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Editorial

Kan hma lawkah hian hunpui kan lo thleng leh dawn ta a, hetiang hunah hian a bikin \halai te kan inti thawvengin kan nun kan uluk lo \hin a, 'Hun pui thlen manah' tiin kan nun kan thlahdah fo \hin a, ruihtheih thil leh mipat hmeichhiatna kan hmang nasa in Kristmas hnu thla thum velah a result a lo lang fo \hin a ni. Hei aia pawl zawk chu tih dam theih loh natna kan paw chhuah ang tih mawlh mai hi a ni.

Kan hriat \heuh angin India ramah Mizoram hi AIDS vei tam lamah a pakhatna kan ni ta hial a, tun dinhmunah hian Mizoram-ah HIV+ve mi 16413 zet kan tling ta reng mai. Heng zingah hian mipa 10,780 zet leh hmeichhia mi 5,633 lai mai kan ni ta! Kan inkaina tlanglawn ber lah chu sex a ni tlat bawk si.....

Hun pui kan han thleng chiaha anga, tleirawl rual he hunpui lawma nun thlahdah tak tak kan tam leh dawn tih a hriat reng mai si a. Hetiang renga HIV hrik pai kan pun chak chuan kan ram hi he hrik \ihbaiawm tak avang hian kan la pul puk puk lovang tih sawi theih a ni ta lo. A hrechiang ten an sawi danin tunlai hmeichhe tleirawl (School naupang) hian zu rim na lo chi VODKA an in nasa an tih tlat pek chu. Hei hian sex lamah pawisak neih lohna a thlenin hmun ualau tak taka sex hman a ti hluar hle niin an sawi.

Hemi kawngah hian nu leh pa kan \hanharh a hun ta tak tak niin a lang. In chhung khura naupang chhe tala an tal lai hian kan fate pawnlam nun hi a dahlau viau thei tlat. "A nu, A pa" ti a, min kuah min kuah lai hian an \hiante leh ngaihzwng te bulah chuan an lo naupang chhia tawh lo fo \hin. Chuvangin, pawn lama an khawsak duh dan te, an \hian kawm te leh an hun hman dan hi kan theih ang tawka kan chik ruk an ngai tak zet tawh a ni.

Kan hma lawka hunpui lo awm tur hi kan fate leh keini ngei pawh hian thianghlim taka kan hmana, kan hmachhawn theih nan inbuatsaih thar leh ila, nakin hnua inchhirna min thlentu thil pawl tihna hun atana hmang lovin a tha lam kawnga hriatreng tlang hunpuiah i chantir \heuh ang u. ■

C. Lalthanchhunga

Khawchhak mifing pathumte chanchin hian hriat a hlawh hle laiin a pali-na erawh hi chuan, hriat a hlawh ve meuh lo niin a lang. A chhan chu, khang mi fing pathum- Caspara, Melchlora leh Balthasara-ten Lal thar lo piang chibai buk tura an thurualpui ARTABANA khan, Lal chibai buk tura a kal vena kawngah khan, mi mangang \anpui ngai ngawih ngawihte \anpui nana a hun tam zawk a hman ral tak avangin, mihringte suangtuahna leh ngaihda anga, a Lal chibai a buk ve hman tak loh vang pawh a ni mahna!

Awle, mi fing dangte ang bawh khan, Artabana pawh kha Lal thar lo piang chibai buk turin a inpuahchah nasa ve em em a, a in leh lo, a neih chhun ang ang te hralh in, Lung man tam tak tak, Sapphire, Ruby leh Pearl -te lei nan a hmang a, chung rohlu te chu paipawn chungin phur em em in a \hiante nena inngahkawmna hmun tura an ruat lam chu a pan ve a... Mahse, beisei loh deuhin kawng lakah damlo thi mai tur bawih sawm ngai ngawih ngawih hi a va hmu ta hlauh mai a, han kalsan ngawt chi

niin a hre bawh si lo, a rosum senga, theihtawp chhuaha a bawih sawm hnu chuan, hmanhmawh takin a thiante chu a um ve ta vang vang a. Nakinah chuan, a \hiante nena an inngahkawmna hmun tura an ruat chu a va thleng ve ta hlawl mai a, mahse a hlauhthawn ang ngei ngeiin a \hiante chuan "Kan nghak hman tawh lo che, thlaler lamah minrawn um ve mai rawh" tih hi lunga ziak an lo hnutchhiah a. Artabana chuan, a rilru te te in, 'Aw!! Damlo kha, lo bawih sawm ta kher lo ila

chuan min kalsan lo tur' a ti vawng vawng a. Chu a chhapah, thlaler lam pan tur a nih avang chuan sanghawngsei leh eitur lei nan, a lung mantam chu a hralh \hen a ngai dawn bawk si a. Lal chibai bukna tura a ro hlu chu a kiam leh sawt dawn ta chu a ni phawt mai a, chu chuan a rilru a tihrehawm lehzual a. Mahse, a pau tikhauhin theihtawp chhuahin Lal thar lo piang zawng tur chuan, thuan famkim nen hrehawm tinreng huamin a thawk chhuak ve ta a. Nakinah chuan eng emaw ti tiin Nausen pianna Bethlehem khua chu a rawn chuang lut ve ta hlwl mai a. Mahse, chutia beiseina thar nena phur em ema nausen chanchin a han zawh nak chuan, a mi zawn nausen chu a nu leh pate'n chu khua a'ang chuan an lo chhuahpui tawh tih a hre leh ta... Chutih nak alai chuan chulai ram roreltu Heroda lah chuan nausen zawng zawng that chimit vek turin thupek a lo pe ve mek bawk nen.

Artabana thlenin nu lah chuan a fa sên duhawm zet mai chu duat em emin a pawmin a lawm vel a, chu chu Artabana chuan a lo thlir reng a, a rilru te tein 'chu nausen chu, a zawn mek Lal thar lo piang tur chu han ni hlauh mai se' a ti em em mai a, a ipte a Lal chibai bukna tur lung mantam chu a khawih neuh neuh a... Chutih lai tak chuan Rome sipaiho chuan, nausen thah tur zawngin in tin an lo luhchhuah mek chu niin, \henawm lawk lawkah chuan mangang au thawm a ri ta chuah chuah mai a. Chumi thawm a hriat chuan nausen nu pawh chuan, mangang tak maiin nausen thurukna tur chu a melh ruai mai a, chutih lai chuan kawngka chu an rawn kik ta dawt dawt mai a. Nausen nu mangang lutuk, Artaban an a hmuh chuan a iptea lung mantam pakhat chu phawrh pahin kawngkhar lam chu a va pan phei a, kawngkaa Rome sipai lo lut tur hnenah chuan nausen chhanhim nan lung

mantam chu a lo pe ta a. Lal chibai a bukna tur, a rohlu chu a kiam leh ta!

Artabana chuan, beidawng duh miah lovin a mi zawn chu a zawng kual leh ta ngat ngat mai a. Mi \henkhatin lal in leh hmun ropui deuhva zawng tura an hrilh laiin, zawlnei \henkhatte erawh chuan a mi zawn chu Tan-in leh mi chhumchhiate zinga zawng zawk turin an lo rawn ve baw a. Tichuan, beiseina sang tak nen, damdawi in leh mi rethei, mi hnuaihning te khawsakna ah leh tan-inah te a zawng kual leh ta zar zar mai a; mahse, a mi zawn chu hmuh tih ni hmel reng a nei thei lo va, chutih a hnekin mi mangang leh harsa \anpui ngai tak tak te \anpui reng rengin a rosum paipawn chu a hman heu zel a ngai ta zawk a. A bei pawh chu a dawng ta rum rum mai a. Mahse a mi zawn chu a hmuh hma chuan bansan mai a tum chuang reng reng lo. Artabana'n kum 33 zet mai hmun tin hmun tanga a zawn

hnu chuan, a taksa pawh chu a lo chau ve ta hle mai a, a bei pawh a dawng \an ve ta in, a phurna te pawh chu a lo kiam ve ta hret hret a.

Tukkhat chu, Jerusalem khua hi a rawn chuang lut ve ta hlawl mai a. Taksa chau tak leh beidawng taka kawngsira a \hut lai chuan, chu khaw daifema LURUH hmun an tih mai pana mipui kal thawm, vawthlep ri tluar tluar hi a hre ta a, thil awmzia a han zawh chian nak chuan, LURUH hmuna suam-hmang pahnih ruala mi pakhat ISUA an tih mai chu an khenbeh tel ve tur thu an hrilh a! Chu veleh a thinlung chhungrilah hian Chiang em emin chu ISUA ngei mai chu alawm, kum tam tak chung hmun tin hmun tanga a lo zawn \hin chu, tih a hre ta! Ahlim ta em em mai a, a chhan chu, a lung mantam neih zinga hlu ber, a la kawl \hat chhun chuan a mi zawn ISUA chu a hun tak leh a mamawh lai takin a tlan-chhuak thei dawn nia a inhriat vang a ni.

Chu ISUA hming chuan chakna leh phurna thar a rawn pe leh ta a, kum 33 zet a lo zawn tawh chu hmuh hlan nghakhllel em em leh a mangan lai leh a mamawh lai ngeia tlanchhuah ngei tum chuan LURUH hmun lam chu a pan ve ta a. Chutia rilru hlim em ema a kal hmawh hmawh lai chuan amah tawh zawng hian Rome sipai-ho hian hmeichhe tleirawl hi an rawn um phei a, Artabana ke bulah chuan mangang leh thlaphang em em hian a rawn bawkkhup thlawp mai a. "Ka pu, min chhanhim lul teh, ka pa leiba rulh nan, sala min hralh an tum a, ka ngai ngam ngang lo a ni, khawngaih min pui lul rawh," \ap chungin a rawn ti ngawih ngawih mai a. Artaban-an chu hmeichhe chhan ngai ngawih ngawih chu a han en a, a khawngaih em em mai a, chutih rual chuan a rilru pawh chu buai namen lohvin a buai leh ta. Kum 33 ngawt a rosum neih zawng zawng nena chibai buk tura a lo zawn tawh chu,

a tawpa tawpah a lo hmu thei dawn tain, a rosum neih chhun ngawih ngawih chu ama tan liau liau a hmang thei dawn ta nia a inhriat lai mekin chu hmeichhe manganzia leh \anpui a ngaihzia lah chu a hai bawh si lo. A lungflu neih chhun chu a han phawrh a, nidang zawng aiin a eng mawi zawkin a hre lehngal a, chu chauh chu a Lal tana a neihchhun chu a ni tawh si... chutia a ngaihna hre lova rei lo te a din hnu chuan, a lungflu neih chhun chu, chu hmeichhe mangang khawngaihthlak tak tlanchhuah nan chuan a hmang leh ta nge nge a.

Tunah zet chuan, a Lal tana a thil pek tur neih zawng zawng chu mi mangang leh chhumchhia te \anpui nan a lo hmang zo ta si a, Lal tan engmah neih a nei tawh si lo... chutia beidawng leh a ngaihna hre lova a din reng lai chuan van boruak chu rawn inher danglam thut a, khua chu a rawn thim ta khup

khup mai a, lir a rawn nghing zui ta bawk a. Chung lirnghing avanga lungphek rawn tla chuan Attabana lu chu a rawn deng fuh ta a, leiah chuan a tlu a, a lu chu a rawn thi \iam \iam a, a hmeichhe tleirawl chhanchhuah chuan Artabana lu chu a mal chungah dahin duat tak mai hian a sam chu a chulsak heuh heuh a. Chutih lai chuan Attabana chu zawite hian a rawn phun sep sep a. "A ni thei lo, Lalpa, engtik laiin nge ril\ama ka hmuh che a, eitur ka pek \hin che? Engtikah nge tuihalin ka hmuh che? Engtikah nge saruaka ka hmuh che a, puan ka sintir che? Engtikah nge damlovin emaw, tan-inah emaw ka hmuh che a, I hnena ka lo kal? Hei, kum 33 zet nangmah chibai buk tumin hmun tin hmun tangah ka zawng \hin che a, vawiin thleng hian I hmel tak

ngial pawh ka la hmu si lo, engtin nge chutiang chuan I rawng ka bawl theih ang?" a han ti sap sap a... Chu ve leh aw hian ama hriat tawk leka fiah hian "TIH TAK MEUHIN KA HRILH A CHE, HENG KA UNAU TÊ BERTE ZINGA MI PAKHAT CHUNGA IN TIHCHU KACHUNGA TI IN NI" a rawn ti a. Chu \awngkam a hriat chuan Artabana chu thlamuang takin a muhil ta siai siai a. A rosum hlu tak nena lal chibai buk a tum; mahse, mihringte ngaihdana a tum lohna lama a lo hmang ral \hin chu a tawpah a Lalpa chuan RIMTUI-ah a lo pawmsak reng a nih chu.

