



IDSP BULLETIN

Integrated Disease Surveillance Programme, Directorate of Health Services

VOL- I

ISSUE NO. I

Dt. 24.5.2018

IDSP State Surveillance Unit, Aizawl, Mizoram

SCRUB TYPHUS (RANNUNG SEH) NATNA BIHCHIANNA

Rannung seh natna kan tihmai, *Scrub typhus* hi *Orientia tsutsugamushi* natna hrik in mihringa natna a thlen hi ani. *Tsutsuga* awmzia chu hlauhawm tihna a ni a, *mushi* tih chu Tuhrik (mites) tihna a ni a, Tuhrik (Trombiculid mites) te hian Transovarial (a puiin a note ah) leh transtadial (a note in a pui anih thleng an inhlanhchawng) transmission in heng natna hrik hi an keng kual thin a ni. *Scrub typhus* hi kum 1899 khan Japan ramah chiang taka hriatchhuah hmasakber ani. A hming *Scrub typhus* tih hi he natna lo awm tan duhna hmuna hnim hming **Shrub** (hnim lianlo) atanga phuachchhuah ani. He natna hi kumtin mi maktaduaih khat velin an vei thin a, a veite hi enkawl na mumal pek an nihloh chuan za a sawmthum velin an thihpui thin a ni. He natna hi Tuhrik *Scrub typhus* natna hrik pai in mi a seh atanga ni 10-12 chhungin a langchhuak thin ani.

Rannung seh natna (Scrub typhus) thehdarh anih dan

Scrub typhus natna hrikte hian inthlahpun nan leh thanlen nan (reservoir), sazu lam chihoh (rodents) te hi an hmang a, heng sazute atang hian tuhrik in natna hrik chu lachhawngin mihringah an thehdarh ta thin ani. Tuhrikte hi an te hle a, chi (species) tam tak phei chu mit lawng in an hmuh theihloh a ni. India rama he natna thehdarhtu tuhrik (vector) chu *Leptotrombidium deliense* ani a, Japan leh khawchhak lam ramah te chuan *Leptotrombidium akamushi* in a thehdarh thung ani. Tuhrik sehna ah khan hmuam hma (eschar) pankhir alo awm thin a, he natna hmuhchhuah nan a tangkai hle a mahse heihi 40-50% ah chauh a awm thin ani. Mite (Tuhrikte) hian an damchung hian pianhmang leh nihphung danglamna (life cycle) chhawng li an kal tlang thin a, chungte chu, Egg, Larva, Nymph leh Adult te an ni. Larva an nihlai chauh hian he natna hi an thehdarh thei a ni.

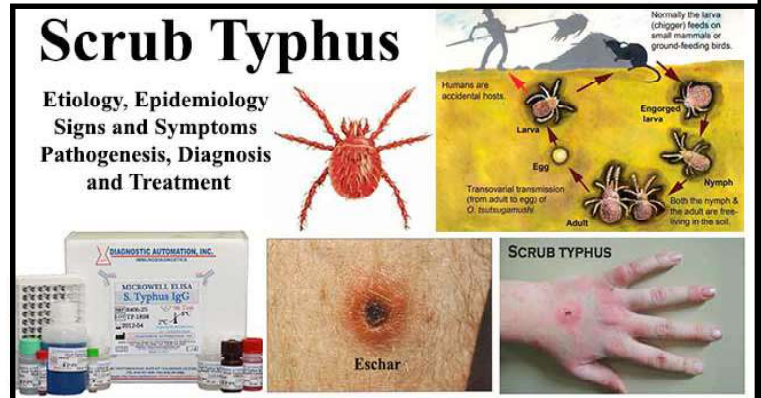
Natna awm duhna hmun te

Khawvel hmun thenkhat ah chuan he *Scrub typhus* natna hi engtiklai pawhin a awm reng a, heng hmunte hi “**Tsutsugamushi Triangle**” an vuah a ni a, India ram pawh hi a telve ani. *Scrub typhus* natna lanchhuahna leh awmduhna hmunte chu:-

1. Mites (Tuhrik) awm duhna hmun, rambua leh dai hnim hmunte.
2. He natna hi hmunbik huam zau vak lo ah a thleng thin.
3. He natna do letna neilo an tamna hmun ah.
4. Hun kal tawh a rannung seh tawng ngai lo te ah a thleng duh bik bawng.

