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Editorial

WHO chuan 'HRISELNA' chu taksa, rilru leh vantlang nun hrisel hi a ni a, taksa damlohna leh bawrhsawmna chauh hi hrisel lohna a ni lo' a lo ti a ni. Hengte avang hian i rilru a hrisel em? Mi chaklohna lai zawng char char thin mi i ni ve em? A chhe lai thu ringawt la lova, thawm tha tura bul tantu i ni ve em? Han in zawtchiang ta theuh ila, Hriselna leh Damna tak nei tur chuan heng hrang hrangah te hian kan damtlang hlawm em le?

Khawvel ram changkang apiangin Hriselna hi an ngaih pawimawh \hin avangin an ram mipuite'n hriselna an neih theihna turin sum leh pai pawh an hmang nasa \hin hle a ni. India ramah ngei pawh mitinin hriselna \ha kan neih \heuh theih nan ruahmanna tha tak hnuai ah programme leh scheme tha tak tak a duang chhuak a, chumi tihlawhtling tur chuan hnathawktu tur te pawh a la a ni, hemi tihlawhtling tur hian thawktute ngawt an tawk zo kher lo ang, mipui lam pawhin tih tur kan nei ve a ni, hna tha taka thawh a nih theih nan mithiamte thusawi kan ngaihpawimawh a ngai, chutiang bawkin a hlawhtlinna tur atan mipui lam pawhin thu mai ni lo in ataka kan bawhzui a ngai bawh. Chungte avang chuan kan zavai hriselna tur leh kan hmasawmna atana pawimawh a ni tih hria a, thawhhona tha kan neih hmasak a tul hle a ni.

He khawvela mi chhawrtlak ni tur leh hmasawn tur chuan kan hrisel phawt a ngai a. Hrisel hi sum haichhuahna hnar ber, ram hmasawn nana thil pawimawh hmasaber leh khawvel ram changkangte tum ber a ni \hin. Mahse hriselna nei tur chuan mitin hian mawh kan phur \heuh a, kan invawn that a, kan ei leh in, kan taksa tiche theitu laka in sumna neihte hi kan tih tur hmasa chu a ni. ■

HARSATNA KARAH PUITU

*Lalthasangi, Pharm.
Incharge AB-PMJAY etc
Civil Hospital, Aizawl*

Tun tum chu Civil Hospital, Aizawl a natna khirh tak tak tuar mek leh in enkawl mek mi harsa zawk te tana tanpuina/ a thlawn a in enkawl theihna Central lam Scheme/Programme tha tak tak kalpui mek kan neih chungchang mipui in hrilhhriat nan a tlangpui sawi han tum dawn ila. Amaherawhchu, AB-PMJAY Office (opposite Old cabin), Civil Hospital, Aizawl in a kan khawih leh kan kalpui Scheme te chauh ka rawn sawi dawn a, mi pak hat talin tanpuina sum an hmuh theihna kawng a lo nih a, hlawkpuina an hmuh ngei kan beisei em em a ni. Zawnha leh hriatthiam loh thil a awm pawh in a thawktu te hnenah, a hmun ah kal a zawhfiah theih reng kan ni e.

AYUSHMAN BHARAT- PRADHAN MANTRI JAN AROGYA YOJANA (AB- PMJAY):

He Scheme hi Mizo in kan hriat dan tlanglawnah chuan **Gold card** tih hi a ni awm e. Dated 23rd September 2018 khan Hon'ble Prime Minister of India, Shri Narendra Modi chuan mipui hman theih turin Ranchi, Jharkhand-ah a tlangzarh a. He SHEME hi khawvel pum huap pawh a Health Insurance Scheme lian ber ni thei hial tura ngaih ni in,

**chhungkaw khat tan kumtin
Rs.5 lakhs (Nuai-5) hman
theih tur a ruahman a ni a.**
Chutih rualin Gold Card nei thei kan tih te hi chhungkaw khawsak harsa Socio Economic Caste Census 2011 (SECC 2011) List a tel Rural leh Urban area a mi te leh RSBY Scheme (Smart card) kan tih mai atanga thlanchhuah te'n an nei thei a. Heng list a awm te hian Prime minister letter kan tih mai kha an dawng tlangpui a, chumi bakah Smart Card 2018 kum a nei ho te

khan an siam thei baw a ni. Gold Card siam tur hian Ration Card, Aadhaar Card leh khing a chung a kan sawi PM letter/ Smart Card/HHID no te khi a ngai thin a ni. Gold card nei chuan an fate leh an kawppui te he Scheme ah hian an thun thei baw a ni.

A hman dan chungchang ah hian kumtin Nuai 5 chungkaw khat in hman theih ni mahse an damloh dan azirin nitin a hman theih zat leh Package Rate (surgery/inzaina bikah) hi an mamawh dan tur a siamsa vek a ni a, an damdawi mamawh leh hmanraw mamawh te hi a thlawn a Drug Canteen a laktir an ni thin. Keini Civil Hospital, Aizawl bikah chuan kan Damdawi in chung a Investigation, ICU charge, Dialysis Charge leh User charge etc. te hi a thlawn a tih tir vek a ni thin baw a, a hlawkthlakin mipui tan he scheme hi a tha takzet a ni. **Gold card hi Damdawi in a awm/admit lai te chauh in an hmang thei a, pawnlam a in entirna leh OPD a huam lo tih hriat a tha awm e.**

DR. AMBEDKAR MEDICAL AID SCHEME FOR SCs & STs :

Dr. Ambedkar Medical Aid Scheme in a tum ber chu Damlo (Schedule Tribes leh Schedule Castes) natna khirh bik tuar te hnenah a thlawna an inenkawl na tur tanpuina sum pek a ni a. Amaherawhchu heng natna benvawn Kal (Kidney) tha lo Dialysis/kal thlak ngai te, Lung zai (Heart Surgery), Thluak zai (Brain Surgery), Cancer (Surgery/ Radiation/Chemotherapy), Spinal Surgery leh thihpui hlauhawm natna benvawn nei te chauh tan a dil theih a ni. Heng kan sawi tak te dil tur hian **Inzai (surgery) hma in kan dilna hian Dr. Ambedkar Foundation, New Delhi a thleng hman tur a ni a, kan senso tawh te hmuh letna tur a Scheme hi hman theih a ni lo tih kan hriat a tha awm e.** He Scheme dil thei tur hian a chung a kan sawi te bakah Chhungkaw sum lakluh kumtin ` 3,00,000/- (Nuai-3) aia tam lo tur a ni. He Scheme dil duh tan chuan Personal

Assistant, Medical Superintendent, Civil Hospital, Aizawl hnenah a form hi lei theihin a awm reng a, amaherawhchu mahni inenkawlna Damdawi in zelah a tul ang te tihfel thin tur a ni. In enkawlna tur tanpuina sum hi Hospital Dedicated Account-ah lo lutin, hemi hmang hian an Sanction hmuh ni atangin a thlawn in enkawlna hi pek an ni. **Sum losen tawh te ruh let nan a hman hi phal a ni lo tih hriat tel a tha awme.** Damlo fund hmang zo lo va vanduaithlak tak a boral an awm in an hman bang ang hi Foundation lamah thawnlet leh a ni thin bawk. **Cancer Chemotherapy leh Radiation atan bik hian Mizoram State Cancer Institute (MSCI), Zemabawk lamah dil thin tur a ni a, chutiang bawkin Phai lama refer tan hian kan kal na tur Hospital ah zel dilna hi siam tur a ni.**

Dr.Ambedkar Medical Aid Scheme a thil tel ngai te chu:

1. UIDAI No/Aadhar Card-Xerox & Attested

2. Tribal Certificate-Xerox & Attested

3. Ration Card-Xerox & Attested

4. Annual Income Certificate (Bialtu DC hnen atanga lak tur)-Xerox & Attested

5. Damdawi in inenkawlna Lehkha natna lanchianna leh Natna tichiang tu kan Investigation Report-Xerox & Attested

6. Recommendation (Member of Parliament Rajya Sabha/Lok Sabha)

Heng a chung a kan sawi bakah hian Estimate Certificate, Mandate Form leh Hospital CGHS Approved Certificate te hi chu Hospital lamah Document te thehluk hnu a thawktuten an buaipui zui tawh tur a ni.

UMBRELLA SCHEME OF RASHTRIYA AROGYA NIDHI(RAN):

He Scheme hnuaiah hian thilchi thum (3) a awm a, chung te chu:

1. **Rashtriya Arogya Nidhi-** Damlo harsa zawk heng Lung,

Kal, Thin etc kaihnawih natna nei, thihpui hlauhawm leh damchhung a inenkawl ngai te tan an inenkawl na tur tanpuina atan sum Rs. 15 Lakh thleng dil theih tur a ruahman a ni a. Tanpuina dil thei tur te hi an Ration Card number hmang a enfiah zel tur an ni a, BPL family kan tih te tana dil theih a ni. Amaherawhchu Sawrkar Hospital heng an natna in enkawl theihna hmun leh an in enkawl na hmun ngeiah an dil tur a ni.

2. Health Minister's Cancer Patient Fund - He Scheme pawh hi a chung a kan sawi tak BPL family leh damlo harsa zawk Cancer natna vei mek te tana inenkawl na tur tanpuina sum dil theihna a ni a, Mizoram tan chuan Mizoram State Cancer Institute(MSCI), Zemabawk lamah ngaihven tur a ni.

3. Financial Assistance Scheme for poor patient suffering from rare Disease: A chung a kan sawi tak natna in a huam loh Hematopoietic Stem Cell Transplantation

(HSCT), Organ Transplantation leh Renal Transplantation hmanga enkawl theih natna ho ah hian tanpuina sum ` 20 Lakh thleng a dil theih bawk.

RAN Scheme hi tun hma ang a dilna hi lehkha a thehluh theih a ni tawh lova. National Health Agency (NHA) te nen a thawk ho in Internet hmang a Beneficiary Identification system (BIS) online Platform hmang tawh tur a hriattirna kan dawn avangin tun dinhmunah Ration Card thar number te chhut luh vek a ngai a, State Ration Card (NFSA) Database Integrations-ah harsatna kan la neih bakah kan Transaction Management System (TMS) portal hman tur hi central lam atanga thil felhlal a la awm avangin a dil tur te tan harsatna a la awm deuh a, heng kan harsatna te hi hma chak taka lak mek a ni in Scheme hi kalpui leh vat theih a nih beisei a ni. **He Scheme hi Ministry of Health and Family Welfare, Government of India hnuai a kalpui a nih ang in Sawrkar Hospital hmun hran**

hnanah kalpui a ni a, Phai lama refer te tan pawh mahni in enkawl na tur Hospital zelah dil tur niin, sum kan lo sen tawh rulh let leh nan a hman theih a nih loh avangin kan sanction hmuh ni atang chauh a hman theih a ni tih hriat a ngai bawk a ni.

