

Jirkayga:
Habdhiska Taranka
Jirka
Bini-aadamka

My Body:
Human
Reproductive
Anatomy

As of January 1, 2010 Minnesota International Health Volunteers (MIHV) changed its name to WellShare International. Please visit our new website: www.WellShareInternational.org

Jirkayga: *Habdhiska Taranka Jirka Bini-aadamka*

My Body: *Human Reproductive Anatomy*

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Jirkayga:

Habdhiska Taranka Jirka Bini-aadamka

Buugan oo ku bilowdey codsasho nooga timid bulshada Soomaaliyeed iyo shaqaalaha daryeelka caafimaadka ee iyaga la shaqeeya, laguna qoro luqada af-Soomaaliga si loo baro habdhiska taranka jirka bini-aadamka. Ujeeddada loo sameynayo buugan waxay tahay inay ka caawinto bulshada Soomaaliyeed dhaqan ahaan iyo caafimaad ahaan si ay u ogaadaan caafimaadkooda. Buugan waxaa loogu tala galey inay isticmaalaan shaqaalaha daryeelka caafimaadka, dadka bara caafimaadka, bukaanka, ama macaamiishooda.

Buugan oo ay soo diyaariyeen shaqaalaha daryeelka caafimaadka, ayna kormeer ku sameeyeen dhakhaatiir Soomaali ah, kuwo aan Soomaali ahayn, iyo culamaa udiinta Soomaaliyeed.

Marka la soo xigto diinta islaamka, waa la ogol yahay in laga hadlo xubnaha taranka bini-aadamka haddii loo isticmaalayo waxbarasho ahaan (Kitaabka Quraanka, juska labbaad, aayada 223). Buugan waxaa loo isticmaaley sawiro kala gedisan iyo macnahooda si aad wax uga ogaatid habdhiska taranka jirka dumarka iyo ragga. Sawiradani waxay u sahli doonaan dadka iyagu danaynaya unugyada jirka, si loogu muujiyo iyo inay fahmaan sida ay u shaqeeyaan.

My Body:

Human Reproductive Anatomy

This booklet originated with requests from the Somali community and the health care providers who serve them for Somali-language education materials on human reproductive anatomy. Our objective in creating this booklet is to support culturally competent medical care for the Somali community and to empower the Somali community in the process. This book is intended for use by health care providers and health educators with their Somali patients or clients.

This booklet was created by clinical and public health staff and reviewed by both Somali and non-Somali physicians, as well as a Somali religious leader.

According to Islam, discussing human reproductive anatomy is allowed as long as it is for educational purposes (Quran Chapter, 2 verse 223). This booklet uses simple illustrations and basic definitions to describe the reproductive anatomy for both males and females. The picture format will assist those who want to identify and understand functions of the reproductive organs.

Nidaamka Taranka

Taranka — Tarmidu waxay la macno tahay, “inay abuurmaan markale” — inay abuurmaan marlabaad wax iyagii oo kale ah. Taranku waa marka dhirtu ay abuurto dhir kale, xayawaankuna abuurto xayawaano isaga oo kale ah.

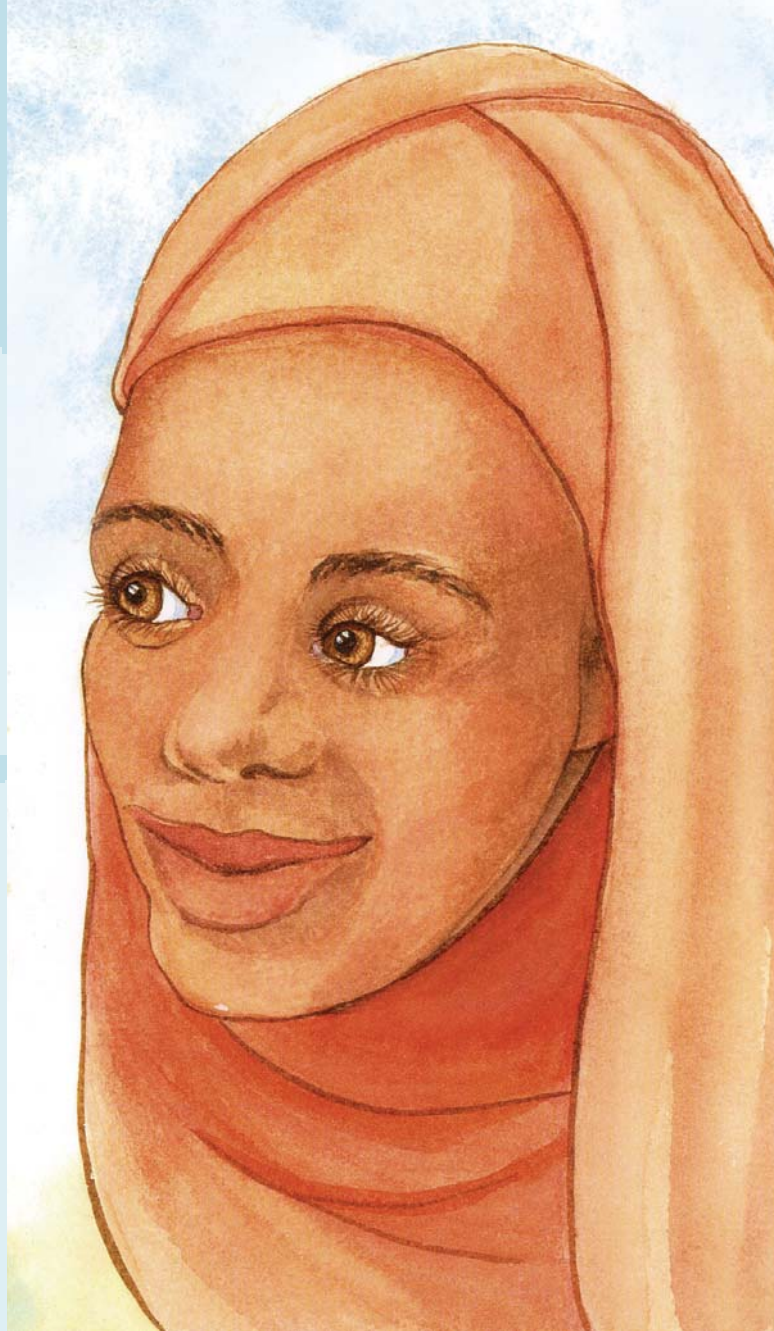
Jirka badankiisa — faraha lugaha, faraha gacmaha, sankaa, indhaha, gacmaha — waa iskaga mid dumarku iyo raggu. Jirka intiisa kale ee kala duwan waa waxa kala saara dumarka iyo ragga. Qeyb ka mid ah waxay ku taalaa jirka dibadiisa; inta kalena jirka dhexdiisa. Marka la isku daro qeybaha kala duwan ayaa waxaa la isku yiraahdaa nidaamka taranka. Waxaa intaa la xiriira inay tarmaan, ama abuurmo ilmuhu.

Reproductive System

Reproduction – To reproduce means “to make again” — to make the same thing again. Reproduction is how plants and animals make new plants and animals like themselves.

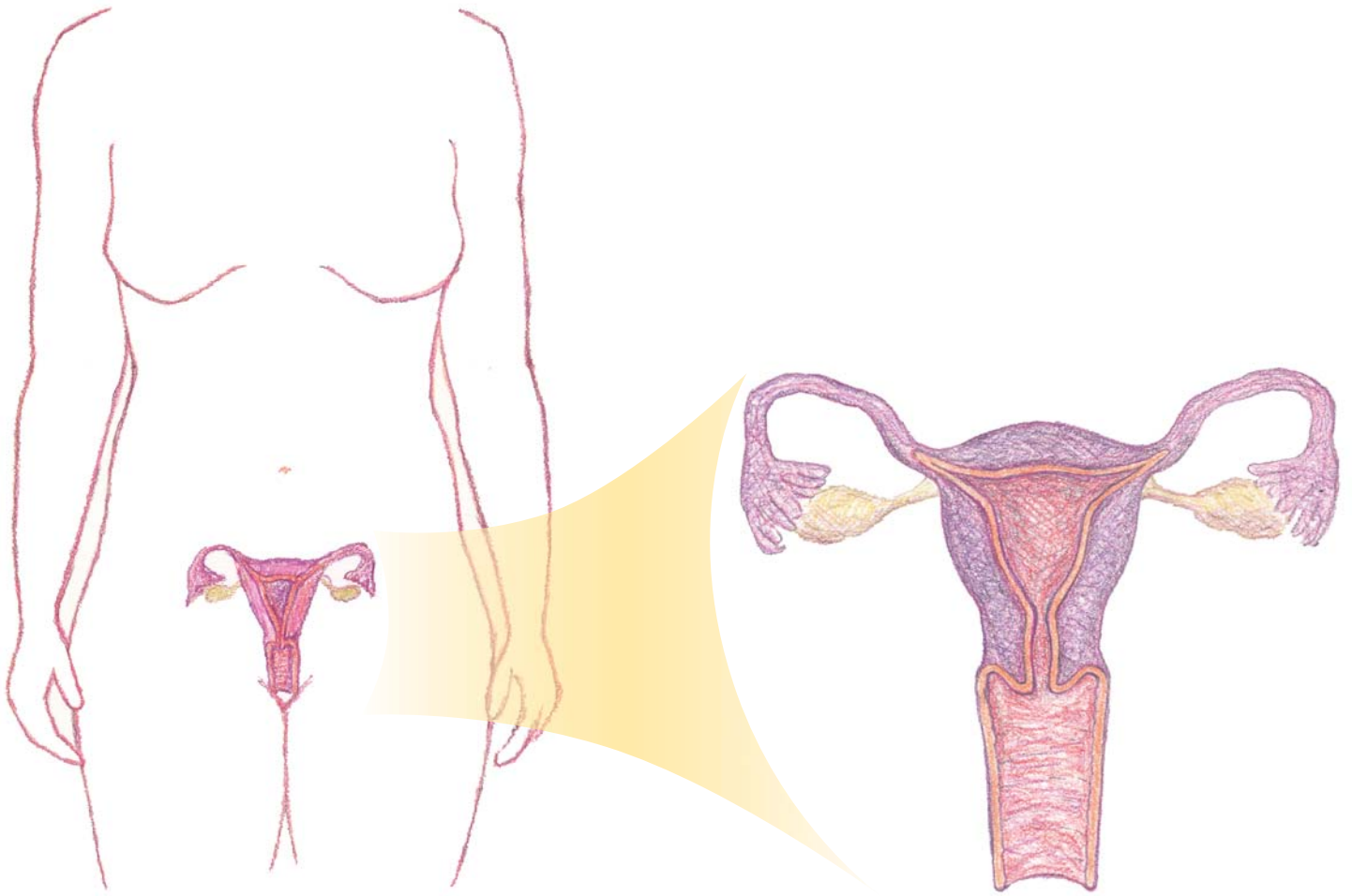
Most parts of our bodies — toes, fingers, noses, eyes, arms — are the same whether we are female or male. The parts that are different are the parts that make each person female or male. Some of these parts are on the outside of the body; other parts are on the inside. Together these parts are called the reproductive system. They are involved in reproduction, or making babies.

