

3.

EBIMERA N'EBITI OMU IGOMBORORA RYA IKUMBA, DISITURIKITI YA
RUBANDA, UGANDA, N'ENDWARA EZI BIRIKUTAMBA.

N'EKYA

AKANKWASA SAM

2018/KED/1046/F

A RESEARCH REPORT SUBMITTED TO FACULTY OF EDUCATION IN PARTIAL
FULFILLMENT OF THE REQUIREMENT FOR THE AWARD OF THE BACHELOR'S
DEGREE IN EDUCATION OF KABALE UNIVERSITY.

OKWA KASHATU 2023

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OKWIKIRIZIBW A

Eky'okucondoozaho eki ky'omutwe "Ebimera n'ebiti omu Igomborora rya Ikumba omu Disiturikiti ya Rubanda, Uganda, n'endwara ezi birikutamba," n'omurimo ogukozirwe Sam Akankwasa, obwo arikuunye buuzaho. Kandi ahaanyima y'okugushwijuma, naikiriza ngu guheebweyo.

Omukono.....
PROF. MA NUEL MURANGA

Date: 07/03/23

OMUHABUZI

OKUHAMISIRIZA

Nyowe Sam Akankwasa nimpamya ngu ebirundainwe n'omurimo ugu nyekoreire kandi tihariho muntu weena oragukozireho ahabw'okutunga digurii nari dipuroma omu itendekyero ryona ry'obwegyese bw'ahaiguru.

Date: 09/03/23

Omukono gwangye.....*Sam Akankwasa*.....

Sam Akankwasa

OMWEGI

5.

OKUTOIJA

Ogu murimo ngutoijeire abazaire bangye, Omw.

Robert Nshekanabo hamwe n'Omuky.

Evarline Nshekanabo, na mukuru wangye Blessing Ayebale.

Abantu abaagambwa aharuguru nibo bampwereire omu kukora ugu murimo kugira ngu mpikye ahari eri idaara ry'obwegyese. Nahabwekyo nimbatoijera ugu murimo ndikubasiima ahabwa rukundo n'obuhagizi obu baanyorekire omu rugyendo rw'okwega oku.

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EKICWEKA KY'OKUBANZA

1.0 Okwanjura

Omu kicweka eki harimu ebirikubandizibwaho, oburemeezi bw'okucondooza, ekigyendererwa ekihango, ebigyendererwa ebikye, obugarukiro bw'okucondooza, ebibuuzo by'okucondoozaho hamwe n'ebiraarugye omu kucondooza oku.

1.1 Ebirikubandizibwaho

Obwahati, obukaikuru bw'abantu omu nsi yoona nibarya ninga bakoze ebimera nk'ebyokurya, okwombeka oburaaro, okukora ebijwaro, emibazi kandi hamwe n'ebindi bintu bitari bimwe na bimwe. Ebimera ebingi biine omugasho omu nsi egi, beitu hariho ebyo ebiine omugasho kwonka abantu batarikubimanya. Okutwariza hamwe, buri kimera kiine omugasho ugu omuntu yaakubaasa kukiihamu, nk'omubazi gw'okwetambira, ninga kutambira amatungo ge, obwo atagiire kugura emibazi y'ekijungu. Abantu aba kare bakaba bakoze ebimera, beetambira ebizibu. Okukoze ebimera nk'emibazi y'ekiiragujju omu mahanga agakyakuraakurana nikiyamba abaturagye omu byaro, baguma baine amagara marungi (Tabuti et al, 2003; Chiranjibi et al, 2006). Kandi ekindi, abarikuba nibashaakiira emibazi egyo, nibatunga esente z'okubabaisaho kuruga omu bimera ebirikurugamu emibazi. Uganda n'eihanga rimwe aha mahanga agakyakuraakurana, nka pasenti 80 y'abantu nibakoze ebimera okwiihamu emibazi ey'ekiiragujju okutamba endwara zitari zimwe na zimwe (WHO, 1995; Tabuti et al, 2003).

Okukoze ebimera nk'emibazi y'ekiiragujju, na munonga ebiro ebi, kihindikire ekya buriiho (WHO, 1978; Shrestha and Dhillon, 2003). Eki kitumire haabaho okucondooza kw'amaani kw'ebimera ebirimu omubazi, okubyegaho kwakwata ahansi n'ahaiguru. Okucondooza kw'ebimera ebiine omubazi kutumire haabaho obuhangu omu mibazi ey'ekiiragujju etari emwe n'emwe, oku barikugitebeekanisa hamwe n'endwara ezi erikutamba omu bantu b'ekyaro omu bicweka bimwe by'eihanga (Oryem-Origa et al, 1997. Kakudidi et al, 2000. Tabuti et al, 2010. Lamorde et al, 2010). Omuri Uganda, ebicweka bingi tibikaramburwaga kumanya ebiine ebimera nyamwingi munonga.

Mbwenu okumanya amaziina g'ebimera hamwe n'emigasho yaabyo omu ntuura y'abantu n'eky'omugasho munonga, nobu amakuru marungi agarikukwata aha bimera ebiine omubazi gariyo nigabura omu bantu ba hati. Kandi ekya kituma abantu baaguma nibashiisha eby'obuhangwa. Harimu nk'ebimera ebiine omubazi, nabyo nooshanga nibabishiisha. Mbweni nituza kureeba oku Abakiga hamwe n'Abanyankore omu igomborora rya Ikumba barikukoze ebimera, bikabagirira emigasho omu ntuura yaabo.

