazi athu anapangidwa ndi ma selo. Maselo ndi tidzidutsa ting'onoting'ono timene timapanga moyo. Kaselo kamodzi ndi kovuta zedi kuti mukaone ndi maso. Tiri ndi maselo ofiira amene amatenga mpweya wabwino kupititsa kumbali zonse za thupi komanso amapereka mtundu ofiira ku magazi athu. Komanso tiri ndi maselo oyera a magazi



amene amalimbana ndi tizilombo, adani a mthupi, komanso matenda amene alowa mthupi la munthu. Maselo oyera a magazi ndi ofunikira kwambiri ngati mbali imodzi ya chitetezo cha mthupi. Kupezeka kwa maselo oyera ambiri amene agwira ntchito yawo ya kulimbana ndi adani mthupi amatha kuonekera pa bala pamene likuvunda.

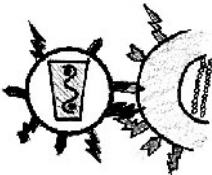
HIV imaononga chitetezo cha mthupi pamene yagwira maselo oyera. Kumbukirani kuti maselo oyera ndi maselo mthupi amene amalimbana ndi tizilombo komanso matenda.

Pali mitundu yosiyanasiyana ya maselo oyera amenenso amalimbana ndi adani osiyanasiyana. Mtundu ofunikira kwambiri umene umathandizira kulumikizana ndi chitetezo cha mthupi kuti chigwire ntchito umatchedwa **CD4** kapena **T Selo**. Maselo amenewa amapereka chidziwitso kwa maselo ena kuti agwire ntchito zoyenera ndi mdani amene walowa mthupi. komanso CD4 T ndi selo imene imayamba kugonjetsedwa ndi HIV, zimenezi zimatsogolera kuti kagwiridwe ntchito ka maselo ena kasokonekere ndipo maselo ena ajanso amafa.

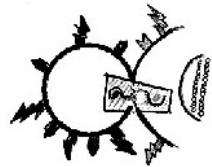
Adokotala akafuna kuyeza kuchuluka kwa **CD4** m'magazi anu, amayeza kuchuluka kwa maselo a CD4 m'chitetezo chanu. Munthu wabwinobwino amapezeka ndi 500 mpaka 1500 ya CD4. Munthu amene wapezeka ndi kachiombo ka HIV/AIDS amapezeka ndi ma CD4 ochepera pa 200.

### ***Kodi HIV imagwira bwanji ntchito.***

T selo yabwinobwino imatha kuononga kachilombo posakasaka maselo amene agwidwa ndi tizilombo nkufungatira maselo oterowo. Maselo ogwidwa ndi HIV amachulukitsa tizilombo m'malo mwakupha tizilomboto.



Kachilombo ka HIV kamachita zimenezi poziikidza kokha mkati mwa T-selo. Nkukhala duu mwa kanthawi osachita kena kaikonse.



Pakapita nthawi, kachilombo kaja kamasintha selo mwanjira yakuti T-selo imayamba kuchulukitsa tizilombo m'malo mwakupha.

Tizilombo tija tikachulukana, selo ija imasweka, ndi kufalitsa tizilombo tija malo ena. Chotero kachilombo kaja kamakhala pa ufulu kukayang'ana selo ina, nkudziphatikanso m'menemo, nkuyambanso kuchulukitsa tizilombo tambiri.

Chitetezo cha mthupi chimapanga **asilikali olimbana ndi HIV**, zimene ziri zakudya zolimbitsa thupi cholinga kukalimbana ndi tizilombo, koma izi sizodalilika kwambiri. Kuonjezerapo, nthendayi ndiyovuta kuchiza chifukwa tizilomboto timakhala mkati mwa T-selo. Mankhwala ena alionse amene munthuyo angalandire sangakhudze kachilomboka pamene kangokhala duu! Mkatikati mwa selo. Kwa chitetezo cha mthupi T-selo imene yakhudzidwa kwa iyo imaoneka ngati chiwalo chathupi chabwinobwino. Izi ndi zina mwa zifukwa zimene zimapangitsa matendawa kukhala ovuta kuchiza.

Komabe, chilichonse chimene T-selo imachita zimapangitsa kachilombo ka HIV kopezeka mkati mwake, kuchulukitsa tizilombo tina.

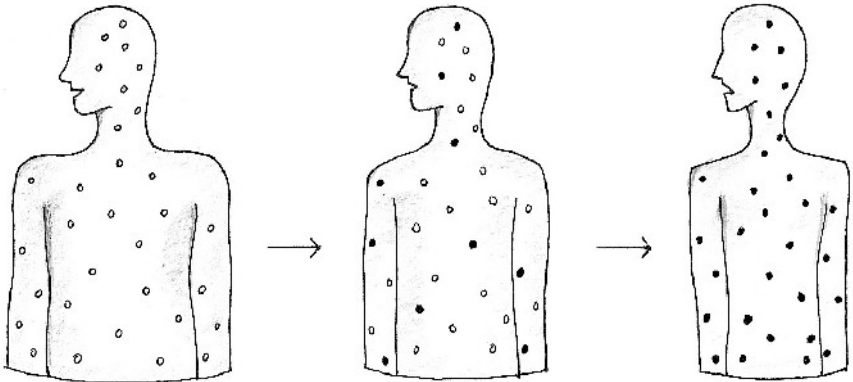
Chiwerengero cha HIV chopezeka m'magazi chimatchedwa **Viral Load** m'chingerezi. Munthu amene ali ndi viral load yokwera chitetezo chake cha mthupi chimapereka danga la tizilombo kulowa mthupi la munthu. Tizilombo ta danga timeneti sitikhudza munthu wabwinobwino, koma timalimbana ndi yekhayo amene ali ndi HIV chifukwa chitetedzo chake ndi chofooka. Izitu zikuphatikizirapo matenda amene amayamba chifukwa cha tizilombo ta bacteria, fungus, komanso zonse zimene zimayambitsa matenda komanso kubweretsa imfa. Mankhwala a Anti-retroviral amagwiritsidwa ntchito kuchepetsa chiwerengero cha viral load mthupi, kuti chitetedzo cha mthupi chikhalebe cha mphamvu.

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### 3: Masiteji a HIV

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Kachilombo ka HIV kamadutsa m' masiteji angapo pamene kakukula mthupi. Masitejiwa ndi chiombamkota mchabe, chifukwa zimasiyana potengera ndi munthu wake. dziwani kuti pa siteji iriyonse, HIV imakhala ikufalikira ndipo imafalikira kudzera m' madzi anayi a mthupi: magari, umuna, ukazi, komanso mkaka wa m' mabele.



#### ***Siteji 1: Kutenga Kachilombo:***

- Kamayamba kugwira ntchito pakatha masabata awiri munthu akangotenga kachilomboka ndiponso kamatha masabata ena awiri kakugwirabe ntchito.
- HIV imafalikira thupi lonse, ndipo chitetezo cha mthupi chimayetsesa kulimbana nako kachiomboko. Ndipo kagwiridwe ntchito ka chitetezo cha mthupi kamacheperachepera, ndipo chitetezochi chimakanika kupha HIV mthupi la munthu.
- Theka la anthu amene akhudzidwa ndi HIV amamva zizindikiro ngati za malungo, kupweteka mutu, kutopa, kutuluka zilonda mthupi, komanso ziwengo.
- Nthawi zambiri mumasokonezeka ndi matenda ena ndipo munthu amadwala osazindikira kuti ali ndi HIV.
- Theka linanso la anthu silimva kalikonse mthupi mwawo.
- Munthu otere amakhala kuti wagawa kale matendawa kwa anthu ena.

### **Siteji 2: Nyengo Yakuonekera:**

- Zingathe kutenga mwezi umodzi mpaka itatu kuti munthu akhale pa chiopsezo chotenga HIV ndiponso kuti chiwerengero cha chitetezo cha mthupi mwake chichuluke, chifukwa matendawa amalimbana ndi mphamvu za mthupi.
- Munthuyu amatha kupatsira ena HIV.
- Munthu otere kumuyesa HIV imaonetsa ngati kuti alibe chifukwa zimatenga miyezi itatu kuti tizilombo tiyambe kuonekera mthupi.
- Asilikali a mthupi akapangidwa, ndicho chizindikiro chodalilika kuti kachilombo kalowa koma asilikaliwa sali okonzeka kulimbana ndi matendawa.

### **Siteji 3: Kusamva Ululu Mthupi:**

- Siteji imeneyi imatenga zaka molingana ndi thanzi la munthu komanso chikhalidwe chake.
- Musiteji imeneyi munthu samva kalikonse mthupi mwake, koma munthu akayezedwa zimaonetsa kuti HIV- ikulimbana ndi asilikali m' magazi.
- Siteji imeneyi imatchulidwa kuti “siteji ya kachetechete” chifukwa munthu amaoneka komanso mwiniyo amamva kuti ali bwinobwino.

### **Siteji 4: Kumva Ululu Mthupi:**

- Wodwalayo amatuluka zotupa mthupi, kutopa, kuonda, kuphwanya mthupi, kutsekula m'mimba, ziwengo, kapenanso kutuluka matudza ku maliseche makamaka amayi.
- Zokumva mthupi zimenezi zimachitika chifukwa chakuti chitetedzo cha mthupi chaonongeka.
- Matenda osiyanasiyana amayamba kulowa mthupi monga chifuwa chachikulu, malungo, chibayo, ndi mashingles.

### **Siteji 5: AIDS Kutumphukira:**

- Kachilombo kamafoola kenako ndi kuononga chitetezo cha mthupi.
- Thupi limakhala kuti lataya mphamvu zake zolimbanirana ndi tizilombo ta bakteria, vailasi, fangayi, komanso ma geremusi ena, kupereka danga kuti matenda alowe.

- Munthu akapezeka ndi AIDS ndiye kuti CD4 T- selo yake chiwerengero chake sichikufika 200 komanso kuti pali chisonyezo cha matenda ena oyambitsidwa ndi tizilombo timene tinapeza danga lolowetsera matenda mthupi.

**Siteji 6: Imfa:**

- **Ngati HIV singachizidwe zotsatira zake ndi imfa.**
- Chifukwa cha mankhwala othandizira kuonjezera moyo munthu wa HIV amatha kukhala ndi moyo kwa zaka zoposera 20.
- Munthu wa HIV angathe kupasira ena ngakhale ataona kuti thanzi lake liri bwino komanso kuti iyeyo akumva bwinobwino mthupi mwake.
- Munthu amene ali ndi HIV angathe kukhala ndi zisonyezo komanso kumva mthupi mosiyana ndi munthu winanso amene ali ndi HIV.
- Ndi kuyedzetsa magazi kokha kumene kumatsimikizira kuti munthu ali ndi HIV kapenanso alibe.
- **Ndi dokotala yekha amene angapeze AIDS mwa munthu.**

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## 4: M'mene HIV imafalikira

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Njira yodziwika kwambiri imene kachilombo kamapezera njira mthupi la munthu ndi kudzera m'kugonana. Ingafale ndi munthu wamwamuna kapenanso wamkazi.

Kuonjezera apo, kukhudzana ndi madzi a mthupi la munthu amene ali ndi HIV pamene inunso muli ndi chilonda zingathe kupereka danga kwa kachilombo kuti kalowe mthupi. Pali madzi a mthupi anayi okha amene anghandizire kufala kwa kachilomboka:

magazi • umuna • ukazi • mkaka wa m'mabele
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HIV singakhale ndi moyo kunjira kwa thupi. Pali ma vayilasi ochepa zedi amene amatha kukhala ndi moyo kunjira kwa thupi, kotero kuti kupatsirana matendawa kudzera mu m'pweya ndi zina zotere nkosatheka. Koma *tisakhale ndi chikhulupiriro kwambiri kuti madzi a*

*mthupi amene ali ouma ndi otetezedwa chifukwa kachilomboka kugathe kusintha kagwiridwe kake ka ntchito nthawi iriyonse.*

### ***Kukumana kwa umuna ndi ukazi***



Njira yodziwika kwambiri ndiyo kugonana osadziteteza. Chikonzero cha Mulungu ndi chakuti kugonana kudzikhala pakati pa mwamuna m’modzi ndi mkazi m’modzi yekha koma atakwatirana monga banja.

*“Ndipo nthitiyo anaichotsa Yehova Mulungu mwa Adamu anaipanga mkazi, ndipo anaka naye kwa Adamu. Ndipo anati Adamu, uyu tsopano ndiye fupa la mafupa anga, ndi mnofu wa mnofu wanga; ndipo adzatchedwa mkazi, chifukwa anamtenga mwa mwamuna. Chifukwa chotero mwamuna adzasiya atate wache ndi amache nadzaphatikana kwa mkazi wache: ndipo adzakhala thupi limodzi.” Genesis 2.22-24*

Kugonana mwamuna ndi mkazi kunjira kwa banja — kunjira kwa chikonzero cha Mulungu cha mwamuna m’modzi ndi mkazi m’modzi — ndi koononga moyo, ubwenzi, komanso kumabweretsa kusokonekera maganizo, thupi komanso moyo wa uzimu.

