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## Editorial

Mizoten kumpui lingleta kan nghahfak, kan hunpui thla chu a lo inherchhuak leh ta a. He hun hlu tak hi mi tinin hlim taka hman kan duh theuh thin. K hawtin vengtinah inbuatsaihna pawh a kal leh mup mup tawha a nuam leh hle turah pawh a ngaih theih ang chu. K an hunpui lo thlen hun hi thlasik hun, boruak vawh vanglai tak a ni a, huau huau rilru nen pawn chhuah tam hun a ni. Chutih rualin ei leh in lama intuituah hun a ni tel bawk. H riselna chanchinbu chuan hemi hunah hian mi tin hrisel taka kan awm theuh a duh a, chumi velah chuan eng eng emaw tlem kan han inchah ve lawk dawn a ni. Sawi tawh angin khaw vawh em em lai, boruak pawh a that lutuk loh/a rih deuh luk hun a nih avangin hritlang/awmna kai a avlsam em em mai a. Hetah hian mipuite fimkhur tlang ila. K an neih ang anga inthuum lumte, pawn chhuahna lamahte fimkhur theuh ang u. Hemi huna hritlang chu a dam har duh bik em em a ni.

Vengtinah ruai kan theh leh ngeiin a rinawm. A kumtelin kan thianghlim sawt viau naa hmasavnna tur erawh a la awm nual. F atuten 'eitur siam' kan ni tih kan theihngih loh a tha. K ut leh hmanrua silfai mai a tawk lova kan thavmhnaw thlenga kan thianghlim a ngai. F atu kut an ten ngai lo tih hun kha pelh a hun ta veng vawng khawp mai. H mun tam zawkah chuan buffet-a ruai theh a ni tawh a, ei tur semtute pawh kan invawn thianghlim a ngai e. Veng thenkhatah chuan hlui siama theh a la ni ve bawk a, kan hlui siamna hmun hma vawn thianghlina, kan ruai siam pawh pawlhsawp lutuk lo deuh a tih dan zavna tha ang.

He hunpui hi sual inlarna hun lian tak a nih avangin kan taksa kan vawn thianghlim a ngai hle mai. T unlaia kan ram buaipui em em mai chu HIV /AIDS vei an tam ta lutuk hi a ni. A zahhlak leh zelna chu mi ram ang lotakin HIV /AIDS kan inkaidarhna bulpui chu nulat tlangvalna (sex) hman fimkhur lohna a ni tlat hi a ni. Hunpui lai hi thalai tam tak 'zir\an bu' a ni reng. Insum a, mahni taksa vawn thianghlim tluk a awm lo. Mahse kan insum thei ngang lo a nih pawhin invenhimna lam kan hlamchhiah thiang lo tih hre reng u.

K rismas leh kumthar hlim tak leh thianghlim taka i hman theih nan duhsakna sang ber kan hlan a che. ■

## NAUTE ENG (Neonatal Jaundice)

Dr. Lalrammuana M.D (Pediatrics)  
Civil Hospital, Aizawl.

Naute eng (Neonatal Jaundice) hi nausen pianghlim atanga kar khat inkara harsatna kan hmuh tam ber a ni awm e. Nausen hmun thum a then a hmun hnih teh meuh hi an pian atanga karkhat chhungin jaundice tlemte tal an nei niin mi thiamte chuan an chhut a. Amaherawhchu, naute jaundice nei ho zingah za a panga atanga sawm (5%-10%) chauh te hi enkawl na pek ngai niin an sawi ani.

Naute jaundice hi chi hrang hlawm lian tak pahnihah an \hen a:

- 1) Physiological Jaundice
- 2) Pathological Jaundice

Physiological Jaundice kan tih hi chu naute taksa la puitling loh vang leh la no deuh vanga thleng a ni ber a. Nausen taksa a thisen (RBC) kehdarh atangin bilirubin a insiam tam a, he bilirubin hi an taksa atanga tha takin an la paih chhuak ve zung zung thei si lo a, churang chuan bilirubin lo tam ta thut khan eng (jaundice) a lo siam ta thin a ni. Physiological jaundice hi chu a hlauhawm lem loh a. Enkawlna hran pa pawh pek ngai lovin, an tha leh mai thin a ni.

Pathological Jaundice erawh hi naute taksa a bilirubin insiam kha a tam em avangin enkawl na pek an ngai a, enkawl loh chuan naute tan harsatna thlen thei chin sawina a ni ber a. He bilirubin san zawng hi engzah nge tih hi mumal taka sawi theih a ni lo va. Naute rihzawng a zirte, thla kim leh kim lo a piangah te a dang thin vang a ni. A tlangpui thu in naute thla kim apiangah chuan an pian atanga nikhatnaah 5mg/dl emaw a aia sang, ni hnihnaah 10mg/dl emaw a aia sang, tin, ni engzahnaah pawh 15mg/dl emaw a ai sang Total Serum Billirubin (TSB) an neih chuan Pathological Jaundice anga ngaih an ni.

Heng bakah hian an pian atanga darkar 24 hma lama jaundice lo langchhuakte, naute thla kim apiangah, ni 8 aia rei leh thlakim lo a piang ah ni 14 aia rei jaundice an neih chuan Pathological Jaundice a ni thei a ni.

#### **Naute pianglim a jaundice awmna chhante:**

Kan sawi tawh angin Physiological Jaundice kan tih hi chu naute taksa la sen avang leh la no lutuk vang kan tih tawh kha. Pathological Jaundice, enkawl ngai chi ho hi chu a chhan chi hrang hrang a awm thei a:

1. ABO & Rh Incompatibility - Nu leh naute thisen in mil loh vang.
2. Hypothyroidism - Nu emaw naute in thyroid hniam an neihin.
3. Pyloric Stenosis- Naute ril kaltlang tha thei lo vangin.
4. Crigler Najar Syndrome - Type 1 leh Type 2 awm in, nauteah Uridine Diphospho glucuronosyl transferase enzyme tlem vang emaw in siam loh vang.

5. Gilbert Syndrome.
6. Extra-Hepatic Biliary Atresia - Mit(Bile) kawng pin vang.
7. Neonatal Hepatitis.
8. Septicaemia, leh a dangte. Heng a chhan hi chu sawi thui lo mai ila.

#### **Naute jaundice hlah-awmna:**

Naute a bilirubin a lo san viau hian, thisen leh thluak daidangtu (Blood Brain Barrier) kaltlangin, thluaka hriatna thazam (neurons)-ah han betin, a han tichheta thin a. Chu chuan nauteah harsatna - "Billirubin Encephalopathy" siamin, rilru kim lohna, rualban lohna atanga thihna thleng a thlen thei a ni.

#### **Nu hnute tui leh Jaundice:**

Nu hnute tui vang hian nauteah Jaundice awm theihna chance tlemtea awm ve a. Chungte chu chi hniha awm a, hriat pawlh loh ni se.

1. Breastfeeding Jaundice
2. Breastmilk Jaundice

Breastfeeding Jaundice hi chu nu hnute tui chauh ring

naute, mahse an kham khawp hne leh si lo zingah a awm thin a. Hnute tui an hnek tam loh chuan, zun leh ek a tlem a. Ril a taksa tana hrik tha (gut flora) insiam kha a lo muang a. Ril atangin jaundice siam thei tu bilirubin kha taksa in a hip let leh a (enterohepatic circulation). Taksa atang bilirubin chu a inpaih chhuak ve zung zung ta lo a, an lo eng ta thin a ni.

Breast milk Jaundice erawh hi chu naute thla kim apiang zinga 2-4% ah a awm thin a. He jaundice hi chu a rawn lang chhuak tlai a, pian atanga ni 10-14 velah a lo lang chhuak thin a ni. Nu hnutetui a hormone pakhat "3-alpha, 20-beta pregnanediol" awm vang a ni a. He hormone hian thin (liver) a bilirubin te, taksa atanga paih chhuah awlsam tura siamna (conjugation) a tih buai vang a ni a. Hetiang jaundice-ah pawh hian hnute pek chhunzawm reng tho tur a ni. Naute an lo puitling chho a, a reh ve leh mai thin a ni.

### **Nau veitirna (Oxytocin) leh Jaundice**

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chhuakah chuan naute eng leh nau veitirna hman hian in zawmna an nei em tih zirchianna an nei a. Mi mal leh pawl hrang hrangin an lo zir tawhna 583 zet mai an khai khin a. Chuta tanga an hmuhchhuah chu, nu in nau a vei laia a vei chak tirna tura Oxytocin (Syntocinon) an khai hian nauteah >ng a siam lem lo a ni. Amaherawhchu, nauvei chawptir nana an khai ho zingah chuan naupiangte chu an >ng duh bik, tih an hmuchhuak a ni.

Hei hi a chhan ni thei alang chu Oxytocin hian nuah Hyponatremia (thisen a sodium tlem) leh Hypo-osmolality (thisen a solute tlem /dal) a siam a. Tin, Oxytocin kan khai hian a tlangpui thuin electrolyte tellohna drip eg. 5%D ah kan khai thin a. Hei hian he harsatna hi a tizual pah bawk si a. He thisen fellohna hi nu atangin nauteah hlam leh laihruai kaltlang in a lut a. Chu chuan nauteah thisen sen (RBC) kan tih te kha a tihkeh chhe hma bik a (Osmotic Fragility). Heng

RBC kehchhia hian jaundice siamtu bilirubin kha lo siam belh vakin, nauteah >ng (jaundice) a siam ta thin niin an sawi a ni.

**Naute Jaundice Enkawlna thenkhat te:**

1. Phototherapy: Hei hi naute jaundice enkawlna hman tlanglawn ber a ni a. Light pawl (blue spectrum 425nm-475nm) hnuaiah naute kan dah hian, bilirubin kha a aia hlauhawm lo zawk leh taksa atanga awlsam taka zun leh ek a chhuak thei "Lumirubin" -ah a insiam ta thin a. Chu chuan jaundice siamtu bilirubin kha a tihniam ta thin a ni. Kan hriat tur erawh chu phototherapy kan tih hian naute mit leh kap zawn hi hem tel loh tur a ni a, khuh tur a ni. Tin, tunlaih chuan a sintheih chi "Phototherapy Blanket" te pawh a awm tawh baw a.

2. Exchange Transfusion: Naute thisen a bilirubin a lo san viau chuan Phototherapy in an dam thei lo a, thisen thianghlim a mil pui hmangin an thisen an thlak thin baw a ni.

3. IVIG: Intravenous Immunoglobulin (500mg-1000mg/kg) hi nu leh naute thisen inmil lo (iso immune haemolytic disease) vanga jaundice-ah an hmang ve thin baw a.

4. Hnute tui tha taka pek hian naute jaundice insiam tur nasa takin a veng baw a.

**Naute eng(Jaundice) leh ni a hem:**

Tun hma deuh kha chuan naute eng hi nisa a hem kan ching viau, abikin thingtlang lam doctor rawn tur awm mumal lohna hmunahte an hem kan hmu fo a. Mahse, naute nisa a hem hi jaundice enkawlnan chuan a tangkai lem lo a ni. A chhan chu nizung a UVA leh UVB hi kan lei tuamtu boruak (atmosphere) hian a dang (filter) deuh vek a, UV wave length 315nm - 400nm chiah hi kan lei rawn thleng pha chu a ni a. Phototherapy a kan hman, bilirubin ti tlem theitu wave length kha 425nm-475nm a ni si a, churang chuan nisa hem khan awmzia a awm lutuk lem lo a ni. ■

## KAN RAM HIAN NATNA NASA TAK A TUAR MEK A NI

Reuben Lalnunthar Hnamte

unlai kan Zoram hi a veitute chuan an vei hle mai. Thihna a tam a, natna a tam em em bawk. Kan natna vei zinga pakhat hlauhawm tak chu Stroke leh lungna hi a ni. Natna nei lawk lem lova boral ta thut tih hi tunalaiah an tam hle mai. Han zawhchhian erawh chuan lung tha lo a nei thin, a BP a sang ve thin tih te a ni hlawm. Cancer chu sawiloh a liam ni ta sela, zunthlum, thisen sang leh lung thalo hian kan ram chu min chiah hneh ta khawp mai. Hmanlai anga thlan tlaa hnathawh teh chiam a awm ta lova, kan eitui tulh tulh bawk si a, naupang thau tak tak nen, kan buapui ta chu a nih hi. Kum 30 pawh tling lo thisen sang leh zunthlum nei ta pawh sawi tur an awm ta nual mai.

Hmanniah bazarah ka kal ve e ka ti a, an sazawrh vel ka enkual a, ka thauah min man a ni ber. Sa lei tur an lo tlar put a, an sa lei tur chu kan en a, Bawngsa thau em em mai leh vawksa thau tawk mai chu lei turin nu thau tak tak leh pa thau deuhte an lo intlar put mai a. Bawngsa te hi he ti taka engtin nge a thau theih le? Tunlai bawngsa pheih chu rama hnim peta tla an awm tawh si lova khawpuih pheih chuan, a thau thau kan la duh zui bawk si. A hrisel hi ka ring ta hauh lo mai.