9.

1.2 Oburemeezi oburiho.

Ebimera ni bimwe aha bintu ebiine omugasho muhango omu byaro byaitu. Nitubiihamu ebyokurya, enku, embaaho, pamba (ei turikwihamu ebijwara), amajuta (nari buto), n'emibazi; kandi nibituhwera n'okukyendeeza emitunga omu bwire bw'enjura. Abantu abamwe batungire esente omu bimera, baatuura kurungi. Kwonka oburemeezi oburikutuma naacondooza aha bimera ebi, n'okugira ngu hariho ebimera n'ebiti ebiine omugasho, kwonka tutarikumanya maziina hamwe n'omugasho gwa buri kimera na buri kiti.

1.3 Ekigyendererwa ekikuru.

N'okumanya amaziina g'ebimera n'ebiti by'ekikiga n'endwara ezi birikutamba obwo turikwebuza aha bantu abarikuzaarwa omu lgomborora rya Ikumba, omu Disiturikiti ya Rubanda.

1.4 Ebigyenderwa ebikye.

- Kumanya amaziina g'ebimera n'ebiti by'ekikiga
- Kumanya emigasho y'ebimera n'ebiti, okukira munonga emibazi erikubirugamu.
- Kuman ya ekyakubaasa kukorwa kugira ngu tweyongyere kumanya ebimera n 'ebiti ebyo.

1.5 Ebibuuzo by'okukozesa omu kucondooza.

Amaziina g'ebimera n'ebiti by'ekikiga ebiri omu kicweka ky'owaitu ni gaahi? Noomanya emigasho ya buri kimera na buri kiti? Emigasho egyo niyo eha?

Tukaakora ki kureeba ngu abantu baayeyongyera kumanya ebimera ebi, n'ebiti n'emigasho yaabyo?

1.6.0 Obugarukiro bw'okucondooza.

Tituraabaase kurenga omu lgomborora rya Ikumba, kwonka twine amatsiko ngu amagomborora agandi nago gaine ebyo bimera n'ebiti byonyine, kandi ngu gaineho n'ebindi ebitari omuri Ikumba. Ebyo nabyo nyensya biracondoozibwaho.

1.6.1 Obugarukiro bw'omwanya

Okucondooza nikuza kukorerwa omu lgomborora rya Ikumba, Disiturikiti ya Rubanda.

1.6.2 Obunaku obu okucondooza kuraamare.

Okucondooza nikuza kumara omwaka gumwe kuruga 2022-2023, turikureeba aha bimera n'ebiti by'ekikiga ebitari bimwe na bimwe n'endwara ezi birikutamba omu bantu b'omu Igomborora rya Ikumba, Disitirikiti ya Rubanda.

1.6.3 Obugarukiro bw'eby'okucondoozaho.

Okucondooza kwaitu nikukwata aha bimera byona ebirikukura byemereire bwemi n'aha birikuranda, n'aha biti ebiine empimbi n'amataagi, yaaba makye nari mahango.

1.6.4 Okushoboorora amakuru g'ebigambo bikuru omu kucondooza oku.

Ekimera. N'ekihangwa kyemerize nari kihingirwe ekirikukura kirikurandira ahansi obundi kyemereire, kiine amababi n'empimbi ebirukurugwamu amaizi nari ga kibabi byahondwa nari byakamuurwa, Ebyokureeberaho ni; munete, ekishuusha, enteija.

Ikumba. N'eigomborora eririkushangwa omu Disitirikiti ya Rubanda, ririkutandika nk'ahari kiromita emwe kuruga aha siteegi ya Kagunga.

Ebiti by'ekikiga. N'ebihangwa ebirikukura biine empimbi n'amaatagi mahango kandi nibikura byemereire . Hariho ebiti by'ekikiga nka omusaavu, ekiko, ekitooma n'ebindi.

1.7 Ebiraarugye omu kucondooza.

Omucondoozi aine amatsiko ngu ebiraarugye omu kucondooza nibiija kuyamba n'abandi bacondoozi abaraamukuratire omu biro by'omumaisho.

Okucondooza oku nikwija kuyamba abantu omu byaro hamwe n'ahandi kumanya ebimera hamwe n'emigasho yaabyo omu ntuura yaabo.

Okucondooza oku nikwija kuyamba gavumenti nk'ekitongore eky'eby'amagara okumanya amakuru gatari gamwe na gamwe agarikukwata aha bimera n'ebiti ebiine omugasho omu ntuura y'abantu, ebi baaba batarikumanya.

1.8.0 Emihanda y'okucondooza.

1.8.1 Okwanjura.

Ekicweka eki nikyoreka emihanda ekozesiibwe omu kucondooza, nari oku okucondooza kukozirwe, abantu abakoresiibwe, omwanya ahu okucondooza kukoreirwe, oburugo bw'ebisya ebiraayegwe, emisingye ei omucondoozi ayemereizeho okucondooza kwe, ebizibu ebibugainwe kandi hamwe n'oku bitwaziibwe omu kucondooza, hamwe n'abantu abaatoorainwe kubuuzibwa ebibuuzo omu kucondooza oku.

