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A chhunga thu awmte

1. Editorial	2
2. World No Tobacco Day 2018	3
3. Prime Minister Rashtriya Sasthya Suraksa Mission (RSSM)	6
4. Naupang ha enkawl \hat a \ul	8
5. halai min suattu Heroin (No 4)	11
6. Nu hnute tui	14
7. Zu hi sual a ni em? (<i>chhunzawmna</i>)	16
8. Piles	22
9. Motor ruhi loh dan	25
10. Sam enkawl dan	27
11. Lung natna	30
12. Artui hi han belchiang teh	32
13. Zunkawng hnai/l^wng	34
14. Cholesterol level tihhniam dan	39
15. Rul chuk haw lo an awm em	41
16. Hriselna lakna man chungchanga hriattirna leh ngenna ..	43
17. Keimahni	47



Editorial

He kan damchhung rei lo te a kan khualzinna rama kan cham chhung hian, hlim leh lawma hun hman kan duh fo \hin a, mahse kan damchhung nite hi hlim taka hman thei tur chuan, taksa HRISELNA kan neih phawt a ngai a ni. A chhan chu HRISELNA tel lo chuan nun hian awmzia leh nawmna reng reng a nei thei lo va, mihringte hlutna pawh a bo fo \hin a ni.

Chuvangin HRISELNA hi mihring kan nih chhunga kan thil mamawh ber leh mihringte nuna bul in\anna ber a lo ni. Heng nun nawmna te, hlimna te, chakna te, mawina te, damreina, hausakna, hmel\hatna te hi HRISELNA avang chauha nei thei kan lo ni. Chuvangin HRISELNA hlutzia leh pawimawhzia hi kan hriat chian a ngai tak meuh meuh a ni. Hemi a nih avang hian Health Department pawimawhzia pawh hi kan hrechiang thei mai awm e.

Health department hi mi tupawh hian nu pum chhunga kan awm lai a\anga kan tar thih thleng hian engtikniah emaw chuan mamawh hun kan nei ngei ngei \hin a ni. Chuvangin he department hi mihringte nunna nena inzawm tlat an nih avangin mipui pawh hian kawng hrang hranga an hnathawhte hi kan \awiawm thiam a pawimawhin, mipui hriselna tura an hmalakna te hi zawm thiam bawk ila, kan sorkar pawh hian he department pawimawhzia leh mihring nunna enkawltu an nihzia hre renga, department hmasawmna tura ruahmanna an siam \hin te hi ngaihthah lova tih puitlin sak hram \hin nise, hemi kawngah hian sum pawh ui lo se, Zoram mipuite hi kan lo hrisel ang a, ram pawh a lo changkan phah sawt ngei ang?

WORLD NO TOBACCO DAY 2018

Theme: Vaihlo leh Lung natna (Tobacco and Heart Disease)

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

World Health Organization chuan kum tin in May ni 31 kha khawvel pum huap a vaihlo dona ni atan a hman thin a, he ni denchhen hian vaihlo in hriselna a tihchhiat nasat zia leh vaihlo hman kawng a kan fihlim theih nan tiin kum tinin thupui chi hrang hrang neiin he ni hi hman thin a ni. Kumin World No Tobacco Day thupui tur chu “Vaihlo leh Lung Natna” (Tobacco and Heart Disease) tih a ni a, World No Tobacco Day thupui in mipuite hriattir a tum ber chu-

1. Lung natna te, lungphu chawl leh lung avanga natna hrang hrangte leh vaihlo inkaihhnawihna Stroke pawh telin, heng natna belhkhawm te hi khawvela thihna thlentu lian ber an ni tih lantir.

2. Vaihlo hman vanga thleng lung natna laka inven a nih theih nan Sawrkar leh mipuite hma la tura hriattir te a ni.

Vaihlo hman hian lunga thisen zam natna (coronary heart disease), pangkhing zeng (stroke) leh thisen zam natna kan neih theih na chance a ti sang hle a. Heng natna

hlauhawm tak leh thihna hial thlentu chu vaihlo a ni tih hi mipui tam zawkte hian an hre lo a ni. Khawvela thihna thlentu tam tak zingah lung natna avanga thihna hi a tam ber a, lung natna avanga thi te zinga za a sawmpahnih (12%) te hi vaihlo an hman thin avang leh mi dang mei zuk khu an hip luh (secondhand smoke) avang ni a chhut a ni. Vaihlo hi BP sang tih loh ah chuan lung natna thlentu langsar ber a ni mek a ni.

Khawvelah kum tin in vaihlo hman avangin mi maktaduai 7 velin an nunna an

ch[^]n phah ziah thin nia chhut a ni a, chung zinga nuai 9 te chu meizu ngai lo midang meizuk khu hip lut \hinte an ni. Meizu thin te zing a 80%, vaibelchhe khat (1 billion) aia tam mah te chu ram hnufual leh a vantlang te zingah an tam ber a, chung ramteah chuan vaihlo kaihnawih natna leh thihna hial a thlen nasa hle a ni. Heng inkaichhawn theih loh natna (non-communicable disease) chi hrang hrang lakah Sawrkarin mipuite a venhim theih nan World Health Organisation chuan vaihlo do kawnga hmalakna tur a duang chhuak a chungte chu-

Monitor - Vaihlo laka mipuite an fihlim theih nan a hmalak.

Protect - Meizuk khu laka mipuite ven him

Offer help - Vaihlo sim duhte tanpuina pek

Warn - Vaihlo hi hriselna atana a hlauhawm a ni tin mipuite hrilh hriat

Enforce - Vaihlo khuahkhirhna dan ken kawh

Raise Taxes - Vaihlo chhiah (tax) tihsan a hralh tih tlem

Kum in World No Tobacco Day 2018 thupui in a tum ber chu-

- * Vaihlo hi Lung natna thlent u a nih tarlan.
- * Vaihlo hman leh Second-hand Smoke lung natna thlent u a nih zia mipuite hnen a hriattir.
- * Lung hrisel kan neih theih nan Sawrkar leh mipuite intiamkamna neih tir.
- * WHO Framework Convention on Tobacco Control in hmalakna tur a dan a siam MPOWER hmang thei tur a ram hrang hrangte fuih thar.

Mizote hi vaihlo leh a kaihnawih (Zuk leh Hmuam) laka kan insum theih loh avangin hnam dang lakah Mizo hnam kan timualpho hle a, natna tam tak a bik takin Cancer kan vei phah nasa a, kan sakhua (Christianity) pawh kan ti mualpho hle a ni. Vawiin atang hian rilru thar pu ila, kan ram kan hnam timualpho tu, natna tam tak min tuar tir tu, sum leh pai tam tak min

khawhraltir tu kan kristianna TCC te a pan theih bakah,
 hmel pawh ti bal tu hi sim ila, Mizoram State Cancer
 taksa, rilru leh thlarau hrisel Institute, State Referral
 zawk kan neih theihna turin Hospital Falkawn leh Civil
 theih tawp i chhuah ang u. Hospital Aizawl te OPD hun
 Vaihlo sim duhte tan lai in a pan theih reng e.
 District Hospital hrang hranga

Nu, Naupai lai mek chu:

- Nikhatah darkar 8 tal a muhil tur a ni.
- Hna hahthlak a thawk tur a ni lo.
- A chenpui ten an duat tur a ni.
- Ni tin inbual fai tur
- Naupai lain nidanga chaw ei thin dan aia tam ei tur.
- Thlai rah leh hnah ei tam la, be lamchi ei tam bawk ang che.
- Naupai te duat leh hahdamna pek hi kan tih tur a ni.
- Nau ilo pai a nih chuan Sub-center ah in ziaklut vat la, a tlem berah wawi 3 tal in entir ngei tur a ni. Hetiangin:-
- Thi hul atanga a hma thei ang berin emaw, thla 3 hma ngeiin
- Thla 4-6 ah
- A wawi 3-na atan thla 7-9 inkarah
- Iron leh Folic Acid ei ngei la, thisen tlakchhamna lak atangin i lo him dawn nia

A hun taka i inentir hian nang leh i naupai mek tan khan himna leh hriselna a thlen thei che tih i hre dawn nia.

**PRIME MINISTER RASHTRIYA
SWASTHYA SURAKSA MISSION (RSSM)**
(*Mipuite hriat tur pawimawhte*)

*Chief Executive Officer
Mizoram State Health Care Society*

1. Thuhmahruai:

Prime Minister Rashtriya Swasthya Suraksha Mission (PM-RSSM) hi Sawrkar laipui, Ministry of Health & Family Welfare hnuaia Scheme thar, tuna Scheme kal lai mek Rashtriya Swasthya Bima Yojana (RSBY) thlak thlengna tura duan chhuah a ni a. He Scheme thar hnuaiah hian chhungkua pakhatin kum khatah ` 5,00,000/- (Cheng nuai nga) thleng damdawi ina an inenkawlna senso neih an bill thei dawn ta a ni. He Mission hi Sawrkar laipui chuan 15th August, 2018 hian tlangzarh tan a tum a, chumi hnua hman theih nghal tura ruahmanna pawh kalpui mek a ni.

Mizoramah chuan Mizoram State Health Care Society, Department of Health & Family Welfare in a keng kawh dawn a ni.

2. RSSM thil tumte:

RSSM hian thil tum pahnih (2) a nei a, chungte chu:-

a. Damdawi ina inenkawl-na hautak avanga harsatna tawh thinte chhawk zangkhai turin leh tun hmalam aia mipuite sum sen titem thei tura duan a ni.

b. Awlsam zawka mipuiten damdawi ina inenkawl-na tha zawk an lo neih theih nana siam a ni.

3. RSSM huam chin turte:

a. Sawrkar laipui siam, Socio-economic and Caste Census (SECC) a chhungkaw harsa tehna (deprived household) atanga tel chhungkuate.

b. RSBY hnuaia in register leh thla la te.

4. RSSM hamthatnain a ken telte:

a. He Scheme hnuaia inziaklut chhungkuate chuan kum khatah damdawi ina inenkawl nan ` 5,00,000/- (Cheng nuai nga) thleng an bill/ an hmang thei dawn a. Natna chi hrang hrangte chu inenkawl theihna tur zat rate bituk sa (package rate) a awm dawn a ni.

b. He Scheme-a inziak lutte chuan India ram puma Sawrkar damdawi inte leh Sawrkarin a phalsak private damdawiinah an inenkawl thei dawn a ni.

c. Damdawi ina inenkawl hian pawisa hman ngai lovin a bathlau (cashless) a inenkawl theih a ni tawh dawn a ni.

d. He Scheme tharah hian Enrollment (RSBY hnuaia thla lak, kut zung\ang nem leh Smart Card) hranpa a ngai tawh lova, Enrollment Fee hranpa pawh chawi a ngai tawh lo vang.

e. Damdawi ina luh hma leh chhuah hnua senso awmte pawh huam thei tura duan chhuah a ni.

f. He Scheme-a inziah luh hmaa natna lo neih sate pawh huam tura siam a ni.

g. He list-a ziah luh chhungkuate chu damdawi ina an inenkawl dawnin Sawrkar siam ID eng pawh (Voter's ID, Ration Card, Aadhaar Card, Driving License, Passport) kengin an hmang thei dawn a ni.

h. Damdawi ina inenkawl na leh bill siam chu damdawi in mawhphurna a ni a, internet leh computer hmangin bill siam a ni mai dawn a ni.

i. RSBY hnuaia chhungkaw member tam lam zat limit (5 chin) awm thin chu tihtawp a ni a, chumi awmzia chu chhungkua member eng zata tam pawh ni se la then hran ngai lovin chhungkaw khatah an tel vek kim thei tawh a ni.

j. Damdawi ina enkawl na chungchang emaw harsatna chi hrang hrang nei chuan mahni biala Health Worker/Medical Officer/Chief Medical Officer emaw Health Care Society Office hnenah thlen tur a ni.

