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Editorial

Kum tin May thla a\anga October thla hi Malaria hluar hun lai a nih avangin India ram pum huapin June thla hi Anti-Malaria Month (Malaria Do Beihpui Thla) atan thlan a niin, mi tinin Malaria chungchang kan hriat chian leh zual theih nana a bika inzirtirna hun atan hman a ni \hin a ni. Mizoram hi Malaria chenchilh ram kan nih avangin thlasik hunlai pawhin Malaria hi a reh tak tak chuang lo va, kumtluanin kan veiin kan thihpui reng tho a nih hi.

Heng Malaria vanga thihna tikiang tur hian Health Department chuan theihtawp chhuahin kawng hrang hrangin hma a la mek zel a. Tunah pawh thosi kah beihpui a nei mek a. Amaherawhchu, mipuite puihbawmna tel lo chuan he Department thawhrimna mawi hi chuan duhthu a sam thei dawn lo va. Chuvangin mipuite hian an tha ti chak turin awlsam taka kan lo tih ve theih, heng kan in leh vel vawnfai te, thosi pian theihna tur tihbo nana burchhia, mau bung, sangha \in, motor ke chhia etc te zuah lo in leh cement concrete in chung a tui kan lo khuap a nih pawhin kar khat aia rei tlintir lo ila, sah leh in a dang dah leh mai te pawh a \ul awm e. K.Oil leih emaw, tuizem chhin tih phui thlap \hin te pawh hian thosi inthlahpunna tur a veng hle tih kan hriat a tul bawk awm e. Heng bakah hian thosilen zar hram hram te, DDT hmanga mutna pindan kah tir te, DDC/FTD te pawh hman \angkai hram hram kan tum a \ul hle a ni.

Hetianga kan tih \hin chuan Malaria lakah hian kan fihlim deuh ngeiin a rinawm. ■

TB DAMDAWI NI TIN EI CHI

Dr. Vanzarlina
Medical Officer
State TB Cell

TB enkawlina in a thil tum te chu -

* TB natna vei nawn awm tawh lova TB natna enkawl. Tin, TB vanga mipuiin an tawrhna leh thihna tih tlem.

* TB damdawi pangngai in a thah theih tawh loh, Multi Drug Resistant TB lo awm tur leh a darhzau tur ven.

* TB natna vei mek ten TB natna hrik an thehdarh tur ven a, khawtlanga TB vei an tlem theih nan a a natna darhzau tur ven.

13th November 2017
khan kan Health Minister zahawm tak, Pu Lal Thanzara chuan Mizoram pumpuiin kan hman tur, ni tin a TB damdawi ei chi "Daily Regimen" tia vuah chu min tlangzarh sak tawh a, a hma a karkhat a vawi thum damdawi ei \hin (Intermittent Regimen) khan, ni tin damdawi (Daily Regimen) an ei a ngai tawh dawn a ni.

Kum tam tak Intermittent Regimen a TB damdawi lo pe tawh \hin khan Daily Regimen a damdawi pek a tum ta hian chhan tha tak a nei a, he article tawi t>ah hi chuan ziak lan vek a harsat avangin a tawi thei ang berin ziak ta ila.

India ram hian TB leh MDR-TB khawvelah kan ngah ber a, mithiam zawkten an zirchian danin Relapse (TB vei nawn leh) rate a san vang leh Isoniazid resistance hi a lo hluar tawh em avangin, Daily Regimen a insuan hi kan lo mamawh tawh ani.

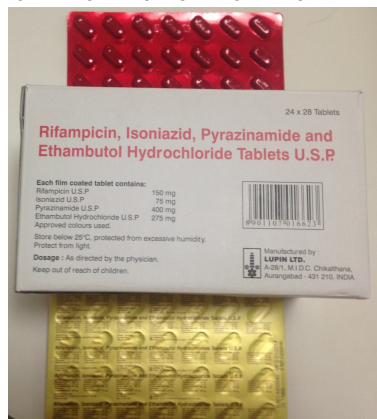
Khawvel pum huapa TB ngah ho ram in Relapse an neih zawng zawng zinga 50% hi India khua leh tui te kan ni. Mizoram pawh kan bang bik lo hle a, India ram state zawng zawng zingah Relapse rate ngah ber 18-na kan ni a, kum tin hian TB natna vei mek te atang 18% vel hi TB vei nawn

leh (Relapse) kan ni. Khawvel pum huap a Relapse rate ngaihdam theih chin hi 5% a nih laiin, India ramah chuan Relapse Rate nei tlem ber state Chhattisgarh pawhin 7% a nei a ni. Tin, TB damdawi ei tha duh loah hian Relapse rate a sang bawk (13% vs 9%)

TB vei nawn hi thil hlauhawm tak angin lang lo mah se, TB vei tawh reng reng chuan TB vei thar te aiin MDR-TB an vei awlsam zawk a, MDR-TB hi tihdam a theih rualin, tihdam a harsa tawh a, a enkawl a hautak a, thla 27 chung te damdawi ei a ngai thin a, thla 6 chung ni tin inchiu te a ngaih avangin a tihdam ai chuan a lo awm tur ven hi a finthlak zawk a ni.

1997 a\anga 2012 chung khan India ram hmun hrang hrangah TB vei thar leh vei nawn leh te zingah MDR-TB hluar dan te lo zirchian tawh \hin a ni a, TB vei thar te zinga 3.4% chauh in MDR-TB an vei zui laiin, TB vei nawn leh te zingah chuan 25% laiin MDR-TB an vei \hin nia hmuhchhuah ani.

Heng data leh data dang tam te nen hian, India ram pum huapin mithiam ten TB enkawl dan chu an endik a an enfiah hnuah, rualkhai taka sorkar leh private atanga TB damdawi la te enkawl an nih theih nan, TB vei te chuan ni tin a TB damdawi an ei chu tha an tih zawk avangin, "Intermittent Regimen" atang "Daily Regimen"-ah kan insuan ta a ni.



HA (TOOTH) LEH KA CHHUNG (ORAL) HRISSELNA TUR LAM VE THUNG

- Dr. H. Lalengzauva,
Dental Surgeon, CHC Biate

Kan taksa pum pui hrisel tur chuan HA leh ka chhung hrisel hi a pawimawh hle a ni. Ka chhung hrisel lohna chi hrang hrang - Hanget (Dental Caries), hahni natna chi hrang hrang (Periodontal diseases), ha te rual rem lo (Malocclusion) leh ka chhung kansar (Oral Cancer) te hi India ramah hian a lar hle.

Kan hriat angin khawvel hmun dang chu sawi loh India ram khawi hmunah pawh Ha lampanga inenkawlina (Dental Treatments) man hi a to hle. Mipui mimir ni tin ei chawp dap tan chuan phawi kher lovin Private Dental Doctor pan (consult) chu thil harsa tak a ni, chuvangin ha leh a kaihnhawih ka chhung natnate dova tireh tak tak tur chuan a vei lo tura naupan tet a\anga kan inzitirna kan inbuatsaih a tul hle a ni. Chu inzirtirna chu damdawi inah mai ni lovin School zirlai buah te hian uluk leh mumal zawka telh ni thei se a va han hlawk dawn em! Ha leh ka chhung hriselna atana inzirtirna (Oral & Dental Health Education) hi kan

taksa pum hriselna atana thil pawimawh em avangin School zirtirtute leh damdawi lama thawk (Various Health Care workers) te pawh an pawimawh em em a ni tih hriain kei he thuziaktu pawh hian mahni thawhna khuaah chuan kan sawi ngun ta hle. Hriselna hi kan rohlu ber pakhat a ni si a.

Engpawhnise, kan ha leh ka chhungte a lo hrisel zawk theih nan tlem azawng i han sawi teh ang.

Engvangin nge kan ha a lo nget \hin : Englai pawhin kan ka chhungah hian hrik (Bacteria/ Micro organisms) eng emaw zat an awm reng a, chaw leh thil dang kan ei thuahfai tawk loh cham bangte leh khang bacteria - te kha lo

infinin Acid leh ha leh ka chhung tana \ha lo thil dang eng eng emaw an ti chhuak reng a, chung acid etc., te chuan ha thua pawnglang ber enamel ei chhia in, ha nget tan a lo ni ta mai a, \huahfaia a hnawhna dik taka hnawh a nih loh chuan Ha thua hnhina (Dentin) a zuk nget thleng a, ha a lo ziauin a lo \im \hin a ni. Hetah pawh hian a la hnawh theih a, mahse hnawh nachang kan la hriat loh fo chuan a thua chhungril ber pulp a zuk thleng a, ha a lo na ta em em \hin a ni. He pulp hi hriatna thazam leh thisen hlang a nih avangin hemi a zuk thlen tawh chuan Root Canal Therapy an tih hmang te a i ha kha enkawl a nih loh chuan hnawh pangngai chuan hnawh chi a ni tawh lo. Ha hnawh pangngai chuan hnawh chi a ni tawh lo. Ha hnawh hnuah ha a duh tih fo thin chu hangetin pulp a zuk thlen tawh hnuah hnawh (fill) a nih \hin vang a ni. Pulp a zuk thlen tawh leh tawh loh chu i hnawhtir hmain Dental surgeon - ten an hre em em ang.

Ha raw kan tih (Calculus), kan ha leh a vela bet

luk \hin hi a nihna dik takah chuan natna hrik hlawm a ni. Englai pawhin ha leh ka chhung tana tha lo Acid leh thil dang an tichhuak reng a, chu chuan ha te ti ngetin, hahni te a ti puam a, hnai hial te siamin ka chung rim te a lo ti chhe hle thin. I khaberuh thleng khan eichhe theiin hetiang pumpelh nan hian kum khatah vawi hnih tal Ultrasonic Scaler hmangin ha leh ka chung thua faitir thin a tha. Damchung daihin kan ha te hi Pathianin a siam lo kan ti thin maw? I ha te kha na kher lo mahse vawi engzat nge hetiang lama thiamna nei Doctor-te i rawn tawh le? Tin, ha nget enkawl loh, ha chhum bungte i vawn reng a, haraw (Calculus) te \huahfai lova i vawn reng chuan hrawk na, pumpui na, tonsil na leh heart (lung) na thlengin an vei duh bik tih hriat a \ha. Kan ha te hi mimal taka thisen zam (blood vessels) leh hriatna thazam (nerve fibres)-ten an supply leh connect an nih avangin i taksa peng dang natnate nen khan a inkaih hnawih thui thei hle a ni tih hriain i ha leh ka chung hriselna kha lo ngai pawimah hram rawh.

Tin, ha lem (denture) i siam tirin phawi theih, silfai theih a ni ngei tur a ni. Ha bal siam lohva awm tir reng hian chaw \hial chip a ti harsa a, chu chu pumpuiin tuarin, ha siam hian a bula ha dang \halai nging (mobile) tur pawh a veng a ni. Tin, ha te ruakrem lo te pawh hi Orthodontic appliance hmanga pawh ngil/ rualrem theih a ni tih hriat a tha.

Tin, kan ha te reng reng hian to hun thla leh kum bi an nei vek a, chuvangin ha tak (permanent tooth) a lo \o that zawk nan ha hlam (primary tooth) \halai tak pawh phawi mai a \hat zawk chang a awm thin avangin i fate kha an ha a nat lem loh pawhin kum 13 an pelh hma chuan a khat tawkin Dental doctor - te hnenah entir thin ang che. Ni tin i ha vawi hnih tal brush \hin la. Toothbrush nem lampang deuh hmangin toothpowder aiin a paste chi hman hi ha in a ngeih zawk bawk.

