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Editorial

Sik leh sa a inthlak zel a, hei tunah hian fur kan lo thleng leh titih der mai chu a ni a. Hetih hunlai hi Zoram hmun hrang hranga natna neuh neuh hluar duh hunlai a ni a, a bik takin sikserh natna a tam duh hunlai a nih avangin mi tin te kan fimkhur a pawimawh tak meuh meuh a ni.

Awle, tun ang fur hunlai hi chuan Zoram hmun hrang hranga PHC te chu an lun leh hle dawn tih a hriat reng mai a, a chhan chu Malaria natna hian min tihbuai em \hin vang a ni. Kumtin mai hian hetiang hunah hi chuan Malaria natna hian chungkaw tin mai hi min tibuai ziah \hin a ni tih chu hre \hin mah ila, a pumpelhna tur lam hi kan ngaihthah fo \hin niin a lang. Tichuan, he natna chimawm tak pumpelh tura kan tih tur heng DDT a kan mutna pindan kah tir, kan in leh a vela thosi inthlahpun theihna awm chi, tui tling tih bo te leh zan mut dawna thosilen uluk taka zar \hin te hi ngai pawimawh \heuh ila chuan kan buaina fo hi kan pumpelh ngeiin a rinawm.

Tin, hetiang fur tuitlak lai hi kaw\halo leh hritlang khawsik tam duh hun lai a nih avangin heng natna \hehdarh \hintu ber THO laka kan fimkhur a pawimawh hle a ni. Kan ei leh in tur kan vawn danah kan fimkhur a ngai em em dawn a ni. Chuvangin kan tui in tur te chhuangso tha ila, kan ei tur te tho bawm theihloh tura kan vawn thianghlim hi heng natna laka kan fihlim theih dan tur chu a ni tih hre reng ila, tin, thei tharlam awm pawh a hun chho leh tan ta a, heng theirah te hi kan ei hma in fai taka sil hmasak phawt thin tur a ni, sil loh chuan ei mai mai ching lo ila. Hetianga a chungka kan sawi tak te anga kan fimkhur phawt chuan heng natna min tibuai thintu lakah hian kan fihlim deuh ngei ang. ■

**KAWTHALO DONA HAPTA “INTENSIFIED DIARRHOEA
CONTROL FORTNIGHT(IDCF)”
28th May – 8th June, 2019**

Dr. Hmingthanmawii,
State Programme Officer
Reproductive & Child Health
Government of Mizoram

India ramah kawthalo hi naupang thihna chhan 10% lai niin kumtin naupang Nuai khat te chu kawthalo vangin an la boral mek a ni. Kawthalo leh kawthalo vanga thihna hi pumpelh theih a nih laiin, ram chhungah thihna a la thlen cheu si avangin, nasa zawka kawthalo dona hapta “ Intensified Diarrhoea Control Fortnight (IDCF)” hi India ram pumah kum 2014 atang khan kum tin lo kalpui thin a ni a. Kumin 2019-ah pawh 28th May – 8th June 2019 chhung hian hman tur a ni.

**Kawthalo kan dona tura
“Venhim, Pumpelh leh
enkawl” dan:**

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

Eng nge he Venhim, Pumpelh leh enkawl tura kan tihtheihthe chu:

I. Venhim:

- a. 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)
- b. Naute chu 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.
- c. Vitamin ‘A’ eitir thin tur a ni. Hei hi hridanna lak zingah pawh a tel a. A hun taka Vitamin ‘A’ eitir thin hian naupang thihna 12% ngawtin a ti hniam thei a ni.

II. Pumpelh:

a. Hridanna lak that: Sentut laka hridanna bakah nakin lawka kan hman theih tura beisei kawthalo thlentu Rota virus laka hridanna te

b. Tui thianghlim chauh in thin tur a ni. Kan tui in hi a fai ringawt tur a ni lova, a thianghlimin natna hrik a nei lo tur a ni. Hei vang hian tui tihthianghlim sa thlen theih lohna hmun kilkhawr zawkah chuan, tui 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.

c. Sahbawn nena kut fai taka sil thin tur a ni. Hei hian kawthalo kai theihna 31% laiin a ti hniam 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 thin tur a ni.

d. Ekinah ngei inthiar tur a ni a, mihring/ran ek leh bawlhhlawh dangte felfai taka paih thin 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 ti hniam a ni.

III. Enkawl:

a. Oral rehydration solution (ORS): kan hre lar hle awm e. ORS hian kawthalo avanga taksaa 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 tlakchamna 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 ti hniam thei a ni.

b. 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 ti hniam a ni.

c. 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 bithliah a 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 ¼ atanga No ½ (50-100 ml) pek tur a ni.
- Kum 2 atanga kum 5 – an ek zawh apiangin No ½ atanga 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 thatloh tirh te atangin a that hun thlengin an ek zawh apiangin pek ngei ngei tur a ni.

ZINC: Zing chu nitin vawi khat ni 14 chhung pek tur a ni a. Naupang kum bithliah a pek dan hetiangin:

- Naute thla 2 atanga thla 6 – zinc mum ½ (10 mg) tui thianghlim emaw nu hnutetui emaw ah 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 khaw\halo tan a thlawin sawrkar damdawi in/Sub-Centre/ORS-Zinc Corner-ah te a dawn theih a ni.

Engtin nge Kawthalo chu a in thehdarh theih?

Kawthalo hi a tam berah chuan kan invawnfai tawk loh vangin kan nei chaw k a. Inthiarna mumal nei si lova remchang tihna hmun apianga han inthiar mai te hian, ek atangin kan ei leh in turah natna hrik te awlsam takin a kai theih thin 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 baw a. Ke lawnga pawna vah mai mai te hi a thehdarhna kawng ho te a ni baw. Kan thil ei tur reng reng tho leh rannung dang ten an bawm theih tura kan khuh thatloh leh kan ei dawna kan silfai loh hian, kawthalo thlen theitu natna hrik kan lo ei tel reng thin baw.

Eng nge taksa Tui tlakchhamna (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, chu chuan taksa bung pawimawh hrang hrang a khawih thei thin a ni. Naupang kawthalo 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 kawthalo chuan taksa tui tlakchhamnana a nei tih kan hriat theih ang?

A tirah chuan a tui a hal huam huam ang a, 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 piyai/sawk ila, a pangngaia rang taka mar thin kha, zawi muangin a mar ve chauh ang.

Naupang kawthalo ORS leh Zinc-a enkawl mek chu a hnuai tarlan te a nei a nih chuan damdawiinah kalpui vat tur a ni.

1. Ziaawm lam a pan loh chuan
2. Tui in theilo/hnute hne theilo
3. Eka 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 thatloh chuan
8. A kaih chuan
9. A zawi ngei nguai / nikhawhrela awm chuan

10. Naupang \han\hu, chawtha hmu lo (Severe malnutrition) a nih chuan.

Kutsil 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 kutzungtang leh a inkar zawng zawng te uluk takin nuai leh ang che.
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 kawthalo do turin tan la ila, kan tih tur te kan tih a, kan chin loh tur te kan chin loh baw a, mahni theuh leh a huhova 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 ngeiin a rinawm. Chutiang ngei tur chuan he IDCF 28th May– 8th June, 2019 chhunga hman tur hi hlawkpui turin i lo hmang tangkai theuh ang u.

Mawitea huang

* “ Ka pu, sipaia in tan lai khan ral inkap ve thin em?” an ti a, ani chuan, “ E... kap ve thin teh reng mai, \umkhat phei chu Pakistan sipai nen nili ngawt mai kan inkap a kan silaimu ken zawng zawng pawh kan kap zo vek alawm” a ti a, “ chu engtin nge in tih tak a?” an tih chuan, “ Ele,thianpa Hranga hi tawngkam thiam ngang a ni baw a, hmelma ho silaimu a zuk puk teuh mai mawle” zuk ti a!!!

@ “ Ka thian tha ber i ni emaw ka ti a, engati nge ka nu thih khan i lo kal loh?” a ti a “ Ka buai lutuk alawm, i pa thih hunah ka lo kal ngei ngei tawh ang” zuk ti a...

HERPES-MIZOVIN AWMVEL KAN TIH HI ENG NGE NI?

Herpes hi natna chikhat, virus vanga awm a ni a, chi hrang tam tak a awm a, durh leh pⁿ na tak a awm tir \hin a ni. 'Herpes Simplex' hi herpes chikhat niin hmu (Oral herpes) leh kap (Genital herpes) bawrah durh thak tak a lo awm a, chu chu a keh hnuah lo pⁿⁱⁿ, a na thei hle a ni. 'Herpes Zoster' hi herpes chikhat tho a ni a, tangseh (chicken pox) leh awmvel (Shingles) a awmtir ve thung a ni. Heng natna hi chu taksa khawi hmunah pawh a awm thei a ni. Tun \umah hian he natnain kan taksa a thawh dan tur pawimawh zual tlem kan sawi dawn a ni.

NATNA HRIKIN A KAIHNAWIHTE:-

A awm \an dan (Primary Stage) : Natna hrik kai a\anga ni 2-8 velah taksaah durh te tak t> t> a lo awm a. A durh na lai te hi rawn senin, vun a za mer mer a, \henkhatah phei chuan a sa huam huam \hin. A durh hi a keh awlsam a, a keh tawh chuan p^{nah} a insiam nghal mai \hin. A awmna hmun azirin zun zawngten a na thei a, chu mai bakah khawsik, \hal \hoh leh chau ngawih ngawih ten a awm theih bawk a ni. A vei rei zual te chu a na lai (eg., hmai, hmoi, etc) kha a hmel hmang a ti danglam thei a ni.

Heng durhte hian hriatna thazam kawng a zawh a, hmoi lama awm a nih chuan mit a khawih tel thei a, mitdelna hial a thlen thei a ni. Chumai bakah thluak a thlen phei chuan 'Herpes Encephalitis' (Thluaka natna lut) an tih, nunna atana hlauhawm tak a awmtir thei a ni.

Natna lan loh hun (Latent Stage) : Taksa pawn lama pan leh durhte kha lo damin natna dang engmah a awm tawh lo va. Mahse, hemi hunah hian virus chu vun a\angin hriatna thazam, zangruh velah a insawn ta a ni.

A \aidarh dan (Shedding Stage) : Zangruh vel a\angin

a hrik (virus) chu hriatna thazamah chuan a inthlah-pung a. Chilah te, chi (semen), chikawng tuihnangah te (vaginal fluids) a lut a, hei vang hian inkaichhawn a awlsam hle a ni.

AWM NAWN LEHNA (Recurrences):-

Herpes natna hi dam vek nia a lan hnuah durh leh pⁿ te a rawn awm thar leh thei a. Mahse, a hma ang ema na chuan a awm tawh lem lo a ni. Hnathawh rim avanga chauh lutuk te, nilum ai nasat avang te, thi hul dawn avang tein a rawn awm nawn leh thei a ni. A awm nawn leh dawn chuan a hmaa a lo awm tawhnaah khan a za mer mer ang a, thak na deuhten a rawn awm \hin a ni.

INKAICHHAWN THEIH DAN :-

Herpes natna veiten mi dang an kai ve loh nan infawh emaw thil dang inhman \awm loh hram a \ha. Inkaichhawn a awlsam em avangin nupa nun hman dan pawhin condom hman ngei tur a ni. Chu chuan inkaichhawna pawh a ti hniam thei a, mahse pⁿ leh durh chu

condom-in a khuh vek theih loh chuan nupa nun hman loh hram a \ha. He natna hi taksa hmun khat a\angin hmun dangah a kai theih a ni, entir nan-kap a\angin kutah, kut a\angin mit emaw taksa peng dangah. Kan hriat tur pawimawh tak chu taksaah natna hnuhma a awm tawh loh pawhin a inkaichhawn theih tho a, hei hi a bikin kap bawra veite a\angin kai a awlsam leh zual a ni. Nuin natna a vei chuan a fa chu a hrin hunah a kai thei bawk a ni.