He tih lai hian State sawrkar kalpui lai Health Care Scheme chu a pangngaiin a kal reng tho dawn a ni. ■

- C. Lalthanchhunga, BEE

Pathian hian kan damchhung daih tur HA min pe a, mahse naupan tet a\anga kan enkawl \hat loh avang leh kan dimdawi loh \hin avangin damchhung chu sawi loh kan \hat lai hunah pawh min tibuitu a ni fo \hin a ni. Ha enkawl \hat loh avang hian ka chhung hrisellohna, ha nget, hahni puam a thlen \hin bakah ka chhung rimchhia (ka uih)-te hial kan neih phah \hin a ni. Ka rimchhia/Thaw-uih hi kan bul a mite tan a hrehawmin, hetiang neite tan pawh hian a inthlahrunawm em em a. Ka rimchhia hi a chhan tam tak awm thei mahse, a tam zawk hi chu kan ha enkawl ngun loh vang a ni fo \hin. Chuvangin ha enkawl hi naupan tet lai a\anga kan uluk a ngai tak meuh meuh a ni.

Ram a changkang a, khawsak a lo awlsam ta a. Naupangin hmawmsawm an ei nasa tual tual a. Naupang zingah ha nget leh ha na an tam sawt hle. Primary School naupang za zela sawmriat dawn laiin ha nget an nei a. A nat lem loh chuan an ngaihthah a, a lo nat chhuah meuh chuan tihngaihna dang a awm tawh lo fo \hin.

Nu leh pa tam tak chuan naupang ha hlam chu thlawn mahse a dang a lo \o leh mai dawn a, a pawl love tiin an ngai pawimawh lo \hin a. Chuvangin naupangin harsatna

chi hrang hrang an tawrh phah fo thin, hetiangin -

1. A hun hmaa ha hlam a tlak avangin mi tam takin ha tak \o dik lo, mawi lo tak tak an neih phah \hin.
2. |hanglei an ni a. Ha hlam hrisel taka awm kim \hap hi naupang khabe ruh thang mek tan thil pawimawh tak a ni.
3. |awng zirlai an ni a. Ha hi \awng tifiyah tu pawimawh tak a ni.
4. Naupang ha-hmai balte chu an \hiante zingah an kimki chawh thin.

5. Naupang ha nget hi a lo nasat chuan harsatna dang a thlen thei a. An thaw rim a chhia in thiante zinga awm hrehawm an tih phah thei a. Anmahni ngei pawhin hrehawm an ti fo thin.

6. Ha nget a tira enkawl loh chu a zual zel a. A thling a thlen phei chuan a lo na a, zan mut theih loh phah nan te, chaw ei theih loh phah nan te an hmang thin. Naupang \henkhat phei chu a tira an enkawl loh avangin an hahni in a chhiat phah a, an khabe a lo vung vak a, mit pawh meng tha thei lo khawpin an hmai a vung hial \hin.

NAUPANG HA ENKAWL DAN

1. Mahnia ha an nawh thiam hma chuan nu leh pain nawh sak \hin tur a ni a.

An la tet zual lai chuan Toothbrush kher a ngai lo. Puan nem fai takin, an chaw ei khamah hruk fai sak \hin ila a tawh hle.

Kum hnih an tlin tawh erawh chuan naupang hman chi

Toothbrush lei sakin ha nawh zirtir a hun tawh a. Puitling ha nawh rualin nawhtir ila. A khampheia nawt lovin, chung lam - chhuk zawngin, hnuai lam - chho zawngin khuhih thin tur a ni. Chutianga ha zawng zawng khuhih zawhah lei leh dang chung lamte khuhih fai leh tur a ni.

Ha siai hi chi hrang hrang a awm a, a enga pawh hi hmang ila a pawl lem lo.

Damdawi tel pawh a awm nghe nghe a. Hengte erawh hi chu Doctor rawn loh chuan hman loh tur a ni a. Doctor-in hmang tura min ti a nih pawhin lem loh tur a ni. A bik takin Fluoride damdawi telna ha siai hi naupang ha nget vengtu \ha tak mai a ni a. Mahse fimkhur taka hman chi a ni, lem hauh loh tur a ni.

2. Chaw ei khamah ha nawh tir ziah tur a ni a. Zanriah ei khama ha an nawh tawh hnuah chuan thil thlum lam ei lo se a \ha. A chhan chu zana kan muthilh hlan hian chil a tlem a, ka chhung a intleuh fai muang a, natna hrik tam tak ka

chhungah an inthlah pung chak bik a, chung chuan ha tichhe thei thil thur a siam \hin a ni.

Naupang chuan a thil ei zawhah kam \huah zel sela, kam a la \huah thiam lo a nih chuan tuisik thianghlim fian hnih/khat lek intir ila, ka chhung rimchhe tur te a veng a, ha nget siamtu thil tam tak pawh a tlengfai dawn a ni.

Thla ruk danah ha Doctor hnenah entir \hin a \ha hle. Naupangin ha nget a lo nei a nih pawhin phawi kher lovin a tihdam theih a. Thla ruk dana kan entir chuan a nget chhiat lutuk hmain a tihdam theih ang a, ha nget avanga harsatna tam tak a pumpelh thei ang.

Naupang hian an infiamnaah an ha hmai an sawh bal fo \hin a. A bal veleh a bawhlhlawh loh chuan vuah leh mai tur a ni. Vuah leh theih a

nih loh chuan remchang hmasa berah ha Doctor entir tur a ni.

Tin, zana naupangin ha na a tuar a, damdawi pek mai tur a awm loh changte hian a buaithlak duh hle mai. Naupang ha nget chu uluk tak, dim te siin tifai la, tui hmuam nuam tawh vela lumin \huahfai la, la paw thianghlimin dep hul la, ha siai tat la, a na zualpui chu a ziaawm thei ang.

Ha enkawl chungchanga pawimawh ber chu ka chhung tihfai a ni a, naupangin ka chhung fai tak a neih a, ha \ha tak a neih theih nan nu leh paten mawh kan phur hle a ni.

A tawp berah chuan naupang pawh puitling pawh hahni puam emaw ha naah chuan tuilum chi-al hian a khat tawkin kam \huah \hin ila, senso a tlemin a ngeih em em a ni tih hriat reng a \ha.

Mawitea huang!

@ An \henawmte inhmun lai khan JCB an chhawr bengchheng nasa mai si a, pa ber khan, “Nu-i pawnah chhuak la, lo va ei-ah lo va ti teh” a ti a, an nu chuan “Engah, maw kotu che an awm em ni?” a ti a, an pa chuan “Engmah a hriattheih loh hi, awm pawh an lo awm mial mai thei asin”! zuk ti ngawt pek a!

|HALAI MIN SUATTU HEROIN (NO. 4)

*Dr. Lalhriatpuia
Psychiatrist, MIMER*

Hmana mi hausa fate chauhin an ruih phak a kan ngaih thin heroin hi kan thenawm Burma vangin mi pangngai ban phakah a awm ta. Mizo nula tlangval tam takin kan thihpui mai bakah natna \ha lo kan kai phahna a lo ni a. Kan thenawm lah chu khawvela heroin siamchhuak tam ber an ni bawk si. Hmana Manipur lam atanga khawthlang lam pan thin lah kha, tunah zawng kan ram hrut tlangin a kal ta bawk si, tleirawl fanu fapa emaw tu nei tan chuan a va lulhai thlak em. Chutah lah proxyvon te ang lo takin a titeah inchiu hnuhma an nei tawh bawk si lo, ruihtheih a ruka tih theih a lo ni ta bawk si. A ruka kan thalai suattu a nih takah chuan kan hnam tlemt> hian kan ralpui mai ang tih hlauhawm khawpin min chiahpiaa ta a ni hi.

Proxyvon hunlai atang tawhin addict-te hi Kohhran leh khawtlangin kan buaipui hle a, an pualin camping-te leh activities tam tak kan buatsaihsak \hin. Amaherawh-chu, kum 10 kaltaa campinga kan nawr luha te kha tuna kan khalh falate an la ni tho, kan hlawhtling vak lovin a lang. Henga addict-te tana sum leh pai tam tak kan sen \hin ngaituahin kan rawlthar tleirawlte tan a ruihhlo \hat lohzia awareness campaign lam kan hlamchhiaa lutuk

erawh a pawh hle a ni. Kan hmalak dan hi kan sem rual chho a pawimawh dawn hlein a lang. Mipa naupang kan nih lai khan kan u deuh te proxyvon vanga buai leh harsatna nasa tak an tuar te ni tin hmu thin kan ni a, kan rualpui zingah khan 'ti ve hram rawh u' pawh min ti se tu man ti duh an awm ka ring lo, a hlauhawmzia kan hrechiang em a ni. Hrechiang lovin kan u ten an luhchilh kha a ni a, inchhir lo an awm ka ring lo.

No. 4 khawih chhin i tum hmain a khawihate awmdan hi lo hrechiang phawt la, chutah duh i thlang dawn nia.

1. No. 4 hi vawi khat lek inchhiu pawn z<n a nei, mamawh chhunzawmin a siam thei che.

2. I khawih zing hnu chuan a tira nawmna ang kha pakhat mah a nei tawh lovang a, normal nan leh suffer loh nan i tih chhunzawm tho a ngai ang. Damdawi hmang a nuam siam chawp a nih avangin thil dang nuamzawng zawng a da tel bawk ang a, hlimna i feel thei tawh lo vang. Mi dang thiante nena hlim taka an inkawm laiin nang erawh chuan an hlimna ang i feel ve pha lo vang. I nghei a nih pawhin rei tak chhung chu nawmna a da dawn tho tho.

3. Chhuah i duh anga amaherawhchu darkar 7 pawh inchiu lova i awm chuan i ruh chuktuah zawng zawng a na ang a, thlanfimin a bual hup hup chenga, kawthalo leh hnap tla rengin i awm ang a, zan pawh i muhil thei lo vang.

Amaherawchu, heng dinhmun hrehawm tak aia tihrehawm tur che chu ruh chhungril za hiah theih si loh hi a ni, suffer tam takin tihreh tumin hruihrual ten an in hlap \huai \huai thin. Heng hi nikhat lek awa a la ni lo zui, kar 1 tal chu a awm dawn. Hei bakah damdawi ch^kna namen lovin a tibuai ang che.

4. No. 4 ti tlangpui hian insulin syringe chhinsen 2-4 an titlangpui, chhinsen 1 hi cheng 800-1000 man a ni. Tu sum mahin a tlin lo, i tih duh ngai loh ruk ruk, inzawrh, damdawi zawrh ruk a ngai dawn. Addict tam tak hian beng tuai vung vung pahin 'In lianpui ka lo sa zawk lo va ni' an ti duh lutuk.

5. I hriselnain a tlak pui nghal dawn. Kal, thin thalo i nei anga, i nghei hnuah pawh harsatna a siam reng dawn che.

6. Chhungkua inremlohna a hring nghal, mi dang lakah i insit ngawih ngawih bik reng ang. In vengah pawh inthlahrung takin i awm reng tawh dawn. Thluak a thawk a nih avangin rilru lam

harsatna a siam hnem dawn che, thi mai duh hial khawpin a sawp dawn che.

7. No. 4 i khawih \an atang khan khawi kawmkara boral (OD) thut thei rengah i insiam nghal.

8. I nghei theih loh a nih pawhin ch^kna leh ruh za hian i dam chhung zawngin a \hing zeuh zeuh reng tawh dawn che.

9. Chutah inchhiu avangin leh mipat hmeichhiatna a ken tel te avangin HIV leh natna dang vei thei reng i ni bawk.

10. A pawl ber chu i thlarau nunin a tuar dawn bawk. Heng hi i awih loh chuan No 4 ti thin i lo zawt dawn nia, tichuan he ruihhlo hi khawih chhin loh tawp tur a nihzia i hre thei ang.

▼ Pneumonia hi natna hlauhawm tak ni mahse, hriatchhuah hmaa enkawl ran chuan dam leh mai thei natna a ni.

▼ *Pneumonia natna lo lanchhuah dan tlangpuite chu...*

Khawsik leh tlun - Khuh, nausenthla 2 hnuailam chu an khuh kher lo - Awm in sep - Thawk rang leh hah - Pumna - Hehduk leh chauh hmel tak te.

▼ *Pneumonia thaw atanga hriat theih dan*

(Naute chu an tah lai leh hnute hnek lai ni lovin, an awm hle hle lai)

▼ Nausen thla 0-2 chu minute 1 ah vawi 60 aia tam a thawkin,

▼ Thla 2 - 12 chu vawi 50 aia tam

▼ Kum 1 - 5 chu vawi 40 aia a thawkin.

