



National Mental Health Programme Mizoram Weekly Bulletin



NMHP-Mz/2026/134

Aizawl, the 22nd May, 2026

15th - 21st May, 2026

No. of OPD: 301

Cumulative for 2026-27: 2058

No. of IPD: 60

Cumulative for 2026-27: 423

Outreach

Free Clinic cum Awareness: 14
Cumulative for 2026-27: 45

No. of Beneficiaries: 580
Cumulative for 2026-27: 2206

No. of OPD/IPD

(Including Psychiatry Dept)

District	No. of Patients	Cum FY 2026-27
Aizawl	162	1146
Lunglei	48	361
Siaha	16	189
Champhai	70	578
Kolasib	14	144
Serchhip	9	64
Lawngtlai	18	126
Mamit	24	166

No. of Phone Call Attended

1. TeleMANAS: 181

Cumulative for 2026-27: 1039

2. Targetted Intervention

under NMHP, Mizoram: 10

Cumulative for 2026-27: 63

ARDSI Mizoram Chapter

7005983633/9366191341

Rilru Hriselna Hi Taksa Hriselna Ang Bawkin A Pawimawh A Ni

SOMATOFORM DISORDERS

DMHP Team, Mamit

An taksaah insawisel neuh neuhna chi hrang hrang an nei. Doctor leh mithiamte'n that lohna an neilo tih an hrihl pawhin an pawm duhlo. Kum hnih tal hetiang hian an awm a thin. Hei hian an chhungkua, khawtlangah leh hnaah te harsatna a thlen thin.

Types Of Somatoform Disorder

1. Somatization Disorder
2. Hypochondriacally Disorder
3. Somatoform Autonomic Dysfunction
4. Persistent Somatoform Pain Disorder

Common symptoms include –

1. **Gastrointestinal** – Pumna, luakchhuak, irh.
2. **Abnormal skin sensations** – Taksa mu chem. chem, soreness, thak, sa huam huam, taksa za.
3. **Sexual and menstrual complaints** – Thi nei tam lutuk/nei tlem lutuk, sex hmanlai a na lutuk.

Treatment

1. Doctor pakhat chauhin enkawl chhunzawm se.
2. Test hrang hrang a lo tih tawh te tih that tir tawh loh (thil hautak leh insen thlawna mai a ni).
3. Diagnose a nih hnuah chuan an natna an sawite chun gaihthlak sak tur a ni. Amaherawhchu a taksa natna *treat* tum lovin a rilru harsatna *treat* tum zawk tur ani.

HYPOCHONDRIACAL DISORDER

1. Natna eng emaw tak (Cancer, Aids) vei tlatin an inhria a, na an neih apiangte pawh heng natna rawn thlenah an ngai vek thin.
2. Doctor hrang hrang inentir in *investigation* hrang hrang an tih hnua *result* tha an neih pawh thlamuanpui zo lovin, doctor-te'n an natna dik tak an la hmuchhuak lovah an ngai zawk tlat thin.
3. Doctor shopping – doctor tha tur ni a an rin an zawng kual nasa.

SOMATOFORM AUTONOMIC DYSFUNCTION

1. Symptoms of autonomic arousal, such as palpitations, sweating, tremor, flushing which are persistent and troublesome
2. Heng an taksa a danglamna lo awm te avang hian natna khirh khan tak nei anga inhriatna.
3. Natna an nei lo tih investigation hrang hrangah lang mahse, an ringhlel tlat zel.

Heng taksa peng hrang hrangah te hian natna nei angin an in hre thin –

- a) Heart and cardiovascular system
- b) Upper gastrointestinal tract
- c) Lower gastrointestinal tract
- d) Respiratory system

Heng patient zinga a tam zawkah chuan stress leh mimal nun leh chhungkuaa an harsatna tawhte avang a lo ni thin a ni.

PSYCHOTHERAPY

1. Psychodynamic psychotherapy most beneficial
2. Tawngkam hman fimkhur tur
3. He natna hi chu ingaihtuahna ma imai a ni
4. An nun, chhungkua, khawtlangah, hna ha engtin nge he natna hian a nghawng hriat a pawimawh
5. Cognitive Behaviour Therapy (CBT) – Ngaihtuahna, rilru puthmang thlak danglam, nun a thil thleng a tha zawng/eng zawng a thlir thiam
6. Hetiang a rilru lama harsatna tak tak nei zingah hian... chhuanlam a hmang a harsatna phuahchawp hmanga midangte bum tum a mahni hamthatna tur atan a na der an awm ve thei baw.

AWARENESS LEH FREE CLINIC

National Mental Health Programme hnuia District hrang hrangte chuan NGO pawl hrang hrang, Kohhran, School leh sawrkar department hrang hrangah Awareness leh Free Clinic annei thin a. Tunkar chhungin Lunglei, Siaha, Kolasib, Serchhip leh Mamit District ten Awareness leh Free Clinic annei a, TeleMANAS chungchang inhrilhhriatna hun neiin Mental Health chungchang zirtirna hun an hmang thin a ni. Rilru hriselna hian kan rilru leh khawtlang nun a huam a, kan ngaihtuahna, kan rilru put hmang leh kan thiltih dana nghawng a neih dan te, mi dangte nen a kan inzawmna te leh duhthlanna hrisel kan neih theih nan heng hun hi hlawk taka hman thin a ni.



DMHP SIAHA



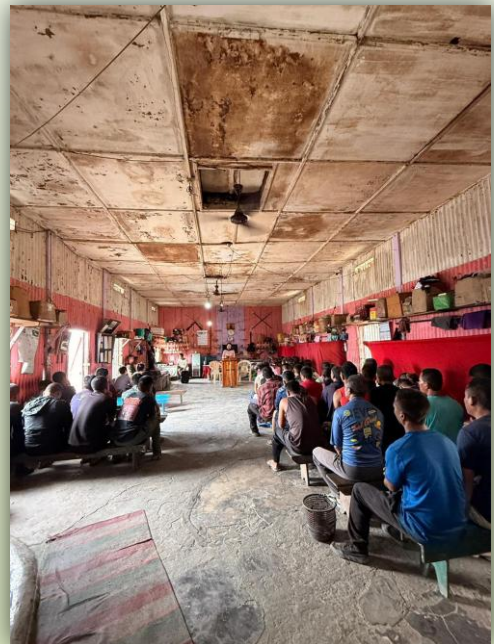
DMHP KOLASIB



DMHP MAMIT



DMHP SERCHHIP



DMHP LUNGLEI

NPPCD chungchanglehbeng lama
harsatna nei ,hrechiangduhtan District
Hospital, ENT Dept OPD ah
zawhfiahtheihreng a ni

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