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## Editorial

Damlohna hi a hautak em em a, sum leh pai leh tha leh zung piah lamah rilru chen in a tuar thei \hin a ni.

Heng damlohna avanga manganna leh harsatna kan tawh \hin te hi, a chhan ber ni a lang chu, a bul berah chuan kan ni tin ei leh in kan uluk tawk loh vang hi a ni ber.

Mihring tungchhova kal reng reng hian kan tuh rah hi kan seng vek \hin a, ei leh inah a ni emaw, kan nundan kan fimkhur loh vang emaw a lem chuang lo, kan tuh rah hi chu a chhe lam leh \ha lamah eng kawng emaw talin kan seng reng reng \hin a ni.

Zu in, mei zial zuk, kuhva leh sahdah ang chi laka insumna nei lo mi chuan a taksaah eng harsatna emaw tal chu a seng lut \hin a ni. Hetiang bawh hian mipat hmeichhiatna lama insum karna nei lo mi tan pawh hri \ha lo tak tak, tunlai natna \ihbaiawm tak AIDS natna chen hian a tlakbuak hun a awm nge nge \hin a ni.

Tichuan, kan hriatreng tur chu heng thil \ha lo kan chin \hin te hi a tirah chawp leh chilhin lang chhuak mai lo pawh nise, engtik niah emaw lanchhuah hun chu a la awm tho tho \hin a ni, abik takin kan taksa chakna te a lo tlakhniam hunah a lang chhuak tlangpui \hin a ni.

Awle, heng natna lak a\anga kan lo fihlim theihna tur hian Health Department chuan, Radio leh DDK hmanga a puan chhuah chamchi bakah, Zokhua te fangin mipui hnenah zirtirna a pe \hin a, he Hriselna chanchinbu ngei pawh hi chutiang atana tih chhuah chu a ni reng a ni.

Hawh teh u, heng hriselna lama inzirtirna \ha tak tak kan dawn \hin te hi a hlutzia hriatna chang hriain i zawm tlang \heuh ang u, tichuan natna avanga lungngaih mangannate hi kan pumpelh thei dawn zu nia. ■

## CHHUL-HMAWR (CERVI X) CANCER KAN UMBO THEI ANG EM?

*Dr. Vanremmawii*

A hun taka inven emaw, a hun taka inenkawl emaw vangtein khawvelah hian natna \ihbaiawm pui pui an lo tinepin an lo umbo hial tawh a; chhul-hmawr cancer pawh hi a ziarang leh nihphung tam tak hriat chian a lo ni ta a, nasa taka mipuite leh hriselna lama thawktute kan \anrual chuan engtik niah emaw chuan kan la umbo ve thei ngei ang.

### **Chhul-hmawr cancer chu engyang nge?**

Natna hrik ‘Virus’ chi khat, Human Papilloma Virus (HPV) hi hrik ngawichawi leh chimawm zet mai, mi tam takin kan kai tih pawh kan hriat loh a ni a, chutiang natna hrik chuan a bikin hmeichhiaah rei tak paw-tawk (*infection*) a bu a khuar chuan chhul-hmawr cancer a thlen thei tih hmuhchhuah a lo ni tawh a. Ram \henkhat India, Bangladesh leh Nepal angahte pheh chuan HPV 16 leh 18 (HPV hi a zeril ang zelin chi hrang hranga then sawm a ni) te hian chhul-hmawr cancer zawng zawng zinga 80% atanga 81% lai a thlen a ni tih hriatchhuah a ni.

Mipat hmeichhiatna kawnga inthlahdah (*Multiple sexual partner*), invawn fai kawnga tladah, mipat hmeichhiatna hman hma lutuk, rethei bakberh lutuk leh HIV hrik paiahte hian chhul-hmawr cancer a awm duh bik tih hriat a ni. Chutihrualin HPV laka kan inven theih chuan nasa takin chhul hmawr cancer kan titem thei a ni.

### **India ram leh chhul-hmawr cancer:**

India ramah hian chhul-hmawr cancer hi a mikhual lo hle a. Kum tinin mi 1,32,000 zet hmuhchhuah ziah anga ngaih a ni a, chung zingah chuan mi 74,000 lai in an thihpui thin nia ngaih a ni. India rama cheng hmeichhiate hian an damchhung hun zawng

zawng a\anga 2.5% lai chhul-hmawr cancer kai theihna (*cumulative lifetime risk*) hi an nei a, 1.4% lai thihpui thei (*cumulative death risk*) dinhmunah an ding a ni. Chhul-hmawr cancer siamtu pui ber HPV erawh chu hmeichhia 100 an awm chuan an zinga mi 6.6 zet ten he hrik hi an pai zel nia ngaih a ni.

#### **HPV chuan engtin nge chhul-hmawr cancer a thlen?**

HPV 16 leh HPV 18 te hi a chimawm leh \ihbaiawm an ni a. HPV hi mipat hmeichhiatna hmang tawh leh hmang mek zinga 75% lai hian a eng chi ber emaw hi chu kai ngei tura ngaih an ni a, chung zinga 80% atanga 90% hi chu amahin thla 36 hnuahte a kiang (*Regress spontaneously*) ve leh mai thin a, 5% atanga 15% vel hi an chambang hlen a, a chambang hlen zinga 5% aia tlem ten cancer a chang mai thei turin chhul-hmawr chu an suasam ta thin a ni.

Chhhul-hmawr hi vawi leh khatah a cancer thut ngai lova, natna avangin zawi zawiin a nihphung a inthlak

danglam a, cancer meuh tur chuan hun leh nihphung danglam tam tak a paltlang thina ni. Chutianga a kalkawng chu tehna mumal taka teh niin **Cervical Dysplasia** emaw **Cervical Intraepithelial Neoplasia** (*CIN tiin kan sawi zui ang*) tiin a danglam chhoh dan ang zelin CIN-1, CIN-2 leh CIN-3-ah te \hen a ni a, CIN-3 thleng a han nih tawh hi chuan, chutianga CIN-3 ni tawh zawng zawng 50% zet chu kum 10 chhungin chhul-hmawr cancer nasa takah a chang tawh thin a ni.

#### **HPV lakah chuan kan him thei em?**

HPV laka invenna (*vaccine*) siam a lo ni ta leh zel a, India ramah pawh vaccine chi hnih '*Bivalent*' leh '*Quadrivalent*' an tih te chu kum 2004 leh kum 2002 a\ang khan kan lo hmang tan ve thei ta a ni.

He invenna hmang miah lo hmeichhiate hian HPV kai theihna hi kan damchhungin 80% zet kan nei kan tih tawh kha. Amaherawhchu, invenna (*Bivalent Vaccine*) hi tum

thum (0,1&6 Months) lak a nih chuan HPV 16 leh HPV 18, cancer thlen duh deuh ber kan tih lakah khan kan fihlim thei a. Invenna tho (*Quadrivalent Vaccine*)-ah thung chuan tum thum (0,2&6 months) lak hian HPV 16, 18, 6 leh 11 laka kan him theih mai bakah mipat hmeichhiatna a\anga kai chi natna chikhat serh leh a vela singsihlit (*Genital warts*) ang tak lakah pawh kan him theih phah a ni.

#### **HPV Vaccine chuan eng chen nge a ven:**

HPV Vaccine hi a him \hain a chhe zawnga nghawng dang a neih sawi tur a vang hle a, amaherawhchu he invenna hi pek emaw lak emaw hmain HPV kai leh kai loh hriat chian hmasak ngei ngei tur a ni. HPV la kai lo Chiang balin he invenna hi a la anih chuan kum 8 chhung tal chu CIN 2 leh CIN 3 thlentu HPV-16 leh HPV-18 lakah 100% in a him tura ngaih a ni. Kum 2007 atang khan Dose maktaduai 2,500 lai pek a lo ni tawh a, India ramah ngei pawh Punjab leh Delhi-ah te pheh chuan kum 2016 atang khan mipui nawlpui vaccine (*National Immuni-*

*zation Schedule*)-ah an lo telh daih tawh a ni.

#### **World Health Organization-in a sawi dan chuan:**

Hmeichhe naupang an nih lai kum 9 a\anga kum 14 an nih laia he invenna hi pek an nih chuan \um hnih (2 doses) pek a tawh a, kum 15 hnu lama pek an nih chuan \um thum (3 doses) pek a, a hnu kum 30 an tlin veleh enzui (*Follow up*) tur a ni. La sawi nawn fo ngai chu he invenna la tur chu mipat hmeichhiatna la hmang lo (*Virgin*), HPV la kai reng reng lo ni se tih a ni. HPV Kai tawh vaccine pek leh hnuhnawh an nih hian, vaccine tangkaina reng reng hmuh leh hriat a ni lo.

Tichuan, chhul-hmawr cancer umbo tur hian a thlentu pui ber HPV invenna lak mai bakah hmabak tam tak a awm. Engpawh nise, kan khawtlang nun leh ei bar zawwna kawnga kan changkan leh zual hun, hmeichhiate tihchak an nih a, inentir a, hriatchhuah hma a, inenkawl na kan uar hunah chuan hmeichhiate nasa taka tiretheia suat mektu natna, chhul-hmawr cancer hi kan la umbo ngei ang. ■

## (Schizophrenia)

*Dr. Lalhriatpuia, Psychiatrist,  
MIMER, Falkawn*

izote zingah 'Schizophrenia' hming hi kan la hre lar vak lova, Mizo pawn a hmingthlukpui tak pawh kan la nei lovin a lang. Hming hrang hrang kan pe a, 'Thlaem at,' 'rilru buai,' 'tip vanga ^ hlen' leh 'mi ^' kan ti mai thin. Schizophrenia hi natna benvawn tak niin, damchhung deuh thaw enkawl ngai thin a ni a. A natna hi zualchang leh that deuh lai nei a ni a, amaherawhchu a natna a lan chhuah hnu hi chuan a tam zawk hi chuan an dam loh hma ang em em chuan an tha tluan duh lo hle.

Mithiam ten an chhutdan chuan he natna hi mi za zelah mi l velin a nei tur anga chhut a ni a, harsatna nasa tak, a damlo leh enkawltute chung a siam thin a nih avangin, sorkar pawn a ngai pawimawhin an ham\hatna hmuh theih nan 'Disability Certificate' thleng a pek phal natna zinga dah a ni.

### ***Engvanga lo awm nge a nih?***

Hei vang a nih hi han tih tur chat awm lo mahse, zirna hrang hrang atanga lang chhiang deuh chu thluak natna chikhat a ni a. Kan thluak a chemical in buk tawk loh vanga awm a ni. Heng zingah hian 'dopamine receptor' leh 'Glutamate receptor' kan tih te hi rinhlelh ber

an ni a, a enkawl nana damdawi hman te pawh heng receptor-te tichak lo tur atan te a pek thin an ni. Hetia chemical in tam hleih hi inthlachhawna a kan pianpui gene fuh tawk loh vanga ngaih a ni.

### ***A lanchhuah dan tlangpuite:***

1. A natna hi kum 15 -25 inkarah a langchhuak \an tlangpui a, hmeichhiaah erawh hei ai hian a tlai thei.

2. 'Delusion': Thil ni thei lo a ngaih leh mak sak tak tak an rin bur a, thil thleng tak takah an ngai thin. An ngaihtuahnat anmahni huang chhung pel in mi dang ten an ngaihtuahna te rawn hriat sak thei leh tidanglam thinah an ngai bur a, an taksa che vel

pawh anmahni tih ni lovin mi dang in rawn chettir ang ten an ngai a. Control-tu nei ni ang ten an inngai a, enthlatu emaw er deuh tuten anmahniah camera emaw chip emaw enthlakna phum ruang ten an ngai thin.

3. ‘Hallucination’: Thil awm lo ri hriat emaw, rim leh a dangte hriat emaw an nei thin. Aw rite an hre thin a, heng aw ri hian an rawn vau thin avangtein thlaphang em em ten an awm thin a, a then pheichuan heng aw ri an hriat thin te thu thu hian an awm thin.

4. Maksak tak tak a din leh herh tak taka taksa tih khawngte an hrat a, a then pheichuan taksa bung her rem sak ang ang a awm reng te, mi tihdan zir char char te leh awm hle hle theih loh a zat ruaite an nei thin.

5. |awng awmze nei lo leh hriatthiam hleih theih lova \awngchhuah te an hmang a, mahni a phun bul bul leh mahni a nuh vur vur te an ching thin.

6. Hetia an rilru tih buaia a awm avang hian mahni in tihfai nachang te an hre lova, awm ang lo taka awm te, thinchhiat leh a chang chuan tharum thawh zawngten an che thin.

### *Engtia enkawl tur nge?*

1. Enkawlnan damdawi antipsychotic kan tih te chawh thin an ni a, a natna tan tirh a damdawi ei that in a natna kalzel dan tur a hril nasa hle a, hna pangngai tak thawk chhonzawm thei hial pawn an awm thei.

2. A tir a damdawite nen a enkawl vat chuan mi pangngai takin an hun an hmang chho thei a, chuvangin doctor hnen a hruai vat a pawimawh hle. A natna enkawl that loh emaw damdawi \an hma loh chuan a natna hian thluak a lo tichhe hman in, damdawi tan leh hnu hnawh pawn a sawt tur angin a sawt tak tak thei lo.

