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Editorial

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

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

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

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

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

Hawh teh u, heng hriselna lama inzirtirna \ha tak tak kan dawn thin te hi a hlutzia hriatna chang hriain i zawm tlang theuh ang u, tichuan natna avanga lungng aih manganna te hi kan pumpelh thei dawn zu nia.■

State Drug Testing Laboratory (AYUSH)

Dr. Lalnunthara
Scientific Officer & Officer In-Charge
SDTL, Zemabawk

SDTL hi eng nge a nih?

-State Drug Testing Laboratory (For Quality Control of ASU & H Drugs) hi Directorate of AYUSH, Health & Family Welfare, Govt. of Mizoram hnuai awm mek a ni a. Central Medical Store, 2nd Floor, Zemabawk (Near Cancer Hospital) a awm a ni. (Ph. No - 0389 - 2352288)

Engvangin nge State Drug Testing Laboratory hi kan ramin a mamawh?

AYUSH damdawi Mizorama lo lut te hi company rintlak leh tha te siamchhuah tam zawk awm mahse, chutiang karah chuan company lem leh tha lo, sawrkar pawh ina a hriat pui lem loh damdawi siam lo lut a tam ta hle mai a. Heng damdawiah te hian Steroids te, Heavy metals (Heavy metals hi a nazawnga hlauh tur a ni lo va, WHO guidelines for GMP certification in 1996 khan plants a heavy metals awm zat tur a pe chhuak a. Heng heavy metals awm zat tur hi mihring taksa tan hlauhawm tur a ni lo va, GMP certified

AYUSH damdawi ho hi heavy metals poisoning lak atangin a him a ni.) te, telh belh thin a ni tih hmuhchhuah a ni a, hei hian mihring taksaah a tha lo zawngin nghawng a nei a. Heng adulterated drugs (damdawi chhia, bal lutuk te, damdawi rimchhia te hmun bal leh tawp taka siam te, mihring hriselna atan a pawh thei; tur leh chemicals pawlh thin damdawi te), misbranded drugs (damdawi kawma thu inziak dik lo te, mipuite mit lak duh vanga damdawi tih danglam chiam te, damdawi a nihna lo anga fak chiam te) leh spurious drugs (damdawi company hming dang hawh a, zawrh te, damdawia a chakna

lo thlak thleng te) te hi hmuh tur a tam ta hle a. Mipuite hnenah Herbal product, side effect awm lo tia zawrh thin a ni fo bawk hian mihring hriselna a khawih pawih thin a ni. Chuvang chuan AYUSH damdawi Mizoram-a rawn lut te hi mipui ei atan a him tawk em, a tha tawk em, tih hi zirchiang a, endik turin, SDTL hi kan ramin a mamawh tak zet a ni.

Mahni thu a AYUSH/ Herbal damdawi ei ve ngawt hi a him em?

- A Y U S H / H e r b a l Damdawi te hi mahni thu a ei ve ngawt hi a him ber lo thei.
- Side effect awm lo ti a sawi thin a nih vang ngawtin mahni thu a ei ve ngawt loh tur.
- Midangin tha an tih vang leh an ngeih a in hriat vang ngawt a lo ei ve mai hi kan tih loh tawp tur a ni.
- Zirna leh thiamna (u n q u a l i f i e d pratitioner) nei lem lo

te damdawi chawh hi ei loh ngam a tha.

- AYUSH Doctor te rawn hmasa Iova AYUSH/ Herbal damdawi te ei loh ngam a tha.

State Drug Testing Laboratory-ah chuan engte nge test a nih?

State Drug Testing Laboratory-ah hian Section hrang hrang 4 a awm a, chungte tang chuan damdawi hi enfiah a endik thin an ni.

1. AYUSH Section: Drug Inspector in a damdawi rinhleleh leh man te emaw lak a neih te chu AYUSH secton a dah in, he hmunah hian Company lem nge tak lo endik thin a ni a. AYUSH damdawi a an hnimhnah hman te chu herbal medicine zirchianna bu heng Ayurvedic Pharmacopoeia of India, Homeopathic Pharmacopoeia of India, Siddha Pharmacopoeia of India leh Unani Pharmacopoeia of India, hman a lo endik thin a ni.

2. Pharmacognosy Section: Pharmacognosy

section ah hian AYUSH damdawi siam nan a an hnimhnah hman te zirchian thin a ni a. A par nge, a zung nge, a rah nge, a hnah an hman te enfiah thin a ni a. Hemi atang hian a damdawi hlutna leh a thawh dan tur te zirchian thin a ni.

3. Chemistry Section:

Chemistry section-ah hian damdawi tha / standard quality a ni nge ni lo endik thin a ni a, phytochemical substance (plants a natural chemicals awm te) a awm ngei em tih te endik thin a ni a, phytochemicals bakah heavy metals awm leh awm loh te endik thin a ni bawk. Mihring ei tur atan a tha tawk em, a him tawk em tih te khawl leh chemicals & reagents hmanga endik thin a ni.

4. Microbiology Section:

Microbiology section-ah hian AYUSH damdawi te a thianghlim leh thianghlim loh te culture hmanga endik thin a ni a, a awmzia chu mit in a hmuh

theih si loh, natna hrik lo awm thei te zir chiana endik thin a ni.

State Drug testing Laboratory, Zemabawk a khawl hman theihte

UV-Vis Spectrophotometer, pH meter, Muffle furnace, Distillation apparatus, B.O.D Incubator, Hot Air Oven, Laminar Air Flow, Autoclave, Colony Counter, Compound Microscope, Refrigerator, Weighing balance, Centrifuge, Water Bath, Hot Plate & Blender.

SDTL-ah hian AYUSH damdawi chauh zirchian a endik thin a ni a, ramhnim damdawi siam te, mahni siamchawp damdawi te leh Allopathy (Vai damdawi) te hi endik (test) theih a ni lo. AYUSH emaw Herbal Damdawi (Ayurvedic proprietary) rinhlelh emaw tha lo ni a hriat te chu Drug Inspector (AYUSH) kal tlangin engtik lai pawhin test theih reng a ni. ■

WORLD ORAL HEALTH DAY (20th March)

Dr. C. Zirsangliana Dental Surgeon National Oral Health Programme Lungdai PHC

World Oral Health Day chibai u le. Khawvel pumah kum tinin March ni 20 hian Ka chung lam hriselna kawnga inzirtirna beihpui thlak a ni thin a. He ni pual hian Indian Dental Association (IDA) Mizoram State branch pawhin kum tam tak chung chu Aizawl khawchung leh pawn hmun hrang hrangah Free Dental Clinic te a lo buatsaih tawh thin a, media hrang hrang kaltlaga mipuite zirtirna pawh neih thin a ni. Sorkar laipua Ministry of Health and Family Welfare pawhin he ni hi a ngaipawimawh hle a National Oral Health Programme (NOHP) hnuai thawktute hnenah thu chhuah siamin State leh UT tinah World Oral Health Day hi lo hmang turin a chah nghe nghe a ni.

Kumin hian thupui atan, "Say ahh: Act on Mouth Health" tih thlan a ni. Ka chung hriselna hi mitinin kan ngaih pawimawh a tul hle a. Ka chung a hrisel loh chuan tumah a hrisel theih loh. Chu chuan nausen piang hlim atanga tar thlengin a huam vek a ni. Kumina kan thupuiin min zirtir a tum ber chu ka chung hriselna atana a tih a tih a ni. Tun \umah hian ha leh ka chung hriselna pawimawhzia leh ka chung hrisel kan neih theih nana mi tin mawhphurhna kan sawi dawn a ni.

A pawimawhna- Mithiam te chuan mihringin na a tuar thin zinga na ber sawm an thlang chhuak a, chung zingah chuan ha nget na hi a na ber pawlah an dah a ni. Tu mahin kan tuar chak awm lo ve. Ha nget bakah hian ka chung lam natna hi chi hrang tam tak a awm a. Hahni lam hrisel lo leh thi thin te, ka chung pilh leh l^wng te, p^h leh b^wk te, v<ng leh hnai la te, khabe ruh invuah fuh lo te, thaw rimchhia te hi a tlanglawn zual te a ni a. Taksa dang natna tam tak pawh ka chungah a lang hmasa thin

bawk a ni. Heng te laka kan fihlim theih nan hian ka chung hrisel kan neih hi a pawimawh em em a ni.

Mi tin mawhphurhna -

Nausen-Nausen pianghlim chu a chhartu doctor leh nurse ten uluk takin a ka chung an check nghal ngei ngei thin a, bawlhhlawh leh thi kharte tih fai a ngaih mai bakah hmui kak leh dang kakte an check vek tur a ni a. Chutiang a lo awm palh chuan ha doctor leh plastic surgeon ten uluk takin hunbi neiin an enkawl zui a ngai thin a ni. Pian hlima ha nei nghal te pawh an awm ve leh zauh thin a, hnute hnek a tihbuai dawn chuan ha doctor hnenah phawitir mai a pawl lo. Ha a \o hma leh \o hlimah an ka chung leh ha \ona khabekual vel te uluk taka hruk fai sak thin tur a ni.

Naupang- Kum hnih an pelh tawh chuan hnute hnek zuitir loh a tha. Hnute hne rei leh hnute bur mutpui thin ho hi an ha a nget hma duh bik a. Tih mut dawnah tui intir hlek thin a tha. Anmahni a ha an nawh

hi rin mai lohva nawh faipui thin tur a ni. An ka chung check fo tur a ni a, doctor hnenah thla thum emaw thla ruk emaw danah tal hruai thin tur a ni. Uluk taka enkawl chung pawn ha nget a neih palh theih tho a, hanget chu a rang thei ang bera enkawl nghal zung zung hi duhthusam a ni. Ha hlam hi a tangkai em em a, a tlak hun hmaa a bal emaw a nget chhiat emaw chuan naupangin na an tuar mai bakah thil thial te, tawngte an harsat a ha tak rawn \o pawh a rual lo duh bik a ni.

Tleirawl /Rawlthar-Ha hlam a han tla zo a, ha tak a rawn to tirh laitak hian kan check uluk em em tur a ni a. Inthlahdah palh awl hun lai tak a ni bawk. Ha tha vek a nih tawh avangin a nget palh loh nan uluk em em a vawn fai tur a ni. Ha \o rual lo a awm palh pawn siam dik awl lai tak a ni a. Khabe dawh tur leh ha kuh tur pawh a enkawl hun lai tak a ni. Chindan tha lo heng kutzungpui fawh te, hmui/heh peh te, tin seh chin te hian hmui hmai a tipiangsual hma hle a.

Thil chang tak tak seh thin hian khaberuh chuktuah a ti khawlo thei a, a tul khawp mai. Tleirawl lai atanga zuk leh hmuam insum tlat hi a tha hle. A ching dawklak tawh tan chuan insum a har viau a ni.

Thalai-Mizo thalai te kan changkang chho ve zel a, ka chung hriselna ngai pawimawh tak tak an \hahnem ta hle mai. Tunlaiah chuan nula leh tlangval te an ka chung a thianghlim hlawm em em a, a lawmawm khawp mai. Thawmhnaw man to tak tak lei nana sum sen ral ai chuan kan ka chung leh taksa hriselna tura in enkawlnana sum sen in huam hi a finthlak zawk a ni.

Hetihlai hian thalai zingah hmasawn ngai kan la awm nual tho mai. Thiante an thianghlim sar laia lo balh reng bik tum lo ila, ka chung lam hriselna ngai pawimawh ila, in check up te uarin zuk leh hmuam te i sim ang u.

Puitling-Puitling zingah zuk leh hmuam leh kuhva bawih tang kan tam hle mai. Kan in uluk loh vanga nakina kan nat

huna kan tu leh fa te thlaphang tur hi pawl ti lawk ang u. A thawk chhuak tu nih vanga tul miah lova sum sen \euh \euh te hi a dik bik chuang lo a nia. Puar leh fanna ni lova kan sunsen zozai te hi chhut thin ang u khai. Ka chung hriselna ngaih pawimawh hun lai tak a ni. Rualpui ten ha an neih laia lo neih loh huau bik te hi thil hrehawm tak tur a ni tih hria in kan ha neih chhun te uluk ila, a theih an ganga chei that thin a tha.