Chhiartu duhtak keini pawh, kan ni tin nunah hian kan Lalpa hi mi chi hrang hrang anga inlarin kan lo dawr reng \hin a ni mai lawng maw?



HUNPUI HRISEL TAKA HMAN

HT Lalruatdiki, Nutritionist
Human Nutrition & Dietetic Society of Mizoram

Mizotena kan hunpui ber, ei leh inah pawh kan in tuituah hunlai kan hmachhawn mek a. He hun hlimawm tak lo thleng turah hian hriselna ngaipawimawha kan ei leh in a tul anga her rem thiam a pawimawh hle dawn a ni.

Kum thar kan han hmang zo hi chu zunthlum, Bp sang, cholesterol sang leh natna dangte kan hunpui laia kan intuituah luat rah a lo lang nasa thin a, chumi a nih avang chuan tun hunpui pawh hian a hnua kan taksa a nghawng leh tur dawn renga kan ei leh in kan in tui tuah dan kan thiam a tul hle in ka hria.

Christmas leh kum thar ruai Kohhran tinin kan buatsaih leh ngei a rinawm a. He ruai hi a buatsaih tute pawhin hriselna ngai pawimawha kan thilsiam mi dangte tan hriselna a lo thlen zawk theihna tura buatsaih thiam a tul hle. Kan ruai ei tur hi sa ei lo mite leh natna hrang hrang nei mi tam tak nen kan kil ho vek dawna, chung mite pawhin kumtlwana kan nghah ruai lawm taka kan ei theuh

theihna tura \an laka, kan lo tih \hin dan tlema her danglam hret a pawimawh em em a ni.

Ruaih hian sa kan uar a, sa sen chi chihnih entir nan bawngsa leh vawksa te kan siam a, a hautak em em a, kohhran tinin tih vek kan tum bawksi a. A tha berah chuan sa sen chi (red meat) pakhat leh sa var chi (white meat) pakhat ve ve awm zawk thei se, hrang hnih khat lek lek pawn sem ila a tawk em em a ni. Bawngsa kan chhum thin a, a tui pui te kan ti, tui kan ti tlang ngang mai a. A tha berah chuan zanah bawngsa kha chhum lawk ila, zingah a thau a lo khal anga, a chung a khang a thau awm zawng zawng kha pah ta \hin ila. Kan ui viau a ni maithei mahse tunlaih chuan a tui chauh ni lo a hrisel zawk kan ngaipawimawh a tul

hle a ni. Mizote ngaihsan Korean-ho te leh hnam changkang zawk te chuan a thau hi an paih vek \hin. Bawngthau hi thau a zawnga hrisel lo ber mai a ni a, zunthlum, thisen sang, cholesterol sang leh lung \ha lo nei te tan a hlauhawm em em. Halpuah ri ring takte nen hian an hlauhawm dan a inang tlang i ti mai teh ang. Halpuah erawh khap a ni a, bawngsa thau te leh vawksa thau te erawh kan la khap lem lo a nih hi.

Ruaiah hian thlai kan la uar tawk lo em em a. Thlai chi hrang hrang kan telh tel hi a pawimawhin hriselna atan a \ha em em si a. A hmaa kan sawi tak natna nei te pawh khian puar \euhin ei mahsela a hlauhawm ve loh a ni. Thlai rah chhum, thlai rah chi hrang hrang kan pawlhte, anhnah tlak te leh thlai hel ei (salad) te hi kan ruaiah hian tel ngei ngei sela, a hrana ei hrang hrehte tan leh mipuite hnena thlai ei tam a pawimawhzia zirtirna tha tak Kohhranin kan lantirna hun pawimawh tak a ni nghal dawn a ni.

Tin, saum soda bai hi uar lo ila, soda hian kan ei tura Vitamin B1 (Thaimine) a tih chhiat avangin leh BP sang tan a \hat loh avangin tel lo thei se a tha zawk viau ang.

Chi (salt) ei nasat hi insum ila, chawmhmeah al sa hi ring mai ila, a hrana ei belh lovin.

Ruaiah te pawh hian a theih chuan chhawp lo ngam ila, kan hriselna atan a tha zawk ngei ang.

Ruai zawha nimbu tui kan chhawp \hin hi thil zawng-chhangtlak tak a ni a, kan chawmhmeah Iron awm kan ei tel kha a hnua nimbu tui kan lo in khan a hipralna (absorption) a ti \ha em em a, chuvangin la tih ching lo kan lo nih pawhin chin ve ngei tlak a ni. Chumi a nih loh pawn anthur sen (lakher anthur) hi chhawp ta ila, Vitamin C a tam a, Iron hipralna a tih \hat mai bakah Antioxidants kan tih lungna, cancer etc laka min vengtu nei \ha ber pawl a ni bawk. Mizo te tan pheih chuan cancer vei kan tam si a, a in venna \ha tak a ni pah bawk dawn a ni.

Hunpuiah hian thingtlang-ah phei chuan chhangban kan uar em em a, a chang phei chuan kurtai nen kan ei bawk \hin. Chhangbanah hian thlum (carbohydrates) a tam em em a. Zunthlum nei, BP sang nei leh a dangte tan tam tak ei chi a ni lem lo. Chuvangin kan ei a nih pawhin per khat aia tam hi ei lo thei ila a tha hle. Chutiang bawkin kurtai pawh insum a \ha hle.

Urlawk zanah arsa kan te kan ching a, hei hi puar khawpa ei loin hrang hnih khat lek ei ve ila a tawk viau. Arsa kan kan danah hian mawm taka kan tur a ni lo. Arsa kan sil zawh hian thirbel chhahah tel tel loin chhuang tawp ila amah a lo in er a, kan kanna atana kan mamawh bak tel a lo iner chhuak ang a, kan mamawh tawk a tel (oil) la ila, a chuang awm kha kan pah mai tur a ni.

Ei mai theih thil nepnawi kan ei nasat hunlai a nih avangin insum rana ei a pawimawh hle. A thei tan phei chuan nepnawi aiin thei (fruits) te ei tam tum zawk ila a tha hle a ni. Chumi a nih loh pawn nihawichi hi chip mai ila, thau

\ha chi pai an nih avangin kan taksa tan a hrisel daih zawk dawn a ni.

Pudding kan uar em em a, puddingah hian cream lam leh chini lam pawlh uar lo ta ila, kan ei ve duh a nih pawhin no chanve vel chauh ei thei ila a tha hle. Tin, pudding kan siam hian fridge-ah dah nghal ila, nikhat aia rei fridge-ah a awm tawh chuan food poisoning (ei sual) a hlauhawm tawh avangin ei loh a him a ber a ni.

Mizoten sa kan ei nasa lutuk hi ngaihpawimawh a hun tawh hle a. Saah hian protein a tam em em a, chu protein chu mihringte mamawh tawk a tam lo a. Mamawh aia tam kan ei hian kan kal (kidney) hna a thawh hah zualtir a, chu chu kan kal (kidney) hian a haw em em. Tunlaiin kal \ha lo leh uric acid sang kan tam em em a. Sa kan ei tam hian khing natnate khian a ho hle. Chubakah nakin zela kal (kidney) hrisel tak kan neih theihna atan sa ei tam loh hi zir ila a tha viau. Zirmi mi thiamte chuan sa ei tam hian cancer a thlen an ti a, cigarette zuk nen hian a hlauhawm dan a inang an ti tlat mai a ni. ■

Dr. P.C. Lalramenga

Ram changkangah chuan mihring nunna suattu ber chu Malaria-te, T.B te, AIDS te ni lovin Heart attack hi a ni a. Heart attack tih hi hetiang deuh hian sawifiah tum dawn ila:

Motor leh tui pump khaw\ha ber ber te pawh hian petrol emaw electric tha hrui tel lo chuan hna an thawk thei lo ang bawk hian kan taksa peng hrang hrang tana thisen pe chhuaktu kan lung (heart) pawh hian thisen thianglim a mamawh ve reng a. Thisen a tlakchham chuan a lo chak lo va, thisen a pump chhuak \ha thei lo va, a tuartu chu kan taksa a bikin kan thluak, kal leh thin te an ni.

Heart attack hi a hun taka hriat chhuah a, enkawl na a hun taka pek a nih chuan miin an thihpui vek tawh lo va, amaherawhchu, dam chhunga inenkawl chhunzawm ngai chi a ni duh hle.

Lung tana thisen petu hi 'Coronary arteries' an ti a. Chung thisenzamte chu hnawhtu an awmin lungin thisen a lo tlachham a, ril a lam

changa pum a na vawng vawng ang deuh hian lung tihrawl thisen kham lo chuan na a rawn siam a. Chu na chu awmbawr emaw pumpui zawnah emaw nghawng leh ban veilamah te a rawn na chhuak daih \hin. Thisen zam hnawhtu langsar ber chu thaukhawn (atherosclerosis) a ni a, zawi zawia chu thaukhawn chu lo awmin hun eng emaw chen chu hriat lovin a awm \hin a. Insawizawi te, khawvawt hnuaia chhuahvah te, inpawllai emaw zauthau laite hian lungphu lo rangin thisen mamawhna a lo zual a, lungna a chhuak thei \hin. Chutiang anga awmbawr vel lo na chhuak chu 'angina' an ti a. Tin, thau-khawn chuan a awmna hmun kalsan a, thisenzamte lamah a insawn a nih chuan thisenzamte zawk kha a hnawhping a, tichuan lung tihrawl \henkhat chuan thisen

leh oxygen an lo tlachham thut \hin a. Chutiang chu 'Acute Myocardial Infarction' an ti a, awmbawr na tak, hruihrual a veh tlat emaw chemte a vih ang maia na, thlanfim chhuak zawih zawih khawpin na a siam \hin. Heart attack tih pawh hi hetiang chi na sawina a ni deuh kher \hin a. Mahse, tunlaih chuan thisen leh oxygen tlakchham vanga lung na chu damdawi in pan ngai lo hial khawpa nep emaw zunthlum (diabetes) vanga na hriat lohte a awm thei a. Chuvangin, a nep deuhte nen huapin 'Ischaemic Heart Disease' an ti a. Chu chu oxygen khamkhawp hmuh loh vanga lungnatna ti mai ila a fiah tho awm e.

Heart attack nei duh mi (risk group) te chu:

1. Zunthlum nei.
2. Thisen sang nei.

3. Thisen thau tam (Hyperlipidemia)
4. Meizu mi.
5. Thau lutuk (obese)
6. Taksa sawizawi ngai lo/ kut hnathawk tlem lutuk.
7. Kum upat lamah a tam zual.
8. Hmeichhia (a bikin naupai rual) aiin mipaah a tam.
9. Thlahtute zingah Heart attack nei tawh an awmin (Genetics).

Investigations:- (Langsar zualte)

1. BP check fo tur
2. Thisenah thau \ha leh chhia enfiah (Lipid profile)
3. Zunthlum neih leh neih loh (Blood glucose level)
4. E.C.G (Echocardiography) hmanga lungphu, lung vung, lung chetdan fel lo enfiah.
5. Kal hnathawh \hat leh \hat loh enfiah (K.F.T)

Merry
CHRISTMAS



INTERNATIONAL DAY OF PERSONS WITH DISABILITIES 2018 PUALIN

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International Day of Persons with Disabilities hi kum 1992 atang khan United Nations kaihhraina hnuaiah theme hrang hrang nein kum tin khawvel puma hman thin a ni a. Mizoramah chuan Health & Family Welfare Department bakah Social Welfare Department, SCERT, NILD, Education Department leh Disabilities Forum hrang hrang tang hote buatsaih in he ni bik ah hian Special Olympics te buatsaihin Aizawl mai bak ah district hrang hrang ah te hun tangkai leh hlimawm tak hman thin a ni a. Tun kumah pawh December ni 3 ah hian hman leh tura ruahmanna siam a ni.

Tun kum 2018 a theme chu, "Empowering persons with disabilities and ensuring inclusiveness and equality" (Rualbanlote dawm kan leh mipui mimir zinga tel vena leh chanvo ina ng pek an nih theihna atana hmalak) a ni a.