Rannung seh natna dinhmun

India ramah hian, he natna hi natna lo awmtawh thin, lo lang nawn leh re-emerging disease anga ngaih a ni. He natna tamna hmun te chu, Sub Himalayan Belt, Jammu atanga Nagaland te, Himachal Pradesh, Sikkim leh Darjeeling ah te a ni. India chhimlam ah chuan he natna hi khaw vawh laiin a thleng deuh ber a ni. He natna hi sik leh sa in a hril thui em em a, Tuhrik lam chi te an inthlahpun chak dan in a hril thui hle bawng a ni. Dan naran in he natna hi Furah leh favangah ah a lang chhuak tam ber a ni. Heng Ramngaw thiah darh na hmun te, luikam te, phulhmun te hi Tuhrik te tana inthlah punna hmun tha ber a ni. India ram hmun hrang hrang hian he natna hian pun lam a pan zel a, buaipui tham ani. Mizoram hian engtik lai tangin nge he natna hi alo awm tawh hriatchian fak a ni lova, amaherawhchu Mautam hun lai atang khan he natna hi a hluar vak ani tih erawh chu a hriat theih thung ani. Health Department hnuai a, IDSP te chuan kum 2012 atang khan District hospital te leh private hospital thenkhat atangin he natna data hi a lakhawm tan a, tun thleng hian mi 1501 vei awm tawhin mi 37 in an thihpui tawh bawng ani. Private clinics leh private hospital thenkhat te atanga data hi lakhawm theih



a nih loh avangin a vei zat leh thi zat hi hei ai a tam viau tura ngaih a ni bawng a ni. Malaria tih loh ah chuan rannung atanga kai natna (vector borne diseases) zingah Mizorama buaipuiawm ber ani tawh a ni. 30.09% lai hi Aizawl khawchhung a mi an ni.

A natna lanchhuah dan

Tuhrik seh hi ana lem lova, thak ang in a rawn lang chhuak a, vun nemlai zak hnuai ah te, kapkarah te, dulah te leh nghawng ah te a seh duh bik a ni. Tlun/ khurh leh khawsik, nasa taka luna, mit vel sen rem rum, thal thoh leh hnungzang vela thak bawng angte in he natna hi a rawn lang chhuak thin a ni. A chang chuan tihrawl leh pumnate pawh a thlen bawng a, a nasat phei chuan thisenzam chat te leh thisenzam block te a thlen thei a, Pneumonia leh thawkna lama harsatna te pawh a thlen thei bawng a ni. *Scrub Typhus* natna hi thisen ekzam atangin a hmuh chhuah theih a, Mizoram hian, Rapid Diagnostic Kits (ICT) te hi he natna hriat chhuah nana an hman ber a ni a, WHO leh Health Ministry lam chuan ELISA hmanga test hi an recommend thung ani.

Enkawlna lam

Scrub typhus natna hi Antibiotic damdawi hmanga enkawl a ni a, damdawi an hman lar tak chu Doxycycline a ni a, Chloramphenicol pawh an hmang bawng a ni a, Naupang leh Nu naupai lai ah chuan Azithromycin pektur a ni. He natna hi a invenna (vaccine) a la awm hrih lo a ni. Heng damdawi kan han tarlan tak te hi mahni thu a lo ei ve mai hi a him lova, Doctor te rawn phawt hi a thaber leh himber a ni.

