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Editorial

Sik leh sa a inthlak zel a, \hal kan lo thleng leh ta in furpui pawh kan hma lawkah a awm leh ta reng mai. Hetih hunlai hi Zoram hmun tina natna neuh neuh hluar duh hunlai a ni a, a bik takin \hal lai hi kaw\halo natna neuh neuh len duh hun lai a nih avangin mi tin kan fimkhur a ngai leh tak meuh meuh dawn a ni.

Heng natna min tibuai thei tute laka kan fihlim theihna tur hian Health Department hmalakna hrang hrangte hi ngaipawimawh \heuh \hin ila, tunah pawh Zoram pumah thosi kah beihpui \an chhoh mek a niin heng Malaria natna laka mipuite kan him tlan theihna tura sorkar hmalaknate hi keimahni tan vek a ni tih hriain i ngaipawimawh tlang hram hram ang u.

Tin, tunlai hi kaw\halo leh hritlang dang a len duh hun lai a nih avangin heng natna pu darh \hintu ber THO laka kan fihlim theih nan kan ei leh in tur vawn danah fimkhur a ngai em em a. Kan tui intur te chhuanso a, ka eitur te tho bawm theih loh tura kan vawn thianghlim \hin hi natna hri laka kan himna \haber leh mawl te zawm harsa si lo a ni.

Natna in chungkua a tihbuai theihzia te sum leh pai a hek ziate leh thihna hial a thlen \hinzia te hre rengin tumah inthlahdah lovin i fimkhur \heuh teh ang u khai. ■

SECONDHAND SMOKE LAKAH I HIM EM?

DR. JANE R. RALTE
State Nodal Officer,
National Tobacco Control Programme (NTCP)

Secondhand smoke

Meizial avanga khu lo chhuak leh a zutu in a ka leh hnar atanga meikhu a rawn tihchhuah hi Secondhand smoke tih a ni. Heng meizial khu-ah hian chemical 7000 chuang a awm a, hemi zinga 80 chuang hi Cancer thlen thei chemical hlauhawm an ni. Secondhand smoke hi a hlauhawm em em a, meizu tu in a meizuk avanga natna a tuar theih ang chi te hi, meizu ve lo mi dangte meizuk khu lo hip luttu te hian an tuar ve thei vek a ni.

A tuartute

Secondhand smoke tuartu tam berte chu puipunna hmun leh meizial zu thin te bula hnathawk thin ten an tuar nasa hle a. Chenna in chhungah meizuk khap a nih loh chuan a zu ve lo naupangten a tuar hle bawk. Tin, nu naupai laiin meizuk a chin chuan a naupai lai engmah hriatna la nei ve lo khan nasa takin a tuar thei a ni.

Natna a thlen tam berte

Secondhand smoke in natna a thlen theih langsar te chu, Puitlingah - Stroke, chuap cancer, thin \halo, Naupangah - bronchitis,

pneumonia, ashma, Nausenah - nausen thih thutna (Sudden Infant Death Syndrome), naupiang zang lutukna (low birth weight). Heng kan sawi bak pawh hi tam tak a awm a, kan tarlan te chauh pawh hi thihpui theih vek a ni a, mi dang meizuk khu hip luttu ten an thihpui tam ber an ni mek a ni.

Secondhand smoke lakan him theih dan tur

Hetiang taka thil hlauhawm a nih avang hian Secondhand smoke lakah hian engtin nge kan him ang tih hi hmalakna tur pawimawh tak a ni ta a. Tunah chuan hemi laka

kan him theih dan tur kawng thum in tarlang ta ila -

1. Puipunna hmun leh hnathawhna hmun a meizuk khap hi a pawimawh em em a, hei hi hriain sawrkar pawhin khapna dan a siam hial a ni. Kan hnathawhna hmun hi kan chenna in tih lohah chuan kan awm tamna berte a ni a, kan bula miten mei an zu a nih chuan zu ve lo chungin kan lo tuar ve thei reng a ni. Meizu ngai lo te hian meikhu pawlh loh boruak thianglim hip hi kan chanvo diktak a ni tih hria ila, puipunna hmun leh kan hnathawhna hmunah te miin mei an zu a nih chuan huaisen takin i khap ngam ang u. Tin, dan kengkawhtute pawh kan theihna zawn apiangah thawhpui thin ila a tha khawp mai. Meizu mite pawhin mi dangte tan harsatna thlen theitu an ni tih inhria se, an zu lo thei lo a nih pawhin heng khapna hmunte ai hian khap lohna hmun a zau hle zawk a, chung hmunah te chuan meizu hram hram thin se an mahni leh midangte tan thil tha tak a ni dawn a ni.

2. Chenna in chhunga meizuk khap hi a pawimawh em em a. Kan chenna in hi chhungkuaa kan awmhona; kan hun tam ber kan hmanna a ni a, meizuk kan khap lo a nih chuan a zu ve lo te abik takin naupang zawk ten nasa takin an tuar thei a, a chunga kan sawi tak natna hlauhawm tak takte khi an tuar phah thei a ni. Mi tam tak mahni in chhunga meizu hluah hluah thin kan la awm te hi a pawimawh em em a, an chenpuite dinhmun hlauhawm takah an dintir a ni. Mi dangte in chhunga meizu mai thin pawh an la tam em em a, churang chuan keimahni chhungkuain kan zu lo a nih pawhin mi dangte meizuk pawh kan khap a, in chhunga meizuk khap a nih thu langsar taka tarlan a pawimawh em em a ni. Hetih lai hian mi pangngai chin chuan mi in a meizuk ngawt te hi thil mawi lo a ni tih kan hre tawh a, mi in a an len in meizuk khap a nih leh nih loh enfiah phawt nachang an hre tawh a ni. Kan chhungkua kan thisen zawmpui te kan hmangaih takzet a nih chuan meizial khu

laka an him leh him loh enfiah hi chhungkua a mawhphurtu berte chuan kan tih makmawh a ni tih hria ila, Meizial khu laka him (Tobacco free home) i din theuh ang u.

3. Nu naupai laiin mei zuk loh hi a pawimawh em em a, nu in nau a pai laia mei a zuk emaw, mi dang meizuk khu a hip luh chuan a naupai laiin Secondhand smoke avangin harsatna nasa tak a tuar thei a ni. Kan sawi tak ang khan a chhan hriat hman loh a nausen thih thutna, naupiang zang lutuk te, nau chhiat, nau thlakim lova piang te hi nu in nau a pai laia mei a zuk vangin a thleng nasa em em a, naute mai ni lovin a paitu nu ngei pawh dinhmun hlauhawm takah an ding thin a ni. Chuvang chuan nu in nau a pai laiin mei a zu tur a ni lova, midang meizuk khu lakah pawh him ngei turin a inveng tur a ni.

Tlangkawmna

Mizo te hi zirtir nuam tak kan ni a, thil tha lam a nih phei

chuan kan awih zung zung thin. Tunah pawh hian meizuk that lohzia te, vaihlo in kan hriselna a tihchhiat nasat theihzia a nawlpuiin kan pawm tlang tawh. Amaherawhchu kan thil lo chin than sim leh bansan kawngah hian hma kan la sawn lo hle a, puipunna hmun a meizuk te hi phal loh a ni tih hre reng chung a zawm duh lo kan la tam hle a ni. Tin, vaihlo avanga cancer natna kan tuar nasatzia te, chumi avanga thihna a thlen tam dan te hria in hmu reng mah ila, kan vaihlo hman thin sim harsa kan la ti hle reng a nih hi. Tuna vaihlo hmang mek thin te hian kan sim thei lo a nih pawhin, thangthar zawk kan tu leh fate he tur hlauhawm tak; vaihlo laka an him theih nan kan theihna zawn theuhah hma la ila, meizu mi pawhin mi dangte tana hnawksak phak lova inthiarfihlim nachang hriat a tha hle a ni. Nang leh kei hi kan tan rual phawt chuan Zofa thangthar hrisel zawk kan siam thei ngei ang.



ZUNKAWNGHNAI/LAWNG-NAUPANGBIKAH

DR. C. BIAKMAWIA
 Director
 Bethesda Hospital

Hriselna Huang, December 2017 chhuakah khan Zunkawng hnai/lawng article tha tak a lo chhuak tawh a, a lawmawm hle. Khata thuchhuah kha tha ka ti a, a sawisel zawng ni lovin belh ka duh a. Kha thuziak khan puitling, mahni thatlohna sawi thei te a kawka. Naupang lamah zunkawng infection hi kan hmu zing ta hle a. Nu leh pa leh naupang enkawltuten lo ngaihven thei sela.

Zunkawng hnai/lawng hi naupang leh lawngtheilo te pawhin an vei thin a. A lan dan a inang diak diak thei lova, a hnuai mi anga naupang an awm chuan Doctor entir a tha ber.

1. Chaw an ei that lohvin.
2. An tlei lohvin.
3. An than that lohvin.
4. Pumna an neihin.
5. Zun zing leh zun cheh a reh loh emaw, an neih thar lehin.
6. Khawsik-tlun an neihin.
7. Zun an hreh viau emaw, zun laia an lahin.

Naupang/nausen zun exam tur a ni a. Zun hi darkar hnih chhunga test (exam) tur a ni. A hma tlai emaw, a hma

zana zun emaw chu a tukah exam tlak a ni tawh lo, natna hrik a lo inthlahpun hman tawh thin avangin. Zun result-ah pus cells (infection) a awm chuan antibiotics pek tur a ni a. Chawlhkar hnih tal ei hnuah zun exam leh tur a ni. Zunkawng infection hi Sap lawngin Urinary Tract Infection (UTI) tia hriat a ni a. UTI hi nausen pawmlaite pawhin an vei thei. Thenkhatin Diaper hren vangah te an puh a, diaper hreng lo pawhin an vei tho.

Natna reng reng, Malaria, Pneumonia te pawh vei nawn theih a ni. Kum khat an nih laia UTI enkawl dam, kum 5 an nih a an vei nawn leh avang a chhungten enkawl na

tha dawng lo nia an inngai thin hi a buaithlak deuh, an vei nawn leh a ni zawk. Naupang \hang \ha lo chu UTI vang a ni thei kan tih ang chiahin UTI enkawl that loh chuan naupang than a titha lo thei a, puitlin hunah kal tha lo a thlen thei thin a ni.

Puitling ang bawkin naupang UTI nei chu tui emaw theitui emaw intam tir a tha a. Zuncheh rual an nih avangin zing leh chhun lamah pek tam a, tlai leh zanah chuan pek uar loh deuh ni se. Fur tuihawkin tuihawk luankawr a tleuhfai thin ang hian tui in tama zun tam hian zunkawnga natna hrik hi a tleuh fai thei a, antibiotics hnathawh a pui thei a ni.

Mipa hian an phing hnuaiah thal chi khat, phing atanga zun rawn chhuahna pipe "Urethra" tuamtu an neia, Chu chu Prostrate Gland an tih chu a ni. He thal hi mipa bawa a tui siamtu pakhat a ni a. Mipa chi (sperm) in hmeichhe chhul hmawra acid environment paltlanga chhul chhunga a luh theihna tura puitu pawimawh tak a ni.

He thal hi kum 50 pelh hnuah a lo thang thin a, a thanlen zual deuh chuan urethra a nawr zim a, chu chuan zun lama harsatna a siam fova. Zung chhuak mai thei lo te, zun zawnga san vak vak ngai te, zun zawha farfep te leh, zun ip theih loh te a thlen thin a ni.

A leh dan azirin Drading siam a ni a. Mahse, mihring kan inan loh avangin grade sang, zun lama harsatna nei lem lo te pawh kan awm ve tho. Harsatna nei nasa an nih chuan zai an ngai fo thin a ni. Damdawi hmanga enkawl theih an ni bawk. Cancer a insiam thei bawk tih hriat a tha awm e. Chumi hriat chhuah nan chuan Tumor Marker chi khat, Prostrate Specific Antigen an test tir thin a ni.

