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Editorial

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

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

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

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

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

I THIH HNUA MI DANGTEN I MIT HMANGA KHUA AN LO HMUHFIAH VE NAN, I MIT PE VE RAWH LE



- Dr. Lalremmawii
State Programme Officer (NPCB & VI)

National Eye Donation Fortnight Vawi 33-na 25th August -8th September, 2018 chhung hian kan hmang leh dawn a, Mizo mipuite a tam thei ang berin kan damlai ngeia phalna pe in middel leh mit thlak (Corneal Transplantation) mamawh te tan kan mit pe turin Pledge chhangin kan mit i donate ve ang u. Kum dangah chuan Aizawl khaw chhunga mite chauh hi mit donate turin Pledge kan chhantir \hin a, amaherawhchu khaw hrang hrang leh district hrang hrang a\angin Aizawl damdawi in hi kan pan khawm thin avang leh khawi hmunah nge kan thih dawn a sawi theih loh avangin mit donate tur hian Zoram hmun tin atangin mit donate-na tur pledge chhang turin kan in ngen a ni e.

Mizoram hian Eye Bank pakhat Aizawl District Hospital-ah (Civil Hospital) hian kan nei ve a, hetah hian mit darthlalang (Cornea) mit petute an lo boral a, an lak chu dahthatna hmun leh hmanrua leh thawktute kan nei a ni. Eye Donation Centre pahnih, Civil Hospital, Aizawl leh Synod Hospital, Durtlang te kan nei tawh bawk a, mit donate duhte chuan heng hmunahthe leh District tina mit lama thawktute hnenah a in register theih a, Pledge Card an lo pe chhuak

ang a, chu chu I.D. Card angin englai pawha kawl that tur a ni. Tichuan kan chhungte leh thiante hriattirin kan thih veleh khan phone number Pledge Card-a tarlanahte hian phone mai tur a ni. Falkawn Referral Hospital-ah pawh Cornea collector kan neih avangin mitthi mit donate an awm chuan a hmunah an la thei bawk. Mitthi chhungte pawhin thisen zawmpuite mit hi an thih atanga darkar 6 chhungin lak hman a nih dawn chuan an donate sak thei bawk a ni.

Mit darthlalang (Cornea) mitthi mit atanga an lak hian engmah hmelah danglamna a awm lo va, maimitchhing angin an awmzui mai a, chhungte tan hmuh nuam lo a awm chuang lo a ni. Naupangt> atanga puitling ten mit hi a donate theih vek a, State dangah phei chuan Family tradition angah ngaiin chhungkuaa la donate lo apiang an donate tir zung zung thin a ni. Mit donate hian sum leh pai senso engmah a awm lova, Eye Bank, Civil Hospital, Aizawl Phone No. 0389-2322318/102 emaw 09436354701 ah te hian mitthi mit donate an awm chuan hriattir tur a ni e.

Mit pe thei lote chu natna benvawn - TB, Cancer, HIV Positive, Hepatitis B Positive te leh ICU-a damlo darkar 72 awm tawh te, Syphillis leh Septicaemia avanga thi te an ni. Mitthi thisen hi 10ml lain an test vek thin a ni.

Mit darthlalang an lak hi Corneal transplant (Mit thlak) mamawhte tan hman a ni thin a, Mizoram chhunga an hman

loh te chu SSN, Guwahati-ah thawn thin niin, anni hian mit thlak nan leh thil \ul ang apiangah an lo hmang a, an lo vawng tha thin bawk a ni. Mit darthlalang chhia tam ber hi thil palh vanga hliam dam leh mit hliahtu awm avang te a ni a, mitpual tia kan sawi tam ber hi a ni. Mit thlak hian an thil hmuh te fiah ta vek awm mah se, hmu fiah em em lo te pawh awm theih a ni a, a hma aia an hmuhfiah hrim hrim chuan a tha a; tin, a lan dan a lo mawi sawt bawk a (Cosmetic), a chhe zual zel tur a lo veng bawk a (Therapeutic). A hlawhtlin dan hi kawng hrang hrangin a sawi theih a ni. Mi thenkhat chuan hmuh fiah phah dawn lo mah se, a lan dan timawitu atan leh a chhe zual zel tur veng turin mit thlak hi an duh bawk a; tin, mit atana hman loh pawhin Research neih nan te leh study material atan pawh a tangkai hie a ni.

Mit thalo leh tarmit power sang mamawhte pawh an mit darthlalang ber kha a chhiat loh chuan a pek theih vek a ni. I mit pe la mi dang tan malsawmna lo ni ve ta che. ■

NATIONAL DEWORMING DAY(NDD)

WHO in a chhut dan in naupang kum 1-14 inkar, za zel a 68% te hi rulhut pai thei dinhmuna awm an ni a. Heng rulhut te hi a tlangpuiin mihring ekin a chiah, lei atanga kan kaichhawn leh theih te hi an ni tlangpui a. Chuvangin kan invawn thianghlim tawh loh avanga kan kai theihthe a ni. Naupangin rulhut a lo pai hian chawtha a hmuh tur ang a hmu thei lo va, a \hang \ha thei lo va, thisen a lo tlachham a, tin a taksa mai bakah, a rilru \hanlennaah nghawng tha lo tak a nei a, chu chuan a zirna leh a nunphung a ti \huanawp thei a ni. Naupang rulhut laka an lo fihlim theih nan hian sawrkar laipuiin hmalakna hrang hrang a lo kalpui tawh rualin naupang zawng zawng a huam theih lohna chin a awm a, hei vang hian hmalakna thar a rawn duang chhuak ta a, chu chu National deworming Day hi a ni.

National Deworming day hi February 2015 khan State/ UT 11-ah te hman \an a ni a, chumi hnuah February ni 10, 2016 a\ang khan India ram pumah hman chhunzawm a lo ni ta a, hemi nia ei ve hman lo te tan Mop Up Day te siam a ni bawh. Tichuan, kum khatah vawihnih, February leh August thlaah te NDD day hi hman thin a ni. Naupang rulhut eitirna hmun atan sikul zawng zawng leh Anganwadi centre zawng zawng te ruat thin a ni bawh.

1. Rulhut hlo ei runpuiin a tum te chu-

- Kum 2020-ah chuan khawvel pumah rulhut pai avanga natna te tih bo.

- India ram bikah NDD in a tum chu :-

Naupang kum 1-19 inkar, sikul kal leh kal lo zawng zawng te, rulhut an pai lohna tura, ni ruat bikah a ruala rulhuthlo ei tira, an hriselna leh an zirna lamah te an lo chak zawk theihna atan leh, nunphung tha zawk an lo neih theihna tur atana beihpui thlak.

2. Tute nge rulhut hlo eitir turte kan tih chuan naupang kum 1-19 inkar-

1. Sawrkar sikula kal zawng zawng te.
2. Private Sikula kal zawng zawng te.
3. Naupang sikul kal rual la ni lo Anganwadi centre-a ziahluh zawng zawng te.
4. Naupang AWC-a hming ziah lu hloh leh sikul kal tawh lo leh leh kallo hrim hrim te.

NDD hlawhtlin nan hian Health Department chu a mawphurtu lian ber ni mah se, School Education Department te, Social Welfare Department te, PHE Department te, Rural Development te leh Khawtlang lama hrulaitute leh mipuite \anrualna a pawimawh hle a. Kan awmdan leh nuphung ten a zir loh chuan heng rulhut te hi pai thei reng kan nih avangin kan tihdan leh chindan tha lo tam tak te pawh kan thlak a tul hle a ni.

3. Rulhut leh a kaichhawn dan leh a thlen theih natnate:

Mihring natna thlen thei rulhut te chu, Roundworm, hookworm leh whipworm kan tih ang hi an ni a. Rulhut pai

naupang te chu pawnah an inthiar mai mai chuan, an inthiarna hmun leiah khan rulhut tui an e chhuak a, chu chu naupang dangin kut fai lo emaw eitur silfai tawh loh avangin an lo la lut a, tichuan an pumah lo keuin an lo \hang a, natna a lo thlen ta thin a ni.

Naupang chu pum a lo na a, a kua te a lo tha lo a, a chawei te a lo tui lo a, lehkha a zir tha thei lo va, sikul te a lo kal peih lo ta thin a ni. Rulhut hi pum chhunga a lo awm tawh hian mihring taksa leh thisen te a lo ring ve a, chu chuan thisen tlakchhamna (anaemia) a thlen a. Tin, kan chaw eia chaw thate kan taksain a lo lakluh theihna tur te dangin a bik takin Vitamin A chu a lo ei zo ve bawh thin a. Hei hian kan taksa leh rilru thanlennaah min ti hnufual thei thin a ni.

4. Eng damdawi nge hman tur?

Heng rulhut awlsam taka pai theih te that chimit thei damdawi tha leh hmuh awlsam ber chu Albendazole hi a ni a. Hei hi a mum leh a tui anga

siam te pawh awmin, tuna kan programme-in a kalpuiah hi chuan a mum 400mg a ni a, chu chu naupang kum hnih hnuai lam tan chuan mum chanve (200mg) a ni mai a, kum hnih chunglam tan erawh mum khat ei a ngai a ni.

He damdawi hian side effect a nei vak lo va, mi tlemteah a bik takin rulhut pai tam lutuk naupangteah luak emaw luakchhuak te, pum na riai riai te, kawthalo leh chauhna te a awm ve thei a, hlauhthawnawm a ni lem lo. Chutiang anga naupang a lo awm chuan an sikulah emaw, Anganwadiah te enkawl mai theih an ni. Naupang damlo leh damdawi eilai nei te emaw rulhuthlo lo ei tawh, hua an awm chuan pek ve loh tur a ni.

5. Eng niah nge a ruala rulhut hlo ei ni chu?

A ruala rulhuthlo eina ni atan hian a vawihnihna atan August ni 10, 2018 hi a ni a. hemi huna eng emaw vanga ei ve hman ta lote tan August ni 17, 2018-ah hian Mop Up day hman leh tur a ni a, chutah

chuan la ei ve lo zawng zawng te chu eitir tur an ni.

6. Khawi hmunah nge ei tur?

◆ Naupang kum 1-5 in kar leh sikul kal ve lo naupang zawng zawng chuan anmahni venga Anganwadi-ah rulhut hlo hi an ei ang.

◆ Naupang kum 6-19 sikul kal zawng zawngte erawh chuan anmahni sikul theuhah an ei ve thung ang.

◆ Hemi atan hian sikul tina zirtirtu ten an naupangte rulhuthlo an ei tir ngei tur a ni a, tin Anganwadi-a naupang kum 1-5 zawng zawngte leh sikul kallo pawh Anganwadi-a thawktuten an eitir tur a ni.

◆ Naupang sikul kal lo ten Anganwadi centre-a rulhut hlo an ei ngei theihna turin ASHA ten an zawng chhuak anga, ei ngei tura fuihin an hruai bawh tur a ni.

7. Engtin nge Rulhut pai laka kan hima a in kaichhawn theihna kan ven ang?

◆ A tawp berah chuan a pawimawh ber ti mai ila rulhut

pai lo tura inven dan a awm a, chungte chu:- Mahni leh kan in leh a vel te vawnfai hi a ni.

◆ Remchang viaua ngaia duhna hmun hmuna inthiar mai lova ekinah chauh ek thin tur a ni.

◆ Kut tin te zuah sei lovin fai taka vawn tur a ni.

◆ Kut fai taka sahbawn nen sil thin tur a ni. A bik takin chawei dawnah leh inthiar zawh apiangin kan sil ngei ngei tur a ni.

◆ Tui thianghlim chauh in thin tur a ni.

◆ Tho bawm thei loh turin eitur reng reng khuh that tur a ni.

◆ Thlai rah leh thei reng reng kan ei tur apiang fai taka sil thin tur a ni.

◆ Pheikhawk bun thin tur.

Naupang kum 1-19 inkar zawng zawngin rulhut hlo hi lo ei \heuh turin ka han chah nawn leh duh che u a. Rulhut laka kan lo fihlim theuh theih nana kan tih tur leh tih loh tur te, rulhut hlo ei pawimawhna leh tangkainate kan hre ta bawk a, mi dang hmalak tura dah bik lovin mahni theuha bul tanin kan zaa \ang tlangin i thawk zel ang u.