Chemical damdawi eng emaw an hmang a nih loh chuan kha ti em em a thau ngaihna a awm dawn em ni tiin ka ngaihtuah a. Hei vang hi nih hi Lungna/Stroke a tam tak em em mai tih hi ngaihtuah tham a ni ta.

Vawikhat chu Vai rama Traininga kan kal laiin, kan hotu pakhat lungna avang thi thut chanchin kan sawi a, kan ui thu te kan sawi liam liam a. Kan thian Vai pakhat chuan, “Eng nge a thih thut lovang, kelsa a heh em a lawm, kelsa hi lungin a haw lutuk” a rawn

ti ta a. Vai ho hian kel te hi apa kher lo chu an ei duh mang hauh lo va, ar pawh a pa deuh kher an ei thin, hei hian chhan tha tak a nei a ni. Broiler ar kan tih te hi chemical damdawia chawm an ni a, Mizo phei chuan thla li nga hial kan han vulh a, hrisel ngaihna a awm lo. Vai ho hi chuan thlakhat a upa bak an ei duh miah lo, a hrisel lo an ti tlat. Pa pakhat chuan " Broiler ar hi ka ei duh tawh lo, kan ei nasa lutuk hian nerve thalo leh natna dang dang min neihtir niin ka hria a, ka ei loh hnuah ka ziaawm ta daih" a ti a ni. Tunlaih hian veng tin maiah hian, chu mi kha mi chu nat lawk pawh awm lovin, a hmunphiat lai, a thusawi lai, a tawngtai lai leh adang te pawh, a thi ta thut mai tih hi a tam zual niin a lang.

Heng thil neuh neuh kan sawi duhna chhan chu; a prove na chu ka nei hauh lo, mahse, prove mahse a dik ngei ka ring ve tlat. Hnam upa leh fing zawk te'n an lo chin dan hi chu entawn a tan pawh a tha viau a ni. Thlai leh sa te pawh hi

chemical hmanga enkawl a tam ta lutuk hian natna min siam hnem ta em em ta mai a ni thei a ngem? Mizo phei chu thil chik mang lo leh ngaihsam tak kan ni a, kan hmuh a piang hi kan ei chawt zel emaw tih tur a ni. Kan ram leitha, damdawi hman ngailoah hian thlai te hi tun aiin ching nasa ila, phailam atanga eitur lakluh hi ti tlem ila, natna kan tawh tam tak hi a sutkianna thatak a ni mai lawng maw? Kan thalai leh naupang te'n Junk food an ei uar ta lutuk pawh hian naupangte ah natna chi hrang hrang a thlen tam ta em em a ni. Chaw ei mang lova, Junk food a inhnawh puar ta mai mai hi kan naupang tam tak hi an ni tlat a, hei hian naupangteah hriselna lohna tam tak a thlen ta tlat a ni.

Hmanniah kan Upa pakhat chuan chhungkaw khat, natna nei ve ngai miah lova lang, hrisel em em mai te hi, " Enga tinge nangni chhung hi nat pawh in nei ngai lova, in rual ve diah si a, in fa te lah hi an na ngai miah lo tih theih a ni a, enge a chhan bik le?" tiin ka zawt a a ti a. An nu ber chuan



“ Eng dang a ni lo ve, mi neining kan ni hran lo nen, ei leh inah hian kan fimkhur em a ni, ka fa te hi eitur him china ka hriat loh chu ei ka phal ngai lo, sa pawh kan ei ve thova, mahse, kan ei fimkhur” a ti a ni. An nu ber hi Staff nurse hna thawk lai a ni a, an chhungkua hian natna an tawh awm tun chinah chuan kan hre mang tlat lo.

Sawi tur tam tak a awm thei ang, heng kan han sawi bakah hian kan ram min tichhe mek tu chu natna hlauhawm AIDS hi a ni. Hei zet hi zawng a damdawi hmuhchhuah thu ala awm lo va, a natna hrik pungchak tur venna chauh ala awm. AIDS natna tel lo pawh hian natna leh thihna a tam tehlul nen, hei phehi chuan min suat nasa dawn a ni. A detail leh figure tih vel chu ka tarlang dawn lova, tihsual palh te a hlauhawm avangin. Mahse mi thiam zawk te'n an sawi leh Damdawi in lama thisen test tute atang ringawt pawh hian he natna hian Mizoram dung leh vang a fan chhuak ta hle mai. Thingtlang a nih avangin

a him ta lova, khawpui a nih avangin a him chuang bawh hek lo. Mizo hnam tlemte hi he natna hian -1918-1919 vel lai a Influenza hrileng ang mai khan min nuai mai chuan dinchhuah leh chu a har viau ang. Tunah pawh hian India ram State danga awm ho, an tawt lutuk tawh si hian Mizoram ram ruak la tam tak hi an hmu tai hle tawh mai si a. Mut mawh hnar mawha kan neih a hun ta a ni.

Hmanni lawk khan mi pakhat hian minrawn bia a. Amah chu Kohhrana inhmang tak thin, nula hmeltha leh duhawm tak a ni a, amah a pian a nalhin a hleitling bawh. Thianghlim takin pasal a nei a, an inneih hnu, fa pakhat an neih hnuah chuan, nikhat chu a khua a sik ser sera. Damdawi ina a han inentir chu; “ I thisen la ve reng reng ang” an lo ti a, tula hre vak mang lo chuan a laktir ve mai a. A thisen result a lo chhuah chuan mak tak maiin HIV a lo positive ta tlat mai nih chu. A rilru na lutuk chuan intihhlum mai te a duh a, a pasal bak

tumah mipa a mutpui si lova. A pasal chu a han zawt Chiang a, HIV a lo positive tih a sawi ta mai a ni. Hmeichhiat mipatna la hmang miah lova pasal nei a ni a, AIDS vei a ni ta mai chu hriatthiam har a ti a. A pasal nen chuan an inthen ta a, a nun chu a khawlo tan ta a. Zu te in in, ngaizawng tu a ngah si a, sex-ah chuan nasa takin a inhmang ta a, zu lo inrui thin nen, a pawilam tur ngaihtuah miah lovin, mi pa te, tlangvalte nen a mutpui teuh hman a ni. Mahse, vawikhat chu a inngaihtuah chhuak ta a, a nuam a ti ta lova, amah avanga pawisawilo tam takin an tuar chu inthiam lovin a nun tuihal chuan tanpui turin minrawn be ta a ni.

Inngaihzawn te hi kan uar ta si a, ram changkang tih dan kan la e kan ti a, thianghlim taka inngaizawng an awm ta mang lo. Sex hmante hi sualah pawh kan ngai tawh lo emaw tih tur a ni tawh. Hei hian HIV nasa takin a tipung ta niin mi thiamte chuan an sawi ta a ni. Pathian kan tih loh leh zah loh

rah hi kan seng zel ang tih a hlauhawm khawp mai. Hmanah chuan Drugs avanga inchiuna inhmantawm avanga HIV kai ta kha an tam thin a ni a. Tunah chuan inchiuna chu a ve lek a ni ta chauh mai. Hmeichhe tam takte pheh chuan pawisa an hmuhna tur a nih chuan sex hman hi pawitihna reng an nei tawh lo. Kan ram hian rau tih ringawt piah lamah hian Inzirtirna kan uar a tul ta takzet a ni. Harhna leh thlarau kan khat kan tih hian EIRUKNA LEH HURNA hi a thunun zo ta lo a ang khawp mai. Kan Pathian thu kalpui dan leh lak dante hi in enchian a ngai ta ma nge. Simna tel silo harhna, simna tel lo thlarau na; Pathian pawisakna tel hauh lo ringtu nun hi, sim hming pu tlaka rah a tul ta hle mai. Kum 2000 chuang kal tawh a, Sodom leh Gomora khua kangraltu meikha engti tak a sa ni maw? Tun thleng hian eng thlai mah hi ala \o eih lova, a ut ngaiin a la ut reng mai a ni. Pathian thinurna rapthlak kan tawh hma hian simna tak tak nen Lalpa lam kan hawi a tul a ni. ■

## CHANGKANNA KAWNG

Dr. Lalkhawngaihsanga

Damdawi In hi a thawktute hian an tifaï ve reng a, a damdawi in azirin a tifaï ngun leh ngun lo deuh te chu an awm ngei ang. A tlangpuiin mipuite kal leh awm tamna hi a bâlin a \awp tlangpui zel a. A thawktute kan dem a nih pawhin a âwm lo hauh lo.

Thil pakhat chiang deuh erawh chu, changkanna hi fai leh thianghlimnaa teh ni se, Mizote hi kan la changkang lo hle tih hi a ni. Hnam changkang apiang an fai a, thianghlimna an ngai pawimawh a ni. Zun in bangah, 'E SUH' tih tar a ngai tlat mai te; banga 'CHIL CHHAK SUH' tih intarna bula kuhva eina chil chhâkna sen nguai mai hmuh te hian a beidawnthlak rum rum fo.

Kum upa lam te'n inthiarna, commode an hmang thiam lo hi an demawm hauh loh. Tunlai \hangthar engmah hrih ngai lo, hre thiam vek te'n zun leh êk an thlahdah viau erawh an demawm a ni. Hre reng si, zâwm duh hauh lote hi kan la tam hle. Hre reng chung a dan zâwm duh tlat lote vang hian kan hnam a hnufual

a ni. Hei hi kan zirna kalphung (education system) dik loh vang te hi a ni thei ang em? Mark hmu \ha tur ringawtin em ni lehkha kan zir? Mahni subject ringawt hria, inti fing tak, nunphung pangngai tlachham kan va tam ta êm.

Engkim mai bul\hut chu zirna a ni a. A kal te sawi hmangin, South Korea leh Japan-ah chuan zirna hi an ngai pawimawh êm êm mai a, an ram leh hnam din chhuahna chhan pawh zirna \hat vang niin an sawi a. Anni ramah chuan zirtirtu hna an ngai pawimawhin zirtirtute an dah sâng hle bawk a. Kan rama zirna a chhiat viau chuan kawng engkimah kan hlawh-chham tluang zel dawn niin a lang. Zirtirtu hna hi duhsak zawngte thun nana kan hmang

a nih chuan, kan hnam hma lam hun tur hi a thim chhah hle a ni.

Mi tih fai sa kan tih balh zel chuan khawi hmun mah a fai rei thei lo va. Khawi hmun pawh ni se, a mipui nawlpuiin kan zir loh chuan a faiin a thianghlim tak tak thei lo. Fai leh thianghlim hi kan ni tin

nunphunga kan neih hunah changkanna kawng kan zawh ve \an ang.

Kawng engkimah fai leh thianghlim a pawimawh a. Mihring bàl leh \awp tak an hrisel thei lo va. Fai leh thianghlim hi natna laka fihlimna a ni a, hriselna kailawn hmasa ber a ni.

Dr. Isak Lalrawngbawla,  
Medical Officer  
Suangpuilawn PHC

NAUTE te hian tah (cry) hi an rilru sawichhuah nan an hmang a; chung zinga a chhan langsar zual deuh deuhthe chu an riltam (hunger) vangte, na (pain) an neih vangte, an thinrim (anger) vangte leh hlauhna (fear) an neih vangte an ni tih mi thiamte'n an hmuchhuak. Mahse nu leh pa, a tam zawk chu fa hmasa ber pawm te, hian naute a tah hian eng ber nge a tah chhan tih hriat tumin an bei fe thin a ni.

Spanish Journal of Psychology-a zirchianna pakhat an ziah lanah chuan an mitmeng awmdan leh an tah a an awrawl atangin a chhan awm ang deuhthe chu a hriat thei niin an sawi. Dr. Mariano Chóliz chuan heti hian a sawi a: "Naute te hi thinrim emaw hlauh emaw avanga an

tah hian an meng a, na an tawrh avanga an tah hian an mit an chhing," tiin.

Thinrim vanga \ap an nih chuan an tap rawlin zawh lam a pan a, mahse hlauh vang emaw na tawrh vang emaw a an tah chuan an tap ring telh telh thin tia sawiin, Dr. Chóliv-

I chuan: "Tah hi naute tan chuan a duhloh zawng sawi-chhuahna ve ber a ni a, a tam zawkah chuan an sawi chhuahna awm chhun pawh a ni," a ti. Dr. Chóliv leh a pawlte hian naute sawmhnih rual, thla thum atanga thla 18 inkar a upa te chu an tah hrat dan leh an nu leh pa te lo dawnsawn dan nen an zirchiang a ni.

Thinrimna leh hlauhna hi hriat hran har ber an ni a, mahse Dr. Chóliv chuan heti hian a ti: "A enthlatute'n thinrimna leh hlauhna hi na tuar tap lakah hriat hran har ti viau mahse, na an tawrh avanga naute an tah hi chuan an tap nasa bik a, a dawngsawngtu tan pawh rilru a la bik a ni." Na tawrh vanga tah hi hriat a awl ber a, a chhan ni thei deuh chu taksa leh hriselna tina theitu lak atanga invenghawng tura hriattirna, naute enkawltu

tan pawha rang taka chet theihna tur khawp a nih vang niin a lang.

