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### A chungga thu awmte

1. Editorial.....	2
2. Pumpui cancer (Stomach cancer/gastric cancer leh Mizoram .	3
3. Hrisel nana thil tih theih awlsamte .....	6
4. Epidemic .....	8
5. Hotel thianghlim chaw ei tuina .....	11
6. Vun 'Sensitive' .....	15
7. Taksa tana thil langkai .....	19
8. Purun var .....	21
9. Tangseh (Chicken pox) leh a enkawl dan .....	23
10. Awmvel (Herpes) .....	25
11. Cholesterol level tihhniam dan .....	28
12. Hepatitis 'C' .....	30
13. Rulhut Do Beihpui.....	34
14. Shikar/Gutkha i ei zel dawn em?.....	38
15. Letter to Editor .....	40
16. Depression (A ruh lang rawtin aw) .....	41
17. Postrate gland .....	44
18. Health Department hnathawh leh hmasawna te .....	45
19. Keimahni .....	46



## Editorial

Hnam fing zawk ten a, Hriselna an ngaih-pawimawh ang hian keini Zofate pawh hian ngaipawimawhin kan ei leh inah leh kan ni tin khawsakna kawngah hian thianghlimna lama kan harhchhuah ava hun ve tawh tak em!

Tuna a lan danah hi chuan, keimahni hriselna tur liau liauah pawh, keimahni ai mahin sorkar hian hma a la nasa zawk em em a. Hei tunah pawh Zokhaw chengker ber thlenga mihring chengte kan lo hrisel theihna turin National Health Mission hnuaiyah nasa takin hma a la mek a ni a, heta tana a sum sen hnemzia a\ang ngawt pawh hian mipui hriselna a ngaih-pawimawhzia chu a lang a ni.

Hetiang taka sorkarin hriselna a ngaih-pawimawhna chhan pawh India ram mipuite hi bawrhsawmna a\anga kan fihlim zet loh chuan, hmasawmna kawngah rualkhai takin ke kan pen ve thei dawn lo tih a hre chiang em em a ni.

Retheihna leh bawrhsawmna hi unau piang hmun ang mai an ni a. Hemi a\anga t^lchhuaka, hmasawmna lama ke pen tur chuan kawng hrang hranga hriselna kawnga sorkar hmalaknate hi a chhawrtu tur kan ni tih hrereng chung a hlawhtlin ngei theihna turin mimal tin te hian tan kan lo lak ve hi kan mawhpurhna vek a ni tih i hrereng \heuh ang u. ■

## PUMPUI CANCER (Stomach Cancer/ Gastric Cancer) leh MIZORAM

Dr. Eric Zomawia

Pumpui (Stomach) cancer hi Mizoram-a cancer hluar ber a ni. Khawvelah pum pui cancer hi cancer tam ber 4-na a ni. Kumtin mi 870,000 in an vei belh a, mi 650,000 in an thih pui \hin. Pumpui cancer hluarna ramte chu Eastern Asia (Japan, Korea), South America (Chile, Costa Rica) leh Eastren Europe ram \henkhat an ni.

India ram bikah chuan pumpui cancer a tam lo hle a, chutihlaiin North East India a bik takin Mizoramah chuan a sang hle thung. Mizoramah chuan mipa cancer zawng zawng 23-25 % hi pumpui cancer an ni a, hmeichhiaah pawh chhul cancer leh chuap cancer nen pakhatna an in nih chhawk \hin. Thilmak ang reng tak chu Mizorama pumpui cancer hluar dan em em hi Japan leh Korea te tlukin kan sang hi a ni.

### **A awm chhan (Etiology/ risk factors):**

\* Ei leh In -

Sa-rep (Smoked meat) leh sangha rep ei tam.

\* Chi al (Salt) ei tam lutuk - a bikin chi hmanga sa vawn \hat ei tam.

\* Thlai hring leh thei ei tamin eng emaw chen a veng.

\* Ei leh ina vitamin C, Carotenoids (Carrot leh thlai eng/senah a awm), green tea te'n a veng ni a hriat a ni.

\* Pumpui a natna hrik pakhat - 'H. pylori' in a let 6 in a ti tam.

\* Meizuk in a let 2 in a ti tam.

\* Pumpui natna dang vei - Gastric Ulcer (p^n), gastritis (I^wng)-ah a tam zawk.

\* Genetic factor - 'Gene' ah diklohna awm, inthlah-

chhawn theih, pumpui cancer thlen thei tu \henkhat awm nia hriat bawk a ni.

- \* Ram tam takah pumpui Cancer hi a tlem tial tial, a chhan ni bera an hriat chu chawhmeh vawn \hat nan Refrigerator an uar tak vang a ni.
- \* Mizoram-ah ICMR te nen Research 2001-2004 khan kan nei a, pumpui cancer vei mi 329 leh vei lo (Control) mi 658 kan zir a, chuta kan hmuh danin heng thil a hnuai mite hi ei/zuk/hmuam nasat hian pumpui Cancer a let 2.5 a\anga a let 3.5 in a ti hluar - sa, um, sa-rep sangha-rep, meizuk, tuibur, sahdah.

#### **A lan chhuah dan (Symptoms):**

- \* Luak chhuak, pum na, thin thip, kaw puar, cher telh telh, dawldang (Hb tlem), thi-a luak, ek dum.
- \* Natna dang a an theih em avangin in ngaihthah a awl a, pumpui cancer vei 80%

lai chu an natna hmuh-chhuah a nihin Stage III/IV a lo ni hman tawh a, tihdam a buaithlak tawh \hin.

#### **A hmuhchhuah dan (Diagnosis)**

- \* Endoscopy (Khawl hmanga pumpui en)
- \* Barium meal X-ray
- \* Heta a landan azirin Biopsy tih \hin a ni.
- \* Insawisel hmaa inentir thin a \ha.
- \* Khing a chung a lan chhuah dan kan sawi khi kan neih pheih chuan a rang thei anga Endoscope tih a \ha.
- \* A bikin Mizo mipa kum 40 chung lamah chuan a chhan hriat loh va Hb hniam (dawldang/Anemia) neih chuan pumpui en ngei ngei tur.
- \* Japan leh Korea ramah chuan Screening an ti a, insawisel kher lo pawh kumtin Barium Meal X-ray emaw Endoscopy in emaw kum 40 chunglam chu an in entir thin a, pumpui cancer

a lo awm pawhin a tir deuh (Early gastric cancer/ Stage I/II) tihsam a la awlsam lain an hmuchhuak hma thei \hin. Hei hi a man/senso erawh a to deuh.

#### **A invenna:**

\* Kan ei leh inah fimkhur ila – Thil rep, al, um ei tlem.

Thlai hring (Fresh Vegetables) leh thei (Fresh fruits) ei tam/ei zin. Thei hi nikhatah vawi 4-5 (helpings) ei a \ul.

Sa/chawhmeh dah\hat nan rep leh chi aiin Regrigerator uar ila.

\* Mei zuk loh. Tuibur leh sahdah hmuam loh.

\* Endoscopy hmangin emaw, thisen a\angin emaw H.pylori natna hrik kan pai leh pai loh entir a, kan lo pai chuan

damdawi hmangin tihreh theih a ni a, hei hian pumpui cancer eng emaw zat chu a veng tura ngaih a ni.

\* Kum 40 chin chunglam tan kum 2/3 dan tala Endoscopy hmanga pumpui entir \hin.

#### **A enkawlina:**

\* A tlangpuiin Zai (Surgery), Chemotherapy (Damdawia enkawl) an hmang a; hengte hi Mizoram-ah a tih theih vek.

#### **Kan tih theihthe:**

\* Mizoram district Hospital tinah Endoscope dah.

\* Mobile Endoscopy Unit eng emaw zat neih.

\* Mipui ei leh in (Food Habits) chungchangah nasa taka zirtir.

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#### **MAWITEA HUANG!!!**

@ Tlangval pakhat pawh kha a thil tihsam pakhat tal sawi turin an ti a, "Kan thenawm tlangval inawkhlum tur ka pui ve tawh ngat asin," zuk ti mauh pek a!!

## HRISEL NANA THIL TIH THEIH AWLSAMTE (Simple tips for maintaining health)

Dr. Sangthuama Ngente

**M**ihring taksa ruangam hi Pathian siam a nih avang hian a khawl hi a ropui danglam bik em em mai a. Motor khawl te hi zawng mihring te siam chawp a nih avangin a chhiat palh pawh insiam \hat a har lo fo a ni. Heng mihring siam chawp khawl te pawh hi enkawl fimkhur chuan a tlo bik em em a ni. Kan taksa khawl chu, chutiang taka siamtu in min siam a nih avangin, a khawl hi a delicate viau lain, tlo leh daih rei tur taka siam a ni. Pathian thuin, kum 70 daih zan tura siam a nih thu min hrilh a ni. Taksa khawl hi vawikhat din a nih tawh chuan chhum lo chat lova thawk reng tura tih nun a ni a, a thawk rim ta em em mai a ni. Ran leh mihring khawl siam chawp ang mai ni lovin, mihring khawl chu amah vek in enkawl chho thei tura ruahman a ni. Mahni \heuhin, mahni taksa khawl vawn hrisel naah mawh kan phur a ni tih i hre reng ang u. A inenkawl dan \ha awm mawlte i han ngaihtuah tlang ang u.

Thawkna \ha neih reng hi hriselna neih \hat nan a pawimawh a ni. Taksa bung hrang hrang, a bikin thluak in Oxygen a dawn \hat nan, thisen in a phur chho va, chuap a\angin a lo dawng \hin a ni. Chuap na neiho chuan thawk harsatna leh oxygen tlak-chhamna an nei \hin a ni. Ka chhung a\angin chuap thlengin a hrisel tlang chuan thawk \hatna a awm a, chu chuan Oxygen supply a siam ta \hin

a ni. Hemi veng him tur chuan kamchhung tih fai \hat a, hrawk thip awm loh nan tuilum chi al a kam \huah fo tur a ni. Tin, chuap exercise neih \hat tur a ni. Zing thawh hma a boruak zang takah thawk lak vak vak a, vawi 10-20 ni tin tih a \ha. Hei hian chuap fan theihna a siam \ha reng a ni. Chuap na Pneumonia leh TB vei tawh tan chuan tih uar zual tur a ni. Lekhazial zuk hian

chuap leh thawkna dawt a ti bal duh em em a ni. Meizial zuk loh hi a \ha ber a ni.

Lung (Heart) hi thisen sem kual tu tur a nih avangin, chawl miah lova hna thawk rengtu a ni a. Chuvangin chhawr hah lutuk fo hi a \ha lo a ni. Infiampi tan pawh darkar khat aia tam hah taka a inkhelhpui reng chuan lungphu a rang lutuk thei a, harsatna lian a thlen \hin. Rit phur chung a chho kan kal pawhin a khat tawkin hah chawlh a, lungphu, marphu rang/chak lutuk kan hahchawlh tir tur a ni. Tin, thau (fat) ei nasat hian thauin lung a tuam a, a fan \hatna a titem a, lung chak lohna a siam thei.

Chaw eina kawng hi, supply dawnna a nih avangin a dam \hat a \ul reng a. Chaw d^wt leh pumpui hi a thawk rim em em mai a. Kuhva leh hmawmsawm kan ei nasat lutuk hi chuan kan chhawr hah nasa lehzual a. Pumpui nate hi a tam em em a ni. A hah lutuk loh nan chhawr rim loh deuh a \ha a. Sarep fip lutuk leh thil sak leh thak ei nasat hian

pumpui a ti hah lehzual \hin a ni. Pumpui ruaka rei lutuk dah hi a \ha lo fo a ni. Tin, chawpai \awih \hat nan Vitamin leh Enzyme te chi ang hi ei tel ve fo a \ha. Ek \hat theih nan thlai hnah hring leh tui tam tawk ei leh in fo tur a ni. Ei leh in thianglim a \ul.

Zunkawng lam hi a \hat reng a \ul a. Taksa in thil \ha lo tawh te a paih chhuahna a ni a, engtik lai pawh hian taksa atana tha tawh lo paih chhuah tur a awm reng a ni. Chumi paih chhuahna tur a that tawk loh chuan harsatna a thlen fo thin. Entir nan, taksa vung te, thawk hah te a thlen fo thin a ni. Tui tam tawk in hian taksa a thil tha lo awm te a chhuah pui thin a, zun kawng a ti thianglim thei a ni.

