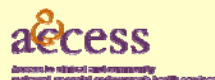


ABAKIRISITU N'ABAYISIRAMU MU KUBUNGABUNGA UBUZIMA BW'UMUBYEYI N'UMWANA



IMFASHANYIGISHO ISHINGIYE KURI BIBIRIYA NA QOR'AN



Gutangaza iki gitabo byatewe inkunga n'ishami rishinzwe iby'ubuzima bw'ababyeyi n'abana, mu biro bishinzwe indwara zandura n'imirire, urwego mpuzamahanga rw'ubuzima (Bureau for Global Health), mu muryango w'abanyamerika ushinzwe iterambere mpuzamahanga (USAID), biciye mu masezerano yitwa Leader with Associates Cooperative Agreement GS-A-00-04-00002-00. Ibitekerezo bikubiye muri iki gitabo ni iby'abanditsi kandi ntibihuye byanze bikunze n'iby'Umuryango w'Abanyamerika ushinzwe iterambere mpuzamahanga.

Mata 2009

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AMAVU N'AMAVUKO Y'IKI GITABO

Kubaha ikiremwa muntu Imana yaremye ndetse n'ubuzima muri rusange bitangirira mu kubungabunga ubuzima bw'ababyeyi n'abana. Nibyo umuryango ACCESS Program ukorana na Minisiteri y'ubuzima washyize imbere cyane cyane mu bikorwa by'ubuvuzi, ndetse no gushishikariza umuryango nyarwanda n'abayobozi b'amadini kwitabira kubungabunga ubuzima bw'ababyeyi n'abana.

Ni muri urwo rwego Urugaga rw'Amadini mu kurwanya icyorezo cya SIDA (RCLS-Rwanda) rwasanze ari ngombwa ko imyemerere y'amadini ndetse n'imyigishirize ku bijyanye no gushakana, kubana mu muryango, ndetse no kurera abana bisobanurwa neza kugirango abayoboze b'amadini bumve neza inshingano zabo mu kurinda no kubungabunga ubuzima bw'ababyeyi n'abana. Hashyizweho amatsinda abiri y'abakirisitu n'abayisilamu bayobowe n'Urugaga rw'amadini ndetse n'Umuryango ACCESS Program kuringo ayo matsinda yombi yandike iyi mfashanyigisho (cyangwa Khutbah ariyo nyigisho itangwa mu musigiti mbere y'isengesho ryo kuwa gatanu cyangwa ku yandi mahuriro adasanzwe). Iyi mfashanyigisho rero ikaba irimo ibigomba kwigishwa ku buzima bw'umubyeyi n'umwana, byemewe na Minisiteri y'ubuzima kandi bijyanye n'imirongo nyayo yo muri Bibiliya na Qor'an.

Icyemezo cyo kwandika iyi mfashanyigisho cyafatiwe mu nama yateguwe n'Urugaga rw'amadini (RCLS) yabereye i Kigali muri

Kanama 2007 igahuza abayobozi bakuru b'amadini mu Rwanda. Iyo nama yari igamije gushishikariza abayobozi b'amadini kurushaho kwita ku buzima bw'ababyeyi n'abana, niyo yashyizeho komite izakurikirana iyandikwa ry'iki gitabo. Iki gitabo kigizwe n'ibice bibiri, birimo imfashanyigisho za gikirisitu n'iz'abayisilamu, cyasuzumwe na Minisiteri y'ubuzima, ndetse n'abandi bantu n'imiryango igira uruhare mu kubungabunga ubuzima bw'ababyeyi n'abana.

Urugaga rw'Amadini mu Kurwanya icyorezo cya SIDA (RCLS)

Urugaga rw'amadini mu kurwanya SIDA (RCLS) rugizwe n'amadini yose ari mu Rwanda akaba yibumbiye mu matsinda atanu ariyo: Inama y'Abasenyeri Gaturika (Conference Episcopale), Porovensi y'Abangirikani mu Rwanda (PEAR), Inama y'Abaporotesitanti mu Rwanda (CPR), Ihuriro ry'Imiryango y'Ivugabutumwa mu Rwanda (Alliance Evangelique au Rwanda) n'Umuryango w'Abayisilamu mu Rwanda (AMUR). Urugaga rw'amadini (RCLS), rufatanyije na Minisiteri y'ubuzima n'abandi bafatanyabikorwa, rwiyeje guteza imbere kubungabunga ubuzima bw'ababyeyi n'abana rubicishije mu madini agize urwo rugaga

Umuryango ACCESS Program

ACCESS ni umuryango mpuzamahanga ushamikiye ku muryango w'abanyamerika ushinze iterambere mpuzamahanga (USAID). Umuryango ACCESS ukaba ugamije guteza imbere ubuzima bw'ababyeyi n'impinja cyane cyane wibanda ku gukwirakwiza

ibikorwa byo kwita ku buzima bw'ababyeyi n'impinja no gushishikariza abantu kubyitabira biciye mu rukurikirane rw'ibikorwa by'ubufasha ku babyeyi n'impinja bihera mu rugo bigakomeza kugera mu kigo nderabuzima.

Gahunda Nyafurika Igamije Kubyara Neza (Safe Birth Africa Initiative)

Mu rwego rwo gufasha Minisiteri y'Ubuzima mu kunoza no gukwirakwiza ibikorwa byo kwita ku buzima bw'ababyeyi n'abana, umuryango ACCESS wasabwe mu mwaka wa 2006 kwitabira Gahunda Nyafurika igamije kubyara neza (Safe Birth Africa Initiative) y'Umuryango w'abanyamerika ushinzwe iterambere mpuzamahanga (USAID). Iyo gahunda igamije kugaragaza iby'ingenzi byagezweho ku rwego rugari cyane cyane mu kwita ku babyeyi n'abana mu gihe cy'ibise, mu gihe cyo kubyara ndetse n'igihe gikurikira kubyara aho ubuzima bw'umubyeyi n'umwana buba bushobora guhura n'ibibazo. Binyujijwe rero muri iriya gahunda yo kubyara neza muri Africa (Safe Birth Africa Initiative), umuryango ACCESS/Rwanda ukora ibikorwa by'ubutabazi bw'ibanze ku babyeyi bakibyara n'abana bakivuka (Emergency Obstetric and Newborn Care: EmONC), harimo no gutanga amahugurwa ku bufasha bw'ibanze bukorerwa umwana ukivuka, gukoresha uburyo bwa Kangaro bukoreshwa ku bana bavukanye ibiro bike, gukorana n'abanyamadini n'imiryango ishingiyeye ku kwemera mu bikorwa bijyanye n'ubuvugizi mu miryango ndetse n'ibikorwa byo gushishikariza imiryango guhindura imyitwarire.

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INYUGUTI MPINAMAGAMBO ZAKORESHEJWE

| | |
|-------------------------|--|
| EDS (2005) | Enquête Démographique et de Santé 2005 (Ubushakashatsi bwakozwe ku bwiyongere bw'abaturage n'ubuzima) |
| EIDS (2007-2008) | Enquête Intermediaire Demographique et de Santé |
| IMA | IMA World Health |
| RCLS | Réseau des Confessions Religieuses pour la Lutte contre le SIDA (Ihuriro ry'amadini yiyemeje kurwanya SIDA) |
| SIDA | Syndrome d'Immuno Défficiency Acquise (Syndrome: uruhurirane rw'ibimeneyetso by'indwara; Immuno: ubwirinzi mu mubiri; Défficiency: kubura ubwirinzi mu mubiri; Acquise: yanduwe ku wundi muntu) |

IJAMBO RY'IBANZE

Mu Rwanda, umubyeyi umwe yitaba Imana buri masaha atatu bitewe n'ibibazo bivuka mu gihe cyo gutwita ndetse no kubyara. Zimwe mu mpamvu z'ingenzi zagaragajwe zitera izo mpfu harimo kutagira ubumenyi bw'ibanze ku bijyanye n'ubuzima bw'umubyeyi n'umwana, gutinda gufata icyemezo cyo gujya kwisuzumisha mu gihe umubyeyi atwite, kutabyarira kwa muganga, kutagira ibikorwa remezo ndetse no kutabona abanganga b'inzobere mu gihe cyo kubyara. Ibyinshi muri ibi bibazo bishobora kwirindwa hakoreshejwe ibikorwa by'ubukangurambaga bigamije gushishikariza abantu kumva uburemere bw'ikibazo cy'impfu z'ababyeyi n'abana ; ibyo bikorwa bikibanda ku bantu bose, ku miryango, ku nzego zifata ibyemezo, n'ibindi.

Mu Rwanda, abanyarwanda bagera kuri 97% babarizwa mu madini atandukanye akorera mu Rwanda harimo ay'abakirisitu n'ay'abayisilamu. Mirongo ine ku ijana by'ibigo nderabuzima dufite mu rwanda biri mu maboko y'abanyamadini ndetse na 36% by'ibigo birinda ababyeyi kwanduza abana batwite ubwandu bw'agakoko gatera Sida (PMTCT) na 37% by'ibigo bitanga inama bikanapima ku bushake agakoko gatera SIDA (VCT).

Iki gitabo cyiswe « Abakirisitu n'abayisilamu mu kubungabunga ubuzima bw'ababyeyi n'abana : Imfashanyigisho ishingiyeye kuri Bibiliya na Qor'an » kigaragaza ibigomba kwitabwaho ku bijyanye n'ubuzima bw'ababyeyi n'abana mu Rwanda ndetse kigatanga n'uburyo inyangirakose ntagatifu ukwemera kwacu gushingiyeho arizo Bibiliya na Qor'an zadufasha kwita ku buzima bw'ababyeyi n'abana. Iki gitabo kigamije gutanga ubumenyi bw'ibanze n'uburyo bwakoreshwa mu guhangana na bimwe mu bibazo by'ingenzi ababyeyi n'abana bahura nabyo hifashishijwe inyangirakose ntagatifu.

Twizyeyeko iki gitabo kizafasha abantu kurushaho kumva uruhare rw'amadini n'imiryango ishingiyeye ku kwemera mu gutabara imbaga y'ababyeyi bapfa umunsi ku wundi bari kwibaruka, n'abana batagira amahirwe yo kwizihiza isabukuru ya gatanu y'ivuka ryabo.

Mu izina ry'Urugaga rw'Amadini mu kurwanya SIDA (RCLS-Rwanda), ndashimira abafatanyabikorwa n'imiryango nterankunga ku ruhare rukomeye bagize haba mu bijyanye n'inkunga y'amafaranga ndetse n'inkunga mu bijyanye n'ubumenyi. Turashimira byimazeyo Minisiteri y'Ubuzima ku nkunga yatanze mu guhitamo ubutumwa bw'ingenzi ku buzima

bw'ababyeyi n'abana bwibanzweho muri iki gitabo. Turashimira kandi inkunga y'amafaranga ndetse n'inama zatanzwe n'umuryango IMA World Health ndetse n'inama nyinshi zatanzwe n'imiryango ya ACCESS na JHPIEGO mu iyandikwa ry'iki gitabo.

Turashima kandi umurimo ukomeye wakoze n'abanditse, abakosoye ndetse n'abafashije mu murimo wo kwandika bose bakoze ubutaruhuka amanywa n'ijoro bashakisha muri Bibiliya na Qor'an imirongo isobanura neza kurusha indi ubutumwa bujyanye no kubungabunga ubuzima bw'ababyeyi n'abana.

Imana ishobora byose nifashe umuntu wese uzasoma iki gitabo akagira icyo yakora mu kurushaho kurinda ababyeyi n'abana.