Naute a tah hian, a chal a tawm nasat danah te, a mithmul (eyebrows), ka (mouth) leh hmui (lips) a tihchet danah te hian hmai tihrawl (facial muscles) vel a che nasa hle tih a hriat theih. Mithiamte chuan heng na (pain), hlauhna leh thinrimna te azir hian hmai tihrawlte hi an chet dan a dang tih an hmu.

Thinrim vanga tap an nih chuan naute te hian mit chhing chiah lo in a chanve in an meng a (eyes half-closed), an en zawn an en ngar ngar a nih loh chuan khawimah an en zawn lo. Na an tawrh chuan an ka chu a pangngai in emaw, a chanve vel chauhin emaw a zau in an ang a, an tap ring tual tual thin. Hlahv avanga tap an nih chuan khap mang meuhlo in meng chungin an tap thin.

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⊗ "Pa-a, kan Fapa em em hi chu hau ve tawh teh"

"Ngati leh pek nge?"

"Vawiinah Prison Van a lang in min lo bye bye a... Ka nu, chaw chhum kep ka ngai lo aw te a rawn tia, zahthlak thei lutuk mai."

## HRITLANG MAWLH HI

Dr. Joel Lairemsanga  
 Medical Officer  
 Mobile Medical Unit  
 Champhai District

**T**hlasik a lo ni leh ta bawk-a hritlang nei kan tam leh ta hle. Awm hnawk, khuh nasa, hnarping, luna, hahchhiau nasa, taksa na them thum kan tam leh ta e. Hritlang hi natna hrik chi khat Vurus-in a thlen a ni a, Virus-ah pawh chi hrang za zetin an thlen thei a ni. I hritlang leh i thianpa hritlang thlentu natna hrik virus kha a inang kher lo thei tihna a nih chu.

Natna thlentu hrik dang langsar em em mai a awm bawk a, chu chu Bacteria a ni. Bacteria hian kan taksaah hian natna a thlen tam thei hle mai a, a chimawm em avang hian amah thattu tur damdawi (antibiotic) pawh an hmu chhuak tam bik na-ngiang mai.

Awle, hritlang i lo vei ta a, i thenawmpa thur^wn vang emaw nangma ngaihdan vang emaw-a Antibiotic heng- Tab. Azithral 500 (Azithromycin 500 mg) ; Tab. Indclav 625 (Amoxicillin 500 mg + Potassium Clavulanate 125 mg), adt. te hi engvanga lo ei ve tawp zel nge i nih le? He zawnha hi i chhanna ka hre

chak khawp mai. Sawi tawh angin hritlang hi virus hrikin a thlen a ni a, bacteria-in a thlen loh avangin bacteria thahna damdawi kan tarlante leh tarlan lohte pawh ei kha a tulna a awm hauh lo. Mahni fa sual hrem nana thenawmpa fa va vuak hrep ang vela thil inmil lo a ni. Lo sim hmak teh. Mi thenkhat phei chuan anmahni thuin damdawi dawrah kalin- "Hritlang damdawi Azithral ka lei dawn" zuk ti nulh nulh a mawle! Hetia kan sawi avang hian hritlang hrim hrimah chuan antibiotic ei loh tur kan tihna erawh a ni lo. Miin hritlang a neih a, a enkawl dam mai loh

chuan taksa a lo chak lova, virus mai bakah bacteria te lo lutin chuapah leh taksa hmun dangah pawh bu an khuar thei ve a, natna an thlen ve ta thin a, awmna-pui (pneumonia) thlengin an thlen thei ta thin a ni. A tha berah chuan hritlang satliahah chuan antibiotic (bacteria thattu) hi hmawm zung zung lo ila, doctor ten ei tura min chawh hunah erawh chuan tha takin i ei thung ang u kan tihna mai a ni.

Queen Mary University of London-a Virus lam zirnaa mi thiam Prof. John Oxford-a chuan, " Miin hritlang a neih dek deka antibiotic a ei nghal zung zung mai hi chu a va paw tak em ve aw. Awlsam taka dam thei mai kha harsa taka enkawl dam a ngaih phah ta thin si a. Antibiotic-te hi natna hrik ten an lo ngam phah ta bawk thin si a..." a ti vawng vawng hial nia!

Mi thiamte chuan hritlang hi chu a lan chhuah dan ang ang (symptomatic treatment) - a enkawl phawt hi a tawk

viauin an sawi. In lama kan lo inenkawl theih dan tur an sawi te hi han tarlang bawk ila-

- \* Ei leh in tih that a, tui in tam a, muthilh tam bawk tur a ni.
- \* Khawizu leh ser emaw serthluntui inpawlh hian hritlang a tidam thei. Serthlum emaw ser hlang emaw ei pawh a tha.
- \* Ei leh in neih dawn reng rengin fai takin kan kut chu sahbawnin kan sil thin tur a ni.
- \* Zuk leh hmuam tih loh tawp tur a ni a, a tite bulah pawh awm hnaih loh tur.
- \* Taksa tihlum a, pawnah len chhuah tam loh a tha bawk.
- \* Kum 2000-a AUS Study an neiha an hmuh chhuah danin hritlang tihdamna rang leh tha ber chu arsa tuihang (chicken soup) a tam thei ang bera hawp hi a ni a, hritlang neih tur a ven bakah neihsa pawh a tidam rang ber a ni. ■

## DAMDAMI CHUNGCHANGA HRIAT TUR PAWIMAWH | HENKHAT

K. Lalremmawii

Asst. Professor, Deptt. of Pharmacy, RIPANS

Tun tumah hian damdawi chungchanga kan hriat leh zawm tur pawimawh tak takte ka rawn sawi dawn a ni. A hmasaberin 'damdawi' kan tih hi eng nge a nih tih tawi tein han sawifiah phawt ta ila. Hmasang kan Mizo hmasate khan a hming pawh hi an lo phuah thiam khawp mai a. Dam leh hrisel taka kan awm a, natna enkawl na leh natna laka kan fihlim theihna hmanrua, natna hmuhchhuahna, natna laka min veng theitu, dawit ang maia hnathawk thei thil a nih avanga 'damdawi' tih hming an puttir hi a inhmeh hle a ni.

Damdawi hi damdawi a nihna chhan chu mihring taksa emaw, taksa chhunga natna hrik emaw kha damdawia chemicals-in a that emaw, a tidanglam thei a; hei vang hian chemicals kha damna thlen theitu, a hming 'damdawi' lo ni ta a ni. A nihna takah chuan a tawk tea hman chuan damna, a tawk chiah aia tam deuh a nih erawh chuan tichhetu a ni hlauh thei thung a ni. Heta a tawk chiah kan tih hi damdawi ei zat tur bithliah (dose) kan tih hi a ni.

Damdawi chungchanga kan hriat tur pawimawh tawi tein han sawi ila.

1. Damdawi dose chungchanga hi sawi hmasaber ta ila. Dose kan tih chu damdawi ei emaw, in emaw, inchiu a ni emaw, vawi khata hman zat tur bithliah a ni mai a. Damdawite hi damna thlentu an ni a, an pawimawh em em laiin kan thih theihna leh kan taksa awlsam taka tichhe mai thei a ni tih kan hriat a tul hle a. Chuvang chuan taksa tidam thei tawk tur kha chhutchhuah lawk vek a ni a, taksa tichhe lo thei ang berturin a hman dan siam a ni ta thin a ni. Mahse vawi khata miin a ei/hman vak chuan taksa na lai tidam mah se, taksa peng dangah thil tha lo a thlen



thei thung. Hengte avang hian vawi khata mum 2, mum 3 ei maite hi kan ching tur a ni lo a, ei dan tur hriih kan nih ang thlapin kan ei tur a ni.

## **2. Damdawi ei hun chungchang lut ta ila:**

Dawktawr hnenah kan inentirin kan natna azirin damdawi chi hrang hrang hman kan ngai thin; damlo pakhatin damdawi chi khat aia tam kan hman a ngaih chang a awm fo. Damdawi ei hun chungchang hi tha taka kan vawn a pawimawh hle. Damdawi kan eia kan taksa hna a thawh theihna tur chuan, damdawi khan kan thisen zama a luh a ngai a, chumi tur chuan kan pumpui leh ril te a kal tlang a ngai phawt thin a ni. Hemi avang tak hian kawruah lai chauha ei chi damdawi a awm a, thenkhat erawh kawruah laia ei miah loh tur an ni thung.

Hei hi a chhan chu chaw hian damdawiin kan thisen zam a luh hun a nghawng theih vang a ni. Tin, damdawi thenkhat erawh chuan kawruah laia kan eiin pumpui leh taksa peng dangah harsatna a thlen thei a, chutiang damdawi chu chaw

nen emaw, chaw ei khamah chauh ei thung tur a ni. Tin, chaw ei kham kan tih hian minute 10 atanga 15 tal nghah thin hram tur a ni.

Damdawi ei hun vawn dik a pawimawhna dang leh chu, damdawi chi khat aia tam a ruala kan ei hian damdawi nghawng tha lo emaw, damdawi hnathawh tur anga thawk lo a awm phah thei a. Hei hi damdawi zawng zawngah ni vek lo mah se fimkhur a ngai hle a ni. Damdawi pakhat aia tam kan ei dawn a nih chuan damdawi lama thiamna nei Pharmacist emaw, doctor te rawn hmasa thin ila, rawn mai tur an awm lo a nih chuan kan damdawite chu darkar chanve atanga darkar khat danah tal ei thin tur a ni.

Damdawi hi a course dik thlapa ei a pawimawh thu kan hre tawh awm e. Kan damdawi hmante hi thisenah kan taksa mamawh tawk a Chambang reng tur a ni a, a tam lutuk erawh chuan a pawu thei hle. Hei vang hian darkar bithliah thlapa ei thin tur a ni. Ni khata vawi hnih ei a nih chuan darkar 12 danah ni se,

ni khata vawi thum a nih chuan darkar riat danah; chutiang zel chuan bithliah mumal tak siam a ei thin tur a ni.

Damdawi ei hun leh kan damdawi ei chungchang hrim hrim kan hriat chian hi damlote chanvo leh mawhphurhna a ni a, chuang chuan damdawi min chawhtu doctor-te leh damdawi enkawltu pharmacist-te Chiang taka zawhfiah thin tur a ni. Doctor-te leh pharmacist-te pawhin an mawhphurhna a ni tih hriain damlote hnenah damdawi chungchang fiah fai takin a hrihfiah thin tur a ni.

3. Mi tam tak chuan mahnia damdawi inchawh mai kan la ching hle. Thenawm nu damdawi hi mahni tan kan la hmang uar hle mai a, hei hi thil tha lo tak a ni. Natna hi a lanchhuah dan inang tak anga lan chang awm thin mah se, natna awm chhan kha a dang daih thei tih hriat a tha. Hei vang hian doctor-in damlo hnaa damdawi a chawh reng rengin a nat chhan tihbo kha a tum a ni fo thin; chuang chuan kan nat chhan hre Chiang si loa kan nat ang deuhva na ve te

damdawi kan lo ei ve ringawt hi a pawt thei hle. Khawvela mihringte zingah hmel leh pianphung inang chiah chiah kan awm lo ang chiah hian, kan taksa chhungril pawh a danglam theuh a ni.

Hei vang hian mi chi hrang hrang taksain damdawi a lo dawnsawn dan leh damdawi hnathawh lanchhuah dan pawh a danglam phah thin a, damlo natna leh damlo azirin damdawi hman tur bik, a dose, ei hun chungte a danglam thluah thin a, mahni thua lo ei ve ngawt thin loh tur a ni. Tul miah lova damdawi kan ei hian kan taksa kan tihchhiat zual phah theih mai bakah, tul lova pawisa senralna mai a ni tih hriat a tha hle.

4. Chhungkaw tinin damdawi pakhat tal inah kan kawt theuh awm e. Kan damdawi kawlte hi dik taka kan vawn that a pawimawh hie a ni. Damdawi hi a nih dan tur anga vawn that a nih loh chuan a chakna a tlak hniam phah theih avangin a hnathawh tur ang thawk pha loin a awm phah thei a. Hei mai bakah hian damdawi vawnghimtu 'pre-

servatives' an tihte hnathawh a tlak hniam phah a, damdawiah natna hrik a awm phah thei a hi. Chuvang chuan a tlangpuiin ni sa em mai theiha dah loh tur a ni a, hmun hnawng emaw, tuiin a tih huh mai theih lohna hmunah dah thin tur a ni. Tin, damdawi zawng zawng hi fridge-a dah tur emaw kan ti fo thin. Fridge-a kan dah avang hian fridge chung boruak vawt tak avangin damdawi kan tikhawlo vek thei zawk a ni. Ina kan kawl damdawi tlanglawn tam ber hi chu hmun hul, ni sa em theih loha dah mai kha a taw em em a, naupang ban phak loh, chhuar chung emaw, hmun remchang dangah dah thin tur a ni.

