

SI MUKTAL DUK BESSIHIN

Yakan

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Health Book
(WOUNDS)

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Preface

This booklet about the treatment of wounds was prepared in order to provide reading material with practical and useful content for readers of Yakan.

It begins with a story about Muktal, who cuts himself on the leg while using his bolo, and tells what his mother and father decide to do when his leg became badly infected.

Questions on the content of the story have been added to stimulate thinking and discussion. It is hoped that this booklet will be used in reading classes and health education in Yakan communities.

Pages 14-22 briefly present a doctor's suggestions for the immediate care of wounds and for the care of infected wounds. This section has been prepared by Dr. Steve Lynip of the Summer Institute of Linguistics.

SI MUKTAL DUK BESSIHN

Niya' a'a inēnan si Jakkal. Magtana' siye duk andanen nampay me' anaknen. Duk samanen nabangan siye du isab. Bessuwang si Jakkal inin pahaleng duk pakale, pegge' niya' takalene magkillahap.

Pa'inne si andanen, "Niya' maglingan! Suwala ī' kuwe' suwala si Muktal." Ubus ilebbahan ne hep bekoko si Jakkalin duk magtuy ne iye magubas tudju gulangan, bang amban pagtangisanin.

"Tabangun ku, tabangun ku," pa'in suwalahin. Ja'ira mayam ne bang la'i du ke kēmon mākanakin. To'o be, si Muktal sa' duk saline mangga' mala'ihin.

Ubus ilinganan we' ne a'a bahi' miya'an dina'ak pi. "Palakkes be kew, hatu si Muktal bakat. Oh, mayam ko' kew, la'i si bihing nunuk malangkew i'en. I' ne si Jakkal ngayew."

Ubus pag tekka ne Ja'ira duk meto' anen kitede hep inampit we' si Jakkal anakne miya'an duk laha'in nelluy ne amban bakat si pa'ane duk lege ne semmek si Muktalin.

Sasew ne si Ja'ira duk tinilew we' ne bang sabab ine kabakatannen. Ubus pa'in si Jakkal, "Luwal ngalabas-ngalabas bu kapeddang kayu diki'-diki' bu palarus bekokohin diyata' pa'ane. Duk bakat ne pa'anen asal lalem manamal." Pegge' bahasa di'ilew du ko' inasa' bekoko miya'an, duk ga'i ko' si Muktal ta'u ngusalne.

Ubus papu'ne miya'an ngeddo' dawen kayu,
bahasa hinang tambal. Ubus pinipis-pipis ne
dawen kayu miya'an duk magtuy ne pinessel we'
ne bakat si Muktalim. Ubus bu ilekkahan we'
ne pisnen amban diyata' kokne bu pinekkes we'
ne bakat si Muktalim. Iye sessa'ne miya'an,
"Da'a pa'in usa'un pekkes bakatne inin me'
limem bahangi." Ubus magtuhut ne siye hap
luma'.



Palabey dem bahangi baha' ne hep pa'a si Muktalin. Ga'i ne iye makajari nuhut me' metetto'anen maghinang si tana', luwal ne hadja si luma'. Ellew dembuwa'in ilemmun ne isab si Muktal. Baha' ne pa'anen duk peddi' manamal. Sasew ne si Ja'ira duk inakahan we' ne si Jakkal, bahasa subey inānan ne ko' semmek si bakatne miya'an supaya limpiyuhanne bakatne miya'an.

Iye helling si Jakkal, "Ga'i makajari inānan." Pegge' tinalew iye duk subey tuhutne sessa' samanen.