Puitling zingah hanawhna hman dik loh vanga ha rek leh pan an tam hle. Brush khawng tak tak hmanga ha a khampei zawnga nawh vak vak hian a ti rek ngut thei a, thling a thlen phei chuan a na duh hle. Ha nawh dan kan fimkhur a ngai a, ha rek kan neih chuan hnawh tir thuai a tha.

Upa lam-Kum a lo upat zel chuan ha chang ni lovin taksa pum a lo chak lo tial tiala inthlahdah pawh a awl khawp ang. He hunah tak hian mi invawng fel leh inulukte vanneih bikzia a lo lang thin. I

rualpuite aia tar chhe bik nih tum lova, i taksa mamawhte tha taka i ei theih nan i ha leh ka chung vawng hrisel ang che.

Ka chung hrisel kan neih theih nan mitinin mawh kan phur theuh a. Harsatna kan neih chuan ha doctor rawn nghal zung zung hi a

tha hle. Amaha a dam nghah hmasak kher hi natna tuar reina mai a ni. Doctor rawn thuai zel la, an lo tanpui thuai ang che. Mahse nau pai, thisen sang, zunthlum leh natna khirh bik neite chuan treatment lak hmain kan nihna te doctor bulah hrilh hmasak theihngilh loh hram a tha hle.

Hmangchang:

@ Zu i intihbuak palh a, a rim nam vut vut i hlah chuan lighter hmet alh la, a buakna lai kha hliau thuak thuak rawh.

@ Naute hnarping hi an khawngaih thlak hle, drop chi hman ngawt hi doctor chawh a nih loh chuan hman a tha lo, tui tlem chhuang la, chi al lep lep in, naute hnara thlawr ngam tur tawk vela lum pepin, tichuan thlawr rawh.

@ Zanlai velah te eng emaw thuta thin na ngawt ngawt vilh ang deuha a lo awm a damdawi a awm mai loh chuan chini tui thlum tawkin chawk la, no lian khatin in thin rawh.

@ Vawksa i leiin en ngun rawh, a thau bawl deuh hrup ang chi hi lei suh- a hrisel lo. A thauah khan rulhut te reuh te te chhumhlum theih loh an awm.

@ Thingpui fe zikno hi hmarcha leh nghathu nen rawtin tui tak a ni tih i hre tawh mial em?

@ Zunthlum thisen sang nei tan anpangthuam chhum tui hi a tha hle, kaikuang hring hi a haw hle bawk.

DAMDAMI CHUNGCHANG KAN HRIAT FUH TAWK LOH | HENKHAT

Dr. C. Zothanmawia, Pharm.D., MBA(HM)
Drug Information Centre, RIPANS

Pumpui chakna: Damdawi kan hman nasat ber zinga mi chu Mizoten pumpui chakna kan tih mai hi a ni awm e. Pum \halo enkawlna atan hian damdawi chi hrang hrang, damlo dinhmun azirin hman a ngai thin a, a ei hun, ei hun chhung leh ei dan tur pawh damlo leh damdawi azirin a danglam nawk a ni. Pumpui chakna hi kan uarin kan ei nasa hle a, amaherawhchu mi tlanglawnin pumpui chakna tia a hming kan vuah hi a dikhleh deuh a, Mizo tawng hi a la naupangin a la hausak tawklloh vang te pawh a ni ang pumpui chakna ti a kan sawi zingah hian pumpui a chaw paitawihna atana tangkai em em thur/acid (HCl) insiam tur dangtu proton pump inhibitor, pantoprazole, omeprazole, rabeprazole, etc ang chi leh pumpui thur pawlhdaltu antacids, sucralfate, magaldrate, aluminium hydroxide, etc a awm a, company brand kan hriatlar zingah chuan digene, ulgel, oxygel tih ang chi hi kan huam tir vek mai a. Pumpui chakna anga kan hriat miau avangin mi tam tak chuan chaw eikhamah te kan tlak leh pup mai thin. Anihna takah chuan pum thalo tan pum

hnathawh, thur siamchhuah tihniamtu leh pawlhdaltu, pumpui hnathawh tichaklotu a ni zawk a, chu chu pum thalo nei tan a tangkai em em a ni a, heng damdawite hi kawruah laia ei tura duan a ni (dexlansoprazole tihloh chu).

A hming pu zo leh dik chu pumpui chakna tia kan sawi thin zing ami tho chaw pai\awih puitu, digestive enzymes ho a ni thung a, chutiang erawh chu chaw eikham velah ei thin tur a, hei pawh hi a siamtu company a zirin sumdawanna hming hran hran an nei a ni.

Nachhawkn: Hei pawh hi kan hmanng nasa khawp mai,

nachhawkna tih mai chuan a huamzau thei em em a, paracetamol atanga morphine thlengin a huam thei. Mi tlanglawnin nachhawkna kan tih mai hi chu NSAIDs damdawi ho hi a ni a, paracetamol, diclofenac, aceclofenac, etc te hi a ni. Hei pawh hi damlo leh a natna a zira hman tur a ni a, na zawng zawngah ei tur a ni chuang lo. A hnathawh kan duh lutuk a, na a awm reng kan duh si lo pumnaah te mi thenkhat chuan ei mai kan ching thin, hetiang nachhawkna ho hi pumin a haw em em zawk tih hriat a tha hle a, pumna enkawl na atan chuan damdawi dang daih hman a ngai zawk thin. Tin NSAIDs nachhawkna tam zawk hi pumin a huat avangin kawruakah eil oh a him ber a, loh theih loh a kawruaka ei a ngai a nih chuan tui thianglim no hnih/thum tal nen ei/in thin tur a ni. Tin, tunlaiin mi tam takin zu an in a, zu in tuk pentawng/hangover-ah paracetamol mi tam takin an ei thin a, thil thalo tak a ni, zu leh paracetamol hi thin tan a thalo em em a, hun

inhnaih lutuk a miin a ei/in khan a thin tan a hlauhawm zual thin. Nachhawkna tlanglawn kan lei mai theih zingah hian rai lai tan emaw naupang leh pum thalo nei sa tan pawh paracetamol hi a him ber a ngaih a ni.

Side Effect Awm lo:

Chanchinbu, Tv leh hmun dangah damdawi side effect awm lo tih kan hmu in kan hre fo awm e, tunlai science thiamna hmanga damdawi zirna, Allopathy thlirna atang chuan damdawi in hna a thawk a nih chuan taksaah eng emaw nghawng dang a nei ngei ngei thin tih a ni. Side effect a awm loh chuan effect/hnathawh pawh a nei lo tura ngaih a ni a, side effect awm lo tia sawi thin hi chu a dikhlel deuh a, zirchianna a awm loh vang zawk pawh a ni thei. Allopathy damdawi reng reng (food supplement n ilo) chu a damdawi hnathawh bakah nghawng thalo engemaw a neih palh theih thin avangin mipui hman theih a chhawpchuah a nih hma in a kumsawm chuangte zirchian thin a ni a, nghawng tha lo tlem thei

angber, hnathawk tha si, a dose dik thei ang ber, a hmandan tur dik thei ang ber leh tul dangte zirchian a nih vek hnuah chauh mipui hman theih a pawm thin a ni a, mipui hman theiha a awm hnuah pawh pharmacovigillance hmangin zirchianna neih a ni reng thin a, damdawi thenkhat chu an thatna laiah tha viau mahse a nghawng duhawm lo avangin hman phal tawh loh tak a awm a, tin, a hmanna ber thlak danglam tak daih te a awm thin a ni.

Side effect awm lo tih thin hi chu a dik lo va, side effect a awm hriat a ni lo, zirchianna a awm lo tihin dawngsawng thin ila a tha zawk ang. Hetiang ang damdawi ho hi thlai leh thildang chi hrang hrang atanga siam a ni tlangpui a, tha tak tak pawh a awm nual ngei ang, mahse fimkhur erawh a tha hle. Tin, damdawi pangngai a inenkawl mek kan nih chuan hetiang damdawi kan ei avang khan kan damdawi hman lai kha thlah chuan loh tur a ni.

Chaw eikhama ei: Damdawi hi nikhata vawikhat ei,

vawihnih ei, vawi thum ei te a ni tlangpui a, nikhata vawihnih ei hi a tam ber a ni awm e. Engvangin nge hetia vawkhat aia tam ei a ngaih thin kan tih chuan a damdawi nihdan phung, thisena a luh hun leh a hnathawh hun chhung leh damlo natna azira bithliah a nih thin vang a ni a, Mizote hian nikhatah vawihnih ei ngai a nih chuan tukthuan eikhama leh zanriah eikhama ei turah hian kan ngai mai thin a, mahse chaw eikhama ni mai lovin a darkar bi a ei thin zawk tur a ni, nikhatah vawi hniah a nih chuan darkar 12 danah, vawithum a nihin darkar 8 danah chutiang zel chuan. Hei hi a bikin natna hrik thahna atana hman antibiotics, antiviral, antiprotozoal leh antifungal hovah a pawimawh zual em em a, nachhawkna, vitamins, calcium leh damdawi thenkhat chu chaw eikhama velah emaw kawruak lova ei ngai ni mah se damdawi kan hman tam ber zawk hi darkar bithliah a hman thin tur a ni, hei vang hi a ni damdawi in a awm nge nge chu

hun biah tak damdawi min pe thin a, ngaih a tha kan tih thin hi. Hemi chungchanga mipui zirtirna tha pek kawngah hian damlo enkawltu doctor, pharmacist, nurse leh hriselna lama thawktu hrang hrangte pawhin tan la thar ila a lawmawm hle ang.

Hritlang damdawi: Ziahlan tur tam tak awm mah se a tawpna atana pawimawh em em chu mi tam takin hritlang damdawi kan hriat dan leh kan hman dan chungchang hi a ni. Boruak inthlakhleng leh tlang hrileng avangin hritlang neih hi a awlsam em em a, hun engtik emaw atang khan Mizote hian antibiotics zinga tangkai tak pakhat Azithromycin hi hritlang damdawi hriatin kan hre tlat mai a, thil pawitak a ni. A tula hman hun chu a awm ngei mai, mahse hritlang damdawi a ni lo tih kan hriat a tha. Natna hrik, bacteria thattu damdawi tha tak a ni a, miin a chuap emaw a awm bawrah natna hrikin harsatna

a thlen hunah chauh azithromycin emaw antibiotics damdawi dang hmanga enkawl tur a ni a, hritlang satliahah mi tam takin ei mai kan ching hi thil \ha lo tak a ni, hritlang enkawl na atan chuan a nat dan azirin damdawi dang tha tak tak a awm. Tin, hritlang tam zawk hi virus natna hrik avanga awm a ni fo a, azithromycin emaw antibiotics hmanga in enkawl chi a ni lo a, taksa tihchak that a, taksa raldo khawl (immunity) tichak thei tura ei leh in leh thil danga inenkawl mai a tawk em em a ni. Tunlai a damlo enkawl na a harsatna thlen nasa em em chu kan tarlang tawh thin antibiotic resistance a ni a, Azithromycin dik lo taka kan hman hian antibiotic resistance a tihluar zel thei a, hei vang hian natna hrik, azithromycin emaw antibiotic damdawi dangin in a tihlum theihloh, enkawl harsa tak a thlen pahin a ti punlun zel thei a ni.

Hmangchang:

@I hriau leh pin i dahkhawm kha tuiek lo tura i duh chuan a bawmah khan powder phul rawh.

INFIAMMITE HNENA THURÂWN

*Dr. Joseph L. Chawngthu MS
Ortho Surgeon*

Ram hmasawna hian infiamna hi a keng tel fo va, Zoram khawvel pawh football leh infiamna hrang hrang lam titi leh chanchin tharin hun eng emaw chen chu min chen chilh kumtluan a ni ta ber e. Mizo nula leh tlangval, thiam bik nei leh mi bik te tan hian tih theih kan nei tlem hle si a! Kan hriatna beitham tak te hi an hmalam hun atan a tangkai palh mial thei a ni tih ring chungin infiammite hnena thur[^]wn tawi hi kan sep ve teh ang. Hrisel tha taka infiamnaa tha taka tel tur chuan mahni weight vawn that te, tlin leh phak chin a ei-in tih that te, zuk leh hmuam leh ruihlo laka fihlim te, mutmu kham tawk tuah thin te leh kawng engkima mahni in discipline thatte hi chu sawizau ngai lo a hriat sa ah a ngaih mai theih awm e.