A ENKAWL DAN:-

Herpes natna hi a tihdam nan damdawi bik a awm lem lo va, mahse a dam chakna atan chuan 'acyclovir' (brand name: Zovirax) damdawi mum hi a \ha hle a ni. Acyclovir cream hi primary stage leh recurrence laia pⁿah chulhin a ngeih hle bawk. Famciclovir (brand name: Famvir) leh Valacyclovir (brand name: valtrex) te pawh hi damdawi \ha tak an ni bawk.

A chung a kan sawi tak ang khian a enkawlna damdawi

hmuhchhuah a la ni chiah lova. Amaherawh-chu, nachhawkna te, acetaminophen (brand name : Tylenol) leh ibuprofen (brand names : Advil, Motrin, Nuprin) te hian na a ti ziaawm hle a. A pⁿ laiah puan vawt emaw lum pip pep han dah te pawn a ti ziaawm ve hle a ni. | henkhat chuan vur tih sawm kha sarangah thunin an dep \hin bawk. Tui lum che chein inbual a \ha. (Hmeichhe tan chuan inbual zawh lamah chawhtawlh, kha a ti ziaawm ve thei a ni.) A na lai chu fai taka enkawl tur a ni a, a hul reng tur a ni. Kuta khawih palh pawn taksa danga a kai loh nan ngun taka silfai vat tur a ni.

NATNA VEITE ZAWM TUR:-

Thei rah leh thlai lam chi ei tam hi a \ha a, protein

tamna-arsa, sangha, bawng-hnute, etc hi ei tam a \ha hle bawk. Mei zuk leh zu in te hi pumpelh hram tur a ni a. Caffeine telna (thingpui, coffee, damdawi, etc) te hi a tlem thei ang ber hman tur a ni. Nisa hnuai a awm rei lutuk loh tur a ni a, sunscreen lotion hman ngei ngei tur a ni a. Taksa sawizawina lam regular taka neih tur a ni a, amaherawh-chu, taksa rim lutuk tur ven nan hahchawlh a pawimawh bawk a ni.

Kan han sawi tak ang khian herpes natna hi inkai awlsam tak a ni a, a inven dan te chiang taka hriat erawh chuan hlauh tur phei chu a awm lem lo a ni. A tlangpuiin kum upa lamin an vei deuh ber a, naupang zingah chuan a vei sawi tur chu an tam lem lo hle a ni.

Mawitea huang!

❖ A nula rimnaah hrui tawi te hi a keng ve ziah mai a, a chhan an han zawh chuan, 'Khaw chin enna a nih hi, he hrui hi pawnah khai ila, a inthen chuan thli a thaw tihna a ni a, a lo huh chuan ruah a sur tihna, a ro vang chuan khua a \ha tihna, a hmuh theihloh erawh chuan zan tihna a ni leh mai.....a \angkaina hi an la hmuhchhuah belh zel.....' a ti a, nula nu lah pa chuan an ngaisang em em mai a!!

INDIAN PUBLIC HEALTH STANDARDS (IPHS) GUIDELINES FOR SUB-CENTRE

(Sub-Centre in mipui a enkawl zat leh thawktu mamawh dan)

Dr. Zorinsangi
MBBS, MPH, SNO (Training)
Directorate of Health Services

Indian Public Health Standard (IPHS) Guidelines hi Ministry of Health and Family Welfare in India ram pum pui a Sub- Centre ten rualkhai taka hna an thawh theih nana kaihhraina a duan a ni a, a bu thar ber, tuna ram puma kan hman mek chu 2012-ah revised (ennawn) a ni a. Sub-Centre te hi mipui hriselna lam hawi a inenkawlna, mipui ten an dawn theihna hnai ber/hmasaber a nih avangin sorkar pawhin a ngai pawimawh em em a ni, kaihhraina dan chipchiar tak a duang chhuak nghe nghe a ni.

Khaw tinh Sub Centre hi din tur/theih a ni em?

IPHS kaihhrainaah chuan Sub-Centre pakhat hian mi sangga (5000) tal enkawl tur anga duan a ni a. Amaherawhchu Mizoram ang tlang ramah te, tribal awmna leh thlaler ramah te chuan mi sangthum (3000) tal awmnaah din theih a ni.

Sub Centre chi hnih a awm thei a, chungte chu:-

Type A Sub Centre
Sub- Centre thawh pangai ang thawk vekin nau neihna

(labour room) a awm ve lo va, a tlangpuiin Primary Health Centre (PHC), Community Health Centre (CHC) leh District Hospital (DH) bul hnai a Sub Centre awm te, a nih loh pawn khawpui emaw, district headquarter huam chhunga awm te hi Type A a ni.

Thawktu awm tur zat

- Auxiliary Nurse Midwife (ANM) pakhat a awm ngei ngei (essential) tur a ni a, duhthusam (desirable) chuan pahnh

awmin, an pahnih inkarah hna insem in, pakhatin in lamah khaw mipuite a tlawh ang a, pakhatin Sub Centre a nghak chawt ang.

- Male Health Worker pakhat a awm ngei ngei tur a ni.
- Sub-Centre hmunhma enkawl leh tifaitu erawh a nghet lova mamawh chang chhawr chawp tur a ni.

Type B Sub Centre (MCH Sub-Centre)

Sub-Centre hmun laili deuha awm mipui in nau neih nan pawh a an pan, khaw bul hnai a nau neih theihna a awm loh avanga nau neihna pindan nena thuam, thawktu chenna awm nghal te hi Type B Sub-Centre tih an ni. Heng Sub-Centre te hi thla khatah nau sawmhnih tal chhar tur anga ngaih an ni a, nau chharna hmanrua bakah nau piang hlim enkawl na (Newborn corner) neia thuam ni in, damlo khum pahnih nei tel tura ngaih an ni.

Thawktu awm tur zat

- Auxiliary Nurse Midwife (ANM) pahnih a awm

ngei ngei (essential) tur a ni a, duhthusam (desirable) chuan Staff Nurse a nih loh pawh ANM dang pakhat nau sawmhnih thla khata an chhar tlin chuan dah belh theih a ni.

- Male Health Worker pakhat a awm ngei ngei tur a ni.
- Sub Centre hmunhma enkawl leh tifaitu erawh a nghet lova mamawh chang chhawr chawp tur a ni.

Thawktute hnathawh dan tur tlangpui

Sub-Centre a thawktute chuan hriselna lama hmasawanna atan te, natna laka invenna zirtir te leh damlo enkawlten hna an thawk ang a. Khaw mite hriselna dinhmun azirin natna benvawn (Non-communicable diseases) venna leh enkawl na pawh a pe thei tur a ni.

Sub-Centre a thawktu te hi mipui te va pawh tura ngaih an nih avangin, Village Health and Nutrition Day hman te, House visit (in lama tlawh) te,

house to house survey te bakah, khawtlang ni pawimawh leh hun pawimawh hmanpui te hi an hna thawhtur te zinga mi a ni a.

hawn tur a ni. ANM pahnih awmna ah pakhatin Sub-Centre a nghak chawt ang a, pakhatin outreach service tul ang a pe ang.

Sub-Centre-ah hian duhthusam chuan inentirna (OPD) ni tin darkar ruk chung tal, kar khat khat ni ruk chung

(Sub-Centre a enkawlna (services) dawn theih te chungchang thla lehah chhunzawm a ni ang

Mawitea huang!!

- ◆ “Nu i, nizan ka rawm haw laiin ka bengchheng leh viau pek lo maw?” a ti a, a nupui chuan, “Nangmah chu bengchheng hran lo ve, mahse a rawn zawn haw tute kha an bengchheng rapthlak” zuk ti a...
- ◆ A thenawmpa hnenah khan, “Vawiina ka kawng kal lai, naupang hovin kawngchhak atangin lungin min lo vawm ringawt a i fapa pawh a tel ve nghe nghe asin,” tiin a zualko a, ani chuan, “Chu an vawm fuh che elo?” a lo ti a, ani chuan, “Vawm chu vawmfuh chiah lo ve” a ti a. A thenawmpa chuan, “Chuti chu ka fapa chu a tel ve miah lo tihna a nih chu, ani chu tel ve se chuan a vawm fuh em em ang che...” zuk ti a.
- ◆ Ram buai laia an kurtai phur an tamchhawl nasatzia kha hahipin a sawi a, a bul ami chuan “Aw..engati nge in kurtai phurh chu in ei mai loh?” a lo ti a, ani chuan, “E...a ni dawn tak, tunah ka hrechhuak ve chiah...” zuk ti roh a!!
- ◆ Engtin nge savawm chuan a seh reng reng che a?” an ti a, ani chuan “Thing kawrawng a khuai bu hi a lo zen ngur ngura, a mawngah kan pet khanglang alawm mawle” zuk ti a.

Dr. R. Lalhminghlua

uk leh hmuam han tih hian Zopa rilruah chuan meizial, tuibur, sahdah, kuhva te a lo lang nghal a. Kum zabi thar kan kai hnu fe, computer age kan tih \uah hum hnu pawh hian Mizote zingah, hmuam baw, zu baw, \hial baw kan la kuh \ul mai a nih hi. A \hat lohzia lah kan hre hne hlei hlui a; mah se sim tum lo kan la awm \euh tho a, hnam luhlul leh tihmawh tak chu kan va ni em!

Meizial, tuibur, sahdah ho hi chu vaihlo a\anga siam-chhuah a ni hlawm a. Chu vaihloah chuan t<r chi hrang hrang a awm a, heng zingah hian Nicotine hi kan hriat lar ber a ni awm e. Meizial tlawn khatah hian nicotine 13-19 mg. vel zel awm anga chhut a ni a. Nicotine hi meizuk min 'addict' tirtu ber a ni.

Meizukin kan taksa peng hrang hrang a tihchhiat dan lo thlir thuak thuak ila:

A. Chuap : Mi thiamte chhut danin chuap cancer za zela 95 te hi mei heh tak vek an ni. Mei khu kan hipluh khan kan chuap a tibal a; khuh benvawn, ^wm na, thaw-hah leh cancer-te kan lo neih phah ta \hin a ni.

B. Lung : Lung natna leh heart attack kan tih zatve vel hi meizuk vanga awm a ni e, tiin mi thiamte chuan an chhut a, meizuk vangin thisen zamte an lo sawng te a, hei hian thisen sang a awmtir a, fuke hmawr rawp rote a thlen thei a, chu mai bakah taksa pangkhing zenna hial a thlen thei baw.

C. Pumpui : Vaihloa t<r awm Nicotine hian pumpuia th<r a tihchhuah hnem avang leh th<r pawlhdal thei tihchhuahna a tihtawp theih avangin pumpui na a siam/tizual \hin.

D. Vun : Oxygen tlakchham avangin vun a tiz<r hma a, mi a tilang upa hma \hin.

E. Mit : Khawhmuh a tifiyah lo va, mitdelna hial pawh a thlen thei.

F. Hmeichhia bikah : Pum chungna nau \han a ti\hu a, nauchhiat, thla kim lova thih mai te hi meizu \hin nu zingah meizu ngai lo aiin a letin a tam bik; a chhan chu nuin meikhu a hip luh khan naute an ur \hin vang a ni.

Mi thiamte'n an sawi danin meizial pakhat zuk hian 15 seconds-in nun a titawi thei a ni. Meizutu hian a meizuk khu 3/10 vel a chang a, 7/10 vel hi chu boruakah a zam ral a ni. Nupa in khata cheng dunin a pasalin mei zu sela, a nupuiin a meizuk khu 1/10 vel chu a lo chang ve dawn a ni. Heti a nih chuan meizuk vanga vawi 3 a pasal a dam loh laiin a nupui chu vawikhat a lo damlo ve dawn tihna a ni. Tunah hian khawvel pumah hian kum tin meizuk vangin mi maktaduai thum aia tam mah thi anga chhut a ni.

