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Editorial

Mizote hian kan duhna leh tha kan tih zawng lamah kan rinna kan nghat hma in thutlukna te kan siam hma thin em aw a tih theih, chutiang zelin damdawi te hi kan nel zual bik emaw ni chu aw a tih theih baw ang. Mithiam zawkte r[^]wn theih reng, han r[^]wn mai ai chuan mahni thua inchawhchawp ching thin tam tak kan la awm hi a pawiin kan sim a hun tawh takzet a ni. Chutiang bawkin Damdawi lam thiam inti, hmanrua pawh eng eng emaw chu keng ve ngei, khawi atanga zirchhuak nge tih pawh hre hmasa hawt lova lo inentir mai tawh lah kan la bang lo. Kan la hriat tawh loh vang pawh a ni ang e. Khawl thil hi za-ah za a inngah theih a nih loh avangin Doctor te uapna hnuaiyah lo chuan damdawite pawh inchawh ve mai chi a ni lo tih kan hriat reng a pawimawh takzet zet a ni.

Mizo ten damdawi chungchanga kan thil chin thalo tak mai chu Doctor in mipakhat, a damlohna leh investigation tih ngai ang zawng zawng te a tih zawh tawh hnu ah damdawi a chawh a, alo dampui ta thuai a, chutiang ang deuh a damlo ve tho chuan kan nat dan pawh a in ang viau mai a ti a, Doctor pan ta mai lo chuan ama thu in chumi damdawi ei ang lo ei ve ngawt thin te hi a kawng hman lo hle. Kawchhung lama a thawh dan tur chu sawi loh, a ei zat tur pawh ngaihtuah lem lovin, khawsik a san leh kan ei tam a, a hniam deuh leh kan ei tlem ve leh mai thin te hi a atthlak hle a ni. Doctor in a chawh chauh Damdawi ei thin tur a ni. Antibiotic a ni emaw a hun tak zelah kan ei thin tur a ni a, mi an chawh ang zat leh rei zawng ang zel a ei hi a tha a, damreina pawh a ni baw. Inven hi tihdam a in a tha zawk si a.

Thil reng reng hi a nihna ang tur a hman chuan thil tha leh tangkai tak a ni a, a hlawkna teltu chu keimahni vek kan ni tih kan hriat reng a tha, Hriselna lamah ngat phei chuan nakinah ka siam tha leh mai ang emaw, hetiang hian kan modify mai teh ang tih chi lah a ni na hek lo, mihring tan vawikhat thih ruat a nih miao si avangin thuawihna hi a Pathian thu a, damreina pawh a ni baw. Chumi avang chuan ilo damrei nan leh ilo hrisel zawk nan mi thiam zawkte thur[^]wn zawm thin la, ilo damlo a nih pawhin Doctor pan vat thin la, thihna mai theihna tam tak ilo pumpelh ang a, ilo damrei in, ilo hrisel zawk dawn a ni. ■

ROTAVIRUS VACCINE CHUNGCHANG

Dr. Lalzawmi, State Immunisation Officer,
Directorate of Health Services

Rotavirus hi natna hrik hlauhawm tak niin luak leh kawthalo nep deuh atanga nasa deuh, abikin naupang kum 5 hnuai lama thlen tir theitu leh enkawl vat loh chuan dehydration, electrolyte imbalance, shock leh thihna hial thlen theitu an ni.

- Indian Rotavirus Strain Surveillance Network (IRSSN) in a report ang chuan
 - Naupang kawthalo vei vanga admit 40% te hi RVV vanga ni.
 - 32.7 lakhs OPD a inentir
 - 8.72 lakhs hospitalized
 - Kumtin mi 78,000 thihna chhan a ni.
 - RVV natna vanga thihna 50% chu naupang kum 1 hnuai lam an ni.
 - 75% thihna hi kum 2 hnuailam an ni.
- Rotavirus te hi inkai-chhawn awlsam tak mai a ni a, RV vanga kawthalo vei te hian a hrik hi tam tak an e chhuakin an luakchhuak a, mihring leh mihringah (faeco-oral route) direct in a inkai theih a ni.
- Ram rethei a naupang ten an vei hma bik (thla 6-9 inkar)a, Ram changkangah kum 2-5 vel inkarah an vei ber a, khawvel pum huap hian naupang kum 2 hnuailam (65-80%) ten an vei tlangpui a ni.
 - Developed leh Developing countries-ah he natna hluar dan hi a in ang deuh reng a, amaherawhchu ram la changkang tawk lo leh rethei, ei leh in tha tawk lo leh health facilities access nei tha lo ramah harsatna/thihna a thleng tam bik.
 - Studies in a tihlan danah chuan RV vanga kawthalo hi thlasik lain a tam bik niin a lang.
 - Rotavirus kawthalo Diagnose-na chu - Reverse Transcription polymerase chain reaction (RT-PCR for Lab confirmation, serotyping

and further differentiation) bakah ELISA leh Latex-based test te pawh hman a ni.

- Mizoramah hian Rotavirus kawthalo hi naupang kum1 hnuai lam, thla 3-9 ten an vei tam ber a, thlasik laiin a hluar bik.

- A enkawl dan bik a awm lo va, kawthalo dang anga ORS leh Zinc a enkawl a ni mai a, nasa deuh chu hospital a enkawl in IV fluids te pek an ngai a ni.

- Rotavirus diarrhoea hi vawi 1 vei tawh pawhin a vei nawn leh theih tho a, vawi 1 vei tawh chuan a vei nawn leh chuan a hma angin a nasa tawh lo. A ven dan awmchhun chu Rotavirus vaccine naupan laia pek hi a ni. Mihring leh mihring inkhawih leh insik atanga inkai theih a nih avang hian Sanitation leh Hygiene lam ringawt hian a veng lo a ni.

A natna lo lanchhuah dan tlangpui

- A lo lanchhuah hun chung (Incubation period) - 1-3 days

- Luak leh kawthalo an nei thut.

- Ni 2 na vel atang a 1/3rd vel chu an khuate a sik bawk thin.

- An luak or ek nasat luttuk chuan IV fluids pek/ hospitalized an ngai.

- Antibiotics pekin awmzia a nei lo.

- Enkawl that chuan ni 3-7 velah an dam ve leh mai.

A chung a kan han sawi ang hian Rotavirus hi naupang nunna tam tak suattu a nih avangin WHO chuan khawvel ram hrang hrang ten mahni awmna ram theuh Immunization Programme-ah RVV pe turin recommendation an siam ta a, Ram 96 in he Vaccine hi kan pe tawh a ni.

INDIA ramah chuan

- **National Technical Advisory Group on Immunization (NTAGI)** chuan phase-wise a RVV introduce an rawt ta a

- **Mission Steering Group (MSG)** in an lo recommend veleh a.

- **Expert Group** in State hrang hrang a pek dan tur indawt a relin, technical tak a fimkhur leh tha tur an duang vek a, training dan tur leh IEC mamawh tur zawng zawngte an duanchhuah vek hnuah MARCH 2016 khan India ram chuan mahni Ram siam ngei Rotavirus vaccine chu Asia rama a hmasa ber niturin kan lo pe tan ta a ni.

- Phase 1 - 4 States
 - Phase 2 - 5+1 States
 - Phase 3 - 1 state (UP)
- Total introduced in 11 States
- Phase 4 - NE States

Tun thla atang chuan Mizoramah Universal Immunization Programme hnuai ah Sub centre-ah thlatin Vaccine hetiang hian kan pe tawh dawn a ni.

Institutional deliveries :- BGG at birth (within 1 month)

OPV-0 dose (pian atanga ni 15 chhungin)

Hep B birth dose (pian atanga darkar 24 chhungin)

Primary Vaccination for Full Immunization

- 6 weeks - OPV-1, Penta-1, RVV-1, fIPV-1.
- 10 weeks - OPV-2, Penta-2, RVV-2
- 14 weeks - OPV-3, Penta-3, RVV-3, fIPV-2
- 9-12 months - MR-1, Vit A-1

For Complete Immunization

- 16-24 months - MR-2, OPV-B, DPT-B1, Vit A-2 (Vit A hi thla 6 dan zelah pe in kum 5 an tlin thleng a vaiin doses 9 pek tur a ni.)
- 5-6 years - DPT-B2
- 10 years - Td
- 16 years - Td

(JE and PCV te Mizoramah kan la pe ve lo)

Rotavirus Vaccine introduce tan tirh lai hi chuan naupang OPV-1 leh Penta-1 lak hmabak naupang (due beneficiaries) ho chauh kha RVV-1 kan pe ang, 2nd and 3rd dose chu Immunization schedule angin kan pe chhunzawm ang. RVV hi naupang kum 1 hnuai lam chauh pek tur a ni a, amaherawhchu naupangin

RVV-1 kha kum 1 a tlin hmaa alak hman chuan 2nd and 3rd dose chu kum 1 pel tawh mahse kar 4 danah a la zo tho tur a ni.

Naupang OPV/Penta 2nd or 3rd dose la tur lo kal chu RVV-1 pek ve loh tur a ni a, vaccine dang a kum a zira a lak tur kha pek chauh tur a ni.

RVV pek theihloh/pek hrihloh turte (CONTRA INDICATIONS)

- Thil ei/in/chiu/khawih emaw vang a huat nei tih hriat sa(Known allergic reactions)
- h/o Ril-inbilh (documented intussusceptions) or pum/rilzai tawh emaw (abdominal surgeries) piantirh atanga Ril insiam dik lo/fuh lo(intestinal malformation.)
- Known case of Immuno deficiency.
- Damlo nasa deuh an awm chuan a zualpui a nep deuh hma chuan RVV hi pek hrih loh tur. Hritlang khawsik ser ser narante

erawh chu a pek theih vek a ni.

RVV chungchang a hriattur pawimawh neuh neuhte

- Hridanna Vaccines te hi a tlangpuiin lak atanga ni 7-21 chhungin taksaah antibodies natna hrik lo do tur a lo in siam chauh a, Vaccine a zirin natna a ven theih chhung a in ang lo. RVV bikah chuan kum 2 chhung vel veng thei tura ngaih a ni.
- RVV lak hian Rotavirus kawthalo nasa lak atang 40-60% vel a veng thei a ni.
- Naupangin kum 2 a lo tlin tawh chuan a taksa khan mahni inventheihna (immunity) an lo nei tawh a, Rotavirus kawthalo hi lo vei nawn leh mahse a tuar nep tawh a ni.

RVV hian Rotavirus vanga kawthalo awm thei chauh a veng thei a, Virus chi dang te, Bacteria te leh thil dang vanga kawthalo awm theite lakah a veng ve lo a ni. ■

EITUR THA DIK TAKA EI (BALANCED DIET) LEH TAKSA SAWIZAWI (EXERCISE)

*Dr. Michelle Lalrinsiami,
Medical Officer
Bukpui PHC*

Ka pa hi kum tam tak chung zunthlum natna avangin insulin inchiuna hmang tawh a ni a. Insulin-a inchiu ngai lovin a awm leh theih ngai kan ring tawh lo va. Tum khat chu a inchiuna leh a damdawi mum ei lai chuan duhthusama hna a thawh loh avangin ei leh in lama mithiam bik (dietician) a r^wn ta a. Dietician-in ei tur a chawh ang angte hun bi dik takin a ei zel a, chutia a tih chuan rei lote chungin a zunthlumin hniam lam panin, a hma ai mahin a tha ta a, kum tam tak a tel lova a awm theih tawh loh insulin inchiuna pawh chu a thlah thei ta mai a, a lawmawm duh hle mai. Amaherawhchu, he dinhmuna ding reng tur hian taima tak leh thu awih taka ei leh inah a insum a, taksa sawizawi lam a uar chhonzawm zel a ngai bawh a ni. Hemi chungchang ka han thai lan nachhan chu kan ei leh inin kan taksa hriselnaah nghawng a neih thuizia ka rawn tarlan duh vang a ni.

Natna tam tak heng zunthlum, thisen sang, leh a kaihnawih thauchhia kan tih te hian kan ei leh in nen inzawmna thuk tak an nei a. Chuvangin, eitur kan taksa lut chu kan hriatchian a, ei dan tur leh ei chin tawh kan hriat a, insum ngai kan insum bawh chuan dam nana damdawi mum chauh hmang lovin damdawi ei ngai mang lovin kan awm thei dawn a lo ni. Chumi hre tur chuan kan eitur hian eng ang chaw tha leh chakna lam nge a pai tam tih kan hriat a ngai a. Kan thil ei chu hlawm lian pui pui pathum proteins, carbohydrates leh fats ah a inthen a:

Protein tamna chu: sa, artui, bawngnhute, thlai mu, bean leh be lam, bekang sa, etc.

Carbohydrates tamna chu: thei rah, thei tui, buh, chhang, bal, vaimim, thil thlum lam chi reng reng, etc.

Fats tamna chu: butter, cheese, tel, sa thau, mawm lam chi reng reng, etc.

