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Editorial

Kum tin May thla a\anga October thla hi Malaria hluar hun lai a nih avangin India ram pum huapin June thla hi Anti-Malaria Month (Malaria Do Beihpui Thla) atan thlan a niin, mi tinin Malaria chungchang kan hriat chian lehzual theih nana a bika inzirtirna hun atan hman a ni \hin a ni. Mizoram hi Malaria chenchilh ram kan nih avangin thlasik hunlai pawhin Malaria hi a reh tak tak chuang lo va, kumtluanin kan veiin kan thihpui reng tho a nih hi.

Heng Malaria vanga thihna tikiang tur hian Health Department chuan theihtawp chhuahin kawng hrang hrangin hma a la mek zel a. Tunah pawh thosi kah beihpui a nei mek a. Amaherawhchu, mipuite puihbawmna tel lo chuan he Department thawhrimna mawi hi chuan duhthu a sam thei dawn lo vawnfai te, thosi pian theihna tur tihbo nana burchhia, mau bung, sangha tin, motor ke chhia etc te zuah lo in leh cement concrete in chung a tui kan lo khuap a nih pawhin kar khat aia rei tlin tir lo ila, sah leh in a dang dah leh mai te pawh a \ul awm e. K.Oil leih emaw, tuizem chhin tih phui thlap \hin te pawh hian thosi inthlahpunna tur a veng hle tih kan hriat a tul bawk awm e. Heng bakah hian thosilen zar hram hram te, DDT hmanga mutna pindan kah tir te, Thosilen chiah sa emaw te kan zar ngei a tha a ni.

Hetianga kan tih zar zat chuan sum tam tak kan save in thih pui mai theih Malaria lakah hian kan fihlim deuh ngeiin a rinawm. ■

CANCER

(Early Detection and Prevention)

Lalrinchhana Pachuau

Cancer han ti tawp mai ila sawifiah vak pawh a ngai awm lo ve. Mizoram mai pawh ni lo khawvel pum puiah kan natna buaipui ber a ni a, ram changkangah chuan thihna thlentu natna tam ber dawttu a ni. A nihna takah chuan cancer thlentu cancer timur (cell) hi mihring tupawh hian kan nei vek a, kan taksaah hian hna thawk lovin an muthlu mai mai a. Kan taksa natna hrik awm vang te, kan awmdanin a zir loh vang te, ei loh tur kan ei vang te, ei tur kan ei loh vang te, kan chhehvelah changkannain a ken tel boruak chhia leh thil bawlhhlawh a lo tam zel avangtein cancer timur (cell) te chu a lo \hangharh a, hna rawn thawkin cancer kan lo vei ta thin a ni. Ven theih loh cancer thenkhat a awm (e.g. thisen cancer, naupan laia mit, kal, etc. Cancer). Amaherawhchu, Mizorama kan cancer vei zawng zawng za zela sawmriat (80%) dawn hi chu inven theih a ni.

Cancer laka inveng tur chuan thil pawimawh tam tak hriat tur hmasa a awm, cancer vei duh bik (high risk) zingah ka tel em? Ka thil ei leh in, ka nun dan hian cancer a siam thei em? Cancer lo vei ve dawn ta ila a tirah engtin nge a lo lanchhuah ang? Cancer vei loh nan engtin nge ka nun ka hman ang, eng nge eia eng nge ei loh tur, etc. Tihte kan hriat hmasak a tul a ni. Ven theih cancer chi hrang hrangte lo lanchhuah

dan, engin nge thlen a, tute nge vei duh bik tih chungchang kan rawn tarlang zuai zuai dawn a ni.

1. Chhul cancer: Thi put reh thei lo te, thi neih hun mumal lo te, inpawl zawha serh a\anga thi rawn put thin te, thi neih hun (period) laia thi chhuak hnem lutukte i neih chuan chhul cancer a ni thei. Nawhchizuar te, mi tin mi tang mutpui hnem lutuk te, Pathlawi (a nupui hmasa chhul cancer a thi tawh) pasala nei te, naupang

lutuka hmeichhiat mipatna hmang te, meizu mi te, rai lohna damdawi ei nasa lutuk te, ei leh in \ha lo te, Vit A, B, C tlachham te leh mahni invawngfai peih lo miten chhul cancer an vei duh bik a; high risk group an ni.

2. Chaw kawng (oesophagus) cancer: A lo lanchhuah dan tlangpuite chu, chaw lem that theih loh te, chaw helh reng mai te, chaw ei sa luak chhuah leh te, chaw lem zawnga na te, kawpuar leh chaw pai \awih theih loh te, taksa rihna tlahniamte an ni. Chaw kawng cancer siamtu ber chu zu in nasat lutuk leh meizial zuk nasat lutuk hi a ni. Zu in bawk zial zu bawk (Sap hovin double pleasure an ti) pheh hi chu a haw hle. Vitamin A, B, C leh Zinc tlakchham vangte paw'n a awm thei a ni.

3. Hnute cancer: Hnute-a b^wk (ruh/hard) awm te, hnute vung te, hnute chuar te, khuar awm te, a vunrawng inthlak (a senin emaw) te, hnute thak reh thei lo te, khawih zawnga na te, hnute hmur a\anga hnai ang

deuhrawn chhuak te, hnute hmur tlum lut te i neih chuan cancer a ni thei. I nu emaw, i unau dangte emaw hnute cancer-a lo boral tawh i neih chuan hnute cancer i neih theihna chance a sang hle. Taksa peng danga cancer lo nei tawh te, \hanthi nei hma lutuk te, thi hul har lutuk te, fa hring lo te, kum 30 hnua fa pakhatna hring ve chauh te, kum 50 chung lam ten hnute cancer an nei duh bik.

4. Pumpui (stomach) cancer: Pumpui cancer lo lanchhuah dan tlangpuite chu-kawpuar leh luak chhuak neih reng mai te, chaw ei khama pumpui sa vut vut thin te, tawt ula inhriatna te, chaw ei tui lo leh taksa rihna tlahniam te an ni. Blood Group A leh Pernicious anaemia nei ho zingah pumpui cancer a awm duh bik. Thil al ei nasat lutuk te, sarep leh sa kan ro ei nasat lutuk te, nghathu leh pickle lam ei nasat te, zuk leh hmuam tuibur tih nasat lutuk te, thei leh thlai hring ei tlemten pumpui cancer a thlen thei. Tin, pumpui ulcer neiten cancer thlen thei

hrik H.pylori kan pai nge pai lo exam thin a tha.

5. Hrawk (larynx/nasopharynx) cancer: Aw chhang reh thei lo te, hrawk thip leh na reng mai te, hrawka b[^]wk awm tlata hriatna te, chaw lem that theih loh te i neih chuan hrawk cancer a ni thei. Zuk leh hmuam ti nasa te, zu in mi te, sarep, sa kan ro, nghathu, ngha-al leh thil al lam hrim hrim ei nasa lutuk te, factory-a hnathawk (abestos leh nickel tamna) te tan hrawk cancer vei a awlsam bik.

6. Phing (bladder) cancer: Phing cancer hi chu a rawn langchhuak har angreng a, a natna a lo lanchhuah meuh hi chuan a lo \ai darh nasa hman tawh hle thin. A lanchhuah hmasak ber dan tlangpui chu - na awm miah si lova zun thi thin hi a ni. Sap mipa kum 65 chin chunglamah a hluar hle a, mei zuk te, zunkawng hnai la (UTI) enkawl that loh te, zun kawnga lung (stone/bawk) awm te, industry (dye, leather, rubber)-a hnathawk te'n phing cancer an nei awlsam bik.

7. Thin (liver) cancer: Thin cancer hi mipa kum 50 chung lamah a tam ber a. Mihang (Negro) ho te, zu in nasa te, kuhva ei nasa te, thisen lampanga diklohna nei (haemophollia) te, rai lohna damdawi ei nasa te, drugs a inchiu thinte leh hepatitis B/C vei te'n an nei duh bik. A lo lanchhuah dan tlangpui chu chaw ei tui loh te, zawi ngawih ngawih te, khawsik ser ser neih te a ni. Mit liam a siam thei bawk.

8. Vun cancer: Pan dam hlei thei lo (kar 6 aia rei tawh) te, vuna b[^]wk awm rawn vung/thi \hin te, khuavang chhinchhiah (mole) kawisawi/bial lo rawn \hanglian \hin emaw pianhmang inthlak thin te, thak reng mai te, han khawih hleka na thip vang vang \hinte i neih chuan cancer-ah a insiam thei. Vun cancer hi mingo-ho zingah leh nisat lutukna hmun (Australia & New Zealand)- a chengte zingah a tam bik. Nisa hnuaia hnathawk thang te, motor oil lam khawih nasa te, X-ray la nasa te leh vun kang (burn) enkawl that lohah te a rawn insiam thei.

9. Kal (Kidney) cancer: A chhan hi hmuhchhuah chiah a la ni lo, mipa kum 40-75 inkarah a tam ber. Meizuk nasat te, sa ei hnem te, savun (leather) siamna hmuna hnathawh te, chemical cadmium leh sweet kan ei thin tithlumtu saccharin te hi puh ber an ni. Kal (kidney) na reh thei lo te, a khat tawka zun thi te, kal vung thinte i nei chuan cancer a ni thei. A chang chuan BP sang ang te, zawi ngawih ngawih angte pawhin a rawn lang chhuak thei bawk.

10. Chibawm (ovary) cancer: Hmeichhia kum 55-60 inkar te, mumal lo taka thi (period) nei thin te, fa hring lo te, taksa peng danga cancer lo nei tawh te tan chibawm cancer nei a hlauhawm. Pum na ang te leh zun \hat theih loh ang ten a rawn lang chhuak thin. Nau nei laiin harsatna chi hrang hrang a rawn siam thei bawk.

11. Ka chung (oral) cancer: Mipa kum 45 chunglam zuk leh hmuam ti nasa lutukah leh zu in nasahte ka chung cancer a tam em em. Vitamin tlakchham vang

leh ha \o dik lo lei nena innawt pilh deuh reng maiah te a awm duh bawk. Ka chhunga na si lo va thil var/sen beh awm te, ka chhunga bawk leh na reh thei lo awm te hi cancer a lo ni reng thei.

Heng a chung a kan sawite bakah hian cancer ven theih chi hrang hrang mit (eye) cancer te, rilbawh (pancreas) cancer te, prostrate cancer te, thyroid cancer te, mit (gall bladder) cancer te, tilmu (testis) cancer te Mizoramah ngei pawh sawi tur a awm nual mai. Tin, a chhan puh tur ber awm si lova taksa rihna hun rei lo te (thla hnih/khat) chhunga tlahniam thut reng rengte hi cancer vang a ni thei.

Cancer laka inven nana tih tur leh tih loh tur pawimawh zual te :

1. A chung a kan han tarlan tak ang khan cancer vei hma deuha lo hriatlawktirtu (warning signs) i nei emaw, a tira a lo lanchhuah dan angin i awm emaw, vei duh bik (high risk group) emaw zingah i tel ve a nih chuan Doctor pan

nghal vat tur a ni. Mahni sum leh pai dinhmun ang zelin cancer i vei nge vei lo tih exam-na chi hrang hrang kha tih tur a ni. A bik takin chhul cancer exam-na phei chu sorkar damdawi inah kar tin a thlawnin tih theih a ni.

2. Hmeichhe tan hnuteah bawk a awm em tih mahni leh mahni indap fo tur. I hnute vei lam i exam dawn chuan i kut vei lam khan i tukhum dawm la i kut ding lam khan i hnute vei lam chu uluk takin dap chhuak vek ang che. Chutiang bawkin hnute ding lam pawh vei lam exam dan ang chiah khan i kut vei lam khan ti leh ang che. Mahni leh mahni hnute exam (breast self-examination)-a position tha ber chu mut zangthal a ni. Thla tin vawi khat tal exam \hin a tha.

3. Fapa neiten an tet laiin an tilmu kha pahnih a ni em tih check-sak thin tur. Naupan laia tilmu tla thla lo (undescended testis) hian tilmu cancer a siam nasa hle. Tin, tilmu kha tui luma bual zawhah khawihsak thin tur a ni. A

pangngai aiin a lian deuh emaw, a ruh deuh emaw, a na te emaw a nih chuan cancer a ni thei a ni.

4. Zu hian ka chhung, lei, chaw kawng, pumpui, chhul, etc. cancer a thlen nasa em em a, in loh theih a tha ber. I in lo thei lo a nih chuan ni khatah no 3 vel chauh in thei tal la a pawl lo deuh. Meizial tlawn 10 aia tam ni khata i zuk thin chuan zu ni khatah no 1 chauh in tur a ni. Zu leh zial tihpawlh (double pleasure) hi cancer siamtu pawimawh ber a ni. Pakhat zawk tal nghei a \ha.