Games leh sports hrang hrang hian inhliampalhna a thlen thei vek a ni tih hi tlang hriat a ni. Tisa inhliam piah lamah hian rilru inhliamna nasa tak thleng a thlen thei bawk. Kan infiam/inkhelh chhan kan chian a, mahni inrin tawkna leh tih tak takna rilru nena kan beih fo a ngai thin reng a ni. Inhliam/intihpalh hi enkawl lova pumpelh tum hi a tha hle a, a theih loh chinah erawh chuan in enkawl zui thiam a pawimawh hle thung a ni. Taksa fit tha leh hunbi neia insawizawi pawimawhzia kan

hre theuh awm e. Chu chuan kan tihrawl, ruh, ruh chuktuah leh a phuarkhawmtu (Tha leh har te) nasa takin a thiam in a tichak a, intihpalh leh inhliam thleng mai mai thei lakah a veng thin. Taihmakna tel lo chuan hei hi a theih loh tih chian hi a pawimawh hle. Ni tin, hunbi nei a tih makmawh a neih tur a ni; hei hi kan peih lo a nih a entu emaw ziaktu lama tan khawh mai hi kan tih tur awm a ni.

Inkhel tur a kal a, field/court luh rual a inkhelh nghal

mai thin hi chin hauh loh tur a ni. Muang marin, taksa pum, tihrawl leh ruh chuktuah te sawizawi phawt thin ngei ngei tur a ni. Hei hian inhliam palh mai bakah \hahnemngai taka inkhelh kawng thlengin nasa takin hnu a nei thei a. Ni tin kalphung ni thei sela chuan rawl \hem \hum te pawh hi kan kal pel mai dawn a ni. Chutia ti tur chuan mahni invawn fel leh inthunun that a pawimawh hle.

Infihammi te tan tui, tuiril leh electrolytes te hi tlakchham chi a ni hauh lo; inkhelh hma chiah leh inkhelh laia in inpuar pang tur tihna a ni hauh lo thung. Chuti lo chu pumpui ri luk luk in hah hnep in i tlan/che vel hrep mai ang. Chutia ti lovin, infiam hma lam hun atanga inhmakhua a lo in lawk daih tawh zawk tur a ni. Game tan chinah chuan dang ro lutuk tur ven nan chauh tui leh tuiril lem hnih khat chauh hmuam zeuh zeuh tawh zawk tur a ni. Chawlh lailawk lai te hian glucose leh electrolyte lam chi te hi in teuh lovin, hrawk hnawm tawh leh tlakchham zualpui phuhruk tawh lek in thiam thin a pawimawh hle.

Tihrawl na khawp a tluk emaw inhliam palh hi a awm lo thei lo, nat pawh a na duh viau. Hetiang a intihpalh hian nuai hauh loh tur a ni, vur a deh thuai erawh a pawh hran lo. Inkhelh lai hi thisen lum lai te kan tia, spray han phuh seng seng hian na te reh deuh huai in a inkhelh zawm leh theih mai thin. Inkhelh zawhah erawh uluk taka enkawl tluk a awm lo. NUAH SUH LA MALIS HEK SUH. Nachhawka damdawi leh a vung rehna tur ei mai hi a finthlak viau a ni. A tui a nih chuan ni eng emaw zat chawlh hreh suh ang che.

Ruh chuktuah ulh, pelh leh hliam te hian infiammi tam tak nunkhua a tichhe vek thei a, churang chuan enkawl uluk a tul hle a ni. Ngaihsam taka i thlah thlama i pal zam chuan i hmakhua i dawn lo tihna mai a ni. Ruh tliak ai mahin a tawrhlelhawm fo zawk thin. Hetiang ang hliam i neih chuan : game khelh lai kha chawhhsan mai rur a ni, tlawmngai duh suh. I taksa kha nangmah chauhin i hrechiang her asin. Tunlai hian team physio te kan intihhmuh

a hmasawwna pawimawh tak a ni. Chutiang remchanna nei ve lo te tan chuan; a, han chhiar zel phawt mai teh aw ni.

Engtin nge pelh leh ulh te chu i enkawl ang? A pelh chuan a siam thiamin an siam vat a ngai, siam tir thuai ang che. Siam zawh chuan ulh nen a enkawl dan a thuhmun deuh reng tawh ang. Damdawi, nachhawkna leh vung tihrehna ei ngei tur a ni. NUI SUH LA MALIS HEK SUH. Crepe bandage in lapaw chhanah uluk takin mar lutuk lova tuam a ngai ang. Ni hnih khat hnuah chuan a lo thawl deuh ang a, i tuam tha zel mai dawn nia. Chuti chuan. chawlhkar hnih - thum tal chhunzawm ang che. Inkhelh zawm leh lam chu hmanhmawh lovin i hliam enkawl dam leh duat lam chauh i rilruah dah rih ang che.

Hetia i awm chung hian: taksa hliam lai chuan rit la lo la (ke lam hliam), chawi bawk hek suh (kut leh hnungzang te). Hahdam takin awmtir la ti che tam lutuk lo ang che. Hliam

bulhnai a ruh chuktuah dang te leh kut zungtang leh ke zungtang te (i hliam awmna a zirin) chu i ngam tawkin chet fo thung ang che. Tichuan kar khat emaw hnu chuan a vung pawh a rawn reh chho ang a, inkhelh lam erawh chu i la chhunzawm rih lovang kan tih tawh kha. Hetia i inenkawl chung zawng hian i rilru chu ti paukhauh la, beidawng hauh suh ang che. I taksa na lo lai te chu \hut hmun leh mut hmunah theih ang angin i sawizawi chhunzawm zel bawk dawn a ni.

Chawlhkar thum zet i hahchawlh hnuah chuan i ruh chuktuah hliam lai chu zawi zawiin chet \an la, rit pawh i ngam ang tawkin zawi muangin i la tan dawn nia. Zing, chhun leh tlaiah te hunbi neiin sawizawi nan i chet i chet tawh tur a ni. Rei lo te chungin kar thum dang chu a ral leh mai ang. Tichuan, i inhliam atanga kar ruk velah meuh chuan ngai i awh leh tep tawh ang. Infiamna hmun lama kalin insawizawina chi hrang hrang i tichhunzawm anga, thla a ral

leh meuh chuan tu man hliam pui i nei tih hriat loh tur in i ri leh phar phar tawh mai ang.

Chuti lova, i hliam te chu ngaihsam taka i palzam a, i inthlahdah viau erawh zawngin, i taksa in zawi zawiin a tuar anga, hliam chu a lo pun lun belh zel anga, dam ni reng hmu lovin i awm zui palh thei a ni. Physiotherapy eng anga nasa pawh ti teh mah la khelmuala zuanglut turin ngai i awh tawh kher lo mai thei a ni. Chutiang a nih hlauh chuan i thlen tur i thleng zo lovang a, i rah tur i rap pha lo baw ang a, i

chhuih tur chu ball ni lovin vaivut mai a ni tawh ang.

Infiarn/inkhel a chhungkaw chawm emaw, Zoram khawvel her danglam tum thalaite tan chuan mahni inenkawl that leh mahni taksa vawn that tluk hi a awm lo. Chumi lam kawngah chuan 'mahni tana chakai khawrh' kan ni tih hriatreng hi a pawimawh hle. Hmalakna tur kawng tam tak zinga tlemte kan han sawi ve mai a ni e. Mizo thalai ten infiamna khawvel kan luhchilh mek lai hian heng thurawn beitham te hi i ngai pawimawh thiam ang u.

BP Sang (Hypertension)

Khawvel a changkang tawh a, chutiang zelin mahni hriselna ngaih pawimawh kawngah pawh hma kan sawn ve ta viau mai. Blood Pressure (BP) en hi thil harsa lutuk niin a lang lova, hmanrua te pawh lei mai theih niin, kan lei mai thei lo a nih pawhin Sub-Center-ah pawh in check tir theih a ni a, ngaihpawimawh tur a ni.

BP hi normal chin anga ngaih chu a chung lam (Systolic) 130 aia hniam, a hnuai lam (Diastolic) 85 aia hniam a ni a. 140/90 chi hi stage 1 Hypertension a ngaih a ni. Chi (salt) hi BP hian a haw hle mai a. BP nei i nih chuan insum ngei tur a ni. Enkawh mumal loh a nih chuan Lungphu chawl leh thluak a thisen zam chat neih a hlauhawm hle.

In lama damlo enkawl dan (Home Based Care)

Natna benvawn eng pawh vei te tana hautak bik chu inentir ngai fo hi a ni. A khat mawi tawkin insawiselna leh damlohna eng eng emaw a awm a, damdawi in pan a ngai fo va, sum leh tha pawh a hek duh bik hle. Hetiangah hian a hmang chang hriat chuan in enkawl kawngah min tizangkhai duh hle a, medical lam mi ngai kher lovin harsatna tam zawk hi chu mahniin a in buaipui theih ve thin a ni. Damlo khumbet ang chi-ah phei chuan in lama inenkawl dan hriat hi a tangkai lehzual.

Khawvel thang chho zelah natna inkai awlsam tak tak a tarn ta hle a, damlo enkawltute hian chung ang te chu kan hriat a tul bawk a, engtin nge inven dan tih te thlenga hriat hi tih makmawh a ni ta. Chutih rual vekin fimkhur luatah damlo rilru tihnat palh a awl viau lawi a, fimkhur a tulna te inhriat tawn a tha hle a ni. Damlo enkawl na dawng mek te hian a enkawltute hriselna an ngaih pawimawh sak thiam a tul a, a enkawltute an damloh ve zel chuan harsatna lian tak a thleng thei a ni tih an hriat a tul hle a ni.

Home Based Care?

Ram hnufual apiangah damlo inenkawl na a chau a, mi tam zawkin a enkawl na hmun

(hospital/nursing home) an pan thei lova, chutiang avang chuan in lama enkawl na inpek lam hi an inzirtir uar a, in lama damlote enkawl turin health sector lam mi te leh an chungte \anho tirin enkawl na pek dan an duang thin a, an tangkaipui hle bawk. Chu chu Home Based Care tia kan sawi chu a ni.

Chhungkuaah damlo an awm chuan a enkawl kawngah mi pakhat mawha dah hi a hautak duh phian mai a, chuvangin tanrual thiam a pawimawh. Chumi tur chuan damlo mamawh hrang hrang hriat tlan a pawimawh a, an damdawi lak sak te, doctor rawn sak te, damdawi pek

hunbi hriat te, emergency-ah tunge pan tur tih te hi damlo chhungkaw member tu pawhin an hriat tlan a pawimawh a ni. In lama enkawlna petu “caregiver” kan tih hian an chhungkaw member emaw thian hnai te an ni fo thin. Mi kan buai tawha, damlo enkawl kawngah pawh hna insemzai thiam a tha hle.

Natna inkai theih (Hepatitis B/C, TB leh HIV adt) avanga damlo enkawl kawngah hian a enkawltute tana hriat tul chu inven dan hriat hi a ni a, chumi atan chuan Universal Precaution hi hriat a pawimawh. Kan mit, beng, hnar/ka chhung te hi taksa a vun pan lai (mucous membrane) awmna a ni a, vun pangngai aiin an pan a, a pilh hma bawk a, natna hrik pawh a lut awi bik a, chuvangin heng lai hmun ven hi a pawimawh a ni. A enkawltute tana inven pawimawhna hi a damlote pawhin an hriatthiam a tul a, inthinhrikna emaw in tih vangah ngai lo thei se a tha hle.

Home Based Care chu kan tarlan tak angin in lama

enkawlna inpek chungchang a nih avangin a damlo, a enkawltu chhungte, thiante emaw thenawm hnai te bakah, medical lam mi doctor, nurse leh health worker te, medical treatment pe thei sub-center, urban health center leh hospital lam a mi te pawh a huam tel vek a ni. Heng mi chi hrang hrang te hi an hun neih dan a zira damlo enkawl tura tanrual tir hi Home Based Care turn ber chu a ni.