3. Ruihhlo a bik tak in ganja hian a kai chhuah hma theih avangin ruihhlova fihlim a pawimawh hle.

4. Mizote hi an enkawl na a awm tih kan hriat loh thin avangin kan inentir tlai tlangpui thin a, ramhuai paiah te puh an hlawhin Home-ah te kan dah bo mai thin. Hetianga buai i hriat chuan Psychiatrist hnenah rawn hruai vat rawh, damdawi hmangin pangngai takin nun an hman phah thei. ■

### (PEPTIC ULCER)

Mizotena pumpui l<sup>w</sup>ng tia a hming kan vuah avang hian pumpuiah chauh ulcer hi a awm lo va, a awm duhna zawk pumpui ni lo laiah a awm a. He pumpui l<sup>w</sup>ng hi a lo awmtirtute, a natna lanchhuah dan leh a enkawl dante i han luhchhuah teh ang.

Peptic Ulcer hi pumpui/ rilfang hnun/chaw kalna dik loh avanga lo awm hi a ni. A tlangpuiin hun eng emaw chen chu a awm ngei ngei \hin. Gastric (pumpui) ulcer emaw Duodenal Ulcer emaw hi kum upat hnu, kum sawmruk bawr velah a tam ber a. Duodenal Ulcer (Rilfang) hi Gastric Ulcer nena khaikhin chuan a tam zawk a, a chhan chu Gastric Ulcer tam tak chu a lang chhuak lo va, Ulcer avanga natna rawn belh-chhahtu a awm hnuah chauh a lanchhuah \hin vang a ni. Tin, Peptic Ulcer hi hmeichhia aiin mipaah a tam zawk. Autopsy an zir chianna a\anga an hmuh dan chuan pumpui leh rilfang ulcer hi a tam lam a inang tlang vel reng niin an ngai.

Duodenal Ulcer (Rilfang) hi rilfang hnun a bul lam

3cm bawr velah a awm \hin a, 1cm emaw a aia te zawk emaw hawlh tlang a ni \hin, 3cm a\anga 6cm hawlhtlang thlengaliam a ni thei bawk. Gastric Ulcer (Pumpui) chu antrum lai bawr velah a awm ber a ni. Chulai bawr chu pumpui kual lai a t> lampang hmun thuma \hena hmun hnih tawp lamah leh a kual lian lam hmun thuma \hena hmun khat tawp lampangah a awm deuh ber \hin a, \henkhatah pheichuan Gastric Ulcer hi Cancer-ah a chang thei.

#### **A awmtir thei tute:**

1. *Helicobacter pylori* (*H. Pylori*) : He bacteria hi a lo tam chuan peptic ulcer a thlen thei a, *H. pylori* hi luak, ek a\anga inkaichhawn theih a ni. He bacteria awmtir theitu leh a awm duhnate chu :



- 1) Ram \hanglei naupang leh cheng tan.
  - 2) Rethei/khawsak harsa zingah.
  - 3) Ran vulh tam lutuk naah.
  - 4) Chaw/tui thianghlim lo a\angin.
2. *Damdawi thenkhat* : A bik takin MSAIDS Ibuprofen, Nabumeton, Diclofenac leh a dangte
3. Meizuk vangin.
  4. Acid Pepsin leh hemi thur laka eichhetu tur daltu pumpui/ril chhung lam pang inkhuang rual loh vang a ni.

**A lanchhuah dan tlangpuite:**

Pumpui leh rilfang ulcer-ah chauh ni lo, pumpui leh ril lam tha lo leh thil dang avangin pumna chu a awm theih tho avangin pumpui l^wng hi a lanchhuah dan bik tak sawi thiam theih chiah pawh a ni lo a. Awm ruh tawpna chiah, dul chung lam pang, a laihawl lai vel na bik vang vang emaw a nat dan chu a sa emaw a nih chuan peptic ulcer a ni thei a. A nat dan chu sawifiah thiam chian theih loh emaw, ril\am

pumna tih ang emaw pawhin a hriat theih awm e. Rilfang Ulcer-ah chuan a na chu chaw ei kham hnu 90mins. a\anga darkar 3 velah a awm \hin a, chu chu damdawi (antacids) emaw chawin emaw a chhawk nghal thuai thei \hin. Tin, rilfang ulcer-ah hian luak-chhuak leh rihna tlahniam a awm thei bawk. Pumna chuan damlo chu zanlai bawr velah a tiharh ziah \hin. Gastric (Pumpui) Ulcer-ah chuan a na kha chaw eiin a zual thei bawk. A na lanchhuah dan a\ang ringawt hi chuan Gastric leh Duodenal Ulcer hi thliar hran theih a ni lem lo, luakchhuak lo awm leh luakte pawh hi ulcer awm avanga rawn belhchhahtu a ni thei. Pumnuam lo (chaw pai \awih theih loh vanga awm) a awm reng thei a, hemi na hi damdawi/chaw emaw paw'n a chhawk thei tawh thin lo. Ulcer khan pawp a siam tawh a nih phei chuan a na kha hnung lamah pawh a insawn daih thei bawk. Pumpui a\anga rila chaw kal chhuahna a dal a nih phei chuan a na kha chaw eiin a

zual emaw chaw pai \awih loh kha a luak chhuak emaw a ni thin. Hetiang ang insawiselna i neih chuan contrast barium meal examination emaw tih vat a, a natna dik tak hriat chian thuaia enkawl nghal vat tur a ni.

**Enkaw! dan :**

Meizuk sima, Aspirin leh NSAIDS chi lam damdawi ei loh a \ha. Tin, zu hian a hranpain ulcer hi thlen thei lo mahse zu avangin thin sawng

hian peptic ulcer disease hi a tih tam avangin in loh a him ber.

H.pylori tih mang vek hi peptic ulcer disease enkawl nana tha ber nia hriat a ni. Damdawi chawh pawh ni 14 chhung pek hian he bacteria hi timang tha thei bera hriat a ni.

Peptic Ulcer vanga thisen chhuak/put emaw, pawp emaw pumpui atanga chaw kal chhuahna lai a hnawh emaw a nih chuan zai a ngai hial thei bawh.

***Mawitea huang***

\* An tlangval kha a han thatchhe ve mai mai khawp a, a pa in, “Mama vawiiin chu kan vau a thing kha va pu la a tha ang a” a ti a, a fapa chuan “Nangman va pu la a tha ang a” a lo ti a, a pa thinrim chuan “A nih leh in-ah awm la, vawk in lo sa ang che, kan vawk note thar hi i lo khung nghal dawn nia” a ti a, an kawmthlangah ban pakhat a phun a, tah chuan an vawk chu a lo thlung ve ran a..

\* Pastor pakhat kha amahin a lo nui tut tut a, “Eng chu nge maw ni mahni chauh a ilo nuih tut tut le?” an ti a, ani chuan, “Eng ni love.....,Davida khan Goliatha kha han vawm \helh na se zawng, a retheih nak nak dan tur kha ka ngaihtuah mai mai alawm mawle” zuk ti a!!

\* Dawra a thil lei lawk hlanin a car pawna a dah kha miin an lo ruk sak a, police hnenah a va report a, “Car rutu te chu ka hmu hman lova, mahse car number erawh ka chhinchhiah hman hram a ni” zuk ti a!

## THAU HI MALSAWMNA NGE... ANCHHIA

- Dr. J.C. Lalremruata

Mizote hi kan khawsak dante a hahdam zel a, tunhmaa nilenga thlan sa phul kaia hna thawk \hin kha kan hah a dam sawt viau a, chu chuanin a nghawng \ha lo tak chu 'pa thau' 'nu thau' a ti tam ta em em mai hi a ni. Han en thuak pawha pa ei hmu tih hriat reng reng, Vaiho tan pheichuan 'majon' tia koh phu hlih hlih kan kat ta nuk mai. Kan han thau luah mai hi chu a lawmawm a, Pathian malsawmna chi khat chu a ni teh meuh mai. Amaherawhchu 'thau nazawng hi an hrisel kher lo' tih erawh chu kan hriat a pawimawh awm e. He article-ah hian thau lutuk, a bik takin dulkiarin nghawng a neih pawizia kan sawi dawn a ni. A thau ve lote chuan nui \ha chungin in chhiar ka beisei.

A Sap\awng chuan lo. Kan thau chhan bulpui 'obesity' an ti a, chu ber chu kan taksain a chu Bible zir mite'n an hmanral (energy tih dan ang deuhin expenditure) aia tam Latin \awng a\anga kan hnawh luh vang lak chhawn a ni a, a ni. Kan thil eia 'obesus' leh 'esus' thahrui siam nana an ti ta a ni awm e. hman chuangbang A awmzia ber ni zawng zawng chu, thau awma lang chu 'thil ei hlawmah a lo chang a, tam lutuk avanga thau' a ni zawi t> t>in a lo pung khawm awm e. a, kum tam tak hnuah chuan mi thau fe kan lo ni ta \hin a ni. Entir nan nikhatah kan taksain a mamawh bak kan ei kha tlem tham tak (10-15 kcal/day) pawh lo ni se la, kum khat



### Engvangin nge kan thau \hin?

Thil mak ve deuh chu a ei tam nazawng an thau lo va, a ei tlem nazawng an cher hek

hnuah chuan kan taksaa thau kha kg. chanve vel laiin a lo pung dawn a ni. Kan sawi tawh ang khan thau hi thil ei tam lutuk vang chu a ni kher lo a ni. Chuvangin ei leh in mai ni lovin, a chhan dang pawh a awm tur a ni.

Thau hi inthlahchhawn (genetic) ve theih a ni a, entir nan mi thau tak chu a pa pawh a thau tlangpui a, chhungkua kuaa thaute pawh tam tak an awm hi. Chuvangin inthlahchhawnna hian awmze thui tak a nei a ni. Entir nan mai mai (kan hrethiam lo na'ng a) kan taksa gene inthlak danglam a lo awm khan an thau hma bik em em a ni.

### **Thau hi malsawmna nge anchhia?**

Taksa thau lutukte hian natna leh hrisel lohna chi hrang hrang an nei hma bik hle a. Pawn lam a\anga en chuan hrisel hmel tak; mahse hrisel lohna leh insawiselna ngah tak an ni duh viau a. Natna khirhkhah tak takin a hmuak nasa bik a ni ti ila kan sawi sual awm lo ve. Chuvangin thau hi

malsawmna nge anchhia a nih sawifiah i'n tum dawn teh ang. Thau lutuk avanga natna chi hrang hrang lo awm theite chuan han thlir dawn ila.

1) *Chaw kawngah*: Taksa thau hrim hrim avangin thihhnun na riai riai, awm thlenga han na chho thei a awm hma a. Chaw ei khama pumpui tipingtu a chak lo va, chu chuan puma acid awm kha chaw kawngah a tichho hma a, chilrial leh awmna veng veng a awmtir thei a. Tin, thau lutuk chuan pumpuar leh kaw\halote an nei hma bik a ni.

2) *Mita lungte awm*: Thau lutukte hian mita lung awm an nei hma bik a. Research pakhatat chuan hmeichhia an BMI 40 aia tam ho zinga za zela 2 velin mitah lung an pai a; mahse BMI 24 aia tlemho zingah chuan za zela 0.3 chauhin an nei a ni. Thil mak deuh chu thau lutuk taksa tih cher tum ho, taksa rihna tlahniam chak lutuk ho zingah lung a awm hma zawk nia chhut a ni.

3) *Thin leh rilbawh (pancreas) natna*: Thau lutuk

chuan thinah thau kha a inhnawh khawm a, thin a tilian a, zawi te tein thin a eichhia a, rei tak hnuah chuan thin a ei sawng te vek a. Chu chuan mitliam te, pum vung te, thia ek leh luakte a titam a. Siam \hatna awm tawh lovin thin a ei sawng chhe vek a, tam takin an thihpui \hin a ni. Tin, rilbawh pawh a eichhe thei a, pumna lutuk an nei a, thihpui hlauhawm khawpin an na thei a ni.

4) *Cancer chi hrang hrang*: Mak tak a ni, thau lutukte chuan cancer chi hrang hrang an nei hma bik a. Chung zinga a langsar zualte chu chaw kawng cancer, pumpui cancer, mit cancer, rilbawh cancer, thin cancer, rilpui cancer, kal cancer, hnute leh chhul cancer-te a ni.

5) *Chuap leh a kaih-hnawih*: Thau lutukte chuan muthilh laia hnar kuk kuk an ching a, muthilh laia thawk \hat theih loh leh, thawk tawp thut a awm hma bik a. Tin, an chuapin tam tham tak oxygen a hip lut thei lo \hin a ni.

6) Thau lutukte chuan hnungzang na benvawn te, gout te, ruhseh benvawnte an nei hma bik a ni.

7) Tin, thau lutukte chuan zunthlum te, BP sang te, lungphu chawl te, stroke te an nei hma bik em em a ni.

A chung a kan sawi takte khi thau lutuk avanga natna lo thleng thei langsar zualte a ni a. Khing lo pawh khi tam tak a la awm awm e. Thau lutuk chuan mahni inthlahrunna te a awm a, mi zinga awmte nuam an ti lo va, psychiatric problem thleng pawhin a awm thei a ni. Chuvang chuan thau hi malsawmna pumhlum chu a ni bik hauh lo mai.

### **Engtin nge kan tih tak ang le?**

Thau lutuk ven nan leh, a thau lutukte'n engtin nge natna chi hrang hrang awm theite kan ven ang tih lo zir leh dawn ila.

