

Review Article

Gurbin Ruwa a Magungunan Gargajiya Na Hausawa: Kebantaccen Nazari a Jahar Kabi

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Tsakure: Rayuwar ɗan'adam tana cikin kunci da barazana da rashin cikakkiyar walwala da sakewa. Hakan yana faru ne saboda yawaitar wasu cututtuka da suke barazana ga rayuwa tare da saka rayuwa cikin rashin walwala da jin ɗaɗi. Irin wannan yanani shi ya karfafa guiwar masu bincike ga aiwatar da wannan aikin domin zakulo wasu magungunan da aka samar ta hanyar ruwa domin magance ire-iren waɗannan cututtuka da suke saka rayuwar ɗan'adam cikin halin kunci da al'umma ta samu kanta a ciki. An aiwatar da wannan aiki ta hanyar ziyartar ɗakunan karatu na jami'o'i da kwalejoji, domin nazartar ayyukkan da suka shafi wannan aiki. Hakan ya bayar da madogara shimfiɗa buzun binciken tare da yi masa jagoranci ta hanyar haska masa hanya. Kazalika, an kai ziyara wajen masunta da masu bayar da magungunan gargajiya domin tattaunawa da su, don samun bayanai ingantattu kuma sahihai. An ɗora harsashin wannan aiki kan karin maganar Hausawa da take cewa "Ruwa na ƙasa sai ga wanda bai tona". Hikimar abin shi ne, akwai abubuwa da dama a cikin ruwa da za a iya sarrafawa a samar da magungunan iri-iri da za a iya amfana da su wajen magance cututtuka daban-daban da suke addabar mutane. Sai dai "a rashin sani kaza ta kwana kan dami", saboda haka "wani zomon a sabara ake barin sa." An taƙaita farfajiyar wannan bincike kan ruwa da magungunan gargajiya Bahaushe a Jihar Kabi da take Nijeriya. Don haka wannan ya kebanta ga nazarin ruwa da yadda ake sarrafa su a samar da magunguna cututtuka da za a iya amtani da su.

Fitilun Kalmomi: Ruwa, Magunguna, Hausawa, Al'adun Hausawa, Gargajiya

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1.0 SHIMFIDA

Cuta suna ta tara, wata da magani wata a nema a rasa. Kowace al'umma tana da nata hanya da take amfani da ita wajen samar da magani da kariya daga cututtukan da suke addabar al'ummarta. Bahaushe mutum ne mai matuƙar kulawa wajen amfani da abubuwan da suke kewaye da shi. Tun wani lokaci mai nisa, wanda ba a iya tantancewa, Bahaushe yana amfani da sinadarin da aka fi sani da 'ruwa' wajen tafiyar da harkokinsa na yau da kullum da suka shafi rayuwarsa ta gaba ɗaya. Za a kuma yarda cewa, babu wani saƙo ko lungu na rayuwar Bahaushe da ruwa bai shafa ba. Tun tuni Bahaushe yake amfani da ruwa da albarkatunsa wajen tafiyar da harkokin rayuwarsa ta yau da kullum. A dubi abin da ya shafi hadahadar abinci, da wanka, da wanki da sha, da wanke-wanke da sauran mu'amuloli.

A ɗaya ɓangaren, an sani cewa, rayuwar mutum tana tafiya kafada da kafada ne da cuta. Dalili kuwa shi ne, babu wanda yake iya rabewa tsakanin rayuwar mutum da lafiyarsa. Kamar yadda ba za a iya rabewa

tsakanin ƙashi da tsoka ba, domin kuwa, wasu na ganin tun lokacin samuwar lafiya a jikin mutum, shi ne kuwa farkon samuwar cuta. Irin wannan yanayi ya sa Bahaushe bankado magunguna daban-daban, tare da amfani da su domin samun waraka da kariya da biyan buƙatun rayuwa a matsayin wani tanadi na musamman ga barazanar cuta ga rayuwarsa.

Al'ummar Hausawa na ɗaya daga cikin al'ummomin da suke amfani da ruwa a matsayin magani ko mahadin magani domin samun waraka daga cututtuka daban-daban. Sani & Jaja (2019 sh. 264) sun bayyana nau'ukan ruwa guda tara (9) waɗanda Hausawa suke amfani da su a matsayin mahadin magungunansu na gargajiya. Har a wannan lokaci, Hausawa sai koƙari suke yi wajen samar da magunguna da za su iya amfani da su domin samar da wani abu na kariya da waraka da neman biyan buƙatun rayuwarsu na yau da gobe, wani lokaci, har da neman cutarwa ga abokansa na hamayya ko gaba, domin kada a bar su a baya. A wannan bincike an dubi gudummuwar da ruwa yake bayarwa a fagen samun

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waraka da rigakafin cuta da cutarwa da kuma biyan buƙatun rayuwa. Samuwar haka zai taimaka matuƙa wajen samun nasarar warware wasu matsaloli na rashin lafiya da kan shafi rayuwar al'umma tare da fahimtar ruwa a matsayin magani ko mahadin magani.

