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Editorial

Mizote hian kawng hrang hrangah hma kan sawn chak ve ta hle mai a, hetih rual hian kan awmdan pangngai duh tawk mai lovin, a \ha lamah zir tur tam tak kan la nei niin a lang. Kan ni tin nun kawngah hian mahni nawmna leh ham\hatna chauh thlir lova mi dang, kan chenpuite leh kan thawhpuite tana hahdamna leh awlsamna siamsak \hin te, mi dangte zahna leh ngaihpawimawhnate hi kan nunah bet tlat thei se, kan khawvel hi a nuam sawt ngei ang.

Tin, kan hun hmanral danah hian kan mizia rang takin a lang \hin tih hria ila; hnam fing leh changkang apiangin hun hlutna an hriain an hmang \angkai \hin. Thil tihhona reng rengah pawh hunbi kan tuk a nih si chuan a hun taka hman ngei tura kan inbuatsaih a pawimawh hle. Hun kan vawn dik loh lutuk \hin vang hian mi dangte tan harsatna siamtu kan ni thei a ni.

Tin, kan in leh kawng dunga bawlhhlawh, mit la ber berte hi kan siamchawp zuk ni tlat a! Lekhachhia, meizial bung, kuhva hnah nawi te leh kan thil eina kawr te hi a rem lai laiah paih mai lovin bawlhhlawh bawmah paih \heuh ching ila bawlhhlawh a awm lo mai tur. Thil reng reng hi a awmlohna tura a awm hian bawlhhlawh leh hnawksak a chang zel si a.

Heng zawng zawng ai maha ngaimawhawm ber mai chu zun, ek leh khak etc. kan thlahdah lutuk hi a ni. Tin, kan vantlang zun inahte reng reng hian 'ek' hi compulsory niawm taka a awm ziah mai te hi! a zahthlakin hetiang kawngah hian chhungkua a\anga kan inkhap a ngai hial niin a lang ta.

Heng kan inthlahdahna kawng hrang hrangah hian Hriselna lam ngaipawimawhin, sim theih chu sim i tum \heuh ang u. ■

MITTHI NUNG LEH A AWM THEIH EM?

Dr. Lalrozama, IAS

Mihring hi thi tura siam kan ni. Mahse, thi tur ringawta siam chu kan ni lo. Damchhunga lei lai tur te, mi man leh um reng renga damchhung hmang tur te, midang hriseh loh leh natna avanga damchhunga hnathawh tur nei te, buaina leh inhnial rep rep tur a awm chhunga au au tur te kan awm, mahse a tawpah chuan kan la thi vek dawn tho. Apawng apuia tan laka dam reng ngawt theih a ni lo, haw haw-a nawr ngawt chi lah a ni hek lo, a hring a hrana lak boa kan awm te a nih ngawt loh chuan, chu lah chu sawi loh he leiah hian vuitu mumal pawh nei lovin kan thi ral mai mai lovang tih pawh kan sawi thei si lo.

Chuvangin kan zavai hian la thi vek turah inggai phawt mai ila, chuti a lo nih chuan, a nih, vawi engzat nge kan thih dawn le? Leilung dan kalphungah chuan mihring tan vawikhat thih ruat a ni tih a ni si a, amaherawhchu hei pawh hi Pathian thu thu zawng a ni e. Lazara pawh ni li lai a thih tawh hnu-in Lal Isua thu-in a lo thu chhuak leh hlawl mai a ni lo em ni? Tun thlenga Lazara a la dam thu kan hriat zui tak loh avang leh a hring a hrana lak bo a nih thu kan hriat bawk loh avangin a vawi hnihna a tan a thi nawn leh ngei chu niawm a ni. Chuvangin Pathian thu atang chuan a hring a hrana mitthi thawhlehna chu a awm

ngei a ni tih pawm mai a tha ber awm e.

***Leilung dan kalphungah chuan
mihring tan vawikhat thih
ruat a ni tih a ni si a,
amaherawhchu hei pawh hi
Pathian thu thu zawng a ni e.***

Hman kumah Delhi-a Safdarjung Hospital-ah Mitthi (?) pakhat chu Post Mortem exam turin Hospital atangin Mortuary-ah dah a ni a, chuta an sawngbawl lai chuan a rawn damchhuak (harhchhuak) lehin an enkawl tha leh tih thu report a awm a, a video thlalak te nen an tilang chuai chuai mai. A dulah zaina hnuhma sei tawk tak a awm lehngal a, doctor thenkhat ngaihdan chuan Post

Mortem exam-naa an zai dan ang chiah chiah a ni an ti! Video thlalaka a lan dan mai pawh khan a awmang viau tak tak lehngal a!! A dik tak tak a nih pheichuan Post Mortem exam pawh an tan hman tawh tihna a nih chu!!

Leilung dan kalphungah chuan mihring tan vawikhat thih ruat a ni tih a ni si a, amaherawhchu hei pawh hi Pathian thu thu zawng a ni e.

Hemi hma deuh lawk hian Haryana-ah pawh Mitthi Post Mortem exam tura buatsaih mek pakhat chu Mortuary-a sawngbawl a nih mek laiin a lo damchhuak leh hlawl mai a nih bawk kha! Post Mortem tura tih ni lo hlauh pheisela chuan an hal hman emaw a lo ni ang a, a sa duh rura ngawt ang!! Tin, mortuary attendant te pawh an fakawm ngawt mai, chutia beisei loh taka lo harhchhuak leh ta phut te chu hlau leh khur chung pawha hlapthluk zui leh mai awm tak! Tam tak chuan kan tih dan tur ni mai awm tak a ni si a!!

Engpawh nise, Post Mortem exam te pawh mi

thenkhat te chuan damchhuah leh nana hmangin an nun tan that leh nan an lo hmang ve leh mek bawk a nih chu!! Doctor thiam tak tak te'n theihtawp chhuah chung pawha an tihdam zawh tawh loh te an nih avangin an rawn harhchhuah leh pawhin enkawl zui vat an ngai ngei ang. Chuvangin, Mortuary-ah te pawh hian Oxygen set te, Life saving drugs leh instrument dangte a chi kimin awm thlap se a tha dawn a ni. Tin, Post Mortem room chhungah hian khum leh a behbawm dangte pawh a awm a tul ngei bawk ang!!

Forensic Medicine-ah chuan thihna lam zirna hi Thanatology tih a ni. Chumi eng atang chuan thihna hi chi hnihin then a ni a, chung chu 1) Somatic Death leh 2) Molecular Death tih an ni. Ngaihdan tlanglawn takah chuan thawk a tawp a, lungphu a tawp a, thluak hnathawh a tawp bawk chuan mihring te (leh ransa dang te pawh) hi kan thi nia ngaih a ni a, a bak a awm tawh lo. A dik pawh a dik thawkhat viau. Bawng kan talh pawhin

chem kengtu-in a sahsawma KG-a kan lei darh sung sung tawh chuan a thi-ah kan ngai tawh a ni lawm ni? A nih, chuti chu ni ta se, sazuartu dawhkana a zawrh mek lai sa tihrawl la phu zuk zuk / phu hlup hlup thin hi eng angin kan ngaih tak ang? A thi tawh ngei a lawm ti dawn ila thil thi tawh phu hlup hlup kan hre ngai baw si lo. Bazar lun laiah 'he bawngsa chu a la nung a nih hi' ti ta ila, bawng bawp tlahlang a la nung titu chu min en hrek hrek ang a, tlawmngai pungkawmin Psychiatry Hospital-ah min admit daih duh mai ang chu. Chuvangin, tun dinhmunah chuan kna bawng bawp kha 'a thi tep a ni' ti ta rih phawt mai ila a tha phawt mai awm e. Sa lei tura kal i nih hlah chuan khitiang ngaihdanah khian buai lem lo la, a phu hlup hlup lai ngei chu kaw k la, lei chat mai rawh, a la hlui/rei lem lo tih a hriat a, a ngaihthatthlak ve hrim hrim!!

A thi tawh ngei alawm ti dawn ila thil thi tawh phu hlup hlup kan hre ngai baw si lo

Tichuan, sawi chho ta zel ila. Khita kan sawi tak – thawk, lungphu leh thluak hnathawh tawp khi thihna chikhat leh a thleng hmasa zawk Somatic Death kan tih chu a ni. Tlanglawn taka 'mi an thi' kan tih hi a nih ber chu. A dinhmun azirin khawl hmangin rei tak tak chung pawh an chelh theih a, mahse, khawl hman loh rual rualin an thi leh a ni mai. Tin, electric current te'n dep ta ila an taksa pawh a la phu det det thei a ni. A awmziaah chuan cell mal te te leh tihrawl te an la thi ve chiah lo a nih chu.

Somatic death – ah hian Nerve leh thluak te hi an thi rang viau a, minute 5 velah an thi thin, tihrawl hi darkar 3 vel thleng an dam thei (an la che hlup hlup thei a nih chu)

Tin, molecular death kan tih chuan a chung a kan sawi somatic death kan tih khi a rawn zui a, a tlangpui thuin darkar 1-2 velah a zui thin. Hetah zet hi chuan cell leh tihrawlte pawh an thi fel vek a, electric-a deh emaw a hranpa pawhin tihrawl tlahlang che tur pawh a awm tawh lo a ni.

Somatic death-ah hian Nerve leh thluak te hi an thi rang viau a, minute 5 velah an thi thin, tihrawl hi darkar 3 vel thleng an dam la che hlup hlup thei a nih chu). Chumi hnu-a Molecular death a lo thlen tawh meuh chuan che tur reng awm tawh bik lovin an thi reh ve hmiah tawh mai a ni.

Somatic death – ah hian Nerve leh thluak te hi an thi rang viau a, minute 5 velah an thi thin, tihrawl hi darkar 3 vel thleng an dam thei (an la che hlup hlup thei a nih chu)

Tin, a chungka kan sawi bak thil dang pakhat a la awm, chu chu rei lo te chung taksa hnathawh zawng zawng chawl a, nungdam a ni tih lantirna pakhatmah hmuh loh emaw thi chiah si lo thi anga langin mihring taksa hi a awm thei. Chu chu Saptawngin Suspended Animation an ti. Mizo tawngin ka dah thiam chiah lo, a sawi fiahna ang khi a ni deuh duah mai. Duh leh 'thi thuak', 'sa deuh thuak' te pawh ti ta mai ila! Thihna hi pialral thlen ni ta

se, bus-in pan ta vang vang ila, khawchhung luha bus driver hnenah 'hetah hian ka lo chhuk mai ang' ti ta ila, driver chuan 'Bus Stand law law-ah le' ti ta sela, heta, 'hetah hian ka lo chhuk mai ang' tih tak hi Sap hovina Suspended Animation an tih chu a ni ber mai. Chuti a nih chuan 'Bus Stand law law-ah le' tih hi Sap hovin Death, Mizo-in Thihna kan tih hi a ni ber dawn a nih bawk chu, te ti deuh duah ila.

He Suspended Animation tih dinhmunah hian nunna atana kan taksa hnathawh hi a hniam thei ang berin a awm a, Oxygen mamawh pawh pawnlam atanga la lovin taksa chhunga cham- bang atanga hman a ni. Taksa vawh lutuk avang te, poisoning avang tein thluak hnathawh a tawp thutin a hnu lawkah amahin a rawn intan leh mai thei. Tin, tuitlak vang te, electric man te, cholera te, nisa em chauh (sunstroke) te, lu-a inhliam te leh nausen etc.-ah te suspended animation hi a awm thei. Second rei lote atanga darkar chanve emaw a aia rei te pawh a awm theih. Awm-

nem vak vak te, artificial respiration (ka-a thaw pek luih) te hian a tha leh thei. Tin, tihlaihna-in Yoga tithinte hi an awm thei bawk. Hengho hi kan hmu a nih chuan tihnun tuma nem vak vak pawh a ngai lo, en thuaka kalsan daih mai tur. Anmahni-in an lo tha chawp ve mai ang.

Ti hi chuan thil awmzia chu a hriat theih ri ai ruai tawh mai

awm e. Kan doctor te leh death registration lam mite pawhin Death Certificate te pawh lo pe sual rem rum mah se a awm ve tho e. Chu ai mah chuan, tunhma deuh khan mitthi a zangthala an phum kha an han phawrh leh chuan a khaihpup zawngin a lo mu e an ti a ni lawm ni kha? Chung chu a ni ka hlah ni, a pik dawn em mai!!!

