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Editorial

Mizote hian natna laka invenlawkna vaccine lak hi kan ngaipawimawh tawk lo deuh ðhin niin a lang. Natna tam takte hi chu vaccine lo lak lawk hian kan pumpelh thei tih hriat a ðha. Heng natna TB, Sakawrekhrík, Polio, Hepatitis, Khuhhip, Zenghri, Sentut, Typhoid etc. te laka kan lo invenlawkna tur hian sorkarin sum tam tak sengin mahni khua/veng ngeia Sub-Centre a min chhawp sak hnu-ah pawh, a la tura in auh khawm lawm lawm kan la ngai fo mai te hi a pawh hle a ni.

A thu hrimah Mizote hian sorkarin a thlawna damdawi a sem ang chi te hi ngaihhlut nachang kan hre lo ðhin hi a pawh hle a ni. Heng Sub-Centre a damdawi sem ðhin te hi kan hlut thiam lo em em a, heng ai chuan private clinic-a mi man to tak tak a lei hram kan ching ðhin te hi kan hriat sual vang ani. Chuvangin hetiang té téah hian sorkar hmalakna hrang hrangte hi hlut thiam in i ngai hmang ðangkai hram hram ang u.

A tawp berah chuan, “Inven hi tihdam aiin a ðhat zawk mai bakah senso a tlem zawk bawh,” tih hi hre reng chungin kan fate tana invenna vaccine lak hi ngai pawimawh ðheuh ila, engtika lak tur nge? Eng huna lak thin tur nge tih hi nu leh pa te hian kan ngaihchan hram hram a pawimawh tak zet zet a ni. ■

PATHIAN MALSAWMNA

- *Dr. J.C. Lalremruata*

Kan huphurh em em, mahse mi tinin a hun thlen ve ngei kan duh, a thlenga te chu malsawmna dawnga kan ngaih chu 'Tar hun' hi a ni awm e. Lu tuak barha hun hmang te chu Pathian malsawmnaah kan ngai a nih hi. Sap ramahte chuan tar chawmna inah an dah mai thin a. Kan ram, a bikin Mizoramah chuan kan in leh lo min uap lumtu, chhungkua ti hulhârtu berah kan ngai a. Heng hi tih dan tha tak leh chhonzawm zel tlak pawh niin a lang. A tara te pawh hian mahni inlum a, tu leh fate bula hun hman chu an chak zawk ngei a rinawm.

Ram changkan dan azirin mihring dam rei hun a inang lo hle. A tlangpuia chhutin hmeichhia hi mipa aiin an dam rei niin a lang.

Kum upate chu natna chi hrang hrangin a bawm hma bik em em a. Chuvangin natna chi hrang hrang kan la tawh tur leh kan pi puten an lo tawh mek chu kan hriat ve a pawimawh hle niin a lang. Heng a hnuai a kan sawi turte hi natna ni tho mahse, natna ang tak taka chhiar theih loh a ni a, kum upatin a keng tel hrim hrim a ni. Pathian malsawmna chi khat a ni awm e.

1)Kal (Kidney): Kalah zun siamtu (nephrons) a lo tlem

a, zun insiam chhung a lo rei a. Kan damdawi ei tam tak hi taksaa hna thawh tur a thawh zawh tawh hnuah zuna paih chhuah a ni a. Chuvangin damdawi thenkhat (NSAIDS, digitalis, H2-blockers) te chu fimkhur taka ei tur a ni.

2)Chaw kawng (Git): Chaw kawng chet dan (peristalsis) kha a lo muang a, ek a harsain ek a tâng duh hle a ni. Tin, Calcium leh vitamins thenkhat chaw kawng aţangin duh ang thâlin a lut thei lo a, chu chuan ruhrawp (Osteo-porosis) te, thisen tlakchham (anaemia) te an nei hma bik hle a ni. Ruh a lo rawp chuan ruh tliak a lo awm hma bik em em a ni.

Tin, thin (liver)-in hna a lo thawk tha hleithei tawh lova, damdawi tam tak thin - a t hial sawm (metabolised) te chu dose hniam takah pawh hnuleh (effect) a nei hma bik em em a ni.

3)Hriatna thazamah (CNS): Thluak a lo sawng te (atrophy) a, kan taksaa hriatna hlan chhawngtu (catechola-mines, dopamine) te kha a lo tlem a. Chu chuan tar chu a lo ti haihawt zo va, atna hial te a thlen thei a ni. Hei vang hian Mizote pawhin ‘Tar ât’ tih t awngkam hi kan neih phah niin a lang. Inngaihtuah ngui ngawih ngawih te (Depression) an lo nei hma a. An lo naupang tha leh emaw tih turin an lo pangchang a, naupang lawm turah kep ve zel an phût a, thlalak nikhuua han telh lohte hian an vui em em tawh mai a ni.

4)Chuap leh a behbawm (Respiratory)-ah: A hmaa chuap nem deuh thlir thler t hin kha a lo khawng a. Tin, thawk zawngin âwm a lo fan hleithei tawh lo va, chu chuan thawk a ti harsa a. Thaw hlei

thei lo leh tlema hah deuh phei chuan thawk a ti harsa em em thin a ni.

5) Lung leh thisen (Cardiovascular)-ah: Hriatna hlan chhawngtu (b-adrenergic) in a ti phur hlei thei tawh lo va, chu chuan lung atanga thisen chhuak a ti tlem a, thawh thut luhai (postural Hypotension.) a neihtir a. Tin, lungphu siamtu (SA node)-in hna a thawk tha hlei thei tawh lo va, lungphu chawlh thut an nei hma hle. Kum a lo upat chuan B.P. a lo sang bawk thin.

6)Beng leh mitah: Mit thahrui a lo chak lo va, mit naute a lo khawngtuk a, chu chuan thil hnai hmuh a ti harsa (presbyopia) a, tarmit an lo mamawh thin. Tin, mit naute fim tak thin kha a lo nu tan a, mitdel (cataract) hial a thlen thin. Taksa ri hriatna khawl (cochlea) a lo rawih (Degenerate) tan a, an beng a lo ngawng chhuih tawh thin. Beng tha lo hi kum 65 hnuah a lang ber thin.

7)Taksa bawltu (Endocrine)-ah: Thisen thlum vengtu (insulin)-in

hna a thawk hlei thei tawh lo va, chu chuan thisen thlum (diabetes) awlsam takin a neihtir thin. Tin, vitamin D sawngbawlna khawl (absorption and activation) a lo chau a, vitamin D hi ruh tan a pawimawh si a, chu chuan ruhrawp leh ruh tliak a neih hmatir em em a ni.

Kan sawi tawh ang khan khing a chung a kan sawi zawng zawng te khi thil kalphung (normal) vek a ni a. Khing bakah khian tarte chu natna chi

hrang hrangin a bawm hma bik em em a ni. Mahse tar kun khup bih thlenga engmah insawiselna nei lo, an mit leh bengte pawh insawiselna nei lo hmuh tur an awm. Engpawh nise, natna chi hrang hrangin bawm vel mahse tar kun, lu tuak var vu thlenga nun hmangte chuan Pathian malsawmna an dawng a ni phawt mai.

SAM RO, LU PHUT, VUN CHUAR DUM ENKAWL DAN

1. SAM RO: I sam a ro viau a nih chuan Coconut oil leh Almond oil inzatin pawlh la, castol oil fiante chanve telh leh la, ti lum hlek ang che. I lu lei ah hnawih la, massage (nuai) la, shampoo in sufai ang che. Hei hian sam a ti thang duh bawk.

2. LU PHUT: Artui chhungmu tel lo sertui nen chawhpawlh a, lu lei-ah tah a darkar chanve chiah hnuah shampoo a sukfai leh tur. Neem oil in ni tin uluk tak a massage (nuai) tur. Neem hnah rawt diak la, lu lei a darkar chanve chiah a sukfai leh hi a tha hle bawk.

3. VUN CHUAR DUM LAI ENKAWL DAN: Vun chuar lai kiu, zakhnuai, nghawng, kheimit, kekawn dumlai te hi nitin sertui (Lemon juice) leh chini leh serthlum kawr tih dip leh bawngnhute tlemte pawlh ila, lapua in 10minute vel nawt ziah ila, a ziaawm thei.

TB DORÁL A LA HRÁNG ZÊL E!

(World TB Day 24th March pualin)

*Dr. Malsawma,
Chátláng Vénglai*

Vânglaini Chanchinbu dt. 21st January, 2017-ah khân kum 2016 chung a TB (Ngawr leh a kaihnawih natna) dona Revised National Tuberculosis Control Programme (RNTCP) hmalâk dân ripâwt a chuang a. Chutah chuan kum 2016 chhungin Mizoramah TB vei nia rinhlelh mi 8961 endik niin an zînga mi 775 (8.6%) chuan TB an vei tih finfiáh a ni a. Hêng mi 775 te hi uluk taka enkawlin an zîng mi 684 (88.25%) te chu enkawl dam an ni a, mi dang 91 (11.75%) te erawh chu dam nghâl mai lovin an zînga mi 45 (49.45) te chu Multi Drug Resistance (MDR)-ah changin mi dang 29 (31.9%) te erawhin TB chu an thihpui hlauh thung a; chuta la bâng mi 17 dinhmun chu a inang lo thluah thung ang.

RNTCP hnuaiáh heti taka chiangkung leh fiaha damlo enkawl rahchhuah chhinchhiah leh hriat theih a nih chhan chu he Programme hi kalphung fel tak neia duan leh kalpui ðhin a nih vâng a ni a. RNTCP a awm hma chuan TB veite chu damdawi ðha takin enkawl ni ðhin tho mah se tûn ang hian damlo chu chhuizui an nih ngai loh avângin an dam leh dam loh hriatzui theih a ni lo va; enkawl fumfê loh leh dam zui mang lo an awm ðeuh ðhin a ni. RNTCP-ah chuan mi tupawh chawlhkâr hnih emaw a aia rei khuh tawh phawt chu an khâk ekzamsak an ni a, chumi rizal azir chuan enkawl na pêk an ni ðhin a. Chuap pâwn lam, taksa hmuna danga TB awm pawh uluk taka zawnchhuah dân a awm vek a ni. TB vei ngei tih hmuhchhuahte chu khawi hmuna chêng pawh ni se uluk taka enkawl an ðhin a. Mi dangte tâna kaichhâwn awlsam ber chi - chuap TB - veite chu an khâk ekzam aţangin finfiáh an ni a, enkawl zui an nih hnuah pawh a khât tâwkin an khâk chu

ekzam chhonzawm zui zêl niin enkawl hun chhung tûr bituk sa - thla 6 - chhunga damdawi ei tûr duan sa an ei zawh hnuah an khâk ekzamsak leh niin hetah hian TB hrik a lo awm tawh loh chuan an 'dam' tihna a ni a, chu chu enkawl dam zât hriat theih dân chu a ni a; a fel fai hle a ni. Achunga mi ang khian damlo enkawlna dawng 775 zînga 684 lai chu enkawl dam an ni. TB enkawlna damdawi hi a ðat êm avângin TB vei chu anmahni in lamah enkawl theih an ni vek tawh a, tûnhma angin TB damdawi ina awm a ngai tawh lo a ni. Amarawhchu, hetiang taka uluka enkawl chung pawhin nikumah khân damlo 45 lai chu MDR-ah an chang hlauh mai a, hemi awmzia chu heng mite hian chhan hrang hrang vânga damdawi an ei mumal loh avângin an taksaa TB hrik chu damdawi lakah a lo chawlawl a, TB damdawi ða pawhin a thah zawh lohah an lo chang ta ðin a; hetiang chi hi enkawl a harsat avângin a hlauhawm hle a ni. MDR pumpelh tûr hian enkawltute leh damlote an inthural a pawimawh êm êm

a, TB damdawi hi ei khaihlak a thian loh avângin thawktute'n uluk taka damlo an vil reng a ngai a, damlo pawhin thu a awih a pawimawh êm êm a ni. RNTCP hi Health Department hnuah damlo enkawlna leh natna laka invênna atâna ruahmanna (Health Prog-ramme) zîngah a ða ber tih ngam a ni a, a chhan kawng khat chauh han sawi ta i la. He Programme-ah hian thil dang dang bâkah damlovin TB damdawi a ei ngei a ni tih hriat nân damdawi chu a petu Health Worker/DOT Provider mithmuh lai ngeiin a ei(lem) tûr a ni a, damlo chu eng anga mithiam leh rintlâk pawh ni se damdawi chu ama duh dân a ei lovin a petu hmuh lai ngeiin a ei tûr a ni a; 'nakina ei atân' tia pêk phal a ni lo.

