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Editorial

Khawvel hian a ni telin hma a sawn hret hret a, chutiang zelin natna lah a lo tam ve zel bawk a. Hetiang ang hun inthlak leh inher danglam zelah hian keini pawh kan lo insiamrem ve zel hi kan mawhphurhna a ni tih hi kan hriat a tul takzet a ni.

Nunna hi mihringte thil neih hlu ber a ni a, dawttu chu HRISSELNA hi a ni. Hriselna tel lo chuan nunna hian tangkaina a hloh deuh vek chang ni lovin hlimna leh nawmsakna te chen pawhin a tibo thin. Taksa a hrisel that ver vawr loh chuan mahni duhna hmunah a kal mai mai theih loh a, chakna leh phurna te a tlahniam a, taksa alo awngrawp telh telh thin. Chu chuan in a hrin chhuah chu hmasawwna thuanthu kan tih hi a ni thei awm e.

Finna a pung a, thiamna a sang chho zel a, chutiang zelin Natna lah hmuhchhuah thar alo awm leh zel bawk a, hengte avang tak hian kan tunlai hmasawwna leh hun hman mek ang zelin kan hriselna te pawh kan vawn uluk a, kan ngaihsak a ngai hle reng alo ni. Natna tam zawk hi awlsam taka inkaichhawn mai theih a nih avangin kan nundan leh nihphung te thianghlimna kawngah te hmasawn tur a ke kan pen a hun ta hle mai. Chhungkua a mipakhat a hritlan chuan mi dangin an kai ve leh mai thin, hei hi mi tam zawk chuan a tur ve rengah te pawh kan ngai ngeiin a rinawm. Tunlaih chuan rawmawl keng lo kan tam tawh lo viau in a rinawm a, in lamah pawh kutsilna sahbawn te pawh kan hmang theuh ngeiin a rinawm bawk. Kan chhung zinga mi a ni emaw, a tuemaw pawhin kan kut kan silfai that a, kan hahchhiau leh khuh apiang a rawmawl kan hman that phawt chuan hemi natna atang hian kan him mai thei zawk a lo ni.

Hmasawwna avangin kan chhehvel boruak te pawh alo bawlhhlawh in sik leh sa te pawh nasa takin a inthlak danglam tih a tawng tute vek kan ni a, amaherawhchu khawvel hmasawwna chuan a hunlai ang zelin damdawi tha leh invenna te pawh a hmuhchhuah belh ve zel chu a nih hi. Chung hmasawwna zing a kan lo tel ve theih dan chu kan chin tha lo te bansan a, hmasawwna in ke a pen ang zel a lo in siamrem thiam ve hi a ni. Chumi thleng thei tur chuan chhiartu duhtak, i hriatna te kha vawng tha la, i hriselna atana heng thu i hmuh leh hriat te hi a tak a hmang a, hriselna leh hlimna nei turin kan duhsak takzet che a ni e. ■

AB-PMJAY & HEALTH CARE SCHEME I TAN

Dr. Biakthansangi
Chief Executive Officer
Mizoram State Health Care Society

izoram Sawrkar chuan Damloh nikhua a inenkawlna senso Sawrkarah bill ve thei lo tam tak an awm tih hriain Central Scheme awmsa Ayushman Bharat - Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) bakah Mizoram State Health Care Scheme hnuai Damloh nikhua a inenkawlna senso bill theihna tur a siam thar leh ta. He Scheme pahnihte hi October ni 1, 2019 atanga hman tan tur niin, policy khat hian kum khat chung zel a awh ang.

Health Care Scheme hnuai bikah hian AB-PMJAY hmang theilo - BPL, APL leh Sawrkar hnathawkten sawrkar an bill sak theih loh chhungkaw member zawng zawng an inziaklut thei ang a, he scheme a inziaklut ten Health Care Scheme hnuai a hamthatna awm te an hmang tangkai thei dawn a ni.

HEALTH CARE SCHEME

Engtin nge he hamthatna chu kan chhawr ve theih dan tur ni ang? Mahni veng/khua a LC/VC ten an ruahmanna hmunah inziahlun hun an hawn chungin he scheme hnuai ah

hian kan tel ve a ni ngei theih nan Enrolment/Registration tia inziahlun tur a ni. Enrolment tih dawn hian Family Ration Card leh he Scheme a tel thei Chhungkaw hotu ber emaw, Upa ber emaw Election Commission of India in a pekchhuah Voters ID Card ken tur a ni. Inziahlunna a mawhpurtute chu Health Worker, VC/ LC leh YMA etc. te an ni ang. **Inziahlun hun** atan September, October, November, 2019, thla 3 chung hawn a ni ang. Hemi hun chungin inziaklut lote chu a hnuah inziahlun theih a ni tawh lovang. Thla 3 chung

hawn a nih lai hian ka lo hre ve miah lo a tih awm thei a ni, kan awmna hmun theuhah in ziahluhna hun hawn a nih chhung ngei hian ngaihven tur a ni a, hemi hnuah chuan a tih theih tawh dawn loh a ni. A tu amah hian kan hun tawn tur ka hre lawk lo vek awm e, chumi avang chuan harsatna tawk thei vek kan ni tih hria a, sawrkarin duhsak taka scheme min chhawp chhuaksakah hian tel ngei tum ila, damlohna leh harsatna in min tlakbuak loh avanga kan hmang ta lo a nih chuan malsawmna kan dawng a ni tih i hre theuh ang u.

Health Care scheme a tel tur te chuan pawisa hetiang hian kan pek ve a ngai:

BPL tan ` 100/- a ni a, BPL List hi kum 2016-a BPL Baseline Survey, Planning & Programme Implementation Department siam rin a ni ang. BPL ni lo zawng APL te tan Rs.1000/- a ni a, Chhungkaw member zat bituk a awm lo ve ve.

Health Care Scheme a inzialuh hnuah inenkawlina senso bill theih zat

MSHCS hnuai inziaklutte hian damdawiina an inenkawlina senso chhungkaw khatin kum khat atan ` 2,00,000/- thleng an bill thei ang. Hei hian **Mizoram chhung a inenkawlina bakah** phai lama inenkawlina te pawh a huam tel a, Mizoram Sawrkarin rate a bithliah 'Notified Rate' ang chin chauh bill theih a ni ang. **Kal man** senso pawh damlo tan chauh Scheme hnuai hman theih zat bithliah sa chhungah a bill theih ang a. Kal man bill tur chuan ticket thehluh a ngai ang. Thlawhnaa kalte tan Boarding pass thehluh tel ngei tur a ni.

AYUSHMAN BHARAT - PRADHAN MANTRI JAN AROGYA YOJANA (AB-PMJAY)

Sawrkar laipui Ministry of Health & Family Welfare hnuai Scheme a ni a. Mizoramah chuan Mizoram State Health Care Society, Health & Family Welfare Department in a kengkawh. He Scheme-ah hian chhungkaw pakhatin kum khatah

₹ 5,00,000/- thleng damdawi inawna inenkawlina senso tum sak theih tura ruahman a ni.

AB-PMJAY hmang thei turte (Sawrkar laipui phal chin) :

Rural Development Ministry hnuai SECC (Socio Economic Caste Census) 2011 'Deprived List' a tel PM lehkhaw dawng chhungkuate. 2018-a RSBY (Rashtriya Swasthya Bima Yojana) hnuai thla la a Smart Card neite an ni. 2018 kum a RSBY list a tel, thla la ngei si chhuak lo te leh tibo chuan Health care office, Dintharah enfiah phawt tur a ni. Hmuh zawh a nih loh chuan ₹ 100/- in Healthcare-ah inziahluh tur a ni. Kum 2018 a Health care scheme a inziaklut si, Golden Card nei ve tho te erawh chuan an Golden Card an hman chhonzawm theih dawn loh avangin Health Care Scheme hnuai inziahluh thar leh tur a ni bawk.

2. A B - P M J A Y hamthatnain a ken telte :

Kum khata damdawi inawna inenkawlina ₹ 5,00,000/-

thleng an hmang thei a, ₹ 5,00,000/- hman theih hantih hian vawikhata hman zawh nghal vek a kaw lo va, lumkhat inenkawlina atan enkawlina rate bithliah (package rate) aia tam a Damdawi inawna inenkawl hian pawisa pek nghal ngai lova inenkawl theihna a ni a (cashless), zin veivahna (transportation) erawh a huam lovang. He Scheme a inziaklutte chuan India ram puma Sawrkar damdawi in leh he Scheme-a tel duh Sawrkarin a pawm Private damdawi inah an inenkawl thei. He scheme hmang turte chuan Golden Card an neih a ngai a, Golden Card hi Sawrkar damdawi inah a siam theih reng a, damdawi in a admit dawn pawhin a tlachawpin a siam mai theih a ni.

MIZORAM STATE HEALTH CARE SCHEME 2019-20 leh AB-PMJAY hnuai admit kher ngai lo OPD-a enkawl theih te chue nge ni ang?

- 1) **Hepatitis B & C** - Sawrkar damdawi inah chauh
- 2) **Dialysis** - kal thuah

3) Parenteral Chemotherapy for cancer and other chronic disease eg. Rheumatoid arthritis for rituximab infusion etc. - cancer leh natna benvawn dang (eg. Rheumatoid arthritis rituximab infusion mamawh) chemotherapy etc. khai ngai 4. Refractive Eye Surgery -mit fiahlo laser hmanga zai ngai (- 4.5 chin chung lam) 5) Laser Therapy for Diabetic Retinopathy - Zunthlum vanga khawhmuh fiah lo zai ngai. 6) **Hemifacial Spasm/ Blepharospasm/ Cervical Dystonia requiring Therapeutic Botox injection** - Hmai sawi, mit tha chak lo chiu ngai 7) Connective Tissue Diseases eg. SLE, DLE 8) Lithotripsy - Kala lung chhut sawm. **Treatment follow-up (monitoring) of cancer, organ transplant, post head injury (post operative only), PPI** - Cancer, Organ transplant, lu a hliam tuar thluak zai, PPI (Permanent Pacemaker vuah) in checkup-na leh enkawlina. Laparoscopic

Therapeutic Surgeries - Zai lova inverh (Sawrkar damdawi inah chauh) Central Line Insertion - Central line dah, **Chronic Heart Failure** - Lung hnathawk tawhlo benvawn

Coronary Artery Disease - Lung thisen zam natna, Pulmonary Hypertension - Chuap pressure sang, **Herniotomy under GA** - Hnimhlum hmanga piantirh atanga tilmu puar zai, Chronic Anal Fissure under GA - Hnimhlum hmanga pile pilh zai, **Circumcision under GA** - Hnimhlum hmanga natna vanga serhtan. Diagnostic laparoscopic examination - Zirchian nana zai lova verh.

Thalassemia and other haematological disorders requiring repeated transfusions/treatment - thisen cancer nilo thisen lam natna,

OME for Grommet Insertion under GA - Hnimhlum hmanga bengkerh tui tling siak chhuah.

Myringoplasty (adults LA) - Kahhitna hmanga bengdar pawp thawm.

Surgery for Cataract, Squint (Adults only), Glaucoma - Mit naute paw, mit kalh, mit pressure sang zai

Laser procedure for Glaucoma and posterior capsular opacity - Laser hmanga mit pressure sang leh mit naute langtlanglo zai.

Continuous Ambulatory Peritoneal Dialysis (CAPD) - In lama kal thuahna tur pipe dah (Sawrkar damdawi inah chauh).

Arteriovenous (AV) Fistula - Kal thuah nana thisen zam zawm (Sawrkar damdawi inah chauh).

BPL zunthlum vei Insulin inchiuna mamawh.

MSHCS leh AB-PMJAY chuan heng a hnuaia tarlante inenkawlina hi a huam lovang:

Admit ngai lo natna/Inentirna (OPD hnuaia bill theih natna tarlan huam lovin).

Natna kaihnawih ni lo senso. Inhlam vang ni lo pianhmang mawina tur atana plastic surgery emaw enkawlina.

Ka chung zai ngai lova ha enkawlina (ha phawi, ha tih var, brace vuah etc.).

Natna avang ni lova serh tan.

Nunphung tibuaילו pianpui natna.

Vaccine lak, tarmit senso.

Mipat-hmeichhiat thlakna senso.

Mahni intihnat senso (intentional self-injury/suicide).

Nikhaw hrelo khumbet rei tawh (persistent vegetative state)

HRIAT TUR PAWIMAWH DANGTE

Damdawi in awm hma/chhuah hnua bill theih chin (MSHCS): Damdawi in awm hma/chhuah hnu ni 10 thleng leh organ transplant tan ni 30 thleng damdawi a bill theih. Doctor certify-in admit hma (pre-admission) investigation (thisen test-na, X-ray etc.) a huam tel.