Thau leh thlum lam hi tam lo tein kan chaw eiah kan telh ve ngei ngei a ngai a. Chaw tha hrang hrang te chu a inpawlh mawi tawka kan ei thin a ngai a. Protein tamna chauh ei in a dang ei tel leh si lo ta ila, kan taksain chaw tha a hmuh tur ang kha a hmu thei dawn lo a ni. Tin, kan eitur thlante pawh a rawng hrang hrang a kim thei ang bera ei kan tum tur a ni a, thlai leh thei rah duh ang ang engtik hun lai pawhin hmuh tur a awm lo ang, mahse tun huna kan hmuh theih ang zel te kan ei that a tul hle a ni. Hmuhmer lam te, eitur kan ro ang chi te hi a tlem thei ang ber ei tur a ni. Tin, eitur kan ei reng rengin hmanhmawh lovin kan ei ang a, kan lem hmain kan thial chip tha tur a ni a, dul mar vek leh puar lutuk a ei loh tur a ni. Riltam lutuka awm a, a tawpa eitur lim leh

nghek te hi pumin a ngeih loh mai bakah taksa tan a tha lo va, tih miah loh tur a ni. Ruaitheh tum leh sa hmeh nikhuuaa tum danga kan ei let eng emaw zah ei a, luhai muai muai khawpa ei ngheng mai te hi taksa tan a that loh mai bakah a changkang lo em em a, sim vang vang tur a ni.

Eitur tha ei kan sawi laia kan ngaihthah theih miah loh chu taksa sawizawi hi a ni. Ei leh in lama fimkhur mai piah lamah taksa sawizawi kan uar deuh deuh chuan hei hian a tha lamin nghawng thui tak a nei a ni. Entir nan, mi pakhat chu a thisenah te, a thinah te thauchhia a tam tih hmuh chhuah a ni a, thau chhe paihna damdawi ei hmain a ei leh in lamah a insum a, a theih tawkin a taksa a sawizawi bawka, thla hnih khat hnuah chuan a thau chhia pawh a lo awm lo ve leh mai a, damdawi ei a ngai ta lo a ni. Chutiang bawkin, thisen sang leh zunthlum neite pawhin taksa zawh tawka te te a zing lam emaw tlai lamah emaw pawh darkar chanve vel chauh an han insawizawi hian

taksain a ngeih em em a, hriselna kawngah nasa takin a pui a ni.

Taksa sawizawi thatna thenkhat te chu:

- Nun a tihlim a, rilru hahna leh nguina a tikiang thei a ni.
- Taksa rit lutuk leh thau lutuk tur a veng a, chaw pai tawih kawngah nasa takin a pui a ni.
- Tihrawl leh ruh tichak lehzualtu a ni a, ruh mawih lakah a veng thei bawk.
- Tha leh chakna a pe a, natna benvawn nei tawhte tan pawh a thatna a danglam chuang lo.
- Natna benvawn tam tak heng lung natna, zunthlum, thisen sang, thau lutuk, etc. lakah a veng thei.
- Thisen kal vel a tichakin a titha a, chu chuan vun a ti nungin a ti hrisel a, vun chuar leh zur mai tur lakah a veng thei.
- Thluaka thisen che velte a tichak a, chu chuan kan

hriatrengna leh kan thluak hriselna lamah nasa takin a pui a. Kum upa tawhte pawh rilru lam kaihhnawih natna lakah a veng thei a ni.

- Rilru a ti hahtamin zan mut a ti tui a, chuvangin chhun lamah miin harhvang takin hna a thawh theih phah thin.
- Na a ti ziaawm thei. Zir chiannaah chuan na benvawn neite pawhin an theih tawka taksa an sawizawi thin chuan an nain a ziaawm phah a, an na hriatna a tihhniam phah bawk.

Taksa sawizawi hian thatna a ngah em avangin ni tin kan ti thei lo a nih pawhin kar khatah minute 150 (za sawmnga) tal lak tum ila, chaw tel lova kim lo deuh huiha kan inhria ang hian taksa sawizawi pawh ngai pawimawh ve ila, tun aiin kan hlimin kan hrisel leh zual ngei ang.

Mihring hi a inanloh theih hle mai a. A then thau duh em em thau thei si lo, a then cher

duh mah se cher harsat em em mai an awm ve bawk a. A chhan tam tak a awm thei ang a. Engpawh ni se, rilru hnual nan hmang lo ila, kan theihtawpa ei leh in lam uluk leh taksa sawizawi kan kalpui zel chuan kan taksain a hrisel phah em em tho tih hriain, chhunzawm zel hi a pawimawh hle a ni. Tin, ti tang tang peihte tumruhna hi a ngaihsanawm hle bawk.

Hnampui zawkte hian an eitur an lo duh uluk thin hle a lo ni a. US president hlui nupui Michelle Obama pawhin zawhna chhangin alu kan ro rep rep tui a tihzia leh theih se chu ni tin ei a chak thu a sawi

a. Amaherawhchu, a ei lem chuang lo. Nasa taka a taksa a sawizawi hnua a chang changa tlemte a ei zeuh zeuh thu a sawi bawk a ni. Mi insum theite hi an fakawm in, an entawntlak hle a ni.

Kan hnam pawhin helamah hian hma kan sawn chho ve zel niin a lang a, a lawmawm hle mai. Kan eiturin eng chakna lam nge a pai tam tih te, engtia tam nge ei tur tihte keimahnia kan chhut peih a, kan invawn peih bakah taksa sawizawi lam pawh uar deuh deuh a, tun aia hlim leh hrisel zual zel turin chhiartute zawng zawng duhsakna sang ber ka hlan vek a che u.

“Pile” natna kan tih hi!

“Ka pile a na” tih tawngkam hi insawiselna common tak mai a ni. Piles an tih ber chu mawngkaw hnaih taka thisen zam rawn puar thin a ni a, chu chuan a bul hnai a ti hlawm thenkhat ti pawngin ek laiin mawngkua atangin a rawn bawk chhuak thin a ni. Na awm hran chuang lovin ek a ti thi fo thin a, tin, tuihn[^]ng ban deuh te mawngkua atangin a chhuak bawk thin. Na an neih erawh chuan a kaihnawih dang harsatna (complication) vang a ni fo zawk. Piles natna ni lem lo, mahse ek harsatna leh ek thi thlen fo tu, natna dang common leh tak mai chu mawngkaw lining thler, “anal fissure” an tih hi a ni. Hmeichhe tleirawl leh nula te'n an nei duh phian a, naupang pawhin an nei fo. A nat duh em avangin tarn tak chu an e ngam lova, ek khal a siam phah fo a ni. Hetiang harsatna nei te chu Surgeon hnenah inentir vat tur a ni.

CHI EI TAM SUH

Dr. Lalkhawngaihsanga

Kum hnih liam ta khan pitar kum 81 mi hi a lo inentir \hin a. Thil huat vanga vun thak vual (allergies) nei hi a ni a. Hma a sâwn viau a; mahse, a lo chhuak leh \hin a. Beidawng lovin a lo kal ve zel mai a. Buaithlâk ta ber erawh chu, hetia a vun thak hi, hmâna a âwmvêl natna neih, dam kim lova lo chhuak leh \hinah a ngai tlat mai a. Ka um e liampui ta vel mai mai a.

Ka pi hi fakawmna riau a nei a. Amah hi zunthlum natna nei a ni a. Thisen sang natna a nei bawk a, wawi khat chu stroke a nei hial tawh bawk a ni.

Hetiang hi ni mah se, a taksa a inuluk a, ei leh inah a fimkhur a, morning walk neiin kein a kal tam a. Zûk leh hmua a khawih lo bawk a. Kum 81 mi, zunthlum leh thisen sang natna nei ni mah se, a la harhvângin a la chak \ha hle a ni.

Natna benvawn nei mah ila, thu kan awih a, kan inuluk chuan harsatna nei miah lovin hringnun kan hmang thei tih hi a Chiang a ni. Tin, kum upat vanga hrisel loh tur tihna a ni lo va, kan inenkawl uluk phawt chuan kan hrisel reng thei a. Mihring dan rual loh natna

erawh a awm a, hei hi chu kan hrethiam vek âwm e.

Chi pawimawhzia chu sawi tam ngai lovin kan hre \heuh ang a. Chi hi pawimawh hle mah se, kan taksa hian a mamawh tam lo va, kan taksa mamawh aia tam kan lak luh hian kan taksaah harsatna hrang hrang kan nei thei a ni.

Kan taksa hian ni khatah chi 1.5 gram vel a mamawh a, kan taksain a mamawh aia tam hi kan ei deuh vek niin a lang.

Chi thirfiante khat hian 2.500 mg vel sodium a pai a.

Chi thirfiante chanve hian 1.250 mg vel sodium a pai a ni.

Thisena chi (sodium) tam leh tam loh enna hi 'serum sodium test' an ti a.

135 a\anga 145 mEq/ liter sodium hi a pangngai (normal level) a ni.

Chi ei nasat vanga lung lam natna nei awlsam bikte:

1. Kum sawmnga aia upate,
2. Thisen sang natna neite,
3. Zunthlum natna neite.

Chi ei nasa te'n pumpui cancer an nei awl bik a.

Chi ei tam hian zunah calcium a chhuak tam a, ruh mawih leh chak lo a awm hma bik a, chi ei tlem chuan hei hi a veng thung a ni.

Chi ei tlem a, potassium tamna thei leh thlai hnah

tharlâm ei tam hi lung hriselna atan a pawimawh hle mai a.

He'ng balhla, alu, kawlbahra, dawnfawh, bean, thlai hnah hring duk, avocado, zikhlum, parbawr, fanghma, broccoli, tomato, strawberry, spinach, pa ei chi, bawng-hnute, sangha ang te hian potassium a pai tam a.

Chawhmeha chi kan al bak chu thlêng kotlangah chi inchhawpa liah loh tur a ni a.

Thisen sang nei tan sodium tlemna chi 'LoNa' a awm a, ei \hin tur a ni.

HRISELNA DAN CHI 6

Taksa enkawl nana pawimawh leh hriselna atana tulte chu heng a hnuai a ziak dan chi 6 hian a khaikhawm:

1. Taksa hian ei leh in tur dik tak a dawng tur a ni.
2. Taksa hian ni eng leh boruak tha a dawng hnem tawk tur a ni.
3. Taksa hian a chung a bawlhhlawh te a tlengfai reng tur ani.
4. Vawt leh lum in a tih nat theih loh nan taksa hi ven that tur a ni.
5. Ni tinin taksa hian insawizawi hun leh chawlh hun dik takin a nei tur ani.
6. Tur leh natna hrik a luh lohna turin taksa hi englai pawh a venthat thin tur a ni.

Heng dan parukte hi zawm avangin natna a pumpelh theih a, damreina a ni bawk. A eng ber emaw pawh hi bawhchhia ila, tun mai ah kan nat nghal loh pawhin, hun rei deuh ah tal kan nat phah ngei ang.

ZAI (SURGERY) DAWNA HRIAT TUR PAWIMAWH TE

Vanlalfakveli,
Lairam Christian Medical Centre & Hospital

Zai hi kan taksa chung ngeia thleng tur leh paltlang ngai a nih avangin a zamawm duh em em a, a la tawng ngai lo tan pheih chuan a bangbo theih viau awm e. Chutiang chuan dam tura thih zuai a ngaih chang te hi a lo awm miao si a, hmachhawn turin in inbuatsaih phawt mai ang aw.

Zai han tih hian zai dan chi hnih a awm kan ti thei a nga; nunna chhanhimna atana hmanhmawh taka zai ngai (emergency operation) leh, hmanhmawh taka zai rum rum ngai lem lo, zai hun tur ruahman lawk (plan/elective surgery) te an ni. Zaina lai tur leh hnimhlum (pain killer) hman tur azirin inbuatsaih dan tur pawh a danglam deuh thei a nga. Tun tumah chuan Mizorama kan zai theih chin tlanglawn deuh ho atana inbuatsaih dan tlangpui leh, hriat tur pawimawh zual te sawi kan tum dawn a ni.

1. Hygenic and self preparation:

Zai tur kan ni tih kan inhriat lawk a, inbuatsaih thei

dinhmuna kan din bawk chuan, mahniin eng emaw chen a lo inbuatsaih lawk ve thei a, hetiangin:

- 1) Kar khat vel inbual thei lova kan awm dawn avangin fai taka lo inbual diam tur a ni.
- 2) Natna hrik tawm theihna ang chi, kut leh ke tin te lo cut lawk vek tur a ni.
- 3) Tunlain rajor tha tak tak a awm tawh a, mahniin zaina lai tur area leh kap vel te pawh a lo tihfai lawk theih a ni.
- 4) Nalh taka operation theater a luh hi a theih tlat loh pek a, makeup hrim hrim hman loh tur a ni. Abikin lipstick leh nail polish hnawih miah loh tur, tin leh hmui hi oxygen

tlakchham leh tlakchham loh enna a nih avangin.

5) Jewellery engmah inbel loh tur a ni a, inneih zungbun takngial pawh dahthat hrih tur.

6) Ha lem leh contact lens te pawh inzaina rooma luh dawnah lak thlak vek tur a ni.

7) Hmeichhe tan bra hren loh a tha bawk. Sam sei tan chuan a felfai zawk nan hnung lama phiar kak a tha.

8) Zai hian thisen pek a tul thut theih avangin, lo inrin lawk deuh tur a ni.

9) Ha nawhfai leh, luh dawna mouth wash han hmuam zuai te hi a tha hle.