Hausawa sukan ce: "Ruwa na ƙasa sai ga wanda bai tona ba!"

2.0 Bitar Fitilun Kalmomi

A ƙarƙashin wannan, an yi ƙoƙarin bayyana ma'anar muhimman kalmomin taken wannan bincike. An kuma jingina waɗannan bayanai a kan ma'anoni da suka haɗa da ma'anar kalmomin ta lugga da kuma ma'ana ta bayanin masana da manazarta. Daga baya, aka kuma dube su daga mahangar masu bincike su kansu.

2.1 Ruwa

Kalmar '*ruwa*' ba baƙuwa ba ce ga bakuna da kunnuwan Hausawa. Ruwa ya kasance ɗaya daga cikin abubuwan da kullum ake amfani da su. Rayuwa ba ta gudana har sai da ruwa. A Kamusun Hausa (2006), an bayyana ruwa da cewa, ruwa kalmar tilo ce, jam'inta shi ne ruwaye ko ruwawai wadda take iya ɗaukar abu garai-garai maras launi ko ƙanshi, wanda ake sha don kashe ƙishi, kuma ana wanka da wanki da dafa abinci da wanke-wanke da makamantansu da shi.

Idan aka yi nazari wannan ma'anar, za a ga cewa an yi ƙoƙarin bayyana ma'anar ruwa ne ta la'akari da adadi da sifa da aiki. Ra'ayin bai fayyace yadda ake samun ruwan ba da inda ake samun sa. Akwai buƙatar bayanin ya haɗa har da yadda ruwa ke samuwa watakila daga sama yake sauka, ko dai daga ƙasa yake buɓɓugowa? Idan ya sauko ko ya buɓɓugo daga ƙasa, me kuma yake faruwa da shi? Ina ne matattararsa, kuma me yake faruwa daga nan? Haka nan an so taƙaice irin fa'idarsa ga rayuwa matuƙar taƙaitawa a bayanin.

Sargent *da wasu* (2004 sh. 828), sun bayyana ruwa da cewa:

Abu ne garai mai danshi da yake sauka daga sama a matsayin ruwan sama, da ya mamaye kashi biyu bisa uku na wannan ƙasar, da ake kuma amfani da shi domin sha da wanke-wanke da dafuwa.

Masu wannan ra'ayi sun yi ƙoƙari wajen bayyana ma'anar ruwa ta hanyar la'akari da kala da muhalli da yanayi da kuma amfaninsa. Idan an yi nazarin wannan ra'ayi da kyau za a ga cewa, ba a yi la'akari da ruwan da yake buɓɓuga daga ƙasa ba. Haka nan ba a iyakance wuraren da ruwa ke mamayewa idan ya sauka ba. Lallai akwai wuraren zaman dabbobi da mutane da sauransu a doron ƙasa waɗanda suka kasance ba na ruwa kawai ba. Saboda haka ake ganin akwai buƙatar a ƙara fayyace abubuwa ta yadda ba za a bar giƙi ba a bayanin.

Gummi (2016 sh. 99), ya bayyana ma'anar ruwa da cewa:

A nawa tunani, gani nake cewa ruwa abu ne sakakke mai shiga kowane irin jiki da bin iska da tafiya

mai nisa da ƙarfin gaske wanda yake buɓɓuga a ƙasa da sama. Halitta ne na Ubangiji, wanda tsurarsa ba ya da dandano ko wari ko ƙanshi da launi. Wannan halittar kan sauko daga sama domin raya ƙasa ta danyace ta fitar da tsirrai. Idan ya sauka sosai daga sama, yakan taru a koguna da gulabe da ƙoramu a kuma yi wasu ayyuka na musamman da rayuwa ba ta yi sai da shi. Ana shigar sa domin a kama waɗansu halittu da ke rayuwa a ciki. Ana kuma amfani da shi a matsayin wata hanya ta sufuri. Idan ya yi karanci rayuwar kowace irin halitta da ke doron ƙasa kan takura, wani lokaci har da salwanta.

Wannan ra'ayin ya yi iya ƙoƙari wajen fitowa da duk wata sifa da kama da launi da yanayi na ruwa da duk wani bayani da zai taimaka wajen samun gamsashiyar fahimta game da ruwa sai dai wani abin da ba a rasa ba.