Habdhiska Taranka Dumarka



Female Reproductive System

Habdhiska Taranka Dumarka

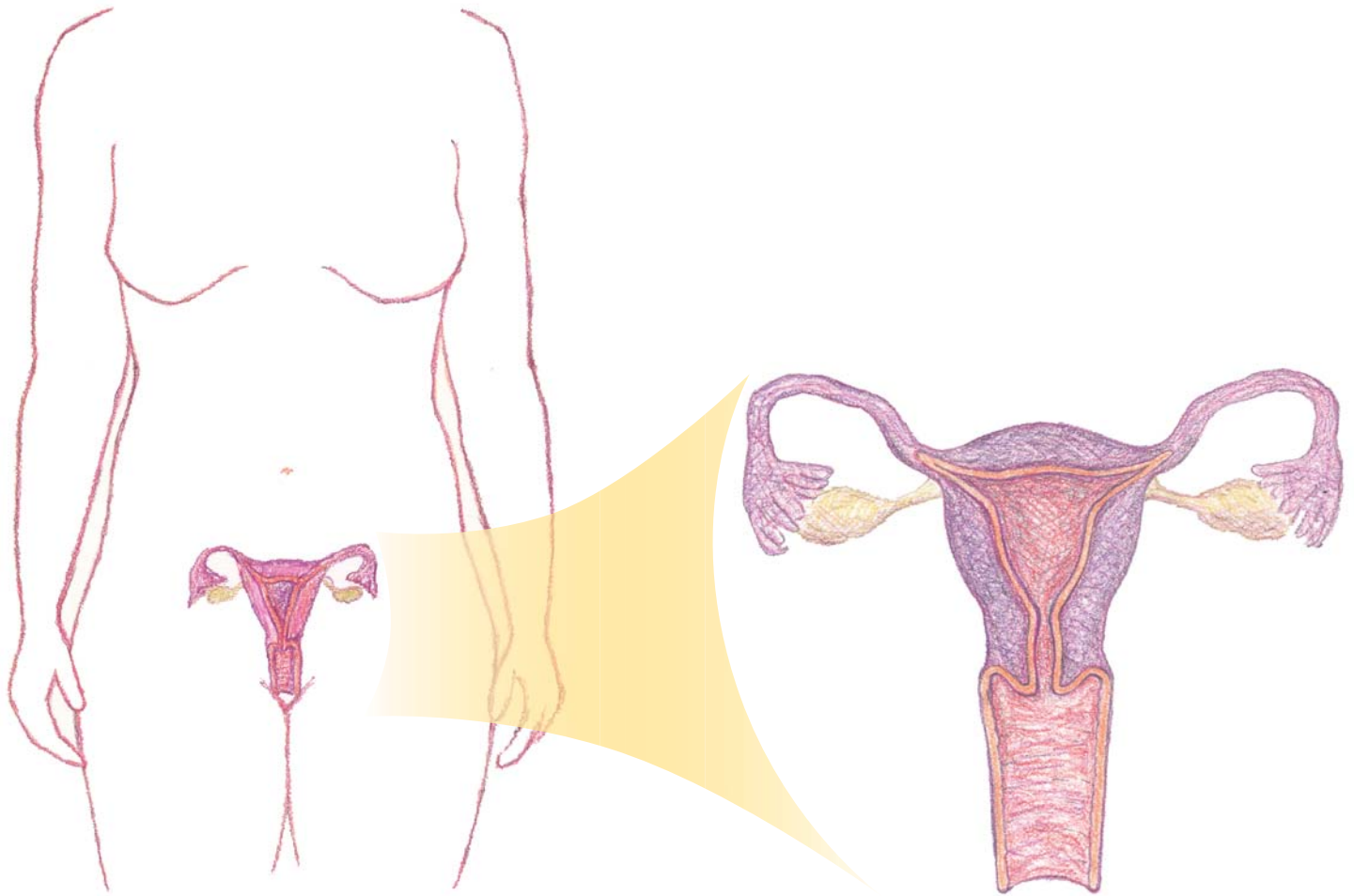


Unugyada taranka dumarka — ama qeybta abuurta ilmaha — waxay labaduba ku yaaliin jirka dhexdiisa iyo dibadiisa. Qeybta jirka ku dhexjirta waxay ku taalaa xudunta iyo caloosha hoostooda. Qeybta kale ee jirka dibada uga soo baxsan waxay ku taalaa labada lugood dhexdooda.

Habdhiska taranku wuxuu awood u siiyaa dumarka inay:

- Sameeyaan ugxanta
- Galmoodaan
- Nafaqeeyaan iyo inay kobciyaan ilmaha ilaa intuu ka dhalanayo
- Dhalaan

Female Reproductive System

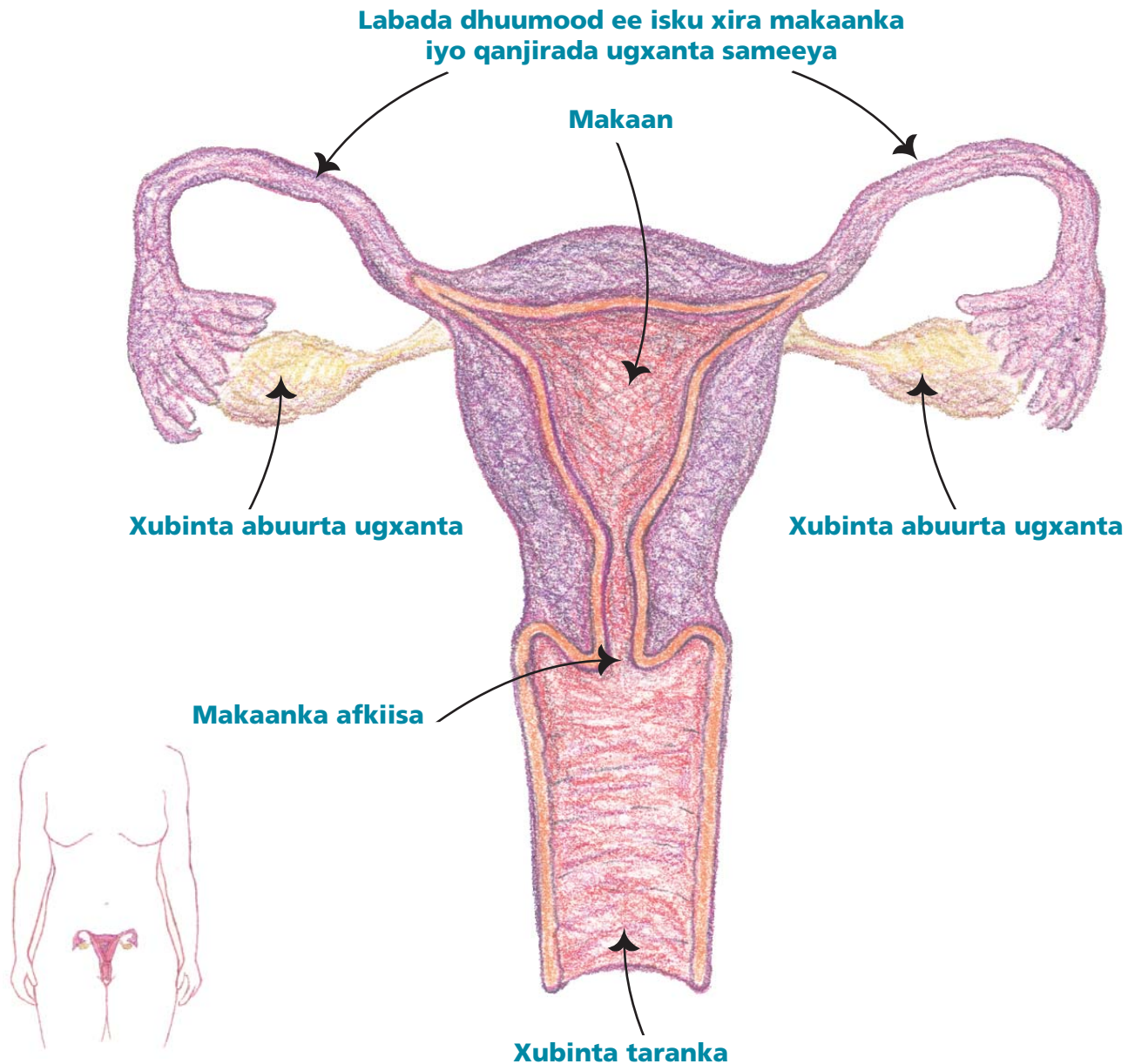


The female reproductive organs — or the parts that make a baby — are both inside the body and outside the body. The parts that are **INSIDE** are located below the bellybutton and under the stomach. The parts that are on the **OUTSIDE** are between a female's legs.

The reproductive system enables a woman to:

- Produce ova (eggs)
- Have sexual intercourse
- Nourish and hold a fetus until birth
- Give birth

Maxaa ku jira Gudaha Habdhisika Taranka Dumarka



Labada dhuumood ee isku xira makaanka iyo qanjirada ugxanta sameeya – Labada dhuumood ee ka soo qaada ugxanta makaanka dumarka geysana ilma-galeenka.

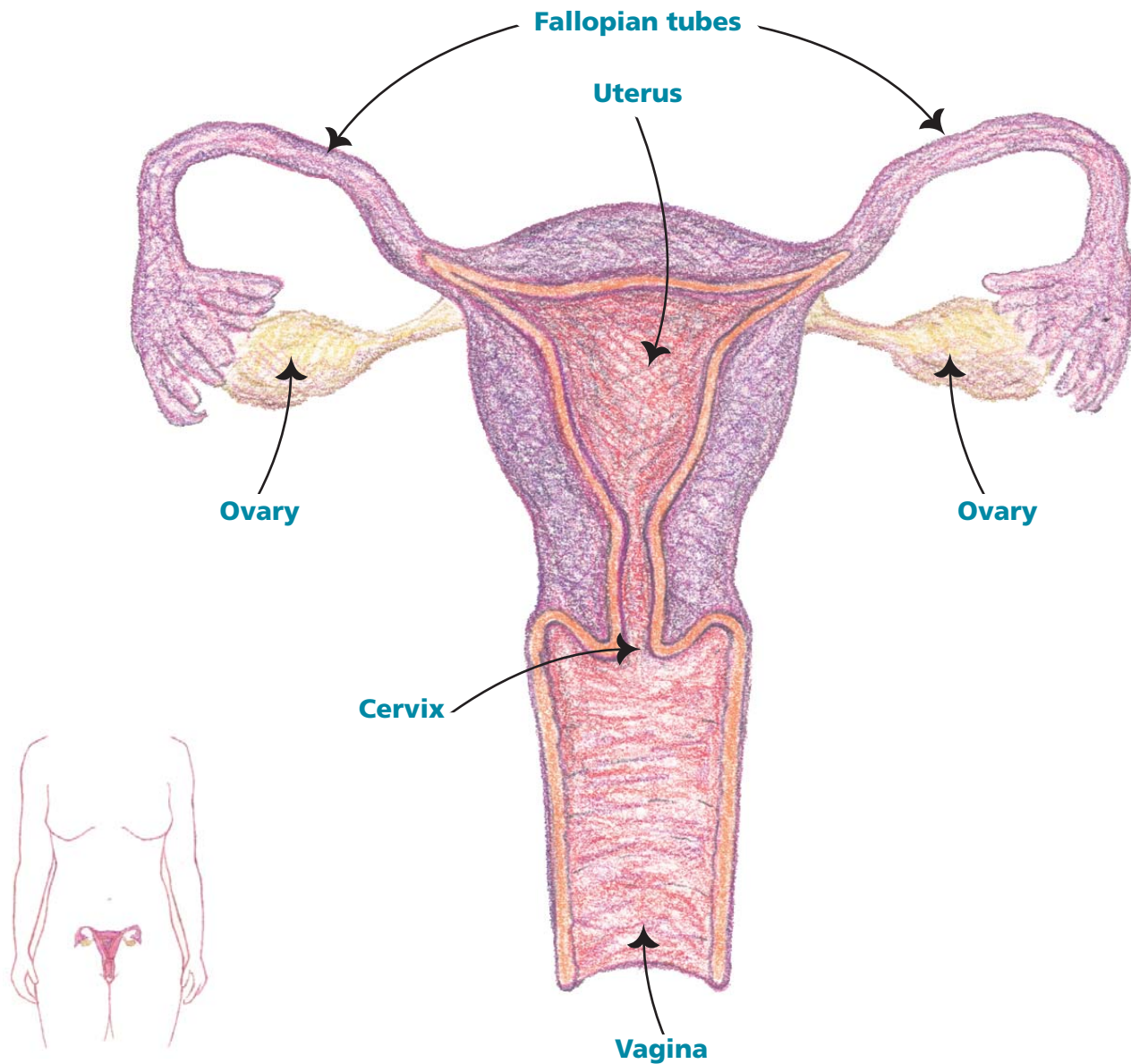
Makaan (Ilmo-galeen) – Waa xubinta ilmuhu ku dhex jiro, nafaqeyya ilaa intuu ka dhalanayo.

Xubinta abuurta ugxanta – Waa unugyada ku kala yaala labada dhinac ee ilma-galeenka oo sameeya ugxanta hadana sii daaya hoormoonka (dheecaano), sida estrogen, progesterone, and testosterone.

Makaanka afkiisa – Waa marinka isku xira ilma-galeenka iyo xubinta taranka. Kaasoo ku sii yaala qeybta hoose ee ilma-galeenka, si weyn u kala fida marka ilmuhu dhalanayaan.

Xubinta taranka – Waa unuga taranka ee dumarka, waana kanaal ka yimaada makaanka (Ilmo galeen), kuna yaala jirka dibadiisa. Loona yaqaan kanaalka dhalmada.

What's Inside the Female Reproductive System



Fallopian tubes – A pair of tubes that carry the released egg from the ovaries to the uterus.