(He Article hi MGDA Annual magazine 2004 a mi chhuah chhawn a ni a, chhuah chhawn min phalsak avangin Ed.Board chuan lawmthu kan sawi e.)

KKKN (Kut- Ke leh Ka Natna)

Dr. Lalkhawngaihsanga

Uluk taka kan chhiar chuan vun natna hrang hrang kan neih tam zawk hi kan pumpelh thei ang a, tul lova damdawi kan ei leh, damdawi lei nana pawisa kan hman hi kan pumpelh thei ang a, thianghlimna leh kut silfai pawimawhzia kan hre bawk ang. Natna hi chhan leh vang awm lovin kan nei ngawt lo va, kan hre lo mai mai thin zawk a ni.

KKKN chu HFMD (Hand- Foot and Mouth Disease) hi a ni mai a, naupang te'n an kai duh hle a. A Mizo tawngin KKKN (Kut-Ke leh Ka Natna) tiin ka'n dah mai a ni. He natna hi virus chi khat Coxsackievirus A 16 vanga lo awm a ni ber a, Enterovirus 71 hian a dawt a. A natna kai tirh amanga ni thum leh ni sarh inkarah a lo lang chhuak mhin a.

KKKN hi Foot and Mouth Disease nena ngaih pawlh loh tur a ni a. Foot and Mouth Disease hi chu virus dang vanga awm niin, ran chauhin an vei thei a ni.

A lan chhuah dan:

A tîrah khawsik, tlei lohna, chaw ei tui lohna, hrawk thîp, vun sen tiak a awm tlangpui a. He vun sen tiak hi lo durhin a chhûngah tui fim a awm a, a pân chhuak thei bawk a.

Léi, ka chhûng leh ka pâwn velah a awm duh hle a. Kutpah, kephah, kiu, khûp leh mawngtamah pawh a awm thin. Ka chhûng leh leia awm hi a na duhin thil lem a har fo a.

Naupang thenkhatah chuan kut leh ke tin a tla thin a, a thar a lo insiam ve leh mai thin.

KKKN vei chu tuiril pêk tam tur a ni a. Taksa tana chaw tha pêk tam bawk tur a ni a. Thil an lem theih loh chuan drip khai a tul ve thin bawk a.

Naupang aiin puitlingah a thak nasa zawk a, naupangah chuan a thak lo tlangpui zawk a. A tam ber chu in lama inenkawlin ni sarîh leh ni sawm inkârah a dam ve mai thin a. A natna a lo lan chhuah dan anga enkawl (symptomatic treatment) mai tur a ni a, hlauhthawn loh tur a ni.

Kar khat vel chhûng a inkaichhawn theih thin a. Thenkhatah chuan a aia rei pawh a ni thei tho va. KKKN vei naupang chu, naupang dangte a kaichhawn loh nan, a dam chian hma chu school-ah kaltir loh tur a ni a.

Chil per, vun durh keh leh êk atanga inkaichhawn a ni ber a. Invên nan inchhungkhur bungruate tih thianghlim vek tur a ni a. Fai taka kut sil thin a pawimawh hle a. Naupang diaper thlak zawhin kuta hnâr tuai loh tur a ni a, fai taka kut sil tur a ni. KKKN hi enkawl that lohva a nasat viau chuan, a vei zînga tlem te-ah thluak vûng, thluak tuamtu hâr vûng leh lung natna te a thlen thei a.

In lama inenkawlina:

A pawimawh hmasa ber chu, kan taksain natna a lo do lêt theihna khawl tih chak a ni. Hei hi viral infection zawng zawngah a pawimawh vek a ni.

Elderberry syrup, thirfiante 1 vel ni khata vawi 1 pêk a tha a.

Pudina leh lawngpar atanga siam thingpui in a tha a.

Vitamin C emaw, vitamin C tamna thil emaw ei tam tur a ni. ■

HLAWTLING TAKA HNUTE PEK DAN TUR

*Dr. Lalhmuchhuaka, MD(Paed.)
Medical Superintendent
Civil Hospital Aizawl, Mizoram*

WHO/UNICEF kaihhraina angin '*Naute chu a pian atanga thla ruk chung chu Nu hnutetui chauh pek tur a ni (exclusive breastfeeding)*'. Tui, glucose leh thil dang reng reng pek tel loh tur a ni. Nu hnutetuih hian nausen mamawh zawnz zawnz a awm kim vek. Tun hma deuh kha chuan nu hnutetui hlang pek chung hi thla 4 tih a ni thin a, mahse, zirchianna fumfe tak neih a nih hnuah thla 6 chung tih a ni ta zawk a ni.

Nau Hnute pek leh a behbawm

Kan hnathawha nuam ber mai chu mi damlohna leh harsatna neih sut kianpui hi a ni. Hnute pek chungchanga harsatna nei, chhungkuaa mu thei mang lo khawpa buaipui luai luai tawh, duh tawka hrilhfiah hnua an harsatna zawnz zawnz *hnara hlit phawi ang* huaia reh ta daih tih han hriat hi a nuam tak zet a, a hlawhtlin dan a chiang em em a ni. *Nu zawnz zawnz hian hlawhtling taka hnute pek an duh theuh ngei ang*. Chumi atana pawimawh ber chu nu inrin tawkna, rilru

hlim leh hahdam a ni a, chutiang tura chawk phurtu (stimulus) tha ber pawh nauin mumal taka a hnek ruah vek thin hi a ni. Hlawhtling taka hnute pe tur hian pian atanga kar 2 chung hi hun pawimawh lai tak a ni. Hemi hun chungga tih dik chuan *nu zawnz zawnz deuhthaw hian nau kham khawp aia tam hnutetui an nei thei*. Harsatna eng mah nei si lo, hnute pek huphurh fe fe an awm thin, mahse inbuat-saihna tha tak nen chuan harsa tur a awm lo. Tih dan lo zir leh hriat lawk erawh a

pawimawh a, nau neih hunah a tanpui ang. Mizote hi ngaihsam leh inhma-khawsuih thiam lo tak, chawpchilh leh tawn chawp anga ti ve rawih kan ni chawk thin. A tak a lo thlen hian chet buai chuk chuk a tam mai. Nau neih huna tih tur fumfe taka hre miah lo pawh awm theih a ni. *'Fa tir a nia a zeil lo, zeil lo chi hrim hrim' tih fo hi bansan a hun, nau enkawl tur chuan a nu kha a zeil her tur a ni.* Mi dang kuta inngah loh hram hram a tha ang.

Hlawhtling taka hnute pe tura hriat tur pawimavvh zual tar lang ta ila :

1. **Naupai lai atangin** - Naupai lai atangin nuin nau a neih huna a fa hrin a enkawl dan tur, a bik takin hlawhtling leh nuamsa taka, hnute pek dan tur a lo hre lawk ngei ngei tur a ni. An hriat lawk loh vang hian mi tam takin harsatna an tawkin zan tam mutmu hmu tha lovin an awm phah thin. *Han uar deuh ta ila, nulat lai*

atang mah mah hian lo hre lawk thei se duhthusam a ni.

Nu chang ni lovin a pasal te, a chenpui dang te, thenawmte leh khawtlang chenin hnute pek chungchang leh harsatna awm theite an hriatpui kilh kelh lo a nih pawhin, a tul anga tanpui leh puihbawm tur an ni. Hlawhtling taka a hnute pe tur chuan naupai lai atangin hetiang hi lo hriat lawk tur a ni :

* Naupai lai hian mahni inrin tawkna neih a pawimawh em em a ni. Hlauthawng lovin, thil lo thleng tur atan lo inbuatsaih lawk tur a ni.

* Nau a neih hunah hnute tuia chawm tur a nih vangin naupai laia a inentir hunah hnute hnektir dan dik a lo zir lawk tur a ni. Chu bakah hri danna lak te, calcium leh iron ei te, theih anga chaw tha ei te, hahdam te a pawimawh tel.

* Hnute leh a hmur lo endik lawk tur a ni. A bikin a fa tir pai a nih pheichuan

naupai laia lo endik lawk a pawimawh leh zual. Daktawr rawn zak leh rawn nachang hre lo pawhin mahnia lo in endik theih tho a ni. Hnute *hmur Hum* (flat nipple) leh *hmur inbilhlut* (inverted nipple) an lo nei palh a nih pawhin hlauhthawn tur a ni lo. Hmanhmawh lovin, zawi zawia pawh chhuah lawk thin tur a ni, amaherawhchu hnute hmur hi a pilh awl viau mai a, a pilh loh nan fimkhur tur a ni. Naupai laia lo siam lawk hi a awlsam a, nau neih hnuah pawh siam theih tho a ni, mahse lo inhmakhua tluka tha a awm lo.

* Hnute hmur lianpui leh te tak te hian nau hnute hnekah harsatna an thlen lo. Nau hmuam sen loh khawpa hnutehmur lian a awm lo. Nau hnute hne hian a hmurah hne lovin a mawk dum laiah an hne tur a ni a, hnute hmur chu nau dang hawlh zatu leh phur taka hnektirtu a nih kha.

* Naute a lo pian veleh hnute pek nghal tur a ni a, a

hlawhtling awlsamin nu leh naute inzawmna pawh a nghet bik thin.

* Hnute pek tan hmain tui leh in tur dang reng reng pek loh tur a ni

* Hnute haw tir (colostrum) hi nautein a hne ngei ngei tur a ni.

2. **Nau neihna hmun :**

Duhthusamah chuan Damdawi Inah ngei nau neih tur a ni. Damdawi In pawh nu leh nau tana him leh nuam thei ang berin enkawl tur a ni. Hlawhtling taka hnute pek zirtir an ngai pawimawh tur a ni. Nau neih sawngbawl hi kalhmang nei, inrochun thil mai ni lo, zir leh thiam ngeite. tih tur a ni a, hmanrua pawh a thianghlim thei ang bera vawn leh hman tur a ni. Ho te anga lang hmaih palh pawhin thui tak nghawng leh piansualna hial pawh thlen thei a ni.

Awm duntir (rooming in) :

Nu leh naute chu chhun zan zawmin awm duntr nghal tur a ni. Hei hian nu leh naute inkarah *in nufa hliah*

hliahna, inpawhna leh hmangaihna thuk takin a awmtir a, chu chuan hlawhtling taka hnute pe turin a tanpui a ni. Nu a inhliam emaw, nau chu zai chhuah a nih pawhin, a thiamin tanpui a, a theih ang anga hnute pek tan nghal tho tur a ni. A enkawltute khan nu mut dan leh nau hawi dan siam remsakin, naute kha hnute fawhtir mai tur a ni.

A tirah hian hnute tui awm sa fawp haw ni lovin an hnek avanga insiam chwawp a ni zawk. Tuifinriat pawh tui mal far te tein a siam theih chuan nau kham khawp hnute tui neih hi a huphurhawm miah lo.

Naute piang hlim taksaah hian mihring tana mamawh ber 'tui' hi ni 2/3 daih tur a awm sa. Hemi chhung hian engmah ei lo pawhin an awm thei. A hnek hmasak berah phei chuan tam tak an hne haw lo va, far nghal tluk tluk tur pawh a ni lo, tlem tlema lo insiamin a

tam tawlh tawlh a, nau hnek that ang zelin a mamawh zat chu a lo awm thuai thin.

A tir ni 2/3 chhunga an tap nazawng hi tuihal leh riltam vang a ni vek lo. Awm dan rem tawk lo, lum tha lo, zun leh ek inchiah, natna nei leh khawvela nung thiam hrih lo pawh an ni thei. Nu pum chung lum leh nuam em em (thermoneutral environment) atangin khawvel hrehawm taka lo piang an ni miao va, insiamrem (adjust) turin ni 2/3 chu an mamawh ve fo thin. Chim luih luih loh tur a ni a, nau puan pawh fai leh thianghlim taka vawn tur a ni.

3. Nu hnute haw tir (colostrum) : Hnute haw tir hi eng khal lam deuh, hngang lek lek, tak tha tak a ni. A tam kher lo va, mahse, ni rei lo te chung atan nau chwaw mamawh petu a ni. Mi thenkhatin tenawm leh nau pum tana tha lo emaw tiin hnektir loh tur emaw an ti thin a, hriat sual palh a ni a,

nautein an hne ngei ngei zawk tur a ni. Natna laka nau pianghlim vengtu (antibodies and protective substances) a awm a, nau tan ei tur tha hlang a ni a, ei leh in pai tawih thei tura naute pumpui leh ril tichaktu an ni bawk. Ei huat lakah pawh an veng thei. Chuvangin *natna laka invenna lak hmasak ber (First Immunisation)* tiin an sawi thin.

