

Astaamaha dhibaatooyinka Suurtogalka ah ee Indhaha Carruurta

Haddii cunuggaaga muujiyo hal ama ka badan astaamaha hoos ku qoran, ayada ama asaga isla markiiba gey takhtarka indhaha.

Sidee u ek yihiin indhaha cunuggaaga?

- > Indhaha aan toosneyn, hal il ka cawaran ama loo maleeyo inuu hal il dibedda u jeedo
- > baalaha indhaha oo casaan ka ah geesaha, malax leh ama barraran
- > indhaha uu biiyo ka socdo ama casaan ah

Muxuu sameeyaa cunuggaaga?

- > wax badan ayuu indhaha xogaa
- > wuxuu xiraa ama daboolaa hal il
- > madaxa gees u jeediyo ama horey u dhaqaajiyoo
- > dhibaato ku qabo akhriska ama sameeyo hawlo kale ee si soke loo fiirsho ama alaabta ku haayo meel u dhow indhaha sidii uu u arko
- > Il-isku qabad ka badan sida caadiga ah ama xanaaqo markii u qabanaayo shaqo u baahan in si soke loo fiirsho
- > waxyaabaha u arko mugdi ama dhibaato ku qaba aragga
- > yareeyo indhaha si u wax u arko

Muxuu cunuggaaga sheegaa?

- > “Indhaheyga ayaa i cun-cunaaya,” “Indhaheyga ayaa i gubanaaya”
- > “Kaasi si fiican uma arki karo”
- > Ka dib markuu cunuggaaga sameeyo hawl si soke loo fiirsho, cunuggaaga ku dhaho “Waxaan dareemayaa jaah-wareer,” “Waxaana dareemayaa labo-labo” ama “Madaxa ayaa i xanuunaayo.”
- > “Wax walba waa ii mugdi,” ama “Waxyaabaha waxaan ku arkaa laban-laab.”

CUNUGGAAGA WUXUU WELI LAHAAN KARAAA DHIIBAATO INDHO XITTA HADDII ASAGA AMA IYADA WAXBA KA SHEEGIN INDHAHA AMA UUSAN MUUJININ ASTAAMO AAN CAADI EHEEN.

Caajiska isha (Amblyopia)

Caajiska isha, ama loo yaqaano amblyopia, waa lumiska araga indhaha ee aan okiyaalaha saxi karin. Cawaranka indhaha, indhaha aan isku toosi karin ama hal il oo midka kale si ka fiican wax u shiishi karo ayaa sababi karo amblyopia.

Astigmatism

Astigmatism wuxuu dhacaa markii qaybta horey ee isha, qaybta arag-gudbiyaha isha uu qaabkiisa caadi eheen. Carruurta qaba astigmatism waxay qaadi ahaan si ka fiican u arkaan xariiqyada taagan markii loo barbardhigo xariiqyada siman.

Indhoole u ahaanta midabyada

Carruurta indhoole ka ah midabka dhab ahaan midabyada indhoole kama ahan. Laakin waxay dhibaato ku qabaan ogaashada qaar ka mid ah midabyada.

Aragti dheer (Hyperopia)

Xaaladdaan, balooniga isha ayaa gaaban mana awoodo in waxyaabaha u dhow sii fiican u shiisho. Sidaas awgeed waxyaabaha soke ayaa mugdi-mugdi noqon kara

Aragti dhowi (Myopia)

Myopia, balooniga isha ayaa aad u dheer mana awoodo in waxyaabaha ka fog si fiican u shiisho. Sidaas awgeed, waxyaabaha fog ayaa mugdi-mugdi noqon kara.

Strabismus

Strabismus waa erey lagu magacaabo indho aan toosneyn ama isku toosi karin. Haddii dhibaataada la daaweyn waayo, waxay sababi karaan amblyopia.

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