Kugonana kuli m’magawo monga kugona mkazi malo ake oyenera, malo ochitira chimbudzi ndi mkamwa. Kugwiritsa bwino kondomu kumachepetsa mpata otengera HIV; komabe kondomu siyodalirika kwathunthu. Njira yabwino yogwiritsira kondomu ndi monga:

1. Gwiritsani ntchito kondomu nthawi zonse mukugonana.
2. Gwiritsani ntchito kondomu imodzi, kamodzi. Khalidwe logwiritsa makondomu awiri nthawi imodzi silabwino izi zimapangitsa makondomu aja kumakhulana ndipo amang’ambika mosavuta.
3. Valani kondomu chida chanu chitadzuka komanso musanakhudzitse maliseche a mzimayi, kochitira chimbudzi komanso mkamwa mwa wokonedwa wanuyo.
4. Gwirani songa ya kondomu ndi zala ziwiri kuti mpweya usalire kusongako.
5. Muli chigwirire songa ya kondomuyo, futukulani kondomu ku chida chanu chodzokacho, mutasiya mpata okwanira ku songa ya kondomu kuti umuna ugwereko.

6. Kutelera kwa mlingo wabwino ndi koyenera. Koma gwiritsani madzi abwino otelera, monga gilisalini kapenanso mafuta a jelly otelera (amene mungathe kuwapeza ku ma pharmacy amene muli nawo pafupi). Mafuta a Oil, ngati petroleum jelly, mafuta a cream odzidzira, lotion wa m'manja, kapenanso mafuta a ana, angathe kufoola ndi kung'amba kondomu.
7. Mukathira chotsani mwachangu chida chanu, gwirani mosamala kondomu yanu kuopeza kuti isavuke.
8. Mosamalitsa chotsa kondomu ku chida chanu.

*Kupewa kokha (kusagonana ndi mkazi/mwamuna musanalowe m'banja) ndiyo njira yodalirika kwathunthu.* Ngati mkazi wakwatiwa ndi osakhulupilira amene ali osakhulupirika ndipo amagona ndi akazi ena, alimbikitse mwamunayo kuti akafuna kugonana ngati banja adzigwiritsa ntchito kondomu kuti atetezeke ku HIV. Zimakhala zochedwa kuteteza kufala kwa HIV kwa mkazi wake ngati mmwamuna uja wapezeka ndi kachilombo, chifukwa wakhala akuyenda nako kachilombo kaja kwa miyezi yokwanira itatu.

Aliyense amene watenga matenda alionse opatsirana pogonana amakhala pa chiopsezo chachikulu chotenga HIV. Ngati matendawo asiya chilonda pa khungu, kachilombo kamapeza mpata osavuta kulowa mthupi kuzera pa malo pali chilonda paja. Ngakhale matendawo asasiye chilonda pakhungu, komabe, chitetezo cha mthupi cha malo ozungulira maliseche chimakhala pa chiopsezo chachikulu, ndipo zimapangitsa munthu kutenga HIV mosavuta.

### ***Kukhudzana kwa magazi***

Kukhudzana kwa magazi kungathe kufalitsa HIV.

- Kulekerera madzi a mthupi la munthu wina kulowa pa chilonda panu mungathe kutenga HIV.
- HIV ingathenso kutengedwa ngati mupatsidwa magazi a munthu wina amene ali ndi HIV. Ndikofunikira kwambiri kuti achipatala asanatenge magazi a munthu aunike ngati alibe HIV.
- Ngati muli ndi HIV, musapereke magazi, kuyamwitsa, kapenso kupereka chiwalo chirichonse cha mthupi mwanu kwa munthu wina.
- Mchitidwe ngati:



- kuboola khungu
- kusema khungu (tattoo)
- kubwerekana lumo
- kudzibaila jakisoni mthupi

zingathe kuchulukitsa mpata otengera HIV ngati chida mukugwiritsa ntchitocho chakhudzidwa. Kugwiritsa ntchito mowirikiza lumo kapena singano zingathe kupangitsa magazazi kukhuzana ndi magazazi ena.

- Kulumidwa ndi munthu mzathu pamene magazazi akhudzana zingathe kupangitsa kuti mutenge HIV.

Pano pali njira zimene zingathandizire kuti mupewe kukhudzana kwa magazazi.

1. A ntchito za chipatala ndi omwe ali pa chiopsezo chachikulu chotenga matendawa. Kuvala magolovesi pamene mukugwira ntchito ndi odwala ndi njira imodzi yochepetsera kutenga kachilomboka. Ngati n'kotheke, valani magolovesi pamene mufuna kukhudza magazazi.
2. Kubwerekana kapena kugwiritsa ntchito singano ndi njira imodzi yotengera magazazi mthupi. A chipatala akuyenera kugwiritsa singano watsopano komanso waukhondo m'modzi kwa odwala m'modzinsu.
3. Singano otsukidwa ndi mpweya otentha kapena madzi otentha si waukhondo kwenikweni kufanizira ndi zingano watsopano.
4. Pambali pa anthu ogwira ntchito ku chipatala, anthu ambiri amene amagwiritsa ntchito mankhwala ozunguza bongo amagwiritsa ntchito masingano mobwerekana kotero angathe kutenga HIV mosavuta. Mongoonjezera ku HIV, anthu ambiri amene amagwiritsa mankhwala ozunguza bongo obaila m'misempha amathanso kugwidwa ndi Hepatitis C (kutupa kwa mapapu).
5. Chinthu chirichonse chimene chiri chakuthwa ndipo chakhudzidwa ndi magazazi chingathe kufalitsa kachilombo. Zinthu ngati mipeni imene imagwiritsidwa ntchito pochechera chakudya. (onaninsu za kakonzedwe ka chakudya mu gawo 10 pansipa)
6. Magolovesi avalidwe pamene mukutsuka magazazi kapenanso madzi ena a mthupi amene magazazi akuoneka bwino lomwe, monga mikozo, manyi, kapenanso masanzi.



## ***Mayi/Mwana***



Mayi amene ali ndi HIV angathe kupatsira mwana wake pa nthawi imene ali ndi pakati, pobereka, kapenanso poyamwitsa. Nthawi yoopsa kwambiri ndi nthawi imene mayi akubereka chifukwa nthawi imeneyi pamakhala kupezeka kwa magazi ambiri. Mwana amakhudzidwa ndi magazi a mayi wake pamene akubadwa.

Ngakhale mwana amakhala m'mimba mwa mayi ake, sizitanthauza kuti magazi a mayi uja alowa mwa mwana wake. Ngakhale kuti magazi a mwana amawandikana kwambiri ndi magazi a mayi wake pamene ali m'chiberekero, magaziwa sangatheke kukumana konse ayi. Kachilombo ka HIV sikangatheke kudutsa malirewa pokhapokha ngati timisempha ta chiberekero tang'ambika. Kung'ambikaku kungathe kuchitika pa nthawi yomwe mayi ali ndi pakati komanso nthawi yobereka, koma zimenezi sizichitika pa mimba iriyonse komanso pobereka paliponse.

Kubereka munjira yong'ambidwa kumachepetsa mpata otengera kachilombo.

Ngati mayi wapakati satenga mankhwala otalikitisa moyo, pafupifupi 25% ya amayi otere amapatsira kachilombo ka HIV kwa ana awo. Komabe ngati mayi uja walandira chithandizo cha mankhwala mwana asanabadwe, amachepetsa kupatsira mwana wakewo kachilombo ndi 2%. Mayi amene ali ndi kachilombo akuyenera kutenga mankhwala otchedwa zidovudine (**AZT** kapena **ZDV**) kapenanso mankhwala a nevirapine pamene ali ndi pakati kapenanso pamene akubereka kuchepetsa mpata opatsira mwana wakeyo kachilombo.

Mwana uja akangobadwa akuyenera kuyezedwa kangapo ngati ali ndi HIV. Ana ambiri amapezeka kuti kachilombo ali nako chifukwa amakhala kuti akugwiritsabe asilikali a mthupi a mayi wake (koma iyeyo payekha kachilomboko amakhala kuti alibe). Pakatha miyezi 6 kumuyeza amaonetsa kuti alibe kachilombo chifukwa nthawi imeneyi amakhala kuti asilikali amene ali mthupi lake ndi akeake.

***Mayi amene ali ndi kachilombo akuyenera kuganiza bwino ngati ndi koyenera kuyamwitsa mwana wake kapena ayi.***

Mkaka wa m'mawere ungate kupatsira kachilombo kwa mwana. Ndipo mlingo wakapatsiridwe uli pa 16%. Ngati nkotheke, mwanayo apatsidwe mkaka wa m'sitolo. Mayi amene ali ndi HIV angathe kuyamwitsa pokhapokha ngati:

- Sangathe kupeza mkaka wa m'sitolo.
- Ngati sangaukwaniitse mkakawo kugula.
- Ngati sangathe kupeza madzi aukhondo. Kusakaniza mkaka wa m'sitolo ndi madzi osatetezeka zingathe kuyambitsa matenda otsegula m'mimba, kutha madzi mthupi, komanso kunyentchera pa mwana.

***Madzi ena a mthupi***

Ngakhale kuti HIV yapezeka mochepe zedi m'misozi ndi m'malovu a anthu ochepe amene ali ndi AIDS, izi sizitanthauza kuti madzi a mthupi ngati amenewa angathe kupereka kachilombo kwa anthu ena. Mlingo wa HIV umene wapezeka m'madzi a mthupi ngati amenewa ndi ochepe zedi. Njira ina yodziwika kwambiri yoyezera HIV amagwiritsa malovu komanso kamtengo koyesera m'masaya kufuna kupeza ngati HIV yagwira asilikali a mthupi, chifukwa palibe kupatsirana kwina kulikonse kwa kachilombo mu njira imeneyi.

Ngakhale ziri zoona kuti sitingapatsirane kachilomboka kudzera m'malovu, sibwino kubwerekana mswachi kapenanso zipangizo zirizonse zosamalira mano, chifukwa nthawi zambiri munthu amatha kutuluka magazi pamene akutsuka mkamwa. Chotero kuti magazi amakhala akupezeka mu zotsukira m'mano, ndipo kachilomboka kangathe kufala chifukwa cha kukhudzana kwa magazi.

HIV *sinapezekeko* **mthukuta** la munthu wodwala AIDS kapenanso munthu amene watenga kachilombo ka HIV.

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## 5: Zikhulupiriro Zimene Siziri Zoono Zokhudza Matenda a HIV/AIDS

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Pali zikhulupiriro zochulukira zedi zokhudza HIV/AIDS. Ndi kofunikira kwambiri kudziphunzitsa tokha mfundo zokhudza HIV/AIDS kuti tiziteteze tokha komanso amzathu kuti asatenge matendawa. Mau ali pansipa ndi ena mwa mau amene anthu amanena zokhudza HIV zimene **SIZOONA:**

*“HIV ndi yochizika.”*

**KULAKWITSA.** Palibe mankhwala odziwika a HIV/AIDS. Pali njira zina zimene zingathe kutengedwa kuchepetsa ululu wa HIV, monga mankhwala otalikitsa moyo komanso kakhaliidwe kodzisamalira, koma palibe mankhwala ake mpaka lero lino. Kudziletsa ndi njira yokhayo gothetsera kufala kwa HIV.

*“Malovu, thukuta, misozi, kapenanso mikozi zingathe kufalitsa HIV.”*

**AYI NDITHU.** Ndi magazi okha, umuna, ukazi, kapenanso mkaka wa m’kawere zimene zimafalitsa HIV.

*“HIV imafala chifukwa cha udzudzu kapenanso kulumidwa ndi chinyama.”*

**AYI NDITHU.** Udzudzu suyamwa magazi a munthu nkukathira magaziwo mwa munthu wina — umangopopa magaziwo osati kulavula ayi. Ngakhale ku Madera kumene kachilombo ka HIV kakufala kwambiri ndipo kuli udzudzu wambiri, palibe umboni wakuti HIV yafalitsidwa chifukwa cha udzudzu kapena chinyama china chirichonse. Malovunso a chinyama sangatenge HIV.

*“HIV imafala chifukwa cha kukhudza ziwiya za m’nyumba.”*

**AYI NDITHU.** Imafala kudzera m’madzi anayi a mthupi: magazi, umuna, ukazi komanso mkaka wa m’kawere.

*“Ungathe kutenga HIV ukakhala moyandikana ndi munthu amene ali nayo.”*

**KULAKWITSA.** Kachilombo sikangakhale ndi moyo kunja, koma m’madzi anayi a mthupi amene tafotokoza kale pamwambapa.

***“Ungatenge HIV pakudya m’nyumba yodyeramo imene wa HIV anadyeramo.”***

**AYI NDITHU.** Kachilombo ka HIV sikakhala mu mpweya kapenanso ziwiya. Pambali pa zonsezi, HIV sifalitsidwa ndi malovu kapenanso thukuta, mwa njira ina iriyonse.

***“HIV imafala pokhudzana, kukupatirana, kapenanso kupatsana chanza ndi munthu amene ali ndi kachilombo.”***

**AYI NDITHU.** Kachilombo sikapezeka m’thukuta, koma m’madzi anayi opezeka mthupi la munthu.

***“Mungatenge HIV pa kupsopsonana.”***

**AYI NDITHU.** HIV simafala ndi malovu.

***“Mungatenge HIV pogwiritsira mtondo wa m’chimbudzi umene wagwiritsidwa ndi munthu odwala matendawa.”***

**AYI NDITHU.** Kachilombo ka HIV sikangakhale ndi moyo pa mtetete, ndiponso sikafala ndi thukuta, kapenanso mikodzo, mwa njira ina iriyonse.