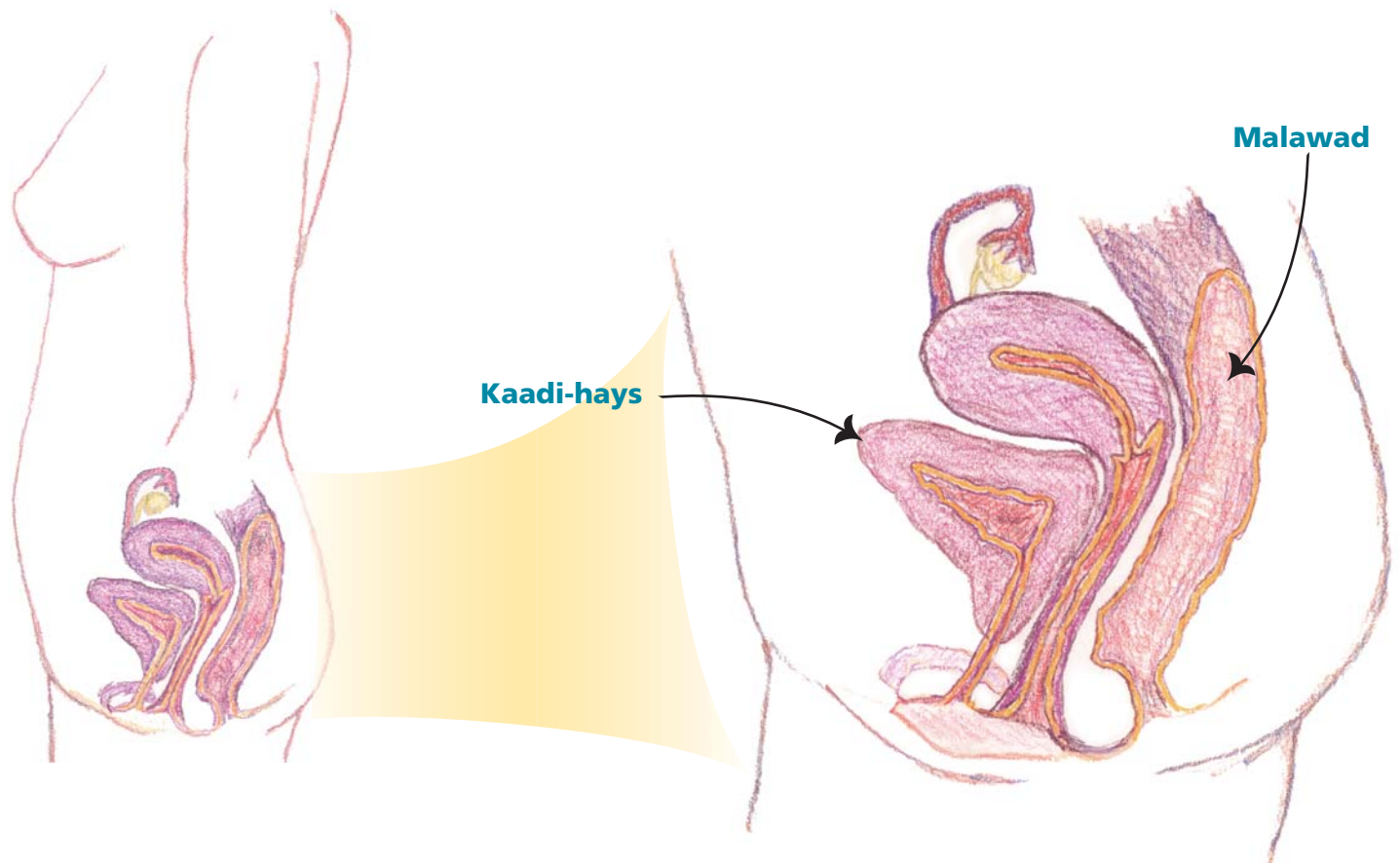
Uterus – A muscular organ where a fetus is held and nourished until birth.

Ovaries – A pair of organs located on each side of the uterus that produces eggs and hormones, such as estrogen, progesterone, and testosterone.

Cervix – Passage connecting the uterus to the vagina. This is in the lower portion of the uterus, and it expands (dilates) during childbirth.

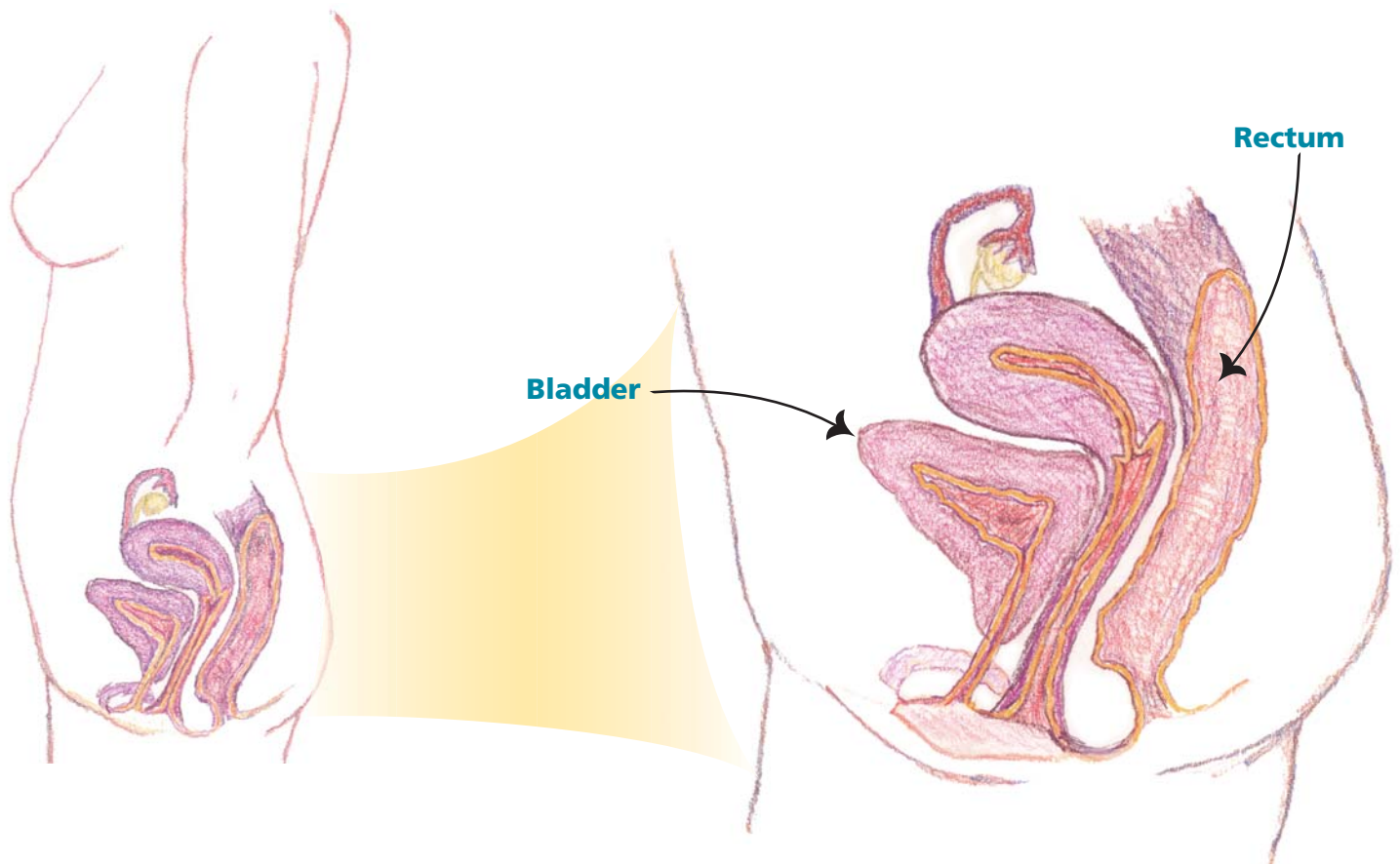
Vagina – Femal sexual organ used in intercourse. A canal that forms the passageway from the uterus to the outside of the body. Menstrual blood and babies pass through the vaginal opening. Also known as the birth canal.

Marka Laga Fiirsho Dhinacyada Habdhiska Taranka Dumarka



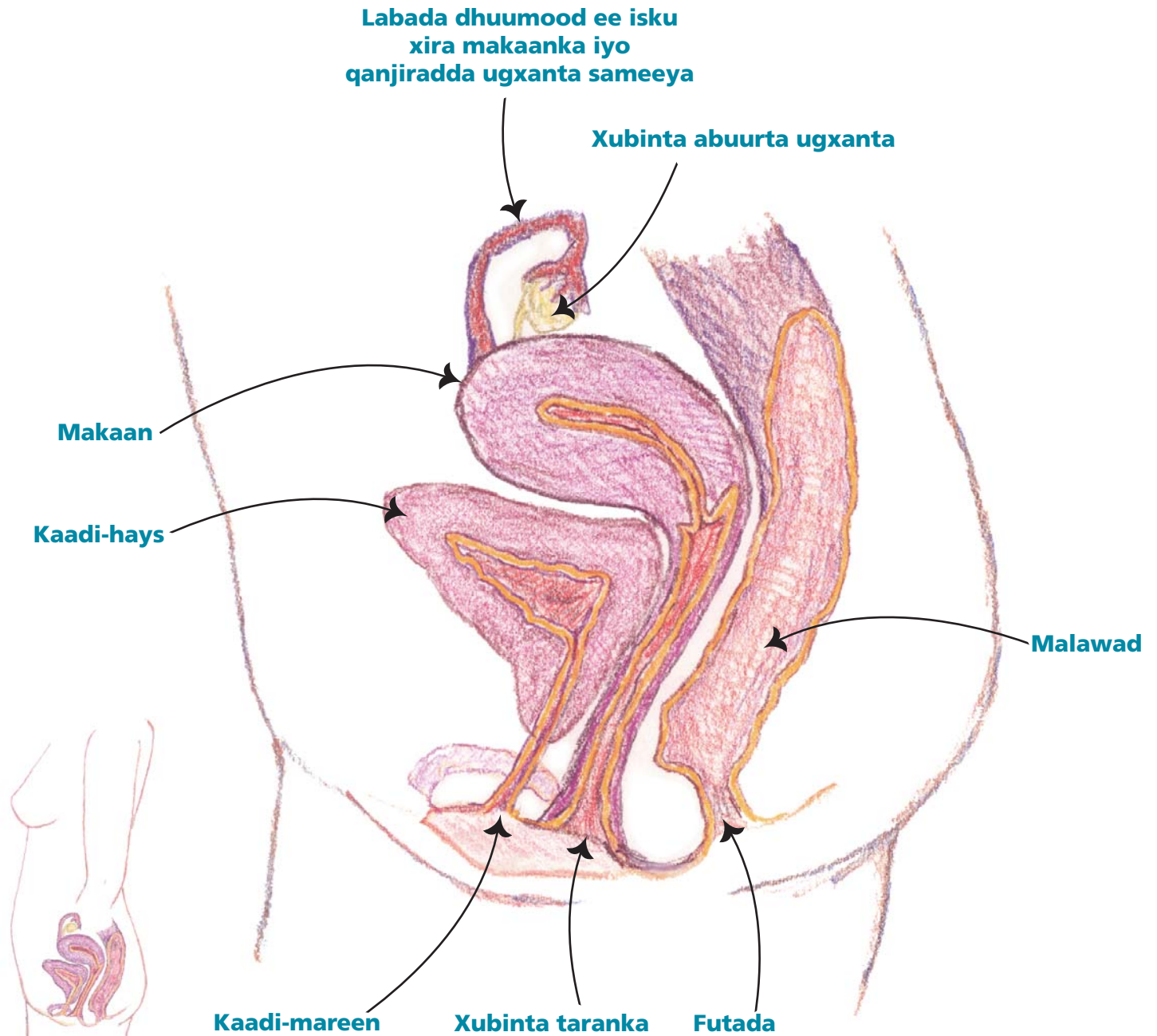
Markii laga fiiriyo dhinaca, unugyada taranka dumarku waxay ku yaaliin malawadka iyo kaadi-haysta dhexdooda.

A Side View of the Female Reproductive System



Looking from the side, the female reproductive organs are located between the rectum and bladder.