5. Sarep leh sa kanro ei tlem rawh. Sa i kang a nih pawhin ut deuh deuh leh mawm deuh deuha kan loh tur. Sa thau hi ei loh tawp tur a ni a, sa eia kan insum thei lo rau rau a nih chuan sa ti var, eg. Arsa, sangha, etc. te hi an hrisel. Nghathu, ngha-al, pickle leh thil rep lampang hrim hrim ei tlem tur a ni.

6. Vitamin hi cancer vengtu pawimawh ber a ni. Dawrah Vitamin tam tak lei tur a awm. Thlai hring leh thei rah chi

hrang hrang kan ramah a tam em em a, ei teuh teuh mai tur. Tin, zufang, grape juice, etc. ho-ah hian cancer vengtu (anti-oxidant) a tam em em a, in zauh zauh thin tur. Manipur-a Naga hnam chi khat Kabui-hote hian buh zu (rice beer) an in nasa a, chhul cancer an vei ngai lo an ti ve tlat nia!

7. Calcium pawh hi cancer vengtu tha tak a ni. Lui lam sa reng reng te, bawnghnute leh bawnghnute atanga thil siam thau (fats) pai tam si lote ei tam a tha.

8. Coffee hian hnute, chuap, chi bawm (ovary), phing (bladder) leh rilbawh (pancreas) cancer-te a siam thei nia hriat a ni.

9. Fa neiha hnute han pek hian hnute cancer a veng hle. Rei tak chhung pek phei chuan thi hul hnu thleng pawhin a veng theia ngaih a ni.

10. Mipat hmeichhiatna hman hma lutuk hian chhul cancer a titam hle. Mi tin mi tang mutpui loh tur a ni a, insum theih loh chuan condom hman \hin tur.

11. Exercise lak taimak hian cancer a veng nasa thei hle. A bik takin hmeichhe tleirawlte'n exercise lak an mamawh zual. Ni tin darkar chanve vel emaw, kar khatah vawi hnih tal rei deuh zawk (darkar 1-2) insawizawi thin tur a ni.

HRIAT TUR | HEN-KHATTE :

1. Mizorama cancer tam em emna chhanah hian TUIBUR leh zuk leh hmuam kan ti nasa lutuk hi mi thiamte'n an puh ber.

2. Mipat hmeichhiatnaa i inthlahdah vang khan i nupuiin chhul cancer a nei daih thei. Hmeichhia a inrinhlelh chuan a pasal pawh kha exam tur a ni.

3. Zuk leh hmuam ti lo paw'n cancer an vei tho i ti mai thei, dik tak chuan i meizial zuk vang vek kha a ni.

4. A tlangpuiin ei tur thur lampang hian cancer a veng a, thil al leh hang lampang hian cancer a siam. Chi pawh hi ei vak vak loh tur.

5. Inpawl na neih hmasak ber a\anga kum 2-na a\ang hi

chuan chhul cancer exam-na (screening) hi neih \an ngei ngei tawh tur a ni.

6. Rai lohna damdawi ei ei ai chuan condom hman mai kha a him zawk.

7. Zing dar 10 atanga tlai dar 1 inkar hian ni a sa zual bik a, chuvang chuan ni saa awm loh theih hram hram a tha. Naupang phe chu awm tir reng reng loh tur.

8. Mizorama kan grape juice tam takte hi fai leh thianglim taka siam a nih chuan cancer vengtu \ha ber pawl a ni thei.

9. Cancer veite'n Psychia-trist r^wn \hin tur. A bik takin chhul cancer-ah rilru lam harsatna (psychological problem) a tam thei hle.

10. Mahni leh mahni invawn fai tur.

Tihdam aiin inven a tha zawk.

SAP | AWNGA KUMTLINCHAMPHA SAWINA

Kum 1-na	- Paper	Kum 14-na	- Ivory
Kum 2-na	- Cotton	Kum 15-na	- Crystal
Kum 3-na	- Leather	Kum 20-na	- China
Kum 4-na	- Books	Kum 25-na	- Silver
Kum 5-na	- Iron	Kum 30-na	- Pearl
Kum 6-na	- Wooden	Kum 35-na	- Coral
Kum 7-na	- Bronze or Copper	Kum 40-na	- Ruby
Kum 8-na	- Electric Appliances	Kum 45-na	- Sapphire
Kum 9-na	- Pottery, Willow	Kum 50-na	- Golden
Kum 10-na	- Tin	Kum 55-na	- Emerald
Kum 11-na	- Steel	Kum 60-na	- Diamond
Kum 12-na	- Silk or Linen	Kum 75-na	- Platinum
Kum 13-na	- Lace	Kum 100-na	- Centursy

BÂWK HI

Dr. Doris Lallawmzuali
M.D. (Pathology)

KAN taksaa b[^]wk hian ngaihven a hlawh ta khawp mai. Cancer natna leh cancer vanga thi Mizo zingah kan tam tak em avang hian, kan taksaa b[^]wk a awmin inentir vat kan chin thar zel a pawimawh a ni.

B[^]wk chu: B[^]wk hi taksaa peng hmun hrang hrangah a awm thei deuh vek a. Thil chi hrang hrang vang a ni thei.

| hal b[^]wk hi nghawng, beng hnung, khabe, zak-hnuai leh kapah te hian a awm duh a. Centimeter 1 (khat) aia a len loh hi chuan b[^]wk naran, pun (infection) vang emaw a ni duh hle. Naupangah phei chuan a awm duh em em a. Hlahawm a ni lo Va, damdawi ei chuan zawi zawiin a reh mai \hin a ni.

| hal b[^]wka hlahawm awm ve thei erawh chu Lymphoma (\hal cancer) leh cancer \ai darh (metastasis) te hi an ni. Cancer hi i pum, hnute, chuapah emaw i hriat miah lovin a lo awm thei a, hriat chhuah tlai a nih chuan i \halah lo \ai darhin b[^]wk a rawn siam thei a ni. | hal b[^]wk nachhan

dang leh chu TB (tuberculosis) vang a ni thei bawk.

Hnute b[^]wk hi a tam viau bawk. Vanneihthlak takin a tam zawk hi chu b[^]wk hlahawm loh, cancer-a chang lo chi an ni a. Mah se, hnute cancer hi kum 20-30 mi lekahte pawh kan hmuh tak zeuh zeuh avangin, hnute b[^]wk pawh hi ngaihthah mai lo va, a rang thei ang ber a entir \hin tur a ni.

Awr puar pawh hi a tam khawp mai. Awrpuar cancer hi chu a awm ve fo nain a tam lutuk lo. Awrpuar tam zawk hi thyroid hormone tlakchham/ tam lutuk vang a ni thei. Damdawi \ha taka ei a ngai a, chuvangin ngaihthah loh a \ha.

Heng bakah hian, thau hlawm bawk (Lipoma), thisen

zam baw (Hemangioma), vun \o lut b^wk (inclusion cyst) leh b^wk dang tam tak a awm thei. Taksa peng hrang hrang - ban, ke, dul, lu, hnungah te a awm thei. Heng b^wkte hi entir a, a \ul a nih chuan zai thlaktir mai tur a ni.

Baw i neih chuan engtin nge Doctor-in a lo tih ang?

1. FNAC: A tlangpuiin, FNAC (Fine Needle Aspiration Cytology) ti turin a lo r^wn ang che. Hei hi hriaua b^wk kha vih a, a timur (cells) hip chhuah a, stain hnuah, eng b^wk nge a nih tih enlenna (microscope) hnuai a en mai hi a ni. He test hi a awlsam a, a rei lo a, a tlawm baw. Civil Hospital, Aizawlah tih theih reng a ni. Cancer, T.B. leh natna chi hrang hrang hi chiang (accurate) takin zaa sawmkua (90%) vel chu a hriat chhuah theih a ni.

2. Biopsy: FNAC a\anga hriat chian theih loh emaw, tih-chian leh zual nan biopsy tih a ngai thei. Doctor-in b^wk kha a vaiin emaw, a them emaw a zai thla ang a, chu taksa them

chu kar hnih khat vel sawngbawl a nih hnuin microscope hnuai a zir chian leh a ni a. Tisa inrem dan chu uluk taka enin i natna chu hriat chhuah a ni thei ang.

Biopsy hi a langa rawn b^wk chhuak kher lo - hnar, hrawk, beng chhung a\ang te, pumpui, chaw kawng, chuap, ril, chhul, etc. a\ang te hian lak a ni \hin. Pumpui leh chaw kawng a\ang chuan Endoscopy (chaw kawng enna) hmangin an la a, chuap a\angin Bronchoscopy (chuap enna) hmangin an la \hin.

Pawimawh dangte: Thi pawimawh em em pakhat chu, i englai pawh kha zai taw la, biopsy report hi lam leh ngei ngei \hin tur a ni. I chhul an paih emaw, i mit, rilphir, tonsil, i awr baw (thyroid) an zai emaw-doctor ten an zai thlak kha paih mai lovin, biopsy turin Pathology Department-ah an r^wn theih a. Chu chu uluk taka lo enin, damdawi chi hrang hranga sawngbawl a nih hnuah, biopsy report hi pek \hin a ni. Entir nan, i chhul kha

cancer nih ringhlel lem lovin doctor-in a paihsak che a; mahse, uluk taka i chhul kan en khan cancer kan lo hmuchhuak thei reng a ni. I inzai zawh khan i hna a zo mai lo a, report i lak a, doctor i entir leh ngei a ngai a ni. Report i rawn lam loh chuan, cancer nei reng siin, cancer damdawi (chemotherapy) leh hem (radiotherapy) la lovin i lo awm thawveng mai mai thei a ni. Chutih laiin i cancer kha nasa tak a lo \ai darhin, enkawl awmze awm lo khawpin a lo nasa hman thei. Chutiang bawkin mit, chi bawm, leh b^wk hnawksak mai maia i ngaih kha cancer a lo ni reng thei. Doctor-in a zai reng reng che chuan, biopsy turin an thawn vek tlangpui a, chuvangin i report kha ngaihthah ngai suh ang che.

Report lamna: Pathology Department hi OPD building hlui-Blood Bank hnuai (Block B), Room no 209-212-ah te hian a awm a. FNAC hi Room No. 209-ah Thawh\an, Nilai leh Zirtawpniah te tih \hin a ni.

A report hi b^wk kan vih tuk dar 11:00 am-ah Room No. 209 vekah a lam theih a ni.

Civil Hospital, Aizawlah zai i nih chuan, i taksa them paih/zaia kha OPD building (Block B) Room No. 502, mit entirna (Eye OPD) bulah, hian submit (theh luh) \hin a ni. A report pawh hi Room No. 502-ah tho hian lam leh tur a ni. Rokhawlhna a awm loh chuan kar khat chhung hi chuan report peih hman a ni \hin.

B^wk i nei em? Hlau ru tak siin i ngaihthah der em?

Doctor r^wn la, chian vat ang che.

- Cancer a lo nih loh chuan hlau mai lovin, thlamuang takin, enkawl na \ha tak hnuaiah, i nun i chhonzawm thei ang.

- Cancer i lo nei hlauh a nih pawhin, i hriat chhuah hma leh i tan damna chance a \ha.

I tlai ang e!

-Courtesy - MGDA Annual Magazine 2010. ■

THI A LUAK LEH EK THI (Gastrointestinal Haemorrhage)

Kawchhung a\anga thi chhuak hi a lan dan tlangpuiah chuan thia luak emaw, ek lo dum emaw hi a ni deuh ber.

A chhan tlangpuite :

Pumpui pⁿ a\ang te, pumpui hnun pⁿ a\ang te, pumpui cancer atang te, heng damdawi - Aspirin, Steroids, Phenylbutazone, Intimethacin ei atang te, pumpui na zu inho zingah te, Duodenal ulcer atang te, pumpui pan zai tawh atang te, Portal Hypertension (Thin tha lo) a\angtein a awm deuh ber.

A nat dan: An luakah thisen emaw coffee rawng angin emaw a lo lang thin. Chuti a nih loh chuan an ek a lo dum thin, a thente chu an ekah leh an luakah a lo lang bawk thin. An lo chak lo va, an mit a lo vai a, thil an hmu Chiang thei lo va, an thlan chiam chiam a, an lo thidang hial thin a ni. An hrawkte leh an kate a lo ro va, an tui a lo hal a, an kut leh kete a lo vawt thin. An chauh hmel hlih hlih a, thisen tlachhamin an awm a, an mar a lo chak lo

va, blood pressure a lo hniam a, an lei a lo dangin a lo ro bawk thin a ni.

