

ທ່າຍາພໍ່ເມຊຶ່ງ ແລະພະຍາດຕາສາ

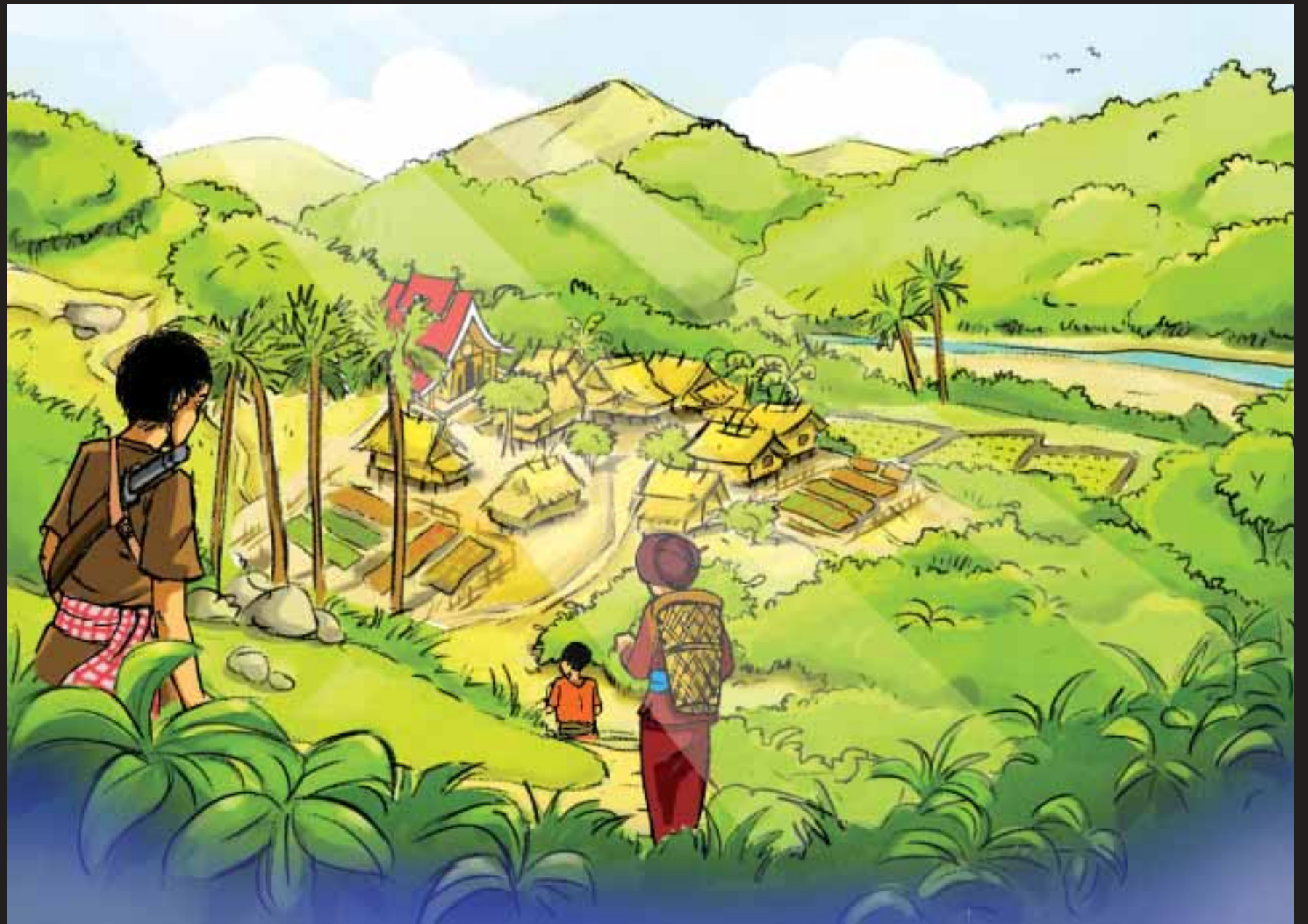
ປຶ້ມກາຕູ ກ່ຽວກັບ ພະຍາດຕາສາ



Abbot May and Trachoma
A story on Trachoma

ມີໝູ່ ບ້າ ແຫ່ງໜຶ່ງຊຶ່ງຕັ້ງຢູ່ ຊົນບົດ ຫ່າງ ໄກສອກຫຼີກ ບໍ່ມີທາງລົດ
ໄປຮອດ ມີແຕ່ທາງ ລົດຖີບ ແລະ ທາງຄືຢ່າງ. ໝູ່ ບ້າ ແຫ່ງນີ້ມີ ໂຮງຮຽນ
ປະຖົມສົມບູ , ມີວັດໃຫຍ່ທີ່ ປະຊາຊົນ ເຂດນັ້ນຮັບຮູ້ ,
ມີພູຜາປ່າໄມ້ຂຽວສີດົງດຽມ, ມີຫ້ວຍຈຳລຳເຊ ໄຫຼໃສເຢັ້ ອ້ອມຕາມໝູ່
ບ້າ .

There was once a village located in a remote area without roads but only footpaths for people and bicycles. In that village there was a primary school and a beautiful temple that everybody respected. A green forest and a fresh river surrounded the village itself.



ໝູ່ບ້າ ແຫ່ງີ່ສ່ວຫຼາຍ ປະຊາຊົນ ມີກາດຈຳລົງ ຊີວິດ ແບບທຳມະດາ
ເຮັດາ, ລ້ຽງເປັດລ້ຽງໄກ່ ແລະຫາປາກິຕາມພາສາຊາວ ບ້າ ຢູ່ເຂດ
ຊື່ະບົດຫ່າງໄກສອກຫຼີກ.