5. Mihring pawh kan kumhlun lo ang chiah hian damdawite pawh hian thih hun an nei thin tih kan hre theuh awm e. Damdawi hi a thih tawh chuan ei loh tawp tur a ni. Hei vang hian Kan damdawi kawlingah thi (expired) tawh a awm a nih chuan rang taka paih thin tur a ni. Damdawi mum a nih chuan a tuamna atanga la chhuakin thil ei chakawm loh,

entirnan, thingpuife hman hnu emaw, chirhdiak nena pawlhin tha taka fun hnuah bawhlawh bawmah paih mai thin tur a ni. Hei hi a pawimawhna chu, kha damdawi thi tawh hnu kha mi dangin emaw, naupangin hmun danga an lo chhar paih pawha ei tichakawm lo tura siam a ngaih vang a ni. Kum rei vak lo kal taah pawh khan khaw pakhatah damdawi thi tawh chu a hlawmin a tuamna nen paih a ni a, naupangten chu damdawi chu an lo ei avangin harsatna duhawm lo tak a thlen phah tawh a ni. A tui lam chi a nih chuan kawr velah leih baw mai loin, ekin commode-ah leih buak mai thin tur a ni.

Kan damdawi thi tawh hnu funna kawr chu kan paih nghal mai loh va, thil dang dahna atan kan hmang duh a nih chuan a kawr, damdawi chungchang inziak (labelling) kha tichhiain kan thil dah kha eng nge a nih tih kan ziak thung tur a ni. Hei hi a pawimawh hle a, hman kum lawk khan tui-amah mitthi ruang tawih lohna (formaldehyde) dah chu tui emaw tia in paih avangin nunna hlu tak kan chan phah tawh a nih kha. ■

## THIHUL LEH A KAIHNAWIH

Dr. Lalremruati Hmar, MS (Obst. & Gyne.)

History a record tam tak kan hmuh theih atangin hmeichhe thihul hun (menopause) hi taksa leh rilru khawih riau anga tarlan a ni thin a. Medical lam ziaktute pawhin zia nasa thin hle mahse, zirchianna leh belhchhan chiang tak a awm lova ziah a lo ni fo a ni.

Rilru buai leh atna thenkhat hmeichhiate chhul that loh vanga puhna hi hmanlai atanga tunlai thlenga la awm a ni a. Chuvang chuan, thihul pawh hi a chhan chiang taka zir a, thil pangngai ve mai, kan nun a kaltlang tur ngei ngei a ni tih hi kan hriatthiam a ngai a ni. He hun lo intan chhoh vel bawr hi natna benvawn hrang hrang laka invenna kawnga hmalakna hun pawimawh tak a ni thei a ni.

### Eng nge Menopause chu:

Hmeichhe chibawm atanga chi chhuak tur a lo awm loh tak avanga thla tin thi neih thin a lo tawp hmak hun hi thihul/menopause chu a ni a. Kum 50 vel bawr hi hmeichhe tam zawkten thi an neih tawp hun a ni.

### Perimenopausal years:

Menopause kan sawi a, sawi tel loh theih loh chu thihul hmak hma a, thi neih mumal loh chhung kum 2 atanga kum 8 vel daih hun hi a ni. Hmeichhe tam zawk chu kum 46 an nih vel atangin a in tan a, kum 5 chhung vel a ni tlangpui thin (Hmeichhia 95% te chuan kum 39-51 atangin an experience a ni).

Hemi hun chho pawimawh em em nachhan chu thihul leh a kaihnnawih lam bakah natna benvawn awm thei laka inven hun pawimawh tak a nih vang a ni.

### Perimenopausal Transition ah chuan eng nge tih tur?

Kum 40 nih atang chuan kum tin vawi khat tal in check up tur a ni. Chuta check turte chu:-

Hnute exam  
Serh leh Chhul (Pelvic exam)  
Pap smear

Natna benvawn hrang hrang awm leh awm loh enfiah (thisen sang, lung tha lo, zunthlum, cancer, mit leh beng leh ha).

Hetianga kan tih chuan hmeichhiate tan thihul dawn a harsatna awm te, thihul avanga buai te leh thihul hnua in enkawl dan turte awlsam takin a hriat theih dawn a ni.

### **Menopause/ Thihul awm dan te:**

Heng kan sawi turte hi hmeichhe thenkhatah chuan engmah langchhuak lovin, thi neih dan panngai reengin menopause hi an thlengin, buaina engmah nei chuanglo pawh an awm a ni.

Hmeichhe chibawm atanga chi a insiam tak lovah chuan, taksa a hormone pakhat ESTROGEN chu a lo hniam telh telh a, taksa tan a lo tawk ta lo thin a ni. Chuvang chuan, taksaah chuan hetiang hian a lo lang chhuak ta a:

Thi neih khat leh mumal lo atangin thi a lo hul ta (thla 6 a zawna thi neih loh)

Vasomotor instability (hot flushes & sweating)- lum pup pup, thlan tla bawrh bawrh a bikin hmai sa; zan lamah a ni duh bik bawk.

Atrophic conditions - serh ro leh thip / thak; zun kawng ro vanga zun in leh zunna kua a bawk awm; vun ro leh chuar.

Taksa a ESTROGEN tlem avanga hun rei hnua lung leh thisenzam natna leh ruh mawih.

Heng risk te hi thihul hun chhovah khan control a pawimawh em em tih a hriat theih hawk.

### **LONG TERM PREVENTION OF OSTEOPOROSIS:**

#### **Lifestyle modifications:**

☐ Hmeichhiate ruh muk zawng (bone mass density) hi kum 30 velah hian a tawp a thleng tlangpui a, chuvang chuan ruh chak nei tur chuan kum 30 tlin hma a kan lifestyle a pawimawh em em a ni. Calcium tamna lam thil ei tarn leh weight bearing exercise lo tih thin a pawimawh hle.

Kum upa tawh tan pawh exercise a tlem berah minute 30, kar 1-ah vawi thum tal tih chuan ruh mukna/chakna a siam thin a ni.

### **Eng exercise nge tha ang?**

Osteoporosis hi meno-pause-ah chuan hnungzang ruh, khel ruh leh ban rek ruhahte a awm duh bik a. Chuvang chuan, walking ringawt chuan heng ruhte hi a khawih vak loh avangin a sawt lem lo.

### **Exercise thate chu:**

Tlan (running)  
Weight training  
Aerobics (lam, etc)  
Atair climbing (stepa chhoh)  
Sports thenkhat (swimming tiam lovin)

Mahse, walking hrim hrim hian taksa leh lung a ti hrisel a, taksa a tihriam bawk a, chu chuan khel ruh tliak a veng ve thova hriat a ni.

Meizial zuk, zu in leh coffee in tam te hian ruh chak

lo a thlen thei a, chuvang chuan ruh mawih vanga ruhtliak awm tur taksa invenna tura control/ sim a pawimawh em em a ni.

### **DIET:**

Ruh mukna/chakna titha tur chuan tleirawl lai hi hun pawimawh ber a ni a. Calcium tamna bawngnhnute, yogurt/ dahi, cheese, ice-cream, broccoli leh beans te hi ei tam tur a ni.

Kum 25 hnuailam tan chuan nitin calcium 1500 mg vel ei thin tur a ni a, kan chawhmeh vel atangin kan hmuh tawk loh chu a damdawi ei a pawilo. Tin, hemi calcium mamawh zat hi naupai lai leh hnute pek chhung pawha ei ngei ngei tur a ni.

Menopause-ah pawh calcium 1000mg leh Vitamin - D te ei thin tur a ni.

HRT: Estrogen tab hi kum 10 vel eiin osteoporosis a veng a ni.

Merry  
Christmas

## PUMPUIBAWH(Pancreas)

Dr. C. Vanlalhlua, MS (Gen.Surgery)

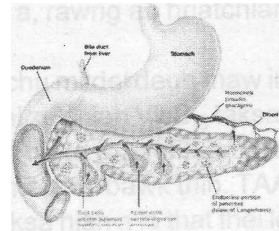
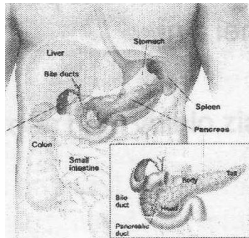
**M**ihring pumchhungah hian nunna atari pawimawh tak tak a awm thluah mai a, an vai mai hian tangkaina kawng an neih vek avangin an tel lo chuan kan nung thei lo a ni ber mai. Chung zinga pakhat chu mipui mimirina kan hriat lar vak loh 'Pancreas' hi a ni awm e. Mizo phei chuan a hranpain a hming pawh kan nei mumal lo a ni mai thei. Kan pumpui hnung lam, hnuai lam deuhvah hian a awm avangin 'Pumpuibawh'' tiin a hming kan vuah mai dawn a ni. Tin, amah hi be chi khat anga ngaih theih a ni baw k ang.

Amah hi nem deuh thlip thlep, thau n a w i inhlawm- k h a w m ang deuh a nih avang h i a n pumpui hi a bawh deuh thlep tak tak a, a hming pawh hi a inhmeh lo lem awm lo ve. Puitling taksaah phei chuan he thil hian natna hlauhawm tak tak a thlen theih thin avangin tlem azawng tal a chanchin hriat ve hi kan bat a ni tawh awm e.

Pumpuibawh hi taksa dung vangtan zawngin a khamphei zawngin a awm tlat

mai pek a, a sei zawng hi feet chanve vel (15-20cm) a

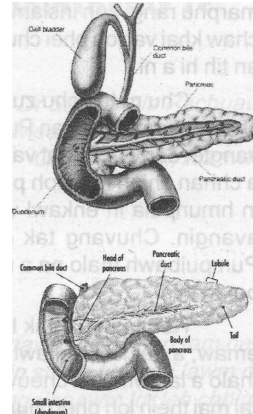
ni. A hlai zawng chu 3cm vel a ni a, 2cm vela chhah a ni thung. A rih zawng pawh 80-90gms vel a ni awm e. A taksa dung zui zawng hian a lai takah dawt (duct) in a kaitlang raih mai a, chu chu Rilfang (duodenum) ah a inhawng chhuak a, a thil siamchhuah te chu pe thla in chaw paitawih nana thil tangkai em em mai a lo ni ta a ni.



I nu pumchunga naute thla khat mi lek i la nih lai atang khan pumpuibawh tur hi a insiam tan tawh a. Rilfang tur hnung lam leh hma lam, hmun hnih atanga rawn insiam ngat a ni. Thlakhat leh a chanve i nihin hmun hnih te chu an infin tan a, an lo thanglian ve zel a, i lo pianchhuah meuh chuan hna pawimawh takthawktan nghal turin a inpeih dertawh a ni. I thin leh m\$ (gallblader) te nen bul tanna inang an nih avangin ril an zawmna pawh a inhnaih hle a, a chang phei chuan d^wt kaw khatah rilfang an pawh dun hial thei reng a ni.

He taksa bung pawimawh tak mai hi nem thlip thlep, thaunawi inhlawmkhawm ang tak mai, pumpui hnung hnuai lama bet deuh thlep a ni kan ti a. A chhehvel bulhnaia taksa bung dang awm te hi sawi ta ila, a awmna hmun kan hrethiam thei deuh ang. Pumpuibawh hma lamah chuan pumpui te, ril inthlep kual te, rilpui khamphei te a awm a, rilbawh duar chi hrang hrang leh thisen zam te pawh a awm nuaih mai. A hnung lamah ve

t h u n g  
chuan kal  
l e h  
kalbawh  
te, la te,  
h n u n g -  
z a n g r u h  
chhukthla  
zuia thisen  
kawngpui  
lian chhuk



thla leh chho ruih mai te a awm a, a taksa lian lai hian thisen zam lian ve tak a kual hnan bawh. Rilfang leh pumpui hmawr lam pawh dinglam panga khuap tute an ni.

Pumpuibawh hi dinglam atang hian a zuih phei ral deuh ti tih a ni ber a, hmun li-ah then hrangin hming hran an pe vek a (head, neck, body and tail). Dinglam pang ber a lu hi a lian lawk deuh a, a te peng chu hnung lamah a kawm lut bawh. A lu leh nghawng hian hmun thuma thena hmun khat lai a awh a, a body leh tail hian hmun thuma thena hmun hnih a awh. A lu atanga a taksa tluan hian dawt in a kal tlang a, chu dawt pawh chu a zuih te phei ve tho bawh. Chaw paitawih



nana a thil siamchhuah bakah hian hnangtui pawimawh tak tak a siam chhuak bawk a, chung zingah chuan Insulin, kan hriat lar em em mai hi a pawimawh ber awm e. That lohna eng emaw avanga Insulin a siam tlem chuan zunthlum i lo vei mai dawn a ni.

Pumpuibawh hi a piansual chuan natna hlauhawm tak tak a vei theih a, mitliam natna te, chawkawng ping te leh piansualna dang dang pawh. Tin, chawpai tawih that theih lohna te, pum nuam lo chi hrang hrang mai bakah rilru lam buaina thleng pawhin a then thei. Chung natna hrang hrang a thlen theih avang chuan a natna hriatchhuah nan thisen test te, ultrasound te, endoscopy te, CT scan, MRI leh X ray chi hrang hrang te a tih theih a ni. Tin, inhliam palh nikhua pawhin amah hi a khawlo tel ve thei tho a, thisen a put vak thei a, a thier avanga natna hlauhawm tak tak te pawh a awm thei a ni.