11.

1.8.2 Oku okucondooza kukozirwe.

Abantu batari bamwe na bamwe babuuziibwe omu izooba rimwe, baagamba ebi barikumanya.

1.8.3 Omwanya ahu okucondooza kukoreirwe.

Okucondooza oku kukoreirwe omu lgomborora rya Ikumba, Disiturikiti ya Rubanda.

1.8.4 Abakoresiibwe.

Okucondooza kubaire kurimu omubare gw'abantu 15 abu naaronzire ndikuraba omu beebembezi ba LC 1, Nkaba ningyenderera kuheebwa abo bonka abaabaire nibamanywa nk'abahangu b'ekyaro omu by'ebimera, eby'ebiti n'eby'emibazi y'ekiiragaju.

1.8.5 Abantu bakyeho ababuuziibwe.

Abantu 13 bonka nibo bakozesiibwe kuruga omu mwanya ahu okucondooza kukozirwe. Omucondoozi aihiremu abashaakiizi 9, abantu abakuzire 7, n'abantu abaahama 6.

1.9.0 Oburugo bw'ebiraayeye.

Ebimwe bironzirwe kuruga omu bihandiiko by'abandi bacondoozi, ebindi byaruga omu kubuza abantu abaatoorainwe.

1.9.1 Amakuru g'omucondoozi.

Okurugiirira ahari Forshaw, M. (2000), ebisya ebi nyakucondooza araayegye n'ebyo ebi arikuba agambiirwe abantu abu abuurize hamwe n'ebyo ebi ayereebere n'amaisho ge.

1.9.2 Ebirukuruga omu bahandiiki abandi.

Okurugiirira ahari Galpin, T. (2011), ebi nibyo bihirwe omu bihandiiko by'abandi bacondoozi, nk'ebitabo, magaziini, zaakarimagyezi, empapura z'amakuru n'ebindi nk'ebyo ebirukwata ahari ekyo eki omucondoozi ariyo nacondoozaho.

1.10.1 Okwebuza aha bandi bantu.

Oku n'okugaaniira kw'omutaano ahagati y'orikubuza hamwe n'orikubuuzibwa. Eki kiyambire omucondoozi okumanya ebintu bisya kuruga omu bantu.

1.10.2 Okuheereza abantu ebibuuzo.

Carl et al (2003), naagira ngu okuheereza abantu ebibuuzo n'okushanga ngu ebibuuzo bitari bimwe na bimwe nibikorwa, reero biheerezibwe abantu b'okubigarukamu, kugira ngu byongyere kihango aha kucondooza.

Ebibuuzo bikarondwa kandi byaheebwa abantu bu twatooraine ahabw'okumanya ngu baine obuhangu aha bamera n'emigasho yaabyo. Kandi buzima ebibuuzo bakabigarukamu omu nrungo gurikusherneza, kandi ornu bwijwire.

1.10.3 Okwereebera n'amaisho.

Aha ornucondoozi naayejurnbira ornu kucondooza, kugira ngu ayemanyiize abandi bantu ab'omu kyanga eki ariyo naacondoozarnu.

Eki buzima nikwo kyakozirwe omu nrurimo ogu. **1.11**

Engyenderwaho ei omucondoozi akuratiire.

Omukyebezi w'ornucondoozi ku yaarnazire kwikiriza, akahamya ngu puropoozo y'okucondooza ehikire, ebaruha kuruga ornu ofiisi ya koodineeta w'okucondooza ekaheerezibwa abantu ababaire nibaza kubuuzibwa ebibuuzo by'ornucondoozi ebirikukwata aha bi abantu barikumanya aha birnera n'ebiti ebiri omu lgornborora rya Ikumba, Reero nyakucondooza akatebeekanisa ebikwato by'okurondesa ebirikurnanywa, rnpaho yaagumizamu n'okuronda amakuru. Eki buzima okwo nikwo kyabaire omuri ogu murimo, kandi tukaakiirwa gye omu myanya yoonna ei twakoreiremu ogu nrurimo.

1.12 Emitwarize eshemeire omu kucondooza

Aha ornucondoozi akashaba orusa okuruga ornu bantu atakatandikire kubakozesa ornu kucondooza. Akabanza yaabashoboororera ebigyendererwa bye, kugira ngu babirnanye, reero beejurnbireru beekundiire n'omutirna gurnwe.

Eki okwe nikwo kyakozirwe. Abu twabaire nitwenda kwebuuzaho ku baayetegyereize ebigyendererwa byaitu, buzima bakwatanisa naitwe bataine keekyeko koonna.

1.13 Ebizibu ebi mbugaine kandi hamwe n'oku mbitwaize omu kucondooza oku.

Abantu abarnwe tibaragambiire ornucondoozi arnazirna kandi abandi bakanga kukwatanisa nawe, baayanga kugarukarnu ebibuuzo ebi yaabaire ababuuza. Eki kikatuma ornucondoozi ataatunga ebirikurnanywa byona ebyabaire nibibaasa kuba nibimanywa. Akakozesa arnagyezi n'obukoryo bwona kugira ngu asoonasoone abantu, ebi baabaire nibamanywa.

