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A chhunga thu awmte

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Editorial

Insum theihnate, dawhtheihnate, chhelna leh tumruhna neih hian mihringte mi a vawng a, mi a tizahawma, mi a chawisanga, chu mai ni lovin mi a tih hmasawn mai bakah ram hmasawna thlengin a tangkai a, midangte tana malsawma thlentu a ni tel bawk.

Ruhtui a tlak leh tan tak avangin a hma zawng aiin thosi te pawh a rawn inlar leh tan ta. Heng hi a chhan ni awm pakhat chu kan in leh a chhehvelah te thosi pian theihna tur a awm vang a ni. Heng alo awmna chhan ni leh bawk chu kan in leh a chhehvel kan vawnfai tawk loh vang a ni tel bawk. Heng thosi pian theihna te titlem tur hian mawhphurhna kan nei theuh a, kan inthlahdahnate bansan a, nang leh midangte tana ni tih hria a, kan tih thin te aia tha zawk bal leh hnawk ngaihtheihlohna te neih a, thianghlimna kawng zawh a tul hle. Covid-19 hluar laia kan kut kan sil that viau lai te, chil chhah mai mai kan in sum te kha kan nunphungin a ken tlat ni zel teh se.

Mithiam zawk leh zirchhuak ngei te thusawi zawm nachang hriat hi a finthlak viau mai. Mutna a thosilen zar that hian Malaria laka thihna tam tak mi a pumpelth tir. Zannah kan men lai ngei pawh a thosi huat ang chi Goodnight, Allout, Tortoise etc te chhit hi a tangkai em em bawk. Kan damloh hian Malaria avang a ni thei, a hma thei ang ber a in test tir leh mithiam zawk rawn vat nachang te hre chho deuh deuh ila, mahni thua damdawite lo inchawh ve ngawt lo in, thiante ngeih ang kan ngeih ve vek lo a ni tih te pawh kan hre chho tan ta, chutiang ang hmasawna duhawm chu kan neih chhoh deuh deuh hunah kan hriselna pawhin nasa takin hma a sawn anga, a mi chengte kan hrisel hmasak phawt chuan ram leh khawtlang pawhin hma a sawn ngei dawn a ni tih hria in kan thlen chinah hmasawna kawng i zawh zel ang u. ■

THIALPAWN NATNA

Dr. Lalchhuanawma, MDS

Thialpawm kan tih hi khabe ruh leh lu ruh inchuktuahna lai a ni a. Awlsam tein a na thei a. Mizo zingah thialpawm leh a behbawm na an awm nual mai a. Natna hlauhawm a ni lo naa a buaipui awm a, a dam har baw k a. A tuartu tan chuan ninawm tak mai a ni a. Mi tam tak chuan khawsak phung tibuai khawpa a nat loh chuan an pu mai mai fo thin. A nat dan hi chi hrang hrang, inzul tak tak si a ni a. A enkawl dan pawh in ang thuak thuak, danglam hlek hlek si a ni a. (Entir nan: a na lai taka injection tih ngai te, injection reng reng loh chi te) Mi ngeih ang ngeih tum ve mai chi a ni lo.

A chhan tlangpui:

Thil sak seh soal vang te, tauh palh vang te, accident vang te, Rilru leh taksa hah rimtawng avang te eg: exam lai te, chhungkaw harsatna vang te, bial nu bialpa te nena intih thiam loh vang te, nupa kar thu tha lo vang te, nitin eizawna lama harsatna nasa luttuk te, vantlang leh khawtlang thila harsatna vang te, eizawna emaw zirna lam emawa hlawhchham vang te a ni thei a. Heng te hian a natna hi a thlen thei a. A thlentu a nih loh pawhin a awmsa kha a tizual

hle thei baw k a ni. Ha chung lam leh hnuai lam inhmuh dan dik lo, eg: ha bal then teuh mahse ha siam vuah si lo emaw, ha siam vuah ve ngei mahse khabe chung lam leh hnuai lam inhlut zawng dik lo te etc. Hmai leh ka chhunga tihrawl natna eng emaw te, ka chung leh hmai vela hriatna thazam eng emaw tha lo leh fel lo a awmin. Mi tam tak chu a awm tan dan emaw, a chhan emaw hriat miah loh a ni baw k. Mizo zingah he natna vei an awm teuh tawh a, a chhan sawi tur hria an tlem hle. Hei hi a mak lo, ram

changkangah pawh hetiang tho hi a ni.

Mi tu pawh a hnuai mi ang nei hian thial pawn natna an vei sam bik hle:-

Rilru hah leh vei ngut ngut nei. Zan mut hlana hapui thial thin, chewing gum thial nasa, tin seh ching te, thil sak tak tak ei nasa te, inseh ruh vak vak thin te.

Rei tak tak áng vak vak thin te.

Zan meng rei chi te.

Accident avanga khabe ruh sawh khaw lo te.

A nat dan tlangpui:

Zawi muanga natna hi lo awm chho a ni thei a, tum khata lo thleng thut a ni thei baw. An âng zau thei lo, chaw thial a har, tawng a har, àn zawng leh chîp zawngin a ri khep khep thei (a tlangpuiin a nasat deuh hnu a ni); a vûng chaw. a; an àn zawngin khabe a na hle thei baw. Khabe ruh a kham thûm a, bek leh tukhum emaw tukhum thlung emaw, nghawng leh ko ki emaw, beng emaw a na hlauh thei a; lu na pangngai angin a awm thei baw. Mi thenkhat chu an beng a kiu thin a; thenkhat chu beng test a

nihin an ri hriatna pangngai tho siin beng chhet mupin an inhre tlat baw. Khabe bal emaw, khabe che thei lo hrim hrim emaw a thlen fo thin. An ká an àn zawng a khabe sawi chi pawh a awm a. A sawi dan pawh chi khat chauh a ni lo va. A na lama sawi te, a na lo lam hawia sawi te an awm. Hetiang a nih hian enkawl dan a thuhmun chiah lo.

Khabe tihchet zawng, àn zawng leh chîp paha thial pawn ri kauh kauh thin. Àn zawng a ri emaw, chip zawng a ri emaw a ni thei. Ha chung lam leh hnuailam inhmuh dan danglam ta daih te. Ha chung lam leh hnuai lam inhmuh rem tha thei lo thial pawn nat chhan a ni thei a; thial pawn a that loh avangin a awm thei baw. Heng harsatnate hi amahin a bo duak thei a; eng emaw hnuah a lo lang leh a. A tlangpuiin a hma aia nasa in arawn inthar thawh leh thin a ni.

Enkaw. dan :

A tira a awmna chhan hriat a harsat fo avangin enkawl a

buaihlak viau. A tira natna thlentu kha a dam hnuah pawh harsatna a la chambang tlat thei.

Dam lo tih tur leh tih loh tur te :

1. Thil sak reng reng seh loh tur a ni. Sa ruh te, sa ti fei tak te, chaw rum lutuk te, atta kan ro fei tak te, chewing gum lam pang chi te hi ei loh tur a ni. Heng hi a rei lo berah pawh thla hnih tal insum a ngai.

2. Chaw hmin tha, chaw nem chauh ei tur a ni. Buhhawp ei kher a ngai lo. Khabe ruh hi hahdam deuh leh dim deuha hman tur a ni a. Hman loh lutuk erawh chu a tha si lo a ni.

3. Zau tak taka ān loh tur. A theih hram chuan centimeter hnih emaw bak ān loh tur a ni. Chu chu a tlangpuiin kutzungpui leng tawk vel chauh a ni a. Hetiang a nih avang hian chaw kan ei pawhin lian pui puia bar lovin, te tak te te a bar a; muang changa thial tur a ni. Chaw bar pangngaia te tak te tea bar hi a harsa duh hle a; thirfiana chaw ei mai hi a remchang hle.

4. Mut that a ngai hle. Hetianga thialpawh natna vei te hian mi dang aiin mut that an mamawh a. An taksa, rilru leh tihrawlte chawlh hahdamtir turin darkar riat tal muhil se a tha. Hei hi sawi belh loh theih ni lo va. Kan mutthilh laiin kan hnar thin em tih te, mutthilh thawchham kan nei em tih hi hriat theih a tha. Hetiang mi kan nih chuan kan mutthilh chhung hi rei tak niin lang mahse kan taksa leh tihrawl a chawl tha tawk lo fo thin a ni. Tin, hetiang a hnar nasa emaw mutthilh thawchham nei emaw kan nih chuan ENT specialist rawn thuai tur a ni bawk.

5. Tui lum emaw tui vawt tak emawa thialpawh hi nitin vawt nga vel tak deh thin tur a ni a. Tui lum nge tui vawt tih hi mahnia inzawn chhuah ve a ngai a. Mi thenkhat chuan tui lum an ngeih ang a, thenkhatin tui vawt an ngeih ang. Tui vawta kan dep a nih chuan, tum khatah minute 5 aia rei deh loh tur a ni. Tui luma kan dep a nih chuan minute 15 aia rei tum khata deh loh tur a ni. Tui vawt

a ni emaw, tui lum a ni emaw, kan deh nawn leh hmain vun lumna(temperature) a pangngai thlap hman zel tur a ni. A awmzia chu, zing lutuka deuh loh tur tihna a ni.

6. Rilru hahdam leh hrisel neih a ngai a. Inngaihuah a, thil eng emaw vei ngut ngut te, thinrim inseh ruh chiam te hi a tha lo. A dam har phah a, a na sa a tizual thei baw k a ni.

7. Kan awm mai mai lai pawhin ha chung lam leh hnuai lam hi inseh lo taw k lek, ang chiah si lova dah luih hram hram a ngai thin.

8. Taksa insawizawina: Taksa hrisel tha tak neih a ngai a. Mahni phutaw k aia rit lutuk kan

nih chuan intih-cher kan mamaw h a. Kan natna azirin khabe exercise paw h kan mamaw h mai thei a. Hei hi mahni thua tih ve mai loh tur a ni. Thialpaw n natna thenkhat chu khabe exercise tih reng reng loh tur chi an aw m a. Tih luih chuan a na a zual sauh thei. Chuvangin daktaw r thu lo chuan mahnia lo tih ve chi a ni lo.

9. Daktaw rin nachhaw kna a chaw h ang apiang ei tur a ni. Kan han tarlan takte hi a tlangpui chau h a ni a; thialpaw n leh khabe lama harsatna kan neih chuan damdawi ina kalpui a; daktaw rin tih tur leh tih loh tur a tih apiang tha taka zaw m thlap a tha ber.

A thenawmpa Car thar lei tum hnenah chuan "Car i lei dawn chuan Diesel hmang ngei lei ang che aw, tunlai chhanah a man a to thut thut thin baw k si a" tiin thuraw n a pe ve ngei a, a thenawmpa chuan "A nih leh Diesel chu eng nge a that viau bikna chhan tur ni ang" tia a zaw h let chuan "Ele petrol a heh lo bik an tia law m" tiin alo chhang.... a dik khaw p mai, a heh lo tak ngaw t ang le...

Kha mi baw k kha a hmeichhe hmeltha tih em em mai hnenah khan Duat ka hmangaih lutuk che asin a ti a..

Nula chuan Ropui hle mai a lo ti...