Rualbanlote zirna sikul, khawtlang, hnathawhna leh sorkar inrelbawlina ah an tel ve theihna tur hian India sorkar pawn nasa takin hma a la a. Anmahni en hrang lova dikna chanvo mi pangai te chan ang

an chan ve hi sorkar laipui in a tum a ni. Lok Sabha chuan "The Rights of Persons with Disabilities Bill - 2016" a pass nghe nghe a. Chumiah chuan rualbanlo naupang ten kum 18 an tlin thleng a zirna ina man chawi lova an kal theihna dan leh sorkar hna a hmunruak za zel pali hauhsakna dan te pawh a huam a ni.

He Act in chuan rualbanlohna chi hrang 21 a huam chu saptawnga a nihdan in han tarlang ila:-

- | | |
|--|---|
| 1. Blindness (mitdel) | 13. Specific Learning Disabilities |
| 2. Low-vision(mit hmuh fiahlo) | 14. Multiple Sclerosis |
| 3. Leprosy Cured persons (phar natna atanga dam leh) | 15. Speech and Language disability |
| 4. Hearing Impairment (deaf and hard of hearing) | 16. Thalassemia |
| 5. Locomotor Disability (chetvel harsa te) | 17. Hemophilia |
| 6. Dwarfism | 18. Sickle Cell disease |
| 7. Intellectual Disability | 19. Multiple Disabilities including deafblindness |
| 8. Mental Illness (rilru lama harsatna nei) | 20. Acid Attack victim |
| 9. Autism Spectrum Disorder | 21. Parkinson's disease |
| 10. Cerebral Palsy | Rualbanloten ten heng mipui punkhawmna sorkar pisa, damdawiin, intihhlima hmunte awlsam taka an kal ve theihna tura siam leh inkalpawhna chi hrang hrang an hman ve theihna tura ruahmanna siam hi sorkar leh khawtlang mawhphurhna a ni ta a ni. |
| 11. Muscular Dystrophy | |
| 12. Chronic Neurological conditions | |

Mawitea huang!!

@ 'Engtinmaw in pa nena in inruk dan chiah chu? kan pa in min bum hi i ti ve ziah a, han sawi Chiang teh' an ti a.

Ani chuan, "Khilai building lian deuh khi kan in a nia..... mahse ka chungte an la meng awm si a, zanin chu thenawmte inah hian riak phawt mai ang, kan in ang chiahin ka tlangnel tho," a ti a, hei a lo tlangnel tak tak khawp mai kum 3 chuang chu an thenawmte inah kan la riak ta a nih hi" zuk ti a!!!

MUTTLEMINTAKSAANGHAWNGDAN

- Dr. Joel Lairemsanga

Taksa dik tawk loh vang te, hnathawh nasat vang emaw leh thildang vang tein kan taksa hian mut a lo kham lo thei \hin a. Tunlaih phe chuahnmasawna hmanraw changkang hrang hrang vangin \halai tam tak phe chuahnul lem lovah zan kan mengrei em em a, chhun lamah kan hna ngaih a hun pangngaih te chhuak ve leh tho si kan awm nual ta mai. Tun \umah hian taksa mamawh tawk mut lohinhiring taksaah nghawng a neih dan kan zirho dawn a ni:-

1. Rihna a tipung: Zannah darkar sariah aia tlem mu \hintetan taksa rihna a pung duh bik hle. Kan taksaah hian protein chi khat, 'leptin' a awm a. Hei hian taksa khawlpui hnathawh leh chaw eituina te a thunun a. Kan mut tlem chuan taksa hnathawh (metabolism) a lo muang raih mai a, kan chaw ei a lo la tui tho si chuan thau vak mai loh chu thildang reng a awm lo. Mi inthazo lo leh thawk lama harsatna tawk kan lo ni thuai mai dawn tihna a ni. Rihna a pun thur thur chuan zunthlum neihna chance pawh a sang tihna a ni mai.

2. BP sang neih a awlsam: Zirchiannain a tarlan dan

chuan taksa mamawh tawk aia tlem kan mut chuan darkar 24 chung ngeiin kan Blood Pressure (BP) a rawn khawih buai nghal pang a, a lo rei hnuah phe chuahnlung natna hrang hrang a thlen thin. Chuvangin darkar ruk (6) aia tlem i mut a, chhun lamah i hna pangngai i thawh leh baw chuan BP sang i lo nei thuai dawn a ni.

3. Rilru hah a thlen: Duhthusama rei kan mut loh chuan rilru a lo hah hma bik em em a, thil ho t> t>ah thinrim mai a awlsam. Hei hi engdang vang ni lovin kan mut tlem avanga kan taksaah Stress Hormone a lo insiampun vang a ni.

- 4. Taksa ralveng khawl a tichak lo:** Mut kan kham loh chuan kan taksa ralveng khawl (immune system) hian a tuar hma hle. Taksa chu hritlang mai mai lakah pawh a lo sihnip thuai thuai a, hritlang neih nghal zel a ni mai. Khawsik hi kan taksa tan hian thil \angkai tak a ni a, kan taksain natna a bei mek a ni tih lantirtu a ni a, natna hrikte a tihlum \hin. Mut tlem chuan kan taksa hian khawsik hi a siam mai thei \hin lova, natna hrik te an lo chak ta \hin a ni.
- 5. Thawh at a awlsam:** Mu tlemte zingah thawh-at hi a hluar zual hle. Mut laia rilru harhfim kar si; nimahsela taksa che thei si lo, aw pawh chhuah theih si loh leh maimizial kan tih te hi a lo awm thuai \hin.
- 6. Inlaichinna a tichhia:** Mut tlem chuan kan nguai bur mai a, \hianten leng chhuak tura min sawm pawhin kan che chhuak peih lo va, chhungten min biak pawh kan chhang tha peih \hin lo; hei hian in chhung khura kan inlaichinna thlengin a tichhe zo thei a ni.
- 7. Thluak hnathawh a tibuai:** Thluak hian hna tam tak a thawk a, heng a hnathawh zawng zawng deuhthaw hi mut tlem luattukna hian a tibuai \hin a ni. Hriatrengna a tihbuai leh haihawt taka min lo siam ta mai thin hi a tihbuai langsar chu a ni awm e.
- 8. Lirthei chetsualna a thlen:** Mut tlem avanga taksa leh thluak hnathawh a lo ngui thin avangin kut thunun thlengin a lo buai zova, accident tawh a awl ta hle thin. National Highway Traffic Safety Administration-in a tarlan dan chuan Motor Car accident 100,000 zinga accident 72,550 hi chu driver mut kham lo te vang a ni.
- 9. Taksa a tithang chak lo:** Kum 1999-a mi thiamte zirchiannain a tarlan dan chuan mut tlem luatna hian taksa \han a timuang thei a ni.
- 10. Taksa hliam a tidam har:** Kum 2005 a mi thiam ten sazu-a zirchianna an neih chuan a taksa mamawh tawk mut hmu lo sazu-a hliam chu a

\hian dangte aiin a dam har zawk tih a ni. Mihringah erawh zirchian mek a ni.

Mut Dan | ha-

(1) Electrict Bulb te hi tihthim vek tur a ni. Zan laiah zun a chhuah avanga bual in-a kal a ngai a nih pawhin Electrict Bulb te hi on loh tur; hei hi a chhan chu rei lote light on pawh hian kan taksa melatonin hnathawh a tibuai thin a ni. Melatonin hi taksa thau lutuk tur thununtu pawimawh tak pakhat a ni.

(2) Mut pindan hi a vawt deuh raih tur a ni a, 70°F aiin a lum tur a ni lo.

(3) Sana chek ring chi hman loh a \ha.

(4) Alarm Clock kan set duh a nih pawhin khum atanga ft. 3 tala hlaah dah tur a ni.

(5) Mut rei zawng duhtusam chu darkar 7? to 8? hi a ni.

(6) Tleirawl (teenagers) te chuan darkar 9? an mamawh thung.

(7) American Cancer Association ten an hmuh dan

chuan darkar 6 aia mu tlem leh darkar 9 aia mu tamte hian cancer an nei awlsam zawk a nih chu!

(8) Coffee leh zu te hian rilru an chawh harh avangin pumpelh ngei tur a ni. Zu hian a tirah chuan mut han tichhuak ve mahse a hnu lawkah rilru a tiharh leh zawk si a ni.

(9) Mut hma darkar hnih (2) a\ang chuan engmah ei tawh loh a \ha.

(10) Taksa sawizawi \hat hi a pawimawh hle bawk.

Aw le, sawi tur tam tak awm mahse i duhtawh phawt teh ang. Mut tlem luattuk \hat loh dan pawh kan lo hre ta bawk a, \ul leh pawimawh em em si lova pawngpaw zan men rei em em te hi sim a \ha khawp mai. Hma taka mut a, zingah hma taka thawh leh hi a hrisel a ni tih hi thudik dinglai reng a la ni. Eizawna avanga loh theih loh a zan lama kan menrei emaw, tlaivar hial pawh a lo ngai a nih pawhin taksa mamawh tawh chu mutna hun insiam chawp ve leh mai thin tur a ni?■

HRISEL NAN SERTHLUM

Serthlum a lo thar leh ta...he thei hi hriselna atan a tha em em a, chung zinga thenkhat lo tarlang ila....

Serthlum thatna hi an hmuhchhuah belh zel a, khawvela thei lar ber pawl hian thatna a lo ngah khawp mai.

Tukthuanah serthlum tui in te hi a tha hle niin mithiam ten an sawi. Serthlum chu chi hnih – a thlum leh a thur a awm a, a thlum hi kan ei nasat ber chu a ni. A tlangpui thuin serthlum chu a kawr a mam tha tur a ni a, a ruh thain ama tawkah a rit nalh tur a ni. Chutiang serthlum pum tha chuan tui a pai hnem bik niin an sawi.

Serthlum thatna te chu:

Serthlum hi vitamin C kan hmuh theihna hnar tha ber pawl a ni a, a tlangpui thuin serthlum pum khatah hian nikhatah vitamin C kan taksain a mamawh zat vel a awm anga chhut a ni. Vitamin C i ei that chuan colon cancer (ril cancer) risk a tihniamthei niin an sawi a, chubakah kan DNA tichhe thei free radicals te a paihchhuak thei bawk.

Vitamin C chu kan taksain natna a dolet theihna (immune system) tichaktu leh hna thawh that tirtu a ni a, serthlum ei tam hian tlang hrileng pawh kan palzam thei deuh bik dawn a lo ni. A bikin hritlang satliah a veng thei a, ear infection awm sek thin tur pawh a veng thei a ni.

Serthluma anti-oxidant awmte chu kan vun tan a tha hle a, vun thi tur vengin min tilang naupang thei a ni. Ni tin serthlum pum khat ei ziah la, kum 50 i tlin hunah pawh serthlum ei regular ve lo te ai chuan i lang naupang zawk ang, an tih tlat chu!

Vitamin B6 pawh a pai hnem a, chu chu thisen siamtu a ni a, magnesium a awm tel avangin BP sang nei tan pawh a tha niin an sawi.

US leh Canadian mithiam ten zirchianna an neih atangin serthlum kawrah hian Polymethoxylated Flavone (PMFs) an tih mai a awm a,

chu chuan kan cholesterol a tihnam thei a, cholesterol tihnamna damdawi thenkhat aiin a thawk tha zawk a, side effect a nei ve lo bawk.

Serthlumah hian fibre a tam hle a, chu chu blood sugar level control-tu tha tak a nih vangin diabetes tan pawh serthlum ei tam a tha hle a ni.

Beta-Cryptoxanthin hian chuap cancer risk a tihnam niin an sawi a, chutiang chu serthlum, vaimim leh mai (pumpkin)-ah te a tam ber niin an sawi bawk.

Serthlum chu citrus thei dang ang bawkin tih lum deuh chuan a tui a pung a, a tui sawr dawn chuan tlema tih lum deuh a pawl lo. I kutte khan han huai lum deuh vat vat la, chu ringawt pawh chuan a tui a titam thei ang. Mahse, vitamin C hi boruakah a chhe rang em em a, chuvangin serthlum chu I kheh hnuah chuan ei zo vat ang che.

(Serthlum thatna hrang hrang kan rawn tarlante hi Times of India health section atanga lakchhawn a ni.)

Mawitea huang

* An pitar thi miin an ralna pawisa kha a chhiar nuap nuap a, a rinai daihin a lo tam ni ngei tur a ni, "E khai..... vawk vulh aiin a hlawk daih a nih hi..... Thingtlanga mama pi leh pute pawh khi chah thlak ve leh vat chi a nih hi..." zuk ti a!

@ Pu Siana pawhin "City bus neih chu conductor leh driver an inngeih loh deuhin an thu leh hla rem sak a ngai a, an inngeih lutuk lahin pawisa lut a tlem leh bawk si a, a hahthlak duh khawp mai," zuk ti mauh pek a!!