Inven dan tur

He natna awm thinna leh a thehdarhtu tuhrik awmduhna hmun ah te chuan thawmhnaw hak uluk a ngai em em a, thawmhnaw taksa khuh tam thei ang ber hak tur ani. Rannung duhloh (insect repellent) damdawi, Odomos, Permethrin, Dibutylphtalate, te leh adang te thawmhnaw ah leh taksa lang lai ah te ram chhuah dawnin in chulh tur a ni a, Hnim ah te leh phul ah te engmah phahlo in thut mai mai loh tur a ni. In leh a vel fai taka vawn reng hian nasa takin min veng thei bawng a ni. Rannung thahna hlo (Insecticides) kah a tangkai hle bawng ani..

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Editorial

IDSP hmalakna in Bulletin chu a wawi khatna turin kan chhuah ve ta rawih mai a, bulletin hi kum khat a wawihnih, atul dan a zira a aia zing a chhuah tura ruahman niin, District Health Dept. staff te hnenah IDSP staff ten circulate tura beisei kan ni a, News item leh chanchinbu a chhuah tur chi awm te pawh in beng var vat vat thin ni thei se a lawmawm hle a

Hriselna kawnga kan hnathawh in hma a lo sawn zel theih na tur te leh thawk tute kan lo in pawh zawk na tur te, Health Department hmalakna mipuiten a lo hriat zel theihna tur te, Hriselna kawnga mipuite zirtir tur awm leh hriattir tur awm te awlsam taka kan hriat theihna tur in bulletin hi hmang tangkai thei ila a lawm awm hle ang. Bulletin tluang taka a kal theih nan leh thurawn nei te kan awm anih chuan idspmizoram@gmail.com ah engtik lai pawh in thawn theih a ni e.

SCRUB TYPHUS CASE DEFINITION

Scrub Typhus (Rannung seh natna) vei ni a rinhleleh te chu;

* Ni 5 emaw a aia rei emaw, a chhan dang hriat lohva khua a sik in leh rannung sehna hmuamhma (Eschar) a awm chuan ni 5 aia reilo khawsik pawh Scrub Typhus natna vei ni a rinhleleh tur a ni.

* He natna hian luna, thak/bawl leh thalthoh te thlenin, kawchhunglamah, thin, chuap leh kal te pawh a khawih tel thei.

* Dengue, Malaria, Pneumonia, Leptospirosis leh Typhoid natna lanchhuhahdan hi Scrub Typhus natna lanchhuhah dan nen a inang hle a, ngaihrawlh a awl avangin fimkhur hle tur a ni.

* Scrub Typhus Rannung seh natna a lan chhuah dan tlangpui chu hetiang hi a ni.

1. Khawsik
2. Luna
3. Pumna
4. Ti Hrawlna
5. Mitmu hnunglam na
6. Mit sen
7. Thak/ Bawl
8. Tlun/Khur/Kaih
9. Luakchhuak / Luak
10. Chiang lo ruai
11. Sehna hmuamhma (Escher)
12. Thalthoh
13. Thawhhah

RANNUNG SEH NATNA SCRUB TYPHUS HRILENG (OUTBREAK) CHUNGCHANG HEALTH DEPARTMENT HMALAKNA:

PHULLEN PHC: Nikum November thla atanga kumin January thla thleng a rannung seh natna Scrub Typhus Phullen PHC hnuai a leng mek chungchangah Health Department chuan a hriat ve leh hma nasa takin a la nghal a, Directorate atangin Rapid Response Team (RRT) te kal in medical team te hian January ni li (4) 2018 khan a hmun ah investigation te nei in damlo te dinhmun enfiah a ni mai bakah mipui hnen a zirtirna Public Awareness te neiin , kawng hrang hranga damlo mamawh damdawi mai bakah natna hmuh chhuahna test kit te leh damlo te damdawi treatment te pawh pek an ni a.

