



IBHUKWANA LOLWAZI LESIGULI I-URTICARIA



Isimo i-Urticaria (izilonjana, “amaququhuva” noma ububomvu) yisimo esilumayo, kanti kuba yizilonjana ezincane ezibomvana esiphenduka sibe mhloshana uma sinwaywa. Lobu bubomvu benzeka “ngaphezu” kwesikhumba. Lobu bomvu ngabunye buba imizuzwana embalwa noma amahora ambalwa, futhi isikhumba sisala singasenalutho kodwa izilonjana ezinye futhi zibuye zivele kwezinye izindawo. Ngamanye amazwi la maququhuvana abomvama angomahamba nendlwana – amila lapha asuke futhi ayomila kwenye indawo. Kanti ubukhulu bazo abulingani busukela ku-1mm kuya kumasentimitha amaningi futhi kungenzeka abe yizimbulunga noma zibonakale sengathi zingamagagasi ekugcineni.

ISIKHATHI

I-urticaria eba khona isikhathi esingaye sifinyelele ngaphansi kwamasonto ayisithupha yaziwa ngokuthi yi-acute urticaria.

I-urticaria eyalashwa isikhathi eside esingaphezu kwamasonto ayisithupha. Izimbangela ze-acute urticaria kungenzeke zehluka kwi-urticaria eyalashwa isikhathi eside.

IZIMBANGELA

- I-urticaria yenzeka uma into ethile eyaziwa ngokuthi yi-histamine ikhiqizwa amaseli amaningi atholakala esikhumbeni.
- Ukungezwani nokuthile, amakhemikhali atholakala ekudleni, noma imithi ethile, yizona zonke izinto lezo ezibangela ukuthi kudedeleke i-histamine.
- Ukulunywa yizinambuzane kanye nezinye izifo zangaphakathi kungenzeka nakho kube nomthelela wokuvumbuka kwalesi simo kumuntu isikhathi nesikhathi.
- Uma lesi simo sokungaphatheki kahle sisibi, kungenzeka siqhubeke noma ibe yingxenye yesimo se-anaphylaxis.

UKUDLA

- Izilonjana lezi kuyenzeka zivele ngemuva kwemizuzwana noma kuye kufinyelele emahoreni amabili ngemuva kokudla ukudla okumalayo umuntu lowo okudlile.
- I-urticaria kuyenzeka ukuthi ibangwe yizinto ezifana nezinhlanzi, izivikelakuvunda kokudla, izifakimbala ekudleni kanye nezinandisi kuyenzeka-ke nje kodwa akuvamile ngama-strawberries kanye nezimbazi.

IMITHI

- Cishe yonke imithi ethengwa ngokwencwadi kadokotela noma imithi umuntu azithengela yona ngokwakhe ekhemisi kuyenzeka ibange lezi zilonjana.
- Imithi eyaziwa nedume ngokudala lezi zilonjana, kuba yileyo eyaziwa ngokuthi ama-antibiotics, imithi yezinhlungu kanye nemithi yokulwa nezihlwathi.
- Uma kwenzeka uhlaselwa yi-urticaria, kubalulekile ukuthi utshele udokotela wakho ngayo yonke imithi oyisebenzisayo ukuze umsize akwazi ukuthola imbangela yesimo sakho.

IZILONDA/UKUGULA OKUTHELELENAYO

- Izilonda noma ukugula okuthile okuthelelenayo noma ukulunywa yizilwanyana ezithile eziphila ngegazi labantu kuyenzeka zibangele isimo sokuphathwa yi-urticaria.
- Ukubambeka komgudu wokuphefumula yizona zibangela ezinkulu ukuba nalesi simo kubantwana.

UKUHLOLWA KWAYO

- Akukho kuhlololwa lesi simo okuqondile okunywa ukuba kuhlololwe lesi simo esiyi-acute urticaria, ngaphandle-ke uma iyingxenywe yesimo se-anaphylactic esinzima kakhulu. Bheka ipheshana elithi “anaphylaxis”.
- Kunconywa ukuthi kuhlale kwenziwa ukuhlolwa kwegazi ukuze kubhekwe isimo se-urticaria eselashwa isikhathi eside, kodwa futhi lokho kuhlololwa kuba nje ukuthathwa kwegazi ukuze kubhekwe izimpawu zanoma yikuphi ukunindeka ngalesi simo. Kungahlolwa futhi nemithi kanye nezithako okusolwa ukuthi kuyingxenywe yalokhu, futhi kufanele kekuyekwe kungasetshenziswa.

UKWELAPHA LESI SIMO

- Gwema izinto eziyisisusa salesi simo, kanti lapha singabala ukushisa, ingcindezi kanye notshwala.
- Kungenzeka ukuba udokotela wakho ancome ukuthi uyeke ukusebenzisa umuthi wokuthiba izinhlungu
- Ungakuyeki ukudla okuthile ngaphandle-ke uma lokho kudla kuye kwatholakala ukuthi kuyakwala wena.