Most of the villagers were making their living farming and raising animals like duck, chicken, fish etc.



ສ່ວນຫຼາຍ ບໍ່ມີໃຜໄດ້ອອກຈາກ ບ້າ ເພື່ອໄປຮຳຮຽງ
ຍ້ອນບໍ່ຮູ້ວ່າຈະໄປທາງໃດ. ສ່ວນຫຼາຍມີແຕ່ າຍ ບ້າ , ຄູສອ ແລະ
ຍາພໍ່ໃຫຍ່ເທົ່າທີ່ ໄດ້ເຂົ້າມາໃນເມືອງ ແລະເຫັນ ຄວາມຈະເລີນແດ່.
ສະ ອຳາດ ກາປົກຄອງ, າຍ ບ້າ ແມ່ເຂັ້ມແຂງສາມາດ
ຈຳພາພໍ່ແມ່ ປະຊາຊົນ ທັງໝົດ ບ້າ ສ້າງສາ ບ້າ ຂອງພວກເຂົາເຈົ້າ
ຢ່າງມີ ຄວາມສະງົບໄປດ້ວຍດີ.

Most of the villagers were uneducated excepted for the chief of the village, the teacher, and the abbot (elder Buddhist monk) who had the chance to go out and learn from the city. Therefore, the village administration was peacefully and strongly leads.



ປະຊາຊົນ ຜູ້ເຖົ້າຜູ້ແກ່ໄປຈ້ງຫໍ້ ໄປເພແຕ່ລະເຊົ້າ ແລະ ແຕ່ລະສວຍ.
ມີມື້ໆແມ່ຕູ້ຈັ່ ເພັ່ງ ໄປຈ້ງຫໍ້ ລາວ ພາຫຼາຊາຍ໋ອຍ ຄື້ໆໄປຈໍ.
ແຕ່ລະຄື່ສ່ວຫຼາຍ ໄປຈ້ງຫໍ້, ໄປເພມັກເອົາຫຼາ
ໄປວັດຈໍເປັປະຈໍ. ແຕ່ຫຼາແມ່ຕູ້ຈັ່ເພັ່ງຮູ້ສຶກ ເບິ່ງຄືວ່າບໍ່ສະບາຍ
ມີຂໍ້ຕາ, ແມງໝໍ້ຕອມຕາຢູ່ ແລະ ກໍ່ໃຫ້ແອ່ວຢູ່.

Everyday laid man and women go to temple for offering food to the monks.

Like everyday, Mrs. Chanpheng, an elder woman takes her grandson with her to the temple. But today he's looking ill and is crying while the monk is preaching.

