



EL NEEMA
CARES INITIATIVE



DAN LITTAFIN NEEMA AKAN HAILA (AL'ADAR MATA)

DOMIN YAN MATAN AFRIKA

AIKIN FADAKARWA DAGA EL NEEMA CARES INITIATIVE



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Sannu Girlie,

Suna na Malama Zainab. Nice malamarki na jikin yan mata kuma a wannan dan littafi, zan koya maki wani abu mai muhimanci da yakan faru da jikin ya mace ko yarinya yayinda take yin girma.

Saboda haka, ki tabatta kin bada hankali yayinda kina karatun wannan dan littafi. Kina iya karantawa tare da mahaifiyarki ko wata matan Aure wanda kin yarda ko amince da ita. Ki tuna ki Tattauna dukan abinda kika koya daga wannan dan littafin da Sauran yan mata kamar ke.

Muje muyi wasu wasani na koyo tare!

FAHIMTAR HAILA AL ADAR MATA

Akwai wani abu mai muhimanci sosai da yakan faru da yan mata yayinda suke yin girma.

Wannan yakan faru ne a lokacin Balagarsu. Wannan muhimin abu ne da ake kira HAILA

Haila al'adar mata ce da ke faruwa wata wata bisa ga yanayin gabobin jikin mata wadda ke da mahaifa, da kwai da wasu sinadarai bisa ga halittar Allah. Wannan mahaifan ne da gidan kwoi na mace sukan hadassa fitowar jini domin nuna alamar Balagar ya mace da kuma albarkar samun haifawa a cikin rayuwar yan mata.

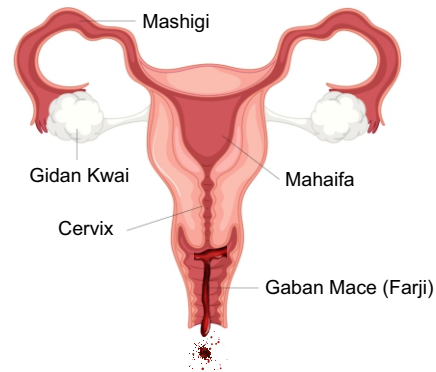
Wannan fitowar jini daga gaban jikin ya mace ne ake kira Haila ko Al'adar mata. Mata da Yan mata ne kadai ke da wannan Al'ada.

HAILA DA JIKIN YA MACE YARINYA

Lokacinda ya mace ta fara Hailarta, alama ce cewa jikinta na yin girma da kuma bada haske cewa zata iya samun haihuwa in ta mayanta ko in gabobin jikin suka yi kwari.

A cikin jikin ya mace, muhiman gabobi sukan yi aiki tare domin tabattar da hailer mace kowace wata.

Wasu muhiman gabobin suna kamar haka:



- 1 MASHIGI (Fallopian Tubes):** Inda kwai ke shigewa.
- 2 GIDAN KWAI (Ovary):** Inda kwai ke fitowa.
- 3 GABAN MACE (FARJI) (Vagina):** Budediyar gaba ce a jikin ya mace.
- 4 MAHAIFA (Uterus):** Inda Jinjiri ya kan yi girma kafin haihuwa.
- 5 JINI (Blood):** Abinda yakan fito a matsayin Haila kenan.



ainihin matsayin wadannan gabobi na musammana jikin yarinya

YAWANCIN TAMBAYOYI DAGA MATASA YANMATA

2

YARINYA : Malama Zainab, Kimanin kwana nawa ne na Haila a cikin wata?

Malama Zainab: Yana iya zama da bambanci bisa ga yanayin jiki, amma yakan zama daga kwana 3 - 7. Wasu na iya zama da kwanaki kadan, wasu kuma da dama Dadai ne ya bambanta ga kowa. In kin fara Hailarki, za ki koya sosai game da yanayin aikin Jikin ki. Inda Hailar ki ya kai har kwana 10, ki fadawa mahaifiyarki ko wata matan Aure domin ki ga Likita.

1

YARINYA : Malama Zainab, yaushene zan fara Haila ta?

Malama Zainab: Fara Haila ya bambanta ga kowa, yawancin yan mata sukan fara tsakanin shekaru 9 da kuma 16. Da yawa kuma sukan fara tsakanin 12 da 13. Yakan iya zama wa wasu da wuri, wasu kuma sai nan gaba. Za ki fara Hailar ki lalle in Jikinki ya shirya.