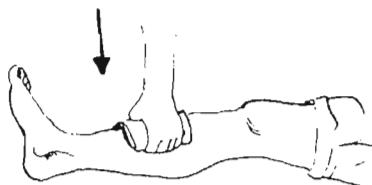


Ubus pa'in Ja'ira, "Payamanun si Muktal, iyu' ne lemmunan duk baha' ne pa'anen ga'i ne mekelengngan. Ine be makajari hinangte! Ta'esebnu ke bang ine pina'in danganakannun bakas du isab iye bakat? Pa'inne bang ga'i ilimpiuhante bakatin dilikaw ngabaha'. Bang iye, kata'uhanne du, pegge' bakas magseminar iye si gubelno. Bang aku inin mikilne, baha' ne te'ed pa'anen, duk bang ga'i limpiuhante bakatnen kaw magkatamba duk makamatey iye."

Ubus kahunitan isab si Jakkal mikil, pegge' ga'i kata'uhanne bang ine subey hininangnen. Sasew iye sabab anaknen bu mabaya' isab iye ngasip pina'in samanen. Kahunitan te'ed iye mikil.

Sasang mikil pe iye takalene ne si
Muktal magdahing hawal peddi'nen. Hangkan
bugtu' ne si iye asal subey inānan dawen kayu
miya'an duk ilimpiyuhan bakatin. Magaka sa'
iye si samanen sumiyan-sumiyan ne hadja.

Ubus Ja'ira miya'an maglaga' dawen
biyabas sa pina'in danganakannen. Bu inānan
ne we' si Jakkal dawen si bakatne miya'an.
Naring ne si Muktal pegge' peddi'an manamal.
Bu ga'i isab makajari inānan kēmon dawen
miya'an, pegge' sinduwehin ngalekket ne.
Tinata'an we' si Jakkal bakat si Muktalin duk
bohe' dawen biyabasin duk limpiyu bakatnen.



Ubus mikil ne isab siye, hāp pe ko' bino'o si pagtambalanley māku tambal. Saguwa' tala manamal ispitäl miya'an bu si Muktal ga'i ta'u lumengngan. Iye helling samanen, "Ambat ne, aku sa' iye mo'one. Mabaya' ku pinakitehan si doktol duk kata'uhan bang ine tambalin."

Ubus magsampang siye duk papu' si Muktalın si lan. Pa'inne, "Tunganbi mo'o ampuku iyan?" "Hap doktol ne kami pegge' panas ne pa'anen duk baha' ne. Naring isab iye sigi-sigi. Mabaya' kami pinakitehan si doktol duk kata'uhan kami bang ine tambalnen."

Ubus astel ne papu'nen, seddili ne pamayamnen. Pa'inne, "Ga'i hāp bang ga'i tatuhut panessa' samaten. Bakas pa'inku hep ga'i makajari inānan dawen kayuhin taman limem bahangi."

Ubus si Jakkal ga'i ne magbukag. Bugtu' si iye we' iye ne mahāpin bang bino'o hap doktol nakanakin.

Ga' du tiggel tekka ne siye si pagtambalan miya'an. Ubus missā narsin si siye, pa'inne, "Hāp isab pegge' tabo'obi du si Muktal pitu." Ubus inānan ne we' ne semmek diyata' pa'anen duk kitene tambal pamatoket si bakatnen. Ubus iye ko' mahāpin, pa'in narsin, bang kite bakat magtuy dine'enan si

bakatte duk laha'in ga'i bu'us-bu'us. Atawa de'enante hadja duk semmek limpiyu. Mangga'i isab, duk tangan ne hadja, duk iyan padeheng. Me' bakat ma'ekkahin padeheng du laha'in dem sempū' atawa duwempū' minuto. Duk bang upama ga'i mura padeheng, da'a hinalihan dine'enan. Tewwa' hininang a'a bahi'in pangingketne pīsnen pī si bakatne. Bang de'enante pabasag diyata' bakat, iye makapadeheng laha'nен. Pegge' iye importante manamalin bang niya' bakat we' padeheng laha'in dahu'.



Ubus inakahan pe isab we' narsin we'
bisan dawen kayuhin nabang makapadeheng
laha', masi du isab ga'i tantu hāp pegge'
niya' lege dawen kayuhin nuhut pī dem bakat
manjari mura baha'.

