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Editorial

A BUL | AN | HAT

Hun a inher a, kum 2019 chu kan lo chuangkai leh ta reng mai a. Kum bul atangin mahni hna \heuhah hma thar lain bul kan \an \ha leh dawn chu a nih hi. Thingtlang lo nei mi chuan lo vah a\anga a bul a \an \hat chuan hlo thlawh thlengin a awl phah an ti \hin a. Kum bul a\anga bul \an \hat chuan kum tawp thlengin rah a chhuah \ha tih hi a dik khawp mai. Zirlaite pawh an bang bik lo ve. In satu pawhin a bul (foundation) a\anga a \an \hat chuan a sak zawh thlenga lawmna leh hlimna a ni \hin.

Office lama thawkte pawh hian kum bul a\anga kan hnate pending awm lova bul \ha taka kan \an chuan kum tluanin a rah sengtu kan ni ve nghal \hin. Kan rawngbawl sak mipuite leh ni tina min dawrtute tan hlei hlei malsawmna kan lo nih ve theihna kawng awm chhun a ni tih hre \heuh ang u.

A bik takin, keini Health Department-a thawkte pawhin thlasik anga khel lova hunbi neia mipui huapa kan hma lakna - heng thosi kah te, Leprosy Week (phar dona beihpui), Blindness Week (mitdelna dona beihpui) angah te pawh hian Zokhaw kilkhawr bera thawktute leh hmunpui lama mite pawh hian \anrualna \ha nena bul kan \an a pawimawh tak zet zet a ni.

A bul \an \hat chu a chanve zo ang a ni. ■

METHAMPHETAMINE

Dr. Ruth Lalmuanpuii
Psychiatry Department, Kulikawn Hospital

Eng nge a nih: Methamphetamine hi Amphetamine-Type Stimulants an tih zinga damdawi pakhat a ni a, thluak leh a tha zam chhawk tho thei (psycho stimulants) a ni. Hman sual chuan damdawi hlauhawm tak, damdawi hmansual thin ho zinga hlauhawm leh ngawl vei awl ber pawla ngaih a ni a, nghei har ber pawla ngaih a ni bawk. Chuvangin tun tuma kan thuchah ber chu khawvel puma methamphetamine chungchang an au hla ber 'Not even once' - 'Vawi khat pawh ti chhin suh' tih hi a ni. He ruih hlo hi ice, speed, crystal, crank, party drug etc tih tein an sawi bawk. Mizoramah chuan meth tih hian a lar deuh ber awm e. Pseudo-ephedrine leh thil dang hlauhawm tak tak (a then hi chu awlsam taka hmuh mai theih anih avangin ziak lang lo mai ila) nen chawhpawlha siam chhuah a ni a, siam lai te pawhin a puak vak theiin a siamtute pawh an kan phah fo thin. An siamna khu leh a meth an lak chhuah hnua chuangbang (waste product) pawh hi a hip pha tan chuan a la hlauhawmin naupang pheii chuan an thih phah fo a ni. A mum, a dip leh darthlang anga fim (crystal) angin a awm thin. Mizorama lo lut hi chu a thlangpuiin a mum a ni a, a in ang lo nual a, a thenah chuan 'ky' (the world is yours- khawvel hi i ta a ni) tih inziak a awm thin.

Hmuh chhuah dan: Amphetamine hi 1887 khan Germany-ah hmuh chhuah hmasak ber a ni. 1914 khan methamphetamine hi Japan a siam chhuah leh a ni a. Hman sual theih leh rilru buaina a thlen thin tih hmuhchhuah hmasak ber chu 1936 khan a ni a. Heti chung hian indopui pahnihna lai khan Japan sipai ten an tha tihchak nan an hmang nasa hle a. Indo zawh atang hi chuan an hmang sual zui nghal nasa hle a ni.

A hnathawh dan: Kan thluak hi hriatna thazam (nerve) tam tak inzawmkhawm a ni a.

Nerve pakhat hian a zawmpui nerve hnenah neurotransmitters kan tih hmangin chanchin a hrilh chhawng zel thin a ni. Heng neurotransmitters hi chi hrang hrang, hnathawh hrang hrang nei an ni. Nerve leh nerve inkarah hian khi/karawl tlem a awm a, synaptic cleft an ti a. Neurotransmitters-te hi helai khi-ah hian an lo chhuak thin a ni. Heng lo dawngsawng tu receptors kan tih te hi nerve hmawrah hian an awm teuh baw a. Helai khi (synaptic cleft)-a neurotransmitters awm tur aia a tam emaw, a tlem lutuk emaw leh receptors ten an thawh tur anga an thawh theih loh hian taksaah harsatna leh buaina hrang hrang a lo awm thin a ni.

Methamphetamine hian kan thluak a neurotransmitters chi hrang hrang dopamine, serotonin, nor- adrenaline te a chawk tho ber a. Heng zingah pawh hian dopamine hmang hian a thawk nasa zual bik a ni. Dopamine hi nuam min tih tirtu, hlimna min petu, thil zir theihna, hriatreng

theihna, tha leh tha lo kan thliar hran theihna (judgement) etc leh kan taksa chet dan min thunun theih tirtu a ni. Meth hi taksa a luh vele thluakah a lut nghal a, dopamine siamtu hriatna (nerve) hi nasa taka chawk thovin dopamine hi vawi leh khatah a lo sang ta em em thin a . An zir chianna pakhata sazu (rat)-a an enchhinah chuan zu/meizial te kan zuk hian dopamine hi a let 100-200 velin a sang a, cocaine ah hian a let 350 velin a sang a, meth-ah chuan a let 1250 velin a sang a ni. Hetia dopamine a san em avang hian meth hnathawh a lo zawh a, a nghawng leh hi a na em em a, tuar thei lovin tih leh vat vat an duh thin a ni. Tin, dopamine sang lutuk hian a lo dawng-sawngtu receptors-te kha a tiche tial tial a, an thawh tur ang an thawh theih loh avangin dopamine pawh thluakah a tlem tial tial a, chuvangin rei loteah meth hian a tira nuam a siam kha a siam thei tawh lova, a hma anga nuam duh khan an ti tam tial tial a, mahse a tira tluk thei tawh lo. A tawpah chuan nawmna awm tawh miah

lovin, ti lo thei baw k si lovin an awm thin. Chu mai bakah dopamine hnathawh kan tarlan takte pawh kha a ti chhe vek baw k. National Institute of Drug Addiction-a an Director, Dr Nora Volkow-in a zir chiannaah heng receptors-te hi thla 14 vel chhung chuan an lo thang tha leh thei a, mahse dopamine hnathawh lo chhe ta, taksa chet dan thunun theihna te, hriatreng theihna te etc hi chu a tha thei tawh chuang lo a ni a ti.

Taksa a nghawng dan:
Taksa a nghawng dan hi kawng hnihin then tai la.

A tira a nghawng dan (immediate effect): Meth taksa a luh vel leha a hnathawh dan hi a indawt in kawng hrang hrangin an then a. Chungte chu:

Rush - Lungphu a lo rang vak a, BP a sang a, marphu a lo rang a, kan taksa in kan thil ei te chaknaah a chan tir zung zung thin (metabolism) . Minute 30 vel a aw h thin.

High - Hlimna, phurna, mahni inrintaw kna, ber emaw intihna, tha tho em emna, mut chhuah

lohna, mipat hmeichhiatnaah pawh sanna, thil pakhata rilru pek ding tlat leh thil ngai tih nawn tih nawn te a awm thin. Hei hi a nuam lai ber chu a ni . Darkar 4-16 vel a aw h thin.

Binge - A nawmna thlahlel hian a hnathawh a lo hniam deuh vel leh an ti leh nghal char char thin. Mahse an tih nawn apiangin a nawmna a tlem tial tial a, a tawpah chuan a nawmna an hre thei tawh lo thin. Ni 3-15 vel a aw h thei.

Tweaking - A nawmna a bo a, mahse a damdawi tih leh chakna nasa lutuk an nei thin. An rilru a mumal lo tan a, an taksa chhungah rannung vak nuai nuai ang tein an hria a, an thak vak thei baw k. Mi hriat ve loh aw te an hria a, mi hmu h ve loh thil te an hmu a, thil ni miah lo ni tlata hriatna te an nei a, an buai hle thin. An rilru buai avang te leh an chhia leh tha hriatna a lo tlakhniam tawh avang tein hetih hun lai hian an hlauhawm hle a, mahni intihnat leh midang kuthlak mai te an awlsam em em a ni.

Crush - Taksain a tuar zo tawh lova, an let tawp tawh.

Thi ang maiin rei tak an mu bawrh bawrh thin . Ni 1 -3. vel a awh thin.

Hangover - Rilru leh taksa dinhmun chhe deuhin an lo harh chhuak leh a, an bal in an rimchhia a, an riltamin an chau ngawih ngawih a, an taksa a ro (dehydrated) a, an rilru an hmang tha thei lo thin a ni. Hetiang hian ni 2-14 vel an awm thei a, mahse a hreawm em avangin meth bawk an zawng leh thin.

Withdrawal - Hangover a zawh hian withdrawal a in\an dawn chauh a. Nun hlimlohna leh beidawna nasa tak (depression) an nei thin. An chau a, engtih mah an phur lova, thih chakna leh mahni nunna lak duhna an nei lian hle thin. Hlauhthawna leh manganna (anxiety) an nei nasa thin bawk. Depression leh anxiety te hi a nasain a daih rei thin bawk a, an tuar zawh loh chuan meth-ah bawk an lut leh thin.

A rei deuha nghawng dan (Long term effect):

Thluak - Thil hriatreng theihna te, zir thar theihna te, chhia leh

tha thliar hran theihna te, rilru leh taksa thunun/ insumtheihna te, hmalam hun dawn thiamna te etc a ti chhe thin. Rilru lam buaina a thlen nasa thei hle bawk.

Lung - Lung phu a tirang nasa a, a rei deuhah chuan lung a lo chak lovin a lo vung a, thisen a dawng tha lovin a pe chhuak tha thei lova, taksa peng dang a nghawngin, stroke te pawh an nei thei. A tawpah chuan lungphu chawlin an thi mai thin a ni.

Taksa chet dan - Taksa chet dan mak deuh deuh thunun theih miah loh te, taksa peng khawi lai emaw phu zuk zuk reng te, taksa khur leh khawng te, tawng that theih loh leh thil tih that theih loh te, kaih te a thlen thei.

Khawsik sang lutuk a thlen thei bawk.

Thisen zam - Thisen zam a ti zim a, hei hian taksa peng hrang hrang thisen dawn dan a ti danglamin nghawng tha lo tak tak a nei thei. Vun te a tiro a, a tichuar bawk a, hliamte a dam tha thei lova, arngeng leh vun harsatna hrang hrang a

siam thei. Hengte avang hian kum rei lo teah an hmel a tar bawih bawih thin a ni. Thil ngai tih neuh neuh an chin avangin, arngeng leh bawl te an sik an sik thin a, a dam har bawk si a, an hmel a tichhe zual thin a ni.

Rihna a tlahniam - Chaw ei tui lohna te, mut theih lohna te leh tihrawl a tihchhiat avang tein an chher tial tial thin.

Sam - Sam a ti thla nasain a kawlh vek thei.

Ha leh ka chung - Thisen dawn that tawk loh avang tein ka chung a ro em em thin a, ha thial an ching a, ei leh in mumal loh leh ha leh ka chung enkawl that loh avang tein ha a ngetin a muat duh em em a, a bal duh hle bawk. Hna hni te a puamin a rimchhe duh hle bawk. Hei hi 'meth mouth' an ti thin.

HIV/STD - Mipat hmeichhiatna lama an san avangin HIV leh mipat hmeichhiatna atanga kai theih natna an kai duh hle.

Overdose - Overdose hian lung, thluak, kal, tihrawl leh

chuap a khawih avangin rei loteah kaih leh nikhaw hre lovin an awm a, thih mai a awl khawp mai. Meth ti rei tawh te chu en mai hian hriat an awl hle a ni.

Enkawlna: A enkawlna damdawi tak hi a la awm lova, chuvangin taksa leh rilru lam harsatna an tawh pawhin an harsatna tawh a zira enkawl mai a ngai (symptomatic treatment). A thawh dan a nasat em avangin nghei har an ti em em a, chuvangin a tha ber chu rei deuh chung enkawlna bik hmun a awm a, psychotherapy hrang hrang nena enkawl hi a ni (long term residential treatment). Khawthlang lama an hman lar ber chu 'matrix model' an ti a, thla 4 atanga thla 10 vel chung a ngai thin a ni. Heng enkawl theihna te hi kan mamawh dawn hle a ni.