Kuhva : Kuhva hi pankhawr, kuhva rah leh chinai inchawh pawlh a ni a. Kuhva rah hi Sap

\awngin Arecanut an ti a, amaha dawihlo awm hi 'Aracholine' tih a ni; hei hi taksaa chhiatna thlentu ber chu a ni. Aracholine hian thisen kawng a tibuai a, thlan a titla a, thluakah thawkin mi a tirui a, lungphu rang, BP sang leh lu haite a tichhuak \hin. Pumah chaw paih\awihna tibuaiin kua a ti puar a, pumpui a tip^n theiin kaw\hat lohna a thlen thei bawk; tin, chaw chaknate pawh a tireh thei a ni.

Tuibur leh Khaini : A rim a\ang ngawt pawh hian hriselna atana \ha tur thil a ni lo tih a hriat nghal mai a, ka tuibur/khaini hmuamin ka kam a tipilh, an tih fo \hinte hi a t<r vang a ni a, hetiang kam pilh dam Chiang thei lote hi cancer-ah a lo chang thei tih hriat a \ha. Ka leh hrawk natna/cancer etc. Mizote zinga a tamna chhan chu tuibur kan hmuam vang hi niin mi thiamte chuan an sawi a. Vaiho zingah tuibur hmuam awm lo mah se anni zingah chuan khaini leh thil dang hmuam an tam a, ka leh hrawk vel cancer nei pawh an tam reng a ni.

Kan hriat tur pawimawh tak chu zuk leh hmuam avanga natna tam tak hi ven theih a ni a. Tumah zuk leh hmuam addict sain he khawvelah hian kan lo piang lo va, \hiante'n 'ti ve rawh' an tih vang te, intih eng emaw duh vangtein miin zuk leh hmuam an lo ti \hin. A bik takin zuk leh hmuam simna kawngah hian chhungkua hi a pawimawh hle a. Nu leh pate'n an fate zuk leh hmuam \hat lohzia an hrih \hin a, anni pawh an fate entawn tlaka zuk leh hmuam laka an fihlim phawt chuan zuk leh hmuam hian tun a\anga kum rei loteah chuan kan society-ah hian hmun a chang lo thuai ang. ■

HMARCHAPUI PICKLE

Mamawhte:

1. Hmarchapui Kg chanve.
2. Antam tel 250 ml.
3. Venegar thirfian lian hnih.
4. Asafoetida/hing thirfiante chanve.
5. Chhhawhchhi dip fianlian hnih.
6. Chi al tawk chauh.

Hmarchapui chu silfai la, a hmawr zai kak hlek la, tichuan dah rih la, thirbelah antam tel chu leih la, tlema a lum deuh (a hmuai tur a ni lo) aieng leh chhhawhchhi dip chu thlak la, chi al tawk chauhin telh leh la, chawk la, tichuan telh tur zawng zawng chu telh vek ang che. Hmarchapui chu a zawr hnaph thlengin chawk la. Tichuan tel chu a tlem deuh leh telh belh leh ang che. Tichuan, bur phui takah dah la, meilum bulah emaw nisaah emaw, eng emaw chen pho ang che.

KAL-A LUNGTE (RENAL CALCULUS)

Dr. Lalkhawngaihi Renthlei
M. O (AYUSH)

INDIA rama state lum \henkhat – Rajasthan, Haryana, Gujarat, Delhi leh Maharashtra-ah te chuan Kala lungte awm natna hi a hluar hle mai a, amaherawhchu ram lum lutuk ni si lovah chuan Mizoram hi kala lungte awm ngah pawl tak kan ni mai thei. Kan lungte pai te hi lungflu te lo ni tal se a manhla deuh tur. Sum sen leh na tawrh a ngai a, a awm ngun phei chuan mahni a damdawi inchawh a awl ta viau awm e.

Lungte lo insiam chhan hi 'hei hi a ni' tih chat tur awm lo mahse, hengte hi a chhan ni theite an ni:

- Vitamin A tlakchham hian kal chhunga tui thlitfimna dawtah 'pilh' a siam a, chutah chuan lungte a tang khawma bu a khuar thei.
- Taksaa vitamin A leh vitamin C tlem hian Hyperparathyroidism, Hypercalcemia (thisena calcium tam) leh Hyperuricosuria (thisena uric acid tam) a awm thei a, chu chuan kala lungte a insiam tir thei.
- Parathyroid hormone sang (Hyperparathyroidism) vangin zunah calcium lung a insiam thei a. Heng lungte hi a awm nawn fo thei a. Kala lungte insiam ngun leh lungte awm tam reng rengin parathyroid hi check tir a \ha. A chhan azirin a enkawl dan pawh a danglam daih thei,
- Zuna calcium tam (Hypercalcuria) nei chi chhungkua hi a awm theih a, Inthlahchhawn theih thil ani.
- Cystinuria - zuna amino acid cystine a tamin (pianpui natna).
- Zuna oxalate a tamin.
- Zuna uric acid a tamin (Gout nei te hi uric acid

sang an ni tlangpuia, an tan lungte pai a awl bik).

- Tui tlakchham avang hian kalah lungte a insiam hma.
- Zuna citrate awm zat a lo tlemin.
- Natna hrik a bikin Staphylococcus leh E. Coli infection vangin a awm duh.
- Zun kawng felhlel sa- 'free' taka zun luan theih loh avangin lungte a insiam duh.
- Rei tak khumbeta mu/ mahni a chesawn theilote hian kala lungte an nei duh (entirnan- Zeng),
- Ril vung neiah/.
- Pumpui leh rila zaipui tawk tawh teah.
- Zun tamna damdawi ei nasat avang te.
- Pum damdawi (antacid) calcium atanga siam ei tam avangte.
- HIV damdawi thenkhat avang te.
- Kaih damdawi Topiramate ei nasat avang te.

Lungte pai lan chhuah dan tlangpui:

- A tlangpuiin kum 30-50 inkar in an nei duh a, lungte pai zaa sawmriat (80%) hi mipa an ni.
- Insawiselna tlanglawn ber chu 'Na' hi a ni. Hnung na, kawng na, pum na ang te pawn a awm \hin.
- Lungte \henkhat, entirnan- Staghorn Calculi an tih chuan kal a\anga zun lo chhuahna d^wt chu a hnawh thei a. Chuti chung chuan insawiselna leh na pakhat mah awm lovin a awm theih a. Kal a chhiat \an hnuah chauh te hmuh chhuah an ni fo.
- Lungte avanga kal a vung a nih chuan kal vung chu kutin a dap fuh theih. Chuti a nih loh chuan kala lungte ngawr ngawr hi chu pawn atanga dap fuh chat hi thil har tak a ni.
- Kala lungte chu a cheta, phing lama chhuk a tum/ zun kawnga a tan chuan heng na hi a awm thei.

- Na vin tak, nak nem a\anga kap lama zawh thla (a na lutuka awm nawm ngaihna a awm lo, thlan fimin damlo chu a buala, luak te a chhuakin an luak fo \hin)
 - Na takin, tlem tetein an zung thin.
 - Khawsik te a siam hluah thei.
 - Nak nem vung a awm thei.
 - Zunah thisen/thi khar a awm thei. (Thisen hi a tam ngai lo).
 - Kala lungte hian kal a\anga zun lo chhuahna d^wt a hnawh pin chuan natna hrik awmte chu thisenah lutin nunna tana hlauhawm Septicaemia a awm thut thei.
 - Lungte avang hian zun kawngah hnai a insiam thei (natna hrik awm miah lo paw'n)
- Heng Investigation te hi tih a ngai \hin a ni.
- A enkawl dan tlanglawn te leh a senso zat hi damlo ten kan lo inhmakhua thiam nan (damdawi in awm man, OT luh man leh test chi hrang hrang man tiam lovin) :
- Lung chhut kehna (E.S.W.L)- (ˆ 20000/-vel)
 - Lung chhut kehna (U.R.S.L)- (ˆ 20000/-vel)
 - Zai hawna lak chhuah-Pyelolithotomy (ˆ 15000/-vel)
 - Stent vuah (ˆ 2000/-vel)
- Homoeopathy (AYUSH Dept) lam atanga inenkawl na- Kala lungte awm hi a len dan azir leh a awmna azirin damdawi kan pe thin a – Heng kan damdawi pekte hian lungte chu a tisawm a. Tin, damlo ten tlakchham an neihte puhru in, \ul lo kan lakluh te paih chhuah a, natna do thei tura taksa buatsaih hi Homoeopathy hmanga in enkawl dan a ni.
- Kala lungte awm tih sawmna damdawi hi Homoeopathy-ah hian Mother tinctures hi chi tam tak a awm a, tin, a awm nawn fo loh nan mi mal

taksa dinhmun khaikhawmna- 'constitution' (mihring ruangam, ruhrel len dan a zir, natna pawm hma dan, huat zawng neih a zir leh natna lo neih tawhte) azirin 'potency/dilution damdawi pek a ngai \hin. District Hospital tin leh Civil Hospital Aizawlah te AYUSH damdawi hi a thlawnin sem reng a ni e.

Sumbul, hlonuar, lakhuih-thei hnah leh Mizo damdawi tam tak hlawhtling takin kan lo hmang tawh a ni thei e. Eng nge ei tura ei loh tur te, insum ngai te hi hriat tur. Tin, mahni inchawh mai lo a damdawi hnathawh dan hre zawk leh kal dinhmun endik thiam doctor te rawn nachang hriat a \ha.

Tih turte- Tui tam tak in \hin tur. Sertui (nimbu leh serthlum tui) in \hin a \ha.

Ei/In loh tur te- Calcium, bawnghnute leh bawnghnute a\anga siam thil te, grape-tui, apple-tui, coca cola lampang (soda drinks). Tin, kala lungte awm leh Gout nei kawp (Mizoin mipa ruhseh kan tih hmeichhia pawhin a neih ve theih) tan – Sa-tisen, artui, leh protein tamna thil ei loh a \ha.

Thingtlang lama ni sa hnuaia thlan far zawih zawiha ei zawng, tui in tlem si te tan chuan kala lungte hi neih a awl bik hmel ta tlat. Tui in tam a \ul hle mai. Mizo ten kala lungte kan neih nasatna chhan hi kan kuhva ei tam (thlan chhuak a ti tam) vang te, chi ei tam vangte, sodaa thil bai kan chin vangte hi a ni thei a nia. | ul lova sumsen leh damdawi ei ngai lo hian kan awm thei asin. "Hawh u- i insum deuh teh ang u."

Mawitea huang!!

@ Mizo sipai ramhnuaia an awmlaia an hotupa pakhatin duh zat zat bel inpek a phalsak lai khan tlangval Rongheta khan a kokia arsi in bel tuar kha a paih hlawk hlawk mai a, a chhan an han zawh chuan, "Tui kawh a ti rem lo \et \ut em mai, arsi awm leh awm lo kan lal dan a inang reng tho," zuk ti a!!

THIN THIP DAMDAWI

Heatburn an ti a, keinin 'thin thip' kan ti ve mai a, mahse, a thip lai ber chu kan thin erawh a ni lem lo. Thin chu kan nak dinglam hnuaiah a awm daih! Times of India health section-in a tarlan danin heatburn chu acidity vanga insiam a ni deuh ber a, gastroesophageal reflex disease symptom a ni. Heatburn chu pyrosis, cardialgia leh acid indigestion tite pawhin an sawi \hin. Heatburn an ti a, keinin 'thin thip' kan ti ve mai a, mahse, a thip lai ber chu kan thin erawh a ni lem lo. Thin chu kan nak dinglam hnuaiah a awm daih! Times of India health section-in a tarlan danin heatburn chu acidity vanga insiam a ni deuh ber a, gastroesophageal reflex disease symptom a ni. Heatburn chu pyrosis, cardialgia leh acid indigestion tite pawhin an sawi thin.

