

JAGORAN WAYAR DA KAI GAME DA CIWON HANTA SIGAR B

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FASSARAR

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مركز الدراسات والبحوث في مجال مكافحة المخدرات

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DAUKAR NAUYI

Wanda ya dauki nauyin fassara shi ne Engr. Aminu A. Yabo kuma marubucin littafin Farfesa Seyed Moayed Alavian ne ya ba shi littafin ya nemi ya fassara shi a harshensa na Hausa domin amfanar mutanen Afirka.

Gabatarwa

Ciwon hanta, wanda kwayar cutar ‘virus’ ke haifarwa, cuta ce wadda ta yaɗu a duniya musamman ma ciwon hanta sigar B wadda ita ce ta fi yawaita a cikin irin wannan cuta ta ‘virus’ kuma wadda tafi jawo lalacewar hanta da jawo miki a jikin hanta. Shawo kan matsalar ciwon hanta abu ne da ke bukatar kara wayar da kai ga dukkan al’umma. Dole ne a maida hankali ga hanyoyin yaɗuwarta saboda matakan riga-kafi. Cutar hanta sigar B bata hana rayuwa da aure da zaman iyali.

Abubuwa masu muhimmanci su ne bin shawarwarin likitoci, kaurace wa shan taba da giya da kiba da cin abinci masu maiko. Mayar da hankali ga shawarar likitoci game da riga-kafi da magani zai taimaka gaya wajen shawo kan wannan cuta. Abin farin ciki shi ne cewa a halin yanzu ana iya magance wannan cuta ta hanta sigar B.

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Fassarar Kebabɓun Kalmomi

Ingilishi

Abdominal pains

Absorbed nutrients

Acute hepatitis

Anorexia

Arthralgia

Asymptomatic

Bile

Biliary duct

Biliary salt

Bilirubin

Blood clotting

Blood plasma

Blood vessels

Chronic hepatitis

Coagulative factors

Detoxification

Digestive system

Disease

Feableness

Fever

Hausa

ciwon ciki

sinadaran jiki da aka tace

ciwon hanta mai saurin bayyana

rashin xanxano/kasa cin abinci

ciwon gavovi

marar nuna alama

ruwan d̄ata

bututun d̄ata

gishirin d̄ata

sinadarin launin da d̄ata

daskarewar jini / gudajin jini

ruwan jini

magudanan jini

ciwon hanta mai jinkirin bayyana

dalilan daskarewar jini

tace datti

Tsarin narka abinci

cuta

rauni/kasala

zazzavi

Gallbladder	jakar dƙata
Glucose	sukarin cikin jini
Glycogen	ajiyayyen sukarin cikin jini
Headache	ciwon kai
Hemodialysis	wankin jini / wankin koda
Hemoglobin	sinadarin launin jini
Hemophilia	gobarar jini
Hepatic lesions	tsagewar hanta
Hormones	ruwan dƙabi'a
Immunoglobulin	ƙwayoyin garkuwar jiki
Intestine cells	ƙwayoyin halittar hanji
Jaundice	ciwon shawara
Liver cells	ƙwayoyin halittar hanta
Liver cirrhosis	mikin jikin hanta/gyambon hanta
Liver fibrosis	tsiron jikin hanta
Metabolism	tasrifin sinadarai
Muscular pain	ciwon jiki
Myalgia	ciwon jiki
Nausea	tashin zuciyar
Nutrients	sinadarin gina jiki
Protein	sinadarin gina jiki /sinadaran jini
Sonography	hanyar hasko kayan cikin a dƙauki
Symptom	hotonsu alamar cuta

Symptomatic	mai nuna alama
Thalassemia	amosanin jini
Tissue cells	ƙwayoyin halittar jiki
Vascular plexus	sarkafaffun magudanan jini
Vertical transmission	yaduwa sama-zuwa-ƙasa
Vomiting	amai

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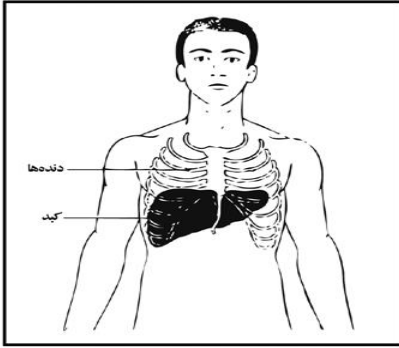
BABI NA DAYA

1.1 Tsari Da Ayyukan Manarkar Abinci

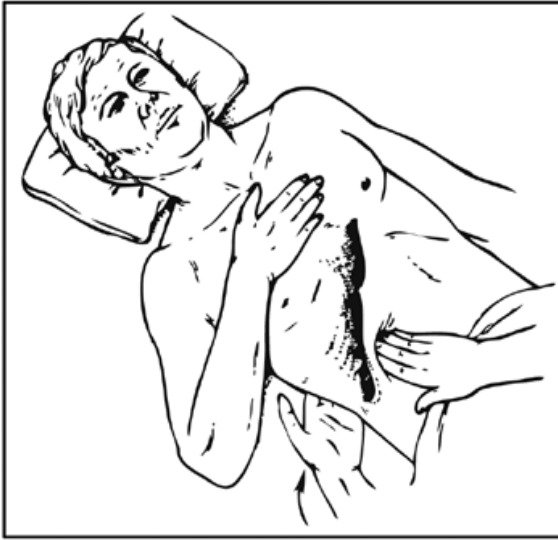
Manarkar abinci wani kwararo ne da ya fara tun daga baki ya bi hanji da tumbi da sauran kayan ciki kuma ya kare a dubura. Abin da muke ci ana nika shi ne ta hanyar tauna sai a hadiye shi ta hanyar maƙogwaro ya shiga ciki. Kowane sashe na manarkar abinci yana taimaka mana wajen narka abinci ta hanyar samar da wani sinadari da zai taimaka wajen tace abincin a uwar hanji. Hanta ma wani ɓangare ne na manarkar abinci saboda sinadarin da take samarwa na narka abinci. Ita hanta Allah ya yi ta a gefen dama na saman ciki kasa da murfi.

1.2 Tsarin Kirar Hanta Da Aikinta

A jikin ɗan Adam hanta ita ce mafi girma a cikin kayan ciki. Ana kwatanta ta ne da wata masana'anta ta kemika wadda aka tsara ta domin ta samar da sinadarai da ajiye su da kawo su duk lokacin da buƙace su. Kasancewarta a ciki yana da muhimmanci ga irin aiki da take yi. Kamar yadda aka ambata, hanta tana saman ciki ne bayan haƙarƙarin dama amma kasa da murfi. Idan mutum ya balaga nauyin hantarsa ya kai giram 1500 wato kashi ɗaya cikin hamsin na nauyin jikin mutum.



Hanta tana samun gudanar jini sosai inda yake zuwa kai tsaye da sinadaran gina jiki da aka tace a hanji. Hanta tana ajiye waɗannan sinadarai ko kuma ta sarrafa su zuwa wasu kemika da jiki yake buƙata. Idan mutum ya ja numfashi sosai ana iya ɗan ganin tudun hanta da ya kai santimita 1-2 daga gefen haƙarƙarin dama. Haƙarƙari wata kariya ce ga halittar hanta. Hanta tana kunshe ne da kwayoyin halittar hanta da jijiyoyi da kuma bututun ɗata. Sarkafaffun magudanan jini da ke kewaye da hanta su ne ke kawo sinadaran gina jiki daga uwar hanji a ajiye su a hanta. Su kuwa sinadaran datti da ake tace suna bin bututun ɗata ne zuwa jakar ɗata inda za a ajiye su sai an bukace su. Aikin hanta wajen sarrafa sukarin cikin jini da sinadarin gina jiki yana da matuƙar muhimmanci. Ita ce kuma ke taimakawa wajen narkar da kitse tare da tace shi ta hanyar samarwa da kuma tsirta masa ruwan ɗata. Har wa yau, hanta ce dai ke tsamo tare da sarrafa dattin abinci daga cikin jini ta mayar da shi ruwan ɗata inda take ajiye shi a jakar ɗata na gajeren lokaci.



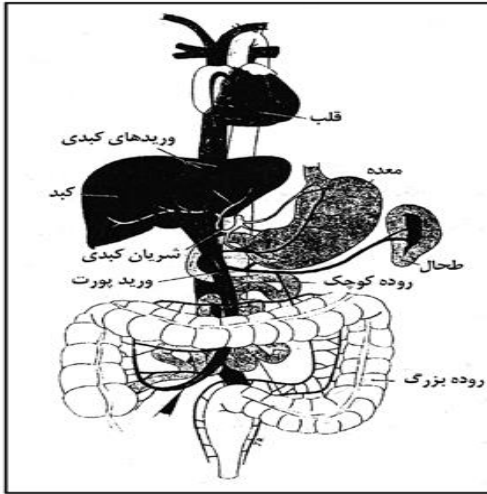
Tambaya: shin ana iya gano cutukan hanta ta hanyar duba ciki a jiyo motsinta?

Amsa: a'a ana iya jin motsin tsinin hanta ne kawai idan an ja dogon lumfashi. Yana da kyau a ambata cewa idan ba cutar ta ci hantar duka ba, gano cutar zai yi wahala ta hanyar taba ciki don jin motsin hanta. Abu ne sananne ko ta hanyar hasko kayan ciki a dauko hotonsu (sonography) ya da wahala a gano cutar hanta. Ko yaya ma dai sakamakon binciken gwaji da ba a yi amfani da kayan aikin gwaji ba yana da muhimmanci wajen tabbatar da gwajin da ake yi da kayan aiki.

1.3 Ayyukan Hanta

Hanta tana daya daga cikin manyan kayan ciki kuma tana da ayyuka manya a jikin ɗan Adam. Ga masu muhimmanci daga cikinsu:

Da zarar abinci ya shiga manarkar abinci, abubuwa da dama suna faruwa da shi don a gyara shi yadda jikin ɗan Adam zai anfana da shi. Waɗannan abubuwa sun haɗa da aika abinci tumbi da markada shi tare da sinadaran narka abinci kuma a aika shi ga kananan hanji. A nan ne ake gurbata abinci da sinadaran kemika da ake kira enzayim waɗanda ake samarwa a jikin bangon hanji da kuma tumburkuma wato 'pancrease' duk domin a iya tace shi ta hanyar kwayoyin halittar hanji. Tataccen abincin sai ya bi magudanan jini. Duk da haka kwayoyin halittar jiki ba za su iya anfani da shi ba har sai an kai shi hanta an sarrafa shi yadda jiki zai amfana.



1.4 Aikin Hanta Ga Lafiyar Jiki

Hanta tana taka muhimmiyar rawa ga lafiyar jikinmu ta hanyar tasrifin sinadaran gina jiki da aka tato da kuma mayar da dattin zuwa ruwan data. Ga muhimmai daga cikin canje-canjen da take samarwa:

- ❖ tasrifin sukarin cikin jini (gulukos) zuwa wanda zai iya adanuwa don amfanin gaba wato gulukojin. Haka kuma tana yin sabanin haka, wato ta dauko adanannen sukarin jini (gulukojin) ta mayar da shi gulukos idan bukatar hakan ta taso. Wannan aiki ne na daidaita sukarin cikin jini.
- ❖ Tana sarrafa maikon da aka tace zuwa wanda zai iya ajiyuwa domin amfanin kwayoyin halittar jiki.
- ❖ Tana taka muhimmiyar rawa wajen tasrifin sinadarin gina jiki na furotin a jikin dan Adam

kusan dukkan sinadarin furotin da ke cikin jini hanta ce ke samar da shi.