1) Ei leh in a duhtui a pawimawh hle, kan sawi tawh ang khan kan lo thau chhan chu kan taksa mamawh aia tam kan ei a, a chuangbanga kha zawi

te tea thaua a lo inchhek-khawm vang a nih kha. Thau ei tam lutuk leh kan taksa mamawh bak eite a pawihle. Entir nan, ni tina i thil ei \hin kha a energy-in 100 kcal. velin tihnam ta la, kum khat chhungin kg 5 vel lai i hloh dawn a ni. Thil ei dan mumal tak neih tur a ni a, ei chak zawng leh ril\am lai tih vanga thil ei nghek nghek kan chinte hi sim a hun tawh khawp mai.

2) Exercise lak leh insawizawi a pawimawh hle bawh. Kan insawizawi khan kan mamawh baka kan eite kha a lo kang ral a, nasa takin thau insiam tur kha a veng a ni. Chuvangin regular taka insawizawi \hin a pawimawh hle a ni.

3) Damdawi chi hrang hrang thaute tana ei tur a awm bawh. Chung zinga \henkhatte chu-

a) *Sibutramine*- He damdawi hian kan chaw itna a titlem a; tin, chaw eiin mi a tipuar hma bawh a ni. Kum chanve chhunga nikhata 30mg zel eiin rihna kha zaa sawm vel zelin a tihnam thei a ni.

b) *Orlistat*- He damdawi hian thau kha chaw kawng a\anga thisena inhip lut tur a veng a ni. Chaw ei rualin ni khatah wavi thum vel ei tur a ni a. Kum li hnuah rihna kha zaa 6 velin a tlahnam thei a ni.

Damdawi dang langsar zualte chu phentermine, diethylpropion, benzphe-tamine leh phendimetrazine te a ni.

4) Inzai chi hrang hrang a tih theih bawh. Inzai hi kan BMI kha 40 aia a tam chuan enkawlna \ha bera ngaih a ni. Inzaia an tih ber chu pumpui kha tihtet a ni. Mahse inzai hi chu mi zawng zawng tan tih theih a har awm e.

### ***Mawitea huang***

\* A chhungten an hau luai luaia, a thinrim chu ramhnuaiiah inawhhlum tumin a kal a, kal kawngah a thinrim chu a reh leh hman si a, tumbu te a khawrh haw vel ta mai mai a, in a thlen hnuah a tumbu a han phawrh tur chu a ram kal chhan a hrechhuak leh lawi si a...an thenawmte a sem kual daih asin!!

*R. Lal\hakima*

masang kan pi leh pute hun lai kan thlir chuan Zu hian an nunah hmun pawimawh tak a luah \hin a; amaherawhchu an tan THIL SUAL tak niin a lang lem lo. Chung lai chuan a duh apiangin zu an sa a, an in \hin a; amaherawhchu zu rui chungka khawlaia kal pai leh Zawlbuka ruih chu thil thiang lovah an ngai thung. Zawlbuka zu rui chu, mei an thawlh thim sauh sauh va, tu tih pawh hriat lohten an sawisa hrepa, an in lamah an zawn haw \hin. Tin, khawlaia zu ruia bengchheng \hinte pawh thla thim laiin, 'Kawm karah Phungin a keuh' an ti mai a, tlangvalin an inah an zawn haw \hin a ni. (Tun laia VDP, JAC, SRS etc nen an inang deuh awm e) Hetia an tih chin tawh hi chuan anmahni hawtu an tam tih hriain an pem phah fo \hin. Chutiang chu thil zahthlak berah an ngai a, an upat hnuah an ngawr ziah an ti bawh \hin. Pitar leh putar zu rui khawlaia kalte erawh chu an ngaihnhathiam \hin a, anni pawhin, "Hei, in nu leh pate, mi hausa zarah kan lo rui ta a nih hi, min ngaithiam rawh u," tiin an au lauh lauh \hin. An chin zin lutuk erawh chuan an phu tawh hremna an dawng ve a, an sim daih thin.

Hun a lo kal zel a, Sap Missionary-te Mizorama an lo luha Kristian kan lo nih takah chuan thil a lo danglam zo ta a; zu chu suala ngaih a lo ni ta a ni. A nih leh zu chu i tan leh ka tan SUAL a ni reng em tih chu zawhna pawimawh tak a lo ni ta a; hemi chungchanga keima mi mal experience leh ngaihdan tlem te han tar lang ila :

### **1. Zu hi eng nge ni?**

Pu Laldenga (RIP) khan, "Zu chu Thil a ni," tiin a hrilhfiyah a, a dik hle; nimahsela thil reng reng hi chi hnih - Thil \ha leh \ha lovah \hen theih a ni. Thil \ha sa reng pawh a hmangtu azirin a \ha lo thei a, thil \ha lo sa pawh a hman \hat theih tho bawh. Entir nan :- Chem hriam tak pawh thil \ha

a nih lain ka nupui emaw, ka \hianpa emaw, sah hlum nana ka hman chuan thil \ha lo a lo ni ta mai a; Police-in min man rualin chem pawh chu an la tel ve ngei ang. Chutiang bawkin TÛR pawh sazu chimawm tak hrai hlum nan chuan THIL |HA LO kha THIL |HA a lo ni leh thei mai bawk. Chuvangin zu te, damdawi te pawh thil a ni a; amah-erawhchu a hmangtu azirin thil \ha leh \ha lo a lo ni ta mai a ni. Damdawi pawh miin a hman sual chuan ‘Drug abuse’ ‘Drugs addict’-te kan ti a ni lawm ni? Chutiang bawk chuan zu pawh hi a tam ber chuan hman \hat ahnehin kan hmang sual zawk a ni lo maw? Zu in thiam kan sawi \hin lar tak, a hming pawh sawi ngai lo khawpa lar, prominent citizen pakhat bak hi Zofate zingah mi dang kan awm em? Damdawi atana zu hmang \hinte hian an \hatpui meuh em? Pumpui damdawi leh damdawi dang reng reng pawh tlem tein kan ei a, kan dam tawh chuan kan ei zui ngai lo. Zu erawh hi chu damdawia hmang \hin ka

hriatte pawh hian an ngeih hlei thei lo a ni ang, a kum a kum an in hnuah pawh, ‘Ka dam ta,’ an la ti chuang lo va, an la in reng a, damdawi thawk muang tak a ni awm e.

## 2. Zu hi eng vangin nge kan in, a tui em ni?

Zu kan in chhan hi inzawt ta diat diat ila, a chhan hrang hrang a awm ngei ang. Dan naranin tui tih vanga in chu kan awm bar lo vang, ruih duh vang leh a hnathawh duh vanga tui ti lo chung a \hahnemngai taka in hram hram kan ni berin a lang. Dik tak chuan RAKZU in dawn pheii chuan kan huphurh lutuk avangin a sehbmeh tur - Chi, sawhthing, chana, sarep etc kan dap ruai mai \hin a nih hi! A sehbmeh nen no khatna chu mittui tla phungin harsa ti tak chungin kan han in zo hram a, kan thaw huai bawka. Chutah zu chuan kan thisen zungzama hna thawkin no hnihna chu harsa lutuk tawh lovin kan han in zo leh a. Kan in belh zel a, tui leh tui lo hriatna a lo chawmawlh ta a, a tui lohzia pawh hre mumal vak lovin A TAWLH-



PANAL kan thleng \hin. Tih tak takah chuan ZU hi a tui mawlh lo va, ril\am tuihal laia thingpui paw-thlum kan in ang hi chuan kan in thei lo a nih hi! Pa pakhat pawh hian zu hi tui tih hmel deuh hian a in \hin a; wawi khat chu tui a tih leh tih loh ka zawt a, tui a tih thu min hrilh a; mahse ka awih lo. Chuvangin a hnenah chuan, “Ni e, a lan dan chuan i zu in dan hi chu tui i tih hmel khawp mai. In in chiah hi lem mai phal lovin i lei i han hawl kual t> t> a, i hmuam dak hnuah i lem phal \awk chauh a ni. A nih leh zu hi a hnathawh awm lo ta se, ruih theih bawka si loh se, i in peih tho vang em?” ka ti leh a. Ani chuan, “Peih lo vang,” tiin min chhang a, tui a lo ti i-khaw bik lo mai a, a hnathawh duh vang chauh bawka in ve tho a lo ni. Chuvangin zu hi tui ti tak tak an awm a nih pawhin a percentage a hniam viau ang. Zu kan in chhan hi nawmsak duh lutuk vang leh mahni hmasial lutuk vang niin a lang.

### 3. Zu ruih hi a nuam em?

Hnai lo ve, a tirah chuan zu ruih chu thil hrehawm ber

pawl a tling awm e. Zu ka ruih hmasak ber \um chuan ka luak nasa hle a, mi kawmkarah ka let der a, ka awmna kha vir mup mupin ka hria. Ina haw hnuah pawh KHUM VIR THEIah ka la mu zui a, hrehawm tak a ni; nimahsela han in han in takah chuan a nawmna chu kan pawh ve ta chauh zawk a ni. |hiante emaw hotute emaw nen zu kan han in ho va, peg 2-3 hnuah phei chuan \awng kan inchuh nak nak a, eng topic pawh sawi ila kan tui em em vek a, Pu- Pu a awm thei tawh hek lo va, zu hmun hlimna kan chen ho hem hem a ni ber. Mahse he hlimna hian a daih rei ngai lo; a chhan chu ina haw a ngai leh tlat \hin alawm! A ngawl vei hma chuan zu inna hmun a\anga mahni in lama haw hi a chakawm lem lo a ni. Chhungte an lawm dawn lo a ni tih hre reng chungin inthlahrung takin ui dawihzep tak ang maiin mei khupin kan haw \hin. Zu ruih hi zan lamah nuamin lang mah se a tuk hi zawng a hrehawm a ni. In hnem deuh \um phei chuan a

**Mawitea huang!!!**

tuk zingah lu a na fuk fuk a, khawsikin min \ham sung sung a, zu mana pawisa sen hnem deuh phei chuan inngaihtuah buai mai a awl hle a, “Ka in tawh miah lo vang,” kan ti rilru \hin. Zing, tlai tawh takah kan han tho va, hmaiphihna daih zet tur tui kan han dawt a, thaw a veng deuh huai a; amaherawhchu Ha han nawh zet hi chuan chawp leh chilhin UAK ORDER kan hmu a, zu khawsikin a zui bawk a, hrehawm tak a ni. Ni tlangSarah \hiante nen kan han inhmu leh a, a hma zana \awng inchuh nak nak khan sawi tur hria kan awm ta bar lo va, kan inmelh peih hram hram chauh ta mai a ni. Tuk\huan ei hmaa kan thiltih peih chhun chu, theithur den, (hmarcha nen) thlan tla hluam khawpa ei hi a ni mai. Chutah tuk\huan kan han ei a, kawchhung lam a\angin a rawn pump chho, zu khawsik nen, bar hnih bar thum velah kan kham ve leh mai \hin a, puar khawp ngah a har hle. He ZU KHAWSIK leh UAK ORDER hi mi tam takin an tuar peih lo va, zing

zu an in phah \hin. |henkhat chuan zu in lovin nachhawkna damdawi an ei bawk. A hrehawm avang hian rilruin zu in tawh loh tum mah ila tlai dar 3:00 vel a lo rik chuan lung a lenga, \hiante sawm khawmin ‘Kan in leh bawk \hin ang’ (Thuf. 23:35) tih hi kan thupui ber a ni leh mai \hin. Chung chu zu in mi awm dan a nih avangin zu ruih chu a tirah nuamin lang mah se a tawpah hrehawmna, lungngaihna leh inchhirna mai a ni.

#### 4. Zungawl vei awm dan:

Tumah hi zu ngawl vei tuma zu in an awm lo. Miin zu regular taka a in chuan a hmabak chu ZUNGAWL VEI a ni mai. A in rei tulh tulh a, a in hnem tual tual a, a thisen leh taksa a lo chak lo tial tial a, a upat tawlh tawlh bawk si avangin zu a zo tawh lo va, a ngawl a vei zui ta mai \hin. Miin zu ngawl a vei tawh chuan a bulah zu \hat lohzia han sawi ila, amah sawichhia emaw a inti a, a ngaithla \ha duh lo va a thinrim mah zawk thin. Zungawl vei chu zu a in loh lai

chuan nungchang \ha ber awmin a ngawi chiah chiah a, mi zingah a inthlahrung dek \hin. Zu a in leh chiah erawh chuan a \awng tam berah a \ang leh thung a, a ‘OVER’ a ni ber e. Miin zu ngawl a vei tawh chuan a sukthlekna lam apiangah a over-a, a thinrim leh a thinrim over-a, a hlim leh a hlim over-a, a lungchhiat leh a lungchhe over-a, lungchhe vankaiin a \ah vak theih nghe nghe a ni.

Kei pawh ruih lungpuam vangin vawi thum vel chu ka \ap ve hmanin ka hria a, \ah a chhuak \ha duh teh a nia! A phunchiar zawnga ruih leh thung chuan mihlimho \awngkam takin anna (thinrimna) tur hi chung lam

a\angin a rawn tla zut zut \hin a, an tlaivar zak mai pawh a awl hle. Zungawl vei nasa tak takte phei chu mi pawh sawi tur an awm tawh lo va, kal pai \uang \uang tur pawh an awm hek lo; an kawng kal reng reng hi a thenin an inthen hlah hlah tawh zawk \hin a, miin an nuihsan \hin.