Hanget na - in tuibur a ngeih kan tih thin kha maw! A that loh lutuk zawk vanga hanget hrik ten a tuar an lo ni, a zir mite

hmuhchhuah danin vaihloah hian kan taksa tana tha lo, hming hran nei thiau sangthum (3000) vel zet a lo awm a, chumiah pawh a tuifir kha i hmuam miau chuan a that vang ni lovin a tur (poison) chak lutuk avang zawk khan i ha natna thlentu bacteria hrik te tak t> t> te kha chuan an haw teh ang. Damdawi pangngai ang a taksa peng dang that lohna thlen thei tur tlem zawnga dose zat pawh awm si lo hian kan hmang chelek fu mai si a. Tin, tuibur hmuam nasa reng reng chuan a tlangpuiin ha enamel khawk, ha leh hahni khuh chinah a ha a rek (attrition & abrasion of teeth) an nei tlangpui. Tuibur i hmuam rei viau tawh a nih chuan darthlalangah i ha te kha en vel teh, khawk/ khem/rek a tam viauin a rinawm. Tin, a tlangpuiin tuibur hmuam nasa te hi an ha phawiin a thi nasa (severe bleeding) duh.

A tawp ber atan chuan, 'ORAL HEALTH CARE IS ALL ABOUT PEOPLE, IN ESSENCE, IT'S ABOUT OVERALL HEALTH FOR THE PEOPLE AND OVERALL HEALTH OF THE PEOPLE' tiin i lo tawp rih pawt mai ang. ■

CHOLESTEROL - IN TAKSA A KHAWIH CHHIAT THEIH DAN

Dr. Eric Zomawia

Cholesterol chu eng nge a nih?

Cholesterol chu thisena awm - thil mawm, ban, 'wax' (mombati) ang tak a ni. Taksa tan \angkaina tam tak a nei a - timur tuamtu (cell wall) siam nan te, Vitamin D siam nan te, bile acids leh hormones siam nan te a pawimawh hle. Cholesterol chu kan thin(liver) in a siam bakah, kan ei leh in (sa, cheese, butter, artui, thau/mawm etc) atangin kan taksaah a lo awm \hin. Thlai lampangah cholesterol a awm lo.

Cholesterol chu thil \mangkai tak ni mahse kan thisenah a tam lutuk chuan thisen zam chung lamah a bet a, atherosclerosis (thisen-zam-phui) a siam a, heart attack leh stroke siamtu ber a lo ni ta \hin a ni. Lung (heart) a thisen zam a hnawhphui chuan BP sang, heart attack leh lung-na a siam a, thluaka thisen zam a tih phui chuan stroke a siam thin. Chutiang zelin taksa peng dang hrang hrang a khawih buai thei a ni.

Cholesterol tha leh tha lo (Good Cholesterol & Bad Cholesterol):

Cholesterol chu thil mawm ban a nih avangin

thisenah a zawp ral thei lo va, lipoprotein in a keng kual mai \hin. Cholesterol keng kualtu lipoprotein te chu LDL (Low density lipoprotein) leh HDL (High density lipoprotein) an ti. LDL chuan cholesterol thisenah keng kualin, thisen zamah a thlah \hin a, thisen zâm chung lamah betin hun a lokalin a lo \hang lian zel a. Thisen zamah chuan thil baw khawng (plaque) a siam a, chu plaque ('atheroma' an ti baw) chu a lo \hang lian zel a, a tawpah thisen zam a hnawhphui a, heart attack te, stroke te a thlen thin. Chuvangin **LDL-Cholesterol**

chu **cholesterol chhia** (bad cholesterol) an ti. HDL chuan thisena cholesterol te chharin taksa atanga paih chhuah turin thin(liver) ah a thlen ?hin a, chuvangin **HDL-Cholesterol chu cholesterol \ha** an ti thung.?

Engte nge Cholesterol tisangtu?

1. **Thil ei a\angin:** Sa, sa thau, a thluak, sa thin leh kawchhung, a thi-thun (thau/hlap telh), artui laimu, bawngnute dak, kaikuang, butter, cheese, dalda, savun, sa hriak, trans-fat (cake/biscuits ah a tel \hin).
2. **Thau/rih lutuk.**
3. **Exercise lak loh/ awm awl lutuk.?**
4. **Mei zuk.**
5. **I n t h l a h c h h a w n (genetic) - Familial hypercholesterolemia.** Cholesterol sang lutuk, 500 mg% aia sangte an nei thei; an mit bul, kut phah, kheimit velah vun bawk eng - 'xanthoma' an nei thei a; kum 20/30 lekah pawh heart attack/stroke an nei thei.

6. **Natna \henkhat** – Thin natna benvawn (chronic liver disease), kal(kidney) natna ?henkhat, thyroid chak lo (hypothyroidism), zunthlum te hian Cholesterol a ti sang thei bawk.

Engtin nge Cholesterol kan tih hniam ang?

1. Ei leh In hrisel :

(a) Cholesterol tamna ei tlem rawh : Chungte chu a chungah kan sawi tawh ho-vawksa, bawngsa leh red meat dang, artui laimu, sa thluak, vun leh kawchhung, cheese, butter, sausage etc. Sa lam ei duh tan - arsa ti, sangha, artui var lai a pawh lo; arsa pawh a tit ha lai, a vun tel lovin siam thin a \ha.

(b) Chawhmeh kan na 'oil' atan saturated fats (sa hriak/thau, ghee, dalda, coconut oil, palm oil) hman lovin unsaturated fats (canola, olive, safflower, sunflower, almond, corn oils) hman tur. Chawhmeh kan nan tel (oil) pawh tlemte chauh hman thin a, mawm lo deuha kan thin tur a ni.

(c) Thlai leh thei ei uar: taksa mamawh thil \ha an pai hnem bakah fibre a tam.?

(d) Fibre tamna chi ei uar: atta lampang, oats, brown bread, muesli etc?

(e) Chi (salt) ei tlem - Chi hian cholesterol chu a tising lo nain lung lamah harsatna a thlen thin avangin ei tlem tur a ni.

2. Exercise regular taka lak \hin. Taksa chet tam a pawimawh hle a, ni tin 30-40 mins tal exercise kan la \hin tur a ni. Exercise hrang hrang a awm a – inkhelh te, lam te, tlan te, tui hleuhte a \ha vek. Ke-a chak deuh hleka kal (brisk walk)? hi awlsam leh tha em em a ni.

3. Thau/rit lo tura invawn: Tehna pakhat chu Body Mass Index (BMI) a ni a (BMI = Wt in kg :- height in metre²) BMI hi 25 aia a tam chuan kan rit lutuk tihna a ni?

4. Meizuk loh?

5. Damdawi Cholesterol ti hniamtu -Statins. Hei chu doctor rawn chungin?

6. Cholesterol tising thei **natna enkawl** \hat - e.g. Kal na, Thyroid chak lo.?

7. Cholesterol tising thei **damdawi hman fimkhur** e.g. steroids.

TRIGLYCERIDES hmel-hriat bawk ang-

Triglycerides chu thau chikhat ve tho a ni a, VLDL (Very low density lipoprotein) in a keng kual deuh ber. Thil mawm te, thil thlum kan ei te hi kan taksa in energy/calorie atan, hna hrang hrang thawh nan a hmang \hin a, calorie a mamawh bak chu thau-ah Triglycerides angin a in khawl (store) thin. Triglycerides sang hi Cholesterol sang ang thovin lung natna, atherosclerosis te siamtu a ni?

Triglycerides ti sangtu te chu-?

- * Thau lutuk (overweight & obesity)
- * Exercise lak loh lutuk
- * Meizuk
- * Zu in nasat
- * Thlum lam ei tam lutuk?

Triglycerides tih hniam nan:

- * Rit lutuk lo turin ?an la rawh
- * I taksa chet tam tir rawh (exercise)
- * Mei zu suh
- * Zu in suh / in loh theih loh chuan in tlem rawh
- * Thil thlum insum rawh.
- * Saturated fats leh Trans fat ei tlem rawh.

'Lipid Profile' chu eng nge?

Thisena thau chi hrang hrang - Total Cholesterol, LDL-Cholesterol, HDL-Cholesterol, Triglycerides leh VLDL - te khi Lipid Profilean ti a. Lipid Profile kan test dawn chuan zingah engmah ei hma (fasting) a test thin tur a ni. A mal emaw, a \hen emaw, a vaiin emaw a test-tir theih. Puitling tan kum 5 danah tal test tir thin tur a ni a, a lo san phei chuan chu aia zing pawhin a ngai ang. (Total Cholesterol = LDL-Cholesterol + HDL-Cholesterol + (Triglycerides/5))

Total Cholesterol: ?

Ideal (Duhthusam) = 200 mg% aia tlem.

Borderline high (Sang hret) = 200-239 mg%?

High (Sang lutuk) = 240 mg% aia tam.

LDL-Cholesterol:?

Ideal (Duhthusam) = 130 mg% aia hniam.

Zunthlum/lungna nei tan = 100 mg% aia hniam.

Heart attack/Stroke nei tawhte tan = 70 mg% aia hniam.

Borderline high (Sang hret) = 130-159 mg%.

High (Sang lutuk) = 160 mg% chunglam.

HDL-Cholesterol:

Ideal (Duhthusam) = 60 mg% chunglam (a sang a \ha).

Triglycerides :

Ideal (Duhthusam) = 150 mg% hnuai lam.

Borderline High (Sang hret) = 150-199 mg%

High (sang) = 200-499 mg%

Sang lutuk (very high) = 500 mg chin chunglam.

(Triglycerides hi 500 mg% aia sang chu damdawia

enkawl a ngai. Pancreatitis / Rilbawh lâwngan neih mai a hlauhthawnawm).

Tlangkawmna:

Mizote hian a tlangpuiin sa kan heh a, a thau kan ei nasa a, thil mawm kan uar a, Cholesterol sang kan tamin heart attack leh stroke nei kan tam em em a ni. Chubakah

meizuk, zu in, chi (salt), thlum lamah kan insum lo va, exercise lak kan taima lo leh bawk si a. Chuvangin dulkiar, thau, BP sang, lung tha lo, zunthlum vei kan tam ta em em hi a pawl hle mai. Kan hriselna hi thui tak kan kutah a inngat tih hre thar leh in hriselna i ngai pawimawh zel ang u.

Mawitea huang!

⊕ Hmanhmawh em em in a rawn tlan a, “ | hiannu en teh, tun lawk khan kan pawisa batna pa kha a thi hlauh asin!” a rawn ti a, a thiannu chuan, “Tak tak maw..? Awi... Lalpa \hat zia hi!” zuk ti a!!

⊕ An fapa kha a hmelchhe lutuka a khat tawkin nachhawkna an pe leh ngawt thin....

⊕ “Ka pa Chawlhni zingah vawksa hmeh ve thin ang u, chutilo chu biak inah thian ten min en duh bik” zuk ti a!

⊕ “Vawiin chu ofice i va rawn tlai ve?” an ti a, ani chuan, “Ka nu vuinaah kan tel ve zuai mawle...!” zuk ti duh lek a!!

⊕ I pa hi oxigen pek a ngai a nih hi... “E.... pe lah lo ve a, oxigen hi mihringin kan ngeih lo viau a ni ang ,oxigen an pek tawh hi damchhuak an vang em mai” zuk ti mauh a!!

⊕ Ram riahaah khan, “ | hianpa, meizial ila nei lo maw?” a ti a, ani chuan, “Nei tawh lo, ka zu zo hman chiah,” a lo ti a, “A pawl lo ve.... i neih tawh si loh chuan ka ta ka zu tawh mai a ni ang chu!” zuk ti a!!

MEASLE-RUBELLA VACCINATION

Dr. Lalzawmi,
State Immunisation Officer

India leh WHO-SEARO ram hrang hrang tangrual te chuan September 2013 khan kum 2020 chuan Sentut(Measles)umbo leh Rubella (German Measles)leh a kaihnawih Congenital Rubella Syndrome(CRS) khuahkhirh tlat an lo tum tawh a, he thil tum ti hlawhtling tur hian Ministry of Health & Family Welfare chuan ni 18th September 2017 khan thupek chhuahin Measles-Rubella Vaccine inkawp hmangin Sentut kan umbo in Rubella leh CRS chu kan control tlat tur ani a ti leh ta a, Chuvangin Universal Immunization Programme(UIP) hnuaiah MR vaccine pe tan tawh turin thu a chhuah ta a ni.

