

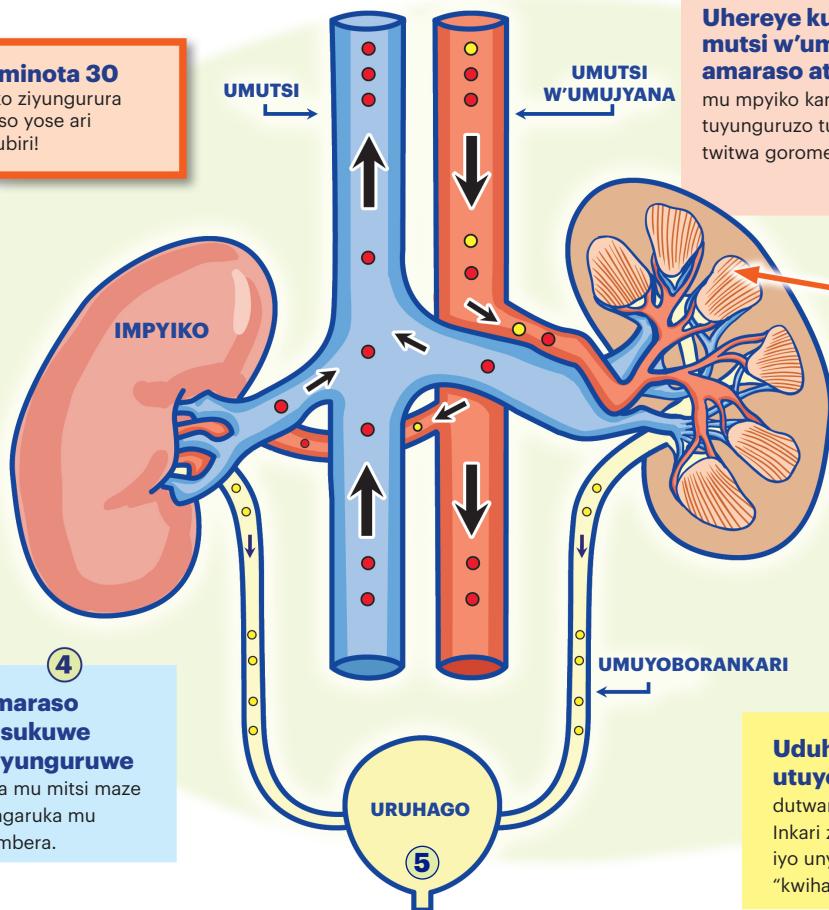
abantu bensi bagira impyiko ebyiri buri imwe iba ifite ingano nk'iy'igipfunsi cy'umuntu mukuru, ziba ku mpande zombi z'urutirigongo munsi y'imba. Nubwo ari nto, impyiko zawe zikora imirimbo ikomeye cyane kandi y'ingenzi ituma umubiri wawe ukomeza gukora neza.

Urugero: Impyiko:

-  Zifasha kuvana imyanda n'ibisukika by'umurengera
-  Kuyungurura amaraso, zigasigarana ibintu bimwe mu gihe zivanamo ibindi
-  Kugenzura ikorwa ry'insoro zitukura z'amaraso
-  Gukora vitamini zigenzura imikurire
-  Gusohora imisemburo igenzura umuvuduko w'amaraso
-  Gufasha mu kugenzura umuvuduko w'amaraso, insoro zitukura z'amaraso n'ingano y'intungamubiri zimwe na zimwe mu mubiri nka karisiyumu na potasiyumu

Impyiko zifite ubuzima bwiza

Buri minota 30
impyiko ziungurura amaraso yose ari mu mubiri!



1 Uhereye ku mutsi w'umujyana, amaraso atemba ajya
mu mpyiko kandi anyura mu tuyunguruzo turenga miliyonitwita goromeruli.

● Insoro z'amaraso
● Imyanda

2 Goromeruli zishobora kumenya
itandukaniro riri hagati y'ikuntu ukeneye n'ikuntu udakeneye. Ziungurura imyanda n'andi mazi y'umurengera bikava mu maraso bigakora inkari.

3 Uduheha twitwa utuyoborankari
dutwara inkari mu ruhago. Inkari ziva mu ruhago iyo unyaye ("gusoba," "kwihiagarika").

4 Amaraso yasukuwe yayunguruwe
ajya mu mitsi maze akagaruka mu itembera.

Dore uko impyiko zikora akazi kazo k'ingenzi:

1. Amaraso ynjira mu mpyiko anyuze mu mitsi y'imijyana ivuye ku mutima
2. Amaraso asukurwa anyuze mu tuyunguruzo tw'amaraso turenga za miliyon
3. Imyanda inyura mu muyoboro w'inkari maze ikabikwa mu ruhago yabaye inkari
4. Amaraso yasukuwe asubira mu maraso atembera mu mubiri anyuze mu mitsi
5. Uruhago ruruzura maze inkari zigasohoka mu mubiri zinyuze mu muyoboro w'inkari

Impyiko zikora akazi gasigasira ubuzima ko kuyungurura no gusubiza amaraso mu maraso atembera mu mubiri hafi litiro 189 mu masaha 24. Hafi litiro 1,89 zikurwa mu mubiri ari inkari, mu gihe izisigaye hafi litiro 187 ziguma mu mubiri. Inkari dusohora ziba zabitswe mu ruhago kuva ku isaha imwe kugera ku masaha 8 ugereranyije.

Ku yandi makuru, vugisha Umuryango wo ku rwego rw'igihugu wita ku bafite uburwayi bw'impiko

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