Chuvangin zungawl vei hi kan duh lo a nih chuan in loh, tem chhin loh mai hi a finthlak ber. A la in mek tan pawh sim hma a \ha a, a nghei hmasa apiang hi an fing hmasa a ni mai. Kei ngei pawh hi zu bawihah ka tang rei hle. A huntea rah thin Pathianin zu bawih ata min chhanchhuah dan hi mi tam takin an hriat chak avangin ka’n inpuang ang e.

(Awmzel tur)

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### ***Mawitea huang***

\* Lunglei Sumo a chuang ve pakhat kha tawngtaina hmang turin an an nawr lui vei rawk a, “Lalpa...he sumo a chuang zawng zawngte hi kawng laka accident lakah Thenzawl thlengin min veng ang che....chu bak kan dil lo a che...” a ti a, a chuanpuite chuan “Engati nge Thenzawl thleng chauh a i dil” an ti nak nak a, ani chuan “E..Thenzawl thleng chauh alawm ka kal dawn” zuk ti then a!!!

(Hmangchang)

## WASHING MACHINE

Washing machine hi chhungkaw tinin kan hman tlanglawn em em, chinchang hriat tawk loh vanga kan tih chhiat hnem em em a ni, washing machine-ah hian khawl chi hnih, Washer leh Spinner (dryer) te dah a ni \hin a, heng hian a hrang ve ve in hna a thawk a, a \angkai dan pawh a in ang lo hle a ni. Uluk leh zuala kan enkawl thiam theih nan chinchang tlema zawng ziak ve leh zawk ila.

A hmasa berin washing machine hi hmun zawl \ha a kan hnung lo a nih pawhin, uluk taka kam zawl a pawimawh hle a ni. A zawl \hat loh chuan a khawlin hna a thawh dan a ti buai vek thei a, kan ngai pawimawh ngei ngei tur a ni.

### WASH

1. Kan thuamnaw suk turte uluk takin kan check hmasa \hin tur a ni, pawisa thir, \hi, zungbun leh thir lampang chi side pocket a kan dahte lak

chhuah vek zel tur a ni, thuamnaw zipper tla lek lek te leh kekawr hûk nghet \ha lo te hi tinghet hmasa lo chuan suk loh a \ha. Hengte hi a khawl chhungah a luh palh chuan a chhiat phah palh awlsam em em a ni, tin, door mat leh puan hmul chi te suk tel loh a \ha bawk.

2. Thuamnaw kan suk hian kan thuamnaw suk kha tuiin a chim pil Chiang tur a ni, a chimpil chian loh chuan thuamnaw huh khan a \huaitu ber (plate) kha rit takin a delh bet a, a vir sak a, a khawl a rim em em \hin, tuiin a chim pil \hat erawh chuan thuamnaw kan suk kha tuiah a lâng (float) a, awlsam takin a plate a vir thei ?hin a ni.

### 3. WASH CHAK LO

a) Wash chak lo vanga buaina hi buaina tlanglawn tak pakhat a ni a, a bik takin power supply a mawmawh tawk a hmuh lohna hmun a mi

ten he harsatna hi an taw k tam zual, heng hi a chak phah nan tiin \henkhat chuan capacitor microfarad ( $\mu F$ ) deuh an vuah sak mai \hin a, a chak phah ve hle \hin, chutih lain a vir theih nan a hnathawktu ber a motor lamin a tuar hle a, a chhiat phah fo \hin baw k, hetiang hmunah chuan stabilizer hman mai zaw k tur a ni.

b) Thuamhnaw hmul lam pang suk vangin a plate kar velah la zai a tang khawm a, chu chuan a ti vir sak \hin, hetiang hi thil thleng fo a nih avangin a khat tawka hawn a tih fai fo hi a \angkai hle a ni.

b) A fan belt a lo mam nasat hian a chak tur angin a chak taw k lo thei baw k, a milpui a thlak mai lova a tih taw t nan a tih tet deuh \henkhat chuan an ching \hin hle, a bik takin thingtlang lamah hetiang hi a hluar hle, a fun Bell hi a taw t tur a ni lova, a taw t chuan a gear assembly (gear box) ti vir tu ber pulley hi plastic mai a nih vangin a shake hma em em a ni, a shake taw h chinah chuan a gear a mam hma em em a, chung chuan hna an

thaw h theih loh chinah sum tam tak senga a baw r hlaw m hlawka thlak a ngaih phah ta \hin a ni.

c) Gear box chhungah hian pinion eng emaw zat a aw m a, heng hi greace in a timaw m reng tur a ni, heng greace te hi kum thum aia rei hman hnu hian a lo ro \hin a, a ro taw h hnu chuan a tlo tur angin a tlo loh phah \hin, i washing mechine kum thum aia rei i hman taw h chuan sawiselna nei lo mah la greace pek \hat turin a siam thiam ko vat ang che.

### SPIN

1. Spin chak lo \henkhat, a changa spin thei a changa theih leh loh aw m \hin hi a hmaa kan sawi lan taw h ang khan power supply a mamaw h taw k a hmuh loh \hin vang a ni fo.

2. Kan thuamhnaw spin turte uluk takin kan rem hnuah a chhin a chhin thlap tur a ni, kan thuamhnaw remte a in balance taw k loh chuan a sir taw n taw n a khawng ri bup bup reng a, fu \ha takin a sawr thei lo fo \hin, a sir taw n taw n khawng ri \hin hi a hunna zaw l

tawk loh vang pawhin a awm \hin, heng hian spinner motor  
thei bawk.\* chhiatna a thlen fo \hin bawk.

3. Thuamhnaw te ho chi, Hetiang lam hi kan tuipui  
mawza, under wear, braziers, zawng a ni lo a nih pawhin, a  
mask etc... kan spin in a mala \ul zual hriat ve hi kan mamawh  
spin lovin thuamhnaw lian deuh avangin vawi khat chhiar  
dah hnan a \ha, chak taka vir chhuah thuak ringawt duh  
a nih avangin a invawrh chhuak tawk mai lovin, chhiar nawn fo  
thei \hin a, khawimaw lai \hin turin, chhiartu zawng  
karah emaw lûtin a pawi zawng thur^wn ka pe nawn leh  
khawih thei laiah a awm palh che u a ni e.

### HMANGCHANG

*Chengkawl bial:* Chengkawl hi lui saah chuan kan ei tam pawl  
tak a ni a, a chang chuan a bial hlang te kan lei \hin a, chengkawl  
bial hi a ei a buaithlak deuhin chaw ei a tibahlah duh deuh niin a  
lang. Chuvangin chengkawl bial chu fai taka sil hnuah, pressure  
cooker-ah dah lut la chi al la, chhuang la. A phit \an ta ser ser  
maw tihah cooker chhin chu hawn theih turin dah dai deuh la, chutah  
hawng pawp la, a khar kherep a lo lang vek ang a, chu chu paih fai  
vek la, chutah i duh tawk tui leih leh la, chhuang leh la, a hmin  
hunah kher ngai lovin a lo dawckchhuak vek tawh mai ang.

*Chengkawl sawl:* Chengkawl sawl chi hi han hipa, a no a lo  
pai hian chawei a ti bahlah duh khawp mai bawk, chuvangin a  
no pai leh pai lo hriatna chu, chengkawl mawng lam zum vat hlir  
thlang \hin la, a no pai lakah buaina i pumpelh ngei ang.

*Chakai thau leh thau lo:* Chakai hi mi \henkhat sa duh tak  
mai a ni a, mahse, chakai thau leh thau lo hi a inthlau thei em em  
mai a, chuvangin chakai i lei dawn reng rengin, a pawnfen kan  
tih mai hi han keu la, tha ang deuh inthlung hi a lo dum deuh raih  
chuan a cher tihna a ni a, a lo eng deuh raih a nih erawh chuan  
a thau a ni tih i hre mai dawn nia.

## THEILEHTHLAIDAMDAWAHIMANTHEIHTE LEHTAKSATANAA|HATNATE

*Dr. Lalmuanzovi, A.E.O*

Mizote hian thei leh thlai kan taksa mamawh zat hi kan ei meuh lo niin a lang, chaw kan tih hian buh leh bal hi a ni deuh chauh a, thei leh thlaite hi chu a behbawm ve mai maiah kan ngai \hin. Ram changkang zawkah chuan taksa hriselna hi an ngaipawimawh a, ni tin ei leh inah thei leh thlai tam tawk ei ngei an tum \hin a ni. Kan ramah pawh hian thei leh thlaite hi kan ei tam ve \an niin a lang.

Thei leh thlaite hian kan taksain a mamawh Vitamin leh Mineral te a pai hnem avangin natna tam tak laka inven nan an hman theih deuh vek a ni. A hmasain damdawia kan hman theih theirah chi hrang hrangte chu- Apple, Balhla, Nimbu, Ser, Serthlum, Sunhlu leh a dangte an ni.

**1. APPLE:** Apple hi Europe leh Asi ramahte hian hmanlai atangin ar lo ching tawh a India ramah chu Kashmir, Kulu leh Kumaon khawthlang lamahte chin a ni ve a. Apple hi chi hrang hrang a awm a, khawvel pumah chi hrang 7,500 vel a awm nia



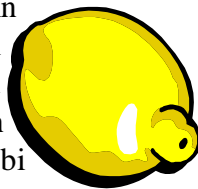
hriat a ni. Apple thei hian Vitamin A, E leh B Complex te, Calcium, Phosphorus leh Iron te a pai tel. Apple kan ein a pil hi ei tel ngei tur a ni, a chhan chu a pilah hian Vitamin A leh C thahnem tak a awm a ni.

Apple hian Iron a pai hnem avangin mi dawldang (Anaemia vei) tan damdawi tha tak a ni. A rah hela ei hi ek khalte tan a that laiin a rah hmin hi kawthalo tan a tha ve thung. Chi nena ei bawrh bawrh hian luna a tidam daih thei bawk. Apple thei hi lung na, thisen sang, khuhhip leh kala lungte awm, ha nget leh ruhseh natna neite tan damdawi tha tak a ni.

**2. BALHLA:** Balhla hi India ram a\anga lo irh chhuak nia ngaih a ni. Kum-tluanin ei tur a awm reng thei a ni. A tui em em a, Protein, Calcium, Phosphorus, Nitrogen, Vitamin C leh B Complex te a pai bawk. Balhla hian timur a siam tharin taksa a tichak a, taksa peng hrang hrang hnathawh a pui thin. TB natna te, ruh tha lo, thisen chak lo leh zun kawng tha lote tan damdawi tha taka ngaih a ni. Balhla hmin hi kang leh pemthar damdawiah a thain hrawk leh awm hnawk neite tan leh chaw kalkawng tha lo tan pawh damdawia hman fo thin a ni.

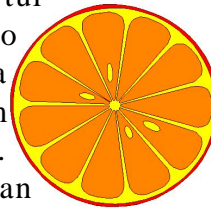


**3. SER (Nimbu/Limbu):** Hmanlai atangin Asia chhim lamah Ser hi an ching tawh thin a, kum zabi 12-13 ah Europe ramah an ching tan a, tunah chuan ram hrang hrang Unites States, Spain, Portugal,



France, West Indies, New South Wales leh India ramahte pawh an ching tawh a ni. Limbu hian Vitamin C a pai hnem a, Ser 100 gram zelah Vitamin C 16mg a pai a ni. Hemi avang hian Vitamin C tlakchham avanga natna awm thei hahni puam leh ka lam natna veite tan damdawi tha tak a ni. Limbu tui leh khawizu inpawlh hian hritlang leh hrawk na a tidam thin. Limbu zai phela tuichhuak khawpa kephaha nawhin kephah kham erh urh a tireh thin. Limbu tui hi pum nuam lo leh kawthalo tan a tha a, hmai tihno leh tihmam nan leh sam tihlet nan hman a ni bawk.

**4. SERTHLUM:** Serthlum hi thei tui tak a ni a, a lo irhchhuahna chu China ram atangin a ni. Serthlum hian Vitamin A, B, C, Calcium, Sodium, Potassium, Magnesium, Copper, Sulphur leh Chlorine a pai a. Vitamin C leh Calcium te a pai tam avangin hetiang tlakchham





avanga natna lo awm thin ha lam leh ruh lam tha lote tan Serthlum ei tam a tha hle. Dr. Harke, Chicago daktawrin a sawi dan chuan ha lam tha lo leh ruh lam that lohna vei tan tirhin Serthlum tui damdawi anga inin natna a tidam thei a ni. Lung lam tha lo, Thawhah, Hritlang leh tlang hritlang hrang hrangte tan hian damdawi tha tak a ni a. TB, khawsikpui leh sentut avanga khawsik atan hian Serthlum tui hi a tha hle mai a, a chhan chu taksa a tichak a, zun a titam a, tak saa natna dotu a titam a, chu chuan khawsik a tidam thin. Serthlum pil hi Arngeng leh hmaibawl chi hrang hrang tihreh nan a tha.