NATIONAL VIRAL HEPATITIS CONTROL PROGRAMME (NVHCP):

Ministry of Health and Family Welfare, Government of India hnuai a programme pakhat niin, November 2019 khan Mizoramah pawh he programme hi kalpui tan a ni a, a tirah chuan Hepatitis – C treatment chauh a thlawna pe in bul tan phawt a ni. He programme in a tum ber chu Hepatitis Natna (B/C) inkaichhawn awlsam em em leh in enkawl na hautak lutuk thin tihreh a ni ber awm e. Damdawi mamawh te hi Central lam atanga a thlawna hmuh a nih mai bakah man to tak tak a phai lama an Viral Load thawn ngai thin te chu a thlawm vek in he program

hnuai hian thawn sak an ni thin a ni. Tun dinhmunah hian Hepatitis B leh C te in enkawl na hautak em em thin chu a thlawm a kalpui vek a lo ni ta in Mizoram chung a District tinah he programme hi kalpui a lo ni ta bawk a ni. He programme a in enkawl duh tan chuan Civil Hospital, Aizawl Medicine Department ah OPD card lak a, Doctor ten an damdawi mamawh te chawh in awlsam takin treatment a thlawm a lak mai theih reng a ni e. **He Programme-ah hi chuan BPL chauh ni lo in tupawh India khua leh tui ni tan chuan in enkawl na damdawi hi a thlawm in hmuh theih vek a ni e.** Amaherawhchu he programme pawh hi online Portal hman a nih tho a vangin damlo ten thla tin a hun takah an damdawi te an rawn lak a ngai a, Doctor te leh thawktu ten a document tul kan tih te min ngaihpawimawh sak hram hram loh chuan damdawi hi duh dan dan a lak mai theih a ni lo thung a ni. ■

Osteoarthritis (Ruh chuktuah vung)

Dr. Isaack Lalrawngbawla
PGT, Community Medicine, RIMS, Imphal

uh chuktuah vung (osteoarthritis) hi kum upat hnua mi zawng zawng vei tura ngaih a ni. Chumi hma chuan, kan ramah kum 18 chinah za zela pasarihin an vei ni a chhut a ni. He natnaah hian khup (knee) emaw kawng (hip) emaw hnungzang ruh (spine) emaw kut phah ruh chuktuah (palm joints) te a na tlangpui a, a tirah chuan na riai riai angin a lang chhuak a, vei lam emaw dinglam emaw chauh a na tlangpui. A khawih tawh ruh chuktuah te chu a khawng vat a, che lo a rei deuh hlek a dah hnua hpei chuan chet a harsa thin a, hman rim deuh leh hman rei deuhin a na a zual theiin, muthilh theih loh khawpa na hial a thlen thei. Ruh chuktuah chu lang chhuak khawpin a vung nasa thei a, chet zawngin a ri ret ret thei bawk a, ruh a chawr belh thei bawk a ni.

Chetsual (accident), ruh tliak, piansualna leh ruh hliam ngun lutuk te hian osteoarthritis an vei hma duh bik a; hmeichhiate hian an vei hma bikin, thi hul hnua (menopause) an vei hma leh zual bik. A hmei a pa in BMI (body mass index) 30 aia sang te hian taksa rihna phurtu, kawng leh khupah, ruh chuktuah natna hi an vei hma bik a. Chet a tih khawlhkham a, mahse chet tlem leh rih belh zelna (weight gain) hian na a tizual hlauh thung a ni. Ke lehlam a nat

avangin an bai a, hei hian an bai na lam – a dam lamah pawh osteoarthritis a thlen awlsam bik a ni. Chhungkaw thenkhatte chu ruh chuktuah natna – osteoarthritis vei hma deuh bik an awm a, kum 65 hnu lamah chuan an vei deuh tlangpui thin. Hei hi inthlahchhawn thil (genetics) a ni thei a, pianpui ruh thalo emaw chhungkaw nunphung leh chet zia avangin a awm thei.

Tun hma chuan kan ruh chuktuah chhunga ruh-no chhiat

vangin na a awm thin emaw tih a ni a, amaherawhchu kan ruh-no (cartilage) te hian thisen an dawng ve lo a, thazam pawh an nei lo. Mahse na a awmna chhan tak zawk chu heng ruh-no te hian chhiat chuan chemicals an pe chhuak a, chu chuan a bul vel ruh leh tihrawl a nghawng a, hei hian kan thluak a nghawng a, na kan hre thin zawk a ni.

Khup na emaw kawng na emaw osteoarthritis rinhlele a nih tawh chuan X-ray hmangin chian vat tur a ni. X-ray hmanga en hian a tawh tlangpui a; thenkhat ah erawh chuan MRI, thisen test leh a ruh chuktuah na atanga tuiril siakchhuah te enfiah a ngai thin.

Osteoarthritis hian zual lam pan theiin, nunphung a tihbuai thin avangin a rang thei ang bera in enkawl tur a ni. Ruh chuktuah khawi emaw lai pawh a nat thut chuan darkar 24-48 chawlh vang vang tur a ni a, hei aia rei erawh a tha lo; chawlh rei lutuk chuan ruh pawttu tihrawl a tizawi thei thung. Thau lutuk (obese) chuan a rang thei ang bera rihna tih tlakhniam (weight loss) a tha, eng ang pawhin enkawl na dawng tha mahse a rih lutuk chuan a ruh

chuktuah a hah reng anga, a dam mawh hle. Tiang (walking stick) hawl hi a tangkai; khup naah chuan a na lo lamah hawl tur a ni a, kawng naah chuan a na lamah hawl tur a ni. Thir sakawr khalh (cycling) leh tui hleuh (swimming) te hian ruhchuktuahah rihna a pekloh avangin tihrawl tih chak nan taksa sawizawi nan a tha hle. Zun thlum (diabetes) nei tan chuan enkawl vat a, blood sugar tihhniam vat tur a ni, zun thlum hian osteoarthritis a tizual. Nachhawknaw hnawih chi (ointment) te hi a ei chi tluk zet in an tangkai a, khup na leh kut naah te an tangkai zual. Tui vawt emaw vur a dehin a chhawk thei a, hetih rual hian tuilum a deh chi zawk pawh a awm thei a, mahse tuilum a deh chuan heng hnawih chi hi hman loh tur a ni. Tunlah chuan mi thiamte'n physiotherapy hmangin ruh chuktuah tichak tur in min enkawl thei a ni.

A chung a tarlante khi damdawi ei nghal mai lova tih hmasak a tha; duhthusama min chhawk loh chuan paracetamol emaw aspirin emaw NSAIDS (diclofenac, aceclofenac etc.)

emaw te hi a hniam thei ang bera ei a theih. Mahse heng ho hian pumpui a tichhe thei a, diclofenac hian kal (kidney) a tichhiat theih avangin kar hnih aia rei ei loh tur a ni a, celecoxib leh a kaihhnawihte hian lung (heart) a tichhe thei a, narcotics hian na chu a chhawk tha a, mahse a ngawl vei a awl thung. Heng damdawite hi daktawr hriatpuina a ei a tha.

A nat viau a, tawrh hrehawm lutuk a nih chuan ruh chuktuah inkarah steroid emaw sodium hyaluronadate a chiu luh theih a, hei hi kar khat chungin a thawk a, thla 4-6 thleng a daih tlangpui. Steroid injection hi

vawi thum bak pek theih a ni lo thung.

Osteoarthritis avanga piansualna chu zai dam theih a ni a, hei hi arthroscopy an ti. Kawng ruh leh khup ruh chhia te chu a lem vuahsak theih a ni a, hei hian kum 15 vel chu a daih thin a, hemi hnuah hi chuan a lem pawh chu thlak leh mai tur a ni.

Nunphung harhvang tak – minit 40-60 taksa sawizawi – hian osteoarthritis kan vei hun tur a sawn hla thei a, vei hnuah pawh a natna a timuang a, chet harsatna a ti tlem thei a, hei hi in enkawl dan kan tarlan tak zawng zawng aiin a tlawm a, na tawrh tur a awmlo a, a tha daih zawk bawk a ni.

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 chhên tur a ni.

CHAW KHAM KHAWP I HMU EM?

Dr. Vanlalremsiama Renthlei

haw kan tih chuan kan taksain a mamawh kan ei emaw kan in emaw (damlo chaw ei thei lo chuan 'drip' hi chawah an ring bawk) hi a ni mai. Mihring hi chaw tel lovin kar 6-8 vel kan dam thei a, chaw leh tui tel lovin ni 10-12 vel kan dam thei. Chaw pawimawhna chu i hrethiam mai ang chu. Chaw thenkhat chu a tha, a hrisel kan tia, kan lainate damlo an awmten kan duhsaka kan eitir thin, thenkhat ve thung erawh chu chakna pai em em lo leh taksa tana hriselna thlen lem lo an awm a, tin, taksa tana chhiatna thlen an awm bawk. A tlangpui thuin chaw a ni emaw ni lo emaw, thil dangah pawh, a uchuak chin hi chu a tha lo tlangpui.

CHAW THA (BALANCED DIET)

'Chawtha' kan tih chuan kan taksain than nan leh hrisel tha taka kan awm theih nana a mamawh a ni mai ang chu. Motor chuan petrol a mamawh tih kan hre theuh, mahse petrol mai bakah heng brake oil-te, engine oil-te leh thil dang tam tak a mamawh tha taka enkawl tur chuan kan taksa pawh hi chutiang tho chu a ni mai, hrisel tha taka vawng tur chuan 'Chaw Tha' a mamawh. Kan chaw ei hi hlawm lian pui pui chi 5 ah a then theih a:-

1. **Carbohydrates,** 2. **Proteins,**
3. **Fats,** 4. **Vitamins,** 5. **Minerals.**

Hengte hi kan chaw eiah kan taksa mamawh tawk chauh (tam ni lo, tlem ni lo) a awmin kan chaw ei chu "Chaw Tha" (Balanced Diet) a ni mai a. Tin, chaw ei lo pawhin awm mah ila chaw tha chuan hun eng emaw ti chhung chu kan taksain a mamawh tawk chakna a pe thei a ni. A hmasa pathum (1-3) te khi chaw kan tih berte an ni a, chakna (Energy) min petu ber an ni.

Carbohydrate hi chakna min petu ber a ni a. Mizoten chaw kan eizingah chuan 'Buh' (Rice) ah hian a tam a, tin thlai zung ei chi (entir nan kawlbahra) angah hian a tam bawk.

Protein hian kan taksa tan chakna a pek mai bakah kan tihrawl/pumrua siamtu ber a ni. Kan taksaah engemaw dik lo lo awm palh ta se, a siamthat hna thawktu ber a ni baw. Tin, thisen a siama, kan taksaanatna dotu (immunity) a pui baw. Protein hi Sa (Meat), bawngnhute, artui ahte hian a tam a. Artuia protein awm hi a tha bera ngaih (a quality ni mai ang chu) a ni. Thlai lamah chuan 'Be' lam chi ah hian a tam ve thung, amaherawhchu 'Sa' a awmte nena khaikhin chuan a tlem deuh. Hetih lai hian thlai chi hnih, entir nan buh (rice) leh dalte ei kawp hi chuan anmahnia protein awm kha a inbelhbawma 'sa' a protein awmte nen a intluk ve hial thei.

Fats (Thau) hi kan chaw eiah chuan chakna pai tamtu ber a ni a. Kan taksa thau hian khawvawt lutuk lakah min tilum ve thin baw. Tin, kan protein lakluhte kha 'chakna' pek tir lovin thildang atana hman tangkai theih turin a awmtir a ni. A awmzia chu 'thau' khamkhawp i hmuh loh chuan i protein ei kha chakna petu berah a tang ang a,

chuti a nih chuan i tihrawl/pumrua siam turin protein i nei daih dawn lo a ni. A tawi zawngin 'Sapan' antih anghi a ni mai ang chu, thenkhat chuan 'cher chhia' pawh an ti mahna.

Vitamins hian kan taksa tan chakna a pe miah lova, amaherawhchu a hmasa pathumte khi kan taksa in a hman theihna turin a pui a ni. A awmziaah chuan chaw ei teuh teuh mah la vitamin i tlakchham chuan i chaw ei khan chakna a pe thei dawn lo che tihna a ni a, i chau hle anga i zawi ngawih ngawih baw ang.

Minerals pawh hian chakna chu a pe chhuak chiah lova mah se kan taksa than nan leh kan taksa peng hrang hrang ten tha taka an thawh tur theuh an thawh theih nan a pui a ni. Entir nan, i thluak in ngun taka a ngaihtuah theih nan te, i thisente, i ruhte, etc. an thawh tur theuh an thawh theih nan a pui a ni.

CHAW THA CHU KHAMKHAWP I HMU EM?