Hnutetui lailawk (transitional milk) : Hnutetui pangngai awm hma si, hnute haw tir ni chiah tawh si lo, hnute lailawk hi kar 2 chhung vel nau mamawh petu a ni.

Hnutetu pangngai (mature milk) : Hei hi kar hnih vel atangin a lo awm thin. Dal deuh riai angin lang mahse naute mamawh leh an than theihna tur atan chaw tha a awm vek a ni.

Nau piang no tana hnute tui (preterm milk) : Nau piang no hringtute hnutetui hi an nau hrinte mamawh ang zelin a insiam rem thin.

Chakna, thau, protein leh sodium te hi an mamawh tarn avangin an pai tam a, lactose, calcium leh phosphorus an mamawh tlem avangin an pai tlem thung thin. Kha naute piang no tan liau liau khan nu hnutetui kha tihdanglamin a awm tihna a ni a, Pathian hian a rel kim hle a ni. Hnutetui hi mahni fahrin chawmna tur liau liau a nih avangin mi dang hnute hnek hawhtir (wet nurse) hian nausen mamawh dik tak a phuhruk zo chiah lo fo thin.

Hnutetui hmahruai (fore milk) hi en mai chuan firil leh dal tak a ni a, nu tam takin a nih tur pangngai reng a ni tih hre lovin an iai thin a, 'Ka hnutetui chu a dal lutuk,' an ti fo thin. Mahse, a nih dan tur dik tak a ni a, protein, lactose, vitamins, minerals leh tui a tam a, nausen tan chakna leh tui mamawh petu her a ni.

Hnutetui hnungkhal (hind milk) hi hnute hmahruai ai chuan a takin a ngan zawk a, than leh chakna a tam.

Naute than petu pawimawh ber a ni a, an hne thleng phak ngei ngei tur a ni.

Nausen hian hnute pahnih a hnek tawn sek chuan hnutetui hnungkhal hne thleng lovin an puar mai thin a, an thang tha thei lo. Chuvangin hnute pekin pakhat an hne ruak vek ang a, a hnek leh hunah hnute lehlam zawk an hne ve leh ang. Eng vangin maw? Ele, a hnungkhala thau leh chakna awm zawng zawng hne tel ngei ngei turin maw le; hetiang a hnek ruah vek hian nu hnutetui lo insiam lehzel pawh a tarn reng ang a, hnutetui kham khawp hnek tur a neih miao chuan nausen an thang tha dawn alawm.

In tur dang pek (pre-lacteal feeds) : Nau pianghlim hi nu hnute pek hmain in tur dang reng reng pek loh tur a ni. *Tui, glucose, bawnghnute, khawlsiam hnute, khawizu, chini tui leh thildang pek hian an mamawh zawk hnutetui hmahruai an hnek*

tlem phah thin. A thianghlim tawk lo a nih pheih chuan natna thlentua ni thei. Hnek-bur (feeding bottle)-a pek pheih chuan nu hnute hmur leh hnek-bur nautein an hriat pawlh thei a, hnute pek a tibuai thei.

4. Na chhawkna dam-dawi hmanga nau neih :

Nau hi na tak tuar chunganeih thin, Eden huan anchhia-in a ken tel, pumpelh theih loh a ni. Mahse, tunah huan na hremiah lovin, mutna damdawin nau neih theih a ni. Hringtunu a muthilh tlat chuan naute a ngaihsak mai theih loh thin avangin an pahnihah harsatna a thleng thei. Tul bikah lo chuan hman loh a him zawk. Nau nei tur zai belh (episiotomy) pawh tih loh a tha zawk. Nau neih hian a nu dinhmun a pawimawh rualin nausen ngaihthah loh tur a ni.

5. Hnute pek tan : *Nu leh nautein harsatna an neih loh chuan pian veleh, a. theih hram chuan darkar chanve*

chhungin hnute hnek tantir tur a ni. A hlawhtling awlsam bik em em a ni. Naute chu nu pum chungah nasa takin an thang a, chawl lova thang chhonzawm zel tur leh a taksa mamawh phuhruk nan hnute pek hma hi a pawimawh a ni. Naute piang hlim hi an tap ngek ngek a, an tah ban hnuah pawh darkar khat vel zet chu muhil mai lovin an meng zawm thin a, hetih hun chung hian an harh chiang a, hnute pek tan nana hun tha ber a ni. Hnute pek tan hi a khawtlai poh leh a hlawhtling har.

Tunah hian naupawm za zela 46 vel chauh thla ruk chung hnutetui hlang pe anga chhut a ni a, za zela 26 vel chauhvinn pian tirh darkar khat chungin hnute pek an tan bawk. Mizoram hi kan ti tha ang reng a, India ramah pian tirh darkar khat chungah hnute pekah hian pakhatna kan ni a, thla 6 chung hnutetui hlang pekah erawh tan lak deuh kan la ngai.

Nau zai chhuah pawh hnute hnektir nghal theih a ni. A thiamin tanpui tur a ni a, nu nen awm duntir nghal tur an ni.

(He article hi Nau hnute pek leh a behbawm tih lehkhabu, Dr.Lalmuchhuaka, Medical Superintendent, CH(A) in a buatsaih atanga lakchhawn a ni a, chhuahchhawn min phalsak avangin Ed. Board te kan lawm hle a ni.)

Zirtirtu: Period hi eng nge ni?

Zirlai: Ka hre lo. Mahse period hi thil hlauhawm tak a nih ka ring.

Zirtirtu : Engvang kher chuan maw?

Zirlai : Ka u Mam'in 'Thla thum ka period tawh lo' a tih khan ka nu chu nikhaw hrelovin a tlu a, ka pa in lungphu thalo a neih phah bakah kan driver a tlanbo daih bawk. Chuvangin period hi thil hlauhawm tak a nih ngei ka ring tiin an chhang mai chu leh..

Tonsil leh a enkawl dan

Dr. H.C. Laldina, MS
Med. Supdt. SFH, Falkawn

Tonsil hi eng nge a nih? Engtia na nge? Eng natna dang nge a kaihhnawih theih? Engtia invena enkawl tur nge?

Kan ka chung tawp, hrawk bawr, chaw kawng intannaah hian Weldeyer's ring (Weldeyer-a belval) an tih hi a awm a. Chu belval kual chu tisa mur inhlawm khawm thluah thluah-in an siam a ni a. Chu thil inbawk-khawm zingah chuan kutzungpui tiat vela bawk lian bik pahnih an awm a, chu chu Tonsil tia kan hriat lar, Medical tawng chuan Palatine Tonsil kan tihte hi an ni. Helai Weldeyer-a belval hi Tonsil bakah, tisa mur bawk-khawm chi hrang hrang dang panga-te nena inzawm kual an siam a ni.

Kan thil ei leh in reng reng, pumpuia lut thla tur kan lem tawh phawt chuan helai belval kual chhung hi an kaltlang ngei ngei a ngai a, chutah chuan heng tonsil-te hi gate vengtuah lo tangin an lo santiri a. Kan thil ei leh in reng reng kawchhung lut thla tur apiang kha an lo endik vek zel a. Natna hrik lo inzep telve an awm chuan, kan taksa thisen sipaite hnenah an report vat zel a, chubakah natna hrik thenkhatte chu an santiri bukah chuan an lo

hreng bet a, chung natna hrikte nen chuan inbeiin tonsil na, tonsil vung te a lo awm ta thin a ni.

Tonsil na hi naupangte atanga tleirawl, kum 20-30 thleng hian a awm duh zual bik a. Ei leh in thianghlim tawk loh vangte, zuk leh hmuam tih nasat avangte, ka chung vawn thianghlim tawk loh avangte leh kan chenna in leh khawsakna boruak thianghlim tawk loh avangte hian tonsil na hi a chhuak duh bik leh zual a ni.

Tonsil a lo nat chuan hrawk na, thil lem, chil lem, thil ei zawnga na a lo awm thin a, chu chuan khawsik sang vak lo atanga khawsik hluah thin hial khawpa khawsikte pawh a siam thei a ni.

A nat zual lai tak chuan awte pawh tidanglamin, tawngte pawh a tiharsa a, tawng a tipuam tulh thei bawk. A bul vel thoh in nghawng thlenga vung leh bawk te pawh a siam thei bawk. Ka chung, hrawk chung kan en chuan tonsil kha a lo lianin, a lo sen hlur a, eng emaw chang chuan tonsil kha lawng, hnaite emaw in a lo bawhvar luk thei bawk a ni. A vung a nasat viau chuan thil lem a harsa em em a, tawng a harsa a, thil ei luih chuan hak hialte pawh a awm thei.

Naupang zual deuhah chuan nu leh pa, chungte emaw hriatpui vak lohva, tonsil na nei an awm thei ve bawk. Puitling zawk pawhin a hriatthiam mai harsa tak turin, hrawk lampang sawisel mang

miah si lovin tonsil na hi thil dang daih angin a lang thei bawk. Naupang te deuh te phei chuan an natna awm dan an sawi thiam vak lo thin a, naupang chaw ei tha duh vak lo, pumna, nunkhua nguai riau, infiam velte pawh phur vak lo, an kum rualpui te anga an than that vak loh phei chuan tonsil na an neih thin vang a ni daih thei bawk a ni. Tonsil hi na fo tawh, na rei tawh anih chuan khawsik khawp leh na lutuk lem lo pawhin, thil ei zawnga kam telh telh, nuam lo satliah, amaha dam leh mai thinte ang pawhin a awm ve fo thei bawk a ni.

Tin, tonsil na hian natna dang tam tak a kaichhuak thei a, chung zinga a pawimawh langsar zual te lo sawi leh zawr zawr ila :

Peritonsillar Abscess -

Hetah hian tonsil hnung lam leh a chung lam, dang leh dangmawn bawr velah hian hnai a insiam khawm teuh a, a na em em a, thil engmah an lem thei thin lo. Naupangah

phei chuan thawkna dawt hi a zim leh zual a, hnai infawk khawmin thawk na dawr a hnawhpin chuan nunna atan hial pawh a hlauhawm thei a ni. A chang chuan chumi aia chhungril leh zual, chaw kawng, awm chung-ah te hnai hi lut thlain, pawn lamah hnai chhuak si lovin thawkna kawng leh chaw eina kawngte pawh a hnawh ping vek thei bawk a ni.

Chubakah, hrawk bawr atangin bengah thoh chhovin beng chhungrilah hnai la-in, bengna, bengchhet a siam thei bawk.

Tonsil natna avangin thisenah tai darhin, ruhna, ruhchuktuahna te, kal vung, zun kawng tha lo te, lung vung leh lungphu tha lo thlengin natna dang a siam thei a ni.

He tonsil natna lak atang hian engtiangin nge kan inven tak ang le? Tam tak chu inven theih loh chin awm mahse, kan khawsak dan leh kan inenkawl dante kan fimkhur chuan inven theih chin tam tak a awm a. Kan ei

leh in tur te a thianghlim tawk tur a ni a. Abik takin, naupang, kan fate chu hmawmsawm thianghlim mang lo, eng eng emaw chawhpawlha thil thlum, hiar, thak leh hrawk tiza, tinuam lo thei ang chite hi chu pek loh, eitir loh hram hram tum ila. Ice Cream, vur, tui thianghlim lo leh hmanraw thianghlim mang hlei lo atanga siam ang chite ei mai mai lo sela. Tlema rual u deuh, tleirawl, puitlingte tan pawh heng bakah hian zuk leh hmuama insum, ka chung vawn thianghlim te hi invenna pawimawh tak pakhat a ni tih hre bawk ila a tha awm e.

Tonsil hi a na a nasat dan azirin enkawl dan chi hrang hrang a awm thei a. Tonsil na chhuak fo, awm nawn fo tawhah hi chuan a na hi a nep deuh tlangpui a; mahnia tuilum chi al-a hrawk han thuaha dam ve leh mai an awm a. A then, na zual deuhte chu damdawi hmanga enkawl ngaite pawh an awm thei bawk a. Chutiang atan chuan mahnia damdawi rinthua inchawh mai mai lovin, a

thiam bikte rawn ngei a tha. thenkhat chu tuiril tak ngial pawh lem thei lo khawpa na hrehawmin an awm thei bawk a, chung angte chu damdawi inah admit a, injection leh drip te hmanga enkawl ngai hialte pawh an awm fo bawk a ni. Tonsil na chhuak fo, kum khata vawi 3 vawi 4 emaw a aia tam emaw na thin, kum 2 kum 3 a zawna chutianga an awm a nih chuan a enkawl na tha ber leh awmchhun chu tonsil hi zaia paih a ni.

