



Kua' ate ti'pia d' muntigu ti sentzu ateneji, ehmi, wogi muleghlu, nenepi wa yagategu, nusa tixahicagi wa weliti tigawani wa tsutawaga.

Ti'matiaya ga...



- ?Teihki ihtikualis?**
Kua' pusawaga tuehpa wa tu tux.
- Ti'matiaya ga...**
- Ihtikualis te sentzu mi tia pa ahtepe'mi Mexikoh wa inuchi ahtepe'mi yeh unugih pa yi tahl, sentzu aye ti kua gimasi chuguchichi u tutaiwewehmi.
- Timopagaga axtu ga tickkuch.
 - Ginegi ti'piach gan tiawih kuath u se xapukuita' ga amu mataga pa kuohyuh.
 - Xitapupawa tepa' wa kloroh pa tahl wa yeh teihki bu unu'.
 - Xiguni d' tamulinh.
 - Amu xasi na' yeh kuguxti'.

Tepa' titakua, mi's palewia ga tepa' xunu tichiga'ti' kua' titaihtihtiwihtu'

Ahtepe' Méxikoh, 31 tunatih eyi me'sti xiw' 2016.

Omar Flores.

Kua' tepa' titakuah tunuchimih inuchipa ge'xki tiawih tunutih pa yi tahl, gichiwa ga inuchipa tepa' ma tunuga sa tichiga'tigih, wa ginegi ga siwarkih tepa' ma ye'takuaga kua' piluwahtugih, kua' mutegah wa kua' ne taiskahtiah.

Kua' tepa' takuah siwarkih gin palewia ga inuchipa ma unuga chiga'tigih ge'xki yawih unutih pa yi tahl; kua' tepa' takualu xeliwi ga migilu kua' mutegalu wa inkugunechichi.

Se siwa' ginegi takua tepa' kua' ne taihtiwihtu', iga ku gipalewia ga amu ma wetzi igune, ma migi iyihitigu wa nusa kuakuawa'ti'chi kua' ya puniti.

Se kunechini tepa' muskahtia iyihitigu iye kua' gihtiwihtihtu' wa tepa' puni, kua' inuchipa gita'watia ge ne muskastihia wa teihki gikua iye.



Kua' tepa' titakua kua' tipiluwahtu' ku mugune muskahtia sa tepa'.

Yi nawati ga xitakua tepa', weliti tepalewia ga ma unuga tepa' siwarkih yeh taihtiwihtugih. Ginegi ga se siwa':

- Kua' takua nusa magikua itayuhlu (sindi, trigoh, sebadah, abenah, arros, sengi yeh unugih); tagihlu wa kuaxiwi' yeh mukua

1

Tapahtilis ahtepe'

Sese ahtepe' gipia gen gita kua' kuguxtia ichanehkawa. Inuwiya, ga tapahtilu pahtianimih yeh ni unugih Mexikoh, te magah kuaxiwi' yeh te pahtia wa seyu' teihki yeh unu' pa tuahtepe' u pa tayawaluh. Tupahtilis, u se tapalewih yeh ti'piah ga tumupahtiah, ginegi ti'chihwah ge techihlia tapahtiani, wa inuchipa ma ti'temuga, tapahtiani yeh sentzu tamati.



Tepa' mumachihlilu wa kugulis pa itachalis tupahtilis

Kua' tepa' mumachihlilu tigita me se inuchi tepa' unu' tuhtigu, tuxonteh wa tuihyuh, iga tehوامih sesa wa inuchi yeh te'xyawaluwa pa tahl wa nepa ahku.

Kugulis weliti tigihuwa ga u ge kua' puliwi ge'xki ti'piah sese' wa tutuni' tuhtigu, iga ku chiwi ga gen timu'hendiah wa tu'newa, wa inuchi yeh te'xyawaluwa pa tahl wa tu ihyulis.