Routine Immunization hnuaiah hian Measles vaccine chauh dose 2- thla 9-12 leh thla 16-24 ah kan pe thin a, MR Campaign kan neih hnu hi chuan Measles dose 1&2 kan pek hun ang chiah ah khan Measles-Rubella inkawp Vaccine (MR) kan pe tawh zawk a nga, MR Vaccination Campaign hnuaiah hian naupang thla-9 pumhlum atanga kum 15 hnuailam zawng zawng te chu 0.5ml MR vaccine, subcutaneous inj. banbul dinglamah kher vawi-1 chiu vek tur an ni.

Hridanna lak chung-changah tun dinhmunah chuan a ei chi te an awm a, chiu chi te an awm a, pek zat tur leh pek dan leh pekna hmun tur bik te Guidelines in min hrilh ang khera pek hi Health Department a thawktuten kan tih tur a ni a, a tangkaina chu Nu leh pa, thingtlang leh khawpui chhungah ngei pawh lehkha zir lo leh zir sang lem lo tam tak an awm a, an fate Immunization Card lo dah\ha lem lo emaw tibo pawl emaw an awm ngei ngei a, State/Central/Regional level atanga Survey awm chang pawh a nu

leh pa ten an fate vaccine lak tawh a hming an hriat reng lem loh pawhin an pekna (ban ding lam/vei lam/malpuoi dinglam/veilam/ka a thlawr etc) leh an pek kum an hriat reng dan atangte in eng ang vaccine nge an lo lak tawh tih hriat awlsamna atana ruahmanna a ni.

Sentut hi natna inkai-chhawn awl tak, a bikin naupang kum 5 hnuai lam tana thihna hial thlen theitu Pneumonia, kaw\halo nasa leh Encephalitis (thluak lam natna) awm tir tu a ni. Rubella (German measles, 3days measles te pawh kan ti baw) pawh hi Sentut aiin nep zawkin lang mahse nu naupai tantir (1st trimester) in Rubella natna a lo kai palh hlauh chuan nauchhiat, thi sa apiang leh naupiang sual-Congenital Rubella Syndrome (CRS – naute mitdel, bengngawng, Lung (Heart) pian thalo/natna chi hrang hrang, Thisen \ha lo leh thluak lam chak lo) vei te an hrin deuh ngei

ngei thin avangin a hlauhawm em em a ni.

Hetiang khawp a chhungkua leh khawtlang tana hriselna kawnga harsatna rapthlak tak thlen thei tu natna hi MR vaccine lak avanga fihlim theih, sum pawh sen ngai lo leh hlauhawm baw) si lo, sawrkarin a thlawn liau liau a kan kawtchhuah mai a lak theih a min han chhawp chhuah sak sa diam hi kan tu kan fate lo laktir hi mi tin in kan tih makmawh a ni tih i hre nawn leh ang u. Measles-Rubella Vaccination Campaign Mizoram pumah 16th April, 2018 a\anga, May ni 19, 2018 thleng a neih turah i fa chu he vaccine hi lo laktir ngei ang che. A hma a, Measle Vaccine lo la tawh zawng zawng pawhin he MR Vaccine hi lak leh ngei ngei tur a ni a, he Vaccince la te chauh hi MR Vaccination Certificate pek tur an nih avangin he hun \ha hi lo bawhpel) suh ang che.

Officer lian tak, nui ve thei lo emaw tih mai tur, nilenga tum bau reng mai ka hmu a; Pheikhawk chhe siam, nilenga hlim taka zai hlarh hlarh thin ka hmu baw)!

PARACETAMOL

A hming dang : Acetaminophen tiin an sawi \hin bawk.

Eng atana hman nge : Na chhawka atan leh khawsik tirehtu atan hman a ni \hin. Hritlang damdawi tih ho bikah tel tam ber a ni.

Eng chemical nge a nih?

A chemical hming chuan N-(4-hydroxyphenyl) acetamide a ni.

Eng angin nge kan hmuh \hin?

Damdawi mum, lai-hren, mawngnawh leh inchiu tein a awm.

Engzat nge ei tur (dose)?

Puitling tan : Mihring taksaah nikhat chhungin 4000 mg aia tam a lut tur a ni lo. 4000mg hi nikhat chhunga vawi li eiah hman tur a ni. Hei hi a sang thei ber a ni a, a chawhtu doctor-in \ul a tih chuan hei aia tlemin a pe thei. Hei aia tam i ei chuan t<r \ha tak a ni hlauh thei. Ni 10 aia rei pek loh tur.

Naupang tan : 15-60mg/kg in darkar 4-6 danah pek tur.

Ni 5 pek a tawk. I fa kha kg 5-a rit a nih chuan 15gm x 5kg=75 mg vawi khatah i pe thei ang, darkar 4 emaw darkar 6 danah emaw a nat dan azirin a pek theih. Nikhatah vawi 4 aia tam pek loh tur. Ni 5 aia tam pek loh tur. Paracetamol mum hian ei a\anga minute 11 chhung velin hna a thawk nghal thei a, a rei berah ei a\anga darkar 4 chhungin taksaah \ha takin hna a thawk a, darkar 4 a\angin a hnathawh a reh tial tial \hin.

Paracetamol hi damdawi him a ni em?

Damdawi reng reng hi chu t<r leh hnathawh \ha lo nei an ni vek. Mahse Paracetamol hi a ei dan tur dik taka ei chuan damdawi him tak nia ngaih a ni. A hlauhawmna tarlan zawng zawngte hi mi zawng zawngah a thleng vek lo va, tu chungah pawh thleng thei vek a ni thung.

A hnuai mite hi a him loh dan chu a ni:

Nu, naupaiin a ei tur chin aia tam a ei chuan naute thin (liver) leh kal (kidney) a chhe vek thei. Naupai laiin a ei tur aia tam a ei chuan khup kaw leh ke lek te a thlen thei. Naupai laiin a ei tam lutuk chuan naute hmai duk a thlen thei a, naute piang kha paracetamol mamawh em emin a awm thei a, chu chuan naupang kal (kidney) a tichhe vek thei. Hnute tuih tlem a kal thei a, hei hian nausen hmai duk leh vual a thlen thei.

Paracetamol ei tam lutuk hian thin (liver) a tichhe thei a, kal (kidney) a tichhe vek thei baw. Paracetamol hi takasaa a luh veleh chemical dang N-acetyl-p-benzoquinoneimine-ah a chang a, chu chuan thin vengtu enzyme pawimawh tak mai, glutathione

a ei ral vek a, thin a chhe thei \hin a ni. Hei hi zu in mi-ah a hluar bik a, zu leh paracetamol inpawlh chuan glutathione hi a tichhe nasa bik a, thin a chhe hma bik thei. Hei hi a dose pangngai leh dik taka ei chuan mi tlangpui zingah chuan thleng lo tura ngaih a ni.

Naupang tan a him em?

Naupang leh nausen tan a him tawk nia ngaih a ni a, mahse a ei dan tur dik taka pek tur a ni.

Damdawi dang nen ei kawp a paw em?

Paracetamol hi damdawi dang nena a inhal thu hriat a ni lo mahse, mi malah a thleng thei.

Chaw leh thil dang ei pawlh a paw em?

Chaw emaw bawnghnute emaw nen ei pawlh a paw lo.

Mawitea huang!

† Damdawi in kawtah alo ding vung vung a, Dr. Hrekima ngerawn tlak anga, Dr. Thiamsanga aw.... an hming atang ringawt hi chuan tu zawk hi ngerawn zawk tur hriatthiam avar har em!!...” zuk ti a!!!.....

L U N G N A

Lung natna chi hrang tam tak zingah Coronary Heart Disease (C.H.D) hi i lo sawi dawn teh ang.

He natna hi lung chawmtu thisen zam (coronary artery) phui vang emaw, zim vang emaw a lungin thisen kham khawp a hmuh loh vanga lo awm a ni. He natna hi ram changkang apiangah a tam a, 'Modern Epidemic' ti hial in an vuah.

Khawthlang rama mipa thi 30% leh hmeichhe thi 25% chu he natna vang hi a ni. Lung phu chawl (Heart Attack) a thi 25-28% te chu rei lote chhunga thi nghal an ni a, 55% te chu darkar khat chhungin an thi ber a ni.

Kum 30 chung lam, Chandigarh khawpuia an zirnaa an hmuh dan chu mipa 6.5% leh hmeichhia 4.7% in he natna hi an vei a ni.

A awmtir thei tu :

1. Mei zuk : Mi tlemte te chu in awkhlum in an inthat a,

chutih laiin mi tam tak te chu meizuk vangin an inthat a ni. Meikhu a Carbon Monoxide hian thisen dawt chung hriselna a tibuai a, vaihlo t<r (Nicotine) hian Blood Pressure leh lung ti hrawl Oxygen mamawhna a tisang a, thau (lipid) pawimawhna tak-High Density Lipoprotein (H.D.L.) a tihniam bawk. Mei zuk hi bansan na a rei poh leh a risk a tlahniam a. Hetiang natna (attack) nei tawhte chu meizuk an bansan chuan attack dang neih lehna chance 50% in a tlahniam thei a ni.

2. Blood Pressure (Hypertension) : Hei hi natna awmtirtu pui ber pakhat a ni a, thisenah thau (Cholesterol) a tam pheih chuan a hlauhawm lehzual a ni.

3. Thisen thau (Serum Cholesterol) : Tunlai mi neinung ho buaipui ber chu thisena thau tam lutuk hi a ni. Sathau, butter, coconut hriak, artui (abikin in artui chhung mu) te hian thisena thau

Mawitea huang!!!

(Serum Cholesterol) an tisang a, thlai chi (Seed) a\anga hriak kan hmuh leh sangha a\anga hriak kan hmuh te hian an tihnam thei thung. Low Density leh Very Low Density Liprotein te hi he C.H.D. awmtirtu pui ber a ni. Heng thau te hi thisen d^wt chhungah bet in a kua an lo tizim in an tiphui thei a ni.

4. Chhan dangte : Zunthlum natna nei tan he natna hi a nei lo aiin a let 2-3 in an vei awl bik. Tin, mi awm awl Exercise la bawk si lote tan hian a hlauhawm hle bawk a, mi rilru hmang nasa, thinchhia, thil ngaihtuah vak vak mite leh zu in nasa te tan risk a sang hle bawk.

A INVEN DAN :

1. Naute/naupang an kum phu lova thau leh ei duh te hi enkawl fimkhur an ngai a, an puitlin hunah heng natna hi an

nei awl bik, chuvangin eitur chin tawk pek a \ha.

2. Thau, a bikin ran (Animal) a\anga kan hmuh hi a tlem thei ang ber ei tur a ni. Thlai, thei, buh leh be (legumes) lam ei tam tur. Chi (Salt) hi nikhata lo ei \hin a zatve a tihtlak hniam tur leh zu in bansan tur.

3. Mei zuk bansan tur a ni, khawvel ram tam takah chuan Smoke Free Society an puang tawh a, kan ramah pawh hian meizuk tihtlem lama nasa taka hma lak chhoh mek zel a ni.

4. Blood Pressure sang nei ten an B.P. Control \hat hle tur a ni. Rih zawng Control a, taksa Exercise (Physical activity) neih a, chi (Salt) ei tlem tur.

5. Exercise la ngun tura naupang zirtir a, an practice hian an puitlin hnuah pawh an chhonzawm zel duh bik.

Mawitea huang!

ε “Ka pi, Madawnga hi khawnge a awm, lui kal puiah sawm ka duh a sin mawle” an ti a, ani chuan, “Ani hi.... tukin khan sa kan hmeh a, Chawlhni tuk emaw tiin biak inah alo han \hu leh vung tawh a ni mai lo maw.... han en teh u” zuk ti a!!!

KAW|HALO HI.....!

Dr. Rohmingmawia

'Kaw\halo' han tih ngawt pawhin hre lo fa kan awm lo hial awm e! Chuti khawpa natna lar leh tlanglawn chu i lo bih Chiang Dawn teh ang. Kaw\halo tih hian mi, nikhat (darkar 24) chhunga vawi 3 emaw, a aia tam emaw tui rila daikal hi a huam a. Natna hrikin, ril chhung lama awmhmun khuara taksa a beih avanga lo awm a ni. Nausen a\anga naupang kum 2 thlengin an vei nasa ber a. Tin, nu hnute hne \ha lo, hnute phut (powder) emaw bawngnhute emawa chawm ten an vei duh bik leh zual. Chuvangin he article hi naupang lam thlur bing deuhva ziah a ni.