Hriatna thazam leh tihrawlte an \hat reng nan chuan physical exercise neih \hat hi a \ul a ni. TV-ah te kan hmuh ang exercise hi a tha em em a. Yoga an tih ang te hi \angkai tak a ni. Heng ang kher a kan ti thei lo a nih pawhin exercise lak dan awlsam apiang hi tih fo tur a ni. ■

## EPIDEMIC (HRILENG)

### Epidemic (Hrileng) kan tih chu eng nge ni?

Khawkhatah emaw vengkhatah emaw pawh leh thil dang hriselna nena inkungkaih thei reng reng a nih dan phung pangngai aia hluar a vawilehkhat a rawn leng \hin hi EPIDEMIC (Hrileng) kan ti a. Heti ang hrileng ang a kan neih chi hi a tlangpuiin Communicable Disease kan tih ho, natna inkaichhawn theih ho te hi an ni a, chung zinga lar deuh te chu:

- |                             |                              |
|-----------------------------|------------------------------|
| (a) Kaw\halo                | (b) Santen                   |
| (c) Cholera                 | (d) Sentut                   |
| (e) Khuhhip                 | (f) Tangseh                  |
| (g) Biangboh                | (h) Sikserh (Malaria)        |
| (i) Typhoid                 | (j) Hepatitis 'A' (Thinlian) |
| (k) Food poisoning (eisual) | (1) Uithak                   |
| (m) Rulhut chi hrang hrang. |                              |

Tin, khing a chung a kan sawi tak te bakah khian Mizoramah awm ve vak lo mahse India ram hmun hrang hrang a leng \hin a awm bawk.

Heng natna chi hrang hrangte hi mihringin kan vei theihna chhan pawimawh tak tak kawng 5 a awm a, chungte chu :

(1) Flies (Tho) : Tho vanga natna inkai darh venna turin in leh a vel vawn thianghlim tur. Eitur tho bawm theihloh a

vawn. Tho bawm hnu silfai lohva ei loh tur.

(2) Fingers (Kut zung-\ang) : Kut fai taka sil \hin tur.

(3) Fomites (Bungrua leh hmanraw hrang hrang) : Bungrua leh hmanrua reng reng a thianghlim tur a ni.

(4) Food (Ei tur) : Eitur reng reng a thianghlim tawk tur a ni a, silfai theih chu fai taka sil \hin tur a ni.

(5) Fluid (Tui lam chi) : Tui in tur leh bawngnhute te, Ice



cream te, theitui te a thianglim tawk tur a ni.

Tin, heng bakah hian boruak a\angin natna hrileng tam tak a kai theih bawk.

Epidemic (Hrileng) lo thleng thei chungchanga kan hriat tur pawimawh

\* Khawi hmunah pawh natna in angkhat vawi lekhata mi engemaw zatin an vei chuan, a rang thei ang berin Health Department-a thawktu te hriattir vat tur a ni.

\* Natna in kaichhawn theih leh kai awlsam reng rengte chu a theih ang tawk a ranga dahhran emaw, mi dang chim theihlohah dah vat tur a ni a.

\* Hun rei lote chung a khawkhat emaw veng khat emaw a, a chhan hrang hrang avanga thihna emaw damlohna awm hi hrileng vang a ni lo va, mipuite chi ai mai loh tur a ni. A chhan leh nat dante in angkhat emaw kalkhat deuh vek a nih chuan ngaih pawimawh tur a ni.

\* A \ul lo leh thil Chiang lovah mipui tih thlabar loh tur

a ni a, a dik lo leh hluar zawngin report siam loh hram a \ha. Report ngai a nih pawhin Health Department-a thawktu awm naah chuan an mahni kal-tlangin a ni ngei tur a ni.

Hetiang natna lak a\ang hian inven theih a ni em?: Heng natna te hi ven theih vek a ni a, a natna azirin inven dan hrang hrang a awm thei a ni.

Tute nge mawhphur?: Heng natna laka inveng tur hian mitin in mawh kan phur vek a, damdawi lam miten anmahni chauhvin an veng thei lo. Mipuite \awiwam leh thlawpna tel lo chuan a ven theih loh.

Eng kawngin nge damdawi lam mi ten an thawh?: Sorkarin programme hrang hrang hmangin heng natna laka venna kawng a buatsaih a, chungte chu a \ha thei ang bera kalpui mek a ni.

Engtikawngin nge mipuiin an thawh ve ang? : Damdawi lam thawktu ten tih tur an tih te uluk leh fimkhur taka zawm tur a ni a, nu naupai a\anga naupang tan a hri danna lak theih zawng zawng la vek tur

a ngaih pawimawh tur a ni. Mahni taksa vawn thianghlim tur a ni. Mahni in leh a chhevvel leh khawtlangah faina ngaih pawimawh tur a ni. Ei leh in thianghlim leh hrisel \ha chauh ei tum tur a ni. Damdawi lam miten mipui tana an tihsak theih hriat a, hman \angkai thiam ngei tum tur a ni. Sub-Centre te, PHC ten an tih theih chu hman \angkai zel a pawimawh. Sorkar hmalakna hrang hrangah tlawmngai taka \awiam leh ngaih pawimawh hi mipuite tihtur pawimawh tak a ni. ■

**Q :** Heng chhul cancer, chaw kawng cancer, hrawk cancer leh pumpui cancer te hi a lo lan chhuah dan min hrih theih chuan ka lawm hle ang.

**Ans :** **Chhul cancer hriat theih dan chu :** Thi put reh thei lo te, thi neih hun mumal lo te, inpawl zawha serh a\anga thi rawn put \hin te, thi neih hun laia thi chhuak hnem lutukte hi chhul cancer a ni thei.

**Chaw kawng cancer :** Chaw kawng cancer hi chaw lem \hat theih loh te, chaw helh reng mai te, chaw ei sa luak chhuah leh te, chaw lem zawnga na te, kawpuar leh chaw pai \awih theih loh te leh taksa rihna tlahniamte hi a lan chhuah dan tlangpui a ni.

**Hrawk cancer :** Heng aw chhang reh thei lo te, hrawk thip leh na reng mai te, hrawka baw awm tlata hriatna te, chaw lem \hat theih lohte i neih chuan hrawk cancer a ni thei.

**Pumpui cancer :** Kawpuar leh luak chhuak neih reng mai te, chaw ei khama pumpui sa vut vut \hin te, tawt ula inhriatna te, chaw ei tui lo leh taksa rihna tlahniamte hi pumpui cancer lo lan chhuah dan tlangpui a ni.

Heng a chung a tarlan takte anga kan awm chuan doctor rawn vat \hin hi a him ber a, cancer-te hi a hlim chhawna hriat a nih chuan awlsam tea tihdam theih a nih avangin inrinhlelhna nei reng reng chuan doctor pan vat \hin tur a ni. Chuti lova a nasat hun nghah kher chuan tihdam a harsa tawhin a hautak em em tawh thin a, thihna a thlen hma \hin a ni.?

## HOTEL THIANGHLIMCHAWUITUINA

- Dr. Malsawma  
Dy. Dir. (Rtd.)

MAHNI in lum chhuahsana han zin chhuah ni khua hian kawngkapui kan pelh chiaha kan rilru a lo lang hmasa ber chu, 'zin kawngah khawi hmunah nge tukthuan/zanriah kan ei ang?' tih hi a ni a, motor a kan chuanpui te hmel chhiat/hat thu emaw, kan driver khalh chak dan emaw, kan chuan tawt leh thawl lam emaw kha chu rilruahrawn lut ve bawk mah se rei a cham lova, thinlai luahtu ber chu ei leh in a ni tlat \hin. Mizote phehi chu kan zin chhuah hian kan koham zual sawt thin e an ti a, a dik a ni mai thei.

Aizawl atanga khaw hla lo te a mite pawh an thlai thar zuar tura Aizawl pana zinga bus-a an chhuah hian an khua an pel fel chauh hi anmahni balhla leh an thiante chhangban fun chu tam hnema ei atan an inthleng sup sup \hin e an ti a, zin chhuah hian \am a na sawt a ni ngei ang! Kan zin thanna kawngah phehi chu khawi khuaah nge hotel fai nuam awm a, khawi laiah nge thingpui dawr tuihnai a awm tih te hi kan hre kiu kiau a, chawfak leh thingpui in a chawlh kan chakna hmun kan thlen hun tur te suangtuahin chu lai hmun chu riltam lai taka thlen ngei kan chak ru et et a; chutih rual

chuan kan zin chhuah dan azirin chaw fak kan tumna hmun pelhsawlh (thlen hma lutuk emaw thlen tlai lutuk emaw tihna!) hlau reng rengin rilru a hah ve fu thei thin bawk. Eng pawh chu nise, kan zin chhuah hian kan chuanna lirthei dinhmun tluk hiala kan ngaih pawimawh chu chaw fakna hmun a ni tih hi chu a chiang hle a ni.

Heti taka khualzinte mamawh leh engto ber a nih thin avang hian zin kawnga hotel leh thingpui dawr siamtute dinhmun hi a pawimawh em em a, anmahni an inhriat ai hian mi ngaih

pawimawh an hlawh a ni a tih theih hial awm e. Tuna a lan dan chuan Mizoram kawngpui dung khaw hrang hrangah hian miin hotel hi sumdawn nan, eizawn nan an siam ber thin a, a tam zawk hi chuan kawng kamah in leh lo, hotel/thingpui dawr remchang tak an neih avanga hotel/dawr siam an ni maiin a hriat a; mahni chemkalna zawng emaw, eizawna remchang bik emaw ngaia hotel/dawr siam ta te pawh an awm nual tho vang a. Hetia ka sawi nachhan chu tunlai nitin khawsak phung a lo than chhoh zel lai hian hotel/thingpui dawr enkawl lamah hian hma kan sawn vaklo em ni aw a tih theih a, a hmaa ka han sawi tak ang khan hmasawn zel rilru pu lutuk lovin run dalah kan kal bek bek mai em ni aw ka ti deuh a ni. Kawng leh lamah chuan hmasawn turin entawn tur emaw, kawh hmuhtu tha an neilo pawh a ni thei a. Kan chaw thleng leh thingpui no hman te, chawheh chhawpna leh chhawp dan te, kut silna hmuna tui chhawp dan leh ei

bang sawngbawl danah te hian ngai kan awh rei ta em ni aw tih theihin ka hria. Hotel/thingpui dawrin a ken tel pawimawh tak, mikhual te'n kan thlakhlelh em em thin 'inthiarna - ek in tel' hi kan la hlamchhiah viau mai a, mi pahnih/ khat han hman mai theih, mahse mi sawm chin chunglam han dawl zo tur hi a vang deuh a. Tan lak a ngai hle mai.

Hotel/thingpui dawr hmasawna atan rawtna tlem han siam ka duh a, sum leh pai tam zawk seng lem lovin tih dan phung erawh tlem tlema thlak hret hretin nasa takin hma kan sawn thei ang tih hi a beiseiawm tlat a ni. Mikhual chhawn lamah chuan hotel/dawr neitu tam tak chu an ngaihtuahawm lovin ka hria a, an dawr an enkawl danah hma an sawan lehzual hunah pheichuan mikhual lo auh khawma, khawi khaw bus/sumo driver/conductor emaw biak that fo ngai lovin an kawt kaiah ngei an bus/sumo chu an rawn ngir khep khup tawh ang a, 'in passenger te kan duat zawk

theih nan in tlan dan (timing) te ti danglam teh u, a rual ruala in rawn thlen chuan kan harsat phah deuh ve' tiin an la ngen hial zawk dawn a ni! Tuna tihdan phunga kan neih mek hi pakhat aia tamin chaw hmeh inzen tawm ngei tura chawhmeh chhawp hi a hrisel lova, bansan a tha khawp mai. Mikhualte chu chhungkhat emaw unau za emaw pawh nise hetiang chaw hmeh inhawp tawm tura insuah hi a chi tawh lova, chi bak hi chu in tawm loh nise a tha a ni. Chawhmeh sualna hi mi pakhat tan chawhmeh suah tur chi tam dan a zirin pali/ panga neih ngei ngei tur a ni ang. Tin, hotel thenkhat chuan mikhual ei bang kha bel puiah an chhung lut leh thin an ti a, chu chu a hnung a chaw ei ve tur te an chhawp leh mai thin an ti zuk nia! (Uak...ekhai, a mualpho theih dawn alawm le!!) Hetiang thil 'rapthlak tak' hi Mizoram chhim lama kan thawhpui daktawr senior tak, thla tin deuhthawa hna pawimawh thawka Aizawl rawntlawh thin chuan a hmuh

chian thu a sawi a, kei pawh hian vawikhat na na na chu chiang takin ka hmu thawi zuk nia! Tumkhat pawh Aizawl atanga kan zin chhuahin Serchhip thlen hmaa tukthuan kan ei dawna an siam lain an suah velna dawhkan bulah ka ding a, ka mitmei ru deuh a! Ka mitmei an hmu nge ni ka hre law... ei hmasate ei bang zang an khawm ngeiin ka hmu thawi a, chumi bel atanga an suah mai dawn lai chuan ka lo din ve reng vang kha nimaw....choka lam atangin sa bel thar an rawn chawi phei ta hlauh va, chuta mi chu min suah ta a ni...chaw ei a tui sawt mai! Eng dinhmunah pawh hotel siamtu emaw a mikhualte emaw kha lo ding ta se, mi ei hnu nawi belpuia chhun luha a hnua a thar ang a mi dangte hlui leh mai hi zawng bansan a va hun tawh em! Bansan a hun nimai lovin thawnthuah pawh a hlui pawlah dah chi a ni hial tawh.

