



NATIONAL PROGRAMME FOR PREVENTION AND CONTROL OF DEAFNESS (NPPCD)



NPPCD-Mz/2026/136

Weekly Bulletin

Aizawl the 24th July, 2026

**NPPCD Weekly Report
from 9 District Hospitals
(17.7.2026 – 23.7.2026)**

No. of OPD:

Aizawl East : 364

Aizawl West : 153

Champhai : 59

Kolasib : 15

Lawngtlai : 6

Lunglei : 76

Mamit : 6

Serchhip : 54

Siaha : 76

Case Detection Status :

Ear Morbidities : 428

Hearing Loss : 63

Referred Case : 21

Ear Surgery : 4

Ear Diseases : 365

Investigation : 220

Ear Syringing : 33

Rilru lama harstana
nei te tan engtik lai
pawhin (24x7)
Telemanas ah hian
mithiamte biak theih
an ni e.

**Telemanas Call
theihna :**

14416, 180008914416

Beng ek (Ear Wax) leh a kaihnawih leh hriat tur pawimawh te - II.

- Dr. C. Vanlalhriatpuia, ENT Surgeon, NPPCD, CHA

- **Beng êk inkhawl khawm (impacted Ear Wax)nei chu engtin nge a lan chhuah dan(symptom) ? / Eng nge kan tihtur ?**
 - Beng chung phui mup, ri hriatna chak lo, beng kiu, beng na, beng hnai ron chhuak te kan nei anih chuan beng êk inhnawh khawm (impacted wax) vang ani theia, mahnia tihfai mai tum loin Damdawi in hnaivai berah doctor te pan thin hi a him ber thin.
- **Beng êk inhnawh khawm hian ri hriatna a ti chhe hlen thei em (permanent hearing loss) ?**
 - Ti chhe hlen theilo, mahse ri hriatna a ti chaklo ve theia (saptaung tak chuan Conductive Hearing Loss a thlen thei tihna). Vanneithlak tak maiin beng êk tih fai hnuin, harsatna dang an neih lem loh chuan an ri hriatna a pangngai(normal) leh mai zel thin a ni.
- **Engtin nge Beng êk inhnawh khawm(impacted wax) chu kan enkawl thin ?**
 - Beng êk a chang / sak (hard) viâu chuan ear drops (olive oil, sodium bicarbonate, paradichlorobenzene,etc) te telna product hi ni 5 atanga ni 7 bawr vel thlawrin beng êk chu kan ti zawp phawt thin, chumi hnuah tui lumin kan thuah fai thin (Syrining) emaw endoscope / microscope puihna hnuaiah micro-suction instrument hmangin kan tih fai a tul chang a awm.
- **Engtin nge Beng êk inhnawh khawm chu kan pumpelh thei ang ?**
 - Beng êk hi sawi tawh ang khan thil pangngai (normal) , kan taksain a siam chhuah, tangkaina nei ani a, amaherawhchu a inhnawh khawm tam lutuk tur kan pumpelh theih dan tur te chu :
 - 1) Ear buds/cotton buds emaw hmanraw dang emaw hmanga mahnia beng tihfai loh hi a him ber.
 - 2) Kan tifai don anih pawhin mitin a hmuh theih phak chin beng tlang kâwm(outer ear canal) bawr vel bak tihfai loh a him ber.
1cm (10mm) aia thuk chu zuk rawlh loh loh tawp tur ani.
 - 3) Beng êk inhnawhkhawm zing lutuk tan a chiah zawp na damdawi ear drops (olive oil, sodium bicarbonate, paradichlorobenzene) hman mai tur ani.(pharmacy dawrah lei mai theihin a awm)
 - Amaherawh chu harsatna dang kan sawi ho ang(beng na, hnai la, beng kiu, ri hriatna chaklo) nei tan chuan doctor panpui vat a finthlak hle.

Natna inkaichhawn theih loh (Non-Communicable Diseases) a bikin Thisen Sang, Zunthlum, Cancer, Lung natna leh Stroke te tan hian NCD Clinic District Hospital zawng zawngah hawn a ni tawh a, I lo pan ve thin dawn nia. NCD natnate laka i lo fihlim zawk nan leh I lo hrisel zawk nan ei leh in fimkhur la, zu, zuk leh hmuam lakah fihlim la, taksa sawizawi uar la, rilru hahdam zir ang che.

Published by :
National Programme for Prevention & Control of Deafness (NPPCD)
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Mizoram : Aizawl
mizoramnppcd@gmail.com