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## Editorial

## DAMDAMI ENGMAMHIN A NGAMLOH NATNA HRIK !

Dr.C Zothanmawi, Pharm.D.  
Drug Information Centre, RIPANS

**K**an taksa, kan thawmhaw, kan chenna leh kan vela thil awm zawng zawngah hian mita hmuh theih loh natna hrik chikhat bacteria chi hrang hrang hi a mak a mak a tam an awm a. Khawvel a thilnung zawng zawng kalphung ang bawkin hetiang thilnung, natna hrikte hian an awmna \heuhah dam khawchhuah tum leh inthlah pun tumin theihtawp an chhuah ve reng \hin a ni. Pathian hian kan taksaah hian natna leh pawnlam thil lak ata min humtu leh dolettu \ha em em, taksa raldo khawl (immunity) dah mahse, taksa in a tlin loh chin a lo awm a, mihring dinhmun a inang vek lo bawk nen, natna hrik bacteria-te dinchan chang a lo awm chuan kan taksaah natna chi hrang hrang (infections) a lo awm phah \hin a, chhan hrang hrang avangin natna hrik kan kai \hin a ni.

Tunlai khawvela mihring te kan vanneihna em em chu natna hrik chi hrang hrang lak ata min chhanhimtu damdawi pawimawh leh \angkai em em antibiotics damdawi a awm hi a ni. "Anti" tih chu do emaw kalh tihna a ni a, "biotics" chu thilnung tihna a ni a, antibiotics kan tih chuan kan taksaah natna thlentu theitu, thilnung, natna hrik dotu leh thattu tihna a ni. Antibiotics kan sawi hian khawvel hun bi pawimawh tak

a awm a, chu chu kum 1940 hmalam antibiotics damdawi awm hma (pre-antibiotics era) hun kha a ni. Antibiotics damdawite hian natna thlentu natna hrik chu an that \hin a, an inthlahpung zel tur leh an \han an tihtawp \hin bawk. Khawvelin antibiotics a hmelhriat hma kum 1940 hma kha chuan tunlaia damdawi hmanga enkawl dam mai theih, kaw\halo, santen, khawsikpui, vun pem leh natna khirkhkan

vak lo avangin miin nunna an ch<sup>n</sup> nasa em em a. Natna hrik ngamtu damdawi awm lo na na na chu a tawpah mihring nunna in a tlin loh hun a awm thin a ni. Indopui pahnihna lai bawr vel, khawvel a indo thawm leh thihna nasa tak a thlen lai pheikha chuan khawvelah hian natna hrik chi hrang hrang a darh nasa em em a, sipai indonaa hliam tenau neite pawhin an thihpui nual a ni.

Kum 1920 chho bawr vel atang khan mi thiamte chuan natna hrik beihlet dan an zirbing nasa em em a, kawng chi hrang hranga an beih hnuah, kum 1928-ah chuan Bristish scientist Alexander Flemming chuan vanneihthlak tak leh beisei loh lam daih atangin antibiotics hmasaber leh mihring tana hlu em em tur, nunna tam tak chhanhimtu Penicillin hmuhchhuahna tur kawng a hmuchhuak ta hlauh mai a. A hnu kum rei tak an zirchian a, mihring a hman tlak a nih leh nih lohte an endik hnuah kum 1941-ah chuan indona a sipai hliamte enkawlina atan an hmang tan ta

a, penicillin avang hian ral rama thi mai tur sipai nunna sang tam tak chhanhimin a awm phah nghe nghe a. Kum 1945 bawr vel atang khan mipui nawlpui hman theih a siam chhuah niin, a hun lai mak tih a hlauh a, a hnathawh a hlu em em bawk nen damdawi tha chungchuang leh mak dangdai tiin "wonder Drug" tiin a hming an vuah hial a, penicillin hmuchhuaktu scientist ropui, Alexander Flemming pawh chuan khawvela chawimawina ngaihhlut ber pakhat Nobel Prize a dawn phah bawk a ni.

Khawvelin antibiotics a hmelhriat tak tak takah chuan nunna tam tak chhanhim a ni zel a, antibiotic pawh chi hrang hrang tangkai takin damlo enkawlina atan hman mek a ni. Mahse hetia tangkai taka hman a nih mek lai hian antibiotics chungchangah hlauhthawwna lian tak a lo awm ta a. A chhan chu antibiotics tam tak hi natna hrik chi hrang hrang hian an lo do let ve thei a, kha damdawi kha anmahniah engmah hna thawk thei lovin an siam thei

a, antibiotics, natna enkawl na atana tlak loh, hnathawk tawh reng reng lo a awm ta \euh a ni. Hei hi a chhan chu natna hrik/bacteria-te hi thilnung ve bawk, mihring ang thovin dam khawchhuahna tur atana theihtawp chhuah ve, thih mai hlau ve tak tho an ni a. Anmahni dotu damdawi/ antibiotics lo dolet ve in, an insiam danglam (gene mutation) thei a, a tihchhiat tumtu damdawi chu an taksa atangin an lo petchhuak lawng lawng thei a, damdawiin a beihna lai chu an lo tichakin an lo thlak danglam thei bawk. Tin, mak tak mai chu natna hrik thenkhat chuan indona a missile tha tak tak an hmang ang chiah hian damdawi kha an lo kap chhe ve thei bawk. Chutia natna hrik ten antibiotics an lo doletna chu Antibiotic Resistance tih a ni a, resistant bacteria-te chu an inthlahpung chak em em a, an inthlahpun mai bakah natna hrik dangah an inpechhawng ve zung zung thin a, natna hrik, damdawi tam tak laka hel tawh, enkawl harsa em em leh damdawi

engmahin a ngamloh natna hrik a lo awm phah ta a ni.

Antibiotic Resistance hi khawvel hmun hrang hranga hriselna lama thawktute chuan an buaipui nasa em em a, kum 2008 daih tawh khan New Delhi-ah chuan damdawi hman tlanglawnin a tha theih loh natna hrik, superbug tia an sawi mai, antibiotic zawng zawng deuh thaw tih chhiat theihna hmanrua New Delhi Metallo-beta-lactamase pai natna hrik a darh chiam a, chu chuan natna khirh tak tak thlenin mi tam tak an thih phah a, kum 2015-ah khan ram hrang hrang 70 chuangah hetiang ang chi natna hrik hi a darh tawh tih zirchianna chuan a tarlang a. Kumin January tlaah pawh khan kumhnih kalta a India ram rawn tlawhtu American hmeichhe pakhat chu he superbug vang hian USA-ah enkawl dam theih lohin a thi niin Times of India chuan a tarlang. Tunhma deuh leh vawiin thlenga miin an thihpui TB natna hrik pawh hi antibiotic resistance vang hian damdawi tam tak lakah a

hel tawh avangin antibiotics chi hnih aia tama enkawl a ngaih phah a, tunlain doctor-te tibuai em emtu pawh TB damdawia enkawl har em em Multi-Drug Resistant TB tihte, extensively Drug Resistant TB, tite a lo awm lehzal a, hetiang avang hian kumtin mi nuaih tel an la thih phah zawih zawih a, hetiang bakah hian natna hrik antibiotic chi hrang hrang laka hel (resistant) tawh hi a a tam em em a, enkawl dam a harin mi tam takin an thihpui mek zel a ni.

Bacteria-te hian antibiotics dolet tura anmahni an insiam danglam ve hrim hrim bakah \ul lo leh a hmanna tur ni lo a antibiotics chawh leh mahni lo inchawh, course zo lo a hman emaw tul lo a ei tam leh ei rei lutuk, ran vulah dik lo leh mumal lo taka hman, damdawi in leh a vel vawn thianglim loh, in leh a vel vawn fai loh, ei leh in thianglim lo ei leh kut fai lo a thil eite leh chhan hrang hrangin antibiotic resistance hi a tihluar thei a, hetiang a thlen lohna turin kan fimkhur tlan a ngai a ni.

Mizoram mi hi kan la tlem a, kan phak tawkah tha ve viau tawh mah ila duh angin damdawi a inenkawl na lamah kan la that tawh lohzia kan hre vek a, tuna kan sawi ang chi natna hrik khirh khan tak tak hi a awm nual tawh a, New Delhi Superbug ang te hi kan ramah hian a leng a nih vaih chuan a pawh thui khawp ang, mi zawng zawng hi kai thei vek kan ni si a, nakin lawkah hian damdawi engmahin a ngam loh natna hrik avang hian kan la thi phuk phuk ang tih hlauhawm tak a ni.

Antibiotic Resistance avang hian damlo enkawl a harin inenkawl hun chhung a rei phah a, sum senso a tising a, nunna tam tak kan ch<sup>n</sup> phah reng a, damlo leh mi dangah kai darh a hlauhawm em em a, a darh mek zel a ni. Hriselna lama hmalatu lian ber WHO pawhin a buaipuiin a ngaimawh em em a, kan antibiotic neih sa te hi hman tlak loh a awmin pre-antibiotic era ang khan kan awm leh ang tih a hlau a, 2015 a lang khan kumtin November

karhnhna hi ram hrang hrangah Antibiotics chungchanga inzirtirna nei turin a ruahman a, Mizoramah pawh kar kal ta ni 13-19 Nov. khan Food & Drugs Administration, H & FW Dept. huaihawtin World Antibiotics Awareness Week hman a ni. USA-ah khuan kumtin mi nuaih sawmhnih velin antibiotic resistant bacteria avang hian natna (infection) an kai a, kumtin mi sing chuangin an thih phah anga chhut a ni a, anni ang ram fai leh changkang, damdawi hman chungchangah pawh khawvela khirh leh duh

uluk berna hmunah pawh chutiang a nih chuan, India leh Mizoram, natna hri tam tak lenna, bawlhhlawh sawngbawl dan mumal lo leh antibiotics kan hman nasat em emnaah hian eng anga nasa ni ang maw!? Antibiotics hi nachhawknaw emaw, kawthalo leh hritlang damdawi a ni ngawt lo va, kan hmang dawn a nih chuan mithiam kan r^wn hmasa ngei ngei tur a ni. Antibiotic fimkhur taka hman hi damdawi chawhtu doctor-te, damlo enkawltu, damlo leh mi zawnzawnzawn mawhphurhna a ni a. Nakina kan thatna turin tunah hian i \ang tlang ang u.

## DAM DUH NUN ULUK SI LO MIZOTE

B. Chhuana

HRISELNA hi khawvela kan awm chungka kan mamawh ber pakhat a ni. Damna duhin kan neih zawng zawng kan seng ngam a, hmun hla tak tak te pawh kan pan dawr dawr a, tha leh sum kan seng ui na hek lo, heti khawp hian dam duhin kan hmanhlel a, chuti chung chuan Mizote hi hnam hrisel lo ber pawl kan la ni tho mai, India rama cancer vei tamna ber state kan la ni reng a ni. Engvang nge? Kristian ram kan inti a, kan inti thlarau mi in, thlarau chang sang pawh kan inti viau bawk si, Pathian tihdamna lah kan bawh huam huam a, khawvel thiamna leh Doctorte thiamna kan ringhlel lek lek emaw tih tur a ni a, mahse kan dam hlei thei bawk si lo, engvang nge?

Kan nun hi kan uluk loh vang a ni ber, zuk theih leh hmuam theih zawng zawng kan hmuam zo va, meizial, kuhva, sahdah, khaini, tuibur, kutkha, tiranga etc. taksa tana tha lo, t<r awmna hliir kan pumpuiah kan hnawhlut a, pumpui tan pawh em em a tih tur khawpin tawp chin nei lo lekin kan hnawh liam thla duak duak a. Lu hai a kan tlu phuk phuk lo hi chu kan vannei zawk ngawt mai, kan hrisel lohna tam ber pawh hi zuk leh hmuama kan insum loh vang leh kan nun kan uluk loh vang a ni ve bawk a ni, cancer kan veina tam ber

pawh hi zuk leh hmuama kan insum loh vang niin kan mithiam te chuan an sawi, dik pawh a dik ang.

Zuk leh hmuam kan duh dan huam huam te hi han en chuan cancer natna te pawh hi kan cho chhuak hial zawk em ni chu aw tih rum rum mai awl tak a ni, taksa tana tha lo tih hriat reng, nghei tum chuang si lo, natna eng emaw han tawh nikhua a Pathian au leh chul si te pawh hi a dik ber dawn em maw ni le?

Kan taksa hi Pathian biak in a ni a, thianghlim taka enkawl tura Bible-in min hriih



te pawh hi thlarau lam ngawt ni lovin taksa vawnfaina leh thianghlimna lam te pawh a kaww ve dawn lawm ni? Rel lu ang mai a khu hluah hluah reng mai, a seh hlumtu ni awm taka \hen seh huam reng mai chung a damdawi in kan bel fo lo te hi lawmthu sawi mawlh mawlh zawk tur kan lo ni.