- ❖ Tana ajiye sinadaran bitamin (A da B da sauransu) tare da sinadaran karfe na cikin jini kamar ayon da kofa domin amfani idan an bukaci hakan.
- ❖ Tana kashe kwayoyin cuta da suka shiga jiki ta hanyar hanji, saboda suna fara bi ne ta hanta a cikin jini ita kuma sai ta fitar da su ta hanyar tsarin garkuwa da take da shi.

1.5 Aikin Hanta Na Tace Datti

Iskar amonyom (Ammonium NH_3) ana samun ta ne a jikin dan Adam yayin da sinadaran kemika suka haɗu da juna, haka kuma ana samun ta daga kwayar bakteriya ta hanji wadda take da yawa kuma take shiga magudanan jini. Tana yin lahani ga kwayoyin halittar jiki musamman na kwaƙwalwa. Hanta ita ce ke tace wannan iska ta Amoniyom ta mayar da ita sinadarin cikin fitsari (wato urea) wanda koda ke fitar da shi a cikin fitsari. Ba dattin amonyom kaɗai hanta ke tacewa ba, akwai abubuwa da dama da ke lahani waɗanda hanta ke tacewa. Idan yanayin lafiyar hanta ya taɓarbare, to ana samun karuwar datti wanda ya haɗa da na Amoniyom, da ke lahanta dukkan sassan jiki.

Tambaya: shin za a iya rayuwa ba tare da hanta ba?

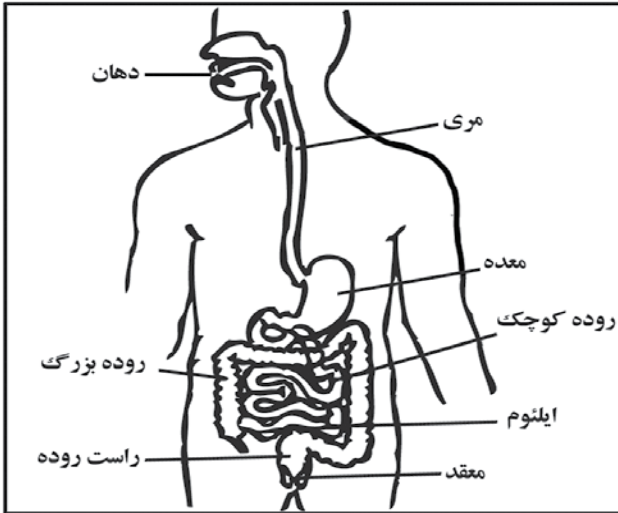
Amsa: idan aka yi la'akari da ayyukan hanta a jikin dan Adam, lalle zai yi wuya a rayu ba tare da hanta ba. Sai dai da yake yawancin cututtukan hanta ba sa lalata ta gaba daya, wasu bangarorin ta ne kawai yake shafa. Saboda haka yawancin cututtukan hanta ba masu sanadin mutuwa ba ne. Abin nufi shi ne, ko da kashi daya daga cikin uku na hanta ne kawai ke da lafiya, duk wata bukatar jiki za ta biya.

1.6 Samar Da Sinadarin Gina Jiki Na Furotin

Sinadarin furotin na daya cikin manyan abubuwa da suke cikin jiki. Ita kuwa hanta ita ke samar da kusan kashi biyu cikin uku na sinadarin furotin na jini wanda ake kira albumin. A kowane kashi 10 na litar jini to akwai giram huɗu na albumin. Kwayoyin halittar jiki na amfani da giram 10 zuwa 12 na sinadarin furotin kuma wannan adadin shi ne hanta ke samarwa. Cikin ikon Allah akwai daidaito na abinta ake bukata da abin da ake samarwa na albumin a jikinmu. A lokutan ciwon hanta ko mikinta, sinadarin furotin a jikin majinyaci yana raguwa. Samun daidaitaccen sinadarin albumin na da muhimmanci ga lafiyar jiki da saukin kewayawar jini. Alal misali, idan an sami karancin albumin a jikin mutum, to yana haifar da kumburi ga sassa daban-daban na jiki (kamar hannu da kafa da fuska). Akwai wasu sauran rukunan furotin ban da albumin wanda su ma hanta ce take samar da su.

Wadannan rukunan furotin su ne ke taimakawa wajen daskarar da jini. Su ne kuma ake kira dalilan daskarar da

jini. Akwai su har 31 kuma 6 daga cikin su (lamba ta 2 da ta 5 da 7 da ta 9 da ta 10 da ta 1) duk hanta ce ke samar da su. Idan za a yi su kuma ana buƙatar sinadarin bitamin **K**. Saboda haka, idan akwai ciwon hanta ko kuma karancin sinadarin bitamin **K**, to ana iya samun zubar jini a ciki ko tsakanin fata da tsoka cikin sauki. Sauran sinadarai kamar tiransferin (transferrin) wanda ke tafiya da ruwan ɗabi'a a cikin jini shi ma hanta ce ke samar da shi.



1.7 Samar da Data

Ruwan data dai wani ruwa ne kore mai dacin gaske wanda a kullum kwayoyin halittar hanta ce ke samar da shi, kuma yake kwararowa ta bututun data zuwa cikin jakar data. A nan ne yake taruwa ya tsumu kuma a ajiye shi na wani gajeren lokaci. Ana markada abinci ne da wasu ruwa a tumbi daga nan sai ya tafi zuwa uwar hanji.

Da shigarsa ciki sai a diga masa ruwan data. Ruwan data da ake samarwa da tacewa a jikin lafiyayyen baligi yana kai kimamin mililita 500 zuwa 1500 a kullum. Akasarin jakar data ruwa ne a cikinsa, sai kuma sinadarin launi na bilirubin da gishirin data. Haka kuma, kasayar da bilirubin yana taimakawa wajen narkar da abinci da kuma tace kitse cikin hanji. A duk lokacin da aka sami karin sinadarin bilirubin cikin jini sai a sami ciwon shawara.

BABI NA BIYU

2.1 Ciwon Hanta Sigar B: Awon Maikuroskof Zuwa Na Jiki

Ciwon hanta sigar B cutar ‘virus’ ce da take kama hantar ‘yan adam ta sanadiyar kwayar halittar ‘virus’. Ita wannan kwayar cutar ‘virus’ tana shiga cikin hanta sai ta yadu. Sinadaren da wadannan kwayoyin ‘virus’ ke samarwa suna watsuwa a cikin jini. Da maikuroskof ake gano halittar wannan ‘virus’ da yanayinta. Ana kiran dangin ‘virus’ mai kama hanta da suna ‘*hepadnaviridae*’. Ita kwayar hallitar ‘virus’ mai kama hanta tana da kwayar hallita ta gado mai karfin gaske.

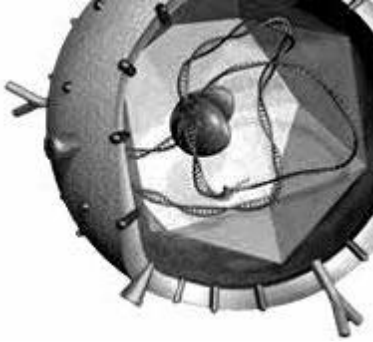
2.2 Yanayin Halittar ‘virus’ Na Ciwon Hanta

‘virus’ na ciwon hanta yana da tsawon nanometer 24. Babban bangaren ‘virus’ din da ya fi aiki shi ne na tsakiyarsa. Sinadarin garkuwa na antijen wanda ake kira ‘*Australian antigen*’, yana kewaye da cutar ‘virus’. Ana kuma, kiran ‘virus’ na hanta wanda yake da cikakkiyar sura da suna ‘*Dane*’. *Dane* na shiga cikin kwayar halittar hanta ya sanya ta haifar da irin wadannan kwayoyin ‘virus’. Sakamakon haka, kwayar hallitar hanta sai ta narke ta zama wani ɓangare muhimmi na ‘virus’. Sauran kananan ɓangarorin kwayayen halittar hantar sukan kasance masu samar wa ‘virus’ karin sinadarin *furotin* wadanda suke kewaye *Dane*. Daga karshe, sai *Dane* ta fita ta shiga cikin magudanan jini, wadda take haifar masa da wasu kananan sinadaran HBs Ag a cikin jinin

majinyaci. Kayan awo masu karfi ne ke iya gano yaduwar kwayar cutar. Wana ya fi karfi shi ne na PCR, wanda ke gano yawan yaduwar 'virus' na kwayar halittar gado ta 'virus' na ciwon hanta a cikin jini. A yau, ana iya auna adadin yawan sinadarin 'virus' da ke cikin jinin majinyaci ta hanyoyin irin su *AMPlicor* da *Tack man* da kuma *Real time* daga nan ake sanin mataakai na gaba da kuma ba da magani.

2.3 'virus' Na Ciwon Hanta Sigar B

'virus' na ciwon hanta sigar B yana yaduwa ne a cikin kwayoyin halittar hanta ya hana su yin aiki yadda ya kamata. Domin samun nasarar harbar kwayar halittar hanta, dole ne 'virus' ya like jikin hantar. Da zarar 'virus' ya kutsa cikin kwayar halittar sai ya tunkari tushen hantar ya fara yado a ciki. Daga nan sai kwayar 'virus' na ciwon hanta ta samar da kwayar halitta mai kare ta, kimanin nanometer 22, da za su shiga cikin sinadaran da ke kewayawa cikin magudanun jini. Jiki yakan samar da kwayar halitta da za ta kare shi daga wadannan sinadarai.



2.4 Alamomin ‘virus’ na Ciwon Hanta

Bayyanar kwayar halitta mai kare kwayar ‘virus’ na ciwon hanta (wato HBsAg) alama ce mai sauki da ke nuna kamuwa da ciwon hanta. Ana samun kwayar halittar a ciwon hanta mai sauri ko mai jinkirin bayyana. Jiki na samar da kwayar halitta mai yaƙar kwayar ‘virus’ na ciwon hanta mai suna *Anti-HBc*, wanda yayin gwaji sai a ga cewa babu kwayar ‘virus’ na ciwon hanta. Don haka, gwajin kwayar halittar ‘virus’ na gado wato HBV DNA, yana da muhimmanci don a tabbatar an kawar da cutar baki ɗaya. Ko da yake ana yin kuskure wani lokaci, ana ɗauka bayyanar wannan kwayar halitta mai kare jiki a matsayin alamar kamuwa da ciwon hanta sigar C ne, wanda kuma babu wata alaƙa da shi.

- **Kwayar halittar HBeAg:** samun wannan kwayar halitta a cikin jini alama ce ta wanzuwar ‘virus’ na ciwon hanta. Ko da yake cikin ‘yan shekarun nan, an gano cewa za a iya samun kwayar ‘virus’ ta ciwon hanta ko da kuwa ba kwayar halittar HBeAg.