Marka Laga Fiiro Dhinacyada Habdhiska Taranka Dumarka



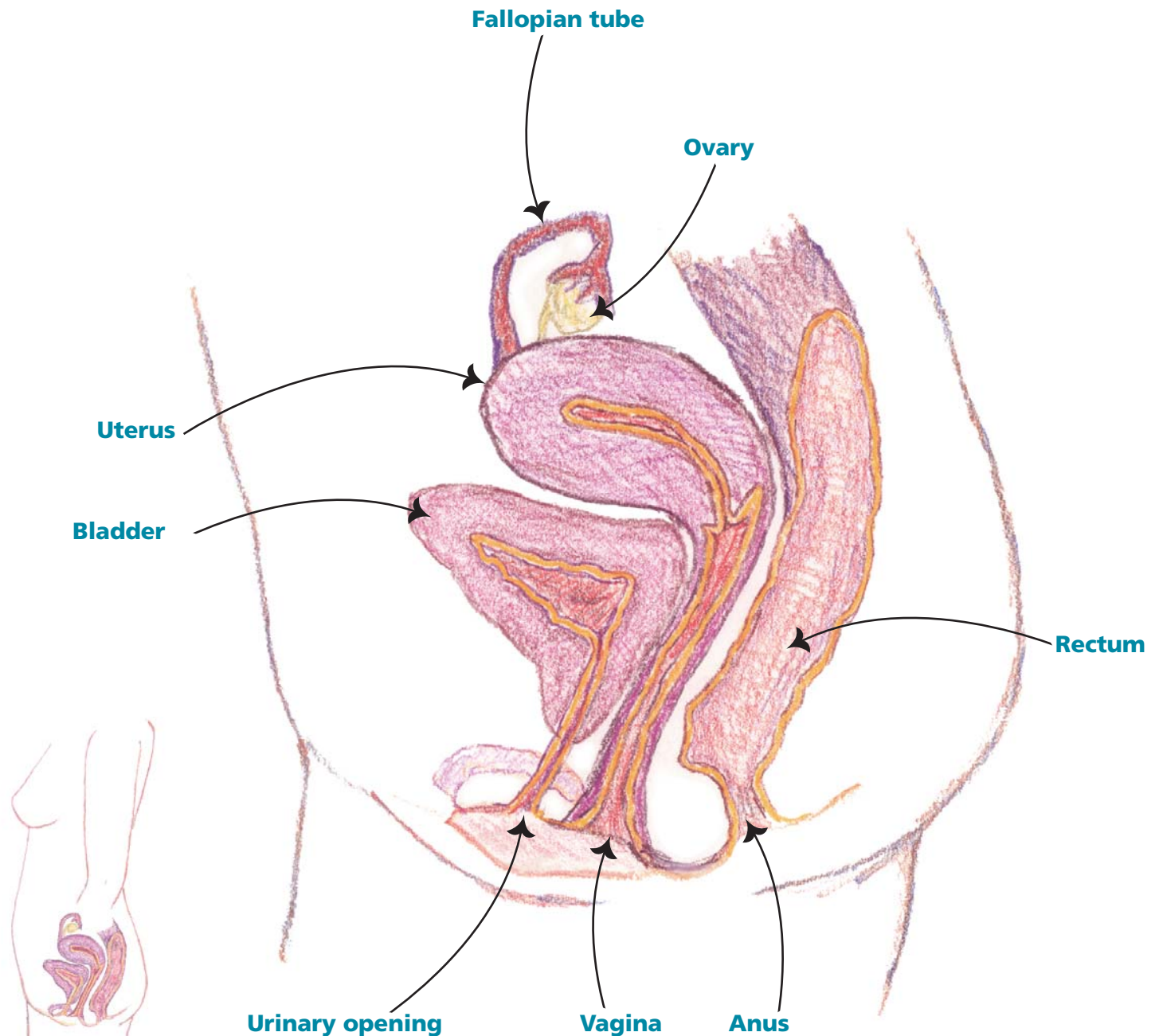
Kaadi-haysta – Waa xubinta kaadida keydisa.

Kaadi-mareenka – Waa tuubadda kaadidu soo marto, iyadoo kasoo qaada kaadi-haysta.

Futada – Marinka malawadka, dhamaadka dheef-mareenka, oo jirka banaanka uga soo saara saxarada.

Malawadka – Waa qeybta hoose ee ku taala mindihicirka dheer.

A Side View of the Female Reproductive System



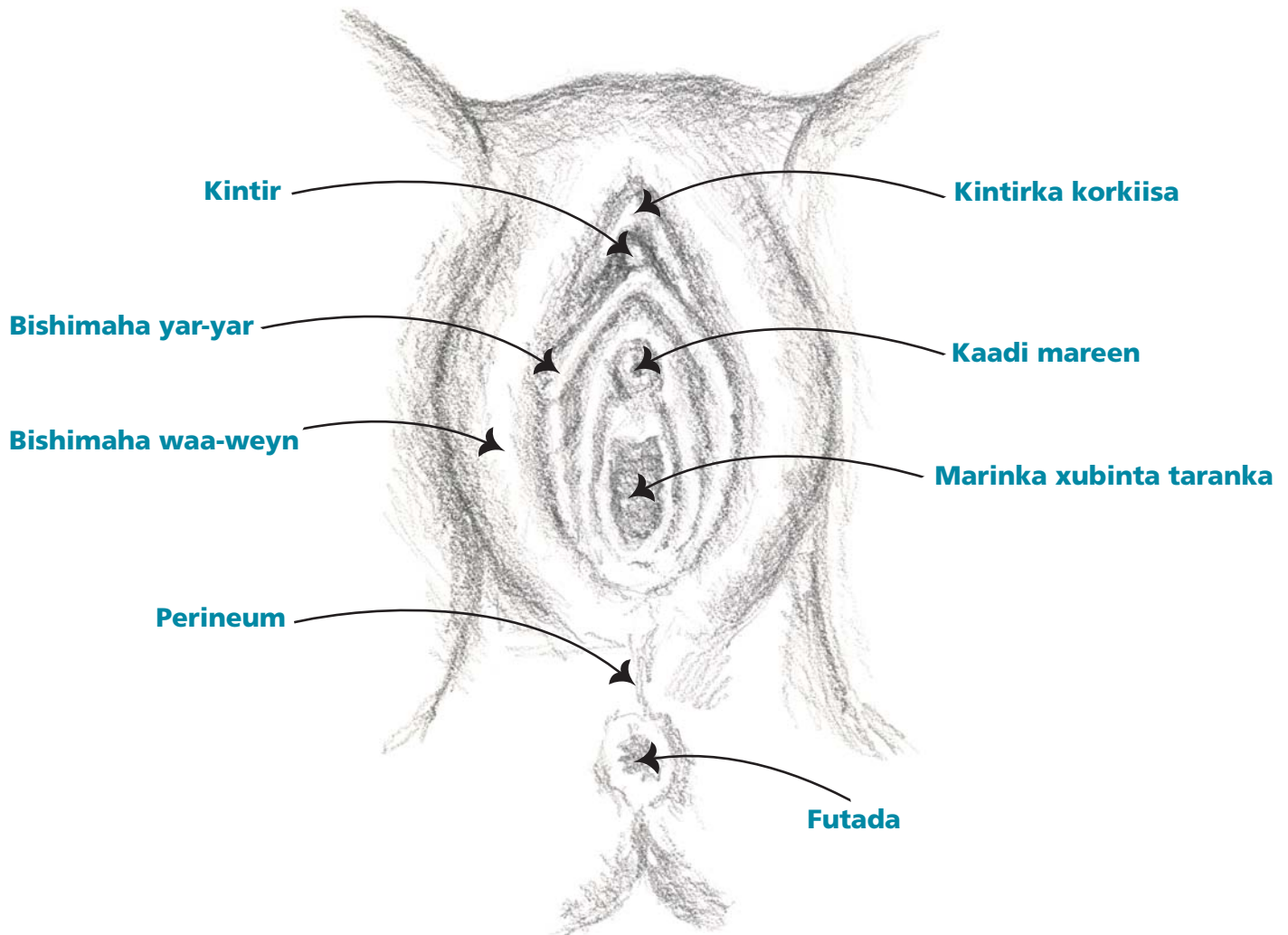
Bladder – An organ that stores urine.

Urinary opening – Opening of the urethra, the tube that eliminates urine from the bladder.

Anus – Opening of the rectum, the end of the digestive system, through which feces leave the body.

Rectum – The lower part of the large intestine where feces are stored before leaving the body.

Unugyada Taranka Dumarka ee Dibadda u soo Baxsan (ee aan gudneyn)



Kintir – Waa unug yar oo ku kor yaala xubinta taranka hadana markii la taabto dareenka qofku kaco.

Kintirka korkiisa – Waa jirka ku dhex yaala xubinta taranka.

Bishimaha yar-yar – Waa bishimaha yar-yar ee gudaha ku jira kuna xiriirsan kintirka.

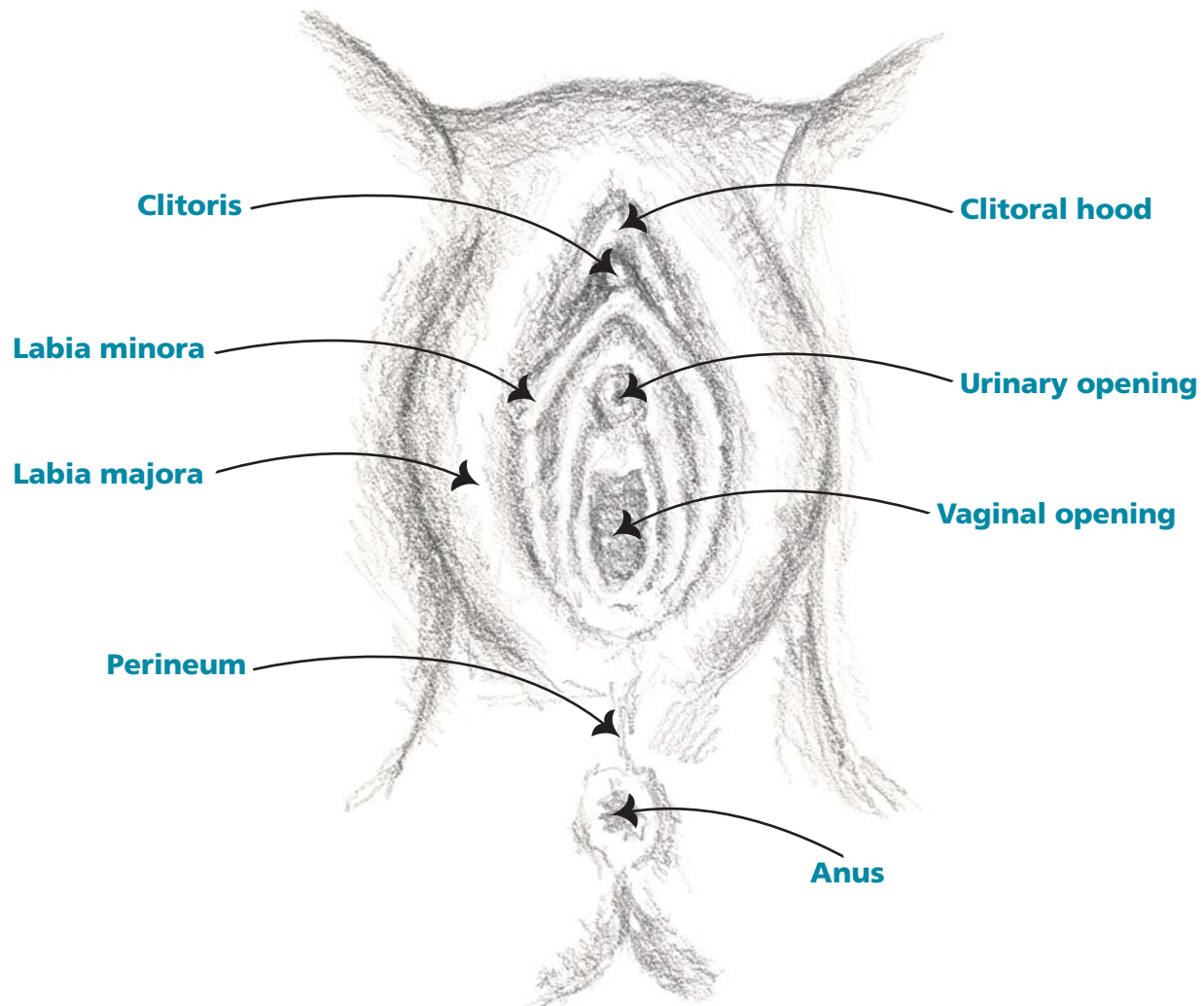
Bishimaha waa-weyn – Labada bishimood ee waa-weyn hadana daboolaa bishimaha yar-yar.

Vulva – Waa jirka jilicsan ee ku yaala dumarka labada lugood dhexdooda ee dhowra unugyada taranka.

Perineum – Waa meesha u dhaxaysa marinka taranka iyo futada, oo kala fida marka ilmuhu dhalanayo.

Marinka xubinta taranka – Waa xubinta taranka ee ay caadadu soo marto, ilmuhuna soo maraan.

External Genitalia of the Female Reproductive System (uncircumcised)



Clitoris – A small organ located at the top of the vulva that is sensitive to touch.

Clitoral hood – A fold of skin that surrounds the clitoris.

Labia minora – The two inner folds of the vulva that connect to the clitoris.

Labia majora – Two folds of skin that protect the labia minora.