Tin, tonsil hi mi thenkhat chuan zai a paih tawh hnuah a awm nawn leh a, a na a chhuak leh tho thin tite-in an sawi thin a. Hei hi thil dik lo, ngaihdan dik lo a ni. Tonsil hi a thiam bikte'n zaia an paih tawh a nih chuan, a chawr nawn, a awm nawn leh tawh ngai lo. Tunhma kum sawm chuang kalta ang vela tonsil an lo zai tawh, fai chiangkuang lo taka an lo zai tawh angah erawh chuan paih fai loh avanga na rawn chhuak leh te erawh chu hmuh tur an awm zeuh zeuh. Chutiang ni lova tonsil zai

hnua hrawkna rawn chhuak lehah chuan chhan dang vang a ni zawk a, a enkawl dan pawh a dang leh daih a ni.

Tonsil hian kan taksaah natna hrik lo lutte chu do letin tangkaina chu a nei ngei mai. Amaherawhchu, natna hrikin a tihbuai tawh hnua tonsil na a lo awm tawh chuan a hnathawh tur pangngai kha a thawk thei tawh lo va, taksa tan tangkaina aiin harsatna chi hrang hrang, natna chi dang dang pawh a kaichhuak thei zawk a ni tih pawh kan hriat tawh kha. Chuvangin naupangte, kum 4 kum 5 lek rual pawh ni mah se, a tul zawk nia mi thiam zawk te'n an ngai a nih chuan tonsil paih hian chutiang zawngin taksaah harsatna a awm phah chuang lo a ni. Puitlin hnua tonsil na phehi hi chuan a tlangpuin a bul velah eng emaw chen zung a lo kaih hman tawh thin avangin, tonsil zai hnuah pawh hian tonsil na ni lovin, hrawkna an nei nawn duh fo zawk bawk a ni. ■

Tuberculosis (TB) chungchanga hriat ngei ngei tur te

1. Engtin nge chuap TB hi a lan chhuah thin? Chuap TB lan chhuah dan tlangpui chu...
 - a) Karhnih aia rei khuh
 - b) Karhnih aia rei khawsik
 - c) Khak thi
 - d) Rihna tlahniam
 - e) Chuap Xray normal lo hrim hrim.

Heng zinga a eng emaw ber kan neih chuan TB a ni thei a. Inentir vat tur a ni.
2. TB hi inkaichhawn theih a ni em? : TB-ah chuan chuap TB hi inkaichhawn a awlsam em em a. Chuap TB veiin TB hrik a khuh chhuah atangin mi dang a kaichhawng mai thin. Chuap TB pawn lam, heng ruh, ril, vun etc TB te hi chu inkaichhawn mai theih a ni ve lo.
3. TB hi vei awlsam bik an awm em? : Mi tu pawn TB kan vei thei a. Mahse Chuap TB hi vei awlsam bik an awm a. Zuk leh hmuam ti mi, zunthlum vei, HIV hrik pai te hian an vei hma bik hle.
4. TB damdawi hi ei that a pawimawh em? : Pawimawh tehreng mai. TB vei chuan bahlah miah lo in damdawi a ei tur a ni a. Karhnih chung damdawi a ei tawh chuan mi dang a kaichhawng thei tawh lo va. Damdawi a ei that loh chuan tihdam harsa zawk MDR-TB a thlen thei a ni.
5. TB natna hi chawei ho ten inkaichhawn theih a ni em? : Ni lo e. TB hi chaweiho, bel leh thleng intawm, thawmhnaw atang leh inthiarna inhman tawm atang ten inkaichhawn theih a ni lo.

6. TB damdawi hi eng anga eitur nge? : TB damdawi hi damdawi petu (treatment supporter) mit hmuh lai ngeia ei tur a ni a. Hei hi a dam vat theih nan a pawimawh em em a ni.
7. TB damdawi ei avang hian taksaah harsatna a awm thei em? : TB damdawi hi damdawi chak tak a nih avangin taksaah heng – Awm nuam lo, pum nuam lo, mit fiah lo, bengchhet na te a thlen ve thei a. Hengte hi TB damlo in a neih chuan inentir vat tur a ni. TB damdawi ei lai hian chaw tha leh hrisel ei that a pawimawh hle a ni.
8. TB damdawi leh Khak exam hi senso a awm em? : Awm lo e. Khak exam te leh TB damdawi hi sawrkarah a thlawn vekin a awm a ni.
9. TB damlo te tan hamthatna a awm em? : Awm e. TB damlo te tan Nikshay Poshan Yojana hnuaiah ei leh in tur tha zawk an lo lei ve theih nan thlatin ` 500 an inenkawl chhung zawng atan an dawng thin a. Heng hi an bank account emaw, an chungte account kaltlanga pek thin an ni.
10. TB chungchangah mipui ten eng nge kan mawhphurhna? : TB hi awlsam taka inkaidarh theih a nih avangin a veite hriatchhuah vat hi a pawimawh em em a. TB vei nia rinhlelh chu inentir tura hrilh vat hi kan tih tur a ni. Tin TB vei te hi hnualsuat hauh loh tur a ni a. Theihtawpa puih leh thlawp hi TB damlo te damna hnar pawimawh em em a ni. ■

Hepatitis (Thin Vung)

Dr. Zoramthanga, MD
Director, Mizoram State Cancer Institute

Thin hi taksa peng zinga a pawimawh ber pakhat a ni. Hna chi hrang hrang a thawh tlangpuite chu: Kan chaw ei zawng zawng te hi thinah a lut cho vek a, taksa tana hman tlak turin a lo sawng bawl a ni. Glucose te, thau-cholesterol, triglyceride te, sa (protein) te leh vitamin te a chhêkin a sem kual vel a ni. Taksaa bawlhhlawh tam tak mît (bile)-ah a paih chhuak a, damdawi tam takte hi thawk thei turin a lo siam danglam a; tin, an thawh tur an thawh zawhah a paih chhuak leh a ni. Thisen tikhaltu hi thin siam a ni a, thin chak lote hi an thisen a pan a, an thî (bleed) duh bik a ni. Albumin-te siamin, a siam tlem chuan vûngte a thlen thei a ni. Tin, taksain hrik a donaah thui tak a thawk bawk a ni.

Hepatitis hi thin vûng tihna a ni. Chhan tam tak a nei a. Natna hrik – virus, bacteria, protozoa te, damdawi chi hrang hrang-antibiotic, na chhawkna, hnimhlum, cancer damdawi te, cancer, etc. ten thin vûng an thlen thei a ni. A common zualte chu: Hepatitis hrik A, B, C, D, E, etc., Amoeba (Santên) hrik, Malaria, drugs/damdawi, cancer, zu te an ni.

Hepatitis hi acute leh chronic-in an then leh a. Acute awmzia chu, rawn awm thut, rei vak lova dam leh mai tihna a ni a, chronic chu benvawn tihna a ni a.

ACUTE HEPATITIS: kan sawi tawh angin acute hepatitis chu rawn awm thut kan tih kha.

- Khua a sik ser ser a,
- an chau ngawih ngawih a,
- thin zâwn a nâ a,
- luak a chhuak a,

- chaw ei a tui lo va,
- mît a liam (jaundice) a.

A tlangpuiin kar 2 velah an dam leh mai thin. Entir nan, mîtliam kan tih mai viral hepatitis 'A' hi, thil thianghlim lo ei vanga thleng a ni a. Mit (eye) a lo eng a, an zawi hle a, mah se a tlangpuiin kar hnih velah an dam leh mai. Zu in nghek (kar hnih khat in nghek)-te pawh hian Acute hepatitis a thlen thin, an in zui loh chuan a tha ve leh mai. Damdawi huat vanga hepatitis/mîtliam te pawh, an huat damdawi hnathawh a tâwp chuan an tha ve leh mai.

A tlangpuiin acute hepatitis hi an tha leh maia, mahse vanduaia thih pui <1% vel an awm ve.

Enkaw! dan: Acute viral hepatitis enkaw! nan hian damdawi bik a awm lo. Symptomatic treatment kan ti mai a, a tul anga chhâwkna pek a ni mai. Luak chhuah chuan luak danna, khawsik chuan paracetamol,

ei theih loh chuan IV drip. Tin, thlum (glucose)-te pek tam a tha.

CHRONIC HEPATITIS: Acute hepatitis dam zo ve ta lo ho hi an benvawn/rei tak an na ta thin a ni.

Thin vûng an lo neih benvawn hian zawi zawiin a cell (timur)-te kha a tichhia a, insiam tha leh teh mah se a ngai a awh tawh lo thin a ni. Thin vûng hian ser a siam a, a rei tawlh tawlh a, ser a tam tawlh tawlh a; heng serte hian thin lo pawt sâwngin cirrhosis (thin sâwng) a lo thlen ta thin a ni. Hetih hunah hi chuan thin a lo chak lo hle tawh a, a veite chu hetiang hian an awm tlangpui:

- An zawiin an chak lo hle
- An vûng/pum puar
- Thi a pût awl - hnar thi, thi a luak, êk dum, etc.
- Mîtliam, eng pip pep/thisen tlem
- Rilrute khawih buaiin nikhaw hre lo (coma) te pawhin an awm thei

- Piles leh Oesophageal varix (pumpui hnûna thisen dâwt puar)-te an nei thin.

A thenin i thin a sâwng an lo ti a, a thenin i thin a lian an lo ti bawk a, buai map theih a ni. A awmzia chu thin sâwng, cirrhosis kal zelin a pawt sâwng a; hetih hunah hian thin vûng/ hepatitis kha lo zual bawk se - zu in vang emaw viral hepeticis zual vangin; a pahnih pawt sâwng leh tivûng a kal kawp thei a ni.

CHRONIC HEPATITIS: Miin zu a in reng chuan thin lian/vûng/chronic hepatitis a thlen a. A lo rei deuh chuan ser (fibrosis) a lo insiam a, zawi zawiin thin a pawt sâwng (cirrhosis) ta thin a ni. Mizoramah hian heng hepaticis kan sawi tak zingah hian hepatitis benvawn pathum kan buaipui zual a; chungte chu Alcoholic Hepatitis (zu), Chronic Hepatitis B leh Chronic Hepatitis C te an ni. Heng veite hian thin cancer an nei duh bik a ni.

Tun tumah hi chuan Hepatitis B leh C te hi han chhui zau deuh i la. Hepatitis B leh C te hi virus an ni a, natna an thlen dan a inan tlangpui avangin kan han sawi kawp mai ang a, an inan lohnate a tul angin kan han tarlang ang.

Inkai dan: Virus ve tho, HIV (AIDS natna hrik) te nen hian inkai dan a inang tlangpui, i.e. inchiu, sex, thisen inpek, nuin nau paiah, etc. Amaherawhchu kai awlsam dan a inang lo. Hriau invih palh tein inkai a awl em em a, Hepatitis C-te hi chu sex lam atangin kai a awl lutuk lo.

Natna thlen dan: Hepatitis B or C miin a veiin acute hepatitis (mîtlam kan tih kha) an vei phawt a, hei hi Hepatitis A-te angin a na lutuk lo va. Hepatitis B leh C vei tam tak chuan an vei lai pawh hre lovin an benvawn, thin sâwng (cirrhosis) hnuah chauhte an inhre thin. Heng hoah hi chuan acute hepatitis kha a

na lo lutuk a, an inhre lo a ni. Acute hepatitis hi chu kar hnih velah a dam leh mai a, mahse dam zo ve ta lo, a hrik pai benvawn an lo awm thei ta a.

Hepatitis B: Puitlingah chuan 95% aia tam an dam leh a, 5% aia tlem an benvawn thin.

Nausenah chuan 5% a dam leh a, 95% vel an benvawn.

Naupang kum 4 velah 40% vel an benvawn.

A awmzia chu, nau-pangah a benvawn duh bik.

Hepatitis C: -ah chuan 20-30% vel an dam leh a, 70-80% vel an benvawn ta thin a ni. Benvawn kan tih hian, thla ruk chhunga dam hman ve ta lote kha an ni.