La'akari da waɗannan bayanai na masana, ana iya ɗaukar ma'anar ruwa a matsayin duk wani abu narkakke kana kuma sakakke da yake sauka daga sama ko mai buɓɓuga ta ƙasa, wanda yake garai-garai tare da gudana a ƙasa. Wanda rayuwa ba ta gudana sai da shi. Ana kuma amfani da shi ta fuskoki daban-daban, kama daga sha, da dafa- dafa, da wanka da wanki da sauran abubuwa makamantan waɗannan da rayuwa kacokan ba ta gudana sai da su.

2.1.1 Ire-Iren Ruwa

Ruwa a wurin masana iri-iri ne gwargwadon yadda kowa ya kalli al'amarin kamar dai yadda Hausawa suke cewa; "Allah ɗaya, gari bamban". An dubi ire-iren ruwa ta fuskoki kamar haka:

A. Ruwan Gishiri (Salt/Marine Water)

A kamusun Hausa (2006 sh. 473), an bayyana ruwan gishiri a matsayin ruwa masu dandanon gishiri a cikinsu da suka zagaye duniya waɗanda manya-manyan jiragen ruwa suke tafiya a kai. Ana kuma samun halittu daban-daban a cikinsa, manya da ƙanana, waɗanda ake gani da waɗanda ba a iya gani. Misalinsa shi ne manya-manyan gulabe da koguna da sauransu.

B. Ruwa Masu Dafi/Maras Gishiri (Fresh Water)

Wannan nau'i ne na ruwa mai dafi kamar yadda sunan ya nuna. Ruwa ne sakakke da babu dandanon gishiri tare da shi. Kamar ruwan gishiri, shi ma ana samun wasu nau'o'in halittun ruwa da suke iya rayuwa a cikinsa.

C. Ruwan Haɗaka (Estuary/Brakish Water)

Wannan nau'i ne na ruwa da ya haɗa sifofi guda biyu. Yana ɗauke da ruwan gishiri surke da ruwa marar gishiri. Haka nan a cikinsa shi ma ana iya samun wasu nau'o'in halittun ruwa da suke rayuwa kamar yadda Micheal (2018 sh. 273) ya bayyana.

2.2 Magani

Masana da manazarta daban-daban sun tofa albarkacin bakunansu dangane da abin da ya shafi

ma'anar magani, musamman a harshen Hausa. Wasu daga cikin ra'ayoyin da masanan suka bayyana su ne:

A Kamusun Hausa, (2006) an bayyana magani da cewa: Magani tilo ne. Jam'insa shi ne maagungunaa.

- i. Abin da ake sha ko shafawa a jiki ko durawa a jini ta hanyar yin allura don neman samun lafiya.
- ii. Abin da samuwar sa kan kore wani daban, Misali; tarko yana maganin Beraye.
- iii. sammu, watau, harhada wasu abubuwa da yin surkulle da nufin cutar da wani musamman abokin gaba.
- iv. Harhada ko yin wasu abubuwa na musamman don shawo kan wani abu.

Adamu (1998 sh. 9), ya bayyana magani da cewa:

Abin da ake nufi da magani shi ne duk wani abu da za a yi ko wata hanya ko dabara da za a bi don gusar da cuta daga jiki dungurungum ko kuma jin dadi ga jiki tare da sauwa ke duk wata wahala da damuwa da ita cutar kan iya samarwa.

A wannan ra'ayi, an takaita bayanai game da ma'anar magani a matsayin wani abu da za a yi ko wata hanya ko dabarar da za a bi domin samar da waraka ko kwanter da ko rage zafin wata cuta da ke addabar wani mutum da sauransu. A gaskiyar magana, akwai bukatar ganin cewa duk wani bayani da za a yi game da magani, bayan shigowa da zancen waraka, ya kasance ya kunshi wasu bayanai game da muradun kariya daga cuta da cutarwa da kuma neman biyan bukatar rayuwa. Domin kuwa yin haka shi ne mafi cancanta ga dacewar duk wani bayani da za a yi game da magani. Idan ba haka ba, me yake sa 'yan tauri suke neman magungunan tsari da kariya daga kai harin magabta? Me kuma yake sa kishiya neman hanyar cutar da abokiyar zamanta?

Akwai ayyukan da suka yi kofarin kawo cikakkiyar ma'anar magani. Bunza (1990 sh. 135, 1990, 1995 sh. 82), ya bayyana cewa:

Magani wata hanya ce ta waraka da kwanter da ko rage wata cuta ta ciki ko ta waje ko wadda ake samu ta hadari. Ko kuma neman kariya ga cuta ko abokan hamayya ko neman daukaka da darajja ko buwaya ta hanyar siddabaru da sihiri na ban al'ajabi.