Vulva – The folds of soft skin between a woman's legs that protect the reproductive organs.

Perineum – An area between the vaginal opening and the anus that stretches during childbirth.

Vaginal opening – Opening of the vagina, through which menstrual blood and babies pass.

Gudniinka Dumarka

Qaar ka mid ah dumarka adduunka ayaa waxay gudaan gabdhaha yar yar marka ay soo hanaqaadaan. Waxaa jira noocyo badan oo gudniinka ka mid ah — sida dadka kala duwan ama kala dhaqanka ah u gooyaan qeybaha kala duwan ee xubnaha taranka dumarka ee dibada u soo baxsan.

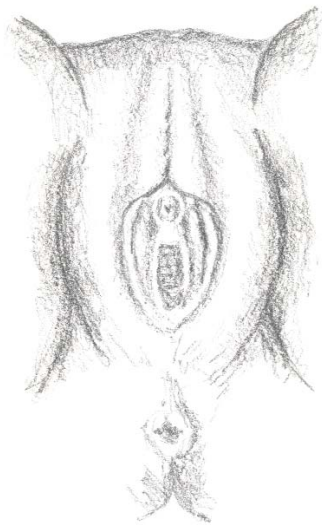
Iyadoo la ogsoon yahay in gudniinka dumarka ay ku dhaqmaan dad dhaqamo kala duwan leh, qarniyo badan. Ururka caafimaadka adduunka (World Health Organization) waxay ku howlan yihiin dhaqamadaan iyo sidii ay u joojin lahaayeen, iyadoo ay kala soo gudboonaatey dhibaatooyin fara badan, ee xaga caafimaadka dartiis. Maraykanka iyo wadamo badan ee adduunka, gudniinka dumarka waa ka mamnuuc sharci ahaan. Dad badan oo khuburada Islaamka ka mid ah ayaa waxay isku raaceen in diinta Islaamka ay mamnuuc ka tahay gudida dumarka, markii la soo xigto xadiiskan saxiixiga ah, “Maahan in la waxyeeleeyo ama dhib la gaarsiiyo qofka naftiisa ama dadka oo idil.” Waa muhiim in shaqaalaha daryeelka caafimaadku ay daryeelaan dumarka gudan si xurmaysan, iyo inay kala hadlaan kala dheeraynta dhallaanka.



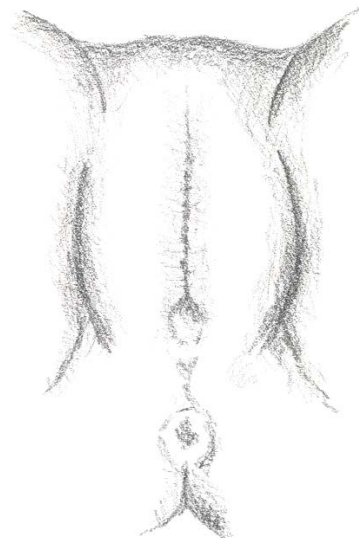
Xubinta dumarka ee aan gudneyn



Qeybta I aad ee gudniinka dumarka



Qeybta II aad ee gudniinka dumarka



Qeybta III aad ee gudniinka dumarka

Female Circumcision

Some women in certain cultures around the world perform circumcision of young girls as a rite of passage. There are various degrees of circumcision — that is, different people or cultures remove different parts of the external female genitalia.

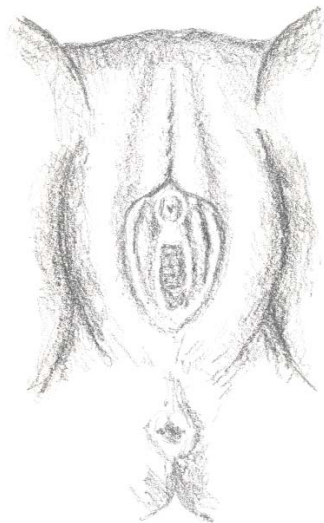
While female circumcision has been practiced by many cultures for centuries, the World Health Organization is now working on eliminating the practice due to the medical complications it causes. In the United States and many other countries, female circumcision is prohibited by law. In addition, many Islamic scholars agree that female circumcision is prohibited in Islam based on the authentic hadith, “There shall be no infliction of harm on oneself or others.” It is essential that all health care providers treat circumcised women with respect and discuss reproductive health care options with them.



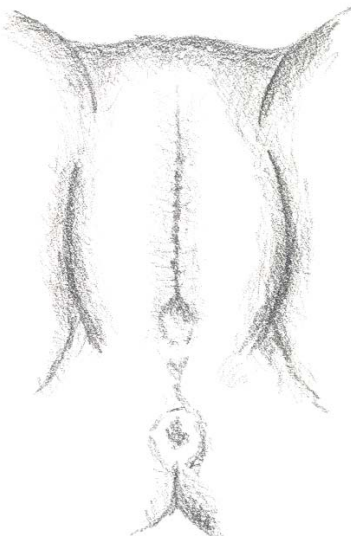
Unaltered female genitalia



Type I female circumcision



Type II female circumcision



Type III female circumcision

Qeybta I aad ee Gudniinka Dumarka



Xubinta dumarka ee aan gudneyn

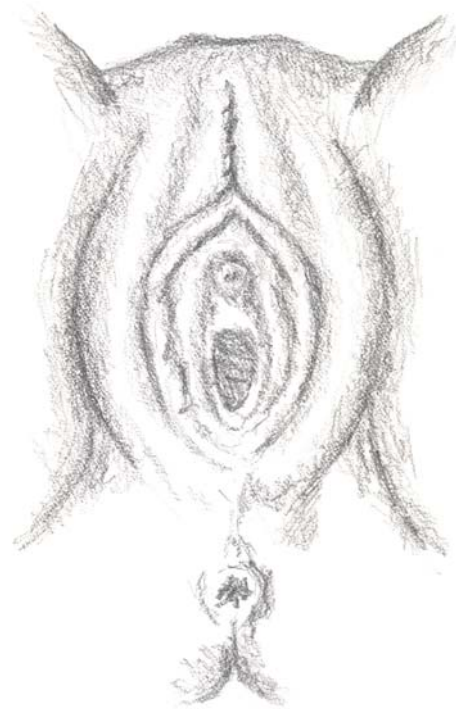


Qeybta 1-aad ee gudniinka dumarka iyadoo la gooyo kintirka korskiisa in yar ama iyadoo dhan.

Type I Female Circumcision



Unaltered external female genitalia



Type I female circumcision is the removal of the clitoral hood with or without the removal of part or all of the clitoris.

Qeybta II aad ee Gudniinka Dumarka



Xubinta dumarka ee aan gudneyn



Qeybta II-aad ee gudniinka dumarka, iyadoo la goynayo kintirka wax yar ama qeyb ka mid ah bishimaha yar-yar ama iyadoo dhan.

Type II Female Circumcision



Unaltered external female genitalia

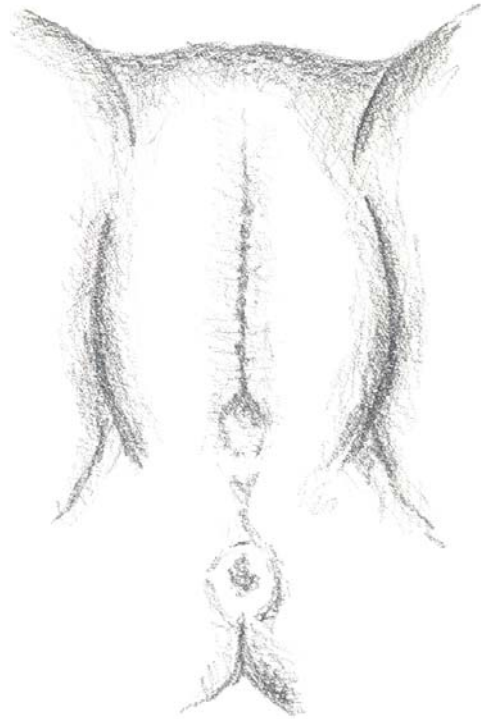


Type II female circumcision is the removal of the clitoral hood and clitoris along with the removal of part or all of the labia minora.

Qeybta III aad ee Gudniinka Dumarka



Xubinta dumarka ee aan gudneyn

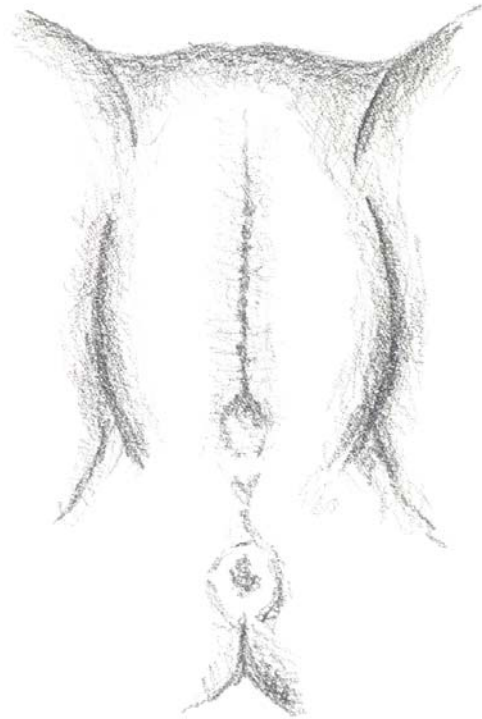


Qeybta III-aad ee gudniinka dumarka iyadoo la goynayo qeyb ka mid ah xubnaha taranka ee dibada u soo baxsan, ama iyagoo dhan, la isku tolo, lana yareeyo marinka xubinta taranka (infibulation).

Type III Female Circumcision



Unaltered external female genitalia



Type III female circumcision is the removal of part or all of the external genitalia and stitching/narrowing of the vaginal opening (infibulation).

Habdhiska Taranka Dumarka iyo Erayada Cusub iyo Macnahooda

Futada – Marinka malawadka, dhamaadka dheef-mareenka, oo jirka banaanka uga soo saara saxarada.

Kaadi-haysta – Waa xubinta kaadida keydisa.

Makaanka afkiisa – Waa marinka isku xira ilma-galeenka iyo xubinta taranka. Kaasoo ku sii yaala qeybta hoose ee ilma-galeenka, si weyn u kala fida marka ilmuhu dhalanayaan.

Kintir – Waa unug yar oo ku kor yaala xubinta taranka hadana markii la taabto dareenka qofku kaco.

Kintirka korkiisa – Waa jirka ku dhex yaala xubinta taranka.

Labada dhuumood ee isku xira makaanka iyo qanjirada ugxanta sameeya – Labada dhuumood ee ka soo qaada ugxanta makaanka dumarka geysana ilma-galeenka.

Bishimaha waa-weyn – Labada bishimood ee waa-weyn hadana daboolaa bishimaha yar-yar.

Bishimaha yar-yar – Waa bishimaha yar-yar ee gudaha ku jira kuna xiriirsan kintirka.

Ova – Unuga taranka ee dumarka, ama loo yaqaan ugxanta. Marka ay is dhex galaan manida/shahwada ragga waxaa ka abuurma ilmaha.

Xubinta abuurta ugxanta – Waa unugyada ku kala yaala labada dhinac ee ilma-galeenka oo sameeya ugxanta hadana sii daaya hoormoonka (dheecaano), sida estrogen, progesterone, and testosterone.

Perineum – Waa meesha u dhaxaysa marinka taranka iyo futada, oo kala fida marka ilmuhu dhalanayo.

Malawadka – Waa qeybta hoose ee ku taala mindihicirka dheer.

Kaadi-mareenka – Waa tuubadda kaadidu soo marto, iyadoo kasoo qaada kaadi-haysta.

Makaan (Ilmo-galeen) – Waa xubinta ilmuhu ku dhex jiro, nafaqeyya ilaa intuu ka dhalanayo.

Xubinta taranka (Siil) – Waa unuga taranka ee dumarka, waana kanaal ka yimaada makaanka (Ilmo galeen), kuna yaala jirka dibadiisa. Loona yaqaan kanaalka dhalmada.

Marinka xubinta taranka – Waa xubinta taranka ee ay caadadu soo marto, ilmuhuna soo maraan.

Vulva – Waa jirka jilicsan ee ku yaala dumarka labada lugood dhexdooda ee dhowra unugyada taranka.

Female Reproductive System Glossary

Anus – Opening of the rectum, the end of the digestive system, through which feces leave the body.

Bladder – An organ that stores urine.

Cervix – Passage connecting the uterus to the vagina. This is in the lower portion of the uterus, and it expands (dilates) greatly during childbirth.

Clitoris – A small organ located at the top of the vulva that is sensitive to touch.

Clitoral hood – A fold of skin that surrounds the clitoris.