Prostrate hi zun kawng infection vangin a vung thei bawk. Chutiangah chuan zun lam insawiselna bakah tai zawn (mawngkua leh tilmu inkar) na a siam fo bawk. Sex hman atanga inkai thei natna STD thenkhat hian hetiang natna Prostratitis hi a thlen theih bawk avangin fimkhur a ngai hle bawk a ni. ■

HRIATNA THAZAM NA

- DR. P.C. LALTHLAMUANA

MIZOVIN tha na kan tih ngawt hian kan thil sawi tum a fiah zo lo chawk a. Hriatna thazam na han tih hian nerve \ha lo lam a kaw k a, tha na tih ringawt chuan tha tihrawl lam a kaw k deuh hlek turin dah ta ila a fiah thei awm e. Medical term a neuromuscular han tih hian a pahnih hian a khai khawm a, nervous system tih hian hriatna thazam lam chauh a kaw k ve thung a ni.

Tunah hian he hriatna thazam lam hi kan sawi tum zaw k chu a ni a, hemi pawh hi hmun tam takah \hen sawm theih a ni a, central nervous system (Thluak lam leh spinal cord), Peripheral nervous system (hriatna thazam pawnlawi) leh Sympathetic nervous system (Kawchhung lam) ang tein then sawm theih a ni ve leh a.

Hriatna thazam pawn-lawi ber hi han thlur bing ta ila, hei hian kut leh ke a kan hriatna thazam hi a kaw k deuh berin sawi ila a dik lo hran awm lo ve.

Awle, a zavai chuan sawi dawn ila a bu siam hial a ngai awm e, tunlai a mi tam takin an vei leh pawimawh tak

inven theih ni baw k chu peripheral neuropathy kan tih mai hi a ni awm e, hei hi i han thlur bing dawn teh ang.

A lan dan:

He natna hi zawi muanga in\an a ni tlangpui

1. Ke mu churh churh emaw za mem mem.
2. Kut hmawr mu emaw za.
3. Ke kham emaw na ngut ngut.
4. Ke vung.
5. Ke zawi/chak lo.
6. Khup dursuih
7. Ding nghet lo a bikin maimitchhingin.

Awm Chhan :

A chhan zawn chhuah hi thil awlsam a ni lo va, a chhan

chu hetiang hi thil tam takin a thlen thei a ni a awmtir thei tu lar zual han sawi ila.

1. Accident - eng emaw vanga i nerve a lo chat palh (motor accident, zai chhum palh, infiamna a tihpalh etc) a nih chuan hetiang hi a thleng thei, hemi vanga awm hi chu zawu muang ni lovin a awm thuai \hin.

2. Zunthlum

3. Zu in nasa

4. Thyroid hniam leh sang

5. Natna hrik-HIV, Hepatitis C leh a dang \henkhat.

6. Vitamin tlakchham - Vitamin B1, B6 leh B12 tlakchham vangin a awm thei, vitamin E pawh hi nerve tan vitamin pawimawh a nih a vangin a thlen ve thei tura ngaih a ni.

7. T<r (Toxins) - Cancer damdawi \henkhat leh suan (Lead) te hian an thlen thei. Hetah hian tihlan ngei a pawimawh ni ka hriat chi tunlaiin he natna (Peripheral neuropathy) hi Mizo zingah a tam hle a, a ni ngei e tih zawng kan sawi thei lo amah-

erawhchu, hetiang natna nei zinga a tam zawk (80%) hi chuan kuhva ni tin cheng 20 aia tlem lo an ei deih vek a ni tih kan hmu a, kuhva ngei thei lo aiin ngei thei te chu dam pawh an dam hma bik.

Kuhva rahah hian arecho-line a awm a hei hian nerve a acetylcholine receptors a direct in hna a thawk thei a, hei hian kuhva kan ei a kan thlan tla, luhai, mit vai, luak chhuak chil haw te a siam a, a dose a san deuh chuan, luak leh zun leh ek cheh te a thlen thei a ni.

Rei tak chung hetiang a nerve a chiah hian kan sawi tak peripheral neuropathy hi a thlen thei a ni tih hriat a ni.

Test leh Examination:

1. Thisen ekzam:

Zunthlum neih leh neih loh

Thyroid test

Vitamin level

Hepatitis leh HIV

2. Electromyography:

Hriatna thazam a hriatna signal (electrical activity) kal chak zawng enfiagna.

3. Biopsy hriatna thazam pakhat pawimawh lo lai ber tur kha tlem ekzam turin hleh \hen a ngai mai thei
4. Scanning - MRI leh CT Scan in i spinal cord kha en pawh a ngai mai thei.
2. Antidepressant - Depression i nei tihna ni kher lovin heng damdawi te hian i natna avanga mut theihloh leh na lutuk kha a chhawk ve thei.
3. Physiotherapy - I tha zawi siam chak leh na turin exercise \henkhat an zirtir ang che a nga chu bakah khawl pakhat IFT therapy kan tih hian electric current hniam te hmangin i hriatna thazam kha an dep \hin a ni.
4. Vitamin leh hepatitis enkawlina te pawh a awm chhan a zirin a \ul mai thei.

Enkaw! Dan:

A awm chhan azirin enkawl dan pawh a dang \hin a tlangpuin

1. Na chhawkna - hei hian i hriatna thazam \ha lo avanga na lutuk hrehawm kha a ti ziaawm ve theih deuh nan pek an ni \hin.

Mawitea huang!!!

NU NAU PAWM

Inneihnaah khan Pastor khan a innei tur te an inneih a rem lohna chhan sawi tur nei an awm leh awm loh a han zawt a. Thawm chu a reh thuap mai le... chutah a hnung ber a \hu, nu pakhat nausen pawm hi inthlahrung taka ding in hmalam a rawn pan phei ta chhet chhet mai a! Chu veleh, buaina a chhuak tan ta... monu chuan moneitu chu a beng a, mo lukhum paih pahin biak in atang chuan a tlan chuak ta nghal a. Innei tur te chhung chu an buai zo ta..... Chutah le, pastor chuan chu nu hnenah chuan, "Eng nge i sawi tur neih chu le?" tiin a han zawt a. Chu nu, nausen pawm bawr chuan inthlahrung tak hian, "Eng vak sawi tur nei love.....a hnung ber atang saw chuan tawng hriat a har lutuk a, a hmalamah ka rawn insawn phei mai a ni....." zuk ti a!

NAUPANG BRONCHITIS

LALCHHANCHHUAHA

Projectionist

DHS/MEM

I fa chu nasa taka a khuh a, a reh hleih theih loh chuan, Bronchitis vang a ni duh tih hriat a tha. Bronchitis awmzia, inven dan leh in lama in enkawl dan tlem a zawng i han tarlang dawn teh ang.

Bronchitis leh Pneumonia hian in anna tam tak an neih avang hian pawn lam landana han en mai hian hriat fuh loh palh a awm ve thei a ni. Bronchitis kan tih hi thawkna d[^]wt (bronchi) hliam emaw, vung emaw avanga lo awm a ni tlangpui a. Virus chi khatin a thlen a ni. Hritlang awmna a lo in\an hnuah a lo lang chhuak tlangpui thin. Chu bakah allergy nei mi ten an vei duh hle bawk, vaivut khu leh meizuk khu hip avangin kan fate hian bronchitis an vei duh tih hriat a tha. Tin, Asthma thlengin a kaih hnawih thei bawk a ni.

Hritlang awmnat thla i ti mai ang, thlasik a lo thlen hian, naupang hian bronchitis an vei duh hle mai. Hetiang a lo nih chuan an aw te chhangin a lo

lawi a. Khuh deuh kheuh kheuh, awm leh hrawk, thaw ri hriap hriapin an lo awm thin a. A chang chuan an phun chiar thei hle bawk thin.

Bronchitis lo lan chhuah dan tlangpuite?

- * Hnap tui
- * Khawsik seng seng
- * Awm nuam lo
- * Hrawk thip leh vung/na
- * Tihrawl na
- * Khuh

A tir lamah hian khuh rovin a intan tlangpui a, khuh hnawk/khak an nei leh a, an khak hi a hring (green) leh eng (yellow) in a lo awm a, hn[^]ng/hnap in thawk d[^]wt hnawhin an thawk zawngin a lo ri ta thin a ni. A nasat deuh pheih chuan chuapin oxygen kham khawp

a dawng zo lo fo thin. An thaw a hah tel chuan SPO2 fingertips Oximeter hmanga oxygen level test thin a tha. Naupang Bronchitis hi a rang duh hle mai a. Kar hnih lai te a awh ve thei a ni.

In lama in enkawl dan tlangpui te:

Bronchitis vei te chu an khuh hnawk/khak tlawrh tlawrh thin a. An khuh bawrh bawrh hi an thawk d[^]wt leh chuap chhung faina kawng pakhat a ni. A tam zawk chu mahniin zawi zawiin an tha chho ve leh mai a. A chungka kan sawi tak te hi kan hre ta bawk a, nasa leh zualkai tak a nih loh chuan hetiang hian in lamah in enkawl theih a ni.

* Tui ril lam in tam tur : Tui ril lam in tam hian chuap chhung leh thawk dawta tui hnang awmte khuh chhuah kawngah nasa takin a pui a ni. An pum zawh tawh soup lamin tir te a tha a. Tui lum pip pep ah ser tui siam a, khawizu fir nen chawhpawlha pek hi a tha em em bawk.

* Mut leh thut dan tur: Hahdam taka awm tir tur a ni. Naupang ninhlei rual an nih pawhin awm hmuna an tlei na kawng dap sak a tha. An mit huat loh tawk tur si a, TV emaw entir a, che tam lo thei ang bera dah te pawh a tul thin. Awm hnawk leh hnar ping avangin an mu tha thei lo fova. An lu lam hi ulh si lovin, in lalawn nuam tak si a tih kan sak tur a ni.

* Tih lum that an ngai thin: Bronchitis an vei hian naupang hi an khuh zawngin an awm leh hrawk bawr a na ve thin a. Heng vangte hian lumleia awm an mamawh hle. Amaherawh-chu, meihawl sikri lam chi aipui hauh loh tur a ni. Hei hian an natna a tizualkai hma hle. Thawmhaw lum si, tawt tak ni si lova thum lum that hle tur a ni.

* Tuihu hmanga in ur: Tuihu hmanga in ur hian naupang thawk a tinuam thin a, an duh loh viau pawhin tih luih ve deuh mai tur a ni. Thlan tla hliam khawpa tuihu hmanga ur hian an thawk d[^]wt leh chuap chhung tihfaina kawngah

kawngro a su hle a ni. Tunlaih chuan steamer te a lo awm ta a, steamer hi kan nei lo a nih pawhin tuichhuan so hmanga in ur mai thin tur a ni.

* Nebulizer hmanga in enkawl: Nebulizer hi dawrah lei theih maiin a awm tawh a. Nebulizer hmanga in enkawl hi a thawk d[^]wt leh chuap hnawk tihfaina a ni bawk. Naupang kum 5 hnuai lamah chuan Combimist 2ml leh NS 1 ml nena pawlha nikhatah vawi thum vawi li vel hip tir tur a ni. An pik dan azirin hei hi tih zina tih khat tur a ni bawk. Amaherawhchu nebulizer hip nasat luat tuk hian lung na a thlen ve thei a ni tih hriat tur a ni. Chuvangin nebulizer ai mah hian tuihua inur (steaming) hi tih a tha zawk mah.

* Khu leng lakah fimkhur tur: Naupang hnaivaiah meizuk loh tawp tur a ni. Meikhu hian naupang chuap leh thawk dawta vung leh na te kha a tih zual bakah a dam hma tur angin a tidam thei thin lo tih hriat tur a ni. Tin, kan chhehvela khu, vaivut leh

chemical awmna reng reng chu tih bova, chutiang bula awm loh hi a him ber bawk.