A enkawl dan: Chutiang mi an awm chuan a rang thei ang bera damdawi ina hruai nghal tur a ni. Damdawi ina hruai nghal remchang lova awmte tan chuan hetiang a enkawl tur a ni -

1. Khum, a mawng lam kam sangin hahdam taka muttir tur a ni a, hmun fianrial boruak thatna hmuna dah tur a ni.
2. Darkar 24 chung chu engmah ka lamah eitir loh tur a ni. A thi chhuak a reh hma loh chu eitir loh a tha ber.
3. Chaw pangngai a ei theih thin loh avangin thisen chaw pek a tha.
4. Puan luma an ke hmawr leh kut hmawrte leh an taksa pumpui tihlum a tha bawk.
5. Heng Antacid, Aludrox, Celusil tui chite hi darkar 3 danah fiante hnih zela pek a tha.

Tarlan tawh angin, damdawi in lamah a rang thei ang bera hruai a, mi thiam zawkte hnena dah thuai a tha a ni. Damdawi inah chuan hetiang enkawl tur hi a ni -

- 1) A chunga tarlan ang khian enkawl tur a ni.
- 2) Heng na chhawkna-Morphine emaw, Pethidine tea chiu tur a ni.

Amaherawhchu, Pethidine leh Morphine hi Portal Hypertention-ah chuan hman loh tur a ni a, Paraldehyde- a chiu zawk tur a ni.

- 3) Blood Pressure (B.P) a hniam viau a, a mar minute khatah 120 chuang a nih chuan thisen pek ngei tur a ni.
- 4) Darkar 24 chung chu ei leh in lam pek loh a tha tih a ni a; mahse, tunlaia ngaihdan tharah chuan vur tui te, bawngnhute te, horlicks te, buh tuihnang te, alu chhum hmin rawt sawm tuite leh sangha tuite tlem tlema eitir a tha tih a ni.
- 5) A pumpuia thil thur siak chhuahte a ngai thin a, chumi siak chhuahna dawt atang

chuan Antacid kan tihho kha pek luh a ni bawk thin.

- 6) Kawchhunga thisen chhuahtirtu kha tihdam emaw tihbo emaw thuai tur a ni.
- 7) Eng emaw chang chuan hetiang ringawta a that theih loh chuan kawchung zaia tihreh hialte a ngai thin.
- 8) A mar te, a blood pressure-te leh thisen chhuak a awm leh awm loh darkar chanve dan zela check reng tur a ni.
- 9) A thi chhuak chu a chhuak leh tih hetiang hian a hriat theih a ni :
 - a. A awm hle hle thei lo.
 - b. A thlan fim a tla thar leh thin.
 - c. A lo dang tial tial thin.
 - d. A thaw leh a marphu a tein a rang tial tial thin.
 - e. A blood pressure a tlahniam zel a, a tira thisen peka tha deuh anga lang kha a tlahniam leh thin a ni.
 - f. A pum chhunga thil siak chhuahna atangin thisen thar a lo chhuak thin.

Hetiang a nih chuan a rang thei ang bera zai thuai a, a thi chhuahna lai tihpin thuai tur a ni. ■

HMEICHHIATE NEUH NEUH

Thla tin thi neih hun :

Hmeichhe naupang tam berte chu thi an neih \an hi kum 11 a\anga kum 16 inkar hian a ni \hin, hemi awmzia chu naupai thei turin naupang chu a lo upa ve tawh tihna a ni.

Thi neih hun bi pangngai hi ni 28 inkar danah a ni deuh ber a, mahse hei hi mi hrang hrangah a inang lo thluah thei. La naupang deuh (tleirawl) te chu an thi neih dan hi a mumal lo foin, a na viau mai thei bawka, hetiang hi thil hlauhawm a ni hran lo.

Thi i neiha a nat hle chuan :

- Khuma mut reng a tul lo, a na chuan zual lam a pan zawk thei.
- I kal vel a, hnate pawh rim vak loa i thawh a tha zawk.
- I thil in tur (thingpui etc.) te sa tha takin in la, i ke pawh tuisa i ngam tawkah chiah rawh.
- A nat hle chuan aspirin ei la, a nih loh vek leh i pum velah tuilumin dep rawh.

Thi neih chhung zawng hian fai taka invawn reng tur a ni a, mut tam a pawimawh hle bawka. Chubakah, ei tur tha ei tum hram hram tur a ni a, nidanga thil ei dan pangngaia engkim ei zel tur. Hna pawh a pangngaia thawh zel tur a ni. Tin, thi neih chhunga inpawl hian pawh a khawih hran lo.

Thi neih chungchanga harsatna lo awm thinte :

- Thi neih inkar mumal lo hi mi thenkhat tan chuan awmphung pangngai a nih laiin, mi thenkhat tan chuan natna benvawn vei vang te, ei chhiat vanga chaklohna vei vangte leh chhul bawka vangte a ni thei.

Tin, thi hi a hun taka neih lohva, mipa pawl bawka chuan hmeichhia chu a rai thei a, mahse thi neih tan tirh leh upa lam kum 40 pel tawhte tan chuan thi neih mumal mang loh emaw, hun inkhuangrual lo emaw hi thil awm thei a ni a, thil hlauhawm lam chu a ni hran lo. Tin, thi neih hi rilru lam buai leh ngaihthatlohnate hian a ti mumal lo fo bawka.

- Naupai laia thi a lo chhuah chuan nauchhiat a ni mai thei.

- Thi neih chung hi ni 6 aia a lo rei emaw, nidanga neih thin aia a rei a, ngaih a tihthat loh chuan, leh thi chu nidang aia a chhuah tam chuan damdawi thiamte rawn a tha a, thi neih chu thla khatah wavi khat aia a tam chuan damdawi thiamte rawn bawk tur a ni.

Thi hul hun :

Menopause emaw Climateric emaw an tih hi hmeichhia an damchunga an thi neih thin kha a lo reh hun hi a ni a, hemi hnu hi chuan nau an pai thei tawh lo a ni. Thi hi a hul fel hma thla eng emaw zat chung chu thi neih hi a mumal lo thin a, tam tak chuan an buai phah fo a ni. Thi hul hun hi kum 40 atanga kum 50 inkar vel a ni.

Tin, thi hul vel laia hrehawm tih viau leh rilru mumal lohte hi hmeichhe tam takah chuan a awm thin a, mahse hei hi awmphung pangngai a ni a, engmah thil hlauhawm a ni lo. Hetianga awmte chuan hlauhawmna te,

taksa sa huai huai te, lungngaihate an nei thin. He hun hi an kal pelh hnu chuan hmeichhe tam tak chuan that phahin an inhre thin a ni.

Thi hul lai vela thi nasa taka nei te, thi hul hnu thla eng emaw zat ral tawha thi nei lehte chuan damdawi thiam an rawn ngei ngei tur a ni a, cancer leh engemaw natna benvawn an neih leh neih loh fiah tur a ni.

Naupai (rai) hriatnate :

A hnuai mite hi naupai laia awmdante an ni:

- Thla tin thi neih hun pelh.
- Luak chhuak, a bikin zing lamah.

Naupai hnu thla 2/3-ah he'ng angte hi a zual duh :

- A zung zing.
- A dul a lo rang.
- Hnute a lo lian.
- Hmai duk leh hnute duk.
- Dul thak hiahna a lo rang.
- Thla 5 velah naupai a lo che tan.

Naupai chhunga hrisel taka awm theih dante :

- Chaw tha ei a pawimawh hle a, taksain chakna pai chaw a mamawh a ni.
- Vitamin te, protein te leh mineral te an ei tam tur a ni a, iron pawh ei tam tur.
- Iodine awmna chi ei tur a ni a, hei hi nau tha taka a lo pian theihna'n a pawimawh a ni. Mahse kete a lo vun chuan ei tam loh a tha.
- Ni tin inbualfai a tha, fai takin awm rawh.
- Naupai hun thla tawp berah chuan tuibawm a keh loh nan leh natna hlauhawm laka inven nan inpawl loh tur.

Damdawi ei :

A theih phawt chuan damdawi ei loh tur, damdawi thenkhat hian naute insiam chho zel a tikhawlo thei a ni. Damdawi thiamte'n an chawh chauh ei thin tur a ni. Aspirin emaw i mamawh chuan vawikhat vel chauh ei la, vitamins leh iron te hi an tha a; mahse, ei hun tur an tuk hunah leh ei zat tur an tuk ang chauh ei tur.

Tin, zu in leh meizuk hi naupai lai chuan a tha lo a, naute thangchho zel pawh a tikhawlo thei a ni. Sentut vei lakah fimkhur tur a ni a, a bik takin German measles an tih lakah fimkhur tur. Hna pangngai thawk zel la, insawizawi fo rawh, mahse hah lutuk lovin.

Luakchhuak leh luak :

Naupai tan tirh chuan luak leh luakchhuak hlui hi a awm duh reng a; mahse, thla hnih thla thum chhung hian a zual bik thin. Zing lama thil ro lam chi ei hian a tiziaawm duh deuh. Tin, chaw tlem te tein ei la, ei zin deuh mai tur a ni. Luak leh luakchhuak hlui chu a tuar a hrehawm zual deuh chuan Antihistamine ei a tha a, thil mawm lam erawh ei loh tur.

Thin thip :

Thin zawn vel na emaw, thin thip emaw hi pumah thur a tam vang a ni a, a tihreh nan Antacid ei suh, chaw tlem te ei la, ei zing zawk mai rawh. Tin, chithlum mum hmuam pawh a tha bawh. Mut dawnin

lukham chu sang tawka dahin muthilh tum tur.

Ke bawr vung :

Ke bawr vungah chuan ni khatah vawi engemaw zat ke chu kam sangin chawlh hahdam tur a ni a, ei tur al lam chi ei lovin, chaw pawh tlem deuh ei thin tur a ni. Ke vung chu a nasat hle a, kut bawr leh hmaite a vun tel chuan damdawi thiamte thurawn zawm tur a ni. Nau pian dawn hnaih lama ke bawr vung hi chu

nautein dul a uai rih tawh vang a ni thei a; nu, ei tur tha tawk ei lo leh chak lo te, dawldang te, chi al lam ei tamte zingah hei hi a awm duh bik a ni. Chuvangin, chakna pai tam chi chaw ei la, chi al ei suh.

Hnungzang na :

Hnungzang na hi naupai lai chuan a awm fo reng a ni. Taksa sawizawi that leh thut pawha char ata thut a, din pawhin char at hian a na chu a tiziaawm thei.

Mawitea huang!!!

- ◆ Zirtirtu: Muani, thosi malaria hrik pai hi a hriat hran theih em?
Muani: Hriat hran theih tehreng mai, malaria hrik pai ho chu an hawi sang deuh vah a, an induh deuh larh bawk.... thosi dang ho pawh hian an chung en deuh bik a ni.
- ◆ Kohhran thupuangtu khan, {Kan kohhran hian biak in thar sak ni se kan ti a, chumi atan chuan kan biak in hlui hmanrua hi a tam thei ang ber hman nise kan ti. Tin, biak in thar sak hma chu biak in hlui hi \hiah loh ni se kan ti bawk....
- ◆ An pa hnar tawh hlur mai kha a en vang vang a, " Mama pa, huatthu lovah chuan i hnar ka hmuh chang hian ka mitthlaah in tha deuh a lo lang thin..." zuk ti a....
- ◆ Tuai pakhat pawh a nu a thi a, amah aia naupang zawk kha a pain nupui atan a nei leh a. A nuhrwn chu a hminga koh chu dikin a hre si lo, 'Ka nu' han tih kha tlawmngai deuh si a... "Aa'n Hrawn" zuk ti a!!

FOREIGN BODY

Foreign Body: Foreign Body kan tih chu kan taksaa thil dang eng emaw lut palh leh awm palh hi a ni a, hetiang hian a enkawl thuai dan tur nen lo hriat tum ila.

I. Mitah: Mitah chuan bawlhhlawh nawi - vaivut, thing them, lung te, meihawl, darthlalang them leh rannungte hi an lut pawlh thei a ni. Damlo chuan mit na a nei nghal ang a, a mittui a tla reng bawk ang a, a khawmuhte a lo fiah loh bakah a mit a sen bawk ang.