Mi hausa leh rethei, thau leh cher, chhak leh thlang (chhim leh

hmar)a chengtekan inanna chu kan ril a tam thei theuh, riltam thei tur duan (siam) kan ni tlat a. Chumai bak ah kan taksa hian mamawh tawh chauh a nei theuh, chu aia tam emaw tlem emaw kan ei chuan thatpui lam aiin chhhiatna lam a kaw mah mah. Kan sawi tawh angin kan chaw eite hian chakna min pe kan tih tawh kha, chu chakna kan hmuh dantlangpuite chu-

Carbohydrate 65-80%

Protein 10-30%

Fats 7-15%

Thil rih zawng chu 'Kg' in an teh a, thil hlat lam chu 'Km' in an teh thin, chutiang bawh chuan kan taksain chakna a mamawh zat pawh hi 'Kcal' in an teh thin. Chuvangin 'Kcal' kan sawi reng reng chuan kan chaw lakluh ten 'chakna' min pek zat sawina a ni.

Carbohydrate hi chakna min petu ber kan tih tawh kha, lgm hian 4Kcal chakna min pe a. Mipa Kg 60 hnathawk hah em em lo i nih chuan 'chakna' 2800Kcal vel i mamawh a, 2800-ah chuan carbohydrate 60-80% chu 1600-2200Kcal

vel a ni a, chu chu 500gm (Kg chanve) a ni. He carbohydrate 500gm hi zing leh tlai ah chaw pangngai taka i ei chuan (chhunchaw tiamin) i taksa mamawh tawh chu i hmu zan zan.

Protein lgm hian 4Kcal chakna min pe a, nikhata kan mamawh zat chu lgm/kg (kg 1 zelah lgm) a ni a, kg.60-a rit i nih chuan protein 60gm vel i mamawh ang. Chu protein 60gm chuan 240Kcal (60X4) chakna a pe dawn che tih na nih chu. Artui pum khat (50gm vel)-ah hian protein 8gm vel a awm a, sangha kg chanve (1/2kg) ah hian protein 100gm vel a awm bawh.

Fat hian chakna a pai tam a, lgm zelah 9Kcal chakna a awm a. Nikhata kan thau mamawh tawh (hrisel tawh) chu kan chakna hmuh zawng zawng za zelah 20-30% vel a ni tur a ni. Mipa kg 60 hnathawk hah em em lo i nih chuan nikhatah chakna 2800Kcal i mamawh a, chu 2800-a 20-30% chu 550-850Kcal vel a ni a, chuti nih chuan thau 80gm vel nikhatah i mamawh tih na a nih chu.

Vawksa thau hrang khat i ei kha 20gm vel ni ta se, nikhatah hrang 4 vel ei la a hrisel tawk chiah. Amaherawhchu he thau hi sa atang chauh lo pawhin kan hmu bawk, entir nan kan chawhmeh kanna hriak (cooking oil) te, leh thlai thenkhat hriak pai chi (Antam, be lam chi leh buh) ah te pawh hian a awm bawk.

- * Mipa leh hmeichhia-ah hnathawk hah apiangin chaw an mamawh tam.
- * Hmeichhia raipuar lai leh nau hnutetua chawm laite hian 'chaw' an mamawh tam.
- * Naupang kum 13 chin chunglam hian puitling mamawh ang zat deuh thaw 'chaw' an mamawh.

CHAW KATH HNAWIH HRISEL LOHNA

- * Tunlaiah chuan kan chaw ei hi a tha tawh lutuk a, hnathawk hah em em bawk si lo, insawizawi leh mang bawk si lovin sa leh hmuihmer kan ei nasa a, hetiang nundan phung hi nakin zel ngaihtuah chuan

a hrisel lem lo. Thau lutuk (tenawm khawpa thau ni mai ang chu), zun thlumte, lung natnate (kan lunga thisen zam hi thau kharin a hnawhping thei a, chu chuan thih thutna ang chi hi a thlen thei) leh cancer-te thleng hian thau ei tam lutukin a thlen thei.

Thenkhatin eitam lutuk vangin harsatna an tawh mek laiin thenkhat ve thung chuan ei tlem vangin harsatna an tawk ve mek bawk. Cher chhe lutuk kan tih ang hi kan India ram (Hamara Desh)- ah hian an tam khawp mai a, a bik takin naupangah. A chhan chu a thlentu thenkhat heng retheih lutuk vangte, nu hrisel lo, nausen laia hnutetui kham khawp hmulo, in leh a vel thianghlim lohna hi a hluar em vang a ni. Tin, nuin a raipuar laia chawtha kham khawp a hmuh loh chuan a nau hrinin a tuar thin a, nau sawngnawi thlen tamtuber a ni.

- * Mittelna leh chaw inkaihnawihna kan hre kher lo mai thei. Mahse, a bik takin naupangah

mitdelna thlen tamtu ber chu vitamin A tlakchhamna hi a ni. Chuvangin, nu naupai lai leh nau pawm lai, a naute pawm nen Vitamin A tlachham lo turin inven a pawimawh. Health centre emaw sub-centre khawiah pawh Vitamin A lak tur a awm reng.

- * Anaemia kan tih hi nu naupai leh nau pawm lai leh naupang kum 12 hnuai lamah a tam a, Iron leh Folic acid tlakchham vanga thleng a ni tlangpui. Nu naupailai leh nau pawmlaite hian an mamawh tam bik em em a, chaw eiah ringawt chuan taksa mamawh hmuh a har em avangin a damdawi mum an ei ngei ngei tur a ni.

A chungka kan han tarlante khi a lar zual deuhte an ni a, khing bakah khian sawi tur tam tak a la awm, heng iodine tlakchhamna, Vitamin tlak chhamna angte hi, leh a dang tam tak (a hranpaa ziah tham) a la awm nain, tun tumah chuan duhtawh tawh mai teh ang.

Khaikhawmna

Mi tam tak chuan chaw pawimawhna hi kan ngaihtuah ngai lem lo, thenkhat hi chuan kan hnathawh leh kan sum lakluh, thenkhat phei chuan awlsam takin engtin nge sum ka lakluh teuh theih ang tih bak hi kan ngaihtuah ngai lo chu nih hi mawle. Kan Pathian leh khabu thianghlina “ Engnge ka eiin eng nge ka sin ang tih lungkham suh u” tih lai hi kan zawm tha khawp mai. Chaw tui taka i ei theih nana hna thawk tur i ni zawk lo maw. Han ngaihtuah chian hi chuan “ Tui taka chaw ei theih tluka hlu hi a lo awm meuh lo.” I chaw ei a lo tui chuan i mut pawh a lo tui anga, tin i nun a hlim bawh ang. Amaherawhchu, kan sawi nawn leh ange, chaw hi vawi khata ei teuh (ei teuh tih hian thenkhat chuan puar hnuh hian an la ei teuh zel) a hrisel lo ang bawkin ei tlem lutuk (lan mawi duh vangin, a bik takin hmeichhia hian, chaw an ei tlem) pawh a hrisel chuang lo. Atawp berah chuan kan hrisel leh hrisellohna hi eng emaw chen chu keimahni kutah theuh a innghat a ni.

Hrisel i duh chuan hrisel takin ei thin ang che.

DAMDAWI VAWN | HAT DAN

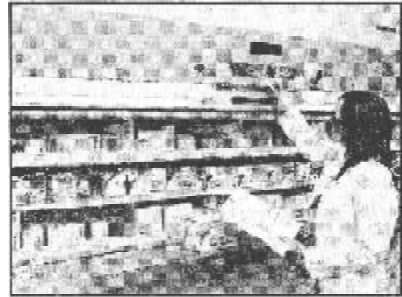
Judy Lalrengpuii

DAMDAWI hi mihringte tana thil tangkai leh pawimawh em em pakhat a nih avangin damdawi zuartute pawh an tam a, chhung tinte pawhin mahni ei lai a ni emaw, mamawh huna ei atan kan in theuhvah kan kawl tha thin a ni ti ila kan sawi sual awm lo ve. Hemi a nih avang hian damdawi vawnthat dan hi kan inzirtir that leh zual a tul em em a ni. Damdawi kan vawnthat dan hian damdawi a nihna leh a chaknaah thui tak in nghawng a nei a, kan vawnthat danin a zir miao loh chuan a nihna leh chakna nasa taka hlohvin, mihring tana a hnathawh tur ang thawk thei lovin a awm phah thei a ni.

Damdawi zuartute emaw, damdawi hmangtuten kan hriat tur pawimawh tak chu damdawi vawnthat dan dik tak hi a ni a. Damdawi siamtu company-ten uluk taka damdawi an zir chian hnuin mihringte ei theih turin an siam chhuak a, an damdawi siam chu tuam lehin a kawmah chuan thil pawimawh tak tak, mipuite tana tangkai tur an ziak leh thin a ni. Heng an thil ziah (label) zingah hian damdawi vawnthat dan (storage) a tel ngei ngei thin a, hei hi uluk taka chhiarin kan zawm thin tur a ni.

Engtin nge damdawi chu kan vawnthat ang?

Damdawi vawnthat loh avanga damdawi nihphung thlak



theitu thil hrang hrang tlangpuite chu sik leh sa (temperature), boruak (air), boruak hnawng (moisture) leh ni sa/eng (sunlight/light) te an ni a. Damdawite hian nihna (properties) hran an neih avangin vawnthat dan pawh an nei hrang theuh a, damdawi vawnthatna chungchanga hriat tur pawimawh hrang hrangte chu:

1. 'STORE AT ROOM TEMPERATURE' emaw 'AMBIENT TEMPERA-

TURE' tih a inziak a nih chuan 5°-25° C (59°-77° F)-ah vawnthat thin tur a ni a, hmun hnawngah emaw, refrigerator-ah heng damdawite hi dah loh tur a ni.

2. 'STORE IN REFRIGERATOR' emaw 'DO NOT FREEZE' tih a inziah chuan refrigerator-ah 2°-8° C (36°-46°F) a dah thin tur a ni a, freezer-ah dah loh tur a ni. Entima thenkhatte chu- mit leh beng thlawr (Chloramphenicol, Lantoprost/Timolol, Cyclopentolate), reconstituted antibiotics (amoxicillin, erythromycin), damdawi mum/tablet (Leukeran, Ritonavir), insulin injections leh vaccines chi hrang hrangte an ni.

3. 'STORE IN FREEZER' tih a inziak a nih chuan freezer-ah -150 C (40 F) emaw, a aia hniamah vawnthat thin tur a ni. Freezer-a vawnthat ngai damdawi hi a tam lutuk lo va, Zoster vaccine (Zostavax) leh Varicella vaccine (Viravax) te hi entirna thenkhat a ni.

4. 'STORE BELOW 25° C' emaw 'STORE BELOW 30°C' tih hi damdawi tam zawk

tablets, capsules, oral liquids, etc.-ah a inziak tlangpui a, a inziah dan azirin 2°-25° C emaw 2°-30° C inkarah vawnthat tur a ni. Kan ram sik leh sa nen a inmil avangin vawnthat pawh a awlsam a, chutih rual chuan hmun hnawngah leh ni sa hnuai a awm loh nan fimkhur a pawimawh hle tho a ni.

5. 'STORE IN COOL AND DRY PLACE' tih inziak chu hmun ro, dai leh faiah 15°-25°C emaw 30° C aia sang lovah dah thin tur a ni. Refrigerator-a dah lovin almira h-ah emaw pawhdawha dahthat mai thin zawk tur a ni a, damdawi dahna tur bik bawm phui tha tak neih hrante pawh hi a remchangin a finthlak em em a ni.

6. 'PROTECT FROM LIGHT AND MOISTURE' tih inziahna damdawi chu ni sa-in a chhun theih lohna hmun leh hmun hnawng lovah dah thin tur a ni. Ni sa leh thil hnawngte hian nasa taka damdawi nihna a tihdanglam theih avangin kan damdawi dahna hmun hi fimkhur a ngai hle a ni. Damdawi zuartute pawhin kan damdawi zawrhte ni

sa chhun theih lohna leh ruatui emaw, thil hnawngin a tih buai theih lohna turin uluk takin kan vawngtha thin tur a ni. Acyclovir, Tetracycline, Erythromycin, Isotretinoin, etc. te hi entirna thenkhat an ni.