I fa chu hetiana a lo awm a nih chuan a rang thei ang ber in Sub-center-ah emaw, Damdawi in panpui vat ang che.

NU HNUTE TUI

Dr. Vanremmawii

Nu hnute tui hi Pathianin naute mamawh tawh chauhva a siam a ni a, naute mamawh ang zelin hnute tui chaw thate hi a insiam a ni. A lum dan a tawh chauh a, thau, chakna, vitamin leh natna hrik dotu sipaite pawh a awm a ni. Naute thau lutuk tur a veng a, natna tam tak lakah a veng bawh a ni.

Eng hunah nge hnute pek tur?

Naute a pian atanga darkar khat chhung ngeiin hnute tui pek a tha. Naute kan mut tir chuah chuah chuan a lo zawi a, hnute a fawp tha thei lo a, naute sugar a tla hniam a, khawsik leh sepsis te a kai phah thei thin a ni.

Engtik thleng nge hnute pek tur?

Nautein thla ruk a tlin hma chu hnute tui chauh pek tur a ni. Tui leh thil dang an mamawh lo. Nautein a duh anga zing emaw, darkar hnih (2) danah emaw tal pek thin tur a ni. Kum 2 a nih thleng tal hnute pek hi a tha niin zir mite chuan an sawi.

Thla 6 a lo nihin chaw, dal, thei, bawnghnute leh ina

kan ei ang ang kha ei tan tir tur a ni a, vawi khatah pek teuh tum lovin kan pe zing tur a ni.

Hnute pek dan position dik chu engtin nge?

Nu chu hahdam takin a \hu ang a, naute a pawmin naute nghawng a ngilin, nu dul leh naute dul insi chialin, naute taksa zawng zawng a kuah ang. Naute ka ang zau lai takin hnute hmur, a dum zawng a barh ang a, naute khabe leh a nu hnute inkarah awl awm lovin an insi tur a ni.

Eng nge hetiang a pek a thatna?

Nautein hnute hahdam takin tha takin a fawp haw thei a. Boruak a hne lut tel lova, pumna tah vak vak leh tlei lo ten a awm lo. Naute than a tha bawh. Nuin hnute a pekin

hnute lehlam lehlam pek chhawk chhen lovin hnute lehlam chu hnek ruahtir phawt tur. A chhan chu hnute tui a tira haw leh a tawp lama haw kha a inang lova, nautein a mamawh ve ve a ni. Nautein hnute a hnek that a, a duhkhawp hnute a hnek chuan a tlei a, a zungin a e tha bawk thin.

Hnute pek kawnga harsatna sut kian dan

Nau pawmtu nu kan inang vek lova, hnute pek kawngah pawh harsatna hrang hrang kan tawk thei a. Chung harsatna hrang hrang lo thleng thei langsar zual leh a sutkian dan tlem han tarlang leh ila:

1. Hnute hmur tlum:

Hnute hmur tlum kan tih hi nu

Mawitea huang!!!!

● “Nula, taksa lamah insawiselna te hi i nei ve \hin em?” an tia, ani chuan, “Tlema ka hang deuh tih mai loh hi chu...naupan tet a\angin insawiselna ka la nei lo” zuk ti mauh pek a!

● Pa : Nu-i....eng nge chawhmeh i siam?

Nu : Engmah siam tur pawh ka hre lo...

Pa : E... chutiang chu alawm ka chawhmeh duhzawng tak chu..... (hetiang pasal hi an \ha asin!)

harsatna lian tak pakhat a tling. Hetianga nu hnute hmur a tlum chuan nuin naute hnute a pek hmain a hnute hmur chu kut emaw, syringe mawng lam emaw hmangin an pawt chhuak hmasa tur a ni.

2. Hnute pilh/durh: Nu hnuteah pilh/durh a awm chuan hnute a pek hmain hnute tui a tih hnawm hmasak emaw, damdawi (nipheal, nipcare, ect.) emaw a hnawih thin tur a ni.

3. Hnute hring rawl: Tuilumin hnute deh a, a nem velehnute sawr then phawt pawh a paw lo.

4. Hnute na/khawsik: Khua a sik a, hnute rawng a lo danglamte a nih chuan doctor pan a tha.

(Issue hmasa chhunzawmna)

R. Lalthakima,
Asst. Secretary, Indian Society On Tobacco &
Health Mizoram Chapter

1. Zu ka in \an dan :

Naupan tet ata mi luhlul leh tumruh ka ni ve a, chu chu ka chhungte leh kan zirtirtute min hmuh dan pawh a ni. Matric (HSLC) pawh hi ka exam vawi khatna 1974- ah ka passed \hat loh avangin 1975-ah ka exam nawn leh ngat a, 2nd Division-ah Assam Board hnuaiah ka passed ve ta a ni. Tin, Class-IX ka zir laiin kan Headmaster-in kan School-a luhlul berah min chhal nghe nghe bawk. Chutiang mi chu ka nih avangin thian tam takten zu an ina mei an zuk ruk lai pawhin, Matric ka passed hma chuan ka inhnawm hmanawih ve miah lo a ni. Amaherawhchu 1979-ah Sorkar hna ka han thawk ve ta a, ka luhlulna chu a chhe zawngin ka hmang a, zu ka in ve tan ta a . Ka tih lam ti vak mi ka nih avangin zu pawh hi ka in tam hle a, ka nghei hma deuh phei chuan mahni chauhva a sen chi um khat in zawh chang ka nei fo mai. Thangkhat lian zet zu ka in chhunga ka zu in zat hi tui pawlsaa hisapin i han chhut teh ang.

1. Ni khatah bottle 2 (i.e 750mlx2) = 1500ml = 1.50lit.
2. Thla khatah = 1.50x30day = 45lit
3. Kum khatah = 45x12 = 540litres
4. Kum 19-ah = 540x19 = 10260 Lit = 10.26KL (Tank lorry trip 1)

Zu hi thil tha ni se zawng	a, min nel deuhthe chuan min
\hatpui tham in ve hmanin ka	hmuh hian, “I hmai chu engtizia
inhria, a man erawh inchhuah	em em nge?” an ti fo thin.
a har khawp mai. Ka hmelah	Chutah keiin fiamthuvin, “Hmai
pawh zu heh tih ka hriat em em	man tam a nih hi, hetiang a hmai

colour tur chuan sum tam tak sen a ngai a ni; ka hmai hi tawktarh hlir a ni a, thangthleng kam ila sava ka awk thei ngawt ang,” tiin ka chhang let thin. Ka zu in hi chhungkhat lainaten min hau nasa hlawm hle a, mahse hmelma tawngah ka ngai emaw ni, a sawt lo hle. Serchhipa kan awm laiin, ‘Zu in an sawisel zing bawk a, in lovin a eiin kan ei tawh zawk teh ang,’ ti rilruin zu chu pack-in, refrigerator-ah ka dah khang ang a, ka ei ang chu tih nak alai chuan dal deuh lo chuan zu chu a lo khang thei der lo nia ! Zu ka in nasat avangin ka chhungte hi an mangang thei em em a, min tawngtaisak nasa hle thin a; a bikin ka nupui leh ka nu leh pa te hian min tawngtaisak nasain ka hria. Vawi khat phe chu ka nu’n Tawngtai Inkhawmah zu ka nghei nana tawngtaipui turin a lo sawm a, a hnuah ka hre leh sia, ka thinrim hle nghe nghe a ni. Pa luhlul leh mi tumruh ni ve thin khan, zu nghei chu ka rilru chuan duh mah se tum pawh ka tum chhin ngam lo a ni ber e. Ka in inkulcho chang

erawh chuan, ni hnih- thum nghei chang chu ka nei ve leh zauh thin chauh a ni. Nimah-sela, ka nu leh pa te, ka nupui fanaute leh chhungkhat lainate tawngtaina chu, beidawn tawh lamah Pathianin a chhang a, kan nau pakhat thihna hmangin zu bawih ata chu min chhan-chhuak ta a ni.

2. Zu ka nghei tak dan :

Kawnpuia kan awm laiin ka nupui u, Chhuanvawra (L) fapa, Lalbiakthasanga (BTA) chu ni 5.9.1998 khan Sihphirah a thi a, keini pawh kan kal a. He tih lai hian Sihphir hi Kawnpui Sub-Division bial a ni a, ka puzawnte awmna veng chawmtu Transformer chhiat lai a ni nghe nghe a, siam that tuma hma kan lak vel lai tak a ni. Hemi ni hian hun rei tak ka hmuh tawh loh, Vai Supplier lar ve thin tak Babute-a, (PL Das Gupta) nen kan inhmu a, Whisky Quality sang deuh mai min pe teuh mai a; zan hnih lai ka nghei tawh avangin tui ti takin ka in a, ka in hnem hle awm e. Zan a lo ni a, mi zai tui

vang lai tak mai chuan ka zu rui lungpuam chuan ding tha hlei thei lo chungin thu ka sawi ve ta a. Ka ruih chilh ber, Sihphir Arpu Transformer chhe chungchang leh siam tha tura hma kan lak mek dan chungchang chu ka sawi ve ta a. Ka ruih em avangin ka tawng pawh a fiah lo a ni ang, an nui leh hak thin a, chu chu ngai thei bik lovin ka hau leh rih thin a ni awm e. Chutiang chuan chumi zan chu rui chhum hmak lo deuhvin ka hmang a, zan pawh ka mu tha meuh awm lo ve.

A tuk khawvar hnua chhungkhat lainate nen kan inhmukhawm leh zet zawng a hma zan lam chu a ang ta lo tawp mai. Min hmutu apiang mai chu engmah sawi hlei thei lovin an nui tlawrh tlawrh zel mai a, a sawi thei chhun pawhin, “Nizan kha, thu sawi i lo va thiam em em ve!” min ti a, an nui vak vak mai a, HNAR a lian duh hle mai. A thenin kan nu hnenah, “Nizan, in pa thusawi thiamzia kha...” an lo tiel bawk nen, a zahthlak haih haih hle mai. Chutia kimki taka ka awm lai chuan, “*Uain*

hi nuihzatbura min siamtu a ni,” (*Thufing Bung 20:1*) tih hi ka thinlungah fiah takin a lo lang a, “He Pathian thu hi a va dik tak em! a takin ka chungah a lo thleng ta a nih hi,” tiin zu in leh tawh lo turin ka rilru ka siam ta a ni. Pathianin kan nau BTA thihna hi ka tan malsawmnaah a chantir a, ka nupui fanaute, ka nu leh pa leh unaute min tawngtaisak thinna rah chu a takin ka lo seng ve ta a ni. Mi thenkhatin min rin dan anga Doctor-in, “Nghei rawh,” tih vanga nghei ka ni lo. Gospel Camping, Crusade etc. atanga zu nghei ni lo mah ila, Bible thu hmanga kaiharh ka nih miao avangin zu ka nghei / simna chhan bul ber chu ‘PATHIAN A NI’ ka ti lo thei lo. A dawt lehah chuan ka nupui fanaute, ka nu leh pa leh chhungkhat laina zawng zawngte min tawngtaisakna rah a ni tih ka hre chiang hle. Zu ka nghei hlim hian mi dangte ang bawkin thlemna ka tawh ve nual a, thenkhat han tarlang ila :

Zu nghei hnua thlemna :

(i) ‘Zu nghei vele min khilai tumtu an awm duh’ tih hi ka tan

pawh a dik hle mai. Zu ka nghei hnu rei lo t>ah zan khat chu ka thiante Police Officer pahni an lo leng a, ka zu duh ber thin Army Rum CONTESSA ngat, um khat an rawn hum lut a, an tha dun deuh tawh nghe nghe a, “Hei, zanina in hovah kan ti a, kan rawn keng asin,” an ti a, keiin, “Ka dry tawh a, zu in ka tum tawh lo,” ka ti chu an awih lo kher mai! “A nih, chuti chu kan haw leh mai zawk dawn em ni?” an ti a, keiin, “Haw lo ve, in duh tawkin in in dawn nia,” ka ti a, an thu ta a. Kan nu ka bekbawr a, “Hei zu min intir an tum ngei dawn a, an tum nasat poh leh ka \ang nasa dawn a ni mai. Zu min thlit kep vele thingpui min rawn thlit ve zel dawn nia,” ka ti a. Tichuan zu chu min thlit kep ngei a, mahse thingpui ka in zawk zel a. An in hnem tial tial a, min intir an tum nasa tulh tulh a, kei ka \ang na telh telh bawk a, zanlai dar 12:30 velah chuan an in zo va, kan in mangtha ta a ni. Hemi hnu hi chuan zu keng leh zu rui chung chuan an lo leng ngai ta reng reng lo a ni.