VUNG/PAWNG ENKAWL DAN

- 1) Chal, ngal leh taksa dang sawh vanga pawng/vungah toothpaste hnawih la, a vung reh nan a tha khawp mai.
- 2) Vung tihdam nan buluih (Radish) leh chhawhchhi ei a tha bawk.
- 3) Ruh chuktuah vung laiah fennel hnim zung leh hnah rawt pawlh darkar khat vel bel la, a ziaawm duh hle.
- 4) Carrot rawt dip chhangphut nen hmeh pawlh la, vungah leh khawihli laiah bel rawh. Anti-septic tha tak a ni ve tlat.
- 5) Fanghmaah hian vitamin C leh caffeine acid a awm avangin vun thak leh vung tihreh nan ei a tha hle.
- 6) Vung tan chakawk leh chengkawl chum pawlh ei leh a tuihang hawp a tha ve hle bawk.
- 7) Thal vung leh na tan bahkhawr tui sawr in a tha. ■

HMASAWNNA BUL HRISELNA

*C. Lalkunga M.Ed.
Lecturer (DIET) Rtd.*

Mihring nupa tirem \ha bertu chu tangka sum a ni lo va, hmeh\hatna pawh a ni hek lo. Inngaihsakna hi a lo ni ber zawk. Mipuite pawh hian hruaitute laka an beisei leh an lungawina ber \hin chu inngaihsakna bawh hi a ni fo mai. Chutiang bawkin kan Zoram pawh hian ngaihsaktu hi a mamawh reng a, ngaihsaktu a la neih reng avangin ram tluchhe tur leh kalsual tur venhim a la ni zel rih a ni. Kan ram hi ngaihsakna tura kawng hrang hrang heng – ram hruaitu leh hruai danah te, sum lak luh leh hman danah te, hnam dang chim ral lohna thuah te leh mipui rilru sukthlek dan (moral) leh hmasawna thuah te hian ven leh en reng a ngai \hin a. Chung zinga \ul tak pakhat lo lang ta chu thukhawchangah kan han hmang thung dawn a ni.

Kan ram kal zel dan han thlir hian mipuiin kan mamawh tak mai lo lang ta chu Hriselna leh Faina hi a lo ni reng mai. Hei hi doctor-te sawi kher tur pawh a ni lo va, hriselna hlutzia hretute leh ram ngaihsaktute sawi tur a lo ni zawk mah e. Tirhkohin '*Hmangaihna ka neih si loh chuan engmah lo*' a tih ang khan; Ram siam \hat tumin intodelh tum mah ila, hausak duhin tha leh zung eng ang pawh sen huam mah ila, hriselna ka neih si loh chuan eng ruai mah kan ang chuang lo vang. Thufing pawhin

'Hausak aiin hrisel a \ha zawk' a lo tih daih reng kha. Chuvangin, kan ram siam \hat nan chuan mihring kan hrisel phawt tur a ni ti ila a sual hauh lo vang.

Hriselna thu kan sawi hi chuan dam reina thu hi ri tel ve ngei chi a ni a, Pathian malsawmna ropui tak kan dawn theih chu dam reina hi a ni a, khawvel ram hrang hranga mihring dam chen an chawh rual zat te, India ram leh keini state bik dam rei dan han ente hian dam rei hnam kan ni

hranpa lo va. Dam rei hi eng vang nge ti ta ıla, chhanna awm ber chu hrisel vang a ni e, tih loh rual a ni lo vang.

Tunlai hian natna hlauhawm tak rite hian min tuam vel a. Cancer te, AIDS te, Hapatitis B tihte hi mipui mi mirte hian kan hlau lo thei lo va, a hlauhawm reng a. Thihnite lah hi a tamin thih dan pangngai lo deuha thihte lah a tam ta bawk si nen. Chu lovah tar ai maha \halaite an thi tam zawk emaw tih mai turte hi ngaihtuah ngun ngai tak chu a ni phawt mai. Chuvang chuan kan ram hian eng laiah nge ngaihsak a ngaih tak tih hi thlir reng a ngai reng a ni.

Hriselna kan mamawh zia kan sawi dawn chuan kan hrisel lohna kan buaipui dan hi sawi a \ul zawmah emaw tih theih a ni. Natna avanga damdawi in hla zawk kal nan te, medical re-imburement atana sorkarin pawisa a sen tam \hin dante leh chhungkaw tam tak khaw-sakna a tihbuaiziate hi kan ngaihtuah ngai emaw? Doctor pakhatin dam loh leh thih hautakzia a ziahah phei chuan

a damlo tha sen baka enkawltu hna \hulh tam dan te, damdawi man baka intuituahna hautakziate a ziak chu a dik hle mai.

Aw le, heng kan hrisel lohna te leh thihnite hian kan ram a tihrehawm a, economics lamah min pawt hniam a. Ram leh mahni chhungkaw hmasawanna tur kawngah kan thawh tur ang min thawhtir thei lo va. Kan nat miao chuan damna turin sum sen a ngai a, hna tam tak \hulh a ngai r>ng a ni. Amaherawhchu, kan kal zelna tur lamah chuan sum sen tur tam zawk ngaihtuah te, damdawi in lian lian din leh chhanchhuahna in tih lam pang hisap vak vak ai hi chuan kan lo hrisel zawk a, damlo enkawlna leh thil chin tha lo chingte chhanchhuahna buaipui tur an lo tlem zawkna lam ngaihtuah hi a bul zawk a lo ni tih hi ithlir ang u.

Thufingin '*Tihdam aiin inven a \ha zawk*' a lo tih hi hre thawkhat mah ıla, a tuaka uar nachang kan hre lova. 'Mihring chu mahni a inthat a ni' tih thute hi a dik tih hre thar ıla a \ha. Miten min tihnat aiin

mahni'n natna kan insiam tam zawk a, thihbate pawh hi mi min tihnat avang ai mahin mahni thil tih a\anga lo thleng \hin a ni fo zawk. Thil dang ber aia hriselna ngai pawimawh hmasate chu mi fing tih loh rual an ni lo. Psychologist ho chuan mi puitling (mature) chu mahni hriselna vawng \hate hi an ni, an lo ti reng a ni. Vanduai vang leh chan tawka khua relin min tina a ni tih ai chuan 'Pathian remruat dan bawhchhiat vangin ka na a ni' ti ila a lem a nuamin a dik zawk fo.

A tawp berah chuan chhiartute han infuih ta ila; kan khuate hi tifaian timawi ila. Aizawl khawpui hrui uai per purte hi leihnuai lama phumin ching fel ila, mahni in leh a vel vawng fai bawk ila, kan chak zawng leh tui tih zawng aian kan taksa mamawh leh ngeih zawng ei \hin ila. TV en leh thil

dang tia rei tak men aian zinga thawh hma leh exercise lakte ching ta zawk ila. Sa ei tam aian kan ngeih tawk ei ila. T<ra hrai sa leh a rep ei loh hram tum ila. Zu leh Drugs ngawl veite enkawltu infaksiak ai chuan ching lo tura beitate fak tam zawk ila a \ha ang e.

Ram leh hnam din chhuahna leh mipui hlim tlanna chu mi hrisel leh dam rei hnam tia sawi theih kan nih hun a lo thleng ang. Chutih hunah chuan thawidamna lam aian venhimna lam kan lo uar zel tawh zawk ang a. Guwahati, Vellore, Bombay-a kan kal leh ram chhunga natna avanga kan sum sen zozate hi a lo tlem tawh ang a. Tichuan kan ram kan chei mawi thei ang a, miten hmuh an chak ang a; India ram mai ni lovin kan hmingthanna chuan khawvel a deng chhuak dawn a ni.

Mawitea huang!!!!

“Nu-i Foreigner ka ang reng reng em ni?” a ti a,
A nupui chuan “Ang lo, tinge?” a lo ti a, an pa chuan, “USA a ka zin tum khan Sap nu pakhatin foreigner i ni em? min ti ringawt a.....

Debbie Chawngthu

Mi \henkhat chuan vitamin kan mamawh ang bawkin minerals, iron, calcium leh zinc te hi kan mamawh tih kan hre kherin a rinawm loh. Minerals hi kan taksain hna a thawhna chi hrang hrang atan a pawimawh a, kan taksain a siam chhuah theih loh avangin tui kan in leh chaw kan ei a\angin kan hmu thei \hin a ni.

Calcium hi ha hrisel nan leh ruh chak nan kan mamawh a, bawnghnute, bawnghnute a\anga ei tur siamte leh thei pilsak (nuts) a\angin calcium hi a hmuh theih a. Tin, iron hi mipa aiin hmeichhiain kan mamawh zual a. A hmuh theihnate chu sa thin, sa leh wheatgerm a\angin a ni a. Zinc hi chu sa, sangha, thlai hring, thei pilsak leh thlai chi a\angin a hmuh theih a ni. Hengte hi naupang \hang lai tan a \ha leh zual a ni.

Kan taksa zaa sawm hnih vel hian protein a mamawh a. A pawimawh avang hian \hanglaite phei chuan an mamawh leh zual. Vun, sam, tin, tihrawl leh taksa bung hrang hrang tan a \angkai em em a ni. Protein kan hmuh

theihnate chu artui, bawnghnute, sa, sangha, buh (whole grains), bean etc. te an ni a. A eng emaw tal hi chu kan ni tin chaw eiah tel thei se a \ha.

Taksa chak tur chuan carbohydrates hi kan mamawh bawk a. Chhang, alu leh cereal-ah te a hmuh theih a. Mahse a \ha tih vanga ei tam lutuk chi a ni lova, i ei tam lutuk chuan chaknaa kal lovin thauh a kal zawk daih thei a ni. Biscuits leh cake-ah te pawh a awm tho na a, hengte hi chuan taksa a ti thau duh a ni. Beans leh thil chi (seeds) chiah puamah hian vitamin leh mineral a tam em em a. Chakna a tam avang hian infiammite phei chuan an ei uar hle a, naupang \hanglai tan

pawh chakna petu \ha tak a ni bawk.

Exercise hi taksa nalh tur leh hrisel tur chuan a pawimawh em em a. A hnuaiami ang hian ti la, i hriselin i nalh phah ngei ang.

KAWNG LEH DUL TAN :

1. *Leg lift* : Mu zangthal la, i kut suihin i lu hnuaiiah dah rawh. I ke pahnih ngil takin dah la, zawi te tea ti chhoin ti thla leh riari ang che, i ke artui kha lei siktir ang che. Heti ang hian vawi nga ti ang che.

2. *Toe Touch* : |hu la, i ke ngil takin dah rawh. I ban i lu chungah ngil takin phar chho la, i ke zungpui khawih pahin thawk la la, zawi muangin thaw chhuak leh ang che.

3. *Swivel* : I ke kakin ding la, i taksa ngil takin awm tir la, i ban inzawn chiahin ngil takin phar chhuak rawh. I ke tawm che lovin, i kut ding lamin i ke

vei lam zuk khawih la, hetiang bawk hian i kut vei lamin i ke zungpui ding lam zuk khawih leh la, vawi sawm ti ang che.

DUL TIH THEP DAN :

Chhuatah mu thluang zar la, i ban tlemin phar chhuak la, i kutphah van lam hawi zawngin dah la, i ke ngil takin dah bawk rawh. I ke pahnih chu chhuat a\anga inches tlemte a sangin tichho la, i tihsan lai khan lei thleng si lovin i ke ding lam ti thla la, vei lam tichho thung rawh. I ke vei lam ti thla la, ding lam tichho ve leh la, i hah hma chu ti ang che.

KAWNG TIH FEK DAN :

Ke kakin ding la, i ban dah thla rawh. I taksa ding lamah awn la, hetih chhung hian i ban veilam zawi zawiin tichho la, i beng dinglam va khawih rawh. I tih zawhah ngil takin ding leh la a hmaa i ding lama i tih ang chiahin i vei lamah ti ve leh rawh. ■

Mawitea huang!!!!

◆ Kohhran pakhat pawh kha an chairman in-ah an inkhawm \hin a, an committee naah khan chairman khan an biak in neihchhun chu sakthat zuk rawt mauh pek a!!!

Dr. Sangthuama Ngente

PATHIANIN mihring a siam danah hian keimahni taksa hi uluk taka kan enkawl chhoh tur hian min ruahman reng reng a. Kan taksa hi a lo hrisel chhoh zel nan taksa mamawh tur ang chakna chawa kan inchawm chhoh ve zel a ngai a ni. Kan ei leh in \hat theih azir hian hriselna dinhmun a hril chho viau zel a ni. Han ngaihtuah mai chuan mihringte hi dam tura ei ai mah hian ei tur a dam hi ram changkangah an tam zual emaw ni tih theih a ni.

