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## Editorial

Khawvel finna leh thiamnate, remhriatnate hian nasa takin hma a sawn a, hetia nasa taka hma kan sawn mek lai hian hmasawn mawhna deuh erawh kan nei tel niin alang. Aia upate zahna kawngah te, mahni thu duhna kawngah te, hre ber niawm leh zirchhuak zawk niawm fahran a, midangte hnen a tha leh tha lo pawh ngaihtuah lova damdawi te lo chawh chhawn kan chinna kawngah te pawh a ni ang chu.

Aia upate kan endan leh kan zahthiamna kawngah kan chhia leh tha hriatna mai bakah heng lehkha kan zirsanna te, kan chhiar zauna te hi kan hmang tangkai zawk tur a ni dawn lawm ni. Kan tun dinhmun ah erawh chuan kan nitin nun hman tamna kan hnathawhna hmun thleng ah pawh aia upate in zahna a tlem sawt ta viau niin alang. Hei hi a chhan tam tak a awm thei a, kan dinhmun a san tak viau avang emaw, kan rual u te dinhmun a hniam tak zawk viau vang emaw te pawh a ni thei ang chu. A enga pawh chu nise, heng kan thiam, kan finna te hi midang hmuh hniamna atan ni lovin, kan nitin nunah hmasawanna min thlensaktu atana kan hman a pawimawh hle awm e. Chu nun chu kan nunah la lutin kan aia u te hi an dinhmun a hniam avang emaw a hmusit mai lovin, zah tak chungah kan enkawl thiam a pawimawh hle a ni. Hei hian kan hnathawhna theuh ah pawh, inlungrualna leh thawhhona tha zawk a thlen mai bakah hmasawanna rah duhawm tak a chhuah phah dawn si a.

Mahni thuduhna hian hriselna hmasawanna kawngah nasa takin mi a ti thuanawp thei. Thu \ha tak tak, kan ni tin nuna kan zawm mai theih ni si, keimahni ngaihdan te a \ha zawk nia kan hriatna hian harsatna tam tak mi a thlen thei, a pawl tawh hnuah sum leh pai tam tak inenkawl na atan te kan sen leh phah \hin mai ni lo in thihna hial a thlen phah thei. Chutiang bawkin mihring in ang lo tak tak, tui tih zawngte, tawrh theih zawng te pawh a ni ang chu, chutiang zelin kan taksa in a natna a do theih pawh a in chen lo bawh a, hetih lai erawh, Doctor in damdawi a chawh a ngeih em em ang, mi dangin a ngei ve ngei tur a ngaihna tlat awm \hin te hi bansan a hun tawh hle a ni.

Engpawhnise, kan thlenchinah hmasawn tum \heuh ila, kan mit hmuh leh benghriat te hian kan ni tin khawsak phungah hma min sawn tir se, kan tih dan phung leh chin dan \ha lo te sim a, a \ha zawk a thlak duhna thinlung put thar \heuh tum ta bawh ila, Rilru Hrisel, Taksa Hrisel, Ram hrisel, Nun dan \ha nei, Pathian thuawih kan lo ni mai dawn a ni. Pathian thuawih chu Damreina a ni si a. ■

## Zokhaw mite tana First Aid hriat turte

– Dr. Malsawma

**K**an thupui, ‘Zokhaw mite tana First Aid hriat turte’ tih hian ka huam zau hle mai a, kimchang taka sawi a har viau dawn a ni. A theih chin chinah Zokhaw mite tana \angkai tur nia ngaih te tarlan lo turn ila a \ha ang e.

First Aid awmzia chu rikrum thila hliam tuar emaw taksoo harsatna tawkte \anpuina pek tiin a sawi fiah theih awm e. Miin hliam a lo tuarin damdawi ina enkawl a lo \ul a, mahse thawlekhatah damdawi in emaw, damdawi lam thiam te emaw panpui mai a remchang lo fo \hin a. Chuti ang huna theih ang anga damlo hliam tuar lo sawngbawla lo enkawl hi First Aid chu a ni ber a. Mi pakhat aia tam hnena \um khata First Aid pek a ngaih chang a awm \hin a, entir nan Motor chetsualna hmunah te. Heti ang nikhuaah hian hliam tuar zinga han en a na ber nia lang kha buaipui hmasak ber tur a ni, Enkawl hmasak ber tur hriat loh avanga khawtlai palh a awm theih avangin a hliam na ber nia lang kha buaipui nghal vat tur a ni.

Hliam tuar kan buaipui dawn hian rilru chiahi loh hram hram a \ha a. Pawng-paw chiahi luat avanga hliam tuarte’n an chhiatphah hi pumpelh hram hram \hin tur a ni. First Aid kan pek dawn hian a hming ang ngei hian a \ul zual chauh tih \hin tur a ni a, mahni hriat phak baka kalpui hi a fel lo thei hle tih hriatreng tur a ni. First Aid hmanrua dahna bik First Aid Box kan neih chuan uluk taka vawn tur a ni a, a chhunga hmanrua leh damdawi chi hrang hrang te chu a hmanna kan hre Chiang tur a ni a, mahni rinthu in hman tur a ni lo. Mizoram hmun tinah damdawi thiam pan hi First Aid zingah chhiar tel theih ni tih hriatreng a pawimawh hle a ni.

Rikrum thila thil \ha lo thleng thei leh a enkawl dan tlangpui te hetiang hian lo sawi ila:

**1. Thisen chhuak:** Kan nunna hnar ber chu thisen hi a ni a, a uihawm em em a ni. Chuvangin taksa a\anga thisen chhuak hi a rang thei ang berin dan emaw tihtawp vat tur a ni. Engvang pawhin taksa a\angin thisen a chhuak a nih chuan a tihtawp dan zawn tur a ni. Taksa a\anga hmuh theiha thisen a chhuah chhan chu hliam emaw a ni deuh ber a. Hliam chu a lian emaw a te emaw lapaw thianghlim emaw pawncche fai emaw in hup beh a, thisen chhuak vak tihtawp turin nembah tur a ni a, a remchan dan angin \awn beh tur a ni. Kut leh ke hmawrah thisen a chhuah chuan banpuamah emaw, malpuiah emaw a remchan dan angin puan fai deuhin emaw, pawhfan ilo emaw in hren khalh a \ha a, mahse hren rei lutuk chu a \ha lo a ni. Thisen chhuahna hliam hmuamhma hup pin tlat hi a pawimawh khawp mai.

Kut leh ke hmawr lama thisen a chhuah chuan damlo chu mut zangthal tir a, a hliam lai chu a lung aia sangah dah tur a ni a, chumi awmzia chu hliam lai chu ^wm aia sangah dah tur tihna a

ni. Hetianga thisen chhuak hi a lo ziaawm veleh damdawi in lam panpui nghal vat tur a ni a. Damdawi in awmna a hla a nih chuan mi thiam zawkte hnenah tal kalpui hma tur a ni.

Taksa a\ang hian hmuh theih lohin thisen nasa takin a chhuak thei a, entir nan pumpui p^n leh t^i (piles) hrisel lo a\ang tein. Pumpui a\anga thisen put chuan ek a tidum \hin a, hei hi thawklehkhatah a lo awm thei \hin a ni. Hetiang thil a lo awm chuan damlo chu mut hahdamtir a, a rang thei ang berin doctor hnenah hruai tur a ni. T^i (piles) thi hi chu dan naranin a lar \hin a, a nat lem loh avangin ngaihthah tur a ni lo va, doctor hnen pan nghal a him ber a ni.

Hmeichhe \henkhat chu an thi neih pangngai ni lovin an thi a put \hin a, heti ang thilah hi chuan damlo chu mut hahdam tir a, damlo chu damdawi inah hruai vat tur a ni. Thi put ti tlem turin hren (pad) hmantir a ngai \hin bawk.

Pumpui \ha lo \henkhat chu thiin an luak \hin a, an chau nghal mai \hin a ni. Damlo chu mut

hahdam tir a, damdawi ina hruai vat a \ha ber a ni.

**2. Hliam:** Hliam tih hian a huam zau em em a. Hliam reng reng hi \ha taka a dam leh theih nan a thianglim tur a ni a, chuvangin hliam chu a hmasa berin hliam silfaina chi (antiseptic lotion) awm ang ang, entir nan dettol ilo te'n silfai tur a ni. Chumi hnuah thisen chhuak enkawl dan kan sawi tak ang khan enkawl zui mai tur a ni.

**3. Kang:** Kang hi inhliamna kawng langsar tak zinga mi a ni a, \halah phei chuan a hluar hle \hin a ni. Kang hian a sat avangin vun leh tisa te a ei chhe \hin a. Taksa kang lai chu tui vawtah chiah emaw, vura deh vat a \ha a. A kang lai chu kan tihvawh ran chuan a durh har bik a ni.

**4. Tui tlachham:** Dam loh vang emaw, taksain kang a tawrh vang emawin taksain tui a tlachham \hin a. Kaw-\halo leh tuihri vei te, kangmei tuarte hi tui tla-chhamin an thi duh hle a ni. Taksain tui a tlakchham chuan rei lo teah a lo thi mai \hin a ni. Taksain tui a tlakchham chuan a rang thei ang berin tui pangngai

emaw, thil tuiril lampang thingpui, bai tui ilo te pek tur a ni. Tui litre khatah chi sawh khat leh chini vei khat pawlhin chawh sawm a, damlo chu intir tur a ni a, tui a tlakchham nasat dan a zirin pek tam mai tur a ni.

**5. Kaih:** Naupang hi an khawsik a san denchhenin an kaih \hin a. Hetianga an lo awm chuan naupang lu chu tui vawtin deh tur a ni a, a pangti lum a lo daih chuan kaih chu a lo reh mai dawn a ni.

**6. Ui seh:** Ui in mi a seh chuan a sehna hmuamhma kha dettol tui emaw, tuisik leh sahbawn emawin silfai tur a ni. Ui chu damdawia chiau a nih loh chuan doctor hnenah in report vat tur a ni. A sehna hmuamhma chu tuam tur a ni lo.

**7. T<r ei:** T<r ei/in palh theih a ni a. Hriat chhuah vele a intu chu luaktir ni se, a t<r ei chu a luakchhuak leh thei dawn a ni. A rang thei ang berin doctor hnen panpui tur a ni.

**8. Seh:** Ran emaw mihringin emaw mihring an sehna hmuamhma hi bawlhhlawh a ngaih a ni a, silfai vat tur a ni.

Sehna hmuamhma chu a lian deuh a nih pawhin \hui loh tur a ni a, tuam phui pawh a \ha lo a ni.

**9. Pum na:** Pum kan tih mai chhungah hian taksa khawl pawimawh chi hrang hrang a awm \euh mai a. Pum a na kan tih hian a englai ber nge tih hriat phawt a \ul a, chumi hnuah enkawl theih chauh a ni. Pum na \henkhat chu na chhawkna eia chhiatna thleng thei te an ni a, chuvangin, pumna reng reng chu damdawi thiam hnenah a hma thei ang bera hruai a him ber a ni.

**10. Lu na:** Lu na thut pawh hi buaipui tham a tling \hin a, lu na han tih mai hian pumna kan sawi tak ang khan a chhan hre lo chuan enkawl a har em em a ni. Lu na chu tui vawta deh emaw, ruhna damdawi hnawih chi hmang emaw in eng emaw chen chu a chhawk thei a ni.

**11. Ruh tliak/pelh:** Inhlamna chi hrang hrang zinga langsar tak pakhat chu ruh tliak leh pelh hi a ni a. In-hlamnaa ruh lam khawih tel nia kan rin chuan damlo chu dim takin khawih tur a ni a, \ul

zualah lo chuan ruh chhe lai nia rin chu khawih chet loh tur a ni a, a che tur vengtu atan thingphek hmangin emaw \hem dawh a, cher khawng lailawk tur a ni.

**12. Mit na:** Mit hi tihpalh awlsam tak a ni a. Tihpalh vanga mit a nat chuan mi thiam hnen panpui bak chu Zokhaw lamah lo tih hmasak tur a vang duh hle a ni.

**13. Benga thil lut:** Beng kaw chhungah rannung te, lung t> te, thei mu leh lekhka te a lut palh \hin a. Heti ang hi lak chhuah tum ve lamah hawlh chhiat palh a awl hle a. Beng chhunga ri hriatna khawl bengdar hi a chhiat chuan beng a ngawng \hin a. Chuvangin beng chhungah thil a luh palh chuan mi thiam hnen panpui vat a him ber a ni.

**14. Rul chuk :** Rul chukna hmuamhma chu chemte in zai zau belh a, thisen tlem sawr chhuah tur a ni. R<l t<rin taksa chhungril a thlen mai loh nan a chukna hmuamhma a\anga taksa lamah hren khalh hmasain a hmuamhma chu zai belh a s^wr tur a ni. ■

## NAUPANG BENGCHHET

Dr. Lalhmachhuana Hmar, MS (ENT)

Naupang kum 6 hnuai lam sang khat (1000) zinga pahnih (2) hi bengchhet nei tura ngaih an ni. Nuin an fate bengchhet nia an hriat a, doctor an rawn panpui hian an tidik deuh tlangpui a, chuvangin doctor te pawn ngaih pawimawh a, ngun taka en an \ul a ni. A chhan chu 'a lian deuh ang a, a \ha leh mai ang' kan tiha kan nghah chhung hian naupang \henkhatah chuan hun uihawm tak hlohin an bengchhet tih\hat leh theih tawh lovin an beng kan tichhet hlen thei a ni.