Mithiamte'n heng zuk leh hmuam - meizial, sahdah, khaini, kuhva, tuibur, tiranga etc. ah te hian mihring tana tha lo tur, thihpui theih thiau eng emaw zat a awm an ti, thawk leh khata kan thihpui nghal lohna chhan pawh siamtuin kan taksa ralveng khawl ropui taka min lo din sak vang chauh a ni a, mahse kan sim duh miao si loh chuan heng kan taksa ralvengtu khawlin a do hneh tawh loh hun a thleng thin a, chutiang hunah chuan kan taksa in a tuar tawh lo va, natna khirh puiin an hmun an rawn luah tawh a, chutiang huna tihdam tum chu a khirh fu tawh thin.

Vawiina cancer vei kan tih tam tak pawh hi kum kha leh chen zuk leh hmuam an lo

tih tawhna rah infawkhawm, taksa ralveng khawlin a do hneh tawh loh puakkeh a ni chaww, chuvangin hrisel kan duh chuan kan taksa te hi i vawng faiin i uluk leh zual ang u, tihdam aiin inven a tha zawk tih a ni si a, zuk leh hmuam insum tum si lo, taksa vawng uluk a nun uluk peih si lovin Pathian hnena hriselna kan dil thin te, dam mawh hritlan nikhuaa Pathian kan au chul te hi ngaihtuah chian chuan a theology hi a fuh chiah em? kan Pathian rin dan leh biak dan hi a vantla dawng ringawt mai zawng a nih chhung chuan kan be fuh hlei thei ngai lo vang, i taksa kha zuk leh hmuam (taksa tana thatna pakhat mah a awm lo tih hriat reng) te tual chaina tura Pathianin a siam a nih i ring em?

In taksa chu Krista pengte a ni tih in hre lo vem ni? a nih leh in taksa chu in chhunga awm Pathian hnen atanga in hmuh, thlarau thianghlim in a ni tih in hre lo em ni le?..... chuvangin in taksaah chuan Pathian chawimawi rawh u. (I Kor 6:15,19;10:31)■

## THISSEN SIAMTU, IRON PAI HNEM CHAW | HA TE

Dawldang, sam tla, chau ngawih ngawi leh lu-na te hi kan taksain iron a tlakchham avanga symptoms langchhuak thei thenkhat an ni. Iron kan tlakchham hian taksa hriselna kawngah harsatna chi hrang hrang kan tawh phah thei a, chutianga harsatna kan tawh loh nana ei leh in a\anga iron kan lak luh theihna tur a chaw tha ni a Times of India health section-in a tarlan te kan rawn chhawp chhuak e.

Hmeichhe puitlingin nikhatah iron 19 - 50:18mg leh mipa puitlingin 19:8 mg kan mamawh niin mithiam ten an sawi.

1. Sa thin: Sathin (liver)-ah iron a tam hle a, sa ei mi tan chuan haemoglobin level tihsan theihna \ha tak a ni. Ar thin gram 100-ah hian iron 9 mg awm anga chhut. Bawng thin-ah hian calorie a tlem a, iron a pai hnem a, a tha hle bawk.

2. Lui lam sa: Sangha thau te hian Omega 3 fatty acids an pai mai bakah iron pawh an pai hnem hle. A bikin sardines, mackerel leh Indian Salmon ten sangha rau rauah pawh iron an pai hnem leh zual.

3. Bawngsa: Sa tisen (red meat) hian thisen a siam chak

a, mahse, a thau tel lo a ei tur a ni. Bawngsa hian iron a pai hnem a, bawngsa gram 85-ah iron 2.1mg awm anga chhut a ni.

4. Arsa: Arsa-ah pawh a awm ti tha laiin iron a pai hnem hle a, arsa gram 100-ah 0.7mg iron awm angin an chhut. Sa ei mi tan chuan a thling, a thin leh sa tisen te hi haemoglobin siamtu tha tak a ni.

5. Maimu: Maimu (pumpkin seeds) gram 100-ah iron 15mg awm anga chhut a ni a, chu chu mi pakhatin nikhata iron a mamawh 83% vel a ni. Maimu hi Omega 3 fatty acids a pai hnem bawk a, cholesterol tihhniam nan a tha hle bawk.

6. Brown rice: Brown rice hi rihna tihhniam duh leh cholesterol tihhniam nan bakah chaw pai\awih lama harsatna

nei te tan a tha hle a, iron a pai hnem viau bawk.

7. Whole grain: Whole grains hi digestion atan a tha a, rihna tihhniam nan leh cholesterol tihhniam nan a tha bawk. Iron a pai hnem a, chuvangin heng whole grain-wheat, quinoa, oats leh barley te hi thisen siamtu tha tak an ni.

8. Dark chocolate: Chocolate dum chi, rawng tak hlar mai, thildang pawlh vak loh hian iron a pai hnem hle. Dark chocolate gram 100-ah iron 17mg lai awm ang a chhut a ni.

9. Lentils: Lentils gram 100-ah iron 7.5mg awm anga chhut a ni. Iron bakah lentils hian magnesium leh vitamin B6 te pawh a pai hnem hle. Lentils gram 100-ah dietary fibre grams 30 vel awm anga chhut a, cholesterol a pai miah lo bawk.

10. Dried fruits: Theirah tihro ang chi ho hian iron an pai hnem hle. Dried fruits hian iron bakah vitamins leh fibre te pawh an pai hnem.

11. Strawberries: Theihmu lam chi ho hi thisen siamtu tha tak an ni. Iron an pai hnem bakah vitamin C an pai hnem bawk.

12. Alu: Alu pawhin iron leh vitamin C a pai hnem a, vegetarians tan chuan iron lakluhna tha ber pawl a ni.

13. Spinach: Spinach hian iron pai hnem hle a, gram 100-ah iron gram 2.7 awm anga chhut a ni. Iron bakah vitamin A leh C leh magnesium a pai tel bawk.

14. Tofu: Tofu pawh thisen siamtu tha tak a ni, tofu gram 100-ah iron 5.4mg vel awm anga chhut a ni a, vegetarian tan chuan iron hmuhna tha ber pawl a ni.

## THLAI LEH THEI THENKHAT ,A KAWR VEL LOH TUR TE

Written By The Mtv Aizawl on 27/11/2017

Mi \henkhat chuan thlai leh thei thenkhat a pil/kawr ( peel) kheh/vel chi ho hi vel ngei ngei tur leh natna hrik awmna leh hriselna atana tangkai lovah kan ngai hmiah mai thin. Amaherawhchu a ni hauh lo thung, tun tumah hian thlai/thei a kawr (peel) vel miah lova ei tha zawk, kan hriselna atan pawha tangkai em em leh sum kan save-na pawh ni ve thei tho kan rawn tarlang dawn a ni.

1. **APPLE** : Apple hi thei hrisel tak a ni tih kan hre theuh ang, mi tam zawk chuan a kawr (peel) khehin kan ei ngei ngei ang. Amaherawhchu, Apple kawrah hian mi thiam te chuan a tak pum pui nena khaikhina 50% a chakna pai chu a awm an ti mauh mai. Apple hrim hrim hian Vitamin A, Vitamin K leh potassium tam tak paiin kan taksa leh vun (skin) hrisel nan thei hrisel tak a ni. Tin, a kawr (peel) bikah hian antioxidant chi khat 'quercetin' an tih hi a pai tam em em a, hei hian chuap hnathawh nasa taka puiin thawhah leh thawkna d^wt lam buaina nei tan damdawi tha tak a ni bawk.
2. **ALU (POTATO)** : Alu hi chawhmeh atana kan hman lar pawl tak chu a ni ang, mi tam zawk chuan a kawr a balh thin em avangin kan vel ngei ngei thin. Mi thiamte chuan vel kher lo vin silfai (wash) hi a tawk mai an ti a, a kawr (peel) hian, Iron, Calcium, potassium, magnesium, Vitamin B6 leh Vitamin C a pai tam em avangin a tak ei ringawt aiin a hrisel zawk an ti.
3. **CARROT** : Carrot hrim hrim pawh a hrisel tawh em em laiin a kawr leh zel pawh chaw tha tak a lo ni. Carrot kawr (peel)-ah hian heng chemical compound, anti-inflammatory, anti-bacterial leh anti-fungal te neiin Cancer natna lakah min

veng thei a, tin, vun a tihrisel-in upat vanga hmel lang upa tur a lo veng thei reng a ni.

**4. FANGHMA (CUCUMBER)** : A pil ei chi ho hi vun tan a lo hrisel tlangpui vek a nih hmel, a bikin fanghma 'hi vun (skin) tan chaw tha tak a ni leh zual, thenkhat chuan hmai chiah nan te kan hmang fo ang, make up chhah tak taka inbel ai chuan thil tha tak a nih thu mi thiam ten an sawi tlat.

A kawrah hian antioxi-dant chi hrang hrang awmin,

vun tinung a, timamtu atan a pawimawh hle. Tin, fibre, potassium leh Vitamin K' a pai tam em em a ni.

**5. LIMBU (LEMON)** : Limbu kawrah hian Vitamin 'A, Vitamin C, Magne-sium, potassium, Calcium leh folate a tam em em a, hengte hian hnute cancer leh vun cancer tur vengin, ruh tichaktu atan an tha hle a, tin, a kawr (peel) tui luma chhuan so tui in hi thisen sang tih hniam nan a tha hle bawk.

## ZU

Dr. Lianhlupuii (Puitei)

ZOFATEN Zu kan tih mai Alcohol hi mihring tan damdawi lama a \hatna a tlem teh lul nen, taksa leh thluak lam a khawih pawitheih em avangin fimkhur a \ul a. "Beer te chu Zu a ni hlei nem," kan han tithla ngawt mai \hin hi a dik lo a ni. ZOFATEN Zu kan tih mai Alcohol hi mihring tan damdawi lama a tlem teh lul nen, taksa leh thluak lam a khawih pawitheih em avangin fimkhur a a. Beerte chu zu a ni hleinem, kan han tithla ngawt mai hi a dik lo a ni.

Zu kan tih Alcohol hi Beer-ah 3-6%, Wine-ah 10%, Port-ah 20% leh Spirit-ah 40-50% a tel a. International level-a, taksa tan pawilo tawk zu in duh chuan Pure Ethanol an tih chi mipain 60g leh hmeichhiain 30g aia tam lo in theih a ni.

Keini Zofate zingah hian zu \hatna hi sawi han tum chiam mah ila, taksa a khawih pawizia leh khawtlang a tihbuai em avang hian fak a hlawh lo khawp mai. Zu-in mihring a khawih pawidante han thlir ila:

**Thluak lamah (Central nervous system effect):**

Zu in chuan rilru a phur ve mai a. Mahse, zu chuan thil

chik duhna, rorel thiamna, ngaihtuah thiamna leh tih \ang \ang duhnate a tibo vek thei a. Thisen chhunga zu a tam lutuk chuan taksa a tizawiin thil hlah rukna thinlung a thlen/pe a; Patling, nutling pawh hi zu vangin nikhaw hre lova leh dêr a awl hle. Rilru control theihna a neih loh avangin zu hian thikthu chhiatna, dawt sawi duhna te, zahmawh sawi hreh lohna te a thlen thei bawk.

Zu hi nula, hang ngaihno bei tak ang mai hian zûn a ngah em avangin ngawlvei a awl hle. Hei tak hi a ni zu hlahawmna chu. Zu ngawlvei chuan chhiatna tinreng leh thihna hial a hmabak reng mai zu nia. Thluak a tibuai a, mi â-ah a chhuah thei bawk a ni.

**Lung lamah (Cardio vascular system):**

Taksa chung lam a tihsat \hin avangin thlan a tichhuak a, taksa pawn lam a vawt si a, zu in awm duhdahte pheï chu chutiang a\ang chuan lung hamda vung natna leh lung natna chi dang dangte an vei \hin.

**Kawchung lamah (Gastro-intestinal system):**

Pen\awnggho chu zingah an luak chhuah avangin an uak nasa \hin, pumpui natna an vei \hin bawk. Luak nasat chuan hrawka thisen kawng a ti thler thei a, thi-in an luak duh bawk. (Melory Wig's Syndrom) Thin vung leh thinro natna tam zawk hi zu vang a ni. Thin chak lo tan chuan zu hi "túr" a ni. Thisen mur var hian natna hrik a do \hin a, Thisen mur var hnathawh zu-in a dan \hin avangin zu in mi chu natna hrikin a zuam riau va, thisen sang pawh a tisang zual a ni.