Chutiang bawkin thingpui dawra ei tur (a bukin chhang lam chi) chhawm teuh a, ei bang dang luh leh a, a hnunga mite hmaa chhawp leh

thin pawh hi thianghlim zawka thlak a hun tawh hle mai. Ei tur thil kut lawnga khawih fo mai hi natna hrik sem darhna kawng pawimawh tak a ni tih hriat a tha. Thingpui intu turte kha an chhang ei duh zawng zawh a, an duh ang chi nise ei khawp awm deuh a va chhawp nise, an duh belh dan azira chhawp belh a tha ber ang. Hotel leh thingpui dawr siamtute hian riltamte puarna an phuhruk hi duh tawk mai lovin anmahni dawrtute hriselna pawh an kutah thui tak a innghat a ni tih an hriat a pawimawh a; mahni hriat phak ang ngawta thil kalpui lovin hmasawn tuma tan lak hi an tihmakmawh a ni tih hriat a tul hle mai. Ei tur bawlhhlawh hi hrileng, thawkleh khata mi tam tak chhiat rupna thlentu a ni fo tih hriat a tha. Keini Mizote tan chuan thu khat lo nise, phai lam atanga lo kal hnam dang han zin chhuahpuii chante hian....vaiah pawh vai 'zau' deuh te an nih ngat loh chuan kan ei leh in ang han lem hmiah hmiah chu a har duh ngawt ang!

### MAWITEA HUANG!

- @ Rambuai tantirh khan MNF Volunteer ho khan lam an zir ve a, an hawi rual hlei thei lo va, an hawi thelh leh suau suau thin a, an zinga pakhat thinrim khan an hotupa hnenah, "Rigth turn, Left turn i ti ringawt zela, hawina lam tur i sawi mang si lo" zuk ti mauh pek a!!
- @ Nu pakhat mangang deuh khan police thana-ah, "Nimin tlaia ka fapa alu lei tura a chhuak tun thlengin a lo la haw lo" tiin a va report a, duty pa lah chuan, "Chawhmeh dang lo siam rih mai ula," zuk tih san et a!!
- @ Kawnga a kal laiin, lehkha thema thil fun hi a chhar a, a han hnim chhin a, chutah a han liak leh a..... ner nung chungin.. "ummmmm ek a nih kha ka ring sa reng a," zuk ti roh a!

**VUN 'SENSITIVE'**

- Dr. Lalremruati Sailo  
Skin specialist  
Civil Hospital, Aizawl

'Ka hmai vun hi a sensitive' miin an tih chuan, an thil hnawih apiangin thip/thak a siam a awlsam a ni thin. A lo ngaithlatu tan eng vak anga lang silo hi a tuartu tan chuan hrehawm thei tak a ni a, enkawl pawh a hautak in a buaithlak em em a ni. Mithiamte chhut danin mihring zawng zawng hmun lia \hen a hmun khat hian vun sensitive hi kan nei hrim hrim a ni, mithiam ten an chhut danin.

Tunlaia vun enkawl na tlangpui: facewash, cream, sunblock chi hrang hrang te hi chemical hrang hrang atanga siam chhuah an ni hlawm a, heng chemicals chi tam tak chawhchawrawi zingah hian hma thak siamtu ber hi hriat a har em em thin a ni. Mi tam tak chu hmai khawih/kheuh/ nuai tam vanga vun sensitive insiam chawp an awm thin, chin dawklak a awlsam a chuvangin vun hi khawih dan chin tawk neih a him ber a ni.

Vun hian hna pawimawh tak a thawk reng a, chu chu 'skin barrier' hna hi a ni. Kan hriat tur chu kan chenna boruakah hian hmuh tham loh

hrik chi hrang hrang a tam em em a, vun hian hmuh tham loh hian he barrier hmang hian venna hna hi a thawk reng a. tin, vun atang hian tuihu hi a tawk chiah chhuak reng a awm a, TEWL (Trans - epidermal water loss) kan ti. He tuihu chhuak hi a tam lutuk chuan vun a ti khawro thin a, chu mai bakah boruaka hrik ho tan vun chhungril (dermis) thisen zam awmna chin hi luhchilh a awl pah ta thin a, lotion emaw cream emaw han hnawih tak chiah hian, kan sawi tawh ang khan chemical chi hrang hrang hian dermis chu luh chilhin, thip leh thak a siam awlsam pah ta thin a ni.

Vun pawnglang berah hian, vun thi thuah thum li vel 'stratum corneum' a awm a, chu pawh chu vun venna 'barrier'-ah hian a pawimawh ve hle a ni. He vun thi thuah hi tih chhiat a awl em em a, entir nan, chemical pakhat 'acetone' kan tih, thil common tak, vun tihfaina chi tam tak a tel hian a ti chhe thei a. Tin, sodium lauryl sulphate (sahbawn reng renga phuan siamtu) pawh hi vun sensitive tan chuan, stratum corneum a tih chhiat theihna a zarah hman uar lutuk loh a tha. Vanneihthlak takin vun sensitive ho tan bik hian sahawn chi hrang hrang an siam chhuak tawh a, hengah te hi chuan sodium lauryl sulphate hi tlem telh a ni thin, churang chuan a phuan tha duhlo bika, fai lo riaua hriatna awm duh a, mahse a nihna takah chbuan fai lohna bik a awm lo reng reng a ni.

Vun sensitive nei chi hi chuan thil huat, Sap lawngin ALLERGY kan tih mai hi an nei tel duh em em a, chungte chu hnawih chi chang nilo ei chi

hrang hrang thaka hip tel theih chi (inhalant) etc. tein a thlen thei a ni.

### **Vun sensitive tana thil huat awl bikte**

1. Cream: Vun chuar venna cream eg. Night cream man to tak tak, company changkang tak siam chhuah te ah hian chemical pakhat 'retinoids' kan tih hi a tel tlangpui a, hei hi sensitive lemlo te tan chuan thil tha tak ni si, sensitive tan erawh a vha lo an ni thei. Hmai puhlip, sen, ro thap deuh an siam thei.

2. Vun ngona: 'Fairness cream' hovah hian beta hydroxy acids/alpha hydroxy acids te hi an tel tlangpui thin, vun sensitive-ah chuan thak an siam awlsam em em a, test hmasak loh chuan hman loh an tha.

3. Tel rimtui: Fragrance - He chemical hi perfume chang nilo kan thil hman tlangpui cream, shampoo, body lotion, powder etc. ah te hian tih rimtui nan telh an ni thin a, sensitive tan chuan huat awlsam tak an ni. Churangin,



vuna thil hnawih tur reng reng hi, mi sensitive tan chuan a rimtui em em lem lote hi thlan a him zawk a ni.

4. Hmeichhe tan make - up lei dawn pawhin chemical telh ho enchian a tha; PABA, lanolin, red dye, propylene glycol, quarternium 15, nickel, chromate (a common zual) telna chi te hi vun sensitive tan chuan test hmasa lova hman chi an nilo.

#### **Sensitive dan (lan chhuah dan) tlangpui**

1. Hmuh theih loh, vuna lang chhuaklo, bawl lo, thak, thip leh sa bawk si, propylene glycol kan thil hman a a tel hian a awm duh, chuvangin en chian a tha.

2. Hmuhtheih : Thak, sen, ro, puhlip, hetiang hi chu kan thil hman leh nisa tang kawpin a siam a ni duh bik. PPD (sam dye ti permanent tu), fragrance (thil rim titui tu), ammonia, menthol, parabens; hengte hi telh an nih hian thak bawl sen etc., an siam thei.

3. Arngeng hawlphum, coconut oil, squalene, lanolin

te an tel hian vun chhungril a nuai luhin comedones (hawlphum) an siam duh thin.

#### **ENKAWL TLANGPUI**

1. Skin type a zira sahbawn thlan thiam - 'for sensitive skin' tih chuang hman a tha.

2. Moisturizer/vun tih-hnawinna cream atan pawh sensitive tan chuan chemical tlem thei ang ber telna thlan tur a ni. Eg. Cetaphil, lucidum etc.

3. Vit E, Vit C, Urea telna chi chu hmanloh hram a tha.

4. Glycerin leh rose water pawlh hi a simple a, tak lutuk lo a siam chuan a him viau a ni.

#### **Vun test dan awlsam**

Chal sirah hian a zawnin zan nga vel kan thil test duh kha hnawih ila chuta thak, thip, puhlip leh ro a awm loh chuan hman theih a ni.

Vunin thil huat a neih a, treatment lak zawh a, cosmetic hman leh dawnin, a mal te te a test tur a ni a, a indawt dan pawh hetiang hi a ni tur a ni.

Lipstick, chutah face powder, chutah blusher etc.

**Hmeichhe vun sensitive tana hriattur pawimawh te:**

1. Powder base make - up hi cream emaw lotion - base aiin vun sensitive tan chuan hman a tha zawk.

2. Water - proof thil reng reng hman tam loh a tha zawk.

3. Thil hnawih reng reng thla thum dana thlak zel a tha.

A tawp nan vun sensitive nei i nih chuan thil hman tur chik a, mithiamte ngaihdan lak zel a tha.

## HMANGCHANG MAI MAI

1. Vinegar leh tui chawhpawlh hi conditioner \ha tak a ni. Vinegar thirfiante khat leh tui nopui khat chawhpawlh la, chu chuan i sam chiah rawh. Minute thum vel i chiah hnuah tui lum nen i su fai leh dawn nia. Hei hian sam a tinem duh hle.

2. Khuai zuk leh rannung dang seh velah pawh vinegar hi nachhawkna \ha tak a ni. A sehna hmuamhmaah vinegar tat mai ang che. Sunburn-ah pawh vinegar hnawih a \ha hle.

3. Apple cidar vinegar thirfiante khat leh tui no khat chawhpawlh in hian chaw pai \awih a ti nuamin kua a dam duh hle.

4. I irhfiak nasa \hin em? Vinegar far tlem in la, a reh phah thei.

5. Lu na satliahah chuan vinegar thirfiante khat leh khawizu tui lum no khatah chawhpawlh in la, lu na a chhawk thei.

6. Apple cidar vinegar hian thisena cholesterol level a tihnam thei a, lung (Heart) lam natna risk a tihnam thei. Vinegar-ah hian pectin a awm a, chu chuan kan taksa a\angin cholesterol tha lo a paihchhuak thei a, chu chu taksa hrisel nan a \ha hle. Vinegar hian Blood Sugar level pawh a control thei. ■

## TAKSA TANA THEI | ANGKAI

**BALHLA :** Balhla hi mihring tana chaw \ha, taksa tana pawimawhna ngah tak mai a ni a. Hnam dangte pawh hian an ngaisangin ei tur atan kawng hrang hrangin an buatsaih \hin. Balhla hmin hian heng thei dang apple, pears etc. te ang hian tui a pai tam ve lo a, mahse thlum a pai hnemin taksa tana thil \angkai chakna lam chi mineral lam iron leh vitamin A, B leh C te ang hi a pai hnem em em thung a ni. Heng vitamin A pai te phei hi chu zan khaw hmuh Chiang lo laka min vengtu a nih bakah vitamin B a pai te phei hi chu taksa chak lo vanga vung leh chauh thut awm \hin te, taksa natna chi hrang hrang laka min vengtu a ni. Balhla a vitamin C awm hian taksa chauh ngawih ngawihna leh ha hni thi \hin te, ha ngheh lohna te hi a veng bawk a ni. Balhla hian thau lam chi a pai tam lo nain a pai chhun thlai hriak lam chi hi thisen zam tan a pawimawh em em tho a ni. Mahse, balhla hi a thlum em avang hian

zunthlum vei leh mi thau tan chuan insum deuh tur a ni.