A pawimawh ber erawh chu a venhimna hi a ni. Awareness hi mi tam takin an sawiselin tih tur inkawhhmuhna mai mai leh hre lo tur kan inhriattir an ti thin a. Dikna

chen pawh sawi thiam loh chuan a awm thei .Mahse awareness tel lo chuan inven ngaihna a awm lo. Psychiatry deparmentt-in ruihhlo tite kan zir chhianna kal mekah hian drugs an tih hmaa awareness an neih dan kan zawhnaa a tam zawk chuan a nawmna chauh an hria a ni. Chuvangin a nihna dik tak te, a hlauhawm zia te hi kan sawi tam a pawimawh a ni. Meth phei chu vawi khat tih pawh a pawimawh em em avangin vawi khat pawh ti chhin lo tura kan hrilh tam a pawimawh. Tin, inven ngaihna hrang hrang, entirnan, naupang zawkte chu doctor chawh loh leh chhungte pek loh chu a that zia sawi mah se, tuma hnen atanga eng

damdawi mah lak loh tur tih te sawi tam a pawimawh. Naupang leh tleirawlte hi nunphung tha (life skills) hrang hrang - harsatna sutkian dan tha te, thinrimna leh ngaihtuahna thunun dan tha te, a tul huna huaisen taka 'ka duh lo' tih ngam dan te, thian kawm dan leh midangte nena nunho dan tha te etc kan zir tir fo a pawimawh em em a ni. Hei bakah hian Pathian tihna tak tak nei thei tura kan zirtir leh nu leh pate entawn tlaka kan awm hi a pawimawh hle bawk. Chuvangin mizo mipuite hian tan la ila, he ruih hlo hlauhawm tak do tur hian kan theihna chin theuhah kan theih ang tawk tawkin tan ila teuh ang u.

Hmangchang....

ZAWNG | AH DAH | HAT DAN

Tunlai hi zawng\ah tam vanglai a ni a, nakin lawkah chuan a rem leh mai dawn si a, chuvang chuan a awm loh hun atana dah\hat dan mawlmang tak si chu hetiang hi a ni.

Lei laikhuar la, chumi khuarah chuan changel hnah emaw, hnahtial hnah emaw phah chhuak vek la, zawng\ah chu zuk dah la, zawng\ah hian lei a tawk miah tur a ni lo. Tichuan changel/hnahtial hnah bawkin uluk takin khuh chhuak leh vek rawh.

PHUR OVER NATNA (BIPOLAR AFFECTIVE DISORDER)

Dr. Lalhriatpuia MD (Psychiatry)

Mizoten a kan hmelhriat hle tawh mahse natna anga kan ngai teh chiam loh a nih hmel. Bipolar tih hian natna zehnih nei, a lanchhuah dan pahnih awm thin a nih avangin hriatthiam pawh a har ve deuh thin a. Depression leh depression letling chiah (mania kan tih) in a langchhuak thin. Bipolar tih chuan pole hnih nei a ni miao a, chuvang chuan Depression, a nguai, beidawng em em zawng leh a letling chiah Mania, a harhvang inngaihlu em em zawngin a in lan chhawk thin a ni.

Engtia tam Nge?

Zirna hrang hrang atanga a landanin mi za zel a 3 velin kan damchung hian he natna hi nei tur anga chhut a ni.

A lanchhuah dan:

A hlim lam (Mania):

Depression letling chiah kan tih angin an hlim em em a, an phur mai piah lamah an phul tel thin, an tha a tho em em baw. An tawng ringin an tawng hnem em em a, an tawng tawp thei lo a ni ber. Sakhuana lamah pawh an kalna em em a, ahma a ngaihsak vak ngai lo pawn an ngaihsak thar thut a, tam takin Pathian ang te hial in an inchal thin. Chumi piah lamah inchei dante a u chhuak nghal a, thil tul lo lei vak vak an

ching. Mut an mamawh tlem nghal a, zanah pawh darkar hnih chauh pawh mu mahse a tukah an harhvang em em tho. Idea chi hrang hrang dik lem lo an nei zut zut a, pawisa lam dehchhuahdan tur leh ram hmasawn thutna tur te, mi bik riau an nihna tifiyah turte lampang a ni duh. Thil pakhat (topic) tui em em in sawi mahse awlsam takin thil thleng dangin an rilru a hruai sawn thut thut thin baw. Thil hi hre dikberah an inngai tlat a, hnial hlekin an thirim hma em em baw. Entir nan: Isua inti te pawh ward-ah kan kaw. Vaiah pawh an sakhu Pathiana inchhal an tam hle. Obama thianpa inti te pawh ka lo admit tawh hial a ni. Chumai

piah lamah vawi khat bazara saree hak 5000 lei te pawh an awm.

A Hlim lo lam (Depression):
Rilru ngui, thiltih chak lo, peih lo ngawih ngawih, mahni inthiam lohna an ngah a, a beidawng zawngin a thawk bawk a, Depression pangngai nen a danglamna vak a awm lo.

Enkawl dan?

Bipolar natna tan hian in enkawlna damdawi tam taka

awm a, a lan chhuah dan azirin damdawi pawh hman thin a ni. Mania zawnga lan chhuak a nih chuan anti-psychotic leh mood stabilizer kantithepek thin an ni a, Depression zawnga a lanchhuah pawn depression damdawi pangngai lo deuh pek thin an ni. Chhungte tan a buaithlak em em a, rilru natna dang angin in entir hma a pawimawh em em a, enkawl vat a nih chuan rei lo t>ah control vat theih a ni.

SAWHTHING

Puma thil thur tam lutuk: Sawhthing tui sawr 10ml-ah thinghmarcha leh Jeera rawtdip tlemte chawhpawlhin ei \hin a \ha.

Pum na: Sawhthing ro rawt dip gram nga leh chini gram nga chawhpawlha ei a \ha.

Ha na, tonsil na, aw chhang: Sawhthing hring ei a \ha.

Kawpuar : Sawhthing den-sawm, tuiin chhuma a chhumna tui in a \ha.

Ha na, mit \ha lo : Sawhthing densawm diaka ha na lai zawn vel biang pawn lamah leh mit ko velah bel tur.

Hritlang awm na, hnap tui: Sawhthing hring densawm, tuiin chhuma a tui in a \ha.

Hritlang: Sawhthing hring 60gms densawma tui litre khatin mei na vak lovah chhum tur. A chhumna tui 250ml a nih hunah thlit chhuaha thinghmarcha tlemte nen chawhpawlhin ni khatah vawi thum 60ml zelin in tur.

CHHIAR MAWLH TEH

H. Thankima

Kan fate hi Pathian laka kan Ro chan, kan thil neih hlu berte an ni a. An taksa, rilru leh thlarau enkawla siam puitlin hi kan mawhphurhna, kan kova inngat tlat a ni tih hi i hre nawn \heuh ang u. Min siamtu Pathian hnena hruai thleng tur leh \hang lo thar zel tur atana parmawi tak chhuah turin keini nu leh pate hian \an kan lak thar leh a va pawimawh em!

Tunlaia kan \halaite nun suattu, nu leh pa leh unaute rilru mangang ngawih ngawiha siamtu leh hremhmun khurpuia hnuk liam \hin tu damdawi a ni lo zawnga hman soal hi dovin, a tih chimih nan beihpui i thlak thar leh teh ang u.

Khawvel thiamna \hang chho mek kara soalna chi hrang hrang ti punluntu damdawi hman dik lohna soal chuan kan Zoram a tuam \an ve mek a, kan \halai, kan fa duh ngawih ngawih te'n Chatuan Thlan thim an pan zung zung ta mai! Chhanchhuahna hna kan thawh tak tak a ngai ta a ni. He thim lal kulh hi engtin nge kan thiah ang le?

Kan fate nundan hi thinlung takin kan ngaihven \hin em? In chhung khurah duhthu-

sama awmin sawiselna tur pawh awm lo khawpin an khawsa a ni mai thei. Chuvang ngawt chuan kan ngaih kan ti \ha tur em ni ang? Hnai lo ve, In chhung khur piah lama khawlaia an nundan leh \hen leh rual an kawm danah te kan thlithlai zui fo hi a pawimawh takzet a ni. Khawlaia an vah chhuahin khawi hmunah nge an va chet tlat \hin tih te eng ang mi nge an kawm \hin tih te hi ngaihtuaha chhui zui a \ul em em a ni.

Fate nunphung/khawsak dan thlithlaia chhui zuina kawngah hian nu leh pa tam tak te hian kan mawhphurhna kan hlen zo lo ta fo mai. Kan fate hi an soal hrim hrim a ni lo. An \hatna leh \hat lohna kawngah hian nu leh pate hian

mawhpurhna zaa sawm kua lai kan nei niin a lang.

Nu leh pa tam tak te chu khawtlang leh Kohhrana rawngbawlna kawngah \hahnem ngai taka thawkin chawimawi kan hlawh viau pawh a ni thei. Mahse, he mi rual hian 'Fate enkawlna kawngah kan hlawhtling em?' tih kan inchhut ngun a ngai a ni. Kohhran rawngbawlna hi a tawk neih thiam a ngai hle mai. Nu leh pa tam tak chu Kohhranah \hahnem ngai taka thawkin inkhawm hun apiang an hlah lo va, chu mai bakah zan hun awl apiangah Kohhran Committee etc, ah tel kim zel an tum bawk nen. A pawl ber mai chu in lama an fate engtiangin nge an lo khawsak tih lungkhamna an nei tlat lo mai hi a ni.

Kohhran rawngbawlna hi a hlu em em a, kan tih ngei tur a ni. Amaherawhchu Pathian laka kan rochan kan fate kan thlahtlam si chuan Pathian rawng kan bawlna chu a zik tluak lo a ni. Kan Pathian thu ngeiin, 'Naupang chu a kalna

awm kawngah chuan zirtir ula, A upat hun pawhin a thlah lo vang,' a lo ti a. Chuvangin kan fate an lo pian chhuah a\ang hian nun kawng dik zawh a, taksa mai ni lo, thlarau chhandamna an chan theihna turin mawhpurhna kan kovah rawn inngat nghal a ni.

Tunlaiin kan Zoramah damdawi chi hrang hrang te zingah Spasmo Proxyvon hi \halaiten an hmang dik lo nasa em em a. He damdawi hi capsule Form a ni a, ei tura siam a ni. Ei tura siam ni si, an ti tui a, in jection nan an la hmang \alh a ni.

Ruihhlo dona kawngah hian sorkar leh khawtlang \angrual ten beihpui pawh an thlak nasa ngial tawh mai. Kawng ro a su hle na chungin a ler a\anga \huai ai chuan a bulpui ber chhungkaw tin nu leh pate hian \an han la thar leh zual ila a hlawk leh zualin a rinawm.

Awle, ruihhlo khurpui a tlu lut mek kan fate chhanchhuak tur leh a la thlu lut lote pawh veng turin heng a hnuaia

rawtna te hi zawm i han tum teh ang.

1. I fa chu a tette a\angin a mizia leh tui zawng hriat tum la. Chu chu tihlawhtling ngei turin i theih tawp chhuah ang che.

2. I rohlu ber a ni tih hria in uluk tak leh dimdawi takin enkawl la, nunkawng dik lova a peng tur veng tlat ang che.

3. Pathian rawngbawlna kawngah kaihruai la, thlah-thlam hauh suh ang che. Inkhawm loh zan hun awl apiangah awmchilhin a nun kaihruai \ha thei tur apiang te kawhhamuh \hin ang che.

4. A \hian kawm chung-changah fimkhur pui la, mi \ha, dik leh rinawm, ruihtheih thil

laka fihlim te chauh kawm tir hram tum ang che.

5. Ruihhlo \hat lohzia sim a harsatzia taksa leh thlarau tana a pawl theihzia te hrihl mawlh mawlh la, an rilruah tuh tlat tum ang che. Kan fate hi i invensak tawn \heuh ang u.

Heng lo pawh hi rawtna \ha tak tak a la tam thei ang. Kan mawhphurhna \heuh a ni tih hriain hmangaihna rilru tak tak nen \an la ila, kan fate hian kawng dik chu a zawh ngei ang tih a rinawm a ni.

DENDRITE hnim leh Ruih hlo (Spasmo Proxyvon) hi i do tlat ang u. Mihring mi ang lova siamtu leh nun ti tawi tu a ni. Taksa mai ni lovin, thlarau chenna boralna a ni.

Mawitea huang!

◆ Nupui kha a nei zing ve thawkhat a ni ang, kum thar chungkaw thlalak apiangin mi dang zel kha zuk dinpui thin a!

◆ Khaw\halo in a zut a, zu a chak si a, a \hianpa hnenah "Bathroom-ah dah la ka ek pahin ka in mai ang," a ti a, a tlan ngun deuh hnu chuan a pa chuan, "Mi kaw\halo chu an chau tial tial a ni ngai a, nanga kaw\halo ve chu i phur tial tial mai a," zuk ti a.

SEPTICAEMIA

Dr. H. Lalrinmawia, M.D.