Damlo enkawl kawnga hriat tul zual te

Damdawi inah chuan medical lam mithiam te vilna hnuaiah damlote'n enkawlna an dawng a, kalphung mumal tak an zawm a, mawhpurhna hrang \heuh neiin damlo mamawh dan azirin enkawlna an pe thin a. Home Based Care erawh in lama enkawlna inpek a nih vangin hun nei remchang ber emaw, remchang kher lo pawh hilna avanga enkawltu “caregiver” a an awm a tul avangin kalphung mumal tak neih a theih ve loh a ni. Chuti chung chuan tih dan phung felfai tak a zawm ve

theih tho a, medical lam mi ni kher lo pawhin damlo hi tha takin enkawl na an pe thei a ni.

Damlo enkawltu bera tang te hi an rim duh hle. Inchhawk thiam a pawimawh a, chutih rualin kalphung leh tihdan in ang an zawm theih a pawimawh. In lama inenkawl kawnga hriattur \ul zual te chu:-

1. Boruak atanga inkai theih TB leh Pneumonia thenkhat vei emaw khuh bur bur ang chi te an nih chuan hmaikawr (surgical mask), hnar tuam tha thei ngei hman thin nise. Tin, in chhunga boruak virvel (air circulation) hi a pawimawh avangin an mutna hmun chu boruak dawng tha ni thei bawk se, room up lutuk, tukverh awm lo ang chi te hi a hrisel lo a ni.

2. Hritlang emaw awmna natna nei lai hi chuan damlo enkawl lo thei se a tha. A chhan chu damlo khan a lo kai hma a, harsatna belh chhahtu a ni fo. Mizote hi damlo kan kan taima a, a lawmawm rual rualin hemi kawngah hian fimkhur tluk a awm lo. ICU a enkawl lai ngatah phei chuan

hritlang nei te hi chuan damlo kan lo thei ila a duhawm leh zual a ni.

3. Damlo buaipui ngai zual, khumbet a na te hi an damloh lai chuan a enkawltute'n glove hman reng theih nise a tha hle. An taksa hruk fai, chaw pek/ barh, damdawi pek, leh thawmhaw thlak sak ngai apiangah te hman zel ni thei se.

4. Damlo buaipui laia tarmit vuah hian tuihn^ng leh thisen per lakah te mit a veng a, tih theih chuan a tha hle.

5. Mutbu enkawl uluk a tha a, ni hnih emaw danah suk fai a, nisa hnuai phoro that chauh hman ni thei se. Mutbu leh thawmhaw hn^wng hian fungal infection (ringworm ang chi te) a thlen duh hle.

6. Damdawi ei hunbi hi a pawimawh viau mai. Damdawi inah chuan nurse te'n a hunbi thlap thlapah damdawi an pe a, chutiang ang deuh chuan a tih ve theih a, an damdawi ei lai hi lehkhah fiah lian tha taka ziakin an mutna bul bangah tar tur, hriat a awlsam bik. Mobile phone a an ei hunbi tura alarm set te pawh a tangkai hle.

7. Kan taksa hian chaw tha (nutrition) a mamawh hle a, damloh phei chuan mamawh a nasa leh zual. Chuvangin chaw an ei thei thlawt lo te a nih hran loh chuan hunbi mumal tak siama ei tur pek thin a pawimawh hle. Tlem tal an ei phawt chuan ril a ti che a, ek mumal lo (ek khal) lakah a veng thei bawk a ni.

8. Khumbet emaw tho hlei thei lo, zun ek thiar thei lo khawpa an damlo a nih chuan diaper hren tir mai hian enkawl a tizangkhai thei. Chutiang a \ul em lo a nih pawhin bedpan (zunbel) hman mai a, an khum bula dah hi a awlsam bawk. Tin, mawng/hnungzang vela pⁿ insiam (bedsore) hi ven a \ul hle a, ni tin an hnung leh mawngbawr puan huh (tuilum a tih huh) a hruk te a tha a, zu (rum kher) a hnung hruk te hian a veng tha viau bawk. Tin, mutna pawh chang lutuk emaw dup lutuk lo ni thei se, tunlaiin mawng zawna tube dah tur ang chi te an zuar tawh a, hman theih chuan a tha hle bawk.

9. I/V Fluid (Drip khai) inpek chungchang: Kan chin

than deuh mai chu damlo an chau zual deuh nia hriat vanga drip khai sak mai lai a ni. Drip khai hi ei leh in lam an ti hlei thei thlawt lova, an BP a hniam phah te a nih hran loh chuan khai hrih loh hram ni se a duhawm hle. Damlo che thei lovah phei chuan tak saa tui tam lutuk (fluid overload) a awm palh thei a, chu chuan harsatna nasa zawk, kal function lo (kidney failure) te, lung function tha lo (cardiac failure) te leh chuap a tui tling (pleural effusion) a siam fo thin a ni.

Drip kan khai a nih pawhin input output chart (taksa a tui pek luh zat leh chhuak zat) vawng thei ila duhthusam a ni. Kal leh lung tha lovah phei chuan a tui leh zual. Ni tin an zun zat teh tur a ni a, drip plastic bur ruakah hian a ML zat a bangah a inziak a, hemi hmang hian a teh mai theih. Hei bakah hian an taksa atanga tui chhuak zat (an thawk atang leh thlan atang tein) belh tur a ni bawk a (ni tin 500 ml ang vela chhut thin a ni). Chumi belh khawm aia tam drip pek an nih chuan an taksa in a zo lo vat thin a ni.

Damlo na rei tawh, drip khai fo ngai an nih chuan thisen zam "vein" chungchang hi hriat a pawimawh viau mai bawh. Duhthusamah chuan ruh chuktuah hnaih lo thei lai berah hriau vih luh nise, chet sek a tulin drip line a chhe har deuh. Tin, drip inpek nan chuan chuan venflon (plastic hriau tiin sawi mai ila) te a awm tawh a, hman zel theih ni se a tha hle. Drip khai rei vang hian vein vung an tih mai "thrombophlebitis" a awm fova, chutiangah chuan "Thrombophobe Ointment" te hi hnawih ila a ti ziaawm fo bawh.

Eng Drip nge pek tur?
kawthalo nasa avanga damlo chau ang chi-ah te hian electrolyte loss (sodium/potassium) te a awm fo a, kan hriat lar IV Dextrose aiin Ringer Lactate (RL) te hi hetiangah chuan hman a tha zawk a, 10% Dextrose khai vanga taksa tui tlachham (dehydration) a awm theih a ni.

10. Input output chart vawn chungchangah hian damlo che thei lo an nih chuan an zun teh a har thin a, tin, tarlan tak angin

zuncheh vanga bedsore te pawh a awm hma bawh a, zunsiakna "catheter" dah mai hi a samkhai viau; medical lam mi ni lo tan erawh mahni a lo dah ve ngawt chi chu a ni lo thung. Catheter kan vuah a nih chuan kar thum danah tal thlak nise.

11. Khawsik leh sik loh en dan (thermometer hman dan) hi thil har lo tak a ni a, 100° F vel ang te hi chu a la pawm zam theih a, 102° F chin chung lam erawh enkawl thuai a ngai thung. Tin, BP check te pawh hi thil zir har lo tak mai a ni a, a khawl te pawh neih a, chhungkaw zingah a en thiam tu emaw tal awm thei se a tangkai hle.

12. A enkawl nana hman hnu lapua te, swab ball leh puan them ang te hi uluk taka fun hran a paih tur a ni a. Hmanrua la hman theih ang chi te a awm a nih chuan bleaching powder tui a pawlh a chiah hian a sterilize mai theih bawh. Thil hriam chi erawh fimkhur a ngai a, tuisoah uluk taka chhuan so ni thei se a tha. Dispo syringe ang chi erawh hman nawn loh hram

ni thei se a tha. Hmanrua reng reng chu an expiry date check hi chin thanah neih a tha bawk.

13. " Home Care/First Aid Kits" tia an sawi mai hi neih theih nise a tangkai hle. Chumi atan chuan nachhawkna/khawsik damdawi (eg. Paracetamol, Magadol, Hifenac adt) te, pum lam damdawi (ulgel, digene, zinetac emaw omeprazole/pantoprazole adt), ORS packet, antifungal cream (cloben-g, ciprolar-fc tih ang te), allergy leh vun thak/vual atana ei tur avil/ cetirizine te leh dressing hmanrua - lapua, bandage, plaster, dettol, betadine ang te hi bawm khatah khung khawm in felfai taka vawn that nise.

14. Tih theih loh chin a awm fo avangin mahni awmna venga medical lam mi, doctor, nurse leh health worker te hriat a, an contact number neih te hi a tangkai hle. Tin, hospital leh private nursing home phone number hriat te hi a pawimawh viau a, chhinchhiah a tha hle.

15. A enkawltute hi damlo chhungte emaw thiante emaw

an ni fova, damlo ni tin mamawh hriatpui te, zun/ek inthiar kawngah puih te, ei tur siam sak te, damdawi lei sak te thlengin an kutah a awm fo thin. An ni tin mamawh leh tih tur pawimawh leh tul zual hriat sak a tangkai. Eng emaw harsatna a awm thut pawha chhungte contact tur hriat sak te hi a tangkai leh zual a, emergency emaw tul huna biak mai remchang turin phone number banga tar nise a tangkai duh hle.

16. Mihring kan inang lova, damlo thenkhat chuan bul hnaia chhungte leh laina te awm deuh reng turin an duh a, kantu an neih tam te hian an rilru a hlim phah thei. Chutih laiin thenkhat erawhchu thawm ngaithei lo deuh, kantu awm luai luai ngai thei lo leh chauh phah te pawh an awm ve leh thung. Damlo duh dan leh a nawmna hi a pawimawh ber a, chuvangin a chhungte zinga amah hnaih bertu in a duh dan te zawt thei se a tha hle. In tawngtaisak te hi a lawmawm a, mahse damlo an ni tih hre chung a thawm dim thei ang bera tawngtai te hi kan zir a hun ta hle. ■

KAWASAKI NATNA LEH MIZO NAUPANGTE

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Kawasaki Disease (KD) hi Mizorama kan hriat lar loh tak natna a ni awm e. Mahse khawvel pum ngaihtuah erawh chuan naupangte zinga thisen zam khawih natna tlanglawn her (most common vasculitis) a ni an ti. Kum 2004 a\ang khan vasculitis dang Henoch-Schonlein purpura aiin case a tam ta zawk hle niin India rama zirchianna pakhat chuan a tarlang. A bikin ram changkang tawh Japan, USA, Canada leh Europe ramah te naupangte lung natna (acquired heart disease) thlentu ber a ni an ti. Kum 1961 January thla khan Dr. T. Kawasaki chuan hetiang natna vei case hmasa ber hi lo hmu chhuakin, a hming chawiin Kawasaki Disease tih a lo ni hlen ta a ni.

Hetiang natna vei report hi Japan ramah an tam ber a, kum tin KD vei thar naupang sing khat chuang an awm thin an ti. Asia mite leh an thlahte zingah hetiang natna vei hi an tam ber a, Caucasian (Mingo) leh African naupangte aiin a letin vei an tam (incidence sang) zawka sawi a ni. Ka classmate thin tuna New Jersey-a awm Paediatric Cardiologist pawhin, "Kar tin case pathum tal hmuhchhuah an awm a, heng zinga tam zawk chu Asian origin an ni," a ti bawk.

Mizorama KD case ka hmuh hmasak ber chu kum 2016 April khan a ni a. Chuta tang chuan ka phak ang tawk tawkin he natna hi zirchiangin ka lo tuipei ve a. PGIMER Chandigarh, India ramah chuan KD case an refer khawmna hmunpui berah te ka zuk kal ve hial a ni. Kumin 2018 March thla thleng hian Mizo naupang KD vei 12 vel chu ka enkawl ve tawh a ni.