A nan, bayanan na Bunza sun kunshi akasarin abubuwan da ake buɓatar a sani game da ma'anar magani a gargajiyar Bahausha, duk da yake ba bayanai ne da aka tsawaita ba. Sai dai wani hanzari ba gudu ba, cewa sai ta hanyar siddabaru da sihiri al'amarin magani ke gudana a gargajiyar Bahausha ba lallai ne koyaushe hakan ya kasance ba. Babu shakka akwai wasu hanyoyi na samar da magungunan waraka da kariya da cutarwa da biyan kukatun rayuwa a al'adar Bahaushi da ke tafiya ba ta hanyar siddabaru da sihiri ba. A dubi mutumin da ya tafasa tsiron sangasanga ya sha domin maganin cutar cizon sauro ya kuma sami waraka.

Karin rubuce-rubuce da suka tattauna batun magunguna a farfajiyar al'adun Hausawa sun hada da Sarkin Gulbi (2014) da Gobir & Sani (2017, 2018, 2019) da Sani & Jaja (2019) da Baba da wasu (2022) da Gummi & Sani (2023) da Idris & Jibril (2024) da Sani & Gummi (2025) da Ammani (2025). Yayin da aka yi la'akari da bayanan masana da manazarta, lallai magani bai takaita ga na neman waraka ba kawai. Ya shafi magungunan neman kariya har ma da na cutar da abokan hamayya.

3.0 Ruwa a Matsayin Magani

Hausawa sukan yi wa ruwa kirari da cewa: "ruwa shi ne rayuwar." Haka abin yake kuwa, domin bayan sha da dafa abinci da wanka da wanki da sauran hanyoyin da ake amfani da ruwa domin tafiyar da harkokin yau da kullum, Bahausha yakan yi amfani da ruwa ta fuskoki daban-daban domin samar wa kansa magunguna da zai iya amfani da su domin samar da waraka daga cututtuka da kariya da tsaro da kyautata lafiyarsa da ta iyalansa. Saboda haka za a iya cewa akwai fuskoki iri-iri da Bahausha yake bi ya sarrafa ruwa domin samar da magunguna daban-daban. Hakan kuwa ya yi daidai da abin da wani masanin ruwa da halittun cikinsu Alhaji M.K. Natsini a wata hirar da aka yi da shi (31/04/2025) yake fada cewa: "Ana magani iri-iri da ruwa sai dai bakin abin da mutum ya sani, ko kuma ya gada iyaye da kakanni." Wasu daga cikin wadannan fuskokin da ake sarrafa ruwa domin a samar da magani kuwa sun hada da:

3.1 Cutar Kishirwa

Cutar kishirwa wata cuta ce babba da take barazana ga rayuwa matuka wadda idan har ta yi tsanani, tana iya zama sanadin salwantar rayuwa gaba daya. Irin wannan cuta ba ta da wani magani a gargajiyar Bahausha face a sami ruwa mai tsabta da kyau a ba mai fama da wannan cuta ya sha ya sami lafiya nan take. (Hira da tattaunawa da Ibrahim S.K.A 29/04/2025).

3.2 Maganin Wanda Rashin Lafiya Ya Kwanter

Sau da yawa akan sami wanda cuta ta kwanter da shi tsawon zamani ana ta magani amma, babu wani ci gaba. A kullum safiya sai a ga gara jiya da yau. An ba da wannan, an kuma sha wancan. An yi gwaje-gwaje. An bata dukiya mai tarin yawa amma, a banza ba tare da cin wata nasasara ba.

Ana amfani da ruwan sama saukar farko a shekara domin samar da waraka ga maras lafiyar mai fama da irin wannan cutar. Za a sami wuri ne a tara ruwan a rinka ba maras lafiyar yana sha safe da yamma ana kuma shafe masa a jiki har na wani lokaci. In Allah ya so za a sami waraka da sauri. (Hira da tattaunawa da A. I.'Y. C. Argungu 06/05/2025).

3.3 Maganin Lala/kiƙa/Shiƙa

Lala ko tarin shiƙa ko kiƙa, kamar yadda sunan ya nuna, wata irin cuta ce mai tsanani da yara kan yi kamar numfashinsu zai fita. Idan ba a yi saurin daukar mataki ba, har takan kai ga kisa. Za a debo kingi/sauran

ruwan cikin *jirga* a rika ba mai fama da irin wannan cuta ya rika sha kimanin kofi daya safe da yamma. Za a sami waraka da yardar Allah. (Hira da tatttaunawa da A. I. 'Y. Argungu: 07/05/2025).