Septicaemia tih hi tunlaiin mipuiin kan hre lar hle a, tlang hri leng ang deuh thawa ngai pawh kan awm hial awm e. He natna (Septicaemia) chungchang hi mipuiten chiang zawka kan hriat theih nan, hriatthiam awl thei ang ber turin sawifiah in tum teh ang.

1. Septicaemia hi eng nge ni?

Ans : Septicaemia awmzia chu natna hrik (Micro-or-ganisms) leh an t<r (Toxins) thisena an \ai darh (Spread) sawina a ni a. A awmzia pawh 'thisen septic' tihna a ni mai.

2. Eng nge a chhan?

Ans : Septicaemia hi kan taksa khawilai pawha natna, 'infection,' avangin a lo awm thei. Vun natna (skin infection) te, zun kawng pan (Urinary tract infection) te, chuap lam natna (Pneumonia) te, ngal nget (osteomyelytis) te leh thluaka khawsik lut (meningitis) te hi a \ai darh vak thei vek a, chu chuan septicaemia chu a thlen mai \hin a ni.

Khing infection te khi a tirah chuan kan taksa peng

khatah chauh awm bing (localized) in, enkawlina \ha tak pek a nih chuan a dam mai \hin a. Mahse, kan taksa a natna dotu lam (immunity) in a hneh zawh loh emaw, damdawiin a hneh zawh loh chuan, natna hrik leh a t<r chu thisen zamah lutin, kan taksa peng hrang hrangah natna (infection) chu a \ai darh ta chiam a, chu chu Septicaemia kan tih chu a lo ni ta a ni. Entir nan: Ngal nget chuan ke ruh pakhat a khawih a, a ngal bawrah chauh chuan a natna chu a la insawr bing (localized) a. Mahse rei lo deuh hnuah chuan a lo \ai darh thei ta \hin a ni.

3. A lo chhuah dan eng nge ni?

Ans : A tirah chuan khawsik, tlun leh marphu rang a awm \hin a, tin, a tira natna, a

in\anna (Local site of infection) azirin a lan dan a danglam thei. Entir nan : Pneumonia a nih chuan khuh, thawk kalh an nei tel a; kal na a nih chuan an nak bawr a na tel a, vun p^an a\anga in\an a nih chuan p^an, khawihli etc. an nei \hin. A natna a lo zual zel chuan thisen a hniam (BP hniam) a, thlan chhiain a bual a, vuna sen \hit \het (rash) an nei tel a, a nasat deuh phei chuan nikhaw hriatlohna (unconscious-ness) thlengin a awm thei \hin.

4. Eng nge a enkawl dan?

Ans : A chung a tarlan ang khian, a tirah Septicaemia vanga khawsik tih a hriat kher loh thei. Chuvangin, eng vanga khawsik pawhin entir hma a \ha hle a ni. Septicaemia tih hriat a nih tawh chuan damdawi ina enkawl ngei a \ha ber. Thisen exam, X-Ray leh investigations kan tih hian, kan tum ber \hinte chu:

I) A chhan hmuhchhuah-damlo tam tak (Septicaemia shock) chu Hospital-a an rawn luh hian a chhan hriat nghal mai loh chang a tam.

II) Taksa peng (organs) hrang hrang a khawih chhiat leh chhiat loh en chian.

III) A natna kal zel dan (progress) chhui (monitor) nan a damdawi chu a natna hrik a zirin thlan a ni tlangpui. Tin, antibiotics chauh lo pawh, drip te leh damdawi dang dang pawh hman a ngai \hin. Tin, a tira natna hrik leh infection lo \aidarhna hmun hriat hma hian antibiotics te hi a \ha tura ngaih rin thua pek \an a ni tlangpui a, a hnua report kimchangte a chhuah hnua, a \ul chuan thlak leh \hin a ni. Tin, hriat tur chu report pawimawh eg: Culture etc chhuah nan hian darkar 48-72 a duh tlangpui.

5. Eng nge a inven dan?

Septicaemia hi hotea ven theih mai a ni a, hetiangin:-

1) Natna (infection) ngaih pawimawh a, enkawl/entir hma.

II) Mahni taksa duat:- Exercise lak \hat, zuk leh hmuam tih loh, Ruihtheih thil laka fihlim.

- 6. Tute nge Septicaemia nei awlsam (prone)?**
- | | |
|--|---|
| a) Diabetics (Zunthlum) | g) Mahni ngaihdana inenkawl |
| b) Immune suppressed (Eg: AIDS) etc. | h) Daktawr lem thua lo inenkawl ve vak ching. Kan ziah tak ang khian "Septicaemia" hi tlang hrileng a ni lo tih leh khawsik zawng zawng an septicaemia vek kher lo tih kan hre thei awm e. Hmaih leh ziah kim theih loh tam tak a awm a, a hre-chiang duh chuan minrawn zawt thei reng e. |
| c) Ei \ha lo (rethei vang, nachang hriat loh vang) etc. | |
| d) Zu/drugs tih nasat. | |
| e) Mei zu rei leh zu hnem. | |
| f) Thingtlang, inen-kawl na (medical facilities) \hat lohna hmun | |
-

Mawitea huang!

- ◆ Tlangvalho awm khawmnaah hian an zinga \awng thei ve deuh hian, an khaw nula hmeltha deuh leh ler ve deuhin HIV hrik a pai thu an sawi mai chu....tlangval ho chuan "Ani maw"? an ti rual dual a, an en ngai an en ngawih ngawih hlawm nia....
- ◆ Police pakhat duty tur pawh kha an nuin tiffin chhawngin chaw a pai a.... a chung berah chaw, a dawtah chaw bawk.... a hnuai berah lehkha themah CANTEEN-AH ARTUI PAHNIH LO BA MAI RAWH tih a lo dah a.
- ◆ Nula hir-ha ve deuh hi a rai a, naute pa-a a puh te khan 'ka ni lo' an ti zel si a. A pa chuan "Mami a va han zahthlak ngai ve le..." a ti dek dek a.... ani chuan "Ka pa lungai suh, mi dang paruk vel puh tur ka la hria a nia.. pakhat tal chu a inpuang hrim hrim ang" zuk ti a!

ASHMA VEITE TAN

Dr. Isaac Lallawmsanga

Natna dam mawh leh buaithlak tak pakhat chu thaw hah (Asthma) hi a ni awm e. Naupang leh puitling pawh thliar hran lovin a vei tam tak chu Asthma benvawn veiin damdawi in an pan chuk chuk \hin. A tir chuan hritlang ^wm n^ anga inhriain damlote'n doctor an pan fo \hin a. Kawng kal lai te, infiam te, exercise lakte'n ^wm zawnah hnawhtu awm ang maiin th^wk a harsa a, vawikhatnaah chuan a ngaimawhawm vak lo thei. Hna hahthlak lo leh in chhung sekrek khawih lai lehzela thaw-hah i neih fo chuan he natna hian i chuap a rawn luah ve \an a ni mai thei. Mahse doctor r^wn chu rilruah a la \angkai lo i ti mai thei tho. A chhan pakhat chu hnam tlawmngai kan nih \hin avang khan khawsik sang nen lova damdawi in luh chu harsa kan ti \hin. Thla khat dawn a ral hnu chuan th^wk harsa i tih mai bakah khuh khek khek nen, a chang pheih chuan i ^wm chhung lama nangma thaw ri ngei pawh i hriat chang a awm ang. Hetih hunah meuh chuan doctor r^wn chu tihmakmawh a ni ta.

I nat dan fiah felfai takin doctor hrilh la. I naupan laia thaw-hah i neih leh neih loh te, mei zial zu mi i ni em? I taksain huat bik (Allergy) a nei em? Ei leh in emaw awmna hmun azira taksa huat bik leh huat loh te, a changin vun bawl emaw vual emaw i nei \hin em? Nge sinus na i nei tawh \hin? Hrilh theihngihl hauh suh. Heng bakah hian i hnathawh leh thawhna hmunte doctor chuan

a zawt hmaih palh mai thei che, doctor room i chhuahtan tawh pawhin va hrilh leh hram rawh. A pawh lo ve. I chanchin a hriat chian a ngaih bakah he doctor hi tun \um chauh hi i pan lo mai thei. Asthma hi tihdam nghal theih a ni si lo va. Damdawi huat bik i taksain a neih pheih chuan doctor-in tih tur a lo pe vat ang che; heng hi theihngihl suh.

In lama inenkawlte tan damdawi ei hunbi leh ei tur

doctor-in a sawi ang thlapa ei tur a ni a. Asthma hi thaw-hah ngawt a ni lo va; khuh nen, taksa zawi ngawih ngawih te, luhai leh a changin khawsik a awm \hin bawk. Chu vangin damdawi hip chi bakah damdawi dang pawh i ei tel a ngai ang. Asthma damdawite hi chi hnihin a \hen hlawk theih a:

1. Chhawkna/reliever:

Thaw-hah chhawk nan chuan a hip chi/inhalet hi kan hman lar ber a ni a. Hmun hla leh mahnia inenkawlte tan a pawimawh hle. Asthalin/Salbair inhaler-te hi kan hre \heuh awm e. Zing thawhhlum emaw zan mut laia thaw-hah a chhuah thut chuan vawi hnih thum hipin a chhawk nghal mai a. Mah se a chhawkna chauh a nih avangin leh pek atan erawh a venpui lem lo. Chu vangin a ven lawkna hi a awm chuan a \angkai zawk mai thei.

2. Invenna/preventer:

Hetah chuan a chung a damdawi bakah damdawi dang pakhat STEROID a tel a. Steroid hian natna zualkai tur a ven bakah a lehpeka thaw-hah lo awm thut tur a veng thei

bawk. Hun rei tak hman erawh chu a \ha lem lo thei. A hmangte pawhin hman zawh veleh kam \huah fai \hin tur a ni. Natna chi khat Oral Thrush an tih hi a awm theih avangin.

Asthma chungchanga hriat tur pawimawh dangte :

1. Inhaler/hip chi: Hmanraw danglam tak inhaler hi duh duh dana hman ngawt tur a ni lo va, fai taka enkawl tur a ni. Kekawr ipteah emaw bag khaih emaw daha kalna apiangah inven nan ken reng a \ha a. Chutiang chuan ngaihngam takin i lengchhuak thei ang.

2. Lenchhuah dawn emaw insawizawi dawn emaw apiangin taksa tihlum/tuamlum hmasak phawt a, chhuah hma minute 15 velah vawi hnih damdawi kha hip tur. Hei hian Asthma lo chhuak thut tur lakah a veng ang che.

3. I hmuamna lai mounth-piece kha i hman dawn apiangin enfiah la, bawh-hlawh a awm chuan tifai \hin ang che.

4. I damdawi hmanlai kha a hming vawn tum la. A chung a

damdawi hmingte pawh 'by heart' tum ang che.

5. Inentir apiangin i damdawi hman lai bakah i lehkha hluite, X-ray leh thildang \angkai tura i hriatte pawh keng tel la.

6. Vawi engzat nge a natna a rawn chhuah \hin, i damdawi hman laite i ngeih em tihte chiang taka doctor hriih thei turin a hun bi neiin doctor r^wn \hin ang che.

7. Inhaler hman dan tur chiang taka hriat a \ha. Awlsam taka hmeha hipluh mai a ni lo va. Damdawi dose dik taka a chhuah kim theih nan hmehna/nemna (cannister) kha hmeh hmain thawkchhuah vak phawt a, chumi hnua i thawkchhuah leh chiah tihin cannister kha hmeha damdawi chu thawk luh ruala hip luh vak tur a ni. Heti ang a i tih loh chuan a chhunga damdawi kha i hip lut kim thei lo vang.

8. Steroids telna inhaler hmingte tan kam\huah nghal zel tur a ni. Chuti lo chu, hun reiah ka chhung natna chi khat 'Oral thrush' i vei mai ang. Chu vangin, i damdawi hman lai kha a hming leh a chhunga

damdawi awmte nen i chhin-chhiah a ngai ang.

9. Damlo na zual, mahnia kal sawn thei lote tan hetiang hmanrua hi hman a remchang lo thei a. Hmanraw dang 'Nebulizer machine' hi a hman theih bawk. He hmanrua hi a to deuh nain in lama inenkawl nan a awlsam hle a ni.

10. Heng baka damdawi \angkai tak pakhat chu oxygen a ni. Hei pawh hi in lama inenkawlte tan pawh a bur (Cylinder) a lei tur a awm tho va. Thaw-hah a zual chang chuan vuah nghal theih a ni bawk.

11. Damlo mutna pindan chu fai taka vawna, boruak leh chhuahna (cross ventilation) \ha tak a ni tur a ni.

12. Damlo mutna leh thawmhaw hak laite pawh fai taka vawn tur a ni a. Thawmhaw leh mutbu a me (Dust)-te hian asthma a tizual thei.