Naupang bengchhetna chhan hi thil pahnih vang a ni a, a hmasa zawkah chuan an beng chhunga hriatna thazam \hat loh vang (sensorineural hearing loss) a ni a, a dang leha chuan an beng chhunga ri kal lo dangtu emaw, lo ti\huanawptu emaw (conductive hearing loss) awm vangin an beng a chhet thei a ni. Conductive hearing loss-ah hi chuan bengchhet hi a tlangpuiin a nasa vak ngai lo a, zai emaw, dam-dawi ei emawa tihdam mai theih a ni a. Sensorineural hearing loss ve thungah hi chuan bengchhet hi a nasa \hin a, zai dam a harsa em em a, damdawi pheih chuan tihdam theih loh tluk a ni. A chhet nasa zualah chuan zai chi khat, cochlear implant tih

a \ul \hin a, a senso a sang em em a, phai lama zaitir te a ngai \hin. Tin, bengchhet tih leh bengngawng tih hi kan thliar hrang tur a ni.

Naute chu a ri hriatna \ha pangngai a nih chuan thla 9 an tlin a\ang hian anmahniin an au ri ve nawk nawk \hin a, hei hi an \awng an zirna hmasa ber a ni a, tichuan kum 2-3 an tlinin \awng pangngai an zir \an \hin. Amaherawhchu, naupang \awng zir muang hrim hrim chu an awm ve bawk. Chuvang chuan, naupang chu kum 2 an tlin hmain an beng a chhet leh chhet loh hriat ngei a \ha a ni. Kum 2 an tlin a, an beng a ngawng a nih chuan \awng an zir thei lo hrim hrim a, \awng thei lovah an

chhuak mai \hin. Kum 4 vel an nih hnu a an bengngawng hi a dam emaw, a ziaawm a nih pawhin a tlangpuiin \awng zir leh mah se, an \awng fiah tawh ngai lo a ni. Kum 2 mi an nih a, an ri hriatna a \hat tawk loh (bengchhet) hian, \awng zir mah se a fiah tawk \hin lo va, pangngai taka \awngtir tur chuan mi thiamte r^wn a, beih fe a ngai \hin.

Naupang kum 5 hnuai lama sensorineural hearing loss awm chhan hi chi li (4)-a \hen hran theiha:

- a) Inthlahchhawn vang.
- b) Nuin nau a pai laiin (a bik takin a tir lam thla 3) natna \henkhat, heng rubella, syphilis, cytomegalovirus, toxoplasmosis leh a dangte a veiin emaw damdawi \henkhat, heng gentamycin, kanamycin, lasix leh a dangte a eiin naute chu bengngawng sain a piang thei.
- c) Naute a pian lai vela \ap lova rei tak a awmin emaw, a pian tirha juandice a veiin emaw, naute chu hmanraw hmanga lak chhuah a nihin

(instruments birth injury) emaw bengchhet an nei thei.

- d) Naupan laia thluaka khawsik lut (meningitis) emaw, sentut emaw, biangboh emaw a veiin a beng a chhet thei bawk.

Engtin nge nuin a naute chu a bengchhet leh chhet loh a hriat theih ang le? A hnuai mi ang hian nuin a naute chu a lo enchhinin a lo thlithlai ve thei a ni.

- a) Naute thla 0–4 inkarah: Ri ring deuh a awm a, naute a phut zawk chuan (startle reflex). Tin, naute muhil lai chu ri ring deuh a awm a, a tihharhin (around reflex).

- b) Naute thla 2–4 inkarah: A chung a mi ang khi hemi inkarah nauteah chuan a let thawkin a thawk \hin a, naute chuan ri ring deuh a hriatin a thil tih lai zawng zawng chawlin a ngaithla ve \hin a, a ri lo chhuahna lampang a zawng ve \hin.

- c) Naupang kum 2-3 inkarah: Hemi inkarah chuan nau-pang chu thil chi hrang hrang ti turin a hrih theih tawh a, entir nan, ball pet rawh emaw, ball la rawh emaw tiin thupek zawm



turin an zirtir theih tawh a ni. Kum 3 hnuah phei chuan naupang chu an beng chhet leh chhet loh awlsam tein a hriat theih tawh \hin a ni.

Naupang chu in-thlahchhawn chi natna an veiin bengchhet an nei tel duh hle \hin. Entirna pakhat chu Down's syndrome hi a ni. Tin, hmai bawr vel pian dik lo (maxillo-facial deformity)-ah te hian beng-chhet a awm tel duh em em a, an bengkua te a phui vek theiin an beng kawrawng kuate a zim hle \hin bawk a ni.

Naute an pian tirha an ri hriatna \ha; mahse, an lo len deuh hnuah bengchhet awm theih a ni a, a chhan bulpui ber pakhat chu bengkherh vang a ni. Bengkherh han tih hian chi hrang hrang a awm thei a, hnai chhuak \hin te, bengdar pawp kher lova beng chhunga tui awm vang te a ni thei. Tin, bengkherh hi chhan hrang hrang vangin a awm thei a, chungte chu hmui leh dnag kak vang te, hritlan vanga hnar pin reng vang te, chhungkuaa meizial zu mi awm vang te, nu hnute tui ring lovah te, allergy vang te a ni tlangpui.

Naute bengchhnet nia kan hriat chu kum 2 an tlin hmain doctor panpui vat a \ha ber fo a. Tin, naupang an ri hriatna \ha reng si; mahse, chhan hriat si lova luhlul ta viaute hi bengkherh chi khat (ototos media with effusion) a nih theih avangin doctor panpui vat a \ha a, hetiang bengkherh phei hi chu damdawi eiin emaw awlsam tea zaiin emaw a \ha leh thuai thei. Naupang bengkherh nei reng reng chu nuin uluk taka a enkawl a ngai a, hritlang lo tura enkawl \hat te, an beng chhung lapaw thianghlime tihfaisak ngunte (hnai a chhuak \hin a nih chuan) leh vengchhunga tui lut lo tura enkawl ulukte an mamawh a ni.

A tawp berah chuan kan damdawi inte hi heng naupang beng \ha lote enfi ahna (investigation) khawl \henkhat nei mah se, a la famkim lo hle a, a bik takin heng BERA (Brainstem Evoked Response Audiometry) leh Otoacoustic Emission test te hi nei thei se kan changtlung leh zual zawk ngei ang. ■

## MEI ZUKIN KAN TAKSA PENG HRANG HRANG A TIHCHHIAT DAN

Dr. C. Biakmawia

Mei zuk lo hluarna chhan ber nia lang chu advertisement uar, a rimtui nana damdawi dang telh \hin leh DDT hmanga vaihlo tam zawka thar theih a lo ni ta hi a ni.

Mei zuk hian a zutu hriselna a tichhia chauh ni lovin a bul hnaia awmte hriselna pawh a tichhe thei tih hmuhchhuah a ni. Miin zial 10 a zuk chuan a bul a miin mei khu a lo hip luh chu zial 3 zuk nen a intluk a ni. Mei zuk vanga thil pawh leh hrisel lohna thleng hmun 10 a \hena hmun 1 hi a zu ve loten an tuar zel a ni. Chenpuite zinga mei zu an awm avangin nausen leh naupang awmna (pneumonia) hi a letin an vei zing bik a ni. Heng avang hian 'I mei zuk hi ka hriselnain a tuar' tih hi mei zu lote au hla thar a ni ta.

### **Mei zukin kan taksa peng hrang hrang a tihchhiat dan:**

Chuap: Mei zuk hian chuap a tibal a, taksa sipaiten paih fai zel lo se chu kum khatah vaihlo >k (tar) litre 1 vel a tling thei ang. Paihfai hna hi thawkna

dawta thil te tak t> t>, 'cilia' an tih hian an thawk a, heng bakah 'khu' in thenfai tum a ni \hin. Chuap a lo balh chuan khuh benvawn, damdawi pawha enkawl sawt thei lo 'Smoker's caught' an tih chu an lo vei \hin. Chuap cancer 100 zela 95 te chu mei heh tak vek an ni.

Lung: Lungphu a tirang thei a, lung \ha lo leh heart attack zat ve vei hi mei zuk vanga awm a ni. Thisen zam a tisawng te thei a, hei hian BP sang (hypertension) a awm tir a, fu-ke hmawr rawp ro te a thlen thei. Thisen sang hian pangkhing zenna (stroke) a siam thei.

Pumpui : Vaihlo a t<r awm (nicotine) hian pumpuia thura tihchhuah hnem avang leh thur tidal thei tihchhuahna a tihtawp theih avangin pumpui na a siam

emaw, a tizual thei \hin. Mei zuk thlah si lova pumpuina inentir \hin chu a sawt har hle.

Hmeichhia bikah: Naupai tan pum chhunga naute \han a ti \hu thei a, meizu fa chu pum chhung a\angin an sawngnawin nghal thei. Nauchhiat, thla kim lova nau neih, nau zang tak neih leh naute thla khat hnuai lam thihnte hi mei zu zingah a letin a zing bik a, a chhan chu boruak thianghlim (oxygen) aiah t<r khu (carbon dioxide & carbon monoxide) a naute an ur \hin vang a ni.

Vun (skin): Vun a tizur hma a, mi a tilang upa hma \hin, hei hi oxygen inpek \hat tawh loh vang a ni.

Mit (eye): Khawhmuh a tifiyah lo va, meizuk vanga mit fiah lo leh mitdel hi a thleng thei.

Thluak: Mahni tawkah meizuk hian ngaihtuahna a tichak lo \hin.

Sahdah, tobacco leh tuibur te pawh a t<r avanga hman leh hmuam vek an ni. A rim hrim hrim ngainat vangte chu ni sela chuan, a awrha

awrhte pawh duhtawh mai awm tak a ni.

Kuhva: Kum 60 hma lama kan chin meuh loh, tun laia kan chin lar tak chu Kuhva ei hi a ni. | halaiho zingah phei chuan kuhva ei lo chu mi danglam, pa rualpawl lo deuhah kan ngai hial awme. Kuhva hi a tui vang emaw, a \hat vang emawa ei a ni lo va, t<r a neih avangin mi in an ei dawklakin an thlah thei lo \hin a ni zawk.

| henkhatte chu kuhva bawia an luh chian tawh em avangin darkar hnih khat lek pawh ei lovin awm harsa an ti a, hunserh emaw, inkhawm rei deuh emaw te hi an ngaithei lo \an zawng a nih hi. Kuhva ei a\ang hian \hatna kan taksain a chhar chhuak lova, ka chhung cancer a awm tir thei a, hei hi a ei lo aiin a let 4-in a tam a ni. Ka chhung bakah hrawk, chaw kalkawng, pumpui leh thawkna dawt cancer a tichhuak thei a ni. Pumpui na a tichhuakin a tizual thei bawka, pumpui insawisel tan chuan kuhva nghei nghal a \ha a ni. Hriselna a tihchhiat bakah rilru

ngaihtuahna a tipeng a, sum tam tak kan sen phah bawk a ni.

Khaini: Khaini pawh hi Mizovin kan thil chin thar pakhat a ni leh a. India ram Vai hnam hniamte thil chin, puithu takin kan lo uarpui ni berin a lang. Ram changkang leh hnam changkang zingah Khaini hmuam hmuh tur an vang hle. Khaini pawh hi a t<r avanga hmuam dawklak a ni. T<r awm lo tlangsam hnah ro nuai dipte chu tumahin an hmuam reng duh lo.

A t<r vang ni lova thil hmuam hrim hrim hi mawi ti leh thlahlel ni ila marble te hi hmuam mai zawk awm, a tloin a sengso lo hle awm si a!

Khaini t<r thawhchak dan i hriat duh chuan khaini fun tihhnawnin vangvat dep la, a thi khawng nghal thei an ti. Mihringin kan chhiatpui nghal mai lohna chu, kan taksa len ang hu-a kan hmuam tlem vang a ni. Chu bakah kan taksa sipaiten he t<r hi nasa takin an do va, an lo tidal hram hram \hin a ni.

Nau chhiatna thlentu a ni em? Ramdanga doctor-te la

sawi chhuah loh, kan Kohhrana thawktuten ngaihbel lian tak an neih chu nauchhiat leh khaini hmuam thu hi a ni. Nau chhiat \hinte an han zawh chian chuan khaini leh sahdah heh takte an lo ni fo \hin. Inzawmna a awm ang em? Taksaa t<r anga thawk \hin chuan nu pum chhunga naute insiam leh \han \hat leh \han \hat loh thlengin a tibuai thei a ni ngei ang.

Heng kan zuk leh hmuam, zu leh drugs te hi dawklak awm thei, addict theih vek a nih avanga sim leh thlah harsa pawh a ni reng a ni. Kan taksa mi bawi tawh avangin mi tam tak a tel lovin kan awm thei lo va, thlah duh chung chungin kan thlah thei lo zawng a nih hi.