DENGUE

Dr. Isaack Lalrawngbawla
Medical Officer
Suangpuilawn PHC

Dengue hi natna chi khat, virus in a thlen a ni. He natna hrik (virus) hi *Aedes Aegypti* (Mizote'n thosi rang/trial kan tih), Dengue natna hrik paiin mi a seh atanga kai theih a ni.



Aedes aegypti
Dengue natna thlen thei thosi



Aedes aegypti
-in mi a seh lai

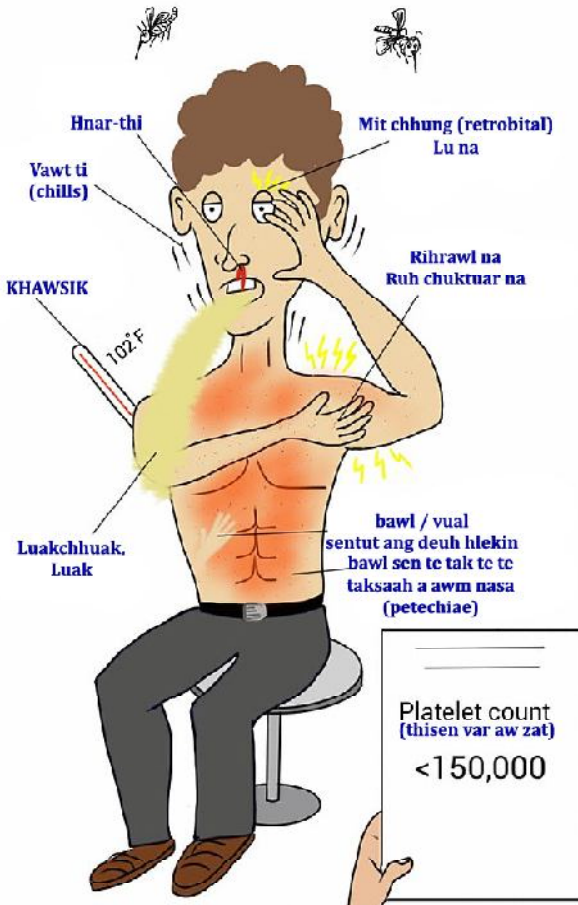


Dengue natna vei thenkhatte chu "thisen var" kan tih mai – Platelet Rich Plasma (PRP) leh/emaw Fresh Frozen Plasma (FFP) pek an ngai thin.

Dengue natna hi Dengue natna hrik pai Aedes thosi in mihring a seh atanga ni 5-6 chhungin a lo lang chhuak thin.

Dengue natna lanchhuah dan te chu Khawsik sang tak, lu leh chalbawr na, mitmuchhung na, khaw enga mit men harsat, ruh leh tihrawl na, chaw ei tui lo, awm, kut leh ke bawr vela bawl sen awm, luak leh luakchhuak te an ni.

Dengue natna hi mi zawng zawng in an kai thei a, amaherawhchu, kum bithliahin a nat dan a danglam thei. Kum upa lam leh naupangah Dengue hi a na bikin thihna a thlen thei.



Dengue thlentú Aedes thosi te hi tui fim tlingah an inthlah pung vak thin a, chuvangin, Dengue natna hi fur ruah tui tlak lai leh tlak zawhah a hluar bik thin.



Aedes aegypti thosi puitling hma Larva (plural, pakhat aia tam sawina – Larvae), helai tui tlingah hian an tam hle.

Aedes thosite hi hmun thim deuh laiah an biru thin a, in kil thim laiah te leh in bul hnawmhnawk karahte an awm deuh ber thin. An thlawh thui theih loh avang hian in leh a velah an tam duh hle.

Aedes thosi te hian thosi dang ang lo takin chhun khaw en laiin mi an seh deuh ber thin a, chuvangin chhun lamah kawr ban tlawn leh kekawr tlawn hak a him.

Aedes thosi te hi tui fim tlingah an tui thin, tui fim tlemte awm naah pawh an tui thei vek a. Chuvangin kan in bul hnaia tui fim tlin theihna heng pangpar pot, mau bung, tuizem chhin loh, motor ke chhia, leh bur chhia te awm lo tur a tihfai thin a pawimawh hle.

Dengue natna laka kan him theih nan mahni in leh a vela tui tlin theihna tur reng reng tihbo, in chung zawlah tui rei tak khuah loh, kartin inchunga tui awm te paih fai thin leh kan tuizem phui taka chhin thin tur a ni.

Dengue natna vei ni a inringhlel te chu damdawi inah ELISA Reader khawl hmangin an thisen exam thin a ni. Miin Dengue natna alo vei a nih chuan enkawl nghal vat tur a ni a, Dengue natna hi a enkawl na bik damdawi a awm loh avangin a natna lan chhuah dan (symptomatic treatment) ang zela enkawl na pek thin an ni.

Dengue laka inveng tur a kan tih tur pawimawh zual te chu:

Kar tin vawi khat tal in leh a vela tui tling te paih bo tur.

Thosi tirem turin inchhung zawng zawng ngun takin DDT in kahtir tur.

I ban leh ke khuh tur thawmhnaw inbel rawh

Chhun khaw en laia mu an awm chuan thosilen zar hnuaiah mut tur a ni.

HRIATTIRNA

Hriselna Magazine min lo hlutsak thin tu te zawng zawng chungah lawmthu kan sawi e. Kum 2022-2023 atan renew alo hun leh ta, July 2022 hma a renew leh vek turin kan inhriattir e. Hemi hun chhunga renew hman lo te chu pek chhonzawm theih a ni dawn lo.

Bank/Gpay kaltlanga renew duh tan:

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Bank hming : Mizoram Rural bank

Branch : Dinthar Branch, Aizawl

IFSC No : SBINORRMIGB

Bank transfer emaw gpay hmanga pe ten whatsapp ah emaw kan pekna receipt chu 9436199510/9612715524 ah emaw hriselnaccbu@gmail.com thawn tur a ni

"Circulation Manager

Tobacco: Threat to our environment

World No Tobacco Day 2022 thupui

Dr H. Lianthangpuia

State Nodal Officer,

National Tobacco Control Programme

cum Joint Director, Dental

&

R. Lalremruata

State Consultant,

National Tobacco Control Programme

Zuk leh hmuam in mihring taksa a tihchhiat theih dan, natna min thlen theih dan te, a kaihhnawih harsatna tam tak kan tawng buak theih dan te chu kan hre tlangpui tawh viau mai. Cancer, Ashtma, Chuap ro, stroke, Heart attack, etc. han hriat hi chuan zuk leh hmuam hi mitthlaah a lo lang ve vat thin a ni. Tin, kan hun tha min lak sak nasat zia te, kan nih tur ang ni pha lo a mi tam tak zuk leh hmuam kaihhnawih natna in a tlakbuak tak te leh chhungkuaah harsatna min thlen theih dan te, Second-hand smoke leh Third –hand – smoke thleng in kan hre tlangpui vau tawh awm e. Amaherawhchu zuk leh hmuam avanga kan chenna khawvel boruak leh leilung in her vel in harsatna a tawh nasat tak zia te, kan chenna khawvel hi chenna tlak a nih reng theihna tura hmalak a ngaih zia te erawh kan la ngaihtuah nasa tawk lo tlangpui awm e.

World Health Organisation (WHO) chuan ram hrang hrangte chu vaihlo thunun leh dona ngai pawimawh hmasa a chak taka hma la turin leh hmasawna kawnga chhawmdawlna tha tak a awm theih nan leh an vaihlo do hi an mawhphurhna a ni tih an

hriat theih nan 2030 a meeting Agenda a tan pawh a telh lawk hial a ni. WHO in a agenda pakhat “Sustainable Development” in a tum pakhat leh hlawhtling tura a duh 17 zinga thil pakhat chu “Tumah hnutchhiah an ni tur a ni lo” tih hi a ni.

WHO chuan mihring hriselna hi kan chenna nen a in zawm thuk theih zia hria in kumin World No Tobacco Day thupui atan pawh “Tobacco: Threat to our Environment” a rawn thlang chhuak a, mi thiamte zir chianna hrang hrang awm chho zel hian zuk leh hmuam avanga kan tawrh theihna; natna tam tak min thlen theihzia leh kan chenna a chhiat belh nasat phah theih zia an hriat fiah belh zel vang te pawh a ni ngei ang.

Zuk leh hmuam in mihring taksa a tihchhiat theih dan, natna min thlen theih dan te, a kaihhnawih harsatna tam tak kan tawng buak theih dan te chu kan hre tlangpui tawh viau mai. Cancer, Ashtma, Chuap ro, stroke, Heart attack, etc. han hriat hi chuan zuk leh hmuam hi mitthlaah a lo lang ve vat thin a ni. Tin, kan hun tha min lak sak nasat zia te, kan nih tur ang ni pha lo a mi tam tak zuk leh hmuam kaihhnawih natna in a tlakbuak tak te leh chhungkua ah harsatna min thlen theih dan te, Second-hand smoke leh Third –hand – smoke thleng in

kan hre tlangpui vau tawh awm e. Amaherawhchu zuk leh hmuam avanga kan chenna khawvel boruak leh leilung in her vel in harsatna a tawh nasat tak zia te, kan chenna khawvel hi chenna tlak a nih reng theihna tura hmalak a ngaihzia te erawh kan la ngaihtuah nasa tawk lo tlangpui awm e.

Zuk leh hmuam in a nghawng langsar zualte chu:

1. Zuk leh hmuam hian kum tin mi 80,00,000 vel nunna hlu tak a laksak thin.
2. Mihring taksaah hrisel lohna leh harsatna tam tak a thlen thei.
3. Zuk leh hmuam kaihhnawih dam lo in enkawlina atan sum leh pai tam tak senral thin a ni.
4. Cigarette siamna turin kum khatah thingkung puitling 6000,00,000 kih thluk a ni thin.
5. Vaihlo siamna hian boruak chhia (CO₂) tonnes 840,00,000 a tichhuak thin a, khawvel boruak lumna pawh nasa takin a ti pung thin.

6. Cigarettes siamna atan hian tui 2200,00,00,000 litres hman ral a ni thin.

7. Zuk leh hmuam hian bawlhhlawh tam takin a ti pung a, chu chuan kan chhehvel nasa takin a ti hrisel lo thei.

Kan taksa a tih chhiat theih dan te, thihna min thlen nasat dan te leh kan chenna a tihchhiat nasatzia ngaihtuah hi chuan zuk leh hmuam hi kan kalsan a, nun dan hrisel leh tha zawk – zuk leh hmuam tel lo nun kan neih vek a pawimawh takzet a ni.

Kan hriat tur pawimawhte:

1. Zuk leh hmuam hian kan chenna leilung leh boruak a ti chhia:

Zuk leh hmuam thar chhuahna tur atan ram ngaw tam tak thiah/vah chereu a ni thin a, a siam chhuahna tur atan leilung hausakna tam tak hman ral a nih piah lamah boruak hrisel lo tam tak a siam chhuak in leilungah pawh bawlhhlawh tam tak a hnutchhiah tel lehzel bawka ni.

2. Zuk leh hmuam siam chhuaktute hian an thil tih chhiat leh bawlhhlawh te an thianfai ngei tur a ni.

Zuk leh hmuam siamtute hian hlawkna tam tak um in hma an la a, an hmalakna hian midangte tan harsatna an siam thin mai bakah kan chenna tan pawh thil tha lo tam tak an siam thin. Chuvangin hlawkna uma an chet velna a an thil tih nghawng tha lo tam tak ngaihtuah hian an thil tih chhiat leh thil tha lo leh hrisel lo an siam tel thin tih rehna kawngah hma an lak ngei hi a pawimawh takzet a ni.