**Kal lamah (Renal system) :**

Zu hian zun ti tam hle mahse zunna Urate (Urea a chhuah thei) chhuak tur a dan avangin kal natna a thlen a ni.

**Sex lamah :**

"Alcohol provokes the desire and takes away the performance" tiin Shakespare chuan a sawi a, châkna (desire) chauh nei a, a tak ram thleng zo tawh lo tihna a ni. Zu in pa nupui chu mi rethei ber a ni \hin a, a tawpah hmeichhia chu a ching thei hial a ni.

**Zu, kan tih Alcohol \hat ve nate :**

1. Damdawi siam nan leh zàn mut theih nan.
2. Pem, pán, hliam vel hrik dangtu leh tithianghlimtu atan.
3. Tha-na chiu reh nan (Neuralgia effect).
4. Chhul in sang tur a dan avangin a hun lova naupai tur a veng a ni.

Zu hi a \hatna aiin a \hat lohna a tam zawk avang leh a ngawlvei mai a hlauhawm avangin, in ngai lote tan chhin loh law law, in \hin te tan sim tum, ngawlvei te tan bàn \hak tura inenkawl a pawimawh a ni. Zu ngawlvei rehna damdawi tha tak chu Aisulfiram (Artabuse) hi a ni. ■

## KALA LUNGTE AWM CHHAN

Dr. Sangthuama Ngente

**I**nchawhpawlh \ha tawk turin zunah hian Calcium, Oxalate, Citric acid, Uric acid leh Cystein te awm tura siam a ni. A \hen hi a lo tam bik changin an lo inhlawm khawmin lungt>ah a lo chang \hin a ni. Chung lungte insiam chu a awm reng chuan a dangin a belhchhah a, a lo lian ta \hin a, kal tisa inneksawrin zun kawngte a lo hnawhpawm chang chuan natna tawrh hrehawm tak a thlen \hin. A na lanchhuah dan tlangpui chu nak nem leh pum hnuai lamte a lo na em em \hin a, luakchhuak te, khawsik te, zunthi te a thlen \hin a ni.

### Lungte chi hrqng HRANGTE :

1. Calcium stones : Calcium lung hi a awm tam ber thin (80%), chung chu Calcium + Oxalate/Phosphate inpawlh a ni.
2. Struvite stones : Magnesium / Ammonium phosphate-in a siam, zunin fo leh tui in tlemin a awm duh.
3. Cystein stones : Inthlahchhawn vangin a awm thei, zuna Cystein a tam vang pawhin a awm \hin.

Kala lungte awm tam tak chuan na an thlen loh avangin hriatchhuah a har \hin a, lung

te zual chu zun rualin a chhuak fo thei. A tlangpuiin lung chu 7mm aia a len chuan zunchhuah theih lohva ngaih a ni a, chung ang chu damdawi emaw zai emaw hmanga lakchhuah a ngai a ni. A na naran chu mahni in lamah tui tam tawk ina inenkawl mai pawh a theih \hin. Mahse a nat viau chuan a rang lama damdawi in lama inenkawl a \ha hle. Tansulosin leh Nefedipine damdawi pek hian zunkawng a tizau va, lung te deuh chhuahna a pui \hin. Lung lian erawh chu Uteroscopy te, Percutaneous Nephrolithotomy (PCNL) leh Extracorporeal Shock Wave Lithotripsy (ESWL) hmanga



lakchhuah a ngai a ni.

LUNGTE AWM LOH  
NANA INVEN DAN

1. Ni tin tui litre 2 aia tam in tur.
2. Sa ei tlem hram tur.
3. Chi al ei tam loh tur, (2,000mg) aia tam lo.
4. Thlai Oxalate pai tam spinach, chocolates ei tlem tur.
5. Coffee, thingpui, cola in tlem tur.
6. Vitamin D damdawi ei tam loh tur.
7. Chithlum ei tlem tur.
8. Thei thur lam ei tam a tha.
9. Taksa insawizawi ngun, kea kal tam a tha.
10. Kuhva leh chinai ei tlem a tha.

Tui in \euh hnuah zun han chhuak nghal hian taksa khawlin a thawk \ha tih a tilang \hin a, tin, zun rawng hi a var \hat reng a pawimawh a ni.

## RINGWORM (TINEA INFECTION)

JASON C. ZONUNMAWIA,  
RIMS

Tinea Infection/ Ringworm hi Mizovin 'Kaphthak' tia kan hriat lar em em hi a ni a. Mahse han zir chian chuan kap chauh hi a lo khawih lem lo va; taksa hmun hrang hrangah a awm thei a ni. Hlahawm a ni hranpa lo va; mahse a veitu tan chuan a hrehawm ve duhin taksa hmun dangah leh mi dangah kaichhawn a awlsam bawk si a, kan nei a nih hlah chuan tihreh vat tur a ni. Tawi fel tein i han enchiang dawn teh ang.

Ringworm/Tinea infection hi fugus chi khat, Dermatophytes an tihte vanga lo awm a ni a. Dermatophytes chu chi thum a awm a; chungte chu – Trychophyton, Microsporum leh Epidermophyton te an ni. Tricophyton an tihte chuan sam leh tinah natna a thlen duh ber a, Microsporum chuan vun leh sam a khawih thung a; Epidermophyton

erawh chuan vun leh tinah natna a thlen \hin thung a ni.

Ringworm chu taksa khawi laiah pawh a awm thei a; malpui chhung lam (kap) vunah a awm duh em em. A tlangpuiin a hming ang hian a bial deuh a, a sir kual chu khir anga langin a sen kual raih a. Enkawl dam vat loh chuan a sir kual chu a lo zau telh telh a, a lai erawh a fai duak thung \hin. A rei viau tawh pheih chuan a lai chu bawk deuh tuk anga langin, khir lek lek vun rawng pawh dum deuh angin a lang ang; a thak duh em em mai \hin hi a tihrehawmtu ber pakhat a ni.

Tinea infection hi taksa peng a awmna hmun azirin chi hrangah \hen a ni a; chungte chu i han zir chiang teh ang:

1. Tinea Capitis: Lu lei (Scalp)-a awm chi hi a ni a, naupangin an nei deuh ber \hin. A awmna laia sam chu awlsam leh na lo tea pawhthlak mai theih a ni \hin.
2. Tinea Corporis: Hei ve thung hi chu kut leh ke leh awm leh dul vela awm \hin a ni.

3. Tinea Incognito: Steriod damdawi hman avanga awm a ni ber a, a dang ang em chuan a nasa ve lo.

4. Tinea crutis: Hei hi a tlanglawn ber niin a lang a, kap leh til vun velah awm chi hi a ni. Nipui leh fur lain a tam zual a, hmeichhia aiin mipain an vei duh zawk bawk.

5. Tinea pedis: Hei hi ke zung\ang leh zung\ang inkarah-te a awm ve thung a, nipui lain a tam zual. Pheikhawk inbun\awm a\ang te, inhrukna puan inhman\awm a\angtein inkaichhawn a ni tlangpui.

6. Tinea manuum: Kut (hands) a awm chi.

7. Tinea Unguium: Tin (nail)-a awm chi hi a ni a, tin chu a lo uk khuk a, a lo kehchhia a, tin lo \o chhuahna lai leh ti inzawmna lai pawh a mumal lo \hin.

#### Enkawlna:

Tinea infection neite tan chuan a hnuai tarlan ang hian inenkawl a \ha.

\* A natna lai chu tihhuh rih loh tur.

\* Synthetic puan lam thawmhnaw chu hak loh tur (kap leh awm bawr vel a mi a nih chuan).

Natna chu a reh emaw i tih hnua a lo awm nawn leh \hin a nih chuan antifungal tale powder ang chi hi a hman theih.

Damdawi hman tur \henkhat chu a hnuaiah hian tarlan a ni:

#### A. A hnawih chi:

- i) 2% Miconazole cream (kar 4-6 chhung)
- ii) 1% Clotrimazole lotion/powder
- iii) 2% Ketoconazole shampoo emaw cream emaw
- iv) 5% Amorolfine - Nail lacquer.
- v) 1% Butenafine - (Tinea unguium atan)

#### B) A eia ei chi:

Damdawi ei chi hi natna nasa tawh tinea unguium leh tinea capitis-ah emaw chuah hman tur a ni.

- i) Griseofulvin 10mg/kg

(Hemi awmzia chu i rih dan a zirin a dose a sang ve zel dawn tihna a ni. Entir nan: Kg 60 i nih chuan 600 mg kha i dose chu a ni). Ni tin chaw ei khamah. Ei hun chhung erawhchu tinea chi hrang hrang azirin a danglam. Entir nan: lu leia mi ang chi-ah kha chuan thla 4 chhung ei tur a nih laiin tina mi angah kha chuan thla 6 a\anga thla 9 chhung lai pawh ei a ngai \hin a ni.

- ii) Terbinafine 250mg - Ni tin, Tinea corporis tan kar 2 chhung, kut ina awm chi tan kar 6 chhung leh ke tina awm chi tan kar 12 chhung.
- iii) Itraconazole 3-5mg/kg- Ni tin kar khat chhung, kar li dan zelah.

A chunga damdawi kan tarlante khi bazar-ah hming hrang hrang neiin zawrh a ni. He natna nei, a bikin a nasa zual tan phei chuan vun lam thiam doctor (Dermatologist) hnenah inentir vat hi a him ber

zel a ni.

## THISEN PEK CHUNGCHANG

LALHMINGLIANI PACHUAU  
Quality Manager, MSACS

Thisen hi nun chhanhimna damdawi (Life Saving Drugs) a tlukpui mi thiamte pawhin an la hmuhchhuh loh a ni a, rikrum thila hman a nih avangin Emergency Drugs an ti bawk a. Thisen hi nunna bul a ni a, thisen dawn hian kaihnawih tam tak a neih avangin damlo chu thisen pek chauhva chhanchhuah theih a nih chauhvin pek tur a ni.

**Tute nge Thisen mamawhtute?** Thisen mamawhtute hi chi hnihah \hen a ni a:

- Rikrum thil - accident te, chhiatna thleng thut ang chi te,
- Natna bik avanga thisen mamawh reng tute - eg: Thal- lasemia (inthlahchhawn thisen natna), Hemophilia (inthlah- chhawn thisen natna, thisen a put a reh thei lo), renal dialysis

(kal \halo), severe anaemia (thisen tlem vang a dawl dang), cancer.

#### **Tute nge thisen pe thei?**

- 1) Kum 18-60 inkar
- 2) Rih zawng 45 kg chin chung lam
- 3) Marphu 60-100 per minute
- 4) Hb 12.5 chin chung lam
- 5) BP-Normal.

**Engtia zingin nge thisen a pek theih?** Thla thum dan zelah a pek theih. Mi hrisel pangngai chuan kum khatah vawi li (4) a pe thei a, kum 18-60 chung hunbi nei taka a pekin a damchungin vawi 168 a pe thei a ni.

**Hmeichhiate tan Thisen pek a hlauhawm em?** Hmeichhiate tan thisen pek a hlauhawm lo. Amah-erawhchu thi neih lai leh nau hnute pek lain pek loh tur a ni. Mizote hi India ramah pawh hmeichhe thisen pe tamna pawl tak kan ni a, state dangte tihmuhtu kan nih zel a pawimawh a ni.

#### **Tute nge Thisen pe thei lo?**

1. Nau neih hnu thla 12

chung.

2. Nau tihthlak (Abortion) hnu thla 6 chung.
3. Hmeichhia thinei lai leh nau hnute pe lai.
4. Tadoo leh vun verh chi reng reng thla 6 hmalama tite.
5. Inzaipui (Major surgery) a\anga thla 6 chung.
6. Malaria thla 6 chung.
7. Natna benvawn neite.

#### **Vawikhat thisen pekah hian engzat nge an lak?**

- Kg 45-55 hian thisen 350ml an pe thei.
- Kg 55 chung lam hian thisen 450ml an pe thei.

#### **Mihring hrisel pangngai hian thisen hi kan taksa mamawh tawk ai tam kan nei a, hetiangin:-**

1. Mipa-76ml/Kg body wt (Mipa kg 45 chin chuan thisen 1170ml extra an nei)
2. Hmeichhia-66ml/kg body wt (Hmeichhia kg 45 chin chuan thisen 720ml extra an nei)

A chhunga kan hmuh ang

khian thisen unit 1 kan pek hian kan extra neih pawh kan pe zo lo a ni. Thisen kan pek zawh chiah hian kan taksa a thisen dahkawlsa kha rawn insiamin, darkar 48 chhungin a tam lam (volume) ngai a awl leh a, thisen cells te hi ni 21 chhungin an insiam a ni.