Hetia kum 2016 ripâwt kan thlir lai hian 'TB vânga thi mi 29' tih zîngah hian he Programme hmalâknaa ð hahnemngai taka lo thawk ðin Pi R. Lalmudiki (Nutei) chu a tel vê tlat mai a, a paw hle a ni. Nutei thihna chhan hi thluak TB (Tuberculous Meningitis - TBM) a ni a, TB hrikin a khawih

pawi lai tak chu thluak tuamtu káwr (meninges) a ni. TBM hi India ramah chuan TB zawng zawng zîngah 10% a tling a, TB hrik chu chuap atanga darh niin thluak bung hrang hranga TB awm thei zingah TBM hi 70 - 80% a tling hial a ni. He natna hi a thawk muang a, puitling zingah 25-30% chuan khawsik pawh an nei meuh lo va, a nasat deuh hnuah chuan luak te, lu ná te, ring khawng te a lo awm thei bawk. He natna hi hriatchhuah hmaa enkawl thuai a nih chuan taksaa harsatna a thlen te hi a reh leh thei a, amaherawhchu dama ngaih hnuah pawh taksaah hriatna tha lo leh zeng ang chite a hnutchhiah zui duh hle a ni.

Pi R. Lalhmudiki (Nutei) hi Mizorama RNTCP tan a nih dâwn khân Mass Communication-a Master Degree a neih avângin Information, Education and Communication Officer (IECO) atân Oct. 2002 khân lâk a ni a, a hna a thiamin a tui êm êm a. RNTCP bul tan dâwn leh a pian hlîma tihtûr chi hrang hrang a tam hle lai at angin Programme-a thawktu t angkai leh thahnem-ngai mi a

ni a, Zoram dung leh vângah a zin kual nasa hle thin a ni. Amah hi zaithiam tak a nih avângin 24th March, 2003-a Mizorama World TB Day kan hman hmasakbera RNTCP hawn (launch) niah pawh khân he thu ziaktu hla phuah 'TB Dorâl Lian' chu Vânapa Hall-ah a sa nghe nghe a ni. Pi Lalhmudiki (L) hi a hnaa inpe zo, taima leh harhvâng tak a ni a, TB hmalâknaah a tangkaiin a thawh hlâwk êm êm a. Mipui hnêna TB chungchang puardarhna kawnga kan thawhpui pawimawh tak tak Door-darshan Kendra (DDK) te, All India Radio te, Local Cable TV te, Mizoram Journalist Association leh Chanchinbumi te, YMA te, zaithiam te, puipun nikhuaa Hall ilo kan hman thin - I&PR Conference Hall/Auditorium, Vânapa Hall, Tourist Lodge leh adt - neitute leh Sound System neitute thlengin a hmehhriat t hain awlsam takin a bepawp zung zung thin a. District hrang hranga Dist. TB Officer-te leh an naute ho pawhin thawhpui nuam an tiin an ngaina hlawm hle a ni. Dt. 19th Feb., 2016-ah

insawisêl ãanin a damlo zui a, theihtáwp chhuaha enkawl a nih lainn dt. 11th March, 2016 khân a boral ta a; a vuinaah pawh khân hmun hrang hranga a thawhpuite chu amah thlah tûrin an rawn kal khâwm nghe nghe a. A kalsan tâk a pasal Rev. C. Lalmal-sawma leh a fanu pathum te pawh an lainatawm takmeuh a ni.

Mizoram hi TB natna hian a la chên chilh reng a, TB vei enkawl mêk ãhahnem tak an awm reng lainn khawii laiah emaw TB vei si, la hmuh-chhuah loh ãhahnem tak an awm ang tih hi a rinawm hle bawk a. Tûn lai hian thil ãa lo chi hrang hrang bâkah hrisêlna hmêlma lian tak zu chu a lo zalên tâk avângin a bîk takin ãhalaite zingah chhiat phah an pung nasa hle a. Zuin taksa a ei chauh hnu hian taksa TB hrik muthlu mêk chu a lo ãangharh a, amah dotu an lo tlêma an derthâwn tâk avângin TB hrik chu inlulingin taksaah natna a rawn thlen ta ãhin a ni. HIV+ tân TB vei a awlsam bîk angin zu in nasa tân pawh TB vei a awlsam hle a ni. Kan hlain a sawi angin

Mizoramah TB Dorâl hi a la hrâng zui reng a, ‘chîn lai lêng zawng a thliar nê m le’ kan tih piah lamah a do hnâ thawktute lam lamin kan lo tuar ta a nih hi! Chuvângin, a bîk takin RNTCP-a thawktute zawng zawng chuan ãhahnemngai leh zual a hnâ thawh a ngai takzet a. TB Hospital mamawh tawh loh laia TB vâng a thihna a la thleng fo mai leh MDR an pung zêl mai te hi a pawî êm êm a, HIV+ leh zu sehho zinga hri lêng anga punlun thei mai TB hi ãhahnemngai tak leh tha thlah lo va dova beih reng a ngai a nih hi! Mipui pawhin hei hi kan hriata TB nia rinhleh tûr - Chawlhkâr hnih emaw a aia rei emaw khuh chu Chuap TB vâng a ni thei - tih kha vawng renga chutiang a awm chuan rang taka daktawî hnêna inentir nghâl zêl hi a chung a harsatna leh dinhmun khirh tak lo thleng thei pumpelna a ni tih i hre reng ang u.

TB DORAL LIAN

1. Hringmi suattu dorâl zingah, An sawi TB a hrâng chuang e;

Khuh leh khâk nên khawsik Zalêng zawngte ka sâwm
 ser ser, Nun hlu tam tak a suat vêl e, TB râl lian min do pui
 mêk e. a'n,

RNTCP hmachhuanin,

TB dorâl kan ngam ngei ang,

2. Dâwn chiang ve teh he dorâl hian, Chînlai lêng zawng a thliar

[nêm le;

A pui a pang awmkhauh chin pawh, Fam khaw ÷umkawng zawh

[tîr zel e.

3. Hringnun zia pi pu chenah pawh, Chhûl khat kual inhmangaih a nâ;

A iangin TB, HIV, Hringmi dorâl ÷iang lo ni e.

4. Lungphâng lo u lenrualte u, TB, HIV do tûrin;

RNTCP ngei mai hi, Ralthuam ÷ha ber a lo ni e.

5. RNTCP bêl chiang la, Zirthiam tâwnah damdawi eiin;

Thuawih, taimâk, insûm, chhel nen; Hnehna, damna chu i chang

[ngei ang.

(He hla hi Nutei rawtna angin kum 2008 khân Pu Lalromawia, Music Plus, Ramhlun South chuan a thlûk chu zaipâwl sak chiin a siam a, chu chu March ni 24, World TB Day lawmnaah khân I & PR Auditorium-ah Ramhlun South YMA Zaipâwlin nung leh phûr takin an sa nghe nghe a ni)

RNTCP VUL RENG RAWH SE!

BÂWK (Tumor) HI

Dr. Doris Lallawmzuali. M.D. (Pathology)

Kan taksa a bâwk (tumor) hian ngaihven a hlawh ta khawp mai. Cancer natna leh cancer vanga thi Mizo zingah kan tam tak em avang hian, kan taksaa bâwk (tumor) a awmin inentir vat kan chin thar zel a pawimawh a ni.

Bâwk chu: Bawk hi taksa peng hmun hrang hrangah a awm thei deuh vek a, thil chi hrang hrang vang a ni thei. Ṭhal bâwk hi nghawng, beng, leh kapah te hian a awm duh a. Centimeter 1 (khat) aia a len loh hi chuan bâwk naran, pûn (infection) vang emaw a ni duh hle. Naupangah pheih chuan a awm duh em em a. Hlawhawm a ni lo va, damdawi ei chuan zawi zawiin a reh mai ṭhin a ni. Ṭhal bâwka hlawhawm awm ve thei erawh chu Lymphoma (ṭhal cancer) leh cancer ṭai darh (metastasis) te hi an ni. Cancer hi i pum, hnute, chuapah emaw i hriat miah lohvin a lo awm thei a, hriat chhuah ṭlai a nih chuan i ṭhalah lo ṭai darhin bâwk a rawn siam thei a ni. Ṭhal bâwk natna chhan dang leh chu TB vang a ni thei bawk.

Hnute bâwk: Hnute bâwk hi a tam viau bawk. Vanneihthlak takin a tam zawk hi chu bâwk hlawhawm loh, cancer a chang lo chi an ni a. Mahse hnute cancer hi kum 20 - 30 mi lekah te pawh kan hmuh tak zeuh zeuh avangin hnute bâwk pawh hi ngaihthah mai lo va, a rang thei ang bera entir thin tur a ni.

Awr puar: Awr puar pawh hi a tam khawp mai. Awrpuar cancer hi chu a awm ve fô na in a tam lutuk lo. Awrpuar tam zawk hi thyroid hormone tlakchham/tam lutuk vang a ni thei. Damdawi ṭha taka ei a ngai a, chuvangin ngaihthah loh a ṭha hle.

Heng bakah hian thau hlawm bawk (Lipoma), thisen zam bawk (Hemangioma), vun to lut bawk (inclusion cyst) leh

bâwk dang tam tak a awm thei. Taksa peng hrang hrang - ban, ke, dul, lu, hnungah te a awm thei. Heng bawkte hi entir a, a tul a nih chuan zai thlaktir mai tur a ni.

Bawk i neih chuan engtin nge Doctor in a lo tih ang?

1.FNAC: A tlangpuiin, FNAC (Fine Needle Aspiration Cytology) ti turin a lo râwn ang che. Hei hi hriau a bâwk kha vih a, a timur (cells) hip chhuah a, stain hnuah, eng bawk nge a nih tih enlenna hnuai a en mai hi a ni. He test hi a awlsam a, a rei lo va, a tlawm bawk. Civil Hospital, Aizawlah tih theih reng a ni. Cancer, TB leh natna chi hrang hrang hi chiang takin za a sawmkua (90%) vel chu a hriat chhuah theih a ni.

2.Biopsy: FNAC atanga hriat chian theih loh emaw, tih chian leh zual nan Biopsy tih a ngai thei. Doctor in bâwk kha a vaiin emaw, a them emaw a zai thla ang a, chu taksa them chu kar hnih khat vel sawngbawl a nih hnuah microscope hnuai a zir chian leh a ni a. Tisa inrem

dan uluk tak enin i natna chu hriat chhuah a ni thei ang. Biopsy hi a langa rawn bâwk chhuak kher lo - hnar, hrawk, beng chhung atang te, pumpui, chaw kawng, chuap, ril, chhul, etc. atang te hian lak a ni thin. Pumpui leh chaw kawng atang chuan Endoscopy (chaw kawng enna) an la a, chuap atangin Bronchoscopy (Chuap enna) hmangin an la thin.

3.Pawimawh dangte: Thil pawimawh em em pakhat chu, i englai pawh kha zai tawk la, biopsy report hi lam leh ngei ngei thin tur a ni. I chhul an paih emaw, i mit, rilphir, tonsil, i awr bawk (thyroid) an zai emaw - doctor ten an zai thlak kha paih mai lovin, biopsy turin Pathology Department-ah an rawn thlen a. Chu chu uluk taka lo en in, damdawi chi hrang hranga sawngbawl a nih hnuah, biopsy report hi pek thin a ni. Doctor-in a zai reng reng che chuan, biopsy turin an thawn vek tlangpui a, chuvangin i report kha ngaihthah ngai suh ang che. ■

ZAWHNA



CHHANNA

Q : Kawchhunga thisen put (Internal Bleeding) hi eng nge a awmna chhan ber?

Ans : Kawchhunga thisen put hi a chhan hrang hrang a awm. Pumpui lâwng vang te, pumpui Cancer vangte leh kan chawkawng leh ril bâwk awm pân vang te, zu in vang leh nachhawkna thenkhat entir nan- Aspirin, Magadol, Brufen etc. ei vang te, natna hrik chi hrang hrang leh thil dang hlauhawm tak tak vang te a ni thei. Kan rama langsar tak pakhat chu ngawlveiho thin lam natna ‘Alcoholic Cirrhosis’ hi a ni. He natna hian an kawchhungah thisen a tisang a, chu chuan an chaw kawnga thisen a tisang a, chu chuan an chaw kawnga thisen zam chu a rawn tawn kehin thiin an luak vak thin a ni.