- **Kwayar Halittar Gado ta ‘virus’ na Ciwon Hanta:** adadin yawan ruwan kwayar halittar gado ta ‘virus’ na ciwon hanta a cikin jini shi ne mafi muhimmanci wajen nuna ci gaban yaɗuwar cutar ko kuma akasin haka.

Mene ne ciwon hanta sigar D (Delta)?

Nau’i ne na ciwon hanta wanda yake dogara da ciwon hanta sigar B don yaɗuwa. Ana samun wannan nau’i na ciwon hanta tare da na sigar B a wasu yankuna na Turai da Gabas ta Tsakiya da Indiya da kuma Afrika. Yana da muhimmanci bincikar masu ciwon hanta sigar B don gano ko suna ɗauke da sigar D, don magance shi yana da wahala.

2.5 Yawaitar Ciwon Hanta

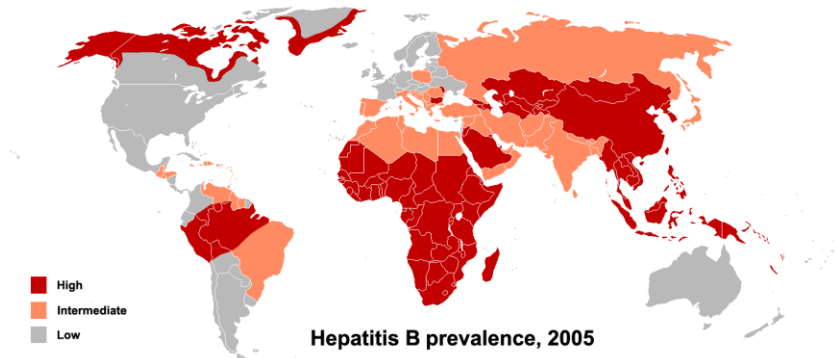
Kwayar ‘virus’ na ciwon hanta tana daga manyan cutuka masu yaɗa cutar ‘virus’ a farkon karni na ashirin da ɗaya, wanda kusan mutum biliyan biyu na duniya tana musu barazana, wasu miliyan 350 zuwa 400 kuma ta harbe su. Sakamakon allurar riga-kafi da ake yi wa jarirai da manya (masu matsananciyar barazanar kamuwa da ciwon) ya sa an sami raguwar kamuwa. An raba duniya gida uku dangane da yanayin yaɗuwar ciwon hanta mai jinkirin bayyana kamar haka:

- **Mafiya Karanta:** yawaitar masu ɗauke da ciwon hanta a waɗannan yankuna sun gaza kashi biyu cikin ɗari (2%). Kasashen da suke da wannan

adadi sun haɗa da Amurka da Yammacin Turai da Australia da kuma New Zealand.

- **Matsakaita:** akwai kasashen yankin Bahar Rum da Japan da Tsakiyar Asiya da Gabas ta Tsakiya da Gabashin Turai wasu bangarorin Latin Amurka. Yawaitar yaduwar ciwon hanta a wadannan yankuna ya kai kashi biyu zuwa takwas cikin dari (2-8%).
- **Mafiya Yawa:** Yankunan da suke da matsananciyar yaduwar ciwon hanta sun haɗa da Kudu-maso-Gabashin Asiya da Sin da Tsibirin Pasific da Alaska da kuma wasu bangarorin Gabas ta Tsakiya da Gabashin Turai.

Bambancin da ake samu tsakanin yankuna dangane da yaduwar ciwon hanta yana da alaƙa da shekarun majinyata, domin kuwa shekarun majinyaci yana tasiri wajen rashin tsanantar ciwon.



Ciwon hanta mai jinkirin bayyana shi ne na uku cikin cututtuka masu saukin yaduwa, baya ga ciwon Tibi (tarin fuka) da na zazzabin cizon sauro. A gaba daya dai, kashi uku cikin huɗu na mutanen duniya suna rayuwa ne a yankunan da ake da yawaitar hadarin kamuwa da ciwon hanta. Kusan kashi casa'in (90%) na masu ɗauke da ciwon hanta suna kasashe masu tasowa ko waɗanda ba su ci gaba ba. Adadin masu ɗauke da kwayar cutar a kasar Sin da Taiwan, miliyan ɗari (100) ne. A Amurka kuma miliyan ɗaya da dubu ɗari biyu (miliyan 1.2) ne. Yawaitar masu ɗauke da ciwon hanta a yankunan Afrika ta tsakiya ya tsananta wanda kuma mafi yawancin lokuta yaduwa ce daga uwa zuwa ɗanta ko kuma harbuwar yara 'yan kasa da shekaru biyar da cutar.

Ta la'akari da binciken da Alavian da wasu suka gudanar, yawaitar yaduwa ciwon hanta a yankunan kasar Farisa (Iran) ya ragu daga 3.5-5% zuwa 2% cikin kasar gaba daya, sakamakon yi wa jarirai da yara da kuma masu matsanancin hadarin kamuwa da ciwon, allura. A halin da ake ciki, ana yada kwayar 'virus' na ciwon hanta ta hanyar cudanya da jinin masu ɗauke da ciwon. Adadin yawan kwayar 'virus' na ciwon hanta a cikin jini ya ninka sinadaren da jiki ke fitarwa (kamar maniyyi da yawu) sau 100 zuwa 1000.



2.6 Hanyoyin Yaduwar Cutar

Ba wata tsayayyar hanyar yaduwar kwayar ‘virus’ na ciwon hanta da duniya suka yi tarayya a kanta. Yawan kwanakin da kwayar cutar ke dauka daga shiga jiki zuwa nuna alamominta da bayyanarta yakan kai tsawon kwanaki 45 har zuwa kwana 160. Hanyoyi masu muhimmanci wajen yaduwar ciwon sun hada da:

- **Daga Uwa Zuwa Danta:** a da wannan ita ce hanya mafi sauƙin yada ciwon hanta, saboda da zarar an samu ciwon a cikin iyali, sai a ga cewa mafi yawa daga cikin yaran gidan su ma suna dauke da cutar. Hadarin yada ciwon daga uwa zuwa da yana da alaƙa kai tsaye da karfin yaduwar ciwon a jikin uwar. ‘Ya’yan da iyayensu suke dauke da kwayar halittar HBeAg da kwayoyin ‘virus’ na ciwon hanta masu yawa sun fi hadarin kamuwa da ciwon. Yana da kyau a gwada yawan kwayar ‘virus’ na uwa, ‘yan makwanni kafin ta haihu da kuma shan maganin da ke kare mutum daga harbuwa, domin rage

hadarin yada ciwon. Yana da matukar wahala dan da ke ciki ya kamu da ciwon hanta ko da kuwa akwai a jikin mahaifiyarsa. Akasari, uwa tana yada wa danta ne lokacin haihuwa. Yana da muhimmanci a kiyaye cewa ba da maganin riga-kafin ciwon hanta da kuma na kwayar garkuwar jiki na ciwon hanta sigar B (wato HBIG), zai hana jariri harbuwa da cutar. Babu wani bincike da ya nuna cewa da ba zai kamu da ciwon hanta ba domin an yi wa mahaifiyarsa tiyata. Haka kuma, shayarwa ba ta zama sanadin kamuwa da cutar ba.

Ba a hana shayarwa ga uwa mai dauke da ciwon hanta ba



Hanyar yada 'virus' na ciwon hanta daga uwa zuwa da shi ake kira yaduwa sama-zuwa-fasa, kuma abin ban

takaici har yanzu ana samu a kasashen da ba a gwada mata masu ciki dangane da ciwon ko kuma ba a ba da maganin kariyar da zarar haihuwa. Dakile wannan hanya ta yada ciwon hanta daga uwa zuwa danta zai kasance bushara ce ga samun lafiyar al'umma a gaba.

- **Yaduwa ta Jima'i:** ana samun 'virus' na ciwon hanta cikin abin da jiki ke fitarwa kamar yawu da maniyyi da ruwan farji. Rashin kiyayewa da dabi'un yin jima'i yana taimakawa wajen yada 'virus' na ciwon hanta. Shan maganin riga-kafi yana taimakawa wajen hana yaduwar cutar tsakanin iyali. Don haka, ake ba da shawara ga mai dauke da ciwon rinka amfani da kwaroron roba yayin jima'i, musamman idan daya daga cikin ma'aurata na da gyambon farji. An hana saduwa lokacin da mace ke hails kuma wajibi ne a yi amfani da kwaroron roba ga mai saduwa da mace fiye da daya.
- **Tsananiin Hadarin Mu'amala da Jini:** an shagani yaduwar ciwon hanta ta yin amfani da sirinji da karin jinin da ya gurbata da 'virus' na ciwon hanta da kuma tsaga jiki don kwalliya da bula kunne da abin da ya gurbata. Haka kuma akwai amfani gurbataccen burushi ko reza ko kuma jin raunin ma'aikatan asibiti da allurar da aka yi amfani da ita. Kodayake akwai karancin hadarin yada ciwon ta hanyar karin jini saboda sai an gwada kafin karin.
- **Rukunin mutune masu tsananin hadarin yada ciwon:** akwai majinyata masu fama da zuban jini da masu ciwon koda da ake yi wa tatar jini da

ma'aikatan jinya da masu allurar kwaya da masu saduwa da mutum fiye da ɗaya da kuma wanda yake cikin iyalin da ke ɗauke da kwayar HBsAg.

- **Wasu Hanyoyin Yaɗuwar Ciwon Hanta:** akwai masu magani ta hanyar sossoka allura a jiki da dashen sassan jiki da yin amfani da kayan kula da hakori marasa tsabta da yin kaho da kuma yaɗuwa tsakanin iyali.

A mafi yawan kasashen Asiya da Afrika da Gabas-ta-Tsakiya da ma kasar Farisa, an sami yaɗuwar 'virus' na ciwon hanta ta daga iyaye zuwa 'ya'yansu, kuma duk nazarce-nazarce ba su yi bayanin tarihin yaɗuwar ba. Yawan jima'i marar tsari da ta'ammulli da muggan kwayoyi ta hanyar yin allura sun taka rawa wajen yaɗa 'virus' na ciwon hanta a kasashen Turai. Wasu karin sanade-sanaden kamuwa da ciwon hanta sun haɗa da kayan kula da hakori marasa tsabta da kananan tiyata da bula kunne da yin allura da sossoka allura cikin magudanan jini da tsaga jiki don kwalliya da aski da kuma kaciya, ba tare da tsabtace kayan aiki ba.



Kwari masu zuƙar jini kamar sauro da kuɗin cizo sukan taka rawa wajen yaɗa ciwon, musamman a wuraren masu yanayi na zafi, ko da yake, babu wani bincike da ya tabbatar da rayuwar ‘virus’ a cikin jikin su waɗannan ƙwari. Bula jiki da allura don yin ado ga maza ko kwalliya a girar mata, yana jawo cuɗanya da abubuwan da kan haddasa kamuwa da ciwon.