Case za zela sawmriat panga (85%) chu naupang kum 5 chin hnuai lamah hmuh a ni

a, a vei te kum chawh rual chu kum 2 a nih lain thla thum aia la naupang zingah vei hmuh tur an awm meuh lova sawi a ni. Mizo naupang KD vei ka hmuh ve te pawh kum 5 hnuai lam an ni deuh ber a, a upa ber erawh chu kum 12 a ni. KD nei ka lo enkawl ve tawh 12 zingah hian a tam zawk (8) chu mipa an ni. Mizoram pawna an lo zirchiannaah pawh hmeichhe naupang aia mipa naupang KD vei an tam zawk a ni.

He natna thlentu tak hi vawiiin thlengin hriatchhuah a la ni lo va, amaherawhchu Parovirus, Staphylococcus aureus, Epstein- Barr virus, Chlamydia leh Mycobacteria te nena inkungkaiha hriat a ni. KD case ka enkawl ve tam ber pawh hi hrawk thip, khuh, leh pan nasa deuh nei an ni a, culture pawhin Staphylococcus aureus to (growth) hmuh a ni thin.

KD lan chhuah dan tlangpui hetiang hian han sawi ila :

1) **Acute febrile Phase (ni 14 chhung):**

Khawsikin a intan thin a, hemi hun chhung hian a tlangpuiin an awm a nuam lovin an chiau hiar (irritable) hle thin. Ni 3 atanga ni li vel chu an nghawng \hal a vung (cervical adenitis) a, an mit a nat (conjunctivitis) bakah an lei te pawh a sen hler hlur thin (Strawberry tongue) a, an heh te pawh a rovin a khi/rep hial thin a, taksa vual leh ser deuh churin an kut te pawh a vung thin a ni. Vei atanga ni 6-na velah an mawngkaw bul vun a lip (perianal desquamation) thin. Enkawl lova an awm pawhin vei atanga ni 12-na velah chuan heng natna hnathawh tarlan tak te khi a lo ziaawm ve duak thin. Mahse hetiang hunlai hian lung vung (Miocardiatis) an nei thei a, lung phurang (tachycardia) leh lung na (congestive cardiac failure) te chu a natna hnathawh lan chhuah dan ber a ni. KD enkawl na atan dam lovin KD a vei atanga ni 10-12 chhunga Intravenous

immunoglobulin (IVIg) pek hian awmzia a nei (effective) ber bawk a ni.

2) **Sub-acute Phase (kar 2-kar 4):**

Tarlan tawh angin IVIg hi acute phase a pek hman chuan dam lovin an thatpui rang ber a ni. Hemi chhunga damlovin damdawi hi a dawn loh chuan Sub-acute Phase-ah an lut thin a. A lan chhuah dan tlangpui te chu: kut leh ke tin bul atangin vun a inlip (periungual desquamation), platelet count sang (Thromocytosis) a ni a, damlo thenkhat chuan Arthritis (ruh chuktuah $v < ng$) an nei bawk thin a ni. A tlangpuiin dam lovin hetiang hunah hian lunga thisen zam puar (coronary artery aneurysms) an nei thin a ni. Ka case hmuh tam zawk chu Thromocytosis leh coronary artery aneurysms nei an ni tlangpui a ni. Hemi hun chhung hian damlo chu tha leh ziaawm deuh angin lang mahse a dinhmun chiah hrechiang turin echocardiography tih ngei theih nise a tha hle a ni.

3) **Convalescent Phase (dam kawr lai):**

Natna intan atanga chawlhkar 4-8 vel chhung hei hian a huam a. Hemi hun chhung hian damlo kut tin-ah khuar (horizontal ridging of nails 'Beau lines') a awm thin a ni. Acute phase reactants, entir nan, C reactive proteins leh ESR (indirect acute phase reactants) te hi Convalascent phase thlen hma (acute & sub-acute phase)-ah te khian an sang thin a ni. Convalascent phase-ah erawh hi chuan normal level-ah an tla hniam tavh thin thung a ni.

Enkawl dan tlangpui

KD enkawlna atana hman ber chu Intravenous immunoglobulin (IVIg) a ni a. A natna lan chhuah atanga ni 10-12 chhunga pek hian awmzia a nei (effective) hle a. IVIg pek dan hi 2 gm/kg in darkar 12 leh 24 inkar chhungin infusion in pek tur a ni. Damdawi hi dam lovin hua anga a lan (allergic reaction) loh chuan minutes

15-30 hnuah infusion san chhoh zel tur a ni bawk. Platelet count san dan a zir leh echocardiography result azirin aspirin tablet hi pek tel a ngai bawk a. IVIg hi damlo 80- 85 % in an that pui (response) a ngaih a ni. IVIg pek atanga darkar 36 liam hnuah pawh khawsik a la awm chuan IVIg resistance anga ngaih theih a ni. Chung damlovah chuan IV methylprednisolone emaw TNF a blockers (entir nan, infliximab) te hman zawk tur a ni. Ka lo enkawl ve tawh KD te chuan IVIg hi an thatpui (response) a, resistance case tak tak hmuh ka la nei lo. IVIg hi Mizoramah awlsam taka lei mai tur a awm loh thin avangin platelet count lo sang tawh (thrombocytosis) leh coronary artery aneurysms lo nei hman tawh te chu hmun puia an enkawl danin IVIg kan neih theih hma chuan damdawi awlsam zawka hmuh theih IV methylprednisolone 30mg/kg/day x 3 days (ni thum chung) ka lo pe tan thin a ni.

KD hi a hun taka hmuh chhuah leh enkawl a pawimawh hle. Mizo naupangte zingah KD nei eng emaw zat hmuh chhuah lohin an la awm ngeiin a rinawm. He natna hi a hun taka enkawl loh chuan lunga thisen zam (coronary artery) a khawih thin vangin natna hlauhawm tak thihpui hial theih a ni. KD ka enkawl ve tawh zinga nasa (serious) ber chu kum 1 leh thla 11 mi, mipa naupang niin, a lunga tui tling (pericardial effusion), chuapa tui ting (pleural effusion) leh puma tui tling (ascitis) a nei a, KD lanchhuah dan (symptom) tarlan zawng zawng te khi a nei kim vek bawk a ni. Dam lo thenkhat treatment la hma erawh chuan a symptom tarlan thenkhat khi an pumpelh thin. Thenkhat treatment la hma lemlo pawh symptom thenkhat chauh lang chhuak (incomplete KD) an awm bawk thin. KD hi natna dang nen pawh ngaihpaawh theih tak a ni. Hmeichhe naupang kum 4-mi pakhat pawh sentut anga enkawl a nih hnuin sub-acute

phase-ah ka hnenah rawn kalin KD a ni tih hriatchhuah a ni a, enkawlina a lak hnuah tha takin a dam chhuak ve leh mai bawk a. A hun taka enkawla dam leh mai thei, enkawl loh erawh chuan natna hlauhawm tak a nih theih avangin kan lo

fimkhur thiam zawk nan leh a natna chungchang kan lo hriat chian zawk theih nan Kawasaki natna awm dan tlangpui tarlan pahin Mizo naupangte zinga KD nei ka lo tawn ve tawhte ka han tarlang a ni.



Mawitea huang

◆ Nu ber khan i hnathawk i hawng hma thei lutuk. Neih kan neihloh tehlul nen a lo ti hlawk hlawk a...

A tukah chuan thimah pawh a lo la haw lova, zan dar 8 velah chuan kawngkhar a rawn hawng thuai a.... Nu-i hei ka rawn haw tlai.... kan neih phah deuh ang chu maw?

Chhul-hmawr (Cervix) Cancer hi kan umbo thei ang em?

Dr. Vanremmawii, MD(O&G)

A hun taka inven emaw, a hun taka inenkawl vangtein khawvelah hian natna \ihbaiawm pui pui an lo ti nepin an lo umbo hial tawh a; Chhul-hmawr Cancer pawh hi a ziarang leh nihphung tam tak hriatchhian a lo ni ta a, nasa taka mipuite leh hriselna lama thawktute kan tanrual chuan, engtik niah emaw chuan ka la umbo ve mai thei asin.

Chhul-hmawr Cancer chu engvang nge?

Natna hrik 'Virus' chi khat, Human Papilloma Virus (HPV) hi hrik ngawichawi leh chimawm zet mai, mi tam takin kan kai tih pawh kan hriat loh a ni a, chutiang natna hrik chuan a bikin hmeichhiaah rei tak pawtaw (Infection) a bu a khuar chuan, chhul-hmawr Cancer a thlen thei tih hmuhchhuah a lo ni tawh a. Ram thenkhat India, Bangladesh leh Nepal angah te phei chuan HPV 16 leh 18 (HPV hi a zeril ang zelin chi hrang hranga thensawm a ni) te hian chhul-hmawr Cancer zawng zawng zinga za zel a 80 atanga 88 lai a thlen a ni tih hriatchhuah a ni.

Mipat hmeichhiatna kawnga inthlahdah (Multiple sexual partner), in vawn fai kawnga tlahdah, mipat hmeichhiatna hman hma lutuk, rethei bakberh lutuk leh HIV hrik paiah te hian chhul-hmawr Cancer a awm duh bik tih hriat a ni a. Chutih rualin HPV laka kan inven theih chuan nasa takin chhul-hmawr Cancer kan titem thei a ni.

Chhul-hmawr Cancer phurrit chu:

1. Mihringa Cancer thleng tam ber 5-na a ni a.
2. Hmeichhe zinga Cancer neih tam ber 2-na a ni.
3. Ram \hang mek (Developing Countries)-

ah Cancer avang a thihna thlen tam bertu a ni.

4. Chhul-hmawr Cancer za zela 85 chu ram \hang meka chengten an vei a, chung zinga za a 20 zet hi India ram a mite kan ni.
5. Khawvel pumah, kumtin-in mi 5,10,000 in an kai thar ziah a, mi 2,80,000 in an thihpui ziah.
6. Kum 30 atanga kum 34 mi te pawhin chhul-hmawr Cancer an neih theih laiin, a tam ber chu kum 55 atanga kum 65 inkarah hmuh thin a ni.

India ram leh Chhul-hmawr Cancer:

India ramah hian chhul-hmawr Cancer hi a mikhual lo hle a, kumtin in mi 1,32,000 zet hmuhchhuah ziah anga ngaih a ni a, chung zingah chuan mi 74,000 laiin an thihpui thin ni a ngaih a ni. India rama cheng hmeichhiate hian an dam chhung hun zawng zawng atanga 2.5% lai chhul-hmawr Cancer kai theihna (cumulative lifetime risk) hi an nei a, 1.4%

lai thihpui thei (Cumulative death risk) dinhmunah an ding a ni. Chhul-hmawr Cancer siamtu pui ber HPV erawh chu hmeichhia 100 an awm chuan an zinga mi 6.6 zet ten he hrik hi an pai zel ni a ngaih a ni.

HPV chuan engtin nge Chhul-hmawr Cancer a thlen?

A hmalama kan sawi zawk tawh ang khan HPV hi a zeril a zira \hen hran 100 chuang lai a awm a, chung zinga 15 atanga 20 vel chuan Cancer an thlen thei ni a ngaih a ni. Chung zingah chuan HPV 16 leh HPV 18 te hi a chimawm leh \ihbaiawm zual an ni. HPV hi mipat hmeichhiate hman tawh leh hman mek zinga za a 75 lai hian a eng chi ber emaw hi chu an kai ngei tura ngaih a ni a, chung zinga za zel a 80 atanga 90 hi chu amahin thla 36 hnuah te a kiang (Regress spontaneously) ve leh mai thin a, za zela 5 atanga 15 vel hi an chambang hlen a, a chambang hlen zinga za zel a 5 aia tlem ten Cancer a chang mai thei turin chhul-hmawr chu an suasam ta thin a ni.

Chhul-hmawr hi vawi leh khatah a cancer thut ngai lova, natna avangin zawi zawiin a nihphung a inthlak danglam a, Cancer meuh tur chuan hun leh nihphung danglam tam tak a paltlang thin a ni. Chutianga a kalkawng chu tehna mumal taka teh niin cervical dysplasia emaw Cervical Intraepithelial Neoplasia (CIN tiin kan sawi zui ang) tiin, a danglam chhoh dan ang zelin CIN-1, CIN-2 leh CIN-3 ah te then an ni a, CIN-3 thleng a han nih tawh hi chuan, chutianga CIN-3 ni tawh zawng zawng zaa 50 zet chu kum 10 chhungin Chhul-hmawr Cancer nasa takah a chang tawh thin.