FIRST AID :

1. Damlo chu chair-ah emaw thuttir tur a ni.
2. A mit nuai miah lo tura hrilh tur a ni.
3. Mita thil lut chu mittui tlak tam avangin amaha a chhuah ve theih mai avangin nghah deuh tur a ni.
4. Mittuiin a tlenchhuah theih loh erawh chuan, mit vun hnuai lam pawh keu va, eng (light) \ha tak hnuai en tur a ni. Tichuan, thil awm pawh kan hmu thei a nih chuan romawl fai tak sirin lakchhuah tur a ni.
5. Chumi zawhah mit chu fai taka sil tur a ni a, hetiangin – tui chhungah (eye bath) men phawt a, mit khap a, men leh thin tur a ni.
6. Mit vun chung lamah a awm palh a nih chuan, mit vun chu lip chhoh a, mit vun hnuai lam kha nam luh chhoh a, vawi tam tak tihnawn tur a ni.
7. Heng kan sawi takte hmanga kan la chhuak thei lo a nih chuan- Liquid Paraffin emaw Castor Oil emaw thlawr a, mit chu tuam a, damlo chu daktawr hnena hruai vat tur a ni.

Mitah Chemicals a luh palh chuan hetiang hian tih vat tur:

1. Damdawi thur (Acid) a luh palh chuan, soda tui tihlum, dal deuhva mit sil tur a ni. Tui no khatah

thirfiante khat soda pawlh tur a ni.

2. Damdawi al (Alkali) a luh palh erawh chuan tuilum no khatah vinegar thirfiante hnih hmanga mit sil tur a ni.
3. Hemi zawhah hi chuan Castor Oil emaw Liquid paraffin emaw thlawra mit chu tuam tur a ni.

II. Beng chhungah: A tlangpuiin naupang ninhlei rualte beng chhungah heng- be mu te, pencil laimu te leh rannungte an lut palh thei a, chutiang a lut palh a nih chuan a hnuaia mi ang hian enkawl tur a ni.

FIRST AID :

1. Rannung a lut palh a nih chuan tel tihlum thlawr tur a ni.
2. Hmanraw hriam leh zuma lak chhuah kan tum tur a ni lo. Chutilo chu bengdar kan tipawp palh mai ang.
3. A rang thei ang bera daktawr panpui tur a ni.

III. Hnar chhungah: Hnarah chuan be mu te, pencil leh thil

dang eng emaw a lut ve palh thei a ni. A bik takin naupangah a lut fo thin a. Damlo chu a awm a nuam lovin na a ti a, thawk a harsat thin a ni. Tin, hmanraw zum leh hriama chhun palh chuan hnar a thi thei bawk a ni.

FIRST AID :

1. Damlo chu \huttir tur a ni.
2. Damlo chu a kaa thaw turin hrilh tur a ni a, a hnara a thawk chuan a thawkna dawtah a tan palh a hlauhawm a ni.
3. Damlo chu hahchhiau tir tur a ni, hetiangin- a hnarkaw leh lamah lazai emaw rawlhin hahchhiau- tir tur a ni a, a hahchhiau zawngin a rawn chhuak ve mai thei bawk a ni.
4. Safety pin emaw, hmanraw zum emaw leh kawm hmanga lakchhuah tum tur a ni lo.
5. Damdawi in panpui vat tur a ni.

IV. Hrawkah: Hrawkah hian pawisa thir (coin) te, marble te, thei mi emaw sangha hling

emawte hi a tang tlat thei a. Awm a tinuam lovin, hrawk a tina thei a ni. Thawk a tiharsa a, tawng a harsat bawk bakah thil lem a tiharsa thin a ni.

FIRST AID :

1. Damlo chu \awng thla-muana hnem tur a ni.
2. Nuam taka \huttir tur a ni.
3. Damlo chu alu chhum hmin emaw, balhla emaw, chawnem emaw, chhang-thawp emaw eitir tur a ni. Heng thil lem rual hian hrawk atang chuan a tlatel thei a ni.
4. Damlo chuan thil hriam a lem palh chuan, entirnan-safety pin, perek, ha lem, etc. Daktawr hnenah kalpui vat tur a ni a; kalpui vatna tur remchang a awm

rih loh chuan lapuaa chhangthawp emaw chaw emaw tuama eitir tur a ni. Chu chuan hrawka thil hriam tang chu a tuam a, kawchhung tan a hlauhawm lo a ni.

5. Kawthuahna pek miah loh tur.
6. A tukah damlo chuan a ek chhuah leh chhuah loh a en tur a ni.

V. Vunah: Thil zum leh hriamte'n kan kut leh kete an chhun palhin an tang tlat thei a ni, entir nan - perek, darthlalang them, pin, etc. Hengte hi a tlum lut lova, a lawr chhuah chuan vun nem sawr a, pawh chhuah tur a ni. A pawh chhuah theih loh erawh chuan daktawr hnenah hruai vat tur a ni.

Mawitea huang!

- ◆ A Sapram kal haw khan " Sap ram restaurant-ah chuan thil awm miah lo pawh hi han lam ila, rei lo t>ah an rawn chawi khu vung vung thei zel nia" zuk ti a!!
- ◆ " Kumina kan lo tur chu a lei a tha mai mai khawp a, ka thlam ban tur chawhna thirtieng ka sawhphun pawh ka lo theihngihl palh pek a.... kar khat hnuah kan phawi dawn chu.. zung a lo nei hman pek nia mawle....!" zuk ti a!!

I TITI LEH ANG U

- Dr. Lalkhawngaihsanga

Kan tunlai khawvel changkang tawh takah leh kan khawtlangah hian, kan nun hi a hahdam lovin a tâwt tlatin i hria em? Mi tam tak hian han inbun ruahna tur hi kan vâi hle niin a lang a. A tu mai pawh hi mi hmuha lan mawi tumin kan chak lohnate kan inthup \it \êt vek mai niin a lang. Mite hmuha mawina leh khawtlanga lansarh hi kan thupui ta ber em maw ni le!

Kan han inbe vel te pawh hi hrawk bâwk chunglam chauhvin kan inbia a, rilru inpawh taka inbiak a khât ta hle mai. Mahni invêng rânin kan nung zo ta a. 'Kan in sak a inhnaih telh telh a, kan rilru a inhlat telh telh thung a' tih ang mai kan ni ta.

Nupa tam tak pawhin inhawng leh inpawh takin thu an sawi dun melh melh thei ta lo. Inteh tlin loha hnawl nih hlauhnaian kan khat a. Kan khawtlangah hian mi chak lo leh duap kai te'n hmun an chang lo va, mi chak te tualchaina a ni si a. Kan nihna dik tak aia sanga lan kan tum a. Mahni taksa chhunga hrênthir buna tâng ang kan ni a, kan nun a chau a, kan nun a tuihal a ni.

Naupangte an thâw a pik a. Tleirawl leh rawltharte an ngui a, an beidawng awrâwl tu mahin an hre thiam si lo. Nu leh pa tam takin an fate aiin sum leh pai an hmangaih zawk a. Pawisa kan hmuh dawn phawt chuan hman lo tih rêng kan nei lo va, kan fate tan erawh hun kan pe phal lo fo mai.

Mite nun hriat thiam tumna a awm lo va, insawisel hlau zek zekin \henrual kan kâwm a. Mahni hna leh nunah kan buai ta lutuk a, kan chhehvela mite nun hre thiam turin hun kan inpe thei tlat lo. Kan nun a hmanhmawh êm êm a, thil tih zung zung kan duh a. Mi dangte kâwm nêla an bula han tâp chawt mai chu, thil ?ul lo leh hun khawhralna niin kan ngai a.

Tunlaia thil changkang ber ber kan nei a. Intihlimna \ha tak tak kan nei a, kan nun pawh a hahdam a. Nun hlimna kan zawng a, a ûmin kan ûm a. Nimahsela, kan nun khua a har a, kan rilru a dam mawlh si lo. Rilru leh taksa hi a inkungkaih tlat a. Rilru lam a dam loh chuan taksa lam pawh a dam \ha thei lo a ni.

Kan pi leh pute khan tunlaia kan hriat lâr êm êm, kan \awng emaw tih mai tura kan hman nasat, 'anxiety leh depression' te hi an neih ve âwm kan hre lo. A chhan chu... telephone, whatsapp leh facebook vela inbiaa inkâwm lovin, hmaichhanah ngei an inbia a. Anni kha chuan hmaichhanah an rilru leh ngaihtuahna an inhrilh a. Hmaichhanah uluk takin mi thusawi an inngaihthlaksak \hin a ni. An nun a mâwl a, enghelh an nei tlem a, an nun erawh a hlim a, thinlung takin an inpawh thung a ni.

Hmaichhana kan inkawm a, inhawng leh inpawh taka kan titi hian thinlai a hnêm a.

Heti anga inkawmna thûk hian mite min ngaih dan tura buaina leh, hnâwl nih hlauhna a hnawt \iau a, kan nih tur ang takin zâm lovin kan lang chhuak ngam \hin. Social media hmanga inkawmna hi chu a pâwnlâng a, pâwnlâng taka inkawmna hi chuan thinlai a hnêm tak tak thei lo a ni.

Tunlaiah chuan hetiang a inkawm hi kan duh lo va, pumpelh dân ngawt kan ngaihtuah a, kan inhlau tawn tlat tawh a. Hei hian rilru lam natna min thlen a, cancer ang maiin kan thinlungah rilru dam lohnain zung a kai nghet tlat tawh a. Heti ang rêng rênga kan khawsak zel chuan depression natna hi kan natna vei tam ber a la ni ang.

Social media, Facebook leh whatsapp kan khawih nasa lutuk te hi insûm a \ha mang e. Mi dang tan hun kan neih tlem phah a, hriselna atan pawh a \ha lo. Hmaichhana inkawmna hi social media hmanga inkawmnaa thlak a fuh lo ang. Engmah tih theih nei lo mah ila, mi thusawite i ngaithla peih ang

u. Mite'n inthlahrung lo leh hlau lova min biak theih nan i inhawng ang u. Mite harsatna leh lungngaihna i lo ngaih-thlâksak mai tê kha mite tan damna a ni thei asin.

Thu holam mai mai sawi pawhin i titi leh ang u. Dâr insi khupin patling leh nutling i \hu ho leh ang u. Thinlung ngui tan damdawi a ni si a. Tu mah

vênthâwn leh enghelh nei lovin inkâwm leh ila, kan rilru pawh a inhmu ang a, kan nun pawh a hlim zawk ngei ang.

I thil neih zinga ropui tak chu, i finna leh hriatna zau tak kha ni lovin, mi dangte thusawi ngaithla peih beng, mi dangte hmangaih thei thinlung leh, mi dangte \anpui tura che chhuak thei kut i neih zawk kha a ni.

HMANGCHANG

1. **Phuihnam kha...** Phuihnam kha ei tlak loh hi ANTHUR thlak in a kha a bo vek thei.
2. **PHEIKHAWK BUN UIH..** Theihai hnah (mango leaf) bun hnatin ke a uih thei lo.
3. **ISTIRI (Dry iron)...** Istiri kang, a ut hi a daih hnuah nimbu zaiphel a nawhin a fai vek thei.
4. **KHUMFA...** Washing powder (eg. Surf, safet, wheel, etc) leh Detol tui leh tui pangngai nen a inchawh pawlh tawk in kah tur. Collin bur ruakah dahin spray mai tur a ni. Second 30 hmain an thi nghal.
5. **PHUIHNAMEM...** (phuihnam ang tak mah se a hnah chhunglam thap hruap) hi zurui nawi buaipui nan a tha hle. Nuaisawm nawk nawk a, thukhuma deh vang vang tur. Rei lo teah an harh mai. Picnic nikhuaah a tangkai viau.
6. **MAIPAWL....** Santen tan a hela eiin tha tak a ni. Tam tak ei a ngai lo. Damdawi tel lo pawn a dam hmak theih.
7. **CHUKCHU HUAT....** Beer inna bur ruak hi a awm theihna lai turah dahin a tha. A nih loh pawn beer hi collin bur ruakah dah a. Spray mai tur a ni. An haw hle.

STEROID

Dr. Thangchungnunga MS Ortho.

Tunlai hian steroid leh a anpui, mahni thu a ei an tam em em a. Hei hi thil tih chi loh tawp a ni. Steroid damdawi hi a hmanna a tam in a \hatna pawh a tam hle. Nun chhan nan a damdawi kan hman chi khat pawimawh ber zing ami a ni a. Kan damdawi (Allopathic) ho hi chemical a\anga siam an ni vek a, chuvangin ei dan tur leh ei tur dik tak a ei leh chiu tur in kan ti \hin. Kan damdawi ang ho hi chu za a sawmnga damdawi, za a sawmnga tûr ang ani ti ila zir ve lo tan chuan hriatthiam a awl ber ang. Chuvanga ei zat tur leh ei dan tur te kan duh uluk em em nachhan a ni.