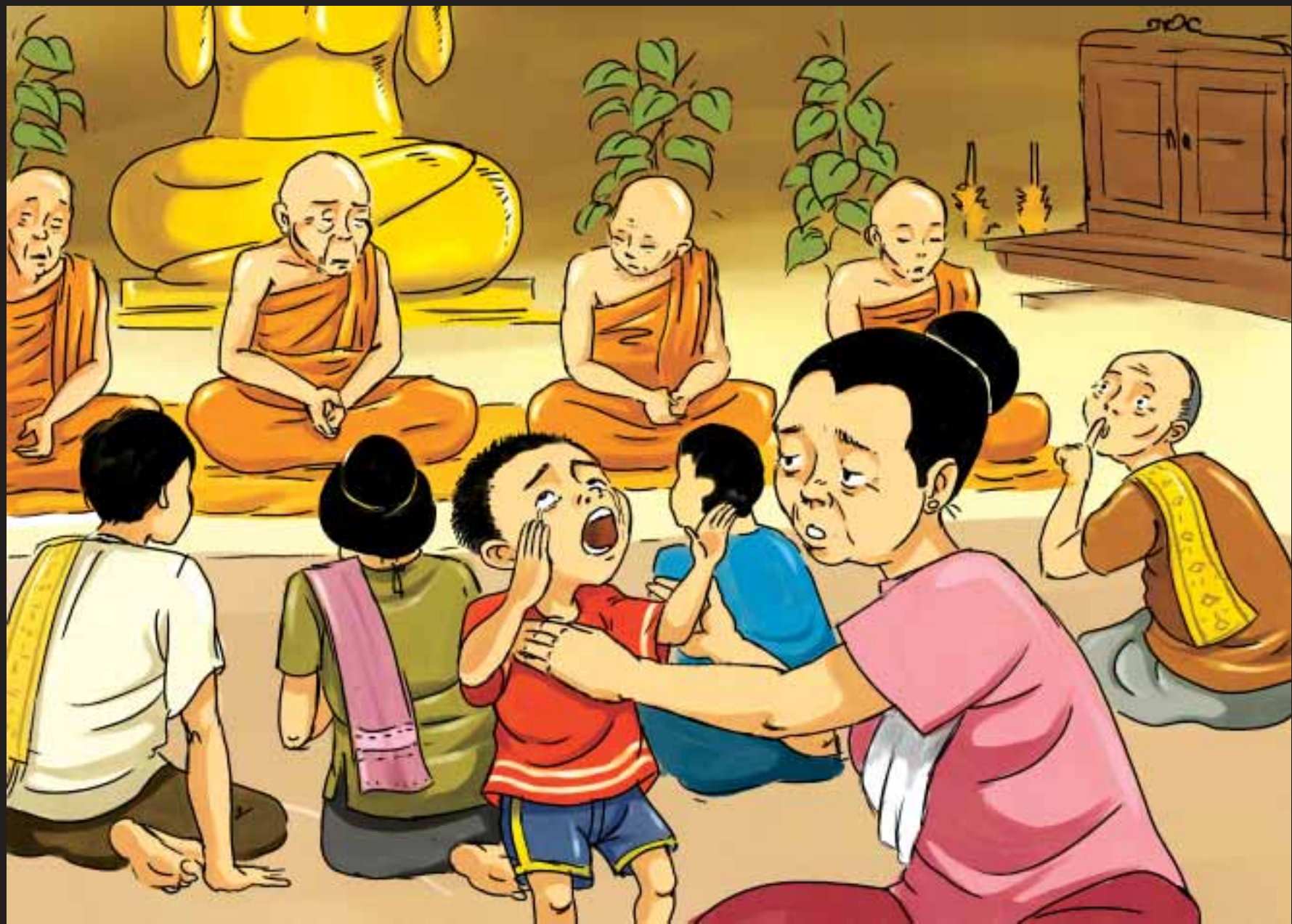


ແມ່ຕູ້ຈັ້ເພັງ ທັງຟັງເທດທັງຍົວະຫຼາ:

- “ມິດໆ...ໆ...ຍາພໍ່ໃຫຍ່ເພີ່ເທດ ເພີ່ລຳຄາ ເພີ່ສີຮ້າຍ ໃດເຊົາຊາ.
ບາດເມື່ອເຮືອ ແມ່ຕູ້ສີເອົາໝາກສີດາສຸກ ໃຫຍ່ໆໃຫ້ ມິດໆ”.

Grandmother Chanpeng tells her grandson to keep quiet:

<<Quiet or the monk will be angry. When we'll get home, I will give you a big guava. So, keep quiet!!!... >>



ທ່າຍາພໍ່ເມື່ອງ ເປັນຍາພໍ່ໃຫຍ່ ຢູ່ໃເຂດ[້] ແລະ ຜູ້ຄົ ປະຊາຊົ ເຂດ[້]
ບຸຸ. ບຸຸເປັນທີ່ເພິ່ງ ຂອງຊາວ ບ້າເຂດ[້] ເພິ່ໄດ້ຫຼຽວມາຫາ
ແມ່ຕູ້ຈັເພິ່ງ ທີ່ພວມຍົວະ ຫຼາຢູ່ ເພິ່ກໍ່ເລີຍເອີ່ໃສ່!

- “ອ່າວ! ແມ່ອອກຈັເພິ່ງ ເອີຍ ຫຼາຊາຍເຈົ້າ ເປັນຫຍັງ ມັຈິ່ງໃຫ້ແອ່ວ
ແທ້? ເດັກອຍີ່ ຖ້າວ່າມັບໍ່ເປັນຫຍັງ ມັບໍ່ແອ່ວດອກ! ມັເປັນຫຍັງ!”

- “ໂອຍ! ຍ່າພໍ່ເອີຍ ຫຼາຂະ້ອຍ ມັເປັນຫຍັງບຸ? ບໍ່ຮູ້ມັມີຂີ້ຕາ ແລະ
ຕາແດງແດງ!”

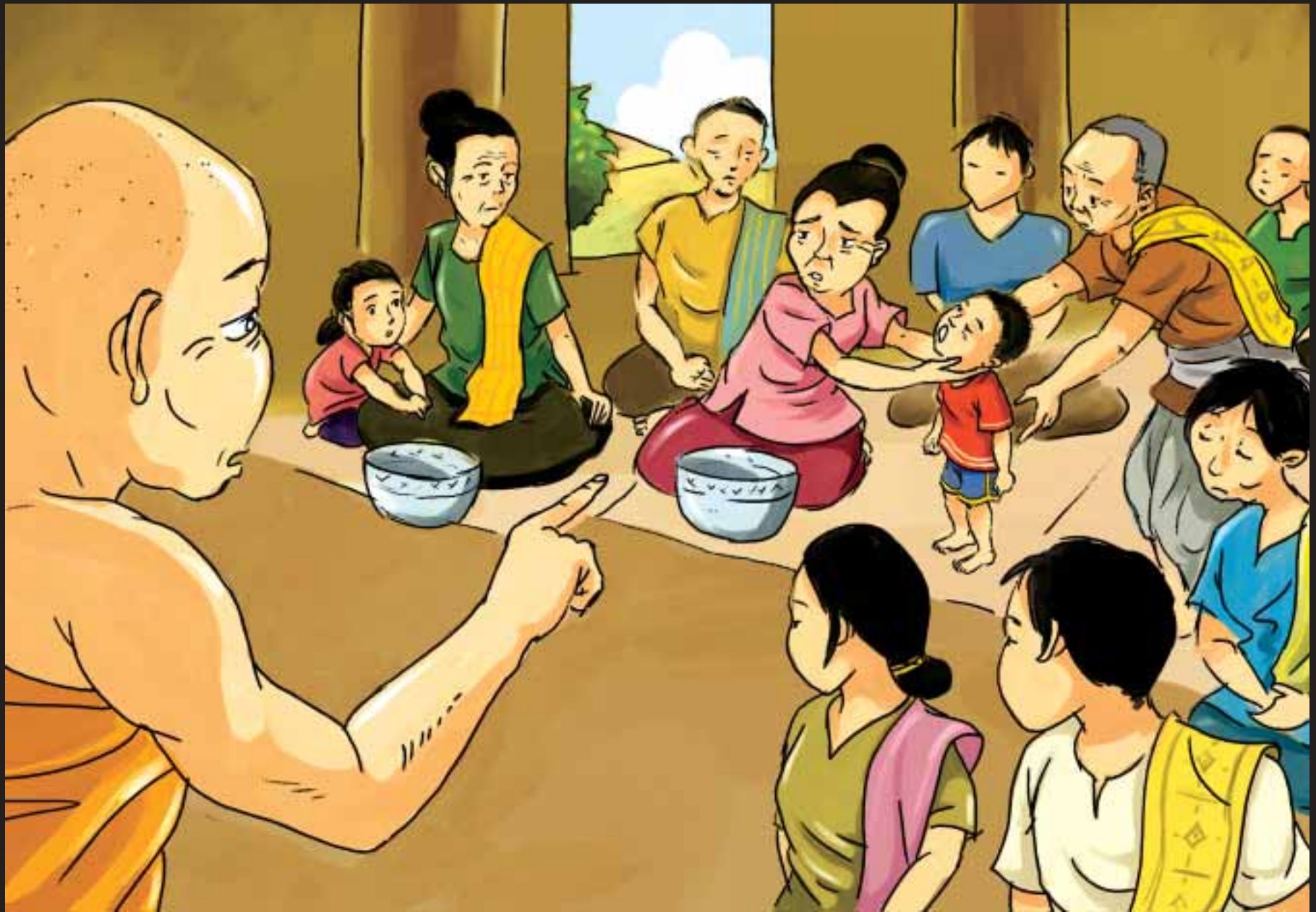
- “ອີ່ເອີາມາເບິ່ງດູ! ບໍ່ແມ່ມັເປັນ ພະຍາດຕາແດງ ຫຼື ພະຍາດຕາສາ
ທີ່ເຂົາເວົ້າວ່າ ກຳລັງລະບາດ ຢູ່ດຽວີ ທີ່ບໍ່!”