‘virus’ na ciwon hanta yana jure wa yanayin zafi da rashin ruwa da kuma sinadaren da ke wajen jikin mutum. Wannan ‘virus’ kan iya rayuwa na tsawon shekara 15 a yanayin sanyi maki ƙasa da awo 20 bayan matakin ƙanƙara. Idan kuma a cikin ɗaki ne, zai iya rayuwa na tsawon wata 6. Zai iya kuma zama jikin gilashi marar ruwa na tsawon mako 4. Amma fa idan a cikin ruwa mai tafasa ne, ba ya wuce mintuna 5. Akwai magunguna ko kemika da ke kashe ‘virus’ ɗin kamar su *Formalin* da *Chloroform* da kuma *Glutar aide-hyde*. Ana iya tsaftace tufafi ko kaya da suke ɗauke da ‘virus’ ɗin ta hanyar goge jinin sannan a sanya su cikin ruwa mai tafasa na tsawon mintuna 5, ko kuma a sa su cikin ruwan *chlorine*, ko dai wasu sinadaran kawar da shi na tsawon minti 30.

2.7 Ciwon Hanta da Yadda Yake Yaɗuwa Tsakanin Iyalai

Ana iya samun yaɗuwar ‘virus’ na ciwon hanta a tsakanin iyalin da ɗaya daga cikinsu ɗauke da cutar. Amma fa sai an sami daɗaɗɗiya cuɗanya da ta shafi jini tsakanin marar lafiyar da sauran iyalan. Duk da cewa ana samun ƙwayar hallitar ‘virus’ ɗin a ruwan jiki kamar yawu da dattin kwarmin dasashi da fitsari da nonon mama, kawo yanzu bincike ya tabbatar cewa ta jini da

maniyi kadai ake yada cutar. Ko da yake, akwai wasu hujjoji da ke tabbatar da cewa ana iya kamuwa da ciwon hanta ta hanyar cizo! Sai dai fa rahotannin Hukumar Lafiya ta Majalisar Dinkin Duniya (wato WHO) ya bayyana cewa ta jini ne kawai za a iya yada wannan cuta.



Rubutaccen abu ne, yayin da mai ciwon hanta ya yi atishawa, zai iya fitar da yawun da ya gurbata da fwayar 'virus' ya shiga idon wani da ke kusa da shi ya kamu da ciwon. Don haka, ya kamata a rufe baki da mayani yayin atishawa. Amma allurar riga-kafin ciwon hanta kan iya kawar da hadarin yaduwar ciwon tsakanin iyali.

Kasancewar jarirai na saurin kamuwa da cutar, ya kamata a auna iyalan majinyaci, kamar uwa da uba da 'yan' uwan majinyaci.

Muhimman hanyoyin yada 'virus' na ciwon hanta sun hada da:

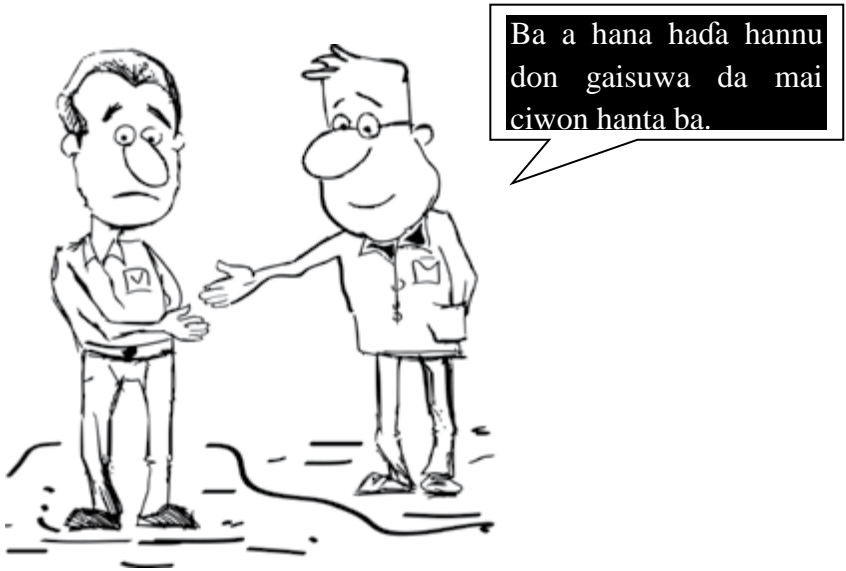
- Daga uwa zuwa ga jariri
- Jini da abubuwan jini
- Mu'amala da jinin marar lafiyar (ma'aikatan jinya)
- Tsaga jiki don kwalliya da yin fahō a yanayi marar tsabta.
- Yin allurar miyagun kwayoyi.
- Kula da hakori da kayan aiki marasa tsabta.
- Yaƙuwar ciwon tsakanin iyali.
- Cizon kwari (ba kasafai ba).

Tambaya: za a iya yada 'virus' na ciwon ta haɗuwa yau da gobe ko mu'amala?

Amsa: ba za iya yada 'virus' ɗin ba don kawai ta haɗa hannu (gaisuwa) ko sumbata ko runguma ba.

Tambaya: zai yiwu a kamu da ciwon hanta don kawai ana aiki tare da mai ɗauke da kwayar 'virus' na HBsAg?

Amsa: a'a, domin haɗa hannu (gaisuwa) kaɗai ko aiki a ɗaki ɗaya ko alaƙa ta abota ba zai sa a yada ciwon ba. Kiyayewa da yin tsabta kaɗai ya wadatar wajen kariya.



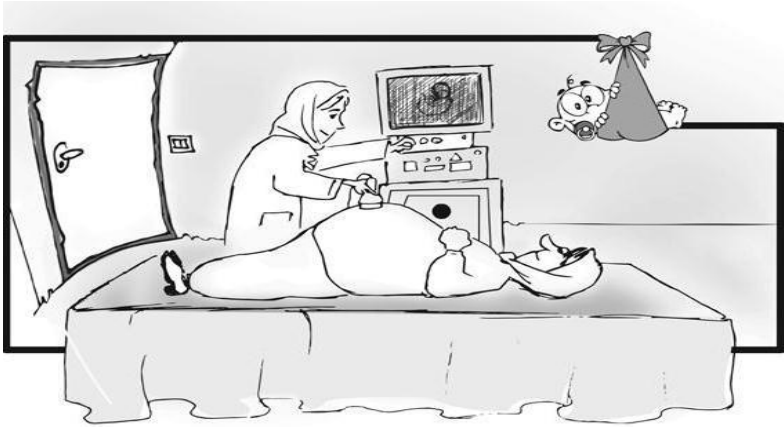
2.8 Alamomin Cutar

Ciwon hanta sigar B kan iya kasancewa a jikin mutum ko da ba a ga alamar bayyanarta ba ko an gani. A mafi yawan lokuta, yayin da kwayar 'virus' na cutar ta shiga jiki sannan ta kai lokacin bayyanarta, sai a fara ganin alamu kamar rashin kuzari da gajiya da alamun zazzabi da rashin jin dandano da zazzabi da ciwon jiki da na gabgai da kuma radadin fata. Bayan wani lokaci, sai a shiga zango na biyu na cutar. Tare da gushewar alamomin baya, za a ga alamar ciwon shawara da fitsari mai duhu da kashi mai haske. Daga nan sai majinyaci ya shiga matakin warkewa. Ga yara kuwa, cutar tana zuwa da alamomi masu sauki ko ma ta ki nunawa gaba daya.

Mafiya yawan majinyata ba sa nuna alamun ciwon shawara ko yawan ruwan data a cikin jini, wanda idan a yara ne, ba za a gane alamun kamuwa da cutar ba.

2.9 Yadda Ake Awon Cutar

A wannan zamani, akwai ingantattun hanyoyin awo da kan tabbatar da wanzuwar kwayar 'virus' a cikin majinyaci da yin bayanin matakin cutar 'virus' din da kimarsa. Sau tari ana gano cutar ne ta hanyar karin jini ko gwaje-gwajen jinin al'adar. Waɗanda suke ɗauke da cutar ba sa ganin wata alama sai an yi gwaji su yi mamaki. Babbar hanyar awon wannan cuta ita ce ta gwajin HBsAg. Duk wanda aka same shi da HBsAg, to alama ce ta cewa yana ɗauke da 'virus' na ciwon hanta. Kyawawan dabarun awon cutar 'virus' na ciwon hanta da za su taimaka wa likita sanin maganin da ya dace da majinyaci su ne: awon girman hanta da sakamakon gwajinta; ɗaukan hoton kayan ciki da kuma awon yadda 'virus' din yake aiki a jiki. Daukar hoton kayan ciki ba ya nuna almun cutar a jikin mafi yawan majinyata sabon kamu. Amma sannu a hankali cutar tana kara yaɗuwa, za ta jawo kumburin saifa da durar ruwa a ciki da kuma kumburin kafafu. A irin wannan yanayi ɗaukar hoton kayan cikin zai taimaka.



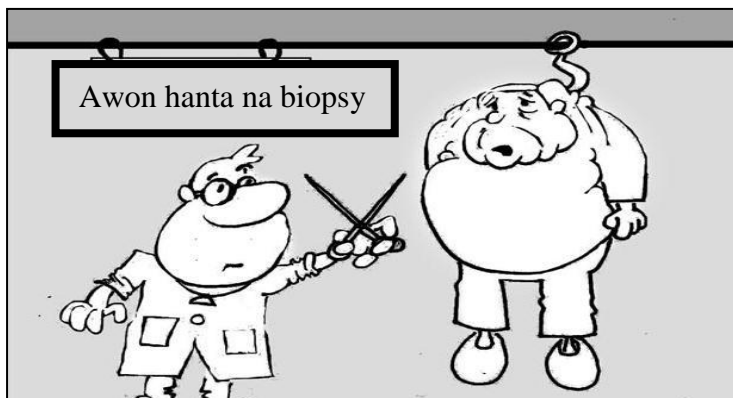
2.10 Ayyukan Sinadaran enzayim na Hanta

Zance mafi shahara shi ne cewa gwaje-gwaje da awon sinadaran hanta na taimakawa wajen yin bayani kan matakin da cutar ke ciki na yaƙuwa. Sinadaran hantar da ke da matukar muhimmanci su ne AST da ALT. Yawan wadannan kwayoyin halitta a jini kan alamta kumburin hanta.

Abu ne mai kyau a riƙa yin gwajin cutar ‘virus’ na hanta, daga lokaci zuwa lokaci don sanin matakin cutar a cikin jini. Haka ma, gwada yawan HBs Ag a jini zai taimaka.

2.11 Amfanin Redar Wani Sashe Na Hanta Ga Awon Cutar

Daya daga cikin hanyoyin awon hanta don gane yanayin lahanin da cutar ta yi mata ita ce ta soka allura don redõ wani sashen hanta (biopsy) tare da taimakon na'urar ðaukar hoton kayan ciki ta yadda za a san tsananin cutar da kuma ba da maganin da ya dace. Abin da aka ciro shi ne likitan duba cututtuka zai nazarta. Likitan hanta shi ne mai nazartan sakamakon gwajin kwayar halittar hanta. Paul Ehrlich ne ya fara nazarin samfurin kwayar halittar hanta a shekarar 1883. An yi amfani wannan hanya ta gwajin ciwon hanta wajen gano cutar 'virus' na hanta da ta kama sojoji a yaƙin duniya na biyu.