Phaia refer chungchang (MSHCS leh AB-PMJAY):

Civil Hospital, Aizawl & Lunglei-a Medical Referral

Board atanga phalna lak hnuah Health Care Office, Dintharah refer lehkha pek an ni ang.

Health Care hnuah bill thehluh huna thil tel tur documents te: Enrollment form xerox copy, Original discharge card, doctor prescriptions, cash memo, investigation reports, death summary/birth certificate (thi leh nau piang bikah), Health Care refer lehkha (phaia refer te tan) thil tel tur.

Mizoramah chuan Sawrkar damdawi in zawng zawngah hman theih a ni. Private

damdawi in zawng zawngah hman theih turin hmalak mek a ni a, a hman theihna damdawi in te chu mipui hriat tura puanzar leh a ni ang.

Chhungkaw khata inziaklutte hi an Ration Card nen a inmil tur a ni a. Nau piang/mo thar etc. erawh chu a tichiangtu atan Birth/Marriage Certificate hman tur a ni ang.

Hriatthiam loh avanga zawh belhna nei duh tan hemi number 8794444407/9366588506/03892310842 ah te hian office hun chhungin zawhfiah theih a ni ang.

MAWITE-A HUANG

✓ An fanu sawnpai kha an chhungkua in an lo hauhrawn laih laih a, chutih lai tak chuan, "Kawhtebel in lei duh em?" an rawn ti sek mai a. An pa ber chuan thinrim deuh maiin, "Duh lo, duh lo... kawhte pakhat lek pawhin kan chhungkua a inhauhna a thlen laia a bel bel phei chuan engtin nge kan tih ang le..?" zuk ti vin hlur a.

Dr. Thangchungnunga, MS, Otho

Tun kum hnih kum thum chu boruak mu mal - \hal, fur, ruah thimpui leh thlasik te kan neih lai pawh a hriat ta meuh lo e. Kan taksa awmdan hi boruakin a control tlat a, hei vang hian ruhseh pawh a hun takah kan nei thei ta lo a ni. Tunhma tuikhur a tui chawi lai a tui kang nghak ning lutuk, tlangval hovin, “ka pi i khup a na tawh em?” an ti tuktin a. Khua a \hal rei si a, tuk khat chu ‘nau te u, ka khup a na ta tlat mai’ a lo ti a, a lawm nan thingpui leh chhang (khang hunlai 1969 vel kha chuan thil to tak a ni) in an lawm a ni. A chhan chu, a tuk tlai lamah ruah a sur ngei ngei dawn tih an chiang sa a, a khup na chu an lawmpui a nih ber chu, tui chawi a ngaih loh thu hrihthu a ni miao si a.

Tunah erawh chuan, zan khaw vawt, chhun khaw lum leh uap, ni sa, a chang a khaw dur, ruah thimpui phei chu a awm ngai tih pawh khawn-vartui pawl hnu a piang ho chuan an hre tawh lo a nih hi. Hmanlai kan pi pu ten, ka pu in, ‘a pu thusawi min hrih dan in’ an lo tih reng theih nachhante, Juda ho in Bible hal ral vek a nih hnua an ziah chhuah leh vek theihna pawh, ke lawng in lei an rap nasa a, an bun chhun lah magnet dang thei lo savun chappal an bun mai a ni a. Ni tin a kan nun phung hi boruak awmdan in a

control kan tih kha. Kan mobile handset pawh recharge fo a nih loh chuan kan phone chhuak thei lo a nih hi. Hetiang tho hian, kan thluak hi computer chak, lianpui a ni ve mai a, recharge tur chuan north pole leh south pole elec-tromagnet kha kan lak ve a ngai a, kan neih theih dan ber chu ke lawng a lei rah hi a ni. Tunlai changkang ho chuan, naute a lo piang chhuak a, rei lo teah rubber pheikhaw kan buntir nghal a, hei vang hian tunlai mi reng reng thil hre rei thei pawh kan awm tak loh hi. Kan in-recharge na tur ber

rubber in kan dang tlat a, kan thluak a chak thei lo a ni. Mi in chung chhawng a i awm a nih pawhin, veranda leh chhuatah chuan ke lawng a kal hi i uar ang u. Kawtzawl nei pheh chuan minute 30 tal zingah ke lawngin kal kual a, intihsek, san mar a, ke khawng ang a kal a, taksa san mar \ang tur a ni. I fa a bawkvak thei \an a nih chuan ke lawng leh kutkawr bun lovin vahtir mai mai rawh, tunlaiah rulhut lian pui pui leh ke kar a lut chi ang kha kan nei tawh chuang lo. A hah hnuah silfai tha la, thla ruk danah rulhut hlo pe la, a tawk a ni mai. Tunlai rulhut hlo in huat engmah a nei lo. A rang thei ang a pawn boruak hiptur a puakchhuah a, an hritlang deuh a nih pawhin, tih tawp mai loh tur, an taksa khan natna chi tam tak an hip luh kha a dotu tur Immune System (commando) in an lo siam zel a, chuvanga naute BCG (TB venna) pawh a piantirh a pek tur kan tih chhan chu, a nu hnen atangin TB venna a chhawm ve loh avang a ni. A dang, Polio, DPT te hi chu a

pian atanga thla khat leh a chanveah an pe ta chauh a, a nu hnen atanga a chhawm vang a ni.

An bawhvah theih veleh kutkawr leh mawza/pheikhawk bun lovin chhuat / leiah bawh vahtir tur, tichuan naupang hrisel leh lehkhathiam an lo ni ang. Mobile i lei chuan recharge fo a ngai ang hian puitling pawh ni khatah minute 15 tal, in chhawngah pawh awm la, ke lawng in kal thin ang che. I thluak kha computer lianpui a ni bawk a, north pole leh south pole in electromagnet lian tak hian min recharge reng a ngai. Tunlai naupang lehkha an thiam loh tak viau leh thil an hriat rei theih loh nachhan pakhat chu, an bawhvah theih hma atangin pheikhawk rubber kan buntir a, min recharge tu an block tlat a, hmanlai kan pi pute, an hriatna a tha kan tih kan tih chhan hi ke lawng a an kal thin vang a ni. Tunah chuan haihawt buaipui kan tam ta em em a ni.

Ruhseh hi kum 30 chuang ka lo chik in ka lo zir ve tawh

a. Ka hmuh dan chuan, ruhseh nei lo kan awm lo ni berin ka hria. A then a langsar a, a then a lang nep deuh a ni mai a ni. Chutih rualin Gout, ruhseh chikhat, urate crystal vang a awm hi kan nei tel vek niin ka practical experience atang hi chuan ka hmuh dan a ni.

A then ruh chuktuah, zingkar a khawng \hem \hum nei te, nei lem lo te pawn an mit leh kalah lungte an nei deuh zel. Mahse heng lung ho hian na leh buaina a siamloh chuan paih kher a \ul lo, engchen nge i lo pai tawh a, engchen nge na lo a i la pai dawn hriat a ni lo. Naupang t> t> KG II, Class 1 leh 2 lek lek te pawh tlai a, tap deuh pur chung a ka mal leh khup a na ti a rawn bai haw te, zan mut hnu a ka mal, ka khup a na tia buai kan ngah hle, na viau e ti lo in na nei ngai lo ang maiin a tukah chuan an tlan kual leh si a. Tin, kan hriat tur chu kan thisen test na ho zawng zawng hi mihring pangngai blood A, B, O, AB, Sap leh Vai, Eurasian, Caucasian, Aryans etc te ho tan a siam a ni a, kan mil ve

lo. Keini chu A+ve, B+ve, AB+ve leh O+ve kan ti duah duah a, a awmzia chu, kei chu Rhesus Monkey Blood A ka ni (discovery leh animal channel vel a zawng lian pui pui, awm var deuh ban duai duai ho thisen ang hi a ni a.) Zawng fing deuh chu kan ni ta ber a, Bible meuh in nunna chu thisenah a awm a tih si chuan, phat rual loh in zawng thisen kan nei ta a ni. Hei vang tak hian kan vanneihna chu ruhseh vang a kut ke kawm kual teng tung kan nei ve ta lo hi a ni. Nei an lo awm a nih pawhin an thlahtute chhui fe a ngai ang, Indopui II vel lai a hnam dang sipai fa lo pai tawh te an ni fo mai. Hei vang tak hian blood test zawng zawng hi baseline a hman atan lo chuan kan mil ve lo. Entir nan, uric acid 0.2 - 7 hi Sap tan normal a nih laiin keini chu 5-ah pawh kan na em em tawh a ni. Na reng chung siin Gout i neilo te kan ti thin hi chhut chian deuh chu a ngai a ni. Ruhseh pheih hi chu kan mil lo lehzual. Ruhseh test, chi nga vel kan nei a, chi thum vel kan test ve thei a ni. Mi, zing

pawh tho thei lo khawp a awm pawh, ruhseh va test tir sela, ruhseh i nei lo, an lo tih thin hi, a nihna takah chuan mihring test naah 'zawng' kan va in test ve ringawt kha a dik tak tak thei lo a ni. Keini Mongoloid ho tan a test-na hi zawn chhuah ve a hun ta hle. Tin, surgeon tam zawkin, uric acid crystal darthlang nawi in, lung a siam lo tia an \ang tlat hi chu an chhut Chiang lo a ni. Anih leh, tu pa ektum emaw hmu ila, he pa chu chaw ei lovin ek a ei a nih hi, hei, ektum hlir a nih hi, i ti dawn em ni? Chaw kha ektumah a insiam chho ve zel zawk a ni lawm ni le.

Ka cousin ngei pawh, a kal a lung an zai chhuak a, 'hei lung chu' tiin, intithe i takin an rawn keng chhuak a, ei loh tur leh tih loh turte an hrilh leh hrilh loh ka zawt a, hrilh lo a ti a. A kum hnihnaah a na leh a, KUB x-ray va ti la uric acid rawn test rawh ka ti a, lung lian tawh alo awm leh a, a uric acid pawh 10.5 daih a ni. Chuvangin, ruhseh (Rheumatoid Arthritis) nei reng reng hian Gout an nei tel ve zel niin kum 20 chhung

ka chhui hnu hi chuan ka ngaihdan a ni ta a ni. Uric acid crystal (darthlang nawi) hi paih chhuah tur a ni a, kalah hian chhihri, glomerular filtration a awm a, chuta leng zawng zawng chu zun a chhuak mai tur a ni a.

Kan kal atanga kan serh kaw hmawr thleng hi eng dang a ni lo a, tui leh bawlhhlawh paih chhuahna tui luan kawr a nih chu. A aia lian leh hrawmhraw chu mawng lamah ektum angin a paih chhuak thin a ni. Tui hawk luan kawr, in kawt ami kha en la, mau mawih te takte a bur ve ve a, a dangin an bawm belh zel a, tu pa khak leh kuhva leh bawlhhlawh chi hrang hrang an bet khawm a, a tawpah chuan tuihawk luan kawr hnawh thei khawp bawlhhlawh alo awm ta thin a ni. La chhuak vek la, hmawlh te takte kha zawng zawng mah la i hmu tawh lo ang. Kan kal a urate crystal paih chhuak tur a tih, thluakin a order tawh kha paih an han tum a, chhihriah a leng si lo a, a kal tlang leh thin a, chutih rual chuan, rawra kan hri a, kan duh tak chu tlang vek

mahse, a nawi t> t> leh a dip a tla teuh ang hian, kal chhiah chuan a nawi a tla lut ve teuh a, darthlalang nawi a nih avangin an tlaknaah an bur nghal chat chat mai a ni. Miin tui a in tam loh phei chuan zunah thil thang leh hn^ng leh bawlhhlawh a rawn paih chhuak a, chung ho chuan darthlalang nawiah chuan an bet tam tial tial a, a lo lian a, a tawpah chuan kal a lungte awm, phosphate stone (char no lung ang) an lo ni ta a, darthlalang nawi kha chu a lang tawh lo. Chutiang tho chuan mit (gall bladder)-ah a then an t^ng a, chu chu gall bladder a bawlhhlawh leh thang chi hrang hrangin an bawm a, lungteah a lo chang ta thin a ni. Mahse an awmna kha, a tui a kha (bitter) em a, lung chang ni lo in lung me ang chi khawih pawh a keh mai theih an lo chang ta a ni. Lungme, tunhma a cement pawlh atan a kan lak thin ang pawh hi ni in a awm tlemna lam zelah a awm ang, lo chik ve teh.