2. Investigations:

Zai dawn hian kan taksa khawl hrang hrang leh thisen dinhmun en fiah a ngai thin a, zai tur a zirin en tur a tamin a tlem deuh thei bawk ang.

1) Routine blood exam:

Zai dawn hian thisen dinhmun enfiah ngei ngei ngai a awm a, chungte chu:

- Thisen neih tam zawng Hb kan tih mai (haemoglobin)

- Thisen chhuah hun leh, pin/tawp hun chhung rei zawng (bleeding & clotting time)

- Thisen thiamghlim leh thiamghlim loh (Screening)

- Thisena thlum tam lam (blood sugar)

- Thisen pek a tul thut theih avangin blood group hriat a ngai bawk.

- Thisen atang tho hian kal leh thin function a that leh that loh te, thisena chakna awm tur hrang hrang dinhmun en te a tul tlangpui a. Thisenah hian zai tur azirin test theih dang tamtak a awm bawk.

2) Exam dang:

ECG, X-ray, Ultrasound, Endoscope, Colonoscope, CT scan, MRI, leh thil dang tamtak tih a tul thei bawk a ni.

3. Pre & post - operative exercise:

Zai hian hun eng emaw chen che hleitheh lova awm a ngaih avangin, a theih ang anga exercise kan lak loh chuan, hemi hun chhung hian taksa a chawrchein harsatna dang tamtak a chhar belh theih a.

Chuapin exercise a hmuh that loh chuan thawhah, pneumonia leh thawkna lama harsatna hrang hrang te neih belh a awlsam em em bawk a ni. Zai hma pawhin exercise hi hun a awm chuan vawi eng emaw zat lo tih/zir lawk tur a ni.

1) Active exercise:

Zangthal zawnga mut a, ke lam join tenau atanga tanin, join hrang hrang tih tawm a, tih char leh thin tur a ni a, "O" ziak anga a kual zawnga tih chet thin bawk tur a ni. Ke zungtang, kephah, khup, mal leh chutiangin kut lam pawh tih chhoh zel tur a ni.

2) Passive exercise:

A bikin zai zawh hnuah, damlo tan exercise lak hi a harsa thin a, anmahnia an lak theih hma chu a chungka kan sawi ang khian a enkawltu ten tih tir thin tur a ni.

3) Deep breathing & coughing exercise:

Hnar atangin thaw hip luh vang vanga, hmui tipawrh deuh chungin ka atanga zawimuanga thawk chhuah leh thin tur a ni. Zaina lai hi dul bawr vel a nih

chuan kutphaha dawm chungin, khuh tur a ni a, hrawk chin chunglam choa khuh loin, thuk deuhhleka khuh tur a ni.

Kan sawi tak ang khian tum khatah vawi eng emaw zatin, nikhatah vawi thum tal emaw, a aia zing deuh pawhin tih thin tur a ni.

4) Emotional support:

Sawi takang khian kan taksa chung ngeia thleng tur leh, paltlang ngai a nih avangin zai hi a zamawm em em a, thenkhat phe chu hnimhlum harh chhuahpui theih loh hlau reng rengin rilru hreawm takin an awm a. An zam viau chuan damlo chhungte leh thawktu ten tawng thlamuan a, hnem mawlh mawlh tur a ni. An thil hriat duh te pawh thawktu te zawtin, thataka hriihfiah tur a ni a, tawngtai te pawh hian mi a ti thlamuang a, hman theih chuan a tha hle bawk.

5) Bowel & bladder preperation:

Zai dawn hian pum tihruah a ngai tlangpui a, hei hi chhan hrang hrang a awm thei a nga; pumpui leh ril chevel a khaihlak

deuh dawn avang te, harh chiang lova an luak tur pumpelhna atan te, an thil eiin pawlh buai lova thianghlim taka zai a nih theihna atan te leh thildang avang te pawhin a ni awm e. Pumpui zai turah phei chuan thua fai te pawh a ngai hial a, pum tiruak tur hian chaw nghei mai hi a tawk lo a, kaw thua/ek nemna te zai hma ni atanga lo ei lawk a ngai a, kah ek te pawh an ngai bawh thin. Thil eiloa awm hi a hreawm duh hle a, an chauh lutuk loh nan drip khai thin a ni.

Zaiah hian zun siak a ngai tlangpui bawh a, hei hi phing hliam palh lohna atan te, felfai leh thianghlim taka zai an nih theihna atan te, an chet that theih loh chhunga inthiar a samkhai zawkna atan te, zai chhehvela zun dan phung a buai deuh thin avang te, damlo zun dinhmun hriat theihna atan te leh, thil dang avang te pawhin a ni thei bawh ang.

6) Consent:

Zai pangngai chinah chuan zai rem tihna hi damlo leh hriatpuitu pakhatin hming sign a ngai thin a, damloin a sign

theih loh chuan a chhungte hnaivaiin an sign sak thei bawh. Hming sign hma hian a ziak te hi ngun taka chhiar hmasak thin tur a ni.

7) Post - operative care:

1) Zai zawha damlo an rawn nawr chhuah hian kan bawh huk thin a, hei hi a tul lem lo, thawktu te hnathawhna kan dalin kan tikhaihlak thei a, damlo boruak thianghlim kan hip khalh a, midang te kan ti phawklekin harsatna kan siam thei bawh a ni.

2) Inzaina room atanga an rawn chhuah tirh hian vawt an ti duh hle a, tuilumip pek chungchangah fimkhur tur a ni. An harh tho pawhin kawng ruh kara chiu (SA) pek ho phei chu an ke lamah pek loh tur a ni. Loh theihloha pek a tul pawhin an puan sin pawn lama dah a tha.

3) An thil ei theih dan tur Doctor ruahman ang hi zawm tur a ni. Vawikhatah chawrum a ei nghal theih loh a, tuiril atangin chaw nem, a dawtah chaw rum, hetiang hian ei chhoh tur a ni.

- 4) "Ambulation" an tih, zai zawha damlo taksa chet theih dan tur ang zela ti tura Doctor leh Nurse ten an sawi thin hi zawm tum hram a tha. Khum atanga thawh leh chet vel hi tawngpawng hlah tur a ni lo va, a tangkaiin dam hmana a ni zawk.
- 5) Zaina hmuamhma hi ni 2/3 hnuah dressing a ni tlangpui a, ni tina dressing ngai leh ngai lemlo te a awm a. A thuina hi a pangngaiiah chuan zai atanga ni - 7-na velah phelh a ni tlangpui a, a karhlaka tum 2/3 phelh ngai pawh a awm thei
- bawk. Hemi hnuah a damthat loh chuan a thuina hi phelh thoa dressing dam emaw, thui that leh pawh a tul thei bawk a ni.
- 6) Zaina hi a dam hmaa loh theih loha inbual a ngaih chuan, dressing tih hma chiaha inbual a, dressing fai leh nghal tur a ni.
- 7) Zai zawh hian thla 1-3 inkar vel chu rit lak leh hna hram thawh indim deuh tur a ni.
- 8) Damdawi in atanga chhuah hnu hian vawi khat tal emaw, a tul dan azira in checkup thin tur a ni.

II-IRIEM?

T unlapawha Medical lamsawia lapawimawhemem Penicillin an hmuhchhuah dan hi i hria em? Mi tam takin natna leh damlohna a, an thihpui thin Penicillin vanga lo tlem phah te hi!

Hun eng emaw kaltaah khan natna pun tih reh nan hian Moldy bread hian loh mang tawh thin a, mahsela hei hian natna hrik tereuh te te-hi a that tih an hre chuang lo. Hun a lo kal zel a 19 century velah scientists ho chuan hetiang molds leh bacteria hian bacteria dang a ti hlumin an thang tur a ti tawp thei tih an hmuchhuak a, hetiang substances hi 'Antibiotic' an lo vuah ta a ni. Kum 1928 vel khan English scientist pakhat Alexander Fleming chuan mold atang chuan Peaicillium tih palh thii thuina hmuchhuak ta tlat mai! hei hian Bacteria a ti hlum thei tih a ni. Chutichuan Fleming chuan he substances hi Penicillin a vuah ta a ni.

He Penicillin thatna pakhat chu mihring taksa cell dang tan a hlahawmem em lo hi a ni. Kum 1939-ah scientist ho chuan thilifim tha leh in kum 1940 vel atang khan U.S.A. ah lei theih in a bawm ta a ni.

KAL (KIDNEY) LEH KAL THLAK (KIDNEY TRANSPLANT)

Dr. Vanlalchhuangi
Medical Officer
Central Jail

PATHIANIN hmangchang fel takin mihring taksa hi a siama, taksa atanga thil tangkai tawh lo paih chhuak turin KAL a dah a ni. Kan kal pahnih chhunga thisen zam sei zawng hi km 60 vel ni in an chhut a. Puitling thisen hi litre 5-6 zet nia rin a ni a, englai pawhin litre 2 chu kalah a inthli fim reng ani. Kal chuan taksa mamawh lo leh taksa tana tha lo (toxic wastes) te paih chhuaha thisen tih thianghlim mai bakah bp te, blood sugar te pawh taksa mamawh tawk ang zela siam hna te pawh a thawk tel a. Hna tam tak chawl lova thawk reng a nih avangin chauh mai pawh a awm thin. Chi (salt) kan ei tam lutuk emaw, zuk leh hmuam leh ruih theih thil chi hrang hrang kan tih nasat te, damdawi kan ei nasat (damdawi te pawh kan ei tam lutuk chuan kan taksa tan t<r/poison a ni ve thei) te leh taksa mamawh bak thil kan ei leh in nasat chuan kan kal khan tihthianghlim hna a thawh nasat zual alo ngaih thin avangin kal chu chauh lutuk emaw chhiat a lo awlsam thin a ni.

Chhan hrang hrang vang a kal a lo chau emaw chhia a nih chuan mi thiam ten kal chu tanpui turin khawl te an lo hmu chhuak ta zel a. Thisen tithianghlima taksa thil thalo (toxic wastes) te chu paih fai thei tur DIALYSIS khawl an lo hmuchhuakte hi mamawhtu tam tak tan chuan thil hlu tak a ni. Dialysis pawh chi hrang hrang a awm a, Mizoramah chuan Haemodialysis khawl hi Civil Hospital-ah 9 (function 7) a awm a, Synod Hospital, Durtlang ah 4, Aizawl Hospital ah 2, Ebednezer Hospital-ah 3, Civil Hospital, Lunglei-ah 6 (function 2); Peritoneal dialysis, home dialysis kan tih

mai hi Mizo tam tak la mek an awm bawk a ni.

Dialysis chuan kal hnathawh (function) a puih dam theih tawh loh chin Chronic kidney disease (CKD) nei te tan chuan Kal thlak (Kidney/Renal Transplant) a lo ngai thin a. Kal thlak kan han tih hian kal tha lo kha la emaw zai chhuak kher lovin kal thar tha kha an vuah belh zawk thin a. Kal Petu (donor) nih pawh hi tih awlai lo tak a ni a, mi hrisel tha, a pek tura (recipient) nena thisen inmil (blood group..etc) te a lo ngai zel a, Test hrang hrang pal tlang hnua pass theih chauh te a lo ni a. Donor nih theih chu mi dang tana malsawmna nih mai bakah intih theih vahna tham pawh a ni reng a ni. Blood group in anglo pawh an in pek theih nan mi thiam ten damdawi te an lo siam chhuak ta zel, amaherawhchu senso chu a tam deuh a ni. Kal petu te hian a inenkawl uluk a, zuk leh hmuam, ruihtheih thila an fihlim a, taksa te an sawizawi that chuan insawiselna hi an nei

mawh kawp mai. Chhungte emaw kal petu tur nei lo tan pawh mitthi kal te a hman theih leh zel a, mahse thisen inmil bik te a ngaih avangin a dawngtu hian a nghah rei deuh te a ngai thin.

Mizo te zingah kal thlak ngai leh kal thlak tawh te pawh kan lo tam ve ta a. A chhan tam ber chu zunthlum leh bp sang avanga kal chhia te, zu in leh mei zuk nasat avanga kal chhia te, IgA nephropathy te, autoimmune disease kan tih SLE vang te a ni. Chhinchhiah theih chinah Mizo zinga kal thlak hi 222 an tling tawh a. Mizo tam berin kal thlakna atan kan pan Hospital te chu CMC, Vellore; Tagore hospital, Kolkata; Medica, Kolkata; AIIMS, New Delhi; KIMS leh Mahavir hospital, Hyderabad; Apollo hospital, New Delhi leh Kolkata te an ni.

Kal thlak theih hma hian a damlo (recipient) leh kal petu (donor) ten test chi hrang hrang, thisen leh khawl hrang hrang hmanga test tur tam tak a awm a. Hei hi an inmil leh

inmil loh mai bakah zai tur in an fit leh fit loh te check a ngai thin a. Hun pawh a duh rei hle a, hospital azirin thla 2-3 te a ni ve thin, inzai zawh hnuah pawh thla 1-3 a hospital kal dan azirin regular checkup nei a, haw lova cham a ngai bawk thin. Thenkhat chu an taksa a in fit tawk hrilh loh avanga dialysis lo lak hmasak te a ngaih thin avangin hun a duh rei leh zual a. Hospital azirin atir atanga kal thlak zawh thlengin enkawl na a senso hi nuai 10 - 15 a ni tlangpui.