EHEGAYUH*

Gemumachihlia:

Mumachihlia ga kuala me se teihki ne mi'stzupunia pa mu tzundegu u inuwiya ti sutawi wa timusese'kaitunia; muhkuita pusu'ti', mapitza, sasamatia wa i'nutia; kua' gema kawani wa nesi ga aya' tepa' gimachihlia.

* <http://www.medicinatradicionalmexicanaunam.mx>

"Diccionario Enciclopédico de la medicina tradicional Mexicana", en Biblioteca Digital de la Medicina.

1

Pa yi amataihkuiluh timi'snextilih makuili gen tepahtiah tapahtianimih kua' tiehegayuwi.

1. Tapewah wa kuaxiwi', muchiwa me ge ne titapuhpuwa, me ge ne tigu'xpana inuwiya igahlu yeh kuguxtitu' wa isehkayu kuaxiwi' yeh sa ahwiya', pewalu pa itzundegu wa tami pa igi'xi.

Kuaxiwi' yeh mukui ga tapewalu: piruh, romeroh, mirtoh, rudah, alcanfor, zomiateh, tacoyoh, inojoh, ensensioh wa granadah; segi tapahtianimih gixahpichuwah wa meskal u chichiga' yu kuaxiwi' a'xtu ga yawih gipewatih yeh kuguxti'.



2. Taxaxawilih u tahahtih, muchiwa kua' mupahtia yeh kuguxti' wa mia' kuaxiwi' taseneluh, ginegi muchiwa tamba se kuawi' yeh ma unu wehka na' kahli.

Kuaxiwimih yeh gi wiga: rudah, albacah, mirtoh, romeroh, yerbah de la brujah, pisia' xuxu'ti' wa peoniah; inuchi mu xuxumuluwa pa se kumi' weyi, wa mu talilia 7 a', tahwiyalis 7 ugi'x, eyi u nawi ixumuhlu alcanfor, chichiga', gotah koral, ingoh wa nuez moscadah.

3. Tapupu'xwih, muchiwa kua' mututunilia igi'xi yeh kuguxti' wa achi tzundi yeh yesa ipah, ga yu pu'ti tami ma gigixtli yu ehgayuh.

Kuaxiwi' yeh giwiga: pisia' wa kupah.

2

DOBLA

Amataihkuiluh yeh gihtuwa ge muchiwa se Xapukuita' wa'tu'



Nawatilismih

Ga ma muchiwa se xapukuita' wa'tu', munegi mia' teihki giwiga wa gen gihtuwa ga ge muchiwa. Ginegi ti'tahtanilia se yeh gima'tu' ge muchiwa ga ma mi'spalewi ge mucha.

Ginegi ti'chiwa xapukuita' wehka ga unu' weya' u weyi atayawah wa ga panu inehwayuwa a' yeh tachiwah. Ti'ta'wa se lah ga mutaluwa ehaga', ga ma gahkapewihtu. Ti'tachahtilia igah xapukuita' ma gitepu'smaga tunatih. Xapukuita' wa'tu' aya' ginegi a'.

A. Tanechiguh taihkuiluh yeh giwiga

GE'XKI	TEIHKI GIWIGA
2	Amatepus
5	Bariyah
6	Wepah (1.80 metroh ipatahka wa 2 iweyaga)
25	Wepah tatehtegih (1.80 metroh iweyaga wa 10 centimetroh ipatahka)
100	Tepuskuachini
200	Tabikeh
3	Bisagrah pah ite kahli
10	Kuxtah cementoh
1/2	Tepuskawayuh te'

GE'XKI	TEIHKI GIWIGA
½	Tepuskawayuh xahli
½	Tapuskawayuh te' ga mutzuguluti kahli
2	Megatepus ga taihpilu
4	Kuatatu' 2.5 metroh iweyaga
1	Tubuh PVC 4 pulgadah iyawahlu wa 2.5 metroh iweyaga
1	Tubuh tulupu PVC 4 pulgadah iyawahlu
4	Kuxtah nexti
1	Pasador ga mutzakua ite kahli

G. Tanawatih ga xapukuita' weya' ma unu

- Ti'ta'wa inuchipa ga amu ma galagi a' pa igaxunyu xapukuita', ga ku ya ihyayati.
- Amu xi'talili cloroh, pinoh u mandega tatatih pa xapukuita'.
- Ti'puhpuwa inuchipa.
- Inuchipa ma tentza'tu.
- Ti'talia, achi nexti 15 centimetroh itilalhka, ume biah se tunatih.
- Ga amu ma ihyaya wa ga tepa' ma palani, weliti mutalilia pa xapukuita' kuanex u ixuxumuhlu kuawi'.