**5. SUNHLU:** Sunhlu hi thei zawng zawnga Vitamin C pai hnem ber a ni. India ram hi a lo irhchhuahna bul nia ngaih a ni a, tunah chuan ram hrang hrangah chin darh a ni tawh. Sunhlu hi damdawi chi hrang hrang siam nan hman a ni a, a rah hringin emaw, umin emaw, pho roin emaw a ei theih. A ei dan tha



ber chu chi nena a hela ei hi a ni. Sunhlu tui khawizu nena pwlh thirfiante khat hi zing tin ei ziahin damlohna tam tak atangin kan inveng thei. Chhul chak lo, mitliam, pum na, thisen chak lo, lung tha lo leh taksa chak lo tan Sunhlu ei tam hi a tha hle mai. A kung pil densawma sawr hi damdawi tha tak a lo ni leh zel a, santen leh sakawrekhrik natna damdawi atante hman thin a ni. Awm na tan Sunhlu zung densawm tui sawr a tha hle a ni.

**6. THEIHAI:** Theihai hi THEI LALPA tia hriat fo thin a ni. A lo chhuahna hi kan ram India ngei hi a ni a, mahse, tunah chuan khawvel ram hrang hrangah chin darh a ni tawh. A rah hi a tuiin khawvel pumpuia mite ngaihsan a hlawh hle a ni. Theihai hian Vitamin C, B leh B2 a pai a, chu bakah Calcium, Phosphorus, Iron leh Protein te a pai tel bawk.



Theihai hel hi pum lam tha lo, thisen chak lo, khawlum vanga luhaia tluk thut thut leh

Vitamin C tlakchham avanga that lohna (Hahni thi/hahni puam)-ah te hian damdawi atana hman a ni thin. Theihai rah hmin hi mit tha lo (Vitamin A tlakchham avanga tha lo) tan damdawi tha tak a ni. A rah mai bakah theihai kung hawng leh a pil hlangte pawh hi natna chi hrang hrang zunthlum, santen leh kawthalothe tan damdawi tha tak a niin a hnai pawh hi vun thak tan a tha.

#### 7. THINGFANGHMA:

Thingfanghma ve thung hi chu Mexico Costa Rica atanga lo irhchhuak a ni. Thingfanghma hi naupang thanglai, nu naupai



leh nau hnute pe laite tan ei ngei a tha. Tin, natna thenkhat zunin, inherh, nausawngnawi, hanget, thinlian, santen leh pum lam tha lote tan a thain hunbi nei taka eiin ek tang, pile natna leh santen benvawn a tireh thei bawk.

Tin, thingfanghma tui sawr hi vun thak, khawihli leh singsihlipin a ngeihin a hnaite pawh hi vun natna chi hrang hranga hnawih a tha. Thingfanghma rah hel hi hmeichhe lam that lohna neite tan damdawia hman thin a ni a, a rah hmin hi hmaia hnawihin hmai a tinoin a timam thin. Thing-fanghma, chi tui nena rawt pawlh vuna hnawihin Ringworm damdawi tha tak a ni.

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#### *Mawitea huang*

\* KS pahnih hi thinrim deuh maiin an lo inhauva, a t> zawk chu a \awng zawt zawt mai a, a upa zawk chuan tihngaihna vak hre hek lo “Nang kha i zak thei lo lutuk, tunhnaia rawn hur thar ve te te si, mahni aia senior pawh zahna chang hre lo” zuk ti ngawt pek a!!!!

\* “Nupui ngam lo zawng ding ru” an ti a, a zahve aia tam an ding dual a, kil khat atangin vin zet hian, “Zonunsiam ding ve vat ta che, engati nge i din ve vat loh” a rawn ti a, ani chuan zawi sup hian, “Ding rawh i ti si lo alawm” zuk ti a!

## TB CHUNGCHANGA ZAWHNA LEH CHHANNA

### 1. TB hi taksa khawi laiah nge a awm \hin?

TB hian taksa bung hrang hrang a khawih thei a, chung zingah chuan chuap hi a khawih duh bik a. TB vei zawng zawng zinga zaa 85-90 hian chuap TB an vei a. A dang 10-15 erawh chu thluak tuamtu kawr, ruh, ruhchuk-tuah, ril, kal, vun leh taksa hmun danga TB te an ni.

### 2. Chuap TB vei hi engtin nge a lo lanchhuah \hin?

- \* Chawlhkar hnih emaw a aia rei khuh
  - \* Tlai lama khawsik
  - \* Awm chung na
  - \* Khak thi
  - \* Chaw ei tui lo
  - \* Rihna tlahniam
- Taksa hmun danga TB chuan lanchhuah dan bik a nei lem lo.

### 3. TB hi inkaichhawn theih a ni em?

Chuap TB hi enkawl \hat a nih loh chuan mi dangte tan awlsam taka kaichhawn theih a ni a. Taksa hmun danga TB chu awlsam taka kaichhawn theih a ni ve lo.

### 4. Chuap TB hi engtia inkaichhawn chi nge?

Chuap TB vei chuan a chuapah TB hrik tam tak a pai avangin a khuh leh khak chhak ilo pahin chung natna hrikte chu a paihchhuak \hin a. Natna hrik boruaka lengvel chi mi dangin an hipluh chuan TB an lo kaichhawng ta thin a ni. Chuap TB vei enkawl \hat loh chuan kum khat chhungin mi dang 10-15 vel a kaichhawng thei \hin a ni.

### 5. Chuap TB hi vei awlsam bik an awm em?

Awm tehreng mai.

- \* Zuk leh hmuam heh mi te,
- \* Taksa chakna pai tam chaw tha ei tlem te,

- \* Zana pindan up tak leh chep taka riak thin te,
- \* Zu leh ruihtheih thil ti thin te,
- \* Chuap natna benvawn vei mek te,
- \* HIV hrik paite hi Chuap TB vei awlsam bikte chu an ni.

#### **6. Miin Chuap TB a vei tih engtia finfiah tur nge?**

Chuap TB vei finfiahna awlsam, rintlak leh senso tlem ber chu khak ekzam a ni. Damlo khak chu vawi hnih (zing thawhhlma mi leh inentirna hmuna lak) sample 2 chu ekzam tur a ni.

#### **7. TB damdawi chu engte nge?**

TB damdawi hman lar zualte chu, Isoniazid (INH) te, Ethambutol te, Rifampicin te, Pyrazinamide leh Strep-tomycin (Injection) te an ni.

#### **8. TB damdawi ei \hat loh hi a paw em?**

TB damdawi hi Doctor chawh ang thlapa ei loh chuan tihdam harsa tak MDR-TB (Multi Drug Resistant TB)-ah a chang thei a ni.

#### **9. MDR - TB vei chu han sawifiah teh?**

TB enkawl na dan thar RNTCP-ah hian TB dam-dawi chi nga hman an ni a. Heng damdawi panga zinga Isoniazid leh Rifampicin an ei a, an taksaa a TB hrik awm a tihlum theih loh hian Multi Drug Resistant TB (MDR-TB) vei kan tihte chu an ni.

#### **10. MDR -TB awm theih chhan han sawi teh?**

Multi Drug Resistant TB (MDR-TB) awm theihna chhante chu-

1. Damlovin damdawi a ei tur ang a ei \hat loh avanga insiam thei a ni.
2. TB damdawi dik lo (wrong categorization) an eiin.
3. TB damdawi petu mithmuh laia an ei loh avangin,
4. Damlovin damdawi course ei kim a pawimawhna a hriat chian loh avangin.

#### **11. X-DR hi eng nge ni?**

TB hrik hi boruaka leng kan hipluh a ni a, MDR-TB vei

sa chuan MDR-TB hrik baw mi dang a kaichhawng thei a. Chubakah, MDR-TB vei hian damdawi an ei that loh chuan X-DR (Extensive Drug Resistant TB) an vei mai dawn a ni.

**12. X-DR chu a hlauhawm viau em?**

X-DR hi MDR aini a la hlauhawm a, damdawi ngeih loh an ngah tawh avangin enkawl ngaihna an vang hle. Chubakah, damdawi ei pawh nise, an dampui ngei dawn a ni tih a sawi theih tawh loh a ni. Mizote hi awmkhawm tel tel nuam ti mi kan ni a, chuvang chuan natna hrik inkai-chhawnte hi a awlsam bik em a ni.

**13. A inven dan tur min kawhmuh theih em?**

*A inven dan tur -*

A. TB vei reng rengin damdawi an ei hun chung tura ruat thla (6-8) an ei zawh loh chuan MDR-TB ah a chang thei a, chuvang chuan damdawi an ei tur zawng zawng tha taka an ei a pawimawh.

B. TB damdawi dik lo ei hian MDR-TB a thlen theih avangin, TB damdawi dik tak an ei theih nan hnathawk tuten fimkhur takin an history-te lain an damdawi ei tur an bithliah tur a ni.

C. Kan khuh emaw kan hahchhiau emawin kan hmui romol-in emaw kut talin emaw hup \hin a \ha.

**14. TB damdawi hian taksaah thil tha lo a thlen thei em?**

TB damdawi ei avang hian mitliam te, vun thak te, hritlang ang chi awm nuam lo te, ruhchuktuah na te, Pum nuam lo te, mit fiah lo te, bengchhette a thlen thei a. TB damdawi ei laia hetiang lam chi insawiselna a awm phawt chuan Doctor hnenah inentir vat tur a ni.

**15. TB leh HIV/AIDS hian inzawmna an nei em?**

HIV/AIDS hian thisena natna hrik dotu a eichhiat thin avangin taksa a tichak lova, HIV/AIDS hrik paiin TB a vei chuan emaw, TB veiin HIV/AIDS hrik a pai emaw chuan rang zawkin taksain a chhiatpui thin a ni. ■

## NCD NATNATE I HMELHRIAT ANG

*Dr. Eric Zomawia,  
State Nodal Officer (NCD).*

### **NCD hi eng nge ni?**

NCD chu Non Communicable Diseases tihna a ni a. Natna hrang hrang, inkai-chhawn theih loh chi, natna benvawn ho – Cancer, Zunthlum, BP Sang, Lung leh Thisen zam natna (Cardiovascular diseases), Stroke (thluaka thisen zam chat), khuh benvawn te sawi nan NCD an hmang mai \hin. NCD natnate hi kan nunphung (lifestyle) leh kan thil chin \han (habits) zir loh a\anga lo awm an nih avangin Lifestyle related Diseases an ti bawk \hin.

### **NCD te hi eng nge an awm chhan?**

NCD natna te hi natna hrang hrang ni mahse a thlent, a awm tirtu chu a in ang tlangpui a, chung zinga 4 pawimawh deuh deuh te chu -

- 1) Vaihlo (Tobacco).
- 2) Physical inactivity - awm awl lutuk, exercise lak

ngai loh, taksa hah lo lutuk tihna a ni.

- 3) Diet (Ei in) kan duh tui loh vang e.g chi ei tam lutuk te, thau lampang leh sa ei nasat lutuk te. Thlai hring leh thei ei tlem.
- 4) Zu (alcohol) in nasat lutuk te an ni.

### **NCD te hi eng nge an pawimawhna?**

NCD te hi khawvela thihna thlen nasa bertu an ni tawh a, thihna 67% lai thlent an ni. Tin, heng natna te hi natna benvawn (chronic) an nih avangin rei tak, damdawi man tam tak tak hmanga inenkawl a ngai thin a; sum senso a tam duh hle. Mahse kan lifestyle (nun dan) in a zir chuan kan pumpelhin kan inveng thei tih a chiang mai awm e.

### **NCD lakah engtin nge ka inven ang?**

Nunphung hrisel, hriselna dah pawimawh nunphung

(Healthy lifestyle) nei la, heng NCD natna hrang hrangte hi i pumpelh thei ang -

1) Vaihlo leh kuhva lam chi reng reng lakah inthiar fihlim rawh.

2) Exercise uar la, ke in kal tam rawh. Kar khatah ni 5 tal 45 mins tal ke-in kal \hin rawh. Office-ah pawh a khat tawkin ke-in vei kual tum rawh. Motor pawh i kal tumna a\anga hla deuh hlekah park ching rawh.

3) Ei leh Inah fimkhur la. Thau/mawm ei tlem la; sa thau, sa vun, sa thin, red meat (sa ti sen) ei tlem la. Chawhmeh kan nan vegetable oil tlemte hmang \hin la, chi chawhmeha al bak liak lo la. Chawhmeh/ ei tur al-pickle, chi nena hmarcha rawt, chips, chi hmanga chawhmeh vawn that etc ei lo la. Thlai chi hrang leh thei ei tam la. Zunthlum nei tan thlum ei loh tur a ni. Um leh rep ei tlem rawh.

4) I rih zawng vawng uluk la, thau (overweight) lo turin tan la rawh.

5) Zu in lo la, i in lo thei lo a nih pawhin in tlem ang che.

6) I rilru in ngaihtuah hah lutuk ching lo la, rilru chawlh hahdam zir la, zaidam leh dawtheih zir ang che.

### **NCD engtin nge kan hmuhchhuah hma theih ang?**

**1) BP (Blood Pressure)-** Kum 30 chung lam tan kumtin vawikhat tal check \hin rawh. Minute 5 tal chawlh vang vang hnuah i BP chu 120/80 aiin a sang tur a ni lo. Vawi 2 en a 140/90 mm aia sang a nih phei chuan BP damdawi i mamawh mai thei.

**2) Blood sugar** (thisen thlum zawng) check zeuh zeuh rawh. Zing engmah ei hma (fasting)-ah 110 aiin tlem se, chawei kham darkar hnih (2 hr PP)-ah 140 aiin tlem se duhthusam a ni. Hei aia a san chuan doctor rawn ang che.