* Fimkhurna tur te: Naupang kum 6 chin chunglam hi chu an lo leikan ve deuh tawh avangin doctor rawn kher lo pawha enkawl mai an harsa lem lo va. Kum 6 chin hnuai lam erawh chu bronchitis an ni ngei em tihte hre chiang tura doctor hnenah kalpui ngei an tha a ni.

Bronchitis hi a chang chuan Pneumonia ang mai te pawhin a lo lan chang a awm fo thin a. Hrawk bawrah mai ni lo, tlema chhungril deuhah te pawh ri a lo awm thin. Heng a hnuai mi anga a lo lan chhuah chuan a rang thei ang berin doctor hnenah i fa chu i hruai vat dawn nia:

- * Kar khat dawn khawsik sang, degree 100 vel a neihin.
- * Awm chhung na leh thaw full thei lo.
- * Kar li chung khuh leh awm ri reh thei lo.
- * Khuh khak-ah thi a awmin.
- * Chak lo leh tha chhuak muang.■

THIHNA CHHAN HRANG HRANG HI

Thihna hi chhungtin ten tuar thiam har kan ti vek a, kan thih chhan azirin hun lo ngawih ngawiha hriatna te kan nei \hin. Kan thihna \hin \henkhatte hi pumpelh rual loha kan tawhte ni mah se, \henkhatte erawh hi chu keimahni duhthlanna avanga awm ni hial te pawhin a ngaih theih a ni. Chung kan thih \hinna chhan kawng \henkhatte chu i lo thlir dawn teh ang.

1. Indona : Ram leh ramte an indo \hin a. Chi leh chi te pawh an indo \hin. Indona a nasat hle phei chuan Sipai-te mai bakah Civil lamte pawh an thi ve vak \hin a ni. Chung indona te chuan pa nei lo te, fa ch[^]nna te, u leh nau ch[^]nate leh chhungkua tlak chhiatnate leh thihna a thlen em loh pawhin ramtui lei lo va awmna te a thlen thei hial \hin a ni. Chuvangin, heng indonate hi a thlen loh nan inbiak remna leh sawi hona hi awm \hin se, remna leh muanna hi thlengin heng thihna te hi pumpelh theih a ni \hin.

2. Tualthahna : Zu ruih vang emaw thikthu vang emaw mi thil awha rukrukna vang emaw leh a \ha lo zawnga thazat vangte pawhin tualthahna hi a thleng leh \hin.

Heng hi a pawh em em a. Heng tualthahna lo thleng \hin hian chhungkaw harsatna, re-theihna, fahrahna leh harsatna chi hrang hrang a thlen thei a ni. Chuvangin, mihringte hi kan thinur a nih pawhin thuhnu dawn thiam ila, a hnu lawka thil \halo lo thleng tur chu thlir lawk thiam in tualthahnate hi huaisen takin i pumpelh ngam ang u.

3. Meizial zuk : Mei zuk hian chuap a tibala, thisen zam a ti zim bawk a, kan zuk tam phei chuan thisen zam kut hmawra kal kual tur kha a kual \ha thei lo va, chutianga kan awm tawh phei chuan kan chuap chu bal tak a lo ni tawh \hin a ni. Thisen zam ber a \hat loh chuan kan lung leh thin te pawhin a tuar ta \hin a. Zawi zawiin kan nunna chu a lo

hniam tial tial a, kan dam rei tur ang dam hman lovin, damdawi lei nan kan insen \euh hnuah kan thih pui ta nge nge \hin a ni. YMA Black Board-ah Thihchhan : Meizial zuk tih intar em lo mah se kan thih chhan ber chu meizial kan lo zuk \hin vang kha a ni si. I sim ang u.

4. Zu in tam : Pathian in Ephraim a chu zu heh mi, zu ruih hmang a ni, a tih ang hian Mizote pawh hi zu heh leh zu ruih hmang, zu in thiam lo mi kan ni a. Zu a nih tawh chuan khawi a\anga siam nge? engtianga an siam nge? a thianghlim em? thianghlim lo vem? tih pawh ngaihtuah lovin kan in mai \hin. Hetianga zu kan in tamna hian kan thin a tichhia a. Kan thisen zamte a tilian a, meizuk nena kan tih pawlh phei chuan Mei zukin thisen kawng a lo tizim ve baw si a. Thisen kawng chu a zim a, a zau leh a, a zau leh ta a ni reng ringawt mai a ni. Chu chuan luna te a siam a. Pen\awng luna te kan ti leh ta \hin a ni. Chaw pawh ei \ha mang lo ten kan mu leh a. Kan

taksain a tuar nasa em em \hin a ni. Chung chuan kan nunna a pawt tawi a, pa valai tak ten kan thi ta mai \hin a. Kan nupui te la naupang te in kan thihsan a. Kan fate Primary School pawh kal chhuah hma hmain kan thihsan ta \hin a ni. YMA Black Board-ah chuan : Zu avanga thi tih chu kan zia hreh leh hle \hin si. I sim tawh teh ang u.

5. Chaw tha tlakchham: Kan ei leh ina kan taksa mamawh chaw a kim loh \hin avangin natna chi hrang hrangin min tlakbuak \hin a, chu chuan piansualna te, mit \hatlohna te, \han dan dik lohna te, vun natna etc. a rawn thlen thei a, chungte chuan nun a ti tawi ta \hin a ni. Heng vitamins hrang hrang leh Iodine tlakchham vanga bawrh-sawmna thleng \hin pumpelhan hian vitamin tamna thlai leh thei tharlam te i ei uar \hin ang u.

6. Taksa inenkawl \hat loh: Mahni taksa hrisel nana kan inenkawl \hat tawh loh \hin avang hian mi tam tak chu a hun lovah kan thi \hin. Kan

ei leh in luat avang leh kan taksa inenkawlina hrim hrim a kan dawngdah \hin avang hian hun lo taka Thlanmual liam kan tam. Chuvangin Hriselna hi kan ngai pawimawhin kan taksa hi kan duat hle tur a ni.

A tawp berah chuan ka unau..... Thihna chung-changah hian Pathian pawh hi inrawlhah kan ngai thui lutuk deuh lo maw? | henawm nu/pa an boral changa 'Pathian remruat a ni ang' kan han tih sak thla zen te hi a dik ber ang em? Pathian chuan Thihna chu a ruat ngei mai a, 'In ei ni la la in'.....M ahse, thihna hian chhan a nei tlat si \hin a.... He thihna chhan tak mai hi keini mihringte chhia leh \ha hriatna

a duhthlannaah a innghat viau lo maw? Pathian chuan mihring te hnenah chhia leh \ha hriatna/finna thui tak min pe a, chumi chhawr thiam tur chuan beisei pawh min beiseiin a rinawm. Kan taksa tana \ha lo tur hriat leh thliar thiamna kawngah hi chuan mawh-phurhna tam tak kan nei ve ngei ang. Kan taksa tana \ha lo tur ngawih ngawih pawisa lem lo va kan duh duh a kan han inhrai mai \hin hi chu! chawp leh chilhin tuar kher \hin lo mah ila Sulhnu erawh a nei ngei ang tih hi ring ila. Tichuan, mitin te hian Mahni tuh rah kan seng \heuh zawk a ni tih hi pawm ila, Nun hi i uluk zual ang u.

Mawitea huang!!!

Ka pu dar engzat nge?? "E....Mama, lo hrih ta che ila...ni dangah pawh min zawh phah fo emaw a ni ang a, chutia min zawh tak fo siah chuan kan lo inhmel hriat phah emaw a ni ang a, chutah hmelhriat tih vang hian kan inah te ilo la leng lut lovang tih a sawi theih loh a, chutia ilo len luh fo tak siah chuan ka fanu nen pawh in lo inhmel duh in inneih hial te pawh in lo tintuah thei a, chutah palai te pawh in la rawn tir lovang tih a sawi theih loh a, chutah kei lahin makpa atan SANA pawh nei hlei lo te chu ka lo duh lo bur emaw a ni awm si a....A...Mama, mi dang lo va zawt zawk mai teh....." zuk ti duh a!!

TUNLAI NATNA LAR TE

Diabetes Mellitus (Thisen thlum/Zunthlum):

Zunthlum tia kan hriat lar hi, thisen thlum tih a dik zawk mah, Diabetes hi nei kan tam ta viau mai, la inhre lo pawh an awm tam viau a rinawm. He natna hi taksa in sugar (thil thlum) thisena awm zat tur leh insem darh tur a control theih loh vanga lo awm a ni a, he natna hi chi hnih a awm a ni.

Diabetes lo lan chhuah dan deuh ber chu Polyuria (zung tam, zung sek), Polydipsia (tui hal reng) leh Weigh loss (rihna hloh) te an ni a. Hengte bakah hian Polyphagya (riltam deuh reng) an nei fo bawk a ni. Mit a khawih hma avangin hetiang nei te chu an khaw hmuh a fiah lo va. Tarmit power thlak sek ngai te pawhin an awm fo thin. Thazam lam a khawih tel bawk thin avangin tha zawi, ban leh ke zaw ang te pawh an nei tel fo bawk. Tin, thenkhatah chuan mut chhuak ngawih ngawih ang chi te pawhin a

lang chhuak fo thin a ni. Blood Sugar normal ang china ngaih chu chaw ei hmaah (fasting) 110mg/dl aia hniam leh chaw ei hnu darkar hnih hnuah (post prandial) 140mg/dl aia hniam a ni.

Pile natna kan tih hi

“Ka pile a na” tih tawngkam hi insawiselna common tak mai a ni a. Piles an tih ber chu mawngkaw hnaih taka thisen zamrawn puar thin hi a ni. Chu chuan a bul hnaia ti awm in thenkhat tipawngin ek lain mawngkua atangin a rawn bawk chhuak ta thin a ni. Na awm hran chuang lovin ek a ti thi fo thin a. Tin, tuihn^ng ban deuh te mawngkua atangin a chhuak bawk thin. Na an neih erawh chuan a kaihnawih dang harsatna vang a ni fo zawk.

Piles natna ni lem lo, mahse ek harsatna leh ek thi thlen fotu, natna dang common leh tak mai chu mawngkaw lining thler, annal fissure an tih hi a ni. Hmeichhe tleirawl leh

nula ten an nei duh phian a, naupang pawhin an nei fo. A nat duh em avangin tam tak chu an e ngam lova, ek a khal phah fo thin a ni. Hetiang harsatna neite chu surgeon hnenah inentir vat tur a ni.

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 lo tak a ni a, a hmanrua te pawh awlsam te a leitur a awm bawk a, ngaih pawimawh tur a ni.

BP hi normal chin anga ngaih chung lam (systolic) 130 aia hniam, a hnuai lam hi (diastolic) 85 aia hniam a ni. 140/90 chin hi Stage-I hypertension a ngaih a ni. Chi (salt) hi BP hian a haw hle mai a. BP sang nei i nih chuan chi-al insum ngei ngei tur a ni. BP sang enkawl mumal loh te hian lungphu chawl thut (heart attack) leh thluaka thisen zam chat (stroke) an nei duh em em a ni.

Ke vung leh Zaw:

Vitamin tlakchham hi puitlingah a awm ve fo mai a, a bikin Vitamin B1 (Thiamine) tlakchham hi a common ang reng viau mai, a bikin mipa zu in nasa te hian an nei duh lehzual. He vitamin tlak chham vang hian nerve chaklo an tih, "peripheral neuropathy" a awm thin a ni.

Ke a vung a, a zaw tel bawk a (a chak lo va, ke pen te a ti har thin) chau riauva inhriatna an nei thin. A then chuan thaw-hah te an nei tel bawk. Vitamin B Complex double dose a ei an ngeih duh viau. Mahse ke vung a awm reng reng chuan kal (kidney) leh thin (liver) function a that leh that loh check hmasak ngei ngei tur a ni.