(ii) Vawi khat chu kum 1999-ah ka nuphalpa nen kan fate lehkh azirna tur chung-changah Shillong-ah kan kal dun a: Shillong kan thlenin dar 6:00 PM vel a ni a, ruah a sura khua a vawt hle mai, chutah ka nuphalpa chuan, “Kima, khua a vawt si, Mizoram pawh a nih loh hi, nupui fanaute pawh an awm lo va, hetiang hmunah hi chuan Kohhran Upate pawhin an lem ve mai a nia, tlem tal ti ve rawh,” a ti chu hnial a har hle mai; in ve mai a va chakawm em! Mahse chutih lai tak chuan, “*Setan ka hnungah kal rawh*,” (Matt. 16:23) tih thu kha hre chhuakin, “Setan ka hnungah kal rawh, ka tan tlukna i ni e,” ti rilruin ka tawngtai a, thlemna chu ka pumpelh thei leh ta a ni. “Ani chuan in tuar theih tawk *aliam chu thlemna in tawh a phal lo vang; in tuar theihna turin thlemna rualin tlan chhuahna a siam nghal zawk ang*,” (IKor. 10:13) tih kha a takin ka chungah a lo thleng dik chiah a ni.

(iii) Pu Chawngkhuma EE (RIP)-in Kolasib Division a

chhuahsan dawna thlahna kan neihnaah Officer pakhatin zu in turin min thlem leh a, ka hnial fithlak hnu chuan, “A nih leh Beer tal in ve rawh,” a ti a, ka aw ve mai a; mahse amah bawk chuan, “Zu chhin hnih lek ka telh dawn,” a ti a. Keiin, “I telh chuan ka in lo vanga ka paih ang,” ka ti a, “A nih leh far hnih chauh ka telh dawn,” a ti leh a, “Far hnih emaw far khat emaw pawh ni se ka in chuang lo vang,” ka ti a; nimahsela saidawium chhin hnih vel chu a telh lui a, zu no chu min pe ta a. Ka la te te a, mahse a no chawp chuan ka paih ta lawng lawng mai a ni. *“Sual dovin thisen chhuak khawpin in la tang lova:” (Heb 12:4)* tih thu ang khan, a tul chuan insual mai tur pawhin ka inring ru reng nghe nghe a ni.

(iv) Dinner nge Zuner? Tun hma deuh kha chuan officer-te chaw ei khawm hi a zing ang reng hle thin. Dinner hi Zuner a ni duh ema ka hriat avangin chhuanlam fahrah te te siamin ka tel lo fo thin. Zu in leh hlauhthawna ka neih chung

kha chuan dinner-ah leh zu in mi thianten chaw eia min sawmnaah pawh ka kal ngai lo. Tunah erawh chuan Pathian khawngaihna azarah ka bulah miin zu in reng mah se engahmah ka ngai ta lo; amaherawhchu zu in bula awm ve reng hi chu hnawksak mai kan nih avangin a nuam lem lo.

TLANGKAWMNA:

Zu chungchang thu hi Bible-ah hian a lang hnem hle a, a thatna lai sawi tur a vang hle. Zu in miten an hriat lar tak pakhat chu ‘Tirhkoh Paula paw’n Timothea hnenah pawh zu in turin a ti alawm’ tih hi a ni. A thu hi han bih Chiang la, *“I pum avang leh i dam loh fo avangin uain tlem te hmang thin ang che,” (I Tim. 5:23)* a ti a, tlem t> a ti mai chauh a ni. Chu thil tlem te chu kan damdawi ei thinah hian a tel deuh vek a, a hranpaa zu in hi tulin a lang lo. A reng rengah Mizoram Sorkar, Kohhran leh Khawtlangin a khap - Zu, in lo tum talh mai hi khua leh tui tha tan chuan a tih chi vak lo a ni. Chuvangin ka ngaihdan chuan

Zu hi sual a ni a, engtin nge i ngaih ve le? A hnuaia zawhnate hi ngun takin chhiar la, i rilruin han chhang teh le.

1) Zu i in hian Pathian lam i hnaih sawt em?

2) Zu i ruih hian i nu leh pa an lawm zawk em?

3) Zu i in hian i bialnu/ bialpaten an hmangaih sawt che em?

4) Zu i ruih hian i nupui fanaute an hlim zawk em?

5) Zu i in hian hna i thawk tha zawk em?

6) Zu i in hian i boss-in a duhsak zawk che em?

7) Zu i in hian pawisa i save zawk em?

8) Zu i in hian i hrisel zawk em?

9) Zu i ruih hian kohhran leh khawtlang tan i tangkai zawk em?

10) Zu hi i chhungte zawng zawngin in ve se i duh em?

“Aih,” tia i chhang vek a nih si chuan zu chu i la in cheu dawn em ni ang le? “Aw,” i tih vek erawh chuan in zel mai rawh le.

“*I thu chuan thiam a chantir ang chia, i thu vek chuan thiam loh a chantir bawk dawn che asin.*” (Matt. 12 : 37).

Mawitea huang!!!!

* “Ka pu ka identification mark tih-ah hian ka mark hmuh zawng zawng belhkhawm hi em ni ka dah mai ang”.....

* “Mama nu, hei mama’n nachhawknä damdawi i dah \hat kha a ei palh hlauh a nia, engtin nge kan tih ang?”
“Nachhawknä chhawk theih tur tawk vel khan vaw rawh.....
Nachhawknä kha a thlawn mai mai tur a ni lo!”

* Ka nupui tur chu an vannei ngawt ang chu, pawisa chhiar chiah kha a hna tur a ni awm si a, pawisa chhiar tur lah chu kan nei dawn der si lova, a awm mai mai dawn a nih ber chu....

P I L E S

Dr. C. Laldinpuia

Mi tam takin “Ka ‘pile’ a na a tunlai chu inthiar a nuam lo” an tih \awngkam hi i lo hre ve fo tawh \hin awm e. Zuk leh hmuam ngaina hnam leh thingpui heh tak hnam kan nih vangte hian a ni mahna; mi tam tak hian pile lam kaihhnawih hi kan ngah em em a ni.

Pile hi a awmzia chu a mawlmang thei ang bera sawi chuan ek paha thi far emaw baw lawr kan ti thei mai awm e. A tlangpuiin, pile ringawt hi chu na lo tura ngaih a ni, na a tel a nih chuan natna dang kaih-hnawih a tel duh viau \hin a ni. Pile hi a awlsam zawngin chi 4-ah \hen a ni a, chungte chu:-

First degree - Ek zawnga thi mahse b^wk khawih fuh tur awm lo.

Second degree - Ek zawnga thi, ek zawng chauha b^wk.

Third degree - Ek zawnga thi awm baw, b^wk rawn chhuak tel baw mahse nawr luh leh theih.

Fourth degree - Ek zawnga thi chhuak, b^wk rawn chhuak baw, b^wk nawr-luh theih tawh loh chin.

A \hen hran dang hrang hrang a\ang khian pile natna awmdan tlangpui chu a hriat theih awm e, na hi a tel ngai mang lo tih kan hriat tel a pawimawh hle. Ek zawnga thi, b^wk rawn chhuak baw na em em \hin hi chu a tlangpuiin mi tam zawkah chuan ‘Fissure’ kan tih hi a ni \hin a, kum upa lamah chuan Cancer te pawh pile ang deuhin a rawn inlan ve \hin a ni.

Pile awm chhan tam tak a awm a, sawi vek sen pawh a ni lem lo ang, mahse kan ram anga paw-mawh chin ang chauh han tarlang ila-

Pile siamtu pawimawh taka hriat chu ek zawnga san vak vak hi a ni a. A tlangpuiin, ek khal chi emaw inthiar harsat \hin hoah hian a awm

duh em em a ni. Zuk leh hmuam vanga ek khal/mumal lo hi kan ramah chuan kan tam hle awm e. Chhan hrang hrang vanga chaw hunbi a ei loh emaw inthiar hunbi neih mumal loah te hian a tam hle a hriat a ni. Hmeichhiaah a tam zual bik duh a, vawih insum emaw ek insum hrat lutuk vangte pawh hian a awm thei a ni. Kaw\halo emaw santen kan tih lampang neih te hian pile a insiam hma duh bik em em a ngaih a ni bawh. Chhan dang lehah chuan pum chhung nekna (pressure) sang bikah a awm duh a- *nau pai vangte, thau lutuk, pum chhunga b^wk liantham, khuh benvawn, hritlang benvawn, zunkawng emaw ril fellow vanga inthiar zawnga san vak vak ngai \hin ho-ah* te hian a awm duh hle bawh a ni. Tin, zu vanga thin \ha lo nei nasa tawh takah pile hi a awm duh hle a fimkhur a ngai leh zual hle \hin bik a ni. Pianpui \hatlohna (mawng bawh ti nem chak lo/thisen zam chak lo) taksa pianphung dik tawh loh vangte pawha awm theia ngaih a ni.

A lanchhuah dan tlangpui chu ek zawnga thi sen lar lo far fep fep \hin a ni tlangpui a, b^wk awm hnu a hre ve chauh pawh an awm \hin. Kaih hnawih dang a neih chuan ek zawnga na te, bawlhhlawh chhuak (discharge) emaw mawngbawh thak te pawh a tel ve \hin. Dang sawp khawpa pile lo nei rei tawh, inhre ngai miah lo pawh an awm ve \hin bawh.

Pile hi enkawl vat loh chuan natna dang \ha lo tak tak a kangkai thei a, ulcer te a insiam thei a, *fibrosis* (benvawn reh thei lo sak tel \ul), *strangulation* (taksa peng thisen tlakchham vanga reh hlum/thih), *thrombosis* (thisen zama hlawm kalkual thei), *gangrene* (taksa tawih/nung thei tawh lo), *infection* hnai la te thlengin a siam thei a ni.

A enkawl dan han tih hian a tlangpuiin chi hnihah \hen hrang ila:-

1. Damdawi hmanga enkawl – *Second degree* thleng hi chu zai loha enkawl dam theih a ni a, *third degree*

chin hi chu zai ngai tura ngaih a ni (an zai nghal vek kher lo, damdawi hmanga enkawl phawt te a \hen chuan an duh \hin). Damdawi ei chi emaw hnawih chi bakah hian pile chiu (*injection therapy*) te pawh a theih ani.

2. Zai (Surgery) - Zai tih hian pile hren (*banding*), a dehral emaw zai (*Haemorrhoidectomy*) te a ni.

Damdawi te hi mahnia ei ngawt chi a ni lo a, kan sawi tawh angin natna dang tam tak pile ang tak a awm ve \hin a awm. Chuvangin, Doctor pan vat a \ha ber a ni. Zai ngai kher lo a enkawl dam theih a tam a, chuvangin zai hlauh vanga inentir hreh te hi a \ha lo em em a ni. A rang lamin Daktawr pan la pile tel lovin hringnun hmang ang che.

-
- ☐ I fa chu a pian atanga darkar chanve chhungin hnute pe ngei ang che.
 - ☐ Nu hnute tui hi nausen tan chaw tha ber a ni, Hnute chhuak hmasa ber hi Nausen tana Hri venna Vaccine hmasa ber a ni.
 - ☐ I fa chu thla 6 a tlin thlengin nu hnute tui chauh pe ang che.
 - ☐ Hnute pek hi zing lua a awm lo.
 - ☐ Bottle a hnute pek hi ti miah loh tur a ni.
 - ☐ Nausen chu a pian atanga darkar 24 chhung bual miah loh tur.
 - ☐ Ni 2-3 hnu a bual chauh pawh a pawl lo.
 - ☐ An pian hlima bawllhlawh kaite a awm chuan puan nemin hruk fai mai a tha.
 - ☐ Nausen chu englai pawhin a lum reng tur a ni.
 - ☐ Pneumonia laka an him theih nan thli thaw leh vawt lak atangin i fa veng tlat ang che.