Suddenly, the abbot Mai who is respected by the villagers looked at grandmother Chanpeng and her grandson and said to them:

<<Laid women Chanpeng, why is your grandson crying? If a child is all right, he won't cry. What is happening to him?>>

<<Oh, I don't know what's happening to my grandson. He has eye discharge and some redness in the eyes.>> replied Mrs. Chanpeng.

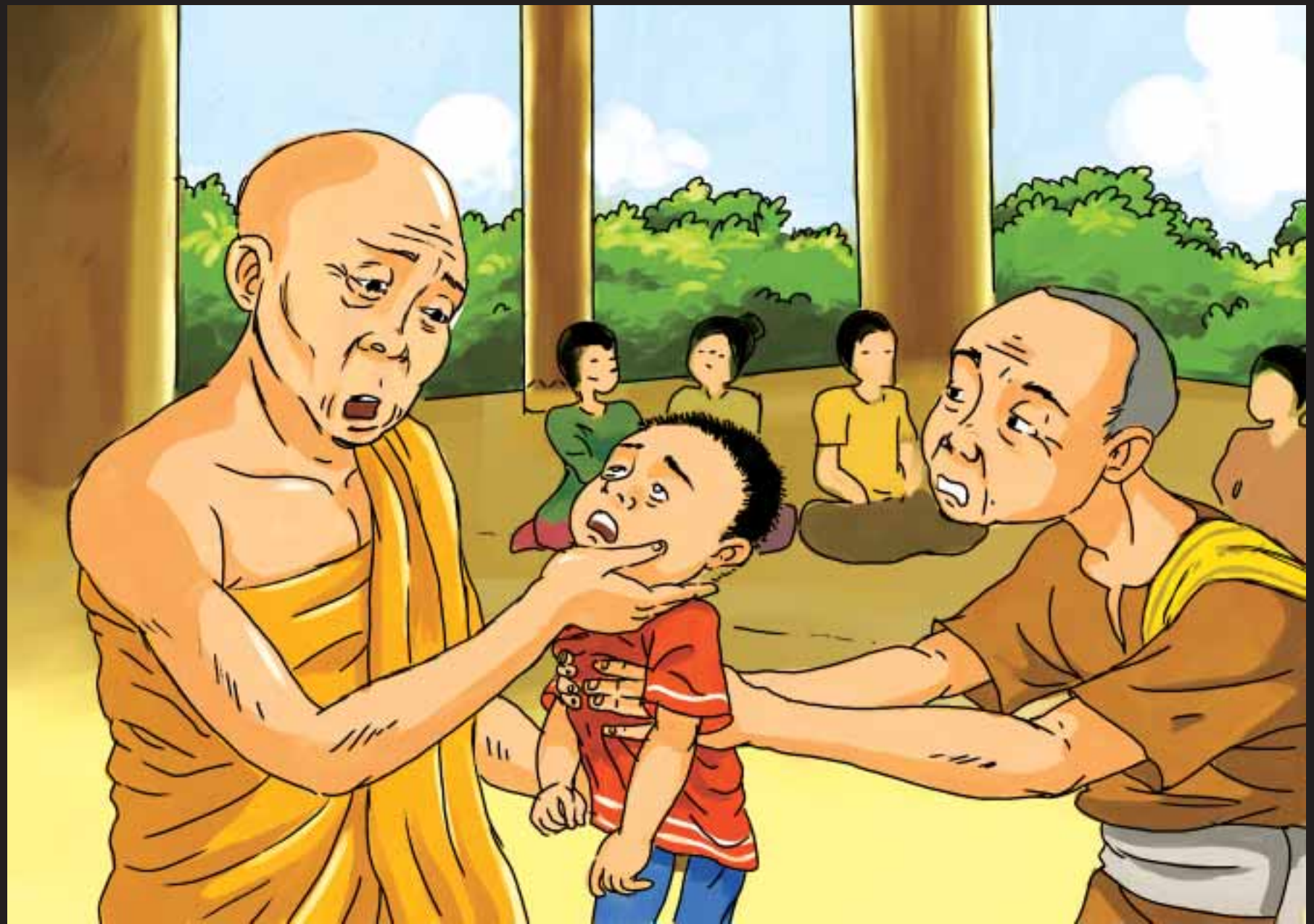
<<Ah, Let's me have a look! It might be that disease called Trachoma which is actually spreading out>> told the abbot..