Thil huat (Allergy)

Thil chi hrang hrang hua (allergic) hi an tam a, chung zingah chuan tui hua (water allergy-aquagenic allergy) hi a awm ve tlat mai a, a chhan tak pawh an hre chhuak thei lo. Hetiang mite hian tui an

khawih emaw, an inbual te in an vual a, an thak vak thin. A nasa zual tak takah pheh chuan chhete a taksa tih huh hlek pawhin an awm thei a ni.

A chhan tak hriat mai a nih loh avang hian a enkawl dan pawh a in ang lo thin. Tui khawih hmaa Capsaisin Cream hman te an chawh a. Thil huat damdawi thenkhat, antihista-

minic an tih ang chite an chawh bawk thin.

Boruak vawt hua (cold allergy) neite pawh an awm ve leh a. Inthlahchhawn atanga nei an awm rualin kum 18-25 vel atanga nei thar an awm bawk. Boruak vawt taka an awmin an vual vak thin a ni.

Source: Indian Medical Association Souvenir 2011

KHAWIHLI LEH THOH PAN DANGTE

Khawihli leh \hoh p^n (Abscesses) hi vun hnuia in \hoh, hnai hlawm insiam, a chang chuan vun pem atangin emaw, inchiuna hriau bawlhhlawh atangin emaw a lo awm thin. A na duh hle a, a bul vel te chu a sen \un a, a sa huai huai a, thal a ti thohin, khua te a tisik thin a ni.

Enkaw! dan :

- * Puan tui saa chiah nikhatah vawi tam tak deh tur.
- * Amahin hnai (keh) rawh se. A hnai hnu pawhin tuisa chuan dep zui zel rawh. Hnai a awm chung chu amah in hnai chu chhuah tir zel la, sawr reng reng suh. Taksa danga a darh loh nan fimkhur hle ang che, a darh duh hle a ni.
- * | hal \hoh leh khawsik te a lo tel chuan, Penicillin mum emaw, Erythromycin emaw, nikhatah vawi thum emaw vawi li emaw ei tir rawh.

Mawitea huang!!!

@ Mawitean a tia lawm chhun pachanga mi thingzai ruk dawn reng rengin bengah pencil zeh a thingzaina ken ngei ngei tur zuk ti a!

KHAW LUM LEH HRISSELNA

Van boruak zau taka thilsiam chhiarsen loh, boruak lawng ang maia leng velte zingah khian nunna nei thilte chenna tura duan khawvel dang a awm thu kan hre hauh lo va, chenna atan kan awmna lei aia thlannahawm zawk a awm hek lo. Chutah chuan mihringte hi nungchate leh thil \ote nen, mita hmuh tham loh thilnungte chen hian nungkhawchhuak tura bei \heuh chungin kan khawsa hova. Mahse, mihringte hmasialna leh nawmsak thlakhlelhna chuan he lei hi thilnungte chenna tlak loh khawpa hmun hrehawmah a chantir mai dawn niin a lang tlat mai. Changkanna leh khawsak awlsam zawkna atana mihring siamchawp thilte pawhin kan nunphung leh hriselna khawih buaiin, a vawtuin ek kan cheh \an ta mek a ni.

Mizote hian kan ramah hian khaw lum leh vawt lutuk kan la tuar ve rih lo va. Min hualveltu thil (environment) bawlhhlawh avangin harsatna nasa kan la tawk ve meuh lo. Hei vang hian kan chhehvel thil venhim \ulna pawhin kan rilru a la kaiharh zo meuh lo niin a hriat. Amaherawhchu kum lo vei zel hian 'khawvel a lum tial tial' tia mi thiamte sawi \hin kha a dikzia min hmuhtir \an ve ta zel a. Khawvel lum zelin kan nunphung a la khawih danglam nasat turzia chu la chhut thiam kilh kelh chuang lo mah ila, hetiangka khua a lum zel

a nih chuan a la hrehawm hle dawn a ni tih erawh chu kan ngaihtuah thiam ve \an ta.

Boruak bawlhhlawh avangin khua a lum zual zel a; mihringin khawvel tilumtu boruak (greenhouse gases) kan tihchhuah lah chu a kum telin a tam telh telh mai bawk si. Heng greenhouse gases (carbon dioxide, carbon monoxide, amonia, nitrogen oxides, hydrocarbons tec. mihringin kan tihchhuahte lo ti thianghlima, pawih khawih lo tura lo siamtu thing leh mau lah chu kan suat hiau hiau reng mai si, kan hmabak hi a >ng

lem lo hle a ni. Kum tin boruak bawlhhlawh avangin mi maktaduai thum chuang ngawt mai an thi ziah nia chhut a ni; boruak thianghlam lo leh khaw lum zel avang hian thihna mai bakah natna leh harsatna hrang hrang kan tawk chho dawn chauh niin a lang.

Khaw lum zelin a ken tel natna \henkhatte tlem azawng chauh tawi te tein lo thlir ho ila, a enkawl na lam erawh kan sawi lo vang.

1) Sunburn : Hei hi ni zung a UV ray an tihte avanga lo awm a ni a. Vun a lo sen \ul a, a thakin a vung mai thei baw. Ni saa rei tak inpho a nih pheichuan vun a lo durhin a lo keh a, a nih loh pawhin puhlip ang deuh a lo insiam a, vun a tiduk thei. Ban, nghawng leh hmaiahte a awm duh hle a, chauh ngawih ngawihna, nawmsam lohna, lu na leh luakchhuakte'n a zui chaw baw. Kan sawi tawh greenhouse gases (khua tilumtu boruak) kan tihchhuah tam avanga ozone layer lo pan zel avangin ni zung a hlauhawm tial tial a ni.

2) Kaih (heat stroke) : Hei hi ni sa tawrh nasat avang emaw, hmun lum leh uapa rei tak awm emaw avangin a awm duh hle. Vawilehkhata lo awm thutin vun a lo ro va, thlan a chhuak lo va, rilru a buai mup a, a taksa lo khurin a lo kaih a, thihna hial pawh a thlen thei a ni. Taksa a lumin a sa huam huam a, ka leh hnar a\angin thisen chhuak a awm tel mai thei baw.

3) Solar keratosis : Ram luma chengte zingah a tam duh hle a, vun chu lo dumin a lo char khawng uaih \hin. Ngaihthaha enkawl a nih loh pheichuan vun cancer-ah a chang thei a, ngaihthah hauh loh a \ha.

4) Khaw lum bawl : Hei hi thlantui lo chhuahna d^wt (duct)-ah hnawhtu a awm vanga lo awm a ni. Thlantui chhuak \ha thei lo chu vun pawnlawi ber (epidermis)-ah thlantui a in\aidarh vak a, vun a tithak em em ta \hin a ni. Vun a lo durh a, a sen \ul a, a thak em am mai \hin.

5) Chauhna (heat exhaustion) : Khua a lum viau

hian mi pangngaiiah chuan nasa takin thlan a lo tla a, thlanah hian tui leh electrolyte an tih mai, kan taksain a mamawh em emte chu nasa takin a chhuak tel \hin baw k si a. Chu electrolyte kan hloh puhruk tura tui leh thil dang kan ina kan ei loh pheih chuan kan lo chau nghulh ta \hin a ni.

Heng bakah hian khawvel lo lum zel avangin natna dang tam tak a pung zel a. Kan sawi tawh – sikserh (malaria), dengue fever, kaw\halo, thawhah (asthma), vun cancer (squamous cell/basal cell carcinoma)-te pawh hi pung zel

thei dinhmunah a ding reng a ni. Khaw lum leh ni sa lutuk hi mit (eye)-in a haw hle baw k.

Engpawh ni se, khawvel lo lum zel venna kawngah hian inhrilh hriatna (awareness) kan mamawh em em tawh a, sawrkar pawhin hei aia nasa zawka \an a lak theih chuan chu chu duhthusam a ni. Kan Zoram nuam, Zothlifim lenna ram, sik leh sa nawmna ram ni \hin hian khawvel lum zel hi a tem ve tak tak hma hian kan harhchhuah vat a \ul a ni. 'Inven hi tihdam aiin a \ha zawk,' tih thufing hi a daw ngai dawn si lo va.

Mawitea huang!!!

@ An mikhualpa hnenah, 'Sa lam chi te hi ei theih loh deuh te i nei em?' tiin a zawt a, mikhualpa chuan phur tawkin, "E khai, sa lam chi hming pu tawh phawt hi chu nginat loh pawh ka nei lo" a lo ti a. 'A tihzia hlauh a nih chu, i cham chhung chu AnkaSA kan hmeh char char dawn nia' zuk ti a!!!

@ Chanchinbuah Maruti 800 accident tih kha a chhiar ve nuap nuap a.... Awi, awi... a ruala Maruti zariat ngawt mai han accident chu a va rãpthlãk âwm êm êm !!! eng nge maw an tih hlawm rêng rêng lee.... a'n tiah.

@ An zinna kawng kha a han kual mai mai khawp a, kawng kawi kual lai tak takah chuan an hma a motor chuang ho nen an titi luih luih zel.

NU HRISELNA

Nu hrisel chuan fa hrisel a hring \hin a, chu chuan chhungkua a tihlimin changkanna pawh a thlen \hin a. Amaherawhchu, nuin nau a pai lai a\anga hrisel lohna a neih tawh chuan hun rei tak bawrhsawmnain a tlakbuakin a nau pawh a hrisel \ha thei lo va, chu chuan chhungkuaah a \ha lo zawngin kawng tam takah nghawng a nei \hin a ni.

Mahni inenkawl fai : Nu, nau paite chuan an taksa leh thuamnaw, mutpuan thlengin an enkawl fai tur a ni. Thufing pakhat chuan, "Faina hi Pathian dawttu a ni," a lo tih angin faina hi kan nunna leh hriselna vek atan a pawimawh em em a ni. Hetiang kawnga thil \ul \henkhatte chu:-

1. Nu chuan zing leh tlai boruak thianghlim dawngin pawnah te a vak vel \hin tur a ni. In chhungah emaw a inkhung reng tur a ni lo. Ni saahte pawh a inpho \hin tur a ni. Ni sa a\ang hian kan taksa hian vitamin 'D' a hmuh ve avangin.

2. Ni tinin nu chu a inbual tur a ni. Hei hian faina a pe mai ni lovin taksa a thisen zam kal velte pawh a puiin a kal \hattir a ni.

3. Chhun lamah tui lam pang tam tawk a in \hin tur a ni. Zing lama tuisik in tam leh thlai lam ei tam hian ek lam a ti\hain a tiawlsam zawk a ni.

4. Ni tinin nu chuan nau a pai lai a\angin a hnute hmur chu tuiluma silin hriak a hnawih \hin tur a ni. A hnute hmur pawh a pawt fan/chhuak \hin tur a ni. Hei hian nau a neih hunah a hnute hmur hnek a remin harsatna a pumpelh tir a ni.

5. Kawr fai leh thawl lama inbelin pheikhawk sang a bun tur a ni lo.

6. A ha leh ka chung fai takin a vawng reng tur a ni. Chaw ei kham apiangin a ha a nawt emaw, tuilum tein a ka a \huah \hin tur a ni.