Zu ngawl vei leh drugs ngawl vei leh mei ngawl veite leh kuhva ngawl veite hi chhanchhuah ngai dinhmuna ding vek kan ni. Tumah indah sang leh hniam tur chuang kan awm lo. Mei leh kuhva ngawl veite hi an indah sang deuh a ni mai thei, ngawl dang vei aiin.

Meizial in\heh te, kuhva in\hehte hi induhsakna a tling

lova, taksaa natna leh tawrhna thleng tura inbumna a ni zawk. Kuhva in\hehte pawh, 'Han ei ngat teh, i ei ang a, ka chhung cancer i la vei dawn nia' intihna ang lek a ni. Huat zawng leh hmelmate lo chu \heh loh tur ni awm tak a ni.

Hriselna a\anga thlir te, hun leh rilru a tihhek dan a\anga thlir te, khua leh tui \ha kan nihna anga kan taksa, Pathian In vawng thianghlim tur leh venpui tur kan nihna a\anga thlir chuan zuk leh hmuam, zu leh drugs a\ang hian ringtute chu kan inthiarfihtmlim a pawimawh a ni.

Ruih theih thil, zuk leh hmuam vanga kan taksaa chak lohna leh natna lo piang a, a hun hmaa thi kan nih chuan mahni nunna titawitu kan ni a, mahni nunna la nen kan thuhmun thei mai awm e.

Ringtute hi \ha tak leh rinawm taka kan thih ni thlenga Pathian rawngbawl tur kan ni a, chumi ti thei lo tura kan taksaa roreltu a awm a nih chuan Setana lawm zawng tak a ni phawt ang.

(He article hi mi thenkhat ngenna avangin tih chhuah nawn a ni e)

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## Cooking Gas Chungchang

- \* Gas Cylinder chu englai pawhin a ding ngil reng tur a ni. A valve chuan chunglam a kaw k reng tur a ni.
- \* Gas Cylinder chungah thawmhnaw leh puan lam chi reng reng dah loh tur.
- \* Gas bungrua reng reng chu electric wiring, swich leh plug a\anga metre khat tal a hlaah a awm tur a ni.
- \* Gas i chhit laiin hla takah awm bosan suh. I thil chhuan a lian thei. I chhuanliam chu burner-ah a lut anga a hnawh a ni mai thei. Vil reng a him ber.
- \* I hman loh lai chuan regulator-ah off \hin ang che.

## TYPHOID FEVER [Khawsikpui]

Dr. F. Lallianhlira

Typhoid fever hi Samonella typhi hrik vanga a awm a ni a. Kar 3-4 vel lai khawsik a awm thei, lungphu muang leh be vungten a zui bawk. Typhoid natna hi mihringte vei leh tihdarh a ni ber a, natna hrik hi zun leh ekah damlo leh damkawrin an tichhuak \hin a. Damkawr hian dantlangpuiin kar 6-8 vel thleng natna hrik zun leh ekah an tichhuak a. Natna vei a\anga kum khat hnu lam thleng a la tichhuak reng ho hi BENVAWN tih a ni. Benvawn ho m\$ t bawm leh thinah natna hrik hian bu a khuar \hin a, tihreh harsa tak a ni. Benvawnho hian natna hrik chu zun leh ekah an tichhuak deuh ber . Chaw, tui leh bawngnhute he natna hrik avanga thianghlim lo ei leh in avang hian inkai chhawn a ni deuh ber.

Typhoid vei tawh tan himna a awm chuang lo, a vei nawn theih vek a ni. Hmun vawt entir nan vur leh ice-cream-ah te natna hrik chu thla khat lai a dam thei a. Chaw\hing bawhlawhahte inthlah pungin hun eng emaw ti chhung an dam thei bawk. Ek leh zun thli a anhnah leh thil dang (vegetables)-ah te awmin chung chu miin a ei chuan typhoid chu a lo kai ta \hin a ni. Thingtlang leh khawpui hmun \awp zun leh ek thiarna awm \hat lohna khawlai, dai leh ram palaileng a zun leh ek thiar mai maina

hmunah nasa takin natna a darh \hin.

Natna hrikin taksa a luh a\anga ni 10-14 vel hnuah taksaah natna a lo lang \an a. Puitlingah chu awm nuam lo pangngai in \an \hin mah se la, naupangah chuan khawsik sang tak,vawt ti em emin a in\an fo. Pum na, hrawk na leh khuh in a zui mai \hin. Kaw\halo leh ek thi pawh a awm fo. Damdawi a inenkawl a ngai a, Typhoid fever vanga thihna 75% hi treatment \hat loh vang a ni.

In enkawl ngun loh chuan heng thil te hi a thleng thei:-

1. Ril pawp (kar 3 hnuah)
2. Zun theih loh
3. Pneumonia
4. Be vung
5. Lung na
6. Rilru chiang lo
7. Mit bawm na, kal na, ruh na/nget.

**Engtia ven tur nge:** State Public Health System \hat leh \hat lohah control hlawhtlinna hi a in nghat thui hle. Natna in kai chhawn theih leh in kai chhawn theih lohte hi Public Health System \ha tak kal tlangin danna leh controlna kal pui \hin tur a ni. Awmze nei a Public Health System hi a \han dawn chuan Department-in Public Health Specialist tam tawk a neih chu tihmakmawh a ni. State-ah Public Health a chak loh chuan natna in kaichhawn theih (communicable diseases) tuarin kan Hospital ropui tak takte a khat hung ang a. Preventive leh Promotive level a dan mai theihin min tibuai reng mai dawn a lo ni. Damlote insenso zawng zawng leh hna \angkai thawhna hun hlu khum a\anga an thlir liam mai chu tuin nge

compensate ta ang. Public Health ngaih pawimawh lohna hmun apiang an retheiin an hrisel lo an tih chu.

#### **Hma lak dan tlang pui chu:**

- \* Natna theh darhtu (ben-vawn) kha control a \ul.
- \* Kawng hrang hranga chhungkua leh khawtlang fail leh thianghlimna lam tih hmasawn a \ul.
- \* Invenna (immunization) lak a \ha. Hri danna hian 100% veng kher lo mahse, tawrhna leh in kaichawanna a ti nep a ni.
- \* Natna benvawn neiho hi zawn chhuaha dawmdawi a enkawl dam vat tur a ni.
- \* Culture leh thisen exam a ngai a. Natna hrik hian mit bawmah te bu a khuar \hin avangin zai a paih pawh a \ul thei.
- \* Thil hote anga kan ngaih mahse \angkai em em a awm, zun leh ek zawh a kut sahbawn a sil te, ei rel dawna kut sahbawn a silte hi kan nun pui tlat tur a ni.

- |   |  |
|---|--|
| <p>* Tui in a thianghlim tur a ni, kan tuikhurte a faiin a thianghlim bawk tur a ni. Tui min petu Dept.-te pawh tui chungchang hi titipui fo ila. Khawtlang hotute pawhin kan tui tlan dinhmunte ngaihven \hin tur a ni.</p> <p>* Chaw \ha ei loh, chaw kawpuar ei tur hmuh loh vang tein taksa a lo chak lo va, chu tak chu natna hrik tan chance \ha tak niin damlohna a thleng awl</p> | <p>\hin a ni. Sawrkar Dept. \henkhatin chaw \ha, vitamins leh thil dang an semte hian taksa an tichakin hriselna tan a \ha em em a ni.</p> <p>* Zun leh ek seng hawi danah hma nasal eh zual a lak a ngai. Ran in leh ran zun leh ek te fai leh mumal taka paih \hin tur a ni. {Typhoid natna chungchang chhuah tura ngenna kan dawn avangin chhhuah nawn leh ani e..}</p> |
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### Hmangchang

- Rawng hnawih thar hi a rim a na in a nam rei thei hle lehngal a, purun sen zai phel la zankhuain i rawng hnawih thar bul/roomah chuan dah la, zingah chuan a rim a lo ziaawm sawt mai ang.
- Thawmhaw a thisen kai hi a khang hma a tuivawta sil in awlsam tein a fai thei a, tuilum chuan a silfai theih loh.
- Puan leh towel rimchhia tihreh nan hian tui litre khatah soda fiante hnih telhin chhuangso la, chutah chiah vang vang la, a rim a thiang vak mai ang.
- Serthlum pil phoro hi thingrem, wordrope emaw chhungah dah la, wool leh silk lampang chi te hi lungphur leh rannung dang lakah a veng thei.
- Ha naah hian neem hnah tlem tui no hnih nen chhum so la, chu chuan han thua teh, i ha na a chhawk huai mai ang.



## PANCREATITIS

- Dr. Thangchungnunga, MS.(Ortho)

Pancreatitis hi Mizo \awngin kan nei chiah lo niin a lang a. Kan \awng anga kan hman mai loh chuan sawifiah dawn in a sei lutuk si a. He natna hi a na in, thihna, ni hnih khat lek a thlentu a ni ber. Tunhma deuh kha chuan zu in nasa ho-ah a awm bik \hin a hriat a ni. Tunah erawh chuan zu in lem lo pawhin an vei ta nual mai a. A enkawlna lah hi eng teh ual a awm bawk si lo.

Amah pancrease hi kan pumpui hmawr tawp kual lai kar a awm a ni a. Amah hi insulin leh enzymes (chaw ei a, tul lo awm te chak taka lo ei raltu motor acid ang mai a chak a ni ti ila a huam kim ber awm e). A hmawrah hian heng enzymes leh insulin te pe chhuak tur hian dawt (pipe) te reuh te a rawn chhuak a, hei hi kan mit (bile) lo chhukna pipe nen a inzawm a, ril in tan tirhna ah a lut ta a ni. Kan ei leh in azirin, insulin leh enzymes chak tak mai chu, a tul ang zel a tam leh tlem in an rawn ti chhuak ta \hin a ni.

Natna, pancreatitis a lo awm chhan hi Chiang fak a sawi a har a, zu hi a chhan pakhat chu a ni a. A dang leh chu lungte, bawlhhlawh emaw in a

pipe kha a hnawh palh thei a. Hetia a hnawh emaw, a vung ping emaw cancer vang te a nih hlauh chuan; a enzyme, thil ei chhetu kha a chak em avangin, ama taksa (Pancrease) ngei pawh a eiral ta \hin a, chu chu a nat em em na chhan pawh a ni reng a. Kum 1975 vel a kan zir ve lai te kha chuan, thih ngei ngei na ang hial a min zirtir a ni. Tunah pawh pancreatitis dam chhuak chu sawi tur an tam vak lo.

Tunlaih chuan, zu in si lo, a chhan puh mai tur awm mang lo te an awm ta nual mai a. A buaithlak lai ber chu, amah leh amah a in ei chhe rang si a, a nat a\anga ni hnih bak an dam hman meuh \hin lo. Mahse, damdawi \ha leh thiamna sang zel te, hmanraw \ha lo chhuak

zel te avang hian rang takin enkawl theih an lo ni ta a. Thihpui lem lo a dam leh an tam ta mai. A khai khawmna ber chu, 'Pancreatitis kan tih hian amah leh amah tûr in a in chiah ral a ni.'

Insulin a pek chhuah lah hi, kan taksa tan a pawimawh ber, chakna hnar, carbohydrate a'anga lo insiam, a mawl zawngin glucose taksa mamawh tawk a lo siam remtu a ni bawk a. Hei pawh hi a that loh chuan, zunthlum a lo awm thuai thin. Pancreatitis laka

invenna awm chhun chu, zu in loh te, chaw dik leh tha, junk food ni lo, balanced diet an tih ang hi ei hram hram tum tur.

Heng zawng zawng chung a pawimawh em em chu, tui lampang in tam hi a ni. Thingpui sen hang \hatna hi sawisen pawh a ni lo, tui pangngai ringawt pawh hi, nitin litre thum aia tlem lo kan mamawh tih hriat tur. Kan taksa a tui a tam chuan, kan hriat loh hlan in natna tam tak kan vei ngei tur ni awm pawh kan pum pelh thei dawn a ni.

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### **Mawitea huang !**

◆ German ho khu a han ngaisang mai mai khawp a, 'Indopui pakhatna \antir khan German-ho khan tank an la nei ve lova, British ho tank kha mak an ti khawp mai a, belhchian an duh avangin tank tlakna turin lei an lo laikhuar a, chutah chuan a tla ta ngei a, German Engeneer paruk vel hian an han bawr kual laih laih a...a tukah chuan mit thim tlin tawk tank an rawn inzui ta mai a...' zuk ti a!!

◆ Japan-ho pawh hi a ngaisang mai mai asin, " Japan-ho hi chu an mitmeng han en reng reng hian thil tum pasarih an nei sa tih hi a hriat theih" zuk ti a!!

◆ 'Doctor, ka pa chu eng nge a an? a lo ti a. Doctor chuan 'I pa hi englai pawha kal thut thei reng a ni' a ti a, 'Awi.... a va han lawmawm em em, chutia kal thut thei em ema a \hat chak ka lo ring reng reng hlei nem...' zuk ti a!!!