ລຸງຈາສີ ຜູ້ເປັນສາລະວັດ ປະຈຳວັດ ກໍ່ອຸ້ມເອົາເດັກອຍ
ໄປຫາຍາພໍ່ໃຫຍ່ເບິ່ງ.

- “ໂອ້! ມັນ ເປັນພະຍາດຕາສາ ແລ້ວ ນີ້! ຕາຍໆ ຄິດວ່າໄດ້ຍິ
ແຕ່ແມ່ອອກພໍ່ອອກມາ ແຕ່ໃເມືອງ ເວົ້າໃຫ້ຟັງມື້ວັນ ແລ້ວ ນີ້.
ບາດີ້ມັນມາເກີດຂຶ້ນ ຢູ່ກັບເດັກອຍ ບໍ່ ນີ້ ລະເດ! ເຫັນພະຍາດ
ມັນຈຶ່ງວ່າໄວແທ້ໆ!”

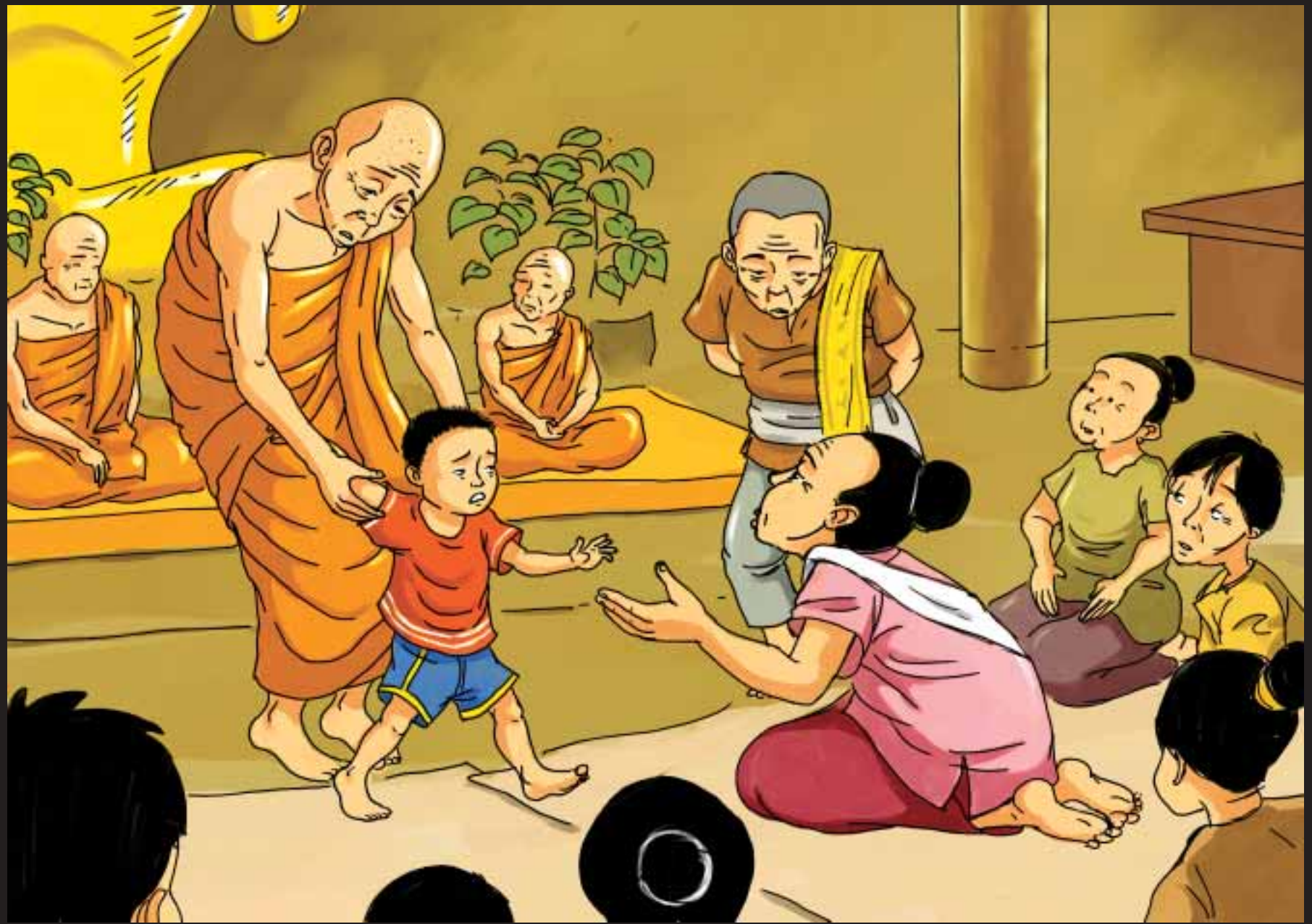
Mr. Chansy who was the elder man at the temple brought the grandson to the monk.
<<Oh, without any doubt your grand son has Trachoma disease! I heard from someone during last day of fasting that this disease was spreading in town and now it has
reached one of our child in our village. It's spreading so easily!!>>



ສ່ວນແມ່ຕູ້ຈັ້ເພັງກໍ່ຕົກສະເງິ້.