***“Mungatenge HIV pa dziwe losambilira.”***

**AYI NDITHU.** HIV singakhale ndi moyo pa mtetete, ngatinso m’madzi.

***“Mungathe kudziwa munthu amene ali ndi HIV pongomuona chabe ndi maso.”***

**AYI NDITHU.** Munthu amene ali ndi HIV angathe kuoneka wa thanzi kwa zaka ndithu. Ndi zotsatira za kuchipatala zokha zimene zingaonetse zotsatira za HIV.

***“Okhawo amene amakwatirana amuna okhaokha ndi omwe amatenga HIV.”***

**ZABODZA.** HIV ingathenso kufala kuchoka kwa mwamuna kupita kwa mkazi kapenanso kuchoka kwa mkazi kupita kwa mwamuna.

***“Kugonana ndi mwana wa khanda/namwali kungathe kuchiza HIV/AIDS.”***

**ZABODZA.** Iri ndi bodza limene mdierekezi amafalitsa, mdani wa zonse zabwino, thanzi lathu komanso chiyero. Yesu Khristu anapezanso adani a choonadi mu nthawi yake:

*“Inu muli ochokera kwa atate wanu mdierekezi, ndipo zolakalaka zake mufuna kuchita. Iyeyu anali wambanda kuyambira pachiyambi, ndipo sanaima mchoonadi, pakuti mwa iye mulibe choonadi. Pamene alankhula bodza, alankhula za mwini wake; pakuti ali wabodza, ndi atate wake wabodza”*  
Yohane 8:44

***“Mungatenge HIV kuchokera kwa ana amene akuphunzitsidwa ufiti.”***

**AYI NDITHU.** Pamene satana akusangalala ndi kufala kwa HIV, kachilomboka kamafala mnjira ya chilengedwe kudzera m’madzi a mthupi anayi aja.

Kumbukirani, zimene zalembedwa pamwambazi ndi zikhulupiriro zimene anthu amakhala nazo—ndipo zonsezi **NDI ZABODZA!**

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## **6: Katetezedwe**

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*“Mnyamata adzayeretsa mayendedwe ake bwanji?  
Akawasamalira monga mwa mau anu.” Masalmo 119:9*

Pamene tikudziwa kuti HIV iribe mankhwala, katengedwe ka HIV kangathe kutetezedwa. Kusakhulupirika, kugonana ndi anthu oposera m’modzi, uhule, kugonana amuna okhaokha, kugwiritsa ntchito mankhwala ozunguza bongo (pobwerekana singano obayira mankwalawo), komanso kugwiririra ndi zina mwa zinthu zimene zikuthandizira kufala kwa HIV. Makhaliidwe oipawa angathe kuthandizira kufala kwa HIV ndi matenda ena opatsirana pogonana. Cholinga cha mdani ndi chimodzi: kugwiritsa ntchito njira iriyonse angaipeze—kuukira kwa mtundu wina ulionse—kuti awononge zonse zimene ziri zabwino. Koma Yesu Khristu ali nayo njira yabwino:

*“Siikudza mbala, koma kuti ikabe, ndi kupha, ndi kuononga. Ndadza ine kuti akhale ndi moyo ndi kukhala nawo wochuluka.”  
Yohane 10:10*

Pano pali njira zina zothandizira kuteteza kufala kwa HIV komanso kuteteza moyo wanu:

1. Njira ya pamwamba yotetezera kutenga HIV ndiko kusankha kudziletsa ku mchitidwe wogonana mpaka mutalowa m’banja. Kugonana musanalowe m’banja kumaonjezera danga lotengera AIDS posatengera kuti mumagwiritsira njira zANJI kuti mudziteteze nokha. Ichi ndi chinthu chofunikira kwambiri kuti achinyamata achimvetsetse. Chikonzero cha Mulungu ndi chakuti kugonana kudzikhala pakati pa mwamuna ndi mkazi m’banja. Kukhalabe okhulupirika kwa munthu m’modzi ndi kofunikira kwambiri pa nkhani yopewera kufala kwa HIV. Munthu aliyense akuyenera kuyedzetsa magazi analowe m’banja. Ngakhale m’modzi wa iwo atapezeka ndi HIV, angathebe kugonana pogwiritsa ntchito kondomu. Mlingo wa Mulungu wakuti munthu aliyense akhale ndi wachikondi m’modzi angathe kusemphana ndi zimene dziko lapansi komanso miyambo yathu imachitira, koma Mulungu akuitana ife kukakhala moyo wa pamwamba umene uli osangalatsa Iye komanso okomera ife tomwe.

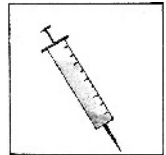
*“Chifukwa chake ndikupemphani inu, abale mwa zifundo za Mulungu, kuti mupereke matupi anu nsembe yamoyo, yopatulika, yokondweretsa Mulungu, ndiko kupembedza kwano koyenera. Ndipo musafanizidwe ndi makhalidwe a pansi pano: koma mukhale osandulika, mwa kukonzanso kwa mtima wanu, kuti mukazindikire chimene chiri chifuno cha Mulungu, chabwino, ndi chokondweretsa, ndi changwiro.” Aroma 12:1-2*

2. Dziletseni ku mchitidwe ogwiritsira ntchito mankhwala ozunguza bongo. Kugwiritsa ntchito mankhwala ozunguza bongo komanso mowa zimasokoneza mutu kotero kuti zimatsogolera munthu kukachita zinthu zolakwika. Anthu amachita mchitidwe woipa—monga kugwiritsa singano m’modzi anthu angapo komanso kugonana osadziteteza—chifukwa cha mphamvu ya mowa komanso mankhwala ozunguza bongo. Ngati bambo amene ali ndi HIV ndipo

achita chiwerewere osadziteteza chifukwa chakuti waledzera, ndiye kuti sakukonda komanso kutetedza mkazi wake ndi banja lake monga kuyenera kutero.

*“Khalani odzisungira, dikirani; mdani wanu mdierekezi, monga mkango wobuma, ayendayenda ndi kufunafuna wina akamlikwire: ameneyo mumkanize okhazikika mchikhulupiliro, podziwa kuti zowawa zomwezo ziri mkukwaniridwa pa abale anu ali m'dziko.” 1 Petro 5:8-9*

3. Munthu amene ali ndi HIV asayerekeze kubwerekana lumo, mswachi, zometera, misomali, zoboolera makutu kapena china chirichonse chimene chiri ndi magazi.
4. Zovala kapena zofunda zimene zmgwiritsira ntchito wa AIDS zingathe kuchapidwa monga zovala zina zones bola ngati mugwiritsira madzi otentha. Mukuyenera kusamala zedi ngati zochapidwazo ziri ndi magazi, masanzi, umuna, ukazi, mkodzo, kapenanso manyi. Ngati muikako mankhwala oyeretsera zovala pochapa kachilombo ka HIV kamafa. Ngati n'kotheke gwiritsani magolovesi pamene mukuchapa zovala zimene zakhudzidwa ndi zinthu tatchula pamwambapazi.
5. Masingano komanso zinthu zonse zakuthwa zikuyenera kugwiritsidwa pokhapokha ngati pali achipatala komanso zigwiritsidwe molingana ndi malangizo a wachipatala. Musabwenzeretse chitsekero cha jakisoni kapenanso kuchotsa singano wake ndi manja. Tayani jakisoni ku malo kumene ana kapenanso alendo sangafikeko.



Mitu ina ikutsatirayi iri ndi njira zoonjezera zotetedzera kufala kwa HIV.

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## 7: Nkhani Zokhudza Abambo

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### *Mdulidwe*

Kafukufuku wa posachedwapa waonetsa kuti mdulidwe (kuchotsedwa kwa nsonga ya chida cha mwamuna) ingathe kuchepetsa kufala kwa

HIV, koma njirayi sitetedza matendawa. Mkati mwa chikopa cha nsonga ya chida cha mwamuna yemwe sanadulidwe mumasungika ma selo ena amene angathe kugwidwa mwachangu ndi kachilombo ka HIV. Mongoonjezera, chifukwa chakuti chikopa chija chimatha kuchekeka pa nthawi yogonana, izi zimapangitsa mwamuna uja kutenga matenda mosavuta. Koma dziwani ichi, mwamuna wodulidwa angathenso kutenga HIV.

### ***Chiwerewere***

Chikonzero cha Mulungu ndi chakuti kugonana kudzikhala pakati pa mwamuna ndi mkazi m’banja.

*“Chifukwa chotero mwamuna adzasiya atate wake ndi amake nadzadziphatika kwa mkazi wake: ndipo adzakhala thupi limodzi.” Genesis 2:24*

Nkofunika kuti amuna asagonane ndi akazi ena kunja kwa banja popanda chifukwa chirichonse.

*“Usachite chigololo.” Eksodo 20:14*

Amuna amapereka zifukwa zosiyanasiyana kuti agonane ndi akazi ena kunja kwa banja. Amuna ena amakhulupirira kuti akazi analengedwera kuti akhale zosangalatsira amuna; ena amalimbikira kuti zilakolako zawo zikuyenera kukwanitsidwa ndi mkazi aliyense; ena amagonana ndi akazi kusonyeza kuti ali ndi mphamvu zokwanira pa akazi kapenanso mzochitika zawo; ena amakhala onyadira kuti ndi amuna kapenanso kuti ndi otchuka; ena amagonana ndi akazi kufuna kuonetsa kuti iwo “ndi amuna”, ena amachita izi pongosangalatsa thupi lawo; ena chifukwa cha kuchepetsa maganizo ndi ululu wa mkati; ena chifukwa cha kusangalatsa mizimu kapenanso kuti mizimuyo iwachitire china chake; ena amakhulupirira kuti atetezeka kuti asatenge HIV — kapenanso kuti achizidwa ku matenda a AIDS; ena amagwiritsa kugonana ngati chida cha nkondo. Chifukwa chirichonse chochitira chigololo chiri pamwambachi ndi choononga thupi lanu lomwe, banja lanu, komanso anthu amene ali mdera lanu. Chifukwa chirichonse cha zifukwazi ndi mdani wa chilengedwe cha Mulungu pa nkhani yogonana posonyeza umodzi wa m’banja komanso ngati chilengedwe chake.



*“Chifukwa chake Mulungu anawapereka iwo m’zilakolako za mitima yawo, ku zonyansa, kuchititsana matupi awo wina ndi mzake za manyazi; amenewo anasandutsa choonadi cha Mulungu chabodza napembedza, natumikira cholengedwa, ndi kusiya Wolengayo, ndiye wolemekezeka nthawi yosatha. Amen.” Aroma 1:24-25*

M’malo mowonetsa mphamvu, moyo wa chiwerewere ukuonetsa kuti ukuononga anthu. Mwamuna akuyenera kuonetsa mphamvu pakudziletsa. Akuyenera kukhala onyada kuti ali okhulupirika pamaso pa Mulungu ndi mkazi wake. akuyenera kukonda ndi kusamalira mkazi wake. akuyenera kuteteza mkazi wake ndi banja lake— apatu tikuphatikiza kuwateteza ngakhale ku matenda a HIV/AIDS.



*“Amuna inu kondani akazi anu, monganso Khristu anakonda Eklesia, nadzipereka yekha m’malo mwake; kuti akampatule, atamyeretsa ndi kumsambitsa madzi ndi mau; kuti iye akadziikire yekha Eklesia wa ulemerero, wopanda banga, kapena khwinya, kapena kanthu kotere; komatu kuti akhale woyera, ndi wopanda chirema. Koteronso amuna adzikonda akazi awo a iwo okha monga ngati matupi a iwo okha. Wokonda mkazi wa iye yekha, adzikonda yekha; pakuti munthu sadana nalo thupi lake ndi kale lonse; komatu alilera nalisunga, monganso Kristu Eklesia; pakuti tiri ziwalo za thupi lake.” Aefeso 5:25-30*

Ndi kusasamala mwamuna kumakhala moyo wa chiwerewere umene angapangitse banja lake kukhala pa chiopsezo chotenga HIV, komanso zimasokoneza ubwenzi wa munthu ndi Kristu.

*“Kapena simudziwa kuti iye wophatikidwa ndi mkazi wa chiwerewere ali thupi limodzi? Pakuti awiriwo, ati, adzakhala thupi limodzi. Koma iye wophatikidwa ndi Ambuye ali mzimu umodzi.” 1 Akorinto 6:16-17*

Mwachidule, Mulungu akufunitsitsa kuti ife tikathawe moyo wa chiwerewere komanso zonse zodetsa.