**3) Blood Cholesterol** (Thisena thau tam zawng) leh Blood Lipid Profile (Thisena thau chi hrang hrang san zawng)- Hei hi fasting (zing engmah ei hma) a test \hin a ni a, kumtin test\hin a \ha:

*Cholesterol level:*

200 hnuai lam = duhthusam  
 200-239 = sang hret (border-line high)  
 240 aia sang = sang chiang.

*LDL Cholesterol level:*

100 hnuai = Lung na nei tan duhthusam  
 130 hnuai = duhthusam.  
 130-159 = sang hret.  
 160 aia sang = sang chiang.

*Triglycerides level:*

150 hnuai = duhthusam  
 150-199 = sang hret.  
 200-499 = sang chiang  
 500 chung = sang lutuk.

*HDL-Cholesterol:*

40 aia sang = duhthusam  
 40 hnuai = \ha lo (a sang tur zawk a ni)

**4) Cancer**

\* Hmeichheten uluk takin thlatin an hnute an dap \hin tur a ni. B^wk a awm chuan doctor rawn vat tur a ni.

\* Ka chung thlatin uluk takin torch light leh darthlalang hmangin en \hin la. Sen, var or p^n a awm chuan doctor entir tur.

\* Pumpui cancer tamna a awm kan nih avangin kum 40 tling tawh tan kum 2/3 danah pumpui chhung enna (endoscopy) pawh tih \hin a \ha.

\* Hmeichhe chhul hmawr test na -Pap Smear emaw VIA (Visual Inspection with Acetic Acid) hmangin pasal nei tawh te'n kum 2/3 danah tih thin tur.

\* Bawk (lump), nih dan phung lova thi chhuak, pumna leh chawhelh fo, chaw paih\awih \hat theih loh, dawldang, khuh reh har, rihna tlahniam, chauh ngawih ngawih - I neih chuan cancer a ni palh thei a, doctor rawn zel rawh.

**'Atherosclerosis' hi eng nge?**

Atherosclerosis chu thisen zam chhunga, thisen zam bang (wall) a thau chhia leh thil dang insiam in a ti zim tihna a ni. A lian tial tial a, a rei chuan thisen zam chu a hnawh phui thei a. Chu thisen zamin a chawm chin tisa (entir nan - thluakah te, lungah te, kal-ah te) chuan Oxygen a tlachham a, hnathawk thei lovin a siam a, heart attack (lungah),



stroke (thluakah) te a siam thei a, kal chhia, kal function \ha lo te, BP sang leh taksa peng danga harsatna hrang hrang te a siam thei.

### **Coronary Artery Disease hi eng nge?**

Lung (heart) hi awm vei lam, chuap leh chuap inkarah awmin, kuttum tiat, tihrawla siam, pindan 4 nei a ni a. Chuapin a thlitfim sa thisen chu taksa hmuntinah a sem darh \hin. Taksa peng dang ang thovin lung tihrawl chawmtu thisen zam an awm a, chungte chu Coronary Arteries tih an ni. Coronary artery te hi a chungka kan sawi Atherosclerosis in a tih zim hian Coronary Artery Disease emaw Coronary Heart Disease emaw tih a ni. Miin Coronary Artery Disease a neihin a lan chhuah dan chu 'Angina' (AN-JAI-NA) a ni a - lung zawn na, awm na, pum na, hnung na, dar vei lam na angin a lang chhuak thei a; 'lung na' a ni tih miin an hre lo fo. Hah deuhin a chhuak duh a, chawlh deuhin a reh leh mai \hin. Hetiang nei

leh inringhlel chuan doctor rawn vat tur a ni.

### **Heart attack hi eng nge? Engvanga lo awm nge?**

A chungka kan sawi ang khian miin Atherosclerosis avangin Coronary Artery Disease a neih chuan, atherosclerosis khan thisen zam bang kha a ei chhe tial tial a, thau chhia bakah thi te'n thisen zam zim tawh sa kha a hnawhphui thut a. Chu thisen zamin a chawm tihrawl chu oxygen hmu lovin a lo awm a, hna a thawk thei ta lo va, lung pum puin a tuar a, hna a thawk thei ta lo \hin a ni. Hetiang heart attack hi Myocardial Infarction (MI) an ti bawk.

### **Stroke hi eng nge ni?**

Thluaka thisen zam Atherosclerosis in a tihzim tawh sa a rawn phui thut hian, lunga heart attack a siam ang khan thluakah harsatna a rawn thlen a, chu chuan thluak hnathawh buai thut a rawn siam thin. Thisen in block avangin thisen zam pawh a chat in, thluak chhungah thisen a chhuak thei bawk.

- |                            |    |                                  |
|----------------------------|----|----------------------------------|
| Stroke, Heart attack leh   | 3) | BP Sang te                       |
| Cancer te hi thihna tm ber | 4) | Thau (overweight) te.            |
| thlentu an ni ta.          | 5) | Thisena Cholesterol sang te.     |
| Stroke leh Heart attack    | 6) | Aw awl, exercise la lo lutuk te. |
| tute nge nei duh bik?      | 7) | Rilru chawl hahdam thiam lote.   |
| 1) Mei Zu thin te.         |    |                                  |
| 2) Blood Sugar sang te.    |    |                                  |

### TAKSA TANA SER TUI SAWR |HATNATE

1. Vun tan a \ha hle. Vun a ti >ngin a ti hrisel a, blackheads (dum neuh neuh) leh vun chuar tur te pawh a veng thei.
2. Chaw pai\awih lama harsatna nei te tan a \ha hle. Ser tui hian thisen a tifa a, kawpuar leh pum nuam lo, ti deuh \euh \euh te pawh a tiziaawm thei.
3. Thingpui dawr a ei, in tur siamsa leh ei tur vawn \hatna a an telh thil kan ei nasa a, hei hian kan thisen leh taksaah t<r a siam hnem a, chutiang kan taksaah t<r inchhek khawl chu sertui hian a tifa thei.
4. Ka a ti fresh a, thawk rimchhia a tiziaawm a, hahni thi \hin tireh in, ha na tan pawh damdawi \ha tak a ni
5. Potassium a pai hnem a, chu chuan BP a control thei.
6. Rilru a chaw tho thei a, chuvangin depression leh stress tan a \ha hle.
7. Phlegn a tihniam thei a, chu chuan thawk lama harsatna nei te a chhawk a, ashma nei tan pawh a \ha hle.
8. Ruhseh nei tan a \ha. Zun a ti tam a, chu chuan vung leh na thlentu tur te leh bacteria te a paih chhuak a, arthritis leh rheumatism tan a \ha.
9. Free radicals insiam tur a veng a, chuvangin kan lang upa hma tur a veng thei.
10. Antibacterial property a neih avangin hrawk na, thip hler hlur tan pawh a tha hle. Tui lum chi-al a hrawk i \huah hnu pawha i hrawkna a ziaawm thei lo a nih chuan ser tuiin i hrawk chu han thuah ve chhin teh?■

India ram ropui tak chuan kaw\halo avanga thihna thleng thin chu kum 2025-a nau piang 1000 zela 25-a ti tla hniam turin tan a la mek a. Mizoram-ah pawh sawrkar chuan chak takin hma a la mek bawk. India ramah kawthalo hi naupang thihna chhan 10% lai niin kumtin naupang nuai 1.2 te chu kawthalo vangin an la boral mek a ni. Hetiang hi kan dinhmun ala nih miau avangin ngun takin kawthalo kan do hneh ngei theih nan he thu ziak hi i vawng tlat ang u hmiang.

Kawthalo leh kawthalo vanga thihna hi pumpelh theih a nih lain, ram chungah thihna a la thlen cheu si avangin, nasa zawka kawthalo do beihpui thlakna hun “Intensified Diarrhoea Control Fort-night (IDCF” chu India ram pumah kum 2014 atang khan neih tan a ni. Kumin 2018-ah pawh chhonzawm leh a ni dawn ta a, he fortnight in a tum ber pawh “Naupang Kawthalo vanga naupang thihna tihbo” hi a ni.

### **Eng ngee kawthalo chu ni tale?**

Kawthalo chu ek a nih dan pangngai aia a danglam a, ek a zin a, a tui bawk hian (ek aia tuiril tam) a ni. Naute, nu hnutetui chauh ring te ek nem

pangngai hi chu kawthalo a ni lem lo.

Kawthalo chu naupang kum 5 hnuailam tana natna tlanglawn tak, natna hote a lang, mahse enkawl vat loh chuan thihna hial pawh thlen thei, hlauhawm tak si a ni.

### **Engtin nge kawthalo chu a in thehdarh theih?**

Kawthalo hi a tam berah chuan kan invawnfai tawk loh vangin kan nei chawk a. Inthiarna mumal nei si lova remchang tihna hmun apiangan han inthiar mai te hian, ek atangin kan ei leh in turah natna hrik te awlsam takin a kai theih \hin a ni. Tin, chutiang bawkin kan inthiar zawhah

emaw, thil kan ei dawna kut fai taka kan sil thin loh chuan awlsam takin kawthalo kan nei thei reng a ni.

Tui thianghlim lo kan in hian kan kai awlsam em em bawka. Ke lawnga pawna vah mai mai te hi a thehdarhna kawng ho te a ni bawka. Kan thil ei tur reng reng kan khuh that loh leh kan ei dawna kan silfai loh hian, kawthalo thlen theitu natna hrik kan lo ei tel reng thin bawka.

Naupangte hi kawthalo leh natna tam tak lakah venhimna pek theih an ni a, an kawthalo a nih pawhin awlsam tak leh tha taka enkawl theih an ni. Chuvang chuan kawthalo vanga thihna ngat phe chu nuai bo turin mitin, chhungtin leh khawtlang mawhphurhna a ni.

**Kawthalo kan pum pelh theih nan a kan tih ve tur te:**

Naute chu thla 6 a tlin thlengin nu hnutetui chauh rin tir tur a ni. (Naute hnutetui chauh ring lo te hian a let 10.5 in thihna an hmachhawn hma bik)

Naute thla 6 a lo tlinin nu hnutetui bakah chaw tha dang

pek tur a ni. Hei hian naupang thihna 6% in a ti hniam thei.

Vitamin A eitir thin tur a ni. Hei hi hridanna lak zingah pawh a tel a. A hun taka Vitamin A eitir \hin hian naupang thihna 12% ngawtin a ti hniam thei a ni.

*Hridanna lak that:* Measles and Rubella hridanna bakah nakin lawka kan hman theih tura beisei kawthalo thlentu Rota virus laka hridanna te.

Tui thianghlim chauh in thin tur a ni. Kan tui in hi a fim ringawt tur a ni lo va, a thianghlimin natna hrik a nei lo tur a ni. Hei vang hian tui tihthianghlimna tura sawng-bawl sa, a thlen theih lohna hmun kilkhawr zawkah chuan chhuan so dahvawh hi a himin a awlsam ber a ni. Tui thianghlim chauh in hian kawthalo kai theihna 31-52% laiin a ti hniam a ni.

Sahbawn nena kut fai taka sil \hin tur a ni. Hei hian kaw\halo kai theihna 31% laiin a tihnim a ni. Inthiar zawh apiangin, thil ei dawnin, nauek thiar zawhah, eirawngbawl

dawnin, ran ek/zun thiar zawhah te sahbawn nen kut fai taka sil \hin tur a ni.

Ek inah ngei inthiar tur a ni a, mihring/ran ek leh bawlhhlawh dangte felfai taka paih \hin tur a ni a, mihring emaw ran tawh phakah te, rannung bawm theih tura hnutchhiah loh tur a ni . Hei hian kawthalo kai theihna 36% laiin a tihnam a ni.

*Oral rehydration solution (ORS):* kan hre lar hle awm e. ORS hian kawthalo avanga taksa tui leh chi/electrolytes hloh te a awmtir leh a. A bik takin naupang kum 5 hnuai lamah kawthalo vanga thihna tam zawk hi he taksa tui tlakchhamna vang hi a ni a, a hun taka a nih dan tur anga naupang kawthalo zawng zawng (100%) hnena ORS pek hian kawthalo vanga thihna 93% laiin a tihnam thei a ni.

*Zinc:* Zinc hian kawthalo awm hun chhung a pawt tawi a, a nasa lutuk tur a veng a, thla thum chhung chu kawthalo lakah naupang a veng a, kawthalo vanga kan ril chak lo

tidamtu a ni a, hun rei tak chhung atan taksain natna a do theihna turin a pui bawk a ni. Zinc hian kawthalo vanga thihna 23% laiin a tihnam a ni.

*ORS leh zinc pek dan tur:*  
*ORS :* World Health Organization (WHO)-in a duan sa anga siam ORS chauh hman tur a ni a, siam sa frooty anga pack hi kawthalo enkawl nan a tha tawk lo. ORS (20.5gm) packet chu tui thianghlim Litre 1 nen pawlh tur a ni a, chu chu darkar 24 chhung chauh hman tur a ni. ORS tui siam tawh reng reng chu darkar 24 hnuah chuan a bang a nih pawhin paih vek tur a ni. Naupang kum bithliaha pek dan hetiangin:

\* Thla hnih hnuai lam- an ek zawh apiangin thirfiante 5 tulh tur a ni.

\* Thla 2 atanga kum 2 - an ek zawh apiangin No  $\frac{1}{4}$  a\anga No ? (50-100 ml) pek tur a ni.

