



## **KISHIYAR GIDA...1&2**

Da sunan allah mai rahma mai jinkai tsira da  
aminci su kara tabbata ga manzan tsira manzan  
rahma annabi muhammadu sallallahu alaihi wa  
sallama,ina farin cikin gabatar muku da dan  
takaitaccen littafi me muhimmanci ga rayuwar  
aure tareda addu'ar allah yasa albarka acikinsa.

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**A**ko ina kaga dan adam to ka bincika zaka fahimci yanda bayason kishiya ta kowanne fanni kama daga ma'aikata ko kasuwa koma dai wacce mu'amala za'ayi dan adam yafiso shine na farko bayason tarayya ta kowacce suffa to amma ita kuwa mace amsa kala biyu ita zata baka aduk lokacinda ka tambayeta dalilinta na tsanar kishiya kodai tace maka ba kishiyace ba'asoba halinta shine abun gudu, kodai kuwa tace ai bazata iya raba kwana da wataba wai abunda take nufi anan mijinta bazai kwana da wata sannan azo a kwana da itaba.

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Ana samun mata wadanda ambaton  
kishiya daidai yake da ambaton  
mutuwarsu, duk wata soyayya da  
takeyiwa miji zata gushe babu abinda  
yake zuciyarta face tsanarsa bakaken  
maganganu hanashi hakkinsa rashin  
kyautata masa harma wata sanadin  
rabuwarsu kenan da zaran ya fara  
maganar kishiya.  
Rashin lura da abu uku shine babban  
makasudin tsundumar mata cikin  
mummunan kishi,

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Wanda koda sau daya mace zata zauna  
tayi tunaninsu to tabbas zata saukakawa  
kanta wajen tsanar kishiya.

**1 HUKUNCIN ALLAH** tunda allah ya  
bawa namiji damar auren mace sama da  
daya to tabbas akwai dalilai ba banzaba  
don kuwa Allah shine wanda yafison dan  
adam fiyeda kowa amma da sanin haka  
allah ya hukunta hakan, sannan  
akarkashin wannan kiyi addu'a mafi  
alheri domin da yawa aure da miji ke  
karawa ya zama musu alheri sakamakon  
addu'a da suke.

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**3 KADDARA** idan har Allah ya kaddara  
zaki zauna da kishiya to babu makawa  
komai tsananin kishi saikin zauna kuma  
idan har allah ya hukunta hakan

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tofa miji bazai taba sauraren mace ba da  
zaran yayi niyyar kara aure zai zama zabi  
biyu ne kawai ya ragewa mace  
Imma dai ta saduda ko kuma ta rasa  
mutuncinta awajensa daga karshe kuma  
yayi auren sa.

**3 YAWAITAR MATA** duba da yanda mata  
sukafi maza yawa kadai ya isa mace ta  
sassauta kishi don binciken masana ya  
tabbatar idan anaso adaidaita yawan  
maza da mata tofa saidai kowanne namiji  
ya auri mata hudu ta hakane 'yan mata  
da zawarawa bazasuyi yawaba sannan  
za'a rage zinace zinace don zaki iya hana  
mijinki kara aure,  
Amma kada ki manta bazaki iya dakatar  
dashi da kula wasu awaje ba kinga kinki  
kishiyar gida an miki awaje.

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Manyan maluma zun zayyano sharuda da namiji zai cikasu kafin yasamu damar zama da mace sama daya kamar wanda yakeda halin rikesu da tarbiyar yaransu sannan yakeda lafiyar saduwa dasu akasin haka kuskurene namiji yace dole saiya zauna da mace sama da daya don haka idan har mijinki ya cika wadannan sharuda babban kuskurene ki hanashi kara aure.