3. Kan chenna khawwel a hrisel zel theihna turin zuk leh hmuam lo ti mek tute pawhin kan sim a pawimawh.

Zuk leh hmuam la ti/hmang mekte pawhin ngaihtuahna thar seng tlang ila, mamawhtu kan awm vanga siam chhuak an ni ve bawk tih te pawh ngaihtuah chungin mahni ngeiin bul tan thei ila, zuk leh hmuam i sim theuh ang u. Kan sim chuan zuk leh

hmuam siamchhuah in nghawng tha lo tak tak a neh te a tlahniam ve ngei dawn si a.

4. Vaihlo ching a siam chhuak tute hian an eizawna kawng an thlak theih dan tur ruahmanna siam a pawimawh.

Vaihlo avanga ramin a tawrh nasat theihzia hre chungin ram hruaitute pawhin vaihlo a eizawngtuten ei zawna kawng thar/dang an neih theihna turin ngaihsak a, a tul anga ruahmanna siam pui theih a pawimawh em em a ni.

Kan tih theih langsar zualte:

1. Mipui te tan:

- Vaihlo khuakxhira dan kan zawm tur a ni a, pui punna hmunah pawh midangte hrisel lohna thlen theitu kan ni thei tih hria in zuk leh hmuam tih loh tur a ni.
- Naupangte zuk leh hmuam la tur leh lei turin tirh loh tur a ni.
- Zuk leh hmuam ngawlvei mek kan nih pawhin kan tu leh fate hmakhua thlir

chungin an hmuh laiin insum theih kan zir tur a ni

- Kan hnathawhna leh rawngbawl naah naupang kaihruai/zirtir thin kan nih chuan an hmuh phak chinah tal nun uluk zual ni se, zuk leh hmuam leh thil tha lo dangte insum tur a ni.

2. Thalai naupang zawkte tan:

- Zuk leh hmuam tel lovin mi puitling leh rintlak a nih theih tih kan hriat reng a tha.
- Zuk leh hmuam hi thihna leh natna min thlen theitu a ni tih hria in tih chhin loh tur a ni.
- Ngawlvei awlsam tak leh bawrhsawmna min thlen theitu a nih avangin zuk leh hmuam tih ve loh tur.
- Zuk leh hmuam hi thiante bula min titlangnel theitu a ni lo, natna leh dam lohna min thlen in min then hrang theitu zawk a ni.
- Mi thiamte chuan zuk leh hmuam hi "Gateway substance" an ti a, zuk leh

hmuam atangin thil chin tha lo hrang hrang pakai a awlsam avangin zuk leh hmuam tel lova nun dan zir a tha.

3. Sawrkar hotute leh kaihruaitute tan:

- Zuk leh hmuam khuah-khirhna dan tha taka kenkawh.
- Vaihlo hmanga eizawng mekte dinhmun hriat chian a, eizawna dangah an in sawn theih na turin puihbawm dan ngaihtuah.
- Zuk leh hmuam a eizawngte (Tobacco Industry) dan anga khuahkhirh a, mipui vantlang hmakhua/thatna tur thlir chung leh dah pawimawh ber chung a tul anga hmalak.

4. Kohhran leh NGOs te tan:

- Zuk leh hmuam ngawlvei mekten an sim theihna tur kawng zawnpui.
- Thalai naupang zawkten zuk leh hmuam an tih lohna tura zirtirna pek a kaihhruai
- Mipui hriselna in hma a sawn zel theihna tura

sawrkar hmalakna theih ang ang a tawiawm.

5. Vaihlo hmanga ei zawng mekte tan:

- Zuk leh hmuam hian a leitute/ti tute mai bakah a zuar/siam tute hriselna pawh a tichhe thei tih hria in eizawna kawng thar a thlak tura rilru buatsaih.
- Eizawna dang kan la ti thei lo a nih pawhin midangte tana harsatna thlen lo tura kan sumdawna enkawl.

6. Zuk leh hmuam ti/hmang mekte tan:

- Zuk leh hmuam hi sim theih a nih ang ngeiin sim theuh thei ila.
- Thihna a thlen theih dan hre thar chung a sim tura theih tawp chhuah.
- Natna/bawrhsawmna min thlen theih avanga keimahni mai bakah chhungkhat lainate harsatna kan siam belh theih dan ngaihtuah a, sim ngei tura hmalak.
- Zuk leh hmuam a sum leh pai tam tak kan khawhral

dan hre thar chungin sim tura hmalak

Vaihlo i sim chuan...

I taksaah hetiang danglamna tha hi a lo thleng nghal thei a ni.

1. Minute 20 hnuah BP a pangngai tan.
2. Darkar 24 hnuah lungphu chawla thih thut theihna chance a tla hniam.
3. Kar khat hnuah phei chuan i thil ei tuina leh rim hriatna a pangngai chho leh tan ang.
4. Kar 2 atanga thla 3 chung velah chuan i thisen zam in hna a thawk tha pangngai ang a, i chuap pawhin a nih tur angin ngai a rawn awh chho tan ang.
5. Kum khat hnuah Heart Disease (Lung natna) i vei theihna chance za a

sawmnga in a tla hniam tawh ang.

6. Kum nga hnuah phei chuan BP leh Stroke avanga thihna thleng thei pawh i pumpel thei tawh hial a ni.

Tun dinhmunah Mizoram chhunga Tobacco Cessation Clinic (TCC) awm atanga record kan hmuh theih danin zuk leh hmuam sim duh a TCC pan te zingah 20% vel bawr te hian hlawhtling takin an sim thei a ni. Chuvangin zuk leh hmuam ilo la ti/zu/hmuam thin a, sim harsa i lo ti a, i lo beidawng fo tawh a nih pawhin zuk leh hmuam ti nasa tak takte zingah pawh sim thei tam tak an awm a ni tih hre chunga rilru thar nen sim ngei tura paukhauh taka hma thar la leh a, sim tura intiam a, sim ngei turin kan duhsak che a ni.

Bel chhunga sa tih kha an exam naah sawifiah tur khan alo chhuak a... Bel chhunga sa chu kan siam dan a zirin a tuiin a tui lo thin, A nu erawh chuan a siam tui thei khawp mai...te a ti vel.

SIM TUR HLAUHAWMTE

Dr. Thangchungnunga, MS(Ortho)

TUIBUR, SAHDAH, KHAINI, SHIKHAR HMUAM

Tuibur, sahdah leh khaini hmuam hi kan nula leh nu leh pate hian an uar zuai ta khawp mai, a khu ve luih luih lo a, mi dang a tibuai lem lo. Tun hma kha chuan pumpui cancer kha kan ngah hle a, tunah chuan pumpui leh chaw dawt inzawmna lai vel cancer a tam leh thung ta zawk.

A chhan pakhat chu sahdah, khaini leh tuibur hmuam tui hngang hi an chhak reng naa tlem te te kan chaw dawtah a lut thla a, pumpui thleng pha mang si lovin pumpui hnun vel an thleng thei tawk a. Zing a lo ni a, an hmuam tan leh nghal a, kum tam a lo nih meuh chuan cancer siam thei hial a inchhek khawl ta. Sim mai loh chuan tih dan dang vak a awm lo, kan cancer tam reng mai dawn a nih hi maw. Tun lai cancer tam ber pawh chaw dawt cancer leh hnute a nih tak hi.

Heng sahdah leh khaini te phei hi chu kan Pathian biak in hmun thianghlim bera kan ngaih chhungah pawh kan pai lutin kan la hmuam ru duh fo mai a; kan kal chhan kan hre lo nge kan Pathian biak hi kan zah vak lo tih min ngaihtuhtir thin. In enchiana sim tur a tam khawp mai. Kawng sir ban leh bang a la var nguai maite hi zah nachang kan hriat a hun ta hle. Khaw fai ber nih tum pawh hi a thu mai lo va, a taka kalpui a ngai a ni.

VAIHLO LEH A KAIHNAWIH

Vaihlo zuk hi tun hma kan naupan lai kha chuan a hlauhawmna leh min tihbuai dan kan lo ngaihtuah vak ngai lo a. Pawl khat kan nih laia kan zirlai buah chuan, 'Mizo nula fel chuan tuibur a zu chawt tur a ni,' tih kan zir thin. Khang hun lai khan kal khawm emaw, khawhar in lenkhawm emaw, YMA thil tikhawm emawah pawh vaihlo an zu luih luih thin a. In chung boruak hi a paw chuk reng mai a ni. Tukverh te

a la tlem si a, kil lehlama thu sawi hi kil lehlam atang chuan hmuh fiah theih loh khawpin in chung boruak chu vaihlo khuin a khat thin. Kan haw a, tumah chu kan cancer ta teuh lem lo chu a nih hi. In tinin mei kan tuah khu luh luh a, vaihlo zu-a luh leh a chungga zuk mai kha a inthlahrunawm lem lo.

Tunah chuan kan lo changkang ta a, mi in leh kal khawmna eng pawh ni se in chungah tu ma'n vaihlo an zu duh tawh lo, kan inzirtirna bakah kan changkannain a ken tel a ni kan ti lo thei lo ang. A khu lo chi gas thuk kan hman tak vek vangte pawh a ni thei. Tuikuk khu thleng nalh deuh pe la, chaw ei nan chuan hnah thar a la tho ang, an changkannain a la phak lo.

Vaihloin chuap a tihchhiat dan chu kan hrawk atanga a tawp baloon puar te ang (alveoli) thleng hian boruak tha, oxygen a hip tam theih nan a dawt bang zawng zawng kha, di hmun ang maia ti mur (cell) sei seng sawng, kur nghiau nghiau thei (columner cell) a ni a. Amah nghengin thisen chhe dawt a

awm bawk a, thisen chhia (oxygen nei lo) chuan kha lai a thlen khan oxygen, boruak thar duh tawk a hip lut a, thisen tha a lo ni ta thin.

Vaihlo khu a lo luh tirh phei chuan an buai a, an tap ve nasa a, an tap ri chu khuh vak vaktein a lo lang chhuak ta a. A rei phei chuan an tap nasa mittui tling khawm kha a lo tam a, khak kan tih mai hi chhak chhuah tur a awm ta reng mai thin. Kan mut hlan phei chuan a tling hnem a, zinga khuh leh khak chhak vak vak a lo ngai ta thin a ni.

Heti reng reng chuan kan thi zo mai dawn, tiin an puan sin leh taksa chu an tidanglam a, vaihlo khuin a tihbuai harsa thei turin bawm kil li nei (cuboidal) ang pianin an insiam ta a. Hetia an insiam chiah hian amah nghenga oxygen lo la rengtu, thisen dawt khan a bang a lo chhah leh tawi tak vangin oxygen duh ang a hip lut thei ta lo a. Lung (heart) lamin boruak tha, thluak leh taksa hmun hrang hranga thawn tur an lo nei tlem a. An tih theih dan awm chhun, rang leh chak

taka pump zung zung a lo ngaih phah ta a ni.

