

Igitabo cyo gukumira indwara no kurengera ubuzima

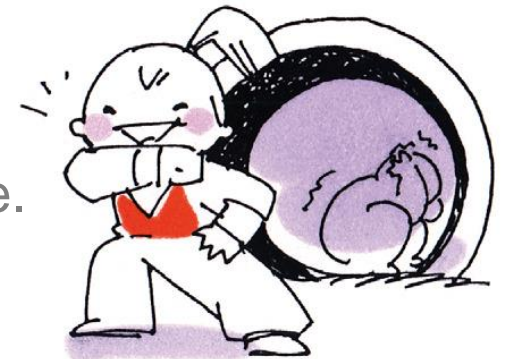
# Ingamba zo gukumira Ubuzima n'imibereho myiza





## Igisobanuro cy'ubuzima

Igisobanuro cy'ubuzima n'umuryango w'abibumbye cyita ku buzima (OMS) ni “imiterere y'imibereho myiza y'umubiri, iy'ibitekerezo ndetse n'imibereho myiza y'abaturage ntabwo ari indwara cyangwa ubumuga gusa.” Gusa iyo umuryango wose ufite ubuzima bwiza ushobora kurindwa ubuzima bwabanyamuryango babwo. Gusa iyo buri munyamuryango kugiti cye ari muzima, abaturage barashobora gukomeza kuba muzima muri rusange.





## Ingamba zo gukumira Ubuzima n'imibereho myiza

Uburyo bwiza bwo kwita kubuzima ni ukubungabunga ubuzima haba imbere ndetse no hanze yumubiri. “Ibidukikije by'imbere” bivuga umubiri n'ubwenge. Kongera ubudahangarwa bw'umubiri no gukomeza kuringaniza umubiri n'ubwenge ni ngombwa mu kwirinda indwara zanduzza.

Buri selile yo mumubiri ifite ubushobozi bwo kwikingira. Nyamara, iyo igice runaka cyumubiri gifite intege nke, virusi zishobora kwinjira mumubiri. Niba umuntu akunze kumva ameze neza, agatekereza ibitekerezo byiza, kandi agakomeza kuzuzanya umubiri we imbaraga nziza, noneho selile nziza zizavugururwa nizindi mbi ziveho. Rero, ntuzarwara byoroshye.



# Kongerera Immune Sisitemu = Kurinda neza Indwara

## Irinde Ibintu bitatu kugirango ugire ubuzima bwiza

Wibuke kenshi kwirinda "ibintu bitatu" kuko gukomeza kugira ubuzima bwiza mumutwe ningirakamaro mukurinda indwara zanduzza.



### 1. Ntukarakare.

### 2. Ntugire impungenge.

### 3. ntugire ubwoba.

- 1** **Ntukarakare.**  
Iyo umeze neza, urashobora gukomeza kuringaniza kumubiri no mubitekerezo.



- 2** **Ntugire impungenge.**  
Iyo witeguye neza kuri byose, ntuzigera uhangayika.



- 3** **ntugire ubwoba.**  
Menya amakuru yukuri, kugirango utazagira ubwoba.

# Kurikiza ibintu bitanu kugirango ugumane ubuzima bwiza

Kurikiza “ibintu bitanu” kugirango wubake urufatiro rukomeye rwo kubaho neza kandi wirinde ibyago byindwara.

1. Karaba intoki kenshi.

2. Kunywa amazi ashyushye.

3. Kora imyitozo myinshi.

4. Buri gihe wishime.

5. Witondere.



1

**Karaba intoki kenshi**  
guhagarika kwanduza virusi.

**Kunywa amazi ashyushye**  
gukuramo uburozi mu mubiri.

2



3

**Kora imyitozo myinshi** kunoza metabolisme yawe no kubona urugero rwa buri munsu rwizuba kugirango wongere umubiri wawe.