Fallopian tubes – A pair of tubes that carry the released egg from the ovaries to the uterus.

Labia majora – Two folds of skin that protect the labia minora.

Labia minora – The two inner folds of the vulva that connect to the clitoris.

Ova – The female reproductive cell, or egg. When joined with a male's sperm, develops into a baby.

Ovaries – A pair of organs located on either side of the uterus that produces eggs and hormones, such as estrogen, progesterone, and testosterone.

Perineum – An area between the vaginal opening and the anus which stretches during childbirth.

Rectum – The lower part of the large intestine where feces are stored before leaving the body.

Urinary opening – Opening of the urethra, the tube that eliminates urine from the bladder.

Uterus – A muscular organ where a fetus is held and nourished until birth.

Vagina – Female sexual organ used in intercourse. A canal that forms the passageway from the uterus to the outside of the body. Menstrual blood and babies pass through the vaginal opening. Also known as the birth canal.

Vaginal opening – Opening of the vagina, through which menstrual blood and babies pass.

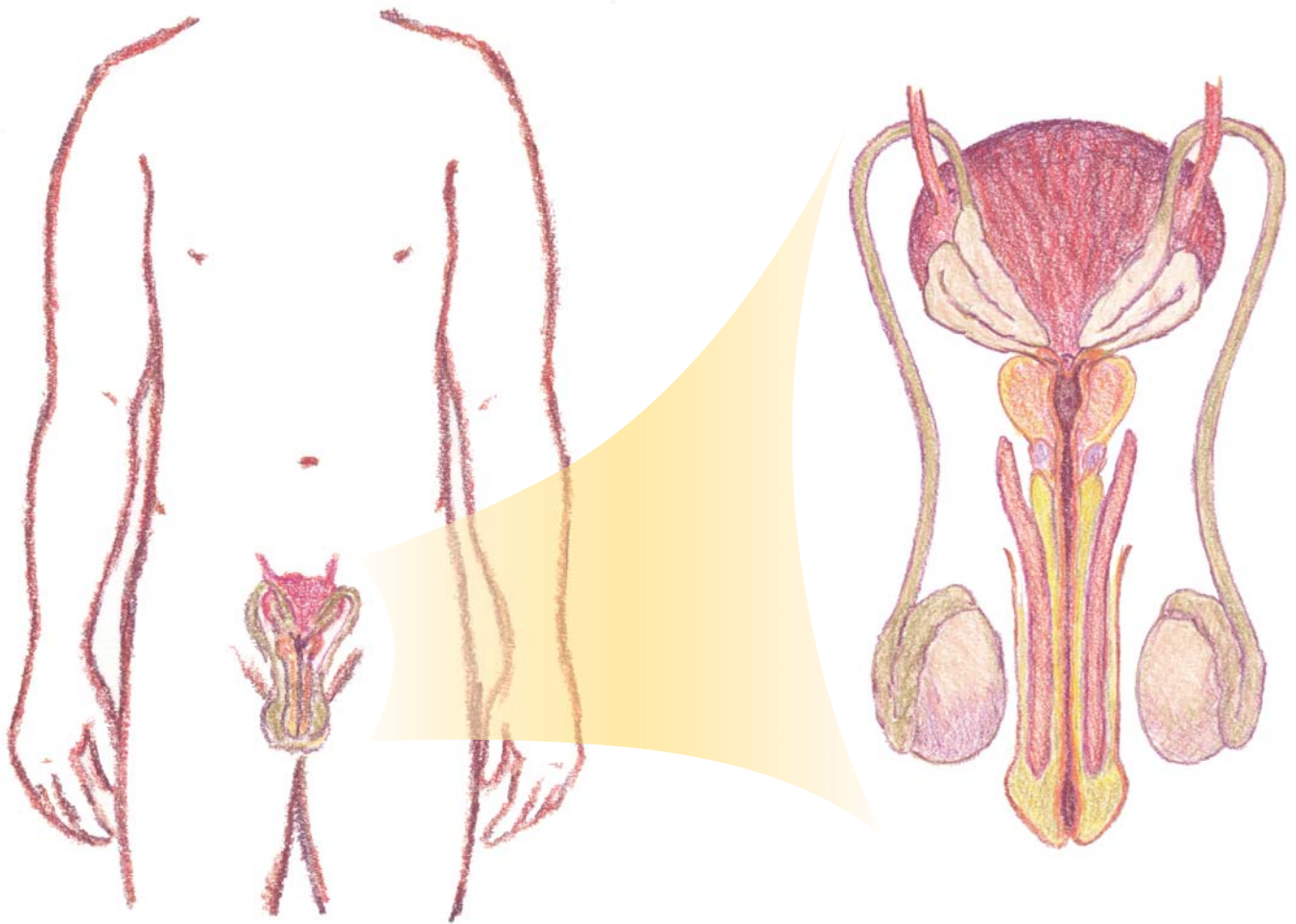
Vulva – The folds of soft skin between a woman's legs that protect the reproductive organs.

Habdhiska Taranka Ragga



Male Reproductive System

Habdhiska Taranka Ragga



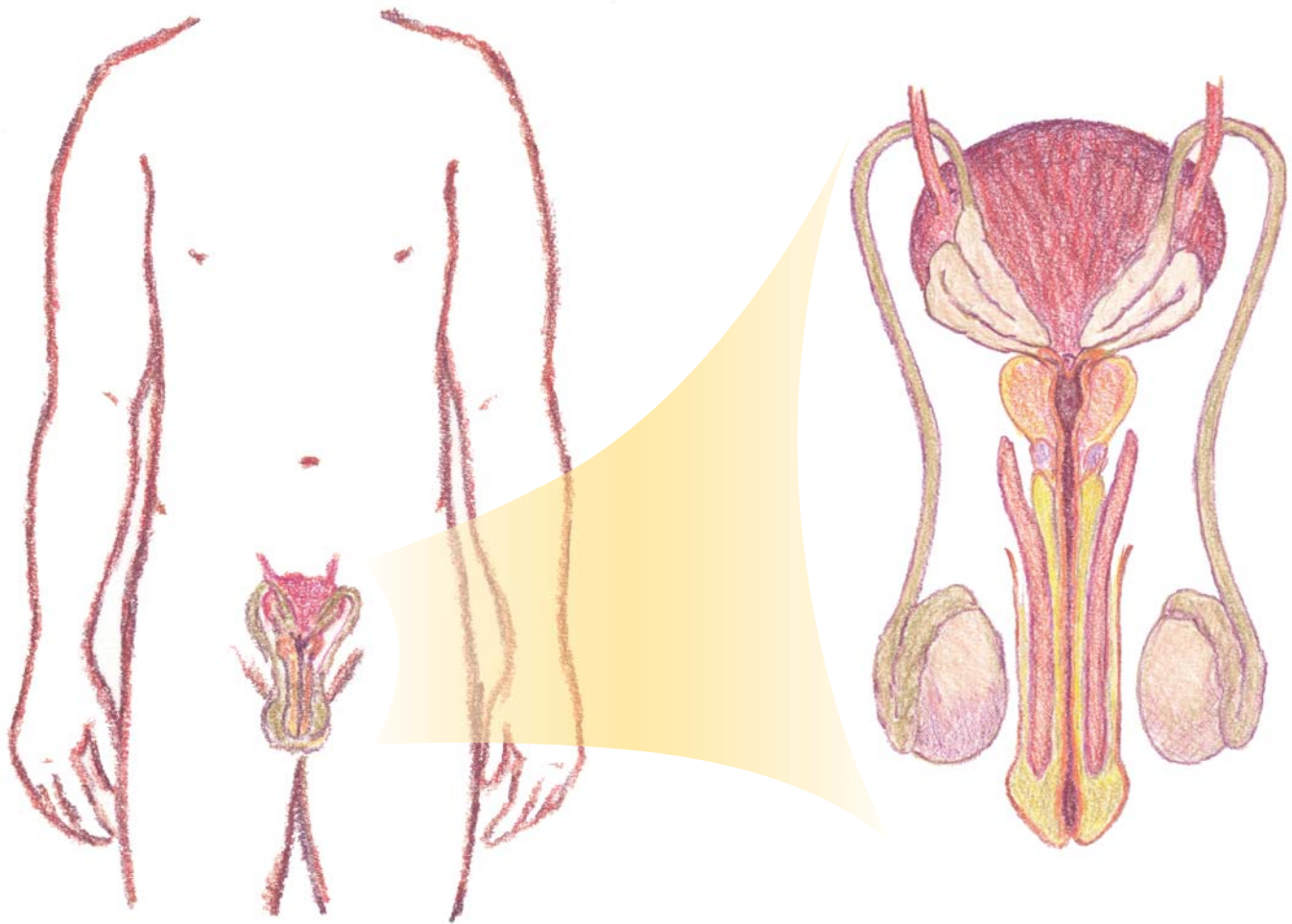
Habdhiska Taranka Ragga

Unugyada taranka ragga — ama qeybta abuurta ilmaha — waxay labaduba ku yaaliin jirka dhexdiisa iyo dibadiisa. Qeybta jirka ku dhexjirta waxay ku taalaa xudunta iyo caloosha hoostooda. Qeybta kale ee jirka dibada uga soo baxsan waxay ku taalaa labada lugood dhexdooda.

Habdhiska taranku wuxuu awood u siiyaa ragga inay:

- Sameeyaan manida ama shahwada
- Galmoodaan
- Ka-kaadiyaan
- Biyo-baxaan

Male Reproductive System



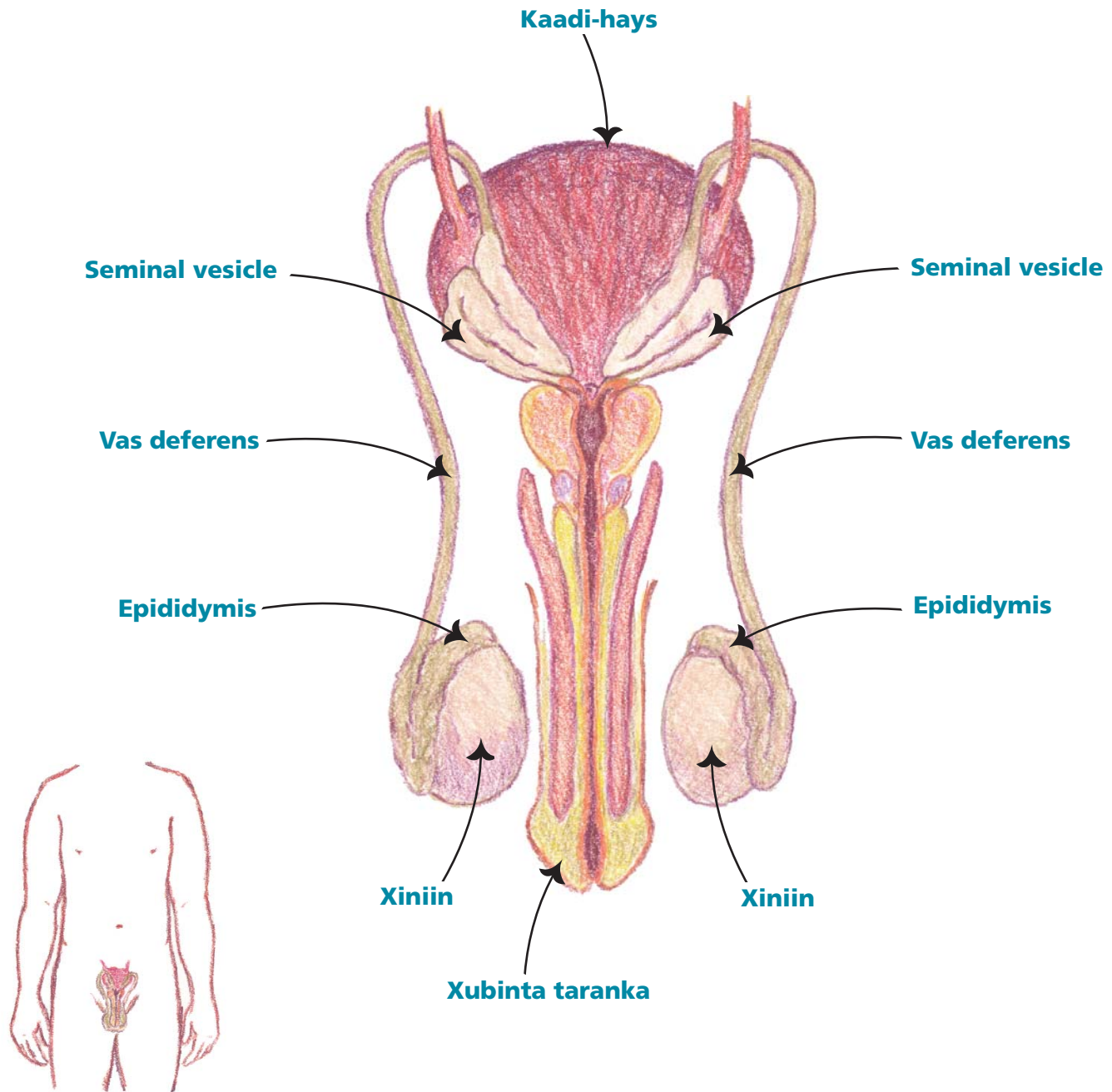
Male Reproductive System

The male reproductive organs — or the parts that make a baby — are both inside the body and outside the body. The parts that are **INSIDE** are located below the bellybutton and under the stomach. The parts on the **OUTSIDE** hang between a man's legs.