Magmemes ne narsin sōng limpiyuhanne
balik bakatin. Ubus pa'inne si metetto'a
nakanakin, "Hāp isab bakas hininangbin pegge'
ekka bohe' ginunabin pangoso' bakat inin."
Ubus pinakitehan we' ne bang sa'ingge panaste
dahu' oro'in si kayat ebbut duk limpiyu.
Subey pa'in panas oro'in manamal ubus bu
pinahaggutan mangkin ginuna bang kennel ne.
Ubus pinakitehan bang sa'ingge panugit
bakatin duk tahala' me' dawen matelebbi
diyalemin. Ubus miya'an tata'anne ne
sigi-sigi bohe' pī si bakatne.

Ubus nilew Ja'ira, pa'inne, "Subey ke
kite magpanas bohe' panas ingge tinata'an
bakatten?"

"Awe', hāp bang magpabukal bohe' dahu',
saguwa' subey pa'in kennel balik. Bu iye
tamanan importantehin subey te'ed limpiyu
bohe' in duk ekka," pa'in narsin.



Ubus pa'inne pe, "Bang sa inin pangoso' bakatin, makatabang duk mura kewuli'an, pasōng ne bang ba'ahu bakat bu magtalus ilimpiyuhan. Saguwa' bang patekka takitete bakatin ngapeyat duk peddi' duk baha'. Ubus ilemmun pe a'ahin bu bewwan pe bakatin. Bang takitete sa inin kata'uhante ne subey ne kite pī hap doktol duk tinambalan namba."

Ubus pa'in narsin, "Muktal, subey ne kew nginum penicillin kuwe' itu dem limem bahangi, duk subey kew ga'i pahali nginum tabletta inin bisan payamannu bakatnun sōng kewuli'an ne. Da'a halihanun. Sigi-sigi kew nginum ampat kayu' de ellew dem limem bahangi. Kahaba' lime-lime ora inumun dembuwa' tabletta," pa'in narsin.

Ubus pa'in narsin, "Tiya' ne, Muktal,
ngaloroy ne kew tambal inin kuwe' itu."



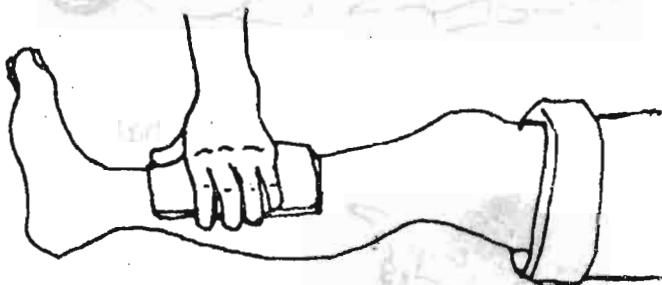
Pag tekka siye si luma' masi pe
kinoso'an we' Ja'ira sigi-sigi minduwe de
ellew. Duk mayam-mayam te'ed Ja'ira bang
ngaloroy du ke si Muktal penicillin ampat
kayu' de ellew. Pag labey duwem bahangi, ga'
ne iye ilemmun duk sampay bakatnen ngelles
ne. Ta'u ne iye nengge duk magpengka'-pengka'
diyalem luma'. Manjari si Jakkal duk Ja'ira
sinna ne siye manamal pegge' kewuli'an ne
iye. Saguwa' suse siye pegge' ga' bakas
patindew sama si Jakkalin. Hatu ngamā. Ga'
tiggel tekka du iye. Ubus takitene ne ampunen
kole' ne. Sinna ne isab papu'ne miya'an duk
ga' ne subahatne dawen kayu miya'an.