Kumsawmli tea lonih hnu phei chuan Lung tihrawl a lo chak lo tan a, thisen dawt nem te thin lah kha Lungin a rawn pump nasat lutuk vangin an puak keh mai dawn a, chumi veng tur chuan an lo intichhah ve a, a kua pawh a te-in a khawng ta deuh a. Chutiang reng renga nitin an han tan char char chuan kum sawmnga velah chuan an vai chak loh ta a. Tun laia kan hmuh tam ber pawl natna COPD (Chronic Obstructive Pulmonary Diseases) chuap ping leh lung tha lo a insiam ta a. Asthma ni si lovin mu hlei thei lo, thut deuh reng ngaiin an lo awm ta thin a. Tun laia thihna tam pawl a tling ta hial mai. Thisen dawt ping (Buerger's Disease) a siam bawk, ka enkawl tawh. A nat em avangin min ngen a, a ke ka tansak ta a ni.

Vaihlo khu chhungah hian a tam ber chu nicotine a ni a; a dum a, tun hma chuan vaibel ek kan ti thin. Hei hi chuan cancer a awmtir lem lo a, a aia hlauhawm carbon-monoxide,

carbon-dioxide leh thil chi hrang hrang cancer siam thei sawmriat lai a awm tih kum 2018 khan hmuh chhuah a ni (Discovery book-2018). Chuap, pumpui leh hrawk vel cancer a siam ber thin.

Second-hand smoker an tih mai, mi meizuk khu lo hip ve pawh hian an chak loh dan azirin natna an vei phah awl hle. Cancer hial pawh an vei phah thei. Mit leh thluakin a ngeih lo nasain, pumpui chhung hian a ngeih lo hle bawk. A awmzia ber chu vaihlo hian thatna sawi tur a nei lo hrim hrim. A khu ringawt pawh hian mi dang a tibuai nasa, zuk loh mai hi khawvelin a policy a ni ta a nih hi. Mi thenkhat chuan, "Thil ka ngaihtuah uluk leh bing taka ka rilru ka hman duh hian vaihlo zukin min pui a, ka rilru a tichak ber," an ti fo. A dik lem lo na-a miin tih thana a lo neih tawh chuan a pui ang chuan a lang thei ang. A dik lo i ti ngawt thei lo.

Vaihlo chi ho hi a ngawt vei theih a ni lo a, tih than vanga nghei harsa ti an ni zawk.

KUHVA KHAWR LEH THIL EI NEUH NEUH

Mizote hi kan kam a hlei hlei niin a lang. Eng lai pawha eng emaw: kuhva, chewing gum, rei tak thial tura siam surpi an tih mai te leh thil dang dang kan thialin kan hmuam reng mai a. Hei hi a pawh hle.

Kan thluak hian ka chungga thil ei tur a luh rual hian kan kaw chungga hna thawktuho a hrilh nghal a, thil chiah ral tur a lo lut e, lo inring rawh u, a ti nghal a. Kan ka chungga ngeiah pawh chil a lo tam a. Kan pumpui lahin thil lo tla tur chiah ral turin a leta tam acid an lo siam nghal a, a piah deuhah mit (bile)-in a dah khawmna mit bawmah a leta tam an lo dah belh bawka. Pancrease-in thil tul lo leh tha lo leh tha thliara chiah ral turin enzyme a lo inchhawp belh bawka.

An nghak ta thap mai a. Darkar chanveah pawh eng mah a lo lut thla ta si lo a, a chuang a liama acid an lo dah belh te, mit te ho khan an nghak peih ta lo a, an theh darh ta vek a. Acid-in a chim loh turte a han chim takah chuan pum a lo thip

a. Mitin a bawma mi a leih bua a, pum a ti toh toh a, an buai zo ta a. Pum na ni chiah si lo, pum nuam mang si lovin kan awm nileng fo thin.

Hetiang renga kum tam a lo vei chuan pum nuam lo mai ni lovin pumpui ulcer, pan leh pilh a awm a. Ril lam lah pancrease-in chemical, thil chiah ralna chak tak chu a lo leih baw ve bawka, rilpui thlengin an lo buai pah ta thin a. Sawi sawi tham si loh, pum nuam lo teuh teuh, ek tha mumal lo a tam pah hle.

Hmuam leh ei neuh neuh kan chin vang hian pum dik leh nuama ram kan awm ta meuh lo. Tukthuan, chawchhun leh zanriah ei mai bak hi ei tam lo ila kan pum chu a dam duak ang. Thluakin taksa a lo control chianzia i hriat duh chuan miin thei thur a vel i hmuh ringawt pawhin thei thur lo ti nep tur, ka chungga chil a ti rial a, chil tam fe a lo siam hman der tawh hi.

Ka tawn hriat

Kuhva rah hi kan pum acid hian a lo chiah ral miah lo. Kum

1986-a Biatea ka awm lain thing lianpui mai ka zaitir a. Kuhva an duh khawp a, an thial reng mai a. A kum leh chuan ramvah pahin thing an zaina vel chu ka fang kual a.

Thing awn khamphei nuam deuhah an lo daikal thin a. Fur ruahtuiin a lo tleuh fim vek tawh

a. Fanghmir bu lei atanga sang tak, pyramid ang deuh hian kuhva nawi sin te te chu a vum thur mai a. Uih pawh a uih tawh lo. Mak ka tih em vangin ka'n hawlh darh a, a chhung ril pawh kuhva nawi sin te te hliir mai a lo ni. Pum chuan ngeih vakna chhan tur a vang hlein ka hria.

THUT DAN FIMKHUR A TUL

Mithiamte chuan kan thut dan hian kan hriselna kawngah nghawng thui tak a nei an tih tlat chu!

Bawp khawkherh emaw, khûp-a malpui lehlam nghata thut fo te hian BP sang te, thisenzam puar (varicose vein) te, tha khûr te a thlen thei a nih chu.

A tha berah chuan engtiang pawha kan thu a nih pawhin thut dan ngaia rei tak thu lovin, thut dan thlâk chhèn tur a ni.

MUT DAN THA

Pum lam tha lo, ek hunbi mumal thei lo leh ulcer (Gastric & Duodenal Ulcer) nei tan chuan zan mutnaah pang veilam delha mut hi a tha an tih tlat chu!

Pang dinglam delha mu tan chaw kawng lawng leh pumpui hnun lawng neih a awlsam bakah a nei tawh tan a zual duh a, pum khing el ul neih pawh a awlsam bik.

Thil harsa lem lo tak a nih avangin zawm ngei chi a nih hmel e.

TIAL TIAL

Mahni neiha lungawi lohna avangin hlemhletna a pung tial tial a; Hlemhletna avangin kan hausa tial tial a.

Chutih lain kan duhamna a zual tial tial bawk a;

Duhamna chuan mi hlim thei tak kha mi lungngaiyah min chantir tial tial bawk a.

Source : <http://jlremsanga.blogspot.com>

KAN RILRU LEH NGAIHTUAHNA

Dr. Zirsangliana

ihringte hian kan thiltih apiangah hian hnuhma (lang leh lang lovah) kan hnutchhiah zel a, hemi hmang hian misual tam tak pawh man chhuah an ni thin. Kan hriatthiam dan azir zelin kan hmu thiamin kan hmu thiam lo mai a ni a, chu chu 'Res Ipsa Loquitur' an ti a ni. Chutiang bawkin kan ngaihtuahnate hi kan hmelah kan lanchhuahtir thin bawka, hnuchhui thiam Sherlock Holmes-a khan a hrethiam ber awm e.

Nitin hian kan nunah harsatna leh buaina neuh neuh kan tawk reng a, tam tak chu kan tifel ve thei mai zel a, a thente chu kan theihngihl bawka, 'khuareiin min la hnem mahna' tia harsa ti tak chung a kan tahpui chang pawh a awm thin. Hengte hi inkhawkhawm zel se zawng, kan hmelte hi a chhe viau ang a, rilru nat leh a kaihhnawih avangin kan boral vek ang.

Vanneihthlak takin Khuanu remruat hahchawlhna hun tha zan hian nimin mai buaina kha min chinfelsak a, tui taka muthilh hian rilru leh taksa hahdamna min pe thin a ni. Kan rilru hrechiangtu ber chu keimahni theuh kan ni a, a 'effect' pawh kan taksaah a lang thin. Hlim thei tak kan nih chuan kan taksate a lo tha a, kan hmelah pawh a lang; hlim ngai lo chu kan hmel a dur a, hriselna pawh hian a tuar a ni. I nui thin ang u:

Nuih hi damdawi tha tak, lungngai leh natna neite tan nachhawkna, thiante nena inngainatna leh inremna thlentu tha a ni. Vawikhat han nuih bawkbawkbaw hian kan thluak te, kan lung te leh kan tihrawl tangmar (tense) tawhte kha minute 45 vel chhung chu a ti hahdam leh thin a ni.

Nuih hian taksa ral dotu (immunity) a siam tha a, thisen kawng pawh a siam tha a ni. Tin, kan taksa hian amahin damdawi chikhat 'endorphin' a

siam chhuak a, na chhawk leh awm nawmna (sense of well-being) thlentu a ni, a siamchhuah tanpuitu zingah nuih hi a tel a ni.

Nuih thatnate chu:

Taksa ral dotu a siam tha
Taksa kham them thum a ti reh
Na a chhawk

Lung natna a veng
Rilru a ti hahdam
Inngainatna a thlen

Hnathawh hona nuam a siam

Tah hi a tha asin:

Khawthlang lamah chuan tah hi hriselna atan a tha an ti a, anzir chiannaahchuan mittui chhuak hian min tihahdam a ni. Kan rilru na leh hah hian chhuahna a zawng a, mittuiah a chhuah theih loh chuan chhuahna dang a zawng ta thin a, natna emawin min tlakbuak duh viau a ni.

Mittui hi chi thum a awm (Lutz 1999):

Basal Tears - Hei hi engtik lai pawha chhuak reng, mit vawng daitu leh mit khap tinuamtu a ni. He mittui hian mit sen vak te, mit thip thinte a veng a ni.

Reflex/Infant Tears - Hei hi purunsen leh hmarcha khawih

laia chhuak hi a ni a, mit, bawlhhlawh laka vengtu a ni. Mit huat zawng thil paih chhuaktu a ni thei bawkan ang chu.

Emotional Tears - Tah laia (lungchhia) mittui tla hi a ni a, 'biochemical composition' (mittui siamtu thil) khaikhinnaah Reflex tear ai khian 24%-in protein a pai hnem zawk a. Heng protein-te hi kan rilru hah laia taksain a siamchhuahte a ni a, chu thil tha lo chu mittui hian a lo paihchhuak thin a ni.

Hetia kan sawi lai hian, Cornelius-an (2001) experiment a beihnaah 'movies' lungchhiatthlaktak hmangin mittui thatna hi a zirchiang a, danglamna vak a hmu lo. Mahse lemchan leh a tak a danglam tlat a, chu lovah hun leh hmunin a daih lova, chuvangin he zirchianna hi pawm a ni lo.

Ngaihdamna:

Lal Isua khan mi dang ngaidam thin tura min lo zirtir kha, keimahni tan vek a lo tha a ni. Kan chung a thil tisuale kan ngaihdam duh lohva rilru a

kan inseh ruk teuh chuan kan hriselna a ti chhe thin a ni.