Heng a chung a kan tarlan zawng zawng bakah hian damdawi kan vawnthat hun chung hi a pawimawh em em bawka, thenkhat chuan mahni in lamah reitak takte damdawi kan kawlin thin a, expiry date uluk taka en thin tur a ni. Kan damdawi kawlna laite a thih tawh chuan paih vat thin tur a ni a, a la thi lo a nih pawhin a rawng leh a rim a

danglam emaw, a khem leh a keh te, a hma aia a nem emaw, a sak zawk anga a awm a nih chuan paih thin tur a ni. Tin, kan damdawi ei laite eng emaw avanga doctor-in min tihtawpsak a nih chuan kawlna reng lovin paih vat thin tur a ni. Kan damdawite a dahna emaw, a intuamna bawmah ngei dah thin tur a ni a, naupang khawih theihah dah reng reng loh tur a ni. I damdawite uluk takin vawngtha thin la, damdawi hman dan emaw, damdawi vawnthat chungchangah harsatna i nei a nih chuan Pharmacist rawn thin angche.

ARTUI CHHUM vs ARTUI KAN

Hriselna atan khawi hi nge tha zawk ang tih hi zawhna awm thei tak a ni awm e. Tun tumah hian omelet leh boiled egg chungchanga mi thiamte sawi i lo zir ang u:-

Artui kan (omelet)-ah hian a chaw tha pai nutrient te kan tichhia a, thau chhia a pai tam bawka. Chuvangin artui kan (omelet) ei ngun chuan BP sang neih a awlsam hle.

Artui chhumah hian a chaw tha pai te a chhiat ve loh mai bakah ruh tana vitamin tha a siama, hriselna atan a tha em em a, mit khawhmuhah harsatna a siam ve lo bawka. Chuvangin artui chhum (boiled egg) ngei hi ei zawk tur a ni.

MONKEYPOX (MPX) ZAWNGHRI THAR

Dr. Lalbiak Kima, MD(Paed)

Monkeypox hi tunlai natna rawn darh thar leh a ni a, khawvel ram 78 vel atangin mihring 18,000 aia tamin an vei thu WHO-ah an report avangin WHO Director General Dr. Tedros Adhanom Ghebreyesus chuan khawvel pum hriselna atan a hlauhawm (Health Emergency) a nih thu July ni 23 khan a sawichhuak a ni.

MONKEYPOX HI ENGNENI?

He natna hi natna Monkeypox hrik Virus chi khat, DNA Virus mihringin a kai atang a lo awm a ni a. Covid 19 hi chu RNA Virus a ni thung a. A hming an puah chhan hi kum 1958 vela Zâwng Research atâna an khawi atanga an hmuh hmasak ber avang a Monkeypox ti an ni. Zâwng bakah Sazu, Prairie dogs (sazu aia lian deuh) leh Thehlei ang chite pawh hian an kai thei a. Heng rannung hri kai hian mihring an seh/ham atang tein mihringin an kai theih niin an ring. Tunhma chuan mihringin an kai ngai lem loa ngaih a nih laiin kum 1970 khan Mihring kai hmasa ber DRC (Congo) Africa-ah hmuh a ni. Africa

khawthlang ram bakah chuan hun rei tak chu a darh lo a. Kum 2003 khan USA-ah hmuh a ni tan. Tun hnai May 2022 atang khan khawmualpui dangah a darh ve ta chiam a ni. Tunhma thuthunghlui hun 3000 BC vel atanga natna lo awm tawh thin Mizo-in Zawng hri (small pox) kan tih nen inlaichin hnaite niin Orthopoxvirus family (chhungkua) a mi ve ve an ni. A natdan pawh Zawng hri (Smallpox) nen a inang viau a. Zawng hri aiin a nêp deuh tih chauh a ni. A vei zinga thihpui (mortality rate) hi 0-10 % vel a ni. Zawng hri (small pox) kha chu thihpui zat (mortality rate) 30% lai kha a ni thin. A hriat awlsam nan ZAWNGHRI THAR pawh ti ila a sual awm lo ve.

ENGTIA INKAICHHAWN NGE?

A natna veite atanga taksa tui leh hnai lo chhuak atanga kai a ni ber a. Heng bakah, a veite thawmhnaw hman hnu leh bungrua inhmantawm atang te'n a kai theih a ni. Chung bakah chuan a hri veite thâw leh chilper lian deuh (large respiratory droplet) atang pawhin a kai theih. Mahse kai tur chuan rei deuh hlek awm ho a ngai. COVID 19 anga rei lo tea inkai zung zung theih a ni ve lem lo. Covid 19 nen chuan khaikhin tur a ni lo.

New England Journal (April-May, 2022) in a tarlan dan chuan, a kai tam ber 98% dawn chu mipa leh mipa ingaizawng, sex hmang thin (MSM) te leh mipa leh hmeichhia hmangkawp (Bisexual) te an ni a. Mahse tunah chuan heng ho hian an chenpui midang pawh an kai zel theih a ni. WHO in 28th July 2022-a an tihchhuah dan chuan, tuna hri vei 70% chu Europe mi an ni a, 25% chu America lam ami an ni. Thihpui report hi 5 an tling tawh a. A vei 10% vel hi

Hospital admit ngai an ni. India ramah pali kai report an awm tawh a. Pangâna tur Talengana state ami hi chu la confirm chiah loh a ni. Pathumte hi chu an kaina awm an chhui theih a. Delhi lam mi kai pakhat hi chu a kaina awm an la hre theih lo.

NATNA LAN CHHUAH DAN:

A hrik kai atanga ni 6-13 velah a lang chhuak a. A inkaichhawn theih hun hi vun a rawn bawl/pân atanga a pân khir a tlâk thleng a ni. Chu chu kar 2-4 vel a ni thin. Hrikai te hian thalbe vung, Khawsik sang, lunâ leh taksa chau leh nâ an nei thin. A hmasa berah ka chung leh lei nâ in a lo durhbawl thin a. Heng ka chung leh lei durhbawl te hi hnai pai (pustule) ah a insiam a. Hemi hnu hian hmai pumah a tai darh phawt a. Chumi hnu darkar 24 chungin taksa dang kutphah leh kephah thlengin a darh thin. A durhbawl te hian Hmai pum (98%) a luah theih. Kutphah leh kehnuai 95% leh serh bâwr 28% velah a lang chhuak theih baw. He pan hnai la hi a nat avangin tam takin damdawi in an luh

phah thin. Pan hnaite hi kar hnih hnu chuan an lo ro a. A hnu kar khat velah a khir a lo tlak hian an dam fel thin. Ser eng emaw zat chu an pu zui thin.

ENKAWLNA : Enkawlna tur damdawi hi hmuhchhuah a la ni lo a. Antiviral damdawi (Drugs) hrang hrang enchhin mek a ni. Chuvangin a nat dan anga enkawl (Symptomatic treatment) pek an ni mai thin. Chumi awmzia chu nachhawkna Paracetamol leh thil dang etc a tul anga hman a ni mai. Antibiotic hi hetiang viral infection-ah chuan tangkaina a nei vak lo.

INVENNA:

A vei turte venna atan Vaccine hi ram tam tak in an hmang tawh a. Heng hi enchhina hman zui a ni zel a. Vaccine hi duh tawk hman tur an la siam chhuak thei lo. Monkeypox Vaccine tuna lar deuhte chu; Acam 2000, Imvanex, Imvamune etc te an ni. A vei tam naah chuan hri kai bul vela cheng te kha vaccine an pe kual thin (Ring Vaccination). Tun dinhmunah chuan khawvel mithiam ten Vaccine a ven ngai

bera an ngaihte chu LGBTQ community (Lesbian, Gay, Bisexual, Transgender leh Queer) ho hi an ni. Mizo tawng chuan Patil, Tuai, Hmangkawp, Nihna thlak leh Chianglo (mipa leh hmeichhia nih duh lo, Queer) ho an ni mai awm e. Anni ho chauh hi an lak hran theih loh va. Midang nen an cheng ho si a. Hei hi mitin fimk hur a ngaihna chhan pakhat pawh a ni.

Heng ho hi rinai in an lo tam tawh a. USA-a Social Science in kumin 2022 Gallup poll (chhiarna) an neihah chuan, USA puitling 7.1% laite chuan (LGBT)-ah an inchhal tawh a. Canada-ah chuan mi maktaduai khat (1 million) vel an awm. Neih inang inneih tamna ber chu San Francisco, USA a ni. A hlawma an awm tamna chu Netherland nia ngaih a ni. France-ah chuan puitling 7% vel khu an ni tawhin an hria a. Hetiang ho hi an pung zel niin a lang. An lo pun chhan atan Bible (Rom 1:26-27) a mite hi a nih chuan tanpui an ngai hle a ni. A tute pawhin lo vei se, in enhranna awm lova enkawl hi mitin tih tur a ni. Hetiang hi khawvel hmun tam tak a mite

khawsak ho dân a nih tawh avangin mitin he hri lêng thar lakah hian fimkhur a ngai ta a ni.

Heng bakah hian Monkeypox vei enkawltute (Healthcare Workers) ho pawh hian invenna vaccine lak a tha a. Heng damlo enkawltute pawhin mahni invenna, Mask, Gloves leh PPE suit nen inthum a him ber bawh.

A vennaah hian tun hma a Zawngghri danna, Small pox vaccine (Variola Vaccine) kha kum 1972 khan WHO chuan Zawngghri a umbo (eradicate) tawh vangin a ti tawp tawh a. Mahse tunah hian monkeypox venna atan an han hmang leh a, 85% laiin a veng thei tih an hria a. Chuvangin hmun tam takah an hmang leh tawh a ni. Hei pawh hi duh tawh hmuh tur a awm rih lo.

Tunah rih chuan India sawrkarin Monkeypox Vaccine hi ram pawn atanga laklul ngaiin a hre rih lova. Kan tihtur ber chu, a hri kaite hnaiha awm loh leh mahni inthiar fihlim a ni. Tin, hetiang kâi awl tura an rin ho pawh hian mi hrang kawp tam loh a

him ber tura ngaih a ni. A kai tamnaah chuan Facemask leh CAB bawh hi a tangkai hlein hriat a ni.

Hetiang deuh hian kum 1990 hma lam khan HIV/AIDS hi New york vela mipat hmeichhiatna hmang tha lo (Lesbian, Gay etc) zingah a darh tih kan hria a. Kan ram a rawn thlen phak kan ring lem lo. Mahse kum 1990 kum tawp lam chuan Mizoram a lo thleng hman der a. Vawiina HIV/AIDS in min chiah piah dan chu kan hre theuh awm e. Tunah pawh hian mi tam takin kan rin aia tam Mizoramah mipa leh mipa sex hmang thin (Gay), Hmangkawp (Bisexual), Patil (Lesbian) etc hi an awm tawhin a hriat a. A hrechiang ber turte chu Health Deptt. mi leh sa MSACS lama thawkte an ni ngei ang. Chuvangin Zawngghri thar (Monkeypox) lo thlen hma hian lo invenna tur (plan of action) lo buatsaih lawk a tangkai hlein a rinawm. He hri leng hi inbuatsaihna tha tak nena kan lo hmachawn chuankhawvel puma darh lovin a la Control theih hi mithiam ten an la beisei a ni. ■

JAPANESE ENCEPHALITIS



Dr. Hmingthanmawii
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JAPANESE ENCEPHALITIS hi viral disease a ni a. He natna thlentu hi thosi chi khat *Culex* seh atangin mihring in kan kai a ni. He natna thlentu hi kan ranvulhah te inthlah pungin thosi hian a pu darh thin a ni.

A natna lanchhuah dan:

JE natna hi a hri pai thosi in min seh atangin ni 5-15 chhung in a natna hi mihringah a lang chhuak thin a. A natna lanchhuah dan tlangpuiah chuan khawsik, kawthalo, luakchhuak te a ni a. A na zualah chuan heng kaihte, chauh ngawih ngaihna, vai ruai, zeng, nikhaw hrelo leh thihna thlengina thlen thei a ni.