- “ໂອ່ຍ! ແມ່ແທ້ບໍ່ຍາພໍ່ໃຫຍ່! ແມ່ຄືເພີ່ເວົ້າແທ້ບໍ່
ຈະເຮັດແວໃດບາດີ້? ຊ່ວຍຫຼາມຂະ້ອຍ ແດ່ເທາະ!”

Grandmother Chanpeng didn't know so much about the disease and asked the monk:
<<It is really true!! What should i do? Help me please!>>



ຮ້! ພວກເຈົ້າຮູ້ບໍ່! ພະຍາດີ້ມີ ສາຍເຫດ ເຮັດໃຫ້ເກີດ ພະຍາດຄື :

ສະພາບແວດລ້ອມຂອງ ຄອບຄົວ

ເຊັ່ : ບໍ່ລ້າງ ໜ້າ, ຈຳກັຈຳໃຊ້ບໍ່ພຽງພໍ, ຄວາມແຫ້ງແລ້ງ, ຂີ້ຝຸ່, ຄວໄຟ,
ມີຄອກສັກໃວ້ກ້ອງຕາລ່າງ, ບໍ່ມີວິດຖ່າຍບໍ່ໄດ້ຖ່າຍໃສ່ວິດ, ຖ່າຍຊະຊາຍ,
ບໍ່ມັກສ່ວຍໜ້າ, ອາບຈຳຮ່າງກາຍ ບໍ່ສະອາດເຫຼົ້າ ເປັຕີ້.

<<You must know that this disease is favored by:>>

Not washing face, insufficient water, drought, dust, cattle ranch under the house, no latrine or not used, not taking a bath .



ຈີ່ກິ ຈີ່ໃຊ້ບໍ່ພຽງຄວມ

Insufficient water, drought



ຂີ້ຝຸ່

Dust



ບໍ່ລ້າງ ໜ້າ

Not washing face



ມີຄອກສັກໄວ້ກ້ອງຕາລ່າງ

Cattle ranch under the house



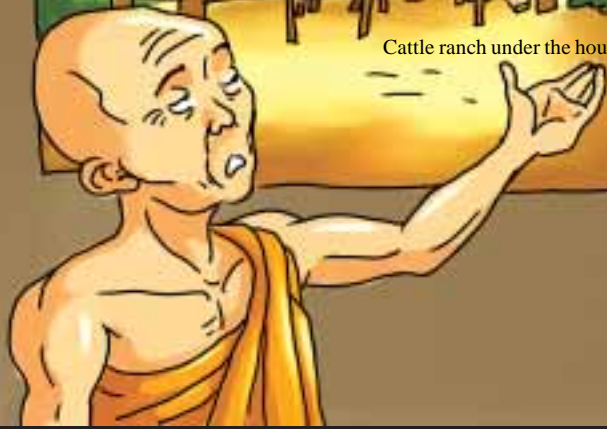
ຖ່າຍຊະຊາຍ

No latrine or not used



ອາບຈີ່ຮ່າງກາຍ ບໍ່ສະອາດ

Not taking a bath



ສາຍເຫວດ

This disease is favored by...



ສະຖານະທາງກາຕິດຕໍ່ເຊື້ອພະຍາດແມ່ :

- ມືບໍ່ສະອາດ
- ໃສ່ເຄື່ອງປົກກັບຄືອີ່ທີ່ຕິດເຊື້ອ
ໃ ເວລາອາໄສ ໃຫ້ອາໄສທີ່ແອອັດ.
- ແມງວັ, ແມງມື, ແລະ
- ອາກາດເປີເປື້ອເປັຕົວຈຳເຊື້ອຕົ້ຕໍ

The ways of transmission of the disease are:

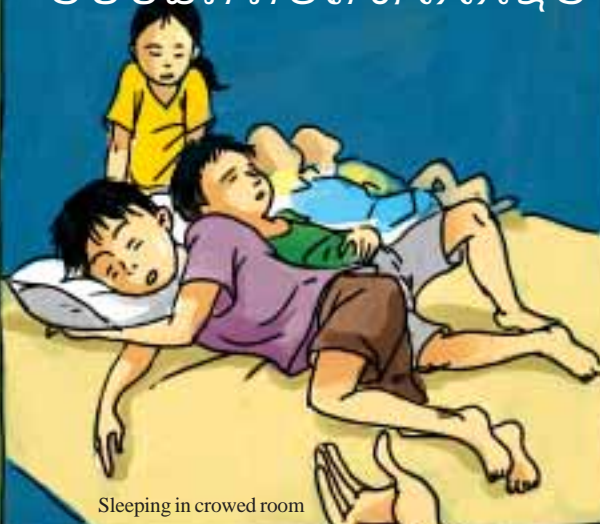
- Dirty hands;
- Infected cloth to cloth when sleeping in a crowded room.
- fly such as “Meng Mee”
- dust

ມືບໍ່ສະອາດ



Dirty hands

ອຮ່ວມກັກັບຄົນທີ່ຕິດເຊື້ອ



Sleeping in crowded room

ເສຍທາງກາຕິດຕໍ່ ເຊື້ອພະຍາດ

The ways of transmission

ແມງວັ, ແມງມື້



Flies, "Meng Mee"

ອາກາດເປີເປື້ອ



Dust



ພວກເຈົ້າຮູ້ບໍ່? ອາກາຂອງມ້:

- ຄັ ຕາ
- ມີຂີ້ຕາໜຽວໆ
- ຕາແດງເລັກ້ອຍ

<<Do you know the symptoms?>> Asked the monk.