* Kan pa hi chu keimah vang liau liau a millionare a nih tak hi" a ti fo mai a, "E.... chuti chu nu fel tak i nih dawn chu, a nih leh tunhmain in pa chu eng nge a nih \hin reng a?" an tih chuan ani chuan, "E le, multimillionare ngat maw le" zuk ti a!

PURUN VAR LEH SEN | HATNA TE

Purun Var

Purun var (Garlic) hi Mizo zingah hian ei lo kan awm meuh awm lo ve. Mahse a duh lo ta.



chuan a rimte hi a chhian a thak dante hi a tui lo ve hle a ni. Amaherawhchu purun varah hian damdawi tam tak a awm tlat mai. Ni tin kan hmarcha rawtah emaw chawhmeh dangah emaw ei tel tel ziah thei ila, kan hriat loh hlanin kan taksa chu nasa takin a lo pui thin dawn a ni.

Purun var hi kan taksa chhungah leh pawn lamah pawh damdawiah a tha ve ve a, chungte chi i lo thlir teh ang.

Pumpui a tanpui dan : Kawpuar emaw pum puarah emaw purun var hi a tha em em a. Mahse a hranpain heng damdawi atan hian ei lovin chaw ei apiangin emaw purun var zung hnih/khat hi ei tel zawk tur a ni. Tin, chaw ei tui nan pawh a tha a. Purun var Syrup

leh sawhthing densawm tui thirfiante chanve ve ve chawhpawlh chaw ei kham veleh ni tin vawi hnih ei hian chaw i a titui duh.

Purun var Syrup hi kawthalo leh santen atan te a tha em em a. A siam dan chu Purun var zung khat vel khex la, Malt Vinegar 100ml pawlh dal lovah chhum so bawrh bawrh la. A tui chu thli chhuakin chumi zat chiah khawizu telh leh tur a ni. Heti hian bur chhin neiah rei tak a dak that theih.

Awmnâ atan : kan sawi tak Purun var Syrup hi Asthma thaw hah lutuk tihreh nan a tha a. Tlai leh zan mut dawna thirfiante thum in tur a ni.

Tin, naupang awmnâ atan chuan Purun var khex sa hi hiah siam sak ila, awrhtir tur a ni. A rim khan hnar zâ leh ping a tiziaawm thei a ni. Tin, purun var hriak (Garlic Oil) pawh an

âwmah leh hrawkah chulh sak tur a ni bawk.

Sciatica leh Ruhseh lam tan : Heng natna vei tan hian Purun var hi a tha leh zual em em a ni. Purun var zung li (4) khehsa kha bawngnuteah chhuan so bawrh bawrh a, a bawngnute chu thlit chhuah a mut dawna purun var chu ei tur a ni. Purun var zung hi 10 a tlin hma chu ni tin pakhat in tih pun zel tur a ni a. 10 a tlin hnuah pakhat zela tihtlema ei leh tur a ni. A tlem tial tiala pali (4) a lo nih leh hnuah belh leh tur a ni. Hetiang hian ni 40 chhung tih tur a ni.

A dangah : Mit fiah lo leh thluak lam dik lovah pawh hian purun var tui sawr hi an pe thin a. Tin, zun kawng dik lo atan pawh purun var chhuan so na tui no chanve vel ni tin vawi thum pek a tha bawk.

Taksa hnawih atan : Purun varah hian nachhawkna a awm ve avangin purun var rawt sawm hi ruh chuktuah nâ ah leh Sciatica-ah te an bel thin a. Tin, nakruh na them thumah

pawh belin nâ a chhawk thin bawk. Tin, purun zung Coconut Oil a chhum a, chu Oil chu far hnih far thum benga far luh hian beng nâ te a chhawk bawk a ni. Zun theih loh te hian dulah purun var densawm hi belin zun ati awl ve thin bawk.

Heng kan sawi bakah hian ruah tui tlak laia natna chi hrang hrang lo awm thin te tan purun var hi a that bakah purun sen nen ei pawlh hian thisen sang leh lung lam that lohna te pawh a veng tel a ni.

Purun Sen

Purun Sen pawh hi damdawi tha tak a lo ni reng mai



a. A hela ei hi a tha ber a. Tin, khawizu pawlh dal loh nena chawhpawlh hian rannung sehna hnuhmaa bel te, vung te, khawihli te leh ruh na/ruhseh damdawi atan a tha bawk.

Purun sen hian a chungsa sawi bakah hmeichhe thi nei

tan thi a tichhuak thain thisen a tithianglim bawk a. Tin, zun a tih tam avangin kal a pui nasa em em bawk a ni.	Purun sen han tih hian henga kan hmuh zen zen loh Purun sen var chi hi damdawi atan chuan a tha leh zual.
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Mawitea huang

▲ Tlangval 1 pawh a lennaah uisa an lo siam hluah mai a, a ei ve chak si, an sawm ve si lo. Muang ban charh hian, "Ka va haw ang e" a tia, engtinmah an chhang si lo. A \hu leh a, a hnu deuhah chuan, "Ka chungte chuan chaw an ei vek tawh ang mawle..." a ti leh. A lennate lah chu an ngawi reng mai si. A hnu deuhah chuan, "Ka chungte chuan chaw min chhum kep pawh ka ring nek lo," a ti leh. Chutah zet zawng pa ber chuan, "I ei ve nge nge dawn nia" a ti ta a...

▲ Tetea pawhin; 'Keini chu awmpui kan nei rei thei lo, sa hi kan hmeh reng duh si a, an sa ning lutuk hi thenawmte in velah an insawn zung zung zel' zuk tia!!

▲ An nu khan an pa lehkha deng lai hnenah khan, 'Mama pa, lo haw vat teh Mama alkatra barel chungah a lut a, alkatra a lo la awm sia a tang tlat a nia,' a ti a.

An pa lah chuan Akpui den pah khan, 'Chhuang tui ula ni mai lawm,' zuk ti sam et a!!

▲ Tlangval zei lo lutuk hnenah pawh khan, "Thianpa hmanni khan ka pa kha a boral asin..." a ti a, "E... a ni maw... chu in phum ang tiraw?... "Aw phum e..." "Chuti chu pa in nei tawh lo tihna a nih dawn chu..." zuk ti nulh a!!

▲ Titi tui... PWD driver leh handleman pawh kha champhaia an bumgraw dah haw lam Laipuitlanga haw tur kha kawng lakah lem sek pahin an titi dun tak tak mai chuh... khawvar dawnah Sairang balu laknaah zuk chhuak hlawl mai a!!

ZAWHNA & CHHANNA

Pu Editor,

Aids natna chungchang, a lanchhuah dan, a enkawl dan te chiang taka ziahna hi i chanchinbuah hian a awm lo khawp mai, zunthlum lam hi a tam mai a, HIV/AIDS lam hi rawn tichhuak ve thei ula a lawmawm ngawt ang. - 8575885624

1. Nu naupai leh HIV: Nu HIV hrik pai ten an naupai laiin hlam leh laihrui kaltlangin emaw nau hrin laia thisen chhuak naute taksa pem leh pilh a lutin emaw an kai thei. Tin, naute len tawh hnuah nu hnuteitui a\angin a kai theih bawk. HIV hrik pai nu za zelah 20 - 30 velin an nauteah an kaichhawn \hin.

Nu naupai tan an fa a him theih nan HIV pai a nih leh nih loh inhriat chian a ngai em em a ni. Chutianga inhrechiang tur chuan PPTCTC (Prevention of Parents to Child Transmission Centre) a pan theih a, an \anpui thei reng a ni. PPTCTC hi District tina Civil Hospital leh Community Health Centre awmna khaw tinah a awm a ni.

2. HIV positive te AIDS vei an ni em?: Miin HIV a kai chuan HIV positive a lo ni a, a damchhungin a pai hlen tawh ang, mahse natna erawh a thlen nghal mai lo. HIV te hian mihring thisen sipaite awm khawmtu T - cell chhungah lutin an inthlah pung vak a thisen sipaite an tichhe \hin. Thisen sipai ten lo do let ve \hin mahse khua a rei chuan HIV ten hnehna changin, a tawpah thisen sipaite natna hrik do thei tawh lo khawpa tlemin a siam \hin. Chutianga mihring a lo chauh tawh chinah AIDS vei a lo ni ta a, natna chi hrang hrangin an lo bawm ta \hin a ni.

HIV pai a\anga AIDS vei hun chung hi mihring hriselna, a hrik tam lam (viral load) leh in enkawl danah a innghat thui em em a, \henkhat tan kum 10 aia tam a duh laiin \henkhat tan chuan kum 2 - 3 lek a ni thei. HIV positive hi hma taka hriata in

enkawlina \ha tak neih a nih chuan AIDS vei mai lovin rei tak a awm theih a ni.

3. HIV test leh Window period: HIV test nan an hman ber chu ELISA (Enzyme Linked Immune Sorbent Assay) a ni. He test - na hian thisen sipaite HIV do zawngin an khawsa em (HIV antibody an siam em) tih a endik a, HIV antibody a hmuhchhuah chuan positive a ni a, a hmuh loh chuan negative an ni. HIV hrik hi a tet em avangin a bika siam enlenna Scientist-ten an hman Micro Electroscopie hmang chauhin a hmuh theih. Rapid test leh Western Blot test pawh an hmang bawk.

Thisen sipai WBC ten natna hrik dotu (antibody) an siamchhuah chhung hi chawlhkar hnih a\angin thlaruk chhung a rei a ni \hin. Chuvangin HIV taksa chhungah lut tawh mahse HIV antibody insiam hma chuan test pawhin a positive dawn lo a ni. Hemi hun chhung hi Window period an ti a, thlaruk a tlin hma chu test nawn leh ngei ngei a ngai. A hrik hmuh theih loh mah se mi dangah a kaichhawntir thei reng a ni.

4. AIDS natna lanchhuah dan (AIDS Symptoms): AIDS vei te hi inenkawl \hat loh chuan zawi zawiin an chau tual tual a, chaw ei a tui lo a, khawsik sek sek reh \ha duh mang lo tel bawk a. Zan thlan sat an nei fova, kaw\halo an nei fo bawk. Taksa be (glands) \hala mi te, zaka mi te, nghawnga mi te chu a lo vung chhuak a, na an ti viau a, chung karah chuan hri leng vel chi hrang hrang, hritlang leh awmna te, awm velte fungus infection an nei tel \hin bawk. Natna chu a kal zel a, kawng thumin thihna a lo thleng \hin. Hmun thuma \hena hmun khat chu vun cancer - in an thi a, \henkhat chu 'Awmvel' (herpes) hlauhawm chi an thihpui a. He natna (herpes) hian taksa a tha zam a zawh a, vun a lo durh chhuak a, kawchhung lama tha zam a zui chuan an thihpui \hin. AIDS vei te hi thluak natna chi khat Toxiplasmosis veia thi an awm bawk. Natna dotu ber a chhiat tak avangin natna hrik eng chi pawh hi an tuar lo fo a, TB vei pawh a \hahnem hle a ni?■

MEI ZUK BANSAN VE RAWH

Er. R. Lalthakima

Mizote hian zuk leh hmuam kan ti nasa hle a, chung zingah chuan Meizial hi a hnawksak ber a ni awm e. Mei zuk that lohzia hi Doctor leh mi thiamte ka atangin kan ngaithla zing viau tawh mai thei; amaherawhchu tun thlenga mei zu kan la tam em em reng mai si hi a manganthlak hle. Chuvangin kei, mei heh thei ve tak thin hian, mi pahnih khat talin sawtpui nan an lo hman ve beiseiin, ka experience atangin mei zuk that lohzia leh sim a hlawkzia han sawi ve ka tum a ni.

Mei zuk hian thatna pakhatmah a nei lo va, kan Bible tawngkam takin 'CHHE LAILET DER' a ni a, 'TÜR' dik tak a ni zawk. Mei zuk nasat avang hian mipat theih lohna (impotence) pawh a thlen thei hial an ti. Tin, mei zuk hian a zutu hriselna chauh tichhe lovin a bul hnaia awmte hriselna pawh a khawih chhe thei hle. Miin zial 10 a zuk chuan a bul hnaia awmte chuan meikhu an hip atangin tlawn 3 vel zu ve ang an ni. Dr. Zokhuman mei zuk pawizia ka pa (RIP) hnena a sawi ka la hriat reng chu hei hi a ni : Dr. Zokhuma chuan, "Mei i zu em?" a ti a, ka pa'n, "Zu e," tiin a chhanga. Dr. Zokhuma chuan, "Engati nge i zuk? I

pumpui hi a pan/l^wng duai tawh a, mei i zuki a dam thei nang. A nih leh tunah khan i ke kha chemin sat ta la, chu chu rapchungah rep ta la a dam thei dawn em ni? I ke chu damdawi hnawih theih tuam dam theih a ni a, a la ziaawm : I pumpui pan erawh chu damdawi hnawih theih loh tuam dam theih baw si loh a ni a, mei khu-a i ur reng baw si chuan a dam thei dawn em ni?" a ti a, a dik hmel hlein ka hria.