Selfcare, Mumbai dintu leh nutritionist Suman Agrawal chuan kan chaw ei ringawt hi heatburn leh acidity siamtu a ni lo, a ti a, " Heatburn chu kan awmbawr chung lam emaw hrawk bul emaw a thip sa deuh hut hut hi a ni a, kan pumah acid a tam lutuk vang emaw kan puma acid te chu chung lamah a innawr chhoh vang a ni thei. Acidity chu kan thil ei dan fimkhur tawk loh vang leh kan pum bawra pressure vang te pawhin a awm thei," a ti.

Thin thip tih reh nan ser pum chanve emaw a tui sawr thirfiante khat emaw leh

khawizu thirfiante khat leh tui lum pep pep no khat chawh-pawlh la, chu chu zing thawh hlima in thin tur a ni.

Ser i ngaina lo a nih chuan grape phoro (raisins) eng (yellow) chi pum 7 - 8 vel zankhuain tuiah chiah la, i chiahna tui chu zing thawh hlimah i in dawn nia. Raisins hian alkaline properties a nei a, kan taksaa acid awm te hi a ti balance thei.

Ni tin balhla pumkhat tal ei la, chu chuan heatburn a ti ziaawm thei.

Basil (tulsi) hnah ei pawhin heatburn a tiziaawm thei a,

luakchhuak ti deuh nghulh leh kawpuar tan pawh a \ha hle. Tulsu hi hritlang tan pawh damdawi tha tak a ni.

Bawnghnute dai pawh heatburn tihrehna \ha tak a ni a, acidity awm tur a veng thei bawk.

Heatburn (thinthip) nei thin i nih chuan zing kara thingpui in loh a tha a, thingpui i in duh a nih pawhin thingpui fe chu chhuang so loin tuisaah chiah zawk ang che. Thingpui fe kan chum so bawrh bawrh hian acid a tichhuak hnem a, heatburn a siam thei.

Chaw ei chak lutuk lo la, muang changin \hial ang che. Rilrua vei nghah lutuk, rilru hah vang te pawhin pumah acid a lo tam a, chu chuan heatburn a siam thei.

Chaw ei kham hlima mut te hian nuam lo a awm duh hle

a, chaw ei kham hlima mut loh theih a \ha a, mahse i mu lo thei lo a nih chuan saisir zawngin, i pang veilam delhin i mu dawn nia.

Zan reia thil ei ching lo la, i ei tur pawh thlang uluk ang che. Zan lama thil ei dawn pawhin pai \awih awlsam chi theirah lampang ei ang che.

Thawmhaw tight lutuk hak loh a \ha ber a, kawnghren te tight lutuka hren loh tur a ni.

Zu in tam lo la, hmuihmer lamah insum deuh la, fried food lam chu ei tam loh a tha ber. Hei hi heatburn siamtu common ber pawl a ni.

Vawi khatah chaw ei teuh lovin, tlem tlemin ei zing deuh zawk mai la, ri\am taka awm loh tur a ni. Kawruak (empty stomach)-a kan awm hian pumah acid a insiam tam thin.

Mawitea huang!!

@ Chawlhni zingah khan an fapa khan, " Pa, chung inkhawm te hi kan hmang ve dawn lom ni? a ti a, a pa lah chuan, " A ngai lo ang, chawei khamah a hmunpuiah kan kal dawn tho alawm" zuk ti sam et a.....

THISEN SANG NATNA LEH MIZOTE

KAN sawi tawh \hin angin Mizote hi kawng hrang hrangah kan \hang chak hle a. Ei leh inah pawh Mautam | ampui tih angreng tihbuai lohvin duh zawng zawng ei thei kan tam ta hle mai. Kan rama Thisen Sang kan tam ta hle pawh hi hemi kaihnhawih hi niin a lang a, nu leh pa la \halai tak tak nunna min laksaktu leh natna tlanglawn tak a ni ta der mai. Amaherawhchu, kan fimkhura kan mi thiamte thur^wn kan zawm \hat peih chuan he natna a\ang hian kan fihlim hlahu thei a ni. Chuvangin kan tan \angkaina a awm hlahu takin he natna hi i han belchiang teh ang u.

Thisen sang kan tih hi Damdawi lam zir mite chuan Hypertension emaw High Blood Pressure tiin an sawi a. Lung (Heart)-in kan taksa bung hrang hranga thisen semdarh tur a pump chhuah lehna tha chak zawng sawina a ni. B.P. kan lak hian a chung lam 'Systolic blood pressure' leh a hnuai lam 'Diastolic blood pressure' tehna zat hi a \hat leh \hat loh sawina ber a ni. Tichuan, dan naranin B.P. chung zawk Systolic kha 140mm.Hg. aia a san a, a hnuai zawk Diastolic kha 90mm.Hg. aia a san chuan thisen sang kan ti \hin a. A chung zawk hi 100mm.Hg. aia a hniam a, a hnuai zawk hi

60mm.Hg. aia a hniam chuan thisen hniam a ni. Thisen hniam natna hi a hranpain a awm lo va, a thisen hniam deuh mahse a hnathawh pangngai a tihbuai loh chuan a pawl lova ngaih mai tur a ni. Thisen sang erawh chu a hlahuawm hle thung a ni.

Tin, B.P. \ha pangngai (normal) tih hi mi hrang hrangah a thuhmun kher lo va, mi \henkhata sang deuh kha mi \henkhatah chuan a pangngai a ni thei. Chuvangin mahni B.P. pangngai hriat a \ul a, hahdam tak leh thlamuang taka awm laia lak thin tur a ni.

Thisen sang hi kawng hrang hrangin a lang chhuak thei a, a lanchhuah dan langsar deuh han sawi ila -

1. Zing lamah hian chal bawr velah lu a na deuh ngut ngut thin.
 2. An zawi em em a, an chau ngawih ngawih bawk thin.
 3. Hnar kawchhunga thisen zam \henkhatte thisen nekna chak lutuk avangin a lo thler a, hnar a lo thi \hin.
 4. An awmbawr (chest) te a lo na vawt vawt a, an thaw te pawh a chham hial thei a ni.
 5. Kal (kidney) a khawih tel chuan, an zun a lo tam a, zarah zun te an chehin an lo thi hial thin.
 6. An khaw hmuh a fiah lo va, an mit pawh a del thei hial a ni.
 7. Thluak lam a khawih chuan, thluakin a mamawh tawk thisen a hmu thei lo va, taksa peng \henkhatte a tizeng \hin. An khawhmuh te a tifah lo va, an \awngte a tibuai in nikhaw hre lovin an let der thin, a nasa zualah phei chuan thluaka thisen zam a lo keha an thihpui mai thin a ni.
- Thisen sang awmtir theitu hi thil tam tak a awm thei a, a lar zual deuh te han sawi leh ila-
1. Thau lutukna - Mi thiamte sawi danin mi thau lutuk zinga hmun thuma \hena hmun hnih zel hian thisen sang an nei a, a bik takin kum naupang lam kawng (waist) bawr vela thau nei tamte hian an vei duh bik a ni.
 2. Chi ei tam - Chi-ah hian thisen tisang thei bawlhlo (chemical) a tel avangin ei tam chuan thisen a tisang thei a ni.
 3. Zu - Zu in hian thisen a tisang hma em em a, Regular taka in thin phei chuan thisen sang an nei deuh nge nge a ni.
 4. Mei zuk - Meizial leh vaihlo a \anga siam chhuah chi hrang hrang sahdah, zarda, khaini te hian cancer leh lung nate a thlen tam mai bakah thisen dawt a tisak a, thisen sang a thlen tam hle tih hriat a ni.
 5. Thau ei tam - Thau lam ei tam hian thisen sang an nei duh hle tih hriat a ni a, a bik takin sathau lam hi a \ha lo zual a ni.
 6. Kum upa - Kum a lo upat hian mihring nih phungah chuan B.P. a lo sang ve hret hret zel a. Hei hi chuan kan ni tin hnathawh leh nunphung a

tihbuai lem loh chuan a pawl
lem lovah ngaih mai tur a ni.

Thisen sang hi awlsam te
a thihpui mai theih leh
piansualna thlen mai thei a nih
lai hian vei mai thei kan ni vek
si a ni. Amaherawhchu,
vanneihthlak takin eng emaw
chen a inven theih bakah a vei
tawhte pawh a nasa zel tur a
ven theih a ni. Invenna atana
kan tih mai theih pawimawh
deuh thenkhat han sawi leh ila-

1. Thau lutuk tur invengin
taksa buk rihna pangngai
vawn tlat tum tur a ni.
Taksa buk rit lutuk emaw
thau lutuk tawh pawh intih
cher tum tur a ni.
2. Chi al lam ei tam lutuk loh
tur.

3. Zu in loh tur.

4. Mei zial bakah vaihlo
atanga siamchhuah sah-
dah, tuibur, khaini, zarda,
etc. tih loh tur.

5. Taksa zawh tawka
insawizawina lam thlah-
thlam loh tur.

6. Sa thau leh sahriak lam
chi ei tam loh a tha.

7. Damdawi thenkhat B.P.
tisang theite a awm
avangin mahni thu a
damdawi lo inchawh leh
duh tawka ei ngawt hi a
tha lova, chuvangin
Doctor-te rawna an
chawh ang taka ei mai hi
a tha ber a ni.

Mawitea huang!!

@ Mawitea te \hian dun ram vak pawh kha savawm lian deuh
mai hian a um a, Mawitea chuan a \hianpa hnenah, "Kap reng
reng suh, in lam panin tlan ngar ngar mai phawt ang," a ti a.
Savawm chuan khaw lam pan chuan a um dun ta chiam mai a,
Mawitea \hianpa hah lutuk, tlawmngai baw si chuan savawm
chu a lo kap let tawp mai a. Mawitea chuan thinrim deuh mai
hian, "Thluak nei lo pa? Khaw daia kah atan ka khek a nih
kha, engtin nge keini pahnih chauhin heta \ang hian kan zawn
haw zawh teh lul ang ni?" zuk ti a!!

GASTRITIS

- Martin Chawngsailova

He natna hi Mizote zingah pawh a tam hle mai a. amaherawhchu 'Gastritis' tih hi Mizo \awnga chiang taka sawina kan nei lem lo a. A chang chuan pumpui l^wng (peptic ulcer) kan tih te nen pawh hian kan hman pawlh deuh \hin niin a lang a, pumpui lawng hi Sap \awnga 'gastritis' kan tih hi chu a ni lo tih kan hriat a \ha awm e. Engpawh nise gastritis chu kan hriatthiam theih dan tur berin pumpui \hat lohna, vunna tih te pawhin sawi ta ila a \ha ber awm e.

Gastritis chu eng nge?

Gastritis hi pumpui natna chikhat a ni a, kan pumpui hian tuamtu 'mucosa' a nei a, chu kan pumpui tuamtu chu natna hrik emaw, damdawi a bik takin NSAIDs leh thil dang eng emaw avang tein a chhe thei a. Kan pumpui hian acid leh enzyme kan thil ei pai \awih nana pawimawh tak mai a siam chhuak a. Tin, thil hngang chi khat 'mucus' a siamchhuak bawk a, hei hian acid-ina kan pumpui ei chhe tur a veng a ni.

Tichuan gastritis hi hlawm hnihah a \hen a ni a - Acute gastritis leh Chronic Gastritis. Acute kan tih chuan na takin, vawilekhatah emaw, rinloh

takin, lo awm thut tih te pawh hrihfiah ila hriatfiah a awlsam mai awm e. Chronic gastritis erawh chu hun rei zawk emaw, a benvawn emaw ti ila a fiah mai awm e. Chronic gastritis hi enkawl \hat a nih loh chuan dam chhung pawn a awm thei a ni.