Q : Pumpuar lung thin hi eng nge a awmtirtu?

Ans : Pum puar lung awm tirtu hi pum chhunga boruak emaw tuihnang lo inkhawlkhawm emaw a ni a. Mi thenkhat chu boruak hip luh nghek nghek kan hrat vangte pawh a ni mahna. Hemi bakah hian kan chaw ei, pumpui leh rila a thlen hian pai tawih a nihna kawngah boruak tam tak a insiam leh bawk a, mahse heng hi chu kan irh chhuah loh pawn kan vawih chhuak leh mai thin a ni. Hetiang ang pum puar hi chu ‘Flatulence’ an ti a. Pum tipuar thei thil thenkhatte chu zikhlum, fanghma, purun, bean, brocoli, cold drinks, zu etc. Tin, zamna, hlauhthawna, bubble gum thialte hian boruak min hipluh hnem tir a ni. Tin, natna thenkhat vangin pumpui puar hi a awm thei a, chungte chu Gastritis, intestinal obstruction, spruce etc., an ni. Puma tuihnang inkhawlkhawm hnem vanga pum puar hi natna vanga lo awm thin a ni a, lung tha lo, kal tha lo, thin sawng, cancer etc. te hian a thlen thei a ni.

Q : Chhul cancer, chaw kawng cancer leh hnute cancer te hi a lanchhuah dan min hrilh theih chuan ka lawm hle ang?

Ans : 1. *Chhul cancer*: Thi put reh thei lo te, thi neih hun mumal lo te, inpawl zawha serh aṅanga thi rawn put ṭhin te, thi neih hun laia thi chhuak hnem lutuk te i neih chuan chhul cancer a ni thei. Tin, nawhchizuar te, mi tin mi tang mutpui hnem lutuk te, pathlawi (a nupui hmasa chhul cancer-a thi tawh) pasala nei te, naupang lutuka hmeichhiat mipatna hmang te, meizu mi te, rai lohna damdawi ei nasa lutuk te, ei leh in ṭha lo te, Vit. A,B,C tlachham te leh mahni invawng fai peih lo miten chhul cancer an vei duh bik a, high risk group an ni.

2. *Chaw kawng cancer*: A lo lanchhuah dan tlangpuite chu chaw lem ṭhat theih loh te, chaw helh reng mai te, chaw ei sa luak chhuah leh te, chaw lem zawnga na te, kawpuar leh chaw pai ṭ awih theih loh te, taksa rihna tlahniam te an ni. Chaw kawng cancer siamtu ber chu zu in nasat lutuk leh meizial zuk nasat lutuk hi a ni. Zu in bawk zial zu bawk phei chu a haw hle. Vit. A,B,C leh Zinc tlakchham vangte paw'n a awm thei.

3. *Hnute Cancer*: Hnutea bâwk/ruh (hard) awm te, hnute vung te, hnute chuar te, khuar awm te, a vun rawng inthlak (a senin emaw) te, hnute thak reh thei lo te, khawih zawnga na te, hnute hmur aṅanga hnai ang deuh rawn chhuak te, hnute hmur tlum lut te i neih chuan cancer a ni thei. I nu emaw i pa emaw hnute cancer-a lo boral tawh i neih chuan hnute cancer i neih theihna chance a sang hle. Taksa peng danga cancer lo nei tawh te, ṭhanthi nei hma lutuk te, thi hul har lutuk te, fa hring lo te, kum 30 hnua fa pakhatna hring ve chauh te, kum 50 chung lamten hnute cancer an vei duh bik.

Q : Mizote hian kuhva kan ei nasa em em a, taksa tan ṭhatna a nei reng em? Eng nge a ṭhat lohna?

Ans : Kuhva hi pankhawr, kuhva rah leh chinai inchawhpawlh a ni a. Kuhva rah hi Sap ṭawng chuan Arecanut an ti a, amaha dawihlo awm hi 'Aracholine' tih a ni; hei hi taksa chhiatna thlentu ber chu a ni, Aracholine hian thisen kawng a tibuai a, thlan titla a, thluakah thawkin mi a tirui a, lungphu rang, BP sang leh luhaite

a tichhuak ðin. Pumah chaw paitawihna tibuaiin kua a tipuar a, pumpui a tipân theiin kawðat lohna a thlen thei bawk; tin, chaw chaknate pawh a tireh thei a ni.

Q : BP sang vanga natna leh thil ða lo thleng theite min hrilh theih chuan ka lawm hle ang.

Ans : BP sang hi enkawl ðat loh chuan taksa bung hrang hrangah chhiatna a thlen thei tih hriat reng a ða a; ngaihthah reng reng loh tur a ni e

1) *Lung leh thisenzamah*: Lung natna tam tak hi thisen sang vanga lo awm a ni a. Thisen sang avanga lung (heart)-in nasa lehzuala hna a thawh a ngaih tlat avangin lung a lo lian a, thisen a tlachham thei bawk a, lungphu chawla thih thutna (heart attack) pawh a awm hial thei a ni.

2) *Kal (Kidney)-ah*: Kal natnaten thisen sang a siam thei ang tho hian thisen sang avangin kal natna a awm thei a. Kala thisen dawt tê tak tê têtê kha a lo sâwng tê a, a lo zim tak avanga an hnathawh tur ang thawk thei lovin kal natna ða lo tak a thlen chawk a ni.

Q : Nau neih hun chhut dan min hrilh theih chuan ka lawm hle ang.

Ans : Nau pai chuan thi a lo hul a. He thi hul hmaa thi neih hnukung ber inñan ni aţang khan han chhut la, ni 280 emaw, thla 9 leh ni 7 emaw, kar 40-na emawah a lo piang ang. Hemi ni chiahi a nih loh pawhin a hla lo vang.

Nu pum chhunga naute awm hun chhung hi ni 354 aiin a rei thei lo hrim hrim a. Ni 180 aia hmaa piangte chu dam khawchhuak lo tura ngaih a ni. Thla kim lova nau piang kan tih hi kar 28 aţanga kar 37 inkara piangte hi an ni. ■

DAMDAWI HMAN DAN DIKLO A HMAN HLAUHAWMNA TE

A hnuaiia damdawite hi hman dan dik lova kan hman thin avangin, kum tinin thihna tam tak a thlen phah a ni. Chuvangin Fimkhur rawh.

1. Chloramphenicol or Chloromycetin:-

Kawthalo satliah atan heng damdawite hi an hman fo thin hi a tul loh mai bakah, paw tak a ni. A hlauhawm em avangin natna khirh tak tak atan chauh hman tur a ni. Nausen pianghlimah pek loh tawp tur a ni.

2. Oxytocin (Pitocin), Pituitarin, Ergonovine (Ergotrate)

Vanduaithlak takin nauchhar thenkhat (Midwife) te hian nau hrin awl nan heng damdawi te hi an hmang thin a, heng damdawi te hi hman an tul loh mai bakah a hlauhawm em em a ni. Nu emaw nausen emaw a tihlum thei a ni. Heng damdawite hi nau a pian hma a thi a put chuan, damdawi miten an chawh angin hmang rawh.

3. Inchiuna chi Damdawite:-

Inchiu hi damdawi ei ai chuan a tha zawk tih hi rindan tlangpui a ni a, he rindan hi a dik lo a ni. Damdawi a ei a ei hi inchiu ang bawkin a tha a, a chang chuan a tha mah zawk a ni. Damdawi tam tak hi a ei a ei aiin in chiu nana hman hi a hlauhawm zawk a ni. Chuvangin inchiu tawk neih rawh.

4. Penicillin:-

Penicillin te hian natna kaichhawn chi (infection) ho hi a tidam thei a, mahse ulh te, thitlingah te, natna dang reng rengah leh khawsikah te hman fo hi a dik loh bakah, a tha lo a ni. Intauh palh thitlingah te. Penicillin leh Antibiotics dang pawh hmang suh, natna kaichhawn hlauhawm leh infection an ni lo. Vun pawp a nih loh phei chuan a hlauhawm lo a ni.

5. Streptomycin leh Penicillin inpawlh (Streptomicillin)

He damdawi hi ṭul lovah hman tam a ni hle a, hritlangah te hman loh tawp tur a ni. A chhan chu:

- (a) Hritlang leh Flu tan engmah ṭangkaina a nei lo.
- (b) Harsatna nasa tak a thlen thei zawk a ni. A chang chuan bengngawna leh thihna a thlen thei a ni.
- (c) Hman tam lutuk chuan T.B. leh natna dang khirh tak tak te a ti dam har a ni.

6. Vitamin B12 leh Liver Extract:-

He damdawite hi chakloh vei tan an mamawh vek lo va, a eng ber emaw chuah hi mamawh a ni ṭhin. Tin, heng damdawi inchiu nana hman hian venthawn tur eng eng emaw a tam bawk nen, chubakah thisen endik vek a nih hnuah chauh hman chi an ni a, chu pawh chu damdawi thiamte chawh chauhvin. Anemia reng rengah chuan heng damdawi a inchiu ai chuan Iron mum ei a ṭ

ha daih zawk.

7. Vitamins dangte:-

Dan tlangpuia neih tur: Inchiuna chi Vitamin hman mai mai loh tur. Inchiuna hi a man a to bakah a hlauhawm a ni. A ei chi ei zawk rawh. Van-duaithlak takin mipui hian Vitamin tui thlum (Syrup, Tonic, Elixir) lei nan pawisa kan khawhral nasa hle a ni. Heng damdawite hian Vitamin pawimawh tak tak, kan taksain a mamawhte a keng kim lo hle a.

8. Calcium:-

Thisen zama calcium chiu hi a hlauhawm em em a ni. Zawite a thun luh tur a ni a, chutilochuan rang takin a thih theih a ni. Mawngtam a chiu lah hi a punin, hnai nasa tak a la duh em em a, chubakah natna dangte pawh a kaihhnawih thei a ni.

Damdawi thiamte rawn hmasa lovin CALCIUM hi chiu reng reng suh.

Hriattur pawimawh: Ram ṭ henkhatah chuan eirawngbawlnan chinai lam hi an hmang nasa em em a, chutiang ei tamna

ramah chuan Calcium hi a hrana ei emaw, chiu emaw hi an t̄ul lo a ni. Naupang chaklo hi calcium pek a ni t̄hin a, mahse chinai ei tamna ramah chuan pek an ngai lo a ni. Chinai khan an mamawh tawk calcium chu a pe tawh a ni.

THISEN CHAW THISENZAMA THUN:

(Intarvenous infusion or I.V. Solution):

Mi t̄henkhatten chaklohna nasa takah (Anemic nasa tawh) thisen chaw, thisena thun tur lei nan pawisa an seng nasa hle t̄hin a, an neih chhun pawh an seng ngam a ni. Hetiang thisen chaw an lak hian chak zawk leh an thisen te chu tichak zawk turah an ngai a, an ring sual der a ni.

Hetiang thisen chaw hi a nihna takah chuan tuifim t̄ha tak tih thlum emaw tih al emaw a ni a. Chithlummum tlawn (Candy) pakhat aiin chakna a pai tam chuang lo a ni. Tin, thisen pawh a ti chak zawk hek lo. Chuvangin thisen tlachham (dawldang) chuan an t̄hatpui tak tak lo, a ti chak zawk bawk hek lo.

Engmah thiamna pawh nei lovin thisen chaw hi thisen zamah a thun chuan natna kai theih chi a ti lut mai thei a, chu chuan damlo chu a ti zualin, a thih phah thei a ni. Thisen chaw pek mai mai hi a hlauhawm a ni.

Thisen chaw chu damlovin engmah a ei theih loh hunah emaw, a taksa in tui nasa taka a hlauh tawhin (Severe dehydration) pek chauh tur a ni.