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## HANA KISHIYA

Idan kuka bincika rubuce rubucena zakuga  
sunayen magunguna da dama masu alaka  
da wannan sunan wato hana kishiya  
wanda wadansu suna ganin amfani da daya  
daga ciki hanya ce ta hana kishiya shigowa  
harma wasu suna ganin idan akace hana  
kishiya to ya zama sihiri maimakon mutum  
ya bincika sunan abu da yanda ake  
sarrafashi sai kawai ya yanke hukunci  
dajin sunanshi,

To wannan dai shine musabbabin wallafa  
wannan takaitacciyar kasidar wanda zatayi  
bayani akan abunda hana kishiya ke nufi  
da yanda ake sarrafasu daki daki sannan  
daga karshe na kawo hanyoyin gyaran jiki  
dana neman waraka koda wata matsalar ta  
samu

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Kowanne magani amfani dashi zai iya  
zama sihiri ko tsubbu domin bawai itacen  
magani ko ganye ko suna shine abun  
luraba yanda ake amfani dashi shine abun  
lura,

Kuma shi hana kishiya bawai kishiya yake  
kora ko yake hanata zuwa ba kawai yana  
karawa mace ni,ima ne ko dandano da  
muhibba wajen miji ta yanda babu wata  
kishiya da zata darata awajen miji shine  
hausawa kuma saboda kambama shi ake  
fada masa hana kishiya

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Wannan shine hana kishiya wanda shi  
kadai ba'a fiya amfani dashi ba,

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Amma abinda ya shafi Karin ni.ima da  
dandano ana hadashi da manta uwa da  
dan kadafi da bita zaizai da mallaka ana  
garinsu anasha da nono ko madara ana  
saka sugar ko zuma kodai mazar kwaila

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Man damo kuwa tun lokacinda aka  
samoshi ake kiransa hana kishiya saidai  
sabanin wancan na farkon shi kadai  
dinsa ma ana amfani dashi akan abinda  
ya shafi karawa mace dadi da kuma  
gamsarda miji

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Duk wani mallaka idan aka sarrafa da man damo yana tasiri sosai awajen mata kamar amarya ko me jegu sunayin amfani dashi haka kadai ba tareda an hadashi da wani abu ba saidai wajen dafawa ana saka masa gadalin mata shine ke kara masa tasiri sosai



Domin tabbatar da tsaftar aiki dashi kina bukatar auduga kafin kiyi matsi domin da ita zaki dangwalo ki shafa agabanki sa'a daya kafin saduwa.

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Zakakurin itace daga yankin larabawa  
wanda hausawa suke kiransa da suna  
kala biyu

(**jinin mutum**) ana kiransa jinin mutum  
saboda idan yana danye kana tsaga  
jikinsa zakaga ruwan jikinsa ja kamar jini  
shiyasa ake fada masa jinin mutum,  
(**hana kishiya**) dalilin kiransa hana  
kishiya kuma wajen amfani dashi ana  
hadashi da idon zakara da gadalin mata  
da mallaka azuba masa turaren **black**  
**uhd ko alfu laila,**

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Wannan turaren babu wani ruwan turare  
daya kaishi daukan hankalin namiji  
shiyasa ake fada masa hana kishiya.

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Gadalin mata shima sunansa biyune  
saidai shi kuma yafi shawara da gadalin  
mata kamar mu nan Nigeria anfi saninsa  
da hakan koda yake akwai masu kiransa  
da gadalin ma'aurata don yana aiki maza  
da mata shikuma babban aikinsa shine  
hadashi da man damo ko man ayu wato  
yanda ake masa bareshi za'ayi sai akirba  
a shanya ya bushe sannan ayi garinsa  
idan anzo narka man damo kona ayu sai  
azuba shidai namiji,

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man ayu da gadalin yafi tasiri akan man  
damo domin yana kara masa nishadi  
sosai wajen jima,i.

kiransa da sunan hana kishiya kuwa be  
wuce shekara5 ba domin saima mutanen  
niger da camaron da chadi suka fara  
fahimtar amfaninsa shine suke fada masa  
hana kishiya.



man ayu kenan wanda  
aka narka amma babu wani hadi wanda  
sama da shekara 40 ana amfani dashi  
wajen mallaka nishadi da gamsarwa  
shikuma anfi hadashi da man damo,