Gastritis natna nei \henkhatte chuan na leh nawm lohna neuh neuh an dul chung lam pangah nei niin an inhria a, amaherawhchu \henkhat hetiang ang nei ve miah lo pawh hi an awm tho a ni.

Gastritis tih hi \henkhat chuan dul chung lam panga na nazawng leh nawmlohna sawi nan kan hmang fo \hin a. Mahse hei hi a dik vek lem lo

a, natna dang tam tak avangin hetiang harsatna hi a awm ve thei tho tih kan hriat tel a \ha.

Gastritis thlen theitu -

Helicobacter pylori (H.pylori) hi natna chikhat a ni a, Chronic gastritis thlentun langsar zual a ni. He natna hrik hian kan pumpui tuamtu a ei chhia a, hmun thianghlim lo leh tui thianghlim lo ei a in avang tein he natna hrik hi a kai theih a ni.

Erosive gastritis (acute leh chronic) hi NSAIDs damdawi (Aspirin leh Ibuprofen) rei tak chung hman avangin a awm thei a. Tin, zu in mite leh cocaine hmang \hin te pawn an nei thei a ni.

Taksa hliam te, damlohna nasa tak avang te, taksa kangte leh zai pui tawk tawh te hian Acute erosive gastritis an nei thei baw a, a chang chuan Stress gastritis an ti baw a ni.

Gastritis lanchhuah dan -

Gastritis natna vei \henkhatte chuan harsatna Chiang taka sawi fak fak tur an nei lem lo a. Mi \henkhatah erawh chuan kan sawi tak ang

pum chung lam pang na emaw nawmlohna te, awm nawm lohna vanga luakchhuah hluina te an nei thei a ni. Pumpui \hat lohna vangin chaw pai \awih theih lohna pawh a awm thei baw a ni.

Erosive gastritis hian pumpui tuamtu ah lawng a thlen thei a, chu chuan thi a siam thei a. Pumpuia thisen a awm chuan thia luak te, thi a ek te leh ek dum emaw ek ban te a awm thei baw a ni.

Gastritis vanga natna dang lo awm thei te -

Chronic gastritis neite hian pumpui l^wngte, pumpui chaw emaw baw kan tih ang chi te hi a thlen thei baw a. Mi \henkhat Chronic H. pylori gastritis emaw Autoimmune gastritis nei te hian Atrophic gastritis an nei zui thei a. Astropic gastritis hian cancer chi hnih a thlen thei a - Gastritis ulcer leh Gastric Mucosa Associated Lymphoid Tissue (MALT).

Gastritis endik nana thil \ul te-

A hmasa berin miin gastritis a neih leh neih loh hriat

nana thil paimawh tak mai chu 'Endoscopy' tih hi a ni a, hei hi hman lar ber pawh a ni bawk, a chang chuan 'biopsy' pawh tih \hin a ni. Endoscopy tih lovah chuan X-ray (barium meal) te pawh a tih theih a. Blood test pawh an ti tel ve \hin a, anaemia a awm chuan pumpuiah thi (bleeding) a lo awm tel thei \hin a ni. Tin, Stool (ek) test pawh a tih theih bawk a, ek ah thi a awm leh awm loh hriatna a ni. Natna hrik H. pylori endik nan chuan thisen leh ek test pawh a tih theih a, biopsy hmang pawh a hmuh chhuah theih a ni.

Gastritis enkawl dan -

Kan pumpuia acid in siamchhuak hnem lutuk chuan pumpui a tichhe thei a, chuvangin damdawi \henkhat acid insiam ti tlem thei tu pek a ni thin a ni. Chungte chu -

Antacids - sodium bicarbonate, citric acid, alumina and magnesia (Maalox), Calcium carbonate and magnesia (Rolaids).

Histamine 2 (H2) blockers - Famotidine (Pepcid

AC), Ranitidine (Zantac 75), Proton pump inhibitor (PPI) - Omeprazole, Lansoprazole, Pantoprazole, Rabeprazole.

H.pylori natna hrik hi enkawl uluk a ngai a, a chhan chu cancer emaw pumpui l^wngte a thlen theih vang a ni. He natna hrik that tur hian damdawi chi hnih chawhpawlh PPI leh antibiotic chi hnih (Amoxicillin leh Clarithromycin) te hman dan a ni tlangpui. Damdawi ei hun chhung tura ei zawh tawh chuan Doctor-te hnenah natna hrik a la awm loh endik tir tura pan keh ngei a tha.

Gastritis hi a thlentu a zirin inenkawl na kawngah thil dang eng emaw belh a \ul \hin a. Entir nan, NSAIDs damdawi hman vanga lo awm a nih chuan hman chhunzawm loh a \ha a, a nih loh pawhin a dose tih hniam deuh emaw nachhawkna dang hman mai te pawh a tha.

Hetah hian duhtawk mai ila, engpawh nise insawiselna kan nei a nih chuan mahnia inenkawl dam tum mai lova Doctor-te r^wn vat hi a finthlak ber a ni. ■

KA RIMCHHIA LEH ENKAWL DAN

A hmasa berin ka rimchhia (Halitosis) lo awm theih dan han sawi ila :-

- 1) Ka chhung enkawl ngun loh vang : Kan ka chhung enkawl \hat hi mi tin te tih makmawh a ni a. Ka rimchhia a lo awm theih vang chauh pawh ni lovin, ha leh hahni te an lo hrisel \hat theih nan a pawimawh hle a ni. Kan thil ei te ha leh ha karah te a kai/tang fo \hin, heng kan thil ei hi rei tak tihfai lohva an awm chuan ha nget, hahni puam leh kan thupui ka rimchhia kha a lo awm \hin a ni.
- 2) Intih palh or pem : Ha leh hahniah te intih palh emaw, hliam emaw kan tuar thei. Heng kan pemte hi uluk taka enkawl an nih loh chuan an lo huaisual (septic) ve \hin a, hnai te a lo lain ka rimchhia a lo siam ta \hin a ni.
- 3) Natna hrik vang : Kan ka chhungah hian natna hrik te tak t> t> tam tak an awm reng a ni. Mahse taksa tan a hlauhawm lo tawkin, a Sap \awng takin a in 'BALANCE' tawkin an awm a ni. Antibiotic eng ber emaw a \ul aia rei kan lo ei hian chung kan ka chhung a natna hrik te zinga damdawi (Antibiotic) haw ve lo te chu an lo pung tual tual \hin a, tichuan ka chhung natna leh rimchhia hi a lo awm phah \hin a ni.
- 4) Hrawk, Tonsils, sinus leh chilbawm te an lo hrisel loh hian ka rimchhia a lo awm thei bawk a ni.
- 5) Pumpui leh chuap lam \ha lo abikin a benvawn chi te hian ka a ti rimtui lo thei fo a ni. Tin, natna benvawn dang leh taksa chak lohna dang te pawh hian ka rimchhia an nei hma bik bawk.
- 6) Ka chhung, hrawk leh chaw dawt pan leh cancer vang te hian a lo awm thei.
- 7) Ha hni puam leh hnai la, leh hahni chaklo hrim hrim entir nan, Vitamin C tlakchham vantage hian ka rimtui lo thei bawk.

8) A hmasa ber kan sawi enkawl \hat loh vang a ngaih theih lar tak pahnih an awm thei a, (i) Ha lem vuah a tihfai \hat loh emaw a thlawn theih loh chi a siam a lo thawl leh deuh site hian nasa takin ka a ti rimchhe thei a. (ii) Kan thil ei duhzawng a zirin kan ka kan vawng thianghlim leh si loh vang te an ni thin.

A ENKAWL DAN

1. Kan sawi tak ka rimmtui lo thei te kha kan hriat chian chuan thui tak chu mahni kan inveng thei a ni. Ka chhung enkawl fai hrim hrim te hi naupang kum 2 - 3 a\angin kan inzirtir \an a pawimawh hle. Naupang ha hi a nget duh bik kan tih pawh hi eng dang vang a ni lo a, an la enkawl fai thiam tawk loh vang a ni ber. Zan mut hma leh zing chaw ei kham a fai taka nawt ziah chu puitling leh naupang pawh ha nget leh ka rimchhia an nei lo nge nge \hin a ni.

2. Ha nget leh hahni hrisel lo te chuan a hma thei ang berin ha lam Doctor entir vat zel tur a ni. A nat emaw, hnai a lak

kher pawh nghah tur a ni lo va, tin, a na mek a nih pawhin a nat reh nghak kher lovin Doctor entir vat kha a \ha ber a ni.

3. Damdawi chi hrang hrang mahni thu thua ei hian ka chhunga natna hrik te, inbuk tawk (balance) kha a tibuai a, a bikin natna hrik thattu damdawi antibiotic ei chungchangah Doctor te thu chauh a ei tur a ni.

4. Kan sawi tak hrakw leh pumpui leh chuap lam \hat lohna pawh uluk taka Doctor te r^wna in enkawl a \ha ber, tuar hrehawm khawpa na la ni lo mah se.

5. Ha lem vuah te hian kan ha lemte hi chaw ei kham apiangin uluk taka nawhfai tur a ni a, tin, zarah mutpui mai lovin tuiah chiah a, zingah vuah leh chauh nise, ka chhunglam a lo hrisel zawk dawn a ni. Tin, ha lem thlawn theih loh chi, ha taka ha lem char beh naran hi hahni leh ha tak te khan an chhiatphah fo \hin a, ka chhung pawh a rimchhiat phah thin a ni. Amaherawhchu Doctor ten ha lem nghet chi 'Bridge' an

tih te, 'Implant' an tih te hi chu enkawl dan dik taka enkawl chuan ha tak nen danglamna a awm chuang lo a ni.

6. Ha kar awng zau leh thil ei tang \hin te chu fai taka brush emaw damdawi dental floss a tihfai \hin tur a ni. Tin, ha lam Doctor te r^wn a, chung ha kua leh ha nget te chu hnawhtir vat zel tur a ni.

7. Ka chhung rimchhia chu ha nget leh hahni puam vang a nih loh chuan kam\huahna damdawi hman tur a ni a. Mizorama kan hriat lar deuh deuh te chu Rexitine, Listerine, Betadine or

Wakadine leh AMPM te hi an ni a. Heng kam\huahna te hi tui pawlh loh a hman mai theih an ni a, mahse a chang chuan lei leh hahni te a thip \hin avangin tui thianghlim nen pawlh dalin a hman theih bawk. Zing chaw eikham leh zan mut dawnin kam thuahna damdawi hman hun \ha ber chu a ni.

Pa fel leh nu fel tak tak te, mi zahawm tak te zingah pawh hian a rimchhia an awm \hin a, an bula awmte tan leh an mi biakte tan a nuam lo duh hle a ni. Chuvangin kan sawi tak ang hian kan ka chhung i vawng thianghlim \hin ang u.

Mawitea huang!!

☐ An fapa soal ve deuh kha a thi a, a kuang thlalakpui tur kha an awm vak lo a ni ang, "Tunah Jail-a a lo tanpui thin ten an lakpui ang," te an ti vel...

☐ A lo vah naah khan vanduaithlak deuh maiin a kutzungtang pakhat kha a sat bung palh hlah mai a, a thianpa khan, "Thianpa pawti ti vak duh suh, sawma pakhat peah inngai mai rawh," a tih sak a. A hnu deuhah chuan a thianpa lui kal chu bomb in a kut phah veilam a thlawh darh sak vek mai a, a thianpa chuan ava kan ve a, "Thianpa chu sawma pakhat mai pawh duhtawkw lovin sawma panga lai mai i pe phal bik a, i ti ropui hle mai," zuk ti ve a!!!