Awon hanta na *biopsy* aiki ne na bula wuri mai lafiya kafin a kai ga hanta. Don haka ne ma ake bukatar kwararren likita da aikatawa. Abin da ake redõwa na hanta wanda za a duba a ðakin gwaje-gwaje na gano cututtuka bai wuce tsawon santimita ðaya ba. Akan kwantar da majinyaci na wasu kwanaki a asibiti don yin

wannan awo da ake hadawa da gwajin gudajin jininsa da kuma gwajin sinadarin launin jini da ke taimakawa tafiya da iska daga huhu zuwa sauran sassan jiki. A mafi yawan lokuta, awon *biopsy* ba shi da hadari. Ko da yake a yayin wannan awo, wani lokaci akan ci karo da hadarin zubar jini wanda likita kan iya shawo kan matsalar. Awon hanta na *biopsy* kan haifar da ciwon ciki da kaurace wa wurin aiki da kuma wahala wajen numfasawa. A wannan zamani, ana awon *biopsy* ne kawai idan ta kama dole. Yin amfani da wannan hanya ta awo tana da matukar wahala da ma rikitarwa wajen awon majinyata masu kiba.

2.12 Awon Kwamfuta Na "Fibroscan": Wata Sabuwar Hanya Ta Gano Cutar

Yin amfani da gajeren zango a na'urar sauti ta *oltirasoni* wata sabuwar fasaha ce ta gano tsaurin hanta wanda ke da alaƙa ta kai tsaye da tsiro a jikin hanta ko kuma lalacewarta gaba ɗaya. Kuma da yake ba a buƙatar bula jiki, ko mace mai ciki ma za a iya yi mata. Akwai sikeli mai hawa huɗu daga F0 zuwa F4 da yake nuna matakin tsaurin hanta wanda ake kira da suna *kilo pascal* (KPa). Ana amfani da nazarin lissafi a manhajar kwamfuta domin tantance matsayin lalacewar hanta ko tsiro a jikinta. Ba a jin ciwo ko kaɗan a wannan hanya. A hanyar *biopsy* ta redar naman hanta ana nazarin kashi 1 cikin 5000 ne na jikin hantar, amma a hanyar *fibroscan* kuma kashi 1 cikin 500 ne ake aunawa wanda hakan ke nuna cewa awon *fibroscan* ya fi kawo bayanai masu inganci da zama daidai wajen gano lalacewar hanta.



BABI NA UKU

3.1 Mai Dauke Da Ciwon Hanta Sigar B

‘Virus’ na ciwon hanta sigar B (HBV) yakan dauki lokaci mai tsawo ko shekaru kafin ta bayyana a jikin majinyaci. Ciwon yakan yi tsawon wata shida a jiki, ba tare da ya bayyana ba; kuma majinyaci yakan gudanar da ayyukansa na yau da kullum, sakamakon jituwa tsakanin biros din da kwayouin garkuwar jiki. Saboda haka ciwon ba ya yi wa jiki komai saboda wannan jituwa; haka hantar tana nan garau.

Domin tabbatar da lafiyar hanta, ya kamata a yi gwajin *fibroscan* da na kwayoyin gado (DNA) na ‘virus’ din don kaucewa kamuwa da ciwon.

3.2 Alamomin Cutar Ga Masu Dauke Da Ita

Yawanci ciwon yakan yadu ne ta wurin iyaye mata, masu shayarwa, waɗanda suke dauke da jinyar zuwa ga jarirai da suke shayarwa. A wasu lokutan kuma, musamman ga ciwon hanta mai saurin bayyana, majinyaci shi ne mai yada ta. Akan gane alamomin jinyar idan waɗannan alamomi (rasa dandano da kasalar jiki da mutuwar jiki da shawara mai sa fitsari mai launin ruwan hanta) suka bayyana, kuma garkuwar jiki ba ta iya kashe kwayoyin cutar (kamar HBsAg) a cikin jini, duk da cewa ana kaiwa har wata shida cikin koshin lafiya. Wasu masu dauke da cutar za su riƙa kukan ƙunar zuciya da rashin dandano da jin wani nauyi a kwifi.

Kamar yadda muka ambata a baya, biros na ciwon hanta sigar B (HBV) yana yawo ne a cikin jini, da sauran abubuwan da jiki ke fitarwa (kamar zufa (gumi) da yawu da sauransu) na waƙanda suke dauke da ciwon, kuma tana yaƙuwa idan an cudanya da jinin majinyaci. Amma ba a samun kwayar cutar a kashin majinyata. Dan Adam shi yake ɗauke da ita kuma shi yake yaƙata.

Hanya mafi kyau ta riga-kafi ita ce a san hanyoyin yaƙuwar cutar

Tambaya: waƙansu lokuta, baligai sukan kamu da biros ɗin ciwon hanta (HBV), shin ana iya yi musu magani?

Tabbas akan rabu da biros ɗin kwata-kwata idan mai saurin bayyana ce. Amma kashi biyar (5) zuwa goma (10) na majinyata kan zauna da biros ɗin a jikinsu har su iya yaƙa ta. Har yanzu ba a gano sahihin dalilai da suke haddasa wannan ciwon. Amma ana tsammani lalacewar/rugujewar garkuwan jiki da biros su suke taka muhimmiyar rawa, wajen haifar da ciwon hanta sigar B.

Biros ɗin ciwon hanta sigar B takan yaƙu ne, sakamakon tasirin kwayar halitta ko jini mai ɗauke da jinyar akan wanda ba su jinyar, ko da ba a samu daidaiton ajin jini ba.

Tambaya: akwai wani abokina da yake ɗauke da biros ɗin ciwon hanta sigar B, zan iyar ziyartar shi, na kuma ci abinci a kwano ɗaya da shi?

Amsa: babu wata doka ta likitoci, da ta nuna hanaka yin hakan; zai iya dafa abincin babu damuwa, kuma ba sai ka yi riga-kafin biros ɗin ciwon hanta sigar B ba kafin ka ziyarci abokanka.



3.3 Masu Ciwon Hanta Dole Su Kula Da Wadannan

- ❖ Dole ne masu ɗauke da ciwon su rika ziyartar likitoci duk bayan wata shida, domin bincike da gwajin jini
- ❖ Idan za a ziyarci likitoci domin matsalar da ta shafi wasu ɓangarori na jiki, kamar: haƙori ko dakin gwaji na jinyoyi, ya zama dole a sanar da su cewa ana ɗauke da biros ɗin ciwon hanta sigar B, don kaucewa yada jinyar ga jama'a.



- ❖ Ya kamata a yi wa dukkan iyalai wafanda waninsu ke ɗauke da biros ɗin ciwon hanta sigar B allurar riga-kafi, kuma dole ne a daina shan kayan maye kamar giya, domin giya tana ɗauke da sinadarin *alcohol*, wanda yakan ingiza karuwar ciwon.



- ❖ Mai biros din ciwon hanta sigar B, ba a amince masa ya bayar da taimakon ledar jini ga wani majinyaci ba.
- ❖ Masu kiba su rage kibarsu.
- ❖ Bai kamata mai dauke da ciwon, ya rika karfa-karfa na abubuwan wanke baki (burushi) ko tawul na wanka ko rezan aski ko askar aski da sauran iyalansa ba.



3.4 Yadda Ake Yi Wa Masu Dauke Da Kwayar Cutar Magani

Babu wani takamammen magani ga masu dauke da kwayar cutar tunda hantarsu ba ta sami matsala ba, sai dai akwai wasu kwayoyin magani da ake ba wa masu dauke da ciwon hanta mai jinkirin bayyana. Shan kwayar bitanin rukunin B_1 da D , kamar yadda likita ya bayar, zai taimaka. Amma a guji kiba da shan taba kuma ana so a ci 'ya'yan itace da yawa tare da ganyayyaki.

3.5 Makomar Masu Dauke Da Biros Na Ciwon Hanta Sigar B

A mafiya yawan lokuta babu wata alama ta lalacewar kwayoyin halittar hanta ko kumburinta sakamakon wata jituwa da take wanzuwa tsakanin kwayar cutar da kuma garkuwar jiki.

Sanarwa:

- ❖ Majinyata masu ɗauke da wannan jinyar, suna iya yin aure, amma dole ne su yi riga-kafin wannan biros din. Kuma dole a tabbatar da shaidar yin riga-kafin.
- ❖ Ya kamata a yiwa mata masu juna biyu gwaji domin kauce wa yada cutar zuwa ga jarirai idan an gano akwai ta.
- ❖ Zai fi dacewa mata masu ɗauke da wannan biros din, ciwon hanta sigar B su takaita daukar ciki da zaran sun samau adadin ‘yaran da suke bukata.
- ❖ Masu ɗauke da kwayar cutar sukan rayu kamar kowa ba tare da an takaita musu irin abin da za su ci ba ko wani atisaye.

Wanda zai iya ɗaukar lokaci mai tsawo ba tare da bayyanar ciwon ba. Wani lokacin kuma kwayar cutar tana zama a boye tsawon rayuwar majinyaci. A kowace shekara majinyaci ɗaya (1) daga cikin ɗari (100) zai iya rabuwa da biros ɗin, kuma majinyata biyi zuwa uku ciki 100 waɗanda suka samu sauki, jinyar tana iya dawowa da karfinta, wasu lokutan baya wasu shekaru bayan kamun cutar na farko. Saboda haka ya kamata masu ɗauke da kwayar cutar su je wurin likita domin gwaji kowane bayan wata shida.

Tambaya: shin mai dāuke da kwayar cutar yana rabuwa da ita kwata-kwata?

E, amma ba kasafai ba. Bincike ya nuna cewa duk bayan shekara goma majinyata biyar (5) da cikin dari (100) ne kawai suke rabuwa da wannan ciwon kwata-kwata.

Masana suna bayar da shawara cewa dukkan mai dāuke da wannan biros din (wato ciwon hanta sigar B) ya rika yin gwaji a duk bayan wata shida (6) don gano muninta kuma a yi kokarin dakile ta ta hanyar ba da maganin da ya dace.

Sanarwa:

Idan aka sami haihuwa, jarirai suna bukatar allurar garkuwar jiki ta ciwon hanta baya ga riga-kafin biros din.

3.6 Ciwon Hanta Mai Saurin Bayyana

Idan cutar ta shiga jiki kuma aka yi dan lokacin da take bukata ta yadu kamar sati hudu (4) zuwa arba'in da biyu (42) sai alamominta na wuri su fara bayyana kamar rasa dandano da tashin zuciya da amai da kasala da ciwon kai daciwon jiki da ciwon gaɓoɓi da kuma zazaɓi. Idan alamun shawara suka fara bayyana to fitsari mai duhu da kashi fari-fari za su ragu. Ciwon ciki ma wata alama ce ta cutar. Sai dai a mafiya yawan lokuta ba a yin wata uku sai alamun shawara da sauran alaomin su gushe.

3.7 Ciwon Hanta Mai Jinkirin Bayyana

Kamar yadda muka ambata a baya, idan aka maku da ‘virus’ na ciwon hanta, to yakan zauna a jikin majinyaci na tsawon shekaru ba tare da ya yi wani tasiri ba. A wasu lokutan sai ‘virus’ din ta darfado kuma ya jawo kumburin hanta. Wannan ne ke jawo sinadaran ASL da ALT a cikin jini da kuma kumburin hanta wanda likitoci ko dakin gwaje-gwaje za su gane.