3

YARINYA : Zata iya hailatsaya, ko zai tsaya har abada?

Malama Zainab: Eh, jinin al'ada yana daina zuwa lokacin hawan lafiya (menopause). A wannan matakin, jikin mace yana daina samun jinin al'ada saboda kwanji daga mafitsarar mahaifa (ovary) yana daina fitowa, don haka babu wani jini da zai dinga fitowa ta farji kowane wata. Amma kafin hawan lafiya, jinin al'ada na iya daina zuwa saboda ciki ko wata matsalar lafiya. Idan dalilin daina jinin ciki ne, babu wata matsala domin jinin zai dawo bayan haihuwa. Amma idan dalilin shi ne wata matsalar lafiya ko rashin daidaiton sinadarai (hormones) a jiki, ya kamata a je asibiti domin ganin likita.

FAHIMTAR SAKE ZAGAYOWAR HAILARKI

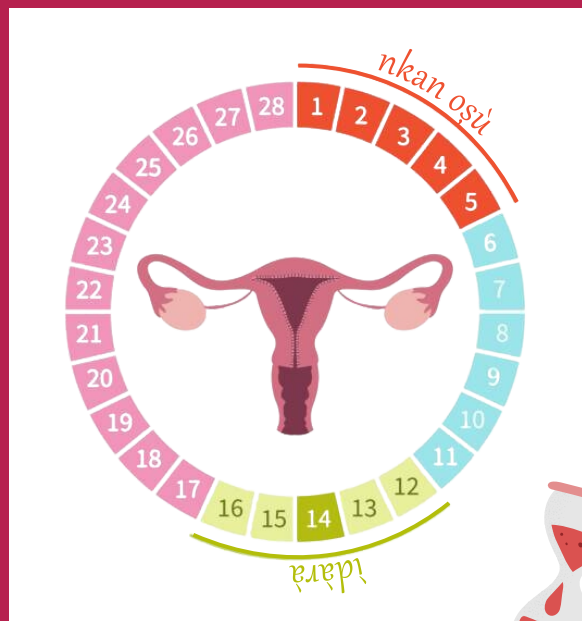
Zagayowar Haila a kowane wata na bayana jerin ayyukan da sukan faru da jikinki yayinda gabobin Jikin ki na bayana alamu da shiri domin daukar ciki ko juna biyu a kowane wata.

Yan mata sukan samu sake zagayowar Haila sau da yawa a cikin Rayuwarsu daga ranar farko na Hailarsu zuwa lokacin da zasu daina ganin Hailarsu wadda ake ce da shi (Menopause).

Kowace zagayowa na fara ne a ranar farko na Hailarki ya kuma kare a tsakanin rana daya zuwa wata zagayowar na wani wata kuma. Wannan na nufi kenan cewa, farkon ranar Hailarki a wata, shine farkon rana na sake zagayowar Hailarki.

Yawan kwanakin zagayowa ya bambamta a yawan kwanaki na Hailarki. Kimanin yawan kwanaki na kowace zagayowa 28 ne. Wani lokoci kwanakin sukan ragu, wani loton kuma su karu.

In kin fara Hailarki, zaki kula, ki kuma yi lissafin yawan kwanakin zagayowarki domin ki kara fahimta sosai.



YADDA ZA KI YI LISSAFIN SAKE ZAKAYOWAR HAILARKI

Ranar farko na Hailarki:

Ranar farko na Hailarki shine a ke kira “Ranar fari” na zagayowar Hailarki.

Ranar Karshe na Hailarki:

Ki lura da ranakun kafin zuwan Haila na watan gaba. Ya bambamta ga yan mata amma tsakanin kwana 21 da 35 ne. Bari mu ce akala kwana 28 ne ya zama yawan kwanaki na sake zagayowar Haila.

Yadda za ki yi Lissafin Hailarki na gaba:

Domin iya gano ranar da Hailarki na gaba zai fado, ki hadda kwana (28) da farkon rana na Hailarki na yanzu. Misali, in Hailarki na watan satumba ya fara ran 03-09-2024 ne, Hailarki na watan oktoba na iya farawa ran 01-10-2024. Wato (satumba $3+28=\text{oktoba1}$).