Dr. Lalringmawia M.D. (FM)

MITTHI \henkhat hi danin a phut angin an thih chhan hriatna turin Autopsy (Post mortem examination) tih a ngai \hin a. Hetianga danin a phut avanga autopsy tih hi Medico-legal autopsy tih a ni a. Medico-legal autopsy ngaihna thin thih nate chu a hnuai mi ang tihna chi te hi a ni :-

1. Natna avang ni lova thihna (unnatural deaths), tawhsual tawh vanga thihna (accident deaths), mahni inthat (suicide) leh mi kut tuara thi (homicide)
 2. Thih dan rinhlelhawm (suspicious deaths)
 3. Beisei loh leh chhan leh vang hriat lohva thi thut (sudden and unexpected deaths)
 4. Thuneitute kuta awm laia thi (deaths in custody)
- Tin, post mortem examination tih ngai thihna ang chiah Police Officer-in (case IO-in) in quest a tih hnuah chuan mitthi kha Police thuneihna hnuai awm a ni tawh a. State dangah chuan mahni in lama kawl a thi ang tawh lo va. Post-mortem tih zawh vek hnuah mitthi chhungte hnenah hlan let
- a ni chauh \hin. Tin, zanriah ngai a tuka post-mortem examination tih chauh tur ang chiah chuan mitthi kha morgue-ah Police venna hnuai dah \hin a ni. Hei hi mitthi taksaa evidence awmte tihchingpen a nih loh nan a pawimawh em em a ni. Mizoramah chuan a tuka post-mortem examination tih tur ang chi mitthi hi in lamah lak mai \hin a ni a. A tuka post-mortem examination ti tura rawn ken leh \hin a ni. Hetiang hi dan lam a\anga thlir chuan tih dan tur a ni lo a ni. Police-in engkim tih tur te tih zawh a nih hnuah chauh mitthi kha a chhungte hnenah a hlan leh tur a ni.
1. Post mortem examination in a tum ber chu a hnuai mi te hi a ni:-

1. A thih chhan zawnchhuah (to determine the cause of death).
2. Engtianga thi nge hriat tum (to determine the manner of death)
3. Thil pawimawh hmuh chhuah te vawn \hat (to document all findings)
4. Thihna thlenna kawnga thil kaihnawih awm thei leh thei lo te hriat tum (to determine or to exclude other factors that may have contributed to the death)
5. Taksa emaw thawmhnaw emawa thil hmuh vawn\hat (to collect trace evidence from bodies)
6. Mitthi identity hriat chhuah (to positively identify a body)
7. A thih hun hriat (to determine time of death)
8. Mitthi khan insurance claim tur a neih chuan post-mortem examination report hi Insurance Company hian a phut \hin (Accidental a thi ang chi-ah)

Tin, Post-mortem examination titu Doctor hi court-a expert witness turin koh \hin a ni a. Court-ah chuan Magistrate hmaah a Sorkar Ukil (Public Prosecutor) leh Defence Ukil ten Post-mortem examination Report a ziah chungchang an zawt \hin a ni.

Tin, Post-mortem examination tih a nih chhan dang leh chu a thih chhan (cause of deaths), a thih dan (manner of deaths) leh thihna thlen dan (mechanism of death) hriat nan a ni leh a ni.

Thih chhan (Cause of death): Thih chhan chu natna emaw hliam emaw thihna thlentu a ni a (the cause of death is the disease or injury that causes death of the individual e.g. a gunshot wound on the chest)

Thih dan (manner of death): Thih dan chu engtianga thi nge a nih. Thih dan chi hrang hrang te chu natna vanga thi (natural death), tawhsual tawh/intih palh vanga thi (accidental death), mahni intihlum (suicide), mi kut tuara thi (homicide), thih dan hriat fak

theih loh (undetermined-even after investigation of the circumstances surrounding a death, post mortem examination and appropriate laboratory tests, there is insufficient information to classify the death as natural, homicide, suicide or accident)

Tihna thlen dan (mechanism of death) :

Tihna thlen dan chunatna emaw hliam emawin taksa a nghawng a\anga thihna thlentu (psychological derangement due to the cause that result in the death, e.g. haemorrhage)

Tin, Post-mortem examination tih dawn hian thuneitu hnen a\angin ti tura tihna lehkha (requisition) a awm a ngai a. Case pangngaih chuan Police officer-in (case investigatin officer-in) requisition a siam thin a. Custodial death (police kut emaw jail-a awm laia thi) ang chi-ah erawh chuan requisition hi magistrate-in a siam thung thin. Requisition awm lo chuan medico-legal autopsy hi tih miah loh tur a ni.

Post Mortem examination tur morgue-a a lo thlen hun chhinchhiah tur a ni a. Mitthi hming, a rawn kengtu (tih dan phungah chuan police constable mitthi rawn escort-tu) te chhinchhiah (record) tur a ni.

2. Examination of clothing and external aspect of the body : Mitthi thawmhnaw hakte kha ngun takin en tur a ni a, evidence atana \angkai tak ni thei te a nih avangin vawnhim tur a ni. Tichuan, thawmhnaw hak phelh hnuah a taksa pawn lama hliam awmte uluk takin a measurement-length, width and depth (gunshot and stab wound-ah) lain a hliam awmna lai chhinchhiah (record) vek tur a ni. Tin, case \henkhat gunshot injury angah te chuan X-ray lak tur a ni. Hei hian taksa chhunga silaimu tang awmna hriat theih nan a \angkai hle a ni. Tin, thlalak te pawh hi a \angkai hle a, hliam awmna lai hriat chian nan leh a hliam dan chhinchhiah nan. Tin, custodial death ang chi-ah chuan Post mortem examination tih lai hi video-a lak ngei ngei a ngai a

ni. Hei hi danin a phut tlat a ni. State dangah chuan doctor pakhat aia tamin (team of doctors) tih ngai case te \hen hran a awm \hin. Entir nan dowry death ang chi chu team of doctors-in Post-mortem examination an tih a ngai \hin. Hetiang tih ngai ang chi case-ah chuan requisition-ah khan team of doctors-in tih tur a ni tiin a inziak \hin.

Lehkhathawn

Ka pu,



Health department in, in tih chhuah mipuite Hriselna atana hmalakna chanchinbu mi tam takin ha hipa an sawi thin chuan kan RUN a rawn thleng ve ta hlawl mai..... a chhunga thu awm te ka han bihchiang a hei tluka Zoram mipuite tana hmasawna tura hmalakna duhawm a awm thei dawn em ni? Tunlai khawvelah mipuite hriselna tluka pawimawh leh ram hmasawna tura kawng pawimawh a awm chuang dawn em ni? Ram ropuite neih khawvel changkanna thil, in, car etc. te pawh hi nei vek mah ila, taksa hriselna kan neih si loh chuan...engmah lo mai a ni dawn si, chuangin changkanna leh hmasawn zel tur chuan a hmasaberin Hriselna hi a pawimawh ber fo a ni.

Tichuan, hawh u, Health Department hmalakna hi mipui ten tihlawhtlinsak hi kan mawh a ni tih hria in he an chanchinbu Hriselna hi lak \heuh a chhian a, zawm hi ram ropui kan panna atana thil pawimawh hmasa ber a ni tih hria in i hlut \heuh ang u. Health Department dam reng rawh se.

Liankhuma Sialsuk

WORLD MALARIA DAY 2019

Ni 25 April 2019 khan khawvel pumah World Malaria day hman a ni a. Kumina atana thupui chu 'Zero Malaria starts with me' tih a ni. Mizoram chhungah pawh State headquarters leh district level-ah he hun hi hman thin a ni. Kuminah hian tum dang ang lo takin State headquarters leh Lawngtlai District VBDCP te tangkawpin Sikserh hluarna Bungtlang South-ah he hun hi an hmang. State headquarters atangin Dr. H. Saithanliana, Deputy Director cum State Programme Officer (Malaria), Esther Lalawmpuii, Consultant (PSCM), Deborah Lalpuii, Consultant (IEC/BCC), Dr. Lalrotluanga (State entomologist, SVBDCP) te leh District atangin Dr. Lalthlamuana, CMO cum DMO Lawngtlai district ten an hmanpui. Hun hman dan tlangpui chu hetiang hi a ni. Dr. Lalthlamuana, CMO, Lawngtlai district chuan he programme hi a kaihruai a, C. Kaikhotha, DVBDPC Consultant-in Lawngtlai district chhunga malaria case neih zatte leh an hmalaknate a sawi a, Dr. Lalrotluanga, State entomologist, SVBDCP hnen atangin Malaria entomology (sikserh thehdarhtu thosi Anopheles chanchin) ngaihthlak a ni bawk. Hemi hnu hian Dr. H. Saithanliana'n Sikserh umbo a nih theihna atana hmalaknate leh mipuite mawhphurnate a sawi a, Sikserh umbo a nih theihna atana tan lak pui turin mipui kalkhawmte a sawm bawk. He hunah Khawtlang hruiute leh zirlai awm bikte nen hun hlawkthlak tak hman a ni.

Heng bakah hian District hrang hrang leh PHC-ah te World Malaria Day hi hman a ni a, he ni denchen hian Source Reduction Drive te, Awareness Campaign, Malaria Clinic leh a dangte buatsaih a hun hman a ni.

Khawvel pumah kum tinin Sikserh natna vei leh thi zat an tlem tial tial a, Mizoramah pawh hian a kum telin he natna vei hi kan tlahniam zel a. Mizoram chhunga Sikserh tamna hmun Lawngtlai district-ah pawh case a tlem ve tial tial a. Kum 2018 chhung khan Lawngtlai district-ah hian sikserh case 2280 a awm a, kuminah March thla thlang khan case 244 a awm tawh. ■

KE TIN LUT

LalhruaitluangaLalhruaitluanga

Ke tin lut (Onchocryptosis) hi mihring ten a ke lam kan insawiselna tam ber te zinga mi a ni. Kut tin lut pawh a awm tho a, mahse, ketin hi a tam ber zawk avangin a Sap \awng paw'n 'Ingrowing Toe Nail' an ti kher a ni. Chuvangin ke tin tihin kan ziak deuh zel ang a, mahse, kuttin pawh a huam tho tih hriat tur.

Ke tin a luh chhan tlangpuite chu:

1. Ke tinin hliam (trauma) a tawhin - hei hi inchhuih palh emaw thil rit lutuk in a delh/tlak palhin.
2. Ke tin tan dik lo - ke tin tan tawi lutuk emaw a kil thleng a tanin.
3. Pheikhawk tawt bunin.
4. Ke tin piangsual- hei hi ke tin piangphung (shape) diklo emaw ketin chhah lutukin.
5. Inthlahchhawn theih a ni bawk.

Ke tin lut hi a na ve phian reuh va, ke a ti senin a ti vung thei a. A \henah pheichuan hnai te lain a na em em thei bawk. Pheikhawk bun a tih nuam loh bakah veivah a ti

harsat avang hian kan hna emaw tih tur pawimawh min tih tir thei lotu (incapacitate) a ni ve hrim hrim a ni.

A enkawl hi buaithlak tak chu a ni lo va, a rawn \o huna a luh leh mai (recurrent) \hin avang hian a buaithlak em em a. Engpawh nise, a lut leh ven lam hi chu doctor-te kutah dah mai ila. Kan tih ve theih tlemte te chu -

1. Tin kan tan reng rengin tan ngil loh tur a ni. A awmzia chu a kilsir (angle) thleng a tan loh tur tihna a ni. Tan tawi lutuk bawk loh tur.
2. Pheikhawk tawt lutuk bun loh tur.
3. A hrehawm lutuk emaw a na lutuk a nih chuan chi tuiah telh la, i ke kha ni tin

minute 10 tal chiah \hin ang che. Hei hian tin leh a chhehvela vun leh tisa a ti nem a, a na a tizia thei.