Lawler (2003) zirchiannaah chuan College zirlai 108 zinga mi dang ngaidam thinte chu an hrisel zawk a, mi ngaihdam harsat-ho zingah thisen sang an tam hle a ni. Dr. Everett L. Worthington-a chuan ngaih-damna nei lote chu khawtlang nunah harsatna an ngah a, nupa inthen pawh an tam hle a ni tih a sawi.

Doctor leh Damlo:

1) Doctorte hlim lohna-

Doctor-te hi khawtlangah an dinhmun a pawimawhin an mawhphurhna a sang hle a, chutih rual chuan chu mawhphurhna tihlawhtling tur chuan rilru hi a pawimawh hle a ni. Mihringte chu awm ho turin Pathianin min siam a, Doctor pawh midang (mipuite) tanpuina lo chuan hna a thawk thei bik lo a, sawiselna ni lovin infuih tawna tha tak kan mamawh thin a ni.

Mi tam tak chu an thiam thil hi pawisa hmuhna tha tak leh office kal satliah lek fangah an ngai a, an hlim zo lo fova. Thenkhatin hlimna pe theiah an

ngai a, an hlim zo thin lo. Pawisa hi hlimna a ni lo kan ti thin, mahse inkungkaihna lian tak a awm a, chu chu mi tam takin kan thliar hrang thiam lo a ni.

Damlo tam tak doctor-in a enkawl a, hmanrua that tawk loh vang emaw damlovin damdawi in a pan tlai avang emaw tein tam takin nunna an chan a. Chutiang reng renga hun an hman chuan rilru leh taksa a lo chau thin, chumi belhchhah tur chuan Doctorte chetsual zeuh kha ar pan chuk ang maiin sawi a kai nghal a.... Doctorte tan thaw a va ipik em! Chawlhni a lo thleng a, inkhawm hman lova hna thawh a lo ngai a, an hnathawh an bansan theih loh avangin midang (an hnathawpui ni lo) nen an inkawm tlem tial tial a, an mikhual tial tial a, mi dang nen titi a rual thei tawh thin lo a ni. Rinnaah an lo chauva, rilru a lo chau bawk a, hlim a har tawh thin a ni.

'MBBS satliah' tih tawngkamte hian khawtlangah eng dinhmunah nge an awm a hril viau awm e. Chutih rual

chuan khawvel thiamnate a sang zel a, doctor thiam ang thiam an tam em em a. Kan in ngaihhlut tawna a tlem tial tial bawk a, tih palh zeuhah Court-ah kan khing duh mai zel tawh si a, fimkhur a ngai em em a, rilru a chau thin a ni.

2) Damlo lungawi lohna-

Doctor tam tak chu dam lote thusawi zawh hmain an thu an lo pawhchah sak a, damdawi eng emaw an lo chawh thin a, rilru a dam kim thin lo a ni. Doctor pakhat sawi chu; 'Damlo 50% hi chu amahin a dam ve leh mai a, 20% hi chaw ei tih that avangin a dam ve bawk a, 20% rilru damna leh rinna avangin a dam a, 10% chauh hi Doctorte hmalakna avanga dam chu a ni' a ti a, ngaihtuahna a ti thui duh khawp mai.

Damlote chu nuna harsatna tawk mek an ni a, an harsatna hriatthiamsak leh ngaihthlaksak an mamawh laiin, doctorte rilru

pekna erawh chu tunlai hmanrua changkanna a ni a, damlote chu thilnung pakhat natna nei, an natna zirchianna leka an ngai a, an damdawi hnathawhdan that leh that loh hriatnate etc...

Damlote'n an nuna thil thleng sawi that duh loh leh sawi nuam lo tih an neih changte hian Doctorte hi an han thinrim nghal tawp thin a, an vau zui zel bawk. Damlote tan sawi lehzel a harsa thin a ni.

Zir chiannaah chuan America-a khawpui doctorte 72% chuan damlote thusawi lai second 23-ah an pawtchat zel ang a ni. Rilru natna lam an ngaihthah hle a, damlote'n rilru hahna an neih pawhin taksa harsatna lam doctorte'n an thlur bing daih zel bawk a ni. Harsatna tam tak chu Doctor leh Damlo inkara inbiak pawhna that loh avangin a thleng bawk a ni.

An pa hnenah chuan "Eh! Thlawhnain kan lo thlawk i ti si a, in va lo thleng har si ve" a ti a. An pa chuan "A!, Kawng hlui lamah kan lo thlawk alawm a, a kual thui deuh alawm leh," alo ti sam et a....

NAUPANG NATNA HLAUHAWM HRIAT THEIHNATE

Dr. Lalhmuchhuaka, MD(Paed)

Naupang kum 5 chin leh a hnuai lam hi mipui zaa 12 aia tam hret an ni a. Tunah hian khawvel pum puiah India ram hi Nigeria ram tih lohah chuan naupang kum 5 hnuai lam chaw tha tlakchham natna (malnutrition) leh thihna tam berna ram a ni mek. Heng zingah hian kum khat hnuai lam hi thihna tam ber hun a ni a, kum khat hnuai rau rauvah pawh thla 2 hnuai lam thi an tam ber. Naupiang 1000 zela kum khat tlin hmaa thi zat hi Infant mortality rate (IMR) an ti a, hriselna tehfung pawimawh ber leh ram hmelmang lanna a ni. India ramah IMR 28-a ni mek a, Mizoramah chu India rama naupiang thi tlemna ber niin IMR 3 a ni. Natna reng reng hriat chhuah thuai a, enkawl nghal vat hi IMR tihtlem nan a pawimawh em em a ni.

Khawvel pum huapin hetiang lama zirtirna leh hmalakna beihpui a kal mup mup a, kan ramah pawh ngawrh taka kalpui a ni. Natna hlahawm chhinchhiahna lawrkhawmin, thawktute tan awlsam leh tangkai taka hman theih turin an duang chhuak a, Integrated Management of Neonatal and Childhood Illnesses (IMNCI) tih a ni. Mizoramah pawh, he programme hnuaiyah hian Daktawr leh Health Worker-te training pek tawh an ni. Hei

hian kan ramah naupang kum khat hnuai lam natna leh thihna a tihtlem ngei beisei a ni.

THLA 2 HNUAI LAM

Nausen thla 2 hnuai lam hi awlsam taka thih theih hun a ni a, enkawl uluk an ngai em em. A lian ho nen chuan natna kalhmang pawh a dang daih. Natna ral dotu an la neih that loh avangin darkar rei lo te chhungin an chauvin an thi hman thin. An natna hriat chhuah vat a, enkawl ran hian nunna tam tak a chhan thei. Duhthusamah chuan nausen

buchipte hi naupang lam
Daktawr-te chauhvin damdawi
chawh thin ni se, a chhan chu a
bik lehzuala enkawl tur an ni a,
eng emaw hlek tihsual palh a
pawi em em bik a ni.

**Natna hlahawm chhin-
chhiaha (possible serious
bacterial infection) :** A hnuai
kan tar lan zinga pakhat chauh
an neih pawhin natna
hlahawm a ni thei a, enkawl
vat tur a ni.

Kaih. (convulsions) emaw,
meng reng chung a eng mah
hmu lo (blank look).

Thaw rang (fast breathing) -
chu chu minute khat chhung a
wavi 60 leh a aia tam thaw a
nih chuan.

Thawk zawnga awm khuar
nasa (severe chest indrawing).
Hnar vang hek heka thaw (nasal
flaring).

Thawk chhuah zawnga rum
ngher ngher (grunting).

Ludip pawng (bulging
fontanelle).

Vun durh (skin pustules) 10
aia tam nei emaw durh Han (big
boil) pakhat chauh pawh a neih
chuan.

Khawsik, chu chu zakhnuai
enin 37.5°C leh a chung lam



emaw taksa vawt nasa, chu chu
(35.5°C leh a hnuai lam.)

Chau, zawi leh vai riai emaw,
nikhua hre lo emaw a nih chuan.

Chet tur ang aia che tlem
emaw, zal der emaw a nih
chuan.

Nausen eng (jaundice) nasa
- chu chu kutphah leh kephah
eng tel.



Enkawlna :

Ampicillin leh gentamicin
hman tur.

Chini tui peka tha (low blood
sugar veng turin).

Tihlum that emaw, pawm
lum (Kangaroo mother care)
that tur a ni.

Damdawi in panpui vat tur.

Kawthalo an veiin :

Chau, zawi, vai riai emaw nikhua hre lo a nih chuan.

Mitkhur thuk (sunken eyes) khawpa nasa a nihin.

Vun pawhsak (skin pinch) chuar rei.

Kawthalo rei, chu chu ni 14 chin leh a aia rei.

Ek-a thisen (blood in stool) tel.

Enkawlna :

Kawthalo enkawlna hi a kawthalo kha ni lovin tui tlachham (dehydration) enkawlna tur a ni.

Ampicillin leh gentamicin hman tur.

ORS zing taka pek emaw IV R/L pek theih chuan a tha.

Hnute pek chhonzawm tur.

Naute tihlum that tur.

Damdawi in panpui tur.

Hnute hnek :

Hnute hne thei miah lo (not able to feed).

Hnute hmuam dik thei miah lo (no attachment at all).

Barh luih pawha hnek turn miah lo (not sucking at all).

Thang tha lo, a thla mil lova nausen te leh thang tha lo (very low weight for age).

Enkawlna :

Ampicillin leh gentamicin hman tur.

Chini tui peka tha (low blood sugar veng turin).

Tihlum that emaw, pawm lum (Kangaroo mother care) that emaw tur a ni.

Damdawi in panpui vat tur.

Naute eng nasa (hyperbilirubinemia) :

Pian tirha naute eng nghal chu enkawlna vat tur a ni.

Nausen hi ni 5-10 vel chu nasa vak lovin an eng mai thei.

Kar khat hnua la eng chu entir tur a ni.

Kut leh kephah thlenga eng chu entir tur a ni.

Khawsik leh luak nei tel chu entir tur a ni.

Enkawlna

Hnute hnek tam tir tur a ni.

Damdawi pek a tul thei.

Phototherapy - naute eng hemna a tangkai hle.

Tui leh glucose pek te, zing niluma pho te a tangkai lo.

Naute eng nasa chuan thluak a tihchhiat theih avangin, mahnia lo inchawh chawp mai lovin entir vat thin tur a ni.

THLA 2 ATANGA KUM 5 INKAR chutichung chuan a bika enkawl
 Thla 2 an pelh hian an buchip erawh an la mamawh tho. An
 zualpui a lo rehin natna raldotu natna kalhmang a lo dang deuh
 pawh an nei tha deuh ta, hret tawh a.. (*awm zel tur*)

AIDU **(Myoga/ amomum dealbatum)**

Family: Zingiberaceae

"Aidu aidu aidu, aidu muttuina a ni" tih hla kan nei a. Mizote hi kan thu leh hlaa kan chhehvela thing, pangpar, chawhmeh leh thei te zeh tel ching tak kan ni a, a inhmeh phian zel mai.

Vai film ka en pakhata an hla chu 'you are my chicken fry' tih a ni a.

"Mahse, aw ngaih zual, i zun zamin,

Zaman hmawng thing ang mi phuar vel e" han tih hnap mai hi chu, a rilin a mawi dangdai bik hle a ni.