Fitowar Kwai zuwa Mashigi:

Wannan na faruwa a tsakiyar zagayowar Haila ce, yawanci kwana 14 kafin zuwan Haila na gaba. Misali, a 16-09-2024, Jikin ki zai saki kwai daga gidan kwai zuwa mashigi, wannan fitowar kwain ne ake kira (ovulation) kuma a waddanan kwanakin ne kina iya daukar ciki in kin yi Jima'i mara kariya.



Ki lura da Jikinki, wasu yan mata da mata, sukan yi zazzabi da wasu alamu daban daban a kwanakin fitowar kwain naki kafin zuwan Haila na gaba, za ki koya sosai gameda jikin naki. Ki tuna cewa kowace ya mace na da yanayin Hailarta dabam da sauran yan mata. Yana daukar ma wasu lokaci sosai kafin su iya ganewa yanayin Hailarsu. Yin amfani da kalandar kwanan wata na iya taimakawa wajen gano kwanakin Haila a cikin wata.

SHIRI DOMIN HAILA



Kafin zuwan Haila na farko ga yanmata, sukan fuskanci wasu alamu kamar girma ko Karin nauyin Mama ko Nono, kurajen fuska, tashin Gashi daga gabansu wato “farji” da wata fitorwa daga farji da sauran alamu masu yawa.

Bayan Hailarki na farko, wasu makamantar haka sukan zo kowane wata wadda ke nunawa cewa Hailarki na kan hanya zuwa, wani lokaci alamun sukan hada da ciwon kai, ciwon mara, ciwon baya da kuma jin yawan gajiya.

Ki tuna, kada kiji kunyar Hailarki, ba abin kunya ba ne, abu mai kyau ne ki fara ganin Haila kuma a kowanne wata. Daidai ne kiyi hira da kawayenki a game da Hailarki, suna iya baki shawara ko wata labari a game da yanayin Hailar yan mata.

Ga wasu hanyayin da zaki iya shiryawa Hailarki :

KAYA: Ki tanadi kayan Haila kamar pads, ki ajiye shi inda zaki gani da wuri in bukata ya tashi.

LISSAFIN HAILA: Ki zama da lissafin zuwar Hailarki ta wurin amfani da kalanda mai kwanan wata ko na cikin waya (Handset).

TSABTA: Ki yi wanka kullum, ki kuma canza pads yadda ya kamata da kuma wankin Hanaye da sabulu a karkashin ruwa mai guduwa kulayaumi.

SHIRIN JIN DAIDAI: Wani lokaci kina iya jin ciwon mara, ciwon baya da gajiya jiki, kina iya motsar jiki a hankali, amfani da ruwan dummi domin jin daidai a jiki.

ZAMA KULLUM A SHIRYE: Ki zama da pads kullum a jakar makarantarki maiyiwuwa, Harlarki na iya zuwa ba zato kuma baki a gida a lokacin.



BATUTTUWA DA SUKE DA ALAKA DA HAILA

DYSMENORRHOEA: Wannan na nufin yan mata da mata masun Haila da matsalar ciwon mara, ciwon baya, ciwon kai da tsananin gajiya jiki da sauran wasu alamu na zafin jiki sosai. Irinsu na iya amfani da dumammen ruwa da kuma shan wasu magungunan da Likita ya rubuta masu.



PAD/TAMPONS: Wannan kamar Auduga ce ko soso wadda yan mata sukan yi amfani da shi Lokacin Haila domin shanye Jinin Haila ya kuma hana lalatar da jikunansu da kuma kayansu da jini. Wannan kayan Tsabta ne ga yan mata a Lokacin Hailarsu. Suna nan kala-kala da kuma kashi-kashi, kina iya zaba wanda ya game ki ko nemi shawara gun matan da sun saba amfani da su domin samun bayani akan wanda yafi kyau.



PRE-MENSTRUAL SYNDROME (PMS): Wannan na bayana hanyoyin da jikinki zai baki wasu alamu kafin zuwar Hailarki. Kina iya jin zafin jiki ko ciwon baya, ciwon kai da Karin nauyin Nononki kamar mako daya kafin zuwar Hailarki. Wadanan alamu ne kawai, ba wata matsala ba ne, alamu sukan wuce da kansu bayan Hailar ya fado.

AMENORRHEA: Wani Lokaci, Hailar yan mata yakan tsinke domin wasu dalilai da kuma yanayin jiki, wannan ma daidai ne, sai dai bayan shekaru 16. Wasu yan mata na iya fuskantar tsinkewar al'ada kuma ba ciki ba ne. in wannan ya faru, ki gayawa manyan mata ko ki tafi Asibiti ki ga Likita domin samun bayani a gameda hakan.