## ZUNTHLUM NEITE HRIAT TUR

Zunthlum nei/vei te chuan in natna in hrechiang hlein a rinawm a, a inenkawl dan pawh in bel hlein a rinawm. Amaherawhchu thil hriat sual palh leh hriat hmaih palh nei in awm takin tlemin han tuihnih leh hlek ila.

**Zunthlum natna a dam thei?:** Zunthlum vawikhat vei tawh chuan a dam thei tak tak tawh lo va, dam a inhriat pawhin chhuah hun a nei leh \hin a. Chuvangin zunthlum vei tawh emaw vei mek tan chuan inenkawl ngun tluk a awm lo.

**Blood sugar en dawnin damdawi ei loh tur?:** Damdawi hnathawh dan a \ha tawk nge tawk lo enna hun a nih avangin Blood Sugar test dawn reng rengin damdawi ei lai thlah loh tur. I damdawi ei kha a pangngai rengin ei la, i thisen test a nih hunah a thawh dan a hriat theih ang a, chuta \ang chuan dam-dawi a inenkawl zel dan tur Doctor in a hre thei chauh dawn a ni.

**Damdawi a inenkawl vangin ei leh inah in sum loh tur?:** Damdawi a in enkawl tih vangin ei leh in a insum kha thlahdah tur a ni chuang lo.

**Zu in a pawl lo?:** Zunthlum vei tan chuan a hunbi ang chi a zu in hi a \ha lo hle a. Amaherawhchu a chang zeuh a han in chu a pawl lem lo. Mahse, a chang zeuh a zu in pawhin tam lova in a thil hmeh tel loh tur.

**Insum tur thil te :**

1. Thil thlum 'chini' sweets, Ice cream, chocolates angte hi ei loh tur a ni.
2. Lei hnuai thlai, entir nan-alu te, pangbal te, leh bal te.
3. Suji, Maida, chow.
4. Bawnghnute leh bawng-hnute a\anga siam chhuah dhai, cheese.
5. Giu (ghee), butter, puri kan te, paratha, singara leh pakora.
6. Thei chi hrang, thil thlum ngah chi entir nan balhla te, grapes, lichu, theihai te.

7. Artui chungmu, vawksa, sathin, kal leh sa thluak reng reng.

**(a) Ei theihte:**

1. Siamchawp tih thlum na entir nan sachharrin sweetexte, chini aia hman tur.

2. Thlai hring um ei te, lettuce te, beans te, bawkbawn te, changkha te, bawrhsaiabe te, motor chana te, lamkhuang te, purun te, heng ang ho hi tlem te tea ei \hin tur

3. Atta ei \hin tur, buh (chaw) ei a paw lo va, mahse a tuihnang paiha ei \hin a \ha.

4. Refined Oil entir nan saffola-te, sunflower-te chawhmeh kan nan hman thin 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 paw hnan lo va, amaherawhchu a \ha ber a ni lo a ni. Zu-in

hi pum ruaka in a nih chuan thisena thlum (glucose) a tihnam thei a, chuvangin fimkhur a ngai hle a, a hniam lutuk chuan nikhaw hre lova tluk tawp te pawh a awm thei. Zu in loh in 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 \ha, engpawh eiin in sela a ei tam emaw in tam tur a ni lo va, amah-erawhchu eia in zin thung tur a ni.

**b) Exercise (Insawizawina) :** Exercise hi zunthlum natna vei tan hian a \ha hle a ni. Taksa buk rihna mi thauah a tihnam a, mi tizangkhai a. Hei vang hian thisen zam hnathawh a ti\ha a, exercise hi a \hat rual rualin hriat tur chu a theih hram chuan pum ruaka tih loh tur a ni.

**EXERCISE LAK | HIN TLANGPUITE CHU:**

- i) Muang tea tlan \hin.
- ii) Ke-a chak vak lo va kal \hin.

Exercise regular taka lak \angkainate chu-

1. Tihrawl chakna a pe. a veng thei a ni. Damdawi hi
2. Buk rih lam a veng \ha Doctor-te r^wn chung zela ei  
\hin.
3. Mi a ti phur a. damdawite chu a mum leh a
4. A tlangpuiin mi a thihlim tuite a ni a. A mum chu Daonil  
\hin. a ni a, kum 1956 a\anga hmuh-  
chhuah a ni. A tui chi chu
5. Thisen thlum a tiral a, chu Insulin a ni a, inchiua lak \hin  
chuan Insulin hman \ulna a a ni. Mizopa damdawi Buarze  
titem a. Tichuan thisena thlum hnah tui sawi in leh changkha  
(Blood Sugar) sang tur a veng pil tui sawrte leh Neem hnan  
\ha \hin. chhum tui inte hi mi \henkhatin  
an \hatpui ve baw. Kum-  
tluang parvar hnah leh a par  
eite hi mi \henkhat chuan an  
\hatpui baw.

### Sekrek

\* Haihawt venna: Zingah i harh veleh, niminah eng nge ka tih? Vawiinah eng nge tih ka tum? Thil tih hmabak chhonzawm tur ka nei em tih ngaihtuah vang vang ila. Zan mut dawnah, vawiinah tu tute nge ka hmuh? Naktuka chhonzawm tur thil tih tur tul ka nei em? tiin ngaihtuah ziah baw ila, a sawt khawp mai.

\* Silicone: Silicone bur leh a kah chhuahna hi kaw l chi tak a ni. Dr. Fix-it ah hian a awm. M-Seal, Fevicol leh Dendrite ilova char theih loh khawpa kaw zauvah hian kap lut ila, rubber-ang hian a hnawh tlat mai a. Cement leh metal inzawmnaah te hian a tih chi hle.

\* Sangha bawm: Phai sangha pack-na thermocol sangha bawm hi pangpar leh thlai chinna atan chuan kan hmang hlawm a. A \hatna dang chu, rangva tuizem hun chhanah hmang la. Tuizem mawng chu a tirtual thlap mai a, tuizem a chhe har a, a tuiek har baw.

## THISEN SANG (Hypertension)

"Thisen sang" han tih hian kan hrethiam deuh vek tawh awm e. Tunlai Mizote pawh hi kan ei kan ti \ha ta deuh nge thisen sang (*high blood pres-sure*) nei kan awm ve ta fur mai. Amaherawhchu, ei \hat vang ringawta thisen sang hi lo insiam a ni lo va, chhan tam tak a awm thei a ni.

**Thisen sang awmna chhan \henkhatte** : Mi thil chik mi te'n an chhut danin Australia aborgines te, Greenland-a Eskimo ho te leh Africa, Central leh South America rama cheng Tribal te hian thisen sang natna hi an vei mang lo va. A chhan nia an hriat chu **chi** an ei tlem vang a ni.

Tuipui kama chengte leh Japan ho, ei tur dah \hat nana chi hmangte erawh chu zaa 60 zelin thisen sang an nei a, "Stroke" hi an thih chhan ber a ni tlangpui bawka ni.

Puitling hian ni khatah a tlangpuiin chi hi 500 milligram (thirfiante khat hmun sawma \hena hmun khat) chauh kan hriselna'n kan mamawh a. Amaherawhchu ni khatah hian gram 10 a\anga gram 20 (milligram 10,000-milligram 20,000) kan ei ber a ni. Ni

khatah hian chi hi gram 5 emaw chauh chu ei thei ila, thisen sang natna hian min tlakbuak tehchiam awm lo ve.

Tin, **arterial plaque** an tih, thisen kawng hnawhtu avang hian thisen sang hi a awm thei bawka. Hetiang thisen hnawhtu hi thau a ni ber a. Hemi laka fihlim tur chuan thau leh mawm lam a tawka chauha ei a \ha a ni.

A pathumnaah chuan **Overweight**, a lo a luata thau hian B.P. chu a ti sang nghal a. Kan thaute hi taksa peng dang ang bawka thisena chawm an ngai a. He thisen chawmtu tur hian harsa takin thau chu a su tlang thei chauh a. Hetianga \an la tur chuan high blood pressure, pressure sang tak leh chak tak a ngai a ni. Thau dan tur pangngai aia 20% aia thaute reng reng

chuan engtik hunah emaw chuan B.P. sang hi an nei hrim hrim a ni.

Naupai danna, birth control pills, a eia ei chiah hian thil pakhat Estrogen an tih hi a tel a. Estrogen hian chi al hi a khawl duh avangin heti ang damdawi ei ho hmeichhe zingah hian thisen sang eng hunah emaw chuan a siam nge \hin.

**Thisen sang hi eng nge?** Mihring taksaah hian thisen hi a luang kual reng a, Hemi tiluangtu hi kan **Lung** a ni in lung hian tui pump khawl ang deuh in hna a thawk a. Kan lung an phut dat hian thisen a pump a, hei hi **"Systolic B.P,"** a sang zawk kan tih hi a ni a, tin, a phu inkar, a chawh lai tak hi **"Diastolic B.P,"** a hniam zawk kan tih hi a ni leh a. Tichuan thisen pressure a sang zawk Systolic hian 140 leh a chung lam a thlena a hniam zawk Diastolic hian 90 leh a chunglam a thlen hian thisen sang, high blood pressure/hypertension a awm a tih theih a ni. 'Normal' hi dan naranin a chunglam 110/

120, a hnuai lam 70/80 a ni deuh ber.

**Eng tianga enkawl tur nge?:**

B.P. sang damdawi te chu a awm naa, hetiang damdawi ring reng a khawsak ai chuan thil ei te leh khawsakzia a hnuai a mi anga tih danglam hian a hrisel zawk mah a ni:

1. Chi leh thil al ei tlem.
2. Hmawmsawm ei tlem.
3. Thau, mawm leh thil thlum ei tlem.
4. Sa ei tlem (Soup tiamin)
5. Zu lam khawih loha intih cher.
6. Alu, thlai hring leh thei lam chi ei tam.
7. Ni tin khawng veh vawha minute 30 a\anga darkar khat chhung tal Exercise laa ke a kal
8. Chawhmeh, Ajinomoto (Monosodium glutamate) telna ei loh.

(Thau lutuk hlauhawm chin hriatna chu kawnga inteh hian a hriat theih. Hmeichhiaah inchis 34.5 aia a lenin. Mipaah inchis 40 aia a lenin.)■

## STROKE

Thluaka thisen a luh tur ang a luh loh avanga engmah hre lova an leh tawp emaw, pangkhing te a zen emaw, thihna hial pawh a thlen hian "STROKE" an ti a. Hetiang em thleng lova kut emaw tih chet theih loh leh \awng theih loh thut emaw, mi thil sawi a awmia hriat loh thut hi "Mini STROKE" emaw "Transient Ischaemic Attack" (TIA) an ti leh a.

**Stroke hi eng nge ni?:** Stroke an tihah hian chi hnih a awm a. Haemorrhagic leh a chung a kan sawi tak TIA te an ni a. Haemorrhagic hi thluak a thisen zam a pawp emaw a keh emaw a, thluak leh luruh inkarah thisen a lo tlin khawm hian a thleng \hin a. Hei hian dan tlangpuiin thihna a thlen \hin a ni.

Thluaka lut tur thisen a khaihlak palh hian TIA an tih hi a awm \hin a. Hemi hi a chhan ber chu thluak a lut thisen zam lian (artery) 4 zinga a eng emaw ber emaw an peng eng emaw ber hnawh tu a awm \hin vang a ni. Thluak bawr a khawih buai lai a zirin kan taksa hnathawh dan chi hrang hrang a khawih khaw lo thei a. Ke te leh kut a zawi deuh thut theiin khaw hmuh te a fiah lo ruai thei a ni. A \henah phei chuan zen hlenna leh thihna hial

a thlen thei a ni. Heng ang a TIA hi darkar 24 lai awh pawh a awm laiin dan naranin minit 5 aiin a rei ngai lo.

**Tu te tan nge hlauhawm zual?:** TIA hi a rei loh \hin em avangin ngaihsak a hlawh lo hle \hin a. Hei hi a pawl takzet a ni. A chhan chu hetiang TIA nei tawh reng reng 10 zinga mi 3 chuan kum 3 a\anga kum 5 chungin Stroke puitling an nei nge nge \hin a ni.

Thisen sang nei tan TIA hi ngaihpawimawh a \ul bik a. 100 a 80 hi BP san vanga Stroke nei an ni a, churang chuan BP sang nei \hin te chuan an BP control an tum hram a \ha a ni. Tin, mei zu mite, zunthlum vei te leh hmeichhia chhangkhatna damdawi ei te tan pawh a hlauhawm zual bawh. Heng bakah hian lungphu \ha lo te,



thau lutuk te leh Exercise la ngai lo te tan pawh a hlauhawm a. Tin, a tlangpuiin hmeichhia aiin mipa tan a hlauhawm bawk.

### **Engtin nge TIA a ni tih kan hriat ang ?:**

1. Kut hmawr emaw ke hmawr emaw a tirah a rawn hit mup ang a, chutah ban, ke tluan leh hmai emaw taksa khing leh lam zawng emaw a hit vek \hin a ni.

2. Thil ken lai thlah ringawt pawh hian TIA a in\an a ni tih hriat tur. Tin, thil tla chhar tum pawh a chhar theih loh tlat hian TIA chu kan nei a lo ni \hin.