DOBLA

AMA' GAN IHKUILUHTIGAWI

Seguro popular

Yeh te palewia ga ma mupahtilu



Ama' gan ihkuiluhitigawi

Amapuali: 3110388497

Gema temagah: PROSALUD

Gan temagah: 1/9/16

Tanechiguh ahtepe': Veracruz

Gan pewa wa gan tami:

1SEP/2016 a1 31/AGO/2019

Yeh gihtuwa a'ihki itegu:

Tuga: Valdez Fernández Juan Héctor de Jesús

Kur: VAFH5408221HDFLRC07

Chandih: _____ **uhti:** _____

puali: _____ **kodigoh postal:** _____ **koloniah:** _____

munisipioh: _____

A'ihkimih mupalewiti

Amapuali yeh mupalewiti:

3110388497-1

3110388497-2

Tuga: Valdez Fernández de Jesús

Alonso de Vega María Teresa Gema

A'ihki: Taga' ☐ **Siwa'** ☐

Gema puni' : 21/08/1954

Yi ama' gan ihkuiluhitigawi gihtuwa ga teihki yah mi'spahtitih wa te tapahtih yawih mi'smagatih kua' tikuguxtia gen gihtuwa katalogoh *universal, de servicios y del fondo de protección contra gastos catastróficos*.

Mu maga itegu se ama' taihkuiluh gan gihtuwa teihki gipalewiti wa teihki ya gichiwati yeh bu taihkuiluh induga.

Gan pewa wa gan tami la CECASOEH gipia eyi xiw' wa tami 31/ago/2013.

Kua' tami, ga xi'piasaseh muchiwatisaseh seyu' CECASOEH.

Kua' gan pewa wa gan tami CECASOEH, yeh aya' giguhtugih imanisaseh yah ginimagatih sese xiwih wa yeh giguhtugih ginegi magiguwagasaseh kua' tami ga ma gipiagasa inuchipa, sese xiw' simplifakadah.

Kua' mupatas yeh gihtuwa a'ihki ipah yeh gipia yi ama' gan ihkuiluhitigawi, xah cha gan temagah yeh chanditu'.

Ama' gan ihkuiluhitigawi ga ti'pia Seguro Popular u inuchi ipah, nise partidoh politikoh ipah. Gawi ga nia'pa weliti gikui pah seyu' tachiwatis yeh aya' pah *desarrollo social*.

Itegu tawasanih ihkuiluh

Nitaixmati wa nitaihkuiluwa pa nunawatahtuh.

Nawatahtuh

Saragosah



Leo y escribo en mi lengua.

Nahua del Sur Zaragoza

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como segunda
lengua

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EDUCACIÓN PÚBLICA

INSTITUTO
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DE LOS ADULTOS

MIB
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Bilingüe

Weyiama' wa taihkuilumih
Pliego

nawati • náhuatl • nahuatl • nahuatl • nahuas • mexcatl • mexicano • mexicano • nunawatahtu • nawa

Kugulisti yeh te asi kua' tatepachulu

!Inuchi taga' u siwa' weliti gasi kugulisti yeh te asi kua' tatepachulu!