A hlauhawm viau em ni?

Mihring taksa hmun za zela 80 vel lai hi tuia siam a ni a, kaw\halo avang hian kan taksa a tui leh chi (sodium leh potassium salts) kha ek tuiah a kal chhuak \euh \hin a. Hei vang hian taksa a lo chauvin, taksa bung hrang hrang hnathawh a kal buai phah vek \hin a ni. He tui tlakchham avanga chauhna (dehydration) hi tute tan pawh a hlauhawm a, naupang tan a hlauhawm zual bik a ni. Enkawl vat lova ngaithah a nih phei chuan thihna hial a thlen thei a ni.

Eng nge kan tih tak ang?

Tih tur pawimawh hmasa ber chu tui tlakchham avanga

chauhna laka inven hi a ni. Kan ek chhuah puhruk tur, kan mamawh zat tui leh chi inpawlh in/pekin kan inveng thei a. Hriat tur chu mamawh zat tui leh chi kan taksa a luh chhung chuan kaw\halo hi a hlauhawm loh a ni.

Chutianga kan mamawh, tui leh chi inpawlh chu Oral Rehydration Solution (ORS) an ti a, a hriat awlsam nan 'Tui Damdawi' ti zel tawh mai ila. Tui damdawi hi siamsa, a funin Primary Health Centre (PHC) emaw Sub-Centre emaw a\angin a thlawna lak theihin a awm a. Fun 1 hi tui thianghlim pava 4 (litre 1)

velah chawhpawlh a, in mai theih a ni.

In lama siam chawp dan:

A hnuai tarlan ang hian tui damdawi hi awlsam takin mahni in lamah pawh siam mai theih a ni:-

1. Tui minit 5 tal chhuanso dah vawh, pava 4 (litre 1) nopui fai takah chung lut la.
2. Kut zunglang fai leh hul takin chi (Common salt) thianglim leh dip \ha tak sawk chhuak la, tui chuan phul la, thirfian thianglim takin chaw sawm ang che.
3. Chi tui al i siam chu han tem chhin la, mittui emaw thlantui emaw aiin a al tur a ni lo.
4. Chi tui alah chuan chini vei khat (a awm loh chuan kurtai pawh a hman theih) telh la, chaw sawm leh ang che.

Tui damdawi bakah hian heng tuiril dang chi hrang hrang: theitui chini pawlh te, chaw tuihnang te, bawnghnute khar chi al te, thingpuisen dal te, changphut tuirila chhum tui

te pawh hi pek atan a \ha ve tho a ni.

Tui damdawi pek dan tur:

Ni tin tui damdawi hi a thara siam tur a ni a. A hman ia in bang a awm a nih chuan paih a, a thara siam leh mai tur a ni. Kaw\halo nasa leh nasa lo vah pawh daikal zawh apiangin tui damdawi \hahnem tak damlo chu pek \hin tur a ni. Naupang kum 2 hnuailam bikah chuan fian 1 minit 1 emaw minit 2 emaw chungin, a zing thei anga pek tur a ni a, darkar 4 chungin an mamawh zat no 3 vel (200-800ml) pek zawh theih ni se. Hnute hne lai an nih chuan hnute hnek chawlh tir loh tur a ni a. Tin, naute/naupang chuan tui damdawi chu a lo induh viau a nih chuan, a mamawh aia tam a in pawh a hlauhawm hran lo bawk. Damlo chu a luak a nih pawhin minit 10 vel nghah lailawk a, pek chhunzawm leh mai tur a ni.

Damdawi in pan hun.....

A hnuai mi anga damlo a awm a nih chuan ngaih-

tuahawm a ni a, ngaihthah mai lova a rang lama daktawr/damdawi in pan pui vat tur a ni.

1. Nausen ludip a lo phai dukin.
2. A mitkhur a thuk a, a tlak dek a, mittui pawh a neih mumal lohvin.
3. A lei a ro va, a tui a hal huam huamin.
4. A vun a chuarin a dul vun han piai fan la, ngai a awh leh mai lovin.
5. A marphu a ran a, a thawk a lo ran a, a chauh viauin.
6. A zun a tlem emaw a zun miah lovin.
7. A kaw\halo a zual emaw, a luak a reh theih loh emaw, khawsik a tel a, chau/hah hmel a put a, a chauh ngawih ngawihin.

Pawimawh ber mai chu.....

Inven lawk tluka pawimawh a awm lo. Thil harsa leh buaithlak pakhatmah tih ngai lovin, damlohna leh sum

tam tak khawhralna lakah a fihlim theih a ni.

1. Naute chuan kham khawpin nu hnute a hne tur a ni. Hnute phut emaw, bawng-hnute emawa chauwm naute ten kaw\halo an vei hma bik tih hriat reng a \ha.
2. Naute, chauw tak pek har lutuk hian kaw\halo an vei duh bik a. Thla 6 a tlin chuan chauw tak pek ngei tawh tur a ni a, hmanrua a fai \ha tur a ni bawk.
3. Sentut (Measles) laka invennain naute chu chiutir \hulh tur a ni lo (Thla 9-ah an chiu \hin.) Hei hian eng emaw chen kaw\halo a ven theih rualin, sentut vei zawha kaw\halo kai hi a hlauhawm zual bik hle tih hriat a \ha.
4. Ei leh in tur tho bawm theih loh tura chhin phui tlat tur.
5. Tui chhuanso chauh in \hin tur.
6. Thil \hing ei dawnin chhuanso hmasak \hat zel tur.
7. Eitur siam dawnin leh ei dawnin kut silfai theihnghilh loh tur.

“Hmuh theih renga
TUIPUI LIAN dai kai
theihna tur LEI a awm reng
laia, tui thuk lova a lan
avang maia HLEUH-KAI
| ALH tumtu chung chu a va
pik em.”

References:-

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Medicine by K. Park.
2. Kaw\halo enkawl dan:
Health & Family Welfare, Mizoram.
3. Essential Paediatrics by
O.P. Ghai.

TUMBU PICKLE

Mamawhte :

- | | |
|-------------------------|------------------------|
| 1. Tumbu | - 3 nos. |
| 2. Chhawahchhi/Chhibung | - ` 10/- man |
| 3. Bahkhawr | - tel 1 |
| 4. Hmamrchapui | - ` 10/- man |
| 5. Mustard Oil | - A litre |
| 6. Purun var | - bul 2 |
| 7. Purun sen | - bul 3 |
| 8. Sawhthing | - kut zungpui tiat vel |
| 9. Chi | - 1 A teaspoon |
| 10. Achar masala | - 2 spoon |

Siam dan :

Tumbu chu fai \ha takin kheh la, a hmawrbawk chu pawlh vek tur a ni. Chhum so bawrh la, a tui pawlh rawh, a si leh hunah suan dai a sawr fu hnuah dah rih la, hmarchapui a sei sin zawngin zaiphel la, purun sen chu a bial zawngin zai la, purun var leh sawhthing chu tidip la, chhawahchhi pawh tihdip tur a ni. Bahkhawr hi fimkhur taka tihfai hnuin sin te te zai tur a ni a. Tichuan tel chhuang sa la, purun sen thlak hmasa la, a uh hmain la chhuak leh rawh. Purun var leh sawhthing tidip chu telh rawh. Tichuan a dang zawng zawng chu a rualin chawhpawlh \ha la, i duh chuan ajinomoto a telh theih a, aieng leh aisente pawha hmel mawi nan i duh chuan telh theih a ni. Heng i chawhpawlh vek hnuah Mosala hi telh a, ngun taka mei sa lova chhuan cherh cherh tawh tur a ni, ei theih a lo ni tih hriat nan chuan a tui la awm kha a lo hnung thlarh tawh ang, tichuan ei theih tihna a ni.

Hetiang hi dah \hat rei duh chuan Citric Acid telhin a dah \hat theih a ni.

Sources: BSI Cook book.

NAUPAI LAIA INENKAWL DAN (Antenatal Care)

Dr. Suzanne Lalduhawmi Colney

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

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

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

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

A chunga mi ang a in check-up a theih loh pawhin, WHO pawm dan angin vawi 4 tal in check-up tur a ni.

Hetiangan:-

- * Vawi 1 in check-up na-kar 16 naah.

Naupai laia hriattur pawimawhte (antenatal advice) :-

1) Chaw ei (Diet) -

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

avangin chawa iron-in taksa mamawh a phuhruk \hin loh avangin thla 4 hnuah phei chuan iron pek ngei ngei tur a ni.

2) Awm hahdam (Rest)-

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

3. Mut (Sleep)-

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

4) Inthiar-

Ek khal/harsat (constipation) a awm duh, thil tuiril lampang in tam a \ha. Ek nemna ei a paw lo.

5) Inbual -

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

6) Inthuamna -

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

7. Ha enkawl -

Raiin ha-na a neih chuan ha doctor hnenah 2nd trimester-a inentir tur a ni.

8. Hnute enkawl-

Hnute hmuur khem chu damdawi inah a siam \hat theih a, thla tawp lamah. A pan loh nan tihfai ngun a pawimawh.

9. Mipat-hmeichhiatna-

1st trimester-ah leh thla 7 leh a chanve hnu lamah chuan mipat hmei-chhiatna hman loh a \ha.

10. Motor chuan-

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

11. Zuk leh hmuam-

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

12. Immunization -

Tetaus injection vawi 2 lak tur a ni.

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

Mawitea huang!

t Darkar 3 an counseling tawh a, ala in hlan thei si lo. A tawpah counselor mangang chuan Pathian i ring em?
 Camper : Aw... ring e.
 Counselor : A nih min chhandamna hi i pawm em?
 Camper : Aw... pawm e...
 Counselor : Chu i piangthar tawh chu a ni ber alawm..
 Camper : A nih ahnu, veh kual veh kual lo khan nichinah khati khan sawi ta che, \ul lovah tuipui sen leh Jordan lui te kan kân phah hrep alawm....zuk ti a!!

BEKANG

Bekang hi pi leh pu atang tawha kan lo chin uar tawh a ni. A tangkai tur angin kan la hmang chiah lo na a, bazarah a hum ringawt pawh man man tham a ni. Ram changkang zawk phei chuan bekang tak, bekangsa, bekanghnute, bekang butter, bekang cheese te an siam a, bawnghnute an hman \angkai ai mahin bekang hi an tilar zawk a ni.

Bekanghnute siam dan: A hmasa berin bekang chu fai taka a hum silfaiin zan khat tuiah chiahpuam tur a ni. Tichuan sawm taka her hnuah bekang hersawmsa no 4-ah tuisik no 6 leihin, zan khat bawh chiah leh tur a ni. Tichuan hnute tui tak a lo ni ang. Dam lo, tar chak lo leh thisen hniam neiten an ngeih em em a ni.

Bekang chithlum siam dan : Bekang hnute sawrna fu kha bukin emaw, no-a tehkhawngin chini nen a inzat chiahin, chini no khat, bekang hnute fu no khat leh tuisik no khat nen thirbelah chhuan tur a ni a, tuisik kang retin chini chhuanhmu ram ramin, han chawh chhina tuisik awm tawh hauh lova chini leh bekang chu hneh taka chawhpawhlin a hngang thluak thluak tihah, thlengah bun chhuah a, pan rual takin, dak hlaka chawh bial tur a ni.

A lo daih hmain chemte luzumin, duh tawka lianin rin thliah thliah tur. Tichuan a lo ro hnuah kaihphel a awlsam a ni. Tin, thirbel a chhuan dawn khan, a beh lohna turin hriak rimche lo tur chi belah khan hnawih hmasak tur ani.