Reverend Gahungu Bunini
Perezida w'Urugaga Rw'Amadini mu Kurwanya SIDA
(RCLS)

IRIBURIRO RUSANGE

U Rwanda ni kimwe mu bihugu bya mbere ku isi bigaragamo umubare munini w' impfu z'abana n'ababyeyi. Abagore 750/100,000 bapfa bagitwite, babyara cyangwa nyuma yo kubyara. Ku bana 1,000 bavutse ari bazima, 152 bapfa bataruzuzwa ukwezi kumwe. Impamvu zitera izo mpfu zamenyekanye ni nko kubura ubumenyi buhagije ku buzima bw'abana n'ababyeyi, kutagira ubushobozi bwo kugera kwa muganga ku gihe, kutabona ubufasha bukwiye mu gihe cya ngombwa n'ibindi. Nyamara bimwe muri ibi bibazo bishora kwirindwa hakoreshejwe ubukangurambaga.

Ku bijyanye n'amadini ubushakashatsi ku buzima n'ubwiyongere bw'abaturage (EDS 2005) bwagaragaje ko Abanyarwanda bagera kuri 97% bafite idini babarizwamo. Bityo ayo madini yagerageje gushyiraho ingamba n'ibikorwa bigamije kugabanya impfu z'ababyeyi n'abana binyuze cyane cyane mu bigo nderabuzima aho 40% muri byo biri mu maboko y'abanyamadini, mu nyigisho zo mu misigiti, mu nsengeru na kiriziya.

Ikigamijwe muri iki gitabo si ukwigisha amahame y'ukwemera kw'idini iryo ariryo ryose, si no kwigisha ubumenyi ku buzima

bw'umwana n'umubyeyi nk'uko byigwa mu mashuri y'ubuganga, ahubwo ni ukwifashisha Bibiliya na Qor'an bitewe n'igitabo gitagatifu umuntu yemera, ukerekana uko Imana ivuga muri ibyo bitabo uburyo ubuzima bw'abana n'ababyeyi bugomba kwitabwaho. Ukoresha izo mfashanyigisho ashobora kwifashisha imirongo yateganyijwe n'abaziteguye cyangwa agashaka indi mirongo akuye muri ibyo bitabo by'ukwemera kw'amadini.

Iki gitabo kigizwe n'ibice bibiri: igice kimwe kigizwe n'imfashanyigisho zishingiye kuri Bibiliya, ikindi kigizwe n'imfashanyigisho zishingiye kuri Qor'an. Ibyo bice byombi bihuriye ku ngingo nkuru 10 zuzuzanya mu bigomba gukorwa mu kubungabunga ubuzima bw'umubyeyi n'umwana. Izo ngingo ni:

1. Agaciro k'ubuzima bw'umuntu
2. Inshingano z'umugabo mu rugo zirebana n'ubuzima bw'umugore n'umwana
3. Kuboneza urubyaro
4. Ubufasha ku mugore mbere na nyuma yo kubyara
5. Indyo yuzuye ku mubyeyi n'umwana
6. Isuku no kurengera ibidukikije
7. Kwirinda no kurwanya malariya

8. Kurwanya icyorezo cya SIDA n'indwara zandurira mu mibonano mpuzabitsina (IST)
9. Ubwisungane mu kwivuza (Mutuelle de santé)
10. Kwirinda ibisindisha, ibiyobyabwenge n'itabi

Imana ifashe buri wese uzasoma iki gitabo akagira umuhate wo kucyifashisha ngo akangurire abandi kubungabunga ubuzima bw'umwana n'umubyeyi.

IMFASHANYIGISHO YA GIKIRISITU

KU BUZIMA BW'UMUBYEYI

N'UMWANA

Iki gice gukubiyemo ibyo Bibiliya ivuga ku buzima bw'umubyeyi n'umwana.

Umukirisitu wese uzi ibyanditswe bitagatifu, yabonyemo ko ibivugwa n'inzobere mu by'ubumenyi ku buzima bw'umwana n'umubyeyi, ndetse na gahunda za Leta muri urwo rwego, bifite ishingiro no muri Bibiliya. Uwemera Bibiliya wese akwiye gushyira ziriya gahunda zo kubungabunga ubuzima bw'umwana n'umubyeyi imbere, akazitabira, akabishishikariza abandi, atabigiriye gusa ko ari gahunda ya Leta n'Isi muri rusange, ahubwo abigiriye ko ari na gahunda y'Imana iri mu ijambo ryayo. Uwubashye Ijambo ry'Imana Imana imuha umugisha wayo akiri mu Isi, akazaragwa n'ubuzima bw'iteka ryose mu ijuru.

IRIBURIRO

Imana ni yo nyir'ubuzima, ubwo buzima ibuha umuntu: *“Nuko Uhoraho Imana akura umukungugu mu gitaka awubumbabumbamo umuntu, amuhumekera umwuka w'ubungingo mu mazuru, umuntu aba muzima.”* (Intangiriro 2:7) Imana ni yo ntangiriro y'ubuzima bwose. Ni yo ibungabunga ubuzima bw'ikiremwa cyose kuva kivutse kugeza gishaje. Imana imaze kurema umugabo n'umugore (Intangiriro 1:27), yabahaye ububasha bwo gutanga ubuzima no kububungabunga. (Intangiriro 1:28)

Urugaga rw'amadini mu kurwanya SIDA, rufatanyije na Minisiteri y'Ubuzima, ku nkunga y'imiryango IMA na ACCESS, rwiyeje gukangurira abayobozi n'abayoboze b'amadini agize urwo rugaga kubungabunga ubuzima bw'ababyeyi n'abana. Iyo gahunda ikaba iye yiyongera ku yo kurwanya SIDA urwo rugaga rusanze rufite kuva mu mwaka wa 2003.

Icyemezo cyo gushishikariza abantu icyo gikorwa cyafatiwe mu nama yateguwe n'Urugaga rw'amadini mu kurwanya SIDA igahuza abahagarariye amadini yabo mu Rwanda, yabereye muri Hoteli Novotel i Kigali, ku italiki ya 7 Kanama 2007. Abari

muri icyo nama, bamaze gusobanukirwa neza uburemere bw'ikibazo cy'impfu z'ababyeyi bapfa bagitwite cyangwa babyara, impinja zipfa zikivuka cyangwa nyuma yaho gato, biyemeje guhita bashyiraho komite ishinze gukora ubushakashatsi kuri icyo kibazo ndetse ikandika aka gatabo.

Zimwe mu mpamvu zituma ababyeyi bapfa zagaragajwe n'inyandiko yakozwe nyuma y'iperereza ku bwiyongere bw'abaturage n'ubuzima muri 2005 (EDS 2005) na Minisiteri y'ubuzima ni ukutipimisha kwa muganga, kwipimisha inshuro nkeya, kutabyarira kwa muganga, gutinda kugera kwa muganga, no gutinda kubona abaganga b'inzobere. Naho iperereza nkiryo ryakozwe mu mpera za 2007 no mu ntangiro za 2008 (EIDS 2008) ryerekana ko ku bana 1000 bavuka, 62 bapfa batarageza ku mwaka umwe. Ibintu byagenze neza ugereranyije no mu iperereza ryo muri 2005 ryari ryagaragaje ko ku bana 1000 bavuka hapfaga 86 batarageza ku mwaka umwe.

Impamvu z'ingenzi zagaragajwe n'ubwo bushakashatsi zitera izo mpfu ni indwara zifata mu myanya y'ubuhumekero, malariya no kugwa umwuma biterwa n'impiswi.

Gupfa kw'abana n'ababyeyi ku buryo bwihariye bitera ingaruka mbi mu ngo, mu miryango, mu madini no mu gihugu cyose. Muri izo ngaruka harimo kuba abana baba imfubyi kandi bakabaho mu buzima bubi, amafaranga agenda ku kiriyo, icyuho mu miryango n'ubukene buterwa no kubura amaboko.

Aka gatabo kakaba kaje ari imfashanyigisho ishingiyeye kuri Bibiliya. Kagamije gufasha musenyeri, padiri, pasitoro, umuvugabutumwa, umwarimu ndetse n'undi muyobokeye w'idini wese mu gukangurira abantu kubungabunga ubuzima bw'ababyeyi n'abana. Kanditse ku buryo bw'ibiganiro, byose hamwe ni 10. Bifite insanganyamatsiko zigiye zuzuzanya mu kuvuga uko babungabunga ubuzima bw'umubyeyi n'umwana. Imirongo ya Bibiliya yakoreshejwe yavuye cyane cyane muri "Bibiliya Ijambo ry'Imana" (2004) uretse hakeya hifashishijwe izindi Bibiliya zo mu Kinyarwanda, nka "Bibiliya Ntagatifu" (1993) na "Bibiliya Yera" (1993). Uburyo bwo guhina amazina y'ibitabo bya Bibiliya ndetse n'amarangamirongo (références bibliques) hakoreshejwe ubuvugwa muri Bibiliya Ijambo ry'Imana. Gukoresha Bibiliya Ijambo ry'Imana ku buryo bwihariye byasabwe n'abari bahagarariye amadini ya gikirisitu yakosoye ubwa mbere aka gatabo. Bagaragaje ko ari yo Bibiliya yahinduwe vuba mu Kinyarwanda, bityo ikaba ikoresha i

Kinyarwanda cy'iki gihe cyumvikana neza kuri benshi, kandi ikaba ari Mpuzamatorero yose ya gikirisitu mu Rwanda.

Muri rusange, imirongo yo muri Bibiliya igaragara muri buri kiganiro si yo yonyine yakwifashishwa. Uyoboye ikiganiro afite umudendezo wo kuyikoresha no kwishakira indi. Uko imirongo yo muri Bibiliya yasobanuwemo si ko konyine. Uyoboye ikiganiro ashobora kuyisobanura ku buryo bwe. Utanga ikiganiro ni we wishakira uburyo (méthodologie andragogique ou pédagogique) bujyanye n'abo abwira, igihe n'ahantu baganirira.

Icyitonderwa: Intego nyamukuru yo kwandika aka gatabo si ukwigisha iby'ubuzima bw'umwana n'umubyeyi, kuko ibyo bifite ibindi bitabo byabigenewe n'abandi bahanga babishinzwe babigize umwuga. Ahubwo intego y'ako ni ukugaragaza icyo Bibiriya ivuga ku nsanganyamatsiko zirebana n'ubuzima bw'umwana n'umubyeyi.

“Impinja ntizigapfe.”

“Akabura ntikaboneke ni nyina w'umuntu.”

IKIGANIRO CYA MBERE: AGACIRO K'UBUZIMA BW'UMUNTU

*“Nakumenye ntarakurema mu nda ya nyoko,
nagutoranyije utaravuka, naguhisemo ngo uhanurire
ibyanjye mu mahanga.” (Yeremiya 1:5)*

Rick Warren avuga igitekerezo cya Abraham Lincoln ku by'agaciro k'ubuzima bw'umuntu: “Ntabwo Imana yari kurema ikiremwa gihambaye nk'umuntu ikiremeye kurama umunsi umwe gusa! Oya, ntibishoboka, umuntu yaremewe kubaho iteka.”ⁱ

N'ubwo kubaho k'umuntu bishobora gutungurana, ndetse bamwe bakabibona nk'impanuka, Imana yo ntibiyitungura. Mu ijamba ry'ibanze ry'icyo gitabo cye, uwo mwanditsi yemeza ko Imana ari yo itoranya ababyeyi b'umuntu imaze kubitekerezaho neza; ni yo itoranya ibara ry'uruhu rw'umuntu, imiterere y'umusatsi, ibara ry'amaso. Ni yo kandi itanga impano ziranga umuntu n'imiterere yihariye. Nta gushidikanya rero ko Imana irema umuntu wese ibigambiriye kandi imufitiye umugambi, ababyeyi n'igihugu bakagira inshingano yo kubungabunga

ubuzima bwe kugira ngo uwo mugambi Imana ifitiye buri wese ugerweho.