13. Asthma hi damdawi \henkhat, Aspirin ang chi ho leh chawhmeh huat (food allergy) \henkhatin a tihzual theih avangin?■

NAUPAI LAIA INENKAWL DAN (Antenatal Care)

- Dr. Lalduhawmi Colney

Rai chhung hi thi neih tawp ber (a ni khat ni) a\anga chhutin thla 9 leh ni 7 (ni 280/ kar 40) a ni tlangpui a. Hemi hun chhung hi hmun thumah a \hen theih a:-

- | | |
|--|--|
| <ul style="list-style-type: none"> (1) First trimester (kar 1 a\anga kar 12) (2) Second trimester (kar 13 a\anga kar 28) (3) Third trimester (kar 29 a\anga kar 40) | <ul style="list-style-type: none"> ■ Vawi 2 na - kar 24 a\anga kar 28 na inkarah ■ Vawi 3 na - kar 32 naah ■ Vawi 4 na - kar 36 naah. |
|--|--|

Naupai laia hriattur pawimawhte (antenatal advice) :

Rai lai hian nu leh naute an hrisel zawk theih nan Doctor hnenah in check-up fo \hin tur a ni. Hetiang hian :-

- Kar 1 a\anga kar 28 inkarah - kar 4 danah zel in check-up \hin tur a ni.
- Kar 28 a\anga kar 36 inkarah - kar 2 danah.
- Kar 36 a\anga kar 40 inkarah - kar tin.

A chung a mi anga in check-up a theih loh pawhin, WHO pawm dan angin vawi 4 tal in check-up tur a ni. Hetiangin:-

- Vawi 1 in check-up na - kar 16 naah.

(1) Chaw ei (Diet) - Chaw ei \hat (regular) leh ei tih \hat hi nu tan, naute tan, nau neih awlsam nan leh hnute tui tan a pawimawh hle a ni. A bik takin thla 4 hnu lamah ei tih\hat a pawimawh hle. Chaw ei tur (diet) chu protein (sa, sangha, artui etc.), vitamin (thei, sathin, nuts etc.), carbohydrate (thil thlum lampang), thau lampang (fats) te a tel tur a ni. Thlai hring ei tam a \ha hle bawk. Bawnghnute ni tin litre chanve tal in \hin a \ha. Naupai laiin nuin iron a mamawh tam avangin chawa iron-in taksa mamawh a puhruk \hin loh avangin thla

- 4 hnuah pheih chuan iron pek ngei ngei tur a ni.
- (2) Awm hahdam (Rest) - Hna hahthlak leh hna hrám thawh loh tur a ni. A bik takin thla 3 hmaah leh thla 8 hnuah pheih chuan fimkhur hle tur.
- (3) Mut (Sleep) - Rai lai hian nuin mut a mamawh em em a. Darkar 10 tal mut tur a ni, zanah darkar 8 leh chhunah darkar hnih tal. Saisir zawnga mut a hahdam.
- (4) Inthiar - Ek khal/harsat (constipation) a awm duh, thil tuiril lampang in tam a \ha. Ek nêмна ei a pawl lo.
- (5) Inbual - Ni tin inbual a \ha, mahse inbual laia tluk a hlauhawm a, inven fimkhur a \ha.
- (6) Inthuamna - Kawr tháwl leh hak nuam inbel a \ha, pheikhawk sang lampang bun loh theih hram a \ha.
- (7) Ha enkawl - Raiin ha-nâ a neih chuan ha doctor hnenah 2nd trimester-a inentir tur a ni.
- (8) Hnute enkawl - Hnute hmur them chu damdawi inah a siam \hat theih a, thla tawp lamah. A pân loh nan tihfai ngun a pawimawh.
- (9) Mipat-hmeichhiatna - 1st trimester-ah leh thla 7 leh a chanve hnu lamah chuan mipat-hmeichhiatna hman loh a \ha.
- (10) Motor chuan - 1st trimester-ah leh thla 7 leh a chanve hnuah chuan motor chuan loh a \ha. Zin vei vah dawn pawhin 2nd trimester laia zin tur a ni.
- (11) Zuk leh hmuam - Mei zuk leh zu in hi chu a \hat loh hrim hrim avangin rai lai pawn, rai loh lai pawn tih loh tur. Rai laia nuin mei a zuk chuan naute a piang tê (small), chu bakah nau chhiat a hlauhawm bawk. Zu in erawh chuan naute a tipiangsual thei a, a \han a ti\hu thei bawk. Chuvangin naute chum, hmel\ha leh hrisel i duh chuan, zuk leh hmuam insum tur a ni.
- (12) Immunization - Tetanus injection vawi 2 lak tur a ni.
- 1st - kar 16 a\anga kar 24 naah.

- 2nd - kar 6 hnuah. Rai hmasak laia la tawh tan Booster 3rd trimester-ah lak tur a ni. A hnuafia mite hi i nei a nih chuan Doctor i rawn dawn nia:-
- (a) Luna, mut theih loh leh awm hle hle thei lo.
- (b) Zun lam harsatna (zun tlem).
- (c) Thin na leh luak.
- (d) Pum na (painful uterine contraction) minute 10 dan zelah darkar 1 aia rei.
- (e) Thi pût.
- (f) Thil tui pût.
- High risk group of pregnancy:-
- A hnuafia mite hi 'high risk group' an tih te an ni a. Doctor-te ráwn leh mahni inuluk zual a ngai a ni.
- (1) Kum 30 hnuah rai.
- (2) Mi tawi (feet 4 leh inches 6 aia tawi).
- (3) Anaemia (haemoglobin < 10gm/dl).
- (4) Fa 4 aia tam nei tawh.
- (5) Phir.
- (6) Nau chhiat/zai tawh.
- (7) Nau letlinga awm (malpresentation).
- (8) Zun thlum (diabetes), thisen sang (hypertension), lung lam \ha lo (heart disease) etc.

Mawitea huang

- A pi khan "Luni, bai i lo siam em?" a ti a, ani chuan, "Ka pi chingit leh bawkbawn kha ka bai a, mahse a tui lo lutuka ka kang leh mai" zuk ti a!!!
- Dawr atangin thirzai leh umbrella rawng a rawn lei a, "Eng nge i siam dawn a?" an lo ti a, ani chuan "Ka bike kan chei ve tak tak tawh teh ang' zuk ti a!!
- An inneih lawmanah khan nula hovin thlangra in tawitaw zuk rawn sem dan dan a.....

ENTIN NGE TB KAN DO ANGA, KAN TIHREM THEIH ANG?

Emmanuel Lalhunmawia
ACSM Officer, State TB Control

TB natna leh enkawlna chungchangah hian hmalakna hrang hrang, thil thar leh tha zawk hmuh tur a awm ta a. Sawrkar pawn a ngaipawimawh a, a enkawlna leh damdawi chungchangah pawh thil thar a ruahman zel a. Department-a thawktu te, tlawmngaih chhuaha damlo enkawltute thawhrimna leh inpekna a fakawm em em a. Hemi kawngah hian inthlahdah miah lova he natna hneh tura tan kan lak mar pat a pawimawh khawp mai. TB hian kan khawtlangah leh chhungkuaah nghawng ala neih reng avang hian inzirtir thar leh he natna chungchang hrim hrim hi kan vei thar a ngai a ni.

Sawrkar in TB hmuh-chhuahna leh inenkawlna kal phung mumal tak a nei a. He mi ringawt hi a tawk em? He hna hi tha tak leh chak taka thawh anih theih nan enge pawimawh. Mipui leh vantlang zingah he natna laka invenna leh umbo duhna khawp nei tur hian engtin nge hma kan lak theih ang?

He natna kan do hneh theih nana thil pawimawh deuh deuh tarlang ila.

Sawrkar: Sawrkar laipui chuan ram chhungah TB natna

a buaipuiawmzia hriain state sawrkar tinte chak taka hma la turin a hriih a. Hei hian a sawrkar ang pawha thahnem ngai taka hmalak te, a hun taka sum hmuh leh pek anih theihna turte a huam vek a ni. A hun taka natna hmuhchhuah leh enkawlte, damlo chanvo pek te, mipui vantlang hriihriatna kawnga hmalakna tur zawng zawngah te, hengah te hian sum leh paiah harsatna a awm chuan hna a kal chak thei lova, department ang pawhin hmasawna hmuhtur a awm thin lo. Hei vang hian a hun tak

leh rang taka hmalak zung zung anih theih nan sum leh pai harsatna tam tak te hi sutkian a ngai a ni.

Khawtlang hruaitu, Kohhran hruaitu leh NGO te: Mizo society-ah chuan khawtlang hruaitu-Village council/Local council, YMA, MHIP, Kohhran hruaitu te hian dinhmun pawimawh tak an luah a. Heng kan hruaitute hi kan vantlang nun leh inrelbawlna kawnga hma la tu ber an ni. Hriselna kawngah pawh mipuite hrilhhriatna kawnga mawhphur theitu ber an ni a. TB dona chungchangah pawh khawtlang hruaitu te nen hian thawhhona tha tak neih thin a ni a. Khawtlangah TB a bo theih nan anni inpekna leh hmalakna hi kan mahmawh tak zet a ni. TB dona kawnga hma min lakpuia, min thlawp that phawt chuan khawtlangah TB kan umbo thei ngei ang. Tunah hian Sawrkarlaipui ngenna angin district tinah TB Forum dinna tur kalpui mek a ni a. Hei hian TB donaah kawng tam takin hma a la thei dawn a ni.

TB natna chungchang, inenkawl dan leh inkai-chhawn dan hriatchian: TB natna chungchang hi mimal leh chhungkuaah kan inhrilhhriat a, kan hriatchian a pawimawh takzet mai. Chhungkuaah mi pakhatin TB alo vei chuan awlsam takin midang a kai thei a, chu chuan khawtlangah TB a ti hluar thei a ni. TB chungchang inziahna hi hmuh tur leh chhiar tur te sub-centre ah a awm thin a. Tin TB lama thawk ten khawtlangah inhrilhhriatna (awareness campaign) an nei thin bawk a. Heng atang hian TB natna chungchang leh inven dan kan hre thei ang.

TB natna lanchhuah dan tlangpui han tarlang leh ila-Karhni aia rei khuh, Karhni aia rei khawsik, Rihnaa tlahniam, Khak thi, Chawei tuilo, Zana thlanfim tla. Heng zinga engemaw ber kan neih chuan TB natna inrinhlel nghal tur a ni a. Rang takin khak exam na hmunah kal a, khak exam tir vat tur a ni. Khak exam hi TB natna hmuh-chhuahna awlsam leh rang tak anih avangin kan ngai-

pawimawh hle tur a ni. TB kan lo vei chuan thla 6 chhung ngei ngei damdawi kan ei a ngai a. Doctor ten a tul angin an pawt sei thin. Damdawi hi nitin bahlah miahlovin ei a ngai a. Damdawi ei hun chhung a rei avangin mi thenkhat chuan an ei tha duhlo a, natna khirkhan zawk leh tihdam harsa tak Resistant TB (MDR-TB) kan tih kha an vei thei a ni. TB vei chuan a khuh atangin amaha TB hrik kha a khuh chhuak thin a, chu TB hrik chu boruak atangin midang ten an lo kai thin a ni. Hei vang hian khuh apiangin hmui, hnar te rawmawl in hup thin tur a ni. Khak exam te, TB damdawi te hi sawrkarah a thlawn vekin a awm tih hi kan hriat hmaih hauh loh tur a ni.

TB enkawl na kawngah hian damdawi petu (Treatment supporter) te dinhmun hi a pawimawh em em a. A then chu tlawmngaih chhuaha thawkte an ni. Heng atan hian ASHA, Zirtirtu, NGOs a thawkte hman an ni tlangpui thin a. Damlo chhungkaw member te pawh hman theih a ni. TB vei te hian damdawi petu mithmuh leh an hriatpuina hnuai a damdawi an ei a ngai a. TB damdawi hi a course kima ei zawh ngei ngei a ngai avangin damdawi petu ten damloin damdawi tha takin a ei ngei tih a hmuhpuia, a hriatpui zel hi damlo te damna tur leh TB tih tawpna tan a pawimawh em em a ni.

Mawitea huang

@ Mawitean a tia lawm, \um khat chu ka thianpa sumdawng ve bawk nen Kalkatah dawr bungrua la turin kan kal a, hotel room khatah kan thleng dun a, \um khat kan bazaar zo kan room a kan haw chu kan pawisa hman bang chhiar a kan chap nuaih laiin current awm loh vanga ceiling fun kan off loh kha current rawn awm thutin a rawn tivir ta thut mai a, kan pawisa chhawp chhuah chu a len darh ta chum chum mai a.... chu veleh kan han inchuh ta tak tak mai chu \an a na duh ngei mai... zuk ti a!