Ama thilsiam chhuah hi nikhatah litre khat dawnlai te pawh a ni thei a, chu chu rilah

kalin hna an thawk a, eng emaw avanga a d<sup>wt</sup> a pin chang te, thil a siamchhuah hnem lutuk changte chuan amah leh amah hi a thilsiam chhuah chuan a eichhe thei a, natna hrik tel miah lo pawhin natna hlauhawm tak, thihpui tham hial pawh a thlen thei. Chu chu mahni in eichhiat avanga lo awm a ni a, pumna lutuk te, tuihal dang ro huam huam te, thisen hniam leh marphu rang, zun insiam thei lo leh rilru buaina hial pawh a awm thei. Thisen chaw khai vat loh pheh chuan thihna a ni mai. Chutiang chu 'Acute Pancreatitis' an tih hi a ni.

Chu natna chu zu in nasat avang te, mita lung awm vang te in a awm chawk a, chung chuan pumpuibawh d<sup>wt</sup> a hnawhpin theih vang a ni. Inhliam vangte, damdawi huat vang te, pianpui that lohna te, thisen dik loh vangte, leh a chhan chiah hriat loh pawhin a awm thei. A hlauhawm em em a, Damdawi in hmunpuia in enkawl vat a ngai thin, thihpui mai thama hlauhawm a nih avangin. Chuvang tak chuan mi

in pumna na tak a neih pawt chuan pumpuibawh thalo na a ni thei mai em tih hi Doctor te rilruah a awm hmasa ber fo thin.

Hetianga na vak lo pawh hian emaw, a nat a chhuah nawn fo chuan emaw, a nat laia enkawl dam anga inngaih hnu feah emaw pawh thil dang tha lo a la awm thei cheuva, tui tlingkhawm lian tak te a awm thei a, amaha a ral mai theih loh phei chuan lian tak pawhin pum chungah a bawh luau thei a, pawn lamah pawh a hriat theih hial thin. Tin, thenkhat phei chuan mitliam leh pumpuar chaw ei theih loh hialte pawh a thlen thei bawh a, zai a ngai hial thin.

Chu baka la hlauhawm leh em em pakhat chu Cancer hi a ni. Pumpuibawh cancer hi a tam ve em em a, cancer vanga thihna thlen theitu langsar top ten-ah a lang pha hial a ni. Kan sawi tak ang khan pumna, mitliam, puipui ping vanga thil ei theih loh te a thlen thei a, a tai darh hma hl e a, a na em em thei bawh. Zai dam theih a

nih chuan zai tur a ni a, a theih loh hnu a nih pawhin mitliam tih reh nan emaw pumpui ping thawi dam nan endoscopy hmangin emaw, khawl dang hmangin emaw, inzai hmangin emawtal nunna pawh sei nan leh na lutuk tih ziaawm nan tih a ngai fo thin.

Zunthlum mawlh mai bawh hi a ni, pumpuibawh that loh avanga natna awm thei chu. Pumpuibawhin insulin a siam theih miao loh chuan inchiu a ngai thin a, zunthlum damdawi dang ei emaw tal a lo ngaih phah thei. Tih, natna dang Kalbawh natna te, Thluak-hnuai-be (Pituitary gland) natna te, Awrbelbe (parathyroid gland) natna te nen pawh a awm kawp duh viau. Mi thiamte enkawl na hnuai-h lo phei chuan hetiang natna inkawp pawh hi thihpui tham a tling tho.

Hetianga khawpa taksa bung pawimawh, natna leh thatlohna dang thlen thei em em tu pumpuibawh hi a pawimawh a, kan hriat ve a tul a, inenkawl dan kawng awm te

pawh kan rilru luahtu a nih ve a ngai a ni lawm ni. Tihdam theih tak tak loh te pawh a awm thei a, mahni inven leh invawn a ngaih chang a awm thei a, Doctor tena an zirlai

pawimawh leh veh ngun berte zinga mi hi Mizo mipuite pawh hian i hmeihriat ve deuh ang u. Pathianin a duh taka a siam, a han en a, tha a tih hie te zingah kan inchhal vek si a.

## FIRST AID



### VAWT LUTUKIN A THLEN THEIhte

Vawt lutuk (A teh naa 32 degree Fahrenheit aia tlem) leh hmun sanga awm leh hna thawkte hian harsatna an tawh thei a, a nasat dan chu a vawh nasat dan leh awm rei zawng azirin a danglam thei.

#### FROST BITE (Vur seh)

Vun hian vawt lutuk hi a tuar hma ber a, tihrawl, hriatna tha zam leh thisen zam ten a tuar hma bawh. Vur seh awm duh nalai te chu kut, ke, hmai, beng leh hnarahte a awm duh a. Khawvawt leh thli a awm kawp phei chuan vur seh hi hnar, hmai, beng, kutzungtang leh ketangahte a awm duh. A lo na vawng vawng a, a lo var a, chumi hnuah a lo mu thin.

A lo var a, a lo mut chuan a hlauhawm thei a, ngaihthah loh tur. Enkawh vat loh chuan chhiat hlenna a thleng thei.

Hmun vawta awm chuan inenngun a tha a, hmai vela var thliah thliahte a lo awm chuan ngaih pawimawh tur. Ke leh kut a lo mut phei chuan rang taka enkawh nghal a ngai thin.

#### A lan chhuah dan

Taksa lang laite a lo vawt a, a na a, a mu bawh.

A rawng a lo sen phawt a, a lo var leh a, a tawpah a lo pan thei.

First aid/enkawhna hmasa

Zawi zawiin taksa tihlum tur a ni a, thawmhnaw hnawng leh tawt te hlih tur.

Hmun up deuh mei chhem lohnaah damlo chu dah tur.

Vur sehna lai chu nuai loh tur.

Khumah muttira puan ro leh luma khuh tur.

Thil lum intir tur.

Hmai leh bengte a nih chuan kut kawr bunin a rawng a pangngai hma chu hup tur.

Ke leh kuttangte a nih chuan mawza, kut kawr leh pheikhawkte phelh a, kut chu puan hnuai leh zak hnuai a dah a tha a, ke chu puan luma tuam a tha.

Mithiam hna hruai a tha.

Vur seh na sa, rei tak hmun vawta awmte an chet theih loh chuan an na tawh hie a ni thei a, zawn sawn hialte an ngai thei.

Vur seh na lai chu nuai loh tur, tui lum ip leh thil sa te hman loh tur a ni a, mei lum hnaih lutukah awm tir loh tur.

A ke a khawih a nih chuan kaltir loh tur.

Mei zuk loh tur a ni a, mei ziala a tur (nicotine) khan thisen zam a ti sawng zual thei.

Vawt lutuk avanga harsatna (cold injury) pumpehna turte

Khaw vawt lutukah tih tur ruahman loh tur.

Sik leh sa, khaw awmdan mila in tuam/ in chei tur. Nalh aiin inven a pawimawh zawk.

Vawta kal hmam hmaiah cream hnawih a tha.

Khaw vawtah thawm-hnaw lum thawl hak thuah tur.

Zu in loh tur, mei zial pawh zuk loh tur.

Chau lutuka awm loh tur.

Khaw vawt lutukah kal chhuah a ngaih pawhin thlan tla khawpa chet loh tur. Thlan a tlak chuan chawlh hnua h thlan huh lo vawt leh si chuan taksa a ti hlum thei hial a ni.

✘ An chengkawl chhum a lo hmin chiang lo va, a hip chhuak thei lo a thinrim in dawhkanah a dah sauh sauh a, "vak rawh, vak rawh, tlawng thlengin vak rawh" an tiah....

## HRISEL LEH DAM HI A HLU

Revd. Chuauthuama, M.Phil(Cantab)

HRISEL leh dam hlutzia hi a hre pawl tak ka nih loh pawhin ka hre ve thawkhatah ka inngai ang. Naupang kum 3/4 mi lek ka nih laiin kal na ka nei a; kal thei tawh kha kal thei lovin ka awm leh hman titih hial. Kan khuaah doctor an awm lo a; kan khaw thenawm, mel 5-a hla N. Chaltlangah compounder Saikaia a awm a. Vawi khat chu Saikaia rawn turin min paw pheih a, ka la hre riai ruai; kan haw hnuah chuan antam tui hang chawm chaw ka ei tih ka la hria. Kal tha lo ka nih avangin 'chakai a ngeih' an ti a, ka u pakhat hian chakai a man thin a; chakaia chawm lenah ka inchhal thin. Tun thlengin chakai ka duh phah em em a ni.

Kum 7 mi ka nihin ka chhang chiah hi a damlo ta hlauh mai a; a dam loh hma kar khat lekah khan ka nu ram kal kan zui dun a. Leipui hluih in lem kan sa a, kan hlim dun hle. Kan hawn hnuah thlipui lo thawkin ruah a sur nasa hle bawk a; kan in lem sak chu chhe turah kan ngai miah lo. Chumi hnu lawkah chuan a na ta tlat mai a; eng natna nge tih ka hre lo. Khawsikpui a ni mai thei; kan upa ber dawttu chu Durtlang damdawi panin a chhuak a; chu chu damdawi awmna hnai ber a ni. Ka nau chu na tuarin a au a au mai a; a daih rei ta lo, kum 1955

November 12 khan a thi ta nge nge a. Durtlang damdawi ina damdawi laa kal ka u chuan Nisapuiah ka nau thih thu chu a rawn hre hman a; a damdawi rawn hawn chuan awmzia a nei tawh si lo.

Naupang hrisel lo tak ni chung chuan kan to puitling ve ta mai chu a ni a. Kum 1975-ah peptic ulcer ka vei a; chu chuan min nghawng rei hle. BD ka zir laite khan zanah ka meng rei ngam lo a, dar 10:10-ah chuan ka mu daih thin a; zingah erawh ka tho hma thung, dar 4 velah ka tho ber. Hrisel loh aleiah ka tho hma hlauh thung a, ka lehkha zir hun

chung a tlem phah chuang lo. BD ka zir lai chuan khuh reh thei lo ka vei ta tlat mai a; BD zir zova ka lo chhuah hnuah pawh ka dam thei chuang lo. Kum 1988-ah Cambridge University-ah M. Phil zira ka awm tirh khan doctor rawn chuang lovin 'dry cough' khuh damdawi ka lei a; bur khat chu ka dam phah hlahu chu maw le!

Mahse kum 1990-ah kan lo hawng a, rei lo teah khuh reh thei lo chu ka nei chhunzawm leh ta mai a; Mizoram boruak bawlhhlawh vang emaw ni dawn le? Lunglei Pro Pastor ka nih chung zawngin ka khuh zui ta a ni ber mai. Aizawl Civil Hospital-ah ka va inentir a, Chest X-ray min tih tir a, chumi nen chuan Lunglei ka pan phei a. Khatih laia Lunglei Civil Hospital-a thawk specialist awm thar chu ka X-ray thil chu ka va entir a, ani chuan, "Chronic bronchitis i nih hi, hetiang chu a dam thei lo," min lo tikhum tawng mai a; chuta tang chuan doctor ka rawn mumal tawh lo. An tihdam theih lohah engah nge ka rawn

buai tehlul ang ka ti a. Ka khuh zual changin mahnia ka inchawh damdawi ka ei ta mai mai thin a ni.

Chronic bronchitis bakah pharyngitis leh laryngitis ka neih kawp thuah chang a awm a; a chang phei chuan tonsillitis-in a bukthuah leh bawk a, 'tis-trio' ka vei a ni ber. Ka aw a phui hma em em a, ka hnathawh lah tawng tam ngai a ni bawk si. Tukkhum \hoh ul khawpa hrawk na hi ka nei deuh reng; hrehawm ve tak chu a ni. Kum 2007 January thla khan Tahan Theological College-ah Visiting Professor turin ka kal a; kal lamin Rangoon-ah thlawk chhoin ka cham a. Khua a lum avangin mut hlanin fan ka 'on' zankhua ta mai a. Zing lam dar 3-ah zun chhuakin min kai tho a; ka va zun pah chuan khak ka han chhak a, thisenin a pawlh ta hiat mai a ni.

Tahan-a ka cham chungin tawng ringawtin hun ka hmang khat a ni mai. Chawhma dar 8-11 lecture, a hnuah inkawm khawm, zanah

thuhiril ziah, inkhawm banah inkawm khawm a ni leh mai. Kar 2 hnuah chuan ka tawng chhuak zo ta lo. Kalaymyo-a doctor thiam hnenah min hruai thin, ka tawng chhuak zo chuang lo. Ka lecture note chu an print chhuak a; an insem ta ringawt a. Thla khat ralah chuan exam buatsaihin engkim ka tihfel hnuah ka hawng ta. Dr. Lalrohlua (L) ka pan a, ani chu a lo thiam fu a, 'voice rest' thla 3 nei turin min ti a; keiin "ka nei thei lo" ka ti si. A tihngaihna hre lo chuan "indim tal rawh" min ti ta ringawt a. Thla 3 hnuah chuan ka ziaawm deuh a; thla rukah chuan ka dam chiang titih ve leh ta. A va lawmawm em!