3.4 Maganin Ciwon Huka

Ana amfani da ruwan madawayi wajen maganim ciwon huka. Madawayi wani muhalli ne musamman inda ruwa yake gewayawa a tsakiyar gulbi. Ana debo ruwan wannan bagiren a ajiye shi a rika bai wa mai fama da wannan cuta kofi daya (kwatankawcin kofin shayi) yana sha tun kafin ya karya kumallo. Idan an ba shi yau sai kuma gobe da safe a sake ba shi. Idan an yi haka za a sami waraka da ikon Allah. (Hira da tatttaunawa da I. U. Unguwar Kitarawa Argungu: 23/05/2025)

3.5 Maganin Sanyin Gabobi da Lala

Idan aka dāuraye goran kamun kifi aka ajiye shi ya kwana. Ana bai wa mai ciwon sanyi da gabobi da kuma lala ya rinka sha safe da yamma. Za a sami waraka cikin lokaci (Hira da tatttaunawa da A. I. 'Y. Argungu: 07/04/2023).

3.6 Maganin Rage Tsananin Zafin Jiki Ga Mai Fama da Zazzabi Mai Tsanani

Ana wanka da ruwan sanyi domin a rage yawan zafin jiki ga mai fama da ciwon zazzabi mai tsanani da kan haddasa yawan zafin jiki ga mai fama da shi. Irin wannan tsananin zafin jiki sau tari yakan haddasa some-some musamman ga kananan yara wanda a wasu lokutta har yakan kai ga salwantar rayuwa idan ba a kula ba (Hira da tatttaunawa da I. U. Unguwar Kitarawa Argungu: 23/05/2025).

3.7 Maganin Radadin Ciwon Dankakkarai/Kakkare

Ana amfani da ruwa domin a rage tsananin radadin dankakkarai ga wanda abin ya shafa. Akan samo ruwa masu sanyi a zuba a karamin kasko ko kwano. Daga nan sai mai fana da radadin ciwon ya saka yatsa ko hannunsa har na wani tsawon lokaci. Yin haka yana rage tsananin ciwo da zogin da yake ji (Hira da tatttaunawa da I. U. Unguwar Kitarawa Argungu: 23/05/2025).

3.8 Maganin Rashin Saurin Tashi (Tsayuwa) Ga Yaro

Ana wanke goran kamun kifi wanda ake kamun kifi kodayaushe da shi, a rinka ba yaron da aka haifa ya kai wasu tsawon shekaru bai tashi (koyon tsayawa bisa kafafu) ba yana sha ana kuma yi mai wanka da su. To, da ikon Allah zai tashi (Hira da tatttaunawa da A. I. 'Y. Argungu: 07/05/2025).

3.9 Maganin Cutar Yawan Zafin Jiki da Kananan Kuraje

Ana yawan wanka da ruwan gulbi a-kai-a-kai domin maganin yawan zafin jiki da kananan kurajen jiki da na zufa da kuma kazuwa (Hira da tatttaunawa da A. I. 'Y. Argungu: 07/05/2025).

3.10 Maganin Ciwon Maƙoƙo

Maƙoƙo wata cuta ce mai kumbura wuya ta sa shi ya yi wani tozali kamar wata jaka a wuyan mutum. Galibi ana amfani da ruwan teku da kuma kumfansa a yi maganin wannan cutar (Hira da tatttaunawa da Danhassan Ambursa: 07/05/2025).

3.11 Maganin Cutar Mura

Mura kamar yadda aka bayyana a Kamusun Hausa (2006 sh. 351), wata cuta ce mai sa zazzabi da ciwon kai da kuma zubar da majina daga hanci wanda sanyi ko canjin yanayi yakan jawo. Ana wanka da ruwan randa mai sanyi tun da sassafe ga wanda ke fama da tsananin cutar mura. Hakan yana maganin cutar tare da sa a sami lafiya (Hira da tatttaunawa da Danhassan Ambursa: 07/05/2025).

3.12 Maganin Cutar Kandun Baka

Kandun baka kamar yadda Bunza (2006 sh. 142) ya bayyana, wata martaba ce, ko buwaya, ko fada da cikawa, da ke ga wasu mutane na musamman. Da zarar sun fadi abu, nan take zai kasance zama daya. Ana tattaro ruwan da mai kandun baka ya yi alwalla da su, a kuma zuba, ko a yayyafa wa wanda cutar kandun baka ta buge ya fadi sai ya sami waraka da ikon Allah (Hira da tatttaunawa da A. I. 'Y. Argungu: 07/05/2025).