<<They are:>>

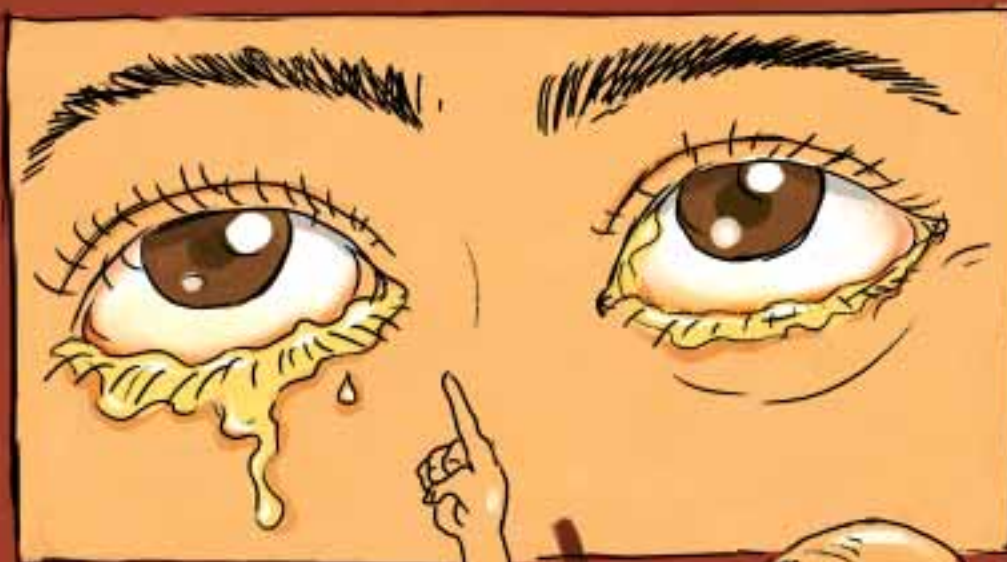
Continuous itching eyes, eyes discharges and redness in the eyes.

ອາກາ

Symptoms

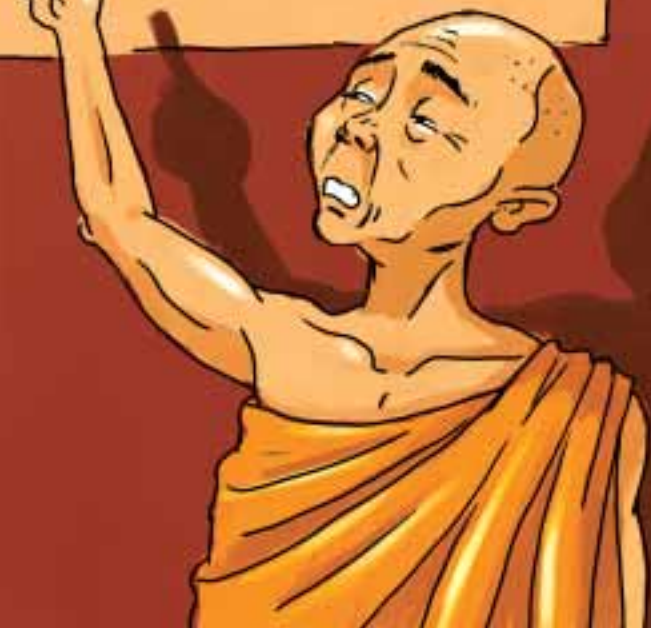
ຄັ້ຕາ

Continuous itching eyes



ມີຂີ້ຕາໜຽວໆ
ຕາແດງເລັກ້ອຍ

Eyes discharges and redness in the eyes



ກາປ້ອງກັ

- ລ້າງໜ້າ ມືລະ 2 ເທື່ອ (ເຊົ້າ ແລະ ແລງ)
- ລ້າງມື
- ໃຊ້ວິດຖ່າຍທຸກເທື່ອ
- ອາາໄມ ແລະຮັກສາສິ່ງແວດລ້ອມ
- ຊັກ ແລະຕາກເຄື່ອງໃສ່ແດດ ເພື່ອຂ້າເຊື້ອພະຍາດ
- ຫ້າມລ້ຽງສັດຢູ່ກອງຕາລາງເຮືອ

In order to avoid this disease you should all follow these instructions:

- Wash your face twice a day: morning and evening;
- Wash your hands;
- Use latrine whenever possible;
- Clean and improve the environment by removing rubbishes
- Wash and dry your clothes to the sun to kill the germs;
- Remove animals under the house.

ກາຍະປົວ Prevention



ກາປີ ປົວ

- ປົວດ້ວຍຢາເຊັ່ນ: ຢາ ເຕຕຣາຊິກຼີ ໂດຍກາແະຈຳຈາກ ທ່າ ໝໍ.
- ໃຫ້ທຳກາຜ່າຕັດຢູ່ໂຮງໝໍຖ້າຫາກມີອາກາໜັກ.