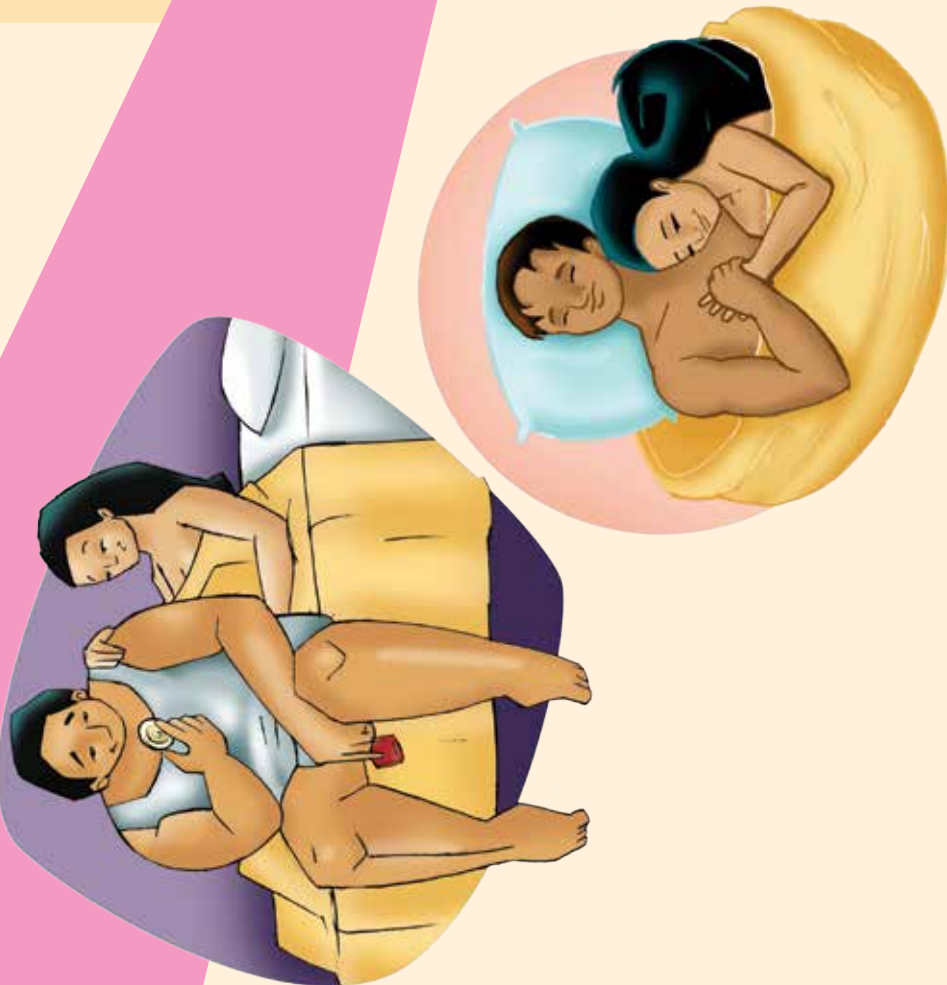
TEIHKI SE ITS
Se kugulisti yeh weliti te asi kua' mutepachulu wa a'ihki yeh kugulistihiya.

ITS u gichiwah yuhkachichini yeh aya' weliti tigitañ pe'x kusa

- **Tenbalan:** Ten'ixka'.
- **Pediculosis pública:** Pava' yuhkachichini yeh muchandiah pa puchitzuhmyu wa wilitzuhmyu.
- **Virus dei Papioma Humano (vph):** U se kugulisti yeh gichiwah 100 yuhkachichini yeh aya' weliti ti'pe'sitah. Sengi yi yuhkachichini weliti te maga cáncer pa neneviga tunagayu.
- **vih** u se yuhkachini yeh gichiwa siaa, mupanuhitia kua' mutepachulu, te talliliu esti, ga musendalia sesa aguxah ga tatzupunilu wa pa se siwa' kua' mtega wa igune u kua' tachichitia. Yu yuhkachini gim'itia yeh te'xpalawia pa tunagayu, yu iga inuwiya weliti tikugulisiuwi u welitisanu te maga sengi cáncer.