Kal Petu (donor) kal Pakhat zawk leh kal atanga a duh tawh loh paih chhuahna dawt (ureter) chu la chhuakin a dawngtu (recipient) pum hnuai lam tai bawr chhak (iliac fossa) velah an zuk dah a, a dawngtu phing (urinary bladder) nen a zawm ta thin a ni. Kal awmsa te chuan kal thar chu hmelma (enemy) anga ngaia a lo hnawl (reject) loh nan damdawi man to tak tak (immunosuppressants) chu dam chung atan ei alo ngai ta bawk a ni. Thla 3 emaw, thla

6 emaw, kum khat danah te in checkup ziah a ngai bawk a, post-transplant check-up kal thlak tawh te chuan an ngaih pawimawh a tul hle a ni. Kal dawngtute hian a petute zarah kal tha kan lo neih phah ta a ni a, duat taka enkawl zui a ngai a, damdawi a hun taka ei te, ei leh in fimkhur te, tui in that te, hunbi neia thisen leh zun test te, exercise lak that te, ruih theih thil, zuk leh hmuam laka insum te, a hun taka check up a kal te hi kan tih makmawh a ni.

Kal thlak te tan Sawrkar atangin tanpuina a awm thin a, chung zinga thenkhatte chu Dr Ambedkar Medical Aid Scheme (Hei hi Civil Hospital leh DC office atangin ` 20/- in form a lak theih) te, Prime Minister's National Relief Fund (M.P ten an dil sak thei) te an ni.

Mizoramah hian Kal thlak tawh te hian association an din a, Mizo Kidney Patients Association tiin. Mahni emaw chungte tan a han zawh duh neite kan lo awm takin hruaitute hi han tarlang ila:-

President	- Pu Lalthazuala - 9436150941
Vice Presidents	- Pu R. Lalkhmtira - 7005185681 Pu Zoramsanga Ralte - 8732077255 Pu Timothy Thanchungnunga - 9436147360
Secretary	- Tv Lalthlamuana - 9856442648
Treasurer	- Pi Vanlalruati Pachuau - 9612366615
Fin. Secy.	- Pi Lalnunmawii - 9436362234

Pathianina kan taksaa thil hlu tak leh pawimawh tak, KAL min pek te hi duat takin enkawl ila, a tichhe theitu laka venhim pawimawhzia hriain tan ila thar ang u.

NU HNUTE TUI LEH DAMDAWI

Drug Information Center
Department of Pharmacy, RIPANS

Nausen tana chaw tha ber chu a nu hnute a ni tih kan hre theuh awm e. Nu hrisel tak hnute hian naute thla ruk a tlin thlenga chakna leh chaw tha a mamawh ang chu a pai kim vek a, khawvela hriselna leh naupang lama hma latu leh ngaihtuhtu pawl lian ber World Health Organisation (WHO) leh United Nations Children's Fund (UNICEF) pawhin hemi hun chung hian naute chu a nu hnute chauha chawm ni ngei se a ti a ni. Thlabi kim thlapa piang, nu hnute tui tha taka hne thin baw naupang chu natna chi hrang hrang lakah an taksa raldo khawl (immunity) a chak bik a, natna an kai har bik thin.

Tin, naupan lai atanga zunthlum/pianpui zunthlum (Juvenile Diabetes, Type-I Diabetes, zunthlum tam ber hi chu type-II Diabetes a ni) hnathawh a lang chhuak har bik a, Asthma leh Allergy	lakah an paukhauh bik baw. Hei mai hi a ni lo, mithiamte zirna atangin nausen laia nu hnute tui hne tha chuan an puitlin hunah pawh BP sang leh thau chhia an nei tlem thin tih hriat a ni baw. Nu, a fa hnena
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hnute tui pe tha chuan hnute cancer an vei theihna a hniam bawk a, nau pai leh turin an taksa a insiam tha hma bawk. Naute tan nu hnute tui hnek that a pawimawhzia mi tam zawkin kan lo hriat theihna turin World Alliance for Breastfeeding Action (WABA) chuan WHO/ UNICEF leh pawl dangte nen tangkawpin August apiangah karkhat chungh khawvel pumah World Breastfeeding Week (Naute hnena Nu Hnutetui Pek Hapta) atan a hmang hial a. Mipuite tan a tangkai beiseiin damdawi leh hnutetui chungchang hi i han tarlang ve teh ang.

Nu hrisel tak chuan hnutetui a nei tha a, a fa chuan a mamawh ang hnute tui a hmu thin, hei hian naute chu naute hrisel leh than tha tak a lo nihtir thin a ni. Mahse khawvel pianken zinga mi chu tu pawh hi hrisel lo thei, natna kai thei leh bawrhsawmna chi hrang hrangin a tlakbuak theih kan ni vek mai hi a ni a. Chumi zingah chuan nute hi an bang bik hauh lo; rai lai leh naute neih tawh

hnuah pawh an taksaah harsatna an tawk ve thei a, damdawi ei ngaiin an awm phah thei. Hnute tui tangkaizia leh hlutzia kan hriat rual hian, naute hnute tui pe mek nu tan damdawi ei chungchangah fimkhur a ngai ve em em bawk a. A chhan chu damdawi, chaw leh chaw tha siam sa (nutrient supplement) leh thil dang a ei zawng zawng deuhthaw kha a fa-in a hnek mek a hnute tuih khan a kal tel ve theih vang a ni. Chu chuan a nauteah nghawng a nei thei thin a, a tha lam zawng nghawng a neih theihna turin nau hnute tui pe laite chu ei leh inah pawh induat a pawimawh viau thin a nih hi. Chutiang chiah chuan damdawi leh a kaihhnawih nghawng duhawm lo, (adverse effect) laka naute a him theih nan fimkhur takin nuin damdawi a ei erawh a ngai ve thung bawk.

Kan sawi tawh angin nuin damdawi a ei zawng zawng deuhthaw hi tlem te tein a hnute tuih a tel thei a. Nu damdawi ei avanga nautea nghawng tha lo (adverse effect) thleng ta hi

chu a tam lo khawp mai, mahse hei hi chu a damdawi azir leh a ei hun, hnute tui a pek hun leh a dose ei zat, hnute tui a damdawi kal zat leh nu taksain damdawi a lo sawngbawl dan (pharmacokinetics) azirin a danglam thei viau thung. Miin damdawi kan ei reng reng hian kan pumpui leh rilte atangin thisen zamah a lut a, chuta tang chuan damdawi chu thinah kalin, thin in a tul anga a lo sawngbawl hnuah lungah a kal leh a, lung atang hian taksa peng hrang hrangah a kal ta thin a ni. Damdawiin hna a thawh tur ang a thawh zawh hnuah zunah, ekah, thawah leh thlan kaltlang te in taksa atanga paih chhuah a lo ni ta thin a. Hemi chungchang hi sawi thui tur a tam khawp mai a (hnute tui a damdawi a tel dan a nghawng avangin), mahse ti hian duh tawk mai ila.

Nuin damdawi a ei khan a damdawi azirin a hnute tui a tamin a tam lo thei a, damdawi thenkhat chu hnute tui a tel miah lo ve baw. Damdawi hi acid chak lo tak (weak acids) emaw, base chak

lo tak (weak base) a ni hlawm tlangpui a, chutiang zingah chuan weak base, entir nan, Erythromycin, Ciprofloxacin, Doxycycline, Chloramphenicol ang chi te hi hnute tui a an tel hma bik a, weak acid zing ami Penicillin, Amoxicillin ang chi erawh chu nu hnute a an awm ve mang lo thung. Damdawi chu thau (lipid)-ah a zawp ral hma leh hma lohin kawngro a su leh baw a, thau a zawp ral hma chi thluak lama hnathaw thei damdawi, heng depression damdawi kan tih chi hrang hrang te, damdawi ruih theih chi leh zu te hi nu hnute a chuan an tel hma em em baw. Kan thisenah hian proteins tangkai tak tak an awm nual a, chutiang zingah chuan albumin leh alpha globulin hian kan thisen zama damdawi awm ten chuan an lo in man (complex) thin a, chutianga an inzawm hnu chuan thisenah khan awm rengin taksa peng dangah damdawite chu an lut thei lo thin a, mahse taksain a mamawh dan leh a fill dan a zir in damdawi nen an in man behna chu an thlah leh mai thin

bawk a (reversible protein bound drugs). Damdawi zingah hian proteins-te nena in man chak leh tam ho (highly protein bound drugs) entir nan, Warfarin angte hi nu hnute tuih an awm tam lo viau thin. Hei bakah hian damdawi len zawng (size/molecular weight) hian kawngro a su leh bawk a, damdawi molecular weight sang tak nei ho, heparin leh insulin kan tih angte hi nu hnuteah an awm tel lem lo bawk. Damdawi chu acidic ni a, thisena proteins-te nen inman nasa tak, thaua zawp ral thei lo apiang chu hnute tuih an awm tlem dawn tihna a ni. Na chhawkna (NSAIDs, Paracetamol hi nu leh naute tan a him em em) te hi entirna zingami a ni. Damdawiin nu hnute tui atanga naupang a nghawng tha lo a neih theihna hi a damdawi hlauhawm dan azir in a danglam thei viau bawk a, entir nan, adverse/side effect nasa tak nei cancer enkawlna damdawi chite hi naute tan a hlauhawm a, tin, side effect inang nei damdawi, a bikin rilru lama harsatna nei enkawlna leh

kaih damdawite hi ei kawpin naute tan a hlauhawm zual a ni. Damdawi thenkhat chu (entirnan, desmethlyl diazepam) taksa chhungah thinin a tihdanglam tawh hnuah pawh hna la thawk fo a awm a, hei hian naute, a bikin nausen thla ruk la tling lo taksa, damdawi paih chhuahna (clearance) la chak lo takah chuan damdawi kha taksa awm hun chung a tirei thei a, hei hian nghawng tha lo siam theihna a tisang em em a, natna benvawn vei nu chuan damdawi ei reng a lo ngai a, hei vang hian fimkhur zual em em tur a ni. Damdawi zingah chuan a hipa hip luh chi leh vun a hnawih chi hi naute tan a him ber a ni.

Engtin nge naute chu damdawi laka him thei ang berin kan siam ang?

1. Mi thiam chawh a nih loh chuan tul lovah damdawi ei mai loh tur.
2. Thlai atanga damdawi siam (herbal drugs) hi an him leh him loh zirchianna mumal tak a tam loh avangin ei loh hram a tha.

3. Nu leh naute hriselnain a thatpui theih dan tur leh a hlauhawm dan khaikhinin uluk taka damdawi hman thin tur a ni.

4. Raipuarin fa a hrin dawn hnaihah uluk takin damdawi ei a neih chuan enfiah thin tur a ni.

5. Damdawi hman dawn reng rengin uluk taka zir chiangin, hnute tuia kal tam lo ber damdawi a theih anga hman thin tur a ni.

6. Damdawi chhuak thar tha tak a awm a nih pawhin, a tlukupui tho, naute tana him tawk tih hriat sa hman hram tur a ni.

7. Nautea nghawng tha lo awmtir thei, naute hrisel lohna chi hrang hrang, thla kim lova piang leh nu damdawi ei chi hrang hrangte fimkhur taka zir chian thin tur a ni.

Kan tarlan tak zawng zawng bakah hian nausen leh naute kum khat la tling lovah hian an thil ei leh in reng rengte chu pum leh rilah te an awm chung a rei bik a, kal leh thin hnathawh a la puitling lo baw. Hei bakah hian thisena protein (albumin, etc.) a la tam tawk

loh avangin damdawi an ei/in leh nu hnute tui atanga an taksaa lutten nghawng tha lo an thlen theihna hi puitling aiin a sang bik baw. Naute chawm lai nuin damdawi a hman tam zawk hi naute tana hlauhawm lem loh an nih laiin damdawi thenkhat, nau hnute tui pe lai tana fimkhur ngaih zualnate han tarlang ila:

1. Cancer damdawi hrang hrang hi naute tan a him lo thei a, chuvang chuan hetiang hmang tan chuan naute hnute hnektir loh tur a ni. Radiation pe chhuak thei damdawi (radioactive substances) hman/ei a nih chuan hnute tui pek rih loh tur a ni.

2. Kaih leh depression damdawi hman reng rengin nautein hnute a hnek zawhin a mut a chhuak zual em tih leh, hnute a hnek duh loh phah em tih en thlithlai reng tur a ni.

3. Nauteah nghawng tha lo a nei thei tih hriat chian antibiotics Chlaramphenicol, Tetracyclines, Metronidazole, leh Quinolones (Ciprofloxacin, Ofloxacin, etc.)-te hi a theih chin chinah hman loh a tha.

4. Sulphamethoxazole + Trimethoprim (Co-Trixmolaxole, Bactrim, etc.) leh Dapsone hman hian nauteah mitliam a thlen theih avangin uluk takin naute thli thlai tur a ni.

5. Hmeichhe indanna damdawi estrogen tel, zun tamna (thiazide diuretics) leh hmeichhiain nau an neih zawha thi put tam lutuk venna ergometrine damdawite hian hnute tui a titem emaw, a insiam tur a titawp thei; hman a nih chuan fimkhur hle tur a ni.