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Kamar mace me buƙatar gamsarda miji  
ko bata jin nishadi wajen saduwa yana  
temakawa sosai dalilin fada masa hana  
kishiya kuwa lokacinda aka fara dafa  
kazar amarya dashi wannan lokacin mata  
suka kara fahimtar amfaninsa domin  
idan kika samu kazarki me kitse  
budurwa domin amfiso kisamu wanda  
bata taba kwai ba bawai sharadi bane  
amma ita tafi kitse saiki gyarata amma ta  
samanta zaki fedeta anan zaki zuba  
kayan hadin wato garinda aka hada da  
dan kumasau da kanunfari da kirfat  
malmo da baure saiki zuba acikin kazar  
ki rufe abunda ake nufi kayan hanji da  
kikacire su zaki maye gurbinsu da  
wannan kayan hadin, sannan ki dora  
akan wuta ki zuba ruwa kadan zaiki zuba  
nonon rakumi da man ayu,

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Tofa idan kaza ta dafu ita kanta ta zama  
hana kishiya domin da zaran kin cinyeta  
gaba daya har romon tofa wajen miji  
babu sama dake.



wannan itace kazar  
akwai dan wahala yinta idan har kikayi  
kuskure wajen dafawa zata iya bata miki  
ciki saiki samu kwararru wadanda suka  
iya suyi miki amma idan zaki iya kiyi da  
kanki.

Wannan shine bayanai akan magani da  
ake kira hana kishiya wanda duk  
wadannan hanyoyin sarrafasu babu sihiri  
ko tsubbu aciki.

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# KISHIYAR GIDA

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Kai tsaye za muje zuwa ga abu uku masu  
ingiza namij izuwa zama da mace sama  
da daya wato (Karin aure)

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**1 RASHIN ZAMAN LAFIYA** wani lokacin  
mata da miji basa samun zaman lafiya  
harsai ya kara aure domin ita wannan  
wanda zata shigo zata fargarda uwargida  
izuwa farantawa miji kota halin kaka,

sannan uwargida zata kara sanin darajar  
miji, sannan ta gane cewar ta samu  
babbar dama a kafin zuwan amarya, haka  
zalika uwargida tana samun hutu daga  
wasu ayyuka na gida wadannan kadai  
zasu iya samarwa ma'aurata zaman lafiya  
dalilin kishiya.

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## 2 RASHIN TSAFTA DA GYARAN JIKI

Mata da yawa kishiya ke saka su gyaran  
jiki don wata bazata taba tashi gyaraba  
sai miji ya tashi kara aure haka mace  
take zama babu tsafta bayan yanzu kai ya  
kara wayewa da yanda mace zata kula da  
kanta amma wasu matan haka zasuyita  
zama har miji saiya gaji ya fara tunanin  
kara aure sannan su tada hankalinsu  
wajen neman hanyar dakatar dashi.

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### 3 LARURA DAGA JIKIN MACE

Akwai yanayi da ma'aurata ke samun kansu wanda tilas ne miji ya kara aure kamar rashin haifuwa ko rashin gamsuwa da miji keyi da mace wanda kullum yana cikin damuwa kodai wata matsala da idan aka cigaba da zama baza'a taba samun kwanciyar hankali ba to wannan shima daliline na kara aure.

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4 SAMUN DAMA wasu matan suna mamakin yanda suke zama da miji shekaru da yawa amma daga zaran wata dama ta samu sai suga yana kokarin kara aure,

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Wannan bashine laifi ba matukar mutum  
yanada daman rikesu da kula da tarbiyar  
yaransu babu laifi don ya kara aure  
abinda ba'aso shine mutum ya matsawa  
kansa akan abinda bashi dashi wani ita  
kanta uwargida baya biya mata  
bukatunta amma yace dole saiya kara  
aure wannan a shari'ar musulunci ma  
haramunne ya kara wanin auren.

### **MATSALOLIN MA'AURATA**

Daga cikin magungunan da muka rubuta  
na matsalolin maza na zakulo wasu  
muhimmai daga ciki wanda suna kan  
gaba wajen samun matsala tsakanin  
ma'aurata.

