

## Ciladda Dabeecadda Isbeddesha



Ciladda dabeecadda isbeddesha waa xaalad caafimaad oo aad u daran. Dadka qaba waxaa la soo gudboonaada dabeecado aad isu beddela oo kala duwan.

Waxay u dhaxeeyaan in ay mararka qaarkooda qabaan tamar badan, "sarreysa" iyo/ama xanaaq dhawi, marka kalena ay noqdaan madluun iyo rajo la'aan, haddana ay halkoodii hore ku soo noqdaan. Badanaa, waxay qabaan dabeecado caadi ah. Dareenka sarreeya waxaa loo yaqaan waalli (mania). Dareenka hooseeyana waa niyad-jab.

Ciladda dareenka maskaxda ee durbadiiba isbeddela waxaa uu noqon karaa mid ay reeruhu isu gudbiyaan.



Caadi ahaan waxaa uu billawdaa dhammaadka qaangaarka ama xilliyada hore ee qof weyn la noqdo.

Haddii aad filaysid in aad qabtid, u sheeg dhakhtarkaaga. Baaritaan caafimaad ayaa kala saari kara xanuunada kale ee keeni kara isbeddelka dabeecadda.

Haddii aan la daaweyn, ciladda dabeecadda isbeddesha waxay keeni kartaa in uu dhibaato ku timaad xiriirka dadka kala dhaxeeya, shaqada iyo waxbarashada oo hooseysa, iyo xittaa in uu qofka is-dilo.



Hase ahaatee, waxaa jira habab loo daaweeyo oo waxtar leh: daawooyinka iyo "daaweynta hadalka". Isku dhafka labada ayaa caadi ahaan waxtar fiican leh.

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