**Thisen pek hma leh hnu a tih tur leh tih loh turte eng nge ni?**

Thisen pek chhung hi minute 8 vel chauh a ni a, hmanraw thianglim, vawikhat hman chi chauh hman a nih avangin thisen pek a lang hian natna kai a hlauhawm lo.

Thisen pek hmain:-

- A hma zanah mut \hat tur.
- Zu in loh tur.
- Chaw ei \hat tur, pum ruaka pek a \ha lo.
- Consent form \ha taka fill up a, zawhna dik taka chhan tur.

Thisen pek hnuah:-

- Thawh thut loh tur a ni a, tuiril lampang in tam tur.
- Darkar 8 chhung zu in loh tur, darkar 1 chhung meizuk loh

tur.

- Exercise leh hna thlan tla khawpa lak/thawh loh tur.
- Darkar 6 hnuah chauh Band-aid paih tur. ■

## NAUPANG HA ENKAWL | HAT A | UL

- Dr. Lalchhuanawma  
Dental Surgeon

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

Nu leh pa tam tak chuan naupang ha hlam chu thlawn mahse a dang a lo \o leh mai dawn a, a paw love tiin an ngai pawimawh lo \hin a. Naupangin harsatna chi hrang hrang an tawrh phah a, hetiangin -

1. A hun hmaa ha hlam a tlak avangin mi tam takin ha tak \o dik lo, mawi lo tak tak an neih phah \hin.

2. | hanglai an ni a. Ha hlam

hrisel taka awm kim \hap hi naupang khabe ruh \hang mek tan thil pawimawh tak a ni.

3. | awng zirlai an ni a. Ha hi \awng tifiyah tu pawimawh tak a ni.

4. Naupang ha-hmai bal chu a \hiante zingah a kimki chawk \hin.

5. Naupang ha nget hi a lo nasat chuan harsatna dang a thlen thei a. An thaw rim a chhe theiin \hiante zinga awm hrehawm an tih phah thei a. Anmahni ngei pawhin hrehawm an ti fo \hin.

6. Ha nget a tira enkawl loh chu a zual zel a. A thling a thlen pheichuan a lo na a, zan mut theih loh phah nan te an hmang \hin. Naupang \henkhat pheichu a tira an enkawl loh avangin an hahniin a chhiat phah a, an khabe a lo vung vak a, mit pawh meng \ha thei lo khawpin an hmai a vung hial \hin.

### Naupang ha enkawl dan

1. Mahnia ha an nawh thiam hma chuan nu leh pain

nawh sak \hin tur a ni a. An la tet zual lai chuan toothbrush kher a ngai lo. Puan nem fai takin, an chaw ei khamah hruk fai sak \hin ila a tawk hle.

Kum hnih an tlin tawh erawh chuan naupang hman chi toothbrush lei sakin ha nawh zirtir a hun tawh a. Puitling ha nawh rualin nawh tir ila. A khampheia nawt lovin, chung lam - chhuk zawngin, hnuai lam - chho zawngin khuih tur a ni. Chuti ang a ha zawng zawng khuih zawhah lei leh dang chung lam te khuih fai leh tur a ni.

Hasiai hi chi hrang hrang a awm a, a enga pawh hi hmang ila a pawh lem lo. Damdawi tel pawh a awm nghe nghe a. Hengte erawh hi chu doctor r^wn lo chuan hman loh tur a ni a. Doctor-in hmang tura min ti a nih pawhin lem loh tur a ni. A bik takin flouride damdawi telna hasiai hi naupang ha nget vengtu \ha tak mai a ni a. Mahse fimkhur taka hman chi a ni, lem hauh loh tur a ni.

2. Chaw ei khamah ha

nawh tir ziah tur a ni a. Zanriah ei khama ha an nawh tawh hnuah chuan thil thlum lam ei lo se a \ha. A chhan chu zana kan muthilh hlan hian chil a tlem a, ka chhung a intleuh fai muang a, natna hrik tam tak ka chhungah a inthlah pung chak bik a, chung chuan ha tichhe thei thil thur a siam \hin a ni.

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

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

Naupang hian an infiamnaah an hahmai an sawh bal fo \hin. A bal veleh a bawlhhlawh loh chuah vuah leh



mai tur a ni. Vuah leh theih a nih loh chuan remchang hmasa berah ha doctor entir tur a ni.

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

Ha enkawl chung-changa pawimawh ber chu ka chhung fai a ni a. Naupangin ka chhung fai tak a neih a, ha \ha tak a neih theih nan nu leh paten mawh kan phur hle a ni.

### **ZIAL ZU MITE TANA EI NGEI NGEI A TANA THA THEI RAH LEH THLAI THENKHAT**

Zial zu mi zawng zawng chuan kan taksaah ziala awm nicotine vangin kan taksa tan harsatna eng emaw tal chu min siam sak a ni. chung kan taksa tan harsatna zialin min siam sakte laka kan hriselna a lo ziaawm deuh nan heng thei rah leh thlaite hian minpui thei niin mithiamte chuan an sawi.

1. Broccoli leh Kale - Vitamin B 5 leh Vitamin C atam avangin kan taksa a natna dotu ti chakin kan taksa a tur awmte a paih chhuak a ni.
2. Orange leh Lemone - Vitamin C a tam avangin ziala awm nicotine ina a siam ngaih tuahna buai tur leh rilru hahna te a chhawk zangkhai a ni.
3. Sawhthing - zial zuk vanga kan taksaah harsatna kan neih loh nan nitin

sawhthing hring tlem tal ei thin rawh.

4. Carrot - Vitamin A leh C a tam avangin thisen kawnga cell awm te a veng.

**MEDICAL  
TREATMENT/REFER  
CHUNGCHANGA  
HRIAT TUR  
PAWIMAWH:**

**(Procedure of Medl.  
treatment/refer case  
outside Mizoram)**

Thil hote anga lang pawh hi hriat loh chuan a buaithlak ve viau thei mai a, chuvangin damlo refer chungchanga kan hriat tur pawimawh \henkhatte han tarlang ila - Damlo Mizoram chhunga enkawlna kan neih lohte hi phai lama in refer theih a ni a, chutianga damlo nazual (serious) leh harsatna bik neite chu:

1. Amah enkawltu doctor (attending doctor)-in Chairman, Meddl. Board (Aizawl, Lunglei, Saiha)-ah a refer a, Meddl. Board-a an exam hnuah certificate an pe chhuak ang. (Hei hi chawlhkar tin

- Nilainiin an \hukhawm \hin) ` 30/- fee pek a ngai thung.
2. Medical Board-in Certificate an pekchhuah hmangin mahni thawhna Office/Deptt - a h application siamin an dil ang a, an hotuten an phalsak chuan D.D.O. ten emaw Director of Hospital & Medical Education Mizoram, Aizawl hnenah an rawn forward sak ang. Proper channel-a tih tur a ni.
  3. Hemi tihfel hnu hian Director of Hospital & Medical Education in Provisional permission a pe chhuak ang, hei hi phaia kal phalna a ni.
- thlathum chhungin lak ngei tur a ni. A nih loh chuan Final permission hi pek theih a ni lo. Final permission lak nana thil \ulte chu:-
1. Provisional permission.
  2. History/discharge summary from concern Hospital, Original copy with two Xerox copies.
  3. Application Dept./ Office-a hotuten an rawn forward sak theih chuan duhthusam a ni.
- Damlo \henkhatte hi an zuk kalna doctor ten in check-up/review turin an lo r^wn (advised) leh \hin a, hetianga kal leh tura tihte tana hriat tur chu :-
- a) Medical Board-ah kal leh ngai tawh lovin, department a an hotuten (D.D.O.) rawn forward sak leh tur a ni. (Proper channel bawkin) amaherawhchu kum khat hnulam a

### FINAL PERMISSION

Provision permission hmanga phai lama kal hnuin senso TA/MR Bill-na turin permission lak leh tur a ni. Hei hi damdawi in a\anga an chhuahtir (discharge) a\anga

nih chuan Medical Board-ah in refer-tir leh tur a ni.

- b) Director of Hospital & Medical Education address in hengte hi thil tel tur a ni:-

- 1) Advised slip original leh Xerox copy pakhat.
- 2) Final permission.

Provisional permission la hmasa lova kal hi phal loh a ni a, a hnuah expo facto permission dil leh hi a harsa a, chuvangin provisional permission hi lak ngei ngei tur a ni.

@State Referral Hospital MST Bus Timming

**From CHA  
From State Referral**

1<sup>st</sup> Bus 8:00 AM  
09:30 AM

2<sup>nd</sup> Bus 9:00 AM  
1:00 PM

1<sup>st</sup> Bus 1:00 PM  
2:00 PM

2<sup>nd</sup> Bus 3:00 PM  
4:00 PM

**PUMPUI DAMDAWI  
EI DAN**

- Dr. Thangchungnunga  
M.S Ortho.

Tunhnai kum 2/3 vel atang khan pumpui ulcer damdawi mahni thu leh duh dan dana ei an tam zual hle.

| ul lova damdawi ei hi a \ha lo hrim hrim. Mizote hi hming puah awlsam tak kan ni a, pumpui chakna kan tih mai a, heng - Pantop, Omez, Zenetac, Ilac, Famotidine te, a tui lami Diovol, Ulgel, Sucral O, a tam mai. kan duh dan danin kan ei mai mai a. Pumpui chakna tia lo ei ngar ngar te lah bo lo. \*Pumpui chak lohna zawk a ni a, a chakna ber acid tihlum leh titawptu tur a ni zawk.

**\* A nat dan lam lo hawi tawh ila.**

Pum, thinhnun vel a thip a, luak chhuak deuh te, ti nghual te, pum awm nghulh, irh thur te, na vawng vawng te pawhin a lang chhuak a. A nasa deuh phe chu dar ruh phek lai

zawn vel a na chhuak pawh an awm. Endoscope- a en chuan a lo pilh, khwar leh pân te- in pumpui chung chu a lo awm thin a, a then pheih chu hrik nei; helicon- bacteria an tih awm vang te a ni bawka.

**\* A damdawi ei dân lam lo thlûk tawh ila.**

A rawn na in, thin a thip vung vung ei mai tur chu, heng – a tui chi, ulgel leh a dang te hi a ni a. A chhin khat leka ei pawh a ni lo; vanvadak a, ka- a khat pawrha leih a lem tur; acid zuk tidal tur leh a bang plaster tur a ni a. Bûr te khat chuan vawi tam ei a daih lo. Acid vawi leh khata tireh duak thei chu, Soda fiante 1, tui no 1- ah pawlh la, in la, i irh pup pup ang a, i vawih vak ang a, a reh nghal mai ang, mahse a insiam zel tur a dang thei lo a ni.

Heng Omez D, Pantop D te, Zenetac hian Acid insiamna kawng an lo block ve thung a. A ei hun chu, chaw ei kham, darkar 1 hnu vela ei te, chaw ei hma, darkar 1 te, a nat dân azirin chhun dar 2 vela ei leh pawh a pawl lo, a

tlangpuithuin, nikhatah vawikhat aia tam ei hi a tul ber lem lo.

Heng Pantop, Omez, Zenetac, Razo tihte hi 'D' tel chu a thawk rang deuh a. Eng pawh nise, damdawi tam ber hi chu darkar 4 vel bak a thawk tak tak lo tih hi hriat tur. Ka sawi duh ber chu, pum ruah laia ei tur tia, pantop DSR zinga ei hi a ni. SR tel reng reng; Slow Release, darkar 2 hnu velah, muangchânga thawk tur a ni a, pum ruah lai ber chu zan kan muthilh lai hi a ni a, acid a insiam reng si a.

Zing in tho a, i pum a no nghual a, a thip a, irhte a thur a, thin dip a na a, chutih laia darkar 2 hmaa thawk thei lo; Pantop DSR kan doctor tam takin an chawh hi \*a dik lo\* a ni.

Na tur a na zo tawh a, thawk nghal thei lo damdawi ei leh bawka chu, âtsona leh sum senna tha tak a ni.

**\*A ei dân tur chu\*,**

Zân mut dawnah Pantop DSR, Omez DSR, Razoacid DSR tih, 'SR' tel hi \*mut

dawnah\* ei tur a ni a; mut laia Acid insiam tam tur kha a lo dang ta a, zingah dam vahin i tho mai dawn a ni. Zingah i lo ei thin a nih chuan, \*MUT DAWNAH\* ei zawk teh. I zing tho chuan \*a danglamna chu\* i hre mai ang. Pumpui chakna emaw tia, Ulcer, nã pawh nei lova ei reng ho hian acid an tibo nasa lutuk a, pumpuiin a digest ang tur a tihtheih loh phaha; pum, rîl lam dik lo a siam zawk a ni.