- Dr. Eric Zomawia
State Nodal Officer (NCD)

'World Diabetes Day' Khawvel huapa zunthlum ni chu 14th November 2015 hian kan lo thleng leh dawn a; kumin hian he ni hi Inrinniah a tlak avangin Mizoram Diabetic Society (MDS) leh National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS) te chuan 13th Nov. 2015 (Fri) hian hman a rel a. Chumi denchen chuan zunthlum chungchang tawite i lo thlir ho dawn teh ang.

"Zun chang thlum, lawngkam thlum mang si lo":

Zun a thlum chuan zun chauh lo deuh, thisenah pawh 'glucose' a tam lutuk a, chu chuan a tithlum tihna a ni a. Glucose hi kan ei leh in a\anga lo awm, tisa peng hrang hrangin chawa a hman ber a ni a. Kan pumpui (stomach) hnuaiah hian pancreas (rilbawh/rilbawm) a awm a, chu chuan taksa bawlhlo pawimawh deuh 'Insulin' hi a siam \hin a. Insulin hnathawh ber chu timur (cells) in chaw \ha a hmuh nan timur chhunga glucose luhtir a ni. Eng emaw avanga pancreas in Insulin a siam \hat theih loh chuan glucose kha timur chhungah a

lut thei lo va, thisenah a Chambang a, thisen a tithlum a, zunah a luang liam a, zun a lo thlum thin. Hei hian taksa peng hrang hrangah pawh a khawih thin.

"Zunthlum chu milian natna alawm"

Zunthlum chu natna hlawm lian khat, NCD (Non-communicable Diseases) kan tih zinga mi a ni a; NCD natna dangte chu Cancer, BP sang, cholesterol sang, Lung natna, heart attack, stroke an ni. NCD natna te hi a awmtirtu inang, natna benvawn, rei tak enkawl ngai, inkaichhawn chi ni lo, kan nundan (lifestyle) in a zir loh vanga kan veite an ni tlangpui a. A awmtirtu

pawimawh zualte chu- (1) Ei leh in hrisel lo - Thau, mawm, chi al, sa ei tam bakah, thlai leh thei ei tlem. (2) Awm awl lutuk - Taksa chet tlem tir lutuk, exercise lak loh, thau lutuk . (3) Vaihlo- meizuk leh vaihlo dang hman chin. (4) Zu in thin. Milian natna a ni tawh lo.

Zunthlum leh taksa :

Thisena glucose tam lutuk leh timur chhunga a lut thei lo chu taksa in a lo haw hle mai a. Thisen zam, thluak, lung, kal, mit leh nerve te'n an haw zual a - thisen zam thauchhia in a tizim a; lung na, heart attack, stroke, kal chhia, kal thlak ngai, nerve tha lo a siam duh hle. Zunthlum vei tawh chuan damchhungin inenkawl a ngai tawh a, uluk taka nundan hrisel nei chunga doctor chawh damdawi nen a inenkawl erawh chuan heng harsatna hrang hrang hi a pumpelh thei.

“Phuihnam leh BP”

Tunhmain ‘Zunthlum, BP sang leh lung natna vei Mizo zingah an tlem a, phuihnam an ei nasat vang a ni e’ tih kha a lar hle thin. Tun dinhmunah

chuan cancer-ah India ramah kan sang filawr a, tunhnaia Economics & Statistics department-in report an tih chhuahah Mizote thihna chhan tam ber chu cancer niin, a dawttu chu lung natna a ni tih a ni. Cancer emaw Heart attack, stroke, zunthlum kum la upa lem lo tak tak an thi phawk phawk a. Eng nge a chhan kan tih chuan - kan awm awl ta em em a; exercise kan la tlem a; nilengin dawrah leh office-ah kan \hu a; kea kal lovin bus, taxi, two-wheeler, car in kan kal ta zel a; vawksa, bawngsa nen, mahni inah ruai kan \heh ni tin ta a; thil mawm leh hmui kan ei nasa a; zuk leh hmuam lah India rama hmang nasa ber kan lo ni leh zel a. Heng kan nundan (lifestyle) hrisel lo avang hian zunthlum leh NCD natna dangte kan vei nasa ta em em mai a, phuihnam pawhin a veng seng tawh lo a, hna a thawk tawh lo. Tunhma hun pawh kha phuihnam vang ni lovin motor la tlem avangin kea kan kal nasat vangte, sa pawh Inrinniah bak kan lei meuh loh thin avangte khan

NCD natna kan lo vei tlem a lo ni.

“Postpone your funeral”

Tumahin mite'n min vui ni tur kan hre lawk lo, mahse kan nundan azirin chu ni chu kan postpone thei. Mizoramah ngei nundanin a zir loh avanga stroke, heart attack, zunthlum leh cancer avanga thi ta mai, an nupui fanaute baihvai taka an kalsan tak, an pasal leh fate khawhar taka an hnutchhiah tak, an nu leh paten an la ngaih ngawih ngawih an va tam tawh em! Nundan hrisel (Healthy Lifestyle) an tih hi i hre tawh ngai em? Chu nundan hrisel chu i neih chuan i nunna hlu tak kha pawh seiin a awm thei a sin. Pathianin i damchhung daih tura taksa a pek che kha uluk taka i enkawl kha i mawhphurhna a ni, i hriselna i kutah a awm a nih chu.

Healthy Lifestyle chu eng nge ni ta le?

* Ei leh In hrisel: Sa thau, vawk thau, bawng thau, arsa thau, a vun, a thluak, a kawchhung, a erfu, a hriak reng reng ei suh. Artui Iaimu,

cheese, butter ei suh. Red meat (vawksa, bawngsa, kelsa etc) ei tlem la; i ei pawhin a ti kar khata vawi 3 aia tam lo ei rawh. Sa i ei duh chuan sangha leh arsa ti ei la, karkhatah vawi 3 bak ei suh. Sa i ei loh chuan protein dang - dal, artui var lai (chhung eng tel lo), beans, be, rajma, tufu etc ei tel thin ang che. Thlai chi hrang hrang leh thei ei tam rawh. Zunthlum vei i nih chuan balhla, grapes, theihai leh pineapple erawh ei loh a \ha. Thil mawm ei tlem la, chawhmeh kan nan tel tlemte chauh hmang la. Thil thlum - chini, kurtai, fu, sweets chi hrang hrang, cold drinks ei/ in loh tur a ni. Chi, pickle, Ajinomoto, soda ei tlem la; thleng sirah emaw, dawhkanah emaw chi chhawp lo la, chawhmeha i telh bak liah belh suh.

* Exercise: Naupangin ni tin darkar khat, puitlingin ni tin minute 40 vel exercise kan mamawh. Infiamna hrang hrang, tlan, hnathawh, gym-a exercise a tha vek. Heng zinga awlsam leh \ha em em chu ni tin mins 40 vel tal chak deuh hleka kea kal (brisk walk) thin a ni.

* Vaihlo - Zuk leh hmuam laka fihlim hi taksa hriselna atana pawimawh hmasa ber a ni. Zuk leh hmuama kan fihlim loh chuan in enkawlina dangin awmzia a nei lo fo.

* Zu - Hei pawh hian taksa a tichhe nasa em em a - Lung, thisen zam, thin, pumpui, thluak, chaw kawng tan a tha lo hle.

* Mut that - Puitling tan ni tin darkar 7-8 mut \hin tur a ni. Kan mut lai hian kan taksa khawl hrang hrang a lo inseam \ha in a insiam thar thin a, mut tlem hi taksa in a haw em em a ni. Ni tin chawlhna hun tha kan neih a pawimawh angin karkhata nikhat chawlh hahdam thin a pawimawh.

* Rilru tih hah loh - Rilru ingaihtuah hah vak vak thinte'n NCD an vei duh a, a zual phah duh baw. Rilru tih hahdam thiam a pawimawh.

Nundan hrisel (healthy lifestyle) chu hrehawm taka insum nun ni lovin, hrisel tak,

nuam ti taka, nun tam neia khawvel hmanna nun zawk a ni.

I number eng nge? I hrisel nan kumtin i blood sugar, cholesterol, BP leh i rihzawng entir thin ang che. Blood sugar chu engmah ei hma (fasting)-ah 110 mg% aiin a hniam tur a ni a, chawei kham darkar 2 (PP)-ah 140 mg% aiin a hniam tur a ni. Cholesterol chu 200 mg% aiin a hniam tur a ni. BP pawh 120/80 a pel tur a ni lo.

NCD Clinic: NPCDCS Programme hnuai ah district hospital hrang hrangah heng NCD te hi kan vei leh vei loh a inentir theih tawh a, hmang \angkai ve ngei ang che. Aizawl Civil Hospital-ah chuan OPD Building Room no. 101-ah NCD Clinic a awm. Tin, CHC hrang hrangah pawh NCD Clinic dah belh zel a ni a; PHC leh Sub-Centre-ah te pawh Blood Sugar test-na dah vek tum a ni a, eng emaw zatah dah tawh a ni. Lo pan ve ngei ang che.

I hriselna i kutah a awm e.?



**NATIONAL TOBACCO CONTROL PROGRAMME,
MIZORAM KUM 2017 - 18 CHHUNGA KAN DINHMUN
TLANGPUI**

Dr. Jane R. Ralte,
State Nodal Officer,
National Tobacco Control Programme, Mizoram

Introduction: Vaihlo zuk leh hmuam hman kawngah hian Mizote hi Global Adult Tobacco Survey (GATS) 2009 - 10 a neih in zirchianna a neih atanga a tarlan dan chuan 67.2% lain vaihlo hi an hmang mek a ni. Vaihlo hman hi Mizote hian kan intihhmuh nasa in kan nun a bet tlat anga ngai te pawh an awm hial a ni, hemi a nih avang hian kan hriselna kawngah pawh kan tuar nasa hle mai a, a bik takin India ram chhungah pawh Cancer vei tam lamah kan sang hle a ni. Mihring hriselna a tan a tha lo tih sawrkar hotute pawhin lo hre chho zelin kum 2009 atang khan sawrkar hmalaknain tih tak zet a vaihlo dona kawngah hian hmalak chhoh a ni a, Mizoram chhunga district hrang hrangah te awareness programme pawh school leh kohhran hrang hrang bakah NGO hrang hrangte nen neih chhoh a ni ta a, vaihlo that loh chungchanga inzirtirna hi nei tam ve hle tawh mahila GATS 2009 - 10 atanga GATS 2 2016-17 chhunga neih hian hmasawna chu awm ve viau mahse hmalakna tur tam tak a la awm tih a hriat theih awm e.

Global Adult Tobacco Survey - 2 (2016-17): GATS - 2 hi Mizoramah December 2016 atanga January 2017 chhung khan hmun thlan bik khaw hrang hrangah neih leh a ni a, he survey chhung hian mi hrang hrang 1566 te chu zawhna hrang hrang an zawt a ni. GATS - 2-ah hian vaihlo hmang mek hi 58.7% kan ni a, GATS - 1-ah hian 67.2% vaihlo hmang mek awm in tlemin hmasawna kan hmu a ni, India rama vaihlo hman tam lam a No. 1 ni thin kha kan

thenawm State Tripura in min rawn lehpel in No.2-naah kan tla thla ta hi a lawmawm hle a ni. GATS - 1 aiin GATS - 2 ah hian hmasawmna hrang hrang awm in, meizuk tam lamah te, vaihlo hmuam/ei chi hman tam lamah te, a kawp a hman thin tam lamah kan tlahniam zel hi a lawmawm tak zet a hemi bakah vaihlo bansan tum an lo tam ta zawk te hi thil lawmawm tak a ni. Amah-erawhchu, theihtawp chhuah a sawrkar pisa te leh puipunna hmunah meizuk khap chung-changah hmalakna a nasa hle chungin GATS-1 aiin tlahniam mahila kan tlakhniamna a la tam lo erawh hmalak nasat a la ngaih zia a hriat theih a ni.

A chungah kan tarlan ah te khian hmasawmna lawmawm tak tak awm mahse heng kan hnathawhna hmun (sawrkar pisa) te, restaurant te, sawrkar building leh in lamah te secondhand smoke dawng an la tam lutuk erawh hi chu tan kan lak tlan leh deuh chu a la ngai hle a ni. Secondhand smoke avanga kan thawhpuite leh kan chenpuiten harsatna/

hrisellohna an lo neih phah thei a ni tih hi kan hriat tlan a zawm kan tum hram hram a hun tawh tak zet a ni.

Major Achievement (Hlawhtlinna) thenkhatte:

Tobacco Control Team: General Administration Department, Government of Mizoram chuan 21st April 2017 khan Notification ti chhuakin sawrkar hnathawhna hmun hrang hrangah te meizuk khap tlat a nih thu leh dan bawhchhiate chu pawisa chawitir a hrem bakah, No Smoking Signage leh Complaint Board te tar vek a, Tobacco Control Team te din vek turin thu a chhuah a ni.