Kan taksa chaw\ha pekna kawng pawimawh tak chu chawdawt 'oesophagus' ka leh pumpui zawmtu d^wt hi a ni. A ni tak a, he chawd^wt hi a thawkrim em em mai a. Chawlh hahdamna hun hi a nei mang lo va. Chil lem thla tur hian a thawk reng mai a ni. Keini Mizo zingah phei hi chuan kan han hmangrim em em mai a. Chawei bakah kuhva leh hmawmsawm dang ei nan hian kan chhawr rim em em mai a ni. Chuti taka kan chhawr rim avang chuan chawd^wt cancer hi a tam chho hle mai a ni.

A nat dan lan dan chu a tihchhiat danin a zir tlangpui a, a hlim chhawng a nih chuan thin thip veng veng te, awm ruh zawn na veng venga hriatna te,

thil ei leh in zawnga a thlen chin awm hriat riauna te a awm \hin. Tin, chawhelh te, tui in zawnga helh leh na vawng vawngte a thlen thei baw\hin a ni. Kan sawi tawh ang khan chawdawt natna awmtirtu azirin a nat dan a dang thei hle baw a. Chawdawt a saruh emaw thil sak deuhin a tairin emaw, a tang a nih chuan a na em em mai a, a rang thei ang bera lakchhuah a ngai a ni. Tin, naupangte pawisa tlang kan khalhtir \hin avang hian an lo dawlh palh a, chawdawt-ah atang ta \hin a ni. A chang phei chuan thawkna dawtah a lut ta \hin a, thaw \ha thei lovin an awm a, rang taka lak-chhuah sak a nih loh chuan an thi mai thei \hin a ni. Chuvangin naupang pawisa

thir khalhtir hi chin loh reng reng tur a ni. Kan taksa \hat zelna tur chaw supply kawng hi duata enkawl \hat hle a ngai a ni tih kan hre thei ta.

Kan thil ei lai vela a na leh nuam lo kan tawng a nih chuan kan ei mek kha, a \ha lo tih kan hriat chuan paih vat mai tur. Tin, chaw ei, thingpuite leh ei leh in zawnga a nuam mang lo a nih chuan a rang lama doctor-te r^wn a \ha a ni. Tin, damdawi ei lem lo pawhin insum theihna avang pawhin a na nep deuh te chu dam \ha leh thuai thei a ni. Chutianga insum pawha a dam chuan loh chuan in entir \hat vat tur a ni. A tlang-pui thu in ka chhung (Mouth Cavity) enchian phawt a, thil Chiang-kuang lo a awm loh chuan X-Ray lak a ni \hin. Ba-rium Swollow an hmang a, Barium tui inlai takin X-Ray an lo la a, chu X-Ray chuan a damlohna lai kha a tilang thei \hin. Tunlai chuan Oesophagocopy leh Endoscopy khawl hmangin Chiangkuang takin a na lai a zuk hmuh theih tawh \hin a ni. Tin, p^n te a lo awm

tawh a nih pheii chuan a tisa them lakchhuaha exam tir a, cancer a nih leh nih loh hriat theih a ni. Harsatna lian leh harsa zawk a thlen hmains tihdamna rawngbawl hna thawh tum zel hi a \ha ber.

Kan hriat \heuh ang in kan chawdawt hi kan taksa bung hrang hrang-te'n supply chaw an hmuhna awmchhun a ni si a, he kawng pawimawh tak mai hian buaina a tawh vaih chuan taksa pumin harsatna a tawh phah ta \hin a ni.

Tin, pumpuia thur tam lutuk kha chaw dawtah te a lut chho \hin a, chu chuan a chiahpiah a, a tina thei. Tin, t<r (Poison) tisa kang thei inpalh avangin a tina in, a tip^n a, chawdawt chu a tipping hial \hin, thih thut theihna kawng pakhat chu chawdawta thisen dawt puar nasa zual a puahkeh palh vaih chuan luak thiin a thih hma mai theih a ni. Heti ang dinhmun thlen hma hian inrinhlelhna neih chuan pumpui enna khawla in entir vat hi a \ha ber a ni. ■

THIN (LIVER)

Dr. Vanlalfaka Tochwawng

aksa bung pakhat pawimawh tak THIN (Liver) chungchang hi i han sawi teh ang. Thin hi awm ruh chhung, pumpui dinglam deuhah a awm a; senduk buang lam rawng kai a ni. Thin hi a hrisel \hat chuan a nem a, a fan thei deuh bawk. Thin hian natna a neih chuan a lo ruh ve deuh \alh thei bawk. Puitlingah chuan thin hi a tlangpuiin ser\awk lian lam deuh tiat vel hi a ni a. Pumrua azirin a inang lo thei bawk.

Thin hi ding lam leh vei lam thlar tiin an \hen deuh ber a. Thinah hian tisa mur chi hrang maktaduai 300 chuang mah a awm a. Heng tisa murte hi mit dawt (Bile duct) leh thisen zamin a pawh vek a. Chung mit d^wtte chu inzawm khawmin d^wt lian pakhat an inthlung khawm vek a, chu dawt chu a damdawi lam \awngin 'Hepatic duct' an ti. Chu Hepatic duct chu mit bawm (Gall blader) a\anga d^wt lo kal nen a inzawm leh a, chu chu mit hrui (Bile duct) an ti. Chu mit hrui chu pumpui hnunah lut thlain rilfangah a lut ta \hin a ni.

He mit bawm (Gall bladder) hian thin a\anga lo kal mit tui chu a lo khawl a, lo titak (concentrate)

in pumpuia chaw luh rualin a luang lut ve ta \hin a ni.

Thin lo insiam dan : Thin hi nu puma nau lo insiam a\anga kar 4-na velah a lo lang \an a. Nau \han anga lo \hang chho ve zelin thlar (lobe) a lo insiam a; a thlar ding lam hi vei lam aiin a let 6 zetin a lian a ni. Nausen piang hlimah hian thin hi naute rih zawng hmun 100-a \hena hmun 5 angin a rit a, puitling thin hi Kg 1A vela rit a ni.

Thin pawimawhna : Thin hi thluak tih lohah chuan mihring taksa bung khata insiam phung ropui ber a ni a. Hnathawh a ngah em em a, taksa khawl a ni ringawt mai a ni. Insiam thar leh zual thei a nihna hi a hnathawh ropui tak chu a ni a. Entir nan, hmun 10-a \hena

hmun 9 hi hlep thla ta ila, thin hrisel tak hmun 1 la awm khan rei lote chhungin a len dan pangngai angin a siam thar leh thei a ni.

Kan thil eia chaw \hate hi ril bang kal tlingin thisen zamah a lut a, chutia kal zel chuan thinah a lut ta \hin a ni. Chu chaw \ha thisenin thina a rawn ken luh chu thinin bawlhlo chi hrang hrangah taksa tan a lo siam tui a, chu chu taksa bung hrang hrangah pe darhin taksa chakna leh \han nan kan lo hmang ta a ni.

Thin hian substance chi hrang hrang, taksa hriselna tur leh \hanna tur a pe chhuak teuh a; entir nan:

- a) Thina tisa mur awmte hian substance chi khat 'PROTHROM-BINE' an tih chu siam chhuakin chu chuan thisen tihkhangnaah a pui a ni.
- b) Tin, tisa murte hian Protein an siam a, chu chu thisenin taksa bung hrang hrangah a keng kual ta \hin a ni.
- c) Tin, thin hian chakna-thahrui (energy) a khawl

thei a, taksa tana \angkai tak tak substance chi dang-copper, iron leh vitamin te pawh a khawl thei a ni.

Taksa control-tu a ni:

Thin hian hengte hi a vawngin a khuahkhirh a ni.

- a) Taksa tuihang tisa a awm zat tur dik tak a awmtir a.
- b) Thisena thil thlum awm zat tur a thunun bawk. Thin hian thisena a thlum a tam lutuk dawn chuan thlumna siamtu 'Glycogen' chu thinah a chhek khawl tlat a ni. Thisen thlumna a lo tlem hnuin a pe chhuak leh mai \hin.
- c) Taksaa tuiril awm zat tur a khuahkhirh tlat a, tin, a insem darh dan tur pawh a vawng tlat a ni.
- d) Thisena thlumna siamtu pakhat 'cholesterol' tam lutuk tur a veng a; a lo tam viau dawn chuan thil dangah a chantir daih thei a ni.
- e) Taksaa damdawi hna-thawh dan tur hi a vawng

a, a \ulna laia hman atan a lo her rem vel vek \hin a ni.

Tin, thin hian taksain a mamawh loh substance-te a paih chhuak \hin a; damdawi \henkhat taksa tichhe thei turte a veng tlat a ni.

Thin hi taksa veng himtu a ni:

Taksaa natna chi hrang hrang dona kawngah hian thin hian hnathawh pawimawh tak a nei a. A bikin ril a\anga natna lo awm hi a lo dotu ber a ni. Taksa bung hrang hrang tana hna a thawh nasat em avang hian thin natna hi a tam phah em em bawk a ni.

Thin natnate : *Thinin natna a lo neih dan hi kawng 5, pui deuh a awm a:*

1. Thin a\anga mit tui a luan chhuah \hat lohin.
2. Nau pian hma, pian lai vel leh nausen an nih laia natna an kaiin.
3. Inthlah chhawn thil avang leh natna \ai darh avangten.

4. Damdawi \henkhat leh t<r (Poison) hman avangin.

5. Thisen tam tawk lohin.

Thin natna hriat theih dan:

Thin natna lo lan dan chu hetiang hian a ni:

- 1) Luakchhuak leh chaw ei tui lohna.
- 2) Vun rawng enna leh mit rawng dalna.
- 3) Zun rawng enna leh ek rawng danna (pale).
- 4) Chauhna leh thahrui neih lohna.
- 5) Mut \hat theih lohna leh vun thakna.
- 6) Luaka thisen tel leh ek thina.
- 7) Pum ruh tel tul leh puma tui tamna.
- 8) Hrisel vang ni si lova buk rihna.
- 9) Pum natna.

Thin natna hi a nasat leh nast loh dan zirin a lan dan a dang thei bawk. ■

SEPTICEAMIA

Dr. C. Laldinpuia (Mapuia)

SEPTICEAMIA kan tih hi Mizoten kan hmelhriatna a la rei lo hle awm e, mi tam tak ina an hlauh em em natna hlauhawm tak kan chhungkua thlenga min phel darha min vel fo \hintu hi i lo bihchiang dawn teh ang u.

Septiceamia chu a mawlmang thei ang berin “natna hrik (bacteria) thisena a lut,” tihna a ni a, thisena natna hrik lut chuan kan taksaah tihchhiat tam tak neiin septiceamia hi a rawn siam ta \hin a ni. Hming hrang hrang an vuah a chungte chu-Bactereamia, blood poisoning, systemic inflammatory response syndrome etc. te an ni. Eng hming pawhin ko se a hming hi a pu zo em em \hin zel a ni. Khawvel hriat lar mi \henkhat – Christopher Reeve (superman-a chang-tupa), Maurice Gibb (Bee Gees) leh Pope Paul II te takngial pawh kha septicaemia vang hian an lo fam ve tawh reng a lo ni.

Engtia lo awm ngawt nge?:
Kan sawi tawh angin natna hrik (bacteria) vanga awm a ni a, mahse natna hrik hi kan

thisenah a lut zen zen chuang lo a, a luh pawhin septicaemia a siam ziah kher hek lo. A bul berah chuan natna hrik a awm a ngai a, natna hrik chu kan taksa khawi hmunah pawh (zunkawng, chuap, lung, pumchhung, ruh, vun etc.) a awm thei a ni. Chumi hmunah chuan bukthe siamin a inthlah pung ta vak \hin a, chu chuan mihringah natna a rawn siam ta phawt \hin a ni (*Natna tam zawk hi chu hetih hunah hian enkawl \hat a nih chuan a dam leh mai zel \hin a ni*). Chutia natna hrik chu enkawl dam (thah) a nih loh chuan an inthlahpung zel a, an bukthe-a lenglo khawp hialin an lo inthlahpung ta \hin a, a kuanga lenglo khawp an nih takah chuan an \henawm hnai (taksa peng dangah) emaw thisenah an pem ta hul hul \hin a,

thisena pmlut rual chuan septiceamia hi an lo siam ta \hin a ni. Thisena an luh tawh miau chuan 'thisen hlu ka kawng hruaitu' ti niawm takin thisen chu kawng puiah hmangin taksa hmun pawimawh hrang hrang an kal ta zung zung a, an thlenna apiang taksa peng (*organ*) chu an khawih chhe hmiah hmiah a, a tawpah chuan thihna hial a lo thleng ta \hin a ni. Hetia thisen hmanga an vah darh mai bakah hian, kan taksa natna hrik dotu khawlpui (*immune system*) chu fuihpawrhin immune system chuan a hmaa a \hian kawmngaih em em leh a theih tawka a lo venhim \hin mihring taksa chu a khawih chhe zawngin a bei ta chiam \hin bawka a ni.