\* A tawp nan, pum damdawi ei tur, eng hunah pawh ni se, i neih thlawt lohva, a nat tlat si chuan, \*TUI\* in \euh mai rawh, a tidam tho ang che.

## AIZAWL CIVIL HOSPITAL

Aizawl Civil Hospital hi mipuiin kan dawr nasain, heng kan dawr nikhua hian chinchang hriattur pawimawh tam tak awmin, keimahni tan leh kan dawra te tana thil awlsam zawk a nih theih nan heng a hnuai a kan tarlan te hi chhinchhiah mai bakah dah \ha thei nghe nghe ila a duhawm hle ang.

1. In entir dawn reng reng hian OPD card ` 10/-in lak a ngai phawt a. (BPL chu a thlawn mahse card ken tel a ngai)

2. Ultra-sound leh Endoscope tih man hi hetiang hi a ni:-

- Damdawi ina awm te tan ` 100/-

- Pawn lam mi tan ` 150/-

3. CT Scan :- Lu bikah ` 700/-

A dang zawng ` 1000/-

X-Ray (taksa peng hrang hrang a inang lo) ` 20 a\anga ` 150 a ni tlangpui.

4. M.R. Bill Form hi Medical Superintendent P.A. hnen a\anga lak tur a ni a, lak man hi ` 10/- a niin, Medical Certificate Leave lakna tur hian ` 5/- a ngai bawk.

5. Mitthi ruang phurhna Morgue Van hman dan :- KM khatah ` 20/- zel a ni a, khawpui chhungah chuan ` 200/- a ni tawp mai. Hman dawn hian Casualty a doctor duty te hnenah a man pek in a hman theih reng.

6. Ambulance hi KM khatah ` 25 a ni a, khawpui chhungah chuan ` 250 (hei hi damdawi ina awmte tan a ni a, casualty doctor duty hnenah a man pek lawk in a hman theih a ni.

7. Heng rilphir leh Tonsil paih etc. ah te hian a tlangpuiin senso chu ` 3000/- in a daih thei nia chhut a ni.

8. Poor Fund chungchangah hian MR bill

tute reng reng hian doctor-te bill an sign-tir hian an phal ang tawk tawk pekna bawm hmun hrang hrangah hun a ni a, hei hi damlo, miretheite \anpuina liau liau a nih avangin, a nei deuchte tan chuan a nachang hriat a \ha hle a ni. Tin, damlo mi harsate \anpuina hi mimal, pawl, chungkua etc. te tan englai pawhin a pek theih reng a, hei hi \angkai taka hman \hin a ni tih i hrereng ang u.

9. Ha bikah hi chuan Ha phawi leh Operation hi Nilainiah tih \hin a ni a, ni dang zawng chu inentirna ni a ni.

A tawp berah chuan damdawi ina damlo awmpuitute hian an sum kawl te vawng fimkhur turin a thawktuten mipui an ngen a ni. Tin, Damdawi in dawr tute hian, kuhva funna etc. leh kuhva eina chhak mai mai lo tur leh, kan damdawi in hi a tibawlhhlawh lo zawnga enkawlpui turin mipuite an ngen tak meuh meuh a ni.

## HRIATNA THAZAM NA

Mizovin tha na kan tih ngawt hian kan thil sawi tum a fiah zo lo chawk a. Hriatna thazam na han tih hian nerve \ha lo lam a kawka, tha na tih ringawt chuan tha tihrawl lam a kawka deuh hlek turin dah ta ila a fiah thei awm e. Medical term a neuromuscular han tih hian a pahnih hian a khai khawm a, nervous system tih hian hriatna thazam lam chauh a kawka ve thung a ni.

Tunah hian he hriatna thazam lam hi kan sawi tum zawk chu a ni a, hemi pawh hi hmun tam takah \hen sawm theih a ni a, central nervous system (Thluak lam leh spinal cord), Peripheral nervous system (hriatna thazam pawnlawi) leh Sympathetic nervous system (Kawchhung lam) ang tel thei sawm theih a ni ve leh a.

\*HMANGCHANG\*

Thingthupui emaw, chawh hmeih thil dang hmeih hi chuan chaw eikham kurtai hi han bar zauh ila, a rim zualpui ve a nia. Chutiingin purunsen pawh hi a rim a cham rei me thih, manse an ei ila, a rim hi zu han that hlon thei a. Rannchuan eh a purunsen pai chuan sawhthing keng tel thin

hriatna thazam hi a kawka deuh berin sawi ila a dik lo hran awm lo ve.

Awle, a zavai chuan sawi dawn ila a bu siam hial a ngai awm e, tunlai a mi tam takin an vei leh pawimawh tak inven theih ni bawka chu peripheral neuropathy kan tih mai hi a ni awm e, hei hi i han thlur bing dawn teh ang.

A lan dan:

He natna hi zawi muanga in\an a ni tlangpui

1. Ke mu churh churh emaw za mem mem.
2. Kut hmawr mu emaw za.
3. Ke kham emaw na ngut ngut.
4. Ke vung.
5. Ke zawi/chak lo.
6. Khup dursuih
7. Ding nghet lo a bikin maimit-chhingin.

Awm Chhan :

A chhan zawn chhuah hi thil awlsam a ni lo va, a chhan chu hetiang hi thil tam takin a



thlen thei a ni a awmtir thei tu lar zual han sawi ila.

1. Accident - eng emaw vanga i nerve a lo chat palh (motor accident, zai chhum palh, infiamna a tihpalh etc) a nih chuan hetiang hi a thleng thei, hemi vanga awm hi chu zawi muang ni lovin a awm thuai \hin.
2. Zunthlum
3. Zu in nasa
4. Thyroid hniam leh sang
5. Natna hrik- HIV, Hepatitis C leh a dang \henkhat
6. Vitamin tlakchham - Vitamin B1, B6 leh B12 tlakchham vangin a awm thei, vitamin E pawh hi nerve tan vitamin pawimawh a nih a vangin a thlen ve thei tura ngaih a ni.
7. T<r (Toxins) - Cancer damdawi \henkhat leh suan (Lead) te hian an thlen thei. Hetah hian tihlan ngei a pawimawh ni ka hriat chi tunlaiin he natna (Peripheral neuropathy) hi Mizo zingah a

tam hle a, a ni ngei e tih zawng kan sawi thei lo amaherawhchu, hetiang natna nei zinga a tam zawk (80%) hi chuan kuhva ni tin cheng 20 aia tlem lo an ei deih vek a ni tih kan hmu a, Kuhva ngei thei lo aiin nghei thei te chu dam pawh an dam hma bik.

Kuhva rahah hian arecho-line a awm a hei hian nerve a acetylcholine receptors a direct in hna a thawk thei a, hei hian kuhva kan ei a kan thlan tla, luhai, mit vai, luak chhuak chil haw te a siam a, a dose a san deuh chuan, luak leh zun leh ek cheh te a thlen thei a ni.

Rei tak chung hetiang a nerve a chiah hian kan sawi tak peripheral neuropathy hi a thlen thei a ni tih hriat a ni.

Test leh Examination:

1. Thisen ekzam:
  - Zunthlum neih leh neih loh
  - Thyroid test
  - Vitamin level

- Hepatitis leh HIV
2. Electromyography:  
Hriatna thazam a hriatna signal (electrical activity) kal chak zawng enfiarna.
3. Biopsy  
hriatna thazam pakhat pawimawh lo lai ber tur kha tlem ekzam turin hleh \hen a ngai mai thei
4. Scanning  
MRI leh CT Scan in i spinal cord kha en pawh a ngai mai thei.
- Enkaw Dan:  
A awm chhan azirin enkaw dan pawh a dang \hin a tlangpuiin
1. Na chhawkna- hei hian i hriatna thazam \ha lo avanga na lutuk hrehawm kha a ti ziaawm ve theih deuh nan pek an ni \hin.
2. Antidepressant - Depression i nei tihna ni kher lovin heng damdawi te hian i natna avanga mut theihloh leh na lutuk kha a chhawk ve thei.
3. Physiotherapy - I tha zawi siam chak leh na turin exercise \henkhat an zirtir ang che a nga chu bakah khawl pakhat IFT therapy kan tih hian electric current hniam te hmangin i hriatna thazam kha an dep \hin a ni.
4. Vitamin leh hepatitis enkawlna te pawh a awm chhan a zirin a \ul mai thei.

## TANGSEH (CHICKEN POX) LEH A ENKAWL DAN

Chicken Pox hi Mizovin Tangseh kan tih hi a ni a, natna inkaichhawn awl tak a ni. Khawsik, awm nuam lo leh taksa bawl leh durh angin a langchhuak \hin.

1. A awmtirtu : Tangseh hi virus chi khat C.Z. Virus avanga lo awm a ni a. He virus hi taksaah a vawikhat luhnaah chuan tangseh a awmtir \hin a, tangseh a lo dam hian he natna hrik hian hriatna thazam hmawrah bu a khuar \hin a, hun remchang dangah, kum upat lamah leh taksain natna a do theihna a tlakhniam hnuin natna chi dang a rawn thlen leh thei a, chu chu awmvel (herbet zoster) kan tih hi a ni.

## THAW RIMCHHIA

Dr. C. Zirsangliana

Naupang hmeltha tak leh duhawm tak, ka chhung rimtui hiam mai te hi an ngainatawm

em em a. Mahse rei vak lovah chuan an ha a lo muat a, an thaw a uih ta hak \hin. Chu chuan an duhawmna nasa takin a tikiam a, anmahni pawh an inthlahrung duk a, an lainatawm em em a ni.

Nula hmel \ha tak leh tlangval pa takte pawh hi an thawk nam deuh hak \hin chuan an ngaihnoheina a tlahniam duh khawp mai. Chu ai mah chuan mahni insitna nasa tak a siam hi a pawl leh zual. Zantina inthawkkhum nupa te tak hian thaw uih hi an ngaithei lo zual. Nupa pawh arukin an insit rum rum thin.

Zirtirtu thaw uih tak tak naupangin an thiam loh an zawh hreh phah ngawih ngawih pawh hi an awm ve fo mai. Chutiang bawkin officer leh politician \henkhat pawh an hnuai miten an hmuhsit ruk chem chem lah bo lo. Tar ho hlei hlei pawh hi an ka chhung tuihnai lo vang hian chhungte lakah an inthlahrung nasa thin. Thaw uih zet hi chuan tih buai loh pawh a nei lo a nih hi.

Thaw uih chhan hrang hrangte chu a tlangpuiin hengte hi a ni:

1. Ha nget, a bik takin a thling thlenga nget tawh.
2. Ha beh leh ka chung bal hrim hrim.
3. Ha raw, ha leh ha hni inkara nawh fai hleih theih loh khawpa bet nget,
4. Hnar lam chianguang lo vanga hnap uih.
5. Chuap leh pumpui tha lo (thaw ti uih tur khawp chuan a nasat viau a ngai eg. Cancer).
6. Thil rimna leh rimchhia ei vangin.

He harsatna hi i lo tuar ve a nih chuan a tihreh dan awlsam leh pawimawh ber chu uluk taka ha leh kachhung nawhfai a ni. A khat mawi tawkin Dental check up neih ziah a tha, thla thum danah emaw kum khatah vawi hnih emaw tal.

KhawI hmanga ha tihfai (Scaling) hi kum khatah vawi

hnih tih hi a tha bera, a theih ngang loh chuan kum khata vawi khat pawh hi tha tawh ve tak a ni. Doctor ngei nilo clinic-a thawk rei tawh deuh tu tu te emawina an lo khawih ve hian thilpawi zawk a thleng palh thei a. Mitin fimkhur theuh ang u.

## TAKSA I DUAT ANG U

C. LALTHANCHHUNGA  
Block Extension Educators  
(BEE)  
Directorate of Health  
Services

Hriselna kan han ti ngawt a, damlohna chi hrang hrang kan rawn sawi thin si a 'HRISELLOHNA' tih zawk awm tak a ni a, mahse ngaithlatute chuan in lo hrethiam mai a ni ang chu.

Dan naranin hrisellohna in min tlakbuak hian a turah kan dah mai \hin a. A tuar thei in kan tuar a, a tuarzuau deuhin mithiam kan pan a kan nat chhan hi chhutin kan chhui zui lo fo thin a ni.