Mei zuk pawia thuizia hre lem lovin kei pawh kum 18 vel ka nihin mei ka zu \an ve a. A pawizia ka han hriat ve meuh chuan mei bawihah ka lo tang nghet tawh hle a; tal chhuah a har khawp mai a, a t<r (nicotine) hian thisenah min lo

man nghet thei hle a ni. Mei zuk ka bansan hma khan ka heh tawh hle nghe nghe a ni. WILLS NAVY CUT ngat ka zu thin a, a tlangpui thuin ni khatah bawm 3 (tlawn 30) ka zu thin. Zu ka in chuan bawm 4, Card khelh tel phei chuan ni khatah bawm 5 ka zu thin. Card khelh chuan neih that leh kan \an a, neih chhiat leh kan \an sek bawk a, zuk tam a awl hle. Chutiang chuan thil tha lo reng reng hi an tangho pet a, a inchawbein a inkahpupchaw zut thin. Chutiang khawpa mei ka zuk nasat avang chuan ka insawisel ve \an ta a; kawng chho kal hi harsa ka tiin thawk a hah thei thin hle. Zan mut hnu hian Zawhte awmna ang maiin ka awm bawr hi a ri \ep \ep thin a, ka khuh nasat bawk avangin muthilh that loh chang ka nei fo thin. Chutiang harsatna laka ka tal chhuah dan tlem han sawi ila:

Mei nghei tum vawi khatna: Kum 2000 khan Kawnpuih kan awm avangin kan fate, a naupang ber tih loh chu, Aizawlah School Hostel-ah kan dah vek a, Visiting day-ah kan tlawh ve thin. Kan fapa

Zosangliana Ralte Class-IX zirlai chuan zuk leh hmuam hi a haw khawp a, ruih theih thil emaw a tih avangin thingpui takngial pawh a in duh lo thin. Chuvangin ka mei zu thin pawh chu a ngai thei lo hle a, "A pa, mei zu tawh suh, a tha lo a nia," a ti thin. A tirah chuan ka fapa thusawi chu engah mah ngai lo mah ila vawi 3/4 vel a sawi hnu chuan ka thinlung chhung ril ber thlengin a nghawr nghing ta. 'Fate zawkin thil tha zawk turah lehngal hetia min hrilh chu a va lawmawm em!' tiin meizial nghei chu ka tum \an ve ta a ni. Chutichuan a vawi khatna atan ka nupui fanaute hmaah Mei nghei ka tum thu ka puang chhuak ve ta. Tukthuan ka han ei kham chu meizial ka chak em em mai a, ka nghei tur thu ka puang laklawh tawh si, tihngaihna ka hre lo chuan kan thenawm nu inah ka va zu ru, chu chu kan nuin min rawn phawk ta! Min phawk tak rau rauvah chuan ka zu ru leh peih ta lo va, ka mei nghei tum vawi khatna chu a zuzi ta a ni.

Vawi hnihna: Kum 2000 December-ah chuan Aizawlah

kan pem ta a, mei nghei ka duhna chu a zual zel a. Zan mutnaah ka inngaihtuah nasa thei hle a, 'Naktuk atang chuan ka nghei tawh tak tak ang,' tiin Pathian tanpuina pawh ka dil thin. Nimahsela khua a lo var meuh chuan 'Laiking pawnpui tah tur ang' chauh ka ni leh thin. Ni khat chu mei nghei ka tum leh thu ka chhungte hnenah ka sawi leh ta a. WILLS Cigarette bawma tlawn khat chauh awm tawh chu la chhuakin a bawm ruak paih thak pah chuan - "Mei nghei ka tum tak tak tawh a, ka zuk hnuhnun ber thla hi min laksak teh u," ka ti a. (Chu thlak chu tunah pawh kan la kawl reng nghe nghe a ni). Chutia kan nghei leh tan ta chu mei chak lutuk avangin ka hmui hi sa vung vung tein ka hria a, ka'n mu leh ngawt thin; awm ngaihna ka hre lo a ni ber. Thlak lo chhuah hma hma chuan ka zu leh ta nge nge a, a beidawnthlak thin hle.

Vawi thumna & hlawhtlinna: Ka beidawng hle tawh naa, tih dan tur kawng dang ka ngaihtuah leh ta a. Zuk tlem atanga tanin nghei chhunzawm

theih ka inbeiseia, darkar 1 dan te tea zuk ka tum ta. Amah-erawhchu ka zuk zawh hnuhnun ber atanga darkar 1 rik leh hun nghakhlel reng reng chuan sana ka en ka en leh ta mai a, engmah ka ti hlei thei lo. Bei a dawnga mang a ang tak zet ta! Chutih lai tak mai chuan Office-a kan peon pahnihten mei an nghei thu min hrilh ta hlauh mai a, ka inngaihtuah buai nasa ngei mai. Ka rilruin, 'Peon zawkte pawhin an nghei thei a, eng vangin nge an puin ka nghei theih loh bik ang?' ti chungin Pathian tanpuina ka dil a. Chutichuan Pathian khawngaihna azarah ni 21st September 2001 atang khan mei zuk chu harsa ti takin ka lo bansan ve ta a ni. Chuvangin Pathian chungah leh he mite pahnih chungah hian ka lawm tak zet a ni.

Nghei hlima harsatna: Kum 45 niha mei nghei chauh ka ni bawka a, harsatna ka tawka ve nual. Chaw ei kham veleh hian Cigarette bawm ka ahna thin ka kawrhma iptechu thla hnih vel chung mei zuk tumin ka zen thin. Nghei tan veleh mi khilai tumtu an pung a, 'I nghei

rei tak tak chuang lo vang,' ti a min thlemtu an tam duh hle. Tin, kum thum ka nghei hnuah pawh mei ka chakna a la reh chuang lo va, ka mumangah phei chuan ka la zu zeuh zeuh thin. Nimahsela nikum lawk atang khan meizial chakna ka nei ta lo va, rimchhia ka ti tan ve ta zawk a ni.

Tin, mi thenkhatin, 'Kei pawh kum khat/thla khat etc. zet ka nghei tawh a, ka zu leh ta mai a lawm mawle,' an ti thin. Hei hi a chhan ni bera lang chu mi dang mei zu an vei loh vang niin a lang. Mei nghei hnuah Bengali piangthar an sawi ang maia ngawih zui hmak tur a ni lo. (Bengali piangthar hlim pawh hi Vanramah seat awm tama an rin loh avangin, seat chan loh hlauh avangin tuma hnenah Chhandamna thu an sawi chhawng ve duh lo va, an ngawi hmak zel an ti!) Mei zuk that lohzia leh sim hlawkzia thu hi mi dangte hrilh vein counseling char char zawk la, chu chuan chakna (power) a pe ang che.

Mei nghei hlawkna: Mei ka nghei hnu hian kawng chho kal

a hahdama, zan muthmuna khuh bawrh bawrh ang chi kha ka nei ta lo bawk. Tin, sum leh paiah pawh hlawkna hliir a ni. Mei ka zuk lai khan ni khatah WILLS bawm thum ka zu tlangpui. Bawm khat ` 25/- hisapin ni khatah ` 75/-, thla khatah ` 2,250/-, kum khatah phei chuan ` 27,000/- ka sengral thin a lo ni. Ka nghei hnu chuan Hriselna bakah sum leh paiah pawh kum tin ` 27,000/- vel ka hlep thin tihna a ni a hlawk hle mai. Tin, mei nghei hnu chuan Hunserh hmang nuna kan nun reng tawh avangin khawi hmunah pawh hunserh eng anga rei pawh miin hmang se kan tan phurrit a ni ve lo.

Tin, mei nghei thatzia entir nan ka nu chanchin tlem han sawi leh ila : Ka hriat theih chin ata ka nu hi lung tha lo avangin ramtuilei lovin a awm a, zana pawh a muhil ngam ngai lo va, ka pa'n a menpui thin. Nimahsela kum 1987 vel niin ka hria a, kha ta tang khan mei a nghei ta a. Chuta tang chuan a lung tha lo pawh chu a dam a, a lo tha chhuak leh ta a ni. Eng lai maha nu hmeltha

nih hlawh ngai lo kha mei a nghei hnu chuan tar alamah, 'Ka pi chu i hmeltha hle mai,' tih a hlawh a hlawh ve ta mai a ni. Chuvangin mei zuk bansan hi Pathian thu a ni a, hlawkna hlir a nih avangin nang pawh mei zu mi i nih ve chuan bansan tum ve rawh le.

Mei zuk bansan ve rawh:

Tun lai khawvelah mei zu mi an chep sawt ta hle. Mizoramah ngei pawh Zirna Inah te, Restaurant-ah te, Mipui punkhawmna hmunah leh Sorkar Office-ah te pawh mei zuk khap a ni ta hi a va lawmawm em! Hei bakah hian mahni in chhungah pawh i nupui fanaute, i chhungte i hmangaih ve a nih si chuan mei i zu tur a ni lo. In in chhunga mei i zuk chuan i chhungte zu ve lo zawng zawng pawh kha TÛR i barh reng tih hria ang che. A reng reng thu-ah ka pa Hmangaiha (RIP) tih dan takah, 'Bawngpuite pawh mei zu lovin an tarthi thei thova, mihring nih avanga meizu khu hluah hluah bik tur kan ni lo. Min siamtu pawh hian mei zu turin min siam ni sela, kan taksa khawi emaw laiah hian

SILENCER a dahin a rinawm.' Chuvangin Mei nghei hi a awl-ai lo a ni tih hre reng chungin, 'Ka tum nge ruh Sa ruh,' ti chungin bansan han tum ve teh le. Pa pakhat pawhin meizuk bansan a tum ni chuan zing karah a nupui a zial khawltir a, Dumbur khat tanin a bengtir a. Tukthuan ei khamah a mei chak vanglai tak chuan a nupui fanaute kokhawmin an hmaah - "Hei tukin atang hian pa berin Mei nghei ka tum ta a; tun chinah chuan mei ka chak avanga ka chalchang lai min hmu a nih loh chuan Meizial hi min pe tawh ngai suh u," tiin a dumbur chu a satsawm a, a paih ta daih a. Tun thleng hian meizial chak avang chuan a la chalchang lo a ni ang, a la nghei reng an ti! Nang pawh he pa ang hian i tum tiruh ve la, Meizial chak vang chuan i chalchang lo vang tih ka ring. A tawp ber atan he thu pawimawh tak hi lo ngaihtuah chhonzawm ve teh le.

'Chaw ni si lovah eng vangin nge tangka in sen? Puar leh fanna ni si lovah eng vangin nge tha in sen?' (Isaia 55 :2) ■

ENT CANCER | HENKHAT INLAR CHHUAH DAN (ENT - Beng, hn^r, hrawk leh nghawng)

Dr. R. Zodingiana, M.S

MIZORAM hi pumpui cancer tam em emna hmun a ni a, tun hma deuh phei chuan phai mithiam ten kan record neih te pawh an ringhlel rum rum \hin a nih kha. Hetih rual hian kan hriat tur pawimawh deuh chu ENT cancer hi kan tam em em in a pung chak em em tih hi a ni. ENT doctor te hian kumtluan hian ENT cancer damlo te hi cancer enkawl na lamah hian kan thawn mawlh mawlh reng mai a ni.

Mizo mipuite tlem tala cancer lam hawia kan beng a lo var phah mial takin.

ENT cancer \henkhatte lan chhuah dan tarlang ila.

A. NASAL and SINUS CANCER (Hnarkua leh Sinus).

(Case a tam lo hle)

- Hritlang awm si lova thla tam hnar ping.
- Hnarhi/hnap a thi tel reh duh lo deuh.
- Biang khing hik mup mup.
- Hmaiphel na.
- Ha chunglam na.
- Mit vun vung.
- Hmaikhing vung.

B. NASOPHARYNGEAL CANCER.

(Hnar hnung, dang chung area)

Helai hmun cancer hi Mizo zingah kan tam em em a ni.

