

Mokhoa oa ho etsa meriana ea mafura

Medicinal oil in Sesotho

Ho sebetsaneng le masapo le mesifa re ka fumana melemo e mengata joaloka tsebo ka meriana tlhaho, hohle moo e sebetsang, lipetlele, cliniking kapa metseng. Meriana le litlotso tsa maro li sebelisoa kamehla. Haho thata ho iketsetsa meriana ena kapa tsona litlolo tsena. Fumana mekhhoa ea ho etsa meriana.

Mokhoa : Semela + oli/ mafura +mollo=moriana oa mafura

Pele lokisa metsi ka basekomo.Beha pitsa setofong tsela metsi ka pitseng a mahareng. Beha pitsa engoe setofong tsela moriana kappa litlama tsa hau ka pitseng e nyane. Koahela lipitsa tsa hau. Etsa bonnete bah ore metsi le ha ka bela ha na hokena ka pitseng engoe,etsa bonnete ba hore mafura ha kopane le metsi:

Makhasi a setlama a tlameha ho oma a hloke metsi molemong oa hore mafura a hau a seka kopana le metsi. Sebelisa mafura a hantle, joaloka sunflower oli, peanut oli, shea butter, palm oli le parm kermel oli, kappa a mang a mafura a ka bang hantle bakeng sa letlalo.

Beha motsoako oa hao ka beiseng etsa hore a fole mocheso nako ea metsotso e mashome a tseletseng ontse o fuluoa metsotso emeng le emeng e leshome le metso e mehlano. Sefa me seka fuluoa. Meriana ena e hloka hoba hole kapa moo e sa chabeloeng kapa ho fumana letsatsi, mocheso kapa moea, ka hona beha meriana ea mafura ka libotlolong tse koelehang. Etsa hore litlale hantle ho fokotsa hore moea o tlo kene. Seka kopanya meriana eo o e entseng khale le e mecha. Ha meriana ese sa nkhe hantle e lahle hang hang.

Seka hoheloa ke lihlahisoa tse seng tsa tlhaho tse nang le liperfume ka baka la menko ea teng kappa linoko tseo li nang le tsona. Linoko tse ling li ka bakela letlalo la motho mafu. Oli eo o iketselitseng hae e hantle bakeng sa letlalo la hau.

Lisebelisoa bakeng sa ho etsa lioli tsena.lipalo tse ka sebelisoang bakeng sa ho metha , hokhothaletsoa ho sebelisa litlama tse omileng .

Oli ea Bana

Makhasi a tsoang sefateng sa lemon (1unit)

Oli e phehang (sunflower oil) (9 units)

Oli ea bottle

Makhasi a tsoang sefateng sa lemon kapa sa orange (1 unit)

Oli e phehang (10 units)

Oli e sebelisoang ho otlolla batho

Makhasi a boleikomo (2 units)

Oli e phehang ea sunflower (10units)

Oli ea rheumatism

Chilisi e sa omisiang kapa e omisitsoeng e phoofo (1 unit)

Oil e phehang ea sunflower (4 units)

Qoba hore oli e thetse mahlo. Seka e sebelisa baneng ba banyane ho ba phekola. Hao o tlolla sebaka se setenya tsela kaolin ho etsa hore sebaka se otlolohe ha bobebe.