Mafiya yawa daga cikin majinyata masu fama da ciwon hanta mai jinkirin bayyana ba sa nuna wata alama, amma ga masu nuna alamar, alamomin sun hada da mutuwar jiki da rashin hanzari da kasala da kasa cin abinci. Wasu daga cikinsu kuma suna dan jin ciwon ciki. Idan cutar ta ci gaba, alamun mikin hanta suna fara bayyana, kuma ya kamata a lura cewa yawan kwayoyin ‘virus’ din cikin jini yana haifar da lalacewar hanta da sankararta. Saboda haka dakile kwayar ‘virus’ din da hana hanta kumburi da daina shan giya suna matuƙar amfani ga majinyaci.

3.8 Mikin Jikin Hanta

Mikin jikin hanta ya shafi wasu nau’in cututtuka ne na hanta da suke haifar da lalacewar kwayoyin halittar hanta saboda kwayar cutar ‘virus’. Tsiro a jikin hanta mataki ne na farko na samun miki a jikinta ko rashin karfinta. Wannan shi ne ke haifar da matsananciyar jinya ta hanta da tsiro ko tsagewarta duk saboda ciwon hanta mai jinkiran bayyana. Idan ana so a fahinci tsiro a hanta to sai a duba tabon wani tsagu a jikin fatar wani mutum. Tsiron jikin hanta tsiro ne na tarin kitse da kwayoyin halittar hanta masu tara kitse ke samarwa. Su waɗannan

kwayoyin halitta ba su cika aiki bas ai da wani dalili kamar na kwayar ‘virus’ ta ciwon hanta. Alamomin mikin hanta sun danganta da irin cutar da tsananinta. wadannan alamomi sun haɗa da kasala da gajiya da kumburin ciki da na kafafu da nauyin jiki da duhun fata da taruwar jini a fata da raunin sha’awa da haɓo da jinin dadashi da kumburin nono ga maza da kuma kaiƙayi.

Takamammun hanyoyin gano mikin jikin hanta sun haɗa da hanyar haskowa da na’urar *fibroscan* ko redar wani sashe nata domin gwaji ko zura na’urar dɒukar hoton kayan ciki ta hasko saman ciki ko za a ga kumburin maƙoshi. Idan ana kula da masu mikin hanta, baya ga asalin silar cutar, wato ciwon hanta sigar B, to yana da kyau a mayar da hankali ga sauran matsaloli kamar kumburin kafa da tsinkewar jini ta hanyar ba da sinadarin bitamin K. Haka kuma ana buƙatar sinadarin sassauta ciki domin sauƙaƙa bahaya. A wasu lokutan dashen hanta kan ceto rayuwar majinyaci. Wannan tiyata, wadda yawanci ana amfani ne da hantar wani mamaci, tana buƙatar gwaje-gwaje da shirye-shirye sosai ga wanda za a yi wa dashen.

BABI NA HUDA

4.1 Maganance Ciwon Hanta Sigar B

Kafin a yi wani bayani game da magance ciwon hanta sigar B da sauran magungunan 'virus' din, yana da muhimmanci a sani cewa gano matsayin cutar da tsanantarta da shekarun majinyata da jinsinsu da tarihin jinyar a iyali da kiba suna taka muhimmiyar rawa wajen yanke hukuncin yin magani ko barinsa da salon maganin da za a yi amfani da shi. A wasu lokutan ma kin amfani da maganin 'virus' din a yi amfani da tsarin cin abinci mai kyau a rika kula da kiwon lafiya zai fi amfani. Babbar manufar ba da maganin ita ce dakile yaduwar kwayar cutar da kyautata aikin hanta. Ko da yake ba kasafai ake rabuwa da kwayar cutar ba, dakile yaduwarta yana taimakawa wajen hana lalacewar hanta. Hanyoyin kula da ci gaban jinyar sun hada da awon yawan sinadarin ALT da 'virus' na ciwon hanta a cikin jini da awon jini na gano kwayoyin HBeAg da HBsAg, in kuma zai yiwu to za a iya redar wani sashe na hanta domin awo da yawaita dakar hoto na *fibroscan*. Magugunan cutar sun hada da allurar alfa intafero (alpha interferon) ko kwayoyin lamivudin ko adefovir ko entacavir ko tenofovir.

Allurar Alfa Intafero

Su dai intafero wasu sinadarai ne na gina jiki da suke maganin 'virus' kuma suke daidaita garkuwar jiki. Kwayoyin halittar sassan jiki ne ke samar da sudomin su

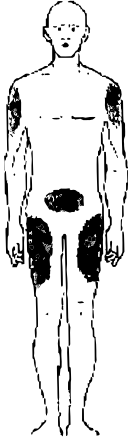
yi yaƙi da cutuka ciki kuwa har da ‘virus’ na ciwon hanta. Akwai intafero hark ala uku da suka haɗa da alfa intafero wanda kwayoyin jini da ake kira *B lymphocytes* da *monocytes* suke samarwa, da kuma beta intafero wanda kwayar halittar kitse da take haɗa sassan ciki ke samarwa sai kuma gamma intafero da kwayar jini ta *t-cell* ke samarwa. A cikin waɗannan alfa intafero ce kaɗai ke iya magance kwayar ‘virus’ na ciwon hanta ta hanyar yaƙaƙa garkuwar jiki. Ana ganin cewa jikin majinyata masu fama da ciwon hanta mai jinkirin bayyana ba ya iya samar da sinadarin intafero saboda haka sinadarin yana karanci a jikinsu. Yi wa waɗannan majinyata allurar intafero na nufin magance wannan matsalar ne. allurar intafero za ta rage kwayoyin halitta na ‘virus’ na ciwon hanta su kuma sauya tsarin kwayar HBeAg domin rage yaɗuwa su kuma dawo da sinadaran hanta zuwa yawan da ake bukata. Sinadarin alfa intafero ya kasu kashi biyu. Akwai 2a da 2b. dukkansu kuma ana amfani da su wajen maganin ciwon hanta mai jinkirin bayyana.

Amfani da allurar alfa intafero don magance ciwon hanta mai jinkirin bayyana ba wani abin bincike ba ne tunda kusan daukacin fitattun likitocin duniya sun yarda cewa allurar tana aiki, sai dai ba ga dukkan maiinwata ha

Aiki da allurar alfa intafero yana taimaka wa jiki ya yaƙi cutar ‘virus’ ya kuma rage yaɗuwarda. Bayan haka kuma yana karfafa fararen kwayoyin jini don gano kwayar ‘virus’ domin yaƙar ta da lalata ta.

4.2 Yadda Ake Amfani Da Alpha Intaferon

Ana amfani da allurar alfa intafero ne yayin da sinadaran hanta suka rikice kuma yawan kwayoyin ‘virus’ na ciwon hanta ya karu a cikin jini. Dole ne a yi amfani da gwajin redar wani sashen hanta na *biopsy* ko gwajin na’urar *fibroscan* domin tantance asalin kumburi da lalacewar hanta kafin a fara allurar, saboda idan hantar ta lalace sosai yin allurar intafero yana da hadari. Haka kuma idan cutar ta yi nisa har hanta ta kumbura ko ciki ya tara ruwa saboda ciwon hanta to ba a so a yi allurar. Ana sayar da allurar intafero kala biyu. Akwai intafero zall da kuma mai surki da sinadarin *polyethylene glycol*. Ta farkon ana ba da awo miliyan 5 zuwa 10 a kullum ko kuma duk bayan kwana ɗaya. Ta biyun ita ce sabuwa kuma wadda ta fi aiki da ake yi dak mako awon maikirogiram 180. Ana haɗa wannan allura da kwayar ribavirin domin maganin ciwon hanta sigar C. Amma majinyata masu fama da ciwon hanta sigar B ba sa amfani da kwayar ribavirin. A wani tsarin na magani ana ba da wasu kwayoyin kashe kwayar ‘virus’ tare da allurar intafero. Ana yin allurar intafero ne a tsoka kuma ana soka allurar ne a awon kusurwa lamba 45. Hoton da ke kasa yana nuna wuraren da ya kamata a yi allurar wato a dantse ko cinya.



4.5 Amfani Da Kuma Aikin Allurar Alfa Intafero

Ga wasu majinyatan an fi so a yi amfani da allurar alfa intafero maimakon kwayoyi saboda tana da takamammen lokaci (tsawon shekara) na magani ga kuma tabbacin cewa kwayar cutar ba dama ta sauya yanayi ko ta jure allurar. Abin takaici shi ne, kashi 30 zuwa 40 cikin dari ne kadai ke warkewa ta wannan doguwar hanya ta magani, sauran kuma ba sa warkewa. Waƙanda suke samun waraka sun haɗa da: masu yawan sinadarin ALT da waƙanda suke da karancin kwayar halittar gado ta ‘virus’ din ciwon hanta, da masu HBe Ag da mata da kuma waƙanda ke da tarihin ciwon hanta mai saurin bayyana. An hana amfani da allurar alfa intafero ga masu mikin hanta sai a cibiyoyin bincike na musamman. Abin farin ciki shi ne, waƙanda suka warke da wannan maganin, to suna jimawa cikin koshin lafiya.

4.6 Abubuwan La'akari Yayin Aiki Da Allurar Alfa

- ❖ Dole a yi allurar tsakanin fata da tsoka tare da kula da diga allurar daidai angil 45 kuma ba a yin ta a jijiya.
- ❖ Saboda gudun matsala, a rika yin allurar da yamma
- ❖ A rika ajiye kwalaben allurar intafero a kasan firiji saboda kada su yi kankara.
- ❖ Idan an yi allurar daidai awon da likita ya ce to a zubar da sauran ruwan allurar.
- ❖ A lokacin da mutum yake karbar maganin to ya rika yawan shan ruwa da makamantansa.
- ❖ Tsawon lokacin da ake maganin da allurar intafero, to za a rika yin gwaje-gwaje kuma ana turawa asibitoci na musamman.

4.7 Matsalolin Amfani da Allurar Alfa-Intafero

Magunguna da dama suna da matsalolin da suke haifarwa ga majinyata mabanbanta, kuma ana iya rage matsalolin ta wasu hanyoyi. Haka ma allurar intafero tana da matsalolinta, sai dai abin farin ciki yawanci a tsawon lokacin amfani da maganin ne, ba ya ketarewa ya yi lahani ga majinyaci. Manya daga cikin matsalolinta su ne kamar mura da zazzabi da jin sanyi da ciwon kai da ciwon jiki da ciwon gabobi da gajiya da raunin jiki, da tashin zuciya da amai kuma wasu lokutan har da gudawa. Suna zuwa yawanci bayan an yi allurar sai kuma su gushe cikin lokaci kafan. Bayan wasu makwanni ana allurar wadannan matsaloli suna raguwa kuma ana iya magance su da kwayar ibufurofen da farasitamol. Haka

kuma yawaitar matsalolin yana bambanta daga majinyaci zuwa majinyaci. Wasu matsalolin sun hada da zubar gashi, kaikayi, yawan damuwa da rashin barci. Allurar intafero kuma tana tsawaita lokacin wasu magunguna da ake shan su tare su zauna a jikin mutum na tsawon wani lokaci. Misali maganin tiyafilin (wanda ake badawa saboda cutukan lurfashi). Saboda haka likitan da yake yin allurar ya kamata ya san wadanne magunguna yake hada su da ita.