Lungleia kan awm lai bawk khan ka hrawk na chu ENT specialist ka entir thin a; Aizawlah ka entir bawk a. Lungleia mi chuan fiamthu thawh nan min lo hmang deuh nghe nghe a, "Cancer a hlau lutuk" tiin; cancer hi ka hlauha hlauh loh theih pawh a ni lo. Kum 2007 atang khan BP sang an tih hi ka nei ve ta tlat mai. Tun thleng hian damdawi chi

khat chu ni tin mum khat ka la ei ve ziah; a dam hlei thei lo a ni ang.

Ka problem ni hlen ta ber chu 'chronic bronchitis' kha a la ni reng; ka chuap hi a chak lo hle a nih ka ring. Ka thawk hi a buai ve tep thin a; ka mut hian ka thaw ri hruam hruam thin. Nikum (2017) khan rawngbawlin ka zin chhuak zing si a, ka buai tep thin. November thlaa Hliappaia ka kal kha ka buai deuh ta ngei a; Pathianni zanah chuan thawk chhuah zawh loh mai hlauhawm titihin ka awm ta hial a. Ka hawn hnu chuan doctor ka rawn ve leh ta nge nge a; chu doctor damdawi min chawh chu ka ngeih phian a; ka natna hi tihdam theih a la nih te pawh ka ring deuh rum rum a. Kum 1992- a doctor pakhatin "Chronic Brinchitis i nih hi; hetiang hi chu a dam thei tawh lo," min tih khum kha a dik vek lo a nih te pawh ka ring hnuhnawh leh ta rum rum a. Ka doctor rawn chu CT Scan ti turin min ti a, CT Scan ah pawh eng mah thil tha lo lutuk chu a awm lo a ni ang.

February 3 khan Lungkawlhah zan hnih riakin rawngbawlin ka han kal a; khua a lo vawt angreng hle mai a. Ka problem pangngai kha a chhuak hman ang tih ka hlau hle a; tlemin ka thawk dan chu a danglam hman hretin ka hria a. Nikuma ka doctor rawn kha hmuh leh ngai a ni tho a, ka hmu leh nge nge dawn a ang ta hle mai.

Hrisel leh dam hi a hlu a; dam reng kan duh theuh. Mahse kan dam reng thei si lo; kan na a, kan thi a; ni tin kan chatuan hmun kan hnaih a ni baw si. Doctor-hote hi mihring nunna enkawltute an ni a; mipui tan an hlu hle. An tawngkam khat avangin kan na zual thei a, kan bei a dawng thei a; kan dam sawt thei a, kan dam hlen thei baw si. Doctor-te hian mi biak dan an thiam a pawimawh hie a ni. Kei pawh 'chronic bronchitis' dam thei lo paiah ka ingai hmiah tawh a; tun hnaih a dam leh thei mai awm mang e ka tirilru hnuhnawh a.

Kei chuan doctor rawn hi ka hreh thin a; ka rawn ve hi

chuan ka beisei aiin an lo tha vek a. An hlutzia hi ka hre chiang zual thin. Ka thlarau mi ve vak loh avangin thuhritu thenkhatin 'damna inkhawm' an buatsaihte hi pan ka tum ve hlei lo a; tawngtai dam thei tihte lah hi ka ngai thupui tehchiam hek lo. A zira zir na na na chuan an thiam ngei turah ka ngai a; zir thiam rau rauah thiam bik erawh chu awm theih a ni. Pathian thu zir rau rau pawh thiam hlei tak an ni ang hian doctor-te pawh degree thuhmun inthiam hleih tak an awm ve thei tho ang. 'Hypocratic Oath' hi an la ti zel em ka hre lo; an ti emaw ti lo emaw mihring nunna enkawltu an ni a; kan lei Pathian an ni ringawt. Doctor rawngbawlna hi hmuhsit chi a ni lo a, ngaihsan hle zel tur a ni zawk e. Hrisel leh dam hi a hlu si. Doctor suakte hi chu rawn loh a him ber. Pathian thu pawh hi a suaka thiam an tarn ta mah mah em aw tih tur a ni ta; ngaihthlakah fimkhur hle tur a ni baw si. ■



## HA LEH KA CHHUNG HRISELNA

Dr. K. Lalhruaitluanga,  
Alpha Dental Care.

INDIA mipui te hi kan dam rei tial tial a. Mihring dam chen a sei zel avang hian ka chhung vawnfai that leh hrisel hi a pawimawh chho telh telh dawn a ni. Ram thang mek India ram ang ah te hian ha nget, ha hni natna chi hrang hrang, ha to rual remlo leh ka chhung cancer te hian pun lam a pan zel a, ram changkang zawk ah chuan heng kan han sawi tak te hian kiam lam a pan hle a, inzirtirna dawn that avang te, ei leh in dan phung tih danglam leh fluoride hmanga ha nget ven hna te an tih nasat vang a ni a. Chhuan hnih thum kalta atang khan India ramah hian ha nget hi a hluar tial tial a, ha nget avanga harsatna tawk hi an tam tial tial a ni. Naupang 80% zet leh puitling 60% te hian ha nget an nei nia chhutchhuah a ni.

Hei hi a chhan ber ni a lang chu khawl atanga siam chhuah ei leh in lam chi - thil nem lam ei nasat vang - fibres tam na kan ei tlem tak vang leh ka chhung vawn fai tawk loh vang a ni thei awm e. Puitling tam tak ha bal leh ha nei lo a an awmna chhan chu hahni hrisel loh avang a ni. Naupang zaa 30 zet te hi ha lo rual rem lo leh khabe invuahdan rualrem lo an ni bawk a, chu chuan ka chhung leh khabe kual khawlohna chi hrang hrang a siam bawk a ni.

Ka chhung cancer hi mihring taksa a cancer awm thei atanga chhutin zaa 30-40 lai a tling a ni.

A chhan chu zuk, hmuam kuhva, sahdah, pan khawr lam chi tih nasat vang a ni. India ramah hian kumtinin Dentist mi 7000 chuang in an zirchhuak ziah anga chhut a ni a, chuti chung chuan mi singthum zelah dentist pakhat zel awm anga chhut a ni, Dentist za zela 80 te chu khawpui lianah an awm avangin thingtlang leh khawte zawkah te ha lam enkawltu an

tlem hle a ni. Thingtlanga cheng tam zawk te hian ha leh ka chhung a harsatna an tawhin enkawl theitu leh enkawl thiam te enkawl na an dawng phak lo a, Primary health centre tam takah leh Community health centre tam takah chuan Dental Surgeon an awm loh avangin damdawi in awmna khuaa mite pawh hian harsatna an tawk ve tho a ni.

Hemi a nih avang hian Ha leh ka chhung vawnfai kawngah hian kan ram hi la hnu fum viau rih mai a, mipuiten zirtirna tha an dawn theihna tur leh an lo hrisel theih nan India sorkar laipui chuan kum 1995 khan National Oral Health policy a duang chhuak ta a ni.

Ha chi hnih - ha hlam leh ha tak kan nei a, ha hlam hi a za in 20 a ni a, hmui chung lam ruhah sawm leh khabeah sawm a awm a, ha hlam te hi an tangkai hle mai a, hmel lan dan a siam a, lan dan a tih mawi mai bakah nuih a timawi a, thil thial nan a tangkai hle. Tawng a pui a, tawng a ti fiah a, ha hmai te hian thu lam a ti

fiah a, khabe than chhoh nan a pui hle a, ruh than a tichak bawk a ni. Kan thil \hial hian ruh insiam leh than nan a pui hle. Ha hlam te hian ha tak ngil leh rual taka a \o theihna turin a pui bawk a ni. Ha hlam hi a tlangpui thu in thla 6-ah a \o tan a, ha hmai hnuai lam hi a \o hmasa ber thin, kum 2- 2 1/2 an lo nih meuh chuan ha 20 a \o kim tawh thin.

Kum 6 atanga kum 12 inkarah chuan heng ha hlam te hi a thlak tu ha tak rawn \o na turin a khat tawkin a tla chho pheuh pheuh a, kum 12 chho ah chuan ha hlam a tla fai deuh thaw a, mi thenkhatah chuan kum 13-14 an nih thleng pawhin ha hlam a tla kim lo ve bawk. Ha tak ha hmai hnuai lam a to hian lei hnaih lamah a rawn to chhuak ve fo a, ha hlam nghet taka a to bawk chuan ha hlam te hi a phawi a ngai thin. Nu leh pa thenkhat ten an hriatthiam loh ve thin chu ha tak lo to hun laia ha kar awng zau hi a ni a, ha kar zau hi ha tak a lo to in a hnawh chip tial tial a, a lo rual ve leh mai thin.

Ha nget hi a kum tel in a pung tial tial a, kum 1947 vel te kha chuan India mi zaa 35 te hian ha nget an nei anga chhut a ni a, tunah hian mihring zaa 60 te hian ha nget an nei a chhut a ni.

Ha nget hi a tirah chuan a na lem lo a, ha a lo nat tawh chinah chuan enkawl dam leh turin hun a duh rei a, a lo chhiat viau tawh chuan phawi a lo tul thin. Chuvangin ha enkawl that leh ha nget hmuhchhuah thuai hi tih makmawh a ni.

Ha nget thlentu thil pathum te chu- Ha fai lo, thil ei ningnawi chambang rei-sucrose leh glucose (fermentable carbohydrates) leh ha a bawlhhlawh tan duhna bik khuar leh ha mam tha lo.

Heng thil pathum inkawp te bakah hian chil ngah leh ngah loh in ha nget awm thu ah kawngro a su hle.

Ha nget hi ha khuar leh thil ningnawi tan duhnaah a awm duh deuh a, ha mam tha laiah pawh tihfai that loh chuan a awm thei tho bawk, ha leh ha

inkar chip laiah pawh a awm fo bawk, ha nawhfai that loh leh nawh uluk a nih loh chuan.

### **Ei leh in leh ha nget chungchang:**

Bur hmanga nau hnute pek an nihin an ha nawh fai that sak an nih loh chuan ha nget a siam awlsam hle a. Ha insiam chhoh hun lai hian ei leh inah Calcium, Phosphate leh Vitamin D te tam se ha a tha duh bik a, nu in nau a pai lai ngei pawhin ei tam a tha a ni. Toffee, kurtai, chocolate, sweets leh ha a bet duh chi kamram leh ei leh in te hi ei tam loh tur a ni. Chithlum leh chini te, ha a bet chi lam te hi ei tlem a, ei lo thei loh anga kan ngai a nih chuan emaw, pe lo thei lo dawna kan inhriat chuan ei hun bik siama ei zawhah tihfai sak vat tur a ni. Chaw ei leh chaw ei inkar hunawlah hian kam ram lam chi emaw kan ei a nih pawhin Vaimim, thei, salad, cheese, badam lam chi te ei hi ha in a ngeih zawk a. Ha a to chinah chuan naupang bura hnute hne thin ten zanah hnute mut hnan tur chuan pek

loh tur. Hei bakah hian theitui siamsa -fruit juice leh a dangte pawh pek loh tur. Naupangin kum a tlin tawh chuan bura hnute pek tihtawp a tul ang. Ha nget venna atana hman lar leh tha tak chu Fluoride hi a ni.

Lui sa lam chi-ah te, thingpui senah te a awm tha a. Fluoride awm tamna lam hi ei tam pawh a tha a ni. Ei leh inah hian ni tin 0.5-1.5gm tal Flouride hi tel thei se duhthusam a ni. Ha nawhna hlo kan hman pawhin Flouride awmna ngei hman a tha. Chawhmeh thlai hnah lam chi leh thei lam te-hi ei fo tur a ni a, ha tan a that bakah khabe tan pawh a tha. Ha nget ven nan hian uluk tak leh fai taka nitin Ha nawhna- Toothbrush

hmanga ha nawh fai ngei ngei tur a ni a, Ha hi chhuk chho zawngin dim taka nawh thin tur a ni.

A lang lai leh lang lo laite poh uluk taka nawh a tul a. Hei bakah hian kam\ huahna damdawi tui hmanga kamthuah hian ha nget a veng tha hle bawk a, Chlorhexidine leh Fluoride telna ngei hmanga kamthuah thin hi a hrisel. Hemi bakah hian ha kar tihfaina lazai sin-dental floss hmanga ha tihfai hi ha leh ha inkara ha nget ven nan a tha.

Ha nget ven nan Flouride hi a tha hle a, a hnawiha hnawih chi Flouride hman hi a sawt a, Fluoride varnish te pawh hman a tha.

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- \* “Inkhawm te hi ngaihsak ve deuh teh” an tia,  
“Ka ngaihsak alawm, an lo bang dawn tawh em tiin ka lo thlir ka lo thlir \hin asin” a’n tiah.
  - \* Eng sa nge i ei theih loh? an tia...  
“Sa ruh” a’n tiah  
A dik ka ring.
  - \* Khawhar inah ding meuhin haleluiah chorus a rawn thlang. Tinge hetiang te i thlan khawhar ina sak chi pawh a nia mi?