3. | henkhat chu rei lo t> chung an \awng thei miah lo emaw an \awngchhuah pawh awmze nei lovin an rak \hin a. A \hen leh chuan mi thusawi an hrethiam lo (a awmzia hre lo) tlat \hin bawk.

4. Stroke emaw TIA-ah emaw hian khaw hmuh a fiah lo a, a thim mup \hin a ni. A tlangpui thuin mit pakhat in khua a hmu lo va, pakhat erawh chu a pangngai thlap a. Heti ang a nih loh vek pawhin thil hmuh a phe in a phir \hin a ni.

5. Kal ngil theih miah loh emaw her deuh chhu a kal thut te hian TIA a ni tih a tilang a. Hetiang a awm hma hian lu a hai \hin bawk.

6. Lu a rawn nat thut a, lu a pum nat hian thluak a thisen zam a keh a ni duh viau. A nat dan pawh a tur ut ut ang chi a na ni lovin a na vin \huai mai a ni.

### **Eng anga inenkawl tur nge ?:**

Kan sawi ang tak te hi i tuar tawh a nih chuan Doctor r^wn vat la, nghawng bawr vela thisen zam awm te chu Ultra-Sound a entir vat tur a ni. Ultra-Sound a\ang hian i thisen zamah hnawhtu a awm leh awm loh a hriat theih a. Hnawh tu a lo awm a nih chuan zai kher lo pawhin a hnawhtu ti keh thei damdawi ei chi a awm tawh a, hei hian inenkawl mai tur a ni.

Tin, a hmaa kan sawi tak ang khian la lang chhuak lem lo mahse, vei hlauhawm ho tan chuan Ultra Sound a inentir chu thil paw lo tak a ni. Hriat lem lohvin thisen zam kha a lo in hnawh phui \an thei reng a ni. ■

## FRIDGE CHUNGCHANGA HRIAT TUR PAWIMAWH ZUAL 10

1. I fridge chu a ti-lum/ti-up thei hnaih lo thei ang berah dah rawh. Bang nghengah emaw, bang hrulah emaw dah loh tur. Bang a \anga 30 cms (Foot khat) a hla a dah tur. Foot khat aia hnaih engmah dal thei tur dah suh. | henkhatah chuan foot khat ni lovin, inches 6 an ti bawh.
2. A kawngkhar a phui em tih enfiah hmasa ang che. Hemi hriat theih dan chu, lehkhapuan la la, a chanve a chung lamah dah la, a chanve a pawn lamah, Fridge kawngkhar chuan khar hnan la, lehkhapuan chu amaha a tawh deuh emaw, pawhchhuah a aw hle chuan, a seal a tha vak tawh lo tihna a ni a. T hlak emaw repair emaw a ngai tihna a ni.
3. Fridge a thil dah tur chu i dah hmain tidai phawt rawh. T hil tuiril chi chu khuh la, a tlang chi emaw chu fun ang che. K huh loh emaw fun loh emaw chuan a chung a tihnavng a, a khawlpui (compressor) a rim a, a tlo lo vang.
4. Fridge chu tihvawh lutuk loh tur a ni. Duhtusamah chuan thil dahna pangngai degree 2-5 celcius ni se, freezer-ah chuan -18 to -15 celcius degree aia sang lo ni thei se.
5. Fridge-ah thil dahkhah lutuk loh tur. Hmun li a \hena hmun thum bak dah loh tur.
6. Fridge hi hawn zin lutuk loh a \ha. Hawn pawhin hawng rei lovin khar leh thuai ang che.
7. Freezer leh refrigerator tih tui (defrost) \hin tur. T uikhang a tamin powerin hna a thawk \ha thei lo va T uikhang in chi hmun li a \hena hmun khat aia chhah awmtir loh tur. V ur i siam duh a nih pawhin tray hran ice-tray-ah siam rawh.
8. Fridge hnunga thir inphan te, a kawngkhar hnuai lam te kum khatah vawi thum tal ti fai la. A hnung lam leh a hnuai lam thla tin silfai a \ha. A kawngkhar leh a tiphuitu (sealing surface) ti fai \hin rawh.
9. Fridge chu kum 10 a pelh tawh chuan a thar ngaihtuah la. I chhungkaw mil (a len leh tetah) ngaihtuah hram ang che.
10. A thar i lei dawn chuan, arsi bel (energy star) en ngun tur. Arsi lem bel tam apiang thlan tur?■

## HIV KAIHHNAWIH NATNA LANGSARTE

HIV hrik pai damlote hi natna chi hrang hrang leh hrilawn ten a tlakbuak awl em em a, natna hrik chi dang mai bakah HIV hrik vang hrim hrim pawh hian natna chi hrang hrang an tuar thei reng a ni. HIV hrik paite zinga natna awm thei te leh taksa bung hrang hrang a tihchhiat theihte hriatchian an \ul takzet a ni.

**1. Rihna tlahniam leh chaklohna:** He natna in a thlen hmasa berte zinga mi chu rihna hloh leh cher telh telh hi a ni. Damlo \henkhatte phei chu ruhkaw ang maiin an awm thei a, tunhma phei chuan he natna hi 'slim disease' an ti mai \hin. Chaklohna leh chaw ei tui lo hi HIV hrik paite zingah a tam hle bawk. AIDS vei zaa 50 aia tam te chuan khawsik an buaipui em em a, khawsik seng seng, tlun leh thlan tla zawih zawihthe pawhin an awm \hin a ni. Cher telh telh te, khawsik leh chaw ei tui lote hi natna chi dang tam tak vangin a awm thei a. Malaria te, TB te, typhoid te, awmna leh thil chi dang avang tein a awm fo \hin. HIV hrik pai mekte zingah heng natnate hi ngun lehzuala enkawl leh hmuh chhuah vat a \ul \hin. Heng natnate hi awm lo mahse

khawsik, chaw ei tui lo leh cher tawlh tawlh te hi HIV natna ken tlangpui a ni tho.

**2. Vun natna:** AIDS vei mekte vun chu a tlangpuiin a ro a, a dangin mitthi vun ang maiin a hil \hin. Sam leh hmul dangte pawh a sin a, a rawngte pawh a dang daih thei a ni. Vun cancer chi hrang hrang leh pangti chawr te, durh nasa takte an tuar fo \hin. Heng hi vun natna hrik vang leh chhungril natna inlar chhuak a ni duh viau.

**3. Chaw kawng (gastro intestinal tract) natna – Kaw\halo (diarrhoea) :-** Hei hi HIV hrik pai mek leh AIDS vei mekte natna tam berte zinga mi a ni, kawkhawh leh santen ang deuhin dam \ha thei lovin an awm \hin. Heng bakah hian luak te, pumpai nuam lo leh pumna ringawt te pawh a

awm fo bawk. Kaw\halo thlentu hi hrik chi hrang hrang an awm a, chubakah HIV hian ril tuamtu hamda (mucus membrane)-te hnathawh a tibuai thei bawk. Rilpui l<sup>wng</sup> (colitis) : Hei hian pumna te, pumpuar te, kaw\halo leh santen ang mai natna, HIV hrik paite zingah a titam hle. Kaposi sarcoma leh cytomegalovirus vangte a ni ber. Thil lem harsa (dysphagia):- HIV hrik paite zingah hrawk leh ka chhunga fungus \o vangin thil lem a harsa fo \hin. A chang pheii chuan he fungus hi chawdawtah te darh zau zelin a hnawh ping hial thei \hin.

**4. Thawkna kawng (respiratory tract) natna:** Rei tak chhung khuh kheuh kheuh te, thawchham te, khak thi te, chuapa tuitling leh awmnapui (pneumonia)-te hi HIV hrik pai leh AIDS vei mekte hian an nei duh hle. Heng hi TB, PCP, Kaposi sarcoma leh pneumonia hrik chi dangten a thlen \hin a ni. HIV vanga natna a pun rual hian khawvelah TB hi a tam thar leh ta a. TB hian taksa a hneh

awlsam ta emaw, TB hrik muhilte chu HIV hian a \hawng tho ta emaw, TB hrik te hi tihhlum an harsa leh zual ta emaw a ni mai thei. Chuap leh thawkna dawt natna chi hrang hrangte hi a hun taka hmuhchhuah leh enkawl vat a \ul takzet a ni.

**5. Mit natna:** HIV hrik paite zingah mit natna hlauhawm tak pakhat chu cytomegalovirus retinitis an tih mai hi a ni a. He virus hian mitmu chhungril tuamtu hamda a eichhia a, mit a tidel \hin a ni. Chubakah herpes zoster te, Kaposi te, toxoplasma natna hrik te hian mit a tidel thut thei bawk.

**6. | halbe vung (lymphadenopathy):** HIV hrik pai, za a 50 aia tamin \halbe vung an nei \hin, zakhnuai, nghawng, kap leh pum chhunga \halbe te an \hanglian \hin a ni. | halbe (glands) te hi vengtu sipai T-cell leh B-cell te bupui a ni a, HIV hian heng tim<r te hi a tinung a, T leh B cell te chu nasa takin an inthlahpung a, chu chuan thlabe a tivung thin

a ni. HIV hian zawi zawiin T-cell te hi a ei hlum a, \halbe vung chu a reh ve huai thei bawk. Taksa peng hrang hrang hmun hnih aia tama mi \halbe, thla thum aia rei an vun chuan Persistent Generalised Lymphadenopathy (PGL) tiin an vuah. HIV bakah hian TB te, syphilis te, lymphoma te leh toxoplasmosis te hian \halbe a tivung thei bawk.

7. Ka chhung natna (Oral disease) : HIV hrik pai leh AIDS vei mek zaa 70 te chuan ka chhung leh hrawk na an vei \hin. P<sup>n</sup> chhia te, hahni vung leh pan te, chilbawm vung leh p<sup>n</sup> te, ka chhung sawrbawk leh chawr te hi natna tlangpui an ni. Kaposi sarcoma hian lei leh dangah bu a khuar thei a, fungus-candida hian ka chhung hmun hrang hrangah p<sup>n</sup> var khawn hluk mai a siam thei bawk a ni. Oral hairy leukoplakia an tih mai hi natna chi khat, lei sir tawn tawna awm, bawng pumpui ang maia bawl hrut mai chi a ni bawk.

8. Thluak natna (neurological) : HIV hian natna dang

a thlen hma hauhin thluak a khawih buai nghal thei a, a chhan chu HIV hrik hi thluak timur \henkhat chhungah a lut nghal thei a ni. HIV in thluak natna a thlen theih \henkhatte chu – khawsik lut (meningitis), lu na em em, nerve tuamtu tihchhiat (demyelination), spinal cord tihchhiat (myelopathy), nerve hnathawh tihbahlah (neuropathy) te an ni. HIV in thluak a tihchhiat vanga natnate hi AIDS Dementia Complex (ADC) tiin an vuah mai a, thluak chhunga hnathawktu white matter a ei chhiat vang a ni. ADC in \an tirh lam chuan hriatrengna a tibuai a, haihawt a zual a, ngaihtuah a ding thei hek lo. | awng a buh nuai a, kut leh kete a zawi vek thei a ni. Lehkha ziah a harsa a, ngil taka kal a harsa em em \hin. ADC a lo nasat zel chuan \awng a harsa telh telh a, \awng thei lovin an awm mai \hin a ni. Zawi leh chauh ngawih ngawih te, zun leh ek ip theih loh te, luna em em leh kaihte a awm thei bawk. Natna hrik dang thluak eichhe theitu

te chu Cryptococcus leh toxoplasma te an ni bawk.

9. Nausen natna : Chhul chhung a\anga HIV hrik kai nausente chu thla ruk an tlinin natna an vei tlangpui a, a tam zawkte chu kum hnih an tlin hmain an thi nge nge \hin.

| halbe vung reh thei lo te, awmna leh kaw\halo benvawn te, ka chhung p^n te, thinlian, mitliam leh la tlate an vei \hin. Khawsik chi hrang hrang bakah infection benvawn - bengkherh, mit na, panchhia te an vei chamchi a, taksa leh rilru than a \hu tlat bawk a ni.

## MAIPAWL

Maipawl hi kan thlai chinte zinga mi a ni a, mi tinina kan hriat leh chawhmeh atana kan hman \hinte zinga mi a ni. Damdawi atana \hatna tam tak nei a nih avangin kawl tawk neih theih reng a \ha.

### DAMDAMI ATAN

1. Rul chuk: Maipawl hnah rawt sawm tua zut a \ha, a hnah a awm loh pawhin a rah pawh chutianga zut nan chuan a \ha.
2. Chhul bawlhhlawh: Maipawl hel leh chithlum ei pawhin a fai duh.
3. Chhul vung: Maipawl pumkhat, a pil thel faia, chan sawm a, chithlum gm. 250 vel nen chawhpawlh a, bela dah a, a tui tling chu in zel tur a ni. Tin, maipawl tuitling in bakah Tetracycline leh Sulpha Triad (MB No.3) ei bawk tur a ni.
4. Tuhri (Cholera) leh Kawthalo (Diarrhoea) :
  - (1) A par rawt sawma eiin tuihri damdawi a ni.
  - (2) A rah a hel emawa chhum hmin emaw, a tuite nen ei bawrh bawrh mai tur a ni (Tuihri leh kaw\halo tan a \ha ve ve. Tuihriah chuan a hela ei a \ha).
5. Thil eisual: Thil ei sual reng rengah maipawl hel ei a \ha. Eisual vanga taksa vual leh thakah pawh a \ha.