**APPLE :-** Apple hi Europe leh Asia ramah te hian hmanlai atanga chin \an a ni tawh a, India ramah chuan Kashmir, Kalu leh Kumaon khawthlang lamah te chin ve a ni. Apple hi chi hrang hrang a awm a, khawvel pumah chi hrang 7,500 vel a awm nia hriat a ni. Apple thei hian vitamin A, E, B Complex te leh Calcium, Phosphorus leh Iron te a pai tel. Apple kan eiin a pil hi ei tel ngei tur a ni, a chhan chu a pilah hian Vitamin A leh C \hahnem tak a awm a ni. Apple hian Iron a pai hnem avangin mi dawldang (Anaemia vei) tan damdawi \ha tak a ni. A rah hela ei hi ek khalte tan a \hat laiin a rah hmin hi kaw\halo tan a tha ve thung. Chi nena ei bawrh bawrh hian luna a tidam thei bawk. Apple thei hi lungna, thisen sang, khuhhip leh kala lungte awm, ha nget leh ruhseh natna neite tan damdawi \ha tak a ni.

SER (Nimbu/Limbu) :- Hmanlai a\angin Asia chhim lamah ser hi chin a ni tawh thin a, kum zabi 12-13 ah Europe ramah an ching \an a, tunah chuan ram hrang hrang United States, Spain, Portugal, France, West Indies, New South Wales leh India ramah te chin a ni tawh. Limbu hian vitamin C a pai hnem a, ser 100 gram zelah vitamin C 16 mg a pai a ni. Hemi avang hian vitamin C tlakchham avanga natna awm thei ha hni puma leh ka lam natna veite tan damdawi \ha tak a ni. Limbu tui leh khawizu inpawlh hian hritlang leh hrawkna a tidam thin. Limbu zai phela tuichhuak khawpa kephaha nawhin ke phah kham erh urh a tireh thin. Limbu tui hi nuam lo leh kawthalo tana a \ha a, hmai tih no leh tihmam nan leh sam tih tlet nan hman a ni bawk \hin.

SUNHLU :- Sunhlu hi thei zawng zawnga vitamin C pai hnem ber a ni. India ram hi a lo irh chhuah-na bul nia ngaih a ni a, tunah chuan ram hrang hrangah chin darh a ni tawh. Sunhlu hi damdawi chi hrang hrang siam nan hman a ni a, a rah hringin emaw, um in emaw pho ro in emaw a ei theih. A ei dan \ha ber chu chi nena a hela ei hi a ni. Sunhlu tui khawizu nena pawlh thirfiante khat hi zingtin ei ziahin damlohna tam tak a\angin kan inveng thei. Chhul chak lo, mitliam, pumna, thisen chak lo, lung tha lo leh taksa chak lo tan sunhlu ei tam hi a tha hle. A kung pil densawma sawr hi damdawi \ha tak a lo ni leh zel a, santen, sakawrekhrik natna damdawi atan te hman thin a ni. Awmna tan sunhlu zung den sawm tui sawr hi a \ha hle bawk a ni.

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### Hriat ve mai maiah

- \* Thlai hnah hring, thei leh thil tiak hlim ei hnem hi hrisel nan a tha a ni.
- \* I ha a hrisel nan tooth brush nem deuh chi leh fluoride toothpaste-in ni tin vawi hnih nawt thin rawh.
- \* Broccoli hi tisa siamtu leh thau tittlemtu tha tak a ni a. I chaw eiah ei tel fo tur a ni.

## PURUN VAR

### Sum tam sen ngai lo, mahnia siam awlsam damdawi \ha.

Sum tam sen ngailo, mahnia siam awlsam damdawi tha em em leh hmelthatna ni bawk chu Purun var hi a ni. Purun Var han tih mai chuan A rim hi a tak em ema, pupuina velah chuan ei chi vaklo a ni. A hnuaiah hian purun var thatna point ruk kan sawi dawn a ni.

Purun var chu kan hre theuh anga, hmanlai hun atanga an lo ngaihsan tawh a ni, purun var hian thatna tam tak a neia, hrisel nan te thil dang dang atan vawiin ni thlengin mi tam takin kan la hmang a ni. Mizote chuan kan ei deuh vekin a rinawma, a duhlo tan chuan a rimte hi a na em em a ni. Purun var gram 100 hian i taksa tan, 150 calories, 33 gram Carbohydrates leh 6.36 grams protein i taksa tan a pe chhuak thei a ni. Purun varah hian vitamin B1, B2, B3, B6 leh Vitamin C a awm vek a ni. Heng mai a la ni lo, Calcium, iron, Magnesium, manganese, phosphorous, potassium, sodium leh zinc te a awm vek bawk. Mihringina kan



mamawh vitamin hi a kim deuh vek a ni. A hnuaiah hian Purun Var thatna kan rawn sawi dawn a ni.

Taksa hnawih atan:

Purun varah hian nachhawkna a awm ve avangin purun var rawt sawm hi ruh chuktuah nâ ah leh Sciatica-ah te an bel thin a. Tin, nakruh na them thumah pawh belin nâ a chhawk thin bawk. Tin, purun zung Coconut Oil a chhum a, chu Oil chu far hnih far thum beng a far luh hian beng nâ te a chhawk bawk a ni. Zun theih loh te hian dulah purun var densawm hi belin zun ati awl ve thin bawk.

Purun var syrup hi kawthalo leh santen atan te a tha em em a. A siam dan chu-

Purun var zung khat vel kheh la, Malt Vinegar 100ml pawlh dal lovah chhum so bawrh bawrh la. A tui chu thli chhuakin chumi zat chiah khawizu telh leh tur a ni. Heti hian bur chhin neiah rei tak a dak that theih.

**Awmnâ atan :** kan sawi tak Purun var syrup hi asthma thawh lutuk tihreh nan a tha a. Tlai leh zan mut dawna thirfiante thum in tur a ni. Tin, naupang awmnâ atan chuan Purun var kheh sa hi \hi-ah siam sak ila, awrh tir tur a ni. A rim khan hnar zâ leh ping a ti ziaawm thei a ni. Tin, purun var hriak (Garlic Oil) pawh an âwmah leh hrawkah chulh sak tur a ni bawk.

**Sciatica leh Ruhseh lam tan:** Heng natna vei tan hian purun var hi a tha leh zual em em a ni. Purun var zung li (4) khehsa kha bawngnhuteah chhuan so bawrh bawrh a, a bawngnhute chu thlit chhuah a mut dawna purun var chu ei tur a ni. Purun var zung hi 10 a tlin hma chu nitin pakhat in tih pun zel tur a

ni a. 10 a tlin hnuah pakhat zela tihtlema ei leh tur a ni. A tlem tial tiala pali (4) a lo nih leh hnuah belh leh tur a ni. Hetiang hian ni 40 chhung tih tur a ni.

**Vun leh sam tan:** Purun var hi, vun tan pawh a tha em em a, taksa thak leh ringworm, vun natna hrang hrang a tan a tha hle a ni. Sam a ti tha a, sam tla nei ho tan a tha hle.

1. Ni tin purunvar 600 mgs ei hian cholesterol level a tihniam thei.
2. Purunvar chuan infection leh bacteria (natna hrik) a do let thei a, a bikin vun natna hrang hrang atan damdawi tha tak a ni.
3. Thisen luang vel a tichak a, mipa mipatna a tichak thei bok.
4. Diabetics tan insulin a tichhuak hnem a, blood sugar level a siamtha thei.
5. Antibacterial leh anesthetic properties a neih te chu ha na (toothache) tan damdawi tha tak ani. ■

## TANGSEH(CHICKENPOX)LEHAENKAWLDAN

**CHICKEN POX** hi Mizovin Tangseh kan tih hi a ni a, natna inkaichhawn awl tak a ni. Khawsik, awm nuam lo leh taksa bawl leh durh angin a langchhuak \hin.

**1. A awmtirtu:** Tangseh hi virus chi khat C.Z. Virus avanga lo awm a ni a. He virus hi taksaah a vawikhat luhnaah chuan tangseh a awmtir \hin a, tangseh a lo dam hian he natna hrik hian hriatna thazam hmawrah bu a khuar \hin a, hun remchang dangah, kum upat lamah leh taksain natna a do theihna a tlakhniam hnuin natna chi dang a rawn thlen leh thei a, chu chu awmvel (herbet zoster) kan tih hi a ni.

**2. A kai dan:** Tangseh natna hrik hi a tlangpuiin tangseh veite a\anga kai a ni \hin. Virus hi a hipa hip luh a ni a. Hnaptui leh chilah hian a awm \hin a, taksa durh chhunga tui a\ang hian awlsam takin a kai theih bawk a ni. Taksa durh hi a lo khir tawh chuan hrik chu a lo awm tawh lo a ni. Tangseh hi taksa rawn bawl chhuah hma ni 1 - 2 leh a bawl hnu ni 4-5-ah hian a

inkaichhawn theih a ni. Inkai chhawn pawh a awl hle a, in khata cheng inkaichhawn dan chu za zela sawmkua (90%) vel nia hriat a ni.

Tangseh hi naupang kum 10 hnuai lamin an vei tlangpui a, a \hen erawh chuan puitlin hnuah an vei chauh \hin. Puitlingte hian naupang aiin an tuar na zawk zel a ni. Vawikhat vei tawh hian a tlangpuiin an vei nawn leh tawh lo. Nausente hi chu an nu te antibodies (thisena natna do theitu) hian a veng thin a ni. Naupaiin tangseh a vei hian a naupai tan a hlauhawm thei a ni.

**3. A nat dan tlangpui:** Natna hrik hi taksa a luh hnu ni 7 - 21 chhung hian tangseh hi a lo langchhuak thin. A bawl chhuah hma hian khawsik seng seng, hnung na, awm nuam lo emaw, tlun emaw a awm thin. Hemi hun chhung hi chu a rei vak lo. Darkar 24 vel a ni

tlangpui. Puitlingah erawh chuan ni 2-3 pawh a aw h thei. Hemi hnu hian taksa a rawn bawl chhuak ta \hin a ni. Taksa a bawl phawt a, chumi hnuah hmai leh kut leh ke a lo bawl leh \hin. Zakhnuai pawh hi a bawl ve thei a, kutphah leh kephah hnuai hi chu a tlangpuiin a bawl ve ngai lo. A tirah chuan a sen ringawt a, a hnuah a bawl a, chutah a durh a, chumi hnu chuan a rovin a khir thin a ni.

**4. Natna kaihhnawih theihte:** A tlangpuiin tangseh hi chu natna hlauhawm lem lo, amaha reh ve leh mai a ni a. Mahse tangseh hian thildang kaihhnawih a nei ve \hin a, a bik takin natna dona nei tlemte zingah, thisen chhuak te, Pneumonia te, thluak lam natna chi hrang hrang a thlen thei bawk a ni. Nuin nau a pai laia a vei chuan nausenah kawng

hrang hrangin a langchhuak thei a, an taksaah ser neisa ten an piang thei a, an fu ke a vualin an rihna a tlem a, an lubur a te thei bawk a ni. Naupian dawn hnaiha vei pheh chuan nausen piang chuan tangseh a vei nghal thei a ni.

**A enkawl dan :**

Tangseh hi enkawl dan hranpa a awm lem lo. Khawsika nachhawkn inpek te hi a ni mai. Inkaichhawn tam loh nan a veite ni 6 vel chung indah hran hi a \ha a, an hnap leh khak vel hrukna pawh uluk taka tihfai tur a ni. Inchiuna chi hnih, a invenna a awm a, chungte chu Varicella Zoster Immunoglobulin leh Chicken Pox vaccine an tih te an ni. He natna hi hlauhawm em em lo mahse natna dangin a tlakbuak tel chuan in enkawl uluk tur a ni a, Doctor hnenah kalpui thuai tur a ni.

MAWITEA HUANG!!!

@ "Khawngge ka birthday gift min pek tur chu?"

Tlangval : Saw, sawti laia Scooty sen saw i hmu em?

Nula : (Phur lutuk in) Ui..! Awww hmu e!

Tlangval : Sawtiang rawng chiah saw tin hnawihsen (nail polish) ka pe dawn che!



