

## Istirka ta adalat eltadriji



### Magadama

Jisimtana wa muoktana bekalamu benatom beterika ta ishara kimiayiwa wa elektoroni. De manato inu lo shourna be tahab adalattana mumkin begomu fuok. Eltawatar fi adalattana berasel isharat wara le muoktana inu fi tawatar, elmumkin yazid mastawa ta nafsiat muoktana. Anina mumkin nakaser eldowra de fi muoktana beistikdam ta yagdah, tasawar aw tamrin ta wata, aw mumkin nakasaru fi jisimtana ze nafas, imtedat aw adalat tagadami le istirka (PMR)

De bekunu sahab asan begul le adalattaki istarkawu, bad marat bekun sahab asan begul elmakan ta tawatara. Istirkah ta adalat tagadami owa tamrin elanina benalasiq kulu adalat sawa fi majmuoh fi jisimtana berajuj wa natarawu. De bemulu istirka le majmuoh ta adalat wa besaidu inta fi tanzim ta farak fi keif beshour eladalat asan bekunu fuok wa fi istirka. Be tamrin de anina daerin atlak kulu adalat sawa baraha wa atarau. Bedun nukta adalatataki yashouru be tawatar. Inta lo indu jera aw alm ara fi makan fi jisimtaki, inta mumkin bekun daer tamshi minu elmakann ata lo bige asen aw el al ta tawatar nagas.

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### Turuk

PMR mumkin yamarasu wagif, gaid, aw gaid tehet ta dahartaki fi martaba rasak aw wata murtaah wa besaid. De bekun marasa kueis belakas asan inta bamulu kueisgabe serir yasaidu fi nom. De besaidu fi bidaya be tanzil gaseir aw silu talata nafas.

Asna inta bemasasu, de muheim inu nafas adi be tul ta tamrin, betamsik nafastaki. Mumkin bekun muheim lo limu eltawatar ta adalattaki fi wakıt ta nafas wa istirka ta nafastaki juwa be nafas bara. Kutu baltaki fi intibah le shour ta italak ta adalat. Inta mumkin tasawar tawatar kali jisimtaki asna inta zafartu.

	<p>Abda be kureentaki Asna inta istanshek, fatil gadamtaki wa sahab omen gidam wa tehet, shour elitlak fi aguastaki wa kaman fi kahaltaki. Amsik kureentaki zeı da be 5 sawani asna inta basibum baraha. Asi atlak asba gadamtaki wa istarka asna nafası bara.</p>
	<p>Badu, istanshek wa sahab gadamtaki fuok wa wara le itlak ta adalat ta ajiltaki. Amsik eltawator de be 5 sawani.</p> <p>Asi atlak kureentaki wa kali ajiltaki yastirka asna inta zafartu.</p>
	<p>Badu, istanshek wa atara afkhaztaki Mumkin tamul de besahab wara rakabteentaki le wata. Amsik eltawator de be 5 sawani.</p> <p>Asi atlak afkhaztaki wa shour inu yastirka talek asna inta be nafas bara.</p>
	<p>Badu, istanshek wa atara jabattaki. Amsik eltawator de be 5 sawani.</p> <p>Asi atlak adalat ta jabattaki wa kali elmahal yastirka talek asna inta bezafar.</p>

	<p>Badu, atara wa istanshek butontaki wa adalat ta butontaki besahab butontaki juwa wa bara. Amsik eltawator de be 5 sawani.</p> <p>Asi atlak butontaki wa adalattaki yastirka talek asna inta bezafar.</p>
	<p>Badu, atara adalat fi dahartaki wa katafentaki beterika ta sahab katafeentaki kulu sawa wajibu wara baraha asna inta istanshek. Amsik eltawator de be 5 sawani.</p> <p>Asi atlak katafentaki wa kali adalat ta dahartaki asan yastirka lo zafartu.</p>
	<p>Badu, shidu yiedeentaki le gabdat wa atara fuok kulu eladalat fi yiedeentaki asna inta istanshek. Amsik omen shedid ze de be 5 sawani.</p> <p>Asi atlak yiedeentaki wa kali zarataki yastirka tehet be wara le ataraftaki, kali omen yalag tehet behsakil talek asna inta bezafar.</p>
	<p>Badu, atara elkatafen wa adalat ta ragabawabewasta jibu katafentaki fuok le adantaki asna inta istenshak wa amsik omen inak be 5 sawani.</p> <p>Asi atlak katafentaki wa kali omen yastirka tehet tani le adantaki asna istenshak.</p>
	<p>Badi, atara adalat ta wuoshtaki, sabit faktaki, adget shafataki did kulu waid, wa asaru oyuntaki gafal beikam, asna istenshak. Amsik eltawator de be 5 sawani</p> <p>Asi kali adalat fi washek yartahu wa yaistirka, kali faktaki yakafid asan kusumtaki beftah asna inta zafarta.</p>
	<p>Akeren, atara jjisimtaki kulu wa sahab yiedeentaki wa kureentaki sawa wa shidu ze i kura lo inta istanshag Amsil eltawator le jjisimtaki kulu be 5 sawani.</p> <p>Asi azfar wa italak jjisimtaki wa iteraftaki bertahu. Kali jjisimtaki yakun fi istirka was hour kanu owa nazil le wata aw kursi aw martaba. Shouru elintibah le shour ta istirka. Intebah be shour ta istirka Lahaz keif jjisimtaki behsournelfarak asi adu istirka Agod be shour de be 10 degiga agela shi.</p>
	<p>Inta lo ma mashi tanum, abda tarek jjisimtaki baraha, silu zamen asan beshour inu adalattaki begomu. Inta lo shourta jaiz, arfa yiedtaki wa kureentaki wa lo oyuntaki kan gafalu, asi afta omen.</p>



#### Maraj awa giraya ketiir

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