Project HIMNA-MADAT (Mizoram Against Drugs Alcohol and Tobacco): He project in a tum ber chu Upper Primary School te zuk leh hmuam leh ruihhlo hrang hrang lak atanga engtin nge kan venhim theih ang tih chungchanga hmalakna tur a tan a Deputy Commissioner kaihhruaina hnuaiah he Project hi siam chhuah a ni.

Public Transportation a tan a sticker siam: State Transport Authority ten an remtihna leh tha an tih angin Public Transportation (mipui phur chi) hrang hranga tar turin Traffic Control Room leh "No Smoking" tih tarlanna chu Director General of Police in 18th July 2017 khan district hrang hrang a hman theih turin a Release a ni.

Dan Iova Cigarette lo lut (Contraband Cigarette) a hmalakna: Dan Iova khawchhak (Myanmar) lam atanga Cigarette lo lutah hian vaihlo khapna dan (COTPA) in a phut ang tarlan a ni lo va, hemi piah lamah pawh hian Legal Metrology Package Commodities Act an bawh-chhiat baw avangin Department dangte nen a thawkho in hmalakna neih a ni. Legal Metrology chuan "**Order**" 27th July 2017 khan ti chhuakin district hrang hranga Legal Metrology Inspector te chu dan Iova cigarette rawn lut te chu lo enfiah a lo check zing turin thu a chhuah baw a ni.

No Tobacco Rally: 19th September 2017 khan "**No Tobacco Rally**" chu State Sports Council hnuai Sports Discipline hrang hrangte nen neih ni a, he Rally-ah hian Sports Discipline hrang hrangte an rawn thawk chhuak tha hle a, he rally hi Corporate Social Responsibility for Microfinance and Livelihood te Sponsored a neih a ni.

Tobacco Cessation Clinics: Tobacco Cessation Clinic chu State Referral Hospital a awm turin 26th September 2017 khan hawn thar a ni a, hemi hma hian Tobacco Cessation Clinic hi District Hospital hrang hrangah 9 lai a lo awm tawh baw a ni, TCC hi a pawimawh in vaihlo sim duhten an pan nasa in a tangkai hle a ni.

A chung a kan tarlan bakah hian hlawhtlinna lawmawm tam tak a awm in tarlan vek sen a ni Iova a langsar zual kan han tarlang chauh a ni. Kan hmalakna thin ah te min lo tanpui a min lo phur pui thin tute zawng zawng chungah pawh kan lawm hle a ni.

Tobacco Free Village: Tobacco Free Village kan tih chuan vaihlo khuahkhirhna dan (COTPA) zawm kim thei khua sawina a ni. Hemi nei thei tur hian MLA hrang hrangten Model Village an thlan hrang hrangte hnenah ngenna siam a ni. Tobacco Free Village hmasa ber hi Thingsul Tlangnuam niin 24th May 2013 khan puan an ni. Tunah hian Tobacco Free Village pahnihna chu Ruantlang khua niin December 2017 khan puan an ni bawk. Tobacco Free Village tur hian hmalakna kal mek a awm nual bawk.

Health Care Providers te hnen a ngenna: Vaihlo dona kawngah hian Health Care Providers te hi kan pawimawh tlangin kan awmna hmun theuhah vaihlo dona kawngah hma kan la thei a ni tih hriat hi a pawimawh takzet a, entir nan- kan CHC emaw, PHC emaw, Sub Centre-ah te meizuk khap a nih thu kan tar leh meizuk kan lo khap te hian mi tam tak zirtirna in lo pe thei a ni. Hemi bakah hian vaihlo hmang nasa deuh te vaihlo that

loh thu lo hrialh emaw District Hospital hrang hrangah vaihlo bansan duh te tan tanpuina clinic a awm a ni tih kan client te lo hriah hi kan mawhphurhna a ni tih hriat te hi a pawimawh hle a ni. A chung a kan sawi hrang hrangte khi min lo zawm sak a kan hmalakna te min lo thlawp a vaihlo hmang kan lo tlem zel theih nan a in tha leh remhriatna te min lo chhuahpui turin kan in ngen tak zet a ni.

Tlangkawmna: GATS neih atanga lang chiang tak mai chu Mizote hian vaihlo hi kan lo hmang nasa hle a ni tih a hriat theih a, hemi avang hian hrisel lohna hrang hrang pawh hi vaihlo kaihhnawih a tam hle a rinawm bawk a ni. GATS - 2 ah hian hmasawmna tam tak hmu mahila hmalak nasat ala ngaih zia a lang chiang hle a ni. Entirnan, meizuk phal lohna hmun Public Transport (Mipui phur chi motor) ah hian meizu thin an la tam hle a ni tih a hriat theih a, Public Transport atanga Secondhand Smoke hip hi 8.6% lai an la awm a ni. Mipuiten an hriat tur pawimawh tak pakhat chu

meizu thin kan nih pawhin midang tibuai lo zawng a kan zuk a inthiarfihlim thiam te leh kan chenna in te "Smoke Free Home" a siam thei turin hmalak tum theuh ila kan chenpuite pawhin an lo hrisel phah zawk ngei a rinawm tlat a ni. A tawp ber ah chuan Department hrang hrang leh kan Working Partners bakah mipuiten kan hmalakna hrang hrangte min lo

ngaih pawimawh sak thin avang hian lawmthu kan sawi tak zet zet a, kan kal leh zelna turah pawh theihtawp chhuah a min lo tanpui a min lo tawiwam zel turin kan sawm in kan ngen tak meuh meuh che u a ni. Kan tu leh fate leh kan thlah lo la awm zel turte an lo hrisel a an lo changkan zel theih vaihlo hi kan theihna zawn theuh ah i do tlang zel ang u.

BP Sang tana ei loh tur:

- ◆ Chi, sodium tamna eg. Chips, papawr, pickle, preserved foods, bakery items, cold drinks (Cocacola, Sprite, Fanta etc.)
- ◆ Bawngsa, vawksa thau, va kawchhung, artui chhung mu
- ◆ tel (Oil) khang thei chi eg. Butter, dalda, ghee, vanaspati leh thil kan mawm lutuk.
- ◆ Bai (Soda telh) leh saum.
- ◆ Ajinomoto (Monosodium glutamate, baking powder, sodium bicarbonate)
- ◆ Sadah, meizial, kuhva leh chinai al.

BP Sang ei atana tha te:

- ◆ Thlai hnah hring leh thlai rah
- ◆ Thei eg. Balhla, Avocado (Butter fruit) Sunhlu, dawnfawh, pomegranate, Limbu etc.
- ◆ Sangha, Arsa (A vun tel lo in)
- ◆ Lei hnuai to chi eg, Alu, Pangbal etc.
- ◆ Skimmed milk (Bawnghnute a khar tello in.)
- ◆ Be lampang eg Dal, Chana, Soybean

GOUT - (Mipa ruhseh)

- Dr. Thangchungnunga, MS (Ortho)

Gout hi Mizo \awngin kan nei chiah lo va, chuvangin Gout tiin kan sawi zel mai a ni ang chu. Ruhseh anga a lan chhuahna hi mipaah chauh a ni ber a, chuvang chuan '**Mipa Ruhseh**' ka han ti ve mai a ni. Ruhseh zinga chhiar tel chu a ni ve na a, a \obul tak hi ruhseh (rheumatoid) kan tihte nen hi chuan a inang lo deuh a ni.

A hming hi Padogra-te pawh an ti ve tho a, Gout awmna chhan ber chu kan taksa hian thil kan ei leh in reng reng hi liver (thin) leh a thurualpuite nen an lo \het darh ta \hin a. Entir nan : Kan chaw ei hi pumpuiah a in chiah ral a, thin lamah hip chhoh a ni ta a. Thin chuan rice-ah (chawfunah) chuan eng thil \ha nge awm tih uluk takin a lo thliar hrang a, hei hi Metabolism kan tih \hin hi a ni. Rice a\ang chuan, protein, carbohydrates, vitamins leh thildangte an han thliar zung zung a, a hmanna tur lamah an thawn darh leh a, a hmanna tur hmun takah an thawh tur angte an thawk thei ta \hin a ni. Tichuan, hetia taksa tana pawimawh tur thil chi hrang hrang thliar fel a nih hnua a la

bang, hmantlak loh ho chu an dah hrang ta a. Gout-ah chuan entir nan: Bawngsate kan ei ta a, chu chu an lo \het darh ta a, kan sawi tak ang khan thliar bang, hmanna awm miah lo bawlhhlawh chu an thliar fel a. Chu an thliarah chuan kan sawi ber Gout awmtirtu bawlhhlawh nawi, darthlalang ang maia tle leh zum- Crystal Monosodium Bicerate emaw, Calcium Pyrophosphate Dyhydrate-ah te a lo chang ta a. Urate Deposit kan ti mai a. Mizo \awng chuan Darthlalang rawtsawm/themnawi a ni ber ang chu. He bawlhhlawh Urate Crystal hi taksa tan a hlauhawm a ni tih thluakin a hre vat a. Chuvang chuan thin chu a zuk hriattir ve leh a, chu darthlalang tiral nghal tur siam turin a ti a. Enzyme (Bawlh-

hlawh eiraltu) chi khat Uricase chu a siam ta nghal a. Hei hi a pawimawhna em em chu, kal (kidney) hian a paih chhuak zo thei lo va, eng emaw zat chu a paih chhuak tho na a, darthlalang nawi a nih ang ang khan tuiah a ral ve thei lo va, chuvang chuan zunah a kal ral thei ta lo va, taksaah a let leh a, taksaah thisenah hian eng emaw zat a kal kual reng a. Saphoah chuan 3-7mg/100 ml. hi a pangngai (Normal)-ah an dah a. Mahse, keini Mongoloid ho taksa nen a inang lo va, keini chu kan thisen pawh zawng (rhesus monkey) thisen nen a inang a, chuvanga RH+ve (Zawng thlah a ni emaw?) kan ni vek ti ila a sual vak lo. Eurasian kan tih ho - Sap/Vai hote erawh chuan an nei ve lo tluk a ni. Pi leh pute a\anga inneih pawlh vanga neite an lo ni ve fo a. Mahse, sawi tur ting chuan inthlah pawlh lo, Mizoahthe pawh RH-ve chu an awm ve leh zauh \hin. Eurasian hoah pawh hian chutiang tho chuan 99% chu -ve mahse, + ve pawh an awm ve zauh \hin tho.

Hetiang a nih avang hian keini tan chuan 7mg./100ml. hi chu a taka damlo kan en tawhte chhutin a sang lutuk a ni. Mizo tan chuan Uric Acid level Normal chu 3.5mg./100ml. vel hi ni berin ka hria. A chhan chu 7mg./100ml. an nih chuan ruh na vanga lo kal an ni ngei ngei tawh \hin. Tin, he Gout hi inthlahchhawn ve theih a ni a, heng mite hi Crystal eiraltu Uricase nei ve thei lo (Genetically Deficient) an ni \hin.

Aw le, a natna awm chhan leh lo awm dan kan sawi tawh a, mipaah hian a rawn langchhuak bik ta a, hmeichhia hian an nei ve meuh lo, mi tilreh hovin an nei ngai lo bawk.

Gout hi kum 30 hma lamah chuan a lang ngai meuh lo va, a chhan chu taksa a la chak \ha a, an inpuibawm a, lang chhuak lovin an siam hram hram \hin. Kum 30 pelh hnu erawh chuan an lo chak lutuk ta lo deuh a, mahni seh seh mual hrangah an ti ta a. Uricase Enzyme nei ve lo tan chuan puitu nei lo, riangvai a lo ni ta a, bu khuarna tur a

zawng ve ta a. Mak deuh mainn kezungpui ruh chuktuah lai hi a thlang ta a, remchanna thu hlaah phei chuan a remchang lo lai ber a ni reng a. Chuti-chuan Gout natna dik tak chu kezungpuiah a in\an \hin a ni. Zan mut hlanin kezungpui ruh chuktuah karah an lut thla ta huk a, zing han thawh meuh chuan kal hleih theih loh khawpin a lo na ta \hin a ni. Amaherawhchu, thluak chuan kezungpui lama bu an khuar chu a lo phal i-khaw bik si lo va, ni 2-3 velah chuan a hnawtchhuak leh ta mai reng a. Tichuan, thisen lamah baw k chuan an kir leh ta a, hmun nghet nei lo na na na chu an luang kual vel ta mai mai a. Damloin a hriat dan chuan zan mut hlanin, zing ka han thawh chuan a lo na ngut ngut \hin tih hi a ni. Urate Crystal awmna nei lo mangang chuan kezungpui lehlamah te, khup ruh chuktuahah te bu an han khuar ru ve leh a. Mahse, thluak baw k chuan a hnawtchhuak leh \hin a, riangvai takin thisenah a vir kual a, a chang leh beng kawrahte bu an khuar baw k

\hin. Thluak hian kan taksa hi a hrechiang a, taksa tana pawimawh lo chu paih chhuah vat vat hi a duh dan leh a tum ber a ni.