6. Santen:

- (1) Maipawl tui in \euh a \ha. A hela ei a \ha mah mah.
- (2) Maipawl hnah gm.100 leh changkha hnah gm.50 chhumpawlh tuisawrah lungthi gm.10-15 vel pawlh, a tui chu in a tha.

7. Thisen chakna: A rah antuia siamin emaw, a tuisawr in hi thisen nei tlem tan thisen chakna a ni. Tin, a rah pil thelfai hnua chan sawm a, chini tam tawk pawlh belh a dah a, chuta a tui lo tling chu thisen chakna a ni baw, hawp bawrh bawrh mai tur a ni.

8. Thawpik (asthma): A zung phoro rawt sawm tui luma pawlhin awm na leh thawpkik tan damdawi tha tak a ni.

9. Zunthlum: Maipawl chhum tui in tam a, a tak ei baw a \ha.

10. Mitthi ruang rimchhe tur ven nan a \ha a. Hraw deuh tak taka sah phel phawk phawka mitthi ruang depah chuan dah tur a ni.

11. Zunin, kal na, phungzawl leh rilru kimlo tan te, rulhut tihlak nan leh taksa tan kawng hrang hranga \hatna nei a nih avangin ei tam a \ha.

12. Pangngang hling : Maipawl chhum luma deh a \ha.

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### **Mawitea huang !**

▲ Pro figth-ah khan a tel ve a, a tumpui kha a hneh lo lutuk a, zuk pianthar phah daih a!!

▲ Pro figth-ah khan walkover in a chak hlah mai a, judge khan a " Hei walkover in i chak hlah mai si a, hemi chungchangah hian sawi duh te i nei em?" an ti a, ani chuan, 'tunah hnek tur awm lo mah se, ka hmuh hun hunah ka hnek tho tho ang' zuk ti chhek chhek a...

## CHAW THIANGHLIM LO EI (Food poisoning)

Chaw thianghlim lo ei leh in vanga natna lo awm hi food poisoning a ni a. Kan ei leh ina natna hrik awm leh tûr lo insiam vanga awm a ni a.

Pa ei sual hi pa suak/lem ei palh vanga lo awm a ni a, pa suakah hian tûr chi hrang hrang a awm sa a ni. Chaw kan eiah chemicals hlauhawm a lo awmin food poisoning a awm fo thin bawk a ni.

### A lan chhuah dân:

\* Food poisoning-ah hian luakchhuak, luak leh kaw\halo a awm tlangpui a

\* Pum ná, khawsik, chaw ei tui lo, chauhna leh lu nâte pawh a awm fo \hin a ni. A tam zawk hi chu in lamah pawh enkawl mai theih a ni a.

Khawsik sang tak, khawhmuh fiah lo, \awng harsatna, ka chhung ro, luak nasa, kawthalo nasa, rilru mumal lohna a awm bakah zun a tlem lutuk chuan damdawi in panpui tur a ni.

### A lo awm chhan :

\* Natna hrik, virus leh parasite vanga lo awm a ni ber.

\* Bacteria-Salmonella, camphylobacter leh botulinum, E coli, listeria etc.

\* Parasite - Toxoplasma

\* Virus - Noro virus, sapo virus, rota virus, hepatitis A virus etc.

Staphylococcus- Staphylococcus aureus hi mihring leh ran vun, hnar leh samah hian a awm duh a, mihring hrisel pangngaiyah chuan natna a thlen vak lo va.

Mahse, staphylococ - cus aureus hian natna thlen thei tur a tichhuak a. Kut silfai lova ei leh in tur khawih vanga kai a ni tlangpui a.

Tuia chum so hian staphylococcus aureus hrik hi a thi a, mahse a tûr tihchhuah erawh chhum so hian a tihlum ve mai thei lo thin a.



He natna hrik hian tur chi sarih vel a tichhuak thei a Mit, hnar leh hrawkah natna a thlen thei a. Vunah khawihli leh vun natna dangte a thlen thei bawk a.

Natna hrik tam tak hi chu chhum emaw kan emaw hian a tihlum a. A hela ei chi atang hian kai a awl a, êk thlahdahna hmunah kai a awl a, ei siamtu intihfai tawk loh vang leh kut silfai lova ei tur siam vangin kai a awl bik a ni.

Sa, artui leh bawngnhute atanga siam eiphung thianghlim tawk lo a vangin kai a awl a. Chaw sawngbawl neuh neuh ngai a vanga kai a awl bawk a ni.

Taksain natna a do lêt theihna khawl chak lote'n an kai awlsam bik a, an tuar nasa bik thin fo bawk a. Naupang leh kum upa lam te'n an kai awlsam bawk a ni.

- \* Tam tak hi chu in lama enkawl theih a ni.
- \* Thei tui in tam tur a ni a.
- \* Tui lum in tam tur a ni.
- \* Taksa a vanga tuiril chhuak vanga chauhna enkawl

tur a ni a, coconut tui leh thei tui dangte in tam tur a ni.

\* Hahdam taka taksa awmtir tur a ni.

\* Chaw hrawmhraw ei lovin buhhâwp, balhla, alu chhum oatmeal leh thlai hnah chhum te ei tam tur a ni a.

\* Khawizu hian Botulinum vanga natna botulism a thlen theih avangin naupang kum khat hnuai lam khawizu eitir loh tur a ni.

\* Artui kâwr hi salmonella aureus hian a lut tlang thei a, artui a hela hip loh tur a ni a, chhum emaw kan hmin emaw hnua ei tur a ni a. Chhum leh kan hian salmonella hrik hi a tihlum thei a ni.

\* Sathau mawm, bawngnhute atanga siam ei phung, thil thlum, thil kan mawm leh hmuihmer te insum tur a ni.

Thianghlimna a pawimawh hmasa ber a, ei siam taksa tifaiin kut a silfai tur a ni a.

Sazu leh chukchu ei theih loh va chawhmeh te dah a. ■

Football Tournament Ropui

## PI DARI CUP



C. Lalthanchunga, B.E.E

### INKHELH BORUAK :

Zan a lo ni a, khawtlangah titi dang reng reng a leng lo a... 'Chumi veng chuan, chumi veng chu an hneh ngei ngei ang' tih ang reng, 'Chumi veng chuan, Burma sipai bang an telh dawn a ni awm e' tih te.. 'Chumi khuaa an sipai chhuti T.Ao a team a mi chu nimin khan a rawn thleng!' 'Chumi khua pawh chuan, All India XI a mi sipai chhuti turin an chah' tih ang reng hi pa titi thiam deuh hian dawt leh thutak inpawlh nuaih hian an han phuahchawp a, a reng rengah sipai chhuti tamna khua kha chu chak turah an han ruat deuh ngawt zel a duh pawh an induh deuh lar reng \hin a ni.

A ni lah taka, khatih hun lai kha chuan sipai \ang tawh phawt kha chu eng Army pawh ni sek sek se, inkhel thiam em em vek turah mi tin khan kan han ring thla rawk zel a, anni lah khan 'kei chu

ka khel ve ngai lo' tih chu awm chuang bik der lo, phur em em hian an han inphelh sek thei nghal zel mai bawk a. A dik emaw dik lo emaw a dan leh dun ngaihtuah chuang tawh hek suh, sorkar duh lai leh dailuah par tlan an nihna kha an inhre hle zel mai a, hah lah an lo hah har nge nge bawk reng a, thiam hle tura ngaihna nen chet pawh an che thei fu reng a ni. | umkhat erawh chu sipai chhuti hi kel pachal hlawhin an ruai pek a ni awm asin mawle, chak chu a chak, mah se a lo inkhel ngai meuh lo ni tur a ni, inkhelh chung zawngin ball vawithum chiah a khawih ve a, chung zinga a \umkhat phei chu an lama a pal luh \um a ni lehngal!! mahse kel chu a hlawh ve ta tho a ni awm e.

Tin, khatiang tournament ropuih kha chuan, team tinah khan khelh thiam emaw thiam lo emaw mitkalh pakhat tal hi

zuk telh ngei ngei \hina mawle, a chhan ni bera lang chu penalty pet a ngaih tak thut a, pet tura an duh \hin vang ni. Chung ho chu pelnalty specialist an ti ve mai \hin. Awle, engpawh nise, khatianga tlangval rual pungkawm zingah khan inkhelh ringawt ngaihtuah lova, nula lama lo nghal deuh, zan lama nula zen lama lo ram\ang tawk hi an lo awm fo bawk nen, tournament laia court han hawn rap rap a ngaih chang a awm bawk \hin! titi a ti tam duh ang reng hle a ni.

A enga pawh chu nise, khang hun lai kha King George V, nitla seng lova roreltu Lim chuanna, pawisa lai-awng leh dere pate-ten Lal an hrwt lai leh Anna khatin kuhvakhawr paruk fai \hah a man lai hun, tuifinriat ral a\anga tangka cheng Rothangpuii an rawn thawn lai, kan babu leh babi-i ten thla khata Rs. 5/- an hlawh a, an intihtheih eu- kual hun lai leh \ul uk lova tairaw tiang an hawl thlak zen lai ngang kha a la ni miau a, tunlai hun anga Ration card-a hming chuang lo chhungkhat laina khual khuua

lo zin te, Zirtawpni tlai buh fairel ruak tawh lama huphurhna nena, kan han mitsir ang hian, khang lal lal laia mikhual chamrei te kha chu, huphurhna nen mitmeng rang an la hmuh ngai lo chang ni lovin. Khawkhath tlangval, inkhelthiam lehngal ngat phei te kha chu an duh loh zawng an sawi palh ang tih an hlah hlah hlah hun lai kha ala ni a, mikhual kha an duatin an neih thinglung-khawng tak meuh meuh nen an lo LAL-THUTHLUNG keng cheibawl \hin a ni.

Tichuan, inkhel tur team-te chuan field an luh dawn chuan Mizo artui hel hi an han hip pap pap a, chutah an rawn tlan lut ta dam dam mai a, diar hi an rawn khim lut far mai bawk a, an zinga knee cup rawn bun ngat phei kha chu !! keini naupang ho kha chuan kan lo ngaihsang mai mai thin khawp a, an thiam hmel bik riau hian kan hre tlat thin a ni. Chutah an team captain khan chewing gum (NP) hi a team-te chu a han sem dan dan a, keini naupang ho pawh chu

chewing gum hlawh a ball liam um turin phur fahran hian field kotlangah chuan kan lo inring ve far bawk a, a diktak chuan kamsir pan luai a lamkhuang hnai \hial \hin ngang kha kan la ni miau a, Sap thelret (chewing gum) ngat mai han \hial ve kha kan chak in ball liam chhar kha kan phur em em thin a ni. Chutah rifiri pawh a chu rawn lut ve ta a, sipai chhuti tih hriat tak mai hmel rum zet mai hi a ni a, lukhum bial (baret) a hmaa samak chuang hi lei fahran hian a rawn khum a, ball chu field laiah chuan a han dah a, chutah team captain ve ve te chu a han kova, thah hmasa zawk tur leh kawr phelh tur zawk chu thum a han vawr a (team kawr te la awm ve hek lo, hriat hran nan a khawilam zawk emaw khan kawr an phelh a ngai thin a ni) chutah leh lam leh lam teamte chu a han chhiar leh dan dan a, chutah rifiri chu a han ham \hat mai a, chuvehleh lehlam zawk a Centre forward chuan ball chu a han thai zauh a, chutah an in pa-s-s.... an inchilh.... an ri nghal ta rup rup

mai a.... ball awmna lam apiangah chuan an bawr lui lui zel mai a, chutiang kara ball rawn per chhuak chu a lehlam full-back-chu a lo inher rem te te a, a tu saw nge ka pass ang a, eng nge kan pawl tana \angkai tur a ni ang ? tih chu hnai lo mai.... let a rem em avang hrim hrimin thatawpin a han let pheih ngheng mai a, lehlam goal a thleng pheih thwak mai a, chutah mipui an lo au dur dur mai a, chutia ball thlawk pheih chu lehlam pawlin a lo pet pial a, an\am huanah a lut.... chutah lehlam pawlin out an han theh a, pek tum bik em em pawh nei chuang lem lo chuan leh lam goal lamah a vawrh chhoh nghek mai a, a lehlam pawl thiampui pa chu a lo inkhawr khur khur a, khawi lamah nge ball a kal dawn tih pawh hisap hranpa lem lo chuan a lu chhip ngei mai hian chirhdiak per chuai khawp hian a lo head ngheng mai a, anmahni goal kham chungah chuan a head over ta liah liah mai a... entu mipui thiam ti lutuk chu an au dur dur mai a. An mahni lo \antu, Leng-i te lah

chu field kovah an bahsam ngil taka phiar kak in, kawr darpuk (sang) ha leh ngote-kherh leh Lenbuang\huam bih in, Afghan Snow rim nam rum rum chungin a kel rawl a kel rawlin an lo Vai bawngchaw zawng bo au ve vak vak mai bawken, khel thiam val rualte tan zawng thih tha teh meuh va \an a ngai reng a ni.

