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KODI UMOYO M'NTHAKA KAPENA CHONDE M'NTHAKA NDI CHANI?

Umoyo m'nthaka umatanthauza kuthekela kwa nthaka kogwira ntchito ngati chinthu cha moyo mu chilengedwe. ***Chilengedwe*** chimatanthauza kenakalikonse ka moyo kotizungulira (tizilombo ting'onoting'ono, zomela, nyama, anthu) komanso ulumikizi wa kanthu kalikonse ndi kanzake (mpweya, nyengo, nthaka, dzuwa, ndi zina zotelo).

Nthaka ya bwino imasunga tizilombo mkati mwake, imapititsa patsogolo umoyo wa zomela komanso nyama, komanso kusamalira ndi kupititsa patsogolo ubwino wa madzi mu mitsinje yathu ndi mpweya umene timapuma wotizungulira.

Kudzala mbeu zosiyanasiyana zimene ndi zoyenelela ku nthaka ndi nyengo ndi zofunikila kwambiri pa umoyo wa nthaka. Zomela zosiyanasiyana zimapelekanso zokudya zosiyanasiyana ku tizilombo tosiyanasiyana mu nthaka. Pa kubwezela, tizilomboti timadyetsa mbeu ndi madzi komanso michere yofunikila.

Nthaka ya bwino imachepetsa kufunikila kwa zipangizo zochokela kwina (foteleza ndi mankhwala ophela tizilombo) ndipo izi zimatanthauza kuchuluka kwa phindu kwa alimi.

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