Damlo chuan thil a lem theih chuan tui litre khatah chi leh chithlum tlem pawlh la, intir rawh. Thisen zama thisen chaw litre khat i pek ang tho a ni. Chungte aia la t̄ha leh chu damlovin thil a ei theih chuan chakna nei chaw t̄ha ei hi thisen chaw eng ang ai pawhin taksa tan a t̄ha zawk a ni. Damlovin tuiril lam leh thildang tea ei theih phawt chuan:-

EK NEMNA LEH KAW T̄THUAHNA:

Nausen te, chaklo nasa te, taksa a t̄anga tui hlauh tam te leh pumna te chu ek nemna emaw kaw t̄hauhna emaw pek a hlauhawm a ni. Mi tam tak

chuan kaw ṭhuhna hian mi a ti hriselin, taksa aṭanga thil ṭhalo a ṭhuh chhuakin an ring ṭhin a. Ek nemna emaw kaw ṭhuhna in emaw hian a tih ṭhat aiin a ti paw i zawk.

ENGTIKAH NGE DAMDAWI TE HI EI LOH TUR :

Mi tam tak chuan damdawi ei lai an neih hian tih loh tur leh ei loh tur te hi awm ṭeuh turah an ngai ṭhin a, chuvangin an mamawh em em damdawi ṭhenkhat te hi an ei loh phah fo ṭhin a ni. Dik tak chuan eng damdawi mah hi chaw te nen ei pawlh an nih vang ngawt chuan thil paw i a thlen lo a ni. Vawksa te, kaw lthei te, thingmarcha te leh thil dang te pawh nise, thil paw i a thleng khat hle a ni. Amaherawhchu, thil mawm leh mosola tam lutuk te hian pum leh ril a ti na zual thei a ni. Tin, miin zu a in chuan damdawi ṭhenkhat chuan nghawng ṭha lo tak an nei thei ṭhin.

Damdawi hman aia hman loh ṭhat hun an awm a:

1. Naupai lai emaw nau hnute pek lai emaw hi chuan a

ṭul hle a nih loh chuan damdawi hi chelek mai mai loh a ṭha. Amaherawhchu hlauh-thawwna awm miah lovin Vitamin te leh Iron mum te chu ei theih a ni.

2. Nausen piang hlim damdawi pek laiin theih-tawpin fimkhur ang che. A theih phawt chuan eng damdawi pawh nise i pek hmamain damdawi thiamte râwn hmasa rawh, tam lutuk pek loh tur a ni.

3. Penicillin te, Ampicillin te, sulfonamides te leh damdawi dangte hua an awm thei a, an lo vual emaw an lo thak emaw a nih chuan, an damdawi huat chu an dam chhungin an hmang tawh lo tur a ni. hlauhawm theih avangin.

4. Pumpui pân emaw pumpui lâwng emaw vanga, thin thip leh sa huai huai ṭhinte chuan Aspirin telna chi damdawi an ei tur a ni lo.

5. Natna engemaw vei laiin damdawi ṭhenkhat a ei tel chuan a natna kha a tizual thei a ni. Entir nan: Hepatitis (Thinna) ah chuan antibiotics emaw, damdawi dangchak tak emaw

a enkawl tur a ni lo, an thin kha a tha tawh lo va, chuvangin damdawi chakte chu taksa tan tûrah a chang thei a ni.

6. Tui taksain a tlak-chham (dehydration) emaw, kal natna vei emaw te hian damdawi ei an fimkhur bik tur a ni. Zun hun awm pangngai a tha taka an zun theih hma chuan damdawi chak, taksa tana tûr anga chang mai thei chi chu vawikhat aia tam pe suh. Entir nan: Naupang khawsik sang tak leh tui nasa

taka tlachham chu, a zun hma chuan aspirin vawi khat aia tam pe suh. Tin, sulphha hi taksain tui a tlakchham chuan pe reng reng suh.

Source : Daktawr Awmlohna Hmunah Pawh.

TUI TLAK/CHETSUALNA HMUNA HRIAT TURTE :-

1. Tui tla chu nikhaw hre lova a thawk loh chuan a thawkna dâwt hnawh theitu a awm leh awm loh en a, Artificial respiration tih nghal tur a ni. A lungphu a tawp chu Cardiopulmonary Resuscitation (CPR) tih nghal vat tur a ni.
2. Tui tla chu blanket emaw towel emaw puan awm ang anga tuam lum a tha hle.
3. Chuapa tui tihchhuah tum avanga tui tla a letling zawnga khai emaw lu lam hniam zawka muttir emaw hi tih miah loh tur.
4. Darkar khat tal i beih hma loh chuan beidawng mai suh la, damdawi in panpui ran dan ngaihtuah vat ang che.
5. Tui tla chu rawn harh chhuakin tha viauin lang mah se damdawi inah darkar 24 tal awm tir a, a taksaa harsatna/natna awm theite lakah ven tur a ni. Tui tlak venna Vaccine hi hmuhchhuah a la nih loh avangin tui tlak laka inveng turin mahni theuh kan pawimawh a ni. MAHNI CHAUHVIN TUI CHENG SUH.....

THIN (LIVER) LEH A NA HRIAT DAN

Taksa bung pakhat pawimawh tak THIN (Liver) chungchang hi han sawi ta ila. Thin hi awm ruh chung, pumpui dinglam deuhah a awm a; senduk buang lam rawng kai a ni. Thin hian natna a neih chuan a lo ruh ve deuh talh thei bawk. Puitlingah chuan Thin hi a tlangpuiin sertawk lian lam deuh tiat vel hi a ni a. Pumrua azirin a in ang lo thei bawk.

Thin hi dinglam leh veilam thlar tiin an then deuh ber a. Thinah hian taksa mur chi hrang maktaduai 300 chuang mah a awm a. Heng tisa murte hi Mit dawt (Bile duct) leh thisen zamin a pawh vek a. Chung mit dawtte chu inzawm khawmin dawt lian pakhatah a inthlung khawm vek a, chu dawt chu a damdawi lam tawngin, 'Hepatic duct' an ti. Chu Hepatic Duct chu mit bawm (Gall bladder) atanga dawt lo kal nen a inzawm leh a, chu chu Mit hrui (Bile duct) an ti. Chu Mit hrui chu pumpui hnunah lut thlain Rilfangah a lut ta thin a ni.

He Mit bawm (Gall bladder) hian thin atanga lokal mit tui chu a lo khawl a, lo titak (concentrate) in pumpui a chaw luh rualin a luang lut ve ta thin

a ni.

Thin lo insiam dan: Thin hi nu puma nau a lo insiam atanga kar 4 - na velah a lo lang tan a. Nau than ang a lo than chho ve zelin thlar (lobe) a lo insiam a; a thlar ding lam hi vei lam aiin a let 6 zetin a lian a ni. Nausen piang hlimah hian thin hi naute rih zawng hmun 100 - a thena hmun 5 atangin a rit a, puitling thin Kg 1 leh a chanve vela rit a ni.

Thin pawimawhna: Thin hi thluak tih lohah chuan mihring taksa bung khata insiam phung ropui ber a ni a. Hnathawh a ngah em em a, taksa khawl a ni ringawt mai a ni. Insiam thar leh zel thei a nihna hi a hnathawh ropui tak chu a ni a. Entir nan hmun 10 - a thena hmun 9 hi hlep thla ta ila thin hrisel tak hmun 1 la awm khan rei lo te

chhungin a len dan pangngai angin a siam thar leh thei a ni. Kan thil eia chaw thate hi ril bang kal tlangin thisen zamah a lut a, chutia kal zel chuan thinah a lut ta thin a ni. Chu chaw tha thisenin thina a rawn ken luh chu thinin bawhlo chi hrang hrangah taksa tan a lo siam tui a, chu chu taksa bung hrang hrangah pe darhin taksa chakna leh than nan kan lo hmang ta a ni.

Thin hian substance chi hrang hrang taksa hriselna tur leh thanna tur a pe chhuk teuh a, entir nan : -

- (a) Thina tisa mur awmte hian substance chi khat 'PROTHROMBINE' an tih chu siam chhuakin chu chuan thisen tihkhangnaah a pui a ni.
- (b) Tin, tisa murte hian Protein an siam a, chu chu thisenin taksa bung hrang hrangah a keng kual ta thin a ni.
- (c) Tin, Thin hian chakna - thahrui (energy) a khawl thei a, taksa tana tangkai tak tak substance chi dang - Copper, Iron leh

Vitamin-te pawh a khawl thei a ni.

TAKSA CONTROL - TU ANI :

Thin hian hengte hi a vawngin a khuahkhirh a ni :

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

a lo her rem vel vek thin a ni.

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

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

Thin natnate : Thin in natna a lo neih dan hi kawm 5 pui deuh deuh a awm a : -

- 1) Thin atanga mit tui luan chhuah that lohin.
- 2) Nau pian hma pian lai vel leh nausen an nih laia natna an kain.
- 3) Inthlahchhawn thil avang leh natna tai darh avang ten.
- 4) Damdawi thenkhat leh tur (poison) hman avangin.

5) Thisen tam tawk lohin.

A NA HRIAT THEIH DAN: Thin natna lo lan dan chu hetiang hian a ni :-

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

Thin natna hi a nasat leh nasat loh dan azirin a lan dan chuan a dang thei bawk. A chung a natna sawi ang te khi kan neih chuan mithiam te in entir thuai tur a ni. ■

ZONUN ZEMAWI

C. LALLURA, *Nepal*
(*Chhunzawmna*)

Inlenpawh nikhua -ah :

1. Mizote hi inkawm ngeih tak inlen pawh tawn nuam ti hnam kan ni awm e. Mi ina kan lenluh pawh hian mahni tlangnel nela tlangnel vak te pawh hi a awm thei, miten in an vawnfai dan, toilet hman dan leh vawnfai dan te chenin, ngun taka chik a tha, 'in hriatrengna' (ek tlenfai loh) hnutchhiah loh hram te pawh a tha awm e.

2. Tlangnel tawhna pawh nise, mi ina va len luh changa in tura an fridge (refridgerator) va hawn rawp rawp te pawh hi a mawi ber lem lo. Chu ai chuan, 'tui ka lo in thei ang em' tih te pawh a mawi zawk awm e. An hman loh laia, "Lo in lak ve mai teh, fridge-ah khan a awm," an ti te a nih chuan thuhra nise. Chu pawh a um (bottle)-a in lova no-a thlitchhuah hram a mawi.

3. Tin, mi ina kan va len na a mite lo titi lai va chhunzawm ve vak te, hriatve zawng an sawi

avanga mite titi kara lo inzeh ve vak chingte pawh hi an awm ve thin, a mawi ber lem lo, min lo welcome a, introduction a zawh tawh phei chuan 'ka thut vena chi a ni em?' tih hriat hran thiam a tha. 'Mawi taka hnar' nih te hi a zahthlak. Kan va lenna ten. "...la lengrih rawh u," an ti a nih chuan a tha... tih tur an sawi thawi an sawi thawi tawh pawha la titi tui viau te pawh hi... 'pa titi thiam leh sawi tur hria' nih hlawh aiin, "pa mawl/ nu mawl" nih hlawhna a ni mah zawk awm e. Tin, in lengte lo len chhan leh an sawi duh te sawina chance pe lek lova lo ti ti tui viau pawh a nalh ber lemlo baw.

4. Kan lo changkang chho ve ta zela, mi tinin, 'telephone/ mobile' kan nei fur a ni a tih theih awm e. Miina len dawn phei chuan phone lawk hi a lo tha phian. In tih changkan leh in tih Sap vang pawh ni lovin, *kan lenna tur te 'n mikhual an lo nei em? Sawm bikte nen hun an*

hman lai a ni em? Chhungkuua hun pawimawh an hmanlai a ni em, nupa lo in duat lai a ni em? tih the riat hmasak a ða awm e. Thingtlang pa mawl, mobile pawh nei ve lem lo, mahni mum muma lo mum lut ngawt ang kha, a tunlai tawh lo a, hawih hawm na in a huam tawh lem lo awm e.

5. Naupang hruaia kan len pheichuan, fimkhur hle a pawimawh, kan naute hian mi thil duh lai an lo la palh (kutkem) thei a. Mahni in thlen hunah thil thar kan hriatpui loh a - an lo nei a nih chuan, “khawia mi nge?” tia kan zawh chian ðin te pawh a ða fo.

6. Tin, tunlaiin mi tin deuhthaw in mahni inah computer Desktop/Laptop kan hung tawh a, a vannneihthlak hle. Thil ðula in hmansak changte pawh a awm thei. Tunlai chuan ‘pendrive’ t  reuh t in mi file te, mi thlalak te pawh a copy ð

euh theih. Mi computer hawh kan dil a, min ring a phal taka min hmantir laia computer-a mi kan duh duh ngawi renga kan lo copy mai a nih chuan in rin ngam na a bo thei - hawihhawm a ða.