Tunlala an hmandan hi chu a over dose in, \ul loah \halai in, in tih chakna atan, taksa tih phur nan, rei lo te chak thut nan te, taksa tih sek nan te, thauna atan te an ei in an in chiu nasa hle tih hriat a ni a. Heng thaunate, chakna leh phurna siam tur khawp chuan over dose a ei a ngai a ni. Hetiang an hman regular viau chuan an taksaah a lo tlem veleh rilru leh taksa a tibuai a, a then te phei chu stroke, depression ldt. thlengin a thlen thei.

Hetia over dose a an ei tawh chuan, a side effect kha an ei chhan a ni miau a,

taksaah thil pawh tak a thlen tam em em dawn a ni. Kan hriat mai theih tur ang chu, pumpui lawng, gastritis a siam nghal a. An neih ngai loh zunthlum (Diabetes) a siam chhuak a, kan taksa a pawimawh em em, immunity hi a tichhe rang em em a, hetia a tihchhiat chuan AIDS vei nen danglamna an nei lo. An taksain natna do theihna a neih loh vangin \halai thi thut thut te, thau bawr hluah natna nei tamah an lo chang ta a ni ber. A bak kan taksaah a tih chhiat chu kil tinah sawi sen leh sawifiah theih loh khawpin a thawk a ni. Hormones, kan

nihna dik taka siamtu hi a tibuai vek ti mai ila a fun kim ber awm e.

Tunhma deuh pawh khan kan zaithiam pakhat, a cher lutuk thau nan tuten emaw ei turin an lorawn a. A bawr, thau angin a lang ve a, mahse natna dotu, immunity ber a neih tak si loh vangin, khawihlipui a vei a, an hnai a, a thih phah ta hial a nih kha. Hetiang a nih vang hian internet tih vel a\anga lo chhiar a, a hlauhawmzia hre silova ei an tam ta em em hi a paw ani.

Kan taksa hian natna a neih loh chuan i cher emaw i thau deuh emaw a nih pawhin, i chan tawkah lungawi mai la. Tlangval nih vang a sek \un tum kher a ngai lo, natural tak a exercise lak mai hi a \ha ber. Pathian min siam dan pel a, in tih danglam kan tum chiah hian kan taksa dik loah buaina chi hrang hrang a lo awm phah \hin a ni. Zunthlum phei chu a awm phah ngei ngei \hin. Hetiang tho hian kan antibiotics te pawh hi ei hun chung leh eitur zat kan bithliah thlap zel hi, a over palh chuan natna dang a siam phah ta thin a ni. Heng

spasmolar (Cylopam leh paracetamol) te pawh pum, thin leh kal in a haw em em a, \halai ho hian ruih nan hmangin, Avil tak ngial pawh an rui peih a ni a. Heng kan sawi tlemte bak pawh hi ei an ngah mai. A pawina lang tur in, an taksa chak lai a nih vangin an buai rih lo mai mai a ni. | henkhat phei chuan mephenterin thlengin an lo hmang tawh a, an dam zel a nih chuan an upat deuh hunah an la buai hle dawn a ni. Pangngai taka in tih chak leh phur leh thau nan a heng kan damdawi, allopathics ho tello hian kan tu leh fa te kan en chik in kan ngaihven a \ul hle.

Heng damdawi dang, homeopathic, ayurvedic tih ang ho hi chu, kan taksa kalphung mil a taksa tidam tur a siam an ni a, thawh pawh a thawk har deuh, side effect pawh an nei lo ber. Mizo te hi rilru hmanhmawh, thil engpawh ti ila, zawh thuai thuai te, dam nghal zung zung te, sumdawannaah pawh hlawk nghal thur thur tum mi kan ni deuh hian ka hre \hin. Tin, huau huau leh nawmchen kan

thlahlel hle. Hei vang hi a ni mahna kan fate ho hian na chhawkna te, hritlang damdawi te, hmuh theih ang ang an ei vak vak mai hi mahni chhungkua \heuh in enfiah a hun ta hle. Kan \halaite hi an la pul puk mai ang tih hlauhawm a ni. Naupang t> t>a kan ngaih te hi nu leh pa in kan ven ngun a ngai in, chung inkhawmah te,

nungchang mawi te, awmdan , a hmun leh a hun a zira hman tur, ruihtheih thil hlauhawmzia chu sawi tur hre vak lo mahla, entirna tur a tu chhungkua emaw sawi tur kan nei ngei ang.

Pathian min siam ang hian nun mai tum a \ha ber. I \hat laiin i siamtu hre reng rawh.

Mawitea huang!!!

- ◆ A bialpa khan “Min hmangaih ve em?” a ti a, ani piangthar hlim khan, “Pathian khawngaihna zarah hmangaih ve e” zuk ti a!!!
- ◆ An mikhualpa antui heh lutuk kha a ngaihdan a pel deuh a ni ang, chawei laiin a ding hluaia “Antui hi tuikhur anga hnar nei a ni lo a nia aw.....” zuk ti piap a!!
- ◆ A inngaitlawm mai mai asin, miin nupui i nei tawh em? an tih te hian “Aw a hming chuan Chhete chu nei ve tawh e..” zuk ti a.
- ◆ “ | hiannu, kei chu virgin ngeia pasal neih ka tum a sin” a ti a, a thiannu lah chuan, “Nia, nang chuan i thei em em ang i hmel hian a hum tlat dawn che alawm,” zuk ti a!!
- ◆ Palai a tir ve a, a rem loh thu phone in an rawn hrilh a, ani lah chuan, “An thenawmte inah khan lut leh nghal mai ru nula an neih ve tho kha...” zuk ti awlsam et a..

MIZOTE HIAN THEI CHI HRANG HRANG AWMTE HI I CHING UAR SAUH SAUH ANG U

Lalnunvula
Dy. Director(Admn.)
Directorate of Health Services

Hemi chungch[^]ng hi uar taka sawi \<l tak ni si;
amaherawhchu, sawi uar thiam har ve tak thil a va'n ni si >m!

T<n lai chhanah hi chuan hringfate hian taksa lamah te hris>llohna chi hrang hrang kan ngah hlawm ta khawp mai a; hei hi a mak khawp mai. Khawsak d[^]n phungah pawh hm[^] s[^]wn tawh z[^]wk, changk[^]ng tawh z[^]wk, thianghlim tawh z[^]wk kan nih ve tawh a hnu lamah pawh ei leh in t<r lampangah pawh ei t<r tuihn[^]i \ha tinr>ng nia lang kan ban ph[^]k ve tawh ahnu lamah hian eng v[^]ngin nge kan taksa lamah hian hris>Ina lamah harsatna chi hrang hrang kan neih \hin ni ang le aw, tih hi damdawi lama hriatna nei tehchiam l>m lo chung paw'n i lo pawngpaw rin sawi chiam d[^]wn te'ng.

Mihringte hi kan Pathian Lehkhabu Thianghlim chh<nga Genesis-ah hian min thlahtu

hmasa Evi leh Adama chungch[^]nga a sawi d[^]n awmah hian Eden huan a\anga Pathianin a hnawhchhuah hma pawh kh[^]n saruak maia awm chungah thei chi hrang hrang ringa an nun thu kan hmu a ni a. Tin, a tak tak awmah pawh h>ng hunlai hian ei leh in chungch[^]ngah hian t<nlaia thil chi hrang hrang kan sawngb[^]wl ang hi chuan an sawngb[^]wl ve vak vak paw'n a rinawm hran lo va. T<n lai angin mawm (oily) lampang an siam chhuah ve chiam chiam pawh a rinawm hran lo bawk a. Tin, sa leh thlai chi hrang hrangte pawh an chhum hmin tluk tluk \hin pawh a rinawm hran l>m lo bawk a. A lan d[^]n ber awmah chuan Pathianin thei leh thlai leh hnah hring a siam awmte hi ei theih chi a nih

phawt chuan a nihna ang diak diakin sawngb[^]wl leh hran chuang tawh lovin an eiin an in bawrh bawrh mai ni t<r a ni. Tin, History lamah pawh hun hmasa lam, mei hmuhchhuah a nih hma lam hun awm d[^]n t<r [^]wmang te pawh a va rin hriat theih ruai ruai mai [^]wm e; hriamhrei \hate la neih loh chungch[^]ng te n>n pawh. Chutiang tak maia awm chu kan taksa pawh hian a ngeih berin a rinawm a. A chhan chu b[^]wlhlo tel lova thei leh thlaite pawh an nihna ang anga tl[^]n \h\$n ramsa/ransa/ nungcha te pawh hian thahrui an ngahin anmahni t[^]wk \heuhvah chuan an chak \ha hlawm hl> mai zawng a nih si hi maw le.

T<nah erawh zawng hringfate hian Pathianin khawv>la kan ei theih t<ra thei leh thlai chi hrang hrang, sa, lui lam sa leh a dang te pawh hi kan khawih chingpen nasa hl> tawh mai zawng a ni si a. Z<k leh hmuam leh ruihhlo chi hrang hrang kan tih \hin b[^]kah pawh hian b[^]wlhlo chi hrang hrang n>na sawngb[^]wl thei um chi hrang hrang te, thlai a\anga a

hriak s[^]wr chhuah (thil mawm) chi hrang hrang te, sa thau a\anga l[^]k chhuah thil mawm chi hrang hrang te, thil chhum hmin leh lutuk thil chi hrang hrang te kan eia kan in ta bawrh bawrh mai \h\$n hian kan taksaah nghawng \ha lo te pawh a thlen ve thei tho lo vang maw?

Tin, chutianga hris>Ina lampang han sawi k[^]i t[^]kah chuan ngaihtuah chian ng[^]i tak mai awmah chuan Genesis-ah v>k tho hian hringfate hi kan ei leh in t<r thawk chhuak t<ra rim taka hna thawk chung a thlan tla bawrh bawrh chung a chaw ei tawh t<r kan nihzia kan hmu baw k a. Chu chu a dikzia kan hriat theihna t<r awmah pawh hris>l lohna dang neih av[^]nga taksa thau luatna te chu thu dang ni sela; thatchhiat leh awm [^]wl luat av[^]nga thau uchuak av[^]nga chu chuan taksa leh rilru hris>Ina lama harsatna a rawn thlen nasatzia te hi aw! Kan ni tin ei zawnna lamah te hian thlan titla thei chi z[^]wng kan thawk l>m lo a nih pawhin taksa insawiz[^]wina lam te

pawh neih uar a ngⁱ ta hl> mai zawng a nih si hi maw le.

Heti ang hian ka ngaihtuah ve ngial \h\$n. Nakinah chuan Zofate pawh hian kan taksa hris>Ina lampang hi la uluk leh zualin, ei leh in leh zuk leh hmuam leh kan nunphungah te pawh uluk z^wka hun hman nach^{ng} la hre chho ve zelin ch<ng hunah chuan kan ei leh in eng kim mai hi chaw at^{na} la ring thiam vein kan taksa at^{na} thil \ha t^wpkh^{wk}, thei chi hrang hrang te pawh hi hlutsak tak chung a ei uar nach^{ng} la hre vein kan la hris>I zual phah vein kan taksa pawh a chak \hat phah leh zual ve ng>i ang le, tiin.

Amaherawhchu, thei lampang zawrhna d^wrah han kal hian thei chi hrang hrang te hi han lei kh^wm d^wn ila; a man a to hmain ins>nso a tam hma duh khawp mai le. Hei hi eng nge a chhan ni thei ang aw, kan tih chuan a chhⁿna awmah chuan, "E le, kan intodelh loh v^{ng} vek maw le," tih hi a ni t^wng mai le. Kan ram chh<nga kan thei rah thar

chhuah te hian mamawh a phuhr<k zawh loh mai b^kah pawh Zoram p^wn lam a lang tea hralh chh^wn leh t<ra l^k luh ngⁱ \hin te hian a man a tito lo thei lo al^wm, ti z^wng te paw'n a sawi theih baw k^wm e. Chuv^{ng}in, Zoram chh<nga ch>ng mipuiten hnianghnar taka min ch^wm zo thei ng>i turin thei chi hrang hrang te hi kan ram neihchhunah hian i ch\$ng uar viau ang u khai. Pathianin he leilungah hian thei chi hrang hrang, a tui dⁿ chi hrang hrang awmah pawh a thlum chi te, a th<r chi te, a h^{ng} da deuh lup chi te, a phak chi te leh a chi dang pawh ni sela; chutiang chu a lo dah del dul mai zuk ni a maw le! Chutiang chu a nih laiin keini hringfate hian ch<ng thei k<ng te chu humhalha tihpun tum chu sawi loh, kan kit r>m v>l mai mai a nih chuan le; a siamtu lunglai a na duhin a van tih chi lo d^wn r<a >m ve le aw. A nihna tak z^wk awmah chuan h>ng thei chi hrang hrang te hi hringfate leh thil siam dang awm zawng zawng ten hnianghn^r taka kan

inhnangf[^]k theih n[^]na a chi,
Pathianin duh tak chung
leilunga a lo dah hlawm te hi
humhalh tlat chung a ch\$ⁿ pun
hna hi hringfate mawhpurhna;
kan kova lum liau liau a va'n
ni Chiang Kher >m ve le aw!