## AWMVEL (HERPES)

HERPES hi natna chikhat, virus vanga awm a ni a, chi hrang tam tak a awm a, durh leh p<sup>n</sup> na tak a awm tir \hin a ni. "Herpes Simplex" hi herpes chikhat niin hmui (oral herpes) leh kap (Genital herpes) bawrah durh thak tak a lo awm a, chu chu a keh hnuah lo panin, a ni thei hle a ni. "Herpes Zoster" hi herpes chikhat tho a ni a, tangseh (chicken pox) leh awmvel (shingles) a awmtir ve thung a ni. Heng natna hi chu taksa khawi hmunah pawh a awm thei a ni. Tun tumah chuan he natnain kan taksa a thawhdan leh hriat tur pawimawh zual tlem kan sawi dawn a ni.

**A awm µan dan (Primary Stage):** Natna hrik kai a\anga ni 2-8 velah taksaah durh te tak te te a lo awm a. A durhna lai te hi rawn senin, vun a za mer mer a, \henkhatah phei chuan a sa huam huam \hin. A durh hi a keh awlsam a, a keh tawh chuan p<sup>n</sup>ah a insiam nghal mai \hin. A awmna hmun azirin zun zawngten a na thei a, chu mai bakah khawsik, thal thoh leh chau ngawih ngawih ten a awm theih bawk a ni. A vei rei zualte chu a n alai (e.g, hmai, hmui etc) kha a hmelhmang a tidanglam thei a ni.

Heng durhte hian hriatna thazam kawng a zawh a, hmui lama awm a nih chuan mit a khawih tel thei a, mitdelna hial

a thlen thei a ni. Chumai bakah thluaka thlen phei chuan "Herpes Ence-phalitis" (Thluaka natna lut) an tih, nunna atana hlauhawm tak a awm tir thei a ni.

**Natna lan loh hun (Latent Stage):** Taksa pawn lama pan leh durhte kha a lo damin natna dang engmah a awm tawh lova. Mahse, hemi hunah hian virus chu vun a\angin hriatna thazam, zangruh velah a insawn ta a ni.

**A \aidarh dan (Shedding Stage) :** Zangruh vel a\angin a hrik (virus) chu hriatna thazamah chuan a inthlahpung a. Chilah te, chi (semen), chikawng tuihnangah te (vaginal fluids) a lut a, hei

vang hian inkaichhawn a awlsam hle a ni.

**Awm nawn lehna (Recurrentes):** Herpes natna hi a dam nia a lan hnuah durh leh p<sup>n</sup> te a rawn awm thar leh thei a. Mahse, a hma ang em a na chuan a awm tawh lo a ni. Hnathawh rim lutuk avanga chauh te, nilum ai nasat avangte, thi hul dawn avang tein a rawn awm nawn leh thei a ni. A awm nawn leh dawn chuan a hmaa a lo awm tawhnaah khan a za mer mer ang a, a thak na deuhten a rawn awm thin a ni.

**Inkaichhawn dan:** Herpes natna vei ten mi dang an kai ve loh nan infawh emaw thil dang inhman \awm loh hram a \ha. Inkaichhawn a awlsam em avangin nupa nun hman dawn pawhin condom hman ngei tur a ni. Chu chuan inkaichhawna pawha tihniam thei a, mahse p<sup>n</sup> leh durh chu condom in a khuh phak vek theih loh chuan nupa nun hman loh hram a tha. He natna hi taksa hmunkhat a\angin hmun dangah a kai theih a ni. Entir nan :- kap

a\angin kutah, kut a\angin mit emaw taksa peng dangah. Kan hriat tur pawimawh tak chu taksaah natna hnuhma a awm tawh loh pawhin a inkawichhawn theih tho a, hei hi a bikin kap bawra veite a\angin kai a awlsam leh zual a ni. Nu in natna a vei chuan a fa hrin hunah a kai thei bawk a ni.

**A enkawl dan:** Herpes natna hi a tihdam nan damdawi bik a awm lem lo va, mahse a dam chakna atan chuan 'acyclovir' (brand name : Zovirax) damdawi mum hi a \ha hle a ni. Acyclovir cream hi primary stage leh recurrence laia p<sup>n</sup> nah chulhin a ngeih hle bawk. Famciclovir leh Valaclovir te pawh damdawi \ha tak a ni bawk.

A chung a kan sawi tak ang khian a enkawl na damdawi hmuhchhuah a la ni chiah lo va. Amaherawhchu, nachhawknate, Tylenol leh Ibuprofen te hian na a ti ziaawm ve hle a ni. | henkhat chuan vur tihsawm kha sarangah thunin an dep thin bawk. A na lai chu fai taka enkawl tur a ni a, a hul reng

tur a ni. Kuta khawih palh pawn taksa danga a kai loh nan ngun taka silfai vat tur a ni.

**Natna veite zawm tur:** Thei rah leh thlai chi ei tam hi a tha a, protein tamna – arsa, sangha, bawngnhute etc ei tam a tha hle bawk. Mei zuk leh zu in te hi pumpelh hram tur a ni a. Caffeine telna (thingpui, coffe, damdawi etc.) te hi a tlem thei ang ber hman tur a ni. Nisa hnuai a awm rei lutuk loh tur a ni a, sunscreen lotion

hman ngei ngei tur a ni. Taksa sawizawina lam regular taka neih tur a ni a, amaherawhchu, taksa rim lutuk tur ven nan hahchawlh a pawimawh bawk.

Kan sawi tak ang khian herpes natna hi inkai awlsam tak a ni a, inven dan te chiang taka hriat erawh chuan hlauh tur phei chu a awm lem lo a ni. A tlangpuiin kum upa lamin an vei deuh ber a, naupang zingah chuan a vei sawi tur chu an tam lem lo hle a ni.

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### MAWITEA HUANG

@ “Thenawmpa kan ui vulh hi a fing teh mai sin, zing tin mai hian chanchinbu hi min lo laksak ziah thin asin....a ti a, a thenawmpa chuan, “ka hria a lawm!” a lo ti a.

“Engtin nge i lo hriat zawk a?” a han tih chuan, ani chuan “Kan uite in min hrih vek thin alawm!” zuk ti a!

@ Chaw ei khamah nula khan pudding a rawn sem dan dan a, kilkhata lo \hu pa hnenah chuan, “Pudding i duh em?” a han ti a, ani chuan, “Mami min hai a ni ang! Kei hi Dinga ni lovin... Pu Siana zawk alawm ka nih” zuk ti a!!

@ Mawite’an a tia lawm, “Tunlai Khawvelah chuan.... hreh nei lo rau rauah, “Thawh hreh nei lo aiin, zawrh hreh nei lo an hausa zawk zel.....”

## CHOLESTEROL LEVEL TIHHNIAM DAN

Cholesterol hi lung (Heart) natna hrang hrang thlentu bulpui ber pakhat niin an sawi a, Cholesterol level sang tur inven lawk a pawimawh hle a ni. Cholesterol vanga kan buai lohna tura kan tihtur pawimawh \henkhat han tarlang ila.

1. **Sa ei tlem rawh:** A bikin sati sen (red meat) ei tlem rawh. Sa hian cholesterol level a tisang \hin. Sa i ei a nih pawhin bawngsa, vawksa tih vel ei tam lo la, sangha ei tam zawk rawh. Arsa i ei pawhin a thau leh vun tel lovin ei \hin ang che.
2. Ni tin kan ei leh inah fibre 5 - 10 grams vel tal awm thei se a \ha, chu chuan cholesterol level sang tur risk pawh 5% in a tihniam thei.
3. Cholesterol test fo rawh, chu chuan i taksaa cholesterol awmdan a hriattir che anga, a pawh hmain i lo fimkhur thei ang.
4. Mawm ei tlem rawh: Thil mawm ei tlem hian kan taksaa cholesterol sang tur nasa takin kan veng nghal. Chawah thlai hnah, a rah leh thei lam te ei nasa la, nuts lam chi ei tam ang che.
5. Mawm kan ei a nih pawhin thlai hriak lam ei zawk tur a ni a, canola oil, olive oil leh soyabean oil lam te hman uar zawk tur a ni.
6. Ni tin minute 30 tal exercise la \hin ang che. Exercise lak \hat hi lung lam natna pumpelh nan a pawimawh hle.
7. Sangha hian omega-3 fatty acid an pai deuh vek a, chu chuan cholesterol a tihniam thei a ni. Chuvangin kar khatah sangha vawi 2-3 tal ei tum ang che.
8. **Nuts ei hnem rawh:** Chawei hmain i ril a \am deuh a nih chuan thildang ei lovin nuts te han hmawm zeuh zeuh la. Nuts hi a hrisel mai bakah mi a tipuar ve thei riau a, lung tan a \ha bawk a ni.
9. Inti cher rawh, chu chu cholesterol level tihniam nan a pawimawh hle. Kan san

zawng leh taksa rih zawng a inmil tawk tur a ni a, mi thau lutuk te hian lung natna neih theihna risk an nei sang hle.

10. |um khatah thil ei \awk chin loh tur: Chawhmeh duh zawng hmeh tih vanga ei \awk mai te hian cholesterol level a tisang duh hle.

11. Ke in kal tam rawh: Chhuahvah dawn hleka lirtheia chuan zel hian mi a tithau a, kan cholesterol a lo san phah \hin. Kea kal hi physical activity \ha ber a ni.

12. Artui ei tlem rawh: Cholesterol lama harsatna nei tan artui hi kan hmelma ang deuhah kan ngai \hin. Mahse, artui tlem tlema ei chu a paw hran lo, a kan nan tel tlemte chauh hmang la. Artui chu ei tam i duh chuan a chungmu tel lovin, a pawn var chauh ei la, a paw lo.

13. Green tea-ah hian catechins a tam a, chu chuan cholesterol a tihnam thei.

Green tea ni khatah no 3-4 te in thei la a \ha hle ang.

14. Zana mut \hat hian kan blood sugar level a siam \ha a, rilru lam thlengin a ti hrisel a, cholesterol risk a tihnam bawk.

15. Mei zu mi i nih chuan sim hlauh rawh. Mei zuk hian cholesterol level a tisang thei tlat. Mei zuk hian HDL (cholesterol \ha chi) level a tihnam a, chu chuan lung natna a thlen duh hle a ni.

16. Purun var ei tam rawh. Purun varah hian organo-sulphur a awm a, chu chuan kan thisena thau \ha lo awmte a paihchhuak \hin a, thisen zam a \ha hle a, cholesterol level a tihnam thei. Nikhatah purun var mal 2 -3 vel ei ziah theih a \ha.

17. Zu in tlem rawh. I lung hriselna i ngaipawimawh a nih chuan zu i in duh a nih pawhin nikhatah no 2 aia tam in suh. Zu hian cholesterol level a ti sang thei.

## HEPATITIS 'C'

- Dr. K. Ropari

Kum 1989-ah he Virus hi hmuh chhuah leh hriatchhuah a ni. Hepatitis 'B' ang bawkin, thin (Liver) natna thlentu a ni.

A hmasain thin (liver) in kan taksa a hnathawh hrang hrang te lo sawi ila :

1. Thisen lo thlifimtu a ni.
2. Damdawi atanga t<r emaw taksa tana hlauhawm thei thilte lo tifai tu a ni.
3. Kan chaw ei leh thil ei reng reng te taksa tana hman tur a lo buatsaihtu a ni.
4. M\$t siamtu a ni a, m\$t hi pai \awih nana pawimawh tak leh taksa tana hman theih tura lo buatsaihtu a ni.
5. Taksa a Glycogen, Vitamins leh Minerals te lo chhekkhawltu a ni (Glycogen chu - starch leh Glucose-ah a insiam leh thin)
6. Thisen tikhang tu leh thiput tireh tu thil pawimawh te awm khawmna a ni.
7. Thisen ti thianghlim a, hmantlak tawh loh paih chhuaktu a ni.

Miin Hepatitis 'C' lo kai ta sela a dinhmun tur chu hetiang ang hian a sawi theih ang :

1. Za zelah 20%-40% taksaah antibody insiamin a lo that in a tibo thei
2. Za zelah 60%-80% in chronic hepatitis (a benvawn) ah a lut.

A benvawn vei lo zinga zaa sawmhni (20%) chuan thin natna nei chuang lovin, in sawiselna pawh an nei chuang lo. A benvawn vei zinga zaa sawmli (40%) vel chuan insawiselna te neiin kum 10 - 15 velah a natna a lang chhuak thin. Za zela panga atanga sawmhni (5% - 20%) velin thin ro natna kum 20 hnuah emaw an nei bawk. Zaa panga atanga sawmhni velin kum 25 hnuah thin ro neiin thin hnathawk tha thei lovin an awm bawk. Zaa pakhat atanga

pali velah kum 25 hnuah thin cancer a thlen thei bawk a ni.