MOTOR RUIH LOH DAN -

Dr. Thangchungnunga

Tunah chuan kan changkang ta a, tumah ke-a kal tum, a bikin Veng kar leh khaw kar phe chu kan tum ta lo ni berin a lang a. Chutih lain motor rui kan tam em em a, hei hi thil hreawm leh buaithlak tak a ni. Thlawhna te, Rel te pawh a ruih theih \heuh va, hetiang hunah hian mahni ngaihdan mai maia kal kan tum hle. A \henin tunhma motor ruih venna, “Avomin” mum te an ei a, a \hen pum ruakin an chuang a, mut a chhuak a, nuam lo deuhin an thleng ve \hin.

Kan ruihna chhan hi kan beng chhungah hian Level controltu tui a awm a, chu chuan a nihna tur anga level a siam zung zung hman loh chuan motor kan rui ta \hin a ni. Pumpuiah Acid a lo tam phah baw a, petrol, diesel, vaihlo rim te a nam tel phe chu an ruih a awl em em \hin .

Aw le, motor in chuang a, a ding thut a, a kual a, khatiang hunah khan ruih a awl a. Hemi level, luhai vengtu hi a chak lo a nih chuan rei lo teah luak a chhuak nghal mai thin. Taksa hrisel \ha deuh chu a chhuak lem lo a, a pawimawh chu luak tur nei renga awm tur a ni. I luak vak a nih pawhin tui tam deuh in lui thin la, kan luak hian pumpui hi puan a suk sawr ang hian a insawr ve a, luak tur nei si lo a, i luak a chhuah si chuan amah leh amah kha a insawr thin a, thia luak te pawh a awm fo mai.

Motor chuan dawnah chawi ei puar a, tui tam tawh tak pai a, luak apianga in leh zel mai a nih ber chu.

Damdawi hi a tam ber chuan an ruih loh phah bawh. Motor i chuan hma darkar chanve velah heng dawidawi te hi ei rawh.

Zenetac 300 tab mum khat

Vertidon tab mum khat

Emigo tab mum khat.

A pathumin ei rual \hawt la, mut chhuak lo leh motor rui lovin i thleng ve thei ang. Nilenga motor chuang tur i nih phei chuan kawng lakah pawh ei leh mai tur.

Tunhmaa Avomin an ei \hin kha mut a tichhuak a, a nuam lem lo. Chuvangin motor rui thin i nih chuan lo ti ve chhin teh.

SAWHTHING |HATNA

Sawhthing hi a hrisel tih chu kan hre fur ang, mahse, engtiang chiahin nge kan taksa tan a \hat dan tih erawh kan hre tam lo mai thei. Dr. Jaishree Bhattacharjee, Ayurvedic Consultant-in Times Of India, Health Section-a sawhthing \hatna hrang hrang a ziahte kanrawn tarlang e.

Dr. Jaishree chuan, “Sawhthing hi Ayurveda-ah chuan kan hmang lar hle a, pum lam leh thawkna lama fel lo enkawl nan kan hmang lar zual. Carminative, antifatulent, stimulant leh expectorant tha tak tak- calcium, phosphorus, iron, magnesium, copper, zinc leh thil dang pawh a pai hnem hle,” a ti.

Sawhthing chu hritlang tan a \ha tih kan hre fur tawh a, sawhthing tui chu khuh leh hritlang tan damdawi \ha tak a ni a, hritlang vanga hnep tui leh lunate pawh a tireh thei. Tun \umah hian a \hatna dang kan tarlang dawn a ni.

Sawhthing chuan digestive fire a titho thei a, chuvangin chaw ei hmaa sawhthing tlem eim chaw ei a titui thei a, chaw pai\awihnite pawh tichakin, taksa a\angin t<rte pawh a paih chhuak thei. Chaw eikhama sawhthing zai lep khat lek ei pawh digestion atan a \ha hle.

Sawhthing chu motor rui \hin tan pawh a \ha hle a, motor-a chuan hmain sawhthing chu hmuam tur a ni. Hei bakah digestive enzymes a \anpui bawk. Zin mite tan sawhthing pai a tihchi hle a, zin chhuah changin ei leh in leh khawsak phung a lo inthlak a, chuvangin pum nuam lo leh ek khalte a awm duh hle. Chutiang hunah chuan sawhthing hi a \angkai hle a ni. Sawhthing tihro (dried ginger) chuan analgesic leh anti-inflammatory properties a nei a, chuvangin ruh chuktuah na leh ruhseh tan pawh damdawi \ha tak a ni?

SAM ENKAWL DAN

- Lalsangpuii
Instructress,
Hair & Skin care Aizawl

Kan sam hi mihring chawimawitu atana Pathian siam a nih angin sam nalh leh nalh lo hian kan hmel lan dan a tidanglam thei hle a ni. Sam nalh nei tur chuan a sei emaw, a tawi emaw, a hriselin a nung sarh tur a ni a, sam a ro viau chuan duat taka kan enkawl a ngai a ni.

Hmanlai chuan sam hi a balhin a \hang duh an ti \hin a, mahse kha ngaih dan kha ^tthlak tak a ni. Sam fai apiang a \hang duh a ni. Sam suk zin hi samin a chhiat phah chuang lo va, i sama mawmna kha a tireh chuang lo. Chu ai chuan a hn^wnna (moisture) kha a pawimawh zawk. Conditioner leh a tihhn^wnna hi kar khatah vawi khat emaw vawi hnih emaw tal hmang \hin ang che. I sam chu a fai reng tur a ni a, balin a bawh chuan a tlein a nung thei lo a ni. Tin, ei leh in pawh uluk a ngai a, intluk tawh (balance diet) ngaih pawimawh a ngai a; protein, iron leh vitamin 'C' te hi a pawimawh bawh.

Sam hmawr kak (Splitends):
Sam hmawr k^k hi a tihrehna

\ha ber chu tan hi a ni deuh mai a. Kan sam hi thla khatah 2.5cm velin a \hang tlangpui a, chuvangin kar 5 danah 63cm vel tan ziah khan a tha tawh hle a ni.

A ven theihna dang lehte chu:

- 1) Samkhuilh ha khat (bit lo) deuh, sam han khuilh pawha a tan lohna tur hman thin a tha.
- 2) Sam chhemrona (hair dryer) hmanin a sa ber hmang lovin a dawttu emaw hmang thin la. Tin, sam hnaih lutukah ken loh tur. Hair dryer hman nasat lutuk hian sam a rovin a kak duh.
- 3) Sam hmawr tanna Conditioner hman thin bawh tur a ni.
- 4) Heated rollers leh hot curler hman nasat hian a k^k duh bawh.

Sam ro (Dry Hair): Kan sam rona chhan hi a tlangpuiin Velocity leh Bleaching leh Colour kan hman nasat avangte hian a lo awm thei a. Boruak bawlhhlawh leh kan ei leh in leh tui avangtein a lo awm thei bawk. Sam a ro chuan sam a bung hma a, sam a \hangchak thei lo a ni. Chuvangin shampoo lampang hman a, luvunte uluk taka massage \hin tur a ni. Tin, shampoo leh conditioner pawh sam ro tana siam hmang la. Amaherawhchu, conditioner hi lu leiah ni lovin sam hmawr lamah chauh hmang \hin ang che.

Sam mawm (Oily Hair): Sam mawm nei tan chuan 'Lemon' a\anga siam shampoo hi hman a pawl lo. Sam dum leh sam ni hrup ang chi hi sam ngil aiin a lang mawm hma a, nu tam tak chuan sam hi raipuar lai leh nau neih dawn vel hian a mawm zual bikin an hria a, fa neih hnu hian sam mawmna hi a reh tlangpui a ni. Sam fai leh tle nei tur chuan sam uluk taka suk bik tur a ni.

Henna: 'Henna' hi Egyptian hun lai a\anga lo awm tawh a

ni a. Sam henna hian sam a tinem a, a tinung a, a ti\hang duh bawk a ni. Luphut pawh eng emaw chen chu a tiziaawm thei a ni. Heng perming lotion (velocity) hmante hian a hlimchhawnah henna hi hman loh tur a ni a, a chhan chu sam kir kha a tireh hma duh bik a ni. Sam kan henna dan tur chu hetiangin :-

Henna brush-in chhip a\anga tan tur a ni a, 'Clock wise' leh 'Anti-Clock wise' in kaltir tur a ni. A tawpah mam takin i brush ang a, darkar hnih a\anga hnih leh a chanve vel chiah tur a ni a, a telh tur chu i sam sei dan azirin i telh mai dawn a ni (e.g. Egg, Lemon, Coffee, etc.). Mahse, dry hair nei tan chuan Lemon lampang chu telh loh tur a ni a, a chhan chu sam a tihro duh vang a ni.

Kan sam zai hi a tlangpuiin 90,000 a\anga 1,50,000 vel a ni a. Tin, a \hanchak zawng chu thla khat chhungin 30mm (A inch) vel a ni. Hmun lum apiangah sam a \hang chak a, naupang lam aiin upa lam sam a \hang muang

zawh bawh a. Tin, chu lo lehah chuan hriselna azir a ni leh a, kan awmna climate azir leh kan tui hman azirin a danglam thei bawh.

Engang sam pawh lo nei ta ila, sam nalh nei tur chuan enkawl ngun chu a ngai hrim hrim a, a theih hram chuan ni khatah a tlem berah vawi thum tal khuieh \hin tur a ni. Tin, Scalp Massage leh Turban Therapy-te hi kar khatah vawi khat tal tih \hin a tha ang.

A tihdan chu hetiangin:- Oil (Coconut/Olive Oil), etc.) lapuain lulei a\angin i hnawih chhuak vek ang a, tin, vibrating massager (current hman chi) pawh hi a \ha hle bawh. I massage zawhah

Turban Therapy tui saah towel i chiah ang a, a fu thei ang berin i sawr ang a, chu chuan i lu kha i tuam ang a (vawi thum), chutia vawi thum i tih zawh chuan shampoo-in uluk takin i su ang a, chutichuan i sam chu a nemin a lo tle siau mai dawn a ni. A chhan chu hei hi conditioner chi khat a ni a, a hranpaa conditioner lei a ngai chuang lo. Tin, i sam a ro viau a nih chuan kar khatah vawi hnih pawh a pawh lo.

Heng lo pawh hi kan sam chungchangah hian hriattur leh zawm tur tam tak a la awm a, kan sawi vek seng lo ang. Heng kan rawn sawi a\ang ringawt pawh hian uluk taka i zawm chuan i lo nalh theih ngei ka beisei.

Mawitea huang!!!!

@ Nupui : Tinge ka zai apiang hian pawnah i chhuah daih zel a?
Pasal : Thenawmten ka rek che maw an tih ka hlau alawm.

@ An mikhualpa kha chaw a heh a ti deuh a ni ang, pa ber khan mikhualpa chu en vang vang pahin, "Chaw ei hi uân na chi a ni lo a nia aw.!" an ti mai chuh!!

@ An khaw VCP kha a ngeiawm ve hrim hrim.... Zaithiam tak tak te kan koh hmain, tunah Remthanga zai turin kan sawm e.....

LUNG NATNA

Lung natna chi hrang tam tak zingah Coronary Heart Disease (C.H.D) hi i lo sawi dawn teh ang.

He natna hi lung chawmtu thisen zam (coronary artery) phui vang emaw, zim vang emaw a lungin thisen kham khawp a hmuh loh vanga lo awm a ni. He natna hi ram changkang apiangah a tam a, 'Modern Epidemic' ti hial in an vuah.

Khawthlang rama mipa thi 30% leh hmeichhe thi 25% chu he natna vang hi a ni. Lung phu chawl (Heart Attack) a thi 25-28% te chu rei lote chhunga thi nghal an ni a, 55% te chu darkar khat chhungin an thi ber a ni.

Kum 30 chung lam, Chandigarh khawpuia an zirnaa an hmuh dan chu mipa 6.5% leh hmeichhia 4.7% in he natna hi an vei a ni.

A awmtir thei tu :

1. *Mei zuk*: Mi tlemt> te chu inawkhlum in an inthat a, chutih lain mi tam tak te chu meizuk vangin an inthat a ni.