Udokotela wakho uyena oyothatha isinqumo sokuthi ngabe zikhona yini izimpawu zokuhlololwa ukwaliwa ukudla futhi kungaba yisidingo sokuthi kukhulunywe nodokotela oqondene ngqo nalabo abaliwa izinto abazidlile.

- Uma lesi simo sisoleka, kufanele kuqale kuhlololwe ngokuthi kumiswe ukusetshenziswa kwezivikelakuvunda ekudleni kanye nezinye izithako mhlawumbe zingazanywa.

IMITHI

- Umuthi okuyi-antihistamines inikwa njengamaphilisi noma uphuzwe, kanti waziwa ngokuthi yiwona muthi osebenza kakhulu. Le mithi yakudala “ethulisa izinhlungu” nayo okungama-antihistamines ijwayele ukuthi igwenywe, ngaphandle-ke uma umuntu eba nenkinga yokungalali ebusuku ngenxa yokulunywa.
- Kwisimo esaziwa nge-acute urticaria noma izigamu zalesi simo eziba ngamahlandla, kungasetshenziswa imithi efana ne-antihistamines njengalokhu kudingekile.

- Lezo ziguli ezinesimo i-urticaria eselashwa singapheli siding ukuthi kusetshenziswe i-antihistamines. Uma i-antihistamines eyejwayelekile ingaziqedi izilonjana, kungenzeka udokotela wakho andise inani lomuthi owuphuzayo, futhi mhlawumbe aze awukhuphule ngezinya elingaye liyofinyelela ezikhawini ezine kunesilinganiso esifanele. Lokhu kungenziwa nge-antihistamines entsha kodwanjalo ngaphansi kweso likadokotela belu. Uma ukusetshenziswa kwenani eliphezulu lomuthi kungasiqedi lesi simo ngemuva kwamasonto amabili kuya kwamane, kufanele uye kudokotela oqeqeshelwe ukubhekana ngqo nalesi simo.

I-ANGIOEDEMA

- Lokhu ukuvuvukala okukhulu impela nje esikhunjeni, kanti kwenzeka ezandleni kanye nasezinyaweni, ebusweni, ezithweni zangasese kanye nasemphinjani kanti kuvame ukuthi kuqine.
- Lesi simo sivame ukwenzeka ngezikhawu ezithile, kuyafika kwedule kubuye futhi, ngaphezu kobubomvana. Kuyenzeka ukuthi kuphile isikhathi esingamahora angama-72.
- I-angioedema isikhathi esiningi yenzeka kwi-urticaria, kodwa futhi iyakwazi ukuthi izenzakalele ngokwayo. (Bheka ibhukwana elimayelana ne-Angioedema)

PHYSICAL URTICARIA

- Abanye abantu bathola ukuhlaselwa yilesi simo se-urticaria ngenxa yento ethile evumbuka kubona emzimbeni.
- Izinto eziyisiza salesi simo kuba yingcindezi encane, ukubanda, ukushisa kanye nokujuluka.
- Ububomvana obuba sesikhumbeni obudalwa yi-urticaria buvame ukuba khona isikhathi esingaphansi kwehora elilodwa.
- I-urticaria ebandayo yenzeka ngesikhathi umuntu esemakhazeni noma ukubhukuda emanzini abandayo. Lesi simo besiyoba nzima kakhulu.
- Isimo se-urticaria esaziwa ngokuthi si-“cholinergic” sibangelwa ukushisa, ingcindezi kanye nemfiva. Lobu bubomvana be-urticaria buyaluma kakhulu impela.
- Ukudwebeka esikhunjeni (umbhalo esikhunjeni) yiyona urticaria eyingcindezi eyejwayelekile, kanti ibangelwa ukuziklwebha /ukuzenwaya esikhunjeni. Akukho kwelashwa-ke nokho okudingekayo kulesi simo.

I-AUTOIMMUNE URTICARIA

- Cishe yi-urticaria eyalashwa isikhathi eside engamaphesenti angama-40 ebangelwa ukwaliwa yinto ethile emzimbeni wabantu ngemuva kokudla okuthile.
- Abantu abanesimo i-autoimmune urticaria banezivikelamzimba kumaseli abo, kanti lezi zivikelamzimba zikhiqiza i-histamine.
- Laba bantu kungenzeka babe ne-angioedema futhi, kanti inking kuyenzeka iqhubeke isikhathi eside futhi kungenzeka kube nzima ukuselapha.
- Lesi simo isikhathi esiningi siyalawuleka ngemithi eyejwayelekile uma kodwa iphuzwe yaba yisikalo esiphezulu kakhulu.

Ukuze ufunde kabanzi ngokuye, vakasheka ku: <http://en.wikipedia.org/wiki/urticaria>