### **Hepatitis 'C' inchai chhawn dan te :**

1. Injection-na hriau in hman \awm atangin : Injection - na hriau inhman\awm mai ni lo, tui leh lapua vun tihfaina inhman tawm atang te pawhin.
2. Taksaa 'tattoo' siam emaw, taksa hriau thianghlimlo hmanga invih in (eg. Bengverh etc.)
3. Thisen thianghlim lo dawn atangin.
4. Damdawi ina thawk ten damlo enkawlina lama hriau emaw thil hriam a in tihpalhna lamah.
5. Nu atangin a faah. A paitu nu in Hepatitis 'C' Virus a thisen pai tam dan azirin inkaichhawn a awlsamin a awlsam lo thei a, za zela panga ang a ni. Kai chhawn theihna chance a san vaklo a ni. Hnute pekah chance a sang vak lo bawk.

Mizoramah pawh Hepatitis 'C' vei an tam hle a hrit a ni a. A bik takin Drugs-a inchiu thinte zingah a hluar bik.

Tin, hrisel pangngai thisen pe te zingah pawh eng emawzat an awm tih hriat chhuah a ni. Thisen petu za zela pathum dawn lai (i.e. 2.70%) chu Hepatitis 'C' avanga an thisen paih ngai a ni.

Engpawh ni se, invenna hriat a vei loh a tha ber a, kan lo kai palh ta a nih pawhin, a enkawlina a awm tih hriat a damdawi \ha lo chin thin te bansan ngei tur a ni. Zu, Heroin (No. 4) te, damdawi ruihhlo a hman chi dang - Cocaine, Amphetamine te hi thin (liver) tan a tha lo. Tin, nachhawkna ei te pawhin fimkhur tur a ni. Doctor rawn chung a ei a tha. Nachhawkna Paracetamol te, Nice te hi thin a chhiat tawh phei chuan chhiatna zawk a thlen thei. Doctor-te r^wn lova damdawi ei mai mai loh hi a tha ber a ni.

### **Hepatitis 'C' natna lan chhuah dan tlangpui te :**

1. Khawsik awm nuam lo, hritlang.
2. Pumna (thin zawnah - pum chung lam, ding lamah).

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>3. Chak lo, chau ngawih ngawih.</li> <li>4. Zan lama thlan chhuak tam.</li> <li>5. Pum puar nuam lo, luak chhuak.</li> <li>6. Thlan ngah</li> </ol> | <ol style="list-style-type: none"> <li>3. Bawngnhnute leh bawngnhnute atanga siam butter/ghee/dhai : Taksa tan tha hle mah se thau \ha lo (saturated fatty acids) a tam avangin ei tlem tur a ni. A aiah bekang chhum emaw, bekang atanga bawngnhnute siam ei tam a tha.</li> </ol> |
|--|---|

**Heng ang te pawh hi a awm thei :**

1. Ruh chuktuah na
2. Thak
3. Ngui, zuai
4. Chaw ei tui lo
5. Kawthalo
6. Pum nuam lo, a changa kaw dik lo.

Hepatitis 'C' natna avanga heng insawiselna awm thei te venna emaw a lo nep theih nan ei leh inah fimkhur tur a ni. Tin, nun dan phungah pawh Exercise (taksa insawizawi) lak te leh zuk leh hmuam, zu leh damdawi ruihhlo te ban san tur a ni.

**Ei tur leh ei loh/ei tlem tur te:**

1. Zu : Zu in loh a tha ber. Nghei theilo tan pawh tlem thei ang in chauh tur a ni.
2. Thau lamei tam loh tur a ni.

4. Sa/sangha/artui: Iron, Protein leh 'B' group vitamins tamna a nih avangin ei a tha a. Amaherawhchu thau tel lo nise. Eg : Arsa, kelsa, bawngsa.

5. Thlum (Sugar) : Thlum ei tam lutuk loh tur. Chakna petu a nih avangin ei loh tawp tur ni lovin, a lutuk a ei tha lo. Eg. Chocolate, Ice Cream etc.

6. Thingpui/Coffee : Pum a tih nat zual theih avangin in tam loh tur a ni.

7. Chi al : Chawhmeh a al tawk bak chu ei belh vak loh tur a ni.

8. Thlai leh thei tharlam - te ei tam tur a ni. Vitamins leh Minerals Vitamin 'C' Zinc, Beta Carotene tamna thlai - Carrots, mai, thlai hnah hring te, antam, alu, etc. leh thei thur lam te a tha.



9. Heng bakah hian vitamins leh minerals-te ei tel a tha bawk. A lutuk a ei erawh a tha lo.

#### **A damdawi :**

Antiviral Drugs chi thum Hepatitis 'C' damdawi a awm a, chungte chu :

1. Alpha interferon
2. Pegylated interferont
3. Ribovarin

Hepatitis hi genotype hrang hrang te a awm avangin a enkawlna damdawi pawh a in ang lo. Tin, damdawi to leh uluk taka pek ngai a nih avangin hmunpui (Phailam atanga) chawh leh enkawl a

ngai thin. Mizoramah chuan heng thisen test-na famkim kan la neih loh avangin, hmunpui lam zawk pan a ngai thin a ni. Tin, a enkawlna man hi cheng nuai hnih aiin a tlem lo bawk.

Natna khirh tak ni mah sela, a invenna hi thil harsa a ni lo va, a kai theih dan te kan hria a, inven hi tihdamna tha ber a ni. Tin, Hepatitis 'C' hrik pai nazawng hian damdawi lak vek a ngai lo mai thei. Kan sawi tawh angin, nun dan, ei leh in fimkhur leh insawizawi, doctor thiam te r^wn thin, rilru lam natna nei te tan pawh hetiang lama mi thiamte r^wn vat hi a him ber a ni.

#### **Hriat ve mai maiah**

\* Pian nalhna vawnhim reng i duh chuan ei tur thlanah fimkhur ang che. Sa pawh roast grill, steaming-te thin thur. Deep fry leh thau tam lutuk leh al lutukte ei tlem tur a ni.

\* Rihna tihhniam hi muangchanga tih chi a ni a, rihna tlakhniam thut hian natna dang dang a kaichhuak thei tih hriat tur.

\* Zan mut hmian snack tlem ei la, spicy leh thlum ei hnem loh tur a ni. Tui takin i mu thei dawn nia.

\* Thlai hnah hring, thei leh thil tiak hlim ei hnem hi hrisel nan a tha a ni.

## RULHUT DO BEIHPUI

WHO in a chhut danah naupang kum 1-14 inkara mi 68% te hi rulhut pai thei dinhmun a awm an ni a. Heng rulhutte hi a tlangpui in mihring ek in a chiah lei atanga kan kaichhawn leh theih te hi an ni tlangpui a. Chuvangin kan in vawn thianghlim tawk loh vanga kan kai theihte an ni. Naupang in rulhut a lo pai hian a chaw tha hmuh tur ang a hmu thei lo va, a \hang \ha thei lo va, thisen a lo tlachham a, tin, a taksa mai bakah a rilru than lennaah nghawng tha lo tak a nei a, chu chuan a zirna leh a nunphung a tithuanawp thei a ni.

Naupangin rulhut laka an lo fihlim theih nan hian sawrkar laipuiin hmalakna hrang hrang a lo kalpui tawh rualin naupang zawng zawng huam theih lohna chin a awm a, hei vang hian hmalakna thar a rawn duang chhuak a, chu chu tuna kan hman mek National deworming Day hi a ni.

National Deworming day hi National Health Mission a lo chhuah rual February 2015 khan State/UT 11-ah hman tan a ni a, chumi hnuah February ni 10, 2016 atang khan India ram pumah chhun zawm a lo ni ta a ni. Hemi nia ei ve hman lo te tan Mop Up Day a lo siam bawka. Tichuan, kum khat round hnih zel nei in

August thlaah khan hman a lo ni leh ta bawka ni. Naupang rulhut eitirna hmun atan Sikul zawng zawng leh Anganwadi centre zawng zawngte an ni bawka.

### 1. Rulhuthloeirunpuiin a tum te chu:

\* Khawvel pum huapah kum 2020-ah chuan rulhut pai vanga natna te tih bo a ni a.

### \* India ram bikah NDD in a tum chu :

Naupang kum 1-19 inkar, sikul kal leh kallo zawng zawngte chu rulhut pai lo tura a ni ruat bikah a ruala rulhut hlo eitir a, an hriselna leh an zirna lam ah te an lo chak zawk a nunphung tha zawk an lo neih theihna tur hi a ni .

**2. Tu te nge rulhuthlo eitir tur te kan tih chuan naupang kum 1-19 inkar -**

1. Sawrkar sikula kal zawng zawngte.
2. Private Sikul a kal zawng zawngte
3. Naupang sikul kal rual la ni lo anganwadi centre- a ziah luh zawng zawngte
4. Naupang AWC-a hming ziah luh loh leh sikul kal tawh lo leh leh kallo hrim hrimte.

NDD hlawhtlin nan hian Health Department chu a mawhphurtu lian ber ni mah se, School Education Department te, Social Welfare Department te, PHE Department te, Rural Development te leh Khawtlang lama hruaitute leh mipuite tanrualna a pawimawh hle a. Kan awmdan leh nunphung ten a zir loh chuan heng rulhutte hi pai thei reng kan nih avangin kan tih dan leh chindan tha lo tam takte pawh kan thlak a tul viau thei a ni.

**3. Rulhutteh a kaichhawn dan leh a thlen theih natna**

Mihring natna thlen thei rulhutte a tlangpuiin a awm a,

Roundworm, hookworm leh whip worm kan tih ang hi an ni a.

Rulhut pai naupangte pawnah an inthiar mai hian, an inthiarna hmun leiah chuan rulhut tui an e chhuak a, chu chu naupang dang in kutfai lo emaw ei tur silfai tawh loh avangin an lo la lut a, tichuan an pumah lo keu vin an lo thang a natna a lo thlen ta thin a ni.

Naupang pum chu a lo na a, a kua te a lo \ha lo va, a chaw eite a lo tui lo a, lehkha a zir tha thei lo va, sikulte a lo kal peih lo thin a ni.

Rulhut pum chhunga a lo awm tawh hian mihring taksa leh thisente a lo ring ve a, chu chuan thisen tlak chhamna (anaemia) a thlen a. Tin, kan chaw ei a chawtha te kan taksain a lo lakluh theihna tur te dangin a bik takin Vitamin A chu a lo ei zo ve bawh thin a. Hei hian kan taksa leh rilru thanlenna ah min ti hnufual thei thin a ni.

**4. Eng damdawi nge hman tur?**

Heng rulhut awlsam taka pai theih te that chi mit thei

damdawi tha leh hmuh awlsam ber chu Albendazole hi a ni a. Hei hi a mum leh a tui anga siamte pawh awmin, tuna kan programme-in a kalpuiah hi chuan a mum 400mg a ni a, chu chu naupang kum hnih hnua lam tan chuan mum chanve (200mg) a ni mai a, kumhnih chunglam tan erawh mum khat ei a ngai a ni.

He damdawi hian side effect a nei vak lova, mi tlemte ah a bik takin rulhutpai tam lutuk naupangteahl uak emaw luak chhuakte, pumna riai riai te, kawthalo leh chauhnate a awm ve thei a. Mahse hlauh thawn awm a ni lem lova. Chutiang anga naupang a lo awm chuan an sikulah emaw anganwadi-ah te enkawl mai theih an ni. Naupang damlo leh damdawi ei lai nei te emaw rulhuthlo lo ei tawh a hua an awm chuan pek ve loh tur a ni.

#### **5. Eng niah nge a ruala rulhuthlo ei ni chu?**

rual a rulhut hlo ei na ni atan hian February ni 9, 2018 hi a ni a, hemi hun a eng emaw vanga ei ve thei lo te an lo awm

a nih pawhin February ni 13, 2018-ah hian Mop Up day hman leh tur a ni a, chutah chuan la ei ve lo zawngzawngte chu eitir tur an ni.