Tute nge nei duh bik?: Septicaemia hi tupawhin kan nei thei a mahse nei duh zual bik (high risk) an awm a, chungte chu a tlangpuiin-

- Kum upa lam leh nau-pang lam
- Taksa natna benvawn neite - zunthlum, lung \ha lo, kal \ha lo, etc.

- Taksa natna hrik dotu chaklo (HIV, Hepatitis etc)
- Damdawia enkawl nasat avanga taksa natna hrik dotu chak lo
- Taksa natna benvawn awm engpawh
- Taksa sawngnawi (mal-nutrition)
- IVDU(ruih nana inchiu \hinte)
- A \hen chu a chhan hriat miah loh vang pawhin septicaemia hi a awm ve \hin bawka a ni.

Entiang chiaha hlauhawm nge? : Ram changkangah pawh septiceamia hi chu an lo thihpui nasa ve em em a, a veite zingah mi 4-ah 1 zelin thihpuia ngaih a ni a, natna hrik \henkhat bikah phei chuan 50% thihpui an awm anga chhut a ni. Ram changkangah pawh cancer leh lung natna tihlohah chuan mihring nunna suat hnem bera ngaih hial a ni. Natna hrik tam tak vangin awm thei mahse a lar zual \henkhatte chu - E.coli, Pneumoco ccus,

Klebsiella, Psuedomonas, Meningo-coccus, Streptococcus, Staphylococcus etc te an ni.

Lanchhuah dan tlangpui (a tir lamah):

- Khawsik sang leh tlun vak vak.
- Taksa vawt dai thler, thlan daiin a bual.
- Lungphu rang.
- Thawhah emaw thawk rang (thaw rang hrawk hrawk).
- BP tlahniam.
- Awm ngaihna hre lo a talbuai reng.
- Hriatna chiang lo, harh chiang thei lo/a ru.
- Taksaa sin t> t>a rawn bawl sen tet.
- Nikhawhre lo a awm.

Engtin nge kan hriat theih ang?: Septicaemia chu kan hriat tawh angin thisena natna hrik a luh vanga awm a ni a. Chuvangin a hriat theih dan awlsam ber chu Blood culture tih a ni a, hei hian a natna a

finfiah mai bakah a enkawl na kawngah pawh a pawimawh ber ti ila kan sawi sual awm lo ve. Thisena awm natna hrik chu kawng hrang hrang pawhin a test theih awm e mahse Blood culture hi ram chang-kangah pawh chiang tawka ngaih a ni. A enkawl dan hi chu sawi tur tam tak a awm a, kan sawi vek seng lo ang. Enkawh hma hian kawngro a su a, mi nung leh mitthi thliar hrangtu pawimawh tak a ni awm e. Mipuiten a hlauhawmzia kan hriat hi a pawimawh a inenkawl vat a pawimawhzia kan hriatthar a \ul takzet a ni.

Septiceamia leh Mizoram:

Mizoramah hian septicaemia vanga thi kan tam tawhzia chu sawi ngai lovin kan TV hmaiah pawh a lang zing hle a. Blood culture result a natna hrik hmuh (*confirm*) emaw pawh sawi tur awm mang miah lo a septicaemia kan ti \hin hian mipui min tihlauthawng thlawn mah mah lo mo? Septicaemia hi a awm tak tak fo a nih chuan a natna hrik hming te puanzara invenna lampanga damdawi in

tin inzirtir a hun tawh hle awm si a, nge thisenah natna hrik a lut ngei tih hi finfiah a la awm lo zawk. Khawsik leh a kaihhnawih vanga thi, a chhan kan hriat loh tam tak a awm thei a, septiceamia tiha vui liam an awm nual thei bawk awm e. Septiceamia confirm (*finfiah*) tawh zat hi hriat tur a awm em le tih zawhnate pawh ka rilru chhungriah chuan min kik na ve hle ve bawk \hin a.

Engpawh nise septiceamia hi mihring thih chhana puan hi a dik ber em? : Ram \henkhatah chuan septicaemia vanga thi te hi an death certificate-ah chuan 'septiceamia' ni lovin, septiceamia siamtu natna hming an ziaik zawk \hin a, natna hminga pawm lo mi thiam tam tak an

awm a ni. Septicaemia hi natna hranpa a ni lo a, natna hrang hrang tawpna a ni zawk thung. Lui te tam tak luangkawmin luipui a siam a luipui tam tak infinin tuifinriat a siam tih kan hre Chiang a, luite zawng zawng luipui hmingin ka ko ngai hauh lo. Malaria hi thluaka a luh hnu pawh hian malaria tho a la ni a, TB pawh thluaka a luh hnu pawhin a TB nihna a la humhim reng tho a, rulhut hi thluaka a luh hnu pawhin rulhut a la ni reng tho a ni. Chuvangin septiceamia hi hranpaa hlauh tur a awm lo a, natna dang tawpna (*end stage*) ve mai a ni tih hriain septicaemia hi hlauh tawh lo in septicaemia siam theitu hlauh nachang kan hriata inentir/inenkawl vat hi a pawimawh ber a ni.

VAWIH UIH

Kawchhung lam that loh vanga vawih uih lutuk tan chengkek hnah chum tui, antui hawpna fian khat ni tin wawi thum chaw ei khama hawp hi a tha khawp mai.

Tin, kaw puar leh raso ah lengmaser hnah den sawm tui sawr emaw a chum tui hang in emaw, a hela ei mai pawh a tha hle.

ZUNTHLUMIN A KAIHNAWIH THEIH NATNATE

Zunthlum natna hi enkawl ngun a nih loh chuan heng natna dang dangte hi a kaichhuak thei a ni. A tlangpuiin -

Thisen zam natna, Kal natna, Mit natna,
Thazam natna, Pum leh ril natna

Thisen zam natna : Zunthlum natna hian thisen zam natna a tichhuak duh hle a, thisen zam lian leh a te hi a khawih buai a, tichuan thisen sang natna a tichhuak a, hemi avang tak hian lung lam pawh a tibuai a, lunga thisen zam (Coronary Blood Vessels) a tihbuai avangin thih thutna a thlen thei a, hei hi Sap\awng chuan 'Heart Attack' an ti. Thisen zam a khawih khawloh \hin avangin, taksa hmawr lama thisen zam \hat lohna a lo awm \hin a, a bik takin ke lamahte p^n dam thei lo 'gangrene' a tichhuak duh hle a, hetiang a lo nih tawh chuan ke tan mai loh chu a ngaihna a awm lo a ni.

Kal natna : Zunthlum natna veite hian zunthlum vei lo ai chuan kal lam natna an vei duh zual a, hei hi a chhan chu kala thisen zam awmte a khawih

buai a, zun kawng natna a thlen fo \hin a ni.

Mit natna : Zunthlum natnain mita thisen zam a tikhawlo thei a, chuvangin he natna avang hian mitdel hlauhna a thleng thei a ni.

Thazam natna : Zunthlum natnain thazam a tikhawlo thei a, taksa (hmawr) leh ke a khawih buai \hin. Ke a thizam a \hat loh chuan ke za te, ke p^n te an vei \hin a, a chang chuan na an ti em em bawk \hin. Zunthlum natna vei ke chuan hliam a tuar awl em em a ni.

Pum leh ril natna : Zunthlum natna avangin pum leh ril lamah pawh natna a thlen thei a ni.

Thisen sang vei reng rengin zunthlum natna an vei kher loh pawhin inenkawl ngun a ngaih hle tho laiin zunthlum natna nena an vei

kawp pheï chuan inenkawl ngun a ngai leh zual em em a ni tih hriat tur a ni.

Zunthlum natna leh mi buk rit nih kawp chuan mahni bukrìh lam intihtlem hi damdawi \ha tak a ni tih hriat tur a ni. Ei leh barah insum \hin tur a ni a, exercise-te regular taka lak \hin tur a ni.

Zunthlum natna veiin - ei leh in chungchanga insum turte:

- 1) Thil thlum 'chini' sweets, Ice cream, chocolates angte hi ei loh tur.
- 2) Lei hnuai thlai, entir nan - alu te, pangbalte leh balte.
- 3) Suji, Maida, chow.
- 4) Bawnghnute leh bawnghnute a \anga siam chhuah dhai, cheese.
- 5) Giu (ghee), butter, puri kan, paratha, singara leh pakora.
- 6) Thei chi hrang, thil thlum ngah chi entir nan- balhla te, grapes te, lichu te leh theihaite.
- 7) Artui chhungmu, vawksa, sathin, kal leh thluak sa reng reng.

Ei theihte :

- 1) Siamchawp tih thlum entir nan- Saccharrin sweetex-te chini aia hman tur.
- 2) Thlai hring- um ei te, lettuce te, beans te, bawkbawn te, changkha te, bawrh saiabe te, motor chana te, lamkhuang te, purun te, heng ang ho hi tlem te tea ei thin tur.
- 3) Atta ei \hin tur, buh (chaw) ei a pawì lo va, mahse a tuihnang paiha ei \hin a \ha.
- 4) Refined Oil entir nan- saffola te, sunflower te chawhmeh kan nan hman \hin tur.
- 5) Thei lamah chuan serthlum te, dawnfawh te, apple-te tam lo va ei \hin a \ha.
- 6) Sa lamah chuan sangha leh arsa-te hi ei a \ha.
- 7) Zu in chungchangah hian fimkhur a ngai hle a, a chhan chu fimkhur taka in a nih chuan a pawì hran lo va, amaherawhchu a \ha ber a ni lo a ni. Zu in hi pumruaka in a nih chuan thisena thlum (glucose) a tih niam thei a,

chuvangin fimkhur a ngai hle a, a hniam lutuk chuan nikhaw hre lova tluk tawpte pawh a awm thei. Zu in loh hi he natna vei tan a him ber a ni. Zunthlum natna vei reng reng chuan ei leh inah a tam lamah insum a pawimawh hle tih hriat a tha, engpawh eiin in sela a ei tam emaw in tam emaw tur a ni lova, amaherawhchu eia in zin thung tur a ni.

Exercise (Insawizawina) :

Exercise hi zunthlum natna vei tan hian a tha hle a ni. Exercise hian taksa buk rihna hi thauah a tihnam a, mi tizangkhai a. Hei vang hian thisen zam hnathawh a ti tha a, exercise hi a that rual rualin hriat tur chu a theih hram chuan pum ruaka tih loh tur a ni.

THEIHAI TIHMIN DAN

Theihai hi a lawh hun chu a rah a lo puitlin hun leh a hring a la nih lai hi a ni a. Tun hma lama tih dan \hinah chuan buhpawl zingah an phum hmin \hin a, hei hian hun a duh rei em em mai a. Khawih leh zin te a ngaiin a hnun thlawna avangin a chhia a tam duh hle bawk. Hetianga tihmin hian za zelah 25-30 vel a chhia niin hriat a ni.

Tihmin dan \ha zawk kan neih theih nan awlsam leh mawl taka tih hmin dan hmuhchhuah a ni a. A tih dan tur chu theihai rah puitling tawh la hring si kha tuisa 50% c aia degree hnih emaw a sa leh a aia hnuaiah minute 5 chhung vel chiah tur a ni a, pindan lum lam pang pangngaiyah thlithlawra theihai panga huh awmte an hul vek thlenga dah rih tur a ni. Chutah boruak kal vel theihna bawmah khung tur a ni. A dah\hatnaah hian buhpawl emaw thil dang engmah khung tel a \ul lo. Hetia tih hian ni 6 hnuaah a lo hmin \an a, ni 2 thlengin a hmin a. Hetiang siamna hmun lian leh theihai tam tak um hmin tur awmna hmunah chuan inzawm zatin a tih zel theih a ni. Tun hnai maiyah khan theihai Alphonso an tih chikhat tihhminna siam changkan thar a ni nghe nghe. Tuia chiah hian a chhiatna 50% a vengin a tihmin rual duh tih hriat a ni. Tunhma lam dana um hmin aiin a rawng pawh a nalh zawk bawk a ni. ■

THISEN SANG

Dr. Lalrinsiama

Thisen sang natna vei hi Indiaah mihring maktaduai 50 awm anga chhut a ni. Mah sela a veite zingah fimkhur leh rang taka inenkawl a ngai a ni tih hre lo kan la tam zawkin a lang. A hlauhawmna leh a thlen theitu, BP \ha taka control a ngaihzia mipuite zirtirna pe tur hian thuneitu te, damdawi thiamte leh puanzauna (Media) hnathawktute kan pawimawh em em a ni.