Kan doctor ten lung awm chhan leh a venna an hrilh ngai

si lo va, lung an lak chhuah ngawt hian a awm leh tur a veng chuang lo. An dam lain a awm nawn leh fo. Thil dang en rual a lungte lo awm hmuhchhuah hi paih nghal kher pawh a tul lo, engchen nge alo awm tawh a, engchen nge buai lo a ala awm dawn tuman an sawi thei lo. Mahse a kal hnathawh te a ti khawlo a nih chuan thu dang.

Ruhseh pahnih te lanchhuahna dan tlangpui chu, zing leh zanah hian an ruh chuktuah zawng zawng a na vek a, a na thei lo lai awm chhun chu, samzai leh tin hmawr hi a ni mai. An tho a, chhuat an han rap a, an khai leh zuk a, an rap leh a, a tha mai a, chaw ei kham meuh chuan mi pangngai ang an lo ni ve leh mai a ni. Hei hi a tlanglawn (classical) ber a ni a. A then chu khupna reng ringawt te, a then nghawng na ringawt te, kiu te, ke zungpui te leh a hawk lai rawn na ringawt te, tam tak chu pumpuina (acid peptic disease), doctor zawng zawng pawh pan tawh, damdawi ei

loh a hleih pawh nei lo, mahse na reng, awm ruh inzawmna V lai hnuai, dinglam deuh hret a na reng ho hi khel lovin an m\$tah lungte a awm ngei ngei thin. Kan ultrasound hian 50 - 70% bak a hmu fiah bik lo a, innghah bur na tur a ni lo. M\$t (gall bladder) dik lo hrim hrim pawh a awm ve tho tih hriat a tha. Kan sawi tak ang khan Mizo (Rhesus monkey) ho tan chuan test, a pangaah pawh kan na tawh a ni a. Kan hriat tur chu ruhseh (Rheumatoid Arthritis) leh Gout hi thian dun angin an kal kawp zel tih hi ka lo study atanga ka hmuh chu a ni. Gout a kezungpuia a nat chhan hi text buah hriat a ni lo an ti na a, tunah chuan computer te a lo awm ta bawk a, ka hrechhuak ta. Thluak computer lian tak hian kan taksa pawn leh chhung hi satellite in englai pawhin a enkual reng a. Kal (kidney) in uric crystal a paih chhuak si lo kha order khauh tawk an zuk pe a, taksa mangang lutuk in satellite in a hmuh loh theihna ber tur, kezungpui b^wkah an dah ta a. Ni 3 -4 ah a hmu leh

tho a, paih turin a ti a, khup leh kiuah te, hmun mak tak tak, beng uai thla (beng teleng) ah te an han dah ngawt a, a hmu zel tho si a ni.

A thui lutuk loh nan, a lungte, i m\$t leh kal a awm lo se i tih chuan, heng, tui lam pang reng reng hi in tam a ngai a, a tha ber chu thingpui senhang hi in tam tum ang che. A tha deuh i duh leh tea bag a awm sa, green tea te a awm a, a tha ber chu a raw, local siam hi a ni, mahse a tui lem lo. Tui sik pawh i in tam ang, tlak, antam, bean, dal etc te in hmeh chuan no ah ngei thli ula in thin ang che. Frooty mawl ringawt ai chuan a man in ang deuh reng tui tho si, ORS te lei zawk la, i taksa mamawh em em, i thian a chhuak zo tur kha alo dah belh dawn a ni. Thingpui thlum paw hi taksa, pum in a ngeih bau lo. Vawikhata litre khat in vak a ni lo a, darkar tin no khat in zawk tur a ni. YMA no lian ang chi kher a ngai lo a, disposable no te deuh pawh a tawk. I in Check theih dan tur chu, i zun kha nilengin a fim var kar reng tur

a ni. Kal function tha lo te erawh chu an enkawl dan a dang daih ang, tui pangngai in ve vak vak a tha lem lo.

Thingpui senh^ng in hram hram rawh, pumpui ulcer a ti dam a, a veng bawk a, cancer zawng zawng a veng a, cholesterol sang tur, B.P., Diabetes, stroke leh heart attack te a veng bawk. I awih loh chuan company tha pangngai multi-vitamin chuan thingpui senh^ng hi no 1 - 2 a ni zel ang. Facial an tihna damdawi diak te pawh en la a awm zel ang. Thingpui sen a nih vanga a lum a in kher tum loh tur, vurah pawh siam la, thingpui sen tho a ni, tui ang a dai in dah la tlak pawp mai rawh, a awlsam ber. Ei lamah a huat hriat chian sa chu khawmual sa ke nei zawng zawng, ke pakhat, pahnih, pathum tih chhiar a ngai lo, a haw vek, ei loh tur. Lui lam sa (cold blooded) erawh i ei thei ang. Kan \hal chawhmeh-zawngtah, khanghu, bekang, thingthupui, chingit, bahkhawr, baibing, sawhthing mo thar, purun sen zai lep vel (a var ni

lo), pudina, pardi, lengser, nghathu, nghaum te (chawhmeh tih tui nan a tlem thlak mai chu a pawl lem lo) hi a haw vek a ni. Khawmual sa hi a tui tak ngial pawh a hua a ni. Heng nghei tur zawng zawng hi i nghei a, tui lam i in tlem si chuan a sawt chuang lo. I zun kha a fim kar tur a ni. Mihring hian ni tin tui litre nga vel kan mamawh a, litre hnih chu i chaw eiah a tel tur a ngaih a ni a, a bak chu i in belh a ngai. I ha kha en la sa ei tur a siam a ni lo, bawng ha nen a inang reng. Thingpui senhang a dai dak in, lo in tam la, 50% in i lo hrisel ang. He natna hi genetic chain a inthlahchhawn a ni a, khawvel awmchhung a i thlah te awm chhung chu in vei zel ang. A tih dam tak tak na damdawi a awm lova, a na zual tih reh mai bak chu tih theih kan nei lo. Tin, heng damdawi te pawh hi side effect hlauhawm tak tak nei vek an ni. A pawimawh ber chu inven hi a ni mai.

(He Article hlu tak hi MGDA 16th Annual magazine a mi a ni a, chhuah chhawn min phalsaktu Editorial Board chungah lawmthu kan sawi e) Ed.

DAM LON ENTIR TUR TETANA HRIAT TUR | ULTE

Damdawi in leh doctor te hi mamawh hun kan nei thin. Damlote'n chinchang kan hriat loh vang leh thur[^]wn tu tha kan neih loh avangin a hun takah enkawlna kan dawng lo palh thei a, doctor r[^]wn tur dik tak kan rawn fuh lo thei bawk, chubakah \ul lo vah sum tam tak sengin, hun hlu tak kan khawh ral thei a ni. Doctor r[^]wn tur leh damdawi in pan tur te tana hriat tur pawimawh tlem i lo tarlang teh ang.

1. Mahni nat dan tlangpui hriat lawk a \ha:

Doctor-ten damlo te an zawhna tlangpui chu 'Eng nge i natna? Khawi lai tak nge? A rei tawh em? Eng enkawlna nge a lo dawn tawh?' tih te a ni tlangpui. 'A! ka na \hem \hum mai, sawi ngaihna pawh ka hre lo, a rei tawh mai' tiin kan chhang fo. Chhan dan tur dik tak zawk chu entir nan "Ka nak nem dinglam hi a na a, thla thum lai a ni tawh a, nachhawka ka ei chung pawhin a zual tulh tulh mai" ti a chiang leh kim taka chhan thin tur a ni. Doctor ten an hriat duh hmasak chu - eng nge i nat dan, engtia rei nge i lo nat tawh, khawi lai takah hian nge a intan, engtiang chiah in nge a nat, chumi lo thil dang

harsatna siambelhtu a awm em tih te hi a ni fo. Enkawlna eng nge i lo dawn tawh? Zai (operation) te i lo tawk tawh em? Chutianga chhang thei tur chuan inpuahchah lawk a tha hle. A theih phei chuan ziah thlap te pawh a tha, doctor te an lawm viau ang. Insawiselna i ngah phei chuan a eng ber kha nge i buaipui ber atangin sawi tan la, doctor dang r[^]wn tur pawhin a lo hriih hmasa keuh thei che a ni.

Doctor in a zawhna che chu zep lovin, i theih anga chiangin chhang la, pawngpaw tawng tam ngawt lovin, i natna te chu tawi, fiahfai thei ang berin i sawi dawn nia. Natna benvawn bik te, damdawi huat zawngte i neih phei chuan sawi ngei ngei tur. Zep neih vanga

zai sual, zaina dawhkana chatthla thut te pawh an awm fo a ni.

2. Damdawi lehkha hlui dahthat a, ken tel fo tur:

Damdawi lehkha hlui (thisen test na, x-ray report, ultrasound, OPD lehkha, Discharge Card adt.) ken theihngihl suh. Mi tam takin Ka hmanhmawh lutuk a, ka rawn keng ta lo. A hlui tawh a, keng peih tawh lo. A! ka ti bo tawh alawm an ti fo mai. Damdawi lehkha hlui te hi an hlui zawh poh leh an hlu ting mai a, damlote'n tawngkaa an sawifiah theih loh hi heng lehkha hluiah hian a chuang thin a ni. Tin, test report hlui atang hian damlo that leh that loh te, test tihnawn a tul leh tul loh te a lang thei thin a, lehkha hlui hian doctor te min pui nasa a, hun kan khawhral tlem phah bawk.

Mi tam takin 'Ka thut fel meuh chuan damdawi min lo chawh der tawh mai' an ti thin. Doctor taima leh fel chuan i damlohna leh damloh dan (clinical history) hi in inbiak

laiin lehkha emaw OPD card ah a ziak mawlh mawlh thin, hei hi a pawimawh em em a, damdawi chawh nghalna a ni lo fo tih hriat a tha. Chung lehkha chu nakin hnu a medical record pawimawh tak a ni thin.

A bikin Emergency-ah lehkha hlui a pawimawh leh zual, theihngihl miah suh ang che. Damdawi lehkha hlui hian hun tam tak khawhral tur a veng a, tul lova test tihnawn tur a veng bawk a, doctor ten i natna an chhui zui thei bawk.

3. Tunge ka rawn ang, khawinge ka pan ang?

Tunge rawn tur? Tunge doctor thiam? Ka natna atana pan tur doctor/ hospital tih hi hriatthiam a tul ta. Thing-tlangah chuan PHC leh CHC doctor te pan ngei ngei a tul thin a, a tul dan azirin hmunpuiah an lo refer thin, chutih laiin khawpuia doctor te chu mahni thiam bik nei (specialist) an lo nih tawh avangin damlote'n doctor thlan thiam a tul ta hle.

Hmeichhe lam thiam (gynecologist) chuan thiam hle

mahse, hmeichhe natna dang-chuap leh lung lam natna te a enkawl kher lovang, chutiang bawkin mi zai-thiam (surgeon) chuan mit leh beng thalo te a en kher lovang. 'Chumi khami chuan min chawh fuh khawp mai, pan ve rawh' tih aiin, 'Hei hi ka natna a ni a, chutiang lam chu pan a fuh ang' tih emaw; thingtlang lama damlo te'n khawpui an pan hmain an khuaa Doctor emaw, Nurse emaw, Health Worker te ngaihdan leh thur^wn lak hmasak a tha fo. A theih phei chuan REFER-na lehkha keng tel thei ila a lo dawngsawngtu doctor tan a tangkai lehzual. Damlo thenkhat chu specialist peng hrang hrang enkawl na an dawn a tul fo thin.

4. Eng nge ka sum leh pai dinhmun?:

Thingtlang damlo tam tak ten (khawpuia mi te pawh telin) Special leh Private Hospital lama inentir kan uar ta hle. Private a zingkar leh tlai lama in entir te, Private Hospitala inentirte pawhin inentir man an chawi a tul a, thisen, zun, x-ray test te pawh pawn lama tih

a tul thin avangin rin aiin sum a hek duh hle. Mi tam tak chuan a tawpah 'Civil Hospital lamah min tih sak mai rawh' tiin engmah an neih tawh loh hnuah FREE turin doctor te an nawr fo. Sum leh pai nei te tan chuan private a inentir a awlsam ta a, thil tih tul leh ngai te pawh a lo tih zung zung theih ta.

Sum sen ngai ngaihtuah chuan Sorkar Hospital lian (Civil Hospital Aizawl, State Referral Hospital Falkawn leh Lunglei) te hi insen tlem theihna ber a la ni hrih a, Department hrang hrangah Specialist rual an awm kimna ber a ni awm e. Investigation tih ngai pawh an nei kim thawkhat viau a, amaherawhchu a pantu an tam avangin duh anga rangin a tih theih kher loh thung. Zai ngai tam tak pawh nghah a tul fo a, emergency erawh an nghah tir ngai lo thung.