Hmeichhiaah chuan kezungpuiah a lang ve ngai lova ngaih a ni a, pahnih khat kezungpuia langchhuak chu ka hmu ve tawh. M $\$$ t (gall bladder)-ah te, kal (kidney) leh phingah te an awmkhawm a. Lungte (kal/m $\$$ ta lungte awm kan tih \hin ang hi)-in an langchhuak ve ta zawk a. Mizoramah pawh hian m $\$$ t leh kal-a lung awm, zai ngai leh zai tawhah hmeichhia an tam ber zel a ni. Mipaah pawh lungte chu a siam tho va, amah leh amah a inhlawmkhawm khan lungte chu a ni mai a. Chuvangin mipa tam tak kal-a lungte awm paih sak, awm leh an tam mai. Hei hi a chhan chu Uric Acid Control loh vang a ni \hin. Hetiang taka bawlhhlawh riangvai, zunah pawh chhuak ve thei lo (a chhuah lohna chhan chu entir nan : Thingpui i thlum a, i chaw k ral taw k ta lo va, a intu in a in zawh chuan a la

chambang zawng chu chini nawi a ni \hin ang hian). Ekah pawh chhuak tel ve thei lo, bu khuarna tur zawnga thisena kal kual reng mai chi hi Mizote hian kan ngah em em mai leh nghal a. Gout kan ngah bakah, m^st/kala lungte awm kan ngah phah a ni.

A chhan hrang hrang a awm thei a, a bul ber chu kan sawi tawh ang, Uricase Enzyme pianpui a neih ve loh vang a ni ber a. Chumi rual chuan kan ei leh in hian a tizual nasa em em a. Mi rethei aiin mi hausa leh awm thei deuhin an nei duh bik. A chhan chu he darthlalang nawi ang maia chang leh fim hi awm tamna bik a awm a. A tlangpui thua a huat bik chu khawmual sa (sa ke nei ho) zawng zawng hi a haw vek a. Hnam dang ho neih ve tho, mahse an ei ve vak loh - Zawng\ah, bekang um, chingit, bahkhawr, pardi, thingthupui, purun hlang bawl, sawhthing mo thar hlang bawl te hi uric acid tamna chiangsa an ni a. Kan chawhmeh zawng zawng hi a ni ber mai a. A \hente chuan tomato-te an haw tho a.

Kan sawi tawh ang ho bak hi chu mahnia hriat ve tum tur a ni. Kan sawi tawh ang khan he natna hi pianpui dik lohna a nih sa avangin damchung thil a ni a, thih rualin a reh chauh tur tihna a nih ber chu. A \ul leh pawimawh ber chu, tui in tam a ngai. Tui tih hian tuisik chauh kan tihna a ni lo va, kan thil ei leh tuiril lam chi zawng zawng chu a huam vek a ni. Ni khatah tui litre 5 vel tal in tura ngaih kan ni a, chaw kan ei hian tuiril lam chi (liquid) litre 1 vel chu ka ei tel tura ngaih a ni. Nikhatah chaw vawi 2 kan ei tlangpui hlawm a, litre 2-3 chu ei tel tura ngaih kan ni. Chumi inkara thingpui, squash, tuisik, soup, etc. te nen litre 5 vel chu a tling tura ngaih a ni. Chuvangin miin thingpui hang, bawngnhute leh thlum lam chite an pe che a nih chuan hnar lovin, a tam thei ang ber in mai tur a ni. Tuisik hlang ringawt hi chu in tam a harsa em a, in tum ve tho chu a \ha. Tuilum in te a \ul ber lo, tui pangngai in mai pawh hi a tawk khawp mai. Hetianga ei leh ina kan insum ve hi a ngai a ni.

Kum 1975 khan Happy Valley, Shillong-ah khuan ek in, \ina dawh chi ang hi an la hmang a, tuktin an paih \hin a ni. Zawng\ah chang tawh awm hun laiin Mizo hovin an ei nasa lutuk a, ek paih ho an nuar (Strike) ta a, a chhan an han zawh chuan, "Mizo hovin zawng\ah an ei chhung chuan ek kan paih tawh dawn lo," tiin an lo chhang a, hei hi an srike chhan ber pawh a ni reng a, tribal ve \iap \iap tak chu a ni.

Thingtlang lama a natna hre si lovin, "Kan pa ke a na a, bawng irte kan chhumsak a," te an ti mai mai a, a nihna takah a na a tizual telh telh zawk si \hin a ni. Ka hriat theih chinah pawh kezungpui, Gout-in a eichhiat hi 30 chuang chu kan tan tawh a, tan chiah lova zai fai ringawt phei chu 100 chuang lai an ni. Mizo zingah hian natna hluar tak a nihna chhan pawh sa kan ei nasa a, chawhmeh rimchhe chi kan ei nasa bawk a, tuiril ka ei/in tlem si atin a ni. Kan changkang telh telh a, na pawh kan ngah telh telh mai dawn a ang hle mai.

A enkawl dan ber chu, khawmual sa hrim hrim leh chawhmeh rim na lutuk ho hi ei tlem a, tuiril lam ei/in tam a \ha, lui sa hi chu a haw lem lo. Damdawi chu Allopurinol (Zyloric/Allgoric/Lodiric) hi Enzyme Uricase ang deuha thawk thei a ni a, he damdawi hi damchhunga ei a ni mai. A nat vanglaia ei tur pawh an siam a, chu chu Cholchicin (Zycholcin) a awm a, darkar 3 dana ei a, kua a \hat loh veleh emaw a na a reh/zia awm veleh emaw ei tihtawp rih tur a ni, hei hi chu a nat vanglai chauha ei tur a ni tih hriat reng tur. Hmeichhia pawh, mipa pawh, m $\$$ t/kala lung pai reng reng chuan Uric Acid Level a sang em? tih hi check ngei ngei tur a ni. Lung awm chhan ber a lo nih vaih chuan paih mah la, a awm leh dawn tho tih hriat sa bawk tur a ni.

A tawp ber atan chuan Mizote hian kan ei leh in hi Vitamins, Protein, Minerals te awmna a ni em tihte pawh hi ngaihtuah ve deuh a hun ta hle a ni. Hmuh leh chak apiang ei teuh zel mai hi sim a hun ta ni berin ka hria?■

ZET U ZU...

Bible râwn kher lo pawhin Zu hi a mak riauna leh thil \ha a nih ka rin lem lohna pakhat chu Khawvel thiamna a sân tawh teh reng nen 'rim na miah lo, tui tak leh in nuam taka hmakhawsang a\anga vawiin thlenga an la siam chhuak tlat lo hi a ni!' (a tluhpui deuh Alcohol content tlemte chu a awm maithei)

Mizoram hi khawvela zu buaipui berte zingah kan tel ta hial awm e! Party \henkhat phei chuan "Kan sawrkar chuan zu zawrh kan titawp ang" ti hialin mipui laka inzawrh na'n kan hmang a nih kha, Sawrkarin Permit neia zu a zawrh tir hi tih tawp lo ni ta pawh ni se khawvel awm chung chuan zu zawrh hi a tawp ngai lo vang.

"Zu hi thil \ha a ni lova, sawimawi chi a ni lo" tih chin ringawta kan tawp hian zu chungchangah hmasawna min thlen lem lo tih hi a hre tute vek kan nih ngei ka ring. Chuti a nih si chuan eng nge kan tih theih tih hi ngaihtuah a va hun tawh zawk em...!?

Heti zawng hian ngaihtuahna in seng dawn teh ang;

HIV darh zel tur venna atana tha kan thawh ang hian 'Zu in tlemrawh/i thin hmangaih rawh/zu lei nan i sum hmang suh' tih ang chi awareness signboard tarte hi kan hmu tawh hlawm emaw? 'Zu i inin rui buai suh' tihte pawh tar ngam ve tawh ila. A mawi thei ang ber leh mit la thei ang bera 'Condom' kan tarlang ngamte hi a Kristian viauin ka hria, chutiang bawkin zu in that lohna te hi i puang zar tam ve ang u hmiang. A diktak chuan mi tam zawkin HIV hrik an kaina chhan hi zu an ruih thin vang a nih a rinawm tlat, zu ruih hian pawisak a tlem a, mipa leh hmeichhe tan insum theihlohna a thlen thin a ni.

Zu hi ualau takin zuar mah se a in duh lo chuan far khat pawh an tem chuang lo, a inte pawh zalen lo tak an ni ve tho

va, thlanmualah te, kawng thim lai leh reh laiahte an in a, an han rui ta a, an inthiam lo ve ngawih ngawih laiin keini ho hian kan lo sãi leh pop \hin. Inthiam loh tawh nak laia min lo khikkhak lehngal phei hi chuan pawngpawrh takin "Nang pawh eng nge i nih bĩk eiru pa" kan inti tawh mai a nih hi!

Ka sawi tum chu zu hi zuar se zuar lo se, zu ruih dan i inzirtir ang u, ruih loh dan kan inzirtir anga, zu bawih atanga talchhuak leh ngatte phei chuan i uar ang u. A that lohnate hi tar ve chuai chuai ang u.

'Avoid Aids Use
condom' tih hi sex

sawimawina a kan ngai a nih chuan zu in dân system emaw, a zawrh dân system \ha zawk sawitute hi zu sawi mawiah kan puh thei tho mai. Miin (nupa an nih miau loh chuan) sex hman naah eng ang pawn condom hmang mahse sual a ni tho tho, mahse chu sex hman sualna chu tih rem theih a nih chuan si loh avangin hri \ha lo a darh zel loh nan condom hmang tura thurâwn a ni chauh zawk ang hian zu pawh hi khawvel awm chhunga a rem dâwn chuan loh avangin kan chhiat pui lutuk loh nân a in dân emaw zawrh dân \ha/mumal inzirtir hi a \ul hle a ni.

Mawitea huang...

* An kohhran kha an indaih lo awm mai mai asin, an nula neihchhun khan thawhlawm khawn pahin hla chang te a sawi vel...

* A inngaitlawm thei mai mai asin, miin 'nupui kha i nei ve tawh tiraw an tih te hian' "Aw, chhete chu nei ve e...zuk ti thin a"!

* Naupang - Ka pa hmanlai lighter awm hma khan engtin nge mei an chhem \hin?

Pa - | henawmte mei kan la kai mai \hin.

HMANGCHANG TOOTHPASTE HMANG TANGKAI RAWH LE

1) Toothpaste:

Kut tihthianglim nan... i kuta natna hrik awm kha tihbo i duh em? Toothpaste



chu tlem han hmet chhuak la, tui nen pawlh la, i kutah khan han nuai rawh le... Natna hrik lak a\angin a tifai mai a ni lo va, i kuta purun sen leh sawhthing rim nam pawh a that bawk ang.

2) Piono tih fai nan a \ha.... I piono, i hmeh bal khak tlur tawh chu i ha i brush ang chiah khan han brush la, chumi hnuah puan themin hrufai leh la, a var sur mai ang.

3) I banga perek phawina kua khan i bang a tilang mawi lo va, tihdan i hre mai si lo. Tihian ti rawh, a kuaah khan toothpaste chu hmet lut la, a ro hunah rawng han hnawih la, a lang mawi sawt mai ang.

4) Kawr bal tifaitsu tha tak a ni. Pentui (ink), lipstick, leh ketchup ho hi a bal nghet zek a. A kainaah khan toothpaste

chu han hnawih la, uluk takin han nuai la, han tleuh leh la, a lo fai mai ang. Chutiang chiah chuan carpet a kai pawh ti thin ang che.

5) Arngeng tana damdawi \ha tak a ni. I arngeng kha a dam nghal vat i duh em? Awl lutuk, i arngengah khan zanah toothpaste tat la, chiah la, zingah phihfai leh ang che. Zing a nih meuh chuan a lo bo daih mai ang. Toothpaste hian arngeng a oil awm kha a hip a, a tithep bawk a ni. I rilru a i vawn reng tur chu hetiang thil hi karkhatah vawikhat aia tam tih miah loh tur, a chhan chu i vun kha a tiro viau thei a ni. Tin, i vunah khan test hmasa \hin bawk ang che, a chhan chu i lo ngeih vak lo thei a ni.

6) I Compact Disc (CD) kha a rang ve deuh a nih chuan toothpaste han hnawih la, puan thianghlimin hrufai leh ang che....a zia sawt mai ang.