Mizo tlangval huaisen, tlawmngai, \hian chhan thih ngam, mihrang sahrang hmaah pawh zam ngai lo ten SI phur zawk nih hlau a, an goal an han chhan tak tak reuh mai \hin chu... goal ban bul lawk lawkah hian an inpang-aw-zial ta tup tup mai \hin a... chumi karah chuan awrawl chhuah meuh in, "Khawnge, keimah T-Ao a," tia lo au lauh lauh tawk lah bo lo, a chang leh eng emaw ti ti hian tu pet ber nge tih pawh hriat hran loh hian ball hi a rawn per chhuak ve leh nawlh mai \hin bawka, a chang leh patling na hre awm lo pui pui hi then nou chung hian kezungpui thi sung chung hian an rawn bai chhuak leh vu vu thin a, field bul vela

tlangsam hnah hi an pawtzut \hawt \hawt a an nuai nawk nawka, a tui chu an han tat ang nawk nawka an tlanlut ve leh mai thin a ni. | henkhat field laia thinrim engphiara lo in tin zuau zuau tawk lah bo lo, mahse chutianga khelhpuite nena thinrim hmai-sa an in hmuh lai ngei pawh chuan, Board lam hawi hian an rawn nui pheih leh sung \hin a, a chhan chu Board lam khan khel mawi lawmman an siam ve miau \hin si a... chumi dawn ngei chu an tum ru ve ran \hin a ni.

A chang leh tlangval tlawmngai ball um laklawh tawh si te hi mi leikapuiahte hian an han tlan kai ang zak zak a, an zahzel hian in chhungah tui an han in pah thlazen lenghal a, a chang leh ball liam tur petchhuah paha tum loh deuh a feh kawnga thui tak tak zuk tlan liam ta lah bo lo!

| um khat chu, hmar lama \ang zinga an left-wing-hian ball tlafal hi a chang fuh pek alawm mawle, veilam sirah chuan chak mangkheng hian a khalh pheih buan buan mai a, a

\hianten 'He lamah... rawn pet chho rawh... p..a..s..s..' an lo ti tuar tuar mai a, ani tlanhchak laklawh tawh bawksi, ball sawt kang leh a kezungpui chhip a insut palh tak a leh! a tum loh deuh mai hian a hma zawnah ding kawh luah hian a thlawh chhoh tak a leh!!... chutah... Field bula bawhtah bang chu le.. ball chanve hnung lam thla lang kulh khawp hian an pet per dup mai a, in chhung lamah bungbel chu a tla darh ri rum rum mai a, chutah tukverhah hian nu uaithla lam tawh tih hriat reng reng leh beauty contest-na a tel ve tum lo tih hriat tak mai hi sam thur hreu be bu nen a rawn dak chhuak heu mai a, ban vai meuhvin a rawn au \eng-\ial-rang nasa mai a! a sawi chiah chu tu'n hre pha vek mah suh sela, chungho inkhelhthiamzia leh an pet natzia chu rawn fak a, lawma hlima lam chu a nih duh hmel vak loh hle a ni. (Chhunzawm tur)

\* Inkhawm hi a han peih lo ve mai mai khawp a, " Pathianni tuk a lo ni a, nupui fanaute inkhawm turin an han insiam sang sang mai a, a tuamahin a der pawha inkhawm ve tura min han phut miah lo \hin hi chu..... rilru hi a hlim veng veng mai a ni," zuk han ti a!!!

\* | umkhat chu chhungkaw inkhawmnaa hun hmang turin an nawr lui ve a, hreh taka rawn din chhuah pah hian, " Pathianni tuk lehng hala, nu ber leh fate duhsakna avang liau liau a hun ka chang thei hi vannei ka inti tak meuh meuh a... a hmasain Mamin lehkhabu a chhiar ang a, chumi zawhah a ri lovin \awng\ai rualna kan nei ang a, a \awng\ai zo hmasa sa in chawei kan lo siam zel mai dawn nia....." zuk ti a!!!

✍ NLUP -ah khan Coffee hmun siamna tur pawisa kha a dawng ve \euh mai a, mahse siam ta hek lo, a endik tute an va kal nak chuan, a kawmthlang mual dung thla chu a kawhmuh a, " En ta che u, khunglai mual dung thla zawng zawngte khu coffee hliir in a hring khat thla mup dawn awm in a lang a nia," zuk ti a!!!

## SCRUB TYPHUS (RANNUNG SEH) NATNA LEH MIZORAM

*Dr. Pachuau Lalmalsawma, SNO, IDSP, DHS  
Lalfakzuala Pautu,  
State entomologist, IDSP, DHS*

Scrub typhus, "Rannung seh" natna kan tih mai hi, Mizoram chhungah hian a hluar hle mai a, mi tam takin vei in, an zinga \henkhat phei chuan vanduaithlak takin nunna hlu tak an ch<sup>n</sup> phah hial a ni. He natna hi Mizoram chhungah hian a hluar sawt ta hle mai a, tun dinhmunah hian he natna hi kan ramah hian natna buaipuiawm (Public health burden) a ni tawh a, min chenchilh (endemic) takzet tawh a ni. He natna chungchangah hian Health & Family Welfare Department chuan theihtawpin hma a la mek zel a ni.

Scrub typhus natna hi natna hrik chikhat *Orientia tsutsugamushi* ten mihring a natna an thlen hi a ni a, he natna hrikte hian \hanlen nan leh inthlahpunna (reservoir) atan sazu lam chi ho (Rodents) te hi an hmang a, heng natna hrik te hi tuhrik (Trombiculid

mite) ten lachhuakin, mihringah an thehdarh ta thin a ni. He natna lanchhuaandan tlangpui te chu, hritlang, khawsik sang leh sang lemlo, tlun, thihrawl na, chauh, luak/luakchhuak, pumna, \hal\hoh leh thak/bawl te a ni tlangpui a, a sehna hmuamhma (eschar) hi thenkhatah chuan a langchhuak bawk a ni. He natna enkawl nan hian Doxycycline, Azithromycin, Rifampicin etc. te an hmang ber a ni.

### **He natna thehdarhtu tuhrik (Mite) chungchang :**

Khawvelah hian tuhrikte hi chi hrang (species) tam tak an awm a, Scientist-te chuan species singli chuang awmin an sawi a, heng zinga \henkhat te hian he natna hi an thehdarh thin a ni. Mizoramah hian tuhrik chikhat, *Leptotrombidium deliense* te hian he natna hi an thehdarh a ni tih hmuhchhuah a ni tawh bawk a,

he tuhrik hi rawng eng (yellow) lam deuh an ni a, thisen an eipuar lai chuan a eng leh sen deuhin an lang thin a ni. Tuhrik sen vit vet kan hriat lar tak (common red mite) te hi chuan he natna hi an thehdarh ve lemlo ni a hriat a ni. Tuhrik species dangte hian he natna hi Mizoramah hian an thehdarh ve reng em tih hi hmuhchhuah tuma beih mek zel a ni bawk a ni.

#### **He natna kawltu (Natural reservoir) chungchang:**

India ramah hian sazu chi hrang hrang te hian he natna hi an pai a ni tih hi hmuhchhuah a ni tawh a, zirchianna neih belh zel a ni mek bawk a ni. Mizoramah pawh hian sazu te mai bakah chhimitir (Suncus murinus) leh chepa (Tupaia belangeri) te thisen ekzam atangin, he natna hi hmuhchhuah a ni tawh a, tunlaia hrienna hmunah te leh hmun dangah pawh he zirchianna hi neih mek zel a ni a, sazu thisen te hi enfiah zel an ni.

#### **He natna damdawi atan hian rulsa hi a tha reng em?**

Tunlai hian Mizoramah hian, he natna veite enkawl nan " **rul-sa eitir a tha**" tih hi a lar hle mai a, hei hi engmah scientific prove awm lo a ni a, a lo tha viau mai thei a, a \ha lo mai thei bawk, he mi chungchang a thuziak (Literature/scientific publication) hmuh tur a awm lem loh miao avangin. Mi in an ei a "ka dampui" an ti a nih chuan a tha a ni mai a, amaherawhchu, damdawi manto tak pawh ni lem lo, zirchianna tam tak an neih hnu a, he natna enkawl nan leh tihdam nan a tha tih an prove tawh ngei te tam tak leitur a awm reng laia, "rulsa treatment," a hmuh harsa zawk leh vang zawk rin zawk tlat erawh a fuh chiah lo mai thei a ni. Scrub typhus natna veite hi enkawl na diktak pek an nih lohina vei mi 100 zinga mi 30 vel (30%) thlengin an thihpui thei tih a ni a, enkawl na engmah pe lo mah se, a veite zinga 70 % vel hi chu an damchhuak leh tho tihna a ni a, rulsa emaw thildang sa an ei vang ni lo pawh in. "Rulsa a



tha" titu te zingah pawh hian, he natna veite treatment atana rul sa chauh hmang a, he natna enkawl na damdawi ei miah lo ngam erawh mi an tam lo mai thei a ni. Tin, he natna hi a vei tawh te pawhin an vei nawn leh thei tho bawk a ni.

He natna enkawl na atana mi thiamten damdawi an siamchhuahte hi rintlak ber leh effective ber an nih avangin tualchher damdawi leh rul sa tih vel hi ring mai lo in, he natna vei ni a kan inrinhlelh chuan, a rang thei ang berin Doctor te rawn vat ila, an damdawi chawh te \ha takin, a hunbi diktakah ei bawk ila, he natna avanga nunna hlu tak kan ch^n thin hi kan pumpelh thei dawn a ni.

**Mizoram chung a, Scrub typhus natna hrileng (Outbreak) awm tawhna te:**

Integrated Disease Surveillance Programme (IDSP), Directorate of Health Services ten an chhinchhiah danin, kum 2012 atanga tun thleng hian Mizoramah, Scrub typhus natna vei hi mi **3372** an awm tawh a, heng zinga mi **43** lain nunna an chan phah a, he natna hrileng (outbreak) pawh hi vawi **10** lai a lo thleng tawh bawk a ni. Nikum, 2018 chhung khan Mizoramah, he ntana vei hi mi **2179** an awm a, mi **8** lain an thihpui a, kumin, 2019 February thla thleng hian mi **202** in he natna hi an vei tawh a, mi **1** in a thihpui tawh bawk a ni.

Mizoram Health Department hnuaia Microscopist Association te chuan kum 2019 chhung atan heng a hnuai a mi te hi lungruual takin hruaitu atan an thlang:

President : Pu Khawvelthanga, DHS  
 Vice President : Pu Lalngaihzuala Khiangte, Lungdai PHC  
 Secretary : Tv. David Lalchhanhima, DHS  
 Asst. Secretary : Pu Chhuanmawia, Haulawng PHC  
 Fin. Secretary : Pi Varchhuanthangi, Aizawl 'E' MC  
 Treasurer : Pi Rosangluri, Aizawl 'W' MC

Mizovin santen kan tih mai ho hi chu tlem te tea e zing si, pum nuam lo deuh reng, mi ti nguai thei tak a ni a. Chaw ei te a titui lo viau thei baw, puar deuh ûl-a inhriatna awm baw si a ni. Thil ho ang renga lang si, mahse a tuartu tâna tawrh hrehawm tak si a ni ber mai.

Hetiang hi kan tam em em mai a. A chhan bul ber pakhatna chu Mizote hi thil danga changkang viau si, thianglimna kawnga hnufual tak si kan ni tih a chiang a. Khawlai leh kawr vel bal hi chu sawi lo mah ila, kan hre tlang vek tho a. Mahni mi mal hriselna (personal Health) pawh hi kan enkawl \ha peih meuh lo a ni. Hmeichhia phe chu serh a\anga bawhlhlawh chhuak nei an ni deuh vek emaw tih mai tur a ni. Thingtlang lam phe chu ngei ngei an ni deuh ber mai.

A chhan pakhat chu santen benvawn hi kan ei leh in fimkhur loh avangin kan kai awlsam em em a. Chutih laiin hmeichhia phe chu ekna leh zunna hi a inhnaih em em avangin santen hrik

(Candydiasis, etc.) te hi an lut phe vat a, bawhlhlawh chhuak, serh thak, etc. te a siam ta \hin a ni. Hei vang hian hmeichhia bik phe chu inthiar zawh apiangin fai taka mawng leh serh sil fai hi a venna pakhat a ni.

Khawlai vaivut zinga thei (Fruit), chana, thei den, etc. siamchawp te kut bal chung a thil ei te hi santen kaina awlsam tak a ni. Chumi rual chuan chung tina rawngbawltu bik hi kaina bulpui an ni fo baw. Chuvangin kan awmpui emaw eisiamtu reng rengte hi rulhut hlo thla 3 danah eitir bakah Doctor-te rawna santen damdawi kha pek a \ha baw. Heng thin thip, kawpuar etc. kan tih tam zawk (Pumpui nâ) awmtirtu hi chu ke natna Amebiasis hi a ni tam ber a. Mît

(Gall Bladder) a lungte awm nan i hmang ang u. A  
 vang te pawh a ni thei tho na damdawi lam chu Doctor  
 a, ei leh in leh a siamtu hi tun rawn a, eitur bik hriat a ngai  
 a\ang chuan chet thianglim ang. Hel ei lam chi phei chu  
 leh hriselna ngaih pawimawh hi fai taka sila sehsawm \hat te  
 chhungkaw hriselna bul \an hi i zir zel ang u.