7. Tin, kan va lennaah, CD, DVD or lehkhakuk kan duh / ngainatzawng te a awm thei a neitute dil hmasalova khawih bawrh bawrh te pawh chin loh a ða. An awmlah/zinbo hlan lek pheichuan khawih loh a ða ha ber awm e.

8. Tin, fiamthu leh ð awngkam, ‘mi thilungtina thei chi’ ka thil sawi turah hian a awm em - tih ngaihtuah lawk fo a ða. Hriatloh lai hian mi theihngihlh ngaitawh loh tur ‘pawi’ kan lo sawi tel palh thei a ni, nawhreh leh a har tawh si ðin a.

Mawitea huang!!!

n Sihphir pa kha a ðhenawmpa kha iskut bag khat a thar tem a, a thenawmpa chuan lawmthu sawi nan iskut bag hnih zuk pe let ve a!!!!

NATNA THEH DARHTU THO LAKAH FIMKHUR RAWH



- Rodingliana
Block Extension Educator (BEE)
Directorate of Health Services

Tho hi rannung bawhlhlahw leh tenawm em em mai a ni a. Bawhlhlahw atanga lo piangin a lo seilian a, a damchhung rei lo têt thlakhat emaw lek chhung hian a hna pui ber chu NATNA hrik tenawm tak tak thehdarh hi ani. Chuvangin mihringte hmelmahlahawm ber te zinga mi a ni. Hetianga mihringte tana tho an chimawm em avang leh pawî nasa tak an khawih theih thin avang hian Tho lakah kan fimkhur hle tur a ni.

Tho hi an tet tham em avang hian an rapthlak ang turin an lang thei lo va, mahse enlenna a en chuan an hmuî leh an ka-ah te hian bawhlhlahw leh natna chi hrang hrang kaina tur tha fahranin an hmul thur mai a ni. Thil tenawm leh ek te a bawm hian an hmul leh ka atangin thil ban hnâng an ti chhuak a. Tahchuan ek them te, khak leh natna chi hrang hrang te kha a kai duh em em a. A duh tawka ek leh bawhlhlahw, thil tenawm tinreng a ei a, a bawm hnuin kan ei tur chaw leh thildangah te a lo fu leh ta a, chutah an han inthing phawr phawr a, an in nuai nawk nawk

a, chung ek them te, khak te leh natna hrik kai te chu kan ei turah a thing thla ta thin a, a tet tham em avangin mit lawngin kan hmuî thei ve si lo va. Mahse, chung ek them te, khak te leh thil tenawm tinreng leh natna hrik te chu kan lo ei tel ta a, kan lo nat phah ta thinin kan lo thih phah ta hial thin a ni. Hetiang a nih avang hian tho fukna hnu mai pawh hi a thianghlim tawk lova, kan tan thil pawî tak a thlen phah thei a ni tih hriat a tha.

Tho hi hmun tin hmun tangah an thlawk kual velin an vir vel chung a, heng Bazara thil zawr - Sarep, sangha rep,

nghathu etc. te hi tho in an bawm luai luai thin avangin natna inkai darhna awlsam tak a ni a fimkhur hle tur a ni. Eisual kan tih mai thin pawh hi tho bawm hnu kan ei atanga lo awm a ni duh khawp mai.

Tho hi a tihrem tak tak chu a harsa pawh a ni thei, mahse tih tlem (Control) chu a theih chiang a ni. Tho hi an dam reilo hle in thlakhat emaw chauh dam mahse, an in thlahpung chak em em thung a. Tin, tho hi a thlawk hla vak lova, chuvangin tho a tam viau chuan kan in vel a t awpin a bawhlhlahw hle tihna a ni mai a, chuvangin a pian leh murna leh tawmkhawmna chu bawlh-hlahw awmna a nih miau thin avangin hai rual a ni lo, tih riral vat thin tur a ni.

Kan sawi tawh angin tho hi bawhlhlahw leh thil tenawm atangin a lo piangin a lo seilian a, chuti a nih chuan kan in leh a vel te hi fai taka kan vawn theuh chuan tho in bawm tur a nei lovanga, tuina tur leh chenna tur pawh a nei dawn lo tihna a ni. Heng bawlhhlahw leh bawlhhlahw paihna bawng ek leitha leh mihring ek leh thil

tenawm tawih theiah te hian an tui ber thin a, chuta tang chuan an lo seilian ta thin a ni. Chuvangin tho laka inven nan leh Tho suat nana kan tih tur leh hriat tur pawimawh te chu heng te hi an ni -

1. Tho hi bawhlhlahw atanga piang leh seilian a nih avangin kan in leh a vel te kan vawngfai thin tur a ni.
2. Kan in bul hnaiah ran in (bawng/vawk/ar) a awm tur a ni lo.
3. Khawlaiah bawhlhlahw paih mai mai tur a ni lo.
4. Kawng sirah leh daiah kan ê mai mai tur a ni lo. Ek inah chauh kan e thin tur a ni.
5. Ek in tha tak, tui lut thei lova siam, phui tha tak, tho luh theih lohna tura chhin tha tak nei chauh kan hmang tur a ni.
6. Tho bawm theih loh turin bawhlhlahw bawm chhin neia siamah chauh bawlhhlahw khawl thin tur a ni. Paih darh mai mai

- tur a ni lo.
7. Khur lai in chung
bawlhhlawh kan khawl
te chu paih a, tho bawm
theih loh tura leia vur leh
ziah tur a ni.
8. Tho bawm hnu reng reng
silfai lo chuan ei tur a ni
lo.
9. Bekang um phoro te, ei
tur phoro chi reng reng
- sarep chenin tho bawm
theih tura khuh that thin
tur a ni.
- A tawp berah chuan heti
tak maia kan taksa a natna chi
hrang hrangrawn thlen thei tu
tho hi kan ngaihthah mai mai
tur a ni lo. Chuvangin kan ei
leh in tur reng reng tho bawm
theih loh turin englai pawhin
kan chhin tha fo tur a ni.

TI ZAWK HIAN THLIR VE ILA

Tlangval: Ka pa, hmeichhe duh deuh mai ka nei ve a.

Pa: Nupuiah nei ila a ni mai lom...

Tv: Mi hian an sawi chhe nasa ve lutuk a, a lerh an tia..

Pa: E, a lerh chuan a zeihawi in a mawng a zang a nih chu, a taima
ngei ngei ang..

Tv: A tawng tam an ti bawk a....

Pa: E, kawm a nuam ngawt ang, a rilru a soal lo a nih chu...

Tv: A hur an ti leh zel mawle...

Pa: Nupui hur thei lo neih mawlh hi hlauh tur asin, a hur chuan a
hrisel tha tihna a nih chu.....

Tv: Sakhua a ngaihsak vak lo an ti bawk a.

Pa: E, i missionary field a hnai deuh dawn a ni mai lawm....

Tv: A hmel a tha vak lo a.

Pa: Pasalte tan a rinawm ting a ni mai, a beng kawm a nalh chuan
a tawk, a bak i en hman chuang lo ang....

Tv: Ka pa nang nge nge i khawvel thlir a eng nuam bik e, ka va
lawm em!!!

Kan thlir dan a zir hian thil hi a lo hahdam thin a lo ni awm
e.... Hetiang hi a lo ni kan soal chung chung pawha Pathian min
thlir luih thin dan chu. Kan sualna te angin min thungrul silo a.

THEI EI TAM HI DAMREINA A NI



*C. Lalthanchhunga BEE
Dte. Of Health Services.*

Mi zawng zawng hian hrisel leh damrei kan duh vek awm e. Kawla nichhuak chhiara mahni hna theuh thawk tur a kan feh chhuah chhan pawh hi hrisel leh damrei kan duh vang chu a ni ber. Hrisel that hi han duh thin teh mah ila, a kawnghmang kan hriat thin loh vang emaw kan zawm peih loh vangin kan lo damlo leh mai thin ani. Heng mihringte duhtusam, hriselna leh damreina nei thei tur hian thei ei tam leh tui in tam hian awmzia a nei em em a ni. Mihring chanchin kan hriat hmasakber ah pawh chhia leh tha hriatna thei leh nunna thing nen a rawn intan a nih kha.

Awle, chutiang taka mihringte tana theiin hlutna a neih si chuan Mizoramah pawh thei kan nei tam ve em em tih hriat a tha. Heng thei duh duh huna kan hmuh theih mai serthlum, limbu, sisu, lakhuihthei, balhla, theihai, lamkhuang ang te hian kan nunah hlutna alo nei nasa anih chu.

Thei ei tam hi taksa tan a t ha em em a, ei tam thang chuan a thatzia hriain an hlut hle reng a ni. Thei hian thlum a ngah em em a, chu chu taksa tan chakna a ni a. Tin, theite hian vitamin leh mineral an ngah em em bawk a

ni. A bikin theiah hian vitamin 'C' a tam em em a, chu chu kan taksain natna a do theihna tichak tu a niin a tangkai em em a ni. Chuvangin vitamin 'C' awmna kan ei tam chuan natnain kan taksa a ngam thei lo thin a ni. Hei bakah hian theite hian B complex a nei ve a, chubakah calcium leh potassium kan ruh tana thil tha tak a pai bawk a ni.

Natna benvawn tak tak te, thei hmanga enkawl theih te an awm nual a chungte chu:- ruhseh, ashma, thin tha lo, kawngna benvawn, hritlang reh thei lo, cancer leh chaw ei dan

dik lo avanga natnate, entirnan, BP sang, lung tha lo, kalna, vun duk te.

A hman dan:

1. Kan thei ei te chu an thar tha tur ani. Thei dah rei tawh chu a chakna zaa sawmnga (50%) a bo thei thin.
2. Theitui tharlam sawr chawp zel hi duhthusam a ni.
3. Theitui hi in khawlh khawlh lovin a tep a tep thin tur a ni, tichuan kaa chil nen a inpawlh hman a paitawih a awl bik a ni.
4. Thei chu a ei emaw a in emaw a tha ve ve a, mahse tam tham deuh ei duh chuan a tui sawra in a awlsam zawk avangin damlo tan a tha lehzual a ni.

Thei ei tam emaw a tui in tam luat hi a awm har hle. Thei man a to vang zawkin ei tam a har mai a ni. Nakina damdawi a insen leh teuh ai chuan thei tam laia thei mana insen hi a hlu zawk tih mi tam takin an hre tawh a ni. Natna benvawn entir nan cancer te enkawl nan chuan ni tin theitui litre 3-5 vel

in a tha. Serthlum hi thei hrisel tak mai a ni a, kan taksa tana pawimawh vitamin chi hrang hrang, vitamin A,B leh C te a pai teuh a ni. Tin, calcium te, phosphorous te, carotene te a pai teuh bawk a ni. Kan hriat theuh angina vitamin A chu mit tan a tha a, B chu taksa than nan a pawimawh a, vitamin C chu natna laka inven nan a pawimawh ani. Chuvangin serthlum thar lai na na chuan ei tam tum theuh ila a tha hle ang.

Tin, kan hriat theuh tur thil pakhat chu thil chhum hmin kan ei nasa lutuk hi a ni. Thil chhum hmin lutuk hian vitamin tha, kan taksa mamawh a thah theih avangin kan fimkhur tur a ni. Chawhmeh kan chhum pawhin hmin lutuka chhum ai chuan hmin phelh phawlh a chhum hian chakna a pai tam zawk a ni. Thei leh thlai hringte hian enzyme amah leh amah inpaitawih theihna an nei a, heng enzyme te hi chhum hlum an awl em em a ni. Chuvangin hnim hring, thlai hring leh theite hi i ei uar ang u. ■

KAL-A LUNGTE (RENAL CALCULUS)

Dr. Lalkhawngaihi Renthlei

India rama state lum thenkhat – Rajasthan, Haryana, Gujarat, Delhi leh Maharashtra-ah te chuan Kala lungte awm natna hi a hluar hle mai a, amaherawhchu ram lum lutuk ni si loah chuan Mizoram hi kala lungte awm ngah pawl tak kan ni mai thei. Kan lungte pai te hi lunghlu te lo ni tal se a manhla deuh tur. Sum sen leh na tawrh a ngai a, a awm ngun phei chuan mahni a damdawi inchawh a awl ta viau awm e.