The reproductive system enables a man to:

- Produce sperm
- Have sexual intercourse
- Urinate
- Ejaculate

Maxaa ku jira Gudaha Habdhiska Taranka Ragga



Seminal vesicles – Waa laba qanjir oo soo daaya dheecaanka la socda manida ama shahwada qeybta ugu badan.

Kaadi-haysta – Waa xubin kaadida lagu keydiyo

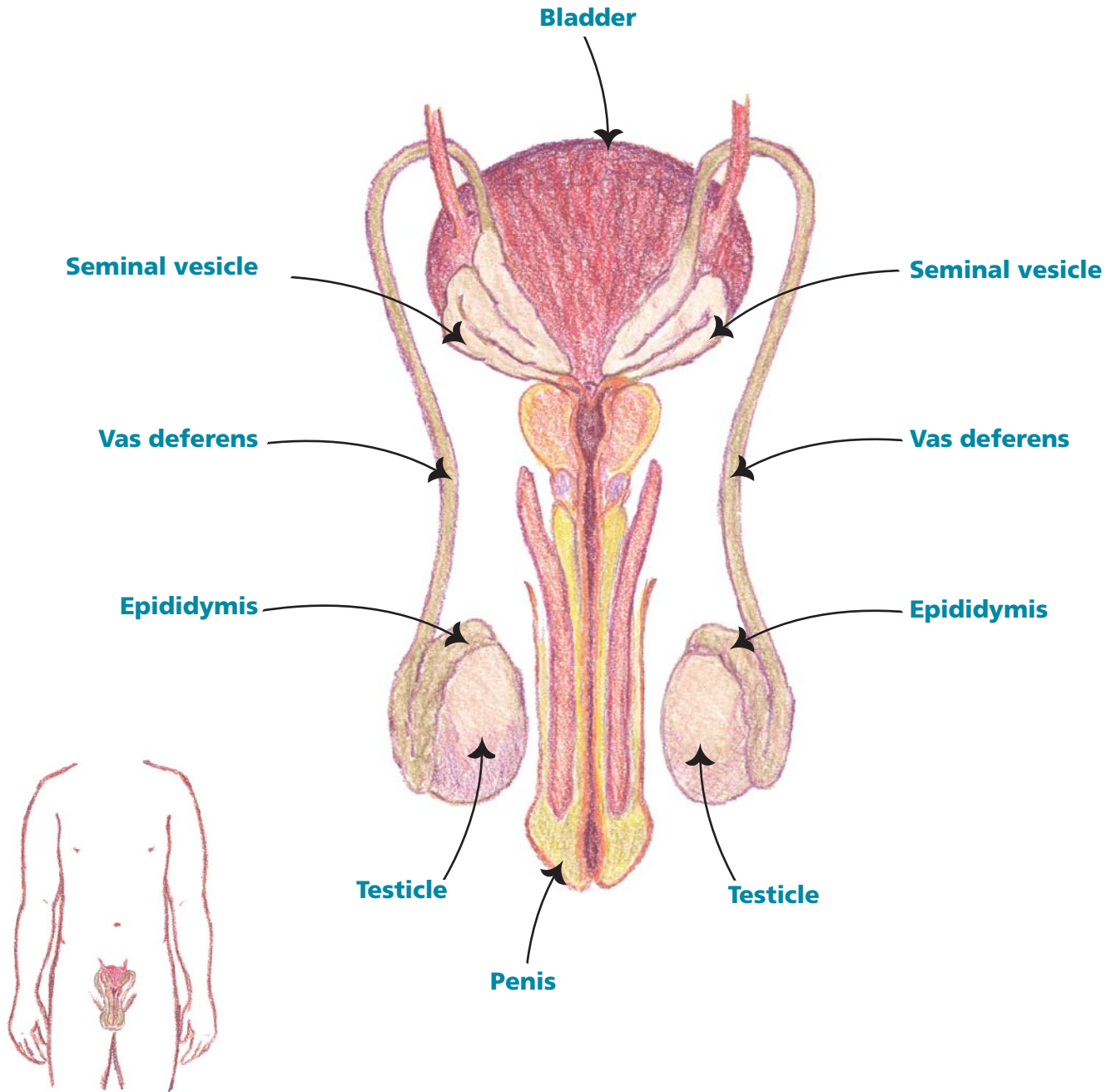
Epididymus – Waa tuubo ama marin ay manida ama shahwada raggu soo marto.

Xubinta taranka – Waa unugga taranka, soona saara kaadida.

Xiniinyo – Waa laba xubnood oo ka mida xubnaha taranka ragga (labka) oo sameeya keydiyana manida ama shahwada ragga.

Vas deferens – Waa labo tuubo oo muruq ka samaysan oo manida ama shahwada ka soo qaada (epididymus) keentana marinka kama danbeyn laga soo daayo.

What's Inside the Male Reproductive System



Seminal vesicles – A pair of glands that secrete most of what makes up semen.

Bladder – An organ that stores urine.

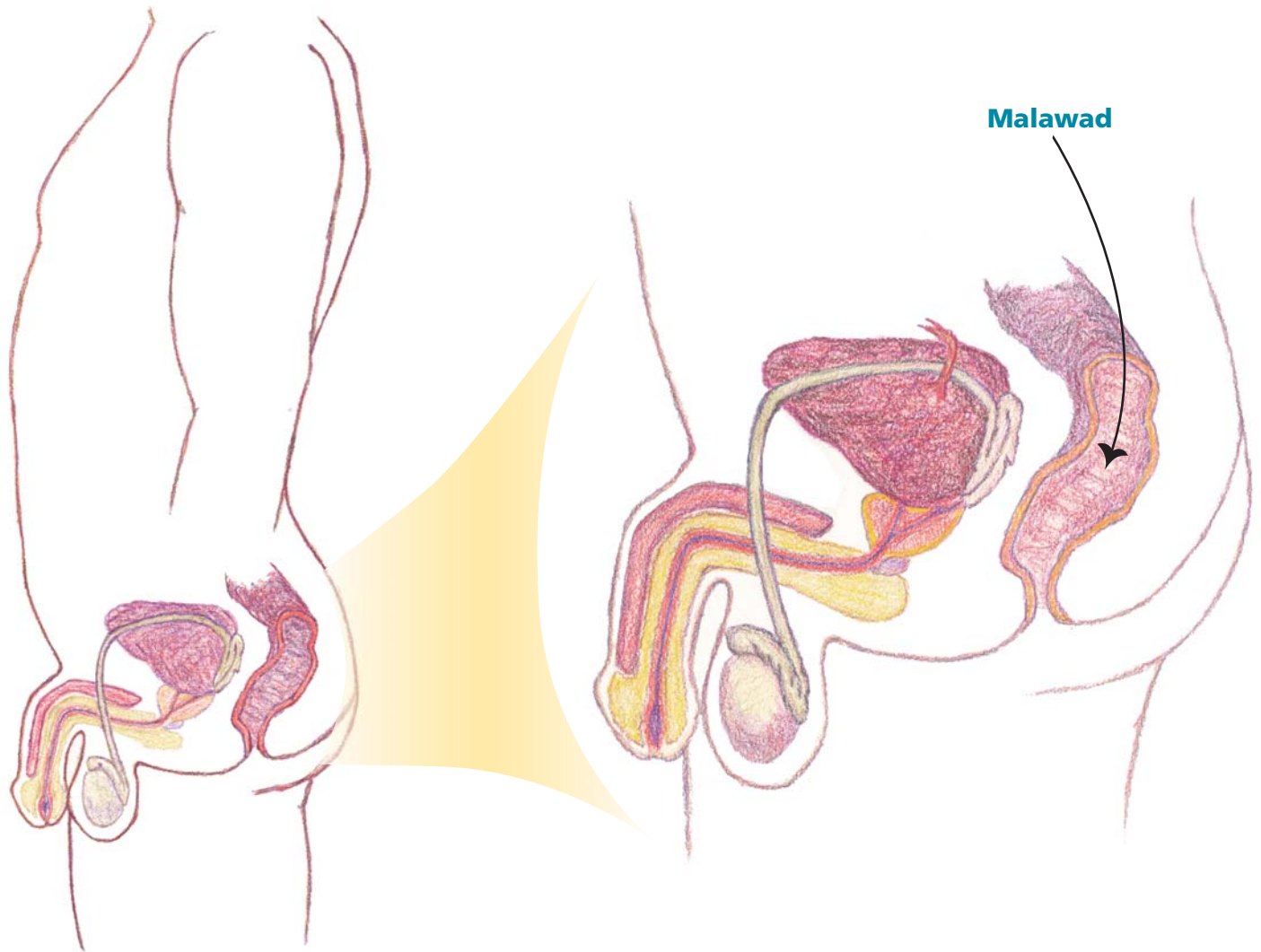
Epididymus – Canal through which sperm passes.

Penis – Male sex organ used in urinating and in sexual activity.

Testicles – A pair of male sex organs that produce and store sperm.

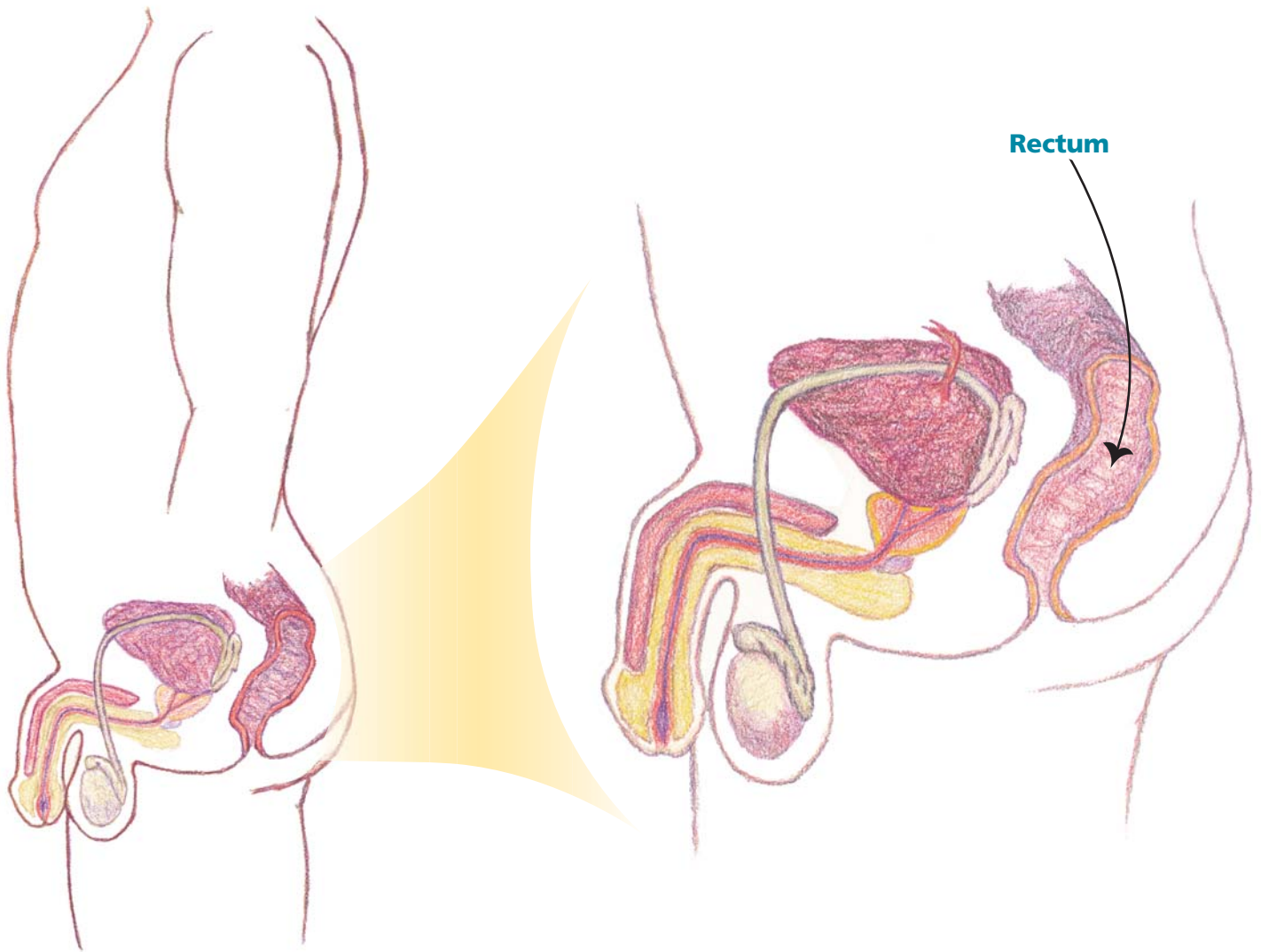
Vas deferens – A pair of muscular tubes that carry sperm from the epididymus to the urethra.