\* Kum 2 atanga kum 5 - an ek zawh apiangin No ? a\anga No 1 (100-200ml) pek tur a ni.

An luak a nih pawhin tlem te tein muangchanga pek tur a ni.

ORS hi naupang kua a \hatloh tirh t> a\angin a \hat hun thlengin an ek zawh apiangin pek ngei ngei tur a ni.

**ZINC** : Zing chu ni tin vawi khat ni 14 chhung pek tur a ni a. Naupang kum bithliaha pek dan hetiangin:

\* Naute thla 2 a\anga thla 6 - zinc mum ? (10 mg) tui thianghlim emaw nu hnutetui emawah chaw ral a, chumi tui chu pek tur a ni.

\* Naupang Thla 6 atanga Kum 5 - zinc mum 1 ( 20 mg) tui thianghlim emaw nu hnutetui emaw ah chaw ral a, chumi tui chu pek tur a ni.

Heng ORS leh ZINC te hi naupang kaw\halo tan a thlawnin sawrkar Damdawi in/ Sub-Centre/ORS-ZINC Corner-ah te a dawn theih a ni.

### **Eng nge taksa Tuitlakchhamna (Dehydration) kan tih chu?**

Dehydration kan tih chu kawthalo vanga taksa tui leh

chi (salt)/electrolytes te a paih chhuah hnem lutuk avanga electrolytes awmdan a tibuai a, taksa bung pawimawh hrang hrang a khawih thei \hin a ni. Naupang kaw\halo taksa, tuitlakchhamna nei te chu dinhmun pangngaia an awm leh thuai theih nan, ORS leh thil tuiril dangte a rang thei ang berin pek ngei ngei tur a ni.

### **Engtin nge naupang kaw\halo chuan taksa tui tlakchhamnana a nei tih kan hriat theih ang?**

A tirah chuan a tui a hal huam huam ang a, awm hle hle thei lo ang a, a tlei lo ang a, ORS pek thuai a nih loh a, a nasat poh leh a zawi telh telh ang a, nikhawhrela hialin a awm ang. A mitkhur a thuk dek ang. A dul vun han piai/sawk ila, a pangngaia rang taka mar thin kha, zawi muangin a mar ve chauh ang.

Naupang kaw\halo, ORS leh Zinc-a enkawl mek chu a hnuaia tarlan te hi a nei a nih chuan damdawi inah kalpui vat tur a ni.

1. Ziaawm lam a pan loh chuan.

2. Tui in thei lo/hnute hne thei lo.
3. Ek a thisen a tel chuan.
4. ORS/tui a in tlem chuan.
5. A khua a sik chuan.
6. A luak nasat viau chuan.
7. Ni 14 aia rei a kua that loh chuan.
8. A kaih chuan.
9. A zawi ngei nguai/nikhaw hre lova awm chuan.
10. Naupang \han\hu, chaw tha hmu lo (Severe malnutri-tion) a nih chuan.
4. Kut tin karte chu kutphah lehlamah nuai vek tur.
5. Banrek lehlam lehlam nuai leh tur.
6. Kuta sahbawn phuan chu fai taka tuia sil leh tur a ni.

Engtiklai pawhin kaw-\halo do turin \an la ila, kan in leh a vel te vawngfai reng ila, keimahni \heuh invawng uluk baw k ila, nang leh kei, kan zavaia kan thawh tlan zel chuan, he kawthalo do beihpui, “Intensified Diarrhoea Control Fortnight (IDCF)” in a tum, naupang kawthalo vanga naupang thihna tih bo hi kan hlen thei ngein a rinawm. Chumi tihlawhtling tur chuan 12<sup>th</sup>-24<sup>th</sup> June, 2017 chhunga kawthalo do runpui thlak a nih lai leh a hnu leh zelah pawh khang kan han sawi tak zawng zawng te kha zawm \heuh ila, nang leh i fa, khawtlang leh ram a lo hrisel zawk dawn nia.

#### **Kutsal dan dik**

1. Kut chu ti huh la, sahbawn hnawih ang che.
2. Kut pahnih chu uluk takin nuai phuan ang che.
3. Kutphah hmalam, hnung lam leh kutzung\ang leh a inkar zawng zawng te uluk takin nuai leh ang che.

#### ***Mawitea huang***

\* \* A duhthusam kha a ho ve ang reng.. “Mistiri thiam deuh ni ila, nupui hmeltha deuh nei baw k ila, ka thil siam lai min lo en se...” zuk ti a!

## NAUPAI LAIA INENKAWL DAN (Antenatal Care)

- Dr. Suzanne Lalduhawmi Colney

Rai chhung hi thi neih tawp ber (a ni khat ni) a\anga chhutin thla 9 leh ni 7 (ni 280/kar 40) a ni tlangpui a. Hemi hun chhung hi hmun thumah a \hen theih a:-

- |   |   |   |
|---|---|---|
| (1) First trimester (kar 1 a\anga kar 12)   | * | Vawi 2 na - kar 24 a\anga kar 28 na inkarah |
| (2) Second trimester (kar 13 a\anga kar 28) | * | Vawi 3 na - kar 32 naah                     |
| (3) Third trimester (kar 29 a\anga kar 40)  | * | Vawi 4 na - kar 36 naah                     |

Naupai laia hriattur pawimawhte (antenatal advice) :-

Rai lai hian nu leh naute an hrisel zawk theih nan Doctor hnenah in check-up fo \hin tur a ni. Hetiang hian :-

- \* Kar 1 a\anga kar 28 inkarah - kar 4 danah zel in check-up \hin tur a ni.
- \* Kar 28 a\anga kar 36 inkarah - kar 2 danah.
- \* Kar 36 a\anga kar 40 inkarah - kar tin.

A chung a mi anga in check-up a theih loh pawhin, WHO pawm dan angin wawi 4 tal in check-up tur a ni. Hetiangin:-

- \* Wawi 1 in check-up na - kar 16 naah

### (1) Chaw ei (Diet) -

Chaw ei \hat (regular) leh ei tih \hat hi nu tan, naute tan, nau neih awlsam nan leh hnute tui tan a pawimawh hle a ni. A bik takin thla 4 hnu lamah ei tih \hat a pawimawh hle. Chaw ei tur (diet) chu protein (sa, sangha, artui etc.), vitamin (thei, sathin, nuts etc.), carbohydrate (thil thlum lampang), thau lampang (fats) te a tel tur a ni. Thlai hring ei tam a \ha hle bawk. Bawnghnute ni tin litre chanve tal in \hin a \ha. Naupai laiin nuin iron a mamawh tam avangin chawa iron-in taksa



mamawh a phuhruk \hin loh avangin thla 4 hnuah pheih chuan iron pek ngei ngei tur a ni.

**(2) Awm hahdam (Rest)-**

Hna hahthlak leh hna hrám thawh loh tur a ni. A bik takin thla 3 hmaah leh thla 8 hnuah pheih chuan fimkhur hle tur.

**(3) Mut (Sleep)-**

Rai lai hian nuin mut a mamawh em em a. Darkar 10 tal mut tur a ni, zanah darkar 8 leh chhunah darkar hnih tal. Saisir zawnga mut a hahdam.

**(4) Inthiar-**

Êk khal/harsat (constipation) a awm duh, thil tuiril lampang in tam a \ha. Ek nêrna ei a pawilo.

**(5) Inbual -**

Ni tin inbual a \ha, mahse inbual laia tluk a hlauhawm a, inven fimkhur a \ha.

**(6) Inthuamna -**

Kawr tháwl leh hak nuam inbel a \ha, pheikhawk sang lampang bun loh theih hram a \ha.

**(7) Ha enkawl -**

Raiin ha-nâ a neih chuan ha doctor hnenah 2<sup>nd</sup> trimester-a inentir tur a ni.

**(8) Hnute enkawl -**

Hnute hmur them chu damdawi inah a siam \hat theih a, thla tawp lamah. A pân loh nan tihfai ngun a pawimawh.

**(9) Mipat-hmeichhiatna -**

1<sup>st</sup> trimester-ah leh thla 7 leh a chanve hnu lamah chuan mipat-hmeichhiatna hman loh a \ha.

**(10) Motor chuan -**

1<sup>st</sup> trimester-ah leh thla 7 leh a chanve hnuah chuan motor chuan loh a \ha. Zin vei vah dawn pawhin 2<sup>nd</sup> trimester laia zin tur a ni.

**(11) Zuk leh hmuam -**

Mei zuk leh zu in hi chu a \hat loh hrim hrim avangin rai lai pawn, rai loh lai pawn tih loh tur. Rai laia nuin mei a zuk chuan naute a piang tê (small), chu bakah nau chhiat a hlauhawm bawk. Zu in erawh chuan naute a tipiangsual thei a, a \han a ti\hu thei bawk. Chuvangin naute chum, hmel\ha leh hrisel i duh chuan, zuk leh hmuam insum tur a ni.

**(12) Immunization -**

Tetanus injection vawi 2 lak tur a ni.

- \* 1<sup>st</sup>- kar 16 a\anga kar 24 naah. **High risk group of pregnancy:-**
- \* 2<sup>nd</sup>- kar 6 hnuah. Rai hmasak laia la tawh tan Booster 3rd trimester-ah lak tur a ni. A hnuai mite hi i nei a nih chuan Doctor i rawn dawn nia:-
- (a) Luna, mut theih loh leh awm hle hle thei lo.
- (b) Zun lam harsatna (zun tlem).
- (c) Thin na leh luak.
- (d) Pum na (painful uterine contraction) minute 10 dan zelah darkar 1 aia rei.
- (e) Thi pût.
- (f) Thil tui pût.
- A hnuai mite hi ‘high risk group’ an tih te an ni a. Doctor-te râwn leh mahni inuluk zual a ngai a ni.
- (1) Kum 30 hnua rai.
- (2) Mi tawi (feet 4 leh inches 6 aia tawi).
- (3) Anaemia (haemoglobin <10gm/dl).
- (4) Fa 4 aia tam nei tawh.
- (5) Phir.
- (6) Nau chhiat/zai tawh.
- (7) Nau letlinga awm (malpresentation).
- (8) Zun thlum (diabetes), thisen sang (hypertension), lung lam \ha lo (heart disease) etc.

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### *Mawitea huang*

\* “|hianpa chu, hmanni i pa boral ni khan thiante nen lui kal kan lo rawt laklawh si a, ka rawn lang hman ta lo a, a paw ka ti ngawt mai” a ti a, ani chuan “A paw hlei nem, keipawh thiante nena kan lui kal hun ala thleng ve chek ang...” zuk ti bauh a!

\* An khaw mipuite khan sahdah hmuam an han hrat hlawm mai mai khawp a. Football an khelh te khan RUM a nuai sahdah hmuam leh hmuam lo te kha zuk inkhel thin a!...Jersy hak aiah sahdah an hmuam mai a, referee lah chuan zuk hre hrang vek thei tho pek a!

## HRISEL NAN SANGHA

Thau leh mawm sawi hlek chuan hriselna lama mi vengva deuh chu an phawk nghal hra ang a, mahse, sangha thau chu a hrisel zawk tlat a, natna hrang hrang tan pawh damdawi a ni thei.

1. Sangha thau chu lung (heart) tan chaw \ha a ni. Sangha thauah chuan omega 3 a awm a, chu chuan lung lam natna hrang hrang risk a tihnam thei. Sangha thau chuan LDL cholesterol (cholesterol chhe chi) level a tihnam a, HDL (cholesterol tha chi) level a tisang ve leh thung. Chuvangin, sangha thau chuan heart attack bakah thluaka thisenzam chat/block risk te pawh a tihnam thei a ni.

2. Intih cher i duh chuan sangha thau ei rawh, an tih tlat chu. Australia-a mi thiamten zirchianna an neih tharah sangha ei nasat hian hypertension (BP sang) leh obesity (thau uchuak)-te a tiziaawm thei niin an sawi. Intih cher duh tan regular taka sangha ei a \ha niin an sawi bawk.

3. Thawkna lama harsatna nei, entir nan asthma ang chite tan sangha thau chu damdawi \ha tak a ni. Mi thiamten zirchianna an neihah naupangte chu chaw pui berah sangha an rintir a, group dang chu chaw pangngai an eitir thung. Chuta tanga an hmuh dan chuan sangha ei nasate chuan asthma risk an nei hniam zawk niin an sawi.

4. Sangha thaua omega 3 awm chu cancer tan damdawi a ni a, cancer common tak tak pathum - hnute, ril leh mipa serh cancer-te a veng thei. Cell pangngate cancer cell-a insiam tur a veng thei a, cancer cell te a tihlum thei bawk.

5. Sangha thau chuan sam a ti tle duh a, sam a ti\hang chak a, sam a tichakin sam tla nasa tur a veng thei. Sangha thauah hian protein a tam a, chu chu sam tan a tha hle bawk.