## ZURUI CHATTHLA

- Vanlalfakveli, LCMC & H, Lawngtlai

urui chatthla kan tih mai chatthla hlen ta daih hi hriat tur an awm leh zeuh zeuh thin. Casualty-ah hian an rawn hruai fo a, thenkhat chu thi sa titih-a an rawn hruai chhan hmanloh te an awm a, thenkhat chu chau tawngkhawng leh nikhaw hrelo te pawh an awm bawh thin. Tui tlakchhamna (Dehydration) leh taksaa thlum (Glucose) hniam lutuk avanga taksa chaklo satliah an nih chuan enkawl erawh an ngeih hle a, drip-te han khai chuan an lo chak ve leh thuai mai thin. A ngawlvei chin leh in rei tawh ho erawh an thin te a lo chak tawhlain pumpui l<sup>^</sup>wng te an nei tlangpuia enkawl zui te pawh an ngai thin. Heng an rawn hruai chin dinhmun angah hi chuan enkawl na dawng hlawm lo se an hmabak chu chahthlak hlen a ni tawh mai.

Thil ei lova an awm reng avang hian an taksain tuiril thlum leh vitamine a tlachham tlangpui a, tuiril tlakchhamna nasa tak avangin hypovolemic shock neiin nikhaw hrelain an awm thei a. Tin, an taksa a thlum a lo tlakhniam vak avangin hypoglycaemic shock neiin nikhaw hrelain an awm theih bawh a ni. An taksa a chauin an zawi ngawih ngawih a; luna, luak chhuak, irhfiak reh theilo, taksa na, vai deuh riai, luhai, kaih, dang ro leh tui hal huam huam tein an awm thin. Tuiril telloin kan taksa

khawl hrang hrang hian hna a thawk thei lo va, Dehydration nasa lutuk hian taksa hnathawh hrang hrang ti khaihlakin kal te pawh a tichhe thei a, thluakin thisen a hmuh tur ang a hmuh that tawh loh avangin nikhaw hrelain a awm theih bawh. An taksain chaw tha a tlakchham avangin natna hrang hrangin a tlakbuak hma em em bawh a ni.

Zu in hian chaw thlah reng reng loh tur a ni a, vawi khata ei tam a harsat deuh pawhin tlem te te a ei deuh sek mai tur a ni. Thenkhat chu kar khat

dawnte chaw ei miahloin zu ringawt an in a, eng emaw chen chu zuin a chhawk hlawm avangin na leh chauh an hre lova a tawpah chuan an lo chau tawngkhawng nge nge thin. An pumin engmah pai theiloin an uak vak vak a, hetia an uak vak vak hian thin chaklohna a thlen chaw kawnga vein puar (Oesophageal varices) nei tan phei chuan vein hi lo \ang marin a keh palh thei a. Chuta tang chuan thisen nasa tak chhuakin an pumpuiah a luanglut a, chu chu an luak chhuak leh emaw ek dumah a lo chang a, thisen hloh nasat avangin a thih thut theih a ni. Hetiang dinhmunah hi chuan thi danna pekin awmzia a nei thui tawh lo va, enkawl pawh a khirh tawh hle thin. Zu in mi tan hian accident hrang hrang tawh a awlsam bawk a; Motor khalh loh a him a, tlak hlauhawmna hmun sangah te lawn emaw thut ve loh tur a ni.

Zu in mi kan nih pawhin chintawh hriat tur a ni, taksain a zawh dawnloh chinah chuan ban lailawh nachang hriat te hi a tha hle. Tin, sawi takang khian chaw emaw taksa tana

tha tur ei leh in thlah reng reng loh tur a ni. Thin chaklohna hrang hrang nei tan thlai tharlam, thei leh ei tur tha a pawimawh a. Abikin parawl leh enkawltu mumal neilo tan fimkhur a ngai zual, mahni chauha lo thih thin reng hi awl tak tur a ni. Zu in mi chhungte tan pawh fimkhur a ngai, an duh thuin an ina an nih nih ni hlawm mai rawh se ti mah ila an chahthlak hlen chuan kan inchhir leh dawn tho a ni. Chaw an thlah rei tih kan hriat chuan an zu rui muhil te hi chika en uluk deuh tur a ni. An lo \amchhawl tawngkhawng tawh thina an muhil emaw kan tih lai hian an lo thi reng thei a ni.

Heng zu in kulchaw ho hi chau takin damdawi inah an rawn lut a, an damloh lai chuan mangangin sim tum viau hlawm mahse an in leh nge nge thin. An tha deuh a damdawi in atangin an chhuaka, an zu in pui thiante nen an han inhmu khawm leh a an inthlamuan tawna, "chumi - khami pawh chuti - khati chuan a awma a tha leh tawh, a ho emai Doctor ho sawiang hi a lo ni tak tak

lo" tiin an inhnem tawna an in leh nge nge thin. A tawpah chuan damdawi inah baw an rawn tlu lut leh a, vawi tam luh erawh an daih bikloa a tawpah chuan kan inthlahliam hlen nge nge thin a ni. Damdawi ina ka thawh tirha zu avanga rawn lut thin te kha tunah chuan an thi vek tawh a, kum 10 chung hian batch thum vel chu an thi mang tawh awm e.

Kan tunlai khawvelah hian zu avanga thihna leh buaina hi a nasa em em a. Mipa vanglai hun kum 20 atanga kum 40 chho vel thih chhan tam ber pawh hi ka thawhna Hospital atanga ka lo chik ve dan chuan zu hi a ni tlat a ni. Casualty-a Emergency case tam ber pawh a malkhai chuan zu kaihhnawih hi a ni tlat. Hei hi Mizoram pum dinhmun pawh a nih tho a rinawm.

A tlangpuiin zu in mi leh ruihtheih thil ti ho hian an ruih tawh chuan pawisak an lo nei tlem deuh nge nge a, mipat hmeichhiatnaah pawh an in thlahdah tlangpui thin. Thenkhat phei chu kawppui nei reng chung a mi dang kawp an

ching a, heng ho hi an thisen te pawh a thianglimlo duh bik. Damdawi ti ho hi chu tlemin kan en dan a lo dang deuha an lakah pawh mi pangngai chin chu kan fimkhurin kan inveng deuh thin, zu in mi erawh kan ngaizam deuh ni hian a lang. Zu in mi rau rauah pawh a \awng deuh an awm laiin mi zahawm leh pangngai taka ngaih, hna zahawm tak thawk leh thenkhat phei chu kohhran leh khawtlanga inhmang tak si, a ruka zu ngawl vei an awm baw a. Heng ho hi chuan chungkaw pangngai tak neiin nupui te pawh fel tak tak an nei a, amaherawhchu sawi tak ang khian ruih ching mi na na chu an ngaih a samin pawisak an lo nei tlem deuh nge nge a, sex ah an inthlahdahin natna thalo tak tak an kai a, an nupui pawisawilo leh chhuakvak tlem zawkte an kai chhawn fo thina a paw hle a ni. Natna dang avanga damdawi ina lo lut, zai leh thil avanga lohtheihloha thisen en dik (screen) ngai an awm thin a, heng atanga hmuh chhuah rinloh deuh deuh thisen thianglimlo hi an va tam ta em! Hmuhchhuah loh hi engzat tak awm ang maw!■

C. Zoliana  
Supdt. Pharmacist (Rtd)

**K**rismas kan tih fo thin hi kan Mizo tawng a ni lo va, Latin tawng, English-a hman tak niin a lang. 'Mas' tih awmzia chu sacrament chi khat, Pathian biak nan kohhran hmasaten an lo hman thin a ni a. 'Krista ruai' emaw, inthawina emaw Kristian-ten an lo hman thin a ni a, AD 350 vela hman tan a ni an ti. Tun thleng hian kan kohhran pawhin kan ngai ropuiin, kan hlut em em a ni. A hun lai a thuin a danglamin hman dan a va nuam hlei ta em! A hre ve lo tan chuan mumang ang chauh a ni ang chu le.

| hang hnih liamzet a ni ta. Kan hman ve dante lungleng takin ka'n sep ve teh ang. December ni 25 hi kan hre ngai lo va, tahrik leh sana leh calendar te awm ve hek lo, zirtirtupa (PS teacher) inah chauh MONKUMARGUHA tih intar chu kan hrethiam ve mang lo a ni. Khaw khatah kamding pakhat emaw lek an awm a, mi dang chu lo nei mi vek kan ni.

Thlasik buh seng lai a ni a. Ram riak tho takin kan haw a. Lawmnu hluite chhawl thui nan Chuailo, Zamzo,

Artukkhuan, Sappuipar nen, 'Ka thlang thiam bil lo che Di thuai nan' ka ti ve zuk nia. Mas hmang tura chawlhkar khat lai hnathawh loh chu kan nghahhlelh ber a ni thin. Ke sir khi pawh a mam deuh ngei ang le. Bialnute chawn leh ngal chat tunlai angin hnawih tur awm hek lo, mawi kan ti ve tho thin asin. Chhawrthlapui eng, zan daifim pawisa lova Mas rorel tura pa ho kalkhawm chuan, 'Khualkhuaah Sechal kaih tur' tih an han rel meuh chu khawtlang titi a khat nghalin nunau an hlim teh asin. Val tlawmngai leh pathlawi



hoten Vau hrui leh Khuang-khau hrui akin zan thum lai an riah hnuah Sechal hmai rang an rawn kai chu, naupang au leh uisen rawl nen, tlangsam par an rawn t<sup>^</sup>r a. A thlengtu mual kilin lian deuh an han thlung ta ngur mai a. Tunlai ang hian naupang intihlimna awm ve hek lo, Mas Se chaih a, dimna nei hauh lova han vuak lim vel chu kan nghahhlelh chhan a ni ve reng a. Khaul a Sekai hawngte chu an bal deuh tawh a, fenthlira chingal fir kengin zotui thiengah lu su, inbual turin ram awmpawng nen fai takin sabawn tel miah lovin an inbual thin a. Lifebouy, surf leh shampoo te chu kaha! Heng hun lai hian kohhran chu Mas programme-ah a inrawlh vak ngai lo.

### **URLAWK TLAIVAR ZAN**

Inkhawm banah len-khawm chu kan han tan a. Val-upa khuangpu puan veng, ke khi hrek hrawk, lu hram deuh, hmuihmul pawh ziat lo, hnar hmul lang deuh sung khan khuang chu a rawn chang a. A rawl pawh mi baka tha a ni ang e. Vawk chaw pekna thirbel

lianin a laiah mei kan han chhem a, Lal\in eng vak lo DIPTI chhiin bul kan han tan chawt a. Sana te awm ve hek lo, zanlai ar khuan hun chuan zai a tui tan a. A vawtin vurte a lo tla tan a, thawmhnaw lum engmah la nei ve hek lovi le, Ludhiana wool Rs 12.50 man, dumpawl kha bialnute nen inzawnin hma lam tlin chiah lo hian long clothe kawrtha ha in kan inkuah chial mai chu, veng dangah Mas an hmang ve tih pawh kan hre ne'm.

Zan a lo rei a, hla bu-te hlui, a kawm tla, zawr tawh taka mi, 'Min hmangaih hi tuma'n an hnial thei lo ve' tih sak ve leh a ke zungpuia min han kheuh zauh mai chu Arial hlawh lak aiin a ngaihthatthlak zuk nia! Rilru nei deuh val chu a hma lam engah hian an thu ngai lo va, tlar hnung deuh vah zai laia sese-a thu sawi theihna hmun thlan an ching fo thin. Khawvar ar a lo khuang a, Mizo chhangban leh thingpui sen leh kurtai an han sem a, a aia sang engmah kan phut lo, kan beisei pha hek lo. A hnuah hla kan han sa leh a, veng

mawng nuthlawi, bahsam kir deuh khan hla a'n hril leh a, 'Aw hmangaihna ka sawi seng lo na, ka ngawi thei lo,' sak lai takin a rulh ve nan puan chhanah han sik ve hlak ila, an lawm zawk daih nia. Tichuan, chhun a in lama mu tur chuan kan haw ta a. Tlaia Mas sa duh tawka ei chu kan hmabak ta a ni.

Biak-inah Krismas kan hmang ngai lo va, tualzawlah thian duhte nen hming phela in kovin, duhtawkin kan ei ta thin a ni. Saalna tur chite hi naupangin in tinah an khawn a, hmeichhe thalaiten satui an hawp ve ngai lo.

Hetih hun lai vel hi chuan sa a vangin naupang leh tlangval ten sa kan ei khat em em a. Mas sa ei hi kan chakin kan nghakhlel em em thin. Zanhnihna kan tlaivar leh a, a tukah kan nawn dawn tih hriain kan zai tui thin hle a ni. Tlangnu, tlangpa tling deuh an tui chuan kumthar thlengin (kan nawn a) ruai kan \heh zawm chang pawh a awm. Kan zai tui a, lung a len chuan Lalpa hausakna kan tawmpui mai a ni.

## KUM THAR LAWMM

Kum hlui thlah zan chuan kan tlaivar leh a. Kum thar, January ni 1 chu ruaiin kan hmang leh a. A lungleng deuhten Bawng emaw, Vawk emaw an thawh a, mitha leh retheiten kan kil tlang vek thin a, a va hlu tak em! Heng hun lai hian sa a tlawm a, Sechal pawh ` 200 atanga ` 300 te chauh a ni. Kum thar hun lai hi lunglen hun lai a ni fo thin. Thiam taka zaia romei zam chuk laia sechal ki han vuak buk buk mai chu bengah hian a cham rei duh teh asin. Kum thar kan \iak a, pawlbuk lama hnathawh kawr nena han liam meuh chu, sulhnu a lo \hing a, bukthlam tualah Zamzo, Derhken leh Chuailo parte chu 'In hmang nuam ve em?' han tih mai a awl teh asin.