- 1) Sa'ingge ko' kabakat pa'a si Muktalin?
Payamanun si lambahan 2
- 2) Ine pa'in narsin bang niya' a'a bakat,
ine subey hininang dehelluhin?
Payamanun si lambahan 9
- 3) Ine pamagaka nars si ka'amin duk laha'in
ga'i bu'us-bu'us?
Payamanun si lambahan 9
- 4) Ine pamagaka pu si Jakkal duk Ja'ira sabab
pangoso' bakatin?
Payamanun si lambahan 10 duk 11 duk 12
- 5) Sumiyan a'ahin ngangguna nginum penicilin
bang iye bakat?
Payamanun si lambahan 12 duk 13

BANG SA' INGGE PANGUNTULTE BAKATIN

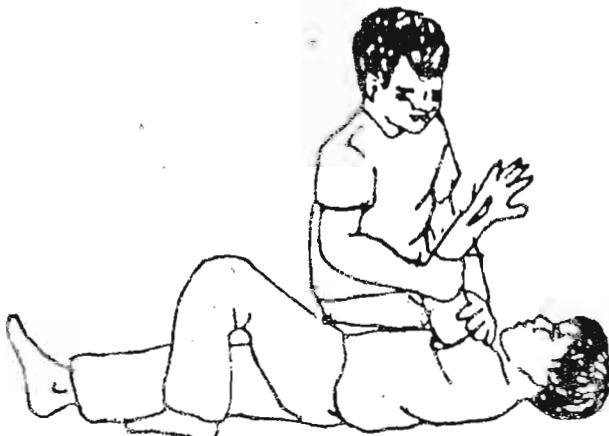
KA' ISSA' - PADEHENGUN LAHA' MABU' USIN:

Leppi'anun semmek lìmpiyu
pinasubuk-subuk (panyitu, tela ine-ine ne
basta hadja limpiyu). Gunahun semmek ileppi'
miya'an duk de'enun diyata' bakatin supaya
laha'in padeheng.



Bang ga' niya' semmek limpiyu tapit,
gunahun hadja tangannun. Saguwa' koso'anun
dahu' tangannun pahāp-hāp.

Bang niya' bakat subey kuwe' pinatengge
pusu'ne atawa lengngenne mabakatin duk
diyata' amban kokne duk ga'i laha'in bu'us
ekka. Bang lengngennen bakat, sa inin:



Bang pusu'nen atawa pa'anen bakat, sa inin:



Bang semmek tagna' papihannun temmek ne
we' laha', papihun semmek seddili diyata'ne
duk de'enun pinabasag-basag. Da'a ananun
semmek tagna'in.

De'enun 10 minuto atawa taman 20 minuto.
Ubus kulang-kulanganun ahat-ahat
pangande' ennu iyehin duk payamanun bang
padeheng ne laha'in.

Bang a'a mabakatin ga'i hap lessanen,
kuwe' songga'i ne kasayu, da'akun iye pabak.
Padiyata'un bettisnen (duma'in koknen) kuwe'
inin:



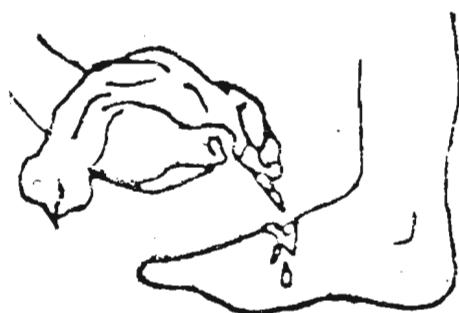
Bang kasayu du a'a mabakatin pa'inumun
iye bohe' pina'ekka. Duk papihannun asin de
puddut para dembuwa' sawan.

BANG INE HINANGTE PAG UBUS PADEHENG NE
LAHA' IN.

Bang padeheng ne laha'in, koso'anun
kuwit paliput si bakatin, gunahun sabun duk
bohe' bakas pinabukal duk pinakennel pa'in.