Nau pai laia tih loh tur leh insum turte:-

1. Nau pai lain nu chuan meizuk, sahdah hmuam, tuibur hmuam leh zu in a ti reng reng tur a ni lo, heng hi nu tan mai ni lovin a nau pai lai tan a \ha lo em em a ni.
 2. Nu nau pai lai chu a taksa a chak lovin thisen tl^kchhamnate a awm theih avangin a taksa chuan natna do theih a nei \ha tawk lo va; chuvangin, natna reng reng a akai awl em em a ni. Nuin natna a neih reng rengin a nau pai chuan a tuar tel ve lo thei si lo va; chuvangin, fimkhur a ngai em em a ni. Natna hlauhawm deuhthe nuin a vei phe chu an bulah awm lo se a \ha ber a ni.
 3. Nau pai tirh thla thum chung emaw hi chuan damdawi pawh nuin ei lo sela a \ha ber a ni. |ulna leh eng emaw a awm a nih chuan doctor r^wnin leh doctor hrilh ang chauhin a ei tur a ni. Mahni in doctor chawpa damdawi ei mai mai loh tur tih hi hetih hun lai hi chuan zawm ngei ngei tur a ni. Tin, doctor-te r^wn pawhin nau pai \an thu chu chiang takin hrilh ngei ngei tur a ni.
 4. Tun hma lama nauchhiat leh \hat lohna neite tan chuan nau pai \an tirh thla thum chung chu 'inp^wl loh' tur a ni.
 5. Tin, pa ber chuan hetih lai hi hun pawimawh em em a ni tih hriain a nupui chu a duatin a hrethiam tur a ni a, hnathawh chungchangah mai ni lovin hetih hun lai hi chuan nu rilru pawh a tihah tur a ni lo reng reng.
- Tin, nu nau pai \henkhat fimkhur ngai bik leh enkawl zui ngai bik an awm \hin a, hetiang nu hi fimkhur taka enkawl zui an nih loh chuan thil hlauhawm - nu leh naute emaw zawk zawk tana nunna emaw hial ch^ n phah hlauhawm khawpin thil a thleng thei a, chutiang hote chu hetiangte hi an ni:-
- a) Nu nau pai \an tir chu a naupan lutukin leh a upat

lutukin (kum 30 aia upa a nihin).

b) Nuin nau a neih tam tawh lutukin. Entir nan - Vawi li emaw aia tam neih hnu chuan a hlauhawm bik a ni.

c) Nu t[^]wi lutuk leh kumkuruh t> lutuk.

d) Naute awm dan dik lo, ph\$^r pai leh tui pai tam lutukte.

e) Nau pai laia thi chhuak te, naute pum chhunga thite.

f) Nu thisen s[^]ng, v<ng te, thisen nei tl>m (Anemia) nasate.

g) Thlahlei pai.

h) Tunhmaa nau zai chhuahsakte leh a cheha cheh chhuahsakte.

i) Lung leh kal na nei te, TB vei te, thin lam \ha lote leh zunthlum neite.

Hetiang ang nu nau pai chuan nau an pai \an tirh phat a\angin damdawi lam mite an r[^]wn ngei ngei tur a ni. Eng hunah pawh thil \ha lo thleng mai thei a nih avangin an fimkhurin damdawi in panna hnaiah awm thei nghe nghe se a \ha hle a ni.

Ei leh in

Mi hausa deuh mai hi kum thum zet mai pum lam \hat lohnain a tlakbuak hnuah a taksa pawhin a tlakchhiat phah \an ta a. Tichuan Doctor thiam tak Dr. Spring-a a va rawn a, ani chuan, "Ka pu, ka thurawn che i pawm phawt chuan ka tidam thei ang che" a lo ti a. Ani chuan a pawm thlap tur thu a hrilh hnuah Dr. Spring-a chuan, "A nih leh sakawr va ru rawh le" a ti ta mai a, ani chuan mak ti deuh mai hian "Sakawr ka ru anga maw?" a han tih chuan, "Aw sakawr i va ru ngei tur a ni, tichuan an lo man ang che'nga, chutah a hun dik taka ei leh in i dawn theihna hmunah an dah ang che'nga; tichuan, rei lo t>ah i hriselnain ngai a awl leh mai ang..." a lo ti a.

Chhiartu duhtak, nang pawh, hunbi nei lova i thil ei \hin te avang hian i pum lamah harsatna i tawk \hin a ni lo maw...?

ETIQUETTE

Etiquette han tih hian good manner emaw, mi hawihhawm nun, mi dang pawisakna nun a nih avangin mi dangte nena khawsak honaah hian a pawimawh em em a. Tin, mihring hawihhawm leh hawm lo chuan an pian leh murna leh an lo \hanchhoh dan a ti lang chiang \hin a ni. Etiquette hriat hi hnam dang zinga kan khawsakna hmunah a pawimawh em em bik a ni.

INCHEINA

Mizote hian inchei hi kan uar hle a, kan in leh lo leh kan nihna phulo a inchei mi kan ni a, foreign thil lah hi kan han ngaisang em em mai bawk. Kan thil awh zawngte lah chu mahni dinhmun ngaihtuah lek lovin kan lei pawp pawp mai a. Hei vang hian in chhe ve tak takah te pawh TV manto tak tak kan hung fur in, tleirawl engmah thawhchhuah nei lo chen in cell phone man to tak tak kan hum fur mai zawng a nih hi. Tin, Mizo zingah hian kan incheinaah chuan high class leh low class kan dang lam lo. A thu hrimah Mizote hian inchei hun leh hmun pawh kan thliar thiam lo fo. Kan hnathawhna hmun (office) leh party leh college kalna hmun te a kan incheina a danglam teh

chiam \hin lo. Biak ina mi \henkhat thawmhnaw hak duhzawng te hi chuan \henkhat mit a tih kham hle laiin \henkhat mut kawr pyjama vel nena khawlaia kal \hin te pawh kan bang lo. Sap ho hian a hun leh hmun a inchei dan hi an thiam khawp mai, entir nan, lusun ina kal te chuan, thawmhnaw dum an ha deuh kher \hin a, party leh inneihnaah erawh chuan a thawmhnaw ler tak tak nen an kal leh mai a, hnathawhna hmun, office leh ram kalnaah te pawh hnathawh pui nuam lam an ha leh mai \hin a ni. Tin, inneihni a incheina thuah hian a var hi virgin te tana reserve a ni a. Laklawh tawh te leh thlawi tawh ten an hmang ve ngawt thei lo a ni. Nula thianghlim te chanvo an tihmelhem in dan an hriat loh an entir lek a ni.

CHAW EINA HMUNAH

@ Chaw eina hmun hi fel fai taka incheina hmun a ni a. Dinning room a, ruak keng kung leh towel bat chung leh sam thlah hnuang chung a chaw ei te hi a mawi loh mai bakah mi dang chawei a titui lo thei tih hriat a \ha. (hetiang hi State danga Mizoram house-ah ching kan tam mai)

@ Chawhmeh chhawpna a fian an chhawp \hin hi kut veilama vuanin mahni thlengah emaw bowl an chhawpah emaw suah \hin tur a ni. Hawp \awm ang chi hi tih loh tur a ni.

@ Mi chaw eia i sawm in i sawm te hnenah i chawhmeh lei man zat sawi ching kher suh.

@ Buh mal thlah hi chin \hana neih a awl hle. Ruai\hehna a ni emaw, mahni in a ni emaw, buh mal thlah loh hi changkanna a ni vet lat.

Mawitea huang!!!

@ An veng eichawp dawr a rawk a duhtawk a lak hnuah an babu a keuva ami ngei deuh mai dawr neitute thenawmpa YMA president te ba cheng 1200 kha 5000-ah ziah belh pah in, "Kar hmasa a min hlap man" an tiah.

@ Chawei tur ham bawrh bawrh te, chaw eikhama thleng a kut sil mai te, chaw eina hmanrua tih rik bawl bawl hi chin loh tur a ni. Tin, chaweina hmunah irh uak uak leh kam\huahna hmunah khak chhak bawrh bawrh te hi chin loh tawp tur.

@ Chaweinaah chemte hi lek vu vu loh tur a ni a, thil ei nan hman miah tur a ni lo bawh.

@ Thirfian leh thirkut te hi butter hnawih nan hmang suh. Chhangthawp emaw an rawn chhawpin i kuta la in keng mai lo la, ei hma in zai te hmasa zet rawh. Mahse thingpui emaw, soup-ah emaw chiah kher suh.

@ Chaweikhawmna a tel tura an sawmna che reng rengah i kal thei dawn lo a nih pawhin i theihlohna chhan hrih thin la, ngawirenga thulh ching suh a mawi lo.

PUMPUI PAN TE, PUM NUAMLO TE, IRH THUR CHI TE, THIN THIP TE

Pum pai nuam lo hi chaw pai lawih har ei vang emaw, thil mawm lutuk ei vang a ni mai thei a, zu in pawh hian a awm duh hle a ni. A chhan chu heng thil ei leh in te hian pumah thil thur tam tak a siam a, irh te a thurin, thin thip leh pum pai nuamlo a awm tir thin a ni. Mi thenkhat chuan thin thip vung vung hi lung lam that loh vangah an ngai a, an ring sual fo a ni. Thin thip vung vung hi pumpui pan emaw, lawng vang emaw a ni thin.

Pumpui pan leh ril fang pan hi pumpui atangin acid a insiam tam lutuk vang a ni. A hriat chian theihna pakhat chu pumna lutuk si lovin, na awm reng di mahse tawrh theih tawkin a na thin. A chang chuan a thip zawk zawk bawk a. Chutianga na chu thil ei in emaw, bawngnhute in in emaw a reh deuh va, a changin a na chu chaw ei hnu darkar hnih velah emaw, chaw ei hmaw emaw a rawn awm thin. Tin, chaw mawm lutuk ei te, zu in te, masala leh hmarcha ei te hian a na a ti zual duh a ni.

Pumna chu zana a zual a. Endoscopy (pum enna khawl) a enchian ngei a tha. A lawng chu a nasat viau chuan luak a awmtir a, a chang chuan

thisen thar lam takin an luak a, tin, Coffee rawng ang tak te pawh a ni thei. Pumpui lawng ek chu a tlangpui thuin a rawng a dum thin.

HRIAT TUR :

Pumpui lawng thenkhat chu a na lova, a hriat theihna hmasa ber chu luakah thi a lo tel a, anih loh vek leh ek chu a dumin a ban thin. Hei hi ngaihthah chi a nilo. Damlo chu thichhuak avangin a thih mai theih avangin damdawi thiam ko vat rawh.

A enkawl dan leh a ven dan:

A na awmtir theitu chaw te ei ai chuan, a tidam theitu chaw te ei zawk rawh. Heng a hnuai entir te hi ei tam zawk tur a ni.

Pumpui pⁿ venna :

1. Vawikhat a chaw puar lutuk a ei loh a tha. Tam lovin ei zin zawk mai tur a ni.
2. Tui tam tawk in tur; chaw ei hma leh chaw ei khamah tui no 2 tal in tum tur. Tui in tam hrim hrim hi taksa tan a tha a ni. I theih anga tam tui in thin ang che.
3. Aloe Vera hnah hi pumpui l^{wng} enkawl nan a tha hle a ni. A hnah chu chansawm la, zanah darkar hnih danah no 1 zelin in ang che, a tui hi a kha deuh fak a, a nal deuh bawk a, damdawiah a tha hle.

Pumpui pⁿin a huat loh te :

Artui, biscuit al chi, chow chhum tui hang, alu, iskut, cake, balhla hmin.

Pumpui pⁿ tizual tute :

Zu, coffee, mei zuk, masala, hmarcha, soda pop, coca cola, thil mawm (chaw mawm).

Doctor thenkhat ten pumpui l^{wng} atan bawng-nute in an chawh thin a, a bawngnute hian rei lo te atan

chauh pumna a chhawk a, pumpui a acid awm a ti tam a, chu chuan pumna a tizual a, thil tha lo zawk a thlen thei. Tunlaih chuan bawngnute in hi pumpui l^{wng} atan chuan an duh tawh lo a ni.

Antacid an tih milk of Magnesium leh Aluminium hydroxide te pawh hi pumpuia acid tam lutuk pawlhdal turin ei la a tha hle. A ei dan tur dik tak a ei chuan pumpui pan a ti dam thin a ni.