Empindahinduka y'obwire nk'enjura hamwe n'omushana mwing; Aha omucondoozi akagyemeserezibwa kuronda eshweta, gyaketi, n'eminvuuri, kugira ngu ekizibu ky'ernpindahinduka y'obwire akisingure.

Ornucondoozi akabugana ekizibu ky'okuburwa esente zirikumara ahabwokugira ngu akaba aine ebindi birengo, nk'okushashura ebishare by'eishomero. Akataho oburyo kuronda obuyarnbi kuruga ornu bazaire, abo beenenyina, n'abanywani, kureeba ngu okucondooza kwe kugyende ornu rnaisho kandi yaahika aha businguzi.

EKICWEKA KY A KABIRI.

EBIKYE EBI ABANDI BAHANDIIKI BAHANDIIKIRE AHA SHONGA EGL.

2.0 Okwanjura.

Omu kicweka eki harimu ebihandiiko ebihandikiirwe abahangu abandi kandi bakabishohoza, ebiine obuzaare n'ebigyendererwa by'okucondooza kwangye. Ebi ahaifo ni bimwe ahari ebyo bihandiiko.

2.1 Amaziina g'ebimera n'ebiti by'ekikiga.

Okurugirira ahari De Coninck, J, 2006, ebimera n'ebiti ebiine omugasho nibyo ebi: Omubiriizi (*vernonia amygdalina*), Omunyaara (*spathadea nilotica seem*), Mukazimurofa (*Tagetes minuta*), Kacuucu (*Tetradenia riparia*), Ekishogaashoga (*Ricinus communis*), Amapeera (*psidium guajava*), Omugoote (*Prunus Africans*), Obutunda (*Passiflora odulis sims*), Ekigyagya (*Ocimum gratissimum*), Omugyeegye (*Myrica salicifolia*), Emizigambogo (*Paullinia pinnata*), Obunyuunyambuzi (*Oxalis latifolia*), Akanyuunyambuzi akakye (*Oxalis corniculata*), N'Orubingo (*Pennisetum purpureum schum.*)

Okurugiirira ahari Gumisiriza, H; Sesazi, C.D; Olet, E.A. Nembabazi, O; Birungi, G; (2021), ebimera n'ebiti ebiine omubazi ebirukozeesibwa omu bantu nibyo ebi: Dodo y'amahwa (*Amaranthus spinosus*), Ekitojo (*Acanthus pubescens*), Omwetango (*Chenopodium opulifolium*), Runuuka (*Dyphania amabrosiodes*), Ekigorogoro (*Dracaena steudneri*), Ekarwe (*Melanthera scandens*), Bukabuka (*Ageratum conyzoides*), Omucundeezi (*Soda Alba*), n'Omufumbabagasi (Omurindabagasi) (*Rumex abyssinicus*).

Okurugiirira ahari J.R.S. Tabuti, K.A. Lye, S.S, Dhillion (2003), ebimera n'ebiti ebiine emibazi ebyabaire bikozeesibwa obunyakare nibyo ebi: Omugyagya (*Ocimum gratissimum*), Kaarituusi (*Eucalyptus*), Amapeera (*psidium guajava*), Entuutu empango (*Physalis peruviana*), Omurama (*Polio stigma thoningii*), Muhogo (*Manihot esculenta crantz*), Ekipapaari (*Carica papaya*), Enderema (*Basella alba*), Obutunguru (*Allium cepa*) Omuyembe (*Mangifera indica*), na Rukaka (*Aleovera*)

John R.S.Tabuti, Collins B Kukunda, Paul J. Waako, (2009), bo nibagira ngu ebimera n'ebiti ebyabaire biine emibazi erikukozeesibwa abashaakiizi ba kare nibyo ebi: Omushambya (*Dodonaea angustifolia*), Entangahuuzi (*Zingiber officinale Roscae*), Omuhanga (*Maesa lanceolata*), Enyabarashana (*Bidens pilasa*), Omwani (*Cojjea*), Amayonza (*Carissa edulis vahi*), Omwiha (*Warburgia solutaris*)

Okurugiirira ahari Jane Namukobe, John. M. Kasenene, Bernard T. Kiremire, Robert Byamukama, Maud K. Mugisha, (2011), ebimera n'ebiti ebiine omubazi nibyo ebi: Omwitanjoka (*Cassia acci dentalis*), Omugyeegye (*Myricaceceae*), Ekicumuucumu (*Leonotisnepetifolia*),

Enyaanya (*Lycopersiconesculenta crantz*), Empunika (*Galinsoga paivflora*), Omusisa (*Albizia coriaria*), Ekitooma (*Ficus natalensis*), Ekiteerankuba (*Guizotiascabra*)

2.2 Emigasho y'ebimera n'ebiti by'ekikiga.

De Coninck, J (2006), naagira ngu ebimera n'ebiti biine emigasho egi: Ebimera nibabikoramu emibazi erikutambira abantu kandi endiijo etwarwa kuguzibwa aheeru y'eihanga, kituma baatunga esente, kandi abahingi b'ebimera ebyo nabo bikabagirira omugasho, bakatunga emirimo. Abantu nibatunga emibazi omu bimera n'ebiti, bagira amagara marungi. Minisiture y'eby'Amagara neetunga omugisha gw'okutashoza sente nyingi z'okugura emibazi aheeru y'eihanga ahabwokugira ngu ey'ekiiragujuru eriho. Abantu abarikukozesa ebimera n'ebiti kwihamu emibazi y'okutamba abantu nibatunga esente, kituma baabaho kandi baatunguuka.