Bekangsa siam dan : Bekang hnute sawrsa kha chhuangso lovin dutno-4 ah vinegar thirfian lian 4 pawhlin, zankhat chiah tur a ni a, a tuk zingah chuan tuisik leh bekang chu a lo inhliar hluk ang a, bekangsa tur inhliar hluk mai chu tuisik tel lo thei ang ber turin lakchhuah ni sela, tichuan thlengdar lian takah pan rual takin, mei sa lo tein ur cherh cherh a, urro tur a ni. Tin, a ro hmain chemte luzumin kut zung tiat velin thai tur a ni, tichuan a

ro hnuah tuaithlak zung zung theih a ni. Tin, mei a ur kher lo pawhin nisaah pawh phoro theih mai a ni.

Bekang Butter siam dan: Bekang hnute chu darkar chanve vel chhuanso tur a ni a, tichuan chhin lovin dah daih ni sela, a chung langah chuan chhah takin a lo dak hlu ang a, chu chu lakchhuah a, vawksa thau kan er ang hian rei tak sahriak tlemte nen chhuan tur a ni a, chutia a thau lo iner khawm chu butter tui tak a lo ni mai.

ZUNIN, ZUN FEP NEI

Coconut sen pumkhat kha a hmawr lam tikua la, chutah chuan lungthur kut zungpui tiat vel a chhungah chuan thun la minutes 30 chhung vel chiah rawh. Chumi zawhah a tui in zo vek ang che. I zunin leh zun far khat lek lek a i lo cheh thin te chu a dam ngei ang.

Mawitea huang!

s Zanlaih phone call, Zualko a dawng, "I pu chu a kal ta.." an rawn tia... Mit nuai nuah nauh pahin, "Zan laiah laiah khawiah nge maw ka pu chu a kal dawn le," zuk ti nuah nuah a!

s An mikhualpa khan, "Ka chawei chu ka va han puar em!..." a ti ngawt mai a, a thlen in te chhungkua chuan, "Nia, I puar ngawt ang.." an lo ti tliar tliar mai chuh...!!

s "Mama,ka damdawi hi chu lo ei ve tawh reng reng suh" a ti a, a fapa chuan "Engati maw?" a ti a, apa chuan, "Ele..kan at dan a inang lo alawm" zuk ti a!!

s Thaw hlawp hlawpin a rawn tlan phei buan buan a, "Ka hlau lutuk, ka hlau lutuk," a rawn ti chul a, a bul a mite chuan, "Eng nge i hmuh a..." an lo ti a, ani chuan "Ka hmu hman lo chiah chiah," zuk ti a!

s Tlangval: Ka vei lutuk che a sin... engdang mah ka ngaihtuah thei lo, ka rilruah i awm reng mai..

Nula: Zawi zawiin a reh ve leh mai ang....

HRITLANG BENVAWN

Dr. Zodingliana, MS(ENT)

Hritlang awmzia chu hnar insawiselna, hnap tui, hnar za, hahchhiau, hnar ping, emaw a khuh telin a ni a. Thenkhat phei chuan khuh ringawt an neih pawhin hritlang an inti lawi a. Benvawn tih chu hun rei deuh hlek, kar 2/3 emaw, a aia rei deuh chi awh emaw, boruak inthlak a rawn lang leh mai \hin hi a ni.

Kum tam tak Zoram dung leh vang tuama chenchi h tlatu, thu behchian dawl lo leh rintlak loh, behchhan nei lo, mi tam tak specialist pan mai duh loh tirtu, mi awm mai mai ti hel a, Doctor entir kher tul lova pawm tir tlatu, tawngkam pawikhawih nasa deuh deuh thenthat lo thlir ila:

* Hritlang benvawnin entir awmzia a nei lo, a awm leh zel tho.

* Hritlang benvawn enkawlina Doctor ten n hre tak tak lo.

* Hritlang benvawn zai tir a sawt tak tak lo.

* Hnar chawr zai a sawt tak tak lo.

* Damdawi, mi tha tih ang ei ve mai hi a tawk lek.

* Sakuh hmul zum a hnar vih thi vak vak hi a sawt lutuk.

Kei ni Mizote hi kan zia a danglam ve hrim hrim a, tuin emaw natna leh a enkawlina tlem a zawng pawh an sawi mar deuh zut theih chuan kan awih chawpchilh ve nghal mai thin hi a fuh lo hle a ni. Kan hnam zia a bet ve tlat tawh, kan sim hmak hun tawh hle si a ni awm e. Thlangkawrvai hote, Sap vunngo hote, khawchhak mit meng sawl ho zawng zawng te hian natna reng rengah Doctor an rawn thin a, an thur^wn angin an awm mai zawk thin. KA nei nazawng sawi an awih ve nghal ngawt ngai lo, hetiang hian ka insawisel reng si a, a thiam leh zirchhuak, a hrechiang bik Specialist kan rawn nghal mai

teh ang tih nachang kan hriat a hun tawh tak meuh meuh a ni. Hritlang benvawn hi nimina piangte leh kum 100 mite inkarah a inlar tlangpui thin a, ngaihtah a nih avanga harsatna thleng thei thenkhat te lo tarlang ta ila:

A. Hritlang benvawn vei naupang, ENT Specialist pan pui loh anih chuan:

1. - Beng ri hriatna tlahniam
 - Bengdar vung benvawn
 - Bengdar chung a tui tling
 - Bengkherh an nei chawk

Mi tam tak bengngawna chhan ber a ni.
2. Tonsil na an nei nawn fo thin, chu chuan nghawng tha lo dang a nei nual bawk.
3. Awmna leh khuh an nei nawn fo thei bawk. TB anih mai lo ring tawk lah an bo na hek lo
4. An taksa a \hang tha lova, zirna lamah an tlahniam hret hret bawk thin, hnar ping fo, mamawh tawk muthilh loh, energy loss, School a attention

pek that theih loh, a inkahpukchaw duah a nih chu.

5. Duhtawk mu ta lo chu an chiau hiar a, an phunchiar a, lawmna reng an nei ta lo ang hrim a awm chang an ngah a, chaw lak a tha lova, an sawngnawi bik thin.

B. Naupang leh Puitlingah :

1. Bronchial Ashma/ thawhah neih mai na chance, mi pangngai aiin 60% in a sang.
2. Hnarchawr (Nasal polyp) an nei duh hle
3. Hnar insawiselna a pung tual tualin a na zual sauh thin.
4. Hunbi nei a chhuak thin (seasonal) kha kum khawtlai tluan/kum tluan a hrehawm chi(Perrinneal)-ah a lo inlet chawk thin.
5. Sinun (hmai ruangam a ruh kawrawng, Pathian siamsa thlap, mi tinin kan neih) infection (septic) dam Chiang har zet mai an nei duh hle bawk.
6. | hanglaiho zingah phei chuan, mi zinga awm an

inthlahrung a, inferiority complex an nei duh hle a ni.

Heng a chung a thu (Uarna tel hauh lova tarlan) te avang hian hritlang benvawn enkawl na pek hi kawng tinrengin a sawtin a hlawk a, a hlu in a finthlak takzet a ni a.

Tunlai khawvelah chuan specialist bik pan zel hi mi vengva deuh chin, nachang hriat thar pakhat duhawm tak chu a ni.

(Editor, MGDA Annual Magazine 2012 phalna a chhuah chhawn leh a ni e.)

MIZO DAMDAWI: I AWIH ZAWNG ANI EMAW?

KAL NA DAMDAWI

Limbu tuifir tha pava 1 (khat) zên zâwnah artui pum khat i la ang a, a kâwr kheh lo in limbu tuifirah khan i thlak ang; Tichuan, chu thil pahnih inchawhpawlh chu no chhin neiah emaw sarang \awn phuiah zan khat i chiah ang a, tichuan zingah han en la artui chu a lo zawp ral tawh ang, mahse, artui khar zawp ve thei lo kha i paih ang a, tichuan a in theih a ni mai. Vawi tam i in lo vang.

Ringworm, | hek leh Arngeng etc.... nei tan..

Purunsen pumkhat la la, rawt sawm vek rawh. Chu chu thleng kumah dah la, tah chuan Nimbu tui sawr rawh. Tichuan chu chu nikhatah vawi hnih i Ringworm-ah emaw \hekah emaw arngeng chi hrang hrangah pawh hnawih thin ang che. Zannah hmai emaw i hnawiha lai chu tuilumin tifai leh la, chumi zawhah Tanakha hnawih thin ang che. Hetia ni nga (5) chung i tih chuan mi dang hrilh chhawng loin i awm thei lovang.

Singsihlit nei tan.....

Washing soda leh chinai hi a inzatin chawhpawlh la, chu chu i singsihlith khan tat la...darkar hnih/khat hnuah a ei duk vek anga chu chu kheuh thlak tawh mai tur a ni. Singsihlit pakhat aia tam i neih chuan a vai vaia hnawih pawh a ngai lo, a lian berah khan tat mai rawh a dang pawh a thi vek tho.

WORLD TB DAY 24TH MARCH DENCHHEN A HEALTH MINISTER THUCHAH

March 24 hi khawvel pum huapa TB tibo tura beihpui thlakna ni - World TB Day a ni a, Kumina kan thupui chu **“Wanted : Leaders for a TB free world”** tih a ni a, a awmzia chu “Khawvelah TB a lo bo theih nan hmahruaitu mahmawh a ni” tih ani thei ang.

India ram hi khawvela TB vei tamna ber ram a ni a, Khawvela TB vei hmun lia thena hmun khat hi India ram a mi a ni a. Kumtin nuai 22 vel TB vei thar awmin, nuai 2 chuangin an thih pui thin nia chhut a ni bawk. Tin TB tihdam harsa bik, Drugs Resistant TB kan tih pawh India ram hi a vei tamna ber a ni bawk.

Mizoramah pawh nikum 2017-ah khan TB vei mi 1931 sorkarah leh Private atangin 44 hmuhchhuah a ni bawk. Tin MDR-TB mi 74 leh TB leh HIV nei kawp mi 128 hmuhchhuah a ni bawk.

Sorkar laipuiin India ram pumah TB zawmchhuah beihpui (Active case finding) kalpui tura a tih angin Mizoramah pawh nikum (2017) khan District 8- ah te neih a ni a. He beihpui thlakah hian mipui awmkhawmna hmun – Home, Camping centre, Hostel, Jail etc. te tlawh niin mi 10000 (singkhat) chuang endik an ni a. Heng a\ang hian mi 15 te chu TB vei an ni tih hmuhchhuah niin heng zinga mi 2 te chu MDR-TB (Drugs Resistant) an vei tih hmuhchhuah a ni bawk. Tin Central TB Division atangin kumin (2018) February thla khan Active case Finding atan hian Medical Mobile Van dawn a ni a. He Mobile Van hi Mizoram chhunga TB vei te, hmun hla leh kilkhawr zawka awmte rang tak leh awlsam taka hmuhchhuah an nih theih nana hman tur a ni.

Tin, khawl changkang tak CBNAAT chu Mizoramah 7 kan hmang mek a. He khawl hi MDR-TB bakah, chuap leh chuap pawnlam TB test nan hman a ni. Tin, Civil Hospital Aizawl-ah leh Medical Mobile Van - a mi chu hman mai theihin a awm tawh a ni.

TB programme-ah hian hmalakna thar kan nei zel a.

* TB leh HIV vei kawp ten TB damdawi leh ART damdawi centre hran ve vea an lak thin kha tunah chuan ART centre atangin TB damdawi laktir an ni tawh a.

* TB vei zawng zawng te Drugs Resistant an nih leh nih loh TB hmuhchhuah an nih atangin test nghal vek an ni tawh a. Hei hi Sep 2017 atang khan hman tan a lo ni tawh a ni.

* Tin TB damdawi chawlhkar khata vawi thum ei thin chu ni tin eiin thlak a ni tawh a. Hei hi Oct 2017 atang khan kalpui tan a ni.

* TB damlo zawng zawng te tanpuina chu Direct Benefit Transfer (DBT) hmangin an Bank Account-ah thunsak vek an ni tawh a.

* RNTCP report hi Online Reporting (NIKSHAY)-a kalpui a ni tawh a. Rang zawka report a nih theih nan Phone Tablet 51 central atangin dawn a ni tawh a ni.

* Tin TB vei te tan Nutritional support kum lo thar leh tur atang hian ` 500 thlatin pek theih beisei a ni bawk.