Private Hospital/Nursing Home angah te erawh chuan khum/room ruak an neih dan a zirin rang takin inenkawl na a dawn theih thung; a senso erawh a tam hret. Kohhran Hospital (Durtlang leh

Serkawn Hospital ang te) te pawh mipuiin an pan nasa a, sum sen ngai ni mah se damlo harsa zualte chu a thlawnin enkawlina an pe fo baw a ni. Mizoram hi damdawi enkawlina lama man tlawm ber a nih laiin, mi zawng zawngin kan tlin kher lovang. Mahni sum leh pai dinhmun hriat lawk a tha hle.

Investigation thenkhat - ultrasound, endoscopy, CT-Scan, MRI leh a dang thenkhat te hi private a tih ngai a ni deuh fur a (Civil Hospital-ah te awm mahse inentir ni la la a tih mai a har), sum sen ngai pawh a tam duh bik. Tun laiin doctor tam zawk chuan treatment an pek hmain damlo dinhmun chian zawk nan heng te hi an chawh fo a, inentir tur te chuan hei hi hriat lawk a, sum pawh inrin deuh nise a tha hle a ni.

5. Thingtlang lam damlo Aizawl rawn pan tur te chuan hengte hi ngaihtuah lawk a tha:

- a. An khuaa doctor/nurse/health worker te refer na lehkha (an neih theih chuan).

- b. Damdawi lehkha hlui leh report (investigation/discharge certificate) te.
- c. Thlen-in tur leh pangdep mutbu tal.
- d. Damlo awmpuitu tur emaw, hruai kualtu tur (damdawi inah eng emaw chen awm a tul fo).
- e. Sumpai eng emaw zat.
- f. Sawrkar chawlh apiangin Sorkar damdawi in inentima khar thin a ni tih te leh,
- g. Ni eng emaw zat cham an inhuam baw tur a ni. (Damlo inentir tam tak chu hman-hmawh luatah an nat chhan tak pawh hriat mumal hmaa hawsan leh an awm fo. Kan inentir rau rau a nih chuan hun thawl deuh insiam lawk a, doctor te pawhin uluk tak leh duhthusama an lo en theih a tha ber a ni).

6. Damlo te'n thil kan chik a hun hle:

Damlo tam tak, doctor leh damdawi in pan thin te hian an natna chungchang leh an

damdawi ei tur te, engtianga in enkawl chhonzawm zel tur nge tih pawh hre mang lovin in lamah an haw leh fo mai; hei hi a pawh hle.

Doctor kan r[^]wnin heng te hi zawhfiah tel ngei tur a ni - eng nge ka natna hi lo ni ta? (diagnosis), engtiangin nge ka awm zel dawn/eng nge ka an zel dawn? (prognosis), damdawi min pek hian engtin nge hna a thawh ang? (action), eng nge side effect awm thei?, huat leh insum tur te a awm em?, engtik nge inentir leh hun tur? tih te hi. Damlote'n doctor pakhat aia tam an r[^]wn a tul thei, chung hunah chuan damdawi an chawh te chu inang a awm em tih te, inhal a awm thei em tih te zawh chian a tha khawp mai. Damdawi lei

lain dawra thawk te hi a ei dan tur zawh chian nawn leh a tha viau bawk

Doctor te hi mihring ve mai bawk an nih avangin treatment an chawh danah duhthlan tur vangin tihsual palh eng emaw awm thei dang eng nge an neih te hriat tum se, doctor a ni, Damlote tana enkawl na (damdawi dang ngaih dan (second opinion) an lak emaw inzai emaw) an chawh ang te hi pawh a thiang a ni tih te hi hriat tel a tha damlote'n chipchiar taka zawh thin nise, hle a ni.

(He article hi IMA in an buatsaih DAMNA Souvenir 2011 a Editorial Team ten an ziah atanga lak chhawn a ni a, chhuah chhawn phalsak kan nih avangin Editorial chungah lawmthu kan sawi e) Ed.

Mawitea Huang

Vawk kha an ser ve a, an awmpui Vai kha ba lo chhinchhiah turin an tir rawk mai a, an ser zawh hnua ba an han en nak chuan....! 'ka pu kg-3, ka pi kg 2, ka pu ka pi kg 3..... tih vel a lo in ziak tlar \hut mai a.....

INTIHCHER CHUNGCHANG

HT. Lalruatdiki
Msc (Foods and Nutrition)
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Tunlai Mizoramin kawng hrang hrangah hma kan sawn hle tawh a. Hemi rual hian ei leh in lamah pawh hma kan sawnin kan ei leh in tur thlan chungchangah pawh kan fimkhur chho ve zel bawka a, a lawmawm hle a ni.

Ei leh in hi damdawi dang ang bawka kan hriselna khawih thei thil pawimawh tak a ni a. Chuvangin mi pakhatin, "Chumi damdawi chu ka ngeih lutuk, ei ve rawh," a tih ang apiang ei hi a dik lo va; chutiang bawkin ei leh in thlan chungchangah pawh kan taksa azirin ei leh in kan mamawh zawng a inang lo thei hle a ni.

Tunlai hian Mizo zingah kan ei luat avang leh taksa sawizawi tam tawh leh si loh avangin thau lutuk (obesity) a lo tam ta hle a. Obesity avang hian a kaihnawih dang natna, heng zunthlum, thisen sang, lung lam tha lo (heart disease)

leh cancer chi thenkhat te, msta lungte awm (gallstones), khup ruh na leh natna dang tam tak kan lo neih phah thei a ni.

Heng thau lutuk intihcher danah hian kan fimkhur a ngai hle a, a tih dan tur (intihcher) dik taka kan tih chuan thau lutuk hi hlauhawm lovin kan tireh theiin, a kaihnawih natna tam takte pawh hi kan pumpelh thei dawn a ni. Heng intihcher danah hian inkaihhruaina mumal tak a awm a, mahni tha tih dan emaw, kan thiante tha tih dan anga tih ve vak hi a him tawh lo a ni. Nutrition expert-te chuan a tlangpuiin mi pakhatin kar khatah 0.5-1 kg rihna hloh hi a him tawkah an ngai a ni.

Amaherawhchu, mi a natna azirin hei aia tam hreta tlakhniamtir an awm thei a, hei erawh hi chu doctor, dietician/ nutritionist te enkawlna hnuai uluk taka tih thin a ni.

A chung a kan sawi tlakhniamna zah tur bithliah khi ngaih pawimawh hle tur a ni. A tlakhniam chak lutuk hian mihring taksa hriselna kawng tam takin a khawih paw thei a, chungte chu a tlangpui han tarlang ila:

I) CHER HLENN A NI LO: Kan taksa mamawh ang taw ei lo va, ei tur kan lo inhrek vak hian, kan taksa bung hrang hrangte hian an hna pangngai duh tawka an thawh theihna tura chakna (energy) an mamawh ang an nei ta lo va. Chuvang chuan anmahniin automatic- in chakna (energy) an hman zat chu inrenchemin an lo tihnam ve ta thin a. Hna tha taka thawk thin khan chakna a hman tlem tak avang chuan ei leh in inhrekin, thil tlemte te ei thin mah ila, kan cher phah hlei thei ta thin lo a ni. Hetiang in-diet hian dan

pangngai zawm lova hun rei lote chhunga rihna tlakhniam vak/thut hian cher hlenna a thlen lo va, a hma aiin an thau chak phah zawk ta thin a ni.

TIHRAWL (MUSCLE MASS) KAN HLOH (LOSS):

A chung a kan sawi ang chiah baw khian rang taka cher thut hian kan tihrawl (muscle mass) kan hloh a. Kan tihrawlte hi tha/chakna leh chet velna (flexibility) atan kan mamawh a. Kan taksa thau chhia paihna kawngah pawh hian hna an thawk tha hle baw a. Kan thau (fat tissue) ai hian a let 10 laiin chakna (calories) an paih (burn) hnem zawk a, an tuan a tha zawk baw a ni. Chuvangin kan tihrawl thau paihtu tel loa in-diet kan lo tawpsan hian a hma aia chakin rihna a pung thei zawk a ni. (Cheryl Forberg, RD Nutritionist, The Biggest Loser Show).

LUNG THA LO: Edward Wyatt-a'n New York Times- a article 'In Reality Show to Draw Weight, Health Can Be Lost in the Frenzy' tiha a ziah

dan chuan rihna rei lo te chhunga tlak hniam thut hian kan lung tihrawl (heart muscle) hloh (loss) na te, thinphu mumal lo (irregular heart beat), kan taksaa potassium leh taksaa tui awm te (elec-trolytes) tlak-hniamna a thlen thei a ti a ni.

Ni tin kan mamawh ang tawk aia tlem lutuk/chak lo lutuk eia intihcher kan tum hian heart attack neih theihna a tisang nawn awn awn a ni. (Isadore Rosenfeld, MD Cardiologist., Professor Clinical Mediciene, Weill Cornell medical College, New York).

MIT A LUNGTE AWM (GALLSTONES): M\$ta lungte insiam thlen theihna hi rihna paih thut te leh paih teuh te-ah a awm hma bik a. Mi a rihna thla 2-4 chhunga paih hniam thut 25% te hi a tawpah chuan mita lungte nei thin an ni. (C. Wayne Callaway, M.D., specializes in internal medicine, endocrinology, and clinical nutrition, Washington, D.C).

RUH TLIAK AWLSAM: Ei leh in insum vaka cher thutna hian kan ruh chhunga minerals awmte a tichhuak a, ruhin a mamawh ang tawk minerals a hmu lovin, ruh muk lam/b.t lam (bone density) a tihniam a, chu chuan ruh tliak awlsam a siam thin a ni (Joy Bauer, Nutrition expert, Today Show and author of Joy's Life Diet). Hei bakah hian kan taksain a mamawh ang taksa chawmtu (nutrients) a hmuh loh avangin kan taksa raldotute an lo chak lo a, natna kai a lo awlsam phah ta thin a ni.

RILRU LAMAH: Rang taka rihna tlak thut hian hormonal imbalance (hormones inbuk tawk lo) nasa tak a thlen thei a, mood swings (rilru put hmang inthlak reng) te, thil ngaihtuah thui theih lohna (difficulty in concentration), chauhna leh rilru hahna te a thlen thei a ni. (Paul Susie CEO/President, susie Psychological consulting, Greater St. Louis Area).

Intihcherna atana ei tur siam bikte leh weight loss programme thenkhat te hi hriat

chian loh chuan thil hlauhawm thei tak an ni a. 1970 khan Robert Linn chuan 'The Last Chance Diet' tih lehkhabu a tichhuak a (hei hi Liquid Protein Diet a ni), hralh a kal nasa a, thenkhat phei chuan kar khatah 4.5 kg an tlak phah niin an insawi a; amaherawh-chu rei lo t>ah chanchin tha lo a rawn ri thuai a. Food and Drug Administration (FDA)-in an han chhui chian chuan mi 60 vel laiin he Liquid Diet hi an thih phah tih an hmu chhuak a ni. Chuvangin cher phut phut theihna lakah hian kan fimkhur a tha hle.

Hetih lai hian Hollywood star-te cher thut thut kan rilruah a lo lang maithei. Christian Bale khan 'The Machinist' a chan dawn khan a rihna pangngai atangin thla li (4) chhungin 29 kg a paih a, 55 kg-a rit a lo ni ta a. Hei hi han chhut ta ila. A rihna paih hi thla khatah 7.25 kg ang a ni a. 'Batman' chan leh a ngaih avangin rang taka a rihna belh leh a ngai leh ta a. Tichuan thla nga (5) chhungin 86 kg (55+3i)-ah a rih zawng chu

tihsan a ni leh ta a. Hetiang ang ni thei tur hian doctor, nutritionist leh exercise physiologist thiam tak ten khawl tha chikim nen uluk takin an enkawl a ni. Mizorama an tih dan lo zir a, lo tawng pawng tih ve ngawt chi a ni lo.

THAU LUTUK (OBESITY) ENKAWL DAN TUR

1) EXERCISE: A chungan sawi tawh ang khian thau lutuk (obesity) hi dik taka enkawl chuan tihsan theih a ni a. Exercise ni khatah 45 minutes, kar khatah ni 5 chhung lak thin hi thau tan chuan a tha hle a. Exercise lak pawh hi uchuaka lak a hlauhawm thei a, hemi kawnga mithiam r^wn thin tur a ni. Exercise lak nasat leh lutuk hian tum loh puin natna dang kan neih phah thei a, lung lam tha lo leh thisen sang a kaihhnawih theih avangin nasa leh lutuka exercise late hi a tawk chauha hunbi neia exercise la thinte aiin an boral hma zawk a ni tih hi zirmiten an hmuchhuak a ni. (Source: Havard University).