*“Thawani dama. Tchimo lililonse munthu akalichita liri kunja kwa thupi; koma wachiwerewere achimwira thupi lake la iye yekha. Kapena simudziwa kuti thupi lanu liri kachisi wa Mzimu Woyera, amene ali mwa inu, amene muli naye kwa Mulungu? ndipo simukhala a inu nokha. Pakuti munagulidwa ndi mtengo wake wapatali; chifukwa chake lemekezani Mulungu m’thupi lanu.”*  
1 Akorinto 6:18-20

### ***Mitala***

Samalani kuti musatsatire miyambo imene imalimbikitsa chokolo. Ngati mayi uja ali ndi HIV, angathe kupatsira mwamuna wake watsopanoyo. Pakuti ndi zotsutsana ndi chikonzero cha Mulungu kuti mwamuna adzikhala ndi akazi opitilira m’modzi, kusamalira wa masiye ndi njira yabwino koma osati mpaka kumagona naye.

*“Ndipo asadzichulukitsire akazi, kuti ungapatuke mtima wake.”*  
Deuteronomo 17:17a

*“Atumiki akhale mwamuna wa mkazi m’modzi, akuweruza bwino ana awo, ndi iwo a m’nyumba yawo ya iwo okha.”*  
1 Timoteo 3:12

Mfundo yakuti mafumu nthawi zina amakhala ndi akazi ambiri zimangosonyeza m’mene imalimbira mitima ya anthu. Ziri ngati kulekana banja, zimene Yesu Khristu anena kale:

*“Kodi simunawerenga kuti amene adalenga anthu pachiyambi, anawalenga iwo mwamuna ndi mkazi, nati chifukwa cha ichi mwamuna adzasiya atate wake ndi amake, ndipo awiriwo adzakhala thupi limodzi. Chifukwa chake ichi chimene Mulungu anachimanga pamodzi, munthu asachilekanitse.”* Mateyu 19:4-6  
(Yesu amalankhula mau a ku Genesis 1:27 komanso 2:24)

### ***Kuberekana***

Zikhalidwe zambiri zimaika kuberekana patsogolo kuti mtundu ndi dzina zisathe. Ndi zoonadi kuti ana ndi mphatso yochoka kwa Mulungu (Masalmo 127:3), koma ngati bambo kapena mayi ali ndi HIV, ndiko kupanda chikondi komanso kuononga mzake komanso ana pamene agonana osadziteteza. Ku banja ngati limeneli, kuti abereke ana sichinthu chabwino. M’ malo mwake, ndi kwabwino kuti atenge mwana

kapena ana amasiye ndi kuwalela pakuti njirayi ndiyo yoonetsa chikondi komanso kulemekeza Mulungu amene amapereka chisamaliro komanso chitetezo kwa ana komanso kudzadza banja lotere ndi chimwemwe mkati mwawo. Ganizirani anthu ena otchuka m’Baibulo amene adaleredwapo ndi anthu ena: Mose adaleredwapo ndi mwana wa mkazi wa Farao (Mach. 7:21), komanso Mfumukazi Estere adaleredwapo ndi msuwani wake Modekai (Estere 2:7,15). Tonse amene timadzitchula kuti akristu ndipo timatchula Mulungu kuti Atate tidatolelwa ndi kuleredwa m’banja lake:

*“Pakuti onse amene atsogozedwa ndi Mzimu wa Mulungu, amenewo ali ana a Mulungu. Pakuti inu simunalandira mzimu wa ukapolo kuchitanso mantha; koma munalandira mzimu wa umwana, umene tifuula nawo kuti, Abba, Atate. Mzimu yekha achita umboni pamodzi ndi mzimu wathu, kuti tiri ana a Mulungu, ndi olova amzake a Kristu; ngatitu ife timva zowawa pamodzi naye, kuti tikalandirensa ulemerero pamodzi ndi lye.”*  
Aroma 8:14-17

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## 8: Nkhani Zokhudza Amayi

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Amayi ali ndi ufulu onena ayi pamene mwamuna afuna kugona nawo. Sibwino kuti mzimayi akakamizidwe kugonana motsutsana ndi chifuniro chake.

### ***Udindo wa amayi kudera***

Amayi ndiwo msanamila ya dera komanso amatumikira mwangwirowo maudindo ofunikira posunga pamodzi banja komanso dera. Amayi ndiwo gawo lofunikira zedi m’banja. Akuyenera kukonedwa ndi kulemekezedwa monga mkazi wathu, mayi wathu, mwana wathu. Iwo ndi wolowanso mnyumba pamodzi wa chisomo cha moyo cha Mulungu mulonjezano lake la ufumu komanso banja la chikhulupiro.

*“Momwemonso amuna inu khalani nawo monga mwa chidziwitso, ndi kuchitira mkazi ulemu, monga chotengera chochepa mphamvu, monganso wolowa nyumba pamodzi wa chisomo cha moyo, kuti mapemphero anu angaletsedwe.”*  
1 Petro 3:7

### ***Kugonana mokakamizidwa***

Pamene mzimayi akakamizidwa kuti mugonane motsutsana ndi chifuniro chake kumeneku timakutcha kugwilirira. Mchitidwe woterewu umagwiritsidwa kwambiri ndi asilikali a nkondo, achiwembu, amuna amene ali ndi matenda opatsirana, kapenso mu nthawi ya nkondo, kumeneku ndiko kugonana mokakamizidwa. Mchitidwe wogwilirira si vuto la mayi. Amene amachitidwa zoterezo zimangokhala kuti iye wachitiridwa koma sanalakwe konse ayi.

### ***Amayi kutengedwa monga “katundu wa mnyumba”***

Chikhalidwe china chimafuna kuti mupereke lobola, komatu izi sizitanthauza kuti mkazi ndi katundu. Koma, ndicho chisonyezo chakuti mwamuna wamkondetsetsa mkazi, kuchitira ubwino kubanja la mkazi komanso kumangilira pamodzi banja lake. Ndicho chitsimikizo kuti mkaziyo adzakhala wa mtengo wapatali pamoyo wa mwamuna, adzasungidwa bwino, komanso adzasamalidwa. Komanso mkazi adzasamalira mwamuna wake pa chilichonse chimene chingachitike pa mwamuna wake.

Kristu analipirira mpingo pakupereka moyo wake (1 Akor. 6:19b-20). Aliyense wa ife ndi wa Kristu, sitiri ngati katundu, koma ngati thupi lake lomwe (Aefeso 5:25-28). Chotero amuna akuyenera kutenga akazi awo ngati matupi a iwo okha:

*“Koteronso amuna azikonda akazi awo a iwo okha monga ngati matupi a iwo okha. Wokonda mkazi wa iye yekha, adzikonda yekha; pakuti munthu sada nalo thupi lake ndi kale lonse; komatu alilera nalisunga, monganso Kristu Eklesia; pakuti tiri ziwalo za thupi lake.” (Aefeso 5:28-30)*

Kotero mzimayi sakuyenera kuthamangitsidwa ngati wagwiriridwa. Ndipo iye sikatundu, ndiponso sakuyenera kutengedwa ngati katundu oonongeka pamene agwiriridwa. Komanso mwamuna sakuyenera kumva ngati wachititsidwa manyazi pamene mkazi wake wagwiriridwa. Chimodzi mwa cholinga cha anthu ogwiririra ndicho kuononga mabanja komanso kusokoneza madera amene anthu amakhalako. Pamene mkazi uja akhalabe mnyumba, cholinga chawo sichikwaniritsidwa.

Mulungu anakhadzikitsa banja kukaonetsera chifanizo chake.

*Mulungu analenga munthu mchifanizo chake;*

*Anamulenga iye mchifanizo cha Mulungu;*

*Analenga iwo mwamuna ndi mkazi.*

Onse mwamuna ndi mkazi analengedwa mchifanizo cha Mulungu, ndipo ubale wa m’banja ndiko kudzipereka kwa muyaya. Zimene ena amachita kwa ife sidziononga chifanizo cha Mulungu chimene tikuyenera kuonetsera, kapenso kuononga umodzi wa m’banja. Chifanizo cha Mulungu m’banja ndi umodzi zimasokonezeka pokhapokha ngati tapanga chisankho cha kuchimwa.

Iwo amene agwiriridwa amasoweka chisamaliro cha amuna awo ndi ana awo, komanso ngakhale chisamaliro cha mpingo. Amabiri mwa iwo amamva ululu, kutaya magazi, komanso kusokonezeka kwa ubongo ndipo amafunika kulandira thandizo la kuchipatala. Ganizirani nkhani ya Msamariya wa chifundo (Luka 10:25-37). Anasamalira zilonda za mlendo amene anavulazidwa ndi achifwamba, kotero ifenso tikuyenera kusamalira a pabanja pathu ndi ena amene agwiriridwa. Tikuyenera kumanga zilonda zawo, za kuthupi komanso za m’malingaliro, komanso kuwasamalira. Iyi ndi njira imodzi imene tingathandizire mu utumiki wa Yesu Khristu:

*“Mzimu wa Ambuye Yehova uli pa ine; pakuti Yehova wandidzodza ine ndilalikire mau abwino kwa ofatsa; Iye wandituma ndikamange osweka mtima, ndikalalikire kwa amsinga mamasulidwe, ndi kwa omangidwa kutsegulidwa kwa mndende.” Yesaya 61:1*

### ***Kusokonekera m’malingaliro***

Amayi amene agwiriridwa malingaliro awo komanso ubongo wawo umasokonezeka. Mavutowa ali ngati: kukhala ndi maloto oipa; kulewa kuwandikana ndi amuna zimene zimampangitsa kukumbukira zakale; kulephera kufotokozera bwino zimene zinampangikira; kusoweka tulo; mantha, manyazi, ngakhalenso ukali; kulephera kugwira bwino ntchito za tsiku ndi tsiku; komanso kulephera kucheza ndi anthu. Yesu angathe kutipatsa chiyembekezo ndi thandizo pamene tikudutsa munyengo yotere. Ngati n’kotheke, pezani uphungu kuchokera ku magulu amene amathandiza pa nkhani zotere mdera lanulo.

### ***Kusalidwa***

Amayi ambiri amene agwiriridwa amapeza kuti mabanja awo ndi amzawo amene poyamba amawakonda ndi kuwathandiza, akuwatenga ngati adetsedwa ndi zimene zawachitikirazo. Nthawi zina amuna awo amawathawa. Nthawi zina safunidwa kumalo awo a ntchito. Palinso chikhulupiriro chakuti ubongo wawo sugwira bwino ntchito.

Mchitidwe omasala anthu amene agwiriridwa ndi oononga pakati pa anthu komanso ngakhale kwa mayi ogwiriridwayo. Amayi oterewa amamva kusalidwa, kunyozedwa, kukhala pa umphawi wa dzaoneni, kusowa chiyembekezo.

Ngati okhulupirira, sitikuyenera kugwa mu msampha oikidwa ndi Satana m'mitima ndi m'malingaliro mwa anthu amene atizungulira. M'malo mwake, tikuyenera kuwathandiza amayi otere kuti ulemu wawo ubwerere ndi kuwatumikira mnjira ya Yesu Khristu. Atsogoleri a mipingo komanso amuna a chikristu akuyenera kulimbikitsa anthu ku madera awo kukhala chikhaliidwe chobweretsa thanzi ndi machilitso kwa anthu komanso mabanja.

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## **9: Nkhani Zokhudza Ana**

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### ***Amasiye***

Pamene makolo amene ali ndi HIV/AIDS amwalira, amasiya ana okha amasiye. Kotero ana amafunika chithandizo cha anthu ena, owandikana nawo nyumba, mpingo, kapenanso malo osungira ana amasiye. Akristu onse akufunsidwa kusamalira ana amasiye, angathe kuthandizira anthu paokha komanso kudzera mubungwe loona za amasiye pa mpingo:

*“Mapembedzedwe oyera ndi osadetsa pamaso pa Mulungu ndi Atate ndiwo: kucheza ndi ana amasiye ndi akazi amasiye m'chisautso chawo, ndi kudzisungira mwini wosachitidwa mawanga ndi dziko lapansi.” Yakobo 1:27*

Poonjezerapo, mabanja ambiri achikristu akuyenera kuganizira zosungako ana a masiye.

### ***Ufiti komanso Matsenga***

Ana nthawi zina amanamiziridwa kuti akufalitsa HIV. Pali anthu ena amene amakhulupirira kuti ana amafalitsa matendawa kudzera mu ufiti ndi matsenga. Koma HIV imafala chifukwa cha kusakhulupirika ndi kugwiririra. Pamene mdierekezi akusangalala ndi moyo wa chionongeko umene ukufalitsa kachilombo ka HIV, komabe kachilomboka kamafala ndi madzi a mthupi mwa anthu amene ali ndi HIV kupatsira amene alibe. Kenako satana amakonza bodza lakuti tidzinamizira ana, ndi kubweretsa kuonongedwa kwa miyoyo yosalakwa.

Pali anthu ena amene amadzitchula kuti ndi mapolofeti amene amalandira ndalama zambirimbi ndi kumachotsa ziwanda mwa ana. Kunamizira ana ufiti ndi kuwaika m'maula osiyanasiyana sizitsangalatsa Mulungu konse. Yesu Kristu anati:

*“Yang'anirani kuti musanyoze m'modzi wa ang'ono awa; pakuti ndinena kwa inu, kuti angelo awo apenya chipenyere nkhope ya Atate wanga wakumwamba.” Mateyu 18:10*

Ngakhalenso maula amene amagwiritsira si a uzimu, pakuti maula sangachotse ziwanda—ndi pokhapo pamene tatchula dzina la Kristu ndi ulamuliro wake ziwanda zimathawa. Maula ochotsera ziwanda amachokera ku ufiti umene umachitika monga chipembedzo.