Hetia chronic (benvawn) hepatitis B or C an lo vei tâk hian an hma lam hun chu a hrik leh mihring taksa inbeih danah a innghat ta a ni. Hrik ninhlei tak a nih chuan thin a khawih chhe chak a, hrik ninhlei lo a nih chuan

muangchangin. Tin, taksain a hrik a lo beih danahte a innghat bawk. A tlangpuiin kum 20-30 ah 30% velah chuan an thin a lo sâwng chhe hman thin a ni. Hei aia hma deuh a ni thei a, tin, rei tak thin khawih chhe lovin an awm thei bawk. Zu nen an paw khawih dan a inang a, chuvangin zu nen chuan cirrhosis hi a thleng hma hle a ni. Tin, miin hepatitis B leh C a vei kawp chuan thin an khawih chhe chak hle bawk a ni.

Kan sawi tawh angin kum 20-30 vel thin sâwng turin a duh a, hemi chhung hian tam tak chuan an vei tih an inhre lo thin a ni. A tam zawk chu thin sâwngin buaina a thlen hunah chauh an inhre chhuak thin a ni. Hetih hunah hi chuan a tlai tawh deuh a, enkawl an harsa thin a ni. A then, a bik takin hepatitis B-te chu jaundice-te an nei zeuh zeuh a, chung atangte chuan an lo hriat theih a ni. Mizorama kan hriat chhuah hmate pawh hi thil dang vanga test

emaw, in-test ve tawp te an ni hlawm. Chuvangin screening neih hi a pawimawh viau a ni.

Enkaw! dan: Viral hepatitis B leh C enkawl na hian hma a sawn chak hle a, damdawia enkawl na tak tak chu 1990 hnu lamah tan a ni.

Hepatitis B: Hepatitis B hrik hi timûr chhungrila a luh avangin thah zawh vek theih loh tluk a ni. Chuvangin kan tum ber chu paw sawi thei lova a hrik kha siam a ni. Tunlaih damdawi tha tak tak a awm nual a. Heng damdawi hian thisena hrik lang zawng zawngte hi that vekin, hepatitis B hrik kha timûr chhungah paw sawi thei lovin a up bet thei a ni. Amerawhchu a tho leh palh thei. Taksa a lo chak loh hian a tho leh duh bik, eg. Cancer chemotherapy la-ah te, thin/kal thlâk (transplant) immunosuppressive damdawi eiah te. Hepatitis B enkawl na damdawi hrang hrangte chu: interferon-, pegylated interferon-,

lamivudine, adefovir (dipivoxil), entecavir, telbivudine leh tenofovir, etc. te an ni.

Interferon hi chu kum 1 vel pek/chiu tur a ni a, a dang zawng hi chu a mum ei deuh char char tur an ni. Interferon hi tunlain kum 1 atan Rs 2.5 lacs vel a ni ang a, a mum ho hi thla 1-ah ` 600-800/- vel an ni ang.

Hepatitis C: Hepatitis B lakah chuan hepatitis C enkawl hi a nuam hle a ni. Mi 90-98% vel an dam thin, mahse cirrhosis-te a thlen tawh chuan a dam har.

Hepatitis C enkawl na hian hma a sawn nasa hle a. A hma chuan Peg interferon leh ribavarin an pe thin a, a man a to bakah an toxic em em a, damloten an rui/haw \hin hle a ni. Kum 2000 AD vel kha chuan ` 6.5 lacs thlenga hepatitis C enkawl naa insengte pawh an awm. Hun a lo kal a, ` 1.2 lacs velah a tla a.

Tunah hi chuan DAA an ti a, a mum tha tak tak a tam

tawh a ni. Heng mumte hi a chiu ai khan an thawk chak zawk a, treatment chung a rei lo zawk a, a man a tlawm zawk bawk a ni. Tuna Mizoram healthcare kalpui ang hian thla 3 damdawi hi ~ 14,000 man vel te a ni. Amaherawhchu a chi dang, to deuh, tam deuh, ei rei ngai deuh, etc. te pawh a awm nual. A genotype azirte pawhin enkawl dan a dang thei bawk. Hepatitis C damdawi thenkhatte-sofosbuvir, ledipasvir, daclatasvir, ombitasvir, paritaprevir, glecaprevir, pibrentasvir, elbasvir, grazoprevir, velpatasvir, ssimprevir, voxilaprevir, etc.

Kan hriat tur pawimawh deuh chu, anti-HCV kan test hian, a hrik a en lo va, a hrik dotu sipai (antibody) a en a ni. Heng test hi Aizawla awlsam taka kan test-na hi a ni. Heng anti-HCV test positive ho hi, an thisenah hepatitis C hrik awm leh awm loh phaiah kan thawn ta thin a ni. Enkawl dam tawh hnuah pawh anti-HCV

hi rei tak a positive theih avangin treatment la tawhah chuan he test hian awmzia a nei lo. Enkawl dam tawh thenkhatten mahni thuin an lo test ve a, a lo positive leh a, an ngaih a tha lo ta thin a ni. A hrik test-na a ni lo va, a hrik dotu sipai test-na a ni.

HCV RNA hi a phaia a hrik kan test-tir thin hi a ni. Hei hian vei leh vei loh a test. Positive chu vei, negative chu vei lo. A chang chuan beyond level of detection or not detected te an rawn ti a, negative an ti fawk ngam lo. Awm lo tih leh hmu lo tih hi danglam ve thei.

Anti HCV antibody: Hepatitis C hrik dotu sipai taksain a siam hi a ni. Positive chu hepatitis C a tawng tawh tihna. Hrik pai mek a ni thei a, pai tawh lo dam tawh a ni thei. A hrik awm tawh loh hnuah pawh kum tam tak a positive thei. A negative chuan hepatitis C a la tawng ngai lo or dam tawh tihna.

Hepatitis B ve thungah hi chuan a neuh neuh a tam lutuk a, han sawi sen pawh a ni lo. Hbsag, HBV Dna, Hbc ag, Hbeag, antiHbs, antiHbe, anti Hbc, tih vel test tur a tam lutuk a, han inhrilhfhiah mai chi pawh a ni lo.

VACCINE: Hepatitis C tan vaccine a awm lo.

Hepatitis B tan vaccine chi hnih a awm - pre exposure leh post exposure.

Pre exposure vaccine hi hepatitis B vaccine/invenna tia kan hriat tlanglawn hi a ni. Vawi thum - Day 0, 30 leh 180 or thla 0, 1, 6-ah lak tur.

Post exposure vaccine chu hepatitis B hrik kai tir tan a ni. Eg. Hepatitis B vei nuin nau neih inhliam atangin a nau paiah a kai palh thei. Naute kha a pian tirhah pek tur a ni. He vaccine hi immunoglobulin an ti a, hepatitis B laka sipai/antibody insiam sa kha naute-ah an chiu lut a, hepatitis B hrik a nu atanga nautea lut khan natna an siam hmain an that ta thin a ni.

(Ha article hi Pharmacists' Association magazine 2018-2019 atanga lakchhawn ani)

A nupui khan "Kan inneih hma khan 'I fel hle si, i hmeltha bawk si' min ti mawlh mawlh thin kha a ni a. engati nge tun a taka min sawi chhiat leh chiam si?" an ti vel hlawi hlawi a....

A pasal pek lo duailo "Dawt ka heh lutuk avanga Pathianin hremna atana min pek i ni reng alawm" a ti hmak

Pa pakhat pawh hi an a fanu kha tawngthei a ti lutuk a, "Mi fanu te chu doctor te an ni a. Keini fanu ve hi chu dak-tor a ni a. Nilengin a dak zawt zawt ringawt mai zawng a nih hi!," a ti nang nang a.

HEALTH TIP

- Dr. Lalsiampara, M.S. (ENT)

Chaw atana rinrawla kan hman ni lem lo, kan chelek nasat viau si zingah heng Thingpui, Kuhva leh Vaihlo-te hi a lar pawl a ni awm e, Heng thilte hian eng ang chiahin nge tahsaah nghawng an neih thin tih tlem tlemin tarlang ila:-

THINGPUI : A THATNA LEH THAT LOHNA

(Kawrthah Subsidiary Health Centre-a Medical Officer hna zawm tura ka kal tumin (July 1980) West Phaileng atangin ke in kan kal a, Bungmun khawthlen hma deuhin ka tamchhawpek a, eng emaw ti tiin Bungmun khua ka vaklut hram niin ka hria. In pakhatah chawfak turin kan lut a, chuta thingpui sen hang ka in ang tluka tui leh mi tiharh hi tun thleng pawhin ka tawng leh ngai tawh Jo. Upa in "Tam tawk apiang a tui" an lo tih hi a dikzia ka hmu chhuak chiang khawp mai!).

Zirmi (researchers) tam takin thingpui hi mihring taksaah eng ang chiahin nge hna a thawh tih hian lo zir tawh thin a, an hmuhchhuah chu a inang tlangpui. A thatna tam tak a awm laiin that lohna pawh a nei ve. Thingpui chang lo thil dang pawh, chaw thlengin thatna tam tak a awm, a tel lova kan awm theih lohte pawh an ni ang; mahse that lohna pawh a awm ve thei tho tih hriat tur. Taksa tana thil tha kan

ngaihtuah hian kan hriat reng tur pawimawh tak chu eng chenah nge a thata/a that loh theih tih hi thliar thiam fo a ngai, a tawk chiah zela thil ei leh in hi taksain a ngeih ber. A tlem lutuk emaw a tam lutuk emaw chuan hriselnain a tuar thei thin. Thingpui chung-changah pawh hei hi a dik chiah mai.

Thingpui-ah hian eng thilte nge awm (chemical constituents)? Thingpui-ah

hian thil tam tak a awm a, Carbohydrate, fat leh protein te erawh a pai tel lo tluka ngaih a ni. Thingpui-a thil awm pawimawh zual te chu:

- % Alkaloids
- % Catechins
- % Phenolics (Polyphenols)
- % Tannins
- % Caffein
- % Theanine
- % ECGC (Epigallocatechin gallate)
- % Flavonoids
- % Theophylline
- % Theobromine
- % Fluoride
- % Aluminium

Heng chemical-te hi taksa mamawh tak takte an ni hlawm. Heng zinga mi Catechins leh Flavonoids hi Anti-oxidant tha tak nia ngaih an ni. Hengte hi taksa tana tha, cancer hial pawh engemaw chen veng thei nia sawi a ni.

Thingpui thatna te

Zirmi (researchers)-te sawi danin thingpui hian thatna tam tak a nei:-

- % Thau lutuk tur a veng, green tea tha zuala ngaih a ni.

- % Anti-depressant tha tak a ni.

- % Thaw rimchhe tur a veng.

- % Green tea hi 'Sun bunt' damdawi tha tak a ni: hnawih mai tur.

- % Mi a ti harh vang a, rilru a tichak thei.

- % Taksain natna a dona khawl (immune system) a tichak.

- % Taksa chet vel dan (physical activity) a pui nasa hle, tha tak a ni.

- % Rul tur leh rannung tur (insect bite) a ti chhe/dal thei (antivenom property).

- % HIV-AIDS natna a ti nep.

- % Lung leh thisen dawt hrisel nan a tangkai.

- % Cancer venna apuitu tha tak a ni.

- % Zuntlum venna a pui.

Heng bak pawh hi thingpui thatna tam tak sawi tur a la awm.

Thingpui that lohna lam ve thung

- % Thingpuia awm fluoride hi ruhah a inchhekkhawl thei a, ruh chak lohna chi khat 'osteoflurosis' siamin ruh a tliak sam.

- % Thluak lam natna chi khat 'Alzheimer's disease' a thlen (induce) thei.
- % Thingpui in tam lutuk chuan aluminium toxicity a awm thei.
- % Chaw pai tawihna a tibuai thei (tannin effect).
- % Hmeichhe upa lam natna, 'Premenstrual syndrome' a tizual thei.
- % Zunkawng hnathawh a tibuai.
- % Muthilh theih lohna a thlen.
- % Kal-a lungte awm a siam thei.
- % Thingpui sa tak in thin leh thingpuia awm 'tannins' hian chawkawng cancer veina 'risk' a ti sang.
- % Thingpui hian ha a tibal (stain).

Heng thingpui that lohna tarn zawk hi chu tam tak ina thleng thei chauh an ni.

