



Kuyini ukuphazamiseka komqondo okuhlobene nengculazi?

Abantu abanengculazi ngezinye izikhathi baba nokuphazamiseka okuthile emqondweni, ikakhulu lapho besesigabeni sokugcina salesi sifo. Leli khasi elinikeza ulwazi lichaza indlela okuhlonzwa ngayo ukuphazamiseka emqondweni okuhlobene nengculaza. Libuye lichaze nezimpawu nezindlela zokwelapha ezitholakalayo.

Ingculazi ibangelwa wukuba khona kwegciwane lengculazi emzimbeni womuntu. Igciwane lengculazi lihlasela isimiso somzimba sokuzivikela, lenze umuntu onalo achayeke kakhulu ezifweni. Ukuphazamiseka komqondo okuhlobene nengculazi kubangelwa:

Ukulimala kobuchopho okubangelwa igciwane lengculazi

Izifo ezisizakala ngalesi simiso sokuzivikela esenziwe buthaka.

Kuvame kangakanani?

Kulukhuni ukusho ngokuqondile ukuthi zingaki izenzakalo zokuphazamiseka komqondo okuhlobene nengculazi. Kuye kwahlolwa eziningi zalezi zenzakalo ngaphambi kokuba kusungulwe 'indlela yokwelapha eyinhlanguisela' – ukusebenzisa inhlanguisela yemithi esetshenziswayo manje ekulawuleni igciwane lengculazi .



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Izimpawu

Izimpawu zokuphazamiseka komqondo okuhlobene nengculazi zingase zihlanganise:

- Ukukhohlwa
- Ukuba nenkinga yokugxilisa ingqondo
- Ukuba nenkinga yolimi
- Ukuba nenkinga yokukhohlwa izinto ezisanda kwenzeka
- Ukuphamazela
- Ukungazinzi
- Ukuthwishika kwamehlo ngamandla
- Ukudiyazela
- Izinguquko ebuntwini bomuntu
- Inhliziyo emnyama
- Ukusabela okungokomzwelo okungafaneleki
- Ukuguquguquka kwemizwelo
- Ukudungeka komqondo

Indlela yokukuhlonza

- Kungaba nezinkinga ekuhlonzeni ukuphazamiseka komqondo okuhlobene nengculazi.
- Kuye kwaba nokudideka okuthile endleleni enembile yokuchaza le nkinga.
- Abantu abaningi bahlonzwa ngokungeyikho njengabanokucindezeleka komzwelo noma ezinye izifo eziphathelele nobuchopho noma zengqondo.
- Ngesinye isikhathi abantu baba nezimpawu zenkinga yokulahlekelwa umqondo futhi kutholakale kamuva ukuthi banegciwane lengculazi. Kungase kwenziwe ukuhlolwa okulandelayo:
- Ukuhlololwa isandulela-ngculazi

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- Lokhu kufanele kwenziwe ngemva kokwelulekwa uchwepheshe.
- Ukuthatha izithombe zobuchopho (CT Scan)
- Ukuthatha ubuchopho isithombe ngekhompuyutha (computerized tomography) kungasetshenziswa ekuboneni izifo ezisebuchosheni.
- Ukuthatha izithombe ze-MRI
- Ukuthatha izithombe ze-MRI (magnetic resonance imaging) kungabonisa ukufinyela kobuchopho okwenzekile.
- Ukugqobhoza umhlandla
- Lokhu kuhlananisa ukudonsa uketshezi olungasekugcineni komhlandla ngenaliti. Kungasetshenziswa ekuboneni izinga lokwanda kwegciwane lengculazi oketshezini oluzungeze ubuchopho.
- Ukuhlolwa kokusebenza kwezinzwa nobuchopho
- Lokhu kuhlolwa kokusebenza kwezinzwa nobuchopho kusetshenziselwa ukubona izinga lokusebenza kwezingxenye ezihlukahlukene zobuchopho.
- Ukuthatha isicutshana sobuchopho
- Ukuthatha isicutshana sobuchopho kuhlanganisa ukucwiya isicutshana sobuchopho nokusihlola esikhungweni okuhlolwa kuso izifo.
- Le nqubo ayivamile ukwenziwa njengoba ihlanganisa ukuhlinzwa kobuchopho.

Ukwelapha ngemithi elwa nesandulela-ngculazi

Okwamanje ingculazi ayelapheki.

Nokho, ukusungulwa 'kwendlela yokwelapha eyinhlanganisela' – ukusetshenziswa kwemithi emithathu noma ngaphezulu elwa negciwane lengculazi – kuye kwasithuthukisa kakhulu isikhathi sokuphila komuntu onengculazi, kwathuthukisa nezinga lokuphila kwakhe.

Injongo yale mithi elwa negciwane lengculazi iwukunciphisa inani lalo egazini, kuncishiswe umonakalayo elingase liwubangele. Abantu abanokuphazamiseka komqondo okuhlobene nengculazi ngokuvamile banikezwa inhlanganisela yemithi elwa negciwane lengculazi ukuze kumiswe noma kuthiywe amandla alo okudlulela ebuchosheni.

Ukuphumelela kwale mithi kuye kwasho ukuthi ukwelapha akusagxili ekudambiseni izinhlungu kodwa sekugxile ekuhlumeleliseni umuntu.

Ezinye izindlela zokwelapha

Imithi yezifo zengqondo iyasetshenziswa nakubantu abanokuphazamiseka komqondo okuhlobene

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nengculazi, kuhlanganise :

Imithi elwa nokucindezeleka ngokomzwelo (enjenge-*fluroxetine, paroxetine, citalopram ne-venlafaxine*).

Lena isetshenziselwa ukuthuthukisa ukuba nogqozi nokuvula inhliziyo emnyama.

Imithi ezinzisa izinzwa (njenge-*olanzepine ne-risperidone*). Le mithi ingasetshenziswa ekudambiseni ukuyaluza nokukhathazeka.

Ukuhlumelelisa umuntu

Ukuba nesimiso esihleliwe sokuhlumelelisa umuntu kungasiza abantu abanokuphazamiseka komqondo okuhlobene nengculazi ukuba baphinde bafunde amakhono abawadingayo ekuzinakekeleni. Lokhu kungase kuhlanganise ukuphinde bafunde ukuzigeza, ukuzigqokisa nokuzidlisa, indlela yokuphuza imithi nokupheka nokuthi bangakwazi kanjani ukuqaphela ukuphepha emgwaqweni nasekhaya.

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