Village	Aug/17	Sept/17	Oct/17	Nov/17	Dec/17	Jan/18	Total
Phullen	-	-	2	2	40	16	60
Thanglailung	1	-	-	2	2	-	5
Luangpawh	2	2	4	8	4	-	20
Zawngin	-	-	-	1	1	-	2
Total	3	2	6	13	47	10	87

A chungka kan hmuh ang hian August 2017 atanga January 2018 hun chhung hian Phullen PHC huam chhunga khaw hrang hrang ah te Scrub Typhus natna vei hi mi 87 lai an awm a, heng zinga mi pakhat hian vanduaithlak takin a thihpui a ni.

HAULAWNG PHC:

Kum in 8.1.2018 atanga in tanin Haulawng PHC area huam chhungah Scrub Typhus natna hri hi a leng nasa hle a, Haulawng PHC hnuai a hriah ah hian Haulawng PHC a Doctor leh a staff ten hma nasa taka an lak mai bakah Lunglei District Rapid Response Team (RRT) CMO Lunglei atangin tirh an ni a, chumi hnu ah State Rapid Response Team te kal lehin theih tawp chhuah in hna an thawk tlang a, he natna hi tun dinhmun ah chuan control a ni tawh a ni. State leh District level atanga hmalakna mai bakah hian Integrated Disease Surveillance Programme (IDSP) State bul tumin Joint investigation nei turin Central atangin National Center for Disease Control expert team te chu a zirchiang turin 7.2.2018 khan an rawn kal a, Epidemiological, Entomological leh Environmental investigations te nei a zirchian hna thawh ho a ni bawk.

Haulawng PHC hnuai a Sub Centre wise a Scrub Typhus natna hmuhchhuah dan chu hetiang hi a ni:-

Sl.No	Name of Sub-Centre / Clinics	No. of Cases
1	Haulawng SC	118
2	Haulawng Lal Veng Clinic	56
3	Hnahchang SC	16
4	Mualthuam SC	1
5	Ramlaitui SC	7
6	Bualpui V SC	1
	Total	199

Thil hmuhchhuah te: Mizoram a Scrub typhus hrileng mek hi chiang leh zuala zirchianna leh finfiahna test nei turin mihring thisen samples rapid test (ICT) a positive tawh te eng emaw zat phullen atang leh Haulawng atangin NCDC Delhi ah thawn thlak a ni a, hei bakah hian sazu thisen leh tuhrick samples te pawh thawn thlak tel bawk an ni. heng zirchianna an neih hnu a an hmuhchhuah dan in tuna Phullen PHC leh Haulawng PHC huamchhunga natna hrileng (Outbreak) te hi Scrub Typhus natna ngei an ni tih mihring thisen leh sazu thisen atang te in finfiah a ni tawh a ni. He natna pudarh tu (vector) pawh hi tuhrick chikhat *Leptotrombidium deliense* a ni tih hmuhchhuah a ni bawk a ni. Hripui, Plague thehdarh tu Sazu hli, *Xenopsylla astia* pawh Sazu taksa a hmuhchhuah a nih bawk avangin sazu te hi control an ngai hle a ni.

(*Phek khatna Chhunzawmna*)

A Control dan :

Heng a hnuai a thil pathumte hi he natna control nan hian an pawimawh hle a ni.

1. Rapid case identification

A rang thei ang ber leh a hma thei ang ber a he natna hi damdawi lam thiam ten an hriat chhuah hi a pawimawh em em a ni.

2. Public education

Mipuite hnena he natna chung chang leh a kaichhawn dan te a tam thei ang ber zirtir a hrilhfiah a pawimawh hle a ni.

3. Rodent (Sazu) control and habitat modification

Sazu lamchi (rodent) te hi he natna hrikte tana thanpuitlinna hmun (reservoir) an nih avangin sazu te control hi a pawimawh hle a, Kan chenna hmun te, sazu te tana khawsak remchang lo tura siam hian *scrub typhus* natna lakah nasa tak in min veng dawn a ni.

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