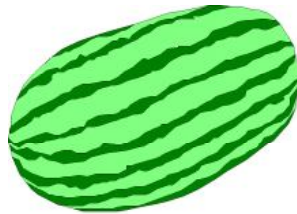
Tin, kan sawi fo tawh thin angin, Private Doctor, Laboratory leh Private Hospital a TB hmuhchhuah leh enkawl te hi danin a phut angin Sawrkarah report vek tur a ni a. District TB Officer te hnenah hriattir chhunzawm zel turin kan in ngen leh a ni.

A tawp berah chuan he natna inkaidarh theih, tihdam theih ni si, ngaihthah a hlauhawm tak TB hi a lo tawp theih nan kan zavaiin hmahruaitu nih i tum theuh ang u. ■

DAWNFAWH

Khua a lum a, chhawlhal tihreh nan leh taksa vawng dai tura kan ei thin zingah chuan 'DAWNFAWH' ei hi a tihchi ber awm e. Dawhfawh hi Mizoram mai bakah khawvel hmun hrang hrangah pawh an ei nasa em em a. Thil chi hrang hrang siam nan pawh a la hman theih leh zel a, hetiang taka thil \angkai 'Dawhfawh' hi eng nge a nih chiah i lo bih chiang dawn teh ang.

Watermelon, Mizoten dawnfawh tia kan hriat lar hi Africa rama hmuhchhuah niin, Egypt ramah chin hmasak ber a ni a. Egyptian-ho phei hi chuan an thil ziahna hawrawp atan mai bakah, an lalte thlanah zahna lantir nan te an dah tel \hin a. Tin, heti lai chhehvel ramro leh tui vanna hmunah hi chuan an tui mamawhna phuhruktu leh an nunna inngahna pawimawh tak a ni a. Hetiang taka \angkai chu, China ramah darh chhovin khawvel hmun hrang hrangah a lo darh ta a ni. Tichuan ei leh in siam nan mai bakah hmai hnawih leh taksa hnawih tur chi hrang hrang siam nan an hmang bawk a. Ram \henkhatah phei chuan Wine chi hrang hrang



siamna atan hman a ni.

DAWNFAWH | HAT BIKNA TE:

1. Dawnfawh hian thei dang zawng aiin tui a pai hnem a, taksa a vawng dai rei bik.

2. Dawnfawh hian Vitamin B a tam em em a, chu chuan taksa chakna a tipung thei a, pumpuia kan thil pai\awih leh pumpuia kan til pai tinuam tur pawhin nasa takin a pui a ni.

3. Dawnfawh hian vitamin A a tam em em a. Mit (eye) tan a \ha em em bawk. Khaw hmuhfiahna atan mit a \anpuiin mit men a tinuam a. Vun tan a \ha em em bawk a ni.

4. Dawnfawh hian thisen sang a veng thei a. Kal (kidney)-a lungte awm tan pawh lungte kha a ti t> thei bawk a ni.

5. Dawnfawh hian taksaa natna dotute a tichak a, natna hrik kai palh theiah pawh min veng thei a ni.

6. Dawnfawh hi cancer veite tan a \ha hle a. Cancer lak a\ang pawhin min veng thei a ni.

7. Dawnfawh hian lung (heart) hnathawh a \anpui a. Lungphu chawl thut thei lak a\ang pawhin min veng thei a ni.

8. Kan boruak hip luh leh chhuahna kalkawng a \anpui nasa em em a. Asthma lak a\ang pawhin min veng thei a ni.

9. Zunthlum (diabetes) tan a tha hle a. Zunthlum vei theihna lak a\ang pawhin min veng thei bawk.

10. Dawnfawh hi rihna ti tlahniam duhte tan a \ha em em. Thau theihna tur chi a pai

lo va, puarna taksa mamawhna tam tak pe si hian taksa thau tur a veng hlah thei thung a ni.

I T I V E C H H I N T A W H E M ?

Khawlum huam huam hnuai theitui vawt tui tak han in hi a tui duhin mi a vawng dai nuam thei hle a. Dawnfawh tui hi hetiang hian han siam ve chhin teh.

Mamawhte

1. Dawnfawh tui - No 2
2. Sertui (eg. Limbu, etc) - Thirfian 2-3
3. Chini - Thirfian 2
- 4) Vur (ice) - A ti vawt taw

I thil siam turte chu bur emaw no lianah emaw han chawhpawlh khawm la. I duh phei chuan a ti rimtui turin hnah (eg. Pudina, Dhania) emaw han telh la, no a thli chhuakin han in chhin mah teh, tui danglam deuh a sin. Inlengte lo chhawp atan pawh zahpuiawm loh tak a ni.



ZAWHNA & CHHANNA

Chhangtu : Dr. Lalhmuchhuaka

Q 1. Naupang kum (3), kum li (4) vel ho hi an dul a kiar/puar thei em em a, hei hi eng nge a chhan. A tihreh dan emaw, a damdawi emaw a awm em? Khawngaih takin a damdawi min rawn hrilh theih chuan ka lawm hle ang.

Ans : I sawi ang hi a dik viau mai, hei bakah pawh nausen a\anga naupang lian deuh tak thleng hian a tlangpuiin an dul a kiar (a puar pung chu a ni lo) duh hle a. A chhan tam tak a awm thei – dul vun leh tihrawl la chak tawk loh vang te, ei tam chin tawk la hriat loh vang te, rulhut leh a \hianteh ho (Intestinal parasites) te, natna ben vawn dang eg: TB, metabolic disorder, digestive disorder te leh kaw\halo chi hrang hrang vangte an ni tlangpui. A enkawl dan tur pawh a natna/a chhan ang zelin a ni ber. A tam zawk chu damdawi ngai lem lova insiamrem leh mai an ni a, rulhut leh a \hianteho chu rulhut

damdawi hlo pek a ni mai a, natna hming bik nei ang eg: TB leh kaw\halo te chu a damdawi bik (Specific Treatment) pek a ni ang, eg: Cripe water, aristo- zyme, neopeptine leh a dang bazaara kan hmuh \hin hian \angkaina a nei lo. Mar dek leh tawngtai a hre thei tam berin thin- lian an lo tih ve \hin pawh hi a dik lo tlangpui.

Q 2. Naupang kum khat a\anga kum 5 vel te hi an mawng a za \hin a, an mawngah hian rulhut te chi a var a awm \hin a, a za an tiin a nuam lo an ti thei em em a, hei hi engvang nge? A tihrehna damdawi a awm chuan khawngaih taka min rawn hrilh turin ka han ngen a che.

Ans : Hei hi a chhan ber chu an mawngkua leh a kam velah hian rulhut (Entterobius Vermicularis) nu kha a rawn tui \hin a ni. Naupang mawng chu a thak \hinin zun an cheh \hin pawh a tizual thei. Hmeichhe naupang bikah phei chuan serh thak leh

zun kawng natna a siam chawkw bawkw. A tihrehna chu rulhut hlo - Pyrental pamoate 11mg/kg pek nghal bakah a karhnihna a pek nawn leh tur emaw, kum 2 chung lam tan chuan Mebendazole 100mg zing leh tlai ni 3 chung pek tur a ni. Rulhut hlo chi dang pawh an hmang ve bawkw. Hriat belh tur chu tunlaia rulhut hlo kan hman lar ho hian hmanlai a mi ang in ei leh inah engmah huat an nei lo. Damdawi dang nen pawh pek pawlh theih a ni. Rulhut hi ei leh in a\anga kai chhawn \hin a nih avangin an kut leh kutin vawn fai loh chuan mahni leh mahni an inkai fo thin a ni. An kut lawngin an mawng hiah phal loh tur a ni a, an thawmhaw te pawh suk fai a, nisa a rei tak pho hian mawngmirh tui kha a tihlum thei \hin. Rulhut hlo pek hi hun bi a siam theih chiah loh na a, naupang mahni a la intifai thei lo ho chu thla 3/4 dan velah pek ve fo a tha.

Q 3. Naupang kum khat a\anga kum 3 vel te hi zana an muthilh lai hian an phu zawk zawka, an \ap chhuak leh \hawt \hawt bawkw \hin a, hei hi engvang nge? A damdawi a awm em?

A awm chuan khawngaihin min rawn hrih theih chuan ka lawm hle ang.

Ans : Hetianga i rawn zawhna hi heng aia sen leh lian deuhah pawh an awm duh viau, thil dang hrisellohna leh natna langsar an nei a nih loh chuan a hlauhawm lohva damdawi pawh pek a tul lem lo. Mihring pangngaia hriatna thazam (nerve reflex), rilru ngaihtuahna leh tihrawl hnathawh lo lang chhuak a ni ber. Naupang rilru chu kal khat ang reng tak; hlim veka hlim em em, tah pawha uar thei tak, mahni chauh pawimawha inhria a ni tawp mai a. An chhungril ngaihtuahna an la sawi chhuak thei lo va, chu vangin an men laia an awm dan kha an mutthilh (abikin an mumang/mu nghet lo) khan an tum lawk pawh ni bik lovin (reflex action) an lo phu in, an \ap a, an tal vel thin a ni. Hetianga nau an awm thin hian an nute hian lung tha lo a nih an rawn ring \hin na a, a tlangpui chuan a ni lem lo. Doctor entir a tha. Nau chakloah a awm ve theih thin avangin rulhut hlo, Multi Vitamis, Iron leh Calcium te hi pek a \ha. ■

ASTHMA VEITE TAN

Dr. Isaac Lallawmsanga

Natna dam mawh leh buaithlak tak pakhat chu thaw hah (Asthma) hi a ni awm e. Naupang leh puitling pawh thliar hran lovin a vei tam tak chu Asthma benvawn veiin damdawi in an pan chuk chuk \hin. A tir chuan hritlang ^wm n^ anga inhriain damlote'n doctor an pan fo \hin a. Kawng kal lai te, infiam te, exercise lakte'n ^wm zawnah hnawhtu awm ang maiin th^wk a harsa a, vawikhatnaah chuan a ngaimawhawm vak lo thei. Hna hahthlak lo leh in chung sekrek khawih lai lehzela thaw-hah i neih fo chuan he natna hian i chuap a rawn luah ve \an a ni mai thei. Mah se doctor r^wn chu rilruah a la \angkai lo i ti mai thei tho. A chhan pakhat chu hnam tlawmngai kan nih \hin avang khan khawsik sang nen lova damdawi in luh chu harsa kan ti \hin. Thla khat dawn a ral hnu chuan th^wk harsa i tih mai bakah khuh khek khek nen, a chang phei chuan i ^wm chung lama nangma thaw ri ngei pawh i hriat chang a awm ang. Hetih hunah meuh chuan doctor r^wn chu tihmakmawh a ni ta.

I nat dan fiah felfai takin doctor hrih la. I naupan laia thaw-hah i neih leh neih loh te, mei zial zu mi i ni em? I taksain huat bik (Allergy) a nei em? Ei leh in emaw awmna hmun azira taksa huat bik leh huat loh te, a changin vun bawl emaw vual emaw i nei \hin em? Nge sinus na i nei tawh \hin? Hrih theihngilh hauh suh. Heng bakah hian i hnathawh leh thawhna hmunte doctor chuan a zawt hmaih palh mai thei che,

doctor room i chhuahsan tawh pawhin va hrih leh hram rawh. A pawh lo ve. I chanchin a hriat chian a ngaih bakah he doctor hi tun \um chauh hi i pan lo mai thei. Asthma hi tihdam nghal theih a ni si lo va. Damdawi huat bik i taksain a neih phei chuan doctor-in tih tur a lo pe vat ang che; heng hi theihngilh suh.