Lungte lo insiam chhan hi ‘hei hi a ni’ tih chat tur awm lo mahse, hengte hi a chhan ni theite an ni:

- Vitamin A tlakchham hian kal chhunga tui thlitfimna dawtah ‘pilh’ a sيامa, chutah chuan lungte a tâng khawma bu a kuar thei.
- Taksaa Vitamin A leh Vitamin C tlem hian Hyperparathyroidism, Hypercalcemia (thisena calcium tam) leh Hyperuricosuria (thisena uric acid tam) a awm thei a, chu chuan kala lungte a insiam tir thei.
- Parathyroid hormone sang (Hyperparathyroidism) vangin zunah calcium lung a insiam thei a. Heng lungte

hi a awm nawn fo thei a. Kala lungte insiam ngun leh lungte awm tam reng rengin para-thyroid hi check tir a t ha. A chhan a zirin a enkawl dan pawh a danglam daih thei.

- Zuna calcium tam (Hypercalcemia) nei chi chhungkua hi a awm theiha, Inthlahchhawn theih thil a ni.
- Cystinuria - zuna amino-acid cystine a tamin (pianpui natna).
- Zuna oxalate a tamin.
- Zuna uric acid a tamin (Gout nei te hi uric acid sang an ni tlangpuia, an tan lungte pai a awl bik).
- Tui tlakchham avang hian kalah lungte a insiam hma.

- Zuna citrate awm zat a lo tlemin.
 - Natna hrik a bikin Staphylococcus leh E. Coli infection vangin a awm duh.
 - Zun kawng felhlel sa- ‘free’ taka zun luan theih loh avangin lungte a insiam duh.
 - Rei tak khumbeta mu/ mahni a chesawn theilote hian kala lungte an nei duh (entir nan-Zeng).
 - Ril vung neiah.
 - Pumpui leh rila zaipui tawk tawhteah.
 - Zun tamna damdawi ei nasat avang te.
 - Pum damdawi (antacid) calcium atanga siam ei tam avang te.
 - HIV damdawi thenkhat avang te.
 - Kaih damdawi Topiramate ei nasat avang te
- Lungte pai lan chhuah dan tlangpui:
- A tlangpuiin kum 30-50 inkar in an nei duh a, lungte pai zaa sawmriat (80%) hi mipa an ni.
 - Insawiselna tlanglawn ber chu ‘Na’ hi a ni. Hnung na, Kawng na, pum na ang te pawn a awm thin.
 - Lungte thenkhat, entir nan-Staghorn Calculi an tih chuan kal atanga zun lo chhuahna dâwt chu a hnawh thei a. Chuti chung chuan insawiselna leh na pakhat mah awm lovin a awm theih a. Kal a chhiat tan hnua chauh te hmuh chhuah an ni fo.
 - Lungte avanga kal a vung a nih chuan kal vung chu kutin a dap fuh theih. Chuti a nih loh chuan kala lungte ngawr ngawr hi chu pawn atanga dap fuh chat hi thil har tak a ni.
 - Kala lungte chu a cheta, phing lama chhuk a tum/ zun kawnga a tan chuan heng na hi a awm thei.
 - Na vin tak, nak nem atanga kap lama zawh thla (a na lutuka awm nawm ngaihna a awm lo, thlan fimin damlo chu a buala, luak te a chhuakin an luak fo thin).
 - Na takin, tlem tetein an zung

thin.

- Khawsik te a siam hluah thei.
- Nak nem vung a awm thei.
- Zunah thisen/ thi khar a awm thei. (Thisen hi a tam ngai lo).
- Kala lungte hian kal atanga zun lo chhuahna dawt a hnawh pin chuan natna hrik awmte chu thisenah lutin nunna tana hlauhawm Septicaemia a awm thut thei.
- Lungte avang hian zun kawngah hnai a insiam thei (natna hrik awm miah lo paw'n)

Heng Investigation te hi tih a ngai thin - X-Ray KUB (` 30/- (Aizawl Civil Hos-pitalah), ` 250/- (Privateah) Ultrasound ` 150 (Aizawl Civil Hospitalah), ` 600 (Privateah), I.V.U ` 140/- (Aizawl Civil Hospitalah), ` 1200 (Privateah), zun leh thisen test (a tul dan azirin)

A enkawl dan tlanglawn te leh a senso zat hi damlo ten kan lo inhmakhua thiam nan (damdawi in awm man, OT luh

man leh test chi hrang hrang man tiam lovin) :

- Lung chhut kehna (E.S.W.L)- (` 20000/-vel)
- Lung chhut kehna (U.R.S.L)- (` 20000/-vel)
- Zai hawna lak chhuah- Pyelolithotomy (` 15000/-vel)
- Stent vuah (` 2000/-vel)

Homoeopathy (AYUSH Dept) lam atanga inenkawl na- Kala lungte awm hi a len dan azir leh a awmna a zirin damdawi kan pe thin a- Heng kan damdawi pekte hian lungte chu a tisawm a. Tin, damlo ten tlakchham an neihte phuhru in, tullo kan lakluh te paih chhuah a, natna do thei tura taksa buatsaih hi Homoeopathy hmanga in enkawl dan a ni.

Kala lungte awm tihsawmna damdawi hi Homoeopathy ah hian Mother tinctures hi chi tam tak a awm a, tin, a awm nawn fo loh nan mimal taksa dinhmun khaikhawmna - 'constitution' (mihring ruangam, ruhrel len dan a zir, natna pawm hma

dan, huat zawng neih a zir leh natna lo neih tawhte) azirin ‘potency/dilution damdawi pek a ngai thin. District Hospital tin leh Civil Hospital Aizawlah te AYUSH damdawi hi a thlawnin sem reng a ni e.

Sumbul, hlonuar, lakhuihthei hnah leh Mizo damdawi tam tak hlawhtling takin kan lo hmang tawh a ni thei e. Eng nge ei tura ei loh turte, insum ngai te hi hriat tur. Tin, mahni inchawh mai lo a damdawi hnathawh dan hre zawk leh kal dinhmun endik thiam doctor te rawn nachang hriat a tha

Tih turte- Tui tam tak in thin tur. Sertui (nimbu leh serthlum tui) in thin a tha.

Ei/In loh tur te- Calcium, bawngnhute leh bawngnhute
atāngā sīām thīlte, grāpē-tūi,
Mawitea huang!!!

apple-tui, coca cola lampang (soda drinks). Tin, kala lungte awm leh Gout nei kawp (Mizoin Mipa ruhseh kan tih hmeichhia pawhin a neih ve theih) tan – Sa-tisen, artui, leh protein tamna thil ei loh a tha.

Thingtlang lama ni sa hnuaiia thlan far zawih zawiha ei zawng, tui in tlem si te tan chuan Kala lungte hi neih a awl bik hmeltatlat. Tui in tam a tul hle mai. Mizo ten Kala lungte kan neih nasat nachhan hi kan kuhva ei tam(thlan chhuak a ti tam) vang te, chi ei tam vangte, sodaa thil bai kan chin vangte hi a ni thei a nia. Tul lova sumsen leh damdawi ei ngai lo hian kan awm thei asin. “Hawh u- I insum deuh teh ang u.”

@ Mi khual naah khan chaw khawrh belh beiseia a aw an then ngial hnu pawh khan nu ber khan chaw a khawrh belh lawk si lo va, a tawpah chuan a thleng ruak chu lek kan pah in, “Ka pi, he thleng hi engtika in lei nge?” an ti tawp mai a, nu ber lah chuan chaw bel ruak a khup zawnga lek kan pahin, “He bel nen hian kan lei rual chiah chiah” zuk ti ve a!

ZORAM BUAI LAI - 1966

‘Chawngtinleri vangkhuaah kum nga’

- LALHRIMA SAILO
(*Chhunzawmna*)

Zoram khaw tam ber hal an nih a, mi tam tak ten sipai kut an tawrh hnu, October 1966 chuan Mizoram sawrkar thar hnuaiyah Southern Sub - Area D.C. ni tura ka appointment hmuh chu zawm turin kan khua Thiltlang chu ka chhuahsan ta a. Ka kal ni hian ka pa chu kan khaw hlui kang fai vek tawh thleng a kal ve in ngaihtuahna thui tak nen min thlir liam a. Ka rual hian ka staff ni nghal turin Pu Chaltlanga (a hnua Pu Lalthang tia hriat lar tak) tlangval Venngura leh Sina-te nen Mat lian kanin Commissioner Pu Lalmawia te awmna Hmun-tlang chu ka zu thleng ta a. He khaw dai camp-ah hian nithum emaw lek kan awm hnuin ka bial lut tura min guard turin ‘K’ Battalion sipaite inpeih hun nghak turin ka staff-te nen chuan Zobawk rama Mat kam, Lurhva chhuah camp kan pan ta a.

Thlakhat lai he camp a

engmah ti lova kan awm hnu hian November tawp lamah ‘K’ Bn. Sipaite pawh 50 lai an lo ni ta a. Tichuan ka bial tur lam pan chuan kan chhuak ta a. Ka bial tur hi Saiha atanga rin thlakin Lawngtlai, Mamte leh Tawipui te huamin Chawngte a zu chhun a, chumi chhim lam zawng chu a ni a. He bial hi Zoram puma a bial chhangchhe ber kan ni hial in a lang. Lusei bakah, Lakher, Tuikuk, Takam, Pang, Tlanglau leh Bawmte an ni nak mai a, kan chhangchhia in chanchin cheknawk pawh kan ngah bik a ni.

December ni 1, 1966 chuan ka bial chin tia kan hriat Mautlang khua, in 40 vel awmna chu tlaiah kan va lut ta a. Min lo lawm der hle a, kan rawp tawh bawk a, vawk sum 4, Rs. 40/- in ka lei a, V/C-te nen hlim takin kan ei ho ta a. Khua a vawt bawk a, zannah chuan an VCP chuan rizai thar

minrawn thuah a; mahse Mapchiang zawka kan han en chuan ka bial pawn chiah khua an lo ni reng mai tih kan han hmu ta a, VCP pawh chuan rizai min thuah tum pawh chu a la let leh ta a, a timak in nuih pawh a tiza ang reng hle mai. He pa hi pa maksak deuh chu a lo ni ve awme, kan sipai lo va kal hmasa t henkhatte pawh a lo ti lawm lo hle a, “Rs. 300/- chawitir a, a pek fel veleh kahhlum tlak a ni,” an lo tih tawh a ni tih ka hre zui a.

A tukah chuan ka bial chhung khaw hmasa ber Samang, Tlangau - ho khua in 10 emaw lek awmna chu chhun laiin kan va thleng ta a. He khuaah hian V/C leh mipui duhsakna nasa tak kan dawng a. Kan thlenin pa Duha chuan lawi ke rep ro, a tin kak te la awm hi a neia, a phawk khawp a, ni khat chu a ram chhuakin lawi ke chu a ak chhuak a, thenawmpa sazuk thang kam hum hma tak maiah chuan lawi ke chuan lei a va cho khuar dawk mai hi a ni awm a; a thang lam hum lehlamah hmun 3 velah a cho khuar bawka, sazuk lianpui

maiin hnu angin a lang a. A tukah thenawmpa sathang va en chuan sazuk lianpui maiin a thang a daiper teuhzia leh a uizia a sawi ta ngei mai a, nuih a za duh hle a ni.

Nikhat chu min duhsakin sangha min eitir a tum a, Khawkho luih len dengin a kal ta a. Chawhma lekha a lo haw leh a, a lente chu a huh si a, sangha a rawn man miah lo mai a, engtizia nge tia kan zawhna pawh chu chhang lovin a nui mai a. A tawpah chuan ti hian a sawi ta a. “Luidung ka zawh chho va, lipui ka helna kawng hnim zimteah chuan chirhdup hi a lo awm a, a piah hlam dan velah chuan lungpher chung ro thlangra tiat vel hi a awm a. Chuta zuankai tuma theihtawpa ka zuan rual chiahin a sir leh lam atangin chuta zuan kai lo tum ve chiah sakei nen lungpher chungah chuan kan insu ngheng mai a, lungpher bek vaw chawrhin ka tlu a; sakei lah chu huk chungin namen lova chakin a tlan chhe zawr zawr mai a ni,” a ti a, a nuihzathlak duh hle mai.