A wasu lokuta, suturar mai kandun bakan ake samowa sai a jika ta da ruwa a shafe jikin wanda kandun bakan ya buge daga nan sai ya sami waraka (Hira da tatttaunawa da A. I. 'Y. Argungu: 07/05/2025).

3.13 Maganin Farfado da Somamme/Sumamme

Suma kamar yadda aka bayyana a Kamusun Hausa (2006), wani yanayi ne na daukewar numfashi da kuma fita daga hayyaci na dan lokaci. Mutumin kuma da ya samu kansa a irin wannan yanayi shi ake kira somamme. Hanya mafi sauƙi da sauri wajen farfado da wanda ya suma ita ce ta amfani da ruwa, musamman ruwan sanyi. Ana zuba ruwan ne ko a shafa a jikin wanda ya suma domin a samu ya farfado (Hira da tatttaunawa da A. I. 'Y. Argungu: 07/05/2025).

3.14 Maganin Cutar Maƙarar Maƙoshi

Cutar maƙarar maƙoshi cuta ce da ke samuwa a dalilin ci ko shan wani abinci ko abin sha wanda a yayin cin sa ko shan sa aka kuskure bai bi hanyar wucewar sa ta al'ada zuwa cikin ciki ba. Samuwar irin wannan yanayi shi yake haddasa cutar maƙarar maƙoshi a wurin mutum. Irin wannan yanayi yana da matuƙar haɗarin gaske. Idan ba a yi saurin daukar matakin gaggawa ba, yakan sa rayuwa ta galabaita, a wani lokaci har ta haddasa salwantar rayuwa. A matakin farko akan yi amfani da ruwa domin a samu a ceto rayuwar wanda abin ya shafa. Saboda haka, nan take ake samun ruwa a bai wa wanda matsalar ta shafa ya sha, a kuma nemi ya haɗiye ruwan da ƙarfi domin a samu a kuɓutar da shi (Hira da tatttaunawa da A. I. 'Y. Argungu: 07/05/2025).

3.15 Maganin Cutar Hawan Jini

Cutar hawan jini kamar yadda Zauro (2020 sh. 135), ya bayyana, yanayi ne da ake samu na takurewar magudanar jini da sa jinin ya kasa gudana yadda ya dace wanda hakan ke jawo kafofin zuciyar dan'adam ta kasa tura jini domin su kai ga sauran sassan jikin mutum. Kamar yadda Zauro (2020 p. 45), ya bayyana, cewa za a nemo ruwan kwakwa kullum a sha kafin a ci abinci har tsawon kwana bakwai. Za a sami waraka in sha Allahu.

3.16 Maganin Juwa/ Jiri/Hajijiya

Ana mafani da ruwan cikin jirgin ruwa wanda ya kwana a cikin jirgin domin a yi maganin juwa ko jiri. Za a riƙa bai wa wanda cutar ta shafa yana sha safe da yamma, ana kuma shafawa jiki. Za a sami waraka da ikon Allah (Hira da tattaunawa da Danhassan Ambursa: 07/05/2025).

3.17 Maganin Cutar Basir

Ana tafasa ruwa a zuba a wani mazubi. Mai fama da cutar basir zai iya zaunawa a ciki. Sai a bari sai sun sha iska sun kuma rage zafi, sai a nemi mai fama da cutar basir ya zauna a ciki domin ya yi gashi na wani lokaci. Yakan jira har sai ruwan ya huce a jikinsa sannan ya fita. Ana kyautata zaton samun lafiya daga ƙarshe idan an yi gashin irin yadda ya kamata (Hira da tattaunawa da Sani Shehu Dalijan, 20/5/2025).

3.18 Maganin Farfadiya da Shakuwa

Ana amfani da ruwan da suka kwana cikin jirgi, a tafasa su, sai a bai wa mai fama da lalurar farfadiya ya yi suraci/surace da su, domin samun waraka daga wannan lalurar. Haka kuma ya bayyana cewa, ana shan ruwan da suka kwana a cikin jirgi domin magance lalurar shakuwa wadda ta addabi mutum. Ya kuma bayyana cewa ruwan gorar kifi na maganin tarin lala. Idan aka sha, da ikon Allah za a sami waraka. (Danhassan Ambursa 21/5/2025)

4.0 Ruwa a Matsayin Mahadin Magani

A farkashin rukuni, an dubi ruwa ba a matsayinsa na magani shi karan kansa ba. An duba shi ne a matsayinsa na wani sinadari da ake amfani da shi domin a hada magani. Saboda haka abin lura a nan shi ne, baya ga matsayin ruwa na magani a karan kansa, har wa yau, yakan taka wata muhimmiyar rawa wajen hada magani. Ma'ana a nan, ruwa ya zama kanwa uwar hadi wadda ake amfani da shi domin a hada magunguna a Bahaushiyar al'ada. Binciken ya lura cewa, mafi rinjayen magungunan da ake samarwa a al'adar Bahaushe ana samar da su ne ta hanyar amfani da ruwa. Idan aka cire ruwa a wajen hada magungunan, da yawan magungunan da Bahaushe ke samarwa a gargajiyan, ba za su samu ba balle su yi wani tasiri a rayuwa.