In lama inenkawlte tan damdawi ei hunbi leh ei tur doctor-in a sawi ang thlapa ei tur a ni a. Asthma hi thaw-hah

ngawt a ni lo va; khuh nen, taksa zawi ngawih ngawih te, luhai leh a changin khawsik a awm \hin bawk. Chu vangin damdawi hip chi bakah damdawi dang pawh i ei tel a ngai ang. Asthma damdawite hi chi hnihin a \hen hlawk theih a:

1. Chhawkna/reliever : Thawh-hah chhawk nan chuan a hip chi/inhalet hi kan hman lar ber a ni a. Hmun hla leh mahnia inenkawlte tan a pawimawh hle. Asthalin/Salbair inhaler-te hi kan hre \heuh awm e. Zing thawhlim emaw zan mut laia thaw-hah a chhuah thut chuan vawi hnih thum hipin a chhawk nghal mai a. Mahse a chhawkna chauh a nih avangin leh pek atan erawh a venpui lem lo. Chuvangin a ven lawkna hi a awm chuan a \angkai zawk mai thei.

2. Invenna/preventer : Hetah chuan a chunga damdawi bakah damdawi dang pakhat STEROID a tel a. Steroid hian natna zualkai tur a ven bakah a lehpeka thaw-hah lo awm thut tur a veng thei bawk. Hun rei tak hman erawh chu a \ha lem lo thei. A

hmangte pawhin hman zawh veleh kam \huah fai \hin tur a ni. Natna chi khat Oral Thrush an tih hi a awm theih avangin.

Asthma chungchanga hriat tur pawimawh dangte :

1. Inhaler/hip chi : Hmanraw danglam tak inhaler hi duh duh dana hman ngawt tur a ni lo va, fai taka enkawl tur a ni. Kekawr ipteah emaw bag khaiah emaw daha kalna apiangah inven nan ken reng a \ha a. Chutiang chuan ngaih-ngam takin i lengchhuak thei ang.

2. Lenchhuah dawn emaw insawizawi dawn emaw apiangin taksa tihlum/tuamlum hmasak phawt a, chhuah hma minute 15 velah vawi hnih damdawi kha hip tur. Hei hian Asthma lo chhuak thut tur lakah a veng ang che.

3. I hmuamna lai mounth-piece kha i hman dawn apiangin enfiah la, bawlh-hlawh a awm chuan tifai \hin ang che.

4. I damdawi hmanlai kha a hming vawn tum la. A chhunga damdawi hmingte pawh 'by heart' tum ang che.

5. Inentir apiangin i damdawi hman lai bakah i lehkha hluite, X-ray leh thildang \angkai tura i hriatte pawh keng tel la.
6. Vawi engzat nge a natna a rawn chhuah \hin, i damdawi hman laite i ngeih em tihte Chiang taka doctor hriih thei turin a hun bi neiin doctor r^wn \hin ang che.
7. Inhaler hman dan tur Chiang taka hriat a \ha. Awwsam taka hmeha hipluh mai a ni lo va. Damdawi dose dik taka a chhuah kim theih nan hmehna/nemna (cannister) kha hmeh hmian thawkchhuah vak phawt a, chumi hnua i thawk chhuah leh chiah tihin cannister kha hmeha damdawi chu thawk luh ruala hip luh vak tur a ni. Heti ang a i tih loh chuan a chhunga damdawi kha i hip lut kim thei lo vang.
8. Steroids telna inhaler hmangte tan kam\huah nghal zel tur a ni. Chuti lo chu, hun reiah ka chung natna chi khat 'Oral thrush' i vei mai ang. Chu vangin, i damdawi hman lai kha a hming leh a chhunga damdawi awmte nen i chhin-chhiah a ngai ang.
9. Damlo na zual, mahnia kal sawn thei lote tan hetiang hmanrua hi hman a remchang lo thei a. Hmanraw dang 'Nebulizer machine' hi a hman theih bawk. He hmanrua hi a to deuh nain in lama inenkawlnan a awlsam hle a ni.
10. Heng baka damdawi \angkai tak pakhat chu oxygen a ni. Hei pawh hi in lama inenkawlte tan pawh a bur (Cylinder) a lei tur a awm tho va. Thaw-hah a zual chang chuan vuah nghal theih a ni bawk.
11. Damlo mutna pindan chu fai taka vawna, boruak leh chhuahna (cross ventilation) \ha tak a ni tur a ni.
12. Damlo mutna leh thawm-hnaw hak laite pawh fai taka vawn tur a ni a. Thawmhnaw leh mutbu-a me (Dust)-te hian asthma a tizual thei.
13. Asthma hi damdawi \henkhat, Aspirin ang chi ho leh chawhmeh huat (food allergy) \henkhatin a tihzual theih avangin. ■

A L L E R G Y

Dr. Lalnunpuii

ALLERGY chu mi tam zawkin an huat loh, huat neih emaw, ei sual emaw an neih hi ti ila kan sawifiah teuh ber awm e. Taksa pawnlam a'anga thil eng emaw hrik leh thildang taksa chungga a luhin, a lo lutte do tura taksain thil a siam chhuah, "Antibody" an lo pung vak \hin a. Chung chuan vun te, hnar te, chuap te leh pumpui te a "Mast cells" an tihah han betin Histamine an siam chhuak a, chu chuan thisenzam a tilian a, BP a tihniam a, pumpuia acid a ti tam a, marphu/lungphu a tichak \hin.

Taksa a lanchhuah dan :

- Mit a ti thak a, mittui a tla a, mit a sen rum \hin.
- Hnarping emaw, hnaptui a tla reng a.
- Hahchhiau a chhuakin nasa takin an hahchhiau vak \hin.
- Thawhah leh thaw ri hrawp hrawp.
- Hrawk za.
- Hritlang pangngai nen a inang hle a, a danglamna erawhchu hnaptui fim a far a, khawsik leh taksa na a awm lo a, hritlang damdawi eiin a reh mai lo va, boruak dang hip chuan a reh daih thei a ni.

A thlentu lar zualte leh a enkawl dan :

1. Incheina (Cosmetics): Lotion te, powder te, mit hnawihte leh hmeichhe incheina chi reng reng hlui leh chhe tawh hman avangin a awm duh a. Mit leh hmaithak, ro leh puhlip te a thlen theih avangin heti ang hlui leh chhe tawh hi chu hman loh tur a ni. Miten \ha an tih nazawng hi kan vunin a ngeih ve kher lo tih hriat tur a ni a, tin, sahbawn leh powder te leh lotion te chu nem/dal (mild) deuh hlek thei ang ber chi hman a \ha. Tin, sam dye dawnin ngeih leh ngeih loh enchhin phawt tur a ni.
2. Vut/khu (dust mites): Maimawm ril leh pakilkar bal

vel te hian allergy a thlen thei a. Chuvangin, mut bu te, \hutthleng te, dawhkan te, parda te leh carpet te hi kar khatah vawikhat tal tihfai/vuakfai \hin tur a ni a, nisaa pho chhuah zeuh zeuh tur a ni. Maimawm ril inzam te tihfai a, chhuat fai taka nawh \hin tur a ni. Tin, air conditioner hmang tan a khat tawk a tih fai zeuh zeuh bawk tur a ni.

3. Ei tur (food): Bawng-hnute te, bekang te, pa (mushroom) te, artui te leh thil dah rei theih chi (preservatives tel) chiah hian allergy a tam duh bik a. Kaw\halo te, pum na te, luhai leh thawhah te, thak leh vual te a thlen a, chu vangin, khawi ilo kala ei tur min pekin eng nge a nih tih chian phawt a \ha. Tin, kan huatzawng chi hriata ei loh a \ha ber. A lo nasat viau chuan mi thiam pan vat tur a ni. Tin, damdawi ei vangin a awm thei bawk a, doctor-in a damdawi side effect min hrih lawksa a nih loh chuan doctor hnenah hrih vat tur a ni.

4. Rannung seh/khuai zuk (insect bites/stings): Rannung seh leh khuai zukah chuan sehna

hnuhma a lo awmin a lo vual tut \hin a. A \henah chuan thawk a tiharsain lu na leh luhai te, nikhaw hre lo hial te pawhin a awm theih a, chutiang a nih chuan doctor pan vat mai tur a ni. Doctor pan vat tur remchang a awm loh chuan antihistaminisc (avil, cetriz etc) ei tur a ni.

5. | helret (latex): Rubber (\helret) a\anga thilsiam huat hi a awm thei bawk a, chu chuan chuap hnathawh a tibuaiin thak te a thlen thei a, doctor hnena hrih inentir a \ha a. Hmuar (fungus) - Hmun hn^wngah te, ei tur \hingah te, chhangthawp te leh sa \hingah te hian a awm a, tin, nghawngah te, kap karah te leh hnute hnuaiah te a awm duh em em bawk a. Chu chuan vun thak, phuhlip leh l^wng te a siam \hin. Chu vangin, in leh a chheh vel tihfai a, chawhmeh \hing leh hmuar reng reng chu ei loh bawk tur a ni. Cotton lam chi thawm-hnaw fai leh hak nuam deuh hakin a tiziaawm deuh a. Kawr huh leh hnawm deuh chu hak loh tur a ni.

7. Ranvulh (pets): Ina kan vulh \hin rante a\ang hian a kai

theih a. Chuvang chuan ranvulh reng reng chu an mutna tur bik siam a, kar khatah vawikhat tal bual \hin tur a ni a, mut pindan leh choka velah te awm tam tir loh tur a ni.

8. Pangpar chi (pollens): Pangpar chi boruaka leng vel hi nipui thli thawt lai hian a tam duh bik a, chuvangin hetih lai huna chhuah tam loh hi invenna \ha ber a ni. Tin, puipunna a kal leh khawlaia vah tamin a zual \hin a. Two wheeler-a chuan \hin tan chuan hnar leh hmui khuhna (mask) leh sunglass hman hi invenna \ha tak a ni.

9. Taksa hah (stress): Rilru hah leh vei neih tam lain a zual duh bik a, hna thawh rim deuh pawhin a zual thei bawk. Chuvangin, taksa tih hahdam leh a tawk a insawizawi hi tih \hin tur a ni. A nasat viau chuan rilru lam doctor pan a \ha.

Damdawi hmante :

- Vun thakah chuan Mycoderm te, Caladryl te hnawih a \ha.
- Hnaptui far te leh luhai nei tan Avil te, Benadryl te, Cetrizet te, Alerid te ei a \ha. Hei hi vual leh thak tan pawh

a ei theih tho bawk. Amah-erawhchu, heng damdawite hian a kaihhnawih thil \ha lo a thlen theih avangin doctor-te r^wn hmasa lo chuan ei tawp loh tur a ni.

Tualchher damdawi :

Hengte hi awlsam taka kan hmuh theih \angkai tak si te an ni.

- Neem hnah chhuma inbual hian thak a tiziaawm duh.
- Vicks (camphor oil/ aucalyptur oil) tuilumah far hnih telh la, a hu hip tur a ni. Hei hian hnarping leh lu na a ti reh.
- Rannung sehah chuan purunsen kawr leh vinegar hnawih a \ha.
- Thak satliahah chuan powder hnawihin a ti ziaawm deuh.

Ei leh in :

- Theithur ei tam tur a ni.
- Thlaihna hring vitamin E tamna leh thei vitamin C tamna ei a \ha.
- Magnesium leh beta-carotene tamna chi ei a \ha. ■

TAKSA TAN TUISIK

1. Kaw\halo : Ni khata ek tui vawi ruk aia tam (nau-pangah) puitlingah vawi thum aia tam >k hi kaw\halo a ni. Kua a \hat loh chuan, kan nunna atana pawimawh deuh deuh tui leh chi (electrolites) – sodium, potassium, glucose) te kan e chhuak \euh a, rei lo t>ah kan taksa chu tui leh chi tlakchham vangin a chau va, a rei pheh chuan a thih pah theih a ni. Chuvangin, kaw\haloah chuan kan taksain tui a hloh apiang chhungkhat turin tui tam tawk in tur. ORS in ngei ngei tur a ni. A awm loh chuan thil tui ril engpawh a tam thei ang ber in tur. Tuia chi, chini, soda leh sertui sawr chawh-pawlh in tur a ni. Buh tuihn^ng te, antlak tui, fu tui te pawh a thianghlim phawt chuan in \euh tur.