- Nghawng a b^{wk} awm - awr bawk level chung lam, na miah lo, ruh deuh \alh, in ang lo. A awm tih kan hriat chuan zungpui tiat lai a lo ni reng (an ti tlangpui).
- Hnap hnit a thi tel leh zauh \hin.
- Chil leh khak a thi tel zauh zauh \hin.
- Bek leh luphel na em em thin.
- Bek leh biang lehlamah hik mu churh churh.

- Thil hmu phir hmasawn thei lo.
- Hritlang awm der si lova beng ping leh phui mup.
- Beng na reh lawk duh lo.
- Hnar lehlam ping tlat(Thla tam tak awh).
- Boruak thawk luh, thawk chhuah ri ring riau leh zual zel chi.
- Thaw chham hma em em, thla hnih khat aw chhan hnuah.

C. OESOPHAGUS CANCER (Chaw dawt)

Chaw dawt cancer hi kan tam hle.

- Chaw helh ngun tulh tulh.
- Chaw tuiril ni lo chil lem harsa (Tuiril hi chu rei tak chung an lem thei).
- Chaw helh na em em (thawk tibuai dawn emaw tih tur khawp).
- Thil lem tawh irh chhuah leh \hin.
- Thil lem zawnga awm leh hnungzang na.

D. CANCER CARYNX (Aw bawm leh a hnai vai tisa te).

- Aw chhang- thla hnih khat aw dim hnuah pawh reh duh lo.
- Aw chhang- enkawl na dawn hnu pawh a zual zel zawk.

NB: AW BAWM BAWK (Vocal module) cancer ni hauh lo avang hian a kum a kum aw a chhang thei tih hriat tel tur. Meizu tha takin a chung a mi te hi i neih chuan awm hle hle suh.

E. PYRIFORM SINUS CANCER (Hrawk kaw tawp)

- chaw dawt in tanna bul, dinglam leh vei lamah a khwar deuh kukin a awm).

Mizo zingah helai hmun cancer hi kan tam em em ringawt mai a ni e. In sawiselna te hi hrawk bawk level hnuailam an ni a.

- Ka, hrawk helai zawnah hian kuhva hnah t^ng ang a awm reng mai.
- Ka, hrawk helai hi thil lemin a nuam lo/ na lek lek thin.
- Ka, hrawk a na a, a na lampang beng a na tel thin.

- Ka, hrawk hi a nuam thei lo.
- Ka, hrawk hi thil lemin thil a t^ng \hinin an hria.
- Thil an hak ngun tulh tulh.
- Engtik lai emaw a\ang khan an hrawkah hian sangha ruh/ sa ruh tang tlatin an hria a reh thei lo.
- Hrawk na dam chiang kuang thei lo rei tak awh chi.
- Ka chhung lawng damdawi ei a hnawih ngial hnuah pawh dam a hnek a thuk zau hret hret.
- Ka chhung lawng thla eng emaw zat awh cancer ni si lo chi an awm bawk, biang chhung lam an ni tlangpui.

Sawi zui tul dang a tam viau chungin tawp dawn mai ila. Heng cancer Mizo mipui ngawi reng a min suat miah miah tu rawn thlentu ber ni a lang number one chu zuk leh hmuam kan uar em em mai hi a ni. Mizo hnam aia zuk leh hmuam insum thei lo hi khawvelah an awm awm lo ve. Khawvelah hian ber kan kaina chhun te pawh a ni mahna, zirbingna phei zawng a awm lova, Tuikuk, Takam leh Midum- kawnglai (Santal) te tak ngial pawh hian insum tur a nih chuan an nghei nghal mai thin. Kan tluk loh leh phak loh mihring an ni e. I indah sang vak lo ang u. I hmusit lovang u.

F. TONGUE BASE/ VALLECULA CANCER (Lei bul lam, lei chhuah vak a lang pha lo si lai a ni).

- Hrawk tawt (tight) deuh ul.
- Hrawk khat deuh ul.
- Hrawk na viau reh duh lo, damdawi ei a, hrawk thuah ngial pawh a sawt thei lo chi. Heng sawiselna te hi awr bawk chung lam a ni hlawm.

G. TONGUE and ORAL CANCER (Ka chhung).

- Ka chhung lawng hi a na hran lo va, hmarcha leh mosala eiin a hriat ve deuh.

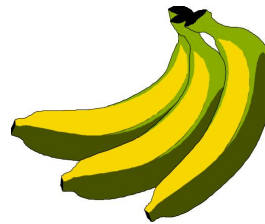


THEI | HATNA LEH A EI DAN DIK

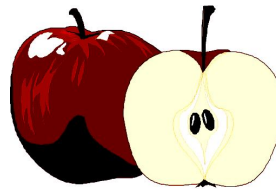
Thei (fruit) hi kan taksa tana chaw \ha tak a ni tih mi pangngai chuan kan hre \heuh awm e.

Amaherawhchu, a \hatna tak tak leh kan taksa tana a \hat leh zual theih dan hi Chiang leh zual a kan hriat a \ha awm e. Theiah hian vitamin chi hrang hrang bakah mineral te a tam em em a. A thei azirin a mineral leh vitamin paite erawh a in ang lo hlawm a. Tin, anmahnia chakna awm tam mai piah lamah hian kan ei hun a zir leh kan ei dan a zirin a \hatna kan chhawr tamin kan chhawr tlem thei bawk.

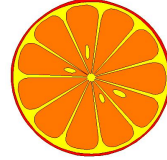
BALHLA: Balhla-ah hian vitamin B6, B 12 leh Vitamin A te a tam em em a, chu chu vun mam nan leh mit tan te a \ha a. Tin, Iron a pai tel bawk a, pum ruak a ei chuan a Iron pai tel khan pum a tihkan ve theih avangin pum thip leh nate a siam ve leh thei a. Chuvangin balhla hi pum ruah lai ni lovin chawei puar lai leh pum ruah loh lai a ei tur a ni.



APPLE : Apple hian vitamin C leh mineral tam tak a pai bakah anti-oxydant, chu chu kan taksa upa tur vengtu \ha lutuk a pai a. Amaherawhchu apple hi thil \awih awl tak mai leh chhe hma tak mai a nih avangin chaw ei puar tawh hnu leh thil tam tak ei tawh hnu a ei chuan pumin lo pai \awih turin a hmaa a lo pai tawh sa a pai \awih phawt a ngai a, chumi chung chuan a lo in um (ferment) hman ta \hin a. A chakna pai tam tak a lo bo hman ta thin a. Chuvangin, apple hi pum ruah lai eiin a hlawk ber leh thung si a ni. Nu leh pa upa tawh leh damlo chaw ei thei lo te, nau chhun chawah te \angkai tak a ni thung si a ni.



SERTHLUM : Serthlumah hian vitamin C a tamin a \ha em em a, kan taksa a natna hrik dotu leh vun chawmtu \ha tak a ni.



Amaherawhchu, Vitamin C hi Water soluble a ni a, chumi awmzia chu kan taksaah vawikhat kan ei tawh kha a inchhekkhawl thei ve lo va. Chuvangin ni tin tam lem lova a thar zela kan ei a ngai a. Chuvangin, serthlumte hi \ha hle mahse, vawi khata tam tak ei \awk a sawt lem lo va, a hek thlawn mai a, zunah a kal ral mai dawn a ni.

THINGFANGHMA : Thingfanghma (papaya)-ah hian vitamin A te, enzymes te a tam em ema. Mit tan leh vun tan a \ha a, pum ulcer tan damdawi \ha tak ani bawk a ni.



Amaherawhchu hei pawh hi zingkar pum ruah lai a ei hian pum ulcer nei tan a \ha ber bawk a ni pum ulcer a zu chiah dam ve thei a ni. Tar chaklo leh naupang chawah pawh a \ha hle a ni.

TLANGVAL SINIAR

A nuin "Kungte nupuite hi nei ve tawh teh" a'n ti dek deka, "Kan upa tawh a nih hi..." a'n tiah

▲ Nula : Ngati nge vawinah ka Call i pick-up duh miah loh va! Ka break nghal che Zawnga! Vawikhatmah min rawn be tawh suh, hria em?

Tlangval : Duat, vawiin chu ka buai ltk a, MARUTI lei turin ka nau nen kan kal a.

Nula : Awi! tak tak maw Duat? GIG Motors-ah a mi in kal? Eng model nge in lei? Ka chuang chak tawh e..

Tlangval : Assam Rifle Canteen-ah kan kal a, a model chu litre 3... Bawng ke chhum nan ka hmang nghal a, a phit \ha duh khawp mai.

PATHIAN MALSAWMNA

- Dr. J.C. Lalremruata

Kan huphurh em em, mahse mi tinin a hun thlen ve ngei kan duh, a thlenga te chu malsawmna dawnga kan ngaih chu 'Tar hun' hi a ni awm e. Lu \uak barha hun hmang te chu Pathian malsawmnaah kan ngai a nih hi. Sap ramahte chuan tar chawmna inah an dah mai \hin a. Kan ram, a bikin Mizoramah chuan kan in leh lo min uap lumtu, chhungkua ti hulhârtu berah kan ngai a. Heng hi tih dan \ha tak leh chhonzawm zel tlak pawh niin a lang. A tara te pawh hian mahni inlum a, tu leh fate bula hun hman chu an chak zawk ngei a rinawm.

Ram changkan dan a zirin mihring dam rei hun a inang lo hle. A tlangpuia chhutin hmeichhia hi mipa aiin an dam rei niin a lang.

Kum upate chu natna chi hrang hrangin a bawm hma bik em em a. Chuvangin natna chi hrang hrang kan la tawh tur leh kan pi puten an lo tawh mek chu kan hriat ve a pawimawh hle niin a lang. Heng a hnuai kan sawi turte hi natna ni tho mahse, natna ang tak taka chhiar theih loh a ni a, kum upatin a keng tel hrim hrim a ni. Pathian mal-sawmna chi khat a ni awm e.

1) Kal (Kidney): Kalah zun siamtu (nephrons) a lo tlem a,

zun insiam chhung a lo rei a. Kan damdawi ei tam tak hi taksaa hna thawh tur a thawh zawh tawh hnuah zuna paih chhuah a ni a. Chuvangin damdawi \henkhat (NSAIDS, digitalis, H2-blockers) te chu fimkhur taka ei tur a ni.

2) Chaw kawng (GIT): Chaw kawng chet dan (peristalsis) kha a lo muang a, ek a harsain ek a tâng duh hle a ni. Tin, Calcium leh vitamins \henkhat chaw kawng a\angin duh ang thâlin a lut thei lo a, chu chuan ruhrawp (Osteoporosis) te, thisen tlakchham (anaemia) te an nei hma bik hle a ni. Ruh a lo rawp chuan ruh tliak a lo awm hma bik em em

a ni. Tin, thin (liver)-in hna a lo thawk \ha hleithei tawh lova, damdawi tam tak thin-a \hial sawm (metabolised) te chu dose hniam takah pawh hnu leh (effect) a nei hma bik em em a ni.

3) Hriatna Thazam-ah (CNS): Thluak a lo s[^]wng te (atrophy) a, kan tak saa hriatna hlan chhawngtu (catecholamines, dopamine) te kha a lo tlem a. Chu chuan tar chu a lo ti haihawt zo va, atna hial te a thlen thei a ni. Hei vang hian Mizote pawhin 'Tar ât' tih \awngkam hi kan neih phah niin a lang. Inngaihtuah ngui ngawih ngawih te (Depression) an lo nei hma a. An lo naupang \ha leh emaw tih turin an lo pangchang a, naupang lawm turah kep ve zel an phût a, thlalak nikhuaa han telh loh te hian an vui em em tawh mai a ni.

4) Chuap leh a behbawm (Respiratory)-ah: A hmaa chuap nem deuh thlir thler \hin kha a lo khawng a. Tin, thawk zawngin âwm a lo fan hleithei tawh lo va, chu chuan thawk a ti harsa a. Thaw hlei thei lo leh tlema

hah deuh phei chuan thawk a ti harsa em em \hin a ni.

5) Lung leh thisen (Cardiovascular)-ah: Hriatna hlan chhawngtu (b-adrenergic) in a tiphur hlei thei tawh lo va, chu chuan lung a \anga thisen chhuak a titem a, thawh thut luhai (postural Hypotension.) a neihtir a. Tin, lungphu siamtu (SA node)-in hna a thawk \ha hlei thei tawh lo va, lungphu chawlh thut an nei hma hle. Kum a lo upat chuan B.P a lo sang bawk \hin.