MENOPAUSE: Wannan wata yanayi ce da yakan faru a rayuwar mata. Ga manyan mata ko tsoffofofin mata wanda sun kai shekaru 50 zuwa gaba, sukan fuskanci karewar Haila ko al'adar mata. Wannan ba laifi ba ne, daidai ne a rayuwar mata. Wannan wata alama ce da ke nunawa cewa matan da sunkai wannan shekarun, ba zasu samu haihuwa kuma ba.

Barka da karatun fadakarwa daga wannan dan littafi akan Haila ko al'adar mata. Iliminki na da karfi wajen kare ke da kuma yadda zaki kula da Jikinki yayinda kin yi amfani da shi akan Jikinki gameda Haila. Ina so ki gane da muhiminci da kuma darajar ya mace ki kuma rike mutuncin ki a gameda shanin Jima'i kafin Aure. Ki sani cewa gobenki na da albarka da manufa daga wurin Allah, ki zaba abinda zai taimake ki, ki yi rayuwa na cin manufa a wannan Duniya.

Ki gujewa yin ciki kafin Aure ko cikin da baki shirya ba ta wurin yin Jima'i mara kariya ko kafin Aure. Ki fuskanci manufofin rayuwarki, ki kuma tsare kanki daga tashin hankali. Ki tuna da cewa kina da yancin kin yin Jima'i kafin Aure, ki kuma sa iyaka da abokanai maza ko samarai. Ki fuskanci iliminki ko makarantar ki, ki kuma yi kyakyawar shiri na rayuwar gobe. Kada ki yi na'am da rayuwar lalaci amma ki rike mutuncin ki da darajarki. Ki tsaya da karfi, ki tsaya da gaskiyarki, ki kuma rike kanki sai kin yi Aure.



MABEL ADOJO

Mai Kafa Kungiyar,
Elneema Cares Initiative.

Mabel mai goyon bayan kafofin watsa Labarai na kasar Najeriya ce, anka ce, marubuciya ce da kuma mai ingantaciyar Magana ce wanda tana da manufa ga al'ummar duniya ta wurin bada hankali ga kyakyawar koyarwa, fadakarwa da kuma wadatar da yan mata.

Ita mai nasara ce wadda ta chanza rayuka mara kirguwa hadde da Samarai, Gwamraye da Matalauta. Iliminta, da Baiwa da kuma Hikimarta domin taimakawa jama'a ne su ci manufofin rayuwarsu da kuma shawo kan matsololin rayuwa. Taimakon Mabel ya wuce gaban kudi, takan shiga Kauyukka da Birane domin karfafa da kuma inganta rayukan al'umma. Zurfin Bangaskiyar ta na taimakonta sosai cikin wannan hidimar yayinda take da begen ji watarana cewa "Sannu da aiki" daga mahalincinta bayan rayuwarta a duniya.

GAME DA ELNEEMA KUNGIYAR ZAMAN KANTA

ELNeema Care Initiative Kungiya ce na zaman kanta wanda ba ta da alaka da Gwamnati, mai kula da kuma bada taimako ga al'umma musaman yan mata wadda suna cikin Makaranta da wadanda sun isa tafiyar makaranta, da Gwamraye marasa taimako. A wannan Kungiyar, niyar mu shine ilimintar da al'umma dayake shine kyauta mafi muhimmanci wanda zamu iya ba wa al'umma, kuma hanya ce ta tsare wannan ilimi daga tsara zuwa tsara ga zamanai masun zuwa. Manufofin mu akan inganta rayukan al'umma ta wurin kula da tallafawa Samarai da Yan Mata da kwakwarar ilimi.

AYYUKA da Tallafi daga Kungiyarmu yanzu sana kamar haka:

- Murmushin Gwamraye a Lokacin Kirismiti
- Taron Tallafawa yan mata da kayan "Haila" (Pads)
- Tallafi ga yan mata cikin makaranta da kayan "Haila" (Pads)

DOMIN HADIN GWIWA DA KUMA GUDUNMAWA:

- Account Number: **0826233968**
- Bank: **Guaranty Trust Bank**
- Account Name: **El Neema Cares Initiative**

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BA NA SAYARWA BA