HPV lakah chuan kan him thei em?

HPV laka Invenna (Vaccine) siam a lo ni ta lehzela, India ramah pawh Vaccine chi hnih 'Bivalent' leh 'Quadrivalent' an tih te chu kum 2004 leh kum 2002 atang khan kan lo hmang tan ve thei ta.

He invenna (Vaccine) hmang miah lo hmeichhiate hian HPV kai theihna hi kan

damchhungin zaa 80 zet kan nei kan tih tawh kha. Amaherawhchu, invenna (Bivalent Vaccine) hi \um thum (0, 1 & 6 Months) lak a nih chuan HPV 16 leh HPV 18, Cancer thlen duh deuh ber kan tih lakah khan kan fihlim thei a. Invenna tho (Quadrivalent Vaccine)-ah thung chuan \um thum (0,2 & 6 months) lak hian HPV 16, 18, 6 leh 11 laka kan him theih mai bakah mipat hmeichhiate atanga kai chi natna chikhat serh leh a vela singsihlit ang tak (Genital warts) lakah pawh kan him theih phah a ni.

HPV Vaccine chuan eng chen nge a ven theih?

HPV Vaccine hi a him thain, a chhe zawnga nghawng dang a neih sawi tur a vang hle a, amaherawhchu he invenna hi pek emaw lak emaw hma in HPV kai leh kai loh hriatchian hmasak ngei ngei tur a ni a. HPV la kai lo chiang bal in he Invenna (vaccine) hi a la a nih chuan kum 8 chhung tal chu CTN-2 leh CIN-3 thlentu HPV-16 leh HPV-18 lakah za-ah 100 in a him tura ngaih

a ni. Kum 2007 atang khan dose maktaduai 2500 lai pek a lo ni tawh a, India ramah ngei pawh Punjab leh Delhi-ah te pheih chuan kum 2016 atang khan mipui nawlpui Vaccine (National Immunization Schedule)-ah an lo telh daih tawh a ni.

WHO-in a sawi dan

Hmeichhe naupang an nih lai kum 9 atanga kum 14 an nih laia he Invenna hi pek an nih chuan tum hnih (2 doses) pek a tawh a, kum 15 hnu lama pek an nih chuan tum thum (3 Doses) pek a, a hnu kum 30 an tlin velehenzui (follow up) tur a ni. La sawi nawn fo ngai chu he Invenna la tur chu, mipat hmeichhiatna la hmang lo

(virgin), HPV la kai reng reng lo ni se tih hi a ni. HPV kai tawh vaccine pek leh hnahnawh an nih hian, vaccine tangkaina reng reng hmuh leh hriat a ni lo.

Tichuan, chhul-hmawr Cancer umbo tur hian a thlentupui ber HPV invenna (vaccine) lak mai bakah hmabak tam tak a awm. Engpawh nise, kan khawtlang nun leh eibar zawna kawnga kan changkan lehzual hun, hmeichhia te tihchak an nih a, inentir a, hriatchhuah hma a, inenkawlna kan uar hunah chuan, hmeichhiate nasa taka tirethei a suat mektu natna, Chhul-hmawr Cancer hi kan la umbo ngei ang.

Mawitea huang

- ◆ A thil ru lai VDP ho in an man a, thinrim tawkin ‘Engtia vuak nge i duh’ an tia, “Vuak thelh.....” an tia.
- ◆ A damdawi in awmna bill a pe a, a nawi kir tur an nei lo a nithum an awm belhtir leh ngawt pek a.
- ◆ Sikulpuikawn kal turin City bus-ah a chuang a, pawisa nawi kir tur an nei lo va, Kulikawn thleng zuk chuan tir ngawt a...
- ◆ Phone bill a pe leh a, a nawi kir tur an nei lo leh a, a chhungte rei lo te an biaktir leh ngawt pek a...

KAL LEH A HNATHAWH EXAMNA

Dr. Lalrinawmi Fanai

Kal (Kidney) lam tlemte a pawimawh zual lo tarlang ila :-

Kal hnathawhte :

1. Taksaa tui tam lutuk paihchhuah.
2. Taksain damdawi thil lam (chemical) a duh tawh loh paihchhuah.
3. Taksaa kan mamawh loh leh thil hlauhawm thei te paihchhuah e.g. Drugs.
4. Taksain kan la mamawh chemical substance te zuna chhuak mai lova lo dankir. e.g. Glucose
5. Taksaa tui awmte tak lutuk leh dal lutuk tur lo ven a, electrolytes kan tih mai te a inbuk tawk chauha siam.

Heng a chung a kan han tarlan takte hi kal hnathawh tam tak zinga tlemte chauh a ni. Heng hna hi engtin nge **Kal** hian a lo thawh \hin kan tih chuan kal (kidney) cells chi hrang hrangte an awmdan tur

ang leh an thawh tur thawk theia a hrisel tawk chuan hei hi a nihdan phung a ni.

Nephron : Hei hi kal hnathawh khawl (functional unit) a ni a, chi hnih lian takah a \hen theih.
1) Renal corpuscle or Cytomurali leh 2) Renal tubule.

A hnathawh dan kim-chang sawi tur chuan a sei dawn avangin, a tawi zawngin sawi ta mai ila. Mihringa thisen zam hi Lung (heart) a \anga rawn insawrchhuak (pump) ti mai ila, a ni a. Chu chuan mihring taksaa a hnathawh tur hrang hrang thawkin taksa pumpui a fan a, chumi zawhah chuan kal-ah a luanglut a. Hahdam lai chuan thisen lung (heart) ina a pekchhuah hmun lia \hena hmun khat hi kal-ah hian a inthlifim ta reng a ni.

Tichuan kal chuan bawlhhlawh paihchhuah hna te, tui tam lutuk paih hna te leh taksain a la mamawh tur thilte

chu a lo thliar hrang ta zung zung mai a, a \ul lo a paih-chhuahte chu kan lo zungchhuak ta \hin a ni.

Chuti taka pawimawh a nih avang chuan **Kal (Kidney)** hian a (function) thawk \ha em tih hi hriatchian a ngai hle mai. Hemi hre tur chuan laboratory Investigation hi a pawimawh hle a ni.

Zun kawng hnathawh (renal function) test hi group hnih lian takah a \hen theih a: Pakhatnaah chuan zun examna a\angin eng emaw chen chu a hriat theih a, mah se eng chen nge kal chu a \hat loh tih chu a hrihfhiah lem lo. Entir nan: Zuna protein emaw albumine emaw a lo awm te, 'casts' kan tih mai ang chi a lo awm te leh thisen RBC leh WBC te a lo awm hian.

Pahnihnaah chuan eng ang chen nge kal hnathawh chu a lo dik lo tawh tih hriat tumna a ni. Kal hian a hnathawh chhunzawm theihna (Physiological reserve) tam tak a nei a. Kal pakhat chauh nei pawh renal function \ha tak a awm theih. Chutih rual chuan,

a chhiat vaih erawh chuan mihring tan a pawi thui em em thung a ni. A chhan chu taksa khawlin mihring tana mamawh a lakbang (a >kchhia) hi mihringa a awm reng chuan t<r ang tluka hlauhawm a ni thei a ni.

Hemi pahnihnaah hi chuan zunah specific gravity test te tih a ni \hin a. Tin, thisen a\angin exam a ni ber zawk \hin.

Zun hi a tak viau emaw a dal viau emaw chuan a tam lam inang rau rauvah a in rihhleih ta a, chu chuan kal-in taksa a\anga eng ang bawlhhlawh (end product) nge a kenchhuah tih a tichiang thei hle.

Tin, sawi tawh angin kan thisen hi kal-ah hian a inthlifim \hin a, chuvangin, thisen hian a bikin non-protein nitrogen kan tih mai \hin Urea leh Creatinine-te hi an nih tur ang aia a tam chuan, kal chuan a hnathawh tur ang a thawk \ha taw lo a ni tih tichiangtu \ha tak a ni bawk.

Urea emaw Blood Urea Nitrogen (BUN) hi kidney

function test atan hman a nih lain, thildang vang pawhin Urea concentration hi thisenah a sang ve thei. Entir nan, Blood circulation (thisen zam) kal fel tawk loh vang te, inzai zawh hlim te (surgical shock) lung (heart) lam fel lo (conges-tive cardiac failure) thisen kehchhe hnem avang tein.

Creatinine : Hei hi kal (kidney) \hat leh \hat loh test nan chuan a \angkai pawl ber a ni. Amah hi tihrawl (muscle) a\anga insiam deuh vek a ni a (98%). Thisen a\angin creatinine chu kal-ah a inhip let (reabsorbed) ngai lo a. Mahse kidney hnathawh dan fel loah

chuan thisenah a nih tur aia tam a lo awm thei \hin.

Phenolsul fonphtha-lein (P.S.P.) damdawi chikhat hi thisen vein-ah thunin, chu chu kidney (kal)-a cells glomureli leh tubules-ten an paihchhuak leh ta a. Hemi paihchhuah (excretion test) a\ang pawh hian kal hnathawh dan a \hat leh \hat loh te engchen (degree) a chhia nge tih pawh a hriat theih bawk.

Hengte hi a larzual leh awlsam taka test theih te an ni a, Civil Hospital Aizawlah pawh hengte hi tih theih an ni, excretion test tih chauh loh hi chu.

Hmangchang:

@ Mitna hri kan kai a, mitte a lo thak a, tuisa te hian deh ngawt zel loh tur, a vung vak a, a thak zual thin, tui chhuanso dah daihin lapaw thianghlim taka hruk emaw, sil thin tur.

@ I kawrah chewing gum a lo kai palh chuan fridge-ah dahkhawngin a kheuh thlak theih.

@ Ser kawr hi phoro la, chi nen rawt rawh....chu chu ha nawh nan i hmang dawn nia...i ha a lo var sawt mai ang.

@ I bel mawng i lo chhuangkang palh a, nawhfai a harsat viau chuan soda phul teuh la, tui tlem nen chiah vang vang rawh....awlsam takin i nawt fai tawh mai ang.

Nau chhiatna tlangpui leh a pumpelh dan

Dr. Mrs. K. Ropari

Nauchhiat han tih hian kan hriat angin nau puitlin hmaa tla tihna a ni mai a. Pakhatah chuan a maha tla ve reng (Spontaneous abortion) leh a pahnihnaah chuan tihluihna emaw duhthua tihtlak a ni. (Induced abortion).

1. Spontaneous abortion – Mahni duhthu lova nau chhiat chhan leh vangte chu:-

1. Naute insiam dik lo avangin a awm thei a. Naute insiam chu a \han chhohnaah dik lohna a nei emaw, ulawng tui angin emaw a awm thei a. Tin, chhula a va behna hmun dik loh vang pawh a ni thei. Heng avanga nauchhiat, hmun thuma \hena hmun hnihte hi naupai \antirhtea chhiat an ni.
2. Nu awm dan leh natna vei vangin a awm thei bawk. Nuin natna a tuar a, khawsik sang tak a neih tein entir nan - Sikserh natna avang emaw, kaw\halo luak nasa tak a neih a, an B.P. a lo hniam viau tein, nau a chhiat theih a.
3. Nu Blood group azirte pawhin nau a chhiat theih bawk.
4. Nu tuarna- rilru leh taksaah eng emaw tuarna thut a neih tein a awm thei bawk a. Naupai laia eng emaw natna avanga inzai avangte pawhin nauchhiat theih a ni.
5. Tluksual palh emaw, pum sawh emaw tih palh avangte thui tak zin te, hah tak leh rim taka hnathawh avangte pawhin nau chhiat theih bawk.
6. Nu taksaa hormone chikhat progesterone tlakchham avangte pawhin nau a chhiat theih a ni.
7. Nu chhul leh chhul kawng dik lo avangte pawhin nau chhiat theih a ni. Chhul kawngka in hawn avangtein (Carvi-cal

incompetence). Heng avanga nauchhiat hi chuan naupai thla 4-5 hnu velah an chhiat deuh ber.