US-a Livescience (website)-in 2010- a a report dan chuan 'The Biggest Loser Competition' season 8- a contestant pahnihte chu an intlansiak lain an chau thut a, damdawi ina dah ngai khawpin an awm a. Hei hi a chhan chu contestant-te hi thau lutuk leh taksa sawizawi lo rei lutuk, an zawh tawk bak exercise an lak vang ni a hriat a ni.

2) EI LEH IN: Ei leh in chungchang hi fimkhur ngai tak bawk a ni. Kan natna azirin ei tur bik leh ei zat tur a awm vek a, hei hi kan taksa rih zawng, san zawng, kum leh kan hnathawhte azira chhut chhuaha ei tur hi ruahman (plan) ngai a ni. Mi thiam r^wn a tha ber. A tlangpuin

Mizoramah chuan heng nepnawi dawra ei mai theih thil packed sa te, soft drinks te, restaurant-a eitur thenkhat te hi thau tana ei loh tur tarn tak a awm a, fimkhur a ngai hie a ni.

Heng a chung a kan han ziahte hi hetiang lam kawnga harsatna neiten fimkhur phah nan hmang thei i la. Rihna pah hi thawklehkhata tih thut chi a ni lo a, hun rei tak chhung, muangchanga kan intihcher hian a hrisel a, fimkhur phah nan hman turn i la a tha ngawt ang.

(He Article hi The Mizoram Pharmacists 2018-19 a mi lakchhawn a ni a, Editorial Board in chhuah chhawn min phalsak avangin kan lawm hle) Ed.

Telegraph hmuchhuaktu, Samuel FB. Morse-a kha a hun hma lamah chuan painting lam a tuipui hle thin a lo ni a. Tum khat chu na tuar thi mai tur lem a ziake hi a thian Doctor pakhat a entir a, Doctor chuan a thlir vung vung a. Morse-a chuan chhuang ru tak hian "Eng nge ang i tih reng reng a?" tiin a han zawt a, Doctor chuan bah deuh tak chung hian MALARIA a tih sak ta daih a...

Dr. Isak Lalrawngbawla
 Medical Officer, Suangpuilawn PHC

Khaw thlang lam (Sap ram)-ah chuan BP sang vei an tlem tual tual laiin, kan ram (India) ah ve thung chuan tlem tlemin (2-3 %) kan pung tial tial thung. Hei hian tha lo lam a kawka; a chhan chu rei tak enkawl loh a BP sang chuan lung phu chawl (heart attack), lung (heart) emaw kal (kidney) thalo, thisen zam chat leh mitdelna thlengin a thlen thei a ni. Hemi piah lamah hian ngaihtuahna fim a tibuai thei a, rilru ngaihtuahna a tizimin, zawi zawiin hriatna a hlohtir thei a ni.

BP tih chu Sap tawng kaihtawi - Blood Pressure tihna a ni a; a awmzia chu kan lung (heart) in kan thisen zamah eng ang taka chakin nge thisen a pek (pump) chhuah hi a ni. Hlutna pahnih a nei a, a chung lam (systolic) leh a hnuai lam (diastolic). A chung lama 120 leh a hnuai lama 80 (120/80) hi a pangngai a, 139/89 chuan BP sang mai tur a entir laiin, 140/90 chin chunglam chu BP sang a ni. Mihring chu kan upat telh telh hian kan thisen zamin a fan theihna (elasticity) a hloh ve tial tial a, hei hian BP sang chi khat, a chunglam hlutna chauh sang ang chi a thlen thin a ni. Kan

ramah hian kum 60 chin chunglam zingah za zela zawmsarih (70%) velin hetiang ang chunglam BP sang (Systolic Hypertension) hi an vei ni a chhut a ni. BP hi hrisel pangngai pawh, duhtusam chuan kum 20 tlin hnuah kum hnih danah en (check) ziah tur a ni a, kum 40 hnuah chuan kum khatah vawi khat tal en tur a ni.

BP sang vei theihna ti tamtu te chu kum upatna, thau lutuk (obesity), thlahtute atang BP sang, kal thalo, zunthlum, meizial zuk, zu in, steroid, nau pai danna, intihcherna damdawi te an ni a. Pian tih

ata thisen zam zim leh dik lo avangin BP sang a awm theih bawk. Chhan hriat theihloh a BP a sân chuan 'essential hypertension' tih a ni a, hei hian taksaah paw dang a thlen hmain a rang lama damdawi hmanga enkawl a mamawh thin a ni. Chunglam chauh BP sang (isolated systolic hypertension) te pawh hian enkawl an mamawh tho a ni.

BP hi kan chi (salt) ei nen hian a inkungkaih a. Chi ei hnem lutuk hian BP sang a thlen thei a ni. Chi hi science lam tawng chuan Sodium chloride tih a ni a, a awmzia chu sodium leh chloride inbelhbawmin chi (salt) a siam tihna a ni. Chi a BP tisangtu chu 'sodium' hi a ni. Kan taksaah hian chi chu sodium leh chloride-ah insem hrangin, sodium zawk hian tui hipna a nei a; a lo tam chuan kan taksaah tui a tam a, tui a tam chuan thisenah tuiril a tam a, thisen zam a nawr (pump) nasa a, chu chuan BP sang a thlen thin a ni. Kan ramah hian za zela 20 vel (20%) chu Salt Sensitive - al duh tam lo an ni

a, heng mite hi chi an ei hnemin an BP a sang hma bik a ni. Mi pakhat tan ni khatah chi ei zat tura tha tih chin chu 5mg (thirfiante khat) a ni. Hetih rual hian 'chi thuhruk' (hidden salt) pawh ngaihtuah tel tho a ngai a: ei leh in, tui in tur chenin, chi (natural salt) an pai vek a, an pai zat erawh a in ang lo nawk thung. Eisiamna hmanraw thenkhat, sodium tamna chi, entir nan: chawhmeh hanna (Aginomoto) Monosodium glutamate atanga siam, te hian eng emaw chen chu BP an tisang thei bawk a; sodium nitrite, sodium saccharin, sodium bicarbonate (baking soda) leh sodium benzoate te hi tomato sauce-ah te, soyabean sauce-ah te leh pickle-ah te a tawih har nan a hman thin a ni a; burger, pizza, bacon, sausage-ah te pawh sodium a tam hle a ni.

Sodium hi kan taksaah kan mamawh reng thova, a tam luat chauhvin BP a tisang thin a ni. Kan taksaah a hnathawh tur baka BP a tihsan theihna lakah Potassium-in a veng thei

a; potassium tamna te chu thei leh thlai lam chi te a ni a, hemi avang hian hriselna lama min enkawltu daktawrte pawhin thlai leh thei ei tam turin min hrilh fo reng a ni. Duhthusam chuan ni khatah tum 4-6 vel ei a tha.

BP sang enkawl nan hian damdawi chi hrang hrang a awm a: diuretics (zun tamna), alpha blockers, angiotensin-converting enzyme inhibitors, angiotensin receptor blockers, calcium channel blockers, rennin inhibitors. Damdawi lam siamtu company-te hian a ni telin damdawi thar leh tha zawk te pawh an siamchhuak reng a ni. Damlo tam takah damdawi chi khat chauh hmanga BP sang enkawl hi duhthu a sam duh lo hle a, hemi avang hian damdawi chi hnih emaw, chu aia tam pawh, a ruala pek an ni thin a ni. Mak tak maiin damdawi chhuak hmasate, entir nan: zun tamna lam chi te, hi tun thleng pawh hian damlo tam zawkah chuan, a malin emaw damdawi chi dang nen a tangrualin, a la thawk tha ber zel a ni.

Damdawi tlemte chauh hmanga BP sang enkawl hi a damlo thuawihna - insum-theihna leh taimakna azirin a theih fo thin a. Weight control (rihna vawn that) hian awmzia a nei hle a ni. I taksa rih zawng tur tak hre tur chuan i sanzawng chu a metre-in chhut la, chu chu amah leh amah in puntir la, a lo chhuak zat chu 23 (sawmhnih pathum) in puntir leh tur a ni (multiply your height in metre squared by 23).

Taksa sawizawi tlem mi chu a lungphu a rang a, chu chuan a lung chu hun rei tak tak chung hah takin a thawhtir tihna a ni. Taksa sawizawi that, aerobic exercise: walking (a kal chi), jogging (zawi muanga tlan chi), swimming (tui hleuh), running (a tlan chi) hi a pawimawh a, nitin tih thin tur a ni. Tih tantirh lamah ni khatah minit sawmhnih chung tlan tanin, mahni phak tawk zelin, kum 18 chin chunglam tan chuan darkar khat leh a aia rei te pawh, exercise lak hun chung chu pawh sei mai tur a ni.

Mei zuk, a zu lo tan pawh mi dang mei zuk khu hip, leh vaihlo lam kaihnawih reng rengte hian taksaah thil tha lo (chemicals) a tichhuak a; heng hian thisen zam dâwt a tizim a, chu chuan BP a tisang thei a ni.

Kan taksaah BP vawngtu te zinga pawimawh deuh chu Kal (kidney) hi a ni vet tlat! Vitamin D hian kan kala BP vawngtu a pui a. Vitamin D chu ni êngin kan vun a chhun hian kan taksaah a insiam a; chaw, thlai leh thei atangin kan taksaah kan la lut thei bawk a, damdawi mum ang te pawhin Vitamin D hi taksaah a lakluh theih a ni.

Zu in nasat lutuk hian lung (heart) a tichhe hlen thei a; no hnih no thum lek in pawhin kan BP hi reilote chung chu a

tisang thei a ni. Hah (stress), taksa lam leh rilru lam hahna, hian BP a tisang thei bawk a; hei hi damdawi leh taksa hahdamna hmangin a enkawl theih a ni. Natna benvawn tak tak - zun thlum, kal thalo leh chuap lam thalo te hian BP sân theihna a tizual a, heng natna te hi enkawl vat vat a ngai thin a ni.

Kum tam lamah BP sang a hlauhawm rualin, naupangte pawhin BP sang an nei thei tho a; chung naupangte chu thau lutuk (obese) te, harhvanglo te leh sodium tamna lam chi (high sodium snacks) ei hnem lutuk te an ni. Chuvang chuan, naupan lai atang phatin nunphung tha leh eitur taksa tana tha ei chîn te hi BP sang laka inven nan a tûl a ni.

BENGVARNA

Puitling vun hlai zawng hi 2sq m. a ni a, Kg.3 lai a rit a ni.

Vun a thlan chhuahna kua (pores) awm zat chu nuai 3000 a ni.

Mi pakhat lu a sam awm zat chu 1,00,000 a ni.

Ni tin sam 80 vel zet lu atangin kan hlauhin kan neih belh ziah thin.

Thla khat a sam to chak lam chu 10mm a ni.

Hmuihmul nei ho hian dam chungin vawi 20,000 vel an ziat fai thin.

NAUPAI LAIA THIPUT (Antepartum haemorrhage)

Vanlalfakveli,
Lairam Christian Medical Centre & Hospital
Lawngtlai, Mizoram

Naupai tantirh atanga thla ruk hmalama thiput chungchang hi chu Nauchhiat leh a kaihnawihah khan kan sawi tawh a. Tun tumah chuan Naupai tawp lam thla ruk atanga a hrin thlenga thiput chungchang vethung hi bihchian kan tum dawn a ni.

Naupai hram deuh hnu a thiput hi hlam awmdan dik tawkloh vang a ni tlangpui a. Hlam hi chhul banga betin nu thisen zam nen a inluan zawm a, laihruin naute nen a thlun zawm leh a, laihruin kaltlangin nu leh naute thisen hi a in luanzawm ta thin a ni. Naupai lai hian chhula thisen zam kalkual vel hi a chak bik em em a, naupai loh laia thisen zam kal vel let 10 zeta chakin a kalkual a ni. Hetiang a nih avang hian chhul banga hlam bet hi a kau hlek e maw, a khik hlek pawhin thisen a chhuak nasa hma bik em em a ni.

Naupai laia thiput chhan:

1. Placenta praevia:

Hlam hi a awmdan tur pangngaiyah chuan chhul bang

chunglama bet tur a nih laiin, chhul hnuai lam (lower segmen) a a lo beh hian Placenta praevia kan tih chu a ni. A chhan hi hriat chian a ni chiahlo nain, naupai laia thisen sang hian a thlen thei deuha ngaih a ni. Tin, mei zu nasa, nau zaichhuah tawh, kum upa lam leh nau veitir chawp te pawh hian a thlen ve theia rin a ni bawk.