#### **6. Khawi hmunah nge ei tur?**

- \* Naupang kum 1-5 in kar leh sikul kal ve lo naupang zawng zawng chuan anmahni vanga Anganwadi-ah rulhuthlo hi an ei ang
- \* Naupang kum 6-19 sikul kal zawng zawngte erawh chuan an mahni sikul theuh ah an ei ve thung ang.
- \* Hemi atan hian sikul tin a zirtirtu ten an naupangte rulhuthlo an eitir ngei tur a ni a, tin anganwadia naupang kum 1-5 zawng zawngte leh sikul kal lo pawh anganwadia thawk-tuten an eitir tur a ni.
- \* Naupang sikul kal lo ten anganwadi centre-a rulhuthlo an ei ngei theina tur in ASHA ten an zawng chhuak ang a ei ngei tur a fuihin an hruai bawh tur a ni.

**7. Engtin nge Rulhut pai lak a kan hima a kaichhawn-na kan ven theih ang?**

- \* A tawp berah chuan a pawimawh ber ti mai ila rulhut pai lo tura invendan a awm a, chungte chu:- Mahni leh kan in leh a vel te vawnfai hi a ni.
- \* Remchang viau a ngai a duhna hmun hmun a inthiar mai lova ekinah chauh ek thin tur a ni.
- \* Kut tin te zuah sei lovin fai taka vawn tur a ni.
- \* Kutfai taka sahbawn nen sil thin tur a ni. A bik takin chaw ei dawnah leh inthiar zawh apiangin kan sil ngei tur a ni.
- \* Tui thianghlim chauh in thin tur a ni.

\* Tho bawm theih loh tur in ei tur reng reng khuh that tur a ni.

\* Thlai rah leh thei reng reng kan ei tur apiang fai taka sil thin tur a ni.

\* Pheikhawk bun thin tur.

Rulhuthlo do beihpui - National Deworming Day hi lo hmang tangkai ve in, naupangte leh an chung ten naupang kum 1-19 inkar zawng zawngin rulhuthlo hi lo ei theuh turin kan han chah nawn leh duh che u a. Rulhut lak a kan lo fihlim theuh theih nana kan tih tur leh tih loh tur te, rulhuthlo ei pawimawhna leh tangkainate kan hre ta bawk a, mi dang hmalak tur a dah bik lovin mahni theuh a bul \an in kan za a tang tlangin i thawk zel ang u.

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Measles Rubela tihdikna, He vaccine hi naupang thla 9 a\anga kum 15 inkar tan lak tur a ni a, thla hmasa issue-ah khan ziah pawlh a ni a, tih sual palhah ngaihdam kan dil e.

## SHIKHAR/GUTKHA IEI ZEL DAWNEM?

TUNLAI tleirawl/thalai zingah Shikhar/gutkha ei a hluar hle mai a. A ei thin ten nghei har an ti hle bawk. Taksa tan a that lohna hi sawi ngaihna awm lo khawpa tha lo a ni tawp mai. Aetna IntelliHealth-in research an neih atanga an thil hriat thenkhat hi i lo ngaihtuah zui dawn teh ang.

Heng gutkha product-ho hi kuhva rah leh bawlhlo hrang hrang atanga siam a ni hlawm a. Cancer thlen theitu carcinogenic constituents an tih mai hi Shikhar kan tih ah hian a awm teuh a ni.

Hun rei tak lo ei tawhah phei chuan ka an \hat theih lohna oral submucous fibrosis a thlen thei bawk. Ka chhung lam natna a thlen theih bakah vun pawnglang cancer chi khat squamous cell carcinoma a thlen thei bawk.

Regular taka ei thin tan ka chhung cancer a thlen theihna chance a sang hle a, \*thin cancer (liver cancer), cervix cancer (chhul hnuai tawp lam cancer) te, pumpui cancer leh prostate cancer (tilmu cancer) te, chuap cancer thlengin cancer theihna chance a ti sang em em a ni.

Shikhar ei hian thâwk a tibuaiin asthma a tizual thei a, thisen sang leh hniam a thlen thei bawk.

Khawhmuh fiah loh bakah vun rawng thlengin danglamna a siam thei.

Atena IntelliHealth zirchiannaa an thil hriat pakhat chu SHIKHAR ei tam (high doses) hian chêt theih lohna/ zeng anga awmna a thlen theih tih a ni. Shikhar hian tihrawl che vel a khawih buai thei a, taksa khawi lai emaw chet that theih lohna a thlen bakah duh leh tum vang ni kher lovin hmui leh hmai vel che ringawt a thlen thei. Tihrawl phu zuk<sup>2</sup> ang chi hi a thlen thei tihna a nih chu. Thyroid function mumal lohna a thlen bakah ka hnathawh a tibuai thei bawk. Immune system hnathawh a tibuai thei

a blood sugar level pawh a tibuai bawk.

Diabetes type 2 neih theihna chance a sang hle bawk. Vei nei runin mi a siam thei a, htatna pawh a khawih buai thei a ni.

Chuvang chuan, Shikhar i lo ei thin a nih chuan sim a hun e. TUN atang hian ei sim hmak la. Khing a chung a natna kan sawi piah mai bakah khian Mizoram cancer vei tamna a nihna chu kan ti tlem thei a ni mai. Pathian thu chuan,

“Zilhhau fo pawha a ring ti khawng tlat chu vawi leh khatah tih tliahin a awm ang,” a lo ti a. Tin, “Awih lo fate chungah a thleng dawn si a,” a ti bawk a sin.

AW tleirawl tuaitirte, i hma lam hun dawn khawl ve la, pasal/nupui fanau nei a, hraileng awia “Runlum nuthai/zuapa” i lo chan theih nan insiam tha rawh le. I “CHING” hlah dah ang e. “MAHNI inhrem reng mai zawng a nuam ngai em ni.”

### Hriat ve mai maiah

- \* Khaw lum vang emawa taksa leh thisen lum tur tidaitu atan sunhlu tui ni tin in thin a tha.
- \* Saruh/ar ruh hakah hian khanghu a hela ei bawrh bawrh mai tur a ni.
- \* Lamkhuang ei zawh veleh kuhva hnah (panruang) thial loh tur. Thihna hial a thlen thei an ti,
- \* Neem atanga damdawi siamte hi naupai lai chuan ei loh a tha, nau a tla duh.
- \* Khuh vei lai, kawpuar leh kaw\halo tan bawrh saiabe ei.
- \* Thingthupui emaw, chawhmeh rimna chi thil dang hmeh hi chuan chaw eikham hnu hian kurtai hi han bar zauh ila, a rim zualpui hi a ti reh ve a nia. Chutiingin purunsen pawh hi ei chuan ka-ah a rim a cham rei hle thin, mahse sawhthing hi han ei ila, a rim hi zu han that hlah thei a. Ramchhuah ilo a chawhmeh a purunsen pai chuan sawhthing keng tel thin rawh.....

## Letter to Editor



Hriselna chanchinbu a thawktute zawng zawng kum thar chibai ka buk ache u.

Ka pu,

In chanchinbu Hriselna hi ka lo chhiar ve thin a, keima tan leh kan chhungkaw tan a tangkai em em a, kan lawm tak meuh meuh a ni. Natna chi hrang hrang thlen theitu leh a enkawl dan in rawn tarlan thin te hi a chhiartute tan a tangkai hlawm em em a, Zoram mipui te hian chhiar vek thei ila, kawng engkimah kan va nihlawh phah dawn em!! Hriselna hi hausakna bul a ni si.

Hetianga chanchinbu tangkai leh hlu hi thahnem ngai takin chhuah chhunzawm zel thei ula, hei baka mipuite tana rawngbawlna hlu hi a awm chuang lo. Zoram mipuite in lo hmangaih ber a ni. Tluang taka kal zel turin duhsakna ka hlan a che u.

Lalthlamuana, Sialsuk

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### BP Sang (Hypertension)

Khawvel a changkang tawh a, chutiang zelin mahni hriselna ngaih pawimawh kawngah pawh hma kan sawn ve ta viau mai. Blood Pressure (BP) en hi thil harsa lo tak a ni a, a hmanrua te pawh awlsam te a lei tur a awm bawk a, ngaih pawimawh tur a ni.

BP hi normal chin anga ngaih chung lam (systolic) 130 aia hniam, a hnuai lam hi (diastolic) 85 aia hniam a ni. 140/90 chin hi Stage-I hypertension a ngaih a ni. Chi (salt) hi BP hian a haw hle mai a. BP sang nei i nih chuan chi insum ngei ngei tur a ni. BP sang enkawl mumal loh te hian lungphu chawl thut (heart attack) leh thluaka thisen zam chat (stroke) an nei duh em em a ni.



## DEPRESSION (A RUH LANG RAWTIN AW?)

Dr. Lalhruiatpuia  
MD (Psychiatry)

DEPRESSION hi Mizote zingah sawi a hlawhin natna lar tak a lo ni ta. Social Media lamah lah dik tluangtling mang hlei lo leh a veite tana thu dengkhawng deuh deuh ziak ve theia inggai kan tam ta hle bawk. Hei vang hian Mizoten depression kan ngaih danah dik tawk lo a awm phah thin a ni. Rilru lam chak lo bik vang emaw, chapo vang emaw, sual vang leh luhlul vanga awm ang hiala ngai te pawh kan awm ta. Hei hi a pawl tak zet a ni.

A awmze hrechiang mang hlei lo te pawhin na takin an ziak a lawm mawle. Khawng, a ruh lang rawtin i'n ziak teh ang aw?

Depression neite hi i lo nuihzat maw? I nuih sawh natna hi nangmah ngei paw'n eng tik lai pawhin i nei thei tih inhre rawh. Cancer-in tumah a thliar lo ang hian Depression hian thliar bik a nei reng reng lo, natna a ni a, tu chungah pawh a thleng thei. Chuvangin, a veite hrethiam taka enkawl hi kan mawhphurhna a ni. A chhan chu chu ngei chu i la mamawh a ni thei tlat!

**Depression neih hi an thlang lo:** Thih mai pawh duh zawk

khawpa rilru hrehawm neih reng mai chu tuman kan thlan ka ring lo. Depression hi thluak natna chi khat a ni a, enkawl na damdawi fel fai tak nei a ni. Thluak natna a nih avang hian stroke, Alzheimers neite leh natna hrang hrang leh thluak khawih danglam thei ruihhlo ti thinteah a tam bik a ni.

Depression awm chhan hi nasa taka zir chian a tawh a. Kan thluaka chemical hrang hrang te hi balance tawk lo (in tlem hleih) avanga lo awm a ni. A damdawi kan hmante pawh heng chemical tlemte tih tamna chi vek a ni. He in balance tawk lohna hi kan gene pianpui fuh tawk loh vang te, kan

seilen lai, kan thluak \han ruala kan nuna thil tha lo kan tawn, kan thluak thanlen dan tibuai theite avanga lo awm a ni. Hei vang hian a tirah depression nei nghal lo mah se, kan hringnunah rilru hahna tur kan tawn tama, thluak hnathawh thin baka tama ngaihtuah tur a awmin, thluak lo chak lo sa chuan zo lovin depression an neih phah thin a ni.

**A lan chhuah dan tlang-puite:** Depression neite chuan rilru tawt, hrehawmna nasa tak an nei a, an thil tih chakna leh an phurna tlahniamin nuam an lo tih thinte pawh huphurh ngawih ngawihin an tih a lo ngai ta thin a ni. Taksa chu chau ngawih ngawihin engmah chechang peih lovin an awm a. An chet velnaahte pawh an taksa rit ngawih ngawihin an hre thin. hei vang hian thatchhia nih an hlawh duh hle.

Hei bakah hian mahni inthiam lohna te an ngah a, chhungte lamah pawh an inthlahrung hle a. An chhungkaw vanduaina pawh anmahni vang liau liaua thleng

ni te hialin an ngai thin. An mu tha lovin an chaw eite a tui lo va, an haihawtin an ngaih-tuahna sen an harsat em em thin. A beidawng zawngin nun hi an thlir a, thih hialte an ngaihtuah thleng thin. Hei bakah hian hlutna nei lo, beisei tur nei lo leh chhanchhuah theih tawh lova inngaiin nunna hial lak maite an tum thin a ni.

Vanduai luat, retheih luat vanga awm a ni lo, Sap rama mi hausa ber berte pawn he natna hi an nei ve tho. An rilru ngaihtuahna thluakthat loh vanga khati zawnga thawk kha a nih miao vang a ni.

**A enkawlina tur:** Khawvel thiamna sang tawh azarah depression damdawi chi hrang hrang kan nei tawh a, a veite hi an natna dan azirin leh an kum a zir ten damdawi chawh thin an ni. Amaherawhchu, depression damdawite hi ei rei ve deuh hlek ngai a ni a, a natna hi a rawn let leh duh em avangin rei deuh hlek eitir an ni a, a ei tawp lamah pawh muang changa damdawi dose hi tih hniam sak thin an ni.