Aidu hi Japan sawhthing, Japanese ginger tih a ni ve a, sawhthing nen erawh a inang lo va.

Aidu-ah hian kan taksa mamawh vitamins leh minerals a awm khat tlat a.

Aidu hian vitamin A, vitamin E, vitamin K, vitamin C, thiamine, riboflavin, niacin, pyridoxine, folate, pantothenic add leh biotin a pai a.

Aidu hian sodium, calcium, potassium, manganese, magnesium, iron, zinc, copper, iodine, selenium leh molybdenum a pai a.

Aidu hian anthocyanin, diterpene dialde- hydes- miogadial, galanal A leh galanal B a pai a.

Aidu bul tuai, rhizome tui sawr leh wine chawhpawlh hi hritlang awm na leh aw chhang enkawl nan hman thin a ni a.

Aidu bul tuai leh hnah tui sawr hi typhoid natna tantir enkawl nan hman thin a ni a.

Aidu bul tuai, rhizome tui sawr hi kawchungu thi put leh tai tawlh atanga thi chhuak enkawl nan hman thin a ni a.

Hmeichhe thi nei mumal lo hi aidu bul tuai tui sawr leh wine chawhpawlh, pum ruaka intir a thaa hriat a ni a.

Aidu hi pum tan a tha bawk a.

Aidu hian taksa tana hlauhawm tur a pai hriat a ni lo.

Source - Zo lentu Chhawl damdawi - Dr. Lalkhawngaihsang

FIRST AID

TUR EI (Poisoning)

Tur ei hian harsatna nasa tak - thihna hial thlen theitu a ni.

Tur - mihring taksaa a luh dan chu :

Ei, in - by swallowing

Thawkna dawta hip luhin - by gases

Inchiuvin - by injection

Enkawl dan:

Luak tir tum rawh, nikhua a hriat chuan.

Tur ei chu thil hlauhawm tak a ni a. Damlo chu damdawi Inah emaw hruai vat a, a nih loh leh daktawr koh nghal vat tur a ni.

Tur bawm rinhlelhawmte leh a bang nawi la awm te, luak te, khak (sputum) te Exam tura dah that tur a ni.

Dam lo chuan nikhua a hriat loh chuan -

Luak tir suh.

Dam lo chu lukham lovin khum ruh tak chungah a zangthalin muttir rawh. Tichuan, a thawkna dawtah a luak a lut thei dawn lo nia. Hei hi arti-ficial respiration pe tur pawhin position tha ber a ni.

Luak a nasat viau chuan damlo chu a bawkkhup saisir deuhvin - ke leh lam dah ngilin, a ke chung lam tawm tur.

Dam lovin nikhua a hriat chuan -

i) Damlo a luak theih nan i kutin zen luak rawh. A nih loh pawn tui lum pip pep no khatah chi thirfian hnih pawlhin in tir rawh.

ii) A tur ei chu mi kang thei eg. Acid & Alkali a nih chuan luaktir tur a ni lo.

Acid leh Alkali (kang thei) ei lanchhuah dan :

Hmui te, ka te, vun te a lo varin - an dukin an eng thluah thluah thei bawk.

Tur tihdal nan chuan vur tui vawt in tur tam tawk pek tur a ni.

Hei hian a tidal ang a, taksaa a kal ral tur a veng ang a, luak avanga tui hloh a hnawhkhat bawk ang. Coconut sen tui pek a tha - hei hian zun a ti tam a, taksa tan chaw a ni bawk a. In tur - bawnghnute, artui chawh phawn leh tui chawhpawlh pek a tha.

CHHINCHHIAH TUR

Naupang kum 2 leh kum 8 inkarte chu puitling ei chanve chauh pek tur a ni. Naupang kum 2 hnuai lamah chuan puitling ei zat hmun lia thena hmun khat chauh pek tur.

Tur lar deuh deuh te First Aid pek dan:

Sl. No.	Poison	Source	First Aid
1.	Aseric	Saz tur, hrimthahra	Dambchulak tir tur, in tunpekatha
2.	Aspirin	Aspirin dambawi mum	Dambchu luak tir tur, Sathifantekhat tui ro khatahpawlhai tir tur. Thingui emaw Coffee tak deuhpek bawk tur.
3.	Carbon-Monoxide	Melhaw thuk, Gasthuk, Mitorkhu	Artificial respiration Oxygen aawmchuan pek tur
4.	Sleeping tablet	Dambawi zuar	Dambchulak tir tur. Mag Sulphate thirfiante hmi leh tui chawhpawlh pek tur. Coffee sa takapek adamb chuthhahhram tur.
5.	Mercury		Artui pawnvar nen chawhpawlha pek tur, chumihueh bawngnute pek adambchulak tir tur.

Sl. No.	Poison	Source	First Aid
6.	Lead	Samduma rawng	Damblo chu luak tir a, Mag.Sulpha leh tui chawpawhpek tur.
7.	Opium leh Morphine	Damdawi In leh Damdawi thenkhat Qumeithinte	Rotassumpemanganate (Tusen) tlempawhinintir tur, Coffeesatakinintir tur, Dambchuthihahrengtur ari
8.	Petrol, Paraffin K.Oil	Indhung Motorin (Garage) Industry	Dambchutu tantakinintir tur ari, Luktintur ari. K.Oil in ari indhuan tuisik aini liquid Paraffin intir zawkatha
9.	Phosphorus	Sawtur, Nawahfungbank	Dambchuluak tirtur. Tui tantakinintir tur. Hiaklam chiin phosphorus chu a tirkeh sawma nasazawk apawia khawih theih avangin phosphorus poisoning-ah hiaklamchi rengrengpeknihlhtur.
10.	Pressic Acid	Rawtui Mautuainotak	Thil hmanmawh thak a riachet vat a tui. Dambchuluak tirtur ari a, artificial respiration (thawk tirtur ari bank)
11.	Strychnine	Mhinghehrantana rungghawaththakathama hb	Damba harhlchdhan Luktintur. Athawkab tawptawh arihpawhin thawk tirtumtur (Artificial Respiration)

Sl. No.	Poison	Source	First Aid
12.	Pollidol	Chukchuhb, hik thama hb	Dambchuluak tirtur; tui tamtakintirturani Atul dan a zirin artificial respirationpek tur.
13.	Insecticides	Agriculture, weeslutter	Dambchula lu a hai a, khawmuhafiahba, awmapika, marphua muang a, mit nauteazim a, a thana tla inahmi aloduka, a kaih thin. Doctor b thlen hmadhu artificial respirationpek tur.
14.	Acid hak tak	Hospital laboratory, Motor dalma h industry	Dambchuluak tirtur; Acid pawh dal turin coconut sendhunga tui intirtur. Tui h Soda emaw, chalk emaw, milk of magnesia emaw pawh a intirturani
15.	Alkalies	Hospital, laboratories, Industries, Ammeria China i	Dambchuluak tirtur; tui emaw, coconut tui emaw tamtakintirtur. Tui h hansen thum tui emaw sert tui emaw pawh ina thalehzud.
16.	Disinfectants carbolic acids, lysol, Dettol, Ired	Hospital, In	Dambchuluak tirtur. Tui trekhata h mag Supra fiantel chawh pawh a intirtur.

KAWNG NA

Gilead Thinghnai - Dr. Lalkhawngaihsanga

Kawng na hi nei kan tam angreng a, mipa aiin hmeichhiaah kawng na nei an tam deuh niin a hriat a. Kawng na hi kan hnungzang ruh, nak ruh hnuai deuh leh ngum inkara harsatna vang a ni deuh ber a. Kawng na benvawn a awm theih laiin eng emaw hleka kawng na neih mai theih a ni bawk a. Na deuh ngut ngut te, chemte a vih ang maia na te leh mawngtam leh ke lama na thla te pawh a awm fo thin. Thla thum aia rei hi kawng na benvawn a ni tlangpui a.

Thil rit chawi nasat hi kawng na awm chhan tam ber pawl a ni a, ho tea inherh vangin kawng na a awm fo thin bawk a. Kawng na hi kum upa lamah chuan ruh lam harsatna a ni duh hle a, kum naupang lamah chuan tihrawl leh tha lam harsatna a ni duh hle thung a ni. Nilenga thut ngai hna, a bikin office hna thawkte hian kawng na an nei duh a. Thut dan dik lo leh duhdah taka thut chin hian kawng na a siam thei bawk a. Rei tak thut reng ngai leh rei tak din reng ngai hna thawh hian kawng na a siam thei a ni.

Ruhchuktuah natnain hnungzang ruh a khawihin kawng na a siam thei a, kawng

a hriatna thazam natna chi khat cauda equine syndrome hian kawng na a siam fo va, kawng na ngut ngut a awm tir thin a ni. Ipte ah reng leh thil put te hian kawng na a siam thei bawk a. Hetianga ipte ah nasat leh thil rit put nasat hian hnungzang hnuailam ruh hi a rim a, thil ritah reng te hian dar ni lovin kawngin a tuar daih a ni.

Insawizawi ngai lovin a insawizawi thut tein kawng na a awm thei a, gym a insawizawi nasatin kawng na a awm thei bawk a. Insawizawi dan dik tawk lova insawizawi nasatin kawng na a siam thei a ni. Taksa chak lovah chuan khuma chet zawng emaw kun zawng emaw pawhin kawng na a awm

thei a. Hnungzang tiche nasa
 thei leh hnungzang tha hman
 nasat ngai thil chuan kawng na
 a siam thei vek a ni. Chetsual
 palh avangin hnungzang ruh
 inkara awm hamda thler emaw
 pawng chhuak emaw vangin
 kawng na a awm thei a.
 Hnungzang ruh chhunga hriatna
 thazam a nek nasat thin vang a
 ni. Spinal cord hual vela hmun
 awl a zim hian spinal nerve a
 nek chep fo va, hei hian kawng
 na a siam thei a.

Kawng ruh natna
 spondylitis vang tein kawng na
 a awm thei a, kawng na
 benvawn siamin hnungzang a ti
 khawng tlat thei a ni. Sciatica
 hi kawng na awmtirtu pakhat a
 ni a, hnungzang ruh inkara awm
 hamda thler leh pawng chhuakin
 sciatic nerve a delh nat vang a
 ni tlangpui a. Kawng atangin
 keah a na thla fo thin a ni.

Raipuar ten kawng na an
 nei fo bawka. A nih tur ang aia
 taksa rit ten kawng na an nei
 thei a. Rilru hahna leh rilru lam
 natna neite'n kawng na an nei
 fo bawka. Taksa chet tlem leh
 awm awl lutuk hian kawng na
 a awmtir hma bik a, meizial zuk

nasat leh hnathawh nasat
 lutuk hian kawng na a siam
 thei bawka ni.

Duhdah taka thut loh tur a
 ni a, awm awl lutuk loh tur a ni
 a. Thil rit lutuk chawi loh tur a
 ni. Kawng na hi tui lum a deh
 a na a chhawk thei a, tui lum a
 inbual te pawh a tha hle a ni. A
 na chhawk nan damdawi, a ei
 chi leh hnawih chi te a awm a.
 Yoga posture leh insawizawina
 hi thenkhatin an thatpui ve
 bawka. Taksaah harsatna a
 siam loh chuan kea kal tam hi
 kawng na nei tan a tha a. A
 thiam enkawl na hnuai ah
 physiotherapy tih te pawh a
 tangkai hle bawka ni. Kawng
 herh chuan a nat zual zel loh
 nan indim hle tur a ni.