Tlipna

A bul lama sawi tawh angin thingpuiah hian taksa tana thil tha sawi sen loh a awm laiin thil tha lo pawh a awm ve tho tih hriat a, tam pui ni lo, a tawk

chauha in thiam a ngai tih kan hriat a pawimawh. Khawl nuai (machine process) aiin kuta nuai/chil (thianghlim taka tih a nih chuan) hi hrisei zawka ngaih a ni. Sa lutuka in hi a tha lo bawk.

KUHVA

Kuhva khawr hi tunlai Mizo-te hian kan ei nasa hle. Pi-pute hunah an hriat ngai loh leh awm ngai lo a ni chungin tunah hi chuan kan culture-a bet tlat ang hrimin kan chelek nasa ta. Kan taksa tan a pawl thei tih hria kan awm laiin hre lo pawh an tam niin a lang.

Kuhva-in taksa hna a thawh dan (Immediate effect)

- % Mi a chawh phur
- % Mi a tilum pup a, thlan a tichhuak bawh
- % Lungphu a ti rang a, thisen sang a Siam thei
- % Chaw kawng chetvel dan (peristalsis) a tihbuai avangin thil helh, pumna, luakchhuak leh luak, kawthalo a thlen thei.
- % Blood sugar a tisang thei

- % Kaih (seizure) a thlen thei
- % Naupai lai tan nau chhiat a thlen thei
Ei rei hnuah chuan (Long term effect)
- % A tel lova awm theih lohna(Addiction)
- % Ka a tibawlhhlawh a, mi a ti tawp
- % Ka chung leh hrawk ro huam huam a Siam
- % Ka chung pilh leh na a thlen
- % Ka chung tuamtu tikhawng thei natna (submucosal fibrosis) a Siam thei a, a veite chu an pawh an ang thei thin lo.
- % Cancer, ka chung cancer bakah chawkawng leh pumpui cancer a thlen thei.

Zir mite sawi danin kuhva hian thatna tlem a nei ve, chung zinga damdawi lama a thatna chu heng anaemia, ulcerative colitis, schizophrenia leh post-stroke symptoms-ah te hian enkawlina dang a pui ve thei.

Kuhva i eiin i thial hnu kha chhak leh kher suh, hmun hma

a titawpin hriselna atan a pawh thei.

MEIZUK : TAKSA TAN A PAWI
(MEIZUK tiin ka'n dah a, vaihlo kan hman thin chi dang heng sahdah, tuibural, khaini, zarda adt. pawh ang khat vek an nia, taksaa an pawikhawih theih dan thuhmun reng a ni tih hriat tur.

PGI, Chandigarh-a Post-graduate kan zir laiin thingtlangah Health Camp kan nei thin a; hetiang camp kan neihnaah tumkhat chu kan thiapa (Vai) pakhat chuan sahdah a lo hmuam pek a, bus chungah ek a cheh lo chauh; a rang a rangin bus kan tiding a, kawngsir buh hmunah eksukbelte nen a zukthut kak kha!).

A hnuai tarlan angte hi i taksaa a thleng thei a, meizuk I bansan hnu pawhin a zual zel thei tho a ni hria ang che. Meizuk hi a zutu tan chauha pawh a ni lova, a kiang hnaia lo awm tan pawh angkhat rengin a pawh thei tih hriat a tha.

Meizukin taksa a khawih pawl dan thenkhat:

- % Kum tin mi sang tam tak meizuk vanga natna tuarin an thi mek zel a, meizu zawng zawng hmun thuma thena hmun hnih hi hetiang avanga thi/thi tur an ni.
- % Meizuk hi Cancer vei nana thawhhlawk tak a ni.
- % Meizuk hian lungphu a tirangin lung leh thisen dawt a ti chak lova, heart attack leh stroke (thluaka thisen dawt ping) a thlen thei.
- % Meizuk hian kea thisen dawt a tihchhiat theih thin avangin ke tan ngai hial pawhin a awm theih.
- % Meikhua inting awm kha chuap chhungah a inchhek khawl a, chu chuan cancer mai bakah chuap natna hrang hrang a thlen thei.
- % Meizu mi chu zu lo aiin a let 10-in chuap cancer veina chance a sang.
- % Meizu mi chuan chuap that lohna chi khat 'Emphysema' an nei

chawk, chu chuan zawi zawiin chuap hnathawh a tibuai a, lungphuchawl (heart failure) an nei duh.

- % Mei khu-a carbon monoxide awm hian thisena Oxygen a tihthem avangin tihrawl leh taksa peng dangin an mamawh ang oxygen an hmu pha thin lo, chu chuan that lohna tam tak a thlen thei.
- % Nau pai laia meizuk hi naute tan a pawl thei hle, nau chhiat a tam, naute piang an te duh bik, pian hlimah an thi duh bik bawk (faetal tobacco syndrome).

Heng kan tarlan bak pawh hi meizuk vang hian thil thleng thei tam tak a la awm, ziah vek sen a ni lo. Meizu mi i nih chuan a rang thei ang bera i sim vat a pawimawh, i sim thei ngang lo a nih pawhin fimkhur ang che . I zuk dawnin hmun fianrial, mi dang awm lohna pan rawh, chu chuan i meizukin i thiante leh i chhungte a khawih pawl ve tur lakah a veng thei mahna. ■

I CHHUL, I PAIH ANG MAW?

*Dr. Isak Lalrawngbawla Tlau
Medical Officer
Suangpuilawn PHC*

Chhul hi Greek tawng chuan 'hystera' tih a ni a, hemi vang chi a ni chek ang chu hmakhawsang Greek mite chuan hmeichhiate hian chhul an neih avangin *hysteria* (â si lova rilru chiai thut thutna, thisen that lohna, hlim ruihna) an nei thin ni a an rin tlat chu. Hei hi ngaihndan dik lo a ni. Tunlaih erawh chuan hmeichhe thenkhatte chuan thi neih laia natna te, tai na te, thi nei mumal lo – tlem lutuk emaw tam lutuk emaw – avangte leh chhan dang vangin, thi mumal tho chung pawhin, chhul an paihtir mai thin a ni.

Hysterectomy (chhul paih) hi damdawi thiamna lamah chuan a lar ta hle mai a. India ramah hian hmeichhia kum 50 tling tawh chin za zela pariat (8%) chuan an chhul an paihtir ni a chhut a ni. Thingtlang leh khawpuiah a danglam a; khawpui hmeichhia za zela sawmhnih (20%) in hysterectomy an tih laiin, thingtlang lamah erawh chuan zai loh an thlang zawk tlangpui a ni.

Hmeichhe tam tak hian kum 40-50 inkar vel hian an chhul an paihtir tlangpui nia chhut a ni a, natna bik thenkhat a awm chuan kum 40 hma pawha paih an awm bawk. Chhul sirah hian chibawm (ovary) a awm a, hei hian hmeichhe chi mai piah lamah lung (heart), ruh leh thisen kal vel tha leh hrisel taka vawngtu hmeichhe hormone (pangti peng thununtu thalbe tuihnang) a pe chhuak tel a. Hysterectomy

neih hian chibawm (ovary) hi an paih tel thei a, an paih tel kherlo thei bawk a ni. Chibawm an paih tel chuan, surgical menopause a thlen thei a. Hei hian thi hul kaihnawih harsatna tam tak a thlen thut thei a ni. An paih tel lo anih erawh chuan, a hnathawh pangngai hun engemaw chen la thawk in hormones chi hrang hrang a la siam reng thei thung.

Hun reilote chhunga hmeichhe hormone tawp thut hi taksa in a ngaihna a hrelo thin a; taksa lum pup pup (hot flush), muthilh laia thlan vak (night sweats), nguina (depression), zawina (weakness) leh muthilh harsatna (insomnia) te a awm thei a ni. Ei leh in atanga pum leh ril in calcium a hip luh tlem tak avangin ruh a mawih hma bik a, hei vang hian ruhtliak, hnungzang ruh khi leh ruh lam natna tam tak a thlen awlsam phah thei bawk. Heng hmeichhe hormone venhimna tello chuan thisen a thau awmdan (lipid

profile) a inthlak a, lung thalo vei theihna a let sarih in a pung bawk a ni. Serh a ro a, nupa nun hman a tihrehawm thei a; phing (urinary bladder) in a dawmkangtu tihrawl thenkhat a dul/chak loh avangin serh kua (vagina) ah tawlh lutin zunin leh zun kawng natna a thlen thei a; ek khal, ek tang te an nei thei bawk a ni.

Chhul paih hian hlauhawmna a nei ve bawk a, zai laklawh laiin thi a put vak thei a, thisen zamah thi khar a insiam phah thei a, a bul vela taksa bung hrang – zun kawng, phing, ril etc. te tihchhiat palh thei a ni. Chhul leh a kaihnawih cancer a awm erawh chuan chhul paih hi a ngai ngei ngei thin a; damdawi (*chemotherapy*) emaw ni zung hmang (*radiation*) emaw a pahnih emaw a enkawl a nih hunah an paih thin a ni.

A chang chuan chhul bang chhung lam (*endo-*

metrium) hi a bul vela tisa: chi bawm (*ovary*), phing (*bladder*) leh ril (*intestines*) ah te a thang/chawr lut thin a. Thi neih (*period*) apiangin a than luh belh zel a, tisa dang hnathawh tibuain thi neih laiin tai na leh kawng na te a siam thin a ni. A tirah chuan damdawi (*hormone therapy*) hmanga enkawl tur a ni a, a dam theihloh chuan chhul paih chauh tur a ni.

Chhul tihrawlte hi than dan dik lo deuhva thangin, cancer ni si lovin chhulah bawk a awm thei a, hei hi *fibroid* an ti a. *Fibroid* hi pakhat emaw, tam tak maw, tereuh te emaw, lian tak emaw a ni thei. A lo than len chuan chhul bul vela tisa – phing, ril – te a nek chep thei a, thiput a siam thei a, thi neih laia tai na emaw kawng na tak emaw a thlentir thei a ni. Hmeichhia kum 35 chunglam zingah hian za zela sawmhnih

(20%) te chuan *fibroid* hi neia chhut a ni a; a tam zawk te hi chu a lang chhuak mai lova, natna dang avanga *ultrasound* hmanga pum an enna lamah an hmu chauh thin a ni. *Fibroid* avanga harsatna awm thin tam zawk hi damdawi hmanga enkawl theih a ni a, a len viau chuan chhul paih kher lo pawhin a bawk chauh kha a paih theih a. *Fibroid* hi cancer-ah an chang lo.

Nau neih hian chhul dawm kangtu tihrawl tifanin, chhul a tawlh thlak phah thei a. A vanduai zual phei chu an serh pawnah chhul a rawn chhuak hial thei a ni (*uterine prolapse*). Heng tihrawl rul tawh te hi zai mar/that leh theih chin a awm a, amaherawhchu chhul paih tawp ngai hial te pawh a ni ve thei tho bawk a ni.

Thi neih laia thi put hnem lutuk te hiremhre taka damdawi chi hrang hrang

hmanin a enkawl theih a. Hmeichhe thatlohna avanga kawng na/tai na reh thei lo te tan chhul paih hi a tangkai hmel viau mai thei, mahse a tihtam dan tur a ni hauh lo thei a, a nat belhchhah hlauh thei a ni.

Chhul paih (*hysterectomy*) hi pum zai hawnin a theih a, *laparoscopy* hmangin kaw tereuhte atang pawhin a theih a, serh atang pawhin a theih a ni. *Laparoscopy* leh serh atanga chhul paih hmang hian inzaina hnu ser pumah a awm lo a; a khawi ber hmangin nge chhul paih a nih ang tih erawh chu a enkawltu daktawr in tha a tih dan angin a kalpui mai ang: chhul eng tiat a lian nge tih te, chhul bul vel tisa en a ngai em tih leh a dangte azirin.

Chhul hi a vaiin a paih theih a (*total hysterectomy*), a hnuai lam (*cervix*) tel lovin a paih theih baw (*partial hysterectomy*). A hnuai lam paih tel loh chuan, a paih loh chin kha khuareiah cancer-ah a chang thei a, chuvang chuan *partial hysterectomy* hi a lar lo a ni.

A tlangpuiin chhul paih avanga inzai hliamna hian kar ruk vel tal dam nan hun a duh thin a ni. Chumi hun chhung chuan damlo chuan rit a chawi tur a ni lo a, hna hahthlak a thawk tur a ni lo. Kar ruk hunah chauh tihrawl leh ruh tihchak nan insawizawi (*exercise*) theih a ni a: minit sawm vel zingah emaw tlaiah emaw *walk* thin la, zawi zawiin darker khat vel thlenga pawh sei theih a ni.