7) I gold emaw diamond kha dawrah a tifai tura ken a ngai

kher lo, toothpaste kha han hnawi la, brush in han nawt la, chumi zawhah tuiin han tleuh la, a thar tle sur mai ang, chutiang chiah chuan silver ho pawh a tihfai theih a ni. Siai ang deuhin toothpaste hi a hman theih bawk. I savun pheikhawk a rang deuh tawh chu a ranna laiah tlem han hnawih la, pawn chhe themin han chul mam la, chumi hnuah pawnchhe hn[^]wngin i hrufai dawn nia. I pheikhawk chu a thar ang mai a lo ni ang. Sneeker leh rubber pheikhawka a rubber lai tifaitu atan pawh a \ha.

9) I banga naupangin colour an thai ran chu a tih ngaihna i hre lo a ni mai thei... A ranna lai kha toothpaste han tat la, puanchhe huhin han nawt teh le.

10) Naute hnute hnekna bur tihthianghlina tih rimtui nan toothpaste hi a \ha hle bawk. Regular taka hman a nih chuan hnute bur hi a rimtui lo hle \hin a. Uluk takin han brush la, tui thianghlina i thuhfai leh dawn nia. A rim a fresh chak mai ang.

11) Ei rawngbawltute hian an kut vel bawr hi an tikang fo va, i kut i tikang palh leh a nih

chuan a kanna laiah khan toothpaste hnawih ang che. Toothpaste a bawhlo awm zingah eucalyptus awm hian kang kha a tidai dawn a ni. Rannungina seh che a nih chuan a sehna laiah hnawih la, a zia duh khawp mai. Heng thosi, uihli leh fanghmirah te hian a \ha zual bik.

12) Kuttin tihfai nan a \ha khawp mai. Ha leh kut tin hi a insiam dan kalhmang a inang chiah a, i ha i tihfai ang chiah khan han nawt ve la, mi dang i pana sum i sen tur kha i save a ni mai.

13) Glass paw riaiah teah te hian tlem han tat la, puan hn[^]wngin han hru la a fai kuar mai ang.

14) I roomah Poster tar i duh a, a charna tur i nei si lo va, chutah chuan toothpaste kha han hmang chhin teh. | ha ve tak a ni.

15) Thingpui leh tui avanga i furniture \ial rek ruk kha toothpaste tlem han tat la, puan chhe hn[^]wng thianghlina han hru fai teh. Rei lo teah a reh mai ang. ■

TAKSAA THIL LUT

Vuna thil lut: Vunah hian thil t> tak tak (thing ther, darthlalang keh, hling) te a lut ve fo va, a chang chuan thi tlem t> a awm ve thei a, a thi miah lo thei bawk, thil lut chu a tet a, a lawr bawk chuan lak chhuah mai theih a, a thuk viau chuan lak chhuah tum mai loh tur a ni. Heng thil themte hi a tlangpuiin a balin natna hrik a awm duh bawk.

Thing ther/thil keh them : Heng thing ther leh thil keh themte hi taksaah a lut fova, tam tak chu hmul pawhna hmang te pawhin a phawi mai theih a, thil lut chu a th<k a, a ngheh viau chuan lak chhuah tum loh a \ha.

First aid/ enkawlina hmasa

- 1) A hmuamhma chu tui lum leh sahbawna sil a \ha.
- 2) Kan phawina tur hmanrua (e.g. hmulpawhna) chu meia hliau thianghlim tur.
- 3) A luhna hnaih thei ang bera vuan chungin, a luhdan zawng zul zuiin pawh chhuah tur.
- 4) Lak chhuah hnuah thi tlem sawr chhuah a, silfaia tuam leh tur.

Mita thil lut

Thil nawi t> t>, vaivut leh thil themte hi mitah a lut fova, henge hi a tlangpuiin mit vun chung lam (eyelids) emaw mitmuah emaw a awm \hin.

A lan chhuah dan

- * A nuam lo em em a.
- * A nain a thip thei a.
- * Mittui a tlain a men theih loh thin.

First aid/enkawlna hmasa

- 1) Bawlhlawh chu a pawnlanga awm chauh lak chhuah tur a ni a, a bet nghet leh a t^ng a awm chuan mi thiam bik lo chuan lak chhuah tum loh tur, chhiatna leh mitdelna hial a thlen thei.
- 2) Kut silfai phawt tur.
- 3) Puan them fai emaw, romawl fai emaw a ki tih tet a, tih huh hmangin a lak chhuah theih.
- 4) Mitah bawlhhlawh chu a t^ng tlat a nih chuan maimitchhintir a, puan fai chhal tuam hnan a, damdawi inah kaltir tur.
- 5) Mit hnuai lam chung lama a kam tlat a hmuh theih si loh

chuan mit vun lip hiar a chhuak ve mai thei bawk.

6) Heng kan hnu pawha a la reh loh va, damdawi in pan a rem loh bawk si chuan damlo chu eng taka \huttir a, a hnung lama din a, tui thianglim emaw normal saline-in zawitea a mit chu leih a tha.

7) Tih loh tur te :-

- * Nasa taka mit nuai loh tur.
- * Kut bala khawih loh tur.
- * Thil hriam leh zum hmanga lakchhuah tum loh tur.
- * Mita thil a beh/tan tlat chuan lak chhuah tum loh tur.

Benga thil lut

Benga thil lut hi nau-pangin an nei duh deuh a, thil sak tak tak be mu te, kawrkilh te hi bengah an lo thun mai \hin a. Heng be mu ang te hian hnawng a hip a, beng chhungah a lo lian a, beng a hnawh mai theih bakah lakchhuah a har \hin. Tho, thosi, fanghmir leh khumfa te pawh hi an lut duh hle.

First aid/enkawlna hmasa

1) Benga thil la chhuak tur hian pin emaw, thirzai emaw hman loh tur a ni a, heng kan hman hian bengdar tihpawlh palh a hlauhawm hle.

2) Rannung lut a nih chuan olive oil/baby oil or vegetable oil tlem thlawr emaw soda bicarb tui luma pawlh tlem thlawr tur a ni. Tichuan rannung chu a lo thi ang a, la chhuak turin mi thiamte pan tur.

3) A chungam hi a remchang lo a nih chuan hmehen (torch light) in en ila, a lo vak chhuak ve mai bawk.

Benga tui lut

Benga tui lut hian beng a ti ngawng muihin nuam lo taka a siam theih bakah na leh bengkerh a thlen thei.

A tihchhuah dan

1. Thlek tur

* A hmasa berah beng pawn kha dim taka hruk fai tur a ni a, tui luhna lam kha a hnuai lama dahin thlek tur a ni. Beng til/parh chu dim taka pawh thlaka hma zawng leh hnung zawng te a pawh chetin tui a chhuak thei.

* Tui luhna lam kha a hnuai lama daha thle chungazuan vel tur, tichuan, tui chu a lo chhuak mai ang.

* Beng hnuai lama daha mut saisirin a chhuak thei bawk.

* Ham leh thil \hial vel hian bek ruh te a tichein a timar a, bengkua a tingil bawka, a chhuak thei bawk.

2. Chhem ro tur - Sam tihrona hmangin a chhem theih a, a hniam berin emaw, a sa lo chia chhemna ringawt emaw hman tur. Beng kaw lang zawnga pawh tur a ni a, khap khat aia hla a'ang tala chhem tur a ni. Tichuan, tui chu tui lo changin a lo chhuak mai ang.

3. Thil thlawr tur - Alcohol leh Vinegar - Rubbing alcohol/ Surgical spirit leh vinegar a inzat chiaha pawlha far hnih thlawrin a chhuah theih bakah beng kherh a siam tur a veng.

4. Tui al thlawr - Tui no khatah chi fian khat hmun lia thena hmun khat (?) chawh-pawlh tlem te thunin a tihchhuah bakah bengek pawh a tichhuak thei a, a kherh tur a veng thei bawk.

5. Tui thun belh - Tui luhna lam kha a chung lama daha thlek tur, tui tlem thun belh a rang tak a thlek let leh in tui kha a vaiin a chhuak thei.

6. Beng hawlh faina (cotton bud) hmangin emaw, chutianga

lapua tlem zem behin emaw, dim tein beng kua chu hawlh ila, tui a hip kang thei.

Hnara thil lut

Naupangte hian an hnarah thil mute leh thil dang hi an lo thun fo \hin a, puitlingah pawh tihpalh thilin a lo lut palh thei.

First aid/enkawlna hmasa

1) Kaa thawktir tur a ni a, hnar leh lam hmeh pina zawi deuha hnit chhuahtir tum tur, nasa taka hnit leh tihnawn fo loh tur.

2) Olive hriak emaw, hriak dang pawh thlawr lut ila, a chhuak ve maithei a, a chhuak loh pawhin a za a tiziaawm.

3) Hriak hmanga kan tihchhuah theih loh chuan damdawi in pan a him.

4) Tih loh turte -

* Khawiah nge a tan tih hriat tumin bakkilh, pin, cotton bud leh hmanraw dang hmanga zawn vel loh tur.

* A chung rila mi lak chhuah tuma, hmul pawhna hmanga cheh tum loh tur, a lut thuk duh.

* Hmuh phak loha mi lak chhuah tum loh tur. ■

Editor hnena lehkha thawn

HRISELNA LEH DAMREI NAN



Kan chanchinbu lar tak leh \angkai em em Hriselna bua mi thiam tak tak te leh hre zau tak tak te ziak hi ka chhiar fova, chanchinbu hi ka la kumtin ve a. Tha leh tangkai ka ti hle mai. Dr. Eric Zomawia Article ziah tha tak tak te ka han chhiar chang hian mi a fuih thar thinin Article ziah ve chakna te mi a siam sak thin a, insit tak chungin ka han belh ve hlek the ang. Keini ang thingtlang kilkhawr zawk a awmte tan tak hian zawm peih chuan a tangkai leh zual ang.

Kum lama upa ho tan chuan thil tha tak tak zawm leh sim tur te a ziakfo a, han belh leh duh ka neih te chu heng te hi a ni.

- 1) Meizuk loh - Sadah, khaini, kuhvakhawr, tuibur tih ve duh reng reng loh hi a tha ber.
- 2) Ruih theih thil lam zuk chi leh drugs te tih ve duh miah loh tur.
- 3) Zing thawh ve leh tui thianghlim pava 4/5 in ziah.
- 4) In tihhlim nan zai uar tur - hla 4/5 vel tal \ing\ang or khuang nen sak fo tur.
- 5) Zanriah eikham a chhungkaw tawngtaina neih ziah.
- 6) Zana men rei loh, dar 7 vela mut ziah, zing dar 4 chuan thawh a inphihfai ziah tur.
- 7) Thei lam chi ei tam a tha.
- 8) Ka thil tawn a tha deuh mai chu tengtere hmin hi kum 16 chung chu nghei miah lovin ka ei ta, kum 91 ka lo ni ve ta reng mai, pum lam dik lova awm hi ka nei ngai ta lo.
- 9) Sa hi kan duh theuh a, mahse tam tak chu ei hauh loh tur a ni.

Awle, tlangtin mualtin a ka upat puite leh \henrual \hate u, hei kum 91-na ka hmang zo ve \ep ta. Ka awm dan leh ka inenkawl dan anga awm ve thei te in awm chuan hmasawanna tur han ziak belh turin ka sawm a che u.

K. Lalhlira, Pharmacist(Rtd.)

S. Vanlaiphai

- ◆ Ni 7.12.2018 Health Directorate Group 'D' staff-te chuan intuaitharna hun leh Advance Christmas an hmang a. Member-te infuihtharin he hunah hian hlim takin ruai an kil ho bawk.
 - ◆ State Institution of Rural Development Durtlang chu Central lamin ASHA te tana training-na hmun atana an rawn pawm tak avangin he mi hmunhma enfiah tur hian central lam atangin NIOS Certification Team te an lo kal a. Heng mite nen hian ni 12.12.2018 khan SIRD hi tlawh a ni a. Heng mikhual te hi Dr. R. Lalchhuanawma, SNO, Community Process-in a lo dawngsawng.
 - ◆ Ni 13.12.2018 Health Directorate Staff Welfare chuan Conference Hall-ah Advance Christmas an hmang a. He hunah hian kum 2019-2020 chhunga Health Directorate Staff Welfare hruaitu turte an thlang nghal bawk a. Tlai lamah ruai an kilho nghal.
 - ◆ Ni 17th Dec. 2018 (Monday) hian Mission Director Office Chamber-ah Dr. Lalrozama, IAS, Mission Director, NHM kaihhraina hnuaiiah Dr. T. Lalmangaihi, Director of Hospital & Medical Education-in School naupang te tan a thlawna tarmit sem tur pek chhuahna hun a hmang a, Dr. Lalrem-mawii, State Programme Officer, NPCB&VI in report pein tarmit sem a nih dan a sawi bawk.
 - ◆ Health & Family Welfare Department chuan Health Minister atan Dr. R. Lalthang-liana kan nei ta. Hmasawna tam tak nena Health Department a kaihhruai theih nan duhsakna kan hlan a ni.
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Editorial Board