Kan sawi tawh angin damdawi tam zawk hi naute chawm lai nuin a ei a him em em a, mahse kan hman dawn a nih chuan fimkhur taka hman tur a ni thung. Kan damdawi hman lar zualpui, nu leh nausen/naute hnute hne laite tana him em em te tlem han tarlang leh ila:

1. Na chhawkna chi hrang hrang, heng Paracetamol (Calpol, Dolo, Larkin, Fenceta, etc.), Aspirin, Ibuprofen (Brufen), Morphine leh Pethidine te hi a tui huna reilote chung hman a nihin a him.

2. Antibiotics zingah chuan Penicillin, Amoxicillin, Erythromycin, Cloxacillin te hi him tawka ngaih a ni.

3. TB damdawi, malaria damdawi (Mefloquine tel lovin), rulhut hlo leh Fungus natna hrik avanga vun natna chi hrang hrang enkawl na atana hman Clotrimazole, Itraconazole, Fluconazole te pawh him tawkah ngaih a ni.

4. Thisen sang damdawi chi hrang hrang, zunthlum damdawi, allergy damdawi, pum lam enkawl na damdawi chi hrang hrang, asthma leh chuap lam harsatna enkawl na damdawi leh na chhawkna tha tak mai glucocorticoids te pawh dose pangngaia eiin a him viau bawk.

5. Iron, vitamins leh chaw tha pai damdawi chi hrang hrangte hi a nih dan pangngai taka ei chuan naute tan a him a, nu tan pawh a tha em em bawk.

Damdawi chi hrang hrang a tam a, a then chu dose khat chauha hman a him tawka; hman

nawn loh hram tha. Entir nan, Morphine, Diazepam, Promethazine, etc. te hi hman nawn a nih dawn chuan naute-ah damdawi nghawng duhawm lo a awm em tih uluk taka en thin tur a ni. Damdawi tam zawk hi him mah se damdawi tam tak hi a him leh him lohna finfiah theih loh (data la tlem avangin) te pawh a awm bawk. Fimkhur takin damdawi hmang

la, damdawi i ei dawnin a theih chin chinah mithiamrawn thin la, Drug Information Centre, RIPANS te hi lo hmang tangkai ve thin ang che. Nang leh i fa, i chhungte hriselna hi i kutah thui tak a innghat a ni.

(He article hi The Mizoram Pharmacist 2016 - 2017 atanga lakchhawn a ni a, chhuahchhawn min phalsak avangin kan lawm hle a ni)

TB ZAWHNA

Dr. Lalremruata MD (Pul Med)
District TB Centre, Falkawn

TB hi khawvela natna upa ber pawl a ni a. Tunlai thiamna sang ber pawhin a la um bo thei loh natna a ni. Khawvel pumah kum tin TB vangin mi nuai 16, vel an thi a, India ramah ni tinin mi 6000-in an vei thar zel a, mi 600 aia tamin an thih phah bawk. Mizoram-ah pawh kumtin mi 2000 vel TB vei hmuhchhuah a ni.

TB chungchanga zawhna lar leh pawimawh zualte han chhang dawn ila.

Eng TB ber nge ka vei

TB veina hmun azirin; chuap TB leh chuap pawn lam TB, thalbe, pum, thluak, etc..

TB vei tawh dan azirin; TB vei thar leh TB damdawi

thla khat aia tam ei tawh TB vei nawn leh te.

TB hrikin damdawi a huat dan azirin; TB damdawi pangngaia dam thei leh TB damdawi pawimawh haw lo, MDR leh XDR TB te.

TB chu engtia in kai chhawn nge Chuap TB veiin TB hrik te hi boruakah a khak

si per 'droplets' hmangin a theh darh a, a khuh emaw, a zai emaw, a hahchhiauw emaw, a nuh zawng tein heng droplets te hi a lo chhuak thin a ni.

TB hrik kan taksa a luh hian TB kan vei nghal tihna a ni em?

TB hrik kai mah ila, a tlangpuiin kan taksa in lo do letin a lo that chimit thin, a nih loh pawhin taksa sipaiten hrik te chu inthlah pung thei loin a siam a, natna vei loin kan awm thei a ni. Hetia TB hrik kan pai reng chuan, ruihhlo emaw, natna vang emaw a kan taksa chak loh hunah hrikte chu lo inthlah pungin taksaah pan an siam a, TB natna kan lo vei thin a ni.

TB natna chu engtin nge a lo lan chhuah thin?

TB hi taksa khawi laiah pawh, tin leh sam tih lohah chuan a awm thei a. A awmna hmun azirin chi hrang hrangin a lang chhuak thin. Chuap TB leh chuap a tui tling, thalbe TB leh Ril TB te hi a lar zual te an ni.

A tlangpuiin, tlai lama khawsik, rihna tla hniam, chaw ei tui lo, chau, muthilh laia thlan chhuak nasa, khuh hnawk emaw, khuh ro, khak thi, thawk harsa, thalbe puam emaw pum puar leh a dang tein a lang chhuak thin.

TB ka vei leh vei loh engtin nge ka inhriat ang?

TB natna lan chhuah dan hrang hrang a chung a kan rawn tarlan takte khi kan lo nei emaw, inrinhlehna kan nei chuan TB center-ah emaw damdawi in hnai berah kan inentir tur a ni a, thawktuten a tul ang ang min lo tihsak mai dawn a ni.

Chuap TB vei nia rinhleh chu khak exam ngei tur a ni a, khaka hmuh loh a nih chuan a tul dang, entir nan, x ray te leh thil tul dang tih a ngai thin bawk.

Chuapah emaw, pum a tui tling chu a tui lak chhuah a, exam tur a ni a, thalbe bawkah chuan a them lak chhuah a, exam tur a ni bawk.

TB hrik hmuhchhuah hi thil awlsam tak a ni lo va, chu bawkah natna chi hrang hrang

angin a lo lanchhuah theih bawk avangin TB hmuhchhuah hi thawktute tan chona lian tak a tling a ni. Test chi hrang hrang result lak khawm a uluk taka ngaihdan siam a tul chang a tam khawp mai.

TB hmuhchhuah nan eng hmanrua te nge awm

Microscopy, Fluorescent microscopy, CBNAAT, LPA, Culture, Biopsy, FNAC, Xray, CT Scan leh a dangte hman thin a ni.

Mizoramah hian LPA leh culture tih loh hi chu kan neiin hman mek a ni a. LPA leh culture te pawh hi tun hnaiah nei turin room buatsaih mek a ni.

TB vei awlsam bik an awm em?

Zuk leh hmuam ti nasa, ruih theih thil tih ching te, chhungkaw zinga TB vei awm te, pindan up taka cheng thin te, damdawi ina thawk te, HIV, zunthlum leh cancer vei te hian TB an vei sam bik.

Engtia inenkawl tur nge?

Kan ramah chuan RNTCP hi TB enkawlina lamah

mawhphurtu ber niin TB vei te hmuhchhuah, enkawl, damdawi ei lai leh ei zawh hnu thlenga en zui, mipui leh damdawi lam thiamte hnena TB chungchang hriih hriat te bakah report, record vawngtu a ni a, private doctor leh hospital te nen a inthlun zawm bawk.

TB kan vei a nih chuan TB centre-ah emaw, damdawi in hnai ber hnenah kan in-report tur a ni a, anni hian thil tul ang ang min lo tihsak mai dawn a ni.

TB damdawi hian side effect a nei em?

Pum nuam lo, luak chhuak, chau, vun thak, vual, bawl leh pⁿ te, thin chak lo leh mitliam, kal tha lo, mit fiah lo te, bengchhet te a thlen thei a. TB damdawi ei laia insawiselna a awm phawt chuan mahni thua tawp mai lovin 'doctor hnenah inentir vat tur' a ni. Heng harsatnate hi dam lohna dang lo nei sa, kum upa lam te, zuk leh hmuam, ruihhlo ti miteah a awm duh bik. TB damdawi ei vanga

harsatna lian tham nei chu mi tlem te chauh an ni.

TB damlote tan sawrkarin hamthatna a siamsak te

TB damdawi hi a thlawn veka sem a nih bakah TB damlote tan hian tanpuina (nutritional support) thla tin Direct Benefit Transfer hmangin ` 500 pek tur a ni a. Tin, damdawi a course kima in ei zawhin lawmman atan ` 750 an dawng thei bawk. He tanpuina hian 1st April 2018 atanga TB damdawi la tharte a huam ang. Heng hamthatna dawng thei tur hian damloten an bank account number TB center-ah an thehlut ngei ngei tur a ni.

MDR-TB hi eng nge ni

Multi-Drug Resistant TB (MDR) chu TB Damdawi pawimawh ber pahnih- Isoniazid leh Rifampicin-in a tihdam ilieih loh TB veite hi an ni. Damdawi pawh thla 24 emaw thla -11 chhung ei a ngai.

Engvangin nge MDR-TB chu a lo awm

1. Damloin damdawi a ei tur ang a ei that loh avangin.

2. Damdawi ei mumal loh leh ei tluantlin loh avangin.

3. MDR-TB vei hnen atanga TB kaiin.

4. Damdawi dik lo leh inenkawlna dik tawk lo avangin.

5. Damdawi quality tha lo ei vangin.

X-DR hi eng nge ni?

TB hrik, TB damdawi pawimawh chi li-in a tihdam theih loh TB veite hi XDR TB chu an ni. MDR-TB vei ten damdawi an ei that lohvin emaw, XDR TB vei te hnen atanga TB kaiin XDR a vei theih.

MDR/XDR TB enkawlna hmun bik kan nei em?

MDR-TB/XDR TB damlo enkawlna hi Mizorama-ah chuan DR-TB centre, Falkawnah leh Kolasib-ah a awm a. Hetah hian treatment lak tan tirh chhung kar khat vei enkawl thin an ni a. A bak chu mahni in lamah inenkawl theih a ni. MDR/XDR TB enkawlna hi district tinah hawn tura hma lak mek a ni.

Falkawn DRTB center hi Nodal DRTB center-ah hlan kai tawh a ni a, Aizawl district- a MDR/XDR TB vei te bakah district danga damlo na zualte refer-na hmun atan tihchangtlun tur a ni.

TB tihtlem nana thil pawimawhte

TB vei nia inrinhlelh nachang hriat.

TB finfiah thuai a, damdawi ei tan vat.

Damdawi course a tluan a ei.

Khuh/hahchhiau laiin hmui rawmawl- a hup.

TB vei awmna inah boruak inthlak zung zung thei tura tukverh, ventilation te hawn tur a ni.

Khak chhak mai mai loin, a bur bik neih tur.

TB khaka hrik hmuh chungkuuaa chenpui naupang

kum 6 hnuai lamte TB venna damdawi pek tur.

Nausen zawng zawng TB danna (BCG vaccine) pek.

Hengte hi hre reng ila

TB hi natna hluar tak a ni a, TB vei nia kan inrinhlelh chuan inentir vat tur a ni.

TB natna kan lo vei a nih chuan mi dang kai chhawng lo tura fimkhur a, damdawi tha taka ei tur a ni a.

Damdawi ei hun chung ei zawh ngei ngei tur a ni.

Zu, zuk leh hmuam leh taksa ti chak lo thei lakah inthiarfihlim tur a ni.

Damdawi ei laia harsatna kan neih chuan, mahni thua ti tawp mai lovin, a enkawltute rawn vat tur a ni.

Damdawi ei that loh chuan TB hi natna enkawl har takah a chang theiin, thihpui theih a ni.

I Fa chu alo pian veleh Hnute pe nghal ang che.

Nu hnute tui hi nausen tan chaw tha ber a ni

I Fa chu thla 6 a thlin thlengin Nu hnute tui a tawk

Hnute pek hi zing lua a awm lo

MIZORAMA NATNA LEH THIHNA TAM TA LUTUK HI

Reuben Lalnunthara Hnamte

THIHNA hi mi tupawhin kan hmabak leh kan tawh tur chu a ni a. Tu man kan pumpelh theih loh a ni. Kan Bible pawhin mihring dam chen chu kum-70 a ni a, chakna avangin kum -80 pawh a ni thei e, a ti chauh reng a ni. Nimahsela, chutih rual chuan vanglaia boral leh thi kan tam lutuk erawh hi zawng a rapthlak lam deuh chu a ni. Kan duh vang reng a thi nimah suh ila, kawng tam tak hi chu kan inveng thei tih erawh a chiang a ni. Vanduaina hrim hrim chu a awm teh meuh mai, mahse, a tamber hi chu kan fimkhur tawk loh leh nun kan uluk loh vang a ni ber.

Tripura, Agartala khaw-puih kum 3 lek kan zu awm chung khan mitthi hi ka hre tam lo hle mai. Natna mak tak tak te chu a awm, Cancerte leh natna chi hrang hrang pawh a awm ngei mai, mah se, Mizoram ang em em hi chu a niin ka hre lo. Khawpuia cheng mihring khu keini aia a leta tam daih an ni a, thihna lamah erawh kan khum zak thung. Zu leh ruihhlo avanga thi Vaiho zingah phei khu chuan an awm pawh ka hre meuh lo. Mizorama thla sarh vel kan awm leh chung pawh hian Aizawl khawchhunga mitthi tam dan em em mai chu a mak

ka ti. Phungthluk tak tak dawn phei chuan mahni hna thawk hman lo lek a kalna tur hi a awm a ni.