Nasa vak lova malis te
 pawhin kawng na a tiziaawm ve
 thei a, mahse hmeh vak vak
 hian a tizual zawk thei a, chin
 loh tur a ni. Zut dam thiam kan
 tih te hian an tizual zawkfo thin
 tih hriat tur a ni a. Kawng tihrawl
 tih hliam palh vanga kawng na
 hi awm hahdam reng lovin, a
 ziaawm veleh ni tin hna
 pangngai thawhpui ila a dam
 leh hma zawk a ni. ■

KAYAKALP LAWMMAN SEMNA NEIH A NI

*H. Zothankhuma, EE
Asst. Editor*

May ni 12, 2022 khan Multi-Disciplinary Training Centre, ITI, Aizawlah National Health Mission (NHM) buatsaihin **Kayakalp** (Damdawi in tha leh fai) lawmman chi hrang hrang, Health Minister Dr R. Lalthangliana leh Health & Family Welfare Board Vice Chairman Dr ZR Thiamsanga te ho a semna neih a ni a. Covid-19 avanga nikum hmasa lama ti tha te pawh hemi rual hian sem nghal ani. Kum 2020-21 Kayakalp Award dawngtute chu hengte hi an ni:

1. District Hospital :

1st Prize - Lawngtlai District Hospital, Rs.6,00,000/-, trophy+citation.

2nd Prize - Serchhip District Hospital, Rs. 5,00,000/-, trophy+citation.

3rd Prize - Siaha District Hospital. Rs. 4,00,000/-, trophy+citation.

Commendation Award - Civil Hospital Aizawl, Civil Hospital Lunglei, Champhai DH, Kolasib DH ten citation leh Rs.2,00,000/- theuh an dawng bawk.

2. Sub District Hospital(SDH) leh Community Health Centre(CHC)

1st Prize - Thenzawl CHC. Rs. 5,00,000/-, Trophy+citation.

2nd Prize - Sakawrdai CHC. Rs.3,00,000/-, Trophy+citation.

3rd Prize - Saitual CHC. Rs.2,00,000/-, Trophy+citation.

Commendation Award - Biate CHC, Hnahthial CHC, Kawrthah CHC, Ngopa CHC, Chawngte CHC leh Kulikawn SDH ten citation leh Rs. 1,00,000/- theuh an dawng bawk.

3. Primary Health Centre hnuai a District hrang hrang a lawmman dawngtute chuan pawisa fai, pakhatna in nuai nhii, trophy leh citation, pahnihna in singkua sangli, trophy leh citation, pathumna in singriat sangnga, trophy leh citation an dawng a,

hetiingin: Kum 2020-2021 chhunga District hrang hrang a PHC lawmman dawngtute

Aizawl East District:

1. Thingsulthliah PHC & Darlawn PHC 2. Khawruhlian PHC 3. Suangpuilawn PHC.

Aizawl West District:

1. Aibawk PHC 2. Lengpui PHC 3. Sairang PHC.

Champhai District

1. Khawhai PHC. 2. Hnahlan PHC 3. Sialhawk PHC.

Kolasib District:

1. Kawnpui PHC 2. Bukpui PHC 3. Lungdai PHC

Lawngtlai District:

1. S. Lungpher PHC

Lunglei District:

1. Lungsen PHC 2. Haulawng PHC 3. Tawipui PHC

Mamit District:

1. Kawrtethawveng PHC 2. W.Phaileng PHC 3. Rawpuichhip PHC.

Serchhip District:

1. E. Lungdar PHC 2. N. Vanlaiphai PHC 3. Chhingchhip PHC.

Siaha District

1. Chhalo PHC 2. Tipa PHC 3. Phura PHC. Heng bakah 70% hmu chin district hrang hranga PHC 17 te'n Commendation

Award Rs.50,000/- theuh an dawng bawk.

4. Urban PHC's zinga lawmman pakhatna latu chu Chawlhmun UPHC niin pawisa fai Rs. 1,50,000/- an dawng a, pahnihna chu Hlimen UPHC niin pawisafai cheng Rs.80,000/- an dawng a, Lawipu UPHC chu pathumna niin pawisa fai Rs.60,000/- an dawng bawk. Hemi bakah hian Commendation Award ITI UPHC leh Sihphir UPHC ten Rs.52,500/- ve ve an dawng bawk.

Kum 2021-22 Kayakalp Award dawngtute chu hengte hi an ni:

1. District Hospital

1st Prize - Lawngtlai District Hospital, Rs.6,00,000/- trophy+citation.

2nd Prize - Siaha District Hospital. Rs. 5,00,000/- trophy+citation.

3rd Prize - Champhai District Hospital. Rs. 4,00,000/- trophy+citation.

Commendation Award - Civil Hospital Aizawl, Civil Hospital Lunglei, Serchhip DH, Kolasib DH leh Mamit DH ten citation leh Rs. 2,00,000/- theuh an dawng bawk.

2. Sub District Hospital leh Community Health Centre

1st Prize - Saitual CHC. Rs. 5,00,000/-, trophy+citation.

2nd Prize - Biate CHC. Rs.3,00,000/-, trophy+citation.

3rd Prize - Thenzawl CHC. Rs.2,00,000/-, trophy+citation.

Commendation Award - Sakawrdai CHC, Hnahthial CHC, Vairengte CHC, Ngopa CHC leh Chawngte CHC leh ten citation leh Rs.1,00,000/- theuh an dawng bawk.

3. Urban PHC's zinga lawmman pakhatna latu chu Chawlhmun UPHC niin pawisafai Rs. 1,50 000/- an dawng a, pahnhna chu Hrangchalkawn UPHC niin pawisafai cheng Rs. 80,000/- an dawng a, ITI UPHC leh Hlimen UPHC te chu pathumna niin pawisa fai Rs.45,625/- an dawng bawk. Hemi bakah hian Commendation Award ITI UPHC leh Sihphir UPHC, Lawipui UPHC leh Zemabawk UPHC ten Rs.26250/ theuh an dawng bawk.

4. **Primary Health Centre** hnuai a District hrang hrang a lawmman dawngtute chuan pawisa fai, pakhatna in nuai

hnih, trophy leh citation, pahnhna in singkua sangli, trophy leh citation, pathumna in singriat sangnga, trophy leh citation an dawng a. Kum 2021-2022 chungga District hrang hrang a PHC lawmman dawngtute

Aizawl East District

1. Thingsulthliah PHC 2. Khawruhlian PHC 3. Darlawn PHC

Aizawl West District

1. Aibawk PHC 2. Sairang PHC 3. Lengpui PHC

Champhai District

1. Hnahlan PHC 2. Sialhawk PHC 3. Khawzawl PHC

Kolasib District

1. Lungdai PHC 2. Kawnpui PHC 3. Bukpui PHC

Lawngtlai District

1. Sangau PHC 2. S Lungpher.

Lunglei District

1. Thingsai PHC 2. Buarpui PHC 3. Haulawng PHC

Mamit District

1. Kanghmun PHC 2. Kawrtethawveng PHC 3. Rawpuichhip PHC.

Serchhip District

1. Chhingchhip PHC 2. E. Lungdar PHC 3. N Vanlaiphai PHC.

Siaha District

1. Chhalo PHC 2. Phura PHC 3. Chakhei PHC. Heng bakah hian 70% hmu chin district hrang hranga PHC 20 hnenah Commendation Award Rs.50,000/- theuh pek an ni bawk.

Kum 2021-2022 chhunga District hrang hranga AB-HWC/ SC lawmman dawngtute : Pakhatna hian Rs 100000 an dawng a, pahnihna in Rs 50000 an dawng a ni.

Aizawl East District

1. Bethlehem Vengthlang HWC
2. Chanmari West HWC

Aizawl West District

1. Luangmual HWC

Champhai District

1. Biate HWC

Kolasib District

1. Tumpui HWC

Lunglei District

1. Rahsi Veng HWC 2. Pukpui HWC

Serchhip District

1. Sailulak SC

Siaha District

1.No-Aotlah HWC. Heng bakah hian 70% hmu chin district hrang hranga PHC 18 hnenah Commendation Award

Rs.25,000/- theuh sem a ni bawk.

He hunah hian Health Minister chuan thu sawiin fai leh thianghlim kawnga inelna hlawhtling tak buatsaih a ni chu lawmawm tiin lawmman dawngtute leh a dawng ve lo te tan fuihna leh chona ni thei se a duh thu a sawi a. Mizote hriselna kawngah tan kan lak a ngaih nasat thu sawiin taksa inenkawl kawngah tunaia nasa lehzuala tan kan lak a ngai a ni, a ti a. Dam rei tur chuan mi tinin tih tur kan nei a ni tih sawiin, hriselna kawnga mipuite zirtirna atana tangkai tur a nih beisei chungin leh Health Department a thawkte pawhin nasa lehzuala tan an lak theih nan kum thar atangin hriselna kawnga intihsiakna chi khat "*Damlohna/Natna avanga nunna chan tlem ber District inelna*" buatsaih a nih tur thu a sawi a, hei hi mihring cheng zat atanga chhut zel tur niin, Health department hotuten a tehfung leh inkaihhruaina kimchang an ruahman dawn tih a sawi bawk. ■

ROBAWM

NUNPUI LOH NUN

Vannehtluanga, Editor
Lengzem

Mawiteii chu Mizo nula taima tak a ni a. Zing takah thovin ei rawng a bawl a, rawng bawl pahin hmun a tifa a, chaw ei khamah thleng a sil a, puan a su a, bungbelte a rem fel vek a, bawlhhlawh de zeuh pawh hmuh tur awm lovin thut pindante chu a phiat fai hliau a. Mawiteii awmpuitute chuan an duhin an duat em em a, mut pindan leh bual pindan hran an pe thlap a, a hlawh pawh kum tinin an tihpunsak a ni.

Mahse, Mawiteii mut pindan chu hmu thut la, i phu zawk ngei ang. Mi thatchhia leh pawlawh ber pindan ang mai hian a hnawk nuai mai a. A khuma a neih zawng zawng let rem rumte chu a hui kiang a, a sirah a mu tawp mai a ni! Tihfai leh rem felna hunawl nei mah se, tul a ti tlat lo.

Ruaitute tan a fel a, ama tan erawh chuan a che fel thei tlat lo. Mi thupek a zawm thei a, amah chu thupek tha a inpe thei tlat lo. Invawnfel chu hlawh lak nan bak tul a ti lo va, hahthlak a ti tlat. Mawiteii thluaka Jekyll & Hyde biru hi zir tham a ni!

Ruaitute pindan vawng fai thei chung a ama pindan a vawn fai theih lohna chhan chu eng nge ni? Mawiteii chuan a fel thiamna chu a nunah a la lut lo a ni. Chet felna chu amah aia changkang zawkte nunphung turah a ngai a, tlin ve tak

tak lovin a inhria a, 'changkan' chu tul a ti lo va, hun leh sum leh tha heh mai maiah a ngai ru tlat a ni. Sipai duty rilru ang maiin a duty lai chauhin a felfai a, nunphung hnawk chu a tan hahchawlhna hahdamthlak a ni tlat. Felna leh faina chu a eizawnnain a mamawh avanga a lemchanna khawel a ni a. A nihna dik tak chu a khum pindanah a lang chhuak ta a ni. A che fel thei lo a ni lo, ama duhthlanna ngeiin a che tawp lui a ni. A felna chu a ta a ni lo va, ruaitute ta a hawsak mai mai a ni. Mawiteii chuan mi thupek zawm tura piang niah a inngai a, ama nunah felna thupek a inpe ngai lo.