Pumpui pⁿ hi a lo dam hnuah pawh ei fimkhur loh chuan, a rawn thual leh duh hle a, chuangin a ngeih loh chi reng reng chu ei leh ngai suh. A theih pheih chuan mut dawnah antacid ei ziah tur a ni.

Pumpui pⁿ chu tihdam thuai tur a ni. Tih dam thuai a nih loh chuan thi a luak te, ek thi te a awm tir theih mai bakah natna hlauhawm tak Peritonitis an tih pawh hi a awm tir thei a ni. Pumpui pⁿ neiin a ei a fimkhur hle chuan, pumpui pⁿ hi a dam chak duh hle a ni. Thinrimna te, thil helhkhama neih te, nasa taka zamna te hian pumpui pan a tizual thei a ni.

Source : Doctor awm lohna hmunah pawh

TAKSA I DUAT ANG U

C. LALTHANCHHUNGA
Block Extension Educators (BEE)
Directorate of Health Services

Hriselna kan han ti ngawt a, damlohna chi hrang hrang kan rawn sawi thin si a 'HRISELLOHNA' tih zawk awm tak a ni a, mahse ngaithlatute chuan in lo hrethiam mai a ni ang chu.

Dan naranin hrisellohna in min tlakbuak hian a turah kan dah mai \hin a. A tuar thei in kan tuar a, a tuarzuau deuhin mithiam kan pan a kan nat chhan hi chhutin kan chhui zui lo fo thin a ni.

Kan taksa hi khawl a ni tih kan hriat reng fo a ngai a. Kan enkawl dan azirin a \ha in a \ha lo thei a ni. Motor-te pawh hi a khawl vanga kal a ni a. A khawlah khan oil te thun a nih loh chuan a kang chhe mai thei \hin. Tin, a tidaitu tur tui te thun fo a nih loh chuan a tlo tur angin a tlo thei lo. Oil te, tui te pawh chu lo thun ta tehreng pawh ni mah ila, a thun tur ang chi kan thun chuan si loh chuan a tlo tur angin a tlo dawn chuang lo a ni.

Hetiang chiah hian, kan taksa pawh hian mamawh chi

hrang hrang a nei ve a, heng a mamawh te hi kan thil ei leh inah te a telin kan khawsak dan phungah te a tel vek a, chuvangin kan ei leh in, khawsak dan te chu ngun taka chhut a, taksa tana \ha leh \ha lo tur chu kan thliar thiam a \ul ta a ni. A nihna dik takah chuan kan ei leh in hi kan nunna hnar ber chu a lo ni. Chuvangin kan ei leh inah hian kan fimkhur hle tur alo ni.

A nih leh kan taksa tana \ha te chu eng te nge? Taksa tana \ha chu thil tam tak a awm a, chung zinga tlem i han tarlang teh ang u -

1. Thlai leh thei tharlam ei tam.
2. A tawk chauhva sa ei.
3. Sa ti sen (Bawngsa, Vawksa) te aiin sa ti var (Arsa, Sangha) ei tam.

4. Damdawi reng reng a hun bi thlap thlap a ei (hriatchhuah chang changa ei hian damdawiin a thawh dan tur ang a thawk \hin lo va, awmzia a nei tlem thei hle \hin a ni)
5. Tuisik tam tak ni tin in ziah.
6. Thil (al, thlum, thur, thak) reng reng a tawk chauha ei thin.
7. Hah lutuk lova ni tin Exercise lak \hin.
8. A hun bi a chaw ei.
9. A theih chuan nitin inbual ziah.

TAKSA TANA | HA LO TE CHU ENG TE NGE?

Taksa hriselna tichhetu hi tam tak an awm a. Hri ilo vel kan vei a, kan damlo hi chu thu dangah dah ila. Keimahniin kan ei leh in avanga natna kan insiamchawp a awm \hin hi a pawilo hle, chung lakah chuan kan insum a ngai hle a ni. Chung te chu -

1. Meizial zuk: Hei hian chuap mai a tikhawlo lova, mit

leh thisen zam thlengin a khawih pawilo thei a ni.

2. Sahdah leh Tuibur: Heng te hian pumpui a khawih chhiain meizial ang thovin ka/hrawk Cancer a thlen thei a ni.

3. Zu: Zu hi a tawk chauha in loh chuan thin te, thisenzam te a khawih khawlo thei a ni.

4. Men rei: Pawngpaw menrei vak hian taksa a ti chauvin, mi a ti thatchhe \hin a ni. Mut hma a thawh hma chin hi taksa chuan a ngeih ber a ni.

5. Ei luat: Vawikhata thil ei \ueh hi kan pumpuiin a zo lo hle a, pumpui a ti khawlo thei a chuangin vawikhata ei \ueh ai chuan tlem tlema ei zin pawilo a pawilo zawk a ni.

6. Damdawi pawngpaw ei: Damdawi te hi pawngpaw ei mai mai loh tur. Na chhawkna man tlawm chi leh Vitamin tih loh hi chu Doctor rawn lova ei loh a \ha. Zan mut theih loh avanga muthiltheihna damdawi te ei mai mai loh tur. I taksain rinrawla a neih tawh chuan a tel lovin i muhil thei tawh lovang.

7. Rilru hah: Rilru a hah hian taksain namen lovin a tuar ve a. Rilru hah mi tan chuan hlimna zawn hram hram tur. Inngaihtuah hah chawp leh inngaihtuah lungchhiat chawp te hi thil awm thei a ni tih hriatreng tur.

Hetiang anga kan taksa tana \ha tur kan zawm hram hram a, a \ha lo tur tih kan hriatreng kan tih loh bawk chuan natna min tlakbuaktu tam tak te hi chu kan pumpel thei tih hriat a \ha. A awmzia takah chuan kan khawsak dan (way of life) in a zir loh avang hian kan hriselna hian a tawrh phah fo \hin a ni. Chuvang chuan hriselna \ha nei thei tur chuan kan ni tin nun hi kan uluk a pawimawh tak zet zet a ni.

Ek khal :

Ek a lo khal a, a ruh tlat emaw a, ni hnih emaw a aia rei emaw an ek tawh loh chuan, a chhan chu chaw ei mumal loh leh ei that vak loh te, thil hrui nen lam chi ei tam loh vang te a ni duh hle thin.

Tui tam tawk in thin te leh thei lam te, thil dang ei tur tha ei tam tawk te chuan ek khal hi an nei khat hle a ni. Chuvangin damdawi lem ek nem nana hman ai chuan, ei lamah fimkhur a tha zawk.

Mumal taka ek theih hi a tha a, chutianga e fo thei tur chuan, upa te pawh ke a kalin insawizawi fo hi an mamawh a ni.

Ni thum emaw a aia rei emaw e lova awm, mahse pum te na lem lo chu, ek nemna damdawi chaklo ber chi Milk of magnesium ei a tha a, mahse, ei fo tur a ni lo. Ek khal deuh apianga ei loh tur, chu ai chuan ei lamah fimkhur zawk tur a ni.

HMANGCHANG

COOKER PHUI LOH CHHAN : Cooker hi tlema a lo rei deuh hnuah hian a phui \ha duh lo hle a, hei hi steel wool-a a tlang kan nawh \hin hian tlem tlemin a rawng a lo zau tial tial tihna a ni. Chuvangin cooker hi steel wool a nawh loh a \ha.

COOKER CHHINPHUI DAN : Cooker chhin a phui \hat loh chuan i chhin hnuah a chung a, b^wk te kha vuah hrih lo la, i thil chhum a lo so \an hunah tui hu kha a chhung a\angin a lo chhuak pherh pherh ang a, rei lo deuh nghak la, a khu kha a lo ding deuh hunah a chhin b^wk chu vuah chauh ang che.

COOKER man tlawm deuh, a \hat laia \ha ve fu si hi chu rei lo t>ah a phui \ha thei lo mai \hin a, chuvangin cooker man tlawm pahnih pathum neih ai chuan Cooker \ha chi man to deuh pakhat neih a fuh zawk fo.

Heng chawhmeh rim na chi- Thingthupui, khanghu etc. chhum hian a rim a na hle \hin a, chuvangin hetiang chi hi chu fai deuhin sil ila, tel tlem leh chi in chulh ila, sarangah thun a char tlat hnuah chhum ila rei lo t>ah a hmin in a tui danglam hle a ni. Amaherawhchu a hmin hma lutuk tih erawh hriat tur a ni. Hetiang chiah hian pasi pawh thian fai la sarangah thun la char phui leh la, i chaw chhum belah emaw thlak ve mai rawh hang danglam tak a ni.

(Courtesy : BSI Cook Book)

Mawitea huang!!!

@ KS pakhat piangthar pawh khan Biak inah Testimony a sawi a, "Tun hmaa an pasal te ka lo kawp tawh te nupui theuh lakah khan ngaihdam dil ka duh a, tuna an hming ka lam apiang te nupui kha khawngaihin in lo ding zel dawn nia" an ti mai chu...pa ho an chhuak sung sung mai nia...

Lehkathawn

Ka pu,



Hriselna chanchinbu hi kum 2005 a\ang khan ka u in min laksak ve a, chhiar nuam hi ka tiin manhla ka ti \hin hle bawk. Doctor riah pui reng ang tlukah te ka inngai a, he lehkhabu in lo tichhuak hi a finthlak ka ti takzet a ni. Eng emaw hleka damdawi mamawh an awm apiangin, he lehkhabu hi ka en leh vat \hin, thlatin lo chhuak hi ka lo dah\ha zel a, \henawm khawvengte pawh hi damdawi an mamawh dan azirin ka hriih ve leh chhawng \hin. Thingtlanga awm kan ni a, ka ram riahnaah te hian ka keng zel \hinin, tihchhiat hi ka hlau hle bawk. Tin, a lo chhuak leh tur hi ka nghakhlel hle zel bawk. Tin, keimahni ngei pawhin atakin ka \angkaipui bawk. A tawp berah chuan in chanchinbu hi tluang taka kalpui zel turin duhsakna ka hlan tak meuh meuh a che u.

Lalrinawma, Bilkhawthlir.

Second-hand thawmhaw man tlawm inbel thin nula, zahawm em em si an awm a; a bakkihl thlenga 'branded' vek nula changkang, farnu/fanu atana kan awn ngai reng reng loh tur an awm bawk !

Lirthei hmanga kal thin, tlai reng mai \hian ka nei a, ke hlira kal thin, tlai ngai reng reng lo \hian ka nei bawk a !

Dâp In hlui tawh tak zâwn ka thlen chuan ka ding a, a chhunga chengte hlim taka an nui lai chu hmuhnawm ti takin ka thlir a; ka kal zel a, In ropui tak pakhat hi a lo ding a, chu in ropui tak bathlarah chuan; Nu pakhat hi lungchhe takin a lo \awng\ai mawlh mawlh a, "Lalpa, ka pasal leh ka fapa-te hian nunkawng dik an zawh theih nan Nangin tanpui la, hruai ang che" tiin a mittui luang chu a hru mawlh mawlh a!

Hei hi a ni hringnun chu.