TAPANUHTILIS

Yi kugulistimih tapanuhtiliu pa sesengi kua' tatepachulu. Imani weliti ti kugulisiuwi kua' 'tipia mia' a'ihki iwa timutepachuwa u kua' mutepachulu aya' temutalia ga mupalewili.



Kugulisti yeh te asi kua' tatepachulu yeh inuchipa te asi

- 1.Sifilis:** Se kugulisti gichiwa se yuhkachini ye aya tigita yeh giguguxtilia sengi tunagayu. Gikuguxtilia tahtagamih wa siwarkih. Nesi ga tipia kua puni se kuguh gan timaxihah wa aya' kuala wa puliwi. Kua' aya' gita'wa se tapahtiani, puni pa tuma wa pa tu'xi.
- 2.Gonorrea:** Giguxtilia tahtagamih wa siwarkih. Tahtagamih chihatañ kua' maxia kua' kugulisiuhiya. Kua' aya' muta'wa, weliti pusawayá sengi tunagaya. Kua' gema gisa se yagakui' ga maxia achi kusit' wa achi xuxu'ti'.
- 3.Tricomoniiasis:** Kua' se kugulistia, siwa' kegekxia pa ipuchi, wa yagakui' gisa ge kusit' u xuxuti' wa ihya' wa pusawayá, yu iga kuala kua' mutepachulu. Pa taga', weliti aya' ge gimachihlia, pe mah ku ge yu gimachihlia yeh gena kuguxti, yu iga weliti gikuguxtilia inami'. Kua gema weliti pusawayá pa iwilih wa kuala kua' maxia.

GA AMU'MA PATILIWI

- X'itali preserbatiboh wa kondo.
- Ximutachichimili pa muwili u pa mupuchi ga x'imati dah tikugulisiuwi'ya.
- Amu x'i'sendaliga u x'i'senpiaga kua' mahtiliu (tutzuh yeh ga muwatزال, maxta', ga mutenximalu, ga mutanpahpagalu).
- Tepa' mawagapahpagalu wa mupuchipahpagalu.
- Xah na' se parhtiani kua' aye'ti t'imachihlia pa mu puchi u pa muwili.

Dah ti kuguxtia ga se its amu xipinawa. Ximuna'xti ga gen ximupalewi wa ximunegi

Dah ti'matisnegi seyu' x'ita wa ama' yeh kumati tahkuliuh "Tama'xtilis pah nemilisti wa tegipanulis", yeh gicchi INEA. Nusa weliti ti'ta wa pa amatuga: <http://www.conevyt.org.mx/cursos/folletos.php>

4. **Taehegapitzah,** muchiwa kua' tapahtiani gituluwa mia' biah pa ite achi kuaxiwi' tachiwahya wa gixahpichuwa igi'patañ yeh kuguxti'.



Kuaxiwi' yeh giwiga: se ixumuhlu ingoh, nues moscadah, chapu pisti', se ixumuhlu itentzu weweh, achi isekkah gotah coral, achihchi mostasah wa eyi ixumuhlu ehgapah. Inuchi yi kuaxiwi' magia pa se limetah wa se litroh chichiga' wa mugahtewa 15 tunatih.

5. **Kuaxiwi' yeh te pahitia tamanah,** muchiwa kua' muni eyi u nawi tunatih achi kuaxiwi' tamanah.

Kuaxiwi' yeh giwiga: ixuxumuh kamuh wa ista' kuaxiwi' masa'.

SENGAWI

Gemumachihlia:

Yeh kuguxti' aya' mayana, luguhti, i'nutia wa kuchisnegi, kua' tachixtulu'; yeh kuguxti' pitzawayá imani, sasamatia wa yawi itahpah; kua' gema mapitza, misuta, kawani wa kuala itzundegu.

Yi kugulis mupahtia wa:

1. **Tapewah u ta'xpanah,** muchiwa kua' yeh kuguxti' mutayaruwilia se te's ge se krus pa inuwiya igahlu, pewalu pa itzundegu, imani yawi pa ige'x, kua' tami pa iehpa, imawa, ima'pah, ime's wa tamiti pa iji'xi.