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## RAUNIN NAMIJI WAJEN SADUWA

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citta danya da kuke gani tanada matukar  
muhimmaci ajikin namiji wajen kara  
masa kuzari Lokacin saduwa, koda yake  
shi wannan hadin ba citta kadai ake  
bukata ba harda, kiswatil hindi sahihin  
itace da yankin Asia wanda yanada kyau  
muyi bayani Akansa amma yanzu ganan  
hadin maza da akeyi, citta da kiswatil  
hindi za'a hada da abarba a Kirba a tace  
ruwan sai madara peak ta ruwa shikenan  
Ka gama hada madarar maza anasha sau  
biyu a dare daya,

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sai kuma bangaren mata suma akwai  
hadi me saka musu ni,ima nan take,



Kawai ki gurza kwakwa amma kafin nan  
saikin daka dabino da garin ridi wanda  
dama tuni kin soyashi sama hallau dama  
kin tafasa kanunfari kin tace ruwan to  
saiki zuba wadannan kayan gaba daya  
aciki sannan ki zuba nono me kyau da  
Zuma aciki saiki samu wajen ajiya me  
kyau ki ajiye kullum daga kinsha ruwa  
kada ki manta dashi.

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## CIWON SANYI

Akwai cututtuka da dama da sanyi ke  
haddasawa musamman mace wanda  
yanda kusan kowanne shafi namu akwai  
bayani akan hakan,

Abunda ke bawa mata wahala shine  
yanda suke shan maganin sanyi ba adadi  
amma ba sauki ko kuma koda ansamu  
saukin daga baya saiya dawo wannan  
kalubalene sosai wajen mata, adai  
maganin gargajiya munada magunguna  
da sun zarce irge amma kafin kiyi  
kowanne magani ya kamata ki lura da  
wadannan,

Ke kadaice wajen mijinki?

Mijinki bashida ciwon?

Meye sanyin yake miki?

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# SANYI ME SAKA ZUBAR RUWA DA CIWON MARA DA RASHIN GAMSAR DA MIJI



Wadannan mayika ne na islamic guda  
biyar sune ake hadawa akesha cokali  
daya kullum sau daya

1 man zaitun  
2 man tafarnuwa  
3 man hulba  
2 man kanunfari  
4 man habba  
5 man zogale

Sai kuma bangaren gargajiya shima da  
ake tafasa itatuwa guda biyar anasha ana  
tsarki dashi na tsawon kwana goma

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1 sauyar zogale  
2 ganye magarya  
3 sauyar garafunu  
4 sauyar malmu  
5 ganyen lalle

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Sannan zaki iya hada citta da kanunfari  
da kirfat da tafarnuwa kiyi garinsu saiki  
zuba acikin zuma sannan ki matsa lemon  
tsami kullum kinasha cokali biyu sau  
biyu cikin sa'o,i ashirin da hudu  
(24hours)



Bayan haka saiki hada garin hulba da  
garin bagaruwa waje daya kina dafawa  
kina tace ruwan kina tsarki dashi  
lokacinda kikazo kwanciya kuma ki bare  
tafarnuwa kiyi matsi da sala daya.

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Wannan shima yana daya daga cikin  
fa'idodi dana bincikowa gameda hanya  
mafi sauki da mace zatabi don kawarda  
ciwon sanyi musamman wanda yake saka  
mace zubar ruwa da kaikayi tareda  
daukewar sha'awa ki jarraba wannan

## GYARAN FUSKA

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Abu na farko da mata yakamata su gane  
akan abunda ke gyara fuska babu sama  
da kwai da lemon tsami da ayaba da  
zuma wadannan ana sarrafasu sama da  
hanyoyi 50 kuma binciken ilimi ya  
tabbatar da haka,



zaki iya hadasu waje daya ki shafa a  
fuska bayan minti talatin (30minutes ki  
wanke sannan ita Zuma ita kadai ana  
ahadawa da lemon tsami ana shafawa,