### ***Moyo Wachiyero***

Ana akuyenera kuphunzira pachiyambi kukhala moyo wachiyero. Pali mwambi umene umanena kuti “Chikondi chenicheni chimadikira,” zimene zikutanthauza kuti munthu akuyenera kudikira kudzagonana pokhapokha atalowa m'banja, ndipo izi zingathe kuthandiza ana. Mnyamata kapena mtsikana akuyenera kuphunzira kuti Mulungu analenga kugonana m'banja kuti kukhale komangilira pamodzi mwamuna ndi mkazi komanso kuti abereke ana m'banjamo. Akuyenera kuphunzira kuti kukhulupirika kwa mwamuna kapena mkazi wathu ndiyo njira yoonetsera kuti tikukhulupirika pamaso pa Mulungu.

Akuyeneranso kuphunzira kuti matupi awo ndi kachisi wa Mzimu Woyera, kotero sakuyenera kuononga matupi awo pakuchita

chiwerewere kapenanso kugwiritsa mankhwala ozunguza bongo (1 Akorinto 3:16-17, 6:18-20). Mayesero amenewa ndiyo khwekhwe limene mdierekezi amagwiritsa ntchito kukolera achinyamata kukhala moyo wa uchimo, kusokoneza kuthekera kwawo, komanso kuononga miyoyo yawo yosweka.

M'malo ambiri m'Baibulo, makamaka ku Miyambo ndi mabuku ena a Masalmo, Baibulo limaphunzitsa achinyamata m'mene angakhalire moyo wangwiro umene uli osangalatsa Mulungu komanso okoma kuukhala. Baibulo limafotokoza za kukhala moyo woopa Ambuye. Uku ndiko kukhala kwabwino kumene kumakumbukira kupezeka kwa Ambuye munyengo zonse. Mulungu ai nafe nthawi zonse. Amaona zonse zimene tikuchita komanso kumva zonse tikulankhula. Chitilengereni Mulungu, amadziwa maganizo athu a mkati, zochita zathu, komanso malankhulidwe anthu—ngakhale tisanatulutse mau. Mfumu Davide anatilangiza m'mene tingakhalire moyo woopa Mulungu:

*“Uletse lilime lako lisachule zoipa, ndipo milomo yako isalankhule chinyengo. Futuka pa zoipa, nuchite zabwino, funa mtendere ndi kuulondola. Maso a Yehova ali pa olungama mtima, ndipo makutu ake achereza kulira kwawo. Nkhope ya Yehova itsutsana nawo akuchita zoipa, kudula chikumbukiro chawo padziko lapansi.” Masalmo 34:13-16*

Njira imene imatithandizira kuphunzira kukhala njira za Mulungu ndiko kuwerenga Mau. Kusunga Mau a Mulungu m'mitima mwa ana athu kudzawathandiza kukana njira zoipa m'moyo wawo. Mfumu Solomo anaphunzitsa kuti:

*“Pakuti nzeru idzalowa m'mtima mwako, moyo wako udzakondwera ndi kudziwa, kulingalira kudzakudikira, kuzindikira kudzakuchinjiriza; kukupulumutsa ku njira yoipa, kwa anthu onena zokhota; akusiya mayendedwe olungama, akayende m'njira za mdima; omwe asangalala pochita zoipa, nakondwera ndi zokhota zoipa; amene apotoza njira zawo, nakhotetsa mayendedwe awo; nzeru idzakupulumutsa kwa mkazi wachiwerewere, kwa mkazi wachilendo wosyasyalika ndi mau ake; wosiya bwenzi la ubwana wake, naiwala chipangano cha Mulungu wake; nyuma yake itsikira kuimfa, ndi*



*mayendewde ake kwa akufa.”  
Miyambo 2:10-18*

Solomo akunenanso mfundo zimene zingapereke chiyembekezo kwa makolo:

*“Phunzitsa mwana poyamba njira yake; ndipo angakhale atakalamba sadzachokamo.” Miyambo 22:6*

Komanso akulankhula mau awa kwa achinyamata:

*“Ukumbukirenso Mlenji wako masiku a unyamata wako, asanadze masiku oipa, ngakhale zisanayandikire zakazo zakuti udzati ‘sindikondwera nazo.’” Mlaliki 12:1*

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## **10: Nkhani Zokhudza Madera Amene Timakhala**

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### ***Kusakhazikika ndi Kusokonezeka kwa madera amene tikhala***

Maiko ambiri padziko lonse lapansi ndi osakhazikika chifukwa cha kufalikira kwambiri kwa kachilombo ka HIV ku mabanja komanso deralo.

- Anthu ogwira ntchito amathawa kapenanso kupewa Madera amene kuli anthu ochuluka amene ali ndi kachilombo ka HIV. Izi zimapangitsa kukhala ndi dera lopanda aphunzitsi m’masukulu, ndipo mapeto ake kumasoweka anthu aja kuphunzitsidwa zokhudza HIV. Kumakhalanso kudera kosoweka achipatala, ndipo chifukwa cha kusoweka chuma kumapangitsa anthu aja kulephera kupeza chithandizo cha mankhwala choyenera.
- HIV/AIDS imapha anthu ochuluka zedi, zimene zimafoola chitukuko cha deralo.
- Umphawi ukachulukira zedi zotsatira zake anthu amagwiritsa njira zilakwika kuti apeze ndalama monga; kuba ndi uhule.
- Ana amasiye amakalowa magulu a nkondo ochita uchifwamba kuti nawonso apeze ndalama. Zimenezi zimaonjezera mpata otengera HIV mwina pokhala kapolo ochitidwa chiwerewere kapenanso kukakamizidwa kuchita chiwerewere amayi amene agwidwa ngati akapolo a nkondo.

- Munthawi ya nkondo, zigawenga zimene ziri ndi HIV zimagwiriria amayi kuti awakhumudwitse komanso kusokoneza mtundu wawo, zimene zimapangitsa zigawenga zija kulamulira deralo mosavuta. Nkosavuta kuona kuti vuto lirilonse limene tatchula pamwambapa cholinga chake ndi kufuna kupitiriza kukhazika anthu m'moyo wa chionongeko ndi okhumudwitsidwa.

### ***Mitu Yokhudza Zolaula***

Madera ena padziko lapansili, kulankhula zokhudza kugonana, kutchula ziwalo za mthupi, kulankhula zokhudza kugwirira, komanso kulankhula zokhudza HIV ndi zolaula molingana ndi dera lawolo. Zotsatira zake, uthenga olakwika umanka nufalikira mwachinsinsi pomwe choonadi ndi uthenga ofunikira sukukambidwa pagulu. Kotero uthenga olakwika umenewu ungate kutsogolera anthu kufalitsa matendawa mosazindikira. Ndi kofunikira kuti Akristu akaphwasule mchitidwe umenewu ndi kufotokoza zoono wina ndi mzake m'banja komanso mu mpingo.

*“Mwa ichi, mutataya zonama, lankhulani zoono yense ndi mzake; pakuti tiri ziwalo wina ndi mzake.” Aefeso 4:25*

Pamene anthu akuphunzira kwambiri zokhudza HIV, monganso mau a Mulungu akulalikidwa ndi kukhala monga mwa mauwo, kufala kwa HIV kungathe kuchepetsedwa zedi.

### ***Ufulu wa Amayi***

Amayi amakumana ndi chisalungamo chachikulu pa nkhani ya HIV/AIDS. Amatenga kachilombochi podzera mkugwiriridwa komanso kusakhulupirika kwa amuna awo. Mpingo ukuyenera kulimbikitsa anthu m'madera kulimbikitsa mafulu a amayi kudzera mnjira zosiyanasiyana:

- Akazi angathe kuphunzira kwambiri kuti adzagwire ntchito za pamwamba.
- Akristu angathe ku vota komanso kuchita nawo ndale pofuna kulimbikitsa ufulu wa amayi komanso malamulo opsinjiriza amayi.
- Akristu angathe kuyambitsa mautumiki pofuna kuthandiza anthu ogwiriridwa komanso opezeka ndi kachilombo ka HIV.
- Mipingo ikuyenera kulimbikitsa kulemekeza amayi pophunzitsa kuti:

- Amayi komanso abambo onse analengedwa m'chifanizo cha Mulungu (Genesis 1:26-27)
- Mwa Yesu Khristu palibe kusiyana pakati pa mkazi ndi mwamuna, Myuda ndi Mhelene (Agalatiya 3:28)
- Tiyeni tisalole kusala awo amene anagwiriridwa komanso amene ali ndi HIV mdera lathu.

### ***Chiungamo***

Abambo ndi amayi, akuluakulu aboma, asilikali a nkondo, komanso apolisi akuyenera kukhadzimitsa malamulo okhudza nkha za pa amayi ndi kugwiriridwa. Ngati anthu amene amachitira nkhanza pa amayi ndi kuwagwiririra apitiriza kuchita nkhaidwe umenewu osalandira chilango, ndiye kuti HIV ipitirira kufala.

Mchipangano Chakale, malamulo amakhazikitsidwa ndi cholinga chobweretsa chilungamo. Chilango chake chimagwirizana ndi mlanduwo. Poonjezera chilango chija, ubwino wina wa chilungamocho unali wakuti wolakwiridwa uja amapatsidwa dipo. Pamene anthu amaona chilango chija, amaopa kuphwanya malamulo a Mulungu. Wolakwa akapereka dipo, machilitso amafika kudera kuja.

Popanda chilango kwa anthu ochimwa komanso popanda dipo, anthu komanso dera lonse limakhala lopanda mtendere, la milandu, la zipolowe, la udani, komanso losamvera, ndipo ogwiririra amapitiriza kufalitsa matenda ndi kubweretsa chionongeko.

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## **11: Kusamalira iwo amene ali ndi HIV**

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Munthu angathe kukhala moyo wabwino ngakhale ali ndi HIV. Munthu angathe kukhala wa thanzi kwa nthawi yaitali. Komabe, akuyenera kusamalitsa kukhala moyo wa thanzi wodzisunga komanso kuteteza anthu ena ku madzi ake otuluka mthupi. Mankhwala otalikitsa moyo akupezeka, koma pamafunika munthuwe kukhala moyo wodzisamalira, munthu angathe kutalikitsa moyo wake ali ndi HIV ngakhale asalandire chithandizo. Kafukufuku akusonyeza kuti munthu wa HIV akamakhala moyo wodzisamalira, amapambana pa nkondo yake yolimbana ndi AIDS. Kudya zakudya za magulu komanso ukhondo ndi

zina mwa njira zimene zimatalikitsa moyo wa munthu amene ali ndi HIV.

### ***Njira Zoyenera Kutsatira Poteteza Kachilombo ndi Matenda***

Pakuti HIV imagwira chitetezo cha mthupi cholimbana ndi matenda, kotero zinthu zazing'ono zimatha kukhala zoopsa mwinanso zakhupha kwa munthu amene ali ndi AIDS. Munthu amene ali ndi AIDS amadwala ndi zinthu zimene kale sizimamudwalitsa. Mwachitsanzo:

- Bakteria wamba ingathe kubweretsa ziwengo pathupi, kutsekula m'mimba, zithupsa, kuwawa mthupi, kusanza ndi zina zotere.
- Matenda amene munthu aliyense angadwale amakhala oopsa kwa munthu amene ali ndi AIDS. Matenga monga chikuku, katsabola, kapenanso mashingozi ndi ena mwa matenda amene angathe kukhala oopsa kwa munthu amene ali ndi HIV. Palinso matenda ena omwe ndi opatsirana amene amafala mosavuta matenda ngati; chifuwa chachikulu, malungo ndi chibayo. Kotero kuti anthu amene akudwala matenda amenewa sakuyenera kufupikirana ndi odwala AIDS. Ngati mukudwala amodzi mwa matenda amene ali pamwambapa ndipo mufuna kusamalira munthu amene ali ndi AIDS onetsetsani kuti mwasamba m'manja ndipo muvale chophimba kukamwa ndi mphuno kuozeza kupasila matenda munthu amene ali ndi AIDS pamene mukutsokomola, kufwenthera kapenanso kumina.
- Ziweto zingathe kupereka matenda kwa munthu amene ali ndi HIV kotero ndikofunika kusamba m'manja pamene mwagwira chiweto.
- Dothi lingathenso kufalitsa magelemusi ndi matenda kwa munthu amene ali ndi AIDS.

### ***Ukhondo wa Panyumba***

Ukhondo wa panyumba ndi wofunika kwambiri kwa munthu amene ali ndi HIV pomuteteza kutenga matenda ena. Zotsatirazi ndi zina mwa zinthu zimene mungathe kuchita:

1. Gwiritsani pang'ono mankhwala okupha magelemusi m'madzi anu. Izi zimathandizira kupha mageremusi.
2. Munthu amene akudwala AIDS sibwino kuti adzigwiritsa ntchito mbale, mipeni, mafoloko kapena masipuni akeake. Chapani ziwiya zanu zonse ndi sopo kapenanso mankhwala ochotsa kuthimbirira kwa ziwiya m'madzi otentha.