Thisen sang, BP (Blood Pressure) sang kan tih bawk hi a zirna lamah chuan hypertension tih a ni a, lungin thisen a kahchhuah (Pump) nat lutuk vanga lo awm a ni. He natna hi a tam sawt hle a, changkannain a ken tel zinga pakhat niin a lang.

BP pangngaia ngaih leh tlanglawn ber chu 120/80mm.Hg a ni a, kum a upat poh leh BP pawh hi a sang tawlh tawlh. 120/80mm.Hg chiah chiah hi chu an tam vak lo zawk a, kum 20 mi tan 140/90mm.Hg chin leh kum 50 mi tan 160/96mm.Hg thleng hi a pangngaia ngaih a ni. Mizote hi a tlangpuiin kan thisen a sang lo hle. BP pangngai tak (120/80) a\anga 20-a sang emaw hniam emaw hi ngaih

pawimawh thama ngaih a ni a, a chung lam aiin a hnuai lam hi ngaih pawimawh a ni zawk \hin. Entir nan 140/100 (120+20/80+20) hi BP sang a nih laiin 100/60mm.Hg (120-2-/80-20) hi BP hniam a ni. Mahse, a hranpa takin BP hniam natna hi a awm lo va, insawiselna neih loh a, an hna pangngai an thawh theih chuan a pawilem lova ngaih a ni. Tin, kan BP hi a inang lo thluah a, mi \henkhat tana pangngai kha \henkhat tan chuan a sangte pawh a ni thei. Chuvangin mahni BP \heuh hriat a \ha.

A hnuai tarlante hian a tlangpuiin thisen sang an nei duh:

1. Kum upa (kum 45 chung lam),

2. Chi (Al) ei nasa lutuk te,
3. Meizu mi te,
4. Zu in mi te,
5. Lung natna nei mi te.

Insawizawi, zah, helh-hawlh, zauthau leh thlabarte hian thisen a sang ve thei a, mahse a sang rei lo. Chuvang chuan BP teh dawn reng rengin hahdam zana awm tur a ni.

A lan chhuah dan :

Thisen sang hi chi hrang hrangin a lang chhuak thei a, chungte chu :

1. Lu a hai fo a,
2. A chang leh lu a na a,
3. Nikhawhrela te'n an tlu a,
4. An awmte a na vawt vawt a,
5. An hnarte a thi a,
6. Mit a vai a,
7. Thawkte a harsa a,
8. Lungphu hi a su dup dup a,
9. An chau ngawih ngawih a,
10. A \hen chu an \awng thei lova, an zeng a, thih thut mai pawh awl tak a ni.

An enkawl dan :

1. Mahnia in dawktawr chawp leh \hiante ei ang hmawm ve mai mai hi a hlauhawmzia hriat a \ha.

Thisen sang hi damdawi hmang leh damdawi hmang lova enkawl theih dan a awm a. Damdawi chi tam tak a awm a, chungte chu daktawr thu ang a, a hunbi dik taka ei thlap thlap tur a ni. Entir nan: Nefedipine 5mg., 10mg. etc. a hmuama hmuam chite phei hi chu hman-hmawh ngaihna (Emergency)-ah an hmang nasa hle.

2. Ei-in : Zu in mi tan nghei nghal hmak tur a ni a, thau lutuk tan intihcher bawk tur a ni. Chi al ei uar loh hi a tha hle bawk. Chi (NaCl)-ah hian Sodium (Na) a tam hle a, chuvang chuan chawhmehah chi al loh tur a ni. Sodium telna reng reng (*Entir nan* Ajinomoto) ei tam loh a \ha.

3. Insawizawi (Exercise): Ni tin taima taka insawizawi \hin tur a ni.

4. Mei zuk hauh loh bawk tur.

5. Endik turte (Investigation)

- i) Zun & Thisen
- ii) Awm X-ray
- iii) ECG

Mahnia damdawi lo Investigation-a a lan danin a
inchawh ve ringawt hi a \ha lo hril mai ang. Thisen sang neite
hle a, Doctor pan vat a him hi dimdawih an ngai hle a,
zawk inenkawl zel dan tur chu tihthlabar miah loh tur a ni.

KANGDURH

Dr. Tangtungunga MIBBSMS (Orth)

T ui sa/so/meialh vanga kang hi tui vavta silfai vat a, kan Mizo
damdawi, kang damdawi te, artui chhung mu te, aloe vera zai pana bel te
hi a durh hma a tih theih a ni a, a \ha ber chu damdawi thiam awmna pan
vat a ni na a, pan ta lem lova awmpui ta mai, durh puar lungte kan hmu fo
\hin. He kang durh hi tih keh loh tur ti pawl an awm a, a tawpah hnai la leh
dam fel thei lo in a awm phah \hin.

T unlaiah chuan khaw tinah damdawi lam thiam an tam tawh a. A lo
durh puap chuan tih keh a, a vun chhia kha paih fai vek a, damdawi awm
ang ang silverex te hnawih emaw, saphai thau, aloe vera te-a tuam hnan
mai a \ha

A durh tih keh \ulna chu a vun kha a thi tawh a, tui chhia a rawn
chhuak a, chu chu a durh puar kan tih chu a ni ta a ni. V un thi tawh leh tui
bal chu natna hrik pian duhna a ni a. T ih keh a, a vun chhia paih veka,
hlam damdawi, betadine, silverex emaw a awm awm hnawih a, tuam a, ni
tin tihfai a \ha. A nasat loh phei chuan a hil vat a, a ser nasat loh nan oil,
olive oil, saphai thau, hmehchhuah chi hrang hrang kan neih/hmuh theih
ang ang; Neosporin-te pawh hnawih mai tur.

K ang durh kher lo, ke innawt avanga durh te thlengin tihfai vat a,
hlam pangngai anga enkawl hi a \ha ber. A chhan chu vun thi tawh
chhungah tui bal a awm reng hi taksa tan a \ha lo ani.

A tak ngei in Civil Hospital, kan chaw chhum, gas puak-in a kang a,
a taksa pum chu a durh chhuak deuh vek a, \henkhatin tih keh loh tur an lo
ti a. Operation room-ah ka la lut a, kan chiu mu a, silverex ointment-in kan
tuam a, thla khat a lo ral meuh chuan vun pangngai vek a lo ni, ser pawh
a nei lo. A tenau a nih chuan kahhitna Xylocaine emaw a pangngai pawh
leih a tihfai vat a \ha ber. ■

LAKHUIHTHEI

Lakhuihthei hmin pakhat hian Vitamine B-6, Folate, Thiamine, Iron, Manganese leh Vitamin C te a pai a. A tui no khat hian calories 75 te, Vitamin C 25mg te, 0.17mg Thiamine te, 16mg Folate te, 0.15mg Vitamin B-6 te, 0.6mg Iron te leh 2.6mg Manganese te a pai a ni.

Hriselna atana \ha : Fibre tam tak a pai avangin lakhuihthei hian thisena cholesterol sang lo turin a veng a ni.

Cancer vengtu Sipai : Ferulic Acid a awm avangin taksaa cancer insiam tur vengtu \ha tak a ni. Ferulic Acid te chu plant chemical chi khat a ni.

Rih leh thau lutukna : Lakhuihthei regular taka ei chuan mahni phu tawk aia rih lutuk leh thau lutukna a veng thei.

Lung natna : Bromelain enzyme (chawl) hi lakhuihtheiah a awm avangin lung \ha lo a veng thei. Heart attack leh stroke a veng tih damdawi lam thiamte'n an hmu a ni.

Tihrawl vung : Vung leh tihrawl na (sa/kang) a thunun thei. \henkhatte chu lakhuihthei ei hnuah taksa a bawl a, a thak thin bawk a ni. Hei hi Bromelain vang a ni. Hetiang mi chuan lakhuihthei ei loh mai a \ha.

Pumpui thip : Mi \henkhat pumpui chak lo leh pumpui ulcer neiin lakhuihthei an eiin pum nuam lo an hria a, lakhuihtheiin Iron a pai vang a ni. Zunthlum nei tan lakhuihthei hi ei loh a \ha thung.

Lakhuihthei leiin a rawng eng thar sar te thlan ni se. A rim thlum that leh thlum that lohte en a, a rawng a buang a nih tawh chuan a \ha vak tawh lo a ni thei. A hnah a la hring tha em, a dup tawh nge a la ruh tha tih pawh en a tha. Chhin phui tha si lova ualau taka vel sa zawrhte hi ei loh a him. Ei laiin nimbu tlem leh chi tlem telh a ei chu a tui dan a dang daih a ni. Tin, lakhuihthei ei tam hian ka pilh \hinte pawh a veng a ni. Zan mut dawna lakhuihthei tlem emaw, kurtai tlem emaw, khawizu tlem emaw ei hian pum nuam lo, pumpui chak lo leh pumpui ulcer nei tan a \ha a ni. ■

HRIATNA LEH HMUHNA

Mit hi khawl mak tak a ni. A hmuh apiang thla hi a la zel a, heng thlalakte chanchin hi mita hriatna (nerve) chuan thluak a hrihl zel a. Mit hi a hliam awl em avangin an him nan luruh hmalama ruh khuarah an inphum a; tin, mitvun leh mit hmul leh mitkote hi a venghimtute an ni.

Mit hriselna:

Nausen mit chu enkawl ngun hle tur a ni. Nausen a muthilh laiin, a mita tho a fuka, natna a rawn hnawih loh nan thosilen zar hnan rawh.

Naupang lehkha zirna skul pindan chu a eng tawk tur a ni. Naupang kete chuan rem taka chhuat a rah phak nan an thutna pawh a hniam tawk tur a ni; an dawhkan pawh hniam deuh ni rawh se, naupangte chuan thu ngil auhva dawhkana lehkhabu an chhiar huna an mit chu fit khat vela hlaah a awm theih nan. Lehkhabu ziaak hraw Chiang kek kaw tak naupang chu pek tur a ni. Naupang chuan sentut emaw, khawsik sen emaw zawnghri emaw a vei chuan a dam chian var hma loh chuan skul kaitir tur a ni lo, heng natnate hian mit leh taksa dang reng reng pawh a tihchakloh thin avangin.

Hliamna leh natna laka mit humhim nan kan sawi tawh bakah hian hengte hi kan ngaih pawimawh a \ul a ni.

1. Eng fiah tawk lovah chuan ngun deuhva en ngai, puan \hui mawi angte hi ti reng reng suh.
2. Lehkha chhiarin khawn-var lam hawiin \hu suh la, koki chung lam, tukkhum lam atanga eng chuan lehkhabu a rawn en hi a tha zawk a ni.
3. Lehkha chhiar laiin emaw, eng hna pawh rilru hman fo \ulna chiah phawt chuan, second tlemte han chhin sek emaw, tukverha dah chhuah a, van dumpawl thiang emaw, thing hring emaw, hlobet hring emaw minit tlem han melhin, mit chu chawlh tir zeuh zeuh tur a ni.
4. Vaivut emaw, bawlh-hlawh engpawh mita a luh phawt chuan, mit chu nuai suh la, saline tuiin bawlhhlawh awm

chu tleuh chhuak mai zawk rawh. Saline naran a awm mai loh chuan tuiso dah daih lum pip pep hmang rawh.

5. Vantlang hman \awm chawhtawlh te, inhruk puan te, sabon te, hmai phihna puan te hmang suh. A hmang hmasatuten “mit na” an lo vei mai thei, i hman ve avangin chung natna \henkhatte chu i kai thei a ni.

6. Meikhu hian mit a tichhe viau thei a ni. Thuk (stove) chuan meikhu chhuahna tha tawk a neih loh chuan, in chhung chu mit tithip thei meikhu chuan a khat mup mup mai ang. Ni tin vawi thum ni tin maia tikhuk mup mup fo chuan chhungkuaa mi tin mit chu a hliam thin. Senso tam vak ngai lovin, meikhu chhuahna chu a siam mai theih a, chuvangin he hrehawmna leh inhliamna tireh tur hian meikhu chhuahnate chu siam ngei tur a ni.