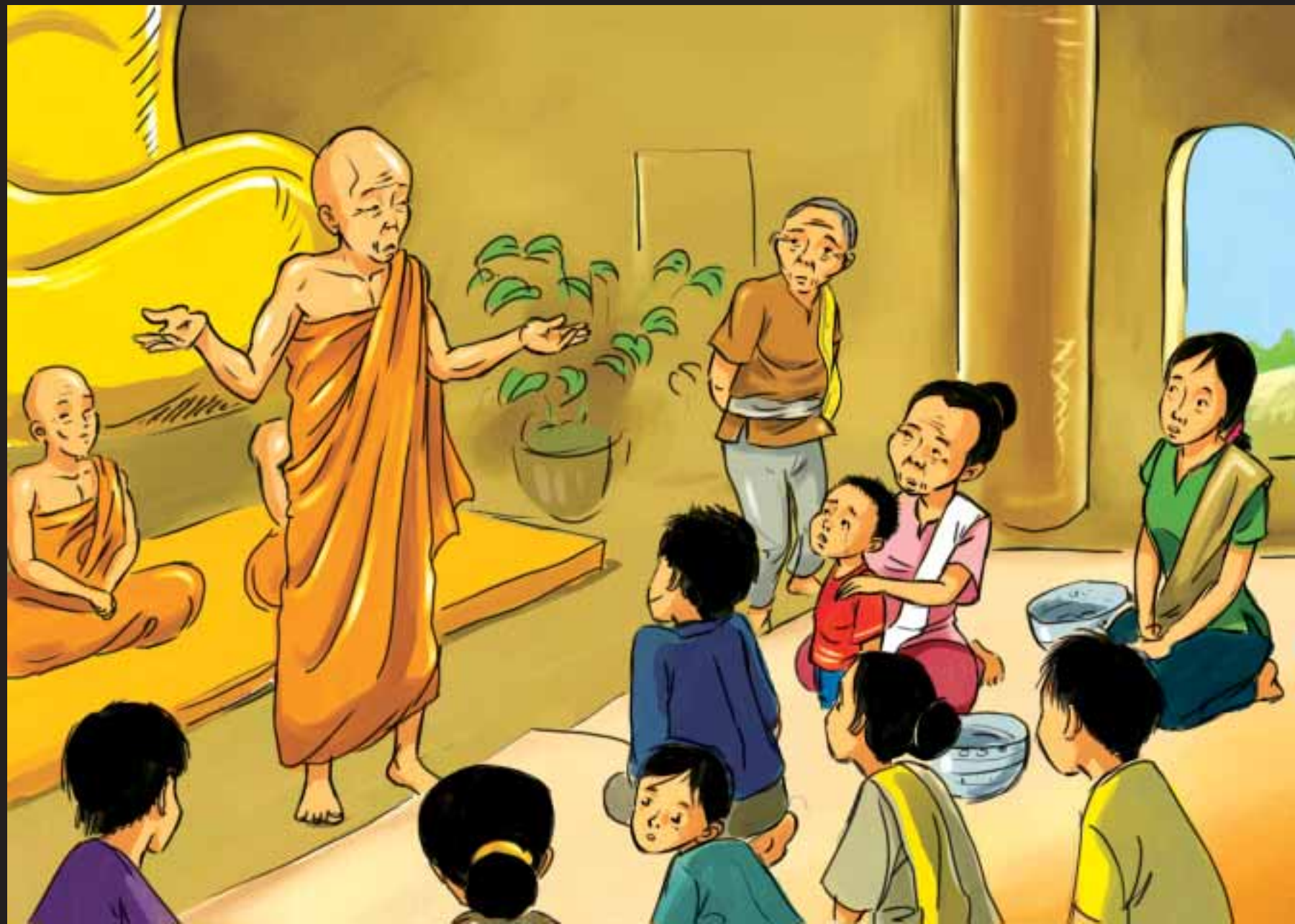
Now if you have Trachoma you should treat it as follow:

- Treat with medicine such as: Tetracycline ointment which should be prescribed by a doctor;
- Have an operation at the hospital in case of serious Trachoma.



ຖ້າຜູ້ໃດບໍ່ຢາກເປັນພະຍາດດັ່ງກ່າວີ້ຄວນປະຕິບັດຕາມຍາພໍ່ເວົ້າມາີ້ທັງໝົດ
ຖ້າຜູ້ໃດປະຕິບັດໄດ້ກໍ່ຈະດັບສູງພະຍາດດັ່ງກ່າວີ້ໄປໄດ້ຢ່າງງາຍດາຍ
ທາງພໍ່ອອກແມ່ອອກ ຈະປະຕິບັດໄດ້ບໍ່?

<<If nobody wants to be affected with the Trachoma disease he or she should operate all the steps that I mentioned which will easily help to eliminate the disease. Do you think you can do it? >> Asked the monk.



ເອີ! ຖ້າເປັແວ້ກໍ່ງາຍໆ ບໍ່ຍາກປາ ໃດພວກເຮົາຈິ່ງ
ພ້ອມກັປະຕິບັດຕາມຄຳ ຍາພໍ່ໃຫຍ່ບອກ ເດີ ໝົດທຸກຄື.
ເພື່ອພ້ອມກັ ແລະ ຕົ້າພະຍາດຕາສາ, ແລະ ພະຍາດອື່ໆ
ບໍ່ໃຫ້ມັມາທຳລາຍ ສຸຂະພາບຕາ ຂອງເດັກ້ອຍ ແລະ ພໍ່ແມ່ ປະຊາ ບ້າ
ເຮົາອີກ. ເອົາ! ພາຫຼາໄປຫາທ່າໝໍ ຊ່າ ເພື່ອຫາວິທີ ບໍ່ປົວ ໃຫ້ມັເຊົາບໍ່
ໃຫ້ມັຕິດຕໍ່ໄປຫາຄືອື່ໆ.

<<Oh! If that's all we should do, I think it shouldn't be that hard!>> Said a villager.<< Let's all together follow what the chief monk said earlier to prevent people from becoming blind and and stop the spreading of Trachoma and other diseases which can harm the health of our children and parents. Well, take your children to the doctor. He will give him an adequate treatment which will cure him and prevent the disease from spreading some more.





ក្រសួងសុខាភិបាលកម្ពុជា