3. Munthu amene akudwala AIDS angathe kukonza chakudya cha anthu ena. Monga munthu wina aliyense pamene akukonza chakudya, wodwala AIDS akuyenera kusamba kaye m’manja asanayambe kukonza chakudya komanso asanyambite zala kapena ziwiya pamene akuphika. Komabe, **wina aliyense** asakonzere chakudya amzake pamene akutsegula m’ mimba.
4. Mabala, matuza kapena zilonda zikuyenera kumangidwa ndi bandeji ngakhale ovulalayo ali m’manja mwa anthu omupatsa thandizo.
5. Mukuyenera kusamba m’manja kapenanso thupi lonse ngati thupi lanu lakhudzidwa ndi magazi kapenanso madzi ena a mthupi kuopeza kuti mwina muli ndi kachionda kakang’ono kamene kangapangitse kachilombo kulowerapo.
6. Nthaka imene yagwerapo magazi ikuyenera kuthiridwa mankhwala ophera magelemusi.

Mankhwala ophera magelemusi osungunulidwa bwino ndiwo mankhwala abwino othira pa nthaka yogwera magazi. Sanganzani mlingo wochepe wa mankhwalawo ndi madzi ochuluka zedi:

**Mlingo wa Mankhwala**

15 ml ya mankhwala mu  
Sipuni imodzi ya mankhwalamu  
60 ml ya mankhwala mu  
Kapu ya ¼ ya mankhwala mu

**Mlingo wa Madzi**

lita imodzi yamadzi  
¼ imodzi yamadzi  
malita anayi amadzi  
galoni imodzi yamadzi

Mlingowu ndiwabwino kutsukira pamalo olimba. Pangani mlingo watsopano nthawi zonse chifukwa mankhwalawa amakhala maola 24 okha kupha magelemusi patsiku.

***Njira Zoyenera Kutsatira Posamalira Chakudya ndi Madzi***

Tidzilombo topezeka mchakudya kapena m’madzi tingathe kuyambitsa matenda otsegula m’ mimba, kupotokola m’ mimba, kusanza, kuphwanya mthupi, kupweteka mutu, kusokonekera kwa magazi, matenda owumitsa khosi, kapenanso kusokonekera kwa ubongo. Aliyense angathe kutenga matenda amenewa, koma amakhala ovuta kwambiri akagwira munthu amene ali ndi HIV komanso amakhala ovuta kuchiza kwake. Pamene ma T selo mthupi akuyesera kulimbana ndi matendawa, kachilombo ka HIV kamayamba kuchulukitsa ma vayilasi ambiri. Izi zimapangitsa chitetezo cha munthu mthupi kuonongeka mwachangu.

### ***Katetezedwe ka Madzi***

Madzi akuyenera kukhala aukhondo komanso othiridwa mankhwala kupha magelemusi ochuluka. Mwachidziwikire, madzi a mu mtsinje, mnyanja, m'makhwawa angathe kukhala gwero la matenda osiyanasiyana kwa wina aliyense, koma kwa munthu amene ali ndi AIDS ngakhale madzi a mchitsime siabwino kwa iye. Izitu ndi zoono ngakhale chitsimecho chitakhala kuti chagwiritsidwa ntchito kwa nthawi yaitali.

- Madzi owiritsa amapha magelemusi ochuluka. Madzi akuyenera kuwiritsidwa mpaka kufika pa mlingo obwatamuka kwa mphindi imodzi.
- Mungathe kusunga madzi owiritsa m'malo ovindikira bwino mpaka mudzagwiritse ntchito.
- Mungathe kusefa madzi anu. Izi zimathandizira kuchotsa magelemusi ambiri.
- Mankhwala amathandizanso kupha magelemusi ambiri amene akupezeka m'madzi.



### ***Katetezedwe ka Chakudya***

Kakonzedwe ka zakudya kangathe kubweretsa kusintha pa moyo wa munthu amene alu ndi AIDS. Njira zabwino za kasamalidwe ka chakudya zimachitira ubwino kwa aliyense opezeka panyumbapo.

- Zipatso kapena ndiwo za masamba zimakhala zotetezeka ngati poyamba tatsuka ndi madzi aukhondo ndi otira mankhwala. Kusenda zipatso kapena ndiwo za masamba ndi mpeni waukhondo zingathe kuthandiza kupha magelemusi ochuluka.
- Nyama, nkhuku ndi nsomba zingathe kukudwalitsani ngati ndi zaziwisi, zosapya, kapenanso zoonongeka.
- Phikani nyama ndi nkhuku mpaka chiwisi chonse chitachoka, komanso nsomba iphikidwe mpaka itaonetsa kuti imang'ambika, osati iwoneke ngati mphila.
- Mukagwira nyama, nkhuku kapena nsomba yayiwisi, sambani m'manja musanagwirensa chakudya china. (kugwiritsa sopo ndi madzi aukhondo ndi njira yabwino.)

- Musalole kuti nyama, nkhuku kapena nsomba yayiwisi madzi ake akhudze chakudya china makamaka ngati chakudyacho chitadyedwe popanda kuphika.
- Musalole kuti nyama yayiwisi ikhalitse kunja kwa nthawi yaitali musanaphike.
- Musadye nsomba yachiwisi kapena yongowiritsa pang'ono. Nsomba zina zaziwisi zimakhala ndi kachilombo kamene kamayambitsa Hepatitis A (matenda ogwira chiwindi chifukwa cha kachilombo).
- Mazira aphikidwe bwino lomwe. Muphike kufikira choyera ndi chachikasu zagwirana bwino lomwe. Mkati mwa dzira nthawi zonse mumakhala mopanda tizilombo toyambitsa matenda, koma ngati nkhuku yaikazi imene yaikira dzira lija iri ndi matenda ngati a salmonella (matenda obwera chifukwa cha tizilombo topezeka m'matumbo a nkhuku omwe amaononga chakudya) kapenanso zinthu zina, dzira lotere limakhala kuti silabwino.

### ***Katetezedwe ka mkaka***

Idyani kapena imwani mkaka okhawo umene uli okonzedwa ndi kuwiritsidwa bwino, maka okonzedwa ndi akatswiri ake.

- Matenda amene amachoka kwa ziweto kupita kwa anthu kudzera mu mkaka ndi matenda monga; chifuwa chachikulu, brucellosis, Q fever, streptococcus, yeasts, komanso tizilombo topezeka m'matumbo a ng'ombe.
- Kusamala mkaka sikupangitsa mkaka kuphikika; koma kumapha tizilombo topezeka mu mkakamo timene timayambitsa matenda.
- Mkaka umawiritsidwa kufika 145°F kwa mphindi zokwana 30 kapena 161°F kwa mphindi zokwana 15; kupitirira pamene kakomedwe ka mkaka kamaonongeka.
- Kuwiritsa mkaka kumathandizanso koma kumaononga kakomedwe kake.

### ***Kumwa mowa kumatha kuononga thanzi la munthu.***

- Monga tanena poyamba paja, kumasokoneza maganizo a munthu, kutero munthu amatha kuchita chikhalidwe cholakwika, monga mchitidwe wa chiwerewere.

- Mowa umawonjezera mpata kwa munthu wotenga matenda amene amadza chifukwa cha AIDS pakuononga mavitamini ofunikira mthupi. Zotere zimaononga chitetezo cha mthupi.
- Mowa umachepetsa: vitamini A, B<sub>1</sub>, B<sub>2</sub>, biotin, choline, niacin, B<sub>15</sub>, folic acid, ndi magnesium.
- Matenda ena amene amabwera chifukwa cha AIDS komanso mowa ndi matenda ngati: chifuwa chachikulu, chibayo komanso kutupa kwa kapamba.
- Mowa umaononga mapapu, amene ndi ofunikira zedi pa nkhani ya chitetezo cha mthupi.
- Mowanso umaonjezera kuononga ubongo umene unaonongeka kale ndi matenda a AIDS.

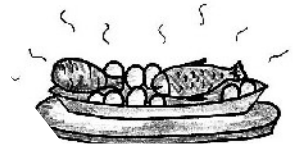
### ***Thanzi***

Thanzi ndi lofunikira kwa aliyense, makamaka kwa munthu amene ali ndi HIV. Chakudya chopatsa thanzi chimathandiza kupereka ku thupi zofunikira kuti thupilo lilimbane ndi adani.

### ***Zomanga thupi***

Chakudya ichi ndi chimene thupi, ziwalo, komanso asilikali oteteza mthupi amafuna kuti apezeke nacho ndipo chimapangitsa zinthu tatchulazi kukhala zamphamvu. Ndi kumangiliridwa kwa zinthu zambiri kumene kumapanga chitetezo cha mthupi kukhalapo. Zakudya zomanga thupi zikuyenera kukhala ndi 15 mpaka 20% ya mtolo wa zomanga thupi patsiku, umene ndi pafupifupi 64-80 grams. Munthu amene ali ndi AIDS amafunika zakudya zochuluka zomanga thupi kuti akhalebe ndi mphamvu. Kodi zomanga thupi zimapezeka mu chakuti ngati chiti?

- Chimapezeka mu nyama, nkhuu, nsomba, madzira komanso mkaka.
- Chimapezekanso mu nyemba zouma ndi khobwe, mtedza.
- M' masamba, mtirigu, komanso mu mpunga mumapezeka mlingo pang'ono wa zopatsa mphamvu.
- Zambiri mwa zomera zimene ziri zomanga thupi pazokha sizikwanira ndipo pamafunika zidyedwe pamodzi ndi ndiwo za nkhuu cholinga kuti mupeze zomanga thupi zochuluka. Mwachitsanzo, mtolo wa zopatsa mphamvu ndi zambeu

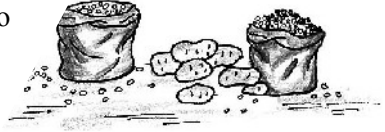




zikuyenera kusakanizidwa pamodzi kuti mukhale ndi zomanga thupi zaphumphu: nyemba ndi mpunga, mtedza ndi chimanga, komanso chipondi ndi buledi.

### ***Zopatsa Mphamvu***

Zimenezi zimakupatsani mphamvu ndipo zimakuthandizani kuti kalemeledwe kathupi lanu kasasokonezeke. Anthu a



AIDS amataya kalemeledwe kawo ka

thupi. Amasowa chilakolako cha chakudya ndipo kalemeledwe ka thupi lawo kamachepa chifukwa cha kutsegula m'mimba ndi matenda ena. Zopatsa mphamvu zikuyenera kupezeka ndi 50-60% ya mtolo wa zopatsa mphamvu patsiku.

- Izi ndi zakudya zomwe ziri ndi sitalichi ngati chimanga, nyemba, mpunga, tiligu komanso mbatata.
- Anthu amene amadwala matenda a shuga amakhala nalo vuto ndi zakudya zopatsa mphamvu chifukwa zimakweza suga opezeka mthupi mwawo. Kugwiritsa tiligu ndi masamba komanso kupewa kudya ufa woyera komanso suga kungathandize vuto limenezi.

### ***Zamafuta***

Izi ndizo kosungirako chakudya mthupi. Pali mitundu yosiyanasiyana ya mafuta. Mafuta akuyenera kukhala pafupifupi 25% ya zopatsa mphamvu patsiku. Mafuta ndi okwera kwambiri mu zopatsa mphamvu, kotero kuti zochepera zimakhala nthawi yaitali. Mafuta abwino ndi opindulitsa kwa munthu yemwe ali ndi HIV timawatchula kuti (omega 3 fatty acids) mchingerezi. Mtundu wa mafuta umenewu umathandiza kuteteza munthu kuti asadwale matenda okhudza mtima.

- Mafuta wamba amapezeka mu nyama, nkuku, batala, mafuta ophikira, mkaka, chiponde cha mtedza, chimanga komanso masamba.
- Nsomba zimapezeka ndi omega-3 fatty acids. Kudya chakudya chodyera nsomba kawiri pasabata ndi kofunikira zedi.
- Nsomba zopezeka munyanja zozama kwambiri ngati salmon, tuna, sardines, cod, mackerel, komanso swordfish ndi nsomba zimene mungapezemo omega-3 fatty acids.
- M'menendo tingapeze omega-3 fatty acids ndi muzakudya ngati flaxseed ndi mtedza wa mthengo.

- Mafuta amene gwero lake ndi omega-3 fatty acids ndi: mafuta a walnut, mafuta a soya, mafuta a mbewu ya flax, mafuta a canola, mafuta a cod liver, ndi mafuta a sardine.
- Mafuta amathandizira kuchepetsa ululu wa malo olumikizana mafupa komanso amachepetsa kulimba kwa mafupa pamalo olumikizana mafupawo.
- Mafuta amathandizira kukula kwa thupi.
- Mafuta amakhala ovuta kudya ngati munthu akumva kupweteka m'mimba nafuna kusanza.