Natna tam dan em em mai te hi a rapthlak lam deuh a ni. Kum upa lam mitthi kan neih hi chu Cancer a nih loh chuan Thisen sang, Zunthlum a ni deuh zel bawk a. Thalai lam thi kan hriat lah - Overdose, zu vang leh mahni intihlum an tamber zel bawk a. Christian ram a heti em em a natna leh thihna tam mai hi kan in enlet deuh chu a ngai a ni mai lo maw? Christian ram te chu hrisel a damrei awm zawk tak kan nih lai hian a letling ta hlauh zawk

si a ni. Hreiselna chung changah hian Khawtlang leh School-ah te pawh inzirtirna tam zawk hi chu kan mamawh hlein ka hria. Kan hrisel loh leh damrei loh em em nachhan ka hmuh dan tlem ka'n tarlang ve ang e.

Zuk leh hmuam kan ti nasa lutuk

Meizial, kuhva, khaini, tuibur, sahdah te hi kan ti nasa em em mai a. A mal chauh pawh hian mihring tana hlauhawm vek an nih rual hian mi thenkhat chuan a zavaia ti te kan awm nawk a. Kan chhungkaw economics thlengin a khawih a. Kan taksa hriselna a khawih chhe em em bawk a ni. Chhungtin maiah hian pumpuina nei hi kan awm vek emaw tih tur a ni. Heng thilte hi taksa tana tangkaina nei lem lo, kan addict tlat tawh thil a ni a, Zu leh damdawi hmansual lo chhuahna bul pawh hi Meizial leh sahdah, khaini te hi a ni. Meizial zu miah lo zu ngawl vei leh damdawi ngawl vei an tam lo khawp ang.

Heng zuk leh hmuam kan ti nasa hian min titawp bawk

a. Office leh vantlang hmun tam takah kuhva chhak senna hnu tawp tak tak hmuh tur a tam a, hei hian kan ram leh kan khawpuite hi a titawp em em a ni. Meizial bung lah kan paih mai mai bawk a. Kuhva eina ka dum hemhuama Pa zahawm leh nu zahawmpui maite kan han tawng tulh tulh te hi a mawilo the mai nia, TV a a lo lan phei hi chuan mawilo tak a ni.

Ei leh In kan uluk lo

Kan sawi tawh angin Mizote hi ei leh in uluk lo tak mai kan ni a. Kan hmuh theih apiang hi mi thenkhat chuan ei kan tum emaw tih tur a ni. Pathian chuan a hnam thlan Israel fa te chu an lo hrisela an damrei theihna turin ei leh In tur engkim a ruahman sak a ni. Sa te hi a hang thei ang bera ei kan duh a. Ruaisa hang tak han ei phei hi chuan a nghawng hi a na thei hle. Mi tam tak chu kan hahdam tawh si a, vawksa, bawngsa thau kan ngam ropui mai si a, mihring tana a hlauhawmzia hi kan hre peihlo a ni ber.

Vai ho khuan ar hi reitak vulh a hrisel lo an ti a, thlakhat

lek lek in an talha an ei thin a, a vun an ei ngai lo bawk. A tirah chuan ei hrehawm kan ti deuh mahse, a lo reia a lo tha zawk phian tih kan hre ta a. Israel ho khuan sa an ei dawnin, zankhat emaw chi tuiah an chiah phawt thin. Mizote chuan sa kan ei nasa si a, kan eidan kan uluk si lova, hei hian natna tamtak a thlen.

Zu leh ruihhlo a hluar ta lutuk

Hmanlai kan pi leh pu te pawh khan zu hi chu an lo in thin ngei mai. Mahse, buaina siam nan leh chhiat phah nana an hman kan hre lem lo. An zu in pawh kha a thianglim a, tunlai zu nen chuan in anglo tak a ni. Mizo hi chu zu in chi kan ni lo, rui hnapa in kan tum mai a, bakah mi thenkhat chuan an ruih tawh chuan buaina siam an tum ngei bawk. Agartalah khuan zu dawr chu a tam khawp mai, duh duh an lei mai a. Mahse, tu mah khawlaia zurui a pai \uang \uang hmuh tur an awm mang lo, buaina siam phei chu an awm ngai lo. Buaina an siam a nih chuan an beng hrep mai ni.

Tunlai zu chu a ngawl pawh an vei hman ta lo; ngawl vei hma in an thi zel emaw tih tur a ni ta. Hei hian mi mal, khawtlang leh kan ram min tichhiain, min timawilo em em mai a ni. Drugs Addict lah amak amakin an pung ta mai a, tun hmaa a ruk a ti \awk \awk thin khan tunah chuan khawlaiah leh mi hmuha tih pawh an zak ta lo a ni. Hei hi zofate hian tangruala kan do loh chuan natna leh thihna bakah, kan ram min tichhe mek a ni. Ruihhloin kan ram min run mek a, hengte hi engtinge hneh tura kan beih ang? A hun lo a thi thalai kan tam ta hle mai a, nupui pasal nei theilo tur, chi thlah theilo tur kan pung ta zel nih hi.

Kan ram chu silai leh ralthuamin min do lo va, ruihlo hmangin min suat mek a ni. Hengte hi Zofate hian tangruala a beihlet dan tur kan ngaihtuah takzet a tul ta; kan tlai ta mah mahin ka hre tawh. Mahse, kan la kan la inveng thei a, Baal hmaa thingthi ngailo mi tam tak kan nei si a. Ruihhlo bawiha t^ng mekte chhanchhuak tur

leh, ruihhlo beilet tur hian pheikhai rual taka ke kan pen za a ngai ta a ni.

Zofate hi Pathianin a chanchin\ha puangdarh tura a kohte kan ni a. Christian ram inti ngam khawpa Pathian thu duh kan ni. Mahse, heng min

tichhe tur hian sual chuan nasa takin min bei a, chumi beilet tur chuan chhungkua, khawtlang Kohhran leh Sorkarte kan tanrual a ngai. Kan ram kan hnam hi i hmangaih ang u; chumi thatna tur chuan i inhuam takzet ang u.

FIRST AID (Doctor awmlohna hmunah)

KHAWLUM LUTUK VANGA THIL THLENG THUT AWM THEI TE (HEAT HAZARDS)

Heat Cramp :- Khawlum lutuk avanga taksa khawi lai emaw aikhirh hi a ni a, khawlum vanglai a miin hna a thawhhah a, a thlan tui te a chhuah nasat hle chuan ke emaw, pum vel emaw nasa takin a aikhirh thin a ni. Hei hi taksa atanga tui al a chhuah tam lutuk vanga taksa in al lam a tlakchham vang a ni.

Enkawl dan : Tui liter khatah chi thirfian khat pawlh a, in tir tur a ni.

Heat Syncope (Lum lutuk vanga chauh):- Khawlum lutuk laia miin hna nasa taka a thawh a, a thlan te alo chhuah nasat a, a lo chauh chuan a lo

dangin alo hle ang a, thidang tur ang maiin an awm thin a ni. A vun te pawh a vawt hn^wng chuap ang a, a marphu pawh a chak lo hle ang a, mahse a marphu chu a rang zawk thung ang.

A enkawl dan: Hmun daih muttir la, a ke lam chu kam sang la, zut ang che. Tui al intir bawk la, tui chu liter khatah fian khat pawlh tur a ni. Nikhawhrela a nih chuan tui al pawh ni se engmah eitirin intir suh.

Heat Exhaustion or Heat Stroke (Khawlum lutuk rui): Lum lutuk vanga ruih emaw, tluk emaw hi thil awm zen zen

lo a ni a, mahse hetiang a ilo awm palh hlauh a nih chuan hlauhawm a ni tih hriat a tha. Tar lamah leh zu seh ho zingah hetiang hi a awm duh bik a ni.

A hriat theihna te: Vun chu a sen \un a, a sa em em a, a ro hle bawk a, mahse zakhnuai vel te chu a hn^wng chuap thung. Taksa pum chu khawsik sang tak angin a sa em em a, a chang chuan 42 Degree Centigrade te pawh a pel hial thei a ni. Hetianga mi an lo awm chuan nikhawhrelain an tlu mai thin a ni.

Enkawl dan: Pangsa em em chu rang taka tihhniam vat tur a ni. Daihlmah muttir la, tuivawtin dep vat ang che. A awm remchan theih chuan vur tui a deh a tha. Tin, hmaizah in zap bawk la, Damdawi in panpui thuai tur a ni.

Lum lutuk vanga chau leh Lum lutuk avanga chaute chu hetiang hian i thlir hrang thei ang.

Lum lutuk vanga chau te chu anthlan tui a nasa in a dang a, an vun a vawt bawk thin. An

mit naute a lo lian a, an chau in an chaklo a, khawsik erawh an neih phah lem lo a ni.

Lum lutuk vanga nikhawhrela chu vun a ro a, vun a sen tun a, vun a sa em em a, zakhnuai vel a hnawng chuap thin. Khawsik a sang a, nikhaw hrela in an awm bawk a ni.

HLIAM NASA A THI CHHUAK TIH TAWP DAN:

1. A hliam awmna lai chu ti sang rawh.
2. Puan fai takin a hliam lai chu nem la, puan a awm loh pawhin i kutin nem ang che. A thi a tawp hma chu nem ang che.
3. A thi chu i nem pawh a, reh mai lova, thisen a chhuah nasat hle si chuan hetiang hian ti ang che:
 - * A hliam lai chu nem chhunzawm zel tho la
 - * A hliam lai chu a theih anga sang ah chawikang ang che.
 - * A hliamna lai kha tawn khal tur a ni a, a thi a tawp

theih nan tawn nghet ang che. A tawn nan hian puan thleh emaw, kawngghren emaw hmang la, a tawna hi hlai tawk a ni tur a ni. Hruì emaw, hruì hriual emaw hmang suh ang che.

HNAR THI ENKAWL DAN

Thuttir hle hle rawh

Minute 10 chhung vel chu a thi a reh hma chuan hmet ping ang che.

Heti chung pawh a ala reh mai thei lo a nih chuan lapaw thianghlim kha hydrogen peroxide tih huh in lak chhuah leh awlsam turin hnar thi chu hnawh ang che. Hydrogen Peroxide hi a awm lo a nih chuan Vaseline emaw, Cardon Cactus hnai emaw, Lidocaine leh Epinephrine emaw a tihuh in awlsam tak a phawi leh mai turin hnar chu hnawh tur a ni.

Hnar thi chu a reh hnuah darkar 1 emaw, a aia rei deuh emaw a nih thlengin lapua

chuan hnawh zui la, la thla mai suh ang che. A reh hnuah fimkhur takin i hnar hnawhna chu i la thla dawn nia.

Hnar thi ching tak a nih chuan Vaseline tlem hnar chhungah chuan ni tin vawi 2 tat thin ang che.

Serthlum te, sapbawk-bawn te leh thei dang ei tam hian thisen zam a tichak in hnar thi chu a ti ziaawm thei a ni.

Upa lam te hian hnar thi hi an nei duh hle a, a lo thi na pawh hi hrawk tawp atangin a ni fo mai, a hnar hmeh pin ngawt hian hnar thi hi chu a tireh mai lova, hetiang a upa lam hnar a lo thi chuan saidawium chhin (Cork) emaw, thil dang hetiang lam deuh chu sehtir la, hma lamah kun tir ang che. A thi a reh hma chuan engmah lem lo turin hrih la, hetiang hian thisen lem tur a veng a ni. Tin, thikhar pawh a insiam ran phah thei a ni. I hnar a thi fo a nih chuan i Blood Pressure (BP) check-tir ang che.

OFFICE A THAWK ZAWNG ZAWNG AN CANCER MAI MAI TAWH LO ANG

Dr. Thangchungnunga, M.S (Ortho)

Tunlaiah finna leh khawl thar \ha zawk leh mi fing zawk an lo chhuak tam telh telh a, thil nih dan pawh a dang ta zut mai. Tunhma, kum 1980 hma lama thingpui thlum paw in thei kha an in ti thei in, mi hausa deuh leh officer ho neih tur deuh a ngaih a ni a. Tunah chuan thingpui leh bawngnute leh chini (Thingpui pawthlum) hi pum in a ngeih vak lem lo tih an hmu chhuak leh ta a. Thingpui sen hang in kan in tihmuh leh ta. Tunhma, kum 1993 vel a ka sawi fo \hin, thingpui sen hang in hi a \ha tih kha, tunah chuan scientist ten a \hat zia an rawn hmu chhuak hnem ta hle a. Amah hi taksa, natna tinreng laka vengtu, Anti-oxydant \ha lutuk a ni tih an hre ta a. Times of India, 2018 a chhuak pakhatah pawh khan eng cancer pawh a veng thei, cancer theihna i ei, i hmuam in, i in lui nghek nghek a nih loh chuan.

I hriat duh chuan kan multi- vitamins company \ha siamah chuan, a composition en la, number thumna velah, green tea leaves extract (thingpui sen hang tihna) a awm awm zel ang. Facial tihna a an thil diak hmanah pawh hian a awm deuh zel. Tin, company \ha, Vestige, Amway, Sunrider tih leh a dang pawh a tam, heng ho ah hian an Vitamins emaw chaw \ha chi ah chuan i hmu zel tawh ang.

