Kuona za mavuto a za umoyo wa achinyamata omwe ali ndi khungu la chi alubino ku mmwera kwa Africa

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Chiyambi

Achinyamata omwe ali ndi khungu la chi alubino amakumana ndi mavuto za umoyo osiyanasiyana ku mmwera kwa Africa. Ngakhale mauthenga a za umoyo okhudza a nthu a khungu la chi alubino amaperekedwa, izi zimachitikabe chifukwa mauthenga ambiri amakhala okuti anthu wamba sangawafikire. Ndemanga iyi ikamba zambiri zokhudza anthu okhala ndi khungu la chi alubino, tanthauzo lake, zomwe zikuchitika pakadali pano komanso mavuto a zaumoyo omwe achinyamata pmwe ali ndi khungu la chi alubino amakumana nawo. Ndimeyi ikambanso za mavuto ngati a maso, khungu komanso umoyo wa mmalingaliro.

Kukhala ndi khungu la chi alubino ndi chani

Kukhala ndi khungu la chi alubino kukutanthauza mtundu wa anthu omwe umadziwika chifukwa cha kuchepa kwa zofunikira mu thupi la munthu zotchedwa Melanini zomwe zimapezeka pa khungu, mu tsitsi komanso mmaso. Melanini (*Melanin)* ndi imodzi mwa zinthu zofunikira mu thupi la munthu zomwe zimathandiza kuteteza khungu ku mphamvu ya dzuwa. Mawu okuti albino anachokera ku mawu a chi latini "*albus*" omwe amatanthauza "kuyera" (Kromberg & Manga, 2018).

Pali mitundu iwiri ya chi alubino: *Oculocutaneous Albinism* (OCA) ndi *Ocular Albinism* (OC). Mtundu wa OCA imakhudza khungu, maso ndi tsitsi pamene mtundu wa OA umakhudza maso okha (Mabula et al., 2012). Mtundu wa chi alubino omwe umapezeka kwmabiri ku mmwera kwa Africa ndi omwe umakhudza khungu, maso ndi tsitsi. Anthu okhala ndi khungu la chi alubino amapezeka mmitundu yonse ya anthu mu Africa. Makolo onse amayenera kukhala ndi zotengera zochokera kwa makolo awo kuti apezeke kuti nawo akhale ndi mwana wa khungu la chi alubino. Izi zimasiyana ndi zikhulupiliro za anthu mu Africa zomwe zimalimbana ndi mzimai amene wabereka mwana wa khungu la chi alubino. Ena amafika mpaka poganiza kuti kubadwa kwa mwana wa khungu la chi alubino ndi zochokera ku mizimu yoipa komanso matembelero koma pomwe zisali zoona.

Chiwerengero cha anthu amene ali ndi khungu la chi alubino

Ku mmwera kwa Africa, kaundula wa anthu okhala ndi khungu la chi alubino ndi wosatsatidwa bwinobwino. Maiko ambiri ku mmwera kwa Africa alibe kalembera wokhazikika wa anthu okhala ndi khungu la chi alubino mu dziko lawo. Kutengera kaundula wa mu 2019 wochokera kwa namandwa woima payekha wochokera ku unduma woona za dziko lonse la *United Nations*, kukula kwa nambala ya anthu okhala ndi khungu la chi alubino ndi pakati pa munthu mmodzi pa anthu 5000 kufika pa munthu pa anthu 15000 mu Africa monse komanso munthu mmodzi pa anthu 1000 ku mmwera kwa Africa. Franklin et al. (2018) Anaika chiwerengero cha anthu okhala ndi khungu la chi alubino kukhala munthu mmodzi pa anthu 2000 kufika 5000 ndipo kaundula wa ana a sukulu omwe ali ndi khungu la chi alubino ali pakati pa munthu mmodzi pa anthu 2000 kufika 4000.

Vuto la Kusaona bwinobwino

Vuto la kusaona bwinobwino ndi ndi limodzi mwa mavuto omwe amadza kwa anthu okhala ndi khungu la alubino. Kafukufuku akuonetsa kuti vuto ili la kusaona bwinobwino silingatheretu ndi njira ngati zovala magalasi a maso. Vuto la maso ndi gwero lalikulu kwa munthu yemwe ali ndi khungu la chi alubino. Kafukufuku akuonetsa kuti izi zimachitika chifukwa cha chilema cha *Retina* (ka chiwalo ka mu diso la munthu). Ndikofunikiranso kuzindikira kutinvuto la masoli limasiyana pakati pa anthu omwe ali ndi khungu la chi alubino. Anthu ena omwe ali ndi khungu la chi alubino amatha kukhala ndi amaso owona bwinobwino kusiyana ndi anzawo. Kafukufuku akuonetsa kuti omwe amapita ku sukulu amatengedwa ophunzira zinthu mochedwa chifukwa choti aphunzitsi samawamvetsetseta kuti iwo ali ndi vuto la maso. Ophunzira omwe ali ndi khungu la chi alubino amakhala kutsogolo kwa kalasi mu ma sukulu amene amagwiritsa ntchito bolodi pophunzira. Iwowa amayenera kugwiritsa ntchito mabuku a iwo wokha chifukwa amayenera kuti bukhu azilionera pafupi zimene zimakanika ngati akuona bukhu ndi munthu wina. Ndi zothandizanso kuzindikira kuti njira za makono ngati magalasi a maso oonetsa zinthu zazikulu ndi zofunika pothandiza kuti nawo atha kufikira patali mmaphunziro awo.