## ***Kuwonda***

Anthu amene ali ndi HIV amawonda ngakhale akudya chakudya chochuluka. Kudwaladwala kumapangitsa munthu wa HIV kusakhala ndi chilakolako chofuna kudya. Kusungabe kulemera kwa thupi lawo kungathe kulimbikitsa thanzi lawo komanso kuthandizira thupi kumenyana ndi matenda. Munthu wa HIV akuyenera kuonjezera kuchuluka kwa chakudya chimene amadya kuti kulemera kwa thupi lake kukhale kosasintha panthawi yotenga kachilombo, kuphwanya mthupi, komanso nthawi yodwala. Kutaya 10% kapenanso kupitilira apo kwa kulemera kwa thupi ndicho chisonyezo kuti munthu wa AIDS akudwala matenda owondetsa.

## ***Masewera Olimbitsa Thupi***

Kuchita masewera olimbitsa thupi ndi kofunikira kuti thanzi la munthu likhale labwino.

Kumbukirani kuti kuchita masewera olimbitsa thupi, kuphatikizapo kudya zakudya zomanga thupi, ndiyo njira yofunikira kwa munthu amene ali ndi HIV.

- Minofu imamangika bwino.
- Zimathandizira kuchotsa kukhumudwa.
- Zimachepetsa mavuto a matenda a suga.



## ***Kulimbana ndi Kuganiza Kwambiri***

Pakuti kuganiza kwambiri kungathe kukhudza chitetedzo cha mthupi, ndi bwino kukhala munthu osaganiza kwambiri.

- Kuganiza kwambiri kungathe kupangitsa munthu kukhala pa chiopsezo chotenga kachilombo.
- Kungathe kufoola thupi la munthu kuti asatenge kachilombo.
- Kungathe kupangitsa munthu wa HIV kukhala pa chiopsezo chotengako ma vayilasi ena. Kafukufuku wina wapeza kuti anthu amene ali ndi HIV koma amaganiza kwambiri amadwala mwachangu matenda a AIDS kusiyana ndi munthu amene saganiza kwambiri.

### ***Kulimbana ndi Matenda a M'mimba Ochititsa Nselu (Nausea)***

Mfundo Zochepa Zothandizira Matendawa:

1. Onetsetsani kusunga kanthu m'mimba mwanu.
2. Idyani zakudya zosakhala ndi mafuta ambiri ngati nthochi, mpunga, chakudya cha mapila, buledi, nyama yochepa mafuta, mbatata yophika.
3. Musadye zakudya zolimba ndi zakumwa nthawi imodzi, pakhale mpata wa mphindi 30 musanamwe kanthu pamene mwadya.
4. Idyani chakudya chofunda kapena chozizira kuozeza fungo. Chakudya chotentha chimatulutsa fungo kwambiri ndipo zimenezi zingathe kuyambitsa matendawa.
5. Yesani mandimu, mchere, chakudya cha mchere, chakudya cha sitalichi.
6. Yesani kugona chafufumimba mukatha kudya.
7. Idyani kalikonse kangachepe mukangodzuka kumene.
8. Pewani chakudya ngati:
  - chonenepetsa, cha mafuta ambiri, kapena chakudya chokazinga
  - chakudya chotsekemera kwambiri
  - chakudya chokhala ndi zokometsera
  - chakudya chonunkhira moonjeza
  - chakudya chotentha kwambiri

### ***Kulimbana ndi matenda otsekula m'mimba***

Ngati kutsekula m'mimbako ndi koonjeza ndipo sikukumva mankhwala, mukuyenera kusiyiratu kudya zakudya za tiligu. Ngati ndi kotheke, yetsetsani kusadya chimanga komanso mpunga. Ngati kutsekulaku kapena kusanza kukupitilira, munthu angathe kutaya madzi ochuluka mthupi. Chimene chikutanthauza kuti madzi ofunikira kuthandiza kuti

thupi ligwire bwino ntchito atayika pa nthawi yotsekula m'mimba ndi kusanzako.

### ***Malangizo pamene munthu wataya madzi mthupi***

Sakanizani zokumwa izi:

1. Sakanizani 1 liter ya madzi abwino, teaspoon ya theka ya mchere, ndi ma teaspoon 8 a suga. *Chenjezo: musanasakanize suga, lawani chakumwacho kuti mchere ulipo wochepe kusiyana ndi zina zonse.*
2. Sakanizani 1 liter ya madzi abwino, teaspoon ya theka ya mchere, ma teaspoon 8 odzadza (kapena manja awiri odzadza) a ufa wa tiligu (ufa wa mpunga ulinso bwino, kapenanso gwiritsani ufa wa chimanga, ufa wa mapila, kapenanso mbatata zophika ziri zokanya). Wiritsani kwa mphindi 5 mpaka 7 kupanga phala ogwirana bwino. Dzidzilitsani phalalo mwachangu ndi kuyamba kumwetsa wodwala uja.

Sakanizani kapu ya theka ya zinthu izi kuti muonjezere potassium: madzi a zipatso, madzi a coconut, kapenanso nthochi yokanya ngati ingapezeke. Mpatseni kuti adzimwa usiku ndi usana pakutha pa mpindi zisanu zirizonse mpaka odwala uja atayamba kukoza bwinobwino. Pitirizanibe kumupatsa ngakhale odwala uja atayamba kusanza. Langizo: chakumwachi chimatha kusintha kakomedwe pakapita maola angapo maka kukamatentha kotero onetsetsani kuti mukulawa pafupipafupi kuona ngati kakomedwe sikanasinthe.

Chakumwa china chothandiza pamene munthu wataya madzi mthupi:

- Sakanizani teaspoon ya  $\frac{1}{4}$  (1 ml) ya soda ophikira, ndi kanchere kowazidwa, komanso teaspoon ya  $\frac{1}{4}$  ya uchi mu tambula ya madzi kapena madzi a zipatso pa mlingo wa 8 oz.

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## **12: Kuona za Ufumu wa Mulungu**

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Monga momwe mwawerengera m'buku iri, pali njira zosiyanasiyana zimene zinthu angatengere HIV. Njira yodziwika kwambiri imene munthu angatengere HIV ndi kudzera m'chiwerewere ndi munthu amene ali ndi kachilombo. Anthu ena amatenga kachilomboka chifukwa cha kusamvera chikonzero cha Mulungu kugonana anthu mutalowa m'banja pomwe iwo amagonana asanalowe m'banja komanso mwina atalowa

m'banja koma mozembera achikondi awo. Koma ena amatenga HIV chifukwa agwiridwa, kapenso ana amene atenga mosadziwa pamene asanyemwa bele la mayi wawo amene anali ndi kachilomboka.

Mwanjira ina iriyonse, ngati okhulupilira mwa Ambuye wathu Yesu Khristu, tikuyenera kufikira ndi kuthandiza iwo amene apsinjika ndi matendawa, komanso tikuyenera kuphunzitsa ena kuti matendawa asapitilire kufala. Pali njira zingapo zochitira zimenezi.

1. Tikhale opanda chinyengo pa ubale wathu ndi wokonedwa athu, komanso pa ubale wathu ndi Mulungu. Ngati tichimwira wokonedwa wathu kudzera mu chiwerewere ndiye kutinso tikuchimwira Mulungu.

*“Chifukwa chake musamalola uchimo uchite ufumu mthupi lanu la imfa kumvera zofuna zake: ndipo musapereke ziwalo zanu ku uchimo, zikhale chida cha chosalungama; koma mudzipereke inu nokha kwa Mulungu, monga amoyo atatuluka mwa akufa, ndi ziwalo zanu kwa Mulungu zikhale zida za chilungamo. Pakuti uchimo sudzachita ufumu pa inu; popeza simuli a lamulo koma a chisomo.” Aroma 6:12-14*

*“Thawani dama. Tchimo lirilonse munthu akalichita liri kunja kwa thupi; koma wa chiwerewere achimwira thupi lake la iye yekha. Kapena simudziwa kuti thupi lanu liri kachisi wa Mzimu Woyera, amene ali mwa inu, amene muli naye kwa Mulungu? ndipo simukhala a inu nokha. Pakuti munagulidwa ndi mtengo wake wapatali; chifukwa chake lemekezani Mulungu m'thupi lanu.” 1 Akorinto 6:18-20*

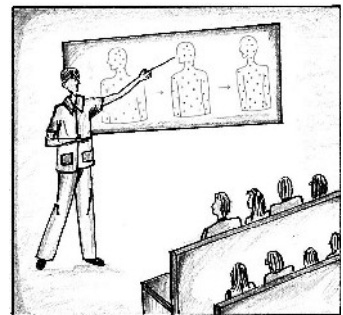
2. Gawirani Uthenga wa Chipulumutso. Kodi tiyembekeza bwanji kuti dziko lapansi likakhala moyo wangwiro pamene likukhalabe ,mnjira za muufumu wa mundima, pansa pa chitsogozo cha Satana. Tikuyenera kugawa Uthenga Wabwino wa chikhululukiro cha Yesu ndi moyo watsopano umene amapereka kwa iwo amene akhulupirira Iye ngati Ambuye ndi Mpulumutsi. Khalani olimba mtima kusachita nawo zikhalidwe zina zimene zimachitika kudera kwano, ndipo m'malo mwake khalani monga Yesu afunira kuti mukhale. Musakhale m'modzi wa iwo amene amathangitsa amzawo mkachisi,

kudera, kapenanso kubanja chifukwa chakuti ali ndi HIV. Komanso m'malo mwake khalani m'modzi wa iwo akubweretsa kulapa ndi chikhulupiro mwa Ambuye wathu Yesu.

3. Gawirani ena za Uthenga Wabwino wa Ufumu wa Kumwamba (“Ufumu” kapenanso “Umbuye”) wa Mulungu. Lalikirani ndi kuphunzitsa chikonzero cha Mulungu chakuti tidzikhala moyo wangwiro, ngati wosakwatira komanso wokwatira. Ngati okhulupilira, tikuyenera tonse kukhala pansi pa Umbuye wa Yesu Khristu. Pamene timkonda Ambuye, timamvera malamulo ake. Kuphunzitsa kumayambira mnyumba yathu, ndi kusefukira ku mpingo, kenako n’kufikira kudziko lonse lapansi.

*“Chifukwa chake mukani, phunzitsani anthu amitundu yonse, ndi kuwabatiza iwo mdzina la Atate, ndi Mwana, ndi Mzimu Woyera: ndi kuwaphunzitsa, asunge zinthu zonse zimene ndinakulamulirani inu; ndipo onani, Ine ndiri pamodzi ndi inu masiku onse, kufikira chimaliziro cha nthawi ya pansi pano.” Mateyu 28:19-20*

4. Phunzitsani ena m'mene HIV imafalira ndi kuthandizanso iwo amene ali ndi kachilombo. Pamene taziphunzitsa tokha, tingathe kudziteteza ku HIV. Ndi zofunikira kumvetsetsa vutolo komanso zimene Baibulo limanena zokhudza matendawa. Anthu ambiri amatenga matendawa HIV pamene achita mkhalidwe umene umawaika m'mavuto.



5. Yetsetsani kukhala moyo wodzisamalira nokha komanso dera lanu.
  - Abambo, musasiye akazi anu chifukwa chakuti agwiliridwa. Izipu sikuti zimangophwanya banja, komanso kumapeto zimaononga dera lonse. Pityirizani kusamalira ndi kupezera zosoweka pa banja lanu. Musadzudzule mkazi wanu chifukwa cha kugwiliridwa kwake. Kupasula mabanja ndicho cholinga chachikulu cha anthu amene amagwilirira amayi. Musalole kuti

kugwiliridwa kwa akazi anu kusokoneze banja lanu. M'malo mwake, yetsetsani kusungabe banja lanu ndi dera lanu pamodzi mwa kuthandizidwa ndi Mulungu kupyolera m'kukhulupirika ndi kukonda kwanu.

*“Chotero kuti salinso awiri koma thupi limodzi. Chifukwa chake ichi chimene Mulungu anachimanga pamodzi, munthu asalekanitse.” Mateyu 19:6*

- Ngati m'banja mwanu muli munthu amene ali ndi HIV, yetsetsani kuwathandiza moyo wawo wa ukhondo; ndipo athandizeni kuti azidya zakudya zabwino m'mene mungakwanitsire. Phunzitsani anansi ndi abale m'mene angathandizire omwe ali ndi HIV m'mabanja mwawo.
- Thandizani kuthetsa mchitidwe wosalana, kuchititsana manyazi kusankhana ndi anthu amene ali ndi HIV pakuonjezera kukhulupirika m'banja.
- Ngati Ambuye akutsogolerani, yambitsani mabungwe amene angathandizire kuphunzitsa za HIV ku mpingo kwanu ndi kudera kwanu.

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## **13: Kunyumba, Kumpingo ndi Kudera**

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### ***Kunyumba***

Kupewa HIV kumayambira m'nyumba. Monga ana opatsidwa kwa makolo awo ndi Mulungu kuti aphunzitsidwe munjira zake, makolo akuyenera kuonetsetsa kuti njira za Mulungu zakhadzikitsidwa mwa anawo. Ndibwino makolo kumakamba zokhudza mabanja ndi ana awo ndi cholinga chofuna kuwamba kuti adzakhale makolo abwino ndi oopa Mulungu. Ana akuyenera kudziwa cholinga cha kugonana, komanso zotsatira pamene munthu agonana ndi ena mosalabadira njira za Mulungu pa nkhani yokhudza kugonana. Makolo aphunzitse ana awo mnjira zotsatirazi.