4. Ke tin tan zing lutuk hian, ketin lut a ti punlun bakah a ti na zual thei bawk.

Ke a pun vakin emaw, kezungpui in a hriatna (nerve damage) a hlohin emaw, kezungpuia thisen kal vel a tlemin emaw, zunthlum vei i nih chuan mahni a inenkawl lo in doctor rawn vat ang che. ■

AIZAWL CIVIL HOSPIATAL N MARCH THLA REPORT

Damlo inentir zat.....OPD 26752 Casualty 3324
Total Admission.....OPD 1030 Casualty 85

Investigations & Follow up

Laboratory.....67851	X Ray 2186
Ultrasound.....419	Echo 144
CT scan.....301	Dialysis 287
Endoscopy.....430	E.C.G 663
EEG.....19	PFT 8
Physiotherapy.....3610	

Motor rui thin te ten: Sawhthing kha pan takin zai la, chu chu l banah bel in emaw, banbun anga bun hian a ziaawm hle, motor rui nasa tak tan chuan i bana bel/bun bakah B 6 damdawi mumkhat ei tel bawk ang che...

- @ I kut a chhia emaw, a ro rupa a nalh loh viau chuan sertui leh cream chawhpawhlin chiah thin rawh.
- @ I thawmhnawah perek emaw thir tui ek te a lo kai palh chuan sertui in minute sawmhnih bawr vel chiah la su rawh.... a fai duh.

INVESTIGATION THNAHMANRAWLARZUALTE

1. Ultrasonography:

Ultrasound hi soundwave hmanga taksa enna khawl a ni a, radiation exposure a awm ve lo va, investigation him ber pawl nia ngaih a ni. A hmanna a tam a, pum chhunga organ hrang hrangte hmu theih nan hmanna ber pawh pum chhung fel lohna, m\$ta lungte awm, kal leh zun kawnga lung awm, thin \ha lo, chhul leh chibawm fel lo te hriatchhuahnan a \angkai hle. Pumpui, rilte leh rilpui en nan erawh a \angkai nep deuh. Chu mai ni lovin mit te, hrawk te, hnute leh thisen zam en nan te a hman theih a, naute lu chhung (thluak leh thisen zam) en nan pawh an hmang lar hle. Pum Ultrasound ti tur chuan a lo berah darkar 6 tal engmah ei lova awm hnuah en theih nise, tin, phing a puar that a ngaih avangin tui in lawk tur a ni bawk. Phing a puar \hat loh chuan lai a chin hnuai lam a hmuh fiah theih loh a ni. Thiamna sang zelah endoscopic ultrasonography an tih mai, ka chhunga thun a\anga

chuap leh lung te leh awm (chest) chhung organ en na te pawh an hmang \angkai hle tawh bawk a ni.

2. Endoscopy: Hei hi chu tube ang chi hmanga pumpui, rilte leh rilpui te enna a ni a, ka chhung a\anga en (upper GI endoscopy) emaw mawngkua a\anga rawlh luh chi (lower GI endoscopy/colonoscopy) a awm a ni. Endoscopy hian pum/ril lawng leh p^n te, b^wk leh cancer insiam te a hmu chiang thei hle a, a enna pawimawh ber pawh a ni. Tun hnaiah capsule endoscopy an tih mai, damdawi mum ang chi dawlh a\anga en theih te pawh a awm tawh a, Civil Hospital, Aizawlah pawh hian an ti thei tawh a ni. Upper GI Endoscopy ti tur chuan zingkar a \ha ber a, a hma zan dar 8 hnu lamah engmah ei loh tur a nih bakah a tih dawn zing karah pawh tui tlem bak chu engmah ka ah luh tir loh tur a ni. Lower GI Endoscopy ti tur

erawh chuan kaw \huah a ngai thung a, tlai lamah pawh tih theih a ni.

3. CT Scan: Khawl changkang leh \ha tak a ni a, ruh fel lo te leh awm/pum chung enna khawl tangkai tak a ni. Mahse radiation a pek chhuah avangin a hlauhawm ve thei a, fimkhur a ngai. Kan ramah pawh a awm ve ta a, kan Doctor te'n an hmang tangkai hle.

4. MRI: Magnetic Resonance Imaging, MRI an tih mai hi khawl changkang tak, taksa peng leh bung hrang hrang chipchiar taka en theihna a ni a, thluak lam fel lo en nan chuan duhthusam a ni. Radiation a pek chhuah ve loh avangin a him ang reng a, thazam en nan te pawh a \angkai hle a ni. Tunah hian Damdawi in/Private Clinic hrang hrangah hman theihin an nei nual hlawm tawh a ni.

MAWITEA HUANG.....

◆ “Ulawng hi chu ka duh khawpa, sil thuk thuk ila, a ril pawh paih lovin chhum ila han \hial ngap \hat \hat mai ila, tui ka ti ber” a ti a, a bul a mi chuan, “E.. kei chu sil miah lohin chhum ila balu tlem thlak belh nghe nghe ila asin ka duh dan...” zuk ti a!!

◆ Naupang pakhat pawh hian intitheih deuh hian a thianpa hnenah, “I pa hi ka pa in a ngam asin...” a ti a, ani chuan, “Ka pa te chu ka nu pawhin a ngam reng alawm” a lo tih san daih asin.

◆ Thenawmte chawei laiin a va leng a, tuisik chiah an lo hmeh chu niin, chhuah leh pahin, “Nangni chung chu chawhmehah chuan in buai ve vak dawn loh kha, saw in chawhmeh tur pawh Reiek tlang chung a saw a rawn duk phei leh khuih khuih tawh saw...” zuk tih khum a!!!

@ Lunglei Sumo-ah khan Thenzawl thleng chuan ve a dil a, “Thenzawla din a buaithlak” zuk ti tlat pek a!!

CHOLESTEROL LEVEL TIHHNIAM DAN

Cholesterol hi lung (Heart) natna hrang hrang thlentu bulpui ber pakhat niin an sawi a, Cholesterol level sang tur inven lawk a pawimawh hle a ni. Cholesterol vanga kan buai lohna tura kan tihtur pawimawh \henkhat han tarlang ila.

1. Sa ei tlem rawh: A bikin sat i sen (Red Meat) ei tlem rawh. Sa hian cholesterol level a tisang \hin. Sa i ei a nih pawhin bawngsa, vawksa tih vel ei tam lo la, sangha ei tam zawk rawh. Arsa i ei pawhin a thau leh vun tel lovin ei \hin ang che.
2. Ni tin kan ei leh inah fibre 5 - 10 grams vel tal awm thei se a \ha, chu chuan cholesterol level sang tur risk pawh 5% in a tihniam thei.
3. Cholesterol test fo rawh, chu chuan i taksaa cholesterol awmdan a hriattir che ang a, a pawh hma in i lo fimkhur thei ang.
4. Mawm ei tlem rawh: Thil mawm ei tlem hian kan taksaa cholesterol sang tur nasa takin kan veng nghal. Chaw-ah thlai hnah, a rah leh thei lam te ei nasa la, nuts lam chi ei tam ang che.
5. Mawm kan ei a nih pawhin thlai hriak lam ei zawk tur a ni a, canola oil, olive oil leh soyabean oil lam te hman uar zawk tur a ni.
6. Ni tin minute 30 tal exercise la thin ang che. Exercise lak that hi lung lam natna pumpelh nan a pawimawh hle.
7. Sangha hian omega-3 fatty acid an pai deuh vek a, chu chuan cholesterol a tihniam thei a ni. Chuvangin kar khatah sangha vawi 2 - 3 tal ei tum ang che.
8. Nuts ei hnem rawh : Chawei hmain i ril a tam deuh a nih chuan thildang ei lovin nuts te han hmawm zeuh zeuh la. Nuts hi a hrisel mai bakah mi a tipuar ve thei riau a, lung tan a \ha bawk a ni.

9. Inti cher rawh, chu chu cholesterol level tihhniam nan a pawimawh hle. Kan san zawng leh taksa rih zawng a inmil tawh tur a ni a, mi thau lutuk te hian lung natna neih theihna risk an nei sang hle.
10. | um khatah thil ei \awh chin loh tur. Chawhmeh duh zawng hmeh tih vanga ei \awh mai te hian cholesterol level a tisang duh hle.
11. Ke in kal tam rawh. Chhuahvah dawn hleka lirtheia chuan zel hian mi a tithau a, kan cholesterol a lo san phah thin. Ke a kal hi physical activity \ha ber a ni.
12. Artui ei tlem rawh. Cholesterol lama harsatna nei tan artui hi kan hmelma ang deuhah kan ngai \hin. Mahse, artui tlem tlema ei chu a pawu hnan lo, a kan nan tel tlemte chauh hmang la. Artui chu ei tam i duh chuan a chhungmu tel lovin, a pawn var chauh ei la, a pawu lo.
13. Green tea-ah hian catechins a tam a, chu chuan cholesterol a tihhniam thei. Green tea ni khatah no 3-4 te in thei la a \ha hle ang.
14. Zana mut \hat hian kan blood sugar level a siam \ha a, rilru lam thlengin a ti hrisel a, cholesterol risk a tihhniam bawh.
15. Mei zu mi i nih chuan sim hlauh rawh. Mei zuk hian cholesterol level a tisang thei tlat. Mei zuk hian HDL (cholesterol \ha chi) level a tihhniam a, chu chuan lung natna a thlen duh hle a ni.
16. Purun var ei tam rawh. Purun varah hian organo-sulphur a awm a, chu chuan kan thisena thau \ha lo awmte a paihchhuak \hin a, thisen zam a \ha hle a, cholesterol level a tihhniam thei. Nikhatah purun var mal 2 -3 vel ei ziah theih a \ha.
17. Zu in tlem rawh. I lung hriselna i ngaipawimawh a nih chuan zu i in duh a nih pawhin nikhatah no 2 aia tam in suh. Zu hian cholesterol level a ti sang thei. ■

HRINGTUNU HNUKETUI NGEI | HAT BIKNA

Dr. Lalhmuchhuaka, MD (Pead)

Hla phuah thiam Robindranath Tagore chuan, " Nu hnutetui ngei mai hi naute tana chaw-ah khuanun a lo ruatsak a. Hnute a hnek rual hian a nu hmel nen a hmu kawp a. Nausen tan nu hnutetui hi a taksa leh thlarau tan chaw \ha tawk a tling a ni," a ti a. Nu hnutetui tlukupui hi khawvelin a siam thiam lo va, a \hat bikna sawi tur pawh a tam khawp mai a, tawi tea sawi thiam a har hle ang. Nausen tan chaw \ha famkim leh duhthusam a ni.

NAUSEN TAN

Nau hnute pek hi nausen enkawl chungchangah hian a laimu leh thil pawimawh ber pakhat a ni. Nausen \hang \ha tur leh natna laka vengtu a ni a, an hriselna atan a pawimawh em em a ni.

Chaw \ha tinreng : Nu hnute tui hi thla 6 chhung naute mamawh zawng zawng petu a ni a, chumi hnuah pawh a la pawimawh tho avangin kum 2 thleng tal pek chhonzawm tur a ni a, chu aia rei pek theih phei chuan a \ha hlei hlei. Hnutetui chakna awm rengte hi nausen tan liau liauva siam a ni a, khawlsiam hnute, dawra an zawrh ei tir ai hian an ngeih bik. Hnutetui rau rauvah pawh hringtunu

hnutetui ngei kha naute in an ngeih bik. Ei leh in pai\awih theihna a awm nghal thlap a, pumpui chakna leh vitamin pek belh a tul lo.

Tui mamawh petu : Nipui lai khawlum rapthlak (42 degree) leh boruak ro tawpkhawk (9 - 13%) ah pawh nu hnutetui hian nau tana mamawh tawk a pe thei tho va, a hranpain tui pek a ngai lo. Naute tuihal tlata hriat hi rin dan diklo mai a ni.