Zina mwa zizindikiro za vuto la maso la munthu amee ali ndi khungu la chi alubino ndi zonga *Nystagmus* (kuyendetsa maso mosafuna), *Strabismus* (minofu ya mmaso yosakhazikika), maso osemphana, komanso *Photophobia (* kuvutika kuona chifukwa cha kuwala kwambiri kwa dzuwa kapena chilichonse chowala zedi.)

Mavuto okhudza khungu

Anthu ambiri a khungu la chi alubino amakumana ndi mavuto ambiri okhudzana ndi khungu lawo omwe amawalepheletsa kukhala moyo wofanana ndi wina aliyense. Vuto la khunguli limapangitsa kukhala pa chiophyezo chokhala ndi matenda a khansa ya pa khungu. Khungu lawo limasintha chifukwa cha dzuwa. Kukhalitsa pa dzuwa kumapangitsa kuti khungu lawo likhale ngati laphya

ndi moto kotero kupangitsa kuti akhale pa chiophyezo cha matenda a khansa ya pakhungu. Chifukwa cha kuchepa kwa Melanini (*Melanin)*, khungu lawo limaonongeka mosavuta ndi dzuwa. Zotsatira zake zimakhala zotupa pa khungu lawo komanso kufiira kwa khungu lawo. Kukhalitsa pa dzuwa kumapangitsa khungu lawo kukhala ndi totupa tating'onoting'ono tomwe timatha kuyambitsa khansa ya pa khungu. Kfukufuku akuonetsa kuti khansa ya pa khungu ndi nthenda yomwe imapha kwambiri anthu ojhala ndi khungu la chi alubino. Maphunziro ena amaonetsa kuti anthu okhala ndi khungu la chi alubino samakhala ndi moyo kudutsa zaka 30 kufika 40 chifukwa cha nthenda ya khansa ya pakhungu.

Kafukufuku yemwe anapanga Lund mu chaka cha 2008 anapeza kuti achinyamata amene ali ndi khungu la chi alkubino amakhala pa chiophyezo cha kukhala ndi nthenda ya khansa ya pakhungu. Iwo anapeza kuti kuphya kwa khungu, kuuma komanso kukhakhala kwa khungu, kung'ambika kwa milomo ndi zotsatira zomwe imabwera chifukwa cha kukhalaitsa pa dzuwa. Anthu omwe ali ndi khungu la chu alubino amayenera azionedwa pafupipafupi ndi a za umoyo kuti aziona ngati pa khungu pawo pali vuto linalililonse. Makolo komanso osamala ana amene ali ndi khungu la chi alubino azikhala tchelu kuona khungu la mwana ngati lili ndi zotupa kapena ngati laphya ndi dzuwa.

Kafukufuku akuonetsa kuti kudzola mafuta ochepetsa mphamvu ya dzuwa pa khungu ndi njira yothandizira kuchepetsa matenda a khansa ya pakhungu. Mafutawa amapangidwa dni zipangizo zoteteza khungu ku dzuwa. Ku mmwera kwa Africa, mafuta oteteza khungu wa alipo mitundu yosiyanasiyana ndipo amatchedwa dzina lake kuti oteteza khungu ku dzuwa (SPF). Madotolo oona za matenda a pa khungu amalimbikitsa kugwiritsa ntchito mafuta a mlingo wa 30 kapena kuposera apo kuti khungu litetezedwe. SPF akachuluka ndekuti nawo khungu limakhala lotetezeka ku mphamvu ya dzuwa. Kupaka mafuta a mlingo wa 30 kapena kuposerawa pa ilomo ndi kofunikanso chifukwa nayo milomo imaombedwa ndi dzuwa 9 Kromberg et al.,2020). Madotolo amalimbikitsa anthu amene ali ndi khungu la chi alubino kuti azivala zovala zotchinga thupi lawo. Malaya atali manja, mabuluku, zipewa zotchinga komanso kupewa kukhala pa dzuwa zimathandiza kuteteza khungu lawo ku dzuwa. Kuvala chisoti cha manyado sikulimbikitsidwa chifukwa malo ena apa nkhope saphimbidwa ku dzuwa.