- Aphunzitseni chikonzero cha Mulungu ngati banja (mwamuna m'modzi, mkazi m'modzi).
- Aphunzitseni cholinga cha kugonana.
  - Kuberekana.

*“Mulungu ndipo anadalitsa iwo, ndipo adati kwa iwo, mubalane, muchuluke, mudzadze dziko lapansi, muligonjetse: mulamulire pa nsomba za m’nyanja, ndi pa mbalame za mlengalenga, ndi pa zamoyo zonse zakukwawa padziko lapansi.” (Genesis 1:28)*

- Kupanga umodzi ndi kusangalatsana monga chiyanjano cha m’banja.  
*“Chifukwa chotero mwamuna adzasiya atate wake ndi amake nadzadziphatika kwa mkazi wake: ndipo adzakhala thupi limodzi.” (Genesis 2:24)*
- Osati mwa dama kapena mzilakolako za thupi.
- Aphunzitseni zotsatira za mchitidwe wa chiwerewere.
  - Umaononga ubale ndi Mulungu. Chigololo chimafanizidwa ndi kupembedza mafano kapenanso chipembedzo chonyenga m’Baibulo.
  - Umaononga ubale ndi wokonedwa wanu (kapena wokonedwa wanu wa mtsogolo ngati simunakwatire).
  - Zingathe kusanduka chizolowezi, ndipo zingagwiritsidwe kuphimba ululu wa mkati, ukali; kapenanso kugwiritsa mphamvu zathu kupsinjiriza ofooka, zonsezi zimene ziri zoononga dera lathu komanso ife eni.
  - Zimayambitsa munthu kutenga matenda opatsirana pogonana ngati HIV/AIDS; Chindoko, Mabomu ndi ena otere.
  - Zimathanso kuyambitsa kusokoneza malingaliro ndi chikhalidwe cha anthu ena.
  - Zimatsofolera kukusamalira ana amene abadwa m’chigololo.

### ***Mpingo***

Mpingo ukuyenera kulankhula molimba mtima ngakhale zingaoneke ngati zolaula kwa anthu ena, ndi cholinga chophunzitsa anthu zokhudza njira za Mulungu ndi zotsatira za chikhalidwe cha chiwerewere pakati pa anthu ndi dera lonse. Ngati tikhala chete mu mpingo zimapereka mpata ku chiphunzitsa chonyenga komanso kufala kwa HIV. Izi ndi zina mwanjira zimene mpingo ungagwiritse pothandizapo.

- Khadzikitsani mitu ya m’Baibulo ku misinkhu yonse mu mpingo mwanu.
- Khadzikitsani chikhalidwe chabwino ku mpingo onse, kuphatikizirapo atsogolero, chogwirizana ndi malamulo a Mulungu.



- Limbikitsani akristu anu kusamalira anthu omwe ali ndi HIV m'mabanja mwawo.
- Limbikitsani akristu anu kusintha momwe amaonera anthu omwe ali ndi HIV mdera mwawo.
- Limbikitsani akristu anu kuona mwayi wa utumiki umene umawerengedwa kwambiri mu Ufumu wa Kumwamba.
- Tisakane tchimo, kapenanso kulinyalanyaza kuganiza kuti Mulungu sauna zimene timaganiza m'mitima mwathu kapenanso zimene timachita mseri. Mulungu amaona zonse. Atsogoleri akuyenera kuphwanyana malinga a chiwerewere mumpingo pakupereka iwowo chitsanzo cha kukhala moyo oopa Mulungu, ndi kulalikira zimene ziri zoono.

### ***Kudera***

Mulungu angathe kukutsogolerani kuyambitsa utumiki wothandiza iwo amene ali ndi HIV. Pali zambiri zoyenera kufikira komanso njira zambiri kutumikira dzina la Yesu Kristu. Kupyolera mu mautumiki osiyanasiyana, thupi la mpingo lingathe kufikira ndi kukhudza anthu ambiri monga manja ndi mapazi a Yesu Kristu.

*“Ndipo pali mphatso zosiyana, koma Mzimu yemweyo. Ndipo pali mautumiki osiyana, koma Ambuye yemweyo. Ndipo pali machitidwe osiyana, koma Mulungu yemweyo, wakuchita zinthu zonse mwa onse.” 1 Akorinto 12:4-6*

Mungathe kuyambapo:

- Pakukumana ndi anthu amene akugawana nanu mtolowu wofuna kuthandiza.
- Pakufufuza chosoweka cha kudera kwanuko. Mungathe kupeza za zosowekazi pakuchita kafukufuku mderalo kupeza ndindani amene ali ndipo alipo angati. Funsani mafunso ngati awa, “Kodi mukudziwapo wina aliyense m’banja mwanu amene ali ndi HIV?” “Kodi tingachite chiyani kuthandiza ana amasiye?” “Kodi tingatani kuthandiza amayi amasiye?” “Kodi tingatani kuphunzitsa dera lino?”
- Pakuona ndi ntchito ziti zimene mufuna kuchita:
  - ***Anthu:*** Kodi mukungofuna kuthandiza iwo amene ali opsinjika, amasiye kapenanso kuphunzitsa anthu ena?

- **Ntchito zodzipezera ndalama kapena kuthandiza amayi**  
**amasiye:** Pali malingaliro monga: kuphunzitsa kusoka, kuweta nkumba kapena akalulu kuti adzigulitsa, kugulitsa mbewu kapenanso zomera zirizonse, kupanga sopo, kugulitsa zovala za kaunjika.
- **Manja othandizirapo:** Pai malingaliro monga: kuphika, kukolopa, kapena kupita ku misonkhano yokhudza akuluakulu kapenanso achinyamata kukaphunzira njira zabwino za Chikristu, kupewa HIV, zokhudza chipatala, komanso kasamalidwe ka odwala.
- Pakukonza ndondomeko m'mene zithunzi ziziyendera, amene atafikiridwe, chuma chimene chikufunika pa ntchitoyi, amene athandizire ntchitoyi pa nkhani ya chuma, ndani amene angodzipereka kuthandizira ntchitoyi (amene ali ndi luso la ntchitoyi ndi omwe amene ali ndi chidwi chongothandizira); mugwiritsa zinthu zotani; (ndipo mufuna malo otani, chakudya chotani, ziwiya zogwirira ntchito zanja, anthu otani achipatala, ndi zina zotere).

Pano pali mfundo zina zimene zingamange maziko okhala ndi ntchito yopambana:

1. Pangani chikonzero chanu kukhala chosavuta, cha mlingo wabwino, chotheka kuchitika, chofunikira, komanso cha munthawi yake. Ikanimo anthu amene akukuthandizirani ntchitoyi ndiponso mumve maganizo awo.
2. Sankhani atsogoleri oyenerera. Kodi munthuyo ali ndi ubale okula bwino ndi Ambuye wathu Yesu Kristu? Kodi akumva kuitanidwa kukagwira ntchitoyi? Kodi ali ndi masomphenya otani a mtsogolo pokhudza ntchitoyi? Kodi cholinga chawo ndi chotani? Ndani amene ali ndi makalata omuyenereza kugwira ntchitoyo? Ali ndi chikhalidwe chabwino? Ndi okhulupirika? Kodi amasasamalira zinthu komanso iye mwini? Kodi ali ndi mtolo wa iwo akuvutika komanso amene alibe Kristu?
3. Pangani ubale wabwino ndi anthu ena m'deralo, monga mabungwe omwe siaboma, masukulu, mabungwe omwe sachita phindu pa ntchito zawo, anthuwo paokhapaokha, achipatala, ndi amipingo.
4. Ganizirani za zotchinga kapenso zinthu zimene zingathe kubwera kutsogolo kwanu. Khalani okonzeka kukumana pamodzi ndi

kukambirana ngati pangakhale kusintha kulikonse pa kagwiridwe ka ntchito ngati pakufunika kutero.

5. Khalani okhulupirika pa ndalama zimene mungalandire. Perekani ma receipt, sungani zonse zimene zikuchitika, khalani okhulupirika, musadzisungire ndalama pa inu nokha, ndipo gwiritsani ntchito ndalama iriyonse yoperekedwa pa ntchito yake yoyenera.
6. Lumikizanani pafupipafupi ndi anthu amene akukuthandizani. Anthu amafuna kudziwa kuti nthawi yawo komanso mphatso zawo zikuthandizira bwanji mu Ufumu wa Mulungu.
7. Pezani njira m'mene mungafufuzire kayendetsedwe ka ntchito yanu. Fufuzani kuti ndi anthu angati amene aphunzitsidwa kapena kuthandizidwa mu ntchito yanu.

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## **14: Kuomba mkota**

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Kuphunzitsa ena za HIV/AIDS ndi momwe imafalikira zimatengera kulimba mtimba ndi kudzipereka kwa makolo komanso atsogoleri achiKristu. Tikuyenera kukhala odzipereka pamaso pa Mulungu mu chikhalidwe chatu ndi maphunzitsidwe athu monga umo Mulungu afunira kuti chikhalidwe cha m'banja chidzikhali. Kudzipereka ku njira za Mulungu ndiyo njira yaikulu ya kuletsera kufala kwa HIV m'dera lanu.

Chachiwiri, umbuli ndiyo njira yaikulu imene ikupangitsa HIV kufala. Kotero tikuyenera kukhala nako kulimba mtima kuyankhula choonadi mwachikondi m'malo motsatira zikhulupiliro za anthu. Tikuyenera kuphunzitsa anthu mwanjira ina iriyonse zokhudza HIV/AIDS.

Ndipo pomaliza, tikuyenera kuphwanya kusalana kumene kumakhalapo maka kwa iwo amene ali ndi kachilombo. Kusalana ndi kotsutsana ndi maitanidwe a Mulungu pa ife kuti tikalalikire uthenga wa chiyanjanitso, chifukwa chakuti kusalana kumaononga dera komanso mabanja m'malo mowamanga pamodzi. Mulungu ndiye oweruza yekhayo wolungama, kotero tisamtengere udindo wake. Kwa iwo amene anachimwa, tikuyenera kuwaonetserabe chikondi, chikhulukiro, komanso kubwenzetsedwa zimene ifenso tinazilandire kwaulere mwa Ambuye wathu Yesu Kristu.

*“Ndipo kwa iye amene akhoza kukudikirani mungakhumudwe, ndi kukuimikani pamaso pa ulemelero wake wopanda chirema m’kukondwera, kwa Mulungu wayekha, Mpulumutsi wathu, mwa Yesu Kristu Ambuye wathu, zikhale ulemero, ukulu, mphamvu, ndi ulamuliro zisanayambe nthawi, ndi tsopano ndi kufikira nthawi zonse. Amen.”*

Yuda 24-25

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## **Kopezera Mfundo Zina:**

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Mabuku amene alembedwa pansipa takupatsani chifukwa m’menemo mukupezekanso mfundo zina zabwino. Zimenezi sizikutanthauza kuti bukuli latenga zonse zopezeka m’ mabukuwa. Inu owerenga mukuyenera kusamalitsa ndi chidziwitso pamene mukuwerenganso mabuku amenewa.

1. Kuonanso mwachidule nkhani ya HIV/AIDS:  
<http://niaid.nih.gov/factsheets/howhiv.htm>
2. Chiyambi ndi kufala kwa AIDS: <http://www.avert.org/origins.htm>
3. Chiwerengero cha anthu omwe ali ndi HIV ku Africa:  
<http://www.avert.org/subadults.htm>
4. Kumene HIV inachokera -1:  
<http://www3.niaid.nih.gov/news/newsreleases/1999/hivorigin.htm>
5. Mbiri ya AIDS ku Africa: <http://www.avert.org/history-aids-africa.htm>
6. Kupatsirana kwake kwa HIV:  
<http://cdc.gov/hiv/resources/factsheets/print/transmission.htm>
7. Kuyamwitsa ndi kupatsirana kwa HIV:  
<http://www.synergyaids.com/documents/AdvancesSeriesBreastfeedingHIV.pdf>
8. Mdulidwe umathandiza kutetedza AIDS:  
<http://www.dallasnews.com/sharedcontent/dws/news/healthscience/stories/022307dnmedAIDS.8b5365.html>

9. Kasamalidwe ka munthu yemwe ali ndi AIDS:  
<http://cdc.gov/hiv/resources/brochures/careathome/care6.htm>
10. Chakudya ndi madzi otetezeka:  
<http://cdc.gov/hiv/resources/brochures/food.htm>
11. Chakudya chomanga thupi: [http://www.tufts.edu/med/nutrition-infection/hiv/health\\_high\\_quality\\_diet.html](http://www.tufts.edu/med/nutrition-infection/hiv/health_high_quality_diet.html)
12. Chakudya chomanga thupi:  
<http://www.projectinform.org/info/nutrition/nutrition.pdf>
13. Kakonedwe ka chakudya chothandiza madzi akachepa mthupi:  
Pamene pali dokotala, lolembedwa ndi David Werner.
14. Njira za kayambidwe ka ntchito: Kupangitsa kuti zitheke, lolembedwa ndi Lucy Y. Steinitz, Njira zokhalira ndi chiyembekezo – tengani buku lanu pa: <http://www.stratshope.org/b-cc-02-happen.htm>