4.1 Maganin Firgitar Yara (Ciwon Tsuntsu)

Gummi (2014 sh. 215) ya rawaita Labaran (2016 sh. 91) inda ya bayyana cewa, idan yaro na fama da ciwon tsuntsu, wato firgice-firgice ko zabure-zaburen da yara kan yi idan zazzabin masassara ya yi musu yawa

a jiki, masassaka kan samo *godar zomo* (wani haki ne) a hada shi da itacen tsiriri a dafa a riƙa ba yara masu irin wanna cutar. Da ikon Allah za a sami waraka. A nan ruwa ya zamo mahadin magani. Da shi ne za a dafa maganin.

4.2 Maganin Basir

Gummi (2014 sh. 215) ya sake ruwaito Labaran (2015 sh. 91) inda ya bayyana cewa, idan aka sami mai irin wannan cutar (basir), masassaka kan samo sassaken madaci a dafa ko a daka ana kunu da shi. Mai wannan lalura zai riƙa sha. Da izinin Allah ana samun waraka daga cutar basir.

Sani Shehu (Balance) a hirar da aka yi da shi ranar 29/09/2024 ya bayyana cewa, idan aka sami ganyen duman kada aka tafasa shi a ruwa aka riƙa zaunar da mai fama da cutar na 'yan kwanaki, za a sami waraka da iyawar Allah.

4.3 Maganin Baska

Idan aka samu mai wannan lalurar ta *baska*, masassaka kan samo itacen *bausha* da *kirya* a hada wuri daya a gisda a riƙa ba mai wannan lalurar yana sha yana wanka da ruwan. Za a yi hakan tsawon kwanaki, daga nan sai a sami waraka da ikon Allah. (Gummi, 2014 sh. 216)

4.4 Maganin Shawara

Labaran (2015 p. 91) yana cewa, idan aka sami mai cutar shawara, masassaka kan samo iccen *lado* da *hano* a yi tsiƙi da su ko a shanya idan sun bushe sai a daka garin su a riƙa sanya wa a kunu ko fura ana ba mai lalurar ciwon shawara. Cikin ikon Allah zai sami waraka.

4.5 Maganin Ciwon Ciki da Zafin Jiki da Ciwon Kai

Wushishi (2011 sh. 92) ya bayyana cewa, idan wannan lalurar ta addabi mutum, masassaka kan ba da taimako ta hanyar samo sassaken tafashiya. Za a jika ana sha ko a yi garinta a riƙa sanya shi a kunu ko a shayi ana sha, ko a abinci ana ci.

A farkashin wannan matsala ta ciwon ciki, Gummi (2014 sh. 217) ya bayyana cewa, a hirar da ya yi da Sa'adu Maza Minjibir, idan aka samu mai lalurar zafin jiki, masassaka sukan bayar da taimako ta hanyar amfani da sassaken *madaci* a jika shi. Mai lalurar zai riƙa sha. Ya kara da cewa, sukan ce a samo sassaken *malga* shi ma a jika ana sha. Ya kara da cewa, idan aka sami mai wannan lalura ta ciwon ciki, masassaka kan ce a samo sansamin dogon-yaro a saba a riƙa ba mai wannan lalura yana sha.

4.6 Maganin Shako a Kashe Tafki

Ana yin amfani da ruwan da aka iske cikin ramin *bodami* da wutsiyarsa, a hada maganin shako da kuma maganin kashe tafki. Wato, ruwa su ƙare ga tafki gaba daya, sai dai wata shekara idan an yi ruwa. (Mal. Suleman Kitarawa 31/04/2025)

4.7 Maganin Kamun Kifi da Kariyar Kai

Idan mutum ya mutu cikin ruwa, cikinsa ya cika da ruwa. In aka tausa cikinsa ruwan za su fito. Wadannan ruwan ana amfani da su domin a hada maganin kamun kifi da kare Bakabe daga ruwa su ci shi.