A lanchhuah dan:

Naupai thla thum hnu lamah hian chhul hnuailam hi a lo thangin a lo fan vak thin a, hemi chhul thang leh fan zual zel hian chhul banga hlam bet kha zawimuangin a tanhmun a ti derthawng a, a lo fan nasat hnu phei chuan chhul leh hlam

inkar a tikau/khi a, chumi khi kar atang chuan thi a lo chhuak vak ta thin a ni. Hetiang thiputah hian na a awm lem lo a, thiput hi thi tharlam leh senlar deuh a ni thin. Hlam awmna hnuai dan azirin thiput hi a nasain a nasalo thei bawk.

Placenta praevia hi grade - 4 a then a ni a. Grade - 1-ah chuan hlam tam zawk chhul chung lamah a awm a, thi chhuak pawh a awm vak lo va, nau pawh a pangaiin a hrin theih. Grade -2 ah chuan hlam hian chhul kawngka a zu thleng nain, a khar pha lem lo a, thi erawh a put ve thei a, nau pawh a pangaiin a la hrin theih a ni. Grade -3 ah chuan hlam hian chhul kawngka a khuh a, thi a put teuh thei a, nau pangngai hrin a hlauhawm tawh a, zai a ngai thin. Grade-4-ah chuan chhul hnuailamah hlam hi a inphah a, chhul kawngka pawh a khuh hneh hle a ni, thiput a nasain, nau hrin pangai a theihloh a, zai ngei a ngai thin.

A enkawl dan:

A enkawl dan hi thiput tam dan azir a ni a nga.

Complete bed rest phawt tur a ni. Grade -3 chinah chuan nu leh naute dinhmun a hlauh-thawnawm tawh a, damdawi ina a ranglama in admit a tul a ni. Vaginal examination hian thiput a tih tam zual theih avangin tih reng reng loh tur a ni. Ultrasound hmangin a grade leh naute dinhmun a hriat theih a. Thi chhuak satliah ni lo thiput hrim hrim hian hnuk a hnaih a, mi a tihlauthawngin a tizam hma em em a, nu thlamuan leh hnem hi a pawimawh hle. A thisen dinhmun enfiah vata, thisen a ranglama pek tur a ni. Thisen pek tur peih hmain Haemaccele a pek theih bawk. Naute hi damkhawchhuak thei tur a nih tawh chuan arang lama zai tura buatsaih nghal tur a ni.

Naute dinhmun hi vil ngun a ngai hle a, a lungphu leh a chet dan chik hle tur a ni. Hetiang hun laia naute nasa taka a chet chuan a thi tur chalchang a ni thei bawk. Naute hi thla a tling lo a nih pawhin thiput hi a reh chuang lo a nih chuan nu nunna chhanchhuah nan zai mai pawh a tul thei ni.

2. Placenta abruptio:

Chhul banga hlam bet hi nau pianfel hma chu a tla tur a ni lo va, nau pian hma chhul chhunga naute a la awm reng laia, chhul banga a behna atanga chhul chhunga a tlak hian Placenta abruptio kan tih chu a ni. A chhan hi hriat chian a ni chiah lo va, pawnlam atanga inkhawn palh avangin a awm thei a. Damdawi thenkhat, mei zu nasa, kum upa lam, hetiang case nei tawh, chhul pianphung diklo, thisen sang leh phir pai ah te hian a awm theia ngaih deuh a ni.

A lanchhuah dan:

A nasat dan azirin thi hi a put nasain a tlem thei a, a nasat deuh chuan thi hi nasa takin a put thei a. Thiput hi pawnlam arawn luang chhuak vek a awm a, luangchhuak lova hlam leh chhul inkara tling a awm thei a, rawn luangchhuak then leh tling then a awm thei bawk. Thi chhuakah hian thi tharlam ni lo thi duk deuh a tel thei bawk. Hlam leh chhul inkara thisen tling hian a rei deuh hnu chuan chhul bang vel

a tivungin a ti duk deuh chur thei a ni. Placenta praevia anglo deuhin tai na a awm thei a, chhul a tangmarin khawihin a na bawk. Achhunga thi tling a awm chuan Nau \han dana pum len dan tur pangngai aiin pum a lian thei bawk a ni. Pawnlamah thi chhuak lo mah se nu a lo dawldangin a taksa a vawt a, a Bp a hniamin a marphu a rang a, a shock thei bawk. Naute lungphu hi chhul tangmar leh pum puar avangin pawnlam atanga ngaihthlak chuan hriat a harsa a, ultrasound hmangin a hriat theih a ni.

A enkawl dan:

A enkawl dan hi thiput tam dan azir a ni anga, Bed rest phawt tur a ni. Sawi tak ang khan thi a chhuak kher lo thei a, hetiang case nia kan rinhlelh chuan arang lama damdawi ina kalpui tur a ni. Ultrasound hmangin naute leh chhul dinhmun a hriat theih a. Na a tel chuan nachhawkna pek tur a ni a, khawsik a tel emaw a tel lemloh pawhin infection ven nan Antibiotics

pek tel a tha. Buai karah pawh Nu hi ngaihthah lovin thlamuan tur a ni. Thisen dinhmun enfiah vat a, thisen pe tura inbuatsaih tur a ni. Naute dinhmun pawh en uluk hle tur. Naute hi 36 wks. a tlin tawh chuan a hma lama neihtir tur a ni. Naute dinhmun a that chuan a vei chawptir theih a, a thatloh erawh chuan hmanhmawh taka zai a ngai thung. Nau neih hnu pawha thi hi a la put reng tho chuan chhul pah pawh a tul thei hial a ni.

Naupai laia serh atanga thi chhuak hrim hrim hi a nihdan phung pangngai a ni lo va, ngaihthah reng reng loh tur a ni. Tin, sawi tak ang khian thiput hrim hrim hian hnuk a hnaih a, emergency case a ni. Nu leh naute nunna chena dinhmun derthawnga an din theihna a nih avangin, hetiang harsatna nei tan chuan

Damdawi in hlat lova awm hi a fin thlak hle. Tunlai thiamna sang tawhah hian a nih dan tur taka enkawl a nih chuan raicheh leh nau chungang thih te hi naupai kaihhnawih bikah chuan awm tawh lo tura ngaih a ni a. Chutiang ni tur erawh chuan keimahniin kan zir a ngai ve thung. A tlai hmaa Damdawi in pan nachang kan hriat tlat loh leh kan ngaih a sam lutuk chuan thil vang tawh tak raicheh leh nauchungang thihna te hi kan thlentir thei a ni. Nau kan pai pawhin pai mawl tawp lo ila, kan dinhmun leh awmdan te hi in chikin mi thiam r[^]wn hi i uar teh ang u. Kan dinhmun a lo harsat deuh pawhin naupai tantirhah sub centre-ah inziaklut ila, sorkara nu leh naupang tana hamthatna awm te hi chhaw tangkai i tum teh ang u, te ka rawn ti tel duah a ni e.

-
- * I tawng chu ri ral mai lovin a kal zel a, nangmah bawka ala rawn nghawng thei che a ni.
 - * Mahni rilru hnehtu chu khawvel pum pui hnehna puanzartu a ni.
 - * Mahni hnam chanchin hriatchian hi mahni inhriat chianna a ni.
 - * Mahni hnaa rinawmna hi ram leh hnam hlawhtlinna atan hmanraw tha a ni.

Dr. Lalhriatpuia
MD (Psychiatry)

Mizo-teah hian na benvawn, a bikin tha lam na rei tak tak nei kan tam hle a, 'ka nerve a tha lo' te kan ti mai thin. Nerve that loh chhan hi tam tak a awm a, a langsar zualah BP sang, zunthlum, hnungzangruh dik lo, zu in nasat vang leh natna benvawn neih vangte a ni thin. Amaherawhchu, rawn in entir tam tak 'nerve tha lo' intite erawh zawngin khing natna khi an nei lo thung. Hengho hian doctor hrang hrangte lo in entir thin in damna tluan tling an tawng lo tlangpui. Chutichu nerve tha lo kan tih te, na benvawn dam thei lo tam takte hi engvang nge ni ta ang?

Mihring hriatna thazam hi kan hnungzang ruh chhungah chhovin kan thluakah a lut a, heng signal-te hi kan thluakin lo en fiahin, na kan hriat theih phah thin. Amaherawhchu, he na signal kal kawngah hian chemical tam tak a inrawlh a, signal chak vak lote chu thluak thleng lo turin an lo hup bet a, na kan tih lutuk tur lo veng tur hian chemicals chi hrang hrang kan taksa hian a nei a ni. Chumi piah lamah thluak chhungah pawh na hriatna kal leh zelna turah pawh he na hriatna titem tur hian chemicals chi hrang hrang an awm bawk. Kan hmel a in ang loh ang bawk hian kan

thluak leh hriatna thazam kal vel te leh a chemical awm a te a in ang lovin a inchenlo thei hle a. Kan thiam loh vang pawh ni lovin kan pianpui gene leh kan thil tawng vang ten kan thluak hi a chakin a chak lo bik thei a ni. Hei vang hian na kan tawrh theih dan pawh a inchenlo viau a, inchen lo piah lamah na kan neih pawh a in ang lovin, na hrang hrang pawh a in nat hleih thei em em a ni.

'Pain disorder' hi kan la hmelhriat ngai lo mai thei, mi thiamte chuan natna lar tak, la tam chho zel turah an ngai. Hmun thenkhatah chuan 'fibromyalgia'/'Somatization'

tihte pawn sawi thin a ni. Mi za zela 5 chuan heng natna hi an damchung ngei a nei tura chhut a ni. A lan chhuah dan tlangpui chu na benvawn a ni a, hengah hian luna, kawngna, nghawngna leh tai nate an tam ber a. Na hi hun rei tak chung, han mutpui tham chiah loh mahse awm ti nuam lo reng leh ngaih thatlohna siam rengtu a ni thin. A tlangpuiin hengho hian doctor tam takan lo r^wn tawh thin a, damna tluan tling tak tak an hmu lo tlangpui a, an natna hian an rilru luah khat tlatin a tibuai em em thin a ni. He natna pawh hian enkawl na damdawi fel tak a nei a, an na in a an rilru a kaihruai lutuk tur leh na kal kawnga lo danna tur damdawite chawh thin an ni.

A leh lam atangin han thlir ila, rilru natna hrang hrang a bik takin Depression leh Anxiety Disorder te lo awm chhan pawh a chung a kan sawi chemicals (serotonin) tlem vang a ni a, chuvangin heng natna hian na benvawn a keng tel ve reng reng baw. Damlo tam tak na benvawn neih vang a rawn in entirte pawh Depression leh Anxiety an neih vangte a lo ni

thin. Rilru natna tam tak hi taksa na ang pawn a langchhuak thei tih hriat a pawimawh hle, a bik takin luna, lu rit luk, luhai, ring kham, thawk hnawh, pum vilh kan tih ang chi hi a tam hle. Chutih rualin taksa na benvawn neih rei lutuk hian rilru a hruai chin a nei thin a, heng cancer, stroke leh natna khirh tak tak, a bik takin khumbet a na neite tan Depression neih a awl hle baw. Heng an rilru natna hi enkawl te la nih loh chuan an taksa natna pawn that lam a pan theih loh phah thin. Taksa leh rilru hi thil then hrang hlawk theih a ni lo, taksa na in rilru na a siam a, rilru na in taksa na a siam thei.

A enkawl na atan hian damdawi chhi hrang hrang a awm a, a tlangpui in thluak leh kan thazam a serotonin ti tam theitu damdawi hmang thin a ni. Chu bakah natna chho lo titawp thei dang damdawi pawh pek tel thin an ni. Damdawi ei that chuan rei lo t>ah an nate a tikiang a, rilru lam pawh a tizangkhai thin. Counselling lam leh a huhoa therapy-tepawh pek thin an ni. ■

FIRST AID

(NATNA TLANGLAWN TE ENKAWL DAN)

Hritlang naran (Common Cold) :

Chawlhahdam.

Tuilum thianglim tam tawk intir tur.

Hnar emaw kain emaw tui (sa) hu - hip luhtir tur.

Lu na te, taksa na leh khawsikte a awm chuan na chhawkna, paracetamol eitir tur.

Mi dangin an kaichhawn ve loh nan khuh in ka hup nan rawmawl hman tur.

Khawsik (Fever):

Naupang a nih chuan, a kawr hak lai tawt leh a phuartu chu phelh, thlaksak vek tur.

Taksa, hmai leh chalte chu tuilum pip pepah puan tih huhinhruktur.

Dam lo chu tui vawt tam tawk, chini tlem leh chi tlem tuih pawlh a intir tur.

A khawsik tihhniam nan, paracetamol pek tur.

Lu na (Headache):

Mut hahchawlhritir la;

Na chhawkna, paracetamol pek tur.

Balm emaw na chhawkna a chalah hnawiha nuai tur, mitah tih luh loh tur a ni.