4.8 Abubuwan La'akari Game Da Matsalolin Allurar Alfa-Intaferon

- ❖ Ko da yake zubar gashi matsala ce da majinyata da yawa ke tsoro, ba wata matsala ba ce ta sosai ba, saboda ko da ta zo, to tana karewa da zarar an kamala magani da allurar alfa-intafero.
- ❖ Idan zazzabi da yawan jin sanyi ya yawaita har tsawon sati biyu bayan kamala allurar, to a tuntubi likita. Ba a yin allurar ga majinyata da suka taɓa yunkurin kashe kansu ko masu matsalar kwaƙwalwa. Idan majinyaci yana da matsalar damuwa kuma yana shan magungunan rage damuwa, to ya shaida wa likitansa kafin a fara masa allurar.
- ❖ A shaida wa likita idan ana jin matsaloli kamar na jiri, ko murda ko hawan jini ko bugun zuciyar da ya saba.
- ❖ Yin gwaje-gwaje da zuwa wajen likita a kai a kai wajibi ne lokacin yin magani da allurar alfa-intafero.

Kwayar Lamibudin

Wannan ita ce kwaya ta farko ta maganin cutar ‘virus’ da ake yi wa ciwon hanta, wanda yake takura sinadaran da suke yadda cutar a cikin jini. An fara amfani da ita a shekarar 1998 kuma tana da aiki fiye da allurar intafero cikin karamin lokaci. Ana amfani da ita wajen hana kwayar cutar ciwon hanta yaduwa a jikin yara, da majinyata masu fama da mikin hanta da waɗanda ake yi wa wankin koda (wato diyalisis) da kuma waɗanda aka yiwa dashen koda. A kullum ana shan kwaya ɗaya mai nauyin miligiram 100. A da ana cewa a yi amfani da ita har na tsawon shekara 2, amma daga baya an gano yawan amfani da ita na sa cutar ta fara jure wa maganin saboda haka ana gudar yin hakan. Sai dai kuma a mafiya yawan lokuta da wuya mutum ya daina shan kwayar. Kamar mai fama da cutar hawan jini ne, dole ya riƙa sha har tsawon rayuwarsa.

Abin sha’awa shi ne, kwayar lamibudin ba ta da haɗari kuma ‘yan matsalolin da take jawowa sun haɗa da ciwon ciki, da kasala da kuraje. Babbar matsalarta ita ce cutar tana iya dawowa idan an daina shan maganin, ko kuma kwayar cutar ta jure wa maganin in an jima ana sha. Ana ba da shawarar yawan gwaje-gwaje ga kwayar halittar gado (DNA) ta cutar tun da wuri. Idan cutar ta jure wa maganin to amfaninsa zai ragu kuma za a ga hanta ta fara tsagewa. Saboda haka ana ba da shawarar yin amfani da lamibudin tare da wasu magungunan daban. A halin yanzu dai ba a son a fara maganin ciwon hanta da kwayar lamibudin. Amfani da wasu magunguna masu karfi yana

rage yiwuwar juriyar cutar. Wadanda suka yi amfani da lamubidin kuma suka ga aikinsa, na iya ci gba da shansa. A guji cin abinci mai maiƙo yayin amfani da wannan magani tun da kitse na hana jiki karɓar maganin.



Kwayar Adefobir

Wannan karamin sinadari ne da ake tsira daga kwayar gado ta adenine. Likitoci da dama sun amince da maganin *Adefobir* wajen magance ciwon hanta na ‘virus’ mai jinkirin bayyana, wanda ya fi karfin maganin *Lamibudin*. Ana shan kwayar maganin miligiram 10 a kullum. Maganin yana taikamawa wajen samun sauki da rage yawan kwayar halittar gado ta ‘virus’ na ciwon hanta.

Ba nan take ake ganin tasirin maganin *Adefobir* ba. Kusan kashi 20 cikin 100 na masu shan maganin ba sa ganin tasirinsa a farkon kwanakin sha. Ana so a riƙa yin awon kwayar halittar gado ta ‘virus’ na ciwon hanta lokaci bayan lokaci. Daga cikin illar maganin akwai haifar wa koda matsala, wanda ya kamata a riƙa lura yayin shan maganin. Akan shawarci majinyata su riƙa

zuwa awun kodarsa lokaci bayan lokaci da kuma shan ruwa mai yawa yayin shan maganin. Majinyatan da maganin *Lamibudin* ba ya musu aiki, sai a hada musu da *Adefobir* gudun kada shi ma jikinsu ya fi karfin sa. Baya ga *Adefobir* da *Lamibudin*, akwai wasu sabbin magunguna.



Kwayar Antakabir

Wannan kwayar maganin ana tsirarsa ne daga sinadaran *Guanosine* ne da ke yakar 'virus' wanda ya fi *Lamibudin* da *adefobir* karfin aiki. Maganin yana rage kwayar halittar godo ta 'virus' na ciwon hanta cikin sauri. An so shan *Antakabir* da yawa ga majinyatan da lamibudin ba ya musu aiki. Adadin shan maganin miligiram 5 ne, amma ga majinyatan da *Lamibudin* ba ya musu aiki, ana kara musu zuwa miligiram 10. Majiyanta masu fama da ciwon koda za su iya amfani da wannan magani fiye da makamantansa. Ko da yake wadanda magain ba ya musu

aiki ba su da yawa, akwai wasu majinyata kamar kashi 1 cikin 100 a shekaru biyar da suke jure wa maganin. Maganin *Antakabir* yana aiki sosai amma sai dai yana haifar da ciwon kai da matsalar numfashi da tari da kuma ciwon ciki.



Kwayar Tenefobir

Aikin kwayar maganin tenafobir ya yi kama da lamibudin. Magani ne mai karfi da yake tsayar da sinadaran karfafa kwayoyin ‘virus’ na ciwon hanta da na kanjamau. Ana Shan kwayar magani guda ɗaya mai nauyin miligiram 300 kullum kuma ya fi amfani fiye da shan lamibudin da adefobir, wajen rage yaduwar kwayar halittar gado ta ‘virus’ na ciwon hanta. Sannan yana taimakawa wajen saita sinadaran hanta (kamar ALT).

Abin farin ciki shi ne a tsawon shekara uka da ake amfani da maganin, ba a sami rahoton gazawarsa ba wajen yin aiki. Daga cikin matsalolin shan maganin

akwai, ciwon kai da mashako da ciwon baya da tashin zuciya da kuma kasala. A wasu lokuta da ba kasafai ba, shan maganin na haifar da tabuwar koda, don haka ake son zuwa awon koda a jere, kamar daga mako 3 zuwa wata 6. Yana da kyau, bayan mako 12 da fara shan maganin a yi gwajin yawan kwayar halittar gado ta 'virus' na ciwon hanta a ga tana raguwa ko a'a. Idan ba ta ragu ba, maganin ba ya aiki ke nan. Idan kuma ta ragu, to alama ce ta karɓar maganin. Ana son ana yin wannan gwaji duk bayan wata shida.



Kammalawa

Kula da harbuwar ciwon hanta fage ne da yake bunkasa cikin sauri, wanda a cikin shekaru sha biyar, a kalla an

samar da sabbin magungunan ciwon hanta guda biyar, wasu goma kuma ana nazari a kansu a halin yanzu. A wasu lokuta, yin amfani da waɗannan magunguna na haifar da wasu matsaloli da ma bijirewar jiki daga gare su. A irin wannan hali, sai a ba da shawara kan maganin da ya dace, ko ma ba da shawara kan yin tsabta da cin abinci mai gina jiki da kuma kula da yin kiba da kuma kamuwa da ciwon sukari. Ganin cewa babu tabbacin rabuwa da ‘virus’ na ciwon hanta, majinyata su rika zuwa awo da kuma shiryawa zama da cutar na tsawon lokaci ko ma rayuwa baki ɗaya.

BABI NA BIYAR

5.1 Allurar Riga Kafi

A fokin kauce wa hadarin kamuwa da kwayar 'virus' na ciwon hanta a tsakanin al'umma, hanya mafi inganci ita ce, kaurace wa dabi'un da za su kara hudurrin kamuwar da kyakkyawar kulawa da tsaftar jiki da na muhalli, tare da daukar allurar riga kafi ta kariya daga kwayoyin cutar.

Alluran riga kafin da ake da su na bayar da cikakkiyar kariya da kaso casa'in cikin dari (90%). Kaso na farko, an samar da shi ne daga wani nau'in sinadarin da aka samo daga masu dauke da kwayar cutar (wato yana dauke da tataccen sinadarin cutar da ba 'virus' a ciki) kuma an yi amfani da allurar a cikin shekarar 1981. Daga bisani kuma an samar da wani nau'in allurar ta hanyar amfani da fasahar tasrifin halitta.

Tambaya: Shin amfani da allurar riga kafin da aka samar daga tsaftacecen jinin da aka dauko daga masu dauke da kwayar cutar ko kuma wata hanyar ta daban yana haddasa kamuwa da kwayoyin cutar hanta sigar B?

Amsa: A'a ko alama wadannan allurar riga kafi an samar da su ne daga wani ayari na tsaftaceccen sinadari wanda ba ya dauke da jini ko kuma matattu ko rayayyun kwayoyin cutar, kuma suna da inganci wajen ba da kariyar da ta dace. Saboda haka, har yanzu babu wanzuwar wani bayanin da ya nuna cewa an samu yaduwar kwayoyin cutar hanta a sakamakon ba da allurar riga kafin cutar hanta sigar B.

Mutanen da ya kamata su dauki wannan riga kafi sun hada da:

- a. Dukkan jarirai
- b. Matasa yan kasa da shekara 18 waɗanda ba su taɓa karɓar allurar riga kafin cutar hanta sigar B ba.
- c. Jami'an kiwon lafiya da ke da haɗarin kamuwa da kwayoyin cutar ta hanyar ta'ammuli da allura ko kuma wasu kayayyakin aikin jinya da suka gurbace da cutar, waɗannan jami'ai sun haɗa da manyan likitoci da ma'aikatan jinya da ta shafi tiyata da ma'aikatan awon jini da ajiyarsa da kuma jami'an da ke kula da masu taɓin hankali a gida.
- d. Ma'aurata da yara kanana da iyayen waɗanda suke dauke da kwayar cutar.
- e. Majinyanta da ake yi wa karin jini a kai a kai musamman ma masu dauke da cutar gobarar jini.
- f. Majinyatan da ake yi wa wankin jini ta hanyar amfani da injinan wanke jikn da kuma majinyata masu dauke da cutar amosanin jini, da masu shan miyagun kwayoyin ta hanyar allurai.
- g. Majinyatan da ke dauke da ciwon hanta mai jinkirin bayyana da masu dauke da kwayar 'virus' na ciwon hanta sigar C.
- h. Da waɗanda ke da dabi'u masu tsananin haɗari ta hanyar saduwa, musamman ma masu dauke da cututtukan da ake dauka ta hanyar jima'i.
- i. Haka ma fursononi waɗanda suke da miyagun dabi'u masu haɗari waɗanda za su kai tsawon watanni shida (6) a gidan sarka.