4

**Buri gihe wishime**  
Komeza ubudahangarwa bwiza

5



**Witondere.** Witondere inzira yanduza virusi no kwirinda

# Karaba intoki zawe kenshi

## Irinde kwanduza indwara

Virusi nyinshi zizwi zandura cyane cyane binyuze mumubiri wumurwayi (flegm, amacandwe, ururenda rwizuru, amarira, amasohoro, amaraso, inkari), kurumwa na vectors (imibu, louse cyangwa utundi dukoko), cyangwa gusohora imbeba cyangwa zimwe izindi nyamaswa.

Gukaraba intoki kenshi bifasha gukuramo indwara zitera amaboko. Ubu ni uburyo bwiza bwo kwirinda indwara zitera amaso yawe, izuru n'umunwa.

- ◎ Karaba intoki kenshi.
- ◎ Karaba intoki mbere yo gukora ku jisho, umunwa, n'izuru byawe cyangwa abandi.
- ◎ Karaba intoki mbere yo gufata ibiryo no kurya.
- ◎ Nyuma yo gutaha, oza intoki mbere yo gukora ku bintu.
- ◎ Karaba intoki zawe nyuma yo gukora ku kintu ahantu rusange, nka balustrade, inzugi zumuryango, buto ya lift, nibindi.





## Byishimo, Irashobora kongera ubudahangarwa bwawe

Gukomeza kwishima, kuvuga amagambo meza, kurera umutima mwiza, no gukora ibikorwa byiza birashobora kugufasha kongera ubudahangarwa bw'umubiri no kwirinda indwara.

Kwishima biragufasha :

- ☉ humura imitsi.
- ☉ komeza umuvuduko w'amaraso usanzwe, umutima utera, hamwe na metabolism nziza.
- ☉ Isura ni nziza kandi iruhura.
- ☉ ongera ubudahangarwa bw'umubiri wawe.

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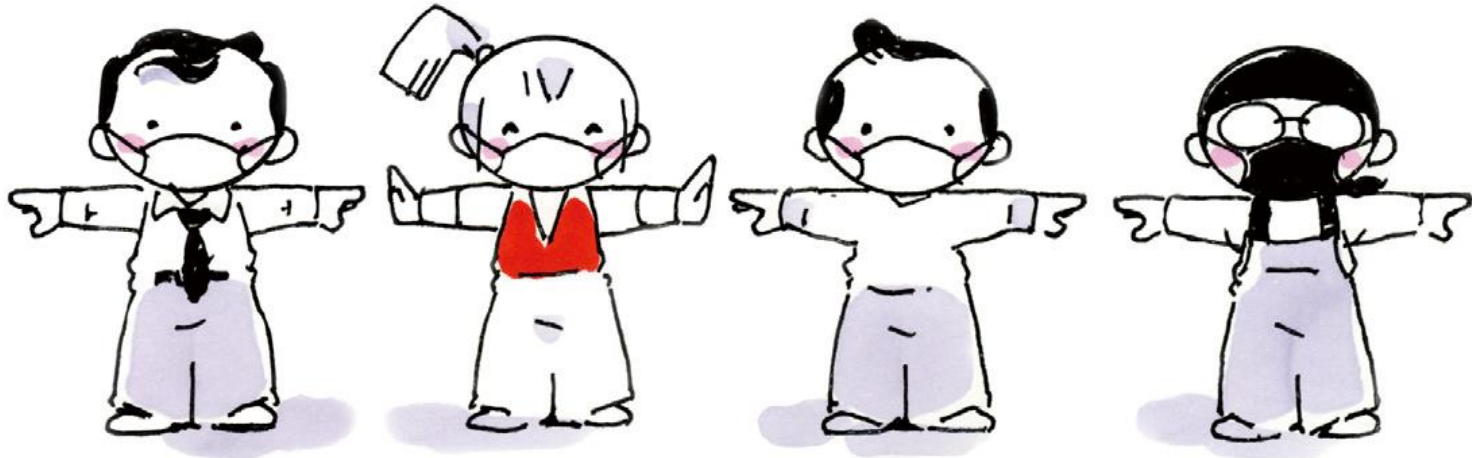
## Ntabwo arakaye, Kora akazi keza ko kurengera ibidukikije mumubiri

Kurakara bigira ingaruka kuri wewe no kumubiri no mubitekerezo. Wibuke kutarakara. Ibi ni ingirakamaro kuri wewe no kubandi.