Kubaho k'umuntu rero si impanuka, byateganyijwe n'Imana. Ni ibyo Bibiliya ivuga ku muhanuzi Yereimiya iti: ***“Nakumenye ntarakurema mu nda ya nyoko, nagutoranyije utaravuka, naguhisemo ngo uhanurire ibyanjye mu mahanga.”*** (Yereimiya 1:5) Ni ngombwa kwita ku mwana kuva akiri mu nda utegura uko umubyeyi azabyara n'aho azabyarira, ushaka uko umubyeyi azagera kwa muganga, ushaka uzamuha amaraso aramutse ayakeneye, uteganya imyambaro n'ibikoresho by'uruhinja, uteganya uzaherekeza umubyeyi kubyara, ugabanya imirimo ivunanye ku mugore utwite, n'ibindi. Ubwo umuntu ukiri mu nda ya nyina Imana imuzi kandi ikamutoranyiriza kuyikorera, tugomba kumwitaho uko bishoboka kose, ngo ashobore kuzakora imirimo yatorewe.

Umuntu akwiye kwitabwaho kuva agisamwa bigakomeza akiri mu nda na nyuma yo kuvuka. Ijambo ry'Imana ritwereka uburyo Imana imubona nk'umuntu wuzuye igihe agisamwa mu nda ya nyina: ***“Nkiri urusoro warandebaga, iminsi wanteganyirije kurama wari warayanditse mu gitabo***

cyawe, wari warayanditse ntaramara n’umwe.”

(Zaburi 139:16) Na nyuma yo kuvuka, umwana agomba guhita ashwirwa ku ibere kandi akonka byibura amezi atandatu atavangiwe n’izindi ndyo. Umwana agomba gukingirwa indwara, akitabwaho, kuko umubare w’abana bapfa ari munini, bazira impiswi, isuku nke, umusonga, imirire mibi, umwuma, amaraso make no gutinda kuvuzwa.

Agaciro k’umuntu rero agahabwa mbere na mbere n’uko Imana yamuremye imwitondeye cyane kuko yamuremye mu ishusho yayo aho ivuga iti, ***“Tureme abantu basa natwe, bameze nka twe maze bategeke isi yose.”*** (Intangiriro 1:26) Mu gitabo cya Yobu ho bigaragara ko mu mirimo yo kurema umuntu Imana yafashe akanya ko gukora buri rugingo rugize umubiri w’umuntu ibyitondeye. Handitse ngo: ***“Wanteyeho inyama untwikiraho uruhu, wangize urusobekerane rw’amagufa n’imitsi, wangiriye neza umpa ubuzima, wishingiye kurinda ubugingo bwanjye.”*** (Yobu 10:11-12)

Umwanzuro w'ikiganiro cya mbere

Umuntu ni ikiremwa kidasanzwe cyahumekewemo umwuka w'Imana (Intangiriro 2:7) kandi gisa n'Imana. (Intangiriro 1:27) Bityo umwana n'iyo yaba akiri mu nda ya nyina aba ari ikiremwa cyuzuye, ndetse Imana ifitiye umugambi n'imirimo. Agomba kwitabwaho cyane na bose, kuva agisamwa, avuka, akura asaza, ndetse anapfa. Yaba ubuzima bw'umwana cyangwa umuntu mukuru, umugabo cyangwa umugore muri rusange bufite agaciro gakomeye imbere y'Imana n'imbere y'ibindi biremwa byose, ibiboneka n'ibitaboneka: ubuzima bugomba kubungabungwa.

IKIGANIRO CYA KABIRI: INSHINGANO Z'UMUGABO MU RUGO ZIREBANA N'UBUZIMA BW'UMUGORE N'UMWANA

Bibiliya itugaragriza ko umugabo n'umugore bahujwe n'ubushake bw'Imana mu rukundo rwayo, kuko yasanze atari byiza ko umugabo aba wenyine: ***“Ni uko Uwiteka Imana aravuga ati si byiza ko Umuntu aba wenyine reka muremere umufasha bakwiranye.”*** (Intangiriro 2:18)

Kubana k'umugabo n'umugore rero ntibifite gusa intego yo gukura umugabo mu bwigunge, ahubwo ni na gahunda y'Imana yo kumuha inshingano bityo umugabo akaba agomba kwita ku mugore we no ku bana babyaranye. Umukirisitu wese afite inshingano ikomeye yo kwita ku muryango we no ku rugo rwe. Kutita kuri iyo nshingano bigereranywa no kutizera Imana no kutayemera: ***“Niba umuntu atita kuri benewabo cyane cyane abo mu rugo rwe, uwo aba yarahakanye Krisito twemera ndetse aba arutwa n'abatemera Kristo.”*** (1 Timoteyo 5:8)

Ni iby'igicro cyane ko umugabo yita ku mugore we igihe atwite, akamuherekeza ku kigo nderabuzima, agakurikiranira hafi ubuzima bwe n'ubw'umwana atwite. Abagabo barasabwa kubikora kubera ko bagomba kugira uruhare mu ngamba z'igihugu zinyuranye zirebana n'ubuzima bw'ababyeyi n'abana. Abagore 13 ku bagore 100 batwite ni bo bubahiriza gahunda n'amabwiriza ya Leta avuga ko umubyeyi utwite agomba kwisuzumisha nibura inshuro 4 igihe atwite (EDS 2005). Ni ukuvuga byibura inshuro imwe buri mezi abiri. Mu yandi magambo, abagore 87% ntibubahiriza ayo mabwiriza. Nk'uko bigaragara uwo mubare ni muto cyane.

Benshi muri abo bagore bahura n'ibibazo by'ubumuga, gukuramo inda, kubura amaraso, kubyarira mu ngo kubera ipfunwe ryo guhinguka imbere ya muganga batarubahirije amabwiriza ye, bityo bikabaviramo ingaruka zirimo no gupfa. Abagore 6% bisuzumisha bwa mbere batinze (EDS 2005), bityo na bo bikaba byabaviramo ibibazo nk'ibyo tumaze kuvuga. Ariko muri 2007 na 2008 (EIDS 2008) abagore bisumishije byibuze inshuro imwe bagera kuri 96%, hakaba hariyongereyeho 2% ugeranyije imibare yatanzwe mu bushakashatsi bwakozwe muri 2005.

Abagabo b'abo bagore baramutse babakanguriye kwipimisha bakimara kumenya ko batwite, bakabibutsa gahunda y'ubutaha yo gusubira kwipimisha, bakabaherekeza kandi ntihagire umubyeyi wongera kubyarira mu rugo, impfu z'ababyeyi n'abana zagabanuka. Ibyo byose umugabo akorera umugore ni ibigaragaza urukundo amufitiye bikaba bishyigikiwe n'ijambo ry'Imana muri Bibiliya: ***“Ukunda umugore we aba yikunda kuko ari nta muntu wakwanga umubiri we ahubwo yawugaburira akawukuyakuya nk’uko Kristo abigirira itorero (...) Nuko namwe umuntu wese akunde umugore we nk’uko yikunda.”*** (abanyefezi 5:22-33)

Abana na bo ni umugisha uva ku Mana; ababyeyi bakwiye kuwakirana amaboko yombi. ***“Erega abana ni impano itangwa n’Uhoraho. Urubyaro ni byo bihembo atanga.”*** (Zaburi 127:3)

Abakirisitu benshi bashyira imbere iby’Umwuka (ibya Roho) n’ubuzima bw’iteka mu Ijuru; ni byiza cyane ariko inzira ijya mu ijuru iri ku Isi. Mu gihe tukiri mu mubiri tugomba kubungabunga amagara yacu n’ay’abacu cyane cyane tugana

abaganga kuko na bo Imana yabadushyiriyeho kandi itugira inama yo kubagana igihe cyose ari ngombwa: ***“Mwana wanjye nurwara ntukirangareho, ujye usenga Uhoraho azagukiza (...). Hari igihe gukira kwawe ugukeshya abaganga (...). Baramusenga (Uhoraho) akabaha ubushobozi bwo kuvura no gukiza bityo abarwayi bakongera kugira ubuzima (...). Muganga akiza indwara abihawe n’Usumba byose.”*** (Mwene Siraki 38:1-15)ⁱⁱ

Intumwa Pawulo yari yarasobanukiye ko umuntu mukuru adakwiye kwitwara nk’umwana, ko akwiye gukora ibya kigabo: ***“Nkiri umwana muto, navugaga nk’umwana muto, ngatekereza nk’umwana muto, nkibwira nk’umwana muto. Ariko maze gukura mva mu by’ubwana.”*** (1 abanyakorinti 13:11) Iyo umuntu avuye mu bwana aba akwiye gukora ibitandukanye n’imikorere y’abana, akita ku rugo rwe cyane cyane abana n’umugore.

Umwanzuro w’ikiganiro cya kabiri

Bibiliya itwereka neza uruhare rw’umugabo mu rugo rwe ndetse rukagereranywa n’uburyo Kristo akunda itorerero rye

akaryitangira, n'uburyo ari umutwe waryo akariyobora nk'umubiri we. Ibi tubisanga no mu rwandiko rwandikiwe abefeso ngo: ***“Umugabo niwe mutwe akagenga umugore we nk'uko Krisitu ari umutwe akagenga umubiri we ariwo Muryango abereye Umukiza.”*** (abanyefezi 5:22-25) Nta mugabo w'Umukirisitu ukwiye kwigira “ntibindeba” mu rugo rwe. Agomba gukunda umugore we akamukuyakuya, akamwitaho mu gihe atwite, mu gihe abyaye, mu gihe yonsa, mu gihe arwaye, n'ibindi. Agomba no kwita ku bana bavuka iwe. Umugabo w'umukirisitu udashobora kurangiza izo nshingano, Ijambo ry'Imana rimugaragaza nk'uwigakanye ibyizerwa ndetse uri hanyuma y'utizera. (1 Timoteyo 5:8)

IKIGANIRO CYA GATATU: KUBONEZA URUBYAROⁱⁱⁱ

Kuboneza imbyaro ni iki?

Umuryango mpuzamahanga wita ku buzima (OMS) usobanura ko kuboneza imbyaro ari nk'uburyo abantu ku giti cyabo cyangwa abashakanye baba bafite bwo guhitamo ku bwabo umubare w'abana bifuzwa kugira n'igihe bifuriza kubabyara. Ni uburyo bwo gutekereza no kubaho bushyirwaho hifashishijwe amakuru y'ingenzi ahamye ava ku myitwarire n'ibyemezo byatekerejweho bifasha guteza imbere ubuzima n'imibereho myiza by'abaturage bityo bigatuma igihugu kirushaho kugira abaturage bateye imbere.^{iv}

Ni uburyo bufasha kwirinda gutwita bitari kuri gahunda, kubyara abana bifujwe, kwiyezeza umubare runaka w'abana bifuzwa mu bihe byiza. Urugero ni nko kwirinda gusama mbere y'imyaka 20 y'amavuko na nyuma y'imyaka 35 no kugabanya umubare w'inda muri icyo gihe.