- j. Da masu sharar titi, da kuma jami'an kwana-kwana da ma jami'ai masu gudanar da gwaje-gwaje na sassan jiki ko zanen yatsu da ma'aikatan binciken wuraren da aka yi laifi.
- k. Da waɗanda aka yi wa dashe na wasu sassan jiki.

A halin yanzu an yi gangamin wayar da kan al'umma a kasa baki ɗaya domin ganin an aiwatar da allurar riga kafin wannan cuta a kan dukkanin mutanen da suka dace. Gudanar da allurar riga kafi ga jarirai sababbin haihuwa zai taimaka wajen kare yaɗuwar kwayar cutar hanta sigar B da kaso (97%) casa'in da bakwai cikin ɗari, wannan shi ne mafi girma tun da aka fara gangamin yaƙi da yaɗuwar cutar wanda ya ta'allaka a kan iyaye mata da suka kamu tare da jariransu. Bincike daban-daban da aka gudanar sun gano cewa ɗaya biya uku na al'ummar duniya sun fuskanci haɗarin kamuwa da kwayar cutar hanta sigar B, a tsawon rayuwarsu. Wannan shi ne dalilan da ya sa ake bayar da shawarar, in zai yiwu, a yi wa dukkanin al'umma riga kafi a yayin da ake gudanar da gangamin. Amma an fi so a ba da fifiko a kan waɗanda suke da haɗarin kamuwa. A yayin da aka yanke wannan shawarar, waɗanda aka fi bai wa fifiko sun haɗa da ɗalibai na manyan makarantu da ma jami'o'i. Jarirai waɗanda iyayensu ke ɗauke da kwayar cutar ya kamata su ɗauki allurar riga kafin a wurare daban-daban.

An ba da shawarar a yi wa mutane mafiya haɗarin kamuwa da cutar allurar har sau uku, kana a yi musu tantancewar jini bayan watanni uku da yin allurar riga kafin.

5.2 Yadda Ake Gudanar Da Allurar

Allurar riga-kafi ta cutar hanta sigar B ana aiwatar da ita ne ga baligai a dantse sannan su kuma jarirai akan yi musu allurar ne a cinya.

Allurar riga kafin akan yi ta ne daga haihuwa zuwa wata shida (1-6) wato dai za a yi ta har sau uku a cikin wata shida, sannan yawan abin da ake bukata na ruwan allurar shi ne miligiram 1 ga baligai, rabin miligiram kuma ga jarirai sabbabbin haihuwa da kuma yara kanana. Ba a yin allurar riga-kafi ta ciwon hanta sigar B a duwawu saboda karfin allurar zai dakushe.

5.3 Tasirin Allurar Riga-Kafin

Ana yin ajiyar wannan allurar ne a mataki na biyu zuwa na takwas (2-8) a ma'aunin zafi, kuma ba a so allurar ta yi kankara domin yin hakan na dakushe kaifin allurar. Aiwatar da allurar riga-kafin yana zaburo da kwayoyin halitta na garkuwar jiki su samar da wasu kwayoyin halitta masu kare jiki daga kwayar cutar hanta. Yin allurar riga-kafin ciwon hanta sigar B har sau uku zai habaka samar da kwayoyin halitta na jini domin bada kariya daga cutar hanta kuma ya kyautata kwarin garkuwar jikin mutum da kaso casa'in da biyar cikin dari (95%). Samun nagartacciyar garkuwan jiki ya danganta ne da karfin allurar riga-kafin ta yadda zata samar da isassun kwayoyin halitta na kariya. Kuma ana ba da shawarar yin gwajin jini na kwayar cutar hanta bayan wata dāya ko biyu da dāukar allurar riga-kafi. Idan kwayoyin halitta na kariya suka kai awo goma (10) a

ma'auninsu, to babu shakka mutum ya samu wadatacciyar kariya daga cutar, wadda za ta dauki tsawon shekaru. Daga cikin ka'idojin da ake buƙatar a kiyaye sun haɗa da yin gwajin kwayoyin halitta duk bayan shekara biyar. Idan gwajin ya tabbatar da raguwar kwayoyin halitta na kariya zuwa kasa da mataki na goma (10) a cikin ma'aunin, to lalle ya kamata a sake gudanar da allurar riga kafin.

An gano cewa shan taba da kiba da kuma kamuwa da kwayar cutar kanjamau da wasu matsantan cutuka kamar na koda da ciwon sukari da ajiyar alluran riga-kafin a guri mai tsananin sanyi yana dukushe tasirin allurar.

An bada shawara cewa:

- Ana yin allurar riga-kafin ne a tsoka, kuma ana soko ta ne a daga sama ta yadda za ta ba da kusurwa awo 45. Lalle ne a kauce wa gudanar da allurar riga-kafin ta hanyar jini.
- Ana yi wa jarirai da iyayensu ke dauke da cutar allurar riga-kafi na ciwon hanta sigar B, da kuma kwayoyin garkuwar jiki da wuri ba tare da bata lokaci ba.

5.3 Illolin Allurar Riga Kafin

Wannan allurar riga kafin na da yan saukafan matsaloli, waɗanda suke aukuwa a cikin kashi ɗaya bisa ɗari na waɗanda aka yiwa allurar, kamar taƙaitaccen zazzabi da zafin jiki, wani lokaci gurbin allurar yakan yi ja ko ma ya kumbure, kuma yakan dauki tsawon kwana ɗaya ko biyu yana ciwo, bayan aiwatar da allurar. Kimanin mutum

biliyan ɗaya ne aka yi wa allurar riga-kafin kwayar ‘virus’ na ciwon hanta a faɗin duniya gaba ɗaya, wannan al’ƙaluma sun nuna cewa wannan allurar ba ta da wata illa ta a zo a gani, kuma gudanar da allurar a kan matan da suke da juna biyu da masu shayarwa ba ya kawo wata matsala, sannan aiwatar da allurar a kan mutanen da suke da cikakkiyar kariya da ma wanda ke ɗauke da kwayoyin cutar hanta bashi da wani haɗari (ko da yake yin hakan ba dole ba ne).

Tambayoyi da amsa

Tambaya: Shin aiwatar da allurar riga-kafin kwayar ‘virus’ na ciwon hanta kan masu ɗauke da kwayar cutar na da alfanu?

Amsa: A’ a ba ta amfanarwa ba ta kuma cutarwa. A baya bayan nan masana ilimin kimiyya suna ta ƙoƙarin samar da allurar riga-kafi ta kwayar cutar hanta ta hanyar amfani da kwayoyin halitta na gado da aka tattaro daga wasu ɓangarori na kwayar cutar hanta na waɗanda aka yi wa allurar, bayan allurar ta samar da garkuwa domin yaƙi da kwayar cutar hanta, ko da yake amfani da alluran riga-kafin da ake da su yanzu a kan masu ɗauke da kwayar cutar bai kamata ba, amma idan sababbin alluran riga-kafi na kwayoyin cutar hanta sun shiga kasuwa, ta iya yiwuwa su yi amfani ga wannan rukunin majinyata.

Tambaya: Shin tilas a gudanar da gwajin kwayar cutar hanta kafin a aiwatar da allurar a kan iyalan wafanda ke dauke da kwayar cutar domin kariya daga kwayar cutar hanta?

Amsa: E, amma abin takaici shi ne wasu majinyata sukan dauki allurar kafin gudanar da gwajin haka nan kuma bayan an gudanar da gwajin jini, sai aka gano cewa suna dauke da kwayar cutar hanta sai bisa kuskure su zaci cewa aiwatar da allurar riga-kafin ne ya janyo musu.

Tambaya: Ina yi wa mahaifiyata mai dauke da kwayar ciwon hanta, allurar bitamin rukunin B sai na soki yatsana da allurar bisa kuskure, mece ce shawararka?

Amsa: Ina fatan tunda ya kasance mahaifiyarka tana dauke da kwayar cutar hanta, ka je ka yi riga-kafin cutar. Duk da haka, ina shawartarka da ka je ka sami likitanka cikin gaggawa (in so samu ne nan da awa daya, ko kuma tsanani cikin kwana bakwai) sannan a yi allurar kwayoyin garkuwar jiki idan likitan ya/ta rubuta. Idan ya kasance ba ka dauki allurar riga-kafi ta kwayar cutar hanta ba, to ka yi kokarin yi cikin gaggawa.

Idan jinin majinyaci ko wani ruwan jikinsa ya fada idon mutum mai lafiya, to dole a yi allurar kwayoyin garkuwar jiki.

Tambaya: Ko mutumin da yake dauke da cutar hanta a kuruciyarsa zai yiwu a yi masa allurar riga kafin bayan ya balaga?

Amsa: Ba a haramta yin hakan ba, ta yiwu an samu ciwon hanta sigar A ne a lokacin kuruciyar. Bayan an an yi gwaji an tabbatar babu alamun allurar a jininsa to sai a yi riga-kafi.

Tambaya: Shin akwai bukatar maimaita allurar riga-kafin ciwon hanta bayan shekara (5) biyar da aiwatar da ita?

Amsa: A'a, binciken baya bayan nan ya nuna cewa mafi yawancin lokuta bayan kamala allurar riga kafi, kuma ta karfi jikin mutum ta hanyar samar da garkuwa ga kwayar 'virus' din, to ba wata bukatar sake maimaita ta har tsawon shekara goma sha biyar (15). Sai dai kuma an so a dinga auna kwayoyin halitta masu ba da garkuwar jiki ga majinyata mafiya hadari.

Kyakkyawan fata ga lafiyayyar duniya da babu ciwon hanta sigar B

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Game da Mawallafi

Alavian farfesan likitanci da ilimin ciwon hanta ne wanda ya kafa asibitin hanta na farko, kuma yana xaya daga cikin waxanda suka assasa qungiyar ba da gudumawar ga ciwon hanta duk a Tehran, babban birnin Farisa, shekarar 1995. Kafin 2012, ya kasance editan mujallar *Clinical Virology* na tsawon shekara goma. Shi ya qirgiri mujallar Ciwon hanta da take fitowa watawata, wato *Hepatitis Monthly Journal*, kuma shi ne babban editan mujallar. Ya kasance mai ba da shawara kuma wanda ake tuntuva kan shirin kula da yaxuwar ciwon hanta na qasa a Farisa.

Alavian memba ne na kwamitin qasa na ciwon hanta da ke maikatar lafiya da kuma fannin ilimin likitanci tun shekarar 1995. Qwararren masanin ciwon hanta ne wanda ya kasance yana aiki tuquru kan bincike na kimiyya dangane da ‘virus’ na ciwon hanta a cibiyoyin kiwon lafiya a mataki na qasa, sama da shekara 23. Ya wallafa maqalu sama da 430, wasunsu na haxin-guiwa, a mujallun ciki da wajen qasa. Ya kasance jagora a bincike-binceke masu dama kan gwajin lura da majinyata ciwon hanta sigar C da B, da kuma ba su magani.

Abin da Alavian ya fi sha'awa shi ne samar da kuduri ka kiwon lafiya da zai hana yaxuwar 'virus' na ciwon hanta da ma samar da hanyoyin shigar da sabbin dabarun lura da ciwukan. Yana kuma da sha'awar bincike na kimiyya wajen irqiro da magungunan HBV da HCV. Haka kuma, samar da magungunan 'virus' na ciwon hanta da ciwon gado