Beng Hriselna:

Ngun taka beng hi enchian chuan bung hrang pathumah a in\hen tih a hmuh

theih. Pawn lama lang thei zawng hi chu chingal thlawr bur ang deuhva siam, beng chhung lam leh lairil lama ri lo dawngluttu atan siam a ni. Beng lai hi hrawk nen, d[^]wt te tak te (Eustachian tube)-in a zawm a. Mi a lo hritlan a, hnar leh hrawka hnap a lo awm hian hrawk vun chhunglam pan takte chu an lo vung a, chu chuan dawt chu a tipping a. Hei hi rei lo te chhung beng tingawngtu pakhat chu a ni.

Eustachian tube-in natna a neih chuan beng lai pawh a rawn kai a. Hnai a laka beng lai a khah hian, beng chu a na thin a ni. Hnai a lo tam lutuk chuan beng dar (tympanic membrane) chu a rawn tawn a, a rawn su tet a. Chutah beng hnai lo chhuak chu kan hmu thin a ni.

Beng enkawlnaah hian heng hi zawm tur a ni:

1. Beng ek hian pawimawhna riau a nei. A kha em em a, chuvangin ran nung reng reng an lut duh lo, an thlawk lut palh a nih ngawt loh chuan, beng ek hi kher tur a ni lo.

Beng ek chu a lo khal a, beng a tih ngawn erawh chuan tihfai tur a ni. Damlo chu chair-ah thuttir la, tuilum quart khat la la, Syringe hmangin bengek a lo chhuah hma loh chu \huah rawh. Beng kawrawng chhunga hmul hian rannung leh vaivut lut tur lo dalin, hna pawimawh tak a thawk a ni. Heng hmul hi lu mettute meh tir suh.

2. Benga rannung a luh chuan, a tih chhuah dan tha ber chu chhawhchhi hriak emaw, hriak thlum thianghlim dang

emaw lum deuh pip pep beng a far luhtir hi a ni. Hei hian rannung chu a chiah chhuah loh vek pawhin a tihlum a, chu chu tuilum pawhin a thua chhuah theih a ni.

3. Hnap hnit vak suh; hei hian hnar leh hrawk natna hrikte chu Eustachian tube kal tlangin beng laiah a rawn ham lut ang a, beng a ngawng mai ang.

4. Naupangte hi an beng hupin beng reng reng suh. Chutianga tih chuan beng a hliamin a ngawng hlauh theih a ni.

RUH SEH ENKAWL DAN

- 1) Ruhseh na/sawh/tauh an lai zut nan herhse mu hriak a tha. Pⁿ leh vun thak chi hrang hranga hnawih atan pawh a tha.
- 2) Ruhseh tan tluangngil bulbal chan sawm chhum tui, thingpui in anga in mai tur a ni. Zufang nen pawlh emaw bilh emaw mai pawh a tha leh zual.
- 3) B^{wk} na leh ruhseh (Gout & Rheumatism) tan thingrai (Agar) thing hnai hi hnawih atan an hman thin.
- 4) Kumtin tuai hnah nuai sawmin ruh na laiah bel tur a ni.
- 5) Archangkawm kung hawng rawt dip hi ruhseh naah hnawih a tha hle.
- 6) Kaihapui zung/bul chhum hi ruhseh a hnawih a tha.
- 7) Theisawntlung/chepatil hnah chhum tui fian khat (10ml) ni khatah vawihnih in thin hi ruhseh (Rheumatism) na leh vung tan a tha hle a ni.

COMPUTER VISION SYNDROME (CVS)

- Dr Lalremmawii,
State Programme Officer (NPCB& VI)

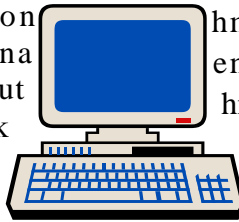
Computer Vision Syndrome chu eng nge ni?

Tunlaini naupang atanga puitling thlengin Laptops, Tablets, Mobile phones leh Computer-te kan khawih nasa em em a, ni tina kan hun hman tam tak kan hman ralna a ni mek a ni. Lehkha zir nan leh hna tul pawimawh thawh nan chauh ni lovin kan hun awl hmanna tam ber niin, mi thenkhat phe chu hna tul leh pawimawh thawh theih loh nan kan hmang mek a ni. Hei hian kan mit a tihah nasa em em a, thenkhat phe chu nau awm nan te kan hmang baw k a. Mit lam thiam miten research an beih naah chuan 60% - 90% mipuite hian Computer/Mobile Phone/Laptops an en nasat avangin mit lama harsatna an taw k mek a ni. Heng avanga mit lam sawiselna lo lang chhuak te hi *Computer Vision Syndrome* (CVS) te chu a ni.

Computer Vision Syndrome an neihna chhan ber te chu - \hut dan (position) dik taw k loh vang te, eng (light) tha taw k lo te, Computer screen atanga eng in mit a chhun rei/ nasat luat avang te, thut hnaih lutuk emaw thut hlat lutuk avang tern mitin a lo tuar thin.

Engtiangin nge mit chu a nghawng?

Computer/Laptop/Mobile phone kan en rei lutuk hian,



hmun dang dang kan enkual a kan mit kan hman aiin nasa takin mit hian a hah phah a, eng phe zawk zawk leh rawng inthlak char char te leh >ngin a rawn chhun let avang hian mitin a haw em em a ni. Mit a lo hah a, a lo kham a, mit a thial urh thin a ni. Chu chuan mit phe te, thil hmuh phir te, mit ro, mit sen, mit thak leh kam them thum anga hriatna te a siam thin.

Engtin nge mit chu CVS atanga kan yen theih ang?

1) Loh theih loh a Computer hman ngaite chuan ngil tak leh hahdam taka hna an thawh theih nan Computer hmaah thutthleng nuam tak, nghawng leh hnungzang do let turin thutnaah ngil taka thut tur a ni a, computer screen chu hahdam taka en thei turin position dik takin a thu tur a ni

2) Computer screen hi kun lutuk emaw dak lutuk lovir. ngil taka en tur a ni. Screen Centre atanga tehin 10-20 degrees vela mit level aia hnuai a en tur a ni. 20 - 26 inches vela hlaa en tur a ni baw k a ni.

3) Mit hi rei tak hman char char tur a ni lo va, hahchawlh tir zeuh zeuh thin tur a ni.

20 - 20 - 20 method an ti a, chu chu minute 20 computer screen a ngai en hnuah hla tak en in second 20 vel hahchawlh tir zel tur a ni.

4) Computer hman laiin room chu eng (light) thim lutuk emaw eng lutuk emaw a tha lo va,

anti-glare screen hi hman theih chuan a him ber a ni.

5) Maimitchhing vang vang te leh regular taka mitkhan thin te hian mitmu ro tur a veng ve thei a ni.

6) Computer device leh screen-te hi a brightness leh contrast te hi set sa thlapin a lo awm tlangpui a, mahse mahni hman atana nuam taw k leh hahdam taw k chiahin a en zawng (bright-ness/contrast) leh a hawrawp len zawng leh style (fonts) te adjust mai tur a ni.

7) Mit delna leh mit chhiatna tam ber te hi ven theih an nih avangin mipui nawlpuite kan inven a, mit tha kan lo neih theih nan Computer/Laptops/ Tablets/Mobile phone-te hman dan kan lo thiam theuh theih nan i fimkhur ang u.

8) CVS hian mit na, mit kham, mit ro, lu na, luhai, mit fiahlo leh mit phe te a Siam nasa em em a, mu chung a en leh rem lo chung chung a phone khawih chin hian mit mai ni lovin ring na, kawng na leh taksa na te a thlen thei baw k a ni. ■

1. A tlangpuiin hmanhmawh thlak bik tak a nih loh chuan, zing dar 7 hma lam leh zan dar 9 hnu lam a mi biak loh hram tum ang che.
2. Phone a mi i biakin, TV, Computer, Radio etc. bengchheng siam thei thil tih zawih hmasak \hin tur.
3. Mi dang nena awmkhawm laia phone a mi dang lo biak a bengchhen vak hi a mawi lo hle. Inthiarfihlim hlek nachang hriat a tha.
4. Mi kan va biak a, an lo “hello” veleh hian mahni hming insawi a, mahni Introduce hmasak hi thil mawi tak a ni. Mahni insawi hmasa lova “tunge i nih” va tih thawrte hi a mawl thlak lutuk.
5. Phone i hmanin nui hmel put tum rawh. Chu chuan i \awngka chhuak a tinelawmin biak chakawm tak, mi hawihhawmah a chhuah ang che.
6. Mi i biakin i duh i sawi zawh tawh avangin phone off ringawt zel suh. I va biak khan a duh a sawi zo tawh em ngaichang \hin ang che.
7. Mi i biakin inbiakna hun a nei em tih zawt hmasa fo rawh. A theih pheih chuan message a va zawh hmasakte pawh hi a mawi \hin.
8. Phone-a mi i biakin ring takin \awng vak vak kher suh. Nangman i hriat that theih loh avanga i tawng rin ve vak rikngawt khan i biak tan a bengchheng lutuk thei.
9. Phone a mi dang i biak laiin i bul a mite biak tel ching suh. Inthamlohna leh inhmusitna a entir thei. Biak ngai bikah chuan phone a i biak lai hrih hmasa ngei \hin ang che.
10. Mi i biakin tawpna siam kha i mawhphurhna a ni. I biak lai hun neih dan ngaihtuah lo lekin tawpna siam nachang i hrelo palh a nge, a ning hle mai ang che.

11. Message i thawnin i thuziak chu hawrawp dik lo a awm em ennawn ngei ngei thin ang che. Tin, a theih hram chuan Mizo \awng diktak hman hram tum \hin ang che.
12. Heng hmunahte hian phone off emaw silent mode-ah emaw dah thin ang che: Inkhawmna, Libraries, Theaters, Museums, Damdawi In, Waiting rooms, Restaurants, Malls, Concert halls, Mitthi In, Inneihna hmun, etc..
13. Ringtone ring lutuk hman hi chin loh a tha viau.
14. Lirthei khalh chung a phone hman hi chin loh a tha ber. Earphone hmang pawhin chin loh a tha ber tho.
15. Mi nen in inbiak laia SMS emaw Phone call lo siam hi chin loh a tha bawk.
16. A phalna la hmasa lovin mi awm hle hle lai thla laksak ngawt suh.
17. Mi phone reng reng a neitu phalna la hmasa lova khawih hi mi pangngai tan tih miah loh tur.
18. Mi accident tawh leh che chhe laite thla lo laksak hi mi mawl awm dan a ni. Tanpui zawk rawh.
19. Phone call i dawnin, “AWWWW” tih hmasak ching suh. “Hello/Chibai tih hmasak thin hi a mawi ber.
20. A lo call-tuin insawi nachang a hriat loh chuan, “Tunge ka biak awww” ti mai rawh. Hrechiang si lo, hria anga awm kher kha a tul lo.
21. Miin an lo biak che in, “A nih awww” tiin phone ti tawp ringawt zel suh. A tih tawp hun nghak la, hun i nei lo a nih pawhin tha takin hrilh hmasa thin rawh.
22. Whats app etc. hmang fimkhur hram rawh...inhnial nan te hman miah loh tur...a \angkai leh kan hlawkpui thei tura hman i tum hram ang u...thu post tur i neih in post hmasa like phawt te hi a mawin mi thu post lo like te hi mi pangngai/changkang nih na a ni...



FIRST AID

Khawsik (Fever): Mi a pang a sat hle chuan a khua a sik kan ti thin, khawsik hi harsatna dangin a pawlh loh chuan natna a tling lo a, mahse, natna chi hrang hrang a lo lanna leh hriat theihna a ni thin. Khawsik sang tak chu a hlauhawm thei hle a, a bikin naupangte zual tan a hlauhawm zual bik a ni.

Khawsik alo san chuan :

1. Puan sintir lo ang che. Naupangte leh nausente chu saruakin dah ang che. Khawsik a reh emaw, a hniam emaw hma chuan ruak vekin dah ang che. Puan a tuam tlat hian khawsik a tisang thin.
2. Khawsik tihniamna turin nachhawkna eitir tur.
3. Khua a sik reng rengin thil tuiril tam tawk in a tha, heng thei tuite, tui panggaite hi in tam tur a ni a. Tui in tur chu chhumso hmasak tur a ni. Hei hi naupang leh nausen tan a pawimawh zual bik a ni.
4. Khawsik chhan chu hriatchhuah ran tum tur a ni a, mahni awmna hnai ber a damdawi lam thiamrawn ngei tur a ni a, enkawl nghal vat tur a ni.