Ebimera n'ebiti n'eby'omuhendo mwingi munonga kandi biine emigasho egi: Omu bimera n'ebiti nitwihamu emibazi, n'ebyokurya ebi turikurya bikatuha amaani, tukabaasa kukura gye; nitukora empapura omuri kaarutuusi, twihamu rurabba (*rubber*) ei turikukoramu enziga z'emotoka (*tyres*) hamwe na gaamu (*gum*); embaaho, enku, entebe, emeeza, enyigi, byona kuruga omu miti. pamba ei turikukoramu ebijwaro; n'obuhoozo (*perfumes*). Ebimera ebindi nitubikozesa omu kuhunda emyanya (*decorations*); kandi ebindi nibikora nka manyuwa (*manure*) okuyamba emisiri kandi hamwe n'ebindi bimera kukura.(W.W.W.FIRST-LEARN.COM).

2.3 Abantu bakaabaasa bata kumanya ebimera n'ebiti ebyo?

Okurugiirira ahari De Coninck J (2006), abantu nibabaasa kumanya ebimera n'ebiti ebiine omugasho omu miringo egi: Okwegyesa abantu nginga abaturagye n'okubamanyisa omugasho n'ebiti gw'ebimera ebyo, obwo barikutaho zaapuroguraamu z'ebimera n'ebiti aha mareediyo na tiivi, hamwe n'okwegyesa abantu omu byaro, kugira ngu babimanye batabishiisha. Okukwatanisa n'abakugu omu kumanya ebimera ebiine omugasho, kugira ngu baayegaita hamwe nibajira kwihamu ekintu kihango kandi beeyongyera kumanya, obwo n'ebimera n'ebiti ebyo bimanywe. Okutaho ebiragiro kugira ngu oraashiishe eby'obuhangwa naaza kukwatwa amateeka, kugira ngu ebimera n'ebiti ebi bigumeho kandi abantu babimanye. Okuteera akaganja amakorero agarikukora nginga agarikwiha omu bimera omubazi, kugira ngu amakorero ago gabe ag'amaani kandi gamanywe, gabaase nk'okubaha esente, ebikozeso hamwe n'ebindi.

EKICWEKA KY A KASHA TU.

3.0 EBIRUGIRE OMU KUCONDooZA KWAITU.

3.1 Okwanjura.

Omu kicweka eki, harimu ebirugire omu kucondooza kwaitu. Nikworeka eiziina ry'ekimera nari ekiti, omugasho gwakyo, hamwe n'eiziina ryakyo omu Rungyereza ryaba nirimanywa nari omu rurimi rw'ekinyabimera, nari orwa saayansa y'ebimera.

1. AKABINDIIZI (*Zehneria scubra sond*). (*Festo Karwemera*)

- Abantu nibakozesa ekimera eki n'ebindi bimera okutamba eriisho ry'embuzi erirwaire, hamwe n'akaturi k'omu riisho ry'abantu.
- Nibakijwanza omu bimera ebirikutamba ekiho nainga kandida (*candida*) omu bantu. Omurwaire naabiteeka, aguma naabinaaba omu bicweka by'ekihama.
- Nibakijwanza omu bimera ebirikutamba empanami.

2.AKAJWAMA TE/ AKA T AMBAMAHANO (*Asthma weed*)(*Festo Karwemera*) -

Nikitamba amahiima nainga eki barikweta asima omu bantu.

- Nikitamba amahano, nk'omuntu yaaba ayehanikire, abamureebaho batakamuhanuriire nimunywa omubazi.

3.AMAPEERA (*psidiumguajava*).

- Amababi gaakyo nibagajwanza n'ebindi bimera omu kutamba okwirukana omu bantu.

4.DOODO Y' AMAHW A (*Amaranthus spinosus*).

- Nibagikozesa okutamba oburogo, nk'okushanga ozimbire okuguru, obwo otahendekire.

5. ENYABARASHANA (*Blackjack*).

- Neetamba ebiyaga omu baana bato (okugitoonyeza omu nyindo y'omwana).
- Neetamba obuhuta. Nk'omuntu yaatunga obuhuta naagitaho, emuyamba okumukamuura.
- Neetamba okujwa omu nyindo. Noogitoonyeza omu nyindo.

16.

-Nibagita omu bamera ebirikutamba empanami ahabw'okutarya enyama.

6.EKYOGANYANJA (*Bothriocline tomontosa*)

- Ekimera eki nikitamba enjoka z'omunda.
- Nibakikozesa omu kutambira amatu g'abaana agaatikire.

7. EKITO.JO (*Acanthus puloscens*)

- Emizi yaakyo neetamba enkorora.
- Nibakitambisa abaana abarwaire amatojo.
- Nibakikozesa baashanga abakazi babiri barikurwana. Oraaze kubaramura naabanza yaabateera amatojo, abone kubaramura, nainga yaabaramura atakiine bakironde bakimuteere, kugira ngu amahano gatamukwata.