Meikhu a Carbon Monoxide hian thisen d^wt chhung hriselna a tibuai a, vaihlo t<r (Nicotine) hian Blood Pressure leh lung ti hrawl Oxygen mamawhna a tisang a, thau (lipid) pawimawhna tak - High Density Lipoprotein (H.D.L.) a tihnam bawk. Mei zuk hi bansan na a rei poh leh a risk a tlahnam a. Hetiang natna (attack) nei tawhte chu meizuk an bansan chuan attack dang neih lehna chance 50% in a tlahnam thei a ni.

2. *Blood Pressure (Hypertension)*: Hei hi natna awmtirtu pui ber pakhat a ni a, thisenah thau (Cholesterol) a tam phei chuan a hlauhawm lehzu a ni.

3. *Thisen thau (Serum Cholesterol)*: Tunlai mi neinung ho buaipui ber chu thisena thau tam lutuk hi a ni. Sathau, butter, coconut hriak, artui (abikin in artui chhung mu) te hian thisena thau

(Serum Cholesterol) an tising a, thlai chi (seed) a\anga hriak kan hmuh leh sangha a\anga hriak kan hmuh te hian an tihnam thei thung. Low Density leh Very Low Density Liprotein te hi he C.H.D. awmtirtu pui ber a ni. Heng thau te hi thisen dawt chhungah bet in a kua an lo tizim in an tiphui thei a ni.

4. *Chhan dangte*: Zunthlum natna nei tan he natna hi a nei lo aiin a let 2-3 in an vei awl bik. Tin, mi awm awl exercise la bawk si lote tan hian a hlauhawm hle bawk a, mi rilru hmang nasa, thinchhia, thil ngaihtuah vak vak mite leh zu in nasa te tan risk a sang hle bawk.

A INVEN DAN :

1. Naute/naupang an kum phu lova thau leh ei duh te hi enkawl fimkhur an ngai a, an puitlin hunah heng natna hi an

nei awl bik, chuvangin eitur chin tawk pek a \ha.

2. Thau, a bikin ran (Animal) a\anga kan hmuh hi a tlem thei ang ber ei tur a ni. Thlai, thei, buh leh be (legumes) lam ei tam tur. Chi (salt) hi nikhata lo ei \hin a zatve a tihtlak hniam tur leh zu in bansan tur.

3. Mei zuk bansan tur a ni, khawvel ram tam takah chuan Smoke Free Society an puang tawh a, kan ramah pawh hian meizuk tihtlem lama nasa taka hma lak chhoh mek zel a ni.

4. Blood Pressure sang nei ten an B.P. Control \hat hle tur a ni. Rih zawng Control a, taksa Exercise (Physical activity) neih a, chi (Salt) ei tlem tur.

5. Exercise la ngun tura naupang zirtir a, an practice hian an puitlin hnuah pawh an chhonzawm zel duh bik.

Mawitea huang!!!!

@ Zungawl vei piangthar hlim pawh khan Nilai zan inkhawmah khan “|awngtai khawl an tih fo hi a to viau loh chuan kan kohhran hian lei dan ngaihtuah ve ila a va tha ve mawle... zuk ti roh a”!

ARTUI HI HAN BEL CHIANG TEH

Tunlai science lam leh nutritionist thil chhut mi tam tak hian artui \hatna hi an sawi uar ta hle a. Dr. Hyman MD article, June 28, 2016 chuan, “Kum 50 lam kalta a kan lo inzirtir dan \hin, artui hi cholesterol a ngah vanga ei tlem tur kan tih \hin kha, kan lo ti dik lo a ni. Artui ah chaw \ha leh vitamin hrang hrang leh thau \ha chi, thlaia awm lo a tam avangin,” a ti. Artui hi cholesterol a sang an tih vang hian mi tam tak chuan kan lo hlau \hin a, mahse tunlai mi thiam tam tak hian artui a thau hi an sawi \hin angin a lo hlauhawm lo ve tih hi an sawi uar thar leh ta hle mai. Artui \hatna hrang hrang mi thiamte sawite chu han tarlang ila :

Artui chhungmu-a thau hi thau \ha a ni : Ei leh in lama zir thiam sang hote (nutritionists) hian tun hmaa artui chhungmu ei tlem tur tia an lo zirtir \hinte hian an zirtir \hin dan an thlek hmiah tawh a, artui chhungmua thau awm hi thau \ha, Omega - 3 fats an tihte a ni a, cholesterol a tisang love tiin an zirtir tawh zawk a ni. Chubakah artui ah hian vitamins A, D, E, K leh B12 leh antioxidants, chak tak an awm a ni.

Perfect protein a nei. Protein hi kan taksa \han zel nan ei ngei ngei ngai a ni. Artui ah hian complete protein

an tih amino acids hrang hrang pakua (9) (9 essential amino acids) a awm a ni. Thlai \henkhata protein awm hi entir nan dailuaha protein awm angah hian amino acids \henkhat a kim lova, thil dang nen ei pawlh a ngai \hin.

Sam leh vun hrisel nan : Artui ah hian mineral \angkai tak, sulphur leh vitamin B12 a tam a, hei hi sam, vun leh tin hrisel nan a \angkai a ni.

Mit atan a \ha : Artui ah hian mit tana thil \angkai tak lutein leh zeaxanthin an tih hi a awm a, hei hian upat lama mit chak lohna hrang hrang tan a \angkai a ni.

Ni eng Vitamin a ni : Vitamin pawimawh tak, ni eng a\anga kan hmuh Vitamin D hi thlaiah leh theiah hmuh tur a awm lova. Artuia vitamin D awm hi ni eng a kan hmuh, vitamin D nen hian a in ang a. Fur berh zual lai leh thlasik vawh zual laia pawna ni eng a awm theih loh hun lai te hian artui hi vitamin D lak nan a \angkai thei dawn a ni.

Thluak tan chaw \ha a ni: Artuia hian kan thluak hrisel nan leh chak nana thil pawimawh tak, choline an tih hi a awm a. Hei hian kan thluak

chauh nilo central nervous system pawh a vawng hrisel a ni.

Havard School of Public Health chuan ni tina artui ei \hin te zingah heart attack nei an tlem bik tih an hmu. (He laia Havard School hmuh, artui ei \hin te zinga heart attack an tlem tih an sawi hi keima mimal ngaih ve dan chuan vitamin chi hrang hrang leh thau hrisel leh minerals tea a hausak avangin lung a ti hriselah ka lo ngai ve ringawt.)

*Women's Ministry of Mizo SDA
4515 Sandy Spring Road,
Burtonsville, MD 20866*

Hmangchang....

I GAS hmanlai, a zawh leh zawh loh hriat i duh chuan puanchhe huh in a pang kha han hru la, reilo t>ah a ruak chin kha a ro anga, gas la awm chin zawng chu a huh ang.

Hetianga ti lova, gas bur kan lo thing/sawi vak vak thin hi thil hlauhawm tak, thihna hial thlen thei a lo nih chu!!

I awih em?

Ke tinlut hi i buaipui ve em? Zan mut dawnah purunsen pum lian deuh hi zai kua la, a chhungah i ke tang(tinlut ber) kha rawlh la, puanchhe thianghlimin fun hnan la, mutpui la, zanhnih vel i tih chuan a dam daih.... zuk ti tlat pek a!!!

ZUNKAWNG HNAI/ LÂWNG

Hrilhfiahna :

Zunkawng hn[^]i/l[^]wng han tih hian a awmzia tak chu a hming hian a hril thei mai awm e, chumi awmzia chu i zunkawngah khan natna hrikin bu khuarin, natna a thlen a nih chu. Zunkawng hian peng tam tak a nei a chungte chu Kal, zunkawng chung (ureters)phing, leh zunkawng hnuai (Urethra), heng hmun eng pawhah hian natna hrikin bu a khuar chuan zunkawng hn[^]i/l[^]wng kan ti mai \hin, a tam zawk chu a hnuai lampang - phing leh zunkawng hnuaiah te hian awm \hin a ni.

Hmeichhia hi mipa aiin zunkawng hn[^]i/l[^]wng nei nasa zawk anga ngaih an ni a. Phing l[^]wng bik hi a ninawmin a hrehawm viau thei a mahse natna hrikin kal a khawih tawh chuan hlauhawm khawpin he natna hi a thawk thei \hin a ni.

Antibiotics hi he natna enkawlina bulpui ber chu a ni mai a, tin, he natna vei lo tur hian kan inveng ve thei a ni tih hriat a \ha khawp baw ang.

A lan dan :

Zunkawng hn[^]i/l[^]wng hi hriat mai si lohvin a awm ve reng thei a, \henkhatah phei chuan engtin nge i tlun hluah hluah loh zawk le te pawh kan ti fo. A lan dan tlangpui han tarlang ila:

- * Zun chhuak reng.
- * Zun zawnga na emaw sa em em.
- * Zun chhuak zing zung tam thei si lo.
- * (A hma a mi pathum khi Mizo chuan Zunin kan ti mai \hin)
- * Zun rawng paw deuh phut.
- * Zun rawng sen deuh emaw coca cola rawng ang a dum uk deuh khuk-zunah thisen a tel tih lanna.
- * Zun rim chhe deuh emaw dang deuh.
- * Taina, a bikin hmei-chhiaah.
- * Mawng bawr na, a bikin mipaah.

Zunkawng l[^]wng chi hrang

hrang: Zunkawng bung hrang \heuhva natna hrik a awm

(l^{wng}) in an lan dan a hrang hret hret a, a hnuaia mi ang hian a tlangpui han thai lang ila.

Zunkawng bung/peng l^{wng} lai lan chhuah dan:

Kal (acute pyelonephritis)

- * Nak nem lai na
- * Khawsik sang tak
- * Tlun (Khawsik tlun)
- * Luak chhuak nghulh
- * Luak.
- * Phing (cystitis)
- * Tai nuam lo
- * Pum hnuaia lam nuam lo/na
- * Zunin
- * Zun thi.
- Zunkawng hnuaia (urethritis)
- * Zunin (zun zawng emaw zun zawh a sa/thip)

A awm chhan

Sawi tawh angin zun kawngah hian bung hrang tam tak a awm a, kal, zunkawng chung, phing leh zunkawng hnuaia te an ni a, heng peng hrang zawng zawng hian an hnathawh ber chu taksa a\ang a bawhlawh paih chhuah a taksa tih thianglim hi a ni. Zunkawng l^{wng}/hnⁱ lo in\an dan tam zawk chu natna hrik zunkawng hnuaia (urethra)

a\anga a luh a phinga a lo inthlah pun hian a ni. A nihna takah chuan hetiang a natna hrik lut lo tur hian kan zun kawng hi a inveng \ha ve tawk hle a, amaherawhchu, eng thil emaw vangin he kulhbing hi natna hrik hian a tawn tlang zo ve hlauh \hin a, chutiang hun a lo awm chuan natna hrik chu inthlah pungin zunkawng lawng/hnai a lo awm ta \hin a ni.

Zunkawng l^{wng}/hnⁱ tam ber chu hmeichhiaah niin phing leh zunkawng hnuaia hi a lanna hmun a ni ber bawh.

* Phing l^{wng}/hnⁱ (cystitis) hi natna hrik chi khat Escherichia coli (E. coli) vanga lo awm a ni tlangpui a, he hrik hi chaw kawng lamah a tlangpui chuan hmuh a ni ber. Mipat hmeichhiatna hman hian phing l^{wng} a awm thei a, mahse hemi vang chauh hi a ni ziah kher lo tih hriat a \ha. Hmeichhia reng reng hi an pianhmang avangin phing l^{wng} an nei awlsam bik a - zunkawng hnuaia leh dailenna a inhnaih mai bakah an zun-kawng hnuaia hi a tawi bawh.

* *Zunkawng hnua l[^]wng/ hnai* (urethritis) hi chaw kawng lama natna hrik awm \hin te kan dailenna a\anga zunkawng hnua zawka an lo luh chhoh palh hian a awm thei, kan sawi tak ang khan hmeichhiaah dailenna leh zunkawng hnua a in hnaih avangin sexually transmitted diseases (STDs), herpes, gonorrhea leh chlamydia, te hian hei hi an thlen thei bawk a ni.

Zunkawng hnai/lawng nei duh bik te :

Mi \henkhat mi dang aia zunkawng lawng nei hma riau an awm a, he natna nei duh bik te chu:

* *Hmeichhia:* Kan sawi tawh ang khan hmeichhiaah he natna hi a tam bik a, a chhan pawh an pianken a ni kan tih kha, hmeichhia reng reng hian an dam chhungin vawi hnih khat tal he natna hi nei turah ngaih an ni awm e.