Tin, hriatl[^]n ng[^]i tak mai
awm veah chuan nungcha chi
hrang hrangte hi thei chi hrang
hrang chi, hmun hrang hranga
pu darhtu \angk[^]i tak mai an
ni a. Thei chi hrang hrang hmin
an eia a mu (a chi) an dawlh
telte hi hmun hrang hrangah e
darh lehin ch<ng an >k chhuah
a\ang chuan a chi hi a rawn
\iak leh ta \h\$ⁿ a. Chuv[^]ngin,
nungchate hi thei chi hrang
hrang tihdarh kawngah hmun

pawimawh tak mai luahtu niin
humhalh \hat an ng[^]i hle mai
[^]w. Chuti lo zawng kan ram
chh<nga thei chi hrang hrang
awmte hi r>m telh telhin
nakinah phei chuan thei
chungch[^]ngah kut b>nga awm
chung a mei alh chauh mai en
mai thei dinhmunah kan la ding
mai d[^]wn a ni. Tin, h>ng thei
chi hrang hrang, hlu tak tak
mai, Pathianin kan ei t<ra duh
taka a lo siamte hi humhalh
\hat nach[^]ng kan hriat loh
chuan a Siamtu pawh hi a
zahawm khawp ang le.

Hawh teh u, kan rama thei
chi hrang hrang awmte hi i
humhalh \hain i ch\$^{ng} pung
deuh deuh teh ang u, khai.

Mawitea huang!!!

◆ “Thianpa, please in a ke hnunglam kha min lo kam sak lawk mai” a ti a... “Thianpa, Please..ka hmu lova lung in ka kam tawp mai..” zuk ti a!!

◆ Ka ning, ka chhuak dawn, mi nazawngin Muanzuheha nupui min ti ve ziah hi ka kham tawh lutuk.”
Muana: Chhuak mah la, “Muanzuheha nupui hlui” an ti tho vang che.

◆ A thianpa nu kha a thi a, hnem ve kha a duh si a, sawi tur hre vak hek lo “Thianpa lungngai reng reng suh, ka nu pawh saw a thi ve tep tawh ang” zuk ti ngawt a!!

GAS HMANGCHANG

-Malsawmpuia Ralte

Liquified Petroleum Gas (LPG) hi ei rawngbawlna pui ber a nih rualin fimkhur taka hman a nih loh chuan hriselna leh nunna tan hial pawh a pawl thei lawi si a ni. Chuvang chu a nia, kangmei chhuaka nunna za zela sawm panga (15%) leh hliam za zela sawm nga pahnih (52%) te chu cooking gas vang a ni tih mi thiamte chuan an finfiah. Tin, kangmei chhuak reng reng hi tam tak chu choka a\anga chhuak a ni tlangpui a, chuvang chuan thuk te reuh te a\anga kangmei rapthlak tak chhuak thei a nih avangin Gas hman dan dik hi Gas hmangtute hriat makmawh a ni tlat.

Gas leak za zela sawmnga (50%) hi rubber tube (pipe) a\anga leak a ni a. A leak dan hi chi hnih a awm - muangchang (thaw ser ser) leh chak tak (thaw huau huau) te an ni a. Muangchanga leak hi o-ring chhiat vang a ni tlangpui a, nasa taka leak hi a herhna chhia a ni tlangpui bawh a ni. Hetianga i gas

a leak a nih chuan rang taka rubber tube thlak nghal tur a ni. Tin, rubber tube hi kum hnih dan zela thlak tur a ni hrim hrim.

Gas Leak : Gas rim/uih i hriat chuan regulator leh knob (thuka a herhna) rang taka off nghal tur. Kangmei siam thei chi leh electric bungrua/hmanraw lam chi reng reng hman loh (off) tur. Tukverh leh kawng-kapuite pawh hawn dar vek tur. Nawhalh phei chu nawh reng reng loh tur.

Buk dik : Gas bur zang deuh leh a nih tur ang aia zang tih vel hi chu ngaiah kan neih zo tawh a nih hlawm hi. Mi \henkhat phei chuan kg 2 emaw, kg 3 emaw laia a pangngai aia zangte pawh an tawng fo \hin. Hetianga gas buk dik lo hi Calibrated Weighing Scale (bukna) hmangin a hriat theih a ni. Gas bur khata a tak (gas) awm zat hi 14.2 a ni tur a ni. Gas bur a tak awm (full) chu Kg 30 vel a ni.

Fiah phawt rawh : Gas i lakin a tuamna leh a chhin var kha a

semtute phelh hawntir la, chutah tui tlem leih rawh. A phuan berh berh a awm chuan bur dangin thleng leh nghal ang che, A leak tihna a ni.

Tih makmawhte :

* I Gas Cylinder chu englai pawhin a ding (vertical) ngil reng tur a ni. A valve chuan chung lam a kawc reng tur a ni.

* Gas Cylinder chu a thuk hnuai a awm ngei ngei tur a ni. LPG hi boruak aia a rih zawk vang a ni. Chhuatah hun a \ha ber.

* Gas Cylinder chu a bawm/ a hunna a dah a nihin chung lam leh hnuai lamah boruak luhchhuahna siam ngei ngei tur.

* Gas Cylinder chungah thawmhnaw leh puan lam chi reng reng dah loh tur.

* Gas bungrua reng reng chu electric wiring, switch leh plug a \anga metre khat tala hlaah a awm tur a ni.

* Cooking Gas hi fimkhur taka hman loh chuan a hlauhawm em em a. Amaherawhchu, a hman dan mawl te hi zawm \ha

peih tan chuan a hlauhawm reng reng lo a ni.

1) I gas hman lai kha a part hrang hrang a \ha em? chik \hin ang che. A fel lo lai leh thlak ngai a awm a nih chuan distributor emaw, mechanic emaw r^wn \hin rawh.

2) Gas i chhit laiin hla takah awm bosan suh. I thil chhuan a liam thei. I chhuan liam chu burner-ah a lut anga a hnawh a ni mai, vil reng hi a him ber.

3) LPG rubber tube (pipe) ISI mark hmang \hin ang che.

4) Gas bur chu a ding ngila hun tur.

5) Gas hman loh chuan regulator-ah off \hin tur. A bikin zanah.

6) Rubber tube chu metre 1.5 aiin a sei tur a ni lo.

7) Tube chu meialh leh sa lakah a him tur a ni.

8) Tube chu a khat tawkin endik \hin ang che. A khi em, a \et em, a nem tawh em, a mawih tawh em, bawlhhlawh hnawhtu a awm em? enfiah \hin ang che.

Source : Consumer Chhantu, Oct., 2006

(Systemic Lupus Erythematosus)

Dr. Eric Zomawia

Eng nge a nih?: SLE tih hi 'Systemic Lupus Erythematosus' tih lam tawi a ni a. Natna benvawn chikhat, ruh chuktuah, vun, kal leh taksa peng dang khawih thei a ni. SLE hi 'auto-immune diseases' zinga pakhat a ni a. Heng 'auto-immune diseases' ho reng reng hi hmeichhiaah a hluar zawk vek a; SLE pawh mipa aiin a let 9 in hmeichhiain an vei duh bik a ni. Hmeichhiain an vei tam bikna chhan hi hriat a ni lo. SLE hian taksa peng hrang hrang tuamtu hamda a khawih \hin avangin 'Connective Tissue Disorder' an tih ho zinga mi a ni.

Engtia lo awm nge? : 'Auto-immune disease' tih chu hrilhfiyah han tum dawn ta ila. Mihring hrisel pangngaiyah chuan kan 'immune system' natna hrik dotu khawl hi a \ha em em a; taksa kan pianpui ve reng ni lo thil (foreign body), entir nan, natna hrikte

an lo luh hian chu foreign body dotu tur bik sipai pawl (antibody) a siam vat zel a. Chu antibody chuan a hmelma bik kha a theihnghilh tawh ngai lo va, a hre reng a, kum rei tak hnuah pawhrawn lut leh se, kha antibody ho kha an insiam belh \euh a, an lo do leh vat \hin a ni. Chutih rualin 'immune system' chuan mihring taksa pianpui ve reng (self) hi thil t> tak te thlengin a hre vek a, a do ve ngai lo. Mahse, 'auto-immune disease'-ah chuan immune system khan keimahni taksa a mi kha a hai (hre lo) tlat mai a, foreign body emaw tiin a dotu tur sipai rual (antibody) a siam ta a; taksa leh taksa an indo a (auto-immune), natna a lo thleng ta \hin a ni. Antibody taksain a siam pawh chu mahni taksa vek dona a nih avangin 'auto-antibody' an ti kher a ni. Entir nan, 'Rheumatic heart disease,' lung (heart) natna chikhatah chuan lunga 'cells'

(timur) kha immune system khan a hai a, lung cell-te dotu tur auto-antibody a siam a, chung chuan luanga heart valves tuamtu kha a tichhia a, lung natna an lo vei ta a; tam tak chu an lunga valve-te pawh thlak a ngai ta \hin a ni. SLE natnaah pawh anti-antibody eng emaw zat a insiam \hin a; a bik takin cell-a a laimu tak (nucleus) dotu tur Anti-nuclear antibody (ANA) an tih hi a siam a; chu ANA chuan kal, ruh chuktuah, vun etc. a cell te a tichhe ta \hin a ni. He ANA hi SLE diagnose nan thisena a awm leh awm loh a en theih a ni.

Engvangin nge hetiangataksa leh taksa a indona chhan hi hriat a ni lova. Damdawi \henkhat - Hydralazine, Procainamide leh Isoniazid te hian SLE ang natna hi an siam thei baw. Chuvangin, SLE hi 'thisen cancer' ti an lo awm a nih chuan a dik lo hulhual a ni.

A lan chhuah dan: SLE hian taksa peng hrang hrang a khawih theih avangin a lan chhuah dan pawh a dang a dang thei. A tlangpuiin

hmeichhia, \halai lampang, biang leh hnar velah vun duk/sen (butterfly rash) an nei a, an khuate sikin an ruh chuktuah hrang hrang a na \hin (ruh seh). A chang chuan thawk zawnga awm na/kalhte an nei thei a; an kal a khawih tel chuan an vung thei baw. | henkhat chuan thisen tlakchham (anemia) an nei thei a; vun duk, hnar thi, hahni thite an nei thei baw. Rilru buaite pawh an nei thei baw. SLE veite chu an han \ha lo deuh a, an \ha leh deuh a, a hnu lawkah a chhuak leh a, chuti reng reng chuan an awm \hin. | henkhat chu ni saa an awm deuhin an natna a zual sauh thei.

SLE veite insawisel dan hrang hrang (A hluar dan%):

Thisen tlakchham (100), Ruh seh (90), Vun natna (85), Khawsik (83), chauh ngawih ngawih (81), Rihna tlahniam (63), Kal \ha lo (50), Rilru buai (50), Chuap na (46), Tihrawl na (33), Lung na (25), Pum & Ril na (21), Ke/Kut sa (20), Mit/nerve natna (14).

SLE Diagnostic Criteria (A hnuai 11 zinga 4 tal miin a neih chauhin SLE a vei kan ti thei) :

1. Malar rash: Bianga vun sen/duk.
2. Discoid rash: Vun natna chi khat tho.
3. Photosensitivity: Ni zung natna ang chi.
4. Oral ulcers: Ka, lei durh/pan.
5. Arthritis: Ruh seh.
6. Serositis: Chuap leh lung tuamtu natna.
7. Renal disorder: Kal natna hrang hrang.
8. CNS disorder: Rilru buai, kaih.
9. Hemotologic disorder: Thisen tlachham, thisen var tlem, Platelets hniam.
10. Immunologic disorder: Auto-antibody hrang hrang thisena awm e.g Anti-ds-DNA, Anti Sm, Antiphoslipid antibodies.
11. Antinuclear antibody (ANA): Thisenah emaw vunah emaw a lang thei.

A hmuhchhuah dan: Test ngai chi hrang hrang a awm thei a. Chung zinga pawimawh ber chu thisena auto-antibody awm leh awm loh en a ni-Chungte chu a bikin 'ANA' leh 'Anti-ds-DNA' an ti.