Kan taksa hi khawl a ni tih kan hriat reng fo a ngai a. Kan enkawl dan azirin a \ha in a \ha lo thei a ni. Motor-te pawh hi a khawl vanga kal a ni a. A khawlah khan oil te thun a nih loh chuan a kang chhe mai thei \hin. Tin, a tidaitu tur tui te thun fo a nih loh chuan

a tlo tur angin a tlo thei lo. Oil te, tui te pawh chu lo thun ta tehreng pawh ni mah ila, a thun tur ang chi kan thun chuan si loh chuan a tlo tur angin a tlo dawn chuang lo a ni.

Hetiang chiah hian, kan taksa pawh hian mamawh chi hrang hrang a nei ve a, heng a mamawh te hi kan thil ei leh inah te a telin kan khawsak dan phungah te a tel vek a, chuvangin kan ei leh in, khawsak dan te chu ngun taka chhut a, taksa tana \ha leh \ha lo tur chu kan thliar thiam a \ul ta a ni. A nihna dik takah chuan kan ei leh in hi kan nunna hnar ber chu a lo ni. Chuvangin kan ei leh inah hian kan fimkhur hle tur alo ni.

A nih leh kan taksa tana \ha te chu eng te nge? Taksa tana \ha chu thil tam tak a awm a, chung zinga tlem i han tarlang teh ang u -

1. Thlai leh thei tharlam ei tam.
2. A tawk chauhva sa ei.
3. Sa ti sen (Bawngsa, Vawksa) te aiin sa ti var (Arsa, Sangha) ei tam.

4. Damdawi reng reng a hun bi thlap thlap a ei (hriatchhuah chang changa ei hian damdawiin a thawh dan tur ang a thawk \hin lo va, awmzia a nei tlem thei hle \hin a ni)
5. Tuisik tam tak ni tin in ziah.
6. Thil (al, thlum, thur, thak) reng reng a tawk chauha ei thin.
7. Hah lutuk lova ni tin Exercise lak \hin.
8. A hun bi a chaw ei.
9. A theih chuan nitin inbual ziah.

### TAKSA TANA | HA LO TE CHU ENG TE NGE?

Taksa hriselna tichhetu hi tam tak an awm a. Hri ilo vel kan vei a, kan damlo hi chu thu dangah dah ila. Keimahniin kan ei leh in avanga natna kan insiamchawp a awm \hin hi a paw hle, chung lakah chuan kan insum a ngai hle a ni. Chung te chu -

1. **Meizial zuk:** Hei hian

chuap mai a tikhawlo lova, mit leh thisen zam thlengin a khawih paw thei a ni.

#### 2. **Sahdah leh Tuibur:**

Heng te hian pumpui a khawih chhiain meizial ang thovin ka/hrawk Cancer a thlen thei a ni.

3. **Zu:** Zu hi a tawk chauha in loh chuan thin te, thisenzam te a khawih khawlo thei a ni.

4. **Men rei:** Pawngpaw menrei vak hian taksa a ti chauvin, mi a ti thatche \hin a ni. Mut hma a thawh hma chin hi taksa chuan a ngeih ber a ni.

5. **Ei luat:** Vawikhata thil ei \euh hi kan pumpuiin a zo lo hle a, pumpui a ti khawlo thei a chuvangin vawikhata ei \euh ai chuan tlem tlema ei zin pawh a pawilo zawk a ni.

6. **Damdawi pawngpaw ei:** Damdawi te hi pawngpaw ei mai mai loh tur. Na chhawkna man tlawm chi leh Vitamin tih loh hi chu Doctor rawn lova ei loh a \ha. Zan mut theih loh avanga muthiltheihna damdawi te ei mai mai loh tur. I taksain rinrawla a neih tawh

chuan a tel lovin i muhil thei tawh lovang.

**7. Rilru hah:** Rilru a hah hian taksain namen lovin a tuar ve a. Rilru hah mi tan chuan hlimna zawn hram hram tur. Inngaihtuah hah chawp leh inngaihtuah lungchhiat chawp te hi thil awm thei a ni tih hriatrenng tur.

Hetianga anga kan taksa tana \ha tur kan zawm hram hram a, a \ha lo tur tih kan hriatrenng kan tih loh baw chuan natna min tlakbuaktu tam tak te hi chu kan pumpel thei tih hriat a \ha. A awmzia takah chuan kan khawsak dan (way of life) in a zir loh avang hian kan hriselna hian a tawrh phah fo \hin a ni. Chuvang chuan hriselna \ha nei thei tur chuan kan ni tin nun hi kan uluk a pawimawh tak zet zet a ni.

MIZORAM STATE HEALTH CARE SOCIETY CHUNGCHANGA HRIAT TUR PAWIMAWH TE.

RSBY leh Health Care Scheme, 2016-17 policy period chhunga bill theihna Hospital-te chu:-

Mizoram chhungah:-

- 1) Public Hospital zawng zawng.
- 2) New Life Hospital, Chanmari, Aizawl.
- 3) Grace Nursing Home & Research Centre, Lower Zarkawt, Aizawl.
- 4) Greenwood Hospital, Bawngkawn, Aizawl.
- 5) Bethesda Hospital & Research Centre, Bawngkawn, Aizawl.
- 6) Synod Hospital, Durtlang.
- 7) Alpha Hospital, Kulikawn, Aizawl.
- 8) B.N. Hospital, Kulikawn, Aizawl.
- 9) Adventist Hospital, 7th Day Tlang, Aizawl.
- 10) Nazareth Hospital, Aizawl.

& Kolasib.

11) Med-Aim Adventist Hospital, Champhai.

12) D.M. Hospital, Champhai.

13) Christian Hospital, Serkawn, Lunglei.

14) Faith Hospital, Lunglei.

15) Hope Hospital, Lunglei.

16) Christian Hospital, Lawngtlai.

17) Lairam Christian Medical Centre (LCMC), Lawngtlai.

18) Maraland Gospel Centenary Hospital (MGC), Saiha.

19) Eye Care Community & Research centre, Aizawl.

20) Bethany Hospital, Mission Vengthlang, Aizawl.

M.R. Bill theihlohna Hospital-te:-

1) Care/Vaivenga Hospital, Dawrpui, Aizawl.

2) Aizawl Hospital & Research Centre, Khatla, Aizawl.

3) Nazareth Hospital, Ramhlun, Aizawl.

Mizoram pawnah (Credit facility awm theihnate):-

1) B.M. Birla Hospital,

Kolkata.

2) Medica Superspecialty Hospital, Kolkata.

3) GNRC Hospital, Gauhati.

4) Fortis Hospital, Kolkata.

Sd/- Dr. BIAKTHANSANGI  
Chief Executive Officer,  
Mizoram State Health Care  
Society

### BED SORE

Bed sore kan tih hi mi tin mai hian kan buaipui nasa hle awm e. Bed-sore hi eng nge a nih a hmasain han sawifiah dawn ila. Mahnia chetsawn harsa, damlovin taksa delh/rin bik an nei a, chulai hmun chuan thisen a dawng lo va, a lo p^na, chu chu Bed-sore an vuah a ni.

Bed sore thlen theitu pawimawh deuh deuh panga a awm a, chungte chu:-

1. Pressure (nawkna)
2. Hliam (Injury)
3. Anaemia (dawldanna)
4. Malnutrition (chaw kham



- khawp hmuh loh avangin)
5. Hnawng/huh (Moisture) eg. Ngum ruh, mawngtam, ke artui.
- Heng bakah hian, hnungzang thazam natna/hliam (spinal cord injury) leh damloh nasat lutuk avangin a nasa duh bik a ni.
- Bed sore hi chi hnihin a thliar hran theih a, chungte chu:-**
- I. Hnungzang thazam hliam/natna (spinal cord injury) avanga awm thei (Acute bed sore).
- A awmna chhan :-**
1. Hnungzang thazam hliam/natna avangin.
  2. Thisenzam kua tizim a tizau theitu hriatna thazam (vasomotor nerve) \hat loh avangin thisenzama thisen luang \hat loh avangin.
- II. Chhan dang tam tak avanga lo awm- (chronic bed sore)
1. Pressure (taksa nawkna avangin):- Damlovin a taksa delh/rin bik na laiah a awm thei.
  2. Taksa chak lohna avangin - Taksa chak lohna chhante
    - a) Protein tlakchham avangte
    - b) Anaemia.
    - c) Upat tawh vang emaw dam loh rei lutuk vangin.
  3. Taksa vung leh huh/ hn^wng avangin.
 

- A thlen theitu te

    - a) Thisen luang chak lo lutuk avangin.
    - b) Anaemia neih vanga taksa vung.
    - c) Thlan, zun leh hnai vanga vun a lo no in.
  4. Hliam (Injury)
 

-Thlen theitu.

    - a) Mut puan chuar delh vangte.
    - b) | helret puan hman

vangte.

Tunah chuan Mizoten a Bed-sore tia kan hriat lar zawk, Pressure sore i lo thlir zau zawk teh ang.

Pressure sore hi khum bet a awm rei lutuk vangin a awm thei a. Taksa delh ngun bikah khan thisen kal kha delh pin a nih vangin pressure sore hi a rawn awm \hin a ni. Kum upa lam, kum70 chung lam damdawi ina awmte hian an nei duh tlangpui. A bikin malpui ruh tliakah a zual bik. A chhan chu chetvel a harsat zual bik vang a ni.

**Pressure sore awmtir theitu langsar zual (Risk factor):-**

1. Chet theih loh avangin eg. coma, zeng, surgery etc.
2. B.P. hniam (Hypotension) eg. shock, dehydration
3. O2 tlakchham/ tlem avangin. Eg. Anaemia, khawsik, infection.

4. Thisenzam natna
5. Malnutrition  
Eg. Alcoholism, Malignant cachexia
6. Vun awm dan pangngai lo.  
Eg. Vun ro, vun khi, vun hn^wng te leh steriod hman vang leh kum upat vanga vun lo sawng in. ■

## THISEN SANG (HYPERTENSION)

"Thisen sang" han tih hian kan hrethiam deuh vek tawh awm e. Tunlai Mizote pawh hi kan ei kan ti \ha ta deuh nge thisen sang (high blod pressure) nei kan awm ve ta fur mai. Amaherawhchu, ei \hat vang ringawta thisen sang hi lo insiam a ni lo va, chhan tam tak a awm thei a ni.

**Thisen sang awmna chhan \henkhatte:** Mi thil chik miten an chhut danin Australia aborigines te, Greenland-a Eskimo hote leh Africa, Central leh South America rama cheng Tribal-te hian thisen sang natna hi an vei mang lo va. A chhan nia an hriat chu CHI an ei tlem vang a ni.

Tuipui kama chengte leh Japan ho, ei tur dah \hat nana chi hmangte erawh chu zaa 60 zelin thisen sang an nei a, "Stroke" hi an thih chhan ber a ni tlangpui bawka a ni.

Puitling hian ni khatah a

tlangpuiin chi hi 500mg (thirfiante khat hmun sawma \hena hmun khat) chauh kan hriselnan kan mamawh a. Amaherawhchu ni khatah hian gram 10 a\anga gram 20 (10,000mg - 20,000mg) kan ei ber a ni. Ni khatah hian chi hi gram 5 emaw chauh chu ei thei ila, thisen sang natna hian min tlakbuak tehchiam awm lo ve.

Tin, arterial plaque an tih, thisen kawng hnawhtu avang hian thisen sang hi a awm thei bawka. Hetiang thisen hnawhtu hi thau a ni ber a. Hemi laka fihlim tur chuan thau leh mawm lam a tawka chauha ei a \ha a ni.

A pathumnaah chuan Overweight, a lo aluata thau hian B.P. chu a ti sang nghal a. Kan thaute hi taksa peng dang ang bawka thisena chawm a ngai a. He thisen chawmtu tur hian harsa takin thau chu a sutlang thei chauh a. Hetianga \an la tur chuan high blood pressure, pressure sang tak leh chak tak a ngai a ni. Thau dan tur pangngai aia 20% aia thaute reng reng

chuan engtik hunah emaw chuan B.P. sang hi an nei hrim hrim a ni.

Naupai danna, birth control pills, a eie ei chi-ah hian thil pakhat Estrogen an tih hi a tel a. Estrogen hian chi al hi a khawl duh avangin hetiang damdawi ei hmeichhe ho zingah hian thisen sang eng hunah emaw chuan a siam nge nge thin.

**Thisen sang hi eng nge?:** Mihring taksaah hian thisen hi a luang kual reng a. Hemi ti luangtu hi kan lung a niin lung hian tui pump khawl ang deuhin hna a thawk a. Kan lung an phut dat hian thisen a pump a, hei hi "Systolic B.P." a sang zawk kan tih hi a ni a, tin, a phu inkar, a chawl lai tak hi "Diastolic B.P." a hniam zawk kan tih hi a ni leh a. Tichuan thisen pressure a sang zawk Systolic hian 140 leh a chung lam a thlena a hniam zawk Diastolic hian 90 leh a chung lam a thlen hian thisen sang, high blood pressure/hypertension a awm a tih theih a ni. 'Normal' hi dan naranin a

chung lam 110/120, a hnuai lam 70/80 a ni deuh ber.