6) Beng leh mitah: Mit thahrui a lo chak lo va, mit naute a lo khawng tuk a, chu chuan thil hnai hmuh a ti harsa (presbyopia) a, tarmit an lo mamawh \hin. Tin, mit naute fim tak \hin kha a lo nu \an a, mitdel (cataract) hial a thlen \hin. Taksa ri hriatna khawl (cochlea) a lo rawih (Degenerate) \an a, an beng a lo ngawng chhuih tawh \hin. Beng \ha lo hi kum 65 hnuah a lang ber \hin.

7) Taksa bawltu (Endocrine)-ah: Thisen thlum vengtu (insulin)-in hna a thawk hlei

thei tawh lo va, chu chuan thisen thlum (diabetes) awlsam takin a neihtir \hin. Tin, vitamin D sawngbawlna khaw (absorption and activation) a lo chau a, vitamin D hi ruh tan a pawimawh si a, chu chuan ruhrawp leh ruh tliak a neih hmatir em em a ni.

Kan sawi tawh ang khan khing a chung a kan sawi zawng zawng te khi thil kalphung (normal) vek a ni a. Khing

bakah khian tarte chu natna chi hrang hrangin a bawm hma bik em em a ni. Mahse tar kun khup bih thlenga engmah insawiselna nei lo, an mit leh bengte pawh insawiselna nei lo hmuh tur an awm. Engpawh nise, natna chi hrang hrangin bawm vel mahse tar kun, lu \uak var vu thlenga nun hmangte chuan Pathian malsawmna an dawng a ni phawt mai.

Mawitea huang!!

▲ Hospital casualty-ah khan pa pakhat damlo hi an rawn hruai a, doctor-te chuan an han en a, khum a awm loh avangin hawng leh mai tura an tih laiin, tlangval pakhat inawhhlum tum la thi hman lo deuh hi an rawn hruai a, hmanhmawh tak mai hian khum an ngaihtuhsak chuk chuk mai a, chu putar chuan 'Keini dam duh ngawih ngawihin damdawi ina awm kan dil \awk \awk a khum a awm lo an ti a, dam duh lova intihhlum tum lem chhan tumin an ngaihsak leh em em leh si a...' tiin zuk phun nuah nuah a!!

▲ Mawitean a tia lawm "Tumkhat chu ka zu in nasat laiin inneih thianah ka \ang a, pastorin chhia a chhamtir laiin ka uak a rawn chhuak a, ka ka ka hup vat a, mahse ka pum atangin ka khatin chaw a rawn nawr chho tehreng a, han chhak mai chi lah ni hek suh, ka hmuam ngar ngar maia...., a vawh vek tawh hnuah kan lem leh mai chuh!!...a thawventhlak dan a nuam lo kher mai," zuk ti a!



Ha hi a \hat loh chuan hriselna hian a tuar ve thei em em a. Hahni te hi a Cancer ve theiin hemi avang hian nunna chⁿ pawh Mizo zingah kan awm ve ta zauh zauh a, chuvangin ha hi kan taksa hriselna atan kan hlamchhiah bik tur a ni lo.

Ha enkawl ngun loh avanga buaina chhuak thei : Chaw kan ei hian kan ha karah chaw them/sa them a t^{ng} a. Hetiangah hian hrik (bacteria) an lo awmin ha chu tlem tlemin a ti chhe ta \hin a. Ha chung lam heng hrik hian a tihchhat bakah hahni a ei \awih a, hetiangah hahni a lo \awih chuan ha a lo nget thuai a, a thlawn ta mai \hin a ni. Hei mai bakah hian thaw rimchhia a lo awmin mi zinga awmte a hrehawm phah thei a. Tin, kuhva ei mi leh meizial zu mi kan nih chuan kan ha te chu a sen in a eng thei bawk a ni.

Engtianga Enkaw! Chi Nge?: Mi thiamte'n an chhut danin lei, dang lam hnaih a\ang hian thaw rimchhia hi a rawn in\an ber a. Hemi avang hian lei tih faia ziah zeuh zeuh hi a \ha. Ni tinin kan ziat thei lo a

nih pawhin kar khatah vawithum tal chu ziat thei ila a \ha awm e. Tin, dang a ro lutuk hian ka hi a rimchhe thei a. Hetiang anga dang a ro chuan tuisik tlem te te a lem reng hi a pawl lo.

Ha hi a tlangpui thuin nikhatah vawikhat kan nawtin hemi \um pawh hian minute khat pawh kan nawt ngai lova. Tih dan \ha ber chu nikhatah vawihnih, chawei kham hian nawt ziah ila, tin, ngun taka nawt chungin minute 1 tal nawh a \ha. Toothbrush hi tam zawk chuan kan thlak hmain thla 6 te kan hmang \hin a. Toolhbrush-ah hian hrik an lo tawm ve theih avangin thla 3 kan hman tawh chuan a thar thlak zel a \ha.

Ha nawh dan pawh hi hriat a ngai a. Pawngpaw nawh a, ha hmai a phei zawnga

nawh ringawt hi a tawk lo va. A phei zawnga nawh ai chuan a chhuk leh chho, a kual zawng tea nawh hian a fai duh bik a. Tin, ha nawh reng rengin ha chhung lam nawh tel zel tur a ni. Hetianga tih chuan hrik lo tawm ru an awm thei lova, ha hian a \hat phahin ka rimchhe tur pawh a veng bik.

Fimkhur \ulna te: Ha tuamtu 'Enamel' an tih hi tihchhiat a hlauhawm em em a. Chuvang chuan ha nawh pawh hian na lutuka nawh tur a ni lo. Tin, Toothbrush khauh lutuk hman pawh hian he 'Enamel' hi a tichhe thei a, toothbrush nem lutuk nisi lo khauh lutuk ni bawk si lo hi hman a \ha ber. Ha sawiselna nei deuh chuan dentist pana inentir vat hi a \ha ber bawk.

Naupang te tan bik:

Naupangte hi nu leh pate'n kan zirtir loh chuan ha nawhna chang an hre mai \hin lova. Kum 1 leh a chanve vel an nih, an ha a \o a\ang hian ka tihfai hi zirtir ila. Hetiang hunah hi chuan an la tet avangin mouth wash ilo velin an kam ni khatah vawi khat tal \huahtir \hin ila. Kum 2 leh a chanve vel an nih a\angin toothbrush nem thei ang bcrin an ha nawh hi zirtir ila. Tin, toothpaste lem hi a pawl lo nain kan toothpaste hman turah chuan doctor rawn a \ha.

Tichuan a hma a kan sawi tak ang khan tet lai a\angin ha nawh hi minute 3 tal nawh a \ulzia inzirtir ila, naupang pawh an upat deuh hnu-ah ha na an sawi lo nge nge a ni.

Awmdan mawi...

@ Kuhva, meizial, sahdah chen hian man nei vek a nih avangin, ngawi renga mi dang ta ban ve ngawt \hin hi a mawi loh bakah mi min endan a hniam duh.

@ Mizote hian Biak in emaw puipun nikhua a kan chin \ha lo zet chu, a kal hmasa ten tlar hmasa lam pan lova tlarhning lama \hut mai kan ching \hin hi kan sim a tul ta hle. Tlar hmasa lam pan nalh hi a zahawm in, \hutna pawh hi a lo kal tlai te tan a remchang zawnga lo zuah thiam chin hi a mawi bawk.

NACHHAWKNA (Paracetamol) ENG NGE A NIH?

MIZOVI'N nachhawkna kan tih mai Paracetamol (Acetaminophen) hi a larin nachhawk zangkhai nana ei uar ber leh lar ber a ni a. Khawvel pum khawii lai ram leh hnamah pawh mihringin na chi hrang hrang chhawk zangkhai nana an hman leklam ber a ni a. Naupang t> ber atanga lian ber thlengin a hming hi hre lo an awm lovang tih tur khawpin a lar a ni. He damdawi hi Paracetamol; Acetaminophen; Tylenol leh Aspirin tia hriat lar leh zawrh a ni bawk thin. Damdawi chelek ber leh leklam ber a nih avangin mitin in kan chhawr tangkai em em theuh a ni.

Ei dan tur:

Puitling tan 1 gram (1000mg) vawi khatah bak ei loh tur a ni. Zu in mi tan zu nen emaw zu ruih laia ei loh tur tih hriat reng a \ul. Tin, a tlangpuiin Paracetamol hi naupang kum 2 hnuai lam tan a him lo tih hriain eitir loh hi tha bera ngaih a ni a; eitir a tul emaw eitir duh tan erawh doctor rawn phawt thin tur a ni a; mahni thu a pek ve mai mai loh tur. I ei apiangin tuisik thianghlim nen ei la; tui tel lovin a hauvin ei ching reng reng suh ang che.

A nghawng theih te:

Allergy, lei vung, thaw chham, hmui vung, hrawkna leh hmai vung te tan ei fimkhur a tha hle. Khawsik leh luakchhuak, chaw ei tui lo, pumna, zun rawng danglam, ek dum, thinlian, ek harsatna te i neih phah chuan Paracetamol i ei lai chawlhlan la, Doctor thiam rawn vat ang che. Nangma thuin i duh dan danin ei mai mai ching lo la a tha ber.

Ei theihngihl loh tur:

Doctor-in i mamawh leh ei zat tur a sawi ang chiahin theihngihl miah lovin ei la; i theihngihl palh pawhin eizui nghal vat la; a dawtah i ei leh hun a hnaih lutuk erawh chuan ei lo law law la, a dawta i ei leh hun atan khek law law ang che. ■

BÂWK (Tumor) HI

Dr. Doris Lallawmzuali. M.D. (Pathology)

Kan taksa a b[^]wk (tumor) hian ngaihven a hlawh ta khawp mai. Cancer natna leh cancer vanga thi Mizo zingah kan tam tak em avang hian, kan taksa a b[^]wk (tumor) a awmin inentir vat kan chin thar zel a pawimawh a ni.

B[^]wk chu: B[^]wk hi taksa peng hmun hrang hrangah a awm thei deuh vek a, thil chi hrang hrang vang a ni thei. | hal b[^]wk hi nghawng, beng, leh kapah te hian a awm duh a. Centimeter 1 (khat) aia a len loh hi chuan bawk naran, pun (infection) vang emaw a ni duh hle. Naupangah pheh chuan a awm duh em em a. Hlahawm a ni lo va, damdawi ei chuan zawi zawiin a reh mai \hin a ni. | hal bawka hlahawm awm ve thei erawh chu Lymphoma (thal cancer) leh cancer \ai darh (metastasis) te hi an ni. Cancer hi i pum, hnute, chuapah emaw i hriat miah lovin a lo awm thei a, hriat chhuah tlai a nih chuan i \halah lo \ai darhin b[^]wk arawn siam thei a ni. | hal bawk natna chhan dang leh chu TB vang a ni thei bawk.

Hnute bawk: Hnute b[^]wk hi a tam viau bawk. Vanneithlak takin a tam zawk hi chu b[^]wk hlahawm loh, cancer a chang lo chi an ni a. Mahse hnute cancer hi kum 20 - 30 mi lekah te pawh kan hmuh tak zeuh zeuh avangin hnute b[^]wk pawh hi ngaihthah mai lo va, a rang thei ang bera entir thin tur ani.

Awr puar: Awr puar pawh hi a tam khawp mai. Awrpuar cancer hi chu a awm ve fo na in a tam lutuk lo. Awrpuar tam zawk hi thyroid hormone tlakchham/tam lutuk vang a ni thei. Damdawi tha taka ei a ngai a, chuvangin ngaihthah loh a tha hle.

Heng bakah hian thau hlawm bawk (Lipoma), thisen zam bawk (Hemangioma), vun to lut bawk (inclusion cyst) leh bawk dang tam tak a awm thei. Taksa peng hrang hrang - ban,

ke, dul, lu, hnungah te a awm thei. Heng bawkte hi entir a, a tul a nih chuan zai thlaktir mai tur a ni.

Bawk i neih chuan engtin nge Doctor in a lo tih ang?

1. FNAC: A tlangpuiin, FNAC (Fine Needle Aspiration Cytology) ti turin a lo r^wn ang che. Hei hi hriau a b^wk kha vih a, a timur (cells) hip chhuah a, stain hnuah, eng bawk nge a nih tih enlenna hnuai a en mai hi a ni. He test hi a awlsam a, a rei lo va, a tlawm bawk. Civil Hospital, Aizawlah tih theih reng a ni. Cancer, TB leh natna chi hrang hrang hi Chiang Takin za a sawmkua (90%) vel chu a hriat chhuah theih a ni.