* *Hmeichhiat mipatna hman:* Hmeichhia pasal nei emaw, nei kher lo pawh sex hmang \hang chuan a hmang ngai lo aiin he natna hi an nei awlsam zawk.

* *Indanna hman:* Nau pai lo tura indanna \henkhat diaphragm leh spermicidal agents kan tih hmang \hinah a sang hret mai thei.

* *Thi hul:* Thi hul hnua he natna hi a tam phah mai thei, hmeichhe Hormone Estrogen a lo tlem tawh vangin zunkawng a lo danglam hret a hei hian zunkawng l[^]wng a ti tam thei.

* *Zun kawng lama pian\o fel lo:* Zun kawng lama pian\o fel loh vanga zun a luan dan tur ang a luan loh hian hetiang anga zunkawng pian\o fel lovah hian a tam duh bik.

* *Zunkawng ping\ha lo:* Zunkawng a lungte awm emaw mipaah Prostate vung vangin zunkawng hnai a awm thei.

* *Taksa chak lo:* Zunthlum emaw natna \henkhat taksain natna hrik a beih vena tihnam thei natna avangin a tam thei bawk.

* *Pipe vuah (Catheter):* Eng vang emaw a mahniah zung thei lote hi a zun kawngah pipe vuah sak an ni \hin a, hei hian he natna hi a awmtir thei bawk a ni.

Harsatna dang awm thei

Enkawl ran chuan zunkawng hnai hian harsatna dang a thlen tlem hle a, mahse enkawl \hat loh erawh chuan nunna atan pawh a hlauhawm thei khawpin a nasa thei a ni.

Enkawl \hat lohva harsatna dang awm thei te chu, Kal vung/lawng - hei hian kal a tichhe vek thei a ni.

Nu nau paiah naupiang te (low birth weight) emaw thla kim lo va piang a thlen thei a ni.

Tests leh Diagnosis

Natna hriat chhuah nan heng test \henkhat hi an ti \hin:

* *Zun exam:* Zun lak dawn hian hmeichhiaah chuan serh biang kuta keu \hen phawt hnuah tlem zun phawt tur a ni a, zun vanglai (laihawl) vel tak kha dawh dur a ni.

* *Zun Culture (Kui \iak):* Hei hian kan damdawi hman tur chu natna hrik huat ber eng ni ang tih hriat theihna a ni.

* *Ultrasound leh X ray:* Zun kawngah chuan fel lo eng emaw a awm em an fiahna turin hei hi tih a ni chawb bawb \hin.

* *Phing en:* Zunkawng hnai nei ngun lutuk i nih chuan Cystoscopy an tih hmangin phing en/exam a ngai mai thei bawb.

Enkawl dan :

Antibiotics hi he natna enkawl dan ber chu a ni kan tih tawh kha. Damdawi ei rei zawng erawh chu i natna a nasat danah a innghat ang.

Natna naran: Zun kawng lawng naran deuhah chuan heng te hi hman a ni tlangpui:

- * Sulfamethoxazole - trimethoprim (Bactrim, Septran, etc)
- * Amoxicillin
- * Nitrofurantoin (martifur etc)
- * Ampicillin
- * Ciprofloxacin (Cipro)
- * Levofloxacin (Levoday etc.)

A tlangpui chuan ni 5 a\anga ni 7 velah hetiang hi chu a dam mai tura ngaih a ni.

Hei bakah hian na-chhawknah leh i zunkawng na hriatna ti tlem deuh tur damdawi chawh tel i ni mai thei bawb, zun rawng a

danglam hret pawhin buai loh tur.

Zunkawng l^wng/hnai nei zing: A hmaa kan tarlan tawh damdawi te kha hun rei zawk ei ngai pawh a ni thei a, tin, damdawi \an hmain culture tih hmasak a \ul thei, hei bakah hian a chhan zawn chhuah nan test dang kan sawi tawh te pawh kha tih a ngai phawt thei a ni.

Natna Nasa (Severe): Natna a nasat chuan damdawi inah awmin damdawi chiu a ngai mai thei.

Tualchher damdawi

Cranberry Juice: Hei hi a Mizo \awngin eng nge ka hre mai bik lo va, he juice in hian zunkawng l^wng/hnai a veng thei ni awmin study \henkhat chuan an tarlang.

Eng tianga in tur nge engzat a tam nge in tur tih pawh a awm chuang lo va, a tui i tih zawng a nih chuan in \hin la a pawina a tlem khawp mai, harsatna awm ve thei chu kua a ti nuam lo ve thei tih mi \henkhat chuan an sawi.

Amaherawhchu i lung lam vang emaw a Warfarin/ acitrom etc. i ei a nih chuan in loh a him ber tih hria ang che, thi put a siam vak thei.

Tih theih

Zunin hi a hrehawm viau \hin a mahse tlema a zia awm ve dan chu:

- * Tui in tam rawh (to dilute your urine and help flush out bacteria)g.
- * Coffee, zu, limbu tui in loh tur. Zun thip/sa a tizual thei.
- * Tuilum ip. Tai na laia tulum ip lum (Sa lo se) dah a nuam mai thei.

Inven dan

Hengte hi zunkawng hnai/l^wng laka inven theihna awlsam te chu an ni:

- * Tui in tam. Ni tin litre 2 tal a tlem berah in tum rawh.
- * Mawng sil dan. I daikal zawha i mawng i sil reng rengin hma lam a\angin hnung lam hawi zawngin kut nuai \hin ang che (hmeichhe tan bik)?■

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 tihnam thei.
3. Cholesterol test fo rawh, chu chuan i taksaa cholesterol awmdan a hriattir che anga, a pawh main 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 tihnam 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 tam 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 tihnam 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 thin. 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 hrans lo, a kan nan tel tlemte chauh hmang la. Artui chu ei tam i duh chuan a chhungmu 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 baw.

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.

Mawitea huang!!!!

@ “Ka pu, i zu chu a tak tha em?” an tia, ani chuan “A tak a ni ang, lighter tuiah pawh kan hmang alawm” zuk ti a!

RUL CHUK HAW LO AN AWM EM

Mizoramah hian rul chi hrang 60 vel an awm a, chungte chu hlawm lian deuh deuh pathumah a \hen theih ang.

1. TÛR NEI LO (Non Venomous Snake)

Mizorama rul awm chi tam zawk hi t<r nei lo an ni. Heng ho chuk (seh) hi chu ngho an neih loh avangin a hmuamhmaah rul ha thla a intlar that thin tlangpui. T<r an neih loh avangin enkawl tehchiam a ngai lo. A tuartu ngaihthatna a nih erawh chuan tengtere mu bel, pawisa thir bel, ar mawng hip tir, vakep hnah tui sawr, changel tui in, changela perek vih bur, thingthu lehlin, kezungpui lachhum sena tawn adt. a pawl lem lo. Tih loh pawh a pawl lem lo.

Amaherawhchu a hmuamhmaah infection a awm theih avangin fimkhur a \ha, Tetanus injection lak tal a tha. Tin, rul chil hi taksaa a luhin allergic reaction a awm thei tho a, na

\hem \hum, thak, vual, thip adt a awm thei tho. Ngaihthah lutuk tur a ni lo.

2. TÛR HLAUHAWM LOH (Mildly Venomous Snake)

Rul thenkhat hi chuan t<r an nei ve tho a, mahse mihring thihna tham chu a ni lo. An chukna lai a thi, na, vung adt a awm thei a, hlauhthawna avangin lungphu rang, thawk harsa emaw pawhin an awm hial thei. Hetiangah hi chuan thlamuan a pawimawh ber mai. A tuartu ngaihthatna a nih phawt chuan tengtere mu bel, pawisa thir bel, ar mawng hip tir, vakep hnah tui sawr, changel tui in, changela perek vih bur, Thingthu lehlin, kezungpui lachhum sena \awn adt. a pawl lem lo. An ngaih a that phah miao avangin an dampui nghal sawt sawt thei an ti. Enkaw l leh loh pawhin a septic te a nih ngawt loh chuan mihring tan thihpui tham a ni lo kan tih tawh kha.

Ngaihthah tur a ni lova, a tul angin nachhawka pek a

pawi lo. A septic loh nan antibiotics course khat tal lak a tha. Mihring kan in ang lova, allergy nei nasaah chuan allergy damdawi Avil injection etc pek a pawilo.

3. TÛR HLAUHAWM (Deadly Venomous Snake)

Mizoramah hian rul t<r hlauhawm nei, mihring thihpui tham tur nei hi chi hrang 10 hriatchian a ni tawh, chung te chu.

i) Rultuha. ii) Rulnghawngsen. iii) Rulnghawngeng. iv) Rulmuk. v) Rulthinghar. vi) Rulthihna. vii) Chawngkawr. viii) Rulngan. ix) Chawnglei/ Tiangsir. x) Khuavangrul

Rul tur nei chuk hi chi thumah then leh theih a ni a, hetiangin :

T<r thun lo (Dry bites) : An t<r an thun loh avangin a hlauhawm lem loh. Sawi thui vak a ngai lo ang chu maw.

T<r thun tam lo (Non Lethal Dose) : An t<r hlauhawm

Mawitea huang!!!!

mahse an tur an thun tam loh avangin mihring thihna a thlen lem lo.

T<r thun tam (Lethal Dose): Mihring thihpui tham t<r an thun hi a hlauhawm ber chu a ni. Hetiang hi mihring tan huatloh a awm thei lo. Hetah hi chuan tualchher damdawi hmantlak hriat a la ni lo. A damdawi awmchhun chu Anti Snake Venom chiaah a ni. Hetiang case ah chuan a rang thei ang bera damdawia enkawl a tul avangin muangchang lovin Damdawi in pan ngei ngei tur. Second khat, minute khat pawh a hlu. Tualchher damdawi avanga damdawi in pan mai loh te a pawilo thin.

Thubelh : Rul t<r (venom) hi mihring tan huat loh a awm thei lo. Amaherawchu allergy nei nasa leh nasa lo deuh chu awm theih a ni. Non Venomous emaw, Mildly venomous in em...

@ Engati nge in kohhran chu i chhuahsan tâk mai a?

RUATA : A, kan tlem lutuk a, muthlu kan langsar hma bik êm a.

HRISELNA LAKNA MAN CHUNGCHANGA HRIATTIRNA LEH NGENNA

A hnuai registration no. tarlante hian kum 2016 atangin Hriselna chanchinbu lak man in pe tawh lova, August, 2018 ral hmain pe ngei tura hriattir in ni. Hun tiam ral hmaa pe lote chu thawn in ni tawh lo ang. Tin, registration no. hi siam that vek a nih avangin subscriber ten in no. lo enchiang theuh turin hriattir in ni bawke. (Pek zat tur : 2016-2018 = ` 180/-)

RH-5	RH-12	RH-13	RH-19	RH-26	RH-29	RH-33	RH-38
RH-41	RH-43	RH-48	RH-52	RH-70	RH-71	RH-82	RH-95
RH-99	RH-105	RH-109	RH-115	RH-119	RH-124	RH-133	RH-137
RH-140	RH-141	RH-142	RH-161	RH-162	RH-167	RH-168	RH-177
RH-183	RH-187	RH-190	RH-196	RH-197	RH-198	RH-199	RH-204
RH-205	RH-206	RH-207	RH-208	RH-211	RH-222	RH-225	RH-227
RH-228	RH-221	RH-222	RH-224	RH-226	RH-229	RH-231	RH-233
RH-234	RH-242	RH-243	RH-337	RH-330	RH-334	RH-336	RH-334
RH-336	RH-335	RH-331	RH-334	BK-30	BK-32	BK-36	BK-38
BK-42	BK-43	BK-50	BK-61	BK-62	BK-63	BK-65	BK-67
BK-68	BK-70	BK-73	BK-74	BK-75	BK-76	BK-77	BK-80
BK-84	BK-85	BK-86	BK-88	BK-89	BK-92	BK-95	BK-97
BK-109	BK-112	DT-3	DT-32	DT-35	DT-50	DT-75	DT-76
DT-78	DT-81	DT-86	DT-95	DT-98	DT-101	DT-103	DT-107
DT-111	DT-112	DT-115	DT-116	DT-117	DT-118	DT-119	DT-123
DT-126	DT-134	DT-135	DT-137	DT-140	DT-143	DT-144	DT-145
DT-146	DT-147	DT-149	DT-150	DT-152	DT-153	DT-154	DT-155
DT-157	DT-159	DT-160	DT-162	DT-163	DT-164	DT-167	DT-191
DT-195	DT-198	DT-20	ZB-5	ZB-22	ZB-26	ZB-27	ZB-28
ZB-39	ZB-40	ZB-63	ZB-65	ZB-69	ZB-72	ZB-75	ZB-80
ZB-94	ZB-113	ZB-115	ZB-120	ZB-121	ZB-126	ZB-127	ZB-129
ZB-131	ZB-132	ZB-136	ZB-141	ZB-143	ZB-146	ZB-148	ZB-149
ZB-151	ZB-152	ZB-153	ZB-156	ZB-158	ZB-160	ZB-161	ZB-162
ZB-200	ZB	KP-5	KP-7	KP-5	KP-6	KP-9	KP-22
KP-23	KP-24	KP-25	KP-26	KP-27	KP-28	KP-37	KS-6
KS-7	KS-6	KS-20	KS-21	KS-27	KS-36	KS-42	KS-43