Khawsik sang(Very High fever):

Khawsik sang tak hi tihniamna thuai a nih loh chuan a hlauhawm thei hle, kaih te, rilru kim loh leh phungzawl te, zeng te a awmtir thei a, chuvangin naupang te leh nausen tan a hlauhawm zual bik a ni.

Khawsik a lo san viau chuan - 40degree centigrade emaw, a aia a sang emaw a nih chuan hetiang hian a tihniamna vat dan i zawng dawn nia.

1. Damlo chu saruakin dah rawh.
2. Hmaizahin zap rawh.
3. Tuivawtin a lu-ah leih rawh, a taksa pawh puan tuivawt a chiah huhin dep rawh. Tin, hmaizahin zap reng la, a dehna puan pawh puan dangin thlak reng tur a ni. A khawsik a hniam hma chuan chhonzawm zel ang che.
4. Tui thianghlim vawt tam tawk intir ang che.
5. Khawsik tihniamna thei tur damdawi Paracetamol te pe ang che.
6. A rang thei ang berin damdawi lam a mithiam pan vat ang che.

RILPHIR NA

Rilphir na hi pumpui tih lohah chuan pum nat thutna chhan lar deuh ber leh, emergencya zai ngai tam pawl tak a ni ve a. A hun taka zai a nih chuan zai dang anga zai zau ngai leh thil hlauhawm a ni lem lo va, kar khat velah chuan a zaina hliam pawh a dam fel tlangpui.

Zai hmaa a lo puahkeh (rupture) hman erawh chuan zai pawh a harsain, a hautak hle tawh a, zai thuai a nih loh pheh chuan a thihpui hial theih a ni. Kawchhungah natna hrik leh bawhlhlahw a tidarh chiam a, pum chhung septic (peritonitis) te a awm thei bawh. Zai zau a ngaiin zai hnuah pawh pum leh hnara d^{wt} vuah te a ngai a, a hautakin dam tur chuan hun pawh a duh rei hle tawh thin.

Rilphir na hi mi za zela pasarih (7%) velin an nei anga chhut a ni a, kum naupang lam kum 10 - 30 inkarah a hluar bik a, hmeichhia aiin mipaah vei an tam zawk bawka ngaih a ni. Rilphir hi rilpui hmawr atanga rawn chawr chhuak niin, tangkaina a nei loa sawi thin a ni a, a chiangkuan loh erawh chuan natna buaithlak tak a ni leh lawi si a ni.

Rilphir hi lai hnuai ding lam sirah hian a awm a, a lo nat chhan tlangpui chu; ek emaw, thil dang hnawhtu a awmin a na thei a, b^{wk} (tumour) avang te, a kaw zim lai bik a awm avang te, a inthleh avang leh natna hrik avang tein a na thei bawh. Rilphir na hi zunkawng na nen a lanchhuah dan in an deuh avangin zun exam a pawimawh a, ultrasound leh thisen exam a tul thei bawh.

A lan chhuah dan :

- 1) Lai zawn velah a na hi a in\an a, a hnu deuhah ding lam sir a awmna lai zawnah a na zual thin.
- 2) Din mar a harsa a, khuh leh chet velin a na zual.
- 3) Luak chhuak leh chawei tui lo.

- 4) Khawsik a awm thei bawk.
- 5) Chauh deuh ngawih ngawih.
- 6) Ek khal emaw, kawthalo a awm thei.
- 7) A awmna zawn kuta nemin a na.
- 6) Inrinhlelhna neih chuan a rang lama Doctor rawn vat tur a ni.

Pumna hrim hrim hi Doctor rawn a, a chhan hriat chian a nih hma chuan thil ei loh phawt a tha.

Nachhawkna pawh a theih hram chuan injection hman ni se. Thil an lo ei hman chuan Emergencya zai lo ngai ta se, zai a ti khawtlai dawn a natna a punlun hman thin, pumpui leh ril pawp a lo nih chuan a tizual thei a, kawchhunga thisen chhuak a tel pawhin thil ei hian a ti zual thei bawk.

Damlo chu damdawi in thlen hmaa a chau viau a nih chuan, a remchan dan azirin drip a khai theih ang.

Natna reng reng hi ngaihpawimawha hriat chhuah hma a nih chuan, awlsam taka enkawl dam theih a awm a. Ngaihsam lutuk leh inthlahdah avangin thil pawl zawk leh thihna hial a thleng thei bawk. Rilphirna pawh hi chutianga zinga mi chu a ni awm e. ■

A enkawl dan :

- 1) Antibiotics leh nachhawkna hmanga tih nep deuh theih a nih laiin, zai vat hi a enkawl dan tha ber a ni.
- 2) Tui lum emaw, thil lum danga a natna lai zawn deh loh tur a ni a, vur tlang emaw, tui vawta dehin a na a chhawk ve thei.
- 3) Mut hahdam leh chet tam loh a pawimawh.
- 4) Khawsik leh luakchhuak a awm chuan a tul dan azirin nachhawkna leh luak danna a pek theih.
- 5) Doctor rawn a, hriat chian a nih hma chuan thil ei loh tur a ni. A tul viau a nih pawhin turil lam chauh in tur.

HMANGCHANG

- ☒ I kut tin tikhauh deuh i duh chuan tui chi alah i tin kha mintue 2 vel chiah ang che.
- ☒ Perfume i taksa lang laia i hnawih chuan nisa lutukah awm lo hram ang che. Perfume hnawihna lai hi nisain a tihang duh bik.
- ☒ Perfume hi lapuaah kap la, lapua chu i bra karah dah mai la, a remchang hle.
- ☒ Tomato tui hmaia hnawih hian hmai mawm leh sahbawnina bal a tihfai zawh loh chu a tifai thei a ni.
- ☒ Alu tih sawm hi i hmai phihfai nan sahbawn aiah hmang thin ang che. Hmai bawlin a ngeih duh zual a ni.
- ☒ I mut dawnah i hmaia make-up tifai lova mut hi hmaiin a haw duh a, i mut dawnah tifai hmasa thin ang che.
- ☒ I kut tin khauh leh tih tlet i duh chuan sertui leh glycerine chawhpawlhah chiah ang che.
- ☒ I chawhmeh siamah i duh aia tam aieng i telh palh chuan thirfian meiah hem ling la, chawhmehah chuan thlak rawh. Hei hi chawhmeh daih hunah tih tur a ni.
- ☒ Thir belah chawhmeh i kan dawnin tel i leih hmain minute khat vel ti sa ang che.
Thir bela chawhmeh kan bet tur a veng ve a ni.
- ☒ Purun sen salad atan i chanin a rim ru lutuk tih ziaawm nan tuiah darkar khat vel chiah ang che.
- ☒ Bawnghnute i chhuanso dawnin i chhuanna bel tlangah glycerine emaw butter tat kual la, a so liam lovang.
- ☒ Methi leh Jeera tlem rawt sawm bawnghnute nen chawhpawlh a, lu a hnawihin luphut a tireh duh. ■

SCRUB TYPHUS (RANNUNG SEH) BIHCHIANNA

*Dr Pachuau Lalmalsawma
Master of Applied Epidemiology (NIE-ICMR)
State Programme Officer, IDSP*

Kum 1899 daih tawh khan Scrub typhus hi chiang takin Japan ramah hmuhchhuah a lo ni tawh a. Khawvel pumah mi maktaduaih khat velin kumtin an veia chhut niin mumal taka enkawl loh chuan thihpui mai theih a ni. Rannung seh natna (Scrub typhus) hi *Orientia tsutsugamushi* natna hrik in mihringa natna a thlen hi a ni. He natna hi Tuhrik Scrub typhus natna hrik paiin mi a seh atanga ni 10-12 chhungin a langchhuak thin a ni. Tuhrikte hian Scrub typhus hrik an paite hi an tui-ah hlan chhawngin a note in a pui a nih thlenga paiin he hrik hi an kawll ta thin a ni. (Scrub typhus hrik pai lo, tuhrikte chuan eng ang pawhin min seh mahse rannung seh natna hi kan kai thei lo).

Rannung seh natna (Scrub typhus) thehdarh a nih dan Scrub typhus natna hrikte hian an inthlahpun nan leh thanlen nan sazu lam chiho hi an hmang a. Heng sazute atang hian tuhrikin Scrub typhus (rannung seh) natna hrik chu kaiin heng hrikpai tuhrikin mihring a seh khan mihringah chu hrik chu hnutchhiah niin rei vak lovah a natna hi a lo lang chhuak ta thin a ni.

India rama he natna thehdarhtu tuhrik chu *Leptotrombidium deliense* a ni

a, Japan leh khawchhak lam ramah te chuan a chi dangin a thehdarh thung. Rannung seh natna hrik pai tuhrikin mi sehin a sehna hmuam hmaah 'eschar,' pan-khir hi 40-50% velah a lo awm thin a, he natna hriat theihna atan a tangkai viau nain Mizoram hmun hrang hranga Scrub typhus vei zingah hmuh tur a tam viau lo.

Mite (Tuhrikte) hian an damchhung (life cycle) hian nihphung pali an paltlang (egg, larva, nymph leh adult stage)

zingah 'larva' an nih lai chauh hian he natna hi an thehdarh a ni.

Tuhrik (mites) te hi rambua leh dai hnim leh phul hmunahte an awm duh bik a. Mihring taksa chak lo leh natna do letna tlachham te bakah tun hmaa rannung seh la tawk ngai lote zingah a thleng duh bik bawk.

A natna lanchhuah dan: Tuhrik seh hi a na lem lova, thak ang in a rawn lang chhuak a, vun nemlai zak hnuai ah te, kapkarah te, dulah te leh nghawngah te hian mi a seh duh bik a ni. Tlun/ khur leh khawsik, nasa taka lu na, mit vel sen rem rum, thal thoh leh hnungzang vela thak bawl angte in he natna hi a rawn lang chhuak thin a ni. A chang chuan tihrawl leh pumnate pawh a thlen bawk a, a nasat phei chuan thisenzam chat te leh thisenzam block te a thlen thei bawk. Pneumonia leh thawkna lama harsatna te pawh a thlen thei bawk a ni.

A natna hmuhchhuah dan: Scrub Typhus natna hi thisen ekzam atangin a hmuh chhuah theih a; tuna kan test-na

tlanglawn ber Rapid Diagnostic Kits (ICT) te hi rintlakna za-ah za ni lo mahse he natna lenna hmunah chuan a awm ngei a nih fiahna hmatawng kan ti thei ang. WHO leh Health Ministry lam chuan ELISA khawl hmang ngeia test hi an duh dan a ni thung.

Enkawlna lam

Scrub typhus natna hi Antibiotic damdawi hmanga enkawl a ni a, damdawi an hman lar tak chu Doxycycline a ni a; damlo leh a tul dan a zirin Azithromycine te pawh hman tur a ni. Heng damdawi kan han tarlan tak te hi mahni thu a lo ei ve mai hi a him lova, mahni damdawi inchawh mai lova Doctor-te rawn hi a tha leh himber chu a ni.

Inven dan tur

He natna awm thinna leh a thehdarhtu tuhrik awm duhna hmunah te chuan thawmhnaw hak uluk a ngai em em a, thawmhnaw taksa khuh tam thei ang ber hak tur a ni. Ram hnathawk tan ina haw hunah thawmhnaw thlak vat zel tur a ni.

Scrub typhus darh tur venna kawng bumboh

1) A hma leh rang thei ang bera he natna hriat chhuah hi a tulin damdawi lam thiamten damdawi ei tur leh ei dan dik thei ang ber an chawh chu zawm tur a ni.

2) Nasa taka inzirtirna hi kalpui reng a ngai. He natna chung chang leh a kaichhawn dan te a tam thei ang ber in zirtir a inhrilhfiyah a pawimawh hle a ni.

3) Sazu lam chi (rodent) te hi he natna hrikte tana than puitlinna ber (reservoir) an nih avangin sazu pung tur ven hi tih makmawh a ni. Kan in leh a velte hi fai taka enkawlin sazu te tana chet tlatna hmun remchang lova siam tur a ni.