JE natna hmuhchhuah dan:

JE natna hi a clinical symptoms (natna lanchhuah dan) leh Laboratory test hmangin hmuhchhuah (diagnose) theih a ni. Amaherawhchu, confirmatory diagnosis atan chuan Laboratory test chiah hman a ni. JE hmuhchhuahna atana India a kan laboratory test hman mek te chu: ELISA hmanga Thisen/CSF

(cerebrospinal fluid) test te, PCR test te etc.

Tunah hian Mizoram sawkar in Zoram Medical college ah a hma thei ang ber a JE test thei tur hian theitawp a chhuah mek ani.

JE natna enkawl dan:

JE natna hi a hrana enkawl dan bik leh a damdawi bik a awm lova, chuvangin a natna lanchhuah dan azir zel a in enkawl tur a ni.

JE natna hi kum naupang lam, kum 12-14 hnuai lamah hian a serious bik thin em avangin fimkhur leh zual a ngai em em ani.

A thlentu thosi:

He natna thlentu thosi chi khat *Culex tritaeniorhynchus*, *Culex vishnui* leh *Culex*

pseudovishnui group-seh atanga mihring in kan kai a ni. Heng thosi te hi in leh a vel a tui thin an ni a. Thosi lo puitlin dawn hian thanchhoh dan chi-4 heng, a tui (egg)-a no te (larvae)-buhchium (pupa)-puitling (adult) a kal tlang a ngai a. Egg, larvae leh pupa te hi tuiah an awm thin a, an awm thinna tui tling paih fai zel chuan tih rem dan tha tak a ni. A nu puitling (female mosquito) hi kar 4-6 vel an dam tlangpui a, hemi chung hian vawi 4-5 vel a tui a, vawi khat ah 100-150 vel an tui tlangpui a, hetiang a nih avang hian thosi nu pakhat hian a dam chungin tui 400-750 vel a nei thei tihna a ni a, Puitling vek sela chuan thosi hi tam tur an lo ni reng a ni.

Culex those te hi thimhlim (dawn) thosi an ni tlangpui a. Tui chhe tlingah pawh an in thlahpung thei a, phai leh hmun zawl engtiklai pawh a tui tinna leh tui bal tak takah te pawh an awm thei. He natna thlen tu thosi (Culex sps.) hi Mizoramah pawh tam tak an awm ve a, hetiang vei kan la awm ve vak loh avangin thosi atanga kan

inkaichhawn tur lakah pawh kan la hram hram chu a ni e. Hetiang thosi hi thimhlim leh zingkarah mi an zuk (suck) tlangpui a, thimhlim thosi ngalsang kan tih ang chi ho kha an ni.

JE natna mihring a a thlen theih dan:

JE virus hi kan ran vulh (a bik in vawk) leh aquatic birds (tui bul sava) ah te hian natna langchhuak si loin an awm thin a. Vawk hi amplifier host (virus inthlahpunna) an nih avangin, mahni In/chenna bula leh a vela vulh loh a pawimawh em em a ni.

JE virus te hi Malaria ang lo takin mihring leh mihringah a inthlahpung ve lo a, JE natna vei thosi in a seh in, kha thosi vek khan mihring dang a seh in, JE natna hi a thehdarh ve lo a ni. Hemi a nih avang hian mihring chenna bulhnaia JE natna inthlahpun theihna vawk te hi vulh loh a him ber.

Invenna:

JE natna hi enkawl na bik damdawi a awm loh avangin inven a pawimawh hle a. A

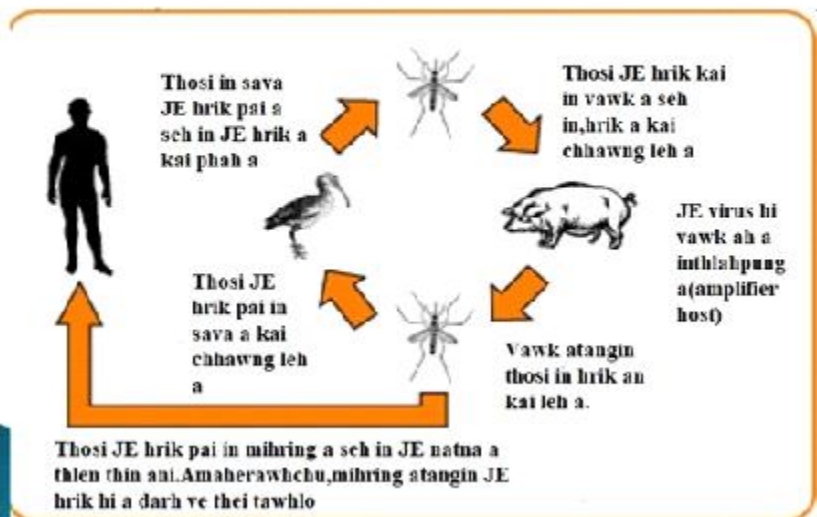
natna thlentu thosi seh laka inven a pawimawh hle a ni. He natna thlentu thosi te hi in leh a velah an tui tlangpui a, chuvang chuan thosi pian theihna tuitling tihbo a pawimawh hle a, tuizem leh barrel-te thosi tui theih lohna tur atan chin tha tak a phui taka chin thin tur a ni. Thosi seh laka invennan thosilen zar that te, thosi hnawh bona heng Good knight, tortoise leh a chulh chi odomos hman te hian thosi seh lakah min veng thei a ni. JE thlentu natna hrik (virus) te hi kan ranvulhah te a awm thin avangin ran vulh thin

te phei chu kan fimkhur zual a ngai hle a. He natna (virus) thlentu leh pu darhtu thosi tih rem leh a seh tur laka inven that hi a pawimawh em em a ni.

Vaccine:

JE vaccine SA 14-14-2 hi kum 2006-ah khan India ram sawrkar in JE darhna (outbreak) hmunah hman turin Universal Immunization Programme(UIP) hnuaiah dah a ni tawh a ni.

JE hrik mihringin kan kai theih dan



DRAGON FRUIT (*Hylocereus undatus*) Family: Cactaceae

Dr. Lalkhawngaihsanga

Dragon fruit hi thei hrisel tak a ni a, South America atanga lo chhuak hmasaa hriat a ni a. Mizoramah pawh dragon fruit chin kan intihmuh a, kan ram boruak pawh hian a ngeih ve viau ni tur a ni. A ei thei tan chuan thei hrisel lutuk a ni.

Dragon fruit hian taksa mamawh phytonutrients, vitamins leh minerals a pai tam hle mai a. Dragon fruit hian taksa mamawh vitamins leh minerals tlem te tein a pai kim hle a.

Dragon fruit hian antioxidants - Betalains, hydroxycinnamates, flavonoids etc, a pai a, vitamin C, polyunsaturated fatty acids, carotene leh protein a pai tam a. Vun tan a tha hle a, vun a tilang naupang thei a, min titar har thei bawk.

Dragon fruit hi arngeng tan pawh a tha a, vun a tihnawng tha thei a, ni zung atanga vun natna, sunburn a tiziaawm thei. Tin, sam a tihrisel thei a. Ruh leh ha hriselna atan dragon fruit a tha a.

Taksaa cholesterol awm zat a tihniam thei a. Dragon fruit hian dietary fiber a pai tam a, pumpui leh ril hriselna atan a tha a. Thisena thlum awm zat, blood sugar level a wawng dik thei a, lung hriselna atan a tha a. Dragon fruit hian ruhchuktuah na leh vung a tiziaawm thei a. Taksaa natna do lettu khawl, immune system a tichak thei a. Dragon fruit hian taksa venghimtu a pai tam a, natna hrik do let theihna a nei bawk a. Cancer timur insiam tur a veng thei hriat a ni a.

Dragon fruit hian iron a pai tam a, folic acid a pai bawk a. Naupai tan dragon fruit a tha a, taksaa cell siam chhuah a pui thei a. Mit tan a tha a, chaw ei a titui thei a, thluak

hnathawh a tichak thei bawk . Dragon fruit chhunga a var lai hi lak chhuah a, yoghurt, dhoi tlem telh a, face pack anga hmaia hnawih tur a ni a. Minute 20 vel hnuah tui lum pip pepa hmai phihfai leh tur a ni.

Dragon fruit var lai lak chhuah a, lu vun leh sama hnawih a, minute 20 vel hnuah

suk fai leh tur a ni. Dragon fruit hi huat (allergies) a awm ve thei a, ei tam lutuk chuan vun thak leh bawl a awm thei a. Thlum, sugar leh carbohydrates a pai tam lo va. Tarlan fo tawh angin, zunthlum natna nei tan erawh, vawi khatah dragon fruit ei teuh loh tur a ni.

HMANGCHANG

- § Dal hi siam hmain tuia chiah lawk a tha, a hmin hma duh.
- § Dal hi pressure cooker-a phit tir mai hian a hmin hma em em, vawi khat phit lek pawh a tawk thei.
- § Artui chhum dawnah mei na lo te a chhum hmin tur a ni, mei a nat chuan a sak lutukin pai tawih a har duh.
- § Artui a puma chhum hnuah kan leh i duh dawn chuan i chhum laiin a chhungmu a laia a awm theih nan chawk let zeuh zeuh ang che.
- § Thlai mahnia hanna nei tam lo deuh, chhum pawha a tuihang hawp tlak awm chuang lo, e.g. bean, iskut, bawrh saiabe tih angte hi tui tam deuhin chhum suh. A hmin tawk awm vel tui leih mai rawh. A tuiah vitamin a kalral a, a hang lo bawk.
- § Thlai e.g. bekang leh vaimim chhumna tui chu paih mai lovin bai chhuan nan emaw soup siam nan emaw hmang rawh.

FIRST AID

NATNA TLANGLAWN TE (ENKAWL DAN)

1. Hritlang naran (Common Cold) :

- * Chawlh hahdam.
- * Tuilum thianglim tam tawk in tir tur.
- * Hnar emaw kain emaw tui (sa) hu - hip luhtir tur.
- * Lu na te, taksa na leh khawsik te a awm chuan na chhawkna aspirin, paracetamol eitir tur.
- * Mi dangin an kaichhawn ve loh nan khuh in ka hup nan rawmawl hman tur.

2. Khawsik (Fever):

- * Naupang a nih chuan, a kawr hak lai tawt leh a phuartu chu phelh, thlaksak vek tur.
- * Taksa, hmai leh chalte chu tuilum pip pepah puan tih huhin hruk tur.
- * Dam lo chu tui vawt tam tawk, chini tlem leh chi tlem tui ah pawlh a intir tur.
- * A khawsik tih niam nan aspirin, paracetamol pek tur.

3. Lu na (Headache):

- * Mut hahchawlh tir la;
- * Na chhawkna aspirin, paracetamol pek tur.
- * Balm emaw na chhawkna a chalah hnawiha nuai tur, mitah tih luh loh tur a ni.

4. Hnung kham (Backache):

- * Chawlh hahdam.
- * Na chhawkna aspirin, paracetamol pek tur.
- * A nalaiah chuan damdawi, nachhawkna chi hnawiha nuai tur.
- * Ngil taka thut leh din thurawn pe rawh, mutna pawh a dup tur a ni lo va, mu chungin exercise — hnung kham tana tih theih tur tih tir tur.

5. Ha na (Toothache):

- * Na chhawkna aspirin, paracetamol pek tur

- * Lapua—Olive oil-ah chiah la, ha na kaw hnawh nan hmang rawh.
- * Ha nain a thoh — biang pawn lamah chuan tui lumin dep la,
- * Kum khatah ha daktawr wawi khat tal check tir thin tur.

6. Pum na thut (Acute abdominal pain) :

- * Dam lo chu a nuam thei ang berin muttir la, eitur te, ek nemna chi reng reng pek rih loh tur.
- * Ana lai chhawk nan tuilum ip emaw saidawium a tui sa thunin a na lai chu dep la;
- * Damdawi In lama kalpui vat turin buatsaih rawh.