8. EKICUMUUCUMU (*Leonotis nepetifolia*).

- Nibakikozesa okutamba ekintu ky'omunda.

9. ENKYENAAKYENE/ ENCENACENE (*Kalanchoe Pinnata*).

- Nibakita aha mukundi gw'omwereere baamara kumusharira kugira ngu hakire juba kandi kurungi.

10. ENTUUTU. (*Physalis Peruviana*)

- Nibazikozesa okutambira enjoka z'omunda.
- Amababi gaazo nigatamba ekibaare.

11.ESHWIGA (*Moralillo Santa Maria*).

- Nibagikozesa okutambira ebisente omu bantu.
- Nibagikozesa okutambira eshwunde z'omu kibunu.

12. EKICO

- Nibakozesa oburabyo bwakyo omu kutambira abarwaire amaisho.
- Nibakozesa oburabyo bwakyo omu kutamba ekiho (*candida*).

13. ENDEREMA (*Basella alba*).

17.

- Neetamba empanami z'okutarya nyama. Omuntu yaaba naafuruutwa yaarya enyama, ashemereire kubanza yaashekura eki kimera akakinywa, akabona kurya enyama.

14. EKIGARAGARA / EKIZAANI KY'ABAANA /EKINYAMIINYAML.

- Abaana bato nibakizingamu "abaana" baabo.
- Aba kare bakaba bakoramu engozi y'abaana bato.

15.EKICURAGYENYI.

- Nibakikozesa omu kutambira ebironda by'omunda.
- Nikiyamba omu kureeba kurungi ninga okumaraho okushanga nooreeba obunyonyoozi omu maisho.

16. EKITUNDA (*Passiflora edulis*)

- Amababi gaakyo nigatamba enkorora.
- Nibakozesa amababi omu kutamba enjoka z'omunda.

17. ESHENDA (*Cayenne pepper*).

- Nibagiha enkoko yaaba erwaire omuraramo.
- Nibagikozesa omuntu yaaba aine omwijurirano omunda yaamara kurya ninga obundi yaaba aine esheshemi.
- Nibagita omu byokurya, ekora nk'ekirungo.

18. EKICUNCU (*Tetradenia riparia*).

- Nibakikozesa omu kutamba enjoka z'omunda. **19.**

EKISHOGAASHOGA (*Castor plant*).

- Emizi yaakyo neetamba empanami z'okutarya nyama.

20.ENTOBO (*Etaine mahwa*).

- Amababi gaakyo nibagajwanzya omu bimera ebirikutamba ekiho (*candida*).

21.EKIGOROGORO (*Dicaena steudneri*).

- Amababi gaakyo nabagajwanza n'ebindi bimera ebirikutamba ekikuruma.
- Amababi gaakyo nigatamba enjoka z'omunda.

18.

22. EKISHEKAASHEKYE (*Clerodendrum capitatum*).

- Amababi gaakyo nigatamba enjoka z'omunda.
- Nikitamba ekintu omu baana bato.

23. ENTEIJA (*Commelina benghalensis*). -

Neetamba ebisente.

24. EKITURUGUMA (*Malva parviflora*). Amababi

gaakyo nigatamba ebiino omu baana bato.

25. FENE (*Jackfruit*).

- Amababi gaayo nigatamba ebironda by'omunda (arusaazi).

26. KAT AMPIHI.

- Neetamba enjoka z'omunda.
- Neetamba okugira omwijurirano omunda.

27. KUTUKUMWE (*Centella asiatica*). -

Nibagikozesa omu kutambira obuhuta. **28.**

KITIINW A.

- Neekozesibwa kutamba enjoka z'omunda.
- Neetamba efumbi y'amaraka.
- Neetamba efumbi y'amaino.

29. KAARUTUUSI (*Eucalyptus*)

- Amababi gaakyo nibagikozesa okutamba enkorora.
- Nibakoramu embaaho.

30. NYINAMUK WE/ NYINAMUKU

- Nibagikozesa okutamba enjoka z'omunda. **31.**

OMUSAA VU (*Markhamia lutea*).

- Ebirabyo byakyo nibitamba ebiyaga by'abaana.

32. OMUHOKO (*Phytolacca dodecandra*)-

- Amababi gaagwo nigatamba entunika.
- Amababi gaagwo nigatamba obuhendeki.

33. OMUKORE (*Dombeya goetze*).

- Nigutamba empanami.

34. OMUGOOTE (*Syzguim guine*)-

- Nigutamba okushaasha omu nda nto.

35. OMWIHA (*Warburgia ugandensis Sprague*).

- Nibagujwanza omu bimera ebirikutamba puresha.
- **Nibakozesa ebishushu byagwo by'aha mpimbi okutamba eshundwe z'omu bicweka by'ekihama.**

36. OBUNYU UNY AMBUZI (*Oxalis cornicidora*)-

Nibutamba ekintu ky'abaana bato

37. OMUTEMBE (*Ensete ventricosum*)

- Nibaguha ente yaaba etarikureeta amate ninga amashereka ngu akatavu konke.
- Aba kare bakaba bakoramu engozi y'okuheekyesa y'abaana (Ekijoojo kyagwo).