U Rwanda ruhangayikishijwe cyane n'ubwiyongere bw'abaturage butajyanye n'ubwiyongere bw'ubutaka n'ubw'ubukungu bw'igihugu. Duhereye ku ibarura rusange

ry'abaturage ryo muri 2002, Abanyarwanda bose bari 8,128,553.^v Mu mwaka wa 2008 abaturage b'u Rwanda bari 9,300,000.^{vi} Batuye ku bucucike bw' abantu 321 kuri km². Kandi hatagize igihinduka, mu myaka 20 itaha umubare w'Abanyarwanda uzaba umaze kwikuba kabiri ni ukuvuga miliyoni zirenga 16. Ikigereranyo cy'umubare w'abana umugore umwe yagira mu gihe abayeho ubuzima bwe bwose bwo kubara (Imyaka 15-49), mu gifaransa bita "indice synthetique de fecondite" (ISF) ni abana 6.1 ku mugore umwe.^{vii}

Ibarura rusange ry'abaturage tumaze kuvuga ryo muri 2002 ryerekanye ko Abanyarwanda 60% bari muni y'igipimo fatizo cy'ubukene, naho 42% bakaba babarirwa mu batindi nyakujya. Bityo bikaba ari ngombwa kwita by'umwihariko ku ngamba zo kuboneza imbyaro.

Ubushakashatsi bwakozwe muri 2007 na 2008 (EIDS 2008)^{viii} bwerekana ko abagore bitabira uburyo bwo kuboneza urubyaro butari ubwa kamere (Méthode Moderne) ari 27% ariko abitabiriye ubwa kamere n'ubutari ubwa kamere bagera kuri 36%. Bityo gukoresha uburyo bwo kuringaniza urubyaro bwose bukaba bwariyongereyeho 17% ugereranyije no mu mwaka wa

2005. N’ubwo umubare w’abagore bitabira kuringaniza imbyaro ugenda wiyongera, biragaragara ko inzira ikiri ndende.

Urugaga rw’amadini “RCLS-Rwanda” rumaze kubona ko amadini afite uruhare runini mu gushyira mu bikorwa ingamba zo kuboneza urubyaro, rwateguye inama yahuje abayobozi bakuru b’amadini akorera mu Rwanda agize urwo rugaga, kugira ngo bigire hamwe n’inzego za leta (Minisiteri y’Ubuzima) uruhare rw’amadini mu gushyira mu bikorwa gahunda y’igihugu yo kuboneza urubyaro. Nyuma y’iyo nama abayobozi b’amadini agize urugaga “RCLS-Rwanda” bumvikanye n’inzego za Leta ku bigomba gukorwa hakurikijwe imyemerere ya buri dini ari byo:^{ix}

- Gukangurira Abanyarwanda kumva uburemere bw’icyo kibazo no kugira uruhare mu kugikemura.
- Gushishikariza inzego zose z’amadini gufatanya na Leta muri gahunda zayo zigamije kuzamura ubukungu no guha ubushobozi umuryango nyarwanda, bijyanye n’icyerekezo cya 2020.
- Gukomeza gahunda zo kuringaniza imbyaro hakoreshejwe uburyo bwa kamere n’ubwo kwa muganga bwubahiriza imyemerere ya buri dini, ubuzima n’agaciro by’umuntu.

- Kwimakaza uburere bwiza buhereye mu miryango, mu mashuri, no mu nzego zose z'amadini.
- Gukora ubuvugizi ku ishyirwa mu bikorwa ry'inyigisho ku buzima bw'imyororokere.
- Kurengera ubuzima bw'umwana kuva agisamwa.
- Gutanga uburere no guhererekanya inyigisho ku buzima bw'imyororokere kugira ngo hirindwe gusama inda zidateganyijwe.
- Gushishikariza imiryango kubyara abana ishoboye kurera.

Tugarutse ku iperereza rya minisiteri y'Ubuzima mu Rwanda ku bwiyongere bw'abaturage n'ubuzima (EDS 2005), ryasanze ubwiyongere bw'abana bavuka buteye butya:

- 23% y'abana bakurikizwa mbere y'uko bagira imyaka 2.
- 41% bakurikizwa mbere y'uko bageza ku myaka 3.
- 36 % bakurizwa bagejeje byibuze ku myaka 3.

Ubundi byaba byiza umwana akurikijwe byibuze arengeje imyaka 3 kubera ko “mu Rwanda ibihumbi by'abagore n'abana bato bapfa byagabanuka mu gihe abana bacukijwe bakuze neza.”

Umuhanuzi Yeremiya avuga ko urukundo rudatezuka Uhoraho akunda umuryango we rugereranywa n’urwo umugabo agirana n’umugore we. Bityo akangurira abantu guteganyiriza urubyaro mbere y’uko ruvuka. **“Nimwiyubakire amazu muyabemo, nimuhinge imirima murye ibiyezemo, nimushake abagore mubyare abahungu n’abakobwa, nimushyingire abahungu banyu n’abakobwa banyu, kugira ngo nabo babyare abahungu n’abakobwa. Nimwororoke ntimuzagabanuke.”** (Yeremiya 29:5-6)

Nk’uko Bibiliya ibigaragaza muri iyi mirongo, mbere yo kubyara no kororoka, ndetse no **“kuzura isi yose”** (Intangiriro 1:28), Imana idutegeka kubanza gutegurira urwo rubyaro aho ruzaba, n’uko ruzabaho, kubanza kuruhingira ibizarutunga, guteganya uko ruzarerwa, uko ruziga, uko ruzavuzwa, uko ruzambara, uko ruzagira imirire iboneye... ngo rukure kugeza ubwo narwo rushinga ingo nazo zikazakora zityo. Ikibabaje ni uko hari ingo nyinshi zubakwa zititaye ku myiteguro y’abana zizabyara n’uko bazabaho.

Abenshi bashinga ingo bagendeye gusa ku murongo wo mu ntangiriro ugira uti: **“Imana ibaha umugisha irababwira**

iti “Nimubyare mugwire, mwuzure isi yose muyitegeke.” (Intangiriro 1:28) Bafata iyi nshingano Imana yahaye abantu nk’aho ari umuntu umwe ugomba kubyara wenyine akuzuzza isi. Nyamara n’ubwo Imana yateganyaga ko Aburahamu azaba se w’urubyaro ruzangana n’inyenyeri zo ku ijuru (Intangiriro 15:5), kandi urwo rubyaro rwari kuzava ku mugore we Sara, ntibyatumye itamuha, kuri uwo mugore Sara, umwana umwe gusa ari we Izaki. Si uko Aburahamu yari abuze ibyatunga abana benshi kuko bibiliya itubwira ko yari umutunzi cyane afite iwe mu rugo abagaragu bagera kuri 200.

Uriya murongo ubwira abantu kuzura Isi, usozwa n’uko Imana ifite gahunda y’uko abantu bagomba *“kuyitegeka.”* Iryo jambo *“gutegeka isi”* risobanura kugira ubushobozi, bwaba ubw’ubumenyi n’ubwenge, bwaba ubw’ubukungu, bwaba ubw’imbaraga n’ibindi. Umwana utashyizwe mu mashuri, yabona ubwenge n’ubumenyi bwo gutegeka isi ate? Umwana utariye, ntavuzwe, ntiyambikwe, n’ibindi, yagira ate ubushobozi bwo gutegeka isi? Umwana utarateganyirijwe mu by’ubukungu n’imibereho, yashobora ate gutegeka isi? Umubyeyi we se udafashije umwana kubona ibyo byangombwa bisabwa mu gutegeka isi yaba yujuje ate inshingano zo gutegeka isi nk’umubyeyi n’umukirisitu?

Umwanzuro w'ikiganiro cya gatatu

Ubwishingire bwa kibyezi ni icyemezo gikomeye ababyeyi bafata cyo kubyara no kurera neza abo babyaye. Busaba abashakanye bombi gutekereza ku gikorwa gishobora gukomokaho ubuzima bw'umuntu (isama) bakibaza niba uwo mwana yazahabwa ubuzima bwuzuye ari kuri roho no ku mubiri. Iyo ababyeyi babonye bishoboka biyemeza gufatanya n'Imana kurema babona ibyiza ari ugutegereza, bakiyemeza kuba baretse kumusama.

Mbere yo kwiyemeza kubyara ni ngombwa guteganyiriza umwana, akazavuka yiteguwe, akunzwe, ntiyitwe impanuka. Ivuka ry'umwana nk'uwo witeguwe neza ritera ibyishimo mu rugo no mu muryango wose.

Urugo rwa Gikristo rugomba gutandukana n'ingo z'abatizera, aho usanga abana basamwa ababyeyi batabishaka, ndetse ivuka ryabo rikaba ah'Imana, kuko hari abicwa bakiri mu nda ya ba nyina. Ibyo bintu birababaje kuko ari ugusuzugura ikiremwa muntu, kandi ni icyaha kuko ari ukwica umuntu.

Kubyara abo uzashobora kurera bivuga kugira ubushobozi bwo kubaha ibyangombwa byose bizabafasha kuba abantu buzuye,

bakazashobora kwirwanaho no kugirira abandi akamaro. Ku buryo bufatika, kubyara abo uzashobora kurera bivuga kuba ufite ubushobozi bwo kubabonera ibiribwa bihagije, imyambaro, kubavuzza, kubashyira mu ishuri n'ibindi bifasha umuntu kumererwa neza. Ariko ibyo byonyine ntibihagije kuko abana bakenera gukundwa na ba se na banyina no gutozwa imico myiza. Iyo umuntu abyaye atiyemeje kurera bigira ingaruka mbi ku mwana, ku muryango no ku gihugu muri rusange. Nta rugo rw'Umukirisitu rwagombye kugira umwana mu muhanda.

IKIGANIRO CYA KANE: UBUFASHA KU MUGORE MBERE NA NYUMA YO KUBYARA

Uko umugore yakwifata mu gihe atwite, mu gihe cyo kubyara na nyuma y’aho

Umugore wese utwite aba ameze nka ka kanyoni karitse ku nzira gahora kagira kati “*nzapfa nzakira simbizi.*” Umugore utwite aba ari hagati y’ubuzima n’urupfu. Ni yo mpamvu umugore umaze kumenya ko yasamyeye akwiye guhita atangira gutegura uburyo azabyarira kwa muganga.

Bumwe mu buryo yakwiteguramo ni:

- Kwipimisha nibura inshuro 4.
- Kumenya neza ko afite ubwishingizi magirirane mu kwivuza, kuri we ubwe n’umwana uzavuka.
- Guhitamo ivuriro azabyariramo.
- Guteganya uko azagerayo.
- Guteganya ibyo azakenera igihe cyo kubyara kigeze kuri we no ku mwana.
- Guteganya umuntu ushobora kumuha amaraso igihe byaba bibaye ngombwa.
- Gushaka umurwaza ufite umwanya hakiri kare.

- Gusubira kwa muganga adatinze kugira ngo bamufashe kumenya niba nta zindi ngaruka zamuzaho nyuma yo kubyara.

Bigaragara ko abagore batwite bagerageza kwisuzumisha kwa muganga, imibare igaragaza ko 13% gusa aribo bipimisha byibuze izo nshuro 4. Ibi bikaba bigaraza ko umubare munini w’abagore batwite ari abatitabira gahunda yo kwipimisha kwa muganga, akaba ariyo ntandaro y’ibibazo ababyeyi benshi bagira mugihe batwite, babyara cyangwa na nyuma yo kubyara.