2. Zunkawng \ha lo (Urinary tract infection) : Kan zunkawngah hian natna hrik tam tak an awm a. Chungte chu kan zun hian tam tak a tleuh chhuak \hin. Kan dam loh emaw exercise kan lak tlem

deuh chuan kan zung khat a, heng natna hrikte hi an inthlahpung chak em em a, tui kan in tlem chuan zunin a \huah fai zo lo va, khawsik s^ng, lu n^, n^k n^ leh taksa zawng zawng n^ a lo siam ta \hin a ni. Zunkawng \ha lo nei lo tur leh nei tawh tan pawh tui ni khatah no riat aia tlem lo in tur.

3. Pumpuin^ : Pumah hian th<r (hydrochloric acid) a awm a. Chu chu kan chaw ei pai \awihnaa \anpuitu a ni. Thil kan lem a, kan pumpui a thlen apiang hian kan pumpui kotl^ng a\angin a rawn chhuak a; tin, kan thinrim apiangin a chhuak ziah baw. Thil hunbi nei lova ei kan chin vang te, ei leh in pai \awih harsa chi kan ei vang te, mei zuk vang te, (meikhuin kan pumpui tl^ng a ur bal), rilru hah vang te, men rei vang te (men chhung zawng chil kan lem) kan pumpuia th<r chu a ins^wr chhuak reng a. Th<r (acid) a tam lutuk chuan pumpui tl^ng no tak chu a ei pilh ta a, thinthip te, pumpui s^

te, pum n[^] te kan nei \hin. Tin, a rei chuan pumpui a l[^]wngin a p[^]n thei bawk. Kan puma th<r chu a tidal turin tui a \ha ber a, pumpui n[^] tan chuan tui vawt ni tin - zing thawh veleh a theih anga tam in tur. Pum n[^] a zual lai chuan nachh[^]wkna ei aiin tuisik inin n[^] a chhawk rang zawk.

4. Mit liam (juandice): Kan thisena red blood cell (RBC) te hi ni sawmkaw chhung an dam a, a hnuah an lo chhia a - bilirubin an tihah a lo chang a. Heng bilirubin-te hi kan thinah an awm a. A tawk chauhvin kan pumpuiaha luang l<t a, thil mawm leh thau lampang kan eite pai \awihtu a ni. M\$t (gall bladder) emaw thin emawa natna a lo awmin bilirubin te hi pumpuiaha luang lut \ha thei lo va, thisen z[^]mah an lut a, thisenin taksa pum puiaha sem darh a, m\$t liam kan ti \hin. Damdawi dang engmah vak a awm lo va, theih anga tam tui in tur. Zun chu tuisik anga a fim k[^]k thleng tui in tur.

5. Thisen hniam (hypotension/low blood pressure) : Thisen hniam chu thisen neih tlem vangin taksa mamawh tawk a awm lo va, tuisik thianglim in \euh hian thisen hniam a ti reh.

6. Thisen tlachham (Aneamia) : Kan thisena red blood cell-a awm thil pakhat, haemoglobin tlakchham vang a ni. Tuisikah hian heng haemoglobin-te siampui theitu tur a awm a, iron ei bakah tuisik in \euhin thisen tlakchham a veng thei.

7. Khuh (hrawk thip/hrawk za) : Towel t> emaw pawnthem chhah deuh - tui v[^]wta chiah huha hrawk tuam tur. Puan rova tuam hana mut dawna tih ziah tur.

8. Khuh (^wm hnawk leh kh[^]k tam) : Towel tuis[^]a chiah huh a, sawr fua [^]wmbawr leh hnungz[^]ng deh tur.

9. N[^] (inhliam, p[^]n tur, vung leh thil dang vang): Puana tuilum leh tui v[^]wta deh k[^]rthlak tur.



DIABETESLEHEILEHINCHUNGCHANG

Dr. Lalawmpuia Chhangte
MBBS, MPRC, Diabetologist

Zunthlum/thisen thlum tehna ber Blood Sugar san leh hniamah hian kan thil eite'n awmzia a nei nasa hle a, chumi rual chuan kan taksa p>ng hrang hrangten nunna turin chaw an mamawh bawk a. Kan thil ei, exercise leh kan damdawi inenkawl nate hian kan thisen a Blood Glucose (Sugar) te hi an khawih danglam theih avangin s^ng lutuk lo, hniam lutuk lova awm (maintain) turin heng thil pathum - (1) Ei leh in (2) Exercise (3) Damdawi-te hi lungthu pathum pheikhai rual tak leh inrem tlang taka \angrual/thawkho tur an ni.

Ei/in chungchangah sawi a tam hle a, tin, ni tina kan ei \hin ei theih zawngte pawh a man (Price) azir tein a danglam, ei tur awm dan (availability) azirin mi mal, chhungkua, state leh ram angte pawhin a danglam thei ang. Chumi a nih avang chuan, kan mi mal, chhungkua, ram mila her danglam a ngai \hin a, tin, kan hnathawh azirin a danglam thei bawk a. Tin, zunthlumin kan taksa p>ng hrang hrang a khawih dan a in ang lo bawk a, chu vang chuan diet (Ei leh in) hi mi mal mila herrema ngai fo \hin; mah se a tlangpui thuin Mizote milin hriat leh zawm atana \ha tur chu-

1. Kan thil ei leh in (tui (water) tih lohin, Blood Glucose an tihsan theih vek avangin, vawikhatah eng pawh hi ei \euh loh a \ha a ni.
2. Kan thil ei te, chaw etc. reng reng tam lovin - ei zin deuh nise (Hun leh hmun neih dan azirin.)
3. Tin, zunthlum (Diabetes) hi upat lama mi kan tam avangin, tar/upa te ei leh in hr>k a \ul lo va, \halai la naupang deuh te erawh chuan diet control a \ha.
4. Lo ei tam ta deuh pawh ni ila, exercise calorie kha tihrawl (muscle)-in a halral thei

tho va, ei leh in lamah inhrek tehchiam a ngai lo. Kut hnathawk mi phe chu a calorie/chaw a mamawh zat pawh a tam ngei ang. Physical activity mil a diet hi sawi rem a ngai.

5. Heng thil pathumte hi Diabetes nei tan chuan ins<m ngai zualte an ni.

1. Thlum : Lei a liah/kaa thlum reng reng : Eg. Chini, kurtai, Vai chhang thlum, rosagola etc. Pineapple/orange squash leh soft drink/cold drink kan tih ho te, tin, thei thlum (Fresh fruit) ho hi a thei \hatna avangin tam lutuk lo chu ei a pawh lutuk lo ve. Dry fruit erawh chu a \ha lo deuh va, ei loh a \ha. Thisen thlum (Blood Glucose) an tih san thuai avangin. Amaherawhchu, zunthlum enkawl lai mekte \am chh^wl (Hypoglycemia)- Blood sugar hniam lutuk awm thei a ni a, chung hunah chuan a chung a kan sawi thil thlumte hian Blood Sugar an tih san thuai theih avangin ei tur a ni.

2. Sa : Mizote hian sa kan ei nasa hle a, tui kan tih – Vawksa, bawngsate hi zunthlum tan an \ha lem lo. Sa thau vawk, bawngte pawhin an thisena chaw chuang liam hmanna an hriat loh avanga thau a chang ta mai a ni a, kan ei chuan thau chhia kan thisenah a tam phah mai dawn a ni. Zunthlum hian Carbohydrate, Fats, Protein metabolism a khawih buai avangin thau chhia hi zunthlum neitute hian an ngah nghal ringawt mai a, thau chhe dang ei belh leh chuan, thau chhia thisenah a tam duh ngawt ang. Kan thisen z^mte a hnawh ping thei a, chu vangin thau ei loh hi zunthlum neite tan chuan duhthusam a ni.

3. Chi/al : Zunthlum natna hi BP s^ng (Hypertension) nen hian unau (Brother) an ni a, an awm kawp duh hle a. Chi al hian a hranpain BP s^ng a siam avangin chi hi ei tam loh tur a ni. Chawhmeh ti tui tur b^k chu liah belh loh ni se, BP s^ng nei leh kal (kidney) chak lo tan chuan insum ngei ngei tur a ni.

K E I M A H N I

u Mizoram Government Pharmacist' Association General Conference vawi 12-na chu Health Minister Pu Lal Thanzar hovin Tourist Lodge, Chaltlang-ah ni 7&8/3/3018 khan neih a ni a. He hunah hian rorel leh hruaitu thar thlanna bakah training-na te neiin hun an hmang a ni.

MGPA 2018 – 2020 chung a hruaitu thar thlanchhuah te chu:

President : R. Rodingliana

Vice Pre. : Vanlalvuana
& Zosangliana

Gen. Secy. : C. Lianchhunga

Jt. Secy. : David Lalremtluanga
& Lalbiakluanga

Treasurer : LMS Dawngi

Fin. Secretary : Vanlalhluti

u Tourist Lodge Chaltlang-ah Mizoram AYUSH Doctors' Association (MADA) chuan 13th General Conference chu ni 9.3.2018 khan an hmang a. He hunah hian Health Minister Pu Lal Thanzara chu Khuallian a ni. Mizoram AYUSH Doctors' Association (MADA) hi kum 2004

khan din niin Mizoram Homoeopathic Doctors' Association tih hminga din a ni a. Kum 2009 khan Homoeopathy leh Ayurvedic doctorte infinkhawmin Mizoram AYUSH Doctors' Association (MADA) tiin hming thlak a ni a, tun dinhmunah hian member 169 an awm mek a ni.

u Health Minister Pu Lal Thanzara chuan ni 20.3.2018 zing khan Vanapa Hall kawtah Run and Ride Campaign Against Cancer rally a vailiam. He rally hi Tata Trust in Cachar Cancer Hospital and Research Centre (Silchar, Assam) leh Research Centre and National Cancer Grid nen thawkhova India Hmarchhak State tina Cancer Awareness atan hmalakna a ni. Rally hi Pachhunga University College thleng neih niin, hetah hian kharna function hman leh a ni a.

Rally-ah hian state pawn a\angin biker 30 chuang lo kalin, school naupangte leh PUC NSS Unit-te leh Assam Rifles, Mizoram Home Guards

leh CRPF te bakah Department atangin leh tlawmngai pawl dangte atangin an tel a ni. March 12 atang khan state hrang hrangah he rally hi neih tan a ni a. Tezpur, Assam atanga tan niin, Aizawl atang hian biker-te hian state hnukung ber atan Agartala, Tripura an pan leh dawn a, campaign hian March 22, 2018 thleng a aw h a ni.

u Tourist Lodge, Chaltlangah Mizoram State Health Society (TB Control) buatsaih in World TB Day hman a ni a, kum 2018 thupuiah chuan "Mamawh: TB awmlohna khawvel atan hmahruaitu" tih thupuiah hman a ni a, Health Minister Pu Lal Thanzara chuan Khuallian niin he hun hi a hmanpui.

Dr. Lalrozama, IAS, Mission Director, NHM chuan kalkhawmte lawmna thu a sawi a, Dr. Vanlalfela, State TB Officer hnen atangin TB dona kawnga kum 2013-2017 chhunga an hmalaknate ngaihthlak niin zaithiam tak tak te zai ngaihthlak a ni baw k.

u National Health Mission hnuai ka chung hriselna lam thawktu National Oral Health Programme bultumin March ni 20, 2018 khan khawvel puma ka chung hriselna ni "WORLD ORAL HEALTH DAY 2018" chu Health Directorate Conference Hall, Dinthar-ah hman a ni a, he hun hi Pi Lal Riliani, President, Indian Society on Tobacco & Health, Mizoram Chapter chuan Khuallian niin a hmanpui.

u World Oral Health Day pual inkhawmah hian Chairman Dr. HC Thangkima, Joint Director (Malaria) in kalkhawmte lawmna thu a sawi a. Dr. Vanlalhuma Sailo, SPO in National Oral Health Programme chungchang Report pe in Dr. Vanlalsawma, Joint Director (FW) hnen atangin ka chung hriselna thuchah ngaihthlak a ni baw k.

Dr. Rebecca Rosangpuii, Dental Surgeon in Ka chung hriselna chungchang presentation a pe a, Dr. Zoramawia, HoD, Dental Department, CHA in lawmthu sawiin a khar a ni.n