# Akamaro k'ingamba zo gukumira

Komeza intera mbonezamubano, koza intoki kenshi, wirinde gukoraho amaso, izuru numunwa, kandi wongere ubushobozi bwibihaha nubudahangarwa.





# Witondere kandi ntugahangayike, kandi ntuzagira ubwoba nyuma yo gusobanukirwa.

Indwara zirashobora kwandura bitagoranye binyuze mubantu hafi yumuntu no gutwara abantu. Kubona amakuru yukuri kandi yingirakamaro mukurinda indwara birashobora kugufasha gukomeza kuba maso no kwirinda amaganya aterwa nibihuha.

Umutima utuje urashobora gukuraho amaganya adakenewe. Guhangayika, ubwoba, no guhangayika ntacyo bifasha. Ahubwo, bitanga uburozi bwinshi kandi bigabanya ubudahangarwa.

Kubwibyho, kugirango urinde umutekano, umutima utuje kandi uhamye nurufunguzo. Ukizirikana ibi, ibintu byose bizagenda neza.



# Urutonde rwo Kurinda Ubuzima

Koresha uburyo bwiza bwo kwita kubuzima bwawe bwa buri munsi kandi wiyibutse kubikora buri munsi.

## Ibiryo:

- Kunywa amazi menshi ashyushye, kubira ibyuya byinshi, no kwirukana imyanda mumubiri.
- Karaba umunwa n'amazi y'umunyu.
- Kurya indyo isanzwe kandi yuzuye kandi urye imbuto n'imboga nyinshi.
- Gerageza kugabanya kurya hanze kandi witondere isuku yibiribwa nibikoresho byo kumeza.

## Imyenda:

- Hindura kandi ukarabe imyenda kenshi, kandi woze imyenda yawe itandukanye n'imyenda yo hanze.
- Zana igitambaro cyawe n'impapuro zo mu musarani.

## Amazu:

- Komeza guhumeka neza imbere mu nyubako.
- Komeza ibidukikije bisukuye.
- Gira ibitotsi bihagije.



## Ubwikorezi:

- Ntukajye ahantu huzuye abantu kandi hafunze.
- Irinde gusura abarwayi keretse bibaye ngombw.
- Komeza intera ikwiye mugihe uganira nabandi.  
Niba winjiye kandi usohoka ahantu huzuye abantu, cyangwa ufata imodoka rusange, nyamuneka kwambara mask.

## Ubuzima:

- Iyo utamerewe neza. Baza muganga mugihe ufite umuriro.
- Witondere amakuru agezweho yo kurengera ubuzima.
- Koresha terefone, videwo, cyangwa porogaramu mbonezamubano kugirango usuhuze abavandimwe n'inshuti, musangire igitekerezo gikwiye cyo kwirinda icyorezo, kandi ubahe amahoro yo mu mutima.

## Igikorwa:

- Imyitozo no kuruhuka uko bikwiye.
- Guma ku zuba iminota 5 kugeza kuri 7 kumunsi.
- Ririmbe indirimbo zishimishije burimunsi kandi ugumane umwuka mwiza.





## **Mufashanye, Gumana umutekano kandi ufite ubuzima bwiza**

Turi mu muryango umwe munini. Ubuzima bwa buri muntu burafitanye isano. Umutekano wacu uterwa nawe nanjye.

Kurinda ikwirakwizwa ry'indwara zandura ni ubucuruzi bwa buri wese. Gusa iyo abantu bose barinze ubudahangarwa bw'umubiri dushobora guhagarika kwanduza indwara. Iyo tureze umutima mwiza, tuvuga amagambo meza, tugakora ibikorwa byiza, kandi tugakurikiza izi nama zo kwirinda indwara, dushobora gukomeza kuringaniza umubiri nubwenge.



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