KANGMEI LAKAH FIMKHUR RAWH

Fimkhurna turte :

1. In leh a velah kangmei tichhuak thei en fel la, i chhungte tihdan tur hrilh rawh.
2. Mei chhem chu - meihawl, vawkchaw chhumna te thildang kangkai thei lo tura siam.
3. Gas Cylinder leak hman miah loh tur.
4. Petrol, Diesel leh Oil chi reng reng mei a\anga hla takah dah tur.
5. Electrical Wiring \ha lo hi 'shortage] siamtu a ni, a thiamte chauh siamtir tur.
6. Parada, thosilen leh puanzar bulah mombati, bati etc. chhit loh tur.
7. Thlasik laia meihawl thuk tihmit \hat loh hi in kanna bul a ni, tihmit kim ngei ngei tur.
8. Circuit breaker hman ngei tur a ni a, Fuse wire pawh a dik tak chauh hman tur a ni.
9. Mei nung lai reng reng ngaihthah loh tur.
10. Gas bur i thlak dawnin, a bur thar zawkah chuan rubber ring/washer \ha tak a awm ngei tih fiah phawt la, a awm loh chuan regulator vuah suh.
11. Gas bur hi meiin nasa takin a tih sat loh chuan a puak mai lo. A kan pawhin a puak tur ven nan leih daih char char mai tur a ni.
12. Meichhemna thil nawalh, lighter te naupang khawih phakah dah loh tur a ni.
13. In leh a vela bawlhhlawh kang thei te, thianfai reng rawh. Tin, khaw hmawr deuha awm i nih chuan ram kang laka i him nan i in bul zau tawh tak thianfai ang che.

14. Electric istiri, heater leh room heater te 'ON' chungin chhuahsan suh.

I in a kan chuan

1. Chiai mai lovin Fire extinguisher la la, a kang in\anaah ngei kap ang che, a alh (flame)-ah kah loh tur.
2. Bucket a tui kha la la, leih mit chi a nih chuan leih ang che.
3. Puankawp (blanket) a khuh hlawp theih a nih chuan khuh la, tui leihhuh vat la, chiahhuh hmasak hman pheih chuan a \ha zawk nghe nghe.
4. A kan nasat lutuk tawh a, a chung a hmanrua hmanga tihmih theih a nih tawh loh chuan mihring awmte tlanchhuah vat tur a ni.
5. Meikhu leh meialh a nasat chuan puankawp khan inkhuh a, a hniam thei ang bera kuna chhuah tur a ni. Meialh leh meikhu hi chung lamah a chho a, a hnuai lam apiang a him.
6. I thuamhnaw a kan chuan tlankual vak lovin, let tawp tawp la, a tikangchak lovin a thi hma duh ber.
7. Mei khu nasa avanga thawk a harsat chuan rawmawl huhin i hnar leh ka tuam la, boruak chhia tam tak i hip luh tur a veng thei.
8. Kangmei a nasat hle tawh hnuah bungrua chuh turin in kang laiah tlan lut suh.
9. In kanga i awmin bath room leh room zimteah tawm him tumin awm suh, meikhu avangin thihna a awm thei tho.

Mawitea huang!!!

@ Engati nge i mut dawn han tui no 2 i in chhawp ziah a? pakhat tui awm leh a dang a ruak leh nghal?

"A...zanah hian ka tui a hal takin tui awm sa leh a hal loh tak in no ruak hi ka inchhawp tel alawm."

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 pressure) nei kan awm ve ta fur mai. Amaherawhchu, ei \hat vang ringawta thisen sang hi lo insiam a ni lova, chhan tam tak a awm thei a ni.

Thisen sang awmna chhan \henkhatte : Mi thil chik mite’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 tisang 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 chi-ah hian thil pakhat Estrogen an tih hi a tel a. Estrogen hian chi al hi a khawl duh avangin hetiang 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 ti luang tu 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 chawlh 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 chung lam 110/120, a hnuai lam 70/80 a ni deuh ber.

Eng tianga enkawl tur nge?:

B.P. sang damdawi te chu a awm na a, hetiang damdawi ring reng a khawsak ai chuan thil ei te leh khawsakzia a hnuai 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 (M o n o s o d i u m glutamate) telna ei loh.

(*Thau lutuk hlauh-awm chin hriatna chu kawnga inteh hian a hriat theih. Hmeichhia-ah inchis 34.5 aia a lenin. Mipaah inchis 40 aia a lenin.)



KUMUPATVANGAHARSATNAHRISELLOHNA BENVAWNAMMTHEITE

DR. LALTHANPUII HNAME

A tlangpuiin mi kum 40 leh a chunglam a lo nih tawh chuan taksaah harsatna leh natna benvawn mi \henkhatah a lo awm \hin a, chungte chu:-

- 1) Lung leh thisen zam natna.
- 2) Cancer
- 3) Accident
- 4) Zunthlum natna
- 5) Taksa chetna kut ke ah
- 6) Chuap leh thawkna dawt khawl natna
- 7) Inthlah chhawna leh zunkawng natna.

(1) Lung leh thisen zam natna: Miin kum 40 a pelh tawh chuan natna benvawn a pawimawh berte zinga mi chu lung leh thisen zam natna hi a ni. Hetih hun lai hian thisen zam bang chhungril laite a lo bal a, a bal lai chu thau chikhat in a lo awm leh zui a, chumi hunah micronutrients chi khat calcium in a lo luah leh a, chuang chuan thisen zam kalna lai tur chu hnawh pin in a lo awm a chumi avang chuan thisen zam

kal chu a kal chak thei lo a chu chuan thisen hlawm a siam a chuang chuan thisen zam t> t> chu a lo chat a tichuan thisenah pressure a lo sang ta \hin a ni. Heng thlentute hi a mal khai chuan han sawi fak theih a awm lo va. Kan ei in te inthlahchhawn avang te, buk rih luat avang te, rilru leh taksa hah avangte pawh in a awm thei a ni. Chuang chuan kan ei in a mawm, a al leh thlum ei tam te tih tlem tur a ni a, mahni \heuh hi buk rit lo tura insum te a \ha a, rilru hah lova insiam te chin dawklak \ha lo laka fimkhur te hi a pawimawh hle a ni.

(2) Cancer : Kum 40 pelh hnu hian cancer natna hi a awm duh hle a. Ram \hang lai mekah te chuan cancer natna hi thihna thlentute pui berte zinga mi an ni a. Kum 65 vel pelh hnuah

chuan pumpui, chawkawng cancer leh mipaah chuan chi bawm bula awm prostate hi a hluar hle a ni. Hmeichhiaah chuan chhul hmawr cancer-te leh hnute cancer te hi a tam theih hle bawk.

(3) Accident/chetsual palhna : Kum upat hnu hian ruh te hi a pangngai tawh lo va, ruh te hian calcium te a lo tlachham a, chuvang chuan a ram a tluk te a awl hle a, a tlangpui in pawn a vah chhuahna aiin mahni in chhungah entir nan bual inah sahbon nala tawh thluk te avanga malpui ruh tliak a bik takin malpui ruh a lu lai leh kumkuruh chuktuah inzawmna laite hi a tam hle a ni. Chetsualna laka in dimdawi te hi a pawimawh rual rualin bawngnhute a thau awm tlem na skimmed milkte hi in uar nise emaw calcium mum shelcal te macalvit mumte hi ei \hin a \ha a, amaherawhchu tui in tam tur a ni a, calcium ei chuan kalah lungte a siam theih vang a ni.

(4) Zunthlum natna : Zunthlum natna vei zingah zaa

75 hi kum 50 chunglam an ni. Zunthlum natna hi vawikhat vei tawh chuan tihdam theih loh a ni a, ven erawh chu a ven theih a ni. Zunthlum natna hi inthlah-chhawn theih natna a ni a, nu leh pa in an vei kawp chuan an fate zingah zaa 25 in an vei chawk, a nu emaw pa chauhin an vei chuan zaa 10 in an fate zingah an vei \hin, chuvang chuan kum 40 chuan tawh chuan blood sugar te test-tir \hin a pawimawh a, a tlangpuiin thisen a thlum hi 180mg% aia tam a nihah zunah a lo lang \an a, chuvang chuan zun a thlum zat hriat aiin thisen thlum zat hi hriat a pawimawh zawk a ni.

(5) Taksa chetna khawl natna : Taksa chetna khawl natna avangin upate-ah harsatna a thlen fo \hin a, ruh leh ruh inkar natnate, ruhseh natna, hnungzang ruh natna te, ringruh natna te, heng tha natna te avang hian upa lamah taksa chet harsatna benvawn a thlen \hin a ni.

(6) Chuap leh thawkna dawt natna : Chuap leh

thawkna dawt natnate entir nan:-

- a) Chronic bronchitis (Awmna benvawn)
- b) Emphysema : Meizuk nasat avanga chuap leh thawkna dawt natna
- c) Asthma (Thawhah)
- d) Pneumonia (Chuapa khawsikpui)
- e) Lung Cancer (Chuap Cancer natna):- 100 zela 90 hi meizuk vang a ni.
- f) Chronic Obstructive Pulmonary Disease (COPD): hi Chronic Bronchitis leh Emphysema natna rei tak awmah a awm duh hle a, hei hi a chhan chu chuap leh thawkna dawt lai a khawloh vang a ni a-heti anga a awm reng a enkawl a nih loh chuan

lung natna a tichhuak thei a. Kum upate natna benvawn thihpuina tam ber pawl a ni. Meizuk hi a \hat loh em avangin upate hian an meizuk te hi sim vat thei se an tan natna tam tak laka vengtu a lo ni reng zawk a ni.

(7) Zungkawng \ha lo natna : Kum a upate zingah hian zunkawng natna hi a awm duh hle a, a hmei apa te tana thil hrehawm leh zahthlak tak a ni \hin a. Zunkawng han tih hian kal (Kidney) zun insiamna kalkawng (pipe), phing (bladder), zunchhuahna (urethra) leh mipa-ah prostate (\halbe ang lian tak), urethra hual velah a awm a-prostate hi kum upat hnu hian a lo \hang lian ve thei a, zawi zawiin cancer-ah te a chan theih avangin mipate chu fimkhur a \ul a ni.■

Mawitea huang!!

* An mitthi vui zo kha " | hianpa, keini pawh hi engtik niah emaw chuan kan la thi ve awm sia tiraw?" a ti a, a thianpa chuan "Nia, Pathian zara kan dam phawt chuan kan la thi ve ngei ang le" zuk ti a!!

BITES AND STINGS

Saphi-hrik : Saphi-hrik taksaa bei nghet tak i lak dawnin, a l< b<n loh nan fimkhur hle ang che. Chuti lo chuan a p<n duh hle, tawngtaw pawh mai mai lovin hetiang hian ti ang che.

Meizial nungin hem rawh emaw spirit thlawr ang che. Saphi-hrik t> tak t> taksaa a beh chuan uithak damdawi (benzyl benzoate) hnawih a \ha. Tui vawtin dep ang che.

Ui-seh : Ui seh reng reng chu ui ha a\anga bal leh natna hrikin a sehna hliam a tihbawlhhlawh avangin, ngaihthah suh.

A landan : Vun a pilh emaw a kak emaw a ni \hin.

A enkawl dan:

1. A hmuamhma chu tui leh sahbon emaw dettol emaw salvon emaw a silfai tur.
2. Betadine/Mercuro-chrome hnawiha bandage emaw pawntem faiin emawa tuam tur.
3. Anti-biotic pek tur.
4. Anti-tetanus serum a chiu tur.

A sehtu ui chu enthlak tur:

1. A sehtu ui chu hriat a nih chuan ni sawm chung enthlak tur.
2. Ui chu nunphung pangngaia - ui hri danna chiu a nih chuan a hlauhawm loh vah a ngaih theih.

Enthlak chunganga hetiang a awm chuan : Ui chu that rawh

1. Engmah ei duh lo.
2. Nunphung danglama a awmin eg. a bauh dan a pangngai lo.
3. A khur a, a awm hle hle thei lo, a phi ruai \hin.
4. Chhum lo chat lovin a bauh.
5. A kaih a, a chilhli a tla bawk.
6. Anti-rabies vaccine lak a ngai tih hriat tur.

Ui-mihring sehtu hriat a nih loh chuan damdawi in pan nghal
a. Antirabies Vaccine lak tir tur.