Umubare w’abagore batwite bafashijwe n’ababyaza babigize umwuga muri 2007 na 2008 wariyongere ugereranyije no muri 2005 kuko wavuye kuri 39% ugera kuri 52% (EIDS 2008). Abagore 45% babyariye kwa muganga. Ni ngombwa cyane ko umubyeyi wese abyarira kwa muganga agafashwa n’umuganga wabyigiye kandi ufite n’ibyangombwa byose bikenerwa.

Kubyarira kwa muganga si iby’uyu muni, na kera byahozeho. Bibiliya ivuga ko, ***“Mu baheburayikazi harimo ababyaza 2 umwe yitwaga Shifura undi akitwa Puwa. Umwami wa Misiri arababwira ati igihe mubyaza abaheburayikazi mujye mureba igitsina cy’umwana***

igihe mubyaza, nimusanga ari umuhungu mumwice, nimusanga ari umukobwa mumureke. Nyamara abo babyaza bubaha Imana, ntibagenza uko umwami yabatagetse.” (Ukuvanwa mu Misiri 1:15-16)

Kubyaza rero si ibya buri wese, mu bayisirayeri ibihumbi byinshi, harimo aba bagore 2, babifitiye ubumenyi n’ubushobozi. Bityo kugana abaganga, nk’uko Mwene (Siraki 38:1-15) abivuga, n’Imana ibitugiramo inama.

Kubungabunga ubuzima bw’umwana

Umwana agomba kwitabwaho kuva agisamwa bigakomeza akiri mu nda na nyuma yo kuvuka. Nyuma yo kuvuka umwana agomba guhita ashirwa ku ibere kandi akonka byibura amezi atandatu atavangiye n’izindi ndyo. Umwana agomba gukingirwa indwara. Umwana agomba kurindwa, kuko umubare w’abana bapfa ari munini, bazira impiswi, isuku nke, umusonga, imirire mibi, umwuma, amaraso make no gutinda kuvuzwa.

Umwanzuro w’ikiganiro cya kane

Haracyari umubare munini (55%) w’abagore batwite batabyarira kwa muganga. Iyo ni yo ntandaro nini yo gupfa ari benshi, bo n’abana babo igihe babyara. Kubyarira kwa muganga ni byiza,

huri mukirisitu akwiye kwiyumvisha uruhare rwe mu gukangurira ababyeyi kwipimisha no kubyarira kwa muganga. Asabwa kandi gukangurira abandi yihereyeho kuko “kora ndebe iruta vuga numve.”

IKIGANIRO CYA GATANU: INDYO YUZUYE KU MUBYEYI N'UMWANA

Hari abantu bumva imvugo “imirire myiza” cyangwa “indyo yuzuye,” bakagira ngo ni imvugo ya vuba aha y’inzaduka: si ko bimeze. N’ubwo ziriya mvugo zitagaragara neza muri Bibiliya kuriya zivugwa, Imana imaze kurema abantu ba mbere yari izi ko bazakenera imirire myiza kugira ngo bagire ubuzima bwiza. Niyo mpamvu yabahaye ibyo kurya binyuranye iti: **“Dore mbahaye ibimera byose byera imbuto biri mu isi yose, n’igiti cyose gifite imbuto zirimo utubuto twacyo; bizabe ibyo kurya byanyu.”** (Intangiriro 1:29-30) Ndetse nyuma y’umwuzure Imana yabwiye Nowa n’umuryango we indyo yari ibakwiriye, iti: **“Nk’uko nabahaye ibimera bibisi, mbahaye n’ibinyabuzima byose ngo bibatunge.”** (Intangiriro 9:3)

Witegereje ibyavuzwe muri iyi mirongo ya Bibiliya, ibimera bibisi ni imboga, ibinyamisogwe, ibinyabijumba bimwe bikaba bibarirwa mu biribwa byitwa ibirinda indwara, hamwe n’imbuto z’ibiti. Ariko ibindi bimera bibisi harimo ibinyampeke n’ibinyamafufu, bikitwa ibitera imbaraga. Igihe cya Nowa

Imana yongeye kuri ibyo byari bisanzwe, ibikomoka ku nyamaswa aribyo byitwa ibyubaka umubiri. Umubiri ukenera indyo yuzuye igizwe n'ibyo biribwa by'amoko atatu ngo umuntu ashobore gukura mu by'umubiri no mu bitekerezo, ariko cyane cyane abana.

Mu Rwanda, imirire mibi ikomeje kugira uruhare mu bituma impfu z'ababyeyi n'abana ziyongera. Ubushakashatsi bwakozwe na Minisiteri y'Ubuzima bukubiye mu cyo yise, *“Turwane ku buzima bw'ababyeyi n'abana,”* bugaragaza ko abana 5/1000 bari muni y'imyaka 5 bugarijwe n'imirire mibi. Iperereza ryo muri 2007 na 2008 (EIDS 2008) ryo rivuga ko abana bari hagati y'amezi 6 na 59 bafite ikibazo cyo kugira amaraso make (anemie) ari 48%, uwo mubare ukaba ari muto uwugeranyije no muri 2005 aho abana bari muri icyo kigero bafite ikibazo cy'amaraso make bari 56%. Nubwo ubushakashatsi bugaragaza ko hari intambwe ishimishije mu mirire myiza y'abana, biragaragara ko inzira ikiri ndende kuko abana 48% bagifite ikibazo cy'amaraso make ari benshi cyane.

Iyo mirire mibi niyo ikurura bwaki, kudindira mu mikurire, kugira intege nke z'umubiri, kurwaragurika no kutabasha gukurikira neza mu mashuri. Indyo yuzuye ni ngombwa ku bana

kuko ituma bakura neza, bakagira imbaraga kandi bikabarinda indwara zanduza.^x Abagore bafite icyo kibazo cy'amaraso make bafite imyaka hagati ya 15 na 49 ni 27%, bakaba ari bake ugereranyije no muri 2005 bari 33%.

Umugore utwite n'umubyeyi wonsa nabo bakeneye indyo yuzuye kugira ngo abana babo bakure neza kandi bagire ubuzima bwiza. Indyo yuzuye igizwe n'ibiribwa bikungahayemo Ibyubaka umubiri, ibitera Imbaraga n'Ibirinda indwara nk'uko twamaze kubivuga.

Ingero zifatika:

- **Ibiribwa bikungahayemo ibyubaka umubiri:**
 - *Ibituruka ku bihingwa twavuga:* ibishyimbo, ubunyobwa, amashaza, n'ibindi
 - *Ibituruka ku matungo twavuga:* amafi, amagi, amata, inyama, n'ibindi
- **Ibiribwa bikungahayemo ibitera imbaraga twavuga :**
 - Ibigori, amasaka, umuceri, ibijumba, imyumbati, ibirayi, n'ibindi.
- **Ibiribwa bikungahayemo ibirinda indwara twavuga:**
 - Imbutu, imboga rwatsi n'ibikomoka ku matungo

Mu mezi atandatu ya mbere, umwana agomba gutungwa n'amashereka yonyine. Amashereka afite intungamubiri zose umwana akenera. Arimo amazi, n'izindi ntunga mubiri ziva mu byo kurya zirimo imyunyu n'ibirinda indwara. Igihe umwana atangiye kurya ibyo kurya bikomeye, agomba guhabwa ibyo kurya bifite intunga mubiri nyinshi kugira ngo akurane ubuzima bwiza. Si byiza gucutsa umwana ngo ni uko atangiye kurya ibikomeye.

Kudakabya mu mirire

Hari imvugo imenyereye mu Rwanda ko umuntu ufite ubuzima bwiza ari ubyibushye, ndetse wazanye n'inda abenshi bita "Nyakubahwa." Bene uwo mubyibuho ukabije si wo ugaragaza kurya neza; ni ukuba umuntu yarakabije mu mirire ku bintu bitandukanye. Umubyibuho ukabije na wo utera indwara nyinshi. Kurya cyangwa kunywa isukari nyinshi, kurya umunyu mwinshi, kurya inyama nyinshi, kurya amavuta menshi cyane aturuka ku nyamaswa, kunywa inzoga nyinshi, ibyo byose ni ukurya nabi. Bitera indwara zitandukanye. Bibiliya nayo irabibuza: *"Si byiza kurya ubuki bwinshi..."* (Imigani 25:27) *"Ntimukarye urugimbu ... iryo ni itegeko ridakuka."* (Abalevi 3:17) *"Ntukifatanye n'abasinzi ...*

n’abanyandanini bakunda inyama...” (Imigani 23:20-21)

Ugendeye kuri iyi mirongo, ubona ko n’ubwo ibivugwa hano byose ari ibiribwa abantu barya buri muni, Imana iratuburira ngo twe gukabya. Ubuki si bubu, ndetse ni umuti ku bintu byinshi. Ariko Imana ibona ko kurya bwinshi atari byiza. Ubuki bubamo isukari nyinshi kandi kurya isukari irengeje urugero na byo bitera uburwayi bukomeye (diyabete). Urugumbu na rwo hari abantu barukunda ku nyama! Iyo usomye mu Balevi usanga hose aho Imana isaba gutanga ibitambo by’amatungo ivuga ko urugumbu rugomba gutwikwa. Ivuga cyane urugumbu rwo ku nyama zo mu nda, urwo ku nyama zo mu mbavu n’ahandi. Birazwi iki gihe ko urwo rugumbu rufite ibintu bitari byiza mu mirire (Cholesterol) bitera indwara. Kurya inyama na byo ni byiza, ariko kurya nyinshi ku buryo buhoraho, abize iby’ubuzima bazi ko bitera indwara (Gute). Kunywa inzoga ni ibintu bisanzwe ariko kurenza urugero bitera ubusinzi, byakomeza bigatera indwara (alcoolisme). Bibiliya ivuga ko mu bintu bizatuma abantu badahabwa umunani mu Bwami bw’ijuru harimo kurya bakarenza urugero: ***“...ubusinzi, umurengwe n’ibindi bisa bityo...ndabamenyesha hakiri kare ko***

abakora bene ibyo nta munani bazahabwa mu Bwami bw'Imana.” (abanyagalati 5:21)

Imyitwarire ituma umwana agira ubuzima bwiza.

Abana bato bashobora kwandura indwara iyo bariye ibyo kurya byanduye. Ni byiza kwibuka gukaraba intoki n'isabune mbere yo gukora ku byo kurya by'umwana, kumugaburira ku bikoresho byogeje neza, kandi no gupfundikira neza ibyo kurya kugira ngo isazi zitabyanduza. Ni byiza guteka inyama n'imboga rwatsi bigashya neza kandi bigahabwa umwana bitarahororomba.

Ikindi ababyeyi n'abarezi bagomba gutoza abana gukaraba intoki babyutse, bavuye kwituma, mbere na nyuma yo kurya cyangwa mbere yo kuryama.

Umwanzuro w'ikiganiro cya gatanu

Ababyeyi bonsa bakwiye gushishikarira igikorwa cyo konsa umwana nta kindi bamuha kubera ko amashereka ari ibiribwa n'ibinyobwa bihagije ku mwana mu mezi 6 abanza. Abagore batwite n'abonsa bagomba kurya indyo ikungahayemo ibyubaka umubiri n'imyunyu ngugu (amagi, amata, inyama, imboga, ibishyimbo n'imbutu) kugira ngo byunganire andi mafunguro

babona. Ni byiza kandi kwirinda ibiyobyabwenge n'ibisindisha
bikabije kugira ngo imiryango yabo igire ubuzima bwiza.