Kua' tapahtiani tami'ya gitayaruwilih yu yeh kuguxti', gitapana yu te's pa se wahkah wa a'. Pa se talu'x tapahtiani gihtuwa ga teihki gihlia yu te's pa a' wa gihtuwa teihki gipia yeh kuguxti' wa dah ya pahititi u aya'.

Ga mupahtia yi kugulis giwiga: se te's, se wahkah wa a'.

2. **Tawihwitunih,** muchiwa kua' mumachihlia gen wihwituni ima yeh kuguxti', ga ma mumati ge tegipanuh'tu' iyiesiu. Ku ge yu pahitiani gimati "dah iyolo" yeh kuguxti' yuli' wihwituni u dah iyiesiu a'ya tegipanuh'tu' u a'ya mutaluhtu' tepa'".



Nota: La información que se proporciona tiene un fin educativo, por lo que no se recomienda que usted practique la curación sino que acuda con un médico tradicional.

Dah ti'matisnegi mia' tapahtilis ahtepe' timitzihliañ ga xi'ta'wa seyu' amatuga: <http://www.medicinatradicionalmexicana.unam.mx>

(larankas, mansanah, tzapu', chahchugu', tagihlu', ayuh, papah, sanaoriah, sengi yeh unugih); leguminosah wa naga' (ahayu', lentejah, abah, garbansoh, lecheh, te's, kesoh, piu, tupuh, inagayu yuhkakuakuayu' u inagayu kuyame'). Kua' gikua yi takuah ge'xki ginegi ma gikua, tahpahluwiti wa gipiatih yeh ginegi iyihtigu ga ma unu chiga'ti' wa tepa' ma musahti igunechi.

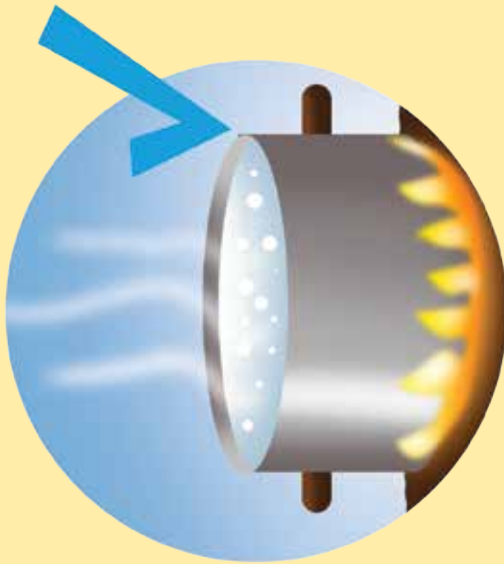
- Amu ma gisentzukua yeh mandegayuh wa yeh tzupeli'.
- Xiguni chikuegi basoh u ume litroh a' pa se tunatih.
- Xitakua eyi biah pa se tunatih: xitakua kua' tanesi, kua' tahkutunatih wa kua' tayuwati; pa itahku ga sese biah titakua, ginegi ti'kua eyi biahsanu inuchipa frutah wa lakteoh.
- Xi'kua mia' bitaminah wa *minerales* ge asido folikoh, gerrah wa kalsioh; ga xi'pia

- ge'xki ginegi muhtigu, xi'tahtani mupahtiani, yeh ya mitzihliti teihki weliti tiguni.
- Amu xiguni chichiga', amu xitachichina u yeh mi'stapulutiti wa aye'ti mi's chiwiliti.
- Pa inuchipa tu nemilis ginegi amu ma tiguniga mia' refreskoh.
- Xi'temuhtili ga tiguni u nigema xiguni kahbe kau' tipiluwahtu' u kua' titachichitihu'.
- Amu xi'sentzukua ista'.
- Xi'ta'wa ga amu xitumawayá.