Rul chuk : Mi r<lin a chuk chuan a chuktu r<l t<r nei chi a nih leh nih loh hriat tum rawh. An chukna hmuamhma a danglam bik \hin hetiang hian:

R<l t<r nei awm dan : A ngho hmuamhma chu hmun hnihah a lang \hin. A chang chuan a ha hnuhma pawh a lang tel bawk.

R<l t<r nei lo awm dan : R<l t<r nei lo chi chu thl<r hnihin a hnuhma a lang, a ngho hnuhma a lang lo thung.

R<l chuk enkawl dan :

1. Rul chuk chu awm hle hle tir tur.
2. A chukna hmuamhma tihchet loh a \ha a, a chet nasat poh leh r<l t<rin taksa a fan chak.
3. A chukna hmuamhma chu a chungah \awn khalh la, darkar chanve zelah phelh dul tur.
4. Chemte hriam tak emaw blade emaw mei alhah hliau la, a hmuamhma chu 1 cm a seiin 1/2 cm-a thuk in zai belh rawh. A dung zawng chauhin zai tur.
5. Minute 15 chhungin a t<r chu fawh chhuah tum la, a t<r fawh chhuah chu lem lovin chhak zel ang che.
6. Anti venom a awm chuan, chu chuan chiu tur, a hman dan an ziah pawh Chiang taka hriat tur.
7. Vur them funkhawm la, a chukna hmuamhmaah tuam hnan ang che.
8. Anti biotics damdawi a pun loh nan ei tur.

R<lin a chuk che chuan zu in reng reng suh, a hlauhawm.

Mawitea huang!!

* An thenawm nu in Tumbu a lo kheh a , "Thenawmnu..... keini pawh kan retheih lai khan tumbu tih angreng hi kan hmeh ve fo asin" zuk ti kher a!

Bai siam dawn hriat tur \ul te:

1. Thlai hnah baina tur tui reng reng chhuanso \hat a ni tur a ni. Thlai rahah chuan a paw i lo.
2. Soda tel bai i chhuan reng rengin bai tur i thlak rualin soda thlak nghal tur, soda thlak hnuhnun chuan bai reng reng a lo mawi lo hman \hin.
3. Hmarcha hi tui chhuansoah thlak loh a \ha, a ur rim a nam vak thei. Bai tur thlai thlak ruala thlak mai a \ha. Hmarcha a hmin \hat hian pumin a pai thei deuh.
4. Baiah chingit telh dawn reng rengin soda thlak loh tur a ni, a kawi hluak a, a rawng a mawi lo duh bawk.
5. Buhbai siam dawn reng rengin chaw\hing hmang lo hram rawh. Bai tikawi tuihn^ng kha a awm tawh loh avangin a fi rulh \hin. Buhfai mei na lotea chhum chiar hi a \ha ber. Buhbai hi tih liam loh hram tur, a hn^ng \ha lai a liam bo \hin avangin bai a tui duh lo. Buh chhuan chiar chung hi a rei duh avangin gas a hek a, tuisoah buh chu darkar 1 vel chiah lawk la, tichuan a chiar awl duh.
6. I chawhmeh bai reng reng, buh nena bai emaw, bai liam duh zual emaw a nih loh chuan mei sa takah rei lo te bai hian a rawng a mawi a, bai a fuh duh tlangpui.
7. Saum telna chi bai chhuan dawn chuan soda telh tam a ngai. Soda leh saum a inmil loh chuan bai a tui thei lo. Baiah saum thlaka a so liam a reh daih chuan emaw a tui a sen rum chuan bai a fuhlo tihna a ni. Bai fuh tur chuan saum thlak chiah hunah a lo liam ang a, a tui a po no phat bawk tur a ni. I la tifuh lo a nih chuan soda emaw saum emaw a tam lutuk a ni palh thei. Tinawn leh rawh.
8. Bawl siam dawn chuan kan bawl tur thil reng reng kha a dai tur a ni lo. A sat tawh loh chuan tuisa tlem leih tur a ni. ■

RASHTRIYA SWASTHYA BIMA YOJANA(RSBY) 2018-2019

I. THUHMAHRUAI:

Sorkar laipui, Ministry of Health & Family Welfare hnuai Scheme, chungkaw ziak lut ten kum khata damdawiin enkawlna senso Rs. 30,000/- thleng leh Upa (senior Citizen) in Rs. 60,000 thleng hman theihna.

II. RSBY Huam chin category-te

(1) RSBY BPL

(2) RSBY APL-MNREGA Job Card leh Aizawl-a Street Vendor & Industries hnuai in register Weavers chungkua te.

III. Enrolment(Inziahluh) dan tur:

Mahni bial Sub-Centre-ah Enrolment fee Rs 30/- nen inziahluh tur. Chumi hnuah THLALAK leh FINGER PRINT (kut zung thla) lak tur. Thlalak hun hi veng tin information Center atanga inhriatir thin a ni. RSBY hmang thei:- SMART CARD a thlalak leh FINGER PRINT Pete chauh.

IV. Damdawi in- a RSBY hmanga inenkawl dan tur:

Damdawiinah Smart Card a chungkaw member finger print pe ve ngeiin kalpui tur, damloin fingerprint pek theih lohvin a kalpuitu in pek sak thei. Damdawiin RSBY counter-ah in admit hma ngeiin in report a, kut zung nem (fingerprint) leh a tul dang tih zawhah in Admit theih chauh a ni. Chhuah (discharge) dawn-ah kut zung nem leh chauhin a bill theih. Chhuah hnuah 'Smart Card' hmangin a Bill theih loh. Damdawiin senso man hi rate pawmsa chin bak a hman theih loh. Damdawiinah ni 7 aia tam awm chuan phalna dang lak a ngai. Kal man Rs. 100/- Hospital in an pe ang.

RSBY Smart Card hi ni 1-4-2018 atanga ni 31-3-2019 thleng a hman theih. A kum leh a hman theih tur chuan tih nun that/thlalak thar

leh a ngai.

@ Harsatna nei, Smart Card chhia, bo, hming/kum etc. siam tha duh te thlen theihna phone number te chu:-

Aizawl:- 9436198376 / 9862317221

Kolasib:- 9862124909

Lunglei:- 8974592938

Saiha:- 9862175982

Champhai:- 9856056455

Lawngtlai:- 9862319256

Mamit_8119881440

Serchhip: 9612857647

V. Naupiang hlim :

Scheme intan hnua naupiang, chhungkua-a ziahluh lo chu, naute nu hming chawiin man chawi lova enkawl nghal theih a ni.

MIZORAM STATE HEALTH CARE SCHEME (MSHCS) 2018-19

1. Mizoram State Health Care Scheme in a huam theih te.

a) RSBY BPL Smart Card nei.

b) RSBY APL:- a chung a 11 (2) tarlan angin & A bove Poverty Line (APL) tan.

RSBY APL Smart Card nei tan:- Enrolment premium hranpaa ngai lo.

@ RSBY hnuaia Bill theih chin Rs 30,000/60,000/- an hman zawh hnua, health Care Scheme ah eng natna pawh (70,000/- thleng BPL tan) leh critical illness (2,00,000/- thleng) reimbursement in a bill theih.

1 (b) RSBY APL Smart Card nei & Above Poverty Linr (APL) pangngai:

MIZORAM STATE HEALTH CARE ENROLMENT PREMIUM

Bill theih chin	Chhungkua member 5 chin tan	Member 5 aia tam pek belh tur (member 1 zel ah)
Rs. 1,00,000 thleng	Rs. 500/-	Rs. 100/- Bill theih
Rs. 2,00,000 thleng	Rs. 750/-	Rs. 200/- Bill theih
Rs. 3,00,000 thleng	Rs. 1,000/-	Rs. 300/- Bill theih

K E I M A H N I

u February ni 7 (Nilaini) 2018 chawhnu dar 2:00 khan Rs.1150800/- senga sak Chaltlang Lily Veng Health Sub Centre chu Dr.F.Lallianhlira, Principal Director, Health & Family Welfare Department-in a hawng. Health Sub Centre hawnna pual inkhawm hi Dr.Laldinpuia, SMO Aizawl East District-in a kaihruai a. Centre hawngtu Dr.F.Lallianhlira'n kal khawmte hmaah thusawina hun hmangin thawktute fuihna hun a hmang.

u Ni.8.2.2018 khan Dr.F.Lallianhlira, Principal Director, HFW chuan School of Nursing, Thingdawl, Kolasib a tlawh a, Dr.Lalhlimpaia, CMO, Kolasib, Laltanpuui Fanai, Principal, School of Nursing leh Official dang ten PD hi an lo dawng sawng a, he Nursing school in a mamawh a neih hrang hrang leh tihchangtlun zel anih dan tur te en in a fangkual a, thawktute nen meeting te

neih a ni. Principal Director hian Kawnpui PHC, Buhchangphai Sub-center, Phaisen Sub-Center te bakah, Bilkhawtlir a Quarter sak mek te a tlawh bawk, Dr.R.K.Lalthlamuana, SMO, Kolasib in Principal Director hi an bial chung ah hian a lo tawiawm a, Dr.Lalrinchhana, MO, Vairengte pawh in a bial chung ah PD hi a lo dawngsawng bawk a ni.

u February ni 13 (Thawhlejni) 2018 hian Health Directorate Office Conference Hall-ah tun hnaia Scrub Typhus leng enfiah tura New Delhi atanga expert team lo kal te nen One Day Training of Surveillance Officers on IDSP and Scrub Typhus neih a ni.Expert team atangin Dr.AK Bhansal, Dr Suhas Dhandore, Dr. Ashok Talyan, Lalthazuali Kawilam te bakah IDSP Mizoram atangin Dr Pachuau Lalmalsawma, SNO leh Lalfakzuala Pautu, Entomologist IDSP ten zirtirna an pe a ni.

u Dt. 14.2.2018 (Nilaini) khan Government Hrangbana College Golden Hall ah Medical Cell, Hrangbana College leh Eye Bank, Aizawl Civil Hospital leh RUSA tangkawp chuan Eye Donation Awareness Campaign an buatsaih. He hun hi Dr.Lalsangliani, Professor, Hrangbana College chuan a kaihruai a. Dr.Lalhmingmawii, Consultant in – charge, Eye Bank chuan Awareness Campaign neih chhan leh a tum tlangpuite sawifiahna a nei a.Mimi Zodinthari, Councillor leh Grace Saihlupuii Sailo, Councillor te chuan power point hmangin mit donate dan leh a tangkaina te zirtirna leh sawifiahna an nei bawk a ni. He programme hi ni 15.2.18 leh ni 23.2.18 te khan Pi Puii Hall, Presbyterian Hospital, Durtlangan an nei bawk a ni

u 14th Feb, 2018 khan Aijal Club-ah TB enkawlna chungchanga Review Meeting (4th Quarter 2017) neih a ni a. He meeting hi Dr. Lalrozama IAS, Mission Director, National Health

Mission hova neih niin, Dr. Vanlalfela, State TB Officer chuan a kaihruai a. He hun hi District TB Officer (DTO) te nen hman ho a ni. Tin he hunah hian Central TB Division atanga Medical Mobile Van dawn chu Health Minister, Pu Lalthanzar'an a hawng nghal a. He Mobile Van hi Mizoram chhunga TB vei te rang tak leh awlsam taka hmuhchhuah an nih theih nana hman tur a ni. He mobile Van chhungah hian CBNAAT khawl (Khak exam-na,) Air Conditioner, Generator, UPS, Lap top, Printer, Refrigerator, Wash Basin- te a awm vek a n

u Jan. 30, 2018 hian Health Directorate Office Conference Hall-ah National Health Mission (NHMO hnuai District tin Programme Manager te pualin ni hnih aw tur Training of Trainers on VISHWAS (Village Based Initiative to Synergise Health, Water and Sanitation) neih a ni. He Trainers Training hi Dr.R.Lalchuanawma, State Nodal Officer (Community rocess) NHM in a kaihruai .