6. Sangha thau chuan vun khawro tur a veng thei a, vun a tilang eng thei. Vun lama harsatna hrang hrang- eczema (vun a thakin a lo pan thei), psoriasis (vunkhawro sen deuh tiak), baka vun thak leh vun lam natna hrang hrang tan a tha hle.\*\_

7. Nu naupai lai tan sangha chu chaw tha a ni, sangha thaua DHA awm chu nu pumchhunga naute mit leh thluak insiam mek tan a tha. ■

**HRISELNA LAKNA MAN CHUNGCHANGA  
HRIATTIRNA LEH NGENNA**

A hnuai registration no. tarlante hian kum 2016 atangin Hriselna chanchinbu lak man in pe tawh lova, July, 2018 ral hmain pe ngei tura hriattir in ni. Hun tiam ral hmaa pe lote chu thawn in ni tawh lo ang. Tin, registration no. hi siam that vek a nih avangin subscriber ten in no. lo enchiang theuh turin hriattir in ni bawk e. (Pek zat tur : 2016-2018 = Rs 180/-)

|       |       |       |       |       |       |       |
|-------|-------|-------|-------|-------|-------|-------|
| AZ48  | AZ49  | AZ61  | AZ63  | AZ65  | AZ71  | AZ72  |
| KK1   | KKD   | KK4   | KK5   | KK7   | KK44  | KK49  |
| KK50  | KK57  | KK98  | KK96  | KK101 | KK106 | KK110 |
| KK117 | KK121 | KK142 | KK152 | KK158 | KK161 | KK163 |
| KK176 | KK180 | KK189 | KK26  | KK230 | KK244 | KK251 |
| KK271 | KK283 | KK284 | KK288 | KK291 | KK298 | KK295 |
| KK297 | KK299 | KK300 | KK301 | KK302 | KK303 | KK304 |
| KK306 | KK307 | KK308 | KK30  | KK311 | KK32  | KK37  |
| KK323 | KK324 | KK325 | KK327 | KK328 | KK331 | KK332 |
| KK334 | KK335 | KK337 | KK338 | KK342 | KK344 | KK347 |
| KK350 | KK352 | KK359 | KK360 | KK362 | KK363 | KK365 |
| KK366 | KK368 | KK371 | KK375 | KK378 | KK381 | KK382 |
| KK383 | KK384 | KK385 | KK386 | KK387 | KK388 | KK389 |
| KK390 | KK396 | KK397 | KK399 | KK402 | KK403 | KK404 |
| KK405 | KK406 | KK407 | KK409 | KK411 | KK412 | KK414 |
| KK418 | KK419 | KK420 | KK423 | KK428 | KK432 | KK433 |
| KK434 | KK442 | KK442 | KK445 | KK447 | KK448 | KK449 |
| KK501 | KK55  | KK517 | KK58  | KK50  | KK521 | KK523 |
| KK55  | KK58  | KK59  | KK50  | KK531 | KK52  | KK648 |
| KK651 | KK659 | KK660 | KK663 | KK660 | CV14  | CV15  |
| CV17  | CV18  | CV15  | CV161 | CV162 | CV168 | CV172 |
| CV173 | CV175 | CV177 | CV189 | CV192 | CV195 | CV192 |
| CV199 | CV110 | CV111 | CV120 | CV129 | CV135 | CV136 |

|       |       |       |       |       |       |       |
|-------|-------|-------|-------|-------|-------|-------|
| CV139 | CV140 | CV141 | CV143 | CV146 | CV147 | CV148 |
| CV151 | CV153 | CV155 | CV158 | CV161 | CV162 | CV163 |
| CV165 | CV166 | CV168 | CV169 | CV170 | CV171 | CV172 |
| CV173 | CV174 | CV175 | CV177 | CV180 | CV181 | CV184 |
| CV185 | CV186 | CV187 | CV188 | CV189 | CV190 | CV193 |
| CV194 | CV195 | CV201 | CV202 | CV227 | CV230 | CV233 |
| CV234 | CV235 | CV237 | CV238 | CV240 | CV245 | CV248 |
| CV250 | CV334 | A/5   | A/6   | A/7   | AV1   | AV2   |
| AV3   | AV4   | AV9   | AV20  | AV21  | AV33  | AV40  |
| AV44  | AV53  | AV54  | AV55  | AV56  | AV57  | AV63  |
| AV64  | AV65  | AV67  | AV69  | AV70  | AV83  | AV86  |
| AV87  | AV88  | AV90  | AV96  | AV97  | AV102 | AV107 |
| AV115 | AV121 | AV127 | AV131 | AV133 | AV137 | AV142 |
| AV145 | AV146 | AV147 | AV148 | AV151 | AV153 | AV154 |
| AV156 | AV158 | AV159 | AV162 | AV163 | AV164 | AV166 |
| AV190 | AV194 | AV196 | AV236 | VV1   | VV8   | VV9   |
| VV2   | VV5   | VV5   | VV56  | VV8   | VV80  | VV85  |
| VV88  | VV103 | VV107 | VV144 | VV16  | VV27  | VV33  |
| VV39  | VV40  | VV47  | VV48  | VV49  | VV66  | VV75  |
| VV84  | VV86  | VV88  | VV89  | VV20  | VV22  | VV29  |
| VV21  | VV22  | VV23  | VV25  | VV27  | VV29  | VV20  |
| VV22  | VV23  | VV24  | VV25  | VV27  | VV28  | VV29  |
| VV24  | VV29  | VV24  | VV22  | VV25  | VV26  | VV28  |
| VV20  | VV23  | VV22  | VV25  | VV27  | VV28  | VV29  |
| VV24  | VV27  | VV22  | VV26  | VV28  | VV31  | VV24  |
| VV25  | VV26  | VV29  | VV20  | VV22  | VV36  | VV30  |
| VV33  | VV37  | VV32  | VV33  | VV36  | VV38  | VV33  |

### *Mawitea huang*

\* “Ka pu, nang ramhuai te hi i hlau ve em” an ti a.... ”E khai.....,ka hlau ve lo ani teh chek ang chu,an farnu niawm tak nen pawh hei kum 45 ngawt kan lo innei tawhin, khum khatah ngat asin kan la mut ..” zuk ti a...

### ***Naupai Laia Thisen Tlakchhamna Laka Inven Dan***

**Naupai lai a Thisen Tlakchhamna (Anaemia) hi enkawl a nih loh chuan nu leh nau pianghlim tan a Natna Hlahawm tak thlen theitu a ni. Sub-Centre/Sawrkar Damdawi In hnai ber pan nghal la, i thisen test-tir ang che.**

#### **TIHTUR TE**

- \* ANC tura i kal apiangin i Hb test tir rawh – Hb (Haemoglobin) test hian thisen tlakchham leh tlakchham loh a hriat theih a, inenkawl dan tur a hril a ni.
- \* IFA i ei tur a ni – Naupai laiin Iron leh Folic Acid mum 180 ei tur a ni. Ni tin Iron Folic Acid mum khat naupai thla 4-na a\angin thla ruk pumhlum tal ei la, nau neih zawhah thla ruk tal chhunzawm bawkw ang che.
- \* Thisen i tlakchhuam chuan, ni tin IFA mum hnih ei tur a ni a, zingah mum khat, tlaiah mum khat ei tur a ni.
- \* Thisen i lo tlachham viau (Severe Anaemia) a nih chuan Iron khai emaw thisen pek hial te pawh i mamawh thei a ni.
- \* **Ei tura Iron tamna te chu–**
  - (i) Thlai hring leh thei rah.
  - (ii) Grains – chhangphut buh, chana, bajra, chana hring. badam, chhawhchhi, kurtai, thei ro.
  - (iii) Sathin, artui, sangha, sa.
  - (iv) Vitamin C awmna ei hian kan taksain Iron a lakluhna kawngah a pui. Serthlum te, limbu te, sunhlun te, apple leh pear-ah te hian Vitamin C a tam a ni.
- \* Iron a siam bungbel a ei tur siam hian Iron lak luhna kawngah a pui.
- \* Tui thianghlim chauh in la, fluoride telna in loh tur a ni. Fluoride hian Iron taksa in a lakluh tur a dang thei a ni.
- \* Inkaichhawn theih natna dang reng reng hian Iron taksain a lak luhna kawngah a ti\huanawp a ni. Thil ei dawn leh inthiar zawhin kut fai taka tui leh sahbawna sil tur a ni a, hei hian natna inkaichhawn theih lakah a veng. Tin, thianghlimna kawng engkimah hmasawn bawkw tur a ni.
- \* Nu naupai chu thla 4 a tlinin rulhut hlo ei vek tur a ni.

#### **TIHLOH TUR TE**

- \* Kaw ruahin Iron ei loh tur.
- \* Iron ei zawhah thingpui, coffee, bawnghnute leh bawnghnute a\anga siam reng reng in/ei loh tur, taksa in Iron a lakluhna kawngah a tibuai \hin.
- \* Thingpui/Coffee chaw eikhamah in loh tur, taksa in Iron a lakluhna kawngah a tibuai \hin.
- \* Doctor rawn lo a Iron ei lai tih tawp loh tur, luak chhuak emaw ek dum i neih pawhin.
- \* Iron leh Calcium a rualin ei loh tur. ■

- Ni 25.5.2018 zing kar khan Malaria Day puala hun hman a ni a. Health Minister hian World Malaria Day puala buatsaih Bike Rally a vai liam nghal a ni. Tun kumatana he ni thupui chu 'Ready to beat Malaria' (Malaria hneh turin I inpeih ang u) tih a ni a. He hun hi H&FW hnuaiia State Vector Borne Diseases Control Programme (SVBDPC) buatsaih a ni.
- Dr. C. Lallunghnema, Dy. Director (AYUSH) & C.E.O (SMPB) Mizo zinga Homeopathic Doctor kan neih hmasak ber ni bawk chuan May ni 8 zing dar 8:30 khan CMC Vellore-ah min boral san ta. Dr. Hnema kan ch<sup>n</sup> hi kan ui takzet a, tupawh mai mi a \hawng hle. He thihna avanga lungngai a kun mek a nupui leh fa, a kalsan tak a chhungte zawng zawng Pathian thlamuanna leh awmpuina kan dil sak e.
- Ni 12.5.2018 chawhma khan Synod Hospital Durtlang Auditorium-ah International Nurses Day-2018 hman a ni a. He hunah hian Health Minister Pu Lal Thanzara chu Khuallian niin a hmanpui a. International Nurses Day 2018 thupui chu 'Nurses: A voice to lead - Health is a human right' tih a ni. Programme hi TNAI, Mizoram Branch buatsaih niin Nursing hnathawk mekte leh pension tawhte, Nursing college hrang hrang zirlai leh zirtirtute an tel a ni. International Nurses Day hi Florence Nightingale pian champha May Ni 12-a hman thin a ni.
- Ni 17<sup>th</sup> May 2018 khan Aizawl West College Auditorium-ah National Health Mission hnuaiia District tin ASHA Coordinators mi 9 leh ASHA Mobilizers mi 109 te pualin intuaitharna Refresher Training ni hnih chhung neih a ni, he hun hi Dr. Lalrozama, IAS, Mission Director, NHM chuan Khuallian niin a hmanpui a, training nei ten an hlawkpui hle.
- Ni 16.5.2018 chawhma dar 11 khan Ramhlun Indoor Stadium-ah ni hnih awh tho Mizoram chhunga Damdawi zuartute tan meeting neih a ni. He hun hi Health Department hnuaiia

Food & Drugs Administration buatsaih niin, Pu Lalsawma, Joint Director, F&DA chuan a kaihruai a. Pu F. Lalliantluanga, Deputy Director, Pi Laldinpuii, Assistant Director leh Dr. C. Lalramdina ten thusawina hun an nei bawk. Damdawi zuartute chu an mawhphurhna chi hrang hrang hrilh hriatna neih a ni a, damdawi dawr enkawl dan te, damdawi dik tak leh a nih dan tur anga zawrh leh hman dan te leh Antibiotics Resistance chung-changte zirhona leh sawihona neih a ni.

☐ 16<sup>th</sup> May 2018 chawhma dar 11 khan Health Directorate Conference Hall-ah ram pum huap Dengue natna dona ni 'National Dengue Day' hman a ni a. Dr. Lalrozama, IAS, Mission Director, NHM chuan hun a hmanpui. National Dengue Day hi Dr. HC Thangkima, State Programme Officer (VBD) in Chairman niin a kaihruai a. Dr. Zorammuana, M&E Consultant-in Powerpoint Presentation hmangin Mizoram leh India ram chhunga Dengue natna

Mizoram Health Department Joint Staff Union 2018 - 20120 hruiute:

President - Malsawmkima (MSCI)  
 Vice Pre. - Zarzoliana Pachuau (CHA)  
 Gen. Secy - V. Zoliana (CHA)  
 Secy. - Zonunmawia (CMO 'W')  
 Treasurer - F. Vanlallawma (CHA)  
 Fin.Secy. - Laldinthara\ (CMO 'W')

☐ Ni 23.5. 2018 khan Tourist Lodge, Chaltlang ah State Level Orientation & Workshop on Prime Minister Rashtriya Sawsthya Suraksa Mission neih a ni a. PM-RSSM hi Central atanga scheme thar duan a ni a, tuna Mizoram Sorkarin a hmanlai mek RSBY thlak thlengna tura duan chhuah a ni. He scheme thar hnuai hian chhungkua pakhatin ` 5,00,000/- (Nuai nga) thleng damdawi in a an inenkawl na senso an bill thei tawh dawn a ni. He scheme hi Sawrkai laipui chuan 15<sup>th</sup> August, 2018 hian tlangzarh a tum a, chumi hnuah hman theih nghal tura ruahmanna pawh kalpui mek a ni. Mizoramah chuan Mizoram Health Care Society, Department of Health & Family Welfare in a enkawl hna kengkawh dawn a ni. ■