Hei bakah hian Therapy pek thin an ni a. An chhungkua te nen pawh kawmho thin an ni bawk. Damdawi hi an ngeih em em a, kar hnih thumah chuan an hmelah pawh hmuh theihin hma an sawn em em thin.

**Doctor pan hmaa in lama in enkawl dan:**

- \* An natna hriatthiam pui a pawimawh. An nat chung hi chuan natna dang nei kan ngaihsak ang bawka ngaihsak a tha.
- \* Pathian thu hmanga kan nunna in awmzia a neihzia leh beiseina siam sak hram hram a pawimawh.
- \* Anmahni hrethiam taka an sawite ngaihthlak saktu an mamawh hle a, an harsatna sawipui tur an neihte hian an rilru tawt te an inpaih thawl ve thin.

**Depression natna chung-changa kan hriat sual langsar zualte:**

- (i) Mahni insiam chawp natna?: A chung a kan ziah ang khian tumahin duh

vangin depression kan thlan ka ring lo.

- (ii) Depression natna hi natna tak tak a ni lo?: World Health Organisation chuan kum 2030-ah chuan depres-sion hi natna tam ber turah an puang hmiah tawh mai. Khawthlang mi fing zawk leh zir chianna nasa tak neite sawi chu zirchianna nei ve lo chuan "Natna a ni lo" tih ve ngawt chi a ni lo. "Hnam mawl, Pathian siam fin theih loh" tih ang lek nih loh a tha.

- (iii) Thih tum chu a indan theih loh?: Depression neite hian an beidawn lai ber pawhin thih loh hram an duh, kawng dang an hmuh thlawt loh vang a ni. I pui thei lo a nih pawhin a pui theitu hnenah kalpui rawh.

- (iv) Depression neite chu mi chapo tak an ni?: Depres-sion neite hi chapo a hnekin an inthlahrung ngawih ngawih a, mahni insit ngawih ngawihin hun an hmang zawk thin. ■

HRISELNA HUANG

## PROSTATE GLAND

Mipa hian an phing hnuai a thal chikhat, phing atanga zun rawn chhuahna pipe "Urethra" tuamtu an nei a, chu chu Prostrate Gland an tih chu a ni. He thal hi mipa bawa a tui siamtu pakhat a ni a. Mipa chi (sperm)-in hmeichhe chhul hmawra acid environment paltlanga chhul chhunga a luh theihna tura puitu pawimawh tak a ni.

He thal hi kum 50 pelh hnuah a lo \hang thin a, a than len zual deuh chuan urethra a nawr zim a, chu chuan zun lama harsatna a siam fo. Zung chhuak mai thei lo te, zun zawnga san vak vak ngai te, zun zawha far fep te leh zun ip theih loh te a thlen thin a ni.

A len dan azirin Grading siam a ni a. Mahse, mihring kan inan loh avangin grade sang, zun lama harsatna nei lem lo te pawh kan awm ve tho. Harsatna nei nasa an nih chuan zai an ngai fo thin a ni. Damdawi hmanga enkawl theih an ni bawk. Cancer a insiam thei bawk tih hriat a tha awm e. Chumi hriat chhuah nan chuan Tumor Marker chi khat, Prostrate Specific Antigen (PSA) an test tir thin a ni.

Prostrate hi zun kawng infection vangin a vung thei bawk. Chutiangah chuan zun lam insawiselna bakah tai zawn (mawngkua leh tilmu inkar) na a siam fo bawk. Sex hman atanga inkai thei natna STD thenkhat hian hetiang natna Prostratitis hi a thlen theih bawk avangin fimkhur a ngai hle bawk a ni.

Source : IMA Souvenir-2011

Zu in mi, pa berh ve tak, a ruih tawh chuan Pathian hla saa lam thin hmelhriat ka nei a;

Kohhran Hmeichhe hruaitu, inkhawm bân pawha thenawm khawvengte sawichhe hreh lo hmelhriat ka nei bawk !

**HEALTH DEPARTMENT HNUAIA TUNHNAI  
HNATHAWH LEH HMASAWNNA TE:**

# MIMER: Mizoram in Medical college a neih theih nan hmalak zel a ni. Medical Council of India (MCI) chuan State Referral Hospital Falkawn (SRHF) a medical college tur (MIMER) chu \um 2 endik tawhin, nikkum ni 21 leh 22 Nov-ah endik a nih hnuah pawh sawrkar chuan Medical college neihna turin \an a la zel a. Hnathar (post) 677 lai lak tura approve tawh a\angin mamawh zawl post 409 chu lak thuai tum a ni.

# NEDP: Mizoram sawrkar chuan State Referral Hospital Falkawn leh Dist. hospital hrang hrang tihchangtlun nan 2016-2017 kumah ` 37 crore a dah a. Chumi hmang chuan khawl pawimawh leh changkang tak tak a thuum an ni. MRI leh CT Scan khawl te Referral hospital (SRHF)-ah dah tum a ni a. CT scan khawl dang pawh Lunglei Civil Hospital-ah dah thuai a nih theih nan hmalak a ni.

# Infrastructure: lamah District hospital Saiha leh Lawngtlai chu DoNER ministry a\anga sum hmuhin sak mek a ni.

Dist. hospital Mamit sak nan NEC in retain tawhin DPR buaipui mek a ni.

28<sup>th</sup> Sept.2017-ah Directorate of Hospital & Medical Education (DHME) building chu CM in hawngin a chung sak zawmna tur pawh sawrkarin a pe leh tawh.

# Nursing School: GNM school, Kolasib chu Dec. 2017-ah bul \an a ni.

ANM School Lawngtlai chu October 2017 khan bul \an a ni.

# Human resource: Kum 2016-2017 chhungin Doctor 26, Staff Nurse 25 leh Health Worker 185 te lak an ni.

## K E I M A H N I

### **u Phullen khuaa Scrub Typhus leng enfiaha kalte report**

Phullen khuaa Scrub Typhus (Rannung seh) avanga nunna ch<sup>^</sup>n an awm avang leh he natna vei mi eng emaw zat an awm avangin January ni 4, 2018 khan Dr. Pachuau Lalmalsawma, SNO, IDSP leh a team te chuan a hmunah an kal chillh.

Leader Dr. Pachuau Lalmalsawma, State Nodal Officer, IDSP hova han thawk chhuakte hian 4<sup>th</sup> January 2018 zan khan Phullen Community Hall-ah Awareness Campaign neiin khawtlang mipuite nen hun tha tak an hmang ho va. He hun hi Pu B. Lalhriatpuia VCP Phullen in a kaihrui a. Dr Zolankimi Ngente (Mimi), Medical Officer Phullen hnen atangin Scrub Typhus natna awmzia leh lan chhuaandan te leh enkawlna chungchang ngaihthlak a ni a. Dr. Pachuau Lalmalsawma, State Nodal Officer, IDSP chuan Powerpoint Presentation hmangin Scrub Typhus thlentu rannung

awmzia leh an chen duhna hmunhma te, mihring taksaa pawl an khawih thin dante a sawi fiah a. Dr. Lalrotluanga, Entomologist pawhin Scrub typhus nihphung leh he natna laka inven dante powerpoint presentation hmangin a entir bawk.

**u** Sorkar laipua National Vector Borne Disease Control Programme (NVBDCP) bultuma Mizoram district leh sub-district a Malaria dona kawnga hman tur lirthei (Bolero) thar 10 chu ni 28.12.2017 khan Health Minister Pu Lal Thanzara chuan High Field, Mac Donald Hill-ah a vailiam. Health Minister chuan kum 2030-a India ram atanga Malaria natna umbo a nih theih nan Sorkar laipuiin nasa taka hma a lak mek thu leh, Mizoramah pawh he hmalakna hi tha zawka kalpui a nih theih nan 'monitoring' leh \ul dang atan hman tur lirthei Mizoramin a dawng chu lawmawm a tih thu sawiin, thawktuten an hman tangkai ngei a beisei thu a sawi a. Kum 2017-2022

chhung atana malaria dona National Strategic Plan (NSP) hnuai ah India state hrang hrangte chu category pali a then niin, kum thum chhunga case nei lo, mi 1000 zela case pakhat, mi 1000 zela case 2 aia tam lo, leh mi 1000 zela case hnih aia tamah te then niin, Mizoram chu category 3-naah a awm thu Minister hian a sawi a. State Sorkar pawhin Mizoram chu Malaria awm lohna hmuna siam turin kawng hrang hranga hma a lak mek thu sawiin, department a thawktuten theihtawp an chhuah a, sorkar hmalakna mipuiin an tawiawm that chuan a hlawhtlin ngei a beisei thu a sawi bawk. Lirthei vailiam puala inkhawm buatsaih hi Dr. F. Lallianhlira, Principal Director chuan a kaihruai a. Dr. Lalrozama, IAS, Mission Director, NHM chuan he hun hi tel puiin, Health Director pahnih te bakah Sr. Officer leh thawktute, District hrang hranga CMO leh SMO te he programe-ah hian an tel a ni.

u Ni 17 & 18 January, 2018 khan Haulawng khuaa

Scrub Typhus avanga mipuite hnena awareness campaign neih pahin Health Directorate atangin Dr. Pachuau Lalmasawma, IDSP SNO, Pu Lalfakzuala, SPE, IDSP leh Pu K. Lalrinsiana, Proj. MEM, Section te an kal. Haulawng khuaah hian he natna vei hi mi 162 zet hmuhchhuah an ni a, ngaihtuahawm erawh an awm lo thung. He lama inrinhlelhna nei chuan mithiam r^wn vat turin an chah.

u Ni 18.1.2018 khan Dr. F. Lallianhlira, Principal Director, H&FW hovin Ngentiang PHC tlawh a ni. Dr. Vanlalsawma, JD (FW), Dr. Lalremmawii, State Programme Officer (NPCBVI), Dr. Laldawng-liana, CMO, Serchhip ten an lawiawm a, PHC hmun hma te fangin, an mamawh hrang hrang te staff meeting neihpui in khawtlang hruaitute nen sawiho a ni bawk. Principal Director hian Department a thawktute harsatna leh dinhmun te hrechiang a, zirchiang tur hian Mizoram a PHC, CHC leh District Hospital kan neih

zawng zawng te a tlawh chhuak vek tawh a, hetiangami inpe kan nei hi Department chuan kan chhuang a, a hmalakna kan theihna zawng zawng a thlawp turin thawktute pawh kan in chah nawn leh a ni e.

u Ni 19.1.2018 khan Synod Conference Hall-ah Rashtriya Swasthya Bima Yojana (RSBY) leh Mizoram State Health Care Scheme Enrollment, 2018-2019 State Level Workshop neih a ni a. Health Minister, Pu Lal Thanzara chuan he hun hi a hmanpui a ni. Health Minister chuan tun kum 2018 atang hian SCHIS (Senior Citizens Health Insurance Scheme) kalpui tum a nih thu sawiin, he scheme hnuaiiah hian chhungkuaa Senior Citizen (kum 60 chin) te chuan cheng 60,000 thleng an hman thei dawn a ni, a ti. Kum 2018-2019 hian Insurance Company Bajaj Allianz General Insurance Company Limited chu open competitive bidding hmangin RSBY kalpui tura thlan an ni.

u Ni 20.1.2018 khan Union Health Minister, Pu Jagat Prakash Nadda chuan Mizoram State Cancer Institute, Zemabawk-ah Tertiary Care Cancer Centre (TCCC) sakna tur lungphum a phum a. Union Health Minister hian Regional Institute of Paramedical & Nursing Sciences (RIPANS) Boys' Hostel leh Library cum Examination Hall hawng bawkin, RIPANS Board of Governors' (BoG) Meeting a kaihruai nghal a ni. Tertiary Care Cancer Centre (TCCC) hi Ministry of Health H&FW, Government of India hnuaiiah ` 44.27 Crores senga sak tur a ni a, TCCC-ah hian khum 100 awmna hospital, cancer zaina centre leh ICU changtlung tak awm tura ruahman niin, Radiotherapy Centre changtlung tak, Simulator, Brachytherapy leh LINAC khawl te dah a ni bawkdawn a. 16-Slice CT Scanner, Ultrasound, Bronchoscopy, Digital Mammography leh Flow Cytometer khawl-te dah tura ruahman a ni bawkdawn. ■