IKIGANIRO CYA GATATANDATU: ISUKU NO KURENGERA IBIDUKIKIJE^{xi}

Isuku ikubiyemo amabwiriza y'ingenzi atuma abantu bagira ubuzima bwiza muri rusange. Imwe mu mpamvu zituma abantu benshi barwara ndetse bikabaviramo no gupfa ni ukutagira isuku. Umubare w'abantu bose bapfa ku isi ugaragaza ko indwara ziterwa na mikorobe ziva ku isuku nke ziza ku mwanya wa kabiri kuko zihitana abagera kuri 25%. Umubare w'abahitanwa n'indwara z'umutima n'imitsi uza kumwanya wa mbere ari 31% na ho umubare wa gatatu ukaba uw'abahitanwa na kanseri ari bo bagera kuri 13%.

Impinja n'abana bari mu kigero cy'imyaka ine usubiye hasi bahitanwa n'indwara ziterwa na mikorobe, n'isuku nke, ni 63% mu rwego rw'isi.^{xii} Minisiteri y'Ubuzima^{xiii} mu Rwanda yemeza ko buri mwaka, abantu 7/10 cyane cyane abana, barwara indwara zikururwa n'umwanda. Muri zo twavugaga impiswi n'inzoka zo mu nda.

Izo ndwara zifitanye isano n'imyitwarire mibi ku byerekeye isuku: kudakaraba intoki mbere yo kurya na nyuma yo kwituma, kutagira imisarane yo kwitumamo, abantu gutura bacucitse

tutibagiwe n’umuco wo gusangirira ku muheha. Byongeye kandi aho abantu bakorera cyangwa se bagenda haba hari umwanda iyo nta misarani abantu bashobora kwitumamo. Usanga imyanda ikwirakwizwa hirya no hino ikaba ari yo ikurura mikorobe zitera indwara.

Mbere y’uko ibihugu bikangurira abaturage ba byo kwirinda indwara bagira isuku, Bibiliya itwereka ko Imana yabwiye abantu kujya bagira isuku y’umubiri kugira ngo bagire ubuzima bwiza. **“Umugabo n’aryamana n’umugore bajye biyuhagira.”** (Abalevi 15:18) Nyuma na mbere y’imibonano mpuzabitsina, ni ngombwa kwiyuhagira. N’ubwo uyu murongo uvuga abantu bamaze gukora imibonano, ntabwo ari bo gusa isuku ireba. Kuva ku mwana umaze amasaha 24 avutse kugeza ku mu musaza n’umukecuru rukukuri, kwiyuhagira ni ngombwa. *“Umuntu wese yaba mukuru cyangwa se umwana akwiriye kwiyuhagira nibura rimwe ku munsu.”*

Kumesa imyambaro na byo ni ingenzi mu isuku y’umubiri kandi birinda kurwara inda n’izindi ndwara zituruka ku mwanda. Bibiliya nayo ivuga ku isuku y’imyambaro: **“Uhoraho abwira abisirayeri ati ... ukoze ku mugabo uninda ajye amesa imyambaro ye kandi yiyuhagire...ukoze**

ku kintu umugore uri mu mihango yicayeho aje amesa imyambaro ye kandi yiyuhagire.” (Abalevi 15:1-30) Aha ni ukumva neza iyi mirongo Imana ntiyavugaga guha abantu akato cyangwa kubanena. Ahubwo ni ukwitwararika ngo umuntu urwaye indwara yanduza atanduza abandi, baba abamurwaje, abamuvura n’abandi.

Isuku ikenewe na none mu gutunganya ibyo kurya n’ibyo kunywa. Impiswi n’inzoka zo mu nda ni zimwe mu ndwara zihitana abana benshi mu Rwanda. Minisiteri y’Ubuzima (EDS 2005) ivuga ko abana bagera kuri 21% bapfa buri mwaka bataruzuzwa imyaka 5 baba bazize indwara z’inzoka zo mu nda n’impiswi kubera imyitwarire mibi yo kutagira isuku.

Zimwe mu ngamba twafata ngo twirinde kandi turinde n’abana bacu izo mpfu ni izi zikurikira:

- Gukaraba intoki mbere na nyuma yo kurya.
- Gukarabya abana bacu n’agasabune, tubibatoza igihe cyose bavuye kwituma, mbere yo Kurya.
- Ababyeyi bakajya bakaraba intoki mbere yo konsa abana.

Isuku y’ibinyobwa na yo ni ngombwa cyane. Si byiza kunywa amazi y’ibinamba, adasukuye cyangwa adatetse. Imana ni yo

yabaye iya mbere mu guha ubwoko bwayo amazi meza. Mu gihe Abisirayeri bicwaga n'inyota bari mu butayu, Imana ntiyabahaye amazi aretse y'ikinamba (Oasis), yasabye Musa gutanga amazi avuye mu rutare, amazi y'urubogobogo. Bibiliya iravuga ngo: ***“Abantu batonganya Musa bati duhe amazi yo kunywa...Uhoraho abwira Musa ati witwaze ya nkoni... ukubite icyo gitare amazi avamo abantu bayanywe.”*** (Ukuvanwa mu Misiri 17:2-5) Ikibabaje ni uko hakiri abantu benshi bavoma ibinamba n'amazi adatamba kandi bakayanywa adatetse, bikaba intandaro y'indwara ziterwa n'umwanda.

Aho dutuye n'aho dukorera na ho hagomba kugirirwa isuku. Nta muntu uyobewe ko kwituma aho ubonye hose ari bibi cyane. Nyamara kugeza n'ubu haracyari Abakirisitu benshi bakibikora n'ubwo ari bibi. Uretse no mu bihe bisanzwe aho bishoboka gucukura umusarane wujuje ibya ngombwa bisabwa, no mu nkambi Imana yihanagiriye abantu kutituma aho babonye. Yabasabye kujya bacukura umwobo ahitaruye bakawitumamo, barangiza bakarenzaho igitaka: ***“Muzateganye ahantu hiherereye inyuma y'inkambi, aho muzajya mwituma. Buri muntu ajye agira igihosho mu bikoresho bye,***

kugira ngo agicukuze aho kwituma kandi agikoreshe ahatwikira.” (Ivugururamategeko 23:13-14)

Aha Imana ntitubwira ngo natwe ducukure umwobo wo kwitumamo kuko tutari mu nkambi mu butayu. Ahubwo turasabwa gucukura no kwituma mu misarane yujuje ibyangombwa kuko ingo ziyifite zibarirwa ku ntoki. Minisiteri y’Ubuzima ivuga ko umubare w’ingo zifite imisarane yujuje ibyangombwa ungana na 4% mu cyaro na 31% mu migi (EDS 2005).

Ahantu hahurirwa n’abantu benshi nko mu isoko, ahakorerwa imirimo ihuza abantu benshi cyangwa se ahantu hagendwa cyane, kenshi haba hari umwanda. Ugasanga nta misarani rusange abantu bashobora kwitumamo. Ntaho kujugunya imyanda hahari. Usanga imyanda ikwirakwizwa hirya no hino ikaba ari yo ikurura mikorobe zitera indwara.

Ku bijyanye n’isuku y’aho dutuye Imana nabwo ntiyicecekeye. Bibiliya iravuga ngo: ***“Nimugera mu gihugu cya Kanani ... ngateza uruhumbu ku nzu, nyirayo ajye asanga umutambyi...Umutambyi ajye ategeka ko bakuramo***

amabuye ariho uruhumbu bayajugunye inyuma y'umuji ahantu hahumanye, bayiharure imbere hose, ibivuyemo nabyo babijugunye inyuma y'umuji ahantu hahumanye. Nuko bashake andi mabuye yo gusimbura ayo bakuyemo kandi bongere bahahome... Umutambyi ajye yongera gusuzuma, nasanga uruhumbu rwariyongereye ruzaba ari uruhumbu rudashobora kuyivamo. Iyo nzu izaba ihumanye, bajye bayisenya, maze amabuye n'ibiti, n'ibitaka byayo byose babisohore inyuma y'umunji babijugunye ahantu hahumanye.” (Abalevi 14:33-45)

Bityo rero abantu bose bakwiye kwitwararika isuku y'aho batuye kuko iyo ititaweho bishobora gukurira abantu indwara nyinshyi zirimo izifata mu myanya y'ubuhumekero, n'izindi ndwara zandura.

Umwanzuro w'ikiganiro cya gatandatu

Ubuzima bwa buri munyarwanda, cyane cyane abana n'ababyeyi, bushobora kubungabungwa, gutezwa imbere, abantu baramutse bahinduye imyitwarire bakita ku isuku y'umubiri, iyo ku myambaro, iyo mu biribwa n'ibinyobwa,

n'iy'aho batuye n'aho bakorera. Ibyo byasaba ko ababyeyi n'imiryango bita ku isuku kandi bakabimenyereza urubyaro.

Bimwe mu byo twakora kugirango tugire ubuzima bwiza bukomoka ku isuku ni ukwiyuhagira nibura rimwe buri muni twibanda ku bice by'umubiri birimo imyanya ndangagitsina, koza amenyo buri gihe tumaze kurya ibintu birimo isukari na mbere yo kuryama, gusukura aho tumesera, kumesesha imyenda isabune, kuyanika ku zuba no kuyitera ipasi igihe cyose bishoboka, tudatirikanya imyenda, uburoso bw'amenyo, ikariso, igitambaro cy'amazi, kwitoza gukaraba intoki buri gihe no kunywa amazi atetse. Kwirinda biruta kwivuza dore ko binasaba amikoro make cyane.

IKIGANIRO CYA KARINDWI: KWIRINDA NO KURWANYA MALARIYA

Indwara ya Malariya isa n'iy'Ubuganga ivugwa muri Bibiliya kuva kera kuko bimwe mu bimenyetso byazo (kugira umuriro, gushishira, kubira ibyuya, gucika intege)^{xiv} bisa neza. Iyi ndwara y'ubuganga Bibiliya ntitwerekana uko abakera bayirindaga, nta n'ubwo itubwira imiti bayivuzaga. Ariko itwerekana ko yari indwara izahaza abantu, kandi Imana ikayikiza mu buryo bw'ibitangaza. Yesu yakijije byibuze kabiri abantu bari bayirwaye. ***“Yesu ajya mu nzu ya Petero abona nyirabukwe aryamye, arwaye ubuganga amukora ku kuboko ubuganga bumuvamo arabyuka aramugaburira.”*** (Matayo 8:14-15) No mu butumwa bwanditswe na Yohana batugaragariza iby'indwara y'ubuganga aho bibiliya igira iti: ***“Ababaza igihe yoroherewe maze baramusubiza bati ejo mu isaha ndwi niho ubuganga bwamuvuyemo.”*** (Yohani 4:52)

Pawulo nawe yakijije Ubuganga umuntu mu kirwa cya Malita aho Bibiliya itwerekana ko: ***“Se wa Pubiliyo yari arwaye***

ubuganga n’amacinya nuko Pawulo yinjira mu nzu ye arasenga amurambikaho ibiganza aramukiza.”
(Intu 28:8)

Mu Rwanda, malariya ni yo ndwara iri ku isonga mu ndwara zihitana abantu benshi. Ubushakashatsi ku mibereho y’abaturage n’Ubuzima (EDS 2005) bugaragaza ko abana n’abagore batwite ari bo malariya ikunze kwibasira. Nibura abana batanu ku icumi (5/10) bapfa bazira malariya bataruzuzwa imyaka itanu. Malariya kandi yibasira abagore batwite, bamwe bagakuramo inda, abandi bakabyara abana badashyitse, n’abavutse bakavuka bafite ibiro bikeya. Malariya ituma kandi amaraso y’umubyeyi n’umwana agabanuka, byakubitiraho n’imirire mibi bikabaviramo gupfa.

