



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHPMz/2025/65

Aizawl, the 10th January, 2025

No. of OPD : 227
No. of IPD : 43

Outreach

Free Clinic cum
Awareness : 1

No. of
Beneficiaries : 220

No. of OPD/IPD
(Including
Psychiatry Dept.)

Aizawl : 157
Lunglei : 17
Siaha : 14
Champhai : 31
Kolasib : 4
Serchhip : 3
Lawngtlai : 27
Mamit : 10

No. of Phone Call
Received

TeleMANAS : 120

Targetted Intervention
under NMHP, Mizoram : 7

ARDSI Mizoram Chapter
7005983633/9366191341

"Tanpuitu zawn hi thil zahthlak a nilo"

SOMATOFORM DISORDERS

- Heng harsatna neite chuan taksa na chi hrang hrang-kawng na te, lu na te, chhip sa te, kut leh ke hik te, pum na te, kum hnih kum thum an nei thin a.
- Doctor hrang hrang inentirin investigation hrang hrang an tih hnuah pawh a natna an hmuchhuak thei lo va, an na pawh a dam thei lo. Tin, a then chuan natna eng emaw tak (cancer, AIDS) vei tlatin an inhria a, na an neih apiangte pawh heng natna rawn thlenah an ngai vek thin.

Types of Somatoform Disorder te chu:

1. Somatization Disorder
2. Hypochondriacal Disorder
3. Somatoform Autonomic Dysfunction
4. Persistent somatoform Pain Disorder
5. Somatoform Autonomic Dysfunction

1. SOMATIZATION DISORDER

- An taksa ah in sawisel neuh neuh na chi hrang hrang an nei
- Doctor leh mithiamten that lohna a neilo tih sawi pawh an pawm duh lo
- Kum hnih tal heti hian an awm angai
- Hei hian an chungkua, khawtlang ah leh hnaah te harsatna a thlen thin ani

Common symptoms include-

- ❖ Gastrointestinal- pum na, luak chhuak, irh
- ❖ Abnormal skin sensations- mu churh churh, soreness, thak, sa huam huam, za
- ❖ Sexual and menstrual complaints- thi neih tam lutuk/ neih tlem lutuk,, sex hman laia na lutuk.

Treatment

- Doctor pakhat chauhin enkawl chhonzawm se
- Test hrang hrang alo tih tawhte tih that tir tawh loh (hautak, hriat loh lain natna kan pu
- Diagnose a nih hnuah chuan an natna an sawi te chu ngaihthlaksak tur ania. Amaherawhchu a natna kha treat tum lovin, a rilru lama harsatna treat tum zawk tur ani

2. HYPOCHONDRIACAL DISORDER

- natna eng emaw tak (cancer, AIDS) vei tlatin an inhria a, na an neih apiangte pawh heng natna rawn thlenah an ngai vek thin
- Doctor hrang hrang inentirin investigation hrang hrang an tih hnuah engmah result an nei lova chuan chuan a thlamuan lova, doctor ten an natna dik tak anla hmu chhuak lovah an ngaih phah zawk
- ‘doctor shopping’-doctor tha tur ang an zawng kual

Treatment

- Supportive Therapy
Stress chu enge?
Stress kan neih chuan engtingge kan taksa a lo danglam?
BP sang, kan digestion a tibuai a, lungphu a ranga, muscle becomes tense, mut kan harsat
Rilru- thinchhia, kan thil tihah rilru kan pe thei lo
- Kan nunna thil lian tham deuh thleng reng reng hi kan dawnsawn dan ainang lo
- Chung harsatna te chu enge?
Engtingge paltlang theih dan ngaihtuah pui
An duh vang reng nilovin an harsatna pal tlang dan tur an hre lova, natna an neih erawh chuan chhunlama hmangin thil tam tak an pehhel thei don ani.
Hemi vang tak hian damlo lovin engtinge an harsatna kha an tana tha tur zawk hmangin an sual ang

(To be continued on next issue)

AWARENESS LEH FREE CLINIC

National Mental Health Programme hnuai District hrang hrang te chuan NGO pawl hrang hrang, Kohhran, School leh sawrkar department hrang hrangah Awareness leh Free Clinic an nei thin a. Dt. 28.12.2024 khan Siaha District ten Awareness on Holistic Reformation and Development chu Zyhno khuah an hmang a. Resource Person Merilyne Beiho, Psychiatric Nurse chuan Importance of Mental Health in Social Development and Reformation chungchang a sawi a ni.



DHMP SIAHA

NPPCD chungchang leh beng lama harsatna nei a, hrechiang duh tan District Hospital, ENT Dept OPD ah zawhfiah theih reng a ni

Rilru lama harsatna nei leh hriat belh duh nei kan awm chuan Telemanas Call theihna 14416, 180008914416

Thurawn pek emaw hriat belh duh nei chuan a hnuai mail ah hian dah nise mizmentalhp@gmail.com

**Published by
National Mental Health Programme
Govt. of Mizoram
New Capital Complex, Aizawl**