Office-ah i thawk tir lam a la nih chuan i hun zawng zawng, kum sawmthum aia tlem lo chu ni hmu ngai lo in nilengin i \hu \hin dawn a, chuvangin thingpui sen hang no nga mai nilo a tam thei ang ber nitin in tum la, i fa te pawh zirtir ang che, cancer laka inven nan a tawk a ni. Tunah phei chuan tunhma a, a \hatna ka ziah zin em vangin Aizawl office tam ber hi chuan an in ta deuh vek mai.

Green tea an tih a pack sa, a sen a in tur a an siam bik te hi a \ha hlei hlei a, mi nazawng in an lei theih loh avangin kan sawi uar lo mai a ni. Thingpui lam chi, phan te thleng pawh in a \ha em em vek. Chuvangin in office ah mitin, officer chauh nilo in, thingpui sen hang hi lo in tam ula, cancer lakah in inveng reng a ni mai. ■

Dr. Elizabeth Niang Tawi Mang
Psychiatric Social Worker
District Mental Health Programme
Champhai

Rilru hriselna kawngah Mizote hi kan \hangharh sawt viau niin a lang a. Harsatna kan neihin mi thiam zawkte r^wn a, pan nachang kan hre tawh a, a lawmawm hle. Amaherawhchu mipui nawlpui hian rilru natna chungchang hi kan la hmehriat lutuk lo niin a lang; a bik takin thingtlang lama chengteah. Heng rilru natna chi hrang hrang te hi kan hmehriat a, enkawlna kan dawn hma chuan tihdam harsa lem lote an ni a, kan ngaihthah emaw enkawlna kan dawn vat loh chuan natna benvawn-ah a in siam thei a ni.

Rilru natna hian kan taksa mai bakah kan rilru leh nitin khawsakna kawng hrang hrangah te harsatna min thlen \hin a. Mi tam zawk chuan hlauhate, zamnate, mang-chhiate an nei nasa hle. Thawhah leh thawchham lek lek ten an awm a, heng te avang hian an nun a derthawng \hin. Tin, \henkhat ve thung chu tum mumal nei lovin an awm a, nun nguai leh hlim lo takin an hun an hmang a, an thinchhe thei hle bawk.

Rilru natna \henkhat hi chu damdawi ei \hat leh

Psychotherapy nen a \ang-kawp chuan an dam ve leh mai thei a. Natna \henkhat thluak lam khawih chi erawh hi chuan damdawi ei bakah rehabilitation an mamawh tel \hin. Entir nan: Schizophrenia natna benvawn vei ang chi te hian an damloh hmaa an mizia an luah pha lo fo \hin. Chuvang chuan rehabilitation an mamawh \hin a ni.

Psychiatric rehabilitation chu eng nge ni?

Rilru natna avanga rilru leh khawsak phunga mi pangngai dinhmun luah zo lo te \anpuina

a ni ber. Ni tin khawsak kawngah an mahni an in enkawl theih nan zirtirna hrang hrang pek an ni a. Rilru natna nei ten an thil thiam tawh sa te an theihngilh emaw, tih nachang an hriat loh \hin avangin training an mamawh leh \hin. An mamawh dan a zir in zirtirna kawng hrang hrang pek \hin an ni. Psychiatric rehabilitation peng hrang hrang te chu:-

Vocational Rehabilitation

Vocational Rehabilitation hi Psychiatric rehabilitation-ah a pawimawh hle. A chhan chu rilru natna nei \henkhatte hian an thil zir thiam tawh sate an theihngilhinzirtir nawn leh te an ngai \hin a. Tin, thiam thil an neih hi hna zawn nan a \angkai mai bakah mahni inrintawkna a siam a, an nat leh theihna chance nasa takin a tihnam bawk.

Social Skills Rehabilitation

Rilru lama harsatna neite hian mi zing a khawsakte, a huho a nun te, mi kawm leh midang nen a inbiangbiak kawngah buaina an tawk fo a. Midang mitmeng va pawh

ngam lohte, miin an biak a chhan mai loh emaw chhan lawk lohte, hmelhmang maksak tak put te leh mi mitmei te an hrethiam lova, a huhova awmnaah chetlak ngaihna hre lovin emaw an muangchang \hin. Hengte avang hian Social Skills Training/Behavioural Skills Training an mamawh \hin. Damlo chu mi biangbiakte, midang nen a inkawmte, midang mitmei awmziate, \hian siam dante lemchan (Role play) hmang ten zirtirna pek \hin an ni.

Rehabilitation chuan mi va pan a va biak te, va titi puite, titi chhunzawm zelte, mahni tui zawng hriat te leh midang titi duhzawng hriat sak dan te a zirtirna pek \hin a ni. A awmzia chu mi kawm leh titi pui ka thiam loh chuan keimah ringawt ka in ngaihtuah ang a, midang in an sawi tum ka hrethiam lovang. Chuvang chuan midang ka va pawh a, ka va biak hian eng nge ka biak chhan? Kan ti ti hian eng nge rah chhuah a neih ang? Ka va ti ti pui a khan eng nge a

beisei tihte hi rilru natna nei chuan an hrethiam \hin lo a ni.

Faina leh thianghlimna an tlakchham \hin avangin zirtirna pek tel \hin an ni a. Mahni in bual fai leh in sil faite, thawmhnaw thlak te, ei leh in hrisel pawimawhna chungchang leh eirawngbawl leh chaw ei siam dan thleng in training pek an ni.

Rilru natna benvawn neite hian harsatna an hmachhawn in sut kian dan an thiam lo fo a. Harsatna hmachhawn dan leh a sutkian dan kawng awm te zirtir an ngai fo a ni. A hmasa berin harsatna an nei tih an pawm a, chumi su kiang tur a kawng awm ang ang te ngaihtuah chhuah dan zirtir a \ul bawk a ni.

Family Therapy (Chhungkaw Pawimawhna)

Rilru natna nei ten an dinhmun pangngai an rawn luah leh nan chhungkua in dinhmun pawimawh tak a luah a. Damlo natna leh a natdante an hriatthiam hi damlo an enkawlina kawngah kawngro a su thui em em a ni. Tin, damlo

natna avangin chhungkua hian rilru manganna leh chianate, beidawnna te leh in chhungkhur inrelbawlina kawng chenin danglamna a thlen lo thei lova. Buaina karah pawh chhungkua in dam lo chu rilru fim tak leh beiseina nen an enkawl theih nan mithiamte (Psychiatrist, Clinical Psychologist, Psychiatric Social Worker) nen inbe pawp reng a thurawn an dawn ve reng hi a pawimawh a ni.

Chhungkuaah rilru natna nei an awm chuan a damlo mai bakah a chhungte khan enhranna leh endawngna an tawk \hin a, rilru natna nei chu engvang a hetiang natna nei nge ni ang tiin thenawm khawvengten kan lo inrinsiak \hin. A \henin an sual vang emaw Pathian thu an awih loh vang emaw, ramhuai hnathawh emawah te kan ngai fo \hin. Hengte avang hian natna dang aiin miin kan hlau in kan zahpui chawk.

Heng zawng zawngte avang hian chhungkua hi rilru nate enkawlina chungchangah an inrawlh ve a, an ngaihdante

kan hriatsak a, damlo enkawl dan tur chungchangah an remtihna te lak fo a ngai a ni.

Individual Therapy (Damlo Pawimawhna)

Damlo nena inkawm a in hmuh tam hi a pawimawh hle a. Damlo leh a enkawltute inpawh zawk nan, an inhriatthiam tawn nan, damlo kha a in hawn zawk nan te a \angkai (dam lo \henkhat \awng \ha duh lote an awm \hin avangin). Therapy neih chung hian dam lo hi a natna chungchangah zirtirna pek \hin a ni a. A natna lo lanchhuahdante, a natna kawng hmangte, damdawi a hun bi a ei pawimawhnate hrih hriat \hin a ni. Dam lo chu uluk taka lo en thlithlai \hin niin hma a sawn dante, a hnufumna laite, a chakna leh chak lohna laite zirchian a, a \ul dan leh mamawh a zirin enkawlnate tih danglam \hin a ni. Therapy

a lak \hat chuan a natna chungchang pawh engemaw chen a hrethiamin amahah phurna a siam a, damdawi pawh mumal takin a ei ta \hin a ni.

Rilru natna neite hi uluk taka enkawl leh chhuizui ngaite an nih fo avangin Rehabilitation atan chuan a team anga thawhhona hi a hlawkthlak in a \angkai fo, heng thiamna hranpa nei (Psychiatrist, Psychiatric Social Worker, Clinical Psychologist, Occupational Therapist leh Psychiatric Nurse-te) hian an vil ho \hin. Rilru natna hi Damdawiin chhuahsan khan a tawp mai lova, enthlak leh chhuizui ngai an ni fova. An nat leh loh nan a venpui leh enkawl zui zel hi tih a tan \ha tak a ni. Hemi kawngah hian chhungkua mai bakah vengchhung, kohhran leh khawtlang ang pawh a kan \an ho a ngai a ni.

Rai laia hlauhawm thei te :

- a) Pum na em em b) Thawk harsa c) Kulcho/taksa chaklo em em d) Serh a thisen chhuak e) Thisen sang/Vung nasa f) Nikhaw hrelo g) Nau che loh h) Tui rimchhe put nasa

BA | HINNA

A hnuaiia registration no. tarlante hian kum 2017 atangin Hriselna chanchinbu lak man in pe tawh lo va, Oct., 2019 ral hmain pe ngei tura hriattir in ni. Hun tiam ral hmaa pe lote chu thawn in ni tawh lo ang. (Pek zat tur : 2017-2019 = ` 220/-)

AZ-9	AZ-30	AZ-36	AZ-40	AZ-46	AZ-47	AZ-58	AZ-94
AZ-100	AZ-102	AZ-110	AZ-113	AZ-129	AZ-130	AZ-131	AZ-132
AZ-135	AZ-136	AZ-138	AZ-139	AZ-140	AZ-146	AZ-178	AZ-193
AZ-208	AZ-230	AZ-232	AZ-249	AZ-251	AZ-252	AZ-254	AZ-270
AZ-282	AZ-283	AZ-285	AZ-321	AZ-323	AZ-328	AZ-329	AZ-335
AZ-336	AZ-346	AZ-349	AZ-351	AZ-354	AZ-366	AZ-367	AZ-377
AZ-379	AZ-386	AZ-397	AZ-408	AZ-421	AZ-443	AZ-450	AZ-457
AZ-463	AZ-464	AZ-473	AZ-476	AZ-482	AZ-509	AZ-556	AZ-524
AZ-526	AZ-539	AZ-540	AZ-549	AZ-554	AZ-571	AZ-580	AZ-593
AZ-633	AZ-640	AZ-643	AZ-644	AZ-647	AZ-664	AZ-667	AZ-674
AZ-684	AZ-689	AZ-693	AZ-698	AZ-705	AZ-706	AZ-708	AZ-710
AZ-713	AZ-720	AZ-734	AZ-736	AZ-746	AZ-750	AZ-754	AZ-757
AZ-760	AZ-762	AZ-765	AZ-778	AZ-799	AZ-800	AZ-806	AZ-811
AZ-829	AZ-834	AZ-835	AZ-837	AZ-839	AZ-840	AZ-841	AZ-853
AZ-883	AZ-888	AZ-889	AZ-893	AZ-894	AZ-898	AZ-951	AZ-957
AZ-972	AZ-980	AZ-984	AZ-988	AZ-989	AZ-991	AZ-999	AZ-1008
AZ-1011	AZ-103	AZ-104	AZ-107	AZ-1031	AZ-1034	AZ-1086	AZ-1037
AZ-1044	AZ-1046	AZ-1052	AZ-1054	AZ-1056	AZ-1060	AZ-1062	AZ-1063
AZ-1072	AZ-1073	AZ-1080	AZ-105	AZ-106	AZ-107	AZ-1113	AZ-1119
AZ-1128	AZ-1152	AZ-1154	AZ-1157	AZ-1170	AZ-1171	AZ-1172	AZ-1174
AZ-1175	AZ-1176	AZ-1177	AZ-1182	AZ-1183	AZ-1184	AZ-1186	AZ-1187
AZ-1210	AZ-1211	AZ-1213	AZ-1214	AZ-1216	AZ-1220	AZ-1221	AZ-1222
AZ-1223	AZ-1224	AZ-1226	AZ-1228	AZ-1234	AZ-1237	AZ-1239	AZ-1245
AZ-1247	AZ-1249	AZ-1254	AZ-1261	AZ-1262	AZ-1263	AZ-1272	AZ-1275
AZ-1279	AZ-1282	AZ-1287	AZ-1289	AZ-1293	AZ-1294	AZ-1300	AZ-1301
AZ-1309	AZ-1313	AZ-1318	AZ-1319	AZ-1320	AZ-1321	AZ-1327	AZ-1341
AZ-1345	AZ-1371	AZ-1381	AZ-1393	AZ-1426	AZ-1437	AZ-1443	AZ-1447
AZ-1450	AZ-1452	AZ-1453	AZ-1457	AZ-1459	AZ-1461	AZ-1462	AZ-1467
AZ-1468	AZ-1469	AZ-1474	AZ-1478	AZ-1479	AZ-1480	AZ-1485	AZ-1487
AZ-1489	AZ-1491	AZ-1493	AZ-1494	AZ-1497	AZ-1498	AZ-1499	AZ-1501