Natna laka vengtu : Nu hnutetui hian natna hlauhawm, bacteria leh viral natna laka vengtu a awm. Chungte chu - Immunoglobulins IgA, lactoferrin, lysozymes, complements, interferon, lactoperoxidase, T & B

lymphocytes and macrophages cells, bifidus factor, para amino benzoic acid (PABA) te an ni. Kawthalo, pumpuar, awmna, bengkerh, rila natna inthlah pung tur, sikserh etc. te a veng thei. Hnute pek hian nausen damlohna a titem a, India ramah kumtin hian naupang maktaduai khat chuang thihna a pumpelhtir thin nia chhut a ni. Indian Academy of Paediatrics sawi dan chuan nu hnutetui hlang hlak hne zingah a let 5 in Pneumonia vanga naupang thi an tlem a, a let 14 in kawthalo vanga thi an tlem bawk. Natna tlanglawn dang reng reng pawh an vei tlem chang ni lovin an lo vei anih pawhin an vei nep thin. A chung ami bak chu hetiangin khaikhawm ta mai ila :-

1. Thil huat (allergic disorder) - asthma leh vun thak lakah a veng.
2. Cancer (lymphoma) an vei tlem.
3. Naupang khabe kual a nalh duh.
4. Ha nget leh ha na an nei tlem.

5. Lung natna (coronary artery disease), thau lutuk (obesity), zunthlum (type 2 diabetes) leh thisen sang (hypertension) vei an tlem.

6. An fing bik - hnute hlang hnektir chu an fingin an ngaihtuahna a chak bik.

7. Chhan hriat loha thi thut leh zan mut hlana lo thi ringawt ang chi hi an tlem.

An \hang \ha: Naute hnutetui hlang hne chu an hriselin, an taksa leh rilru a thang tha bik thin a ni. Nausen thluak hi nasa takin a thang a, kum 2 a lo tlin hian a puitlin huna a nih tur ang a thleng hman deuhthaw a ni. Nausen hian thla 3-ah ring an tun thei a, lawm an hre hle tawh a, thla 6 velah an inlet thei a, thla 9 velah an \hu theiin thil vuan chungin an ding thei a, kum 1 velah an kal chhet chhet thei a, kum 1 leh a chanve velah an tlan thei a ni. Hei hi nausen zawng zawngah a inang vek lem lo. Tawng theih hun pawh a inang lo. Kum 1 tlin hmaa fiah taka thil sawi thei an awm a, kum 4/5 vela thil sawifiah thei chauh pawh an awm tho a ni. ■

Football Tournament Ropui

PI DARI CUP

(Chhonzawmna)



C. Lalthanchhunga, B.E.E

Protest chungchang :

Khang hun lai khan protest hi an la uar mai mai khawp a. 'Protest' tih \awngkam kha a mimir khan kan Sap\awng thumal hriat lar pawl tak a ni hial awm e. Eng emaw inkhelh pui a awm dawn kha chuan 'protest fee engzat nge an tih ang?' tih kha team tin te hriat chak a ni hial \hin. Board lam lah khan sum lakluhna dang nei tehchiam bik hek lo, khawi team mai pawh khan protest fee an rawn phawrh theih phawt kha chuan an protest na chhan kha awm hi an lo tih pui thei em em zel mai bawk a. Tin, khawtin team atang khan dan inti hre tak tak kha an kat nuk mai bawk nen, han sawisel tur chhan awm ang pui pui phuhchhuah tur lah chu an hre thei hlawm phian lehngal a. An protest chhan tlangpui te kha: "A goal pha lo" (khang hunlai kha chuan centre lehlam atanga pet goal kha phal loh a la ni) tih te, 'ball che lai a pet' tih ang reng, 'a awt hnu a thai chhuak' tih te kha a ni a. A thuhriah an line rin ve te lah kha, inkhelh hmaa

naupang hovin field bul vela in atanga vut an khawn khawm, field ko tlakbal ang anga an phul kual vel mai mai kha a ni thin si a, kha lah kha tribal kephah hlai pui puiin a duhtawka an han chil pherh hnu kha chuan line riruang pawh hmuh theih aram awm tawk thin hek lo... inhniaIna a tih tam phah ve reng thin a ni. A chang leh. "Refiri thu lovin goal veng an inthlak" tih ang reng, pa intifing deuh lah khan, "India dan buah sipai tanglai pahnih bak telh phal a ni lo," te hi an han ti thla ve ngawt zel a.....Engpawh ni se, eng ang chhuanlam pawh hmang thin mahse, Board lam sumhnar hmuhna tur a nih thin miau avangin chung an protest-na thu fahrah te te pawh chu, Luka zia ang mai in an lo pawmsak hmiah zel mai si a, a nihna takah chuan khang hunlai kha chuan 'Sum ngah ngah hmel \ha' tih ang deuh hi ala ni ber, sum ngah ngah khuate kha chuan an peih chung an protest a ni ber mai.

Hetiang hi a nih nuaih thin avang hian, khawi khaw team

mai pawh kha inkhelh pangngaiiah sithum/sili pawhin lo chak zawk tehreng mah se, chak zawkah an la inchhiar ngam ngawt ngai lo a ni, a lehlam team te kha an han ngaichang vang vang phawt a, miin an lo zawh chang pawhin, "Sihnih sithum chuan kan chak a, mahse, an protest dawn a ni awm e," te an ti tha ve mai thin. An dan bu lah chu han keu ila pheh hmasaber No.1-naah hawrawppui ngei mai hian, "KHAWI KHAW TEAM PAWHIN PROTEST AN DUH CHUAN INKHELH ATANGA DARKAR KHAT RAL HMA NGEI A PROTEST FEE NEN BOARD-A AN THEHLUH PHAWT CHUAN PAWM A NI ANG" a lo inti kulh mai bawk si.

Heng hun laia thil thleng dangdai deuh mai ka la hriatreng chu, Chaltlanga Bawngchal CUP an inchuh tumin Zokhawsang leh Chaltlang an final a, Zokhawsangin sithum faiin an hneh a, tichuan, hlim em em hian Bawngchal chu an kai haw ta a, mahse, thui pawh an la kal hma hian Board member pakhat hian a rawn umzui a, "Bawng kha rawn kai let leh rawh u, Chaltlang hovin an protest leh a nia," tiin a rawn au zui a, anni pawh chuan thinrima la ta bik lem lo chuan, "Khua a tlai tawh asin mawle,

thim \hak thlenga inkhelh a ngai leh ngei dawn a nih hi," tih kha an sawiselna ri awmchhun chu a ni mai awm e. A ni tak a, khang hun lai khan sawi tur dangdai tak tak hi a awm nawk reng a. |umkhat pawh khawthlanga tournament-ah Chaltlang an zuk tel ve alawm mawle, hemi lum hian Chaltlang khan finalah a thlengtu khua kha sithum faiin an hneh a, mahse, "A point in kan chhiar alawm" an tih tlat avangin, a thlengtu khua chu point khatin an chaktir ta zawk a ni awm e. Hemi \uma an point chhiar dan hi an sawi duh der mai bawk si lova.... waviin ni thleng mai hian khami tuma an point pek dan mawlh mai a kha ngaihna zuk hre thei mawlh lo a.....!!

(Awle, a tira kan tarlan ang khan he article hi tu mahin chawtak khuk a khuk pui chi a ni lo tih hre reng ang u, mi tam takin Vanapa battalion kha chhuah nawn leh turin in rawn ngen a, a remchan chuan kan la rawn chhuah leh ang..... mahse, chawtak khuka khuk pui loh chi bawk a ni ang..... Hlim hi Vitamin chi- khat a nih angin fiamthu leh rilru ti zangkhai thei chi rawn tihchhuah thin hi kan tum pakhat a ni. C. Lalthanchunga)

- 24th April 2019 hian Conference Hall, Civil Hospital, Aizawlah “Hand book for Members of RKS” District Trainer turte tan training pek a ni a. He training hi Dr. F. Lallianhlira, PD, H&FW, Govt of Mizoram chuan a hmanpui. Training hawna thuchah sawiin Dr. F. Lallianhlira chuan, “RKS Fund hi Vantlang hriselna kawnga thil pawimawh tak, damlo te leh damdawi in tana hamthatna keng tel thil a nih avangin uluk taka kan hman a ngai a, Nakin thlenga chhui let dawl ni thei turin executive committee pawhin meeting minute felfai taka kan vawn thin a ngai a ni,” tiin Doctor rual kalkhawmte chu mahni thuthmuna awm mai mai mai lova regular taka bial fanga hriselna kawnga hmasawna thlentuni thei ngei turin a chah nghal bawk.
- April ni 23, 2019 zing dar 10:00 khan Health Directorate Conference Hall-ah National Health Mission, Health and family Welfare Deptt. leh Registration of Births and Deaths, Economics and Statistics Deptt. ten Medical Officer te tan Training an buatsaih. He training buatsaih hi Dr. Eric Zomawia, Mission Director NHM-in kaihruaiin, a hnen atangin Welcome Speech leh Presentation ngaihthlak a ni.
- April ni 2 atanga ni 3 inkar chung hian Assembly House Annexe Conference Hall, Aizawl-ah Health Department hnuai Medical Superintendent, Chief Medical Officer leh Medical Officers te tan 2 Days Capacity Building Workshop on Public Health Action for Prevention & Control of Scrub Typhus chu Assembly Annexe Hall-ah neih a ni.
- Dt. 1st April 2019 (Thawhtanni) chawhnu dar 3:00 khan State Quality Assurance Unit (NHM) bultum Swachhata Pakhwada (Fai tura chet chhuahna Campaign) hapta chu Health Directorate Conference Hall-ah Dr. F. Lallianhlira, Principal

Director, H&FW in a hawng. He Swachhata Pakhwada hawna inkhawm hi Dr. Eric Zomawia, Mission Director, NHM chuan a kaihruai a. Dr. H. Lalchungnunga, Director of Health Services in kalkhawmte chu faina kawnga hma la tur leh midangte hrilh chhawn kawnga tan la turin a fuih a. Dr. Biakthansangi, CEO Mizoram State Health Care in PMJAY kalphung sawiin Dr. R. Lalchhuanawma, State Nodal Officer, Quality Assurance chuan Swachhata Pakhwada chungchang sawi zauhna hun a hmanpui.

☐ March ni 19, 2019 zing dar 10:30 khan Health Directorate Conference Hall-ah Integrated Diseases Surveillance Programme (IDSP) bultumin One day Training for Medical Officer neih a ni a. Dr. F. Lallianhlira, Principal Director, H&FW in a hmanpui.

☐ April ni 30, 2019 (Thawhlejni) chawhma dar 10:00 khan Assembly House Annexe, Conference Hall-ah ni hnih awh tur, NHM Mizoram hnuai Programme

hrang hrangte hma lak tawhna leh hmabak thlirhona pawimawh tak neih a ni a. He Review Meeting hi Pu Lalengmawia IAS, Secretary H&FW Department, Govt of Mizoram chuan khaulian niin a hmanpui.

Review Meeting Chairman Dr. F. Lallianhlira Principal Director H&FW Department-in kal kawmte lawmna thu sawiin, NHM Mission Director - Dr. Eric Zomawian 'Overview of NHM' tih thupui hmangin Powerpoint Presentation bengvar thlak tak a pe a. Khaulian Pu Lalengmawia IAS chuan kalkhawm te hmaah thu sawiin NHM peng programme te hi a tam avangin programme officer tan thawhrim a tul thu a sawi.

☐ Date 26th April 2019 chawhma dar 10:30 khan Health Directorate Conference Hall, Dinthar Aizawlah Directorate of Health Services hnuai Officer leh staff ten "Sexual Harassment" chungchanga inzirtirna leh hemi chungchang zirhona hun an buatsaih. ■