Hnung kham (Backache):

Chawlhahdam.

Na chhawkna, paracetamol pek tur.

A na laiah chuan damdawi-na chhawkna chi hnawiha nuaitur.

Ngil taka \hut leh din thur^wn pe rawh, mutna pawh a dup tur a ni lo va, mu chungin exercise - hnung kham tana tih theih tur tihtir tur.

BA | HINNA

A hnuai registration no. tarlante hian kum 2017 atangin Hriselna chanchinbu lak man in pe tawh lo va, Oct., 2019 ral hmain pe ngei tura hriattir in ni. Hun tiam ral hmaa pe lote chu thawn in ni tawh lo ang. (Pek zat tur : 2017-2019 = ` 220/-)

CV102	CV106	AV2	AV4	AV7	AV9	AV5	AV7
AV6	AV8	AV2	AV9	AV10	AV11	AV16	AV19
AV10	AV12	AV13	AV14	AV19	AV12	AV15	AV18
AV19	AV19	AV10	AV12	AV13	AV14	AV16	AV17
AV18	AV19	AV18	AV12	AV13	AV18	AV17	AV20
AV21	AV22	AV25	AV27	AV29	AV20	AV22	AV23
AV25	AV22	AV24	AV29	AV20	AV23	VV3	VV4
VV5	VV6	VV5	VV8	VV9	VV12	VV15	VV18
VV8	VV10	VV12	VV15	VV17	VV11	VV12	VV14
VV12	VV18	VV17	VV12	VV16	VV18	VV18	VV18
VV14	VV15	VV23	VV27	VV20	VV26	VV20	VV23
VV28	VV20	VV29	VV21	VV22	VV26	VV25	VV27
VV21	VV28	VV31	VV32	VV35	VV32	VV37	VV38
VV39	VV20	VV31	VV33	VV34	VV37	VV32	VV34
VV36	VV37	VV39	VV30	VV33	VV36	VV37	VV38
VV39	VV31	VV32	VV39	VV34	VV36	VV38	VV34
VV35	VV36	VV37	VV38	VV39	VV40	VV46	VV49
VV40	VV42	VV48	VV44	VV45	VV47	VV45	VV48
VV43	VV49	VV44	VV42	VV44	VV45	VV47	VV48
VV49	RH4	RH7	RH10	RH16	RH12	RH13	RH13
RH4	RH17	RH15	RH17	RH10	RH18	RH14	RH15
RH10	RH13	RH15	RH17	RH10	RH10	RH10	RH10
RH14	RH16	RH12	RH13	RH14	RH13	RH15	RH17
RH15	RH16	RH17	RH10	RH14	RH19	RH18	RH14
RH15	RH10	RH13	RH15	RH12	RH13	RH14	RH15
RH19	RH15	RH16	RH17	RH13	RH19	RH10	RH13
RH15	RH12	RH13	RH14	RH15	RH16	RH17	RH18
RH13	RH16	RH17	RH18	RH19	RH10	RH13	RH15
RH18	RH19	RH10	RH10	RH10	RH10	RH10	RH10

RH-132	RH-133	RH-135	RH-139	RH-138	RH-142	RH-143	RH-144
RH-135	RH-136	RH-137	RH-138	RH-139	RH-140	RH-141	RH-142
RH-133	RH-134	RH-135	RH-136	RH-137	RH-138	RH-140	RH-141
RH-135	RH-136	RH-137	RH-138	RH-139	RH-140	RH-141	RH-142
RH-136	RH-137	RH-138	RH-139	RH-140	RH-141	RH-142	RH-143
RH-134	RH-135	RH-136	RH-137	RH-138	RH-139	RH-140	RH-141
RH-142	RH-143	RH-144	RH-145	RH-146	RH-147	RH-148	RH-149
RH-142	RH-144	RH-145	RH-148	RH-140	RH-142	RH-142	RH-142
RH-140	RH-147	RH-148	RH-141	RH-142	RH-143	RH-144	RH-145
RH-146	BK-5	BK-6	BK-9	BK-5	BK-22	BK-33	BK-37
BK-46	BK-54	BK-56	BK-57	BK-8	BK-88	BK-98	BK-108
BK-104	BK-113	BK-116	BK-110	BK-124	BK-128	BK-129	BK-136
BK-137	BK-139	BK-143	BK-151	DT-41	DT-55	DT-65	DT-66
DT-79	DT-80	DT-82	DT-87	DT-99	DT-102	DT-104	DT-108
DT-114	DT-122	DT-131	DT-132	DT-133	DT-139	DT-142	DT-156
DT-158	DT-161	DT-169	DT-171	DT-174	DT-178	DT-181	DT-183
DT-184	DT-187	DT-188	DT-190	DT-192	DT-194	DT-206	DT-212
DT-217	DT-220	DT-222	DT-224	DT-225	DT-227	DT-228	DT-231
DT-232	DT-237	DT-240	DT-241	ZB-5	ZB-9	ZB-14	ZB-19
ZB-23	ZB-35	ZB-37	ZB-42	ZB-44	ZB-49	ZB-52	ZB-68
ZB-71	ZB-82	ZB-86	ZB-92	ZB-100	ZB-101	ZB-108	ZB-111
ZB-118	ZB-119	ZB-134	ZB-144	ZB-150	ZB-159	ZB-167	ZB-168
ZB-170	ZB-172	ZB-175	ZB-177	ZB-179	ZB-181	ZB-184	ZB-188
ZB-189	ZB-190	ZB-192	ZB-193	ZB-195	ZB-196	ZB-200	ZB-206
ZB-209	ZB-210	ZB-211	ZB-212	ZB-214	ZB-218	ZB-219	ZB-221
ZB-225	ZB-229	ZB-235					

Nau ilo pai a nih chuan Sub-center-ah in ziaklut la, a tlem berah wawi 4 tal in entir ang che.

Hetiingin:

Thi hul atanga a hma thei ang berin emaw, thla 3 a tlin hma ngeiin

Naupai thla 4-6 a nihin

A wawi 3-na atan thla 7-8 inkarah

Nau neih hun thla 9-naah

A hun taka i inentir hian nang leh i naupai mek tan khan himna leh hriselna a thlen thei che tih i hre dawn nia.

I THIH HNUA MIDANGTEN I MIT HMANGA KHUA AN LO HMUHFIAH VE THEIH NAN, I MIT PE VE RAWH LE

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

National Eye Donation Fortnight Vawi 34-na chu 25th August - 8th September, 2019 chung khan hlawhtling taka hman a ni. Eye Donation Fortnight tih lo chhuah kum hi 1985 a ni a. Hei hi khatih laia Prime Minister Rajiv Gandhia'n ama mit ngei a thih hnuah mitdelte tana a pek thu a tiam atanga lo in\an a ni. Mizoramah pawh Eye donation hlutzia leh thatzia te hria in hemi atana pawimawh em em mai Eye Bank pawh July ni 21 2008-ah Civil Hospital, Aizawl-ah hawn a ni nghe nghe a ni. Eye Bank kan neih hnu kum 2009 September ni 25 khan Mizorama a hmasa ber atan mit thlak (Corneal Transplant) chu hlawhtling takin, Civil Hospital, Aizawl-a Eye Department leh Sri Sankaradeva Nethralaya (SSN), Guwahati nena tangkawpin neih a ni.

Eye Donation kan tih chu eng nge ni?

- “Ka thih hnuah ka mit hi mi dangte hman atan ka pe phal e” tia intiamna a ni.
- Miin a thih tawh hnuah pawh mitdelte mit var leh nan a mit a hmantir thei a ni.
- Mit pe duh chuan a dam lain thu intiamna lehkha a hnutchhiah tur a ni

- Eye bank register-ah mit petu hming hi chhinchhiah tur a ni.

- Miin a dam lain intiamna nei lo mahse, a chhungten a thih hnuah an pe thei

Cornea chu eng nge ni? Eng nge Corneal transplant chu?

- Kan mit dum bial tak, a duma a lanna chhan chu - fim tak a ni a, a back-

ground Iris kan tih color azirin a lang pawl ram in, a lang uk in, a lang dum thei bawk a, chumi fim lai tak a chu Cornea kan tih chu a ni.

- Cornea kan tih hi tihpalh vang emaw natna hri vangin a ser/ paw theia, hei hian mitdelna a thlen thei a, chu chu corneal blindness kan tih - mithhi mit hmanga tih var leh theih tak chu a ni.
- Mitthi mit darthlang (cornea) mi dang cornea chhia a kan va thlak/thui belh bawm hi corneal transplant kan tih chu a ni. Mit thlak sakte chu thla khat chung tal damdawi inah enkawl an ni thin. Discharge hnuah pawh infection a awm mai loh nan uluk takin enkawl a ngai a, infection a awm hlauh chuan transplant pawh in a tuar thei a ni.

Mitdel mit zawng zawng hi thlak theih a ni em?

- Mitdel chhan kha mit darthlang chhiat vang chauh a nihin a thlak theih.

- Mit parda, mit naute, mittuihn^ng leh nerve te a lo thatloh chuan mit var nan hman theih a ni chuang lo.

Mit Donate duhte tana hriatur

- Mizoram eye bank Civil hospital-ah phone in emaw mahni kalin zawh fiah theih a ni.
- Mit donate te hnenah eye donation card pek chhuah a ni.
- Mi malin emaw chhungkuain emaw eye donation hi a tih theih.
- Mit kan donate chu thih hnuah chauh lak tur a ni.
- Mi tupawhin a mit an pe theia, mipa emaw hmeichhia emaw, kum engzat pawh, eng blood group pawh ni se, inmil lo a awm lo a ni.
- Mit petu leh a dawngtu hi kan code of ethics chuan inhriat pawh a rem ti lova, confidential a ni.
- Naute kum 1 atanga pitar/putar thlengin mit hi pek theih a ni.

Chhungte tana hriat tur

- Thih ve leh eye bank a thawktute hriattir vat tur a ni.
- Thih atanga darkar ruk (6) chhunga lak tur a ni.
- Fan off la (AC chu tih nun tur), lapua emaw puan huh in emaw mit chu khuh tur a ni.
- A theih chuan antibiotic eye drops thlawr tur a ni
- Lu chu lukham khamtir tur a ni.
- Mit lak chung hi minute 10-15 vel chauh ni in, mitthi mit ah hmelhemna a awm lo.

Eng vangin nge kan mit kan pek ang?

India ramah Cornea disease avanga khaw hmu fiah lo, Vision 6/60 nei ringawt hi 6.8 million awm anga chhut a ni a, chumi zingah chuan 1,20,000 bawr hi mit thlak ngai anga chhut niin, kum tina mit thlak ngai hi 25,000-30,000 a pun belh zel anga chhut a ni. Mizoramah pawh

mit thlak ngai in register hi mi 336 kan nei ve a, mi 87 hi civil Hospital, Aizawlah an mit thlaksak an ni tawh a, a dang hi recipient te remchan lohna avangte leh chhan dang vanga zai loh an ni, ram pawn a Transplant tura tirh an awm nual bawk.

Mizo mipuite a tam thei ang berin kan damlai ngeia phalna pe in mitdel leh mit thlak (Corneal Transplantation) mamawh te tan kan mit pe turin leh Pledge chhangin kan mit i donate ve ang u. Kum dangah chuan Aizawl khaw chhunga mite chauh hi mit donate turin Pledge chhantir thin a ni a, amaherawhchu khaw hrang hrang leh district hrang hrang atangin Aizawl damdawi in hi kan pan khawm thin avang leh khawi hmunah nge kan thih dawn a sawi theih loh avangin mit donate tur hian Zoram hmun tin atangin mit donate-na tur pledge chhang turin kan in ngen a ni e.

Mizoram hian Eye Bank pakhat Aizawl District Hospital-ah (Civil Hospital)

hian kan nei ve a, hetah hian mit darthlalang (Cornea) mit petute an lo boral a, an lak chu dahthatna hmun leh hmanrua leh thawktute kan nei a ni. Eye Donation Centre pahnih, Civil Hospital, Aizawl leh Synod Hospital, Durtlang te kan nei tawh bawk a, mit donate duhte chuan heng hmunahthe hian mitthi mit a lak theih a, Pledge chhang duhte pawh heng Eye donation center pahnihah te leh District tina mit lama thawktute hnenah a in register theih a, Pledge Card an lo pe chhuak ang a, chu chu I.D. Card angin englai pawha kaw that tur a ni. Tichuan kan chhungte leh thiante hriattirin kan thih veleh khan phone number Pledge Card-a tarlanahte hian phone mai tur a ni. Falkawn Referral Hospital-ah pawh Cornea collector an awm avangin mitthi mit donate an awm chuan a hmunah lak mai thei a ni bawk. Mitthi chhungte pawhin thisen zawmpuite mit hi an thih atanga darkar 6 chhungin lak hman a nih dawn chuan an donate sak thei bawk a ni.