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Kwakwa Zaki samu ki gurzata  
saiki hada da Zuma da man zaitun  
saiki shafe fuskarki dashi sai  
bayan kaman mintuna biyar  
(5minutes) saiki wanke da ruwan  
dumi kiyi kullum kisha mamaki



Hallau dai Zaki iya hada man  
zaitun din da Zuma da lemon  
tsami ki saka sugar kadan saiki  
shafe fuskarki dashi bayan  
mintuna talatin (30minutes) ki  
wanke fuskarki,

Shi kuma wannan ayaba Zaki markada  
dama kin jika garin hulba da ruwan dumi  
saiki saka man habba da man hulba da  
Zuma da madara duk ki hadasu saiki  
shafe fuskarki idan kinaso harma jikinki  
Zaki iya shafawa.



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**GYARAN GASHI**

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hanyoyi guda biyu da kowacce mace  
zatabi ta samu tsayin gashi da laushi da  
baki duka ba tareda tayi amfanida  
maganin bature ba,  
abu na farko shine amfanida tafarnuwa  
da man zaitun yanda zakiyi saiki samu  
tafarnuwan da dan yawa kamar sama da  
goma saiki baresu ki yanyanka,  
sannan ki jikasu da man zaitun saiki bari  
yayi kwana uku ajike saiki soya ki ajiye  
kina shafawa akayi bayan sa'a daya  
(1hour) awanke.

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sai kuma na biyu shine amfanida man  
amla da man kwakwa da zuma yanda  
akeyi shine zaki zuba man amla kadan  
zuma itama idan amla ya zama cokali<sup>4</sup> to  
zuma ya zama cokali<sup>2</sup> man kwakwa  
shima cokali<sup>2</sup> saiki zuba a ruwan zafi shi  
kuma kamar cokali<sup>4</sup> a gauraya kamar  
idan za'ayi shampo sai ashafa akayi  
bayan mintuna talatin (30minutes)  
shikenan sai kiyi shampo dinki.

**SHAYIN MATA**

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Ya'yan kankana da kanunfari da kirfat  
ganyen na'a na'a da sassaken baure da  
kukuki da 'ya'yan zogale sune kan gaba  
wajen sinadarin shayin mata me karawa  
kowacce mace ni,ima matukar ta hadashi  
nishadi da gamsarda miji kuwa saikin  
gwada ki gane dadin dadawa gashi babu  
lalacin saduwa tirkashi,

Yanda zakiyi idan kikhadasu waje daya  
acikin butar shayinki saiki tafasa ki tace  
kisamu Zuma me kyau ki saka aciki kisha  
anaso ya zama kin Dade kina shansa  
arana misali kisha sau 6 acikin 24 hours.

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Sannan ga mata masu bushewar gaba  
idan suna wannan yanada kyau suna tace  
ruwan kankana suna matsi dashi amma  
farin wanda babu alamar ja ajikinsa,



Domin hadine dayake karawa mace  
ni,ima ba kakkautawa ruwa tamkar  
korama.

### **NAMIJI ME SAURIN GAJIYA**

Darasin karshe awannan kasidar shine  
hanyoyi Biyu na samun kuzari ga namiji

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Abu na farko shine gensing  
namiji idan yanaso ya samu kuzari zai iya  
hada tsuminsa wato idan aka samu  
gensing kamar guda10 citta me yatsu5  
sai amarkada sai azuba zuma a gauraya  
azuba ruwa kadan shikenan an gama  
namiji zaisha karamin kofi sa o.i uku  
kafin yayi jima.i ku jarraba kuga  
aikinsa....

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Sai kuma abarba  
Aana iya markada abarba sai atace  
ruwan a saka madara peak da  
lemon tsami kadan arinka shansa  
bayan shan ruwa .

Hadin abarba kenan na maza  
wanda anaso namiji dayakeda  
shirin aure wato wanda be taba  
aureba ya rinka shansa kullum  
akalla sau biyu



Alahmadu lillah wannan shine karshen  
bayanin kashi na daya.

## Auwal Muhammad

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