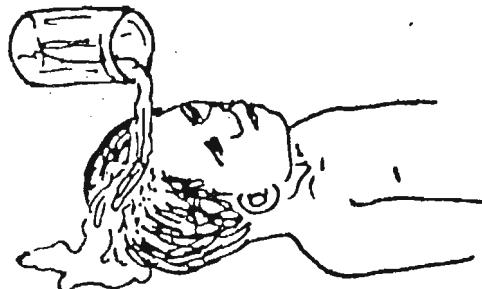
Tata'anun bakatin duk bohe' limpiyu
pina'ekka supaya tabo'o kēmon
lemmi'-lemmi'enen bisañ madiki'in. (Limpayu
hep bohe'in bang bakas pinabukal.)

Bang niya' pe lemmi'ne ga'i ngatu
tahala', ānanun lemmi'in duk semmek limpiyu
atawa sugitanun.



Bang hadje manamal bakatin duk ekka
manamal bohe' ginunanun hinangun sa inin:

Si duwe-duwe tasa bohe' papihanun asin
duwe puddut duk tellu akup dawen biyabas
pinipis. Pabukalun 30 minuto, bang kennel ne
balik sā'un dem semmek limpiyu. Ubus
patata'un bohe'in dem bakat miya'an.



Lampikanun bakatin semmek limpiyu duk
toho'. Ganti'anun semmekin bang basse' ne
atawa lege.

Kahaba' ellew limpiuhanun bakatin
minduwe sa inakahan ne, samanta'an ga'i tabu'
bakatin.

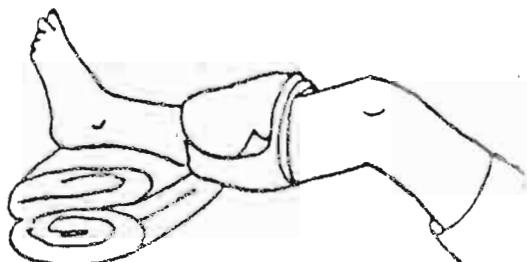
Bang makajari bo'ohun a'a mabakatin pī
si doktol atawa si pagtambalan seddili duk
iye tinuksuk anti-tetanus.

BANG INE HINANGTE BANG BAHĀ' NE BAKATIN

Hatu ngapeyat si sing bakatin duk ngahadje, duk lemmunan ne a'ahin. Bang sa miya'an bantuknen baha' ne bakatin.

Untulun sa inin:

- 1) Ngandang ne kew bohe' pinapihan asin duk dawen biyabas sa inakahan si lambahan 20.
- 2) Lebbaganun bakatin dem bohe' miya'an bang panas-panas pe 20-30 minuto. Hinangun sa inin mintellu de ellew atawa daran.
- 3) Bang bakatin ga'i makajari ilebbagan dem bohe', basse'un semmekin dem bohe' panas pe duk papihanun semmek basse' duk panas inin diyata' bakat miya'an dem 20 minuto. Hinangun sa inin pinadararan de ellew.



Bang baha' ne bakatin, mura pe kewuli'an bang a'a mabakatin nginum tambal inēnan "antibiotics." Da bayu' isab antibiotic ēnnen Sumapen.

Bang inumte Sumapen subey kuwe' inin ekkahannen: A'a bahi' duk mākanak 13 tahun ne atawa labi subey inumde dembuwa' kapsula minampat de ellew dem 5-7 ellew.

Tambal Sumapen

<u>mākanak</u>	<u>dem kassa'</u>
behu inanakan - 6 bulan	tenga'-sing-tenga' suru' diki' 4x de ellew
7 bulan - 1 tahun	kulang-kulang tenga' suru' diki' 4x de ellew
1 - 5 tahun	tenga' suru' diki' 4x de ellew
6 - 12 tahun	1 suru' diki' 4x de ellew
<u>a'a bahi'</u>	<u>kapsula</u>
6 - 12 tahun	tenga' kapsula 4x de ellew
13 tahun - a'a bahi'	1 kapsula 4x de ellew

Bang inumnu ne Sumapen subey inumnu sigi-sigi samanta'an ga'i ne baha'. Bisan ga'i ne baha' masi pe kewulinum 2 - 3 ellew.