Uko twakwirinda Malariya

Malariya ni indwara ishobora kwirindwa; ndetse n’impfu ziyiturukaho na zo zishobora kwirindwa. Nta gushidikanya ko buri wese abigizemo uruhare twatsinda malariya burundu. Dore uburyo 5 Minisiteri y’Ubuzima itubwira bwo gukoresha mu kurinda malariya imiryango yacu:

1. Kwihutira kugera ku ivuriro igihe cyose umugore utwite cyangwa umwana utujuje imyaka 5 ahinze umuriro.

2. Kuryama buri gihe mu nzitiramibu irimo umuti kandi ikwiriye uburiri. Imibare igaragazwa n'ubushakashatsi yerekana ko 16% by'abana bari mu nsi y'imyaka 5 aribo bonyine baryama mu nzitiramubu irimo umuti. Naho abagore batwite 20% nibo gusa baryama muri iriya nzitiramubu irimo umuti. Uwo mubare ni muto cyane.
3. Igihe umugore atwite, agomba kwihutira kugera ku ivuriro bakamuha umuti ukingira malariya, bityo we n'umwana atwite bakaba barinzwe malariya n'ingaruka za yo zose.
4. Gukamya ibiziba no gutema ibihuru n'ibyatsi aho dutuye kuko ari yo ndiri ya malariya.
5. Kuvanaho ibikoresho byashaje birekamo amazi biba hafi y'urugo bishobora gukuriramo imibu.
6. Kwihutira kumenyesha ibigo nderabuzima igihe abantu benshi bahinze umuriro w'igikatu icyarimwe.
7. Gupfundikira umusarane nyuma yo kuwukoresha.
8. Gufunga imiryango n'amadirishya mbere y'uko izuba rirenga.
9. Gutera umuti wica imibu n'utundi dukoko igihe cyose ubifitiye ubushobozi.
10. Kwambara imyenda y'amaboko maremare n'amapantaro agera ku birenge mu gihe cy'ijoro.

Umwanzuro w'ikiganiro cya karindwi

Malariya ni yo ndwara yica abantu benshi mu Rwanda cyane abagore batwite n'abana. Nyamara dushobora kiyirinda no kuyirinda abacu mu miryango dukoresheje inzitiramibu zirimo imiti, dukamya ibiziba by'amazi aho dutuye, dutema ibihuru kuko bizwi ko imibu itera malariya ibyarira kandi ikorokera ahantu nk'aho. Tugomba kwirinda kujya kwivuza kwa magendu. Umuntu ugaragaje ibimenyetso bya Malariya, akwiye kwihutira kujya kwa muganga, kuko iyo bitinze kuyivura biraruhanya, ndetse bikaba byavamo urupfu.

IKIGANIRO CYA MUNANI: KWIRINDA ICYOREZO CYA SIDA N'INDWARA ZANDURIRA MU MIBONANO MPUZABITSINA

Mu Rwanda SIDA ni icyorezo, kuko ababana n'ubwandu bw'agakoko ka SIDA bangana na 3%. Abagore n'abakobwa ni bo bibasirwa n'icyorezo cya SIDA kurusha abagabo.

Ubushakashatsi ku mibereho y'abaturage n'Ubuzima (EDS 2005) bwerekanye ko 75% by'abantu bandura ako gakoko gatera SIDA bakandurira mu mibonano mpuzabitsina n'aho abana 20% bakanduzwa n'ababyeyi babo igihe babatwite, bababyara cyangwa babonsa.

Nyamara Ijambo ry'Imana ritugaragariza inzira nziza yo kwirinda indwara zandurira mu mibonano mpuzabitsina harimo n'icyorezo cya SIDA. Iyo nzira ni ukwirinda ubusambanyi aho Bibiliya ivuga iti, **“Ntugasambane,”** (Ukuvanwa mu Misiri 20:14), ari byo bivuga kwirinda gukora imibonano mpuzabitsina yose idakozwe n'abashakanye. Bibiliya iduha ingero nyinshi z'imyitwarire ishimwa n'Imana harimo n'urw'umusore Yozefu igihe yahatirwaga gusambana na Mukapotifari, agahitamo

kwiruka agahunga, ndetse yemera ko bimuviramo gufungwa arengana. (Intangiriro 39:6-23)

Bibiliya kandi itwerekako ko kugira ubumenyi buhagije ku ndwara iyo ari yo yose bidufasha kurushaho kuyirinda ndetse ikanatugaragariza ko kutamenya bishobora kuba intandaro y'urupfu aho ivuga iti: **“Ubwoko bwange burimbuwe buzize kutamenya.”** (Hozeya 4.6)

Amabwiriza ya Minisiteri y'ubuzima atanga ingamba zo kurwanya agakoko gatera SIDA n'uburwayi bwayo muri izi ngingo:

- Kwirinda SIDA hakoreshejwe Uburere bwiza, Kwifata, Ubudahemukirana ku bashakanye n'Agakingirizo (EABC). Ku birebana n'agakingirizo twakwibutsa ko amadini agize urugaga “RCLS-Rwanda” yemeye ko agakingirizo gashobora gukoreshwa gusa n'abashakanye mu gihe umwe cyangwa bombi banduye agakoko gatera SIDA^{xv} kandi babigiriwemo inama na muganga.
- Kuganira kuri SIDA n'ingaruka zayo mu miryango yacu.
- Kwipimisha ku bushake kugirango umenye uko uhagaze kandi ufate ingamba zijyanye n'igisubizo ubonye kandi zihereye ku nama za muganga.

- Kwirinda guha akato ababana n'ubwandu tuzi, tubana mu miryango yacu, mu kazi, mu madini, n'ahandi.
- Kugana ibigo bitanga inama kandi bigapima ababyifuza ariko cyane cyane urubwiruko kuko arirwo SIDA yugarije cyane.
- Gukangurira abagore batwite kwipimisha ngo bamenye uko bahagaze, kandi bafate ingamba zituma bongerera abana bazabyara amahirwe yo kutavukana agakoko ka SIDA.
- Gukangurira ababana n'ubwandu bw'ako gakoko kugana ibigo nderabuzima kugira ngo bahabwe imiti igabanya ubukana bwa SIDA kandi birinde kwanduza abandi.

Ku bijyanye no gufasha Abanyarwanda kwirinda icyorezo cya SIDA n'indwara zandurira mu mibonano mpuzabitsina, Urugaga rw'amadini (RCLS-Rwanda) rwiyeje kongera imbaraga mu gukumira no kurwanya icyorezo cya SIDA, gukomeza gushyigikira ingamba ziha ubushobozi abakobwa n'abagore mu kwirinda SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina. Bashyigikiye politiki y'I Gihugu yo kurwanya SIDA hakoreshejwe Uburere, Kwifata N'Ubudahemuka (EAB).

Abayobozi b'amadini biyemeje kandi kugira inama abashakanye kutanduzanya igihe umwe cyangwa bombi babana n'ubwandu bw'agakoko gatera SIDA, byaba ngombwa bagakoresha agakingirizo bakurikije inama za muganga.

Umwanzuro w'ikiganiro cya munani

Byaragaragaye ko agakoko gatera SIDA kandurira cyane cyane mu mibonano mpuzabitsina. Kandi SIDA ikaba itarabona umuti cyangwa urukingo. Kugeza ubu kwirinda agakoko gatera SIDA nibwo buryo bwonyine bwo kutayirwara.

IKIGANIRO CYA CYENDA: UBWISUNGANE MU KWIVUZA

“Umuntu ufite ikarita y’ubwisungane mu kwivuza ntarembere mu rugo.” Iyi ni interuro igaragara ku gakarita ka Mitiweri. Kugira ngo igihugu kigere ku majyambere arambye kandi n’ubukene bugabanuke, ni ngombwa ko abaturage bagira ubushobozi bwo kwivuza. Ni muri urwo rwego hatangijwe gahunda y’ubwisungane mu kwivuza igamije kugeza Abanyarwanda ku buvuzi bwa benshi kandi budahenze. Buri munyarwanda yaba umukire cyangwa umukene, yaba arwaye cyangwa ari muzima, yaba muto cyangwa mukuru asabwa kujya mu bwisungane, cyangwa mu bwishingizi bw’ubuvuzi. icyago ntigiteguza, indwara nayo ntiteguza. Ufite ubwisungane cyangwa ubwishingizi iyo arwaye atunguwe nta mafaranga, agenda yemye kuko aba azi ko kwivuza bitazamuhenda.

N’ubwo ubushakashatsi bwakozwe (EDS 2005) bwerekana ko imibare y’abantu bitabira iyo gahunda igenda yiyongera, ntabwo ibintu ari shyashya. Abantu 38.7% ni bo bamaze kwitabira gahunda y’ubwisungane mu kwivuza. Uwo mubare uracyari muto cyane. Aha umuntu yakwibaza niba umubare munini

w'abantu batari bitabira iyi gahunda bativuzza kwa magendu cyangwa batarembera mu rugo.

Ijambo ry'Imana se ryo ryaba rivuga iki ku bwisungane? Mu gitabo cy'Umubwiriza hatwereka ko ubwisungane ari ngombwa cyane. Kwishyira hamwe bidushoboza kugera ku kintu umuntu umwe atakwishoboza. ***“Ababiri bashyize hamwe baruta umwe kuko babona inyungu z'imirimo yabo. Igihe umwe muri bo aguye undi aramwegura. Nyamara hagowe uba wenyine kuko iyo aguye atabona umwegura (...) umuntu ashobora gutsindwa n'umwanzi nyamara ababiri baramutsinda. Umugozi w'inyabutatu ntupfa gucika.”*** (umubwiriza 4:9-12)

N'ubwo muri iyi mirongo tutabonamo ijambo “ubwisungane mu kwivuzza” nk'uko rikoreshe ubu, Ijambo ry'Imana risaba abakirisitu kwishyira hamwe, kugira ngo dushobore gukora ibyo tutakwishoboza turi twe nyine. Si ukuvuga muri Mitiweri gusa, ahubwo ni muri byose.

Ijambo ry'Imana kandi riduha ingero nyinshi z'ubufatanye bw'abantu mu mibereho ya buri munsu. Iyo turebye mu

mibereho y'abantu igihe cy'intumwa (Intu 2:44-45) tubona uko abantu ba kiriya gihe basangiraga byose, bagurishaga ibyo batunze byose, basangira ibivuyemo, ukurikije ibyo buri muntu yabaga akeneye. Ibi biradukangurira gushyira hamwe no gufatanya mu bibazo byose by'ubuzima bwa muri muni, ariko cyane cyane mu bwishingizi magirirane bwo kwivuza.