Naupai tirh lama nauchhiat chhan tlangpui chu naute insiam dik loh avang a ni ber a. Tin, naute len deuh hnu chhiat chhan tlangpui chu nu natna tawrh avangte, in tih palh avangte, nu chhul kal-kawng dik lo avangte an ni ber.

2. Induced abortion (Duh thlanna nau tihlak)

Hei hi chu mahni duhthlanna reng avanga nau tih thlak a ni. Mi thiamte ruai lova mahni duhthu a tihthlak hian nu thihna a thlen theiin a hlauhawm hle. A \ul a nih chuan mi thiamte r^wn mai tur a ni. Sawrkar danin a phal chin leh tih theih chin a awm vek a, hemi danin a phal chin ang hian doctor-ten an lo tih sak mai thei a ni.

Nauchhiat pumpelh dan tlangpuite:-

Nauchhiat hi thil hlauhawm tak nu nunna atan pawh a hlauhawm, thisen tam tak senna a nih avangin pumpelh theih hram hram kan duh vekin a rinawm a.

Naute insiam dik lo avanga nauchhiat hi chu ven pawh a harsain a dik lohna tak hmuh mai pawh a harsa a.

Amaherawhchu nu natna leh awm dan dik lo avanga chhiatte hi chu pumpelh theih tam tak a awm a ni. Heng nau chhiatna pumpelh tura kan tih tur tlangpuite:-

1. Naupai \an tirhah in checkup vat tur a ni. Sub-Centre-ah kal tur a ni.
2. Natna eng emaw, insawi-selna kan neih chuan mi thiamte r^wn vat tur. Doctor an awm kher loh pawhin Sub-centre-ah emaw Health worker te r^wn mai tur a ni.
3. Naupai laia thiphut emaw, tuiput emaw pawh ngawih bopui mai lovin damdawi lama thawkte r^wn vat tur a ni. Ngawih bopui mai tur a ni lo.

4. Nau lo chhiat tawhte phei chuan uluk lehzuala mi thiamte r[^]wna inenkawl tur a ni.
 5. Naupai \an tirhteah leh nau neih dawn hnaihah hla tak tak zin loh a \ha a, nupa inkawmna pawh fimkhur a \ha a ni.
 6. Rim lutuka hna thawh loh tur a ni.
 7. Chhangzing lutuka fa hrin emaw fa ngah lutuk emaw pumpelh tur a ni. Heng hian chhul a tichak lovin nu hriselna a tichhe thei a, nu a hrisel loh chuan kan sawi tawh angin nauchhiatna a thlen thei.
 8. Engemaw avanga naupai kan duh lo a nih pawhin Doctor r[^]wn tur a ni.
-

Pile natna kan tih hi

“K a pile a na” tih \awngkam hi insawiselna common tak mai a ni. *Piles* an tih ber chu mawngkaw hnaih taka thisen zam rawn puar thin a ni a, chu chuan a bul hnaia ti hlawm thenkhat ti pawngin ek laiin mawngkua atangin a rawn bawkw chuak thin a ni. Na awm hran chuang lovin ek a ti thi fo thin a, tuihnang ban deuh te mawngkua atangin a chhuak bawkw thin. Na an neih erawh chuan a kaihnawih dang harsatna (complication) vang a ni fo zawk.

Piles natna ni lem lo, mahse ek harsatna leh ek thi thlen fo tu, natna dang common leh tak mai chu mawngkaw lining thler, “anal fissure” an tih hi a ni. Hmeichhe tleirawl leh nula te’n an nei duh phian a, naupang pawhin an nei fo. A nat duh em avangin tam tak chu an e ngam lova, ek khal a siam phah fo a ni.

BED SORE

Bed sore kan tih hi mi tin mai hian kan buaipui nasa hle awm e. Bed-sore hi eng nge a nih a hmasain han sawifiah dawn ila. Mahnia chetsawn harsa, damlovin taksa delh/rin bik an nei a, chulai hmun chuan thisen a dawng lova, a lo pⁿ a, chu chu Bed-sore an vuah a ni.

Bed sore thlen theitu pawimawh deuh deuh panga a awm a, chungte chu:-

1. Pressure (nawkna)
2. Hliam (Injury)
3. Anaemia (dawldanna)
4. Malnutrition (chaw kham khawp hmuh loh avangin)
5. Hnawng/huh (Moisture)

Heng bakah hian, hnungzang thazam natna/hliam (spinal cord injury) leh damloh nasat lutuk avangin a nasa duh bik a ni.

Bed sore hi chi hnihin a thliarhran theih a, chungte chu:-

I. Hnungzang thazam hliam/natna (spinal cord injury) avanga awm thei (Acute bed sore).

A awmna chhan :-

1. Hnungzang thazam hliam/natna avangin.

2. Thisenzam kua tizim a tizau theitu hriatna thazam (vasomotor nerve) \hat loh avangin thisenzama thisen luang \hat loh avangin.

II. Chhan dang tam tak avanga lo awm- (chronic bed sore)

1. Pressure (taksa nawkna avangin):- Damlovin a taksa delh/rin bik na laiah a awm thei.

eg. Ngum ruh, mawngtam, ke artui.

2. Taksa chak lohna avangin - Taksa chak lohna chhante

a) Protein tlakchham avangte

b) Anaemia

c) Upat tawh vang emaw dam loh rei lutuk vangin.

3. Taksa vung leh huh/ hnawng avangin.

- A thlen theitu te

- a) Thisen luang chak lo lutuk avangin
- b) Anaemia neih vanga taksa vung
- c) Thlan, zun leh hnai vanga vun a lo no in.

4) Hliam (Injury)
-Thlen theitu.

- a) Mut puan chuar delh vangte
- b) | helret puan hman vangte.

Tunah chuan Mizoten a Bed-sore tia kan hriat lar zawk, Pressure sore i lo thlir zau zawk teh ang.

Pressure sore hi khum bet a awm rei lutuk vangin a awm thei a. Taksa delh ngun bikah khan thisen kal kha delh pin a nih vangin pressure sore hi a rawn awm \hin a ni. Kum upa lam, kum 70 chung lam damdawiina awmte hian an nei duh tlangpui. A bikin malpui ruh tliakah a zual bik. A chhan chu chetvel a harsat zual bik vang a ni.

Pressure sore awmtir theitu langsar zual (Risk factor):-

1. Chet theih loh avangin eg. coma, zeng, surgery etc.
2. B.P. hniam (Hypotension) eg. shock, dehydration
- 3 O2 tlakchham/ tlem avangin. Eg. Anaemia, khawsik, infection.
4. Thisenzam natna
5. Malnutrition. Eg. Alcoholism, Malignant cachemia
6. Vun awm dan pangngai lo. Eg. Vun ro, vun khi, vun hnawng te leh steriod hman vang leh kum upat vanga vun lo sawng in.

A lan chhuah dan :-

P^n (Bed-sore/pressure sore) a lo awm dawn hnaih chuan, a awmna lai te vun kha a lo duk ang a, tichuan a lo durh ta thin a ni. Hei hi a lo awm tawh a, enkawl vat a nih loh chuan, a nasa tawlh tawlh ang a, a pilh thuk tawlh tawlh mai ang.

A awm duhna hmunte:-

Taksa ruh lai deuh deuh thenkhat Eg. Ngum ruh, khel

ruh, ke phah chung ruh, kheimit te an ni.

A enkawl dan:-

Bed-sore enkawl hi a harsa em em a, a dam har bawk si a. Chuvangin a lo awm hmain, inven theih dan dana lo inven ve hi atha ber a ni. A lo inven theih dante chu:-

1. Khum dup taka mut.
Eg. Water bed, ripple bed leh air less bed.
2. Damlo che thei lo kha a mut dan/delh na lam darkar 2 dan zel a thlak kual.
3. Anamia enkawl leh chaw tha ei tam
4. Taksa delh bik lai kha, a faiin a hnawng huh tur a ni lo.

5. Vun delh no lutuk ven nan rectified spirit a hruk tur.

Bed sore a lo awm tawh chuan:-

1. Dam lo khan bed sore kha a delh loh nan leh sawntir lovin aircushion delhtir mai tur.
2. Antibiotics
3. Pan kha tih fai ziah tur a ni a. Normal saline emaw 0.5% aqueoussilver nitrate hmangin tih fai a tha. Pan bul vel kha tih fai tur a ni bawk a.
4. Thenkhatah chuan skin grafting tih hi a hlawhtling hle.

Hmangchang:

- @ I fate ninhlei rual lekin i sofa-ah oil lam chi an lo tikai emaw an tibua a nih chuan powder phul teuh la...zan khat emaw chiah la...a tukah khuihfai rawh a reh vek mai ang.
- @ Chhangban i ei hma in i kutah tel hel ei mai theih chi hnawih mawm hmasak hi a awlsam naupang eitir dawn pheih chuan.
- @ Fridge-ah sa i dah a, a lo khal a, a lo inchar khawm vek chuan chawhtawlhah tuivawt tam deuhin chiah la reilo te hnuah awlsam deuhin i la hrang thei mai ang.

Meningitis hi thluaka natna hrik lut, natna hlahawm tak a ni a, naupang zingah a awm duh bik a. Natna chi dang, Sentut te, Bengkherh te, Khuhhip te hian he natna hi a kaichhuak duh hle a. Tin, he natna hi naute an pian hnu thla rei lote chhung hian an nuten TB te an vei hlah chuan, a chang chuan naute hian TB Meningitis hi an vei mai \hin a ni.

Meningitis vei hriat dan:

- √ Khawsik.
- √ Lu na muk tak
- √ Ring khawng tlat. Naupang chu na hlein a lang a, a nghawng leh a lu chu a ti dakin a sir zawngin a mu \hin.
- √ A khup inkarah a lu dahtir dawnin, a hnung zang khawng vangin a dah theih loh. Nausen kumkhat la tling lo chu, a ludip a lo pawng \hin.
- √ An luak deuh reng bawk \hin.
- √ A chang chuan an kaih a, an chet dan chu a dangdai deuh \hin a ni.
- √ Naupang chu a lo zual deuh deuh va, nikhaw hre lo tein an lo awm thei a ni.

- √ Tuberculosis meningitis hi a thawk muang hle a, ni tam, hapta tam a duh \hin. Meningitis chi dang chu a rang a, darkar rei vak lo leh ni tlem te hnuah a lo lang mai \hin.

A enkawl dan:

Hetiang vei rinhlelhawm an awm chuan Damdawi thiam rawn vat tur a ni, minute tin hi a pawimawh em em a ni tih hriat a \ha. A theih hram chuan damlo chu damdawi inah kalpui nghal vat tur a ni.

- √ Ampicillin 500 mg-in darkar 4 danah emaw, Crystalline Penicillin 1,000,000 units in emaw darkar 4 danah chiu tur a ni.
- √ Khawsik a san hle chuan (40°C aia sang) puan, tui

vawta chiah huhin dep la, Aspirin/Paracetamol pawh pe tel rawh, hei hian khawsik chu a tihnam thei \hin a ni.

- √ Naute nuin T.B. a vei chuan, naupang chu Tuberculosis meningitis a nia i rin bawk chuan, a taksa rih dan a zirin Streptomycin-in chiu tur a ni. (0.2ml/5kg anga chhut

tur) Meningitis chu TB vanga awm a nih i rin loh chuan Ampicillin emaw Crystalline penicillin emawin enkawl tur a ni.

Meningitis ven dan

Nu T.B. vei fa piang hlimten Tuberculosis Meningitis hi an vei loh nan, an pian veleh B.C.G.-a chiu tur a ni. Nausen pianghlim tan 0.05 ml-in chiu tur a ni.

HRISELNA CHANCHINBU LATUTE TANA HRIAT TUR PAWIMAWH

Thil man sang zelah Hriselna Chanchinbu lak man hi kum khat chung atan` . 60 atangin ` . 100-ah tih san a ni tawh dawn a. Tin, man chawi lo (free) a kan pek thin te pawh tih tawp vek a ni tawh dawn bawk a ni. Hriselna man sanna hi he thu tih chhuah a nih atang hian hman tan a ni tawh ang. Tin, Hriselna man pe tha lo te chu issue leh atangin paih an ni tawh dawn bawk a ni. Subscriber te hriatthiamna kan ngen e.

MAWITEA HUANG.....