2. Biopsy: FNAC atanga hriat chian theih loh emaw, tih chian leh zual nan Biopsy tih a ngai thei. Doctor in b^wk kha a vaiin emaw, a them emaw a zai thla ang a, chu taksa them chu kar hnih khat vel sawngbawl a nih hnuah microscope hnuai a zir chian leh a ni a. Tisa inrem dan uluk taka enin i natna chu hriat

chhuah a ni thei ang. Biopsy hi a langa rawn bawk chhuak kher lo - hnar, hrawk, beng chhung atang te, pumpui, chaw kawng, chuap, ril, chhul, etc. atang te hian lak a ni thin. Pumpui leh chaw kawng atang chuan Endoscopy (chaw-kawng enna) an la a, chuap atangin Bronchoscopy (Chuap enna) hmangin an la thin.

3. Pawimawh dangte: Thil pawimawh em em pakhat chu, i englai pawh kha zai tawk la, biopsy report hi lam leh ngei ngei thin tur a ni. I chhul an paih emaw, i mit, rilphir, tonsil, i awr bawk (thyroid) an zai emaw - doctor ten an zai thlak kha paih mai lovin, biopsy turin Pathology Department-ah an rawn thlen a. Chu chu uluk taka lo en in, damdawi chi hrang hranga sawngbawl a nih hnuah, biopsy report hi pek thin a ni. Doctor-in a zai reng reng che chuan, biopsy turin an thawn vek tlangpui a, chuvangin i report kha ngaihthah ngai suh ang che.

4. Report lamna: Pathology Department hi OPD Building

hlui - Blood Bank hnuai (Block B), Room no. 209 - 212-ah te hian a awm a. FNAC hi Room No. 209-ah Thawhtanni, Nilaini leh Zirtawpniah te tih thin a ni. A report hi bawk kan vih tuk dar 11:00 AM-ah Room No.209 vekah a lam theih a ni. Civil Hospital, Aizawl a zai i nih chuan i taksa them paih/zai kha OPD building (Block B) bulah Room no.502, mit entirna bulah hian theih thin a ni. A report pawh hi Room No.502

ah tho lam leh tur a ni. Rokhawlhna a awm loh chuan report hi kar khat chungin peih hman a ni thin.

5. B^wk i nei em? Hlau ru tak siin i ngaihthah der em?: Doctor rawn la, chian vat ang che. Cancer a lo nih loh chuan hlau mai lovin, thlamuang takin, enkawlina tha tak hnuaiah, i nun i chhunzawm thei ang. Cancer i lo nei hlauh a nih pawhin, i hriat chhuah hma leh i tan damna chance a tha. I tlai ang e.

Mawitea huang!

- ▲ Thentlang khuaa motor a luh hma khan an khaw pa pumna lutuk kha kawngchhe tak karah harsa takin Serchhip hospital panin an rawn zawn thla a, Chhingchhip thlen hmain a ek a chhuak a, kawngsirah a va e teuh mai a, a pumna chu a reh ta daih a....., a zawn tute an sa rap.!!
- ▲ A mikhual naah khan chaw a ei hnem tawh lutuk inthlahrung ve tawh bawk si kha,
 'Chaw ila duh em?' an ti a, ani chuan zawi sap hian,
 "Aw...a kang tlem," zuk ti a...
- ▲ Zova Delhi kal tur pawh kha a fapa in thirsakawr leh ball a chah bakah an nu in coconut leh purun sen a chah a, kal lamah Silchar a'angin a lei thla nghal nia!!

DOCTOR AWMLOHNA HMUNAH (First Aid)



TUI TLA (DROWNING):

Mi tupawh a thawk a tawp thut chuan minute 4 chauh hun i nei tih hria la, felfai takin che vat ang che.

Tuitla thaw tawh lo te chu hetiang hian ernkawl rawh:-

Tui tla kawchhung atanga tui tih chhuah hmain ka leh ka chuktuahin thawktir nghal tum hmasak ber tur a ni. Tui tla ilo chhar a nih chuan a rang thei ang berin tui atanga ila lachhuak fel lo a nih pawhin chuapah boruak thun tum hram ang che. I tih theih mai nghal loh chuan vaukam i thlen ve leh a ke lam tisangin muttir la, a lu saisirtir chungin a dulah i nam dawn nia, Tin, ka leh ka chuktuah a thawktir tum zui bawk tur a ni.

THAWK A LO TAWPIN ENGTIA TIH TUR NGE?

Ka leh ka chuktuah a thawk tir dan:-

Thawk a lo tawp mai nachhan tlangpui deuh te:

Hrawk a thil eng emaw atan vangin nikhaw hre lova awm, hrawk a khak tam takin a hnawh bawk si leh leiin emaw a hnawhin tui tlak a tui tam tak lem a, thawk theih loh te, t<r ei vang te. Lu-ah emaw, awmah emaw hliam na tak tuar avangin Lung lam that loh avang a lungphu a buaiin.

Mihring hi thaw lova minute 4 vel kan awm chuan kan thi mai thin a ni. Mi tupawh, a thawk lo tawp ta thut se, ka leh ka chuktuahin thawktir tum vat tur a ni.

Hetiang hian damlo nunna chu chhan tum tur a ni:

A hrawkah thil tang te a awm chuan rang takin la chhuak ang che. A leiah thil tang leh chil hn^ng te a awm a nih chuan tifi thuai ang che.

Damlo chu rang takin a zangthalin muttir la, a lu chu kai vanvadak la, a khabe chu hma lam zawngin pawt deuh ang che.

I kutzungtangin a hnar hmet ping la, i ka leh damlo ka chu chuktuah in, awm puar khawpin ham vak rawh. Boruak a lo chhuah nan chawl leh thin la, ham leh thin ang che. Minute khat chhugin vawi 15 vel tih hman tum rawh. Nausen pianghlim erawh chu zawi te in minute khat chhugin vawi 25 vel tih hman tum ang che.

Ka leh ka chuktuah a thawktir hi mahni a thawk theih hma chuan ti ang che. Damlo chu a thi a ni tih i chian bal thlengin ti ang che. Darkar khat aia rei tih pawh a ngaih chang a awm thin a, beidawng mai lovin tih tur a ni.

Stroke

Engati nge stroke hi bathroom-ah a thlen fona chhan i bih chiang teh ang:

Inbual hian lu leh sam tihhuh hmasak loh tur. Hei hian kan taksa kha a lum leh vawhna rang takin a insiam remtir ta \hin a ni. Thisen kha chak taka thluak lama a chhoh \hin avangin thisenzam capillary emaw artery emaw a pump puak ta \hin a, chuvangin stroke a thleng \hin a ni.

Inbualin ke lam a\anga tihhuh hmasak \hin tur a ni a, koki thlenga tihhuh hmasakin stroke a pumpelh theih a ni.

I inbual hunah lo ti thin tawh ang che?

Mut dawn leh inbual dawna tuisik in hmasak pawh theihnghilh lo ila.

Respected Editor,

He thu tawite hi HRISELNA buah min lo chhuah sak tur in ka ngen a che.

Hriselna tih lehkhabu (Magazine) thla tina Directorate of Health Services-in in tihchhuah \hin hi Mizorama Magazine-ah chuan a \angkai ber a, a hlu ber bawkin ka hria. Mi \henkhat chuan bu nga (5) zel te bu sawm (10)-ten an \huikhawm a, lehkhabu rohlu tak a lo ni reng mai. Sap \awng Health Book te internet-a mi ang te hi mi 100/90 pawhin kan chhiar pha ve lo. Hriselna chanchinbu hi chu kei tak ngial pawhin mi paruk ka lak sak (subscribe) ve tawh a ni.

Natna kan tawrh nasat pawl – cancer, zunthlum, pumpuina leh HIV etc. te pawh hi ziah tawh tih a awm thei lo, la hre ve lo kan tam lutuk. Doctor te ngei hian tlawmngaiin han ziak zel rawh se.

Mizote kan lo hrisel zawk theih nan HRISELNA bu hi LALPAN MALSAWM ZEL RAWH SE, AMEN.

ZOZINGA, MJS (Rtd)

Tuikual 'C' Aizawl.

Awmdan mawi...

- Khawhar inah emaw, committee naah te reng reng mobile phone lo kheuh neuh neuh hi thil mawi a ni lovin, mi dang zahlohna leh ngaih pawimawh lohna entirna mai a ni.
- Office hi inkawmna hmun a ni lo tih hriatreng a \ha. Hmelhriat te leh \hianta tih vanga rei tak tak \hutchilh hi chin loh tawp tur a ni.
- Phone-a mi be mawlh mawlh chung a mi ina luh te, mi titi naah emaw TV enna bula ring tak taka phone a mi biak chin te hi mi dang tan hnawksak a ni thei.

- Ni 14, Nov 2018 khan Aizawl Civil Hospital Conference Hall-ah zunthlum natna dona ni 'World Diabetes Day' hman a ni a. National Programme for Prevention & Control of Cancer, Diabetes, Cardio-Vascular Diseases & Stroke (NPCCDS) leh Mizoram Diabetic Society (MDS) tangkawp buatsaih a ni a. H&FW Principal Director Dr. F. Lallianhlira chu khuallian a ni. Thupui chu 'The Family & Diabetes' tih a ni.
- November ni 16, 2018 khan National Health Mission hnuai Rashtriya Bal Swasthya Karyakram (RBSK) leh Manipal Hospital, Bangalore tangkawp chuan Screening Camp for Congenital Heart Disease (pian tirh atanga lung natna nei endikna) an buatsaih a. Vawiin hi screening test an buatsaih vawi hnihna a ni a. Nikum October thla khan hlawhtling takin an lo huaihawt tawh a ni.
- August ni 28, 2017 khan Manipal Hospital, Bangalore leh RBSK hian thawhhona thuthlung an ziak a. Kum 2017-2018 chung khan Manipal Hospital-ah hian naupang 28 hlawhtling taka zai an ni tawh a ni. Heng inzaina senso zawng zawng hi RBSK atanga pek niin zinna leh thlenna senso erawh chu mahni intum a ngai thung a ni. Congenital Heart Disease hi enkawl dan tur dik taka enkawl an ni.
- National Mental Health Programme buatsaih, ni thum awh tur Review Meeting cum Induction & Refresher Training chu October ni 31, 2018 khan Administrative Training Institute-ah tan a ni.
- He Review Meeting cum Induction & Refresher Training hi Dr. C. Lalhrekima, HOD, Psychiatry Deptt. in a kaihruai a. Chairman hian kalkhawmte lawmna thu a sawi zawhah Dr. Robert L Khawlhiring, State Nodal Officer, NMHP hnen atangin NMHP kalphung leh hmalakna te chipchiar taka ngaihthlak a ni. Tin, Biakhluzuali Chenkual,

Clinical Psychologist hnen atangin Mental Health Care chungchanga zirtirna ngaih-thlak a ni bawk.

□ October ni 21, 2018 khawvel pumpua Iodine tlakchham vanga harsatna dona ni "Global IDD Day" a ni a. He ni hi Sunday-a a tlak avangin October ni 22, 2018 khan Global IDD Day hi Mizoram district tinah hman a ni.

Aizawla he ni pual hun hi National Iodine Deficiency Disorder Control Programme huaihawtin Synod Conference Hall, Sikulpuikawn-ah hman a ni a. He hun hi Dr. F. Lallianhlira, Principal Director, Health & Family welfare Department-in a kaihruai a. Dr. Chawngthanchhunga, State Programme Officer, NIDDCP in Powerpoint presentation hmangin Iodine tlakchhamna lo awm dan leh a invenna, NIDDCP activity report leh programme vision chungchangah te zirtirna a pe.

□ October ni 20, 2018 (Saturday) zing dar 7:00 khan Food Safety and Standard

Authority of India (FSSAI) hmalakna in Ei leh in thianglim neih kawnga mipuite zirtirna 'Swasth Bharat Yatra' beihpui thlak tan a ni

Zingah Parking tual-ah bultan a ni a. He hunah hian event organiser, Meraki India atanga lo kal, FSSAI partner ten hun an kaihruai a. He hmun atang hian 'Swasth Bharat Yatra' pualin zingkarah kawngzawh (Prabhat Pheri-Gandhi Walk) neih a ni a. Dr. Lalsawma, Joint Director, F&D Admn. chuan kawng zawhte hi a vai liam a. Kawng hi Millenium Centre atanga zawhin Aijal Club-ah luh khawm a ni leh a. Aijal Club-ah hian Ei leh in hrisel neih kawnga inzirtirna leh thutiam sawi rualna hun hman a ni.

□ 16th November 2018 khan National Health Mission hnuai Rashtriya Bal Swasthya Karyakram (RBSK) leh Manipal Hospital, Bangalore tangkawp chuan Screening Camp for Congenital Heart Disease (pian tirh atanga lung natna nei endikna) an buatsaih. ■