A enkawl dan tlangpui: Na chhawkna (Anti-inflammatory drugs) a pawimawh hle a. Costicosteroids (e.g Prednisolone) te pawh na chhawknan leh CNS symptoms atan an pawimawh hle. A vun natna enkawl nan a chang chuan Malaria damdawi a \angkai thei bawk. Ni sa em avanga an natna a zual chuan 'Sunscreen Lotions' te pawh a ngai \hin. Tin, Immunosuppressant drugs- Immune system thawk chak lutuk tur vengtute an pe \hin bawk. SLE hi natna benvawn dang (e.g Diabetes) te ang thovin a tihdam hlen hlakna (cure) chu a la awm lova; mahse, tunlaiah chuan thiamnate a lo sang tawh a, damlo tam tak tan pawh \ha taka inenkawl theih a lo ni ta. Kalte a khawih chhiat lutuk hmaa hmuh-chhuah hmaa enkawl hma a pawimawh hle. ■

VAIPADEN (Bru special)

Sa (Eng sa pawh a hman theih)	- no 1 (sin te te a chan)
Bawkbawn no te te	- Pum 5
Tumbu chung no (a awm chuan)	- 2
Purun sen	- pum 2
Purun var	- bul 2
Sawhthing	- inches 2 bial
Tel	- 1 teaspoon
Hmarchapui	- 5
Mizo purun	- hmer $\frac{1}{2}$
Bahkhawr	- hmer $\frac{1}{2}$
Tui -	2 tablespoon

1. Vaipadena telh tur reng reng chu sin te tea chanin pressure cooker-ah dahkhawm vek tur.
2. Tel, tui leh chite pawh telh nghal bawk tur a ni (bawngsa hman dawn chuan chhum hmin lawk a ngai). Chumi hnuah pressure cooker-ah chuan mei na lo tea ur tur. Minute 15-20 velah a hmin ang.
3. Suan daih hnuah hmarcha rawtnaa rawt kawit vek tur a ni.
Bru ho chuan mau theiah an thun a, an hnawh phui a, meiah mau kha an rawh a, kang si lovin an rawh hmin thin. Tih ve theih chuan hang danglam tak a ni.

HMANGCHÂNG

I thei eina mu dahkhawm zel la, zin kawngah kêng la, a khât tâwk in kâwngsîr hla deuhah paih zeuh zeuh rawh, ruahtui tlâk hun lai a ni dawn a, i enkawl ngailovin a lo \hang lian ang a zin kâwng dai nuam tak kan nei tlâng dawn nia.

Mi ramah pawh hetiang hian ramngâw an siam \hin a nia.

Zo Chhumi pa'n a tia lawm.... "Hnam sipaia kan \an laiin \um khat chu, thlakhat ngawt mai ram palailenga chaw mumal ei lova kan vah kual hnuin khaw pakhata kan luhnaah an VCP in vawk min lo talh hlauh mai a, kan han lawm mai mai khawp a... hmabak ko inti tak maiin a \hen in nula an rim a, a \hen kan intifai a. Vawksa lah chu kan chhum khu vut vut mai a, a rim hmui huang mai chuan ril a ti \am em em mai bawk nen, rilru in tlai lam ringawt mai chu a ngaihtuah tawh a....

Tichuan le.... tlai lam chu a lo ni ta ngei mai a, changel hnahah hian chaw an han khawrh khu vut vut mai a, a lai chu sa dahna turin an han chawk kaw pam mai a..... sa pawh chu an suak tan dawn ta tih chuan, thawk lehkhatah, "Vai sipai an lokal!" tih thawm a ri ta... Nghal rual \hawn darh ang maiin kan darh ta chum chum mai a, ramhnuai lam kan pan sung sung mai a, ka sa ui lutuk chuan kan thlenin te

fenthliir ka chuh lawka sa bel a mi chu ka suak hlawih mai a, ramhnuai lam pan chuan ka tlan pui ve ta chiam mai a, an khaw dai maiah chuan p<k te tak te biru zet mai awmna hi ka hria a, chu lam pan chuan ka tlan ve ta a, chutah chuan keimah chauh in sa chu ka ei mial mial ang chu tih nak alaiin kan battalion a ka mi ngainat loh ber mai Pu Zuala chuan min lo tawm khalh pek chu niin.... Nui vur vur chung hian 'Tawna, rawn tawm ve rawh i thil ken kha iti baw palh hlauh ang e.....' a lo ti su su mai chu... hmundang han pan leh na chi lah chu a ni tawh bawk si lo.... huphurh a na duh ngei mai! Tichuan loh theih lohvin ka sa suah chu kan ei dun ta mial mial mai a, mahse tlan paha suak kha ka ni bawk a, a chunglanga awm a thau hlang ka lo suak pek chu niin, pum ruak chung a chaw tel lova a thau hlang han ei chu, pum lamin a lo ngeih vak lo chu niin..... kan tawmna puk kotlangah chuan kan inthiar

chhawk ta zak zak mai a...
 khawvar hma chuan han chet
 chhuah ngaihna a awm bawk
 si lo... mahni ek in kan in ur
 tlaivar zak hi a ni ringawt mai
 a.....sa ka lo suak kher kher
 kha ka inchhir rum rum mai a
 ni," zuk ti a!!!.

A sawi zelnaah chuan,
 " | umkhat pawh, khaw-
 chhunga ration la tura kan tirh
 kan hote pahnih kha Vai sipaiin
 an lo man daih mai a, ram
 hnuaiia karhnih zet changel zik
 leh thildang ringa kan tal hnuin
 khaw pakhat hian kan lut a,
 kawtchhuaha kan chawlh laiin
 vawk sumnga vel, thau \ha zet
 mai hi a lo tla a, kan rawp tlang
 tawh bawk a, platoon khat (mi
 sawmthum) kan ni a, kan ei
 zawh theih tur thu kan sep lai
 chuan kan bulah hian a neitupa
 hi a lo awm ve reng chu niin
 kan thusawi a hriat chuan, 'Ka
 vawk a nih hi, eizawh theih in
 inrin chuan talh ula, in ei zawh
 theih chuan a thlawnin in ei a
 ni mai ang a, in ei zawh theih
 loh vaih erawh chuan a man
 min pe ang' a ti ta mai a....
 keini ho chuan phur tak mai
 chuan ei zawh theih inringin kan

talh ta a...kan rawp tlang
 hlawm tawh bawk a, kan phur
 tlang em em mai a..... tichuan,
 kan han ei ta a le.... rin aiin a
 sa chu a lo tam phian mai a...
 puar el euh a kan ei hnu pawh
 chuan a sa chu ala chuang hnu
 mai si a..... kan hotupa
 mangang chuan kan beng
 bulah hian \ang rawh u, kan
 eizo ngei ngei tur a ni, chuti lo
 chuan a man pek tur kan nei
 lo a nia... a rawn ti \hin a...
 tiang keng meuhvin min vil kual
 a, chuti chung pawh chuan kan
 eizo thei ngang dawnin a lang
 si lo va, finrawl kan chhuah ta
 a, khawtual mi kan \hian
 pakhat chu ralkhel siam turin
 kan ti ta ringawt mai a, ani
 chuan 'Vai sipaiin khua an lo
 lut dawn' tiin report a siam der
 ta a... keini ho pawh chu
 tumah ding mar thei awm tawh
 hek lo i, mawngtawlh in
 ramhnuaiia kan tawlh liam ta
 hlawm a, khua a\anga hla vak
 lova kham p<kah hian che thei
 lovin ni hnih ngawt mai kan
 tawm ta a, kan vawk talh
 neitupa lah chu ba \hingin a
 lokal zut mai a, pawisa lah chu
 kan nei der mai si lo va, kan

hotupa chuan 'ngawiteh sorkar ration supply ang i ni a, chuti maiin keinin pawisa kan pechhuak thei hlei nem, bill i rawn siam phawt ang a, keini'n Pu Laldenga hnenah kan lo thehlut ang a, ani'n treasury kaltlangin a rawn draw thei chauh dawn alawm. Sorkar dan reng rengah ziahfel lohvin engmah a tih theih ngai loh' a

tih pawhin, ani lah chuan 'Chutianga rei ka nghak thei lo, tunah min pe nghal rawh u' a ti ve tlat mai si, a hmel leh vawksa thau chuan min ngei hlui tawh mai. Kan hotupa tihngaihna hre lo chuan 'A nih leh vawk pum hnih angin i rawn bill mai dawn nia' tiin a thlem lungawi thei ta hram a ni.

THU DIK

- ❖ Setana chuan lungngai turin min bei reng a, Pathian erawh chuan hlim turin min ti thung.
- ❖ Duh dan dana awm hmasak hi duh loh dana awmna a ni.
- ❖ Thuawih hi malsawmna leh hmuingilna a ni a, thuawih loh chu hlawhchhamna leh anchhe dawnna a ni.
- ❖ Harsatna paltlang lovin hlawhtlinna a awm thei lo tlangpui, mi hlawhtling te chu khing paltlang thin tu te an ni.
- ❖ Nuihna piahah lungngaihna a awm angin, hlawhchhamna piahah pawh hlawhtlinna a awm.
- ❖ Khawvela mi awhawm berte chu Lal Isua nena inzawmna nghet nei te an ni.
- ❖ Mi dangte tana tisa leh thlarau malsawmna ni turin mahni insenso hmasak a ngai.

RBSK (Rashtriya Bal Swasthya Karyakram)

Dr. TC Hmingthangi
State Nodal Officer, RBSK

Tun hmaa School Health Programme tih a kan lo hriat thin leh Adolescent Health (ARSH) Reproductive Child Health (RCH) Programme hnuai awm thin kha, National Health Mission (NHM) hnuai hian Rashtriya Bal Swasthya Karyakram (RBSK) leh Rashtriya Kishore Swasthya Karyakram (RKSK) tia hming thlakin; February, 2013 atang khan ram pum huapa hman tan a ni a. Ministry of Health and Family Welfare hnuai a programme pakhat a ni. He programme in a tum ber chu saptawnga **“Child Health Screening and Early Intervention Services”** (nausen pianghlim atanga tleirawlte leh rawlthar (kum 0-18) hriselna endik a, harsatna neite a rang thei ang bera hmuhchhuah leh enkawl na tluantling pek a ni. Tun tumah chuan RBSK programme bik hi kan lo thlur bing deuh rih ang. Tichuan RBSK chuan **nausen dama lo piang chhuak zawng zawng damkhaw chhuahna mai nilo , hrisel taka an dam theih nan hmalak a tum ber a ni.**

RBSK hnuai hian natna thlanchhuah bik sawm thum (30), **4D's** tia sawi thin naupangin an nei nge nei lo en ngei ngei ngai a awm a, chungte chu:-

A. Defects at Birth (Pianhung rualbanlohna)

1. Neural Tube Defect
2. Down's Syndrome
3. Cleft Lip & Palate / Cleft Palate alone

4. Talipes (club foot)
5. Developmental Dysplasia of the Hip
6. Congenital Cataract
7. Congenital Deafness
8. Congenital Heart Diseases
9. Retinopathy of Prematurity

B. Deficiencies (Tlakchham avanga natna)

10. Anemia especially Severe anemia

11. Vitamin A Deficiency (Bitot spot)
12. Vitamin D deficiency (Rickets)
13. Severe Acute Malnutrition
14. Goiter
- C. Childhood Diseases (Naupang natna tlanglawn)**
15. Skin conditions (Scabies, Fungal Infection and Eczema)
16. Otitis Media
17. Rheumatic Heart Disease
18. Reactive Airway Disease
19. Dental Caries
20. Convulsive Disorders
- D. Developmental Delays and Disabilities**
21. Vision Impairment
22. Hearing Impairment
23. Neuro-Motor Impairment
24. Motor Delay
25. Cognitive Delay
26. Language Delay
27. Behavior Disorder (Autism)
28. Learning Disorder
29. Attention Deficit Hyperactivity Disorder
30. Others/Congenital hypothyroidism, sickle cell anemia (optional)
- NAUPANG HRISELNA KUM MIL A ENDIK THIN A NIHNA HMUNTE?**
- 1) Nausen pianghlim [0 - 6wks (kar) inkar.]**
Facility based screening: Hospital/CHC/PHC/Sub Centre a nauchhartu ten an lo endik thin.
Community based screening: Inlama piang nausen chu ASHA ten endik hna hi an lo thawk thin.
- 2) Nausen kar 6 - kum 6 naupang inkar:**
Anni hi **RBSK Mobile Health Team** ten Anganwadi Centre-ah an hriselna an endik thin a ni. **Mizorama AWC** zawng zawng hi **kum 1 chhungin vawi 2 tal tlawh** tuma hmalak mek a ni.
- 3) Naupang kum 6 -18 inkar:**
Anni hi **RBSK Mobile Health Team** ten **Sawrkar**

School leh Sawrkar in a puih School ah an hriselna an endik thin a ni. Heng School zawng zawng hi **kum 1 chhungin vawi 1 tal** tlawh vek tur a hmalak a ni.