Chutiakanchamhnu chuan

kan sipai te nen chuan Lakher bial fang turin Tuithumhnar tlang dungah chhim lam panin kan chhuak ta a. Darkar hnih vel lek kan kal hnu chuan Tlanglau khua Hmun nuam in 10 lek awmnaah thingpui in in kan chawl a. Chumi ni chuan ngawpui chhah tak kawng pheihlira kal tlangin in 10 lek awmna Ngeng-puitlang kal pelin tlai lamah chuan Bungtlang kan thleng ta a, hetah hian zan khat kan riak a. Zannah chuan kan inkhawm a; khuangpu chuan hla pakhat chu a bass-in a la tlat pek a, kan nuh a za khawp mai. A tukah Tuithumhnar chu kan ban pheih a. Khaw thlen dawnah chuan khuaa volunteer 21 awmte chuan sipai dana intlarin min lo hmuak a; sipai bang senior tak Pu Kapsellova hova awm an ni a. Anmahnia an lo inrel ve danin volunteer 21 awm zinga 9 te chu Major an ni a. Zannah chuan kan Bn. C.O. hovin inkawmkhawmna kan neihpui a, “Heti chuan Major ringawt pawh Major operation nei tham hial in ni maia, a fel tawk lo ve,” tiin an rank kan siamthat sak ta vek a, an hotu

ber rank atan Sergeant kan pe ta niin ka hria.

A tukah chuan Lakher ram lut turin khawchhak hawiin kan kal ta a; Hmawngbu in 7 lek awmna khua kal pelin Chhimtuipui zau tak mai chu lawnga kaiin Lawngmasu-ah kan chawl a. Kan hma thla khat vel kal taah khan kan sipai maltlat pakhatin he khuaah hian amah chauhva a vawikhat chaw hmeh atan ar 26 a talhtir thu min lo hrilh a. Hei vang hian Order ka siam ta a - 'Tumahin a tul lovah chuan mipui phurrit siam phal a nilo' tih thu leh thawktu D.C. leh C.O. ten an remtihna a an chungthu rel tih lohte chu tu nunna mah lak phal a nilo tih thu ka chhuah a.

Chawhnu lamah chuan chho hlira ankhawlian berpakhat Tongkolong chu tlai lamah kan lut chho ta a. He khuaah hian Inrinni leh Chawlhni kan cham a, khawtlang mipui leh V/C te kan chungah an tha hle a, kan duh aia tam mahmah sa kan ei a ni. An khawsak a la hniam hle. Ar min talhte hian anmahniin an puah chuan a chawckhaweng, a

chaw paibawm hi an sawk thla hlawk a; a lu lam an khawih zui tawh lova, a kawchhung an han tham chhuak leh a, a ril chu mawng lama a bun bunnaah a bung a, an en zui leh tawh bawk lova. Chutianga an han chhum chuan a so hu rim chu a uih deuh huk huk thin. Vawk pawh min talh a, an hnam danin a bung hmawk lu lam kha ruai angin kan ei a, a mawng lam zawng

kha ka chan ah an duh tlat maia, tumah pekchhawn a thiang silo va, a buaithlak ang reng hle t hin.

(Awm zel tur)

ZUNTHLUM VEI TANA HRIAT TURTE

1. Damdawi ei/inchiu theihngihlh loh tur.
2. Riltham lutuka awm loh tur a nih rualin vawikhatah chaw/thil ei teuh loh tur.
3. Sathau leh hriak (oily diet) ei loh a tha ber.
4. Taksa chakna (Protein) tamna chi theirah, thlai leh chaw ei tam tur.
5. Insawizawi uar a, kelawnga lei dai rah tam tur.
6. Chithlum ei tam loh tur hei hian khawizu (honey bee) pawh a huam.
7. Zannah mut hmaa zingah thawh hma a tha ber.
8. Tui thianghlim tam tawk ni tin in tur.
9. Zunthlum vei chu mipat hmeichhiatnaah a chak loh avangin harsa taka sex hman phet tum loh a tha.
10. Thei thur ei uar a pawimawh a, thil thlum erawh ei tam loh a tha ber.
11. Muthilh tam a pawimawh a, mutkham lova awm loh hram tum tur.
12. Taksa rihna tur tawka awm reng thei tura inruahman thin tur.

MEDICAL AID SCHEME

*Joseph Lalduhkima
Projectionist,
Civil Hospital, Aizawl*

Central Sawrkarin natna khirh tak veite tan scheme hrang hrang a siama, a dilna Form te chu Medical Superintendent Office, Civil Hospital, Aizawl ah a lam/lak theih ang. Chungte chu :

1. Rashtriya Arogya Nidhi (RAN) Scheme - BPL chhungkua tan bik.
2. Health Minister's Discretionary Grants Scheme - BPL ni lemlo, chhungkua a sawrkar hnthawk awmlo tan.
3. Dr. Ambedkar Medical Aid Scheme - BPL tan leh chhungkuaa sawrkar hnthawk awm lo, chu mai bakah kum 1 a ` 2,50,000/- la lut lo chhungkuate tan.

A aia chiang zawk leh eng natna veite tan nge dil chi tih te, sawi han tum ila :

1. Rastriya Arogya Nidhi (RAN) leh Health Minister's Discretionary Grants Scheme te hi heng natna vei tan hian a dil theih a ni :

- * Cardiology leh Cardiac Surgery
- * Cancer
- * Urology/Nephrology/Gastroenterology
- * Orthopaedics
- * Neurosurgery - Neurology
- * Endocrinology
- * Mental Illness
- * Drugs
- * Heng bakah hian major illness/treatment ngai medical Superintendent/Doctor Committee in tanpui ngai a tih ang te a huam ang.

A chung a kan han tarlan takte khi Rashtriya Arogya Nidhi (RAN) leh Health Minister's Discretionary Grants Scheme hnuaina dil theih an ni. He scheme erawh hi chuan private Hospital a huam lo a. State sawrkar damdawiin a in enkawl emaw zai ngaite tan chauh a ni.

2. Dr. Ambedkar Medical Aid Scheme ah hian heng natna vei tan te hian tanpuina a dil theih :

- * Heart Surgery
- * Kidney Surgery/Dialysis
- * Cancer Surgery/Chemotherapy/Radiotherapy
- * Brain Surgery
- * Kidney/Organ transplant
- * Spinal Surgery
- * Nunna tana hlauhawm natna hrang hrang tawkte tana dil theih baw a ni.

A chung a kan han tarlan takte hi hun tiam bik a awm lo a engtiklai pawhin a dil theih a ni.

Mawitea huang!!!

t Pa pakhat hian, 'Mama i pa inah a awm em? ka pawisa ba thin ka duh a' a ti a, ani chuan, 'Tunlai chu a lengchhuak ngai lo, ka pu, ka pa hi chu pawisa a neih loh chauhin inah a awm thin...' zuk ti a!!!

t An nu khan, "Pa a, vawiina i vawkte lei hi nimin a kan vawkte thang thei lo tlawmtea kan hralh kha niin ka hria, a hmul metkawngin tel an hnawih mawm mai mai lek a nih hi" zuk ti a!!

t 'I lo chu a kang tha baw em?' an ti a, "Teuh nang, a bul atanga vah that leh vek a ngai ang," zuk ti a !!

INENTIR TURTE HRIAT TUR

OPD-ah emaw Sipisialah emaw daktawr kan inentir hian, chu daktawr chu kan tana ðu a ni tih hriatreng tûr a ni a, kan natna lo lan dân chu inthlahrung lo leh zêp nei lovin kan thiam ang angin kimchang takin sawi ðin tûr a ni. Daktawr zawhna uluk takin chhân tûr a ni a, chung aţang chuan thil tam tak hmuhchhuah theih a ni ðin. Kan natna chungchanga hriat duh kan neihte leh damdawi ei hunbi te, eng chen ei tûr nge tih te, (Mizo rilru takin!) chung damdawi chuan hal a neih leh neih loh te, lo ngeih ta lo se emaw lo na leh ta thut se engtia tih tûr nge tih leh ðul dang kan hriatte kha zawha a chhânna chhinchhiah ngei a ða a, damdawi lehkhah khan ziah tir mai tûr a ni a; a hun laia inthlahrun vânga thil pawimawh zawh ngam loh va, pâwn lam thlen hnua ‘chumi khami ka lo zâwt tel ta lo chu aw!’ tia buai leh mai si hi a pawl hle ðin a ni.

Damlo tam tak chuan daktawrin damdawi ei dân min hrih te chu páwna kan chhuah hma hmain kan theihngihl emaw kan ngaihrawlh chawpchilh ta ðin emaw a ni a, damdawi zuar hnenah kan han zâwt a, a lo zeï vak loh phei chuan kan inenkawl na kawng chu kan âr khaw thim dai ðan a ni nghâl dêr mai ðin a, kan khua kan thlen leh hunah phei chuan “O tirawh” tih tih pawha “kan khua ka thlen chuan Au ka ti thau thau” an ti tih ang lek kan ni fo mai âwm asin! Daktawr hnen aţangin thurâwn - tih tûr emaw tih loh tûr emaw - hawn ngei tum bawk ni se, chu thurâwn chu zawm tlat bawk ila, kan hrisêl sawt dâwn a ni. Entir nan, Pumpui ná hi damdawi ringawta enkawl dam chi a ni lo fo va, enkawl na chuan ei leh in insum te, hunbi neia ei leh ei tam tâwk dân tûr te a keng tel tih hriat a ða. Inentir tûra kan kal hian kalpui (puitling ni ngei se) neih zêl a ða ber. Kan inentir chhan chu ngai hovin dingchung nâah mai inngai pawh ni ila, kan rin ai daihin a lo ril thei a; damdawi ina dah nghâla zai nghâl rum rum ngai emaw, sum leh pai sêno hautak emaw pawh a awm thut thei a ni a, chuvangin inentirnaa

DENGUE THEHDARHTU THOSI LEH A CONTROL DAN



Lalfakzuala Pautu
State Entomologist IDSP, DHS

Tunhnai mai atang khan Aizawl khawpui veng hrang hrangah te Dengue natna a leng nasa hle mai a, veng thenkhat phei chuan an buaipui takzet tawh a ni. He natna laka mipuite kan lo him theih nan he natna kaidarh dan te leh a inven dante kan hriat a kan zawm a pawimawh hle a ni. He natna lanchhuah dan tlangpui te chu, Khawsik sang, Ruh leh tihrawl na, Mitmu hnung na, pumna leh luak, thak/bawl etc. te a ni tlangpui a, a nasat chuan taksa atanga thi chhuak te pawh a awm thei a ni.

Dengue natna hi thosi chikhat *Aedes* thosi ten an thehdarh a ni a, he thosi (Dengue virus pai) atang lo chuan a inkaichhawn theih loh a ni. Khawvel hmun hrang hrangah Dengue natna hi *Aedes* thosi Species chi hrang hrang ten an thehdarh a, India ramah chuan Species chi 2 in a thehdarh a, South India lama Kerela-ah te chuan *Aedes albopictus* in a thehdarh a, India ram hmun dangah erawh chuan *Aedes aegypti* in a thehdarh ve thung a ni. Aizawl khawpui veng hrang hrangah te leh thingtlang hmun thenkhatah te Entomological survey neih tawh a ni a, Mizoram

hmun hrang hrangah hian *Aedes albopictus* leh *Aedes aegypti* te hi an lo tam hle a ni. *Aedes albopictus* hi ramhnuai thosi a ni a, *Aedes aegypti* erawh chu Mihring chenna in leh a vela khawsa thin an ni a, khawpui mihring tamnaah an awm duh bik bawk a ni.

Dengue natna laka inveng tur leh beilet a, control tur chuan a thehdarhtu thosi hi kan hriatchian a pawimawh hle a, kan dolet tur ber thosi chanchin kan hriatchian loh chuan an laka inven leh beihlet chu a harsa hle dawn a ni. Chuvangin, he natna laka kan lo him zawk nan *Aedes* thosi chungchang tlem azawng

leh an laka inven dan te leh control dante han tarlang ila :

Thosi tui (egg): Aedes aegypti thosi tui hi 1mm vela sei a ni a cigar ang pianhmang nei a ni. Heng thosite hi bur ruak leh bungraw chhungah te tui awm lo mahse an tui mai zel a, aedes thosi tui te hi tui awm lo mahse kum khat aia rei te chhe miah lo in an awm thei a, hei vang hian khawvel hmun hla tak takah te pawh mihring ten kan phur darh zau nasa thei hle a, tui a lo awm remchan veleh khan an lo keu leh mai thin a ni. A tui hi chu an tet em avangin an laka inven leh tihboral pawh a buaithlak hle a ni.