7. Thawchham (Asthma):

- * Dam lo chu tawng thlamuan rawh.
- * Boruak a mamawh tam avangin damlo bulah chuan awm khawm loh tur.
- * A thawk harsatna tinuam turin thuttir la,
- * Tui so hu hiptir la; tin, lum intir bawk ang che.
- * Damdawi In-a kal vat thei turin inbuatsaih rawh.
- * Damlo chu a thil ngeih loh/huat tak atangin lak hran tum la, heng hi an thawchham a tih zual theih avangin;

8. Irhfiak (Hiccups) :

- * Damlo chu muttirin chawlh hahdamtir rawh.
- * Muang tein tui intir rawh.
- * Dam lo chu thuk taka thawk lain a theih ang chen thaw chhuak lo turin hrilh la. Plastic bag chungah thawktir rawh. Hei hi carbon dioxide thisenah a tisang a, irhfiak a titawp hlahu thei.
- * Tui no khatah baking soda - thirfian te khat telh la, intir rawh.
- * Damlo lei chu chhuahtir la, i kutzungtang pahniha chelhin minute 2 chung tal lei chu chhuahtir rawh.

9. Ek khal (Constipation) :

- * Glycerine-ek ti hnemna mawngkuaah hnawh luh emaw sahbawn tuia mawng lam atanga thuahtir;
- * Anhnah nem ei tam turin hrilh la, tui in tam turin hrilh bawk tur. Tin, exercise tha taka lak bawk tur.

10. Zung tha thei lo (Retention of Urine) :

- * Dam lo chu tui herh haw ri hriat theihna hmunah thuttir la,
- * A pum hnuai lamah tui lum pip pepin dep la,
- * Tui lum chawhtawlha dahin a chungah thuttir rawh.
- * Mipa anih chuan a serh vel chu tui lumin lehsak rawh.
- * Heng ang zawng zawng itih sak pawha damlo chu ala zung tha thei lo a nih chuan daktawr rawn ang che.

11. Muhil tha thei lo (Insomnia) :

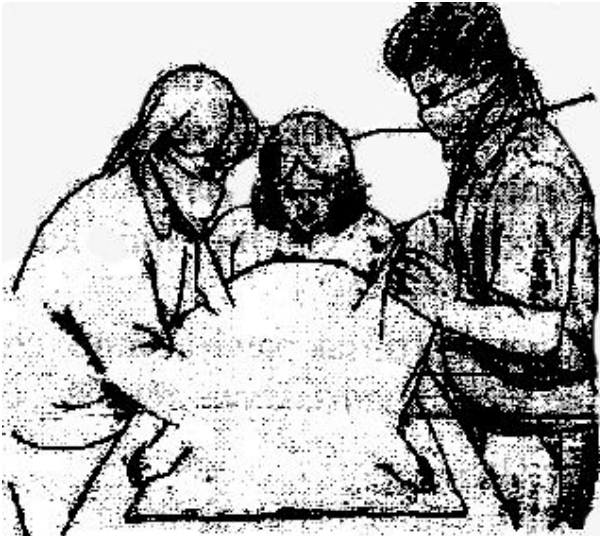
- Chhunah exercise tha tawk la tura hrih tur.
- Chhunah dam lo chu mu lo tura hrih tur.
- Zannah mut hmmain bawng hnut - chini tlem thlum intir emaw, khawizu tlem eitir tur.
- Mut hmmain tui lum sa deuhvin inbualtir tur.
- A chungam ang tih hnu pawha a mut that theih loh chuan dam lo chu daktawr hnenah inentir rawh se.

12. Emergency Childbirth (Nau chhar dan) :

- Nu naupai, nei mai thei dinhmuna dingin pumna tak leh serh atanga thi emaw, thil dang chhuak a complaint chuan a nau neih a hnait hriat a tha. Hetianga a insawisel chuan:
- Hospital-ah kalpui nghal vat tur.
- Nu chu vei lam zawnga saisirin muttir tur.
- A na a chhuah hunah sang mai lo turin hrih la, a nat lai tak chuan rang taka thaw la turin hrih la, heihian a sang tan mai tur kha a veng dawn nia.
- Thil eit tur sak lam pekloh tur. Thil tuiril chu a pek theih a, mahse zu lampang chi reng reng pek tur a ni lo. Daktawr emaw Midwife a lo thlen hma naute chu alo pian hman chuan a piaha thlak a mi ang hian tih tur a ni.
- Nu serh leh a bul vel chu dettol emaw antiseptic solution neih ang angahruk fai tur.
- Nu mutna hnuai chuan puan fai phah la, puan fai a awm loh leh newspaper/chanchinbu hlai leh fai deuh phah rawh.
- Tui chhuang so la, bakcheh emaw blade chhum thi ang hlim la,

- Nau te chu pawt chhuak suh ang che. Naute lu chu atang deuh a nih pawhin nghak hret la, naute hmaiin a nu malpui khawi lam ve ve pawh a hawi veleh zawi tein i pawt chhuak dawn nia.
- Nau te chu a nu malpui k arah chuan dah la, a lai hrui mar tur kha ven ngun hle a ngai a ni.
- Nau te ka chu lapaw faiin tihfaisak la
- A lai hrui chu naute atangin inches khat leh a chanve velah nghet tak in la faiin vawihnih tawn la, suih la i tawnna inkarah chuan bakcheh/ blade thianglim fai chuan zai chhum ang che.
- I zai chhumna atanga thisen a lo chhuah chuan hrui dangin tawn tha leh la
- A chhul a lo chhuah hunah a kim leh kim loh en ngun tur a ni.
- A nu pum hnuaiah zutsak la, chu chuan uterus a tifan ang a, thisen chhuak a lo tlem theih nan
- Naute chu puan hulin tuam la • Nu serh chu puan thianglim in khuh la, pad hmantir tur • Harsatna bik a awm chuan Hospital-ah dah tur.

- *Natna inkai loh nan hmai tuam phui tur a ni.*



- *A ringa hnuk lovin a lu rawn chhuak chu dawmpui tur.*

TB PREVENTIVE TREATMENT (Damdawi hmanga TB venna)

Dr. Vanlalfela, State TB Officer
Directorate of Health Services

NATNA inkaichhawn theih zinga natna pawimawh tak tak heng Malaria, Leprosy, Tuberculosis (TB) te hi tihrem (eliminate) theihah ngaiin, kum 2030 - ah khawvel pum huapa tihrem tuma hmalak mek a ni a. India ram chuan chu aia kum 5 hmalam kum 2025 hian Prime Minister rawtna in TB chu tihrem a tum ta a. Chu thil tum tihlawhtling tur chuan kawng hrang hrangin nasa takin tan lak mek a ni a. Heng hmalakna zinga pakhat TB Preventive Treatment (damdawi hmanga venna) chauh hi tun tuma kan sawi tum chu a ni.

TB venna vaccine hi tha tawk a la awm lova, BCG nausen kan pek thin hian TB na zual (serious form) chauh a veng thei nia ngai a ni a. Puitling leh naupang laka TB venna hman theih awm chhun chu TB damdawi lo ei lawk hi a ni.

TB vei zawnzawngte hian midang an kaichhawng thei vek chuang lo va. Chuap TB vei te chauhin an kaichhawng thei a, chuvangin chuapa TB vei, a hrik hmuh te hi ngaihtuah bik ngai te chu an ni ta a ni. Heng chuapa

TB vei a hrik hmuh (Bacteriologically confirmed pulmonary TB) chenpuite hi damdawi hmanga ven ngai te chu an ni. Tin, HIV pai tawh phawt chuan TB an kai awlsam avangin damdawi hi ei vek tur a ni (TB vei an nih loh chuan).

Chuap TB damlo chenpui zawnzawngte hian a venna damdawi hi ei a ngai lo thei a. Chungte chu TB infection an neih lohin, hei hi Tubercullin Skin Test (TST), IGRA etc. hmangin a test theih a ni. Mahse a

chenpui naupang kum 5 hnuai lam te chu Tubercullin Skin Test kher lovin TB venna damdawi hi pek vek tur an ni thung. Kum 5 chung lamah chuan TB infection nei te chauh kha TB venna damdawi INH (Isoniazid) pek tur an ni a. A test-na a awm remchan loh a, TB symptoms a neih loh baw k chuan INH pek tho tur a ni. Tin, damlo chenpui (contact) te kha TB an vei leh vei loh exam vek tur a ni. TB vei an lo awm hman hlauh chuan TB damdawi enkawl na pangngaia enkawl nghal tur a ni.

TB infection: TB hrikin kan taksa min luh chilh hian natna siam mai lovin hun rei tak pawh a awm thei a. Kan taksa raldo tu te khan natna siam thei lovin an lo dang bet ve thin. Hetih hun lai hi TB Infection (Latent TB) an ti a, a chung a kan sawi test-na hmang khian a hriat thei a. Heng test-na tanga TB infection (TB hrik hmuh) nei te chu TB venna damdawi pek ngai kan sawi te chu an ni. Kan taksa raldo tu te an lo chauh hunah TB hrik kan

taksa a awm chuan natna a rawn siam ta thin a, TB vei kan lo ni ta thin a ni.

TB venna damdawi te:

Tun dinhmun, kumin 2022 thleng chuan Isoniazid (INH) chauh hi damdawi hman theih awm chhun ani rih a. Naupang leh puitling an taksa rih dan azirin a dose siam sak an ni thin. INH hi nitin thla 6 chhung ei tur a ni. Drug Resistant TB (MDR-TB) venna bik tan Levofloxacin a awm baw k a. Damdawi dang Rifapentine leh INH inkawp hun rei lo leh ei dan awl sam zawk pawh a awm thuai tura beisei a ni.

Tunhma chuan TB avanga chung kua mang thak te sawi tur an awm thin. Thiamna alo thang a, damdawi tha tak tak kan lo nei ta te hi a lawmawm takzet a, a hmuh chhuahna (diagnosis) pawh khawvel huapa khaw l changkang pawh kan lo nei ta. Heng changkanna te hi i hmang tangkai ang u. Damdawi tha awm reng chung si hian TB natna vang hian eng vang in nge kan la thih fo ang?

ROBAWM

Daktawr damna damdawi

(Hriselna leh tihdamna – Pathian thu atanga thlirna)

Rev. Rosiamliana Tochwawng
Associate Prof. ATC

Dam leh hrisel hi a hlu, lawm a tul e tih hla kan sak thin ang hian dam leh hrisel a lo va hlu em! Psychologist ropui Sigmund Freud-a khan mihringte nun khalhtu ber chu hlimna zawwna (will to pleasure) niin a sawi a. Mahse, damloh leh hrisel lo chuan hlim hi a har khawp mai. Freud-an Vienna School of Psychology-a a kaihhruai Alfred Adler-a khan mihring hi chutianga nuam zawnnain a kaihhruai ni loin 'thunehna leh thiltihtheihna' a zawwna (will to power) zawk in a khalh zawk a ni tiin a pu Freud-a rawn hnial a. Juda pa, Neurologist, Juda a nih avanga German ho tihduhdahna rapthlak tak tuar chhuak (Holocaust survivor) ngat Viktor Frankl-a khan Third Viennese School of Psychotherapy rawn din chhuakin ani kha chuan a hmaa, Freud-a leh Adler-a tengaihdan ang lo takin mihring kan zawn ber chu 'a awmze hriat' hi a lo ni tiin a lehkhabu 'Man's Search for Meaning' chuan khawtlang mite a hneh hle a nih kha. Ani kha chuan tuarna te pawh hi a awmzia kan hriat rual rualin tuama a ni longhal a ti (Suffering ceases to be suffering the moment it finds a meaning). A

eng pawh chu ni se, nawmna emaw, thiltihtheihna emaw, nun awmze hriat emaw pawh chu damna leh hriselna tel lo chuan eng teh ual a ni lo.