Ruahsur/tek tlak lai hi chuan an TV a off a, thenawmte inah TV a en daih zel...Tin,...thenawmten pawisa puk an dil apiangin 'rawn dil che u kalo tum mek asin' zuk lo ti thei ziah a!

@ Engati nge Laipui licence te i dil tak mai? an ti a, ani chuan 'E, hmanah chini Kg 40 ka dila, Kg 5 chauh min pe a, tunah hian Pistol licence ka duh a, Laipui atanga ka tan mai loh chuan...' zuk ti a!!

Football Tournament Ropui

PI DARI CUP

(Chhunzawmna)



C. Lalthanchhunga, B.E.E

Tin, khang hun lai khan diar khim kha an la ching hle mai bawka, an ball head apiang mai khan an diar kha a tla ziah mai lehngal a, anni lahin ball kalna lam ai mahin an diar tlakna lam kha an ngai pawimawh zawk zel lehngal a. A thu hrimah khang hun lai kha chuan ball pet kang sang thei deuh leh head kang sang thei thei kha mipui thiam tih an ni mai si a, Tin, a tlan chak chak kha goal vengtu an nih loh chuan forward an ni deuh mai bawka. Chaltlang khelhthiam Pu Thanhira phei kha chu a tlan chak thawkhat a ni ta ve ang, Durtlang pa pawhin 'Thanhira chuan, left-out a\anga right-out a ball a pet phei hi amah vek in ava dawng leh hman' zuk ti mauh pek a! Tin, thil manganthlak tak mai pakhat chu, a tu lam emaw zawk khan goal an thun hlauh chuan thun belh tum lam aiin hun khawhral nana ball pet liam kha an tum ber a ni tawh mai thin si a, tunlai ang hian hun pek belh (injury, extra time etc.) awm ve

hek lo, leh lam pawl tan manganthlak thei ve tak a ni.

Tin, inkhelh hun chung rei zawng vawn nan khan sana kha a la vang em em mai bawka, dan naran in sipai chhuti deuh chauh khan sana an la bun hunlai leh a enthiam pawh an la tam loh lai kha a la ni a, keini a mimirte kha chuan 'a sei zawkin chumi, khami a kawka, a tawi zawkin chumi chu a kawka' tih mai mai kha kan la thiam tawh hun lai ngang kha a la ni rih si a... rifiri chauh khan a bun \hin bawka si a.. a \an zawng khuate an chak loh deuh \um kha chuan a duh chen chen a khelh tir ta reuh mai \hin a.... inkhel kha an thunun hneh hle a ni.

Field chungah khan refiri kha an thu em em kan tih tawh kha, tumkhat pawh Sehlawh pa kha a kawka 'Khalai a diar \ial khim kha, i fawl zing tawh lutuk, i fawl leh vaih chuan keiman ka khawih tawh tak tak ang che' an ti chhek chhek mai chuh... tunlai a

Yellow Card an hmuh mai mai te ai hi chuan a hlauhawm dan dang tak a ni. Tin, Khang sipai chhuti te khan dan thar niawm tak tak phuahchawp hmang hian an duh hun hunah penalty te hi an han pektir ngawt chang lah a tam, anni phai a\anga rawn chhuak ta chu, chinchang hre tura ngaih kha an ni \hin si a, 'dan thar a ni' an tih tawh kha chu hnial a hnekin kan ngaihsan phah em em zawk a ni. 'Kawner vawithum a zawna hmuh chuan penalty' tih te kha a lar hle a ni.

Tumkhat ka la hriatreng chu, Chaltlang leh Sairum inkhelh \umin Chaltlang lam khan hneh viau e tilo chuan goal erawh an thun thei bik der lo mai a, Sairum lamah chuan ball chu a cheng reng mai baw si a, Chaltlang goal veng kha a awlthawng hle reng a, a khat tawh hian 'Kan goal a hmuar dawn' tiin a au lauh lauh \hin a, a chang leh intithei tak hian goal ban chung khampeiah te hian a lo in-uisalehlin vel thul, \um khat chu chutianga a lo in-uisalehlin lai tak hian Sairum lam hian na fe hian ball hi an rawn pet chhuak zawk mai a goal zawnah kher a ni baw si...Chaltlang

goalie tan lo insiamrem lehna hman ni tawh hek lo.. a goal ta der mai a, chumi \uma Chaltlang team captain leh Chaltlang lai ni baw si Pu Sailala han thinrim zia mai chu..... kutzungchal rawn vilik phei pah hian, " Haw nghal rawh, haw nghal rawh, tuemaw ber khan goal hi veng rawh u," a rawn ti phei phiar phiar mai chu hlauhawm tak a ni.....

Khang hun lai kha chuan, an lama goal a luh chang te hian a duh duh hian goal veng hnenah 'va chuh chhuak ve teh, ka lo veng ve tawh ang e' te hi an ti mai mai thin a, an goal ven thiam vang pawh ni hran lovin an chauh deuh tawh vang lek hian goal hi an inven chhawk mai mai \hin a ni reng a ni.

Khang hun lai kha chuan, an lama goal a luh chang te hian a duh duh hian goal veng hnenah 'va chuh chhuak ve teh, ka lo veng ve tawh ang e' te hi an ti mai mai reng a, an goal ven thiam vang pawh ni hran lovin an chauh deuh tawh vang te hian goal hi an inven chhawk mai mai a ni reng a ni.

ROKHAWLHNA: Awle, tournament kha hmuhawm \hin

hle e ti lo chuan, Rokhawlhna eng eng emaw hian a tlakbuak ve duh khawp mai bawka. A chang leh, 'Kan vengah mitthi an awm' emaw INNEI TUR AN AWM' tih vang mai maite hian an khelh hun tur kha sawn an han dil ngawt a, a nih loh leh, 'chumi khami vengin refiri an ham chuan, kan khel duh lo, chumi veng chuan ham zawk rawh se' te hi an han ti thla zen a, a hamtu tura an duh vengte zingah khan hamrik ham thiam an lo awm loh chang a lo awm bawk \hin nen, a buaithlak thei ang reng \hin ngawt mai.

A chang leh an inkhelh laklawh lai takte hian, bawng chal leh bawng chal insi hi field laiah an rawn innawr kat lut ta reuh mai \hin a.... anni ransa zawk na na na leh hawihhawmna nei lo zawk ta chu, a zahngaihna nei lian zawk mihringte chuan inkhel laklawh viau e tilo chuan, hmun an lo ken a ngai ta \hin a, an inkhelh lai theihngihlh \hak khawpa an han thlir leh rih chang lah a tam.

A chang leh, tlai ni a lo nem deuh \an ta maw tihah hian, pa upa lam feh hawng hian thiam hngang tur emaw hi a rawn pu

ngauh ngauh mai a, engmah ngaihtuah mang hlei lo hian tlak lam a\ang hian field lai hi a rawn vang tan ta chhet chhet mai \hin a, a hnungah nuho hian 'Hei. hah..' tiin an rawn zui diah diah mai bawk nen, chutiang hunah pawh chuan a inkhela-te chu lo laklawh viau pawh nise, han chawlh lailawk loh theih ni \hin hek lo leh... Upa zawk te zah kha an la tina em em a ni.

| umkhat chu, Zokhaw-sang leh Sehlawh inkhelh laklawh lai hian "Sa a tla e... a thei apiang ram lamah tlan tur" tiin an rawn au ta mai a, chu veleh mipui chu inkhelh lam ngaihsak hman lek lo chuan an phek buai ta..... tournament lai chu ti tawp in sa tla chu an han buaipui leh rih a.....

| umkhat chu le....an ball pet lai kha a thep ta tlat mai bawka, an khuaah lah chuan ball pump na nei pakhat chiah a awm si a, a neitupa Pu Rumvunga lah chu Aiawt chiah in luiah a lo kal daih mai bawka si, a chung ten a dahna an hriat mai loh bakah amathu lo chuan han phawrh mai mai ngam chi lah ni hek lo, tlangval tlawmngaiin ram hnuaiyah an zuk zawng leh rih thul..... in khel a khaihlak duh teh a sin!! ■

- ☐ March ni 19, 2019 khan Health Directorate Conference Hall-ah Integrated Diseases Surveillance Programme (IDSP) bultumin One day Training for Medical Officer neih a ni a. Dr.F.Lallianhlira, Principal Director, H&FW in a hmanpui.
- ☐ March ni 14, 2019 khan Civil Hospital Aizawl Conference Hall-ah Health & Family Welfare Department leh Person's with Disability (PWD) tangkawp buatsaih Disability assesment & Certification chungchang workshop chu neih a ni.

Dr. Robert L. Khawlhring, State Nodal Officer, Mental Health in a kaihruai a. Dr. Lalnunthara, Commissioner Person's with Disability (PWD) a hmanpui.
- ☐ March ni 13th 2019 chawhnu dar 1:00 khan Health Directorate Conference hall, Dinthar-ah National Rabies Control Programme (NRCP) buatsaihin ui a seh leh a kaihnawih chungchang zirhona neih a ni.

He Stakeholder Meeting hi Dr. Pachuau Lalmalsawma, SNO, NRCP in a kaihruai a. Dr. Lalchungnunga Director, Health Services in meeting kalte lawmna thu a sawi hnuah Dr. Pachuau Lalmalsawma hnen atangin National Rabies Control Programme chungchang Power-point Presentation hmanga thlir leh ngaihthlak a ni.
- ☐ Ni 12th March 2019 zing dar 9:30 khan Dr. F. Lallianhlira, Principal Director, Health & Family Welfare Department hovin Mizoram pumah naupang kum 5 hnuailam zawng zawng te tana Zenghri Venna Vaccine pek runpui chu \an a ni. Naupang kum 5 hnuailam mi 113000 bawr vel zet te chu Zenghri danna hi pek kim vek tum a ni a. A pekna Polio booth pawh hmun 1373 lai siam a ni a. State Immunization Officer, Dr. Lalzawmi chuan kan fate hriselna ngai pawimawh a, an

lo \hanlen zelna kawngah vaccine lak hi kan tih ngei tur a ni tih sawiin, he hun tha hi naupang kum 5 hnuailam nei zawng zawng ten chhawr tangkai vek tur leh vaccine hi la theuh tura a duh thu a sawi.

☐ March ni 4, 2019 (Thawhtanni) hi khawvel puma beng hriatna lam inzirtirna ni World Hearing Day a nih angin he hun hi Mizoramah pawh National Programme for Prevention and Control of Deafness (NPPCD) hmalaknain district hrang hrangah hman a ni.

World Hearing Day 2019 hi Health Department hnuai-a district then hrang hrang 7, Aizawl East & West, Champhai, Mamit, Lunglei, Serchhip leh Kolasib-ah te hman a ni a. Heng district-ah te hian zingkarah Hospital Staff, ENT Department leh NPPCD thawktuten YMA, KTP, School naupangte nena thawk hovin Rally an nei.

@ March ni 5, 2019 (Thawhlejni) hian Community Process Programme, NHM, H&FWD buatsaihin Directorate of Health Services

Conference Hall-ah ni thum awh tur ASHA Mobilizers te tana Refresher Training chu hawn a ni.

He Refresher Training hawnna inkhawm hi Dr. Eric Zomawia, Mission Director, NHM chuan Khuallian niin a hmanpui a. Dr. Eric-a chuan ASHA Mobilizers te hnathawh pawimawhzia sawiin tih tak taka thawk turin a fuih a. Hriselna kawnga ram hmel ti danglam dawrh theitute in nih avangin phur leh thatho taka hna in thawh hian malsawmna ropui tak in thlen a ni a ti.

☐ March ni 24 khan World TB Day hlawhtling takin Mizoram hmun hrang hrangah hman a ni. Aizawlah chuan TB Dona Ni hi Chanmari Hall-ah hman a ni.

☐ Kan thawhpui Pu Lal-thangliana, IV Grade, PD Personal Branch March ni 10, 2019 zan dar 8:55 khan chatuan ram min pansan ta. Ni 11.3.2019 chhun dar 12 khan a chenna Bawngkawnah vui liam a ni. A kalsan a nupui fanaute Pathianin thlamuanin awmpui se, a thawhpui ten kan ui hle a ni. ■