Ki nesi ga se siwa' ginegi tepa' ma musahti inuwiya inemilis wa amu ma kuguxtia, wa amusanu ma giaye'titili ga musahtia ipiluwa, yuiga, ginegi muta'wa ga tepa' ma takualu pa inuwiya tunehnemilis. ■

¿Teihki weliti gichiwa yeh ki gimachihlia?

- Ma gitahtani tapahtiani wa ma gichiwa teihki ya gihliti.
- Ma guni puye' a'.
- Ma guni mia' a', 2 litroh pa se tunatih. Dah se sel'kunechini, ma gichichitiga.
- Amu gunis refreskoh.



¿Ge mumachihlia?

Ki nesi gen mumachihliu:

- Isutah.
- Ehkuululis.
- Api's u petza' api's.

¿Teihki gichiwa ga xihtkuulu?

- Asusula'.
- Takuah yeh xuguya'ya u aya' tepa' tamanah.
- Aya' taye'kandih ga tamandu u ga mewa a' yeh muni.
- Ga inuwiya unu' ikui' yuhkamih wa yeh muhkutah pa tahli u yawih pa kuahyuh.
- Ga aya' mahtilu inuchipa wa aya' mapagalu kua' takualu.



Ch. Teihki gipia se xapukuita'

A'xtu ga pewa ti'chiwa se xapukuita', ginegi ti'mati ge muchiwa wa teihki giwiga. Muchiwa sese ge te ihlihtia amataihkuiluh yeh gihtuwa ge muchiwa.



Xapu': Es U se xapu' yeh muchiwa pa tahli wa inegi gipia iwehkatanga 1.80 u 2.50 metroh.

Gaxun: U itapepechuhlu yu xapu' wa muchiwa wa tabikeh wa sementoh. Ginegi iyuga te' ga mu tzuguluti, ga amu ma kuawetzi itapepechuhlu.

Ten'tza'ka: U itentza'ka itapepechuh xapukuita', wa busanu ta'salu wa ga amu ma galagi a' pa xapu' u igaxunyu xapukuita'.

Pisoh: U ipisuhlu xapukuita' yeh muchiwa wa wepah, mutalia iyi'patañ itentza'ka wa bu ta'sa yeh ya muhkuitati pa xapukuita'.

Panguyu: U ga mutalilu pa xapukuita' yeh bu yawi wa mutalia, weliti muchiwa wa wepah.

Kahchini: U kahchini yeh muchiwa iyi'patañ xapukuita'.



E. Ge muchiwa xapukuita'

1. Mu'xkua ixapuyu xapukuita'. Iwehkatanga xapu' ginegi 1.80 metroh u 2.50 metroh.

2. Muchiwa ga mutaliti wa bariyah, te' wa sementoh wa xahli. Tami ga mutaliti, pewa muchiwilia inawixti itapepechuhlu wa tabikeh. Pa tahli aya' mutalilia sementoh. Itapepechuhlu ginegi ma gawi mela'ti' iwehkapanga ga kua' tami mutalilia itentza'ka.

3. Mutalilia itubuhlu PVC pa ikaxumuhka se tapepechuh, muhpie pa tapepechuh wa megatepus wa tepuskuachini. Dah ginegi, mutalilia tulupu PVC ga yu tubuh ma asi dah pa tahli.

4. Muchiwa itentza'ka xapukuita'. Itentza'ka tachiwah wa sementoh u wa tategih wepah, ginegi giyawaluwa itapechuh xapukuita' wa ma gipia 30 sentimetroh iwehkapanga. Itentza'ka gichiwa ga amu ma galagi a' u tasuh pa igaxunyu.

5. Muchiwa ga ta'salu pa xapukuita', mutalilia wepahmih yeh tatehtegih u taseneluh te', sementoh, a' wa xahli. Ga ta'salu ginegi muyawaluwa itentza'ka, pe mu gahtewilia ixapuyu gan ya mutaliti ipanguyu.

6. Muchiwa igahchi xapukuita', wa inawixti tagetzah. tagetzah mutugati se 30 u 40 sentimetroh pa sese ikaxumuhka xapukuita', ga amu ma kuawetziga.

