



Umhlahlandlela wamaKhowe anobuthi KwaZulu-Natal

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Izikhathi, ngezikhathi kuba nemibiko evela kwabezindaba lapho kubikwa khona ngezehlakalo zamakhowe anobuthi noma anobungozi.

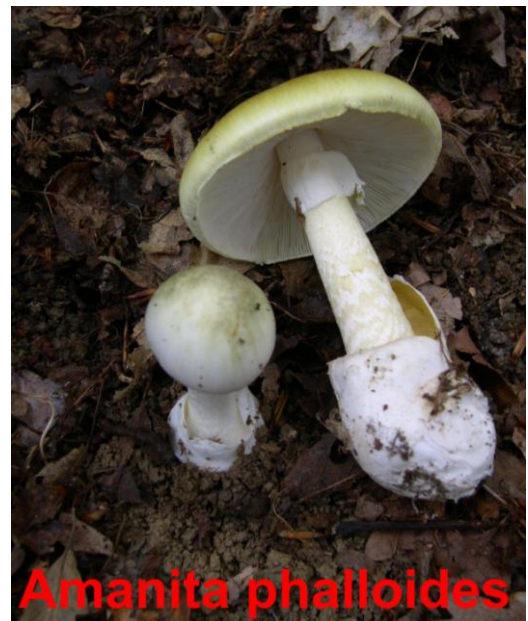
Okudabukisayo ngalemibiko ukuthi ivela kakhulu lapho kube nezigameko zokufa kwabantu. Kufanele kukhumbuleke ukuthi ukuze ikhowe liqhume futhi lithole (ikhowe elikhiwayo) kunezimo okufanele zibe khona njengomswakama, ukushisa nezinga lokukhanya okufanele kwenzekwe kanyekanye. Lezozimo esikhuluma ngazo lapha zitholakala eNtwasahlobo nasEhlobo.

ENingizimu Afrika yodwa kulinganiselwa ukuthi kunezinhlalo zamakhowe angaphezu kuka 171 500 (Gryzenhout, 2010). Okuyinkolelo ejwayelekile ukuthi wonke amakhowe anobuthi. Kanti lokhu akusilo iqiniso. Kuzozonke izinhlobo zamakhowe ezaziwayo emhlabeni, ezingaphansi kwephesenti elilodwa (<1%) kucatshangwa ukuthi zinobuthi noma ziyabulala (Chang and Miles, 2004). Kulawomakhowe izinhlobo ezingu 32 zibikwa ukuthi zinobuthi okungabangela ukufa kwabawadlayo (Ford *et al.*, 2001).

Kumele labo abakha amakhowe endle bangalenzi iphutha lokuwadla bengenalo ulwazi olwanele futhi baqaphele kakhulu ukuthi luhlobo luni lekhowe abalikhile ngaphambi kokulidla.

Ulwazi olujwayelekile lokuqaphela futhi babenolwazi ngezinhlobo zamakhowe ezidliwayo kanjalo nalezi ezingadliwa lubalulekile.

Kodwa kunamakhowe atshalwayo ezindaweni ezikhiqiza amakhowe, lokhu kuqaphela esikhuluma ngakho akudingeki ngoba abawatshalayo basuke sebewacwaningile bathola ukuthi akulungele ukudliwa abantu



Amanita phalloides
Isiboniso 1a: Isibonelo sekhowe elinobuthi elizimilela endle



Amanita pantherina
Isiboniso 1b: Isibonelo sekhowe elinobuthi lizimilela endle

Izinsumansumane

Ziningi izinsumansumane ngamakhowe asendle ezingesilo iqiniso. Kuyizinsumansumane okufanele kuthathwe kanjalo. Lezo zibala lokhu :

- Wonke amakhowe anobuthi.
- **Iqiniso:** Akusiwona onke amakhowe anobuthi.
- Amakhowe anobuthi anombala ongqamile. **Iqiniso:** Lawo anobuthi obukhulu (the “Death Cap”) amhlophe kwesinye isikhathi anombadlana oluhlaza ekhoweni. Ngaphansi abe mhlophe.
- Amakhowe anobuthi anuka futhi anambitheka kabi. **Iqiniso:** Amakhowe amaningi anobuthi ayadleka.
- Amakhowe anobuthi enza isipuni noma isihlanu sakudala esiyisiliva sibe mnyama.

- **Iqiniso:** Awekho amakhowe anobuthi anomphumela kwisiliva.
- Wonke amakhowe angadliwa uma nje ephekiwe. **Iqiniso:** ukuwapheka akuqedi ubuthi kulawo anobuthi.
- Ukuthi uma ephinki ngaphansi ungawadla. Okungesilo iqiniso.
- Ukuthinta amakhowe anobuthi uzofa. Okungesilo iqiniso.
- Amakhowe adliwayo ahlubuka kalula. **Iqiniso:** Iningi lamakhowe lihlubeka kalula.
- “Uma isilwane siwadla nami ngingawadla. **Iqiniso:** Ezinye izinambuzane nezilwane zidla amakhowe anobuthi abulalayo kubantu.



Isiboniso 2: Amanita pantherina ibonisa izinsumpa nendingiliza esiqwining (annulus)



Isiboniso 3: Amanita pantherina ibonisa isigaxa esiqwini nokumlophe ngaphansi

Umhlahlandlela wokukha amakhowe asendle

- **Yazi kahle amakhowe adliwayo ngokufunda izincwadi zamakhowe. Idla lawo kuphela okunesiqiniseko ukuthi ayadliwa. Uma unokungabaza ayeke!**
- Ngaphambi kokuthi uwadle amakhowe thola umuntu onolwazi olunzulu akusize ukuthi kuphephile yini ukuwadla. Amakhowe anezigameko zobuthi kakhulu uhlobo lwe *Amanita* futhi avamise ukuphambaniswa nezinhlobo ezidliwayo njengane *Agaricus* (Gryzenhout, 2010).
- Gwema amakhowe anezinsumpa (see Figure 2).
- Gwema amakhowe anenkomishi noma izigaxa esivela phansi esiqwini (see Figure 3).
- Gwema amakhowe anevuyili eseleyo esiqwini.
- Fundisa abantwana ukubuza kuqala ngaphambi kokukha noma ukuthinta amakhowe.
- Gwema amakhowe anombala omhlophe noma okhanyayo ngaphansi (see Figure 3).
- Gwema amakhowe anesiqu esinjengesigaxa.
- Gcina amanye amakhowe asendle engaphekiwe ukuze kuthi uma uba nenkinga kwazeke ukuthi luhlobo luni oludlile.

Wenzenjani uma uzizwa ungaphathekile kahle emuva kokudla amakhowe osola ukuthi anobuthi noma akugulisayo

- Phuthuma esibhedlela ngokushesha.
- Uma kwenzeka, thatha isampula lamakhowe owadlile uhambe nalo.
- Kufanele uchaze ukuthi luhlobo luni lamakhowe oludlile nokulandelana kwezehlakalo ngaphambi kokuwadla kanye nezimpawu ozizwayo.

- IZINOMBOLO ZESIMO ESIPHUTHUMAYO ZASE Tygerberg Poison Information Centre: 021 931 6129
- IZINOMBOLO ZESIMO ESIPHUTHUMAYO ZASE St Augustine's Hospital: 031 268 5559 noma 031 268 5030
- I website enosizo lodokotela ithi: http://academic.sun.za/stellmed/Articles/Basic_Sciences/AN10627.htm

Okuphathelele naloku:

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