Chuvang chu a ni mahna, nun hi eng nge a awmzia (what is the meaning of life?) tih zawt hmasatu pawl nia an sawi philosopher Arthur Schopenhauer-a khan mihring zawng zawng leh thil nung zawng zawng thununtu chu 'nun duhna emaw 'dam duhna' (will to live) niin a hria a, dam khawchhuah duhin thil nung zawng zawng kan inelin kan indo a, chu chuan

hrehawm tinreng a siam a, chuvangin 'tuar turin' kanawm a ni ber mai. Tuarna tihreh dan chu nun duhna tihbo emaw tihtawp niin a ngai. Mahse, nun duhna (will to live) chuan mihring leh nung dang zawng zawng thunun vek si. Tichuan, dam tum reng reng a nung, thih hlaua nung kan ni tihna a ni a, chutiang laka min chhan thei chu kan mamawh ngawih ngawih a ni.

Damna leh hriseina chu mihring nun thununtu, nung tinreng nun khalhtu a ni a, chuvangin hnam tin hian hrisele leh dam hi a hlu tih hriain hriseina leh dam tum dan kan nei vek. Kan Mizo pi leh pute pawh khan hrisele duhin hmun hriseleah khua din an tum hram hram a, chuvangin thosi tamna tlansanin tlangchhipah, tiauchhum chim phak lohah an awm a, luik am zawl tha te kha lo bel ta se sikserhin an thi nasa viau zawkin a rinawm. An thiam ang tawkin hmun hrisele kha an zawng a ni. Dam lohna leh thihna kha chhan lian pui pui pathumah an then pawk niin a hriat a; an natna tam ber kha ramhuai hnathawhah an puh a, chumi tihdamna tur

chuan inthawi a ngai thin, inthawina hlantu chu puithiam a ni. Tawhsual tawh (accident) chi hrang hrang, sa seh te, thing leh tuia tlak, ral laka hlaim tuar leh thih te leh chhiatna hrang hrang inven lawk ngaihna awm lutuk lo a awm baw k a. Chung laka an him theih chuan khal an hmang thin, hei hi chu puithiam ni loin sadawtin a hmang thin a, natna leh chhiatna laka invenna a ni ber awm e. A pathumna chu daw i a ni. Thawnthuah daw i chungchang kan hmu nual; Lalruanga chu dawithiam a ni a, a aia daw i thiam Zangkakin a daw i hlum, Zawlpala chuan Phuntiha daw i phul ba rawh a ei a, a thi. Daw i hmanga intih nat a nih chuan a tidam turin daw i sut thiam an ngai thin, thil harsa tak a ni. Daw i hian damna turah kan rilru a luah nghet hle. Khawthlang mite damna hmanrua chu dampui hlein kan inhria a ni ang, a hmingah 'damdawi' kan ti. Intihnatna leh intihchhiatna lam daw i a ni lo a, kan damna tur leh kan dampui 'dawi' a ni tlat!

Hriseina leh tihdamna mit atangin thlir ta i la, kan Bible ngei

pawh hriselna bu a ni thui hle ang. Thuthlung Hlui hi mipui vantlang hriselna (public health) bu a ni a tih theih ang a, natna lak atanga invenna bu a ni a tih theih ang. Thuthlung Thar bu erawh hi chu tihdamna chanchin a tam em avangin tihdamna bu a tih theih ang. Chutiang zawng chuan han thlir lawk ila.

Thuthlung Hluia Mosia dan kan tih mai, Pathianin nun dan tur a sawi te hi hriselna dan a tih theih viau awm e. Pathianin a hremna bik tih loh chu Israel hnam chanchinah hian hripui hriat a ni ve meuh lo. Mipui vantlang hriselna (public health)-ah an sang hle tihna a ni ang.

Ei thiang leh thiang lo te hi a hun lai zu ngaihtuah chuan hriselna atana tha a ni. Ei thiang lo chi a sawi hi chu bawlhhlawh ei chi (scavengers) an ni tlangpui. Lui lam saah chuan puhlip nei lo leh pangparh nei lo te kha ei thiang lo, tenawma ngaih a ni a, chung chu bawlhhlawh ei chi an ni. Ramsa ei loh tur te pawh hi sa hel leh sa thi sawn ei chi te an ni hlawm a, ransaah pawh ei thiang lo ho hi

bawlhhlawh ei chi an ni hlawm. Israel te identity siamtu lian tak chu he an ei leh in chungchang dan (food law) hi a ni. Eng pawh ni se, ei thiang leh thiang lo hian hriselna a kawka, Pathian mite chu an hrisel tur a ni a, hriselna dan Pathianin a pe a ni.

Serhtan te pawh kha Pathian thuthlung chhinchhiahna a nih rualin hriselna atan pawh thil thatak a nih a rinawm. Thlaler leh tui tam lohnaah ranvulha eizawng thin an ni ang tan kha chuan tui hmanga intihfai reng kha thil hautak a ni thei; an mipate serh a thianglim khan an hmeichhia te thleng pawhin an hrisel phah ngei ang. Chutiang zelin ruang khawih loh te, bazaar atanga hawakut sil te pawh kha sakhaw dan ni mah se, hriselna atana pawimawh an ni. Mosia dan khan inlaichin hnaivai lutuk inneih a khap a, heng te pawh mihring hriselna atan a lo thalo reng mai a lo ni.

Mipui vantlang hriselna atan Mosia dan kan tih te kha an pawimawh hle. Hri laka invenna damdawi (vaccine) a la awm lo; chuangin nunphung hmanga

inven (behavior vaccine) kha a tih dan tha ber a ni a, chumi kawngah chuan an fimkhur hle. Thuthlung Hlui huna natna hlauhawm tak chu phar natna a ni. Tihdam theih loh (incurable), inkaichhawn theih (contagious) leh thihpui tham (deadly) natna a ni. Phar natna chu phar a ni ngei tih hriat chhuah a nih chuan mi dang an kai loh nan an awm hran tir (quarantine) thin. Phar hri vei ni awm rinhlelthe chu puithiamin a endik ang a, phar a nih ngei chuan puithiamin a puang a, a puan pawthler a ni ang a, a sam te a thlah hnuang ang a, a hmui chung lam a tuam ang a, 'ka bawlhhlawhe, ka bawlhhlawhe' tiin a au tur a ni. Amahin daipawna a awm hrang tur a ni (Lev 13:44-46). Daipawna awm tir chu tunlai thlirna atang chuan a rapthlak hle; mahse a hun laiah chuan mipui hriselna turin mi dang an kaichhawn loh nan awm hrantir an ni. Thihpui tham natna tihdam theih loh inkaichhawn awl sam si chu diagnosis-pronouncement-quarantine (enfiahna-puanchhuahna-dahhranna) hmangin an enkawl a ni; hei hian a damlo tihdam

tumna lam a hawi lutuk lo, tihdam ngaihna pawh an hre lo, mahse mi dangin an kai loh nan an ti a ni. Hetah pawh hian chhinchhiah tlak tak chu damlo, (phar) hian tihluh emaw ngai loin a natna mi dang kai chhawng lo turin mawhphurhna a nei a, damlo mawhphur ngam (responsible patient) a ni. HIV/AIDS hi hmanlaia phar ang maia tihdamna awm (rih) lo, inkaichhawn theih, thihna tham natna a ni a, Thuthlung Hlui dan ang hian a enkawl ve theih ang em?

Thuthlung Thar lamah chuan hrisel tura inenkawl na emaw mipui vantlang hriselna tur dan lam kan hmu ta lo. Natna tinrenga nate tihdamna thu kan hmu ta thung a ni. Thuthlung Hlui chu invenna emaw hri danna bu a nih lai in Thuthlung Thar chu tihdamna bu a ni. Tidamtu ropui ber chu Isua a ni a, a zirtir, a hnung zuituten an tidam ve bawk. Dam lo mai ni loin mitthi te hial an kaitho a ni. Mahse damlo an tihdam leh mitthi an kaihthawhte ngei pawh hi tumah dam hlen an awm lo; leilung dan in

an thi vek tho a ni. Tihdamna hi kawng hrang hrangin a chhui theih a, damna kan tih hian peng (dimension) hrang hrang a nei. Isua tihdamna chanchin pakhat chauh hi i han chhui teh ang.

Isuan rawng a bawl lai khan phar pakhatin a rawn pan ve a. "I duh chuan mi tithianglim thei e," tiin a hmaah thingthiin a ngen chiam a. Tin, ani chuan a lo khawngaih em em a, a han ban a, a dek a, "Ka duh e, lo thianglim tawh ang che," a ti a (Mk 1:40-41). He phar tihdamnaa Isua rilru leh khawsak dan hi en ila. Pakhatnaah chuan 'a khawngaih em em' tih kan hmu hmasa ber. Isua thilmak tih chanchin kan chhiar hian Isua khan a thiltihtheihna lantir nan khang thilmak kha a ti ngawt lo, khawngaih ngaite a khawngaih vang a ni. Kha phar pawh kha Isuan a hmuh khan a khawngaih em em a, chu khawngaihna thinlung chu tihdamna thlentul bulpui chu a ni.

A han ban a - Tihdam dila phar lo kai kha Isua khan engati nge a lo ban kher ni ang le? Miin an bawr luai luai a, tihdamna

chan duhin an pan huai huai. Isua khan 'lo dam rawh' a tih mai khan kha phar kha a dam a, a tawk em em lawm ni? Engati nge a ban kher? Isuan a ban kherna chhan ni thei awm chu pakhatnaah chuan a ngaih pawimawhzia entima a ni. Hetih hun laia Isua larzia leh miin an bawr nasatzia chu Kapernaumah khan a hriat; 'kawngka bulah pawh awmna reng awm lo khawp hialin mi tam tak an lo awm khawm ta a' (Mk 2:2). Khatianga mi tam tak karah pawh khan kha phar khan 'ka bawlhhlawh e' tia au chungin a rawn pan ve a ni. Isuan he phar a lo 'ban' hian a dah pawimawh bikzia entirna a ni. A dang lehah chuan a inhawnzia entir nan a lo ban a ni. Inthlahrung takin kha phar khan Isua a rawn pan a, a rawn thingthi a, chutiang mi khawngaihthlak lakah chuan Isua kha a lo inhawng hle a ni.

A dek a - Phar natna chu inkaichhawnawl taka ngaih a nih avangin phar te chu daipawnah awmtir an ni a, mi dang an hnaitur a ni lo. Mipui ngaih danah phei chuan khawih loh tur, deh pawh hlauhawm an ni. Mahse, Isuan a

dek kher mai hi a mak hle. Mipui ngaihdan leh chin than (social norms) pel rawkin Isua hi a che a ni. A phar kha kai ve hial inhuam ni awm tak in Isua hi a che a ni. An dinhmun a zu din ve huam hial khawpin a khawngaih in a lainat a ni. Isua hian tidam lo pawh nise khati khawpa hmangaiha lo lainat a, mite en dan pel rawk khawpa a han che kher kha phar tan kha chuan rilru lamah chuan thlamuanpui tham a ni ve hrim hrim ang.

Helaia Isuan phar a lo khawngaih em em a, a han ban a, a dek a hi doctor ropuizia a ni. He phar hi dam chiah lo pawh nise, rawngbawltu ropui tak mai, mi tin mai in an ngaihsan em em in a lo khawngaih a, a lo ban a, a lo dek hial kha a rilru chhungril chu a dam huai huai ngeiin a rinawm. Amah emaw a thlahtute sual vanga chutiang hrehawm tuar nia a inggaihna avanga sual ritphur rilru hah te pawh a dam huai huai ang. Mi dang a tawh dawn apianga 'ka bawlhhlawh e' tia au ziah mai thin, mi zawng zawng in a hnaih palh ang tih an hlauh em em vanga mi zawng

zawng huatna rilru nei hial pawh a ni thei; hmangaihtu leh lainattu pawh nei ve lo, mal ngawih ngawiha inggai leh mi zawng zawng ten leh thinhrik avanga a beidawanna thuk taka tang mek pawh a ni thei e, lo ngai pawimawh a, inhawng taka lo ban ve hialtu ahan tawng mai kha chu mak tiin lawmin a zuang zawk mai thei a ni. Thihpui theih (deathly), inkaichhawn theih (contagious), tihdamna awm si lo (incurable) natna (phar) vei chu miin an dek palh ang, an insi palh ang tih an hlauh em em, Pathian anchhia natna kai ve chu hlauhawm tak a ni, chuvang in an khung hrang (quarantine) thin. 'I natna kha kai ve dawn pawh ni ila, ka pawti lo e, ka khawngaih ngawih ngawih che a, ka tuarpui lutuk che asin' ti ni awm taka vangtlang tihphung pel rawka Isuan a lo dek kher mai hi a bula awm ve ziritirte khan 'eh' tiin an lo man bet hial ang em? A dinhmun chhe lai ber pawh chanpui ve huama dektu Isua kha ngainat loh theih a ni lo.