Thosi no (larva): Thosi tui (egg) chu a note (larva)-ah a lo keu a, mi tam tak chuan Hlit -lubawk emaw kan ti fur mai, lulawk deuh leh pangang ang tak tui a hleuh zek zek thin an ni a, an chanchin tlem han tarlang ila.

1. Thosi no (larva) te hi pangang ang tak te takte 7-8mm an ni a, tuih lo chuan an khawsa thei lo va, tuih an hleuh zawng hian hawrawp S ang tak an siam zek zek zel a ni (Serpentine

movement)

2. An awmna tui mawng lamah an awm tlangpui (Bottom feeders).

3. A huho deuha awm-khawm deuh tel tel an ching hle (Gregarious).

4. Torchlight engtaka han chhun hian an tlanche huk thin (Photophobia).

Thosi buhchium (pupa): Thosi no (larva) chu buhchium (pupa)-ah arawn chang leh a, buhchium an nih lai hian chaw an ei tawh lova, tuih la cheng tho in chak takin an la hleuh kual thei a ni. Buhchium te hian comma shape ang pianhmang an nei a ni.

Thosi puitling (adult): Buhchium chu lo keuin thosi dum avara tial te tak te 5mm bawr velah an lo piang chhuak a ni. Thosi tui a keu a larva a insiam atanga thosi puitling an nih thleng hian ni 8-10 a awh a ni. Thosi nu chauh hian thisen an mamawh avangin mihring/ran an seh thin a (an tui insiam nan) thosi pa in thisen a dawt ve ngai lova mi a seh ve ngai lo a ni. Aedes thosi te hian khawen lai chauhin mi

an seh thin a ni. *Aedes aegypti* te hi nervous feeder an nih avangin mi pakhat rei lo tē seh in mi dang an seh lawr duat zel a, an puar khawp thisen la tur hian mi 10 vel lai te an seh thin a, thosi khan Dengue natna hrik a pai chuan mi tam takah thosi 1 pawhin natna a tidarh thei a ni. *Aedes aegypti* te hi mihring seh duh bik riau, anthropo-phillic an ni a, zing ni chhuah atanga darkar 2 velah leh tlai ni tlak hma darkar 2 velah hian mi an seh duh bik bawk a ni. *Aedes* thosi puitling te hi kar 2 atanga thla eng emaw zat chhung an dam thei a ni.

Aedes thosi seh laka inven dan te :

1. Thosi seh tlang theih loh thawmhnaw phui tha tak hak.
2. Thosi duhloh repellants, Odomos ang chi te inchulh.
3. Thosilen rannung thahna hlo ngei a chiah (impregnated) zar.
4. Thosi hnawtbo thei leh tihlumthei chhit chi hrang hrang, Allout, Tortoise, Goodnight etc. hman.

5. Chhunah naupang emaw puitling emaw thosilen hnuaiiah chauh mut thin tur a ni.

Aedes thosite tihrem/control dan te :

a) Larval control (thosi note tihrem dante) :

(i) Source reduction: Dengue thehdarhtu thosite hi in leh a vela tui tlem tlingreia inthlahpung thin an ni a, heng an pian duhna tuizem chhin phui loh, pangpar pot, tyre chhia a tuitling, bur ruak, dispo cup a tuitling etc. te hi kan tihbo emaw thosi tui theihloh nana siam a t̄ul a ni.

(ii) Chemical control: Abate, Temephos granules etc. thosinote tihlum thei chemical te hi hman dan tur bituk ang thlap a hman tur a ni. Tui in tur leh ei leh in siamnana hman ah chuan hman loh a him zawk a ni.

(iii) Oils: Khawnvartui, Diesel, engine oil etc. thosi no awmna tuia leih in a tihlum thei bawk a ni.

(iv) Biological control: Thosi note ei thin sangha (lavivorous fish) chi hrang hrang Gambusia ang chi te tui tamtham tlingreiah

chuan khawi a ʔangkai hle a ni.

b) Adult Control (thosi puitling tihrem dan te) :

(i) Space spray/Fogging: Hei hi thosi puitling tihlum nana hman a ni a, pawnlam (outdoor) a thosi awmte thah nana hman a ni ber.

(ii) Knockdown spray/Total spray: Hei hi in chhung lam (indoor) a thosi awm te mihring huat loh damdawi hmanga kahna a ni a, Dengue vei mekte inleh a chhehvel in kah nana hman a ni.

(iii) IRS/impregnation: DDT kah pawh hian nasa takin Aedes thosi puitling a tihlum thei a, thosilen chiah pawh hian thosi nasa takin a control thei a ni.



Mawitea huang

A ʔhenawm pa kha a thi thut a, a chhungten an ʔah an ʔah lai laiin a ruang bulah a va inhnawh ve tawlh tawlh a, mitthi nupui chu kheuh zeuh pahin, “A zu card dahna i hre mial lo maw,” zuk ti su su a!

Heng a chunga kan han tarlan tak te hi mitin ten kan zawm ʔat a, kan in leh a vela Aedes thosi pianna te kan tihboral a, thosi seh laka kan inven ʔat chuan kan chhungkua, kan veng kan khawtlang te Dengue natna lakah kan lo him zawk dawn a ni. Kan in leh a vel fai taka thosi pian theih lohva kan vawn ʔat chuan natna dang tam tak lak atang pawhin kan lo him zawk bawh ang a, damlohna avanga sum tam tak senralna kan lo pumpelh thei dawn a ni.

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Chhiartute Lehkha thawn.....

Pu duh tak te u, HRISELNA Bu, kum eng emaw zat ka la tawh thin a, kumin pawhin ka la zel ang. In tangkaiin in pawimawh hle a, keimah leh ka chungte leh kan veng mi tam tak tan tangkai takin ka lo hman fo thin a ni.

In la tangkaiin, in la pawimawh zual deuh deuh dawn a ni. Kum 2916 khan dakah a man kum tir Januarty thla tirt khan ka thawn che u a, chuvangin Lunglei district nimah ila, ka la ta zel rih a ni. Kumin 2017 atang chuan in thu angin Lungleiah ka la ve tawh ang e.

HRISELNA bu atangin mahni bawrhawmna te pawh eng emaw chen chu ka lo in enkawl dam thin a, ka tangkai puin, ka hrisel phah hle thin a. HRISELNA bu buatsaitute Pathianin malsawm zel che u rawh se.

In hriselna bu chhiartu

C. Chalkhuma

No-70011 Serkawn, Lunglei Dist.

KEIMAHNI

s Dt. 6 Feb. khan DHS a kan thawhpui Pi R. Vanlalzawni, Project Assistant RCH chu septicemia natna avangin a boral a, a tuk ni 7 khan an chenna Bungkawn Venglaiah vui a ni. Pi Zawni hian fapa pakhat leh fanu pakhat a kalsan. A kalsan tak a pasal leh a fate leh chhungkhat lainate editorial board chuan a tuarpui takzet zet a ni.

HEALTH & FAMILY WELFARE DEPTT. HNUAIA HEALTH WORKER LAK TE

s January 31, 2017-a Principal Director, H & FW Deptt., hova DPC Meeting chuan, *Vanbhandu Kalyan Yojana* hnuaiakheng mite hi Health Worker (contract basis)-in kum khat chungatan lak an ni a, an hming leh an *posting place* kan han tarlang a ni, hetiangin :-

Sl.No.	Name & Address	Father's Name	Posting Place
1.	C. Lalbakkhui Bungzung	Khwanghiana	Zawngatui
2.	Rosy Zothantlangi Suangpulaan Biek In Veng	R.L. Zoramnuana	Zawngin
3.	Lalengvui, Sakawdai Vengpui	H.B. Khuma (L)	Upper Sakawdai
4.	Hmingthansami NE Khawdungsei	Lalrimzama	Lungsum
5.	Lalnanpui, Khawzawd Vengthar	W.C. Thandawh	Amo
6.	Jacinta Zirthangpui, Chhingchhip	A. Lalnanthanga	Thingsultlangnam
7.	Rosie Lalnuansangi, Thenzawd	R. Lalmingmawia	Neihbhih
8.	Lalnanmawii, Serchhip	P. Remsanga	Fibir
9.	Zomsangii, Dailawn Venghban	Sangvunga (L)	Damdai
10.	R.S. Lalnanmawii Bilkhawthir Kawn Veng	R. S. Lianthuma	N. Chawnpui
11.	Zomsangii, Pehlawn	Lalpakunga	N. Khawdungsei

Heta kan rawn tarlan subscriber no. te hian kum 2015 atangin Hriselna chanchinbu lak man an pe tawh lova, March, 2017 chhungin pe ngei tura hriattir an ni. Hun tiam ral hmaa pe lote chu thawn an ni tawh lo ang.

2/r	4/r	31/r	34/r	38/r	43/r	44/r	45/r	46/r	48/r	57/r
61/r	67/r	74/r	80/r	82/r	83/r	84/r	91/r	97/r	111/r	124/r
125/r	126/r	127/r	128/r	129/r	130/r	132/r	139/r	142/r	143/r	144/r
146/r	149/r	150/r	151/r	152/r	153/r	154/r	156/r	158/r	159/r	160/r
161/r	162/r	163/r	164/r	166/r	167/r	168/r	169/r	178/r	179/r	180/r
181/r	184/r	185/r	189/r	190/r	191/r	192/r	193/r	200/r	210/r	211/r
212/r	214/r	216/r	227/r	228/r	229/r	230/r	231/r	233/r	234/r	235/r
236/r	238/r	240/r	242/r	249/r	252/r	253/r	254/r	255/r	256/r	281/r
295/r	317/r	319/r	320/r	321/r	322/r	324/r	329/r	333/r	334/r	335/r
339/r	349/r	352/r	354/r	356/r	359/r	363/r	364/r	370/r	374/r	378/r
379/r	386/r	387/r	388/r	389/r	390/r	391/r	392/r	397/r	398/r	400/r
402/r	403/r	404/r	409/r	410/r	415/r	428/r	434/r	436/r	443/r	446/r
448/r	452/r	458/r	462/r	463/r	464/r	472/r	473/r	474/r	477/r	479/r
480/r	481/r	483/r	484/r	485/r	486/r	493/r	495/r	496/r	498/r	502/r
504/r	505/r	506/r	511/r	513/r	516/r	518/r	522/r	524/r	529/r	530/r
531/r	533/r	537/r	540/r	541/r	543/r	545/r	548/r	552/r	555/r	556/r
557/r	558/r	559/r	560/r	561/r	562/r	563/r	566/r	568/r	569/r	570/r
571/r	572/r	574/r	577/r	578/r	580/r	585/r	586/r	588/r	589/r	595/r
596/r	601/r	602/r	604/r	605/r	606/r	607/r	609/r	610/r	612/r	616/r
617/r	618/r	619/r	620/r	626/r	627/r	631/r	632/r	633/r	634/r	636/r
637/r	640/r	641/r	642/r	646/r	647/r	648/r	649/r	650/r	652/r	653/r
657/r	660/r	664/r	667/r	668/r	670/r	671/r	675/r	678/r	679/r	680/r
681/r	682/r	683/r	684/r	685/r	686/r	687/r	688/r	689/r	691/r	693/r
697/r	698/r	699/r	700/r	701/r	702/r	705/r	707/r	721/r	793/r	

AMBULANCE SERVICE

Kum 2016 chung khan National Health Mission (NHM) hnuai National Ambulance Service chuan phone call tum 54,308 an dawn zinga 12,485 chu ambulance mamawhtute an ni a. Ambulance hi a indaih loh avangin mamawhtute hnenah pek vek theih ni lo mahse tum 12,272 tirh chhuah a ni. NHM hnuai hian ambulance 62 a awm a, chung zinga 6 chu hman tlak tawh loh niin, thenkhat pawh a hlui tawh avangin hmun hla a kal tura hmantlak meuh a ni tawh lo. Tin, May 2014 atanga kal pui, two wheeler paramedics (two wheeler ambulance) hmangin kum 2016 chung khan harsatna tawk mi 498 te a tanpui hman a, tunah hian two wheeler pali koh mai theih turin a awm mek a, two wheeler