Thinlung thupek zawm tur nei lote hi mahni inthunnunna (self discipline) tlachhammi an ni fo. Chutiang mi, a tha zawnga nun thuthlung zawm tur intuk ngai lote leh, nun hmanga zahawmna hlawh

chhuah tum lo mite chuan a hniak tam lam apiang an pawngpaw zui thin. Eirukna a hluar chuan eiruk chu 'tunlai dan' tiin an pawmzam ve mai zel. Mahni zahawmna humhalh tul ti lote hi insum theih lohna سوالin a bawm nge nge.

Mawiteii ang mai hian, mahni phu tawk nia kan inhriat dan milin kan nung vek. Tuibur hmuam awm tawk nia inhria chu Sap zingah rei tak va khawsa mah se, a lo hawnah a hmuam leh tho. Singapore-ah 'world class' pangngai aia changkang hial khawpa fel faiin Mizo nulate'n an awmnate in an tifai thei. Rei tak chutia an thawh hnuah an lo kir a, 'Faina leh chet felna ka rawn hawn hi min entawn rawh u,' an ti lo va, 'In balh dan anga balh ve ka chak tawh lutuk!' tih rilru an rawn hawn deuh ziah! Singapore-a thelret thial chena sim thei thenkhatte chu, Mizorama an lo let leh rualin khaini leh meizial heh ber berah an rawn tang leh thei tlat. Mi rama invawng uluk thei takte hi mahni rama hun vawng dik lo ber ber an rawn ni leh tlat thin. Vawk chu bual fai mah la, chirhah bawka inbual leh tho ang. 'Tuikuk Pathian siam theih loh..' titute ngei hi eng nge kan nih bik le?

Kum 2018-ah hian Ph.D zirlai za tel kan nei a. A tam zawk chu Mawiteii anga guide thupek mila thesis ziak, doctor nih ruala hna

hmuh leh hlawh tam chiah tum an ni ang. Pawn lamah mithiam an ni a. An chhungril nunah erawh chuan, "Khaw'nge ka thiamna hi Mizoram tan ka'n hmang teh ang" tih tum chuang miah lo an ni mai thei. Medical doctor, sumdawng nia inhre tlatte pawh kan awm. Kan zir thiamna hi nunpui tak tak ila chuan Mizoram hi heti khawpin kan hnufual lo vang.

Mawiteii'n ama phu tawk nia a hriat mila a fianrial nun a duang ang hian, sakhaw hotute leh ram roreltute pawhin mipui hnenah thu sang tak tak sawi mah se, an fianrial rilru mil tawkin min kaihruai tho. Thatnaa tuihalna lanchhuahtir ngamna aiin, thatlohna thup thiamna lamah kan ze tial tial. Hmasawn hi kan thiam lo a ni lo, kan thliarkar rilruah hian, helai ram kilkhawra tribal chawn sek hi leng dang hneha rual khuma raltiang kai ve tak tak thei lo turah kan inggai tlat a ni. He ze tha lo hi kan hneh hma chuan rual kan khum lo vang.

Mawiteii ang hi kan va tam em! Zirtirtu hna thawk chung a zirtirtu rilru pu si lo te, biak-in chhunga Jekyll, pawn lama Hyde ni leh site hi kan va pung chak em! Biak-in chhung nun chu chhungkaw nuna lak luh turah kan ngai lo. Kan lemchan chu nunpui tak tak lo turah kan inggai a. Sipai duty angin biak-in chhehvela kan

'duty' laiin kan fel a, kan chhuahtsan rualin 'hahchawhhsan rilru' kan pu tlat zel. Kan awmna tura Pathianin a ruat lawk chu hahtlakdawn riauvin kan hreru tlat a ni! Fel thiamna hi kan ze nghet ni lovin kan lemchanna zia a ni a, changkanlohna hi kan duhthlanna ngeia kan thlan a ni.

Lemchan khawwela kohhran sum vawng fel thei hian a ze dikah chuan office sum tichingpen fo. Mahni khua dry village-a puangtu paw'n Vai ramah chuan zu a duh ve tho an ti! Inkhawm tlai ngai lo, office tlai ziah si. Rawngbawlina anga ngaia fel theia, fianrial nia ngaia che tawp zet site hi kan nia! Zu in mite bula zu no dawm thulh chuang si lova zu hawtute bula zu thatlohzia sawi thulh chuang si lote ka awm ta!

Kristianin vanram kawng zawh a huphurh tlat chuan vanram a thleng lo vang. Chutiang bawkin Mizoram pawh hian hmasawwna kawng zawh kan huphurh tlat chuan ram tiam kan thleng lo vang. Mizoram khaw tam zawkah faina meichher chiin kan infaisiak mek a. Thupek zawm vang te, lawmman lak duh vang te, thenawmte zah vang te, thuneitute min tirh luih vang te leh ruling party nih vang emaw mai maia kan intihhmuh a nih chuan, prawkrem rem rualin a a rem leh mai ang! Kan

khua leh vengah chiah bawhhlawh kan ngaimawh ang a, mi vengah kan che tawp leh tho ang. Bawhhlawh ngaimawhna leh fai thlakhlelhna chu khaw mipuite thinsungah kan tuh erawh chuan, fuih phur hranpa ngai lovin khawi hmunah pawh kan nunpui mai dawn a ni.

Hawh u, changkanna hi mi ta hawhah inngai lovin a neitu i ni ngam ve tawh ang chu. Chhura nih vanga "Naa chu ni se.." tih tih a hun ta lo. Changkan duhna leh chet fel tumna hi retheih leh hausak lam thil a ni lo va, tribal nih vanga phu loh bik tur a awm chuang lo va, fianriala awm nia inhriat vanga ngaihthah chi a ni lo va, hruaitu tha leh thupetu tha neih hun nghah kher tur pawh a ni hek lo.

Rilru puthmang inthlak mai hi mi thara min siam theitu a ni. 'Mi nep tak ka ni' tih rilru ka put chung chuan ka che tawp mai a. 'Ka changkang a ni' tih ka pawm rualin ka che fel mai. Bible chuan Kristiante hi kan chak hun nghak turin min ti lova, chak lo chung pawha 'Ka chak a ni,' tia hnehna puang turin min fuih a ni. Hawh u, fel lem chang lovin i fel thut teh ang u - kan thiam tho sia!

Extracted from
MGDA 19th Annual Magazine
2018

KEIMAHNI

- May ni 1, 2022 khan Dr. C. Lalzepuii chuan Director of Health Services hna a chelh tan a, hemi rual bawk hian Pi Dengropuii, MSS chuan Dy. Director of Health Services (Admn.) hna Directorate of Health Services-ah a zawm tan bawk.
- May ni 12, 2022 khan Multi-disiplinary Training Centre, ITI veng, Aizawl ah Damdawi in tha leh fai, Health & Wellness Centre tha lawmman chi hrang hrang semna Health Minister Dr. R. Lalthangliana leh Dr. ZR Thiamsanga, Vice Chairman H&FW Board hova neih a ni. Damdawi in Tha leh Felfai Lawmman “Kayakalp” hi hripui leng vangin kum kalta khan sem theih a ni lova, tun tumah hian kum 2 (2020-2021 leh 2021-2022) atan sem a ni.
- May ni 13, 2022 khan ni 3 awh Free Eye Check-up Camp (Phaco-Cataract Surgery) Hnahthial District tana buatsaih chu Health Minister-in a tlawh. Hetiang hun buatsaih sak tu Eye Care Hospital neitute Dr.K.Lalremsanga leh a thawhpuite chungah lawmthu a sawi. He hunah hian mit naute paw mi 30 chuang zet zai an ni a, mi 300 chuang inentir an awmbawk.
- May ni 17, 2022 khan Central Warehousing Corporation-in Corporate Social Responsibility hnuai a cheng nuai 20 senga PHC, Aibawk hmun a sak Makeshift Covid Care Centre chu Dr. Lalhriatzuali Ralte, IAS, Aizawl DC chuan a hawng a, Health & Family Welfare kutah a hlan nghal a ni. Makeshift Covid Care Centre hi a sei zawng feet 47 a ni a, a vang feet 17 a ni a, chhawngghnih niin, damlo mi 40 vel leng thei a ni.
- May ni 20, 2022 khan Directorate of Health Services ah Health Minister Dr. R. Lalthangliana hovin Myanmar Refugee Relief Committee, Mizoram hruaitute hnenah tanpuina hlanna neih a ni a, he hunah hian Dr. C. Lalzepuii, Director of Health Services leh Officer dangte an tel a ni.

- Mayni 20, 2022 ni vek hian Health Minister Dr. R. Lalthangliana chuan Mizoram Government Nursing Service Association (MGNSA) Biennial Conference 2022, Dawrpui Multipurpose Hall a neih chu khuallian niin a hmanpui bawk. He hunah hian Health Minister chuan kum 2023 March thla ral hma ngeiin Mizorama Subcentre zawng zawngte chu Health & Wellness Centre-ah hlan kai hman vek tum a ni a ti.
- May 24, 2022 khan Health Minister Dr. R. Lalthangliana chuan Civil Hospital, Aizawlah CT Scan khawl thar leh 500 LPM Oxygen Plant thar a hawng a, Minister hi H&FW Board Vice-Chairman Dr ZR Thiamsanga, MLA, Health secretary Pu R. Lalramnghaka, IAS leh Health Officials ten an tawiawm a ni.
- May ni 28, 2022 khan Health & Family Welfare Minister Dr. R. Lalthangliana'n Mizoram State Cancer Institute a cancer hemna khawl chi khat – Brachytherapy Machine bun thar a hawng a. Khawl thar hawnaah hian Health & Family Welfare Board Vice Chairman Dr. ZR Thiamsanga MLA pawh telin Minister hi Secretary, Health & Family Welfare Pu R. Lalramnghaka, IAS; Principal Director Dr. T. Lalmangaihi; NHM Mission Director Dr Eric Zomawia leh official dangten an tawiawm a ni
- May ni 31, 2022 khan Dr. F. Lallianhlira, Principal Director, Health & Family Welfare Department chu Superannuation pension in a chhuak ta. Health & Family Welfare Department in Principal Director kan neih tawh panga zingah hetiang dinhmun chelh rei thei ber niin April ni 1, 2017 atang khan May ni 31, 2022 thleng a chelh thei a, pa zaidam, mi belhchian dawl, thei bik nei lo, mi rinawm leh mithiam, Pathian tih mi hotu kan nei hi kan chhuang em em a ni, hemi ni vek hian Pi Zothansangi, Health Supervisor, UIP, DHS Office pawh Superannuation Pension in a chhuak bawk. Damna leh hriselna tha tak neia Superannuation pension-a an chhuak thei hi kan lawmpuiin kan ui hle a, pension nun awm hmun a hmang mai lova, ram leh khawtlang, chhungkaw tana mi tangkai tak ni zel turin duhsakna kan hlan bawk a ni. ■