Musa W Dube-i chu Africa khawmualpui pakhat Botswana

a Pathian thu zirna (theological college) pakhatah thawkin Thuthlung Thar a zirtir a. Botswana ram chu AIDS vanga mi tam tak an thihna a ni, chutiang karah chuan Isua thilmak tia mi a tihdamna chanchin te chu zirtir harsa a ti ve hle mai. A zirtir mek, zirlaite chu tihdam theih lohna vei mek emaw chu natna AIDS avanga an chungte emaw an thiante emaw thi tawh an ni vek mai si. Tihdam theih lohna natna karah Isua tihdamna thu zirtir chu harsa a ti ve ngei mai. Mahse Isua tihdamna thute chu thlir dan tharin an han thlir a, AIDS vei tam tak te chuan damna awm thei tawh lo natna vei chungin 'damna' an lo chang a. Beidawanna khura beiseina meichher awmchhun a lo ni ta. Dube-i chuan "Thlarau damna, Pathian nena inremna (peace with God), rilru lama damna an tawn te chu an la tawn loh taksa lama tihdam aiin a pawimawh daih zawk a ni" a ti.

Damna hi eng nge ni? Tihdamna (healing) hi natna hrik tih thiha a na lai ngai awhtir leh (curing) mai aia thuk zawk a ni.

Taksa natna hian rilru lam leh thlarau lam thleng pawhin ken tel a ngah hle. Natna thenkhat pheichuan thinhrikna te leh dah hranna hial pawh a keng tel. Kan dam loh hian kan taksa mai a na lo a, kan rilru, kan sum leh pai, kan chungkaw nun thlengin a dam lo thin. Chuvangin, tihdamna chu, an natna hrik emaw taksa tihreh (curing of disease) mai ni loin damlohna pum pui tihdam (healing of illness) a kawk a ni. Natna (disease) hian mihring taksa leh rilru hnathawh dan pangngai a khawih buai in a tichhia a, kan rilru in chumi a lo hriata a dawnsawn dan chu damlohna (illness) chu a ni. "Illness is the shaping of disease into behavior and experience," an tih angin natna kan tuar hi kan dam lohna chu a ni. 'Natna' chu amahin a awm a, engin emaw a thlen thei; 'tuar' chu thiltih a ni, natna inang reng pawh kan tuar dan a inang lo, kan tuarna lo lang chhuak (symptom) chu kan dam lohna chu ani. Damlohna hi taksa natna vang ngawr ngawr ni lo, sakhua (Pathian hremna etc.), khawtlang nun (thinhrikna, etc.),

ei leh bar zawнна (retheihna etc.) leh thil dang tam takin a nghawng thei. Sakhua leh vantlang nuna bawlhhlawh nia inhriatnain a siam a nih phei chuan damlohna thuk tak a ni ang. Lal Isua hun laia damlo tam tak kha chutianga damlo chu an ni ang. Isua khan phar a tihdam khan phar natna aia thuk zawk, tisa pharna aia rilru tina zawk, vantlang thinhrikna leh endawngna, sakhua leh vantlang nuna mi bawlhhlawh (religious and social impurity) kha tihdam a duh a, a ban a, a dek a ni. A hun laia thiang leh thiang lo, mawi leh mawi lo, hlauhawm leh hlauhawm lo ramri an khamna bang a paldarh a, dan lo awm tawhsa thiatin ramri vawngtu thar (alternative boundary keeper) a rawn ni ta a ni.

Damna leh hriselna hi mitin mamawh, mihring mamawh bulpui a ni. Tlin ila, thei ila chuan kan fundamental right-ah hian awm tur a ni. Hmasawнна te, nun nawm leh nawm lohte inngahna bulpui a ni. Hriselna vawng tur hian mi ma l mai ni loin, sorkar leh mi zawng zawng hian mawh

kan phur. Hriselna hi taksaah ringawt ni loin, kan rilru leh thlarau lam nunah thui tak a innghat a, kan khawsak ho dan leh kan chhehvel boruak nena kan inlaichin danah pawh a innghat thui hle.

Hrisel duh mah ila kan nain kan thi miao si! Daktawr thiam ber pawh a nain a thi ang a, thi si lo pawhin kan na kan na mai a ni. Tihdamna kan mamawh a, tidamtu kan ngai a ni. Khawvel finna sosan a, science thiamnain mihring harsatna engkim mai a sutkian theih an beisei lai khan natna zawng zawng pawh hi science thiamna hmanga hnawh bo vek inbeiseina a lian hle. Mahse khawvel indopui a lo thleng a, zirna hmanga mawlna um bo a, damdawi thiamna hmanga natna tihbo vek a, khawvel thar, lei vanram din beiseina chu a lo chuai ta a nih kha. Zirna hian mawlna a um bo chen chu a awm ngei mai; mahse, mihringah sualna raphlak zawk a thiam tir a, science leh damdawi thiamna pawhin thil tha leh awlsam min pe teuh mai, mahse ralthuam hlauhawm pui

pui, bomb chak leh hlauhawm te min pe tel bawk si a nih kha. Natna thenkhat kan umbo hnu in natna dang a lo awm leh bawk si! Kan na zel ang a, tidamtu kan mamawh zel dawn tih a chiang reng mai.

Khawvel leh kan ram ngei pawhin hlauhawm a tawn hmabak chu tihdamna hmanga sumdawn hi a ni. Daktawr damna damdawi aiah daktawr sumdawnna damdawi kan ei ang a, kan damna aiin an hlawkna tur an ngaihtuah ang a. Kan tisa na a dam a nih pawhin kan sum leh paiin natna khirh a tawk ang a, kan rilruin buaina a tawk ang. 'Health service' tiha service tih hi a bo ang a, a man kan pek theih ang tawk bak kan beisei thei lo ang. A va han rapthlak dawn em! Hmabak ka ti tak nain a takin a thleng mek a ni zawk em? Isuan phar a tihdam khan a khawngaih em em a, a ban a, a dek a nih kha. Kha phar kha dam lo mah se, a rilru chu a hlim hle ang. Natna khumah kan mu a, daktawrin min en a, keini chu

hnuai lamah kan awm a, anni chuan chung lam atangin min rawn en a; kan chung en a, an chezia leh mitmeng, an tawngkam thlengin kan ngaichang a ni. Daktawr te damna damdawi hi a mum emaw a tui emaw chauh a ni lo; an tawngkam te, an kut te chen hian a ni tel vek ri ai. An hmela hmangaihna leh lainatna kan hmuh te, mi an ngaihsak tak zetna leh kan hriatthiam loh min han hrihfhiah keuh keuh peihna te hi damna damdawi a ni vek mai. Tumna dik leh tha tel lo chuan thil ropui a tih theih loh; chu tumna tha leh dik chu hmangaihna atangin a lo chhuak thin. Daktawr te tumna dik leh tha chu damlote tihdam tumna a ni, chumi atanga hlawkna an dawn tur ni loin. Sumdawnna rilru ni lo, enchinna leh finfiahna rilru pawh ni lo, tihdam duhna leh tumna nena min chawh daktawr damna damdawi ngei kan la beisei zel ang chu.

Extracted from MGD A 20th Annual Magazine, 2019

KEIMAHNI

■ Food & Drug Administration (FDA), H&FW leh Confederation of Indian Industry (CII)-te tangkawp chuan July 18 – 22, 2022 chhungin Aizawl khawpui chhunga FSSAI License/Registration neia Thingpui dawr/Restaurant/Catering Service siamte pualin Health Directorate Old Building, Dinthar-ah Basic Food Safety Training & Certification (FoSTaC) Training an buatsaih a. Mi 250 chuang zet he training-ah hian an tel a ni.

Food Safety & Standard Authority of India (FSSAI) chuan ei leh ina sumdawngte reng rengin License/Registration an nei vek tur a ni a tih tak avang leh chutiang License/Registration neite chu FSSAI buatsaihah Training nei vek tura a tih bawk avangin training hi Food & Drugs Administration, Directorate of Health Services chuan a buatsaih ta a ni. He huna Training pe tur hian FSSAI ten Empanelled Training Partner a an thlan chhuahte chauhin training hi an pek theih avangin

CII – Food and Agriculture Centre of Excellence ten kalkhawmte hi Training an pe a ni.

Training-a tel zawng zawngte hi FoSTaC Training Certificate pek vek tur an ni a. Hetiang Certificate nei lote chu Food Safety & Standard Act, 2006 chuan ei leh in siam kawnga sumdawonna kalpui a khap tlat a ni. Chuvangin, ei leh in sumdawonna lama kal duh zawng zawngte chuan Food License/Registration an nei vek a ngai a, Training Certificate nei turin training an nei vek a ngai ta bawk a ni.

FoSTaC Training hi nei hleithuai tum a ni a, chutah chuan Street Food Vendor, Homestay, Home-made food (Delivery), Bakery leh Home Baker-te puala hun hman a ni tawh ang. Training-a tel turin ei leh in lama sumdawng zawng zawngte sawm leh hriattir an ni.

■ 22nd July 2022 khan Health Minister Dr R. Lalthangliana chuan a Pisaah Mizorama cancer vei an tam bik nachhan

uluk taka zirchianna Mizoram Population and Hospital Based Cancer Registries (MPBCR), Civil Hospital, Aizawl in a buatsaih chu a tlangzarha.

MPBCR in Mizorama cancer vei tamna chhan an zirchianna tlangzarh hunah hian Dr Eric Zomawia, Mission Director, NHM & Principal Investigator chuan Mizoram Cancer Report 2020 a pe a. He report-ah hian kum 5 chhunga cancer chungchang kimchang tarlan a ni. Hemi chhung hian Mizorama cancer vei 8059 (Mipa 3736, Hmeichhia 3736) an awm a; heng zinga 4080 hi Aizawl District chhunga mi a ni. Heng cancer vei zinga mipa 2492 leh hmeichhia 1566 te chuan an natna hi an thihpui a; cancer mortality rate hi 50.4% lai a ni a, cancer veizingah damchhuak an tlem zawk a ni. Mizo mipa cancer vei zingah pumpui, ril, chuap, chawkawng/hrawk leh thin cancer an tam ber bawka a ni.

Zirchianna - Monitoring Survey of Cancer Risk Factors and Health System In North East

Region (NER) chungchangah report tawi Dr Sangzuala, Assistant Professor, ZMC chuan a pe a, Surveyhi Mizoram pum huapa neih a ni a, survey team te chuan chungkaw 2880 atangin zirchianna hi an buatsaih a ni. "Nitina khawsak phung hrisel lo, Thisen sang, taksa rihna tur aia rit leh thau chhia ngah, zunthlum leh thildang cancer vei tiawlsam thei te laka an fihlim em tih te zirchian a ni" ati.

■ July ni 31.2022 khan Dr.Thanchungnunga, MS(ENT) Medical Superintendent, Civil Hospital, Aizawl chu Superanuation pension in a chhuak ta, Dr. Thanchungnunga hi ni 7.3.2022 khan sawrkar-ah lutin kum 34 zet Pathian hruaina changa a pension thei hi kan lawmpui hle rualin kan ui hle a ni.

Dr. Zoramthanga, MD chuan Medical Superintendent, Civil Hospital, Aizawl hna chu August ni 1 atang khan a chelh nghal a, Director, MSC I, Zemabawk charge pawh Dr.Jeremy Lalrinsanga Pautu in a la rih bawka a ni. ■