AZ-150	AZ-151	AZ-153	AZ-154	AZ-155	AZ-157	AZ-158	AZ-159
AZ-150	AZ-152	AZ-152	AZ-153	AZ-155	AZ-156	AZ-159	AZ-152
AZ-155	AZ-156	AZ-157	AZ-158	AZ-160	AZ-162	AZ-163	AZ-166
AZ-167	AZ-168	AZ-151	AZ-153	AZ-154	AZ-155	AZ-156	AZ-157
AZ-158	AZ-159	AZ-160	AZ-161	AZ-163	AZ-164	AZ-165	AZ-166
AZ-167	AZ-168	AZ-169	AZ-170	AZ-174	AZ-178	AZ-181	AZ-184
AZ-186	AZ-190	AZ-191	AZ-192	AZ-193	AZ-195	AZ-196	AZ-197
AZ-198	AZ-103	AZ-105	AZ-108	AZ-161	AZ-169	AZ-120	AZ-121
AZ-123	AZ-126	AZ-127	AZ-132	AZ-135	AZ-136	AZ-137	AZ-138
AZ-142	AZ-146	AZ-148	AZ-149	AZ-150	AZ-155	AZ-156	AZ-159
AZ-165	AZ-167	AZ-170	AZ-172	AZ-180	AZ-186	MUB	MUB
MUB	MUB	MUB	KK2	KK8	KK33	KK37	KK82
KK99	KK109	KK112	KK126	KK145	KK148	KK162	KK165
KK171	KK182	KK191	KK193	KK200	KK203	KK204	KK204
KK205	KK207	KK208	KK209	KK213	KK221	KK222	KK224
KK225	KK227	KK222	KK229	KK247	KK254	KK258	KK272
KK275	KK276	KK277	KK281	KK282	KK285	KK286	KK287
KK288	KK305	KK303	KK309	KK322	KK336	KK339	KK351
KK354	KK364	KK369	KK374	KK379	KK388	KK401	KK402
KK403	KK405	KK441	KK445	KK448	KK462	KK469	KK464
KK465	KK467	KK468	KK470	KK472	KK478	KK474	KK475
KK478	KK484	KK482	KK494	KK504	KK500	KK501	KK502
KK504	KK506	KK509	KK509	KK512	KK513	KK514	KK515
KK517	KK518	KK519	KK520	KK523	KK524	KK526	KK527
KK528	KK527	KK527	KK528	KK529	KK530	KK531	KK534
KK535	KK536	KK538	KK603	KK605	KK608	KK609	KK610
KK611	KK612	KK619	KK620	KK622	KK623	KK624	KK624
KK625	KK641	KK650	KK652	KK661	KK666	KK667	KK669
KK681	KK682	KK683	KK685	CV12	CV14	CV17	CV18
CV142	CV145	CV150	CV164	CV169	CV182	CV183	CV184
CV187	CV104	CV113	CV114	CV118	CV154	CV156	CV157
CV167	CV192	CV196	CV198	CV206	CV207	CV208	CV209
CV213	CV215	CV217	CV222	CV223	CV226	CV222	CV219
CV256	CV259	CV261	CV263	CV264	CV266	CV270	CV271
CV272	CV277	CV278	CV282	CV287	CV293	CV300	CV300

ZORAM MEDICAL COLLEGE DIN CHAM LAWM A NI

Zoram Medical College (ZMC) din champha lawmna, Foundation Day vawi khatna chu Chief Minister Pu Zoramthanga ho a lawm a ni. Chief Minister chuan cheng vbc 1.6 senga sak Para-clinical building a hawng nghal a ni. ZMC Foundation Day lawmnaah hian Health Minister Dr. R. Lalthangliana chu khualzahawm niin, Health & Family Welfare Board Vice-Cairman Dr. Z.R. Thiamsanga leh Aizawl South-III MLA Dr. F. Lalnunmawia te pawhin he hun hi an telpui a ni.

Chief Minister chuan Medical College puitling siam tura a bulthut atanga hmalakna hrang hrang lo awm tawhte sawiin, vawiinah a din cham vawi khatna lawm a ni ta chu ropui a tih thu a sawi a. Kum khat chung chauhin zirlai leh thawktute atangin hmasawna hrang hrang hmuh tur a awm chu lawmawm a ti a. Chief Minister chuan Medical College din chu thil awl ai lo tak ni mahse mipuiin an mamawh avangin vawiin hi thleng ta kan ni tiin, sum mamawh pawh tam mahse sawrkar chuan ngaipawimawh in a theih chinah a pek zel thin thu a sawi a. Tunah pawh a tihchangtlun hna thawh tur tam tak awmin, medical college tha leh changtlung

zawk a nih chhoh zel theih nan sawrkarin theihtawp a chhuah zel tur thu a sawi.

Lawmna inkhawm hi Health & Family Welfare Department Secretary Pu H. Lalengmawia'n kaihruiin, ZMC Director Prof. L. Fimate hnen atangin Annual Report ngaihthlak a ni a. Sub Dean Dr. Haren Baruah leh Academic Officer Dr. Benjamin Lalrinpuia ten zirlai tithate chawimawina hun an kaihrui a: ZMC a MBBS zirlai first batch exam a topper Lalrempuii Hmar leh subject zawng zawng honour hmutu Vanlalchhuanpuia te hnenah lawmman pek a ni. Hemi bakah hian faculty zingah Medical paper thahnem tak a publish avangin Dr. C. Vanlalhua, Associate Professor, Dept. of General Surgery hnenah chawimawina hlan a ni bawk.

Foundation lawmna hunah hian khuallian hian PANACEA, ZMC Annual Magazine chu tlangzarh nghal in khualzahawm chuan Newsletter a tlangzarh bawk. ZMC Registrar Dr. Jane R. Ralte chuan lawmthu sawiin hun a khar a ni.

Chief Minister in a hawn tak Para-clinical building hi 2nd year a zir tur, department hrang hrang -

Community Medicine, Pharmacology, Pathology, Microbiology te awmna tur a ni.

Zoram Medical College hi State leh sawrkar laipui tangkawpa din a ni a. CSS "Establishment of Medical College attached with existing district/referral hospitals" hnuai din niin, a project cost hi Rs. 189 crores a ni a, 90:10 funding a ni. Hemi scheme hnuai ah hian first phase-ah India ram hmun hrang hranga hospital dang 58 rualin State Referral Hospital, Falkawn chu thlan tel ve a ni. Medical College din phalsak tura dilna, application hi Medical Council of India (MCI) ah tum li (4) thehluh a ni a. College hmunhma leh thawktute MCI danin a phut angte an awm em tih endik hna hi vawi 3 MCI lamin an rawn neih hnuah, 2018-19 academic session tan student 100 admit phalna chu 25th May, 2018 khan pek a ni. August hi 7, 2018 khan a hawna program neih a ni a. He hawna champha-ah hian kumtin Founding Day hman tura ruahman a ni. Hawn a nih hnuin a tuk August ni 8 ah orientation class tan nghal a ni a. Medical College din phalna (LOP - Letter of Permission) hi final year thleng chu kum tin a thara dil/renew a ngai a. Kumin May ni 3 khan college hi Medical Council of India chuan enfiah in May ni 25 khan First Renewal Permission

chu a pe a. He phalna bawhzui hian MBBS second batch zirlai 100 la tura ruahmanna siam nghal niin, admission buaipui mek a ni a. Tun dinhmunah zirlai 70 chuang admit an ni tawh a ni.

Semester exam hmasa ber chu nikum December ni 11-19 chung khan buatsaih niin, kumin May ni 20-30 chung khan pre-professional university exam neih leh a ni a, June ni 25 atanga July ni 12 chung khan university exam buatsaih in hetah hian zirlai 99 exam atangin 77 chu an pass a. Zirlai 13 in Biochemistry ah honour an hmu a, zirlai 7 in Anatomy ah honour hmu in Physiology ah honour a pass pakhat a awm bawk a ni.

ZMC a thawktute hi Direct Recruitment a lak leh Mizoram sawrkar department atanga Deputation leh Transfer a thawk an awm a. Tun dinhmunah Faculty member 72 leh Resident 43 awmin, anni bakah hian staff hrang hrang 422 an awm a ni.

College leh teaching hospital tichangtlung turin hna thawh chhunzawm zel a ni bawk a. Academic Block thar tana building sak hna tunah hian thawh mek niin, hospital building leh staff quarter tihchangtlun hna thawh mek a ni a, mi 72 lenna tur mipa leh hmeichhe tan hostel sak mek a ni bawk. ■

KEIMAHNI

■ July ni 30, 2019 (Thawhlehi) zing dar 10:00 khan Health Services Directorate Conference Hall-ah World Hepatitis Day 2019 denchenin Dr. F. Lallianhlira, Principal Director, H&FW Department chuan Hepatitis natna enkawltu Programme, *National Viral Hepatitis Control Programme* a launch a. Hemi rual hian ni 2 awh tur Training buatsaih nghal a ni bawk.

National Viral Hepatitis Control Programme thar hian kum 2030-ah chuan Hepatitis natna hrang hrangte umbo a nih theih nan theihtawpin hma a la chho tan dawn a. Hepatitis natna hrang hrang avanga thihna te tih tlema pumpelh chhoh a nih theih nan tunah hian hma thar lak chho tan mek a ni. Kuminah hian Hepatitis venna hi sawrkar laipui duhdan angin High Risk Group, damlo enkawltu hrang hrang, damlote nena inngheng hnai kan tih, Health Care Workers ten an dawng hmasa dawn a. Nakkum atangin mipui nawlpuite pawhin awlsam

zawkin a thlawnin an dawng chhonzawm chho zel dawn a ni.

■ August ni 6, 2019 khan Kawthalo hridanna Rota virus Vaccine chu Routine Immunisation Scheduled a tel thar tur chu Dr. F. Lallianhlira, Principal Director, H&FW in a hawng. Principal Director chuan Mizoramah hian hridanna hrang hrang chi 9 kalpui thin chu 10 na atan hridanna thar Rota virus Vaccine (kawthalo hridanna) a vawikhat nan pekna hun hman a ni hi lawmawm a tih thu a sawi. Naupang damlo 40% hi Rota virus vang a nih avangin India ram State 11-ah hridanna kalpui tawh a ni a, Mizoram hi 12-na atan kalpui kan kalpui ve tan ta a ni a ti. Khawvel pum puiah naupang kum 5 hnuailam 10% thihna hi kawthalo vang niin India ramah kumtin naupang nuai 1 thi an awm thin. Kum 2018 khan Mizoramah naupang kawthalo vanga thi 1 chiah a awm a, ei leh in tha bakah kut silfai zirtirna kan kalpui hian sawtna tam tak a thlen a ni a ti bawk. Nu in naute thla 6 chhung hnute tui pek hian natna tam tak

lakah a ven thu sawiin hridanna lak avang hian zenghri, tetanus te hi hmuh tur a awm tawh lo a ni, Rotavirus lak hi a him a ni a ti bawk.

■ August ni 8, 2019 khan Health & Family Welfare Minister Dr. R.Lalthangliana'n Govt. Chaltlang Higher Secondary School-ah kum 2019 atana a thawh hnihna atan Naupang kum 1 atanga kum 19 inkarte tana ruhut damdawi a rual a ei runpui National Deworming Day a hawng. National Health Mission Director Dr. Eric Zomawia'n hawna hi a kaihhruain a, Dr. Lily Chhakchhuak, SPO (RCH) chuan National Deworming Day hman tan dan leh a pawimawhna zirlai naupang zingah sawifiahna hun a hmang bawk a ni.

■ August ni 13, 2019 (Thawhlejni) chawhnu dar 3:00 khan Dr.F.Lallianhlira, Principal Director, Health & Family Welfare Office Chamber-ah Comprehensive National Nutrition Survey Mizoram 2016 findings te zirhona Dr. F. Lallianhlira, Principal Director hova neih a ni.

He zir chianna atanga a lan dan chuan Mizoram pumah kum 5 hnuai lam mahni rihna tur phak zo lo 11.3% an awm a, kum 5 leh kum 9 inkarah mahni san zawng tur phak lo 23.6% awmin kum 5 hnuai lamah 28% an awm bawk. kum 19 inkarah natna benvawn thlen thei thisena cholesterol leh triglyceride level uluk takin a zir chiang bawk a. Heng thilte hian natna benvawn naupangin a vei chhoh theih dan a lantir bawk a ni. Hetiang dinhmun atanga Mizoram tana hmalakna turte sawihona neih a ni a, heng thil hrang hrang tlakchhamna leh natna benvawn ven nana hmalak dan turte ngun leh uluk takin an sawiho a ni. He survey hi India ram state 30-ah a wawi khat nana neih zawh tawh niin he thil hi ei leh in leh chaw tha tlakchhamna chungchanga study neih that ber pawl a ni.

■ August ni 1, 2019 atang khan Pi R. Zochhuanmawii, MSS chuan Principal Chief Conservator of Forest, Tuikuahtlang Aizawl atangin, Directorate of Health Services, Dinthar Aizawl ah Superintendent in a rawn awm a, Health Services Directorate Officers leh Staff te kan lawm hle.