**Engtianga enkawl tur nge?:**

B.P. sang damdawite chu a awm na a, hetiang damdawi ring renga khawsak ai chuan thil eite leh khawsakzia a hnuai a mi anga tihdanglam hian a hrisel zawk mah a ni.

1. Chi leh thil al ei tlem.
2. Hmawmsawm ei tlem.
3. Thau, mawm leh thil thlum ei tlem.
4. Sa ei tlem (Soup tiamin).
5. Zu lam khawih loha intih cher.
6. Alu, thlai hring leh thei lam chi ei tam.
7. Ni tin khawng veh vawha minute 30 a\anga darkar khat chung tal exercise laa kea kal.
8. Chawhmeh, Ajinomoto ( M o n o s o d i u m glutamate) telna ei loh.

(\*Thau lutuk hlauhawm chin hriatna chu kawnga inteh hian a hriat theih.

Hmeichhiaah inchis 34.5 aia a lenin. Mipaah inchis 40 aia a lenin.)

**THAU LUTUK TUR  
LAKA INVEN DAN**

Kan sawi tawh ang khan, tun dinhmunah i thau lutuk lo a nih mahna, kan hriselna dinhmun kan ngaihchan reng erawh a ngai. I thau belh tulh tulh em? Nakin lawkah i la vawkpui thau hnur mai lo maw? Kan inven reng chu a ngai a ni, harsatna kan hmachhawn duh a nih loh chuan. Thau a har lutuk lo, mahse thau tawh hnuah intih cher leh a har zawk daih, beih fe a ngai \hin.

Intih cher kan tum avang kherin rei lo t> chungin rihna tlahniama cher vat kan tum a nih chuan a dik lo vang, hrisel pawh a hrisel lo vang. Urhsun taka beih a ngai fo, awlsam a ni lo, rei tak; a thlaa thla, a kuma kum a duh \hin. Karkhat chhunga kg chanve a\anga kg 1 kan hlah thei a nih chuan a tawk fu ang. Intih cher nan

insawizawi (exercise) a \ha ber, a tluk a awm lo, a aia \ha a awm lo. Intih cher dan chi hrang hrang kan tarlante hi a mal \heuhin a sawt lo mai thei, duhthusamah chuan ei in insumna, regular taka insawizawi leh damdawi ei a sawt berin a rinawm. Hetiangin hma la dawn ta ila...

\* **Ei leh ina insum:** Kan thau chhan chu kan mamawh aia tam kan ei vang kan tih tawh kha. Kan ei zat kan hmangral emaw kan mamawh zat kan ei thiam a ngai dawn a ni. Mi tam tak chuan in-diet kan ti mai \hin, chaw an ei tlem a, an nghei a, ri\am chung chung pawhin an insum \hin. Hei hi a dik ber lo. Kan pum a ruah rei lutuk chuan kan chauh phah thei, bakah pumpui l^wng (pum ulcer) a awm duh bawk. Chaw kan nghei dawn a nih pawhin zing lamah ei ila, chawhnu lamah insum zawk tur a ni, mi thiamten a \ha zawk e an ti. Ei leh ina kan insum laia kan hriat turte:

# Ei zat/tam lam tih tlem: kan ei in kan ti tlem a

nih pawhin vawikhata ti tlem thut lovin zawi zawia tih tlem thin tur a ni.

# Protein lampang ei tam a \ha: Protein ei tam hian kan taksa a thaute an kalral (burn) chak zawk a ni. Artui, be lam chi leh saah te protein a tam.

# Hriak leh mawm ei tlem tur, kan thil ei a mawm a, kan lam chi kan ei nasa a nih chuan kan thil ei leh siam dan thlak tur a ni.

# Carbohydrates tamna chi insuma thil thlum lampang ei tlem tur.

\* **I n s a w i s a w i (exercise):** Mi tam takin intih cher nan ei in an insum a, damdawite an ei, a \ha ber chu a ni lo, insawizawi a \ha ber, side effect a awm ve lo, bakah \hatna tam tak sawi sen loh a awm. Regular taka exercise i laka i insawizawi fo chuan rei lo t>ah i rihna pawh a lo tla hniam ang a, i hrisel zawk bawk ngei ang. Mahse tuarchhel a ngai, tih tak takna a ngai ve tlat. | henkhatin kar

hnih khat an han ti lep lep a, sawt lovin an hria a, an beidawng leh mai \hin. Chutiang tur a ni lo, a thlaa thla, a kuma kum i tih ngat chuan i inchhir lo tawp ang, kawng dang dangah i hlawkpui bawk ang a, i vun a lo nung zawk ang a, i lung a lo hrisel zawk ngei bawk ang. Bakah i young sawt mai ang, tak tak. Kan insawizawi a nih pawn vawi leh khata ti vak lovin, ni tin minute 30 a\anga 45 vel hah lutuka tih a \ha lo tih hriat bawk tur.

@ Damdawi: Mi tam takin intih cher nan damdawi an ei, an cher phah kher lo. Damdawi chauh an ei a, ei leh inah an insum leh chuang si lo, a sawt tak tak thei lo. Damdawi kan ei a nih pawhin ei insum paha insawizawi ve zel a \ha hle. Damdawi i ei ve duh a ni mai thei, hei hi hre reng rawh, heng damdawite hi a sawt (effective) vek kher lo, side effect eng emaw tal a awm ziah a nia. Nangma thuin lo ei ve ngawt lo la, doctor leh damdawi lam thiamte i r^wn te te

## KEIMAHNI

t Mizoram Sorkar chuan tunhnai khan Health Worker mi 185 zet regular appointment in a la thar, heng lak thar te hi Hmeichhia 85 leh Mipa 100 te an ni a, heng a nghet a lak thar te hi Department chuan a lawmpui a, Sawrkar tan pawh a chhawr nahawm tak ni a, Mizoram hriselna dinhmun than zelna kawngah pawh a hnarkaitu an nih ngei kan beisei.

t Kum 1990 atanga kum 2017 March thla thleng a Mizorama HIV hrik pai hmuhchhuah tawh zat chu 14,632 ani. Kum 2011-2017 inkar a HIV hrik pai thi tawh zat mi 1,228 an ni. HIV hrik pai hi Aizawl district ah tam berin mi 10,570 an awm a Champhai District in dawt in 1489 an awm a, Lawngtlai district chu a tlem ber niin mi 198 an awm. HIV hrik pai te hi kum 23-34 inkar an ni ber a, mipat hmeichhiat hman vanga kai an tam ber a, hriau thianghlim lo in hmantawm vanga kai in a dawt a, nuin a

naute pai hnena a kai chhawn an awm nual bawk a ni.

t Ni 13.11.2017 khan Civil Hospital Conference Hall, Aizawl ah Health Minister Pu Lal Thanzara hovin World Antibiotic Awareness Week hawna neih a ni. Kum 2017 thupui chu Antibiotics i hman hma in mithiam te rawn rawh tih ani a, Dr. F. Lallianhlira, Principal Director, H&FW Department chuan kaihhruaiin, Dr. Lalsawma, Jt. Director (F&D), Health Services hnen atangin sawi hawna ngaihthlak a ni a. Dr. C. Zothanmawia, RIPANS leh Pi C. Malsawmtluangi, Assistant Professor, RIPANS te atangin antibiotics hman dan chungchanga hriattur pawimawh leh fimkhur a tulna te presentation ngaihthlak a nih bakah kalkhawmten antibiotics chungchang sawihona an nei bawk. Hun hi Dr. H. Lalchungnunga, Director, Health Services chuan lawmthu sawiin a khar a ni. Vawiin programme-ah

hian Health & Family Welfare Department a hotu leh thawktute leh hospital dang leh RIPANS, College of Veterinary Sciences & Animal Husbandry leh institution dang atanga mi sawm te an tel a ni.

t Ni 14 khan Lawngtlai District chungsa sentut hri danna pek beihpui thlak tur bul tan nan Don Bosco School Hall ah Measles Rubella Vaccination Camping neih ani. He hunah hian Lawngtlai District Immunization Officer (DIO) Dr S, Thaizi chuan sentut natna awmzia leh sentut natna laka inven dan tur a lem nen entir in a sawifiah.

t Ni 23.11.2017 khan Indian Medical Association, Mizoram Chapter in IMA Multipurpose Center, State Referral Hospital bul a sak an tum chu Pu Lalthanzara, Health Minister chuan a sak hna tan a nih theih nan Lung a phum. He hunah hian thu sawiin Medical College din tum, MIMER chu a hlawhtlin a beiseiawm thu leh Academic Session pawh 2018 - 2019 a\angin Batch hmasa

ber ten zirna an tan theih ngei beisei. Health Minister chuan MIMER Director tur atan Dr. L. Fimate, RIMS Director lo ni tawh chuan MIMER Director tur in a hna a zawm tawh thu a sawi bawh.

He Medical College-a thawktu tur Post 629 zet post lakna tur pawh Sawrkarin a remtih tawh thu tarlangin heng zinga pawimawh zual bik, Zirtirtu - Proffesor leh a hnuai lam mi thiam dang te chu lak thuai an nih theih nan a bik takin Single window clearance a ruahman thu a sawi bawh ani. State Referral Hospital pawh tih changtlun hna kalpui mup mup a ni a, hmanraw tha tak tak bun chhoh mek a ni bawh.

t Ni 23.11.2017 khan Mission Director, NHM Office Chamber-ah Mizoram State TB Control Society buatsaihin District hrang hrang a TB Officers te nen 3<sup>rd</sup> Quarterly Review Meeting neih a ni a, he hunah hian hna an thawh dan leh hmalak zel dan tur te sawihona hun neih a niin hlawk takin an hmang. ■



dawn nia.

**1) Chaw ei ti tui lo/Ril ti \am lo thei damdawi (appetite suppressant):**

# Sibutramine: Chaw i ei a ti tui lo va, thil itna a tireh, hman lar pawl tak a ni. Dose - nikhatah vawi khat, 10mg emaw, 15mg (capsule) a ei \hin tur. Lung \ha lo, thin leh kal \ha lovah te ei/hman loh tur a ni.

# Fenfluramine, Dexfenfluramine: Heng damdawite pawh a hmaa mi ang bawkin chaw itna an ti reh. BMR an ti sang/chak nia hriat a ni. Dose - Fenfluramine, 20mg - 40mg nikhatah vawi hnih emaw vawi thum ei tur, thla tum aia tam ei loh a him ang. Dexfenfluramine, 15mg (capsule) in nikhatah vawi hnih ei tur.

**2) A chi dang:**

# Orlistat: Hei ve thung chu rilah a thawk a, kan thil ei a\anga hriak (fat) kan taksain a la lut (absorp) tur a veng thung. Cholesterol sang tur pawh a veng thei bawk. Side effect \henkhat – eka hriak tam lutuk, kaw\halo, ek

chhuak hma lutuk leh a dangte pawh a awm thei. Dose- 120mg, nikhatah vawithuma ei tur a ni.

# Phentermine, Rimonabant leh a dangte pawh an hmang \hin. Homeopathin damdawi pawh a tam mai, mahse mahnia lo ei ve ngawt loh tur.

# Inzai (Surgery): Intihcher dan chi hrang hrang tih hnu pawha cher thei lote an zai tlang pui. Zai ngai khawpa i thau loh hram ka beisei hle. Inzai lampang chu sawi tam vak lo ila - pumpui an zai te a, ril an zawm tawi a, puma thau an paih a, chutiang vel chu a ni e.

# Japan ramah: Hun a lo kal zel ang a, hma kan sawnin kan changkang zel ang; chutih huna i la thau reng a nih chuan Japan ramah i han kal ang a, nalh deuh deuh pahnihah an lo chhuah tawh mai dawn che a ni. (Fiamthu)

A nalh tawka inkhaithlit hi a mawi a, a smart in a changkang zawk bawk. Tun

\um atan kan duh tawk mai dawn ang a, chhiartu zawng zawngte hriselna \ha in neih theih nan duhsakna sang ber ka hlan a che u, ngalfimin in dam reng dawn nia...!

### NATNA HRI LAKA INVENNA (Immunisation)

Mihring damchhunga hnawksak leh min tibuai em em thin tu, sum tam tak leh tha leh zung min khawhral hrep tir hnua \ahna min thlen leh \hintu NATNA hi a chimawm tak meuh meuh a, chuvangin hemi laka kan fihlim theihna tur hian theihtawp chhuah a tan lak a ngai tak meuh meuh a ni.