## TETANUS FARM

*Dr. Thangchungnunga, M.S.Ortho*

Tunlai chu kan changkang tawh a, in chep leh step, veranda chep te teah thlai, pangpar leh hnim kan khawi tu deuh vek mai a. A tha lo chu ka ti lo a, mahse heng kan thil khawina lei thu hi bawng ek te changpat ek leh thil tawih chi hrang hrang atanga siam an ni a. Mihring awmna leh dai chinah chuan tetanus hrik hi a tam em em in, heng lei that e hi tetanus farm an ni ber mai a, ni sa leh vaivutah an thi thei lo va. Pathian thilsiam mak tak chu kan pum leh ril vel a kan chaw pai tawih leh kan mamawh lo thliar tu atan hian tetanus, leh hrik dang tam tak Pathianin tuiah hian a dah a. Chuvang ania miin tul lo leh rei lutuk antibiotics a ei chuan an kua a tha lo thin. Heng tetanus hrik leh a thian te hian min ti hrisel a ni.

Chutih lain kan thisen/hliam/ pilhah te an luh erawh chuan thihna a ni leh lawi si. Kan in a pangpar leh thlai kan pot a kan chin teuh chuan tetanus farm tha tak a ni tih hria la, i khawih a i tifa dawn a nih chuan rubber gloves te, a lei tih dun na tur, siamsa thir te hmang la, i tih zawh veleh i kut sil thin ang che. Heng i khawih lai a i in chhuntir palh a nih vaih phei chuan rang takin tuiah sil in hmet sawr chhuak ang che.

Kum 1981 ni ta in ka hria, thakthing tlang a nu pakhat pawh, a pangpar pot a tih faina lamah thir tuiah zum a lo awm a, a zu in chhun palh ta, a ni 3 na a casualty-a a lo kal chu chhan theih chi a ni tawh lo, a khawngaih thlak hle.

Miin thihpui nan an hmang tawh tih hriat reng chuan fimkhur takin i che thin dawn nia, hmui leh hnar khuhna a tam tawh a, heng hi hmang ngei baw ang che. Khawpui kawng, kawmkar leh milian, pangpar ngah ngahna hmun apiangah tetanus hi a tam tih hre reng ang che.

## LUNG NATNA LEH SA EI

Dr. H.B. James (L)

Lung lam natnate hi Zoramah tunhma deuh chuan kan hre tam lo hle a ni. Kum 1970 vel bawr chhovah khan Lungphu chawl te, tluk phuta thi zui tate kan hre ta zauh zauh a. Tichuan, khawvel a lo changkang a, Zoramah ngei pawh Mizopa, sum leh pai leh eitur hnianghnar hmasate leh ei leh in lam insum lo, zu leh sa chena zuk leh hmuam ti bawk te kan lo tam ta mai a. Hengte avang hian Mizoramah lunglam insawiselna a tam ta hle mai. Tunhma 1930 vel bawra Sap ram lo changkang tawhin lung natna hi an buaipui tawh a, tun thlenga an thihna tam ber lo ni ta, khu kan ramah pawh hian kan lo buaipui ve \an a ni ta der mai le. Hausakna leh ei leh in insum lohnain a thlen chu lunglam \ha lo hi a ni reng mai. BP sang te, lung chak lo te, lung vung te, lungphu chawl te a lo awmna chhan leh vang chu tam tak sawi tur a awm thei ang. Inthlahchhawn avangte, piansualna avang te, chenna hmunin a zir loh avangte pawh a ni thei. A chhan bulpui ber leh tam zawkte chu ei leh in, zuk leh hmuam kan insum loh vang a ni.

Mizote hian pi leh pu a\angin sa, vawksa, bawngsa ei mi kan lo ni a, ram a lo \hang a kan nun a lo awlsam a, sum leh pai a lo tam hian sa, tui kan tih tak mai chu mi tinin kan lo ei tam ta a. Saah pawh a thau thau kan duh lehngal a. Tin, tribal tih takah sa kan ei pawhin duhtawka kan ei loh chuan sa eiah pawh kan inngai mang lo a ni. Sa thaute chu kan thisen zamah betin kan thisen dawt a lo tizim a, chu chuan chaklohna leh lung \ha lo, thisen sang a lo siam \hin a ni. Chubakah kal hnathawh tur a ti tam a, kal chaklo tan phei chuan sa ei tam a \ha lo a ni. Hnam fing zawk, Sap ramah chuan sa hi an chhuang hmasa a, a dak an paih a, a thau an paih bawk a, a ti chauh an ei \hin. Hetiang ti thei hi awm ve ang i maw? Kan \hat laia sa kan ei tun tun hian chawp leh

chilhin lung \ha lo min thlen mai dawn lo va, zawi zawiin kan thisen dawtte chu lo te tial tialin kum 35 a\anga kum 60 velah chuan harsatna kan tawk \an dawn a ni. Lung \ha lo chuan kalte an harsat a, thaw hahte an nei \hin (Asthma ni si lo). Awm veilam na zawk zawkte an nei \hin. Chutianga i awm \an a nih chuan i lung a chak lo tihna a ni a, Doctor hnenah kal vat ang che. Heng bakah hian ke vung te, hmai vung te, khuh te leh BP sangtein a rawn in\an thei bawk.

Chuvangin kan lungte a lo hrisel zawk theih nan kan

taksa a la hrisel lai hian sa thaute i ei tlem ang u. Meizial pawh hian kan thisen dawta thau bet tur a \anpui a, sa ei zawha mei zuk te hi a \ha lo hlei hlei a ni. Lung hrisel tak leh taksa hrisel tak neia damrei i duh chuan kan sawi takte kha chhinchhiahin a \ha lai apiangte zawma zing tin i hman chuan exercise lak ziah tum la, thlai lam ei tam la, sa i ei pawhin tlemte chauh chawei ti tui tawk lek ei \hin ang che. Bible pawhin thau leh thisente ei lo turin min lo zirtir tawh a, min siamtu hian kan taksa tana \ha tur hi a lo hre chiang ber a ni.

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### *An tia lawm.....*

\* MA Jinnah kha \um khat chu a motor-a a chuan laiin traffic light kha a rawn sen thut mai a, a driver hnenah chuan, "ding rawh" a ti a. A driver chuan, "Ka pu, tunge ka phurh an hre lo a ni ang, ka tlan tlang dawn," a ti a. Jinnah chuan, "Keiin dan ka zawm lohin tunge dan zawm tura ka phut ngam ang," a ti a. A hnu fe-ah he driver vek hian Z.A. Bhutto kha a phur leh a, traffic red light a lo eng leh a,

Bhutto-a chuan, "Tlan tlang rawh, tunge ka nih an hre lo a nih hi," zuk ti ve thung a!!!!

## LEHKHATHAWN



*K a pu,*

*Health Department Chanchinbu tihchhuah 'HRISELNA' hi ka lo chhiar ve a, lehkhabu \angkai em em mai a lo ni a, a chhiar a manhla ka ti kher mai. Mihring kan nih chhunga hriselna atana thil \angkai tak tak hriat tur pawimawh in rawn ziah bakah, hriselna atana thil pawimawh tak pakhat, 'Mawitea Huang' min la khilai zui ziah lehngal... chhiar a manhla ngei mai. Hetianga lehkhabu \angkai buatsaihtute in fakawm tak zet zet a, theihtawp chhuah zel turin duhsakna ka rawn hlan tak meuh meuh che u a ni.*

*Vanlalliana, K awtkulh*

### **Mawitea huang!!!**

- ◆ “ In monu chuan eng eng a rawn chawm ve a?” an ti a, pa ber chuan, “ E... a rawn chhawm ve teuh mai, malaria damdawi thlathum ei, pumpui damdawi chi 5, thak damdawi chi 6, a... damdawi dawr a rawn chhawm a ni ber mai...” zuk ti a.
- ◆ An khua kha fire department in kang \helh motor an pe a, an lawm lutuk leh test chak chuan an khua a hmeithai in zuk hal sak ngawt pek a!!
- ◆ A pa khan 'pocket money tireng ringawt mai a ninawm zozai lutuk' a ti a, a fapa khan 'Ni reng dawn asin, pawisa hi in dah uluk thin lutuk a, lukham hnuaiahte hian dah ve mai mai thin ta che u' zuk ti a!!!!
- ◆ A bialnu kha a hmelchhe ve viau ni tur a ni. 'Sawlai a mi saw i bialnu chu em ni?' an ti a, ani chuan, “ Aw, ni e mahse a fel lutuk” zuk ti ngawt pek a!!

- Mizoram Sawrkar Health Department leh Miracle Feet chuan Clubfoot (kelek) enkawlina kawngah hma la dun turin January ni 29.2019 khan H&FW Commissioner Office Chamber-ah MoU an sign.

- 4<sup>th</sup> February 2019 khan World Cancer Day, 2019 pualin Assembly Conference Hall, Treasury Square-ah hun hman a ni. Health & Family Welfare Minister Dr. R. Lalthangliana chu khuallian a ni a, World Cancer Day programme hi National Programme for Prevention & Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke – NPCDCS buatsaih a ni. World Cancer Day, 2019 thupui hi kum thum a tan “Ka ni a, Ka thei a ni” tih thlan a ni.

Kum 3 chhungin Mizoramah Cancer vei mi 4656 awm in kumtin Cancer vei 1552 hmuhchhuah ziah ang a ni a, Nitin Cancer vei thar mi 4 aia tam hmuhchhuah ziah ang a ni. Kum 3 chhung a Cancer natna avanga thi zat chu mi 2176 an ni a,

kumtin Cancer vanga thi mi 711 awm ang an ni. Kum 3 chhung a Mizoram a Cancer hmuhchhuah tam zual te chu:-

1. Pumpui – 710
2. Chuap – 688
3. Hrawk – 503
4. Chhul – 333
5. Hnute Cancer – 271

Commissioner & Secretary H&FW Pu Lalrinliana, IAS chuan a hun hmang zovin min lo chhuahsan dawn ta. Hetiang a nih avang hian ni 31<sup>st</sup> January 2019 hian Health Department Officials ten Pu Rina hi a office chamber-ah thlahin ngaihhraina thilpek an hlan a ni. Pu Lalrinliana IAS hi a kal zelna turah H&FW chuan duhsakna kan hlan e.

February ni 8, 2019 tlai khan Kayakalp Award Ceremony, 2018-19 (Damdawi In Hmasawna Lawmman Semna) chu Civil Hospital Conference Hall, Aizawl-ah neih a ni. Kayakalp Award Ceremony-ah hian Social Welfare, Excise & Narcotics Minister, Dr. K. Beichhua chu khuallian niin,

Award semna hun a hmang bawk a ni.

Most Improved District Hospital Award chu Siaha District Hospital hlan a ni a, Most Beautiful Hospital Award chu Lawngtlai District Hospital hlan a ni bawk a. Most Improved Community Health Centre (CHC) atan Thenzawl CHC thlan a ni a, Most Beautiful CHC chu Sakawrdai CHC a ni. Urban Primary Health Centre (PHC) zingah Most Inspiring Award chu Sazaikawn PHC (Lunglei District) hlan a ni a, Most Beautiful Award chu ITI PHC (Aizawl District) hlan a ni bawk.

Kayakalp Award hi kum 2015 a\anga sawrkar laipui hmalaknaa sem\an a ni a. India ram hmun hrang hranga sawrkar Damdawi In te'n faina kawnga hma an sawm theih nan leh Damdawi In mawina tura hmalakna a ni a. NQAS Accredited Certification hian cheng nuai 30 a keng tel a, NQAS Accredited tur hian teha chi hrang hrang 100-ah 70 hmuh a ngai a, hamthatna hrang hrang a keng tel bawk a ni.

● Rampumhuapa rulhut dona beihpui thlakna 'National Deworming Day' (NDD) chu Social Welfare Minister Dr. K. Beichhua hovin Synod Higher Secondary School-ah February ni 8, 2019 khan National Health Mission, Health & Family Welfare buatsaihin neih a ni a.

Programme hi National Health Mission Director Dr. Lalrozama, IAS chuan a kaihruai a. State Program Officer Dr. Hmingthanmawiin NDD chung chang sawina a nei. Social Welfare Department Dy. Director Pi Zoramthangi leh Synod HSS Principal Pu Lalvena Hnamte chuan thusawina hun an nei a. Dr. Vanlalsawma, JDHS(FW) chuan lawmthu sawina in hun a khar a.

● Kan Sr. EE, Er. Zothang-sang Intoate nupui Pi Zothangpuii, kum 62 chu ni 19.2.2019 khan cancer natna avangin a boral a. Mitthi chhungte kan tawrhpuin Pathianin vengin thlamuan zel rawh se tih hi kan duhsakna a ni e. ■