Nula pakhat zan leng chhuak lova awm thei tawh lo kha, a pa in chhan tha tawh awm lo chuan len chhuah a khap bur mai si a! Chu nula chu an tukverhah hian a dāk vauh vauh a. "Aw... pitar emaw nausen hlamzuih a thi emaw han awm hlauh se ka va ti tak em!" zuk ti vawng vawng a...!

HLIAM PUN HRIAT THEIH DAN LEH ENKAWL DAN

Hliam chu a hnuai mi anga a lo awm chuan a pun dawn tihna a ni ang:

- A lo sen tul anga, a sa vung vung ang a, a na hle baw k ang. Heng pan pun te hi hrik seh te, sentut vang te hian a lo awm mai thin a ni.
- Hnai a lo awm chuan a pun a ni. - Nghawng vel leh beng hnuai lama thal thoh hi, hnai leh lu vel a pan pun a awm vang a ni thei baw k a. Tin, lu vun a T.B awm pawh hian a awm tir thei a ni.
- A lo rimchhiat chuan a pun a ni. Hliam a lo pan chuan taksa hmun dang khawi laiah emaw a lo darh thin. - Khabe hnuai thalbe a lo vun chuan ha nat vang emaw, hrawk nat vang emaw a ni thin.
- Khua a ti sik thin. - Zakhnuai thal a lo thoh chuan, banah emaw, luah emaw, hnuteah emaw pan pun a awm a ni mai thei. I in, serh baw rvel a pan pun a awm pawhin zakhnuai thal hi a thoh thei baw k a ni.
- Hliamna sir(kam) vel a sen thin. **Hliam emaw pan emaw pun tawh enkawl dan:**
- Thal a ti thoh thin a. thal a lo nat chuan a lo vung pawng thin, a chhan chu natna hrik te tak te te kha an awm khawm a, vung pawng an siam thin a ni.
- Lu lamah pan pun a awm chuan, beng hnung lam a thal a ti thoh thin.

- Nikhatah vawi li vel minute hnih chhung zel tuisa in dep rawh. A deh nan puan fai tak hmang ang che. Hliam pun chu a awmna azirin tui lum, tuisen nena pawlh emaw, sahbawn nen emaw a pawlhin chiah rawh.
- A pun awmna lai chu hahdam takin chawlh tir rawh. A theih chuan lu aia sangah kam rawh.
- A pun chu a nasat viau chuan Sakawrekhrick danna in chiu la, a nih loh chuan Penicillin eng chi ber emaw eitir rawh.

HRIATTUR PAWIMAWH TE

I hliam hmuam hma chu a rim a chhiat a, thil tui sen dal tak emaw, buang deuh vut rawng ang tak a lo chhuah chuan leh a lo hnam bawk a, a vela vun te chu a lo dum deuh a, a tui hnam te pawh a lo phuan deuh a nih chuan natna hlauhawm tak GANGRENE an tih chi chu a kai a ni thei, chuvangin

damdawi lam thiam panpui vat ang che.

HLAUHAWM KHAWPA HLIAM PUN MAI THEI CHI TE

- Hmanraw bawlhhlawha inhliam te. hliam bawlhhlawhte.
- Vunpui chat khawpa hliam leh thuk te.
- Hliam thuk tak hmuamhma zau silo leh thi pawh chhuak mang lo te.
- Ranvulh dahkhawnma hmuna inhliam te (Bawng seh, vawk seh, sakawr seh, etc.)
- Tisa thler emaw, tisa sawm nuaih a inhliam te.
- Seh pem te, a bik takin mihring te, vawk te leh ui te.
- Silai mu hliam te.

Pun hlauhawm bik te enkawl dan

1. Sahbawn leh tui thianghlimin hliam chu fai takin sil rawh. Bawlhhlawh

them nawi te leh thi khar te a awm chuan thian fai vek rawh. A phuh ser ser na ang chi a awm chuan a thuahfai nan hmang la, a fai tha duh bik a ni.

2. A theih chuan tuisen tuia pawlhin a hliam lai chu chiah rawh. Tuisen pawlh zat chu thirfiante khatah tui baltin khat pawlh tur. Rei tawh chiah la, hruk hul hnuah Gentian Violet hnawih rawh. Gentian violet aiah Penicillin hnawih chi pawh a hman theih a ni. Damdawite hnawih hnuah chuan Bandage thianghlimin tuamrawh.

3. Hliam chu a thuk hle emaw, seh hliam emaw a nih chuan a hliam chhungah chuan bawlhhlawh a la chambang mai thei a, chuvangin a enkawl nan Antibiotics ei chi nen tangkawp rawh. Entir nan:- Ampicillin ei chi emaw, Tetracycline emaw eitir tel

rawh. Tin, hliam chu a nasat hle a, a pun nasat tawh chuan Penicillin inchiuna ei chi aiah hmang rawh. Sulfa ho pawh hi an tha tho a ni. Damdawi chu a pek tawh i hriat theih nan damdawi chanchin ziahna en rawh.

Hetiang hliam hi chu tih chip loh tur a ni. Tin. hliam chu tuam loh a tha zawk bawh a ni. Mahse sakawrekhrik danna a chiu a nih lohva, hliam chu a nasat hle si chuan Penicillin emaw Ampicillin emaw chak tawh lakin hapta khat chhung pe rawh, atul chuan chu aia rei pawh pe rawh.

Sakawrekhrik dan nan hian a tih chuan Tetanus toxiod pawh hnian mai tur a ni, mahse a hman danah fimkhur hle a ngai a, chuvangin hman a nih dawn chuan a hman dan, damdawi chanchin ziahna a mi chu ngun takin chhiar hmasa ang che.

An khaw tlangau kha a han nikhua lo mai mai khawp a... "Nizan a, mitthi awm anga kan rawn puan kha, Ration buhfai sem tur a ni zawk e..." te han ti mai mai a.

BA | HINNA

A hnuaiia registration no. tarlante hian kum 2017 atangin Hriselna chanchinbu lak man in pe tawh lo va, Dec. ni 19, 2019 ral hmain pe ngei tura hriattir in ni. Hun tiam ral hmaa pe lote chu thawn in ni tawh lo ang. (Pek zat tur : 2017-2019 = ` 220/-)

KP1	KP9	KP20	KP39	KP41	KP43	KP44	KP45
KP46	KP47	KP48	KS5	KS7	KS8	KS9	KS21
KS30	KS37	KS38	KS39	KS45	KS47	KS48	KS49
KS54	KS61	KS62	KS67	KS71	KS82	KS83	KS84
KS85	KS86	KS87	KS91	KS92	KS105	KS106	KS107
KS112	KS117	KS120	KS130	KS135	KS139	KS142	KS143
KS144	KS146	KS150	KS153	KS156	KS158	KS159	KS160
KS161	KS163	KS173	KS176	KS179	KS180	KS181	KS183
KS184	KS186	KS187	KS188	KS190	KS191	KS192	BT3
BT9	BT2	BT3	BT8	VB	VB	VT5	VT6
VT27	VT28	VT29	VT30	DL4	DL6	DL8	DL30
DL31	DL35	DL45	DL49	DL51	DL52	TT21	TT22
TT24	TT33	TT39	TT52	TT56	TT57	TT60	TT63
TT70	TT71	TT72	TT73	TT74	TT75	TT77	TT78
TT79	TT80	TT81	TT82	TT84	TT85	TT86	TT87
TT88	TT90	TT91	TT92	TT93	TT94	TT98	TT99
TT100	TT102	TT106	TT107	TT110	TT111	TT112	TT115
TT116	TT117	TT126	TT129	TT131	TT134	TT136	TT137
TT139	TT140	TT145	TT146	SC1	SC21	SC70	SC73
SC75	SC76	SC79	SC85	SC91	SC93	SC98	SC115
SC121	SC128	SC129	SC137	SC141	SC150	SC156	SC167
SC170	SC172	SC173	SC174	SC175	SC176	SC177	SC178
SC179	SC180	SC191	SC193	SC195	SC196	SC197	SC198
SC199	SC200	SC203	SC204	SC205	SC206	SC208	SC213
SC214	SC215	SC218	SC221	SC222	SC223	SC225	SC228
SC231	SC233	SC234	SC236	SC240	SC243	SC245	NV6
NV9	NV0	NV1	NV2	NV3	NV4	NV5	TZ8
TZ9	TZ5	TZ8	TZ22	TZ23	TZ24	TZ25	TZ26
TZ27	TZ28	TZ31	AB8	AB9	AB22	AB33	AB30

AB32	AB33	AB35	AB39	AB40	ST-6	ST-30	ST56
ST58	ST59	ST66	ST68	ST74	ST-75	ST82	ST88
ST84	ST88	ST89	ST90	ST92	ST94	ST97	ST100
ST108	ST104	ST105	ST106	ST108	ST-111	ST-112	ST-113
ST-116	ST-117	NP3	NP6	NP21	NP24	NP31	NP40
NP41	NP42	NP43	NP44	NP46	NP61	NP67	NP68
NP69	NP72	NP74	NP75	NP76	NP78	KZ0	KZ5
KZ6	KZ6	KZ-31	KZ-41	KZ42	KZ44	KZ47	KZ49
KZ50	KZ51	KZ53	KZ56	KZ57	KZ58	KZ62	KZ64
KZ69	KZ70	KZ-71	KZ73	KZ77	KZ78	KZ81	KB8
KB6	KB0	KB42	KB43	KB52	CP5	CP6	CP7
CP8	CP9	CP26	CP27	CP40	CP43	CP52	CP55
CP57	CP59	CP69	CP70	CP-71	CP-72	CP-73	CP85
CP92	CP93	CP94	CP95	CP-102	CP-106	CP-110	CP-116
CP-127	CP-133	CP-138	CP-152	CP-153	CP-155	CP-158	CP-161
CP-163	CP-165	CP-177	CP-185	CP-188	CP-190	CP-195	CP-196
CP-197	CP-198	CP-201	CP-202	CP-203	CP-205	CP-206	CP-207
CP-208	CP-210	CP-212	CP-213	CP-214	CP-216	CP-217	CP-218
CP-220	CP-221	CP-222	CP-223	CP-227	CP-229	CP-230	CP-232
CP-234	CP-237	CP-240	CP-245	CP-274	CP-276	CP-278	CP-280
CP-282	CP-291	CP-299	CP-300	CP-301	CP-302	CP-303	CP-308
CP-309	CP-310	CP-312	CP-313	CP-315	CP-316	CP-317	CP-318
CP-319	CP-320	LD5	LD7	LD9	LD-11	LD23	LD29
LD32	LD35	LD36	LD37	LD38	LD39	LD42	LD43
LD44	LD46	LD47	SR9	SR-19	SR-21	SR24	SR29
SR-32	SR-35	SR36	LP1	LP0	LP-11	LP13	LP16
LP-17	LP-20	LP25	LP27	LP28	LP29	LP30	LP31
LP32	VP3	VP4	VP5	VP5	VP6	VP7	VP44
MM8	MM0	MM5	MM41	MM45	MM45	MM47	MM48
MM49	MM40	MM41	MM42	MM48	MM45	MM47	MM40
MM42	KT3	KT7	KT-11	KT5	KT6	KT8	KT9
KT22	KT24	KT30	KT-31	KT32	KT36	KT40	KT42
RK5	RK9	RK-0	RK-11	RK-3	RK-5	RK-6	RK-8
HT-11	HT-6	HT-29	HT-33	HT-37	HT-52	HT-57	HT-58
HT59	ZT2	ZT8	ZT-5	ZT-9	ZT-26	ZT-30	ZT-31