A nih leh heti tak maia nun tinuam lo \hintu lak a\ang hian engtin nge kan lo fihlim theih ang? I lo ngaihtuah ho teh ang u.

Awle, natna lak atanga inven dan hi kawng tam tak chu awm mah se, a pawimawh leh kan ngaihthah miah loh tur chu he natna laka

invenna lak (immunisation) hi a ni. Immunisation hi Mizote zingah pawh hian ngai pawimawh kan tam tawh hle rualin la ngaihthah lui tlat kan la awm fo niin a lang. Naupang hri danna laktir loh hi a hnuah a pawl thei em em a ni tih hriain nakina buaina eng eng emaw pumpelh nan kan ngai pawimawh hle tur a ni. Immunisation hi WHO leh India sorkar ngei pawhin a ngai pawimawhin nasa takin \an a la a, a hlawhtling chho mek a ni.

Immunisation hian a tum ber chu natna chi hrang hrang pasarih laka inven a ni a, chungte chu ilo thlir teh ang :-

**1. Diphtheria (Hrilawn):**  
He natna hian hrawk bawr leh Tonsil a khawih ber a, tin, vunah ulcer a siam thei bawk a ni. Hetiang hrilawn hi boruak leng velah leh taksa innawk a\anga kai a ni ber \hin. Hetiang natnate chu hrawk thip, chaw ei tui lo leh khawsikin a rawn lang chhuak deuh ber thin a ni. Hetiang natna laka kan lo inven nan

hian DPT Vaccine an tih hi lak ngei tur a ni.

**2. Sentut (Measles):** Sentut natna hi Mizoramah a lar hle a, khuh, hahchhiau leh taksa innawk a\anga kai a ni ber thin. Sentut lan chhuah dan chu a tlangpuiin khawsik sang tak ni 1 atanga ni 7 chhung lai awh emaw taksa bawl bakah Pneumonia pawh a tel thei bawk. Hetiang sentut natna lak a\anga lo inven nan chuan Measles Vaccine lak tur a ni a, Vitamin 'A' supplement nena pek kawp tur a ni. Hei hi naute thla 9 a nih in pek \an tur a ni a, thla ruk dan zelah thla 3 a tlin thlengin pek zel tur a ni. Amaherawhchu naupang thla 6 hnuai lamah te, kaih leh thisen cancer neiah te, TB vei laiah te leh ei chhe lutukah te pek loh tur a ni thung.

**3. Khuhhip:** Hei hi khuh leh hahchhiau a\anga kai a ni bera, hritlang hnaptui, hahchhiau, khawsik, khuh, zana luak leh mittui tla reng te in a rawn lang chhuak \hin. Khuhhip ven nan hian DPT

vaccine pek \hin tur a ni. Amaherawhchu nausen chu damlohna nei a nih emaw, laih nei a nih emaw, zeng natna vei, a venna la si lo a nih chuan DPT vaccine hi pek loh tur a ni thung.

**4. Zenghri:** A tlangpuiin Zeng hri venna (vaccine) la lo naupang ten an vei \hin a ni. Zenghri hi kan thil ei leh zun leh ek a\anga kai a ni ber. He hri r^pthlak tak a\anga kan him theihna tur chuan OPV (Oral Polio Vaccine) lak mai tur a ni. He hri venna hian taksaah thil \ha lo thlen a nei lo tluk a ni. He Vaccine pek hmaa naupangin zeng natna a lo vei tawh a nih pawhin pek ngei tho tur a ni. Amaherawhchu, naupangin kaw-\halo nasa tak emaw, damlohna dang a neih chuan pek loh tur a ni. Tin, kan hriat reng tur chu naute in OPV leh DPT hi vawihnih a dawn tawh chuan a thisenah hri dangtu a lo insiam tawh thin a, chuvangin a dose vawi thumna hi vaccine awm remchan vangin emaw, thil dang eng emaw vangin lo tlai

deuh mah se kum khat a tlin hma a lak a nih leh hman phawt chuan a pawt hran lo a ni.

**5. Tetanus (Sakawr ek-hrik):** Nu in nau a neih laia faina a ngaih pawimawh tawk loh vang te in naute tam takin sakawr ek hrik natna hi an kai thin a, thil dang a\anga kai theih tho chu a ni. He natna hi a \ihbaiawmin naupangin an thih phah tlangpui thin a. He natna laka inven nan chuan invawnfai bakah DPT/DP Vaccine hmanga in ven theih a ni. He vaccine hi naupai lain nau thla li (4) leh thla nga (5) inkarah a dose khatna lak tur a ni a, tin, naupai thla 5 leh thla 6 inkarah vawikhat dang lak leh tur a ni. Naupai tirh \annaah lak hman loh pawhin wawi 2 chu lak tho tur a ni. Pai hmasaka lo la tawh te chuan nau neih hma kar li velah vawikhat dang lak leh thin tur a ni.

**6. TB/Ngawr:** He natna hi chuan, ruh, ruh chuktuah leh thluak a khawih ber thin, he natna hri hi boruak leng vel a\anga kai theih a ni. Chauh

ngawih ngawihna, rihna tlahniam, khawsik leh zan mutnaa thlan tla te in a inlar chhuak fo \hin. Inven nan BCG Vaccine lak tur a ni. He Vaccine hian phar leh thisen cancer te pawh eng emaw chen a veng thei. Tin, DPT nena pek kawp a nih chuan ban lehlam lehlamah a hranga pek a tha.

**7. Hepatitis B:** He natna \ihbaiawm tak hi AIDS ang thova inkaichhawn theih a ni. Tin, he natna hi a vei tirt>ah chawp leh chilhin a lang chhuak mai lo pawh a ni thei a, mahse heng a vei tawhte hian mi dang an kai theih tho avangin an lakaha fimkhur hle tur a ni. He natna laka inven nan hian Hepatitis B Vaccine a lak theih a, he vaccine dose khatna hi eng niah pawh a lak theih a, 1ml injection a lak tur a ni. Dose 2-na chu thlakhat hnuah lak leh tur a ni a, a dose thumna chu thla 6 hnuah lak leh tur a ni.

Aw le, heng natna hlauhawm tak tak leh nakin hnuah min tibuai theitute lak atanga kan fihlim theih dan tur

chu kan lo tarlang ta a. Tun atang chuan nu leh pa ten kan mawhphurhna \heuchte hre rengin heng hridanna hrang hrangte hi ngai pawimawh theuh i la, kan fate hi an nausen lai atanga kan lak tir ngei theihna turin tan kan lak a ngai tih kan hre reng dawn nia.

**'INVEN HI TIHDAM  
AIIN A | HA ZAWK'**

## **PHONE BO ZAWN DAN LEH TRACE- NA**

I phone a bo a, Switch off a inti tlat bawk si a. A rutu chuan i SIM hmanlai chu paih bovin SIM Card dang vuahin a lo hmang reng tawh pawh a ni thei. Engtin nge i chhui zui ang? Mobile phone kan lei reng reng hian a bawm a chhawm vek a. Chu kan Mobile lei tharin bawm a chhawm chu paih mai lovin dah\hat tlat tur a ni. I Mobile an ruk sak che chuan i phone bawm chu la chhuak la. I phone bawmah chuan IMEI number a lo inbel ang. I phone

bawmah an bel lo a nih pawhin, Warranty Card-ah an bel thin bawk. Hei hi phone i leithar tirhah i hmu lo a nih chuan IMEI number awmna a hralh tute hnenah i zawt ngei ngei tur a ni. IMEI number hi hriatloh theih a ni lo va, IMEI number tiin a inchhu kalh a ni. IMEI number nen chuan CID lamah emaw, SIM Card hralh chhuak tute lamah emaw i kalpui ang a, i Mobile phone chu a rutu/a chhartu in SIM Card dang a vuah tawh pawhin, i phone IMEI in i phone call detail zawng zawng kha a ni leh thla, a kum nen lam a lo record vek dawn avangin i phone i tihbo tirh a\ang a call detail i dil chhuahin kar hun chung zawng khan he IMEI number atang hian mi call a ni em? i phone hi SIM Card dang vuahin hman a ni nge ni lo IMEI atang hian a hriat theih dawn a ni. I Phone IMEI a\ang chuan i phone ruksak tuten emaw, a hralhtawhna tena an hman chhuahna zawng zawng call detail list print tirin i dil chhuak a, i nei ta vang mai. Khang Call

detail tam tak i phone in a lo biak thin zawng zawngte chu SIM Card thar hmang mah sela, SIM number a hmanlai leh a biak ate nen lam a lo lang vek dawn a ni. Tichuan chung number ho chu phone dangin i zawt ang a. Chumi nia rawn betu SIM Card number 9862... number hi i hriatzawng a ni em? tiin i zawt ang a, Call detail i dilchhuah zawng zawng zinga number pakhat tal chuan Chiang takin i phone hmangtu/ rutu emaw lo leichhawng leh tu emaw hi hria an awm ngei ang. Tichuan thiam tak leh fing takina address Chiang kuang taka i dilchhuah hnuah, Police hnenah i phone hmangtu i hriat tawh thu i report tawh mai dawn a ni. Tichuan, Address engkim i hriat vek avangin Police lamin a tul angin an bawhzui tawh mai ang. I Mobile phone ruk tawh chu ni tam tak a liam hnuah i hmulet leh mai dawn a ni. Mahse hetianga IMEI number a\anga zawnchhuah dawn hian kar hnih thum a liam a ngai tlangpui a. Mawl tak an nih loh chuan switch hi an 'on' vat lo

tlangpui a. Phone ru \hang tak tak pheichuan a kum a kum te on lovin an dah \hin. Chuvang chuan fimkhur taka thil tih a ngai a ni. Hetiang anga i phone bo nangma'n i lo chhui ve avang hian Police te an hnathawhnaah nasa takin i pui reng tihna a lo ni rengdawn a ni.\*

\*\*\* IMEI NUMBER ENNA: \*#06# In mobile IMEI kha a number kha la vek ang che u, chuan chumi hnuah chuan a hnuai link-ah khuan lut ula, fill up tur zawng zawng khu fill up vek ula chuan in register ang che u aw. IMEI number lakna tur in hre lo a nih chuan, in phone battery kha phawi ula, a hnung bangah khan a in zia anga, in hmu zo lo a nih chuan hemi number \*#06# hi number callna a\ang khan in hmet dawn nia.

Trace duh tan a hnuai ka link dahah hian click mai tur aw.

h t t p : / /  
www.trackimei.com/  
RegisterIMEI.aspx

## AWMVEL

**HRILHFIAHNA:** Awmvel Mizovin kan tih hian, p<sup>^</sup>n chikhat awm velchhuak \hin natna mitthlaah a rawn lang nghal mai \hin a, mahse he natna hian awmah chauh ni lovin taksa khawilai pawh, vunin a khuh tawh phawtah chuan a lang thei a ni. A Medical term chuan Herpes Zoaster a ni a, he natna hi kan naupan laia kan vei \hin Tangseh (Chicken Pox) natna dam tawh amaherawhchu kan taksa nerve hmun \henkhatah a Virus nung la chambang kha taksa chak loh lai emaw natna dangin mi a tlakbuak laiin emaw rawn chhuak lehin a rawn p<sup>^</sup>n chhuak ta thin a ni.

**A LAN DAN:** He natna hi p<sup>^</sup>n chikhat durh chhuak angin a lang a, a tirah chuan a p<sup>^</sup>n a lan hmain a lan chhuahna hmun tur chu a na viau \hin, chumi chu khawsik ten a zui a, chumi zawhah a rawn durh chhuak ta thin a ni. A durh hi sin t> t>

a\anga durh lian tak pawh a ni thei, zawi zawiin a durh chu damdawia enkawl loh pawhin a lo hil ve zel a, ser a lo awm ta thin a ni. Hemi hnu pawh hian damdawia enkawl loh emaw a nasa deuh te phei chu a natna hmun kha a rawn na thip zawk zawk fo thin.

**ENKAWL DAN:** Damdawia awlsam taka enkawl theih a ni a. Puitlingah chuan Acyclovir mum 800mg ni tin vawi 5 ni 5 chung ei tur a ni, a p<sup>^</sup>nah khan Acyclovir Ointment hnawih bawh tur a ni. Mit chhunga mi chu mita hnawih chi bik Ointment a awm tih hriat tur a ni, naupang tan pawh damdawi ei chi hi a tui a awm bawh, khawsikah chuan Paracetamol mum ei mai tur a ni. ■