DISTRICT EARLY INTERVENTION CENTER (DEIC):

DEIC hi RBSK hnuai a **bik a inenkawlina hmun (referral center)** atan a din a ni a, Mizoramah chuan **Aizawl leh Lunglei** district ah te din a ni. Lunglei DEIC chu Lunglei Lawngtlai leh Saiha Districts naupang refer ngaite tan leh Aizawl DEIC chu districts dang kan sawi bak zawng te tan a referna hmun tur a ni. DEIC Manager bakah hriselna lam a mi thiam (Paediatrician; Medical Officer; Dental Surgeon; Psychologist; Social Worker; Early Interventionist; Physiotherapist; Audiologist & Speech Therapist; Optometrist leh Laboratory Technician) rual in center hi an vil a ni, Mobile Health Team ten a naupang te zing a natna khirh an hmuh chhuah leh

enkawl na bik mamawh te chu DEIC a refer thin an ni. Tin, DEIC a enkawl theih loh case a awm a nih chuan a tul dan a zir a damdawi **in leh enkawlina hmun changtlung zawk a refer** thin an ni. Center a enkawlina dawng emaw refer chhawn te case hi mumal taka chhinchhiah thin a ni.

INZAI NGAI NATNA RBSK IN A PUIH THEIH TUR TE:

1. Rheumatic Heart Disease (10 - 14yrs requiring surgery)
2. Dental Condition
3. Otitis Media
4. Neural Tube Defect
5. Down's Syndrome (associated congenital malformations)
6. Cleft Lip+ Cleft Palate
7. Talipes (Club Foot)
8. Developmental Dysplasia of the hip
9. Congenital Heart Disease
10. Congenital Deafness
11. Congenital Cataract

12. Retinopathy of Prematurity
13. Vision Impairment (Strabismus).

Heng zinga natna tam zawk hi kan ramah enkawl theih a ni a, State danga damlo thawn ngai te inenkawl na tur hmun hi uluk tak a ngaihtuah a thlan a ni a. A bik takin **piantirh atanga lung pawp leh lunglam harsatna neite** enkawl na tur hmun hi rei tak a zawn nan hun sen a ni a, damlo hruaitu awmna tur remchang te, nghah chung rei dan tur te, Sawrkar laipuiin a zai dan tura inkaihruaina a siam zawm thei an ni em tih te leh a zaina senso rate bituksa awmte an hmang thei em tih te, an hospital hian khang natna hrang hrang kha an lo enkawl tawh thin em tih zawng zawng hi a **Tertiary Care Hospital** tur teh nan a hman a ni a. Heng zawng zawng ngaihtuah a nih hnuah **kum 2017, August ni 28 khan Manipal Hospital, Bangalore nen hian RBSK(NHM) hian thu an lo**

thlung thei ta a. Kum 1 chung atana MOU siamp hawt a ni a, tichuan tunkum August thla bawh khan he MOU hi kum 1 dang atan pawhsei leh a ni ta a ni.

Kum 2017-19 chung khan Manipal Hospital hian naupang 43 lung zai tura thawn an ni a, hlawhtling tak a zai an ni tawh bawh a ni.

RBSK hian Manipal Hospitala an inzaina senso zawng zawng hi MoU a an ziah angin a pe a, hospital hian damlo hnen atangin inenkawl na senso hi chengkhat mah adil tur a ni lova, amaherawh chu damdawiin panna kalkawng senso te, an thlenna hmun a ei leh in leh thildang mamawh damlo leh ahruaituin an neihte chu anmahni an intum a ngai a ni.

Talipes (clubfoot) pawh hi Nilaithawhtan (Thursday) ni apiang in Civil Hospital Aizawl Ortho dept. OPDah heng enkawl na hi ruahman a ni bawh. Hei pawh hi Ortho dept. Miracle feet te leh RBSK thawh hona a ni e. ■

VANGVAT

Pathian hian awmze nei lo in engmah hi a siam lo reng reng a, a finna kan phak loh em avang hian mihringte hian a \angkaina kan hrethiam lo mai a ni zawk.

Thiamnate a lo sang zel a, vangvat \angkainate pawh tunah chuan kan lo hre tam zel a ni. Ramhnuai mi ringawt duh tawk lovin, tunah chuan a khawina hmunte hial ram changkangah chuan an siam ta a ni.

A tangkaina : Tunlai Plastic Surgeons te chuan an damlo enkawl te, vangvat hmangin an vun velah thisen kal \hat nan an zuktir thin. Heng aia la hman tangkai lehnate chu vangvat atangin damdawi mihring tana tangkai tur an siam hial tawh a ni. Chung zingah chuan damdawi pakhat 'Hirudin' hi a ni. Vangvatin mi a zuk a thisen a khal loh nana awm 'Hirudin' hi thisen khalin thisen d^wt a hnawhte ei ral nan an hmang thin. Tunlai Hirudin lei nan khawvelin a hman ringawt pawh kumtin maktaduai 5 vel a tling a ni. Hirudin hi Pile-ah te leh Phumatism-ah te an hmang \hin.

Vangvat atanga damdawi dang lar leh pakhat chu 'Hyaluronidase' a ni. He enzyme hian taksoo cell leh cell lo inman bettu cement hi a eiral thin. Tin, enzyme hian thisen a tikhal \ha thin. Chuvangin lu vir na (Migraine) mi thiam ten thluak chhunga thisen dawt tet avanga an rinah te a \angkai ve viau a ni. Tin, nausenah thisen chaw (Saline), an thisen dawt tet luat avanga pek harsarnate pawh he enzyme hi telh chuan an vunah pawh pekin nausen taksoo a inhip ral rang em em a ni.

Khawvela nungcha awm reng reng hi mihring te tan tangkaina awm lovin a awm lo. ■

TUTLAKHETSUANA-MUNA-RATTURIE

1. Tui tla chu nikhaw hre lova a thawk loh chuan a thawkna d^{wt} hnawh theitu a awm leh awm loh en a, Artificial respiration tih nghal tur a ni. A lungphu a tawp chuan Cardiopulmonary Resuscitation (CPR) tih nghal vat tur a ni.
2. Tui tla chu blanket emaw towel emaw puan awm ang anga tuam lum a \ha hle.
3. Chuapa tui tihchhuah tum avanga tui tla a letling zawnga khai emaw lu lam hniam zawka muttir emaw hi tih miah loh tur.
4. Darkar khat tal i beih hma loh chuan beidawng mai suh la, damdawi in panpui ran dan ngaihtuah vat ang che.
5. Tui tla chu rawn harh chhuakin tha viauin lang mah se damdawi inah darkar 24 tal awmtir a, a taksaa harsatna/natna awm theite lakah ven tur a ni. Tui tlak venna Vaccine hi hmuhchhuah a la nih loh avangin tui tlak laka inveng turin mahni theuh kan pawimawh a ni. MAHNI CHAUHVIN TUI CHENG SUH.....

Hmangchang:

- @ Period laia taina ineih chuan tuilum ipah tuiso dah la i mut pah khan i tai bawr vel kha dep thin rawh...thi chhuak tha thei lo vanga taina te a ni thin a...tuilum saa i deh khan a na a ti ziaawm thei bawk a nia.
- @ I kut a chhia emaw, a ro rupa a nalh loh viau chuan sertui leh cream chawhpawlh in chiah thin rawh.
- @ I thawmhnawah perek emaw thir tui ek te a lo kai palh chuan.... sertui in minute sawmhnih bawr vel chiah la su rawh.... a fai duh.

◆ April ni 23, 2019 zing dar 10:00 khan Health Directorate Conference Hall-ah National Health Mission, Health and family Welfare Deptt. leh Registration of Births and Deaths, Economics and Statistics Deptt. ten Medical Officer te tan Training an buatsaih.

He Training buatsaih hi Dr. Eric Zomawia, Mission Director NHM-in kaihruiin, a hnen atangin Welcome Speech leh Presentation ngaihthlak a ni.

◆ May ni 20, 2019 khan Directorate of Health Services, Conference Hall-ah Rotavirus Vaccine Introduction Workshop neih a ni.

He workshop hi Dr. Lalzawmi, State EPI Officer-in a kaihrui a. Mission Director, NHM Dr. Eric Zomawia'n keynote address sawiin kalkhawmte lawmna a thu a sawi bawk. Dr. Eric-a hian Health dept chhungah hmalakna leh hmachhawp hrang range a tarlang a ni. Hemi hnu hian UNICEF, North East atangin Dr. Tudhar Rane, Chief of Field Office chuan Rota Virus vaccine introduction a tulna leh India ram state hrang hranga he vaccine pek

a lo nih tawh dante chipchiar takin a sawi bawk.

◆ 15th May 2019 chawhma dar 10:30 khan Civil Hospital Aizawl Conference Hall-ah National Urban Health Mission chuan Orientation Training pawimawh tak an buatsaih.

◆ Date 24th April 2019 hian Conference Hall, Civil Hospital, Aizawlah “Handbook for Members of RKS” District Trainer turte tan training pek a ni a. He training hi Dr. F. Lallianhlira, PD, H&FW, Govt of Mizoram chuan a hmanpui. He Orientation Training hi Dr. David Zothansanga, State Nodal Officer, NUHM in Chairman niin hun a kaihrui a. Resource Person H. Lalmuankimi, Public Health Manager, Aizawl East leh Lalsangpuii MIMER-te hnen atangin thupui chi hrang hrang thlan chhuah hmangin zirtirna ngaihthlak a ni.

◆ 14th May 2019 chawhma dar 10:00 khan National Health Mission hnuiaia nu leh naupang hriselna lam thawktu peng pawimawh tak Reproductive & Child Health (RCH) Programme chuan State Guest House, Chaltlang Aizawl-ah kum 2018 leh

2019 chhunga Mizoram district hrang hranga an hmalakna thlirhovin Review Meeting an nei.

He Review Meeting hi Dr. Vanlalsawma, Joint Director (Family Welfare) in a kaihruai a. Dr. H. Lalchungnunga, Director of Health Services-ah kalkhawmte lawmna thu a sawi hnu-ah Dr. F. Lallianhlira, Principal Director, H&FW hnen atangin keynote address ngaihthlak a ni.

◆ Date 10th May 2019 chawhma dar 10:00 khan National Health Mission hnuai Rashtriya Bal Swasthya Karyakram (RBSK) leh Manipal Hospitals Bangalore tangkawp chuan District Early Intervention Centre (DEIC) Kulikawn Aizawl-ah Screening Camp for Congenital Heart Disease (pian tirh atanga lung natna nei endikna) an buatsaih a. Dr. T. Lalhmangaihi, Director of Hospital & Medical Education chuan Khuallian niin hun a hmanpui.

He Screening Camp hawna inkhawm hi Dr. Eric Zomawia, Mission Director, NHM in a kaihruai a. Chairman-in kalkhawmte lawmna thu a sawi zawh hnuah Dr. TC Hmingthangi, State Nodal Officer, RBSK/RKSK in Technical Report a pe a. Dr.

Lalchand H Bandagi, Consultant, Manipal Hospital Bangalore hnen atangin thusawi ngaihthlak a ni bawk. Dr. Lalchand H. Bandagi chuan Mizorama Screening neia lo kal chu nuam a tih thin thu leh lung natna neitu Mizo mipuite harsatna chu theih ang anga sutkian sak zel an inhuam thu a sawi bawk.

◆ Ni 03.05.2019 (Friday) khan AB-PMJAY 1st State Level Review meeting chu neih a ni a. Dr. F. Lallianhlira, Principal Director, H&FW in a kaihruai.

◆ May 22 khan kumin Jan-March thla chhunga TB programme hnathawh dan thlirletna, RNTCP 1st Quarter 2019 Review Meeting chu Banquet Hall, Tourist Lodge Chaltlangah neih a ni. He hunah hian Dr. Zothankhuma State TB Officer chuan kaihruiin, District tina District TB Officer te leh staff zawng zawng te nen hman a ni. Tin Dr. Eric Zomawia Mission Director, National Health Mission chuan a hman pui a ni.

◆ Pu C. Lalmuankima, State MEM Officer, DHS chu tunlai hian damlohna avangin TATA Hospital Kolkatta-ah a thang mek a. Pu Muankima hi dam taka lo haw leh turin Hriselna Ed. Board ten duhsakna kan hlan e. ■