Health & Family Welfare Department hnuai a Integrated Disease Surveillance Programme (IDSP) chuan kum 2012 atang khan sorkar leh private damdawi in hrang hrang leh hmun dang atangin Scrub typhus natna vei a ngaihte dinhmun a khawn khawm a; hriat theih chinah vawiin (July ni 24, 2018) thleng hian rannung seh vanga damlo hi 2,148 vel awm tawhin chung zinga 42 chuan nunna hlu tak an chⁿ tawh a ni. Tunah hian Mizoram sorkar chuan theih tawp chhuahin a test-na changkang zawk leh enkawlna bakah inzirtirna mumal taka kal chhohpui turin nasa takin hma a la mek a ni.

Mawitea huang!!!!

◆ A naute kha a zilh ve a, “Miin an U saw a rui theiin buaina siam a hrat tehreng nen, a naute saw an va fel hlawm em em... tih turin awm rawh u” zuk ti a!!!

◆ Doctor khan, receptionist hnenah khan “Khawng helai damlo inentir tura lokal kha?” a ti a, ani chuan “A.... a chau in a damsamloh hmel em a, va haw la va mu hahdam rawh ka lo ti mai asin!...” zuk ti a!!

◆ Chak deuhin bike in a tlan phei a, a hnu lawkah a aia chakin ambulance in an rawn phur phei leh nia!!!

Mawitea huang!!!!

Mawitea inpuanna-III Engtin tak min ngai ang maw?

Tumkhat chu BA result ka nghah laiin Thingtlangah M/S a zirtirtu training aiawh turin hna ka hmu hlauh mai a. Joining report pek pah a zankhat lek riak turin ka kal a. Tu mah hmehhriat dang ka neih loh avangin an Headmaster in chu ka pan ringawt mai a, ani chu a lo fel em em mai a, min lo lawm thiam in, “Heta i thawh chhung chu in hran luah a ngai lo, kan inah hian i cheng ve mai ang a, engmah inthlahrunna tur a awm lo, fanu chauh ka nei a, fapa ka nei ve ta a ni ve mai alawm” a lo ti luam a. Ani taka fanu nula pahnih hmehtha zet zet mai hi a lo nei chu niin, tlangval tan chuan a phurawm in a tawngkam tha pawh chu pawm a nuam dawn hle in ka hria a. An nula te lah chuan nelawm tak mai hian min be seuh seuh mai a, a upa zawk lakah pheih chuan ka zawr hman ti tih nghal der mai a.

Zanah chuan inleng dang an awm bawk a, thingpui in pah chuan reitak thleng kan inkawm khawm a. Mut a lo hun takah chuan ka pu tur chuan, “Zanin chu, Zonunmawii khumah hian i mu mai ang a, ani chu a nau nen an mu dun mai a ni ang chu, i thawmhaw te i zuk lak fel hunah i khum tur pawh kan la buaipui dawn nia” a ti a. Tichuan, an nula khum rimtui tak maiah chuan ka mu ta hlan mai a, ka rilru te te chuan thawmhaw zuk lak thuai thuai a, an in a khawsak ve hlan chu ka nghakhlel ta em em mai a. An fanu Zonunmawii chu a duhawm in ka ngainat zawng tak mai a ni lehngal a, nupui atan pawh a iaiawm loh hlein ka hria a, helai hmuna ka han kal chu vannei hi ka inti hlih hlih a, Pathian remruat dan hi chu a lo mak mange ka ti neuh neuh a.

Chutianga suangtuahna hlimawm tak ka hman lai chuan ka lo muhil ta a.....Ka mumangah pawh chuan Zonunmawii nen hlim em em hian inkuah rial hian phulah kan lo leng dun a, chutah

lui tui fim em em mai hi kan lo in dun teuh mai a, ...nakinah chuan kawng chho deuh maia kan kal lai hian ka zun hi alo chhuak em em mai a, kawngsira hnimbuk karah hian ka han zung a, mahse ka zung zo thei ta reng reng lo mai a, Zonuni lah chuan min lo au sek mai lehngal a....chuta hmanhmawh tak maia ka han zung leh chiah chu thil lum puat puat hian min tiharh ta zawk mai a...chutah ka awmna leh ka awm dan chu ka han chhut chian nak chuan le!!!..... mi nula khumah zun ka lo cheh lek chu lo niin...zia lo tihah hian a zia lo ber mai awm e...zuncheh satliah mai pawh a lo ni lo, a huh hian a huh zawr vek a ni ber, a huh mai bakah a hing hum hum mai bawk nen.... zialo tak a ni..... ka mangang lutuk chuan engtia tihtur nge ni ta ang? tiin ka han ngaihtuah a.....Naktuk zingah hian damlo der ta mai ila, nilenga ka mut chuan ka delh ro thei mai ang em? mahse, chutianga puan huha nileng maia han mut ngar ngar mai chu ka damloh phah thei mai ang?..... Nge? zingah hian damsam manglo a insawiin tui suak urin ka tir anga, khumah hian tibaw palh ta mai ila.... mahse a hing hum hum awm tho awm si a!! Engtin nge ni ta ang? Khua lah chu a var tep tawh mai bawk si a.... chet vat vat chu a tul ta Zan mut dawna ka suangtuahna chu hla ta he haw hlein ka hria ... A tawpah chuan thu tlukna ka siam ta a....Dimtein ka tho them them a, lehkha ka zia ta a “Ka pu, nizan mut hmuna ka han ngaihtuah neuh neuh hnuah he zirtirtu hna hi ka thawh chi ni nganga ka hriat leh tak loh avangin ka inhnuk daw leh mai ang e” tiin. Ka thawmhaw chu ka khawm sawk sawk a, thawmdim takin zing chhuak tur motor chang turin ka chhuak ta a....

Zing dar 8 velah chuan, chuanna tur motor chu ka hmu ta a, Aizawl lam pan chuan ka chuang ta a, ka thlen in te in lan theihna zawn kan thlen chuan motor atang chuan kan bih hram hram a, an kawtah chuan an nula tu zawkin emaw rizai leh awngphah a lo pho mek hi ka han hmu thei a, ka rilru te te in ‘Engtin tak min ngai ang maw?’ka ti neuh neuh a!! ■

SUNNA

Kan thawhpui Pi Vantluangpuii, LDC, DHS Office leh Pu Lalmangaiha, IV Grade, CMO Office Kalasib te pa, Pu V. Rochungnunga chuan ni 16.7.2018 khan a boral a, ni 17.7.2018 a chenna Tuikual ah vui a ni, July ni 18, 2018-ah kan thawhpui Pu Laldawngliana, Sr. Driver, CMO, Aizawl West in min boralsan bawk, Pu Dawnga hi July ni 19-ah a chenna in Dawrpui Vengtharah vui liam a ni a, ni 21, July, 2018 khan Pu Lalhrilliana, Electrician, DHS Office nu, Pi Saptawni chu ama chenna inah a boral bawk. Hriselna Editorial Board chuan khawhar chungte an chhiat tawhnaah a tawrhpu takzet a ni.

CIVIL HOSPITAL, AIZAWL JUNE 2018 REPORT

Khum zawm zat : 269

TOTAL PATIENTS CARE

(a) Out - Patient Deptt. : 27507 (b) Casualty : 3805

TOTAL : 31312

TOTAL ADMISSION FROM:

New case : 22562

(a) Out - Patient Deptt. : 953

Old Case : 8750

(b) Casualty : 94

TOTAL : 1047

OPERATIONS: (a) Major : 460

(b) Minor : 944

TOTAL : 1404

DAILY CENSUS OF INDOOR PATIENTS

(a) Maximum any one day during the year = 228

(b) Minimum anyone day during the year = 179

Cases referred outside Mizoram = 225

RSBY = 345

HEALTH CARE = 50

DISCHARGE : ALIVE = 1001

DEATH = Under 48 hrs 20

= Over 48 hrs 33

TOTAL - 53

■ Dt.28th & 29th June, 2018 khan Pangzawl ah Scrub Typhus chungchangah Medical Check up cum Awareness Campaign neih a ni. Health Directorate atangin Expert team Dr.Pachau Lalmalsawma, SNO (IDSP), Pu Lalfakzuala, Entomologist leh Pu K. Lalrinsiam, Projectionist te an kal a. CMO, Lunglei District atangin Doctor pahnih leh thawktu dang mi panga an kal baw a ni. Pangzawl khaw mipui zingah hian he natna vei nia rinhlel mi 242 test an ni a, heng zinga mi 13 chu positive an ni. Heng positive te pawh hi mithiamten an endik hnuah hlauhthawnawm lutuk an ni lo a ni tih hmuhchhuah an ni baw.

■ Ni 29.6.2018 khan Serchhip Auditorium ah Cancer, NCD Awareness, Screening leh Clinic neih a ni a, he hun hi Health Minister Pu Lalthanzara'n a hmanpui a, mipui ten an hlawkpui hle, he programme hi Swasth Uttar Purv, PHFI leh Health Department tang kawp a buatsaih a ni a, fund hi MDoNER of a tum thung a ni. Clinic neihna-ah hian mi 1463

zet an hriselna endik sak a ni a, Cancer mi 4 hmuhchhuah a ni a, Thisen sang mi 35 leh Zunthlum vei mi 32 te hriatchhuah an ni.

■ 5th July 2018 chawhma dar 11 khan Social Welfare Department leh Health department hotuten Health Directorate Conference Hall-ah Programme for Convergence Meeting on Pradhan Mantri Matru Vandana Yojana (PMMVY) an nei.

■ July ni 10-12 inkar khan Thenzawl khuaah Scrub Typhus a hluar chhoh avangin hemi endika a tul anga hma la turin Expert Team te tirh chhuah an ni a, Dr. Pachau Lalma-sawma, IDSP in a ho. Anni hian spot verification, Awareness Campaign leh Free Clinic neihin hun an va hmang a. Scrub Typhus vei mi eng emaw zat hmuh chhuah belh an ni a. Scub Typhus lenna hmuna sazu te manin thisen sample pawh phai lam enfiah turin buaipui zui nghal a ni.

■ July ni 11 kha World Population day Health Directorate Conference Hall-ah Principal Director hovin hman a ni.

■ July ni 12, 2018 chawhma dar 10 AM khan Saron Veng YMA Conference Hall-ah CMO, Aizawl East huam chhunga ASHA thawktute Refresher Training buatsaih a ni.

■ Ni 13. July, 2018 khan Dr. F. Lallianhlira, Principal Director, H&FW chuan Kolasib Distric a tlawh, Lungdai PHC sak thar tlawh hmasa berin hemi zawh hian School of Nursing, Thingdawl a mi a tlawh leh a, hmasawna hrang hrang awm te a en hnuah, Kolasib Town huam chhung a Sub-Center hrang hrang te a tlawh leh bawk.

■ July ni 16 khan Dawrpui School Conference Hall-ah Health Minister Pu Lal Thanzara chuan kar hnih chhung kalpui tur, kawthalo vanga naupang thihna um bo a nih theih nana hmalakna ‘Intensified Diarrhoea Control Fortnight (IDCF) 2018’ a hawng. July Ni 16-28 chhung hman tur niin thupui chu ‘Kawthalo vanga naupang thihna hi i um bo ang u’ tih a ni.

Hemi ni vek hian Health Minister Pu Lal Thanzara hoin State Supervisory Board Meet-

ing of PC&PNDT (Pre-Conception and Pre-Natal Diagnostic Techniques) Act, CMO Conference Hall-ah a neih a ni bawk.

■ 19.7.2018 hian National Health Mission buatsaihin Health Directorate Conference Hall-ah “Master Training on Swachh Bharat Abhiyan cum External Assessors Training- for TOT of Kayakalp tools” neih a ni a.

■ July ni 20 khan DC Conference Hall, Mamitah Pu Lalrinliana Fanai, Commissioner / Secretary, Dr. F. Lallianhlira, Principal Director, Health & Family Welfare Department leh Pi K. Vanlalrawni, Secretary, Social Welfare Department, Govt. of Mizoram hovin Aspirational District chungchanga an Department khawih thil ngaihtuaha thutkhawm a ni a. Meeting hi Pu Bhupesh Chaudhary, IAS, Mamit District Bawrhsapin a kaihrui. Mamit District in Hriselna lam kawng hrang hrang a hma alo sawn theihna tur ngaihtuahna ah hian heng Director, Social Welfare Department, Department hrang hranga Aspirational District Nodal Officer bakah District Officials-te an tel a ni. ■