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

Mit darthlalang an lak hi Corneal transplant (Mit thlak) mamawhte tan hman a ni thin a, Mizoram chhunga an hman loh te chu SSN, Guwahati-ah thawn thin niin, anni hian mit thlak nan leh study material-ah te lo hmangin, an lo vawng tha thin bawk a ni. Mit darthlalang chhia tam ber hi tih palh vanga hliam dam leh mit hliahtu awm avang te a ni a, mitpual tia kan sawi tam ber hi a ni. Mit thlak

hian an thil hmuh te fiah ta vek awm mah se, hmu fiah em em lo te pawh awm theih a ni a, a hma aia an hmuhfiah hrim hrim chuan a tha a. Tin, a lan dan a lo mawi sawt bawk a (Cosmetic), a chhe zual zel tur a lo veng bawk a (Therapeutic). A hlawhtlin dan hi kawng hrang hrangin a sawi theih a ni. Mi thenkhat chuan hmuh fiah phah dawn lo mah se, a lan dan timawitu atan leh a chhe zual zel tur veng turin mit thlak hi an duh bawk a. Tin, mit atana hman loh pawhin Research neih nan te leh study material atan pawh a tangkai

hle a ni. Mit thalo leh tarmit power sang mamawhte pawh an mit darthlalang ber kha a chhiat loh chuan a pek theih vek a ni.

Chhiartu duh tak, kan ram chung ngeiah pawh mit thlak ngai kan va ngah tehlul em, kan Mit darthlalang (Cornea) fai tak leh thih hnuah pawh mi dangte pek tlak ngei tur a hrisel taka kan vawn tlat avan pawimawh tehlul em! Nangmah avanga miten khaw eng, Pathian thil siam mawi tak te an hmuh theih nan I mit pe la midang tan malsawmna lo ni ve ta che.

Mawitea Huang

Hna interview naah khan \awng chi engzat nge a thiam an zawt a, ani chuan, \awng chi ruk ngawt a thiam thu a hrih a, eng \awng te nge? tia an han zawh nak chuan, "**\awng sin, \awng thum, \awng rang, \awng vin..... zuk ti zuah zuah pek a!!!!**

Mo thar tukin rai kawr zuk ha chhuak ngawt pek a!!!!

* Tunlai AIDS natna hi a han vei ve khawp a, pulpit a\ang te hian, " Mipa tan chuan khur khat bak neih loh tur, khur khat hi duh tawk mai tur, tin, hmeichhe tan pawh tlawn tam tak neih a ngai lo, tlawn khat hi a tawk em em a ni," te zuk ti chiam \hin a....!!!!!!!!!!!!

Dr. Lalkhawngaihsanga

CHOLESTEROL hi thau (fats) ang deuha hnâng niin kan taksa timur zawng zawng deuh thawah hian a awm a, kan taksain \ha taka hna a thawh theih nan cholesterol hi a pawimawh êm êm a ni.

Mamawh hle mah ila, taksaah kan mamawh aia tam cholesterol kan khawl khawm erawh chuan lung lam natna kan nei thei a. Cholesterol hi kan taksain a siam chhuak a, kan thil ei leh in a?angin kan la lut bawk a ni.

Thisena cholesterol level:

Total cholesterol level -

Duhthusam: 200 mg / dL leh a aia hniam.

Tlema sang (Borderline high): 200 to 239 mg/ dL.

Sang (High): 240 mg/ dL leh a aia sang.

LDL (Low Density Lipoprotein) cholesterol level:

Duhthusam: 100 mg/ dL aia hniam.

Tlema sang (Borderline high): 130 to 159 mg / dL.

Sang (High): 160 to 189 mg / dL.

Sang lutuk (Very high): 190 mg / dL leh a chung.

HDL (High Density Lipoprotein) cholesterol level: A hniam (Low): 40 mg / dL aia hniam.

A sang (High): 60 mg / dL leh a aia sang.

Cholesterol sang awm chhan:

Thau luatna leh taksa rit lutuk. Awm âwl leh taksa che tlem lutuk.

Cholesterol sang hi inthlahchhawn theih a ni.

Sathau mawm ei nasat.

Damdawi \henkhat - progestin, anabolic steroids, corticosteroids etc, ei nasat vangin a awm thei a ni.

Natna \henkhat - Zunthlum, kal natna, thin natna, polycystic ovarian syndrome, thyroid gland hniam etc., natnaah cholesterol sang a awm thei a ni etc.

Natna dang nen a awm kawp a nih loh chuan cholesterol sang hian taksaah harsatna a thlen lo va, cholesterol sang nei te'n insawiselna an nei lêm lo a ni. Chuvangin, cholesterol level sang hi thisen test a\ang chauhin a hriat theih a ni.

HDL cholesterol sangah hian cholesterol tam lutuk paih chhuak turin cholesterol chu thinah a insawn a. LDL Cholesterol sangah c cholesterol te thisen zâm (arteries) bang chhûngah betin thisen zâm a ti zîm ?hin a. Atherosclerosis thlentu zînga pakhat a ni.

Atherosclerosis:

Cholesterol, protein, thau chhia, thisen khal, bawlhhlawh (plaques) etc., te thisen zâm (arteries) bang chhûngah a bet a, hei hian thisen zâm a ti zîm a, thisen zâm a ti khawng tlat bawk a. Hei hi thisen sang leh lung natna thlentu pakhat a ni.

Inenkawlina leh invênna:

Thau lutuk tan intih chêr tur a ni a, taksa rihna tih hniam tur a ni.

Insawizawi - Insawizawi uar tur a ni. Insawizawi hian LDL (cholesterol chhe chi) a ti hniam thei a, HDL (cholesterol \ha chi) a tisang thei thung a ni.

Insawizawi kan peih lo a nih pawhin taksa chêt tam tir ila, in leh a chhehvêla chêt tam a pawimawh hle.

Awm âwl ei tui sim tur a ni. Kan taksa hi awm mai mai tura siam a ni lo va, che tam rawh.

Ei leh in - Sathau mawm insûm tur a ni a, bawngsa, vawksa leh khawmual sa reng reng insûma ei tlem tur a ni. Butter, ghee, hard margarine, chocolate, cheese, sathau, artui chungmu, thil kân mawm lutuk leh bawnghnute a?anga siam eiphungte insûm tur a ni.

Tin, thil thlum siam chawp (artificial sugar), he'ng chini, kurtai, rosgulla, jelebi, cake, cream, chhang thlum, sweet etc., te hi ei tlem bawk tur a ni.

Dietary fiber tamna thlai hnah leh thei ei tam a pawimawh hle a, dietary fibre

tamna chaw ei rualin tui in tam bawk tur a ni.

He'ng, bean, parbawr, broccoli, tomato, spinach, balhla, nuts, bawrh saiabe, zawng\ah, zikh lum, be kang, etc., te hi ei tam tur a ni a, dietary fibre tamna thlai hnah leh theite hian LDL (cholesterol chhe chi) a ti hniam thei a ni.

Cholesterol sang tih niam tur hian damdawi ei tur a awm bawk a, statins an ti a, mi thiam zâwkte râwn tur a ni.

Cholesterol sang hian harsatna hranpa a thlen lêm loh avangin kum nga danah thisena cholesterol awm zât test \hin ila thil \ha tak a ni.

HMANGCHANG

1. Thawmhnawa thisen kai hi chi (salt) tuiah chiah ila a fai awlsam bik.
2. Thawmhnawa aieng emaw oil kai hi toothpaste-ah chiahin darkar 2 hnu velah tleuh fai mai tur.
3. Hmanruaa tuiek awm hi sertuia chiah hnua, nisaah pho ila a tuiek a reh vek thei.
4. Istiri hmanga puan nawhnaah tui kan telh duh a nih chuan tuivawt aiin tuilum a tha.
5. Thing (furniture) a rawng kai hi vinegar tuilum hmanga chiahin a hruk fai theih.
6. Thing (furniture) a pentui kai erawh chu chi leh sertuia chiahin a nawhfai theih.
7. Thirbel hi tel leihl hmain minute 1 vel chhuang sa phawt ila chawhmeh bet tur a veng thei.
8. Alu hi tuiah chiah hmasa ila a kawr vel a awlsam bik.
9. Alu chips siam dawnin telah soda tlem telh ila a ram duh bawk.
10. Thlai hnaha rannung kai hi silfai mai theih a nih loh chuan silna tuiah vinegar tlem telh la an tla vek mai ang.

KEIMAHNI

- ☐ Food & Drugs Administration, Health & Family Welfare Department hnuai hnathawktu lak thar mi 39-te tana buatsaih Induction Training of Newly Recruits Under Drugs Regulatory System/CSS chu September ni 9, 2019 (Thawhtanni) chawhhma dar 10:30 khan Directorate of Health Services Conference Hall-ah a buatsaih.he hun hi Dr. H.Lalchungnunga, Director of Health Services chuan Khuallian niin a hmanpui.He Induction Training-ah hian Pu Lalsawma, Joint Director, Food and Drugs Administration chuan Drugs and Food safety chungchangah trainees te tan Introductrory speech a sawi bawk.
- ☐ September ni 9, 2019 (Thawhtanni) chawhnu dar 1:00 khan Directorate of Health Services Conference Hall-ah Eye Donation Fortnight vawi 34-na kharna inkhawm neih a ni a, he hun hi Dr.F.Lallianhlira, Principal Director, H&FW Department chuan Khuallian niin a hmanpui. Vawiina Eye Donation Fortnight kharna inkhawm hi Dr.Eric Zomawia, Mission Director, NHM chuan Chairman niin a kaihruai a. Rev. F. Lalchhuanmawian Pathian hnena Inhlanna hunserh a hman zawh hnu-ah Dr.Lalremmawii State Programme Officer, National Programme for Control of Blindness(NPCB&VI) leh Dr.Lalhmingmawii, Eye Surgeon Mizoram Eye Bank, Civil Hospital Aizawl te hnen atangin Eye Donation chungchang Presentation ngaihthlak a ni. Hemi hnu hian mit donate-tu chhungte hnenah lawmpuina leh chawimawina hlan a ni bawk.
- ☐ September ni 11, 2019 khan National Tobacco Control Programme leh Indian Society on Tobacco and Health tangkawp buatsaihin Mizorama State Anti Tobacco Day vawi 6-na chu Chanmari YMA Hall ah neih a ni.

□ India ram hriselna beihpui thlakna programme pakhat Ayushman Bharat, Healthy India Fortnight Walkathon chu September ni 16, 2019 (zing dar 6:30) khan Vanapa Hall atanga kawng zawha bultan niin Millenium Centre kawtah hunserh hman a ni a, Dr.ZR Thiamsanga, MLA, Vice Chairman, Health & Family Welfare Board in khuallian niin hun a hmanpui.

□ 17.9.2019 khan Health & Family Welfare Minister Dr. R. Lalthangliana chuan Zembawk Urban Primary Health Centre (UPHC) Health & Wellness Centre-a hlankai anihna leh a hmun hma thar (building) hawna hun a hmanpui a. He programme hmang tur hian Ayushman Bharat programme a India Sawrkar thawhpui Johns Hopkins University affiliate NGO Jhpiego USA, hotu ber Dr. Leslie Mancuso, President & CEO leh a thawpui midang 5 te an rawn kal a ni. Health & Wellness Centre hawna inkhawm a Health Minister Dr. R. Lalthangliana chuan thu sawiin UPHC Zemabawk

hetiang dinhmun a din theihna chu Sawrkar hmalak na vang ngawt ni lovin khawtlang mipui te tanrual avang awm a ni a ti a. Local Council in he UPHC dinna tur hmun ram YMA enkawl in an thawh hi a entawntlak a, khawtlang hruaitu Local Council leh NGO hrang hrang leh mipui te intanrual vang a tun dinhmun thleng thei kan ni a tiin he intanhona hi Zoram hmun dang tan entawn tlak ni in ka hria, a ti bawk.

□ Pu C. Lalmuankima, MSS chuan August, 2019 khan Dy. Director (Adm.) hna chelh in Directorate of Health Services, Aizawl ah a rawn zawm a, Pu Lalnunvula, MSS nen an awmna an in thlak thleng a, Pu Lalnunvula, MSS chu Under Secretary, Higher & Technical Education ah a awm ve thung a ni. Pu Thanglianahunga, MSS pawh Nursing Directorate ah Superintendent hna a rawn zawm thar bawk a, Pi P.C.Lalhmunliani, MSS pawh AYUSH Directorate ah Superintendent hna a rawn zawm thar bawk. ■