Yezu yasize atubwiye ko itegeko risumba ayandi yose ari ugukunda Imana na mugenzi wawe nk'uko wikunda. Ni nayo mpamvu ijambo ry'Imana rivuga riti: niba mwene so yambaye ubusa kandi adafite ibimutunga, hanyuma ukamubwira uti genda mu mahoro, ususuruke kandi uhage ariko ntacyo kurya cyangwa icyo kwambara umuhaye, byaba bimaze iki? (1Yohani 3:13) Bityo rero niba umuntu yumva ububabare agira iyo arwaye akumva ko agomba kwivuza, agomba no kumva ko na mugenzi we udafite ubushobozi nk'ubwe nawe akeneye ubwo buvuzi mu gihe arwaye bityo akagaragaza kwizera kwe yitabira ubwisungane mu kwivuza, kabone n'aho yaba adakunze kurwaragurika.

Umwanzuro w'ikiganiro cya cyenda

“Nta mugabo umwe,” kandi ngo “inkingi imwe ntigera inzu.”

Ni byiza ko buri mukirisitu yakwitabira gahunda y'ubwisungane

mu kwivuza akanabishishikariza abandi kubera ibyiza byayo
bidashidikanywaho.

IKIGANIRO CYA CUMI: KWIRINDA IBISINDISHA, IBIYOBYABWENGE N'ITABI

Ntabwo ari Bibiliya gusa ivuga ububi bw'inzoga. Minisiteri y'Ubuzima na yo irakangurira abagore batwite kureka kunywa inzoga kubera ingaruka mbi zibagiraho, ariko cyane cyane ku bana batwite. Inzoga umugore anywa atwite zituma umwana abyaye avukana ubumuga azamarana igihe cy'imibereho ye yose. Ari mu isama, mu gihe cyo gutwita no kubyara inzoga zigira ingaruka mbi ku mwana. Zibangamira imikurire ye mu nda cyane cyane ko aba ari igihe ibice by'umubiri w'umwana biba birimo bikorwa kandi bitaragira ubushobozi bwo kuba byakwikiza izo nzoga, haba mu mezi ya mbere y'inda cyangwa se mu mezi ya nyuma yayo.^{xvi} Ibimenyetso by'ubumuga buterwa n'inzoga ku mwana ni:

- Kuvukana ibiro bikeya ku mwana;
- Ibibazo by'umutima, impyiko n'izindi nyama zo munda;
- Umutwe mutoya;
- Ubwenge bucyeye butuma umwana yiga bimugoye, kurangiza amashuri abanza byonyine bikamugora;
- Kudashobora kwumva neza imibare;
- Kudafata neza mu mutwe (Memory deficits);
- Kutabasha gusesengura neza ibintu (Poor judgment);

- Ubushobozi bucyeye bwo gukemura ibibazo yahura na byo igihe cyose abaye mukuru (Poor problem solving skills);
- Imyifatire idahwitse (Immature social behaviour): gukubagana cyane, kudashobora kwifata n’iyo byaba imbere y’abantu atazi, nibindi.

Minisiteri y’Ubuzima ivuga ko ibyiza ari uko umubyeyi yakwirinda kunywa inzoga kuva asanye kugeza abayeye kubera ingaruka zikomeye zo kumugara burundu cyane cyane mu bwenge bw’umwana.

Ibinyobwa bitabuzwa n’amategeko gukorwa, ariko bisindisha cyangwa bitesha ubwenge Imana yagaragaje ko idashyigikiye ababyirunduriramo, ndetse inaburira abantu ko bafite akaga gakomeye iti: **“Bazabona ishyano abazinduka biruka ku nzoga bakaba aricyo biririrwa, bakabirara inkera kugeza ubwo bibahindura nk’abasazi.”** (Ezayi 5:11) Bibiliya ikomeza igira iti: **“Divayi itera umuntu ubupfapfa, inzoga zitera ubukubaganyi, usinda ntagira ubwenge.”** (Imigani 20:1) Ibinyobwa bisindisha bigira ingaruka zikomeye ku buzima bw’ababyeyi batwite,

abonsa n’abana bato. Birababaje ko hari impinja zivuka zarazahajwe n’inzoga zanyowe na banyina babatwite.

Mu by’ukuri hari inzoga zemewe gukorwa, zakozweho ubushakashatsi, zica no mu nzego zishinzwe kugenzura ubuziranenge. Ariko nazo si shyashya, cyane cyane ku barenza urugero ari nabo Imana imenyeshya ko bazabona ishyano. Abagabo bihebeye izo nzoga batererana ingo zabo, abana babo n’abagore. Ugasanga umugabo ataba iwe mu gihe umuryango umukeneye, ntagire igihe cyo guha abana uburere, umutungo w’urugo wakagomye kubahahira, kubavuza, kubambika no kubigisha, ugashirira mu nzoga, mu itabi n’ibindi biyobyabwenge.

Gusa rero hari urundi rugero rw’abanywi, bavangavanga amoko menshi y’ibintu ubusanzwe bidafite aho bihuriye, ngo babibyaze ibisindisha bikaze cyane. Ibyo bisindisha byangiza ubuzima bikomeye. Urugero ni za “kanyanga”, “nyirantare (muritye, kirabiranya),” “igikwangari,” “bareteta,” “yewemuntu,” “baracanye,” “amaso si aya,” n’izindi. Urugero twatanga ni urw’uko bakora iyo bita “igikwangari” aho bacanira amazi, isukari, amajyani (icyayi), umusemburo wa kizungu n’imbetezi, kandi buri wese uyikora akavanga ikigero cye uko abyumva.

Naho iyo bakora iyitwa “Nyirantare” bacanira ibyo byose tumaze kuvuga bakongeramo urwagwa rw’inteme, urubingo n’itabi.

Abanywa ibyo byose biyicira ubuzima. Iyo ari abana n’abagore ubwabo, bica ubuzima bwabo, n’ubw’abazabakomokaho. Abo nabo Imana ntishaka ko barimbuka, byaba muri ubu buzima, byaba no mu buzima buzaza bw’igihe cy’iteka. Niyo mpamvu Ijambo ry’Imana ribaburira ngo: **“Bazabona ishyano abahanga bo kunywa divayi, bazabona ishyano abavanga inzoga zikaze.”** (Ezayi 5:22)

Mu biyobyabwenge n’ibyangiza ubuzima bw’abantu cyane cyane ubw’umugore n’umwana, ntawareka kuvuga isegereti, igikamba, ubugoro, rujoka, urumogi, kole, lisansi, mayirungi, n’ibindi.

Umwanzuro w’ikiganiro cya cumi

Ibinyobwa bisindisha n’ibindi biyobyabwenge byangiza ubuzima bw’ababikoresha, cyane iyo ari abagore batwite, abonsa, n’abana. Gukoresha ibyo byose Ijambo ry’Imana ribyita gukora ibyaha. Inzoga umugore anywa atwite zituma umwana

abyaye avukana ubumuga azamarana igihe cy'imibereho ye yose.

UMWANZURO RUSANGE

Iyi mfashanyigisho yandikiwe kugaragaza uruhare rw'idini mu gukemura bimwe mu bibazo by'ubuzima bihangayikishije igihugu cyacu, by'umwihariko kubungabunga ubuzima bw'ababyeyi n'abana. Nk'uko byavuzwe mu iriburiro rusange, iyi mfashanyigisho iragaragaza icyo Bibiliya na Qor'an bivuga ku buzima bw'umubyeyi n'umwana. Abakirisitu n'abayisilamu bazi ibyanditswe bitagatifu babasha kubona ko inama zitangwa n'inzobere mu by'ubuzima bw'ababyeyi n'abana ndetse na gahunda za Leta bifite ishingiro muri Bibiliya na Qor'an. Umuntu wese wemera ibyo bitabo bitagatifu yakagombye gushyira mu bikorwa gahunda zigamije kurinda ubuzima bw'ababyeyi n'abana, atari ukubera gusa ko ari politiki ya Leta cyangwa iy'umuryango mpuzamahanga ku buzima (WHO) ahubwo ari n'uko ijambo ry'Imana ribidushishikariza.

Abemera ijambo ry'Imana bahabwa imigisha bakiri kuri iyi si, kandi bazanagororerwa ubugingo bw'iteka mu ijuru.

Iki gitabo cyateguwe n'Urugaga rw'amadini mu kurwanya SIDA mu Rwanda (RCLS-Rwanda) ku bufatanye na Minisiteri y'Ubuzima babitewemo inkunga n'Umuryango ACCESS Program. ACCESS Program ni gahunda mpuzamahanga y'Umuryango w'abanyamerika ushinzwe iterambere

mpuzamahanga (USAID). Iyo gahunda igamije guteza imbere ubuzima bw'ababyeyi n'abana bakivuka.

Umuryango ACCESS ugamije kongera ibikorwa bikorerwa ababyeyi n'abana, kubyegereza ababikeneye ndetse no gushishikariza abantu kubyitabira, biciye mu rukurikirane rw'ibikorwa bihera mu rugo bikagera mu kigo nderabuzima; byose bigamije gutuma ibikorwa byiza by'ubuzima birushaho kwegera umuryango ku buryo bwose bushohoka. Jhpiego ikora iyi gahunda ifatanyije n'imiryango Save the Children, Constella Futures, The Academy for Educational Development, The American College of Nurse-Midwives na IMA World Health.

NI GUTE WAKORESHA IYI MFASHANYIGISHO

Turizerako iyi nfashanyigisho y'amadini ku buzima bw'umubyeyi n'umwana izagufasha nk'umuyobozi w'idini kurushaho kugira uruhare mu kubungabunga ubuzima bw'umubyeyi n'umwana ndetse no kubishishikariza abayoboze b'idini yawe. Dore ingero z'uburyo iyi nfashanyigisho ishobora gukoreshwa n'ubwo dutekereza ko muzongeraho urwanyu ruhare mu kushaka ubundi buryo bwo gukoresha no gukwirakwiza iyi mfashanyigisho mugambiriye kubungabunga ubuzima bw'umubyeyi n'umwana. Iyi nfashanyigisho rero ishobora gukoreshwa binyuze mu buryo bwinshi bumwe muri bwo bukaba ari ubu bukurikira:

- Mu biganiri mbwirwaruhame, ku ma radio, kuri television no ku mbuga za internet,
- Mu nyigisho zigenewe abitegura gushinga urugo,
- Mu mahuriro n'amashyirahamwe y'abagore, ay'abagabo ndetse n'ay'urubyiruko,
- Mu mahugurwa y'abagomba guhugura abandi mu itorero no muri Kiriziya
- Mu nyigisho n'ibiganiri bihabwa inzego z'ubuyobozi mu itorero no muri Kiriziya
- Mu nyigisho z'ubusugire bw'ingo
- Mu nyigisho z'amatsinda y'abashakanye,

- Mu bashinzwe ubutabera n'amahoro binyuze mu miryango remezo ya Kiriziya Gaturika, no mu matorero y'ibanze

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INYANDIKO ZIFASHISHIJE

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^{iv} Minisiteri y'ubuzima (2008) : Inyoboranyigisho y'amahugurwa y'abajyanama b'ubuzima, p.142, 143

^v Service National de Recensement (2003) : Rapport sur le RPGH du 16-30 Aout 2002

^{vi} <http://www.statistics.gov.rw/>

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^{viii} <http://www.statistics.gov.rw/>

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^x Minisiteri y'ubuzima (2008) : Inyoboranyigisho y'amahugurwa y'abajyanama b'ubuzima, p. 95-117

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- ^{xi} Minisiteri y'ubuzima (2008): Inyoboranyigisho y'amahugurwa y'abajyanama b'ubuzima, p.125-130
- ^{xii} Minisiteri y'Ubuzima, Inyoboranyigisho y'Amahugurwa y'Abajyanama b'Ubuzima, Kamena 2008, p. 49
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