E khai! Mimsirikut leh | huva ten buk vel thingro zara lunglen min han hnem a, urhsun taka an han chukchurukurh chu Di ngaih lunglen baka khawtlang lunglen inkawp chu, val kan kur a ni ber mai. Kum leh Mas chu a va rei dawn em!

<p>Ka dawn ngam lo, hmanah Lal pian ni champha Tlaikhua kan var leh dawn lo'm ni, Ainawni?</p> <p style="padding-left: 40px;">Heng hun lai hian lirthei - car te, halpuah te, incheina tha te, mobile te, TV te, engmah a la awm ve lo. Kan neih, kan</p>	<p>chan tawkah kan lung a awi em em mai a ni. Natna - cancer, HIV, hepatitis leh septicemia te chu vana rah ang mai a ni. Rinawmna leh taknaah pawh kan urhsunin kan thianghlim a, tunlai thangthar ho Krismas te zawng a ho lutuk e, sual nan chauh an hmang ang tih a hlahawm khawp mai.</p>
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### **Mawitea huang**

- ▼ “Inkhawm te hi ngaihsak ve deuh teh” an tia,  
Ka ngaihsak alawm, an lo bang dawn tawh em tiin ka  
lo thlir ka lo thlir \hin asin” a’n tia’h.
- ▼ Eng sa nge i ei theihloh? an tia...  
“Sa ruh” a’n tiahh  
A dik ka ring
- ▼ Khawhar inah ding meuhin haleluiah chorus a rawn  
thlang. Tingge hetiang te i thlan khawhar ina sak chi pawh  
a nia mi?
- ▼ An hnathawhnaah khan thosi a tam deuh a ni ang, a  
benghlum seng si lo a ning tawh lutuk khan “Mi thisen  
ringawt ring lo hian inhlawh ve mai ula....” an tia.
- ▼ Vantlang lenkhawm na hmunah inla confi tawkin thu  
a rawn sawi ve ringawt....
- ▼ “Tunlai khawvel thiamna kal zelah, Computer te...  
Internet te... (sawi chhunzawm leh mai tur a hre leh tawh  
siloo0)... Zawite in... Boxing te....” an tia.

## HIV THO

Dr. Lalhriatpuia  
MD (Psychiatry)

Tunlai chu khawi hmunah pawh kal ila, phone han khawih dek dek ila, kan hmuh tam ber chu HIV tih hi a ni. Chu mai pawh a ni lo huai tak taka social media lama diriam pawl lah kan tam. HIV hian kan titi a luah nasa in, Biak in lamah pawh kan sawi rik nasatah a \ang ta zel mai. A sawi thiam deuhin an sawi pheih chuan Mizote a hnam anga beidawngna rum rum tham a lo ni ta hial mai. Heti em ema sawi nasat natna chu a inkaichhawn danten a lo zir lo bawh nen, mipui mimir zingah a thinhrik zawng leh a veia te dem em emna a lo lian ta hle mai. A vei nia kan hriatte chu thilmak thlirin kan thlir a, kan ten a, dem takin tawngka kan nei zui bawh a. Chuti na na chu HIV kai tih inhriat chuan a beidawng thlak ve duh ngawt ang. Natna hlauhawm em em a kai a, chutah mi dang zawng zawngin an thinhrik bawh si nen, ava lungchhiatthlak dawn em. Chuvang a ni ang a kai tharten Depression neia an rawn in entir sup sup ni, natna hlauhawm dang hmuchhuah tharte lah an rawn kal ngai mang si lo.

Natna pakhat hetih em em a kan thinhrik hi mak ka ti khawp mai, eng vanga heng natna hrik kai hi thinhrik em em nge kan nih le tih chuan ka rilru a luah ta riau mai, vanduai deuh deuh chanchin ka hriat belh zel nen. Chutah, a damdawi ber ART lak te pawh hi thil zahthlak taka ngaiin la duhloh phahte pawh

an awm teuh dawn a nih hi tih chuan ka rilru a hrui thui ta khawp mai. Chuta zawhna lo awm ta zawh chu, 'Engvangin nge hetih taka natna pakhat kan thinhrik em em le?' A chhan hrang hrang kan dap ta a:

1. Tihdam theihloh natna a ni a: Khawvelah hian natna tihdam theihloh natna hi a va tam em.

ART lo tha zelah natna control theih, ei that phei chuan dampui reng theih an ti bawk sia.

Cancer lah kan dampui reng hleitheih bawk si lova. Chutah BP sang leh Zunthlum, natna langsar tak takte pawh a tihdamna awm lo, control-na chiah awm a ni ve tho bawk sia.

2. Sex vanga kai a nia: Sex vanga kai natna hi a va tam em, ngati nge HIV anga diriam an hlauh ve loh le. Kan statistic en ila, Dan 2-naa nupui pasal nei kan tam zawka, Dan 1-naa neite zingah pawh engzah tak hian virgin-in nupui pasal nei ang le? Engvangin nge a vanduai palhte kan diriam bik viau ang le?

3. An thlarau nun an hlauh: E KHAI A... 'Sualna nei lo chuan deng rawh se' titu hian HIV positive an nih vangin vanram chahbi a kalh hi kei zawng ka ring theih lo. Pharisai taka hmusittute tan hian a kalh zawk ang tih a hlauhawm khawp mai.

4. An thlahte an positive zel dawn sia: HIV positive ve ve, ART la ve ve in fa positive ve lo an nei tlat mai.

He ka thu ziah hi HIV ngaihnepe emaw, sawi hlauhawm lohna lam a ni lo, kan ngaihdan thlak danglam nana zia ka ni. Kan inveng tha reng tur a ni amaherawhchu, HIV hi i thinhrik lutuk lovang u, kan thinhrikna hian a tih tlem phah si lova, thil duhawm loh zawk a thlen phah zawk bawk si a. Kan thinhrik em em chung chuan HIV positive tharten Depression an nei tel zel a nga, in rinhlal si in test ngam lo kan pung zel a nga, HIV positive in puang ngam lo kan pung zel anga, ART lak a zakthlak ngawih ngawih anga, la kan tlem tual tual ang a, thehdarh duhna rilru soal kan inneih tir palh anga, tlem lam aiin pun lam kan pan tial tial ang tih a hlauhawm khawp mai. He natna darh zel tur ven nan hian mipui mimir hian kan diriamna hi i ti tlem zel ang u. ■

## KEIMAHNI

◆ National Health Mission leh IGNOU tangkawpin Civil Hospital Aizawl a study center a hawn thar Bridge Programme Certificate in Community Health for Nurses (BPCCHN) batch hmasa ber result chu ni 12.10.2019 khan a tichhuak a, 1<sup>st</sup> batch-ah hian mi 10 awmin an zavaiin an pass vek a, pass chhuak thar zawng zawng zawng te hi Sub-center-ah dah nghal vek an ni a, tunah hian zirlar 20 2<sup>nd</sup> batch ah hian an awm mek a ni. Doctor te leh Academic Councillor te inpekna a lawmawm takzet a ni.

◆ November ni 2, 2019 khan Taxation Auditorium, MINECO-ah National Health Mission, Mizoram in ni 3 chung awh NHM hnuai a programme hrang hrang te hnathawh thlirletna hun Review on Health Programmes under NHM chu Dr R. Lalthangliana, Health Minister chuan a hman pui a ni. Health Minister chuan tun dinhmunah Health Indicator pawimawh tak,

hriselna kawnga tehfunga hman ber pahnih IMR leh MMR-ah te pawh India ram pum dinhmun nena khaikhin chuan kan tha sawt viau a. Hei hi thawktute inpekna rah a ni a ti a. Hetih lai hian AIDS/HIV-ah kan dinhmun a chhe lutuka hnam dangte hmaah pawh hmai a uang thei tawh lo va, Damdawi In leh Health Department a thawk zawng zawng te bakah ram mipuiin kan ngaihvena engtin nge kan insiam that ang tih kan ngaihtuah tlan a ngai a ni a ti.

◆ November ni 2, 2019 khan Taxation Auditorium, MINECO-ah State Level Reproductive and Child Health- Half Yearly Review neih a ni a, he hun hi Dr. Eric Zomawia, MD, NHM in a kaihruaia, Dr. Lily Chhachhuak, SPO(RCH) hnen atangin report tawi ngaihthlak a ni, hemi hnuah hian Damdawi in lian leh te zinga hnathawk tha te hnenah lawmman sem a ni. Lawmman dawngtute chu Sub Center tha ber : Serkawr

SC, Primary Health Centre tha ber: Sangau PHC, Community Health Centre tha ber: Biate CHC, Sub-district Hospital tha ber : Kulikawn SDH leh District Hospital tha ber : Aizawl Civil Hospital te an ni a. Special Award, SNCU, Aizawl Civil Hospital in a dawnga, Outstanding Performance Award, Aizawl East District leh Best Performing District, Aizawl East District baw ten an dawng a ni.

◆ Dr. C. Lalsangzuala, Alpha Hospital, Kulikawn, Aizawl chuan Sialsuk PHC a hman tur Naupai laia naute lungphu enna khawl (Foetal Doppler) a pe.

◆ November ni 11, 2019 chawhnu khan Mizoram State AIDS Control Society a thawktute leh Mizoram Kohhran Hruaitu Committee a hruaitute chuan Health & Family Welfare Department Minister pisa, MINECO-ah an thukhawm. Minister Dr. R. Lalthangliana chuan Mizoram a HIV positive awmzat chu India ram a HIV kai zat hrut

ruah let 10 vel a nih thu sawiin Department pakhat chauh hmalakna a he natna khirh tak darh zel hi ven theih a nih loh thu a sawi a, Sawrkar department hrang hrangte thawhhona bakah tlawmngai pawl hrang hrangten theihtawp chhuah a tan kan lak tlan a tul thu a sawi. Dr. Lalthlengliani, Project Director, MSACS chuan Mizorama HIV darh dan kawng hrang hrang te, a hmuh chhuah dan te, natna vei enkawl dan te leh Mizorama AIDS dinhmun tarlanna hun a hmang baw. Mizoramah hian Sawrkar pisa khar ni chhiar tel loh in ni tin mi 9 HIV hrik pai hmuhchhuah belh ziah anga chhut a ni a, kum 2019 January thla leh September inkar hian Aizawlah 843, Champhaiah 84, Kolasibah 94, Lawngtlaiah 11, Lungleiah 120, Mamitah 55, Siahaah 14 leh Serchhipah 36 hmu belh a ni. HIV hrik pai hmuhchhuah tawh zingah kum 14 hnuai lamah 3.17%, kum 15-24-ah 23.03%, kum 25-34-ah 42.38%, kum 35-49-ah 26.46% leh kum 50 chung

lamah 4.96% anga chhinchhiah a ni a, kum 2018-19 khan nu naupai zingah HIV hrik pai mi 208 hmuhchhuah a nih laiin kum 2019-20 (September) thla thleng khan HIV pai mi 88 hmuhchhuah a ni a, nu naupai zingah HIV hrik pai hi kum hmasa aia tlem zawk anga chhinchhiah a ni.

◆ Mizorama a vawi khatna atan vawiin khan Department of Community Medicine, Zoram Medical College chuan Directorate of Census Operation, Govt. of India leh AIIMS, New Delhi tangkawp buatsaih in Aizawl District chhungah Part-time enumerators-te tan " Verbal Autopsy for Maternal Death" training neih a ni. He training hi India

rama project thar MINErVA hnuai kalpui niin, a tum ber chu nu nau chungah thihna (maternal death) a awmin thihchhan mumal hriat loh emaw doctor lehkha nei mumal lo te an thih chhan dik tak chhui chhuahna atan a ni. He training hi ZMC Director Prof. L. Fimate in a hawng a, Dr. Subrata Baidya, Tripura Medical College leh Dr. Baridaylne Nongkynrih, AIIMS, Delhi-a mi ten training hi anrawn pe a ni. He training hi Pu Subasish Chatterjee, Deputy Director, Census Operation, Govt. of India leh Pu G. Vasantha Kumar, Assistant Director, Sample Registration System (SRS) ten anrawn hman pui bawk a ni.

◆ **Civil Hospital October, 2019 OPD report:**

OPD leh Casualty a damlo enzai : 41433

Damlo damdawi ina dahluh zat : 1259

Naupiang zat - Hmeichhia 209, Mipa 206

Damlo zaipui tawkat : 605, Damlo zai te nau : 934

Damlo zai zat : 1539, Investigation leh follow up : 93859

Damlo Aizawl pawn a refer zat : 340

AB-PMJAY hnuai a damlo admit zat : 509

MSHCS hnuai a damlo admit zat : 19

Mitthi awmzat : 44, darkar 48 hma -11, darkar 48 hnu-33

Khum awm zat : 270, Khum luah reng zat : 85.7%