4.8 Maganin Basanyi

Ana hada mijirya, wadda take nau'i ce ta kifi mai jiki leme-leme wadda idan ka taɓa ta a ruwa za ka ji tamkar an yi ma shokin da wayar wutar lantarki. Akan hada minjiryar da ruwan karkashin gumbi, a yi shafi ga karhun basanyi domin duk kifi da Bakabe ya riƙa da hannunsa, to ba ya kuɓuce masa. (Alh. Garba Homa 31/05/2025)

4.9 Maganin Kariya Kai Daga Basarwar Kabawa a Gasar Kamun Kifi

An bayyana cewa, Bakabe na hada maganin kare kai daga cutar wani a buƙin kamun kifi. Idan ya kama babban kifi, akan mayar masa da shi kwado. To, shi ma idan ya shirya yakan ce ai ba kwado ba ne kifi ne. Amma, fa a cewar mai magana, yakan yi hakan ne ta hanyar hada nasa maganin kariyar, ta amfani da ruwa, da idon talibamban da turara talibamban da kuma addu'a ga cibin homarsa (Hira da tattaunawa da Daudu Danbabo 31/5/2025).

4.10 Maganin Kariyar Kai Na Ije Ko Jifa

Daga cikin nau'o'in wadannan magunguna; akwai wani abin da masassaka suke tanadi na magani domin kariyar kai daga ije ko jifar abokan gaba. Sana'ar sassaka, kamar sauran sana'o'i, ta tanadi mu'amala da hulɗa da cudanya da sauran al'ummomi daban-daban. A wasu lokuta irin wannan hulɗa da cudanya kan haifar da adawa da jayayya, a wani lokaci, har a sami husuma da gaba a sanadin wadannan mu'amuloli. Dalilin haka, masassaka sun kasance mutane masu tanadi na wasu magungunan kariya da ake hadawa da ruwa domin kariya daga ije ko jifa ta abokan hamayya ko gaba.

4.11 Maganin Ba da Mutum Wurin Gasar Kamun Kifi

Alh. Aminu H.M a hirar da aka yi da shi ranar 29/08/2024, ya bayyana cewa, Bakabe na hada maganin cutarwa ga ɗan uwansa Bakabe a wajen buƙin gasar kamun kifi. Ana amfani da ruwa da kuma gawar kwado da irin addu'o'i na Kabanci. Idan mutum ya kama kifi wurin gasar kamun kifi sai ya fito waje, sai ya ga cewa ai kwado ne ya kama, wato, an ba da shi ke nan.

4.12 Maganin Cizon Kifi Ko Sukar Kaya

Alhaji Musa Natsini, a hirar da aka yi da shi ya bayyana cewa, ana amfani da ruwa da bado a hada maganin cizon kifi da kuma sukar kayar kifi kamar su *karaya* da *zawai* da *bodami*.

4.13 Maganin Kabewar Ciki

Ana amfani da ruwan teku da kunfanta a hada maganin kabewar ciki wanda idan aka riƙa ba wa mai

fama da irin wannan lalular, to za a sami waraka in Allah ya so.

5.0 SAKAMAKON BINCIKE

Sakamakon da aikin ya fito da shi ya hada da abubuwa da dama. Da farko an fahimci cewa ruwa yakan taka rawa a magungunan gargajiya na Bahausha. Binciken ya fito da tarin magungunan da ake amfani da ruwa yayin samar da su. Cikinsu har da maganin kishirwa da na lala da sanyin gaɓoɓi da zafin zazzabi da sauransu.

A ɓangare guda kuwa, ko baya ga zaman ruwa a matsayin magani, yakan taka wata muhimmiyar rawa wajen hada magunguna a Bahaushiyar al'ada. Magungunan da ake hadawa da ruwa sun hada da na firgitar yara da maganin basir da shawara da na ciwon ciki, har ma da na kariya ko cutar da abokan hamayya.

Wannan bincike ya gano cewa akwai mutane daban-daban da suke da baiwa wajen samar da magungunan gargajiya da ake amfani da ruwa domin samun warakar cututtuka da suke addabar al'umma. Lallai ruwa yana da tasiri da gurbi na musamman yayin hada magungunan gargajiya a al'adar Hausawa.

5.1 Nadewa

Ruwa na daga cikin mafi muhimmancin abubuwan da rayuwar ɗan'adam ke buƙata. Idan babu ruwa, jiki ba zai iya gudanar da muhimman ayyuka na yau da kullum ba. Wannan binciken ya bi diddigin wuraren da ake amfani da ruwa a Matsayin magani da kuma inda ake amfani da ruwa a matsayin mahadin magunguna. Wannan aikin ya tabbatar muna da karin maganar Bahausha da ke cewa: "Har gobe ruwa na maganin dauda."

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