ZT32	ZT34	ZT50	ZT55	ZT60	ZT61	ZT76	ZT85
ZT88	ZT89	ZT91	ZT95	ZT96	ZT97	ZT100	ZT102
ZT109	ZT116	ZT117	ZT118	ZT119	ZT120	ZT121	ZT122
ZT124	ZT126	ZT127	ZT129	ZT132	ZT133	ZT134	LL1
LL2	LL11	LL12	LL36	LL27	LL34	LL47	LL52
LL53	LL54	LL56	LL61	LL70	LL75	LL76	LL79
LL86	LL100	LL109	LL112	LL114	LL115	LL121	LL123
LL125	LL129	LL132	LL133	LL134	LL135	LL136	LL171
LL173	LL176	LL178	LL179	LL183	LL187	LL188	LL199
LL202	LL205	LL217	LL228	LL229	LL223	LL228	LL229
LL232	LL238	LL239	LL240	LL249	LL254	LL261	LL262
LL263	LL264	LL266	LL267	LL268	LL269	LL271	LL272
LL275	LL277	LL278	LL279	LL281	LL282	LL283	LL285
LL285	LL290	LL291	LL292	LL293	LL294	LL295	LL299
LL300	LL301	LL302	LL305	LL317	LL325	LL328	LL330
LL331	LL335	LL338	LL340	LL341	LL344	LL348	LL349
LL350	LL352	LL353	LL354	LL355	LL357	LL360	LL361
LL362	LL363	LL364	LL366	LL367	LL368	LL370	LL371
LL372	LL374	LL379	LL381	TB5	TB7	TB8	TB9
TB2	TB3	TB4	CT22	CT23	LT8	LT46	LT48
LT53	LT56	LT57	LT62	LT70	LT72	LT75	LT76
LT77	LT78	LT79	LT80	LT82	LT85	LT98	LT100
LT102	LT109	S11	S17	S114	S115	S117	S128
S140	S141	S142	S143	S148	S150	S151	S152
S153	S155	S160	S162	S163	S164	S166	S168
S169	S172	S173	OT79	OT80	OT91	OT92	OT102
OT140	OT148	OT164	OT165	OT179	OT180	OT181	OT188
OT220	OT221	OT224	OT226	OT230	OT240	OT242	OT243
OT244	OT245	OT246	OT260	OT265	OT281	OT283	OT301
OT302	OT303	OT304	OT305	OT306	OT307	OT309	OT310
OT311	OT312	OT313	OT314	OT315	OT322	OT324	OT325
OT326	OT327	OT328	OT329	OT337	OT340	OT354	OT369
OT375	OT379	OT380	OT381	OT382	OT391	OT392	OT394
OT398	OT399	OT405	OT407	OT409	OT412	OT415	OT416
OT418	OT421						

THUKHAWCHANG

Pu R.K. Lianzuala (L)

Mi Thaute Pual

Mizo zingah, keimah telin, kawng na thin kan tam sawt hle. Thihpui mai chi ni lem lo-ah chuan hrehawm ve tak a ni! Patling hi khumah kan mu hlei thei lo a, kan mut lahin kan tho hlei thei bawk si lo a, in chung dungah pawh tiang hawl a ngai a, tlawmhlak tak a ni! Kawl laklawh tawh lah hian a duh hun hunah a lo chhuak emaw tih tur a ni a, fimkhur dan pawh a thiam theih tak tak loh. Chawhmeh ban lai tak, hahchhiau, inbual, thutna atanga tho tur ringawt, a then pheih chu puh tur awm miah lovin a lo chhuak ringawt zel. Rit chawi loh, kun vak vak loh tih te hi chu ka theih zawng tak a nia! Mahse kawng na pumpelhna a ni tak tak chuang lo.

A chhan lian tak pakhat chu - duh aiin kan rit ta hlawm a, kan che vel tlem ta bawk hi a ni. Kan hahdam kan tuar tiin a sawi theih. Neurologist (Super Specialist) kan neih chhun, Judy Laldinpuii hian, "Mihring hi zawng chungkuaa mi kan ni a, he chungkaw member dang - zawng, ngau, hauhuk te hi chu an kut leh ke (pali)-in an kal vek. Keini chu kan ke pahnih chauh kan hman bik avangin kawngin taksa rihna zawng zawng a phur ta a, thau na na na chu kawng phurrit chu a lo nasa ta zel a,

na tur a ni" a ti mai a, ka pawm ngei mai!

Thau leh insawizawi chungchanga buaithlak zet pakhat chu, a mamawh apiangin kan peih lo hi a ni! Naupangte hian an mamawh lutuk loh naa, treadmill-ah te hian an kal peih nek a, puitling zingah mamawha inngai, sing tel senga lei, tangkaipui ta viau hi an tam lo khawp thung. In chung khawi laiah emaw a mu mai mai duh khawp a, a chungah eng eng emaw a awm nual chuan hman a hlawh lem lo tih a chiang mai.

Thau leh hahtdam buaithlakna dang leh chu, kan mamawh loh ei kan duh zel hi a ni bawh. Kan hahtdam miao avangin kan ka-a tui tur chuan hmuihmer, mawm, sa lam chite a nih a ngai a, chung chu thau-ah a kal leh bawh si a, khirh tak a ni. Thlan tui senga hnathawkte ka-ah chuan maian bai mai pawh a tui hie thei a, hahtdam ka-ah chuan a ni ve si lo. Kan huat zawng, kan mamawh loh bawh kan ei leh thin.

Thau leh chet vel tlem hi a hrehawm a ni satliah lo a, a hlauhawm. Tun hnaiah British mi thiamten, thau hrim hrim aiin chet vel tlem a hlauhawm zawk a, an zingah thi thut an tam zawk, an ti. Thisen dawt bang chung lama thau-in dawt a hnawh pin chuan thih thut awl tak a lo ni a, hei hi cholesterol sang an ti. Chu chauh a ni lo, taksa peng pawimawh hrang hrang hi thau-in a bawh tam chuan a nih tur ang a ni lo a, a khawlo mai. Helam hi chu ka hriat zawng pawh a ni ta lo!

Dam Nana Kan Mawh

Dam duhin damdawi in kan pan a, tha taka enkawl kan nih theih nan damlo leh mipuite pawhin thu kan awi a tul ve tho. Damdawi in tha apiang hi inenkawl, inkan leh intlawh velah hian a khirh mai niin ka hria. Ka rin danin, damdawi ina kan luh tawh chuan, tumah hi inkan lo ila, theihtawpin min lo enkawl tawp mai se, kan dam hma ber ang! Mahse kan tlin loh tawp tur a ni si. Kan inriahpui, duh hun hunah kan inkan, a that leh that loh pawh hre chiang lovin 'A ei chak ang' tiin duhsakna-in duh duh kan inpe mai emaw tih tur a ni.

ICU-ah damlo chau zualte kan han dah a, a hnaih thei ang berah 'hmangaihtuten' awm khawm kan han turn tlat reng maite hi, a mawhphurtute tan chuan luhaitlak ve tak tur a ni. "Thawm dim ang aw" an han ti a, kan phun ser ser a, a rei deuh a, kan phun sur sur a, nuih ker ker kha nuih kur kurah a chang chho a, 'hmangaihtu hnawksak' te,

'ngaihventu, phurrit ni si' te pawh kan awm thei awm a nia.

Mizo damlo thenkhat chu phaiah an tlanhhia tih thawm ka hre tawh a, 'lainat, duhsak leh ngaihven' an tlin lo a ni. An khawngaihthlak ngawt mai. Damlo ziaawm deuh tawh pawh, Pathianni tlai dar 3 vel atanga kan han kan rawn tak tak chuan, Thawhtanni tukah chuan an zik a ngui leh thin, tihte pawh a awm fo. Kan han kil bial a, kan han be chiam mai a, a thenin fiamthu kan thawh, Visiting Hour a tawp meuh chuan kan hmangaihte hi an bet thlap fo.

Kolkata-a lung damdawi in, Birla-ah khuan inthiama pindanah hmehrik an vuah a, lung na an nih avangin, an buai thut palha hmeh atana vuah a ni. Mizo damlo pakhat ninhlei chuan a han hmet ngawt mai a, rang mangkhengin nurse a lo zuang lut a, ani lah chuan daikal pahin Mizo zial a lo pet kawh ve mai, an ti! Lung na, mei zu lui, ninhlei si! A zialo teh asin.

Hman ni-ah Aizawl Civil Hospital-ah damlo pakhat chu Pro Pastor-in tawngtai se kan ti a, Nurse duty chuan, "Min hre thiam ula, tawngtai pawh hi rem kan ti vak tawh lo a, mi maimitchhin hlana lukham hnuai dap maite an awm fo tawh avangin..." a ti a, zahawm ka ti a, zahthlak ka ti bawk. Tawngtai ngam lohna khawpin damdawi inah pawh kan lo huangtau ta a, tawngtai lai chuhin damlo kan rawk fo a lo ni reng mai.

Heng zawng zawng lo dawl zo tur leh, duhsak taka lainatna nena min enkawl dam thuai tura kan Doctor, Nurse leh thawktu dangte hi kan beisei a nih chuan, keini, mipuite pawhin thuawih, inthunun leh damdawi in dan zawm te i tum ve ang u. (He article hi MGDA Annual magazine 2018 a mi chhuahchhawn ani a, chhuahchhawn phalna min pe tur Editorial Board te chungah kan lawm hle) Ed.

KEIMAHNI

- ◆ October ni 10, 2019 khan Mizoram College of Nursing, Falkawnah World Mental Health Day hman a ni. Thupui ah Focus on suicide prevention tih hman a ni. He day hmanna hi Dr. Lalmalsawmi, Jt. Director (H&ME) kaihruiin Dr. F. Lallianhlira, Principal Director, H&FW in hmanpuiin rilru hrisel neih pawimawhna leh rilru lam natna hrang hrangte enkawl hi nasa lehzuala kan kalpui a ngaih tawh thu a sawi. Thupui behchhanin Dr. Ruth Lalmuanpuii, Psychiatrist leh Dr. Robert L. Khawlhring, State Nodal Officer, National Mental health Programme ten Mental health Chungchang sawiin zirtirna an pe bawk.
- ◆ October Ni 1, 2019 khan Chief Minister Pu Zoramthanga'n Mizoram State Health Care Scheme chu Mipuite hman theih turin a hawng. He hun hi Chief Secretary Pu Lalnunmawia Chuaungo, IAS in a kaihrui a, Dr. R. Lalthangliana, Health Minister chu khuallian a ni. Health Care Scheme huam zau zawk hman theih tur a hawna inkhawmah hian Pu C. Lalrinsanga, Agriculture Minister, Pu K. Lalrinliana, Food, Civil Supplies & Consumer Affairs Minister, Pu Lalruatkima, I&PR Minister, Pu TJ Lalnuntluanga, Law Minister leh Mizoram sawrkar hnuaih department hrang hranga senior officer chin te an tel a ni. Mizoram State Health Care Scheme (MSHCS) hnuaih hian ` 2,00,000/- thleng admit ngai natna tam ber leh OPD-a inenkawlina mhenkhat bill theihna a awm a, Sawrkar a Damlohna avanga inenkawlina senso Bill ve thei lo te chu he scheme ah hian an tel thei a, November 2019 thleng he scheme a in zialuh theihna hun hi hawn a ni.

◆ October ni 14, 2019 khan Cancer natna leh natna benvawn leh khirkhan zual, dam beiseiawm tawh lo ten an hun hnukung lama na hrehawm tak an tawrh lohna tura enkawl na programme pakhat Programme for Palliative Care (NPPC) chuan Taxation Auditorium, New Capital Complex-ah World Hospice & Palliative Care Day Dr. ZR Thiamsanga, MLA Vice Chairman, Health & Family Welfare Board ho in an hmang. He hun hmanpui a thusawitu Dr. ZR Thiamsanga, MLA chuan "Palliative Care pawimawhna hian hriat a la hlawh lutuk loh avangin sawrkar pawhin hemi kawngah hian nasa lehzuala tan lak a tum a. Kum thar atang chuan state pumah pawh changlung zawka kan kalpui theih i beisei ang u" tiin "Hemi kawnga thathawh ngaihna apiangah Mizoram sawrkar chu a inhawng reng a ni," a ti.

◆ October ni 19, 2019 khan Dr. R. Lalthangliana, Health Minister chuan ` . 108.97 lakhs seng a sak Primary Health Center, Thingsai chu a hawng. He hunah hian Dr. ZR. Thiamsanga, MLA bakah Official thahnem tak an tel. He PHC hawn tharah hian Medical Officer dah ngheh nghal niin July 2019 atang khan Dr. Betty Laldintluangi post a ni a. Tun dinhmunah Staff Nurse pathum (3) leh fourth grade pahnih (2) an thawk mek ani.

◆ Pu H. Lalduhawma, District Extension & Media Officer, Champhai Chief Medical Officer Office a thawk chu October thla atang khan Directorate of Health Services, Dinthar, Aizawlah State Mass Education & Media Officer (SMEMO) charge la turin a hna thar a rawn zawm a, thawktute kan phuisui pahin lawmawm kan ti hle. ■