38. OMUTEETE (*Lemon grass*).

- Emizi yaagwo nibagijwanza n'ebindi bimera okutamba empanami.
- Nibagikozesa nk'ekirungo omu caayi.

39. OMUTUMBA

- **Aba kare bakaba bakora omu bireere byomire ebyokukomamu ninga kutamu entanda ninga**

kwehemba mu.

- Endeere nari amashansha g'omutumba bakaba baihuriraho ebyokurya baaza kurya.

40. OMWANI (*Coffea Arabic@*).

- Amababi nibagakozesa omuntu yaaba nairukana.

41. OMWITANJOKA (*Cassia occidentalis*)

- Nigutamba enjoka z'omunda.

42. OV AKEDO (*Persea Americana*).

- Ekijuma kyayo nikitamba ebironda by'omunda (arusaazi). Nookihondahonda okoramu akasaano, okanywa omu caayi.

- Amababi nibagajwanza omu bindi bimera kutamba esimbu omu bantu. **43.**

OMUCUNGW A (*Citrus sinensis*).

- Emizi yaagwo neetamba okutanaka.

- Amababi gaagwo nigatamba enkorora.

- Nibagurya nk'ekijuma; erimu Vitamini C erikurinda omubiri kutashambagurika.

44. OMUCUGUZANYONYI (*lion plant*).

- Neeyamba okwoza amara, etamba okwijura enda.

45. OMWET ANGO.

- Amababi gaagwo nigatamba amazomba.

- Nibagukozesa omu kubinga abacecezi.

46. OMUBIRIIZI (*Bitter leaf*).

- Nigutamba omushwija.

- Nigutamba enjoka z'omunda.

47. OMUGYAGYA (*Ocimum sanctum*).

- Nigutamba omunda.

- Nibagunywa omu caayi.

48. OMUHANGA (*Maesa lancrolata*).

- Emizi yaagwo neetamba empanami.

- Nigubinga empazi waaguta aha kiguri kyazo.

- Nigutamba amasya.

- Amababi gaagwo nibagajwanza n'ebindi bimera ebikutamba ekiho (*candida*).

49. OMUGABAAGABA (*Senna didymobotrya*).

- Nibagukozesa okutamba amazomba.
- Nibagukozesa okubinga enjoki zaabataahirira.
- Nibagukozesa okuzibira emungu omu mbibo.

50. OMUSOOROOZA (*Indigofera arrecta hochst*).

- Emizi yaagwo nibagita omu bindi bimera ebirikutanasya.
- Emizi yaagwo neetamba enjoka z'omunda (noogunenaanena).
- Nibagukozesa omu kutega efukuzi.

51. OMUHUUKYE (*Lantana trifolia*).

- Nigutamba enkorora.
- Nibagunywa omu caayi.

52. OMUBUZA (*Dichrocephalla integrifolia*).

- Nigutamba obushundwe obukye bw'ahamaisho.
- Nibaguta omu mutwe gw'omuntu baamara kumumwa n'akagirita ninga makaasi, kugira ngu hatazamu obuhere ninga bwaba bwagiiremu bukire.
- Nibagukozesa kutamba omuraramo gw'enkoko.
- Nibagukozesa kutamba efumbi.
- Nibagukozesa kutamba amazomba.

53. EKICWAMBA (*Cynodon dactylon*).

- Nikitamba okurumwa enjoka. Nibakikomera aharuguru y'ahi enjoka yaaruma.

54. RUKAKA (*Aloevera*).

- Neetamba enjoka z'omunda.
- Omuntu yaayetema ninga yaaba aine ekironda naagisiigaho.
- Neetamba okwijurirana omunda ninga okwijura enda.
- Neetamba omushwija.

- Nibagikozesa omu ishokye kugira ngu harugyemu enshushu.
- Neetamba amasya .
- Nibagiha enkoko zaaba zirwaire omuraramo.

55. RUBAMBA (*Cactus*).

- Emizi yaayo neebinga efukuzi omu kibira.
- Amababi gaayo nigakyendeeza ebishaju omu mubiri.
- Nibagijwanza n'ebindi bimera ebirikutamba puresha.

56. OMUSHOJW A (*Spear grass*).

- Nibagujwanzia omu bimera ebirikutamba enshushu z'omu mutwe.
- Amababi gaagwo nigatamba okurumwa enjoka.

57. ORUMBUGU (*Digitaria abyssinica*).

- Nibarujwanzia omu bimera ebirikutamba enshushu z'omu mutwe.
- Amababi gaarwo nigatamba okurumwa enjoka.

58. WAAMBUBA.

- Neetamba amazomba.

59. KABOHA (*Sticky weed*).

- Nibagita aha muntu owaahutaara aha buhuta.
- Nibagikozesa omu kwiha enkojo aha mubiri.

60. OMUKYEREERE.

Nigutamba enjoka z'omunda.

EKICWEKA KY A KANA

4.0 OKUHENDERA N'OKUHABURA.

4.1 Okwanjura.

Omu kicweka eki harimu okuhendera hamwe n'okuhabura oku omucondoozi akozire.

4.2 Okuhendera.

Okurugiirira aha kucondooza kwangye oku, nshangire ngu haihi buri kimera kyona na buri kiti omu nsi egi kiine omugasho muhango omu ntuura y'abantu.