Marka Laga Fiirsho Dhinacyada Habdhiska Taranka Ragga



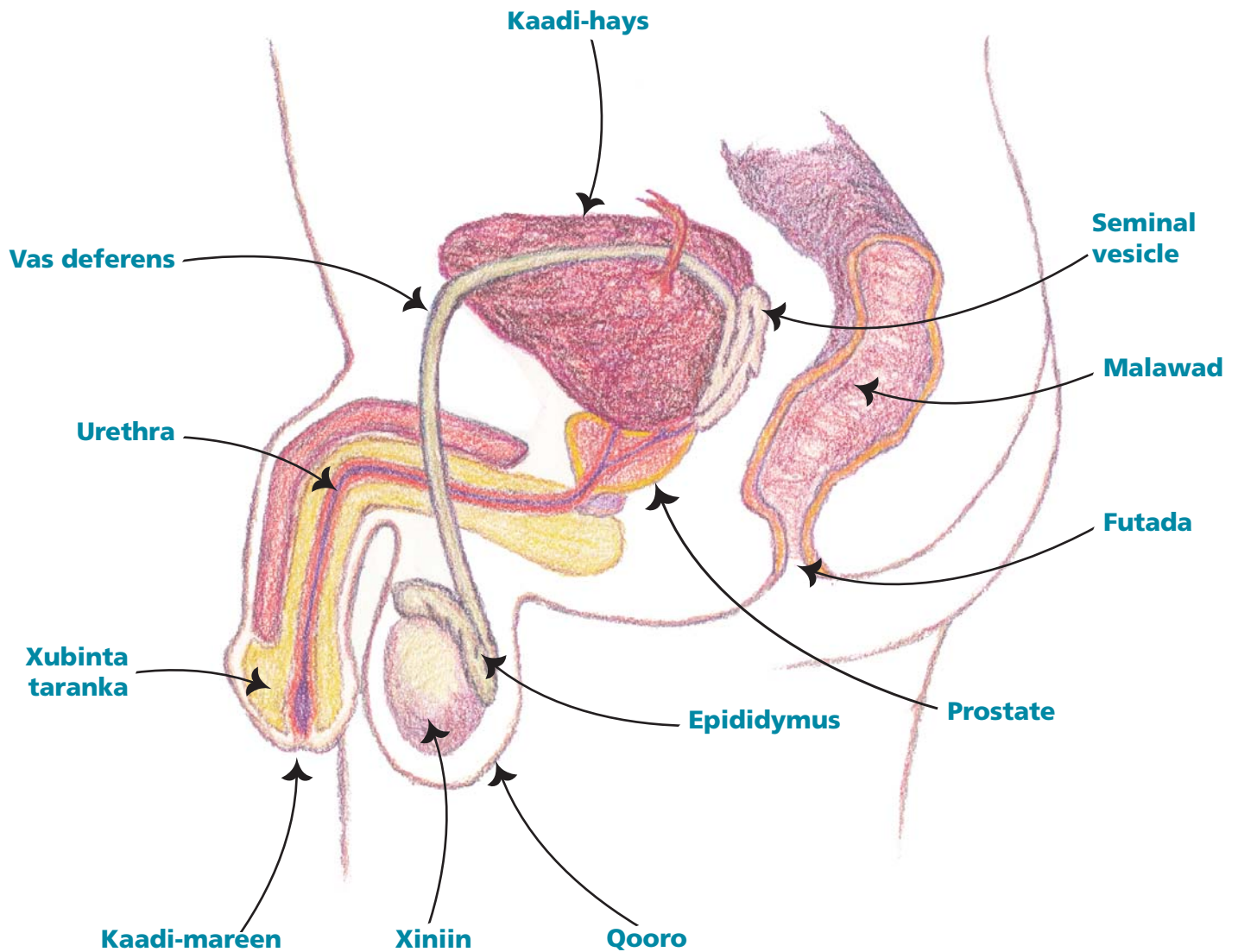
Markii laga fiiriyo dhinaca, xubnaha taranka raggu waxay ku yaaliin inta u dhaxeysa malawadka iyo jirka qaarkiisa hore.

A Side View of the Male Reproductive System



Looking from the side, the male reproductive organs are located between the rectum and the front of the body.

Marka Laga Fiirsho Dhinacyada Habdhisga Taranka Ragga



Kaadi-mareenka – Waa tuubadda kaadidu soo marto, iyadoo kasoo qaada kaadi-haysta.

Urethra – Waa tuubo kaadida ka qaada kaadi-haysta iyo iyadoo soo saarta manida ama shahwada.

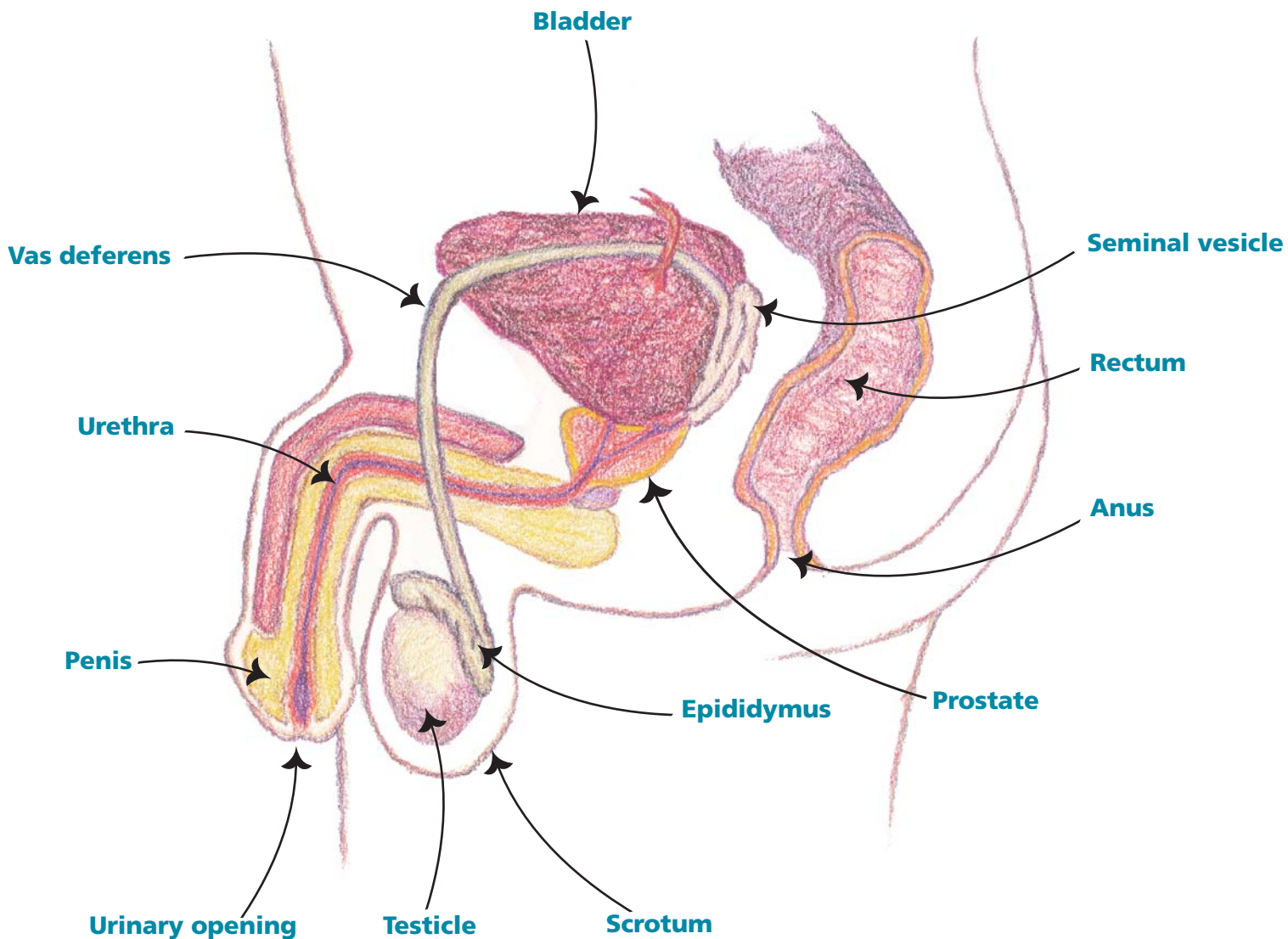
Qooro – Waa galka haraga ah ee xiniinyuhu ku jiraan.

Prostate – Waa qanjir wareegsan oo soo saara ama sii daaya dheecaan la socda manida ama shahwada ragga.

Futada – Marinka malawadka, dhamaadka dheef-mareenka, oo jirka banaanka uga soo saara saxarada.

Malawadka – Waa qeybta hoose ee ku taala mindihicirka dheer.

A Side View of the Male Reproductive System



Urinary opening – Opening of the urethra, the tube that eliminates urine from the bladder.

Urethra – A tube that eliminates urine from the bladder and discharges semen.

Scrotum – A sac of soft skin that covers and protects the two testicles.

Prostate – A round gland that produces a fluid part of semen.

Anus – Opening of the rectum, the end of the digestive system, through which feces leave the body.

Rectum – The lower part of the large intestine where feces are stored before leaving the body.

Habdhiska Taranka Ragga iyo Erayada Cusub iyo Macnahooda

Futada – Marinka malawadka, dhamaadka dheef-mareenka, oo jirka banaanka uga soo saara saxarada.

Kaadi-haysta – Waa xubin kaadida lagu keydiyo

Epididymus – Waa tuubo ama marin ay manida ama shahwada raggu soo marto.

Xubinta taranka (Gus) – Waa unugga taranka, soona saara kaadida.

Prostate – Waa qanjir wareegsan oo soo saara ama sii daaya dheecaan la socda manida ama shahwada ragga.

Malawadka – Waa qeybta hoose ee ku taala mindihicirka dheer.

Qooro – Waa galka haraga ah ee xiniinyuhu ku jiraan.

Semen – Waa isku jir caano u'eg ee muddada galmada iyo biyo bixida.

Seminal vesicles – Waa laba qanjir oo soo daaya dheecaanka la socda manida ama shahwada qeybta ugu badan.

Manida/shahwada – Unuga taranka ragga. Marka ay is dhexgallaan ugxanta dumarka waxaa abuurma ilmo.

Xiniinyo – Waa laba xubnood oo ka mida xubnaha taranka ragga (labka) oo sameeya keydiyana manida ama shahwada ragga.

Urethra – Waa tuubo kaadida ka qaada kaadi-haysta iyo iyadoo soo saarta manida ama shahwada.

Kaadi-mareenka – Waa tuubadda kaadidu soo marto, iyadoo kasoo qaada kaadi-haysta.

Vas deferens – Waa labo tuubo oo muruq ka samaysan oo manida ama shahwada ka soo qaada (epididymus) keentana marinka kama danbeyn laga soo daayo.

Male Reproductive System Glossary

Anus – Opening of the rectum, the end of the digestive system, through which feces leave the body.

Bladder – An organ that stores urine.

Epididymus – Canal through which sperm passes.

Penis – Male sex organ used in urinating and in sexual activity.

Prostate – A round gland that produces the fluid part of semen.

Rectum – The lower part of the large intestine where feces are stored before leaving the body.

Scrotum – A sac of soft skin that covers and protects the two testicles.

Semen – The milky mixture that gets ejaculated during sexual activity; contains sperm.

Seminal vesicles – A pair of glands that secrete most of what makes up semen.

Sperm – The male reproductive cell. When joined with a female's ova, or egg, develops into a baby.

Testicles – A pair of male sex organs that produce and store sperm.

Urethra – A tube that eliminates urine from the bladder and discharges semen.

Urinary opening – Opening of the urethra, the tube that eliminates urine from the bladder.

Vas deferens – A pair of muscular tubes that carry sperm from the epididymus to the urethra.

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