Maphunziro akuonetsa kuti achinyamata ambiri amene ali nd khungu la chi alubino sakonda kuvala zovala zoziteteza kudzuwa. Iwo amakonda zipewa za manyado ngati zipewa za mpira, zovala zodula manja, zazifupi mmalo movala zovala zophimba thupi lawo,. Izi zimachitika chifukwa chosafuna kuoneka osiyana ndi anzawo, zomwe zimada chifukwa cha kusalidwa komwe amakumana nako mmadera mwawo. Chifukwa chosatsatira zomwe madotolo amanena pa nkhani yokhudza khungu lawo, izi zimakhala ndi zotsatira zovuta zokhudza khungu lawo (Opara & Jiburum, 2010)

Kukumana ndi madotolo owona zapakhungu ndi kofunika pofuna kupewa komanso kuthana ndi nthenda ya khansa ya pakhungu. Izi zili choncho, zinadziwika kuti kukumana ndi madotolo owona za khungu kumafunika ndalama zochuluka ku

mmwera kwa Africa zomwe zimasokoneza kudziwa mwa change za nthenda ya khansa ya pa khungu ngati munthu ulike ndalama.

Ku mmwera kwa Africa, vuto lina lomwe lilipo kupatula kukumana ndi madotolo owona za khungu ndiko kusowa kwa mafuta odzola oteteza khungu ku dzuwa. Maiko ambiri a ku mmwera kwa Africa, ma boma awo sapereka mafutawa kwa anthu ali ndi khungu la chi alubino. Mwayi ukakhalapo wokuti mafutawa apezeka mchipatala ndekuti amakhala ochepa. Mmadera a mmidzi, anthu sakhalaliratu ndi mwayi wopeza mafutawa. Ena amayenda mtunda wautali pa dzuwa kuti akapeze mafuta ochepa oteteza khungu lawo ku dzuwa. Mmaiko amabiri, mafuta oteteza khungu ku dzuwa ndi okwera mtengo kwambiri zomwe zimalepheretsa anthu omwe ali ndi khungu la chi alubino omwe akukhala mu umphawi kuwafikira mafuwawa. Izi zimapangitsa anthu ambiri omwe ali ndi khungu la chi alubino kukanika kukhalandi mafuta oteteza khungu ku dzuwa (Kromberg et al., 2020; Zungu & Mashige, 2019).

Umoyo wa mmalinga wa anthu okhla ndi khungu la chi alubino

Maphunziro akuonetsa kuti anthu omwe ali ndi khungu la chi alubino amakumana ndi mavuto a umoyo wa mmalingaliro chifukwa cha kusalidwa. Izi zimachitika chifukwa cha maonekedwe awo. M'msko ambiri a ku mmwera kwa Africa, iwo amatchedwa maina onyoza chifukwa thupi lawo ndi losiyana ndi ena onse athupi lokuda. Mu dziko ngati Malawi, mmadera ena amawatcha dzina loti "Mzungu" kutanthauza "munthu woyera" komanso ku South Africa ndi Zimbabwe amawatcha *Leswafi* (Nyani), *Musope* (woyera). Ku Tanzania, amawatcha *zezuru* (Nzukwa) kapena *mlanga* (oonekera nkati). Kupatula kuwatchula maina onyoza, anthu mmadera osiyanasiyana amakhala ndi zikhulupiliro zosiyanasiyana zokhudza anthu a khungu la chi alubino. Ena amawaganizira anthu a khungu la chi alubino nhgati njira yopangira za ufiti kapena yopezera ndalama. Izi zimapangitsa anthu ambiri akhungu la chi alubino kuphedwa komanso kuthawa mmadera mwawo chifukwa cha kusalidwa. Izi zabweretsa mavuto a akulu pa umoyo wa mmalingaliro wa anthu omwe alindi khungu la chi alubino, makamaka achinyamata (Baker et al., 2010)

Kumaliza

Ndemanga yakamba zambiri za mavuto za umoyo omwe anthu a khungu la chi alubino amakumana nawo. Kusaona bwino, nthenda ya khansa ya pakhungu komanso umoyo wawo wa mmalingaliro. Zambirinso zakambidwa zokhudza njira zopewera mavuto okhudza khansa ya pa khungu, mavuto a maso komanso zambiri zokhudza umoyo wawo ku mmwera kwa Africa. Pomaliza, anthu omwe ali ndi khungu a chi alubino ali ndi kuthekera kokhala ndi moyo wodziimira pawokha ndipo pakufunika boma komanso a mabungwe omwe Sali a bomakubwera pamdzi ndi kukhazikitsa malamulo okhazikika othandizira umoyo wa anthu amene ali ndi khungu la chi albino ku mmwera kwa Africa.

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Maulemu

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