4.3 Okuhabura.

Nimpiga abantu boona kugira ngu baaza kukozeza ebimera ebi babanze baamanya oku barikubikozesa ninga beebuuzze aha bakugu omu bimera ebyo batakabikoreise.

Nintera omuranga omu bantu kugira ngu bamanye emigasho y'eby'obuhangwa, bataaguma nibabishiisha, kandi obwo biine omugasho.

Nimpiga abantu abandi kukora ebitabo bingi ebirikukwata aha bimera n'ebiti ebiine emigasho, kugira ngu abantu beeyogyerere kubimanya n'okubikozesa omu rurimi rwaitu orw'enzaarwa.

Abashaakiizi nimbashaba okwerundaana bakahaana obwengye aha bimera ebiine omugasho ebi barikumanya, bakaza aha rurengo ruhango kandi bakakwatanisa na gavumenti, kugira ngu ebahe esente z'okuhangusya omwoga gwabo, gukaza aha mutindo, nk'amarwariro g'emibazi y'ekiiragujju.

EKICWEKA KYA KATAANO.

5.0 EBIHANDIIKO EBYEJUNISIIBWE, N'ABANTU ABU TWEBUURIZEHO.

5.1 Okwanjura.

Omu kicweka eki harimu ebihandiiko ninga ebitabo ebyejuniibwe hamwe n'abantu abu nyebuurizeho.

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6.3 Abantu abu twebuurizeho.

KOBUGYENYI MIRACLE ow'emyaka 62, ow'omu Kyaro Kya Kagunga, omu Igomborora rya Ikumba

MWEBESA GEORGE ow'emyaka 70, ow'omu Kyaro kya Kakwamuhoro, omu Igomborora Ikumba.

MUGISHA GEOFFREY ow'emyaka 58, ow'omu Kyaro kya Ndego, omu Igomborora rya Ikumba

KAMUSIIME MARIUM ow'emyaka 55, ow'omu Kyaro kya Mushanje, omu Igomborora rya Ikumba

MWESIGWA MAUDA ow'emyaka 33, ow'omu Kyaro kya Keseenene, omu Igomborora rya Ikumba.

ASIIMWE EVERLYNE ow'emyaka 29, ow'omu Kyaro kya Buremba, omu Igomborora rya Ikumba.

NDYOMUGYENYI PETER ow'emyaka 40 omu Kyaro kya Mwizinga omu Igombora rya Ikumba.

AINAMAANI JOSEPH ow'emyaka 70 omu Kyaro kya Mukirwa omu Igomborora rya Ikumba.

AKATWIJUKA JOSHUA ow'emyaka 56 omu Kyaro kya Nyakagyera omu Igomborora rya Ikumba.

21.

APPENDIKISI, NARI EBIRIKWONGYERW A AHARI RIPOOTI Y'OKUCONDooZA OKU.

EBIBUZO EBYEJUNISIIBWE OMU KURONDA AMAKURU.

OKWEYANJURIRA ABANTU.

Niinye Akankwsa Sam ,omwegi wa Kabale-Yunivaasite oriyo naakora okucondooza aha mutwe ugu:
"Ebimera n'ebiti omu lgomborora rya **Ikumba** omu Disiturikiti ya Rubanda, Uganda, n'endwara ezi
birikutamba." Nimbashaba okugarukamu ebibuuzo ebi kandi nimbahamiza ngu ebi murahandiikye nibiza
kuba eby'omugasho kandi eby'okwegyesa.

Omuganda gwawe aha kumaririira omurimo ugu n'ogw'obuguzi bwingi.

Eby'okugyenderaho: Kyebere ekihikire kandi ohandiikye ahu kiraayetaagiisibwe.

Ebirikukukwataho:

I. Ori ki? Omukazi. 2. Omushaija.

Eby'obushwere:

Oshweirwe. Tokashweirwe. Okaruga omu maka. Ori omufakazi.

22.Orurengo rw'obwegyese:

Purayimare. Siniya. Yunivaasite. Ebyemikono.

4. Noomanya amaziina g'ebimera nari ebiti bitari bimwe na bimwe omu lgomborora rya
Ikumba?

Yeego. Ingaaha.

5. Ngambira amaziina g'ebimera n'ebiti ebyo ebiine omugasho omu bantu ..

6. Noomanya emigasho y'ebimera n'ebiti ebyo?

Yeego. Ingaaha. Ku oraabe orikugimanya
gingambire.

7. Abantu bakaabaasa bata kumanya ebimera ebyo n'emigasho yaabyo?

L3 OKWEBUUZA AHA BANDI BANTU.

iinye Akankwasa Sam, omwegi wa Kabale-Yunivaasite oriyo naakora okucondooza aha mutwe igu, "Ebimera n'ebiti omu Igomborora rya Ikumba omu Disiturikiti ya Rubanda, Uganda, fendwara ezi birikutamba" Ninkushaba okuunyikiriza kugaaniira naiwe aha murimo gwagambwa aharuguru.

I. Ebimera n'ebiti ebiine omugasho ebi orikumanya ni biiha?

- Emigasho y'ebimera n'ebiti ebyo n'eha?

3 Abantu bakaabaasa kumanya bata ebimera n'ebiti ebyo?