KS44	KS46	KS50	KS58	KS59	KS63	KS64	KS72
KS79	KS80	KS98	KS94	KS95	KS96	KS97	KS98
KS00	KS101	KS102	KS103	KS108	KS109	KS110	KS111
KS113	KS115	KS116	KS118	KS119	KS122	KS123	KS124
KS126	KS127	KS128	KS133	KS136	KS166	KS173	BT16
VT7	VT11	VT15	VT17	VT18	VT19	VT20	DL1
DL2	DL3	DL6	DL7	DL12	DL28	DL33	DL36
DL37	DL38	DL40	DL41	DL42	DL43	DL44	DL46
TT17	TT18	TT27	TT28	TT30	TT32	TT35	TT37
TT44	TT45	TT49	TT51	TT54	TT58	TT59	TT61
TT66	TT67	TT68	TT24	NV2	TZ6	TZ7	TZ11
TZ12	TZ13	SC19	SC54	SC68	SC72	SC77	SC78
SC84	SC87	SC89	SC92	SC95	SC103	SC126	SC127
SC130	SC132	SC133	SC134	SC135	SC136	SC138	SC139
SC143	SC144	SC147	SC148	SC149	SC151	SC152	SC153
SC155	SC161	SC162	SC163	SC164	SC168	SC169	SC219
AB2	AB3	AB20	AB23	AB25	AB26	AB29	ST24
ST36	ST41	ST46	ST51	ST54	ST64	ST67	ST70
ST71	ST76	ST77	ST78	ST79	ST80	ST101	NP5
NP8	NP9	NP27	NP28	NP29	NP30	NP33	NP34
NP35	NP36	NP37	NP38	NP39	NP40	KZ2	KZ7
KZ20	KZ25	KZ29	KZ30	KZ33	KZ34	KZ35	KZ36
KZ37	KZ38	KZ39	KZ40	KB6	KB9	KB35	CP1
CP4	CP45	CP47	CP22	CP23	CP28	CP32	CP34
CP35	CP41	CP61	CP74	CP78	CP82	CP84	CP87
CP90	CP91	CP96	CP97	CP98	CP99	CP101	CP114
CP115	CP117	CP119	CP120	CP122	CP123	CP137	CP139
CP140	CP141	CP142	CP143	CP144	CP145	CP146	CP147
CP149	CP152	CP154	CP156	CP157	CP166	CP167	CP169
CP170	CP171	CP172	CP174	CP175	CP176	CP178	CP179
CP180	CP182	CP183	CP190	CP200	CP247	CP250	CP255
CP257	LD21	LD22	LD24	LD25	LD27	SR17	SR18
SR25	LP8	LP9	LP12	LP14	LP15	VP2	VP8
VP9	VP21	VP30	MM2	MM3	MM6	MM9	MM10
MM1	MM2	MM3	MM6	MM9	MM11	MM13	MM14

MM1	MM2	MM3	MM4	KT5	KT17	KT21	KT23
KT62	KT63	KT64	KT65	KT66	KT67	KT68	KT69
KT70	KT71	KT72	KT73	RK6	HT5	HT3	HT2
HT23	HT34	HT35	HT38	HT39	HT40	HT42	HT43
HT44	HT45	HT46	HT47	HT48	HT53	HT54	HT77
ZT3	ZT4	ZT20	ZT47	ZT48	ZT52	ZT54	ZT65
ZT67	ZT68	ZT69	ZT70	ZT71	ZT72	ZT75	ZT77
ZT79	ZT81	ZT82	ZT86	ZT108	ZT110	LL5	LL6
LL23	LL24	LL33	LL39	LL49	LL60	LL94	LL95
LL105	LL110	LL111	LL116	LL117	LL119	LL120	LL130
LL138	LL166	LL167	LL175	LL189	LL192	LL193	LL194
LL195	LL196	LL198	LL201	LL203	LL204	LL205	LL206
LL207	LL208	LL209	LL213	LL214	LL216	LL220	LL221
LL222	LL226	LL230	LL231	LL234	LL237	LL241	LL242
LL243	LL244	LL246	LL248	LL251	LL252	LL253	LL255
LL256	LL257	LL258	LL259	LL306	LL310	LL311	LL315
LL316	LL319	LL323	CT6	CT7	CT8	CT9	CT10
CT14	CT15	CT16	CT17	CT18	CT19	CT20	CT21
LT5	LT25	LT33	LT35	LT36	LT45	LT51	LT55
LT58	LT59	LT60	LT61	LT63	LT64	LT67	LT68
LT69	LT73	LT87	S16	S111	S113	S119	S127
S134	S135	S136	S137	S138	S139	S156	S157
S159	OT5	OT10	OT12	OT13	OT16	OT41	OT81
OT116	OT131	OT133	OT136	OT145	OT150	OT153	OT154
OT166	OT167	OT169	OT171	OT173	OT175	OT177	OT183
OT185	OT186	OT187	OT190	OT193	OT198	OT204	OT205
OT208	OT215	OT220	OT221	OT223	OT231	OT232	OT233
OT234	OT235	OT236	OT238	OT239	OT247	OT248	OT252
OT253	OT254	OT263	OT264	OT265	OT266	OT267	OT268
OT269	OT270	OT274	OT277	OT279	OT280	OT282	OT285
OT286	OT288	OT289	OT290	OT291	OT292	OT293	OT294
OT295	OT296	OT297	OT300	OT331	OT368	OT370	OT420

Mawitea huang!

@ A nupui kha hmelchhia a ti ve ngang a ni ang... “Tu min neih khah hlauin nge maw ka neih thawt thawt che le... an tiah.”

BLOOD PRESSURE CHART BY AGE

Age	Min	Normal	Max
1 to 12 months	75/50	90/60	110/75
1 to 5 years	80/55	95/65	110/79
6 to 13 years	90/60	105/70	115/80
14 to 19 years	105/73	117/77	120/81
20 to 24 years	108/75	120/79	132/83
25 to 29 years	109/76	121/80	133/84
30 to 34 years	110/77	122/81	134/85
35 to 39 years	111/78	123/82	135/86
40 to 44 years	112/79	125/83	137/87
45 to 49 years	115/80	127/84	139/88
50 to 54 years	116/81	129/85	142/89
55 to 59 years	118/82	131/86	144/90
60 to 64 years	121/83	134/87	147/91

Mawitea huang!!!!

☆ An VCP mawl ve tak mai kha Local Football Tournament khuallianah an sawm a, thu a sawi ta a..... “Hetiang kan \halaite football-a in tui hi ka lawm a, mahse team hnih chauhin final in thleng thei hi chu duhthu a sam lo em em a, chuvangin tan lak lehzuat chu a ngai a hle ni...” an tiah.

☆ Tetea nau ek su lai kha Madawnga’n ava nuihsawh vel a, Tetea’n engati nge khatia min nuihsawh vak kher a ti a, Madawnga chuan kan nu in va nuihsawh rawh, nang chu i suk zawh tawh kha min ti a lawm!!

☆ Roadroller Driver a nia, a pu kha a fel ve baw k a.
“Mawia, hnathawh loh ni te hi chuan i duh duhnaah hawlchhuak ve thin la....” zuk ti a!!

▲ May ni 3 chawhma dar 10 AM khan Revise National TB Control Programme chuan Directorate of Health Service Conference Hall-ah 1st Quarter review meeting a buatsaih.

▲ June ni 12, 2018 chawhma dar 10 AM khan Saron Veng YMA Conference Hall-ah Aizawl East huam-chhunga ASHA thawktute tana buatsaih, ASHA Refresher Training buatsaih a ni a, Dr. Lalrozama IAS, Mission Director, National Health Mission chuan Khualian niin hun a hmanpui.

▲ 16th May 2018 chawhma dar 11 khan Health Directorate Conference Hall-ah ram pum huap Dengue natna dona ni 'National Dengue Day' hman a ni a. Dr. Lalrozama, IAS, Mission Director, NHM chuan hun a hmanpui.

▲ 24th May 2018 khan chawhma dar 9:30 khan Secretariat Conference Hall, New Secretariat Complex,

Khatla-ah Health & Family Welfare Department bultumin State Level Orientation and Workshop of State Action Plan on Climate Change and Human Health (SAPCCHH) neih a ni. He hun hi Dr. H.Lalchungnunga, Director Health Services Chairman-na hnuaiah hman a ni a.

▲ 17th May 2018 khan Aizawl West College Auditorium-ah National Health Mission hnuaia district tin ASHA Coordinators mi 9 leh ASHA Mobilizers mi 109 te pualin intuaitharna Refresher Training ni hnih awh tur chu tan a ni a, he hun hi Dr. Lalrozama, IAS, Mission Director, NHM chuan Khuallian niin a hmanpui.

▲ 16th May, 2018 chawhma dar 11 khan Ramhlun Indoor Stadium-ah ni hnih awh tur Mizoram chhunga Damdawi zuartute tan meeting neih a ni.

▲ 23th May 2018 khan tun hnuaia Scrub Typhus avanga nunna ch[^]n awmna hmun

enfiah tura thawk chhuak Integrated Diseases Surveillance Programme te chuan zan khat riakin Thenzawlah hun an va hmang. Surveillance Team te hi Dr. Pachuau Lalmalsawma, State Nodal Officer IDSP-in a ho.

▲ Ni 21 June khan Aizawl East Chief Medical Officer pisa chuan Sesawng BNRGSK Hall-ah a thlawna inentirna, (Free clinic) an buatsaih a, mi 200 vel an inentir a. a thlawna a damdawi pek an ni.

▲ Dr. Lalhriatzuali Ralte d/o Lalchamliaana, Ex. Health Minister chu India Administrative Service (I.A.S) ah a tling thar a, Hriselna Editorial Board chuan kan lawmpui takzet a, a kal leh zelna turah duhsakna tha ber Editorial Board chuan kan hlan e.

▲ Mizoram State AIDS Control Society chuan ni 26.5.2018 a Anti Retroviral Therapy (ART) review meeting neih a tarlan danin HIV hrik mai, ART Center a in ziaklut mi 7007 an awm

mek. ART la tawh zingah mi 1208 leh ART la lo mi 653 an thi tawh tih hriat a ni. He review meeting-ah hian April 2017 - March 2018 chhung a ART center te hmalakna leh dinhmun thlirho a ni. ART damdawi ei tawh si, ei chhunzawm lo (LFU) chhin-chhiah zat chu mi 1317 an ni a, damdawi ei \an si, a hnu a chhuizui theih loh mi 1427 zet an awm bawk. ART center hrang hrang a enkawl na la mek HIV+ve zat leh inziaklut tawh atanga enkawl mek zat - Aizawl Civil Hospital 58 (13%). Kulikawn Hospital 103 (23%), Lunglei Civil Hospital ah 58 (13%), Champhai District Hospital 61 (14%), Kolasib District Hospital 76 (17%) leh Mamit District Hospital 86 (20) te an ni.

▲ 20th June khan ni 3 awh Food Safety Supervisor Training chu Food Safety Authority of Mizoram, Health & Family Welfare Department buatsaihin Aizawl Club Conference Hall-ah neih a ni. ■